

WAC SENIOR WOMEN RECORDS



SENIOR WOMEN

OUTDOORS

EVENT	Performance	Name	Venue	Date
100m	11.70secs	1.2 Susie Williams	Brighton	17-Jun-00
	11.61w	3.7 Susie Williams	Bath	03-May-98
200m	23.59secs	0.4 Susie Williams	Birmingham	25-Jul-99
400m	54.53secs	Lizzie Williams	Birmingham	24-Jul-99
800m	2m 09.07	Fiona de Mauny	Loughborough	08-Jul-17
1500m	4m 36.07	Fiona de Mauny	Crawley	12-Jul-15
Mile	5m 00.32	Fiona de Mauny	Eltham	19-Aug-15
3000m	9m 58.4	Fatima Bosnak	Guildford	13-Aug-94
5000m	18m 15.1	Fiona de Mauny	Walton	04-Jul-15
10000m				
100HW	14.72secs	Kaylee Price	Walton	20-Apr-08
400HW	59.89secs	Susie Williams	Watford	01-Jun-02
1500SC	6m15.9	Lucy Bartlett	Perivale	20-Aug-11
2000SC	8m 10.20	Fiona de Mauny	Bromley	15-Aug-15
High Jump	1.59m	Vanessa Stennett	Brighton	15-Jul-00
Long Jump	5.77m	Helen Williams	Walton	17-Apr-05
Triple Jump	10.81m	0.2 Tina Howell	Kingston	13-May-07
Pole Vault	2.70m	Nathalie Warren	Abingdon	24-Apr-04
Shot	11.56m	4kg Sophie Mace	Kingston	13-May-18
Discus	46.37m	1kg Sophie Mace	Kingston	04-Jul-18
Hammer	48.96m	4kg Sophie Mace	Kingston	13-May-18
Javelin	44.34m	600g Nicola Bell	Horspath	02-Jul-23
Heptathlon	3621	Emma Taylor	Derby	1998
4x100	47.4secs	M Hanshaw, L Williams, H Williams, S Williams	Barnet	19-Jul-03
4x200	1m 49.0		Kingston	13-Sep-92
4x400	3m 54.8		Carshalton	11-Sep-94
Mixed 4 x400	3m 45.95	J Hiorns, L Amos, H Cargill, N Landeau	Crawley	18-Jun-23

INDOORS

EVENT	Performance	Name	Venue	Date
60m	7.60secs	i Susie Williams	Birmingham	01-Feb-98
200m	24.44secs	i Susie Williams	Birmingham	29-Jan-00
300m	39.08secs	i Susie Williams	Birmingham	25-Feb-98
400m	55.42secs	i Susie Williams	Birmingham	27-Jan-02
800m	2m 16.33	i Fiona de Mauny	Lee Valley	15-Feb-17
1500m		i		
Mile	5m 11.48	i Fiona de Mauny	Lee Valley	01-Feb-17
3000m		i		
60HM	9.21secs	i Kaylee Price	Carshalton	28-Feb-09
High Jump				
Long Jump	5.69m	i Helen Williams	Carshalton	05-Mar-05
Triple Jump	10.59m	i Tina Howell	Carshalton	05-Mar-05
Pole Vault		i		
Shot 4kg	11.59m	i Sophie Mace	Carshalton	18-Feb-18
Pentathlon		i		
5K	17m 37	Alex Morrice	Ardingly	12-May-21
10K	36m 42	Chloe Oldfield	Eynsham	27-Nov-16
Half Marathon	1hr 25:20	Fiona de Mauny	Reigate	18-Sep-16
Marathon	3hr 17:28	Nathalie Warren	London	25-Apr-10

ROAD

PARKRUN

Parkrun	17m 49	Fiona de Mauny	Blandford	01-Apr-17
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Updated 25-Mar-24