

WAC MASTERS M50 RECORDS



M50

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	13.1secs		Robin Roach	MLT	1998
	12.06w	4.8	Chris Taplin	Lee Valley	23-May-18
200m	26.1secs		Robin Roach	Portsmouth	04-Jul-98
400m	58.3secs		Robin Roach	Tooting Bec	19-Aug-98
800m	2m 17.00		Chris Ness	Kingston	18-Jul-21
1500m	4m 50.0		Chris Ness	Carshalton	05-Jul-21
Mile	5m 10.4		Chris Ness	Ewell	26-Aug-21
3000m	10m 21.82		Chris Ness	Harrow	23-Apr-21
5000m	18m 36.6		Tim Grose	Wimbledon	29-Apr-19
10000m	39m 53.16		Chris Ness	Wimbledon	15-Sep-21
100HM	16.59secs	-0.3	David Moles	Lahti, FIN	06-Aug-09
400HM	63.54secs		David Moles	Lahti, FIN	01-Aug-09
2000SC	7m 19.6		Chris Ness	Carshalton	21-Jul-21
3000SC	11m 44.74		Chris Ness	Carshalton	11-Sep-21
High Jump	1.50m		Chris Ness	Carshalton	20-Jun-21
Long Jump	4.99m		Mark Thomas	Ewell	01-Jun-13
Triple Jump	9.73m		Chris Ness	Kingston	18-Jul-21
Pole Vault	3.00m		Michael Franklin	Woking	02-Sep-18
Shot	11.29m	6kg	Robin Roach	MLT	1998
	9.11m	7.26kg	Robin Roach	Grays	06-Jun-98
Discus	33.60m	1.5kg	Robin Roach	Walton	19-Apr-98
	34.39m	2kg	Richard Warren	Grays	06-Jun-98
Hammer	41.76m	6kg	Richard Warren	Tooting Bec	23-May-98
	34.25m	7.26kg	Richard Warren	Finsbury Park	04-Aug-01
Javelin	45.13m	700g	Kevin Sheppard	Walton	07-May-03

PARKRUN

Parkrun	17m 57		Tim Grose	Redcar	13-Jul-19
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INDOORS

EVENT	Performance		Name	Venue	Date
60m	7.62secs	i	Chris Taplin	Madrid, ESP	20-Mar-18
200m	24.70secs	i	Chris Taplin	Madrid, ESP	22-Mar-18
400m	54.19secs	i	Chris Taplin	Lee Valley	10-Mar-18
800m		i			
1500m		i			
3000m		i			
5000m		i			
60HM		i			
High Jump		i			
Long Jump		i			
Triple Jump		i			
Pole Vault		i			
Shot		i			
Pentathlon		i			

ROAD

5K	18m 27		Tim Grose	Battersea Park	13-Jul-21
	18m 27		Chris Ness	Battersea Park	03-Aug-21
10K	36m 29		Tim Grose	Chesterton	11-Dec-16
Half Marathon	1hr 24:53		Tim Grose	Farnborough	26-Jan-20
Marathon	2hr 56:53		Tim Grose	Seville, ESP	23-Feb-20
				Updated	16-Sep-21