

WAC Club Records to 01 March 2020  
Men's Road Running

	Under 17	Under 25	Seniors	40-44	45-49	50-54	55-59	60-64	65-69	70-75	75-79	80-85
<b>1 mile</b>		Sam Barker 5.02 (18)	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)	Nigel Lambert 5.50 (19)	Stephen Dady 6.13 (19)			
<b>5k</b>	Aidan Banfield 17.09 (19)	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)	Yitzhak Ben-Aroya 19.16 (19)	Stephen Dady 20.02 (17)	Terry Brannan 21.56 (14)	Rodney Freeburn 31.15 (13)	
<b>5 miles</b>	Aidan Banfield 30.15 (19)	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)
<b>10k</b>	Aidan Banfield 35,57 (20)	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) = Graham Walsh 45.30 (19)	Rodney Freeburn 65.31 (13)	Rodney Freeburn 1.11.25 (18)
<b>10 miles</b>		Sam Barker 1.05.24 (17)	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)		
<b>Half Marathon</b>		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)		
<b>15 miles</b>			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 (?)			
<b>20 miles</b>		Sam Barker 2.18.44 (19)	John Harding 1.56.35 (88)	Andy Terry 2.14.26 (14)	Terry Brannan 2.14.25 (92)	Peter Goreham 2.04.07 (91)	Richard White 2.18.49 (19)	Andrew Lane 2.31.42 (18)				
<b>Marathon</b>		Sam Barker 3.12.59 (19)	John Harding 2.38.21 (88)	Cyril Harrison 2.54.40 (89)	Peter Goreham 2.52.28 (88)	Peter Goreham 2.48.15 (91)	Richard White 3.12.07 (19)	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
<b>100m</b>		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)		
<b>200m</b>		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)		
<b>400m</b>		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)		
<b>800m</b>		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)	Nigel Lambert 2.37.34 (19)			
<b>1500m</b>			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 5.24.05 (19)			
<b>1 Mile</b>							Nigel Lambert 5.50.01 (19)	Stephen Dady 6.12.3 (19)		
<b>3000m</b>		Alistair Shearer 10.25 (19)	Richard Sales 9.32.1 (03)	Mike Bailie 9.58.9 (94)		Terry Brannan 11.19.3 (03)	Nigel Lambert 11.48.38 (19)			
<b>5000m</b>	James Preston 15.47 (12)	Gary Starkins 16.45 (94)	Richard Johnson 17.59 (19)	Mike Bailie 17.07 (94)	Richard White 18.25 (10)	Richard White 19.40.3 (19)	Nigel Lambert 20.06 (19)	Stephen Dady 20.47 (19)		
<b>10,000m</b>										
<b>110 m Hurdle</b>		Robin Northman 18.7 (93)	Nigel Poppleton 20.2 (93)	Nigel Poppleton 22.1 (02)	Nigel Poppleton 20.6 (03)					

	<b>Under 25</b>	<b>Seniors</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>
<b>400 m Hurdle</b>			Nigel Poppleton 67.1 (95)	Nigel Poppleton 75.0 (02)	Adrian Dearnley 73.7 (03)	Terry Brannan 81.2 (95)				
<b>Hammer</b>			Nigel Poppleton 13.3 (94)	Nigel Poppleton 13.6 (03)	Nigel Poppleton 14.7 (03)					
<b>Javelin</b>		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)				
<b>Discus</b>			Nigel Poppleton 20.54 (96)	Nigel Poppleton 16.91 (02)	Nigel Poppleton 20.86 (03)	Terry Bilham 29.1 (99)				
<b>Shot</b>			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)		
<b>High Jump</b>		Robin Northman 1.85 (93)	Nigel Poppleton 1.55 (93)	Nigel Poppleton 1.45 (03)	Nigel Poppleton 1.45 (03)					
<b>Long Jump</b>		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)				
<b>Triple Jump</b>		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)				
<b>Pole Vault</b>					Nigel Poppleton 1.30 (03)	Terry Bilham 2.55 (99)				
<b>1 mile walk</b>			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)		
<b>2 k walk</b>			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 17	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
<b>1 mile</b>		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)	Cindy Burgess 7.56 (19)	Anne Martin 8.36 (13)	Anne Martin 9.17 (16) <b>BR</b>
<b>5k</b>		Ruth Sturgess 21.05 (06)	Caroline Young 19.14 (94)	Juliette Watkinson 18.13 (19)	Cat Cummings 18.18 (19)	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)
<b>5 miles</b>	Mim Lowe 42.22 (19)	Ruth Sturgess 35.28 (06)	Caroline Young 31.40 (91)	Juliette Watkinson 31.23 (19)	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) <b>BR</b>
<b>10k</b>	Mim Lowe 53.29 (19)	Ruth Sturgess 42.37 (07)	Caroline Young 39.15 (91)	Juliette Watkinson 37.43 (20)	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)
<b>10 m</b>			Caroline Young 1.07.52 (91)	Juliette Watkinson 1.03.32 (20)	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)	
<b>Half Marathon</b>			Caroline Young 1.29.08 (91)	Juliette Watkinson 1.26.21 (20)	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)	
<b>15 miles</b>			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)			
<b>20 miles</b>			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
<b>Marathon</b>			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)		

