

SENIORS

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
60 metres ID		M			
	1-Dec-01	F	7.92s	Sarah Rossiter	Cardiff ID Arena
80 metres OD	1-Apr-99	M	11.30s	David Morgan	Swindon
	1-Apr-99	F	10.71s	Sarah Rossiter	Swindon
100 metres	3-Jul-16	M	11.2s	Wayne Booth	Hereford
	1-Jun-96	F	12.38s	Sarah Rossiter	Cheltenham
200 metres OD	27-Jul-16	M	23.61	Wayne Booth	Cheltenham
	1-Jun-97	F	25.00s	Sarah Rossiter	Cheltenham
200 metres ID		M			
	1-Jun-97	F	26.80s	Sarah Rossiter	Birmingham
300 metres ID		M			
		F			
300 metres OD		M			
	1-Apr-98	F	42.01s	Sarah Rossiter	Birmingham
400 metres OD	30-Jul-17	M	58.30	Peter Woodward	Yate
	1-Jun-97	F	55.97s	Sarah Rossiter	Swindon
400 metres ID		M			
	1-Feb-00	F	58.20s	Sarah Rossiter	National ID Arena
600 metres OD	18-Apr-07	M	1m 22.9s	Andrew De Camps	Birmingham
		F			
600 metres ID	1-Feb-96	M	1m 30.7s	Gary Evans	Cardiff
		F			
800 metres	14-Jul-07	M	1m 53.15s	Andrew de Camps	Cwmbran Stadium
	1-May-99	F	2m 32.0s	Sarah Rossiter	Cheltenham
1500 metres OD	17-Jul-19	M	4m 20.07	Peter Woodward	Cheltenham
	1-Jul-04	F	4m 58.0s	Helen Fines	Cheltenham
1500 metres ID	5-Mar-07	M	4m 04.12s	Andrew de Camps	Cardiff Arena
		F			
1 mile	1-Sep-00	M	4m 23.1s	Daniel Randell	Bath University
		F			
2000m S/C	14-May-14	M	8m 34.3s	Ian Morgan	Gloucester
		F			
3000 metres	1-Aug-00	M	8m 43.1s	Daniel Randell	Newport
	1-Jul-03	F	10m 33.0s	Helen Fines	Cheltenham
5000 metres	20-Aug-17	M	16m 18.15s	Peter Woodward	Exeter
		F			
5 kilometres road	19-Aug-99	M	14m 50s	Daniel Randell	Sandhurst, Glos
	18-May-03	F	18m 00s	Helen Fines	Hereford
Parkrun 5k		M			
		F			
5 kilometres road		M			
		F			
5 miles road	1-Jul-98	M	25m 24s	Daniel Randell	Lydney
	1-Dec-04	F	30m 33s	Helen Fines	Weston-s-Mare
8 Mile road	15-Jan-23	M	43m 28s	Cory Sherwin	Newport
	1-Jan-11	F	66m 47s	Melissa Mould	Newport
10,000 metres track	23-Aug-15	M	34:42.5	Peter Woodward	Blackbridge, Glos.
	1-Jul-03	F	39m 00s	Helen Fines	Cheltenham
10 kilometres road	30-Jul-22	M	33:00	Cory Sherwin	Magor
	1-Dec-03	F	37m 42s	Helen Fines	Telford
10 miles road	15-Oct-23	M	54:37	Cory Sherwin	Portsmouth

