

# WELSH MASTERS INDOOR RECORDS

## MEN

August-2025

All Records below show age records by age group and by distance/discipline

Records Show members of the **Welsh Masters (WMA)** and Welsh athletes not affiliated to Welsh Masters

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Athletes who achieved a current **British Record** are indicated with **BR** alongside

| Event/Category    | Performance     |            | Athlete            | Country /Club           | Venue                     | Date              |
|-------------------|-----------------|------------|--------------------|-------------------------|---------------------------|-------------------|
| <b>60 Metres</b>  |                 |            |                    |                         |                           |                   |
| <b>M35</b>        | 7.23            | WMA        | Michael Dickens    | Telford AC              | Torun, POL                | 27.03.2023        |
| <b>M40</b>        | 7.66            | WMA        | Stuart Pearce      | Newport Harriers        | N.I.A.C                   | 04.02.2018        |
| <b>M45</b>        | 7.42            | WMA        | Chris Millard      | North Somerset          | Lee Valley                | 17.03.2012        |
| <b>M50</b>        | 7.62            | WMA        | Chris Millard      | North Somerset          | N.I.A.C                   | 04.02.2018        |
| <b>M55</b>        | 7.65            | WMA        | Russel Whiting     | Worthing                | Gainesville FL USA        | 24.03.2025        |
| <b>M60</b>        | 7.90            | WMA        | Glyn Sutton        | Newport Harriers        | Carshalton                | 05.02.2006        |
| <b>M65</b>        | <b>BR 7.95</b>  | <b>WMA</b> | <b>Glyn Sutton</b> | <b>Newport Harriers</b> | <b>San Sebastian, ESP</b> | <b>21.03.2013</b> |
| <b>M70</b>        | <b>BR 8.09</b>  | <b>WMA</b> | <b>Glyn Sutton</b> | <b>Newport Harriers</b> | <b>Ancona, ITA</b>        | <b>30.03.2016</b> |
| <b>M75</b>        | 10.07           | WMA        | Mel James          | Les Croupiers           | N.I.A.C                   | 19.01.2020        |
| <b>M80</b>        | 10.23           | WMA        | John Evans         | Rugby & Northampton     | Torun, POL                | 24.03.2015        |
| <b>M85</b>        | 11.51           | WMA        | John Evans         | Rugby & Northampton     | Lee Valley                | 23.02.2020        |
| <b>200 Metres</b> |                 |            |                    |                         |                           |                   |
| <b>M35</b>        | 20.59           | OTH        | Doug Turner        | Cardiff AAC             | Birmingham                | 02.02.2017        |
| <b>M35</b>        | 23.23           | WMA        | Chris Millard      | Bristol & West AC       | N.I.A.C                   | 20.02.2005        |
| <b>M40</b>        | 23.56           | WMA        | Darrell Maynard    | Abertillery             | Glasgow                   | 12.02.2005        |
| <b>M45</b>        | 23.63           | WMA        | Darrell Maynard    | Birchfield Harriers     | Lee Valley                | 23.02.2008        |
| <b>M50</b>        | 24.93           | WMA        | Ian Broadhurst     | Wrexham AAC             | Glasgow                   | 19.02.2006        |
| <b>M60</b>        | 26.52           | WMA        | Ian Broadhurst     | Wrexham AAC             | N.I.A.C                   | 10.01.2016        |
| <b>M65</b>        | 27.75           | WMA        | Ian Broadhurst     | Wrexham AAC             | N.I.A.C                   | 19.01.2020        |
| <b>M70</b>        | <b>BR 27.08</b> | <b>WMA</b> | <b>Glyn Sutton</b> | <b>Newport Harriers</b> | <b>Ancona</b>             | <b>01.04.2016</b> |
| <b>M75</b>        | 34.15           | WMA        | Mel James          | Les Croupiers RC        | Braga, POR                | 24.02.2022        |
| <b>M80</b>        | 36.19           | WMA        | John Evans         | Rugby & Northampton     | Lee Valley                | 08.03.2015        |
| <b>M85</b>        | 42.74           | WMA        | John Evans         | Rugby & Northampton     | Lee Valley                | 23.02.2020        |
| <b>300 Metres</b> |                 |            |                    |                         |                           |                   |
