

WAC Club Records to 7 March 2019
Men's Road Running

	Under 25	Seniors	40-44	45-49	50-54	55-59	60-64	65-69	70-75	75-79	80-85
1 mile		Karl Chapman 5.24 (03)	Russell Clarke 5.23 (00)	John Wood 5.11 (86)	Nigel Poppleton 5.55 (03)	Alan Holland 5.56 (03)	David Matthews 6.29 (02)	Stephen Dady 6.14 (18)			
5k	James Preston 15.47 (11)	Jack Gillick 15.57 (16)	Spencer Goodall 16.50 (12)	Spencer Goodall 16.08 (13)	Andy Preston 17.49 (16)	Terry Brannan 18.19 (99)	Stephen Dady 19.34 (15)	Stephen Dady 20.02 (17)	Terry Brannan 21.56 (14)	Rodney Freeburn 31.15 (13)	
5 miles	James Preston 26.12 (12)	John Harding 26.01 (88)	Spencer Goodall 27.54 (12)	Spencer Goodall 27.17 (13)	Peter Goreham 28.29 (89)	Terry Brannan 29.41 (99)	Stephen Dady 32.21 (15)	Stephen Dady 33.00 (17)	Terry Brannan 36.36 (14)	Rodney Freeburn 52.27 (13)	Rodney Freeburn 1.09.27(18)
10k	James Preston 32.26 (12)	John Harding 32.12 (89)	Stuart College 33.44 (87)	Spencer Goodall 34.32 (13)	Peter Goreham 36.18 (90)	Fernando Silva 35.35 (12)	Stephen Dady 39.56 (15)	Stephen Dady 41.18 (18)	Terry Brannan 45.30 (14)	Rodney Freeburn 65.31 (13)	Rodney Freeburn 1.11.25 (18)
10 miles		John Harding 53.59 (88)	Cyril Harrison 57.35 (89)	Peter Goreham 56.52 (89)	Peter Goreham 56.52 (90)	Fernando Silva 60.14 (14)	Stephen Dady 67.59 (15)	Stephen Dady 1.09.28 (17)	Mike Smith (H) 1.21.05 (12)		
Half Marathon	James Preston 1.14.28 (11)	John Harding 1.11.48 (89)	Spencer Goodall 1.16.13 (12)	Spencer Goodall 1.16.35 (13)	Peter Goreham 1.17.18 (92)	Fernando Silva 1.20.20 (13)	Terry Epps 1.30.25 (15)	Stephen Dady 1.33.33 (17)	Mike Smith (H) 1.53.50 (12)		
15 miles		John Harding 1.25.30 (87)	Cyril Harrison 1.30.49 (89)	Terry Brannan 1.33.21 (91)	Peter Goreham 1.32.53 (90)	Terry Brannan 1.37.10 (99)	David Matthews 1.48.15 (02)	Terry Starkins 2.20.14 (?)			
20 miles		John Harding 1.56.35 (88)	Andy Terry 2.14.26 (14)	Terry Brannan 2.14.25 (92)	Peter Goreham 2.04.07 (91)	Andrew Lane 2.33.20 (15)	Andrew Lane 2.31.42 (18)				
Marathon		John Harding 2.38.21 (88)	Cyril Harrison 2.54.40 (89)	Peter Goreham 2.52.28 (88)	Peter Goreham 2.48.15 (91)	Andrew Lane 3.14.50 (15)	Andrew Lane 3.22.50 (17)	Ron Marsh 5.18.20 (10)			

WAC Club Records - Men's Track and Field

	Under 25	Seniors	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
100m		Alistair Shearer 13.4 (18)	Nigel Poppleton 13.4 (94)	Adrian Dearnly 13.01 (99)	Ian Foster 12.2 (94)	Roy Marchant 17.4 (94)	Derek Farman 13.8 (03)	Roy Marchant 18.2 (01)		
200m		Alistair Shearer 26.3 (18)	Les Hill 27.6 (03)	Adrian Dearnley 26.9 (00)	Ian Foster 25.6 (94)	Michael Sheldon 33.7 (93)	Derek Farman 27.5 (02)	Roy Marchant 38.9 (01)		
400m		Karl Walker 53.8 (94)	Andy Preston 57.8 (10)	Andy Preston 58.0 (12)	Andy Preston 61.2 (16)	Terry Brannan 73.9 (03)	Derek Farman 64.4 (03)	Roy Marchant 89.1 (01)		
800m		Karl Walker 2.00 (94)	Richard Sales 2.12 (03)	Andy Preston 2.19 (12)	Andy Preston 2.17.4 (16)	Terry Brannan 2.40.6 (03)	Derek Farman 2.39.0 (02)			
1500m			Richard Sales 4.26.6 (03)	Mike Bailie 4.39.6 (94)	John Wood 4.55.5 (93)	Terry Brannan 5.27.5 (03)	Nigel Lambert 5.44.11 (19)			
3000m			Richard Sales 9.32.1 (03)	Mike Bailie 9.58.9 (94)		Terry Brannan 11.19.3 (03)	Nigel Lambert 11.50.65 (19)			
5000m	James Preston 15.47 (12)	Gary Starkins 16.45 (94)		Mike Bailie 17.07 (94)	Richard White 18.25 (10)					
10,000m										
110 m Hurdle		Robin Northman 18.7 (93)	Nigel Poppleton 20.2 (93)	Nigel Poppleton 22.1 (02)	Nigel Poppleton 20.6 (03)					
400 m Hurdle			Nigel Poppleton 67.1 (95)	Nigel Poppleton 75.0 (02)	Adrian Dearnley 73.7 (03)	Terry Brannan 81.2 (95)				

