

## BMAF RECORDS ANALYSIS FOR 2025

A picture speaks 1000 words, in particular, European Championships in Madeira:

| Medal Table |                                                                                       | Medallists |        | Multiple Medallists |
|-------------|---------------------------------------------------------------------------------------|------------|--------|---------------------|
| #           | Team                                                                                  | Gold       | Silver | Bronze              |
| 1           |  GBR | 132        | 102    | 77                  |
| 2           |  GER | 110        | 98     | 82                  |

However, sometimes even pictures do not present the full story. Within the above medals are some personal achievements. In the top 10 individual medal achievers, there are no less than 5 GBR athletes:

- Sarah Roberts (W75) - 8 Gold, 4 Silver
- Ellie Stevens (W40) - 8 Gold
- Evaun Williams (W85) - 6 Gold
- B John Wright (M65) - 5 Gold
- Paul Mingay (M65) - 5 Gold

Further, there were no less than 32 BMA records broken in Madeira, including some EMA and WMA records. Among these were 12 Relay records of various distances, of which 4 were mixed relays - recently introduced. Importantly, because of their limited inclusion, these 4 records were previously unlisted. That said, as at 13<sup>th</sup> November, no records achieved in October are showing on the WMA site.

Whilst commenting on relays, it would remiss of me not to comment on the world W65 4x800m record attempt. The original idea was to use the Nuneaton meeting to attempt W45, W60 and W65 world records. Both the W45 and W60 records were achieved. However, due to technical issues, the W65 3<sup>rd</sup> string athlete was instructed to run a further lap (1200m), which blew their record attempt. Moving on to Derby, where the ladies had a further attempt - successfully, but not without a scare on timing. Hand timing came to the rescue [yet to be ratified by WMA]

When reviewing records broken throughout 2025 - up to 13<sup>th</sup> November, two ladies have excelled: Sarah Roberts (W75) and Clare Elms (W60). Sarah's achievements included: 400m, 800m, 1500m, 1 mile, 3000m, 5000m and 10000m. Not to be out done, Clare's achievements included: 1500m, 1 mile, 3000m, 5000m and 10000m.

In the tables below, you will see that the events are split into distinct categories:

**Sprints (40 records):** 60m, 100m, 200m, 400m, short and long Hurdles

**Middle Distance (39):** 800m, 1500m, 3000m, Steeplechase

**Long Distance (4):** 5000m, 10000m, Road races

**Jumps (14):** Long Jump, Triple Jump, High Jump, Pole Vault

**Throws (14):** Shot Putt, Discus, Javelin, Hammer, Weight

**Combined Events (8):** Indoor Pentathlon, Outdoor Pentathlon, Decathlon, Heptathlon

**Race Walk (1):** 3000m, 5000m, 10Km, 20Km

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### **Relay (16): 4x100m, 4x200m, 4x400m, 4x800m, Mixed**

The records within each category are then listed according to their age grade %, apart from both the Combined Events and the various relays (which show as a % of the WMA record, where 100% is the WMA record) - for obvious reasons. What stands out are the number (68) of athletes achieving age grades of 90%+ (World class). Note that some of these records were broken on more than one occasion. Only the latest record is shown.

Road records are causing a bit of a problem, in particular, their elevation. In the absence of any requirement from WMA, BMAF have adopted the UKA requirements: *The overall decrease in elevation between the start and finish shall not exceed 1:1000, i.e. 1m per km (0.1%).* One particular meeting is causing issues due to its elevation - Kingsley in Cheshire. Until such time I get agreement from the BMAF Executive, I have chosen to accept their results as 'Best' performances.

Please remember that if a Road performance is worthy of either an EMA or WMA Best Performance/Record, they **MUST** be supported with the necessary documentation. If it's a WMA application there is no need to complete an EMA form - just the WMA form.

