



**Medway & Maidstone
Athletic Club**

FEMALE MASTERS RECORDS AT 5 NOVEMBER 2015

Outdoor Performances

W35	100m	14.5	Dawn Copping	Hoo	13 August 2003
	200m	27.5	Kim Heffernan	Ashford	1 August 2004
	400m	58.9	Kim Heffernan	Erith	13 July 2003
	600m	1:37.7	Kim Heffernan	Hoo	10 April 2002
	800m	2:11.3	Kim Heffernan	Brighton	13 August 2003
	1500m	5:01.1	Jenny Fowler	Medway Park	21 June 2013
	3000m	11:08.8	Jenny Fowler	Eltham	27 April 2012
	1 Mile	5:33.0	Bernadette Harrop	Medway	27 July 2010
	100mH	16.3	Kim Heffernan	Wavertree	6 July 2003
	400mH	62.6	Kim Heffernan	Wavertree	8 July 2007
	High Jump	1.37m	Dawn Copping	Hoo	28 September 2003
	Pole Vault	3.00m	Maria Newton	Erith	16 September 2001
	Long Jump	4.59m	Sue Crennell		2002
	Triple Jump	9.40m	Sue Crennell	Hoo	17 May 2003
	Shot Putt	7.38m	Dawn Copping	Hoo	28 September 2003
	Discus	28.77m	Maria Newton	Canterbury	28 July 2003
	Hammer	26.30m	Dawn Copping	Derby	8 June 2003
	Javelin	47.63m	Kirsty Herbert	Hendon	10 July 2011
	Pentathlon	2284 pts	Dawn Copping	Hoo	28 September 2003
	Heptathlon	2501 pts	Dawn Copping	Sheffield	13/14 September 2003



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W40	100m	13.7	Kim Heffernan	Canterbury	2 July 2007
	200m	27.1	Kim Heffernan	Hoo	25 August 2007
	400m	61.1	Kim Heffernan	Erith	13 July 2007
	800m	2:38.53	Bernadette Harrop	Bromley	18 May 2015
	1500m	5:30.5	Bernadette Harrop	Eltham	11 May 2015
	3000m	12:00.5	Bernadette Harrop	Bromley	1 May 2015
	80mH	13.67	Kim Heffernan	Birmingham	29 July 2007
	100mH	19.3	Dawn Copping	Hastings	8 August 2004
	200mH	48.0	Jill Hayman	Kingston	16 August 2003
	400mH	65.0	Kim Heffernan	Coventry	8 July 2007
	1500m SC	6:41.51	Bernadette Harrop	Gillingham	9 July 2016
	2000m SC	9:21.34	Bernadette Harrop	Gillingham	18 June 2016
	2Km Walk	15:46.3	Jill Hayman	Hoo	17 May 2003
	High Jump	1.35m	Dawn Copping	Hastings	11 September 2004
	Pole Vault	2.50m	Maria Newton	Stevenage	4 July 2010
	Long Jump	4.58m	Dawn Copping	Eltham	22 May 2004
	Triple Jump	9.14m	Sue Crennell	Eltham	10 May 2004
	Shot Putt	7.65m	Dawn Copping	Erith	16 September 2006
	Discus	27.75m	Maria Newton	Wimbledon	4 August 2010
	Hammer	28.53m	Dawn Copping	Ashford	5 August 2007
	Javelin	22.51m	Maria Newton	Ashford	9 June 2008
	Pentathlon	2294 pts	Dawn Copping	Erith	17 September 2006

W45	100m	16.0	Maria Newton	Dartford	15 July 2013
	200m	38.0	Maria Newton	Canterbury	14 May 2012
	1500m	4:52.33	Denise Farnham	Battersea	09 June 2002
	3000m	10:23.0	Denise Farnham	Eton	4 August 2002
	5000m	18:28.1	Denise Farnham	Ashford	11 May 2003
	2Km Walk	13:43.5	Tina Doyle	Erith	17 May 2003
	High Jump	1.15m	Maria Newton	Canterbury	20 May 2013
	Pole Vault	2.30m	Maria Newton	Erith	16 September 2012
	Long Jump	3.20m	Maria Newton	Dartford	15 July 2013
	Triple Jump	7.63m	Maria Newton	Ashford	05 July 2013
	Shot Putt	7.05m	Maria Newton	Canterbury	14 May 2012
	Discus	23.93m	Maria Newton	Erith	16 July 2012
	Hammer	13.50m	Barbara Blake	Eltham	10 May 2004
	Javelin	17.27m	Maria Newton	Canterbury	20 May 2013



