

Masters - Men (as at 30th September 2022)

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 th July 2011
2	Ian Chamberlain	12.4		24 th July 1996
3	Hudson McClean	12.5		11 th May 2000
4	Clive Gray	12.60		15 th May 1995
5	Ian Pearce	12.9		1986
6	Tony Benton	13.1		11 th May 1996
7	Robert Taylor	13.2		11 th May 2000

Wind Assisted Marks

	Mark Bishop	12.09		8 th May 2010
	Clive Gray	12.2		9 th May 1998
	Kevin White	12.2		9 th May 1998

200 Metres

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

300 Metres

1	Mark Bishop	39.27	V45	13 th May 2012
2	Steve Rand	40.10	V45	12 th May 2018

400 Metres

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

800 Metres

1	Ian Pearce	1:58.2		1985
2	Matt Bland	2:02.6		2 nd May 2009
3	Russ Middleton	2:06.05		4 th June 2008
4	Steve Rand	2:06.3		21 st June 2014
		(2:08.22)		29 th June 2013)
5	Kevin White	2:06.39		2 nd August 1997
6	Gavin Maley	2:08.31		13th August 2022
7	Warren Roe	2:09.7		2 nd June 1981
8	James Blogg	2:11.33		29th June 2022

1500 Metres

1	Matt Bland	4:05.15		5 th June 2010
2	Ian Pearce	4:05.2		1985
3	Warren Roe	4:14.1		17 th May 1981
4	Len Parrott	4:18.7		13 th May 1979
5	Steve Rand	4:20.66		24 th May 2014
6	Paul Berrett	4:22.10	V45	16 th July 2008
7	Gavin Maley	4:23.98		1st June 2022
8	James Blogg	4:29.12		31st August 2022
9	Russ Middleton	4:30.83		11 th May 2008
10	T Gunton	4:35.9		19 th May 1991

2022 Updates in blue

2021 Updates in red

3000 Metres

1	Warren Roe	8:58.6		30 th June 1979
2	Len Parrott	9:10.4		7 th August 1976
3	Matt Bland	9:20.83	V45	8 th June 2013
4	Jason Lendon	9:28.95		7 th July 2016
5	Barry Smith	9:38.01		20 th September 2020
6	James Blogg	9:47.0		29th June 2022
7	Rob Trevor	9:51.72		20 th September 2020
8	Martin Chester	10:24.1		4 th July 2015

5000 Metres

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

10000 Metres

1	Len Parrott	32:41.2		16 th July 1977
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Marathon

1	Simon Hart	2:38.42	V50	25 th May 2014
2	James Blogg	2:49.17		18th April 2022
3	Richard Heath	2:50.00		26 th April 2015
4	Steve Rand	2:53.47		22 nd April 2012
5	Barry Smith	2:54.08		3rd April 2022
6	Steve Walker	3:08.20	V50	3rd April 2022
7	Paul Berrett	3:11.50		21 st October 2005

110 Metres Hurdles

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

400 Metres Hurdles

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

2000m Steeplechase

1	Rob Warner	6:25.33		1st August 2021
2	Paul Berrett	7:21.6	V50	16 th June 2013
3	Gary Atkins	8:12.4	V50	22nd May 2022

3000 Metres Steeplechase

1	Rob Warner	9:56.22		12th June 2022
2	Jason Lendon	10:14.04		8 th August 2015
3	Paul Berrett	11:08.8	V45	16 th May 2010
4	Martin Chester	11:11.08		17 th May 2014
5	Graham Hogan	12:13.82		19 th May 2019