10 miles road	1-Jan-04	F	61m 36s	Helen Fines	Epney, Glos
Half Marathon road	11-Feb-24	M	1:12:02	Cory Sherwin	Barcelona
	1-Sep-05	F	83m 26s	Helen Fines	Nottingham
20 miles road	18-Mar-23	M	1h 58m 14s	Cory Sherwin	Berkley
	7-Mar-98	F	2h 36m 46s	Fiona Turner	Hereford
Marathon road	3-Dec-23	M	2:30:51	Cory Sherwins	Valencia
	15-Apr-03	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-May-14	M	1.10m	Ian Morgan	Yate
	1-Jun-06	F	1.52m	Sarah Rossiter	Cheltenham
Pole Vault		M			
		F			
Long Jump OD	8-Jul-12	M	2.89m	Martin Joyce	Yate
	19-Jun-05	F	6.35m	Sarah Rossiter	Cardiff
Long Jump ID		M			
	1-Feb-05	F	6.02m	Sarah Rossiter	Sheffield
Triple Jump		M			
	31-Jul-02	F	11.66m OD	Sarah Rossiter	Birmingham
	13-Feb-01	F	11.35m ID	Sarah Rossiter	Edinburgh
Shot Putt	26-Aug-07	M	9.08m	Darren Andrews	Bath
	15-Jul-18	F	8.84m	Mary Watkins	Stoke Gifford
Discus	26-Aug-07	M	28.78m	Darren Andrews	Bath
	1-Jul-00	F	15.24m	Nicola Bullock	Yate
Hammer 7.26kg Hammer 4.0kg		M			
	24-Jul-19	F	25.65m	Mary Watkins	Cheltenham
Javelin		M			
	10-May-19	F	19.60m	Mary Watkins	Cheltenham
4x 110 Yards Relay	22-Aug-12	M	58.7s	Julian Boon, Walter Leach Luke Barnes, Marcus Bennetto	Five Acres
	22-Aug-12	F	73.7s	Kayleigh Steyn, Amy Barr, Angie Sonn, Jacqui Wynds	Five Acres
4x 440 Yards Relay	22-Aug-12	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	1-Feb-96	M	7.34s	Nicholas Walker	Cardiff
60 metres ID	5-Mar-11	F	13.63s	Sarah James	Cardiff
100 metres	17-Jun-01	M	12.10s	Nicholas Walker	Bath University
	1-Jun-06	F	15.50s	Carol Jones	Yate
200 metres OD	10-Jul-16	M	28.90s	Steven Harris	Yate
	7-Aug-16	F	34.7s	Sam Harris	Tamworth
200 metres ID		M			
		F			
300 metres ID	1-Feb-96	M	39.00s	Nicholas Walker	Cardiff
		F			
300 metres OD	1-Jun-97	M	38.60s	Nicholas Walker	Cardiff
		F			
400 metres OD	31-Aug-97	M	52.60s	Nicholas Walker	Bath University
	13-Jun-05	F	75.00s	Joyce Barrus	Yate
400 metres ID		M			
		F			
800 metres	10-Jul-16	M	2m 25.30s	Steven Harris	Yate
	7-Aug-16	F	2m 41.5s	Sam Harris	Tamworth
1500 metres OD	31-Jul-16	M	4m 51.2s	Steven Harris	Gloucester
	21-Aug-16	F	5m 25.00s	Sam Harris	Yate
1500 metres ID		M			
		F			
1 mile	26-May-16	M	5m 30s	Steven Harris	Five Acres
	26-Apr-16	F	6m 35.20s	Helen Lipscomb	Five Acres
3000 metres	20-Jul-16	M	10m 30.60s	Steven Harris	Cheltenham
	1-Jul-02	F	11m 44.80s	Fiona Turner	Yate
3000 metres SC	7-Aug-16	M	12m 21.4s	Steven Harris	Tamworth
		F			
	14-May-16	M	17m 52.1s	Steven Harris	Gloucester
		F			
2k walk		M			
	7-Aug-11	F	18m 21.60s	Sarah James	Solihull
5 kilometres road	5-Jun-24	M	16:08	Andrew Raynor	Hereford
	16-Apr-01	F	17m 37.00s	Ann Nixon	Hereford
Parkrun 5k		M			
		F			
4 miles road	10-May-16	M	23m 21.64s	Steven Harris	Rose Inn
	11-Aug-15	F	28m 41s	Helen Lipscomb	Rose Inn
5 miles road	26-May-24	M	27m 45s 0ms	Andrew Raynor	Dymock
	1-May-96	F	34m 22s	Carol Jones	Sandhurst, Glos
10,000 metres track	19-Aug-16	M	37m 45.5s	Steven Harris	Cheltenham
		F			
10 kilometres road	3-Jul-24	M	33:35	Andrew Raynor	Frampton
	1-Jul-00	F	39m 09s	Ann Nixon	Newport
8 miles road	21-Jan-24	M	43:15	Andrew Raynor	Newport
	31-Jan-16	F	56m 56s	Helen Lipscomb	Newport
10 miles road	17-Sep-23	M	57m 47s	Andrew Raynor	Oldbury
	25-May-95	F	72m 09s	Carol Jones	Dursley
Half Marathon road	17-Sep-23	M	1:13:53	Andrew Raynor	Oxford
	1-Sep-95	F	1h 34m 50s	Carol Jones	Lake Vrnwy
20 miles road	18-Mar-23	M	1:59:49	Andrew Raynor	Berkeley
	1-Mar-96	F	2h 40m 0s	Carol Jones	Hereford
Marathon road	3-Oct-21	M	2h 36m 22s	Lee Kibble	London
	24-Oct-97	F	3h 36m 12s	Carol Jones	Manchester
60 metres hurdles		M			
		F			

