

**UPDATED WITH RECORDS**  
**EPSOM AND EWELL HARRIERS**  
**CLUB RECORDS – MASTERS WOMEN**  
(as at 31st OCTOBER 2024)

<b>EVENT</b>	<b>AGE</b>	<b>RESULT</b>	<b>ATHLETE</b>	<b>VENUE</b>	<b>DATE</b>
<b>60 METRES</b>	W35	7.89i	Lisa Boland	Sutton	12.12.21
	W40	<b>7.75i</b>	<b>Lisa Boland</b>	<b>Carshalton</b>	<b>02.03.25</b>
	W45	8.53i	Angela Bates	Ghent, Bel	18.03.11
	W50	8.49i	Angela Bates	Lee Valley	12.03.16
	W55	8.82i	Angela Bates	Lee Valley	13.03.22
	W60	9.51i	Sue Wisdom	Lee Valley	13.03.22
	W65	9.69i	Sue Dassie	Madrid, Spa	20.03.18
	W70	10.19i	Anne Nelson	Torun, Pol	29.03.23
	W75				
	W80				
	W85				
	W90				
<b>80 METRES</b>	W35				
	W40	11.75	Angela Bardell-Griffiths	Kingston	21.03.04
	W45				
	W50				
	W55				
	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>100 METRES</b>	W35	12.36w	Lisa Boland	Dagenham	30.07.22
		12.46		Kingston	28.08.22
	W40	<b>12.16</b>	<b>Lisa Boland</b>	<b>Harrow</b>	<b>13.07.25</b>
		<b>12.15w</b>		<b>Woking</b>	<b>30.08.25</b>
	W45	13.3	Angela Bates	Sutton	31.05.15
	W50	13.6	Angela Bates	Wimbledon	22.05.16
	W55	14.3	Angela Bates	Kingston	18.05.22
	W60	15.80	Anne Nelson	Lyon, Fra	06.08.15
	W65	16.20	Sue Dassie	Malaga, Esp	06.09.18
	W70	16.31	Anne Nelson	Tampere, Fin	30.06.22
	W75				
	W80				
	W85				
	W90				
<b>150 METRES:</b>	W35				
	W40	22.15	Angela Bardell-Griffiths	Kingston	21.03.04
	W45				
	W50				
	W55				

	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>200 METRES:</b>	W35	26.0	Julia Machin	Stoke	09.06.07
	W40	<b>25.27</b>	<b>Lisa Boland</b>	<b>Maderia (POR)</b>	<b>16.10.25</b>
		<b>25.23w</b>		<b>Woking</b>	<b>30.08.25</b>
	W45	27.8	Angela Bates	Ewell	15.06.15
	W50	28.4	Angela Bates	Kingston	12.06.17
	W55	30.22	Rachel Waters	Derby	28.07.24
	W60	31.62	Sue Wisdom	Derby	11.06.22
	W65	34.21i	Sue Dassie	Madrid, Spa	23.03.18
	W70	34.52	Anne Nelson	Derby	11.06.22
	W75				
	W80				
	W85				
	W90				
<b>300 METRES:</b>	W35	51.22	Kylie Bardell-Roberts	Coulsdon	30.04.22
	W40				
	W45				
	W50				
	W55				
	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>400 METRES:</b>	W35	59.1	Diana Norman	Portsmouth	21.05.11
	W40	58.8	Diana Norman	Kingston	21.06.14
	W45	61.53i	Diana Norman	Lee Valley	01.03.20
	W50	<b>64.84i</b>	<b>Diana Norman</b>	<b>Lee Valley</b>	<b>18.01.25</b>
	W55	75.8	Sue Wisdom	Ewell	15.06.22
	W60	74.0	Sue Wisdom	Ewell	15.06.22
	W65	83.4	Jane Davies	Croydon	19.05.14
	W70	92.8	Jane Davies	Ashford	30.09.18
	W75				
	W80				
	W85				
	W90				
<b>600 METRES:</b>	W35				
	W40				
	W45	1:46.29i	Diana Norman	Lee Valley	05.12.21
	W50	<b>1:47.14i</b>	<b>Diana Norman</b>	<b>Lee Valley</b>	<b>01.12.24</b>
	W55				

