Northern Masters Age Group Mens Track Records

**EVENT**

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| AGE CAT 100 METRES | **NAME** | **CLUB** | **TIME** | **YEAR** |
| 35 | Symon Woan | Preston | 11.0? | 2017 |
| 40 | Mike Coogan | East Chesire | 11.44 | 2017 |
| 45 | Mike Coogan | East Chesire | 11.36 | 2021 |
| 50 | John Wright | Chorley AC | 11.4 | 2010 |
| 55 | John Wright | Chorley AC | 12.0? | 2015 |
| 55 | Steve Peters | NMAC | 12.02 | 2013 |
| 60 | John Wright | ChorleyATC | 11.97 | 2022 |
| 65 | Steve Peters | NMAC | 12.56 | 2018 |
| 70 | Steve Peters | NMAC | 12.96 | 2023 |
| 75 | Peter Matthews | NVAC | 14.94 | 2012 |
| 80 | Tony Bowman | Leeds City | 15.16 | 2015 |
| 85  200 METRES | Tony Bowman | Leeds City | 16.47 | 2021 |
| 35 | Rick Beardsell | Trafford AC | 21.97 | 2015 |
| 40 | Mike Coogan | East Cheshire | 22.90 | 2017 |
| 45 | Mike Coogan | East Cheshire | 22.80i | 2019 |
| 50 | Mike Coogan | NMAC | 23.28 | 2023 |
| 55 | Steve Peters | NMAC | 23.50 | 1999 |
| 60 | John Wright | NMAC | 24.49 | 2022 |
| 65 | Steve Peters | NMAC | 25.51 | 2022 |
| 70 | Steve Peters | NMAC | 26.65 | 2023 |
| 75 | Tony Bowman | NMAC | 30.24 | 2012 |
| 80 | Tony Bowman | Leeds City | 32.54 | 2016 |
| 85  400 METRES | Tony Bowman | Leeds City | 36.67 | 2021 |
| 35 | Rick Beardsell | Trafford AC | 48.70 | 2017 |
| 40 | John Henson | City of Sheffield & Dearne AC | 49.91 | 1984 |
| 45 | Rick Beardsell | Trafford | 50.76i | 2024 |
| 50 | Steve Peters | NMAC | 53.01 | 2007 |
| 55 | John Henson | City of Sheffield & Dearne AC | 54.22 | 1999 |
| 60 | John Wright | Chorley Athletic AC& Tri Club | 54.92 | 2022 |
| 65 | Steve Peters | NMAC | 59.05 | 2019 |
| 70 | Rod Scholes | Barnsley AC | 69.90 | 2016 |
| 75 | Rod Scholes | Barnsley AC | 73.35 | 2019 |
| 80 | Rodney Mills | Ripon Runners | 82.59 | 2016 |
|  |  |  |  |  |

