

West Cheshire AC Veterans' Records

16/36 20/09/2020

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/>

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

For more detail, see:

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

Event	VETERANS' FEMALE Age Group									
	NC' M35	F35	F40	F45	F50	F55	F60	F65	F70	F75
Outdoor, Track										
100m	11.73 Andrew Parker		14.40 Claire Forshaw 23/06/19	16.00 Mika Vanneste 22/04/07						
200m	23.93 Andrew Parker	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	52.73 Andrew Parker		01:12.50 Ellie Robinson 06/06/15	01:10.90 Su Baird 05/05/18	01:14.20 Su Baird 03/05/18					
800m	01:56.60 Ian Wetherall	02:33.20 Julie Wilkins Bancroft 18/09/06	02:35.02 Ellie Robinson 07/08/16	02:33.00 Ellie Robinson 05/05/18						
1500m	04:03.80 Ian Wetherall	05:34.50 Heather McLintock 03/09/14	04:45.30 Liz Ramondeau 21/07/19	05:25.00 Ellie Robinson 03/09/19	05:56.87 Joy Hickman 03/07/16					
1 Mile		06:13.60 Heather McLintock 04/09/14	06:12.80 Ellie Robinson 04/09/14	07:10.10 Jane Pickering 04/09/14	06:51.40 Su Baird 04/09/14					
3000m	10:01.84 Mark Davies	11:46.30 Keely Smith 28/03/19	10:23.00 Carol Parsons 21/07/19	11:48.60 Ellie Robinson 03/07/17	12:10.70 Joy Hickman 03/09/19					
5000m	15:45.10 Steve Cove		22:21.70 Claire Williams 08/05/19	23:02.50 Angela Trigg 19/05/19						
400m Hurdles		01:18.20 Heather McLintock (nee Leary) 02/09/13		01:30.10 Su Baird 08/06/13	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	1.55 Dave McKay			1.15 Ellie Robinson 02/09/19						
Long Jump	5.03 Dave McKay	2.66 Julie Wilkins Bancroft 28/03/06	3.26 Debra Erskine 28/04/08					1.45 Cath McGrath 23/08/19		
Shot 3kg								5.34 Cath McGrath 17/07/19		
Shot 4kg		5.43 Julie Wilkins Bancroft 18/09/06	5.82 Claire Forshaw 08/04/19	5.75 Debra Erskine 13/07/08						
Discus 1kg				16.73 Sharon Goff 08/09/20	14.51 Janey Manning 02/05/98			13.07 Cath McGrath 23/08/19		
Hammer 4kg				24.66 Debra Erskine 05/05/12	24.40 Debra Erskine 13/05/17	21.57 Debra Erskine 21/07/19				
Javelin 500g								19.07 Cath McGrath 23/08/19		
Javelin 600g		16.80 Julie Wilkins Bancroft 28/03/06	13.70 Debra Erskine 26/04/08							
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 10/05/08				
3000m Walk					19:29.40 Cath McGrath 08/09/06	19:11.00 Cath McGrath 02/08/08				
Road										
5km	15:28 Paul Spencer	19:56 Anast Muller 21/09/19	20:29 Louise Diggle 07/07/09	20:15 Ellie Robinson 18/09/17	23:25 Pamela Ackroyd 23/09/19	22:41 Pamela Ackroyd 18/09/17	22:47 Rosemary Rogers 18/09/19	24:01 Rosemary Rogers 13/09/19		
5 Miles	26:02 Andy Starkey	32:59 Anast Muller 08/11/19	34:44 Heather McLintock 08/11/19	33:46 Jan Moffat 04/02/00	38:38 Pamela Ackroyd 08/11/19	37:46 Frances Mulvey 20/07/05	37:51 Rosemary Rogers 28/10/14	38:30 Rosemary Rogers 03/04/15		
10km	32:43 Andy Starkey	40:48 Anast Muller 11/05/19	41:44 Louise Diggle 28/04/09	43:07 Ellie Robinson 18/04/19	50:23 Cathryn Whalley 28/07/19	47:35 Frances Mulvey 28/05/05	47:02 Rosemary Rogers 30/03/14	48:15 Rosemary Rogers 01/03/15	01:13:04 Mary Radford 08/03/20	
10 Miles	54:30 Andy Starkey	01:10:44 Anast Taylor 01/11/08	01:08:47 Louise Diggle 11/04/09	01:08:54 Louise Diggle 11/11/01	01:25:16 Cathryn Whalley 29/09/19	01:21:53 Frances Mulvey 18/11/07	01:20:15 Rosemary Rogers 26/04/14	01:23:03 Rosemary Rogers 25/04/15		
1/2 Marathon	01:12:13 Kerry Sogley	01:26:47 Keely Smith 20/09/20	01:31:11 Louise Diggle 18/09/06	01:32:06 Jan Moffat 20/01/02	01:49:16 Cathryn Whalley 08/09/19	02:00:47 Isabel Robertson 15/03/20	01:44:38 Rosemary Rogers 18/01/14	01:46:23 Rosemary Rogers 17/05/15		
Marathon	02:38:21 Jan Park	03:20:28 Keely Smith 31/03/18	03:14:12 Louise Diggle 26/04/08	03:55:47 Angela Trigg 22/04/18	04:32:22 Mary Radford 26/04/20		04:23:02 Kathleen Osbourne 09/10/11	04:07:53 Rosemary Rogers 04/10/15		
5km Walk					00:33.07 Cath McGrath 01/02/01	00:34.35 Cath McGrath 01/02/01				
	M35	F35	F40	F45	F50	F55	F60	F65	F70	F75
VETERANS' FEMALE Age Group										