# 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** | 2.50m | i | Debbie Singleton | Malmo, SWE | 07-Mar-99 | |
| **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** | 38m 36 | Hayley Cargill | Chessington | 13-Feb-22 |
| **Half Marathon** | 1hr 48:10 | Sally Stock | Walton on Thames | 05-Oct-14 |
| **Marathon** | 4hr 05:39 | Mandy Ruks | London | 28-Apr-19 |

**Updated** **08-Jun-22**