

# WAC MASTERS M35 RECORDS



## M35

## OUTDOORS

EVENT	Performance	Name	Venue	Date
<b>100m</b>	11.2secs	Stuart Channon	Twickenham	08-Jul-15
<b>200m</b>	23.0secs	Stuart Channon	Twickenham	08-Jul-15
<b>400m</b>	54.0secs	Duncan Woolmer	Abingdon	08-Jul-17
<b>800m</b>	1m 58.5	Duncan Woolmer	Abingdon	08-Jul-17
<b>1500m</b>	4m 15.5	Duncan Woolmer	Walton	04-Jul-15
<b>Mile</b>	5m 08.14	Chris de Mauny	Eltham	19-Aug-15
<b>3000m</b>	9m 12.5	Jon Hamblen	Stevenage	30-Jul-11
<b>5000m</b>	15m 42.3	James Harvey	Hastings	02-Aug-08
<b>10000m</b>	36m 06.11	Gareth Creagh		2013
<b>110HM</b>	18.0secs	David Moles	Ashford	25-Jul-98
<b>400HM</b>	57.9secs	Andrew Kennard	Walton	26-Jun-03
<b>2000SC</b>	6m 55.1	John Brine	Perivale	20-Aug-11
<b>3000SC</b>	10m 10.7	James Harvey	Hillingdon	07-Aug-08
<b>High Jump</b>	1.70m	Craig Timmings	Cambridge	20-May-06
<b>Long Jump</b>	6.09m	Craig Timmings	Cambridge	20-May-06
<b>Triple Jump</b>	12.64m	Greg Conlon	Peterborough	01-Sep-12
<b>Pole Vault</b>	4.53m	Greg Conlon	Kingston	03-Jul-10
<b>Shot</b>	18.98m	7.26kg Paul Edwards	Gateshead	20-Jul-94
<b>Discus</b>	33.98m	2kg Josh Davis	Aldershot	05-Aug-00
<b>Hammer</b>	33.30m	7.26kg Josh Davis	Tooting Bec	16-May-98
<b>Javelin</b>	48.41m	800g Josh Davis	Eton	05-Aug-00
<b>Decathlon</b>	3909	Jon Ladley	Basingstoke	23-Sep-17
<b>4x100</b>	49.8secs		Kingston	29-Apr-13
<b>4x200</b>	1m 44.5		Walton	29-Jun-15
<b>4x400</b>	4m 07.4		Ewell	24-Jun-13

## PARKRUN

<b>Parkrun</b>	16m 02	Jon Hamblen	Bushy Park	25-Jul-09
----------------	--------	-------------	------------	-----------

## INDOORS

EVENT	Performance	Name	Venue	Date
<b>60m</b>	7.24secs	i Stuart Channon	Lee Valley	07-Mar-15
<b>200m</b>	23.66secs	i Stuart Channon	Lee Valley	15-Feb-15
<b>400m</b>	55.94secs	i Andrew Kennard	Cardiff	04-Mar-06
<b>800m</b>	2m 13.49	i Andrew Kennard	Cardiff	05-Mar-06
<b>1500m</b>	4m 41.87	i Chris de Mauny	Lee Valley	07-Mar-20
<b>3000m</b>	9m 25.14	i Jon Hamblen	Lee Valley	09-Mar-14
<b>60HM</b>				
<b>High Jump</b>				
<b>Long Jump</b>	5.16m	i Andrew Kennard	Cardiff	04-Mar-06
<b>Triple Jump</b>				
<b>Pole Vault</b>	4.00m	i Craig Timmings	Carshalton	11-Mar-06
<b>Shot</b>				
<b>Pentathlon</b>				
<b>5K</b>	16m 02	Jon Hamblen	Wimbledon	09-Aug-09
<b>10K</b>	33m 16	Duncan Woolmer	Walton on Thames	23-Jul-17
<b>Half Marathon</b>	1hr 11:27	Duncan Woolmer	Woking	12-Mar-17
<b>Marathon</b>	2hr 39:17	Duncan Woolmer	London	23-Apr-17

## ROAD

Updated

01-May-21