

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
85	Tony Bowman	Leeds City	16.47	2021
<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
85	Tony Bowman	Leeds City	36.67	2021
<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	John Wright	Chorley Athletic A=& Tri Club	55.13	2019
65	Steve Peters	NMAC	59.05	2019
70	Rod Scholes	Barnsley AC	69.90	2016
75	Vic Shirley	NMAC	79.60	2019
80	Rodney Mills	Ripon Runners	82.59	2016
<u>800 METRES</u>				
35	Andrew Cartwright	Wakefield Harriers	02:05.9	2014

40	Keith McGhie	Spenborough & District	01:58.98	2000
45	Keith McGhie	Spenborough & District	02:02.72	2005
50	Keith McGhie	Spenborough & District	02:04.6	2009
55	Keith McGhie	Spenborough & District	02:11.27	2014
60	Keith McGhie	Spenborough & District	02:15.32	2019
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	Bruno Lima	Salford Harriers	04:09.7	2019
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

35	Paul Coon	Netherhall	04.40.56	2019
40	Mick Hill	Leeds City AC	04.35.75	2020
45	Ed Fazakerley	Manchester Harriers	04.40.75	2016
50	Chris Ireland	Sheffield RC	04.59.4	2014
55	Steve Smith	Preston Harriers	04.55.59	2015
60	Rod Scholes	Barnsley AC	05.26.7	2004
65	John Newcombe	NMAC	05.39.3	2005
70	Vic Shirley	NMAC	06.03.00	2014
75	Vic Shirley	NMAC	06.11.8	2018

3000 METRES

35	Paul Coon	Salford Harriers	08:54.1	2019
40	Mick Hill	Leeds City AC	08.55.77	2019
45	Jeff Prest	Trafford Ac	09:09.1	2019
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	Chris Corcoran	Leeds City AC	11:57.4	2019
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	Karl Darcy	Salford Harriers	14:58.1	2019
40	Mick Hill	Leeds City AC	15.03.91	2019
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	0:21:08	2019
80	Fred Gibbs	Bingley Harriers	27.20.01	2019

10000 METRES

40	Arthur Walsham	Salford Harriers	31.09	1971
45	Mick Hill	Leeds AC	31.23.11	2020
50	Cyril Leigh		32.16	1989
55	Maurice Morrell	Wirral AC	35.14	1989
60	Willie Marshall		35.33	1989
65	Gordon Booth		39.31	1997
70	Mick Casey	Barnsley AC	41.22.1	2018
75	Vic Shirley	NMAC	44.15.8	2018
80	Harold Wilson		64.14	1997

2000 METRES STEEPLECHASE

60	David Gill	Warrington AC	8.14.07	2018
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3000 METRES STEEPLECHASE

35	Lee Athersmith	Wharfedale	10:14.3	2019
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	David Gill	warrington AC	16.9	2019
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
85	Tony Bowman	Leeds City AC	17.33	2021

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

200 METRES HURDLES

80	Tony Bowman	Leeds City AC	38.84	2017
85	Tony Bowman	Leeds City AC	43.22	2021

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	Keith McGhie	Spenborough & District AC	58.91	2000
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

