

Senior Ladies

Event	Record	Name		Venue	Year
60m indoors	9	Ness	Kingham	Carshalton	2023
100m	14.3	Ness	Kingham	Carshalton	2023
200m	28.1	Lucy	Horitz	Croydon	2003
400m	65.3	Zoe	Shannon	Erith	2013
800m	2.27	Zoe	Shannon	Woking	2011
1500m	4.47.05	Alice	Crane	Tooting	2024
1 mile	6.16.0	Jenny	Dexter	Pixham	2002
3000m	9.28.05	Alice	Crane	Tooting	2024
3000m indoors	9.20.93i	Elsa	Palmer	Birmingham	2023
5000m	16.58.94	Alice	Crane	Tooting	2024
100m hurdles	23.8	Susie	Crayton	Hastings	2017
2000m steeplec	7.50.73	Becky	Gardner	Oxford	2010
3000m steeplechase					
4x100 relay	57.17			Erith	2013
4x400 relay	4.54.1	Zoe	Shannon	Kingston	2005
		Georgie	Bruinvels		
		Janet	Ray		
		Abbie	Tucker		
High jump	1.33	Karen	Marshall	Pixham	2002
Long jump	4.3	Ness	Kingham	Crawley	2022
Triple jump	9.83	Lucy	Horitz	Crawley	2003
Javelin	22.35	Helen	Pickett	Pixham	2002
Pentathlon	1203	Sheena	Bassett	Pixham	1995
Shot Putt	9.15	Susie	Crayton	Carshalton	2017
Discus	33.46	Kasia	Kublik	Crawley	2010
Hammer	22.47	Kasia	Kublik	Watford	2010
Pole Vault	2.40	Pippa	Whitehouse	Oxford	2002
Road					
5 miles	31.06	Helen	Bridle	Edinburgh	2010
10 miles	1.12	Maddie	Dyke	Dorking	2002
20 miles	2.36.3	Helen	Pickett	Bramley	2002
5 km	16.49	Alice	Crane	Battersea	2024
10 km	34.16	Alice	Crane	Brighton	2024
Half marathon	1.28.03	Helen	Bridle	Isle of Mull	2011
Marathon	3.27.38	Becky	Gardner	London	2012