

Altrincham & District Athletic Club

Club Records: 3000 metres - Male

Age Group	Name	Record	Year
Under 12	Jason Long	10 min 58.00 sec	1993
Under 13	Ben Mabon	9 min 31.30 sec	1983
Under 14	Ben Mabon	9 min 27.00 sec	1984
Under 15	Ben Mabon	8 min 47.00 sec	1985
Under 16	Neil Eccles	9 min 06.00 sec	1985
Under 17	Neil Eccles	8 min 54.30 sec	1986
Under 20	Paul Davies	8 min 33.20 sec	1983
Senior	Alan Blinston	7 min 55.60 sec	1969
Veteran o/35	Matt Barnes	8 min 21.86 sec	2014
Veteran o/40	John Dwyer	8 min 53.80 sec	1984
Veteran o/45	Peter Hyde	8 min 59.40 sec	1994
Veteran o/50	Peter Hyde	9 min 04.40 sec	1998
Veteran o/55	Dave Southern	10 min 01.39 sec	2010
Veteran o/60	Bernard Blow	12 min 02.30 sec	1988
Veteran o/65			
Veteran o/70			
Veteran o/75			
Veteran o/80			
Veteran o/85			