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100 metres hurdles		F			
110 metres hurdles	1-Jun-98	M	17.01s	Nicholas Walker	Bristol
300 metres hurdles	20-Jul-16	M	55.10s	Steven Harris	Cheltenham
400 metres hurdles	17-Jun-01	M	60.90s	Nicholas Walker	Bath University
		F			
High Jump	6-Sep-98	M	1.60m	Nicholas Walker	Bath University
	8-Jun-16	F	1.20	Sarah Rossiter	Brecon
Pole Vault	6-Jul-97	M	3.65m	Nicholas Walker	Bristol
		F			
Long Jump OD	12-Jul-98	M	6.07m	Nicholas Walker	Bristol
	1-Jun-99	F	2.99m	Jenny Hanger	Yate
Long Jump ID		M			
	14-Sep-13	F	5.06	Sarah Rossiter	Birmingham
Triple Jump	13-Jul-03	M	11.41m	Nicholas Walker	Yate
	16-May-12	F	4.06m	Sarah James	Brecon
Shot Putt	10-May-09	M	10.46m OD	Darren Andrews	Cheltenham
	1-Feb-00	M	10.81m ID	Nicholas Walker	Birmingham
	5-Mar-11	F	5.00m ID	Sarah James	Cardiff
	11-Jul-12	F	6.77m OD	Kim Chester	Cheltenham
Discus	1-Apr-98	M	36.72m	Nicholas Walker	Bristol
	27-Jun-12	F	13.62m	Sarah James	Newport
Hammer 7.26kg	8-May-09	M	37.07m	Darren Andrews	Cheltenham
Hammer 4.0kg	25-Jul-12	F	21.37m	Sarah James	Cheltenham
Javelin	14-Jul-02	M	39.07m	Nicholas Walker	Yate
	2-Aug-15	F	16.43	Sarah Rossiter	Yate
Heptathlon - Women		F			
Decathlon - Men		M			
					11/30/16

V40 (40-44)

