

## Woking Sportsbox Stadium Records

### 100m

**12.49 Holly Ryan** (+W) 12.10 Tianna Haynes  
**11.11 Jake Etherington** (+W) 10.63 Zac Nwogwugwu

### 200m

25.22 Amelia Whiteley  
21.60 Joel Houslin

### 400m

55.21 Brooke Ironside  
49.33 Rouben Henry-Daire

### Mile

**5:03.50 Martha Collings**  
**4:33.69 Martin Sunderland**

### LJ

(nwi) 5.16 Philippa Roga  
(nwi) 6.73 Jack Compton

## Woking Open Meeting Records

### 100m

**12.49 Holly Ryan** 12.4 Chinedu Monye  
11.03 Lee Dollard (nwi) 10.9 Gareth Cunningham

### 200m

26.27 Vickie Hewett (nwi) 25.10 Dominique Blaize (nwi) 24.9 Chinedu Monye  
21.92 Richard Strachan (nwi) 21.91 Gareth Cunningham

### 400m

57.16 Kate Laidlow  
47.88 Zac Curran

### Mile

**5:03.50 Martha Collings**  
**4:33.69 Martin Sunderland**

### LJ

(nwi) 5.35 Gabrielle Kirkham  
(nwi) 6.37 Ryan Bonifas