

W55

Event	Record	Name		Venue	Year
100m	18.6	Jo	Lloyd	Kingston	2022
200m	39.3	Jo	Lloyd	Epsom	2022
400m					
800m					
1500m	7.07	Jo	Lloyd	Kingston	2022
Mile	7.05.54	Paula	Pringle	Epsom	2024
3000m					
5000m					
Long jump	2.26	Jo	Lloyd	Epsom	2022
Triple jump					
High jump					
Shot putt					
Discus	12.64	Jane	Mahoney	Kingston	2024
Javelin					
Hammer					
2000m walk	14.50.98	Jane	Mahoney	Kingston	2024
10k	1.02.20	Fleur	Priestley	Goodwood	2023
10 miles	1.22.32	Catherine	Matthews	Tadworth	2023
Half marathon	1.35.59	Rachel	Brunswick	Bristol	2022
Marathon	3.33.02	Catherine	Matthews	London	2023