

## Senior Women (as at 31<sup>st</sup> December 2007)

### 100 Metres

1	11.65	-0.1	Lucy Sargent	13-Sep-88	U17	Marrakesh	14th July 2005
2	11.9	+0.7	Linda Smith	4-Jan-63	U23	Woodford	22nd May 1983
3=	12.0		Verona Elder	5-Apr-53		Hornchurch	4th May 1981
3=	12.0		Fiona Page (12.02 +0.9)	30-Aug-72	U17	Thurrock	11th June 1988
5	12.1		Ruth McMenemy	12-Apr-70	U17	Birmingham Bromley	5th Aug 1988) 15th July 2000
6=	12.2	+0.8	Debbie Showler	30-Jun-58	U17	Crystal Pal	29th June 1974
6=	12.2		Claudine Leger	17-May-80	U17	Newham	6th Aug 1995
6=	12.2		Lynne Ilott	16-Jun-49		Ilford	20th Apr 1974
6=	12.2		Jillian Reynolds	17-Dec-70			7th Aug 1993
6=	12.2		Pat Shiels	21-Aug-53	U20		1970
11=	12.3y		Jacqueline Gray		U17	Grays	18th Aug 1962
11=	12.3y		Beryl Ficken			Ilford	24th July 1962
13=	12.4y		Maria Oldall	25-Aug-53	U17		6th July 1968
13=	12.4		Alison McRitchie			West London	8th Aug 1976
13=	12.4		Susan Harries	9-Sep-70	U20		29th Aug 1988
16=	12.5y		Sheila Richardson		U17		7th June 1969
16=	12.5		Ruth Chettleburgh	17-Feb-57		Hendon	9th May 1981
16=	12.5		Sonya Lapena	13-Nov-75	U15	Dartford	21st July 1990
16=	12.5		Kate Brewington	15-Oct-81	U23	Basildon	1st Sept 2001
<b>16=</b>	<b>12.5</b>		<b>Frankie Calder</b> (12.60 +2.0)	<b>13-Jun-91</b>	<b>U17</b>	<b>Stevenage</b> Birmingham	<b>16th July 2006</b> 8th July 2005)

### Wind Assisted or Unconfirmed Marks

	11.81	+5.5	Fiona Page	30-Aug-72	U20	Bratislava	14th June 1989
	12.1		Debbie Showler	30-Jun-58	U17	Bebington	6th July 1973
	12.1	+2.8	Kate Brewington	15-Oct-81	U23	Stafford	8th Sept 2001
	12.3y		Sheila Richardson		U15		15th July 1967
	<b>12.3</b>		<b>Maria Oldall</b>	<b>25-Aug-53</b>	<b>U17</b>		<b>6th June 1968</b>
	12.4		Lynn Greaves		U17	Crystal Pal	23rd June 1974
	12.49	+5.4	Frankie Calder	13-Jun-91	U15	Portsmouth	28th May 2005
	12.5		Barbara Brigden		U17		June 1965
	<b>12.5</b>		<b>S Lloyd</b>				<b>15th June 1968</b>

### 200 Metres

1	23.78i		Lucy Sargent (23.93 +0.5)	13-Sep-88	U17	Birmingham	20th Feb 2005
					U17	Watford	29th May 2004)
2	23.9		Verona Elder (24.01 +1.1)	5-Apr-53		Hornchurch San Diego	20th June 1981 26th Apr 1980)
3	24.5	+1.3	Jillian Reynolds	17-Dec-70		Derby	1st Aug 1993
4	24.64	-1.6	Fiona Page	30-Aug-72	U17	Birmingham	7th Aug 1988
5=	24.7		Linda Smith (24.97 +0.9)	4-Jan-63	U23	Loughboro	27th June 1984
5=	24.7		Ruth Chettleburgh	17-Feb-57	U23	Crystal Pal	15th Jun 1984)
7	24.9		Ruth McMenemy	12-Apr-70		Hendon	9th May 1981
8=	25.0		Lynne Ilott	16-Jun-49		Bromley	15th July 2000
8=	25.0		Debbie Showler	30-Jun-58	U20	Norbiton	15th June 1974
10	25.11	+0.0	Kate Brewington	15-Oct-81	U23	Hornchurch	29th June 1975
11=	25.2		Lesley Kiernan	9-Aug-57	U23	Rostock GER	20th July 2003
<b>11=</b>	<b>25.2</b>		<b>Frankie Calder</b>	<b>13-Jun-91</b>	<b>U17</b>	Warley	24th Sept 1977
13	25.4		Pat Shiels	21-Aug-53	U20	Basildon	15th June 1989
14=	25.6		Claire Edwards (25.72)	18-Jan-75	U15	Chelmsford	25th Apr 1970
14=	25.6y		Maria Oldall	25-Aug-53	U15	Basildon	1st July 1989
16=	25.7		Claudine Neckles	23-Feb-76	U17		15th June 1989
16=	25.7		Claudine Leger	17-May-80	U17	Newham	3rd July 1968 23rd May 1992 6th Aug 1995

18=	25.8y	Stephanie Dupuy				18th June 1960
18=	25.8	Jenny Davies	26-Nov-55	U23		1977
18=	25.8	-- Saunders		U17	Nottingham	5th July 1975

