

SOUTH WEST VETS AC TRACK & FIELD CHAMPIONSHIP RECORDS

Last updated 24 June 2012

Long Hurdles

300m Hurdles

M60	53.21	Ian Snow	2012
M65	53.0	Les Williams	1988
M70	57.4	Les Williams	1992
W50	56.3	Jean Fail	2001

400m Hurdles

M35	56.27	Richard Scott	2012
M40	58.20	Neal Edwards	2012
M45	59.3	Neil Tunstall	2010
M50	59.30	Neil Tunstall	2012
M55	89.9	Terence Stirzaker	2002
M60	80.7	Brian Chillery	2002
W35	68.8	Carole Smith	1996
W40	70.8	Carole Smith	1997
W45	74.3	Jean Fail	1995

Note: Two decimal places indicate
electronic timing