

**Club records 2026**

Age Group	Event Group	Event	Record Holder	Performance	Date	Meeting/Venue	Notes
U12G	Sprint	75m					
U12G	Sprint	100m					
U12G	Sprint	150m					
U12G	Sprint	200m					
U12G	Hurdles	70mH					
U12G	Endurance	600m					
U12G	Endurance	800m					
U12G	Throw	Shot Put (2kg)					
U12G	Jump	Long Jump					
U12G	Jump	High Jump					
U14G	Sprint	75m					
U14G	Sprint	100m					
U14G	Sprint	150m					
U14G	Sprint	200m					
U14G	Endurance	600m					
U14G	Endurance	800m					
U14G	Endurance	1200m					
U14G	Endurance	1500m					
U14G	Endurance	Mile					
U14G	Hurdles	75m Hurdles					
U14G	Jump	High Jump					
U14G	Jump	Long Jump					
U14G	Throw	Discus (0.75kg)					
U14G	Throw	Shot Put (2.72kg)					
U14G	Throw	Javelin (400g)					
U14G	Throw	Hammer (3kg)					
U14G	Relay	4 x 100m relay					
U16G	Sprint	100m					
U16G	Sprint	200m					
U16G	Sprint	300m					
U16G	Sprint	400m					
U16G	Endurance	800m					
U16G	Endurance	1500m					
U16G	Endurance	Mile					
U16G	Endurance	3000m					
U16G	Hurdles	80mH					
U16G	Jump	High Jump					

U16G	Jump	Long Jump					
U16G	Jump	Triple Jump					
U16G	Throw	Discus (1kg)					
U16G	Throw	Shot Put (3kg)					
U16G	Throw	Hammer (3kg)					
U16G	Throw	Javelin (500g)					From 2014
U16G	Multi	Pentathlon					
U16G	Relay	4 x 100m relay					
U18W	Sprint	100m					
U18W	Sprint	200m					
U18W	Sprint	300m					
U18W	Sprint	400m					
U18W	Endurance	800m					
U18W	Endurance	1500m					
U18W	Endurance	Mile					
U18W	Endurance	3000m					
U18W	Endurance	5k					
U18W	Endurance	1500 SC					
U18W	Endurance	2k SC					
U18W	Endurance	3K SC					
U18W	Hurdles	100mH (76.2)					
U18W	Hurdles	300mH					
U18W	Hurdles	400mH					
U18W	Jump	High Jump					
U18W	Jump	Long Jump					
U18W	Jump	Triple Jump					
U18W	Jump	Pole Vault					
U18W	Throw	Discus (1kg)					
U18W	Throw	Shot Put (3kg)					
U18W	Throw	Hammer (3kg)					
U18W	Throw	Javelin (500g)					
U18W	Relay	4 x 100m relay					
U18W	Relay	4 X 400m relay					
U20W	Sprint	100m					
U20W	Sprint	200m					
U20W	Sprint	400m					
U20W	Endurance	800m					
U20W	Endurance	1500m					

U20W	Endurance	3000m					
U20W	Hurdles	400mH					
U20W	Jump	High Jump					
U20W	Jump	Long Jump					
U20W	Throw	Discus (1kg)					
U20W	Throw	Shot Put (4kg)					
U20W	Throw	Hammer (4kg)					
U20W	Throw	Javelin (600g)					
U20W	Relay	4 x 400m relay					
SW	Sprint	200m	Melanie Jarvis	25.7s	19??	NK	
SW	Sprint	400m	Melanie Jarvis	57.8s	19??	NK	
SW	Sprint	400m (i)	Alice Tyler	64.53s	05 February 2025	Sheffield	
SW	Endurance	800m	Maisie Trueman	2m16.81s	14 May 2025	Loughborough	
SW	Endurance	1500m	Maisie Trueman	4M54.8s	11 July 2021	Stoke	
