

EPSOM AND EWELL HARRIERS
CLUB RECORDS – WOMEN
(as at 16 September 2022)

60 METRES	Club Record:	7.89i	Lisa Boland	Carshalton	12.12.21
	U20 Women:	8.04i	Madison Hutton	Newham	19.02.20
	U17 Women	8.18i	Sandra Seaton	Carshalton	04.03.07
	U15 Girls	8.06i	Laura Lopez	Carshalton	15.02.20
	U13 Girls	8.64i	Anna Pickup	Carshalton	17.02.18
	Vets	7.82i	Lisa Boland	Torun	28.03.23
75 METRES	U13 Girls:	10.6	Jessie Knight	Kingston	25.06.06
		10.63	Sienna Kidd	Crawley	07.04.19
100 METRES	Club Record:	12.0	Hilary Davies	Wimbledon	01.05.69
		12.0	Hilary Davies	Cardiff (M)	09.05.70
		12.0	Sharon Carth	London (He)	31.08.86
	U20 Women:	12.3	Pat Beauchamp	Redhill	14.07.73
	U17 Women:	12.2	Claire St John	Bedford	24.06.78
	U15 Girls	12.5	Jennie Ridge	Portsmouth	07.08.93
	U13 Girls	13.3	Laura Lopez	Carshalton	11.08.19
	Vets:	12.25	Lisa Boland	Lee Valley	07.05.23
150 METRES:	U13 Girls:	20.28	Anna Pickup	Bracknell	31.03.18
200 METRES:	Club Record:	24.9	Alison Dunn	Welwyn GC	11.06.79
		24.9	Sharon Carth	Enfield	09.08.86
		24.96	Shona Richards	Kingston	13.05.12
	U20 Women:	24.9	Alison Dunn	Welwyn GC	11.06.79
	U17 Women:	24.96	Shona Richards	Kingston	13.05.12
	U15 Girls:	25.53	Shona Richards	Birmingham	10.07.10
	U13 Girls:	27.5	Laura Lopez	Carshalton	11.08.19
	Vets:	25.67	Lisa Boland	Derby	02.09.23
300 METRES:	U17 Women:	39.15	Shona Richards	Bedford	19.08.12
	U15 Girls:	40.8	Shona Richards	Wimbledon	31.07.10
400 METRES:	Club Record:	54.7	Alison Dunn	Aldershot	31.07.79
	U20 Women:	54.7	Alison Dunn	Aldershot	31.07.79
	U17 Women:	58.5	Sue Morss	Motspur Park	06.06.81
	Vets:	58.8	Diana Norman	Kingsmeadow	21.06.14
600 METRES:	U13 Girls	1:49.44	Sophie Osborn	Bracknell	31.03.18
		1:49.44	Estee Norman	Birmingham	19.06.19
800 METRES	Club Record:	2:06.82	Rosie Clarke	Stretford	09.08.16
	U20 Women	2:13.5	Elaine Harding	Ewell	22.04.78
	U17 Women	2:13.6	Elaine Harding	Aldershot	03.08.77
	U15 Girls:	2:14.6	Sue Morss	London (CP)	27.07.79
	U13 Girls:	2:20.8	Kelly Turner	Brighton	18.07.87

