

# WAC SENIOR MEN RECORDS



MEN OUTDOORS					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
<b>100m</b>	10.8secs	Alan Grieve	White City	07-Aug-50	<b>60m</b>	6.94secs	i Brook Cronin	Windsor	07-Jan-24
	10.83secs	Paul Harmsworth	Stoke	07-Sep-86					
<b>200m</b>	21.7secs	Leslie C Lewis	White City	27-May-50	<b>200m</b>	21.57secs	i Brook Cronin	Lee Valley	04-Feb-24
	21.7secs	H. M. Yardley	Walton	22-May-65					
	21.5w	220y Leslie C Lewis	Imber Court	05-Jul-51		46.59	i Paul Harmsworth	Indianapolis, U	1987
	21.64secs	-0.1 Paul Harmsworth	Crystal Palace	10-Jul-87	<b>400m</b>	47.8secs	i Paul Harmsworth	Cosford	08-Mar-86
<b>400m</b>	45.64secs	Paul Harmsworth	Birmingham	07-Aug-84		47.61secs	i Paul Harmsworth	Cosford	24-Jan-87
						1m 49.77	i Mark Griffin	Glasgow	16-Mar-97
<b>800m</b>	1m 48.25	Nicholas Landeau	Watford	14-Jun-23	<b>800m</b>				
<b>1500m</b>	3m 42.2	Ron Martin	Philadelphia PA, USA	24-Apr-76	<b>1500m</b>				
<b>Mile</b>	3m 58.9	Ron Martin	Williamsburg VA, USA	11-May-74	<b>Mile</b>	4m 04.2	i Ron Martin	Newark, USA	02-Feb-75
<b>3000m</b>	8m 06.2	Sir Chris Chataway	White City	07-Jun-54	<b>3000m</b>	8m 11.0	i Ron Martin	NY, USA	21-Feb-75
<b>5000m</b>	13m 48.1	Ron Martin	Knoxville, USA	08-May-76	<b>5000m</b>	13m 56.2	i Ron Martin		1976
<b>10000m</b>	31m 22.4	Peter Francis	Wimbledon	03-May-75					
<b>110HM</b>	14.9secs	120y D. B. Waters	Cambridge	Jun-60	<b>60HM</b>	9.11secs	i Sam Bishop	Glasgow	12-Dec-12
<b>400HM</b>	53.1secs	Andrew Kennard	Aldershot	08-Jul-95	<b>High Jump</b>				
<b>2000SC</b>	6m 18.3	Steve Bird	Cobham	07-Jul-80	<b>Long Jump</b>	6.47m	i Alex Fraser	Carshalton	06-Mar-10
<b>3000SC</b>	9m 01.5	Tony Llewellyn		1957	<b>Triple Jump</b>	12.59m	i Russell Walker	Glasgow	16-Mar-97
	9m 03.1	David Cowan	Croydon	19-May-90	<b>Pole Vault</b>	4.00m	i Sam Bishop	Glasgow	12-Feb-12
<b>High Jump</b>	2.01m	Richard Morris	Motspur Park	06-Jun-62	<b>Shot</b>	19.42m	i Paul Edwards	Cosford	03-Mar-93
	2.01m	Paul Edwards	West London Stadium	16-Jul-79					
<b>Long Jump</b>	7.54m	Ken Wilmshurst	Vancouver, CAN	05-Aug-54					
<b>Triple Jump</b>	15.60m	Ken Wilmshurst	London (White City)	06-Aug-56	<b>Pentathlon</b>				
<b>Pole Vault</b>	4.25m	Paul Edwards	Walton	23-Aug-81					
<b>Shot</b>	20.33m	7.26kg Paul Edwards	Roehampton	09-Jul-91					
<b>Discus</b>	57.12m	Paul Edwards	Colindale	10-Aug-88					
<b>Hammer</b>	56.24m	Sam Mace	Cardiff	07-May-22	<b>5K</b>	15m 03	Alex Kilby	York	08-Mar-24
<b>Javelin</b>	55.88m	Jeremy Davis	Tooting Bec	25-Apr-87	<b>10K</b>	31m 01	Alex Kilby	Newcastle	20-Jan-24
<b>(pre 1980)</b>	80.20m	Kevin Sheppard	Crystal Palace	26-Aug-74	<b>Half Marathon</b>	1hr 10:58	Geoff Winchester	Chigwell	18-Sep-65
					<b>Marathon</b>	2hr 22:57	Bob Roath	Polytechnic Marathon	15-Jun-63
<b>Decathlon</b>	7268	Paul Edwards	Bonn, GER	14-Aug-83					
<b>4x100</b>	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					
<b>4x200</b>	1m 34.1	R Wright, L Munro, A McCarthy, A Fraser	Walton	21-May-08	<b>Parkrun</b>	15m 23	Alex Kilby	Bushy Park	01-Jan-24
<b>4x400</b>	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					
<b>Mixed 4 x400</b>	3m 45.95	J Hiorns, L Amos, H Cargill, N Landeau	Crawley	18-Jun-23				Updated	05-May-24