

# Macclesfield Harriers & AC Club Records



## Monthly Records - April 2024 Update

### TRACK

Male						
Distance	Age Group	Name	Record	Date Set	Previous Record	Event Details
75m	U13	Ben Hunsley	10.9	20/04/2024	N/A	YDL, Blackburn

Female						
Distance	Age Group	Name	Record	Date Set	Previous Record	Event Details
60m	V60	Hilary West	10.60	23/04/2022	N/A	Australian Masters Games, Perth
300m	V60	Hilary West	53.79	16/12/2018	N/A	Sale Harriers Open, Sportcity
3000m	V60	Hilary West	14:07.98	16/06/2019	14:10.70	Northern League 3W, Liverpool
400m	V65	Hilary West	83.65	26/09/2023	104.00	European Masters, Pescara
1500m	V65	Hilary West	7:14.60	16/07/2023	N/A	Cheshire League, Macclesfield
300m (Indoor)	V65	Hilary West	57.03	10/03/2024	N/A	Manchester Indoor Open, Sportcity
200m (Indoor)	V65	Hilary West	34.99	21/03/2024	N/A	European Masters, Torun
400m (Indoor)	V65	Hilary West	78.10	18/03/2024	81.66	European Masters, Torun
800m (Indoor)	V65	Hilary West	3:09.21	21/03/2024	3:20.26	European Masters, Torun

### 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

### ROAD

Male						
Distance / Event	Age Group	Name	Record	Date Set	Previous Record	Event Details
Half-Marathon	V55	Matthew Lynas	1:19.46	24/03/2024	1:21.30	Wilmslow Half-Marathon
5 Mile	V55	Matthew Lynas	29:18	10/04/2024	29:36	Chester Spring 5
Marathon	V55	Matthew Lynas	2:46.54	14/04/2024	2:55.54	Manchester Marathon
Marathon	V35	Rob Whitby	2:35.01	21/04/2024	2:39.25	London Marathon

Female						
Distance / Event	Age Group	Name	Record	Date Set	Previous Record	Event Details
5K	V50	Sue Stockdale	20:58	26/04/2024	21:03	Mid-Cheshire 5K, Kingsley