

RECORDS MASTERS WOMEN 45

60m (i)	Anne Goad	8.66	Sindelfingen	10.03.04
100m	Kirstie Cooper	13.84	Erith	19.09.21
100m(i)	Kalina Detko	15.44	Lee Valley	09.03.25
150m	Kalina Detko	22.26	Crawley	28.03.26
200m	Kirstie Cooper	29.46	Erith	18.09.21
200m (i)	Teresa May	29.6	Cardiff	19.02.05
300m	Teresa May	46.8	Tonbridge	2005
300m(i)	Kalina Detko	57.3	Lee Valley	01.12.24
400m	Allison Page	68.8	Ashford	27.06.16
800m	Kay Koppel	2:32.0	Brighton	03.08.84
800m (i)	Kay Koppel	2:38.3	Cosford	13.03.83
1500m	Kay Koppel	5:15.42	Brighton	21.08.84
1500m (i)	Kay Koppel	5:28.5	Cosford	13.03.83
1 mile	Stephanie Wood	6:34.2	Dartford	29.09.13
3000m	Kay Koppel	11:36.5	Reigate	19.06.82
5000m	Pat Halstead	21:15.77	Battersea	09.06.02
10000m	Pat Halstead	44:11.0	Erith	19.06.02
60mH (i)	Pat Oakes	10.6	Crystal Palace	13.03.94
100mH	Pat Oakes	21.1	Dartford	05.09.92
200mH	Teresa Eades	38.7	Dartford	28.09.08
300mH	Pat Oakes	58.1	Dartford	28.08.93
400mH	Teresa May	78.8	Eastbourne	30.04.05
80mH	Pat Oakes	14.5	Reading	26.09.93
HJ	Kalina Detko	1.43	Watford	21.06.26
HJ (i)	Teresa May	1.45	Cardiff	19.02.05
LJ	Anne Goad	4.56	Eastbourne	06.09.03
LJ (i)	Anne Goad	4.34	Sindelfingen	10.03.04
TJ	Pat Oakes	10.18	Dartford	20.08.94
TJ (i)	Pat Oakes	9.70	Crystal Palace	25.02.95
PV	Anne Goad	2.40	Crawley	25.04.04
PV (i)	Teresa May	2.10	Cardiff	19.02.05
DT	Anne Goad	25.54	Battersea	13.06.04
HT	Anne Goad	21.47	Dartford	23.09.07
JT	Anne Goad	28.27	Deangate	20.05.06
	Anne Goad	28.27	Birmingham	04.07.08
SP	Anne Goad	9.47	Battersea	13.06.04
SP (i)	Anne Goad	8.67	Sindelfingen	10.03.04
Pent (i)	Teresa May	3107	Cardiff	23.01.05
Hept	Anne Goad	3940	Sheffield	13/14/09.03
Dec	Anne Goad	5748	Sheffield	11/12.09.04