WAC MASTERS M70 RECORDS

M70

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	18.0secs		Malcolm Howard	Kingston	08-May-17
200m	38.1secs		Malcolm Howard	Ewell	23-May-16
400m					
800m	3m 22.9		Malcolm Howard	Wimbledon	13-Jun-16
1500m	7m 26.1		Malcolm Howard	Croydon	11-Jul-16
Mile					
3000m					
5000m					
10000m					
80HM					
300HM					
1500SC					
2000SC					
3000SC					
High Jump					
Long Jump	3.03m		Malcolm Howard	Croydon	11-Jul-16
Triple Jump					
Pole Vault					
Shot	10.14m	4kg	Joe Eastwood	Walton	13-Sep-20
	7.97m	*7.26kg*	*Joe Eastwood*	*Walton*	*13-Sep-20*
	7.40m	*6kg*	*Robin Roach*	*Kingston*	*09-Jul-18*
	6.82m	*5kg*	*Robin Roach*	*Ewell*	*21-May-18*
Discus	28.88m	1kg	Joe Eastwood	Walton	13-Sep-20
	20.11m	*2kg*	*Joe Eastwood*	*Walton*	*13-Sep-20*
Hammer	23.73m	4kg	Malcolm Howard	Ewell	23-May-16
Javelin	32.95m	500g	Joe Eastwood	Walton	13-Sep-20
	31.55m	*600g*	*Joe Eastwood*	*Walton*	*26-Sep-21*
	28.28m	*700g*	*Joe Eastwood*	*Walton*	*19-Sep-21*
	31.17m	*800g*	*Joe Eastwood*	*Walton*	*13-Sep-20*
WT7.26kg	*9.32m*		*Joe Eastwood*	*Walton*	*08-Dec-19*
Pentathlon Wt	2753pts		Joe Eastwood	Walton	08-Dec-19

PARKRUN

Parkrun	24m 49	Malcolm Howard	Bushy Park	29-Nov-14

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	55m 52	Malcolm Howard	Walton on Thames	24-Jul-16
Half Marathon	2hr 15:09	Malcolm Howard	Walton on Thames	04-Mar-18
Marathon				

Updated **28-Apr-24**