	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>800 METRES</b>	W35	2:16.77	Diana Norman	Kingston	24.05.14
	W40	2:13.75	Diana Norman	Kingston	23.05.15
	W45	2:22.37	Diana Norman	Bromley	22.05.21
	W50	<b>2:32.31i</b>	<b>Diana Norman</b>	<b>Sheffield</b>	<b>26.01.25</b>
	W55	2:47.0	Jane Davies	London (BP)	05.09.04
	W60	2:51.1	Jane Davies	Ashford	06.09.09
	W65	2:56.7	Jane Davies	Ewell	20.05.19
	W70	3:27.1	Jane Davies	Ewell	20.05.19
	W75				
	W80				
	W85				
	W90				
<b>1200 METRES:</b>	W35				
	W40				
	W45				
	W50				
	W55				
	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>1500 METRES:</b>	W35	5:03.19	Emily Alden	Birmingham	17.09.16
	W40	4:58.97	Diana Norman	Ashford	06.09.15
	W45	4:56.9	Jane Davies	Colindale	01.09.96
	W50	5:16.1	Jane Davies	Kingston	29.05.99
	W55	5:26.7	Jane Davies	London (BP)	05.09.04
	W60	5:35.5	Jane Davies	Croydon	13.06.11
	W65	5:57.3	Jane Davies	Kingston	18.05.15
	W70	6:27.08	Jane Davies	Ashford	01.09.19
	W75				
	W80				
	W85				
	W90				
<b>1 MILE:</b>	W35	5:38.2	Ann Molyneux	Kingston	06.05.99
	W40	6:05.6	Helen Maguire	Ewell	29.08.19
	W45	5:43.16i	Diana Norman	Lee Valley	16.02.22
	W50	6:07.27	Diana Norman	Kingston	17.06.24
	W55	6:56.09	Sandra Newbury	Ewell	22.08.24
	W60				
	W65				

	W70	7:37.6	Jane Davies	Ewell	29.08.19
	W75				
	W80				
	W85				
	W90				
<b>3000 METRES:</b>	W35	10:32.2	Jane Davies	Crawley	05.05.84
	W40	10:41.5	Jane Davies	Bracknell	15.07.89
	W45	10:22.55	Jane Davies	Bedford	18.09.94
	W50	10:56.8	Jane Davies	Portsmouth	29.04.00
	W55	11:21.1	Jane Davies	Ewell	11.04.04
	W60	12:01.3	Jane Davies	Ashford	06.09.09
	W65	12:03.44	Jane Davies	London (He)	20.06.15
	W70	13:40.7	Jane Davies	Ewell	20.05.19
	W75				
	W80				
	W85				
	W90				
<b>5000 METRES:</b>	W35	18:54.6	Zoe West	Croydon	09.07.12
	W40	19:01.7	Jane Davies	Sutton	05.07.93
	W45	18:17.6	Jane Davies	London (He)	28.07.96
	W50	18:46.4	Jane Davies	Kingston	29.08.99
	W55	19:55.5	Jane Davies	Croydon	05.07.04
	W60	20:19.1	Jane Davies	Croydon	13.07.09
	W65	21:09.5	Jane Davies	Walton	29.06.15
	W70				
	W75				
	W80				
	W85				
	W90				
<b>5K RR/PR</b>	W35	18:38	Michelle Carter	Ardingly	12.05.03
	W40	19.13	Diana Norman	Catton	18.03.17
	W45	19.15	Diana Norman	Ardingly	12.05.21
	W50	21.19	Vanda Caulfield	Nonsuch	06.08.17
	W55	20.02	Jane Davies	Bushy Park	20.09.08
	W60	20.22	Jane Davies	Bushy Park	24.04.10
	W65	20.41	Jane Davies	Nonsuch	29.03.15
	W70	23.20	Jane Davies	Bushy Park	31.08.19
	W75	26.10	Jane Davies	Osterley	07.09.24
	W80				
	W85				
	W90				
<b>10000 METRES:</b>	W35				
	W40				
	W45	38:21.5	Jane Davies	London (WP)	08.05.94
	W50	43:20.4	Liz Neville	London (BP)	08.09.04
	W55				
	W60				
	W65				
	W70				
	W75				

