BMAF Records achieved in 2026

Compiled by Courtney Gunn

Event (Sprint)	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	RDA (Age%)
100 Metres Hurdle (0.914-10)	O	M55	Joe Appiah	London	09/08/2026	13.75	100.86
60 Metres	I	W55	Christine Harrison-Bloomfield	Lee Valley	07/03/2026	7.97	99.90
100 Metres	O	M65	B John Wright	Daegu, KOR	23/09/2026	12.02	99.30
60 Metres Hurdles (0.914-5)	I	M55	Joe Appiah	Lee Valley	24/01/2026	8.39	98.94
200 Metres	I	M65	B John Wright	Torun, POL	01/04/2026	24.46	98.31
400 Metres	I	M65	B John Wright	Torun, POL	29/03/2026	54.92	98.05
100 Metres	O	W55	Christine Harrison-Bloomfield	Stratford	25/05/2026	12.71 (P)	97.36
60 Metres	I	M65	B John Wright	Torun, POL	31/03/2026	7.73	97.09
200 Metres	O	W55	Christine Harrison-Bloomfield	Stratford	25/05/2026	26.26 (P)	96.98
400 Metres	I	W75	Caroline Powell	Torun, POL	29/03/2026	1:12.70	95.81
200 Metres	I	W55	Christine Harrison-Bloomfield	Torun, POL	01/04/2026	26.61	95.70
300 Metres Hurdle (0.762-7)	O	W55	Julia Machin	Woking	31/05/2026	48.63	95.50
400 Metres	O	W70	Caroline Powell	Yate	28/06/2026	1:13.12	95.26
60 Metres Hurdles (0.840-5)	I	M60	Barrie Marsden	Lee Valley	14/03/2026	8.89	94.72
60 Metres	I	W50	Yvette Henry	Torun, POL	30/03/2026	8.12	93.83
60 Metres Hurdles (0.686-5)2026+	I	W75	Sally Hine	Torun, POL	29/03/2026	12.05	93.58
100 Metres Hurdle (0.840-10)	O	M60	Barrie Marsden	Woking	31/05/2026	14.73	92.85
60 Metres	I	W75	Moira West	Lee Valley	22/02/2026	9.87	91.57
100 Metres	O	W50	Tracey Ashworth	Derby	12/09/2026	12.93	91.21
60 Metres	I	M75	James Lindsay	Torun, POL	29/03/2026	8.76	91.08
100 Metres	O	W65	Susan Frisby	Yate	02/08/2026	14.53	91.00
60 Metres Hurdles (0.686-5)2026+	I	W70	Carole Filer	Lee Valley	07/03/2026	11.44	90.26
80 Metres Hurdle (0.686-8)2026+	O	W70	Carole Filer	Derby	11/09/2026	15.58	88.36
200 Metres	I	W75	Moira West	Lee Valley	14/03/2026	34.45	87.14
200 Metres	O	W85	Kathleen Stewart	Jarrow	20/06/2026	40.93	84.08
60 Metres	I	M90	Tony Bowman	Torun, POL	30/03/2026	12.00	78.90
200 Metres	I	M90	Tony Bowman	Torun, POL	01/04/2026	45.46	70.38
60 Metres Hurdles (0.686-5)2026+	I	M90	Tony Bowman	Lee Valley	07/03/2026	18.75	68.22
400 Metres	I	M90	Colin Spivey	Lee Valley	22/02/2026	1:58.87	66.52
80 Metres Hurdle (0.686-8)2026+	O	M90	Tony Bowman	Edge Hill	06/06/2026	31.17	55.80
200 Metres Hurdle (0.686-5)	O	M90	Tony Bowman	Derby	12/09/2026	81.99	54.13

