# 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** | 2034pts | | Mike Futtit | Wimbledon | 13-Apr-24 |
| **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 | | | |
| **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** **05-May-24**