

MASTERS M45 CLUB RECORDS

EVENT	NAME	RECORD	VENUE	DATE
60m	MARK COLLINS	7.39	LEE VALLEY	JAN 2022
100m	MARK COLLINS	11.70w	NEWHAM	JUN 2019
		11.77	STRATFORD	SEP 2021
200m	MARK COLLINS	23.90	PORTSMOUTH	MAY 2019
	STEVE BEAK	23.9	WINCHESTER	JUL 2013
400m	JON TILT	52.65	CARDIFF	JUL 2010
800m	MIKE CHAMBERS	2.03.4	PORTSMOUTH	AUG 2021
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				
60mH	MICHAEL COKER	9.37i	CARDIFF	MAR 2006
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	BRIAN THOMPSON	1.70m	YEOVIL	JUN 2021
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	GRAHAM LAY	12.11m	WINCHESTER	JUN 2021
DISCUS	GRAHAM LAY	32.72m	ALDERSHOT	JUL 2021
JAVELIN	GRAHAM LAY	39.58m	ALDERSHOT	JUL 2021
PENTATHLON	DEREK WARN	2214i	SHEFFIELD	FEB 2012
DECATHLON	DEREK WARN	4149	OXFORD	JUL 2013