

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
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	5m 12.49	Hayley Cargill	Wimbledon	20-Jul-22
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	10.00m	Tina Howell	Carshalton	10-Sep-22
Pole Vault	2.40m	Debbie Singleton	Walton	24-Jun-00
Shot	8.47m	Debbie Singleton	Plymouth	109/05/2001
Discus	30.89m	1kg Debbie Singleton	Bedford	22-Jul-01
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

4x100

PARKRUN

Parkrun	18m 22	Hayley Cargill	Brooklands	22-Oct-22
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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	5m 20.90	i Jo Locker	Lee Valley	07-Feb-18
3000m	10m 41.46	i Jo Locker	Lee Valley	11-Mar-18
		i		
60HW	9.56secs	i Sarah Burke	Lee Valley	26-Feb-17
High Jump	1.33m	i Tina Howell	Lee Valley	11-Feb-24
Long Jump	4.84m	i Jo Regan	Carshalton	28-Feb-09
Triple Jump	9.65m	i Tina Howell	Sheffield	18-Feb-23
Pole Vault	2.60m	i Debbie Singleton	Birmingham	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 35	Hayley Cargill	Battersea Park	04-Apr-23
10K	38m 08	Hayley Cargill	Bristol	25-Sep-22
Half Marathon	1hr 48:10	Sally Stock	Walton on Thames	05-Oct-14
Marathon	3hr 54:53	Mandy Ruks	London	23-Apr-23

Updated 26-Mar-24