

Table 1

EVENT / AGE	FIRST NAME	SURNAME	TIME / DISTANCE	DATE	VENUE
60M					
W35	EMILY	FRY	8.36	MAR 2019	LEE VALLEY
W40					
W45	MICHELE	WAKEFIELD	9.21	MAR 2014	LEE VALLEY
W50	TRACY	BEZANCE	8.91	MAR 2017	LEE VALLEY
W55					
W60					
W65	MARY	AXTELL	10.04	MAR 2009	LEE VALLEY
W70	MARY	AXTELL	10.79	FEB 2014	LEE VALLEY
W75	MARY	AXTELL	11.74	MAR 2019	LEE VALLEY
100M					
W35	EMILY	FRY	12.92W	MAY 2019	ABINGDON
			13.14	JUN 2019	DAGENHAM
W35 (T36)	CATHERINE	STEELS	23.8	MAY 2010	WIGAN
W40	JOY	WRIGHT	13.6	JUN 2018	BASINGSTOKE
W40 (T36)	CATHERINE	STEELS	23.7	JUN 2010	BATH
W45	CAROL	DAWKINS	13.4	AUG 2007	SOUTHAMPTON
W50	JANET	DICKINSON	13.98	SEP 2019	ASHFORD
W55	TRACY	BEZANCE	14.5	JUN 2019	BASINGSTOKE
W60	VICKY	BRIGHT	19.06	SEP 2019	ASHFORD
W65	MARY	AXTELL	16.32	SEP 2007	RICCIONE, ITA
W70	MARY	AXTELL	17.43W	JUL 2016	BIRMINGHAM
			17.80	JUN 2016	WINCHESTER
W75	MARY	AXTELL	18.54	JUL 2017	AARHUS, DEN
200M					
W35	REBECCA	MULLEY	30.9	JUL 2016	ALDERSHOT
W35 (T36)	CATHERINE	STEELS	54.61	SEP 2009	NOTTINGHAM
W40	JOY	WRIGHT	27.8	JUL 2018	ALDERSHOT
W40 (T36)	CATHERINE	STEELS	54.8	JUN 2010	BATH
W45	CAROL	DAWKINS	27.7	SEP 2007	ABINGDON
W50	JANET	DICKINSON	28.3	JUL 2018	ALDERSHOT
	TRACY	BEZANCE	28.38i	MAR 2015	TORUN, POL
W55	TRACY	BEZANCE	28.89	SEP 2019	ASHFORD
W60	MARY	AXTELL	34.61i	MAR 2006	CARDIFF
W65	MARY	AXTELL	34.78	SEP 2007	RICCIONE, ITA
W70	MARY	AXTELL	37.83W	JUL 2016	BIRMINGHAM
			38.43i	MAR 2014	LEE VALLEY
W75	MARY	AXTELL	41.62	AUG 2017	AARHUS, DEN

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400M					
W35	REBECCA	MULLEY	70.4	JUN 2015	BASINGSTOKE
W40	GILLIAN	CASHELL	61.5	APR 2006	BOURNEMOUTH
W45	GILLIAN	CASHELL	62.0	JUN 2010	WINCHESTER
W50	TRACY	BEZANCE	63.75	AUG 2015	NEWHAM
W55	TRACY	BEZANCE	64.97	JUN 2019	READING
W60	VICKY	BRIGHT	104.86	SEP 2019	ASHFORD
W65	ASTRID	MANGEL	116.5	JUN 2017	BASINGSTOKE
800m					
W35	GILLIAN	CASHELL	2.21.5	APR 2000	GUILDFORD
W40	JOY	WRIGHT	2.30.3	JUL 2019	ALDERSHOT
W45	CAROL	MORGAN	3.02.1	JUN 2006	EXETER
W50	VICKY	BRIGHT-GARAMUKANWA	3.20.9	AUG 2012	OXFORD
W55	CAROLINE	BARNFIELD	3.30.69	SEP 2019	ASHFORD
W60					
W65	PENNY	FORSE	3.11.5	MAY 2019	WINCHESTER
W70	PENNY	FORSE	3.08.11	SEP 2019	JESSOLO, ITA
1500M					
W35	GILLIAN	CASHELL	4.50.0	MAY 2002	RUGBY
W40	NICCI	BLANDFORD	5.20.34	MAY 2017	SOUTHAMPTON
W45	CAROL	MORGAN	6.15.68	JUL 2005	BIRMINGHAM
W50	SANDRA	DANCER	6.11.17	SEP 2019	ASHFORD
W55	CAROLINE	BARNFIELD	7.09.6	APR 2018	PORTSMOUTH
W60					
W65	PENNY	FORSE	6.09.6	APR 2019	SOUTHAMPTON
W70	PENNY	FORSE	6.17.95	SEP 2019	ERACLEA, ITA
3000M					
W35	NICCI	BLANDFORD	10.22.95	AUG 2011	WINCHESTER
W40	KAREN	RUSHTON	10.51.0	JUN 2009	SOUTHAMPTON
W45	SALLY	GILBERT	11.30.52	JUL 2006	SWANSEA
W50	SANDRA	DANCER	13.07.4	MAY 2019	WINCHESTER
W55	CAROLINE	BARNFIELD	15.15.4	MAY 2018	WINCHESTER
W60					
W65					
W70	PENNY	FORSE	13.32.37	SEP 2019	ASHFORD
5000M					
W35	NICCI	BLANDFORD	18.19.3	JUL 2011	PORTSMOUTH
W40	KAREN	RUSHTON	18.15.10	JUL 2009	BIRMINGHAM

