

**Surrey County Athletic Association  
Masters Track and Field Championships Records 2021**

Age Group	Event	Name	Club	Record	Date	Venue
W40	80m H	Sue Burridge	Woking AC	14.7	28 May 1995	Tooting
W45	80mH	Diana Norman	Epsom & Ewell Harriers	12.69 (-0.6)	18 July 2021	Kingston
W55	80m H	Carina Graham	Woking AC	15.7	28 May 1995	Tooting
W60	80m H	Iris Holder	Woking AC	16.0 (-3.0)	26 May 2001	Kingston
M70	80m H	Gordon Daborn	EVAC	15.4	29 May 2004	Kingston
M75	80mH	Gordon Darborn	VAC	21.6	24 May 2008	Kingston
W35	100m H	Katherine Dale	Guildford & Godalming AC	17.1 (-0.7)	25 May 2002	Kingston
M50	100m H	Clarence Allen	Herne Hill Harriers	14.65	01 June 2014	Ewell
M55	100m H	Maurice Joyce	Kingston & Polytechnic	17.5	29 May 1999	Kingston
M60	100m H	Gordon Daborn	Stevenage & North Herts AC	17.9	25 May 1997	Tooting
M35	110m H	Julian Langley	Walton AC	19.4	23 May 2009	Ewell
M40	110m H	Clarence Allen	Herne Hill Harriers	15.1	29 May 2004	Kingston
M45	110m H	Glen Reddington	WSEH	16.5	24 May 2008	Kingston
W50	300m H	Lisa Thomas	Hercules Wimbledon AC	53.62	02 June 2019	Kingston
W55	300m H	Lisa Thomas	Hercules Wimbledon AC	50.35	18 July 2021	Kingston
M60	300m H	Fred Bush	Haslemere Border	49.16	21 June 2003	Kingston
M60	300m H	Derek Wardle	WSEH	49.2	26 May 2007	Kingston
M65	300m H	David Barrington	Kingston & Polytechnic	56.1	26 May 2007	Kingston
M70	300m H	Gordon Daborn	EVAC	59.3	28 May 2005	Kingston
M75	300mH	Gordon Darborn	VAC	80.1	24 May 2008	Kingston
W35	400m H	Virginia Mitchell	Woking AC	65.8	26 May 2001	Kingston
W35	400m H	Virginia Mitchell	Woking AC	65.8	25 May 2002	Kingston
W40	400m H	Julia Machin	Epsom & Ewell Harriers	67.3	01 June 2014	Ewell
W45	400m H	Julia Machin	Epsom & Ewell Harriers	67.5	06 May 2016	Ewell
M35	400m H	James Thomas	Woking AC	61.4	28 May 2011	Ewell
M40	400m H	David Moles	Walton AC	61.7	09 May 1999	Kingston
M45	400m H	David Moles	Walton AC	62.1	28 May 2005	Kingston
M50	400m H	David Moles	Walton AC	64.6	23 May 2009	Ewell
M55	400m H	Fred Bush	Haslemere Border AC	65.6	29 May 1999	Kingston
W35	100m	Helen Channon	Walton AC	12.6	01 June 2013	Ewell
W40	100m	Susan McLoughlin	Walton AC	12.97	03 June 2018	Ewell
W45	100m	Val Parsons	Woking AC	13.6	28 May 1995	Tooting
W50	100m	Val Parsons	Woking AC	13.7 (2.9)	29 May 1999	Kingston
W55	100m	Val Parsons	Windsor SE & H	14.0 (2.5)	25 May 2002	Kingston
W60	100m	Val Parsons	Windsor SE & H	14.4 (-1.0)	27 May 2006	Kingston
W65	100m	Helen Godsell	Blackheath & Bromley Harriers AC	14.73 (-0.2)	02 June 2019	Kingston
W70	100m	Iris Holder	Woking AC	18	28 May 2011	Ewell
M35	100m	Stuart Channon	Walton AC	11.42	06 May 2016	Ewell
M35	100m	Nicholas Atwell	Thames Valley Harriers	11.42 (0.0)	18 July 2021	Kingston
M40	100m	John Browne	Herne Hill Harriers	11.3	25 May 1997	Tooting
M45	100m	Giuseppe Minetti	Herne Hill Harriers	11.70	03 June 2018	Ewell
