



Central Park Athletics  
**Veteran Women VW75**  
Track & Field/Road Running  
Club Records



Event	Performance	Athlete	Date	Venue	Notes
<b>Track</b>					
100m					
200m					
400m					
800m					
1500m					
1 Mile					
3000m					
5000m					
<b>Field</b>					
Discus (0.75k)	11.03m	Janet PYNE	24.09.23	CPA Arena	
Discus (1k)	10.86m	Janet PYNE	28.07.23	CPA Arena	
Hammer (-)					
Javelin (400)	8.06m	Janet PYNE	24.09.23	CPA Arena	
Javelin (500)	7.65m	Janet PYNE	23.06.23	Bromley	
Shot Put (2k)	4.97m	Janet PYNE	24.09.23	CPA Arena	
Shot Put (3k)	4.26m	Janet PYNE	23.06.23	Bromley	
High Jump					
Long Jump					
Triple Jump					
Pole Vault					
<b>Road</b>					
1 Mile					
5 km					
5 Mile	1:17:41h	Janet PYNE	03.06.23	Harvel	
10 km					
10 Mile					
30 km					
Half Marathon					
Marathon					