#### Wind Assisted or unconfirmed Marks

23.6	+3.7	Lucy Sargent	13-Sep-88	U17	Haringey	25th July 2004
		(23.61 +3.0		U17	Birmingham	14th Aug 2004)
23.75	+2.3	Verona Elder	5-Apr-53		Walnut, USA	19th Apr 1980
24.67	+5.8	Pat Shiels	21-Aug-53	U20	Edinburgh	21st July 1970
24.72	+2.4	Ruth McMenemy	12-Apr-70		Glasgow	29th July 2000
24.9		Lynne Ilott	16-Jun-49		Southend	25th May 1974
24.9		Debbie Showler	30-Jun-58	U17	Woodford	10th Aug 1974
24.9		Carolyn Wells	7-Nov-63	U17	Woodford	30th Aug 1980
<b>25.0</b>		<b>Maria Oldall</b>	<b>25-Aug-53</b>	<b>U20</b>		<b>16th May 1971</b>

#### 400 Metres

1	51.94	Verona Elder	5-Apr-53		Furth, FRG	30th May 1981
2	53.9	Lesley Kiernan	9-Aug-57	U23	Crystal Pal	20th Aug 1977
3	53.95	Ruth Chettleburgh	17-Feb-57		Crystal Pal	25th July 1981
4	54.9	Jillian Reynolds	12-Dec-70		Derby	1st Aug 1993
5	55.13	Carolyn Wells	7-Nov-63	U17	Edinburgh	23rd Aug 1980
6	55.6	Jenny Davies	26-Nov-55		Feltham	25th June 1978
7	56.8	Denise Kiernan	27-Mar-61	U20	Hornchurch	12th Aug 1978
8	57.0	Elaine Haley	11-Apr-67	U23		20th Sept 1989
9	57.1	Susan Baxter	24-Nov-63	U17	Crystal Pal	1st Sept 1979
10	57.3	Liz Gahagan				14th May 1988
11=	57.4	Denise Brooks	7-Nov-58		Plymouth	4th July 1981
<b>11=</b>	<b>57.4</b>	<b>Harriet Scott</b>	<b>17-Jan-86</b>	<b>U23</b>	<b>Milton Keynes</b>	<b>5th Aug 2007</b>
13	57.9	Maria Oldall	25-Aug-53	U20	Harlow	22nd May 1971
14	58.2	Laurie Cossey	24-Nov-81	U20	Basildon	10th June 2000
15	58.3	Sara Luck	18-Nov-86	U17	Hendon	22nd June 2003
16	58.4	Claire Edwards	18-Jan-75	U17	Crystal Pal	14th July 1991
17=	58.6y	Valerie Filtness				20th June 1964
17=	58.6	Sue Smith				14th Apr 1979
19	58.64	Alison Bickell	29-Mar-73	U17	Haringey	19th June 1988
20=	58.9	Jo Sullivan	15-Jul-73			17th May 1997
20=	58.9	Faye Fullerton	31-May-84	U23	Abingdon	31st July 2004

#### 800 Metres

1	2:01.48	Lesley Kiernan	9-Aug-57	U23	Cwmbran	11th June 1977
2	2:03.5	Una English	14-Aug-70	U23	Manchester	20th May 1992
3	2:04.95	Denise Kiernan	27-Mar-61	U20	Crystal Pal	3rd June 1978
<b>4</b>	<b>2:06.27</b>	<b>Harriet Scott</b>	<b>17-Jan-86</b>	<b>U23</b>	<b>Crystal Pal</b>	<b>17th June 2007</b>
<b>5</b>	<b>2:06.83</b>	<b>Faye Fullerton</b>	<b>31-May-84</b>	<b>U23</b>	<b>Watford</b>	<b>23rd Aug 2006</b>
6	2:07.9	Jenny Davies	26-Nov-55		Hull	29th July 1978
7	2:08.4	Anne Reason	16-Jun-68	U20	Harlow	19th May 1985
8	2:08.81	Ruth Chettleburgh	17-Feb-57	U23	Crystal Pal	19th Aug 1977
9	2:08.9	Denise Brooks	7-Nov-58		Aldershot	14th June 1981
<b>10</b>	<b>2:08.98</b>	<b>Alex Joel</b>	<b>19-Sep-83</b>		<b>Watford</b>	<b>8th Aug 2007</b>
11	2:09.69	Dorita Harmse	28-Sep-73		Bedford	20th Aug 2000
12	2:09.7	Carolyn Wells	7-Nov-63	U17	Birmingham	31st May 1980
13=	2:09.8i	Verona Elder	5-Apr-53		San Fran. USA	4th Jan 1980
13=	2:09.8	Debbie Sullivan	13-Feb-72		Milton K	2nd Sept 2000
15	2:10.2	Elaine Haley	11-Apr-67	U23	Thurrock	9th Sept 1988
16	2:11.3	Valerie McCormack	14-Feb-55	U23	Crystal Pal	2nd July 1977
17	2:11.46	Susan Baxter	24-Nov-63	U15	Crystal Pal	18th Aug 1978
<b>18</b>	<b>2:11.52</b>	<b>Katie Richardson</b>	<b>18-Jan-89</b>	<b>U20</b>	<b>Gateshead</b>	<b>8th July 2006</b>
19=	2:11.54	Jo Sullivan	15-Jul-73		Watford	20th June 1999
19=	2:11.54	Megan Foley	14-Apr-88	U17	Watford	5th July 2003