85 GeofffreyBobb City of York 1.50.42 2022

800 METRES

35 David Proctor Sale Harriers 01:51.62 2023

40 Mike Toal NMAC 01:57.19i 2014

45 Mike Toal NMAC 02:01.73 2016

50 Tony O'Brien Liverpool Pembroke & Sefton 02:04.08 2021

55 Keith McGhie Spenborough & District 02:11.2 2014

60 Keith McGhie Spenborough & District 02:15.32 2019

65 Steven Taylor Wirral 02:27.85 2023

70 Rod Scholes Barnsley AC 02:40.0 2016

75 Vic Shirley NMAC 02:49.0 2018

80 Vic Shirley NMAC 03.05.00 2023

1500 METRES

35 David Proctor Sale Harriers 3:48.65 2023

40 Terry Kilmarton Rowntrees 04:07.0 1972

= David Gee Manchester Harriers 04:07.0 1993

45 Ron Allen Harrogate 04:10.0 1979

50 Tony O'Brien Liverpool Pembroke & Sefton 04:09.96i 2022

55 Stan Erlam St Helens 04:33.0 1997

60 Steve James Southport Waterloo 04:44.0 1998

65 Ron Lucas Newcastle 05:01.0 1991

70 Mick Casey Barnsley AC 05:37.0 2018

75 Vic Shirley NMAC 05:41.0 2018

80 Vic Shirley NMAC 6:20.22 2023

85 Tony Bowman NMAC 12:36.0 2021

1 Mile

35 David Proctor Sale Harriers 04.08.63 2022

40 Mick Hill Leeds City AC 04.35.75 2020

45 Ed Fazakerley Manchester Harriers 04.40.75 2016

50 Tony O'Brien Liverpool Pembroke & Sefton 04:29.06 2021

55 Richard Johnson Altrincham 04.48.75 2022

60 Chris Ireland Sheffield RC 05:25.04 2021

65 John Newcombe NMAC 05.39.3 2005

70 Vic Shirley NMAC 06.03.00 2014

75 Vic Shirley NMAC 06.11.8 2018

80 Vic Shirley NMAC 6:43.36 2023

3000 METRES

35 Paul Coon Salford Harriers 08:54.0 2019

40 Mick Hill Leeds City AC 08.55.77 2019

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| 45 | Mick Hill | Leeds City AC | 08:45.27 | | 2021 |
| 50 | Tony O'Brien | Liverpol Pembroke & Sefton | 08:47.00 | | 2021 |
| 55 | Steve Watmough | Warrington AC | 09:52.47 | | 2021 |
| 60 | Chris Ireland | Sheffield RC | 10:24.62 | | 2021 |
| 65 | Steve Taylor | Wirral | 11:22.71 | | 2024 |
| 70 | Mick Casey | Barnsley AC | 11:56.0 | | 2018 |
| 75 | Vic Shirley | NMAC | 12:17.0 | | 2018 |
| 80 | Arthur Walsham | Salford Harriers | 21:39.0 | | 2013 |
| 85  5000 METRES | Arthur Walsham | Salford Harriers | 23:44.0 | | 2016 |
| 35 | Karl Darcy | Salford Harriers | 14:58.0 | | 2019 |
| 40 | Mick Hill | Leeds City AC | 15.03.91 | | 2019 |
| 45 | Jack Echells | Barrow & Furness | 15:35.0 | | 1986 |
| 50 | Ted Isaacs | Wirral AC | 15:34.0 | | 1988 |
| 55 | Steve James | Southport Waterloo | 15:44.0 | | 1994 |
| 60 | Steve James | Southport Waterloo | 16:24.0 | | 1998 |
| 65 | Steve James | Southport Waterloo | 18:41.0 | | 2005 |
| 70 | Fred Gibbs | Bingley Harriers | 19:54.0 | | 2011 |
| 75 | Vic Shirley | NMAC | 00:21:08 | | 2019 |
| 80 | Fred Gibbs | Bingley Harriers | 27.20.01 | | 2019 |
| 10000 METRES | |
| 35 Paul Coon | | Salford Harriers | 33:13.56 | | 2021 |
| 40 Arthur Walsham | | Salford Harriers | 31.09 | | 1971 |
| 45 MIck Hill | | Leeds AC | 31.23.11 | | 2020 |
| 50 Cyril Leigh | |  | 32.16 | | 1989 |
| 55 Steve Watmough | | Warrington AC | 35:01.89 | | 2021 |
| 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  2000 METRES STEEPLECHASE | |  | 64.14 | | 1997 |
| 40 Chris Ireland | | Sheffield RC | 6;40.34 | | 2001 |
| 45 Jason Newell | | Spenborough | 8.49.8 | | 2017 |
| 55 Chris Ireland | | Sheffield RC | 7.48.85 | | 2019 |
| 60 Chris Ireland  3000 METRES STEEPLECHASE | | Sheffield RC | 7.23.36 | | 2022 |
| 35 Lee Athersmith | | Wharfedale | 10:14.0 | | 2019 |
| 40 Ray Carruthers | | NVAC | 09:47.0 | | 1978 |
| 45 Chris Ireland | | Sheffield RC | | 10:05.0 | 2006 |
| 50 Maurice Morrell | | Wirral AC | | 9.58.2 | 1983 |
| 55 Chris Ireland  80 METRES HURDLES | | Sheffield RC | | 10:59.0 | 2015 |
| 60 David Gill | | warrington AC | | 18.90 | 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  100 METRES HURDLES | | Leeds City AC | | 17.33 | 2021 |
| 50 John Charlton | | Sheffield & Dearne AC | | 15.30 | 1999 |
| 55 John Charlton | | Sheffield & Dearne AC | | 16.07 | 2004 |
| 60 Colin Shafto | | Rowntrees | | 15.80 | 1995 |
| = John Charlton | | Sheffield & Dearne AC | | 16.20 | 2007 |
| 65 John Charlton  110 METRES HURDLES | | Sheffield & Dearne AC | | 16.96 | 2012 |
| 35 Ashley Pritchard | | Macclesfield Harriers & AC | | 16.87 | 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  200 METRES HURDLES | | Halifax Harriers | | 23.5 | 1992 |
| 45 **Jason Newell** | | **Spenborough** | | **38.17** | **2017** |
| 80 Tony Bowman | | Leeds City AC | | 38.84 | 2017 |
| 85 Tony Bowman  300 METRES HURDLES | | Leeds City AC | | 43.22 | 2021 |
| 35 Tom Grantham | | Sheffield & Dearne AC | | 41.62 | 2022 |
| 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 | | 49.21 | 2001 |
| 70 Tony Bowman | | Leeds City | | 50.67 | 2006 |
| 75 Tony Bowman | | Leeds City | | 79.9 | 2010 |

