

West Cheshire AC Veterans' Records

12:33 19/09/2021

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 27/02/18	11.32 Jon Clarke 23/04/21		
80m						12.20 Jon Clarke 08/09/18			
100m	11.73 Andrew Parker 02/09/17	11.80 Andrew Pace 13/07/14	13.10 John Pugh 08/05/16			15.30 Jon Clarke 21/04/18	18.79 Jon Clarke 18/04/21		
200m	23.93 Andrew Parker 23/07/17	23.76 Andrew Parker 06/07/18	26.90 Russell Kirk 26/05/08			34.90 Jon Clarke 21/04/18			
300m		38.62 Andrew Parker 28/06/20				01:05.78 Jon Clarke 27/02/18			
400m	52.73 Andrew Parker 02/09/17	51.80 Andrew Parker 08/07/11		01:01.40 Russell Kirk 03/06/12		02:01.59 Jon Clarke 14/07/18			
800m	01:58.60 Ian Woodhall 08/06/02	02:25.00 Andrew Pace 06/07/11	02:06.90 Rob Taylor 01/05/10	02:20.90 Russell Kirk 03/06/12		02:47.30 Bob Benson 10/07/14			
1500m	03:59.87 Ian Woodhall 08/06/02	04:26.90 David Alexander 01/05/10	04:20.70 Rob Taylor 01/06/10	04:53.90 Peter Haswell 02/06/07		05:33.30 Bob Benson 08/06/15			
1 Mile		06:11.20 Chris Smith 06/06/14	04:39.00 Rob Taylor 22/06/11	06:11.60 Neil Atkinson 04/06/14					
3000m	09:26.65 David Alexander 07/06/07	09:17.48 Gary Roberts 03/06/02	08:15.44 Rob Taylor 14/06/11	11:32.20 Peter Haswell 22/06/07	10:25.80 Neil Hershaw 28/01/19	11:40.60 Bob Benson 08/06/17			
5000m	15:45.10 Steve Cross 04/06/11	16:15.20 Gary Roberts 03/06/02	16:29.40 Rob Taylor 10/06/11	18:21.40 Andy Stanley 17/04/12		20:31.20 Bob Benson 08/06/17	22:24.90 Bob Benson 08/06/17		
10,000m	38:39.00 Mark Dimes 14/04/12		33:54.50 John Fisher 11/07/08						
3000mSC	10:01.60 Gary Wilkins 11/06/04	10:39.60 Andrew Clague 04/06/11	10:53.99 Andrew Clague 03/06/18	12:06.10 Andrew Clague 04/06/18					
110m Hurdles	18.94 Dave McKay 07/05/18								
300m Hurdles						02:00.73 Jon Clarke 14/07/18			
400m Hurdles		01:09.10 Andrew Pace 13/07/14							
4x100m		50.50 No teams in results 04/07/06							
Outdoor, Field									
High Jump	1.55 Dave McKay 04/06/18		1.55 Russell Kirk 20/04/08			0.90 Jon Clarke 23/06/18			
Pole Vault		3.00 Kevin Grundy 09/07/09							
Long Jump	5.10 Dave McKay 04/07/18	4.75 Andrew Pace 13/06/14	4.17 John Pugh 03/06/12			3.29 Jon Clarke 14/07/18			
Triple Jump	11.13 Dave McKay 07/05/18	9.89 Dave McKay 04/07/21				6.23 Jon Clarke 14/07/18			
Shot 5kg						5.61 Jon Clarke 18/07/18			
Shot 7.26kg	11.86 Dave McKay 04/06/17	11.57 Dave McKay 04/07/21		5.55 Neil Carter 14/07/12		4.49 Jon Clarke 22/06/21			
Discus 1kg						15.98 Jon Clarke 15/07/18			
Discus 2kg	35.01 Steve Carter 06/03/04	30.13 Dave McKay 04/07/21							
Hammer 7.26kg	46.70 Dave McKay 13/05/17	45.10 Dave McKay 19/06/21							
Javelin 600g						16.02 Jon Clarke 14/07/18			
Javelin 800g	59.70 Dave McKay 12/06/18	51.46 Dave McKay 04/07/21	31.96 Russell Kirk 18/04/08						
Indoor									
60m	7.61 Andrew Parker 21/01/18	7.70 Andrew Parker 06/02/20							
200m		24.16 Andrew Parker 03/02/19							
400m	52.80 Andrew Parker 10/05/18	52.56 Andrew Parker 24/03/18							
Outdoor, Walks (Track)									
3000m Walk						26:43.63 Jon Clarke 25/06/14			
Road									
5km	15:28 Paul Sparrow 12/05/08	15:51 Alan Morris 12/05/08	15:59 Rob Taylor 24/05/11	17:01 John Fisher 27/08/09	17:41 Neil Hershaw 17/05/19	19:11 Jon Foy 28/04/14	21:20 David Hough 23/05/14	23:23 Dave Blah 21/06/12	25:30 Dave Blah 17/05/14
5 Miles	26:02 Andy Stanley 20/12/06	26:24 Alan Morris 06/04/06	26:13 John Fisher 03/06/08	27:49 John Fisher 04/11/06	29:36 Neil Hershaw 06/06/18	32:27 Bob Farnham 11/10/15	35:33 David Hough 20/04/14	41:00 Dave Blah 17/04/16	46:15 Brian Beattie 10/04/18
10km	32:43 Andy Stanley 25/10/04	33:32 Graham Mather 05/06/04	33:24 John Fisher 20/02/08	33:58 John Fisher 25/10/04	36:55 Neil Hershaw 05/06/18	39:18 Jon Foy 09/01/18	44:02 Brian Wright 25/04/21	49:04 Dave Blah 25/09/18	55:06 Dave Blah 02/01/19
10 Miles	54:30 Andy Stanley 11/04/09	55:16 Gary Wilkins 02/08/05	55:30 John Fisher 18/04/06	58:54 John Fisher 01/04/01	01:03:01 Jack Thomas 01/11/08	01:09:46 Jon Foy 09/01/18	01:16:25 Brian Wright 09/08/20	01:23:35 Dave Blah 09/10/15	01:32:57 Dave Blah 14/06/11
1/2 Marathon	01:12:13 Kenny Bagley 20/05/01	01:15:24 Graham Mather 23/01/05	01:15:56 Paul Farnham 12/05/02	01:13:10 John Fisher 14/04/02	01:24:20 Wulfe McCarroll 14/07/06	01:26:02 Jon Foy 04/03/16	01:35:48 Richard Battenham 11/02/15	01:50:59 Dave Blah 15/05/18	02:03:24 Dave Blah 02/03/18
Marathon	02:38:21 Jon Park 01/12/19	02:39:48 Kenny Bagley 18/04/04	02:48:39 Chris Shaw 08/12/01	02:53:41 Richard Battenham 14/04/02	02:58:05 Wulfe McCarroll 28/04/21	03:25:47 Brian Beattie 17/04/05	03:23:22 Richard Battenham 26/04/15	04:19:08 Brian Beattie 09/10/14	04:46:55 Dave Blah 28/04/18
	M35	M40	M45	M50	M55	M60	M65	M70	M75
VETERANS' MALE Age Group									