

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

Event	Overall	VETERANS' MALE Age Group											
		M35		M40		M45		M50		M55		M60	
Outdoor, Track													
60m	9.52 Jon Clarke 06/04/18 27/03/18											9.52 Jon Clarke 06/04/18 27/03/18	11.32 Jon Clarke 23/04/21
80m	12.20 Jon Clarke 06/04/18 27/03/18											12.20 Jon Clarke 06/04/18 27/03/18	
100m	11.73 Andrew Parker 02/09/17 02/09/17	11.73 Andrew Parker 02/09/17 02/09/17	11.80 Andrew Pace 13/07/14 13/07/14	13.10 John Pughs 06/05/18 06/05/18								15.30 Jon Clarke 21/04/18 21/04/18	18.79 Jon Clarke 10/04/21
200m	23.76 Andrew Parker 08/07/18 08/07/18	23.93 Andrew Parker 28/07/17 28/07/17	23.76 Andrew Parker 08/07/18 08/07/18	26.90 Russell Kirk 26/06/06 26/06/06								34.90 Jon Clarke 21/04/18 21/04/18	
300m	36.62 Andrew Parker 20/02/20 20/02/20		36.62 Andrew Parker 20/02/20 20/02/20									01:05.78 Jon Clarke 27/03/18 27/03/18	
400m	51.80 Andrew Parker 08/07/18 08/07/18	52.73 Andrew Parker 02/09/17 02/09/17	51.80 Andrew Parker 08/07/18 08/07/18			01:01.40 Russell Kirk 03/06/12 03/06/12						02:01.59 Jon Clarke 14/07/18 14/07/18	
800m	01:58.60 Ian Wetherall 08/06/02 08/06/02	01:58.60 Ian Wetherall 08/06/02 08/06/02	02:25.00 Andrew Pace 06/07/14 06/07/14	02:06.90 Rob Tudor 01/05/10 01/05/10		02:20.90 Russell Kirk 03/06/12 03/06/12						02:47.30 Bob Benson 10/07/16 10/07/16	
1500m	03:59.37 Ian Wetherall 03/06/02 03/06/02	03:59.37 Ian Wetherall 03/06/02 03/06/02	04:26.90 David Alexander 01/05/10 01/05/10	04:20.70 Rob Tudor 01/06/10 01/06/10		04:53.90 Peter Haswell 02/09/07 02/09/07						05:33.30 Bob Benson 06/09/15 06/09/15	
1 Mile	04:39.00 Rob Tudor 22/06/11 22/06/11		06:11.20 Chris Smith 06/05/14 06/05/14	04:39.00 Rob Tudor 22/06/11 22/06/11		06:11.80 Neil Atkinson 06/05/14 06/05/14							
3000m	09:15.44 Rob Tudor 14/05/11 14/05/11	09:28.65 David Alexander 07/08/07 07/08/07	09:17.48 Gary Roberts 03/09/02 03/09/02	09:15.44 Rob Tudor 14/05/11 14/05/11		11:32.20 Peter Haswell 22/09/07 22/09/07	10:25.60 Neil Harshaw 28/03/19 28/03/19					11:40.80 Bob Benson 03/09/17 03/09/17	
5000m	15:45.10 Steve Crowe 04/06/11 04/06/11	15:45.10 Steve Crowe 04/06/11 04/06/11	16:15.20 Gary Roberts 03/09/02 03/09/02	16:29.40 Rob Tudor 10/09/11 10/09/11		18:21.40 Andy Starkey 17/04/13 17/04/13						20:31.20 Bob Benson 02/08/17 02/08/17	22:24.50 Bob Benson 08/08/15 08/08/15
10,000m	33:54.50 John Fidler 11/07/08 11/07/08	36:39.00 Mark Davies 14/04/12 14/04/12		33:54.50 John Fidler 11/07/08 11/07/08									
3000mSC	10:01.80 Gary Withers 11/06/08 11/06/08	10:01.80 Gary Withers 11/06/08 11/06/08	10:39.60 Andrew Clague 04/06/11 04/06/11	10:53.99 Andrew Clague 03/06/18 03/06/18		12:06.10 Andrew Clague 16/06/19 16/06/19							