Event (Middle Distance)	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	RDA (Age%)
1 Mile (Track)	O	W60	Clare Elms	Wimbledon	22/07/2026	5:17.25	101.10
3000 Metres	O	W60	Clare Elms	London	05/07/2026	10:28.76	100.34
800 Metres	I	M60	Andrew Ridley	Lee Valley	07/03/2026	2:05.13	99.82
1500 Metres	O	W60	Clare Elms	Wimbledon	22/07/2026	4:56.09	99.61
3000 Metres	I	W60	Clare Elms	Cardiff	24/01/2026	10:37.53	98.96
1 Mile (Indoor)	I	W60	Clare Elms	Lee Valley	04/02/2026	5:25.07	98.67
800 Metres	O	M60	Andrew Ridley	Winchester	20/05/2026	2:06.67	98.61
1500 Metres	I	W60	Clare Elms	Lee Valley	07/03/2026	4:59.63	98.43
1 Mile (Indoor)	I	M60	Andrew Ridley	Lee Valley	04/02/2026	4:44.12	97.28
1 Mile (Track)	O	M50	Dean Richardson	Oxford	04/05/2026	4:26.97	96.68
3000 Metres	O	W65	Fiona Matheson	Derby	11/09/2026	11:19.24	96.10
1 Mile (Indoor)	O	M35	Harry Wakefield	Lee Valley	04/02/2026	3:59.17	95.63
1 Mile (Indoor)	O	M40	David Proctor	Boston, USA	13/02/2026	4:05.69	95.51
1 Mile (Indoor)	I	M50	Kojo Kyereme	Lee Valley	04/02/2026	4:26.62	95.27
1500 Metres	I	M35	Harry Wakefield	Sheffield	18/01/2026	3:42.14	94.76
1 Mile (Indoor)	I	M55	Anthony O'Brien	Dublin	17/12/2025	4:38.10	94.34
1 Mile (Indoor)	I	W40	Ellie Stevens	Sheffield	04/01/2026	4:58.81	90.25
3000 Metres	O	M75	David Oxland	Edmondscote	07/07/2026	11:50.57	89.14
1 Mile (Track)	O	M75	David Oxland	Horspath	30/05/2026	5:59.34	88.67
800 Metres	O	M80	Peter Giles	Derby	12/09/2026	3:00.40	85.75
800 Metres	O	M75	David Oxland	Nuneaton	14/06/2026	2:44.45	85.59
3000 Metres	O	M80	Peter Giles	Kingston	30/08/2026	13:29.02	85.55
1500 Metres	I	M80	Peter Giles	Lee Valley	22/02/2026	6:13.78	84.15
3000 Metres	I	M80	Peter Giles	Lee Valley	07/03/2026	13:30.78	84.08
1 Mile (Indoor)	I	M80	Peter Giles	Lee Valley	04/02/2026	6:48.50	83.87
800 Metres	I	M80	Peter Giles	Lee Valley	21/02/2026	3:07.24	81.25
3000 Metres	O	M85	Lawrence Cummings	Jarrow	18/05/2026	16:17.1	74.77
1500 Metres	O	M85	Lawrence Cummings	Monkton	20/06/2026	7:35.32	74.46
1500 Metres	I	M90	Colin Spivey	Lee Valley	22/02/2026	8:55.05	74.40
3000 Metres	I	W80	Pauline Rich	Torun, POL	27/03/2026	18:50.66	70.12
800 Metres	I	M90	Colin Spivey	Lee Valley	21/02/2026	4:50.15	66.11
1500 Metres	I	W85	Betty Stracey	Torun, POL	02/04/2026	10:53.92	63.27
800 Metres	I	W85	Betty Stracey	Lee Valley	22/02/2026	5:21.62	63.19

Event (Long Distance)	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	RDA (Age%)
5km (Road)	R	W60	Clare Elms	Battersea	02/06/2026	17:45	102.85

