

## Track & Field

100m	10.04	1.9	Dwain Chambers	1	Sainsbury's British Champs., Birmingham	13 Jul 2013
			10.02w 3.4	1s3	Sainsbury's British Champs., Birmingham	13 Jul 2013
200m	21.68		Dwain Chambers	2	Rosenheim Lg. Eastern Div., Wimbledon	10 Jun 2015
400m	48.18		Darrell Maynard	3	Welsh Champs., Cwmbran	17 Jun 2000
800m	1:50.8		Darrell Maynard	8	BMC Nike Grand Prix, Swindon	7 Aug 1997
1000m	2:26.52		Darrell Maynard	4	adidas International BMC Race, Loughborough	18 May 1997
1500m	3:51.13		Stephen Sharp	9rA	BMC Gold Standard Races, Watford	18 May 2011
3000m	8:07	1	Paul Evans	-	BMC 'Record Breakers 5000m, Battersea Pk	25 Jun 2000
	8:18.8	2	Laurie O'Hara		<i>Details unknown</i>	1968
	8:32.0	3	Laurie O'Hara	7	SCAAA Champs., Crystal Palace	11 Jul 1969
	8:32.82		Paskar Owor UGA	1	Rosenheim Lg. Final, Kingsmeadow	16 Aug 2017
5000m	13:45.6	4	Paul Evans	-	Ivo Van Damme Meeting, Brussels, BEL	22 Aug 1997
10000m	27:53.35		Paul Evans	8	Ivo Van Damme Meeting, Brussels, BEL	22 Aug 1997
110mH	15.0		Paul Beaumont	1	Army Champs., Portsmouth	27 Jun 2001
400mH	54.3		Paul Beaumont	1	Army Champs., Aldershot	21 Jun 2000
3000mSC	8:24.88		Justin Chaston	1rA	Palo Alto, Stanford CA USA	30 Apr 2004
High Jump	1.80		Richard Aspden	7A	BAL Div. 1, Eton	18 Aug 2012
Long Jump	6.59		Snowy Brooks M40	3	European Veteran Champs., Malmo SWE	29 Jul 1986
Triple Jump	16.99	0.0	Phillips Idowu	1	QA All Comers & CG Qual. Meet, Nathan, AUS	31 May 2014
Pole Vault	3.60		Mike Edwards Snr M45	7	GRE Gold Cup Semi-Final, Birmingham	15 Jul 1990
			Mike Edwards Snr M50		Watford Open Meeting, Watford	19 Jul 1995
			Mike Edwards Snr M55		n/s Rosenheim Lg. Eastern Div., Battersea Pk	15 May 1996
			Mike Edwards Snr M55		n/s Rosenheim Lg. Eastern Div., Wimbledon Pk	12 Jun 1996
Shot 7.26kg	16.12		Mark Wiseman M40	1	Inter-Services Finals, Tidworth	22 Jul 2009
Discus	62.10		Kevin Brown	1	Ipswich Open Meeting, Ipswich	3 Aug 2000
Javelin	60.81		Tom Dobbing	1	Inter-Services Champs., Portsmouth (RN)	16 Jul 2008
Hammer	76.43		Mike Jones	1A	BAL Div. 1, Birmingham	2 Jun 2001

<sup>1</sup> Estimated intermediate time en-route to 5000m, accepted by NUTS for national 3000m rankings. In view of the fact that this is estimated, although we have no reason to doubt it, we also include the next best M35 times.

<sup>2</sup> Laurie O'Hara's 8:18.8 is also an estimated time, converted from the 8:55.2 he ran for the longer 2 miles race.

<sup>3</sup> Laurie's best M35 time in a 3000m race is recorded as 8:32.0. We have additionally shown the best electrically record time – Paskar Owor's 8:32.82 – as it is close to Laurie's hand-timed performance.

<sup>4</sup> Officially recorded time en-route to 10,000m.

