

**WADAC Masters women club records**

Event	Name	Age Group	Performance	Location	Date
100MH	Janet Littlewood	V35 (84cm)	21.50	Winchester	21st July 2011
	Alison Fenwick	V40 (84cm)	19.50	Portsmouth	7th May 2007
400MH	Sue True	V35 (76cm)	1.13.30	Plymouth	18th June 2016
	Sue True	V40 (76cm)	1.14.40	Winchester	23rd June 2018
	Alison Fenwick	V45 (76cm)	1.16.00	Battersea Park	30th April 2011
100M	Alison Fenwick	V35	14.40	Guildford	4th June 2001
	Niki Le Bas	V40	12.97	Birmingham	24th June 2017
	Sue Van Vuuren	V45	13.50	Winchester	4th July 2015
	Viv Bonner	V50	13.40	Woking	23rd June 2003
	Viv Bonner	V55	13.51	Battersea Park	13th June 2004
	Moira West	V60	15.00	Ashford	2nd June 2013
	Moira West	V65	15.28	Oxford	25th June 2014
	Moira West	V70	16.10	Portsmouth	29th April 2019
200m	Alison Fenwick	V35	28.30	Portsmouth	23rd July 2001
	Niki Le Bas	V40	26.79	Birmingham	25th June 2017
	Sue Van Vuuren	V45	28.67	Birmingham	26th July 2015
	Viv Bonner	V50	28.30	Guildford	19th May 2003
	Viv Bonner	V55	27.39	Aarhus, Denmark	31st July 2004
	Moira West	V60	30.60	Portsmouth	15th September 2012
	Moira West	V65	31.80	Winchester	16th April 2016
	Moira West	V70	33.60	Winchester	20th May 2019
400m	Alison Fenwick	V35	1.03.90	Guildford	4th June 2001
	Sue True	V40	1.04.50	Winchester	14th July 2018
	Lucy Elliot	V45	1.06.30	Winchester	20th June 2011
	Viv Bonner	V50	1.08.80	Basingstoke	28th April 2003
	Viv Bonner	V55	1.10.90	Woking	21st June 2004
	Moira West	V60	1.11.20	Andover	30th April 2011

