

V65

Event	Record	Name		Venue	Year
200m	32.7	John	Baker	Epsom	2022
400m	1.19.2	John	Jelly	Kingston	2014
800m	3.04.3	Charles	Wheeler	Epsom	2022
1500m	6.23.3	Alan	Waring	Kingston	2007
3000m	12.45.8	Alan	Waring	Croydon	2007
5000m	22.3	Alan	Waring	Ewell	2007
Javelin	18.41	John	Barron	Croydon	2007
Discus	15.98	John	Barron	Croydon	2009
High jump					
Long jump	3.21	John	Baker	Epsom	2022
Road					
5 km	20.58	Ray	Dare	Wells	1995
10km	49.08	Glen	Morris	Birmingham	49.08
10 miles	1.14.58	Graham	Taylor	Dorking	2015