| <b>M35</b>        | 38.77           | WMA        | Jonathan Williams  | Llanelli                | Cardiff                   | 21.01.2024        |
| <b>M50</b>        | 45.82           | WMA        | Neil Davies        | Wrexham AAC             | Sport City                | 10.12.2023        |
| <b>M55</b>        | 40.70           | WMA        | Ian Broadhurst     | Wrexham AAC             | Sport City                | 04.12.2011        |
| <b>M60</b>        | 44.14           | WMA        | Brett Davis        | Newport Harriers        | Cardiff                   | 21.01.2024        |
| <b>400 Metres</b> |                 |            |                    |                         |                           |                   |
| <b>M35</b>        | 54.51           | WMA        | Jonathan Williams  | Llanelli AC             | Lea Valley                | 26.02.2023        |
| <b>M40</b>        | 49.99           | WMA        | Darrell Maynard    | Abertillery             | Glasgow                   | 16.03.2002        |
| <b>M45</b>        | 51.11           | WMA        | Darrell Maynard    | Abertillery             | Lee Valley                | 23.02.2008        |
| <b>M50</b>        | 55.80           | OTH        | Ian Broadhurst     | Wrexham AAC             | Lee Valley                | 03.03.2007        |
| <b>M50</b>        | 57.99           | WMA        | Paul Bevan         | Cardiff AAC             | N.I.A.C                   | 02.02.2014        |
| <b>M55</b>        | 57.63           | WMA        | Ian Broadhurst     | Wrexham AAC             | N.I.A.C                   | 19.02.2012        |
| <b>M60</b>        | 59.50           | WMA        | Ian Broadhurst     | Wrexham AAC             | Lee Valley                | 07.03.2015        |
| <b>M65</b>        | 62.17           | WMA        | Kieran McDonnell   | Les Croupiers RC        | Lee Valley                | 01.03.2020        |
| <b>M70</b>        | 74.91           | WMA        | Mel James          | Les Croupiers RC        | Lee Valley                | 07.03.2015        |
| <b>M75</b>        | 78.88           | WMA        | William Davies     | Winchester AC           | N.I.A.C                   | 05.03.2006        |
| <b>M80</b>        | 87.44           | WMA        | Len Tew            | Port Talbot Harriers    | Lee Valley                | 28.02.2016        |
| <b>600 Metres</b> |                 |            |                    |                         |                           |                   |
| <b>M35</b>        | 1:27.20         | WMA        | Oliver Williams    | Les Croupiers RC        | Cardiff                   | 17.12.2023        |
| <b>M45</b>        | 1:28.93         | WMA        | Sean Price         | Les Croupiers RC        | N.I.A.C                   | 11.12.2010        |
| <b>M50</b>        | 1:36.73         | WMA        | Brett Davis        | Newport Harriers        | N.I.A.C                   | 14.12.2014        |
| <b>M55</b>        | 1:37.44         | WMA        | Brett Davis        | Newport Harriers        | N.I.A.C                   | 08.12.2019        |
| <b>M65</b>        | 2:11.38         | WMA        | Don Hale           | North Wales RR          | Sportcity                 | 05.03.2022        |
| <b>800 Metres</b> |                 |            |                    |                         |                           |                   |
| <b>M35</b>        | 1:53.56         | WMA        | James Thie         | Cardiff AAC             | Budapest                  | 28.03.2014        |
| <b>M40</b>        | 1:55.75         | WMA        | Darrell Maynard    | Abertillery             | N.I.A.C                   | 12.01.2003        |
| <b>M45</b>        | 2:05.77         | WMA        | Sean Price         | Rhondda AC AC           | Ancona                    | 28.03.2009        |
| <b>M50</b>        | 2:38.11         | WMA        | Adrian Lewis       | Aberdare Valley         | Cardiff                   | 28.01.2024        |
| <b>M55</b>        | 2:09.93         | WMA        | Steve Toogood      | Buckley                 | Sheffield                 | 28.01.2018        |
| <b>M60</b>        | 2:19.14         | WMA        | Steven Gardner     | North Wales RR          | Lea Valley                | 22.02.2025        |
| <b>M70</b>        | 2:40.00         | WMA        | Len Tew            | Port Talbot Harriers    | Linz, AUT                 | 17.03.2006        |
