

Northern Masters Age Group Mens Track Records

EVENT

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
<u>100 METRES</u>				
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	11.48	2005
55	Steve Peters	NMAC	12.02	2013
60	Steve Peters	NMAC	12.18	2017
65	Steve Peters	NMAC	12.56	2018
70	J Lucas	Monkton	14	1986
75	Peter Matthews	NVAC	15.3	2014
=	Barrie Hughes	NMAC	15.3	2018
80	Tony Bowman	Leeds City	15.16	2015
<u>200 METRES</u>				
35	Rick Beardsell	Trafford AC	22.10	2017
40	Mike Coogan	East Cheshire Harriers	22.90	2017
45	Steve Peters	NMAC	22.21	1999
50	Steve Peters	NMAC	22.58	2003
55	Steve Peters	NMAC	23.50	1999
60	Steve Peters	NMAC	24.52	2017
65	Steve Peters	NMAC	25.14	2018
70	Tony Bowman	Leeds City	30.20	2006
75	Barrie Hughes	NMAC	31.60	2018
80	Tony Bowman	Leeds City	32.54	2016
<u>400 METRES</u>				
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	51.40	2003
55	John Henson	City of Sheffield & Dearne AC	54.22	1999
60	Steve Peters	NMAC	55.86	2015
65	Steve Peters	NMAC	62.59	2018
70	Rod Scholes	Barnsley AC	69.90	2016
75	Peter Dibb	Longwood Harriers	80.80	2009
80	Rodney Mills	Ripon Runners	82.59	2016
<u>800 METRES</u>				
35	Andrew Cartwright	Wakefield Harriers	02:05.9	2014
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	Vic Shirley	NMAC	02:49.0	2018
80	Rodney Mills	Ripon Runners	03.08.53	2016

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	Mick Casey	Barnsley AC	05:37.2	2018
75	Vic Shirley	NMAC	05:41.9	2018

1 Mile

M35	Steve Hallas	Preston Harriers	04.43.9	2012
M40	Paul Barlow	Glouster Ac	4.39.2	2013
M45	Ed Fazakerley	Manchester Harriers	04.40.75	2016
M50	Chris Ireland	Sheffield RC	04.59.4	2014
M55	Steve Smith	Preston Harriers	04.55.59	2015
M60	Rod Scholes	Barnsley AC	05.26.7	2004
M65	John Newcombe	NMAC	05.39.3	2005
M70	Vic Shirley	NMAC	06.03.00	2014
M75	Vic Shirley	NMAC	06.11.8	2018

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	Steve Watmough	Warrington AC	09:53.4	2018
60	Mike Quinn	Sheffield RC	11:03.2	2015
65	Eric Rannicar	Bolton Harriers	11:58.1	2013
70	Mick Casey	Barnsley AC	11:56.1	2018
75	Vic Shirley	NMAC	12:17.9	2018
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	Vic Shirley	NMAC	21.08.94	2018
80	Fred Gibbs	Bingley Harriers	28.02.68	2018

10000 METRES

40	Arthur Walsham	Salford Harriers	31.09	1971
45	Malcolm Martin		31.39	1989
50	Cyril Leigh		32.16	1989
55	Maurice Morrell		35.14	1989
60	Willie Marshall		35.33	1989
65	Gordon Booth		39.31	1997
70	Mick Casey	Barnsley AC	0.03	2018
75	Vic Shirley	NMAC	44.15.8	2018
80	Harold Wilson		64.14	1997

2000 METRES STEEPLECHASE

M60	David Gill	Warrington AC	8.14.07	2018
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3000 METRES STEEPLECHASE

35	Istvan Jasco	Ilkley AC	10:45.7	2018
40	Ray Carruthers	NVAC	09:47.7	1978
45	Chris Ireland	Sheffield RC	10:05.9	2006
50	Maurice Morrell	Wirral AC	9.58.2	1983
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	13.49	2007
75	Tony Bowman	Leeds City	14.36	2012
80	Tony Bowman	Leeds City AC	14.93	2016

