

Tuesday Night Records Men

Revised 8th July 2010

Under 20	Record Holder	Time	Date Set
2.4 km	Wayne Bristow	7.00	06/02/96
3 km	Simon Hurt	9.07	06/08/96
4 km	Nathan Stewart	12.45	14/01/97
5 km	Nathan Stewart	16.42	03/01/95
Open			
2.4 km	Scott Westcott	6.36	11/09/07
3 km	Scott Westcott	8.18	31/07/07
4 km	Scott Westcott	11.33	24/07/07
5 km	Steve Atkins	14.57	10/03/92
M35			
2.4 km	Paul Arthur	6.57	27/03/07
3 km	Paul Arthur	8.56	10/04/07
4 km	Paul Arthur	12.29	03/04/07
5 km	Paul Arthur	15.45	17/04/07
M40			
2.4 km	David Forbes	7.16	19/06/01
2.4 km	Malcolm Roberts	7.16	20/06/00
3 km	Stuart Paterson	8.59	31/07/01
4 km	Malcolm Roberts	12.45	19/10/99
5 km	Paul Arthur	15.55	15/05/07
M45			
2.4 km	Beven French	7.26	06/04/93
3 km	Beven French	9.24	20/04/93
4 km	Beven French	12.54	30/04/91
5 km	Beven French	16.45	1991
M50			
2.4 km	Mike Beisty	7.45	09/02/10
3 km	Mike Beisty	9.49	29/12/09
4 km	Mike Beisty	13.24	12/05/09
5 km	Mike Beisty	16.55	18/08/09
M55			
2.4 km	Tony Shepherd	7.51	15/06/04
3 km	Tony Shepherd	9.57	04/05/04
4 km	Tony Shepherd	13.36	30/03/04
4 km	Tony Shepherd	13.36	25/05/04
5 km	Tony Shepherd	17.07	13/04/04
M60			
2.4 km	Barry Cook	8.13	10/01/95
3 km	Barry Cook	10.44	24/01/95
4 km	Barry Cook	14.38	14/02/95
5 km	Barry Cook	18.15	28/02/95
M65			
2.4 km	Barry Cook	8.42	14/12/99

3 km	Barry Cook	11.02	21/12/99
4 km	Lance Robertson	16.43	06/07/10
5 km	Barry Cook	19.36	22/02/00
M70			
2.4 km	Warren Hardy	10.57	06/11/07
3 km	Warren Hardy	13.45	23/10/07
4 km	Warren Hardy	19.17	16/10/07
5 km	Warren Hardy	24.13	30/10/07
M75			
2.4 km	Jim Beisty	14.04	17/11/09
3 km	Jim Beisty	17.57	7/04/09
4 km	Jim Beisty	24.43	14/03/09
5 km	Jim Beisty	33.34	02/03/10