

WAC MASTERS M70 RECORDS



M70 OUTDOORS						INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date	
100m	18.0secs	Malcolm Howard	Kingston	08-May-17	60m		i			
200m	38.1secs	Malcolm Howard	Ewell	23-May-16	200m		i			
400m					400m		i			
800m	3m 22.9	Malcolm Howard	Wimbledon	13-Jun-16	800m		i			
1500m	7m 26.1	Malcolm Howard	Croydon	11-Jul-16	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	3.03m	Malcolm Howard	Croydon	11-Jul-16	Pole Vault		i			
Triple Jump					Shot		i			
Pole Vault										
Shot	10.14m	4kg Joe Eastwood	Walton	13-Sep-20	Pentathlon		i			
	7.97m	7.26kg Joe Eastwood	Walton	13-Sep-20						
	7.40m	6kg Robin Roach	Kingston	09-Jul-18						
	6.82m	5kg Robin Roach	Ewell	21-May-18						
Discus	28.88m	1kg Joe Eastwood	Walton	13-Sep-20	5K					
	20.11m	2kg Joe Eastwood	Walton	13-Sep-20	10K	55m 52	Malcolm Howard	Walton on Thames	24-Jul-16	
Hammer	23.73m	4kg Malcolm Howard	Ewell	23-May-16	Half Marathon	2hr 15:09	Malcolm Howard	Walton on Thames	04-Mar-18	
Javelin	32.95m	500g Joe Eastwood	Walton	13-Sep-20	Marathon					
	31.55m	600g Joe Eastwood	Walton	26-Sep-21						
	28.28m	700g Joe Eastwood	Walton	19-Sep-21						
	31.17m	800g Joe Eastwood	Walton	13-Sep-20						
WT7.26kg	9.32m	Joe Eastwood	Walton	08-Dec-19						
Pentathlon Wt	2753pts	Joe Eastwood	Walton	08-Dec-19						
PARKRUN										
Parkrun	24m 49	Malcolm Howard	Bushy Park	29-Nov-14				Updated	03-Feb-22	