

Masters - Men (as at 39th June 2024)

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	13 th 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
8	Steve Rand	58.27	V45	17 th August 2019

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	Gavin Maley	2:08.31		13 th August 2022
7	Warren Roe	2:09.7		2 nd June 1981
8	Paul Berrett	2:10.82	V45	5 th July 2008
9	James Blogg	2:11.33		29 th June 2022

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	4:23.98		1 st June 2022
8	James Blogg	4:29.12		31 st August 2022

2024 Updates in **blue**

2023 Updates in **red**

9	Russ Middleton	4:30.83		11 th May 2008
10	T Gunton	4:35.9		19 th May 1991
3000 Metres				
1	James Connor	8:57.41		13th May 2023
2	Warren Roe	8:58.6		30 th June 1979
3	Len Parrott	9:10.4		7 th August 1976
	Matt Bland	9:20.83	V45	8 th June 2013
5	Jason Lendon	9:28.95		7 th July 2016
6	Barry Smith	9:38.01		20 th September 2020
7	Paul Berrett	9:39.6	V45	22 nd July 2008
8	James Blogg	9:47.0		29 th June 2022
9	Rob Trevor	9:51.72		20 th September 2020
10	Simon Hart	9:53.42	V45	3 rd August 2013
5000 Metres				
1	James Connor	15:05.6		12th June 2024
2	R Budd	15:40.0		1972
3	Rob Warner	15:50.99		14 th August 2021
4	Len Parrott	15:53.8		24 th July 1976
5	Matt Bland	16:12.0		30 th April 2011
6	Alfie Waithaka	16:34.65		13 th April 2019
7	Steve Rand	16:35.4		16 th June 2013
8	James Blogg	16:44.92		19th August 2023
9	Simon Hart	16:57.3	V45	16 th June 2013
10	Paul Berrett	17:29.3	V45	12 th July 2008
10000 Metres				
1	James Connor	31:36.48		29th June 2024
2	Len Parrott	32:41.2		16 th July 1977
	Ted Andrews	34:40.0	V45	19 th April 1978
Half Marathon				
1	James Connor	68:29		25th Feb 2024
Marathon				
1	Simon Hart	2:38.42	V50	25 th May 2014
2	James Blogg	2:42.50		24th September 2023
3	Richard Heath	2:50.00		26 th April 2015
4	Steve Rand	2:53.47		22 nd April 2012
5	Barry Smith	2:54.08		3 rd April 2022
6	Steve Walker	3:08.20	V50	3 rd April 2022
7	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	9 th June 2019
5	Paul Berrett	68.7		3 rd June 2006
6	Kevin White	74.4	V45	12 th July 2003

2000m Steeplechase

1	Rob Warner	6:25.33		1 st August 2021
2	Paul Berrett	7:21.6	V50	16 th June 2013
3	Martin Chester	7:45.85	V45	13 th April 2019
4	Gary Atkins	8:12.4	V50	22 nd May 2022

3000 Metres Steeplechase

1	Rob Warner	9:56.22		12 th June 2022
2	Jason Lendon	10:14.04		8 th August 2015
3	Paul Berrett	11:08.8	V45	16 th May 2010
4	Martin Chester	11:11.08		17 th May 2014
5	Graham Hogan	12:13.82		19 th 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
4	Ian Chamberlain	2.40m	V50	20 th May 2006

Shot Putt

1	Steve Archer	13.10m		1998
2	Mark Bishop	11.85m		5 th May 2007
3	Brian Hatch	9.71m	V45	12 th April 1998
4	Arron Bonning	9.36m		18 th June 2016

Discus

1	Steve Archer	37.75m	V45	4 th August 2001
2	Mark Bishop	34.48m		2 nd July 2011
3	Kevin White	31.20m	V45	17 th May 2003
4	Brian Hatch	30.74m	V45	12 th April 1998
5	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	Steve Archer	26.25m	V45	10 th July 2001
4	Mark Bishop	22.18m	V55	2 nd July 2022
5	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
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Men 45-49**100 Metres**

1	Mark Bishop	12.82	V50	11 th May 2019
2	Clive Gray	14.0s	V50	7 th June 2008
3	Ian Chamberlain	14.1s	V50	14 th July 2007

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		17 th August 2019
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800 Metres

1	Paul Berrett	2:10.82		5 th July 2008
2	Matt Bland	2:12.97		30 th March 2014
3	Steve Rand	2:15.06		19 th September 2021
4	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
4	James Blogg	4:34.32		29th June 2024

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	Dan Meredith	10:07.88		14 th May 2022
6	Gary Atkins	10:30.77	V50	19 th September 2021
7	Steve Walker	10:31.00	V50	20 th September 2020
8	Martin Chester	10:34.46		20 th September 2020
9	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	Alfred Waitbaka	16:58.4		18th May 2024
4	Steve Rand	17:03.8		14 th April 2018
5	Len Parrott	17:10.2	V50	1986
6	Dan Meredith	17:37.20		16 th July 2022
7	Paul Berrett	18:02.8	V50	9 th June 2012