### 1500 Metres

1	4:11.33	Una English	14-Aug-70		<b>Nurnberg, FRG</b>	7th June 1996
<b>2</b>	<b>4:12.34</b>	<b>Faye Fullerton</b>	<b>31-May-84</b>		<b>Manchester</b>	<b>9th June 2007</b>
<b>3</b>	<b>4:15.97</b>	<b>Harriet Scott</b>	<b>17-Jan-86</b>	<b>U23</b>	<b>Crystal Palace</b>	<b>25th Aug 2007</b>
<b>4</b>	<b>4:18.19</b>	<b>Alex Joel</b>	<b>19-Sep-83</b>		<b>Manchester</b>	<b>27th Jul 2007</b>
5	4:19.29	Anne Reason	16-Jun-68	U20	Kamen, FRG	7th July 1985
6	4:19.6	Denise Kiernan	27-Mar-61	U20	Crystal Pal	24th June 1978
7	4:21.12	Debbie Sullivan	13-Feb-72		Bedford	31st May 1999
8	4:24.8i	Lesley Kiernan	9-Aug-57	U20	Cosford	1st Feb 1975
9	4:28.3	Lauren Deadman	27-Mar-84	U20	Eton	21st July 2002
10	4:28.36	Dorita Harmse	28-Mar-73		Watford	10th June 2000
11	4:29.39	Katie Richardson	18-Jan-89	U17	Birmingham	15th Aug 2004
12	4:30.24	Megan Foley	14-Apr-88	U17	Gateshead	10th July 2004
13	4:33.0	Sharon Jeffries	23-Feb-65	U17	Aldershot	19th July 1981
14	4:33.5	Elaine Haley	11-Apr-67	U23		26th June 1988
15	4:36.1	Helen Ruffell	4-Apr-68	U17	Thurrock	13th July 1984
16	4:37.2	Nicola Jones	10-Apr-75	U17	West London	28th July 1990
17	4:37.7	Christine Brannon	6-Dec-52			1976
18	4:38.67	Susan Baxter	24-Nov-63	U15	Crystal Pal	22nd July 1978
19	4:39.1	Jo Sullivan	15-Jul-73		Enfield	23rd July 2000
20	4:39.3	Donna Dearlove	5-Oct-73	U15	West London	7th Sept 1988

### 3000 Metres

1	9:01.6mx	Una English	14-Aug-70			27th Mar 1996
<b>2</b>	<b>9:07.52</b>	<b>Faye Fullerton</b>	<b>31-May-84</b>	<b>U23</b>	<b>Crystal Palace</b>	<b>28th July 2006</b>
<b>3</b>	<b>9:16.55</b>	<b>Alex Joel</b>	<b>19-Sep-83</b>		<b>Solihull</b>	<b>21st Jul 2007</b>
4	9:34.30	Debbie Sullivan	13-Feb-72		Birmingham	16th Aug 1997
5	9:37.9	Anne Reason	16-Jun-68		Harlow	13th Mar 1985
<b>6</b>	<b>9:41.09</b>	<b>Harriet Scott</b>	<b>17-Jan-86</b>	<b>U23</b>	<b>Eton</b>	<b>7th July 2007</b>
7	9:41.8	Denise Kiernan	27-Mar-61	U20	Hornchurch	7th May 1978
<b>8</b>	<b>9:46.21</b>	<b>Lauren Deadman</b>	<b>27-Mar-84</b>		<b>Watford</b>	<b>11th July 2007</b>
9	10:03.6	Christine Brannon	6-Dec-52	U20	Hayes	31st July 1971
10	10:04.4	Nikki Barnett	17-Sep-70			17th May 1997
11	10:07.8	Megan Foley	14-Apr-88	U17	Hendon	25th Apr 2004
12	10:13.0	Helen Ruffell	4-Apr-68			5th Sept 1993
13	10:17.0	Sharon Jeffries	23-Feb-65	U17	Crawley	8th Aug 1981
14	10:19.4	Kathy Knopp			Warley	24th Sept 1977
15	10:20.2	Flip Bishop	8-Jan-70	U20		2nd Sept 1989
<b>16</b>	<b>10:22.95</b>	<b>Georgie-Lou Sales</b>	<b>21-Sep-90</b>	<b>U17</b>	<b>Watford</b>	<b>30th May 2007</b>
17	10:25.3	C Brown			Birmingham	1st May 1980
18	10:26.0	Trish Naylor	1-Jun-57	U20		29th May 1976
19	10:27.9	Jo Sullivan	15-Jul-73		Bromley	17th July 1999
20	10:28.1	Donna Dearlove	5-Oct-73	U17	Coventry	10th Sept 1989

Mx = Mixed Race

### 5,000 Metres

1	15:19.12	Una English	14-Aug-70		<b>Huesden, BEL</b>	12th July 2001
2	16:07.5	Debbie Sullivan	13-Feb-72		Birmingham	13th Aug 2000
<b>3</b>	<b>16:11.71</b>	<b>Alex Joel</b>	<b>19-Sep-83</b>		<b>Solihull</b>	<b>21st Jul 2007</b>
4	18:22.6	Nikki Barnett	17-Sep-70			9th May 1998
5	18:28.3	Helen Ruffell	4-Apr-68			19th May 1991
6	19:08.7	Flip Bishop	8-Jan-70			30th Apr 1995
7	19:56.8	Marie Gambardella	12-Feb-80	U20	Woking	29th June 1997
8	20:39.4	Hayley Hawes	7-Aug-80	U23	Yate	7th July 2002
9	21:29.5	Eleanor Mole	20-May-80		Abingdon	6th July 2003

