

# West Cheshire AC Veterans' Records

14:55 29/05/2022

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/>  
<http://www.westcheshireac.co.uk/club-records/>

For more detail, see:

*Sorry, wind-assisted performances are not considered for record purposes*

Event		VETERANS' MALE Age Group									
Overall		M35	M40	M45	M50	M55	M60	M65	M70	M75	
<b>Outdoor, Track</b>											
60m	9.52 Jon Clarke 21/02/18						9.52 Jon Clarke 21/02/18	11.32 Jon Clarke 23/04/21			
80m	12.20 Jon Clarke						12.20 Jon Clarke 28/04/18				
100m	11.73 Andrew Parker 02/09/17	11.73 Andrew Parker 02/09/17	11.80 Andrew Pace 13/07/14	13.10 John Pugh 18/05/18			15.30 Jon Clarke 21/04/18	16.78 Jon Clarke 10/03/21			
200m	23.76 Andrew Parker 08/07/18	23.93 Andrew Parker 24/07/17	23.76 Andrew Parker 06/07/18	26.90 Russell Kirk 26/08/18			34.90 Jon Clarke 21/04/18				
300m	38.62 Andrew Parker 28/09/20		38.62 Andrew Parker 28/09/20				01:05.78 Jon Clarke 27/02/18				
400m	51.80 Andrew Parker 08/07/18	52.73 Andrew Parker 02/09/17	51.60 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 Withersall 08/06/02	01:58.60 Ian Withersall 08/06/02	02:25.00 Andrew Pace 08/07/14	02:06.50 Rob Tudor 01/05/16			02:47.30 Bob Benson 10/07/18				
1500m	03:59.37 Ian Withersall 02/04/02	03:59.37 Ian Withersall 02/04/02	04:26.90 David Alexander 01/05/10	04:20.70 Rob Tudor 01/05/16	04:53.90 Peter Haswell 02/04/07		05:33.30 Bob Benson 16/06/15				
1 Mile	04:39.00 Rob Tudor 23/04/11		06:11.20 Chris Smith 08/05/14	04:39.00 Rob Tudor 23/04/11	06:11.60 Neil Atkinson 08/04/14	05:23.80 Neil Hasshaw 24/02/22					
3000m	09:15.44 Rob Tudor 14/03/11	09:28.65 David Alexander 07/08/07	09:17.48 Gary Roberts 03/09/02	09:15.44 Rob Tudor 14/03/11	11:32.20 Peter Haswell 22/08/07	10:25.80 Neil Hasshaw 26/01/19	11:40.80 Bob Benson 08/09/17				
5000m	15:45.10 Steve Cross 04/06/11	15:45.10 Steve Cross 04/06/11	16:15.20 Gary Roberts 03/09/02	16:29.40 Rob Tudor 18/09/11	18:21.40 Andy Stanley 17/04/13		20:31.20 Bob Benson 02/06/17	22:04.90 Rob Stanley 08/09/18			
10,000m	33:54.50 John Fisher 11/07/18	38:39.00 Mark Davies 14/04/12		33:54.50 John Fisher 11/07/18							
3000mSC	10:01.80 Gary Withers 11/09/08	10:01.80 Gary Withers 11/09/08	10:39.60 Andrew Clague 04/06/11	10:53.99 Andrew Clague 28/02/18	12:06.10 Andrew Clague 16/06/19						
110m Hurdles	18.94 Dave McKay 07/05/16	18.94 Dave McKay 07/05/16									
300m Hurdles	02:00.73 Jon Clarke 14/07/18						02:00.73 Jon Clarke 14/07/18				
400m Hurdles	01:09.10 Andrew Pace 13/07/14		01:09.10 Andrew Pace 13/07/14								
4x100m	50.50 No names in results 04/07/08		50.50 No names in results 04/07/08								
<b>Outdoor, Field</b>											
High Jump	1.55 Dave McKay 08/07/18	1.55 Dave McKay 04/08/18		1.55 Russell Kirk 28/04/08			0.90 Jon Clarke 23/06/18				
Pole Vault	3.00 Kevin Grundy 18/07/08		3.00 Kevin Grundy 09/07/08								
Long Jump	5.10 Dave McKay 08/07/18	5.10 Dave McKay 08/07/18	4.75 Andrew Pace 11/05/14	4.17 John Pugh 27/08/17			3.29 Jon Clarke 14/07/18				
Triple Jump	11.13 Dave McKay 07/02/18	11.13 Dave McKay 07/02/18	9.89 Dave McKay 18/04/21				6.23 Jon Clarke 14/07/18				
Shot 5kg	6.01 Jon Clarke 18/07/18						6.01 Jon Clarke 18/07/18				
Shot 7.26kg	11.86 Dave McKay 04/06/17	11.86 Dave McKay 04/06/17	11.70 Dave McKay 15/05/22		5.55 Neil Carter 14/07/13		4.49 Jon Clarke 22/08/21				
Discus 1kg	15.98 Jon Clarke 14/07/18						15.98 Jon Clarke 14/07/18				
Discus 2kg	35.01 Steve Cutler 08/02/08	35.01 Steve Cutler 08/02/08	33.02 Dave McKay 08/02/22								
Hammer 7.26kg	46.70 Dave McKay 13/08/17	46.70 Dave McKay 13/08/17	45.10 Dave McKay 19/08/21								
Javelin 600g	16.02 Jon Clarke 14/07/18						16.02 Jon Clarke 14/07/18				
Javelin 800g	59.70 Dave McKay 12/04/18	59.70 Dave McKay 12/04/18	51.46 Dave McKay 04/07/21	31.96 Russell Kirk 18/04/08							
<b>Indoor</b>											
60m	7.61 Andrew Parker 21/01/18	7.61 Andrew Parker 21/01/18	7.70 Andrew Parker 05/02/20								
200m	24.16 Andrew Parker 19/02/19		24.16 Andrew Parker 19/02/19								
400m	52.56 Andrew Parker 24/02/18	52.80 Andrew Parker 10/03/18	52.56 Andrew Parker 24/02/18								
<b>Outdoor, Walks (Track)</b>											
3000m Walk	26:43.65 Jon Clarke 25/08/18						26:43.65 Jon Clarke 25/08/18				
		M35	M40	M45	M50	M55	M60	M65	M70	M75	
<b>VETERANS' MALE Age Group</b>											