

**NEW RECORDS in orange**  
**EPSOM AND EWELL HARRIERS**  
**CLUB RECORDS – MASTERS MEN**  
**(as at 31<sup>st</sup> OCTOBER 2024)**

<b>EVENT</b>	<b>AGE</b>	<b>RESULT</b>	<b>ATHLETE</b>	<b>VENUE</b>	<b>DATE</b>
<b>60 METRES</b>	M35	8.23i	Oscar Morrell	Lee Valley	11.02.24
	M40	7.41i	Dan Donovan	Eton	01.02.14
	M45	7.94i	Paul Lavender	Sutton	30.01.05
	M50	7.87i	Roy Austin	Kelvin Hall	20.03.94
		7.9		Hilversum, Neth	03.04.94
	M55	7.9i	Paul Lavender	Lee Valley	20.02.11
	M60	8.11i	Ken Smeeth	Lee Valley	23.02.08
	M65	8.46i	Terry Bissett	Lee Valley	14.02.10
	M70	9.28	Dave Crouch	Lee Valley	12.02.23
	M75	9.43i	Terry Bissett	Lee Valley	09.03.19
	M80				
	M85				
	M90				
<b>80 METRES</b>	M35				
	M40				
	M45				
	M50	10.3	Terry Bissett	Crawley	26.03.94
	M55				
	M60				
	M65				
	M70				
	M75				
	M80				
	M85				
	M90				
<b>100 METRES</b>	M35	<b>12.3</b>	<b>Fredrick Chalke</b>	<b>Wimbledon</b>	<b>16.06.25</b>
	M40	11.5	Paul Lavender	Kingston	14.05.97
		11.5	Dan Donovan	Eltham	19.04.14
	M45	11.9	Paul Lavender	Kingston	29.05.04
	M50	12.12	Paul Lavender	Walton	06.09.08
		12.1 w		Twickenham	04.07.07
	M55	12.5	Paul Lavender	Twickenham	08.09.13
	M60	12.9	Paul Lavender	Kingston	11.05.16
	M65	13.27	Terry Bissett	Nyireghaza, Hun	17.07.10
	M70	13.87	Terry Bissett	Izmir, Tur	24.08.14
	M75	15.00	Terry Bissett	Kingston	14.07.19
	M80				
	M85				
	M90				
<b>150 METRES:</b>	M35				
	M40				
	M45	19.25	Paul Lavender	Kingston	21.03.04
	M50	18.9	Terry Bissett	Crawley	26.03.94
	M55	20.4	Terry Bissett	Kingston	28.03.99

	M60	20.05	Terry Bissett	Kingston	21.03.04
	M65				
	M70				
	M75				
	M80				
	M85				
	M90				
<b>200 METRES:</b>	M35	24.3	Mark Butler	Kingston	09.05.98
	M40	23.5	Paul Lavender	Colindale	07.09.97
	M45	24.2	Paul Lavender	Kingston	14.05.01
	M50	24.9	Terry Bissett	Barn Elms	19.07.95
	M55	25.5	Terry Bissett	Barn Elms	09.09.01
		25.2 w		Kingston	29.05.99
	M60	26.2	Terry Bissett	Kingston	29.05.04
	M65	26.8	Terry Bissett	Kingston	02.06.10
		26.85		Lahti, Fin	28.07.09
	M70	28.21	Terry Bissett	Birmingham	10.08.14
	M75	30.67	Terry Bissett	Coventry	06.07.19
	M80				
	M85				
	M90				
<b>300 METRES:</b>	M35				
	M40	39.8	Mark Butler	London (BP)	09.04.03
	M45	44.4	Graham Page	Kingston	14.07.99
	M50	40.0	Terry Bissett	Sutton	17.09.95
	M55	40.9	Terry Bissett	Kingston	28.03.99
	M60	42.5	Terry Bissett	Kingston	21.03.04
	M65				
	M70	55.5	Bob Neville	London (BP)	14.04.04
	M75				
	M80				
	M85				
	M90				
<b>400 METRES:</b>	M35	52.8	Mark Butler	Kingston	20.05.98
	M40	53.1	Mark Butler	Kingston	26.05.01
	M45	55.7	Terry Bissett	Reading	06.10.91
	M50	55.07	Terry Bissett	Athens, Gre	04.06.94
	M55	57.0	Terry Bissett	Kingston	23.06.99
	M60	59.6	Terry Bissett	Kingston	29.05.04
	M65	60.98	Terry Bissett	Lahti, Fin	03.08.09
	M70	66.81	Terry Bissett	Solihull	20.07.14
	M75	77.37i	Terry Bissett	Lee Valley	09.03.19
	M80				
	M85				
	M90				
<b>600 METRES:</b>	M35	1:41.1	Richard Somers	Woking	05.04.99
	M40				
	M45				
	M50				
	M55				