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
100 metres	1-Jun-00	M	12.00s	Nicholas Walker	Yate
		F			
150 metres	16-Jul-14	M	20.42s	Chris Penny	Cheltenham
		F			
200 metres	17-Aug-04	M	25.9s	Nicholas Walker	Yate
		F			
300 metres	16/07/2014	M	43.46s	Chris Penny	Cheltenham
		F			
400 metres	10-Jul-05	M	56.30s	Nicholas Walker	Yate
		F			
600 metres	9-Jul-14	M	1m 37.20s	Chris Penny	Cheltenham
		F			
800 metres	23-Jul-14	M	2m 10.80s	Chris Penny	Cheltenham
	17-Jun-01	F	2m 51s	Lynne Park	Bath
1500 metres	9-Jul-14	M	4m 42.85s	Chris Penny	Cheltenham
		F			
1 mile	22-Apr-14	M	4m 57.30s	Chris Penny	Cheltenham
	29-Apr-16	F	5m 46.4s	Helen Brown	Five Acres
4 mile	14-Jul-15	M	22m 42s	Chris Penny	Redwick
	10-May-05	F	29m 05s	Lynne Park	Redwick
8 mile	25-Jan-15	M	47m 45s	Chris Penny	Newport
		F			
3000 metres	2-Jul-14	M	10m 18.82s	Chris Penny	Cheltenham
	17-Jun-16	F	12m 05s	Lynne Park	Bath
5000 metres	17-Apr-98	M	16m 49s	Martin Green	Gloucester
		F			
5 kilometres road	20-Aug-98	M	16m 27s	Martin Green	Sandhurst, Gloucester
	24-May-01	F	20m 43s	Lynne Park	Hereford
Parkrun 5k		M			
		F			
5 miles road	23-May-98	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	8-May-95	M	35m 02s	Bob Parry	Blaisdon
		F			
10 miles road	26-Jan-20	M	62m 30s	Wayne Bevan	Staverton
		F			
Half Marathon road	8-Mar-15	M	1h 24m 42s	Chris Penny	Devizes
		F			
Half Marathon Trail	20-Mar-16	M	1h 24m 09s	Richard Pegler	Forest of Dean
		F			
20 miles road	3-Mar-02	M	2h 03m 10s	Ian Smith	Gloucester
		F			
Marathon road	26-Apr-98	M	2h 40m 57s	Martin Green	London
		F			
100 metres hurdles		F			
110 metres hurdles	13-Jun-05	M	18.80s	Nicholas Walker	Yate
400 metres hurdles	25/05/2014	M	79.40s	Chris Penny	Yate
		F			
2000SC	11-Jul-12	M	8m 53.60s	Julian Boon	Cheltenham

High Jump	27-Jun-12	M	1.30m	Mark Mathews	Newport
	25-May-14	M	1.30m	Chris Penny	Yate
		F			
Pole Vault	19-Jun-05	M	3.6m OD	Nicholas Walker	Yate
	1-Mar-05	M	3.4m ID	Nicholas Walker	Cardiff Indoor Arena
		F			
Long Jump	8-Jul-12	M	4.38m	Mark Mathews	Yate
	4-Jul-21	F	4.38	Sarah Rossiter	Yate
Triple Jump	1-Jun-05	M	11.21m	Nicholas Walker	Austria
	1-Aug-21	F	8.97	Sarah Rossiter	Gloucester
Shot Putt	14-Aug-05	M	10.50m	Nicholas Walker	Yate
	4-Jul-21	F	6.49	Sarah Rossiter	Yate
Discus	14-Aug-05	M	32.69m	Nicholas Walker	
	30-Jul-17	F	12.73m	Lara Adams	Yate
Hammer	6-May-13	M	31.92m	Darren Andrews	Cheltenham
	13-Aug-17	F	14.54m	Lara Adams	Yate
Javelin	18-Jul-04	M	40.24m	Nicholas Walker	Bristol
	1-Aug-21	F	17.49	Sarah Rossiter	Gloucester
Heptathlon		F			
Decathlon		M			
					11/30/16

V45 (45-49)