M50	100m	Giuseppe Minetti	Southern Counties Veterans AC	12.00 (-0.5)	02 June 2019	Kingston
M55	100m	Geoff Walcott	Hercules Wimbledon AC	12.4 (-0.5)	26 May 2007	Kingston
M60	100m	Byron Gray	Herne Hill Harriers	12.4	01 June 1996	Tooting
M65	100m	Terry Bissett	Epsom & Ewell Harriers	13.6	23 May 2009	Ewell
M70	100m	Terry Bissett	Epsom & Ewell Harriers	14.57	01 June 2014	Ewell
M75	100m	Allan Long	Herne Hill Harriers	15.12 (-0.9)	02 June 2019	Kingston
M80	100m	Phil Munn	Sutton & District AC	19.53	21 June 2003	Kingston

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Age Group	Event	Name	Club	Record	Date	Venue
W35	200m	Susan McLoughlin	Walton AC	25.6	01 June 2013	Ewell
W40	200m	Susan McLoughlin	Walton AC	26.38	03 June 2018	Ewell
W45	200m	Alison Allcock	Unattached	28.8	26 May 2007	Kingston
W50	200m	Val Parsons	Woking AC	28.3 (5.0)	29 May 1999	Kingston
W55	200m	Val Parsons	Woking AC	29.1 (-3.2)	26 May 2001	Kingston
W60	200m	Val Parsons	Windsor SE & H	30.2 (-0.7)	26 May 2007	Kingston
W65	200m	Helen Godsell	Blackheath & Bromley Harriers AC	30.75 (-2.2)	02 June 2019	Kingston
M35	200m	Nicholas Atwell	Thames Valley Harriers	23.28 (-0.8)	18 July 2021	Kingston
M40	200m	John Browne	Herne Hill Harriers	23.3	25 May 1997	Tooting
M45	200m	Giuseppe Minetti	Herne Hill Harriers	23.53	03 June 2018	Ewell
M50	200m	Giuseppe Minetti	Herne Hill Harriers	24.35 (-1.7)	02 June 2019	Kingston
M55	200m	Terry Bissett	Epsom & Ewell Harriers	25.2 (3.0)	29 May 1999	Kingston
M55	200m	Geoff Walcott	Hercules Wimbledon AC	25.2 (-0.6)	06 May 2007	Kingston
M60	200m	Byron Gray	Herne Hill Harriers	25.8	01 June 1996	Tooting
M60	200m	Alasdair Ross	WSEH	25.8	26 May 2012	Ewell
M65	200m	Terry Bissett	Epsom & Ewell Harriers	27.1	23 May 2009	Ewell
M70	200m	Terry Bissett	Epsom & Ewell Harriers	29.76	01 June 2014	Ewell
M75	200m	Terry Bissett	Epsom & Ewell Harriers	30.95 (0.2)	02 June 2019	Kingston
M80	200m	Phil Munn	Sutton & District AC	46.03	21 June 2003	Kingston
W35	400m	Laura Pummell	Woking AC	59.5	25 May 1997	Tooting
W40	400m	Diana Norman	Epsom & Ewell Harriers	60.46	06 May 2016	Ewell
W45	400m	Joanna Flowers	Walton AC	64:40	04 June 2017	Ewell
W50	400m	Virginia Mitchell	Guildford & Godalming AC	63.59	06 May 2016	Ewell
W55	400m	Lisa Thomas	Hercules Wimbledon AC	63.58	18 July 2021	Kingston
W60	400m	Liz Sissons	Epsom & Ewell Harriers	92.8	27 May 2006	Kingston
W65	400m	Ann Bath	26.2 RRC	1:58.26	01 June 2014	Ewell
M35	400m	James Thomas	Woking AC	51.6	26 May 2012	Ewell
M40	400m	Tony Mitchell	Woking AC	52.2	25 May 1999	Kingston
M45	400m	Dominic Bokor-Ingram	Hercules Wimbledon AC	52.76	04 June 2017	Ewell
M50	400m	K Sankofa	Herne Hill Harriers	53.9	28 May 2011	Ewell
M55	400m	Terry Bissett	Epsom & Ewell Harriers	57.9	27 May 2000	Kingston
M60	400m	Geoffrey Walcott	Hercules Wimbledon AC	58.9	26 May 2012	Ewell
