

SENIORS

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
60 metres ID	01/12/2001	M			
		F	7.92s	Sarah Rossiter	Cardiff ID Arena
80 metres OD	01/04/1999	M	11.30s	David Morgan	Swindon
	01/04/1999	F	10.71s	Sarah Rossiter	Swindon
100 metres	03/07/2016	M	11.2s	Wayne Booth	Hereford
	01/06/1996	F	12.38s	Sarah Rossiter	Cheltenham
200 metres OD	27/07/2016	M	23.61	Wayne Booth	Cheltenham
	01/06/1997	F	25.00s	Sarah Rossiter	Cheltenham
200 metres ID		M			
	01/06/1997	F	26.80s	Sarah Rossiter	Birmingham
300 metres ID		M			
		F			
300 metres OD		M			
	01/04/1998	F	42.01s	Sarah Rossiter	Birmingham
400 metres OD	30/07/2017	M	58.30	Peter Woodward	Yate
	01/06/1997	F	55.97s	Sarah Rossiter	Swindon
400 metres ID		M			
	01/02/2000	F	58.20s	Sarah Rossiter	National ID Arena
600 metres OD	18/04/2007	M	1m 22.9s	Andrew De Camps	Birmingham
		F			
600 metres ID	01/02/1996	M	1m 30.7s	Gary Evans	Cardiff
		F			
800 metres	14/07/2007	M	1m 53.15s	Andrew de Camps	Cwmbran Stadium
	01/05/1999	F	2m 32.0s	Sarah Rossiter	Cheltenham
1500 metres OD	30/07/2017	M	4m 23.3s	Peter Woodward	Yate
	01/07/2004	F	4m 58.0s	Helen Fines	Cheltenham
1500 metres ID	05/03/2007	M	4m 04.12s	Andrew de Camps	Cardiff Arena
		F			
1 mile	01/09/2000	M	4m 23.1s	Daniel Randell	Bath University
		F			
2000m S/C	14/05/2014	M	8m 34.3s	Ian Morgan	Gloucester
		F			
3000 metres	01/08/2000	M	8m 43.1s	Daniel Randell	Newport
	01/07/2003	F	10m 33.0s	Helen Fines	Cheltenham
5000 metres	01/09/1996	M	16m 24s	Damon Rodwell	Yate
		F			
5 kilometres road	19/08/1999	M	14m 50s	Daniel Randell	Sandhurst,Glos
	18/05/2003	F	18m 00s	Helen Fines	Hereford
Parkrun 5k		M			
		F			
50 Kilometres road		M			
		F			
5 miles road	01/07/1998	M	25m 24s	Daniel Randell	Lydney
	01/12/2004	F	30m 33s	Helen Fines	Weston-s-Mare
8 Mile road	28/01/2018	M	44m 46.1s	Marcus Bennetto	Newport
