



## Veteran Women 40/44 Club Records

<b>Event</b>	<b>Time/Dist.</b>	<b>Name</b>	<b>Venue</b>	<b>Date</b>
100m	15.7s	M.Olley	Colchester	26/08/1985
200m	33.3s	M.Olley	Colchester	26/08/1985
400m	82.1s	M.Turner	Gt Yarmouth	05/07/2000
800m	02:59.6s	N.Heseltine	Gt Yarmouth	21/06/2015
1500m	05:14.0s	C.Tennyson	Gt Yarmouth	1986
Mile	06:35.7s	N.Heseltine	Gt Yarmouth	23/04/2015
3000m	11:42.3s	C.Tennyson	Norwich	08/08/1987
100mH	20.7s	M.Olley	Welwyn Garden City Radley Coll.	15/06/1985
400mH	91.3s	M.Olley		20/04/1985
Shot	6.80m	J.Grimes	Colchester	04/07/1993
Discus	23.38m	J.Grimes	Gt Yarmouth	29/08/1993
Hammer	13.92m	D.Goodwin	Bury St Edmunds	04/07/2001
Javelin	15.18m	S.Bean	Bury St Edmunds	20/08/2017
previously	13.93m	M.Turner	Gt Yarmouth	22/07/2001
L.Jump	3.83m	S.Bean	Ipswich	19/07/2015
H.Jump	1.10m	M.Turner	Bury St Edmunds	03/05/2000
	1.10m	S.Fraser	Gt Yarmouth	05/07/2000
T.Jump	7.82m	S.Bean	Bury St Edmunds	16/07/2017
previously	7.40m	M.Turner	Kings Lynn	07/06/2000
1 mile walk	11:13.0s	D.Goodwin	Norwich	02/08/2000
2000m walk	14:03.5s	D.Goodwin	Gt Yarmouth	05/07/2000
Medley 200/200/400/800	6:48.8s	Fraser/Goodwin/Turner/Clarke	Bury St Edmunds	03/05/2000
10km	37:56.2s	C.Tennyson	Lowestoft	09/08/1987
10 mile	64:45	C.Tennyson	Fakenham	21/06/1987
1/2 Marathon	86:23	C.Tennyson	Welwyn Garden City	19/10/1986
Marathon	3hr 06m 27s	C.Tennyson	London	10/05/1987
17.1 mile	1hr 50m 10s	C.Tennyson	Rutland	12/04/1987

v1.1 updated 09/09/2017