

Southampton Club Records Senior Women

Event	Name	Record	Venue	Date
Sprints				
100m.	Donna Hartley	11.46"	Pretoria RSA	22.3.1975
200m.	Donna Hartley	22.75	Birmingham	17.6.1978
400m.	Donna Hartley	51.2	Edmonton, CAN	28.7.1978
Distance				
800m.	Chris Benning	2'01.24	Crystal Palace	28.7.1979
1500m.	Chris Benning	4'01.53	Zurich SWI	15.8.1979
3,000m.	Alison Wyeth	8'38.42	Stuggart	16.8.1993
5,000m.	Alison Wyeth	15'00.37	Crystal Palace	7.7. 1995
10,000m.	Erica Sheldon	35'56.76	Watford	10.6.2006
Hurdles				
2000m S/C	Louise Jackson	6'26.08	Milton Keynes	16.4.16
3000m S/C	Louise Jackson	9'57.18	Birmingham	26.6.2016
60m H	Katy Odell	8.44	Glasgow	19.1.97
100m.H	Katy Odell	13.78"	Watford	21.8.1998
400m.H	Emma Duck	55.70"	Crystal Palace	28.7.2006
Road				
H/Marathon	Sue Dilnot	1"12.5	Netherlands	2.4.1989
Marathon	Alison Wyeth	2"38.26	Ealing	1999
Jumps				
High Jump	Charlotte Heron	1.73m.	Shawnee USA	11.4.2009
Pole Vault	Jade Wide	4.43	Cardiff	10.3.19
Long Jump	Kim Murray U20	5.95m.	Rhodes GRE	5.7.2007
Triple Jump	Katherine Streatfield	12.63m.	Derby	17.8.2005
Throws				
Shot Putt	Vicki Foster	15.44m.	Bath	14.5.2000
Discus	Debbie Callaway	58.66m.	Loughborough	19.5.1996
Hammer	Helen Arnold	50.02m.	Portsmouth	9.5.2001
Javelin	Freya Jones	55.36	Athens	12.4.2014
Multi				
Heptathlon	Grace Clements	5819	Delhi, India	9.10. 2010
Relays				
4x100m. Relay	Emma Duck Sian Scott Vicki Burgess Emily Young	47.04	BAL Cup SEMI- FINAL Eton	30.7.2006
4x400m. Relay	Rachel Lewington Becca Carozzi Claire Nichols Melanie Purkiss	3'49.82"	UKWL Sutton	3.8.2008

This information has been put together with our best efforts, we may have got some things wrong so please email Alan Forse aj.forse@ntlworld.com to get it corrected.