Courtney Gunn

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| Event (Sprint)                 | Arena | Age Group | Athlete Name                  | RD Age | Event Location | Record Date | BMA Record | RDA (Age%) |
|--------------------------------|-------|-----------|-------------------------------|--------|----------------|-------------|------------|------------|
| 200 Metres                     | O     | M65       | B John Wright                 | 66     | Sheffield      | 23/08/2025  | 24.47      | 98.27      |
| 100 Metres                     | O     | M65       | B John Wright                 | 66     | Derby          | 13/09/2025  | 12.15      | 97.55      |
| 100 Metres                     | O     | M70       | Steve Peters                  | 72     | York           | 17/08/2025  | 12.75      | 96.98      |
| 200 Metres                     | O     | M70       | Steve Peters                  | 72     | Madeira, POR   | 14/10/2025  | 25.97      | 96.49      |
| 100 Metres                     | O     | W55       | Christine Harrison-Bloomfield | 57     | Madeira, POR   | 12/10/2025  | 12.9       | 95.16      |
| 200 Metres                     | O     | W55       | Christine Harrison-Bloomfield | 57     | Madeira, POR   | 14/10/2025  | 26.65      | 94.74      |
| 200 Metres                     | I     | M55       | Darren Scott                  | 56     | Manchester     | 09/03/2025  | 23.87      | 94.17      |
| 200 Metres                     | I     | M65       | B John Wright                 | 65     | Sheffield      | 09/03/2025  | 25.38      | 94.10      |
| 300 Metres Hurdle (0.686)      | O     | M70       | Ian Broadhurst                | 71     | Sheffield      | 23/08/2025  | 47.72      | 93.34      |
| 100 Metres                     | O     | W70       | Helen Godsell                 | 71     | Lee Valley     | 26/07/2025  | 15.01      | 91.92      |
| 200 Metres                     | I     | W55       | Christine Harrison-Bloomfield | 57     | Lee Valley     | 22/02/2025  | 27.64      | 91.35      |
| 200 Metres                     | I     | W55       | Christine Harrison-Bloomfield | 57     | Lee Valley     | 22/02/2025  | 27.64      | 91.35      |
| 400 Metres                     | O     | M70       | Steve Peters                  | 72     | Madeira, POR   | 10/10/2025  | 01:01.62   | 91.23      |
| 60 Metres                      | I     | W40       | Lisa Boland                   | 42     | Sutton         | 02/03/2025  | 7.75       | 91.19      |
| 400 Metres                     | O     | W75       | Sarah Roberts                 | 76     | Madeira, POR   | 11/10/2025  | 01:20.81   | 90.88      |
| 100 Metres                     | O     | W40       | Lisa Boland                   | 43     | Harrow         | 13/07/2025  | 12.16      | 90.40      |
| 200 Metres                     | O     | W70       | Helen Godsell                 | 71     | York           | 17/08/2025  | 31.81      | 89.96      |
| 300 Metres Hurdle (0.762)      | O     | M65       | Richard White                 | 65     | Yate           | 08/06/2025  | 46.36      | 89.83      |
| 200 Metres                     | I     | W50       | Tracey Ashworth               | 50     | Sheffield      | 09/03/2025  | 26.58      | 89.60      |
| 200 Metres                     | I     | W50       | Tracey Ashworth               | 50     | Sheffield      | 09/03/2025  | 26.58      | 89.60      |
| 200 Metres Hurdle (0.686) - 5H | O     | W75       | Emily McMahon                 | 75     | Lee Valley     | 27/07/2025  | 40.41      | 89.26      |
| 200 Metres                     | O     | W40       | Lisa Boland                   | 43     | Madeira, POR   | 14/10/2025  | 25.27      | 89.11      |
| 400 Metres                     | O     | W85       | Kathleen Stewart              | 85     | Jarrow         | 21/06/2025  | 01:37.34   | 89.01      |
| 400 Metres                     | I     | W75       | Sarah Roberts                 | 75     | Lee Valley     | 23/02/2025  | 01:21.45   | 88.92      |
| 60 Metres                      | I     | W75       | Moir West                     | 75     | Lee Valley     | 23/02/2025  | 10.22      | 87.83      |
| 200 Metres                     | I     | W40       | Lisa Boland                   | 42     | Lee Valley     | 16/02/2025  | 25.5       | 87.62      |
| 400 Metres                     | I     | W85       | Kathleen Stewart              | 85     | Glasgow        | 02/02/2025  | 01:40.00   | 86.65      |
| 60 Metres Hurdles (68.6-7)     | I     | W75       | Sally Hine                    | 75     | Sheffield      | 26/01/2025  | 13.03      | 85.10      |
| 300 Metres Hurdle (0.686)      | O     | M75       | Anthony Paul Roker            | 75     | Derby          | 12/09/2025  | 55.15      | 84.69      |
| 80 Metres Hurdle (0.686)       | O     | W75       | Sally Hine                    | 75     | Madeira, POR   | 10/10/2025  | 17.49      | 84.56      |
| 100 Metres                     | O     | W85       | Kathleen Stewart              | 85     | Jarrow         | 21/06/2025  | 18.92      | 84.53      |
| 200 Metres                     | I     | W75       | Moir West                     | 75     | Lee Valley     | 22/02/2025  | 35.19      | 84.48      |
| 200 Metres                     | I     | W75       | Moir West                     | 75     | Lee Valley     | 22/02/2025  | 35.19      | 84.48      |
| 60 Metres                      | I     | M85       | Anthony Treacher              | 85     | Satra, SWE     | 25/01/2025  | 10.45      | 83.52      |
| 200 Metres                     | I     | W85       | Kathleen Stewart              | 85     | Lee Valley     | 22/02/2025  | 41.16      | 82.06      |
| 200 Metres                     | I     | W85       | Kathleen Stewart              | 85     | Lee Valley     | 22/02/2025  | 41.16      | 82.06      |
| 200 Metres                     | O     | W85       | Kathleen Stewart              | 85     | Jarrow         | 21/06/2025  | 41.34      | 81.71      |
| 200 Metres                     | I     | M85       | Anthony Treacher              | 85     | Västerås, SWE  | 07/03/2025  | 36.16      | 79.58      |
| 400 Metres                     | O     | M90       | Colin Spivey                  | 91     | Madeira, POR   | 11/10/2025  | 01:46.77   | 74.06      |
| 80 Metres Hurdle (0.686)       | O     | M90       | Tony Bowman                   | 90     | Derby          | 13/09/2025  | 32.5       | 53.51      |

