

# West Cheshire AC Veterans' Records

Have you beaten one of these records, or set a new one? If so, please send us details via "Webmaster" at:

<http://www.westcheshireac.co.uk/contact/>

For more detail, see:

<http://www.westcheshireac.co.uk/club-records/>

*Sorry, wind-assisted performances are not considered for record purposes*

VETERANS' FEMALE Age Group									
Event	F35	F40	F45	F50	F55	F60	F65	F70	F75
<b>Outdoor, Track</b>									
100m			16.30 Glenys Potter						
200m			33.10 Ellie Robinson	33.70 Su Baird					
400m		01:12.5 Ellie Robinson	01:10.9 Su Baird	01:14.2 Su Baird					
800m	02:36.56 Lisa Davies	02:35.02 Ellie Robinson	02:33.00 Ellie Robinson						
1500m	05:34.50 Heather McLintock	05:26.80 Ellie Robinson	05:25.00 Ellie Robinson	05:56.87 Joy Hickman					
1 Mile	06:13.60 Heather McLintock	06:12.80 Ellie Robinson	07:10.10 Jane Pickering	06:51.40 Su Baird					
3000m		11:57.50 Ellie Robinson	11:48.60 Ellie Robinson	12:10.70 Joy Hickman					
5000m		22:21.70 Claire Williams	23:02.50 Angela Tegg						
400m Hurdles			01:30.10 Su Baird	01:23.40 Su Baird					
<b>Outdoor, Field</b>									
High Jump			1.15 Ellie Robinson						
Discus 1kg			13.77 Debra Erskine	14.51 Jenny Manning					
Hammer 4kg			24.86 Debra Erskine	24.40 Debra Erskine					
<b>Outdoor, Walks</b>									
3000m Walk				19:29.40 Cath McGrath					
<b>Road</b>									
5km	19:56 Anest Müller	20:29 Louise Diggle	20:15 Ellie Robinson	23:25 Pamela Ackroyd	22:41 Pamela Ackroyd	22:47 Rosemary Rogers	24:01 Rosemary Rogers		
5 Miles	32:59 Anest Müller	34:44 Heather McLintock	33:46 Jan Moffett	38:38 Pamela Ackroyd	37:46 30/07/2005	37:51 Rosemary Rogers	38:30 Rosemary Rogers		
10km	40:48 Anest Müller	41:44 Louise Diggle	43:07 Ellie Robinson	50:26 Pamela Ackroyd	47:35 Frances Mudway	47:02 Rosemary Rogers	48:15 Rosemary Rogers	01:14:32 Mary Radford	
10 Miles	01:10:44 Janet Taylor	01:08:47 Louise Diggle	01:08:54 Louise Diggle		02:01:46 Mary Radford	01:20:15 Rosemary Rogers	01:23:03 Rosemary Rogers		
1/2 Marathon	01:32:24 Keely Smith	01:31:11 Louise Diggle	01:32:06 Jan Moffett	01:55:56 Mary Radford	02:01:46 Mary Radford	01:44:38 Rosemary Rogers	01:46:23 Rosemary Rogers		
Marathon	03:21:42 Nardia Alldis	03:14:12 Louise Diggle	03:55:47 Angla Tegg	04:32:22 Mary Radford		04:23:02 Kathleen Osbourne	04:07:53 Rosemary Rogers		
	<b>F35</b>	<b>F40</b>	<b>F45</b>	<b>F50</b>	<b>F55</b>	<b>F60</b>	<b>F65</b>	<b>F70</b>	<b>F75</b>
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