

WINDSOR SLOUGH ETON & HOUNSLOW A.C.
ALL TIME TOP TEN PERFORMANCES (FEMALE)
AMENDMENTS TO BRYAN GOODMAN

FIRST CLAIM ATHLETES ONLY		<i>As at 31st August 2019</i>	
100m			
11.1 w	Beverley Kinch		09/05/1987
11.13 w	Shirley Thomas		27/05/1984
11.27	Sophie Papps		30/07/2016
11.29 w	Marcia Richardson		29/05/2000
11.31	Wendy Hoyte		04/10/1982
11.43	Donita Benjamin		11/08/2000
11.46	Eleanor Cohen		30/07/1982
11.54 w	Lukesha Morris		31/05/2015
11.64	Georgina Oladapo		22/08/1985
11.65 w	Megan Marrs U20		29/05/2016
200m			
23.14 w	Shirley Thomas		28/05/1984
23.20	Helen Pryer		22/07/2009
23.30	Sophie Papps		19/04/2014
23.31 Ind	Nicola Sanders		03/03/2007
23.40	Marcia Richardson		30/07/1993
23.46	Janine MacGregor		22/08/1981
23.50	Eleanor Cohen		05/06/1982
23.57	Bev Kinch		13/06/1993
23.61	Monique Dell		06/10/2010
23.65	Georgina Oladapo		20/07/1985
400m			
49.65	Nicola Sanders		29/08/2007
51.93	Janine MacGregor		28/08/1981
52.15 Ind	Lesley Owusu		09/03/2001
52.48	Georgina Oladapo		20/07/1985
52.98	Laura Wake		26/04/2014
53.20	Shelayna Oskan-Clarke		20/08/2011
53.34	Dawn Wilson (Hunt)		14/06/2008
53.45	Helen Pryer		11/09/2011
53.47	Jessie Knight		16/07/2017
53.64	Shona Richards		09/08/2015
800m			
1.58.86	Shelayna Oskan-Clarke		27/08/2015
2.01.87	Dawn Gandy		19/06/1988
2.02.23	Chris Whittingham		19/06/1986
2.02.69	Natalie Tait		16/07/1995
2.02.70	Alison Wright		19/08/1979
2.02.83	Mary Kitson		21/07/1991
2.02.89	Wendy Sly		30/07/1983
2.03.00	Tanya Gee-Blake		??/??/1994
2.03.18 Ind	Leah Barrow		28/02/2016
2.03.41	Nicola Sanders		18/04/2009

1500m				
4.04.14	Wendy Sly			14/08/1983
4.06.24	Chris Whittingham			05/07/1986
4.08.17	Kathy Butler			29/06/1997
4.11.23	Paula Fudge			31/07/1981
4.11.68	Alison Wright			15/08/1979
4.12.79	Kerry O'Flaherty			13/06/2015
4.12.88	Carolyn Schuwalow			23/11/1989
4.14.51	Vicky Fouhy U20			30/06/2013
4.15.30	Ann Ford			17/09/1977
4.15.40	Bernadette Madigan			16/08/1980
3000m				
8.37.06	Wendy Sly			10/08/1983
8.40.97	Kathy Butler			24/08/2001
8.48.74	Paula Fudge			29/08/1978
8.52.80	Ann Ford			28/08/1977
8.53.87	Carolyn Schuwalow			28/01/1990
8.58.98	Hayley Yelling			04/07/2001
9.09.31	Bernadette Madigan			05/07/1980
9.09.50	Kerry O'Flaherty			20/03/2009
9.10.44	Sophie Morris			07/07/2007
9.13.70	Annette Roberts			30/06/1979
5000m				
15.05.51	Kathy Butler			03/09/2004
15.14.51	Paula Fudge			13/09/1981
15.16.44	Hayley Yelling			23/07/2005
15.21.45	Wendy Sly			05/08/1987
15.22.43	Carolyn Schuwalow			06/05/1996
15.38.80	Ann Ford			05/06/1982
15.58.67	Kerry O'Flaherty			28/05/2011
15.58.75	Sophie Morris			07/06/2008
16.16.2	Bernadette Madigan			09/04/1983
16.25.30	Maryse Haynes			23/08/2014
10000m				
31.36.90	Kathy Butler			12/06/2004
31.45.14	Hayley Yelling			12/06/2004
31.53.36	Wendy Sly			08/10/1988
32.58.35	Carolyn Schuwalow			01/07/1989
33.19.90	Bernadette Madigan			27/04/1985
33.53.40	Nicky McCracken			19/09/1989
34.28.00	Jackie Cooper			20/09/1989
34.55.00	Cassandra Mihailovic			??/05/1988
35.47.52	Maryse Haynes			04/05/2014
36.59.66	Nicole Swaffield			20/05/2017