	01/01/2011	F	66m 47s	Melissa Mould	Newport
10,000 metres track	23/08/2015	M	34m 42.5s	Peter Woodward	Blackbridge,Glos
	01/07/2003	F	39m 00s	Helen Fines	Cheltenham
10 kilometres road	06/09/1997	M	33m 32s	Mark Palmer	Haresfield,Glos
	01/12/2003	F	37m 42s	Helen Fines	Telford
10 miles road	19/02/1995	M	57m 18s	Martin Green	Monmouth
	01/01/2004	F	61m 36s	Helen Fines	Epney, Glos
Half Marathon road	30/10/1988	M	72m 31s	James Holes	Stroud
	01/09/2005	F	83m 26s	Helen Fines	Nottingham
20 miles road	09/03/1997	M	2h 02m 11s	Martin Green	Gloucester
	07/03/1998	F	2h 36m 46s	Fiona Turner	Hereford
Marathon road	13/04/1997	M	2h 39m 03s	Martin Green	London
	15/04/2003	F	3h 00m 34s	Helen Fines	London
60 metres hurdles		M			
		F			
100 metres hurdles		M			
		F			
110 metres hurdles		M			
		F			
400 metres hurdles		M			
		F			
High Jump	25/05/2014	M	1.10m	Ian Morgan	Yate
	01/06/2006	F	1.52m	Sarah Rossiter	Cheltenham
Pole Vault		M			
		F			
Long Jump OD	08/07/2012	M	2.89m	Martin Joyce	Yate
	19/06/2005	F	6.35m	Sarah Rossiter	Cardiff
Long Jump ID		M			
	01/02/2005	F	6.02m	Sarah Rossiter	Sheffield
Triple Jump		M			
	31/07/2002	F	11.66m OD	Sarah Rossiter	Birmingham
	13/02/2001	F	11.35m ID	Sarah Rossiter	Edinburgh
Shot Putt	26/08/2007	M	9.08m	Darren Andrews	Bath
	31/07/2006	F	7.11m	Sarah Rossiter	Birmingham
Discus	26/08/2007	M	28.78m	Darren Andrews	Bath
	01/07/2000	F	15.24m	Nicola Bullock	Yate
Hammer 7.26kg		M			
	18/09/2010	F	17.65m	Sarah James	Hereford
Javelin		M			
	14/07/2002	F	19.00m	Sarah Rossiter	Yate
4x 110 Yards Relay	22/08/2012	M	58.7s	Julian Boon, Walter Leach Luke Barnes, Marcus Bennetto	Five Acres
	22/08/2012	F	73.7s	Kayleigh Steyn, Amy Barr, Angie Sonn, Jacqui Wynnds	Five Acres
4x 440 Yards Relay	22/08/2012	M	4m 09s	Luke Barnes, Leyton Fleet,	Five Acres
Heptathlon - Women					
Decathlon - Men					

