

## Northern Masters Age Group Mens Track Records

### EVENT

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
<b><u>100 METRES</u></b>				
35	Symon Woan	Preston Harriers	11.17	2017
40	John Crowley	Oldham & Royton	11.08	2005
=	Stephen Chaisty	Trafford AC	11.08	2005
45	John Wright	Chorley AC	11.05	2005
50	Steve Peters	NMAC	11.58	2007
55	Steve Peters	NMAC	12.02	2013
60	Steve Peters	NMAC	12.18	2017
65	Alan Bowdler	Rochdale Harriers	13.7	1988
70	J Lucas	Monkton	14	1986
75	Peter Matthews	NVAC	15.3	2014
80	Tony Bowman	Leeds City	15.49	2017
<b><u>200 METRES</u></b>				
35	Rick Beardsell	Trafford AC	22.10	2017
40	Mike Coogan	East Cheshire Harriers	22.90	2017
45	Mike Coogan	East Cheshire Harriers	22.80	2017
50	Steve Peters	NMAC	23.08	2007
55	Steve Peters	NMAC	23.50	2009
60	Steve Peters	NMAC	24.52	2017
65	Tony Bowman	Leeds City	28.08	2005
70	Tony Bowman	Leeds City	30.20	2006
75	Barrie Hughes	Steel City Striders AC	31.80	2016
80	Tony Bowman	Leeds City	32.54	2016
<b><u>400 METRES</u></b>				
35	Rick Beardsell	Trafford AC	48.70	2017
40	John Henson	City of Sheffield & Dearne AC	49.91	1984
45	Steve Peters	NMAC	50.75	2002
50	Steve Peters	NMAC	53.01	2007
55	John Henson	City of Sheffield & Dearne AC	54.22	1997
60	Steve Peters	NMAC	56.47	2017
65	Rod Scholes	Barnsley AC	66.00	2009
70	Rod Scholes	Barnsley AC	69.90	2016
75	Peter Dibb	Longwood Harriers	80.80	2009
80	Tony Bowman	Leeds City	90.12	2017
<b><u>800 METRES</u></b>				
35	Mike Toal	NVAC	02:09.7	2008
40	Ron Bell	Wrexham AC	02:00.8	1987
45	Ron Anderson	Morpeth Harriers	02:05.0	1982
50	Walter Wilkinson	Hull Achilles	02:08.1	1999
55	Walter Wilkinson	Hull Achilles	02:13.6	2000

60	Dave Allen	NMAC	02:19.4	2012
65	Rod Scholes	Barnsley AC	02:30.0	2009
70	Rod Scholes	Barnsley AC	02:40.8	2016
75	Rodney Mills	Ripon Runners	03:02.8	2014

### **1500 METRES**

35	Mark Gardner	Lancaster & Morcambe	04:17.30i	2017
40	Terry Kilmarton	Rowntrees	04:07.2	1972
=	David Gee	Manchester Harriers	04:07.2	1993
45	Ron Allen	Harrogate	04:10.8	1979
50	Chris Ireland	Sheffield RC	04:23.5	2012
55	Stan Erlam	St Helens	04:33.6	1997
60	Steve James	Southport Waterloo	04:44.6	1998
65	Ron Lucas	Newcastle	05:01.9	1991
70	Gerry Spink	Bingley Harriers	05:40.3	2001
75	Derek Howarth	Leigh Harriers	06:09.9	2006

### **3000 METRES**

35	Mark gardner	Lancaster & Morcambe	09:23.09i	2017
40	Paul Barlow	Gloucester AC	09:11.1	2013
45	Chris Ireland	Sheffield RC	09:21.3	2006
50	Chris Ireland	Sheffield RC	09:23.5	2010
55	Chris Ireland	Sheffield RC	10:06.5	2017
60	Mike Quinn	Sheffield RC	11:03.2	2015
65	Eric Rannicar	Bolton Harriers	11:58.1	2013
70	Rod Scholes	Barnsley AC	12:29.0	2016
75	Mike barnes	NMAC	14:27.9	2016
80	Arthur Walsham	Salford Harriers	21:39.3	2013
85	Arthur Walsham	Salford Harriers	23:44.2	2016

### **5000 METRES**

35	Nick Leigh	Altrincham AC	15:32.8	2013
40	Stan Curran	Salford Harriers	15:17.1	1989
45	Jack Echells	Barrow & Furness	15:35.7	1986
50	Ted Isaacs	Wirral AC	15:34.8	1988
55	Steve James	Southport Waterloo	16:32.0	1988
60	Steve James	Southport Waterloo	17:05.2	1996
65	Steve James	Southport Waterloo	17:48.0	2005
70	Fred Gibbs	Bingley Harriers	19:58.5	2010
75	Fred Gibbs	Bingley Harriers	21:40.0	2014
80	Arthur Walsham	Salford Harriers	31:00.3	2010

