

## Overall Masters Men

## OUTDOORS

EVENT	Performance	Name	Venue	Date
100m	11.2secs	Stuart Channon (M35)	Twickenham	08-Jul-15
200m	23.0secs	Stuart Channon (M35)	Twickenham	08-Jul-15
400m	52.59secs	Chris Taplin (M45)	Ewell	05-Jun-16
800m	1m 58.5	Duncan Woolmer (M35)	Abingdon	08-Jul-17
1500m	4m 08.81	Duncan Woolmer (M40)	Derby	22-Aug-21
Mile	4m 39.33	Duncan Woolmer (M40)	Wimbledon	20-Jul-22
3000m	8m 54.83	Duncan Woolmer (M40)	Wimbledon	02-Jun-21
5000m	15m 42.3	James Harvey (M35)	Hastings	02-Aug-08
10000m	33m 29.78	Duncan Woolmer (M40)	Wimbledon	15-Sep-21
110HM	15.99secs -0.4	Andrew Kennard (M40)	Tonbridge	13-Apr-09
400HM	56.7secs	Andrew Kennard (M40)	Walton	28-Jun-08
2000SC	6m 54.9	Jamie McLoughlin (M45)	Guildford	16-Jul-22
3000SC	10m 10.7	James Harvey (M35)	Hillingdon	07-Aug-08
High Jump	1.70m	Craig Timmings (M35)	Cambridge	20-May-06
	1.70m	Robert A Smith (M35)	Crawley	18-Jun-23
Long Jump	6.09m	Craig Timmings (M35)	Cambridge	20-May-06
	6.42m*	Keith Martin (M35)		94/95
Triple Jump	12.64m	Greg Conlon (M35)	Peterborough	01-Sep-12
Pole Vault	4.53m	Greg Conlon (M35)	Kingston	03-Jul-10
Shot	18.98m	7.26kg Paul Edwards (M35)	Gateshead	20-Jul-94
Discus	37.74m	Josh Davis (M40)	Haringey	10-Jun-01
Hammer	39.55m	7.26kg Rob C Smith (M35)	Kingston	14-May-22
Javelin	60.70m	800g Kevin Sheppard	Kingston	05-Mar-89
Pentathlon	2180pts	Chris Ness (M40)	Carshalton	07-Sep-13
Decathlon	3909pts	Jon Ladley (M35)	Basingstoke	23-Sep-17

## PARKRUN

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

EVENT	Performance	Name	Venue	Date
60m	7.24secs	i Stuart Channon (M35)	Lee Valley	07-Mar-15
200m	23.66secs	i Stuart Channon (M35)	Lee Valley	15-Feb-15
400m	54.58secs	i David Moles (M40)	Malmö, SWE	06-Mar-99
800m	2m 02.89	i Jonathan Hiorns (M35)	Lee Valley	04-Feb-24
1500m	4m 18.24	i Duncan Woolmer (M40)	Lee Valley	18-Feb-24
Mile	4m 50.43	i Jonathan Hiorns (M35)	Lee Valley	07-Feb-24
3000m	9m 25.14	i Jon Hamblen (M35)	Lee Valley	09-Mar-14
5000m	18m 17.60	i Chris Ness (M40)	Helsinki, FIN	13-Apr-14

60HM	8.96secs	i Andrew Kennard (M40)	Lee Valley	22-Feb-09
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High Jump	1.61m	i Chris Ness (M45)	Lee Valley	14-Feb-16
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Long Jump	6.03m	i Keith Martin (M40)	Birmingham	01-Mar-97
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Triple Jump	10.30m	i Craig Timmings (M45)	Lee Valley	08-Mar-15
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Pole Vault	4.40m	i Greg Conlon (M40)	Lee Valley	15-Feb-15
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Shot	17.05m	i Paul Edwards (M40)	Birmingham	06-Mar-99
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Pentathlon	3264pts	i Andrew Kennard (M45)	Gent, BEL	16-Mar-11
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## ROAD

5K	15m 29	Duncan Woolmer (M40)	Ardingly	12-May-21
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10K	32m 59	Duncan Woolmer (M40)	Battersea Park	20-Oct-21
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Half Marathon	1hr 10:50	Duncan Woolmer (M40)	Wokingham	27-Feb-22
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Marathon	2hr 39:17	Duncan Woolmer (M35)	London	23-Apr-17
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**Updated 18-Feb-24**