BMAF Records achieved in 2026

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10 mile Road	R	W60	Sarah Gee	Twickenham	18/10/2026	1:02:00	101.78
5 mile Road	R	W60	Clare Elms	Battersea	05/05/2026	29:53	101.26
10 mile Road	R	W55	Karima Harris	St Albans	18/01/2026	59:05	100.21
5km (Road)	R	W65	Fiona Matheson	Edinburgh	01/05/2026	18:58	99.61
10km (Road)	R	W65	Fiona Matheson	Grangemouth	26/04/2026	39:19	98.65
10 mile Road	R	W50	Alice Braham	Twickenham	18/10/2026	56:46	98.49
10km (Road)	R	W55	Karima Harris	Chichester	01/02/2026	35:54	98.21
5 mile Road	R	W65	Fiona Matheson	Bridge of Earn	01/07/2026	31:57	97.86
Half Marathon	R	W65	Angharad Mair	Cardiff	04/10/2026	1:26:09	97.86
Half Marathon	R	W60	Sarah Gee	Fleet	29/03/2026	1:22:28	97.68
Marathon	R	W50	Alice Braham	Frankfurt, DEU	25/10/2026	2:35:48	96.52
5000 Metres	O	W65	Fiona Matheson	Stirling	04/07/2026	19:25.13	95.89
10km (Road)	R	W50	Kirsty Longley	Knutsford	27/09/2026	34:58	95.33
Half Marathon	R	W50	Kirsty Longley	Manchester	04/10/2026	1:15:47	95.29
Half Marathon	R	M45	John Gilbert	Wilmslow	22/03/2026	1:05:32	94.66
Marathon	R	W60	Elspeth Turner	Florence, ITA	30/11/2025	2:55:28	94.64
Marathon	R	M50	Will Green	London	26/04/2026	2:23:13	94.33
5 mile Road	R	W75	Sarah Roberts	Hatfield	30/11/2025	37:19	93.58
10 mile Road	R	W75	Jenny Mills	Bideford	02/11/2025	1:20:35	93.57
5km (Road)	R	M80	Peter Giles	Battersea	01/09/2026	22:28	89.67
Marathon	R	W75	Penny Jarvis	Cape Town, ZAF	24/05/2026	3:58:46	84.49
5km (Road)	R	W85	Eva Osborne	King's Lynn	17/05/2026	31:34	81.85
5000 Metres	O	W85	Eva Osborne	King's Lynn	18/07/2026	31:55.6	79.76
5 mile Road	R	W85	Eva Osborne	Great Yarmouth	29/04/2026	54:11	78.96
10km (Road)	R	W85	Eva Osborne	Freethorpe	07/06/2026	1:07:33	77.89
10km (Road)	R	M90	Ian Winship	Cumbernauld	13/09/2026	1:07:02	73.23
1 Mile (Road)	R	M85	Doug Milsom	Ealing	07/11/2025	9:02	69.32

Event (Throws)	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	RDA (Age%)
Weight Throw (9.072Kg)	O	M60	John Pearson	Derby	11/09/2026	22.22	86.53
Hammer Throw (5.0Kg)	O	M60	John Pearson	Midland	14/06/2026	60.07	82.88
Shot Putt (6.0Kg)	O	M50	Stephen Mccauley	Derby	13/09/2026	15.85	80.61
Indoor Shot Putt (5.0Kg)	I	M65	Allan Leiper	Lee Valley	14/03/2026	14.10	80.35
Shot Putt (3.0Kg)	O	W50	Paula Williams	Derby	13/09/2026	13.99	79.90
Indoor Shot Putt (4.0Kg)	I	W45	Eleanor Gatrell	Lee Valley	07/03/2026	12.80	77.54
Shot Putt (4.0Kg)	O	M70	Jim Hogg	Derby	11/09/2026	13.50	76.75
Hammer Throw (3.0Kg)	O	W50	Andrea Jenkins	Ihessaloniki, GRC	04/07/2026	49.92	73.54
Javelin Throw (700gm)2026+	O	M55	Damian Crawford	Strabane, IRL	07/08/2026	50.24	71.08
Shot Putt (3.0Kg)	O	M85	John Scott	Glasgow	25/08/2026	10.5	70.41
Javelin Throw (700gm)2026+	O	M50	David Sketchley	Derby	11/09/2026	54.10	67.53
Discus Throw (1.0Kg)	O	M90	Warwick Dixon	Dartford	27/09/2026	21.26	65.89
Javelin Throw (400gm)	O	M90	Murugesu Siva Sithamparam	Derby	13/09/2026	19.74	54.10
Shot Putt (2.0Kg)	O	W90	Anne Martin	Oxford	30/05/2026	4.63	52.49
Hammer Throw (2.0Kg)	O	W90	Anne Martin	Norwich	09/05/2026	15.35	52.30
Weight Throw (4.0Kg)	O	W90	Anne Martin	Oxford	30/05/2026	5.34	47.24
Indoor Shot Putt (3.0Kg)	I	M90	Tony Bowman	Cardiff	24/01/2026	5.29	40.68
Discus Throw (0.75Kg)	O	W90	Anne Martin	Oxford	30/05/2026	7.71	35.04
Javelin Throw (400gm)	O	W90	Anne Martin [90]	Horspath	30/05/2026	5.52	25.50