	M60				
	M65				
	M70				
	M75				
	M80				
	M85				
	M90				
<b>800 METRES</b>	M35	1:58.8	Tony Clark	Ewell	16.07.77
	M40	2:02.6	Tony Clark	Cobham	23.07.80
	M45	<b>2:08.11</b>	<b>Chris Ryans</b>	<b>Oxford</b>	<b>30.08.25</b>
	M50	2:13.08	Kevin Archer	Birmingham	28.07.07
	M55	2:21.92	Richard Somers	Eton	24.06.01
	M60	2:21.99	Richard Somers	Birmingham	17.07.05
	M65	2:39.5	Richard Somers	Ewell	28.05.11
	M70	2:50.9	Richard Somers	Walton	29.06.15
	M75	3:47.5	Richard Somers	Ewell	23.05.22
	M80				
	M85				
	M90				
<b>1000 METRES:</b>	M35				
	M40				
	M45	3:03.4	Dave Mitchell	Hilversum, Neth	12.04.98
	M50				
	M55	4:04.58i	Brian Harlick	Birmingham	26.02.00
	M60				
	M65	5:25.95i	Brian Harlick	Ancona, Ita	26.03.09
	M70				
	M75				
	M80				
	M85				
	M90				
<b>1500 METRES:</b>	M35	4:08.9	Clive Abbott	Ewell	20.09.98
	M40	4:16.6	Clive Abbott	Harrow	15.05.99
	M45	4:22.8	Clive Abbott	Kingston	29.05.04
	M50	4:35.0	Kevin Archer	Ewell	11.06.07
	M55	4:55.70	Simon Bean	Ewell	01.06.14
	M60	4:55.1	Simon Bean	Ashford	30.09.18
	M65	5:36.4	Simon Bean	Wimbledon	13.05.24
	M70	6:17.8	Richard Somers	Croydon	13.07.15
	M75	7:22.06	Derek Funnell	Kingston	21.06.03
	M80				
	M85				
	M90				
<b>1 MILE:</b>	M35	4:55.9	Ken Humphrey	Sutton	21.04.73
	M40	4:39.31	Chris Ryans	Guildford	31.07.24
	M45	4:42.28	David Lipscomb	Guildford	31.07.24
	M50	4:52.2	Steve Winder	Ewell	25.08.22
	M55	<b>5:30.80</b>	<b>Dan Johnaon</b>	<b>Kingston</b>	<b>14.04.25</b>
	M60	5:24.9	Simon Bean	Ewell	29.08.19
	M65	5:48.81	Simon Bean	Ewell	22.08.24

