

Please send any amendments or updates to email: AFD.Minutessec@gmail.com

* denotes Second claim athlete

Second claim athletes can only set club records when representing AFD

Event	Name	Venue	Competition	Time/Distance	Date
60m					
M35	Max Muxa	Eton	Eton Indoor Winter Series	7.86	04-Feb-12
M40	Paul Roker	Cosford	British Veterans Indoor Championships	7.6	31-Mar-90
M45	John Swannell	Cosford	British Veterans Indoor Championships	7.7	26-Mar-88
M50	John Swannell	Glasgow	British Veterans Indoor Championships	7.75	17-Mar-91
M55	John Swannell	Glasgow	British Veterans Indoor Championships	7.85	20-Mar-94
M60	Paul Roker	Lee Valley	SCVAC Championships	8.59	11-Mar-12
M65	Stephen Ford	Lee Valley	British Masters Indoor Championships	9.43	17-Feb-19
M70					
M75	Paul Roker	Lee Valley	VAC-EMAC Indoor Championships	9.32	09-Feb-25
100m					
M35	Darren Dodds *	Winchester	Hampshire Southern Counties Veterans League	11.8	11-Jun-12
M40	Darren Dodds *	Basingstoke	Hampshire Southern Counties Veterans League	11.6	25-Jun-18
M45	Dan Tomlinson *	Basingstoke	Hampshire Southern Counties Veterans League	12.0	12-Jun-17
M50	John Swannell	Reading	British Veterans Championships	12.00	04-Jul-89
M55	John Swannell	Portsmouth	Hampshire Southern Counties Veterans League	12.6	25-Apr-94
M60	Paul Roker	Portsmouth	Hampshire Southern Counties Veterans League	13.3	26-Apr-10
M65	Paul Roker	Basingstoke	Hampshire Southern Counties Veterans League	14.5	08-Jun-15
M70	Stephen Ford	Winchester	Hampshire Southern Counties Veterans League	16.7	19-Jun-23
M75	Paul Roker	Basingstoke	Hampshire Southern Counties Veterans League	14.8	27-Apr-26
200m					
M35	Darren Dodds *	Winchester	Hampshire Southern Counties Veterans League	24.3	08-Jul-13
M40	Darren Dodds *	Aldershot	Hampshire Southern Counties Veterans League	23.8	09-Jul-18
M45	John Swannell	Todding Bec	Southern Counties Veterans Championships	24.1	28-Jun-87
M50	John Swannell	Reading	British Veterans Championships	24.47	04-Jul-89
M55	John Swannell	Guildford	Hampshire Southern Counties Veterans League	25.6	25-Jul-94
M60	Paul Roker	Basingstoke	Hampshire Southern Counties Veterans League	27.5	24-May-10
M65	Stephen Ford	Winchester	Hampshire Southern Counties Veterans League	30.6	21-May-18
M70	Stephen Ford	Southampton	Hampshire Southern Counties Veterans League	34.66	24-Jul-23
M75	Paul Roker	Lee Valley	VAC-EMAC Indoor Championships	31.63	09-Feb-25
400m					
M35	Darren Dodds *	Winchester	Hampshire Southern Counties Veterans League	54.5	11-Jun-12
M40	James Quinlan	Aldershot	Southern Athletics League	54.52	17-Aug-24
M45	John Coe	Durban	World Veterans Championships	52.86	17-Jul-97
M45	Paul Roker	Crawley		56.1	04-Jul-95
M50	Paul Roker	Guildford	Southern Counties Veterans League	56.7	04-Jun-01
M55	Paul Roker	Woking	Southern Counties Vets League	57.4	20-Jun-05
M60	Paul Roker	Winchester	Southern Counties Vets League	61.5	20-Jun-11
