

## Masters - Men (as at 31<sup>st</sup> March 2025)

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   |
| 8  | Steve Rand      | 58.27 | V45 | 17 <sup>th</sup> August 2019 |

#### **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 | Gavin Maley    | 2:08.31   |     | 13 <sup>th</sup> August 2022 |
| 7 | Warren Roe     | 2:09.7    |     | 2 <sup>nd</sup> June 1981    |
| 8 | Paul Berrett   | 2:10.82   | V45 | 5 <sup>th</sup> July 2008    |
| 9 | James Blogg    | 2:11.33   |     | 29 <sup>th</sup> June 2022   |

#### **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  | 4:23.98 |     | 1 <sup>st</sup> June 2022    |
| 8 | James Blogg  | 4:29.12 |     | 31 <sup>st</sup> August 2022 |

2024 Updates in **blue**

2025 Updates in **red**

|                           |                     |                 |     |                                    |
|---------------------------|---------------------|-----------------|-----|------------------------------------|
| 9                         | Russ Middleton      | 4:30.83         |     | 11 <sup>th</sup> May 2008          |
| 10                        | T Gunton            | 4:35.9          |     | 19 <sup>th</sup> May 1991          |
| <b>3000 Metres</b>        |                     |                 |     |                                    |
| 1                         | James Connor        | 8:57.41         |     | 13 <sup>th</sup> May 2023          |
| 2                         | Warren Roe          | 8:58.6          |     | 30 <sup>th</sup> June 1979         |
| 3                         | Len Parrott         | 9:10.4          |     | 7 <sup>th</sup> August 1976        |
| 4                         | <b>Rob Warner</b>   | <b>9:20.07</b>  |     | <b>17<sup>th</sup> August 2024</b> |
| 5                         | Matt Bland          | 9:20.83         | V45 | 8 <sup>th</sup> June 2013          |
| 6                         | Jason Lendon        | 9:28.95         |     | 7 <sup>th</sup> July 2016          |
| 7                         | Barry Smith         | 9:38.01         |     | 20 <sup>th</sup> September 2020    |
| 8                         | Paul Berrett        | 9:39.6          | V45 | 22 <sup>nd</sup> July 2008         |
| 9                         | James Blogg         | 9:47.0          |     | 29 <sup>th</sup> June 2022         |
| 10                        | Rob Trevor          | 9:51.72         |     | 20 <sup>th</sup> September 2020    |
| <b>5000 Metres</b>        |                     |                 |     |                                    |
| 1                         | <b>James Connor</b> | <b>15:05.6</b>  |     | <b>12<sup>th</sup> June 2024</b>   |
| 2                         | R Budd              | 15:40.0         |     | 1972                               |
| 3                         | Rob Warner          | 15:50.99        |     | 14 <sup>th</sup> August 2021       |
| 4                         | Len Parrott         | 15:53.8         |     | 24 <sup>th</sup> July 1976         |
| 5                         | Matt Bland          | 16:12.0         |     | 30 <sup>th</sup> April 2011        |
| 6                         | Alfie Waithaka      | 16:34.65        |     | 13 <sup>th</sup> April 2019        |
| 7                         | Steve Rand          | 16:35.4         |     | 16 <sup>th</sup> June 2013         |
| 8                         | James Blogg         | 16:44.92        |     | 19 <sup>th</sup> August 2023       |
| 9                         | Simon Hart          | 16:57.3         | V45 | 16 <sup>th</sup> June 2013         |
| 10                        | Paul Berrett        | 17:29.3         | V45 | 12 <sup>th</sup> July 2008         |
| <b>10000 Metres</b>       |                     |                 |     |                                    |
| 1                         | <b>James Connor</b> | <b>31:36.48</b> |     | <b>29<sup>th</sup> June 2024</b>   |
| 2                         | Len Parrott         | 32:41.2         |     | 16 <sup>th</sup> July 1977         |
| 3                         | Ted Andrews         | 34:40.0         | V45 | 19 <sup>th</sup> April 1978        |
| <b>Half Marathon</b>      |                     |                 |     |                                    |
| 1                         | <b>James Connor</b> | <b>67:41</b>    |     | <b>14<sup>th</sup> April 2024</b>  |
| <b>Marathon</b>           |                     |                 |     |                                    |
| 1                         | Simon Hart          | 2:38.42         | V50 | 25 <sup>th</sup> May 2014          |
| 2                         | James Blogg         | 2:42.50         |     | 24 <sup>th</sup> September 2023    |
| 3                         | Richard Heath       | 2:50.00         |     | 26 <sup>th</sup> April 2015        |
| 4                         | Steve Rand          | 2:53.47         |     | 22 <sup>nd</sup> April 2012        |
| 5                         | Barry Smith         | 2:54.08         |     | 3 <sup>rd</sup> April 2022         |
| 6                         | Steve Walker        | 3:08.20         | V50 | 3 <sup>rd</sup> April 2022         |
| 7                         | Paul Berrett        | 3:11.50         |     | 21 <sup>st</sup> October 2005      |
| <b>110 Metres Hurdles</b> |                     |                 |     |                                    |
| 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        |
| <b>400 Metres Hurdles</b> |                     |                 |     |                                    |
| 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                         | Steve Rand          | 68.69           | V45 | 9 <sup>th</sup> June 2019          |
| 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 | Rob Warner     | 6:25.33 |     | 1 <sup>st</sup> August 2021 |
| 2 | Paul Berrett   | 7:21.6  | V50 | 16 <sup>th</sup> June 2013  |
| 3 | Martin Chester | 7:45.85 | V45 | 13 <sup>th</sup> April 2019 |
| 4 | Gary Atkins    | 8:12.4  | V50 | 22 <sup>nd</sup> May 2022   |

