

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 Post 1999	34.40 27.04	1994 2003	Carole Morris 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	28.7	2021	Stacy McGivern
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	5.04	2021	Stacy McGivern
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 McBride
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	9.95	2021	Sarah McGrath
Discus 1kg	28.50	1997	Romana Martin
Javelin 600g	28.73	2005	Carole Morris
Hammer 4kg	27.31	2021	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 Lasenby,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

Women 85+

Discus 1kg	8.56	2021	Mary Holmes
------------	------	------	-------------