

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/>

For more detail, see:

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

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 17/06/06 23:06:19		14.40 Claire Forshaw 23/06/19	16.00 Maika Yammete 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	33.70 Elle Robinson 04/08/16	33.70 Su Baird 05/05/16						
400m	01:10.90 Su Baird 03/06/13	01:11.80 Heather McIntock (nee Lowry) 03/06/13	01:12.50 Elle Robinson 04/08/16	01:10.90 Su Baird 05/05/16	01:14.20 Su Baird 03/06/16						
800m	02:30.10 Liz Remondou 04/07/21	02:33.20 Julie Williams Barnock 18/06/06	02:30.10 Liz Remondou 04/07/21	02:33.00 Elle Robinson 04/08/16	02:43.10 Elle Robinson 30/04/22						
1500m	04:45.30 Liz Remondou 21/07/19	05:34.26 Anast Muller 06/06/16	04:45.30 Liz Remondou 21/07/19	05:25.00 Elle Robinson 04/08/16	05:37.70 Elle Robinson 30/04/22						
1 Mile	06:12.80 Elle Robinson 06/05/14	06:13.60 Heather McIntock 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 Remondou 01/08/21	11:32.80 Joanne Locking 03/07/16	09:52.60 Liz Remondou 01/08/21	11:48.60 Elle Robinson 02/07/17	12:10.70 Joy Hickman 03/06/18	13:12.80 Joy Hickman 30/04/22					
5000m	17:33.44 Carol Parsons 21/08/21		17:33.44 Carol Parsons 21/08/21	23:02.50 Angela Togg 13/05/18							
400m Hurdles	01:18.20 Heather McIntock (nee Lowry) 03/06/13	01:18.20 Heather McIntock (nee Lowry) 03/06/13		01:30.10 Su Baird 09/05/13	01:23.40 Su Baird 03/05/16						
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 21/07/13		08:24.10 Jane Pickering, Elle Robinson, Lisa Davies 21/07/13								
Outdoor, 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 Williams Barnock 20/03/06	3.20 Debra Erskine 20/04/06					1.45 Cath McGrath 25/05/19			
Shot 3kg	5.34 Cath McGrath 17/07/19							5.34 Cath McGrath 17/07/19			
Shot 4kg	10.32 Nicola Gore 14/03/22	10.32 Nicola Gore 14/03/22	5.99 Helen Toolley 12/05/18	6.19 Helen Toolley 30/06/16							
Discus 1kg	32.21 Nicola Gore 30/04/22	32.21 Nicola Gore 30/04/22	17.72 Helen Toolley 24/05/18	16.73 Sharon Staff 06/06/20	17.13 Sharon Staff 21/04/22			13.07 Cath McGrath 23/06/19			
Hammer 3kg	21.83 Sharon Staff 20/04/22				21.83 Sharon Staff 21/04/22						
Hammer 4kg	24.86 Debra Erskine 05/05/12		19.66 Helen Toolley 12/05/18	24.86 Debra Erskine 05/05/12	24.40 Debra Erskine 13/05/17	23.20 Debra Erskine 19/05/18					
Javelin 500g	10.07 Cath McGrath 23/06/19							10.07 Cath McGrath 23/06/19			
Javelin 600g	16.80 Julie Williams Barnock 20/06/06	16.80 Julie Williams Barnock 20/06/06	13.78 Debra Erskine 20/04/06	13.55 Helen Toolley 30/06/16							
Outdoor, Walks (Track)											
1000m Walk	06:24.00 Cath McGrath 06/07/06				06:24.00 Cath McGrath 06/07/06						
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 02/06/09				19:28.40 Cath McGrath 10/09/06	19:11.00 Cath McGrath 02/06/09					
		F35	F40	F45	F50	F55	F60	F65	F70	F75	
VETERANS' FEMALE Age Group											