

# WAC MASTERS M50 RECORDS



OUTDOORS					INDOORS					
EVENT	Performance		Name	Venue	Date	EVENT	Performance	Name	Venue	Date
<b>M50</b>										
<b>100m</b>	13.1secs		Robin Roach	MLT	1998	<b>60m</b>	7.62secs	i Chris Taplin	Madrid, ESP	20-Mar-18
	12.06w	4.8	Chris Taplin	Lee Valley	23-May-18					
<b>200m</b>	26.1secs		Robin Roach	Portsmouth	04-Jul-98	<b>200m</b>	24.70secs	i Chris Taplin	Madrid, ESP	22-Mar-18
<b>400m</b>	58.3secs		Robin Roach	Tooting Bec	19-Aug-98	<b>400m</b>	54.19secs	i Chris Taplin	Lee Valley	10-Mar-18
<b>800m</b>	2m 17.00		Chris Ness	Kingston	18-Jul-21	<b>800m</b>	2m 18.03	i Chris Ness	Lee Valley	05-Mar-22
<b>1500m</b>	4m 39.87		Chris Ness	Kingston	05-Jun-22	<b>1500m</b>	4m 40.46	i Chris Ness	Lee Valley	13-Mar-22
<b>Mile</b>	5m 10.4		Chris Ness	Ewell	26-Aug-21	<b>Mile</b>	5m 09.73	i Chris Ness	Lee Valley	16-Feb-22
<b>3000m</b>	10m 21.76		Chris Ness	Aldershot	12-Jun-22	<b>3000m</b>		i		
<b>5000m</b>	18m 36.6		Tim Grose	Wimbledon	29-Apr-19	<b>5000m</b>		i		
<b>10000m</b>	39m 53.16		Chris Ness	Wimbledon	15-Sep-21					
<b>100HM</b>	16.59secs	-0.3	David Moles	Lahti, FIN	06-Aug-09	<b>60HM</b>	11.41secs	i Chris Ness	Lee Valley	05-Mar-22
<b>400HM</b>	63.54secs		David Moles	Lahti, FIN	01-Aug-09					
<b>2000SC</b>	7m 14.2		Chris Ness	Kingston	18-May-22					
<b>3000SC</b>	11m 44.74		Chris Ness	Carshalton	11-Sep-21					
<b>High Jump</b>	1.50m		Chris Ness	Carshalton	20-Jun-21	<b>High Jump</b>	1.50m	i Chris Ness	Lee Valley	05-Mar-22
<b>Long Jump</b>	4.99m		Mark Thomas	Ewell	01-Jun-13	<b>Long Jump</b>	4.17m	i Chris Ness	Lee Valley	13-Mar-22
<b>Triple Jump</b>	9.73m		Chris Ness	Kingston	18-Jul-21	<b>Triple Jump</b>	8.87m	i Chris Ness	Lee Valley	13-Mar-22
<b>Pole Vault</b>	3.00m		Michael Franklin	Woking	02-Sep-18	<b>Pole Vault</b>		i		
<b>Shot</b>	11.29m	6kg	Robin Roach	MLT	1998	<b>Shot</b>	7.62m	i Chris Ness	Lee Valley	13-Mar-22
	9.11m	7.26kg	Robin Roach	Thurrock	06-Jun-98	<b>Pentathlon</b>	2689	i Chris Ness	Sheffield	23-Jan-22
<b>Discus</b>	39.22m	1.5kg	Richard Warren	Sutton	22-Sep-96					
	34.39m	2kg	Richard Warren	Thurrock	06-Jun-98					
<b>Hammer</b>	41.76m	6kg	Richard Warren	Tooting Bec	23-May-98					
	34.25m	7.26kg	Richard Warren	Finsbury Park	04-Aug-01					
<b>Javelin</b>	45.13m	700g	Kevin Sheppard	Walton	07-May-03					
						<b>ROAD</b>				
						<b>5K</b>	18m 27	Tim Grose	Battersea Park	13-Jul-21
							18m 27	Chris Ness	Battersea Park	03-Aug-21
						<b>10K</b>	36m 29	Tim Grose	Chesterton	11-Dec-16
						<b>Half Marathon</b>	1hr 24:53	Tim Grose	Farnborough	26-Jan-20
<b>Parkrun</b>	17m 57		Tim Grose	Redcar	13-Jul-19	<b>Marathon</b>	2hr 56:53	Tim Grose	Seville, ESP	23-Feb-20
									Updated	13-Jun-22