

MASTERS W45 CLUB RECORDS

EVENT	NAME	RECORD	VENUE	DATE
60m	MICHELE WAKEFIELD	9.21	LEE VALLEY	MAR 2014
100m	CAROL DAWKINS	13.4	SOUTHAMPTON	AUG 2007
200m	CAROL DAWKINS	27.7	ABINGDON	SEP 2007
400m	GILLIAN CASHELL	62.0	WINCHESTER	JUN 2010
800m	CAROL MORGAN	3.02.1	EXETER	JUN 2006
1500m	CAROL MORGAN	6.15.68	BIRMINGHAM	JUL 2005
3000m	SALLY GILBERT	11.30.52	SWANSEA	JUL 2006
5000m				
10000m				
3000m S/C				
100H				
400H	CAROL DAWKINS	69.5	MILTON KEYNES	AUG 2007
2000m WALK	FIONA WEBB	13.31.4	PORTSMOUTH	JUL 2011
POLE VAULT	TRACEY JONES	1.60m	WINCHESTER	JUL 2014
HIGH JUMP	JANET DICKINSON	1.40m	BASINGSTOKE	JUN 2016
LONG JUMP	CAROL DAWKINS	4.14m	PORTSMOUTH	SEP 2009
TRIPLE JUMP	TRACEY JONES	6.89m	BASINGSTOKE	JUN 2014
HAMMER	RUTH ELKINS	36.17m	ASHFORD	SEP 2019
SHOT	DEBBIE CALLAWAY	11.29m	CARSHALTON	MAY 2010
DISCUS	DEBBIE CALLAWAY	40.32m	SANDOWN, IOW	SEP 2009
JAVELIN	DEBBIE CALLAWAY	28.41m	SOUTHAMPTON	SEP 2009