WAC MASTERS W35 RECORDS

W35

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	12.4sces		Susie McLoughlin	Lee Valley	19-Apr-14
200m	25.43secs	1.8	Susie McLoughlin	Lyon, FRA	10-Aug-15
400m	57.03secs		Susie McLoughlin	Zittau, GER	21-Aug-12
800m	2m 15.9		Hayley Cargill	Kingston	11-Jul-21
1500m	4m 35.51		Jo Locker	Izmir, TUR	25-Aug-14
Mile	5m 02.00		Jo Locker	Eltham	19-Aug-15
3000m	10m 11.55		Jo Locker	Bromley	18-May-13
5000m	18m 18.8		Jo Locker	Croydon	08-Jul-13
10000m					
100HW	16.4secs		Jo Regan	Abingdon	01-Sep-07
400HW	63.93secs		Susie McLoughlin	Derby	21-Jul-12
1500SC	5m 14.92		Jo Locker	Hendon	01-Aug-15
2000SC	7m 13.31		Jo Locker	Lyon, FRA	16-Aug-15
3000SC	11m 29.02		Jo Locker	Carshalton	07-Sep-13
High Jump	1.55m		Clare Ridd	Birmingham	10-Aug-19
Long Jump	5.56m	-1.4	Helen Channon	Zittau, GER	20-Aug-12
Triple Jump	10.05m		Jo Regan	Carshalton	28-Apr-07
Pole Vault	2.30m		Debbie Singleton	Tooting Bec	23-May-98
Shot	8.85m	4kg	Debbie Singleton	Southampton	25-Apr-98
Discus	31.23m	1kg	Debbie Singleton	Walton	14-Jun-98
Hammer	29.50m	4kg	Debbie Singleton	Walton	22-Jun-98
Javelin	24.06m	600g	Tina Howell	Kingston	11-Jul-21
4x100	57.1secs			Kingston	2013
4x200					
4x400					

PARKRUN

Parkrun	18m 34	Hayley Cargill	Bushy Park	04-Sep-21

INDOORS

EVENT	Performance		Name	Venue	Date
60m	7.98secs	i	Helen Channon	Lee Valley	09-Mar-13
200m	26.3secs	i	Susie McLoughlin	Lee Valley	13-Mar-16
400m	57.43secs	i	Susie McLoughlin	Budapest, HUN	30-Mar-14
800m	2m 16.00	i	Hayley Cargill	Lee Valley	08-Mar-20
1500m		i			
Mile		i			
3000m	10m 10.52	i	Jo Locker	Budapest, HUN	27-Mar-14
5000m		i			
60HW	11.1secs	i	Jo Regan	Lee Valley	10-Feb-08
High Jump	1.40m	i	Tina Howell	Lee Valley	04-Mar-18
	1.40m	i	Clare Ridd	Lee Valley	01-Dec-19
Long Jump	5.35m		Helen Channon	Lee Valley	09-Mar-13
Triple Jump	10.20m	i	Tina Howell	Lee Valley	11-Mar-18
Pole Vault		i			
Shot	7.14m	i	Jo Regan	Lee Valley	10-Feb-08
Pentathlon	2302	i	Jo Regan	Lee Valley	10-Feb-08

ROAD

5K	18m 45	Jo Locker	London Hyde Pk	31-Jan-14
10K	38m 01	Hayley Cargill	Dorney Lake	09-Oct-21
Half Marathon	1hr 29:05	Mandy Ruks	Woking	12-Mar-17
Marathon	3hr 26:10	Michelle Oldham	London	22-Apr-07

Updated **11-Oct-21**