

W35

Event	Record	Name		Venue	Year	IAAF score
100m	14.4	Alison	Knott	Hendon	1999	
200m	29.9	Louise	Ionascu	Canterbury	2009	
400m	64.7	Louise	Ionascu	Crawley	2009	
800m	2.24.6	Louise	Ionascu	Kingston	2008	
1500m	4.31.0	Sally	Young		1994	
80m hurdles	18.4	Alison	Knott	Pixham	1998	
1 mile	6.13.4	Sheena	Bassett	Pixham	1998	
1500m steeplechase	6.04.1	Sheena	Bassett	Inter Counties	1999	
2000m steeplechase	7.54.83	Sheena	Bassett	World vets, Gateshead	1999	
2000m walk	12.56.6	Claire	Emberson	Kingston	1998	
3000m steeplechase	12.30.7	Sheena	Bassett	Horsham	1999	762
3000m	9.34.47	Sally	Young		1994	
5000m	18.10.6	Janet	Ray	Sutton	1996	
4x100 relay	63.9	Charlotte	Craig	Kingston	2008	
		Sheena	Bassett			
		Louise	Ionescu			
		Karen	Marshall			
4x200 relay	2.15.9	Charlotte	Craig	Kingston	2009	
		Abbie	Tucker			
		Louise	Ionescu			
		Rebecca	Black			
4x400 relay	5.04.5	Anne	Davidson	Kingston	2006	
		Rebecca	Black			
		Tracy	Dinnage			
		Janet	Ray			
Medley relay	5.13.4	Charlotte	Craig	Ewell	2007	
		Abbie	Tucker			
		Louise	Ionescu			
		Rebecca	Black			
Long jump	3.88	Alison	Knott	Croydon	1999	
High jump	1.35	Louise	Ionascu	Kingston	2008	
Triple jump	7.03	Yvonne	Smith	Kingston	1999	
Hammer	20.9	Alison	Knott	Hendon	1999	
Discus	19.87	Alison	Knott	Hendon	1999	
Shot	6.94	Alison	Knott	Croydon	2000	
Javelin	23.16	Lesley	Taylor		1996	401
Pentathlon	912	Fiona	Bishop	Pixham	1995	
Road						
5 km	17.28	Sally	Young	Portsmouth	1996	
5 miles	28.24	Sally	Young	Epsom	1996	
10 km	36.18	Sally	Young	Dysart	1996	939
10 miles	1.03.19	Janet	Ray	Epsom	1996	
Half marathon	1.32	Val	Arnold	Wokingham	1999	
Marathon	3.23	Rebecca	Black	Rome	2009	