

SOUTH WEST VETS AC

TRACK & FIELD CHAMPIONSHIP RECORDS

Last updated 20 June 2013

3000 m

M35	09:36.66	Adrian Williams	2012
M40	08:48.8	Gordon Seward	1993
M45	08:58.6	Ahmed Amraoui	1995
M50	09:05.5	Ahmed Amraoui	1999
M55	09:50.1	Chris Elson	1999
M60	10:46.1	Richard Gould	1995
M65	11:42.0	Eric Barber	2002
M70	12:34.3	William Davies	2001
M75	15:16.6	Bruce Davidson	1998
W35	10:29.9	Caroline Hewitt	2003
W40	10:44.8	Denise Hoogesteger	1994
W45	10:26.7	Zina Marchant	1996
W50	10:49.70	Cathy Newman	2013
W55	12:47.9	S Thompson	1987
W60	12:23.2	Mary Anstey	1997
W70	14:53.6	Jose Waller	1995
W75	16:26.1	Jose Waller	1997

Note: Two decimal places indicates
electronic timing