### **10000 METRES**

<b>40</b>	Arthur Walsham	Salford Harriers	31.09	1978
<b>45</b>	Malcolm Martin		31.39	1989
<b>50</b>	Cyril Leigh		32.16	1989
<b>55</b>	Maurice Morrell		35.14	1989
<b>60</b>	Willie Marshall		35.33	1989

<b>65</b>	Gordon Booth		39.31	1997
<b>70</b>	Derek Howarth		42.24	2001
<b>75</b>	Max Jones		48.24	2002
<b>80</b>	Harold Wilson		64.14	1997

### **3000 METRES STEEPLECHASE**

35	Dale Higham	Liverpool Harriers	11:30.3	2017
40	Ray Carruthers	NVAC	09:47.7	1978
45	Chris Ireland	Sheffield RC	10:05.9	2006
50	Chris Ireland	Sheffield RC	10:32.3	2012
55	Chris Ireland	Sheffield RC	10:59.1	2015

### **80 METRES HURDLES**

50	Richard Howes	Pontefract AC	19.3	2016
60	Dave Robinson	NMAC	19.9	2016
70	Tony Bowman	Leeds City	14.3	2006
75	Tony Bowman	Leeds City	14.8	2010
80	Tony Bowman	Leeds City AC	15.7	2016

### **100 METRES HURDLES**

50	Chris Hesketh	Stockport Harriers	15.9	2007
55	Colin Shafto	Rowntrees	16.5	1993
60	Colin Shafto	Rowntrees	16.2	1996
65	Tony Bowman	Leeds City	19.7	2004

### **110 METRES HURDLES**

35	Ashley Pritchard	Macclesfield Harriers & AC	17.15	2017
40	Glen Reddington	Leeds City	16.1	2005
45	Colin Shafto	Rowntrees	17.5	1982
50	Colin Shafto	Rowntrees	17.3	1988
55	Trevor Driver	Halifax Harriers	23.5	1992

### **200 METRES HURDLES**

<b>80</b>	Tony Bowman	Leeds City AC	38.84	2017
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### **300 METRES HURDLES**

50	Colin Shafto	Rowntrees	45.3	1989
55	Colin Shafto	Rowntrees	46.3	1990
60	Colin Shafto	Rowntrees	46.9	1996
65	Tony Bowman	Leeds City	49.7	2001
70	Colin Shafto	City of York	52.97	2006
75	Tony Bowman	Leeds City	79.9	2010

### **400 METRES HURDLES**

<b>35</b>	A Parker	Altringham	66.4	2013
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<b>45</b>	Colin Shafto	Rowntrees	60.4	1976
<b>50</b>	David Anderson	Manx Harriers	60.7	2001
<b>55</b>	David Anderson	Manx Harriers	58.7	2004
<b>60</b>	James Arnold	Colwyn Bay	70.5	1986

### **3000 METRES WALK**

<b>40</b>	P ward		14:35.5	1990
<b>45</b>	James Paddick		15:02	1990
<b>50</b>	Tony Taylor	Lancashire Walking Club	14:16.6	1998
<b>55</b>	Anthony Malone	York City	15:29.3	2006
<b>60</b>	Charles Coleman	Lancashire Walking Club	16:10.6	1989
<b>65</b>	Charles Coleman	Lancashire Walking Club	16:47.1	1990
<b>70</b>	Charles Coleman	Lancashire Walking Club	17:11.7	1992
<b>75</b>	Charles Coleman	Lancashire Walking Club	18:24.7	1998

Please note that records can only be ratified if on Power of 10 or at Northern Masters Track Championship  
If you have broken a club record please contact Hon Treasurer with details

**EVENT****100 METRES**

<b>AGE CAT</b>	<b>NAME</b>	<b>CLUB</b>	<b>TIME</b>	<b>YEAR</b>
M35	Michael Cilshaw	Grimsby Harriers	11.6	2007
	= Dave Mendonca	NVAC	11.6	2009
	= <b>Anthony Browne</b>	<b>Doncaster</b>	<b>11.6</b>	<b>2014</b>
M40	John Crowley	Oldham & Royton	11.08	2005
	= Stephen Chaisty	Trafford AC	11.08	2005
M45	John Wright	Chorley AC	11.05	2005
M50	David Burton	Hallamshire Harriers	11.9	1985
	= John Wright	Chorley AC	11.9	2009
M55	Peter Higgins	NVAC	12.4	1987
	<b>John Wright</b>	<b>Chorley AC</b>	<b>12.4</b>	<b>2016</b>
M60	Joe Moran	Manchester Harriers	13.1	1987
M65	Alan Bowdler	Rochdale Harriers	13.7	1988
M70	J Lucas	Monkton	14	1986
M75	<b>Peter Matthews</b>	<b>NVAC</b>	<b>15.3</b>	<b>2014</b>
M80	<b>Colin Shafto</b>	<b>City of York AC</b>	<b>17.4</b>	<b>2015</b>
W35	Kim Goodwin	Kingston Upon Hull	12.02	2005
W40	Averil McClelland	Lancs & Morcambe	13.3	2001
W45	Averil McClelland	Lancs & Morcambe	12.4	2003
W50	Ilse Hemmings	Bolton Utd Harriers		2006
	= Hazel Barker	Leeds City	14.4	2009
W55	<b>Averil McClelland</b>	<b>Lancs &amp; Morcambe</b>	<b>14.1</b>	<b>2014</b>
W60	<b>Ilse Hemmings</b>	<b>Bolton Utd Harriers</b>	<b>15.6</b>	<b>2016</b>
W65	<b>Maria Williams</b>	<b>NVAC</b>	<b>17.2</b>	<b>2014</b>
W70	<b>Shella Bolland</b>	<b>Spenborough &amp; District AC</b>	<b>25.6</b>	<b>2015</b>
W75	Monica Shone	Menai AC	17.7	2004
W80	Monica Shone	Altrincham AC	19.5	2010

