

Women 35-39

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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 |
| | | | | 1 | SCVAC Champs., Battersea Pk | 10 Jun 2001 |
| 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 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 | 1 | Dina Francis 2-cl | 1 | SCVAC Lg., Battersea Pk | 27 Apr 1998 |
| | | | Sally Marek W45 | | | |
| | | | Rhoda Dakar 2-cl | | | |
| 4 x 100m | 63.3 | | Jane Searle 2-cl W40 | | | |
| | | | Marcia Harewood | 4 | SCVAC Lg. B Final, Colindale | 4 Sep 1994 |
| | | | Hilary Saw W40 | | | |
| 4x200m | 2:10.1 | | Pat Mead W45 | | | |
| | | | Sally Scott | 1 | SCVAC Lg. Mid-London Div., Tooting Bec | 25 Jul 1994 |
| | | | Natalie Stracey | | | |
| 4 x 400m | 5:02.6 | 2 | Jacinta Moore | | | |
| | | | Dina Francis 2-cl | 1 | SCVAC Lg., Battersea Pk | 22 Jun 1998 |
| | | | Georgina Husbands | | | |
| 4 x 400m | 5:11.2 | | Rhoda Dakar 2-cl | | | |
| | | | Jane Searle 2-cl W40 | | | |
| | | | Pat Mead W45 | 2 | SCVAC Lg. Mid-London Div., Colindale | 27 Jun 1994 |
| 4 x 400m | 5:11.2 | | Sally Scott | | | |
| | | | Nina Mills W45 | | | |
| | | | Jacinta Moore | | | |
| Medley 200m, 200m, 400m, 800m | 5:07.0 | | Natalie Stracey | 1 | SCVAC Lg. Mid-London Div., Battersea Pk | 16 May 1994 |
| | | | Pat Mead W45 | | | |
| | | | Nina Mills W45 | | | |
| | | | Jacinta Moore | | | |

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

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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 |
| 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 60H 9.56, HJ 1.54, SP 9.38, LJ 5.00, 800m 2:31.63 | 29 Mar 2019 |

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 |
| 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 | 1.53 | i | Jodie Albrow | P | British Masters Pentathlon, Lee Valley | 11 Mar 2023 |
| Long Jump | 5.11 | i | Jodie Albrow | P | World Masters Championships, Toruń, POL | 31 Mar 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 | 30.94 | | Jodie Albrow | 1 | British Masters Champs., Derby | 2 Sep 2023 |
| Hammer 4kg | 27.94 | | Gail Porter | 4B | UK Women's Lg. Div. 4, Abingdon | 31 Jul 2004 |

Indoors

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|-------------|---------|--|----------------------|-----|--|-------------|
| 60m | 9.03 | | Hilde Bottin BEL | 5 | British Masters Indoor Champs., Lee Valley | 26 Feb 2011 |
| 200m | 31.34 | | Maureen Noel | 3rB | British Masters Indoor Champs., Lee Valley | 8 Mar 2009 |
| 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 |
| 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 |

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

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|-------------|-------|--------------|------------------|-----|--|-------------|
| 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.