

Altrincham & District Athletic Club

Club Records: 5K Road - Male

Age Group	Name	Course	Record	Year
Under 13				
Under 14	Ryan Ganose	Littleborough	20 min 28.0 sec	2007
Under 15	Ryan Ganose	Dunham	18 min 32.0 sec	2008
Under 16	Harry Sinclair	Blackpool	17 min 28.0 sec	2017
Under 17				
Under 18	Andy Norman	Rochdale	16 min 40.0 sec	1997
Under 20	Andy Norman	Douglas Isle of Man	15 min 16.0 sec	2000
Senior	Matt Barnes	Blackburn	14 min 11.0 sec	2010
Veteran o/35	Matt Barnes	Wythenshawe	14 min 36.0 sec	2012
Veteran o/40	Peter Pickwell	Salford	15 min 20.0 sec	1993
Veteran o/45	Peter Pickwell	Christleton-Chester	15 min 49.0 sec	2000
Veteran o/50	Peter Hyde	Christleton-Chester	15 min 31.9 sec	2000
Veteran o/55	Pete Hyde	Grimsby	16 min 39.0 sec	2002
Veteran o/60	Peter Hyde	Wythenshawe	18 min 09.0 sec	2009
Veteran o/65	Ken Burgess	Bowdon	19 min 47.0 sec	2008
Veteran o/70	Ken Burgess	Dunham Park	21 min 02.0 sec	2014
Veteran o/75	Dave Attwell	Sale Sizzler	26 min 13.0 sec	2015