

W55

Event	Record	Name		Venue	Year
100m	17.1	Jacqui	Callaghan	Wimbledon	2025
200m	34.3	Ali	Brookman	Epsom	2025
400m					
800m					
1500m	7.07	Jo	Lloyd	Kingston	2022
1 Mile	7.05.54	Paula	Pringle	Epsom	2024
3000m	15.05.0	Paula	Jones	Epsom	2025
5000m					
Long jump	2.26	Jo	Lloyd	Epsom	2022
Triple jump					
High jump					
Shot putt					
Discus	12.64	Jane	Mahoney	Kingston	2024
Javelin					
Hammer					
2000m walk	14.50.98	Jane	Mahoney	Kingston	2024
10 km	48.38	Catherine	Becketwood	Dorking	2025
10 miles	1.21.52	Paula	Pringle	Dorking	2024
Half marathon	1.35.59	Rachel	Brunswick	Bristol	2022
Marathon	3.33.02	Catherine	Matthews	London	2023