**3000 Metres Steeplechase**

|   |                |          |     |                             |
|---|----------------|----------|-----|-----------------------------|
| 1 | Rob Warner     | 9:56.22  |     | 12 <sup>th</sup> June 2022  |
| 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   |

**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 |
| 4 | Ian Chamberlain | 2.40m | V50 | 20 <sup>th</sup> May 2006 |

**Shot Putt**

|   |               |        |     |                             |
|---|---------------|--------|-----|-----------------------------|
| 1 | Steve Archer  | 13.10m |     | 1998                        |
| 2 | Mark Bishop   | 11.85m |     | 5 <sup>th</sup> May 2007    |
| 3 | Brian Hatch   | 9.71m  | V45 | 12 <sup>th</sup> April 1998 |
| 4 | Arron Bonning | 9.36m  |     | 18 <sup>th</sup> June 2016  |

**Discus**

|   |               |        |     |                             |
|---|---------------|--------|-----|-----------------------------|
| 1 | Steve Archer  | 37.75m | V45 | 4 <sup>th</sup> August 2001 |
| 2 | Mark Bishop   | 34.48m |     | 2 <sup>nd</sup> July 2011   |
| 3 | Kevin White   | 31.20m | V45 | 17 <sup>th</sup> May 2003   |
| 4 | Brian Hatch   | 30.74m | V45 | 12 <sup>th</sup> April 1998 |
| 5 | 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 | Steve Archer     | 26.25m | V45 | 10 <sup>th</sup> July 2001 |
| 4 | Mark Bishop      | 22.18m | V55 | 2 <sup>nd</sup> July 2022  |
| 5 | 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 |
|---|-----------------|-------------|--|--|

**Men 45-49****100 Metres**

|   |                 |       |     |                            |
|---|-----------------|-------|-----|----------------------------|
| 1 | Mark Bishop     | 12.82 | V50 | 11 <sup>th</sup> May 2019  |
| 2 | Clive Gray      | 14.0s | V50 | 7 <sup>th</sup> June 2008  |
| 3 | Ian Chamberlain | 14.1s | V50 | 14 <sup>th</sup> July 2007 |