## 10,000 Metres

1	34:30.16	Debbie Sullivan	13-Feb-72		Watford	3rd July 1999
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## Marathon

1	2:42.24	Debbie Sullivan/Appleton	13-Feb-72		London	17th Apr 2005
2	3:20.57	Kathy Knopp			Birmingham	19th Sept 1982
3	<b>3:38.06</b>	<b>Jo Sullivan</b>	<b>15-Jul-73</b>		<b>London</b>	<b>23rd Apr 2006</b>
4	<b>3:39.57</b>	<b>Denise Harris</b>	<b>27-Sep-71</b>	<b>W35</b>	<b>London</b>	<b>22nd Apr 2007</b>
5	3:57.21	Linda Smith	25-Nov-53	W50	London	18th Apr 2004

## 100 Metres Hurdles

1	13.7	-1.6	Kate Brewington	15-Oct-81		Barking	6th June 2004
			13.85	+1.6	U23	Birmingham	14th July 2002
2	13.78	+0.9	Lynne Ilott	16-Jun-49		Crystal Pal	20th July 1974
3	14.5		Chloe Van Wulven	10-Sep-87	U17	Eton	20th June 2004
			<b>14.71</b>	<b>-0.1</b>	<b>U20</b>	<b>Gateshead</b>	<b>7th July 2006</b>
4	<b>14.8</b>		<b>Lisa Schofield</b>	<b>14-Aug-89</b>	<b>U20</b>	<b>Lee Valley</b>	<b>26th May 2007</b>
			15.89	+1.6	U17	Carshalton	24th July 2005
5	<b>14.82</b>	<b>-0.4</b>	<b>Nicola Hill</b>	<b>1-Feb-91</b>	<b>U17</b>	<b>Crystal Pal</b>	<b>17th June 2007</b>
6	<b>15.25</b>	<b>+1.8</b>	<b>Claire Brennan</b>	<b>26-Dec-80</b>		<b>Wigan</b>	<b>4th June 2006</b>
7	15.5		Sandra Forrest	1-Jun-45			30th July 1977
8	15.6		Keeley Johnson	14-Apr-67	U17		18th Sept 1983
9	16.0		Pru Carter	4-May-50		Hornchurch	22nd June 1974
10	16.7		Sara Luck	18-Nov-86	U20	Ipswich	26th June 2004
11	16.9		Lisa Vincent	23-Sep-74	U20		9th Aug 1992
12	17.0		Claire Edwards	6-Jan-75	U20		19th June 1993
13	17.2		Louise Hebron		U20		30th Apr 1995
14	17.3		Katie O'Sullivan	10-Feb-87	U17	Croydon	28th July 2002
15	17.4		Jackie Farrant				21st July 1984
16=	17.5		Pat Shiels	21-Aug-53	U20		16th May 1970
16=	17.5		Nina Brennan	3-Feb-85	U20	Scunthorpe	4th July 2004
18=	17.7		Lee Dale		U17		16th July 1994
18=	17.7		Sarah Short		U20	Aldershot	7th June 1997
20	17.8		Claudine Neckles	23-Feb-76	U20		22nd July 1995

## Wind Assisted Marks

	13.6		Lynne Ilott	16-Jun-49		Crystal Pal	1st June 1974
	14.44	+2.5	Chloe Van Wulven	10-Sep-87	U17	Bedford	27th June 2004
	15.1		Claire Brennan	26-Dec-80		Bromley	22nd May 2004
			<b>15.11</b>	<b>+2.9</b>		<b>Eton</b>	<b>7th July 2007</b>
	<b>15.32</b>	<b>+2.3</b>	<b>Lisa Schofield</b>	<b>14-Aug-89</b>	<b>U20</b>	<b>Eton</b>	<b>7th July 2007</b>
	16.58	+3.5	Sara Luck	18-Nov-86	U20	Bedford	25th July 2004
	17.3		Nina Brennan	3-Feb-85	U20	Perivale	11th Sept 2004

## 400 Metres Hurdles

1	59.9		Denise Kiernan	27-Mar-61	U20	Crystal Pal	6th Sept 1978
2	<b>62.24</b>		<b>Nicola Hill</b>	<b>1-Feb-91</b>	<b>U17</b>	<b>Crystal Pal</b>	<b>16th June 2007</b>
3	<b>65.01</b>		<b>Chloe Van Wulven</b>	<b>10-Sep-87</b>	<b>U20</b>	<b>Swansea</b>	<b>2nd July 2006</b>
4	65.4		Ruth Chettleburgh	17-Feb-57		Woodford	30th Aug 1980
5	65.5		Sara Sappinen	16-Sep-80	U23	Haringey	7th Apr 2001
6	65.6		Sara Luck	18-Nov-86	U20	Carshalton	23rd May 2004
7	<b>66.2</b>		<b>Lisa Schofield</b>	<b>14-Aug-89</b>	<b>U20</b>	<b>Chelmsford</b>	<b>13th May 2007</b>
8	66.4		Claudine Neckles	23-Feb-76	U20		7th Aug 1993
9	66.7		Flip Bishop	8-Jan-70	U17	West London	7th Sept 1985
10	66.8		Susan Castling	17-Sep-64	U17	Hornchurch	13th July 1980
11=	67.4		Iris McCormack	22-Apr-56		Hornchurch	23rd June 1979
11=	67.4		Nicola Schofield	13-Sep-86	U17	Harrow	27th July 2003

