

## Altrincham & District Athletic Club

### Club Records: 1 mile track race - Male

Age Group	Name	Record	Year
Under 8	Carl Smith	6 min 49.40 sec	2010
Under 9	Carl Smith	7 min 02.90 sec	2011
Under 10	Oliver Stevenson	6 min 17.70 sec	2009
Under 11	Ryan Ganose	5 min 53.00 sec	2004
Under 12	Ryan Ganose	5 min 44.20 sec	2005
Under 13	Ryan Ganose	5 min 19.70 sec	2006
Under 14	James Goodall	4 min 50.00 sec	1989
Under 15	Robert Nichol	5 min 01.40 sec	2005
Under 16	Robert Nichol	4 min 49.70 sec	2006
Under 17	James Goodall	4 min 24.20 sec	1992
Under 18	Ieun Lewis	4 min 43.80 sec	1969
Under 20	Ieun Lewis	4 min 21.20 sec	1970
Senior	Matthew Barnes	3 min 59.57 sec	2007
Veteran o/35	Paul Davidson	4 min 23.40 sec	1995
Veteran o/40	John Dwyer	4 min 39.00 sec	1986
	Roy Waterlow		1991
Veteran o/45	Dave Cowlshaw	4 min 26.34 sec	2014
Veteran o/50	Peter Hyde	4 min 50.70 sec	2000
Veteran o/55	Ken Burgess	5 min 27.90 sec	2000
Veteran o/60	Ken Burgess	5 min 49.90 sec	2003
Veteran o/65	Ken Burgess	5 min 53.30 sec	2008
Veteran o/70	Jeff Norman	6 min 33.10 sec	2015
Veteran o/75	Dave Attwell	8 min 11.30 sec	2016
Veteran o/80			