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
60 metres	6-Sep-15	M	10.56	Peter Compton	Yate
		F			
100 metres	2-Jun-18	M	12.8s	Martyn Carruthers	Hereford
	11-Sep-16	F	16.40s	Sherryl Hall	Yate
200 metres	7-Jul-18	M	26.6s	Martyn Carruthers	Nuneaton
	11-Sep-16	F	34.1s	Sherryl Hall	Yate
300 metres		M			
		F			
400 metres	9-Sep-18	M	59.2s	Martyn Carruthers	Gloucester
	21-Aug-16	F	76.0s	Sherryl Hall	Yate
600 metres	11-Jul-12	M	2m 08s	Andy George	Cheltenham
		F			
800 metres	15-May-16	M	2m 40.70s	Julian Boon	Gloucester
	31-Jul-16	F	2m 48.60s	Sherryl Hall	Gloucester
1500 metres	10-Sep-17	M	5m 20.5s	Julian Boon	Gloucester
	10-Jul-16	F	5m 47.2s	Sherryl Hall	Yate
1 mile	26-Apr-16	M	5m 24.5s	Leyton Fleet	Five acres
	13-Sep-16	F	6m 06.5s	Sherryl Hall	Five acres
2000m SC	3-Jul-16	M	8m 07.6s	Julian Boon	Hereford
		F			
3000m SC	7-Aug-16	M	12m 34.5s	Julian Boon	Tamworth
		F			
3000 metres	7-Aug-16	M	11m 06.6s	Julian Boon	Tamworth
	8-Sep-10	F	12m 55.6s	Lynne Park	Watford
5000 metres	3-Jul-16	M	19m 01.1s	Julian Boon	Hereford
		F			
5 kilometres road	31-Aug-22	M	17:06	Sam Rule	Bath
	8-Jun-16	F	20m 35s	Cherry Fowler	Hereford
Parkrun 5k	3-Dec-22	M	18:17	Sam Rule	Five acres
	12-Aug-17	F	19m 47s	Cherry Fowler	Caldicot
4 miles road	14-Jun-16	M	23m 49s	Leyton Fleet	Rose Inn
	14-Aug-18	F	26m 28s	Cherry Fowler	Rose Inn
5 miles road	5-Sep-95	M	27m 36s	Bob Parry	Gloucester
	8-Nov-17	F	34m.14s	Cherry Fowler	Severn Bridge
8 Mile road	29-Jan-17	M	48m 50s	Leyton Fleet	Newport
	20-Jan-19	F	55m 28s	Cherry Fowler	Newport
10,000 metres track	7-Sep-18	M	38m 55s 0ms	Julian Boon	Cheltenham
		F			
10 kilometres road	12-Sep-95	M	34m 28s	Bob Parry	Eldersfield
	25-Jul-17	F	41m 27s	Cherry Fowler	Blaisdon
10 miles road	15-May-16	M	63m 36s	Dave Lowthian	Hook
	29-Jan-17	F	70m 25s	Catherine Roberts	Staverton
Half Marathon, Road	19-Feb-23	M	1:17:29	Sam Rule	Tunbridge Wells
	7-Oct-18	F	1h 31m 20s	Cherry Fowler	Cardiff
Half Marathon, Trail		M			
	20-Mar-16	F	95m 47s	Cherry Fowler	Forest of Dean
26.2km Race	3-Oct-10	F	2h 36m 21s	Claire Morgan	Edinburgh
20 miles road	05/03//2006	M	2h 07m 33s	Ian Smith	Gloucester
	15-Mar-20	F	2h 41m 46s	Catherine Roberts	Gloucester
Marathon road	28-Mar-19	M	2h 50m 59	John Russel	London
	5-May-18	F	3h 28m 37s	Cherry Fowler	Newport
100 metres hurdles		M			
		F			
110 metres hurdles		M			
		F			

300 metres hurdles	6-Sep-15	M	71.83	Peter Compton	Yate
		F			
400 metres hurdles	3-Jul-16	M	96.4s	Julian Boon	Hereford
		F			
High Jump	25-May-14	M	1.20m	Peter Compton	Yate
		F			
Pole Vault		M			
		F			
Long Jump	7-Jul-18	M	4.19m	Martyn Curruthers	Nuneaton
	15-May-16	F	2.56m	Debbie White	Gloucester
Triple Jump		M			
		F			
Shot Put 7.26kg Shot Put 4kg	18-May-14	M	7.11m	Peter Compton	Gloucester
	11-Jul-12	F	6.25m	Helen Kearsey	Cheltenham
Discus	15-Jun-14	M	20.58m	Peter Compton	Brecon
	13-May-12	F	19.72m	Helen Kearsey	Cheltenham
Javelin JT 800 Javelin JT 600	23-May-15	M	22.68m	Peter Compton	Cheltenham
	9-Jun-17	F	14.66m	Catherine Roberts	Gloucester
Hammer 4Kg	12-Jul-15	M	18.18m	Peter Compton	Gloucester
	10-Jul-16	F	14.84m	Debbie White	Yate
4x 100m Relay	23-Aug-15	M	64.6s	Peter Compton Mark Channer Julian Boon Michael Marks	Gloucester
	23-Aug-15	F	72.6s	Debbie White Emma Parsons Stef Francis Sherryl Hall	Gloucester
4x 400m Relay	23-Aug-15	M	5m 26.2	Peter Compton Julian Boon Dave Lowthian Mark Channer	Cheltenham
		F			
					11/30/16

