

# CLUB RECORDS

## Veteran Ladies - Track & Field

(Compiled by Roger Garland – please contact Roger if you know of missing or better performances)

Last updated **13<sup>th</sup> March 2026** (changes shown in **RED**)

13/10/2024 - The records have been re-arranged into 5-year age groups in line with the men's records. If you can fill any of the gaps or know of better performances than those shown, please provide details to Roger Garland.

Event / Age	Name	Record	Venue	Date
<b>TRACK</b>				
<b>60m</b>				
35-39	Amy Pinkney	8.66	Sheffield	Nov 2023
40-44	Sara Saunders	8.94	Cardiff	Jan 2023
45-49	Pam Murray	8.86	Budapest (Hun)	Mar 2014
50-54	Mel Garland	8.94	Yate	Apr 2017
55-59	Mel Garland	8.97	Lee Valley	Mar 2019
60-64	Mel Garland	9.21	Sheffield	Dec 2023
65-69	Angela Bryant	9.64	Lee Valley	Feb 2026
70-74	Iris Holder	10.56	Lee Valley	Feb 2014
75-79	Iris Holder	11.16	Lee Valley	Mar 2018
80-84	Iris Holder	12.02	Lee Valley	Mar 2022
<b>100m</b>				
35-39	Cat Goulder-Davies	13.5	Nuneaton	Sept 2013
40-44	Cat Goulder-Davies	13.47	Birmingham	Jul 2016
45-49	Sara Saunders	14.2	Worcester	May 2025
50-54	Mel Garland	14.3	Nuneaton	Jun 2017
55-59	Mel Garland	14.1	Bury	Jun 2019
60-64	Mel Garland	14.61	Nuneaton	Aug 2023
65-69	Ros Townsend-Hope	17.9	Stratford	Jul 2019
70-74	Iris Holder	17.1	Stourport	May 2014
75-79	Iris Holder	18.35	Coventry	Jul 2019
80-84	Iris Holder	19.5	Gloucester	May 2021
<b>200m</b>				
35-39	Amy Pinkney	28.24	Yate	Jul 2024
40-44	Cat Goulder-Davies	28.02	Birmingham	Jul 2016
45-49	Sara Saunders	29.6	Worcester	Apr 2025
50-54	Mel Garland	30.05	Aarhus (Den)	Aug 2017
55-59	Mel Garland	29.9	Aberdare	Jul 2019
60-64	Mel Garland	30.08	Worcester	Jun 2023
65-69	Angela Bryant	32.88 i	Lee Valley	Feb 2026
70-74	Ros Townsend-Hope	36.95 i	Lee Valley	Feb 2025
75-79	Iris Holder	41.9	Worcester	Jul 2019
<b>400m</b>				
35-39	Georgie Parnell	65.19	Lee Valley	Mar 2018
40-44	Sara Saunders	67.1	Worcester	Jun 2024
45-49	Pam Murray	64.6	Budapest (Hun)	Mar 2014
50-54	Angela Sonn	73.3	Aarhus (Den)	Aug 2017
55-59	Louise Kirby	73.62	Corby	Sep 2021
60-64	Angela Bryant	79.02	Torun (Pol)	Mar 2024
65-69	Ros Townsend-Hope	80.11	Coventry	Jul 2019
70-74	Ros Townsend-Hope	87.31	Lee Valley	Feb 2025

