

Track & Field

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|-------------------------------------|------------|---|-------|---|----------------|
| 100m | 12.37 -2.2 | Christine Harrison | 5h4 | AAA Champs. & Olympic Trials, Manchester | 10 Jul 2004 |
| | 11.9 -1.4 | Christine Harrison | 2A | UK Women's Lg. Div. 4, Mayesbrook Pk | 06 Jun 2004 |
| | 11.86w 4.0 | Christine Harrison | 6r2 | Bedford International Games, Bedford | 13 Jun 2004 |
| 200m | 24.3 -0.9 | Christine Harrison | 1A | UK Women's Lg. Div. 4, Mayesbrook Pk | 6 Jun 2004 |
| 400m | 57.56 | Nina Anderson W45 | 6rB | Brussels Grand Prix, Brussels, BEL | 30 Jun 2018 |
| 800m | 2:14.48 | Zoe Doyle | 8r13x | Watford Open Meeting, Watford | 14 Jun 2017 |
| 1500m | 4:43.46 | Zoe Doyle | 1 | European Masters Champs., Aarhus, DEN | 30 Jul 2017 |
| 1 mile | 5:01.81 | Zoe Doyle | 6r7x | Soar Summer Mile, Battersea Pk | 21 Jul 2017 |
| 3000m | 10:13.79 | Samantha Amend | 5r1x | Watford Open Meeting, Watford | 10 Sep 2014 |
| 5000m | 17:48.94 | Samantha Amend | 11x | Saucony Hampshire Grand Prix, Southampton | 31 Aug 2014 |
| 10000m | 35:37.51 | Samantha Amend | 1rDx | BMC 10000m Track Festival, Stretford | 6 Sep 2014 |
| 100mH 84.0cm | 15.80 | 2.0 Jodie Albrow | 3A | UK Women's Lg. Div. 3, Liverpool | 8 Jul 2018 |
| 400mH 76.2cm | 64.56 | Monique Krefting W45 | 1A | Southern Athletics Lg. Div. 1, Bromley | 15 Apr 2017 |
| High Jump | 1.52 | Jodie Albrow | P | British Masters Heptathlon Champs., Sheffield | 14 Jul 2018 |
| Long Jump | 5.27 | Carol Zeniou | 1 | SCVAC Lg., Colindale | 22 Jul 1996 |
| Triple Jump | 9.73 | Hilde Bottin BEL W45 | 1B | Southern Athletics Lg., Div. 2C, Perivale | 1 Sep 2012 |
| Pole Vault | 2.30 | Jayne Anderson | 1 | Surrey Veterans Champs., Kingsmeadow | 27 May 2006 |
| | | | 3B | UK Women's Lg. Div. 3, Coventry | 2 Jul 2006 |
| Shot 4kg | 9.93 | Vilma Thompson W45 | 1 | SCVAC Champs., Battersea Pk | 10 Jun 2001 |
| Discus 1kg | 29.22 | Vilma Thompson W55 | P | European Veterans Champs., Nyireghaza, HUN | 2 Jul 2010 |
| Javelin 600gm | 34.32 | Jodie Albrow | H | World Masters Champs., Malaga, ESP | 5 Sep 2018 |
| Hammer 4kg | 27.94 | Gail Porter | 4B | UK Women's Lg. Div. 4, Abingdon | 31 Jul 2004 |
| | 32.34 | ¹ Vilma Thompson W55 | n/s | Rosenheim Lg. Eastern Div., Battersea Pk | 11 May 2011 |
| Heptathlon | 4406 | Jodie Albrow | 1 | British Masters Heptathlon Champs., Sheffield 110mH 16.01/1.9, HJ 1.52, SP 9.44, 200m 28.28/1.7 LJ 4.81/-1.0, JT 28.93, 800m 2:31.2 | 14/15 Jul 2018 |
| 4 x 100m | 62.6 | ² Dina Francis 2-cl Sally Marek W45 Rhoda Dakar 2-cl Jane Searle 2-cl W40 | 1 | SCVAC Lg., Battersea Pk | 27 Apr 1998 |
| | 63.3 | Marcia Harewood Hilary Saw W40 Pat Mead W45 Sally Scott | 4 | SCVAC Lg. B Final, Colindale | 4 Sep 1994 |
| 4x200m | 2:10.1 | Sally Scott Pat Mead W45 Natalie Stracey Jacinta Moore | 1 | SCVAC Lg. Mid-London Div., Tooting Bec | 25 Jul 1994 |
| 4 x 400m | 5:02.6 | ³ Dina Francis 2-cl Georgina Husbands Rhoda Dakar 2-cl Jane Searle 2-cl W40 | 1 | SCVAC Lg., Battersea Pk | 22 Jun 1998 |
| | 5:11.2 | Pat Mead W45 Sally Scott Nina Mills W45 Jacinta Moore | 2 | SCVAC Lg. Mid-London Div., Colindale | 27 Jun 1994 |
| Medley 200m, 200m, 400m, 800m | 5:07.0 | Natalie Stracey Pat Mead W45 Nina Mills W45 Jacinta Moore | 1 | SCVAC Lg. Mid-London Div., Battersea Pk | 16 May 1994 |

