

Masters Men SBH Track & Field, Road Club Records From 2005 Up To 24 October 2024**Revision B 14 November 2024****Masters Men 35-39 Outdoors**

100m	10.77	Andrew Mensah	Oordegem, Belgium	26.07.08
200m	21.60 w0.1	Alex Fugallo	Eton	04.06.05
400m	50.01	Anthony Whiteman	Sportcity	13.08.11
800m	1:49.29	Anthony Whiteman	Stretford	23.07.11
1500m	3:42.40	Anthony Whiteman	Birmingham	20.08.11
3000m	8:20.74	Kojo Kyereme	Eton	07.05.11
5000m	14:05.53	Kojo Kyereme	Watford	11.06.11
10000m	29:29.55	Kojo Kyereme	Birmingham	29.07.11
110m Hurdles	15.91	Steven Garrett	Bedford	03.08.24
400m Hurdles	53.23	Steven Garrett	Ullevi, Sweden	15.08.24
3000m Steeplechase	9:44.53	Glen Watts	Bedford	20.08.22
High Jump	1.55	Clyde Gordon	Hendon	02.07.07
Long Jump	6.96	Steven Fleming	Edinburgh	10.05.08
Long Jump	7.26 w3.5	Steven Fleming	Bedford	26.05.08
Triple Jump	16.83	Larry Achike	Birmingham	31.07.11
Triple Jump	16.87 w2.4	Larry Achike	Chania, Greece	31.05.10
Shot 7.26kg	17.99	Mihail Stamatoyiannis	Lee Valley	03.06.17
Discus 2kg	48.60	Angus McInroy	Kilmarnock	14.05.22
Hammer 7.26kg	60.03	Graham Holder	Crystal Palace	17.06.07
Javelin 800g	79.04	Nick Nieland	Bedford	10.06.07

Masters Men 40-44 Outdoors

100m	10.85	Nengi Ossai	Perth, Australia	28.10.16
200m	21.75	Nengi Ossai	Lyon, France	10.08.15
400m	50.27	Anthony Whiteman	Scotstoun	11.07.15
800m	1:48.05	Anthony Whiteman	Stretford	12.07.14
1500m	3:42.02	Anthony Whiteman	Stretford	07.07.12
3000m	8:30.24	Kojo Kyereme	Eltham	07.07.18
5000m	14:31.32	Kojo Kyereme	Lee Valley	06.06.15
10000m	30:08.94	Kojo Kyereme	Parliament Hill	16.05.15
3000m Steeplechase	10:27.10	Orlando Edwards	Birmingham	03.08.19
110m Hurdles	15.3	Gregory Dunson	Portsmouth	16.07.08
110m Hurdles	15.84	Gregory Dunson	Cosford	05.07.06
400m Hurdles	57.33	Gregory Dunson	Cosford	05.07.06
High Jump	1.55	Clyde Gordon	Lee Valley	16.07.12
Pole Vault	1.90	Clyde Gordon	Hendon	24.05.10
Long Jump	6.08	Glasford Jones	Bedford	07.07.07
Discus 2kg	42.16	Gabor Kiss	Battersea Park	01.06.24
Shot 7.26kg	10.39	Anthony Soalla-Bell	Bromley	02.05.21
Javelin 800g	65.64	Nick Nieland	Loughborough	20.05.12

Masters Men 45-49 Outdoors

100m	11.1	Nengi Ossai	Tampere, Finland	30.06.22
200m	22.84	Nengi Ossai	Chelmsford	09.09.20
400m	56.4	Gregory Dunson	Lee Valley	10.06.13
800m	1:49.56	Anthony Whiteman	Sheffield	19.08.17

