Notts AC Masters Best Performances Men
17 November 2026

Please note
This is based on looking though old documents, up to date results, remembered people, and power of ten.
There are gaps we would love to fill
We know for many of the best performances there will be better performances out there.
Please let me know and I will update them for the next iteration contact me at aidannottsac@gmail.com

O35	Event	Athlete	Mark	Venue	Date	Competition
Track	60m	Mark Dunwell	7.01 (i)	Linz, Austria	18 Marc 2006	World Masters Champs
	100m	Mark Dunwell	10.93	Riccione, Italy	7 Sep 2007	World Masters Champs
	200m	Mark Dunwell	22.37 (i) 22.14	Birmingham Riccione, Italy	18 Feb 2007 9 Sep 2007	Midland Champs World Masters Champs
	400m					
	800m	Amdebrhan Berhe	2.05.84	Stoke	9 August 2026	Midland League
	1500m	Amdebrhan Berhe	4.16.71	Stretford	22 August 2026	National league North
	Mile	Colin Palmer	4.23.3	Nottingham	9 August 2005	Tim Wealthall Mile
	3,000m	Matt O'Dowd	8.41.08	Derby	28 July 2012	BAL
	5,000m	Colin Palmer	15.26.44	Bedford	30 July 2005	Division 3

	10,000m					
	110m Hurdles					
	400m Hurdles					
	3,000m Steeplechase	Colin Palmer	9.31.8	Southampton	30 August 2003	BAL 3
	4 X 100m					
	4 x 400m					
Field	High Jump					
	Long Jump	Matt Madden	6.38	Derby	11 Sep 2026	BMAF Champs
	Triple Jump	Matt Madden	13.14 (0.4) 13.78 (i)	Birmingham Turon Poland	21 June 2026 1 Apr 2026	Midland League European Masters Indoor Champs
	Pole Vault	Tom Abdy	3.00	Yate	6 May 2018	Midland Veterans League
	Shot Put	Matt Madden	9.32 (7.26kg)	Newport	16 May 2026	Midland League
	Discus	Jonathan Hunt	18.05	Derby	23 May 2015	County Champs
	Hammer	Kevan Brown	20.98	Harvey Hadden	2005	
	Javelin	Matt Madden	35.23 (800)	Newport	16 May 2026	Midland League
Multi Events	Decathlon					
Road	5K					
	10K	Matt O'Dowd	31.38	London	27 May 2012	BUPA London 10K
	10 Mile					
	Half Marathon	Mike Benford	1.19.09	Keyworth	13 Dec 2009	Turkey Trot
	Marathon					

O40	Event	Athlete	Mark	Venue	Date	Competition
Track	60m	Mark Dunwell	7.01 (i)	Jyvascula, Finland	4 Feb 2012	World Masters Champs
	100m	Mark Dunwell	11.03	Sacramento USA	9 July 2011	World Masters Champs
	200m	Mark Dunwell	22.7 (i) 22.79	Sheffield Sacramento USA	5 Feb 2011 12 July 2011	Northern Masters World Masters Champs
	400m					
	800m	Colin Palmer	2.07.6	Solihull	16 August 2008	Masters inter Area match
	1500m	Colin Palmer	4.11.1	Loughborough	12 Sep 2008	Charnwood Open
	Mile	Colin Palmer	4.35.1	Harvey Hadden	14 August 2007	Tim Wealthall Mile
	3,000m	Stuart Spencer	8.48.64	Belfast	9 May 2026	
	5,000m	Steve Jennings	15.49	Gateshead	15 May 1999	British League
	10,000m					
	110m Hurdles	Colin Palmer	24.57	Leeds	31 July	BAL Div
	400m Hurdles					
	3,000m Steeplechase	Colin Palmer	9.53.52	Riccione	15 Sep 2007	World Masters Athletics Champs
	4 X 100m					
	4 x 400m					

