

SOUTH WEST VETS AC

TRACK & FIELD CHAMPIONSHIP RECORDS

Last updated 20 October 2009

5000 m

M40	15:37.9	David Scrivens	1995
M45	16:05.9	David Collins	1990
M50	16:20.4	Rod Churcher	1990
M55	18:01.2	Robert Belmore	1987
M60	18:16.0	Peter Hamilton	2008
M65	20:03.5	John Perratt	2006
M70	20:14.9	John Perratt	2008
W35	17:34.6	Zina Marchant	1989
W40	18:57.4	Lucy Owen	2005
W45	18:02.7	Zina Marchant	1996
W50	20:35.6	Sandy Urro	2001
W55	21:08.0	Zina Marchant	2008
W60	21:31.5	Mary Anstey	1996
W65	25:12.1	Mary Anstey	2005
W70	25:39.2	Mary Anstey	2006