

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						
						Jan Clarke						
80m						12.20						
						Jan Clarke						
100m	11.73		13.10			15.30						
	Andrew Parker		John Pugh			Jan Clarke						
200m	23.93	23.76	27.62			34.90						
	Andrew Parker	Andrew Parker	John Pugh			Jan Clarke						
300m						01:05.78						
						Jan Clarke						
400m	52.73	51.80				02:01.59						
	Andrew Parker	Andrew Parker				Jan Clarke						
800m	01:58.60		02:06.90		02:17.20	02:47.30						
	Ian Wetherell		Rob Tudor		Peter Hassell	Bob Benson						
1500m	04:03.80	04:26.90	04:20.70			05:33.30						
	Ian Wetherell	David Alexander	Rob Tudor			Bob Benson						
1 Mile		06:11.20	04:39.00		06:11.80							
		Chris Smith	Rob Tudor		Neil Atkinson							
3000m	10:01.84	09:17.48	09:15.44		12:32.60	10:25.60	11:40.80					
	Mark Davies	Gary Roberts	Rob Tudor		Neil Carter	Neil Hershaw	Bob Benson					
5000m	15:45.10	16:58.50	16:29.40		18:29.10		20:31.20	22:24.50				
	Steve Crowe	David Alexander	Rob Tudor		Gary Withers		Bob Benson	Bob Benson				
10,000m			33:54.50									
			John Fisher									
3000mSC	10:01.80	10:39.60	10:53.99		12:06.10							
	Gary Withers	Andrew Clague	Andrew Clague		Andrew Clague							
110m Hurdles	18.94											
	Dave McKay											
300m Hurdles						02:00.73						
						Jan Clarke						
Outdoor, Field												
High Jump	1.55		1.40			0.90						
	Dave McKay		Russell Kirk			Jan Clarke						
Pole Vault		2.90										
		Kevin Grundy										
Long Jump	5.03	4.49	4.17			3.29						
	Dave McKay	Andrew Pace	John Pugh			Jan Clarke						
Triple Jump	11.13	9.59				6.23						
	Dave McKay	Andrew Parker				Jan Clarke						
Shot 5kg						6.01						
						Jan Clarke						
Shot 7.26kg	11.86				5.55							
	Dave McKay				Neil Carter							
Discus 1kg						15.98						
						Jan Clarke						
Discus 2kg	35.01											
	Steve Cutler											
Hammer 7.26kg	46.70											
	Dave McKay											
Javelin 600g						16.02						
						Jan Clarke						
Javelin 800g	59.70		31.96									
	Dave McKay		Russell Kirk									
Indoor												
60m	7.61											
	Andrew Parker											
400m	52.80											
	Andrew Parker											
Outdoor, Walks (Track)												
3000m Walk						26:43.65						
						Jan Clarke						
Road												
5km	15:28	15:51	15:59	17:01	17:41	19:11	21:20	23:23	25:30			
	Paul Spencer	Alan Morris	Rob Tudor	John Fidler	Neil Hershaw	Joe Foy	Dave Hough	Dave Blah	Dave Blah			
5 Miles	26:02	26:24	26:13	27:49	29:36	32:27	35:33	41:00	46:15			
	Andy Starkey	Alan Morris	John Fidler	John Fidler	Neil Hershaw	Rob Freeman	Dave Hough	Dave Blah	Brian Beattie			
10km	32:43	33:32	33:24	33:58	36:55	39:18	45:00	49:04	55:06			
	Andy Starkey	Graham MacNeil	John Fidler	John Fidler	Neil Hershaw	Joe Foy	Dave Hough	Dave Blah	Dave Blah			
10 Miles	54:30	55:18	55:30	58:54	01:03:01	01:09:46	01:16:27	01:23:35	01:32:57			
	Andy Starkey	Gary Withers	John Fidler	John Fidler	Jack Thomas	Brian Beattie	Brian Wright	Dave Blah	Dave Blah			
1/2 Marathon	01:12:13	01:15:24	01:15:56	01:13:10	01:24:41	01:26:02	01:35:48	01:10:44	02:03:24			
	Kenny Begley	Graham MacNeil	Paul Frodsbam	John Fidler	Jack Thomas	Joe Foy	Richard Battersham	Dave Blah	Dave Blah			
Marathon	02:44:24	02:39:48	02:52:01	02:53:41	03:04:21	03:25:47	03:23:22	04:19:08	04:46:55			
	Kenny Begley	Kenny Begley	Bob Benson	Richard Battersham	Jack Thomas	Brian Beattie	Richard Battersham	Brian Beattie	Dave Blah			
5km Walk												
	M35	M40	M45	M50	M55	M60	M65	M70	M75			
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