

CLUB RECORDS

Veteran Ladies - Track & Field

(Compiled by Roger Garland – please contact Roger if you know of missing or better performances)

Last updated **July 2018** (changes shown in **RED**)

Event / Age	Name	Record	Venue	Date
TRACK				
60m				
35 - 39	Cat Goulder-Davies	8.71 i	Birmingham	Feb 2015
40 - 49	Pam Murray	8.86 i	Budapest	Mar 2014
50 - 59	Mel Garland	8.94	Yate	Apr 2017
60 - 69	x			
70+	Iris Holder	10.56 i	Lee Valley	Feb 2014
100m				
35 - 39	Cat Goulder-Davies	13.5	Nuneaton	Sep 2013
40 - 49	Cat Goulder-Davies	13.47	Birmingham	Jul 2016
50 - 59	Mel Garland	14.3	Worcester	Jun 2014
60 - 69	Ros Townsend-Hope	17.6	Stourport	Apr 2015
70+	Iris Holder	17.1	Stourport	May 2014
200m				
35 - 39	Cat Goulder-Davies	28.5	Stoke-on-Trent	Aug 2014
40 - 49	Cat Goulder-Davies	28.02	Birmingham	Jul 2016
50 - 59	Mel Garland	30.05	Aarhus, Denmark	Aug 2017
60 - 69	Ros Townsend-Hope	35.5	Worcester	Jul 2016
70+	Iris Holder	38.3	Stourport	May 2014
400m				
35 - 39	Georgie Parnell	65.19	Lee Valley	Mar 2018
40 - 49	Pam Murray	64.60	Budapest	Mar 2014
50 - 59	Angela Sonn	73.30	Aarhus, Denmark	Aug 2017
60 - 69	Ros Townsend-Hope	79.5	Nuneaton	Sep 2016
70+	X			
800m				
35 - 39	Georgie Parnell	2'25.5	Worcester	May 2018
40 - 49	Becky Selvey	2'30.3	Worcester	May 2018
50 - 59	Ros Townsend-Hope	2'50.9	Birchfield	Sep 2008
60 - 69	Ros Townsend-Hope	2'58.5	Stoke-on-Trent	Aug 2014
70+	Maggie Crosswell	3'43.0	Worcester	Jul 2017
1500m				
35 - 39	Maggie Johnson-Myers	5'17.3	Redditch	July 1998
40 - 49	Beccy Selvey	5'18.06	Cardiff	Aug 2017
50 - 59	Rachel Ward	5'36.9	Stourport	Apr 2015
60 - 69	Liz Bowers	5'58.97	Birmingham	Jul 2015
70+	Maggie Crosswell	7'26.1	Tamworth	Sep 2017
3000m				
35 - 39	Maggie Johnson-Myers	11'20.1	Birmingham Uni.	Jun 1997
40 - 49	Beccy Selvey	11'30.6	Stoke	Aug 2017
50 - 59	Sandra Lane	12'17.8	Worcester	Aug 2010
60 - 69	Liz Bowers	12'36.0	Stoke-on-Trent	Aug 2014
70+	Monica Martin	18'50.9	Stourport	May 2011
400m Hurdles				
35-39	Victoria Watkins	1'15.6	Leamington	May 2018
45-49	Pam Murray	1'12.1	Tipton	Aug 2013
50-59	Jan Timberlake	1'47.0	Leamington	May 2018

2k Race Walk				
35 - 39	Alison Buttle	16'05.5	Worcester	Jul 2014
40 - 49	Wendy Bennett	10'58.1	Leamington	Jun 2015
50 - 59	Wendy Bennett	11'08.9	Stourport	May 2018
60 - 69	Liz Bowers	13'21.9	Redditch	May 2018
70+	X			
Relays (mixed age)				
4x100	Mel Garland, Pam Murray, Anna Little & Cat Goulder-Davies	56.8	Nuneaton	Sep 2013
4x200	Mel Garland, Pam Murray, Anna Little & Cat Goulder-Davies	2'03.4	Stourport	May 2014
4x400	Pam Murray, Alison Buttle, Anna Little & Cat Goulder-Davies	4'48.6	Stourport	May 2014
Medley (200 200 400 800)	Angela Sonn, Cat Goulder-Davies, Nicola Guiver & Vickie Watkins	4'57.6	The Dell	Jun 2018

Event / Age	Name	Record	Venue	Date
FIELD				
Javelin				
35 - 39	Becky Freeman	13.68	Stourport	May 2014
40 - 49	Jan Timberlake	29.22	Cardiff	Jun 2015
50 - 59	Jan Timberlake	27.16	Belfast	Jun 2016
60 - 69	Pam Price	11.98	??	??
70+	Pam Price	9.86	Stourport	May 2014
Shot				
35 - 39	X			
40 - 49	Ruth Bird	9.51	Worcester	Jul 2012
50 - 59	Mel Garland	8.36	Cardiff	Feb 2018
60 - 69	Pam Price	5.71	Redditch	Jun 2010
70+	Iris Holder	6.14	Lee Valley	Feb 2016
Hammer				
35 - 39	X			
40 - 49	Ruth Bird	34.30	Tipton	May 2012
50 - 59	Marion Loveridge	42.18	Lyon, France	Aug 2015
60 - 69	Pam Price	15.89	??	??
70+	Pam Price	16.26	The Dell	Jun 2013
Discus				
35 - 39	X			
40 - 49	Ruth Bird	26.23	The Dell	Jun 2012
50 - 59	Mel Garland	24.10	Cleckheaton	Oct 2014
60 - 69	Pam Price	12.16	Worcester	Sep 2011
70+	Pam Price	12.52	Nuneaton	Sep 2013
Long Jump				
35 - 39	Catherine Hutchinson	3.73	Worcester	Jul 2016
40 - 49	Mel Garland	4.59	Kettering	Aug 2012
50 - 59	Mel Garland	4.63	Solihull	July 2018
60 - 69	Liz Bowers	2.15	Solihull	July 2018
70+	Iris Holder	3.34	Lee Valley	Feb 2014
Triple Jump				
35 - 39	Victoria Watkins	7.88	Stoke	Aug 2017
40 - 49	Mel Garland	8.43	Birmingham	Sep 2012
50 - 59	Mel Garland	9.35	Leamington	Jun 2014
60 - 69	Ros Townsend-Hope	4.94	Stoke-on-Trent	Aug 2014
70+	Iris Holder	7.11	Lyon, France	Aug 2015
High Jump				
35 - 39	Becky Freeman	1.00	Stoke-on-Trent	Aug 2014
40 - 49	Jan Timberlake	1.40	Ancona, Italy	Apr 2016
50 - 59	Mel Garland	1.40	Lee Valley	Mar 2017
60 - 69	Ros Townsend-Hope	0.99	Solihull	July 2018
70+	Iris Holder	1.00	Leamington	Jun 2015

Pentathlon				
50-59	Mel Garland	2521 pts	Oxford	Jun 2015
Heptathlon				
50-59	Jan Timberlake	4199 pts	Birmingham	Jul 2016

Other Significant Achievements by Worcester AC Veteran Ladies Athletes				
Double Decathlon	== WORLD RECORD (at the time) ==			
45 - 49	Ruth Bird	5805 pts	Yeovil	Sep 2012