<b>800m</b>				
35-39	Georgie Parnell	2'25.0	Worcester	May 2018
40-44	Becky Selvey	2'55.77	Tamworth	Sep 2017
45-49	Becky Selvey	2'30.3	Telford	Jul 2018
50-54	Tracy Hinxman	2'33.57	Nuneaton	Sep 2024
55-59	Ros Townsend-Hope	2'55.77	Watford	Sep 2010
60-64	Ros Townsend-Hope	3'00.3	Worcester	Jul 2016
65-69	Ros Townsend-Hope	3'03.51	Nottingham	Aug 2019
70-74	Margaret Crosswell	3'43.0	Worcester	Jul 2017
<b>1500m</b>				
35-39	Maggie Johnson-Myers	5'17.3	Redditch	Jul 1998
40-44	Becky Selvey	5'18.06	Cardiff	Aug 2017
45-49	Becky Selvey	5'15.8	Worcester	Aug 2018
50-54	Rachel Ward	6'16.8	Birmingham	Sep 2012
55-59	Rachel Ward	5'36.9	Stourport	Apr 2015
60-64	Liz Bowers	5'58.97	Birmingham	Jul 2015
65-69	Maggie Johnson	8'45.5	Worcester	Jul 2024
70-74	Margaret Crosswell	7'26.1	Tamworth	Sep 2017
<b>3000m</b>				
35-39	Maggie Johnson-Myers	11'20.1	B'ham Uni	Jun 1997
40-44	Becky Selvey	11'30.6	Stoke	Aug 2017
45-49	Sally Russell	11'34.6	Redditch	Jul 2024
50-54	Tracy Hinxman	11'10.7	Redditch	Jul 2024
55-59	Rachel Ward	12'16.2	Redditch	Jul 2015
60-64	Liz Bowers	12'36.0	Stoke	Aug 2014
65-69	Ros Townsend-Hope	13'57.0	Redditch	June 2021
70-74	Monica Martin	18'50.9	Stourport	May 2011
<b>5000m</b>				
35-39	Rebecca Freeman	20'09.6	Leicester	May 2013
40-44	Vicky Watkins	21'50.7	Worcester	May 2023
45-49	Amanda Steer	20'51.9	Cheltenham	May 2017
50-54	Tracy Hinxman	19'45.2	Rugby	Aug 2024
<b>60m Hurdles (indoors)</b>				
45-49	Emma Oldham	13.08 i	Cardiff	Jan 2026
50-54	Jan Timberlake	11.72	Loughborough	Jan 2017
55-59	Mel Garland	11.94	Lee Valley	Mar 2022
<b>80m Hurdles</b>				
40-44				
45-49	Clare Gratrix	17.73	B'ham Uni	Sep 2024
50-54	Jan Timberlake	15.26	Aarhus, (Den)	Aug 2017
55-59	Jan Timberlake	15.93	Tampere (Fin)	Jul 2022
60-64	Mel Garland	17.41	B'ham Uni	Sep 2024
<b>100m Hurdles</b>				
35-39	Gemma Torres Solis	20.22	Nuneaton	Jun 2023
40-44	Cath Hutchison	24.39	Nuneaton	Jun 2024
45-49	Pam Murray	20.2	Worcester	July 2013
50-54	Jan Timberlake	22.5	Worcester	May 2017

<b>200m Hurdles</b>				
35-39	Vicky Watkins	35.6	Nuneaton	Sep 2016
40-44	Vicky Watkins	36.36	Nottingham	Aug 2019
45-49				
50-54	Louise Kirby	39.2	Nuneaton	Sep 2022
55-59	Mel Garland	36.7	Nuneaton	Sep 2021
<b>300m Hurdles</b>				
55-59	Louise Kirby	60.15	Yeovill	Apr 2023
<b>400m Hurdles</b>				
35-39	Victoria Watkins	1'15.6	Leamington	May 2018
40-44	Victoria Watkins	1'25.3	Tipton	Aug 2013
45-49	Pam Murray	1'12.1	Tipton	Aug 2013
50-54	Jan Timberlake	1'47.0	Leamington	May 2018
55-59	Louise Kirby	1'31.6	Abingdon	Sep 2023
<b>1mile Race Walk</b>				
35-39				
40-44	Cat Hutchison	10'52.4	Stratford	Jun 2024
45-49	Cat Hutchison	9'32.5	Stratford	Jun 2025
50-54				
55-59	Louise Kirby	12'05.9	Stratford	Jun 2023
60-64	Mel Garland	12'02.4	Redditch	May 2024
<b>2k Race Walk</b>				
35-39	Cath Hutchison	13'51.76	Nottingham	Aug 2019
40-44	Cath Hutchison	11'49.9	Worcester	May 2025
45-49	Wendy Bennett	10'58.1	Leamington	Jun 2015
50-54	Wendy Bennett	11'08.9	Stourport	May 2018
55-59	Louise Kirby	15'12.85	Nuneaton	Sep 2024
60-64	Mel Garland	16'15.0	Redditch	Jul 2023
65-69	Liz Bowers	13'21.9	Redditch	May 2018
70-74	<b>Diane Brian</b>	<b>12'34.41</b>	<b>Cardiff</b>	<b>Jan 2026</b>

