

Please send any amendments or updates to Email: AFD.MinutesSec@gmail.com

* denotes Second claim athlete .

Second claim athletes can only set club records when representing AFD

Event	Name	Venue	Competition	Time/Distance	Date
60m					
W35	Viv Bonner	Cosford	British Veterans Indoor Championships	8.3	28-Mar-87
W40	Kim Valente	Lee Valley	Southern Counties Veterans AC Championships	8.41	18-Feb-18
W45	Viv Bonner	Birmingham	British Veterans Indoor Championships	8.6	12-Feb-95
W50	Barbara Colwell	Cosford	British Veterans Indoor Championships	9.3	31-Mar-90
W55	Viv Bonner	Linz, AUT	World Masters Indoor Championships	8.73	18-Mar-06
W60	Eni Font Freide	Torun, POL	European Masters Championships	8.06	29-Mar-26
W65					
100m					
W35	Viv Bonner	Tooting Bec	Southern Counties Vets Championships	12.8	28-Jun-87
W40	Natasha Norris *	Basingstoke	Hampshire Southern Counties Veterans League	13.1	25-Jun-18
W45	Viv Bonner	Colindale	Southern Counties Vets League Finals	12.8	01-Sep-96
W50	Viv Bonner	Gateshead	World Masters Championships	13.15	31-Jul-99
W55	Viv Bonner	Battersea	Southern Counties Veterans Championships	13.51	13-Jun-04
W60	Eni Font Freide	Yate	England Masters Athletics Association Inter-Area	14.36	02-Aug-26
W65	Angela Owen	Aldershot	Southern Athletics League	15.24	13-Aug-22
200m					
W35	Viv Bonner	Woking	Southern Womens League	26.2	06-Sep-86
W40	Natasha Norris *	Winchester	Hampshire Southern Counties Veterans League	27.7	21-May-18
W45	Viv Bonner	St Albans	Southern Womens League	26.1	07-Jun-97
W50	Viv Bonner	Gateshead	World Masters Championships	26.52	03-Aug-99
W55	Viv Bonner	Arhus, Denmark	European Masters Athletics Championships	27.39	31-Jul-04
W60	Eni Font Freide	Torun, POL	European Masters Championships	29.601	31-Mar-26
W65	Angela Owen	Eton	Southern Athletics League	33.1	30-Aug-25
400m					
W35	Jan Bigos	Reading	British Veterans Championships	59.03	08-Jul-89
W40	Sheena Fitzmaurice	Wolverhampton	British Masters Championships	63.9	15-Jul-78
W45	Viv Bonner	Colindale	Southern Counties Vets League Finals	62.5	01-Sep-96
W50	Viv Bonner	Portsmouth	Hampshire Southern Counties Veterans League	64.6	26-Apr-99
W55	Viv Bonner	Woking	Hampshire Southern Counties Veterans League	70.9	21-Jun-04
W60	Barbara Colwell	Brisbane, Aus	World Veterans Championships	78.25	12-Jul-01
W65	Angela Owen	Aldershot	Aldershot Open Meeting	86.03	18-Aug-22
800m					
W35	Jan Bigos	Reading	British Veterans Championships	2:15.5	04-Jul-89
W40	Lucy Wright	Derby	British Masters Championships	2:19.86	12-Sep-26
W45	Bea Lafreniere	Lee Valley	Be Fit Today Track Academy Indoor	2:31.12	12-Mar-23
W50	Patricia Card	Woking	Hampshire Southern Counties Veterans League	2:43.6	24-May-93
W55	Patricia Card	Gateshead	World Masters Championships	2:54.07	31-Jul-99
W60	Doreen Turner	Woking	Hampshire Southern Counties Veterans League	3:33.3	19-May-97
