

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 27/03/18
80m						12.20				Jan Clarke 08/04/18
100m	11.73 Andrew Parker 02/04/17		13.10 John Pugh 06/05/18			15.30 Jan Clarke 21/04/18				
200m	23.93 Andrew Parker 23/07/17	23.76 Andrew Parker 06/07/18	27.62 John Pugh 03/04/18			34.90 Jan Clarke 21/04/18				
300m						01:05.78 Jan Clarke 27/03/18				
400m	52.73 Andrew Parker 02/04/17	51.80 Andrew Parker 06/07/18				02:01.59 Jan Clarke 14/07/18				
800m	01:58.60 Ian Withers 06/06/02		02:06.90 Rob Tudor 17/05/19		02:17.20 Peter Hassell 23/04/07	02:47.30 Bob Benson 10/07/16				
1500m	04:03.80 Ian Withers 05/06/02	04:26.90 David Alexander 18/05/10	04:20.70 Rob Tudor 10/06/19			05:33.30 Bob Benson 06/09/15				
1 Mile		06:11.20 Chris Smith 06/05/14	04:39.00 Rob Tudor 20/06/11		06:11.80 Neil Atkinson 06/05/14					
3000m	10:01.84 Mark Davies 11/05/13	09:17.48 Gary Roberts 03/08/02	09:15.44 Rob Tudor 14/05/11		12:32.60 Neil Carter 04/09/11	10:25.60 Neil Hershaw 2/05/19	11:40.80 Bob Benson 03/08/17			
5000m	15:45.10 Steve Crowe 14/06/11	16:58.50 David Alexander 06/06/09	16:29.40 Rob Tudor 10/06/11		18:29.10 Gary Withers 03/05/09		20:31.20 Bob Benson 02/08/17	22:24.50 Bob Benson 06/06/18		
10,000m			33:54.50 John Fisher 11/07/98							
3000mSC	10:01.80 Gary Withers 11/06/98	10:39.60 Andrew Clague 04/06/11	10:53.99 Andrew Clague 01/06/18		12:06.10 Andrew Clague 10/06/19					
110m Hurdles	18.94 Dave McKay 07/05/16									
300m Hurdles						02:00.73 Jan Clarke 14/07/18				
Outdoor, Field										
High Jump	1.55 Dave McKay 03/07/16		1.40 Russell Kirk 25/04/07			0.90 Jan Clarke 23/08/19				
Pole Vault		2.90 Kevin Grundy 12/09/92								
Long Jump	5.03 Dave McKay 03/06/18	4.49 Andrew Pace 18/05/13	4.17 John Pugh 03/09/17			3.29 Jan Clarke 14/07/18				
Triple Jump	11.13 Dave McKay 07/05/16	9.59 Andrew Parker 06/07/18				6.23 Jan Clarke 14/07/18				
Shot 5kg						6.01 Jan Clarke 13/07/16				
Shot 7.26kg	11.86 Dave McKay 04/06/17				5.55 Neil Carter 14/07/13					
Discus 2kg	35.01 Steve Cutler 13/05/17									
Hammer 7.26kg	46.70 Dave McKay 13/05/17									
Javelin 600g						16.02 Jan Clarke 13/07/16				
Javelin 800g	59.70 Dave McKay 02/06/16		31.96 Russell Kirk 10/04/03							
Indoor										
60m	7.61 Andrew Parker 21/07/18									
400m	52.80 Andrew Parker 10/08/18									
Outdoor, Walks (Track)										
3000m Walk						28:43.65 Jan Clarke 25/08/18				
Road										
5km	15:28 Paul Spencer 12/05/00	15:51 Alan Morris 12/05/00	15:59 Rob Tudor 24/06/11	17:01 John Fidler 27/09/09	17:41 Neil Hershaw 17/05/16	19:11 Joe Foy 28/04/16	21:20 Dave Hough 24/05/14	23:23 Dave Blah 21/09/13	25:30 Dave Blah 17/03/10	
5 Miles	26:02 Andy Starkey 20/12/14	26:24 Alan Morris 04/04/09	26:13 John Fidler 03/09/16	27:49 John Fidler 06/10/09	29:36 Neil Hershaw 06/09/16	32:27 Bob Freeman 11/10/10	35:33 Dave Hough 26/04/14	41:00 Dave Blah 17/04/16	46:15 Brian Beattie 10/04/15	
10km	32:43 Andy Starkey 24/10/14	33:32 Disham MacNeil 24/06/14	33:24 John Fidler 20/09/16	33:58 John Fidler 24/10/09	36:55 Neil Hershaw 06/09/16	39:18 Joe Foy 10/04/16	45:00 Dave Hough 30/03/14	49:04 Neil Blah 25/09/16	55:06 Dave Blah 13/03/10	
10 Miles	54:30 Andy Starkey 11/04/08	55:18 Gary Withers 02/04/08	55:30 John Fidler 19/04/08	58:54 John Fidler 01/04/09	01:03:01 Jack Thomas 01/11/08	01:09:46 Brian Beattie 13/11/05	01:16:27 Brian Wright 14/08/09	01:23:35 Dave Blah 09/10/16	01:32:57 Dave Blah 14/10/10	
1/2 Marathon	01:12:13 Kenny Repley 20/08/11	01:15:24 Disham MacNeil 20/03/10	01:15:56 Paul Frodsbam 16/09/01	01:13:10 John Fidler 14/03/09	01:24:41 Jack Thomas 27/09/14	01:26:02 Joe Foy 06/03/15	01:35:48 Richard Battersham 14/02/14	01:10:44 Dave Blah 01/11/16	02:03:24 Dave Blah 08/03/15	
Marathon	02:38:21 Jan Park 01/12/15	02:39:48 Kenny Repley 18/04/14	02:52:01 Bob Benson 16/09/01	02:53:41 Richard Battersham 14/06/02	03:04:21 Jack Thomas 24/06/14	03:25:47 Brian Beattie 17/06/05	03:23:22 Richard Battersham 24/04/14	04:19:08 Brian Beattie 05/10/14	04:46:55 Dave Blah 24/04/15	
	M35	M40	M45	M50	M55	M60	M65	M70	M75	
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