

CLUB RECORDS

Veteran Ladies - Track & Field

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

Last updated **November 2023** (changes shown in **RED**)

Event / Age	Name	Record	Venue	Date
TRACK				
60m				
35 - 39	Amy Pinkney	8.66 i	Sheffield	Nov 2023
40 - 49	Pam Murray	8.86 i	Budapest	Mar 2014
50 - 59	Mel Garland	8.94	Yate	Apr 2017
60 - 69	Mel Garland	9.24 i	Sheffield	Nov 2023
70 - 79	Iris Holder	10.56 i	Lee Valley	Feb 2014
80+	Iris Holder	12.02i	Lee Valley	Mar 2022
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	14.1	Bury	Jun 2019
60 - 69	Mel Garland	14.61	Nuneaton	Aug 2023
70 - 79	Iris Holder	17.1	Stourport	May 2014
80+	Iris Holder	19.5	Gloucester	May 2021
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	29.9	Aberdare	Jul 2019
60 - 69	Mel Garland	30.8	Worcester	Jun 2023
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	Becky Selvey	5'15.8	Worcester	Aug 2018
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
Mile				
40 - 49	Becky Selvey	5'41.1	Gloucester	Sep 2017
50 - 59	Becky Selvey	7'05.5	Worcester	May 2023
60 - 69	Rachel Ward	7'01.4	Stourport	Apr 2019
3000m				
35 - 39	Maggie Johnson-Myers	11'20.1	Birmingham Uni.	Jun 1997
40 - 49	Becky Selvey	11'30.6	Stoke	Aug 2017
50 - 59	Helen Davies	11'35.90	Nottingham	Aug 2019
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	Cath Hutchinson	13'51.76	Nottingham	Aug 2019
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	Amy Pinkney, Jade Merry, Sara Saunders, Nicola Guiver	56.5	Redditch	Aug 2023
4x200	Mel Garland, Pam Murray, Anna Little & Cat Goulder-Davies	2'03.4	Stourport	May 2014
4x400	Vickie Watkins, Ros Townsend-Hope, Becky Selvey & Nicola Guiver	4'47.96	Solihull	Sep 2018
Medley (200, 200, 400, 800)	Becky Selvey, Nicola Guiver, Mel Garland and Angela Bryant	4'54.6	Stratford	Jul 2019

Event / Age	Name	Record	Venue	Date
FIELD				
Javelin				
35 - 39	Alison McLellan	17.87	Nottingham	Aug 2019
40 - 49	Jan Timberlake	29.22	Cardiff	Jun 2015
50 - 59	Jan Timberlake	27.16	Belfast	Jun 2016
60 - 69	Wendy Thomson	21.86	Redditch	Aug 2023
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	Mel Garland	7.34	Redditch	Jul 2023
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	Wendy Thomson	25.80	Gloucester	Aug 2023
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	Jan Timberlake	25.07	Stratford	Jul 2021
60 - 69	Mel Garland	22.44	Gloucester	Jun 2023
70+	Pam Price	12.52	Nuneaton	Sep 2013
Long Jump				
35 - 39	Amy Pinkney	4.33	Redditch	Aug 2021
40 - 49	Mel Garland	4.59	Kettering	Aug 2012
50 - 59	Mel Garland	4.81	Lee Valley	Mar 2020
60 - 69	Mel Garland	4.44 i	Torun, Poland	Mar 2023
70-79	Iris Holder	3.34 i	Lee Valley	Feb 2014
80+	Iris Holder	2.86	Gloucester	May 2021

Triple Jump				
35 - 39	Victoria Watkins	7.88	Stoke	Aug 2017
40 - 49	Mel Garland	8.43	Birmingham	Sep 2012
50 - 59	Jan Timberlake	9.98	Madrid	Mar 2018
60 - 69	Mel Garland	9.46 i	Torun, Poland	Mar 2023
70 - 79	Iris Holder	7.11	Lyon, France	Aug 2015
80+	Iris Holder	6.10i	Lee Valley	Jun 2021

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	Mel Garland	1.35	Nuneaton	Aug 2023
70+	Iris Holder	1.00	Leamington	Jun 2015
Pentathlon				
50-59	Mel Garland	3081 pts	Oxford	Jun 2021
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