W65	Doreen Turner	Basingstoke	Hampshire Southern Counties Veterans League	4:06.1	22-May-00
1500m					
W35	Celia Duncan	Reading	British Veterans Championships	4:40.10	09-Jul-89
W40	Lucy Wright	Derby	British Masters Championships	4:44.30	11-Sep-26
W45	Lesley Locks	Aldershot	Southern Athletics League	5:15.09	18-Jun-23
W50	Patricia Card	Portsmouth	Hampshire Southern Counties Veterans League	5:28.1	21-Jun-93
W55	Patricia Card	Gateshead	World Masters Championships	5:52.74	06-Aug-99
W60	Doreen Turner	Guildford	Hampshire Southern Counties Veterans League	6:46.6	16-Jun-97
W65	Susan Payne	Basingstoke	Hampshire Southern Counties Veterans League	6:41.4	27-Apr-26
3000m					
W35	Sarah Bradbury	Eltham	Southern Womens League	9:35.5	24-Jun-00
W40	Lesley Locks	Aldershot	Aldershot, Farnham & District Open	10:23.5	25-Aug-21
W45	Lesley Locks	Winchester	Hampshire Southern Counties Veterans League	10:26.2	06-Jun-22
W50	Amy Kerr	Southampton	Hampshire Southern Counties Veterans League	11:38.3	19-May-25
W55					
W60	Doreen Turner	Woking	Hampshire Southern Counties Veterans League	14:35.4	19-May-97
W65	Doreen Turner	Basingstoke	Hampshire Southern Counties Veterans League	16:47.2	22-May-00
5000m					
W35	Sarah Bradbury	Bedford	CAU Inter Counties	16:29.62	28-May-00
W40	Lucy Wright	Eton	Southern Athletics League Division 2	18:16.2	30-Aug-25
W45	Lesley Locks	Aldershot	Southern Athletics League Division 2	18:00.2	12-Jun-22
W50	Cathy Stewart	Birmingham	British Masters Championships	20:44.82	26-Aug-18
W55					
W60	Doreen Turner	Portsmouth	Hampshire Southern Counties Veterans League	25:49.3	26-Jun-95
W65					
10000m					
W35	Celia Duncan	Reading	British Veterans Championships	35:48.2	08-Jul-89
W40					
W45					
60m Hurdles					
W35 (83.8cm)	Noelle Bradshaw	Crystal Palace	Southern Counties Veterans Indoor Championships	11.6	13-Feb-00
W40 (76.2cm)	Janice Farry	Cosford	British Veterans Indoor Championships	10.03	31-Mar-90
W45 (76.2cm)					
W50 (76.2cm)					
80m Hurdles					
W40 (76.2cm)	Janice Farry	Croydon	Southern Counties Veterans Championships	13.3	03-Jun-90
W45 (76.2cm)	Ann Lewis	Hendon	Southern Counties Veterans League Final	18.4	04-Sep-94
W50 (76.2cm)	Eni Font Freide	Nice, France	European Masters Championships	17.38	08-Oct-15
100m Hurdles					
W35 (83.8cm)	Beverley Roker	Gateshead	World Masters Championships	15.81	03-Aug-99
W40 (83.8cm)	Janice Farry	Sothull	Inter Area Veterans	18.2	12-Aug-90
W45 (83.8cm)	Janice Farry	Redruth		19.4	20-May-95
400m Hurdles					
W35 (76.2cm)	Heather Myers	Eltham	Southern Womens League	65.5	24-Jun-00
W40 (76.2cm)	Janice Farry	Croydon	Southern Counties Veterans Championships	67.8	03-Jun-90
W45 (76.2cm)	Ann Lewis	Portsmouth	Vets Inter Counties	94.9	06-May-96
1500m SC					
W35	Karen Andrews	Perivale	Southern Athletics League	5:40:77	19-Aug-23
W40	Karen Andrews	Guildford	Southern Athletics League	5:44.23	13-Jul-25
W45					