| <b>M75</b>        | 3:08.57         | WMA        | William Davies     | Winchester AC           | Lee Valley                | 04.03.2007        |
| <b>M80</b>        | 3:35.39         | WMA        | Len Tew            | Port Talbot Harriers    | N.I.A.C                   | 10.01.2016        |

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|------------------|--------------|-------|---------------------|-----------------------|--------------------|----------------|------------|
| 1000 Metres      |              |       |                     |                       |                    |                |            |
| M55              | 3:26.98      | WMA   | Derek Osborne       | Brecon AC             | Lee Valley         | 17.02.2019     |            |
| 1500 Metres      |              |       |                     |                       |                    |                |            |
| M35              | 3:54.38      | WMA   | James Thie          | Cardiff AAC           | Budapest           | 30.03.2014     |            |
| M40              | 4:07.33      | WMA   | James Thie          | Cardiff AAC           | Torun              | 30.03.2019     |            |
| M45              | 4:17.16      | OTH   | Bernie Jones        | Wrexham AAC           | N.I.A.C            | 19.02.2005     |            |
| M45              | 4:28.26      | WMA   | Matthew Gurmin      | Swansea Harriers      | N.I.A.C            | 04.02.2018     |            |
| M50              | 4:28.63      | WMA   | Phil Crane          | Neath Harriers        | Lee Valley         | 17.03.2012     |            |
| M55              | 4:43.47      | WMA   | Jon Grainger        | Southampton           | Lee Valley         | 01.03.2020     |            |
| M60              | 4:42.44      | WMA   | David Williams      | Guildford & Godalming | N.I.A.C            | 09.02.2025     |            |
| M65              | 5:41.0 (HT)  | OTH   | Bob Brierley        | Cardiff AAC           | Cosford            | 28.03.1987     |            |
| M65              | 5:12.03      | WMA   | Richard Marks       | Sarn Helen            | Lee Valley         | 28.02.2016     |            |
| M70              | 5:32.46      | WMA   | Len Tew             | Port Talbot Harriers  | Lee Valley         | 03.03.2007     |            |
| M75              | 6:19.60      | WMA   | John Gardener       | Pembroke              | N.I.A.C            | 05.02.2017     |            |
| M80              | 6:54.67      | WMA   | William Davies      | Winchester AC         | Lee Valley         | 26.02.2011     |            |
| 2000 Metres      |              |       |                     |                       |                    |                |            |
| M50              | 7:10.28      | WMA   | Huw Roberts         | Bridgend AC           | N.I.A.C            | 2010-02-14     |            |
| 3000 Metres      |              |       |                     |                       |                    |                |            |
| M35              | 8:20.84      | WMA   | James Thie          | Cardiff AAC           | Budapest           | 27.03.2014     |            |
| M40              | 9:16.05      | WMA   | David John Williams | Cardiff AAC           | Cardiff            | 17.12.2023     |            |
| M45              | 9:13.55      | OTH   | Bernie Jones        | Wrexham AAC           | N.I.A.C            | 20.02.2005     |            |
| M45              | 9:33.1 (Ht)  | WMA   | Huw Evans           | Les Croupiers RC      | N.I.A.C            | 16.12.2018     |            |
| M50              | 9:27.77      | OTH   | Ron Elliott         | North Wales RR        | Birmingham         | 02.03.1997     |            |
| M50              | 9:45.65      | WMA   | Lee Aherne          | Parc Bryn Bach RC     | Lee Valley         | 26.02.2017     |            |
| M55              | 10:08.79     | WMA   | Geoff Brimble       | Newport Harriers      | Cardiff            | 15.12.2024     |            |
| M60              | 10:21.35     | WMA   | Ifan Lloyd          | Swansea Harriers      | Cardiff            | 17.12.2023     |            |
| M65              | 11:04.77     | WMA   | Richard Marks       | Sarn Helen            | Lee Valley         | 26.02.2017     |            |
