

Surrey County Athletics Association

Masters Championship Records

as at 30th May 2010



M35

100m	Draco Mpka	Kingston & Polytechnic	11.6	24/05/2008	Kingston
200m	Draco Mpka	Kingston & Polytechnic	23.3	23/05/2009	Ewell
400m	Martin Rowe	Croydon H	53.5	30/05/2008	Kingston
800m	Martin Rowe	Croydon H	1:59.9	24/05/2008	Kingston
5000m	Justin Macenhill	SoC	16:44.3	23/05/2009	Ewell
110H	Julian Langley	Walton	19.4	23/05/2009	Ewell
400H	Julian Langley	Walton	66.8	29/05/2010	Ewell
Long Jump	Neil Lincoln	Redhill & Surrey Beagles	6.03	29/05/2010	Ewell
Triple Jump	Neil Lincoln	Redhill & Surrey Beagles	12.04	25/05/2010	Ewell
Shot	Mark Leitch	VAC	14.60	26/05/2007	Kingston
Discus	Mark Leitch	VAC	31.85	26/05/2007	Kingston
Javelin	Mark Leitch	VAC	44.69	26/05/2007	Kingston
Hammer	Gavin Cook	Thames Valley H	47.93	26/05/2007	Kingston

M40

100m	John Browne	Herne Hill H	11.3	25/05/1997	Tooting
200m	John Browne	Herne Hill H	23.3	25/05/1997	Tooting
400m	Tony Mitchell	Woking AC	52.2	25/05/1999	Kingston
800m	Ian Wright	Croydon H	2:03.3	21/06/2003	Kingston
1500m	Barry Attwell	South London H	4:14.4	28/05/1995	Tooting
5000m	Eric Thomas	South London H	15:26.6	23/05/1998	Tooting
110m H	Clarence Allen	Herne Hill H	15.1	29/05/2004	Kingston
400m H	David Moles	Walton AC	61.7	9/05/1999	Kingston
3km Walk	Peter Hannell	Surrey Walking Club	14:45.8	25/05/1997	Tooting
High Jump	Peter Roberts	Croydon H	1.61	28/05/2005	Kingston
Pole Vault	John Andrews	Epsom & Ewell H	4.00	8/05/2005	Kingston
Long Jump	John Shepherd	Enfield & Haringey	6.43	28/05/2005	Kingston
Triple Jump	Keith Martin	Walton AC	11.98	25/05/1997	Tooting
Shot	Paul Edwards	Walton AC	15.06	29/05/1999	Kingston
Discus	Paul Edwards	Walton AC	44.75	29/05/1999	Kingston
Hammer	Mike Small	Belgrave H	44.68	27/05/1995	Tooting
Javelin	Jeremy Davis	Walton AC	46.84	29/05/2004	Kingston

M45

100m	Kwei Sankofa	Herne Hill H	11.8	28/05/2005	Kingston
200m	Kwei Sankofa	Herne Hill H	24.1	28/05/2005	Kingston
400m	Kwei Sankofa	Herne Hill H	53.9	28/05/2005	Kingston
800m	Vic Maughn	Herne Hill H	2:08.7	26/05/2007	Kingston
1500m	Edwin Cooke	Woking AC	4:21.1	28/05/1995	Tooting
5000m	Barry Broe	Epsom & Ewell H	16:19.1	29/05/1995	Kingston
110m H	Glen Reddington	WSEH	16.5	24/05/2008	Kingston
400m H	David Moles	Walton AC	62.1	28/05/2005	Kingston
3km Walk	Paul King	Belgrave H	16:57.4	25/05/1997	Tooting
High Jump	Dave Blunt	Epsom & Ewell H	1.60	27/05/2000	Kingston
Pole Vault	John Andrews	Epsom & Ewell H	3.60	23/05/2009	Ewell
Long Jump	Masukatsu Kondo	Herne Hill H	5.88	23/05/2009	Ewell
Triple Jump	Akin Oyediran	Herne Hill H	12.98	26/05/2007	Kingston
Shot	Bill Fuller	Epsom & Ewell H	13.06	25/05/1997	Tooting
Discus	Tony Richards	Croydon H	38.16	25/05/1997	Tooting
Hammer	Mike Small	Belgrave H	46.54	27/05/2000	Kingston
Javelin	Kevin Sheppard	Walton AC	55.58	28/05/1995	Tooting

