

# **SOUTH WEST VETS AC**

## **TRACK & FIELD CHAMPIONSHIP RECORDS**

Last updated 20 June 2013

### **5000 m**

<b>M35</b>	<b>16:20.08</b>	<b>Adrian Williams</b>	<b>2012</b>
<b>M40</b>	<b>15:37.9</b>	<b>David Scrivens</b>	<b>1995</b>
<b>M45</b>	<b>16:05.9</b>	<b>David Collins</b>	<b>1990</b>
<b>M50</b>	<b>16:20.4</b>	<b>Rod Churcher</b>	<b>1990</b>
<b>M55</b>	<b>18:01.2</b>	<b>Robert Belmore</b>	<b>1987</b>
<b>M60</b>	<b>17:59.85</b>	<b>John Shapland</b>	<b>2013</b>
<b>M65</b>	<b>20:03.5</b>	<b>John Perratt</b>	<b>2006</b>
<b>M70</b>	<b>20:14.9</b>	<b>John Perratt</b>	<b>2008</b>
<b>M75</b>	<b>23:53.51</b>	<b>Tony Berry</b>	<b>2013</b>
<b>W35</b>	<b>16:53.50</b>	<b>Miranda Heathcote</b>	<b>2012</b>
<b>W40</b>	<b>18:57.4</b>	<b>Lucy Owen</b>	<b>2005</b>
<b>W45</b>	<b>18:02.7</b>	<b>Zina Marchant</b>	<b>1996</b>
<b>W50</b>	<b>20:35.6</b>	<b>Sandy Urro</b>	<b>2001</b>
<b>W55</b>	<b>19:50.50</b>	<b>Karen Cook</b>	<b>2012</b>
<b>W60</b>	<b>21:31.5</b>	<b>Mary Anstey</b>	<b>1996</b>
<b>W65</b>	<b>25:12.1</b>	<b>Mary Anstey</b>	<b>2005</b>
<b>W70</b>	<b>25:39.2</b>	<b>Mary Anstey</b>	<b>2006</b>

Note: Two decimal places indicate  
electronic timing