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W50	100m	15.6	Mo Fazakerley	Gillingham	10 July 2015
	200m	32.8	Mo Fazakerley	Bromley	12 June 2015
	400m	74.2	Mo Fazakerley	Hemel Hempstead	15 August 2015
	800m	2:51.72	Mo Fazakerley	Gillingham	4 July 2015
	1500m	5:01.26	Denise Farnham	Battersea	9 June 2002
	3000m	12:44.0	Jane Bright	Bromley	18 July 2003
	5000m	18:28.1	Denise Farnham	Ashford	14 May 2006
	10000m	42:31.4	Sharon Hawkins	Dartford	18 June 2014
	1500m SC	7:02.87	Mo Fazakerley	Gillingham	9 July 2016
	2000m SC	9:46.86	Mo Fazakerley	Gillingham	18 June 2016
	2Km Walk	12:59.1	Tina Doyle	Erith	11 July 2008
	3Km Walk	20:07.29	Tina Doyle	Ashford	13 May 2007
	Long Jump	2.96m	Mo Fazakerley	Gillingham	10 July 2015
	Triple Jump	7.44m	Mo Fazakerley	Ashford	29 June 2015
	Shot Putt 3Kg	7.22m	Mo Fazakerley	Eltham	11 May 2015
	Discus 1Kg	15.64m	Mo Fazakerley	Hemel Hempstead	15 August 2015
	Hammer 3Kg	16.58m	Mo Fazakerley	Ashford	29 June 2015
	Javelin 500g	20.24m	Mo Fazakerley	Eltham	11 May 2015

W55	100m	15.7	Angela Price	Battersea	15 June 2003
	200m	33.3	Angela Price	Erith	22 September 2002
	400m	1:19.02	Fiona Argent	Cardiff	3 July 2010
	800m	3:10.8	Jane Bright	Erith	11 July 2005
	1500m	6:14.3	Jane Bright	Eltham	5 May 2006
	3000m	12:50.3	Jane Bright	Ashford	21 May 2007
	5000m	22:30.1	Jane Bright	Bromley	19 May 2006
	80mH	16.24	Pat Oakes	Sheffield	8 September 2001
	300mH	1:3.96	Fiona Argent	Sacramento, US	11 July 2011
	2Km Walk	15:43.0	Angela Price	Hoo	17 May 2003
	High Jump	1.20m	Pat Oakes	Erith	15 September 2001
	Pole Vault	1.10m	Pat Oakes	Bromley	15 September 2001
	Long Jump	3.80m	Pat Oakes	Sheffield	9 September 2001
	Triple Jump	8.55m	Pat Oakes	Melbourne	8 October 2002
	Shot Putt	7.78m	Pat Oakes	Dartford	25 April 2003
	Discus	20.36m	Pat Oakes	Wakefield	7 July 2002
	Hammer	24.16m	Pat Oakes	Bromley	22 July 2002
	Javelin	22.98m	Pat Oakes	Melbourne	7 October 2002
	Pentathlon	1864 pts	Fiona Argent	Horspath	17 June 2012
	Heptathlon	4274 pts	Pat Oakes	Sheffield	8/9 September 2001



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W60	100m	16.4	Fiona Argent	Porto Alegre BRA	17 October 2013
	200m	34.16	Fiona Argent	Battersea	25 August 2013
	400m	80.5	Fiona Argent	Ashford	5 July 2013
	800m	3:29.6	Jill McDougall	Ashford	5 June 2006
	1500m	7:12.7	Jill McDougall	Bromley	3 June 2005
	3000m	15:19.1	Jill McDougall	Canterbury	22 July 2005
	80mH	17.37	Fiona Argent	Porto Alegre BRA	23 October 2013
	200mH	47.9	Pat Oakes	Dartford	23 September 2007
	300mH	63.39	Fiona Argent	Birmingham	15 September 2013
	2Km Walk	16:54.0	Jill McDougall	Catford	22 July 2005
	High Jump	1.12m	Pat Oakes	Sydney, NSW	13 October 2009
	Pole Vault	1.15m	Pat Oakes	Joplin, USA	21 June 2008
	Long Jump	3.52m	Pat Oakes	Poznan	26 July 2006
	Triple Jump	7.91m	Pat Oakes	Poznan	29 July 2006
	Discus	19.99m	Pat Oakes	Canterbury	14 July 2006
	Javelin	18.98m	Pat Oakes	Finland	29 July 2009
	Shot Putt	7.86m	Pat Oakes	Eltham	27 April 2009
	Hammer	21.52m	Pat Oakes	Erith	17 September 2006
	Pentathlon	2644 pts	Pat Oakes	Poznan	24 July 2006
	Heptathlon	3755 pts	Pat Oakes	Oxford	12/13 August 2006
	Decathlon	4275 pts	Pat Oakes	Joplin, USA	21/22 June 2008

W65	100m	18.33	Pat Oakes	Birmingham	25 June 2011
	200m	37.7	Anne Brenchley	Gillingham	21 June 2013
	400m	88.6	Anne Brenchley	Eltham	03 May 2013
	800m	03:49.30	Anne Brenchley	Dartford	15 July 2013
	3000m	16:23.3	Anne Brenchley	Ashford	02 July 2012
	80mH	19.33	Pat Oakes	Sacramento, US	16 July 2011
	High Jump	1.15m	Pat Oakes	Erith	17 September 2011
	Long Jump	3.19m	Pat Oakes	Birmingham	25 June 2011
	Triple Jump	7.25m w	Pat Oakes	Sacramento, US	15 July 2011
	Shot Putt	6.81m	Pat Oakes	Canterbury	14 May 2012
	Hammer	18.74m	Pat Oakes	Eltham	28 April 2014
	Discus	17.51m	Pat Oakes	Erith	25 July 2011
	Javelin	18.83m	Pat Oakes	Birmingham	26 June 2011
	Heptathlon	3130 pts	Pat Oakes	Oxford	11 September 2011



