



Senior and Veteran Female Track Records

Last Updated: **06/10/2020**

Final

Equal or better than BMAF medal standards

60m						
	Name	Time	% UK std	Location/	Date	
Open	Emma Seccombe	8.02		Birmingham	05/02/2005	
Senior	Eleanor Johnston	8.35		Lee Valley	03/12/2014	
W35						
W40	Paula Williams	8.47	103.9	Lee Valley	28/02/2016	
W45	Paula Williams	8.24	112.9	Madrid	21/03/2018	
W50						
W55						
W60						
W65						
W70						
100m						
	Name	Time	% UK std	Location/	Date	
Open	Danielle Horton	12.24		Gateshead	11/07/2015	
Senior	Eleanor Johnston	13.1		Banbury	25/04/2015	
	Emma Bexson/				01/05/2014	
W35	Maria Haslam	15.2	93.4	Stourport/ Solihull	28/06/17	
W40	Paula Williams	13.2	110.6	Stratford	11/09/2016	
W45	Paula Williams	13	116.2	Stratford	13/09/2020	
W50	Rachel Clark	15.7	100.0	Brierley Hill	27/06/2018	
W55	Elaine Ledden	15.5	105.8	Tamworth	10/09/2017	
W60	Christine Coote	16.7	103.0	Brierley Hill	27/06/2018	
W65	Cindy Brittan	24.2	74.0	Solihull	28/06/2017	
W70	Jan Turner	23.3	80.3	Stourport	25/04/2019	
150m						
	Name	Time	% UK std	Location/	Date	
Open	Antonia Gateley	21.0			29/04/1999	
Senior	Kelly Millward	21.0			29/04/1999	
W35						
W40						
W45						
W50						
W55						
W60						
W65						
W70						
200m						
	Name	Time	% UK std	Location/	Date	
Open	Eleanor Johnston	25.37		Birmingham	07/09/2010	
Senior	Eleanor Johnston	26.88		Bedford	03/05/2015	
W35	Kelly Milner	30.2	95.4	Worcester	30/07/2014	
W40	Paula Williams	27.9	106.5	Worcester	27/07/2016	
W45	Paula Williams	28.2	109.6	Redditch	30/05/2018	
W50	Rachel Clark	32.8	97.6	Worcester	25/07/2018	
W55	Elaine Ledden	32.5	102.5	Worcester	31/07/2019	
W60	Christine Coote	35.02	101.7	Nuneaton	03/06/2018	
W65	Kate Sergent	46.8	81.6	Worcester	25/07/2018	
W70+	Jan Turner	45.5	93.4	Redditch	05/06/2019	
300m						
	Name	Time	% UK std	Location/	Date	
Open	Imogen Sheppard	41.4		Leamington	09/06/2018	
Senior						
W35						
W40						
W45						
W50						
W55						
W60						
W65						
W70						
400m						
	Name	Time	% UK std	Location/	Date	
Open	Imogen Sheppard	57.66		Bedford	22/06/2019	
Senior	Zoe Chandler	67.6		Solihull	09/08/2015	
W35	Maria Haslam	70.7	91.8	Nuneaton	04/09/2016	
W40	Sarah Wheeler	65.8	102.6	Stratford	28/08/2013	
W45	Sarah Bland	70.2	100.9	Nuneaton	05/05/2010	
W50	Sarah Bland	75.0	98.9	Leamington	17/06/2015	
W55	Elaine Ledden	76.77	101.1	Nuneaton	09/06/2019	
W60	Elaine Ledden	77.3	104.9	Lee Valley	01/03/2020	
W65	Maureen Birch	101.2	83.7	Stourport	30/04/2015	
W70						
600m						
	Name	Time	% UK std	Location/	Date	
Open	Lucy McDermott	1.41.6			18/04/2010	
Senior						
W35						
W40						
W45						
W50						
W55						
W60						
W65						
W70						
800m						
	Name	Time	% UK std	Location/	Date	
Open	Lucy McDermott	2.13.02		Solihull	09/07/2011	
Senior	Katy Barden	02:37.3		Leamington	01/08/2010	
W35	Emma Bexson	2:44.2	92.0	Stourport	27/05/2014	
W40	Sarah Wheeler	2:24.6	107.9	Solihull	06/07/2014	
W45	Sheila Lammas	02:42.0	100.6	Tamworth	10/09/2017	
W50	Sarah Bland	02:28.5	114.5	Stourport	27/05/2014	
W55	Liuba Pasa	03:05.0	97.8	Stratford	03/07/2019	
W60	Kate Sergent	03:53.1	82.8	Worcester	27/07/2016	
W65	Kate Sergent	03:58.9	87.9	Nottingham	31/08/2019	
W70						
1500m						
	Name	Time	% UK std	Location/	Date	
Open	Agnes McTighe	04:30.6		Watford	29/07/2015	
Senior	Alice Reed	05:13.0		Tipton	07/08/2016	
W35	Emma Bexson	5:40.0	95.3	Stourport	01/05/2014	
W40	Sarah Wheeler	05:02.4	108.5	Solihull	09/08/2015	
W45	Sarah Bland	05:05.0	110.8	Telford	04/06/2011	
W50	Sarah Bland	05:28.5	107.2	Telford	07/06/2014	
W55	Penny Stainthorp	06:24.6	96.7	Nuneaton	04/09/2016	
W60	Kate Sergent	07:42.3	86.3	Redditch	15/06/2016	
W65	Maureen Birch	07:10.4	100.4	Stourport	30/04/2015	
W70						

