

# WAC MASTERS W60 RECORDS



## W60

## OUTDOORS

## INDOORS

EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m					60m	i			
200m					200m	i			
400m					400m	i			
800m					800m	i			
1500m					1500m	i			
Mile									
3000m					3000m	i			
5000m					5000m	i			
10000m									
100HW					60HW	i			
300HW									
2000SCW					High Jump	i			
High Jump					Long Jump	i			
Long Jump	2.55m	Debbie Singleton	Walton	19-May-19	Triple Jump	i			
Triple Jump					Pole Vault	i			
Pole Vault	1.15m	Debbie Singleton	Walton	19-May-19	Shot	i			
Shot	7.37m	3kg Debbie Singleton	Walton	03-Nov-19					
	6.15m	4kg Debbie Singleton	Basingstoke	15-Jun-19	Pentathlon	i			
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					

## ROAD

- 5K
- 10K
- Half Marathon
- Marathon

## PARKRUN

Parkrun

Updated 03-Feb-22