

# West Cheshire AC Veterans' Records

15:41 11/11/2021

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	Overall	F35		F40		F45		F50		F55		F60		F65	
Outdoor, Track	Track														
100m	14.40 Claire Forshaw 23/06/19			14.40 Claire Forshaw 23/06/19		16.00 Miake Vanneste 22/04/07									
200m	30.20 Lisa Davies 17/06/06	30.20 Lisa Davies 17/06/06		31.00 Claire Forshaw 23/06/19		33.10 Elle Robinson 04/06/18		33.70 Su Baird 05/05/18							
400m	01:10.90 Su Baird 05/05/13	01:11.80 Heather McLintock (nee Lowry) 02/08/13		01:12.50 Elle Robinson 06/06/15		01:10.90 Su Baird 05/05/13		01:14.20 Su Baird 03/05/18							
800m	02:30.10 Liz Renondeau 04/07/21	02:33.20 Julie Wilkins- Bancroft 18/06/06		02:30.10 Liz Renondeau 04/07/21		02:33.00 Elle Robinson 05/05/18									
1500m	04:45.30 Liz Renondeau 21/07/19	05:34.26 Anast Müller 02/09/18		04:45.30 Liz Renondeau 21/07/19		05:25.00 Elle Robinson 05/05/18		05:54.68 Joy Hickman 10/06/19							
1 Mile	06:12.80 Elle Robinson 06/05/14	06:13.60 Heather McLintock 06/05/14		06:12.80 Elle Robinson 06/05/14		07:10.10 Jane Pickering 06/05/14		06:51.40 Su Baird 06/05/14							
3000m	09:52.60 Liz Renondeau 01/08/21	11:32.80 Joanne Lacking 03/07/16		09:52.60 Liz Renondeau 01/08/21		11:48.60 Elle Robinson 02/07/17		12:10.70 Joy Hickman 03/06/18							
5000m	17:33.44 Carol Parsons 21/06/21			17:33.44 Carol Parsons 21/06/21		23:02.50 Angela Tegg 13/06/18									
400m Hurdles	01:18.20 Heather McLintock (nee Lowry) 03/08/13	01:18.20 Heather McLintock (nee Lowry) 03/08/13				01:30.10 Su Baird 09/06/13		01:23.40 Su Baird 03/05/18							
4x100m	59.30 No names in results 04/07/09	59.30 No names in results 04/07/09													
3x800m	08:24.10 Jane Pickering, Elle Robinson, Lisa Davies 21/07/12			08:24.10 Jane Pickering, Elle Robinson, Lisa Davies 21/07/12											
Outdoor, Field	Field														
High Jump	1.15 Elle Robinson 02/09/18					1.15 Elle Robinson 02/09/18									
Long Jump	3.28 Debra Erskine 20/04/06	2.86 Julie Wilkins- Bancroft 28/09/05		3.28 Debra Erskine 20/04/06								1.45 Cath McGrath 23/06/19			
Shot 3kg	5.34 Cath McGrath 17/07/19											5.34 Cath McGrath 17/07/19			
Shot 4kg	5.99 Helen Tooley 12/05/18	5.43 Julie 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			17.11 Helen Tooley 15/07/18		16.73 Sharon Stoll 08/06/20		15.48 Sharon Stoll 09/05/21				13.07 Cath McGrath 23/06/19			
Hammer 4kg	24.66 Debra Erskine 05/06/12					24.66 Debra Erskine 05/06/12		24.40 Debra Erskine 13/09/17		23.20 Debra Erskine 19/09/19					
Javelin 500g	10.07 Cath McGrath 23/06/19											10.07 Cath McGrath 23/06/19			
Javelin 600g	16.80 Julie Wilkins- Bancroft 28/05/06	16.80 Julie Wilkins- Bancroft 28/05/06		13.78 Debra Erskine 20/04/08											
Indoor	Indoor														
Outdoor, Walks (Track)	Walks (Track)														
1000m Walk	06:24.00 Cath McGrath 08/07/06							06:24.00 Cath McGrath 08/07/06							
2000m Walk	13:19.00 Cath McGrath 13/06/07							13:19.00 Cath McGrath 13/06/07		13:25.00 Cath McGrath 10/05/08					
3000m Walk	19:11.00 Cath McGrath 02/08/09							19:29.40 Cath McGrath 10/09/06		19:11.00 Cath McGrath 02/08/09					
5km Walk	33:07 Cath McGrath 02/12/06							00:33:07 Cath McGrath 02/12/06		00:34:35 Cath McGrath 01/02/09					
		F35		F40		F45		F50		F55		F60		F65	
VETERANS' FEMALE Age Group															