

Track & Field

100m	10.04	1.9	Dwain Chambers 10.02w 3.4	1	Sainsbury's British Champs., Birmingham	13 Jul 2013
				1s3	Sainsbury's British Champs., Birmingham	13 Jul 2013
150m	15.69		Dwain Chambers	4	Great Manchester Games, Manchester	25 May 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
	8:20.0		Laurie O'Hara		<i>Details unknown</i>	1971
5000m	13:45.6	3	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 106.7cm	15.0		Paul Beaumont	1	Army Champs., Portsmouth	27 Jun 2001
400mH 91.4cm	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	6.68		Snowy Brooks		<i>Details unknown</i>	1980
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 2kg	62.10		Kevin Brown	1	Ipswich Open Meeting, Ipswich	3 Aug 2000
Javelin 800gm	60.81		Tom Dobbing	1	Inter-Services Champs., Portsmouth (RN)	16 Jul 2008
Hammer 7.26kg	76.43		Mike Jones	1A	BAL Div. 1, Birmingham	2 Jun 2001
Decathlon	6035	4	Snowy Brooks	-	AAA Decathlon Champs., Cwmbran	24/25 May 1980
	6008		Snowy Brooks	12	<i>Event unknown, Crewe</i>	30-31 Aug 1980
					100m 11.8, LJ 6.48, SP 12.71, HJ 1.75, 400m 55.0, 110mH 16.5, DT 39.28, PV 3.15, JT 48.42, 1500m 5:35.2	

¹ 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.

² 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. Therefore, we have additionally shown his best M35 time of 8:20.0 for the exact distance.

³ Officially recorded time en-route to 10,000m.

⁴ Nine events only. Best score for the full ten events also shown.

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100m	10.45	2.0	Dwain Chambers	2r.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 106.7cm	16.6		Ian Wells	1	Norfolk County M40 Champs., Norwich	11 May 2003
110mH 99.6cm	15.7		Ian Wells	?	Eastern Vet. Lg. Final, Bedford	7 Sep 2002
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	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	27 Sep 1997
					SP 11.83, DT 41.32, HT 44.14	
Throws Pent.	3999		Mark Wiseman	1	European Vets. Throws Pent., Nyireghaza, HUN	23 Jul 2010
					HT 47.13, SP 15.00, DT 49.68, JT 43.74, WT 15.72	
Pentathlon	3475	6	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	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			
			Paul Lundy			
			Snowy Brooks M50			

⁵ 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.

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

⁷ Senior Men's equipment used throughout.

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

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

¹⁰ 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	Reg Hopkins Jnr Derek Clack Guy Sagar Bob Bridges	Harrow	25 Jun 1996
Medley 200m, 200m, 400m, 800m	4:05.5	¹¹ 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 99.6cm	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 Veteran Champs., Gent, BEL	19 Mar 2011
Pentathlon	2814	¹² 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

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

¹² 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.

