

# 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	F35		F40		F45		F50		F55		F60		F65		F70		F75		
<b>Outdoor, Track</b>																					
100m	14.40 Claire Forslaw	14.40 Claire Forslaw			14.40 Claire Forslaw	23.00.19 Claire Forslaw	16.00 Mika Yarnes	22.04.07 Mika Yarnes													
200m	30.20 Lisa Davies	30.20 Lisa Davies	30.20 Lisa Davies	17.06.06 Lisa Davies	31.00 Claire Forslaw	23.06.18 Claire Forslaw	33.10 Elle Robinson	04.08.18 Elle Robinson	33.70 Su Band	06.05.18 Su Band											
400m	01:10.90 Su Band	01:10.90 Su Band	01:11.80 Heather McIntosh (nee Lowry)	03.08.13 Heather McIntosh (nee Lowry)	01:12.50 Elle Robinson	06.06.15 Elle Robinson	01:10.90 Su Band	03.06.13 Su Band	01:14.20 Su Band	03.06.18 Su Band											
800m	02:33.20 Liz Remondou	02:33.20 Liz Remondou	02:33.20 Liz Remondou	16.06.06 Liz Remondou	02:30.10 Liz Remondou	04.07.21 Liz Remondou	02:33.00 Elle Robinson	05.05.18 Elle Robinson	02:41.50 Elle Robinson	04.08.22 Elle Robinson											
1500m	04:45.30 Liz Remondou	04:45.30 Liz Remondou	05:34.26 Anast Müller	21.07.19 Anast Müller	04:45.30 Liz Remondou	21.07.19 Liz Remondou	05:25.00 Elle Robinson	05.06.18 Elle Robinson	05:37.70 Elle Robinson	3.04.22 Elle Robinson	06:19.20 Joy Hickman	1.9.02.23 Joy Hickman									
1 Mile	06:12.80 Elle Robinson	06:12.80 Elle Robinson	06:13.60 Heather McIntosh (nee Lowry)	06.03.14 Heather McIntosh (nee Lowry)	06:12.80 Elle Robinson	06.03.14 Elle Robinson	07:10.10 Jane Pickering	06.03.14 Jane Pickering	06:51.40 Su Band	06.03.14 Su Band											
3000m	09:52.60 Liz Remondou	09:52.60 Liz Remondou	11:32.90 Joanne Lacking	03.07.16 Joanne Lacking	09:52.60 Liz Remondou	01.08.21 Liz Remondou	11:46.60 Elle Robinson	02.07.17 Elle Robinson	12:10.70 Joy Hickman	03.06.18 Joy Hickman	12:52.40 Joy Hickman	12.08.22 Joy Hickman									
5000m	17:33.44 Carol Parsons	17:33.44 Carol Parsons			17:33.44 Carol Parsons	21.08.21 Carol Parsons	23:02.50 Angie Tegg	13.05.16 Angie Tegg													
3000mSC	17:07.42 Debra Bernard	17:07.42 Debra Bernard							17:07.42 Debra Bernard	19.08.23 Debra Bernard											
400m Hurdles	01:16.20 Heather McIntosh (nee Lowry)	01:16.20 Heather McIntosh (nee Lowry)	01:16.20 Heather McIntosh (nee Lowry)	20.09.13 Heather McIntosh (nee Lowry)			01:30.10 Su Band	09.06.13 Su Band	01:23.40 Su Band	20.09.18 Su Band											
4x100m	59.30 No names in results	59.30 No names in results	59.30 No names in results	04.07.09 No names in results																	
3x800m	08:24.10 Jane Pickering, Elle Robinson, Lisa Davies	08:24.10 Jane Pickering, Elle Robinson, Lisa Davies			08:24.10 Jane Pickering, Elle Robinson, Lisa Davies	21.07.12 Jane Pickering, Elle Robinson, Lisa Davies															
<b>Outdoor, Field</b>																					
High Jump	1.15 Elle Robinson	1.15 Elle Robinson	1.10 Nicola Gore	06.08.22 Nicola Gore			1.15 Elle Robinson	02.09.18 Elle Robinson													
Long Jump	3.28 Debra Erskine	3.28 Debra Erskine	2.88 Nicola Gore	06.08.22 Nicola Gore	3.28 Debra Erskine	20.04.08 Debra Erskine					1.45 Cath McGrath	2.3.07.19 Cath McGrath									
Shot 3kg	5.87 Sharon Stoll	5.87 Sharon Stoll							5.87 Sharon Stoll	24.09.23 Sharon Stoll			5.34 Cath McGrath	1.7.07.18 Cath McGrath	4.35 Cath McGrath	07.04.22 Cath McGrath					
Shot 4kg	10.32 Nicola Gore	10.32 Nicola Gore	10.32 Nicola Gore	15.05.22 Nicola Gore	5.99 Helen Tooley	12.05.15 Helen Tooley	5.18 Sharon Stoll	02.07.23 Sharon Stoll			4.60 Debra Erskine	02.07.23 Debra Erskine									
Discus 1kg	34.08 Nicola Gore	34.08 Nicola Gore	34.08 Nicola Gore	12.09.22 Nicola Gore	17.72 Helen Tooley	24.03.16 Helen Tooley	16.73 Sharon Stoll	08.03.20 Sharon Stoll	17.13 Sharon Stoll	23.04.22 Sharon Stoll			11.66 Debra Erskine	02.07.23 Debra Erskine	13.07 Cath McGrath	22.05.19 Cath McGrath					
Hammer 3kg	24.80 Sharon Stoll	24.80 Sharon Stoll							24.80 Sharon Stoll	27.06.23 Sharon Stoll	24.40 Debra Erskine	27.03.23 Debra Erskine									
Hammer 4kg	24.86 Debra Erskine	24.86 Debra Erskine			19.66 Helen Tooley	12.05.18 Helen Tooley	24.86 Debra Erskine	06.03.12 Debra Erskine	24.40 Debra Erskine	13.03.17 Debra Erskine	23.20 Debra Erskine	19.03.18 Debra Erskine	20.47 Debra Erskine	20.05.22 Debra Erskine							
Javelin 500g	10.07 Cath McGrath	10.07 Cath McGrath							8.52 Sharon Stoll	25.09.22 Sharon Stoll			10.07 Cath McGrath	2.06.19 Cath McGrath							
Javelin 600g	23.93 Nicola Gore	23.93 Nicola Gore	23.93 Nicola Gore	10.07.22 Nicola Gore	13.78 Debra Erskine	20.04.08 Debra Erskine	13.35 Helen Tooley	30.06.18 Helen Tooley	10.85 Debra Bernard	20.05.23 Debra Bernard											
<b>Outdoor, Walks (Track)</b>																					
1000m Walk	06:24.00 Cath McGrath	06:24.00 Cath McGrath							06:24.00 Cath McGrath	06.07.08 Cath McGrath	07:26.50 Victoria Hibbert	01.02.02 Victoria Hibbert									
2000m Walk	13:19.00 Cath McGrath	13:19.00 Cath McGrath							13:19.00 Cath McGrath	13.06.07 Cath McGrath	13:25.00 Cath McGrath	10.02.09 Cath McGrath									
3000m Walk	19:11.00 Cath McGrath	19:11.00 Cath McGrath							19:29.40 Cath McGrath	18.06.08 Cath McGrath	19:11.00 Cath McGrath	0.2.08.04 Cath McGrath									
Overall Vets			F35	F40	F45	F50	F55	F60	F65	F70	F75										
<b>VETERANS' FEMALE Age Group</b>																					