

WADAC Masters women indoor club records

Event	Name	Age Group	Performance	Location	Date
60MH					
60m	Kathryn Miles	V35	8.67	Eton	8th December 2013
	Kathryn Miles	V40	8.55	Madrid, Spain	20th March 2018
	Kathryn Miles	V45	8.56	Lee Valley	9th March 2019
	Viv Bonner	V55	8.73	Linz, Austria	18th March 2006
	Moira West	V60	9.38	Lee Valley	23rd February 2014
	Moira West	V65	9.46	Lee Valley	11th March 2017
200m	Kathryn Miles	V35	31.08	Lee Valley	15th December 2013
	Kathryn Miles	V40	29.25	Madrid, Spain	22nd March 2018
	Kathryn Miles	V45	29.95	Lee Valley	8th March 2020
	Moira West	V60	31.59	Lee Valley	10th March 2013
	Moira West	V65	31.96	Lee Valley	13th March 2016
400m	Moira West	V60	1.17.14	Lee Valley	28th March 2010
	Moira West	V65	1.15.97	Lee Valley	1st March 2015
800m	Janet Littlewood	V35	2.47.60	Lee Valley	20th February 2011
	Lucy Elliott	V45	2.29.76	Lee Valley	13th March 2016
1500m	Lucy Elliott	V45	4.39.07	Lee Valley	17th March 2012
3000m	Janet Littlewood	V35	11.48.00	Lee Valley	20th February 2011
	Lucy Elliott	V45	10.08.43	Lee Valley	13th March 2016
Long Jump	Alison Fenwick	V50	4.11m	Lee Valley	23rd February 2014
	Moira West	V60	3.45m	Lee Valley	23rd February 2014
	Moira West	V65	3.65m	Lee Valley	12th March 2016
High Jump	Alison Fenwick	V50	1.24m	Lee Valley	23rd February 2014
	Moira West	V65	1.00m	Lee Valley	1st March 2015
Triple Jump	Alison Fenwick	V50	8.22m	Lee Valley	23rd February 2014
Pole Vault	Janet Littlewood	V35	1.50m	Lee Valley	20th February 2011
Shot put					
Pentathlon					