

M75 – M79

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)	Neville Hargreaves	Bradford	18.09.2011	22.49 m
HT (5 Kg)				
HT (6 Kg)				
HT (7.26 Kg)				
DT (1 Kg)				
DT (1.5 Kg)				
DT (2.0 Kg)				
SP (4 Kg)	Neville Hargreaves	Ashford	05.06.2011	6.62 m
SP (5 Kg)				
SP (6 Kg)				
SP (7.26 Kg)				
Weight (7.26 Kg)	Neville Hargreaves	Lee Valley	17.03.2012	8.15 m
Weights Pentathlon				
ROAD				
5 km				
5 mile				
10 km				
10 mile				
Half-marathon				
20 mile				
30 Km				
Marathon				
Park Run				

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