## BMAF RECORDS ANALYSIS FOR 2025

| Event (Middle Distance) | Arena | Age Group | Athlete Name      | RD Age | Event Location   | Record Date | BMA Record | RDA (Age%) |
|-------------------------|-------|-----------|-------------------|--------|------------------|-------------|------------|------------|
| 1 Mile (Track)          | O     | W60       | Clare Elms        | 61     | Wimbledon        | 23/07/2025  | 05:18.97   | 99.62      |
| 3000 Metres             | O     | W60       | Clare Elms        | 61     | Aldershot        | 17/07/2025  | 10:31.73   | 98.77      |
| 3000 Metres             | I     | W75       | Sarah Roberts     | 75     | Gainesville, USA | 26/03/2025  | 12:28.82   | 98.72      |
| 1500 Metres             | O     | W60       | Clare Elms        | 61     | Tonbridge        | 05/08/2025  | 04:56.85   | 98.41      |
| 800 Metres              | O     | W60       | Virginia Mitchell | 62     | Madeira, POR     | 17/10/2025  | 02:27.21   | 98.18      |
| 800 Metres              | O     | M60       | Robert McHarg     | 61     | Madeira, POR     | 17/10/2025  | 02:07.65   | 97.85      |
| 800 Metres              | O     | M55       | Mark Symes        | 57     | Madeira, POR     | 17/10/2025  | 02:03.56   | 97.80      |
| 1500 Metres             | I     | M60       | Robert McHarg     | 61     | Lee Valley       | 23/02/2025  | 04:20.32   | 97.66      |
| 3000 Metres             | O     | W75       | Sarah Roberts     | 75     | Stevenage        | 13/07/2025  | 12:38.84   | 97.42      |
| 800 Metres              | I     | W60       | Virginia Mitchell | 62     | Gainesville, USA | 24/03/2025  | 02:28.54   | 97.30      |
| 3000 Metres             | I     | W60       | Clare Elms        | 61     | Altlong, IRL     | 08/03/2025  | 10:43.34   | 96.99      |
| 800 Metres              | I     | M60       | Robert McHarg     | 61     | Lee Valley       | 16/02/2025  | 02:09.11   | 96.74      |
| 1500 Metres             | I     | W60       | Clare Elms        | 61     | Lee Valley       | 16/02/2025  | 05:03.10   | 96.38      |
| 800 Metres              | I     | M50       | Kojo Kyereme      | 50     | Lee Valley       | 12/02/2025  | 01:58.80   | 96.07      |
| 1500 Metres             | O     | M35       | Harry Wakefield   | 35     | Birmingham       | 07/06/2025  | 03:38.57   | 95.69      |
| 1 Mile (Track)          | O     | M50       | Dean Richardson   | 52     | Bury             | 24/08/2025  | 04:28.23   | 95.45      |
| 1 Mile (Track)          | O     | M35       | Harry Wakefield   | 35     | Oxford           | 05/05/2025  | 03:58.42   | 95.34      |
| 3000 Metres             | I     | M50       | Kojo Kyereme      | 50     | Sheffield        | 19/01/2025  | 08:41.06   | 95.01      |
| 1500 Metres             | O     | M55       | Mark Symes        | 56     | Madeira, POR     | 11/10/2025  | 04:17.04   | 94.77      |
| 1500 Metres             | I     | W75       | Sarah Roberts     | 75     | Lee Valley       | 23/02/2025  | 05:58.15   | 94.30      |
| 800 Metres              | O     | M35       | Harry Wakefield   | 35     | Bury             | 24/05/2025  | 01:47.46   | 94.23      |
| 1500 Metres             | O     | W75       | Sarah Roberts     | 75     | Hemel Hempstead  | 21/09/2025  | 05:59.45   | 93.96      |
| 800 Metres              | I     | W75       | Sarah Roberts     | 75     | Lee Valley       | 22/02/2025  | 02:57.32   | 93.89      |
| 800 Metres              | O     | W75       | Sarah Roberts     | 75     | Stevenage        | 05/05/2025  | 02:58.12   | 93.47      |
| 1 Mile (Indoor)         | I     | M60       | Andrew Ridley     | 60     | Lee Valley       | 12/02/2025  | 04:45.16   | 92.97      |
| 1 Mile (Track)          | O     | W75       | Sarah Roberts     | 75     | Oxford           | 25/05/2025  | 06:40.32   | 92.06      |
| 800 Metres              | I     | W65       | Karen Brooks      | 65     | Sheffield        | 26/01/2025  | 02:42.61   | 91.64      |
| 1500 Metres             | I     | W65       | Karen Brooks      | 65     | Lee Valley       | 16/02/2025  | 05:33.54   | 91.05      |
| 1 Mile (Track)          | O     | W70       | Anna Garnier      | 70     | Wimbledon        | 23/07/2025  | 06:33.46   | 88.32      |
| 1 Mile (Track)          | O     | M80       | Peter Giles       | 81     | Wimbledon        | 23/07/2025  | 06:38.93   | 85.88      |
| 1500 Metres             | O     | M80       | Peter Giles       | 81     | Derby            | 12/09/2025  | 06:11.00   | 84.78      |
| 3000 Metres             | O     | M80       | Michael Nelson    | 80     | Sandy            | 27/09/2025  | 14:05.54   | 79.54      |
| 3000 Metres             | I     | M90       | Colin Spivey      | 90     | Sheffield        | 26/01/2025  | 17:48.30   | 77.49      |
| 800 Metres              | O     | M90       | Colin Spivey      | 91     | Madeira, POR     | 18/10/2025  | 04:17.60   | 74.46      |
| 1 Mile (Track)          | O     | M90       | Ian Barnes        | 90     | Jarrow           | 18/06/2025  | 11:09.38   | 61.83      |
| 800 Metres              | O     | W85       | Betty Stracey     | 85     | Derby            | 14/09/2025  | 05:22.95   | 61.44      |
| 1500 Metres             | O     | W85       | Betty Stracey     | 85     | Derby            | 12/09/2025  | 11:06.64   | 60.57      |
| 1500 Metres             | I     | W85       | Betty Stracey     | 85     | Lee Valley       | 23/02/2025  | 11:10.59   | 60.21      |
| 800 Metres              | I     | W85       | Betty Stracey     | 85     | Lee Valley       | 22/02/2025  | 05:31.77   | 59.81      |

