

Table 1

AGE / DISTANCE	FIRST NAME	LAST NAME	TIME	DATE	VENUE
60M					
M35	WILL	MACGEE	7.21	MAR 2008	CLEMONT FERRAND, FRA
M40	WILL	MACGEE	7.18	FEB 2009	LEE VALLEY
M45	MARK	COLLINS	7.45	MAR 2019	ELTHAM
M50	RODERICK	DAVIES	8.2/8.28	FEB 2011	LEE VALLEY
M55	RODERICK	DAVIES	8.64	MAR 2012	LEE VALLEY
M60	VIC	NOVELL	8.48	FEB 2008	LEE VALLEY
M65	VIC	NOVELL	8.44	MAR 2010	LEE VALLEY
M70	VIC	NOVELL	8.65	MAR 2016	ANCONA, ITA
M75	VIC	NOVELL	8.80	MAR 2020	LEE VALLEY
100M					
M35	MARK	WEST	12.1	MAY 2011	HARROW
M40	MARK	COLLINS	11.41W	MAY 2015	LEE VALLEY
	MARK	COLLINS	11.43	JUL 2015	BIRMINGHAM
M45	MARK	COLLINS	11.70W	JUN 2019	NEWHAM
	MARK	COLLINS	11.84	AUG 2018	UXBRIDGE
M50	STEVE	BEAK	11.8	APR 2015	PORTSMOUTH
M55	STEVE	BEAK	12.5	JUN 2019	BASINGSTOKE
M60	VIC	NOVELL	13.33	JUL 2005	BIRMINGHAM
M65	VIC	NOVELL	13.48	JUN 2011	ASHFORD
M70	VIC	NOVELL	13.37W	OCT 2016	PERTH, AUS
	VIC	NOVELL	13.75	SEP 2016	BIRMINGHAM
M75					
200M					
M35	MARK	WEST	24.8	APR 2014	LEE VALLEY
M40	MARK	COLLINS	23.04W	MAY 2015	LEE VALLEY
			23.25	JUN 2016	WINCHESTER
M45	MARK	COLLINS	23.90	MAY 2019	PORTSMOUTH
	STEVE	BEAK	23.9	JUL 2013	WINCHESTER
M50	STEVE	BEAK	24.1	JUL 2014	WINCHESTER
M55	STEVE	BEAK	25.0	MAY 2019	WINCHESTER
M60	VIC	NOVELL	27.32	JUL 2005	BIRMINGHAM
M65	VIC	NOVELL	27.69i	FEB 2010	GENT, BEL
			28.1	MAY 2010	BASINGSTOKE
M70	VIC	NOVELL	28.05	OCT 2016	PERTH, AUS
M75	VIC	NOVELL	30.25i	MAR 2020	LEE VALLEY

AGE / DISTANCE	FIRST NAME	LAST NAME	TIME	DATE	VENUE
	ALAN	FORSE	30.64	SEP 2018	MALAGA, ESP
400M					
M35	SIMON	CIARAVELLA	52.6	JUL 2009	SOUTHAMPTON
M40	MARK	WEST	54.93	AUG 2016	WOKING
M45	JON	TILT	52.65	JUL 2010	CARDIFF
M50	JON	TILT	52.75	AUG 2012	ZITTAU, GER
M55	JON	TILT	54.71	SEP 2018	MALAGA, ESP
M60	VIC	NOVELL	63.7	AUG 2008	HEMEL HEMPSTEAD
M65	VIC	NOVELL	65.9	JUN 2011	WINCHESTER
M70	VIC	NOVELL	67.64	SEP 2017	ASHFORD
M75	ALAN	FORSE	70.36	SEP 2018	MALAGA, ESP
800M					
M35	MATT	COFFEY	1.59.89	JUL 2018	BATTERSEA
M40	JIM	BENNETT	2.03.5	MAY 2015	PORTSMOUTH
M45	DAVID	BLACKMAN	2.03.75	JUL 2014	BRIGHTON
M50	JON	TILT	2.05.43	MAY 2013	PORTSMOUTH
M55	JON	TILT	2.13.9	JUN 2018	SOUTHAMPTON
M60	ED	CONNOLLY	2.26.1	JUL 2012	ALDERSHOT
M65	ED	CONNOLLY	2.29.02i	FEB 2013	LEE VALLEY
			2.29.04	AUG 2015	EWELL
M70					
1500M					
M35	ROD	FINCH	3.47.02	AUG 2002	WATFORD
M40	ANDY	MORGAN-LEE	4.08.63	JUL 2010	CARDIFF
M45	ANDY	MORGAN-LEE	4.17.1	APR 2014	PORTSMOUTH
M50	DAVID	BLACKMAN	4.27.7	APR 2018	DARTFORD
M55	JON	GRAINGER	4.42.9	JUL 2019	BRACKNELL
M60	IAN	RICHARDSON	5.13.91	SEP 2013	ASHFORD
M65	ED	CONNOLLY	5.37.6	JUN 2015	BASINGSTOKE
M70					
3000M					
M35	ROD	FINCH	8.31.15	MAY 2004	LOUGHBOROUGH
M40	ANDY	MORGAN-LEE	8.55.0	JUL 2011	CRAWLEY
M45	ANDY	MORGAN-LEE	9.12.49i	MAR 2014	LEE VALLEY
	JAMES	SMITH	9.29.7	MAY 2019	WINCHESTER

