

CITY OF PORTSMOUTH A.C. Club Records Senior Women

EVENT	Performance	NAME	Venue	Date
60m(i)	8.03	Mandy GAULT	Eton	2nd May 2008
100m	11.7	Sharon CLARK (Atalanta)	ESAA Championships	1st July 1978
	12.05	Ellen HOWARTH-BROWN	Portsmouth	10th May 2008
200m	24.34	Ellen HOWARTH-BROWN	Crystal Palace	15th Jun 2008
400m	54.27(i)	Mandy GAULT	Sheffield	14th Feb 2015
	54.3	Edwina SPENCER		1989
800m	2.03.96	Karrie BLAKE	Birmingham	11th Jul 2009
1500m	04:09.5	Penny FORSE (Yule) (Atalanta)	St Maur FR	1980
	04:24.4	Karrie BLAKE	Watford	19th May 2010
3000m	09:08.6	Penny FORSE (Yule) (Atalanta)	Crystal Palace	1978
	09:44.0	Cassie THORP	Bedford	28th Jul 2012
5000m	16.53.52	Cassie Thorp	Bedford	25th August 2012
10000m	35:10.9	Cassie THORP	Olympic Park	6th May 2012
2000SC	9.05.2	Chloe CAMPBELL	Bedford	28th July 2012
100H	14.6	Heather MYERS		1991
400H	59.4	Ellen HOWARTH-BROWN	Crystal Palace	17th Jun 2007
Marathon	02:51.29	Judy OAKLEY		2001
HJ	1.74	Heather MYERS		1987
LJ	5.75m	Mandy GAULT	Kingston	4th Jul 2010
PV	3.00	Rhian Phillips	Brighton	13th August 2008
TJ	11.78	Annie ONIONS	Twickenham	9th Jul 2011
SP	13.80	Bronwin CARTER	Portsmouth	1987
JT	52.41m	Katy WATTS	Bedford	31st May 2009
DT	39.90	Bronwin CARTER		1987
HT	50.30m	Helen ARNOLD		1999
4x100m	48.7			1987
4x400m	3.53.9	Gray;Fudge;Spencer;Freeman (PFD)		1987
4x400m	3.54.6			1987