

Veteran 35 Men Club Records

Event	Performance	Athlete	Venue	Date
60m Indoor	7.97	Steve Squires	Lee Valley	12/03/2016
80m	10.00	Steve Squires	Crawley	21/03/2015
100m	12.0	Nicholas Grocock M45	Portsmouth	29/04/2008
	12.0	Steve Squires	Portsmouth	27/04/2015
200m	24.6	Nicholas Grocock M45	Basingstoke	19/05/2008
400m indoor	54.62	Nicholas Grocock M45	Lee Valley	09/02/2008
400m	56.1	Nicholas Grocock M45	Portsmouth	27/04/2008
600m	01:44.2	Dave Symmonds M50	Swindon	22/03/2015
800m	2:09.48	Paul Mitchinson	Solihull	17/07/2016
1000m	02:55.4	Paul Mitchinson	Portsmouth	10/09/2016
1500m	04:27.4	Colin Dixon M40	Portsmouth	26/04/2010
1 Mile	06:37.6	Jo Dyer M45	Portsmouth	05/05/2014
3000m	09:22.8	Dai Roberts	Perivale	03/06/2006
5000m	15:53.5	Dai Roberts	Perivale	29/04/2006
10000m	33:06.3	Dai Roberts	Birmingham	09/06/2006
2000m S/C	06:58.9	Paul Mitchinson	Portsmouth	18/06/2016
3000m S/C	11:00.4	Paul Mitchinson	Winchester	11/05/2015
2000m W	11:20.0	Alan Emmott M60	Portsmouth	04/07/2011
SP 7.26k	11.06	John Mitchell	Sandown	16/09/2007
JT 800g	40.78	Neil Simpson M45	Portsmouth	04/07/2011
HT 7.26k	36.87	Kim Pullan	Portsmouth	05/08/2006
DT 2k	37.60	Rene Rogers	Dundee	22/06/2008
Wt 15.88k	10.50	Neil Fitzpatrick	Birmingham	30/07/2016
LJ	5.41	Paul Mitchinson	Lewes	31/05/2015
TJ	10.44	Brian Ray M40	Winchester	07/07/2014
HJ	1.55	Steve Squires	Portsmouth	17/05/2014
PV	2.20	Trevor Ridell	Tonbridge	10/08/2013
Throws Pent	2123pts	Neil Fitzpatrick	Birmingham	30/07/2016