

WAC MASTERS M45 RECORDS



M45 OUTDOORS					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m	11.9secs	Stuart Channon	Ewell	14-Jun-23	60m	7.52secs	i Stuart Channon	Lee Valley	06-Mar-22
	11.92secs	02 Stuart Channon	Pescara, ITA	21-Sep-23					
200m	24.24secs	Chris Taplin	Ewell	05-Jun-16	200m	24.93secs	i Stuart Channon	Lee Valley	06-Feb-22
	24.2w	30 Chris Taplin	Milton Keynes	09-Jul-16					
400m	52.59secs	Chris Taplin	Ewell	05-Jun-16	400m	54.55secs	i Chris Taplin	Ancona, ITA	02-Apr-16
800m	2m 11.48	Jamie McLoughlin	Kingston	05-Jun-22	800m	2m 06.27	i Jack Rutherford	Malmo, SWE	07-Mar-99
1500m	4m 23.43	Jamie McLoughlin	Wimbledon	01-Jun-22	1500m	4m 26.28	i Duncan Woolmer	Sheffield	23-Feb-25
Mile	4m 46.45	Jamie McLoughlin	Wimbledon	20-Jun-22	Mile	4m 58.00	i Jamie McLoughlin	Lee Valley	08-Feb-23
3000m	9m 43.00	Jamie McLoughlin	Tonbridge	03-May-22	3000m	9m 54.6	i Jamie McLoughlin	Lee Valley	12-Feb-23
5000m	17m 02.99	Jamie McLoughlin	Wimbledon	27-Jul-22	5000m	<i>18m 54.70</i>	<i>i Chris Ness</i>	<i>Helsinki, FIN</i>	<i>15-Apr-18</i>
10000m	36m 27.57	Jamie McLoughlin	Wimbledon	15-Sep-21					
110HM	18.86secs	David Moles	Eton	16-Jul-05	60HM	9.25secs	i Andrew Kennard	Lee Valley	13-Feb-11
400HM	59.20secs	David Moles	Potsdam, GER	24-Aug-02					
2000SC	6m 54.9	Jamie McLoughlin	Guildford	16-Jul-22					
3000SC	10m 47.57	Jamie McLoughlin	Tampere, FIN	09-Jul-22					
High Jump	1.57m	Craig Timmings	Birmingham	20-Sep-14	High Jump	1.61m	i Chris Ness	Lee Valley	14-Feb-16
Long Jump	6.14m	Ken Wilmshurst	Southampton	08-Jul-78	Long Jump	5.36m	i Andrew Kennard	Lee Valley	13-Feb-11
Triple Jump	12.32m	Ken Wilmshurst	Walton	21-Aug-76	Triple Jump	10.30m	i Craig Timmings	Lee Valley	08-Mar-15
Pole Vault	3.50m	Craig Timmings	Birmingham	10-Aug-14	Pole Vault	3.40m	i Craig Timmings	Uxbridge	11-Jan-14
Shot	11.34m	7.26kg Josh Davis	Bracknell	05-Aug-06	Shot	8.80m	i Martin Willis	Lee Valley	23-Feb-20
Discus	34.72m	2kg Richard Warren	Crawley	30-Jul-94					
	<i>19.73m</i>	<i>1kg Martin Willis</i>	<i>Walton</i>	<i>06-Sep-20</i>	Pentathlon	3264pts	i Andrew Kennard	Gent, BEL	16-Mar-11
Hammer	38.36m	7.26kg Richard Warren	Windsor	13-Aug-94					
Javelin	59.06m	Kevin Sheppard	Feltham	08-May-93					
Pentathlon	2235pts	Mark Thomas	Carshalton	08-Sep-12					
Decathlon	4121pts	Craig Timmings	Birmingham	20-Sep-14					
					5K	16m 56	Jamie McLoughlin	Battersea Park	18-May-21
					10K	35m 30	Tim Grose	Eastleigh	23-Mar-14
					Half Marathon	1hr 19:50	Tim Grose	Guildford	09-Mar-14
Parkrun	16m 42	Duncan Woolmer	Brooklands	30-Nov-24	Marathon	2hr 52:22	Clint De Tarnowsky	London	23-Apr-23
								Updated	24-Feb-25