

## Track &amp; Field

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 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	<sup>1</sup> 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	<sup>2</sup> 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
<b>Indoors</b>					
60m	7.45	Christine Harrison-Bloomfield	1	Birmingham Games, Birmingham	22 Feb 2003
200m	24.42	Christine Harrison-Bloomfield			

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

			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 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	

## 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.

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

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

## 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

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

## Track & Field

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	<sup>3</sup>	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

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

<sup>3</sup> As at 30 March 2021, Monique's performance over 400 metres indoors is a European W45 Record.