



Central Park Athletics
Veteran Women VW60
Track & Field/Road Running
Club Records



Event	Performance	Athlete	Date	Venue	Notes
Track					
100m	17.5s	Eden SUMMERS	22.09.24	CPA Arena	
200m	38.30s	Eden SUMMERS	28.06.24	Eltham	
400m	1:29.3m	Denise ROSE	30.05.25	Bromley	
800m	3:23.98m	Denise ROSE	13.07.25	SAL	
1500m	6:45.9m	Denise ROSE	18.05.24	CPA Arena	
1 Mile					
3000m	14:25.2m	Denise ROSE	12.07.24	Tonbridge	
5000m	24:42m	Denise ROSE	17.08.24	Hemel Hempstead	
Field					
Discus (1k)	10.25m	Ann KOMZOLIK	05.05.23	Eltham	
Hammer (-)	14.69m	Ann KOMZOLIK	26.05.23	CPA Arena	
Javelin (-)	7.21m	Denise ROSE	18.05.24	CPA Arena	
Shot Put (3k)	5.4m	Ann KOMZOLIK	05.05.23	Eltham	
High Jump	1.15m	Eden SUMMERS	22.09.24	CPA Arena	
Long Jump	3.00m	Eden SUMMERS	22.09.24	CPA Arena	
Triple Jump	6.66m	Eden SUMMERS	22.09.24	CPA Arena	
Pole Vault					
Road					
1 Mile					
5 km					
5 Mile	43:49m	Denise ROSE	07.06.25	Harvel	
10 km	52:20m	Denise ROSE	05.05.25	Whitstable	
10 Mile	1:28.12h	Denise ROSE	18.04.25	Folkestone	
30 km	3:56:49h	Ann KOMZOLIK	27.06.21	North Downs	
Half Marathon					
Marathon	5:05:30h	Ann KOMZOLIK	10.04.22	Llanelli	