



**Medway & Maidstone
Athletic Club**

FEMALE MASTERS RECORDS

Outdoor Performances

W35	100m	14.5	Dawn Copping	Hoo	13 August 2003
	200m	27.5	Kim Heffernan	Ashford	1 August 2004
	400m	58.9	Kim Heffernan	Erith	13 July 2003
	600m	1:37.7	Kim Heffernan	Hoo	10 April 2002
	800m	2:11.3	Kim Heffernan	Brighton	13 August 2003
	1500m	5:41.6	Sarah Kenyon	Ashford	9 June 2008
	3000m	11:25.8	Justine Myton	Erith	11 July 2008
	100mH	16.3	Kim Heffernan	Wavertree	6 July 2003
	400mH	62.6	Kim Heffernan	Wavertree	8 July 2007
	High Jump	1.37m	Dawn Copping	Hoo	28 September 2003
	Pole Vault	3.00m	Maria Newton	Erith	16 September 2001
	Long Jump	4.59m	Sue Crennell		2002
	Triple Jump	9.40m	Sue Crennell	Hoo	17 May 2003
	Shot Putt	7.38m	Dawn Copping	Hoo	28 September 2003
	Discus	28.77m	Maria Newton	Canterbury	28 July 2003
	Hammer	26.30m	Dawn Copping	Derby	8 June 2003
	Javelin	23.16m	Dawn Copping	Newport	3 August 2003
	Pentathlon	2284 pts	Dawn Copping	Hoo	28 September 2003
	Heptathlon	2501 pts	Dawn Copping	Sheffield	13/14 September 2003

W40	100m	13.7	Kim Heffernan	Canterbury	2 July 2007
	200m	27.1	Kim Heffernan	Hoo	25 August 2007
	400m	61.1	Kim Heffernan	Erith	13 July 2007
	800m	2:46.4	Rachel Confait	Erith	11 July 2005
	1500m	5:41.5	Rachel Confait	Dartford	22 April 2005
	3000m	13:13.0	Rachel Confait	Hoo	14 April 2004
	80mH	13.67	Kim Heffernan	Birmingham	29 July 2007
	100mH	19.3	Dawn Copping	Hastings	8 August 2004
	200mH	48.0	Jill Hayman	Kingston	16 August 2003
	400mH	65.0	Kim Heffernan	Coventry	8 July 2007
	2Km Walk	15:46.3	Jill Hayman	Hoo	17 May 2003
	High Jump	1.35m	Dawn Copping	Hastings	11 September 2004
	Pole Vault	1.90m	Maria Newton	Eltham	21 April 2008
	Long Jump	4.58m	Dawn Copping	Eltham	22 May 2004
	Triple Jump	9.14m	Sue Crennell	Eltham	10 May 2004
	Shot Putt	7.65m	Dawn Copping	Erith	16 September 2006
	Discus	25.71m	Maria Newton	Bromley	19 May 2008
	Hammer	28.53m	Dawn Copping	Ashford	5 August 2007
	Javelin	21.25m	Kim Heffernan	Eltham	27 April 2007
	Pentathlon	2294 pts	Dawn Copping	Erith	17 September 2006



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W45	1500m	4:52.33	Denise Farnham	Battersea	9 June 2002
	3000m	10:23.0	Denise Farnham	Eton	4 August 2002
	5000m	18:28.1	Denise Farnham	Ashford	11 May 2003
	2Km Walk	13:43.5	Tina Doyle	Erith	17 May 2003
	Shot Putt	5.51	Barbara Blake	Dartford	30 April 2004
	Discus	14.10	Barbara Blake	Canterbury	16 July 2004
	Javelin	14.16	Barbara Blake	Canterbury	16 July 2004
	Hammer	13.50m	Barbara Blake	Eltham	10 May 2004

W50	100m	15.8	Angela Price	Erith	16 September 2001
	200m	34.9	Angela Price	Erith	16 September 2001
	400m	89.7	Tina Doyle	Ashford	21 May 2007
	800m	3:31.2	Tina Doyle	Erith	27 June 2008
	1500m	5:01.26	Denise Farnham	Battersea	9 June 2002
	3000m	12:44.0	Jane Bright	Bromley	18 July 2003
	5000m	18:28.1	Denise Farnham	Ashford	14 May 2006
	10000m	46.35.8	Jane Bright	Tonbridge	17 June 2003
	2Km Walk	12:59.1	Tina Doyle	Erith	11 July 2008
	3Km Walk	20:07.29	Tina Doyle	Ashford	13 May 2007
	Long Jump	2.39m	Tina Doyle	Bromley	8 June 2007
	Triple Jump	5.01m	Tina Doyle	Hoo	2 May 2008

W55	100m	15.7	Angela Price	Battersea	15 June 2003
	200m	33.3	Angela Price	Erith	22 September 2002
	400m	82.7	Angela Price	Bromley	18 July 2003
	800m	3:10.8	Jane Bright	Erith	11 July 2005
	1500m	6:14.3	Jane Bright	Eltham	5 May 2006
	3000m	12:50.3	Jane Bright	Ashford	21 May 2007
	5000m	22:30.1	Jane Bright	Bromley	19 May 2006
	80mH	16.24	Pat Oakes	Sheffield	8 September 2001
	2Km Walk	15:43.0	Angela Price	Hoo	17 May 2003
	High Jump	1.20m	Pat Oakes	Erith	15 September 2001
	Pole Vault	1.10m	Pat Oakes	Bromley	15 September 2001
	Long Jump	3.80m	Pat Oakes	Sheffield	9 September 2001
	Triple Jump	8.55m	Pat Oakes	Melbourne	8 October 2002
	Shot Putt	7.78m	Pat Oakes	Dartford	25 April 2003
	Discus	20.36m	Pat Oakes	Wakefield	7 July 2002
	Hammer	24.16m	Pat Oakes	Bromley	22 July 2002
	Javelin	22.98m	Pat Oakes	Melbourne	7 October 2002
	Heptathlon	4274 pts	Pat Oakes	Sheffield	8/9 September 2001



