

# CAMBRIDGE & COLERIDGE AC

## TRACK & FIELD RECORDS

### VETERAN WOMEN

November 2019

<u>Event</u>	<u>Age Group</u>	<u>Performance</u>	<u>Date</u>	<u>Record Holder</u>
100m	W35	13.7s	1991	Ann Turrington
200m	W35	27.3s	1991	Ann Turrington
400m	W35	59.9s	1991	Ann Turrington
800m	W35	2m 10.6s	1992	Ann Turrington
1500m	W35	4m 32.6s	1992	Ann Turrington
3000m	W35	10m 29.0s	2013	Ellen Leggate
5000m	W35	19m 04.6s	1991	Diana Braverman
10000m	W35	35m 15.7s	2016	Victoria Knight
1 Mile	W35	5m 17.0s	2013	Ellen Leggate
S.H.	W35	18.8s	1992	Julie Churchill
400H	W35	67.1s	1991	Julie Churchill
L.J.	W35	4.71m	2019	Anne Moindrot
T.J.	W35	9.99m	2019	Anne Moindrot
H.J.	W35	1.3m	2018	Anne Moindrot
P.V.	W35	1.70m	1996	Dawn Perry
Shot	W35	8.56m	2019	Anne Moindrot
Discus	W35	30.25m	2018	Anne Moindrot
Jav. - O.J.	W35	34.40m	1994	Carole Morris
Jav. - N.J.	W35	27.04m	2003	L Cowan
Hammer	W35	22.12m	1996	Carole Morris
2K Walk	W35	13m 30.3s	2006	Rachel Kiff
1 Mile Walk	W35	11m 24.3s	2010	Rachel Roberts
4*100M Relay	W35	72.1s	2011	R Roberts,H Grant,J Packman,S Barnett
100m	W40	13.8s	2017	Sophie Detienne
200m	W40	28.8s	2017	Sophie Detienne
400m	W40	62.1s	2017	Sophie Detienne
800m	W40	2m 18.6s	1996	Ann Turrington
1500m	W40	4m 50.88s	1996	Ann Turrington
3000m	W40	9m 48.6s	2017	Victoria Knight
5000m	W40	16m 58.0s	2017	Victoria Knight
1 Mile	W40	5m 24.6s	2017	Sophie Detienne
2Km Walk	W40	13m 16.3s	2012	Rachel Roberts
S.H.	W40	19.2s	1996	Dawn Perry
S.H. 80m	W40	14.4s	1996	Dawn Perry
400H	W40	76.4s	1996	Dawn Perry
L.J.	W40	4.52m	1997	Dawn Perry
T.J.	W40	8.23m	1996	Dawn Perry
H.J.	W40	1.25m	1996	Dawn Perry
P.V.	W40	1.70m	1996	Dawn Perry
Shot	W40	10.12m	1990	Romana Wallace
Discus	W40	30.48m	1990	Romana Wallace
Jav. - O.J.	W40	30.75m	1998	Carole Morris
Jav. - N.J.	W40	29.77m	2001	Carole Morris
Hammer	W40	25.82m	1993	Romana Wallace
1 Mile Walk	W40	10m 33.3s	2013	Rachel Roberts
2Km Walk	W40	13m 50.2s	2011	Rachel Roberts
4*100 Relay	W40	71.0s	2013	R Roberts,H Grant,J Lasenby,A N Other
4*200 Relay	W40	2m 29.2s	2016	?

