

Masters - Men (as at 31st March 2024)

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 |
| 8 | Steve Rand | 58.27 | V45 | 17 th August 2019 |

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 | | 13 th August 2022 |
| 7 | Warren Roe | 2:09.7 | | 2 nd June 1981 |
| 8 | Paul Berrett | 2:10.82 | V45 | 5 th July 2008 |
| 9 | James Blogg | 2:11.33 | | 29 th 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 | | 1 st June 2022 |
| 8 | James Blogg | 4:29.12 | | 31 st August 2022 |

2024 Updates in **blue**

2023 Updates in **red**

| | | | | |
|---------------------------|---------------------|-----------------|-----|---------------------------------------|
| 9 | Russ Middleton | 4:30.83 | | 11 th May 2008 |
| 10 | T Gunton | 4:35.9 | | 19 th May 1991 |
| 3000 Metres | | | | |
| 1 | James Connor | 8:57.41 | | 13th May 2023 |
| 2 | Warren Roe | 8:58.6 | | 30 th June 1979 |
| 3 | Len Parrott | 9:10.4 | | 7 th August 1976 |
| | Matt Bland | 9:20.83 | V45 | 8 th June 2013 |
| 5 | Jason Lendon | 9:28.95 | | 7 th July 2016 |
| 6 | Barry Smith | 9:38.01 | | 20 th September 2020 |
| 7 | Paul Berrett | 9:39.6 | V45 | 22 nd July 2008 |
| 8 | James Blogg | 9:47.0 | | 29 th June 2022 |
| 9 | Rob Trevor | 9:51.72 | | 20 th September 2020 |
| 10 | Simon Hart | 9:53.42 | V45 | 3 rd August 2013 |
| 5000 Metres | | | | |
| 1 | R Budd | 15:40.0 | | 1972 |
| 2 | Rob Warner | 15:50.99 | | 14 th August 2021 |
| 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 | James Blogg | 16:44.92 | | 19th August 2023 |
| 8 | Simon Hart | 16:57.3 | V45 | 16 th June 2013 |
| 9 | Paul Berrett | 17:29.3 | V45 | 12 th July 2008 |
| 10 | Martin Chester | 17:29.3 | | 19 th April 2014 |
| 10000 Metres | | | | |
| 1 | Len Parrott | 32:41.2 | | 16 th July 1977 |
| 2 | Ted Andrews | 34:40.0 | V45 | 19 th April 1978 |
| Half Marathon | | | | |
| 1 | James Connor | 68:29 | | 25th Feb 2024 |
| Marathon | | | | |
| 1 | Simon Hart | 2:38.42 | V50 | 25 th May 2014 |
| 2 | James Blogg | 2:42.50 | | 24th September 2023 |
| 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 | | 3 rd April 2022 |
| 6 | Steve Walker | 3:08.20 | V50 | 3 rd 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 | | 1 st August 2021 |

2024 Updates in **blue**

2023 Updates in **red**

| | | | | |
|---------------------------------|----------------------|----------|-----|------------------------------|
| 2 | Paul Berrett | 7:21.6 | V50 | 16 th June 2013 |
| 3 | Martin Chester | 7:45.85 | V45 | 13 th April 2019 |
| 4 | Gary Atkins | 8:12.4 | V50 | 22 nd May 2022 |
| 3000 Metres Steeplechase | | | | |
| 1 | Rob Warner | 9:56.22 | | 12 th 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 |
| 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 |
| 4 | Ian Chamberlain | 2.40m | V50 | 20 th May 2006 |
| Shot Putt | | | | |
| 1 | Steve Archer | 13.10m | | 1998 |
| 2 | Mark Bishop | 11.85m | | 5 th May 2007 |
| 3 | Brian Hatch | 9.71m | V45 | 12 th April 1998 |
| 4 | Arron Bonning | 9.36m | | 18 th June 2016 |
| Discus | | | | |
| 1 | Steve Archer | 37.75m | V45 | 4 th August 2001 |
| 2 | Mark Bishop | 34.48m | | 2 nd July 2011 |
| 3 | Kevin White | 31.20m | V45 | 17 th May 2003 |
| 4 | Brian Hatch | 30.74m | V45 | 12 th April 1998 |
| 5 | 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 | Steve Archer | 26.25m | V45 | 10 th July 2001 |
| 4 | Mark Bishop | 22.18m | V55 | 2 nd July 2022 |
| 5 | 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 |
| 2 | Clive Gray | 14.0s | V50 | 7 th June 2008 |
| 3 | Ian Chamberlain | 14.1s | V50 | 14 th July 2007 |
| 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 |
| 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 | | 19 th 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 | | 14 th May 2022 |
| 6 | Gary Atkins | 10:30.77 | V50 | 19 th 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 | | 16 th July 2022 |
| 6 | Paul Berrett | 18:02.8 | V50 | 9 th June 2012 |
| 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 | Len Parrott | 2:49.57 | V50 | 1986 |