	M70	7:11.7	Gerry Smith	Ewell	25.08.22
	M75				
	M80				
	M85				
	M90				
<b>3000 METRES:</b>	M35	9:23.0	John Cock	Ewell	10.04.76
	M40	9:12.6	Dave Mitchell	Kingston	24.05.89
	M45	<b>9:21.43</b>	<b>James Wilson</b>	<b>Wimbledon</b>	<b>12.06.24</b>
	M50	9:25.97i	Steve Winder	Lee Valley	11.03.23
		9:29.12		Guildford	03.08.22
	M55	10:30.4	Simon Bean	Ewell	30.05.18
	M60	10:42.23	Simon Bean	Ashford	01.09.19
	M65	12:54.8	Gerry Smith	Walton	01.06.16
	M70	13:17.5	Derek Funnell	Sutton	05.07.99
	M75				
	M80				
	M85				
	M90				
<b>2 MILES:</b>	M35	11:38.4	Bob Laws	Ewell	04.05.68
	M45	10:25.8	Dave Mitchell	Hilversum, Neth	03.04.94
<b>5000 METRES:</b>	M35	15:52.2	Dave Mitchell	Woodford	03.05.85
	M40	15:43.0	Tom Woods	London (CP)	09.08.78
	M45	16:02.4	John Dear	Reading	08.07.89
	M50	16:21.5	Steve Winder	Sutton	10.09.22
	M55	18:14.0	Simon Bean	Wimbledon	13.06.16
	M60	19:02.52	Simon Bean	Wimbledon	21.07.21
	M65	19:53.8	Simon Bean	Wimbledon	08.07.24
	M70	23:15.1	Derek Funnell	DWLC	29.05.99
	M75				
	M80				
	M85				
	M90				
<b>5K RR/PR</b>	M35	17.12	Marco Gazzeloni	Nonsuch Park	02.09.17
	M40	16.38	Marco Gazzeloni	Nonsuch Park	25.06.22
	M45	15.45	David Lipscomb	Battersea	15.09.23
	M50	16:07	John Dear	Dunsfold	05.04.92
	M55	17:40	Alastair Bloore	Battersea	04.12.22
	M60	17:56	Simon Bean	Nonsuch Park	13.05.19
	M65	19:27	Simon Bean	Bushy Park	09.03.24
	M70	22:58	Richard Somers	Nonsuch Park	13.08.16
	M75	25:05	Richard Somers	Nonsuch Park	17.09.22
	M80				
	M85				
	M90				
<b>10000 METRES:</b>	M35	33:55.0	John Cock	Guildford	09.06.74
	M40	33:17.6	Arthur Goodwin	Ewell	01.05.73
	M45	<b>35:13.66</b>	<b>James Wilson</b>	<b>London (BP)</b>	<b>11.09.24</b>
	M50	42:30.6	Bob Laws	Ewell	21.06.84
	M55				
	M60	38:27.09	Simon Bean	London (BP)	18.09.19

	M65				
	M70				
	M75				
	M80				
	M85				
	M90				
<b>10K RR</b>	M35	34:13	Phil Mackie	San Sebastian	26.11.17
	M40	32:38	David Lipscomb	Chichester	05.02.23
	M45	32:43	David Lipscomb	Chichester	04.02.24
		32:43	John Dear	Teddington	07.06.92
	M50	<b>34:47</b>	<b>Steve Winder</b>	<b>Battersea Park</b>	<b>26.03.25</b>
	M55	36:11	Alastair Bloore	Chessington	13.02.22
	M60	37:45	Simon Bean	Richmond	16.06.19
	M65	41:32	Simon Bean	London	22.09.24
	M70	48:29	Gerry Smith	Richmond	28.11.21
	M75				
	M80				
	M85				
	M90				
<b>10mile RR</b>	M35				
	M40	56:27	Steve Winder	Epsom	26.09.04
	M45	57:55	Barry Broe	Twickenham	
	M50	58:48	Steve Winder	Brockham	02.06.24
	M55	61:40	Alastair Bloore	Gravesend	
	M60	65:01	Jim McQuillian	Epsom	
	M65	72:14	Simon Bean	Dorking	02.06.24
	M70	79:24	Gerry Smith	Twickenham	17.10.21
	M75				
	M80				
	M85				
	M90				
<b>HALF MARATHON:</b>	M35	77:21	John Wisley	Gosport	2011
	M40	77:56	Neil Henderson	Reading	17.03.19
	M45	77:22	Steve Winder	Oxford	07.10.18
	M50	72:13	John Dear	Jersey	19.05.92
	M55	78:02	Alastair Bloore	Fleet	
	M60	84:37	Simon Bean	Woking	10.03.19
	M65	1:40:27	Gerry Smith	Fleet	19.03.17
	M70	1:47:15	Gerry Smith	Fleet	20.03.22
	M75				
	M80				
	M85				
	M90				
	M95				
	M100				
<b>20mile RR</b>	M35				
	M40				
	M45	2:06:08	Shaun Silander	Bramley	11.02.24
	M50	1:56:35	Steve Winder	Kingston	19.03.23
	M55	2:10:35	Alastair Bloore	Bedford	04.08.24

