

## Masters - Men (as at 30<sup>th</sup> September 2021)

Any additions and amendments are welcome, particularly clarification about weights of implements in field events etc.

### **Men's 40-44**

#### **100 Metres**

1	Mark Bishop	12.2		30 <sup>th</sup> July 2011
2	Ian Chamberlain	12.4		24 <sup>th</sup> July 1996
3	Hudson McClean	12.5		11 <sup>th</sup> May 2000
4	Clive Gray	12.60		15 <sup>th</sup> May 1995
5	Ian Pearce	12.9		1986
6	Tony Benton	13.1		11 <sup>th</sup> May 1996
7	Robert Taylor	13.2		11 <sup>th</sup> May 2000

#### **Wind Assisted Marks**

	Mark Bishop	12.09		8 <sup>th</sup> May 2010
	Clive Gray	12.2		9 <sup>th</sup> May 1998
	Kevin White	12.2		9 <sup>th</sup> May 1998

#### **200 Metres**

1=	Ian Chamberlain	25.2		24 <sup>th</sup> July 1996
1=	Mark Bishop	25.2		5 <sup>th</sup> May 2007
3	Steve Rand	26.42	V45	13 <sup>th</sup> July 2019

#### **300 Metres**

1	Mark Bishop	39.27	V45	13 <sup>th</sup> May 2012
2	Steve Rand	40.10	V45	12 <sup>th</sup> May 2018

#### **400 Metres**

1	Mark Bishop	52.59		10 <sup>th</sup> May 2009
2	Ian Pearce	52.9		1985
3	Kevin White	54.39		2 <sup>nd</sup> August 1997
4	Hudson McClean	55.7		9 <sup>th</sup> May 1999
5=	Peter Luck	56.3		August 2000
5=	Ian Chamberlain	56.3		16 <sup>th</sup> June 1997
7	Russ Middleton	56.8		28 <sup>th</sup> June 2008

#### **800 Metres**

1	Ian Pearce	1:58.2		1985
2	Matt Bland	2:02.6		2 <sup>nd</sup> May 2009
3	Russ Middleton	2:06.05		4 <sup>th</sup> June 2008
4	Steve Rand	2:06.3		21 <sup>st</sup> June 2014
		(2:08.22)		29 <sup>th</sup> June 2013)
5	Kevin White	2:06.39		2 <sup>nd</sup> August 1997
6	Warren Roe	2:09.7		2 <sup>nd</sup> June 1981

#### **1500 Metres**

1	Matt Bland	4:05.15		5 <sup>th</sup> June 2010
2	Ian Pearce	4:05.2		1985
3	Warren Roe	4:14.1		17 <sup>th</sup> May 1981
4	Len Parrott	4:18.7		13 <sup>th</sup> May 1979
5	Steve Rand	4:20.66		24 <sup>th</sup> May 2014
6	Paul Berrett	4:22.10	V45	16 <sup>th</sup> July 2008
7	Gavin Maley	4:27.8		15 <sup>th</sup> June 2019
		(4:29.71)		21 <sup>st</sup> August 2019
8	Russ Middleton	4:30.83		11 <sup>th</sup> May 2008
9	T Gunton	4:35.9		19 <sup>th</sup> May 1991

2020 Updates in blue

2021 Updates in red

**3000 Metres**

1	Warren Roe	8:58.6		30 <sup>th</sup> June 1979
2	Len Parrott	9:10.4		7 <sup>th</sup> August 1976
3	Matt Bland	9:20.83	V45	8 <sup>th</sup> June 2013
4	Jason Lendon	9:28.95		7 <sup>th</sup> July 2016
5	<b>Barry Smith</b>	<b>9:38.01</b>		<b>20<sup>th</sup> September 2020</b>
6	<b>Rob Trevor</b>	<b>9:51.72</b>		<b>20<sup>th</sup> September 2020</b>
7	Martin Chester	10:24.1		4 <sup>th</sup> July 2015