M50

100m	Robert Fraser	Herne Hill H	12.2 (+0.9)	29/05/1999	Kingston
	Geoff Walcott	Hercules Wimbledon	12.2 (-0.7)	27/05/2006	Kingston
200m	Geoff Walcott	Hercules Wimbledon	24.6 (-0.7)	27/05/2006	Kingston
400m	Geoff Walcott	Hercules Wimbledon	56.36	21/06/2003	Kingston
800m	Hugh Saxby	Hercules Wimbledon	2:11.9	29/05/2004	Kingston
1500m	Barry Atwell	South London H	4:33.5	26/05/2007	Kingston
5000m	Graham Taylor	Dorking & Mole Valley	16:11.7	28/05/1995	Tooting
100m H	Terry Hall	Redhill & Surrey Beagles	17.06	21/06/2003	Kingston
400m H	David Moles	Walton	64.6	23/05/2009	Ewell
3km Walk	Peter Hannell	Surrey Walking Club	14:45.8	24/05/1997	Tooting
High Jump	David Blunt	Epsom & Ewell H	1.55	26/05/2007	Kingston
	David Blunt	Epsom & Ewell H	1.55	24/05/2008	Kingston
Pole Vault	Nick Phipps	Woking AC	3.40	29/05/2004	Kingston
	David Blunt	Epsom & Ewell H	3.40	29/05/2004	Kingston
	Nick Phipps	Woking AC	3.40	28/05/2005	Kingston
	David Blunt	Epsom & Ewell H	3.40	24/05/2008	Kingston
Long Jump	Dennis Wallington	Blackheath H	5.48	27/05/2000	Kingston
Triple Jump	John Vernon	Sutton & Dist AC	11.38	01/06/1996	Tooting
Shot	Michael Small	WSEH	15.08	28/05/2005	Kingston
Discus	Michael Small	WSEH	48.14	28/05/2005	Kingston
Hammer	Chris Melliush	Cambridge H	53.80 (BR)	28/05/1995	Tooting
Javelin	Les Hatton	Kingston & Polytechnic	44.62	25/05/2002	Kingston

M55

100m	Geoff Walcott	Hercules Wimbledon	12.4 (-0.5)	26/05/2007	Kingston
200m	Terry Bissett	Epsom & Ewell	25.2 (+3.0)	29/05/1999	Kingston
	Geoff Walcott	Hercules Wimbledon	25.2 (-0.6)	6/05/2007	Kingston
400m	Terry Bissett	Epsom & Ewell H	57.9	27/05/2000	Kingston
800m	Derek Wardle	VAC	2:19.0	25/05/2002	Kingston
1500m	Michael Mann	Herne Hill H	4:38.2	28/05/2005	Kingston
5000m	Derek Claxton	Herne Hill H	17:16.6	28/05/1995	Tooting
100m H	Maurice Joyce	Kingston & Polytechnic	17.5	29/05/1999	Kingston
400m H	Fred Bush	Haslemere Border	65.6	29/05/1999	Kingston
3km Walk	Peter Hannell	Surrey Walking Club	14:34.0	27/05/2000	Kingston
High Jump	Michael Burrell	R& SB	1.40	28/05/1995	Tooting
Pole Vault	David Blunt	Epsom & Ewell H	3.50	23/05/2009	Ewell
Long Jump	David Barrington	Kingston & Polytechnic	4.47	25/05/1997	Tooting
Triple Jump	Derek Graves	Fleet & Crookham AC	9.31	26/05/2001	Kingston
Shot	Michael Small	Swindon	12.97	23/05/2009	Ewell
Discus	Michael Small	Swindon	43.08	23/05/2009	Ewell
Hammer	Chris Melliush	Cambridge H	50.66	27/05/2000	Kingston
Javelin	Les Hatton	Kingston & Polytechnic	42.93	28/05/2005	Kingston
W/Hammer	Chris Privett	Belgrave H	16.61	29/05/2012	Ewell

