

Tuesday Night Records Men

Revised 13/12/2015

Under 20	Record Holder	Time	Date Set	M60	Record Holder	Time	Date Set
2.4 km	Wayne Bristow	7.00	06/02/96	2.4 km	Barry Cook	8.13	10/01/95
3 km	Simon Hurt	9.07	06/08/96	3 km	Barry Cook	10.44	24/01/95
4 km	Nathan Stewart	12.45	14/01/97	4 km	Barry Cook	14.38	14/02/95
5 km	Shane Ilgen	16.13	20/08/13	5 km	Barry Cook	18.15	28/02/95
Open				M65			
2.4 km	Scott Westcott	6.36	11/09/07	2.4 km	Barry Cook	8.42	14/12/99
3 km	Scott Westcott	8.18	31/07/07	3 km	Barry Cook	11.02	21/12/99
4 km	Scott Westcott	11.33	24/07/07	4 km	Lance Robertson	16.41	06/08/2013
5 km	Steve Atkins	14.57	10/03/92	5 km	Barry Cook	19.36	22/02/00
M35				M70			
2.4 km	Paul Arthur	6.57	27/03/07	2.4 km	Lance Robertson	10.19	17/02/15
3 km	Paul Arthur	8.56	10/04/07	3 km	Lance Robertson	12.46	03/03/15
4 km	Paul Arthur	12.29	03/04/07	4 km	Lance Robertson	17.34	27/01/15
5 km	Paul Arthur	15.45	17/04/07	5 km	Lance Robertson	21.45	10/03/15
M40				M75			
2.4 km	David Forbes	7.16	19/06/01	2.4 km	Warren Hardy	12.04	04/06/13
2.4 km	Malcolm Roberts	7.16	20/06/00	3 km	Warren Hardy	15.02	21/05/13
3 km	Stuart Paterson	8.59	31/07/01	4 km	Warren Hardy	20.31	11/06/13
4 km	Malcolm Roberts	12.45	19/10/99	5 km	Warren Hardy	26.09	28/05/13
5 km	Paul Arthur	15.55	15/05/07				
M45				M80			
2.4 km	Beven French	7.26	06/04/93	3 km	Jim Beisty	22.45	11/11/14
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	7.44	23/08/11				
3 km	Mike Beisty	9.47	09/08/11				
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				