| | | | | |
|-----------------------------|----------------------|--------------|-----|----------------------------------|
| 3 | Steve Walker | 3:08.20 | V50 | 3 rd 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 | | 2 nd July 2022 |
| 4 | Ian Chamberlain | 71.2 | | 23 rd June 2001 |
| 5 | Paul Berrett | 71.8 | V50 | 16 th June 2013 |
| 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 | 22 nd May 2022 |
| 3000m Steeplechase | | | | |
| 1 | Jason Lendon | 10:39.49 | | 6 th June 2021 |
| 2 | Paul Berrett | 11:08.8 | | 16 th May 2010 |
| 3 | Martin Chester | 11:32.55 | | 19 th May 2019 |
| 4 | Gary Atkins | 12:13.28 | V50 | 12 th June 2022 |
| Long Jump | | | | |
| 1 | Mark Bishop | 6.06m | | 16 th June 2013 |
| 2 | Ian Chamberlain | 5.31m | | 23 rd June 2001 |
| 3 | Arron Bonning | 4.80m | | 18th June 2023 |
| Triple Jump | | | | |
| 1 | Mark Bishop | 11.48m | | 6 th July 2013 |
| 2 | Arron Bonning | 10.52m | | 16 th 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 | 13 th August 2021 |
| 3 | Arron Bonning | 1.45m | | 14 th July 2021 |
| Pole Vault | | | | |
| 1 | Stuart Tufton | 3.50m | V50 | 31 st May 2003 |
| 2 | Mark Bishop | 3.30m | V55 | 16 th July 2021 |
| 3 | Arron Bonning | 3.00m | | 11 th 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 | | 11 th September 2021 |
| Discus (2kg) | | | | |
| 1 | Steve Archer | 37.75m | | 4 th August 2001 |
| 2 | Brian Hatch | 36.53m | V50 | 28 th March 1999 |
| 3 | Mark Bishop | 32.62m | | 16 th June 2013 |

| | | | | |
|------------------------|-----------------------|-----------------|------------|------------------------------------|
| 4 | Kevin White | 31.20m | | 17 th May 2003 |
| 5 | Arron Bonning | 26.17m | | 11 th July 2021 |
| Hammer (7.26kg) | | | | |
| 1 | Keith Robinson | 49.30m | | 10 th May 1997 |
| 2 | Steve Archer | 26.33m | V50 | 30 th July 2005 |
| 3 | Mark Bishop | 22.18m | V55 | 2 nd July 2022 |
| 4 | Arron Bonning | 19.85m | | 11 th 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 | | 11 th July 2021 |
| 4 | Steve Archer | 31.29m | | 2 nd June 2001 |
| 5 | Paul Berrett | 29.59m | V50 | 14 th July 2012 |
| 6 | Clive Gray | 25.99m | V50 | 7 th June 2008 |
| 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 | | 25 th September 2022 |
| 2 | Paul Berrett | 62.36 | V55 | 20 th June 2018 |
| 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 |
| 4 | John Barker | 4:48.42 | V55 | 2nd April 2023 |
| 5 | Len Parrott | 5:02.2 | V60 | 1996 |
| 6 | Tony Pecoraro | 5:23.75 | V55 | 13 th September 2020 |
| 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 | John Barker | 10:23.5 | V55 | 20th May 2023 |
| 5 | Gary Atkins | 10:30.77 | | 19 th September 2021 |
| 6 | Steve Walker | 10:31.00 | | 20 th September 2020 |
| 7 | Tony Pecoraro | 11:13.18 | V55 | 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 |
| 4 | Dan Meredith | 18:04.10 | | 19th August 2023 |
| 5 | Martin Chester | 19:04.4 | | 18th June 2023 |

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 |
| 4 | Steve Rand | 73.3 | 20th May 2023 |

400mH (84cms)

| | | | |
|---|--------------|-------|----------------------------|
| 1 | Paul Berrett | 70.03 | 14 th Sept 2013 |
|---|--------------|-------|----------------------------|

2000m Steeplechase

| | | | |
|---|---------------------|----------------|----------------------------------------|
| 1 | Paul Berrett | 7:21.6 | 16 th June 2013 |
| 2 | Gary Atkins | 7:54.56 | V55 19th August 2023 |
| 3 | Steve Walker | 8:54.00 | 19th August 2023 |

3000m Steeplechase

| | | | |
|---|--------------|----------|----------------------------|
| 1 | Paul Berrett | 11:25.6 | 13 th July 2013 |
| 2 | Gary Atkins | 12:13.28 | 12 th June 2022 |

