Notts AC Masters Best Performances Women
17 November 2026

Please note
This is based on looking though old documents, up to date results, remembered people, and power of ten.
There are gaps we would love to fill. For example I could not find anything for the O60s
We know for many of the best performances there will be better performances out there.
Please let me know and I will update them for the next iteration contact me at aidannottsac@gmail.com

O35	Event	Athlete	Mark	Venue	Date	Competition
Track	60m	Emma Lyons	8.53 (i)	Lee Valley	23 Feb 2025	British Masters Champs
	100m	Emma Lyons	13.01 (w)	Derby	11 May 2024	County Champs
	200m	Fiona Palmer	27.77 (w)	Birmingham	29 July 2007	BMAF Masters Champs
	400m	Fiona Palmer	60.90	Solihull	2005	Veterans AA of England International
	800m	Sarah O'Dowd	2.13.2	Birmingham	6 June 2010	Midland League
	1500m	Ellen Gallie	5.26.0	Birmingham	2004	Midland League Div 2
	Mile					
	3,000m	Michelle Kruger	11.01.3	Nottingham	10 May 2008	County Champs
	5,000m	Sarah O'Dowd	4.32.59	Solihull	10 July 2010	BMC Grand Prix
	10,000m					
	100m Hurdles	Emma Lyons	18.16 (1.0)	Rugby	17 May 2025	Midland League

	400m Hurdles					
	3,000m Steeplechase					
	4 X 100m					
	4 x 400m					
Field	High Jump	Emma Lyons	1.50	Rugby	19 Aug 2023	Midland League
	Long Jump	Emma Lyons	4.96	Liverpool	23 May 2026	National League Champ North
	Triple Jump	Emma Lyons	9.54	Rugby	17 May 2025	Midland League
	Pole Vault	Emma Lyons	3.70	Nottingham	13 July 2025	Midland League
	Shot Put	Emma Lyons	9.20 (4kg)	Rugby	17 May 2025	Midland League
	Discus	Emma Lyons	36.73 (1kg)	York	31 May 2025	National League Champ North
	Hammer					
	Javelin	Emma Lyons	22.90 (600)	Newport	16 May 2026	Midland League Div 2
	Heptathlon					
Road	5K					
	10K	Ellen Gallie	42.47	Derby	10 April 2023	Derby 10K
	10 Mile					
	Half Marathon	Ellen Gallie	1.35.26	Derby	28 Nov 2021	Derby Half Marathon
	Marathon					

O40	**Event**	**Athlete**	**Mark**	**Venue**	**Date**	**Competition**

Track	60m					
	100m	Fiona Palmer	13.4	Hereford	4 August 2012	Midland League
	200m	Fiona Palmer	27.5	Hereford	4 August 2012	Midland League
	400m	Fiona Palmer	61.2	Wolverhampton	27 May 2012	Midland League
	800m	Ellen Gallie	2.25.01	Stretford	22 Aug 2026	NAL Champs North
	1500m	Michelle Kruger	5.15.02	Sacramento, USA	15 Jul 2011	World Masters Champs
	Mile	Amelia Fraser	7.07.2	Nottingham	25 June 2021	Tim Wealthall Mile
	3,000m	Michelle Kruger	10.54.2	Cheltenham	5 May 2012	Midland League
	5,000m	Michelle Kruger	19.35.80	Birmingham	5 July 2009	British Masters
	10,000m					
	100m Hurdles					
	400m Hurdles					
	3,000m Steeplechase	Joanne Clamp	13.34.90	Nottingham	13 August 2022	Midland Counties Div 1
	2,000m Steeplechase	Joanne Clamp	8.53.66	Kingston	4 June 2022	NAL Prem
	4 X 100m					
	4 x 400m					
Field	High Jump					
	Long Jump	Fiona Palmer	3.73	Rugby	6 July 2011	Midland Vets Evening league
	Triple Jump					
	Pole Vault					
	Shot Put					
	Discus	Michelle Kruger	15.23 (1Kg)	Wolverhampton	27 May 2012	Midland League
	Hammer					

	Javelin	Fiona Palmer	15.72 (600)	Stoke Gifford	1 July 2012	Midland League
	Heptathlon					
Road	5K	Michelle Kruger	19.55	Horwich	20 June 2010	Horwich Carnival 5K
	10K	Michelle Kruger	41.24	Holme Pierrepont	3 July 2014	Holme Pirrepont Grand Prix
	10 Mile	Carole Robinson	69.58	Whetstone	1988	
	Half Marathon	Carole Robinson	1hr .31	Retford	1988	
	Marathon	Carole Robinson	3hr 23	London	1988	

O45	Event	Athlete	Mark	Venue	Date	Competition
Track	60m					
	100m	Fiona Palmer	13.5	Nuneaton	6 July 2014	Midland League
	200m	Fiona Palmer	27.65 (2.4)	Birmingham	10 August 2014	BMAF British Masters Champs
	400m	Fiona Palmer	63.53	Birmingham	9 August 2014	BMAF British Masters Champs
	800m	Catherine Charlton	2:50.83	Stoke	29 August 2026	Midland League Div 2
	1500m	Catherine Charlton	5:46.48	Stretford	22 August 2026	
	Mile					
	3,000m	Joanne Clamp	11.48.46	Mansfield	11 May 2025	County Champs
	5,000m	Joanne Clamp	20.40.45	Rugby	17 May 2025	Midland League Div 2
	10,000m					
	100m Hurdles					
	400m Hurdles					
	3,000m Steeplechase	Joanne Clamp	13.25.54	Leamington	31 Aug 2025	Midland League Div 2
	1,500m Steeplechase	Joanne Clamp	6.27.44	Liverpool	5 July 2025	NAL North
	2,000m Steeplechase	Joanne Clamp	8.48.64	Nottingham	19 July 2025	NAL North
	4 X 100m					
	4 x 400m					

