

# MASTERS M45 CLUB RECORDS

EVENT	NAME	RECORD	VENUE	DATE
60m	MARK COLLINS	7.45	ELTHAM	MAR 2019
100m	MARK COLLINS	11.70w	NEWHAM	JUN 2019
		11.84	UXBRIDGE	AUG 2018
200m	MARK COLLINS	23.90	PORTSMOUTH	MAY 2019
	STEVE BEAK	23.9	WINCHESTER	JUL 2013
400m	JON TILT	52.65	CARDIFF	JUL 2010
800m	DAVID BLACKMAN	2.03.75	BRIGHTON	JUL 2014
1500m	ANDY MORGAN-LEE	4.17.1	PORTSMOUTH	APR 2014
3000m	ANDY MORGAN-LEE	9.12.49i	LEE VALLEY	MAR 2014
	JAMES SMITH	9.29.7	WINCHESTER	MAY 2019
5000m	JAMES SMITH	16.32.07	PORTSMOUTH	MAY 2019
10000m				
110mH	MICHAEL COKER	16.08	HENDON	JUL 2002
400mH	MICHAEL COKER	56.29	POTSDAM, GER	AUG 2002
3000m S/C	ANDY MORGAN-LEE	10.14.81	BASINGSTOKE	MAY 2014
2000m WALK	ANDY MORGAN-LEE	12.20.18	ASHFORD	SEP 2017
POLE VAULT	DEREK WARN	3.20m	SOUTHAMPTON	JUN 2014
HIGH JUMP	DARREN CLISSOLD	1.55m	WINCHESTER	APR 2017
LONG JUMP	GARY MACDONALD-GRAY	5.06m	BASINGSTOKE	JUN 2013
TRIPLE JUMP	DARREN CLISSOLD	10.51m	PORTSMOUTH	MAY 2017
HAMMER	ANDREW SHEERIN	37.25m	BASINGSTOKE	JUN 2018
SHOT	ANDREW SHEERIN	10.98m	WINCHESTER	APR 2017
DISCUS	ANDREW SHEERIN	31.60m	ASHFORD	SEP 2017
JAVELIN	TODD BENNETT	35.25m	SOUTHAMPTON	JUN 2012
DECATHLON	DEREK WARN	4149	OXFORD	JUL 2013