

Macclesfield Harriers & AC Club Records



Monthly Records - July 2023 Update

TRACK

Male						
Distance	Age Group	Name	Record	Date Set	Previous Record	Event Details
Mile	Senior	Declan Murray	4:40.40	23/04/2022	5:09.70	Macclesfield Open Meeting
3000m (Indoor)	Senior	Declan Murray	9:25.88	16/01/2022	N/A	Northern Athletics Champs 2022
1500m (Indoor)	Senior	Declan Murray	4:16.91	18/02/2022	N/A	Scottish National Champs
600m (Indoor)	Senior	Declan Murray	1:25.78	09/01/2022	N/A	Manchester Indoor, Sportcity

Female						
Distance	Age Group	Name	Record	Date Set	Previous Record	Event Details
600m (Indoor)	V60	Hilary West	2:08.16	26/01/2020	N/A	Sale Harriers Open Series
60m (Indoor)	V65	Hilary West	10.57	19/02/2023	N/A	British Masters, Sheffield
800m (Indoor)	V65	Hilary West	3:20.26	26/02/2023	N/A	England Masters AA Inter
400m (Indoor)	V65	Hilary West	81.66	26/02/2023	N/A	England Masters AA Inter
100m	V65	Hilary West	17.30	23/04/2023	21.50	Cheshire League
3000m	V65	Barbara Murray	15:53.90	23/04/2023	N/A	Cheshire League, Ellesmere Port
800m	V65	Barbara Murray	3:39.00	09/07/2023	3:42.80	Northern T&F League, Ormskirk
100m	V45	Lisa Hunsley	15.70	16/07/2023	17.90	Cheshire League, Macclesfield

FIELD

Male						
Event	Age Group	Name	Record	Date Set	Previous Record	Event Details

Female						
Event	Age Group	Name	Record	Date Set	Previous Record	Event Details
Shot (Indoor)	V60	Hilary West	5.44m	13/03/2022	N/A	English Masters, Lee Valley
Long Jump (I)	V60	Hilary West	2.44m	13/03/2022	N/A	English Masters, Lee Valley
Hammer (3kg)	U17	Millie Egerton	36.88m	25/07/2023	25.68m	Trafford Grand Prix

ROAD

Male						
Distance / Event	Age Group	Name	Record	Date Set	Previous Record	Event Details
5k	Senior	Declan Murray	15:52	06/05/2022	15:59	Sri Chinmoy, Edinburgh

Female						
Distance / Event	Age Group	Name	Record	Date Set	Previous Record	Event Details