

## **WSE&H CLUB MEN'S MASTERS RECORDS**

<b>Event</b>	<b>Age</b>	<b>Performance</b>	<b>Athlete</b>	<b>Date</b>
<b>100m</b>	0/35	11.53	Julian Golley	10/05/08
	0/35	11.5	Scott Dorset	01/08/09
	0/40	11.41	Scott Dorset	01/08/09
	0/45	11.82	Glenn Reddington	25/07/08
	0/50	11.9	Alasdair Ross	27/04/03
	0/55	12.2	Alasdair Ross	18/06/07
	0/60	13.3	Derek Wardle	07/08/07
	0/65			
<b>200m</b>	0/35	23.4	Scott Dorset	14/07/07
	0/40	23.32	Scott Dorset	30/08/10
	0/45	24.36	Nigel Wilson	2004
	0/50	23.83	Alasdair Ross	28/07/02
	0/55	24.42	Alasdair Ross	25/03/07
	0/60	27.1	Derek Wardle	21/05/07
	0/65			
<b>400m</b>	0/35	54.14	Scott Dorset	14/09/07
	0/40	53.1	Thomas Osment	14/08/93
	0/45	53.6	Nigel Wilson	2004
	0/50	53.55	Alasdair Ross	07/06/03
	0/55	54.94	Alasdair Ross	14/09/07
	0/60	60.37	Derek Wardle	13/09/07
	0/65			
<b>800m</b>	0/35	1.59.79	Richard Weaver	10/07/2011
	0/40	2.01.7	Steve Lowe	2003
	0/45	2.01.26	David Crossland	08/07/03
	0/50	2.11.0	Derek Wardle	19/07/00
	0/55	2.14.31	Peter Kennedy	2007
	0/60	2.21.21	Derek Wardle	09/09/07
	0/65			
<b>1500m</b>	0/35	4.10.46	Richard Weaver	15/07/2011
	0/40	3.57.9	Martin Duff	30/07/85
	0/45	4.10.9	David Crossland	28/06/03
	0/50	4.29.91	Peter Kennedy	18/08/02
	0/55	4.31.99	Peter Kennedy	14/09/07
	0/60			
	0/65			

### **No records are set outside your age group**

<b>Event</b>	<b>Age</b>	<b>Performance</b>	<b>Athlete</b>	<b>Date</b>
<b>3000m</b>	0/35			
	0/40	8.42.6	Martin Duff	30/07/85
	0/45	9.27.6	Ian Emery	25/05/95
	0/50	9.41.6	Peter Kennedy	05/09/01
	0/55	9.51.27	Peter Kennedy	30/05/07
	0/60	11.41.00	Derek Wardle	14/07/09
	0/65			
<b>5000m</b>	0/35			
	0/40	14.49.8	Martin Duff	19/05/84
	0/45	16.17.4	Robert Graham	23/06/90
	0/50	17.03.3	Peter Kennedy	02/08/03
	0/55	21.31.0	Wally Wesseley	21/05/06
	0/60	19.42.0	Derek Wardle	14/07/07
	0/65			
<b>10000m</b>	0/35			
	0/40	31.20.8	Martin Duff	20/08/85
	0/45	33.58.0	Robert Graham	04/08/89
	0/50	36.39.5	Peter Kennedy	03/09/03
	0/55	46.23.90	Wally Wesseley	16/07/05
	0/60			
	0/65			
<b>110m H</b>	0/35			
	0/40	15.7	Michael James	10/09/89
	0/45	15.92	Glenn Reddington	31/07/08
	0/50			
	0/55			
<b>100m H</b>	0/60	21.23	Derek Wardle	14/09/08
	0/65			
<b>400m H</b>	0/35			
	0/40	57.11	Danny Hodge	07/06/03
	0/45	62.07	Danny Hodge	04/04/09
	0/50			
	0/55			
<b>300m H</b>	0/60	48.51	Derek Wardle	28/07/07
	0/65			
<b>3000mSt</b>	0/35			
	0/40	10.09.3	David Crossland	18/07/99
	0/45	11.11.19	David Huck	16/07/05
	0/50	14.10.40	Paul Green	01/06/06
	0/55	18.13.2	Sukdev Sohal	05.06.2010
	0/60			
	0/65			

