

# WAC MASTERS M40 RECORDS



M40 OUTDOORS					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
<b>100m</b>	11.3secs	Stuart Channon	Carshalton	17-Jun-17	<b>60m</b>	7.37secs	i Stuart Channon	Lee Valley	09-Mar-19
<b>200m</b>	23.5secs	Stuart Channon	Carshalton	17-Jun-17	<b>200m</b>	24.28secs	i Stuart Channon	Lee Valley	26-Feb-17
<b>400m</b>	53.24secs	Robin Roach	Reading	09-Jul-89	<b>400m</b>	54.58secs	i David Moles	Malmo, SWE	07-Mar-99
<b>800m</b>	2m 02.98	Duncan Woolmer	Kingston	05-Jun-22	<b>800m</b>	<b>2m 13.59</b>	<b>i Jani Kraner</b>	<b>Lee Valley</b>	<b>10-Mar-24</b>
<b>1500m</b>	4m 08.81	Duncan Woolmer	Derby	22-Aug-21	<b>1500m</b>	<b>4m 18.24</b>	<b>i Duncan Woolmer</b>	<b>Lee Valley</b>	<b>18-Feb-24</b>
<b>Mile</b>	4m 39.33	Duncan Woolmer	Wimbledon	20-Jul-22	<b>3000m</b>	9m 25.22	i Jon Hamblen	Lee Valley	13-Mar-16
<b>3000m</b>	8m 54.83	Duncan Woolmer	Wimbledon	02-Jun-21	<b>5000m</b>	<i>18m 17.60</i>	<i>i Chris Ness</i>	<i>Helsinki, FIN</i>	<i>13-Apr-14</i>
<b>5000m</b>	15m 53.5	Duncan Woolmer	Carshalton	11-Sep-22	<b>60HM</b>	8.96secs	i Andrew Kennard	Lee Valley	22-Feb-09
<b>10000m</b>	33m 29.78	Duncan Woolmer	Wimbledon	15-Sep-21	<b>4x200m relay</b>	1m 44.02	<small>i P Edwards M40 (27.8); I Rutherford M45 (25.6); R Roach M50 (26.3); D Moles M40 (24.4)</small>	Birmingham	07-Mar-99
<b>110HM</b>	15.99secs	-0.4 Andrew Kennard	Tonbridge	13-Apr-09	<b>High Jump</b>	1.60m	i Chris Ness	Lee Valley	16-Feb-14
<b>400HM</b>	56.7secs	Andrew Kennard	Walton	28-Jun-08	<b>Long Jump</b>	6.03m	i Keith Martin	Birmingham	01-Mar-97
<b>2000SC</b>	<i>7m 03.6</i>	<i>Chris Ness</i>	<i>Walton</i>	<i>21-Jun-14</i>	<b>Triple Jump</b>	9.54m	i Chris Ness	Helsinki, FIN	13-Apr-14
<b>3000SC</b>	11m 03.4	Philip Bearman	Braunton	21-May-05	<b>Pole Vault</b>	4.40m	i Greg Conlon	Lee Valley	15-Feb-15
<b>High Jump</b>	1.72m	Robin Roach	Barnet Cophall	14-Jun-87	<b>Shot</b>	17.05m	i Paul Edwards	Birmingham	06-Mar-99
<b>Long Jump</b>	6.26m	Keith Martin	Feltham	17-May-97	<b>Pentathlon</b>	3140	i Andrew Kennard	Lee Valley	22-Feb-09
<b>Triple Jump</b>	12.40m	Keith Martin	Feltham	17-May-97					
<b>Pole Vault</b>	4.50m	Greg Conlon	Lyon, FRA	17-Aug-15					
<b>Shot</b>	19.03m	7.26kg Paul Edwards	Luton	16-Jun-99					
<b>Discus</b>	45.84m	Paul Edwards	Walton	18-Apr-99					
<b>Hammer</b>	37.58m	7.26kg Josh Davis	Colindale	15-May-05					
<b>Javelin</b>	60.70m	800g Kevin Sheppard	Kingston	05-Mar-89					
<b>Pentathlon</b>	3277pts	Robin Roach	Verona, ITA	25-Jun-88					
<b>Decathlon</b>	3864pts	Chris Ness	Horspath	28-Jul-13					
					<b>5K</b>	15m 29	Duncan Woolmer	Ardingly	12-May-21
					<b>10K</b>	32m 59	Duncan Woolmer	Battersea Park	20-Oct-21
					<b>Half Marathon</b>	1hr 10:50	Duncan Woolmer	Wokingham	27-Feb-22
					<b>Marathon</b>	2hr 47:21	Nicholas Grobler	Chicago IL, US/	08-Oct-23
<b>Parkrun</b>	16m 25	Duncan Woolmer	Brooklands	13-May-23				<b>Updated</b>	<b>10-May-24</b>

## PARKRUN