Masters Men 45-49 Outdoors

1500m	3:48.72	Anthony Whiteman	Loughborough	08.07.17
3000m	8:55.78	Kojo Kyereme	Stevenage	07.07.24
5000m	14:51.68	Kojo Kyereme	Battersea Park	15.08.22
10000m	30:53.45	Kojo Kyereme	Parliament Hill	14.07.22
110m Hurdles	15.8	Gregory Dunson	Hendon	15.07.09
400m Hurdles	60.31	Gregory Dunson	Birmingham	14.09.13
Pole Vault	2.10	Clyde Gordon	Uxbridge	25.04.15
High Jump	1.86	Gregory Dunson	Cosford	22.06.11
Long Jump	5.78	Glasford Jones	Milton Keynes	05.09.10
Triple Jump	9.25	Clyde Gordon	Hendon	16.06.14
Discus 2kg	32.46	Clyde Gordon	Braintree	17.05.14
Shot 7.26kg	10.22	Anthony Soalla-Bell	Kingston	11.05.24
Hammer 7.26kg	23.95	Clyde Gordon	Stevenage	18.05.15
Javelin 800g	39.90	Gregory Dunson	Cosford	22.06.11

Masters Men 50-54 Outdoors

100m	12.18	Sean Sutherland	Watford	26.06.24
200m	25.20	Sean Sutherland	Laval, Canada	04.08.24
400m	57.08	Sean Sutherland	Hendon	10.07.21
400m	56.9	Sean Sutherland	Lee Valley	01.08.21
800m	2:18.1	Colin Godfrey	Stevenage	26.06.23
1500m	4:54.62	Colin Godfrey	Lee Valley	22.05.23
110m Hurdles	37.80	Clyde Gordon	Hendon	28.08.21
High Jump	1.60	Sean Sutherland	Stevenage	20.06.22
Long Jump	5.10	Johnson Ogunniyi	Hendon	28.08.22
Triple Jump	9.29	Sean Sutherland	Lee Valley	06.09.21
Pole Vault	2.50	Gregory Dunson	Ashford	07.09.14
Discus 1.5kg	51.97	Neville Thompson	Hendon	04.08.07
Shot 6kg	13.90	Neville Thompson	Sportcity	03.06.06
Hammer 6kg	39.02	Neville Thompson	Hendon	06.05.06
Javelin 700g	29.82	Johnson Ogunniyi	StoneX Stadium	01.09.24

Masters Men 55-59 Outdoors

100m	12.9	Alfredo Melao	Hendon	16.06.14
800m	2:37.04	Tim Butler	Harrow	14.08.23
1500m	5:13.11	Tim Butler	Lee Valley	22.05.23
3000m	11:10.9	Tim Butler	Stevenage	26.06.23
5000m	20:45.52	David Greenstein	Finsbury Park	21.06.24
Pole Vault	1.90	Brian Retkin	Hendon	31.05.14
High Jump	1.60	Alfredo Melao	Hemel Hempstead	08.07.13
Long Jump	5.70	Alfredo Melao	Hemel Hempstead	08.07.13
Triple Jump	12.18	Alfredo Melao	Hendon	30.08.14
Discus 1.5kg	48.25	Neville Thompson	Hendon	09.07.11
Shot 6kg	12.97	Neville Thompson	Watford	16.05.12
Hammer 6kg	19.37	Clyde Gordon	Lee Valley	13.05.24
Javelin 700g	17.49	Clyde Gordon	Harrow	14.08.23

Masters Men 60-64 Outdoors

100m	13.0	Alfredo Melao	Lee Valley	27.04.15
5000m	19:39.2	Tim Butler	Hemel Hempstead	26.09.24
Long Jump	5.57	Alfredo Melao	Hendon	29.08.15
Triple Jump	12.10	Alfredo Melao	Lee Valley	12.06.17
Discus 1kg	38.64	Neville Thompson	Lee Valley	17.04.16
Shot 5kg	10.47	Neville Thompson	Stevenage	16.06.16
Javelin 600g	34.72	Neville Thompson	Sportcity	04.06.16

Masters Men 35-39 Indoors

60m	6.89	Andrew Mensah	Eton	06.01.08
1500m	3:50.72	Anthony Whiteman	Emirates Arena	04.02.23
Shot 7.26kg	14.50	Angus McInroy	Emirates Arena	04.12.22

