

Macclesfield Harriers & AC Club Records

Monthly Records - **May 2024** Update



TRACK

Male						
Distance	Age Group	Name	Record	Date Set	Previous Record	Event Details
100m	V35	David Smith	11.84	11/05/2024	12.61	Cheshire Championships, Macclesfield
200m	V35	David Smith	23.92	12/05/2024	26.30	Cheshire Championships, Macclesfield
100m	V60	Ian Ratcliffe	14.37	06/05/2024	14.38	Trafford AC Medal Meeting
200m	V60	Ian Ratcliffe	29.97	06/05/2024	30.33	Trafford AC Medal Meeting
300m	V60	Ian Ratcliffe	50.25	01/05/2024	N/A	Run, Jump, Throw Series, Sheffield
200m	V55	Ray O'Keefe	29.86	12/05/2024	30.80	Cheshire Championships, Macclesfield
1500m	V55	Ray O'Keefe	5:23.66	11/05/2024	5:51.50	Cheshire Championships, Macclesfield
5000m	V40	James Perry	17:36.81	11/05/2024	N/A	Cheshire Championships, Macclesfield
Mile	V55	Matthew Lynas	5:27.07	26/05/2024	6:23.00	BMAF, Horspath
10000m	V55	Matthew Lynas	37:46.67	26/05/2024	N/A	BMAF, Horspath

Female						
Distance	Age Group	Name	Record	Date Set	Previous Record	Event Details
Track Mile	V45	Lisa Hunsley	6:33	26/04/2024	N/A	Running Bear Track Mile
100m	V45	Lisa Hunsley	14.93	11/05/2024	15.70	Cheshire Championships, Macclesfield
100m	V65	Hilary West	16.81	11/05/2024	17.30	Cheshire Championships, Macclesfield
200m	V65	Hilary West	34.95	12/05/2024	46.80	Cheshire Championships, Macclesfield
300m	V65	Hilary West	57.35	01/05/2024	N/A	Run, Jump, Throw Series, Sheffield
400m	V65	Hilary West	80.44	11/05/2024	83.65	Cheshire Championships, Macclesfield

FIELD

Male						
Event	Age Group	Name	Record	Date Set	Previous Record	Event Details
Javelin	V45	Jasyn Savage	33.84m	12/05/2024	30.91m	Cheshire Championships, Macclesfield

Female						
Event	Age Group	Name	Record	Date Set	Previous Record	Event Details
Hammer	V55	Nicky Tasker	16.93m	18/05/2024	12.63m	Northern League, Deeside

ROAD

Male						
Distance / Event	Age Group	Name	Record	Date Set	Previous Record	Event Details
5K	V50	John Carr	16:09	26/04/2024	16:19	Mid-Cheshire 5K
5K	V55	Matthew Lynas	18:58	23/05/2024	N/A	Dunham Massey Park 5K

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