



Veteran Women 45/49 Club Records

Event	Time/Dist.	Name	Venue	Date
100m	16.1s	M.Olley	Ipswich	16/06/1991
200m	34.3s	M.Olley	Gt.Yarmouth	28/08/1990
400m	82.1s	P.Brightman	Norwich	03/05/2001
800m	03:51.6s	J.Grimes	Gt.Yarmouth	25/07/1995
1500m	06:57.1s	M.Olley	Gt.Yarmouth	30/08/1990
3000m	19:17.6s	P.Brightman	Kings Lynn	07/06/2000
80mH	16.8s	M.Olley	Corby	17/09/1989
100mH	21.6s	M.Olley	Colchester	28/08/1989
Shot	6.82m	J.Grimes	Braintree	01/05/1994
Discus	23.92m	J.Grimes	Gt.Yarmouth	14/05/1994
Hammer	16.92m	S.Shipp	Gt.Yarmouth	05/07/2000
Javelin	16.12m	M.Olley	Ipswich	14/04/1991
L.Jump	3.47m	M.Olley	Corby	17/09/1989
1 mile walk	11:29.1s	S.Shipp	Norwich	02/08/2000
2km walk	15:04.9s	S.Shipp	Bury St Edmunds	03/05/2000