

ABRaS AC
Club Records: Men



Key: GWA: GEMS World Academy, DCS Half: Dubai Creek Striders Half Marathon, RAK Half: Rak Half Marathon, DAA: Dubai American Academy


Last updated: 19th May 2012

These records commence from 1st September 2008. Qualifying races can be both local and international, subject to approval

Please see separate tabs for historical records (by Age Group). Pages have been formatted for printing.


	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon
MU 18	2:00 Adil Amin 22/05/17 DAA	4:17.94 Adil Amin 23/05/16 DAA	9:45 Adil Amin 09/15/16 DAA	17:30 Adil Amin 09/05/16 DAA	17:19 Matthew Lamb 04/10/15 Autodrome 5K	35:50 Charlie McFeely 04/02/11 ABRaS Mina 10k		1:22:51 Matthew Lamb 12/02/2016 RAK HALF	
MSenior	1:58 Matt Ashton 22/05/17 DAA	4:08.10 Matt Ashton 15/05/17 DAA	9:13.10 Getinet Chala Dessie 13/05/13 DAA	15:52.04 Getinet Chala Dessie 29/04/13 DAA	16:00 Abdullah Harrati 19/09/2012 Iftar Challenge	32:14 Ali Baukelaa 27/01/12 Standard Chartered	54:26 Getinet Chala Dessie 22/11/13 Mirdiff Milers	1:11:47 Thomas Opio 19/02/10 RAK Half	2:36:00 Getinet Chala Dessie 25/01/13 Dubai Marathon
MV 40	2:17 Tony Clarkson 22/05/17 DAA	4:36.20 Tony Clarkson 15/05/17 DAA	9:47 Jason Palmer-Meyrs 23/05/11 DAA	17:20 Tony Clarkson 24/04/17 DAA	17:13 Jason Palmer-Meyrs 4/10/15 Autodrome 5k	34:50 Jason Palmer-Meyrs 04/02/11 ABRaS Mina 10k	59:15 Neil Tait 27/02/09 Mirdiff Milers	1:16:53 Neil Tait 20/02/09 RAK Half	2:43:04 Neil Tait 16/01/09 Dubai Marathon
MV 45	2:15 Tony Arnell 21/06/10 DAA	4:31 Andy Nicholson 14/06/10 DAA	10:15 Jason Palmer-Meyers 02/05/17 DAA	17:34 Andy Nicholson 17/05/10 DAA	17:44 Terry Hislop 18/09/08 Iftar Challenge	35:33 Terry Hislop 27/03/09 ABRaS Mina 10k	1:04:44 Terry Hislop 27/02/09 Mirdiff Milers	1:19:31 Terry Hislop 20/02/09 RAK Half	2:50:58 Terry Hislop 16/01/09 Dubai Marathon
MV 50				18:50 Tony Arnell 4/05/15 DAA	18:36 Paul Drury 1/12/2017 Saucony Time Trial	38:08 Tony Arnell Oct 2014 ABRAS 10K	1:16:52 Keith Thomson 27/02/09 Mirdiff Milers	1:31:45 Keith Thomson 05/12/08 DCS Half	3:19:06 Keith Thomson 16/01/09 Dubai Marathon
MV 55									
MV 60									