| M70              | 12:59.07     | WMA   | Eric Hughes         | Bridgend AC           | Lee Valley         | 27.02.2011     |            |
| M75              | 13:40.13     | WMA   | William Davies      | Winchester AC         | Lee Valley         | 04.03.2007     |            |
| M80              | 19:42.68     |       | Ron Franklin        | Barnet                | Clermont-Ferrand   | 19.03.2008     |            |
| 2000 Metres Walk |              |       |                     |                       |                    |                |            |
| M50              | 13:35.90     | WMA   | Paul Flynn          | Swansea Harriers      | Lee Valley         | 04.03.2018     |            |
| 3000 Metres Walk |              |       |                     |                       |                    |                |            |
| M40              | 13:49.6 (HT) | WMA   | Colin Bradley       | Newport Harriers      | Birmingham         | 26.02.2000     |            |
| M45              | 13:48.1 (HT) | WMA   | Colin Bradley       | Newport Harriers      | N.I.A.C            | 17.02.2001     |            |
| M60              | 19:39.07     | WMA   | Howard Brown        | Les Croupiers RC      | Lee Valley         | 28.03.2010     |            |
| 5000 Metres Walk |              |       |                     |                       |                    |                |            |
| M35              | 23:11.4 (HT) | WMA   | Colin Bradley       | Newport Harriers      | Birmingham         | 26.02.1994     |            |
| High Hurdles     |              |       |                     |                       |                    |                |            |
| M35              | (99.1cm)     | 11.70 | WMA                 | Steven Thomas-Spires  | Wrexham AAC        | Lea Valley     | 18.02.2007 |
| M40              | (99.1cm)     | 10.47 | WMA                 | Neil Davies           | Wrexham AAC        | Lee Valley     | 13.02.2011 |
| M45              | (99.1cm)     | 11.01 | WMA                 | Derek Osborne         | Brecon AC          | Jyvaskyla, FIN | 04.04.2012 |
| M50              | (91.4cm)     | 10.52 | WMA                 | Derek Osborne         | Brecon AC          | Lee Valley     | 14.02.2016 |
| M55              | (91.4cm)     | 10.97 | WMA                 | Derek Osborne         | Brecon AC          | Lee Valley     | 17.02.2019 |
| M60              | (91.4cm)     | 9.63  | WMA                 | John Howe             | Rhondda AC         | Glasgow        | 16.03.2002 |
| M65              | (83.8cm)     | 12.49 | WMA                 | Mark Wyndham-Jones    | City of Norwich AC | Lee Valley     | 25.02.2018 |

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|--------------------|-----------------|------------|--------------------|---------------------------------|---------------------|-------------------|
| <b>High Jump</b>   |                 |            |                    |                                 |                     |                   |
| <b>M35</b>         | 1.83            | WMA        | Owen Chesher       | Brecon AC                       | Brecon AC           | 25.01.2020        |
| <b>M40</b>         | 1.79            | WMA        | Sean Power         | Cardiff AAC                     | Cosford             | 28.03.1987        |
| <b>M45</b>         | 1.71            | WMA        | Sean Power         | Cardiff AAC                     | Cosford             | 26.03.1988        |
| <b>M50</b>         | 1.47            | WMA        | Keith Powell       | Newport Harriers                | Lee Valley          | 13.02.2011        |
| <b>M55</b>         | 1.60            | WMA        | Sean Power         | Cardiff AAC                     | N.I.A.C.            | 17.02.2001        |
| <b>M60</b>         | <b>BR 1.61</b>  | <b>WMA</b> | <b>Sean Power</b>  | <b>Cardiff AAC</b>              | <b>N.I.A.C.</b>     | <b>26.03.2003</b> |
| <b>M65</b>         | 1.30            | OTH        | John Howe          | Rhondda AC AC                   | Carshallton         | 18.02.2007        |
| <b>M65</b>         | 1.26            | WMA        | Mark Wyndham-Jones | City of City of Norwich AC      | Lee Valley          | 25.02.2018        |
| <b>M70</b>         | 1.36            | WMA        | Sean Power         | Cardiff AAC                     | Birmingham          | 15.09.2013        |
