WAC MASTERS M35 RECORDS

M35

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	11.2secs		Stuart Channon	Twickenham	08-Jul-15
200m	23.0secs		Stuart Channon	Twickenham	08-Jul-15
400m	53.11secs		Jonathan Hiorns	Finsbury Park	09-Sep-23
800m	1m 58.5		Duncan Woolmer	Abingdon	08-Jul-17
1500m	4m 15.5		Duncan Woolmer	Walton	04-Jul-15
Mile	4m 36.97		Jonathan Hiorns	Oxford	06-May-24
3000m	9m 12.5		Jon Hamblen	Stevenage	30-Jul-11
5000m	15m 42.3		James Harvey	Hastings	02-Aug-08
10000m	36m 06.11		Gareth Creagh		2013
110HM	18.0secs		David Moles	Ashford	25-Jul-98
400HM	57.9secs		Andrew Kennard	Walton	26-Jun-03
2000SC	*6m 55.1*		*John Brine*	*Perivale*	*20-Aug-11*
3000SC	10m 10.7		James Harvey	Hillingdon	07-Aug-08
High Jump	1.70m		Craig Timmings	Cambridge	20-May-06
	1.70m		Robert A Smith	Crawley	18-Jun-23
Long Jump	6.09m		Craig Timmings	Cambridge	20-May-06
	*6.42m**		*Keith Martin*		*94/95*
Triple Jump	12.64m		Greg Conlon	Peterborough	01-Sep-12
Pole Vault	4.53m		Greg Conlon	Kingston	03-Jul-10
Shot	18.98m	7.26kg	Paul Edwards	Gateshead	20-Jul-94
Discus	33.98m	2kg	Josh Davis	Aldershot	05-Aug-00
Hammer	40.84m	7.26kg	Rob C Smith	Kingston	13-May-23
Javelin	48.41m	800g	Josh Davis	Eton	05-Aug-00
Pentathlon	1664pts		Richard Drew	Carshalton	07-Sep-13
Decathlon	3909pts		Jon Ladley	Basingstoke	23-Sep-17
4x100	49.8secs			Kingston	29-Apr-13
4x200	1m 44.5			Walton	29-Jun-15
4x400	4m 07.4			Ewell	24-Jun-13

PARKRUN

Parkrun	16m 02	Jon Hamblen	Bushy Park	25-Jul-09

INDOORS

EVENT	Performance		Name	Venue	Date
60m	7.24secs	i	Stuart Channon	Lee Valley	07-Mar-15
200m	23.66secs	i	Stuart Channon	Lee Valley	15-Feb-15
400m	54.68secs	i	Jonathan Hiorns	Lee Valley	18-Feb-24
800m	2m 02.89	i	Jonathan Hiorns	Lee Valley	04-Feb-24
1500m	4m 24.22	i	Jonathan Hiorns	Lee Valley	18-Feb-24
Mile	4m 50.43	i	Jonathan Hiorns	Lee Valley	07-Feb-24
3000m	9m 25.14	i	Jon Hamblen	Lee Valley	09-Mar-14
60HM	10.77secs	i	Robert A Smith	Lee Valley	11-Mar-23
High Jump	1.56m	i	Robert A Smith	Lee Valley	11-Mar-23
Long Jump	5.16m	i	Andrew Kennard	Cardiff	04-Mar-06
Triple Jump					
Pole Vault	4.00m	i	Craig Timmings	Carshalton	11-Mar-06
Shot	7.21m	i	Robert A Smith	Lee Valley	11-Mar-23
Pentathlon	2247pts	i	Robert A Smith	Lee Valley	11-Mar-23

ROAD

5K	16m 02	Jon Hamblen	Wimbledon	09-Aug-09
10K	33m 16	Duncan Woolmer	Walton on Thames	23-Jul-17
Half Marathon	1hr 11:27	Duncan Woolmer	Woking	12-Mar-17
Marathon	2hr 39:17	Duncan Woolmer	London	23-Apr-17

Updated **06-May-24**