

**M40 – M44**

EVENT	NAME	VENUE	DATE	RECORD
60 m (i)	Scott Craddock	Lee Valley	07.02.15	<b>7.50</b>
100 m	Scott Craddock	Canterbury	01.06.15	<b>11.9</b>
200 m	Mark Rothery	Canterbury	09.05.16	<b>24.3</b>
300 m	Marco Ronchetti	Canterbury	11.04.12	<b>43.5</b>
400 m	Mark Rothery	Eltham	29.04.16	<b>55.9</b>
800 m	Graeme Saker	Erith	19.09.04	<b>2.03.8</b>
1500 m	Graeme Saker	Erith	17.09.05	<b>4.12.8</b>
3000 m	Barry Royden	Hemel Hempstead	10.08.08	<b>8.58.9</b>
5000 m	Barry Royden	Leeds	05.07.08	<b>15.16.0</b>
10000 m	Gareth Williams	Bromley	24.06.09	<b>34.44.7</b>
100/110 mH	Marco Ronchetti	Gillingham	05.05.12	<b>20.2</b>
400 mH	Marco Ronchetti	Grays	13.07.13	<b>66.7</b>
3000 m SC				
HJ	Marco Ronchetti	Canterbury	20.05.13	<b>1.50 m</b>
LJ	Paul Ralph	Ljubljana	27.07.08	<b>6.36 m</b>
TJ	Paul Ralph	Ashford	11.05.08	<b>13.69 m</b>
PV	Chris Bowman	Derby	04.06.06	<b>3.10 m</b>
JT 800 g	Stuart Earl	Erith	20.09.08	<b>39.40 m</b>
HT 7.26 Kg	Stuart Earl	Battersea Park	01.08.09	<b>20.60 m</b>
DT 2.0 Kg	Stuart Earl	Sutton Valence	30.07.11	<b>23.55 m</b>
SP 7.26 Kg	Stuart Earl	Ashford	01.06.08	<b>9.36 m</b>
Weight 15.88 Kg				
<b>ROAD</b>				
5 km				
5 mile	Gareth Williams	Coventry	01.01.09	<b>27.40</b>
10 km	Barry Royden	Whitstable	05.05.08	<b>33.18</b>
10 mile	Barry Royden	Sidcup	11.02.07	<b>53.39</b>
Half-marathon	Barry Royden	Hastings	11.03.07	<b>71.52</b>
20 mile	Barry Royden	Richborough	02.03.08	<b>1.59</b>
Marathon	Barry Royden	London	13.04.08	<b>2.37.35</b>
Park Run	Aaron Hughes	Maidstone	01.11.14	<b>17.47</b>