

2023 was a bumper year for records, in particular, the track and field events. So far athletes have achieved no less than 119 BMA records across Track & Field (including relay's), Multi-events and Road (including Walks). Of these, 25 were EMA records of which 15 were WMA records. On the road, there were 19 BMA records, 6 EMA records, one of which was also a world record, by Mo Farah!

Mention must be given to one of our athletes who achieved no less than 7 WMA records in Pescara, Italy. Competing in both the Throws Pentathlon and the individual throwing events, Evaun Williams won all her TPent events, achieving 2 throws world records and the overall points world record. The other world records were in her individual events.

Rather than trawl through all the exceptional achievements, I have listed all the current BMA records for 2023 below, therefore, not showing earlier records that were subsequently broken. However, one requires a bit of clarification. Although Jane Horder currently holds the W65 300mH world record, there were some questions being asked why her 52.33 at Tampere wasn't ratified as a WR. After discussions with my WMA contact, Sandy Pashkin, it transpired that the hurdles were of the training variety, therefore, illegal. Nowhere on the WMA or Tampere websites was this error mentioned! Thankfully, Jane rectified the situation at Pescara, where she improved on her old record of 53.70, by improving on her own record.

When studying the individual records below you may spot that some of the (where applicable) records have not translated into EMA or WMA records. Primarily, this is because the records on their respective websites have not been updated. When reviewing the EMA records on their website, it is necessary to additionally view Ivar Soderlinds (EMA Records Manager) PDF compilation at the bottom of the 'Records & Statistics' web page. His Indoors page is dated 27.06.23, Outdoor Stadia is 27.10.23, and his Outdoor Nonstadia is 29.09.22. On the WMA website, again, not all the records have been updated. All are as at 16/11/2023.

A couple of points regarding the various relay records. Men 4x800m are not recognised by either EMA or WMA. However, they will continue to be BMA records. Over the last couple of years, a Mixed 4x200m (Indoor) and a Mixed 4x400m (Outdoor) event has been competed for at European and World Championships. Recognising this as a relatively new event I have added both to the BMAF website. At the moment, I have categorised them as 'Best Performances' until such time EMA and WMA recognise their results as records. Currently I am measuring their times against the EMA winning time. If it shows 100%, it's because they won their particular event.

Finally, if you believe you have achieved a record that is not listed, please inform me. May I remind you that if I am not present at any meeting, you MUST inform me of any potential record. Neither EMA nor WMA inform respective countries of any achievements. If I have not registered your possible record, it's probably because you have not informed me. When submitting possible records to me, please use the correct form, including supplementary documents. If you believe you have achieved either an EMA or WMA record, please ensure you use their appropriate document - they will not accept the BMA documents!