	Under 25	Seniors	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
Hammer			Nigel Poppleton 13.3 (94)	Nigel Poppleton 13.6 (03)	Nigel Poppleton 14.7 (03)					
Javelin		Alistair Shearer 35.87 (18)	Richard Jackson 21.6 (94)	Russell Clarke 26.83 (03)	Nigel Poppleton 22.24 (03)	Terry Bilham 23.82 (99)				
Discus			Nigel Poppleton 20.54 (96)	Nigel Poppleton 16.91 (02)	Nigel Poppleton 20.86 (03)	Terry Bilham 29.1 (99)				
Shot			Steve Corbould 6.68 (03)	Russell Clarke 6.40 (03)	Nigel Poppleton 6.74 (03)		Derek Farman 7.20 (03)	Roy Marchant 5.21 (02)		
High Jump		Robin Northman 1.85 (93)	Nigel Poppleton 1.55 (93)	Nigel Poppleton 1.45 (03)	Nigel Poppleton 1.45 (03)					
Long Jump		Robin Northman 6.55 (94)	Nigel Poppleton 5.23 (95)	Adrian Dearnley 5.44 (99)	Nigel Poppleton 4.34 (03)	Michael Sheldon 2.93 (93)				
Triple Jump		Robin Northman 13.10 (93)	Nigel Poppleton 11.15 (95)	Adrian Dearnley 11.21 (99)	Adrian Dearnley 10.13 (03)	Terry Bilham 8.46 (99)				
Pole Vault					Nigel Poppleton 1.30 (03)	Terry Bilham 2.55 (99)				
1 mile walk			Steve Corbould 9.51 (03)	Mike Bailie 11.29 (94)	Dennis Bartram 8.58 (03)	Roy Marchant 10.17 (93)	Roy Marchant 10.14 (94)	Roy Marchant 10.47 (99)		
2 k walk			Steve Corbould 12.45 (03)	Mike Bailie 12.56 (94)	Dennis Bartram 11.55 (03)	Roy Marchant 13.09 (94)	Roy Marchant 12.52 (94)	Roy Marchant 13.58 (00)		