13=	67.5	Debbie Showler	30-Jun-58	U23	Hornchurch	30th June 1979
13=	67.5	Claire Brennan	26-Dec-80		Peterborough	3rd Aug 2003
15=	68.0	Kay Morris	5-Oct-62	U17	Hull	29th July 1978
15=	68.0	Jenny Davies	26-Nov-55			1974
17=	68.1	Valerie McCormack	14-Feb-55	U23		28th Aug 1977
17=	68.1	Jo Slack		U17		2nd June 1991
17=	68.1	Lisa Vincent	23-Sep-74	U23		13th Aug 1994
20	68.4	Nina Brennan	3-Feb-85	U20	Hendon	25th Apr 2004

## High Jump

1=	1.73m	Linda Knowles	28-Apr-46	U17	Belgrade	14th Sept 1962
1=	1.73m	Kate Brewington	15-Oct-81		Battersea	5th July 2004
3=	1.70m	Keeley Johnson	14-Apr-67	U17	Southend	10th Sept 1983
3=	1.70m	Chloe Van Wulven	10-Sep-87	U17	Barking	29th June 2003
5=	1.68m	Iris McCormack	22-Apr-56		Basildon	20th May 1979
<b>5=</b>	<b>1.68m</b>	<b>Sara Luck</b>	<b>18-Nov-86</b>	<b>U23</b>	<b>Lee Valley</b>	<b>5th Dec 2007</b>
<b>7</b>	<b>1.66m</b>	<b>Bethan Siddons</b>	<b>29-Sep-90</b>	<b>U17</b>	<b>Bedford</b>	<b>10th Sept 2006</b>
8	1.65m	Kay Morris	5-Oct-62	U17	West London	24th June 1979
9	1.62m	Katie O'Sullivan	10-Feb-87	U17	Walton	8th June 2002
10	1.61m	Heather Godden	9-Apr-60	U20	Woodford	14th May 1977
11	1.60m	Claire Brennan	26-Dec-80	U17	Crystal Pal	23rd May 1997
12	1.58m	Rebecca Merry	6-Jun-70	U15	Hornchurch	11th Aug 1984
13	1.56m	Helen McDonnell	19-Feb-89	U15	Chelmsford	19th Apr 2003
14=	1.55m	Maureen Rawlings		U17		23rd Aug 1958
14=	1.55m	Jackie Hartshorn	17-Apr-59	U20		1977
14=	1.55m	Jackie Upson				1st Aug 1993
<b>14=</b>	<b>1.55m</b>	<b>Angela James</b>	<b>29-Mar-92</b>	<b>U15</b>	<b>Bedford</b>	<b>10th Sept 2006</b>
18	1.53m	Sue Deboos	11-Sep-82	U15	Basildon	10th May 1997
19=	1.52m	Margaret Pickett		U17	Chelmsford	6th June 1962
19=	1.52m	L Barry		U17	Hornchurch	14th May 1966
19=	1.52m	Kay Lane/Oliver	<b>5-Jan-44</b>			28th May 1967

## Long Jump

1	6.12m	+1.4	Kate Brewington	15-Oct-81		Manchester	11th July 2004
2	5.75m	-0.1	Lucy Sargent	13-Sep-88	U17	Chelmsford	16th May 2004
3	5.73m		Christina Castling	24-Nov-62	U17	Chelmsford	9th June 1979
4	5.70m		Helen Bush	17-Dec-65	U23	Thurrock	17th May 1986
5	5.59m		Lisa Vincent	23-Sep-74	U20	Welwyn GC	25th Apr 1992
6=	5.53m		Lynne Ilott	16-Jun-46		Nottingham	5th July 1975
6=	5.53m		Susan Harries	9-Sep-70	U17	Colchester	25th Aug 1986
8	5.51m		Jackie Selby		U17		1972
<b>9</b>	<b>5.47m</b>		<b>Kirsty Smith</b>	<b>25-Apr-87</b>	<b>U20</b>	<b>Eton</b>	<b>13th August 2006</b>
10	5.46m		Christine McClelland	<b>11-Dec-46</b>	U20		2nd May 1964
11	5.39m		Jackie Gray		U17		21st July 1962
<b>12</b>	<b>5.37m</b>		<b>Nicola Hill</b>	<b>1-Feb-91</b>	<b>U17</b>	<b>Bedford</b>	<b>2nd July 2006</b>
13	5.33m		Linda Knowles	28-Apr-46	U20		1963
14	5.28m		Denise Rippe	14-Dec-57	U17	Hornchurch	31st Aug 1974
15	5.26m		Jenny Raynor		U17	Basildon	16th May 1993
16	5.24m		Jackie Foreman				1977
17=	5.22m		Janice Edwards		U15	Portsmouth	6th July 1968
17=	5.22m		Jillian Reynolds	17-Dec-70	U15	Colchester	1st Sept 1984
19=	5.20m		Hannah Gamester	7-Jul-83	U20	Barking	16th July 2000
19=	5.20m		Emma Bonny	9-Sep-87	U15	Kingston	14th July 2001