SW	Endurance	Mile	Sally Higgs	5m49.3s	13 September 2023	Shobnall	
SW	Endurance	3000m	Glenda Woolley	10m21.7s	08 June 1905	NK	
SW	Endurance	5000m	Masie Trueman	18m46.60s	17 August 2024	Telford	
SW	Endurance	10k Road	Abbey Norman	36m22s	09 March 2008	Fradley	
SW	Endurance	10 Miles	Karen Lathbury	65m40s	19??	NK	
SW	Endurance	2K SC	Megan Smith	9m06.15s	02 August 2025	Worcester	
SW	Endurance	3KSC	Megan Smith	14m21.85s	31 August 2025	Yate	
SW	Endurance	Half Marathon	Abbey Norman	1hr18m39s	17 August 2008	Farnham Common	
SW	Endurance	Marathon	Karen Lathbury	3hrs 30 mins	19??	NK	
SW	Hurdles	100mH	Sue Withnall	14.1s	09 June 1905	NK	
SW	Hurdles	400mH	Sue Withnall	65.3s	19??	NK	
SW	Jump	High Jump	Sue Withnall	1.68m	09 June 1905	NK	
SW	Jump	Long Jump	Sue Withnall	5.43m	06 June 1905	NK	
SW	Jump	Triple Jump	Kaliyah Morant-Hudson	10.32m	05 June 2022	Nuneaton	
SW	Jump	Pole Vault	Vicky Cooper	2.12m	26 June 1905	NK	
SW	Throw	Discus (1kg)	Zara Acton	41.72m	14 June 2022	Derby	
SW	Throw	Shot Put (4kg)	Zara Acton	12.62	02 May 2022	Chelmsford	
SW	Throw	Shot Put (i) (4kg)	Zara Acton	12.48	01 February 2023	Lee Valley	
SW	Throw	Hammer (4kg)	Jenna Galiszewski	49.10m	08 April 2024	Burton	
SW	Throw	Javelin (600g) (old)	Joanne Toon	35.80m	08 June 1905	NK	To 1999
SW	Throw	Javelin (600g) (new)	Isabelle Fellows	43.39m	26 March 2026	Burton	
SW	Relay	4 x 100m relay	NK	52.1s	11 June 1905	NK	
SW	Relay	4 x 400m relay	NK	4m27.6s	11 June 1905	NK	
SW	Multi	Heptathlon (old)	Sue Withnall	4012	07 June 1905	NK	

V35	Sprint	60m (i)	Nicola Long	9.22s	26 March 2011	Birmingham	
V35	Sprint	100m	Nicola Long	14.7s	NK	NK	
V35	Sprint	200m	Nicola Long	30.21s	17 April 2011	Loughborough	
V35	Sprint	200m (i)	Nicola Long	31.35s	27 February 2011	Lee Valley	
V35	Sprint	400m	Nicola Long	67.36s	25 June 2011	Birmingham	
V35	Sprint	Medley Relay	Laura Allen Clair Zawada Sue Withnall, Judy Kelsall	7m42.40s	05 June 2024	Sutton Coldfield	
V35	Sprint	4 x 100m relay	Tana Chikuruwo Kate White Annalisa Fabiano Clair Zawada	68.22s	07 September 2025	Sutton Coldfield	
V35	Endurance	800m	Lucy Woodward	2m32.3s	NK	NK	
V35	Endurance	800m (i)	Nicola Long	2m57.06s	27 February 2011	Lee Valley	
V35	Endurance	1500m	Lucy Woodward	5m21.4s	NK	NK	
V35	Endurance	Mile	Laura Allen	8m12.0s	19 April 2023	Telford	
V35	Endurance	3000m	Lucy Woodward	11m33.5s	NK	NK	
V35	Endurance	Marathon	Judy Sherriff	3hr25m	23 April 1989	London	
V35	Walk	2k Walk	Laura Allen	19m41.0s	19 April 2023	Telford	
V35	Jump	High Jump	Nicola Long/D Kirkland	1.2	17 April 2011	Loughborough	
