

WAC SENIOR MEN RECORDS



MEN		OUTDOORS				INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date	
100m	10.8secs	Alan Grieve	White City	07-Aug-50	60m	7.38secs	i Sam Bishop	Eton	02-Mar-14	
	10.83secs	Paul Harmsworth	Stoke	07-Sep-86		200m				
200m	21.7secs	Leslie C Lewis	White City	27-May-50						
	21.5w	220y Leslie C Lewis	Imber Court	05-Jul-51						
	21.64secs	-0.1 Paul Harmsworth	Crystal Palace	10-Jul-87	Team Sol?					
400m	45.64secs	Paul Harmsworth	Birmingham	07-Aug-84	400m					
800m	1m 49.0	Mark Griffin	Battersea Park	04-Jun-98	800m	1m 49.77	i Mark Griffin	Glasgow	16-Mar-97	
1500m	3m 42.2	Ron Martin	Philadelphia PA, USA	24-Apr-76	1500m					
Mile	3m 58.9	Ron Martin	Williamsburg VA, USA	11-May-74	3000m					
3000m	8m 06.2	Sir Chris Chataway	White City	07-Jun-54						
5000m	13m 48.1	Ron Martin	Knoxville, USA	08-May-76	5000m	13m 56.2	i Ron Martin		1976	
10000m	31m 29.0	Leslie V Wells	Motspur Park	28-Apr-79	60HM	9.11secs	i Sam Bishop	Glasgow	12-Dec-12	
110HM	15.3secs	120y Ken Wilmshurst		30-Jul-58						
	15.3secs	Andrew Kennard	Ilford	31-Aug-91	High Jump					
400HM	53.1secs	Andrew Kennard	Aldershot	08-Jul-95	Long Jump	6.47m	i Alex Fraser	Carshalton	06-Mar-10	
2000SC	6m 18.3	Steve Bird	Cobham	07-Jul-80	Triple Jump	11.10m	i Martin Norman	Eton	08-Mar-15	
3000SC	9m 01.5	Tony Llewellyn		1957	Pole Vault	4.00m	i Sam Bishop	Glasgow	12-Feb-12	
	9m 03.1	David Cowan	Croydon	19-May-90	Shot	19.42m	i Paul Edwards	Cosford	03-Mar-93	
High Jump	2.00m	Sam Bishop	Lee Valley	19-Apr-14	Pentathlon					
Long Jump	7.54m	Ken Wilmshurst	Vancouver, CAN	05-Aug-54						
Triple Jump	15.60m	Ken Wilmshurst	London (White City)	06-Aug-56						
Pole Vault	4.25m	Paul Edwards	Walton	23-Aug-81						
Shot	20.33m	7.26kg Paul Edwards	Roehampton	09-Jul-91						
Discus	57.12m	Paul Edwards	Colindale	10-Aug-88						
Hammer	52.80m	Sam Mace	Eton	07-Aug-21	5K	15m 20	Craig Jarman	Battersea Pk	07-May-21	
Javelin	55.88m	Jeremy Davis	Tooting Bec	25-Apr-87	10K	31m 18	Jon Hamblen	Dunsfold	16-Sep-07	
	(pre 1980) 80.20m	Kevin Sheppard	Crystal Palace	26-Aug-74	Half Marathon	1hr 10:58	Geoff Winchester	Chigwell	18-Sep-65	
Decathlon	7268	Paul Edwards	Bonn, GER	14-Aug-83	Marathon	2hr 27:26	Ray Faulkes	Windsor to Chiswick	13-Jun-64	
4x100	44.2secs	4x110Y	Battersea	23-Jul-60						
	44.3secs	R Wright, A Fraser, L Munro, M Partridge	Hastings	03-Aug-08						
4x200	1m 34.1	R Wright, L Munro, A McCarthy, A Fraser	Walton	21-May-08						
4x400	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						
								Updated	03-Sep-21	

ROAD

PARKRUN