## Track &amp; Field

100m	10.45	2.0	Dwain Chambers	2r2.2	Lee Valley Sprint Double 100m Open, Lee Valley	17 Jul 2019
200m	23.6		Charlie Gillett	n/s	Rosenheim Lg. Eastern Div., Southwark Pk	30 Jun 1982
400m	53.4		Charlie Gillett	n/s	Rosenheim Lg. Eastern Div., Battersea Park	27 Jul 1983
800m	1:59.1		Alan Painter	n/s	Rosenheim Lg. Eastern Div., Tooting	5 Aug 1987
1500m	3:58.5		Laurie O'Hara	?	SCAAA Open Meet, West London	19 Sep 1973
1 mile	4:21.5		Laurie O'Hara	1	AAU Masters Champs., Venice, Los Angeles, USA	2 Jul 1973
3000m	8:22.0	5	Laurie O'Hara	6	SCAAA Snr Champs., Crystal Palace	23 Jun 1973
5000m	14:28.2		Laurie O'Hara	3	Southern Lg. Div. 1, Luton	29 Jul 1972
10000m	29:25.55		Paul Evans	8	Commonwealth Games Trials, Manchester City	15 Jun 2002
110mH 99.0cm	15.7		Ian Wells	?	Eastern Vet. Lg. Final, Bedford	7 Sep 2002
110mH 106.7cm	16.6		Ian Wells	1	Norfolk County M40 Champs., Norwich	11 May 2003
300m H	41.8		Paul Beaumont	2	Crawley Open Meeting, Crawley	27 Mar 2004
400mH 91.4cm	57.19		Paul Beaumont	5B	BAL Div. 1, Eton	14 Jun 2003
2000mSC	6:19.2		Clive Shippen	3	Greater London Champs., East London Stadium	2 Sep 1972
3000mSC	9:26.4		John Bicourt	?	<i>No other details known</i>	1986
High Jump	1.64		Snowy Brooks	D	Middx. Dec. Champs. & Open, Parliament Hill	24 Aug 1985
Long Jump	6.59		Snowy Brooks	3	European Veteran Champs., Malmo SWE	29 Jul 1986
Triple Jump	12.19		John Druce	2	Southern Lg. Div. 2 'B', Milton Keynes	6 Jun 1998
Pole Vault	3.60		Mike Edwards Snr M45	7	GRE Gold Cup Semi-Final, Birmingham	15 Jul 1990
			Mike Edwards Snr M50		Watford Open Meeting, Watford	19 Jul 1995
			Mike Edwards Snr M55	n/s	Rosenheim Lg. Eastern Div., Battersea Pk	15 May 1996
			Mike Edwards Snr M55	n/s	Rosenheim Lg. Eastern Div., Wimbledon Pk	12 Jun 1996
Shot 7.26kg	16.12		Mark Wiseman	1	Inter-Services Finals, Tidworth	22 Jul 2009
Discus 2kg	56.20		Kevin Brown	1	Give Us A Go Athletics, Banbury	7 Jul 2005
Javelin 800g	48.63		Mark Wiseman	P	World Masters Throws Pent. Champs., Lahti, FIN	7 Aug 2009
Hammer 7.26kg	70.54		Mike Jones	1	Crawley Open Meeting, Crawley	20 Jul 2005
Weight 15.88kg	15.72		Mark Wiseman	P	European Vets. Throws Pent., Nyireghaza, HUN	23 Jul 2010
Throws Tri.	2018		Mike Small	1	Dave Wheeler Memorial Meeting, Tooting SP 11.83, DT 41.32, HT 44.14	27 Sep 1997
Throws Pen	3999		Mark Wiseman	1	European Vets. Throws Pent., Nyireghaza, HUN HT 47.13, SP 15.00, DT 49.68, JT 43.74, HW 15.72	23 Jul 2010
Pentathlon	3475	6	Snowy Brooks	3	6th World Masters Champs, Rome, ITA LJ 6.17, JT 46.78, 200m 24.1, DT 28.90, 1500m 5:06.2	Jun 1985
Decathlon	6204	7,8	Snowy Brooks	?	Middx Dec. Champs. & Open, Parliament Hill	24/25 Aug 1985
4x100m	49.4	9	Martin Chuter	2	SCVAC T&F Lg. A Final, MP Colindale	3 Sep 1995
			Paul Lundy			
			Snowy Brooks M50			
			Pan Zeniou 2nd-Cl			
4x200m	1:46.2	10	Guy Sagar	2	SCVAC T&F Lg. Mid-London Div., MP Colindale	22 Jul 1996
			Reg. Hopkins Jnr			
			Pan Zeniou 2nd-Cl			
			Snowy Brooks M50			
	1:49.3		Reg. Hopkins Jnr	2	SCVAC T&F Lg. Mid-London Div., Harrow	25 Jul 1995
			Mike Small			