**300 Metres**

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

**400 Metres**

|   |            |       |  |                              |
|---|------------|-------|--|------------------------------|
| 1 | Steve Rand | 58.27 |  | 17 <sup>th</sup> August 2019 |
|---|------------|-------|--|------------------------------|

**800 Metres**

|   |              |         |     |                                 |
|---|--------------|---------|-----|---------------------------------|
| 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 | Steve Rand   | 2:15.06 |     | 19 <sup>th</sup> September 2021 |
| 4 | Len Parrott  | 2:16.0  | V50 | 1986                            |

**1500 Metres**

|   |                                |                         |     |  |
|---|--------------------------------|-------------------------|-----|--|
| 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   |
| 4 | <a href="#">James Blogg</a>    | <a href="#">4:34.32</a> |     | <a href="#">29<sup>th</sup> June 2024</a>      |
| 5 | <a href="#">Alfie Waithaka</a> | <a href="#">4:38.86</a> |     | <a href="#">17<sup>th</sup> August 2024</a>    |
| 6 | <a href="#">Rob Trevor</a>     | <a href="#">4:39.11</a> |     | <a href="#">15<sup>th</sup> September 2024</a> |

**3000 Metres**

|    |                             |                          |     |   |
|----|-----------------------------|--------------------------|-----|---|
| 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  | Dan Meredith                | 10:07.88                 |     | 14 <sup>th</sup> May 2022                 |
| 6  | <a href="#">Will Kirk</a>   | <a href="#">10:10.59</a> |     | <a href="#">11<sup>th</sup> May 2024</a>  |
| 7  | Gary Atkins                 | 10:30.77                 | V50 | 19 <sup>th</sup> September 2021           |
| 8  | Steve Walker                | 10:31.00                 | V50 | 20 <sup>th</sup> September 2020           |
| 9  | Martin Chester              | 10:34.46                 |     | 20 <sup>th</sup> September 2020           |
| 10 | <a href="#">Ian Anthony</a> | <a href="#">10:40.46</a> |     | <a href="#">15<sup>th</sup> June 2024</a> |

**5000 Metres**

|   |                                 |                         |     |   |
|---|---------------------------------|-------------------------|-----|---|
| 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 | <a href="#">James Blogg</a>     | <a href="#">16:57.1</a> |     | <a href="#">14<sup>th</sup> July 2024</a> |
| 4 | <a href="#">Alfred Waithaka</a> | <a href="#">16:58.4</a> |     | <a href="#">18<sup>th</sup> May 2024</a>  |
| 5 | Steve Rand                      | 17:03.8                 |     | 14 <sup>th</sup> April 2018               |
| 6 | Len Parrott                     | 17:10.2                 | V50 | 1986                                      |