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| Event (Long Distance) | Arena | Age Group | Athlete Name  | RD Age | Event Location  | Record Date | BMA Record | RDA (Age%) |
|-----------------------|-------|-----------|---------------|--------|-----------------|-------------|------------|------------|
| 5000 Metres           | O     | W75       | Sarah Roberts | 75     | Hemel Hempstead | 25/09/2025  | 21:25.80   | 98.79      |
| 5000 Metres           | O     | W60       | Clare Elms    | 61     | Battersea       | 09/07/2025  | 18:11.08   | 97.86      |
| 10,000 Metres (Track) | O     | W60       | Clare Elms    | 61     | Battersea       | 10/09/2025  | 38:46.90   | 94.99      |
| 10,000 Metres (Track) | O     | W75       | Sarah Roberts | 75     | Oxford          | 24/05/2025  | 45:59.81   | 94.85      |

| Event (Throws)           | Arena | Age Group | Athlete Name    | RD Age | Event Location   | Record Date | BMA Record | RDA (Age%) |
|--------------------------|-------|-----------|-----------------|--------|------------------|-------------|------------|------------|
| Weight Throw (7.258Kg)   | O     | W50       | Andrea Jenkins  | 50     | Madeira, POR     | 10/10/2025  | 18.59      | 83.83      |
| Hammer Throw (3.0Kg)     | O     | W60       | Janet Smith     | 60     | Derby            | 13/09/2025  | 44.57      | 81.10      |
| Weight Throw (5.449Kg)   | O     | W60       | Janet Smith     | 60     | Hull             | 28/09/2025  | 16.99      | 77.75      |
| Indoor Shot Putt (5.0Kg) | I     | M60       | Morris Fox      | 61     | Lee Valley       | 16/02/2025  | 14.59      | 77.74      |
| Indoor Shot Putt (3.0Kg) | I     | W50       | Paula Williams  | 52     | Lee Valley       | 16/02/2025  | 13.98      | 77.13      |
| Shot Putt (4.0Kg)        | O     | W45       | Eleanor Gatrell | 48     | Oxford           | 13/09/2025  | 12.92      | 76.99      |
| Indoor Shot Putt (4.0Kg) | I     | W45       | Eleanor Gatrell | 48     | Gainesville, USA | 27/03/2025  | 12.73      | 75.86      |
| Javelin Throw (500gm)    | O     | W65       | Jenny Brown     | 66     | Derby            | 13/09/2025  | 26.02      | 65.20      |
| Discus Throw (1.0Kg)     | O     | M90       | Warwick Dixon   | 90     | Madeira, POR     | 17/10/2025  | 21.12      | 62.72      |
| Indoor Shot Putt (3.0Kg) | I     | M85       | Ernest Tuff     | 86     | Newtownabbey     | 08/02/2025  | 8.96       | 61.67      |
| Weight Throw (5.449Kg)   | O     | M90       | Warwick Dixon   | 90     | Madeira, POR     | 11/10/2025  | 10.65      | 58.60      |
| Shot Putt (3.0Kg)        | O     | M90       | Warwick Dixon   | 90     | Dartford         | 11/06/2025  | 7.24       | 55.67      |
| Hammer Throw (3.0Kg)     | O     | M90       | Warwick Dixon   | 90     | Madeira, POR     | 18/10/2025  | 21.75      | 52.10      |
| Javelin Throw (400gm)    | O     | M90       | Warwick Dixon   | 90     | Madeira, POR     | 16/10/2025  | 15.33      | 42.01      |