M60

100m	Byron Gray	Herne Hill H	12.4	01/06/1996	Tooting
200m	Byron Gray	Herne Hill H	25.8	01/06/1996	Tooting
400m	Terry Bissett	Epsom & Ewell H	59.6	29/05/2004	Kingston
800m	Richard Somers	Epsom & Ewell H	2:25.9	28/05/2005	Kingston
1500m	Michael Mann	Herne Hill Harriers	5:08.8	29/05/2010	Ewell
5000m	Steve Badgery	Hercules Wimbledon	17:43.5	24/08/2008	Kingston
100m H	Gordon Daborn	Stevenage & N. Herts	17.9	25/05/1997	Tooting
300m H	Fred Bush	Haslemere Border	49.16	21/06/2003	Kingston
	Derek Wardle	WSEH	49.2	26/05/2007	Kingston
3km Walk	Carl Lawton	Belgrave H	16:09.9	23/05/2009	Ewell
High Jump	Roy White	St Marys Richmond AC	1.30	24/05/2008	Kingston
Pole Vault	Brian Harlick	Epsom & Ewell H	2.80	21/06/2003	Kingston
Long Jump	Frank Haque	Hercules Wimbledon	5.12	25/05/2002	Kingston
Triple Jump	Frank Haque	Hercules Wimbledon	10.03	25/05/2002	Kingston
Shot	Eric Barker	Croydon H	13.52	21/06/2003	Kingston
Discus	Michael Ferne	SC Vets AC	42.64	24/05/2008	Kingston
Hammer	Chris Melliush	Cambridge H	47.78	26/05/2007	Kingston
Javelin	Kevin Shepard	Walton	38.67	23/05/2009	Ewell

M65

100m	Terry Bissett	Epsom & Ewell H	13.6	23/05/2009	Ewell
200m	Terry Bissett	Epsom & Ewell H	27.1	23/05/2009	Ewell
400m	Terry Bissett	Epsom & Ewell H	67.3	23/05/2009	Ewell
800m	John Garber	Herne Hill H	2:41.4	23/05/2009	Ewell
1500m	John Garber	Herne Hill H	5:30.4	26/05/2007	Kingston
5000m	Keith Spacie	TH & H	20:12.72	21/06/2003	Kingston
300m H	David Barrington	Kingston & Polytechnic	56.1	26/05/2007	Kingston
3km Walk	Michael Harran	Herne Hill H	16:47.9	27/05/2006	Kingston
High Jump	Alf Woods	Epsom & Ewell H	1.20	28/05/1995	Tooting
	Cliff Taylor	Belgrave H	1.20	26/05/2001	Kingston
	Brian Harlick	Epsom & Ewell H	1.20	26/05/2007	Kingston
Pole Vault	Alf Woods	Epsom & Ewell H	2.90	28/05/1995	Tooting
Long Jump	Allan Long	Herne Hill H	4.12	23/05/2009	Ewell
Triple Jump	Colin Shepherd	Basingstoke & MH	7.33	25/05/2002	Kingston
Shot	Alf Woods	Epsom & Ewell H	10.25	28/05/1995	Tooting
Discus	Patrick Tomney	VAC	38.74	29/05/1999	Kingston
Hammer	Chris Melliush	Cambridge H	44.74	29/05/2010	Ewell
Javelin	John Webster	Hercules Wimbledon	36.37	28/05/2005	Kingston
W/ Hammer	Chris Melliush	Cambridge H	15.47	29/05/2010	Ewell

M70

100m	Gordon Daborn	EVAC	15.6	28/05/2005	Kingston
200m	Gordon Daborn	EVAC	32.1	28/05/2005	Kingston
400m	Gordon Daborn	EVAC	82.3	28/05/2005	Kingston
800m	Tom Rowley	Woking AC	3:10.4	23/05/1998	Tooting
1500m	Brian Shave	Herne Hill H	6:29.7	29/05/2004	Kingston
5000m	Derek Funnell	Epsom & Ewell H	22:59.0	23/05/1998	Kingston
80m H	Gordon Daborn	EVAC	15.4	29/05/2004	Kingston
300m H	Gordon Daborn	EVAC	59.3	28/05/2005	Kingston
3km Walk	M Harran	Herne Hill Harriers	17:31.3	29/05/2010	Ewell
High Jump	Cliff Taylor	Belgrave H	1.20	25/05/2002	Kingston
Pole Vault	Alf Woods	Epsom & Ewell H	2.20	27/05/2000	Kingston
Long Jump	Colin Sheppard	BMH	3.73	28/05/2005	Kingston
Triple Jump	Colin Sheppard	BMH	7.58	28/05/2005	Kingston
Shot	Cliff Taylor	VAC	11.34 (BR)	21/06/2003	Kingston
Discus	Ian Briggs	R & SB	31.29	29/05/1999	Kingston
Hammer	John Webster	Hercules Wimbledon	36.15	29/05/2010	Ewell
Javelin	John Webster	Hercules Wimbledon	30.23	29/05/2010	Ewell

