

## C&C Track & Field Masters age group best performances - Females

### Women 35+

|                                    |                |              |                                       |
|------------------------------------|----------------|--------------|---------------------------------------|
| 100m                               | 13.7           | 1991         | Ann Turrington                        |
| 200m                               | 27.3           | 1991         | Ann Turrington                        |
| 400m                               | 59.9           | 1991         | Ann Turrington                        |
| 800m                               | 2:10.6         | 1992         | Ann Turrington                        |
| 1500m                              | 4m 32.6        | 1992         | Ann Turrington                        |
| 3000m                              | 10:29.0        | 2013         | Ellen Leggate                         |
| 5000m                              | 19:04.6        | 1991         | Diana Braverman                       |
| 10,000m                            | 35:15.7        | 2016         | Victoria Knight                       |
| 1 Mile                             | 5:17.0         | 2013         | Ellen Leggate                         |
| Sprint Hurdles 100m                | 18.8           | 1992         | Julie Churchill                       |
| 400m Hurdles                       | 67.1           | 1991         | Julie Churchill                       |
| 1500m Steeplechase                 |                |              |                                       |
| 2000m Steeplechase                 |                |              |                                       |
| Highjump                           | 1.3            | 2018         | Anne Moindrot                         |
| Longjump                           | 4.71           | 2019         | Anne Moindrot                         |
| Triplejump                         | 9.99           | 2019         | Anne Moindrot                         |
| Polevault                          | 1.70           | 1996         | Dawn Perry                            |
| Shot 4kg                           | 8.56           | 2019         | Anne Moindrot                         |
| Discus 1kg                         | 30.25          | 2018         | Anne Moindrot                         |
| Javelin 600g pre 1999<br>Post 1999 | 34.40<br>27.04 | 1994<br>2003 | Carole Morris<br>Linda Cowan          |
| Hammer 4kg                         | 22.12          | 1996         | Carole Morris                         |
| 2k Walk                            | 13:30.3        | 2006         | Rachel Kiff                           |
| 3k Walk                            |                |              |                                       |
| 1 Mile walk                        | 11:24.3        | 2010         | Rachel Roberts                        |
| Pentathlon                         |                |              |                                       |
| Heptathlon                         |                |              |                                       |
| 4*100 Relay                        | 72.1           | 2011         | R Roberts,H Grant,J Packman,S Barnett |
| 4*400 Relay                        |                |              |                                       |

**Women 40+**

|                        |         |      |                                       |
|------------------------|---------|------|---------------------------------------|
| 100m                   | 13.8    | 2017 | Sophie Detienne                       |
| 200m                   | 28.8    | 2017 | Sophie Detienne                       |
| 400m                   | 62.1    | 2017 | Sophie Detienne                       |
| 800m                   | 2:18.6  | 1996 | Ann Turrington                        |
| 1500m                  | 4:50.88 | 1996 | Ann Turrington                        |
| 3000m                  | 9:48.6  | 2017 | Victoria Knight                       |
| 5000m                  | 16:58.0 | 2017 | Victoria Knight                       |
| 10,000m                | 34:24.0 | 2017 | Victoria Knight                       |
| 1 Mile                 | 5:24.6  | 2017 | Sophie Detienne                       |
| Sprint Hurdles 80m     | 14.4    | 1996 | Dawn Perry                            |
| 400m Hurdles           | 76.4    | 1996 | Dawn Perry                            |
| 1500m Steeplechase     |         |      |                                       |
| 2000m Steeplechase     |         |      |                                       |
| Highjump               | 1.25    | 1996 | Dawn Perry                            |
| Longjump               | 4.52    | 1997 | Dawn Perry                            |
| Triplejump             | 8.23    | 1996 | Dawn Perry                            |
| Polevault              | 1.70    | 1996 | Dawn Perry                            |
| Shot 4kg               | 10.12   | 1990 | Romana Wallace                        |
| Discus 1kg             | 30.48   | 1990 | Romana Wallace                        |
| Javelin 600g post 1999 | 29.77   | 2001 | Carole Morris                         |
| Hammer 4kg             | 25.82   | 1993 | Romana Wallace                        |
| 2k Walk                | 13:16.3 | 2012 | Rachel Roberts                        |
| 3k Walk                |         |      |                                       |
| 1 Mile Walk            | 10:33.3 | 2013 | Rachel Roberts                        |
| Heptathlon             |         |      |                                       |
| Decathlon              |         |      |                                       |
| 4*100 Relay            | 71.0    | 2013 | R Roberts,H Grant,J Lasenby,A N Other |
| 4*400 Relay            |         |      |                                       |