4,2,2,4 Relay	W40	4m 12.6s	2013	R Roberts,M Holmes,J Lasenby, H Grant
100m	W45	14.9s	1998	Hilary Vogel
200m	W45	30.8s	1998	Hilary Vogel
400m	W45	66.1s	2006	Joan Lasenby
800m	W45	2m 27.5s	2006	Joan Lasenby
1500m	W45	5m 00.5s	2006	Joan Lasenby
3000m	W45	10m 52.4s	2006	Joan Lasenby
5000m	W45	19m42.3s	2016	Nicola Mc.Bride
10000m	W45	41m 53.52s	2012	Helen Grant
1 Mile	W45	6m 12.81s	2012	Helen Grant
2K Walk	W45	13m 55.7s	2012	Jane Packman
S.H.	W45	19.9s	1998	Dawn Perry
S.H. 80m	W45	15.3s	1999	Dawn Perry
400H	W45	83.9s	1999	Dawn Perry
1500m S/C	W45	7m 21.5s	2014	Ali Wilson
L.J.	W45	4.47m	1998	Dawn Perry
H.J.	W45	1.20m	1998	Dawn Perry
T.J,	W45	7.09m	2010	Sarah Kelk
Shot	W45	9.69	2019	Sarah Mc.Grath
Discus	W45	28.50m	1997	Romana Martin
Jav. - N.J.	W45	28.73m	2005	Carole Morris
Hammer	W45	26.4	2019	Sarah McGrath
4*100 Relay	W45	76.5s	2016	?
4*400 Relay	W45	5m 45.3s	2012	H Grant, J lasenby,D Potter,M Holmes
4,2,2,4 Relay	W45	4m 01.7s	2012	Tucker, Wilson,M Holmes,H Grant
2,2,4,8 Relay	W45	5m 30.9s	2012	M Holmes,H Grant,J lasenby,R Martin
100m	W50	16.3s	2016	Iona Graham-Hagg
200m	W50	33.1s	2018	Stefanie Godfrey
400m	W50	70.0s	2010	Joan Lasenby
800m	W50	2m32.2s	2010	Joan Lasenby
1500m	W50	5m 05.01s	2011	Joan Lasenby
3000m	W50	11m 01.8s	2010	Joan Lasenby
5000m	W50	19m 36.2s	2017	Nicola McBride
10000m	W50	46m18.69s	2015	Helen Grant
1 mile	W50	5m 40.69s	2010	Joan Lasenby
SH	W50	22.9s	2016	Iona Graham-Hagg
300H	W50	84.3s	2016	Joan Lasenby
400H	W50	111.4s	2016	Iona Graham-Hagg
1500 S/C	W50	6m23.6s	2016	Joan Lasenby
2000 S/C	W50	9m12.2s	2016	Joan Lasenby
L.J.	W50	3.37m	2015	Iona Graham-Hagg
H.J.	W50	1.10m	2010	Joan Lasenby
T.J.	W50	6.66m	2014	Iona Graham-Hagg
Shot 4.0kg	W50	8.98m	2000	Romana Martin
Shot 3.0kg	W50	10.02m	2000	Romana Martin
Discus	W50	26.20m	2000	Romana Martin
Jav. - O.J.	W50	22.21m	1999	Hilary Vogel
Jav. - N.J.	W50	18.82m	2000	Hilary Vogel
Ham-4.00kg	W50	27.96m	2001	Romana Martin
Ham-3.00kg	W50	30.49m	2001	Romana Martin
1.5k Walk	W50	10m 06.2s	2015	Pamela Abbott
2K Walk	W50	12m 27.6s	2006	Diana Braverman
3K Walk	W50	20m 08s	2014	Pamela Abbott
1 Mile Walk	W50	10m 24.1s	2014	Pamela Abbott
4,2,2,4 Relay	W50	4m 25.9s	2015	H Grant,J Lasenby,P Abbott, M Holmes
2,2,4,8 Relay	W50	6m 05.5s	2015	H Grant,J Lasenby,J Arthur

4*400 Relay	W50	5m 55.9s	2014	M Phillips,J Arthur
4*200 Relay	W50	2m 30.9s	2015	H Grant,J Lasenby,I graham-Hagg, M Phillips
4*100 Relay	W50	74.6s	2017	
100m	W55	15.1s	1994	Mary Holmes
200m	W55	34.2s	2016	Joan Lasenby
400m	W55	74.7s	1997	Iris Hornsey
800m	W55	2m45.1s	2016	Joan Lasenby
1500m	W55	5m38.3s	2016	Joan Lasenby
3000m	W55	12m02.3s	2016	Joan Lasenby
1 mile	W55	6m01.1s	2016	Joan Lasenby
1500m S/C	W55	6m 50.9s	2017	Joan Lasenby
2000m S/C	W55	9m 35.61s	2015	Joan Lasenby
L.J.	W55	3.16m	1995	Mary Holmes
T.J.	W55	6.68m	1995	Mary Holmes
H.J.	W55	1.03m	2018	Pamela Abbott
Shot 4.0kg	W55	8.68m	2005	Romana Martin
Shot 3.25kg	W55	6.93m	1993	Mary Holmes
Shot 3.00kg	W55	9.28m	2006	Romana Martin
Discus	W55	26.30m	2009	Romana Martin
Jav.- O.J.600	W55	16.86m	1993	Mary Holmes
Jav.- N.J.600	W55	15.50m	2009	Hilary Vogel
Jav. 500gm	W55	21.72m	1993	Mary Holmes
Ham 4Kg	W55	26.59m	2005	Romana Martin
Ham 3Kg	W55	30.31m	2007	Romana Martin
Weight	W55	9.29m	2007	Romana Martin
1 mile Walk	W55	6m10.6s	2015	Joan Lasenby
2K Walk	W55	12m 17.7s	2010	Diana Braverman
3K Walk	W55	18m 55.86s	2010	Diana Braverman
5K Walk	W55	32m 59.0s	2009	Susan Barnet
100m	W60	16.5s	1996	Mary Holmes
200m	W60	34.6s	2014	Margaret Phillips
400m	W60	75.9s	2015	Margaret Phillips
800m	W60	2m 59.97s	1997	Mary Holmes
1500m	W60	5m 53.53s	2015	Margaret Phillips
3000m	W60	12m 28.95	2014	Margaret Phillips
1500m S/C	W60	7m11.5s	2014	Margaret Phillips
1 Mile	W60	7m00.8s	2016	Margaret Phillips
L.J.	W60	3.14m	1998	Mary Holmes
T.J.	W60	7.34m	1997	Mary Holmes
Shot 3kg	W60	9.51m	2010	Romana Martin
Shot 4kg	W60	7.72m	2010	Romana Martin
Discus	W60	23.40m	2012	Romana Martin
Jav 600gm	W60	13.55m	2011	Romana Martin
Jav 500gm	W60	10.46m	2011	Anthea Bramford
Jav. 400gm	W60	21.68m	1997	Mary Holmes
Ham 3Kg	W60	28.14m	2008	Anthea Bramford
Ham 4kg	W60	22.23m	2010	Romana Martin
Weight	W60	10.89m	2009	Anthea Bramford
Throws Pent	W60	2737 Pts	2011	Romana Martin
Throws Dec	W60	3563 Pts	2009	Anthea Bramford
1 Mile Walk	W60	9m 42.1s	2010	Susan Barnet
2K Walk	W60	12m 15.5s	2010	Susan Barnet
3K Walk	W60	18m 30.8s	2011	Susan Barnet
5K Walk	W60	31m 14.2s	2011	Susan Barnet
100m	W65	17.9s	2003	Mary Holmes