<b>Relays</b>				
4 x 100 (W35)	Mel Garland, Jade Merry, Sara Saunders, Amy Pinkney	55.38	Nuneaton	Sep 2025
4x200 (W35)	Sara Saunders, Louise Kirby, Amy Pinkney and Gemma Torres Solis	2'03.0	Worcester	May 2024
4x400 (W35)	Emma Oldham, Jade Merry, Amy Pinkney and Sara Saunders	4'43.7	Stratford	Jun 2024
Medley 200, 200, 400, 800 (W40)	Becky Selvey, Nicola Guiver, Mel Garland and Angela Bryant	4'54.6	Stratford	Jul 2019

Event / Age	Name	Record	Venue	Date
<b>FIELD</b>				
<b>Javelin</b>				
35-39	Alison McLellan	17.87	Nottingham	Aug 2019
40-44				
45-49	Jan Timberlake	29.22	Cardiff	Jun 2015
50-54	Jan Timberlake	23.07	Horspath	Jun 2021
55-59	Jan Timberlake	24.4	Pescara (Italy)	Aug 2024
60-64	Wendy Thomson	22.21	Bracknell	Aug 2024
65-69	<b>Julie Wakelam</b>	<b>19.02</b>	<b>Oxford</b>	<b>Mar 2026</b>
70-74	Pam Price	9.86	Stourport	May 2014
75-79	Iris Holder	7.16	Redditch	May 2018
80-84	Iris Holder	6.56	Worcester	May 2024
<b>Shot</b>				
35-39	Amy Pinkney	7.52	Tipton	Aug 2023
40-44	Nicola Guiver	7.90	Redditch	Jun 2019
45-49	Ruth Bird	9.51	Worcester	Jul 2012
50-54	Nicky Crawford	9.07	Stourport	Aug 2025
55-59	Mel Garland	8.36	Cardiff	Feb 2018
60-64	Mel Garland	7.41	Worcester	May 2025
65-69				
70-74	Iris Holder	6.14	Lee Valley	Feb 2016
75-79	Iris Holder	5.60	Solihull	Jul 2016
80-84	Iris Holder	5.34	Lee Valley	Mar 2022

