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 35.51		Jo Locker (W35)	Izmir, TUR	25-Aug-14
Mile	5m 00.32		Fiona de Mauny	Eltham	19-Aug-15
3000m	10m 11.55		Jo Locker (W35)	Bromley	18-May-13
5000m	18m 11.42		Charlotte Ryan	Parliament Hill	04-Jul-25
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	1.70m		Tori-Ann Anderson (U17)	Crawley	18-Jun-23
Long Jump	6.03m		Marian Needham (U20)	Motspur Park	04-Jul-59
Triple Jump	11.37m		Lisa O'Brien (U20)	Ashford	21-Apr-12
Pole Vault	3.00m		Nathalie Warren (U20)	Perivale	28-Apr-01
Shot	11.72m	4kg	Sophie Mace (U20)	Kingston	15-Apr-17
Discus	47.35m	1kg	Sophie Mace (U17)	Ashford	16-Aug-15
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	Performanc		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 16.00	i	Hayley Cargill (W35)	Lee Valley	08-Mar-20
1500m	4m 39.85	i	Jo Locker (W35)	Lee Valley	08-Mar-14
Mile	5m 11.48	i	Fiona de Mauny	Lee Valley	01-Feb-17
3000m	10m 41.46	i	Jo Locker (W40)	Lee Valley	11-Mar-18
60HM	9.21secs	i	Kaylee Price	Carshalton	28-Feb-09
High Jump	1.70m	i	Tori-Ann Anderson (U20)	NC, USA	07-Dec-25
Long Jump	5.69m	i	Helen Williams	Carshalton	05-Mar-05
Triple Jump	11.01m	i	Denise Howell (U17)	Crystal Palace	28-Feb-98
Pole Vault	2.90m	i	Tait Jones (U17)	Lee Valley	26-Nov-16
Shot 4kg	11.59m	i	Sophie Mace	Carshalton	18-Feb-18
Pentathlon	2621	i	Jo Regan (W40)	Lee Valley	22-Feb-09

ROAD

5K	17m 37	Alex Morrice	Ardingly	12-May-21
	17m 37	Charlotte Ryan	Battersea Park	31-Dec-25
10K	36m 03	Charlotte Ryan	Newcastle	17-Jan-26
Half Marathon	1hr 20:37	Charlotte Ryan	Cambridge	08-Mar-26
Marathon	2hr 46:37	Charlotte Ryan	Frankfurt,	25-Oct-26

PARKRUN

Parkrun	17m 49	Fiona de Mauny	Blandford	01-Apr-17

Updated **03-Nov-26**