

MASTERS W55 CLUB RECORDS

| EVENT | NAME | RECORD | VENUE | DATE |
|--------------------|--------------------------|---------------|-----------------|-------------|
| 60m | | | | |
| 100m | TRACY BEZANCE | 14.5 | BASINGSTOKE | JUN 2019 |
| 200m | TRACY BEZANCE | 28.89 | ASHFORD | SEP 2019 |
| 400m | TRACY BEZANCE | 64.97 | READING | JUN 2019 |
| 800m | CAROLINE BARNFIELD | 3.30.69 | ASHFORD | SEP 2019 |
| 1500m | CAROLINE BARNFIELD | 7.09.6 | PORTSMOUTH | APR 2018 |
| 3000m | CAROLINE BARNFIELD | 15.15.4 | WINCHESTER | MAY 2018 |
| 5000m | | | | |
| 10000m | | | | |
| 3000m S/C | | | | |
| 100H | | | | |
| 400H | | | | |
| 2000m WALK | CAROLINE BARNFIELD | 13.43.70 | ASHFORD | SEP 2018 |
| POLE VAULT | VICKY BRIGHT-GARAMUKANWA | 1.40m | ASHFORD | SEP 2018 |
| HIGH JUMP | VICKY BRIGHT-GARAMUKANWA | .95 | BASINGSTOKE | JUN 2017 |
| LONG JUMP | | | | |
| TRIPLE JUMP | VICKY BRIGHT-GARAMUKANWA | 5.93m | BASINGSTOKE | JUN 2016 |
| HAMMER | PAOLA KING | 20.55m | SOUTHAMPTON | AUG 2018 |
| SHOT | PAOLA KING | 5.98m | ASHFORD | SEP 2018 |
| DISCUS | SARA MACDONALD-GRAY | 16.04 | WORMWOOD SCRUBS | JUL 2016 |
| JAVELIN | | | | |