

 Royal Sutton Coldfield Athletics Club Records - Veterans women 											
	W35	W40	W45	W50	W55	W60	W65	W70	W75		
60m	Fiona Ellis	Emily McMahon	Maureen Lewington	Maureen Lewington	Ann Virgo	Janice Pryce					
	8.29	8.62	8.42	8.42 British Record	9.03	10.09					
	2014	1994	1997	1998	2024	2023					
60m Hurdles		Emily McMahon									
		10.85									
		1994									
100m	Fiona Ellis	Sandra McDonald	Maureen Lewington	Maureen Lewington	Viv Bonner	Maureen Lewington	Janice Pryce				
	13.06	13.5	13.00	13.1	13.68	14.4	17				
	2013	2002	1996	1999	2007	2008	2025				
100m hurdles	Sharon Ralph										
	18.9										
	2014										
200m	Sandra McDonald	Sandra McDonald	Maureen Lewington	Maureen Lewington	Viv Bonner	Maureen Lewington					
	26.7	27.8	26.91	27.1	28.23	31.0					
	1997	2004	1996	1997	2007	2008					
200m (indoors)	Sandra McDonald			Maureen Lewington	Maureen Lewington						
	26.75			28.24 British Record	28.8						
	1998			2001	2004						
200m (hurdles)	Sharon Ralph										
	33.2										
	2015										
400m	Sandra McDonald	Sandra McDonald	Sue Curry	Maureen Lewington	Viv Bonner	Fleur O'Brien					
	59.9	63.2	2007	65.04	71.1	93.5					
	1997	2000	70.1	1997	2007	2012					
400m hurdles	Rita Hinds	Andrea Deathridge									
	80.4	80.2									
	?	2015									
800m	Mel Woodward	Rita Hinds	Pat Gorman	Lesley Foulger	Lesley Foulger	Fleur O'Brien					
	2.27.0	2.33.9	2.39.7	2.54.8	3.05.1	3.28.4					
	2015	1987	2003	1997	2001	2012					
1500m	Chris Rollason	Andrea Deathridge	Pat Gorman	Petra Knowles	Anne Roberts						
	5.08.0	5.15.0	5.23.4	5.50.7	6.27.7						
	1987	2015	2003	2009	2006						
Mile	Annette Belcher	Andrea Deathridge	Jennie Lloyd								
	7:21:03	5.40.75	7:01:07								
	2022	2014	2022								
1500m walk	Ann Mason	Ann Mason									
	9.44.0	10.17.0									
	1985	1989									
2000m walk	Heather Payne	Mary Williams	Mary Williams	Zeta McDonald	Pam Lay	Beryl Chapman	Beryl Chapman	Beryl Chapman	Beryl Chapman		
	13.39.4	11.38.1	11.23.8	13.14.4	13.46.8	13.36.5	14.09.0	15.15.9	16.39.6		
	1986	1997	2001	2007	2007	1994	1998	2005	2010		
3000m walk								Beryl Chapman	Beryl Chapman		
								23.56.51	27.19.32 British Record		
								2005	2008		
5000m walk								Beryl Chapman			
								40.22.2			
								2004			
3000m	Mel Woodward	Mel Woodward	Sue Curry	Petra Knowles	Anne Roberts						
	10.31.7	10.40.7	11.28.1	12.02.9	13.24.4						
	2015	2016	2008	2009	2006						
5000m	Chris Rollason	Mel Woodward									
	18.45.5	17.35.02									
	1989	2016									
Half Marathon	Mel Woodward	Andrea Deathridge	Kate McBrien	Kate McBrien	Kate McBrien	Tamara Savage	Tamara Savage				
	82:49	85:37	86:22	94:05	1:45:26	2:14:38	2:17.04				
	2016	2015	2014	2017	2022	2021	2023				
Marathon	Andrea Deathridge	Andrea Deathridge	Kate McBrien		Bernadette O'Brien	Tamara Savage	Tamara Savage				
	3:13:33	3:18:34	3:13:52		4:29:50	5:01.58	4:48.08				
	2013	2016	2013		2017	2022	2023				
4x100m	55.2										
	1997 British Record										