BMAF RECORDS ANALYSIS FOR 2023

Within the 'Arena' column: I=Indoor, O=Outdoor, R=Road

Event: SPRINT (25 Records)	Arena	Age Group	Result	Record Date	Athlete	Venue	RD Age% 2023 Tables	EMA Record	WMA Record
100 Metres	O	M70	12.96	22/09/2023	Steve Peters	Pescara, ITA	94.07	12.96	12.77
100 Metres	O	W40	12.25	07/05/2023	Lisa Boland	Lee Valley	87.96	11.09	11.09
100 Metres	O	W70	15.51	02/09/2023	Moira West	Derby	90.88	14.73	14.73
100 Metres	O	W85	24.52	22/09/2023	Dorothy Fraser	Pescara, ITA	65.98	20.46	18.14
200 Metres	I	M60	24.28	31/03/2023	John Wright	Torun, POL	97.04	24.95	24.28
200 Metres	O	M80	31.97	24/09/2023	Allan Long	Pescara, ITA	84.75	31.08	29.54
200 Metres	I	M80	31.97	18/02/2023	Allan Long	Sheffield	83.72	31.84	29.15
200 Metres	O	W70	33.05	02/04/2023	Moira West	Winchester	87.47	31.30	31.30
200 Metres	I	W85	57.14	31/03/2023	Dorothy Fraser	Torun, POL	59.70	44.28	42.09
300 Metres Hurdle (0.686)	O	W65	52.41	22/09/2023	Jane Horder	Pescara, ITA	95.20	52.41	52.41
400 Metres	I	M45	50.95	29/01/2023	Gavin Stephens	Athlone, IRL	91.72	50.66	49.89
400 Metres	I	M60	55.65	28/03/2023	John Wright	Torun, POL	94.77	55.70	55.62
400 Metres	I	M65	1:00.29	31/03/2023	Tennyson James	Torun, POL	87.18	56.63	56.63
400 Metres	O	M70	1:04.49	06/08/2023	Peter Mould	Nuneaton	85.67	59.34	57.26
400 Metres	I	W60	1:04.55	28/03/2023	Virginia Mitchell	Torun, POL	93.06	1:04.76	1:04.55
400 Metres	O	W85	2:29.75	26/09/2023	Anne Martin	Pescara, ITA	60.06	1:47.91	1:41.63
400 Metres	I	W85	3:22.92	28/03/2023	Elizabeth Finlay	Torun, POL	43.23	1:51.89	1:51.89
60 Metres	I	M80	9.36	29/03/2023	Allan Long	Torun, POL	88.45	9.17	8.88
60 Metres	I	W40	7.82	28/03/2023	Lisa Boland	Torun, POL	88.62	7.17	7.17
60 Metres	I	W45	8.03	29/03/2023	Yvette Henry	Torun, POL	92.39	7.30	7.30
60 Metres	I	W70	9.82	26/02/2023	Moira West	Lee Valley	89.78	9.64	9.21
60 Metres	I	W85	13.89	29/03/2023	Dorothy Fraser	Torun, POL	72.51	12.48	11.18
60 Metres Hurdles (68.6-7)	I	W65	9.98	04/02/2023	Jane Horder	Loughborough	89.20	10.29	9.98
60 Metres Hurdles (91.4-8.5)	I	M50	8.23	28/01/2023	Joe Appiah	Lee Valley	98.50	8.25	8.23
80 Metres Hurdle (0.686)	O	W65	13.11	11/06/2023	Jane Horder	Nuneaton	99.77	13.22	13.22