	W80				
	W85				
	W90				
<b>10k RR</b>	W35	39:13	Zoe West	Wimbledon	27.02.11
	W40	39:49	Michelle Carter	Bristol	25.09.22
	<b>W45</b>	<b>41:51</b>	<b>Nicola Stevenson</b>	<b>Goodwood</b>	<b>01.12.24</b>
	W50	43:24	Liz Neville	Epsom	19.12.04
	W55	40:03	Jane Davies	Chessington	15.02.04
	W60	42:54	Jane Davies	Chessington	15.02.15
	W65				
	W70	48:09	Jane Davies	Richmond	16.06.19
	W75	53:41	Jane Davies	Walton	21.07.24
	W80				
	W85				
	W90				
<b>10 MILE</b>	W35	69.32	Diana Norman	Epsom	17.11.13
	W40	67.07	Diana Norman	Epsom	15.11.15
	W45	63:15	Jane Davies	Twickenham	27.09.98
	W50	65:50	Jane Davies	Twickenham	23.09.01
	W55	70:04	Jane Davies	Tadworth	04.01.04
	W60	71:23	Jane Davies	Dorking	31.05.18
	W65	72:18	Jane Davies	Bramley	18.02.14
	W70	81:18	Jane Davies	Maidenhead	15.04.22
	W75	89:42	Jane Davies	Maidenhead	29.03.24
	W80				
	W85				
	W90				
<b>HALF MARATHON:</b>	W35	86:03	Zoe West	Palma. ESP	16.10.11
	W40	88:09	Diana Norman	San Sebastian, ESP	26.11.17
	W45	90:55	Lisa-Marie Santelli	Windsor	06.08.23
	W50	98:35	Vanda Caulfield	Paddock Wood	03.04.16
	W55	95:12	Jane Davies	Paddock Wood	02.04.06
	W60	94:00	Jane Davies	Paddock Wood	11.04.10
	W65	94:16	Jane Davies	Fleet	22.03.15
	W70	1:46:55	Jane Davies	Funchal POR	19.01.20
	W75	1:54:12	Jane Davies	Palma, ESP	24.03.24
	W80				
	W85				
	W90				
<b>20 MILE</b>	W35				
	W40	2:29:13	Vanda Caulfield	Bramley	20.02.05
	W45	2:41:41	Vanda Caulfield	Worthing	09.03.14
	W50	2:46:08	Vanda Caulfield	Bramley	17.02.17
	W55	3:02:21	Vanda Caulfield	Kingston	19.03.23
	W60	2:43:12	Jane Davies	Cranleigh	28.03.10
	W65	2:51:34	Jane Davies	Bramley	19.02.17
	W70	2:53:43	Jane Davies	Bramley	17.02.19
	W75	3:06:46	Jane Davies	Bramley	11.02.24
	W80				

	W85				
	W90				
<b>MARATHON:</b>	W35	2:50.08	Maureen Griffith	Detroit, USA	17.10.93
	W40	3:04:50	Chris Flynn	London	18.04.93
	W45	3:10:54	Lisa-Marie Santelli	Berlin GER	24.09.23
	W50	3:29:23	Liz Neville	London	17.04.05
	W55	3:28:54	Liz Neville	London	13.04.08
	W60	3:17:37	Jane Davies	London	26.04.09
	W65	3:22:12	Jane Davies	London	13.04.14
	W70	3:44:08	Jane Davies	St Helier	07.10.18
	W75	4:07:56	Jane Davies	London	21.04.24
	W80				
	W85				
	W90				
<b>200M WALK:</b>	W35	13:35.2	Sue Boyman	Colindale	05.09.93
	W40	11:44.5	Liz Neville	Kingston	02.05.01
	W45	11:44.5	Liz Neville	Kingston	02.05.01
	W50	11:16.3	Liz Neville	London (BP)	05.09.04
	W55	12:08.8	Liz Neville	Ashford	06.09.08
	W60	12:56.29	Liz Neville	Ashford	01.09.13
	W65	13:22.4	Liz Neville	Ashford	03.09.17
	W70	15:09.11	Jane Davies	Ashford	15.09.18
	W75				
	W80				
	W85				
	W90				
<b>1500M S/CHASE</b>	W35	6:04.5	Diana Norman	Kingston	21.06.14
	W40	5:32.5	Diana Norman	Horsham	21.05.17
	W45	6:04.0	Diana Norman	Kingston	17.08.22
	W50				
	W55	7:28.4	Moira O'Leary	Portsmouth	04.05.98
	W60	9:04.1	Angela Bardell-Griffiths	Kingston	18.05.22
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>2000M S/CHASE</b>	W35	8:46.3	Diana Norman	Woking	17.06.14
	W40	7:36.48	Diana Norman	London (TB)	10.08.16
	W45	8:14:22	Diana Norman	Abingdon	17.08.19
	<b>W50</b>	<b>9:26.3</b>	<b>Diana Norman</b>	<b>Hornchurch</b>	<b>17.05.25</b>
	W55				
	W60	12:10.45	Angela Bardell-Griffiths	Portsmouth	22.05.22
	W65				
	W70				
	W75				
	W80				

