

Latest Revision No.	
Revision Date	
Updated by	

	U13	U15	U17
75m			
100m			
150m			
200m			
300m			
400m			
600m			
800m			
1200m			
1500m			
3000m			
5000m			
10000m			
1500m s/c			
2000m s/c			
3000m s/c			
70mh			
75mh			

80mh			
100mh			
110mh			
400mh			
Long Jump			
Triple Jump			
High Jump			
Pole Vault			
Shot Putt			
Discus			
Hammer			
Javelin			
Pentathlon			
Heptathlon			
Octathlon			
Decathlon			

Latest Revision No.	
Revision Date	
Updated by	

	U13	U15	U17
75m			
100m	Emily Race	Sophie Mills	Sophie Mil
	13.7s 29/06/2013	12.80s 31/05/2014	12.6s
150m			Sophie Mil
			19.4s
200m	Sophie Mills	Sophie Mills	Sophie Mil
	29.5s 09/09/2012	26.3s 21/06/2014	25.9s

300m		Sophie Mills	Sophie Mil
		42.6 19/07/2014	42.7s
400m			
600m			
800m		Emily Race	Emily Race
		02:35.6 09/08/2015	02:27.0
1200m			
1500m			
3000m			
5000m			
10000m			
1500m s/c			
2000m s/c			
3000m s/c			
70mh	Emily Race		
	11.7s 22/06/2013		
75mh		Emily Race	
		11.14s 11/07/2015	
80mh			Emily Race
			11.17s
100mh			
110mh			
300mh			Alicia Well:
			47.22s
400mh			
Long Jump	Emily Race	Emily Race	Emily Race
	4.42m 21/04/2013	4.99m 23/05/2015	5.73m
Triple Jump			
High Jump	Emily Race	Emily Race	Emily Race
	1.43m 16/06/2013	1.60m 28/06/2015	1.75m
Pole Vault			
Shot Putt	Emily Race	Emily Race	Emily Race
	7.70m 20/07/2013	11.47m 20/09/2015	12.15m
Discus		Emily Race	

		16.26m	
Hammer			
Javelin	Emily Race	Emily Race	Emily Race
	22.63m 21/07/2013	30.53m 21/08/2016	34.39m
Pentathlon		Emily Race	Emily Race
		3144 28/06/2015	3258
Hexathlon		Emily Race	
		3565 09/08/2015	
Heptathlon			Emily Race
			5214
Octathlon			
Decathlon			

Latest Revision No.	
Revision Date	
Updated by	

	M35	M40	M45
100m			
200m			
400m			
800m			
1500m			
3000m			
5000m			
10000m			
1500m s/c			
2000m s/c			
3000m s/c			
110mh			

400mh			
Long Jump			
Triple Jump			
High Jump			
Pole Vault			
Shot Putt			
Discus			
Hammer			
Javelin			

Latest Revision No.	
Revision Date	
Updated by	

	W35	W40	W45
100m			
200m			
400m			
800m			
1500m	Teresa McPake		
	05:27.6 08/08/2015		
3000m	Teresa McPake		
	11:16.6 08/08/2015		
5000m			
10000m			
1500m s/c			
2000m s/c			
3000m s/c			

100mh			
400mh			
Long Jump			
Triple Jump			
High Jump			
Pole Vault			
Shot Putt			
Discus			
Hammer			
Javelin			

Latest Revision No.	
Revision Date	
Updated by	

	U17	U20	U23
5km		Luke Cragg	
		16:10 11/05/2005	
10km		Luke Cragg	Luke Cragg
		33:36:00 09/10/2005	30:04:00
10 miles			
Half Marathon			
20 miles			
Marathon			

**Workso Harriers & AC - Junior / Senior Wom**

Latest Revision No.	
Revision Date	
Updated by	

	U17	U20	U23
5km			
10km			
10 miles			
Half Marathon			
20 miles			
Marathon			

**Workso**

Latest Revision No.	
Revision Date	
Updated by	

	M35	M40	M45
5km			
10km	Peter Fendley 32:03:00 03/09/2023	Nigel Farrow 35:21:00 19/07/2000	Peter Fend 39:30:00
10 miles	Peter Fendley 54:55:00 12/10/1990	Peter Fendley 01:01.2 18/09/1994	Mel Simps 59:39:00
Half Marathon	Peter Fendley 01:13.4 30/10/1988		John Hewit 01:17.3
20 miles			Nigel Dawt 02:30.4
Marathon	Keith Hopkinson 02:30.6 19/04/1985	Keith Hopkinson 02:34.3 01/06/1988	Danny Scot 02:53.6


Latest Revision No.	
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Updated by	

	W35	W40	W45
5km	Tracey West	Tracey West	
	19:40 24/06/2004	20:29 03/09/2010	
10km	Tracey West	Tracey West	Tracey We
	39:19:00 22/06/2004	40:05:00 31/12/2006	40:00:00
10 miles	Tracey West		
	01:05.1 04/06/2004		
Half Marathon	Teresa McPake	Tracey West	Tracey We
	01:27.2 25/10/2015	01:27.3 25/02/2007	01:29.5
20 miles			
Marathon	Tracey West	Tracey West	Tracey We
	03:06.0 18/04/2004	03:08.0 23/04/2006	03:08.5

Latest Revision No.	
Revision Date	
Updated by	

	U13	U15	U17
150m			
200m			
300m			
400m			
600m			



800m			
1000m			
1500m			
3000m			
5000m			
Long Jump			
Triple Jump			
High Jump			
Pole Vault			
Shot Putt			
Pentathlon			
Heptathlon			

