WAC MASTERS W55 RECORDS

W55

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	15.4secs		Ros Aylett	Twickenham	24-Apr-10
200m	32.5secs		Ros Aylett	Walton	19-May-10
400m	77.2secs		Ros Aylett	Ewell	02-Jun-10
800m	3m 42.6		D. McLennan	Reading	25-Jul-94
1500m					
Mile					
3000m					
5000m					
10000m					
100HW					
400HW					
1500SC					
2000SC					
High Jump	1.00m		Debbie Singleton	Brighton	20-Jun-15
Long Jump	4.56m	1.3	Louise Wood	Pescara, ITA	25-Sep-23
	4.69w	5.0	Louise Wood	Pescara, ITA	25-Sep-23
Triple Jump	9.87m	1.2	Louise Wood	Pescara, ITA	28-Sep-23
Pole Vault	2.30m		Debbie Singleton	Twickenham	02-Aug-14
Shot	8.33m	3kg	Debbie Singleton	Wimbledon	14-Jul-14
	7.68m	*4kg*	*Debbie Singleton*	*Twickenham*	*21-Jun-14*
Discus	25.39m	1kg	Debbie Singleton	Birmingham	10-Aug-14
Hammer	27.11m	3kg	Debbie Singleton	Ewell	19-Jul-17
	23.37mm	*4kg*	*Debbie Singleton*	*Southampton*	*20-Aug-16*
Javelin	15.60m	500g	Debbie Singleton	Croydon	19-May-14
	14.65m	*600g*	*Debbie Singleton*	*Brighton*	*20-Jun-15*
WT7.26kg	*8.24m*		*Debbie Singleton*	*Ewell*	*05-Jun-16*

PARKRUN

Parkrun	26m 56	Ros Aylett	Bedfont Lakes	12-May-12

INDOORS

EVENT	Performance		Name	Venue	Date
60m		i			
200m		i			
400m		i			
800m		i			
1500m		i			
Mile		i			
3000m		i			
5000m		i			
60HW		i			
High Jump		i			
Long Jump	4.58m	i	Louise Wood	Torun, POL	18-Mar-24
Triple Jump	9.61m	i	Louise Wood	Carshalton	10-Mar-24
Pole Vault	2.20m	i	Debbie Singleton	Torun, POL	27-Mar-15
Shot		i			
Pentathlon		i			

ROAD

5K	
10K	
Half Marathon	
Marathon	

Updated **19-Mar-24**