

RECORDS WOMEN SENIOR (And Mixed Relay)

60m (i)	Hayley Clements	7.89	Cosford	10.01.88
80m	Susan McNamara	10.3	Tonbridge	23.03.80
100m	Kirstie Taylor	11.8	Colchester	15.07.00
150m	Susan McNamara	18.1	Tonbridge	23.03.80
200m	Ann Baldock	24.4	Woodford	14.08.76
200m(i)	Hayley Clements	25.34	Birmingham	26.02.94
300m	Ann Baldock	39.1	Crystal Palace	26.05.76
400m	Hayley Clements	54.62	Crystal Palace	26.06.94
400m(i)	Kathryn Sutton	57.30	Lee Valley	28.01.17
600m	Anna Wittekind	1:28.1	Loughborough	12.06.83
800m	Anna Wittekind	2:06.5	Stretford	19.07.83
800m(i)	Kathryn Sutton	2:13.17	Lee Valley	15.01.17
1000m	Anna Wittekind	2:51.7	Motspur Park	09.06.82
1500m	Anna Wittekind	4:18.07	Crystal Palace	15.07.83
1500m(i)	Anna Wittekind	4:27.22	Cosford	14.01.84
1 mile	Anna Wittekind	4:50.0	Crystal Palace	01.04.88
3000m	Anna Wittekind	9:19.11	Haringey	18.06.88
3000m(i)	Anna Wittekind	9:28.6	Cosford	07.01.84
5000m	Andrea Green	16:27.7	Tonbridge	08.08.00
10000m	Andrea Green	34:39.8	Catford	14.07.00
60mH(i)	Grace Clements	8.77	Sheffield	30.02.08
100mH	Grace Clements	14.10	Hengelo	28.06.08
200mH	Claire Capon	29.8	Dartford	25.07.12
300mH	Donna Pert	44.8	Hornchurch	24.03.85
400mH	Samantha Brown	59.65	Bedford	10.06.18
1500mSC	Bonnie Maugey	6:25.5	Reading	20.05.18
2000mSC	Charlotte Burgoyne	8:34.08	Sheffield	06.05.96
3000mSC	Sarah-Jane Cattermole	12:44.6	Perth, Australia	18.12.04
HJ	Grace Clements	1.81	Birmingham	31.05/01.06.08
HJ(i)	Grace Clements	1.78	Sheffield	03.02.08
LJ	Grace Clements	6.03	Tenerife	05.12
LJ(i)	Grace Clements	5.87	Sheffield	03.02.08
TJ	Grace Clements	12.41	Boston, USA	09.04.05
PV	Claire Capon	2.10	Dartford	27.07.11
PV(i)	Claire Capon	1.90	Sutton	30.04.11
DT	Clare Abbott	36.82	Crystal Palace	18.05.91
HT	Claire Capon	40.94	Crawley	02.08.14
JT	Grace Clements	45.07	Tallinn	06.13
SP	Grace Clements	14.12	Tallinn	06.13
SP(i)	Grace Clements	13.14	Sheffield	01.13
Pent(i)	Grace Clements	4237	Sheffield	03.02.08
Pent(i)60m	Grace Clements	3655	Sutton	08.01.06
Hept	Grace Clements	5819	Delhi	08/09.10.10
Dec	Claire Capon	4425	Oxford	12/13.09.09
4 x 100	Jo Heap, Mitch Jones, Sarah Simmons, Evette Williams	48.8	Tonbridge	25.05.95
4 x 200	Sarah Simmons, Jo Heap, Evette Williams, Mitch Jones	1:43.8	Tonbridge	25.05.95
4 x 400	Sue Elam, Donna Pert, Helen Gray, Anna Wittekind	3:51.87	Bromley	14.06.87
Medley	Megan Edwards, Kirsty Taylor, Tracy Cunningham, Elaine Murty	3:53.35	Bedford	18.08.07
3 x 800	Karen Dyett, Sue Elam, Caroline Warren	6:51.8	Barnet	30.06.84
4 x 400 Mixed	Adam Bernard, Kat Sutton, Maisy Rose, Trey McPherson	3.47.3	Dartford	11.07.21