

Veterans (as at 30th September 2018)

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

300 Metres

1	Mark Bishop	39.27	V45	13 th May 2012
2.	Steve Rand	40.10	V45	12th 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

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	Warren Roe	2:09.7	2 nd June 1981

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	4:29.0	18th Aug 2018	
8	Russ Middleton	4:30.83	11 th May 2008	
9	T Gunton	4:35.9	19 th May 1991	

2018 Updates in blue

2017 Updates in red

3000 Metres

1	Warren Roe	8:58.6		30 th June 1979
2	Len Parrott	9:10.4		7 th August 1976
3.	Matt Bland	9:20.83	V45	8 th June 2013
4	Jason Lendon	9:28.95		7 th July 2016
5	Martin Chester	10:24.1		4 th July 2015

5000 Metres

1	R Budd	15:40.0		1972
2	Len Parrott	15:53.8		24 th July 1976
3	Matt Bland	16:12.0		30 th April 2011
4.	Steve Rand	16:35.4		16 th June 2013
5.	Simon Hart	16:57.3	V45	16 th June 2013
6	Paul Berrett	17:29.3	V45	12 th July 2008
7	Martin Chester	17:29.3		19 th April 2014
8	Gary Howard	17:31.0		21 st July 2001

10000 Metres

1	Len Parrott	32:41.2		16 th July 1977
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Marathon

1	Simon Hart	2:38.42	V50	25 th May 2014
2	Steve Rand	2:53.47		22 nd April 2012
2	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		5th May 2018
3	Paul Berrett	68.7		3 rd June 2006
4.	Kevin White	74.4	V45	12 th July 2003

2000m Steeplechase

1.	Paul Berrett	7:21.6	V50	16 th June 2013
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3000 Metres Steeplechase

1	Jason Lendon	10:14.04		8 th August 2015
2	Paul Berrett	11:08.8	V45	16 th May 2010
3	Martin Chester	11:11.08		17 th May 2014

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

2018 Updates in **blue**2017 Updates in **red**

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
Shot Putt			
1	Steve Archer	13.10m	1998
2	Mark Bishop	11.85m	5 th May 2007
3	Arron Bonning	9.36m	18 th June 2016
Discus			
1	Steve Archer	36.57m	14 th September 1998
2	Mark Bishop	34.48m	2 nd July 2011
3	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	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
<u>Men 45-49</u>			
300 Metres			
1	Mark Bishop	39.27	13 th May 2012
2.	Steve Rand	40.10	12th May 2018
800 Metres			
1.	Paul Berrett	2:10.82	5 th July 2008
2.	Matt Bland	2:12.97	30 th March 2014
3.	Len Parrott	2:16.0	V50 1986
1500 Metres			
1.	Matt Bland	4:17.3	16 ^h June 2013
2.	Paul Berrett	4:22.10	16 th July 2008
3.	Len Parrott	4:24.5	V50 1986
3000 Metres			
1.	Matt Bland	9:20.83	8 ^h June 2013
2.	Paul Berrett	9:39.6	22 nd July 2008
3.	Simon Hart	9:53.42	3 rd August 2013
4.	Steve Rand	9:54.4	14th July 2018

2018 Updates in blue

2017 Updates in red

5.	Graham Hogan	10:52.9		20th May 2018
5000 Metres				
1.	Matt Bland	16:19.17		7 ^h June 2014
2.	Simon Hart	16:57.3		16 th June 2013
3.	Steve Rand	17:03.8		14th April 2018
4.	Len Parrott	17:10.2	V50	1986
10000 Metres				
1.	Len Parrott	35:37.7	V50	1986
Marathon				
1	Simon Hart	2:38.42	V50	25 th May 2014
110mH				
1	Ian Chamberlain	19.3		21 st July 2001
400mH (91cm – 3' 0")				
1.	Ian Chamberlain	71.2		23 rd June 2001
2.	Paul Berrett	71.8	V50	16 th June 2013
3.	Kevin White	74.4		12 th July 2003
2000m Steeplechase				
1.	Paul Berrett	7:21.6	V50	16 th June 2013
3000m Steeplechase				
1.	Paul Berrett	11:08.8		16 th May 2010
Long Jump				
1.	Mark Bishop	6.06m		16 th June 2013
2.	Ian Chamberlain	5.31m		23 rd June 2001
Triple Jump				
1.	Mark Bishop	11.48m		6 th July 2013
2.	Ian Chamberlain	9.18m	V50	14 th July 2007
High Jump				
1.	Gintalas Varanauskas	1.90m ind		19th March 2018
Pole Vault				
1.	Stuart Tufton	3.50m	V50	31 st May 2003
2.	Mark Bishop	3.08m		3 rd August 2013
3.	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
Discus (2kg)				
1.	Steve Archer	37.75m		4 th August 2001
2.	Mark Bishop	32.62m		16 th June 2013
3.	Kevin White	31.20m		17 th May 2003
4.	Brian Hatch	30.74m		12 th April 1998
Hammer (7.26kg)				
1.	Keith Robinson	49.30m		10 th May 1997

