



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				
	1998			2001	2004				
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	10.17.0							
	1985	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	27.19.32 British Record
								2005	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	17.35.02							
	1989	2016							
Half Marathon	Mel Woodward								
	82.49								
	2016								
4x100m	1997 British Record								
	Jenny Tompkins								
	Sandra McDonald								
	Jean Hall								
	Maureen Lewington								
4.36.1									
1996									
4x400m	Jenny Tompkins								
	Olga Codrington								
	Sandra McDonald								
	Maureen Lewington								
	1.54.6								
1996 British Record									
4x200m	Jenny Tompkins								
	Olga Codrington								
	Sandra McDonald								
	Maureen Lewington								
	4.59.9								
2004									
Medley (200m / 200m / 400m / 800m)	Maureen Lewington								
	Sandra McDonald								
	Bernadette O'Brien								
	Gaynor Sergiew								
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	Janice Pryce			
	4.78m	5.21m	4.52m	4.61m	4.12m	3.69			
	1999	2000	2005	2012	2016	2021			
Long Jump (indoors)		Janice Pryce	Janice Pryce	Janice Pryce					
		5.02m	4.68m	4.54m					
		2001	2006	2012					
Triple Jump	Sharon Ralph	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			
		Janice Pryce	Janice Pryce	Janice Pryce					

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

The performances denoted as British/World records were records at the date achieved.

