

## Overall Masters Women OUTDOORS

EVENT	Performance	Name	Venue	Date
<b>100m</b>	12.4secs	Susie McLoughlin (W35)	Lee Valley	19-Apr-14
<b>200m</b>	25.43secs	1.8 Susie McLoughlin (W35)	Lyon, FRA	10-Aug-15
<b>400m</b>	57.03secs	Susie McLoughlin (W35)	Zittau, GER	21-Aug-12
<b>800m</b>	2m 15.9	Hayley Cargill (W35)	Kingston	11-Jul-21
<b>1500m</b>	4m 35.51	Jo Locker (W35)	Izmir, TUR	25-Aug-14
<b>Mile</b>	5m 02.00	Jo Locker (W35)	Eltham	19-Aug-15
<b>3000m</b>	10m 11.55	Jo Locker (W35)	Bromley	18-May-13
<b>5000m</b>	18m 18.8	Jo Locker (W35)	Croydon	08-Jul-13
<b>10000m</b>				
<b>100HW</b>	16.4secs	Jo Regan (W35)	Abingdon	01-Sep-07
<b>400HW</b>	63.93secs	Susie McLoughlin (W35)	Derby	21-Jul-12
<b>1500SC</b>	5m 14.92	Jo Locker (W35)	Hendon	01-Aug-15
<b>2000SC</b>	7m 13.31	Jo Locker (W35)	Lyon, FRA	16-Aug-15
<b>3000SC</b>	11m 29.02	Jo Locker (W35)	Carshalton	07-Sep-13
<b>High Jump</b>	1.55m	Clare Ridd (W35)	Birmingham	10-Aug-19
<b>Long Jump</b>	5.56m	-1.4 Helen Channon (W35)	Zittau, GER	20-Aug-12
<b>Triple Jump</b>	10.05m	Jo Regan (W35)	Carshalton	28-Apr-07
<b>Pole Vault</b>	2.40m	Debbie Singleton (W40)	Walton	24-Jun-00
<b>Shot</b>	8.85m	4kg Debbie Singleton (W35)	Southampton	25-Apr-98
<b>Discus</b>	33.96m	1kg Debbie Singleton (W35)	Guildford	13-Aug-94
<b>Hammer</b>	32.76m	4kg Debbie Singleton (W35)	Kingston	25-Aug-96
<b>Javelin</b>	24.06m	600g Tina Howell (W35)	Kingston	11-Jul-21
<b>4x100</b>	57.1secs		Kingston	2013
<b>4x200</b>				
<b>4x400</b>				

## PARKRUN

<b>Parkrun</b>	18m 22	Hayley Cargill (W40)	Brooklands	22-Oct-22
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EVENT	Performance	Name	Venue	Date
<b>60m</b>	7.98secs	i Helen Channon (W35)	Lee Valley	09-Mar-13
<b>200m</b>	25.63secs	i Susie McLoughlin (W40)	Madrid, ESP	23-Mar-18 <b>BRITISH RECORD</b>
<b>400m</b>	57.43secs	i Susie McLoughlin (W35)	Budapest, HUN	30-Mar-14
<b>800m</b>	2m 16.00	i Hayley Cargill (W35)	Lee Valley	08-Mar-20
<b>1500m</b>	4m 39.85	i Jo Locker (W35)	Lee Valley	08-Mar-14
<b>Mile</b>	5m 11.82	i Jo Locker (W35)	Lee Valley	03-Feb-16
<b>3000m</b>	10m 10.52	i Jo Locker (W35)	Budapest, HUN	27-Mar-14
<b>60HW</b>	9.56secs	i Sarah Burke (W40)	Lee Valley	26-Feb-17
<b>High Jump</b>	1.40m	i Tina Howell (W35)	Lee Valley	04-Mar-18
	1.40m	i Clare Ridd (W35)	Lee Valley	01-Dec-19
<b>Long Jump</b>	5.35m	i Helen Channon (W35)	Lee Valley	09-Mar-13
<b>Triple Jump</b>	10.20m	i Tina Howell (W35)	Lee Valley	11-Mar-18
<b>Pole Vault</b>	2.20m	i Debbie Singleton W55)	Torun, POL	27-Mar-15
<b>Shot</b>	7.14m	i Jo Regan (W35)	Lee Valley	10-Feb-08
<b>Pentathlon</b>	2621	i Jo Regan (W40)	Lee Valley	22-Feb-09
<b>5K</b>	18m 35	Hayley Cargill (W40)	Battersea Park	04-Apr-23
<b>10K</b>	38m 01	Hayley Cargill (W35)	Dorney Lake	09-Oct-21
<b>Half Marathon</b>	1hr 29:05	Mandy Ruks (W35)	Woking	12-Mar-17
<b>Marathon</b>	3hr 21:05	Emma Andrews (W45)	Bournemouth	08-Oct-17

## ROAD

**Updated 18-Feb-24**