

WAC MASTERS M50 RECORDS



M50 OUTDOORS					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m	13.1secs	Robin Roach	MLT	1998	60m	7.62secs	i Chris Taplin	Madrid, ESP	20-Mar-18
	12.06w	48 Chris Taplin	Lee Valley	23-May-18					
200m	26.1secs	Robin Roach	Portsmouth	04-Jul-98	200m	24.70secs	i Chris Taplin	Madrid, ESP	22-Mar-18
400m	58.3secs	Robin Roach	Tooting Bec	19-Aug-98	400m	54.19secs	i Chris Taplin	Lee Valley	10-Mar-18
800m	2m 16.9	Chris Ness	Ewell	15-Jun-22	800m	2m 18.03	i Chris Ness	Lee Valley	05-Mar-22
1500m	4m 38.38	Chris Ness	Wimbledon	20-Jul-22	1500m	4m 40.46	i Chris Ness	Lee Valley	13-Mar-22
Mile	4m 58.21	Chris Ness	Wimbledon	20-Jul-22	Mile	5m 09.73	i Chris Ness	Lee Valley	16-Feb-22
3000m	10m 15.5	Chris Ness	Walton	05-Sep-22	3000m		i		
5000m	17m 53.25	Chris Ness	Wimbledon	27-Jul-22					
10000m	39m 53.16	Chris Ness	Wimbledon	15-Sep-21					
100HM	16.59secs	-03 David Moles	Lahti, FIN	06-Aug-09	60HM	11.41secs	i Chris Ness	Lee Valley	05-Mar-22
400HM	63.54secs	David Moles	Lahti, FIN	01-Aug-09					
2000SC	7m 14.2	Chris Ness	Kingston	18-May-22					
3000SC	11m 44.74	Chris Ness	Carshalton	11-Sep-21					
High Jump	1.51m	Chris Ness	Liverpool	20-Aug-22	High Jump	1.50m	i Chris Ness	Lee Valley	05-Mar-22
Long Jump	4.99m	Mark Thomas	Ewell	01-Jun-13	Long Jump	4.17m	i Chris Ness	Lee Valley	13-Mar-22
Triple Jump	9.73m	Chris Ness	Kingston	18-Jul-21	Triple Jump	8.87m	i Chris Ness	Lee Valley	13-Mar-22
Pole Vault	3.00m	Michael Franklin	Woking	02-Sep-18	Pole Vault	2.10m	i Martin Willis	Lee Valley	17-Feb-24
Shot	11.29m	6kg Robin Roach	MLT	Jan-98	Shot	9.11m	i Martin Willis	Lee Valley	11-Feb-24
	9.11m	7.26kg Robin Roach	Thurrock	06-Jun-98					
Discus	40.22m	1.5kg Richard Warren	Abingdon	12-Jul-97	Pentathlon	2726pts	i Chris Ness	Lee Valley	11-Mar-23
	34.54m	2kg Richard Warren	Walton	26-Jul-97					
Hammer	41.76m	6kg Richard Warren	Tooting Bec	23-May-98					
	36.82m	7.26kg Richard Warren	Feltham	17-May-97					
Javelin	45.13m	700g Kevin Sheppard	Walton	07-May-03	5K	18m 14	Chris Ness	Battersea Park	04-Apr-23
Pentathlon	2491pts	Chris Ness	Carshalton	03-Sep-22	10K	36m 29	Tim Grose	Chesterton	11-Dec-16
Decathlon	4554pts	Chris Ness	Carshalton	21-Aug-22	Half Marathon	1hr 20:05	Clint De Tarnowsky	Woking	16-Mar-25
					Marathon	2hr 56:53	Tim Grose	Seville, ESP	23-Feb-20
Parkrun	17m 57	Tim Grose	Redcar	13-Jul-19				Updated	21-Mar-25

PARKRUN