**200 METRES**

<b>AGE CAT</b>	<b>NAME</b>	<b>CLUB</b>	<b>TIME</b>	<b>YEAR</b>
M35	Dave Mendonca	NVAC	23.5	2009
	= Bernard Ward	NVAC	23.5	2010
	= <b>Phillip Ellershaw</b>	<b>Blackpool</b>	<b>23.50</b>	<b>2015</b>
M40	<b>Mike Coogan</b>	<b>East Cheshire Harriers</b>	<b>23.03</b>	<b>2015</b>
M45	John Wright	Chorley AC	23.10	2005
M50	Jeff Battista	NVAC	23.90	2005
M55	Peter Higgins	NVAC	25.30	1985
M60	Vic Blanchard	NVAC	26.80	2006
	= John Charlton	Sheffield AC	26.80	2008
M65	Tony Bowman	Leeds City	28.08	2005
M70	Tony Bowman	Leeds City	30.20	2006
M75	<b>Barrie Hughes</b>	<b>Steel City Striders AC</b>	<b>31.80</b>	<b>2016</b>
M80	<b>Colin Shafto</b>	<b>City of York AC</b>	<b>38.40</b>	<b>2015</b>
W35	Kim Goodwin	Kingston Upon Hull	25.00	2005
W40	Wendy Laing	Lancs & Morcambe	27.08	2005
W45	Averil McClelland	Lancs & Morcambe	26.50	2003
W50	Caroline Marler	Otley AC	30.20	2003
W55	<b>Averill McCelland</b>	<b>Lancs &amp; Morcambe</b>	<b>29.20</b>	<b>2014</b>

W60	<b>Elsbeth Macpherson</b>	Lytham St Anne's	<b>33.90</b>	<b>2009</b>
=	<b>Ilse Hemmings</b>	<b>Bolton Utd Harriers</b>	<b>33.90</b>	<b>2015</b>
W65	Monica Shone	Altrincham AC	33.90	1993
<b>W75</b>	<b>Monica Shone</b>	<b>Menai AC</b>	<b>35.98</b>	<b>2005</b>
W80	Monica Shone	Altrincham AC	40.60	2008

#### 400 METRES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Dave Mendonca	NVAC	51.40	2009
<b>M40</b>	<b>Mike Coogan</b>	<b>East Cheshire</b>	<b>51.90</b>	<b>2015</b>
M45	Rod Anderson	Morpeth Harriers	52.50	1983
M50	Peter Higgins	NVAC	54.00	1979
M55	Peter Higgins	NVAC	54.90	1985
M60	Rod Anderson	Morpeth Harriers	59.10	1999
M65	Rod Scholes	Barnsley AC	66.00	2009
<b>M70</b>	<b>Rod Scholes</b>	<b>Barnsley AC</b>	<b>70.20</b>	<b>2015</b>
M75	Peter Dibb	Longwood Harriers	80.80	2009
=				
W35	Maria Williams	Rowntrees	63.20	1985
W40	Carol Simpson	Wakefield Harriers	61.05	2005
W45	Caroline Marler	Otley AC	61.30	1997
W50	Caroline Marler	Otley AC	66.90	2003
W55	Caroline Marler	Otley AC	68.40	2006
<b>W60</b>	<b>Caroline Marler</b>	<b>Otley AC</b>	<b>72.90</b>	<b>2014</b>
<b>W65</b>	<b>Caroline Marler</b>	<b>Otley AC</b>	<b>78.10</b>	<b>2016</b>
W70	Monica Shone	Altrincham AC	80.50	1996