| Event (Jumps) | Arena | Age Group | Athlete Name      | RD Age | Event Location   | Record Date | BMA Record | RDA (Age%) |
|---------------|-------|-----------|-------------------|--------|------------------|-------------|------------|------------|
| High Jump     | O     | W55       | Julia Machin      | 55     | Derby            | 14/09/2025  | 1.64       | 97.54      |
| High Jump     | O     | M45       | Martin Lloyd      | 45     | Ashford          | 18/07/2025  | 2.00       | 91.09      |
| Pole Vault    | I     | M60       | Andy Ashurst      | 60     | Gainesville, USA | 30/03/2025  | 4.00       | 89.03      |
| Triple Jump   | I     | W60       | Joanne Willoughby | 61     | Sheffield        | 26/01/2025  | 9.77       | 87.82      |
| Long Jump     | O     | W55       | Julia Machin      | 55     | Lee Valley       | 26/07/2025  | 4.99       | 87.30      |
| Long Jump     | O     | M70       | Robert Stevenson  | 72     | Derby            | 12/09/2025  | 4.73       | 85.72      |
| Pole Vault    | O     | M60       | Andy Ashurst      | 60     | Oxford           | 16/08/2025  | 3.83       | 85.25      |
| Long Jump     | O     | W60       | Joanne Willoughby | 61     | Madeira, POR     | 13/10/2025  | 4.48       | 84.47      |
| Triple Jump   | O     | M70       | Robert Stevenson  | 72     | Madeira, POR     | 19/10/2025  | 9.50       | 83.21      |
| Triple Jump   | O     | W65       | Janice Pryce      | 65     | Sutton Coldfield | 09/07/2025  | 8.57       | 81.33      |
| High Jump     | O     | M85       | Roger Bruck       | 86     | Hendon           | 25/08/2025  | 1.12       | 79.42      |
| High Jump     | I     | M85       | Roger Bruck       | 85     | Lee Valley       | 23/02/2025  | 1.05       | 73.50      |
| Long Jump     | O     | M90       | Tony Bowman       | 90     | Derby            | 12/09/2025  | 2.22       | 59.63      |
| Triple Jump   | O     | M90       | Tony Bowman       | 90     | Derby            | 13/09/2025  | 4.00       | 49.59      |

| Event (Race Walks) | Arena | Age Group | Athlete Name    | RD Age | Event Location | Record Date | BMA Record | RDA (Age%) |
|--------------------|-------|-----------|-----------------|--------|----------------|-------------|------------|------------|
| 20km Race Walk     | R     | W55       | Grazia Manzotti | 55     | Isle of Man    | 02/03/2025  | 1:54:37    | 87.01      |