2018 Updates in blue

2017 Updates in red

2.	Steve Archer	26.25m	10 th July 2001
Javelin (800g)			
1.	Brian Hatch	36.12m	3 rd May 1997
2.	Mark Bishop	35.09m	3 rd August 2013
3.	Steve Archer	31.29m	2 nd June 2001
4.	Paul Berrett	29.59m	V50 14 th July 2012
Men 50-54			
100 Metres			
1.	Clive Gray	14.0s	7 th June 2008
2.	Ian Chamberlain	14.1s	14 th July 2007
800 Metres			
1.	Matt Bland	2:15.4	22nd 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	29th July 2017
3.	Paul Berrett	4:38.71	9 th July 2012
3000 Metres			
1.	Paul Berrett	9:59.33	27 th August 2013
2.	Simon Hart	10:11.7	31 st May 2015
5000 Metres			
1.	Len Parrott	17:10.2	1986
2.	Matt Bland	17:32.1	17th June 2017
3.	Paul Berrett	18:02.8	9 th June 2012
10000 Metres			
1.	Len Parrott	35:37.7	1986
Marathon			
1.	Simon Hart	2:38.42	25 th May 2014
2.	Len Parrott	2:49.57	1986
110mH			
1.	Ian Chamberlain	21.0	5 th August 2006
400mH (91 cms)			
1.	Paul Berrett	71.8	16 th June 2013
2.	Ian Chamberlain	72.9	5 th August 2006
400mH (84cms)			
1.	Paul Berrett	70.03	14 th Sept 2013
2000m Steeplechase			
1.	Paul Berrett	7:21.6	16 th June 2013
3000m Steeplechase			
1.	Paul Berrett	11:25.6	13 th July 2013

Triple Jump

2018 Updates in blue

2017 Updates in red

1.	Ian Chamberlain	9.18m		14 th July 2007
Pole Vault				
1.	Stuart Tufton	3.50m		31 st May 2003
2.	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
Discus (2kg)				
1.	Brian Hatch	36.53m		28 th March 1999
2.	Steve Archer	33.09m		30 th July 2005
3.	Kevin White	27.71m		5 th June 2010
Discus (1.5kg)				
1.	Mark Bishop	29.22m		16th September 2018
Hammer (7.26kg)				
1.	Steve Archer	26.33m		30 th July 2005
2.	Kevin White	15.75m		20 th May 2012
Javelin (800g)				
1.	Paul Berrett	29.59m		14 th July 2012
2.	Clive Gray	25.99m		7 th June 2008
Javelin (700g)				
1.	Paul Berrett	29.82m		14 th September 2013
<u>Men 55-59</u>				
200m				
1.	Paul Berrett	29.45		25th July 2018
400m				
1.	Paul Berrett	62.36		20th June 2018
800m				
1.	Paul Berrett	2:19.44		25th July 2018
2.	Len Parrott	2.28.6	V60	27 th August 1995
1500m				
1.	Paul Berrett	4:54.39		11th June 2018
2.	Len Parrott	5.02.2	V60	1996
3000m				
1.	Paul Berrett	10:43.64		10th July 2018
5000m				
1.	Paul Berrett	19:05.82		5th July 2018
2.	Len Parrott	19.20.1	V60	1998
10000 Metres				
1.	Len Parrott	38.33.1	V60	1996
Pole Vault				
1.	Stuart Tufton	3.40m		5 th May 2007