V35 (35-39)

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Event	Date	M/F	Performance	Record Holder	Venue
60 metres ID	Feb-96	M	7.34s	Nicholas Walker	Cardiff
60 metres ID	05/03/2011	F	13.63s	Sarah James	Cardiff
100 metres	17/06/2001	M	12.10s	Nicholas Walker	Bath University
	01/06/2006	F	15.50s	Carol Jones	Yate
200 metres OD	10/07/2016	M	28.90s	Steven Harris	Yate
	07/08/2016	F	34.7s	Sam Harris	Tamworth
200 metres ID		M			
		F			
300 metres ID	Feb-96	M	39.00s	Nicholas Walker	Cardiff
		F			
300 metres OD	Jun-97	M	38.60s	Nicholas Walker	Cardiff
		F			
400 metres OD	31/08/1997	M	52.60s	Nicholas Walker	Bath University
	13/06/2005	F	75.00s	Joyce Barrus	Yate
400 metres ID		M			
		F			
800 metres	10/07/2016	M	2m 25.30s	Steven Harris	Yate
	07/08/2016	F	2m 41.5s	Sam Harris	Tamworth
1500 metres OD	31/07/2016	M	4m 51.2s	Steven Harris	Gloucester
	21/08/2016	F	5m 25.00s	Sam Harris	Yate
1500 metres ID		M			
		F			
1 mile	26/05/2016	M	5m 30s	Steven Harris	Five Acres
	26/04/2016	F	6m 35.20s	Helen Lipscomb	Five Acres
3000 metres	20/07/2016	M	10m 30.60s	Steven Harris	Cheltenham
	01/07/2002	F	11m 44.80s	Fiona Turner	Yate
3000 metres SC	07/08/2016	M	12m 21.4s	Steven Harris	Tamworth
		F			
	14/05/2016	M	17m 52.1s	Steven Harris	Gloucester
		F			
2k walk		M			
	07/08/2011	F	18m 21.60s	Sarah James	Solihull
5 kilometres road		M			
	16/04/2001	F	17m 37.00s	Ann Nixon	Hereford
Parkrun 5k		M			
		F			
4 miles road	10/05/2016	M	23m 21.64s	Steven Harris	Rose Inn
	11/08/2015	F	28m 41s	Helen Lipscomb	Rose Inn
5 miles road		M			
	01/05/1996	F	34m 22s	Carol Jones	Sandhurst,Glos
10,000 metres track	19/08/2016	M	37m 45.5s	Steven Harris	Cheltenham
		F			
10 kilometres road	26/07/2016	M	38m 19s	Steven Harris	Blaisdon
	01/07/2000	F	39m 09s	Ann Nixon	Newport
8 miles road	26/01/2014	M	53m 04s	Richard Powles	Newport
	31/01/2016	F	56m 56s	Helen Lipscomb	Newport
10 miles road		M			
	25/05/1995	F	72m 09s	Carol Jones	Dursley
Half Marathon road		M			
	01/09/1995	F	1h 34m 50s	Carol Jones	Lake Vrnwy
20 miles road		M			
	01/03/1996	F	2h 40m 0s	Carol Jones	Hereford
Marathon road		M			
	24/10/1997	F	3h 36m 12s	Carol Jones	Manchester
60 metres hurdles		M			
100 metres hurdles		F			
110 metres hurdles	01/06/1998	M	17. 01s	Nicholas Walker	Bristol
300 metres hurdles	20/07/2016	M	55.10s	Steven Harris	Cheltenham
400 metres hurdles	17/06/2001	M	60.90s	Nicholas Walker	Bath University
		F			
High Jump	06/09/1998	M	1.60m	Nicholas Walker	Bath University
	15/08/1999	F	0.95m	Jenny Hanger	Yate
Pole Vault	06/07/1997	M	3.65m	Nicholas Walker	Bristol
		F			
Long Jump OD	12/07/1998	M	6.07m	Nicholas Walker	Bristol
	01/06/1999	F	2.99m	Jenny Hanger	Yate
Long Jump ID		M			
		F			
Triple Jump	13/07/2003	M	11.41m	Nicholas Walker	Yate
	16/05/2012	F	4.06m	Sarah James	Brecon
Shot Putt	10/05/2009	M	10.46m OD	Darren Andrews	Cheltenham
	01/02/2000	M	10.81m ID	Nicholas Walker	Birmingham
	05/03/2011	F	5.00m ID	Sarah James	Cardiff
	11/07/2012	F	6.77m OD	Kim Chester	Cheltenham
Discus	01/04/1998	M	36.72m	Nicholas Walker	Bristol
	27/06/2012	F	13.62m	Sarah James	Newport
Hammer 7.26kg	08/05/2009	M	37.07m	Darren Andrews	Cheltenham
Hammer 4.0kg	25/07/2012	F	21.37m	Sarah James	Cheltenham
Javelin	14/07/2002	M	39.07m	Nicholas Walker	Yate
	11/07/2012	F	12.5m	Catherine West	Cheltenham
Heptathlon - Women		F			
Decathlon - Men		M			

b

V40 (40-44)