2022 Updates in blue

2021 Updates in red

Long Jump			
1	Mark Bishop	6.16m	11 th July 2009
2	Trevor Wells	6.13m	?
3	Ian Chamberlain	5.86m	25 th August 1996
4	Hudson McClean	5.77m	2 nd August 1997
5	Arron Bonning	5.25m	22 nd May 2016
High Jump			
1	Gintalas Varanauskas	1.95m	26 th July 2015
2	Mark Bishop	1.76m	5 th May 2007
3	Paul Berrett	1.50m	3 rd June 2006
4	Arron Bonning	1.50m	17 th April 2016
Triple Jump			
1	Mark Bishop	12.04m	20 th August 2011
2	Ian Chamberlain	11.40m	31 st May 1997
3	Arron Bonning	11.08m	22 nd May 2016
Pole Vault			
1	Stuart Tufton	4.00m	6 th June 1993
2	Mark Bishop	3.83m	1 st Aug 2009
3	Arron Bonning	3.20m	22 nd May 2016
Shot Putt			
1	Steve Archer	13.10m	1998
2	Mark Bishop	11.85m	5 th May 2007
3	Arron Bonning	9.36m	18 th June 2016
Discus			
1	Steve Archer	36.57m	14 th September 1998
2	Mark Bishop	34.48m	2 nd July 2011
3	Arron Bonning	26.70m	18 th June 2016
Hammer			
1	Keith Robinson	49.76m	5 th June 1993
2	Graham Greenaway	41.02m	23 rd July 1988
3	Arron Bonning	20.13m	18 th June 2016
Javelin			
1	Mark Bishop	47.51m	28 th June 2008
2	Steve Archer	39.32m	8 th June 1997
3	Arron Bonning	38.68m	9 th July 2016
4	Brian Hatch	36.12m	V45 3 rd May 1997
5	Paul Berrett	29.59m	V50 14 th July 2012
Decathlon			
1	Ian Chamberlain	4004 Points	28 th /29 th Sept 1996

Men 45-49**100 Metres**

1	Mark Bishop	12.82	V50	11 th May 2019
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300 Metres

1	Mark Bishop	39.27		13 th May 2012
2	Steve Rand	40.10		12 th May 2018

400 Metres

1	Steve Rand	58.27		17 th August 2019
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800 Metres

1	Paul Berrett	2:10.82		5 th July 2008
2	Matt Bland	2:12.97		30 th March 2014
3	Steve Rand	2:15.06		19th September 2021
4	Len Parrott	2:16.0	V50	1986

1500 Metres

1	Matt Bland	4:17.3		16 ^h June 2013
2	Paul Berrett	4:22.10		16 th July 2008
3	Len Parrott	4:24.5	V50	1986

3000 Metres

1	Matt Bland	9:20.83		8 ^h June 2013
2	Paul Berrett	9:39.6		22 nd July 2008
3	Simon Hart	9:53.42		3 rd August 2013
4	Steve Rand	9:54.4		14 th July 2018
5	Dan Meredith	10:07.88		14th May 2022
6	Gary Atkins	10:30.77	V50	19th September 2021
7	Steve Walker	10:31.00	V50	20 th September 2020
8	Martin Chester	10:34.46		20 th September 2020
9	Graham Hogan	10:52.9		20 th May 2018

5000 Metres

1	Matt Bland	16:19.17		7 ^h June 2014
2	Simon Hart	16:57.3		16 th June 2013
3	Steve Rand	17:03.8		14 th April 2018
4	Len Parrott	17:10.2	V50	1986
5	Dan Meredith	17:37.20		16th July 2022

10000 Metres

1	Ted Andrews	34:40.0		19 th April 1978
2	Len Parrott	35:37.7	V50	1986

Marathon

1	Simon Hart	2:38.42	V50	25 th May 2014
2	Steve Walker	3:08.20	V50	3rd April 2022

110mH

1	Ian Chamberlain	19.3		21 st July 2001
2	Mark Bishop	20.51	V50	17 th August 2019

400mH (91cm – 3' 0")

1	Mark Bishop	68.40	V50	17 th August 2019
2	Steve Rand	68.69		9 th June 2019
3	Jason Lendon	69.74		2nd July 2022
4	Ian Chamberlain	71.2		23 rd June 2001
5	Paul Berrett	71.8	V50	16 th June 2013

