

WAC MASTERS M40 RECORDS



M40 OUTDOORS					M40 INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m	11.3secs	Stuart Channon	Carshalton	17-Jun-17	60m	7.37secs	i Stuart Channon	Lee Valley	09-Mar-19
200m	23.5secs	Stuart Channon	Carshalton	17-Jun-17	200m	24.28secs	i Stuart Channon	Lee Valley	26-Feb-17
400m	55.31secs	Jack Rutherford	Cesanatico, ITA	14-Sep-98	400m	55.68secs	i Chris Taplin	Lee Valley	09-Mar-13
800m	2m 03.3	Duncan Woolmer	Kingston	14-Jun-21	800m	2m 15.73	i Chris Ness	Helsinki, FIN	12-Apr-14
1500m	4m 08.81	Duncan Woolmer	Derby	22-Aug-21	1500m	4m 29.27	i Jon Hamblen	Lee Valley	15-Feb-15
Mile					3000m	9m 25.22	i Jon Hamblen	Lee Valley	13-Mar-16
3000m	8m 54.83	Duncan Woolmer	Wimbledon	02-Jun-21	5000m	18m 17.60	i Chris Ness	Helsinki, FIN	13-Apr-14
5000m	16m 48.41	Duncan Woolmer	Kingston	18-Jul-21	60HM	8.96secs	i Andrew Kennard	Lee Valley	22-Feb-09
10000m	33m 29.78	Duncan Woolmer	Wimbledon	15-Sep-21					
110HM	15.99secs	-0.4 Andrew Kennard	Tonbridge	13-Apr-09	High Jump	1.60m	i Chris Ness	Lee Valley	16-Feb-14
400HM	56.7secs	Andrew Kennard	Walton	28-Jun-08	Long Jump	5.59m	i Andrew Kennard	Lee Valley	22-Feb-09
2000SC	7m 03.6	Chris Ness	Walton	21-Jun-14	Triple Jump	9.54m	i Chris Ness	Helsinki, FIN	13-Apr-14
3000SC	11m 03.4	Philip Bearman	Braunton	21-May-05	Pole Vault	4.40m	i Greg Conlon	Lee Valley	15-Feb-15
High Jump	1.60m	Chris Ness	Walton	15-May-13	Shot	7.73m	i Andrew Kennard	Lee Valley	22-Feb-09
Long Jump	6.01m	Keith Martin	Great Yarmouth	06-May-00	Pentathlon	3140	i Andrew Kennard	Lee Valley	22-Feb-09
Triple Jump	11.89m	Greg Conlon	Dartford	16-Apr-16					
Pole Vault	4.50m	Greg Conlon	Lyon, FRA	17-Aug-15					
Shot	11.86m	Josh Davis		02-Jun-01					
Discus	37.74m	Josh Davis	Haringey	10-Jun-01					
Hammer	37.58m	7.26kg Josh Davis	Colindale	15-May-05					
Javelin	60.70m	800g Kevin Sheppard	Kingston	05-Mar-89					
Decathlon	3864	Chris Ness	Horspath	28-Jul-13					
					ROAD				
					5K	15m 29	Duncan Woolmer	Ardingly	12-May-21
					10K	36m 47	Jamie McLoughlin	Richmond	17-Jun-18
					Half Marathon	1hr 11:16	Duncan Woolmer	Woking	27-Sep-21
Parkrun	16m 46	Jon Hamblen	Bushy Park	12-Dec-15	Marathon	3hr 02:22	Robert Casebourne	London	04-Nov-18
							Updated		02-Oct-21

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