



Female Senior and Veteran Track, Field and Road Records

Track events

Event	Seniors	V35	V45	V50	V55	V60	V65
100m	J Ryan 12.22	J Ryan 12.7	A Rochester C Johnson 14.6	J Ryan 15.1	E McMahon 16.0	E McMahon 16.3	E McMahon 16.3
200m	J Ryan 24.4/24.42 (W)	J.Ryan 25.62/25.51w	A Rochester 29.7	E McMahon 32.5	E McMahon 32.5	B Higgins 36.44	E McMahon 34.98(i)
400m	J Ryan 54.68	J Ryan 60.2/60.25	A Rochester 67.1	P Ackland-Snow 74.9	C Salvary 85.8	A Heeks 90.5	J Hobbs 101.2
800m	A Clark (U17) 2:17.52	G Barclay 2:32.0	Z Oldfield 2:38.2	A Trauttmansdorff 2:53.2	A Heeks 3:05.27	A Heeks 3:15.7	J Hobbs 3:39.1
1500m	A Clark (U17) 4:49.55	G Barclay 5:13.2 M Knapman 5:11.03 (i)	Z Oldfield 5:11.4	A Trauttmansdorff 5:41.4	A Heeks 6:08.77	J Hobbs 7:04.5	J Hobbs 6:57.5
3000m	E Cioni 10:23.7	11:10.8	Z.Oldfield 11:07.3	A Trauttmansdorff 12:14.3	A Heeks 14:08.7	J Hobbs 14:34.0	J Hobbs 14:40.1
5000m	E Cioni 17:54.57	M Knapman 19:38.9	Z Oldfield 18:50.0	J Hobbs (V60) 23:53.8	J Hobbs (V60) 23:53.8	J Hobbs (V60) 23:53.8	J Hobbs 27:46.24
10000m							
80mH	-	-	C Johnson 13.8	B Higgins 18.0	B Higgins 22.1	B Higgins 26:0	B Higgins 25.9
100mH	J Richardson 17:58	S Santon 18.9	B Higgins 23.1	B Higgins 23.8	-	-	-
300mH	-	-	-	A Trauttmansdorff 72.1		B Higgins 91.5	
400mH	J Richardson 70.2	L Gaffney 77.8	C Johnson 83.0	B Higgins 97.2	B Higgins (V60) 2:01.2	-	-
1500m s/c	E Knapman (U17) 6:37.3	M Knapman 6:16.2	M Davis 8:15.78				
1500 Walk			M Peddle 8:17.3	M Peddle 7:41		A Heeks 10:16.4	J Hobbs 11:29.0
2000 Walk		M Knapman 13:18.9	M Peddle 11:02.5	M Peddle 10:15	M Peddle 10:40	A Heeks 13:23.1	J Hobbs 15:29.7
3000 Walk		M Knapman 19:49.3	M Peddle 16:37.0	M Peddle 15:44.60	M Peddle 15:49		
5000 Walk			M Peddle 29:25.2	M Peddle 27:14	M Peddle 27:24		
4 x 100m	53.2	63.2	63.5	69.8			
4 x400m	4:16.4	5:19.5	5:45.2	6:36.6			



Field events

Event	Seniors	V35	V45	V50	V55	V60	V65
Shot	C Johnson 11.01	K Merritt 7.78	C Johnson 9.91	K Merritt 6.38	E McMahon 7.65	E McMahon 7.65	E McMahon 7.01
Discus	P Brown (U20) 35.08	K Merritt 23.17	J Brown 21.28	P Ackl-Snow 20.97	P Ackl-Snow 18.64	P Ackl-Snow 17.18	B Higgins 14.50
Javelin	S Brown (U20) 28.6	G Barclay 23.27	P Ackl-Snow 15.16	P Ackl-Snow 18.01	P Ackl-Snow 16.48	P Ackl-Snow 18.51	E. McMahon 13.3
Hammer	P Brown 28.18	K Merritt 23.05	J Brown 20.10	P Ackl-Snow 23.84	P Ackl-Snow 23.40	B Higgins 21.22	B Higgins 21.01
Long Jump	J Ryan (U17) 4.99	L Gaffney 4.42	C Johnson 4.38	J Ryan 3.64	C Salvary 3.43	E McMahon 3.59	E McMahon 3.56
Triple Jump	M Hobbs 9.82	M Davis 8.94	C Salvary 7.60	P Regan 6.73	B Higgins 6.57	B Higgins 6.15	J Hobbs 4.78
High Jump	J Richardson 1.45	L Gaffney 1.25	C Johnson 1.40	B Higgins 1.10	B Higgins 1.15	B Higgins 1.15	E McMahon 1.15
Pole Vault	L Gaffney (V35) 2.10	L Gaffney 2.10	B Higgins 1.80	B Higgins 1.70	B Higgins 1.70	B Higgins 1.70	B Higgins 1.40

Road events*

Event	Seniors	V40	V50	V60	V70
5km	M Knapman 19.35	Z Oldfield 18:04	A Trauttmansdorff 21:28	J Hobbs 26:00	
5 miles		Z Oldfield 30:49	A Trauttmansdorff 34:21	J Hobbs 43:27	J Hobbs 47:04
10km	M Hurley 48:47	Z Oldfield 37:51	A Trauttmansdorff 43:41		J Hobbs 60:28
10 miles		Lorna Gaffney 74:47	A Trauttmansdorff 71:44		
Half marathon	E Carter 89.54	M Knapman 1:44:07	A Trauttmansdorff 1:47.26		
Marathon	M Hurley 3:50.32	V Thompson 3:29.01	A Overy 5:29.34		
10km walk		M Peddle 61:21	M Peddle 58.12		
20km walk		M Peddle 2:12:40	M Peddle 2:00.11		
50km walk					

*official recording began in 2023 but records are back dated where times are available.