**Women 45+**

|                    |          |      |  |
|--------------------|----------|------|--|
| 100m               | 14.9     | 1998 | Hilary Vogel                           |
| 200m               | 30.8     | 1998 | Hilary Vogel                           |
| 400m               | 66.1     | 2006 | Joan Lasenby                           |
| 800m               | 2:27.5   | 2006 | Joan Lasenby                           |
| 1500m              | 5:00.5   | 2006 | Joan Lasenby                           |
| 3000m              | 10:52.4  | 2006 | Joan Lasenby                           |
| 5000m              | 19:42.3  | 2016 | Nicola Mc.Bride                        |
| 10,000m            | 41:53.52 | 2012 | Helen Grant                            |
| 1 Mile             | 6:12.81  | 2012 | Helen Grant                            |
| Sprint Hurdles 80m | 15.3     | 1999 | Dawn Perry                             |
| 400m Hurdles       | 83.9     | 1999 | Dawn Perry                             |
| 1500m Steeplechase | 7:21.5   | 2014 | Ali Wilson                             |
| 2000m Steeplechase |          |      |  |
| Highjump           | 1.20     | 1998 | Dawn Perry                             |
| Longjump           | 4.47     | 1998 | Dawn Perry                             |
| Triplejump         | 7.09     | 2010 | Sarah Kelk                             |
| Polevault          |          |      |  |
| Shot 4kg           | 9.69     | 2019 | Sarah Mc.Grath                         |
| Discus 1kg         | 28.50    | 1997 | Romana Martin                          |
| Javelin 600g       | 28.73    | 2005 | Carole Morris                          |
| Hammer 4kg         | 26.40    | 2019 | Sarah McGrath                          |
| 2k Walk            | 13:55.7  | 2012 | Jane Packman                           |
| 3k Walk            |          |      |  |
| 1 Mile Walk        |          |      |  |
| Pentathlon         |          |      |  |
| Heptathlon         |          |      |  |
| 4*100 Relay        | 76.5     | 2016 | ?                                      |
| 4*400 Relay        | 5:45.3   | 2012 | H Grant, J Iazenby, D Potter, M Holmes |

**Women 50+**

|                    |          |      |                               |
|--------------------|----------|------|-------------------------------|
| 100m               | 16.3     | 2016 | Iona Graham-Hagg              |
| 200m               | 33.1     | 2018 | Stefanie Godfrey              |
| 400m               | 70.0     | 2010 | Joan Lasenby                  |
| 800m               | 2:32.2   | 2010 | Joan Lasenby                  |
| 1500m              | 5:05.01  | 2011 | Joan Lasenby                  |
| 3000m              | 11:01.8  | 2010 | Joan Lasenby                  |
| 5000m              | 19:36.2  | 2017 | Nicola McBride                |
| 10000m             | 46:18.69 | 2015 | Helen Grant                   |
| 1 Mile             | 5:40.69  | 2010 | Joan Lasenby                  |
| Sprint Hurdles 80m | 22.9     | 2016 | Iona Graham-Hagg              |
| 300m Hurdles       | 84.3     | 2016 | Joan Lasenby                  |
| 1500m Steeplechase | 6:23.6   | 2016 | Joan Lasenby                  |
| 2000m Steeplechase | 9:12.2   | 2016 | Joan Lasenby                  |
| Highjump           | 1.10     | 2010 | Joan Lasenby                  |
| Longjump           | 3.37     | 2015 | Iona Graham-Hagg              |
| Triplejump         | 6.66     | 2014 | Iona Graham-Hagg              |
| Polevault          |          |      |                               |
| Shot 3kg           | 10.02    | 2000 | Romana Martin                 |
| Discus 1kg         | 26.20    | 2000 | Romana Martin                 |
| Javelin 500g       | 18.82    | 2000 | Hilary Vogel                  |
| Hammer 3kg         | 30.49    | 2001 | Romana Martin                 |
| 2k Walk            | 12:27.6  | 2006 | Diana Braverman               |
| 3k Walk            | 20:08    | 2014 | Pamela Abbott                 |
| 1 Mile Walk        | 10:24.1  | 2014 | Pamela Abbott                 |
| 4*100 Relay        | 74.6     | 2017 | ?                             |
| 4*400 Relay        | 5:55.9   | 2014 | M Phillips,J Arthur, ANO, ANO |

