

## V40

Event	Record	Name		Venue	Year	IAAF score
60m	8.1	Alan	Self	Eton	2002	
100m	12.8	Gavin	Olsson	Croydon	2006	
200m	25.78	Alan	Self	Kingston	2003	
400m	59.4	Clive	Lawrence	Pixham	1995	
800m	2.15.0	Graham	Taylor			
110m hurdles	20.7	Clive	Lawrence	Pixham	1995	
1500m	4.31.8	Ian	Dunn			
1 mile	5.46.0	Lawrence	Clancy	Pixham	2002	
3000m	9.37.7	Graham	Taylor			
5000m	16.37.6	Graham	Taylor			
3000m steeplechase	11.29.1	Ian	Dunn			
2000m walk	11.18.8	Howard	Jones	Crawley	2005	
4x100 relay	54.1	Lawrence	Clancy	Sutton	2003	
		Alan	Self			
		Steve	Kemp			
		Ian	Dunn			
4x200 relay	1.47.5	Lawrence	Clancy	Crawley	2003	
		William	Lovesey			
		M	Connolly			
		Alan	Self			
4x400 relay	4.12.9	Ian	Dunn	Epsom	2003	
		Lawrence	Clancy			
		Steve	Parrott			
		Mark	Gardner			
2x200,400,800 medley relay	4.19.3	?????	?????	?????	?????	
High jump	1.6	Alan	Self	Sutton	2003	
Long jump	5.19	Alan	Self	Crawley	2002	541
Triple jump	10.62	Alan	Self	Croydon	2004	503
Shot putt	8.53	Alan	Self	Ewell	2002	442
Discus	23.88	Alan	Self	Ewell	2004	402
Javelin	33.1	Clive	Lawrence	Pixham	1995	439
Hammer	17.13	Alan	Self	Crawley	2003	236
Pole vault	2.4	Alan	Self	Nescot	2003	312
Pentathlon	2450	Alan	Self	Eton	2002	
Road						
5 miles	29.50	Alan	Cooper	Tadbrook	1997	
5 km	17.38	Chris	Reeh	London	2022	
10 km	35.44	Andy	Keen	Sutton	2002	
10 miles	58.54	Paul	Hulbert	Dorking	1996	
20 miles	2.24.23	Graeme	McKay	Thanet	2007	
Half Marathon	1.17.14	Paul	Hulbert	Barns Green	1995	
Marathon	2.53.56	Fraser	Dawson	London	2011	