¹ Vilma Thompson's Hammer performance is recorded on Power of 10 as being set with a 4Kg implement, but the competition at the Rosenheim League was non-scoring and mixed age-groups, men and women. In such events, competitors usually used their age-group implements. As this is a stand-out performance, a 3kg hammer was probably used. Investigation is ongoing.

² Team included 2nd-claim members, which was valid for this competition. Next best by an all 1st-claim team is also shown.

³ Ibid.

Indoors

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|---------------|----------|-------------------------------|--|-------------|
| 60m | 7.45 | Christine Harrison-Bloomfield | 1 Birmingham Games, Birmingham | 22 Feb 2003 |
| 200m | 24.42 | Christine Harrison-Bloomfield | 2h1 Birmingham Games, Birmingham | 23 Feb 2003 |
| 400m | 58.46 | Monique Krefting W45 | 1 English Masters Area Challenge, Lee Valley | 24 Feb 2019 |
| 800m | 2:18.77 | Zoe Doyle | 4 European Masters Champs., Ancona ITA | 31 Mar 2016 |
| 1500m | 4:46.05 | Zoe Doyle | 2 World Masters Champs., Daegu, KOR | 25 Mar 2017 |
| 3000m | 10:13.87 | Samantha Amend | 1 British Masters Champs., Lee Valley | 13 Mar 2016 |
| 60mH 84.0cm | 9.56 | Jodie Albrow | P World Masters Pentathlon Champs., Toruń, POL | 29 Mar 2019 |
| High Jump | 1.54 | Jodie Albrow | P World Masters Pentathlon Champs., Toruń, POL | 29 Mar 2019 |
| Long Jump | 5.00 | Jodie Albrow | P World Masters Pentathlon Champs., Toruń, POL | 29 Mar 2019 |
| Triple Jump | 9.97 | Hilde Bottin BEL W45 | 2 British Masters Indoor Championships, Lee Valley | 27 Feb 2011 |
| Shot Putt 4kg | 9.38 | Jodie Albrow | P World Masters Pentathlon Champs., Toruń, POL | 29 Mar 2019 |
| Pentathlon | 3433 | Jodie Albrow | 1 World Masters Champs., Toruń, POL 60H 9.56, HJ 1.54, SP 9.38, LJ 5.00, 800m 2:31.63 | 29 Mar 2019 |

Road & Ultra-Distance Running

We have included times for distances recorded for best performances by the National Union of Track Statisticians – 15 kms, 10 miles, half-marathon and marathon. Beyond these we show the ultra-distances in tens of miles up to 100 miles, tens of kilometres up to 50 kilometres, plus 100 kilometres and the three standard elapsed time runs of 6, 12 and 24 hours. Recorded elsewhere, but not published, are best times set at various other distances which are rarely run but which might crop up as intermediate times in major marathons.