M65	400m	Derek Wardle	VAC	66.88	01 June 2014	Ewell
M70	400m	Anthony Treacher	SCVAC	72.5	28 May 2011	Ewell
M75	400m	John Garber	Herne Hill Harriers	92.59	03 June 2018	Ewell
M85	400m	Eric Shirley	Hillingdon AC	1:38.45 (BR)	01 June 2014	Ewell
W35	800m	Hayley Cargill	Walton AC	2:16.82	18 July 2021	Kingston
W40	800m	Diana Norman	Epsom & Ewell Harriers	2:16.98	06 May 2016	Ewell
W45	800m	Diana Norman	Epsom & Ewell Harriers	2:24.07	18 July 2021	Kingston
W50	800m	Lisa Thomas	Hercules Wimbledon AC	2:29.96	06 July 2015	Ewell
W55	800m	Virginia Mitchell	Guildford & Godalming AC	2:25.88	03 June 2018	Ewell
W60	800m	Ros Tabor	Dulwich Runners	2:51.0	28 May 2011	Ewell
W65	800m	Ros Tabor	Dulwich Runners	2:59.40	03 June 2018	Ewell
M35	800m	Martin Rowe	Croydon Harriers	1:59.9	24 May 2008	Kingston
M35	800m	Duncan Woolmer	Walton AC	1:59.97	03 June 2018	Ewell
M40	800m	Ian Wright	Croydon Harriers	2:03.3	21 June 2003	Kingston
M45	800m	Vic Maughn	Herne Hill Harriers	2:08.7	26 May 2007	Kingston
M50	800m	Keith Ewing	Blackheath & Bromley Harriers AC	2:09.4	28 May 2011	Ewell
M55	800m	Derek Wardle	VAC	2:19.0	25 May 2002	Kingston
M60	800m	Richard Somers	Epsom & Ewell Harriers	2:25.9	28 May 2005	Kingston
M65	800m	Peter Giles	Hercules Wimbledon AC	2:32.2	28 May 2011	Ewell
M70	800m	Peter Giles	Hercules Wimbledon AC	2:44.63	06 May 2016	Ewell
M75	800m	Brain Shave	Herne Hill Harriers	3:31.1	23 May 2009	Ewell
M80	800m	Harry Tempan	Dorking & Mole Valley AC	3:15.5	24 May 2008	Kingston
M85	800m	Eric Shirley	Hillingdon AC	3:54.37 (BR)	01 June 2014	Ewell

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Age Group	Event	Name	Club	Record	Date	Venue
W35	1500m	Liz Kipling	St Marys Richmond AC	4:56.0	29 May 2010	Ewell
W40	1500m	Clare Pauzers	Herne Hill Harriers	4:51.5	26 May 2007	Kingston
W45	1500m	Claire Pauzers	Herne Hill Harriers	4:57.9	23 May 2008	Kingston
W50	1500m	Jane Davies	Epsom & Ewell Harriers	5:16.1	29 May 1999	Kingston
W55	1500m	Margaret Auerbach	Ranelagh Harriers	5:27.2	21 June 2003	Kingston
W60	1500m	Anna Garnier	THH / Hercules Wimbledon AC	5:47.55	03 June 2018	Ewell
W65	1500m	Ros Tabor	Dulwich Runners	5:50.59	06 May 2016	Ewell
M35	1500m	Duncan Woolmer	Walton AC	4:15.93	03 June 2018	Ewell
M40	1500m	Barry Atwell	South London Harriers	4:14.4	28 May 1995	Tooting
M45	1500m	Edwin Cooke	Woking AC	4:21.1	28 May 1995	Tooting
M50	1500m	Barry Atwell	South London Harriers	4:33.5	26 May 2007	Kingston
M55	1500m	Gary Ironmonger	Herne Hill Harriers	4:36.53	04/06/2017	Ewell
M60	1500m	Michael Mann	Herne Hill Harriers	5:08.8	29 May 2010	Ewell
M65	1500m	Bob Bradbury	Woking AC	4:59.51	02 June 2019	Kingston
M70	1500m	Peter Giles	Hercules Wimbledon AC	5:26.18	06 May 2016	Ewell
M75	1500m	Brain Shave	Herne Hill Harriers	6:56.6	23 May 2009	Ewell
M80	1500m	Harry Tempan	Dorking & Mole Valley AC	6:37.5	24 May 2008	Kingston
