

RECORDS MASTERS MEN 55

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|----------|----------------|---------|--------------------|----------|
| 60m(i) | David Kemp | 8.37 | Newham & Essex | 05.02.20 |
| 100m | David Kemp | 13.00 | Tonbridge | 31.05.19 |
| 150m | David Kemp | 19.77 | Bromley | 17.07.19 |
| 200m | David Kemp | 26.94 | Dartford | 30.09.18 |
| 200m(i) | David Kemp | 26.22 | Lee Valley | 08.03.20 |
| 300m | David Kemp | 42.64 | Gillingham | 27.07.19 |
| 300m(i) | Colin Bates | 45.21 | Lee Valley | 01.01.20 |
| 400m | Colin Bates | 59.79 | Ashford | 26.05.18 |
| 400m(i) | Colin Bates | 60.56 | Lee Valley | 07.03.20 |
| 600m | Colin Bates | 1.43.0 | Tonbridge | 02.04.18 |
| 800m | Colin Bates | 2:18.06 | Dartford | 25.09.16 |
| 800m(i) | Colin Bates | 2:19.60 | Lee Valley | 17.02.19 |
| 1000m | Colin Bates | 3.07.00 | Havant, Portsmouth | 15.09.18 |
| 1500m | Colin Bates | 4:52.6 | Eltham | 17.07.19 |
| 1500m(i) | Colin Bates | 4:51.57 | Lee Valley | 12.03.17 |
| 1 mile | Colin Bates | 5:23.7 | Dartford | 13.07.16 |
| 3000m | Bob Heywood | 10:14.2 | Worthing | 30.06.93 |
| 5000m | Bob Heywood | 18:46.5 | Bromley | 21.06.93 |
| 10000m | Tony Farmer | 41:47.0 | Battersea | 07.09.05 |
| 100mH | Peter Field | 19.1 | Dartford | 19.08.86 |
| 1500SC | Bob Heywood | 6:01.3 | Worthing | 30.06.93 |
| 3000SC | Bob Heywood | 12:27.5 | Eltham | 25.05.93 |
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| HJ | Gary Capon | 1.60 | Dartford | 25.09.16 |
| HJ (i) | Gary Capon | 1.58 | Lee Valley | 12.03.16 |
| LJ | Gary Capon | 5.02 | Ashford | 04.09.16 |
| LJ (i) | Gary Capon | 4.79 | Lee Valley | 16.02.20 |
| TJ | Gary Capon | 10.55 | Dartford | 06.09.15 |
| TJ (i) | Gary Capon | 10.25 | Lee Valley | 24.02.19 |
| PV | Gary Capon | 2.40 | Dartford | 17.06.15 |
| DT | Steve Foxon | 29.35 | Dartford | 28.09.08 |
| HT | Keith Robinson | 39.52 | Erith | 13.07.09 |
| JT | John Fenton | 47.68 | Canterbury | 20.05.13 |
| SP | John Fenton | 11.73 | Dartford | 21.06.14 |
| SP (i) | John Fenton | 11.34 | Lee Valley | 08.03.15 |