**5000 Metres**

1	R Budd	15:40.0		1972
2	<b>Rob Warner</b>	<b>15:50.99</b>		<b>14<sup>th</sup> August 1976</b>
3	Len Parrott	15:53.8		24 <sup>th</sup> July 1976
4	Matt Bland	16:12.0		30 <sup>th</sup> April 2011
5	Alfie Waithaka	16:34.65		13 <sup>th</sup> April 2019
6	Steve Rand	16:35.4		16 <sup>th</sup> June 2013
7	Simon Hart	16:57.3	V45	16 <sup>th</sup> June 2013
8	Paul Berrett	17:29.3	V45	12 <sup>th</sup> July 2008
9	Martin Chester	17:29.3		19 <sup>th</sup> April 2014
10	Gary Howard	17:31.0		21 <sup>st</sup> July 2001

**10000 Metres**

1	Len Parrott	32:41.2		16 <sup>th</sup> July 1977
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**Marathon**

1	Simon Hart	2:38.42	V50	25 <sup>th</sup> May 2014
2	Richard Heath	2:50.00		26 <sup>th</sup> April 2015
3	Steve Rand	2:53.47		22 <sup>nd</sup> April 2012
4	Paul Berrett	3:11.50		21 <sup>st</sup> October 2005

**110 Metres Hurdles**

1	Mark Bishop	16.15		1 <sup>st</sup> Aug 2009
2	Ian Chamberlain	16.9		25 <sup>th</sup> August 1996
3	Arron Bonning	21.9		17 <sup>th</sup> April 2016

**400 Metres Hurdles**

1	Mark Bishop	58.9		13 <sup>th</sup> September 2008
2	Ian Chamberlain	63.4		16 <sup>th</sup> August 1997
3	Jason Lendon	67.33		5 <sup>th</sup> May 2018
4	<b>Steve Rand</b>	<b>68.69</b>	<b>V45</b>	<b>9<sup>th</sup> June 2019</b>
5	Paul Berrett	68.7		3 <sup>rd</sup> June 2006
6	Kevin White	74.4	V45	12 <sup>th</sup> July 2003

**2000m Steeplechase**

1	<b>Rob Warner</b>	<b>6:25.33</b>		<b>1<sup>st</sup> August 2021</b>
2	Paul Berrett	7:21.6	V50	16 <sup>th</sup> June 2013

**3000 Metres Steeplechase**

1	<b>Rob Warner</b>	<b>10:00.5</b> <b>(10:06.93)</b>		<b>3<sup>rd</sup> July 2021</b> <b>6<sup>th</sup> June 2021)</b>
2	Jason Lendon	10:14.04		8 <sup>th</sup> August 2015
3	Paul Berrett	11:08.8	V45	16 <sup>th</sup> May 2010
4	Martin Chester	11:11.08		17 <sup>th</sup> May 2014
5	Graham Hogan	12:13.82		19 <sup>th</sup> May 2019

2020 Updates in **blue**2021 Updates in **red**

**Long Jump**

1	Mark Bishop	6.16m		11 <sup>th</sup> July 2009
2	Trevor Wells	6.13m		?
3	Ian Chamberlain	5.86m		25 <sup>th</sup> August 1996
4	Hudson McClean	5.77m		2 <sup>nd</sup> August 1997
5	Arron Bonning	5.25m		22 <sup>nd</sup> May 2016

**High Jump**

1	Gintalas Varanauskas	1.95m		26 <sup>th</sup> July 2015
2	Mark Bishop	1.76m		5 <sup>th</sup> May 2007
3	Paul Berrett	1.50m		3 <sup>rd</sup> June 2006
4	Arron Bonning	1.50m		17 <sup>th</sup> April 2016

**Triple Jump**

1	Mark Bishop	12.04m		20 <sup>th</sup> August 2011
2	Ian Chamberlain	11.40m		31 <sup>st</sup> May 1997
3	Arron Bonning	11.08m		22 <sup>nd</sup> May 2016

