# 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 | 5kg | 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* |
| **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** **09-Mar-26**