	W85				
	W90				
<b>60M HURDLES:</b>					
<b>84cm (8.5m)</b>	W35	9.43i	Diana Norman	Sheffield	05.02.12
<b>76.2cm (8m)</b>	W40	9.36i	Diana Norman	Lee Valley	01.12.19
	W45	9.39i	Diana Norman	Lee Valley	05.12.21
<b>76.2cm (7m)</b>	W50	<b>9.89</b>	<b>Diana Norman</b>	<b>Sheffield</b>	<b>26.01.25</b>
	W55				
<b>68.6cm (7m)</b>	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>SPRINT HURDLES:</b>					
<b>100m – 84cm (8.5m)</b>	W35	14.82 w	Julia Machin	Oxford	13.08.06
		15.06		Bedford	04.08.07
<b>80m – 76.2cm (8m)</b>	W40	12.27	Diana Norman	Sutton	14.09.14
	W45	12.5	Diana Norman	Horspath	27.06.21
<b>80m – 76.2cm (7m)</b>	W50	<b>13.21</b>	<b>Diana Norman</b>	<b>Wimbledon</b>	<b>13.04.25</b>
	W55	14.99	Charmaine Johnson	Malaga, Spa	05.09.18
<b>80m – 68.6cm (7m)</b>	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>400M HURDLES</b>	W35	65.4	Julia Machin	Kingston	17.07.07
	W40	65.61	Julia Machin	Aldershot	27.05.12
	W45	67.48	Diana Norman	Eton	18.06.23
<b>300M HURDLES</b>	W50				
	W55				
	W60				
	W65				
<b>200M HURDLES</b>	W35	36.6	Angela Bardell-Griffiths	Kingston	05.05.99
	W40	40.5	Jane Davies	Croydon	08.09.91
	W45				
	W50				
	W55				
	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>HIGH JUMP:</b>	W35	1.88	Julia Machin	Bedford	12.06.05

	W40	1.78	Julia Machin	Milton Keynes	22.05.10
	W45	1.55	Diana Norman	Abingdon	17.08.19
	W50	<b>1.50i</b>	<b>Diana Norman</b>	<b>Sheffield</b>	<b>26.01.25</b>
		1.50	Diana Norman	Hornchurch	17.05.25
	W55	1.27	Charmaine Johnson	St Peter Port	28.04.19
	W60	1.20	Charmaine Johnson	St Peter Port	14.07.23
	W65	0.96	Sue Dassie	Ashford	30.09.18
	W70				
	W75				
	W80				
	W85				
	W90				
<b>POLE VAULT:</b>	W35	1.70	Angela Bardell-Griffiths	Kingston	24.04.99
	W40	2.35	Diana Norman	Woking	17.05.14
	W45	2.20	Julia Machin	Ashford	06.09.15
	W50	1.80	Diana Norman	Salisbury	14.07.24
	W55	1.70	Jenny Piercy	Kingston	30.04.11
	W60	2.15	Sue Dassie	Perth, Aus	26.10.16
	W65	2.04	Sue Dassie	Ashford	30.09.18
	W70				
	W75				
	W80				
	W85				
<b>LONG JUMP:</b>	W35	6.00	Julia Machin	Sutton	06.08.06
	W40	5.73	Julia Machin	Kingston	26.06.10
	W45	5.24	Diana Norman	Horspath	27.06.21
	W50	<b>4.84</b>	<b>Diana Norman</b>	<b>Sheffield</b>	<b>26.01.25</b>
	W55	3.88w	Charmaine Johnson	Gibraltar	07.07.19
		3.80		St Peter Port	16.05.19
	W60	3.54w	Charmaine Johnson	St Peter Port	03.09.23
		3.51		St Peter Port	03.09.23
	W65	2.69	Sue Dassie	Ashford	30.09.18
	W70	2.67i	Anne Nelson	Lee Valley	13.03.22
	W75				
	W80				
	W85				
	W90				
<b>TRIPLE JUMP:</b>	W35	11.55	Julia Machin	Kingston	05.09.09
	W40	12.11	Julia Machin	Milton Keynes	22.05.10
	W45	11.14	Julia Machin	Worthing	04.07.15
	W50	10.02	Diana Norman	Kingston	17.06.24
	W55	7.67	Sue Wisdom	Ashford	01.09.19
	W60	6.62	Sue Dassie	Wimbledon	13.06.16
	W65	5.99	Sue Dassie	Kingston	09.07.18
	W70				
	W75				
	W80				
	W85				
	W90				

