

W50

Event	Record	Name		Venue	Year
100m	17.44	Paula	Carter	Kingston	2024
200m	32.4	Rachel	Brunswick	Wimbledon	2016
400m	72.1	Rachel	Brunswick	Crawley	2016
800m	3.05.1	Lesley	Powell	Croydon	2007
1500m	6.14.9	Sheena	Bassett	Kingston	2010
1 Mile	6.59.76	Paula	Carter	Epsom	2024
3000m	12.46	Lesley	Powell	Croydon	2007
5000m	28.49	Elizabeth	Horner	Sutton	2005
Long jump	3.07	Claire	Emberson	Sutton	2000
Triple jump	5.73	Claire	Emberson	Kingston	2000
High jump	1.05	Sheena	Bassett	Kingston	2010
		Rachel	Brunswick	Wimbledon	2015
Shot putt	6.22	Claire	Emberson	Sutton	2000
Discus	15	Lesley	James	Kingston	1998
Javelin	19.76	Lesley	Taylor	Eastbourne	2003
Hammer	13.58	Lesley	James	Wokingham	1999
2000m walk	13.14.3	Lesley	James		1996
5 miles	36.03	Valerie	Churchill	Dublin	2007
10 km	41.1	Sharon	Walker	Dorking	2022
10 miles	72.55	Nicolette	Hutton	Maidenhead	2025
Half Marathon	1.26.10	Sharon	Walker	Barns Green	2023
Marathon	2.58.34	Sharon	Walker	Brighton	2023