M65	Paul Roker	Basingstoke	Southern Counties Vets League	68.0	08-Jun-15
800m					
M35	James Quinlan	Watford	Watford Open Meeting	1:59.42	04-Sep-24
M40	Alan Roer	Granemouth	Commonwealth Veterans Meet	2:01.2	19-Jul-86
M45	Mark Svmes	Malaga, ESP	World Masters Championships	2:00.73	10-Sep-18
M50	Mark Svmes	Tampere, FIN	World Masters Championships	2:01.03	01-Jul-22
M55	Mark Svmes	Ribeira Brava, POR	European Masters Athletics Championships	2:03.56	18-Oct-25
M60	Austin Soane	Winchester	Southern Counties Vets League	2:24.5	11-May-15
M65	Tony Davies	Southul	English Masters Inter Area	2:48.97	17-Jul-16
1500m					
M35	James Quinlan	Aldershot	Aldershot, Farnham & District Ooen Meeting	4:08.11	08-Jun-23
M40	Martin Duff	Windsor		3:57.9	30-Jul-85
M45	Mark Svmes	Malaga, ESP	World Masters Championships	4:11.96	15-Sep-18
M50	Mark Svmes	Brasao, POR	European Masters Indoor Championships	4:09.62	26-Feb-22
M55	Mark Svmes	Ribeira Brava, POR	European Masters Athletics Championships	4:17.04	12-Oct-25
M60	Austin Soane	Basingstoke	Southern Counties Vets League	4:55.5	25-Jun-18
M65	Austin Soane	Aldershot	Aldershot Farnham & District AC Night of 1500m	4:59.3	10-Sep-20
1 Mile					
M35	James Quinlan	Guildford	Guildford & Godalming Summer Track Night	4:26.40	05-Jul-23
M40	Hamish Maclean	Guildford	Guildford & Godalming Summer Track Night	4:31.22	05-Jul-23
M45	Darren Svmes	Oxford	Illiev Festival of Miles Open Meeting	4:39.09	23-Jul-16
M55					
M60					
3000m					
M35	Hamish Maclean	Aldershot	Aldershot Ooen Meeting	9:02.26	07-Jul-22
M40	Hamish Maclean	Battersea	Southern Athletics League	8:57.6	09-Jul-23
M45	Brian O'Neill	Woking	Southern Counties Veterans League	8:58.0	15-Jun-99
M50	Les Presland	Cosford	British Veterans Indoor Championships	8:58.8	31-Mar-90
M55	Mark Svmes	Aldershot	Southern Counties Veterans League	9:46.87	27-Jul-26
M60	Austin Soane	Portsmouth	Southern Athletics League	10:17.4	09-Jul-16
M65	Tony Davies	Aldershot	Southern Counties Veterans League	11:29.8	04-Jul-16
5000m					
M35	Chris Thomsson	Berlin, GER	European Championships	13:25.11	11-Aug-18
M40	Martin Duff	Rome, Italy	World Veterans Championships	14:51.40	22-Jun-85
M45	Brian O'Neill	Copthall	British Veterans Championships	15:12.4	18-Jul-92
M50	Les Presland	Reading		15:36.0	29-Aug-90
M55	Edward Richardson	Euzene	World Veterans Championships	16:41.21	01-Aug-89
M60	Les Presland	Brisbane, Aus		17:34.18	07-Jul-01
10000m					
M35	Chris Thomsson	Parliament Hill	Highgate Harriers Night of the 10000m	27:52.56	19-May-18
M40	Martin Duff	Melbourne	World Veterans Championships	31:14.89	30-Nov-87
M45	Martin Duff	Reading		31:55.0	22-Aug-89
M50	Les Presland	Reading		31:59.6	21-Aug-90
M55	Les Presland	Stretford	10000m Track Championships	33:10.69	25-Sep-94
M60					
M65	Les Presland	Birmingham	British Masters Championships	41:05.62	09-Jul-06
60m Hurdles					
M35 (Senior Hurdles)					
M35 (99.1cm)					