W35	3km Walk	Estlé Viljoen	Hercules Wimbledon AC	00:15:30	27 May 2006	Kingston
W40	3km Walk	Penelope Cummings	Herne Hill Harriers	16:47.95	04 June 2017	Ewell
W45	3km Walk	Fiona Bishop	Woking AC	00:17:35	28 May 2005	Kingston
W50	3km Walk	Heather Fenton	Surrey Walking Club	00:18:24	26 May 2007	Kingston
W55	3km Walk	Fiona Bishop	Woking AC	19:18.0	01 June 2014	Ewell
W60	3km Walk	Anne Jones	Steyning AC	19:17.78	06 May 2016	Ewell
M40	3km Walk	Peter Hannell	Surrey Walking Club	00:14:46	25 May 1997	Tooting
M45	3km Walk	Mark Easton	Surrey Walking Club	00:15:05	28 May 2011	Ewell
M50	3km Walk	Peter Hannell	Surrey Walking Club	00:14:46	24 May 1997	Tooting
M55	3km Walk	Peter Hannell	Surrey Walking Club	00:14:34	27 May 2000	Kingston
M60	3km Walk	Carl Lawton	Belgrave Harriers	00:16:10	23 May 2009	Ewell
M65	3km Walk	Michael Harran	Herne Hill Harriers	00:16:48	27 May 2006	Kingston
M70	3km Walk	M Harran	Herne Hill Harriers	00:17:31	29 May 2010	Ewell
M75	3km Walk	Micheal Harran	Surrey Walking Club	00:17:51	01 June 2013	Ewell
M80	3km Walk	John May	Surrey Walking Club	00:23:05	26 May 2012	Ewell
M85	3km Walk	Jack Fitzgerald	Sutton & District AC	00:27:23	24 May 2008	Kingston
W35	5000m	Clare Pauzers	Herne Hill Harriers	00:17:53	25 May 2002	Kingston
W40	5000m	Janet Ray	Dorking & Mole Valley	00:18:09	25 May 2002	Kingston
W45	5000m	Marilyn Clarke	Herne Hill Harriers	00:19:06	27 May 2000	Kingston
W50	5000m	Jane Davies	Epsom & Ewell Harriers	00:19:03	29 May 1999	Kingston
W55	5000m	Ros Tabor	Dulwich Runners	00:20:29	27 May 2006	Kingston
W60	5000m	Maggie Statham	Holland Sports AC	20:25.91	01 June 2014	Ewell
W65	5000m	Bridget Cushen	VAC	00:26:38	27 May 2006	Kingston
M35	5000m	Duncan Woolmer	Walton AC	16:29.95	04 June 2017	Ewell
M40	5000m	Eric Thomas	South London Harriers	00:15:27	23 May 1998	Tooting
M45	5000m	Barry Broe	Epsom & Ewell Harriers	00:16:19	29 May 1995	Kingston
M50	5000m	Graham Taylor	Dorking & Mole Valley AC	00:16:12	28 May 1995	Tooting
M55	5000m	Derek Claxton	Herne Hill Harriers	00:17:17	28 May 1995	Tooting
M60	5000m	Steve Badgery	Hercules Wimbledon AC	00:17:44	24 August 2008	Kingston
M65	5000m	Bob Bradbury	Woking AC	19:28.47	03 June 2018	Ewell
M70	5000m	Peter Giles	Hercules Wimbledon AC	20:20.91	04 June 2017	Ewell
M75	5000m	Brain Shave	Herne Hill Harriers	00:25:29	23 May 2009	Ewell

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Age Group	Event	Name	Club	Record	Date	Venue
W35	Hammer	Janet Smith	Windsor Slough & Eton AC	41.01	27 May 2000	Kingston
W40	Hammer	Camilla Thrush	Kingston & Polytechnic	37.26	23 May 2009	Ewell
W45	Hammer	Vilma Thompson	Bromley Vets	26.50	29 May 1999	Kingston
W50	Hammer	Barbara Norris	WSEH	47.08	03 June 2018	Ewell
W55	Hammer	Vilma Thompson	Belgrave Harriers	34.03	28 May 2011	Ewell
W60	Hammer	Liz Sissons	Epsom & Ewell Harriers	33.01	26 May 2007	Kingston
W65	Hammer	Vilma Thompson	Belgrave Harriers	29.53	04 June 2018	Ewell