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100m	12.5	Snowy Brooks	D	BVAF Decathlon Champs., Sheffield	12 Sep 1992
		Snowy Brooks M50	D	BVAF Decathlon Champs., Sheffield	24 Sep 1994
200m	26.15	Ricky Fox	2r4	Watford Open	29 Jun 2011
400m	57.6	¹³ Alan Painter	1	VAC Champs, West London Stadium	16 Aug 1992
600m	1:30.8	Alan Painter	2	VAC Meeting, Battersea Pk.	6 May 1992
800m	2:06.4	Mike Trees M50	11 n/s	Rosenheim Lg., Battersea Pk	3 Jul 2013
1500m	4:06.5	Laurie O'Hara	3	Southern Lg. Division 1, Haringey	2 Jul 1977
3000m	8:37.4	Laurie O'Hara		Open Meeting, West London Stadium	3 Aug 1977
5000m	15:05.8	Laurie O'Hara	4	Southern Lg. Division 1, Crystal Palace	20 May 1978
10000m	31:39.0	Laurie O'Hara	2	Southern Veteran Champs, Crystal Palace	29 Apr 1978
110mH 106.7cm	20.1	Snowy Brooks	D	Sheffield	13 Sep 1992
110mH 106.7cm	20.3	Snowy Brooks	3	Southern Lg. Division 5, Crawley	18 Jun 1994
110mH 99.6cm	18.5	Snowy Brooks		BVAF Decathlon Champs., Sheffield	Sep 1990
400mH 91.4cm	66.91	Snowy Brooks		BVAF Champs., Bedford	16 Jul 1994
2000mSC	6:40.9	Leo Lyons	1	Belgrave Club Champs., Battersea Pk.	10 Jul 1994
3000mSC	10:16.3	Leo Lyons	1	SCVAC T&F Lg. Mid-London Div., Battersea Pk.	16 May 1994
High Jump	1.62	Snowy Brooks		<i>Details unknown</i>	1991
Long Jump	5.87	Snowy Brooks		<i>Details unknown</i>	1991
Triple Jump	9.36	Mike Edwards Snr. M50	2	SCVAC T&F Lg. 'A' Final, Colindale	3 Sep 1995
Pole Vault	3.60	Mike Edwards Snr.	7	GRE Gold Cup Sem-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 Division, Battersea Pk.	15 May 1996
		Mike Edwards Snr. M55	n/s	Rosenheim Lg. Eastern Division, Wimbledon Pk.	12 Jun 1996
Shot 7.26kg	14.17	Abi Ekoku	1B	BAL Div. 1, Eton	18 Aug 2012
Discus 2kg	49.72	Abi Ekoku M50	1A	London Inter-Club Challenge, Barnet Copthall	31 Aug 2019
Javelin 800gm	47.50	Snowy Brooks M50	D	World Veteran Decathlon Champs., Buffalo USA	14 Jul 1995
Hammer	70.36	Mick Jones	3B	BAL Premiership, Barnet Copthall	5 Jun 2010
Weight 15.88kg	15.08	Mike Small	TP	<i>Probably SECTA Throws Pentathlon</i> , Ewell	12 Aug 2000
Decathlon	5798	Snowy Brooks	3	British Veteran Champs., Sheffield	12/13 Sep 1992
Throws Pent.	4044	Mike Small		<i>Probably SECTA Throws Pentathlon</i> , Ewell	12 Aug 2000
				WT 15.08, JT 44.93, SP 13.04, DT 42.13, HT 46.93	
4x200m Relay	1:57.3	Leo Lyons	3	SCVAC T&F Lg. Mid-London Division, Tooting	25 Jul 1994
		Dave McMillan			
		Snowy Brooks			
		John Jeffery M50			
Indoors					
60m	7.9	Snowy Brooks M50	1	SCVAC M50 Indoor Champs., Crystal Palace	5 Feb 1995
60m H 99.6cm	9.31	Snowy Brooks	D	BVAF Pentathlon Champs., Cosford	4 Mar 1990
200m	26.3	Snowy Brooks M50	3	BVAF M50 Champs., Birmingham	12 Feb 1995
High Jump	1.62	Snowy Brooks	D	BVAF Pentathlon Champs., Cosford	4 Mar 1990
		Snowy Brooks	D	BVAF Pentathlon Champs., Cosford	10 Mar 1991
Long Jump	5.87	Snowy Brooks	D	BVAF Pentathlon Champs., Cosford	10 Mar 1991
Shot 7.26kg	13.64	Mike Small		<i>Details of competition unknown</i> , Crystal Palace	13 Feb 1999
Pentathlon	3652	Snowy Brooks		BVAF Pentathlon Champs., Cosford	4 Mar 1990
				60mH 9.31, LJ 5.80, SP 11.00, HJ 1.62, 1000m 3:29.58	

¹³ Power of 10 have Jon Ridgeon listed as Belgrave H for a time of 53.9 in winning the SCVAC T&F Lg., Mid-London Div., Battersea Pk, 13 May 2013. However, he was competing for Serpentine Runners.