

WOMEN'S TRACK RECORDS at 22nd July 2025

100m

Sen	14.8	Anne De Rover	Bingham 26.08.2015
W35	16.5	Emma Cupitt	Bingham 18.07.2018
W40	16.2	Emma Stevenson	Mansfield 01.09.2024
W45	15.8	Nicola Jones	Mansfield 28.05.2023
W50	15.4	Nicola Jones	Newark 27.04.2025
W55	17.24	Sue Chicken	Derby 21.08.2021
W60	19.2	Christine Oldfield	Perth, Australia 5.02.2008
W65	19.8	Sandy Poole	Bingham 23.08.2009
W70	21.9	Christine Oldfield	Perth, Australia 21.03.2018
W75	23.99	Christine Oldfield	Perth, Australia 19.03.2020

200m

Sen	34.9	Hannah Sampson	Bingham 19.06.2019
W35	31.0	Anne De Rover	Bingham 26.08.2015
W40	33.5	Emma Stevenson	Bingham 17.07.2024
W45	32.5	Nicola Jones	Bingham 20.07.2022
W50	32.4	Nicola Jones	Bingham 17.07.2024
W55	34.8	Sue Chicken	Bingham 19.07.2023
W60	42.4	Christine Oldfield	Perth, Australia 17.01.2008
W65	44.3	Christine Oldfield	Perth, Australia 10.12.2009
W70	47.6	Sandy Poole	Bingham 19.07.2017
W75	Vacant		

400m

Sen	71.7	Louise Read	Bingham 27.07.2016
W35	78.3	Emma Cupitt	Bingham 18.07.2018
W40	73.72	Emma Stevenson	Mansfield 11.05.2025
W45	71.4	Gina Grainger	Bingham 27.07.2016
W50	73.1	Nicola Jones	Newark 30.06.2024
W55	82.6	Christine Heaton	Bingham 17.07.2024
W60	1:41.5	Christine Oldfield	Perth, Australia 1:11.2007
W65	1:48.4	Christine Oldfield	Perth, Australia 5.01.2010
W70	1:37.7	Sandy Poole	Derby 25.05.2014
W75	2:00.16	Christine Oldfield	Perth, Australia 19.03.2020

800m

Sen	2:45.6	Hannah Sampson	Bingham 19.06.2019
W35	2:51.2	Emma Cupitt	Bingham 18.07.2018
W40	2:51.6	Emma Stevenson	Bingham 17.07.2024
W45	2:45.0	Ruth Brandon	Bingham 19.06.2019
W50	2:47.5	Christine Heaton	Bingham 19.07.2017
W55	3:01.2	Christine Heaton	Bingham 19.07.2023
W60	3:46.2	Christine Oldfield	Perth, Australia 17.01.2008
W65	3:32.2	Sandy Poole	Bingham 23.08.2009
W70	3:58.5	Sandy Poole	Bingham 19.07.2017
W75	4:26.0	Sandy Poole	Bingham 19.06.2019

1500m

Sen	5:25.1	Hannah Matharu	Bingham 19.07.2023
W35	5:52.2	Claire Lewis	Bingham 19.08.2019
W40	5:37.9	Emma Stevenson	Mansfield 25.05.2025
W45	5:40.75	Serena Bignell	Loughborough 15.07.2015
W50	5:40.0	Christine Heaton	Bingham 27.07.2016
W55	6:08.7	Christine Heaton	Bingham 19.07.2023
W60	7:31.8	Friedel Plant	Bingham 23.08.2009
W65	6:50.1	Sandy Poole	Bingham 23.08.2009
W70	7:48.8	Sandy Poole	Bingham 26.08.2015
W75		Vacant	

Mile

Sen	6:04.4	Anna Heaton	Bingham 19.07.2017
W35	5:48.0	Dorothy Michalak	Harvey Hadden 09.2001
W40	5:47.08	Dorothy Michalak	Harvey Hadden 08.2002
W45	6:09.2	Serena Bignell	Bingham 6.09.2012
W50	6:01.4	Christine Heaton	Bingham 19.07.2017
W55	6:23.5	Christine Heaton	Bingham 13.09.22
W60	7:02.00	Sandy Poole	Harvey Hadden 08.2006
W65	7:19.5	Penny Durance	Bingham 13.09.22
W70	8:22.9	Sandy Poole	Harvey Hadden 29.08.2015
W75	9:35.1	Christine Oldfield	Harvey Hadden 18.09.2020

3000m

Sen	11:17.1	Hannah Matharu	Bingham 19.07.2023
W35	12:39.8	Lindsay Simpson	Bingham 19.06.2019
W40	11:38.4	Emma Stevenson	Newark 06.07.2025
W45	11:54.12	Serena Bignell	Loughborough 19.08.2015
W50	11:56.5	Christine Heaton	Bingham 27.07.2016
W55	13:02.7	Christine Heaton	Bingham 19.07.2023
W60	14:29.6	Sandy Poole	Bingham 1.05.2008
W65	13:51.43	Sandy Poole	Berry Hill 30.08.2010
W70	15:08.5	Sandy Poole	Derby 24.05.2014
W75	18:48.1	Sandy Poole	Derby 11.05.2019

5000m

Sen	18:45.99	Naomi Elliott	Harvey Hadden 13.05.2023
W35	18:37.0	Linda Robb	Eugene, USA 08.1989
W40	21:56.2	Emma Stevenson	Bingham 13.08.24
W45	18:12.0	Lesley Cliff	Berry Hill 06.1993
W50	21:34.5	Janet Atkinson	Bingham 08.08.2023
W55	21:36.4	Christine Heaton	Bingham 08.08.2023
W60	26:21.9	Claire Bailey-Coombs	Bingham 13.08.24
W65	24:39.4	Sandy Poole	Bingham 6.09.2012
W70	27:06.0	Sandy Poole	Bingham 6.09.2017
W75		Vacant	