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
100 metres	01/06/2000	M	12.00s	Nicholas Walker	Yate
		F			
150 metres	16/07/2014	M	20.42s	Chris Penny	Cheltenham
		F			
200 metres	17/08/2004	M	25.9s	Nicholas Walker	Yate
		F			
300 metres	16/07/2014	M	43.46s	Chris Penny	Cheltenham
		F			
400 metres	10/07/2005	M	56.30s	Nicholas Walker	Yate
		F			
600 metres	09/07/2014	M	1m 37.20s	Chris Penny	Cheltenham
		F			
800 metres	23/07/2014	M	2m 10.80s	Chris Penny	Cheltenham
	17/06/2001	F	2m 51s	Lynne Park	Bath
1500 metres	09/07/2014	M	4m 42.85s	Chris Penny	Cheltenham
		F			
1 mile	22/04/2014	M	4m 57.30s	Chris Penny	Cheltenham
	29/04/2016	F	5m 46.4s	Helen Brown	Five Acres
4 mile	14/07/2015	M	22m 42s	Chris Penny	Redwick
	10/05/2005	F	29m 05s	Lynne Park	Redwick
8 mile	25/01/2015	M	47m 45s	Chris Penny	Newport
		F			
3000 metres	02/07/2014	M	10m 18.82s	Chris Penny	Cheltenham
	17/06/2016	F	12m 05s	Lynne Park	Bath
5000 metres	17/04/1998	M	16m 49s	Martin Green	Gloucester
		F			
5 kilometres road	20/08/1998	M	16m 27s	Martin Green	Sandhurst, Gloucester
	24/05/2001	F	20m 43s	Lynne Park	Hereford
Parkrun 5k		M			
		F			
5 miles road	23/05/1998	M	27m 23s	Martin Green	Sandhurst, Gloucester
		F			
10,000 metres track	21/08/2013	M	40m 45.30s	Julian Boon	Gloucester
		F			
10 kilometres road	08/05/1995	M	35m 02s	Bob Parry	Blaisdon
		F			
10 miles road	23/10/2016	M	64m 02s	Richard Pegler	Portsmouth
		F			
Half Marathon road	08/03/2015	M	1h 24m 42s	Chris Penny	Devizes
		F			
Half Marathon Trail	20/03/2016	M	1h 24m 09s	Richard Pegler	Forest of Dean
		F			
20 miles road	03/03/2002	M	2h 03m 10s	Ian Smith	Gloucester
		F			
Marathon road	26/04/1998	M	2h 40m 57s	Martin Green	London
		F			
100 metres hurdles		F			
110 metres hurdles	13/06/2005	M	18.80s	Nicholas Walker	Yate
400 metres hurdles	25/05/2014	M	79.40s	Chris Penny	Yate
		F			
2000SC	11/07/2012	M	8m 53.60s	Julian Boon	Cheltenham
High Jump	27/06/2012	M	1.30m	Mark Mathews	Newport
	25/05/2014	M	1.30m	Chris Penny	Yate
		F			
Pole Vault	19/06/2005	M	3.6m OD	Nicholas Walker	Yate
	Mar-05	M	3.4m ID	Nicholas Walker	Cardiff Indoor Arena
		F			
Long Jump	08/07/2012	M	4.38m	Mark Mathews	Yate
	17/06/2001	F	3.03m	Lynne Park	Bath
Triple Jump	01/06/2005	M	11.21m	Nicholas Walker	Austria
		F			
Shot Putt	14/08/2005	M	10.50m	Nicholas Walker	Yate
		F			
Discus	14/08/2005	M	32.69m	Nicholas Walker	Yate
	30/07/2017	F	12.73m	Lara Adams	Yate
Hammer	06/05/2013	M	31.92m	Darren Andrews	Cheltenham
	13/08/2017	F	14.54m	Lara Adams	Yate
Javelin	18/07/2004	M	40.24m	Nicholas Walker	Bristol
	09/07/2017	F	9.98m	Lara Adams	Yate
Heptathlon		F			
Decathlon		M			

