

# West Cheshire AC Veterans' Records

12/59 27/09/2021

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	
<b>Outdoor, Track</b>										
100m		14.40 Claire Forshaw 23/06/19	16.00 Mikea Yonessa 22/04/07							
200m	30.20 Lisa Davies 17/06/06	31.00 Claire Forshaw 23/06/19	33.10 Ellie Robinson 14/09/18	33.70 Su Baird 05/05/18						
400m	01:11.80 Heather McLintock (née Lowry) 03/06/11	01:12.50 Ellie Robinson 06/06/11	01:10.90 Su Baird 05/05/11	01:14.20 Su Baird 03/05/18						
800m	02:33.20 Julia Wilkins/ Bancroft 18/06/06	02:30.10 Liz Remondeau 04/07/21	02:33.00 Ellie Robinson 05/05/11							
1500m	05:34.26 Anast Müller 03/09/16	04:45.30 Liz Remondeau 21/07/19	05:25.00 Ellie Robinson 03/09/16	05:54.68 Joy Hickman 10/09/19						
1 Mile	06:13.60 Heather McLintock 06/03/14	06:12.80 Ellie Robinson 06/03/14	07:10.10 Jane Pickering 06/03/14	06:51.40 Su Baird 06/03/14						
3000m	11:32.80 Joanne Lacking 03/07/16	09:52.60 Liz Remondeau 01/09/21	11:48.60 Ellie Robinson 03/07/17	12:10.70 Joy Hickman 03/06/19						
5000m		17:33.44 Carol Parsons 21/03/21	23:02.50 Angela Togg 10/05/18							
400m Hurdles	01:18.20 Heather McLintock (née Lowry) 02/08/13		01:30.10 Su Baird 08/06/13	01:23.40 Su Baird 02/05/18						
4x100m	59.30 No times or results 04/07/09									
3x800m		08:24.10 Jane Pickering, Ellie Robinson, Lisa Davies 21/07/12								
<b>Outdoor, Field</b>										
High Jump			1.15 Ellie Robinson 03/03/19							
Long Jump	2.86 Julia Wilkins/ Bancroft 20/03/08	3.28 Debra Erskine 20/04/08					1.45 Cath McGrath 23/05/19			
Shot 3kg							5.34 Cath McGrath 17/07/19			
Shot 4kg	5.43 Julia Wilkins/ Bancroft 18/06/06	5.99 Helen Tooley 12/05/18	5.75 Debra Erskine 13/07/08							
Discus 1kg		17.11 Helen Tooley 15/07/18	16.73 Sharon Stott 08/08/20	15.48 Sharon Stott 08/05/21			13.07 Cath McGrath 22/06/18			
Hammer 4kg			24.86 Debra Erskine 05/05/12	24.40 Debra Erskine 13/05/17	23.20 Debra Erskine 19/05/16					
Javelin 500g							10.07 Cath McGrath 22/06/18			
Javelin 600g	15.80 Julia Wilkins/ Bancroft 28/06/05	13.78 Debra Erskine 28/04/05								
<b>Indoor</b>										
<b>Outdoor, Walks (Track)</b>										
1000m Walk				06:24.00 Cath McGrath 08/07/20						
2000m Walk				13:19.00 Cath McGrath 13/06/07	13:25.00 Cath McGrath 10/05/20					
3000m Walk				19:29.40 Cath McGrath 10/05/20	19:11.00 Cath McGrath 03/20/20					
<b>Road</b>										
5km	18:21 Keely Smith 18/08/21	20:29 Louise Diggle 07/07/09	20:15 Ellie Robinson 19/05/17	23:25 Pamela Ackroyd 26/08/16	22:41 Pamela Ackroyd 19/03/17	22:47 Rosemary Rogers 19/08/14	23:48 Rosemary Rogers 26/07/17			
5 Miles	32:59 Anast Müller 06/11/16	34:44 Heather McLintock 06/11/16	33:46 Jan Moffatt 06/02/06	38:38 Pamela Ackroyd 06/11/16	37:46 Frances Mudway 30/07/05	37:51 Rosemary Rogers 30/10/14	38:30 Rosemary Rogers 05/04/15			
10km	38:53 Keely Smith 26/07/21	41:44 Louise Diggle 25/04/09	43:07 Ellie Robinson 15/04/18	50:23 Cathryn Whalley 26/07/19	47:35 Frances Mudway 25/09/02	47:02 Rosemary Rogers 30/03/14	48:15 Rosemary Rogers 01/03/15	00:59:39 Rosemary Rogers 26/09/21		
10 Miles	01:05:21 Keely Smith 08/09/21	01:08:47 Louise Diggle 11/01/20	01:08:54 Louise Diggle 11/11/01	01:25:16 Cathryn Whalley 23/09/19	01:21:53 Frances Mudway 18/11/07	01:20:15 Rosemary Rogers 28/04/14	01:23:03 Rosemary Rogers 25/04/15			
1/2 Marathon	01:24:38 Keely Smith 01/09/21	01:31:11 Louise Diggle 18/09/20	01:32:06 Jan Moffatt 20/01/02	01:49:16 Cathryn Whalley 01/09/19	02:00:47 Isabel Robertson 15/09/20	01:44:38 Rosemary Rogers 18/01/14	01:46:23 Rosemary Rogers 17/05/15			
Marathon	02:58:10 Keely Smith 23/09/21	03:14:12 Louise Diggle 28/09/20	03:55:47 Angie Togg 23/09/18	04:07:37 Sarah Hibbert 23/09/21		04:23:02 Kathleen Osborne 09/10/13	04:07:53 Rosemary Rogers 04/10/15			
5km Walk				00:33:07 Cath McGrath 02/12/08	00:34:35 Cath McGrath 01/02/08					
	F35	F40	F45	F50	F55	F60	F65	F70	F75	
<b>VETERANS' FEMALE Age Group</b>										