## Wind Assisted Marks

5.64m		Lynne Ilott	16-Jun-46			20th July 1975
<b>5.59m</b>	<b>+3.0</b>	<b>Kirsty Smith</b>	<b>25-Apr-87</b>	<b>U20</b>	<b>Eton</b>	<b>26th Aug 2006</b>
5.55m		Christina Kalejaiye	6-Dec-87	U17	Perivale	11th Sept 2004
5.37m		Chloe Van Wulven	10-Sep-87	U17	Hendon	22nd June 2003

## Triple Jump

1	11.83m +1.7	<b>Kirsty Smith</b>	25-Apr-87	U20	Bedford	22nd July 2006
2	11.49m	Susan Harries	9-Sep-70		Eton	12th Aug 1995
3	11.33m	Lisa Vincent	23-Sep-74	U23	Woodford	24th Apr 1994
4	10.92m +0.4	<b>Lynsey Clark</b>	2-Sep-86	U23	Swansea	2nd July 2006
5	10.60m	Corrina Keevil	19-Sep-80	U20	Croydon	23rd May 1999
6	10.29m	<b>Bethan Siddons</b>	29-Sep-90	U17	Bedford	10th Sept 2006
7	10.19m	<b>Nicola Hill</b>	1-Feb-91	U17	Kingston	12th Aug 2006
8	9.90m ind	<b>Kathy Yoka</b>	1-Aug-90	U17	Uxbridge	21st Jan 2006
9=	9.88m ind	Sally Vincent		U20		January 1994
9=	9.88m	Sacha Richards		U17	Crawley	4th Sept 1999
11	9.73m	Hannah Gamester	7-Jul-83	U23	Scunthorpe	4th July 2004
12	9.52m	<b>Angela James</b>	29-Mar-92	U17	Bedford	29th Apr 2007
13	9.43m	Jo Sullivan	15-Jul-73	U23		30th Apr 1995
14	9.42m	Nina Brennan	3-Feb-85	U17	Barking	16th July 2000
15	9.38m	<b>Becky Luck</b>	14-Apr-92	U17	Basingstoke	22nd July 2007
16	9.37m	<b>Katie Richardson</b>	18-Jan-89	U20	Wigan	3rd June 2007
17	9.35m	Claire Edwards	8-Jan-75	U20		4th Sept 1993
18	9.30m	Sarah Benton	23-Feb-82	U23	Basildon	7th Sept 2002
19	9.28m	Catherine Fordham	---Aug-80	U20	Aldershot	7th June 1997
20	9.19m	Rosslyn Francis	4-Oct-82	U17	Ashford	20th June 1999
<b>Wind Assisted Marks</b>						
	10.69m +3.9	<b>Bethan Siddons</b>	29-Sep-90	U17	Ashford	20th Aug 2006

## Pole Vault

1	2.60m	<b>Hannah Gamester</b>	7-Jul-83	U23	Eton	24th June 2006
2	2.55m	<b>Angela James</b>	29-Mar-92	U17	Barking	28th July 2007
3	2.40m	Danielle Ross	30-Sep-86	U20	Colchester	30th Aug 2004
4	2.30m	Sue Deboos	11-Sep-82	U23	Scunthorpe	4th July 2004
5	2.20m	Kate Brewington	15-Oct-81	U23	Hemel H	28th Apr 2001
6=	2.00m	Katie O'Sullivan	10-Feb-87	U20	Ashford	22nd May 2005
6=	2.00m	<b>Chloe Van Wulven</b>	10-Sep-87	U20	Hendon	7th May 2006
8=	1.90m	Louise Halstead		U17		25th May 1996
8=	1.90m	<b>Claire Brennan</b>	26-Dec-80		Southampton	20th May 2006
10	1.80m	Melissa Felton	26-Jan-83	U20	Eton	23rd June 2002
11=	1.50m	Emma Baglin	23-Jul-85	U17	Southend	12th May 2001
11=	1.50m	Robyn Matson	01-Mar-88	U20	Barking	10th Apr 2005

## Shot Putt 4.0kg

1	12.55m	Pat Young	27-Dec-41	U23	Cambridge	4th May 1963
2	12.03m	Kate Brewington	15-Oct-81		Salo, ITA	8th May 2005
3	11.74m	<b>Melanie Harrison</b>	27-Nov-85	U23	Crystal Pal	18th June 2006
4	11.12m	Kay Lane/Oliver	5-Jan-44	U23	Grays	15th May 1965
5	11.07m	Claudia Bernard	21-Aug-65	U17	Crystal Pal	3rd Aug 1980
6	10.99m	Sandra Forrest	1-Jun-45		Newham	10th July 1977
7	10.81m ind	Janis Wilderspin	27-Sep-62	U20		1980
8	10.56m	Rosanne Lister	9-May-69			4th June 1994
9	10.50m	Jo Smith	22-Nov-78	U15	Barking	28th Feb 1993
10	10.21m	Pru French	4-May-50	U23		5th Sept 1971
11	10.05m	Karen Low				2nd Aug 1997
12	9.99m	Donna Connolly				13th Aug 1994
13	9.86m	Jackie Hartshorn	17-Apr-59	U20		1977
14	9.85m	Jillian Reynolds	17-Dec-70	U23		28th Apr 1990
15	9.71m	Mary Adams	24-May-43	U20		23rd Sept 1961
16	9.67m	Linda Ford	17-Jan-51			1977