| <b>M75</b>         | 1.10            | WMA        | John Howe          | Rhondda AC AC                   | N.I.A.C.            | 05.02.2017        |
| <b>Pole Vault</b>  |                 |            |                    |                                 |                     |                   |
| <b>M35</b>         | 4.80            | OTH        | Egryn Jones        | Windsor Slough Eaton & Hounslow | Lee Valley          | 01.02.2009        |
| <b>M40</b>         | 4.30            | OTH        | Egryn Jones        | Windsor Slough Eaton & Hounslow | Uxbridge            | 23.03.2013        |
| <b>M40</b>         | 4.10            | WMA        | Glyn Price         | Swansea Harriers                | N.I.A.C.            | 07.03.2010        |
| <b>M45</b>         | 4.20            | WMA        | Glyn Price         | Swansea Harriers                | Birmingham          | 25.03.2012        |
| <b>M50</b>         | 4.10            | WMA        | Glyn Price         | Swansea Harriers                | Ancona              | 30.03.2016        |
| <b>M55</b>         | 3.75            | WMA        | Glyn Price         | Swansea Harriers                | Cardiff             | 21.01.2024        |
| <b>M60</b>         | 3.00            | WMA        | Glyn Sutton        | Newport Harriers                | Carshallton         | 18.02.2007        |
| <b>M65</b>         | 2.80            | WMA        | John Howe          | Rhondda AC AC                   | N.I.A.C.            | 13.01.2007        |
| <b>M70</b>         | 2.60            | WMA        | John Howe          | Rhondda AC AC                   | Torun, POL          | 26.03.2015        |
| <b>M75</b>         | 2.36            | WMA        | John Howe          | Rhondda AC AC                   | N.I.A.C.            | 02.09.2017        |
| <b>Long Jump</b>   |                 |            |                    |                                 |                     |                   |
| <b>M35</b>         | 6.65            | WMA        | Navid Childs       | Thames Valley                   | N.I.A.C             | 28.01.2017        |
| <b>M40</b>         | 6.18            | WMA        | Sean Power         | Cardiff AAC                     | Cosford             | 15.03.1986        |
| <b>M45</b>         | 5.88            | WMA        | Sean Power         | Cardiff AAC                     | Cosford             | 25.03.1988        |
| <b>M50</b>         | 5.34            | WMA        | Geoff Miller       | Newport Harriers                | N.I.A.C             | 04.03.2006        |
| <b>M55</b>         | 4.97            | OTH        | Geoff Ward         | Wrexham AAC                     | Lee Valley          | 26.02.2011        |
| <b>M55</b>         | 4.93            | WMA        | Brian Williamson   | Cardiff AAC                     | N.I.A.C             | 19.02.2005        |
| <b>M60</b>         | 4.82            | WMA        | Geoff Ward         | Wrexham AAC                     | Deeside Ind         | 01.02.2014        |
| <b>M65</b>         | 4.14            | WMA        | Brian Williamson   | Rhondda AC AC                   | N.I.A.C             | 10.01.2016        |
| <b>M70</b>         | 3.95            | WMA        | John Evans         | Rugby & Northampton             | Eskilstuna          | 10.03.2005        |
| <b>M75</b>         | 3.65            | WMA        | John Evans         | Rugby & Northampton             | Lee Valley          | 26.02.2011        |
| <b>M80</b>         | 3.39            | WMA        | John Evans         | Rugby & Northampton             | Torun               | 24.03.2015        |
| <b>M85</b>         | <b>BR 2.75</b>  | <b>WMA</b> | <b>John Evans</b>  | <b>Rugby &amp; Northampton</b>  | <b>Rugby</b>        | <b>23.02.2020</b> |
| <b>Triple Jump</b> |                 |            |                    |                                 |                     |                   |
| <b>M40</b>         | 14.15           | WMA        | Sean Power         | Cardiff AAC                     | Cosford             | 11.01.1986        |
| <b>M50</b>         | <b>BR 12.54</b> | <b>WMA</b> | <b>Sean Power</b>  | <b>Cardiff AAC</b>              | <b>Birmingham</b>   | <b>01.03.1997</b> |
| <b>M55</b>         | <b>BR 12.45</b> | <b>WMA</b> | <b>Sean Power</b>  | <b>Cardiff AAC</b>              | <b>Birmingham</b>   | <b>10.01.1999</b> |
