WAC MASTERS M45 RECORDS

M45

OUTDOORS

EVENT	Performance		Name	Venue	Date	
100m	11.9secs		Stuart Channon	Ewell	14-Jun-23	
	11.92secs	0.2	Stuart Channon	Pescara, ITA	21-Sep-23	
200m	24.24secs		Chris Taplin	Ewell	05-Jun-16	
	24.2w	3.0	Chris Taplin	Milton Keynes	09-Jul-16	
400m	52.59secs		Chris Taplin	Ewell	05-Jun-16	
800m	2m 11.48		Jamie McLoughlin	Kingston	05-Jun-22	
1500m	4m 23.43		Jamie McLoughlin	Wimbledon	01-Jun-22	
Mile	4m 46.45		Jamie McLoughlin	Wimbledon	20-Jun-22	
3000m	9m 43.00		Jamie McLoughlin	Tonbridge	03-May-22	
5000m	17m 02.99		Jamie McLoughlin	Wimbledon	27-Jul-22	
10000m	36m 27.57		Jamie McLoughlin	Wimbledon	15-Sep-21	
110HM	18.86secs		David Moles	Eton	16-Jul-05	
400HM	59.20secs		David Moles	Potsdam, GER	24-Aug-02	?
2000SC	6m 54.9		Jamie McLoughlin	Guildford	16-Jul-22	
3000SC	10m 47.57		Jamie McLoughlin	Tampere, FIN	09-Jul-22	
High Jump	1.57m		Craig Timmings	Birmingham	20-Sep-14	
Long Jump	6.14m		Ken Wilmshurst	Southampton	08-Jul-78	
Triple Jump	12.32m		Ken Wilmshurst	Walton	21-Aug-76	
Pole Vault	3.50m		Craig Timmings	Birmingham	10-Aug-14	
Shot	11.34m	7.26kg	Josh Davis	Bracknell	05-Aug-06	
Discus	34.72m	2kg	Richard Warren	Crawley	30-Jul-94	
	19.73m	*1kg*	*Martin Willis*	*Walton*	*06-Sep-20*	
Hammer	38.36m	7.26kg	Richard Warren	Windsor	13-Aug-94	
Javelin	59.06m		Kevin Sheppard	Feltham	08-May-93	
Pentathlon	2235pts		Mark Thomas	Carshalton	08-Sep-12	
Decathlon	4121pts		Craig Timmings	Birmingham	20-Sep-14	

PARKRUN

Parkrun	17m 00	Tim Grose	Bushy Park	10-Aug-13

INDOORS

EVENT	Performance		Name	Venue	Date
60m	7.52secs	i	Stuart Channon	Lee Valley	06-Mar-22
200m	24.93secs	i	Stuart Channon	Lee Valley	06-Feb-22
400m	54.55secs	i	Chris Taplin	Ancona, ITA	02-Apr-16
800m	2m 06.27	i	Jack Rutherford	Malmo, SWE	07-Mar-99
1500m	4m 26.43	i	Jamie McLoughlin	Sheffield	19-Feb-23
Mile	4m 58.00	i	Jamie McLoughlin	Lee Valley	08-Feb-23
3000m	9m 54.6	i	Jamie McLoughlin	Lee Valley	12-Feb-23
5000m	*18m 54.70*	*i*	*Chris Ness*	*Helsinki, FIN*	*15-Apr-18*
60HM	9.25secs	i	Andrew Kennard	Lee Valley	13-Feb-11
High Jump	1.61m	i	Chris Ness	Lee Valley	14-Feb-16
Long Jump	5.36m	i	Andrew Kennard	Lee Valley	13-Feb-11
Triple Jump	10.30m	i	Craig Timmings	Lee Valley	08-Mar-15
Pole Vault	3.40m	i	Craig Timmings	Uxbridge	11-Jan-14
Shot	8.80m	i	Martin Willis	Lee Valley	23-Feb-20
Pentathlon	3264pts	i	Andrew Kennard	Gent, BEL	16-Mar-11

ROAD

5K	16m 56	Jamie McLoughlin	Battersea Park	18-May-21
10K	35m 30	Tim Grose	Eastleigh	23-Mar-14
Half Marathon	1hr 19:50	Tim Grose	Guildford	09-Mar-14
Marathon	2hr 52:22	Clint De Tarnowsky	London	23-Apr-23
			Updated	**26-Mar-24**