



Senior and Veteran Male Track Records

Last Updated: 06/10/2020

Final

Equal or better than BMAF medal standards

60m	Name	Time	% UK std	Location/ Meeting	Date
Open	Dan Wright	7.1		Birmingham	20/02/2011
Senior	Dan Wright	7.1		Birmingham	20/02/2011
M35					
M40					
M45	Brian Gravelsons	8.64	94.9	Birmingham	25/03/2018
M50	Dave Wilson	8.39	100.1192	Birmingham	19/01/2020
M55	Andy List	8.73	99.7	Cardiff	20/01/2019
M60	Peter Coote	9.56	95.2	Lee Valley	10/03/2018
M65					
M70					
100m	Name	Time	% UK std	Location/ Meeting	Date
Open	Andrew Pozzi	10.44		Olympic Park	21/07/2018
Senior	Andrew Pozzi	10.44		Olympic Park	21/07/2018
M35	Andy Reeves	12.7	96.1	Brierley Hill	27/06/2018
M40	Dave Battersby/Rob	13.2	94.7	Brierley Hill/Stratford	27/06/2018, 3/7/19
M45	Brian Gravelsons	13.28	97.1	Birmingham	30/06/2016
M50	Andy List	12.9	103.1	Stourport	30/04/2016
M55	Andy List	12.6	109.5	Nuneaton	04/09/2016
M60	Mark Illingworth	14.1	102.1277	Stratford	13/09/2020
M65					
M70	David Jones	17.18	96.0	Nuneaton	04/10/2020
M75	Phil Brennan	18.57	96.9	Solihull	01/09/2018
150m	Name	Time	% UK std	Location/ Meeting	Date
Open	Ben Shuker	18.9			29/04/1999
Senior					
M35					
M40					
M45					
M50					
M55					
M60	Peter Coote	22.9		Cheltenham	26/07/2017
M65					
M70					
200m	Name	Time	% UK std	Location/ Meeting	Date
Open	Oliver Crosswell	22.48		Brunei	08/08/2018
Senior	Neil Hawkins	22.9		Rugby	01/07/2006
M35	Rob Minton	26.2	95.0	Worcester	27/07/2016
M40	Dave Battersby	25.7	98.8	Stratford	09/09/2018
M45	Brian Gravelsons	27.5	94.5	Worcester	27/07/2016
M50	Andy List	26.58	101.2	Worcester	30/08/2015
M55	Andy List	27.1	103.7	Tipton	08/05/2016
M60	Peter Coote	31.2	94.9	Brierley Hill	27/05/2015
M65	David Jones	34.8	90.5	Brierley Hill	27/05/2016
M70	David Jones	35.33	94.8	Nuneaton	16/08/2020
M75	Phil Brennan	38.1	97.9	Redditch	05/06/2019
300m	Name	Time	% UK std	Location/ Meeting	Date
Open	Neil Hawkins	35.9		Worcester	22/05/2008
Senior	Neil Hawkins	35.9		Worcester	22/05/2008
M35					
M40					
M45	Brian Gravelsons	45.7	n.a	Stourport	10/04/2016
M50					
M55					
M60					
M65					
400m	Name	Time	% UK std	Location/ Meeting	Date
Open	Neil Hawkins	49.6		Leicester	10/05/2008
Senior	Neil Hawkins	49.6		Leicester	10/05/2008
M35	Rob Minton	54.8	102.7	Yate	18/05/2013
M40	David Battersby	57.21	99.5	Birmingham	25/08/2018
M45	David Smyth	61.5	94.5	Solihull	28/06/2017
