

Women's UK Heptathlon Records

Last Updated:

09 October 2018

Age Group	Name	Venue	Date	100mH	HJ	SP	200m	LJ	JT	800m	Total
W35	Charmaine Johnson	Arles, FRA	03/06/2000	14.78	1.62	12.99	26.45	5.25	33.17	2:30.93	5307
<i>Best performances with the Javelin CoG 95cm max</i>											
W35	Clover Court	Hemel Hempstead	24/08/1997	13.47	1.51	13.18	23.63	5.67	52.26	2:26.94	6194
Age Group	Name	Venue	Date	80mH	HJ	SP	200m	LJ	JT	800m	Total
W40	Diana Norman	Aarhus, DEN	28/07/2017	12.27	1.59	10.86	27.19	5.38	30.16	2:20.79	5642
W45	Wendy Laing	Ljubljana, SVN	24/07/2008	12.30	1.61	9.99	28.01	4.90	30.40	2:37.88	5819
W50	Janet Dickinson	Malaga, ESP	05/09/2018	13.91	1.37	8.67	28.22	4.77	27.16	2:49.00	5322
W55	Susan Frisby	Aarhus, DNK	28/07/2017	13.22	1.44	9.02	29.41	4.61	20.13	2:58.40	5855
W60	Carole Filer	Birmingham	31/07/2016	13.28	1.43	7.31	30.13	4.48	12.97	3:06.13	5927
W65	Sally Hine	Birmingham	31/07/2016	16.84	1.13	5.60	33.85	3.46	11.23	3:30.44	4545
W70	Pat Oakes	Sheffield	03/09/2017	19.76	1.01	6.31	44.29	2.87	12.81	5:15.50	3537