

## V55

Event	Record	Name		Venue	Year
100m	14	Kevin	Stroud	Croydon	2019
200m	29	Ian	Dunn	Crawley	2003
400m	64.1	Kevin	Stroud	Croydon	2019
800m	2.22.0	Ian	Dunn	Crawley	2003
1 mile	5.30.14	David	Moore	Ewell	2024
1500m	4.51.9	Graham	Taylor	Kingston	2000
2000m walk	12.04.5	Mick	Chapman	Sutton	1999
3000m steeplechase	14.02.4	Ben	Rivers	Sutton	2000
3000m	10.21.6	Graham	Taylor	Croydon	2000
5000m	17.51.0	Graham	Taylor	Kingston	2001
Long jump	4.33	Kevin	Stroud	Kingston	2021
High jump	1.35	Kevin	Stroud	Wimbledon	2023
Triple jump	8.99	Kevin	Stroud	Carshalton	2023
Javelin	26.33	Brian	James	Kingston	1999
Shot putt	7.29	Brian	Blackman	Kingston	2003
Discus	21.03	Brian	Blackman	Pixham	2003
Hammer	18.3	Brian	Blackman	Kingston	2003
Pole vault	1.30	Ben	Rivers	Sutton	2000
Road					
5 km	18.33	David	Moore	Wimbledon	2022
10 km	36.21	Graham	Taylor	Elmbridge	2001
5 miles	30.13	Dennis	Earl	Battersea	2024
Half marathon	1.30.34	Lawrence	Bate	Wokingham	2024
Marathon	3.07.29	Dennis	Earl	Dartford	2024