	M60	<b>2:17:07</b>	<b>Kevin Woodward</b>	<b>Kingston</b>	<b>09.03.25</b>
	M65	2:46:07	Gerry Smith	Bramley	19.02.17
	M70	2:54:59	Gerry Smith	Bramley	12.02.23
	M75				
	M80				
	M85				
	M90				
<b>MARATHON:</b>	M35	2:35:25	John Cock	Milton Keynes	08.07.78
	M40	2:40:02	John Dixon	Berlin	17.06.78
	M45	2:47.34	Martin Harris	Manchester	16.04.23
	M50	2:43.22	Alastair Bloore	Dorney	03.04.21
	M55	2:41:07	Alastair Bloore	Manchester	03.04.22
	M60	<b>3:02:08</b>	<b>Kevin Woodward</b>	<b>London</b>	<b>27.04.25</b>
	M65	3:42:55	Gerry Smith	Vienna, Aut	23.04.17
	M70	4:04:38	Gerry Smith	Jersey	01.10.23
	M75				
	M80				
	M85				
	M90				
<b>2000M WALK:</b>	M35				
	M40	10:39.5	Eddie Slyfield	London (BP)	05.09.04
	M45	11:14.3	Chris Short	Colindale	05.09.93
	M50	10:53.4	Pete Jakeman	Colindale	03.09.95
	M55	12.17.0	Keith Walker	Sutton	12.05.03
	M60	12:21.1	Tony Brown	Kingston	04.06.01
	M65	14:20.1	Dave Whittaker	Croydon	18.05.09
	M70	13:09.5	Bob Neville	Croydon	05.07.04
	M75				
	M80				
	M85				
	M90				
<b>3000M WALK:</b>	M35	18:17.0	John Smith	Ewell	17.07.73
	M40	15:23.2	Arthur Goodwin	Ewell	17.07.73
	M45				
	M50	17:51.2	Pete Jakeman	Colindale	07.09.97
	M55	19:31.1	Keith Walker	Kingston	28.05.05
	M60	20:06.8	Dave Mitchell	Ewell	23.05.09
<b>2000M S/CHASE</b>	M35	6:49.6	Stuart Flack	Bromley	29.04.12
	M40	7:19.1	Doug Reid	Kingston	26.05.82
	M45	7:14.5	Dave Mitchell	Kingston	16.04.94
	M50	<b>7:11.2</b>	<b>Steve Winder</b>	<b>Kingston</b>	<b>22.06.25</b>
	M55				
	M60				
	M65				
	M70				
	M75				
	M80				
	M85				
	M90				
<b>3000M S/CHASE</b>	M35	10:50.6	Stuart Flack	Brighton	04.06.11

