

West Cheshire AC Veterans' Records

20/02/2021

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	11.32	Jon Clarke	23/04/21									
80m												12.20	Jon Clarke	08/04/18												
100m	11.73	Andrew Parker	02/06/17			13.10	John Pugh	08/06/18				15.30	Jon Clarke	21/04/18	18.79	Jon Clarke	10/04/21									
200m	23.93	Andrew Parker	28/07/17	25.76	Andrew Parker	08/07/18	26.90	Russell Kirk	28/08/06			34.90	Jon Clarke	21/04/18												
300m												01:05.78	Jon Clarke	27/03/18												
400m	52.73	Andrew Parker	02/03/17	51.60	Andrew Parker	08/07/18			01:01.40	Russell Kirk	03/03/12			02:01.59	Jon Clarke	14/07/18										
800m	01:58.60	Ian Withersall	03/06/02			02:06.90	Rob Tudor	01/05/10	02:20.90	Russell Kirk	03/06/12			02:47.30	Bob Benson	10/07/18										
1500m	04:03.80	Ian Withersall	08/06/02	04:26.90	David Alexander	01/05/10	04:20.70	Rob Tudor	04:53.90	Paul Howarth	20/09/07			05:33.30	Bob Benson	26/05/15										
1 Mile			06:11.20	Chris Smith	08/05/14	06:05/10	04:39.00	Rob Tudor	06:11.80	Neil Atkinson	08/05/14															
3000m	09:28.65	David Alexander	07/08/07	09:17.48	Gary Roberts	03/09/02	09:15.44	Rob Tudor	11:32.20	Paul Howarth	20/09/07	10:25.60	Neil Howarth	28/03/19	11:40.80	Bob Benson	02/09/17									
5000m	15:45.10	Steve Cross	04/05/11	16:15.20	Gary Roberts	03/09/02	16:29.40	Rob Tudor	18:29.10	Gary Withers	02/05/09			20:31.20	Bob Benson	02/09/17	22:24.50	Bob Benson	08/05/18							
10,000m						33:54.50	John Fidler	11/07/08																		
3000mSC	10:01.80	Gary Withers	11/08/08	10:39.60	Andrew Clague	04/08/11	10:53.99	Andrew Clague	12:06.10	Andrew Clague	16/08/13															
110m Hurdles	16.94	Dave McKay	07/05/16																							
300m Hurdles												02:00.73	Jon Clarke	14/07/18												
Outdoor, Field																										
High Jump	1.55	Dave McKay	02/07/16			1.40	Russell Kirk	22/04/07				0.90	Jon Clarke	22/06/18												
Pole Vault			2.90	Kevin Grundy	12/09/08																					
Long Jump	5.03	Dave McKay	02/08/16	4.49	Andrew Pace	18/05/13	4.17	John Pugh	02/08/17			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	18/07/18												
Shot 7.26kg	11.66	Dave McKay	04/08/17				5.58	Neil Carter	14/07/13																	
Discus 1kg												15.98	Jon Clarke	15/07/18												
Discus 2kg	35.01	Steve Cutler	01/05/08																							
Hammer 7.26kg	46.70	Dave McKay	13/05/17																							
Javelin 600g												16.02	Jon Clarke	14/07/18												
Javelin 800g	59.70	Dave McKay	12/06/16			31.96	Russell Kirk	19/04/08																		
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	26/08/18												
Road																										
5km	15:28	Paul Spencer	12/03/00	15:51	Alan Morris	12/03/00	15:59	Rob Tudor	17:01	John Fidler	27/08/09	17:41	Neil Howarth	17/02/19	19:11	Joe Foy	20/04/16	21:20	Dave Hough	23/05/14	23:23	Dave Dish	25:30	Dave Dish	17/02/19	
5 Miles	26:02	Andy Starkey	20/12/08	26:24	Alan Morris	08/04/09	26:13	John Fidler	27:49	John Fidler	08/11/08	29:36	Neil Howarth	02/06/19	32:27	Rob Freeman	11/10/15	35:33	Dave Hough	20/04/14	41:00	Dave Dish	17/04/16	46:15	Brian Beattie	10/04/19
10km	32:43	Andy Starkey	25/10/08	33:32	Graham MacNeil	26/09/08	33:24	John Fidler	33:58	John Fidler	25/10/08	36:55	Neil Howarth	02/05/19	39:18	Joe Foy	10/04/16	44:02	Brian Wright	25/04/21	49:04	Dave Dish	25/09/16	55:06	Dave Dish	12/01/18
10 Miles	54:30	Andy Starkey	11/04/08	55:18	Gary Withers	02/08/08	55:30	John Fidler	58:54	John Fidler	01/04/01	01:03.01	Jack Thomas	01/11/08	01:09.46	Brian Beattie	13/11/08	01:16.25	Brian Wright	09/08/20	01:23.35	Dave Dish	09/10/16	01:32.57	Dave Dish	14/10/18
1/2 Marathon	01:12:13	Kenny Bagley	20/03/01	01:15:24	Graham MacNeil	23/01/02	01:15:56	Paul Frodsham	01:13:10	John Fidler	14/01/08	01:24:41	Jack Thomas	27/08/08	01:26:02	Joe Foy	08/03/14	01:35:48	Richard Batterham	15/02/14	01:50:59	Dave Dish	15/05/14	02:03:24	Dave Dish	02/03/18
Marathon	02:38:21	Jon Park	01/03/13	02:39:48	Kenny Bagley	18/04/04	02:48:39	Chris Shaw	02:53:41	Richard Batterham	14/04/02	02:58:05	Walter McDermott	25/04/21	03:25:47	Brian Beattie	17/04/02	03:23:22	Richard Batterham	26/04/13	04:19:08	Brian Beattie	26/01/14	04:46:55	Dave Dish	28/04/13
		M35		M40		M45		M50		M55		M60		M65		M70		M75								
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