

Club Indoor Tack And Field Records Women - Updated 23 July 2025

No Changes Since The 6 June 2025 Issue

	Under 11	Under 13	Under 15	Under 17	Under 20	Under 23	Senior	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74
60m	8.92	8.19	7.55	7.61	7.32	7.29	7.27	7.62	7.57	8.45	9.52	9.71	9.95		
100m		13.86	12.71	12.32	12.10										
200m	28.63	28.66	24.68	24.34	24.4	24.57	23.35		24.24	27.90			35.20		
300m			40.18	39.16		36.88	36.53					52.82			
400m			2:14.90	59.74	53.18	52.16	51.74		61.76	67.3	67.70	1:13.82			
600m	2:01.95	1:49.52			1:39.83										
800m		2:30.46		2:12.54	2:10.44	1:59.87	1:59.27	2:17.81	2:14.09	2:20.95	2:31.43	2:39.06			
1500m			4:45.4	4:32.2	4:31.79	4:14.82	4:06.73	4:44.31	4:39.99	4:56.5	5:05.84	5:20.17			
3000m					9:46.26	9:18.42	9:02.06				10:59.40				
60m H			9.54	9.12	9.00	8.54	8.01								
Heptathlon															
Pentathlon			2943	2859		3940	3940	2141							
Octathlon															
HJ			1.56	1.65	1.75	1.81	1.83						1.10		
HJ							1.88								
PV			3.30	3.22	3.71	4.26	4.31			3.00		2.20	2.44		
LJ	3.36	4.26	5.03	5.45	5.58	5.82	6.25					3.71	3.51		
TJ				12.37	11.79	13.45	15.16	14.82				7.94	7.51		
SP 3kg				10.39									6.02		
SP 3.25kg			10.52												
SP 4kg					13.92	15.66	16.13	14.33	10.81						