	M40	10:14.9	Dave Mitchell	Colchester	27.05.89
	M45	10:43.0	John Dear	Barn Elms	14.05.90
	M50	10:46.2	John Dear	Kingston	16.05.92
	M55	14:32.5	Ian Bailey	Hayes	24.06.00
	M60	14:22.0	Richard Somers	Croydon	02.07.07
	M65				
	M70				
	M75				
	M80				
	M85				
	M90				
<b>60M HURDLES:</b>					
<b>99.1cm (9.14m)</b>	M35				
	M40	10.9	Graham Page	Hilversum, Neth	03.04.94
	M45				
<b>91.4cm (8.5m)</b>	M50	12.2	Brian Harlick	London (CP)	27.03.94
	M55	11.94	Brian Harlick		06.03.01
<b>84cm (8m)</b>	M60	12.7	Brian Harlick	Sutton	06.02.05
	M65	11.3	Alf Woods	London (CP)	05.02.95
<b>76.2cm (7m)</b>	M70				
	M75				
<b>68.6cm (7m)</b>	M80				
	M85				
	M90				
<b>SPRINT HURDLES:</b>					
<b>110m - 99.1cm (9.14m)</b>	M35				
	M40				
	M45				
<b>100m -91.4cm (8.5m)</b>	M50	17.6	Graham Page	Portsmouth	26.08.00
	M55	18.3	Alf Woods	London (HE)	10.06.84
<b>100m -84cm (8m)</b>	M60	17.8	Alf Woods	Bromley	04.06.89
	M65	19.9	Alf Woods	London (WL)	09.07.94
<b>80m -76.2cm (7m)</b>	M70				
	M75				
<b>80m -68.6cm (7m)</b>	M80				
	M85				
	M90				
<b>400M HURDLES</b>	M35	63.7	Graham Page	Motspur Park	24.07.85
	M40	65.1	Dan Donovan	Kingston	14.07.13
	M45	66.1	Graham Page	Portsmouth	05.08.95
	M50	73.1	Dave Mitchell	Perivale	25.07.98
	M55				
<b>300M HURDLES</b>	M60				
	M65				
	M70				
	M75				
<b>200M HURDLES</b>	M80				
	M85				
	M90				

<b>HIGH JUMP:</b>	M35	1.63	Phil Mackie	Walton	19.05.19
	M40	1.65	Dave Blunt	Reading	01.10.95
	M45	1.63	Dave Blunt	Colindale	05.09.99
	M50	1.55	Dave Blunt	Birmingham	26.06.04
	M55	1.55	Dave Blunt	Ewell	28.05.11
	M60	1.48	Dave Blunt	Twickenham	09.07.16
	M65	1.48	Dave Blunt	Milton Keynes	13.07.19
	M70	1.33	Dave Blunt	Gillingham	19.08.23
	M75	1.06	Alf Woods	Birmingham	26.06.04
	M80				
	M85				
	M90				
<b>POLE VAULT:</b>	M35	2.00	Graham Page	Luton	17.08.85
	M40	4.00	John Andrews	Birmingham	16.07.05
	M45	3.90	John Andrews	Ewell	18.06.12
	M50	3.90	John Andrews	Lyon	07.08.15
	M55	3.60	Dave Blunt	Twickenham	13.09.09
	M60	3.35i	Dave Blunt	Budapest, Hun	28.03.14
	M65	3.10	Alf Woods	Croydon	15.05.95
	M70	2.60	Alf Woods	Kingston	30.08.98
	M75	2.30	Alf Woods	Birmingham	26.06.04
	M80				
	M85				
	M90				
<b>LONG JUMP:</b>	M35	5.86	Graham Page	Norwich	03.08.85
	M40	5.54	Joran Djurovic	Croydon	15.05.06
	M45	5.47	Graham Page	Jersey	06.05.89
	M50	5.58	Graham Page	Colindale	04.09.04
	M55	5.23	Alf Woods	Norman Park	10.09.83
	M60	4.60	Dave Blunt	Birmingham	14.09.13
	M65	4.27	Dave Blunt	Ashford	01.09.19
	M70	3.60	Alf Woods	Kingston	07.06.99
	M75				
	M80				
	M85				
	M90				
<b>TRIPLE JUMP:</b>	M35	12.80	Norman Rice	London (HA)	23.06.79
	M40	11.97	Graham Page	Colindale	04.09.94
	M45	11.87	Graham Page	Colchester	22.07.89
	M50	11.31	Norman Rice	Sutton	05.07.93
	M55	10.73	Norman Rice	Kingston	29.08.99
	M60	10.01	Norman Rice	Kingston	21.06.03
	M65	8.86i	Dave Blunt	Lee Valley	08.03.20
	M70	8.24i	Norman Rice	Lee Valley	12.02.17
	M75				
	M80				
	M85				
	M90				
<b>SHOT (7.26kg):</b>	M35	11.63	Ian Frankish	Kingston	15.06.19
	M40	13.85	Bill Fuller (Snr)	Croydon	14.05.95