Masters Men 40-44 Indoors

60m	6.99	Nengi Ossai	Lee Valley	11.03.17
200m	22.21	Nengi Ossai	Emirates Arena	04.02.18
3000m	8:49.86	Anthony Whiteman	Budapest, Hungary	27.03.14
Long Jump	5.99	Glasford Jones	Cardiff	04.03.06

Masters Men 45-49 Indoors

60m	7.29	Nengi Ossai	Newham	19.01.22
200m	26.01	Sean Sutherland	Lee Valley	16.02.20
400m	50.01	Anthony Whiteman	Sheffield	29.01.17
800m	1:58.53	Kojo Kyereme	Lee Valley	04.02.24
1500m	4:04.01	Kojo Kyereme	Torun, Poland	23.03.24
3000m	9:42.83	Glasford Jones	Lee Valley	09.02.08
Shot 7.26kg	9.48	Miguel Gonzalez-Betancourt	Lee Valley	04.12.22

Masters Men 50-54 Indoors

60m	7.86	Sean Sutherland	Lee Valley	12.02.23
400m	58.12	Sean Sutherland	Lee Valley	13.03.22
High Jump	1.80	Gregory Dunson	Birmingham	08.02.14
Long Jump	6.09	Gregory Dunson	Birmingham	08.02.14

Masters Men 55-59 Indoors

60m	8.36	Alfredo Melao	Lee Valley	06.03.11
200m	22.15	Nengi Ossai	Birmingham	19.02.17
High Jump	1.29	Philip Bell	Cardiff	04.03.06
Long Jump	5.68	Alfredo Melao	Uxbridge	08.04.14
Triple Jump	11.89	Alfredo Melao	Lee Valley	27.02.11

Masters Men 60-64 Indoors

Long Jump	5.15	Alfredo Melao	Uxbridge	03.02.19
Triple Jump	10.98	Alfredo Melao	Hendon	13.06.16

Masters Men 35-39 Road

10k	29.42	Kojo Kyereme	Bristol	15.07.11
HM	1:06.31	Kojo Kyereme	Reading	01.04.12
Mar	2:27.44	Gary Pelosi	London	21.04.24

Masters Men 40-44 Road

10k	29.50	Kojo Kyereme	Cardiff	06.09.15
HM	1:06.13	Kojo Kyereme	Wokingham	21.02.16
Mar	2:21.28	Kojo Kyereme	London	24.04.16

Masters Men 45-49 Road

10k	30.56	Kojo Kyereme	Valencia, Spain	14.01.24
HM	1:08.52	Kojo Kyereme	Reading	03.04.22
Mar	2:37.23	Tony Jackson	London	21.04.13

Masters Men 50-54 Road

10k	34.36	Jonathan Kilsby	Eastleigh	13.03.05
HM	1:17.02	Tony Jackson	Greenwich	04.03.18
Mar	2:48.36	Tony Jackson	London	28.04.19

Masters Men 55-60 Road

10k	36.02	Robert Rigby	London	30.05.16
HM	1:24.58	Robert Rigby	Greenwich	10.03.19
Mar	3:16.15	David Greenstein	Valencia, Spain	03.12.23

Masters Men 60-64 Road

10k	38.40	Robert Rigby	London Hyde Park	01.01.23
HM	1:29.55	David Greenstein	Valencia, Spain	27.10.24
Mar	3:46.15	Stuart Singer	London	21.04.24

Masters Men 65-69 Road

10k	44.33	Derek Surrey	Luton	04.09.05
HM	1:47.39	Russell Devitt	Farnham Common	17.08.14

Masters Men 70-74 Road

10k	46.31	Derek Surrey	Letchworth	04.10.09
HM	1:55.46	Rainer Burchett	Bampton	07.03.10
Mar	4:09.54	Rainer Burchett	London	25.04.10

Masters Men 75-79 Road

10k	50.25	Derek Surrey	Letchworth	07.10.12
Mar	4:55.19	Denis O'Shea	London	22.04.12