	Vets:	2:13.75	Diana Norman	Kingsmeadow	23.05.15
1200 METRES:	U13 Girls:	4:01.4	Lucy Drummond	Brighton	31.05.09
1500 METRES:	Club Record:	4:07.69	Rosie Clarke	Tubingen, GER	26.06.18
	U20 Women:	4:27.3	Elaine Harding	London (CP)	27.07.79
	U17 Women:	4:32.4	Elaine Harding	London (CP)	20.08.77
	U15 Girls:	4:40.6	Emma Berry	London (He)	02.06.85
	U13 Girls:	4:57.9	Kelly Turner	London (TB)	26.04.87
	Vets:	4:56.9	Jane Davies	Colindale	01.09.96
1 MILE:	Club Record:	4:31.75i	Rosie Clarke	London (CP)	14.03.15
	U20 Women:	5:10.8	Matilda Laidlaw	Ewell	24.08.23
	U17 Women:	5:18.69	Lily Brown	Wimbledon	20.07.22
	U15 Girls:	5:19.47	Florence White	Wimbledon	20.07.22
	U13 Girls:	6:01.2	Charlotte Coleman	Ewell	25.08.22
	Vets:	5:38.5	Michelle Carter	Ewell	26.08.21
3000 METRES:	Club Record:	8:47.30i	Rosie Clarke	Madrid, ESP	08.02.18
	U20 Women:	10:00.2	Elaine Harding	Motspur Park	29.04.78
	U17 Women:	9:53.00	Isabel Brinsden	Twickenham	04.06.08
	U15 Girls:	10:43.46	Grace Shephard	London (TB)	21.07.07
	Vets:	10:22.55	Jane Davies	Bedford	18.09.94
5000 METRES:	Club Record:	15:19.75	Rosie Clarke	London (Olympic Park)	21.07.19
	U20 Women:	18:31.97	Matilda Laidlaw	Wimbledon	30.08.23
	Vets:	18:17.6	Jane Davies	London (He)	28.07.96
10000 METRES:	Club Record:	38:16.25	Anita Mellodew	Stoke on Trent	01.05.00
	Vets:	38:21.5	Jane Davies	London (WP)	08.05.94
1500M S/CHASE	Club Record:	5:20.45	Sophie Lomas	Gillingham	10.06.23
	U20 Women:	5:20.45	Sophie Lomas	Gillingham	10.06.23
	U17 Women:	5:28.17	Lily Brown	Carshalton	03.09.22
	Vets:	5:32.5	Di Norman	Horsham	21.05.17
2000M S/CHASE	Club Record:	7:32.1	Alice Lethbridge	Hemel H'stead	15.08.04
	U20 Women:	7:32.1	Alice Lethbridge	Hemel H'stead	15.08.04
	U17 Women:	7:43.0	Lily Brown	Kingston	16.07.22
	Vets:	7:36.48	Diana Norman	Tooting Bec	20.08.16
3000M S/CHASE	Club Record:	9:31.68	Rosie Clarke	Oslo, NOR	13.06.19
60M HURDLES: (2' 9")	Club Record:	8.62i	Sandra Seaton	Birmingham	27.02.10
(2' 9")	U20 Women:	8.62i	Sandra Seaton	Birmingham	27.02.10
(2' 6")	U17 Women:	8.81i	Ellie Taylor	Carshalton	16.02.20
(2' 6")	U15 Girls:	9.15i	Ellie Taylor	Carshalton	17.02.18
(2' 3")	U13 Girls:	10.71i	Estee Norman	Lee Valley	01.12.19
	Vets:	9.28i	Charmaine	Linz, AUT	19.03.06

			Johnson		
70M HURDLES:	U13 Girls:	11.38	Sienna Kidd	Kingston	31.08.19
75M HURDLES:	U15 Girls:	11.2	Sue Trickett	London (He)	08.07.77
80M HURDLES (2' 6"):	U17 Women:	11.13	Claire St John	London (CP)	02.06.79
	Vets:	12.27	Diana Norman	Aarhus, DEN	27.07.17
100M HURDLES (2' 9"):	Club Record:	13.7	Claire St John	Hornchurch	05.07.80
	U20 Women:	13.7	Claire St John	Hornchurch	05.07.80
	Vets:	14.13	Julia Machin	Kingsmeadow	14.08.05
300M HURDLES	U17 Women:	41.84	Shona Richards	Bedford	19.08.12
400M HURDLES	Club Record:	58.04	Emily Parker	Bedford	17.07.11
	U20 Women:	62.0	Sue Trickett	London (CP)	13.08.80
	U17 Women:	60.88	Shona Richards	Bedford	26.08.12
	Vets:	65.4	Julia Bennett	Kingsmeadow	17.07.07
HIGH JUMP:	Club Record:	1.92i	Julia Bennett	Cosford	10.03.90
		1.89	Julia Bennett	Sheffield	11.06.94
	U20 Women:	1.85	Julia Bennett	London (BP)	15.04.89
		1.85	Julia Bennett	London (BP)	20.05.89
	U17 Women:	1.75	Julia Bennett	Portsmouth	06.09.86
	U15 Girls:	1.72	Louise Schramm	London (TB)	21.09.86
	U13 Girls:	1.45	Leanne Breden	Kingsmeadow	12.09.99
	Vets:	1.88	Julia Bennett	Bedford	12.06.05
POLE VAULT:	Club Record:	3.75	Louise Schramm	Crawley	19.07.98
	U20 Women:	3.20	Samantha Poulter	Kingsmeadow	05.06.04
		3.20	Samantha Poulter	Portsmouth	03.07.04
	U17 Women:	3.05	Madeline Dodd	Manchester	03.09.23
	U15 Girls:	2.80	Madeline Dodd	Carshalton	27.08.22
	Vets:	2.35	Di Norman	Walton	19.05.19
LONG JUMP:	Club Record:	6.27	Liz Ghojefa	Aldershot	23.07.95
	U20 Women:	6.24	Karen Murray	Nice, Fra	16.07.77
	U17 Women:	5.76	Emily Parker	London (TB)	28.07.01
	U15 Girls:	5.29	Sarah Long	London (WF)	26.06.88
	U13 Girls:	4.69	Sienna Kidd	Guildford	07.07.19
	Vets:	6.00	Julia Bennett	Sutton	06.08.06
TRIPLE JUMP:	Club Record:	13.02i	Emily Parker	Sheffield	12.02.05
		12.97	Emily Parker	Gateshead	03.05.04
	U20 Women:	12.60	Emily Parker	Loughborough	08.06.03
	U17 Women:	12.01i	Emily Parker	Birmingham	25.02.01
	U17 Women:	11.98	Emily Parker	Kingston	14.07.01
	U15 Girls	11.47	Ruth Hatch	Carshalton	23.09.01