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	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
<b>100m</b>			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)	Cindy Burgess 20.3 (19)	Eva Osborne 22.4 (18)	
<b>200m</b>			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)	Cindy Burgess 41.6 (19)	Eva Osborne 44.3 (16)	Anne Martin 44.5 (16) <b>BR</b>
<b>400m</b>		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)	Cindy Burgess 1.36.9 (19)	Anne Martin 1.43.5 (13)	Anne Martin 1.48.53 (16) <b>BR</b>
<b>800m</b>		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) <b>BR</b>	Anne Martin 4.07.36 (16) <b>BR</b>
<b>1500m</b>		Caroline Young 505 (93)	Sarah Watson 6.21 (97)	Jane Clarke 5.12 (01)	Shona Fairchild 5.37 (01)	Eva Osborne 5.56 (93) <b>BR</b>	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) <b>BR</b>
<b>1 Mile</b>				Alexandra Smith 5.53.9 (19)						Cindy Burgess 7.58 (19)	Eva Osborne 8.40.5 (19) <b>BR</b>	Anne Martin 9.17.5 (16)
<b>3000m</b>		Caroline Young 10.57 (91)	Sarah Watson 13.21 (97)	Jane Clarke 10.19 (01)	Brenda Hutcheon 12.06 (94)	Eva Osborne 12.40 (93) <b>BR</b>	Eva Osborne 12.42 (98) <b>BR</b>	Eva Osborne 13.28 (01)	Anne Martin 13.56 (01)	Anne Martin 15.32 (07)	Anne Martin 15.43 (11) <b>WR</b>	
<b>5000m</b>		Caroline Young 19.18 (91)	Sarah Watson 24.26 (97)	Alexandra Smith 19.53 (19)		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)	
<b>10,000m</b>						Eva Osborne 47.12 (93)	Eva Osborne 48.28 (96)	Eva Osborne 47.07 (01)	Anne Martin 48.24 (00)			

	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
<b>80 m Hurdle</b>			Carole Filer 18.9 (94)		Shona Fairchild 16.9 (03)	Patricia Clarke 19.0 (99)						
<b>100 m Hurdle</b>				Stephanie Mullarney 24.8 (98)	Shona Fairchild 25.0 (02)							
<b>400 m Hurdle</b>			Carole Filer 71.7 (95)	Stephanie Mullarney 96.4 (98)	Shona Fairchild 83.9 (03)	Patricia Clarke 105.2 (99)						
<b>Hammer</b>				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) <b>BR</b>	Anne Martin 25.42/2k (11)	Anne Martin 23.90 (19)
<b>Javelin</b>			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)
<b>Discus</b>		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)
<b>Shot</b>			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)
<b>Weight</b>										Anne Martin 7.25 (10)	Anne Martin 10.09 (11) <b>BR</b>	Anne Martin 8.57 (16) <b>BR</b>
<b>High Jump</b>			Carol Filer 1.20 (93)	Elize Hartendorp 1.05 (98)	Elize Hartendorp 1.08 (02)			Anne Martin 1.05 (98)				
<b>Long Jump</b>			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) <b>BR</b>

	Under 25	Seniors	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
<b>Triple Jump</b>			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
<b>Pole Vault</b>			Anne Poole 1.90 (96)									
<b>Steeple Chase (2000m)</b>					Shona Fairchild 8.35 (03)			Eva Osborne 10.52 (03) <b>ER</b>	Anne Martin 10.33 (03) <b>ER</b>	Anne Martin 10.49 (07) <b>WR</b>	Anne Martin 11.40 (11) <b>WR</b>	Anne Martin 13.38 (16) <b>WR</b>
<b>1 mile Walk</b>			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)				
<b>2 k Walk</b>			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