WAC MASTERS M75 RECORDS

M75

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m					
200m					
400m					
800m					
1500m					
Mile					
3000m					
5000m					
10000m					
80HM					
300HM					
1500SC					
2000SC					
3000SC					
High Jump					
Long Jump					
Triple Jump					
Pole Vault					
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

INDOORS

EVENT	Performance		Name	Venue	Date
60m		i			
200m		i			
400m		i			
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	
10K	
Half Marathon	
Marathon	

PARKRUN

Parkrun

Updated **03-Feb-22**