W70	Hammer	Liz Sissons	Epsom & Ewell Harriers	22.82	06 May 2016	Ewell
W75	Hammer	Liz Sissons	Epsom & Ewell Harriers	22.45	18 July 2021	Kingston
M35	Hammer	Gavin Cook	Thames Valley Harriers	47.93	26 May 2007	Kingston
M40	Hammer	Mike Small	Belgrave Harriers	44.68	27 May 1995	Tooting
M45	Hammer	Mike Small	Belgrave Harriers	46.54	27 May 2000	Kingston
M50	Hammer	Gareth Cook	Kingston & Polytechnic	58.19	18 July 2021	Kingston
M55	Hammer	Chris Melliush	Cambridge Harriers	50.66	27 May 2000	Kingston
M60	Hammer	Chris Melliush	Cambridge Harriers	47.78	26 May 2007	Kingston
M65	Hammer	Chris Melliush	Cambridge Harriers	44.74	29 May 2010	Ewell
M70	Hammer	John Webster	Hercules Wimbledon AC	36.15	29 May 2010	Ewell
M75	Hammer	John Webster	Hercules Wimbledon AC	33.20	06 July 2015	Ewell
M80	Hammer	Cliff Taylor	VAC	29.98	01 June 2013	Ewell
M85	Hammer	Jim Switzer	Epsom & Ewell Harriers	16.74	02 June 2019	Kingston
W35	Discus	Camilla Thrush	Kingston & Polytechnic	33.69	28 May 2005	Kingston
W40	Discus	Eleanor Gatrell	Woking AC	35.08	02 June 2019	Kingston
W45	Discus	Debbie Singleton	Walton AC	26.36	27 May 2006	Kingston
W50	Discus	Barbara Norris	WSEH	31.56	03 June 2018	Ewell
W55	Discus	Vilma Thompson	Belgrave Harriers	28.19	28 May 2011	Ewell
W60	Discus	Vilma Thompson	Belgrave Harriers	23.96	01 June 2013	Ewell
W65	Discus	Vilma Thompson	Belgrave Harriers	23.46	04 June 2017	Ewell
W70	Discus	Liz Sissons	Epsom & Ewell Harriers	18.96	06 May 2016	Ewell
W75	Discus	Liz Sissons	Epsom & Ewell Harriers	19.97	18 July 2021	Kingston
M35	Discus	Peter Mayfield	Belgrave Harriers	33.81	28 May 2011	Ewell
M40	Discus	Leith Marar	Belgrave Harriers	46.68	26 May 2012	Ewell
M45	Discus	Tony Richards	Croydon Harriers	38.16	25 May 1997	Tooting
M50	Discus	Michael Small	WSEH	48.14	28 May 2005	Kingston
M55	Discus	Michael Small	Swindon Harriers	43.08	23 May 2009	Ewell
M60	Discus	Michael Ferne	SCVAC	42.64	24 May 2008	Kingston
M65	Discus	Patrick Tomney	VAC	38.74	29 May 1999	Kingston
M70	Discus	Tony Richards	Highgate Harriers	31.71	18 July 2021	Kingston
M75	Discus	Ian Briggs	RI & SB	26.73	28 May 2005	Kingston
M80	Discus	Ian Briggs	RSB	19.68	23 May 2009	Ewell
M85	Discus	Jim Switzer	Epsom & Ewell Harriers	15.88	02 June 2019	Kingston
W35	Shot	Diana Norman	Epsom & Ewell Harriers	10.87	01 June 2014	Ewell
W40	Shot	Eleanor Gatrell	Woking AC	13.13	02 June 2019	Kingston
W45	Shot	Diana Norman	Epsom & Ewell Harriers	11.49	18 July 2021	Kingston
W50	Shot	Barbara Norris	WSEH	10.76	03 June 2018	Ewell
W55	Shot	Vilma Thompson	Belgrave Harriers	10.94	29 May 2010	Ewell
W60	Shot	Vilma Thompson	Belgrave Harriers	10.25	01 June 2013	Ewell
W65	Shot	Vilma Thompson	Belgrave Harriers	9.55	03 June 2018	Ewell
W70	Shot	Liz Sissons	Epsom & Ewell Harriers	8.51	06 May 2016	Ewell
W75	Shot	Liz Sissons	Epsom & Ewell Harriers	8.41	18 July 2021	Kingston