	<b>Moira West</b>	<b>V65</b>	<b>1.13.48</b>	<b>Solihull</b>	<b>20th July 2014</b>
<b>800m</b>	<b>Sue True</b>	<b>V35</b>	<b>2.25.64</b>	<b>Oxford</b>	<b>26th August 2012</b>
	<b>Karen Hazlitt</b>	<b>V40</b>	<b>2.22.70</b>	<b>Andover</b>	<b>25th July 2009</b>
	<b>Lucy Elliot</b>	<b>V45</b>	<b>2.21.10</b>	<b>Poole</b>	<b>19th May 2012</b>
	<b>Lynne Whitaker</b>	<b>V50</b>	<b>2.45.00</b>	<b>Winchester</b>	<b>16th May 2011</b>
	<b>Alison Fenwick</b>	<b>V55</b>	<b>3.05.30</b>	<b>Aldershot</b>	<b>9th July 2018</b>
	<b>Joy Radford</b>	<b>V60</b>	<b>3.12.00</b>	<b>Winchester</b>	<b>11th May 2015</b>
	<b>Moira West</b>	<b>V65</b>	<b>3.30.40</b>	<b>Portsmouth</b>	<b>22nd May 2017</b>
	<b>Vicky Gill</b>	<b>V35</b>	<b>4.48.30</b>	<b>Salisbury</b>	<b>8th July 2017</b>
<b>1500m</b>	<b>Karen Hazlitt</b>	<b>V40</b>	<b>4.42.15</b>	<b>Birmingham</b>	<b>5th July 2008</b>
	<b>Lucy Elliot</b>	<b>V45</b>	<b>4.40.60</b>	<b>Poole</b>	<b>19th May 2012</b>
	<b>Lucy Elliot</b>	<b>V50</b>	<b>5.00.64</b>	<b>Swindon</b>	<b>17th August 2019</b>
	<b>Lynne Whitaker</b>	<b>V55</b>	<b>5.36.20</b>	<b>Basingstoke</b>	<b>8th June 2015</b>
	<b>Joy Radford</b>	<b>V60</b>	<b>6.12.50</b>	<b>Basingstoke</b>	<b>9th June 2014</b>
	<b>Sue True</b>	<b>V35</b>	<b>5.31.58</b>	<b>Oxford</b>	<b>28th July 2012</b>
<b>Mile</b>	<b>Sue True</b>	<b>V40</b>	<b>5.44.00</b>	<b>Portsmouth</b>	<b>8th April 2017</b>
	<b>Lucy Elliot</b>	<b>V45</b>	<b>5.04.70</b>	<b>Winchester</b>	<b>11th August 2015</b>
	<b>Lucy Elliot</b>	<b>V50</b>	<b>5.16.90</b>	<b>Winchester</b>	<b>9th July 2019</b>
	<b>Lynne Whitaker</b>	<b>V55</b>	<b>5.52.30</b>	<b>Winchester</b>	<b>19th August 2014</b>
	<b>Joy Radford</b>	<b>V60</b>	<b>6.30.80</b>	<b>Winchester</b>	<b>25th July 2017</b>
	<b>Joy Radford</b>	<b>V65</b>	<b>6.42.40</b>	<b>Winchester</b>	<b>31st July 2018</b>
	<b>Michaela McCallum</b>	<b>V35</b>	<b>10.42.70</b>	<b>Yeovil</b>	<b>20th May 2006</b>
<b>3000m</b>	<b>Lucy Elliot</b>	<b>V40</b>	<b>9.35.70</b>	<b>Portsmouth</b>	<b>14th May 2006</b>
	<b>Lucy Elliot</b>	<b>V45</b>	<b>9.47.20</b>	<b>Winchester</b>	<b>23rd May 2012</b>
	<b>Lucy Elliot</b>	<b>V50</b>	<b>10.10.40</b>	<b>Winchester</b>	<b>16th April 2016</b>
	<b>Joy Radford</b>	<b>V55</b>	<b>12.48.70</b>	<b>Basingstoke</b>	<b>24th May 2010</b>
	<b>Joy Radford</b>	<b>V60</b>	<b>13.10.80</b>	<b>Winchester</b>	<b>12th May 2014</b>
	<b>Karen Hazlitt</b>	<b>V35</b>	<b>17.25.80</b>	<b>Portsmouth</b>	<b>3rd July 2006</b>
<b>5000m</b>	<b>Karen Hazlitt</b>	<b>V40</b>	<b>18.00.30</b>	<b>Portsmouth</b>	<b>14th July 2008</b>
	<b>Lucy Elliot</b>	<b>V45</b>	<b>17.03.80</b>	<b>Winchester</b>	<b>15th June 2011</b>
	<b>Lucy Elliot</b>	<b>V50</b>	<b>17.31.10</b>	<b>Perth, Australia</b>	<b>28th October 2016</b>
	<b>Joy Radford</b>	<b>V60</b>	<b>22.27.00</b>	<b>Winchester</b>	<b>7th July 2014</b>

10000m	Karen Hazlitt	V35	36.02.43	Birmingham	23rd July 2005
1500m stpl	Janet Littlewood	V35	6.08.40	Portsmouth	20th August 2011
	Sue True	V40	6.07.20	Winchester	19th May 2019
2000m stpl	Sue True	V35	8.43.00	Woking	20th August 2016
	Sue True	V40	8.31.70	Winchester	17th June 2017
	Michaela McCallum	V45	8.55.10	Winchester	17th May 2014
3000m Stpl					
2000m walk	Harriet Hide	V35	11.59.80	Portsmouth	26th April 2010
	Harriet Hide	V40	11.25.52	Ashford	6th September 2015
	Harriet Hide	V45	10.39.80	Portsmouth	29th April 2019
	Carrie Oliver	V50	13.01.35	Ashford	6th September 2015
	Carrie Oliver	V55	13.05.10	Portsmouth	29th April 2019
	Joy Radford	V60	14.59.20	Winchester	7th July 2014
3000m walk	Harriet Hide	V45	15.53.00	Portsmouth	6th May 2019
	Carrie Oliver	V55	20.01.10	Portsmouth	6th May 2019
5000m walk	Harriet Hide	V45	28.34.24	Birmingham	11th August 2019
	Carrie Oliver	V55	34.50.02	Birmingham	11th August 2019
4 x 100m relay					
4 x 200m relay	Niki Le Bas, Alison Fenwick, Sue True, Kathryn Miles	V40	2.00.60	Aldershot	10th July 2017
4 x 400m relay	Niki Le Bas, Alison Fenwick, Sue True, Kathryn Miles	V40	4.40.90	Portsmouth	22nd May 2017
	Alison Fenwick, Michaela McCallum, Karen Hazlitt, Lucy Elliot	V45	4.48.00	Winchester	16th May 2011
Medley Relay					
Long Jump	Alison Fenwick	V35	4.71m	Portsmouth	8th July 2002
	Alison Fenwick	V40	4.79m	Guildford	19th May 2003
	Alison Fenwick	V45	4.67m	Ashford	6th September 2009
	Alison Fenwick	V50	4.12m	Winchester	8th July 2013
	Alison Fenwick	V55	4.03m	Andover	14th April 2018

