WAC MASTERS M60 RECORDS

M60

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m					
200m	30.2secs		Robin Roach	Ewell	06-Jun-07
400m	77.4secs		Bob Bannister	Kingston	05-Jul-17
800m	3m 03.5		Bob Bannister	Kingston	05-Jul-17
1500m					
Mile					
3000m					
5000m					
10000m					
100HM					
300HM					
1500SC					
2000SC					
3000SC					
High Jump					
Long Jump					
Triple Jump					
Pole Vault					
Shot	8.94m	7.26kg	Joe Eastwood	Tooting Bec	15-Aug-12
	10.73m	5kg	Joe Eastwood	Battersea Park	26-Aug-12
Discus	31.83m	2kg	Robin Roach	Eton	07-Jul-10
	39.11m	1kg	Kevin Sheppard	Birmingham	04-Jul-09
Hammer	26.86m	7.26kg	Kevin Sheppard	Woking	02-May-09
	33.76m	5kg	Kevin Sheppard	Twickenham	13-Sep-09
Javelin	40.70m	600g	Kevin Sheppard	Twickenham	13-Sep-09
	36.02m	*700g*	*Joe Eastwood*	*Walton*	*15-May-12*
	37.69m	*800g*	*Joe Eastwood*	*Chelmsford*	*05-Jun-10*
WT9.08kg	*10.35m*		*Joe Eastwood*	*Ewell*	*13-Oct-12*
Pentathlon Wt	2575pts		Joe Eastwood	Ewell	13-Oct-12

PARKRUN

Parkrun	21m 05		Sharief Ibrahim	Bushy Park	10-Sep-16

INDOORS

EVENT	Performance		Name	Venue	Date
60m		i			
200m		i			
400m		i			
800m		i			
1500m		i			
3000m		i			
5000m		i			
60HM		i			
High Jump		i			
Long Jump		i			
Triple Jump		i			
Pole Vault		i			
Shot		i			
Pentathlon		i			

ROAD

5K				
10K	54m 47	Bob Bannister	Walton on Thames	21-Jul-19
Half Marathon				
Marathon	3hr 44:35	Sharief Ibrahim	Bournemouth	04-Oct-15

Updated **28-Apr-24**