<b>Hammer</b>				
35-39				
40-44	Cat Hutchison	12.62	Stourport	Jul 2024
45-49	Ruth Bird	34.30	Tipton	May 2012
50-54	Marion Loveridge	42.18	Lyon (Fr)	Aug 2015
55-59	Gill Repton	18.77	Solihull	Jun 2017
60-64	Wendy Thomson	25.96	Redditch	Jul 2024
65-69	<b>Julie Wakelam</b>	<b>24.93</b>	<b>Oxford</b>	<b>Mar 2026</b>
70-74	Pam Price	16.26	The Dell	Jun 2013
75-79	Pam Price	13.61	Solihull	Sep 2018
<b>Discus</b>				
35-39	Amy Pinkney	17.65	Tipton	Aug 2023
40-44				
45-49	Ruth Bird	26.23	Brierley Hill	Jun 2012
50-54	Jan Timberlake	25.07	Stratford	Jul 2021
55-59	Mel Garland	22.79	Redditch	May 2018
60-64	Mel Garland	23.16	Nuneaton	Jul 2024
65-69	Gill Stewart	13.59	Worcester	May 2025
70-74	Pam Price	16.26	Brierley Hill	Jun 2013
<b>Long Jump</b>				
35-39	Amy Pinkney	4.42	Worcester	May 2024
40-44	Clare Gratrix	3.38	Yate	Jul 2022
45-49	Mel Garland	4.59	Kettering	Aug 2012
50-54	Mel Garland	4.58	Birmingham	Jun 2017
55-59	Mel Garland	4.81	Lee Valley	Mar 2020
60-64	Mel Garland	4.49i	Sheffield	Dec 2023
65-69	<b>Julie Wakelam</b>	<b>3.34m i</b>	<b>Lee Valley</b>	<b>Feb 2026</b>
70-74	Iris Holder	3.34i	Lee Valley	Feb 2014
75-79	Iris Holder	3.07i	Madrid (Spain)	Mar 2018
80-84	Iris Holder	2.86	Gloucester	May 2021

<b>Triple Jump</b>				
35-39	Victoria Watkins	7.88	Stoke	Aug 2017
40-44	Clare Gratrix	7.86	Yate	Jul 2022
45-49	Mel Garland	8.43	Birmingham	Sep 2012
50-54	Jan Timberlake	9.98i	Madrid (Spain)	Mar 2018
55-59	Mel Garland	9.67	Tampere (Fin)	Jul 2022
60-64	Mel Garland	9.46i	Torun (Pol)	Mar 2023
65-69	<b>Julie Wakelam</b>	<b>7.05 i</b>	<b>Lee Valley</b>	<b>Feb 2026</b>
70-74	Iris Holder	7.11	Lyon (Fr)	Aug 2015
75-79	Iris Holder	6.50i	Lee Valley	Feb 2018
80-84	Iris Holder	6.10i	Lee Valley	Mar 2022
<b>High Jump</b>				
35-39	Becky Freeman	1.00	Stoke	Aug 2014
40-44	Clare Gratrix	1.30	Derby	Jun 2022
45-49	Jan Timberlake Clare Gratrix	1.40i	Ancona (Italy) Sheffield	Apr 2016 Dec 2024
50-54	Mel Garland	1.40i	Lee Valley	Mar 2017
55-59	Mel Garland	1.40i	Cardiff	Feb 2018
60-64	Mel Garland	1.35	Nuneaton	Aug 2023
65-69	<b>Julie Wakelam</b>	<b>1.08 [</b>	<b>Lee Valley</b>	<b>Feb 2026</b>
70-74	Iris Holder	1.00	Leamington	Jun 2015
75-79	Iris Holder	0.80	Solihull	Jun 2017

Event / Age	Name	Record	Venue	Date
<b>MULTI EVENTS</b>				
<b>Pentathlon</b>				
35-39				
40-44				
45-49	<b>Emma Oldham</b>	<b>2579 pts i</b>	<b>Cardiff</b>	<b>Jan 2026</b>
50-54	Louise Kirby	1779 pts	Horspath	May 2022
55-59	Mel Garland	3081 pts	Horspath	Jun 2021
60-64	Mel Garland	3069 pts	Birmingham Uni.	Sep 2024
<b>Heptathlon</b>				
35-39				
40-44				
45-49				
50-54	Jan Timberlake	4199pts	Birmingham	Jul 2016
55-59	Jan Timberlake	4040pts	Tampere (Fin)	Jul 2022
<b>Weight Pentathlon</b>				
45-49	Ruth Bird	2726	Swindon	Mar 2013
50-54	Marion Loveridge	2763	Birmingham	Sep 2015
55-59	Jan Timberlake	2671	Oxford	May 2022
60-64	Wendy Thomson	2417	Oxford	May 2024