

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

		VETERANS' MALE Age Group										
Event	Overall	M35	M40	M45	M50	M55	M60	M65	M70	M75		
Outdoor, Track												
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 08/05/16				15.30 Jon Clarke 21/04/18	18.79 Jon Clarke 10/04/21			
200m	23.76 Andrew Parker 08/07/18	23.93 Andrew Parker 26/07/17	23.76 Andrew Parker 08/07/18	24.40 Andrew Parker 02/09/23				34.90 Jon Clarke 21/04/18				
400m	51.80 Andrew Parker 08/07/18	52.73 Andrew Parker 02/09/17	51.80 Andrew Parker 08/07/18	55.60 Andrew Parker 19/08/23	01:01.40 Russell Kirk 03/06/12			02:01.59 Jon Clarke 14/07/18				
800m	01:58.60 Ian Withwell 08/06/02	01:58.60 Ian Withwell 08/06/02	02:25.00 Andrew Pace 08/07/14	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	03:59.37 Ian Withwell 03/06/02	03:59.37 Ian Withwell 03/06/02	04:26.90 David Alexander 01/05/10	04:20.70 Rob Tudor 01/05/10	04:53.90 Peter Howall 02/09/07			05:33.30 Bob Benson 06/00/13				
1 Mile	04:39.00 Rob Tudor 22/09/13		04:59.50 Steve Farnkough 08/04/24	04:39.00 Rob Tudor 22/09/13	06:11.60 Neil Atkinson 06/05/14	05:23.80 Neil Howall 26/02/22						
3000m	09:15.44 Rob Tudor 14/05/11	09:28.65 David Alexander 07/09/07	09:17.48 Gary Roberts 03/09/02	09:15.44 Rob Tudor 14/05/11	11:32.20 Peter Howall 22/09/07	10:25.60 Neil Howall 28/03/13	11:40.80 Bob Benson 03/09/17	13:16.10 Brian Wright 03/09/23				
5000m	15:45.10 Steve Crowe 04/05/11	15:45.10 Steve Crowe 04/05/11	16:15.20 Gary Roberts 03/09/02	16:29.40 Rob Tudor 10/09/11	18:21.40 Andy Starkey 17/04/13			20:31.20 Bob Benson 02/08/17	22:24.50 Bob Benson 08/08/16			
3000mSC	10:01.80 Gary Withers 11/06/08	10:01.80 Gary Withers 11/06/08	10:39.60 Andrew Clague 04/06/11	10:53.99 Andrew Clague 03/06/13	12:06.10 Andrew Clague 16/06/13							
400m Hurdles	01:05.50 Andrew Parker 02/09/23		01:09.10 Andrew Pace 13/07/14	01:05.50 Andrew Parker 02/09/23	John Pugh 19/09/23							
4x100m	50.50 No names in results 04/07/09		50.50 No names in results 04/07/09									
3x800m	00:00.00 00/00/00											
Outdoor, Field												
High Jump	1.55 Dave McKay 03/07/16	1.55 Dave McKay 04/08/18		1.55 Russell Kirk 20/04/08				0.90 Jon Clarke 23/06/19				
Long Jump	5.10 Dave McKay 08/07/18	5.10 Dave McKay 08/07/18	4.75 Andrew Pace 18/06/14	4.17 John Pugh 03/09/17				3.29 Jon Clarke 14/07/18	1.96 Jon Clarke 07/06/22			
Shot 3kg	0.00 00/00/00											
Shot 4kg	0.00 00/00/00											
Discus 1kg	15.98 Jon Clarke 14/07/14							15.98 Jon Clarke 14/07/14				
Hammer 3kg	0.00 00/00/00											
Hammer 4kg	0.00 00/00/00											
Javelin 500g	0.00 00/00/00											
Javelin 600g	16.02 Jon Clarke 18/07/18							16.02 Jon Clarke 18/07/18				
Outdoor, Walks (Track)												
1000m Walk	00:00.00 00/00/00											
2000m Walk	00:00.00 00/00/00											
3000m Walk	26:43.65 Jon Clarke 23/09/18							26:43.65 Jon Clarke 23/09/18				
	Overall	M35	M40	M45	M50	M55	M60	M65	M70	M75		
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