1500m SC				
4.54.22	Alex Barbour U20			08/07/2017
5.00.53	Martha Reynolds			10/07/2009
5.00.75	Matilda Compton-Stewart U20			23/07/2017
5.03.82	Meg Ormond U20			14/07/2018
5.08.34	Maryse Haynes			07/07/2012
5.12.93	Kathryn Ditton U20			13/09/2014
5.22.13	Felicity Johnson U20			30/06/2013
5.22.48	Sophie Street			08/09/2013
5.22.81	Maddie Garner U20			29/05/2011
5.32.2	Rebecca Pope U20			12/07/2017
2000m SC				
6.34.20	Kerry O'Flaherty			05/07/2014
6.47.86	Alex Barbour U20			07/05/2018
7.03.83	Tilly Compton-Stewart U20			06/08/2016
7.09.64	Meg Ormond U20			02/06/2018
7.10.80	Martha Reynolds			04/07/2009
7.18.31	Maryse Haynes			28/07/2012
7.25.07	Alice Flint			23/06/2018
7.40.93	Kathryn Ditton U20			12/07/2015
7.45.75	Sophie Street U20			08/06/2013
7.52.24	Maddie Garner U20			07/05/2011
3000m SC				
9.42.61	Kerry O'Flaherty			10/07/2015
10.20.63	Vicky Fouhy			09/05/2014
10.55.67	Alex Barbour U20			21/04/2018
11.22.13	Matilda Compton-Stewart U20			17/06/2018
11.26.25	Maryse Haynes U20			17/06/2012
11.34.79	Kathryn Ditton U20			20/09/2014
100mH				
13.07	Lorna Boothe			07/10/1982
13.17	Melanie Wilkins			18/06/2000
13.28 w	Clova Court			14/08/1999
13.32	Megan Marrs			26/06/2018
13.40 w	Bianca Liston			15/07/2000
13.59	Heather Ross			24/05/1987
13.61 w	Shirin Irving U20			21/06/2015
13.70	Harriet Jones			09/06/2019
13.71	Steph Clitheroe			19/06/2016
13.89	Tessa North			26/07/1985

400m H				
55.32	Nicola Sanders			23/03/2006
56.05	Shona Richards			12/07/2015
56.31	Jessie Knight			25/08/2019
57.00	Simone Laidlow			06/08/1988
57.13	Justine Kinney			05/06/2010
57.17	Laura Wake			29/05/2014
58.18	Marcey Winter U20			21/07/2019
59.40	Orla Brennan U20			13/07/2019
59.43	Christine Amede			30/08/1998
59.60	Dawn Gandy			16/05/1987
High Jump				
1.97m	Morgan Lake			30/06/2018
1.83m	Louise Manning			??/??/1986
1.82m	Wendy Phillips			19/07/1980
1.80m	Camellia Hayes			31/07/2016
1.79m	Temi Ojora U17			25/02/2018
1.75m Ind	Frances Smithson			29/01/2011
1.73m	Val Stenning			12/07/1987
1.73m	B. Zenner			14/04/1984
1.72m	Charmaine Johnson			03/07/1994
1.72m Ind	Georgina Westwood U20			25/01/2014
Pole Vault				
4.20m	Irie Hill			04/03/2006
4.10m	Sophie Upton			10/06/2010
4.05m	Jessica Robinson U20			11/06/2016
4.00m	Alison Davis			12/08/2000
3.90m	Catherine Macrae			01/07/2006
3.81m Ind	Olivia Curran			01/02/2017
3.71m	Amber Try U20			27/07/2014
3.62m Ind	Charlotte Williams			01/02/2014
3.55m	Kim Rothman			17/06/1998
3.50m	Alice Humble			04/03/2012
3.50m	Larissa Lowe			22/06/2000
Long Jump				
7.12m w	Nicole Boegman			29/07/1995
6.90m	Beverley Kinch			14/08/1983
6.52m	Georgina Oladapo			15/06/1984
6.45m	Donita Benjamin			23/07/2000
6.41m	Carol Earlington			10/07/1983
6.37m	Kelly Wenlock			24/04/1982
6.35m w	Jenny Pacey			12/06/2010
6.33m	Joanne Dear			18/05/1993
6.32m	Morgan Lake U20			29/06/2014
6.19m	Kim Rothman			09/09/2000

