# WAC MASTERS W45 RECORDS

## W45

## OUTDOORS

| EVENT | Performance | | Name | Venue | Date | |
|---|---|---|---|---|---|---|
| **100m** | 12.56secs | 2.0 | Susie McLoughlin | Tampere, FIN | 30-Jun-22 | |
| **200m** | 25.86secs | 0.7 | Susie McLoughlin | Stratford (CT) | 14-Aug-22 | |
| **400m** | 57.49secs | | Susie McLoughlin | Tampere, FIN | 08-Jul-22 | EUROPEAN REC |
| **800m** | 2m 36.8 | | Lizzie Amos | Walton | 13-Aug-22 | |
| **1500m** | | | | | | |
| **Mile** | | | | | | |
| **3000m** | 12m 28.7 | | Alison Jones | Battersea Park | 27-Apr-05 | |
| **5000m** | 20m 45.6 | | Emma Andrews | Walton | 04-Jul-15 | |
| **80HW** | 16.07secs | -1.0 | Jo Regan | Ewell | 07-Jun-15 | |
| **100HW** | 21.53secs | -0.5 | Jo Regan | Bromley | 15-Aug-15 | |
| **400HW** | | | | | | |
| **1500SC** | | | | | | |
| **2000SC** | | | | | | |
| **High Jump** | 1.10m | | Jo Regan | Dartford | 16-Apr-16 | |
| **Long Jump** | 4.11m | | Jo Regan | Ashford | 30-May-15 | |
| **Triple Jump** | 8.41m | | Jo Regan | Ewell | 07-Jun-15 | |
| **Pole Vault** | 2.30m | | Debbie Singleton | Kingston | 29-May-04 | |
| **Shot** | 8.57m | 4kg | Debbie Singleton | Abingdon | 24-Apr-04 | |
| **Discus** | 29.00m | 1kg | Debbie Singleton | Milton Keynes | 22-Apr-06 | |
| **Hammer** | 28.68mm | 4kg | Debbie Singleton | Wormwood Scrubs | 18-Jul-07 | |
| **Javelin** | 15.66m | 600g | Debbie Singleton | Abingdon | 24-Apr-04 | |

## PARKRUN

| | | | | |
|---|---|---|---|---|
| **Parkrun** | 21m 04 | Emma Andrews | Woking | 29-Oct-16 |

## INDOORS

| EVENT | Performance | | Name | Venue | Date |
|---|---|---|---|---|---|
| **60m** | 8.30secs | i | Susie McLoughlin | Lee Valley | 12-Feb-23 |
| **200m** | 26.50secs | i | Susie McLoughlin | Torun, POL | 31-Mar-23 |
| **400m** | 59.48secs | i | Lizzie Amos | Lee Valley | 18-Feb-24 |
| **800m** | | i | | | |
| **1500m** | | i | | | |
| **Mile** | | i | | | |
| **3000m** | | i | | | |
| **5000m** | | i | | | |
| **60HW** | 10.73secs | i | Lucy Bartlett | Lee Valley | 11-Feb-24 |
| **High Jump** | | i | | | |
| **Long Jump** | | i | | | |
| **Triple Jump** | 7.79m | i | Jo Regan | Lee Valley | 14-Feb-16 |
| **Pole Vault** | | i | | | |
| **Shot** | | i | | | |
| **Pentathlon** | | i | | | |

## ROAD

| | | | | |
|---|---|---|---|---|
| **5K** | | | | |
| **10K** | | | | |
| **Half Marathon** | 1hr 36:19 | Emma Andrews | Woking | 13-Mar-16 |
| **Marathon** | 3hr 21:05 | Emma Andrews | Bournemouth | 08-Oct-17 |

**Updated** **18-Feb-24**