#### 800 METRES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Mike Toal	NVAC	02:09.7	2008
M40	Ron bell	Wrexham AC	02:00.8	1987
M45	Ron Anderson	Morpeth Harriers	02:05.0	1982
M50	Walter Wilkinson	Hull Achilles	02:08.1	1999
<b>M55</b>	<b>Keith McGhie</b>	<b>Spenborough &amp; District AC</b>	<b>02:12.7</b>	<b>2015</b>
M60	Rod Scholes	Barnsley AC	02:22.0	2004
M65	Les Vaughan-Hodkins	Wirral AC	02:32.0	1999
<b>M70</b>	<b>Rod Scholes</b>	<b>Barnsley AC</b>	<b>02:47.4</b>	<b>2016</b>
<b>M75</b>	<b>Rodney Mills</b>	<b>Ripon Runners</b>	<b>03:02.8</b>	<b>2014</b>
W35	Sarah wright	Kendal AC	02:25.0	1998
W40	Julie Asgill	Trafford AC	02:22.5	1999
W45	Helen Walch	Stockport Harriers	02:27.3	2009
W50	Maureen Singleton	Mid Cheshire AC	02:38.3	1991
<b>W55</b>	<b>Hilary West</b>	<b>Stockport Harriers</b>	<b>02:59.6</b>	<b>2014</b>
<b>W60</b>	<b>Caroline Marler</b>	<b>Otley AC</b>	<b>02:56.0</b>	<b>2014</b>
W75	Lola Smal	Horwich RMI Harriers	04:16.0	2008

#### 1500 METRES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Graeme Atkinson	Kendal AC	04:39	2009
M40	Terry Kilmarton	Rowntrees	04:07.2	1972
=	David Gee	Manchester Harriers	04:07.2	1993

M45	Ron Allen	Harrogate	04:10.8	1979
M50	Steve James	Southport Waterloo	04:24.0	1989
M55	Stan Erlam	St Helens	04:33.6	1997
M60	Steve James	Southport Waterloo	04:44.6	1998
M65	Ron Lucas	Newcastle	05:01.9	1991
M70	Gerry Spink	Bingley Harriers	05:40.3	2001
M75	Derek Howarth	Leigh Harriers	06:09.9	2006
W35	Sue Crehan	Sale harriers	04:48.0	1993
W40	Pauline Atkinson	Macclesfield Harriers	04:56.2	2004
W45	Susan Samme	Lythan St Anne's RR	04:59.2	2011
<b>W50</b>	<b>Cathy Flitcroft</b>	<b>Bolton Utd Harriers</b>	<b>05:24.5</b>	<b>2015</b>
W55	Carol Wolstenholme	Hallamshire Harriers	05:48.1	2005
W60	Lou Lyness	Barrow & Furness AC	08:35.7	2008
W70	Lola Smal	Horwich RMI Harriers	08:35.7	2008

### 3000 METRES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Alan Robertson	Wirral AC	10:00.4	2016
M40	Nick Jones	Warrington AC	09:38.2	2016
M45	Dean Furniss	Hallamshire Harriers	10:10.7	2015
M50	Robert Jackson	Horwich RMI Harriers	10:24.8	2016
M55	Alex Rowe	Wesham Road Runners & AC	10:37.6	2016
M60	Graham Webster	Lytham St Annes RR	11:16.5	2013
M65	Eric Rannicar	Bolton Harriers	11:58.1	2013
M70	Mel Walker	Burnden RR	13:09.6	2015
M75	Mike Howe	Sale Harriers	18:09.9	2016
M80	Arthur Walsham	Salford Harriers	21:39.3	2013
M85	Arthur Walsham	Salford Harriers	23:44.2	2016
W35	Helen Whitby	Vale Royal AC	11:32.5	2016
W40	Fiona Davies	Kingstone Runners	10:14.6	2015
W45	Nichola McNally	Denby Date	11:17.9	2014
W55	Jenny Wakeman	Barnsley AC	12:21.7	2016
W65	Marjorie Leigh	Leigh Harriers & AC	14:29.1	2015

### 5000 METRES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Nick Leigh	Altrincham AC	15:32.8	2013
M40	Stan Curran	Salford Harriers	15:17.1	1989
M45	Jack Echells	Barrow & Furness	15:35.7	1986
M50	Ted Isaacs	Wirral AC	15:34.8	1988
M55	Steve James	Southport Waterloo	16:32.0	1988
M60	Steve James	Southport Waterloo	17:05.2	1996
M65	Steve James	Southport Waterloo	17:48.0	2005
M70	Fred Gibbs	Bingley Harriers	19:58.5	2010
<b>M75</b>	<b>Fred Gibbs</b>	<b>Bingley Harriers</b>	<b>21:40.0</b>	<b>2014</b>
M80	Arthur Walsham	Salford Harriers	31:00.3	2010
<b>W35</b>	<b>Louise Rudd</b>	<b>Stockport Harriers</b>	<b>17:56.2</b>	<b>2014</b>
W40	Carol Wild	Hallamshire Harriers	18:20.0	1989
W45	Ann Nally	Altrincham AC	18:54.2	1988

W50	Susan Cooper	Southport Waterloo	18:47.4	2004
W55	Carol Wolstenholme	Hallamshire Harriers	19:35.8	2004
W60	Carol Wolstenholme	Hallamshire Harriers	19:58.0	2007
<b>W65</b>	<b>Marjorie Leigh</b>	<b>Leigh Harriers &amp; AC</b>	<b>24:48.2</b>	<b>2015</b>

