

Club Indoor Track Records Men - Updated 23 July 2025

No Changes Since The 6 June 2025 Issue

	Under 11	Under 13	Under 15	Under 17	Under 20	Senior	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74
50m					5.88	5.73	6.89	6.99	7.29	7.86	8.36			
60m	8.90	8.06	7.18	6.89	6.66	6.51								
100m	14.40	13.53		11.48	11.72									
150m	22.74													
200m	29.82	27.74	23.41	21.78	21.68	20.95		22.21	26.01	25.51	22.15			
300m			37.76											
400m				49.88	48.59	45.82			50.01	58.12				
600m	1:50.75	1:42.09				1:19.45								
800m		2:18.17		1:54.80	1:53.24	1:46.93			1:58.53	1:58.80				
1000m						2:23.70								
1500m			2:15.26	4:04.16	3:50.72	3:42.36	3:50.72		4:04.01	4:09.22				
1 Mile					4:05.13	4:00.43								
3000m				9:10.99	8:13.40	7:43.84		8:49.86	9:42.83	8:41.06				
5000m						13:09.38								
10000m						31:30.0								
60m H				8.17	8.03	7.52								
60m H					8.17									
2000m SC						5:37.63								
Heptathlon				4315	5026	5780								
Pentathlon						3709								
Octathlon						5691								