**Women 55+**

|                    |          |      |                 |
|--------------------|----------|------|-----------------|
| 100m               | 15.1     | 1994 | Mary Holmes     |
| 200m               | 34.2     | 2016 | Joan Lasenby    |
| 400m               | 74.7     | 1997 | Iris Hornsey    |
| 800m               | 2:45.1   | 2016 | Joan Lasenby    |
| 1500m              | 5:38.3   | 2016 | Joan Lasenby    |
| 3000m              | 12:02.3  | 2016 | Joan Lasenby    |
| 5000m              |          |      |                 |
| 1 Mile             | 6:01.1   | 2016 | Joan Lasenby    |
| Sprint Hurdles 80m |          |      |                 |
| 300m Hurdles       |          |      |                 |
| 1500m Steeplechase | 6:50.9   | 2017 | Joan Lasenby    |
| 2000m Steeplechase | 9:35.61  | 2015 | Joan Lasenby    |
| Highjump           | 1.03     | 2018 | Pamela Abbott   |
| Longjump           | 3.16     | 1995 | Mary Holmes     |
| Triplejump         | 6.68     | 1995 | Mary Holmes     |
| Polevault          |          |      |                 |
| Shot 3kg           | 9.28     | 2006 | Romana Martin   |
| Discus 1kg         | 26.30    | 2009 | Romana Martin   |
| Javelin 500g       | 21.72    | 1993 | Mary Holmes     |
| Hammer 3kg         | 30.31    | 2007 | Romana Martin   |
| 2k Walk            | 12:17.7  | 2010 | Diana Braverman |
| 3k Walk            | 18:55.86 | 2010 | Diana Braverman |
| 1 Mile Walk        | 6:10.6   | 2015 | Joan Lasenby    |
| 4*100 Relay        |          |      |                 |
| 4*400 Relay        |          |      |                 |

**Women 60+**

|                    |         |      |                   |
|--------------------|---------|------|-------------------|
| 100m               | 16.5    | 1996 | Mary Holmes       |
| 200m               | 34.6    | 2014 | Margaret Phillips |
| 400m               | 75.9    | 2015 | Margaret Phillips |
| 800m               | 2:59.97 | 1997 | Mary Holmes       |
| 1500m              | 5:53.53 | 2015 | Margaret Phillips |
| 3000m              | 12:28.9 | 2014 | Margaret Phillips |
| 5000m              |         |      |                   |
| 1 Mile             | 7:00.8  | 2016 | Margaret Phillips |
| 1500m Steeplechase | 7:11.5  | 2014 | Margaret Phillips |
| Highjump           |         |      |                   |
| Longjump           | 3.14    | 1998 | Mary Holmes       |
| Triplejump         | 7.34    | 1997 | Mary Holmes       |
| Shot 3kg           | 9.51    | 2010 | Romana Martin     |
| Discus 1kg         | 23.40   | 2012 | Romana Martin     |
| Javelin 500g       | 21.68   | 1997 | Mary Holmes       |
| Hammer 3kg         | 28.14   | 2008 | Anthea Bramford   |
| 2k Walk            | 12:15.5 | 2010 | Susan Barnet      |
| 3k Walk            | 18:30.8 | 2011 | Susan Barnet      |
| 1 Mile Walk        | 9:42.1  | 2010 | Susan Barnet      |