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M50	PETER	COSTLEY	10.02.9	MAY 2017	PORTSMOUTH
M55	PAUL	JOHNSON	10.28.1	MAY 2018	WINCHESTER
M60	SID	DELARA	11.21.8	MAY 2017	PORTSMOUTH
M65	RICHIE	PEARSON	13.45.00	SEP 2015	ASHFORD
M70					
5000M					
M35	ROD	FINCH	13.57.5	AUG 2002	WATFORD
M40	ANDY	MORGAN-LEE	15.19.10	JUN 2010	CRYSTAL PALACE
M45	JAMES	SMITH	16.32.07	MAY 2019	PORTSMOUTH
M50	PETER	COSTLEY	17.54.1	JUN 2016	BASINGSTOKE
M55	PAUL	JOHNSON	18.44.90	JUL 2019	YATE
M60	IAN	RICHARDSON	19.33.9	JUN 2013	BASINGSTOKE
M65					
10,000M					
M35					
M40	PETER	COSTLEY	36.15.36	JUL 2006	ETON
M45					
M50	PETER	COSTLEY	37.36.74	SEP 2016	AYLESBURY
M55					
M60					
3000MS/C					
M35	ANDY	MORGAN-LEE	9.27.33	JUL 2006	ASHFORD
M40	ANDY	MORGAN-LEE	10.02.50	JUL 2010	NYIREGHAZA, HUN
M45	ANDY	MORGAN-LEE	10.14.81	MAY 2014	BASINGSTOKE
M50	PETER	COSTLEY	11.43.9	MAY 2015	WINCHESTER
M55	SID	DELARA	13.44.8	MAY 2011	WINCHESTER
M60	SID	DELARA	14.46.8	JUN 2017	BASINGSTOKE
M65					
100H					
M50	MICHAEL	COKER	16.31	SEP 2007	RICCIONE, ITA
110H					
M35	SEAN	CONNERTON	22.55	MAY 2019	HARROW

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M40	MICHAEL	COKER	14.9	JUL1998	NEWPORT
M45	MICHAEL	COKER	16.08	JUL 2002	HENDON
M50	MICHAEL	COKER	21.38	JUL 2011	HENDON
M55					
400H					
M35					
M40	MICHAEL	COKER	54.57	JUN 1998	CALAIS, FRA
M45	MICHAEL	COKER	56.29	AUG 2002	POTSDAM, GER
M50	JON	TILT	58.41	AUG 2012	ZITTAU, GER
M55	JON	TILT	59.80	SEP 2018	MALAGA, ESP
M60					
2000M WALK					
M35	STEVE	AXON	16.01.3	APR 2010	PORTSMOUTH
M40	PETER	COSTLEY	12.57.2	APR 2009	PORTSMOUTH
M45	ANDY	MORGAN-LEE	12.20.18	SEP 2017	ASHFORD
M50	JOHN	MACINNES	12.50.7	JUL 2013	WINCHESTER
M55	JOHN	MACINNES	11.53.15	SEP 2019	ASHFORD
M60					
M65	PETER	HAYNES	17.05.5	APR 2019	PORTSMOUTH
M70					
POLE VAULT					
M35					
M40	DARREN	CLISSOLD	3.00	JUL 2015	ALDERSHOT
M45	DEREK	WARN	3.20	JUN 2014	SOUTHAMPTON
M50	DEREK	WARN	3.10i	SEP 2018	UXBRIDGE
M55	NICK	BRYANT	2.00	JUL 2013	WINCHESTER
M60	MICHAEL	COKER	1.25	JUL 2019	BRACKNELL
HIGH JUMP					
M35	MARK	WEST	1.60	SEP 2013	ASHFORD
M40	BRIAN	THOMPSON	1.85	JUL 2019	BRACKNELL
M45	DARREN	CLISSOLD	1.55	APR 2017	WINCHESTER
M50	MICHAEL	COKER	1.45	JUN 2011	WINCHESTER
M55	MICHAEL	COKER	1.45	APR 2012	PORTSMOUTH
M60	MICHAEL	COKER	1.30	APR 2018	PORTSMOUTH
M65					