2024 Updates in **blue**2025 Updates in **red**

|                             |                      |                 |     |                                    |
|-----------------------------|----------------------|-----------------|-----|------------------------------------|
| 7                           | Dan Meredith         | 17:37.20        |     | 16 <sup>th</sup> July 2022         |
| 8                           | Paul Berrett         | 18:02.8         | V50 | 9 <sup>th</sup> June 2012          |
| <b>10000 Metres</b>         |                      |                 |     |                                    |
| 1                           | Ted Andrews          | 34:40.0         |     | 19 <sup>th</sup> April 1978        |
| 2                           | Len Parrott          | 35.37.7         | V50 | 1986                               |
| 3                           | <b>James Blogg</b>   | <b>37:28.72</b> |     | <b>26<sup>th</sup> May 2024</b>    |
| <b>Marathon</b>             |                      |                 |     |                                    |
| 1                           | Simon Hart           | 2:38.42         | V50 | 25 <sup>th</sup> May 2014          |
| 2                           | <b>James Blogg</b>   | <b>2:47.21</b>  |     | <b>15<sup>th</sup> Apr 2021</b>    |
| 3                           | Len Parrott          | 2:49.57         | V50 | 1986                               |
| 4                           | Steve Walker         | 3:08.20         | V50 | 3 <sup>rd</sup> April 2022         |
| <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                           | Jason Lendon         | 69.74           |     | 2 <sup>nd</sup> July 2022          |
| 4                           | Ian Chamberlain      | 71.2            |     | 23 <sup>rd</sup> June 2001         |
| 5                           | Paul Berrett         | 71.8            | V50 | 16 <sup>th</sup> June 2013         |
| 6                           | Kevin White          | 74.4            |     | 12 <sup>th</sup> July 2003         |
| <b>2000m Steeplechase</b>   |                      |                 |     |                                    |
| 1                           | <b>Jason Lendon</b>  | <b>7:01.69</b>  |     | <b>17<sup>th</sup> August 2024</b> |
| 2                           | Paul Berrett         | 7:21.6          | V50 | 16 <sup>th</sup> June 2013         |
| 3                           | Martin Chester       | 7:45.85         |     | 13 <sup>th</sup> April 2019        |
| 4                           | Gary Atkins          | 8:12.4          | V50 | 22 <sup>nd</sup> May 2022          |
| <b>3000m Steeplechase</b>   |                      |                 |     |                                    |
| 1                           | Jason Lendon         | 10:39.49        |     | 6 <sup>th</sup> June 2021          |
| 2                           | Paul Berrett         | 11:08.8         |     | 16 <sup>th</sup> May 2010          |
| 3                           | Martin Chester       | 11:32.55        |     | 19 <sup>th</sup> May 2019          |
| 4                           | Gary Atkins          | 12:13.28        | V50 | 12 <sup>th</sup> June 2022         |
| <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         |
| 3                           | Arron Bonning        | 4.80m           |     | 18 <sup>th</sup> June 2023         |
| <b>Triple Jump</b>          |                      |                 |     |                                    |
| 1                           | Mark Bishop          | 11.48m          |     | 6 <sup>th</sup> July 2013          |
| 2                           | Arron Bonning        | 10.52m          |     | 16 <sup>th</sup> July 2022         |
| 3                           | 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                           | Mark Bishop          | 1.55m           | V55 | 13 <sup>th</sup> August 2021       |
| 3                           | Arron Bonning        | 1.45m           |     | 14 <sup>th</sup> July 2021         |
| <b>Pole Vault</b>           |                      |                 |     |                                    |
| 1                           | Stuart Tufton        | 3.50m           | V50 | 31 <sup>st</sup> May 2003          |
| 2                           | Mark Bishop          | 3.30m           | V55 | 16 <sup>th</sup> July 2021         |
| 3                           | Arron Bonning        | 3.00m           |     | 11 <sup>th</sup> September 2021    |