	M45	14.28	Mike Small	Worthing	31.05.03
<b>SHOT (6kg):</b>	M50	15.56	Mike Small	London (BP)	05.09.04
	M55	10.76	Ken Prior	Ewell	24.04.04
<b>SHOT (5kg)</b>	M60	11.87	Alf Woods	Reading	09.07.89
	M65	10.38	Norman Rice	Birmingham	06.07.08
<b>SHOT (4kg):</b>	M70	10.10	Norman Rice	Ewell	01.06.13
	M75	8.17	Alf Woods	Kingston	29.05.04
<b>SHOT (3kg):</b>	M80				
	M85	7.01	Jim Switzer	Ewell	07.10.17
	M90				
<b>DISCUS (2kg)</b>	M35	38.02	Ken Prior	Ewell	27.07.83
	M40	40.28	Bill Fuller (Snr)	Colindale	05.09.93
	M45	45.24	Mike Small	Ewell	21.03.04
<b>DISCUS (1.5kg)</b>	M50	50.80	Mike Small	Ewell	24.04.04
	M55	34.48	Ken Prior	Kingston	29.05.04
<b>DISCUS (1kg)</b>	M60	37.91	Ken Prior	Kingston	27.05.06
	M65	36.19	Brian Harlick	Lee Valley	28.03.10
	M70	32.69	Brian Harlick	London (He)	01.07.12
	M75	17.20	Norman Rice	Wimbledon	29.04.19
	M80				
	M85	18.58	Jim Switzer	Ewell	20.10.18
	M90	13.12	Jim Switzer	Walton	05.09.22
<b>HAMMER (7.26kg):</b>	M35	49.96	Ken Prior	Ewell	21.04.84
	M40	46.98	Mike Small	Kingston	03.05.03
	M45	41.02	Bill Fuller (Jnr)	Sutton	10.09.22
<b>HAMMER (6kg):</b>	M50	51.73	Mike Small	Kingston	29.05.04
	M55	39.09	Ken Prior	Kingston	25.05.05
<b>HAMMER (5kg)</b>	M60	43.37	Ken Prior	Ewell	09.12.06
	M65	31.74	Ken Prior	Ewell	07.12.13
<b>HAMMER (4kg):</b>	M70	32.50	Brian Harlick	London (He)	01.07.12
	M75	16.46	Norman Rice	Ewell	20.05.19
<b>HAMMER (3kg):</b>	M80				
	M85	16.74	Jim Switzer	Kingston	02.06.19
	M90	13.27	Jim Switzer	Walton	13.07.22
<b>JAVELIN (800g):</b>	M35	48.60	Graham Page	Roehampton	17.07.84
	M40	44.85	Mike Small	Ewell	.03
	M45	46.40	Graham Page	Hayes	29.04.95
<b>JAVELIN (700g):</b>	M50	44.67	Mike Small	Cophall	26.09.04
	M55	31.17	Brian Harlick	London (BP)	02.09.01
<b>JAVELIN (600g):</b>	M60	33.03	Brian Harlick	Crawley	09.07.02
	M65	29.86	Norman Rice	Croydon	19.05.08
<b>JAVELIN (500g):</b>	M70	28.34	Norman Rice	Ewell	01.06.13
	M75	7.35	David Whittaker	Croydon	20.07.22
<b>JAVELIN (400g):</b>	M80				
	M85	17.46	Jim Switzer	Ewell	20.10.18
	M90				
<b>WEIGHT (15.88kg):</b>	M35	7.11	Graham Lowe	Ewell	20.10.18
	M40				
	M45	13.33	Mike Small	Ewell	20.03.04
<b>WEIGHT (11.34kg):</b>	M50	18.48	Mike Small	London (BP)	14.07.04

