

WAC MASTERS M50 RECORDS



M50

OUTDOORS

EVENT	Performance	Name	Venue	Date
100m	13.1secs	Robin Roach	MLT	1998
	12.06w	4.8 Chris Taplin	Lee Valley	23-May-18
200m	26.1secs	Robin Roach	Portsmouth	04-Jul-98
400m	58.3secs	Robin Roach	Tooting Bec	19-Aug-98
800m	2m 16.9	Chris Ness	Ewell	15-Jun-22
1500m	4m 38.38	Chris Ness	Wimbledon	20-Jul-22
Mile	4m 58.21	Chris Ness	Wimbledon	20-Jul-22
3000m	10m 15.5	Chris Ness	Walton	05-Sep-22
5000m	17m 53.25	Chris Ness	Wimbledon	27-Jul-22
10000m	39m 53.16	Chris Ness	Wimbledon	15-Sep-21
100HM	16.59secs	-0.3 David Moles	Lahti, FIN	06-Aug-09
400HM	63.54secs	David Moles	Lahti, FIN	01-Aug-09
2000SC	7m 14.2	Chris Ness	Kingston	18-May-22
3000SC	11m 44.74	Chris Ness	Carshalton	11-Sep-21
High Jump	1.51m	Chris Ness	Liverpool	20-Aug-22
Long Jump	4.99m	Mark Thomas	Ewell	01-Jun-13
Triple Jump	9.73m	Chris Ness	Kingston	18-Jul-21
Pole Vault	3.00m	Michael Franklin	Woking	02-Sep-18
Shot	11.29m	6kg Robin Roach	MLT	1998
	9.11m	7.26kg Robin Roach	Thurrock	06-Jun-98
Discus	39.22m	1.5kg Richard Warren	Sutton	22-Sep-96
	34.39m	2kg Richard Warren	Thurrock	06-Jun-98
Hammer	41.76m	6kg Richard Warren	Tooting Bec	23-May-98
	34.25m	7.26kg Richard Warren	Finsbury Park	04-Aug-01
Javelin	45.13m	700g Kevin Sheppard	Walton	07-May-03
Pentathlon	2491pts	Chris Ness	Carshalton	03-Sep-22
Decathlon	4554pts	Chris Ness	Carshalton	21-Aug-22

PARKRUN

Parkrun	17m 57	Tim Grose	Redcar	13-Jul-19
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INDOORS

EVENT	Performance	Name	Venue	Date
60m	7.62secs	i Chris Taplin	Madrid, ESP	20-Mar-18
200m	24.70secs	i Chris Taplin	Madrid, ESP	22-Mar-18
400m	54.19secs	i Chris Taplin	Lee Valley	10-Mar-18
800m	2m 18.03	i Chris Ness	Lee Valley	05-Mar-22
1500m	4m 40.46	i Chris Ness	Lee Valley	13-Mar-22
Mile	5m 09.73	i Chris Ness	Lee Valley	16-Feb-22
3000m		i		
5000m		i		
60HM	11.41secs	i Chris Ness	Lee Valley	05-Mar-22
High Jump	1.50m	i Chris Ness	Lee Valley	05-Mar-22
Long Jump	4.17m	i Chris Ness	Lee Valley	13-Mar-22
Triple Jump	8.87m	i Chris Ness	Lee Valley	13-Mar-22
Pole Vault	2.10m	i Martin Willis	Lee Valley	17-Feb-24
Shot	9.00m	i Martin Willis	Sheffield	18-Feb-23
Pentathlon	2726pts	i Chris Ness	Lee Valley	11-Mar-23

ROAD

5K	18m 14	Chris Ness	Battersea Park	04-Apr-23
10K	36m 29	Tim Grose	Chesterton	11-Dec-16
Half Marathon	1hr 24:53	Tim Grose	Farnborough	26-Jan-20
Marathon	2hr 56:53	Tim Grose	Seville, ESP	23-Feb-20

Updated 18-Feb-24