

## WAC MASTERS M65 RECORDS



M65 OUTDOORS					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m	15.9secs	Robin Roach	Kingston	29-Apr-13	60m		i		
200m	32.0secs	Robin Roach	Ewell	24-Jun-13	200m		i		
400m	78.1secs	Robin Roach	Kingston	20-May-13	400m		i		
800m	3m 15.3	Malcom Howard	Croydon	08-Jul-13	800m		i		
1500m	6m 14.83	Bob Bannister	Kingston	05-Jun-22	1500m		i		
Mile									
3000m	14m 27.1	Malcom Howard	Ewell	24-Jun-13	3000m		i		
5000m	25m 15.4	Malcom Howard	Ewell	20-May-13	5000m		i		
10000m	47m 46.52	Bob Bannister	Wimbledon	15-Sep-21	60HM		i		
100HM									
300HM									
1500SC									
2000SC					High Jump		i		
3000SC					Long Jump		i		
High Jump	1.10m	Joe Eastwood	Horsham	09-Aug-15	Triple Jump		i		
Long Jump	2.73m	Robin Roach	Kingston	20-May-13	Pole Vault		i		
Triple Jump					Shot		i		
Pole Vault									
Shot	8.12m	7.2kg Robin Roach	Woking	07-Aug-13	Pentathlon		i		
	7.68m	6kg Robin Roach	Kingston	29-Apr-13					
	10.78m	5kg Robin Roach	Ewell	24-Jun-13					
	8.37m	4kg Robin Roach	Walton	30-Aug-16					
Discus	29.65m	2kg Robin Roach	Kingston	28-Apr-14					
	27.45m	1.5kg Robin Roach	Woking	07-Aug-13					
	31.09m	1kg Joe Eastwood	Birmingham	27-Jul-15	5K	24m 19	Bob Bannister	Wimbledon	15-Aug-21
Hammer	22.28m	5kg Joe Eastwood	Ewell	01-Dec-18	10K	47m 52	Bob Bannister	Staines	15-May-22
Javelin	33.95m	700g Joe Eastwood	Walton	29-Jun-15	Half Marathon				
	36.81m	600g Joe Eastwood	Bromley	20-Jul-15	Marathon				
	34.34m	800g Joe Eastwood	Kingston	21-May-17					
WT9.08kg	9.72m	Joe Eastwood	Ewell	09-Dec-17					
Pentathlon Wt	2652pts	Joe Eastwood	Ewell	20-Oct-18					
<b>PARKRUN</b>									
Parkrun	22m 01	Bob Bannister	Osterley	18-Dec-21				Updated	23-Feb-23