

WAC MASTERS W35 RECORDS



W35 OUTDOORS					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m	12.4secs	Susie McLoughlin	Lee Valley	19-Apr-14	60m	7.98secs	i Helen Channon	Lee Valley	09-Mar-13
200m	25.43secs	1.8 Susie McLoughlin	Lyon, FRA	10-Aug-15	200m	26.3secs	i Susie McLoughlin	Lee Valley	13-Mar-16
400m	57.03secs	Susie McLoughlin	Zittau, GER	21-Aug-12	400m	57.43secs	i Susie McLoughlin	Budapest, HUN	30-Mar-14
800m	2m 15.9	Hayley Cargill	Kingston	11-Jul-21	800m	2m 16.00	i Hayley Cargill	Lee Valley	08-Mar-20
1500m	4m 35.51	Jo Locker	Izmir, TUR	25-Aug-14	1500m	4m 39.85	i Jo Locker	Lee Valley	08-Mar-14
Mile	5m 02.00	Jo Locker	Eltham	19-Aug-15	Mile	5m 11.82	i Jo Locker	Lee Valley	03-Feb-16
3000m	10m 11.55	Jo Locker	Bromley	18-May-13	3000m	10m 10.52	i Jo Locker	Budapest, HUN	27-Mar-14
5000m	18m 18.8	Jo Locker	Croydon	08-Jul-13	5000m		i		
10000m					60HW	11.1secs	i Jo Regan	Lee Valley	10-Feb-08
100HW	16.4secs	Jo Regan	Abingdon	01-Sep-07	High Jump	1.40m	i Tina Howell	Lee Valley	04-Mar-18
400HW	63.93secs	Susie McLoughlin	Derby	21-Jul-12		1.40m	i Clare Ridd	Lee Valley	01-Dec-19
1500SC	5m 14.92	Jo Locker	Hendon	01-Aug-15	Long Jump	5.35m	Helen Channon	Lee Valley	09-Mar-13
2000SC	7m 13.31	Jo Locker	Lyon, FRA	16-Aug-15	Triple Jump	10.20m	i Tina Howell	Lee Valley	11-Mar-18
3000SC	11m 29.02	Jo Locker	Carshalton	07-Sep-13	Pole Vault		i		
High Jump	1.55m	Clare Ridd	Birmingham	10-Aug-19	Shot	7.14m	i Jo Regan	Lee Valley	10-Feb-08
Long Jump	5.56m	-1.4 Helen Channon	Zittau, GER	20-Aug-12	Pentathlon	2302	i Jo Regan	Lee Valley	10-Feb-08
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	33.96m	1kg Debbie Singleton	Guildford	13-Aug-94					
Hammer	32.76m	4kg Debbie Singleton	Kingston	25-Aug-96					
Javelin	24.06m	600g Tina Howell	Kingston	11-Jul-21					
4x100	56.8secs	M Tafili (W35) V Mitchell (W60) L Amos (W45) H Cargill (W40)	Wimbledon	17-Jul-23					
		PARKRUN							
Parkrun	18m 34	Hayley Cargill	Bushy Park	04-Sep-21				Updated	25-Mar-24
					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