	Vets:	12.11	Julia Machin	Milton Keynes	22.05.10
SHOT (4kg):	Club Record:	15.55	Christina Bennett	Croydon	13.06.99
	U20 Women	14.59i	Christina Bennett	Glasgow	16.03.97
		14.27	Christina Bennett	Wimbledon	11.05.97
		14.27	Christine Bennett	Manheim, Ger	07.06.97
	U17 Women:	13.12	Christina Bennett	Kingston	11.06.94
	Vets:	13.77	Charmaine Johnson	Bedford	15.07.01
SHOT (3.25kg):	U15 Girls:	12.29	Christine Bennett	Hull	10.07.92
	U13 Girls:	7.92	Liza Reynolds	Motspur Park	23.05.85
SHOT (3kg):	U17 Women:	10.22	Estee Norman	Lee Valley	24.06.23
	U15 Girls:	8.70	Estee Norman	Crawley	26.06.22
SHOT (2.72kg):	U13 Girls:	8.35	Sienna Kidd	Carshalton	08.09.19
DISCUS (1kg):	Club Record:	53.16	Sarah Winckless	Dublin	18.06.94
	U20 Women:	49.56	Sarah Winckless	Millfield	01.05.92
	U17 Women:	45.72	Sarah Winckless	Stoke on Trent	01.07.90
	U15 Girls:	33.38	Sarah Winckless	Basildon	14.08.88
	U13 Girls:	24.12	Christina Bennett	Thurrock	30.06.90
	Vets:	35.46	Janis Kerr	London (TB)	10.08.91
HAMMER (4kg):	Club Record:	54.51	Christina Bennett	Kingsmeadow	05.07.03
	U20 Women:	43.74	Christina Bennett	Kingsmeadow	26.04.97
	U17 Women:	36.12	Christina Bennett	Kingsmeadow	13.08.94
	Vets:	31.38	Wendy Dunsford	Chelmsford	29.06.11
HAMMER (3kg):	U17 Women:	39.00	Isabella Fuller	Kingston	14.05.23
	U15 Girls:	31.87	Laura Toth	Kingston	31.08.19
JAVELIN (400g):	U13 Girls:	28.98	Ellie Taylor	Birmingham	04.07.16
JAVELIN (500g):	U17 Women:	28.83	Saffron Lewis-Collymore	Kingsmeadow	02.09.17
	U15 Girls:	28.67	Ellie Taylor	Kingston	09.06.18
JAVELIN (600g) (New Spec):	Club Record:	38.22	Madison Hutton	Clovis CA, USA	01.04.22
	U20 Women:	38.22	Madison Hutton	Clovis CA, USA	01.04.22
	U17 Women:	29.05	Emma Binch	Kingston	09.06.07
	Vets:	36.97	Charmaine Johnson	Bedford	15.07.01
PENTATHLON: SP,70H,LJ,HJ,800	U13 Girls:	2648	Sienna Kidd	Carshalton	08.09.19

