WAC MASTERS W60 RECORDS

W60

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m					
200m					
400m					
800m					
1500m					
Mile					
3000m					
5000m					
10000m					
100HW					
300HW					
2000SCW					
High Jump					
Long Jump	2.55m		Debbie Singleton	Walton	19-May-19
Triple Jump					
Pole Vault	1.15m		Debbie Singleton	Walton	19-May-19
Shot	7.37m	3kg	Debbie Singleton	Walton	03-Nov-19
	6.15m	*4kg*	*Debbie Singleton*	*Basingstoke*	*15-Jun-19*
Discus	22.33m	1kg	Debbie Singleton	Ewell	01-Dec-18
Hammer	26.19m	3kg	Debbie Singleton	Ewell	20-May-19
	22.15m	*4kg*	*Debbie Singleton*	*Basingstoke*	*15-Jun-19*
Javelin	11.83m	400g	Debbie Singleton	Ewell	01-Dec-18
	11.12m	*600g*	*Debbie Singleton*	*Basingstoke*	*15-Jun-19*
	12.94m	*500g*	*Debbie Singleton*	*Walton*	*08-Dec-19*
WT5.45kg	*10.09m*		*Debbie Singleton*	*Walton*	*08-Dec-19*

INDOORS

EVENT	Performance		Name	Venue	Date
60m		i			
200m		i			
400m		i			
800m		i			
1500m		i			
3000m		i			
5000m		i			
60HW		i			
High Jump		i			
Long Jump		i			
Triple Jump		i			
Pole Vault		i			
Shot		i			
Pentathlon		i			

ROAD

5K					
10K					
Half Marathon					
Marathon					

PARKRUN

Parkrun					

Updated **01-May-21**