M35	Shot	Mark Leitch	VAC	14.6	26 May 2007	Kingston
M40	Shot	Paul Edwards	Walton AC	15.06	29 May 1999	Kingston
M45	Shot	Bill Fuller	Epsom & Ewell Harriers	13.06	25 May 1997	Tooting
M50	Shot	Michael Small	WSEH	15.08	28 May 2005	Kingston
M55	Shot	Michael Small	Swindon Harriers	12.97	23 May 2009	Ewell
M60	Shot	Eric Barker	Croydon Harriers	13.52	21 June 2003	Kingston
M65	Shot	Tony Richards	Croydon Harriers	11.08	04 June 2018	Ewell
M70	Shot	Tony Richards	Highgate Harriers	11.57	18 July 2021	Kingston
M75	Shot	Cliff Taylor	VAC	9.46	26 May 2007	Kingston
M80	Shot	Cliff Taylor	VAC	9.61	01 June 2014	Ewell
M85	Shot	James Switzer	Epsom & Ewell Harriers	6.57	02 June 2019	Kingston

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Age Group	Event	Name	Club	Record	Date	Venue
W35	Javelin	Diana Norman	Epsom & Ewell Harriers	31.87	01 June 2014	Ewell
W40	Javelin	Diana Norman	Epsom & Ewell Harriers	34.1	06 May 2016	Ewell
W45	Javelin	Vilma Thompson	Bromley Vets	29.93	29 May 1999	Kingston
W50	Javelin	Janet Smith	WSEH	20.58	03 June 2018	Ewell
W55	Javelin (500g)	Liz Sissons	Epsom & Ewell Harriers	28.66	29 May 2004	Kingston
W60	Javelin	Liz Sissons	Epsom & Ewell Harriers	27.99	28 May 2005	Kingston
W65	Javelin (400g)	Liz Sissons	Epsom & Ewell Harriers	24.27	28 May 2011	Ewell
W65	Javelin (500g)	Liz Sissons	Epsom & Ewell Harriers	22.41 (BR)	01 June 2014	Ewell
W70	Javelin (500g)	Liz Sissons	Epsom & Ewell Harriers	20.03	06 May 2015	Ewell
W75	Javelin	Liz Sissons	Epsom & Ewell Harriers	14.01	18 July 2021	Kingston
M35	Javelin	Mark Leitch	VAC	44.69	26 May 2007	Kingston
M40	Javelin	Jeremy Davis	Walton AC	46.84	29 May 2004	Kingston
M45	Javelin	Kevin Sheppard	Walton AC	55.58	28 May 1995	Tooting
M50	Javelin	Les Hatton	Kingston & Polytechnic	44.62	25 May 2002	Kingston
M55	Javelin	Les Hatton	Kingston & Polytechnic	42.93	28 May 2005	Kingston
M60	Javelin	Kevin Sheppard	Walton AC	38.67	23 May 2009	Ewell
M65	Javelin	John Webster	Hercules Wimbledon AC	36.37	28 May 2005	Kingston
M70	Javelin	Tony Richards	Highgate Harriers	33.11	18 July 2021	Kingston
M75	Javelin	Gordon Daborn	VAC	25.99	24 May 2008	Kingston
M80	Javelin	Cliff Taylor	VAC	19.40	26 May 2012	Ewell
M85	Javelin	James Switzer	Epsom & Ewell Harriers	14.91	02 June 2019	Kingston
W35	W/Hammer	Odette McHenry	Kingston & Polytechnic	8.41	26 May 2012	Ewell
W40	W/Hammer	Camilla Thrush	Kingston & Polytechnic	10.34	28 May 2011	Ewell
W45	W/Hammer	Emma Hickmott	Epsom & Ewell Harriers	7.05	03 June 2018	Ewell
W50	W/Hammer	Barbara Norris	WSEH	15.67	03 June 2018	Ewell
W55	W/Hammer	Vilma Thompson	Belgrave Harriers	12.03	28 May 2011	Ewell
W60	W/Hammer	Vilma Thompson	Belgrave Harriers	12.71	01 June 2013	Ewell
W65	W/Hammer	Vilma Thompson	Epsom & Ewell Harriers	11.60	03 June 2018	Ewell
W70	W/Hammer	Liz Sissons	Epsom & Ewell Harriers	9.02	06 May 2016	Ewell