Event: MIDDLE DISTANCE (23)	Arena	Age Group	Result	Record Date	Athlete	Venue	RD Age%	EMA Record	WMA Record
1 Mile (Indoor)	I	M75	6:58.64	08/02/2023	John Bridger	Lee Valley	76.11		5:01.95
1 Mile (Track)	O	M65	5:08.36	26/08/2023	Paul Forbes	Stirling	93.97		4:56.40
1 Mile (Track)	O	M80	6:43.36	04/07/2023	Victor Shirley	Sheffield	83.80		5:56.39
1500 Metres	I	M50	4:06.02	01/04/2023	Dean Richardson	Torun, POL	94.39	4:08.84	4:01.76
1500 Metres	O	M60	4:30.82	23/09/2023	David Clarke	Pescara, ITA	95.57	4:27.24	4:24.59
1500 Metres	I	M60	4:33.59	01/04/2023	David Clarke	Torun, POL	94.60	4:26.62	4:26.62
1500 Metres	O	M65	4:39.15	28/07/2023	Paul Forbes	Glasgow	95.33	4:39.87	4:39.87
1500 Metres	I	M65	4:43.43	01/04/2023	Paul Forbes	Glasgow	93.89	4:43.01	4:43.01
1500 Metres	O	M80	6:20.22	03/05/2023	Victor Shirley	Sheffield	81.46	5:30.89	5:30.89
1500 Metres	I	M85	8:17.73	26/03/2023	Edmond Simpson	Lee Valley	68.12	6:19.55	6:19.55
1500 Metres	I	W45	4:37.58	21/01/2023	Lesley Bell	Glasgow	93.70	4:28.13	4:28.13
2000 Metres Steeplechase	O	W45	6:50.81	15/07/2023	Kirstie Booth	Yeovil	97.99	6:50.51	6:50.51
2000 Metres Steeplechase	O	W60	08:26.84	03/09/2023	Elke Hausler	Derby	92.64	8:49.40	8:37.34
3000 Metres	I	M65	9:57.18	29/01/2023	Alistair Walker	Glasgow	96.16	10:02.56	9:57.18
3000 Metres	I	M85	17:49.57	11/03/2023	Edmond Simpson	Lee Valley	68.30	14:28.57	13:41.96
3000 Metres	I	W45	9:58.19	06/01/2023	Lesley Bell	Glasgow	89.26	9:11.67	9:11.67
3000 Metres	O	W55	10:08.58	17/08/2023	Lucy Elliott	Aldershot	95.82	10:03.09	10:03.09
800 Metres	O	M65	2:13.74	29/09/2023	Paul Forbes	Pescara, ITA	97.38	2:13.74	2:13.74
800 Metres	O	M80	3:05.00	29/09/2023	Victor Shirley	Pescara, ITA	80.96	2:41.59	2:41.59
800 Metres	O	W45	2:14.71	28/09/2023	Zoe Doyle	Pescara, ITA	91.48	2:02.82	2:02.82
800 Metres	I	W60	2:29.96	30/03/2023	Virginia Mitchell	Torun, POL	93.91	2:32.81	2:25.72
800 Metres	O	W60	2:30.91	29/09/2023	Virginia Mitchell	Pescara, ITA	93.32	2:27.74	2:22.52
800 Metres	O	W85	5:46.40	29/09/2023	Anne Martin	Pescara, ITA	59.77	1:47.91	1:41.63

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Event: LONG DISTANCE (2)	Arena	Age Group	Result	Record Date	Athlete	Venue	RDage%	EMA Record	WMA Record
10,000 Metres (Track)	O	M50	31:46.21	20/05/2023	Adrian Mussett	Highgate	94.49	30:55.16	30:48.87
10,000 Metres (Track)	O	W75	51:54.22	21/09/2023	Angela Copson	Pescara, ITA	85.22	50:00.93	46:53.07

Event - JUMPS (14)	Arena	Age Group	Result	Record Date	Athlete	Venue	RDage%	EMA Record	WMA Record
High Jump	O	W65	1.32	28/09/2023	Carole Filer	Pescara, ITA	88.64	1.42	1.42
High Jump	I	W65	1.25	26/03/2023	Carole Filer	Torun, POL	83.94	1.39	1.39
Long Jump	O	W65	4.08	25/09/2023	Carole Filer	Pescara, ITA	82.11	4.64	4.64
Long Jump	I	W65	4.01	19/02/2023	Carole Filer	Sheffield	80.70	4.36	4.36
Pole Vault	I	M75	2.90	19/03/2023	Neal Mason	Lee Valley	81.73	3.00	3.00
Pole Vault	I	W70	2.30	18/03/2023	Sue Yeomans	Lee Valley	71.90	2.12	2.66
Pole Vault	O	W70	2.30	06/08/2023	Sue Yeomans	Coventry	71.90	2.40	2.95
Pole Vault	O	W70	2.30	02/09/2023	Sue Yeomans	Derby	71.90	2.40	2.95
Pole Vault	O	W70	2.30	29/09/2023	Sue Yeomans	Pescara, ITA	71.90	2.40	2.95
Triple Jump	I	M80	8.11	18/02/2023	Allan Long	Sheffield	81.68	8.63	8.65
Triple Jump	O	M80	7.90	03/09/2023	Allan Long	Derby	81.08	9.04	9.04
Triple Jump	O	W50	10.69	13/05/2023	Julia Machin	Crawley	85.99	11.37	11.66
Triple Jump	I	W60	9.46	30/03/2023	Melanie Garland	Torun, POL	83.52	10.27	10.27
Triple Jump	O	W60	9.23	18/06/2023	Melanie Garland	Nuneaton	81.49	10.31	11.04

