

SOUTH WEST VETS AC TRACK & FIELD CHAMPIONSHIP RECORDS

Last updated 14 July 2010

10000 m

M40	33:20.2	Gareth Jones	1990
M45	35:37.6	Nick Martin	2007
M50	35:36.3	Ron Jeans	1990
M55	51:55.0	Steven Mottershead	2007
M65	45:42.5	Alwyn Pickard	2009
M70	47:12.3	Eric Barber	2008
W35	35:52.1	Zina Marchant	1990
W45	57:04.0	Susan Mottershead	2007
W55	45:28.0	Zina Marchant	2006