V50 MEN & WOMEN (50-54)

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
100 metres	4-Aug-19	M	13.1s	Martyn Carruthers	Hereford
	6-May-13	F	15.69s	Angela Sonn	Cheltenham
200 metres	4-Aug-19	M	26.6	Martyn Carruthers	Hereford
	15-Jun-14	F	34.10s	Angela Sonn	Brecon
300 metres		M			
		F			
400 metres	19-May-19	M	61.0s	Martyn Carruthers	Kettering
	21-Aug-16	F	90.00s	Stef Francis	Yate
800 metres	27-Jun-12	M	2m 38.90s	Simon Dimmer	Newport
		F			
1500 metres	27-Jun-12	M	5m 20.40s	Simon Dimmer	Newport
		F			
1 mile	9-Sep-14	M	5m 25.00s	Walter Leach	Five acres
	30-Apr-13	F	6m 25.60s	Fiona Turner	Five acres
3000 metres		M			
		F			
5000 metres		M			
		F			
5 kilometres road	7-Apr-21	M	18m 35s 0ms	Leyton Fleet	Hereford
	1-Aug-19	F	20m 32s	Cherry Fowler	Gloucester
Parkrun 5k		M			
	3-Aug-19	F	20m 20s	Cherry Fowler	Severn Bridge
4 miles road	1-May-12	M	25m 33s	Walter Leach	Rose Inn
		F			
5 miles road		M			
	25-Jul-21	F	34m 55s	Catherine Gapper Roberts	Thornbury
8 Mile road	27-Jan-13	M	55m 54s	Jim Storrar	Newport
	27-Jan-13	F	60m 25s	Fiona Turner	Newport
10,000 metres track	27-Aug-14	M	44m 42.8s	Richard Dennant	Cheltenham
		F			
10 kilometres road	12-Dec-21	M	39m 25s 0ms	Julian Boon	Telford
	25-Sep-11	F	43m 45s	Fiona Turner	Swansea
10 miles road	11-Dec-16	M	63m 18s	Dave Lowthian	Walsall
	16-Sep-12	F	86m 42s	Shirley Albrow	Oldbury
Half Marathon road	23-Oct-16	M	85m 02s	Dave Lowthian	Stroud
	8-Sep-19	F	1h 30m 44s	Cherry Fowler	Lake Vrnwy
20 miles road	14-Mar-20	M	2h 13m 56s	John Russell	Berkeley
	17-Mar-12	F	2h 40m 49s	Fiona Turner	Rhayader
Marathon road		M			
	3-Oct.-21	F	3h 27m 15s	Catherine Gapper Roberts	London
Ultra Race 32.5miles	8-Apr-12	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-May-13	F	6.40m	Helen Kearsey	Cheltenham
Shot Putt 3.25kg	25-May-13	F	6.50m	Helen Kearsey	

Discus 1.5 kg		M			
Discus 1kg	6-May-13	F	21.25m	Helen Kearsey	Cheltenham
Hammer 6kg		M			
Hammer 3kg	15-May-14	F	23.77m	Helen Kearsey	Gloucester
Hammer 4kg	4-Aug-13	F	18.89m	Helen Kearsey	Yate
Javelin		M			
Javelin 600g	4-Aug-13	F	15.23m	Helen Kearsey	Yate
Heptathlon - Women		F			
Decathlon - Men		M			
					11/30/16

V55 MEN & WOMEN (55-59)