**Pole Vault**

1	Stuart Tufton	4.00m		6 <sup>th</sup> June 1993
2	Mark Bishop	3.83m		1 <sup>st</sup> Aug 2009
3	Arron Bonning	3.20m		22 <sup>nd</sup> May 2016

**Shot Putt**

1	Steve Archer	13.10m		1998
2	Mark Bishop	11.85m		5 <sup>th</sup> May 2007
3	Arron Bonning	9.36m		18 <sup>th</sup> June 2016

**Discus**

1	Steve Archer	36.57m		14 <sup>th</sup> September 1998
2	Mark Bishop	34.48m		2 <sup>nd</sup> July 2011
3	Arron Bonning	26.70m		18 <sup>th</sup> June 2016

**Hammer**

1	Keith Robinson	49.76m		5 <sup>th</sup> June 1993
2	Graham Greenaway	41.02m		23 <sup>rd</sup> July 1988
3	Arron Bonning	20.13m		18 <sup>th</sup> June 2016

**Javelin**

1	Mark Bishop	47.51m		28 <sup>th</sup> June 2008
2	Steve Archer	39.32m		8 <sup>th</sup> June 1997
3	Arron Bonning	38.68m		9 <sup>th</sup> July 2016
4	Brian Hatch	36.12m	V45	3 <sup>rd</sup> May 1997
5	Paul Berrett	29.59m	V50	14 <sup>th</sup> July 2012

**Decathlon**

1	Ian Chamberlain	4004 Points		28 <sup>th</sup> /29 <sup>th</sup> Sept 1996
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**Men 45-49****100 Metres**

1	Mark Bishop	12.82	V50	11 <sup>th</sup> May 2019
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**300 Metres**

1	Mark Bishop	39.27		13 <sup>th</sup> May 2012
2	Steve Rand	40.10		12 <sup>th</sup> May 2018

2020 Updates in blue

2021 Updates in red

<b>400 Metres</b>				
1	Steve Rand	58.27		17 <sup>th</sup> August 2019
<b>800 Metres</b>				
1	Paul Berrett	2:10.82		5 <sup>th</sup> July 2008
2	Matt Bland	2:12.97		30 <sup>th</sup> March 2014
3	<b>Steve Rand</b>	<b>2:15.06</b>		<b>19<sup>th</sup> September 2021</b>
4	Len Parrott	2:16.0	V50	1986
<b>1500 Metres</b>				
1	Matt Bland	4:17.3		16 <sup>h</sup> June 2013
2	Paul Berrett	4:22.10		16 <sup>th</sup> July 2008
3	Len Parrott	4:24.5	V50	1986
<b>3000 Metres</b>				
1	Matt Bland	9:20.83		8 <sup>h</sup> June 2013
2	Paul Berrett	9:39.6		22 <sup>nd</sup> July 2008
3	Simon Hart	9:53.42		3 <sup>rd</sup> August 2013
4	Steve Rand	9:54.4		14 <sup>th</sup> July 2018
5	<b>Gary Atkins</b>	<b>10:30.77</b>	<b>V50</b>	<b>19<sup>th</sup> September 2021</b>
6	<b>Steve Walker</b>	<b>10:31.00</b>	<b>V50</b>	<b>20<sup>th</sup> September 2020</b>
7	<b>Martin Chester</b>	<b>10:34.46</b>		<b>20<sup>th</sup> September 2020</b>
8	Graham Hogan	10:52.9		20 <sup>th</sup> May 2018
<b>5000 Metres</b>				
1	Matt Bland	16:19.17		7 <sup>h</sup> June 2014
2	Simon Hart	16:57.3		16 <sup>th</sup> June 2013
3	Steve Rand	17:03.8		14 <sup>th</sup> April 2018
4	Len Parrott	17:10.2	V50	1986
<b>10000 Metres</b>				
1	Ted Andrews	34:40.0		19 <sup>th</sup> April 1978
2	Len Parrott	35:37.7	V50	1986
<b>Marathon</b>				
1	Simon Hart	2:38.42	V50	25 <sup>th</sup> May 2014
<b>110mH</b>				
1	Ian Chamberlain	19.3		21 <sup>st</sup> July 2001
2	Mark Bishop	20.51	V50	17 <sup>th</sup> August 2019
<b>400mH (91cm – 3' 0")</b>				
1	Mark Bishop	68.40	V50	17 <sup>th</sup> August 2019
2	Steve Rand	68.69		9 <sup>th</sup> June 2019
3	Ian Chamberlain	71.2		23 <sup>rd</sup> June 2001
4	Paul Berrett	71.8	V50	16 <sup>th</sup> June 2013
5	Kevin White	74.4		12 <sup>th</sup> July 2003
<b>2000m Steeplechase</b>				
1	Paul Berrett	7:21.6	V50	16 <sup>th</sup> June 2013
2	Martin Chester	7:45.85		13 <sup>th</sup> April 2019
<b>3000m Steeplechase</b>				
1	<b>Jason Lendon</b>	<b>10:39.49</b>		<b>6<sup>th</sup> June 2021</b>
2	Paul Berrett	11:08.8		16 <sup>th</sup> May 2010
3	Martin Chester	11:32.55		19 <sup>th</sup> May 2019