Event: THROWS (18)	Arena	Age Group	Result	Record Date	Athlete	Venue	RDage%	EMA Record	WMA Record
Discus Throw (0.75Kg)	O	W85	20.81	26/09/2023	Evaun Williams	Pescara, ITA	72.73	20.81	20.81
Discus Throw (1.0Kg)	O	M70	44.79	08/09/2023	Guy Dirkin	Florida, USA	71.02	55.27	55.27
Discus Throw (1.0Kg)	O	M85	26.53	12/08/2023	Ernest Tuff	Santry, IRL	63.29	35.92	35.92
Discus Throw (1.0Kg)	O	W35	61.37	15/04/2023	Jade Lally	Walnut CA, USA	79.91	69.60	69.60
Discus Throw (1.0Kg)	O	W50	42.16	19/08/2023	Shelley Parr	Winchester	71.08	46.11	46.11
Hammer Throw (2.0Kg)	O	W85	31.11	26/09/2023	Evaun Williams	Pescara, ITA	86.64	31.11	31.11
Hammer Throw (3.0Kg)	O	M85	40.22	12/08/2023	Ernest Tuff	Santry, IRL	77.80	43.17	43.17
Hammer Throw (4.0Kg)	O	W40	57.13	15/07/2023	Lucy Marshall	Woodford Green	81.51	67.57	67.57
Indoor Weight Throw (15.88Kg)	I	M40	17.45	29/03/2023	James Taylor	Torun, POL	73.96	18.55	22.52
Indoor Weight Throw (4.0Kg)	I	W75	9.05	28/03/2023	Rosemary Hutton	Torun, POL	64.53	14.34	14.34
Javelin Throw (400gm)	O	M85	25.20	02/04/2023	Victor Adcock	Portsmouth	56.02	35.16	35.64
Javelin Throw (400gm)	O	W85	24.24	21/09/2023	Evaun Williams	Pescara, ITA	92.89	24.24	24.24
Shot Putt (2.0Kg)	O	W85	8.93	22/09/2023	Evaun Williams	Pescara, ITA	79.88	8.93	8.93
Shot Putt (3.0Kg)	O	M85	10.04	12/08/2023	Ernest Tuff	Santry, IRL	67.32	11.94	11.94
Shot Putt (3.0Kg)	O	W50	13.30	22/09/2023	Paula Williams	Pescara, ITA	67.72	15.15	15.15
Shot Putt (4.0Kg)	O	W45	12.64	14/05/2023	Eleanor Gatrell	Kingston	68.45	16.95	16.95
Weight Throw (4.0Kg)	O	W85	11.59	26/09/2023	Evaun Williams	Pescara, ITA	112.27	11.59	11.59
Weight Throw (5.449Kg)	O	M85	14.07	19/08/2023	Ernest Tuff	Belfast, NI	67.33	16.65	16.65

Event: RACE WALK (7)	Arena	Age Group	Result	Record Date	Athlete	Venue	RDage%	EMA Record	WMA Record
10km Race Walk	R	M55	48:22	31/03/2023	David Annetts	Torun, POL	91.57	46.32	46.32
3000 Metres Walk	I	M55	13:26.75	27/03/2023	David Annetts	Torun, POL	99.42	13:16.03	13:09.00
3000 Metres Walk	O	W55	15:49.30	02/09/2023	Melanie Peddle	Derby	89.18		14:16.41
3000 Metres Walk	O	W75	20:53.00	02/09/2023	Noel Blatchford	Derby	84.65		19:18.90
3000 Metres Walk	O	W85	25:42.80	04/02/2023	Rita Gammon	Whanganui, NZL	79.74		23:24.9
5000 Metres Walk	O	W55	27:24.36	24/09/2023	Melanie Peddle	Pescara, ITA	86.74	23:57.58	23:57.58
5km Road Walk	R	M55	24:02	31/03/2023	David Annetts	Torun, POL	89.90		