10000 Metres

1	Ted Andrews	34:40.0		19 th April 1978
2	Len Parrott	35:37.7	V50	1986
3	James Blogg	37:28.72		26th May 2024

Marathon

1	Simon Hart	2:38.42	V50	25 th May 2014
2	James Blogg	2:47.21		15th Apr 2021
3	Len Parrott	2:49.57	V50	1986
4	Steve Walker	3:08.20	V50	3 rd April 2022

110mH

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

400mH (91cm – 3' 0")

1	Mark Bishop	68.40	V50	17 th August 2019
2	Steve Rand	68.69		9 th June 2019
3	Jason Lendon	69.74		2 nd July 2022
4	Ian Chamberlain	71.2		23 rd June 2001
5	Paul Berrett	71.8	V50	16 th June 2013
6	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		13 th April 2019
3	Gary Atkins	8:12.4	V50	22 nd May 2022

3000m Steeplechase

1	Jason Lendon	10:39.49		6 th June 2021
2	Paul Berrett	11:08.8		16 th May 2010
3	Martin Chester	11:32.55		19 th May 2019
4	Gary Atkins	12:13.28	V50	12 th June 2022

Long Jump

1	Mark Bishop	6.06m		16 th June 2013
2	Ian Chamberlain	5.31m		23 rd June 2001
3	Arron Bonning	4.80m		18th June 2023

Triple Jump

1	Mark Bishop	11.48m		6 th July 2013
2	Arron Bonning	10.52m		16 th July 2022
3	Ian Chamberlain	9.18m	V50	14 th July 2007

High Jump

1	Gintalas Varanauskas	1.90m ind		19 th March 2018
2	Mark Bishop	1.55m	V55	13 th August 2021
3	Arron Bonning	1.45m		14 th July 2021

Pole Vault

1	Stuart Tufton	3.50m	V50	31 st May 2003
2	Mark Bishop	3.30m	V55	16 th July 2021
3	Arron Bonning	3.00m		11 th September 2021
4	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
4	Arron Bonning	8.84m		11 th September 2021

Discus (2kg)				
1	Steve Archer	37.75m		4 th August 2001
2	Brian Hatch	36.53m	V50	28 th March 1999
3	Mark Bishop	32.62m		16 th June 2013
4	Kevin White	31.20m		17 th May 2003
5	Arron Bonning	26.17m		11 th July 2021

Hammer (7.26kg)				
1	Keith Robinson	49.30m		10 th May 1997
2	Steve Archer	26.33m	V50	30 th July 2005
3	Mark Bishop	22.18m	V55	2 nd July 2022
4	Arron Bonning	19.85m		11 th July 2021

Javelin (800g)				
1	Brian Hatch	36.12m		3 rd May 1997
2	Mark Bishop	35.09m		3 rd August 2013
3	Arron Bonning	34.21m		11 th July 2021
4	Steve Archer	31.29m		2 nd June 2001
5	Paul Berrett	29.59m	V50	14 th July 2012
6	Clive Gray	25.99m	V50	7 th June 2008

Men 50-54
100 Metres

1	Mark Bishop	12.82s		11 th May 2019
2	Clive Gray	14.0s		7 th June 2008
3	Ian Chamberlain	14.1s		14 th July 2007

400 Metres

1	Steve Rand	59.81		25 th September 2022
2	Paul Berrett	62.36	V55	20 th June 2018

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
4	John Barker	4:48.42	V55	2nd April 2023
5	Len Parrott	5:02.2	V60	1996
6	Tony Pecoraro	5:23.75	V55	13 th September 2020

3000 Metres

1	Matt Bland	9:52.71		24 th July 2019
2	Paul Berrett	9:59.33		27 th August 2013
3	Simon Hart	10:11.7		31 st May 2015
4	John Barker	10:23.5	V55	20th May 2023

