

## Altrincham & District Athletic Club

### Club Records: 10K Road - Male

Age Group	Name	Course	Record	Year
Under 16				
Under 17	Dave Norman	Manchester (YMCA)	34 min 56.0 sec	1995
Under 18	Dave Norman	Manchester (YMCA)	34 min 41.0 sec	1996
Under 20	Andy Norman	Trafford	31 min 06.0 sec	2000
Senior	Mohammed Abu Rezeq	Arley Hall	29 min 11.0 sec	2014
Veteran o/35	Matt Barnes	Leeds Abbey Dash	29 min 57.0 sec	2012
Veteran o/40	Jeff Norman	Barnsley	31 min 37.0 sec	1985
Veteran o/45	Peter Hyde	Manchester (YMCA)	32 min 41.0 sec	1994
Veteran o/50	Peter Hyde	Trafford	32 min 25.0 sec	2000
Veteran o/55	Ken Burgess	East Cheshire	35 min 31.0 sec	1998
Veteran o/60	Jeff Norman	Manc (Platt Fields)	37 min 22.0 sec	2005
Veteran o/65	Ken Burgess	Salford	39 min 05.0 sec	2009
Veteran o/70	Ken Burgess	Trafford	41 min 46.0 sec	2013
Veteran o/75	Bernard Blow	Trafford	59 min 08.0 sec	2002