



Central Park Athletics  
**Veteran Women VW40**  
Track & Field/Road Running  
Club Records



Event	Performance	Athlete	Date	Venue	Notes
<b>Track</b>					
60m (i)	8.88s	Karolina MYKIETYN	13.02.22	Sutcliffe	Indoor
100m	13.5s	Karolina MYKIETYN	20.05.23	CPA Arena	
200m	28.2s	Karolina MYKIETYN	20.05.23	CPA Arena	
400m	1:17.2m	Liz BROOKES	07.07.23	Tonbridge	
800m	2:42.87m	Liz BROOKES	09.07.23	Ashford	
1500m	5:29.3m	Liz BROOKES	20.06.21	CPA Arena	
1 Mile					
3000m	12:00.4m	Liz BROOKES	20.05.23	CPA Arena	
5000m	19:58.4m	Anoushka JOHNSON	22.09.18	Erith	
<b>Field</b>					
Discus (1k)	21.21m	Sally SMITH	26.09.21	CPA Arena	
Hammer (-)	16.29m	Kate CLARKE	16.07.23	Eltham	
Javelin (-)	17.48m	Kate CLARKE	09.07.23	Ashford	
Shot Put (-)	6.94m	Kate CLARKE	16.07.23	Eltham	
High Jump	1.05m	Katy MUNT	22.05.22	Eltham	
Long Jump	2.90m	Katy MUNT	12.06.22	Gillingham	
Triple Jump					
Pole Vault					
<b>Road</b>					
1 Mile					
5 km	19:47m	Anoushka JOHNSON	28.09.18	Hyde Park	
5 Mile	33:39m	Anoushka JOHNSON	02.06.18	Harvel	
10km	42:23m	Liz BROOKES	02.05.22	Whitstable	
10 Mile	1:11:31h	Anoushka JOHNSON	30.03.18	Folkestone	
Half Marathon	1:34:22h	Anoushka JOHNSON	18.03.18	Surrey	
20 Mile	2:44:43h	Julia SILO	12.03.23	Lydd	
Marathon	3:36:35h	Coralie CHARLES	19.04.26	Manchester	