

WAC MASTERS W50 RECORDS



W50 OUTDOORS					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
100m	13.8secs	Jo Flowers	Kingston	13-Jul-19	60m	8.56secs	i Jo Flowers	Lee Valley	19-Mar-19
	13.36w	59 Sarah Loades	Abingdon	15-Jun-24					
200m	27.14secs	11 Sarah Loades	Derby	28-Jul-24	200m	27.97secs	i Sarah Loades	Lee Valley	22-Feb-25
400m	62.42secs	Sarah Loades	Reading	11-May-24	400m	62.82secs	i Jo Flowers	Torun, POL	26-Mar-19
800m	3m 17.6	Guilaine Sheward	Walton	11-Jun-18	800m		i		
1500m					1500m		i		
Mile					Mile		i		
3000m	14m 09.5	Guilaine Sheward	Twickenham	06-Jul-16	3000m		i		
5000m	23m 48.7	Guilaine Sheward	Kingston	12-Jun-17	5000m		i		
10000m									
100HW					60HW	9.94secs	i Sarah Loades	Lee Valley	17-Feb-24
300HW	47.94secs	Sarah Loades	Chelmsford	25-May-24					
1500SC					High Jump		i		
2000SC					Long Jump		i		
High Jump	1.10m	Debbie Singleton	Kingston	29-Apr-13	Triple Jump		i		
Long Jump	3.64m	Debbie Singleton	Bracknell	30-May-09	Pole Vault	2.00m	i Debbie Singleton	Eton	06-Feb-10
Triple Jump	7.93m	Debbie Singleton	Bracknell	30-May-09	Shot		i		
Pole Vault	2.40m	Debbie Singleton	Twickenham	19-Jun-13					
Shot	8.40m	4kg Debbie Singleton	Twickenham	20-Jun-12	Pentathlon		i		
	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					
					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	24-Feb-25
Parkrun	24m 36	Guilaine Sheward	Crane Park	26-Nov-16					

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Updated 24-Feb-25