ABRaS AC
Club Records: Male U18

 Key: GWA: GEMS World Academy, DCS Half: Dubai Creek Striders Half Marathon, RAK Half: Rak Half Marathon, DAA: Dubai American Academy Historical Data for Club Records (from current to previous)										
	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon	
Current	2:00 Adil Amin 22/05/17 DAA	4:17.94 Adil Amin 23/05/16 DAA	9:45 Adil Amin 09/15/16 DAA	17:30 Adil Amin 09/05/16 DAA	17:19 Matthew Lamb 04/10/15 Autodrome 5K	35:50 Charlie McFeely 04/02/11 ABRaS Mina 10k		1:22:51 Matthew Lamb 12/02/2016 RAK HALF		
	2:08.70 Esteban Ghrous 30/05/16 DAA	4:32.47 Casper Ruegg 27/05/13 DAA	10:10 Matthew Lamb 11/5/2015 DAA	17:51 Matthew Lamb 04/5/2015 DAA	17:43 Matthew Lamb 11-12-2014 Autodrome 5K	37:47 Charlie McFeely 21/01/11 Dubai Standard Chartered				
Past	2:13.07 Charlie McFeely 20/06/11 DAA	4:36 Charlie McFeely 13/06/11 DAA	10:26 Charlie McFeely 05/06/11 DAA	18:25 Charlie McFeely 17/05/10 DAA	19:35 Ryan Harris 24/01/09 DAA	38:00 Ryan Harris 16/01/09 Dubai Standard Chartered				
	2:14 Ryan Harris 22/06/09 GWA	4:40 Declan Lawlor 14/06/10 DAA	10:44 Charlie McFeely 31/05/10 DAA	18:37 Ryan Harris 04/05/09 GWA		43:11 Ryan Harris 14/11/08 AD Striders 10k				
		4:41 Ryan Harris 08/06/09 GWA	10:44 Charlie McFeely 25/05/09 GWA			45:42 Ryan Harris 17/10/08 ABRaS Mina 10k				

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Club Records: Male U18


ABRaS AC
Club Records: Male Senior

 Key: GWA: GEMS World Academy, DCS Half: Dubai Creek Striders Half Marathon, RAK Half: Rak Half Marathon, DAA: Dubai American Academy Historical Data for Club Records (from current to previous)										
	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon	
Current	1:58 Matt Ashton 22/05/17 DAA	4:08.10 Matt Ashton 15/05/17 DAA	9:13.10 Getinet Chala Dessie 13/05/13 DAA	15:52.04 Getinet Chala Dessie 29/04/13 DAA	16:00 Abdullah Harrati 19/09/2012 Iftar Challenge	32:14 Ali Baukelaa 27/01/12 Standard Chartered	54:26 Getinet Chala Dessie 22/11/13 Mirdiff Milers	1:11:47 Thomas Opio 19/02/10 RAK Half	2:36:00 Getinet Chala Dessie 25/01/13 Dubai Marathon	
	Past	2:00 Matt Ashton 30/05/16 DAA	4:15.55 Getinet Chala Dessie 27/05/13 DAA	9:43 Jeremy Curran 23/05/11 DAA	16:15.15 Getinet Chala Dessie 03/05/12 Mirdiff Milers	16:48 Chris Taylor 22/07/09 Ras y Tren. Caernarfon	33:25 Thomas Opio 05/02/10 ABRaS Mina 10k	54:52 Getinet Chala Dessie 23/11/12 Mirdiff Milers	1:16:58 Christian Pollock 05/12/08 Dubai Creek Striders	2:47:57 Andy Keron 21/01/11 Dubai Marathon
2:05.25 Ali Boukelaa 09/06/14 DAA		4:28 Chris Taylor 08/06/09 GWA	9:44 Phil Clarke 31/05/10 DAA	17:06 Chris Taylor 04/05/09 GWA		35:41 Christian Pollock 17/10/08 ABRaS Mina 10k	57:15 Getinet Chala Dessie 25/11/11 Mirdiff Milers	1:21:14 Andy Keron 14/11/08 AD Striders Half	2:49:05 Mugurel Florea 11/04/10 Zurich Marathon	
2:10 Chris Taylor 22/06/09 GWA			9:47 Chris Taylor 25/05/09 GWA				58:17 Thomas Opio 20/10/10 Mirdiff Milers	1:30:15 Phil Clarke 26/10/08 Nairobi, Kenya	2:53:04 Andy Keron 16/01/09 Dubai Marathon	
							1:00:50 Andy Keron 14/11/08 Mirdiff Milers			
							1:01:58 Phil Clarke 26/12/08 Meadows 10			