17	9.64m	Frankie Calder	13-Jun-91	U17	Bedford	24th June 2006
18	9.55m	Louise Yard	21-Jan-89	U17	Luton	2nd May 2004
19	9.51m	Claire Sepple		U17		1981
20	9.50m	Lynne Illott	16-Jun-49			30th June 1973

### Discus 1.0kg

1	53.66m	Rosanne Lister	9-May-69	U23	Kingston	22nd June 1991
2	43.46m	Janis Wilderspin	27-Sep-62	U20	Crystal Pal	11th June 1980
3	41.45m	Melanie Harrison	27-Nov-85	U20	Barking	6th June 2004
4	40.90m	Lynsey Clark	2-Sep-86	U17	Sheffield	11th July 2003
5	37.54m	Claudia Bernard	21-Aug-65	U17	Hornchurch	20th June 1981
6	37.38m	Jackie Hartshorn	17-Apr-59	U20	Chelmsford	12th June 1976
7	36.50m	Linda Ford	17-Jan-51		Haringey	16th Apr 1977
8	36.46m	Louise Quilter	31-Jan-63	U20	Woodford	17th May 1980
9	35.32m	Sarah Deacon	18-Mar-83	U23	Perivale	21st May 2005
10	34.66m	Pru French/Carter	4-May-50		Southend	25th May 1974
11	34.50m	Anita Sergeant	2-Feb-47	U20	Harlow	4th July 1964
12	33.58m	Donna Connolly				4th Apr 1993
13	33.50m	Jackie Foreman				11th Sept 1976
14	33.48m	Claire Mills	6-Nov-66	U15	Enfield	12th Apr 1980
15	33.39m	Lauren Clark	23-Jun-89	U20	Haringey	11th June 2006
16	32.82m	Sonia Blyth	9-Dec-44	U23		4th Aug 1963
17	32.46m	-- Myers				7th May 1964
18	30.80m	Marion Waters	19-Mar-46	U23		29th May 1966
19	30.22m	Alison Quick	3-Mar-66	U15	Woodford	30th Aug 1980
20	30.21m	Catrina McAuliffe	15-May-91	U17	Lee Valley	2nd Sep 2007

### Javelin 600g - New Model Only 1999 Onwards

1	46.41m	Louise Mathews	27-Oct-83		Wigan	4th June 2006
2	39.87m	Kate Brewington	15-Oct-81		Arles, FRA	3rd June 2007
3	39.45m	Emma Christmas	22-Jun-88	U20	Basildon	18th Sept 2005
4	38.16m	Kike Oniwinde	6-Oct-92	U15	Birmingham	14th July 2007
5	33.62m	Melanie Harrison	27-Nov-85	U23	Haringey	9th Apr 2005
6	32.98m	Laura Coleman	15-Jun-82	U20	Ilford	13th Aug 2000
7	28.85m	Lauren McVicar	11-Jul-89	U17	Bedford	12th Sept 2004
8	28.38m	Sarah Deacon	18-Mar-83	U23	Chelmsford	7th June 2003
9	28.20m	Amy Rogers	14-Jul-87	U17	Barking	29th June 2003
10	27.71m	Georgie-Lou Sales	24-Sep-90	U17	Ilford	7th May 2007
11	27.66m	Frankie Calder	13-Jun-91	U17	Barking	9th Apr 2006
12	26.70m	Ellie Crush	14-May-86	U17	Norwich	22nd July 2001
13	26.68m	Angela James	29-Mar-92	U17	Chelmsford	9th Sept 2007
14	26.54m	Claire Brennan	26-Dec-80	U23	Stafford	8th Sept 2001
15	25.43m	Sara Luck	18-Nov-86	U20	Ipswich	27th June 2004
16	24.17m	Sidnie Sales	27-May-93	U15	Bournemouth	1st July 2006
17	23.90m	Lauren Newton	25-Aug-90	U17	Bedford	2nd July 2006
18	22.45m	Samantha Hill	6-Jun-93	U15	Thurrock	5th August 2007
19	21.74m	Chelsea Harrison	1-Apr-87	U15	Enfield	1st July 2001
20	20.91m	Sarah Benton	23-Feb-82	U20	Thurrock	25th July 1999

### Hammer 4.0kg

1	48.78m	Sarah Deacon	18-Mar-83	U23	Peterborough	25th Aug 2003
2	42.81m	Melanie Harrison	27-Nov-85	U23	Southampton	20th May 2006
3	37.74m	Rosanne Lister	9-May-69		Croydon	28th Aug 1995
4	35.22m	Karen Low			Barking	7th Sept 1997
5	27.07m	Amy Cox	30-Jan-92	U17	Basingstoke	22nd Jul 2007
6	25.59m	Selina Fasulo	18-Dec-81	U20	Dartford	22nd Aug 1999
7	24.63m	Kate Herring	3-Sep-83	U17	Mile End	26th June 1999
8	24.30m	Ruth Lovell		V40	Newham	2nd Aug 1997