V35	Jump	Long Jump	Wendy Littlewood	3.98m	NK	NK	
V35	Jump	Long Jump (i)	Nicola Long	3.72m	17 March 2012	Lee Valley	
V35	Jump	Triple Jump	Wendy Littlewood	7.44m	NK	NK	
V35	Jump	Pole Vault	Nicola Long	1.92m	20 July 2014	Solihull	
V35	Throw	Discus (1kg)	Di Harrison	25.79m	NK	NK	
V35	Throw	Shot Put (4kg)	Simone Cato	10.09m	02 August 2025	Worcester	
V35	Throw	Shot Put (i) (4kg)	Simone Cato	9.45m	01 February 2025	Sheffield	
V35	Throw	Hammer (4kg)	Nicola Long	30.34m	19 April 2011	Derby	
V35	Throw	Javelin (600g)	Helen Armitage	16.72m	08 July 2014	Burton	
V35	Throw	Weight (9.08kg)	Nicola Long	8.55m	28 May 2011	Sutton Coldfield	
V35	Throw	Weight (9.08kg)	Nicola Long	8.55m	29 May 2011	Sutton Coldfield	
V35	Throw	Weight (9.08kg) (i)	Laura Allen	7.96m	24 March 2025	Gainesville	
V35	Throw	Weight Pentathlon	Nicola Long	1489 Pre 2023 points tables	28 May 2021	Sutton Coldfield	
V35	Throw	Weight Pentathlon	Laura Allen	1177	20 August 2023	Oxford	
V40	Sprint	60m (i)	Clair Zawada	8.98s	10 December 2022	Loughborough	
V40	Sprint	100m	Clair Zawada	14.0s	05 June 2024	Sutton Coldfield	
V40	Sprint	200m	Clair Zawada	31.9s	12 July 2023	Sutton Coldfield	
V40	Sprint	400m	Lucy Woodward	71.1s	NK	NK	
V40	Endurance	800m	Lucy Woodward	2.34.7	NK	NK	

V40	Endurance	1500m	Lucy Woodward	5.18.1	NK	NK	
V40	Endurance	3000m	Lucy Woodward	11.37.5	NK	NK	
V40	Hurdles	200m H	Clair Zawada	39.28	16 September 2023	Nuneaton	
V40	Jump	High Jump	Clair Zawada Hayley Davis	1.15	19/04/2023 07/09/2024	Telford Corby	
V40	Jump	Long Jump	Clair Zawada	3.9	04 September 2022	Nuneaton	
V40	Jump	Triple Jump	Clair Zawada	7.99	20 May 2023	Burton	
V40	Throw	Discus (1kg)	Di Harrsion	23.26	NK	NK	
V40	Throw	Shot Put (4kg)	R Weatherhill	7.09	NK	NK	
V40	Throw	Shot Put (i) (4kg)	Nicola Long	5.6	07 March 2015	Lee Valley	
V40	Throw	Javelin (600g)	Hayley Davis	25.00m	18 May 2024	Loughborough	
V40	Throw	Hammer (4kg)	Nicola Long	30.36m	07 July 2019	Burton	
V40	Throw	Weight (9.08kg)	Nicola Long	8.73m	02 September 2017	Sheffield	
V40	Throw	Weight Pentathlon	Nicola Long	1710	02 September 2017	Sheffield	
V40	Relay	4 x 100m relay	Judy Kelsall, Sally Higgs, Sue Withnall, Clair Zawada	73.3s	12 July 2023	Sutton coldfield	
V40	Relay	Medley Relay	Judy Kelsall, Sally Higgs, Anna Kolodziej, Clair Zawada	5m32.6s	07 June 2023	Burton	
V45	Sprint	60m (i)	Clair Zawada	8.91	31 January 2026	Loughborough	
V45	Sprint	100m	Clair Zawada	14.0s	26 March 2026	Burton	
V45	Sprint	200m	Clair Zawada	32.0s	09 July 2025	Sutton Coldfield	
V45	Sprint	400m	Wendy Sharratt	72.2s	03 July 2019	Burton	
V45	Endurance	800m	Wendy Sharratt	2m34.9s	19 July 2017	Sutton Coldfield	