Long Jump

| | | | |
|---|-----------------------|--------------|--------------------------------------|
| 1 | Mark Bishop | 5.34m | M55 11th June 2023 |
| 2 | Martin Chester | 3.80m | 9th July 2023 |

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 16 th 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 | 14 th 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 16 th 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)2024 Updates in **blue**2023 Updates in **red**

| | | | | | |
|---------------------------|----------|--------------------|----------------|-----|------------------------------------|
| | 1 | Steve Archer | 26.33m | | 30 th July 2005 |
| | 2 | Mark Bishop | 22.18m | V55 | 2 nd July 2022 |
| | 3 | Kevin White | 15.75m | | 20 th May 2012 |
| Javelin (800g) | | | | | |
| | 1 | Mark Bishop | 32.97m | V55 | 16 th 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 |
| <u>Men 55-59</u> | | | | | |
| 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 | | 29 th June 2022 |
| | 3 | Len Parrott | 2:28.6 | V60 | 27 th August 1995 |
| 1500m | | | | | |
| | 1 | John Barker | 4:48.42 | | 2nd April 2023 |
| | 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 |
| 3000m | | | | | |
| | 1 | John Barker | 10:23.5 | | 20th May 2023 |
| | 2 | Matt Bland | 10:30.96 | | 14 th May 2022 |
| | 3 | Paul Berrett | 10:43.64 | | 10 th July 2018 |
| | 4 | Tony Pecoraro | 11:13.18 | | 20 th September 2020 |
| 5000m | | | | | |
| | 1 | Matt Bland | 17:45.7 | | 8 th 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 |
| 110mH (91 cms) | | | | | |
| | 1 | Mark Bishop | 21.82 | | 2 nd July 2022 |
| 400mH (91 cms) | | | | | |
| | 1 | Mark Bishop | 75.15 | | 2 nd July 2022 |
| 2000m Steeplechase | | | | | |
| | 1 | Gary Atkins | 7:54.56 | | 19th August 2023 |
| High Jump | | | | | |
| | 1 | Mark Bishop | 1.55m | | 13 th August 2022 |
| Long Jump | | | | | |
| | 1 | Mark Bishop | 5.34m | | 11th June 2023 |
| Triple Jump | | | | | |
| | 1 | Mark Bishop | 9.83m | | 21 st August 2022 |

2024 Updates in **blue**

2023 Updates in **red**

| | | | | |
|-------------------------|---------------------|----------------|--|------------------------------------|
| Pole Vault | | | | |
| 1 | Stuart Tufton | 3.40m | | 5 th May 2007 |
| 2 | Mark Bishop | 3.30m | | 16 th July 2022 |
| Discus (2kg) | | | | |
| 1 | Mark Bishop | 31.77m | | 7 th May 2022 |
| 2 | Kevin White | 25.18m | | 25 th April 2015 |
| Javelin (700g) | | | | |
| 1 | Mark Bishop | 32.97m | | 16 th July 2022 |
| 2 | Paul Berrett | 28.86m | | 11 th August 2018 |
| Shot (7.26kg) | | | | |
| 1 | Mark Bishop | 10.15m | | 20th May 2023 |
| Hammer (7.26kg) | | | | |
| 1 | Mark Bishop | 22.18m | | 2 nd July 2022 |
| <u>Men 60-64</u> | | | | |
| 200 Metres | | | | |
| 1 | Paul Berrett | 31.04 | | 28th August 2023 |
| 400 Metres | | | | |
| 1 | Paul Berrett | 66.11 | | 28th August 2023 |
| 800 Metres | | | | |
| 1 | Len Parrott | 2:28.6 | | 27 th August 1995 |
| 2 | Paul Berrett | 2:31.07 | | 19th August 2023 |
| 1500 Metres | | | | |
| 1 | Len Parrott | 5.02.2 | | 1996 |
| 2 | Paul Berrett | 5:22.61 | | 16th August 2023 |
| One Mile | | | | |
| 1 | Paul Berrett | 5:51.70 | | 4th June 2023 |
| 3000 Metres | | | | |
| 1 | Paul Berrett | 12:50.45 | | 13 th 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 |
| Discus (2kg) | | | | |
| 1 | Kevin White | 22.65m | | 18 th Aug 2018 |
| Javelin (600g) | | | | |
| 1 | Paul Berrett | 19.42 | | 25 th September 2022 |

Men 65

Pole Vault

1 Stuart Tufton 3.00m 22nd May 2016

Hammer (7.26kg)

1 Keith Robinson 30.72m 14th April 2018

Men 70

Pole Vault

1 Stuart Tufton 2.80m 11th July 2021