

# BRACKNELL ATHLETIC CLUB RECORDS (WOMEN)

Senior Women				Junior Women			Under 17 Women			Under 15 Women			Under 13 Women		
Event	Holder	Distance, Height	Where When	Holder	Height, Distance	Where When	Holder	Height, Distance	Where When	Holder	Height, Distance	Where When	Holder	Time, Height, Distance	Where When
100m	Julie Arnold (Staines)	12.0	1981	Melanie Wilkins	12.3	Reading 14 Jun 92	A Fowler	12.3	1983	A Fowler, Sopia Papps	12.5	Guildford 17 May 09	Sophie Papps	10.2 (75m)	Bournemouth 22 Jul 07
200m	Helen Prvor	24.4	Watford 6 Feb 02	Melanie Wilkins	25.6	1992	A Fowler	25.2	1982	Sophie Papps	24.95	Ashford 24 May 09	Lucy Spencer	11.2 (80m)	Bracknell 30 Mar 02
400m	Julie Arnold (Staines)	54.6	1982	Kathryn Saunders	57.0	Crystal Palace 29 May 94	Rachel McClay	57.9	Walton 25 Jul 09	Rachel McClay		Sheffield 11 Aug 07	Sarah Ward	13.1 (100m)	Kingston 9 Apr 04
800m	Julie Compton	02:07.6	1983	Rachel Woods	02:17.9	Reading 9 Jun 07	Sarah Coulson	02:11.2	1979	Rachel McClay	02:15.2		Sophie Papps	19.9 (150m)	Bournemouth 22 Jul 07
1500m	Bernadette Madigan	04:17.0	1978	Bernidette Madigan	04:16.1	Birmingham 8 Dec 79	Bernadette Madigan	04:31.8	1976	Shireen Samy	04:45.4	1971	Sophie Papps	26.9 (200m)	Sutton 14 Jul 07
Mile				Bernidette Madigan	04:38.2	Gateshead 9 Sep 79							Rachel McClay	01:42.3 (600m)	Bracknell 15 May 05
3000m	Shireen Samy	09:08.4	Crystal Palace 8 Apr 84	Bernidette Madigan	09:13.0	Cwmbran 30 Jun 79	Bernadette Madigan	09:40.6	Bristol 1976	Becky Berner-North	10:23.70	Watford 21 Jul 09	Rachel McClay	02:24.1 (800m)	Salisbury 31 Jul 05
5000m	Shireen Samy	16:02.9	Cwmbran 28 May 84	Karen Whapshot	17:36.6	Cwmbran 31 May 82							Katie Trehwella	03:04.7 (1000m)	Watford 31 Mar 04
10000m	Marina Samy	34:22.9	1984										Eleanor Walton	03:49.3 (1200m)	Portsmouth 24 Jun 07
75m Hurdles										Stephanie Pullinger		Bracknell 1997	Katie Trehwella	04:51.2 (1500m)	Kingston 25 Jul 05
80m Hurdles							Stephanie Pullinger	11.2	Bournemouth 22 May 99	Stephanie Pullinger	12.1	1997	Stephanie Madgett	11.9 (70mH)	Woking
100m Hurdles	Melanie Wilkins	13.67	Crystal Palace 26 Jun 93	Melanie Wilkins	13.88	Horsham 29 Aug 92	N Webb	15.4	1984						
400m Hurdles	Sarah Coulson	60.4	1980	Sarah Burke	63.28	Aldershot 6 Jun 92	Sarah Coulson	64.0	1979						
4 X 100 Relay		48.3	1981	Irvine, Rafferty, Robey, Woods	51.4	Poole 28 Apr 07		51.0	1973		51.0	1980		4X100	50.3
4 X 400 Relay		03:49.9	1981	Baines, Millar, Ward, Woods	04:08.4	Poole 28 Apr 07		04:09.6	1975						
Pole Vault	Samantha Stapleton	3.20	Crystal Palace 26 Jun 94							Holly Cooper	2.40	Woking 9 May 99			
High Jump	Penny Dimmock	1.76	1972	Samantha Stapleton	07:12.0	1992	Penny Dimmock	1.70	1970	Emma Rafferty	1.60	Walton 17 Jun 06	G.Shaw	1.45	Reading 17 Sep 89
Long Jump	Stephannie Oram	5.52	1980	Vicky Standen	14:24.0	Woking 23 Apr 94	Kerry Willshire	5.34	Bournemouth 22 Aug 98	Stephanie Madgett	5.52		Stephanie Madgett	5.04	Woodford Green 9 Apr 99
Triple Jump	Jennie Wright	11.04	Walton, 2001	Jenni Wright	45:36.0	Eton 15 Jun 02	Jennie Wright	10.79	Windsor Jun 00				Biddlecombe	JT 27.74 (600g)	Bracknell
Hammer	Annette O'Conor	41.22	Bracknell	Annette O'Conor	38:24.0	1996	Hayley Sarinson	30.05	Andover 24 Apr 99				Francesca Oyidi	JT 27.36 (400g)	31-Aug-96
Javelin	Jennifer Morley	46.06	1982	Lauren Keightley	40:48.0	35588	Jennifer Morley	35.9	1978	Natalie Stanbridge	35.08		Biddlecombe	SP 9.74 (3.25kg)	Kingston
Shot	Janet Thomson	15.04	1979	Lauren Keightley	33:36.0	1996	Fiona Condon	11.97	1977	Fiona Condon	11.79	1975	Jo Thrift	SP 9.16 (2.72kg)	1995
Discus	Janet Thomson	54.52	1979	Lauren Keightley	26:24.0	Alicante Sp 7 Nov 98	Catherine Bradley	47.58	1984	Catherine Macintyre	40.44	1982	Biddlecombe	37.64 (.75kg)	1990

Under 11 Girls									
60m	Sophie Papps	9.3	Bracknell	26 Mar 05	200m	Sarah Ward	30.3	Newport	13 Jul 02
75m	Amelia Robinson	11.1	Walton	18 Jun 05	600m	Rachel McClay	01:54.8	Andover	25 May 03
80m	Lucy Palmer	13.77	Woking	09 Mar 06	800m	Rachel McClay	02:51.7	Eton	06 Aug 03
100m	Sophie Papps	14	Eton	22 May 05	Long Jump	Amelia Robinson	3.95	Guildford	13 Aug 05
150m	Sophie Papps	21.1	Sutton	07 Feb 05	4X100m	Lily B 'A'	61.2	Guildford	06 May 06