WAC MASTERS M45 RECORDS

M45

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	12.05secs	0.3	Chris Taplin	Birmingham	24-Jun-17
	12.0w	2.1	Chris Taplin	Milton Keynes	09-Jul-16
200m	24.24secs		Chris Taplin	Ewell	05-Jun-16
	24.2w	3	Chris Taplin	Milton Keynes	09-Jul-16
400m	52.59secs		Chris Taplin	Ewell	05-Jun-16
800m	2m 14.1		Chris Ness	Kingston	08-Jul-18
1500m	4m 30.8		Tim Grose	Walton	14-May-14
Mile					
3000m	9m 50.9		Tim Grose	Woking	17-Jul-13
5000m	17m 10.5		Tim Grose	Kingston	28-Apr-14
10000m	43m 48.05		Chris Ness	Turnhout, BEL	27-Aug-17
110HM	18.86secs		David Moles	Eton	16-Jul-05
400HM	61.86secs		David Moles	Kingston	15-May-05
2000SC	*7m 22.0*		*Chris Ness*	*Portsmouth*	*23-Jun-18*
3000SC	11m 43.84		Chris Ness	Horspath	14-Jul-18
High Jump	1.57m		Craig Timmings	Birmingham	20-Sep-14
Long Jump	6.14m		Ken Wilmshurst	Southampton	08-Jul-78
Triple Jump	12.32m		Ken Wilmshurst		21-May-76
Pole Vault	3.50m		Craig Timmings	Birmingham	10-Aug-14
Shot	11.34m	7.26kg	Josh Davis	Bracknell	05-Aug-06
Discus	32.27m	2kg	Josh Davis	Walton	15-May-10
	19.73m	*1kg*	*Martin Willis*	*Walton*	*06-Sep-20*
Hammer	35.42m	7.26kg	Josh Davis	Walton	15-May-10
Javelin	59.06m		Kevin Sheppard	Feltham	08-May-93
Decathlon	4121		Craig Timmings	Birmingham	20-Sep-14

PARKRUN

Parkrun	17m 00	Tim Grose	Bushy Park	10-Aug-13

INDOORS

EVENT	Performance		Name	Venue	Date
60m	7.75secs	i	Chris Taplin	Lee Valley	08-Mar-14
200m	24.99secs	i	Chris Taplin	Lee Valley	13-Mar-16
400m	54.55secs	i	Chris Taplin	Ancona, ITA	02-Apr-16
800m	2m 06.27	i	Jack Rutherford	Malmo, SWE	07-Mar-99
1500m	4m 54.76	i	Chris Ness	Helsinki, FIN	15-Apr-18
3000m	10m 52.35	i	Chris Ness	Helsinki, FIN	14-Apr-18
5000m	18m 54.70	i	Chris Ness	Helsinki, FIN	15-Apr-18
60HM	9.25secs	i	Andrew Kennard	Lee Valley	13-Feb-11
High Jump	1.61m	i	Chris Ness	Lee Valley	14-Feb-16
Long Jump	5.36m	i	Andrew Kennard	Lee Valley	13-Feb-11
Triple Jump	10.30m	i	Craig Timmings	Lee Valley	08-Mar-15
Pole Vault	3.40m	i	Craig Timmings	Uxbridge	11-Jan-14
Shot	8.80m	i	Martin Willis	Lee Valley	23-Feb-20
Pentathlon	3264	i	Andrew Kennard	Gent, BEL	16-Mar-11

ROAD

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
Marathon	2hr 53:11	Tim Grose	Conegliano, ITA	06-Mar-16
			Updated	**04-Jun-21**