M40 (99.1cm)	Paul Roker	Cosford	British Veterans Indoor Championships	9.4	20-Mar-93
M45 (99.1cm)	Alan Leider	Glasgow	Scottish Combined Events Championships	9.65	19-Feb-06
M50 (91.4cm)	Alan Leider	Gent, BEL	European Masters' Championships	9.19	17-Mar-11
M55 (91.4cm)	Paul Roker	Cardiff	British Masters Championships	9.24	04-Mar-06
M60 (83.8cm)	Paul Roker	Lee Valley	SCVAC Championships	10.60	11-Mar-12
M65 (83.8cm)					
M70 (76.2cm)					
M75 (76.2cm)	Paul Roker	Lee Valley	British Masters Indoor Championships	11.69	21-Feb-26
110m Hurdles					
M35 (Senior)	Alan Leider			16.6	1996
M40 (Senior)	Paul Roker	Welwyn Garden City		16.8	09-May-92
M40 (99.1cm)	Paul Roker	Coothall	British Veterans Championships	16.54	18-Jul-92
M45 (99.1cm)	Alan Leider	San Sebastian, ESP	World Masters Championships	16.84	24-Aug-05
100m Hurdles					
M50 (91.4cm)	Paul Roker	Battersea		15.5	10-Jun-01
M55 (91.4cm)	Paul Roker	Ashford	Southern Counties Vets Championships	16.36	03-Jun-07
M60 (83.8cm)	Paul Roker	Ashford	Southern Counties Vets Championships	16.65	05-Jun-11
M65 (83.8cm)					
80m Hurdles					
M70 (76.2cm)					
M75 (76.2cm)	Paul Roker	Woking	Woking Open & Masters International	14.39	31-May-26
400m Hurdles					
M35 (91.4cm)	Mike Boucher	Reading	Southern Athletics League	83.36	21-May-17
M40 (91.4cm)	Paul Roker	Birmingham	British Veterans Championships	58.06	07-Jul-91
M45 (91.4cm)	Mark Hyde	Aldershot	Southern Athletics League	72.8	14-Aug-21
M50 (83.8cm)	Paul Roker	Hendon	British Masters Championships	62.10	27-Jul-02
M55 (83.8cm)	Paul Roker	San Sebastian, ESP	World Masters Athletics Championships	62.92	26-Aug-05
300m(M60) Hurdles					
M60 (76.2cm)	Paul Roker	Ashford	Southern Counties Vets Championships	46.75	06-Jun-10
M65 (76.2cm)					
M70 (76.2cm)					
M75 (76.2cm)	Paul Roker	Derby	British Masters Championships	55.15	12-Sep-26
3000m RC					
M35	Adv Whitlam	Aldershot	Inter Services Championships	9:57.10	11-Jul-12
M40	Tecwvnn 'Taff' Davies	Hanover, GER		9:03.5	01-Aug-79
M45	Tecwvnn 'Taff' Davies	Crawley/Brighton	European Veterans Championships	9:35.5	22-Aug-84
M50	Jasper Ellis	Andover	Southern Athletics League	13:39.3	15-Jul-26
M55	Andrew Hislop	Southampton	Hampshire Southern Counties Veterans League	14:51.7	20-Jun-22
M60	Andrew Hislop	Basingstoke	Hampshire Southern Counties Veterans League	16:13.3	22-Jun-26
Relays					
4x100m					
	Darren Dods (M40), Ben Green (M40), Dan Tomlinson (M45), Alan Leider (M55)	Portsmouth	Hampshire Southern Counties Veterans League	49.2	29-Apr-19
4x200m					
	Darren Dods(M40), Ben Green(M40), Dan Tomlinson(M45), Myles Harrison(M45)	Aldershot	Hampshire Southern Counties Veterans League	1:42.3	08-Jul-18
4x400m					
	Paul Roker (M40), ?, ?, ?	Guildford	Hampshire Southern Counties Veterans League	3:55.9	1993
Medley Relay					
	Darren Dods(M40), Dan Tomlinson(M45),	Basingstoke	Hampshire Southern Counties Veterans League	3:53.7	25-Jun-18