M75

100m	Phil Munn	Sutton & Dist AC	16.7	23/05/1998	Tooting
200m	Phil Munn	Sutton & Dist AC	36.0	23/05/1998	Tooting
400m	Ken Crooke	Croydon H	95.5	29/05/2004	Kingston
800m	Brain Shave	Herne Hill H	3:31.1	23/05/2009	Ewell
1500m	Brain Shave	Herne Hill H	6:56.6	23/05/2009	Ewell
5000m	Brain Shave	Herne Hill H	25:28.9	23/05/2009	Ewell
3km Walk	Jack Fitzgerald	Sutton & Dist AC	19:22.4	23/05/1998	Tooting
80mH	Gordon Darborn	VAC	21.6	24/05/2008	Kingston
300mH	Gordon Darborn	VAC	80.1	24/05/2008	Kingston
High Jump	Alf Woods	Epsom & Ewell H	1.05	29/05/2004	Kingston
Pole Vault	Alf Woods	Epsom & Ewell H	2.20	29/05/2004	Kingston
Triple Jump	Denis Philcox	SCVAC	6.59	25/05/1997	Tooting
Long Jump	Colin Sheppard	BMH	3.21	29/05/2010	Ewell
Shot	Cliff Taylor	VAC	9.46	26/05/2007	Kingston
Discus	Ian Briggs	RI & SB	26.73	28/05/2005	Kingston
Hammer	Cliff Taylor	VAC	27.68	26/05/2007	Kingston
Javelin	Gordon Daborn	VAC	25.99	24/05/2008	Kingston
W/Hammer	Norman Fullick	Haslemere Border AC	8.52	29/05/2010	Ewell

M80

100m	Phil Munn	Sutton & District	19.53	21/06/2003	Kingston
200m	Phil Munn	Sutton & District	46.03	21/06/2003	Kingston
800m	Harry Tempan	Dorking & Mole Valley	3:15.5	24/05/2008	Kingston
1500m	Harry Tempan	Dorking & Mole Valley	6:37.5	24/05/2008	Kingston
3km Walk	Jack Fitzgerald	Sutton & District	23:56.86	21/06/2003	Kingston
Discus	Ian Briggs	RSB	19.68	23/05/2009	Ewell

M85

3Km Walk	Jack Fitzgerald	Sutton	27:23.0	24/05/2008	Kingston
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W35

100m	Karen Iddenden	SCVAC	13.5 (-0.8)	26/05/2001	Kingston
200m	Laura Pummell	Woking AC	26.8	23/05/1998	Tooting
400m	Laura Pummell	Woking AC	59.5	25/05/1997	Tooting
800m	Ruth Vlassak	Woking AC	2:23.7	29/05/1999	Kingston
1500m	Liz Kipling	St Marys Richmond	4:56.0	29/05/2010	Ewell
5000m	Clare Pauzers	Herne Hill H	17:53.2	25/05/2002	Kingston
100m H	Katherine Dale	Guildford & Godalming	17.1 (-0.7)	25/05/2002	Kingston
400m H	Virginia Mitchell	Woking AC	65.8	26/05/2001	Kingston
			65.8	25/05/2002	Kingston
3km Walk	Estlé Viljoen	Hercules Wimbledon	15:30.2	27/05/2006	Kingston
High Jump	Ayamba Akim	WG&EL	1.72	23/05/2009	Ewell
Pole Vault	Debbie Singleton	Walton AC	2.30	01/06/1996	Tooting
	Jayne Anderson	Belgrave H	2.30	27/05/2006	Kingston
Long Jump	Joanne Regan	Walton AC	4.85	27/05/2006	Kingston
Triple Jump	Katherine Dale	Guildford & Godalming	10.03	29/05/2004	Kingston
Shot	Camilla Thrush	Kingston & Polytechnic	10.51	27/05/2006	Kingston
Discus	Camilla Thrush	Kingston & Polytechnic	33.69	28/05/2005	Kingston
Hammer	Janet Smith	Windsor Slough & Eton	41.01	27/05/2000	Kingston
Javelin	Camilla Thrush	Kingston & Polytechnic	24.69	29/05/2004	Kingston

