WAC MASTERS M40 RECORDS

M40

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	11.3secs		Stuart Channon	Carshalton	17-Jun-17
200m	23.5secs		Stuart Channon	Carshalton	17-Jun-17
400m	53.24secs		Robin Roach	Reading	09-Jul-89
800m	2m 02.98		Duncan Woolmer	Kingston	05-Jun-22
1500m	4m 08.81		Duncan Woolmer	Derby	22-Aug-21
Mile	4m 36.19		Duncan Woolmer	Woking	29-May-24
3000m	8m 54.83		Duncan Woolmer	Wimbledon	02-Jun-21
5000m	15m 53.5		Duncan Woolmer	Carshalton	11-Sep-22
10000m	33m 29.78		Duncan Woolmer	Wimbledon	15-Sep-21
110HM	15.99secs	-0.4	Andrew Kennard	Tonbridge	13-Apr-09
400HM	56.7secs		Andrew Kennard	Walton	28-Jun-08
2000SC	*7m 03.6*		*Chris Ness*	*Walton*	*21-Jun-14*
3000SC	11m 03.4		Philip Bearman	Braunton	21-May-05
High Jump	1.72m		Robin Roach	Barnet Copthall	14-Jun-87
Long Jump	6.26m		Keith Martin	Feltham	17-May-97
Triple Jump	12.40m		Keith Martin	Feltham	17-May-97
Pole Vault	4.50m		Greg Conlon	Lyon, FRA	17-Aug-15
Shot	19.03m	7.26kg	Paul Edwards	Luton	16-Jun-99
Discus	45.84m		Paul Edwards	Walton	18-Apr-99
Hammer	37.58m	7.26kg	Josh Davis	Colindale	15-May-05
Javelin	60.70m	800g	Kevin Sheppard	Kingston	05-Mar-89
Pentathlon	3277pts		Robin Roach	Verona, ITA	25-Jun-88
Decathlon	3864pts		Chris Ness	Horspath	28-Jul-13

PARKRUN

Parkrun	16m 25		Duncan Woolmer	Brooklands	13-May-23

INDOORS

EVENT	Performance		Name	Venue	Date
60m	7.37secs	i	Stuart Channon	Lee Valley	09-Mar-19
200m	24.28secs	i	Stuart Channon	Lee Valley	26-Feb-17
400m	54.58secs	i	David Moles	Malmo, SWE	07-Mar-99
800m	2m 13.59	i	Jani Kraner	Lee Valley	10-Mar-24
1500m	4m 18.24	i	Duncan Woolmer	Lee Valley	18-Feb-24
3000m	9m 25.22	i	Jon Hamblen	Lee Valley	13-Mar-16
5000m	*18m 17.60*	*i*	*Chris Ness*	*Helsinki, FIN*	*13-Apr-14*
60HM	8.96secs	i	Andrew Kennard	Lee Valley	22-Feb-09
4x200m relay	1m 44.02	i	P Edwards M40 (27.8); J Rutherford M45 (25.6); R Roach M50 (26.3); D Moles M40 (24.4)	Birmingham	07-Mar-99
High Jump	1.60m	i	Chris Ness	Lee Valley	16-Feb-14
Long Jump	6.03m	i	Keith Martin	Birmingham	01-Mar-97
Triple Jump	9.54m	i	Chris Ness	Helsinki, FIN	13-Apr-14
Pole Vault	4.40m	i	Greg Conlon	Lee Valley	15-Feb-15
Shot	17.05m	i	Paul Edwards	Birmingham	06-Mar-99
Pentathlon	3140	i	Andrew Kennard	Lee Valley	22-Feb-09

ROAD

5K	15m 29	Duncan Woolmer	Ardingly	12-May-21
10K	32m 59	Duncan Woolmer	Battersea Park	20-Oct-21
Half Marathon	1hr 10:50	Duncan Woolmer	Wokingham	27-Feb-22
Marathon	2hr 47:21	Nicholas Grobler	Chicago IL, USA	08-Oct-23
			Updated	**30-May-24**