400 METRES HURDLES

|  |  |  |  |  |  |  |
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|  | 35 Tom Grantham | | Sheffield & Dearne AC | 56.29 | 2021 | |
|  | 40 Tom Grantham | | Sheffield & Dearne AC | 58.58 | 2023 | |
|  | 45 John Charlton | | Sheffield & Dearne AC | 59.12 | 1993 | |
|  | 50 David Anderson | | Manx Harriers | 60.70 | 2001 | |
|  | 55 David Anderson | | Manx Harriers | 58.70 | 2004 | |
|  | 60 James Arnold  2000 METRES WALK | | Colwyn Bay | 70.50 | 1986 | |
|  | 35 Dan Brown | | Yeovil | 18:56.91i | 2024 | |
|  | 45 Paul Barlow | | Gloucester AC | 16:32.1 | 2021 | |
|  | 50 Neil Pendlebury | | Altrincham | 12:15.30 | 2023 | |
|  | 3000m WALK | |  |  |  | |
|  | 40 P Ward | |  | 14:35.0 | 1990 | |
|  | 45 James Paddick | |  | 15:02 | 1990 | |
|  | 50 Tony Taylor | | Lancashire Walking Club | 14:16.0 | 1998 | |
|  | 55 Anthony Malone | | York City | 15:29.0 | 2006 | |
|  | 60 Charles Coleman | | Lancashire Walking Club | 16:10.0 | 1989 | |
|  | 65 Charles Coleman | | Lancashire Walking Club | 16:47.0 | 1990 | |
|  | 70 Charles Coleman | | Lancashire Walking Club | 17:11.0 | 1992 | |
|  | 75 Charles Coleman | | Lancashire Walking Club | 18:24.0 | 1998 | |
| 4x200i relay | | M35-50 Steven Callister, Dan Brown, Jonathan Rutter, Carl McMullen NMAC | | 01:40.0 | 2022 |
| 4X200i relay | | M50-60 Leeroy Golding, Simon Oak, Paul Barlow, Kristian Marsh | | 2:00.64 | 2023 |
| 4x100 relay | | M60 Chris Ireland, John Wright, John Barratt, Jed Turner | | 54.04 | 2022 |

If you think you have broken a NMAC record contact Caroline Marler. You must be a paid up member of NMAC and the result must be on Power of Ten