WAC SENIOR MEN RECORDS

MEN

OUTDOORS

EVENT	Performance		Name	Venue	Date	
100m	10.42secs	-1.4	Brook Cronin	Guildford	19-Jul-26	
200m	20.99secs	1.8	Brook Cronin	Birmingham	21-Jul-24	
	20.78w	2.1	Brook Cronin	Birmingham	27-Jul-25	
400m	46.01secs		Brook Cronin	Stratford (CT)	13-Jul-25	
800m	1m 47.84		Nicholas Landeau	Freeport, BAH	16-Aug-25	
1500m	3m 42.2		Ron Martin	Philadelphia PA, USA	24-Apr-76	
Mile	3m 58.9		Ron Martin	Williamsburg VA, USA	11-May-74	
3000m	8m 06.2		Sir Chris Chataway	White City	07-Jun-54	
5000m	13m 48.1		Ron Martin	Knoxville, USA	08-May-76	
10000m	31m 22.4		Peter Francis	Wimbledon	03-May-75	
110HM	14.9secs	120y	D. B. Waters	Cambridge	Jun-60	
400HM	53.1secs		Andrew Kennard	Aldershot	08-Jul-95	
2000SC	*6m 18.3*		*Steve Bird*	*Cobham*	*07-Jul-80*	
3000SC	*9m 01.5*		*Tony Llewellyn*		*1957*	
	9m 03.1		David Cowan	Croydon	19-May-90	
High Jump	2.01m		Richard Morris	Motspur Park	06-Jun-62	
	2.01m		Paul Edwards	West London Stadium	16-Jul-79	
Long Jump	7.54m		Ken Wilmshurst	Vancouver, CAN	05-Aug-54	
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	SURREY RECORD
Discus	57.12m		Paul Edwards	Colindale	10-Aug-88	
Hammer	56.24m		Sam Mace	Cardiff	07-May-22	
Javelin	55.88m		Jeremy Davis	Tooting Bec	25-Apr-87	
(pre 1980)	*80.20m*		*Kevin Sheppard*	*Crystal Palace*	*26-Aug-74*	
Decathlon	7268		Paul Edwards	Bonn, GER	14-Aug-83	
4x100	43.8secs	4x110Y	JF Groves, Holland, K Wilmshurst, Jones		30-Jun-54	
	44.3secs		R Wright, A Fraser, L Munro, M Partridge	Hastings	03-Aug-08	
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	
Mixed 4 x400	3m 45.95		J Hiorns, L Amos, H Cargill, N Landeau	Crawley	18-Jun-23	

INDOORS

EVENT	Performance		Name	Venue	Date
60m	6.82secs	i	Brook Cronin	Eton	01-Mar-26
200m	21.57secs	i	Brook Cronin	Lee Valley	04-Feb-24
400m	47.46secs	i	Paul Harmsworth	Cosford	08-Mar-86
800m	1m 49.77	i	Mark Griffin	Glasgow	16-Mar-97
1500m					
Mile	4m 04.2	i	Ron Martin	Newark, USA	02-Feb-75
3000m	8m 11.0	i	Ron Martin	NY, USA	21-Feb-75
5000m	13m 56.2	i	Ron Martin		1976
60HM	9.11secs	i	Sam Bishop	Glasgow	12-Dec-12
High Jump					
Long Jump	6.47m	i	Alex Fraser	Carshalton	06-Mar-10
Triple Jump	12.59m	i	Russell Walker	Glasgow	16-Mar-97
Pole Vault	4.00m	i	Sam Bishop	Glasgow	12-Feb-12
Shot	19.42m	i	Paul Edwards	Cosford	03-Mar-93
Pentathlon					

ROAD

5K	15m 03	Alex Kilby	York	08-Mar-24
10K	31m 01	Alex Kilby	Newcastle	20-Jan-24
Half Marathon	1hr 10:58	Geoff Winchester	Chigwell	18-Sep-65
Marathon	2hr 22:57	Bob Roath	Polytechnic Marathon	15-Jun-63

PARKRUN

Parkrun	15m 23	Alex Kilby	Bushy Park	01-Jan-24

Updated **19-Oct-26**