## BMAF RECORDS ANALYSIS FOR 2025

| Event (Road Race) | Arena | Age Group | Athlete Name      | RDAge | Event Location | Record Date | BMA Record | BMA Chip        | RDA (Age%) | RDA (Age%) |
|-------------------|-------|-----------|-------------------|-------|----------------|-------------|------------|-----------------|------------|------------|
| 5km (Road)        | R     | W75       | Sarah Roberts     | 75    | Hatfield       | 10/09/2025  | 21:29      | 21:28 [Chip]    | 99.99      | 100.06     |
| 10km (Road)       | R     | W60       | Elspeth Turner    | 60    | Bognor         | 18/05/2025  | 37:01      | 37:01 [Chip]    | 99.20      | 99.25      |
| 5km (Road)        | R     | W60       | Clare Elms        | 61    | Kingsley       | 29/08/2025  | 18:15      | 18:13 [Chip]    | 98.94      | 99.12      |
| 10 mile Road      | R     | W60       | Sarah Gee         | 61    | Twickenham     | 19/10/2025  | 1:03:13    | 1:03:02[Chip]   | 98.72      | 99.01      |
| 10 mile Road      | R     | W55       | Karima Harris     | 55    | St Albans      | 18/01/2025  | 59:49      | 59:42 [Chip]    | 97.99      | 98.19      |
| 10km (Road)       | R     | W55       | Karima Harris     | 56    | Westminster    | 28/09/2025  | 36:09      | 35:51 [Chip]    | 97.49      | 98.35      |
| Half Marathon     | R     | W55       | Karima Harris     | 55    | Fleet          | 16/03/2025  | 1:17:50    | 1:17:45 [Chip]  | 97.24      | 97.35      |
| Half Marathon     | R     | M45       | Alastair Watson   | 48    | Manchester     | 12/10/2025  | No Gun     | 1:05:27 [Chip]  | -          | 96.90      |
| Half Marathon     | R     | W60       | Elspeth Turner    | 60    | Barnes Green   | 28/09/2025  | 1:22:42    | 1:22:38 [Chip]  | 96.36      | 96.44      |
| 5 mile Road       | R     | W45       | Kirsty Longley    | 48    | Hale           | 20/04/2025  | 27:49      | 27:48 [Chip]    | 95.20      | 95.26      |
| Marathon          | R     | W55       | Karima Harris     | 55    | Copenhagen,DNK | 11/05/2025  | 2:45:45    | No Chip         | 95.09      | -          |
| 10 mile Road      | R     | W70       | Sue Haslam        | 70    | Ferriby        | 26/01/2025  | 1:13:13    | 1:13:06 [Chip]  | 94.90      | 95.05      |
| 1 Mile (Road)     | R     | M55       | Mark Symes        | 56    | Westminster    | 27/09/2025  | 04:42      | 4:40 [Chip]     | 94.18      | 94.85      |
| Half Marathon     | R     | M70       | Alan Davies       | 72    | Swansea        | 07/06/2025  | 1:21:51    | 1:21:49 [Chip]  | 94.10      | 94.13      |
| Half Marathon     | R     | W65       | Claudine Benstead | 65    | Bideford       | 09/03/2025  | 1:29:45    | 1:29:41 [Chip]  | 93.93      | 94.00      |
| 5 mile Road       | R     | W65       | Claudine Benstead | 65    | Okehampton     | 15/02/2025  | 33:21      | No Chip         | 93.76      | -          |
| 10 mile Road      | R     | W75       | Jenny Mills       | 76    | Bideford       | 02/11/2025  | 1:20:35    | 1:20:32 [Chip]  | 93.57      | 93.63      |
| 1 Mile (Road)     | R     | W65       | Monica Williamson | 65    | Westminster    | 27/09/2025  | 05:57      | No Chip         | 92.74      | -          |
| Marathon          | R     | M65       | Paul Mingay       | 67    | Barcelona, ESP | 16/03/2025  | 2:48:33    | 02:47:52 [Chip] | 92.58      | 92.96      |
| Half Marathon     | R     | W75       | Jenny Mills       | 75    | Bideford       | 09/03/2025  | 1:50:37    | 1:50:33 [Chip]  | 86.75      | 86.81      |
| 1 Mile (Road)     | R     | M80       | Peter Giles       | 81    | Westminster    | 27/09/2025  | 06:45      | 6.41 [Chip]     | 84.92      | 85.77      |
| 1 Mile (Road)     | R     | M85       | Doug Milsom       | 86    | Westminster    | 27/09/2025  | 09:18      | 9:15 [Chip]     | 67.33      | 67.70      |

### Indoor Pentathlon

| Age Group | Name               | Venue          | Date       | Hurdles | HJ   | SP    | LJ   | 800m     | BMA Record |
|-----------|--------------------|----------------|------------|---------|------|-------|------|----------|------------|
| W50       | Diana Norman [50]  | EIS, Sheffield | 26/01/2025 | 9.89    | 1.50 | 12.40 | 4.84 | 02:32.31 | 4422       |
| W75       | Sally Hine [75]    | Sheffield      | 26/01/2025 | 13.03   | 1.08 | 6.03  | 2.80 | 04:08.93 | 3111       |
| Age Group | Name               | Venue          | Date       | 60mH    | LJ   | SP    | HJ   | 1000m    | BMA Record |
| M75       | Alistair Hill [75] | Sheffield      | 26/01/2025 | 12.24   | 3.56 | 9.55  | 1.35 | 04:40.31 | 3268       |

