



Cambridge Harriers

Senior Women's

Track & Field Club Records



Event	Performance	Athlete (s)	Date	Venue
100m	10.90s	Daryll Neita	03.08.2022	Birmingham
200m	22.16s	Daryll Neita	25.08.2023	Budapest (HUN)
400m	51.0s	Marilyn Neufville (U20)	23.07.1970	Edinburgh
800m	2:01.2s	Joan Allison	01.07.1973	Leipzig (GER)
1500m	4:10.56s	Holly Dixon	09.08.2025	Stretford (Manchester)
3000m	9:06.39s	Glynis Penny	16.07.1978	Edinburgh
5000m	15:41.85s	Holly Dixon	14.06.2025	Vienna (AUT)
10,000m	33:46.38s	Holly Dixon	20.05.2023	Parliament Hill
100mH	14.30s	Gabriella Ade-Onojobe	02.07.2011	Gateshead
400mH	59.1s	Carole Zissler	11.08.1982	Crystal Palace
2000mSC	8:25.67s	Clare Elms (W45)	19.05.2012	Eltham
High Jump	1.80m (i)	Wendy MacDonald (U20)	10.03.1990	Cosford
Long Jump	6.21m	Helen Garrett	1993	
Triple Jump	11.71m	Helen Garrett	07.08.1993	Peterborough
Pole Vault	3.23m (i)	Cloe Garrett (U20)	25.09.2011	Carshalton
Shot	17.53m	Angela Littlewood	24.07.1980	Moscow (RUS)
Discus	49.00m	Vanessa Redford	1978	
Javelin	47.48m	Judith St-Ange (U20)	1971	
Hammer	42.79m	Bonnie Brito Costa	26.06.2019	Dartford
Heptathlon	5258 points	Alexandra Telling (U20)	1983	
3000m Walk	13:51.34s (+)	Sophie Lewis Ward (U20)	14.07.2016	Tbilisi (GEO)
5000m Walk	23:37.55s	Sophie Lewis Ward (U20)	14.07.2016	Tbilisi (GEO)
10,000m Walk	50:54.32s	Hannah Hopper (U23)	29.06.2025	Cardiff
4 x 100m Relay	47.5s	Pauline Boorman Marlow Hadler Joan Allison Marilyn Neufville	1971	
4 x 400m Relay	3:51.1s	Marlow Hadler Joan Page Margaret MacSherry Marilyn Neufville	1970	

(+) Set on route to 5000m.

Performances which better the existing club record but were established with wind > 2.0m/s

Event	Performance	Athlete (s)	Date	Venue
100m	10.80s (+3.8)	Daryll Neita	25.06.2022	Manchester