**Women 65+**

|              |         |      |                 |
|--------------|---------|------|-----------------|
| 100m         | 17.9    | 2003 | Mary Holmes     |
| 200m         | 37.1    | 2003 | Mary Holmes     |
| 400m         | 81.4    | 2002 | Mary Holmes     |
| 800m         | 3:13.7  | 2001 | Mary Holmes     |
| 1500m        | 6:30.1  | 2002 | Mary Holmes     |
| 3000m        | 14:30.2 | 2003 | Mary Holmes     |
| 5000m        | 26:26   | 2006 | Mary Holmes     |
| Highjump     |         |      |                 |
| Longjump     | 2.94    | 2003 | Mary Holmes     |
| Triplejump   | 6.50    | 2002 | Mary Holmes     |
| Shot 3kg     | 5.93    | 2013 | Anthea Bramford |
| Discus 1kg   | 12.82   | 2001 | Mary Holmes     |
| Javelin 500g | 15.89   | 2008 | Mary Holmes     |
| Hammer 3kg   | 21.71   | 2018 | Anthea Bramford |

**Women 70+**

|              |       |      |                 |
|--------------|-------|------|-----------------|
| 100m         | 18.7  | 2006 | Mary Holmes     |
| 200m         | 39.7  | 2006 | Mary Holmes     |
| 400m         | 84.71 | 2006 | Mary Holmes     |
| 3000m        |       |      |                 |
| 5000m        |       |      |                 |
| 1 Mile       |       |      |                 |
| Longjump     | 2.78  | 2006 | Mary Holmes     |
| Triplejump   | 6.05  | 2006 | Mary Holmes     |
| Polevault    |       |      |                 |
| Shot kg      | 5.63  | 2018 | Anthea Bramford |
| Discus 1kg   | 12.39 | 2010 | Mary Holmes     |
| Javelin 500g | 12.88 | 2010 | Mary Holmes     |
| Hammer 3kg   | 22.83 | 2018 | Anthea Bramford |

**Women 75+**

|               |              |      |             |
|---------------|--------------|------|-------------|
| 100m          | 19.5         | 2012 | Mary Holmes |
| 200m          | 42.4         | 2012 | Mary Holmes |
| 400m          | 94.9         | 2012 | Mary Holmes |
| 800m          | 3m 33.4 (NR) | 2012 | Mary Holmes |
| 1500m         | 7: 37.7      | 2012 | Mary Holmes |
| 3000m         | 17:16.7      | 2016 | Mary Holmes |
| 1 Mile        |              |      |             |
| Longjump      | 2.07         | 2016 | Mary Holmes |
| Shot 2kg      |              |      |             |
| Shot 3kg      | 5.33         | 2013 | Mary Holmes |
| Discus 0.75kg |              |      |             |
| Discus 1kg    | 13.89        | 2013 | Mary Holmes |
| Javelin 400g  | 16.08        | 2014 | Mary Holmes |
| Hammer 2kg    |              |      |             |
| 1500m walk    | 11:01.5      | 2016 | Mary Holmes |
| 2000m walk    | 15:41.9      | 2016 | Mary Holmes |

**Women 80+**

|               |         |      |             |
|---------------|---------|------|-------------|
| 100m          | 22.2    | 2017 | Mary Holmes |
| 200m          | 46.8    | 2016 | Mary Holmes |
| 400m          | 118.6   | 2019 | Mary Holmes |
| 800m          | 4:28.7  | 2018 | Mary Holmes |
| 1500m         | 8:23.2  | 2017 | Mary Holmes |
| 3000m         | 19:06   | 2018 | Mary Holmes |
| 1 Mile        | 9:53.7  | 2019 | Mary Holmes |
| Longjump      | 2.16    | 2017 | Mary Holmes |
| Shot 2kg      |         |      |             |
| Shot 3kg      | 5.06    | 2017 | Mary Holmes |
| Discus 0.75kg |         |      |             |
| Discus 1kg    | 11.51   | 2016 | Mary Holmes |
| Javelin 400g  | 12.33   | 2016 | Mary Holmes |
| Hammer 2kg    |         |      |             |
| 1500m walk    |         |      |             |
| 2000m walk    | 15:45.2 | 2018 | Mary Holmes |