

West Cheshire AC Veterans' Records

Have you beaten one of these records, or set a new one? If so, please send us details via "Webmaster" at:

<http://www.westcheshireac.co.uk/contact/>

For more detail, see:

<http://www.westcheshireac.co.uk/club-records/>

Sorry, wind-assisted performances are not considered for record purposes

VETERANS' MALE Age Group									
Event	M35	M40	M45	M50	M55	M60	M65	M70	M75
Outdoor, Track									
60m						9.52 Jon Clarke			
80m						12.20 Jon Clarke			
100m	11.73 Andrew Parker		13.10 John Pughe			15.30 Jon Clarke			
200m	23.93 Andrew Parker	23.76 Andrew Parker	27.62 John Pughe			34.90 Jon Clarke			
300m						01:05.78 Jon Clarke			
400m	52.73 Andrew Parker	51.80 Andrew Parker				02:01.59 Jon Clarke			
800m	01:58.60 Ian Wetherall		02:06.90 Rob Tudor			02:47.30 Bob Benson			
1500m	04:03.80 Ian Wetherall	04:26.90 David Alexander	04:20.70 Rob Tudor			05:33.30 Bob Benson			
1 Mile		06:11.20 Chris Smith	04:39.00 Rob Tudor	06:11.80 Neil Atkinson					
3000m			09:15.44 Rob Tudor		10:25.60 Neil Hershaw	11:40.80 Bob Benson			
5000m	15:45.10 Steve Crowe	16:58.50 David Alexander	16:29.40 Rob Tudor			20:31.20 Bob Benson	22:24.50 Bob Benson		
10,000m			33:54.50 John Fidler						
3000mSC	10:01.80 Gary Withers	10:39.60 Andrew Clague	10:53.99 Andrew Clague						
110m Hurdles	18.94 Dave McKay								
300m Hurdles						02:00.73 Jon Clarke			
Outdoor, Field									
High Jump	1.55 Dave McKay					0.86 Jon Clarke			
Pole Vault		2.90 Kelvin Grundy							
Long Jump	5.03 Dave McKay		4.17 John Pughe			3.29 Jon Clarke			
Triple Jump	11.13 Dave McKay	9.59 Andrew Parker				6.23 Jon Clarke			
Shot 5kg						6.01 Jon Clarke			
Shot 7.26kg	11.86 Dave McKay								
Discus 1kg						15.98 Jon Clarke			
Discus 2kg	35.01 Steve Cutler								
Hammer 7.26kg	46.70 Dave McKay								
Javelin 600g						16.02 Jon Clarke			
Javelin 800g	59.70 Dave McKay								
Indoor									
60m	7.61 Andrew Parker								
400m	52.8 Andrew Parker								
Outdoor, Walks									
3000m Walk						26:43.65 Jon Clarke			
Road									
5km	15:28 Paul Spencer	15:51 Alan Morris	15:59 Rob Tudor	17:01 John Fidler	17:51 Neil Hershaw	19:11 Joe Foy	21:20 Dave Hough	23:23 Dave Bish	
5 Miles	26:02 Andy Starkey	26:24 Alan Morris	26:13 John Fidler	27:49 John Fidler	31:25 Bob Benson	32:27 Bob Freeman	35:33 Dave Hough	41:00 Dave Bish	46:15 Brian Beattie
10km	32:43 Andy Starkey	33:32 Graham MacNeil	33:24 John Fidler	33:58 John Fidler	36:55 Neil Hershaw	39:18 Joe Foy	45:00 Dave Hough	49:04 Dave Bish	55:06 Dave Bish
10 Miles	54:30 Andy Starkey	55:18 Gary Withers	55:30 John Fidler	58:54 John Fidler	01:03:01 Jack Thomas	01:09:46 Brian Beattie	01:17:50 Brian Beattie	01:23:35 Dave Bish	01:32:57 Dave Bish
1/2 Marathon	01:12:13 Kenny Begley	01:15:24 Graham MacNeil	01:15:56 Paul Frodsham	01:13:10 John Fidler	01:24:41 Jack Thomas	01:26:02 Joe Foy	01:35:48 Richard Batterham	01:10:44 Dave Bish	02:03:24 Dave Bish
Marathon	02:44:24 Kenny Begley	02:39:48 Kenny Begley	02:52:01 Bob Benson	02:53:41 Richard Batterham	03:04:21 Jack Thomas	03:25:47 Brian Beattie	03:23:22 Richard Batterham	04:19:08 Brian Beattie	04:46:55 Dave Bish
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