WAC MASTERS M55 RECORDS

M55

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	15.0secs		Jack Rutherford	Kingston	29-Apr-13
200m	28.8secs		Robin Roach	Bracknell	05-Aug-06
400m	67.5secs		Jack Rutherford	Kingston	25-Jun-12
800m	2m 47.43		Jack Rutherford	Zittau, GER	22-Aug-12
1500m	6m 00.75		Jack Rutherford	Zittau, GER	18-Aug-12
Mile	6m 51.1		Donald Prance	Croydon	08-Jul-19
3000m					
5000m					
10000m					
100HM					
400HM	64.86secs		David Moles	Izmir, TUR	25-Aug-14
1500SC					
2000SC					
3000SC					
High Jump					
Long Jump					
Triple Jump					
Pole Vault					
Shot	9.14m	6kg	Robin Roach	Battersea Pk	02-Jun-03
	9.51m	*7.26kg*	*Kevin Sheppard*	*Walton*	*26-Jun-04*
	9.82m	*5kg*	*Robin Roach*	*Twickenham*	*10-Sep-06*
Discus	31.66m	1.5kg	Robin Roach		2003
	27.23m	*2kg*	*Robin Roach*	*Crawley*	*27-Mar-05*
	38.26m	*1kg*	*Kevin Sheppard*	*Birmingham*	*05-Jul-08*
Hammer	29.71m	6kg	Jack Rutherford	Ewell	28-May-11
	28.34m	*7.26kg*	*Kevin Sheppard*	*Guildford*	*03-May-08*
Javelin	41.57m	700g	Kevin Sheppard	Kingston	12-May-07
	42.53m	*800g*	*Kevin Sheppard*	*Kingston*	*07-May-05*
	39.79m	*600g*	*Kevin Sheppard*	*Birmingham*	*05-Jul-08*
Pentathlon Wt	2461pts		Joe Eastwood	Ewell	12-Dec-09

PARKRUN

Parkrun	20m 09	Philip Bearman	Bushy Park	20-Apr-19

INDOORS

EVENT	Performance		Name	Venue	Date
60m		i			
200m		i			
400m	66.17secs	i	Jack Rutherford	Lee Valley	17-Mar-12
800m		i			
1500m		i			
3000m		i			
5000m		i			
High Jump		i			
Long Jump		i			
Triple Jump		i			
Pole Vault		i			
Shot		i			
Pentathlon		i			

ROAD

5K	24m 29	Donald Prance	Kempton Pk	30-May-21
10K	45m 57	Donald Prance	Staines	12-May-19
Half Marathon	1hr 33:22	Sharief Ibrahim	Barns Green	31-Oct-10
Marathon	3hr 33:52	Sharief Ibrahim	Edinburgh	25-May-14

Updated **07-Jun-21**