WAC MASTERS W40 RECORDS

W40

OUTDOORS

EVENT	Performance		Name	Venue	Date	
100m	12.67secs	0.5	Susie McLoughlin	Malaga, ESP	06-Sep-18	
	12.65w	4.0	Susie McLoughlin	Lee Valley	19-Aug-18	
200m	25.56secs	1.9	Susie McLoughlin	Lee Valley	19-Aug-18	BRITISH RECORD
400m	57.79secs		Susie McLoughlin	Malaga, ESP	14-Sep-18	
800m	2m 17.4		Jo Locker	Wormwood Scrubs	18-Jun-16	
1500m	4m 38.47		Jo Locker	Oxford	23-Jul-16	
Mile						
3000m	10m 32.3		Jo Locker	Ewell	31-May-17	
5000m	21m 36.2		Mandy Ruks	Kingston	13-Jul-19	
10000m	45m 53.0		Alison Jones	Battersea Park	29-Aug-02	
80HW	13.12secs	-0.5	Sarah Burke	Ewell	04-Jun-17	
100HW	17.1secs		Sarah Burke	Walton	30-May-15	
400HW	66.05secs		Sarah Burke	Lyon, FRA	11-Aug-15	
1500SC	6m 35.7		Alison Jones	Kingston	27-Jun-00	
2000SC	7m 57.7		Jo Locker	Wormwood Scrubs	18-Jun-16	
High Jump	1.36m		Lizzie Amos	Carshalton	10-Sep-17	
Long Jump	4.93m	1.9	Jo Regan	Twickenham	25-Apr-09	
Triple Jump	9.82m		Jo Regan	Ashford	05-Jun-11	
Pole Vault	2.40m		Debbie Singleton	Walton	24-Jun-00	
Shot	7.35m		Lizzie Amos	Carshalton	10-Sep-17	
Discus	29.86m	1kg	Debbie Singleton	Juvyskyla, FIN	2000	
Hammer	27.64m	4kg	Debbie Singleton	Feltham	02-Sep-00	
Javelin	16.31m	600g	Lizzie Amos	Aldershot	19-Aug-17	
Pentathlon	2544		Lizzie Amos	Carshalton	10-Sep-17	
	2566w		Lizzie Amos	Carshalton	10-Sep-17	

PARKRUN

Parkrun	19m 40	Jo Locker	Bushy Park	21-Jan-17	

INDOORS

EVENT	Performance		Name	Venue	Date	
60m	8.09secs	i	Susie McLoughlin	Lee Valley	10-Mar-18	
200m	25.63secs	i	Susie McLoughlin	Madrid, ESP	23-Mar-18	BRITISH RECORD
400m	58.02secs	i	Susie McLoughlin	Madrid, ESP	20-Mar-18	
800m	2m 21.78	i	Lizzie Amos	Lee Valley	14-Mar-18	
1500m	4m 56.19	i	Jo Locker	Lee Valley	10-Mar-18	
Mile		i				
3000m	10m 41.46	i	Jo Locker	Lee Valley	11-Mar-18	
5000m		i				
60HW	10.96secs	i	Jo Regan	Lee Valley	22-Feb-09	
High Jump	1.30m	i	Jo Regan	Lee Valley	22-Feb-09	
Long Jump	4.84m	i	Jo Regan	Carshalton	28-Feb-09	
Triple Jump		i				
Pole Vault		i				
Shot 4kg	6.87m	i	Jo Regan	Lee Valley	22-Feb-09	
Pentathlon	2621	i	Jo Regan	Lee Valley	22-Feb-09	

ROAD

5K	18m 51	Jo Locker	London Hyde Pk	28-Apr-17
10K	40m 04	Jo Locker	Weybridge	05-Mar-17
Half Marathon	1hr 48:10	Sally Stock	Walton on Thames	05-Oct-14
Marathon	4hr 05:39	Mandy Ruks	London	28-Apr-19

Updated **23-Jul-21**