	Moira West	V60	3.89m	Birmingham	14th September 2013
	Moira West	V65	3.92m	Birmingham	9th August 2014
High Jump	Alison Fenwick	V35	1.35m	Guildford	17th June 2002
	Alison Fenwick	V40	1.32m	Portsmouth	7th May 2007
	Alison Fenwick	V45	1.30m	Ashford	6th September 2009
	Alison Fenwick	V50	1.20m	Kingston	10th August 2013
	Alison Fenwick	V55	1.20m	Portsmouth	15th June 2019
	Moira West	V60	1.15m	Ashford	4th September 2011
	Moira West	V65	1.10m	Ashford	6th September 2015
	Triple Jump	Sue True	V35	8.70m	Winchester
Alison Fenwick		V40	9.33m	Woking	11th June 2007
Alison Fenwick		V45	9.23m	Ashford	5th September 2010
Alison Fenwick		V50	8.52m	Basingstoke	20th June 2016
Alison Fenwick		V55	8.32m	Portsmouth	15th June 2019
Moira West		V60	5.78m	Portsmouth	30th April 2012
Moira West		V65	6.20m	Ashford	6th September 2015
Pole Vault	Janet Littlewood	V35	2.00m	Salisbury	7th August 2010
	Fiona Bolton	V45	1.35m	Winchester	13th July 2019
	Joy Radford	V55	0.90m	Portsmouth	4th July 2011
Shot put	Heather Sheffield	V35 (4kg)	8.52m	Parliament Hill	20th June 2015
	Heather Sheffield	V40 (4kg)	7.98m	Swindon	17th August 2019
	Joy Radford	V45 (4kg)	6.72m	Portsmouth	23rd July 2001
	Pam Wilson	V50 (3kg)	6.79m	Guildford	24th May 2004
	Sue Hume	V55 (3kg)	5.52m	Winchester	16th May 2011
	Moira West	V60 (3kg)	6.61m	Ashford	5th September 2010
	Moira West	V65 (3kg)	5.75m	Ashford	6th September 2011
Discus	Becky Nichols	V35	30.36m	Portsmouth	4th July 2011
	Heather Sheffield	V40	25.96m	Swindon	17th August 2019
	Sue Hume	V45	16.06m	Basingstoke	22nd May 2000
	Sue Hume	V50	19.38m	Portsmouth	3rd July 2006
	Sue Hume	V55	16.99m	Poole	19th May 2012
	Sue Hume	V60	16.40m	Winchester	16th May 2016

	Rose Showler	V65	7.71m	Basingstoke	14th May 2001
Javelin	Heather Sheffield	V35 (600g)	29.51m	Winchester	21st May 2017
	Heather Sheffield	V40 (600g)	28.01m	Winchester	13th July 2019
	Joy Radford	V45 (600g)	20.31m	Basingstoke	29th April 2002
	Joy Radford	V50 (500g)	18.70m	Woking	21st June 2004
	Sue Hume	V55 (500g)	12.04m	Portsmouth	30th April 2012
	Sue Hume	V60 (500g)	11.66m	Basingstoke	20th June 2016
	Hammer	Heather Sheffield	V35 (4kg)	24.99m	Portsmouth
Heather Sheffield		V40 (4kg)	22.42m	Swindon	17th August 2019
Sue Hume		V45 (4kg)	22.74m	Guildford	17th June 2002
Sue Hume		V50 (3kg)	26.30m	Woking	20th June 2005
Sue Hume		V55 (3kg)	24.31m	Winchester	21st June 2010
Sue Hume		V60 (3kg)	21.78m	Basingstoke	25th June 2018
Pentathlon	Alison Fenwick	W40 (senior specifications)	1789 points	Portsmouth	7th May 2007
Heptathlon					
Decathlon	Janet Littlewood	W35 (senior specifications)	2876 points	Oxford	11th September 2011