WAC MASTERS W40 RECORDS

W40

OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	12.67secs	0.5	Susie McLoughlin	Malaga, ESP	06-Sep-18
	12.65w	4.0	Susie McLoughlin	Lee Valley	19-Aug-18
200m	25.56secs	1.9	Susie McLoughlin	Lee Valley	19-Aug-18
400m	57.79secs		Susie McLoughlin	Malaga, ESP	14-Sep-18
800m	2m 17.4		Jo Locker	Wormwood Scrubs	18-Jun-16
1500m	4m 38.47		Jo Locker	Oxford	23-Jul-16
Mile	5m 12.49		Hayley Cargill	Wimbledon	20-Jul-22
3000m	10m 32.3		Jo Locker	Ewell	31-May-17
5000m	21m 31.4		Michelle Tafili	Carshalton	08-Jul-24
10000m	45m 53.0		Alison Jones	Battersea Park	29-Aug-02
80HW	13.12secs	-0.5	Sarah Burke	Ewell	04-Jun-17
100HW	17.1secs		Sarah Burke	Walton	30-May-15
400HW	66.05secs		Sarah Burke	Lyon, FRA	11-Aug-15
1500SC	6m 35.7		Alison Jones	Kingston	27-Jun-00
2000SC	7m 57.7		Jo Locker	Wormwood Scrubs	18-Jun-16
High Jump	1.36m		Lizzie Amos	Carshalton	10-Sep-17
Long Jump	4.93m	1.9	Jo Regan	Twickenham	25-Apr-09
Triple Jump	10.00m		Tina Howell	Carshalton	10-Sep-22
Pole Vault	2.40m		Debbie Singleton	Walton	24-Jun-00
Shot	8.47m		Debbie Singleton	Plymouth	109/05/2001
Discus	30.89m	1kg	Debbie Singleton	Bedford	22-Jul-01
Hammer	27.64m	4kg	Debbie Singleton	Feltham	02-Sep-00
Javelin	16.31m	600g	Lizzie Amos	Aldershot	19-Aug-17
Pentathlon	2544		Lizzie Amos	Carshalton	10-Sep-17
	2566w		Lizzie Amos	Carshalton	10-Sep-17
4x100					

INDOORS

EVENT	Performance		Name	Venue	Date	
60m	8.09secs	i	Susie McLoughlin	Lee Valley	10-Mar-18	
200m	25.63secs	i	Susie McLoughlin	Madrid, ESP	23-Mar-18	BRITISH RECORD
400m	58.02secs	i	Susie McLoughlin	Madrid, ESP	20-Mar-18	
800m	2m 21.78	i	Lizzie Amos	Lee Valley	14-Mar-18	
1500m	4m 56.19	i	Jo Locker	Lee Valley	10-Mar-18	
Mile	5m 20.90	i	Jo Locker	Lee Valley	07-Feb-18	
3000m	10m 41.46	i	Jo Locker	Lee Valley	11-Mar-18	
		i				
60HW	9.56secs	i	Sarah Burke	Lee Valley	26-Feb-17	
High Jump	1.33m	i	Tina Howell	Lee Valley	11-Feb-24	
Long Jump	4.84m	i	Jo Regan	Carshalton	28-Feb-09	
Triple Jump	9.65m	i	Tina Howell	Sheffield	18-Feb-23	
Pole Vault	2.60m	i	Debbie Singleton	Birmingham	07-Mar-99	
Shot 4kg	6.87m	i	Jo Regan	Lee Valley	22-Feb-09	
Pentathlon	2621	i	Jo Regan	Lee Valley	22-Feb-09	

ROAD

5K	18m 35	Hayley Cargill	Battersea Park	04-Apr-23
10K	38m 08	Hayley Cargill	Bristol	25-Sep-22
Half Marathon	1hr 48:10	Sally Stock	Walton on Thames	05-Oct-14
Marathon	3hr 37:52	Michelle Tafili	Boston (UK)	12-Apr-26

PARKRUN

Parkrun	18m 22	Hayley Cargill	Brooklands	22-Oct-22

Updated **03-Nov-26**