

V45

Event	Record	Name		Venue	Year
100m	12.4	Gavin	Olsson	Ewell	2007
200m	26	Michael	Connolly	Sutton	2005
400m	58.4	Michael	Connolly	Kingston	2005
800m	2.15.0	Graham	Taylor		
1500m	4.31.8	Ian	Dunn		
1 mile	5.42.0	Andy	Fay	Pixham	2005
3000m	9.35.2	Bruce	Harrold	Wimbledon	2025
5000m	16.37.6	Graham	Taylor		
3000m steeplechase	11.29.1	Ian	Dunn		
2000m walk	11.25.3	Graham	Taylor		
4x100 relay					
4x200 relay	1.53.8	Bruce	Harrold	Ewell	2025
		Andrew	Curry		
		Kevin	Stroud		
		Rob	Greenwood		
4x400 relay	4.59.8	Bruce	Harrold	Wimbledon	2025
		John	Baker		
		Kevin	Stroud		
		David	Proctor		
High jump	1.4	Gavin	Olsson	Croydon	2006
Long jump	4.91	Brian	Darley	Croydon	1996
Triple jump	9.68	Gavin	Olsson	Crawley	2009
Shot putt	8.29	Mick	Chapman	Pixham	1995
Discus	20.2	Brian	Blackman		
Javelin	19.02	Steve	Parrott	Pixham	1998
Hammer	15.16	Brian	Blackman	Kingston	1997
Pole vault	2.20	Michael	Horner	Sutton	1999
Road					
1 mile (road)	5.4	Greg	Fitch	Westminster	2024
5 km	19.29	Patrick	Martin	Wimbledon	2001
5 miles	34.12.19	Greg	Fitch	Battersea	2024
10 km	35.48.0	Paul	Hulbert	Dysart	1996
10 miles	58.54.0	Paul	Hulbert	Dorking	1996
Half marathon	1.15.35	Paul	Hulbert	Horley	1994
Marathon	2.43.29	Nick	Hunter	San Sebastian	2023