100 METRES HURDLES

50	John Charlton	Sheffield & Dearne AC	15.3	1999
55	John Charlton	Sheffield & Dearne AC	16.07	2004
60	Colin Shafto	Rowntrees	16.2	1996
=	John Charlton	Sheffield & Dearne AC	16.2	2007
65	John Charlton	Sheffield & Dearne AC	16.96	2012

110 METRES HURDLES

35	Ashley Pritchard	Macclesfield Harriers & AC	16.14	2015
40	Glen Reddington	Leeds City	16.1	2005
45	John Charlton	Sheffield & Dearne AC	16.7	1993
50	Colin Shafto	Rowntrees	17.3	1988

55	Trevor Driver	Halifax Harriers	23.5	1992
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200 METRES HURDLES

80	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	Tony Bowman	Leeds City	50.67	2006
75	Tony Bowman	Leeds City	79.9	2010

400 METRES HURDLES

35	Carl McMullen	Cannock & Stafford AC	57.9	2017
40	Craig Pounder	City of York AC	64.3	2018
45	John Charlton	Sheffield & Dearne AC	59.12	1993
50	David Anderson	Manx Harriers	60.7	2001
55	David Anderson	Manx Harriers	58.7	2004
60	James Arnold	Colwyn Bay	70.5	1986

3000 METRES WALK

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

AGE CAT	NAME	CLUB	TIME	YEAR
M35	Michael Cilshaw	Grimsby Harriers	11.6	2007
	= Dave Mendonca	NVAC	11.6	2009
	= Anthony Browne	Doncaster	11.6	2014
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
	John Wright	Chorley AC	12.4	2016
M60	Joe Moran	Manchester Harriers	13.1	1987
M65	Alan Bowdler	Rochdale Harriers	13.7	1988
M70	J Lucas	Monkton	14	1986
M75	Peter Matthews	NVAC	15.3	2014
M80	Colin Shafto	City of York AC	17.4	2015
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	Averil McClelland	Lancs & Morcambe	14.1	2014
W60	Ilse Hemmings	Bolton Utd Harriers	15.6	2016
W65	Maria Williams	NVAC	17.2	2014
W70	Shella Bolland	Spenborough & District AC	25.6	2015
W75	Monica Shone	Menai AC	17.7	2004
W80	Monica Shone	Altrincham AC	19.5	2010

200 METRES

AGE CAT	NAME	CLUB	TIME	YEAR
M35	Dave Mendonca	NVAC	23.5	2009
	= Bernard Ward	NVAC	23.5	2010
	= Phillip Ellershaw	Blackpool	23.50	2015
M40	Mike Coogan	East Cheshire Harriers	23.03	2015
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	Barrie Hughes	Steel City Striders AC	31.80	2016
M80	Colin Shafto	City of York AC	38.40	2015
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	Averill McCelland	Lancs & Morcambe	29.20	2014

W60	Elsbeth Macpherson	Lytham St Anne's	33.90	2009
=	Ilse Hemmings	Bolton Utd Harriers	33.90	2015
W65	Monica Shone	Altrincham AC	33.90	1993
W75	Monica Shone	Menai AC	35.98	2005
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
M40	Mike Coogan	East Cheshire	51.90	2015
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
M70	Rod Scholes	Barnsley AC	70.20	2015
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
W60	Caroline Marler	Otley AC	72.90	2014
W65	Caroline Marler	Otley AC	78.10	2016
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
M55	Keith McGhie	Spenborough & District AC	02:12.7	2015
M60	Rod Scholes	Barnsley AC	02:22.0	2004
M65	Les Vaughan-Hodkins	Wirral AC	02:32.0	1999
M70	Rod Scholes	Barnsley AC	02:47.4	2016
M75	Rodney Mills	Ripon Runners	03:02.8	2014
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
W55	Hilary West	Stockport Harriers	02:59.6	2014
W60	Caroline Marler	Otley AC	02:56.0	2014
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
W50	Cathy Flitcroft	Bolton Utd Harriers	05:24.5	2015
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
M75	Fred Gibbs	Bingley Harriers	21:40.0	2014
M80	Arthur Walsham	Salford Harriers	31:00.3	2010
W35	Louise Rudd	Stockport Harriers	17:56.2	2014
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
W65	Marjorie Leigh	Leigh Harriers & AC	24:48.2	2015

