

M70 – M74

EVENT	NAME	VENUE	DATE	RECORD
100 m				
200 m				
400 m				
800 m				
1500 m				
3000 m				
5000 m				
10000 m				
100 mH				
300 mH				
3000 SC				
2000 m Walk				
3000 m Walk				
HJ				
LJ				
TJ				
PV				
JT (600 g)				
JT (700 g)				
JT (800 g)				
HT (4 Kg)				
HT (5 Kg)				
HT (6 Kg)				
HT (7.26 Kg)				
DT (1 Kg)				
DT (1.5 Kg)				
DT (2.0 Kg)				
SP (4 Kg)				
SP (5 Kg)				
SP (6 Kg)				
SP (7.26 Kg)				
Weight (7.26 Kg)				
Weights Pentathlon				
ROAD				
5 km				
5 mile				
10 km	John Rains	Faversham	18.09.2011	54.54
10 mile	John Rains	Canterbury	29.01.2012	92.11
Half-marathon				
20 mile				
30 Km				
Marathon				
Park Run	John Rains	Great Lines	25.10.2014	25.39

* ⁽¹⁾ Paul Oakes, also HJ 1.41 m (*i*) Lee Valley 07.04.2013