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Event: ROAD (17)	Arena	Age Group	Result	Record Date	Athlete	Venue	RDage%	EMA Best	WMA Best
10 mile Road	R	W55	1:00:16	26/03/2023	Lucy Elliott	Salisbury	No table		
10 mile Road	R	W60	1:04:36	26/02/2023	Treena Johnson	Pocklington	No table		
10 mile Road	R	W70	1:14:20	07/04/2023	Yuko Gordon	Maidenhead	No table		
10km (Road)	R	M65	34:05	16/04/2023	Alistair Walker	Grangemouth	100.90	35.36	
10km (Road)	R	W55	36:11	19/03/2023	Lucy Elliott	Eastleigh	98.41	36.18	
10km (Road)	R	W60	38:08	14/05/2023	Fiona Matheson	Glasgow	98.37	36.43	
10km (Road)	R	W75	49:19	29/07/2023	Anne Dockery	Undy	89.12	49.31	
5 mile Road	R	W60	30:57	18/05/2023	Kate Wright	Coventry	No table		
5km (Road)	R	W60	18:21	05/05/2023	Fiona Matheson	Edinburgh	99.49		
5km (Road)	R	W75	24:40	25/08/2023	Caroline Lavis	Kingsley	88.33		
5km (Road)	R	W80	27:51	27/06/2023	Penny Elliott	Battersea	83.05		
Half Marathon	R	M40	1:02:43	03/09/2023	Mo Farah	London	95.41	1:02:55	1:06:50
Marathon	R	M40	2:10:28	23/04/2023	Mo Farah	London	95.11	2:10:33	2:08:46
Marathon	R	M70	3:00:38	23/04/2023	Mike Sheridan	London	91.89	2:54:19	2:54:19
Marathon	R	W50	2:47:44	08/10/2023	Annabel Granger	Chester	91.63	2:31:05	2:31:05
Marathon	R	W55	2:48:21	16/09/2023	Susan McDonald	Berlin, DEU	96.65	2:52.71	2:48:06
Marathon	R	W60	2:57:24	08/10/2023	Treena Johnson	Chester	97.84	3:02.28	2:49.43

Men's Indoor 4x200m Relay (2)									
Age Group	Event	Performance	Team	Venue	Date	RDage	Additional Information	EMA Record	% of EMA
M60	I4x200	1:43.66	GBR	Torun, POL	01/04/2023	63	John Wright	1:43.66	100.00%
					01/04/2023	62	Pat Logan		
					01/04/2023	62	Michael Vassiliou		
					01/04/2023	61	Peter Ilo		
M70	I4x200	1:54.14	GBR	Torun, POL	01/04/2023	70	Wally Franklyn	1:54.14	100.00%
					01/04/2023	72	David Hinds		
					01/04/2023	72	Adrian Essex		
					01/04/2023	70	Simon Barrett		

Women's Indoor 4x200m Relay									
Age Group	Event	Performance	Team	Venue	Date	RDage	Additional Information	EMA Record	% of EMA
W70	I4x200	2:34.35	GBR	Torun, POL	01/04/2023	72	Emily McMahon	2:31.76	98.32%
					01/04/2023	70	Lyn Ahmet		
					01/04/2023	71	Anne Nelson		
					01/04/2023	72	Caroline Marler		
W80	I4x200	3:36.96	GBR	Torun, POL	01/04/2023	83	Kathleen Stewart	4:10.68	115.54%
					01/04/2023	81	Iris Hornsey		
					01/04/2023	83	Betty Stracey		
					01/04/2023	86	Dorothy Fraser		

Men's Outdoor 4x400m Relay									
Age Group	Event	Performance	Team	Venue	Date	RDage	Additional Information	EMA Record	% of EMA
M70	O4x400	4:33.71	GBR	Pescara, ITA	01/10/2023	70	Paul Wignall	4:17.47	94.07%
					01/10/2023	71	Wally Franklyn		
					01/10/2023	72	David Hinds		
					01/10/2023	70	Simon Barrett		

