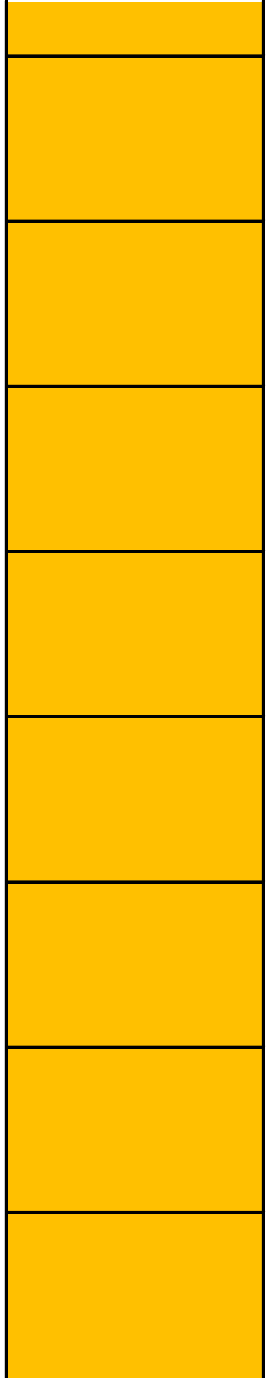


## Records du CAC masters piste - hommes - maj 12-05-24

	Masters TC	M35	M40	M45	M50	M55	M60
100 M	Laurent Rauld 11"12 02/05/21 Caen	Laurent Rauld 11"12 02/05/21 Caen	Boris Miguet 12"41 24/06/15 HSC	Rodolphe St Hilaire 13"00 18/06/16 Compiègne	Johann Lobregat 12"92 31/07/20 Caen	<b>Christophe Barras</b> <b>13"41</b> <b>28/04/24 Caen</b>	
200 M	Laurent Rauld 23"20 02/05/21 Caen	Laurent Rauld 23"20 02/05/21 Caen	<b>Olivier Clarence</b> <b>24"43</b> <b>17/04/24 Caen</b>	Rodolphe St Hilaire 26"90 06/07/16 Caen	Rodolphe St Hilaire 26"91 19/09/20 Le Neubourg	<b>Christophe Barras</b> <b>27"63</b> <b>17/04/24 Caen</b>	
300 M	<b>Olivier Clarence</b> <b>39"29</b> <b>17/04/24 Caen</b>		<b>Olivier Clarence</b> <b>39"29</b> <b>17/04/24 Caen</b>		David Schaafs 47"21 25/04/18 HSC		
400 M	Olivier Clarence 51"67 25/06/23 Laval	Olivier Clarence 51"67 25/06/23 Laval	<b>Olivier Clarence</b> <b>53"55</b> <b>11/05/24 Querqueville</b>	Dominique Pignet 61"07 08/05/04 Caen	Didier Herbland 61"92 16/05/09 Caen	Didier Herbland 65"41 19/05/12 Querqueville	
800 M				Benoit Debasly 2'29"17 06/06/22 Flers	Phiippe Lecuyer 2'36"00 07/05/2011 Caen	Didier Herbland 2'30"77 09/06/12 Mondeville	
1000 M	Damien Derobert 2'39"59 29/04/22 Caen		Damien Derobert 2'39"59 29/04/22 Caen	<b>Arnaud Touffet</b> <b>3'12"93</b> <b>17/04/24 Caen</b>			
1500 M	<b>Karim Ourrad</b> <b>4'13"67</b> <b>14/04/24 Caen</b>	Loïc Revert 5'11"45 03/05/14 Flers	Guillaume Fernagut 4'37"99 08/05/09 Caen	Philippe Cruchon 4'49"6 22/05/10 Caen	Erwan Herveic 4'39"07 06/06/21 Vire	Didier Herbland 5'28"31 25/04/12 Caen	
Mile					Didier Herbland 5'41"68		



					22/04/09 Caen		
2000 M	Damien Derobert 5'44"40 29/04/22 Caen		Damien Derobert 5'44"40 29/04/22 Caen				
3000 M	Damien Derobert 8'44"23 07/05/23 Caen	David Baizot 13'22"66 06/06/22 Flers	Damien Derobert 8'44"23 07/05/23 Caen	Christophe Morin 9'36"31 18/05/19 Caen	Erwan Herveic 9'46"61 13/06/21 Gonfreville	Didier Herbland 11'51"79 28/05/13 Caen	Guy Dupart 11'40"79 07/06/11 Caen
5000 M	Maurice Lefevre 16'36"98 3/06/04 Mondeville	Bertrand C.P. 16'46"35 10/05/15 Caen	Jacques Beslin 17'26"05 07/05/06 Caen	Maurice Lefevre 16'36"98 3/06/04 Mondeville	Erwan Herveic 17'00"64 03/07/21 Montesson	Bernard Le Dain 18'15"48 8/05/07 Caen	Guy Dupart 19'15"1 16/05/09 Caen
110 Haies	<b>Vincent LESENECHAL</b> <b>19"55 (99)</b> <b>01/10/23 Caen</b>	<b>Vincent LESENECHAL</b> <b>19"55 (99)</b> <b>01/10/23 Caen</b>		Benoit Debasly 22"54 (haies 99) 06/06/22 Flers			
400 Haies	Pascal Baudry 69"18 10/06/18 Vire		Guillaume Fernagut 80"24 08/05/10 Caen	Benoit Debasly 73"16 (haies 91) 21/05/22 Caen	Pascal Baudry 69"18 10/06/18 Vire		
3000 M Steeple	Patrick Guillou 11'29"51 22/05/10 Caen	Pierre-jean Egler 13'13"90 20/05/17 Saint Lô	Guillaume Fernagut 11'42"59 22/05/10 Caen	Patrick Guillou 11'29"51 22/05/10 Caen			
Hauteur	Pascal Baudry 1m64 17/06/18 Angers	Benjamin Lelièvre 1m25 06/07/16 Caen	Thomas Delannet 1m60 06/07/16 Caen	<b>Jérôme HARDEL</b> <b>1m55</b> <b>25/09/23 Pascara (ITA)</b>	Pascal Baudry 1m64 17/06/18 Angers	Olivier Gaubert 1m30 20/05/17 St Lô	<b>Olivier Gaubert</b> <b>1m25</b> <b>28/05/24 Caen</b>
Longueur	Thomas Delannet 5m92 04/08/15 Venissieux		Thomas Delannet 5m92 04/08/15 Venissieux	Thomas Delannet 5m35 27/09/20 Caen			