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Event	Date	M/F	Performance	Record Holder	Venue
60 metres	06/09/2015	M	10.56	Peter Compton	Yate
		F			
100 metres	27/06/2012	M	14.80s	Andy George	Newport
		F	16.40s	Sherryl Hall	Yate
200 metres	15/05/2016	M	34.4s	Julian Boon	Gloucester
		F	34.1s	Sherryl Hall	Yate
300 metres		M			
		F			
400 metres	15/05/2016	M	73.1s	Julian Boon	Gloucester
		F	76.0s	Sherryl Hall	Yate
600 metres	11/07/2012	M	2m 08s	Andy George	Cheltenham
		F			
800 metres	15/05/2016	M	2m 40.70s	Julian Boon	Gloucester
		F	2m 48.60s	Sherryl Hall	Gloucester
1500 metres	03/07/2016	M	5m 23.3s	Julian Boon	Hereford
		F	5m 47.2s	Sherryl Hall	Yate
1 mile	26/04/2016	M	5m 24.5s	Leyton Fleet	Five acres
		F	6m 06.5s	Sherryl Hall	Five acres
2000m SC	03/07/2016	M	8m 07.6s	Julian Boon	Hereford
		F			
3000m SC	07/08/2016	M	12m 34.5s	Julian Boon	Tamworth
		F			
3000 metres	07/08/2016	M	11m 06.6s	Julian Boon	Tamworth
		F	12m 55.6s	Lynne Park	Watford
5000 metres	03/07/2016	M	19m 01.1s	Julian Boon	Hereford
		F			
5 kilometres road	01/08/2004	M	18m 00s	Martin Green	Sandhurst, Gloucester
		F	20m 35s	Cherry Fowler	Hereford
Parkrun 5k		M			
		F			
4 miles road	14/06/2016	M	23m 49s	Leyton Fleet	Rose Inn
		F	27m 07s	Sherryl Hall	Rose Inn
5 miles road	05/09/1995	M	27m 36s	Bob Parry	Gloucester
		F	34m.14s	Cherry Fowler	Severn Bridge
8 Mile road	29/01/2017	M	48m 50s	Leyton Fleet	Newport
		F	56.06s	Cherry Fowler	Newport
10,000 metres track	19/08/2016	M	39m 12.6s	Julian Boon	Cheltenham
		F			
10 kilometres road	12/09/1995	M	34m 28s	Bob Parry	Eldersfield
		F	41m 27s	Cherry Fowler	Blaisdon
10 miles road	15/05/2016	M	63m 36s	Dave Lowthian	Hook
		F	70m 25s	Catherine Roberts	Staverton
Half Marathon, Road	01/03/1996	M	79m 55s	Bob Parry	Forest of Dean
		F	95m 22s	Cherry Fowler	Newport
Half Marathon, Trail	20/03/2016	M			
		F	95m 47s	Cherry Fowler	Forest of Dean
26.2km Race	03/10/2010	F	2h 36m 21s	Claire Morgan	Edinburgh
20 miles road	05/03/2006	M	2h 07m 33s	Ian Smith	Gloucester
		F	2h 50m 34s	Lynne Park	Gloucester
Marathon road	24/04/2015	M	2h 52m 26s	John Russel	Manchester
		F	3h 28m 43s	Janice Lightly	Abingdon
100 metres hurdles		M			
		F			
110 metres hurdles		M			
		F			
300 metres hurdles	06/09/2015	M	71.83	Peter Compton	Yate
		F			
400 metres hurdles	03/07/2016	M	96.4s	Julian Boon	Hereford
		F			
High Jump	25/05/2014	M	1.20m	Peter Compton	Yate
		F			
Pole Vault		M			
		F			
Long Jump	23/05/2015	M	3.48m	Peter Compton	Cheltenham
		F	2.56m	Debbie White	Gloucester
Triple Jump		M			
		F			
Shot Put 7.26kg	18/05/2014	M	7.11m	Peter Compton	Gloucester
		F	6.25m	Helen Kearsey	Cheltenham
Shot Put 4kg	15/06/2014	M	20.58m	Peter Compton	Brecon
		F	19.72m	Helen Kearsey	Cheltenham
JT800 Javelin	23/05/2015	M	22.68m	Peter Compton	Cheltenham
		F	12.52m	Debbie White	Nuneaton
HT7.26k Hammer	12/07/2015	M	18.18m	Peter Compton	Gloucester
		F	14.84m	Debbie White	Yate
4x 100m Relay	23/08/2015	M	64.6s	Peter Compton Mark Channer Julian Boon Michael Marks	Gloucester
		F	72.6s	Debbie White Emma Parsons Stef Francis Sherryl Hall	Gloucester
4x 400m Relay	23/08/2015	M	5m 26.2	Peter Compton Julian Boon Dave Lowthian Mark Channer	Cheltenham
		F			

V50 MEN & WOMEN (50-54)

