

Masters (as at 31st March 2020)

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	13th 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

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	4:27.8		15th June 2019
		(4:29.71)		21st August 2019
8	Russ Middleton	4:30.83		11 th May 2008
9	T Gunton	4:35.9		19 th May 1991

2020 Updates in blue

2019 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	Alfie Waithaka	16:34.65		13th April 2019
5.	Steve Rand	16:35.4		16 th June 2013
6.	Simon Hart	16:57.3	V45	16 th June 2013
7	Paul Berrett	17:29.3	V45	12 th July 2008
8	Martin Chester	17:29.3		19 th April 2014
9	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	Richard Heath	2:50.00		26th April 2015
3	Steve Rand	2:53.47		22 nd April 2012
4	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	9th June 2019
5	Paul Berrett	68.7		3 rd June 2006
6.	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
4	Graham Hogan	12:13.82		19th 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
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>				
100 Metres				
1.	Mark Bishop	12.82	V50	11th May 2019
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		17th 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	Len Parrott	2:16.0	V50	1986

2020 Updates in blue

2019 Updates in red

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		14 th July 2018
5	Graham Hogan	10:52.9		20 th 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	Ted Andrews	34:40.0		19th April 1978
2	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
2	Mark Bishop	20.51	V50	17th August 2019
400mH (91cm – 3' 0")				
1	Mark Bishop	68.40	V50	17th August 2019
2	Steve Rand	68.69		9th June 2019
3	Ian Chamberlain	71.2		23 rd June 2001
4	Paul Berrett	71.8	V50	16 th June 2013
5	Kevin White	74.4		12 th July 2003
2000m Steeplechase				
1	Paul Berrett	7:21.6	V50	16 th June 2013
2	Martin Chester	7:45.85		13th April 2019
3000m Steeplechase				
1	Paul Berrett	11:08.8		16 th May 2010
2	Martin Chester	11:32.55		19th May 2019
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		19 th March 2018
Pole Vault				
1	Stuart Tufton	3.50m	V50	31 st May 2003
2	Mark Bishop	3.08m		3 rd August 2013

2020 Updates in blue

2019 Updates in red

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
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	Mark Bishop	12.82s		11th May 2019
2	Clive Gray	14.0s		7 th June 2008
3	Ian Chamberlain	14.1s		14 th July 2007
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
3000 Metres				
1	Matt Bland	9:52.71		24th July 2019
2	Paul Berrett	9:59.33		27 th August 2013
3	Simon Hart	10:11.7		31 st May 2015
5000 Metres				
1.	Matt Bland	17:02.1		12th June 2019
2	Len Parrott	17:10.2		1986
3	Paul Berrett	18:02.8		9 th June 2012
10000 Metres				
1	Len Parrott	35.37.7		1986
2	Matt Bland	37:03.1		10th July 2019
Marathon				
1	Simon Hart	2:38.42		25 th May 2014
2	Len Parrott	2:49.57		1986

2020 Updates in blue

2019 Updates in red

110mH				
	1	Mark Bishop	20.51	17th August 2019
	2	Ian Chamberlain	21.0	5 th August 2006
400mH (91 cms)				
	1	Mark Bishop	68.40	17th August 2019
	2	Paul Berrett	71.8	16 th June 2013
	3	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				
	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	16 th September 2018
Hammer (7.26kg)				
	1	Steve Archer	26.33m	30 th July 2005
	2	Mark Bishop	18.63m	17th August 2019
	3	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	25 th July 2018
400m				
	1	Paul Berrett	62.36	20 th June 2018

2020 Updates in **blue**

2019 Updates in **red**

800m					
	1	Paul Berrett	2:19.44		25 th July 2018
	2	Len Parrott	2.28.6	V60	27 th August 1995
1500m					
	1	Paul Berrett	4:54.39		11 th June 2018
	2	Len Parrott	5.02.2	V60	1996
3000m					
	1	Paul Berrett	10:43.64		10 th July 2018
5000m					
	1	Paul Berrett	19:05.82		5 th 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
Discus (2kg)					
	1	Kevin White	25.18m		25 th April 2015
Javelin (700g)					
	1	Paul Berrett	28.86m		11 th 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		18 th 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		14 th 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
6	Hannah Connor	15:15.90		17th August 2019

5000 Metres

1	Lauren Deadman	17:24.61		13th July 2019
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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		7 th 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

2020 Updates in **blue**2019 Updates in **red**

1500m S/chase					
1	Tina Quinlivan	6:44.0			10 th August 2013
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			21 st May 2017
5	Ruth O'Sullivan	3.71m	W40		28 th August 2000
High Jump					
1	Claire Brennan	1.40m			3 rd July 2016
Triple Jump					
1	Claire Brennan	10.03m			16 th 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			9 th April 2017
Javelin					
1	Claire Brennan	21.18m			21 st May 2017
2	Tina Quinlivan	13.98m			14 th July 2012
Discus					
1	Claire Brennan	21.52m			17 th April 2016
Shot					
1	Claire Brennan	7.85m			18 th September 2016
Hammer					
1	Ruth Lovell	24.30m	W40		2 nd August 1997
2	Hannah Connor	18.97m			17th August 2019
<u>40-44</u>					
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
800 Metres					
1	Lesley Felton	2.19.15			3 rd August 1999

2020 Updates in blue

2019 Updates in red

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
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			18 th 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
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	Anne Gifford	2:57.6			20th July 2019
		(2:58.50)			26th August 2019)
2	Ruth O'Sullivan	3:48.4			14 th July 2012
1500 Metres					
1	Tracy O'Neill	6:58.71			17th August 2019
2	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