

WAC MASTERS W50 RECORDS



W50

OUTDOORS

EVENT	Performance	Name	Venue	Date
100m	13.8secs	Jo Flowers	Kingston	13-Jul-19
200m	28.7secs	Jo Flowers	Walton	19-May-19
400m	63.5secs	Jo Flowers	Walton	19-May-19
800m	3m 17.6	Guilaine Sheward	Walton	11-Jun-18
1500m				
Mile				
3000m	14m 09.5	Guilaine Sheward	Twickenham	06-Jul-16
5000m	23m 48.7	Guilaine Sheward	Kingston	12-Jun-17
10000m				
100HW				
300HW	49.91secs	Sarah Loades	Carshalton	27-Apr-24
1500SC				
2000SC				
High Jump	1.10m	Debbie Singleton	Kingston	29-Apr-13
Long Jump	3.64m	Debbie Singleton	Bracknell	30-May-09
Triple Jump	7.93m	Debbie Singleton	Bracknell	30-May-09
Pole Vault	2.40m	Debbie Singleton	Twickenham	19-Jun-13
Shot	8.40m	4kg Debbie Singleton	Twickenham	20-Jun-12
	8.93m	3kg Debbie Singleton	Croydon	13-Jul-09
Discus	27.84m	1kg Debbie Singleton	Walton	25-Jul-09
Hammer	26.42m	4kg Debbie Singleton	Parliament Hill	27-Jun-09
	29.79m	3kg Debbie Singleton	Kingston	30-Aug-09
Javelin	16.14m	500g Debbie Singleton	Kingston	20-May-13

PARKRUN

Parkrun	24m 36	Guilaine Sheward	Crane Park	26-Nov-16
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INDOORS

EVENT	Performance	Name	Venue	Date
60m	8.56secs	i Jo Flowers	Lee Valley	19-Mar-19
200m	28.01secs	i Jo Flowers	Torun, POL	29-Mar-19
400m	62.82secs	i Jo Flowers	Torun, POL	26-Mar-19
800m		i		
1500m		i		
Mile		i		
3000m		i		
5000m		i		
60HW	9.94secs	i Sarah Loades	Lee Valley	17-Feb-24
High Jump		i		
Long Jump		i		
Triple Jump		i		
Pole Vault	2.00m	i Debbie Singleton	Eton	06-Feb-10
Shot		i		
Pentathlon		i		

ROAD

5K	26m 12	Guilaine Sheward	Falesia, POR	13-Mar-18
10K	55m 36	Guilaine Sheward	Weybridge	23-Jun-19
Half Marathon	1hr 55:35	Guilaine Sheward	Chertsey	26-Feb-17
Marathon	4hr 33:10	Guilaine Sheward	London	22-Apr-18

Updated 27-Apr-24