

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/>

<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	F70	F75
Outdoor, Track											
100m	14.40 Claire Forshaw 23/06/18			14.40 Claire Forshaw 23/06/18	16.00 Maika Yarneshe 22/04/07						
200m	30.20 Lisa Davies 17/06/08		30.20 Lisa Davies 17/06/08	31.00 Claire Forshaw 23/06/18	33.10 Ellie Robinson 04/06/16	33.70 Su Beard 03/05/16					
400m	01:10.90 Su Beard 05/05/13	01:11.80 Heather McIntosh (nee Lowry) 03/08/13		01:12.50 Ellie Robinson 06/06/15	01:10.90 Su Beard 05/05/13	01:14.20 Su Beard 03/05/16					
800m	02:30.10 Liz Renoudeau 04/07/21	02:33.20 Julie Wilkins Bancroft 18/06/06		02:30.10 Liz Renoudeau 04/07/21	02:33.00 Ellie Robinson 05/05/16						
1500m	04:45.30 Liz Renoudeau 21/07/18	05:34.26 Anast Müller 05/06/16		04:45.30 Liz Renoudeau 21/07/18	05:25.00 Ellie Robinson 05/05/16	05:54.68 Joy Hickman 10/08/19					
1 Mile	06:12.60 Ellie Robinson 06/05/14	06:13.60 Heather McIntosh 06/05/14		06:12.60 Ellie Robinson 06/05/14	07:10.10 Jane Pickering 06/05/14	06:51.40 Su Beard 06/05/14					
3000m	09:52.60 Liz Renoudeau 01/06/21	11:32.60 Joanne Lacking 02/07/16		09:52.60 Liz Renoudeau 01/06/21	11:48.60 Ellie Robinson 02/07/17	12:10.70 Joy Hickman 03/06/18					
5000m	17:33.44 Carol Parsons 21/08/21			17:33.44 Carol Parsons 21/08/21	23:02.50 Angela Fagg 13/05/18						
400m Hurdles	01:18.20 Heather McIntosh (nee Lowry) 03/08/13	01:18.20 Heather McIntosh (nee Lowry) 03/08/13			01:30.10 Su Beard 09/06/13	01:23.40 Su Beard 03/05/16					
4x100m	59.30 No names in results 04/07/09	59.30 No names in results 04/07/09									
3x800m	06:24.10 Jane Pickering, Ellie Robinson, Lisa Davies 21/07/12		06:24.10 Jane Pickering, Ellie Robinson, Lisa Davies 21/07/12								
Outdoor, Field											
High Jump	1.15 Ellie Robinson 02/08/18				1.15 Ellie Robinson 02/08/18						
Long Jump	3.28 Debra Erskine 20/04/08	2.66 Julie Wilkins Bancroft 28/09/06		3.28 Debra Erskine 20/04/08					1.45 Cath McGrath 23/06/18		
Shot 3kg	5.34 Cath McGrath 17/07/19								5.34 Cath McGrath 17/07/19		
Shot 4kg	10.10 Nicola Gore 28/03/22	10.10 Nicola Gore 28/03/22		5.99 Helen Tooley 12/05/16	6.19 Helen Tooley 30/09/18						
Discus 1kg	17.72 Helen Tooley 24/05/16			17.72 Helen Tooley 24/05/16	16.73 Sharon Stoll 08/09/20	15.46 Sharon Stoll 09/05/21			13.07 Cath McGrath 23/06/18		
Hammer 4kg	24.96 Debra Erskine 06/05/12			19.66 Helen Tooley 12/05/16	24.86 Debra Erskine 06/05/12	24.40 Debra Erskine 13/05/17	23.20 Debra Erskine 18/05/19				
Javelin 500g	10.07 Cath McGrath 23/06/18								10.07 Cath McGrath 23/06/18		
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	13.35 Helen Tooley 30/09/18						
Outdoor, 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 10/05/09				
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				
			F35	F40	F45	F50	F55	F60	F65	F70	F75
VETERANS' FEMALE Age Group											