BMAF Records achieved in 2026

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Event (Jumps)	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	RDA (Age%)
High Jump	I	W55	Julia Machin	Lee Valley	14/03/2026	1.58	93.97
Long Jump	I	W55	Julia Machin	Crawley	09/05/2026	5.20 (P)	92.10
Pole Vault	O	M60	Andy Ashurst	Long Beach, USA	17/04/2026	4.05	91.45
High Jump	I	M45	Martin Lloyd	Lee Valley	14/02/2026	1.98	90.18
Long Jump	O	M55	Joe Appiah	Daegu, KOR	24/08/2026	6.12	89.24
Triple Jump	O	W55	Julia Machin	Yate	02/08/2026	10.56 (P)	88.77
Long Jump	I	M55	Joe Appiah	Torun, POL	29/03/2026	5.87	85.60
Triple Jump	O	W65	Janice Pryce	Derby	13/09/2026	8.6	83.89
Triple Jump	I	W65	Janice Pryce	Torun, POL	29/03/2026	8.64	83.12
Long Jump	I	W65	Susan Frisby	Lee Valley	07/03/2026	4.06	80.63
Long Jump	I	W70	Carole Filer	Torun, POL	27/03/2026	3.71	78.82
Pole Vault	I	W70	Sue Yeomans	Torun, POL	30/03/2026	2.40	78.53
Long Jump	O	W70	Carole Filer	Derby	12/09/2026	3.58	76.06
High Jump	I	M85	Roger Bruck	Lee Valley	07/03/2026	1.07	75.87
High Jump	I	M90	Tony Bowman	Manchester	30/11/2025	1.00	75.48
Triple Jump	I	W85	Iris Holder	Torun, POL	30/03/2026	5.23	69.47
High Jump	O	M90	Tony Bowman	Edge Hill	06/06/2026	0.91	68.69
Triple Jump	O	W85	Iris Holder	Derby	13/09/2026	5.05	67.07
Long Jump	O	W85	Iris Holder	Worcester	04/08/2026	2.34	65.50
Long Jump	I	W85	Iris Holder	Torun, POL	27/03/2026	2.24	62.70
Long Jump	I	M90	Tony Bowman	Torun, POL	29/03/2026	2.30	61.78
Long Jump	O	M90	Tony Bowman	Edge Hill	06/06/2026	2.25	60.44
Triple Jump	O	M90	Tony Bowman	Derby	13/09/2026	4.32	54.82
Triple Jump	I	M90	Tony Bowman	Lee Valley	07/03/2026	4.39	54.42
Pole Vault	I	M85	Mike Herring	Lee Valley	22/02/2026	1.18	41.01
Triple Jump	O	W90	Anne Martin	Sandy	14/06/2026	2.37	36.54
Long Jump	O	W90	Anne Martin	Sandy	14/06/2026	0.97	31.63

Event (Race Walks)	Arena	Age Group	Athlete Name	Event Location	Record Date	BMA Record	RDA (Age%)
3000 Metres Walk	O	W70	Diane Brian	Stourport	09/05/2026	18:00.87	95.04
10km Race Walk	R	W70	Diane Brian	Catania, ITA	01/05/2026	1:03:02	94.14
5000 Metres Walk	O	W70	Diane Brian	Derby	13/09/2026	30:41.34	93.25
5km Road Walk	R	W70	Diane Brian	Torun, POL	31/03/2026	30:32	92.59