2000m Walk

M35					
M40	Steve Tvier*	Aldershot	Hamshire Southern Counties Veterans League	13:41.56	27-Jul-26
M45	Nick Silvester	Basinstoke	Hamshire Southern Counties Veterans League	9:34.6	25-Apr-05
M50	Nick Silvester	Portsmouth	Hamshire Southern Counties Veterans League	8:59.3	14-Jul-08
M55	Nick Silvester	Portsmouth	Hamshire Southern Counties Veterans League	10:08.0	18-Apr-11
M60	Nick Silvester	Portsmouth	Hamshire Southern Counties Veterans League	10:52.4	27-Apr-15
M65	George Wallace	Aldershot	Hamshire Southern Counties Veterans League	12:21.2	12-Jul-21
M70	George Wallace	Aldershot	Hamshire Southern Counties Veterans League	14:37.58	27-Jul-26

3000m Walk

M35					
M40					
M45	Nick Silvester	Portsmouth	Hamshire Countv Chamoionshios	13:49.5	15-May-04
M50	Nick Silvester	Lee Valley	Southern Counties Veterans Championships	13:07.7	09-Feb-08
M55	Nick Silvester	Gent. BEL	European Masters' Chamoionshios	14:01.6	17-Mar-11
M60	Richard Deacon	Portsmouth	Hamshire County Championships	18:58.6	12-May-01
M65	George Wallace	Aldershot	Aldershot, Farnham & District Ooen Meeting	20:20.0	08-May-21

5000m Walk

M35					
M40					
M45	Nick Silvester	Birmingham	British Veterans Athletics Chamoionshios	25:13.66	26-Jun-04
M50	Nick Silvester	Soortciv	Norwich Union World Trials & AAA Chamoionshios		29-Jul-07
M55	Nick Silvester	Woodford	London Inter Club Challenge	25:39.52	19-Jun-10
M60					
M65	George Wallace	Aldershot	Aldershot Farnham & District Ooen Meeting	37:30.6	02-Jun-22

Long Jump

M35	Max Musa	Woking	Southern Mens League	5.65	30-Jul-11
M40	Darren Dodds *	Winchester	Hampshire Southern Counties Veterans League	5.95	24-Apr-17
M45	Allan Leioer	San Sebastain	World Masters Chamoionshios	5.57	23-Aug-05
M50	Allan Leioer	Gent. BEL	European Masters Championships	5.17	16-Mar-11
M55	John Swannell	Portsmouth	Hamshire Southern Counties Veterans League	5.29	26-Jun-95
M60	Paul Roker	Ashford	Hamshire Southern Counties Veterans League	4.60	05-Jun-11
M65	Allan Leioer	Basinstoke	Hamshire Southern Counties Veterans League	3.85	27-Apr-26
M70					
M75	Paul Roker	Basinstoke	Hamshire Southern Counties Veterans League	3.85	27-Apr-26

Triple Jump

M35	Ian Bridgoeman	Portsmouth	Hamshire County Chamoionshios	12.24	11-May-08
M40	Ian Bridgoeman	Birmingham	British Masters Chamoionshios	12.67w	06-Jul-08
M45	Ian Bridgoeman	Croydon	Southern Men's League	12.06	06-Jun-09
M50	Ian Bridgoeman	Aldershot	Hamshire Southern Counties Veterans League	11.09	06-Jul-15
M55	Paul Roker	Portsmouth	Hamshire Southern Counties Veterans League	11.00	23-Jul-01
M60	Paul Roker	Guldford	Hamshire Southern Counties Veterans League	10.47	23-May-05
M65	Paul Roker	Portsmouth	Hamshire Southern Counties Veterans League	9.94	12-Jul-10