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|------------|----------|----------------------|--|-------------|
| 5 kms | 17:37 | Samantha Amend | 8 Ipswich Building Society Twilight 5K | 14 Aug 2015 |
| 5 miles | 29:03 | Samantha Amend | 1 Hatfield 5 | 30 Nov 2014 |
| 10 kms | 34:05 | Getenesh Tamirat | 5 Admiral Swansea Bay 10k | 23 Sep 2012 |
| 15 kms | 53:05 | + Tish Jones | Virgin Money Elite London Marathon | 4 Oct 2020 |
| 20 kms | 1:10:45 | + Tish Jones | Virgin Money Elite London Marathon | 4 Oct 2020 |
| 10 miles | 59:11 | Samantha Amend | 4 Cabbage Patch 10, Twickenham | 16 Oct 2016 |
| ½ Marathon | 1:14:43 | + Tish Jones | Virgin Money Elite London Marathon | 4 Oct 2020 |
| 30 kms | 1:48:01 | + Tish Jones | Virgin Money Elite London Marathon | 4 Oct 2020 |
| 20 miles | 2:03:05 | Samantha Amend | 5 Maidenhead Easter 10 | 3 Apr 2015 |
| 40 kms | 2:27:38 | + Tish Jones | Virgin Money Elite London Marathon | 4 Oct 2020 |
| Marathon | 2:36:25 | Tish Jones | 16 Virgin Money Elite London Marathon | 4 Oct 2020 |
| 50 kms | 3:28:07 | Samantha Amend | 1 Gloucester Winter 50 kms | 20 Jan 2019 |
| 40 miles | 4:56:17 | Samantha Amend | Barry 40 (Inc. Welsh Ultra Champs.) | 10 Mar 2019 |
| 50 miles | 6:41:59 | + Samantha Amend W40 | Centurion Track 100 | 24 Apr 2021 |
| 100 kms | 7:53:57 | Samantha Amend | 1 British 100k Champs. & Home Intl., Redwick | 31 Mar 2018 |
| 100 miles | 14:34:03 | Samantha Amend W40 | 1 Centurion Track 100, Ashford | 24 Apr 2021 |
| 6 Hours | 72.9959 | + Samantha Amend W40 | Centurion Track 100, Ashford | 24 Apr 2021 |
| 12 Hours | 133.5681 | + Samantha Amend W40 | Centurion Track 100, Ashford | 24 Apr 2021 |
| 24 Hours | 220.249 | Samantha Amend | 1 Energia 24-Hour, Belfast | 23 Jun 2018 |

Track & Field

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|---------------|----------|------|----------------------|-----|--|-------------|
| 100m | 13.61w | 2.1 | Monique Krefting W45 | 1 | Rosenheim Lg. Eastern Div., Battersea Pk | 9 May 2018 |
| 100m | 13.5 | | Monique Krefting W45 | 1 | Rosenheim Lg. Eastern Div., Battersea Pk | 8 May 2019 |
| 100m | 13.66 | -1.3 | Monique Krefting W45 | 8A | UK Women's Lg. Div. 3, Bedford | 9 Jun 2019 |
| 200m | 26.64 | 0.5 | Nina Anderson W45 | 3A | Southern Athletics Lg. Div. 1, Eton | 23 Jun 2018 |
| 400m | 57.56 | | Nina Anderson W45 | 6rB | Brussels Grand Prix, Brussels, BEL | 30 Jun 2018 |
| 800m | 2:40.8 | | Anna Hegvold NOR W45 | 2A | Southern Athletics Lg. Div. 3SE, Wimbledon | 19 Jun 2016 |
| 1500m | 5:30.7 | | Nina Mills W45 | 3 | Belgrave Club Champs., Battersea Pk | 10 Jul 1994 |
| 3000m | 10:56.80 | | Helen Smethurst | 4B | UK Women's Lg. Div. 2, Eton | 7 Jul 2007 |
| 5000m | 19:21.6 | | Helen Smethurst | 3 | British Masters Champs., Birmingham | 28 Jul 2007 |
| 100mH 84.0cm | 20.86 | 0.0 | Monique Krefting W45 | 4 | Rosenheim Lg. Final, Kingsmeadow | 6 Aug 2017 |
| 400mH 76.2cm | 64.56 | | Monique Krefting W45 | 1A | Southern Athletics Lg. Div. 1, Bromley | 15 Apr 2017 |
| High Jump | 1.50 | | Monique Krefting W45 | 4A | UK Women's Lg. Div. 3, Bedford | 3 Jun 2018 |
| Long Jump | 4.88 | 0.0 | Monique Krefting W45 | 1 | British Masters Champs., Birmingham | 24 Jun 2017 |
| Triple Jump | 9.73 | | Hilde Bottin BEL W45 | 1B | Southern Athletics Lg., Div. 2C, Perivale | 1 Sep 2012 |
| Pole Vault | 1.90 | | Maureen Jones W50 | 1 | British Veterans Champs., Blackpool | 29 Jun 1997 |
| Shot 4kg | 9.93 | | Vilma Thompson W45 | 1 | SCVAC Champs., Battersea Pk | 10 Jun 2001 |
| Discus 1kg | 29.22 | | Vilma Thompson W55 | P | European Veterans Champs., Nyireghaza, HUN | 2 Jul 2010 |
| Javelin 600gm | 30.02 | | Vilma Thompson W45 | 2A | Southern Athletics Lg. Div. 3, Wycombe | 19 May 2001 |
| Hammer 4kg | 27.94 | | Gail Porter | 4B | UK Women's Lg. Div. 4, Abingdon | 31 Jul 2004 |
| | 32.34 | 4 | Vilma Thompson W55 | n/s | Rosenheim Lg. Eastern Div., Battersea Pk | 11 May 2011 |