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
100 metres	18/05/2014	M	15.30s	Brian Francis	Gloucester
	06/05/2013	F	15.69s	Angela Sonn	Cheltenham
200 metres		M			
	15/06/2014	F	34.10s	Angela Sonn	Brecon
300 metres		M			
		F			
400 metres	18/05/2014	M	68.30s	Richard Dennant	Gloucester
	21/08/2016	F	90.00s	Stef Francis	Yate
800 metres	27/06/2012	M	2m 38.90s	Simon Dimmer	Newport
		F			
1500 metres	27/06/2012	M	5m 20.40s	Simon Dimmer	Newport
		F			
1 mile	09/09/2014	M	5m 25.00s	Walter Leach	Five acres
	30/04/2013	F	6m 25.60s	Fiona Turner	Five acres
3000 metres		M			
		F			
5000 metres		M			
		F			
5 kilometres road	24/02/2015	M	19m 46s	Walter Leach	Aztec West
	08/05/2014	F	23m 15s	Lynne Park	Hereford
Parkrun 5k		M			
		F			
4 miles road	01/05/2012	M	25m 33s	Walter Leach	Rose Inn
		F			
5 miles road		M			
		F			
8 Mile road	27/01/2013	M	55m 54s	Jim Storrar	Newport
	27/01/2013	F	60m 25s	Fiona Turner	Newport
10,000 metres track	27/08/2014	M	44m 42.8s	Richard Dennant	Cheltenham
		F			
10 kilometres road		M			
	25/09/2011	F	43m 45s	Fiona Turner	Swansea
10 miles road	11/12/2016	M	63m 18s	Dave Lowthian	Walsall
	16/09/2012	F	86m 42s	Shirley Albrow	Oldbury
Half Marathon road	23/10/2016	M	85m 02s	Dave Lowthian	Stroud
		F			
20 miles road		M			
	17/03/2012	F	2h 40m 49s	Fiona Turner	Rhayader
Marathon road		M			
	21/04/2013	F	3h 41m 46s	Fiona Turner	London
Ultra Race 32.5miles	08/04/2012	F	6h 36m	Claire Morgan	Pendine
100 metres hurdles		F			
110 metres hurdles		M			
400 metres hurdles		M			
		F			
High Jump		M			
		F			
Pole Vault		M			
		F			
Long Jump		M			
		F			
Triple Jump		M			
		F			
Shot Putt 6kg		M			Yate
Shot Putt 4kg	19/05/2013	F	6.40m	Helen Kearsey	Cheltenham
Shot Putt 3.25kg	25/05/2013	F	6.50m	Helen Kearsey	
Discus 1.5 kg		M			
Discus 1kg	06/05/2013	F	21.25m	Helen Kearsey	Cheltenham
Hammer 6kg		M			
Hammer 3kg	15/05/2014	F	23.77m	Helen Kearsey	Gloucester
Hammer 4kg	04/08/2013	F	18.89m	Helen Kearsey	Yate
Javelin		M			
Javelin 600g	04/08/2013	F	15.23m	Helen Kearsey	Yate
Heptathlon - Women		F			
Decathlon - Men		M			

V55 MEN & WOMEN (55-59)