M50	David Smyth	60.68	99.4	Solihull	01/09/2018
M55	Andy List	64.7	98.1	Stourport	28/04/2016
M60	Peter Coote	73.3	91.5	Solihull	28/06/2017
M65	David Jones	74.9	95.6	Leamington	17/06/2015
M70	David Jones	79.49	99.4	Cardiff	19/01/2020
M75	Phil Brennan	83.23	109.3	Nottingham	31/08/2019
600m	Name	Time	% UK std	Location/ Meeting	Date
Open	Steve Barr	1:24.00			26/03/1995
Senior					
M35					
M40					
M45					
M50					
M55					
M60					
M65					
800m	Name	Time	% UK std	Location/ Meeting	Date
Open	Joe Brocklehurst	01:50.5		Stretford	01/09/2009
Senior	Joe Brocklehurst	01:50.5		Stretford	01/09/2009
M35	Rob Minton	02:13.0	96.2	Redditch	29/07/2015
M40	Rich Shephard	02:11.95	99.3	Nottingham	31/08/2019
M45	Graham Taylor	2:17.7	98.0	Leamington	23/07/2014
M50	Pete Sugden	02:25.20	97.1	Sutton Coldfield	03/08/2019
M55	Tony Jackson	2:41.8	90.9	Nuneaton	01/09/2013
M60	Robin Kindersley	02:37.1	101.2	Redditch	07/06/2017
M65	David Jones	02:46.88	101.9	Abingdon	25/05/2019
M70	David Jones	02:48.08	112.4	Nuneaton	16/08/2020
M75	Phil Brennan	02:58.58	120.4	Malaga	11/09/2018
1500m	Name	Time	% UK std	Location/ Meeting	Date
Open	Joe Brocklehurst	03:51.8		Stretford	04/05/2010
Senior	Joe Brocklehurst	03:51.8		Stretford	04/05/2010
M35	Ben Kruze	04:15.6	103.7	Stratford	13/09/2020
M40	Matt Burdus-Cook	04:35.20	99.9	Stratford	13/09/2020
M45	David Smyth	04:45.4	97.8	Leamington	17/06/2015
M50	Tony Jackson	05:05.0	95.4	Stratford	27/05/2009
M55	Martin Foster	05:22.0	95.7	Stratford	03/07/2019
M60	Robin Kindersley	05:14.3	104.7	Stourport	10/05/2017
M65	Roger Wilson	5:34.0	106.6	Stratford	27/05/2009
M70	David Jones	05:44.2	114.2	Leamington	12/09/2020
M75	Phil Brennan	06:06.74	124.1	Solihull	08/07/2018
1 mile	Name	Time	% UK std	Location/ Meeting	Date
Open	Steve Marshall	4:47.10			30/06/2007
Senior	Dan Lynch	5:18.0		Leamington	23/07/2014
M35	Danny Tolhurst	04:56.7	n.a	Oxford	19/07/2014
M40	Rob Minton	05:18.5	n.a	Stourport	25/04/2019
M45	Graham Taylor	5:20.6	n.a	Leamington	23/07/2014
M50	Tony Jackson	5:40.5	n.a		11/06/2008
M55	Paul Hawkins	6:06.2	n.a	Stratford	28/08/2013
M60	David Jones	6:05.1	n.a	Leamington	23/07/2014
M65	Roger Wilson	6:01.0	n.a	Stratford	08/05/2009
M70	Phil Brennan	6:33.8	n.a	Stratford	28/08/2013
M75	Phil Brennan	06:50.3	n.a	Stourport	25/04/2019
3000m Walk	Name	Time	% UK std	Location/ Meeting	Date
Open	Paul Hawkins	18:16.86	n.a	Nuneaton	12/05/2019