ID denotes Indoors & OD denotes Outdoors					
Event	Date	M/F	Performance	Record Holder	Venue
100 metres	4-Jul-12	M	16.20s	Alan Robertson	Cheltenham
	15-May-16	W	15.6s	Angela Sonn	Gloucester
200 metres		M			
		W			
300 metres		M			
		W			
400 metres		M			
	15-May-16	W	79.7s	Angela Sonn	Gloucester
800m	4-Jul-12	M	2m 59.60s	Dave Jones	Cheltenham
	31-Jul-16	W	3m 21.9s	Lynne Park	Gloucester
1500 metres		M			
	10-Jul-16	W	6m 56s	Lynne Park	Yate
1 mile (Track)	11-Sep-18	M	5m 41s	Walter Leach	Five Acres
	28-Apr-15	W	7m 03.20s	Margaret Powles	Five Acres
3000 metres	26/08/2012	M	11m 49.30s	Dave Jones	Yate
	3-Jul-16	W	15m 08s	Lynne Park	Hereford
5000 metres		M			
		W			
5 kilometres road	5-Apr-17	M	19m 33s	Andrew Thorpe	Hereford
		W	22m 52s	Margaret Powles	Hereford
Parkrun 5k	10-Aug-19	M	19m 14s	Walter Leach	Eden Project
		F			
4 miles Road	14-May-19	M	25m 05s	Walter Leach	Rose Inn
		F			
5 miles road	4-Nov-18	M	33m 37.55s	Andrew Kaye	G Fawkes - Tewkesbury
		W			
8 mile road	26-Jan-20	M	53m 00s	Andrew Kaye	Newport
	1-Jan-11	W	64m 10s	Jacqui Wynds	Newport
10,000 metres track		M			
		W			
10 kilometres road	5-Oct-19	M	39m 55s	Walter Leach	Bournemouth
		W			
10 miles road	29-Jan-17	M	67m 51s	Andrew Thorpe	Staverton
		W			
Half Marathon road	1-Oct-10	M	84m 48s	Steve Cunliffe	Stroud
	1-Oct-10	W	1h 53m 17s	Jacqui Wynds	Stroud
20 miles road	15-Mar-20	M	2h 18m 58s	Andrew Kaye	Gloucester
		W			
Marathon road	24-Apr-16	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-May-16	W	2.0m	Angela Sonn	Gloucester
Triple Jump		M			

Triple Jump		W			
Shot 3.0kg	10-Jul-13	W	6.80m	Heather Jones	Cheltenham
Shot 3.25kg	25-May-13	W	6.50m	Heather Jones	Cheltenham
Shot 4.0kg	11-Jul-12	W	6.22m	Heather Jones	Cheltenham
Discus		M			
	13-May-12	W	18.19m	Heather Jones	Cheltenham
Hammer		M			
4kg	21/04/2013	W	17.72m	Heather Jones	Yate
3kg	5-May-14	W	26.05m	Heather Jones	Cheltenham
Javelin		M			
600g	8-Jul-12	W	14.98m	Heather Jones	Yate
500g	4-Jul-12	W	13.25m	Heather Jones	Cheltenham
Heptathlon - Women		W			
Decathlon - Men		M			
					11/30/16

