WAC MASTERS M55 RECORDS

M55

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	14.70secs	0.3	Mike Futtit	Kingston	28-Aug-22
	14.5secs		Mike Futtit	Bournemouth	09-Jul-23
200m	28.8secs		Robin Roach	Bracknell	05-Aug-06
400m	67.5secs		Jack Rutherford	Kingston	25-Jun-12
800m	2m 27.90		Tim Grose	Guildford	05-Jul-23
1500m	5m 07.42		Tim Grose	Wimbledon	28-Jun-23
Mile	5m 28.4		Tim Grose	Wimbledon	28-Jun-23
3000m	11m 16.51		Tim Grose	Kingston	16-Aug-23
5000m	18m 51.06		Tim Grose	Tonbridge	29-Aug-22
10000m	39m 55.70		Tim Grose	Battersea Pk	14-Sep-22
100HM					
400HM	64.86secs		David Moles	Izmir, TUR	25-Aug-14
1500SC					
2000SC					
3000SC					
High Jump					
Long Jump	3.60m		Mike Futtit	Carshalton	02-Sep-23
Triple Jump					
Pole Vault	2.40m		Mike Futtit	Guildford	19-Aug-23
Shot	9.14m	6kg	Robin Roach	Battersea Pk	02-Jun-03
	9.51m	*7.26kg*	*Kevin Sheppard*	*Walton*	*26-Jun-04*
	9.82m	*5kg*	*Robin Roach*	*Twickenham*	*10-Sep-06*
Discus	31.66m	1.5kg	Robin Roach		2003
	27.23m	*2kg*	*Robin Roach*	*Crawley*	*27-Mar-05*
	38.26m	*1kg*	*Kevin Sheppard*	*Birmingham*	*05-Jul-08*
Hammer	29.71m	6kg	Jack Rutherford	Ewell	28-May-11
	28.34m	*7.26kg*	*Kevin Sheppard*	*Guildford*	*03-May-08*
Javelin	41.57m	700g	Kevin Sheppard	Kingston	12-May-07
	42.53m	*800g*	*Kevin Sheppard*	*Kingston*	*07-May-05*
	39.79m	*600g*	*Kevin Sheppard*	*Birmingham*	*05-Jul-08*
Pentathlon	2032pts		Mike Futtit	Carshalton	02-Sep-23
Pentathlon Wt	2461pts		Joe Eastwood	Ewell	12-Dec-09

PARKRUN

Parkrun	19m 36	Tim Grose	Ilfield Mill Pond	11-Dec-21

INDOORS

EVENT	Performance		Name	Venue	Date
60m	9.02secs	i	Mike Futtit	Lee Valley	10-Dec-23
200m	30.77secs	i	Mike Futtit	Lee Valley	10-Dec-23
400m	66.17secs	i	Jack Rutherford	Lee Valley	17-Mar-12
800m	2m 26.29	i	Tim Grose	Lee Valley	17-Feb-24
1500m	5m 09.92	i	Tim Grose	Lee Valley	18-Feb-24
Mile	5m 44.38	i	Tim Grose	Lee Valley	07-Feb-24
3000m		i			
5000m		i			
60HM	13.56secs	i	Mike Futtit	Lee Valley	11-Mar-23
High Jump	1.05m	i	Mike Futtit	Lee Valley	11-Mar-23
Long Jump	3.52m	i	Mike Futtit	Lee Valley	22-Jan-23
Triple Jump	7.05m	i	Mike Futtit	Sheffield	18-Feb-23
Pole Vault	2.40m	i	Mike Futtit	Lee Valley	11-Feb-24
Shot	7.44m	i	Mike Futtit	Lee Valley	02-Apr-22
Pentathlon	1746pts	i	Mike Futtit	Lee Valley	11-Mar-23

ROAD

5K	18m 33	Tim Grose	Battersea Park	04-Apr-23
10K	37m 42	Tim Grose	Beachley	23-Jan-22
Half Marathon	1hr 28:21	Tim Grose	Farnborough	22-Jan-23
Marathon	2hr 59:52	Tim Grose	Seville, ESP	19-Feb-23

Updated **27-Feb-24**