| <b>M60</b>         | <b>BR 11.93</b> | <b>WMA</b> | <b>Sean Power</b>  | <b>Cardiff AAC</b>              | <b>Sindelfingen</b> | <b>12.03.2004</b> |
| <b>M65</b>         | 10.70           | WMA        | Sean Power         | Cardiff AAC                     | Lee Valley          | 07.03.2009        |
| <b>M70</b>         | 9.41            | WMA        | Sean Power         | Cardiff AAC                     | N.I.A.C.            | 02.02.2014        |
| <b>M75</b>         | 8.32            | WMA        | Sean Power         | Cardiff AAC                     | Swansea             | 10.02.2019        |
| <b>M80</b>         | <b>BR 7.64</b>  | <b>WMA</b> | <b>John Evans</b>  | <b>Rugby &amp; Northampton</b>  | <b>N.I.A.C.</b>     | <b>11.01.2015</b> |
| <b>M85</b>         | <b>BR 5.83</b>  | <b>WMA</b> | <b>John Evans</b>  | <b>Rugby &amp; Northampton</b>  | <b>Lee Valley</b>   | <b>23.02.2020</b> |

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|--------------------|-------------|--------|--|----------------------------|----------------|-------------------|------------|
| Shot               |             |        |  |                            |                |                   |            |
| M35                | 7.26kg      | 13.38i |  | OTH Dean Bolt              | Unattached     | N.I.A.C.          | 26.01.2014 |
| M35                | 7.26kg      | 11.56i |  | WMA Graham Holder          | Bexley         | Lee Valley        | 27.02.2011 |
| M40                | 7.26kg      | 15.33i |  | WMA Andrew Turner          | Bournemouth    | Sindelfingen, GER | 12.03.2004 |
| M45                | 7.26kg      | 13.32i |  | WMA Andrew Turner          | Bournemouth    | N.I.A.C.          | 24.01.2009 |
| M50                | 6.00kg      | 14.05i |  | OTH Phil Davies            | Deeside        | Connah's Quay     | 09.01.2011 |
| M50                | 6.00kg      | 12.47i |  | WMA Andrew Turner          | Bournemouth    | Lee Valley        | 16.02.2014 |
| M55                | 6.00kg      | 10.68i |  | OTH Geoff Ward             | Wrexham AAC    | Connah's Quay     | 09.01.2011 |
| M55                | 6.00kg      | 10.38i |  | WMA Glyndwr Pugh           | Rhondda AC     | Lee Valley        | 12.03.2017 |
| M60                | 5.00kg      | 12.02i |  | OTH John Walters           | Cardiff        | Birmingham        | 27.02.1999 |
| M60                | 5.00kg      | 11.18i |  | WMA Geoff Ward             | Wrexham AAC    | Lee Valley        | 10.03.2013 |
| M65                | 5.00kg      | 9.92i  |  | WMA John Howe              | Rhondda AC     | Lee Valley        | 03.03.2007 |
| M70                | 4.00kg      | 10.19  |  | WMA Peter Hawney           | Bexley         | Lee Valley        | 25.02.2024 |
| M75                | 4.00kg      | 10.11  |  | WMA Peter Hawney           | Bexley         | Lee Valley        | 23.02.2025 |
| M80                | 3.00kg      | 6.59   |  | WMA Phil Rees              | Rhondda AC     | Lee Valley        | 18.02.2024 |
| M80                | 3.00kg      | 6.36   |  | OTH David Gardner          | North Wales RR | Connah's Quay     | 09.12.2023 |
| M85                | 3.00kg      | 7.26   |  | WMA David Gardner          | North Wales RR | Deeside           | 11.01.2025 |
| Weight Throw       |             |        |  |                            |                |                   |            |
| M55                | 11.34kg     | 13.05i |  | WMA Glyndwr Pugh           | Rhondda        | Lee Valley        | 12.03.2017 |
| M65                | 9.08kg      | 9.51i  |  | WMA John Howe              | Rhondda        | Lee Valley        | 23.02.2008 |
| 4x200 Metres Relay |             |        |  |                            |                |                   |            |
| M35                | 1:43.8 (HT) |        |  | WMA Welsh Masters V35 Team |                | Lee Valley        | 26.02.2017 |
| M50                | 1:51.21     |        |  | WMA Welsh Masters V50 Team |                | Lee Valley        | 28.02.2016 |
| M60                | 1:55.69     |        |  | WMA Welsh Masters V60 Team |                | Lee Valley        | 01.03.2020 |
| M70                | 2:41.71     |        |  | WMA Welsh Masters V70 Team |                | Lee Valley        | 28.02.2016 |
| M35+               | 1:45.40     |        |  | OTH Newport Harriers       |                | Newport Harriers  | 13.07.2011 |