High Jump

M35	Darren Dodds *	Portsmouth	Hamshire Southern Counties Veterans League	1.80	30-Apr-12
M40	Darren Dodds *	Basinstoke	Hampshire Southern Counties Veterans League	1.75	25-Jun-18
M45	Allan Leioer	Battersea	Southern Counties Veterans Championships	1.72	18-Jun-06
M50	Allan Leioer	Portsmouth	Hamshire Southern Counties Veterans League	1.65	29-Apr-13
M55	Allan Leioer	Lyon, France	World Masters Athletics Championships	1.60	05-Aug-15
M60	Allan Leioer	Lee Valley	BMAF Track & Field Championships	1.40	05-Mar-22
M65	Allan Leioer	Andover	Southern Athletics League	1.38	19-Jul-26

Pole Vault

M35	Allan Leioer			3.80	06-May-00
M40	Allan Leioer	Birmingham	BMAF - British Masters Championships	4.00	16-Jul-05
M45	Allan Leioer	Carshalton	Southern Counties Veterans Indoor Championships	4.12	05-Feb-06
M50	Allan Leioer	Budapest, HUN	World Masters Championships	3.80	26-Mar-14
M55	Allan Leioer	Lyon, France	World Masters Championships	3.60	06-Aug-15
M60	Allan Leioer	Aldershot	Southern Athletics League	2.95	13-Aug-22
M65	Allan Leioer	Poole	Southern Athletics League	2.60	16-May-26

Shot

M35 (7.25kg)	Allan Leioer			12.17	1999
M40 (7.26kg)	Allan Leioer	Portsmouth	Hamshire Countv Chamoionshios	12.19	15-May-05
M45 (7.26kg)	Allan Leioer	Hemel Hempstead	Southern Men's League	12.77	27-Jun-09
M50 (6kg)	Allan Leioer	Southampton	Southampton AC Ooen Meeting	13.83	25-May-11
M55 (6kg)	Allan Leioer	Jeslo, ITA	European Masters Championships	13.09	09-Sep-19
M60 (5kg)	Allan Leioer	Tampere	World Masters Championships	14.64	01-Jul-22
M65 (5kg)	Allan Leioer	Portsmouth	England Masters AA Indoor Inter-Area	14.10	14-Mar-26
M70 (4kg)	Stephen Ford	Winchester	Southern Counties Vets League	8.42	19-Jun-23

Discus

M35 (2kg)	Greg Watson	Aldershot	Southern Mens League	41.38	09-Jul-05
M40 (2kg)	Greg Watson	Luton	Southern Mens League	39.91	20-May-06
M45 (2kg)	Allan Leioer	Southampton	Southern Men's League	35.45	14-Jul-07
M50 (1.5kg)	Allan Leioer	Aldershot	Southern Counties Vets League	41.31	06-Jul-15
M55 (1.5kg)	Allan Leioer	Lee Valley	British Masters Winter Throws Championships	37.89	09-Mar-19
M60 (1kg)	Allan Leioer	Tampere, Fin	World Masters Championships	44.08	07-Jul-22
M65 (1kg)	Allan Leioer	Portsmouth	City of Portsmouth AC - Autumn Ooen Meeting	43.65	06-Sep-26
M70 (1kg)	Stephen Ford	Bournemouth	Bournemouth Ooen Meeting	26.67	10-Sep-23

Hammer

M35 (7.26kg)	Mike Boucher	Yeovil	Southern Athletics League	12.91	15-Apr-17
M40 (7.26kg)	Neil Minchin	Kingsdon	Southern Athletics League	42.26	18-Aug-18
M45 (7.26kg)	Allan Leioer	Croydon	Southern Men's League	35.04	06-Jun-09
M50 (6kg)	Allan Leioer	Winchester	Southern Counties Vets League	36.66	20-Jun-11
M55 (6kg)	Allan Leioer	Basinstoke	Southern Counties Vets League	35.55	17-Jun-19
M60 (5kg)	Allan Leioer	Derby	BMAF Track & Field Championships	42.41	11-Jun-22
M65 (5kg)	Allan Leioer	Daequ, KOR	World Masters Athletics Championships	41.32	25-Aug-26
M70 (4kg)	Stephen Ford	Bournemouth	Bournemouth Ooen Meeting	35.69	10-Sep-23