### **3000 METRES STEEPLECHASE**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
M40	Ray Carruthers	NVAC	09:47.7	1978
M45	Derrick Pickering	East Hull Harriers	10:42.8	1983

### **80 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
<b>M50</b>	<b>Richard Howes</b>	<b>Pontefract AC</b>	<b>19.3</b>	<b>2016</b>
<b>M60</b>	<b>Dave Robinson</b>	<b>NMAC</b>	<b>19.9</b>	<b>2016</b>
M70	Tony Bowman	Leeds City	14.3	2006
M75	Tony Bowman	Leeds City	14.8	2010
<b>M80</b>	<b>Tony Bowman</b>	<b>Leeds City AC</b>	<b>15.7</b>	<b>2016</b>
W40	Mandy Laing	Liverpool	11.9	2001
W45	Mandy Laing	NVAC	12	2005
W50	Hazel Barker	Leeds City	13.8	2009
<b>W55</b>	<b>Hazel Barker</b>	<b>Leeds City AC</b>	<b>17.9</b>	<b>2016</b>

### **100 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
M50	Chris Hesketh	Stockport Harriers	15.9	2007
M55	Colin Shafto	Rowntrees	16.5	1993
M60	Colin Shafto	Rowntrees	16.2	1996
M65	Tony Bowman	Leeds City	19.7	2004
W35	Wendy Laing	Liverpool Harriers	15.4	2000

### **110 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
<b>M35</b>	<b>Phillip Ellershaw</b>	<b>Liverpool Harriers</b>	<b>17.4</b>	<b>2014</b>
M40	Glen Reddington	Leeds City	16.1	2005
M45	Colin Shafto	Rowntrees	17.5	1982
M50	Colin Shafto	Rowntrees	17.3	1988
M55	Trevor Driver	Halifax Harriers	23.5	1992

### **200 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
<b>M80</b>	<b>Tony Bowman</b>	<b>Leeds City AC</b>	<b>47.5</b>	<b>2016</b>

### **300 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
M50	Colin Shafto	Rowntrees	45.3	1989
M55	Colin Shafto	Rowntrees		1990
M60	Colin Shafto	Rowntrees		1996
M65	Tony Bowman	Leeds City	49.7	2001
M70	Tony Bowman	Leeds City	56.9	2006
M75	Tony Bowman	Leeds City	79.9	2010
W35	Nicola Pickford	Stockport Harriers	54.9	2011
W50	Paula Booth	Oldham & Royton	61.0	2009



W55	Caroline Marler	Otley AC	53.6	2009
W60	Caroline Marler	Otley AC	60.6	2014

#### **400 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
M35	A Parker	Altringham	66.4	2013
M45	Colin Shafto	Rowntrees	60.4	1976
M50	David Anderson	Manx Harriers	60.7	2001
M55	David Anderson	Manx Harriers	58.7	2004
M60	James Arnold	Colwyn Bay	70.5	1986
W35	Alison Brown	Edinburgh	58.5	196
W40	Marjorie Hocknell	Barton	70.4	1988
W45	F Griffiths	Blackburn Harriers	79.5	1994
W50	Karen Marsh	St Helens & Sutton AC	85.5	20156

#### **3000 METRES WALK**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
M40	P ward		14:35.5	1990
M45	James Paddick		15:02	1990
M50	Tony Taylor	Lancashire Walking Club	14:16.6	1998
M55	Anthony Malone	York City	15:29.3	2006
M60	Charles Coleman	Lancashire Walking Club	16:10.6	1989
M65	Charles Coleman	Lancashire Walking Club	16:47.1	1990
M70	Charles Coleman	Lancashire Walking Club	17:11.7	1992
M75	Charles Coleman	Lancashire Walking Club	18:24.7	1998
W35	S Howard		16:56.0	1989
W40	Sylvia Jenkins		17:36.8	1991
W50	Cath McGrath	West Cheshire	19:29.4	2006
W55	Renee Scott		18:43.0	1985
W60	Renee Scott		19:16.6	1989
W65	Renee Scott		20:15.8	1993

