



MENS 70 - 74

Event	Name	Time/Distance	Date
100m			
200m			
400m			
800m			
1500m			
3000m			
5000m			
10,000m			
Half marathon			
Marathon			
2000m steeple			
3000m steeple			
1500m walk			
2000m walk			
3000m walk			
5000m walk			
10km walk			
110m hurdles			
110m hurdles			
400m hurdles			
Long jump			
Triple jump			
High jump			
Pole vault			
Javelin (600g)	E Amerasekera	26.20m	22/11/15 i/c rd 5 Doncaster
(500g)	E Amerasekera	25.94m	20/3/16 Doncaster
(800g)	E Amerasekera	21.09m	10/10/2014
Discus (1kg)	E Amerasekera	26.66m	15/11/2013
Shot put (5kg)	E Amerasekera	8.22m	31/10/2014
(4kg)	E Amerasekera	7.97m	16/01/2015
Hammer (5kg)	E Amerasekera	19.04m	18/10/2014
(4kg)	E Amerasekera	18.72m	20/3/16 Doncaster
Pentathlon			
Weight pentathlon			
Decathlon			
100 yards			
one mile			
One hour run			
One minute run			