W40

100m	Angela Griffiths	Epsom & Ewell H	13.8	29/05/2004	Kingston
200m	Angela Griffiths	Epsom & Ewell H	27.8	29/05/2004	Kingston
400m	Alison Collins	South London H	64.6	25/05/2007	Kingston
800m	Jan Bigos	Aldershot F&D	2:37.2	01/06/1996	Tooting
1500m	Clare Pauzers	Herne Hill H	4:51.5	26/05/2007	Kingston
5000m	Janet Ray	Dorking & Mole Valley	18:09.0	25/05/2002	Kingston
80m H	Sue Burridge	Woking AC	14.7	28/05/1995	Tooting
3km Walk	Fiona Bishop	Woking AC	17:56.1	27/05/2000	Kingston
High Jump	Sue Burridge	Woking AC	1.40	01/06/1996	Tooting
Pole Vault	Debbie Singleton	Walton AC	2.50	29/05/1999	Kingston
Long Jump	Sue Burridge	Woking AC	4.61	01/06/1996	Tooting
Triple Jump	Joanne Regan	Walton AC	9.20	29/05/2010	Ewell
Shot	Camilla Thrush	Kingston & Polytechnic	10.19	23/05/2009	Ewell
Discus	Camilla Thrush	Kingston & Polytechnic	33.04	23/05/2009	Ewell
Hammer	Camilla Thrush	Kingston & Polytechnic	37.26	23/05/2009	Ewell
Javelin	Vilma Thompson	Bromley Vets	25.12	01/06/1996	Tooting

W45

100m	Val Parsons	Woking AC	13.6	28/05/1995	Tooting
200m	Alison Allcock	Unattached	28.8	26/05/2007	Kingston
400m	Ros Aylett	Walton AC	70.9	29/05/2004	Kingston
800m	Olia Inka-Price	Woking AC	2:31.2	26/05/2001	Kingston
1500m	Claire Pauzers	Herne Hill H	4:57.9	23/05/2008	Kingston
5000m	Marilyn Clarke	Herne Hill H	19:06.1	27/05/2000	Kingston
3km Walk	Fiona Bishop	Woking AC	17:35.4	28/05/2005	Kingston
High Jump	Amanda Rowley-Jones	Croydon	1.33	23/05/2009	Ewell
Pole Vault	Debbie Singleton	Walton AC	2.30	29/05/2004	Kingston
Long Jump	Amanda Rowley-Jones	Croydon	4.03	23/05/2009	Ewell
Triple Jump	Kim Thornton	Croydon H	7.61	26/05/2007	Kingston
Shot	Vilma Thompson	Bromley Vets	9.74	29/05/1999	Kingston
Discus	Debbie Singleton	Walton AC	26.36	27/05/2006	Kingston
Hammer	Vilma Thompson	Bromley Vets	26.50	29/05/1999	Kingston
Javelin	Vilma Thompson	Bromley Vets	29.93	29/05/1999	Kingston

W50

100m	Val Parsons	Woking AC	13.7 (+2.9)	29/05/1999	Kingston
200m	Val Parsons	Woking AC	28.3 (+5.0)	29/05/1999	Kingston
400m	Sheila Chapman	Epsom & Ewell H	73.1	23/05/1998	Tooting
800m	Moira O'Leary	Epsom & Ewell H	2:59.1	25/05/1997	Tooting
1500m	Jane Davies	Epsom & Ewell H	5:16.1	29/05/1999	Kingston
5000m	Jane Davies	Epsom & Ewell H	19:02.8	29/05/1999	Kingston
3km Walk	Heather Fenton	Surrey WC	18:24.1	26/05/2007	Kingston
High Jump	Maureen Jones	Belgrave H	1.10	23/05/1998	Tooting
Pole Vault	Debbie Singleton	Walton	2.20	23/05/2009	Ewell
Long Jump	Anne Smith	Croydon H	3.38	29/05/2004	Kingston
Triple Jump	Linda Harrison	Croydon	6.46	28/05/2005	Kingston
Shot	Vilma Thompson	Belgrave H	10.49	29/05/2004	Kingston
Discus	Debbie Singleton	Walton	26.76	23/05/2009	Ewell
Hammer	Jenny Piercy	Epsom & Ewell H	32.00	26/05/2007	Kingston
Javelin (500g)	Jenny Piercy	Epsom & Ewell H	17.99	27/05/2006	Kingston