2020 Updates in blue

2021 Updates in red

<b>Long Jump</b>				
1	Mark Bishop	6.06m		16 <sup>th</sup> June 2013
2	Ian Chamberlain	5.31m		23 <sup>rd</sup> June 2001
<b>Triple Jump</b>				
1	Mark Bishop	11.48m		6 <sup>th</sup> July 2013
2	Ian Chamberlain	9.18m	V50	14 <sup>th</sup> July 2007
<b>High Jump</b>				
1	Gintalas Varanauskas	1.90m ind		19 <sup>th</sup> March 2018
2	<b>Arron Bonning</b>	<b>1.45m</b>		<b>14<sup>th</sup> July 2021</b>
<b>Pole Vault</b>				
1	Stuart Tufton	3.50m	V50	31 <sup>st</sup> May 2003
2	Mark Bishop	3.08m		3 <sup>rd</sup> August 2013
3	<b>Arron Bonning</b>	<b>3.00m</b>		<b>11<sup>th</sup> September 2021</b>
4	Ian Chamberlain	2.40m	V50	20 <sup>th</sup> May 2006
<b>Shot Putt</b>				
1	Steve Archer	12.74m		4 <sup>th</sup> August 2001
2	Mark Bishop	10.38m		16 <sup>th</sup> June 2013
3	Brian Hatch	9.71m		12 <sup>th</sup> April 1998
4	<b>Arron Bonning</b>	<b>8.84m</b>		<b>11<sup>th</sup> September 2021</b>
<b>Discus (2kg)</b>				
1	Steve Archer	37.75m		4 <sup>th</sup> August 2001
2	Mark Bishop	32.62m		16 <sup>th</sup> June 2013
3	Kevin White	31.20m		17 <sup>th</sup> May 2003
4	Brian Hatch	30.74m		12 <sup>th</sup> April 1998
5	<b>Arron Bonning</b>	<b>26.17m</b>		<b>11<sup>th</sup> July 2021</b>
<b>Hammer (7.26kg)</b>				
1	Keith Robinson	49.30m		10 <sup>th</sup> May 1997
2	Steve Archer	26.25m		10 <sup>th</sup> July 2001
3	<b>Arron Bonning</b>	<b>19.85m</b>		<b>11<sup>th</sup> July 2021</b>
<b>Javelin (800g)</b>				
1	Brian Hatch	36.12m		3 <sup>rd</sup> May 1997
2	Mark Bishop	35.09m		3 <sup>rd</sup> August 2013
3	<b>Arron Bonning</b>	<b>34.21m</b>		<b>11<sup>th</sup> July 2021</b>
4	Steve Archer	31.29m		2 <sup>nd</sup> June 2001
5	Paul Berrett	29.59m	V50	14 <sup>th</sup> July 2012
<b>Men 50-54</b>				
<b>100 Metres</b>				
1	Mark Bishop	12.82s		11 <sup>th</sup> May 2019
2	Clive Gray	14.0s		7 <sup>th</sup> June 2008
3	Ian Chamberlain	14.1s		14 <sup>th</sup> July 2007
<b>800 Metres</b>				
1	Matt Bland	2:15.4		22 <sup>nd</sup> July 2017
2	Len Parrott	2:16.0		1986
3	Paul Berrett	2:16.43		19 <sup>th</sup> June 2012
<b>1500 Metres</b>				
1	Len Parrott	4:24.5		1986
2	Matt Bland	4:27.63		29 <sup>th</sup> July 2017

