

## Masters - Men (as at 2<sup>nd</sup> April 2023)

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

#### **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
<b>6</b>	<b>Gavin Maley</b>	<b>2:08.31</b>		<b>13<sup>th</sup> August 2022</b>
7	Warren Roe	2:09.7		2 <sup>nd</sup> June 1981
<b>8</b>	<b>James Blogg</b>	<b>2:11.33</b>		<b>29<sup>th</sup> June 2022</b>

#### **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
<b>7</b>	<b>Gavin Maley</b>	<b>4:23.98</b>		<b>1<sup>st</sup> June 2022</b>
<b>8</b>	<b>James Blogg</b>	<b>4:29.12</b>		<b>31<sup>st</sup> August 2022</b>
9	Russ Middleton	4:30.83		11 <sup>th</sup> May 2008
10	T Gunton	4:35.9		19 <sup>th</sup> May 1991

2022 Updates in blue

2023 Updates in red

### 3000 Metres

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

### 5000 Metres

1	R Budd	15:40.0		1972
2	Rob Warner	15:50.99		14 <sup>th</sup> August 1976
3	Len Parrott	15:53.8		24 <sup>th</sup> July 1976
4	Matt Bland	16:12.0		30 <sup>th</sup> April 2011
5	Alfie Waithaka	16:34.65		13 <sup>th</sup> April 2019
6	Steve Rand	16:35.4		16 <sup>th</sup> June 2013
7	<b>James Blogg</b>	<b>16:54.17</b>		<b>2<sup>nd</sup> July 2022</b>
8	Simon Hart	16:57.3	V45	16 <sup>th</sup> June 2013
9	Paul Berrett	17:29.3	V45	12 <sup>th</sup> July 2008
10	Martin Chester	17:29.3		19 <sup>th</sup> April 2014

### 10000 Metres

1	Len Parrott	32:41.2		16 <sup>th</sup> July 1977
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### Marathon

1	Simon Hart	2:38.42	V50	25 <sup>th</sup> May 2014
2	<b>James Blogg</b>	<b>2:44.15</b>		<b>2<sup>nd</sup> Oct 2022</b>
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	<b>Barry Smith</b>	<b>2:54.08</b>		<b>3<sup>rd</sup> April 2022</b>
6	<b>Steve Walker</b>	<b>3:08.20</b>	V50	<b>3<sup>rd</sup> April 2022</b>
7	Paul Berrett	3:11.50		21 <sup>st</sup> October 2005

### 110 Metres Hurdles

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

### 400 Metres Hurdles

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	<b>Gary Atkins</b>	<b>8:12.4</b>	V50	<b>22<sup>nd</sup> May 2022</b>

### 3000 Metres Steeplechase

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

2022 Updates in blue

2023 Updates in red

**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

**Shot Putt**

1	Steve Archer	13.10m	1998
2	Mark Bishop	11.85m	5 <sup>th</sup> May 2007
3	Arron Bonning	9.36m	18 <sup>th</sup> June 2016

**Discus**

1	Steve Archer	36.57m	14 <sup>th</sup> September 1998
2	Mark Bishop	34.48m	2 <sup>nd</sup> July 2011
3	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	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
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**Men 45-49****100 Metres**

1	Mark Bishop	12.82	V50	11 <sup>th</sup> May 2019
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**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
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**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

**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
<b>5</b>	<b>Dan Meredith</b>	<b>10:07.88</b>		<b>14<sup>th</sup> May 2022</b>
6	Gary Atkins	10:30.77	V50	19 <sup>th</sup> September 2021
7	Steve Walker	10:31.00	V50	20 <sup>th</sup> September 2020
8	Martin Chester	10:34.46		20 <sup>th</sup> September 2020
9	Graham Hogan	10:52.9		20 <sup>th</sup> May 2018

**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	Steve Rand	17:03.8		14 <sup>th</sup> April 2018
4	Len Parrott	17:10.2	V50	1986
<b>5</b>	<b>Dan Meredith</b>	<b>17:37.20</b>		<b>16<sup>th</sup> July 2022</b>