	M55	13.16	Ken Prior	Ewell	15.10.04
<b>WEIGHT (9.08kg):</b>	M60	15.58	Ken Prior	Ewell	09.10.06
	M65	11.88	Ken Prior	Ewell	27.04.13
<b>WEIGHT (7.26kg):</b>	M70	12.45	Brian Harlick	San Sebastian, Spa	22.03.13
	M75				
<b>WEIGHT (5,45kg):</b>	M80				
	M85	8.17	Jim Switzer	Ewell	20.10.18
	M90				
<b>INDOOR PENTATHLON</b>	M35				
<b>60H,,HJ, SP, LJ,800</b>	M40				
	M45				
	M50				
	M55				
	M60				
	M65	2153	Brian Harlick	Ancona, Ita	26.03.09
<b>INDOOR PENTATHLON</b>	M35				
<b>60H,,LJ, SP, HJ,1000</b>	M40				
	M45				
	M50				
	M55				
	M60				
	M65	2605	Brian Harlick	Bordeaux, Fra	10.03.01
<b>OUTDOOR PENTATHLON</b>	M35	2457	Graham Page	Redhill	25.08.84
<b>(LJ, JT, 200m, DT, 1000m)</b>	M40	2749	Brian Hallett	Redhill	29.08.81
	M45				
	M50	3003	Graham Page	Crawley	10.09.00
	M55				
	M60				
	M65				
	M70				
	M75				
	M80				
	M85				
<b>OUTDOOR DECATHLON</b>	M35				
<b>(100m, LJ, SP, HJ, 400m, Sprint H, DT, PV, JT, 1500m)</b>	M40				
	M45				
	M50	5031	Alf Woods	Cambridge	20.06.82
	M55	7197	Alf Woods	Loughborough	23.08.86
	M60	4131	Brian Harlick	Sheffield	12.09.04
	M65	4418	Brian Harlick	Oxford (H)	14.09.08
	M70				
	M75				
	M80				
	M85				
<b>THROWS/WEIGHTS</b>	M35	1546	Graham Lowe	Ewell	18.08.07

<b>PENTATHLON:</b>					
<b>(7.26kg HT, 7.26kg SP, 2kg DT, 800gm JT, 15.88kg Weight)</b>	M40				
	M45	3652	Mike Small	Ewell	20.03.04
<b>(6kg HT, 6kg SP, 1.5kg DT, 700gm JT, 11.34kg Weight)</b>	M50	4266	Mike Small	Ewell	03.07.04
	M55	3099	Ken Prior	Ewell	24.04.04
<b>(5kg HT, 5kg SP, 1kg DT, 600gm JT, 9.08kg Weight)</b>	M60	3613	Ken Prior	Ewell	09.12.06
	M65	2884	Brian Harlick	Ewell	09.10.10
<b>(4kg HT, 4kg SP, 1kg DT, 500gm JT, 7.26kg Weight)</b>	M70	3229	Brian Harlick	London (He)	01.07.12
	M75				
<b>(3kg HT, 3kg SP, 1kg DT, 400gm JT, 5.45kg Weight)</b>	M80				
	M85	2676	Jim Switzer	Ewell	20.10.18
<b>4 x100m RELAY Mixed Ages</b>		47.9		Colindale	01.09.96
<b>4 x 100m RELAY 2 Men + 2 Women</b>					
<b>4 x200m RELAY Mixed Ages</b>		1:30.3		Sutton	05.07.99
<b>4 x 200m RELAY 2 Men + 2 Women</b>					
<b>4 x400m RELAY Mixed Ages</b>		3:49.42	Phil Mackie, Marco Gazzelloni, Matt Turner, Chris Ryans	Carshalton	08.09.19
<b>4 x 400m RELAY 2 Men + 2 Women</b>		4:18.07	Aneta Ryans, Di Norman, Chris Ryans, James Wilson	Ewell	25.08.22
<b>MEDLEY RELAY (200m, 200m, 400m, 800m) Mixed Ages</b>		3:54.6	B.Girardeau, H.Featherstone, M Butler, C. Abbott	Colindale	03.09.00
<b>MEDLEY RELAY (200m, 200m, 400m,</b>					

<b>800m)</b> <b>2 Men + 2 Women</b>					