WAC MASTERS W50 RECORDS

W50

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	13.8secs		Jo Flowers	Kingston	13-Jul-19
200m	28.7secs		Jo Flowers	Walton	19-May-19
400m	63.5secs		Jo Flowers	Walton	19-May-19
800m	3m 17.6		Guilaine Sheward	Walton	11-Jun-18
1500m					
Mile					
3000m	14m 09.5		Guilaine Sheward	Twickenham	06-Jul-16
5000m	23m 48.7		Guilaine Sheward	Kingston	12-Jun-17
10000m					
100HW					
400HW					
1500SC					
2000SC					
High Jump	1.10m		Debbie Singleton	Kingston	29-Apr-13
Long Jump	3.64m		Debbie Singleton	Bracknell	30-May-09
Triple Jump	7.93m		Debbie Singleton	Bracknell	30-May-09
Pole Vault	2.40m		Debbie Singleton	Twickenham	19-Jun-13
Shot	8.40m	4kg	Debbie Singleton	Twickenham	20-Jun-12
	8.93m	3kg	Debbie Singleton	Croydon	13-Jul-09
Discus	27.84m	1kg	Debbie Singleton	Walton	25-Jul-09
Hammer	26.42m	4kg	Debbie Singleton	Parliament Hill	27-Jun-09
	29.79m	3kg	Debbie Singleton	Kingston	30-Aug-09
Javelin	16.14m	500g	Debbie Singleton	Kingston	20-May-13

PARKRUN

Parkrun	24m 36	Guilaine Sheward	Crane Park	26-Nov-16

INDOORS

EVENT	Performance		Name	Venue	Date
60m	8.56secs	i	Jo Flowers	Lee Valley	19-Mar-19
200m	28.01secs	i	Jo Flowers	Torun, POL	29-Mar-19
400m	62.82secs	i	Jo Flowers	Torun, POL	26-Mar-19
800m		i			
1500m		i			
Mile		i			
3000m		i			
5000m		i			
60HW		i			
High Jump		i			
Long Jump		i			
Triple Jump		i			
Pole Vault	2.00m	i	Debbie Singleton	Eton	06-Feb-10
Shot		i			
Pentathlon		i			

ROAD

5K	26m 12	Guilaine Sheward	Falesia, POR	13-Mar-18
10K	55m 36	Guilaine Sheward	Weybridge	23-Jun-19
Half Marathon	1hr 55:35	Guilaine Sheward	Chertsey	26-Feb-17
Marathon	4hr 33:10	Guilaine Sheward	London	22-Apr-18

Updated **01-May-21**