

Altrincham & District Athletic Club

Club Records: Paarlauf - Male

Age Group	Name	Record	Year
Under 10	Nathan Titterington	4800m 18 min 39.0 sec	2001
	Matthew Berry		
Under 11	Robert Nichol	4800m 18 min 04.0 sec	2001
	James Crosby		
Under 12	Ollie Stevenson	4800m 16 min 41.3 sec	2011
	Alex Jones		
Under 13	Oliver Stevenson	4800m 16 min 22.7 sec	2012
	Alex Jones		
Under 14	Tom Nuttall	4800m 15 min 26.0 sec	2003
	Shoab Gill		
Under 15	Robert Nichol	4800m 15 min 25.9 sec	2005
	Tom Nuttall		
Under 16	Robert Nichol	4800m 14 min 56.0 sec	2006
	James Crosby		
Under 17	Robert Nichol	4800m 13 min 29.2 sec	2007
	Tom Nuttall		
Under 18	Josh Smith	4800m 13 min 58.5 sec	2010
	Josh Morse		
Under 19	Sam Mabon	4800m 13 min 47.0 sec	1989
	Ben Mabon		
Under 20		4800m	
Senior	Matthew Barnes	4800m 12 min 40.0 sec	2003
	Andrew Ford		
	Nick Leigh	10000m 27 min 51.0 sec	2002
	Dave Norman		
Veteran o/35		4800m	

Veteran o/40	Peter Hyde	4800m	13 min 21.0 sec	1991
	Roy Waterlow			
	John Paterson	10000m	29 min 40.6 sec	
	John Dwyer			
Veteran o/45	Dave Rudd	4800m	14 min 48.0 sec	2006
	Sean Butler			
Veteran o/50	Mansel Pope	4800m	15 min 08.0 sec	2002 & 2003
	Dave Telford			
	Alan Barlow	10000m	33 min 43.0 sec	2001
	Jeff Norman			
Veteran o/55	John Paterson	4800m	15 min 37.0 sec	2001
	Robin Wignall			
	Alan Barlow	10000m	34 min 41.0 sec	2002
	Jeff Norman			
Veteran o/60	Jeff Norman	4800m	16 min 10.8 sec	2007
	Ken Burgess			
Veteran o/65	Ken Burgess	4800m	17 min 04.3 sec	2010
	Jeff Norman			