PENTATHLON (post 2014): 75H,SP,HJ,LJ,800	U15 Girls:	3000	Estee Norman	Crawley	26.06.22
PENTATHLON (post 2014): 80H,SP,HJ,LJ,800	U17 Women	4521	Estee Norman	Lee Valley	24.06.23
PENTATHLON: 100H,SP,HJ,LJ,800	Club Record:	3864	Diana Bennett	Enfield	01.08.93
PENTATHLON: 80H,SP,HJ,LJ,800	Vets:	4249 (V40 World Record)	Diana Norman	Carsahlton,	13.09.15
	V45:	4498	Diana Norman	Horspath	27.06.21
HEPTATHLON: 80h,HJ,SP,200,LJ JT(new spec),800	U17 Women:	4436	Emily Parker	Birmingham	30.09.01
HEPTATHLON: 100h,HJ,SP,200,LJ JT(new spec) 800	Club Record:	5538	Julia Bennett	Arles, Fra	04.06.00
	U20 Women:	5295	Madison Hutton	Clovis CA, USA	12.05.22
	Vets:	5642 (British Record)	Diana Norman	Aarhus, DEN	27.07.17

4 x 100m RELAY	Club Record:	48.0	Seniors	London (CP)	06.08.71
			(Hilary Davies, Barbara Corbett, Janis Hindle, Pat Beauchamp)		
	U17 Women:	49.4		London (CP)	03.06.79
			(Catherine Bradley, Clare Watson, Claire St John, Sue Trickett)		
	U15 Girls:	50.5		London (CP)	02.07.77
			(Karen Long, S. Willis, Claire St John, Sue Trickett)		
	U13 Girls:	53.3		Coulsdon	28.07.19
			(Sienna Kidd, Bethan Haddingham, Katie McNeil, Laura Lopez)		
	Vets:	54.9		London (BP)	11.09.05
			(Anne Nelson, Angela Bardell, Charmaine Johnson, Julia Bennett)		
4 x 200m RELAY	Club Record:	1:40.4	Seniors	London (CP)	11.07.71
			(Hilary Davies, Pat Beauchamp, Liz Sissons, Barbara Corbett)		
	U20 Women:	2:06.3	U20	Ewell Court	12.06.02
			(Joanna Bennett, Emily Parker, Alice Lethbridge, Rachel Stamper)		
	U17 Women:	1:50.6	U17	Sutton	11.09.94
			(Emma Blunt, Kirsty Mayhead, Cheryl Perry, Jennie Ridge)		
	U15 Girls:	1:49.3	U15	Walton	19.09.93
			(Cheryl Parry, Aine Matthews, Jenny Skipp, Jennie Ridge)		
	U13 Girls:	1:55.13	U13	Carshalton	07.09.19
			(Anna Leach, Bethan Haddingham, Katie McNeil, Laura Lopez)		

	Vets:	1:53.0	Vets	Croydon	03.07.00
(Charmaine Johnson, Denise Ellis, Dina Francis, Angela Bardell)					
4 x 300m RELAY	U17 Women	2:51.18	U17	Carshalton	03.09.23
(Lily King, Bethan Haddingham, Estee Norman, Liliana Richardson)					
	U15 Girls	3:00.24	U15	Carshalton	11.09.21
(Lily King, Bethan Haddingham, Florence White, Estee Norman)					
4 x 400m RELAY	Club Record:	3:54.8	Seniors	Sutton	11.09.94
(Julie Price, Elif Koseoglu, Julia Bennett, Diana Bennett)					
	Mixed Club record:	3:50.9	Seniors	Eton	18.06.23
(Danny Trowell, Matilda Laidlaw, Estee Norman, Will Panes)					
	U20 Women	4:17.44	U20/U17	Carshalton	8.09.19
(Lauren Flack, Kiara Valkenburg, Isobel Stockley, Lily Pearson)					
	U17 Women:	4:13.0		Sutton	26.06.05
(Emma Paton, Nicola Jelley, Cassie Bardell, Amie Turner)					
	Vets:	4:27.68	Vets	Ashford	07.09.14
(Sally Parry, Angela Bates, Diana Norman, Julia Machin)					
	Mixed Vets	4:18.7	Vets	Ewell	25.08.22
(Aneta Ryans, Di Norman, Chris Ryans, James Wilson)					
10KM ROAD	Club Record:	33:03	Rosie Clarke	Houilles, FRA	31.12.17
	Vets:	39:13	Zoe West	Wimbledon	27.02.11
HALF-MARATHON	Club Record:	78:56	Emily Alden	Cardiff	15.10.06
	Vets:	86:03	Zoe West	Palma de Mallorca, ESP	16.10.11
MARATHON:	Club Record:	2:46:17	Anita Mellodew	London	26.04.98
	Vets:	2:57:49	Sue Ashley	London	22.04.90

