WAC MASTERS W45 RECORDS

W45

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	13.3secs		Jo Flowers	Twickenham	20-Jun-18
200m	27.6secs		Jo Flowers	Twickenham	23-Aug-15
400m	62.01secs		Jo Flowers	Malaga, ESP	14-Sep-18
800m	3m 03.2		Ros Aylett	Walton	18-Apr-04
1500m					
Mile					
3000m	12m 28.7		Alison Jones	Battersea Park	27-Apr-05
5000m	20m 45.6		Emma Andrews	Walton	04-Jul-15
80HW	16.07secs	-1.0	Jo Regan	Ewell	07-Jun-15
100HW	21.53secs	-0.5	Jo Regan	Bromley	15-Aug-15
400HW					
1500SC					
2000SC					
High Jump	1.10m		Jo Regan	Dartford	16-Apr-16
Long Jump	4.11m		Jo Regan	Ashford	30-May-15
Triple Jump	10.08m		Jo Regan	Wormwood Scrubs	18-Jun-16
Pole Vault	2.30m		Debbie Singleton	Kingston	29-May-04
Shot	8.57m	4kg	Debbie Singleton	Abingdon	24-Apr-04
Discus	29.00m	1kg	Debbie Singleton	Milton Keynes	22-Apr-06
Hammer	28.68mm	4kg	Debbie Singleton	Wormwood Scrubs	18-Jul-07
Javelin	15.66m	600g	Debbie Singleton	Abingdon	24-Apr-04

PARKRUN

Parkrun	21m 04	Emma Andrews	Woking	29-Oct-16

INDOORS

EVENT	Performance		Name	Venue	Date
60m	8.57secs	i	Jo Flowers	Lee Valley	11-Mar-17
200m	27.87secs	i	Jo Flowers	Madrid, ESP	22-Mar-18
400m	63.01secs	i	Jo Flowers	Madrid, ESP	19-Mar-18
800m		i			
1500m		i			
Mile		i			
3000m		i			
5000m		i			
60HW		i			
High Jump		i			
Long Jump		i			
Triple Jump	7.79m	i	Jo Regan	Lee Valley	14-Feb-16
Pole Vault		i			
Shot		i			
Pentathlon		i			

ROAD

5K				
10K				
Half Marathon	1hr 36:19	Emma Andrews	Woking	13-Mar-16
Marathon	3hr 21:05	Emma Andrews	Bournemouth	08-Oct-17

Updated **01-May-21**