Indoors

| | | | | | | |
|-------------|-------|--|----------------------|-----|--|-------------|
| 60m | 9.03 | | Hilde Bottin BEL | 5 | British Masters Indoor Championships, Lee Valley | 26 Feb 2011 |
| 200m | 31.34 | | Maureen Noel | 3rB | British Masters Indoor Championships, Lee Valley | 8 Mar 2009 |
| 400m | 58.46 | | Monique Krefting | 1 | English Masters Area Challenge, Lee Valley | 24 Feb 2019 |
| Triple Jump | 9.97 | | Hilde Bottin BEL W45 | 2 | British Masters Indoor Championships, Lee Valley | 27 Feb 2011 |

Road & Ultra-Distance Running

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|------------|----------|----|-----------------|----|--|-------------|
| 5 kms | 18:29 | | Juliette Clark | 2 | Dulwich 5k, Dulwich | 16 Jun 2004 |
| 5 miles | 30:03 | | Juliette Clark | | Brighton | 18 Sep 2005 |
| 10 kms | 37:37 | | Samantha Amend | 1 | Runthrough Newbury Racecourse 10K, Newbury | 17 Oct 2020 |
| 10 miles | 1:06:11 | | Helen Smethurst | 14 | Maidenhead | 10 Apr 2009 |
| ½ Marathon | 1:22:37 | | Kate Rennie | 4 | Berkhampstead ½ Marathon | 6 Mar 2016 |
| 20 miles | 2:11:00 | | Samantha Amend | 1 | Running Grand Prix, Goodwood | 27 Sep 2020 |
| Marathon | 2:52:36 | | Samantha Amend | 1 | Dorney Lake Marathon, Windsor | 3 Apr 2021 |
| 50 kms | 3:54:19 | mt | Samantha Amend | 2 | Run to the Sea Ultra 50K, Ringwood | 10 Oct 2020 |
| 50 miles | 6:41:59 | + | Samantha Amend | | Centurion Track 100 | 24 Apr 2021 |
| 100 kms | 8:53:13 | + | Samantha Amend | | Gloucester 24 Hour Track Race | 30 Oct 2020 |
| 100 miles | 14:34:03 | | Samantha Amend | 1 | Centurion Track 100, Ashford | 24 Apr 2021 |
| 6 Hours | 72.9959 | + | Samantha Amend | | Centurion Track 100, Ashford | 24 Apr 2021 |
| 12 Hours | 133.5681 | + | Samantha Amend | | Centurion Track 100, Ashford | 24 Apr 2021 |
| 24 Hours | 162.4 | | Samantha Amend | | Gloucester 24 Hour Track Race | 30 Oct 2020 |

⁴ Vilma Thompson's Hammer performance is recorded on Power of 10 as being set with a 4Kg implement, but the competition at the Rosenheim League was non-scoring and mixed age-groups, men and women. In such events, competitors usually used their age-group implements. As this is a stand-out performance, a 3kg hammer was probably used. Investigation is ongoing.

