

W40

Event	Record	Name		Venue	Year	IAAF score
100m	15.9	Sheena	Bassett	Kingston	2002	
		Charlotte	Craig	Kingston	2006	
200m	30.7secs	Lynne	Cue	Croydon	2001	
400m	68	Janet	Ray	Crawley	2005	
800m	2.28.4	Janet	Ray	Crawley	2002	
1500m	4.52.9	Janet	Ray	Kingston	2004	
2000m walk	12.38.4	Charlotte	Craig	Croydon	2006	
3000m	10.23.9	Janet	Ray	Brighton	2004	
5000m	18.09.0	Janet	Ray	Kingston	2002	826
1 mile	5.39.0	Janet	Ray	Pixham	2001	
4x100 relay	57.17			Erith	2013	
4x200 relay	2.27.4	Janet	Ray	Crawley	2003	
		Charlotte	Craig			
		Julia	Self			
		Debbie	Bullen			
4x400 relay	5.14.5	Tracy	Dinnage	Ewell	2005	
		Abbie	Tucker			
		Charlotte	Craig			
		Anne	Davidson			
Long jump	4.01	Jane	Wilcox	Erith	2013	
High jump	1.15	Sheena	Bassett	Crawley	2003	
Triple jump	7.85	Jane	Wilcox	Basingstoke	2010	
Shot putt	7.17	Jane	Wilcox	Basingstoke	2010	412
Discus	19.47	Abbie	Tucker	Sutton	2007	
Hammer	24.09	Jane	Wilcox	Sutton	2012	358
Javelin	19.25	Sheena	Bassett	Kingston	2002	
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	
10 miles	60.29	Sally	Young	Dorking	1996	914
Half Marathon	1.32.24	Gail	Coverley	Wokingham	1999	
20 miles	2.18.46	Suzanne	Wood	Thanet	2008	
Marathon	3.00.14	Suzanne	Wood	London	2008	854