

Women 35-39

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
Heptathlon	4406	Jodie Albrow	1	British Masters Heptathlon Champs., Sheffield	14/15 Jul 2018
				100mH 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	
4 x 100m	62.6	¹ 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	² 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 Team included 2nd-claim members, which was valid for this competition. Next best by an all 1st-claim team is also shown.

² Ibid.

Indoors

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
Long Jump	5.11	Jodie Albrow W40	P World Masters Championships, Toruń, POL	31 Mar 2023
Triple Jump	9.97	Hilde Bottin BEL W45	2 British Masters Indoor Championships, Lee Valley	27 Feb 2011
Shot 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	29 Mar 2019
60H 9.56, HJ 1.54, SP 9.38, LJ 5.00, 800m 2:31.63				

Women 40-44

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	2:24.53		Fiona Maddocks	1	British Masters Champs., Derby	12 Jun 2022
1500m	5:12.46		Samantha Amend	3A	Southern Athletics Lg., S. Lond. Div., Battersea Pk	14 Aug 2021
3000m	10:36.7		Samantha Amend	2A	Southern Athletics Lg., S. Lond. Div., Battersea Pk	20 Jun 2021
5000m	18:20.3		Samantha Amend	2A	Southern Athletics Lg., S. Lond. Div., Battersea Pk	11 Jul 2021
10000m	37:11.52		Samantha Amend	13rB	Highgate H. Night of the 10000m, Parliament Hill	14 May 2022
80mH 76.2cm	12.11	0.2	Jodie Albrow	1h2	European Masters Athletics Champs., Pescara ITA	28 Sep 2023
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	1.45		Jodie Albrow	3A	Southern Athletics Lg. Div. 3S,	2 Sep 2023
Long Jump	5.05	0.0	Jodie Albrow	10	NAL Champs Div. Fixture A, Bedford	11 Jun 2023
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	31.57		Jodie Albrow	1H	European Masters Champs., Camara de Lobos, POR	12 Oct 2025
Hammer 4kg	27.94		Gail Porter	4B	UK Women's Lg. Div. 4, Abingdon	31 Jul 2004
Heptathlon	4808		Jodie Albrow	2	European Masters Athletics Champs., Pescara ITA	24 Sep 2023
80mH 12.56/-0.7, HJ 1.44, SP 9.58, 200m 27.79/-0.2						
LJ 4.76/-0.6, JT 29.65, 800m 2:29.91.						

Indoors

60m	9.03	Hilde Bottin BEL	5	British Masters Indoor Champs., Lee Valley	26 Feb 2011
200m	28.10	Jodie Albrow	2	British Masters Indoor Champs., Lee Valley	17 Feb 2024
400m	58.46	Monique Krefting	1	English Masters Area Challenge, Lee Valley	24 Feb 2019
800m	2:29.37	Fiona Maddocks	3	British Masters Indoor Champs., Sheffield	18 Feb 2023
60mH 76.2cm	9.26	Jodie Albrow	2P2	World Masters Indoor Champs.,Toruń, POL	31 Mar 2023
High Jump	1.53	Jodie Albrow	P	British Masters Pentathlon, Lee Valley	11 Mar 2023
Long Jump	5.11	Jodie Albrow	P	World Masters Indoor Champs.,Toruń, POL	31 Mar 2023
Triple Jump	9.97	Hilde Bottin BEL W45	2	British Masters Indoor Champs., Lee Valley	27 Feb 2011
Shot 4kg	9.71	Jodie Albrow	P	British Masters Pentathlon, Lee Valley	11 Mar 2023
Pentathlon	3751	Jodie Albrow	1	British Masters Pentathlon, Lee Valley	11 Mar 2023
60H 9.32, HJ 1.53, SP 9.71, LJ 4.96, 800m 2:32.81					

Women 45-49

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
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	³	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

³ As at 30 March 2021, Monique's performance over 400 metres indoors was a European W45 Record.