

# WAC MASTERS M65 RECORDS



M65 OUTDOORS					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m	15.9secs	Robin Roach	Kingston	29-Apr-13	60m	i			
200m	32.0secs	Robin Roach	Ewell	24-Jun-13	200m	i			
400m	78.1secs	Robin Roach	Kingston	20-May-13	400m	i			
800m	3m 15.3	Malcom Howard	Croydon	08-Jul-13	800m	i			
1500m	6m 34.2	Malcom Howard	Kingston	29-Apr-13	1500m	i			
Mile									
3000m	14m 27.1	Malcom Howard	Ewell	24-Jun-13	3000m	i			
5000m	25m 15.4	Malcom Howard	Ewell	20-May-13	5000m	i			
10000m	47m 46.52	Bob Bannister	Wimbledon	15-Sep-21					
100HM					60HM	i			
300HM									
1500SC									
2000SC					High Jump	i			
3000SC					Long Jump	i			
High Jump	1.10m	Joe Eastwood	Horsham	09-Aug-15	Triple Jump	i			
Long Jump	2.73m	Robin Roach	Kingston	20-May-13	Pole Vault	i			
Triple Jump					Shot	i			
Pole Vault									
Shot	8.12m	7.2kg Robin Roach	Woking	07-Aug-13	Pentathlon	i			
	7.68m	6kg Robin Roach	Kingston	29-Apr-13					
	10.78m	5kg Robin Roach	Ewell	24-Jun-13					
	8.37m	4kg Robin Roach	Walton	30-Aug-16					
Discus	29.65m	2kg Robin Roach	Kingston	28-Apr-14	5K	24m 19	Bob Bannister	Wimbledon	15-Aug-21
	27.45m	1.5kg Robin Roach	Woking	07-Aug-13	10K	53m 08	Malcolm Howard	Walton on Thames	21-Jul-13
	31.09m	1kg Joe Eastwood	Birmingham	27-Jul-15	Half Marathon				
Hammer	22.28m	5kg Joe Eastwood	Ewell	01-Dec-18	Marathon				
Javelin	33.95m	700g Joe Eastwood	Walton	29-Jun-15					
	36.81m	600g Joe Eastwood	Bromley	20-Jul-15					
	34.34m	800g Joe Eastwood	Kingston	21-May-17					
WT9.08kg	9.72m	Joe Eastwood	Ewell	09-Dec-17					
Pentathlon Wt	2652pts	Joe Eastwood	Ewell	20-Oct-18					
<b>PARKRUN</b>									
Parkrun	23m 07	Bob Bannister	Osterley	28-Aug-21				Updated	16-Sep-21