W60

OUTDOORS

EVENT	Performar		Name	Venue	Date
100m	15.29secs	0.4	Jane Horder	Kingston	18-May-26
200m	30.87secs	-0.8	Jane Horder	Kingston	30-Aug-26
400m					
800m					
1500m					
Mile					
3000m					
5000m					
10000m					
80HW	13.62secs	1.7	Jane Horder	Woking	31-May-26
300HW	57.16secs		Jane Horder	Woking	31-May-26
2000SCW					
High Jump					
Long Jump					
Triple Jump					
Pole Vault					
Shot		3kg			
		4kg			
Discus		1kg			
Hammer		3kg			
		4kg			
Javelin		400g			
		600g			
		500g			
WT5.45kg					

INDOORS

EVENT	Performance		Name	Venue	Date
60m	9.39secs	i	Jane Horder	Torun, POL	30-Mar-26
200m	31.20secs	i	Jane Horder	Torun, POL	01-Apr-26
400m		i			
800m		i			
1500m		i			
3000m		i			
5000m		i			
60HW	10.25secs	i	Jane Horder	Torun, POL	28-Mar-26
High Jump		i			
Long Jump		i			
Triple Jump		i			
Pole Vault		i			
Shot		i			
Pentathlon		i			

ROAD

5K
10K
Half Marathon
Marathon

PARKRUN

Parkrun

Updated **19-Oct-26**