

WAC MASTERS W55 RECORDS



W55					INDOORS				
OUTDOORS					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m	15.4secs	Ros Aylett	Twickenham	24-Apr-10	60m		i		
200m	32.5secs	Ros Aylett	Walton	19-May-10	200m		i		
400m	77.2secs	Ros Aylett	Ewell	02-Jun-10	400m		i		
800m					800m		i		
1500m					1500m		i		
Mile					Mile		i		
3000m					3000m		i		
5000m					5000m		i		
10000m					60HW		i		
100HW									
400HW					High Jump		i		
1500SC					Long Jump	2.99m	i	Debbie Singleton	Lee Valley
2000SC					Triple Jump		i		
High Jump	1.00m	Debbie Singleton	Brighton	20-Jun-15	Pole Vault	2.20m	i	Debbie Singleton	Torun, POL
Long Jump	3.45m	Debbie Singleton	Bromley	02-Aug-14	Shot		i		
Triple Jump	6.45m	Ros Aylett	Twickenham	24-Apr-10	Pentathlon		i		
Pole Vault	2.30m	Debbie Singleton	Twickenham	02-Aug-14					
Shot	8.33m	3kg Debbie Singleton	Wimbledon	14-Jul-14					
	<i>7.68m</i>	<i>4kg Debbie Singleton</i>	<i>Twickenham</i>	<i>21-Jun-14</i>					
Discus	25.39m	1kg Debbie Singleton	Birmingham	10-Aug-14					
Hammer	27.11m	3kg Debbie Singleton	Ewell	19-Jul-17					
	<i>23.37mm</i>	<i>4kg Debbie Singleton</i>	<i>Southampton</i>	<i>20-Aug-16</i>					
Javelin	15.60m	500g Debbie Singleton	Croydon	19-May-14	5K				
	<i>14.65m</i>	<i>600g Debbie Singleton</i>	<i>Brighton</i>	<i>20-Jun-15</i>	10K				
WT7.26kg	8.24m	Debbie Singleton	Ewell	05-Jun-16	Half Marathon				
					Marathon				
PARKRUN									
Parkrun	26m 56	Ros Aylett	Bedfont Lakes	12-May-12				Updated	01-May-21