### Women's Pentathlon

| Age Group | Name              | Venue      | Date       | 100mH | HJ   | Shot  | LJ   | 800m     | BMA Record |
|-----------|-------------------|------------|------------|-------|------|-------|------|----------|------------|
| W35       | Jo Rowland [35]   | Lee Valley | 26/07/2025 | 16.03 | 1.53 | 13.65 | 5.33 | 02:23.45 | 3709       |
| Age Group | Name              | Venue      | Date       | 80mH  | HJ   | Shot  | LJ   | 800m     | BMA Record |
| W50       | Diana Norman [50] | Wimbledon  | 13/04/2025 | 13.21 | 1.48 | 12.50 | 4.33 | 02:39.22 | 4158       |
| W55       | Julia Machin [55] | Lee Valley | 26/07/2025 | 13.56 | 1.62 | 11.49 | 4.99 | 02:57.81 | 4752       |
| W65       | Susan Frisby [65] | Nuneaton   | 24/08/2025 | 13.61 | 1.27 | 7.88  | 3.75 | 03:51.39 | 3812       |

### Men's Throws Pentathlon

| Age Group | Name               | Venue    | Date       | Hammer | Shot | Discus | Javelin | Weight | BMA Record |
|-----------|--------------------|----------|------------|--------|------|--------|---------|--------|------------|
| M90       | Warwick Dixon [90] | Horspath | 24/05/2025 | 20.14  | 6.87 | 19.16  | 15.28   | 9.32   | 2981       |

## BMAF RECORDS ANALYSIS FOR 2025

| Event                | Age Group | Athlete                       | RD Age | Venue        | Date       | BMA Record | Split | % of WMA |
|----------------------|-----------|-------------------------------|--------|--------------|------------|------------|-------|----------|
| Outdoor 4x100m Relay | M80       | Alan Forse                    | 82     | Madeira, POR | 18/10/2025 | 01:04.17   |       | 96.35    |
|                      |           | James Smith                   | 81     |              | 18/10/2025 |            |       |          |
|                      |           | Mel James                     | 81     |              | 18/10/2025 |            |       |          |
|                      |           | Victor Novell                 | 80     |              | 18/10/2025 |            |       |          |
| Outdoor 4x100m Relay | W50       | Paula Williams                | 53     | Madeira, POR | 18/10/2025 | 51.25      |       | 98.93    |
|                      |           | Yvette Henry                  | 52     |              | 18/10/2025 |            |       |          |
|                      |           | Sarah Loades                  | 52     |              | 18/10/2025 |            |       |          |
|                      |           | Tracey Ashworth               | 51     |              | 18/10/2025 |            |       |          |
| Outdoor 4x100m Relay | W55       | Juliet Sidney                 | 57     | Madeira, POR | 18/10/2025 | 53.84      |       | 98.79    |
|                      |           | Diane Wright                  | 56     |              | 18/10/2025 |            |       |          |
|                      |           | Stefanie Dornbusch            | 56     |              | 18/10/2025 |            |       |          |
|                      |           | Christine Harrison-Bloomfield | 57     |              | 18/10/2025 |            |       |          |
| Outdoor 4x100m Relay | W70       | Doreen Craig                  | 72     | Madeira, POR | 18/10/2025 | 01:05.02   |       | 98.86    |
|                      |           | Anna Garnier                  | 71     |              | 18/10/2025 |            |       |          |
|                      |           | Anne Nelson                   | 73     |              | 18/10/2025 |            |       |          |
|                      |           | Helen Godsell                 | 71     |              | 18/10/2025 |            |       |          |
| Outdoor 4x100m Relay | W75       | Kathleen Stewart              | 86     | Madeira, POR | 18/10/2025 | 01:11.56   |       | 98.09    |
|                      |           | Sally Hine                    | 75     |              | 18/10/2025 |            |       |          |
|                      |           | Sarah Roberts                 | 76     |              | 18/10/2025 |            |       |          |
|                      |           | Emily McMahon                 | 75     |              | 18/10/2025 |            |       |          |
| Outdoor 4x400m Relay | M60       | Vincent Elie                  | 61     | Madeira, POR | 19/10/2025 | 03:52.66   | 58.00 | 99.37    |
|                      |           | Roy Head                      | 61     |              | 19/10/2025 |            | 59.62 |          |
|                      |           | Adrian James                  | 60     |              | 19/10/2025 |            | 56.81 |          |
|                      |           | Wole Odele                    | 60     |              | 19/10/2025 |            | 57.97 |          |
| Outdoor 4x400m Relay | M65       | Richard White                 | 65     | Madeira, POR | 19/10/2025 | 04:03.35   | 62.57 | 99.05    |
|                      |           | Tennyson James                | 67     |              | 19/10/2025 |            | 61.16 |          |
|                      |           | Stuart Lynn                   | 65     |              | 19/10/2025 |            | 61.56 |          |
|                      |           | B John Wright                 | 66     |              | 19/10/2025 |            | 58.06 |          |
| Outdoor 4x400m Relay | W60       | Lisa Thomas                   | 60     | Madeira, POR | 19/10/2025 | 04:30.03   | 66.2  | 104.30   |
|                      |           | Christine Anthony             | 62     |              | 19/10/2025 |            | 70.4  |          |
|                      |           | Jan Ellacott                  | 64     |              | 19/10/2025 |            | 68.3  |          |
|                      |           | Virginia Mitchell             | 62     |              | 19/10/2025 |            | 65.1  |          |