Note: Vets records now include over 35 athletes

**Old specifications / distances no longer run or not on Power of 10
(as at 31st December 2010, plus some more recent)**

80 METRES	Club Record:	10.9	Jenny Skipp	Croydon	25.07.92
	U13 Girls:	10.9	Jenny Skipp	Croydon	25.07.92
100 YARDS	Club Record:	11.0	Ann Sissons	Hurlingham	07.56
	U17 Women:	11.8	Hilary Davies	Motspur Park	28.06.64
	U15 Girls:	11.6	Hilary Davies	Chelmsford	.63
150 YARDS:	Club Record:	17.5	Ann Sissons	Epsom	.48
	U15 Girls:	17.5	Ann Sissons	Epsom	.48

220 YARDS:	Club Record:	25.6	Ann Sissons	Croydon	23.05.56
	U17 Women:	27.0	Barbara Corbett	Ewell	09.07.68
440 YARDS:	Club Record:	56.8	Ann Sissons	Motspur Park	04.07.59
	U17 Women	67.5	Liz Sissons		03.08.61
880 YARDS:	Club Record:	2:20.1	Ann Sissons	White Cioty	01.07.60
	U17 Women:	2:42.0	Christine Gray	Ewell	01.06.68
	U15 Girls:	2:40.6	Christine Gray	Ewell	12.08.67
1000 METRES:	U13 Girls:	3:22.2	Emma Firth	Croydon	13.05.95
1 HOUR RUN:	Club Record:	14,252m	Jane Davies	Ewell	28.06.79
	U17 Women:	12,416m	Alison Reid	Ewell	28.06.79
75M HURDLES:	U13 Girls	12.4	Debra Matthews	St Albans	15.09.73
80 YDS HDLES:	Club Record:	12.6	Ann Packer	Motspur Park	25.05.67
100M HURDLES (2' 6"):	Club Record:	13.82	Claire St John	London (CP)	28.07.79
200M HURDLES	Club Record:	27.9	Sue Trickett	Reading	02.04.43
	U17 Women:	28.37	Sue Trickett	London (CP)	27.07.79
	Vets:	36.6	Angela Bardell	Kingsmeadow	05.05.99
400M HURDLES	U17 Women:	62.0	Emily Parker	Exeter	01.09.01
Shot (2.72kg):	Club Record:	7.49	Christine Bates	Wimbledon	01.05.93
Shot (4kg):	U17 Women:	13.12	Christina Bennett	Kingston	11.06.94
DISCUS (.75kg):	Club Record:	22.77	Rachel Abbott	Kingsmeadow	14.09.02

HAMMER (3.25kg):	Club Record: U13 Girls:	18.40	Olivia Jones	Crawley	27.08.07
JAVELIN (600g) (New Spec):	U15 Girls:	25.33	Nina Fistrovic	London (TB)	27.04.02
JAVELIN (600g) (Old Spec):	Club Record:	45.70	Lesley Rice	Aldershot	05.06.75
	U20 Women:	45.70	Lesley Rice	Aldershot	05.06.75
	U17 Women:	42.78	Lesley Rice	Washington	06.07.72
	U15 Girls:	37.42	Lesley Rice	Middlesbrough	01.08.70
	U13 Girls:	20.96	Alison Hollebon	Norbiton	16.06.79
	Vets:	25.02	Liz Sissons	Roehampton	31.07.96
TETRATHON: 70H,SP,LJ,600	Club Record:	2055	Vicky Thomson	Walton	16.06.96
PENTATHLON: 80H,SP,HJ,LJ,800	Club Record:	3257	Louise Schramm	Woking	07.08.87
PENTATHLON: 75H,SP,HJ,LJ,800 (Pre 2014)	U15 Girls:	2676	Emily Parker	Crawley	12.09.99
HEPTATHLON: 80h,HJ,SP,200, LJ, JT(old spec), 800	Club Record:	4483	Louise Schramm	London (He)	16.07.88
HEPTATHLON: 100h,HJ,SP,200, LJ,JT(old spec)800	Club Record:	5550	Diana Bennett	Sheffield	01.06.97
800M WALK:	Club Record:	6:01.3	Heather Roan	Redhill	03.07.82
1200M WALK:	Club Record:	7:03.7	Amanda Nimmo	Croydon	29.05.82
1 MILE WALK:	Club Record:	10.21.8	Lesley Bowles	Ewell	13.07.69
	U17 Women:	11.01.6	Veronica Bicknell	Ewell	29.06.69
	U15 Girls:	10:21.8	Lesley Bowles	Ewell	13.07.69
1600M WALK:	Club Record:	8:17.0	Lizzie Ryan	Brighton	20.06.81
2000M WALK:	Club Record:	10:50.	Lizzie Ryan	Brighton	20.06.81
	U17 Women:	11:01.0	Louise Urquhart	Brighton	01.02.81
	U15 Girls:	10:50.0	Lizzie Ryan	Brighton	20.06.81
	U13 Girls:	11:06.0	Lizzie Ryan	Havering	31.03.79
	Vets:	11:16.3	Liz Neville	London(BP)	05.09.04
2500M WALK:	Club Record:	13:28.4	Helen Downie	Havering	10.06.79
	U17 Women:	14:17.0	Kim Boatright	Ewell	08.07.76
	U15 Girls:	13:28.4	Helen Downie	Havering	10.06.79
	U13 Girls:	13:52.1	Lizzie Ryan	London (CP)	26.07.80