2022 Updates in blue

2021 Updates in red

6	Kevin White	74.4		12 th July 2003
2000m Steeplechase				
1	Paul Berrett	7:21.6	V50	16 th June 2013
2	Martin Chester	7:45.85		13 th April 2019
3	Gary Atkins	8:12.4	V50	22nd May 2022
3000m Steeplechase				
1	Jason Lendon	10:39.49		6th June 2021
2	Paul Berrett	11:08.8		16 th May 2010
3	Martin Chester	11:32.55		19 th May 2019
Long Jump				
1	Mark Bishop	6.06m		16 th June 2013
2	Ian Chamberlain	5.31m		23 rd June 2001
Triple Jump				
1	Mark Bishop	11.48m		6 th July 2013
2	Arron Bonning	10.52m		16th July 2022
3	Ian Chamberlain	9.18m	V50	14 th July 2007
High Jump				
1	Gintalas Varanauskas	1.90m ind		19 th March 2018
2	Mark Bishop	1.55m	V55	13th August 2021
3	Arron Bonning	1.45m		14th July 2021
Pole Vault				
1	Stuart Tufton	3.50m	V50	31 st May 2003
2	Mark Bishop	3.30m	V55	16th July 2021
3	Arron Bonning	3.00m		11th September 2021
4	Ian Chamberlain	2.40m	V50	20 th May 2006
Shot Putt				
1	Steve Archer	12.74m		4 th August 2001
2	Mark Bishop	10.38m		16 th June 2013
3	Brian Hatch	9.71m		12 th April 1998
4	Arron Bonning	8.84m		11th September 2021
Discus (2kg)				
1	Steve Archer	37.75m		4 th August 2001
2	Mark Bishop	32.62m		16 th June 2013
3	Kevin White	31.20m		17 th May 2003
4	Brian Hatch	30.74m		12 th April 1998
5	Arron Bonning	26.17m		11th July 2021
Hammer (7.26kg)				
1	Keith Robinson	49.30m		10 th May 1997
2	Steve Archer	26.25m		10 th July 2001
3	Mark Bishop	22.15m	V55	2nd July 2022
4	Arron Bonning	19.85m		11th July 2021
Javelin (800g)				
1	Brian Hatch	36.12m		3 rd May 1997
2	Mark Bishop	35.09m		3 rd August 2013
3	Arron Bonning	34.21m		11th July 2021
4	Steve Archer	31.29m		2 nd June 2001
5	Paul Berrett	29.59m	V50	14 th July 2012

2022 Updates in blue

2021 Updates in red

Men 50-54**100 Metres**

1	Mark Bishop	12.82s	11 th May 2019
2	Clive Gray	14.0s	7 th June 2008
3	Ian Chamberlain	14.1s	14 th July 2007

400 Metres

1	Steve Rand	59.81	25th September 2022
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800 Metres

1	Matt Bland	2:15.4	22 nd July 2017
2	Len Parrott	2:16.0	1986
3	Paul Berrett	2:16.43	19 th June 2012

1500 Metres

1	Len Parrott	4:24.5	1986
2	Matt Bland	4:27.63	29 th July 2017
3	Paul Berrett	4:38.71	9 th July 2012

3000 Metres

1	Matt Bland	9:52.71	24 th July 2019
2	Paul Berrett	9:59.33	27 th August 2013
3	Simon Hart	10:11.7	31 st May 2015
4	Gary Atkins	10:30.77	19th September 2021
5	Steve Walker	10:31.00	20 th September 2020

5000 Metres

1	Matt Bland	17:02.1	12 th June 2019
2	Len Parrott	17:10.2	1986
3	Paul Berrett	18:02.8	9 th June 2012

10000 Metres

1	Len Parrott	35:37.7	1986
2	Matt Bland	37:03.1	10 th July 2019

Marathon

1	Simon Hart	2:38.42	25 th May 2014
2	Len Parrott	2:49.57	1986

110mH

1	Mark Bishop	20.51	17 th August 2019
2	Ian Chamberlain	21.0	5 th August 2006

400mH (91 cms)

1	Mark Bishop	68.40	17 th August 2019
2	Paul Berrett	71.8	16 th June 2013
3	Ian Chamberlain	72.9	5 th August 2006

400mH (84cms)

