

RECORDS MASTER MEN 35

60m (i)	Andy Smitherman	7.63	Lee Valley	14.02.26
100m	Andy Smitherman	11.98	Bromley	27.07.26
100m(i)	Alan Danagher	12.80	Lee Valley	09.03.25
200m	Adam Bernard	24.32	Erith	17.09.22
200m (i)	Adam Bernard	25.01	Lee Valley	16.02.20
300m	Andy Smitherman	38.42	Bromley	29.06.26
300m (i)	Adam Bernard	39.44	Lee Valley	12.03.23
400m	Andy Smitherman	52.30	Eltham	01.05.26
400m (i)	Andy Smitherman	52.62	Torun, Poland	28.03.26
800m	Sam Coombes	2:00.6	Eltham	17.07.19
1500m	Sam Coombes	4:10.6	Birmingham	17.09.16
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	66.65	Gillingham	17.09.23
3000mSC				
HJ	Adam Bernard	1.52	Ashford	10.09.23
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)				