Latest Revision No.	
Revision Date	
Updated by	

	U13	U15	U17
150m	Emily Race 22.1s 25/03/2012	Emily Race 20.37s 06/12/2014	Sophie Mil 19.59s
200m	Sophie Mills 27.95 15/12/2012	Sophie Mills 26.99s 23/03/2014	Sophie Mil 25.89s
300m		Sophie Mills 43.6s 22/11/2014	Sophie Mil 42.94s
400m			
600m			
800m			Emily Race 02:31.8
1000			
1500m			

3000m			
5000m			
60m	Emily Race	Sophie Mills	Sophie Mil
	8.6s 17/11/2013	8.33s 06/12/2014	8.2s
60mh		Emily Race	Emily Race
		9.40s 20/12/2015	8.78s
Long Jump	Emily Race	Emily Race	Emily Race
	4.19m 02/02/2013	4.92m 20/12/2015	5.47m
Triple Jump			
High Jump	Emily Race	Emily Race	Emily Race
	1.43m 17/03/2013	1.54m 20/12/2015	1.71m
Pole Vault			
Shot Putt		Emily Race	Emily Race
		10.94m 20/12/2015	12.10m
Pentathlon			Emily Race
			3853

Latest Revision No.	
Revision Date	
Updated by	

	M35	M40	M45
60m			
60mh			
150m			
200m			
300m			
400m			
600m			
800m			
1000m			

1500m			
3000m			
5000m			
Long Jump			
Triple Jump			
High Jump			
Pole Vault			
Shot Putt			
Heptathlon			

Latest Revision No.	
Revision Date	
Updated by	

	M35	M40	M45
60m			
60mh			
150m			
200m			
300m			
400m			
600m			
800m			
1000m			
1500m			
3000m			

5000m			
Long Jump			
Triple Jump			
High Jump			
Pole Vault			
Shot Putt			
Pentathlon			

Latest Revision No.	
Revision Date	
Updated by	

	U13	U15	U17
4 x 100m (Male)			
4 x 400m(Male)			
4 x 100m (Female)			
4 x 400m (Female)			
4 x 100m (Mixed)			

4 x 400m (Mixed)			

Latest Revision No.	
Revision Date	
Updated by	

	U13	U15	U17
4 x 100m (Male)			
4 x 400m(Male)			
4 x 100m (Female)			
4 x 400m (Female)			
4 x 100m (Mixed)			
4 x 400m (Mixed)			









Is				
20/09/2015				
	Emily Race			
13/08/2017	02:28.7 16/09/2018			
			Frederica Richards	
			04:29.7 20/05/2023	
			Frederica Richards	
			09:46.3 11/06/2023	
			Frederica Richards	
			16:55.1 15/05/2023	
20/08/2017				
	Emily Race	Emily Race		
	14.52s 06/07/2019	15.16s 25/03/2022		
s				
13/05/2023				
	Emily Race	Emily Race		
17/09/2017	5.66m 22/09/2019	5.22m 25/03/2022		
	Emily Race	Emily Race		
26/08/2017	1.81m 13/07/2018	1.77m 21/05/2022		
	Emily Race	Emily Race		
12/08/2017	11.79m 26/05/2019	9.80m 25/03/2022		
		Emily Race		






**Road Race Records**

	Seniors
	Thomas Shaw 15:51 28/04/2023
28/12/2008	James Lonsdale 32:03:00 03/09/2023
	Peter Fendley 52:07:00 28/05/1984
	Nigel Edwards 01:08.4 06/05/1984
	Thomas Shaw 01:55.2 26/03/2023
	Keith Hopkinson 02:30.6 19/04/1985

## en Road Race Records

	Senior
	Sarah Worley
	19:07 28/07/2023
	Frederica Richards
	35:50:00 20/11/2022
	Tracey West
	01:28.5 25/02/2001
	Tracey West
	03:06.6 22/04/2001

## op Harriers & AC - Mens Masters Road Race Records

	M50	M55	M60	M65
ley	Peter Fendley		Maurice Jones	
13/05/2000	39:25:00 20/05/2006		56:44:00 28/08/2000	
on	Peter Fendley			
12/09/1982	01:09.5 25/04/2004			
tt				
28/10/2001				
per				
11/03/2001				
tt	Nigel Dawber	Dennis Learad		
22/04/2001	03:08.5 ???	03:22.0 25/10/2004		









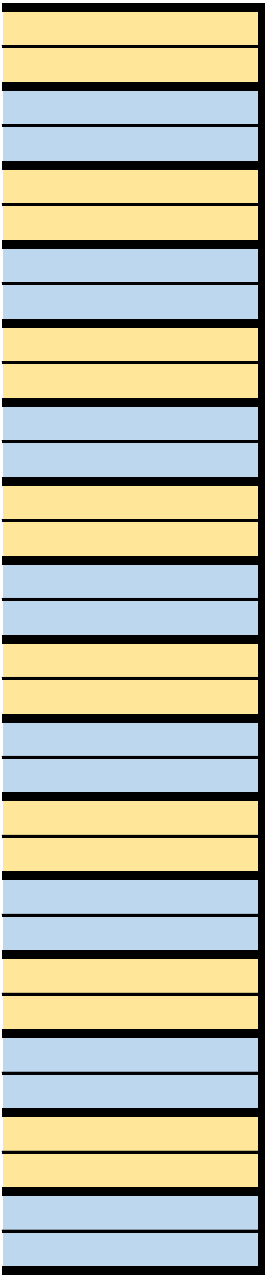






















M70	
Name	
Time	Date