**EVENT****100 METRES**

<b>AGE CAT</b>	<b>NAME</b>	<b>CLUB</b>	<b>TIME</b>	<b>YEAR</b>
M35	Michael Cilshaw	Grimsby Harriers	11.6	2007
	= Dave Mendonca	NVAC	11.6	2009
	= <b>Anthony Browne</b>	<b>Doncaster</b>	<b>11.6</b>	<b>2014</b>
M40	John Crowley	Oldham & Royton	11.08	2005
	= Stephen Chaisty	Trafford AC	11.08	2005
M45	John Wright	Chorley AC	11.05	2005
M50	David Burton	Hallamshire Harriers	11.9	1985
	= John Wright	Chorley AC	11.9	2009
M55	Peter Higgins	NVAC	12.4	1987
	<b>John Wright</b>	<b>Chorley AC</b>	<b>12.4</b>	<b>2016</b>
M60	Joe Moran	Manchester Harriers	13.1	1987
M65	Alan Bowdler	Rochdale Harriers	13.7	1988
M70	J Lucas	Monkton	14	1986
M75	<b>Peter Matthews</b>	<b>NVAC</b>	<b>15.3</b>	<b>2014</b>
M80	<b>Colin Shafto</b>	<b>City of York AC</b>	<b>17.4</b>	<b>2015</b>
W35	Kim Goodwin	Kingston Upon Hull	12.02	2005
W40	Averil McClelland	Lancs & Morcambe	13.3	2001
W45	Averil McClelland	Lancs & Morcambe	12.4	2003
W50	Ilse Hemmings	Bolton Utd Harriers		2006
	= Hazel Barker	Leeds City	14.4	2009
W55	<b>Averil McClelland</b>	<b>Lancs &amp; Morcambe</b>	<b>14.1</b>	<b>2014</b>
W60	<b>Ilse Hemmings</b>	<b>Bolton Utd Harriers</b>	<b>15.6</b>	<b>2016</b>
W65	<b>Maria Williams</b>	<b>NVAC</b>	<b>17.2</b>	<b>2014</b>
W70	<b>Shella Bolland</b>	<b>Spenborough &amp; District AC</b>	<b>25.6</b>	<b>2015</b>
W75	Monica Shone	Menai AC	17.7	2004
W80	Monica Shone	Altrincham AC	19.5	2010

**200 METRES**

<b>AGE CAT</b>	<b>NAME</b>	<b>CLUB</b>	<b>TIME</b>	<b>YEAR</b>
M35	Dave Mendonca	NVAC	23.5	2009
	= Bernard Ward	NVAC	23.5	2010
	= <b>Phillip Ellershaw</b>	<b>Blackpool</b>	<b>23.50</b>	<b>2015</b>
M40	<b>Mike Coogan</b>	<b>East Cheshire Harriers</b>	<b>23.03</b>	<b>2015</b>
M45	John Wright	Chorley AC	23.10	2005
M50	Jeff Battista	NVAC	23.90	2005
M55	Peter Higgins	NVAC	25.30	1985
M60	Vic Blanchard	NVAC	26.80	2006
	= John Charlton	Sheffield AC	26.80	2008
M65	Tony Bowman	Leeds City	28.08	2005
M70	Tony Bowman	Leeds City	30.20	2006
M75	<b>Barrie Hughes</b>	<b>Steel City Striders AC</b>	<b>31.80</b>	<b>2016</b>
M80	<b>Colin Shafto</b>	<b>City of York AC</b>	<b>38.40</b>	<b>2015</b>
W35	Kim Goodwin	Kingston Upon Hull	25.00	2005
W40	Wendy Laing	Lancs & Morcambe	27.08	2005
W45	Averil McClelland	Lancs & Morcambe	26.50	2003
W50	Caroline Marler	Otley AC	30.20	2003
W55	<b>Averill McCelland</b>	<b>Lancs &amp; Morcambe</b>	<b>29.20</b>	<b>2014</b>

W60	<b>Elsbeth Macpherson</b>	Lytham St Anne's	<b>33.90</b>	<b>2009</b>
=	<b>Ilse Hemmings</b>	<b>Bolton Utd Harriers</b>	<b>33.90</b>	<b>2015</b>
W65	Monica Shone	Altrincham AC	33.90	1993
<b>W75</b>	<b>Monica Shone</b>	<b>Menai AC</b>	<b>35.98</b>	<b>2005</b>
W80	Monica Shone	Altrincham AC	40.60	2008

#### 400 METRES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Dave Mendonca	NVAC	51.40	2009
<b>M40</b>	<b>Mike Coogan</b>	<b>East Cheshire</b>	<b>51.90</b>	<b>2015</b>
M45	Rod Anderson	Morpeth Harriers	52.50	1983
M50	Peter Higgins	NVAC	54.00	1979
M55	Peter Higgins	NVAC	54.90	1985
M60	Rod Anderson	Morpeth Harriers	59.10	1999
M65	Rod Scholes	Barnsley AC	66.00	2009
<b>M70</b>	<b>Rod Scholes</b>	<b>Barnsley AC</b>	<b>70.20</b>	<b>2015</b>
M75	Peter Dibb	Longwood Harriers	80.80	2009
=				
W35	Maria Williams	Rowntrees	63.20	1985
W40	Carol Simpson	Wakefield Harriers	61.05	2005
W45	Caroline Marler	Otley AC	61.30	1997
W50	Caroline Marler	Otley AC	66.90	2003
W55	Caroline Marler	Otley AC	68.40	2006
<b>W60</b>	<b>Caroline Marler</b>	<b>Otley AC</b>	<b>72.90</b>	<b>2014</b>
<b>W65</b>	<b>Caroline Marler</b>	<b>Otley AC</b>	<b>78.10</b>	<b>2016</b>
W70	Monica Shone	Altrincham AC	80.50	1996

