Central Park Athletics

Veteran Women VW55

Track & Field/Road Running
Club Records

Event	Performance	Athlete	Date	Venue	Notes
Track					
100m	17.6s	Eden SUMMERS	28.07.23	CPA Arena	
200m					
400m					
800m	3:08.40m	Ashley O'BRIEN	24.07.26	Tonbridge	
1500m	6:12.4m	Ashley O'BRIEN	29.05.26	Bromley	
1 Mile	8:49.10m	Ann KOMZOLIK	16.08.19	CPA Arena	
3000m	13:17.2m	Ashley O'BRIEN	01.05.26	Eltham	
5000m					
Field					
Discus (1k)					
Hammer (4k)					
Javelin (-)					
Shot Put (3k)					
High Jump	1.15m	Eden SUMMERS	07.07.23	Tonbridge	
Long Jump	3.09m	Eden SUMMERS	24.09.23	CPA Arena	
Triple Jump	6.90m	Eden SUMMERS	07.07.23	Tonbridge	
Pole Vault					
Road					
1 Mile					
5 km					
5 Mile					
10km	1:00:30h	Ann KOMZOLIK	06.05.19	Whitstable	
10 Mile					
Half Marathon	1:18:12h	Ashley O'BRIEN	04.10.26	Tonbridge	
Marathon					