

M50 – M54

EVENT	NAME	VENUE	DATE	RECORD
100 m	Paul Oakes	Aarhus	22.07.04	13.31
200 m	Martin Corbishley	Canterbury	12.05.14	29.0
400 m	Peter Ebbage	Eltham	28.04.14	67.3
800 m	Alan Newman	Bromley	30.05.14	2.29.0
1500 m	Bob Fursey	Bromley	13.06.14	5.00.6
3000 m	Bob Fursey	Eltham	28.04.14	11.03.3
5000 m	Alan Newman	Riccione, ITA	09.09.07	18.28.96
10000 m	Ivan Whitmore	Tonbridge	17.06.03	38.54.3
110 mH	Paul Oakes	Aarhus	22.07.04	20.42
400 mH	Stuart Nice	Erith	19.09.04	83.3
3000 SC				
3000 m Walk	Christopher Hobbs	Tonbridge	24.03.08	15.11.8
HJ	Paul Oakes	Aarhus	22.07.04	1.57 m
LJ	Paul Oakes	Derby	07.06.03	5.43 m
TJ	Paul Oakes	Derby	07.06.03	11.04 m
PV	Paul Oakes	Derby	07.06.03	3.20 m
JT	Paul Oakes	Derby	07.06.03	48.16 m
HT (6 Kg)	Clive Thomson	Derby	08.06.03	41.86 m
DT	Paul Oakes	Ashford	03.06.07	34.34 m
SP	Paul Oakes	Aarhus	22.07.04	9.88 m
Weight				
Decathlon	Paul Oakes	Aarhus	22.07.04	5173
ROAD				
5 km	Alan Newman	Horwich	26.06.05	18.08
5 mile	Adrian Moody	Harvel	01.06.13	32.22
10 km	Alan Newman	Deal	25.07.04	37.26
10 mile	Paul McAuliffe	Sidcup	12.02.06	59.36
Half-marathon	Bob Fursey	St Leonards	23.03.14	88.56
20 mile				
Marathon	Ivan Whitmore	London	18.04.04	2.57.38
Park Run				