3000 METRES STEEPLECHASE

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

80 METRES HURDLES

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

100 METRES HURDLES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
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

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Phillip Ellershaw	Liverpool Harriers	17.4	2014
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

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

300 METRES HURDLES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
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

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
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

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
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**

AGE CAT	NAME	CLUB	TIME	YEAR
M35	Michael Cilshaw	Grimsby Harriers	11.6	2007
	= Dave Mendonca	NVAC	11.6	2009
	= Anthony Browne	Doncaster	11.6	2014
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
	John Wright	Chorley AC	12.4	2016
M60	Joe Moran	Manchester Harriers	13.1	1987
M65	Alan Bowdler	Rochdale Harriers	13.7	1988
M70	J Lucas	Monkton	14	1986
M75	Peter Matthews	NVAC	15.3	2014
M80	Colin Shafto	City of York AC	17.4	2015
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	Averil McClelland	Lancs & Morcambe	14.1	2014
W60	Ilse Hemmings	Bolton Utd Harriers	15.6	2016
W65	Maria Williams	NVAC	17.2	2014
W70	Shella Bolland	Spenborough & District AC	25.6	2015
W75	Monica Shone	Menai AC	17.7	2004
W80	Monica Shone	Altrincham AC	19.5	2010

200 METRES

AGE CAT	NAME	CLUB	TIME	YEAR
M35	Dave Mendonca	NVAC	23.5	2009
	= Bernard Ward	NVAC	23.5	2010
	= Phillip Ellershaw	Blackpool	23.50	2015
M40	Mike Coogan	East Cheshire Harriers	23.03	2015
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	Barrie Hughes	Steel City Striders AC	31.80	2016
M80	Colin Shafto	City of York AC	38.40	2015
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	Averill McCelland	Lancs & Morcambe	29.20	2014

W60	Elsbeth Macpherson	Lytham St Anne's	33.90	2009
=	Ilse Hemmings	Bolton Utd Harriers	33.90	2015
W65	Monica Shone	Altrincham AC	33.90	1993
W75	Monica Shone	Menai AC	35.98	2005
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
M40	Mike Coogan	East Cheshire	51.90	2015
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
M70	Rod Scholes	Barnsley AC	70.20	2015
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
W60	Caroline Marler	Otley AC	72.90	2014
W65	Caroline Marler	Otley AC	78.10	2016
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
M55	Keith McGhie	Spenborough & District AC	02:12.7	2015
M60	Rod Scholes	Barnsley AC	02:22.0	2004
M65	Les Vaughan-Hodkins	Wirral AC	02:32.0	1999
M70	Rod Scholes	Barnsley AC	02:47.4	2016
M75	Rodney Mills	Ripon Runners	03:02.8	2014
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
W55	Hilary West	Stockport Harriers	02:59.6	2014
W60	Caroline Marler	Otley AC	02:56.0	2014
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
W50	Cathy Flitcroft	Bolton Utd Harriers	05:24.5	2015
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
M75	Fred Gibbs	Bingley Harriers	21:40.0	2014
M80	Arthur Walsham	Salford Harriers	31:00.3	2010
W35	Louise Rudd	Stockport Harriers	17:56.2	2014
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
W65	Marjorie Leigh	Leigh Harriers & AC	24:48.2	2015

3000 METRES STEEPLECHASE

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

80 METRES HURDLES

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

100 METRES HURDLES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
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

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
M35	Phillip Ellershaw	Liverpool Harriers	17.4	2014
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

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

300 METRES HURDLES

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
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

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
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

<u>AGE CAT</u>	<u>NAME</u>	<u>CLUB</u>	<u>TIME</u>	<u>YEAR</u>
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