

# Ryston Runners AC Track and Field Club Records

Last Updated 26/11/2017

	Under 13 Girls		Under 15 Girls		Under 17 Girls		Junior Women (U20)		Senior Women	
100m	Rachel Matthews	13.7	Elizabeth Barnes	13.2	Victoria Borrman	13.1	Kirsty Clarke	12.7	Kirsty Clarke	12.9
200m	Rachel Matthews	28.4	Hannah Brown	27.1	Hannah Brown	26.67	Hannah Brown	25.9	Kirsty Clarke	26.6
300m			Hannah Brown	41.8	Hannah Brown	41.45				
400m					Hannah Brown	59.91	Hannah Brown	57.5	Kirsty Clarke	62.8
800m	Kate Willis	02:28.0	Sophia Richards	02:19.6	Kelly Marsters	02:20.6	Hannah Brown	02:21.3	Marie French	02:20.5
1000m	Samantha Koziel	03:27.8	Rachel McKenzie	03:07.6						
1500m	Kate Willis	05:18.2	Samantha Koziel	04:57.5	Kelly Marsters	04:41.8	Annie Rooks	05:05.9	Marie French	04:50.5
3000m			-	-	Annie Rooks	11:22.2	-	-	Marie French	10:20.4
5000m							-	-	Marie French	17:53.5
70mH	Hannah Cook	12.9								
75mH			Elizabeth Barnes	11.8						
80mH					Elizabeth Barnes	12.7				
100mH					E Garner & P Hawkins	19.3	Frankie Webb	17.1	Lyndsey Yellop	16.2
300mH					Gemma Neave	50.2				
400mH					Poppy Hawkins	01:16.6	Poppy Hawkins	01:17.2	Lyndsey Yellop	01:08.5
1500mSC					Annie Rooks	05:58.6	Annie Rooks	05:48.1	Lorena Latisaite	06:16.7
2000mSC							-	-	Lorena Latisaite	08:33.0
3000mSC							-	-	-	-
4x100mR	R Matthews H Ilett J Robinson K Grantham	57.5	C Howlett F Matthews H Grantham E Barnes	54.5	K Marsters Nelson H Chilvers G Bonnett	55.6	-	-	Barnes Grantham Clarke K Clarke G	54.0
4x400mR						-	-	-	Clarke G Hunt Binks Clarke K	04:35.1
PV	-	-	Emily Brown	1m 80	Emily Brown	2m 30	Frankie Webb	2m 40	Frankie Webb	2m 40
HJ	T Roberts/H Brown	1m 35	Thea Howlett	1m 55	Frankie Webb	1m 58	Frankie Webb	1m 55	Frankie Webb	1m 50
LJ	Charlene Howlett	4m 42	Thea Howlett	4m 99	Thea Howlett	5m 13	Abi Simmons	4m 92	Mel Reed	4m 40
TJ			Victoria Borrman	8m 64	Thea Howlett	10m 39	Kim Herrington	10m 39	Laura Wood	9m 09
JT	Bea Honeybone	26m 73	Thea Howlett	33m 66	Emma Trace	36m 96	Emma Trace	36m 70	Frankie Webb	25m 29
HT			-	-	Megan Boon	42m 30	Megan Boon	44m 36	Laura Allen	23m 55
DT	Bea Honeybone	19m 44	Megan Boon	20m 12	Thea Howlett	25m 60	Kim Herrington	29m 82	Rebecca Tuff	21m 75
SP	Claire Carter	6m 97	Thea Howlett	9m 32	Emma Trace	8m 88	Kim Herrington	9m 19	Rebecca Tuff	7m 64
Pentathlon	Bea Honeybone	1401 pts	Thea Howlett	2518 pts	-	-	-	-	-	-
Heptathlon					-	-	-	-	-	-