110m Hurdles	18.94 Dave McKay 07/05/16 07/05/16	18.94 Dave McKay 07/05/16 07/05/16											
300m Hurdles	02:00.73 Jon Clarke 14/07/18 14/07/18											02:00.73 Jon Clarke 14/07/18 14/07/18	
400m Hurdles	01:09.10 Andrew Pace 13/07/14 13/07/14		01:09.10 Andrew Pace 13/07/14 13/07/14										
4x100m	50.50 No names in results 04/07/09 04/07/09		50.50 No names in results 04/07/09 04/07/09										
Outdoor, Field													
High Jump	1.55 Dave McKay 03/07/16 03/07/16	1.55 Dave McKay 04/09/18 04/09/18		1.55 Russell Kirk 20/04/08 20/04/08								0.90 Jon Clarke 23/06/19 23/06/19	
Pole Vault	3.00 Kelvin Grundy 10/07/08 10/07/08		3.00 Kelvin Grundy 09/07/00 09/07/00										
Long Jump	5.10 Dave McKay 08/07/18 08/07/18	5.10 Dave McKay 08/07/18 08/07/18	4.75 Andrew Pace 13/06/14 13/06/14	4.17 John Pughs 03/09/17 03/09/17								3.29 Jon Clarke 14/07/18 14/07/18	
Triple Jump	11.13 Dave McKay 07/05/16 07/05/16	11.13 Dave McKay 07/05/16 07/05/16	9.89 Dave McKay 19/06/21 19/06/21									6.23 Jon Clarke 14/07/18 14/07/18	
Shot 5kg	6.01 Jon Clarke 15/07/18 15/07/18											6.01 Jon Clarke 15/07/18 15/07/18	
Shot 7.26kg	11.86 Dave McKay 04/06/17 04/06/17	11.86 Dave McKay 04/06/17 04/06/17	11.57 Dave McKay 04/07/21 04/07/21		5.55 Neil Carter 14/07/13 14/07/13							4.49 Jon Clarke 22/08/21 22/08/21	
Discus 1kg	15.98 Jon Clarke 15/07/18 15/07/18											15.98 Jon Clarke 15/07/18 15/07/18	
Discus 2kg	35.01 Steve Cutler 09/05/08 09/05/08	35.01 Steve Cutler 09/05/08 09/05/08	30.13 Dave McKay 04/07/21 04/07/21										
Hammer 7.26kg	46.70 Dave McKay 13/05/17 13/05/17	46.70 Dave McKay 13/05/17 13/05/17	45.10 Dave McKay 18/06/21 18/06/21										
Javelin 600g	16.02 Jon Clarke 15/07/18 15/07/18											16.02 Jon Clarke 15/07/18 15/07/18	
Javelin 800g	59.70 Dave McKay 12/06/16 12/06/16	59.70 Dave McKay 12/06/16 12/06/16	51.46 Dave McKay 04/07/21 04/07/21	31.96 Russell Kirk 19/04/09 19/04/09									
Indoor													
60m	7.61 Andrew Parker 21/01/19 21/01/19	7.61 Andrew Parker 21/01/19 21/01/19	7.70 Andrew Parker 05/02/20 05/02/20										
200m	24.16 Andrew Parker 09/02/19 09/02/19		24.16 Andrew Parker 09/02/19 09/02/19										
400m	52.56 Andrew Parker 24/03/18 24/03/18	52.80 Andrew Parker 10/03/16 10/03/16	52.56 Andrew Parker 24/03/18 24/03/18										
Outdoor, Walks (Track)													
3000m Walk	26:43.65 Jon Clarke 25/08/18 25/08/18											26:43.65 Jon Clarke 25/08/18 25/08/18	
			M35	M40	M45	M50	M55	M60	M65				
VETERANS' MALE Age Group													