

## SENIOR WOMEN

## OUTDOORS

EVENT	Performance	Name	Venue	Date
<b>100m</b>	11.70secs	1.2 Susie Williams	Brighton	17-Jun-00
	11.61w	3.7 Susie Williams	Bath	03-May-98
<b>200m</b>	23.59secs	0.4 Susie Williams	Birmingham	25-Jul-99
<b>400m</b>	54.53secs	Lizzie Williams	Birmingham	24-Jul-99
<b>800m</b>	2m 09.07	Fiona de Mauny	Loughborough	08-Jul-17
<b>1500m</b>	4m 35.51	Jo Locker (W35)	Izmir, TUR	25-Aug-14
<b>Mile</b>	5m 00.32	Fiona de Mauny	Eltham	19-Aug-15
<b>3000m</b>	10m 11.55	Jo Locker (W35)	Bromley	18-May-13
<b>5000m</b>	18m 15.1	Fiona de Mauny	Walton	04-Jul-15
<b>10000m</b>				
<b>100HW</b>	14.72secs	Kaylee Price	Walton	20-Apr-08
<b>400HW</b>	59.89secs	Susie Williams	Watford	01-Jun-02
<b>1500SC</b>	6m15.9	Lucy Bartlett	Perivale	20-Aug-11
<b>2000SC</b>	8m 10.20	Fiona de Mauny	Bromley	15-Aug-15
<b>High Jump</b>	1.70m	Tori-Ann Anderson (U17)	Crawley	18-Jun-23
<b>Long Jump</b>	6.03m	Marian Needham (U20)	Motspur Park	04-Jul-59
<b>Triple Jump</b>	11.37m	Lisa O'Brien (U20)	Ashford	21-Apr-12
<b>Pole Vault</b>	3.00m	Nathalie Warren (U20)	Perivale	28-Apr-01
<b>Shot</b>	11.72m	4kg Sophie Mace (U20)	Kingston	15-Apr-17
<b>Discus</b>	47.35m	1kg Sophie Mace (U17)	Ashford	16-Aug-15
<b>Hammer</b>	48.96m	4kg Sophie Mace	Kingston	13-May-18
<b>Javelin</b>	44.34m	600g Nicola Bell	Horspath	02-Jul-23
<b>Heptathlon</b>	3621	Emma Taylor	Derby	1998
<b>4x100</b>	47.4secs	M Hanshaw, L Williams, H Williams, S Williams	Barnet	19-Jul-03
<b>4x200</b>	1m 49.0		Kingston	13-Sep-92
<b>4x400</b>	3m 54.8		Carshalton	11-Sep-94
<b>Mixed 4 x400</b>	3m 45.95	J Hiorns, L Amos, H Cargill, N Landeau	Crawley	18-Jun-23

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EVENT	Performance	Name	Venue	Date
<b>60m</b>	7.60secs	i Susie Williams	Birmingham	01-Feb-98
<b>200m</b>	24.44secs	i Susie Williams	Birmingham	29-Jan-00
<b>300m</b>	39.08secs	i Susie Williams	Birmingham	25-Feb-98
<b>400m</b>	55.42secs	i Susie Williams	Birmingham	27-Jan-02
<b>800m</b>	2m 16.00	i Hayley Cargill (W35)	Lee Valley	08-Mar-20
<b>1500m</b>	4m 39.85	i Jo Locker (W35)	Lee Valley	08-Mar-14
<b>Mile</b>	5m 11.48	i Fiona de Mauny	Lee Valley	01-Feb-17
<b>3000m</b>	10m 41.46	i Jo Locker (W40)	Lee Valley	11-Mar-18
<b>60HM</b>	9.21secs	i Kaylee Price	Carshalton	28-Feb-09
<b>High Jump</b>	1.65m	i <b>Tori-Ann Anderson (U20)</b>	<b>Lee Valley</b>	<b>04-Feb-24</b>
<b>Long Jump</b>	5.69m	i Helen Williams	Carshalton	05-Mar-05
<b>Triple Jump</b>	11.01m	i Denise Howell (U17)	Crystal Palace	28-Feb-98
<b>Pole Vault</b>	2.90m	i Tait Jones (U17)	Lee Valley	26-Nov-16
<b>Shot 4kg</b>	11.59m	i Sophie Mace	Carshalton	18-Feb-18
<b>Pentathlon</b>	2621	i Jo Regan (W40)	Lee Valley	22-Feb-09

## ROAD

<b>5K</b>	17m 37	Alex Morrice	Ardingly	12-May-21
<b>10K</b>	36m 42	Chloe Oldfield	Eynsham	27-Nov-16
<b>Half Marathon</b>	1hr 25:20	Fiona de Mauny	Reigate	18-Sep-16
<b>Marathon</b>	3hr 17:28	Nathalie Warren	London	25-Apr-10

## PARKRUN

<b>Parkrun</b>	17m 49	Fiona de Mauny	Blandford	01-Apr-17
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Updated 28-Apr-24