

## V65

Event	Record	Name		Venue	Year
100m	16.1	John	Baker	Wimbledon	2024
200m	32.4	John	Baker	Carshalton	2024
400m	1.15.4	John	Baker	Kingston	2022
800m	2.58.6	John	Baker	Epsom	2023
1500m	6.18	Charles	Wheeler	Kingston	2022
1 mile	6.19.30	Charles	Wheeler	Epsom	2022
3000m	12.45.8	Alan	Waring	Croydon	2007
5000m	22.3	Alan	Waring	Ewell	2007
2000m Walk	14.14.09	Charles	Wheeler	Kingston	2024
Javelin	18.41	John	Barron	Croydon	2007
Shot putt	5.28m	Charles	Wheeler	Carshalton	2024
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
10 km	46.56	Charles	Wheeler	Reigate	2022
10 miles	1.14.58	Graham	Taylor	Dorking	2015
Half Marathon	1.40.22	Nick	Seaman	Reading	2026
Marathon	3.43.49	Graham	Mallett	Brighton	2025