WAC MASTERS W45 RECORDS

W45

OUTDOORS

EVENT	Performance		Name	Venue	Date	
100m	12.56secs	20	Susie McLoughlin	Tampere, FIN	30-Jun-22	
200m	25.86secs	07	Susie McLoughlin	Stratford (CT)	14-Aug-22	
400m	57.49secs		Susie McLoughlin	Tampere, FIN	08-Jul-22	EUROPEAN REC
800m	2m 36.8		Lizzie Amos	Walton	13-Aug-22	
1500m	5m 48.3		Mandy Ruks	Wimbledon	13-May-24	
Mile	6m 08.34		Mandy Ruks	Woking	29-May-24	
3000m	11m 49.89		Mandy Ruks	Portsmouth	17-May-25	
5000m	20m 45.6		Emma Andrews	Walton	04-Jul-15	
80HW	16.07secs	-10	Jo Regan	Ewell	07-Jun-15	
100HW	19.7secs		Lucy Bartlett	Walton	18-May-24	
400HW	74.1secs		Lucy Bartlett	Walton	18-May-24	
1500SC	7m 08.11		Mandy Ruks	Abingdon	15-Jun-24	
2000SC	9m 30.93		Mandy Ruks	Portsmouth	17-May-25	
High Jump	1.10m		Jo Regan	Dartford	16-Apr-16	
Long Jump	4.11m		Jo Regan	Ashford	30-May-15	
Triple Jump	8.41m		Jo Regan	Ewell	07-Jun-15	
Pole Vault	2.30m		Debbie Singleton	Kingston	29-May-04	
Shot	8.57m	4kg	Debbie Singleton	Abingdon	24-Apr-04	
Discus	29.00m	1kg	Debbie Singleton	Milton Keynes	22-Apr-06	
Hammer	28.68mm	4kg	Debbie Singleton	Wormwood Scrubs	18-Jul-07	
Javelin	15.66m	600g	Debbie Singleton	Abingdon	24-Apr-04	

PARKRUN

Parkrun	21m 04	Emma Andrews	Woking	29-Oct-16

INDOORS

EVENT	Performance		Name	Venue	Date
60m	8.30secs	i	Susie McLoughlin	Lee Valley	12-Feb-23
200m	26.50secs	i	Susie McLoughlin	Torun, POL	31-Mar-23
400m	59.48secs	i	Lizzie Amos	Lee Valley	18-Feb-24
800m		i			
1500m		i			
Mile		i			
3000m		i			
5000m		i			
60HW	10.73secs	i	Lucy Bartlett	Lee Valley	11-Feb-24
High Jump		i			
Long Jump		i			
Triple Jump	7.79m	i	Jo Regan	Lee Valley	14-Feb-16
Pole Vault		i			
Shot		i			
Pentathlon		i			

ROAD

5K				
10K				
Half Marathon	1hr 36:19	Emma Andrews	Woking	13-Mar-16
Marathon	3hr 21:05	Emma Andrews	Bournemouth	08-Oct-17

Updated **23-May-25**