

# 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/>

Sorry, wind-assisted performances are not considered for record purposes

For more detail, see:

Event		Overall Vets	VETERANS' FEMALE Age Group								
			F35	F40	F45	F50	F55	F60	F65	F70	F75
<b>Outdoor, Track</b>											
100m	14.40 Claire Forsshaw	23/06/18		14.40 Claire Forsshaw	23/06/18	16.00 Mika Yarnes	22/04/07				
200m	30.20 Lisa Davies	17/06/06	30.20 Lisa Davies	31.00 Claire Forsshaw	23/06/18	33.10 Elle Robinson	04/08/18	33.70 Su Band	05/05/18		
400m	01:10.90 Su Band	05/05/13	01:11.80 Heather McLintock (nee Loney)	03/08/13	01:12.50 Elle Robinson	06/06/15	01:10.90 Su Band	03/05/13	01:14.20 Su Band		
800m	02:30.10 Liz Remondou	04/07/21	02:33.20 Julie Wilkins/ Bancroft	16/06/06	02:30.10 Liz Remondou	04/07/21	02:33.00 Elle Robinson	05/05/18	02:41.50 Elle Robinson		
1500m	04:45.30 Liz Remondou	21/07/19	05:34.26 Anast Müller	09/06/16	04:45.30 Liz Remondou	21/07/19	05:25.00 Elle Robinson	05/05/18	05:37.70 Elle Robinson	06:19.20 Joy Hickman	19/04/23
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 Band		
3000m	09:52.60 Liz Remondou	01/04/21	11:32.90 Joanne Lacking	03/07/16	09:52.60 Liz Remondou	01/04/21	11:46.60 Elle Robinson	02/07/17	12:10.70 Joy Hickman	12:52.40 Joy Hickman	12/04/22
5000m	17:33.44 Carol Parsons	21/03/21			17:33.44 Carol Parsons	21/03/21	23:02.50 Angela Todd	13/05/16			
3000mSC	17:07.42 Debra Bernard	19/08/23						17:07.42 Debra Bernard	19/08/23		
400m Hurdles	01:16.20 Heather McLintock (nee Loney)	03/08/13	01:16.20 Heather McLintock (nee Loney)	03/08/13		01:30.10 Su Band	09/06/13	01:23.40 Su Band	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						
<b>Outdoor, Field</b>											
High Jump	1.15 Elle Robinson	02/09/18	1.10 Nicola Gore	06/08/22		1.15 Elle Robinson	02/09/18				
Long Jump	3.28 Debra Erskine	20/04/08	2.88 Nicola Gore	06/08/22	3.28 Debra Erskine	20/04/08			1.45 Cath McGrath	23/04/19	
Shot 3kg	5.87 Sharon Stoll	24/09/23						5.87 Sharon Stoll	24/09/23	5.34 Cath McGrath	4.35 Cath McGrath
Shot 4kg	10.32 Nicola Gore	15/05/22	10.32 Nicola Gore	15/05/22	5.99 Helen Tooley	12/05/15	5.18 Sharon Stoll	02/07/23	4.60 Debra Erskine	02/07/23	
Discus 1kg	34.08 Nicola Gore	12/08/22	34.08 Nicola Gore	12/08/22	17.72 Helen Tooley	24/03/16	16.73 Sharon Stoll	08/03/20	17.13 Sharon Stoll	11.66 Debra Erskine	13.07 Cath McGrath
Hammer 3kg	24.80 Sharon Stoll	27/06/23						24.80 Sharon Stoll	27/06/23	24.40 Debra Erskine	27/03/23
Hammer 4kg	24.86 Debra Erskine	06/05/12			19.66 Helen Tooley	12/05/16	24.86 Debra Erskine	06/05/12	24.40 Debra Erskine	23.20 Debra Erskine	20.47 Debra Erskine
Javelin 500g	10.07 Cath McGrath	23/06/19					8.52 Sharon Stoll	25/09/22		10.07 Cath McGrath	23/06/19
Javelin 600g	23.93 Nicola Gore	10/07/22	23.93 Nicola Gore	10/07/22	13.78 Debra Erskine	20/04/08	13.35 Helen Tooley	30/06/16	10.85 Debra Bernard		
<b>Outdoor, Walks (Track)</b>											
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	03/06/09						19:29.40 Cath McGrath	18/06/06	19:11.00 Cath McGrath	03/06/09
			F35	F40	F45	F50	F55	F60	F65	F70	F75
<b>VETERANS' FEMALE Age Group</b>											