

WAC MASTERS W55 RECORDS



W55 OUTDOORS					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m	15.4secs	Ros Aylett	Twickenham	24-Apr-10	60m		i		
200m	32.5secs	Ros Aylett	Walton	19-May-10	200m		i		
400m	77.2secs	Ros Aylett	Ewell	02-Jun-10	400m		i		
800m	3m 42.6	D. McLennan	Reading	25-Jul-94	800m		i		
1500m					1500m		i		
Mile					Mile		i		
3000m					3000m		i		
5000m					5000m		i		
10000m									
100HW					60HW		i		
400HW									
1500SC					High Jump		i		
2000SC					Long Jump	4.58m	i Louise Wood	Torun, POL	18-Mar-24
High Jump	1.35m	Louise Wood	Abingdon	15-Jun-24	Triple Jump	9.61m	i Louise Wood	Carshalton	10-Mar-24
Long Jump	4.56m	1.3 Louise Wood	Pescara, ITA	25-Sep-23	Pole Vault	2.20m	i Debbie Singleton	Torun, POL	27-Mar-15
	4.69w	5.0 Louise Wood	Pescara, ITA	25-Sep-23					
Triple Jump	9.87m	1.2 Louise Wood	Pescara, ITA	28-Sep-23	Shot		i		
Pole Vault	2.30m	Debbie Singleton	Twickenham	02-Aug-14	Pentathlon		i		
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	5K				
	14.65m	600g Debbie Singleton	Brighton	20-Jun-15	10K				
WT7.26kg	8.24m	Debbie Singleton	Ewell	05-Jun-16	Half Marathon				
					Marathon				

PARKRUN					ROAD				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
Parkrun	26m 56	Ros Aylett	Bedfont Lakes	12-May-12					

Updated 17-Jun-24