Field	High Jump					
	Long Jump					
	Triple Jump					
	Pole Vault	Tom Abdy	3.00	Rugby	6 May 2018	Midland Veterans League
	Shot Put					
	Discus					
	Hammer					
	Javelin					
Multi Events	Decathlon					
Road	5K					
	10K	Stuart Spencer	31.54	Santa Pola , Spain	18 Jam 2026	
	10 Mile	Ken Allen	66.44	Stoke	2 June 1991	Michelin 10
	Half Marathon	Colin Palmer	1hr 14.57	Lincoln	28 Apr 1991	Lincoln
	Marathon					

O45	**Event**	**Athlete**	**Mark**	**Venue**	**Date**	**Competition**
Track	60m	Mark Dunwell	7.25 (i)	Loughborough	9 Jan 2016	Loughborough Open
	100m	Phil Clayton	12.7	Solihull	10 Jun 2007	Midland Masters Champs
	200m	Phil Clayton	26.7	Solihull	11 Jun 2006	Midland Masters Champs
	400m					
	800m					

	1500m	Matt Blunden	4.15.2 (i) 4.29.54	Torun Poland Cosford	2 April 2026 17 June 2026	
	Mile	Matt Blunden	4.46.8	Nottingham	12 June 2026	
	3,000m	Matt Blunden	9.06.56 (i)	Torun Poland	27 Mar 2026	
	5,000m	Alastair Watson	14.47.2	Nottingham	12 June 2026	
	10,000m	Ken Allen	34.3	Loughborough	7 March 1993	
	110m Hurdles	Colin Palmer	24.3	Sutton In Ashfield	10 August 2013	Midland League
	400m Hurdles	Colin Palmer	72.4	Burton	7 July 2013	Midland League
	3,000m Steeplechase	Colin Palmer	10.24.5	Kingston	8 August 2015	BAL
	2,000m Steeplechase					
	4 X 100m					
	4 x 400m					
Field	High Jump					
	Long Jump	Colin Palmer	3.66	Kingston	2 July 2016	BAL
	Triple Jump					
	Pole Vault	Robert Brown	4.15	Leicester	23 Jun 1979	Midland Champs
	Shot Put	Colin Palmer	5.56 (7.26Kg)	Nuneaton	18 May 2013	Midland Champs
	Discus	Colin Palmer	14.40 (2Kg)	Leamington	4 May 2014	Midland League
	Hammer	Colin Palmer	15.2 (7.26Kg)	Hendon	3 August 2013	BAL
	Javelin	Colin Palmer	19.22 (800)	Leamington	4 May 2014	Midland League
Multi Events	Decathlon					
Road	5K					
	10K	Alastair Watson	30.43	Manchester	31 May 2026	
	10 Mile					
	Half Marathon	Alastair Watson	66.12	Cambridge	8 March 2026	
	Marathon	Ken Allen	2hr 40.22	London	12 Apr 1992	

O50	Event	Athlete	Mark	Venue	Date	Competition
Track	60m	Viv Oliver	7.54 (i)	Sindlefingen, Ger	12 Mar 2004	World Masters Champs
	100m	Viv Oliver	11.65	Potsdam, Ger	18 Aug 2002	European Vets Champs
	200m	Viv Oliver	23.48 24.3 (i)	Hendon San Sebastian Spain	28 July 2002 23 Aug 2005	British Masters Champs World Masters Champs
	400m	Viv Oliver	52.5	Hendon	27 July 2002	British Masters Champs
	800m	Tim Hartley	2:15.9	Nuneaton	16 May 2018	Midland Veterans League
	1500m	Tim Hartley	4:26.7	Rugby	13 Jun 2018	Midland Veterans League
	Mile	Tim Hartley	4:51.8		2018	
	3,000m	Tim Hartley	9:02.73	Loughborough	25 August 2018	Charnwood AC Open series
	5,000m	Tim Hartley	15:39.63	Nottingham	4 August 2018	British Athletics League
	10,000m					
	110m Hurdles					