Triple Saut	Najib Bannour 13m79 18/05/14 Limoges	Najib Bannour 13m79 18/05/14 Limoges	Najib Bannour 11m39 05/05/19 Caen	<b>Najib Bannour</b> <b>12m04</b> <b>28/04/24 Caen</b>			
Perche	<del>Vincent LESENECHAL</del> <b>4m10</b> <b>01/10/2023 Caen</b>	<del>Vincent LESENECHAL</del> <b>4m10</b> <b>01/10/2023 Caen</b>		<b>Jérôme HARDEL</b> <b>3m60</b> <b>16/09/2023 Mortagne</b>			
Poids	Benjamin Lelièvre 11m69 20/04/19 Falaise	Benjamin Lelièvre 11m69 20/04/19 Falaise	Jean Philippe Ravier 11m34 05/05/19 Caen	Christophe Louise 10m74 17/05/09 Caen	Jean Helbert 7m23 (7kgs) 08/05/09 Caen	Jean Philippe Daniel 8m08 (6KG) 06/06/22 Flers	Patrick Julien 6m48 (5kg) 15/05/21 Caen
Disque	Romain Cohua 40m63 19/06/21 Caen	Romain Cohua 40m63 19/06/21 Caen	<b>Romain Cohua</b> <b>36m22</b> <b>28/04/24 Caen</b>	Christophe Louise 24m13 03/05/09 Caen	Christian Baës 31m89 (2kgs) 04/05/08 Caen	Jean Philippe Daniel 17m38 06/06/22 Flers	
Javelot	Benjamin Lelièvre 33m30 24/11/18 Aunay s/O	Benjamin Lelièvre 33m30 24/11/18 Aunay s/O	Benjamin Lelièvre 31m82 06/06/21 Vire	Benoit Debasly 25m77 07/05/22 Querqueville	Eric Derrien 23m89 (800g) 08/05/10 Caen	Olivier Gaubert 17m53 20/05/17 St Lô	<b>Stephane Clavery</b> <b>19m73</b> <b>19/11/23 Caen</b>
Marteau	Benjamin Lelièvre 34m70 06/06/21 Vire	Benjamin Lelièvre 34m26 24/11/18 Aunay s/O	Benjamin Lelièvre 34m70 06/06/21 Vire	Dominique Pignet 28m68 21/05/06 VDR	Christian Baës 32m51 (7kgs) 04/05/08 Caen	Patrick Julien 20m53 (6kgs) 04/07/18 Caen	Patrick Julien 20m80 01/06/22 Caen
Marteau lourd	Benjamin Lelièvre 11m03 15/05/21 Caen	Benjamin Lelièvre 10m64 06/07/19 Cesson S.	Benjamin Lelièvre 11m03 15/05/21 Caen				
5000 M Marche	Samuel Costard 24'51"08 05/05/19 Caen	Samuel Costard 24'51"08 05/05/19 Caen	Samuel Costard 26'17"27 22/05/22 Angers	<b>Benoit Debasly</b> <b>28'04"98</b> <b>21/05/23 St-Brieuc</b>	Martial Fesselier 26'59"52 08/05/16 Rennes	Martial Fesselier 27'26"20 06/05/17 Flers	Stéphane Bellanger 28'51"43 21/05/23 St Brieuc
	Benjamin Lelièvre	Benjamin Lelièvre	Benjamin Lelièvre				



**Patrick Andrieu-Sylvestere**

**7m14 (5kg)**

**03/12/23 Aunay**

**Patrick Andrieu-Sylvestere**

**20m22 (1kg)**

**08/04/23 Rouen**

**Daniel GALOPIN**

**25m65 (600g)**

**16/12/23 Caen**

**Patrick Andrieu-Sylvestere**

**20m80 (5kg)**

**28/05/23 Caen**

**Patrick Andrieu-Sylvestere**

**9m01 (9kg)**

**24/06/23 Laval**



**Patrick Andrieu-Sylvestere**

Pentalancer	2372 points 10/07/21 Lisieux	2171 Points 06/07/19 Cesson S.	2372 points 10/07/21 Lisieux				
Pentathlon							
Decathlon							
10 000M Marche	Stéphane Bellanger 59'53"51 23/08/20 Tourlaville					Stéphane Bellanger 59'53"51 23/08/20 Tourlaville	Stéphane Bellanger 1h02'18"24 20/06/21 Caen
20 000M Marche	Samuel Costard 1h52'44"6 08/06/19 Lisieux	Samuel Costard 1h52'44"6 08/06/19 Lisieux					
	Masters TC	M35	M40	M45	M50	M55	M60

 record Calvados  
 record Normandie

1525 pts

19/11/23 Caen

M65