EVENT / AGE	FIRST NAME	SURNAME	TIME / DISTANCE	DATE	VENUE
W45					
W50	VICKY	BRIGHT-GARAMUKANWA	26.02.9	SEP 2012	YEOVIL
10,000M					
W35	REBECCA	MULLEY	54.29.68	JUN 2015	HEILOO, NED
W40	KAREN	RUSHTON	38.12.08	MAY 2008	OXFORD
W45					
W50	VICKY	BRIGHT-GARAMUKANWA	67.21.2	SEP 2012	YEOVIL
3000MS/C					
W35	REBECCA	MULLEY	15.00.05	JUN 2015	HEILOO, NED
W40					
W45					
W50	VICKY	BRIGHT-GARAMUKANWA	18.46.7	SEP 2012	YEOVIL
100H					
W35	REBECCA	MULLEY	20.59	JUN 2015	STOKE GIFFORD
W40					
400H					
W35	REBECCA	MULLEY	77.5	JUN 2015	SOUTHAMPTON
W40	CAROL	DAWKINS	68.6	JUL 2005	BASINGSTOKE
W45	CAROL	DAWKINS	69.5	AUG 2007	MILTON KEYNES
W50	VICKY	BRIGHT-GARAMUKANWA	99.4	JUN 2013	CHELMSFORD
2000M WALK					
W35	AMANDA	PINCKNEY	14.04.3	APR 2017	WINCHESTER
W40	JACQUELIN	WARN	19.58.3	JUL 2009	PORTSMOUTH
W45	FIONA	WEBB	13.31.4	JUL 2011	PORTSMOUTH
W50	VICKY	BRIGHT-GARAMUKANWA	14.44.6	JUL 2011	PORTSMOUTH
W55	CAROLINE	BARNFIELD	13.43.70	SEP 2018	ASHFORD
W60	ROSEMARY	HUTTON	14.12.9	APR 2011	PORTSMOUTH
W65	ROSEMARY	HUTTON	14.49.1	JUL 2013	WINCHESTER
W70	ROSEMARY	HUTTON	15.17.2	APR 2018	PORTSMOUTH
POLE VAULT					
W35	REBECCA	MULLEY	2.25m	JUN 2015	STOKE GIFFORD
W40	DANIELLE	MARSHALL	1.80m	JUL 2017	ALDERSHOT
W45	TRACEY	JONES	1.60m	JUL 2014	WINCHESTER
W50	JANET	DICKINSON	1.80m	JUL 2017	ALDERSHOT