	400m Hurdles	Kelly Fairclough	72.13	Derby	21 Jul 2012	BMAF British Masters Champs
	3,000m Steeplechase	Colin Palmer	10.41.62	Aarhus Denmark	31 July 2017	European Masters Athletics Champs
	4 X 100m					
	4 x 400m					
Field	High Jump	Kelly Fairclough	1.25	Nuneaton	31 July 2022	England Masters Inter area
	Long Jump					
	Triple Jump					
	Pole Vault	Robert Brown	4.00	Birmingham	15 June 1985	Midland Champs
	Shot Put	Kelly Fairclough	6.46 (6Kg)	Rugby	8 June 2022	Midland Vets League
	Discus	Colin Palmer	14.41 (2Kg)	Rugby	31 July 2019	Midland Vets League
	Hammer	Colin Palmer	14.15	Nuneaton	19 May 2021	Midland Vets League
	Javelin	Kelly Fairclough Colin Palmer	15.51 (800) 20.40 (700)	Loughborough Loughborough	27 April 2022 7 August 2019	Midland Vets League
Multi Events	Decathlon					
Road	5K					
	10K	Paul Chaplin	42.16	Leicester	1 March 2026	
	10 Mile					
	Half Marathon	Paul Chaplin	1:34.24	Leicester	11 October 2026	
	Marathon					

O55	Event	Athlete	Mark	Venue	Date	Competition
Track	60m	Viv Oliver	7.53 (i)	Helsinki, Finland	23 July 2007	European Vets Champs
	100m	Viv Oliver	11.99	Riccione, Italy	7 Sep 2007	World Masters Champs
	200m	Viv Oliver	23.34	Riccione, Italy	10 Sep 2007	World Masters Champs
	400m	David Oxland	61.7		2009	
	800m	David Oxland	2.16.9		2008	
	1500m	David Oxland	4.30.41 (i)	I	2008	
	Mile	David Oxland	4.59.5		2009	
	3,000m	Tim Hartley	9.22.58	Yate	15 May 2024	Midland Counties League
	5,000m	Tim Hartley	16.25.58	Loughborough	17 August 2024	BMC regional races
	10,000m	David Oxland	36.37.66		2008	
	100m Hurdles	Kelly Fairclough	19.15 (-0.9)	Derby	11 Sep 2026	
	400m Hurdles	Kelly Fairclough	72.93	Derby	12 Sep 2026	
	200M Hurdles	Phil Clayton	33.20	Tamworth	10 Sep 2017	Midland Vets League
	3,000m Steeplechase					
	2,000m Steeplechase	Colin Palmer	8.03.46	Nottingham	11 July 2026	National League North
	2,000m Walk Track	Phil Clayton	14.37	Loughborough	27 July 2017	Midland Vets League

	4 X 100m					
	4 x 400m					
Field	High Jump					
	Long Jump					
	Triple Jump					
	Pole Vault	Robert Brown	3.80	Sheffield	29 May 1988	
	Shot Put	Phil Clayton	5.66 (7.26Kg) 6.66 (6Kg)	Sutton Coldfield Burton	19 July 2017 28 June 2017	Midland Vets League
	Discus	Phil Clayton	15.64 (2Kg)	Burton	28 June 2017	Midland Vets League
	Hammer	Phil Clayton	6.85 (6Kg)	Tamworth	10 Sep 2017	Midland Vets League
	Javelin	Phil Clayton	21.56 (800kg) 22.15 (700Kg)	Birmingham Tamworth	10 Sep 2017 19 July 2017	Midland Vets League
Multi Events	Decathlon					
Road	5K					
	10K					
	10 Mile					
	Half Marathon					
	Marathon					

O60	**Event**	**Athlete**	**Mark**	**Venue**	**Date**	**Competition**
Track	60m	Phil Clayton	8.63 (i)	Lea Valley	10 Mar 2019	BMAF Masters Champs
	100m	Andrew Prestwich	13.28	Nottingham	11 July 2026	National League Champs North