2020 Updates in blue

2021 Updates in red

	3	Paul Berrett	4:38.71	9 <sup>th</sup> July 2012
<b>3000 Metres</b>				
	1	Matt Bland	9:52.71	24 <sup>th</sup> July 2019
	2	Paul Berrett	9:59.33	27 <sup>th</sup> August 2013
	3	Simon Hart	10:11.7	31 <sup>st</sup> May 2015
	<b>4</b>	<b>Gary Atkins</b>	<b>10:30.77</b>	<b>19<sup>th</sup> September 2021</b>
	<b>5</b>	<b>Steve Walker</b>	<b>10:31.00</b>	<b>20<sup>th</sup> September 2020</b>
<b>5000 Metres</b>				
	1	Matt Bland	17:02.1	12 <sup>th</sup> June 2019
	2	Len Parrott	17:10.2	1986
	3	Paul Berrett	18:02.8	9 <sup>th</sup> June 2012
<b>10000 Metres</b>				
	1	Len Parrott	35:37.7	1986
	2	Matt Bland	37:03.1	10 <sup>th</sup> July 2019
<b>Marathon</b>				
	1	Simon Hart	2:38.42	25 <sup>th</sup> May 2014
	2	Len Parrott	2:49.57	1986
<b>110mH</b>				
	1	Mark Bishop	20.51	17 <sup>th</sup> August 2019
	2	Ian Chamberlain	21.0	5 <sup>th</sup> August 2006
<b>400mH (91 cms)</b>				
	1	Mark Bishop	68.40	17 <sup>th</sup> August 2019
	2	Paul Berrett	71.8	16 <sup>th</sup> June 2013
	3	Ian Chamberlain	72.9	5 <sup>th</sup> August 2006
<b>400mH (84cms)</b>				
	1	Paul Berrett	70.03	14 <sup>th</sup> Sept 2013
<b>2000m Steeplechase</b>				
	1	Paul Berrett	7:21.6	16 <sup>th</sup> June 2013
<b>3000m Steeplechase</b>				
	1	Paul Berrett	11:25.6	13 <sup>th</sup> July 2013
<b>Long Jump</b>				
	<b>1</b>	<b>Mark Bishop</b>	<b>5.17m</b>	<b>14<sup>th</sup> August 2021</b>
<b>Triple Jump</b>				
	1	Ian Chamberlain	9.18m	14 <sup>th</sup> July 2007
<b>Pole Vault</b>				
	1	Stuart Tufton	3.50m	31 <sup>st</sup> May 2003
	2	Ian Chamberlain	2.40m	20 <sup>th</sup> May 2006
<b>Shot Putt (? 7.26g? )</b>				
	1	Steve Archer	11.54m	30 <sup>th</sup> July 2005
	2	Brian Hatch	11.07m	20 <sup>th</sup> September 1998
	<b>3</b>	<b>Mark Bishop</b>	<b>9.90m</b>	<b>14<sup>th</sup> August 2021</b>