Javelin

M35 (800)	Allan Leioer			48.18	1997
M40 (800)	Allan Leioer	Birmingham	British Masters Championships	43.47	16-Jul-05
M45 (800)	Allan Leioer	Southampton	Southern Men's League	43.52	14-Jul-07
M50 (700)	Allan Leioer	Birmingham	British Masters Championships	42.47	25-Jun-11
M55 (700)	Allan Leioer	Hull	British Masters Combined Events Championships	41.41	29-Jun-19
M60 (600)	Allan Leioer	Brazz, POR	European Masters Indoor Championships	40.74	26-Feb-22
M65 (600)	Allan Leioer	Daequ, KOR	World Masters Athletics Championships	40.39	02-Sep-26
M70 (500)	Stephen Ford	Bournemouth	Bournemouth Ooen Meeting	20.68	10-Sep-23

5K Road

M35	Chris Thomason	Ipswich	Ipswich Building Society Twilight 5K	14:06	05-Aug-16
M40	Chris Thomason	Portsmouth	AJ Bell Great South Run 5K	14:48	19-Oct-24
M45	Mark Symes	Portsmouth	Lakeside 5K Series	16:08	26-Apr-17
M50	Mark Symes	Portsmouth	Great South Run 5K	16:09	16-Oct-21
M55	Mark Symes	Battersea	Sri Chinmoy 5K	15:59	23-Jul-24
M60	Koii Mizvazaki	Battersea	Sri Chinmoy 5K	17:36	08-Aug-23

10K Road

M35	Chris Thomason	Parlinton	Trafford 10K	28:55	05-Mar-17
M40	Chris Thomason	Gateshead	Great North 10K	28:59	03-Jul-22
M45	Mark Symes	Slubbinoton Green	Slubbinoton Green 10K	32:59	18-Jan-15
M50	Tecwyn Davies	Reading		30:35	16-Oct-88
M55	Mark Symes	Chichester	Chichester 10K	33:18	04-Feb-24
M60	Koii Mizvazaki	Eastleigh	Eastleigh 10K	39:20	19-Mar-23
M65	Austin Sloane	Chichester	Chichester 10K at Goodwood	39:05	02-Feb-20

Half Marathon

M35	Chris Thomason	Greenwich	Vitality Big Half Marathon	61:07	01-Mar-20
M40	Chris Thomason	Manchester	Great Manchester Run Half Marathon	64:29	22-May-22
M45	Howard Calvert	Swansea	Swansea University Half Marathon	71:37	08-Jun-25
M50	Tecwyn Davies	Stroud	Stroud Half Marathon	67:09	30-Oct-88
M55	Darren Atkins	Farnborough	Farnborough Winter Half Marathon	79:28	21-Jan-24
M60	Koii Mizvazaki	Chester	Essar Chester Half Marathon	81.34	15-May-22
M65	Nick Silvester	Wokingham	Wokingham Half Marathon	96.23	27-Feb-22

Marathon

M35	Chris Thomason	Kew Gardens	British Olympic Marathon Trials	2:10.52	26-Mar-21
M40	Chris Thomason	London	TCS London Marathon	2:11.50	23-Apr-23
M45	Howard Calvert	London	TCS London Marathon	2:29:01	26-Apr-26
M50	Ralph Gomersall	London	Virgin London Marathon	2:55.39	28-Apr-19
M55	Darren Atkins	Milton Keynes	Milton Keynes Marathon	2:51.00	04-May-26
M60	Koii Mizvazaki	London	TCS London Marathon	3:18:05	23-Apr-23
M65					