AGE / DISTANCE	FIRST NAME	LAST NAME	TIME	DATE	VENUE
LONG JUMP					
M35	MARK	WEST	5.87	AUG 2011	LUTON
M40	MARK	WEST	5.72	JUN 2016	SOUTHAMPTON
M45	GARY	MACDONALD-GRAY	5.06	JUN 2013	BASINGSTOKE
M50	DEREK	WARN	5.05	SEP 2016	BIRMINGHAM
M55	MICHAEL	COKER	4.62	SEP 2012	ASHFORD
M60	MICHAEL	COKER	4.17	APR 2018	PORTSMOUTH
M65	VIC	NOVELL	4.25	SEP 2014	ASHFORD
M70	VIC	NOVELL	4.18	SEP 2017	ASHFORD
M75					
TRIPLE JUMP					
M35	MARK	WEST	11.43	JUL 2012	ALDERSHOT
M40	BRIAN	THOMPSON	11.26	AUG 2019	SOUTHAMPTON
M45	DARREN	CLISSOLD	10.51	MAY 2017	PORTSMOUTH
M50	MICHAEL	COKER	10.24	JUL 2011	PORTSMOUTH
M55	MICHAEL	COKER	10.88	SEP 2013	ASHFORD
M60	MICHAEL	COKER	9.12	MAY 2019	WINCHESTER
M65					
HAMMER					
M35	GARRY	NEWTON	40.58	SEP 2013	ASHFORD
M40	GRAHAM	LAY	32.27	JUN 2017	BIRMINGHAM
M45	ANDREW	SHEERIN	37.25	JUN 2018	BASINGSTOKE
M50	ANDREW	TURNER	41.55	JUN 2015	BASINGSTOKE
M55	MIKE	SMALL	37.21	SEP 2013	ASHFORD
M60	MIKE	SMALL	34.69	JUN 2014	BASINGSTOKE
M65	MIKE	FERNE	23.98	JUN 2013	EWELL
M70					
SHOT					
M35	GARRY	NEWTON	14.58	SEP 2013	BOURNEMOUTH
M40	GRAHAM	LAY	14.03i	MAR 2018	LEE VALLEY
M45	ANDREW	SHEERIN	10.98	APR 2017	WINCHESTER
M50	ANDREW	TURNER	11.42	SEP 2015	ASHFORD
M55	MIKE	SMALL	12.18	SEP 2013	ASHFORD
M60	MIKE	SMALL	12.46	JUN 2014	BRECON

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M65	MIKE	FERNE	9.89	SEP 2016	ASHFORD
M70	VIC	NOVELL	7.32	JUN 2015	BASINGSTOKE
M75	RAYMOND	HALL	10.03	APR 2017	WINCHESTER
DISCUS					
M35	GARRY	NEWTON	43.96	SEP 2013	BOURNEMOUTH
M40	GRAHAM	LAY	39.13	JUL 2018	ALDERSHOT
M45	ANDREW	SHEERIN	31.60	SEP 2017	ASHFORD
M50	ANDREW	TURNER	37.78	JUL 2014	WINCHESTER
M55	MIKE	SMALL	43.93	JUL 2010	CARDIFF
M60	MIKE	FERNE	45.25	APR 2012	BOURNEMOUTH
M65	MIKE	FERNE	43.53	SEP 2016	BIRMINGHAM
M70	MIKE	FERNE	39.18	MAY 2019	WINCHESTER
JAVELIN					
M35	GARRY	NEWTON	48.69	APR 2014	LEE VALLEY
M40	GRAHAM	LAY	50.32	MAY 2016	PORTSMOUTH
M45	TODD	BENNETT	35.25	JUN 2012	SOUTHAMPTON
M50	KIM	PULLEN	29.54	MAY 2012	BASINGSTOKE
M55	MIKE	SMALL	39.11	JUL 2010	NYIREGHAZA, HUN
M60	MIKE	SMALL	36.28	JUN 2014	EWELL
M65	MIKE	SMEARS	13.30	JUL 2017	ALDERSHOT
M70	VIC	NOVELL	8.00	SEP 2018	ASHFORD
DECATHLON					
M35	MARK	WEST	3754	SEP 2010	OXFORD
M40	DEREK	WARN	3979	SEP 2009	OXFORD
M45	DEREK	WARN	4149	JUL 2013	OXFORD
M50	DEREK	WARN	3932	SEP 2019	CAORLE, ITA