

## W45

Event	Record	Name		Venue	Year	IAAF score
100m	15.4	Kate	Jhugroo	Sutton	2012	
200m	32.5	Rachel	Brunswick	Woking	2011	
400m	70.4	Janet	Ray	Croydon	2006	
800m	2.38.3	Janet	Ray	Croydon	2008	
1500m	5.12.4	Janet	Ray	Kingston	2008	
2000m walk	12.08.17	Charlotte	Craig	Kingston	2008	
3000m	10.56.7	Janet	Ray	Kingston	2006	
5000m	19.13.4	Janet	Ray	Croydon	2006	
1 mile	6.19	Nikki	Hutton	Ewell	2021	
4x400 relay	6.14.5	Paula	Carter	Epsom	2022	
		Fay	Coles			
		Laura	Fraser			
		Caroline	Whelan			
High jump	1.20m	Tracy	Dinnage	Crawley	2005	
Long jump	3.32m	Tracy	Dinnage	Kingston	2006	
Javelin	15.05m	Sheena	Bassett	Ewell	2008	
Shot putt	4.67m	Jackie	Cutter	Ewell	2003	
Discus	14.17m	Jackie	Cutter	Ewell	2004	
Hammer	10.70m	Jackie	Cutter	Hyde Park	2003	
<b>Road</b>						
5 km	19.00	Sally	Young	Kingston	2001	767
10 km	40.33	Sharon	Walker	Richmond	2018	
5 miles	33.1	Janet	Ray	Reigate	2006	839
10 miles	66.55	Sharon	Walker	Portsmouth	2016	
Half Marathon	1.27.18	Sharon	Walker	Eton	2020	
20 miles	2.18.29	Sharon	Walker	Bramley	2018	
Marathon	3.02.00	Sharon	Walker	London	2018	