W75	W/Hammer	Liz Sissons	Epsom & Ewell Harriers	8.93	18 July 2021	Kingston
M35	W/Hammer	Peter Mayfield	Belgrave Harriers	10.62	28 May 2011	Ewell
M40	W/Hammer	Daren Cripps	Hercules Wimbledon AC	8.28	01 June 2014	Ewell
M45	W/Hammer	Gareth Cook	Kingston & Polytechnic	13.04	03 June 2018	Ewell
M50	W/Hammer	Chris Privett	Belgrave Harriers	16.96	01 June 2014	Ewell
M55	W/Hammer	Chris Privett	Belgrave Harriers	16.21	03 June 2018	Ewell
M60	W/Hammer	Mike Small	Southampton AC	16.32	01 June 2014	Ewell
M65	W/Hammer	Chris Melliush	Cambridge Harriers	15.47	29 May 2010	Ewell
M70	W/Hammer	Brian Harlick	Epsom & Ewell Harriers	12.03	01 June 2013	Ewell
M75	W/Hammer	John Webster	Hercules Wimbledon AC	10.56	04 June 2017	Ewell
M80	W/Hammer	John Webster	Hercules Wimbledon AC	8.77	18 July 2021	Kingston

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Age Group	Event	Name	Club	Record	Date	Venue
W35	High Jump	Ayamba Akim	WG&EL	1.72	23 May 2009	Ewell
W40	High Jump	Ayamba Akim	WG&EL	1.75	01 June 2013	Ewell
W45	High Jump	Julia Machin	Epsom & Ewell Harriers	1.55	06 May 2016	Ewell
W50	High Jump	Louise Wood	Guildford & Godalming AC	1.40	04 June 2017	Ewell
W55	High Jump	Iris Holder	Woking AC	1.18	29 May 1999	Kingston
M40	High Jump	Peter Roberts	Croydon Harriers	1.61	28 May 2005	Kingston
M45	High Jump	Dave Blunt	Epsom & Ewell Harriers	1.60	27 May 2000	Kingston
M50	High Jump	David Blunt	Epsom & Ewell Harriers	1.55	26 May 2007	Kingston
M50	High Jump	David Blunt	Epsom & Ewell Harriers	1.55	24 May 2008	Kingston
M55	High Jump	David Blunt	Epsom & Ewell Harriers	1.65	28 May 2011	Ewell
M60	High Jump	David Blunt	Epsom & Ewell Harriers	1.40	06 May 2016	Ewell
M65	High Jump	David Blunt	Epsom & Ewell Harriers	1.36	02 June 2019	Kingston
M65	High Jump	Cliff Taylor	Belgrave Harriers	1.20	26 May 2001	Kingston
M65	High Jump	Brian Harlick	Epsom & Ewell Harriers	1.20	26 May 2007	Kingston
M70	High Jump	Cliff Taylor	Belgrave Harriers	1.20	25 May 2002	Kingston
M75	High Jump	Alf Woods	Epsom & Ewell Harriers	1.05	29 May 2004	Kingston
M80	High Jump	Cliff Taylor	VAC	1.06	26 May 2012	Ewell
W35	Long Jump	Helen Channon	Walton AC	5.37	01 June 2013	Ewell
W40	Long Jump	Diana Norman	Epsom & Ewell Harriers	5.25	06 May 2016	Ewell
W45	Long Jump	Diana Norman	Epsom & Ewell Harriers	5.10	18 July 2021	Kingston
W50	Long Jump	Louise Wood	Guildford & Goldalming AC	4.52	02 June 2019	Kingston
W55	Long Jump	Louise Wood	Guildford & Goldalming AC	4.47	18 July 2021	Kingston
W60	Long Jump	Iris Holder	Woking AC	4.18	26 May 2001	Kingston
W65	Long Jump	Iris Holder	Woking AC	3.55	24 May 2008	Kingston
M35	Long Jump	Neil Lincoln	Redhill & Surrey Beagles	6.03	29 May 2010	Ewell
M40	Long Jump	John Shepherd	Enfield & Haringey AC	6.43	28 May 2005	Kingston
M45	Long Jump	Neil Lincoln	Holland Sports AC	5.95	06 May 2016	Ewell
M50	Long Jump	Dennis Wallington	Blackheath Harriers	5.48	27 May 2000	Kingston