WAC Club Records - Women's Road Running

	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
1 mile	Sarah Royall 7.30 (14)	Sylvia Dady 7.45 (14)	Cat Ricketts 5.46 (14)	Lynn Hazleton 6.22 (02)	Elize Hartendorp 6.59 (03)	Margaret Bailey 7.57 (02)	Eva Osborne 6.36 (98)	Anne Martin 7.09 (99)	Anne Martin 7.30 (03)		Anne Martin 8.36 (13)	Anne Martin 9.17 (16) BR
5k	Ruth Sturgess 21.05 (06)	Caroline Young 19.14 (94)	Cat Cummings 18.50 (17)	Cat Cummings 18.22 (18)	Sharon Hurren 20.31 (08/18)	Eva Osborne 21.07 (93)	Veronica Manley 21.11 (03)	Eva Osborne 22.25 (01)	Anne Martin 22.21 (03)	Anne Martin 25.15 (09)	Anne Martin 26.09 (12)	Anne Martin 30.04 (16)
5 miles	Ruth Sturgess 35.28 (06)	Caroline Young 31.40 (91)	Cat Cummings 31.43 (17)	Cat Cummings 30.36 (18)	Jenny Christian 34.01 (00)	Eva Osborne 34.53 (93)	Eva Osborne 35.15 (97)	Eva Osborne 37.18 (01)	Anne Martin 38.25 (01)	Anne Martin 41.28 (08)	Anne Martin 42.57 (11)	Anne Martin 50.01 (16) BR
10k	Ruth Sturgess 42.37 (07)	Caroline Young 39.15 (91)	Cat Cummings 39.36 (17)	Cat Cummings 38.29 (19)	Sharon Hurren 41.47 (18)	Veronica Manley 43.38 (02)	Jenny Christian 44.12 (10)	Anne Martin 47.05 (99)	Anne Martin 48.59 (99)	Anne Martin 52.25 (09)	Anne Martin 53.40 (12)	Anne Martin 1.02.52 (16)
10 miles		Caroline Young 1.07.52 (91)	Juliette Watkinson 1.06.44 (19)	Cat Cummings 1.05.01 (18)	Jenny Christian 1.09.54 (03)	Veronica Manley 1.12.04 (03)	Veronica Manley 1.13.33 (04)	Anne Martin 1.18.47 (00)	Anne Martin 1.25.47 (01)	Anne Martin 1.29.25 (09)	Anne Martin 1.33.52 (12)	
Half Marathon		Caroline Young 1.29.08 (91)	Juliette Watkinson 1.27.39 (19)	Alexandra Smith 1.27.24 (16)	Jenny Christian 1.32.11 (00)	Veronica Manley 1.35.47 (03)	Veronica Manley 1.37.20 (00)	Anne Martin 1.48.45 (00)	Anne Martin 1.52.21 (02)	Anne Martin 1.53.56 (06)	Anne Martin 2.08.37 (12)	
15 miles		Janet Hunter 1.51.56 (88)	Elize Hartendorp 2.06.39 (93)	Jenny Christian 1.56.50 (99)	Jenny Christian 1.51.19 (02)	Veronica Manley 1.50.13 (02)	Veronica Manley 1.49.22 (03)	Anne Martin 2.04.52 (00)	Anne Martin 2.10.55 (01)			
20 miles		Tanya Crofts 2.39.57 (08)	Charlotte El-Labany 2.49.36 (18)	Alexandra Smith 2.26.30 (19)	Eva Osborne 2.48.31 (88)	Veronica Manley 2.29.51 (02)	Veronica Manley 2.31.11 (04)	Anne Martin 2.54.18 (99)		Anne Martin 3.19.52 (06)	Anne Martin 3.47.00 (12)	

	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
Marathon		Tanya Crofts 3.26.44 (08)	Jenny Pearce 3.16.59 (13)	Lynn Hazleton 3.23.39 (02)	Jenny Christian 3.27.00 (02)	Veronica Manley 3.23.27 (02)	Veronica Manley 3.27.13 (03)	Anne Martin 3.46.08 (99)	Anne Martin 3.57.07(01)	Anne Martin 4.36.35 (06)		

WAC Club Records - Women's Track and Field

	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100m			Donna Conlon 16.7 (97)	Yvonne Newton 14.1 (98)	Yvonne Newton 14.5 (01)	Patricia Clarke 17.9 (99)	Hazel Marchant 20.0 (98)	Hazel Marchant 18.8 (02)	Carol Gibbons 16.6 (01)		Eva Osborne 22.4 (18)	
200m			Carole Filer 27.7 (95)	Yvonne Newton 30.2 (98)	Yvonne Newton 29.7 (00)	Patricia Clarke 37.3 (99)	Hazel Marchant 41.1 (00)	Carol Gibbons 34.2 (99)	Anne Martin 38.7 (02)	Eva Osborne 44.7 (12)	Eva Osborne 44.3 (16)	Anne Martin 44.5 (16) BR
400m		Caroline Young 67.0 (91)	Carole Filer 67.2 (94)	Jane Clarke 69.3 (01)	Brenda Hutcheon 71.4 (94)	Eva Osborne 81.7 (93)	Eva Osborne 84.5 (97)	Anne Martin Eva Osborne 86.8 (99/02)	Anne Martin 89.8 (01)	Eva Osborne 1.41.4 (12)	Anne Martin 1.43.5 (13)	Anne Martin 1.48.53 (16) BR
800m		Caroline Young 2.30 (92)	Sarah Watson 3.06 (97)	Jane Clarke 2.27 (01)	Brenda Hutcheon 2.41.(93)	Eva Osborne 3.01 (93)	Eva Osborne 3.03 (98)	Eva Osborne 3.05 (02)	Eva Osborne 3.26 (05)	Anne Martin 3.28 (07)	Anne Martin 3.37.(12) BR	Anne Martin 4.07.36 (16) BR
1500m		Caroline Young 505 (93)	Sarah Watson 6.21 (97)	Jane Clarke 5.12 (01)	Shona Fairchild 5.37 (01)	Eva Osborne BR Osborne 5.56 (93)	Eva Osborne 6.01 (98)	Eva Osborne 6.03 (01)	Eva Osborne 6.34 (07)	Anne Martin 7.10 (09)	Anne Martin 7.28 (11)	Anne Martin 8.21.72 (16) BR
3000m		Caroline Young 10.57 (91)	Sarah Watson 13.21 (97)	Jane Clarke 10.19 (01)	Brenda Hutcheon 12.06 (94)	Eva Osborne BR Osborne 12.40 (93)	Eva Osborne BR Osborne 12.42 (98)	Eva Osborne 13.28 (01)	Anne Martin 13.56 (01)	Anne Martin 15.32 (07)	Anne Martin 15.43 (11) WR	
5000m		Caroline Young 19.18 (91)	Sarah Watson 24.26 (97)			Eva Osborne 21.27 (92)	Eva Osborne 22.22 (98)	Eva Osborne 22.31 (01)	Anne Martin 23.40 (01)		Anne Martin 28.36 (11)	
10,000m						Eva Osborne 47.12 (93)	Eva Osborne 48.28 (96)	Eva Osborne 47.07 (01)	Anne Martin 48.24 (00)			
80 m Hurdle			Carole Filer 18.9 (94)		Shona Fairchild 16.9 (03)	Patricia Clarke 19.0 (99)						