**10000 Metres**

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

**Marathon**

1	Simon Hart	2:38.42	V50	25 <sup>th</sup> May 2014
<b>2</b>	<b>Steve Walker</b>	<b>3:08.20</b>	<b>V50</b>	<b>3<sup>rd</sup> April 2022</b>

**110mH**

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

**400mH (91cm – 3' 0")**

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

2022 Updates in blue

2023 Updates in red

6	Kevin White	74.4		12 <sup>th</sup> July 2003
<b>2000m Steeplechase</b>				
1	Paul Berrett	7:21.6	V50	16 <sup>th</sup> June 2013
2	Martin Chester	7:45.85		13 <sup>th</sup> April 2019
3	<b>Gary Atkins</b>	<b>8:12.4</b>	<b>V50</b>	<b>22<sup>nd</sup> May 2022</b>
<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
<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
<b>Triple Jump</b>				
1	Mark Bishop	11.48m		6 <sup>th</sup> July 2013
2	<b>Arron Bonning</b>	<b>10.52m</b>		<b>16<sup>th</sup> July 2022</b>
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	<b>Mark Bishop</b>	<b>1.55m</b>	<b>V55</b>	<b>13<sup>th</sup> August 2021</b>
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	<b>Mark Bishop</b>	<b>3.30m</b>	<b>V55</b>	<b>16<sup>th</sup> July 2021</b>
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	Mark Bishop	32.62m		16 <sup>th</sup> June 2013
3	Kevin White	31.20m		17 <sup>th</sup> May 2003
4	Brian Hatch	30.74m		12 <sup>th</sup> April 1998
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	26.25m		10 <sup>th</sup> July 2001
3	<b>Mark Bishop</b>	<b>22.15m</b>	<b>V55</b>	<b>2<sup>nd</sup> July 2022</b>
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

2022 Updates in blue

2023 Updates in red

**Men 50-54****100 Metres**

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

**400 Metres**

1	<b>Steve Rand</b>	<b>59.81</b>	<b>25<sup>th</sup> September 2022</b>
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**800 Metres**

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

**1500 Metres**

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

**3000 Metres**

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	Gary Atkins	10:30.77	19 <sup>th</sup> September 2021
5	Steve Walker	10:31.00	20 <sup>th</sup> September 2020

**5000 Metres**

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

**10000 Metres**

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

**Marathon**

1	Simon Hart	2:38.42	25 <sup>th</sup> May 2014
2	Len Parrott	2:49.57	1986

**110mH**

1	Mark Bishop	20.51	17 <sup>th</sup> August 2019
2	Ian Chamberlain	21.0	5 <sup>th</sup> August 2006

**400mH (91 cms)**

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

**400mH (84cms)**

1	Paul Berrett	70.03	14 <sup>th</sup> Sept 2013
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**2000m Steeplechase**

1	Paul Berrett	7:21.6	16 <sup>th</sup> June 2013
2	<b>Gary Atkins</b>	<b>8:12.4</b>	<b>22<sup>nd</sup> May 2022</b>

2022 Updates in blue

2023 Updates in red

<b>3000m Steeplechase</b>				
	1	Paul Berrett	11:25.6	13 <sup>th</sup> July 2013
	2	<b>Gary Atkins</b>	<b>12:13.28</b>	<b>12<sup>th</sup> June 2022</b>
<b>Long Jump</b>				
	1	Mark Bishop	5.17m	14 <sup>th</sup> August 2021
<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	<b>Mark Bishop</b>	<b>3.30m</b>	<b>M55 16<sup>th</sup> July 2022</b>
	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	9.90m	14 <sup>th</sup> August 2021
<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	<b>Mark Bishop</b>	<b>31.77m</b>	<b>M55 16<sup>th</sup> July 2022</b>
	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	<b>Mark Bishop</b>	<b>22.18m</b>	<b>V55 2<sup>nd</sup> July 2022</b>
	3	Kevin White	15.75m	20 <sup>th</sup> May 2012
<b>Javelin (800g)</b>				
	1	<b>Mark Bishop</b>	<b>32.97m</b>	<b>V55 16<sup>h</sup> July 2022</b>
	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	<b>Matt Bland</b>	<b>2:27.52</b>	<b>29<sup>th</sup> June 2022</b>
	3	Len Parrott	2:28.6	V60 27 <sup>th</sup> August 1995
<b>1500m</b>				
	1	<b>John Barker</b>	<b>4:48.52</b>	<b>2<sup>nd</sup> April 2023</b>
	2	Paul Berrett	4:54.39	11 <sup>th</sup> June 2018
	3	Len Parrott	5:02.2	V60 1996
	4	Tony Pecoraro	5:23.75	13 <sup>th</sup> September 2020

