

West Cheshire AC Veterans' Records

19/38 06/12/2020

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

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 Mika Yonessa 23/04/07								
200m	30.20 Lisa Davies 17/06/06	31.00 Claire Forshaw 23/06/19	33.10 Ellie Robinson 04/09/18	33.70 Su Baird 05/05/18							
400m		01:12.50 Ellie Robinson 05/06/18	01:10.90 Su Baird 05/06/18	01:14.20 Su Baird 03/06/18							
800m	02:33.20 Julie Wilkins/ Barcroft 18/06/06	02:35.02 Ellie Robinson 07/08/18	02:33.00 Ellie Robinson 05/06/18								
1500m	05:34.50 Heather McLintock 08/09/14	04:45.30 Liz Ramondeau 21/07/19	05:25.00 Ellie Robinson 05/06/18	05:50.87 Joy Hickman 08/07/16							
1 Mile	06:13.60 Heather McLintock 08/09/14	06:12.80 Ellie Robinson 08/09/14	07:10.10 Jane Pickering 08/09/14	06:51.40 Su Baird 08/09/14							
3000m	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 03/06/19							
5000m		22:21.70 Claire Williams 08/09/18	23:02.50 Angela Tegg 10/05/18								
400m Hurdles	01:18.20 Heather McLintock (aka Lowry) 08/09/14		01:30.10 Su Baird 08/09/14	01:23.40 Su Baird 08/09/18							
3x800m		08:24.10 Jane Pickering, Ellie Robinson, Lisa Davies 21/07/12									
Outdoor, Field											
High Jump			1.15 Ellie Robinson 03/09/19								
Long Jump	2.86 Julie Wilkins/ Barcroft 28/03/06	3.28 Debra Erskine 28/04/08					1.45 Cath McGrath 23/09/19				
Shot 3kg							5.34 Cath McGrath 17/07/19				
Shot 4kg	5.43 Julie Wilkins/ Barcroft 18/06/06	5.82 Claire Forshaw 10/04/19	5.75 Debra Erskine 13/07/08								
Discus 1kg			16.73 Sharon Galt 08/09/20	14.51 Jenny Manning 02/05/09			13.07 Cath McGrath 20/06/19				
Hammer 4kg			24.86 Debra Erskine 08/05/12	24.40 Debra Erskine 13/05/17	21.57 Debra Erskine 21/07/18						
Javelin 500g							10.07 Cath McGrath 23/06/18				
Javelin 600g	16.00 Julie Wilkins/ Barcroft 28/03/06	13.78 Debra Erskine 28/04/08									
Outdoor, Walks (Track)											
1000m Walk				06:24.00 Cath McGrath 08/07/08							
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 02/08/09						
Road											
5km	19:56 Aneel Miller 21/02/19	20:29 Louise Diggle 07/07/09	20:15 Ellie Robinson 19/09/17	23:25 Pamela Askroyd 23/09/19	22:41 Pamela Askroyd 19/09/17	22:47 Rosemary Rogers 19/09/19	24:01 Rosemary Rogers 19/09/19				
5 Miles	32:59 Aneel Miller 08/11/16	34:44 Heather McLintock 08/11/16	33:46 Jan Moffatt 08/02/00	38:38 Pamela Askroyd 08/11/16	37:46 Frances Mulvey 20/07/05	37:51 Rosemary Rogers 29/10/14	38:30 Rosemary Rogers 05/04/15				
10km	40:48 Aneel Miller 11/09/16	41:44 Louise Diggle 28/04/09	43:07 Ellie Robinson 10/04/18	50:23 Cathryn Whalley 28/07/19	47:35 Frances Mulvey 20/09/05	47:02 Rosemary Rogers 20/03/14	48:15 Rosemary Rogers 01/03/15	01:13:04 Mary Radford 08/03/20			
10 Miles	01:10:44 Janet Taylor 01/11/08	01:08:47 Louise Diggle 11/04/09	01:08:54 Louise Diggle 11/11/01	01:25:16 Cathryn Whalley 28/09/19	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	01:26:47 Keely Smith 20/09/20	01:31:11 Louise Diggle 18/09/09	01:32:06 Jan Moffatt 20/01/02	01:49:16 Cathryn Whalley 08/09/19	02:00:47 Isabel Robertson 18/03/20	01:44:38 Rosemary Rogers 18/01/14	01:46:23 Rosemary Rogers 17/05/15				
Marathon	03:01:24 Keely Smith 08/12/20	03:14:12 Louise Diggle 28/04/08	03:55:47 Angie Tegg 22/04/18	04:32:22 Mary Radford 28/04/20		04:23:02 Kathleen Osborne 08/10/11	04:07:53 Rosemary Rogers 04/10/15				
5km Walk				00:33:07 Cath McGrath 01/02/20	00:34:35 Cath McGrath 01/02/20						
	F35	F40	F45	F50	F55	F60	F65	F70	F75		
VETERANS' FEMALE Age Group											