3000m	Name	Time	% UK std	Location/ Meeting	Date
Open	Joe Brocklehurst	08:42.8		Cosford	21/04/2012
Senior	Joe Brocklehurst	08:42.8		Cosford	21/04/2012
M35	Rob Minton	09:42.2	n.a	Redditch	29/07/2015
M40	Rich Shephard	09:35.27	n.a	Nottingham	31/08/2019
M45	Tim Hutchinson	10:14.89	n.a	Leamington	05/08/2015
M50	Phil Howell	10:47.1	n.a	Solihull	25/05/2016
M55	Malcolm Bowyer	11:30.98	n.a	Solihull	01/09/2018
M60	Robin Kindersley	10:48.1	n.a	Redditch	07/06/2017
M65	Roger Wilson	11:45.0	n.a	Stratford	18/03/2009
M70	Roger Wilson	12:25.4	n.a	Solihull	21/07/2013
M75	Phil Brennan	13:25.53	n.a	Cardiff	16/12/2018
5000m	Name	Time	% UK std	Location/ Meeting	Date
Open	David Wright	15:59.00			14/05/1995
Senior	Josh Newman	16:47.4		Stourport	06/05/2018
M35	Chris Bacon	17:30.8	93.3	Yate	18/05/2013
M40	Matt Burdus-Cook	17:33.8	95.7	Telford	06/07/2019
M45	Tim Hutchinson	17:26.9	100.4	Leicester	05/07/2015
M50	Tony Jackson	19:50.0	92.4		
M55					
M60	David Jones	20:57.46	98.6	Stratford	06/09/2014
M65	Roger Wilson	20:48.0	105.8	Nuneaton	08/06/2008
M70	Roger Wilson	21:08.52	113.5	B'ham	15/09/2013
M75	Roger Wilson	22:12.9	118.5	Nuneaton	04/06/2017
10000m	Name	Time	% UK std	Location/ Meeting	Date
Open	David Wright	33:21.40			30/04/1995
Senior					
M35					
M40					
M45					
M50					
M55					
M60					
M65	Roger Wilson	43:13.0	107.4	Oxford	25/05/2008
M70	Roger Wilson	45:02.1	111.8		05/08/2012
60m Hurdles	Name	Time	% UK std	Location/ Meeting	Date
Open	Andrew Pozzi	7.43		Birmingham	18/02/2017
Senior	Andrew Pozzi	7.43		Birmingham	18/02/2017
M35					
M40					
M45					
M50					
M55					
M60					
M65					
M70					
110m Hurdles	Name	Time	% UK std	Location/ Meeting	Date
Open	Andrew Pozzi	13.14		Paris	01/07/2017
Senior	Andrew Pozzi	13.14		Paris	01/07/2017
M35	Andrew Reeves	19.1	94.2	Nuneaton	03/06/2018
M40					
M45					
M50	Malcolm Bowyer	28.8	67.4	B'ham	08/06/2013
M55					
M60					
M65					
M70					
200m Hurdles	Name	Time	% UK std	Location/ Meeting	Date
M35	Andy Reeves	30.62	n.a	Nottingham	31/08/2019
M45	Brian Gravelsons	35.68	n.a	Worcester	30/08/2015
M50	John Boxall	32.9	n.a	Tamworth	10/09/2017
M55	John Boxall	33.16	n.a	Solihull	01/09/2018
400m Hurdles	Name	Time	% UK std	Location/ Meeting	Date
Open	Malcolm Hawkins	56.38			12/07/2002
Senior	Dan Wright	57.08		Loughborough	12/05/2010
M35	Rob Minton	68.2	92.4	Yate	18/05/2013
M40	James Deacon	77.5	84.1	Stoke	07/07/2013
M50	Tony Jackson	91.3	79.0		04/07/2009
2000m SC	Name	Time	% UK std	Location/ Meeting	Date
Open	Martin Proctor	6:50.00			18/09/1993
Senior					
M35	Rob Minton	6:58.5	n.a	Yate	18/05/2013
M40	Rob Minton	07:48.2	n.a	Telford	06/07/2019
M45					
M50	Malcolm Bowyer	7:52.8	n.a	Yate	18/05/2013
M55	Paul Hawkins	9:32.7	n.a	Stoke	07/07/2013
M60					
M65					
M70					
3000m SC	Name	Time	% UK std	Location/ Meeting	Date
Open	Martin Proctor	10:06.70			11/09/1993
Senior	Steve Marshall	10:38.0		Cambridge	19/05/2007
M35	Rob Minton	10:38.7	102.1	Solihull	09/08/2015
M40					
M45					
M50	Keith Hawkes	12:14.9	96.2	B'ham	09/06/2013
M55					
M60					
M65					
M70					
4X100m	Name	Time	% UK std	Location/ Meeting	Date
Open	Andrew Pozzi, James Clarke, Neil Hawkins, Chris Bartlett	45.00			07/07/2007
M35+	Rob Minton, Drew Sambridge, Andrew Reeves, David Wilson	51.1		Worcester	31/07/2019
4X200m	Name	Time	% UK std	Location/ Meeting	Date
M35+	Rob Minton, Drew Sambridge, Andrew Reeves, David Wilson	01:47.4		Stourport	25/04/2019
4X400m	Name	Time	% UK std	Location/ Meeting	Date
Open	Rob Minton, Joe Brocklehurst, Charlie Bum, Neil Hawkins	3:29.80			01/07/2006
M35+	Matt Burdus-Cook, Dave Wilson, Drew Sambridge, Pete Sugden	04:12.39		Nottingham	31/08/2019
2000m Walk	Name	Time	% UK std	Location/ Meeting	Date
Open	Paul Hawkins	11:52.0	n.a	Stratford	03/07/2019
Senior					
M35					
M40	David Battersby	15:10.7	n.a	Redditch	30/05/2018
M45	David Smyth	13:21.8	n.a	Nuneaton	04/09/2016
M50	Malcolm Bowyer	12:37.2	n.a	Sutton Cfd	31/07/2013
M55	Paul Hawkins	13:43.2	n.a	Redditch	29/07/2015
M60	Paul Hawkins	11:52.0	n.a	Stratford	03/07/2019
M65	David Jones	13:09.4	n.a	Leamington	17/06/2015
M70					
5000m Walk	Name	Time	% UK std	Location/ Meeting	Date
Open	Paul Hawkins	30:35.8	n.a	Nuneaton	14/04/2019