

# West Cheshire AC Veterans' Records

22-13 09/08/2020

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								
<b>Outdoor, Track</b>																		
60m							9.52											
							Jon Clarke											
80m							12.20											
							Jon Clarke											
100m	11.73			13.10			15.30											
	Andrew Parker			John Pugh			Jon Clarke											
200m	23.93	25.76		27.62			34.90											
	Andrew Parker	Andrew Parker		John Pugh			Jon Clarke											
300m							01:05.76											
							Jon Clarke											
400m	52.73	51.60					02:01.59											
	Andrew Parker	Andrew Parker					Jon Clarke											
800m	01:58.60			02:06.90	02:17.20		02:47.30											
	Ian Withersall			Rob Tudor	Peter Howell		Bob Benson											
1500m	04:03.80	04:26.90		04:20.70			05:33.30											
	Ian Withersall	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 Henshaw	Bob Benson											
5000m	15:45.10	16:58.50		16:29.40	18:29.10		20:31.20	22:24.50										
	Steve Cross	David Alexander		Rob Tudor	Gary Withers		Bob Benson	Bob Benson										
10,000m				33:54.50														
				John Fidler														
3000mSC	10:01.80	10:39.60		10:53.99	12:06.10													
	Gary Withers	Andrew Clagge		Andrew Clagge	Andrew Clagge													
110m Hurdles	16.94																	
	Dave McKay																	
300m Hurdles							02:00.73											
							Jon Clarke											
<b>Outdoor, Field</b>																		
High Jump	1.55		1.40				0.90											
	Dave McKay		Russell Kirk				Jon Clarke											
Pole Vault		2.90																
		Kevin Grundy																
Long Jump	5.03	4.49	4.17				3.29											
	Dave McKay	Andrew Pace	John Pugh				Jon Clarke											
Triple Jump	11.13	9.59					6.23											
	Dave McKay	Andrew Parker					Jon Clarke											
Shot 5kg							6.01											
							Jon Clarke											
Shot 7.26kg	11.66			5.55														
	Dave McKay			Neil Carter														
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		31.96															
	Dave McKay		Russell Kirk															
<b>Indoor</b>																		
60m	7.61																	
	Andrew Parker																	
400m	52.80																	
	Andrew Parker																	
<b>Outdoor, Walks (Track)</b>																		
3000m Walk							26:43.65											
							Jon Clarke											
<b>Road</b>																		
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 Henshaw	Joe Foy	Dave Hough	Dave Dish	Dave Dish									
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 Henshaw	Bob Freeman	Dave Hough	Dave Dish	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 Henshaw	Joe Foy	Dave Hough	Dave Dish	Dave Dish									
10 Miles	54:30	55:18	55:30	58:54	01:03:01	01:09:46	01:16:25	01:23:35	01:32:57									
	Andy Starkey	Gary Withers	John Fidler	John Fidler	Jack Thomas	Brian Beattie	Brian Wright	Dave Dish	Dave Dish									
1/2 Marathon	01:12:13	01:15:24	01:15:56	01:13:10	01:24:41	01:26:02	01:35:46	01:10:44	02:03:24									
	Kenny Bagley	Graham MacNeil	Paul Frodsham	John Fidler	Jack Thomas	Joe Foy	Richard Batterham	Dave Dish	Dave Dish									
Marathon	02:38:21	02:39:48	02:52:01	02:53:41	03:04:21	03:25:47	03:23:22	04:19:08	04:46:55									
	Jon Park	Kenny Bagley	Bob Benson	Richard Batterham	Jack Thomas	Brian Beattie	Richard Batterham	Brian Beattie	Dave Dish									
		M35	M40	M45	M50	M55	M60	M65	M70	M75								
<b>VETERANS' MALE Age Group</b>																		