V45	Endurance	1500m	Wendy Sharratt	5m09.8s	19 May 2019	Burton	
V45	Endurance	Mile	Rebbeca Wong	7m26.5s	27 April 2022	Shobnall	
V45	Endurance	3000m	Wendy Sharratt	10m54.76s	05 June 2019	Birmingham	
V45	Endurance	2k Walk	Nicola Long	19m50.0s	18 May 2022	Shobnall	
V45	Endurance	Half Marathon	Nicola Long	3hr23m57s	03 March 2024	Paddock Wood	
V45	Hurdles	100mH	Clair Zawada	18.45s	02 August 2025	Worcester	
V45	Hurdles	80mH	Clair Zawada	14.63s	17 August 2025	York	
V45	Hurdles	60m (i) (80m spacing)	Clair Zawada	10.82s	14 March 2026	Lee Valley	
V45	Jump	High Jump	Sue Withnall	1.25m	NK	NK	
V45	Jump	Long Jump	Clair Zawada	3.86m	04 August 2025	Burton	
V45	Jump	Triple Jump	Amanda Hedges	6.58m	06 June 2018	Birmingham	
V45	Jump	Pole Vault	Judi Stafford	2.00m	NK	NK	
V45	Throw	Discus (1kg)	Di Harrison	21.62m	NK	NK	
V45	Throw	Shot Put (4kg)	Nicola Long	6.75m	22 April 2023	Sheffield	

V45	Throw	Shot Put (i) (4kg)	Nicola Long	6.76m	04 February 2023	Sheffield	
V45	Throw	Hammer (4kg)	Nicola Long	31.65m	09 August 2022	Derby	
V45	Throw	Javelin (600g)	Netty Webster	24.52m	20 September 2022	Burton	From 1999
V45	Throw	Weight (9.08KG)	Nicola Long	7.75m	10 October 2021	Hull	
V45	Throw	Throws Pentathlon	Nicola Long	1828	11 September 2022	Bournemouth	Pre-2023
V45	Throw	Throws Pentathlon	Nicola Long	1623	20 August 2023	Oxford	From 2023
V50	Sprint	60m (i)	Judi Stafford	10.13s	17 March 2008	Clermont, France	
V50	Sprint	100m	Judi Stafford	15.8s	11 June 2007	Milton Keynes	
V50	Sprint	200m	Judi Stafford	32.6s	11 May 2007	Milton Keynes	
V50	Sprint	200m (i)	Judi Stafford	34.16s	18 March 2008	Clermont, France	
V50	Sprint	400m	Judi Stafford	74.69s	16 July 2008	Birmingham	
V50	Endurance	800m	Sally Higgs	2m41.3s	12 July 2023	Sutton Coldfield	
V50	Endurance	800m (i)	Judi Stafford	3m06.5s	10 February 2008	Lee Valley	
V50	Endurance	1500m	Sally Higgs	5m27.6s	07 June 2023	Burton	
V50	Endurance	Mile	Sally Higgs	5m49.3s	13 September 2023	Burton	
V50	Endurance	3000m	Mika Butler	13m05.0s	02 May 2009	Solihull	
V50	Endurance	10k Road	Sally Higgs	40m57.0s	29 October 2023	Burton	
V50	Walk	Mile	Nicola Long	16m41.8s	09 July 2025	Sutton coldfield	
V50	Hurdles	80mH	Judi Stafford	17.89s	07 July 2007	Horspath	
V50	Hurdles	300mH	Judi Stafford	57.62s	25 August 2005	San Sebastian, Spain	
V50	Jump	High Jump	Judi Stafford	1.16m	03 September 2006	Jarrow	
V50	Jump	High Jump (i)	Judi Stafford	1.15m	10 February 2008	Lee Valley	
V50	Jump	Long Jump	Judi Stafford	3.24m	05 September 2007	Riccione, Italy	
V50	Jump	Long Jump (i)	Judi Stafford	3.42m	10 February 2008	Lee Valley	