2024 Updates in **blue**

2025 Updates in **red**

|                         |                 |         |     |                                 |
|-------------------------|-----------------|---------|-----|---------------------------------|
| 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                       | Arron Bonning   | 8.84m   |     | 11 <sup>th</sup> September 2021 |
| <b>Discus (2kg)</b>     |                 |         |     |                                 |
| 1                       | Steve Archer    | 37.75m  |     | 4 <sup>th</sup> August 2001     |
| 2                       | Brian Hatch     | 36.53m  | V50 | 28 <sup>th</sup> March 1999     |
| 3                       | Mark Bishop     | 32.62m  |     | 16 <sup>th</sup> June 2013      |
| 4                       | Kevin White     | 31.20m  |     | 17 <sup>th</sup> May 2003       |
| 5                       | Arron Bonning   | 26.17m  |     | 11 <sup>th</sup> July 2021      |
| <b>Hammer (7.26kg)</b>  |                 |         |     |                                 |
| 1                       | Keith Robinson  | 49.30m  |     | 10 <sup>th</sup> May 1997       |
| 2                       | Steve Archer    | 26.33m  | V50 | 30 <sup>th</sup> July 2005      |
| 3                       | Mark Bishop     | 22.18m  | V55 | 2 <sup>nd</sup> July 2022       |
| 4                       | Arron Bonning   | 19.85m  |     | 11 <sup>th</sup> July 2021      |
| <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                       | Arron Bonning   | 34.21m  |     | 11 <sup>th</sup> July 2021      |
| 4                       | Steve Archer    | 31.29m  |     | 2 <sup>nd</sup> June 2001       |
| 5                       | Paul Berrett    | 29.59m  | V50 | 14 <sup>th</sup> July 2012      |
| 6                       | Clive Gray      | 25.99m  | V50 | 7 <sup>th</sup> June 2008       |
| <b><u>Men 50-54</u></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>400 Metres</b>       |                 |         |     |                                 |
| 1                       | Steve Rand      | 59.81   |     | 25 <sup>th</sup> September 2022 |
| 2                       | Paul Berrett    | 62.36   | V55 | 20 <sup>th</sup> June 2018      |
| <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      |
| 3                       | Paul Berrett    | 4:38.71 |     | 9 <sup>th</sup> July 2012       |
| 4                       | John Barker     | 4:48.42 | V55 | 2 <sup>nd</sup> April 2023      |
| 5                       | Len Parrott     | 5:02.2  | V60 | 1996                            |
| 6                       | Tony Pecoraro   | 5:23.75 | V55 | 13 <sup>th</sup> September 2020 |
| <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       |
| 4                       | John Barker     | 10:23.5 | V55 | 20 <sup>th</sup> May 2023       |