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Mixed Age Relays	4 x 100m	62.4		Hoo	26 April 2002
	4 x 200m	2:06.02	Jill Hayman, Maria Newton, Angela Price, Kim Heffernan	Catford	2 June 2003
	4 x 400m	4:52.0	Bernie Harrop, Debora Hope, Jenny Fowler, Fiona Argent	Medway Park	21 June 2013
	Medley	4:53.0	Dawn Copping, Penny Barber, Sarah Kenyon, Kim Heffernan	Canterbury	2 July 2007

Indoor Performances

W35	60m	8.9	Dawn Copping	Sutton	23 March 2003
	400m	80.27	Penny Barber	Lee Valley	14 February 2009
	800m	02:26.98	Jenny Fowler	Lee Valley	09 March 2014
	60mH	11.2	Dawn Copping	Eton	27 September 2003
	High Jump	1.35m	Dawn Copping	Eton	2 November 2002
	Pole Vault	2.90m	Maria Newton	Bedford	18 January 2003
	Long Jump	4.23m	Sue Crennell	Sutton	23 March 2003
	Triple Jump	8.99m	Sue Crennell	Sutton	23 March 2003
W40	60m	8.9	Jill Hayman	Eton	17 November 2002
	60mH	11.3	Jill Hayman	Eton	17 November 2002
	Long Jump	4.51m	Dawn Copping	Eton	2 November 2003
	Shot Putt	7.73m	Dawn Copping	Eton	2 November 2003
	Pentathlon (60m not 800m)	3090	Dawn Copping	Eton	2 November 2003
W45	1500m	5:02.85	Denise Farnham	Cardiff	19 February 2005
	3000m	10:30.81	Denise Farnham	Cardiff	20 February 2005
	Pole Vault	2.30m	Maria Newton	Lee Valley	19 February 2012
	High Jump	1.10m	Maria Newton	Lee Valley	07 April 2013
	Triple Jump	7.35m	Maria Newton	Lee Valley	07 April 2013
W50	1500m	5:09.25	Denise Farnham	Linz	20 March 2006
	3000m	10:47.87	Denise Farnham	Linz	15 March 2006



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W55	60m	9.9	Pat Oakes	Eton	17 November 2002
	60mH	11.69	Pat Oakes	San Sebastian	6 March 2003
	200m	33.63	Fiona Argent	Lee Valley	27 February 2011
	400m	1:20.83	Fiona Argent	Lee Valley	17 March 2012
	800m	3:14.22	Fiona Argent	Lee Valley	24 January 2010
	High Jump	1.21m	Pat Oakes	Eton	17 November 2002
	Long Jump	3.93m	Pat Oakes	San Sebastian	6 March 2003
	Triple Jump	8.76m	Pat Oakes	San Sebastian	9 March 2003
	Shot Putt	8.30m	Pat Oakes	San Sebastian	6 March 2003
	Pentathlon (800m)	3249 pts	Pat Oakes	San Sebastian	6 March 2003
	Pentathlon (60m not 800m)	3686 pts	Pat Oakes	Eton	17 November 2002

W60	60m	10.66	Fiona Argent	Athlone IRL	25 January 2014
	200m	34.74	Fiona Argent	Budapest HUN	27 March 2014
	400m	01:21.65	Fiona Argent	Lee Valley	08 March 2014
	800m	04:41.48	Pat Oakes	Clermont Ferrand	17 March 2008
	60mH	13.10	Fiona Argent	Budapest HUN	28 March 2014
	High Jump	1.10m	Pat Oakes	Lee Valley	9 February 2008
	Long Jump	3.44m	Pat Oakes	Sutton	18 February 2007
	Triple Jump	7.54m	Pat Oakes	Clermont Ferrand	21 March 2008
	Shot Putt	7.73m	Pat Oakes	Helsinki	22 March 2007
	Pentathlon (800m)	2575 pts	Pat Oakes	Clermont Ferrand	17 March 2008
	Pentathlon (60m not 800m)	3048 pts	Pat Oakes	Sutton	21 October 2007



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W65	60m	11.24	Anne Brenchley	Lea Valley	11 March 2012
	200m	38.65	Anne Brenchley	Lea Valley	11 March 2012
	800m	5:02.5	Pat Oakes	Finland	03 April 2012
	60mH	13.92	Pat Oakes	Finland	03 April 2012
	High Jump	1.12m	Pat Oakes	Lee Valley	11 March 2012
	Long Jump	3.09m	Pat Oakes	Budapest HUN	27 March 2014
	Triple Jump	7.04m	Pat Oakes	Finland	07 April 2012
	Shot Putt	7.05m	Pat Oakes	Finland	03 April 2012
	Pentathlon	2492 pts	Pat Oakes	Finland	03 April 2012