



# Ryston Runners AC Female Masters Track and Field Club Records

Last Updated 29/07/2019

	Female Master 35-39		Female Master 40-44		Female Master 45-49		Female Master 50-54		Female Master 55-59		Female Master 60-64		Female Master 65-69		Female Master 70+	
100m	Gaye Clarke	12.9	Gaye Clarke	13.6	Gaye Clarke	13.7	Gaye Clarke	14.6	Gaye Clarke	15.35	Marlene Simmonds	16.9	Marlene Simmonds	17.5		
200m	Gaye Clarke	27.5	Gaye Clarke	28.2	Gaye Clarke	28.2	Gaye Clarke	29.6	Gaye Clarke	31.87	Marlene Simmonds	35.6			Marlene Simmonds	47.4
300m	-	-	Gaye Clarke	45.4	-	-	-	-	-	-	-	-				
400m	Karen Manning	66.0	Gaye Clarke	66.1	Lou Campion	71.06	Gaye Clarke	75.4	Marlene Simmonds	81.9	Marlene Simmonds	87.4	Jane Ashby	01:41.1		
800m	Karen Manning	02:27.9	Karen Manning	02:41.1	Carolyn Potts	02:41.8	Gaye Clarke	02:53.7	Gaye Clarke	03:12.4	Marlene Simmonds	03:42.8	Marlene Simmonds	04:00.8		
1500m	Christine Anthony	05:15.6	Sarah Taylor	05:39.6	Carolyn Potts	05:46.6	Helen Mott	07:19.8	Gill Hart	06:56.5	Jane Ashby	07:24.0	Jane Ashby	07:24.0		
3000m	Marie French	10:55.8	Sarah Taylor	11:53.1	Carolyn Potts	12:06.9	Helen Mott	15:03.3	Gill Hart	14:24.0	Helen Sewell	15:26.0	Jane Ashby	15:17.2		
5000m	Christine Anthony	19:59.9	-	-	-	-	-	-	-	-	-	-				
80mH			Gaye Clarke	12.5	Gaye Clarke	12.4	Gaye Clarke	13.4	Gaye Clarke	14.14	Marlene Simmonds	16.81			Marlene Simmonds	20.8
100mH	Gaye Clarke	15.1	Gaye Clarke	15.6	Gaye Clarke	18.4	Gaye Clarke	19.9	Gaye Clarke	21.00						
300mH									Gaye Clarke	58.94			Marlene Simmonds	96.8	Marlene Simmonds	109.1
400mH	Karen Manning	71.3	Gaye Clarke	71.5	Gaye Clarke	79.9	Gaye Clarke	78.9	-	-	-	-				
1500mSC	-	-	Nicky Roger	06:52.8	-	-	-	-	-	-	-	-				
2000mSC	-	-	-	-	-	-	-	-	-	-	-	-				
3000mSC	-	-	-	-	-	-	-	-	-	-	-	-				
PV	Jo Isbill	2m 30	Jo Isbill	2m 70	Jo Isbill	2m 50	Jo Isbill	1m 90	Marlene Simmonds / Gaye Clarke	1m 20	-	-				
HJ	Gaye Clarke	1m 35	Gaye Clarke	1m 35	Gaye Clarke	1m 42	Gaye Clarke	1m 40	Gaye Clarke	1m 36	Marlene Simmonds	1m 14	Marlene Simmonds	1m 11	Marlene Simmonds	1m 03
LJ	Gaye Clarke	4m 90	Gaye Clarke	4m 81	Gaye Clarke	4m 71	Gaye Clarke	4m 48	Gaye Clarke	4m 14	Marlene Simmonds	3m 56	Marlene Simmonds	3m 40	Marlene Simmonds	2m 72
TJ	Gaye Clarke	9m 73	Gaye Clarke	9m 84	Gaye Clarke	9m 70	Marlene Simmonds	9m 58	Marlene Simmonds	9m 18	Marlene Simmonds	8m 34	Marlene Simmonds	7m 95	Marlene Simmonds	6m 61
JT	Katy Tuncer	20m 71	Sondra Stokes	17m 66	Nicola Pocklington	18m 39	Marlene Simmonds	21m 48	Marlene Simmonds	22m 48	Marlene Simmonds	20m 24	Marlene Simmonds	19m 92	Marlene Simmonds	14m 93
HT	Bridget Wood	22m 02	Gaye Clarke	25m 29	Gaye Clarke	29m 56	Gaye Clarke	28m 88	Gaye Clarke	31m74	Marlene Simmonds	22m 18	Marlene Simmonds	18m 19	Marlene Simmonds	14m 63
DT	Jo Brook	22m 61	Jo Isbill	23m 37	Marlene Simmonds	26m 56	Marlene Simmonds	28m 26	Marlene Simmonds	26m 49	Marlene Simmonds	23m 13	Marlene Simmonds	20m 85	Marlene Simmonds	19m 24
SP	Katy Tuncer	8m 62	-	8m 08	Marlene Simmonds	8m 32	Marlene Simmonds	9m 66	Marlene Simmonds	9m 58	Marlene Simmonds	8m 97	Marlene Simmonds	8m 54	Marlene Simmonds	7m 05
Pentathlon	-	-	-	-	Gaye Clarke	3052 pts	-	-	Gaye Clarke	3488 pts	-	-				
Heptathlon	-	-	Gaye Clarke	3916 pts	Gaye Clarke	4321 pts	Gaye Clarke	4601 pts	Gaye Clarke	4563 pts	Marlene Simmonds	4263 pts				