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Men's Outdoor Mixed 4x400m Relay (Best Performance)									
Age Group	Event	Performance	Team	Venue	Date	RD Age	Additional Information	EMA Winner	% of Winner
V35	OM4x400	3:49.15	GBR	Pescara, ITA	30/09/2023	39	Chris Lamb	3:42.08	96.91%
					30/09/2023	38	Nina Brennan		
					30/09/2023	35	Oliver Park		
					30/09/2023	36	Emily Bonnett		
V40	OM4x400	3:49.18	GBR	Pescara, ITA	30/09/2023	40	Michael Louise	3:48.08	99.52%
					30/09/2023	45	Carol Holt		
					30/09/2023	44	James Colclough		
					30/09/2023	40	Jodie Albrow		
V45	OM4x400	3:52.38	GBR	Pescara, ITA	30/09/2023	45	Darren Towart	3:49.52	98.77%
					30/09/2023	45	Maria Shaw		
					30/09/2023	47	Mensah Elliott		
					30/09/2023	45	Zoe Doyle		
V50	OM4x400	4:06.93	GBR	Pescara, ITA	30/09/2023	50	Richard Scott	3:52.97	94.35%
					30/09/2023	52	Emma Hollinshead		
					30/09/2023	53	Steven Baldock		
					30/09/2023	50	Vici Browning		
V55	OM4x400	4:12.44	GBR	Pescara, ITA	30/09/2023	57	Gary Clare	4:06.76	97.75%
					30/09/2023	60	Christine Anthony		
					30/09/2023	58	Wole Odele		
					30/09/2023	58	Fiona Steele		
V60	OM4x400	5:08.47	GBR	Pescara, ITA	30/09/2023	60	Glen Reddington	4:23.90	85.55%
					30/09/2023	62	Angela Bryant		
					30/09/2023	66	Martin Phillips		
					30/09/2023	61	Sharyn Ramage		
V65	OM4x400	4:32.51	GBR	Pescara, ITA	30/09/2023	65	Adrian Day	4:32.51	100.00%
					30/09/2023	69	Caroline Powell		
					30/09/2023	65	Tennyson James		
					30/09/2023	66	Jane Horder		

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Men's Indoor Mixed 4x200m Relay (Best Performance)									
Age Group	Event	Performance	Team	Venue	Date	RD Age	Additional Information	EMA Winner	% of Winner
V35	IM4x200	2:00.14	GBR	Torun, POL	01/04/2023	36	Steven Callister	1:36.99	80.73%
					01/04/2023	36	Sara Ellen		
					01/04/2023	36	Jennifer Temple		
					01/04/2023	36	Craig Cox		
V40	IM4x200	1:43.66	GBR	Torun, POL	01/04/2023	45	Darren Towart	1:36.99	93.57%
					01/04/2023	44	Claire Spurway		
					01/04/2023	40	Lisa Boland		
					01/04/2023	40	Ashley Reid		
V45	IM4x200	1:47.84	GBR	Torun, POL	01/04/2023	49	Ciaran Harvey	1:42.42	94.97%
					01/04/2023	51	Paula Williams		
					01/04/2023	48	Lourdes Bradley		
					01/04/2023	48	Grant Stirling		
V50	IM4x200	1:59.32	GBR	Torun, POL	01/04/2023	52	Wendy Andrews	1:45.25	88.21%
					01/04/2023	56	Jan Timberlake		
					01/04/2023	52	Stephen Terry-Short		
					01/04/2023	52	David Shortridge		
V55	IM4x200	1:58.57	GBR	Torun, POL	01/04/2023	55	Juliet Sidney	1:47.15	90.37%
					01/04/2023	57	Fiona Steele		
					01/04/2023	56	Lance Croft		
					01/04/2023	55	Rob MacDonald		
V60	IM4x200	2:00.62	GBR	Torun, POL	01/04/2023	62	Paul Guest	1:53.30	93.93%
					01/04/2023	60	Christine Anthony		
					01/04/2023	63	Janice Pryce		
					01/04/2023	62	Stuart Lynn		
V65	IM4x200	1:58.42	GBR	Torun, POL	01/04/2023	65	Brian Slaughter	1:58.42	100.00%
					01/04/2023	66	Jane Horder		
					01/04/2023	69	Caroline Powell		
					01/04/2023	65	Tennyson James		
V70	IM4x200	2:34.38	GBR	Torun, POL	01/04/2023	72	David Hinds	2:20.09	90.74%
					01/04/2023	73	Jean Fail		
					01/04/2023	72	Sue James		
					01/04/2023	72	Adrian Essex		
V80	IM4x200	2:46.69	GBR	Torun, POL	01/04/2023	81	Barry Ferguson	2:46.69	100.00%
					01/04/2023	81	Iris Hornsey		
					01/04/2023	83	Kathleen Stewart		
					01/04/2023	80	Allan Long		

