

Track & 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	¹	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	16.8		Snowy Brooks	D	Middx. Dec. Champs. & Open, Parliament Hill	25 Aug 1985
400mH 91.4cm	59.0		Ian Wells	?	Eastern Vet. Lg., Great Yarmouth	7 Aug 2002
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	13.75		Mike Small M45	1	Burton	10 Sep 2000
Discus 2kg	43.65		Mike Small M45	2	Southern Lg. Div. 1, Welwyn	2 Aug 2002
Javelin 800g	47.68		Dave Mole	3	Southern Lg. Div. 2, Battersea Pk	15 Aug 1987
Hammer 7.26kg	49.42		Mike Small M45	P	SE Counties Throws Pentathlon, Deangate	28 May 1999
35lb Weight	15.08		Mike Small M45	?	<i>Probably SETC competition</i> , Ewell	12 Aug 2000
Throws Tri.	2018		Mike Small	1	Dave Wheeler Memorial Meeting, Tooting	27 Sep 1997
					SP 11.83, DT 41.32, HT 44.14	
Throws Pen.	4044		Mike Small M45	?	<i>Probably SETC competition</i> , Ewell	12 Aug 2000
					HT 46.93, SP 13.04, DT 42.13, JT 44.93, HW 15.08	
Pentathlon	3475	²	Snowy Brooks	3	6th World Masters Champs, Rome, ITA	Jun 1985
					LJ 6.17, JT 46.78, 200m 24.1, DT 28.90, 1500m 5:06.2	
Decathlon	6204	^{3,4}	Snowy Brooks	?	Middx Dec. Champs. & Open, Parliament Hill	24/25 Aug 1985
4x100m	49.4	⁵	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	⁶	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			
			Paul Lundy			
			Snowy Brooks M50			

¹ 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.

² Pentathlon score calculated using the Masters' Points Tables in effect at that time.

³ Senior Men's equipment used throughout.

⁴ Decathlon score calculated using the Masters' Points Tables in effect at that time. Standard Decathlon Tables would have given a score of 4993 pts.

⁵ Team included a 2nd-claim member, which was valid for this competition. No other performance found with an all 1st-claim team.

⁶ Team included a 2nd-claim member, which was valid for this competition. Best performance by a 1st-claim team also shown.

4x400m	4:16.8	Snowy Brooks Bob Bridges Leo Coy Leo Lyons	6	SCVAC T&F Lg. Mid-London Div., MP Colindale	27 Jun 1994
Medley 200m, 200m, 400m, 800m	4:05.5	⁷ Snowy Brooks M50 Pan Zeniou 2nd-Cl 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
Pentathlon	2814	⁸ 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> , Cophall	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

⁷ Team includes a 2nd-claim member, which was valid for this competition. No other performance found with an all 1st-claim team.

⁸ 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.