2018 Updates in blue

2017 Updates in red

Discus (2kg)				
1.	Kevin White	25.18m		25 th April 2015
Javelin (700g)				
1.	Paul Berrett	28.86m		11th August 2018
<u>Men 60-64</u>				
800 Metres				
1.	Len Parrott	2.28.6		27 th August 1995
1500 Metres				
1.	Len Parrott	5.02.2		1996
5000 Metres				
1.	Len Parrott	19.20.1		1998
10000 Metres				
1.	Len Parrott	38.33.1		1996
Pole Vault				
1.	Stuart Tufton	3.20m		21 st May 2011
Discus (2kg)				
1.	Kevin White	22.65m		18th Aug 2018
<u>Men 65+</u>				
Pole Vault				
1.	Stuart Tufton	3.00m		22 nd May 2016
Hammer (7.26kg)				
1.	Keith Robinson	30.72m		14th April 2018

VETERAN WOMEN**35-39****100 Metres**

1	Lesley Felton	13.4		27 th September 1998
2	Ruth O'Sullivan	13.7	W40	16 th June 1999
3	Cathy Matthews	15.1		5 th April 2008

200 Metres

1	Lesley Felton	27.3		27 th September 1998
2	Ruth O'Sullivan	27.8	W40	16 th June 1999
3	Tina Quinlivan	30.2		12 th July 2014

400 Metres

1	Lesley Felton	61.0	W40	4 th September 1999
2	Ruth O'Sullivan	61.1		10 th April 1993
3	Tina Quinlivan	69.4		25 th April 2015

600 Metres

1	Ruth O'Sullivan	1.46.4	W40	3 rd April 1999
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800 Metres

1	Lesley Felton	2:20.7		30 th May 1998
2	Clare Rudgley	3:23.9		21 st April 2012

1500 Metres

1	Lesley Felton	4:58.8		19 th August 1998
2	Christine Wilkins	5:07.0		20 th May 1989
2	Cathy Matthews	5:30.22	W40	6 th July 2008
3	Ruth O'Sullivan	5:34.7	W40	28 th August 2000

3000 Metres

1	Lesley Felton	12:21.26	W45	2 nd July 2006
2	Dawn Hawes	12:41.5	W40	15 th July 2000
3	Jane Hallam	13:07.3	W45	18 th May 2013
4	Ruth O'Sullivan	13:24.0		4 th September 1993
5	Mo Lear	14:57.48		10 th August 2013

Marathon

1	Debbie Appleton	2:48.38	W40	21 st April 2013
2	Denise Harris	3:34.51		13 th Apr 2008
3	Tina Quinlivan	3:50.10		13 th April 2014
4	Lesley Gahagan	3:56.33	W50	26 th April 2009
5	Linda Smith	3:57.21	W50	18 th April 2004
6	Jane Hallam	3:57.32	W40	25 th April 2010

100 Metres Hurdles

1	Claire Brennan	16.92		7th May 2017
2	Cathy Matthews	18.6	W40	26 th July 2008
3	Ruth O'Sullivan	20.0		13 th August 1994

400 Metres Hurdles

1	Claire Brennan	68.56		3 rd July 2016
2	Ruth O'Sullivan	71.5		26 th June 1999
3	Cathy Matthews	74.3		26 th April 2008

1500m S/chase

1	Tina Quinlivan	6:44.0		10 th August 2013
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2018 Updates in blue

2017 Updates in red

Long Jump

1	Lesley Felton	4.35m		19 th July 1997
2	Cathy Matthews	4.24m	W40	28 th June 2008
3=	Maria Luck	4.22m	W45	11 th August 2002
3=	Claire Brennan	4.22m		21st May 2017
5	Ruth O'Sullivan	3.71m	W40	28 th August 2000

High Jump

1	Claire Brennan	1.40m		3 rd July 2016
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Triple Jump

1	Claire Brennan	10.03m		16th September 2018
2	Cathy Matthews	8.68m		26 th April 2008
3	Maria Luck	8.12m	W45	11 th August 2002
4	Ruth O'Sullivan	6.84m	W40	4 th September 1999

