

Masters - Men (as at 30th September 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 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**

2025 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		13 th May 2023
2	Warren Roe	8:58.6		30 th June 1979
3	Len Parrott	9:10.4		7 th August 1976
4	Rob Warner	9:20.07		17th August 2024
5	Matt Bland	9:20.83	V45	8 th June 2013
6	Jason Lendon	9:28.95		7 th July 2016
7	Barry Smith	9:38.01		20 th September 2020
8	Paul Berrett	9:39.6	V45	22 nd July 2008
9	James Blogg	9:47.0		29 th June 2022
10	Rob Trevor	9:51.72		20 th September 2020
5000 Metres				
1	James Connor	15:05.6		12th June 2024
2	R Budd	15:40.0		1972
3	Rob Warner	15:50.99		14 th August 2021
4	Len Parrott	15:53.8		24 th July 1976
5	Matt Bland	16:12.0		30 th April 2011
6	Alfie Waithaka	16:34.65		13 th April 2019
7	Steve Rand	16:35.4		16 th June 2013
8	James Blogg	16:44.92		19 th August 2023
9	Simon Hart	16:57.3	V45	16 th June 2013
10	Paul Berrett	17:29.3	V45	12 th July 2008
10000 Metres				
1	James Connor	31:36.48		29th June 2024
2	Len Parrott	32:41.2		16 th July 1977
3	Ted Andrews	34:40.0	V45	19 th April 1978
Half Marathon				
1	James Connor	66:07		23rd February 2025
Marathon				
1	James Connor	2:21.43		27th April 2025
2	Simon Hart	2:38.42	V50	25 th May 2014
3	James Blogg	2:42.50		24 th September 2023
4	Richard Heath	2:50.00		26 th April 2015
5	Steve Rand	2:53.47		22 nd April 2012
6	Barry Smith	2:54.08		3 rd April 2022
7	Will Kirk	3:01.33	V45	27th April 2025
8	Steve Walker	3:08.20	V50	3 rd April 2022
9	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

2024 Updates in **blue**

2025 Updates in **red**

2000m Steeplechase

1	Rob Warner	6:25.33		1 st August 2021
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	Arron Bonning	22.63m	V45	13th July 2025
5	Mark Bishop	22.18m	V55	2 nd July 2022

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

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
4	James Blogg	4:34.32		29 th June 2024
5	Alfie Waithaka	4:38.86		17 th August 2024
6	Rob Trevor	4:39.11		15 th September 2024
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	Will Kirk	10:10.59		11 th May 2024
7	Rob Trevor	10:21.76		2 nd April 2025
8	Gary Atkins	10:30.77	V50	19 th September 2021
9	Steve Walker	10:31.00	V50	20 th September 2020
10	Martin Chester	10:34.46		20 th September 2020
5000 Metres				
1	Matt Bland	16:19.17		7 ^h June 2014
2	Simon Hart	16:57.3		16 th June 2013
3	James Blogg	16:57.1		14 th July 2024
4	Alfred Waithaka	16:58.4		18 th May 2024
5	Steve Rand	17:03.8		14 th April 2018

2024 Updates in blue

2025 Updates in red

6	Len Parrott	17:10.2	V50	1986
7	Dan Meredith	17:37.20		16 th July 2022
8	Ian Anthony	17:41.27		18 th May 2025
9	Rob Trevor	17:50.0		11 th June 2025
10	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
3	James Blogg	37:28.72		26 th May 2024
Marathon				
1	Simon Hart	2:38.42	V50	25 th May 2014
2	James Blogg	2:47.21		15 th Apr 2021
3	Len Parrott	2:49.57	V50	1986
4	Will Kirk	3:01.33		27 th April 2025
5	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	Jason Lendon	7:01.69		17 th August 2024
2	Paul Berrett	7:21.6	V50	16 th June 2013
3	Martin Chester	7:45.85		13 th April 2019
4	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		18 th 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	Arron Bonning	22.63m		13th July 2025
4	Mark Bishop	22.18m	V55	2 nd July 2022

Javelin (800g)