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W55	VICKY	BRIGHT-GARAMUKANWA	1.40m	SEP 2018	ASHFORD
W60	VICKY	BRIGHT	1.30m	SEP 2019	ASHFORD
HIGH JUMP					
W35	REBECCA	MULLEY	1.25m	JUN 2016	BATTERSEA
W40	JOY	WRIGHT	1.35m	JUN 2019	BASINGSTOKE
W45	JANET	DICKINSON	1.40m	JUN 2016	BASINGSTOKE
W50	JANET	DICKINSON	1.40m	SEP 2018	ASHFORD
W55	VICKY	BRIGHT-GARAMUKANWA	0.95m	JUN 2017	BASINGSTOKE
W60	VICKY	BRIGHT	0.95m	SEP 2019	ASHFORD
W65	ASTRID	MANGEL	0.80m	APR 2017	WINCHESTER
LONG JUMP					
W35	EMILY	FRY	5.11m	AUG 2019	BIRMINGHAM
W40	DANIELLE	MARSHALL	3.57m	MAY 2016	WINCHESTER
W45	CAROL	DAWKINS	4.14m	SEP 2009	PORTSMOUTH
W50	JANET	DICKINSON	4.70m	SEP 2019	ASHFORD
W55					
W60	VICKY	BRIGHT	2.50m	SEP 2019	ASHFORD
W65	ASTRID	MANGEL	2.56m	JUL 2018	ALDERSHOT
TRIPLE JUMP					
W35	REBECCA	MULLEY	9.35m	JUN 2015	BASINGSTOKE
W40	DANIELLE	MARSHALL	8.78m	APR 2018	PORTSMOUTH
W45	TRACEY	JONES	6.89m	JUN 2014	BASINGSTOKE
W50	SARA	MACDONALD-GRAY	7.43m	APR 2013	PORTSMOUTH
W55	VICKY	BRIGHT-GARAMUKANWA	5.93m	JUN 2016	BASINGSTOKE
HAMMER					
W35	VICKIE	FLETCHER	40.45m	MAY 2006	SOUTHAMPTON
W40	DEBBIE	CALLAWAY	34.68m	JUN 2005	LIVERPOOL
W45	RUTH	ELKINS	36.17m	SEP 2019	ASHFORD
W50	JANET	DICKINSON	31.31m	APR 2019	PORTSMOUTH
W55	PAOLA	KING	20.55m	AUG 2018	SOUTHAMPTON
W60	ROSEMARY	HUTTON	31.37m	APR 2011	PORTSMOUTH
W65	ROSEMARY	HUTTON	29.06m	JUN 2016	BASINGSTOKE
W70	ROSEMARY	HUTTON	24.64m	JUN 2018	BASINGSTOKE
SHOT					

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W35	VICKIE	FLETCHER	12.57m	JUL 2006	BEDFORD
W40	DEBBIE	CALLAWAY	11.45m	JUN 2005	ABINGDON
W45	DEBBIE	CALLAWAY	11.29m	MAY 2010	CARSHALTON
W50	JANET	DICKINSON	9.46m	MAY 2019	WINCHESTER
W55	PAOLA	KING	5.98m	SEP 2018	ASHFORD
W60	JENNY	FERNE	7.83m	JUL 2012	ALDERSHOT
W65	ROSEMARY	HUTTON	5.07m	MAY 2015	WINCHESTER
W70	ROSEMARY	HUTTON	4.94m	SEP 2018	ASHFORD
DISCUS					
W35	VICKIE	FLETCHER	40.80m	JUL 2007	ETON
W40	DEBBIE	CALLAWAY	44.87m WDH	JUL 2007	BIRMINGHAM
			43.43m	APR 2007	SOUTHAMPTON
W45	DEBBIE	CALLAWAY	40.32m	SEP 2009	SANDOWN, IOW
W50	JANET	DICKINSON	26.19m	MAY 2017	PORTSMOUTH
W55	SARA	MACDONALD-GRAY	16.04m	JUL 2016	WORMWOOD SCRUBS
W60	JENNY	FERNE	18.18m	MAY 2012	BASINGSTOKE
W65	ROSEMARY	HUTTON	13.66m	JUL 2017	ALDERSHOT
W70					
JAVELIN					
W35	VANESSA	BENNETT	19.37m	JUN 2011	WINCHESTER
W40	DEBBIE	CALLAWAY	32.85m	MAY 2007	PORTSMOUTH
W45	DEBBIE	CALLAWAY	28.41m	SEP 2009	SOUTHAMPTON
W50	JANET	DICKINSON	26.94m	APR 2017	WINCHESTER
W55					
W60					
W65	ROSEMARY	HUTTON	9.52m	JUN 2013	BASINGSTOKE
W70	ROSEMARY	HUTTON	9.24m	SEP 2018	ASHFORD