M55	Long Jump	David Barrington	Kingston & Polytechnic	4.47	25 May 1997	Tooting
M60	Long Jump	Frank Haque	Hercules Wimbledon AC	5.12	25 May 2002	Kingston
M65	Long Jump	Derek Wardle	VAC	4.51	26 May 2012	Ewell
M70	Long Jump	Anthony Treacher	SCVAC	4.02	28 May 2011	Ewell
M75	Long Jump	Allan Long	Herne Hill Harriers	4.02	01 June 2014	Ewell
M80	Long Jump	Colin Sheppard	BMH	2.61	04 June 2017	Ewell
W35	Pole Vault	Debbie Singleton	Walton AC	2.30	01 June 1996	Tooting
W35	Pole Vault	Jayne Anderson	Belgrave Harriers	2.30	27 May 2006	Kingston
W40	Pole Vault	Debbie Singleton	Walton AC	2.50	29 May 1999	Kingston
W45	Pole Vault	Kay Trinder	Woking AC	2.40	01 June 2014	Ewell
W50	Pole Vault	Debbie Singleton	Walton AC	2.30	28 May 2011	Ewell
W55	Pole Vault	Jenny Piercy	Epsom & Ewell Harriers	1.40	28 May 2011	Ewell
W60	Pole Vault	Sue Dassie	Epsom & Ewell Harriers	2.02	06 May 2016	Ewell
M35	Pole Vault	Greg Conlon	Walton AC	4.20	01 June 2014	Ewell
M40	Pole Vault	John Andrews	Epsom & Ewell Harriers	4.00	08 May 2005	Kingston
M45	Pole Vault	John Andrews	Epsom & Ewell Harriers	3.85	28 May 2011	Ewell
M50	Pole Vault	John Andrews	Epsom & Ewell Harriers	3.70	01 June 2014	Ewell
M55	Pole Vault	David Blunt	Epsom & Ewell Harriers	3.50	23 May 2009	Ewell
M60	Pole Vault	David Blunt	Epsom & Ewell Harriers	3.20	01 June 2014	Ewell
M65	Pole Vault	Alf Woods	Epsom & Ewell Harriers	2.90	28 May 1995	Tooting
M70	Pole Vault	Brian Harlick	Epsom & Ewell Harriers	2.40	26 May 2012	Ewell
M75	Pole Vault	Alf Woods	Epsom & Ewell Harriers	2.20	29 May 2004	Kingston
W35	Triple Jump	Diana Norman	Epsom & Ewell Harriers	10.54	01 June 2014	Ewell
W40	Triple Jump	Diana Norman	Epsom & Ewell Harriers	10.52	04 June 2017	Ewell
W45	Triple Jump	Diana Norman	Epsom & Ewell Harriers	10.39	18 July 2021	Kingston
W50	Triple Jump	Louise Wood	Guildford & Goldalming	9.46	02 June 2019	Kingston
W55	Triple Jump	Louise Wood	Guildford & Goldalming	9.38	18 July 2021	Kingston
W60	Triple Jump	Linda Harrison	Croydon Harriers	5.45	26 May 2012	Ewell
W65	Triple Jump	Iris Holder	Woking AC	7.30	23 May 2009	Ewell
M35	Triple Jump	Neil Lincoln	Redhill & Surrey Beagles	12.04	25 May 2010	Ewell
M40	Triple Jump	Neil Lincoln	Holland Sports AC	12.30	26 May 2012	Ewell
M45	Triple Jump	Akin Oyediran	Herne Hill Harriers	12.98	26 May 2007	Kingston
M50	Triple Jump	John Vernon	Sutton & District AC	11.38	01 June 1996	Tooting
M55	Triple Jump	Derek Graves	Fleet & Crookham AC	9.31	26 May 2001	Kingston
M60	Triple Jump	Frank Haque	Hercules Wimbledon AC	10.03	25 May 2002	Kingston
M65	Triple Jump	David Blunt	Epsom & Ewell Harriers	9.03	02 June 2019	Kingston
M70	Triple Jump	Allan Long	Herne Hill Harriers	8.48	01 June 2014	Ewell
M75	Triple Jump	Allan Long	Herne Hill Harriers	8.19	03 June 2018	Ewell
M80	Triple Jump	Colin Sheppard	Basingstoke & Mid Hants AC	5.26	04 June 2017	Ewell