

WAC MASTERS W60 RECORDS



OUTDOORS					INDOORS				
W60	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m					60m		i		
200m	31.39secs	-1.6 Virginia Mitchell	Crawley	18-Jun-23	200m		i		
400m	65.81secs	Virginia Mitchell	Derby	02-Sep-23	400m		i		
800m	2m 30.91	Virginia Mitchell	Pescara, ITA	29-Sep-23	800m		i		
1500m					1500m		i		
Mile									
3000m					3000m		i		
5000m					5000m		i		
10000m									
100HW					60HW		i		
300HW									
2000SCW					High Jump		i		
High Jump					Long Jump		i		
Long Jump	2.55m	Debbie Singleton	Walton	19-May-19	Triple Jump		i		
Triple Jump					Pole Vault		i		
Pole Vault	1.15m	Debbie Singleton	Walton	19-May-19	Shot		i		
Shot	7.37m	3kg Debbie Singleton	Walton	03-Nov-19					
	6.15m	4kg Debbie Singleton	Basingstoke	15-Jun-19	Pentathlon		i		
Discus	22.33m	1kg Debbie Singleton	Ewell	01-Dec-18					
Hammer	26.19m	3kg Debbie Singleton	Ewell	20-May-19					
	22.15m	4kg Debbie Singleton	Basingstoke	15-Jun-19					
Javelin	11.83m	400g Debbie Singleton	Ewell	01-Dec-18	5K				
	11.12m	600g Debbie Singleton	Basingstoke	15-Jun-19	10K				
	12.94m	500g Debbie Singleton	Walton	08-Dec-19	Half Marathon				
WT5.45kg	10.09m	Debbie Singleton	Walton	08-Dec-19	Marathon				

PARKRUN

Parkrun Updated 29-Sep-23