2022 Updates in blue

2023 Updates in red

<b>3000m</b>				
	1	<b>Matt Bland</b>	<b>10:30.96</b>	<b>14<sup>th</sup> May 2022</b>
	2	Paul Berrett	10:43.64	10 <sup>th</sup> July 2018
	3	Tony Pecoraro	11:13.18	20 <sup>th</sup> September 2020
<b>5000m</b>				
	1	<b>Matt Bland</b>	<b>17:45.7</b>	<b>8<sup>th</sup> June 2022</b>
	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>60mH Indoors (91 cms)</b>				
	1	<b>Mark Bishop</b>	<b>9.74 ind</b>	<b>11<sup>th</sup> March 2023</b>
<b>400mH (91 cms)</b>				
	1	<b>Mark Bishop</b>	<b>75.15</b>	<b>2<sup>nd</sup> July 2022</b>
<b>High Jump</b>				
	1	<b>Mark Bishop</b>	<b>1.55m</b>	<b>13<sup>th</sup> August 2022</b>
<b>Long Jump</b>				
	1	<b>Mark Bishop</b>	<b>5.15m</b>	<b>2<sup>nd</sup> July 2022</b>
<b>Pole Vault</b>				
	1	Stuart Tufton	3.40m	5 <sup>th</sup> May 2007
	2	<b>Mark Bishop</b>	<b>3.30m</b>	<b>16<sup>th</sup> July 2022</b>
<b>Discus (2kg)</b>				
	1	<b>Mark Bishop</b>	<b>31.77m</b>	<b>7<sup>th</sup> May 2022</b>
	2	Kevin White	25.18m	25 <sup>th</sup> April 2015
<b>Javelin (700g)</b>				
	1	<b>Mark Bishop</b>	<b>32.97m</b>	<b>16<sup>th</sup> July 2022</b>
	2	Paul Berrett	28.86m	11 <sup>th</sup> August 2018
<b>Shot (6.00kg)</b>				
	1	<b>Mark Bishop</b>	<b>10.45m ind</b>	<b>11<sup>th</sup> March 2023</b>
<b>Shot (7.26kg)</b>				
	1	<b>Mark Bishop</b>	<b>9.63m</b>	<b>16<sup>th</sup> July 2022</b>
<b>Pentathlon (Indoor)</b>				
	1	<b>Mark Bishop</b>	<b>3504 points</b>	<b>11<sup>th</sup> March 2023</b>
<b><u>Men 60-64</u></b>				
<b>800 Metres</b>				
	1	Len Parrott	2.28.6	27 <sup>th</sup> August 1995
<b>1500 Metres</b>				
	1	Len Parrott	5.02.2	1996
<b>3000 Metres</b>				
	1	<b>Paul Berrett</b>	<b>12:50.45</b>	<b>13<sup>th</sup> August 2022</b>
<b>5000 Metres</b>				
	1	Len Parrott	19.20.1	1998

2022 Updates in blue

2023 Updates in red



<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>				
<b>1</b>	<b>Paul Berrett</b>	<b>19.42</b>	<b>25<sup>th</sup> September 2022</b>	
<b>Men 65</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>Men 70</b>				
<b>Pole Vault</b>				
1	Stuart Tufton	2.80m	11 <sup>th</sup> July 2021	