1	Brian Hatch	36.12m		3 rd May 1997
2	Mark Bishop	35.32m	V55	31st May 2025
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	2 nd 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	20 th 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		19 th August 2023
5	Martin Chester	19:04.4		18 th 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		20 th May 2023
5	Jason Lendon	73.52		17th May 2025

400mH (84cms)

1	Paul Berrett	70.03		14 th Sept 2013
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2000m Steeplechase

1	Jason Lendon	7:16.5		30th August 2025
2	Paul Berrett	7:21.6		16 th June 2013
3	Gary Atkins	7:54.56	V55	19 th August 2023
4	Steve Walker	8:54.00		19 th August 2023

3000m Steeplechase

1	Jason Lendon	11:12.03		14th September 2025
2	Paul Berrett	11:25.6		13 th July 2013
3	Gary Atkins	12:13.28		12 th June 2022

High Jump

1	Mark Bishop	1.55m		13 th August 2022
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Long Jump

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

Triple Jump

1	Ian Chamberlain	9.18m		14 th July 2007
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2024 Updates in **blue**2025 Updates in **red**

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	10.15m	M55	20 th May 2023

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
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Hammer (7.26kg)

1	Steve Archer	26.33m		30 th July 2005
2	Mark Bishop	22.18m	V55	2 nd July 2022
3	Jason Lendon	17.19m		13th July 2025
4	Kevin White	15.75m		20 th May 2012

Javelin (800g)

1	Mark Bishop	35.32m	V55	31st May 2025
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
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Men 55-59**200m**

1	Paul Berrett	29.45		25 th July 2018
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400m

1	Paul Berrett	62.36		20 th June 2018
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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		2 nd April 2023
2	Paul Berrett	4:54.39		11 th June 2018
3	Matt Bland	4:58.40		24th July 2024
4	Len Parrott	5:02.2	V60	1996
5	Tony Pecoraro	5:23.75		13 th September 2020

3000m

1	Matt Bland	10:11.75		10th July 2024
2	John Barker	10:23.5		20 th May 2023
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	John Barker	19:16.06			17th May 2025
4	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			19 th August 2023
3000m Steeplechase					
1	Gary Atkins	13:08.90			1st June 2024
High Jump					
1	Mark Bishop	1.55m			13 th August 2022
Long Jump					
1	Mark Bishop	5.34m			11 th June 2023
Triple Jump					
1	Mark Bishop	9.83m			21 st August 2022
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	Paul Berrett	28.86m			11 th August 2018
Javelin (800g)					
1	Mark Bishop	35.32m			31st May 2025
Shot (7.26kg)					
1	Mark Bishop	10.15m			20 th May 2023
Shot (6kg)					
1	Mark Bishop	10.45m ind			11th March 2023
Hammer (7.26kg)					
1	Mark Bishop	22.18m			2 nd July 2022
Indoor Pentathlon					
1	Mark Bishop	22.18m			11th March 2023
	(60H 9.74, HJ: 1.53m, SP6K: 10.45m, LJ: 5.04m, 1000: 3:51.18)				

Men 60-64**200 Metres**

1	Paul Berrett	30.60	25th August 2025
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400 Metres

1	Paul Berrett	66.11	28 th August 2023
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800 Metres

1	Len Parrott	2:28.6	27 th August 1995
2	Paul Berrett	2:31.07	19 th August 2023

1500 Metres

1	John Barker	5:01.42	14th September 2025
2	Len Parrott	5:02.2	1996
3	Paul Berrett	5:22.61	16 th August 2023

One Mile

1	Paul Berrett	5:51.70	4 th June 2023
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3000 Metres

1	Paul Berrett	11:40.76	15th July 2025
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5000 Metres

1	Len Parrott	19.20.1	1998
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10000 Metres

1	Len Parrott	38.33.1	1996
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Pole Vault

1	Stuart Tufton	3.20m	21 st May 2011
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Discus (2kg)

1	Kevin White	22.65m	18 th Aug 2018
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Javelin (600g)

1	Paul Berrett	19.42	25 th September 2022
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Men 65**Pole Vault**

1	Stuart Tufton	3.00m	22 nd May 2016
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Hammer (7.26kg)

1	Keith Robinson	30.72m	14 th April 2018
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Men 70**Pole Vault**

1	Stuart Tufton	2.80m	11 th July 2021
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