W50	Cathy Stewart	Aldershot	Southern Athletics League	6:57.0	08-Jul-17
2000m SC					
W35	Karen Andrews	Derby	British Masters Championships	7:42:47	02-Sep-23
W40	Karen Andrews	Derby	British Masters Championships	8:04.97	12-Sep-26
4x100m (W35)	Lindsay Badman (W35), Kelly Roberts (W45), Bea Laferenie (W40), *Natasha Norris (W40)	Lee Valley	London Masters Grand Prix	54.76	19-Aug-18
4x200m (W35)	Ann Lewis, Patricia Card, Barbara Colwell, Karen Loftus	Portsmouth	Hampshire Southern Counties Veterans League	1:57.0	26-Jun-95
4x400m	?, ?, ?, ?	Guildford	Hampshire Southern Counties Veterans League	4:30.2	12-Jun-95
Medley Relay	?, ?, ?, ?	Woking	Hampshire Southern Counties Veterans League	4:34.1	15-May-95

Long Jump					
W35	Sue Ractliffe	Portsmouth	Hampshire County Championship	5.02	13-May-00
W40	Kim Valente	Kingston	Southern Athletics League	5.00	18-Aug-18
W45	Clare Bryant	Aldershot	Southern Athletics League	4.11	21-Jun-26
W50	Barbara Colwell	Cosford	British Veterans Indoor Championships	4.06	31-Mar-90
W55	Barbara Colwell	Swindon	Southern Counties Veterans Championships	3.82	29-May-94
W60	Barbara Colwell	Battersea	Southern Counties Vets League Finals	3.22	01-Sep-02
W65	Barbara Colwell	Battersea	Southern Counties Vets League Finals	3.09	31-Aug-03
W70	Kirsten Workman	Aldershot	Hampshire Southern Counties Veterans League	1.90	24-Jul-23
Triple Jump					
W35	Karen Loftus	Portsmouth	Vets Inter Counties	8.72	06-May-96
W40	Karen Andrews	Aldershot	Southern Athletics League	9.17	21-Jun-26
W45	Natasha Norris*	Southampton	Hampshire Southern Counties Veterans League	8.09	17-Jun-24
W50	Barbara Colwell	Birmingham	British Veterans Championships	7.63	06-Jul-91
W55	Barbara Colwell	Guildford	Hampshire Southern Counties Veterans League	7.12	27-Jun-94
W60	Kirsten Workman	Par	Southern Athletics League	6.22	20-Aug-16
W65	Barbara Colwell	Battersea	Southern Counties Vets Finals	6.29	31-Aug-03
W70	Kirsten Workman	Aldershot	Southern Athletics League	5.31	17-Aug-24
High Jump					
W35	Karen Andrews	Portsmouth	Hampshire Southern Counties Veterans League	1.20	24-Apr-23
W40	Jan Bigos	Colindale	Southern Counties Veterans League Final	1.42	01-Sep-96
W45	Clare Bryant	Yate	England Masters Inter Area	1.25	02-Aug-26
W50	Barbara Colwell			1.15	12-Jun-05
W55	Barbara Colwell	Colindale	Southern Counties Veterans League Final	1.14	01-Sep-96
W60	Barbara Colwell	Battersea	Southern Counties Vets Finals	1.10	01-Sep-02
W65	Kirsten Workman	Portsmouth	Hampshire Southern Counties Veterans League	0.95	30-Apr-18
W70	Kirsten Workman	Aldershot	Hampshire Southern Counties Veterans League	0.90	17-Aug-24
Pole Vault					
W35	Noelle Bradshaw	Abingdon	Southern Women's League	3.45	02-Sep-00
W40	Bea Lafreniere	Walton	Southern Athletics League	2.25	20-May-18
W45	Bea Lafreniere*	Aldershot	Hampshire Southern Counties Veterans League	1.20	12-Jul-21
W50					