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Event	Date	M/F	Performance	Record Holder	Venue
100 metres	04/07/2012	M	16.20s	Alan Robertson	Cheltenham
	15/05/2016	W	15.6s	Angela Sonn	Gloucester
200 metres		M			
		W			
300 metres		M			
		W			
400 metres		M			
	15/05/2016	W	79.7s	Angela Sonn	Gloucester
800m	04/07/2012	M	2m 59.60s	Dave Jones	Cheltenham
	31/07/2016	W	3m 21.9s	Lynne Park	Gloucester
1500 metres		M			
	10/07/2016	W	6m 56s	Lynne Park	Yate
1 mile (Track)	12/09/2017	M	5m 49.1	Walter Leach	Five Acres
	28/04/2015	W	7m 03.20s	Margaret Powles	Five Acres
3000 metres	26/08/2012	M	11m 49.30s	Dave Jones	Yate
	03/07/2016	W	15m 08s	Lynne Park	Hereford
5000 metres		M			
		W			
5 kilometres road	05/04/2017	M	19m 33s	Andrew Thorpe	Hereford
	08/04/2015	W	22m 52s	Margaret Powles	Hereford
Parkrun 5k	15/07/2017	M	19m 26s	Walter Leach	Kingsway
		F			
5 miles road	07/12/2016	M	34m 39s	Andrew Thorpe	Severn Bridge
		W			
8 mile road	Jan-10	M	54m 19s	Peter Short	Newport
	Jan-11	W	64m 10s	Jacqui Wynds	Newport
10,000 metres track		M			
		W			
10 kilometres road	25/09/2011	M	40m 59s	Steve Cunliffe	Swansea
		W			
10 miles road	29/01/2017	M	67m 51s	Andrew Thorpe	Staverton
		W			
Half Marathon road	Oct-10	M	84m 48s	Steve Cunliffe	Stroud
	Oct-10	W	1h 53m 17s	Jacqui Wynds	Stroud
20 miles road	16/03/2013	M	2h 22m 33s	Steve Cunliffe	Rhayader
		W			
Marathon road	24/04/2016	M	2h 56m 40s	Ian Smith	London
		W			
100 metres hurdles		W			
110 metres hurdles		M			
400 metres hurdles		M			
		W			
High Jump		M			
		W			
Pole Vault		M			
		W			
Long Jump		M			
	15/05/2016	W	2.0m	Angela Sonn	Gloucester
Triple Jump		M			
		W			
Shot 3.0kg	10/07/2013	W	6.80m	Heather Jones	Cheltenham
Shot 3.25kg	25/05/2013	W	6.50m	Heather Jones	Cheltenham
Shot 4.0kg	11/07/2012	W	6.22m	Heather Jones	Cheltenham
Discus		M			
	13/05/2012	W	18.19m	Heather Jones	Cheltenham
Hammer		M			
	4kg 21/04/2013	W	17.72m	Heather Jones	Yate
3kg	05/05/2014	W	26.05m	Heather Jones	Cheltenham
Javelin		M			
	600g 08/07/2012	W	14.98m	Heather Jones	Yate
500g	04/07/2012	W	13.25m	Heather Jones	Cheltenham
Heptathlon - Women		W			
Decathlon - Men		M			

V60 MEN & WOMEN (60-64)