<b>SHOT (4kg):</b>	W35	13.77	Charmaine Johnson	Bedford	15.07.01
	W40	12.83i	Charmaine Johnson	San Sebastian, Sp	07.03.03
	W45	11.82	Diana Norman	Sutton	12.08.21
<b>SHOT (3kg):</b>	<b>W50</b>	<b>12.50</b>	<b>Diana Norman</b>	<b>Wimbledon</b>	<b>13.04.25</b>
	W55	10.27	Liz Sissons	Kingston	16.08.03
	W60	10.39	Liz Sissons	Ewell	06.06.07
	W65	10.08	Liz Sissons	Ashford	06.09.09
	W70	9.11	Liz Sissons	Ewell	07.06.15
<b>SHOT (2kg):</b>	W75	9.20	Liz Sissons	London (TB)	24.08.19
	W80	7.79	Liz Sissons	Derby	27.07.24
	W85				
<b>DISCUS (1kg)</b>	W35	24.50	Joanna Bennett	Birmingham	26.08.18
	W40	35.46	Janis Kerr	London (TB)	10.06.91
	W45	34.06	Mary Pettis	Kingston	15.06.92
	W50	27.99	Wendy Dunsford	Hendon	08.05.10
	W55	24.46	Wendy Dunsford	Perth, Aus	04.11.16
	W60	23.84	Liz Sissons	London (BP)	05.09.04
	W65	23.06	Liz Sissons	London (BP)	29.08.10
	W70	21.15	Liz Sissons	Ewell	29.08.15
<b>DISCUS (0.75kg)</b>	W75	20.01	Liz Sissons	Walton	17.07.19
	W80	16.44	Liz Sissons	Walton	17.07.24
	W85				
	W90				
	W100				
<b>HAMMER (4kg):</b>	W35	26.67	Joanna Bennett	Walton	19.05.19
	W40	26.81	Jenny Piercy	Bedford	29.07.00
	W45	30.74	Wendy Dunsford	Kingston	29.04.08
<b>HAMMER (3kg):</b>	W50	35.33	Wendy Dunsford	Kingston	09.04.11
	W55	31.86	Wendy Dunsford	Lyon, Fra	05.08.15
	W60	33.01	Liz Sissons	Kingston	26.05.07
	W65	29.33	Liz Sissons	Ewell	28.05.11
	W70	25.72	Liz Sissons	Birmingham	10.08.14
<b>HAMMER (2kg):</b>	W75	26.13	Liz Sissons	Walton	03.11.19
	W80	21.12	Liz Sissons	Derby	27.07.24
	W85				
	W90				
<b>JAVELIN (600g):</b>	W35	36.92	Charmaine Johnson	Bedford	18.07.01
	W40	34.58	Charmaine Johnson	Abingdon	24.08.03
	W45	34.68	Diana Norman	Eton	18.06.23
<b>JAVELIN (500g):</b>	<b>W50</b>	<b>29.12</b>	<b>Diana Norman</b>	<b>Kingston</b>	<b>18.05.25</b>
	W55	28.66	Liz Sissons	Kingston	29.05.04
	W60	26.81	Liz Sissons	Ashford	08.08.04
	W65	26.24	Liz Sissons	Ashford	05.09.10
	W70	23.12	Liz Sissons	Ashford	30.05.15
<b>JAVELIN (400g):</b>	W75	19.73	Liz Sissons	Birmingham	11.08.19
	W80	13.71	Liz Sissons	Derby	27.07.24
	W85				
	W90				
<b>WEIGHT (9.08kg):</b>	W35	8.56	Joanna Bennett	Birmingham	25.08.18

