WAC MASTERS M65 RECORDS

M65

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	15.9secs		Robin Roach	Kingston	29-Apr-13
200m	32.0secs		Robin Roach	Ewell	24-Jun-13
400m	78.1secs		Robin Roach	Kingston	20-May-13
800m	3m 15.3		Malcom Howard	Croydon	08-Jul-13
1500m	6m 14.83		Bob Bannister	Kingston	05-Jun-22
Mile					
3000m	14m 27.1		Malcom Howard	Ewell	24-Jun-13
5000m	25m 15.4		Malcom Howard	Ewell	20-May-13
10000m	47m 46.52		Bob Bannister	Wimbledon	15-Sep-21
100HM					
300HM					
1500SC					
2000SC					
3000SC					
High Jump	1.10m		Joe Eastwood	Horsham	09-Aug-15
Long Jump	2.73m		Robin Roach	Kingston	20-May-13
Triple Jump					
Pole Vault					
Shot	8.12m	7.2kg	Robin Roach	Woking	07-Aug-13
	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
	27.45m	1.5kg	Robin Roach	Woking	07-Aug-13
	31.09m	1kg	Joe Eastwood	Birmingham	27-Jul-15
Hammer	22.28m	5kg	Joe Eastwood	Ewell	01-Dec-18
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

PARKRUN

Parkrun	22m 01	Bob Bannister	Osterley	18-Dec-21

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	24m 19	Bob Bannister	Wimbledon	15-Aug-21
10K	49m 06	Bob Bannister	Bourton	27-Feb-22
Half Marathon				
Marathon				

Updated **09-Jun-22**