Indoor Pentathlon

Age Group	Name	Venue	Date	Hurdles	HJ	SP	LJ	800m	BMA Record	% of WMA Record
W35	Jo Rowland	Sheffield	18/01/2026	9.20	1.60	14.09	5.62	2:17.79	4130	86.11
W65	Susan Frisby	Torun, POL	01/04/2026	10.25	1.29	8.24	3.88	3:29.64	4070	95.50
Age Group	**Name**	**Venue**	**Date**	**60mH**	**LJ**	**SP**	**HJ**	**1000m**	**BMA Record**	**% of WMA Record**
M75	Alistair Hill	Cardiff	24/01/2026	12.21	3.60	10.30	1.35	4:40.61	3352	83.61
M90	Tony Bowman	Cardiff	24/01/2026	19.28	2.10	5.29	0.87	10:51.72	1679	57.58

Women's Throws Pentathlon

Age Group	Name	Venue	Date	Hammer	Shot	Discus	Javelin	Weight	BMA Record	% of WMA Record
W90	Anne Martin	Horspath	30/05/2026	14.20	4.63	7.71	5.52	5.34	2320	58.36

Woman's Outdoor Heptathlon

Age Group	Name	Venue	Date	80mH	HJ	SP	200m	LJ	JT	800m	BMA Record	% of WMA Record
W65	Susan Frisby	Birmingham	06/07/2026	14.21	1.26	8.09	31.19	3.86	17.24	3:34.08	5311	91.76

BMAF Records achieved in 2026
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Indoor 4x200m Relay

Age Group	Athlete	Venue	Date	BMA Record	% of WMA Record
M65	Pat Logan	Torun, POL	02/04/2026	1:47.67	99.65
	B John Wright				
	Tennyson James				
	Richard White				
M80	Albert Eland	Torun, POL	02/04/2026	2:43.88	80.10
	Tony Bowman				
	Allan Long				
	James Smith				
W35	Katy Lord	Budapest, HUN	02/04/2026	1:43.44	98.11
	Krystle Balogun				
	Joanne Ryan				
	Stacey Downie				
W55	Anita Saunders	Torun, POL	02/04/2026	1:54.96	97.98
	Juliet Sidney				
	Popsie Wootten				
	Christine Harrison-Bloomfield				

Indoor 4x400m Relay

Age Group	Athlete	Venue	Date	BMA Record	% of WMA Record
W45	Lucy Bartlett	Lee Valley	14/03/2026	4:10.25	100.00
	Susie McLoughlin				
	Sarah Loades				
	Liz Amos				
W60	Lisa Thomas	Lee Valley	14/03/2026	4:32.60	100.00
	Christine Anthony				
	Jan Ellacott				
	Virginia Mitchell				

Outdoor 4x800m Relay

Age Group	Athlete	Venue	Date	BMA Record	% of WMA Record
M65	Chris Ireland	Redditch	15/08/2026	10:19.30	99.58
	Steven Taylor				
	Malcolm Eustace				
	Colin Bates				
M75	David Jones	Redditch	15/08/2026	11:34.42	100.00
	Malcolm Weir				
	David Oxland				
	Derek Jackson				

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Indoor Mixed 4x200m Relay

Age Group	Athlete	Venue	Date	BMA Record	% of WMA Record
X35	Katy Lord	Torun, POL	02/04/2026	1:36.44	100.00
	Stacey Downie				
	Dale Willis				
	Byron Robinson				
X55	Diane Wright	Torun, POL	02/04/2026	1:48.40	97.86
	Christine Harrison-Bloomfield				
	Steven Baldock				
	Leeroy Golding				
X60	Julie Hicken	Torun, POL	02/04/2026	1:52.42	100.00
	Virginia Mitchell				
	Wole Odele				
	Vincent Elie				
X70	Caroline Powell	Torun, POL	02/04/2026	2:17.77	91.90
	Anna Garnier				
	Clem Leon				
	Ian Broadhurst				
X75	Emily McMahon	Torun, POL	02/04/2026	2:22.01	100.00
	Sarah Roberts				
	Bruce Hendrie				
	David Hinds				