

WAC MASTERS M75 RECORDS



M75

OUTDOORS

INDOORS

EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m					60m	i			
200m					200m	i			
400m					400m	i			
800m					800m	i			
1500m					1500m	i			
Mile									
3000m					3000m	i			
5000m					5000m	i			
10000m									
80HM					60HM	i			
300HM									
1500SC									
2000SC					High Jump	i			
3000SC					Long Jump	i			
High Jump					Triple Jump	i			
Long Jump					Pole Vault	i			
Triple Jump					Shot	i			
Pole Vault					Pentathlon	i			
Shot	6.05m	4kg Robin Roach	Walton	26-Sep-21					
		7.26kg							
		6kg							
		5kg							
Discus	17.89m	1kg Robin Roach	Walton	19-Sep-21					
		2kg							
Hammer		4kg							
Javelin	11.38m	500g Robin Roach	Walton	26-Sep-21					
		600g							
		800g							
WT7.26kg									
Pentathlon Wt									

ROAD

PARKRUN

Parkrun

Updated

02-Oct-21