W55

100m	Val Parsons	Windsor SE & H	14.0 (+2.5)	25/05/2002	Kingston
200m	Val Parsons	Woking AC	29.1 (-3.2)	26/05/2001	Kingston
800m	Anna Garnier	Hercules Wimbledon	2:43.6	29/05/2010	Ewell
1500m	Margaret Auerbach	Ranelagh H	5:27.21	21/06/2003	Kingston
5000m	Ros Tabor	Dulwich R	20:29.2	27/05/2006	Kingston
3km Walk	Laura White	Crawley	20:54.2	23/05/2009	Ewell
80m H	Carina Graham	Woking AC	15.7	28/05/1995	Tooting
High Jump	Iris Holder	Woking AC	1.18	29/05/1999	Kingston
Long Jump	Iris Holder	Woking AC	4.18	27/05/2000	Kingston
Triple Jump	Carina Graham	Woking AC	8.31	28/05/1995	Tooting
Shot	Vilma Thompson	Belgrave H	10.94	29/05/2010	Ewell
Discus	Vilma Thompson	Belgrave H	25.38	29/05/2008	Ewell
Hammer	Vilma Thompson	Belgrave H	33.69	29/05/2009	Ewell
Javelin (500g)	Liz Sissons	Epsom & Ewell H	28.66	29/05/2004	Kingston
W/Hammer	Vilma Thompson	Belgrave H	11.21	29/05/2009	Ewell

W60

100m	Val Parsons	Windsor SE & H	14.4 (-1.0)	27/05/2006	Kingston
200m	Val Parsons	Windsor SE & H	30.2 (-0.7)	26/05/2007	Kingston
400m	Liz Sissons	Epsom & Ewell	92.8	27/05/2006	Kingston
800m	Ros Tabor	Dulwich Runners	2:54.2	29/05/2010	Ewell
1500m	Ros Tabor	Dulwich Runners	5:58.3	29/05/2010	Ewell
5000m	Ann Bath	26.2 RRC	24:36.8	29/05/2010	Ewell
80m H	Iris Holder	Woking AC	16.0 (-3.0)	26/05/2001	Kingston
Long Jump	Iris Holder	Woking AC	4.18	26/05/2001	Kingston
Shot	Liz Sissons	Epsom & Ewell H	10.04	27/05/2006	Kingston
Discus	Liz Sissons	Epsom & Ewell H	21.91	28/05/2005	Kingston
Hammer	Liz Sissons	Epsom & Ewell H	33.01	26/05/2007	Kingston
Javelin	Liz Sissons	Epsom & Ewell H	27.99	28/05/2005	Kingston

W65

100m	Iris Holder	Woking	17.0	24/05/2008	Kingston
200m	Iris Holder	Woking	35.8	23/05/2009	Ewell
1500m	Bridget Cushen	Vets AC	7:38.5	27/05/2006	Kingston
5000m	Bridget Cushen	Vets AC	26:37.6	27/05/2006	Kingston
Long Jump	Iris Holder	Woking	3.55	24/05/2008	Kingston
Triple Jump	Iris Holder	Woking	7.30	23/05/2009	Ewell
Shot	Liz Sissons	Epsom & Ewell H	9.45	29/05/2010	Ewell
Discus	Liz Sissons	Epsom & Ewell H	20.37	29/05/2010	Ewell
Hammer	Liz Sissons	Epsom & Ewell H	27.98	29/05/2010	Ewell
Javelin	Liz Sissons	Epsom & Ewell H	22.42	29/05/2010	Ewell
W/Hammer	Liz Sissons	Epsom & Ewell H	11.21	29/05/2010	Ewell