|                              |                 |          |     |                                 |
|------------------------------|-----------------|----------|-----|---------------------------------|
| 5                            | Gary Atkins     | 10:30.77 |     | 19 <sup>th</sup> September 2021 |
| 6                            | Steve Walker    | 10:31.00 |     | 20 <sup>th</sup> September 2020 |
| 7                            | Tony Pecoraro   | 11:13.18 | V55 | 20 <sup>th</sup> September 2020 |
| <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       |
| 4                            | Dan Meredith    | 18:04.10 |     | 19 <sup>th</sup> August 2023    |
| 5                            | Martin Chester  | 19:04.4  |     | 18 <sup>th</sup> June 2023      |
| <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     |
| 4                            | Steve Rand      | 73.3     |     | 20 <sup>th</sup> May 2023       |
| <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      |
| 2                            | Gary Atkins     | 7:54.56  | V55 | 19 <sup>th</sup> August 2023    |
| 3                            | Steve Walker    | 8:54.00  |     | 19 <sup>th</sup> August 2023    |
| <b>3000m Steeplechase</b>    |                 |          |     |                                 |
| 1                            | Paul Berrett    | 11:25.6  |     | 13 <sup>th</sup> July 2013      |
| 2                            | Gary Atkins     | 12:13.28 |     | 12 <sup>th</sup> June 2022      |
| <b>High Jump</b>             |                 |          |     |                                 |
| 1                            | Mark Bishop     | 1.55m    |     | 13 <sup>th</sup> August 2022    |
| <b>Long Jump</b>             |                 |          |     |                                 |
| 1                            | Mark Bishop     | 5.34m    | M55 | 11 <sup>th</sup> June 2023      |
| 2                            | Martin Chester  | 3.80m    |     | 9 <sup>th</sup> July 2023       |
| <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                            | Mark Bishop     | 3.30m    | M55 | 16 <sup>th</sup> July 2022      |
| 3                            | 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  |
| 3                       | Mark Bishop       | 10.15m          | M55 | 20 <sup>th</sup> May 2023        |
| <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                       | Mark Bishop       | 31.77m          | M55 | 16 <sup>th</sup> July 2022       |
| 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       | 22.18m          | V55 | 2 <sup>nd</sup> July 2022        |
| 3                       | Kevin White       | 15.75m          |     | 20 <sup>th</sup> May 2012        |
| <b>Javelin (800g)</b>   |                   |                 |     |                                  |
| 1                       | Mark Bishop       | 32.97m          | V55 | 16 <sup>h</sup> July 2022        |
| 2                       | Paul Berrett      | 29.59m          |     | 14 <sup>th</sup> July 2012       |
| 3                       | 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                       | Matt Bland        | 2:27.52         |     | 29 <sup>th</sup> June 2022       |
| 3                       | Len Parrott       | 2:28.6          | V60 | 27 <sup>th</sup> August 1995     |
| <b>1500m</b>            |                   |                 |     |                                  |
| 1                       | John Barker       | 4:48.42         |     | 2 <sup>nd</sup> April 2023       |
| 2                       | Paul Berrett      | 4:54.39         |     | 11 <sup>th</sup> June 2018       |
| 3                       | <b>Matt Bland</b> | <b>4:58.40</b>  |     | <b>24<sup>th</sup> July 2024</b> |
| 4                       | Len Parrott       | 5:02.2          | V60 | 1996                             |
| 5                       | Tony Pecoraro     | 5:23.75         |     | 13 <sup>th</sup> September 2020  |
| <b>3000m</b>            |                   |                 |     |                                  |
| 1                       | <b>Matt Bland</b> | <b>10:11.75</b> |     | <b>10<sup>th</sup> July 2024</b> |
| 2                       | John Barker       | 10:23.5         |     | 20 <sup>th</sup> May 2023        |
| 3                       | Paul Berrett      | 10:43.64        |     | 10 <sup>th</sup> July 2018       |
| 4                       | Tony Pecoraro     | 11:13.18        |     | 20 <sup>th</sup> September 2020  |
| <b>5000m</b>            |                   |                 |     |                                  |
| 1                       | Matt Bland        | 17:45.7         |     | 8 <sup>th</sup> June 2022        |
| 2                       | Paul Berrett      | 19:05.82        |     | 5 <sup>th</sup> July 2018        |
| 3                       | Len Parrott       | 19:20.1         | V60 | 1998                             |
| <b>10000 Metres</b>     |                   |                 |     |                                  |
| 1                       | Len Parrott       | 38:33.1         | V60 | 1996                             |
| <b>110mH (91 cms)</b>   |                   |                 |     |                                  |
| 1                       | Mark Bishop       | 21.82           |     | 2 <sup>nd</sup> July 2022        |



