

V60

Event	Record	Name		Venue	Year
100m	14.9	Ian	Dunn	Kingston	2008
200m	30.1	Ian	Dunn	Croydon	2008
400m	66.4	Ian	Dunn	BA Windsor	2008
800m	2.31.3	Ian	Dunn	Croydon	2008
1500m	5.07.03	Ian	Dunn	Ewell	2001
1 mile	6.40.0	Dave	Stead	Pixham	2002
2000 m walk	13.27.0	Brian	James	Sutton	2003
3000m	11.18.9	Ian	Dunn	Croydon	2008
3000m steeplechase	14.07.0	Ben	Rivers	Croydon	2004
5000m	19.58.3	Ian	Dunn	Ewell	2008
Discus	21.04	Brian	James	Pixham	2003
High jump	1.3	Ben	Rivers	Croydon	2004
Long jump	4.17	Ben	Rivers	Kingston	2004
Triple jump	5.37	John	Barron	Sutton	2005
Javelin	25.14	Brian	James	Crawley	2003
Shot putt	7.57	John	Barron	Pixham	2003
Pole vault	1.60	Ben	Rivers	Kingston	2006
Road					
Half Marathon	1.37.23	Nick	Seaman	Ranelagh	2022
5 km	20.58	Ray	Dare	Wells	1995
10 km	43.24	Nick	Seaman	London	2022
10 miles	1.15.14	Michael	White	Dorking	1998
Marathon	3.44.32	Graham	Mallett	Brighton	2022