5	Gary Atkins	10:30.77		19 th September 2021
6	Steve Walker	10:31.00		20 th September 2020
7	Tony Pecoraro	11:13.18	V55	20 th September 2020
5000 Metres				
1	Matt Bland	17:02.1		12 th June 2019
2	Len Parrott	17:10.2		1986
3	Paul Berrett	18:02.8		9 th June 2012
4	Dan Meredith	18:04.10		19th August 2023
5	Martin Chester	19:04.4		18th June 2023
10000 Metres				
1	Len Parrott	35:37.7		1986
2	Matt Bland	37:03.1		10 th July 2019
Marathon				
1	Simon Hart	2:38.42		25 th May 2014
2	Len Parrott	2:49.57		1986
110mH				
1	Mark Bishop	20.51		17 th August 2019
2	Ian Chamberlain	21.0		5 th August 2006
400mH (91 cms)				
1	Mark Bishop	68.40		17 th August 2019
2	Paul Berrett	71.8		16 th June 2013
3	Ian Chamberlain	72.9		5 th August 2006
4	Steve Rand	73.3		20th May 2023
400mH (84cms)				
1	Paul Berrett	70.03		14 th Sept 2013
2000m Steeplechase				
1	Paul Berrett	7:21.6		16 th June 2013
2	Gary Atkins	7:54.56	V55	19th August 2023
3	Steve Walker	8:54.00		19th August 2023
3000m Steeplechase				
1	Paul Berrett	11:25.6		13 th July 2013
2	Gary Atkins	12:13.28		12 th June 2022
Long Jump				
1	Mark Bishop	5.34m	M55	11th June 2023
2	Martin Chester	3.80m		9th July 2023
Triple Jump				
1	Ian Chamberlain	9.18m		14 th July 2007
Pole Vault				
1	Stuart Tufton	3.50m		31 st May 2003
2	Mark Bishop	3.30m	M55	16 th July 2022
3	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
3	Mark Bishop	9.90m		14 th August 2021

Discus (2kg)				
1	Brian Hatch	36.53m		28 th March 1999
2	Steve Archer	33.09m		30 th July 2005
3	Mark Bishop	31.77m	M55	16 th July 2022
4	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	22.18m	V55	2 nd July 2022
3	Kevin White	15.75m		20 th May 2012
Javelin (800g)				
1	Mark Bishop	32.97m	V55	16 ^h July 2022
2	Paul Berrett	29.59m		14 th July 2012
3	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
800m				
1	Paul Berrett	2:19.44		25 th July 2018
2	Matt Bland	2:27.52		29 th June 2022
3	Len Parrott	2:28.6	V60	27 th August 1995
1500m				
1	John Barker	4:48.42		2nd April 2023
2	Paul Berrett	4:54.39		11 th June 2018
3	Len Parrott	5:02.2	V60	1996
4	Tony Pecoraro	5:23.75		13 th September 2020
3000m				
1	John Barker	10:23.5		20th May 2023
2	Matt Bland	10:30.96		14 th May 2022
3	Paul Berrett	10:43.64		10 th July 2018
4	Tony Pecoraro	11:13.18		20 th September 2020
5000m				
1	Matt Bland	17:45.7		8 th June 2022
2	Paul Berrett	19:05.82		5 th July 2018
3	Len Parrott	19:20.1	V60	1998
10000 Metres				
1	Len Parrott	38:33.1	V60	1996
110mH (91 cms)				
1	Mark Bishop	21.82		2 nd July 2022
400mH (91 cms)				
1	Mark Bishop	75.15		2 nd July 2022

2000m Steeplechase				
1	Gary Atkins	7:54.56	19th August 2023	
High Jump				
1	Mark Bishop	1.55m	13 th August 2022	
Long Jump				
1	Mark Bishop	5.34m	11th June 2023	
Triple Jump				
1	Mark Bishop	9.83m	21 st August 2022	
Pole Vault				
1	Stuart Tufton	3.40m	5 th May 2007	
2	Mark Bishop	3.30m	16 th July 2022	
Discus (2kg)				
1	Mark Bishop	31.77m	7 th May 2022	
2	Kevin White	25.18m	25 th April 2015	
Javelin (700g)				
1	Mark Bishop	32.97m	16 th July 2022	
2	Paul Berrett	28.86m	11 th August 2018	
Shot (7.26kg)				
1	Mark Bishop	10.15m	20th May 2023	
Hammer (7.26kg)				
1	Mark Bishop	22.18m	2 nd July 2022	
<u>Men 60-64</u>				
200 Metres				
1	Paul Berrett	31.04	28th August 2023	
400 Metres				
1	Paul Berrett	66.11	28th August 2023	
800 Metres				
1	Len Parrott	2:28.6	27 th August 1995	
2	Paul Berrett	2:31.07	19th August 2023	
1500 Metres				
1	Len Parrott	5.02.2	1996	
2	Paul Berrett	5:22.61	16th August 2023	
One Mile				
1	Paul Berrett	5:51.70	4th June 2023	
3000 Metres				
1	Paul Berrett	12:50.45	13 th August 2022	
5000 Metres				
1	Len Parrott	19.20.1	1998	
10000 Metres				
1	Len Parrott	38.33.1	1996	

2024 Updates in **blue**

2023 Updates in **red**

Pole Vault				
1	Stuart Tufton	3.20m		21 st May 2011
Discus (2kg)				
1	Kevin White	22.65m		18 th Aug 2018
Javelin (600g)				
1	Paul Berrett	19.42		25 th September 2022
<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
<u>Men 70</u>				
Pole Vault				
1	Stuart Tufton	2.80m		11 th July 2021