

RECORDS MASTER MEN 35

60m				
60m (i)	Alex Lee	7.81	Lee Valley	12.02.17
100m	Adam Bernard	12.09	Erith	19.09.21
150m				
200m	Adam Bernard	24.32	Erith	17.09.22
200m (i)	Adam Bernard	25.01	Lee Valley	16.02.20
300m				
300m (i)	Adam Bernard	39.44	Lee Valley	12.03.23
400m	Adam Bernard	53.02	Dagenham	29.05.21
400m (i)	Adam Bernard	54.01	Lee Valley	02.04.22
800m	Sam Coombes	2:00.6	Eltham	17.07.19
800m (i)				
1500m	Sam Coombes	4:10.6	Birminham	17.09.16
1 mile				
3000m	Andrew Pickett	9:03.73	Watford	11.08.21
5000m	Andrew Pickett	16:50.19	Erith	18.09.21
5 miles				
10000m	Andrew Pickett	34.51.73	Battersea	19.09.18
60mH(i)				
110mH				
200mH				
400mH	Adam Bernard	71.60	Hornchurch	20.05.23
3000mSC				
HJ	Adam Bernard	1.51	Bromley	23.06.23
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)				