V50	Jump	Triple Jump	Judi Stafford	7.81m	NK	NK	
V50	Jump	Pole Vault	Judi Stafford	2.00m	24 September 2006	Cleckheaton	
V50	Throw	Discus (1kg)	Ann Holland	16.54m	NK	NK	
V50	Throw	Shot Put (3kg)	Nicola Long	7.19m	06 April 2025	Nuneaton	
V50	Throw	Shot Put (i) (3kg)	Nicola Long	7.17m	04 January 2026	Sheffield EIS	
V50	Throw	Hammer (3kg)	Nicola Long	33.56m	Shobnall	01/05/2025	
V50	Throw	Javelin (500g)	Nicola Long	14.69m	07 March 2026	Oxford, Horspath	
V50	Throw	Weight	Nicola Long	8.35m	08 March 2025	Oxford	
V50	Throw	Weight Pentathlon	Nicola Long	1735 points	24 May 2025	Oxford	
V50	Multi	Heptathlon (old table)	Judi Stafford	3103	13 August 2006	Horspath	Retired
V55	Sprint	60m (i)	Judi Stafford	10.62s	18 March 2011	Gent, Belgium	
V55	Sprint	100m	Judi Stafford	16.7s	11 October 2009	Sydney, Australia	
V55	Sprint	200m	Judi Stafford	34.86s	15 October 2009	Sydney, Australia	
V55	Sprint	200m (i)	Judi Stafford	37.21s	16 March 2011	Gent, Belgium	
V55	Sprint	400m	Sue Withnall	2m08.0s	04 July 2018	Tamworth	

V55	Endurance	800m	Judi Stafford	3m22.24s	07 July 2011	Sacramento, USA	
V55	Endurance	1500m	Judy Kelsall	7m19.2s	01 July 2012	Burton	
V55	Endurance	10k Road	Judy Kelsall	57m4s	19 June 2012	Burton	
V55	Hurdles	80mH	Judi Stafford	19.02s	06 July 2011	Sacramento, USA	
V55	Hurdles	300mH	Judi Staffrod	65.81s	18 October 2009	Sydney, Australia	
V55	Walk	2k Walk	Lesley Bowley	17m48.8s	28 June 2017	Burton	
V55	Jump	High Jump	Judi Stafford	1.06m	06 July 2011	Sacramento, USA	
V55	Jump	Long Jump	Judi Stafford	3.32m	07 July 2011	Sacramento, USA	
V55	Jump	Triple Jump	Judy Kelsall	5.58m	NK	NK	
V55	Jump	Pole Vault	Judi Stafford	2.00m	NK	NK	
V55	Throw	Discus (1kg)	Jill Lamb	12.54m	28 June 2017	Burton	
V55	Throw	Shot Put (3kg)	Judi Stafford	5.72m	05 January 1900	Sacramento, USA	
V55	Throw	Hammer (3kg)	Jill Lamb	19.21m	19 July 2017	Sutton Coldfield	
V55	Throw	Javelin (500g)	Judi Stafford	12.63m	07 July 2011	Sacramento, USA	
V55	Throw	Weight (7.26kg)	Jill Lamb	7.26m	23 September 2017	Tooting Bec	
V55	Throw	Weight Pentathlon	Jill Lamb	1365	23 September 2017	Tooting Bec	
V55	Multi	Heptathlon (old table)	Judi Stafford	2908	07 July 2011	Sacramento, USA	Retired
V60	Sprint	60m (i)	Lesley Bowley	17.42s	09 March 2019	Lee Valley	
V60	Sprint	100m	Judy Kelsall	17.6s	NK	NK	
V60	Sprint	200m	Judy Kelsall	38.1s	29 July 2015	Sutton Coldfield	
V60	Sprint	400m	Carol Sharratt	104.4s	03 July 2019	Burton	
V60	Endurance	800m	Carol Sharratt	3m53.2s	31 July 2019	Sutton Coldfield	
V60	Endurance	1500m	Kate White	7m03.17s	07 September 2025	Nuneaton	
