

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
Outdoor, Track									
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					
Outdoor, Field									
High Jump			1.15 Ellie Robinson						
Shot 4kg			5.22 Debra Erskine						
Discus 1kg			13.77 Debra Erskine	14.51 Jenny Manning					
Hammer 4kg			24.86 Debra Erskine	24.40 Debra Erskine					
Outdoor, Walks									
3000m Walk				19:29.40 Cath McGrath					
Road									
5km	19:56 Anest Müller	20:29 Louise Diggie	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 Frances Mudway	37:51 Rosemary Rogers	38:30 Rosemary Rogers		
10km	40:48 Anest Müller	41:44 Louise Diggie	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 Diggie	01:08:54 Louise Diggie	01:28:35 Sarah Hibbert	02:01:46 Mary Radford	01:20:15 Rosemary Rogers	01:23:03 Rosemary Rogers		
1/2 Marathon	01:29:47 Keely Smith	01:31:11 Louise Diggie	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 Diggie	03:55:47 Angla Tegg	04:32:22 Mary Radford		04:23:02 Kathleen Osbourne	04:07:53 Rosemary Rogers		
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