Pole Vault

1	Tina Quinlivan	2.90m ind (2.80m)		6 th February 2016 10 th June 2015)
2	Claire Brennan	2.60m		9th April 2017

Javelin

1	Claire Brennan	21.18m		21st May 2017
2	Tina Quinlivan	13.98m		14 th July 2012

Discus

1	Claire Brennan	21.52m		17 th April 2016
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Shot

1	Claire Brennan	7.85m		18 th September 2016
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Hammer

1	Ruth Lovell	24.30m	W40	2 nd August 1997
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40-44**100 Metres**

1	Lesley Felton	13.5		15 th August 1999
2	Ruth O'Sullivan	13.7		16 th June 1999

200 Metres

1	Lesley Felton	27.5		15 th August 1999
2	Ruth O'Sullivan	27.8		16 th June 1999

400 Metres

1	Lesley Felton	61.0		4 th September 1999
2	Ruth O'Sullivan	61.4		26 th June 1999

600 Metres

1	Ruth O'Sullivan	1.46.4		3 rd April 1999
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800 Metres

1	Lesley Felton	2.19.15		3 rd August 1999
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1500 Metres

1	Lesley Felton	4:59.3	W45	23 rd July 2005
2	Cathy Matthews	5:30.22		6 th July 2008
3	Ruth O'Sullivan	5:34.7		28 th August 2000

2018 Updates in blue

2017 Updates in red

3000 Metres					
1	Lesley Felton	12:21.26	W45		2 nd July 2006
2	Dawn Hawes	12:41.5			15 th July 2000
3	Jane Hallam	13:07.3	W45		18 th May 2013
3	Ruth O'Sullivan	13:26.3	W45		4 th August 2002
5000 Metres					
1	Juliet Ward	24:51.7	W45		4 th July 2015
Marathon					
1	Debbie Appleton	2:48.38			21 st April 2013
2	Lesley Gahagan	3:56.33	W50		26 th April 2009
3.	Linda Smith	3:57.21	W50		18 th April 2004
4	Jane Hallam	3:57.32			25 th April 2010
100 Metres Hurdles					
1	Cathy Matthews	18.6			26 th July 2008
400 Metres Hurdles					
1	Ruth O'Sullivan	71.5			26 th June 1999
2	Cathy Matthews	74.6			30 th August 2008
Long Jump					
1	Cathy Matthews	4.24m			28 th June 2008
2	Maria Luck	4.22m	W45		11 th August 2002
3	Ruth O'Sullivan	3.71m			28 th August 2000
Triple Jump					
1	Cathy Matthews	8.64m			28 th June 2008
2	Maria Luck	8.12m	W45		11 th August 2002
3	Ruth O'Sullivan	6.84m			4 th September 1999
Pole Vault					
1	Tina Quinlivan	2.90m			18th August 2017
Hammer					
1	Ruth Lovell	24.30m			2 nd August 1997
45-49					
200 Metres					
1	Lesley Felton	29.2			4 th September 2005
400 Metres					
1	Lesley Felton	63.4			3 rd August 2005
800 Metres					
1	Lesley Felton	2.23.61			17 th July 2005
1500 Metres					
1	Lesley Felton	4:59.3			23 rd July 2005
3000 Metres					
1	Lesley Felton	12:21.26			2 nd July 2006
2	Jane Hallam	13:07.3			18 th May 2013
3	Ruth O'Sullivan	13:26.3			4 th August 2002

2018 Updates in blue

2017 Updates in red

5000 Metres				
1	Juliet Ward	24:51.7		4 th July 2015
Marathon				
1	Lesley Gahagan	3:56.33	W50	26 th April 2009
2.	Linda Smith	3:57.21	W50	18 th April 2004
3	Jane Hallam	3:57.32		25 th April 2010
Long Jump				
1	Maria Luck	4.22m		11 th August 2002
Triple Jump				
1	Maria Luck	8.12m		11 th August 2002
<u>50+</u>				
800 Metres				
1	Ruth O'Sullivan	3:48.4		14 th July 2012
1500 Metres				
1	Ruth O'Sullivan	7:46.9		14 th July 2012
3000 Metres				
1	Ruth O'Sullivan	16:07.5		14 th July 2012
Marathon				
1	Lesley Gahagan	3:56.33		26 th April 2009
2.	Linda Smith	3:57.21		18 th April 2004