Field	High Jump					
	Long Jump					
	Triple Jump					
	Pole Vault					
	Shot Put					
	Discus	Fiona Palmer	14.21	Nuneaton	6 July 2014	Midland League
	Hammer					
	Javelin	Fiona Palmer	12.12	Nuneaton	6 July 2014	Midland League
	Heptathlon					
Road	5K					
	10K	Michelle Kruger	42.51	Nottingham	28 May 2016	Nottingham 10K
	10 Mile	Michelle Kruger	1 Hr 11.20	Holme Pierrepont	16 June 2016	Notts 10
	Half Marathon	Catherine Charlton	1:29 48	Retford	15 March 2026	Retford Half
	Marathon	Catherine Charlton	3:24.42	Zagreb Croatia	11 Oct 2026	

O50	Event	Athlete	Mark	Venue	Date	Competition
Track	60m	Fiona Palmer	9.26 (i)	Sheffield	5 Feb 2022	Run Throw meeting
	100m	Fiona Palmer	14.36	Coventry	6 July 2019	English Masters International
	200m	Fiona Palmer	29.69	Coventry	6 July 2019	English Masters International
	300m	Fiona Palmer	50.24 (i)	Sheffield	1 December 2018	Northern Athletic Open
	400m	Fiona Palmer	69.4	Derby	12 May 2019	County Champs
	800m	Fiona Palmer	3.15.21	Bedford	20 August 2022	NAL
	1500m	Fiona Palmer	6.53.83	Bedford	20 August 2022	NAL
	Mile	Patricia Allen	6.55	Harvey Hadden	10 Sep 1996	Tim Wealthall Mile
	3,000m					
	5,000m					
	10,000m					
	100m Hurdles					
	400m Hurdles					
	3,000m Steeplechase					
	4 X 100m					
	4 x 400m					

Field	High Jump					
	Long Jump	Fiona Palmer	3.50	Nuneaton	7 July 2021	Midlands League
	Triple Jump					
	Pole Vault					
	Shot Put					
	Discus	Fiona Palmer	10.75 (1kg)	Solihull	1 September 2018	Midland Vets League
	Hammer	Fiona Palmer	12.42 (3Kg)	Nottingham	31 August 2019	Midland Vets League
	Javelin	Fiona Palmer	13.20 (600) 16.13 (500)	Gloucester	20 May 2023	Midland League
	Heptathlon					
Road	5K					
	10K	Angela Brown	57:12	Nottingham	8 March 2026	
	10 Mile					
	Half Marathon	Patricia Allen	1hr 41	Worksop	13 April 1997	
	Marathon	Patricia Allen	4hr 55	London	27 Oct 1996	

O55	Event	Athlete	Mark	Venue	Date	Competition
Track	60m					
	100m	Fiona Palmer	14.86	Nottingham	13 May 2023	County Champs
	200m	Fiona Palmer	30.27 (w)	Nottingham	13 May 2023	County Champs
	400m	Fiona Palmer	72.1 73.27 (i)	Newark Sheffield	30 Apr 2023 19 Feb 2023	Notts CDL BMAF Champs
	800m	Fiona Palmer	3.15.65	Bedford	7 Jul 2024	NAL
	1500m	Fiona Palmer	6.58.63	Birmingham University	9 Sep 2023	Midland League
	Mile					
	3,000m					
	5,000m					
	10,000m					
	100m Hurdles					
	400m Hurdles					
	3,000m Steeplechase					
	4 X 100m					
	4 x 400m					
Field	High Jump					
	Long Jump	Fiona Palmer	3.11	Mansfield	6 Sep 2026	Notts CDL
	Triple Jump					
	Pole Vault					
	Shot Put	Fiona Palmer	5.29 (4Kg)	Yate	3 August 2025	Midland League

	Discus	Fiona Palmer	15.48 (1Kg)	Yate	14 July 2024	Midland League
	Hammer					
	Javelin	Fiona Palmer	13.20 (600)	Gloucester	20 May 2023	Midland League
	Heptathlon					
Road	5K					
	10K					
	10 Mile					
	Half Marathon					
	Marathon					

O60	**Event**	**Athlete**	**Mark**	**Venue**	**Date**	**Competition**
Track	60m					
	100m					
	200m					
	400m					
	800m					
	1500m					
	Mile					
	3,000m					
	5,000m					
	10,000m					
	100m Hurdles					
	400m Hurdles					
	3,000m Steeplechase					
	4 X 100m					

	4 x 400m					
Field	High Jump					
	Long Jump					
	Triple Jump					
	Pole Vault					
	Shot Put					
	Discus					
	Hammer					
	Javelin					
	Heptathlon					
Road	5K					
	10K	Jane Pidgeon	51.55	Leicester	12 April 2026	
	10 Mile					
	Half Marathon					
	Marathon					