Central Park Athletics

Veteran Women VW50

Track & Field/Road Running

Club Records

Event	Performance	Athlete	Date	Venue	Notes
Track					
100m					
200m					
400m					
800m	2:52m	Anoushka JOHNSON	01.08.25	Eltham	
1500m	6:10.03m	Anoushka JOHNSON	13.06.25	CPA Arena	
1500SCW	7:25.4m	Anoushka JOHNSON	17.08.24	Gillingham	
1500SCNW					
1 Mile					
2000SCW	9:57.45m	Anoushka JOHNSON	13.07.25	Twickenham	
3000m	13:33.65m	Anoushka JOHNSON	13.07.25	Twickenham	
5000m					
Field					
Discus (1k)					
Hammer (4k)					
Javelin (-)	7.90m	Anoushka JOHNSON	13.06.25	CPA Arena	
Shot Put (3k)	5.95m	Katrina ASHMORE	14.06.24	CPA Arena	
High Jump					
Long Jump	2.80m	Amanda CROCKFORD	26.06.18	CPA Arena	
Triple Jump					
Pole Vault					
Road					
1 Mile					
5 km	22:54m	Anoushka JOHNSON	30.10.26	Hyde Park	
5 Mile					
10km	45:48m	Anoushka JOHNSON	05.05.25	Whitstable	
10 Mile	1:18:39h	Anoushka JOHNSON	18.04.25	Folkestone	
Half Marathon	1:40:55h	Anoushka JOHNSON	22.02.26	Dartford	
Marathon	3:47:40h	Anoushka JOHNSON	14.09.25	Richmond	