

WAC SENIOR MEN RECORDS



MEN OUTDOORS						INDOORS				
EVENT	Performance		Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m	10.66secs	05	Brook Cronin	Guildford	14-Jul-24	60m	6.83secs	i Brook Cronin	Eton	02-Mar-25
200m	20.99secs	18	Brook Cronin	Birmingham	21-Jul-24	200m	21.57secs	i Brook Cronin	Lee Valley	04-Feb-24
400m	45.64secs		Paul Harmsworth	Birmingham	07-Aug-84	400m	47.46secs	i Paul Harmsworth	Cosford	08-Mar-86
800m	1m 48.25		Nicholas Landeau	Watford	14-Jun-23	800m	1m 49.77	i Mark Griffin	Glasgow	16-Mar-97
1500m	3m 42.2		Ron Martin	Philadelphia PA, USA	24-Apr-76	1500m				
Mile	3m 58.9		Ron Martin	Williamsburg VA, USA	11-May-74	Mile	4m 04.2	i Ron Martin	Newark, USA	02-Feb-75
3000m	8m 06.2		Sir Chris Chataway	White City	07-Jun-54	3000m	8m 11.0	i Ron Martin	NY, USA	21-Feb-75
5000m	13m 48.1		Ron Martin	Knoxville, USA	08-May-76	5000m	13m 56.2	i Ron Martin		1976
10000m	31m 22.4		Peter Francis	Wimbledon	03-May-75					
110HM	14.9secs	120y	D. B. Waters	Cambridge	Jun-60	60HM	9.11secs	i Sam Bishop	Glasgow	12-Dec-12
400HM	53.1secs		Andrew Kennard	Aldershot	08-Jul-95	High Jump				
2000SC	6m 18.3		Steve Bird	Cobham	07-Jul-80	Long Jump	6.47m	i Alex Fraser	Carshalton	06-Mar-10
3000SC	9m 01.5		Tony Llewellyn		1957	Triple Jump	12.59m	i Russell Walker	Glasgow	16-Mar-97
	9m 03.1		David Cowan	Croydon	19-May-90	Pole Vault	4.00m	i Sam Bishop	Glasgow	12-Feb-12
High Jump	2.01m		Richard Morris	Motspur Park	06-Jun-62	Shot	19.42m	i Paul Edwards	Cosford	03-Mar-93
	2.01m		Paul Edwards	West London Stadium	16-Jul-79					
Long Jump	7.54m		Ken Wilmshurst	Vancouver, CAN	05-Aug-54	Pentathlon				
Triple Jump	15.60m		Ken Wilmshurst	London (White City)	06-Aug-56					
Pole Vault	4.25m		Paul Edwards	Walton	23-Aug-81					
Shot	20.33m	7.26kg	Paul Edwards	Roehampton	09-Jul-91	ROAD				
Discus	57.12m		Paul Edwards	Colindale	10-Aug-88	5K	15m 03	Alex Kilby	York	08-Mar-24
Hammer	56.24m		Sam Mace	Cardiff	07-May-22	10K	31m 01	Alex Kilby	Newcastle	20-Jan-24
Javelin	55.88m		Jeremy Davis	Tooting Bec	25-Apr-87	Half Marathon	1hr 10:58	Geoff Winchester	Chigwell	18-Sep-65
(pre 1980)	80.20m		Kevin Sheppard	Crystal Palace	26-Aug-74	Marathon	2hr 22:57	Bob Roath	Polytechnic Marathon	15-Jun-63
Decathlon	7268		Paul Edwards	Bonn, GER	14-Aug-83					
4x100	43.8secs	4x110Y	JF Groves, Holland, K Wilmshurst, Jones		30-Jun-54	PARKRUN				
	44.3secs		R Wright, A Fraser, L Munro, M Partridge	Hastings	03-Aug-08	Parkrun	15m 23	Alex Kilby	Bushy Park	01-Jan-24
4x200	1m 34.1		R Wright, L Munro, A McCarthy, A Fraser	Walton	21-May-08					
4x400	3m 24.4	4x440y	M Hazell (49.5), K Bromley (51.5), D Barford (52.0), P Sparks (51.4)	Wimbledon	16-Jul-66					
	3m 28.0			Walton	24-May-69				Updated	21-Mar-25
Mixed 4 x400	3m 45.95		J Hiorns, L Amos, H Cargill, N Landeau	Crawley	18-Jun-23					