



## Overall Masters Men

## OUTDOORS

EVENT	Performance	Name	Venue	Date
<b>100m</b>	11.2secs	Stuart Channon (M35)	Twickenham	08-Jul-15
<b>200m</b>	23.0secs	Stuart Channon (M35)	Twickenham	08-Jul-15
<b>400m</b>	52.59secs	Chris Taplin (M45)	Ewell	05-Jun-16
<b>800m</b>	1m 58.5	Duncan Woolmer (M35)	Abingdon	08-Jul-17
<b>1500m</b>	4m 08.81	Duncan Woolmer (M40)	Derby	22-Aug-21
<b>Mile</b>	<b>4m 36.97</b>	<b>Jonathan Hiorns (M35)</b>	<b>Oxford</b>	<b>06-May-24</b>
<b>3000m</b>	8m 54.83	Duncan Woolmer (M40)	Wimbledon	02-Jun-21
<b>5000m</b>	15m 42.3	James Harvey (M35)	Hastings	02-Aug-08
<b>10000m</b>	33m 29.78	Duncan Woolmer (M40)	Wimbledon	15-Sep-21
<b>110HM</b>	15.99secs -0.4	Andrew Kennard (M40)	Tonbridge	13-Apr-09
<b>400HM</b>	56.7secs	Andrew Kennard (M40)	Walton	28-Jun-08
<b>2000SC</b>	6m 54.9	Jamie McLoughlin (M45)	Guildford	16-Jul-22
<b>3000SC</b>	10m 10.7	James Harvey (M35)	Hillingdon	07-Aug-08
<b>High Jump</b>	1.70m	Craig Timmings (M35)	Cambridge	20-May-06
	1.70m	Robert A Smith (M35)	Crawley	18-Jun-23
<b>Long Jump</b>	6.09m	Craig Timmings (M35)	Cambridge	20-May-06
	6.42m*	<i>Keith Martin (M35)</i>		94/95
<b>Triple Jump</b>	12.64m	Greg Conlon (M35)	Peterborough	01-Sep-12
<b>Pole Vault</b>	4.53m	Greg Conlon (M35)	Kingston	03-Jul-10
<b>Shot</b>	18.98m	7.26kg Paul Edwards (M35)	Gateshead	20-Jul-94
<b>Discus</b>	37.74m	Josh Davis (M40)	Haringey	10-Jun-01
<b>Hammer</b>	39.55m	7.26kg Rob C Smith (M35)	Kingston	14-May-22
<b>Javelin</b>	60.70m	800g Kevin Sheppard	Kingston	05-Mar-89
<b>Pentathlon</b>	2180pts	Chris Ness (M40)	Carshalton	07-Sep-13
<b>Decathlon</b>	3909pts	Jon Ladley (M35)	Basingstoke	23-Sep-17

## PARKRUN

<b>Parkrun</b>	16m 02	Jon Hamblen (M35)	Bushy Park	25-Jul-09
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## INDOORS

EVENT	Performance	Name	Venue	Date
<b>60m</b>	7.24secs	i Stuart Channon (M35)	Lee Valley	07-Mar-15
<b>200m</b>	23.66secs	i Stuart Channon (M35)	Lee Valley	15-Feb-15
<b>400m</b>	54.58secs	i David Moles (M40)	Malmö, SWE	06-Mar-99
<b>800m</b>	<b>2m 02.89</b>	<b>i Jonathan Hiorns (M35)</b>	<b>Lee Valley</b>	<b>04-Feb-24</b>
<b>1500m</b>	<b>4m 18.24</b>	<b>i Duncan Woolmer (M40)</b>	<b>Lee Valley</b>	<b>18-Feb-24</b>
<b>Mile</b>	<b>4m 50.43</b>	<b>i Jonathan Hiorns (M35)</b>	<b>Lee Valley</b>	<b>07-Feb-24</b>
<b>3000m</b>	9m 25.14	i Jon Hamblen (M35)	Lee Valley	09-Mar-14
<b>5000m</b>	18m 17.60	i Chris Ness (M40)	Helsinki, FIN	13-Apr-14
<b>60HM</b>	8.96secs	i Andrew Kennard (M40)	Lee Valley	22-Feb-09
<b>High Jump</b>	1.61m	i Chris Ness (M45)	Lee Valley	14-Feb-16
<b>Long Jump</b>	6.03m	i Keith Martin (M40)	Birmingham	01-Mar-97
<b>Triple Jump</b>	10.30m	i Craig Timmings (M45)	Lee Valley	08-Mar-15
<b>Pole Vault</b>	4.40m	i Greg Conlon (M40)	Lee Valley	15-Feb-15
<b>Shot</b>	17.05m	i Paul Edwards (M40)	Birmingham	06-Mar-99
<b>Pentathlon</b>	3264pts	i Andrew Kennard (M45)	Gent, BEL	16-Mar-11

## ROAD

<b>5K</b>	15m 29	Duncan Woolmer (M40)	Ardingly	12-May-21
<b>10K</b>	32m 59	Duncan Woolmer (M40)	Battersea Park	20-Oct-21
<b>Half Marathon</b>	1hr 10:50	Duncan Woolmer (M40)	Wokingham	27-Feb-22
<b>Marathon</b>	2hr 39:17	Duncan Woolmer (M35)	London	23-Apr-17

**Updated 06-May-24**