

## RECORDS MASTERS MEN 55

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	26.86	Dartford	12.09.20
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	David Kemp	59.26	Dartford	12.09.20
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
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