

Men's UK Indoor Heptathlon Records

Last Updated: **02/06/2023**

Age Group	Name [RD Age]	Venue	Date	60m	LJ	SP	HJ	60mH	PV	1000m	Total
M35	Mark Beer [35]	Emirates Glasgow	14/03/2015	7.80	6.46	11.01	1.91	9.77	3.81	3:15.11	4364
M40	Mark Beer [40]	Lee Valley	19/12/2021	7.94	6.08	10.41	1.81	9.54	3.66	3:19.20	4514
M45	Thomas Leeson [45]	Kelvin Glasgow	21/02/2009	7.77	5.91	11.40	1.70	9.15	3.45	3:37.82	4826
M50	Thomas Leeson [50]	Emirates Glasgow	01/03/2014	7.96	5.69	11.97	1.62	9.09	3.20	3:40.06	4982
M55	Tyrone Lewis [56]	Kenosha, USA	05/03/2005	8.05	5.36	8.77	1.50	9.70	3.20	3:20.14	5059
M60	Brian Slaughter [61]	Emirates Glasgow	16/02/2019	8.55	4.72	10.87	1.36	10.14	2.75	3:28.17	4792
M65	Ian Steedman [65]	Kelvin Glasgow	05/03/1994	9.27	3.74	6.66	1.22	10.67	0.00	3:57.20	3371
M70	Bob Masson [71]	Emirates Glasgow	16/02/2019	9.83	3.99	10.26	1.33	11.85	2.65	4:27.36	4365
M75	Norman Carter [76]	Kelvin Glasgow	12/02/2005	10.82	2.96	6.23	1.20	14.36	1.70	5:01.42	2899
M80	Tony Bowman [82]	Emirates Glasgow	03/02/2018	9.76	3.38	7.58	1.14	11.63	0.00	6:29.50	3497

Readjusted to incorporate WMA 2023 Combined Events Age Factors