9	24.16m	Terri Johnson	16-Sep-82	U23	Cardiff	4th Aug 2002
10	23.40m	Donna Connolly				4th June 1994
11	21.68m	Gemma Noble		U17		7th Sept 1996
12	19.93m	Hannah Gamester	7-Jul-83	U20	Hayes	28th Apr 2001
13	19.60m	Charlotte Lyon		U17		27th May 1997
14	19.56m	Michelle Fay				16th July 1994
15	19.17m	Katie O'Sullivan	10-Feb-87	U20	Ware	19th June 2005
16	17.19m	Esther Shippen	15-May-78	U23	St Ives	21st Aug 1999
17	17.17m	Nina Brennan	3-Feb-85	U20	Eton	23rd June 2002
18	17.08m	Nina Robbins		U17		20th Sept 1996
<b>19</b>	<b>16.10m</b>	<b>Lauren Newton</b>	<b>25-Aug-90</b>	<b>U17</b>	<b>Barking</b>	<b>25th June 2006</b>
20	14.45m	Lynsey Clark	2-Sep-86	U20	Ashford	22nd May 2005

## Heptathlon

100m Hurdles, High Jump, Shot Putt, 200m, Long Jump, Javelin, 800m

1	5557 pts	Kate Brewington	15-Oct-81	U23	Rostock, GER	19th/20th Jul 2003
		14.18, 1.72m, 11.14m, 25.11, 6.09m, 35.02m, 2m 22.15				
2	4032 pts	Sara Luck	15-Nov-87	U20	Ipswich	26th/27th Jun 2004
		16.7, 1.57m, 8.16m, 27.4, 4.52m, 25.43m, 2:19.1				
3	3573 pts	Lisa Vincent	23-Sep-74	U20	Corby	27th/28th Jun 1992
4	2946 pts	Claire Brennan	26-Dec-80	U20		26th/27th Jun 1998
		17.9, 1.53m, 6.63m, 29.5, 4.42m, 17.46m, 3m 01.0				

## Other Senior Records

4 x 100 Metres Relay	48.73	Fiona Page, Sonya Lapena/Jo Slack ??, Lisa Vincent, Claudine Neckles	W London	7th July 1991
4x200 Metres Relay	1:45.5	Jenny Davies/Mullett, Debbie Showler, Carolyn Wells, Linda Smith		1980
4x400 Metres Relay	3:48.3	Jenny Davies, Susan Baxter Carolyn Wells, Verona Elder	Nottingham	28th June 1980
3x800 Metres Relay	6:39.8	Giselle Oughton, Susan Baxter, Carolyn Wells (U15) (United Kingdom National Girls Record)	Hornchurch	13th Sept 1978
4x800 Metres Relay	8.53.1	Giselle Oughton, Susan Baxter, Paula Peterson, Carolyn Wells (U17) (United Kingdom National Intermediate Record)	Birmingham	24th May 1980
Medley Relay (200,200,400,800)	4.01.7	Team Unknown		1988

60 metres	7.67i	Lucy Sargent	13-Sep-88	U17	Birmingham	28th Feb 2004
	7.7i	Linda Smith	4-Jan-63	U23	Cosford?	26th Jan 1983
	7.7i	Pat Shiels	21-Aug-53	U20	Cosford	30th Jan 1970
150 metres	18.3	Lucy Sargent	13-Sep-88	U17	Hornchurch	13th Mar 2005
300 Metres	38.1	Verona Elder	5-Apr-53		Leicester	19th July 1981
600 Metres	1:29.5	Lesley Kiernan	9-Aug-57	U23	Cwmbran	11th June 1977
1000 Metres	2:40.26	Lesley Kiernan	9-Aug-57	U20	Crystal Pal	13th Sept 1974
2000 Metres	5:46.54	Una English	14-Aug-70	U23	Crystal Pal	10th July 1992
1 Mile	4:33.01	Una English	14-Aug-70	U23	Sheffield	14th Aug 1992
2 Miles	9:38.92	Una English	14-Aug-70	U23	Cork, IRE	27th June 1998
Half Marathon	1:14.57	Debbie Sullivan	13-Feb-72		Newcastle	21st Sept 2003
20 Miles	2:02.47	Debbie Appleton/Sullivan	13-Feb-72		Ruislip	13th March 2005
60 Metres Hurdles	8.5i	Lynne Ilott (8.57i)	16-Jun-49		Cosford Cosford	9th Feb 1974 1st Feb 1975)
	8.54i	Kate Brewington	15-Oct-81		Cardiff	21st Mar 2004
200 Metres Hurdles	30.4	Lynne Ilott	16-Jun-49			20th Feb 1980
300 Metres Hurdles	<b>43.70</b>	<b>Nicola Hill</b>	<b>1-Feb-91</b>	<b>U17</b>	<b>Coventry</b>	<b>26th August 2007</b>
Pentathlon (Indoor with 800m)	4070 pts	Kate Brewington	15-Oct-81		Cardiff	21st Mar 2004
		60m hurdles	8.54			
		High Jump	1.68m			
		Shot Putt	11.45m			
		Long Jump	5.99m			
		800m	2:24.66			
Pentathlon (Small Hall Indoor with 60m)	3784 pts	Kate Brewington	15-Oct-81	U23	Bedford	14th Jan 2002
		60m Hurdles	8.87			
		Long Jump	5.60m			
		60m	7.96			
		High Jump	1.63m			
		Shot Putt	10.52m			
<b>20lb Weight</b>	<b>12.10m</b>	<b>Sarah Deacon</b>	<b>18-Mar-83</b>		<b>Barking</b>	<b>17th Sept 2006</b>

2006 updates in blue

2007 updates in red