V60 MEN & WOMEN (60-64)					
ID denotes Indoors & OD denotes Outdoors					
Event	Date	M/F	Performance	Record Holder	Venue
100 metres		M	16.1s	Alan Robertson	Burton
		F			
200 metres	7-Aug-16	M	32.5s	Alan Robertson	Tamworth
		F			
300 metres		M			
		F			
400 metres	23-May-15	M	72.2s	Alan Robertson	Cheltenham
		F			
800 metres	3-Jul-16	M	2m 38.90s	Mick Strange	Hereford
		F			
1500 metres	13-Jun-21	M	5m 34.5s	Andrew Kaye	Yate
		F			
1 mile	26/04/2016	M	5m 55.80s	Mick Strange	Five Acres
		F			
3000 metres	4-Jun-16	M	12m 51.4s	Alan Robertson	Burton
		F			
5000 metres	3-Jul-16	M	20m 37.4s	Mick Strange	Hereford
		F			
5 kilometres road	8-Jun-16	M	19m 35s	Mick Strange	Hereford
		F			
Parkrun 5k	12-Mar-22	M	19m 15s 0ms	Walter Leach	Exmouth
		F			
4 miles road	12-Jul-22	M	25m 4s 0ms	Walter Leach	Redwick
		F			
5 miles road	20-Apr-17	M	33m 12s	Mick Strange	Weston-Super-Mare
		F			
10,000 metres track		M			
		F			
10 kilometres road	25-Sep-22	M	39m 57s 0ms	Walter Leach	Bristol
	24-Sep-17	F	50m 27s	Jacqueline Green	Swansea
8 miles road	29-Jan-17	M	53m 03s	Mick Strange	Newport
	26-Jan-14	F	66m 47s	Jacqui Wynds	Newport
10 miles road	11-Sep-16	M	68m 42s	Mick Strange	Oldbury
	29-Jan-17	F	1h 21m 13s	Jacqui Wynds	Staverton
Half Marathon Road	27-Mar-22	M	1h 31m 51s 0ms	Walter Leach	Weston-Super-Mare
	22-Oct-17	F	1h 50m 07s	Jackie Green	Stroud
Half Marathon Trail	19-Mar-17	M	1h 32m 01s	Mick Strange	Forest of Dean
	19-Mar-17	F	1h 51m 20s	Jacqui Wynds	Forest of Dean
20 miles road	5-Mar-16	M	2h 51m 55s	Chris Moore	Rhayader
	4-Mar-17	F	3h 04m 48s	Jacqui Wynds	Rhayader
Marathon road	3-Oct-21	M	3h 19m 12s	Andrew Kaye	London
		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-Jul-16	M	5.41m	Chris Moore	Yate
	15-May-16	F	5.97m	Heather Jones	Gloucester
Discus 1kg	15-May-16	M			
		F	16.37m	Heather Jones	Gloucester
Hammer	24/07/2013	M	18.07m	Frank Russell	Cheltenham
		F			
Javelin JT800 600	15-May-16	M	17.53	Alan Robertson	Tamworth
		F	14.89m	Heather Jones	Gloucester
Heptathlon		F			
Decathlon		M			

11/30/16

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			
	21-Jul-18	F	7m 04s	Jacqui Wynds	Bourton-on-the-Water
3000 metres		M			
		F			
5000 metres		M			
		F			
5 kilometres road		M			
		F			
Parkrun 5k		M			
	25-Aug-18	F	23m 57s	Jacqui Wynds	Chepstow
4 miles road		M			
		F			
5 miles road		M			
	25-Jul-21	F	40m 3s	Jacqui Wynds	Shepperdine
10,000 metres track		M			
		F			
10 kilometres road		M			
	8-Dec-19	F	49m 33s 0ms	Jacqui Wynds	Telford
8 miles road		M			
		F			
10 miles road		M			
	19-Aug-18	F	1h 31m 24s	Jacqui Wynds	Hereford
20 kilometers road		M			
	16-Mar-19	F	1h 47m 45s	Jacqui Wynds	Berkeley
Half Marathon road		M			
	24-Mar-19	F	1h 54m 38s	Jacqui Wynds	Telford
30 kilometers road		M			
	2-Mar-19	F	3h 05m 30s	Jacqui Wynds	Rhayader
20 miles road		M			
		F			
Marathon road		M			
	2-10-22	F	4h 30m 22s 0ms	Nicola Hall	London
100 meters hurdles		M			
		F			
110 meters hurdles		M			
		F			
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	10-Sept-22	M	22:08	Owen McLaughlin	Mallards Pike
	26-Aug-23	F	26m 14s 0ms	Jacqui Wynds	Monmouth
4 miles road	11-Jun-24	M	28m 59s 0ms	Owen McLaughlin	Redwick
		F			
5 miles road		M			
		F			
10,000 metres track		M			
		F			
10 kilometres road	22-Aug-22	M	46m 59s	Owen McLaughlin	Severn Bridge
	17-Sep-23	F	53m 35s 0ms	Jacqui Wynds	Ashleworth
8 miles road		M			
		F			
10 miles road		M			
		F			
Half Marathon road	24-Mar-24	M			
		F	2:08:45	Jacqui Wynds	Ironbridge
Half Marathon Trail	24-Mar-24	M	1h 49m 33s	Owen McLaughlin	Forest of Dean
		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			