

RECORDS MASTER MEN 35

60m				
60m (i)	Alex Lee	7.81	Lee Valley	12.02.17
100m	Alex Lee	12.20	Erith	11.09.16
150m				
200m	Alex Lee	25.2	Ashford	15.05.17
200m (i)	Adam Bernard	25.01	Lee Valley	16.02.20
300m				
400m	Adam Bernard	53.02	Dagenham	29.05.21
400m (i)	Adam Bernard	54.89	Lee Valley	07.03.20
800m	Adam Bernard	2.17.30	Dartford	13.09.20
800m (i)				
1500m				
1 mile				
3000m				
5000m				
10000m				
60mH(i)				
110mH				
200mH				
400mH				
3000mSC				
HJ				
HJ(i)				
LJ	Alex Lee	6.12	Ashford	14.05.17
LJ(i)	Alex Lee	5.80	Lee Valley	11.03.17
TJ	Alex Lee	11.72	Lee Valley	10.09.16
PV				
DT				
HT				
JT				
SP				
SP(i)				
Pent				
Pent(i)				