2020 Updates in **blue**

2021 Updates in **red**

<b>Discus (2kg)</b>				
1	Brian Hatch	36.53m		28 <sup>th</sup> March 1999
2	Steve Archer	33.09m		30 <sup>th</sup> July 2005
3	<b>Mark Bishop</b>	<b>30.97m</b>		<b>6<sup>th</sup> June 2021</b>
4	Kevin White	27.71m		5 <sup>th</sup> June 2010
<b>Discus (1.5kg)</b>				
1	Mark Bishop	29.22m		16 <sup>th</sup> September 2018
<b>Hammer (7.26kg)</b>				
1	Steve Archer	26.33m		30 <sup>th</sup> July 2005
2	Mark Bishop	18.63m		17 <sup>th</sup> August 2019
3	Kevin White	15.75m		20 <sup>th</sup> May 2012
<b>Javelin (800g)</b>				
1	Paul Berrett	29.59m		14 <sup>th</sup> July 2012
2	Clive Gray	25.99m		7 <sup>th</sup> June 2008
<b>Javelin (700g)</b>				
1	Paul Berrett	29.82m		14 <sup>th</sup> September 2013
<b><u>Men 55-59</u></b>				
<b>200m</b>				
1	Paul Berrett	29.45		25 <sup>th</sup> July 2018
<b>400m</b>				
1	Paul Berrett	62.36		20 <sup>th</sup> June 2018
<b>800m</b>				
1	Paul Berrett	2:19.44		25 <sup>th</sup> July 2018
2	Len Parrott	2:28.6	V60	27 <sup>th</sup> August 1995
<b>1500m</b>				
1	Paul Berrett	4:54.39		11 <sup>th</sup> June 2018
2	Len Parrott	5:02.2	V60	1996
3	<b>Tony Pecoraro</b>	<b>5:23.75</b>		<b>13<sup>th</sup> September 2020</b>
<b>3000m</b>				
1	Paul Berrett	10:43.64		10 <sup>th</sup> July 2018
2	<b>Tony Pecoraro</b>	<b>11:13.18</b>		<b>20<sup>th</sup> September 2020</b>
<b>5000m</b>				
1	Paul Berrett	19:05.82		5 <sup>th</sup> July 2018
2	Len Parrott	19:20.1	V60	1998
<b>10000 Metres</b>				
1	Len Parrott	38:33.1	V60	1996
<b>Pole Vault</b>				
1	Stuart Tufton	3.40m		5 <sup>th</sup> May 2007
<b>Discus (2kg)</b>				
1	Kevin White	25.18m		25 <sup>th</sup> April 2015
<b>Javelin (700g)</b>				
1	Paul Berrett	28.86m		11 <sup>th</sup> August 2018
<b><u>Men 60-64</u></b>				

2020 Updates in blue

2021 Updates in red

<b>800 Metres</b>				
1	Len Parrott	2.28.6		27 <sup>th</sup> August 1995
<b>1500 Metres</b>				
1	Len Parrott	5.02.2		1996
<b>5000 Metres</b>				
1	Len Parrott	19.20.1		1998
<b>10000 Metres</b>				
1	Len Parrott	38.33.1		1996
<b>Pole Vault</b>				
1	Stuart Tufton	3.20m		21 <sup>st</sup> May 2011
<b>Discus (2kg)</b>				
1	Kevin White	22.65m		18 <sup>th</sup> Aug 2018
<b><u>Men 65</u></b>				
<b>Pole Vault</b>				
1	Stuart Tufton	3.00m		22 <sup>nd</sup> May 2016
<b>Hammer (7.26kg)</b>				
1	Keith Robinson	30.72m		14 <sup>th</sup> April 2018
<b><u>Men 70</u></b>				
<b>Pole Vault</b>				
1	<b>Stuart Tufton</b>	<b>2.80m</b>		<b>11<sup>th</sup> July 2021</b>