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 27/03/18			
80m						12.20 Jon Clarke 08/04/18			
100m	11.73 Andrew Parker 02/09/17		13.10 John Pughe 06/05/18			15.30 Jon Clarke 21/04/18			
200m	23.93 Andrew Parker 23/07/17	23.76 Andrew Parker 08/07/18	26.90 Russell Kirk 26/06/06			34.90 Jon Clarke 21/04/18			
300m						01:05.78 Jon Clarke 27/03/18			
400m	52.73 Andrew Parker 02/09/17	51.80 Andrew Parker 08/07/18		01:01.40 Russell Kirk 03/06/12		02:01.59 Jon Clarke 14/07/18			
800m	01:58.60 Ian Wetherall 08/06/02		02:06.90 Rob Tudor 01/05/10	02:20.90 Russell Kirk 03/06/12		02:47.30 Bob Benson 10/07/16			
1500m	04:03.80 Ian Wetherall 08/06/02	04:26.90 David Alexander 01/05/10	04:20.70 Rob Tudor 01/06/10	04:53.90 Peter Haswell 02/09/07		05:33.30 Bob Benson 05/09/15			
1 Mile		06:11.20 Chris Smith 06/05/14	04:39.00 Rob Tudor 22/06/11	06:11.80 Neil Atkinson 06/05/14					
3000m	09:28.65 David Alexander 07/08/07	09:17.48 Gary Roberts 03/09/02	09:15.44 Rob Tudor 14/05/11	11:32.20 Peter Haswell 22/09/07	10:25.60 Neil Hershaw 28/03/19	11:40.80 Bob Benson 03/08/17			
5000m	15:45.10 Steve Crowe 04/06/11	16:58.50 David Alexander 06/06/09	16:29.40 Rob Tudor 10/09/11	18:29.10 Gary Withers 02/05/09		20:31.20 Bob Benson 02/06/17	22:24.50 Bob Benson 08/08/18		
10,000m			33:54.50 John Fidler 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 03/06/18	12:06.10 Andrew Clague 15/06/19					
110m Hurdles	18.94 Dave McKay 07/05/16								
300m Hurdles						02:00.73 Jon Clarke 14/07/18			
Outdoor, Field									
High Jump	1.55 Dave McKay 03/07/16		1.40 Russell Kirk 22/04/07			0.90 Jon Clarke 23/06/19			
Pole Vault		2.90 Kelvin Grundy 12/09/98							
Long Jump	5.03 Dave McKay 03/06/18	4.49 Andrew Pace 19/05/13	4.17 John Pughe 03/09/17			3.29 Jon Clarke 14/07/18			
Triple Jump	11.13 Dave McKay 07/05/16	9.59 Andrew Parker 08/07/18				6.23 Jon Clarke 14/07/18			
Shot 5kg						6.01 Jon Clarke 15/07/18			
Shot 7.26kg	11.86 Dave McKay 04/06/17			5.55 Neil Carter 14/07/13					
Discus 1kg						15.98 Jon Clarke 15/07/18			
Discus 2kg	35.01 Steve Cutler 08/05/98								
Hammer 7.26kg	46.70 Dave McKay 13/05/17								
Javelin 600g						16.02 Jon Clarke 15/07/18			
Javelin 800g	59.70 Dave McKay 12/06/16		31.96 Russell Kirk 19/04/09						
Indoor									
60m	7.61 Andrew Parker 21/01/18								
400m	52.80 Andrew Parker 10/03/18								
Outdoor, Walks (Track)									
3000m Walk						26:43.65 Jon Clarke 25/06/18			
Road									
5km	15:28 Paul Spencer 12/03/00	15:51 Alan Morris 12/03/00	15:59 Rob Tudor 24/08/11	17:01 John Fidler 27/06/99	17:41 Neil Hershaw 17/03/19	19:11 Joe Foy 25/04/16	21:20 Dave Hough 23/05/14	23:23 Dave Bish 21/08/13	25:30 Dave Bish 17/05/19
5 Miles	26:02 Andy Starkey 20/12/98	26:24 Alan Morris 06/04/99	26:13 John Fidler 03/06/98	27:49 John Fidler 08/11/98	29:36 Neil Hershaw 05/06/19	32:27 Bob Freeman 11/10/15	35:33 Dave Hough 20/04/14	41:00 Dave Bish 17/04/16	46:15 Brian Beattie 10/04/19
10km	32:43 Andy Starkey 25/10/98	33:32 Graham MacNeil 26/06/04	33:24 John Fidler 20/09/98	33:58 John Fidler 25/10/98	36:55 Neil Hershaw 05/05/19	39:18 Joe Foy 10/04/16	45:00 Dave Hough 30/03/14	49:04 Dave Bish 25/09/16	55:06 Dave Bish 12/01/19
10 Miles	54:30 Andy Starkey 11/04/99	55:18 Gary Withers 02/09/98	55:30 John Fidler 19/04/98	58:54 John Fidler 01/04/01	01:03:01 Jack Thomas 01/11/98	01:09:46 Brian Beattie 13/11/05	01:16:25 Brian Wright 09/09/20	01:23:35 Dave Bish 09/10/16	01:32:57 Dave Bish 14/10/18
1/2 Marathon	01:12:13 Kenny Begley 20/03/01	01:15:24 Graham MacNeil 23/01/05	01:15:56 Paul Frodsham 18/05/03	01:13:10 John Fidler 14/01/99	01:24:41 Jack Thomas 27/09/98	01:26:02 Joe Foy 08/03/15	01:35:48 Richard Batterham 15/02/15	01:50:59 Dave Bish 15/05/16	02:03:24 Dave Bish 02/03/19
Marathon	02:38:21 Jon Park 01/12/19	02:39:48 Kenny Begley 18/04/04	02:48:39 Chris Shaw 06/12/20	02:53:41 Richard Batterham 14/04/02	03:04:21 Jack Thomas 26/04/98	03:25:47 Brian Beattie 17/04/05	03:23:22 Richard Batterham 26/04/15	04:19:08 Brian Beattie 05/10/14	04:46:55 Dave Bish 28/04/19
	M35	M40	M45	M50	M55	M60	M65	M70	M75
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