



**Medway & Maidstone
Athletic Club**

Senior Women's Club Records at 17 May 2017

Do not attempt to change these records. Send queries to Jenny Newton.

Cross-country races are not included in the records due to differing terrain.

Track & Field

100m	Lindsey Christie	12.4	Stoke on Trent	4 June 2006
200m	Lindsey Christie Shauna McFarlane	25.6 25.60	Stoke on Trent Gillingham	4 June 2006 4 July 2015
400m	Lindsey Christie	57.5	Coventry	8 July 2007
800m	Kate Buchan	2:11.34	Bedford	11 July 2006
1500m	Dani Chattenton	4:30.16	Philadelphia PA USA	15 April 2017
3000m	Jenni Pereira	9:15.6	Sutcliffe Park	21 June 2006
5000m	Natalie Gray	15:52.73	SAC Relays USA	15 April 2011
10000m	Natalie Gray	34:51.72	Bedford	2 May 2010
100m Hurdles	Nicola Plews	14.53	Watford	June 2004
400m Hurdles	Maria Crowe	60.16	Crystal Palace	14 June 2008
2000 SC	Dani Chattenton	7:17.30	Oxford	7 May 2016
2 km Walk	Tina Doyle	13:14.5	Bromley	8 June 2003
3 km Walk	Tina Doyle	20:07.29	Ashford	13 May 2007
High Jump	Nicola Plews	1.57	Erith	September 2003
Long Jump	Angela Gibbs	5.54	Eastbourne	11 September 2004
Triple Jump	Angela Williams	11.83	Ashford	15 May 2004
Pole Vault	Gemma Dowsett	3.30	Stoke-on-Trent	4 June 2006
Shot Putt	Kate Morris	12.23	Watford	2 June 2003
Discus	Lucy Underdown	41.25	Ashford	15 August 2010
Javelin	Jo Blair	52.66	Bedford	15 August 2010
Hammer	Sue Last	44.92	Coventry	19 May 2002
Heptathlon	Natalie Fullman	3665	Erith	17/18 Sept. 2011
4x100m	Charlotte Mackie, Hannah Biddis, Sophie Copping, Vicki Randall	50.0	Sutcliffe Park	14 September 2008
4x200m	Cherene Ellis, Hannah Biddis, Yasmyn Joseph, Charlotte Mackie	1:47.0	Dartford	13 September 2009
4x400m	Jenny Harnett, Kim Heffernan, Vicki Randall, Lindsey Christie	3:59.1	Ashford	5 August 2007



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Indoors

60m	Maria Crowe	7.92	Eton	2 March 2008
200m	Shauna McFarlane	26.49	Lee Valley	16 March 2014
300m	Hannah Biddis	45.18	Sheffield	15 December 2007
400m	Hannah Biddis	63.15	Lee Valley	26 January 2008
800m	Jenny Harnett	2:13.84	Birmingham	2004
1500m	Dani Chattenton	4:28.49	Sheffield	19 February 2017
3000m	Jenny Pereira	9:37.47	Bloomington USA	27 January 2006
5km	Natalie Gray	15:54.29	Seattle	11 February 2011
60m Hurdles	Nicola Plews	9.07	Sutton	5 March 2005
High Jump	Nicola Plews	1.55	Chelmsford	February 2003
Pole Vault	Gemma Dowsett	3.10	Sutton	5 March 2005
Long Jump	Angela Gibbs	5.55	Sutton	5 March 2005
Triple Jump	Angela Williams	12.13	Sutton	15 February 2004
Shot Putt	Lucy Underdown	12.49	Lee Valley	7 February 2010

Road Races Best Performances

1Mile Road	Natalie Gray	4:58.6	Medway	27 July 2008
5K Road	Louise Watson	17:12	London HP	5 September 2004
5M Road	Louise Watson	29:32	Coombe Hill	15 May 2005
10K Road	Louise Watson	35:02	Chichester	5 February 2007
10M Road	Louise Watson	58:14	Twickenham	17 October 2004
Half Marathon	Louise Watson	77:57	Silverstone	13 March 2005
Marathon	Louise Watson	2:47:0	London	17 April 2005