

# Macclesfield Harriers & AC Club Records



## Monthly Records - May 2025 Update

### TRACK

Male						
Distance / Event	Age Group	Name	Record	Date Set	Previous Record	Event Details
1500m	V55	Matthew Lynas	5:09.99	10/05/2025	5:23.66	Cheshire County Champs, Ellesmere Port
5000m	V55	Matthew Lynas	18:20.00	10/05/2025	18:48.80	Cheshire County Champs, Ellesmere Port

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

### FIELD

Male						
Distance / Event	Age Group	Name	Record	Date Set	Previous Record	Event Details
Long Jump	V35	David Smith	5.75m	11/05/2025	5.70m	Cheshire County Champs, Ellesmere Port
Long Jump	V35	David Smith	5.95m	24/05/2025	5.75m	Cheshire T&F Grand Prix, Macclesfield

Female						
Distance / 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
5K	V55	Matthew Lynas	18:04	21/05/2025	18:58	Runthrough Chase, Tatton Park

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

### SPORTS HALL

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