

Altrincham & District Athletic Club

Club Records: Indoor Middle & Long Distance - Male

Age Group	Name	Record	Year
600 Metres			
Under 14			
Under 15			
Under 16	Harry Sinclair	1 min 35.06 sec	2017
Under 17			
Under 20	Adam Simms	1 min 27.17 sec	2012
Senior	Dominic Scott	1 min 26.35 sec	2011
800 Metres			
Under 13	Alexander Edwards	2 min 50.79 sec	2022
Under 15	Alexander Edwards	2 min 18.74 sec	2024
Senior	Adam Simms	2 min 03.56 sec	2012
Veteran o/45	Dave Cowlshaw	2 min 03.35 sec	2014
Veteran o/60	Malcolm Schofield	2 min 38.50 sec	2000
1000 Metres			
Under 20	Adam Simms	2 min 42.28 sec	2011
Senior			
1200 Metres			
Under 9	Sammy Neville	4 min 51.4 sec	2018
Under 10	Jonah Pearce	4 min 58.1 sec	2018
Under 12	Joseph Snape	4 min 53.4 sec	2018
Under 13	Alexander Grierson	4 min 32.3 sec	2018
Under 14	Ben Lomas	4 min 29.6 sec	2018
1500 Metres			
Under 20			
Senior	Matt Barnes	3 min 51.09 sec	2005
Veteran o/35			
Veteran o/40			

Veteran o/45	Dave Cowlshaw	4 min 12.40 sec	2013
Veteran o/50	Dave Cowlshaw	4 min 14.24 sec	2018
Veteran o/55	Dave Cowlshaw	4 min 21.36 sec	2023
Veteran o/65	Malcolm Schofield	6 min 24.56 sec	2005
1 Mile			
Under 20			
Senior	Andy Norman	4 min 15.31 sec	2002
Veteran o/55	Dave Cowlshaw	4 min 44.22 sec	2023
2000 Metres			
Under 20			
Senior	Dominic Scott	6 min 17.18 sec	2011
3000 Metres			
Under 20	Andy Norman	8 min 41.70 sec	2000
Senior	Andy Norman	8 min 15.21 sec	2002
Veteran o/50	Dave Cowlshaw	9 min 19.71 sec	2022
Veteran o/55	Dave Cowlshaw	9 min 26.16 sec	2023
5000 Metres			
Under 20			
Senior	Andy Norman	14 min 14.94 sec	2003