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<b>Event</b>	<b>Age</b>	<b>Performance</b>	<b>Athlete</b>	<b>Date</b>	
<b>High Jump</b>	0/35				
	0/40	1.80m	Michael James	08/07/90	
	0/45	1.57m	Michael James	26/06/94	
	0/50	1.55m	Michael James	17/06/01	
	0/55				
	0/60	1.25m	Derek Wardle	16/06/08	
	0/65				
<b>Long Jump</b>	0/35	6.91m	Julian Golley	04/08/07	
	0/40	7.15m	Michael James	14/07/90	
	0/45	6.02m	Michael James	20/03/94	
	0/50	5.79m	Michael James	23/06/01	
	0/55	4.48m	Derek Wardle	24/08/03	
	0/60	5.35m	Derek Wardle	30/07/07	
	0/65				
<b>Triple Jump</b>	0/35	16.20m(i)	Julian Golley	10/02/08	
	0/40	13.75m	Michael James	30/06/90	
	0/45	12.62m	Michael James	13/03/94	
	0/50	11.95m	Michael James	12/05/01	
	0/55	9.63m	Derek Wardle	24/08/03	
	0/60	9.71m	Derek Wardle	19/05/08	
	0/65				
<b>Pole Vault</b>	0/35	4.80m(i) BR	Egryn Jones	01/02/2009	
	0/40	2.80m	Michael James	1990	
	0/45				
	0/50	3.10m	Alasdair Ross	21/07/03	
	0/55	2.80m	Alasdair Ross	2007	
	0/60	1.40m	Derek Wardle	14/09/08	
	0/65				
<b>Shot 7.25kg</b>	0/35				
	0/40	14.73m	Neil Griffin	23/03/89	
	0/45	13.74m	Neil Griffin	09/02/97	
	<b>6kg</b>	0/50	15.66m	Neil Griffin	13/06/00
		0/55	14.73m	Neil Griffin	07/03/04
	<b>5kg</b>	0/60	14.02m	Neil Griffin	04/07/09
		0/65	11.39m	Peter Virgo	04/07/10

**No records are set outside your age group**

<b>Event</b>	<b>Age</b>	<b>Performance</b>	<b>Athlete</b>	<b>Date</b>
<b>Discus 2kg</b>	0/35			
	0/40	49.36m	Neil Griffin	24/09/88
	0/45	45.70m	Neil Griffin	10/05/97
<b>1.5kg</b>	0/50	54.29m	Neil Griffin	03/08/99
	0/55	50.15m	Neil Griffin	15/06/03
<b>1kg</b>	0/60	50.15m	Neil Griffin	04/07/09
	0/65	34.79m	Peter Virgo	03/07/10
<b>Hammer 7.25kg</b>	0/35	57.35m	Steven Sammut	20/09/06
	0/40	59.71m	Steven Sammut	26/08/07
	0/45	41.54m	Neil Griffin	16/06/97
<b>6kg</b>	0/50	49.74m	Mike Small	18/06/06
	0/55	46.43m	Neil Griffin	31/07/04
<b>5kg</b>	0/60	43.75m	Neil Griffin	10/08/08
	0/65	36.41m	Chris Court	26/10/05
<b>Javelin 800gr</b>	0/35			
	0/40	50.45m	Jeremy Tigar	03/06/06
	0/45	42.88m	Neil Griffin	23/06/96
	0/50	44.50m	Neil Griffin	10/07/00
	0/55	42.82m	Neil Griffin	03/07/04
<b>600gr</b>	0/60	45.41m	Ashley fox	12/09/04
	0/65			
<b>Decathlon</b>	0/35			
	0/40	5929pts	Michael James	08/09/91
	0/45	4608pts	Michael James	09/09/95
	0/50			
	0/55			
	0/60	5499pts	Derek Wardle	13/09/08
	0/65			
<b>Pentathlon</b>	0/35			
	0/40	3745pts	Michael James	04/03/90
	0/45			
	0/50			
	0/55	4247pts	Neil Griffin	26/09/04
	0/60			
	0/65			