#### 800 METRES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Mike Toal	NVAC	02:09.7	2008
M40	Ron bell	Wrexham AC	02:00.8	1987
M45	Ron Anderson	Morpeth Harriers	02:05.0	1982
M50	Walter Wilkinson	Hull Achilles	02:08.1	1999
<b>M55</b>	<b>Keith McGhie</b>	<b>Spenborough &amp; District AC</b>	<b>02:12.7</b>	<b>2015</b>
M60	Rod Scholes	Barnsley AC	02:22.0	2004
M65	Les Vaughan-Hodkins	Wirral AC	02:32.0	1999
<b>M70</b>	<b>Rod Scholes</b>	<b>Barnsley AC</b>	<b>02:47.4</b>	<b>2016</b>
<b>M75</b>	<b>Rodney Mills</b>	<b>Ripon Runners</b>	<b>03:02.8</b>	<b>2014</b>
W35	Sarah wright	Kendal AC	02:25.0	1998
W40	Julie Asgill	Trafford AC	02:22.5	1999
W45	Helen Walch	Stockport Harriers	02:27.3	2009
W50	Maureen Singleton	Mid Cheshire AC	02:38.3	1991
<b>W55</b>	<b>Hilary West</b>	<b>Stockport Harriers</b>	<b>02:59.6</b>	<b>2014</b>
<b>W60</b>	<b>Caroline Marler</b>	<b>Otley AC</b>	<b>02:56.0</b>	<b>2014</b>
W75	Lola Smal	Horwich RMI Harriers	04:16.0	2008

#### 1500 METRES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Graeme Atkinson	Kendal AC	04:39	2009
M40	Terry Kilmarton	Rowntrees	04:07.2	1972
=	David Gee	Manchester Harriers	04:07.2	1993

M45	Ron Allen	Harrogate	04:10.8	1979
M50	Steve James	Southport Waterloo	04:24.0	1989
M55	Stan Erlam	St Helens	04:33.6	1997
M60	Steve James	Southport Waterloo	04:44.6	1998
M65	Ron Lucas	Newcastle	05:01.9	1991
M70	Gerry Spink	Bingley Harriers	05:40.3	2001
M75	Derek Howarth	Leigh Harriers	06:09.9	2006
W35	Sue Crehan	Sale harriers	04:48.0	1993
W40	Pauline Atkinson	Macclesfield Harriers	04:56.2	2004
W45	Susan Samme	Lythan St Anne's RR	04:59.2	2011
<b>W50</b>	<b>Cathy Flitcroft</b>	<b>Bolton Utd Harriers</b>	<b>05:24.5</b>	<b>2015</b>
W55	Carol Wolstenholme	Hallamshire Harriers	05:48.1	2005
W60	Lou Lyness	Barrow & Furness AC	08:35.7	2008
W70	Lola Smal	Horwich RMI Harriers	08:35.7	2008

### 3000 METRES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Alan Robertson	Wirral AC	10:00.4	2016
M40	Nick Jones	Warrington AC	09:38.2	2016
M45	Dean Furniss	Hallamshire Harriers	10:10.7	2015
M50	Robert Jackson	Horwich RMI Harriers	10:24.8	2016
M55	Alex Rowe	Wesham Road Runners & AC	10:37.6	2016
M60	Graham Webster	Lytham St Annes RR	11:16.5	2013
M65	Eric Rannicar	Bolton Harriers	11:58.1	2013
M70	Mel Walker	Burnden RR	13:09.6	2015
M75	Mike Howe	Sale Harriers	18:09.9	2016
M80	Arthur Walsham	Salford Harriers	21:39.3	2013
M85	Arthur Walsham	Salford Harriers	23:44.2	2016
W35	Helen Whitby	Vale Royal AC	11:32.5	2016
W40	Fiona Davies	Kingstone Runners	10:14.6	2015
W45	Nichola McNally	Denby Date	11:17.9	2014
W55	Jenny Wakeman	Barnsley AC	12:21.7	2016
W65	Marjorie Leigh	Leigh Harriers & AC	14:29.1	2015

### 5000 METRES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Nick Leigh	Altrincham AC	15:32.8	2013
M40	Stan Curran	Salford Harriers	15:17.1	1989
M45	Jack Echells	Barrow & Furness	15:35.7	1986
M50	Ted Isaacs	Wirral AC	15:34.8	1988
M55	Steve James	Southport Waterloo	16:32.0	1988
M60	Steve James	Southport Waterloo	17:05.2	1996
M65	Steve James	Southport Waterloo	17:48.0	2005
M70	Fred Gibbs	Bingley Harriers	19:58.5	2010
<b>M75</b>	<b>Fred Gibbs</b>	<b>Bingley Harriers</b>	<b>21:40.0</b>	<b>2014</b>
M80	Arthur Walsham	Salford Harriers	31:00.3	2010
<b>W35</b>	<b>Louise Rudd</b>	<b>Stockport Harriers</b>	<b>17:56.2</b>	<b>2014</b>
W40	Carol Wild	Hallamshire Harriers	18:20.0	1989
W45	Ann Nally	Altrincham AC	18:54.2	1988