1 mile						
	Name	Time	% UK std	Location/	Date	
Open	Sarah Wheeler	5:34.4		Leamington	23/07/2014	
Senior						
W35	Emma Bexson	6:11.4	n.a	Leamington	23/07/2014	
W40	Sarah Wheeler	5:34.4	n.a	Leamington	23/07/2014	
W45	Alison Bagnall	6:23.1	n.a	Leamington	23/07/2014	
W50	Beverley Brngden	8:20.9	n.a	Leamington	23/07/2014	
W55						
W60	Angela Cox	7:23.3	n.a	Leamington	23/07/2014	
W65	Kate Sergent	08:53.2	n.a	Stourport	25/04/2019	
W70						
3000m						
	Name	Time	% UK std	Location/	Date	
Open	Agnes McTighe	09:25.6		Leamington	05/08/2015	
Senior	Zoe Chandler	10:09.8		Solihull	09/08/2015	
W35	Sarah Wheeler	11:33.8	n.a	B'ham	09/06/2013	
W40	Sarah Wheeler	10:54.2	n.a	Corby	06/06/2015	
W45	Rachel Pearce	11:33.4	n.a	Nuneaton	04/09/2016	
W50	Alison Bagnall	12:54.9	n.a	Worcester	19/07/2017	
W55	Liuba Pasa	13:21.0	n.a	Nottingham	31/08/2019	
W60	Kate Sergent	15:45.3	n.a	Brierley Hill	27/05/2015	
W65	Ruth Calderbank	15:28.58	n.a	Solihull	01/09/2018	
W70						
5000m						
	Name	Time	% UK std	Location/	Date	
Open	Eloise du Luart	17:54.5		Bedford	05/06/2013	
Senior	Eloise du Luart	17:54.5		Bedford	05/06/2013	
W35	Emma Bexson	20:48.1	93.7	Leamington	23/07/2014	
W40						
W45	Kate Wright	18:47.08	110.9		11/09/2010	
W50	Kate Wright	18:20.00	118.6	Birmingham	15/09/2013	
W55						
W60						
W65						
W70						
60m Hurdles						
	Name	Time	% UK std	Location/	Date	
Open	Emily Madden-Foman	9.29		Sheffield	26/02/2017	
Senior						
W35						
W40	Paula Williams	9.87	108.4	Lee Valley	11/03/2017	
W45	Paula Williams	9.44	117.6	Madrid	23/03/2018	
W50						
W55						
W60						
W65						
W70						
80m Hurdles						
	Name	Time	% UK std	Location/	Date	
Open	Polly Lapage Norris	12.7			16/06/2013	
Senior						
W35						
W40	Paula Williams	13.18	112.3	Birmingham	30/07/2016	
W45	Paula Williams	12.7	122.8	Nuneaton	04/06/2017	
W50						
W55						
W60						
W65						
W70						
100m Hurdles						
	Name	Time	% UK std	Location/	Date	
Open	Liberty Thornton	15		Birmingham	09/06/2013	
Senior	Imogen Green	15.9		Brierley Hill	04/06/2016	
W35	Emma Bexson	27.4	68.6	Gloucester	10/08/2013	
W40	Paula Williams	17.3	n.a	Tipton	08/05/2016	
W45	Sarah Bland	21.1	n.a	Solihull	03/07/2011	
W50						
W55						
W60						
W65						
W70						
200m Hurdles						
	Name	Time	% UK std	Location/	Date	
W40	Paula Williams	31.2	n.a	Nuneaton	04/09/2016	
W45	Paula Williams	33.1	n.a	Tamworth	10/09/2017	
W50						
400m Hurdles						
	Name	Time	% UK std	Location/	Date	
Open	Polly Lapage Norris	65.8		Leamington	08/06/2013	
Senior	Katie Earys	76.4		Birmingham	09/06/2013	
W35	Emma Bexson	82.9	85.9	Stoke	07/07/2013	
W40						
W45	Sarah Bland	76.4	107.1	Solihull	02/05/2009	
W50	Sarah Bland	88.1	n.a	Telford	07/06/2014	
4X100m						
	Name	Time	% UK std	Location/	Date	
Open	Felicity Bee, Eleanor Johnston, Polly Lapage Norris, Coulson	50.5			16/06/2013	
W35+	Hannah Osborne, Paula Williams, Emma Bexson, Elaine Ledden	62.1		Worcester	31/07/2019	
4X400m						
	Name	Time	% UK std	Location/	Date	
Open	Jess Sheppard, Imogen Sheppard, Emily Field, Daisy Musk	04:04.2		Telford	06/07/2019	
W35+	Sarah Wheeler, Emma Bexson, Emily Adams, Sarah Bland	04:50.2		Stourport	28/05/2014	
2000m Walk						
	Name	Time	% UK std	Location/	Date	
Open	Yvonne Caswell	14:19.1		Stoke	29/05/2013	
Senior						
W35	Yvonne Caswell	14:19.1	n.a	Stoke	29/05/2013	
W40	Sarah Wheeler	16:16.9	n.a	Stourport	01/05/2014	
W45	Gemma Smith	15:34.2	n.a	Redditch	30/05/2018	
W50	Sarah Bland	15:36.8	n.a	Stourport	27/05/2014	
W55						
W60	Kate Sergent	13:38.4	n.a	Redditch	15/06/2016	
W65	Kate Sergent	13:21.9	n.a	Redditch	30/05/2018	
W70						