Triple Jump				
14.14m w	Michelle Griffith			25/07/2000
13.85m	Yasmine Regis			18/05/2008
13.64m	Rachel Kirby			07/08/1994
13.31m	Karlene Misiani			28/05/2006
13.30m	Shakira Whight			24/06/2012
13.28m	Nicole Boegman			26/01/1995
13.08m w	Temi Ojora U20			22/06/2019
13.01m w	Naomi Phillips			27/05/2019
12.79m	Karlene Turner			29/06/2008
12.78m	Claudimira Landim U20			20/01/2019
Shot	4K			
17.53m	Rachel Wallader			04/06/2016
15.81m	Tracy Axten			19/07/1988
15.06m	Eva Massey			02/06/2001
14.94m Ind	Clare Fitzgerald			15/02/2014
14.85m	Morgan Lake U20			31/05/2014
14.79m	Janis Kerr			??/??/1984
14.29m	Charmaine Johnson			05/06/1993
14.24m Ind	Emma Carpenter			19/01/2008
14.18m	Anne Fowles			19/08/1984
13.95m	Jackie Jackson			07/08/1982
Discus	1Kg			
58.18m	Tracy Axten			31/05/1997
57.26m	Emma Carpenter			12/07/2008
56.42m	Amy Holder			15/06/2019
55.05m	Clare Fitzgerald			29/05/2016
48.54m	Sandra Browne			03/07/1988
47.72m	Eva Massey			27/07/2000
47.12m	Janis Kerr			??/??/1980
44.23m	Alana Wallace			18/07/1998
43.16m	Iona Doyley			08/07/1983
42.96m	Fay Champion			17/05/1997
Javelin				
71.70m	Tessa Sanderson	OLD SPEC		16/07/1988
64.87m	Kelly Morgan			14/07/2002
57.02m	Janette Rose			??/??/1985
54.92m	Anita Fitzgibbon			27/07/2013
51.57m	Hannah Johnson			21/05/2017
50.34m	Rosie Semenytsh			01/05/2010
48/09m	Alison Moffit			03/05/1998
47.22m	Vanessa Vanterpool			14/06/1980
46.02m	Clova Court			12/08/2000
43.42m	Clover Wynter-Pink			02/08/1998
43.38m	Nicky Cobb			12/05/1996

Hammer	4Kg				
63.69m	Amy Herrington				28/03/2019
63.05m	Lyn Sprules				23/05/1999
59.49m	Joanne John				02/07/2008
57.53m	Olivia Kelleher				24/04/1999
55.86m	Diana Holden				21/06/1997
55.13m	Bola Ogun				24/06/2010
50.62m	Janet Smith V50				16/08/1997
50.54m	Charlotte Gould U20				30/08/2014
48.30m	Ellie Chandler U20				29/07/2016
46.02m	Francesca Williams U17				24/06/2018
Hammer	3Kg				
62.23m	Amy Harrington U20				04/04/2005
53.41m	Ellie Chandler U20				28/06/2015
44.66m	Janet Smith V50				05/10/2008
17.70m	Ellie Jackson U20				08/07/2012