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W60	100m	17.1	Angela Price	Bromley	8 June 2007
	200m	38.28	Pat Oakes	Oxford	12 August 2006
	400m	86.4	Angela Price	Erith	13 July 2007
	800m	3:29.6	Jill McDougall	Ashford	5 June 2006
	1500m	7:12.7	Jill McDougall	Bromley	3 June 2005
	3000m	15:19.1	Jill McDougall	Canterbury	22 July 2005
	80mH	17.97	Pat Oakes	Oxford	13 August 2006
	200mH	47.9	Pat Oakes	Dartford	23 September 2007
	2Km Walk	16:54.0	Jill McDougall	Catford	22 July 2005
	High Jump	1.11m	Pat Oakes	Oxford	12 August 2006
	Long Jump	3.52m	Pat Oakes	Poznan	26 July 2006
	Triple Jump	7.91m	Pat Oakes	Poznan	29 July 2006
	Pole Vault	1.15m	Pat Oakes	Joplin, USA	21 June 2007
	Discus	19.99m	Pat Oakes	Canterbury	14 July 2006
	Javelin	18.20m	Pat Oakes	Ashford	9 June 2008
	Shot Putt	7.72m	Pat Oakes	Joplin, USA	22 June 2008
	Hammer	21.52m	Pat Oakes	Erith	17 September 2006
	Pentathlon	2644 pts	Pat Oakes	Poznan	24 July 2006
	Heptathlon	3755 pts	Pat Oakes	Oxford	12/13 August 2006
	Decathlon	4275 pts	Pat Oakes	Joplin USA	21/22 June 2008

W65	Discus	12.33m	Ann Mole	Canterbury	28 July 2003
	Javelin	10.27m	Ann Mole	Erith	23 June 2003

Mixed Age Relays	4 x 100m	62.4		Hoo	26 April 2002
	4 x 200m	2:06.02	Jill Hayman, Maria Newton, Angela Price, Kim Heffernan	Catford	2 June 2003
	4 x 400m	5:06.08		Erith	23 June 2003
	Medley	4:53.0	Dawn Copping, Penny Barber. Sarah Kenyon. Kim Heffernan	Canterbury	2 July 2007



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Indoor Performances

W35	60m	8.9	Dawn Copping	Sutton	23 March 2003
	60mH	11.2	Dawn Copping	Eton	27 September 2003
	High Jump	1.35m	Dawn Copping	Eton	2 November 2002
	Pole Vault	2.90m	Maria Newton	Bedford	18 January 2003
	Long Jump	4.23m	Sue Crennell	Sutton	23 March 2003
	Triple Jump	8.99m	Sue Crennell	Sutton	23 March 2003

W40	60m	8.9	Jill Hayman	Eton	17 November 2002
	60mH	11.3	Jill Hayman	Eton	17 November 2002
	Long Jump	4.51m	Dawn Copping	Eton	2 November 2003
	Shot Putt	7.73m	Dawn Copping	Eton	2 November 2003
	Pentathlon (60m not 800m)	3090	Dawn Copping	Eton	2 November 2003

W45	1500m	5:02.85	Denise Farnham	Cardiff	19 February 2005
	3000m	10:30.81	Denise Farnham	Cardiff	20 February 2005

W50	1500m	5:09.25	Denise Farnham	Linz	20 March 2006
	3000m	10:47.87	Denise Farnham	Linz	15 March 2006

W55	60m	9.9	Pat Oakes	Eton	17 November 2002
	60mH	11.69	Pat Oakes	San Sebastian	6 March 2003
	800m	3:57.29	Pat Oakes	San Sebastian	6 March 2003
	High Jump	1.21m	Pat Oakes	Eton	17 November 2002
	Long Jump	3.93m	Pat Oakes	San Sebastian	6 March 2003
	Triple Jump	8.76m	Pat Oakes	San Sebastian	9 March 2003
	Shot Putt	8.30m	Pat Oakes	San Sebastian	6 March 2003
	Pentathlon (Standard 800m)	3249 pts	Pat Oakes	San Sebastian	6 March 2003
	Pentathlon (60m not 800m)	3686 pts	Pat Oakes	Eton	17 November 2002

W60	60m	11.0	Pat Oakes	Sutton	21 October 2007
	200m	40.52	Pat Oakes	Lee Valley	4 March 2007
	800m	4:41.48	Pat Oakes	Clermont Ferrand	17 March 2008
	60mH	13.3	Pat Oakes	Sutton	21 October 2007
	High Jump	1.10m	Pat Oakes	Lee Valley	9 February 2008
	Long Jump	3.44m	Pat Oakes	Sutton	18 February 2007
	Triple Jump	7.41m	Pat Oakes	Lee Valley	4 March 2007
	Shot Putt	7.73m	Pat Oakes	Helsinki	22 March 2007
	Pentathlon (Standard 800m)	2575 pts	Pat Oakes	Clermont Ferrand	17 March 2008
	Pentathlon (60m not 800m)	3048	Pat Oakes	Sutton	21 October 2007