	Jenny Tompkins										
	Sandra McDonald										
	Jean Hall										
Mixed 4x100m	Maureen Lewington										
	53.1			59.3							
	Megan Evans			Janice Pryce							
	Ivy Mok			Graham Sutton							
	Richard Henry			Ann Virgo							
4x400m	Shem Nelson			Richard Henry							
	2024			2024							
	4.36.1										
	1996										
	Jenny Tompkins										
4x200m	Olga Codrington										
	Sandra McDonald										
	Maureen Lewington										
	1.54.6										
	1996 British Record										
Medley (200m / 200m / 400m / 800m)	Jenny Tompkins										
	Olga Codrington										
	Sandra McDonald										
	Maureen Lewington										
	4.59.9										
High Jump	2004										
	Maureen Lewington										
	Sandra McDonald										
Long Jump	Bernadette O'Brien										
	Gaynor Sergiew										
	Sharon Ralph	Sandra McDonald	Sandra McDonald / Janice Pryce	Janice Pryce	Janice Pryce (2016) Ann Virgo (2025)	Janice Pryce	Janice Pryce				
Long Jump (indoors)	1.30	1.20m	1.30m	1.25m	1.15m	1.15	1.1				
	2015	2000/2004	2005	2012		2024	2025				
	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce				
Triple Jump	4.78m	5.21m	4.52m	4.61m	4.12m	3.69	3.62				
	1999	2000	2005	2012	2016	2021	2025				
		Janice Pryce	Janice Pryce	Janice Pryce			Janice Pryce				
Triple Jump		5.02m	4.68m	4.54m			3.29				
		2001	2006	2012			2025				
	Sharon Ralph	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce	Janice Pryce				
Triple Jump	8.01	11.42 (British	9.96m	9.92m (British	9.75m (British	9.24 (British Record)	8.57 (British Record)				
	2015	2002	2004	2012	2016	2024	2025				
		Janice Pryce	Janice Pryce	Janice Pryce		JanicePryce	Janice Pryce				

Triple Jump (indoors)		11.14m World Record 2001	10.65m British Record 2006	10.31m British record 2012		9.06 2024	8:04 2025				
Pole Vault		Andrea Deathridge 2.00m 2014									
Javelin	Ann Roberts 19.48 1987	Margaret Riley 22.50m 1989	Maureen Lewington 19.16m 1996	Maureen Lewington 22.54m 1998	Ann Virgo 21.96 2025	Maureen Lewington 16.83m 2010	Maureen Lewington 17.03m 2012				
	Ann Mason 18.98m 1985	Ann Mason 16.81m 1987	Maureen Lewington 22.49m 1993	Lorna Foster 25.27m 2017	Lorna Foster 27.01 2019	Lorna Foster 22.89 2023	Maureen Lewington 16.53m 2012	Maureen Lewington 14.98 2019	Maureen Lewington 13.46 2023		
Discus				Lorna Foster 9.63m 2013	Lorna Foster 9.16m 2018	Lorna Foster 8.12 2023	Maureen Lewington 7.19m 2012	Maureen Lewington 6.83 2019	Maureen Lewington 5.97 2024		
Shot Putt (3kg)											
Shot Putt (4kg)	Ann Mason 5.40m 2008	Ann Mason 6.98m 1986	Lorna Foster 9.08m 2009	Lorna Foster 8.63m 2013	Lorna Foster 7.58m 2018	Lorna Foster 7.6 2023					
		Fiona Smith 23.68m 2007	Fiona Smith 25.30m 2009	Lorna Foster 29.63m 2017	Lorna Foster 33.2 2020	Lorna Foster 29.13 2023					
Hammer											
Hammer (4kg)				Fiona Smith 25.72 2014	Lorna Foster 25.78 2019						
The performances denoted as British/World records were records at the date achieved.											