W55	Kirsten Workman	Aldershot	Hampshire Southern Counties Veterans League	1.18	09-Jul-12
W60	Kirsten Workman	Reading	Southern Athletics League	1.30	22-May-16
Shot					
W35 (4kg)	Debbie Callaway	Elton	UK Womens League	13.73	06-May-00
W40 (4kg)	Gill Hockerday	Portsmouth	Southern Counties Vets League	8.22	26-Jun-95
W45 (4kg)	Gill Hockerday	Basingstoke	Southern Counties Vets League	7.88	14-May-01
W50 (3kg)	Nicola Hey	Sandy	Eastern Masters Championships	9.66	28-Jun-25
W55 (3kg)	Helen Wilson	Newport	British Transplant Games	8.93	28-Jul-19
W60 (3kg)	Wendy Font Freide	York	England Masters Inter Area Challenge	6.97	17-Aug-25
W65 (3kg)	Kirsten Workman	Aldershot	Southern Counties Vets League	6.25	09-Jul-18
W70 (3kg)	Kirsten Workman	Aldershot	Southern Counties Vets League	5.26	24-Jul-23
Discus					
W35	Debbie Callaway	Bedford	CAU Inter Counties	52.34	28-May-00
W40	Kirsten Workman	Colindale	Southern Counties Veterans League Final	21.40	01-Sep-96
W45	Clare Bryant	Aldershot	Hampshire Southern Counties Veterans League	21.04	27-Jul-26
W50	Nicola Hey	Aldershot	Southern Athletics League	21.49	21-Jun-26
W55	Helen Wilson	Gateshead	World Transplant Games	17.58	22-Aug-19
W60	Helen Wilson	Derby	British Masters Championships	17.75	11-Jun-22
W65	Kirsten Workman	Aldershot	Hampshire Southern Counties Veterans League	13.57	09-Jul-18
W70	Kirsten Workman	Aldershot	Southern Athletics League	13.79	19-Aug-23
Hammer					
W35 (4kg)	Debbie Callaway	Liverpool	UK Womens League	34.25	07-Jul-01
W40 (4kg)	Rachel Fraser	Aldershot	UK Womens League	28.85	02-Jul-16
W45 (4kg)	Gill Hockerday	Crawley	South East Vets Inter-Counties	25.00	02-Jul-96
W50 (3kg)	Nicola Hey	Horspath	BMAF Throws Pentathlon	32.84	30-May-26
W55 (3kg)	Kirsten Workman	Portsmouth	Southern Counties Vets League	25.78	26-Apr-10
W60 (3kg)	Kirsten Workman	Winchester	Southern Counties Vets League	23.56	24-Jul-17
W65 (3kg)	Kirsten Workman	Portsmouth	Southern Counties Vets League	21.19	30-Apr-18
W70 (3kg)	Kirsten Workman	Winchester	Southern Counties Vets League	20.32	19-Jun-23
Javelin					
W35 (600)	Noelle Bradshaw	Bedford	British Athletics League Gold & Jubilee Cup Finals	46.81	19-Aug-00
W40 (600)	Kirsten Workman	Guildford	Southern Counties Vets League	24.28	16-Jun-97
W45 (600)	Dorothy Morris	Croydon	Southern Counties Veterans Championships	33.92	03-Jun-90
W50 (600)	Kirsten Workman	Battersea	Southern Counties Vets League Finals	27.29	31-Aug-03
W55 (600)	Kirsten Workman	Battersea	Southern Counties Vets League Finals	24.70	05-Sep-04
W60 (600)	Kirsten Workman	Basingstoke	Southern Counties Vets League	22.71	08-Jun-15
W65 (600)	Kirsten Workman	Basingstoke	Southern Counties Vets League	20.23	25-Jun-18
W70 (600)	Kirsten Workman	Winchester	Southern Counties Vets League	17.70	19-Jun-23
5K Road					
W35	Emily Wicks	Cosham	Lakeside 5K Series	16.55	21-Jul-21
W40	Lesley Locks	Windsor	Dorney Lake 5K	17.21	18-Apr-21
