

W35

Event	Record	Name		Venue
100m	14.4	Alison	Knott	Hendon
200m	29.9	Louise	Ionascu	Canterbury
400m	64.7	Louise	Ionascu	Crawley
800m	2.24.6	Louise	Ionascu	Kingston
1500m	4.31.0	Sally	Young	
80m hurdles	18.4	Alison	Knott	Pixham
1 mile	6.13.4	Sheena	Bassett	Pixham
1500m steeplechase	6.04.1	Sheena	Bassett	Inter Counties
2000m steeplechase	7.54.83	Sheena	Bassett	World vets, Gateshead
2000m walk	12.56.6	Claire	Emberson	Kingston
3000m steeplechase	12.30.7	Sheena	Bassett	Horsham
3000m	9.34.47	Sally	Young	
5000m	18.10.6	Janet	Ray	Sutton
4x100 relay	61.9	Ness	Kingham	Sutton
		Caroline	Whelan	
		Ali	Brookman	
		Jacqui	Callaghan	
4x200 relay	2.15.9	Charlotte	Craig	Kingston
		Abbie	Tucker	
		Louise	Ionescu	
		Rebecca	Black	
4x400 relay	5.04.5	Anne	Davidson	Kingston
		Rebecca	Black	
		Tracy	Dinnage	
		Janet	Ray	
2x200,400,800 medley relay	5.13.4	Charlotte	Craig	Ewell
		Abbie	Tucker	
		Louise	Ionescu	
		Rebecca	Black	
Long jump	3.88	Alison	Knott	Croydon
High jump	1.35	Louise	Ionascu	Kingston
Triple jump	7.03	Yvonne	Smith	Kingston
Hammer	20.9	Alison	Knott	Hendon
Discus	19.87	Alison	Knott	Hendon
Shot putt	6.94	Alison	Knott	Croydon
Javelin	23.16	Lesley	Taylor	
Pentathlon	912	Fiona	Bishop	Pixham
Road				
5 km	17.28	Sally	Young	Portsmouth
5 miles	28.24	Sally	Young	Epsom
10 km	36.18	Sally	Young	Dysart
10 miles	1.03.19	Janet	Ray	Epsom
Half marathon	1.32	Val	Arnold	Wokingham
Marathon	3.23	Rebecca	Black	Rome

Year	IAAF score
1999	
2009	
2009	
2008	
1994	
1998	
1998	
1999	
1999	
1998	
1999	762
1994	
1996	
2025	
2009	
2006	
2007	
1999	
2008	
1999	
1999	
1999	
2000	
1996	401
1995	
1996	
1996	
1996	939
1996	
1999	
2009	