

WAC MASTERS M45 RECORDS



M45 OUTDOORS						INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date	
100m	12.05secs	0.3 Chris Taplin	Birmingham	24-Jun-17	60m	7.75secs	i Chris Taplin	Lee Valley	08-Mar-14	
	12.0w	2.1 Chris Taplin	Milton Keynes	09-Jul-16						
200m	24.24secs	Chris Taplin	Ewell	05-Jun-16	200m	24.99secs	i Chris Taplin	Lee Valley	13-Mar-16	
	24.2w	3 Chris Taplin	Milton Keynes	09-Jul-16						
400m	52.59secs	Chris Taplin	Ewell	05-Jun-16	400m	54.55secs	i Chris Taplin	Ancona, ITA	02-Apr-16	
800m	2m 14.1	Chris Ness	Kingston	08-Jul-18	800m	2m 06.27	i Jack Rutherford	Malmo, SWE	07-Mar-99	
1500m	4m 30.8	Tim Grose	Walton	14-May-14	1500m	4m 54.76	i Chris Ness	Helsinki, FIN	15-Apr-18	
Mile	4m 56.4	Jamie McLoughlin	Ewell	26-Aug-21	3000m	10m 52.35	i Chris Ness	Helsinki, FIN	14-Apr-18	
3000m	9m 50.9	Tim Grose	Woking	17-Jul-13	5000m	18m 54.70	i Chris Ness	Helsinki, FIN	15-Apr-18	
5000m	17m 10.5	Tim Grose	Kingston	28-Apr-14	60HM	9.25secs	i Andrew Kennard	Lee Valley	13-Feb-11	
10000m	36m 27.57	Jamie McLoughlin	Wimbledon	15-Sep-21						
110HM	18.86secs	David Moles	Eton	16-Jul-05	High Jump	1.61m	i Chris Ness	Lee Valley	14-Feb-16	
400HM	61.86secs	David Moles	Kingston	15-May-05	Long Jump	5.36m	i Andrew Kennard	Lee Valley	13-Feb-11	
2000SC	7m 22.0	Chris Ness	Portsmouth	23-Jun-18	Triple Jump	10.30m	i Craig Timmings	Lee Valley	08-Mar-15	
3000SC	11m 11.63	Jamie McLoughlin	Derby	22-Aug-21	Pole Vault	3.40m	i Craig Timmings	Uxbridge	11-Jan-14	
High Jump	1.57m	Craig Timmings	Birmingham	20-Sep-14	Shot	8.80m	i Martin Willis	Lee Valley	23-Feb-20	
Long Jump	6.14m	Ken Wilmshurst	Southampton	08-Jul-78	Pentathlon	3264	i Andrew Kennard	Gent, BEL	16-Mar-11	
Triple Jump	12.32m	Ken Wilmshurst		21-May-76						
Pole Vault	3.50m	Craig Timmings	Birmingham	10-Aug-14	ROAD					
Shot	11.34m	7.26kg Josh Davis	Bracknell	05-Aug-06	5K	16m 56	Jamie McLoughlin	Battersea Park	18-May-21	
Discus	32.27m	2kg Josh Davis	Walton	15-May-10	10K	35m 30	Tim Grose	Eastleigh	23-Mar-14	
	19.73m	1kg Martin Willis	Walton	06-Sep-20	Half Marathon	1hr 19:50	Tim Grose	Guildford	09-Mar-14	
Hammer	35.42m	7.26kg Josh Davis	Walton	15-May-10	Marathon	2hr 53:11	Tim Grose	Conegliano, ITA	06-Mar-16	
Javelin	59.06m	Kevin Sheppard	Feltham	08-May-93				Updated	16-Sep-21	
Decathlon	4121	Craig Timmings	Birmingham	20-Sep-14						
PARKRUN										
Parkrun	17m 00	Tim Grose	Bushy Park	10-Aug-13						