1	Paul Berrett	70.03	14 th Sept 2013
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2000m Steeplechase

1	Paul Berrett	7:21.6	16 th June 2013
2	Gary Atkins	8:12.4	22nd May 2022

2022 Updates in **blue**2021 Updates in **red**

3000m Steeplechase				
	1	Paul Berrett	11:25.6	13 th July 2013
	2	Gary Atkins	12:13.28	12th June 2022
Long Jump				
	1	Mark Bishop	5.17m	14th August 2021
Triple Jump				
	1	Ian Chamberlain	9.18m	14 th July 2007
Pole Vault				
	1	Stuart Tufton	3.50m	31 st May 2003
	2	Mark Bishop	3.30m	M55 16th July 2022
	3	Ian Chamberlain	2.40m	20 th May 2006
Shot Putt (? 7.26g?)				
	1	Steve Archer	11.54m	30 th July 2005
	2	Brian Hatch	11.07m	20 th September 1998
	3	Mark Bishop	9.90m	14th August 2021
Discus (2kg)				
	1	Brian Hatch	36.53m	28 th March 1999
	2	Steve Archer	33.09m	30 th July 2005
	3	Mark Bishop	31.77m	M55 16th July 2022
	4	Kevin White	27.71m	5 th June 2010
Discus (1.5kg)				
	1	Mark Bishop	29.22m	16 th September 2018
Hammer (7.26kg)				
	1	Steve Archer	26.33m	30 th July 2005
	2	Mark Bishop	22.18m	V55 2nd July 2022
	3	Kevin White	15.75m	20 th May 2012
Javelin (800g)				
	1	Mark Bishop	32.97m	V55 16th July 2022
	2	Paul Berrett	29.59m	14 th July 2012
	3	Clive Gray	25.99m	7 th June 2008
Javelin (700g)				
	1	Paul Berrett	29.82m	14 th September 2013
Men 55-59				
200m				
	1	Paul Berrett	29.45	25 th July 2018
400m				
	1	Paul Berrett	62.36	20 th June 2018
800m				
	1	Paul Berrett	2:19.44	25 th July 2018
	2	Matt Bland	2:27.52	29th June 2022
	3	Len Parrott	2:28.6	V60 27 th August 1995
1500m				
	1	John Barker	4:52.01	27th July 2022
	2	Paul Berrett	4:54.39	11 th June 2018
	3	Len Parrott	5:02.2	V60 1996
	4	Tony Pecoraro	5:23.75	13 th September 2020

2022 Updates in blue

2021 Updates in red

3000m					
	1	Matt Bland	10:30.96		14th May 2022
	2	Paul Berrett	10:43.64		10 th July 2018
	3	Tony Pecoraro	11:13.18		20 th September 2020
5000m					
	1	Matt Bland	17:45.7		8th June 2022
	2	Paul Berrett	19:05.82		5 th July 2018
	3	Len Parrott	19:20.1	V60	1998
10000 Metres					
	1	Len Parrott	38:33.1	V60	1996
400mH (91 cms)					
	1	Mark Bishop	75.15		2nd July 2022
High Jump					
	1	Mark Bishop	1.55m		13th August 2022
Long Jump					
	1	Mark Bishop	5.15m		2nd July 2022
Pole Vault					
	1	Stuart Tufton	3.40m		5 th May 2007
	2	Mark Bishop	3.30m		16th July 2022
Discus (2kg)					
	1	Mark Bishop	31.77m		7th May 2022
	2	Kevin White	25.18m		25 th April 2015
Javelin (700g)					
	1	Mark Bishop	32.97m		16th July 2022
	2	Paul Berrett	28.86m		11 th August 2018
Shot (7.26kg)					
	1	Mark Bishop	9.63m		16th July 2022
<u>Men 60-64</u>					
800 Metres					
	1	Len Parrott	2.28.6		27 th August 1995
1500 Metres					
	1	Len Parrott	5.02.2		1996
3000 Metres					
	1	Paul Berrett	12:50.45		13th August 2022
5000 Metres					
	1	Len Parrott	19.20.1		1998
10000 Metres					
	1	Len Parrott	38.33.1		1996
Pole Vault					
	1	Stuart Tufton	3.20m		21 st May 2011

2022 Updates in blue

2021 Updates in red

Discus (2kg)				
1	Kevin White	22.65m		18 th Aug 2018
Javelin (600g)				
1	Paul Berrett	19.42		25th September 2022
Men 65				
Pole Vault				
1	Stuart Tufton	3.00m		22 nd May 2016
Hammer (7.26kg)				
1	Keith Robinson	30.72m		14 th April 2018
Men 70				
Pole Vault				
1	Stuart Tufton	2.80m		11th July 2021