



Central Park Athletics
Veteran Women VW45
Track & Field/Road Running
Club Records



Event	Performance	Athlete	Date	Venue	Notes
Track					
100m					
200m	36.20s	Liz BROOKES	28.06.24	Eltham	
400m	1:22.04m	Renee-Marie YOUNG	20.06.18	CPA Arena	
800m	2:34m	Anoushka JOHNSON	26.09.21	CPA Arena	
1500m	5:37m	Anoushka JOHNSON	09.05.22	Eltham	
1500SCNWJ	6:47m	Anoushka JOHNSON	13.08.22	Gillingham	
1 Mile					
2000SCW	9:13.2m	Liz BROOKES	18.05.24	CPA Arena	
3000m	11:54.6m	Liz BROOKES	17.05.24	Bromley	
5000m	20:59.9m	Liz BROOKES	15.06.24	Stevenage	
Field					
Discus (1k)	18.15m	Liz BROOKES	18.05.24	CPA Arena	
Hammer (4k)	16.80m	Liz BROOKES	15.06.24	Stevenage	
Javelin (-)	15.81m	Liz BROOKES	26.06.25	Tooting Bec	
Shot Put (-)	6.94m	Kate CLARKE	16.07.23	Eltham	
High Jump					
Long Jump	2.80m	Janice MUNDAY	26.06.19	CPA Arena	
Triple Jump					
Pole Vault					
Road					
1 Mile					
5 km	20:34m	Anoushka JOHNSON	04.09.20	Hyde Park	
5 Mile	34:53m	Anoushka JOHNSON	01.06.19	Harvel	
10km	41:54m	Liz BROOKES	06.05.24	Whitstable	
10 Mile	1:11:07h	Anoushka JOHNSON	15.04.22	Folkestone	
Half Marathon	1:31:48h	Anoushka JOHNSON	17.05.19	Hampton Park	
30km	3:03:42h	Renee-Marie YOUNG	24.06.18	Surrey	
20 Mile	3:01:17h	Renee-Marie YOUNG	17.03.19	Ramsgate	
Marathon	3:31:54h	Anoushka JOHNSON	28.04.19	London	