

MEDWAY & MAIDSTONE MASTERS CLUB RECORDS (since 2001)**M35 - M39**

EVENT	NAME	VENUE	DATE	RECORD
60 m (i)	Scott Craddock	Lee Valley	27.03.2010	7.26
100 m	Scott Craddock	Bedford	03.07.2010	11.27
200 m	Scott Craddock	Derby	22.08.2009	22.95
300 m				
400 m	Mark Rothery	Ashford	07.07.2014	55.9
800 m	Steve Clarke	Eltham	19.05.2004	1.55.5
1500 m	Barry Royden	Watford	20.08.2003	3.58.39
3000 m	Barry Royden	Tonbridge	03.06.2003	8.32.3
5000 m	Barry Royden	Norwich	30.08.2003	14.54.2
10000 m	Barry Royden	Watford	05.07.2003	30.33.91
110 mH	Alex Beech	Erith	15.06.2013	20.2
400 mH	Alex Beech	Gillingham	18.03.2013	69.3
3000 SC	Mark Wilkins	Gillingham	04.07.2015	10.57.89
3000 m Walk				
HJ	Lee McMeekin	Dartford	18.04.2011	1.40 m
LJ	Steve Lake	Ashford	10.05.2008	6.50 m
TJ	Paul Ralph	Ashford	25.06.2005	13.85 m
PV	Lee McMeekin	Dartford	09.07.2011	3.00 m
JT	Stuart Earl	Eastbourne	03.06.2006	37.24 m
HT				
DT				
SP	Paul Ralph	Derby	04.06.2005	9.33 m
Weight 15.88 Kg				
ROAD				
5 km				
5 mile	Barry Royden	Hildenborough	02.05.2005	26.51
10 km	Barry Royden	Eastleigh	19.03.2006	32.03
10 mile	Barry Royden	Sidcup	15.02.2004	50.13
Half-marathon	Barry Royden	Paddock Wood	28.03.2004	68.57
20 mile				
Marathon	Gareth Williams	London	14.04.2002	2.24.39
Park Run	Mike Coleman	Pegwell Bay	29.06.2013	15.21