WAC MASTERS W60 RECORDS

W60

OUTDOORS

EVENT	Performance		Name	Venue	Date	
100m						
200m	30.14secs		Virginia Mitchell	Woking	31-May-26	
400m	64.87secs		Virginia Mitchell	Daegu, KOR	02-Sep-26	
800m	2m 27.21		Virginia Mitchell	Ribeira Brava, POR	18-Oct-25	BRITISH RECORD
1500m						
Mile						
3000m						
5000m						
10000m						
100HW						
300HW						
2000SCW						
High Jump						
Long Jump	2.55m		Debbie Singleton	Walton	19-May-19	
Triple Jump						
Pole Vault	1.15m		Debbie Singleton	Walton	19-May-19	
Shot	7.37m	3kg	Debbie Singleton	Walton	03-Nov-19	
	6.15m	*4kg*	*Debbie Singleton*	*Basingstoke*	*15-Jun-19*	
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	
	11.12m	*600g*	*Debbie Singleton*	*Basingstoke*	*15-Jun-19*	
	12.94m	*500g*	*Debbie Singleton*	*Walton*	*08-Dec-19*	
WT5.45kg	*10.09m*		*Debbie Singleton*	*Walton*	*08-Dec-19*	

INDOORS

EVENT	Performance		Name	Venue	Date	
60m		i				
200m		i				
400m	64.60secs	i	Virginia Mitchell	Torun, POL	29-Mar-26	
800m	2m 28.54	i	Virginia Mitchell	Gainesville FL, USA	24-Mar-25	BRITISH RECORD
1500m		i				
3000m		i				
5000m		i				
60HW		i				
High Jump		i				
Long Jump		i				
Triple Jump		i				
Pole Vault		i				
Shot		i				
Pentathlon		i				

ROAD

5K	
10K	
Half Marathon	
Marathon	

PARKRUN

Parkrun	21m 15	Virginia Mitchell	Brooklands	13-Dec-25

Updated **19-Oct-26**