

MASTERS M55 CLUB RECORDS

EVENT	NAME	RECORD	VENUE	DATE
60m	ROD DAVIES	8.64	LEE VALLEY	MAR 2012
100m	STEVE BEAK	12.5	BASINGSTOKE	JUN 2019
200m	STEVE BEAK	25.0	WINCHESTER	MAY 2019
400m	JON TILT	54.71	MALAGA, SPA	SEP 2018
800m	JON TILT	2.13.9	SOUTHAMPTON	JUN 2018
1500m	JON GRAINGER	4.39.76	SOUTHAMPTON	SEP 2020
3000m	ROB BENTLEY	10.16.7	ALDERSHOT	JUL 2021
5000m	PAUL JOHNSON	18.44.90	YATE	JUL 2019
10000m				
60mH	DEREK WARN	11.75i	LEE VALLEY	JAN 2022
110mH				
400mH	JON TILT	59.80	MALAGA, SPA	SEP 2018
3000m S/C	SID DELARA	13.44.8	WINCHESTER	MAY 2011
2000m WALK	JOHN MACINNES	11.53.15	ASHFORD	SEP 2019
POLE VAULT	DEREK WARN	2.80m	WINCHESTER	AUG 2021
HIGH JUMP	MICHAEL COKER	1.45m	PORTSMOUTH	APR 2012
LONG JUMP	MICHAEL COKER	4.62m	ASHFORD	SEP 2012
TRIPLE JUMP	MICHAEL COKER	10.88m	ASHFORD	SEP 2013
HAMMER	MIKE SMALL	37.21m	ASHFORD	SEP 2013
SHOT	MIKE SMALL	12.18m	ASHFORD	SEP 2013
DISCUS	MIKE SMALL	43.93m	CARDIFF	JUL 2010
JAVELIN	MIKE SMALL	39.11m	NYIREGHAZA, HUN	JUL 2010
PENTATHLON	DEREK WARN	2238i	SHEFFIELD	JAN 2022
DECATHLON				