W45	Lesley Locks	Fleet	Fleet 5K	17.52	22-Oct-23
W50	Amy Kerr	Battersea Park	British Masters 5K Championships	19.57	01-Dec-24
W55					
W60					
W65	Susan Payne	Portsmouth	Lakeside 5K Series	23.48	27-May-26
10K Road					
W35	Georgie Bruinvels	Richmond	Ranleigh Harriers Richmond 10K	35.48	23-Jun-24
W40	Lesley Locks	Eastleigh	Eastleigh 10K	35.20	01-Aug-20
W45	Lesley Locks	Eastleigh	Eastleigh 10K	35.13	20-Mar-22
W50	Amy Kerr	Chichester	Chichester 10K	40:50	02-Feb-25
W55					
W60					
W65	Susan Payne	Kempton Park	RunThrough Kempton Racecourse	48.31	01-Mar-25
Half Marathon					
W35	Georgie Bruinvels	Fleet	Fleet Half Marathon	76:08	24-Mar-24
W40	Lesley Locks	Farnborough	Farnborough Half Marathon	78:51	11-Jul-21
W45	Lesley Locks	Farnborough	Farnborough Winter Half Marathon	78:25	23-Jan-22
W50	Emma Pearson	Fleet	Fleet Half Marathon	91:41	24-Mar-24
W55					
W60					
W65	Susan Payne	Swansea	Swansea University Half Marathon	1:47.21	08-Jun-25
Marathon					
W35	Georgie Bruinvels	Pisa, ITA	Maratona di Pisa	2:44.45	15-Dec-24
W40	Lindi Clayton	London	TCS London Marathon	3:24.57	21-Apr-24
W45	Hazel O' Connell	Berlin, GER	BMW Berlin Marathon	3:13.20	29-Sep-24
W50	Emma Pearson	Manchester	Addis Manchester Marathon	3:11.29	19-Apr-26
W55					
2000m Walk					
W35	Verity Snook	Portsmouth	Southern Counties Vets League	9:57.1	27-Apr-09
W40	Verity Snook	Portsmouth	Southern Counties Vets League	10:26.6	04-Jul-11
W45	Ann Lewis	Portsmouth	Southern Counties Vets League	10:28.8	15-Jul-96
W50	Ann Lewis	Portsmouth	Southern Counties Vets League	10:36.5	27-Apr-98
W55	Ann Lewis	Battersea	Southern Counties Vets League Finals	11:02.1	31-Aug-03
W60	Susan Payne	Aldershot	Southern Counties Vets League	12:14.40	08-Jul-24
W65	Susan Payne	Portsmouth	Southern Counties Vets League	11:59.3	28-Apr-25

3000m Walk					
W35	Verity Snook	Crystal Palace	UK Challenge Final	14:44.88	25-Aug-07
W40	Verity Snook	Portsmouth	Hampshire County Championships	15:35.3	14-May-11
W45	Ann Lewis	Birmingham	British Veterans Championships	15:52.71i	02-Mar-98
W50	Ann Lewis	Portsmouth	Hampshire Multi Events Championships	15:57.7	04-May-98
W55	Ann Lewis	Portsmouth	Hampshire County Championship	16:54.3	14-May-05
W60	Ann Lewis	Lee Valley	Enfield Walking League	19:37.14	23-May-09
W65	Susan Payne	Torun, POL	European Masters Championships	18:04.07i	27-Mar-26
5000m Walk					
W35	Verity Snook	Sportcity	World Trials & AAA Championships	25:35.60	29-Jul-07
W40	Ann Lewis	Copthall	British Veterans Championships	30:41.2	18-Jul-92
W45	Ann Lewis	Blackpool	British Veterans Championships	26:55.75	29-Jun-97
W50	Ann Lewis	Derby	British Masters Championships	27:09.1	30-May-98
W55	Ann Lewis	Derby	British Masters Championships	29:10.02	07-Jun-03
W60	Susan Payne	Bjorlanda, SWE	World Masters Athletics Championships	30:04.38	19-Aug-24
W65	Susan Payne	Aldershot	Ray Hall Memorial Track League	31:13.02	12-Jan-25