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
100 metres	04/06/2016	M	16.1s	Alan Robertson	Burton
		F			
200 metres	07/08/2016	M	32.5s	Alan Robertson	Tamworth
		F			
300 metres		M			
		F			
400 metres	23/05/2015	M	72.2s	Alan Robertson	Cheltenham
		F			
800 metres	03/07/2016	M	2m 38.90s	Mick Strange	Hereford
		F			
1500 metres	15/05/2016	M	5m 54.5s	Alan Robertson	Gloucester
		F			
1 mile	26/04/2016	M	5m 55.80s	Mick Strange	Five Acres
		F			
3000 metres	04/06/2016	M	12m 51.4s	Alan Robertson	Burton
		F			
5000 metres	03/07/2016	M	20m 37.4s	Mick Strange	Hereford
		F			
5 kilometres road	08/06/2016	M	19m 35s	Mick Strange	Hereford
		F			
Parkrun 5k	08/07/2017	M	19m 29s	Mick Strange	Kingsway
		F			
4 miles road	09/08/2016	M	25m 47s	Mick Strange	Rose Inn
		F			
5 miles road	20/04/2017	M	33m 12s	Mick Strange	Weston-Super-Mare
		F			
10,000 metres track		M			
		F			
10 kilometres road	18/09/2016	M	40m 29s	Mick Strange	Swansea
	24/09/2017	F	50m 27s	Jacqueline Green	Swansea
8 miles road	29/01/2017	M	53m 03s	Mick Strange	Newport
	26/01/2014	F	66m 47s	Jacqui Wynds	Newport
10 miles road	11/09/2016	M	68m 42s	Mick Strange	Oldbury
	29/01/2017	F	1h 21m 13s	Jacqui Wynds	Staverton
Half Marathon Road	30/08/2015	M	1h 43m 30s	Chris Moore	Severn Bridge 1/2
	22/10/2017	F	1h 50m 07s	Jackie Green	Stroud
Half Marathon Trail	19/03/2017	M	1h 32m 01s	Mick Strange	Forest of Dean
	19/03/2017	F	1h 51m 20s	Jacqui Wynds	Forest of Dean
20 miles road	05/03/2016	M	2h 51m 55s	Chris Moore	Rhayader
	04/03/2017	F	3h 04m 48s	Jacqui Wynds	Rhayader
Marathon road	10/04/2016	M	3h 40m 33s	Chris Moore	Manchester
		F			
100 metres hurdles		F			
110 metres hurdles		M			
400 metres hurdles		M			
		F			
High Jump		M			
		F			
Pole Vault		M			
		F			
Long Jump		M			
		F			
Triple Jump		M			
		F			
Shot 4kg	10/07/2016	M	5.41m	Chris Moore	Yate
	15/05/2016	F	5.97m	Heather Jones	Gloucester
Discus 1kg	15/05/2016	M			
		F	16.37m	Heather Jones	Gloucester
Hammer	24/07/2013	M	18.07m	Frank Russell	Cheltenham
		F			
Javalin JT800 600	15/05/2016	M	17.53	Alan Robertson	Tamworth
		F	14.89m	Heather Jones	Gloucester
Heptathlon		F			
Decathlon		M			

V65 MEN & WOMEN (65-69)

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
100 metres		M			
		F			
200 metres		M			
		F			
300 metres		M			
		F			
400 metres		M			
		F			
800 metres		M			
		F			
1500 metres		M			
		F			
1 mile		M			
		F			
3000 metres		M			
		F			
5000 metres		M			
		F			
5 kilometres road		M			
		F			
Parkrun 5k		M			
		F			
4 miles road		M			
		F			
5 miles road		M			
		F			
10,000 metres track		M			
		F			
10 kilometres road		M			
		F			
8 miles road		M			
		F			
10 miles road		M			
		F			
Half Marathon road		M			
		F			
20 miles road		M			
		F			
Marathon road		M			
		F			
100 metres hurdles		F			
110 metres hurdles		M			
400 metres hurdles		M			
		F			
High Jump		M			
		F			
Pole Vault		M			
		F			
Long Jump		M			
		F			
Triple Jump		M			
		F			
Shot		M			
		F			
Hammer		M			
		F			
Javelin		M			
		F			
Heptathlon		F			
Decathlon		M			

V70 MEN & WOMEN (70-74)

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
100 metres		M			
		F			
200 metres		M			
		F			
300 metres		M			
		F			
400 metres		M			
		F			
800 metres		M			
		F			
1500 metres		M			
		F			
1 mile		M			
		F			
3000 metres		M			
		F			
5000 metres		M			
		F			
5 kilometres road		M			
		F			
Parkrun 5k		M			
		F			
4 miles road		M			
		F			
5 miles road		M			
		F			
10,000 metres track		M			
		F			
10 kilometres road		M			
		F			
8 miles road		M			
		F			
10 miles road		M			
		F			
Half Marathon road		M			
		F			
20 miles road		M			
		F			
Marathon road		M			
		F			
100 metres hurdles		F			
110 metres hurdles		M			
400 metres hurdles		M			
		F			
High Jump		M			
		F			
Pole Vault		M			
		F			
Long Jump		M			
		F			
Triple Jump		M			
		F			
Shot		M			
		F			
Hammer		M			
		F			
Javelin		M			
		F			
Heptathlon		F			
Decathlon		M			