

WAC MASTERS M75 RECORDS



M75

OUTDOORS

INDOORS

EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m					60m				
200m					200m				
400m					400m				
800m					800m				
1500m					1500m				
Mile									
3000m					3000m				
5000m					5000m				
10000m									
80HM					60HM				
300HM									
1500SC									
2000SC					High Jump				
3000SC					Long Jump				
High Jump					Triple Jump				
Long Jump					Pole Vault				
Triple Jump					Shot				
Pole Vault									
Shot	6.05m	4kg Robin Roach	Walton	26-Sep-21	Pentathlon				
		7.26kg							
		6kg							
		5kg							
Discus	17.89m	1kg Robin Roach	Walton	19-Sep-21	5K				
		2kg			10K				
Hammer		4kg			Half Marathon				
Javelin	11.38m	500g Robin Roach	Walton	26-Sep-21	Marathon				
		600g							
		800g							
<i>WT7.26kg</i>									

ROAD

PARKRUN

Parkrun	Updated	28-Apr-24
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