

EPSOM AND EWELL HARRIERS
CLUB RECORDS – WOMEN
(as at 24 April 2024)

60 METRES	Club Record:	7.82i	Lisa Boland	Torun	28.03.23
	U20 Women:	8.04i	Madison Hutton	Newham	19.02.20
	U17 Women	7.85i	Maia Heward-Mills	Carshalton	10.03.24
	U15 Girls	8.06i	Laura Lopez	Carshalton	15.02.20
	U13 Girls	8.54i	Filijay Touray	Carshalton	09.03.24
	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:	18:15.41	Matilda Laidlaw	Battersea	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:	7:27.91	Sophie Lomas	Yeovil	30.03.24
	U20 Women:	7:27.91	Sophie Lomas	Yeovil	30.03.24
	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:	8.61i	Madison Hutton	Albuquerque, USA	23.02.24
(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 Johnson	Linz, AUT	19.03.06
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:	11.01	Estee Norman	Kingston	06.04.24
	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
INDOOR					

PENTATHLON (RECORDS TBC)					
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:	3209	Estee Norman	Crawley	31.05.23
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	Carshalton,	13.09.15
	V45:	4498	Diana Norman	Horspath	27.06.21
HEPTATHLON: 80h,HJ,SP,200,LJ JT(new spec),800	U17 Women:	4521	Estee Norman	Lee Valley	25.06.23
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