

# **SOUTH WEST VETS AC**

## **TRACK & FIELD CHAMPIONSHIP RECORDS**

Last updated 14 July 2010

### **3000 m**

<b>M40</b>	<b>08:48.8</b>	<b>Gordon Seward</b>	<b>1993</b>
<b>M45</b>	<b>08:58.6</b>	<b>Ahmed Amraoui</b>	<b>1995</b>
<b>M50</b>	<b>09:05.5</b>	<b>Ahmed Amraoui</b>	<b>1999</b>
<b>M55</b>	<b>09:50.1</b>	<b>Chris Elson</b>	<b>1999</b>
<b>M60</b>	<b>10:46.1</b>	<b>Richard Gould</b>	<b>1995</b>
<b>M65</b>	<b>11:42.0</b>	<b>Eric Barber</b>	<b>2002</b>
<b>M70</b>	<b>12:34.3</b>	<b>William Davies</b>	<b>2001</b>
<b>M75</b>	<b>15:16.6</b>	<b>Bruce Davidson</b>	<b>1998</b>
<b>W35</b>	<b>10:29.9</b>	<b>Caroline Hewitt</b>	<b>2003</b>
<b>W40</b>	<b>10:44.8</b>	<b>Denise Hoogesteger</b>	<b>1994</b>
<b>W45</b>	<b>10:26.7</b>	<b>Zina Marchant</b>	<b>1996</b>
<b>W50</b>	<b>11:45.4</b>	<b>Janice Warren</b>	<b>2001</b>
<b>W55</b>	<b>12:47.9</b>	<b>S Thompson</b>	<b>1987</b>
<b>W60</b>	<b>12:23.2</b>	<b>Mary Anstey</b>	<b>1997</b>
<b>W70</b>	<b>14:53.6</b>	<b>Jose Waller</b>	<b>1995</b>
<b>W75</b>	<b>16:26.1</b>	<b>Jose Waller</b>	<b>1997</b>