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| | | | | | | |
|---------------|---------|--------------|----------------------|-----|--|-------------|
| 100m | 13.61w | 2.1 | Monique Krefting | 1 | Rosenheim Lg. Eastern Div., Battersea Pk | 9 May 2018 |
| 100m | 13.5 | | Monique Krefting | 1 | Rosenheim Lg. Eastern Div., Battersea Pk | 8 May 2019 |
| 100m | 13.66 | -1.3 | Monique Krefting | 8A | UK Women's Lg. Div. 3, Bedford | 9 Jun 2019 |
| 200m | 26.64 | 0.5 | Nina Anderson | 3A | Southern Athletics Lg., Eton | 23 Jun 2018 |
| 400m | 57.56 | | Nina Anderson | 6rB | Brussels Grand Prix, Brussels, BEL | 30 Jun 2018 |
| 800m | 2:40.8 | | Anna Hegvold NOR | 2A | Southern Athletics Lg. Div. 3SE, Wimbledon | 19 Jun 2016 |
| 1500m | 5:30.7 | | Nina Mills | 3 | Belgrave Club Champs., Battersea Pk | 10 Jul 1994 |
| 3000m | 11:48.5 | | Maureen Noel | 7A | UKWL Div. 3, Crawley | 2 Jul 2011 |
| 5000m | 25:08.5 | | Pam Davies W60 | | Tooting Bec | 25 Jul 1994 |
| 100mH 84.0cm | 20.86 | 0.0 | Monique Krefting | 4 | Rosenheim Lg. Final, Kingsmeadow | 6 Aug 2017 |
| 400mH 76.2cm | 64.56 | | Monique Krefting | 1A | Southern Athletics Lg. Div. 1, Bromley | 15 Apr 2017 |
| High Jump | 1.50 | | Monique Krefting | 4A | UK Women's Lg. Div. 3, Bedford | 3 Jun 2018 |
| Long Jump | 4.88 | 0.0 | Monique Krefting | 1 | British Masters Champs., Birmingham | 24 Jun 2017 |
| Triple Jump | 9.73 | | Hilde Bottin BEL | 1B | Southern Athletics Lg., Div 2C, Perivale | 1 Sep 2012 |
| Pole Vault | 1.90 | | Maureen Jones W50 | | Linford Christie Stadium. | 30 May 1998 |
| Shot 4kg | 9.93 | | Vilma Thompson | | Battersea Pk | 10 Jun 2001 |
| Discus 1kg | 29.22 | | Vilma Thompson W55 | P | European Veterans Champs., Nyireghaza, HUN | 2 Jul 2010 |
| Javelin 600gm | 30.02 | | Vilma Thompson | 2A | Southern Lg., Div. 3, Wycombe | 19 May 2001 |
| Hammer 4kg | 25.38 | | Vilma Thompson | 2 | SCVAC Lg. 2, Battersea Pk | 30 Apr 2001 |
| Hammer 4kg | 32.34 | ⁵ | Vilma Thompson W55 | 1 | Rosenheim Lg. E. Div, Battersea Pk | 11 May 2011 |
| 4 x 100m | 77.0 | | Maureen Jones | 5 | SCVAC Lg. Auxiliary Final, Colindale | 1 Sep 1996 |
| | | | Patricia Mead W50 | | | |
| | | | Cynthia James W50 | | | |
| | | | Barbara Dunsford W60 | | | |

Indoors

| | | | | | | |
|-------------|-------|--------------|------------------|-----|--|-------------|
| 60m | 9.03 | | Hilde Bottin BEL | 5 | British Masters Indoor Championships, Lee Valley | 26 Feb 2011 |
| 200m | 31.34 | | Maureen Noel | 3rB | British Masters Indoor Championships, Lee Valley | 8 Mar 2009 |
| 400m | 58.46 | ⁶ | Monique Krefting | 1 | English Masters Area Challenge, Lee Valley | 24 Feb 2019 |
| Triple Jump | 9.97 | | Hilde Bottin BEL | 2 | British Masters Indoor Championships, Lee Valley | 27 Feb 2011 |

Road & Ultra-Distance Running

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|------------|---------|---|---------------------|------|----------------------------|-------------|
| 5 kms | 20:19 | + | Fee Maycock | | Frankfurt Marathon, GER | 28 Oct 2012 |
| 5 miles | 30:30 | | Fee Maycock | 3/1 | Guy Fawkes 5, Tewksbury | 2 Nov 2014 |
| 10 kms | 37:59 | | Fee Maycock | 48/3 | Leeds Abbey Dash | 17 Nov 2013 |
| 15 kms | 1:00:42 | + | Fee Maycock | | Frankfurt Marathon, GER | 28 Oct 2012 |
| 10 miles | 1:10:16 | | Helen Smethurst W50 | 9 | Bruggenlauf 10, Basel, SUI | 16 Aug 2015 |
| 20 kms | 1:20:50 | + | Fee Maycock | | Frankfurt Marathon, GER | 28 Oct 2012 |
| ½ Marathon | 1:23:26 | | Fee Maycock | 19/1 | Bristol ½ Marathon | 30 Sep 2012 |
| 30 kms | 2:01:31 | + | Fee Maycock | | Frankfurt Marathon, GER | 28 Oct 2012 |
| 40 kms | 2:44:33 | + | Fee Maycock | | Frankfurt Marathon, GER | 28 Oct 2012 |
| Marathon | 2:54:17 | | Fee Maycock | 25/1 | Frankfurt, GER | 28 Oct 2012 |

⁵ Vilma Thompson's Hammer performance is recorded on Power of 10 as being set with a 4Kg implement, but the competition at the Rosenheim League was non-scoring and mixed age-groups, men and women. In such events, competitors usually used their age-group implements. As this is a stand-out performance, a 3kg hammer was probably used. Investigation is ongoing.

⁶ As at 30 March 2021, Monique's performance over 400 metres indoors is a European W45 Record.