	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100 m Hurdle				Stephanie Mullarney 24.8 (98)	Shona Fairchild 25.0 (02)							
400 m Hurdle			Carole Filer 71.7 (95)	Stephanie Mullarney 96.4 (98)	Shona Fairchild 83.9 (03)	Patricia Clarke 105.2 (99)						
Hammer				Stephanie Mullarney 19.02 (97)	Stephanie Mullarney 21.50 (02)			Anne Martin 19.58/4k (99) 23.18/3k(00)	Anne Martin 22.06 (01)	Anne Martin 20.16 (07) BR	Anne Martin 25.42/2k (11)	Anne Martin 23.21 (16)
Javelin			Stephanie Mullarney 23.56 (94)	Stephanie Mullarney 23.22 (97)	Stephanie Mullarney 22.50 (02)	Geraldine George 14.83 (00)		Eva Osborne 9.26 (03)	Anne Martin 10.8 (03)			Anne Martin 10.36 (16)
Discus		Liz Burchell 19.62 (94)	Sarah Watson 18.66 (97)	Kate Barlow 16.26 (98)	Stephanie Mullarney 16.07 (02)		Hazel Marchant 10.30 (97)	Anne Martin 20.08 (97)	Anne Martin 17.29 (01)	Anne Martin 18.03 (10)	Anne Martin 17.44 (13)	Anne Martin 13.04 (16)
Shot			Sarah Watson 8.61 (97)	Lynne Brown 7.94 (95)	Geraldine George 6.35 (95)			Anne Martin 8.96/3k (97)	Anne Martin 7.66 (01)	Anne Martin 757 (07)	Anne Martin 8.11 (11)	Anne Martin 6.99 (16)
Weight										Anne Martin 7.25 (10)	Anne Martin 10.09 (11) BR	Anne Martin 8.57 (16) BR
High Jump			Carol Filer 1.20 (93)	Elize Hartendorp 1.05 (98)	Elize Hartendorp 1.08 (02)			Anne Martin 1.05 (98)				
Long Jump			Carol Filer 5.42 (95)	Yvonne Newton 3.78 (99)	Yvonne Newton 4.16 (00)		Hazel Marchant 2.14 (99)	Anne Martin 3.41 (99)	Anne Martin 3.39 (01)	Anne Martin 3.31 (09)	Anne Martin 2.91 (13)	Anne Martin 2.64 (16) BR
Triple Jump			Carole Filer 10.09 (95)	Elize Hartendorp 7.07 (98)	Yvonne Newton 8.49 (01)			Anne Martin 7.17 (00)	Anne Martin 7.40 (01)	Anne Martin 6.95 (08) BR	Anne Martin 6.70 (11) BR	Anne Martin 5.88 (11) BR

	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
Pole Vault			Anne Poole 1.90 (96)									
Steeple Chase (2000m)					Shona Fairchild 8.35 (03)			Eva Osborne 10.52 (03) ER	Anne Martin 10.33 (03) ER	Anne Martin 10.49 (07) WR	Anne Martin 11.40 (11) WR	Anne Martin 13.38 (16) WR
1 mile Walk			Stephanie Mullarney 11.31 (96)	Angie Bear 10.11 (01)	Angie Bear 10.18 (02)		Hazel Marchant 10.48 (98)	Eva Osborne 12.31 (02)				
2 k Walk			Stephanie Mullarney 13.33 (96)	Stephanie Mullarney 13.01 (01)	Elize Hartendorp 13.27 (02)		Hazel Marchant 15.16 (00)	Carol Gibbons 15.26 (97)				

BR = British Record

ER = European Record

WR = World Record