

V70

Event	Record	Name		Venue	Year
100m	16.3	John	Baker	Wimbledon	2025
200m	33.8	John	Baker	Ewell	2025
300m					
400m	78.9	John	Baker	Wimbledon	2025
800m	3.09.08	John	Baker	Ewell	2025
1000m indoor					
1 mile	8.12.3	John	Jelly	Epsom	2023
1500m	7.10.6	Gary	Lloyd	Wimbledon	2019
3000m	14.09.4	Gary	Lloyd	Ewell	2015
5000m	22.02.4	Graham	Taylor	Hastings	2016
10000m					
3000m steeplechase					
400m hurdles					
4x100 relay					
High jump					
Long jump					
Javelin					
Shot putt					
Discus					
Road					
10 km	45.40	Ray	Dare	Malta	1998
10 miles	1.28.00	Gary	Lloyd	Dorking	2017
Half marathon	1.57.14	Gary	Lloyd	Hampton Court	2019
Marathon	3.50	Ray	Dare	London	1997