



Cambridge Harriers Senior Women's Track & Field Club Records



Event	Performance	Athlete (s)	Date	Venue
100m	10.96s	Daryll Neita	30.07.2021	Tokyo (JPN)
200m	23.03s	Daryll Neita	31.07.2019	Lee Valley
400m	51.0s	Marilyn Neufville (U20)	23.07.1970	Edinburgh
800m	2:01.2s	Joan Allison	01.07.1973	Leipzig (GER)
1500m	4:10.66s	Joan Allison	02.02.1974	Christchurch (NZL)
3000m	9:06.39s	Glynis Penny	16.07.1978	Edinburgh
5000m	16:25.3s	Glynis Penny	02.07.1983	Hendon
10,000m	35:10.40s	Alison Fletcher (W40)	16.08.2002	Potsdam (GER)
100mH	14.30s	Gabriella Ade-Onojobe	02.07.2011	Gateshead
400mH	59.1s	Carole Zissler	11.08.1982	Crystal Palace
2000mSC	8:25.67s	Clare Elms (W45)	19.05.2012	Eltham
High Jump	1.80m (i)	Wendy MacDonald (U20)	10.03.1990	Cosford
Long Jump	6.21m	Helen Garrett	1993	
Triple Jump	11.71m	Helen Garrett	07.08.1993	Peterborough
Pole Vault	3.23m (i)	Cloe Garrett (U20)	25.09.2011	Carshalton
Shot	17.53m	Angela Littlewood	24.07.1980	Moscow (RUS)
Discus	49.00m	Vanessa Redford	1978	
Javelin	47.48m	Judith St-Ange (U20)	1971	
Hammer	42.79m	Bonnie Brito Costa	26.06.2019	Dartford
Heptathlon	5258 points	Alexandra Telling (U20)	1983	
3000m Walk	13:51.34s (+)	Sophie Lewis Ward (U20)	14.07.2016	Tbilisi (GEO)
5000m Walk	23:37.55s	Sophie Lewis Ward (U20)	14.07.2016	Tbilisi (GEO)
10,000m Walk	54:31.2s	Fiona Rider	1983	
4 x 100m Relay	47.5s	Pauline Boorman Marlow Hadler Joan Allison Marilyn Neufville	1971	
4 x 400m Relay	3:51.1s	Marlow Hadler Joan Page Margaret MacSherry Marilyn Neufville	1970	

(+) Set during longer event