W50	Susan Cooper	Southport Waterloo	18:47.4	2004
W55	Carol Wolstenholme	Hallamshire Harriers	19:35.8	2004
W60	Carol Wolstenholme	Hallamshire Harriers	19:58.0	2007
<b>W65</b>	<b>Marjorie Leigh</b>	<b>Leigh Harriers &amp; AC</b>	<b>24:48.2</b>	<b>2015</b>

### **3000 METRES STEEPLECHASE**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
M40	Ray Carruthers	NVAC	09:47.7	1978
M45	Derrick Pickering	East Hull Harriers	10:42.8	1983

### **80 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
<b>M50</b>	<b>Richard Howes</b>	<b>Pontefract AC</b>	<b>19.3</b>	<b>2016</b>
<b>M60</b>	<b>Dave Robinson</b>	<b>NMAC</b>	<b>19.9</b>	<b>2016</b>
M70	Tony Bowman	Leeds City	14.3	2006
M75	Tony Bowman	Leeds City	14.8	2010
<b>M80</b>	<b>Tony Bowman</b>	<b>Leeds City AC</b>	<b>15.7</b>	<b>2016</b>
W40	Mandy Laing	Liverpool	11.9	2001
W45	Mandy Laing	NVAC	12	2005
W50	Hazel Barker	Leeds City	13.8	2009
<b>W55</b>	<b>Hazel Barker</b>	<b>Leeds City AC</b>	<b>17.9</b>	<b>2016</b>

### **100 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
M50	Chris Hesketh	Stockport Harriers	15.9	2007
M55	Colin Shafto	Rowntrees	16.5	1993
M60	Colin Shafto	Rowntrees	16.2	1996
M65	Tony Bowman	Leeds City	19.7	2004
W35	Wendy Laing	Liverpool Harriers	15.4	2000

### **110 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
<b>M35</b>	<b>Phillip Ellershaw</b>	<b>Liverpool Harriers</b>	<b>17.4</b>	<b>2014</b>
M40	Glen Reddington	Leeds City	16.1	2005
M45	Colin Shafto	Rowntrees	17.5	1982
M50	Colin Shafto	Rowntrees	17.3	1988
M55	Trevor Driver	Halifax Harriers	23.5	1992

### **200 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
<b>M80</b>	<b>Tony Bowman</b>	<b>Leeds City AC</b>	<b>47.5</b>	<b>2016</b>

### **300 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
M50	Colin Shafto	Rowntrees	45.3	1989
M55	Colin Shafto	Rowntrees		1990
M60	Colin Shafto	Rowntrees		1996
M65	Tony Bowman	Leeds City	49.7	2001
M70	Tony Bowman	Leeds City	56.9	2006
M75	Tony Bowman	Leeds City	79.9	2010
W35	Nicola Pickford	Stockport Harriers	54.9	2011
W50	Paula Booth	Oldham & Royton	61.0	2009

W55	Caroline Marler	Otley AC	53.6	2009
W60	Caroline Marler	Otley AC	60.6	2014

#### **400 METRES HURDLES**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
M35	A Parker	Altringham	66.4	2013
M45	Colin Shafto	Rowntrees	60.4	1976
M50	David Anderson	Manx Harriers	60.7	2001
M55	David Anderson	Manx Harriers	58.7	2004
M60	James Arnold	Colwyn Bay	70.5	1986
W35	Alison Brown	Edinburgh	58.5	196
W40	Marjorie Hocknell	Barton	70.4	1988
W45	F Griffiths	Blackburn Harriers	79.5	1994
W50	Karen Marsh	St Helens & Sutton AC	85.5	20156

#### **3000 METRES WALK**

<b><u>AGE CAT</u></b>	<b><u>NAME</u></b>	<b><u>CLUB</u></b>	<b><u>TIME</u></b>	<b><u>YEAR</u></b>
M40	P ward		14:35.5	1990
M45	James Paddick		15:02	1990
M50	Tony Taylor	Lancashire Walking Club	14:16.6	1998
M55	Anthony Malone	York City	15:29.3	2006
M60	Charles Coleman	Lancashire Walking Club	16:10.6	1989
M65	Charles Coleman	Lancashire Walking Club	16:47.1	1990
M70	Charles Coleman	Lancashire Walking Club	17:11.7	1992
M75	Charles Coleman	Lancashire Walking Club	18:24.7	1998
W35	S Howard		16:56.0	1989
W40	Sylvia Jenkins		17:36.8	1991
W50	Cath McGrath	West Cheshire	19:29.4	2006
W55	Renee Scott		18:43.0	1985
W60	Renee Scott		19:16.6	1989
W65	Renee Scott		20:15.8	1993