	200m	Andrew Prestwich	27. 54 (-0.7)	Loughborough	23 Aug 2026	Charnwood open
	400m	David Oxland	62.9	Nuneaton	18 May 2013	Plastics plus Midland League
	800m	David Oxland	2.17.2	Birmingham	2013	BMAF Champs
	1500m	David Oxland	4.35.52	Indoors: Lea Valley	9 Mar 2013	BMAF Champs
	Mile	David Oxland	5.02.3	Nottingham	5 Aug 2010	Tim Wealthall mile
	3,000m	David Oxland	9.51.86	Indoors: Lea Valley	28 Mar 2010	BMAF Championship
	5,000m	David Oxland	17.19.3	Sacramento CA, USA	9 Jul 2011	WMA. World Masters Champs
	10,000m	David Oxland	35.53.89	Horspath	5 Jun 2011	BMAF Champs
	110m Hurdles					
	400m Hurdles					
	200m Hurdles	Phil Clayton	33.20	Tamworth	10 Sep 2019	Midland Vets League
	3,000m Steeplechase					
	2,000m walk track	Phil Clayton	14.06.7	Nuneaton	16 May 2018	Midland Vets League
	4 X 100m					
	4 x 400m					
Field	High Jump					
	Long Jump	Phil Clayton	3.57	Kettering	13 July 2019	Midland Vets League

	Triple Jump	Phil Clayton	7.38	Kettering	29 May 2019	Midland Vets League
	Pole Vault	Robert Brown	3.65	Solihull	14 August 1993	
	Shot Put	Phil Clayton Phil Clayton	5.76 (6Kg) 7.04 (5Kg)	Solihull Nottingham	1 Sep 2018 31 August 2018	Midland Vets League
	Discus	Phil Clayton Phil Clayton	18.46 (1.5Kg) 20.61 (1Kg)	Nuneaton Rugby	16 May 2018 3 July 2019	Midland Vets League
	Hammer	Phil Clayton Phil Clayton	6.55 (6Kg) 6.74 (5Kg)	Leamington Derby	25 April 2018 4 July 2018	Midland Vets League
	Javelin	Phil Clayton Phil Clayton	18.88 (800g) 19.95 (600g)	Nuneaton Solihull	16 May 2018 1 Sep 2018	Midland Vets League
Multi Events	Decathlon					
Road	5K					
	10K					
	10 Mile					
	Half Marathon	Clive Trusson	2.04.18	Newcastle	12 Jul 2026	
	Marathon					

O65	**Event**	**Athlete**	**Mark**	**Venue**	**Date**	**Competition**
Track	60m	Phil Clayton	8.78(i)	Newark	30 Jul 2023	Notts County Dev League
	100m	Phil Clayton	13.6 14.01 (w)	Nuneaton Nuneaton	23 Jun 2024 22 Jun 2025	BMAF Masters champs Midland Masters Champs

	200m	Phil Clayton	28.75 29.79 (i)	Derby Gainsville Florida USA	2 Sep 2023 26 Mar 2025	Notts County Dev League World Masters Indoor Champs
	400m	Phil Clayton	67.15	Nuneaton	16 Sep 2023	Midland Vets League
	800m	David Oxland	2.25.45	Indoors	2016	
	1500m	David Oxland	4.53.42	Indoors	2020	
	Mile	David Oxland	5.27.8		2019	
	3,000m	David Oxland	10.13.32	Indoors	2019	
	5,000m	David Oxland	18.09.4		2016	
	10,000m	David Oxland	37.59.61		2016	
	110m Hurdles					
	400m Hurdles					
	3,000m Steeplechase					
	2,000 Walk	Phil Clayton	14.31.4	Nuneaton	18 May 2022	Midland Vets League East
	4 X 100m					
	4 x 400m					
Field	High Jump	Lubo Schon	1.25	Mansfield	28 May 2023	Notts CDL
	Long Jump	Lubo Schon	3.71	Newark	30 April 2023	Notts CDL
	Triple Jump	Lubo Schon	8.04	Mansfield	28 May 2023	Notts CDL
	Pole Vault	Robert Brown	3.61	Sheffield	7 June 1997	
	Shot Put	Lubo Schon Lubo Schon	7.80 (7.26Kg) 9.53 (6Kg)	Nottingham Derby	13 July 2025 10 May 2026	Midland Counties Div 2 County Champs