ABRaS AC
Club Records: Male Senior



ABRaS AC
Club Records: Male V40

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	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon	
Current	2:17 Tony Clarkson 22/05/17 DAA	4:36.20 Tony Clarkson 15/05/17 DAA	9:47 Jason Palmer-Meyrs 23/05/11 DAA	17:20 Tony Clarkson 24/04/17 DAA	17:13 Jason Palmer-Meyrs 4/10/15 Autodrome 5k	34:50 Jason Palmer-Meyrs 04/02/11 ABRaS Mina 10k	59:15 Neil Tait 27/02/09 Mirdiff Milers	1:16:53 Neil Tait 20/02/09 RAK Half	2:43:04 Neil Tait 16/01/09 Dubai Marathon	
	2:20 Angus MacCormick 17/06/08 DAA	4:37 Jason Palmer-Meyrs 13/06/11 DAA	10:11 Neil Tait 25/05/09 GWA	17:53:76 Neil Tait 04/05/09 GWA	17:14 Neil Tait 18/09/08 Iftar Challenge	35:36 Kevin West 05/02/10 ABRaS Mina 10k	1:07:35 Julien Louw 26/12/08 Meadows 10	1:17:05 Neil Tait 05/12/08 DCS Half	2:52:00 Nick Berrill 02/11/08 New York Marathon	
Past		4:39 Angus MacCormick 24/06/08 DAA				36:24 Neil Tait 15/05/09 ABRaS Mina 10k		1:18:13 Neil Tait 14/11/08 AD Striders Half	3:09:00 Marek Szymanek 28/09/08 Berlin Marathon	

ABRaS AC
Club Records: Male V45

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	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon	
Current	2:15 Tony Arnell 21/06/10 DAA	4:31 Andy Nicholson 14/06/10 DAA	10:15 Jason Palmer-Meyers 02/05/17 DAA	17:34 Andy Nicholson 17/05/10 DAA	17:44 Terry Hislop 18/09/08 Iftar Challenge	35:33 Terry Hislop 27/03/09 ABRaS Mina 10k	1:04:44 Terry Hislop 27/02/09 Mirdiff Milers	1:19:31 Terry Hislop 20/02/09 RAK Half	2:50:58 Terry Hislop 16/01/09 Dubai Marathon	
		4:45 Angus MacCormick 05/06/10 DAA	10:27 Tony Arnell 31/05/10 DAA					1:21:08 Terry Hislop 14/11/08 AD Striders Half	3:23:05 John Young 28/09/08 Berlin Marathon	
Past										

ABRaS AC
Club Records: Male V50




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Historical Data for Club Records (from current to previous)

	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon
Current				18:50 Tony Arnell 4/05/15 DAA	18:36 Paul Drury 1/12/2017 Saucony Time Trial	38:08 Tony Arnell Oct 2014 ABRAS 10K	1:16:52 Keith Thomson 27/02/09 Mirdiff Milers	1:31:45 Keith Thomson 05/12/08 DCS Half	3:19:06 Keith Thomson 16/01/09 Dubai Marathon
Past					19:19 Paul Drury 20/10/2017 Al Ain Zoo Run	41:24 Keith Thomson 27/03/09 ABRaS Mina 10k			
					19:52 David Hunt 4/10/2015 Autodrome 5k				
					22:01 Keith Thomson 18/09/08 Iftar Challenge				

ABRaS AC
Club Records: Male V5

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	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon	
Current										
Past										

ABRaS AC
Club Records: Male V60

 Key: GWA: GEMS World Academy, DCS Half: Dubai Creek Striders Half Marathon, RAK Half: Rak Half Marathon, DAA: Dubai American Academy Historical Data for Club Records (from current to previous)										
	800m	1500m	3000m	5000m	5km	10km	10 Miles	Half Marathon	Full Marathon	
Current										
Past										