

West Cheshire AC Veterans' Records

20:15 20/09/2023

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									
		M35	M40	M45	M50	M55	M60	M65	M70	M75	
Outdoor, Track											
60m	9.52 Jon Clarke 27/02/18						9.52 Jon Clarke 27/02/18	11.32 Jon Clarke 23/04/21			
80m	12.20 Jon Clarke						12.20 Jon Clarke				
100m	11.73 Andrew Parker 02/09/17	11.73 Andrew Parker 02/09/17	11.80 Andrew Fiac 13/07/14	13.10 John Pugh 18/05/18			15.30 Jon Clarke 21/04/18	16.78 Jon Clarke 10/01/21			
200m	23.76 Andrew Parker 08/07/18	23.93 Andrew Parker 24/07/17	23.76 Andrew Parker 08/07/18	24.40 Andrew Parker 02/09/22			34.90 Jon Clarke 21/04/18				
300m	38.62 Andrew Parker		38.62 Andrew Parker				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	55.90 Andrew Parker 18/04/22	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 Fiac 08/07/14	02:06.30 Rob Tudor 01/05/11	02:20.90 Russell Kirk 03/06/12		02:47.30 Bob Benson 10/07/18				
1500m	03:59.37 Ian Withersall 02/06/02	03:59.37 Ian Withersall 02/06/02	04:26.90 David Alexander	04:20.70 Rob Tudor 01/05/11	04:53.90 Peter Haswell 02/09/07		05:33.30 Bob Benson 18/08/15				
1 Mile	04:39.00 Rob Tudor 22/04/11		06:11.20 Chris Smith 08/05/14	04:39.00 Rob Tudor 22/04/11	06:11.60 Neil Atkinson 08/04/14	05:23.80 Neil Hasshaw 28/02/22					
3000m	09:15.44 Rob Tudor 14/03/11	09:28.65 David Alexander 07/08/07	09:17.48 Gary Roberts	09:15.44 Rob Tudor 14/03/11	11:32.20 Peter Haswell	10:25.60 Neil Hasshaw 28/02/22	11:40.80 Bob Benson 12/09/17	13:16.10 Brian Wright 03/09/20			
5000m	15:45.10 Steve Cross 04/09/11	15:45.10 Steve Cross 04/09/11	16:15.20 Gary Roberts	16:29.40 Rob Tudor 04/09/11	18:21.40 Andy Stanley 17/04/13		20:31.20 Bob Benson 02/09/17	22:24.90 Rob Benson 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							
110m Hurdles	18.94 Dave McKay 07/03/18	18.94 Dave McKay 07/03/18									
300m Hurdles	02:00.73 Jon Clarke 14/07/18						02:00.73 Jon Clarke 14/07/18				
400m Hurdles	01:05.50 Andrew Parker 02/09/22		01:09.10 Andrew Fiac 13/07/14	01:05.50 Andrew Parker 02/09/22	01:44.89 John Pugh 19/09/23						
4x100m	60.80 No names in results		50.90 No names in results								
Outdoor, Field											
High Jump	1.55 Dave McKay 03/07/16	1.55 Dave McKay 04/06/16		1.55 Russell Kirk 28/04/08			0.90 Jon Clarke 23/04/18				
Pole Vault	3.00 Kevin Grundy 18/07/08		3.00 Kevin Grundy 08/07/08								
Long Jump	5.10 Dave McKay 08/07/18	5.10 Dave McKay 08/07/18	4.76 Andrew Fiac 15/06/14	4.17 John Pugh 02/09/22			3.29 Jon Clarke 14/07/18	1.96 Jon Clarke 07/09/22			
Triple Jump	11.13 Dave McKay 07/05/18	11.13 Dave McKay 07/05/18	9.89 Dave McKay 11/09/21				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	11.96 Dave McKay 04/06/12	11.86 Dave McKay 04/06/12	11.70 Dave McKay 15/05/22		5.53 Neil Carter 18/07/13		4.89 Jon Clarke 22/08/22				
Discus 1kg	15.98 Jon Clarke 18/07/18						15.98 Jon Clarke 18/07/18				
Discus 2kg	35.01 Steve Guller 08/05/08	35.01 Steve Guller 08/05/08	33.02 Dave McKay 08/05/22								
Hammer 7.26kg	46.70 Dave McKay 03/03/17	46.70 Dave McKay 03/03/17	45.10 Dave McKay 09/02/21								
Javelin 600g	16.02 Jon Clarke 18/07/18						16.02 Jon Clarke 18/07/18				
Javelin 800g	89.70 Dave McKay 12/06/16	59.70 Dave McKay 13/06/18	51.46 Dave McKay 04/07/21	31.96 Russell Kirk 03/04/08							
Indoor											
60m	7.61 Andrew Parker 21/01/16	7.61 Andrew Parker 21/01/18	7.70 Andrew Parker 05/02/20								
200m	24.16 Andrew Parker 08/02/19		24.16 Andrew Parker 08/02/19								
400m	52.56 Andrew Parker 14/03/19	52.80 Andrew Parker 10/03/18	52.56 Andrew Parker 14/03/19								
Outdoor, Walks (Track)											
3000m Walk	20:43.65 Jon Clarke 25/08/18						20:43.65 Jon Clarke 25/08/18				
		M35	M40	M45	M50	M55	M60	M65	M70	M75	
VETERANS' MALE Age Group											