	Discus	Lubo Schon Lubo Schon	19.16 (2Kg) 32.87 (1kg)	Nottingham Derby	13 July 2025 10 May 2026	Midland Counties Div 2 County Champs
	Hammer					
	Javelin	Lubo Schon Phil Clayton Lubo Schon	30.15 (800) 17.38 (700) 31.45 (600)	Derby Kettering Derby	9 May 2026 13 Jul 2022 13 Sep 2026	County Champs Midland Vets League MBAF Outdoor champs
Multi Events	Decathlon					
Road	5K					
	10K					
	10 Mile					
	Half Marathon					
	Marathon					

O70	**Event**	**Athlete**	**Mark**	**Venue**	**Date**	**Competition**
Track	60m					
	100m					
	200m	David Oxland	32.5	kettering	13 Jul 2022	Midland Vets League
	400m	David Oxland	68.26	Indoors Lea Valley	13 Mar 2022	England Masters Championships

	800m	David Oxland	2.32.46	Nuneaton	16 Jun 2021	Nuneaton Open events
	1500m	David Oxland	5.10.62	Lea Valley	1 Aug 2021	BMAF regional Champs
	Mile	David Oxland	5.45.5	Nottingham	25 Jun 2021	Tim Wealthall Mile
	3,000m	David Oxland	10.55.36	Indoors Sheffield	23 Jan 2022	BMAF Indoor Pentathlon and 3,000M Champs
	5,000m	David Oxland	19.83.7	Horspath	27 Jun 2021	BMAF Pentathlon, Throws & 5,000
	10,000m	David Oxland	41.27.66	Horspath	8 May 2022	British Masters Championships
	110m Hurdles					
	400m Hurdles					
	3,000m Steeplechase					
	4 X 100m					
	4 x 400m					
Field	High Jump					
	Long Jump					
	Triple Jump					
	Pole Vault	Robert Brown	3.31	Potsdam Germany	22 August 2002	European Vets Champs
	Shot Put					
	Discus					
	Hammer					
	Javelin					

Multi Events	Decathlon					
Road	5K					
	10K					
	10 Mile					
	Half Marathon					
	Marathon					

O75	**Event**	**Athlete**	**Mark**	**Venue**	**Date**	**Competition**
Track	60m					
	100m					
	200m					
	400m	David Oxland	78.56	Yate	2 August 2026	England Masters Champs
	800m	David Oxland	2:44.45	Nuneaton	14 Jun 2026	Midland Masters Outdoor Champs
	1500m	David Oxland	5:38.66	Derby	13 Sep 2026	BMAF Outdoor Champs
	Mile	David Oxland	5:59.34	Horspath	30 May 2026	BMAF throws etc
	3,000m	David Oxland	11.50.54	Derby	10 May 2026	County Champs
	5,000m	David Oxland	20:57:86	Derby	13 Sep 2026	BMAF Outdoor Champs
	10,000m					
	110m Hurdles					
	400m Hurdles					

	3,000m Steeplechase					
	4 X 100m					
	4 x 400m					
Field	High Jump					
	Long Jump					
	Triple Jump					
	Pole Vault	Robert Brown	2.71 (i)	Lee Valley	23 Feb 2008	British Masters Champs
	Shot Put					
	Discus					
	Hammer					
	Javelin					
Multi Events	Decathlon					
Road	5K					
	10K					
	10 Mile					
	Half Marathon	David Oxland	1:40:20	Nottingham	27 Sep 2026	Robin Hood Half
	Marathon					