## BMAF RECORDS ANALYSIS FOR 2025

| Event                      | Age Group | Athlete           | RD Age | Venue        | Date       | BMA Record | Split   | % of WMA |
|----------------------------|-----------|-------------------|--------|--------------|------------|------------|---------|----------|
| Outdoor 4x800m Relay       | M35       | Harry Wakefield   | 35     | Bury         | 24/08/2025 | 07:34.86   | 01:49.8 | 100.00   |
|                            |           | David Scott       | 37     |              | 24/08/2025 |            | 01:56.0 |          |
|                            |           | Matthew Revier    | 36     |              | 24/08/2025 |            | 01:55.8 |          |
|                            |           | David Proctor     | 39     |              | 24/08/2025 |            | 01:53.3 |          |
| Outdoor 4x800m Relay       | W45       | Kirstie Booth     | 47     | Nuneaton     | 24/08/2025 | 09:26.38   | 02:12.5 | 100.00   |
|                            |           | Maria Shaw        | 47     |              | 24/08/2025 |            | 2:24.0  |          |
|                            |           | Eleanor Carney    | 48     |              | 24/08/2025 |            | 2:20.7  |          |
|                            |           | Zoe Doyle         | 47     |              | 24/08/2025 |            | 2:22.1  |          |
| Outdoor 4x800m Relay       | W60       | Virginia Mitchell | 62     | Nuneaton     | 24/08/2025 | 10:38.86   | 02:32.2 | 101.00   |
|                            |           | Elke Hausler      | 62     |              | 24/08/2025 |            | 2:47.6  |          |
|                            |           | Christine Anthony | 62     |              | 24/08/2025 |            | 2:49.1  |          |
|                            |           | Clare Elms        | 61     |              | 24/08/2025 |            | 2:30.0  |          |
| Outdoor 4x800m Relay       | W65       | Monica Williamson | 65     | Derby        | 12/09/2025 | 11:38.1    | 02:45.5 | 101.41   |
|                            |           | Anna Garnier      | 71     |              | 12/09/2025 |            | 3:02.8  |          |
|                            |           | Jane Fabes        | 69     |              | 12/09/2025 |            | 2:57.7  |          |
|                            |           | Karen Brooks      | 66     |              | 12/09/2025 |            | 2:52.1  |          |
| Outdoor Mixed 4x400m Relay | X35       | Lewis Robson      | 37     | Madeira, POR | 18/10/2025 | 03:36.07   | 50.5    | New      |
|                            |           | Krystle Balogun   | 38     |              | 18/10/2025 |            | 58.0    |          |
|                            |           | Craig Cox         | 38     |              | 18/10/2025 |            | 49.7    |          |
|                            |           | Kat Sutton        | 36     |              | 18/10/2025 |            | 57.8    |          |
| Outdoor Mixed 4x400m Relay | X50       | Darren Scott      | 56     | Madeira, POR | 18/10/2025 | 03:47.56   | 54.9    | New      |
|                            |           | Sarah Loades      | 52     |              | 18/10/2025 |            | 61.1    |          |
|                            |           | Charlie Thurstan  | 50     |              | 18/10/2025 |            | 51.8    |          |
|                            |           | Tracey Ashworth   | 51     |              | 18/10/2025 |            | 59.2    |          |
| Outdoor Mixed 4x400m Relay | X60       | Vincent Elie      | 61     | Madeira, POR | 18/10/2025 | 04:04.77   | 57.6    | New      |
|                            |           | Virginia Mitchell | 62     |              | 18/10/2025 |            | 65.0    |          |
|                            |           | Wole Odele        | 60     |              | 18/10/2025 |            | 56.8    |          |
|                            |           | Lisa Thomas       | 60     |              | 18/10/2025 |            | 65.1    |          |
| Outdoor Mixed 4x400m Relay | X70       | David Cooke       | 70     | Madeira, POR | 18/10/2025 | 05:06.70   |         | New      |
|                            |           | Sarah Roberts     | 76     |              | 18/10/2025 |            |         |          |
|                            |           | Ian Willoughby    | 71     |              | 18/10/2025 |            |         |          |
|                            |           | Helen Godsell     | 71     |              | 18/10/2025 |            |         |          |