<sup>5</sup> At the time this equalled the World Best for M40, Laurie's co-record holder being Alain Mimoun (France) whose time had stood since 6 Jun 1962. Laurie was 41 at the time. He went on to set a World age best for 42 of 8:24.8 on 21 Jun 1974, and another World Best at M45 of 8:36.0 on 7 Aug 1977.

<sup>6</sup> Pentathlon score calculated using the Masters' Points Tables in effect at that time.

<sup>7</sup> Senior Men's equipment used throughout.

<sup>8</sup> Decathlon score calculated using the Masters' Points Tables in effect at that time. Standard Decathlon Tables would have given a score of 4993 pts.

<sup>9</sup> Team included a 2nd-claim member, which was valid for this competition. No other performance found with an all 1st-claim team.

<sup>10</sup> Team included a 2nd-claim member, which was valid for this competition. Best performance by a 1st-claim team also shown.

4x400m	4:01.3	Paul Lundy Snowy Brooks M50 Reg Hopkins Jnr Derek Clack Guy Sagar Bob Bridges	Harrow	25 Jun 1996
Medley 200m, 200m, 400m, 800m	4:05.5	<sup>11</sup> Snowy Brooks M50 Pan Zeniou 2nd-CI Paul Lundy Martin Chuter	2 SCVAC T&F Lg. A Final, MP Colindale	3 Sep 1995

**Indoors**

60m	6.69	Dwain Chambers	3r2.1 Metaswitch Games Open, Lee Valley	16 Feb 2019
200m	25.4	Snowy Brooks	h BVAF Champs., Cosford	23 Mar 1985
800m	2:06.21	Martin Chuter	h Midland Counties Open, Birmingham	28 Jan 1996
60mH	9.1	Snowy Brooks	P BVAF Pentathlon Champs., Cosford	26 Mar 1988
High Jump	1.65	Snowy Brooks	P BVAF Pentathlon Champs., Cosford	28 Mar 1987
		Snowy Brooks	P BVAF Pentathlon Champs., Cosford	26 Mar 1988
Long Jump	6.14	Snowy Brooks	1 BVAF Champs., Cosford	23 Mar 1985
Shot 7.26kg	13.64	Mike Small M45	? <i>Meeting unknown</i> , Crystal Palace	13 Feb 1999
Shot 7.26kg	15.57	Mark Wiseman	3 European Veterans Champs., Gent, BEL	19 Mar 2011
Pentathlon	2814	<sup>12</sup> Snowy Brooks	1 BVAF Pentathlon Champs., Cosford 60mH 9.2, LJ 6.01, SP 11.52, HJ 1.65 1000m 3:13.2	28 Mar 1987

**Road Running**

5 kms	15:29	Jim Estall	2 BVAF Champs Race, Eastway, Lea Valley	26 Oct 1997
5 miles	24:19	Laurie O'Hara	23 17th Annual Wycombe 'Furniture 5'	26 Aug 1972
10 kms	31:01	Laurie O'Hara	1 <i>Race unknown</i> , Copthall	15 Jun 1974
10 miles	49:57	Paul Evans	8 BUPA Great South Run	8 Sep 2002
½ Marathon	1:07:08	Jim Estall	11 IBM Half-Marathon, Portsmouth	12 Mar 1995
25 kms	1:22:24	Laurie O'Hara	2 Bruges, BEL	14 Jun 1975
Marathon	2:24:54	Andrius Jaksevicius	21 Cheshire Elite Marathon, Pulton	25 Apr 2021

<sup>11</sup> Team includes a 2nd-claim member, which was valid for this competition. No other performance found with an all 1st-claim team.

<sup>12</sup> This was probably a World Best for M40 as Snowy had already set a World Best of 2749 (9.3, 5.77, 11.74, 1.63, 3:12.2) in winning the BVAF title on 15 Mar 1986. The Pentathlon scores were calculated using the Masters' Points Tables in effect at that time.