200m	W65	37.1s	2003	Mary Holmes
400m	W65	81.4s	2002	Mary Holmes
800m	W65	3m 13.7s	2001	Mary Holmes
1500m	W65	6m 30.1s	2002	Mary Holmes
3000m	W65	14.30.2s	2003	Mary Holmes
5000m	W65	26m 26s	2006	Mary Holmes
L.J.	W65	2.94m	2003	Mary Holmes
T.J.	W65	6.50m	2002	Mary Holmes
Shot 3Kg	W65	5.93m	2013	Anthea Bramford
Shot 4Kg	W65	5.83m	2003	Mary Holmes
Discus	W65	12.82m	2001	Mary Holmes
Jav. 600gm	W65	17.33m	2002	Mary Holmes
Jav. 500gm	W65	15.89m	2008	Mary Holmes
Jav. 400gm	W65	19.54m	2003	Mary Holmes
Ham 3Kg	W65	21.71m	2018	Anthea Bramford

100m	W70	18.7s	2006	Mary Holmes
200m	W70	39.7s	2006	Mary Holmes
400m	W70	84.71s	2006	Mary Holmes
800m	W70	<b>3m17.76s British record</b>	2006	Mary Holmes
L.J.	W70	2.78m	2006	Mary Holmes
T.J.	W70	6.05m	2006	Mary Holmes
Shot 3Kg	W70	5.63m	2018	Anthea Bramford
Disc	W70	12.39m	2010	Mary Holmes
Jav. 600gm	W70	14.04m	2006	Mary Holmes
Jav. 500gm	W70	12.88m	2010	Mary Holmes
Jav. 400gm	W70	16.51m	2006	Mary Holmes
Ham 3Kg	W70	22.83m	2018	Anthea Bramford

100m	W75	19.5s	2012	Mary Holmes
200m	W75	42.4s	2012	Mary Holmes
400m	W75	94.9s	2012	Mary Holmes
800m	W75	<b>3m 33.4s British Record</b>	2012	Mary Holmes
1500m	W75	7m 37.7s	2012	Mary Holmes
3000m	W75	17m16.7s	2016	Mary Holmes
Shot 3Kg	W75	5.33m	2013	Mary Holmes
Shot 4Kg	W75	4.27m	2012	Mary Holmes
Discus 1Kg	W75	13.89m	2013	Mary Holmes
Jav. 500gm	W75	14.57m	2012	Mary Holmes
Jav. 400gm	W75	16.08m	2014	Mary Holmes

100m	W80	22.2s	2017	Mary Holmes
200m	W80	46.8s	2016	Mary Holmes
400m	W80	118.6s	2019	Mary Holmes
800m	W80			
1500m	W80	8m 23.2s	2017	Mary Holmes
3000m	W80	19m 06s	2018	Mary Holmes
2 km Walk	W80	15m41.9s	2016	Mary Holmes
1 Mile	W80	10m 01.9s	2018	Mary Holmes
LJ	W80	2.16m	2017	Mary Holmes
Shot 3Kg	W80	5.06m	2017	Mary Holmes
Shot 4Kg	W80			
Discus 1Kg	W80	11.51m	2016	Mary Holmes
Jav. 500gm	W80	12.39m	2017	Mary Holmes
Jav. 400gm	W80	12.33m	2016	Mary Holmes