

## Masters - Men (as at 30<sup>th</sup> June 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	<b>James Connor</b>	<b>2:21.43</b>		<b>27<sup>th</sup> April 2025</b>
2	Simon Hart	2:38.42	V50	25 <sup>th</sup> May 2014
3	James Blogg	2:42.50		24 <sup>th</sup> September 2023
4	Richard Heath	2:50.00		26 <sup>th</sup> April 2015
5	Steve Rand	2:53.47		22 <sup>nd</sup> April 2012
6	Barry Smith	2:54.08		3 <sup>rd</sup> April 2022
7	<b>Will Kirk</b>	<b>3:01.33</b>	<b>V45</b>	<b>27<sup>th</sup> April 2025</b>
8	Steve Walker	3:08.20	V50	3 <sup>rd</sup> April 2022
9	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

2024 Updates in **blue**

2025 Updates in **red**

**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

<b>Javelin</b>					
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
<b>Decathlon</b>					
1	Ian Chamberlain	4004 Points			28 <sup>th</sup> /29 <sup>th</sup> Sept 1996
<b><u>Men 45-49</u></b>					
<b>100 Metres</b>					
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
<b>300 Metres</b>					
1	Mark Bishop	39.27			13 <sup>th</sup> May 2012
2	Steve Rand	40.10			12 <sup>th</sup> May 2018
<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	Steve Rand	2:15.06			19 <sup>th</sup> September 2021
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
4	James Blogg	4:34.32			29 <sup>th</sup> June 2024
5	Alfie Waithaka	4:38.86			17 <sup>th</sup> August 2024
6	Rob Trevor	4:39.11			15 <sup>th</sup> September 2024
<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	Dan Meredith	10:07.88			14 <sup>th</sup> May 2022
6	Will Kirk	10:10.59			11 <sup>th</sup> May 2024
7	Rob Trevor	10:21.76			2 <sup>nd</sup> April 2025
8	Gary Atkins	10:30.77	V50		19 <sup>th</sup> September 2021
9	Steve Walker	10:31.00	V50		20 <sup>th</sup> September 2020
10	Martin Chester	10:34.46			20 <sup>th</sup> September 2020
<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	James Blogg	16:57.1			14 <sup>th</sup> July 2024
4	Alfred Waithaka	16:58.4			18 <sup>th</sup> May 2024
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	Ian Anthony	17:41.27		18 <sup>th</sup> May 2025
9	Rob Trevor	17:50.0		11 <sup>th</sup> June 2025
10	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	James Blogg	37:28.72		26 <sup>th</sup> May 2024
<b>Marathon</b>				
1	Simon Hart	2:38.42	V50	25 <sup>th</sup> May 2014
2	James Blogg	2:47.21		15 <sup>th</sup> Apr 2021
3	Len Parrott	2:49.57	V50	1986
4	Will Kirk	3:01.33		27 <sup>th</sup> April 2025
5	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	Jason Lendon	7:01.69		17 <sup>th</sup> August 2024
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>				

2024 Updates in blue

2025 Updates in red

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
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	<b>Arron Bonning</b>	<b>20.48m</b>		<b>22<sup>nd</sup> June 2025</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	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
5	<b>Jason Lendon</b>	<b>73.52</b>		<b>17<sup>th</sup> May 2025</b>
<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

2024 Updates in **blue**

2025 Updates in **red**

**Shot Putt (? 7.26g?)**

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

**Discus (2kg)**

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

**Discus (1.5kg)**

1	Mark Bishop	29.22m		16 <sup>th</sup> September 2018
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**Hammer (7.26kg)**

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

**Javelin (800g)**

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

**Javelin (700g)**

1	Paul Berrett	29.82m		14 <sup>th</sup> September 2013
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**Men 55-59****200m**

1	Paul Berrett	29.45		25 <sup>th</sup> July 2018
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**400m**

1	Paul Berrett	62.36		20 <sup>th</sup> June 2018
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**800m**

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

**1500m**

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

**3000m**

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

**5000m**

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	<b>John Barker</b>	<b>19:16.06</b>		<b>17<sup>th</sup> May 2025</b>
3	Len Parrott	19:20.1	V60	1998

**10000 Metres**

1	Len Parrott	38:33.1	V60	1996
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2024 Updates in **blue**2025 Updates in **red**



<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	Paul Berrett	28.86m		11 <sup>th</sup> August 2018
<b>Javelin (800g)</b>				
1	<b>Mark Bishop</b>	<b>35.32m</b>		<b>31<sup>st</sup> May 2025</b>
<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

2024 Updates in **blue**

2025 Updates in **red**

<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	
<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>Javelin (600g)</b>				
1	Paul Berrett	19.42	25 <sup>th</sup> September 2022	
<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	Stuart Tufton	2.80m	11 <sup>th</sup> July 2021	