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		14.40 Claire Forshaw 23/06/19	16.00 Mieka Vanneste 22/04/07						
200m	30.20 Lisa Davies 17/06/06	31.00 Claire Forshaw 23/06/19	33.10 Ellie Robinson 04/08/18	33.70 Su Baird 05/05/18					
400m		01:12.50 Ellie Robinson 06/06/15	01:10.90 Su Baird 05/05/13	01:14.20 Su Baird 03/05/18					
800m	02:33.20 Julie Wilkins/ Bancroft 18/06/06	02:35.02 Ellie Robinson 07/05/16	02:33.00 Ellie Robinson 05/06/18						
1500m	05:34.50 Heather McLintock 08/08/14	04:45.30 Liz Renondeau 21/07/19	05:25.00 Ellie Robinson 05/05/18	05:56.87 Joy Hickman 08/07/18					
1 Mile	06:13.60 Heather McLintock 05/05/14	06:12.80 Ellie Robinson 05/05/14	07:10.10 Jane Pickering 05/05/14	06:51.40 Su Baird 05/05/14					
3000m	11:46.30 Keely Smith 28/03/19	10:23.00 Carol Parsons 21/07/19	11:48.60 Ellie Robinson 02/07/17	12:10.70 Joy Hickman 03/06/18					
5000m		22:21.70 Claire Williams 08/08/18	23:02.50 Angela Tegg 13/05/18						
400m Hurdles	01:18.20 Heather McLintock (née Lowry) 03/06/13		01:30.10 Su Baird 09/06/13	01:23.40 Su Baird 03/05/18					
3x800m		08:24.10 Jane Pickering, Ellie Robinson, Lisa Davies 21/07/12							
Outdoor, Field									
High Jump			1.15 Ellie Robinson 02/09/18						
Long Jump	2.86 Julie Wilkins/ Bancroft 25/05/06	3.28 Debra Erskine 20/04/08					1.45 Cath McGrath 23/06/19		
Shot 3kg							5.34 Cath McGrath 17/07/19		
Shot 4kg	5.43 Julie Wilkins/ Bancroft 16/06/06	5.82 Claire Forshaw 10/04/19	5.75 Debra Erskine 13/07/08						
Discus 1kg			16.73 Sharon Stoll 08/05/20	14.51 Jenny Manning 02/05/99			13.07 Cath McGrath 23/06/19		
Hammer 4kg			24.86 Debra Erskine 05/05/12	24.40 Debra Erskine 13/05/17	21.57 Debra Erskine 21/07/19				
Javelin 500g							10.07 Cath McGrath 23/06/19		
Javelin 600g	16.80 Julie Wilkins/ Bancroft 28/05/06	13.78 Debra Erskine 20/04/08							
Outdoor, Walks (Track)									
1000m Walk				06:24.00 Cath McGrath 08/07/06					
2000m Walk				13:19.00 Cath McGrath 13/06/07	13:25.00 Cath McGrath 10/05/09				
3000m Walk				19:29.40 Cath McGrath 10/09/06	19:11.00 Cath McGrath 02/09/09				
Road									
5km	19:56 Anest Müller 21/05/16	20:29 Louise Diggle 07/07/99	20:15 Ellie Robinson 19/05/17	23:25 Pamela Ackroyd 25/03/16	22:41 Pamela Ackroyd 19/03/17	22:47 Rosemary Rogers 19/06/14	24:01 Rosemary Rogers 13/06/15		
5 Miles	32:59 Anest Müller 06/11/16	34:44 Heather McLintock 05/11/16	33:46 Jan Moffett 06/02/00	38:38 Pamela Ackroyd 06/11/16	37:46 Frances Mudway 30/07/05	37:51 Rosemary Rogers 20/10/14	38:30 Rosemary Rogers 05/04/15		
10km	40:48 Anest Müller 11/09/16	41:44 Louise Diggle 25/04/99	43:07 Ellie Robinson 15/04/18	50:23 Cathryn Whalley 28/07/19	47:35 Frances Mudway 23/09/05	47:02 Rosemary Rogers 30/03/14	48:15 Rosemary Rogers 01/03/15	01:13:04 Mary Radford 08/03/20	
10 Miles	01:10:44 Janet Taylor 01/11/98	01:08:47 Louise Diggle 11/04/99	01:08:54 Louise Diggle 11/11/01	01:25:16 Cathryn Whalley 29/09/19	01:21:53 Frances Mudway 18/11/07	01:20:15 Rosemary Rogers 26/04/14	01:23:03 Rosemary Rogers 25/04/15		
1/2 Marathon	01:29:47 Keely Smith 17/02/19	01:31:11 Louise Diggle 19/09/99	01:32:06 Jan Moffett 20/01/02	01:49:16 Cathryn Whalley 08/09/19	02:00:47 Isabel Robertson 15/03/20	01:44:38 Rosemary Rogers 19/01/14	01:46:23 Rosemary Rogers 17/05/15		
Marathon	03:20:28 Keely Smith 31/03/19	03:14:12 Louise Diggle 26/04/98	03:55:47 Angela Tegg 22/04/18	04:32:22 Mary Radford 26/04/98		04:23:02 Kathleen Osbourne 09/10/11	04:07:53 Rosemary Rogers 04/10/15		
5km Walk				00:33:07 Cath McGrath 01/02/09	00:34:35 Cath McGrath 01/02/09				
	F35	F40	F45	F50	F55	F60	F65	F70	F75

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