	W40	6.97	Emma Hickmott	Ewell	09.12.17
	W45	10.29	Wendy Dunsford	Milton Keynes	24.09.06
<b>WEIGHT (7.26kg):</b>	W50				
	W55				
<b>WEIGHT (5.45kg):</b>	W60	12.67	Liz Sissons	Ewell	23.04.06
	W65	12.53	Liz Sissons	Ghent, Bel	16.03.11
	W70	10.54	Liz Sissons	Birmingham	25.07.15
<b>WEIGHT (4kg):</b>	W75	9.74	Liz Sissons	Birmingham	10.08.19
	W80	8.94	Liz Sissons	Derby	27.07.24
	W85				
	W90				
<b>INDOOR PENTATHLON</b>	W35	4036i BR	Diana Norman	Sheffield	05.12.12
<b>60H,HJ, SP,LJ,800</b>	W40	4320i BR	Julia Machin	Lee Valley	16.02.14
	W45	4368 BR	Diana Norman	Lee Valley	23.02.20
	W50	<b>4422 BR</b>	<b>Diana Norman</b>	<b>Sheffield</b>	<b>26.01.25</b>
	W55				
	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>OUTDOOR PENTATHLON</b>	W35	1725	Kylie Bardell- Roberts	<b>Horspath</b>	08.05.22
<b>SprintH,SP,HJ,LJ,800</b>	W40	4249 BR/ER/WR	Diana /Norman	Sutton	13.09.15
	W45	4498 (WR no ET)	Diana Norman	Horspath	27.06.21
		4397 BR/ER/WR	Diana Norman	Sutton	12.09.21
			Diana Norman	Sutton	
	W50	<b>4158 BR</b>	<b>Diana Norman</b>	<b>Wimbledon</b>	<b>13.04.25</b>
	W55	3400	Charmaine Johnson	Torun, Pol	29.03.19
	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>OUTDOOR HEPTATHLON</b>	W35	5367	Julia Machin	Stoke on Trent	09.09.07
<b>SprintH,SP,HJ,200m, LJ,JT, 800</b>	W40	5642 BR	Diana Norman	Aarhus, Den	28.07.17
	W45	4528	Charmaine Johnson	Woodford Green	12.05.13

	W50	4924	Charmaine Johnson	Oxford	27.07.13
	W55				
	W60				
	W65				
	W70				
	W75				
	W80				
	W85				
	W90				
<b>THROWS PENTATHLON:</b>	W35				
<b>aka</b>	W40	1843	Emma Hickmott	Ewell	20.10.18
<b>WEIGHTS PENTATHLON</b>	W45	2893	Wendy Dunsford	Ewell	05.04.08
	W50	2837	Wendy Dunsford	Ewell	05.02.11
	W55	3156	Liz Sissons	Gateshead	20.08.99
	W60	4084	Liz Sissons	Ewell	24.02.07
	W65	4119	Liz Sissons	Ewell	27.09.09
	W70	3959	Liz Sissons	Birmingham	20.09.15
	W75	3979	Liz Sissons	Walton	03.11.19
	W80	1903	Barbara Dunsford	Aarhus, Den	05.08.17
	W85				
	W90				
<b>4 x100m RELAY Mixed Ages</b>		54.9	Anne Nelson, Angela Bardell, Charmaine Johnson, Julia Bennett	London (BP)	11.09.05
<b>4 x 100m RELAY 2 Men + 2 Women</b>					
<b>4 x200m RELAY Mixed Ages</b>		1:53.0	Charmaine Johnson, Denise Ellis, Dina Francis, Angela Bardell	Croydon	03.07.00
<b>4 x 200m RELAY 2 Men + 2 Women</b>					
<b>4 x400m RELAY Mixed Ages</b>		4:27.68	Julia Machin, Angela Bates, Sally Parry, Di Norman	Ashford	07.09.14
<b>4 x 400m RELAY 2 Men + 2 Women</b>		4:18.7	Aneta Ryans, Di Norman, Chris Ryans, James Wilson	Ewell	25.08.22
<b>MEDLEY RELAY (200m, 200m, 400m,</b>		4:49.0		Croydon	19.05.97

<b>800m) Mixed Ages</b>					
		4:49.0	Sheila Chapman, Denise Ellis, Angela Bardell-Griffiths, Jane Davies	Colindale	05.09.98
<b>MEDLEY RELAY (200m, 200m, 400m, 800m) 2 Men + 2 Women</b>					
<b>3 x 800m Mixed Ages</b>		8:10.0	Marion Jakeman, Sue Blunt, Jane Davies	Sutton	11.09.94