

V70

Event	Record	Name		Venue	Year
100m	18.7	Gary	Lloyd	Wimbledon	2019
200m	36.9	Gary	Lloyd	Ewell	2015
300m					
400m	97.9	Gary	Lloyd	Kingston	2017
800m	3.28.0	Gary	Lloyd	Wimbledon	2016
1000m indoor					
1 mile	8.12.3	John	Jelly	Epsom	2023
1500m	7.10.6	Gary	Lloyd	Wimbledon	2019
3000m	14.09.4	Gary	Lloyd	Ewell	2015
5000m	22.02.4	Graham	Taylor	Hastings	2016
10000m					
3000m steeplechase					
400m hurdles					
4x100m relay					
High jump					
Long jump					
Javelin					
Shot putt					
Discus					
Road					
10 km	45.40	Ray	Dare	Malta	1998
10 mile	1.28.00	Gary	Lloyd	Dorking	2017
Half marathon	1.57.14	Gary	Lloyd	Hampton Cour	2019
Marathon	3.50	Ray	Dare	London	1997