

M65 – M69

EVENT	NAME	VENUE	DATE	RECORD
100 m				
200 m				
400 m	Steve Hesketh	Eltham	29.04.2016	73.8
800 m	Steve Hesketh	Gillingham	15.07.2016	2.44.7
1500 m	Steve Hesketh	Canterbury	09.05.2016	6.09.6
3000 m	Steve Hesketh	Ashford	27.06.2016	13.23.7
5000 m				
10000 m				
100 mH				
300 mH				
3000 SC				
2000 m Walk				
3000 m Walk				
HJ				
LJ				
TJ				
PV	Steve Hesketh	Eltham	29.04.2016	1.60 m
JT (600 g)	Steve Hesketh	Gillingham	03.09.2016	23.53 m
JT (700 g)	Steve Hesketh	Bromley	27.05.2016	22.06 m
JT (800 g)				
HT (5 Kg)	Steve Hesketh	Medway Park	10.04.2016	22.47 m
HT (6 Kg)	Steve Hesketh	Eltham	29.04.2016	18.40 m
HT (7.26 Kg)				
DT (1 Kg)	Steve Hesketh	Gillingham	10.07.2016	25.65 m
DT (1.5 Kg)				
DT (2.0 Kg)				
SP (5 Kg)	Steve Hesketh	Medway Park	10.04.2016	7.95 m
SP (6 Kg)	Steve Hesketh	Bromley	10.06.2016	7.09 m
SP (7.26 Kg)				
Weight (9.08 Kg)				
Weights Pentathlon				
ROAD				
5 km				
5 mile				
10 km	John Rains	Faversham	19.09.2010	52.03
10 mile	John Rains	Canterbury	30.01.2011	95.21
Half-marathon	Colin Carpenter	Dartford	13.03.2016	2.16.28
20 mile				
30 Km				
Marathon				
Park Run	Phil Wallace	Great Lines	30.11.2013	21.42