|                           |                    |                 |  |                                  |
|---------------------------|--------------------|-----------------|--|----------------------------------|
| <b>400mH (91 cms)</b>     |                    |                 |  |                                  |
| 1                         | Mark Bishop        | 75.15           |  | 2 <sup>nd</sup> July 2022        |
| <b>2000m Steeplechase</b> |                    |                 |  |                                  |
| 1                         | Gary Atkins        | 7:54.56         |  | 19 <sup>th</sup> August 2023     |
| <b>3000m Steeplechase</b> |                    |                 |  |                                  |
| 1                         | <b>Gary Atkins</b> | <b>13:08.90</b> |  | <b>1<sup>st</sup> June 20243</b> |
| <b>High Jump</b>          |                    |                 |  |                                  |
| 1                         | Mark Bishop        | 1.55m           |  | 13 <sup>th</sup> August 2022     |
| <b>Long Jump</b>          |                    |                 |  |                                  |
| 1                         | Mark Bishop        | 5.34m           |  | 11 <sup>th</sup> June 2023       |
| <b>Triple Jump</b>        |                    |                 |  |                                  |
| 1                         | Mark Bishop        | 9.83m           |  | 21 <sup>st</sup> August 2022     |
| <b>Pole Vault</b>         |                    |                 |  |                                  |
| 1                         | Stuart Tufton      | 3.40m           |  | 5 <sup>th</sup> May 2007         |
| 2                         | Mark Bishop        | 3.30m           |  | 16 <sup>th</sup> July 2022       |
| <b>Discus (2kg)</b>       |                    |                 |  |                                  |
| 1                         | Mark Bishop        | 31.77m          |  | 7 <sup>th</sup> May 2022         |
| 2                         | Kevin White        | 25.18m          |  | 25 <sup>th</sup> April 2015      |
| <b>Javelin (700g)</b>     |                    |                 |  |                                  |
| 1                         | Mark Bishop        | 32.97m          |  | 16 <sup>th</sup> July 2022       |
| 2                         | Paul Berrett       | 28.86m          |  | 11 <sup>th</sup> August 2018     |
| <b>Shot (7.26kg)</b>      |                    |                 |  |                                  |
| 1                         | Mark Bishop        | 10.15m          |  | 20 <sup>th</sup> May 2023        |
| <b>Hammer (7.26kg)</b>    |                    |                 |  |                                  |
| 1                         | Mark Bishop        | 22.18m          |  | 2 <sup>nd</sup> July 2022        |
| <b><u>Men 60-64</u></b>   |                    |                 |  |                                  |
| <b>200 Metres</b>         |                    |                 |  |                                  |
| 1                         | Paul Berrett       | 31.04           |  | 28 <sup>th</sup> August 2023     |
| <b>400 Metres</b>         |                    |                 |  |                                  |
| 1                         | Paul Berrett       | 66.11           |  | 28 <sup>th</sup> August 2023     |
| <b>800 Metres</b>         |                    |                 |  |                                  |
| 1                         | Len Parrott        | 2:28.6          |  | 27 <sup>th</sup> August 1995     |
| 2                         | Paul Berrett       | 2:31.07         |  | 19 <sup>th</sup> August 2023     |
| <b>1500 Metres</b>        |                    |                 |  |                                  |
| 1                         | Len Parrott        | 5.02.2          |  | 1996                             |
| 2                         | Paul Berrett       | 5:22.61         |  | 16 <sup>th</sup> August 2023     |
| <b>One Mile</b>           |                    |                 |  |                                  |
| 1                         | Paul Berrett       | 5:51.70         |  | 4 <sup>th</sup> June 2023        |
| <b>3000 Metres</b>        |                    |                 |  |                                  |
| 1                         | Paul Berrett       | 12:50.45        |  | 13 <sup>th</sup> August 2022     |

2024 Updates in **blue**

2025 Updates in **red**

**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 <sup>st</sup> May 2011 |
|---|---------------|-------|---------------------------|

**Discus (2kg)**

|   |             |        |                           |
|---|-------------|--------|---------------------------|
| 1 | Kevin White | 22.65m | 18 <sup>th</sup> Aug 2018 |
|---|-------------|--------|---------------------------|

**Javelin (600g)**

|   |              |       |                                 |
|---|--------------|-------|---------------------------------|
| 1 | Paul Berrett | 19.42 | 25 <sup>th</sup> September 2022 |
|---|--------------|-------|---------------------------------|

**Men 65****Pole Vault**

|   |               |       |                           |
|---|---------------|-------|---------------------------|
| 1 | Stuart Tufton | 3.00m | 22 <sup>nd</sup> May 2016 |
|---|---------------|-------|---------------------------|

**Hammer (7.26kg)**

|   |                |        |                             |
|---|----------------|--------|-----------------------------|
| 1 | Keith Robinson | 30.72m | 14 <sup>th</sup> April 2018 |
|---|----------------|--------|-----------------------------|

**Men 70****Pole Vault**

|   |               |       |                            |
|---|---------------|-------|----------------------------|
| 1 | Stuart Tufton | 2.80m | 11 <sup>th</sup> July 2021 |
|---|---------------|-------|----------------------------|