Men's Outdoor 4x800m Relay (Non EMA or WMA)									
Age Group	Event	Performance	Team	Venue	Date	RD Age	Additional Information		
M45	O4x800	8:10.98	GBR	Redditch	25/08/2023	47	Patrick Davis		
					25/08/2023	48	David Locker		
					25/08/2023	45	James Thie		
					25/08/2023	48	Charlie Thurstan		
M55	O4x800	8:46.03	GBR	Redditch	25/08/2023	55	Stephen Allen		
					25/08/2023	59	Andrew Ridley		
					25/08/2023	56	Adrian Haines		
					25/08/2023	56	Steve Atkinson		
M60	O4x800	9:21.84	GBR	Redditch	25/08/2023	60	Rob Andrew		
					25/08/2023	61	Colin Ridley		
					25/08/2023	63	David Clarke		
					25/08/2023	61	Russell Parkin		

BMAF RECORDS ANALYSIS FOR 2023

Men's Indoor 4x800m Relay (Non EMA or WMA)

Age Group	Distance	Time	Country	Venue	Date	Age	Name
M55	14x800	8:57.37	GBR	Lee Valley	15/02/2023	55	Adrian Haines
					15/02/2023	55	David Cowlishaw
					15/02/2023	55	Steve Atkinson
					15/02/2023	59	Robert McHarg
M60	14x800	9:31.19	GBR	Lee Valley	15/02/2023	62	Chris Ireland
					15/02/2023	60	Russell Parkin
					15/02/2023	61	Colin Ridley
					15/02/2023	62	Jed Turner
M70	14x800	10:46.37	GBR	Lee Valley	15/02/2023	71	John Skelton
					15/02/2023	71	Peter Kennedy
					15/02/2023	71	Derek Jackson
					15/02/2023	71	David Oxland

Women's UK Indoor Pentathlon Records

Age Group	Name	Venue	Date	RD Age	Hurdles	HJ	SP	LJ	800m	Total	EMA Record	WMA Record	% of EMA
W70	Caroline Marler	Torun, POL	31/03/2023	72	12.94	1.08	7.99	3.17	3:32.07	3421	4676	4047	73.16 %

Men's UK Indoor Pentathlon Records

Age Group	Name	Venue	Date	RD Age	60mH	LJ	SP	HJ	1000m	Total	EMA Record	WMA Record	% of EMA
M65	Brian Slaughter	Lee Valley	11/03/2023	65	10.36	4.46	11.16	1.35	3:43.12	3692	4637	4360	84.6%

Women's UK Throws Pentathlon Records

Age Group	Name	Venue	Date	RD Age	Hammer	Shot	Discus	Javelin	Weight	Total	EMA Record	WMA Record	% of EMA
W85	Evaun Williams	Pescara, POL	26/09/2023	85	31.11	8.65	20.81	20.96	11.59	5150	5150	5150	100%

Courtney Gunn

BMAF Records Coordinator

16th November 2023