V60	Endurance	Mile	Carol Sharratt	9m25.1s	07 July 2021	Tamworth	
V60	Endurance	3000m	Carol Sharratt	15m58.08s	31/09/2019	Nottingham	
V60	Walk	2k Walk	Lesley Bowley	18m45.4s	31 July 2019	Sutton Coldfield	
V60	Walk	3k Walk	Kate White	14m08.45s	07 September 2025	Nuneaton	
V60	Jump	High Jump	Judi Stafford Sue Withnall	0.90m	10/05/2017 19/04/2023	Telford	
V60	Jump	Long Jump	Judi Stafford	2.57m	10 May 2017	Telford	
V60	Jump	Triple Jump	Judi Stafford	6.26m	07 June 2017	Burton	
V60	Throw	Discus (1kg)	Jill Lamb	13.65m	09 August 2022	Derby	
V60	Throw	Shot Put (3kg)	Lesley Bowley	5.17m	18 May 2021	Charnwood	
V60	Throw	Hammer (3kg)	Jill Lamb	19.83m	26 August 2018	Birmingham	
V60	Throw	Javelin (500g)	Lesley Bowley	8.57m	12 October 2020	Shobnall	
V60	Throw	Javelin (600g)	Judi Stafford	9.9m	07 June 2017	Birmingham	From 1999
V60	Throw	Weight (5.5kg)	Jill Lamb	8.18m	16 September 2018	Malaga	
V60	Throw	Weight Pentathlon	Jill Lamb	1634	14 July 2018	Sheffield	
V65	Sprint	100m	Judy Kelsall	18.18s	06 June 2021	Nuneaton	

V65	Sprint	200m	Judy Kelsall	37.2s	31 July 2019	Sutton Coldfield	
V65	Sprint	400m	Judy Kelsall	97.7s	10 May 2017	Telford	
V65	Endurance	800m	Judy Kelsall	4m17.4s	10 September 2017	Tamworth	
V65	Endurance	2k Walk	Judy Kelsall	14m45.3s	07 July 2021	Tamworth	
V65	Jump	Long Jump	Judy Kelsall	2.75m	07 June 2017	Birmingham	
V65	Jump	Triple Jump	Judy Kelsall	4.28m	31 July 2019	Sutton Coldfield	
V65	Throw	Discus (1kg)	Jill Lamb	13.06m	12 July 2023	Sutton Coldfield	
V65	Throw	Shot Put (3kg)	Lesley Bowley	5.05m	15 August 2024	Shobnall	
V66	Throw	Shot Put (i) (3kg)	Lesley Bowley	4.98m	01 February 2025	Loughborough	
V65	Throw	Hammer (3kg)	Lesley Bowley	20.92m	05 June 2024	Sutton Coldfield	
V65	Throw	Javelin (500g)	Lesley Bowley	10.04m	15 August 2024	Burton	
V65	Throw	Weight	Jill Lamb	7.34m	05 October 2025	Madeira	
V65	Throw	Weight Pentathlon	Jill Lamb	1584	15 October 2025	Madeira	
V70	Sprint	100m	Judy Kelsall	18.54s	04 September 2022	Nuneaton	
V70	Sprint	200m	Judy Kelsall	38.1s	18 May 2022	Shobnall	
V70	Sprint	200m (i)	Judy Kelsall	39.45s	18 February 2023	Sheffield	
V70	Endurance	Mile Walk	Judy Kelsall	11m53.9s	12 July 2023	Sutton coldfield	
V70	Endurance	2k Walk	Judy Kelsall	14m27.5s	18 May 2022	Shobnall	
V70	Jump	Long Jump	Judy Kelsall	2.60m	20 September 2022	Nuneaton	
V70	Jump	Long Jump (i)	Judy Kelsall	2.83m	18 February 2023	Sheffield	
V70	Throw	Shot Put (3kg)	Judy Kelsall	4.30m	04 September 2022	Nuneaton	
V70	Throw	Hammer (3kg)	Judy Kelsall	12.72m	19 April 2023	Telford	
V70	Throw	Javelin (600g)	Judy Kelsall	7.93m	07 June 2023	Shobnall	From 1999