3000M WALK:	Club Record:	15:14.3	Lizzie Ryan	Brighton	17.07.83
	U17 Women:	15:14.3	Lizzie Ryan	Brighton	17.07.83
	Vets:	18:009.	Liz Neville	Ashford	08.08.04
5000M WALK (Track):	Club Record:	25:33.0	Lizzie Ryan	Brighton	29.10.83
	U17 Women:	25:33.0	Lizzie Ryan	Brighton	29.10.83
5000M WALK (Road):	Club Record:	25:40.0	Lizzie Ryan		08.83
	U17 Women:	25:40.0	Lizzie Ryan		08.83
10,000M WALK (Track):	Club Record:	55:30.7	Lizzie Ryan	Kirkby	19.03.83
	U17 Women:	55:30.7	Lizzie Ryan	Kirkby	19:03.83

10,000M WALK (Road):	Club Record:	55:19.0	Lizzie Ryan	Kirkby	19.03.83
	U17 Women:	55:19.0	Lizzie Ryan	Kirkby	19.03.83
6.5 MILE WALK (Road):	Club Record:	52:36.0	Lizzie Ryan	Chippenham	08.10.83
	U17 Women:	52:36.0	Lizzie Ryan	Chippenham	08.10.83
7 MILE WALK (Road):	Club Record:	1:04:54.0	Lizzie Ryan	Eastbourne	13.06.82
100x200x200x100	Club Record:	1:18.7	Seniors	London (TB)	15.09.71
(Liz Sissons, Barbara Corbett, Pat Beauchamp, Janis Hindle)					
200x100x200x100	Club Record:	1:18.2	Seniors	London (TB)	07.08.74
(Melanie Robin, Linda New, Pat Beauchamp, Christine Ridgewell)					
3 x 200m RELAY	Club Record:	1:25.6	U15 Girls	Redhill	21.08.71
100x200x300x400	Club Record:	2:21.0	U17 Women	Motspur Park	12.05.79
(Karen Long, Claire St John, Sue Trickett, Sue Poulter)					
4x300 RELAY	Club Record:	3:09.1	U17	Horsham	15.05.10
	U17	3:09.1	U17	Horsham	15.05.10
400x300x200x100	Club Record:	2:30.8	Seniors	Ewell	17.04.76
200x200x400x800	Club Record:	4:36.7	Vets	London (BP)	11.09.05
(Charmaine Johnson, Angela Bardell, Julia Bennett, Jane Davies)					
	Vets:	4:36.7	Vets	London (BP)	11.09.05
(Charmaine Johnson, Angela Bardell, Julia Bennett, Jane Davies)					

3 x 800m RELAY	Club Record:	7:01.5	Seniors	Walton	19.09.93
(Julie Price, Julia Bennett, Diana Bennett)					
	U15 Girls:	7:18.2	U15 Girls	London (He)	30.06.85
	U13 Girls:	8:03.3	U13 Girls	Norbiton	22.09.91
(Sarah Shute, Davina MacDonald, Jennie Ridge)					
	Vets:	8:10.0	Vets	Sutton	11.09.94
(Marion Jakeman, Sue Blunt, Jane Davies)					
4 x 800m RELAY	Club Record:	9:57.6	U15 Girls	London (CP)	.75
(Elaine Harding, Laura Ward, Karen White, Claire Tippell)					
	U15 Girls:	9:57.6	U15 Girls	London (CP)	.75
(Elaine Harding, Laura Ward, Karen White, Claire Tippell)					
20x200m RELAY	Club Record:	10:34.8	U15 Girls	Croydon	20.04.73
	U15 Girls	10:34.8	U15 Girls	Croydon	20.04.73