



Royal Sutton Coldfield Athletics Club

Records - Veterans women



	W35	W40	W45	W50	W55	W60	W65	W70	W75
60m	Fiona Ellis	Emily McMahon	Maureen Lewington	Maureen Lewington	Maureen Lewington				
	8.29	8.62	8.42	8.42 British Record	9.09				
	2014	1994	1997	1998	2004				
60m Hurdles		Emily McMahon							
		10.85 1994							
100m	Fiona Ellis	Sandra McDonald	Maureen Lewington	Maureen Lewington	Viv Bonner	Maureen Lewington			
	13.06	13.5	13.00	13.1	13.68	14.4			
	2013	2002	1996	1999	2007	2008			
100m hurdles	Sharon Ralph								
	18.9 2014								
200m	Sandra McDonald	Sandra McDonald	Maureen Lewington	Maureen Lewington	Viv Bonner	Maureen Lewington			
	26.7	27.8	26.91	27.1	28.23	31.0			
	1997	2004	1996	1997	2007	2008			
200m (indoors)	Sandra McDonald			Maureen Lewington	Maureen Lewington				
	26.75			28.24 British Record	28.8				
200m (hurdles)	Sharon Ralph								
	33.2 2015								
400m	Sandra McDonald	Sandra McDonald	Sue Curry	Maureen Lewington	Viv Bonner	Fleur O'Brien			
	59.9	63.2	2007	65.04	71.1	93.5			
	1997	2000	70.1	1997	2007	2012			
400m hurdles	Rita Hinds	Andrea Deathridge							
	80.4 ?	80.2 2015							
800m	Mel Woodward	Rita Hinds	Pat Gorman	Lesley Foulger	Lesley Foulger	Fleur O'Brien			
	2.27.0	2.33.9	2.39.7	2.54.8	3.05.1	3.28.4			
	2015	1987	2003	1997	2001	2012			
1500m	Chris Rollason	Andrea Deathridge	Pat Gorman	Petra Knowles	Anne Roberts				
	5.08.0	5.15.0	5.23.4	5.50.7	6.27.7				
	1987	2015	2003	2009	2006				
Mile		Andrea Deathridge							
		5.40.75 2014							
1500m walk	Ann Mason	Ann Mason							
	9.44.0 1985	10.17.0 1989							
2000m walk	Heather Payne	Mary Williams	Mary Williams	Zeta McDonald	Pam Lay	Beryl Chapman	Beryl Chapman	Beryl Chapman	Beryl Chapman
	13.39.4	11.38.1	11.23.8	13.14.4	13.46.8	13.36.5	14.09.0	15.15.9	16.39.6
	1986	1997	2001	2007	2007	1994	1998	2005	2010
3000m walk								Beryl Chapman	Beryl Chapman
								23.56.51 2005	27.19.32 British Record 2008
5000m walk								Beryl Chapman	
								40.22.2 2004	
3000m	Mel Woodward	Mel Woodward	Sue Curry	Petra Knowles	Anne Roberts				
	10.31.7	10.40.7	11.28.1	12.02.9	13.24.4				
	2015	2016	2008	2009	2006				
5000m	Chris Rollason	Mel Woodward							
	18.45.5 1989	17.35.02 2016							
Half Marathon	Mel Woodward								
	82.49 2016								
4x100m	55.2								
	1997 British Record								
	Jenny Tompkins								
	Sandra McDonald								
	Jean Hall								
4x400m	Maureen Lewington								
	4.36.1								
	1996								
	Jenny Tompkins								
	Olga Codrington								
4x200m	Sandra McDonald								
	Maureen Lewington								
	1.54.6								
	1996 British Record								
	Jenny Tompkins								
Medley (200m / 200m / 400m / 800m)	Olga Codrington								
	Sandra McDonald								
	Bernadette O'Brien								
	Gaynor Sergiew								
	4.59.9 2004								
High Jump	Sharon Ralph	Sandra McDonald	Sandra McDonald / Janice Pryce	Janice Pryce	Janice Pryce				
	1.30	1.20m	1.30m	1.25m	1.15m				
	2015	2000/2004	2005	2012	2016				
Long Jump	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce	Fleur O'Brien			
	4.78m	5.21m	4.52m	4.61m	4.12m	2.12m			
	1999	2000	2005	2012	2016	2012			
Long Jump (indoors)		Janice Pryce	Janice Pryce	Janice Pryce					
		5.02m 2001	4.68m 2006	4.54m 2012					
Triple Jump	Sharon Ralph	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce		
	8.01	11.42 British Record	9.96m	9.92m British Record	9.75m British Record	8.83			
	2015	2002	2004	2012	2016	2020			

Triple Jump (indoors)		Janice Pryce	Janice Pryce	Janice Pryce					
		11.14m World Record	10.65m British Record	10.31m British record					
		2001	2006	2012					
Pole Vault		Andrea Deaithridge							
		2.00m							
		2014							
Javelin	Ann Roberts	Margaret Riley	Maureen Lewington	Maureen Lewington	Maureen Lewington	Maureen Lewington	Maureen Lewington		
	19.48	22.50m	19.16m	22.54m	16.46m	16.83m	17.03m		
	1987	1989	1996	1998	2003	2010	2012		
Discus	Ann Mason	Ann Mason	Maureen Lewington	Lorna Foster	Lorna Foster	Maureen Lewington	Maureen Lewington	Maureen Lewington	
	18.98m	16.81m	22.49m	25.27m	27.01	19.59m	16.53m	14.98	
	1985	1987	1993	2017	2019	2009	2012	2019	
Shot Putt (3kg)				Lorna Foster	Lorna Foster	Maureen Lewington	Maureen Lewington	Maureen Lewington	
				9.63m	9.16m	8.03m	7.19m	6.83	
				2013	2018	2008	2012	2019	
Shot Putt (4kg)	Ann Mason	Ann Mason	Lorna Foster	Lorna Foster	Lorna Foster	Maureen Lewington			
	5.40m	6.98m	9.08m	8.63m	7.58m	6.60m			
	2008	1986	2009	2013	2018	2007			
Hammer		Fiona Smith	Fiona Smith	Lorna Foster	Lorna Foster				
		23.68m	25.30m	29.63m	33.2				
		2007	2009	2017	2020				
Hammer (4kg)				Fiona Smith	Lorna Foster				
				25.72	25.78				
				2014	2019				
The performances denoted as British/World records were records at the date achieved.									