

## Senior Women (as at 30<sup>th</sup> September 2009)

### 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	30-Aug-72	U17	Thurrock	11th June 1988
			(12.02 +0.9		U17	Birmingham	5th Aug 1988)
5	12.1		Ruth McMenemy	12-Apr-70		Bromley	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
<b>13=</b>	<b>12.4</b>		<b>Holly Thomas</b>	<b>10-Aug-1994</b>	<b>U17</b>	<b>Lewes</b>	<b>31st May 2009</b>
17=	12.5y		Sheila Richardson		U17		7th June 1969
17=	12.5		Ruth Chettleburgh	17-Feb-57		Hendon	9th May 1981
17=	12.5		Sonya Lapena	13-Nov-75	U15	Dartford	21st July 1990
17=	12.5		Kate Brewington	15-Oct-81	U23	Basildon	1st Sept 2001
17=	12.5		Frankie Calder	13-Jun-91	U17	Stevenage	16th July 2006
			(12.60 +2.0		U15	Birmingham	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
	12.3		Maria Oldall	25-Aug-53	U17		6th June 1968
	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
	12.5		S Lloyd				15th June 1968

### 200 Metres

<b>1</b>	<b>23.57</b>	<b>+1.1</b>	<b>Lucy Sargent</b>	<b>13-Sep-88</b>	<b>U23</b>	<b>Kaunas, LTU</b>	<b>18th July 2009</b>
2	23.9		Verona Elder	5-Apr-53		Hornchurch	20th June 1981
			(24.01 +1.1			San Diego	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	4-Jan-63	U23	Loughboro	27th June 1984
			(24.97 +0.9		U23	Crystal Pal	15th Jun 1984)
5=	24.7		Ruth Chettleburgh	17-Feb-57		Hendon	9th May 1981
7	24.9		Ruth McMenemy	12-Apr-70		Bromley	15th July 2000
8=	25.0		Lynne Ilott	16-Jun-49		Norbiton	15th June 1974
8=	25.0		Debbie Showler	30-Jun-58	U20	Hornchurch	29th June 1975
10	25.11	+0.0	Kate Brewington	15-Oct-81	U23	Rostock GER	20th July 2003
11=	25.2		Lesley Kiernan	9-Aug-57	U23	Warley	24th Sept 1977
11=	25.2		Frankie Calder	13-Jun-91	U17	Stevenage	16th July 2006
13	25.4		Pat Shiels	21-Aug-53	U20	Chelmsford	25th Apr 1970
14=	25.6		Claire Edwards	18-Jan-75	U15		1st July 1989
			(25.72		U15	Basildon	15th June 1989
14=	25.6y		Maria Oldall	25-Aug-53	U17		3rd July 1968
16=	25.7		Claudine Neckles	23-Feb-76	U17		23rd May 1992
16=	25.7		Claudine Leger	17-May-80	U17	Newham	6th Aug 1995

<b>16=</b>	<b>25.7</b>	<b>Nicola Hill</b> <b>(25.84 -1.3</b>	<b>1-Feb-91</b>	<b>U20</b> <b>U20</b>	<b>Barking</b> <b>Barking</b>	<b>4th Apr 2009</b> <b>7th June 2009)</b>
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 (23.61 +3.0	13-Sep-88	U17 U17	Haringey Birmingham	25th July 2004 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
	25.0		Maria Oldall	25-Aug-53	U20		16th May 1971
	<b>25.40</b>	<b>+2.5</b>	<b>Nicola Hill</b>	<b>1-Feb-91</b>	<b>U20</b>	<b>Chelmsford</b>	<b>10th May 2009</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
<b>8</b>	<b>56.90</b>		<b>Harriet Scott</b>	<b>17-Jan-86</b>		<b>Barking</b>	<b>7th June 2009</b>
9	57.0		Elaine Haley	11-Apr-67	U23		20th Sept 1989
10	57.1		Susan Baxter	24-Nov-63	U17	Crystal Pal	1st Sept 1979
11	57.3		Liz Gahagan				14th May 1988
12	57.4		Denise Brooks	7-Nov-58		Plymouth	4th July 1981
<b>13</b>	<b>57.81</b>		<b>Nicola Hill</b>	<b>1-Feb-91</b>	<b>U20</b>	<b>Ipswich</b>	<b>23rd Aug 2009</b>
14.	57.9		Maria Oldall	25-Aug-53	U20	Harlow	22nd May 1971
15	58.2		Laurie Cossey	24-Nov-81	U20	Basildon	10th June 2000
16	58.3		Sara Luck	18-Nov-86	U17	Hendon	22nd June 2003
17	58.4		Claire Edwards	18-Jan-75	U17	Crystal Pal	14th July 1991
18=	58.6y		Valerie Filtness				20th June 1964
18=	58.6		Sue Smith				14th Apr 1979
20	58.64		Alison Bickell	29-Mar-73	U17	Haringey	19th June 1988

#### 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>2:05.98</b>		<b>Faye Fullerton</b>	<b>31-May-84</b>		<b>Bedford</b>	<b>25th May 2008</b>
5	2:06.27		Harriet Scott	17-Jan-86	U23	Crystal Pal	17th June 2007
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
10	2:08.98		Alexa Joel	19-Sep-83		Watford	8th Aug 2007
<b>11</b>	<b>2:09.64</b>		<b>Lauren Deadman</b>	<b>27-Mar-84</b>		<b>Wigan</b>	<b>1st Aug 2009</b>
12	2:09.69		Dorita Harmse	28-Sep-73		Bedford	20th Aug 2000
13	2:09.7		Carolyn Wells	7-Nov-63	U17	Birmingham	31st May 1980
14=	2:09.8i		Verona Elder	5-Apr-53		San Fran. USA	4th Jan 1980
14=	2:09.8		Debbie Sullivan	13-Feb-72		Milton Keynes	2nd Sept 2000
16	2:10.2		Elaine Haley	11-Apr-67	U23	Thurrock	9th Sept 1988
17	2:11.3		Valerie McCormack	14-Feb-55	U23	Crystal Pal	2nd July 1977
<b>18</b>	<b>2:11.40 ind</b>		<b>Sara Luck</b>	<b>18-Nov-86</b>	<b>U23</b>	<b>Sheffield</b>	<b>15th Mar 2008</b>
			<b>2:11.52</b>		<b>U23</b>	<b>Bedford</b>	<b>3rd May 2008</b>

19	2:11.46	Susan Baxter	24-Nov-63	U15	Crystal Pal	18th Aug 1978
20	2:11.52	Katie Richardson	18-Jan-89	U20	Gateshead	8th July 2006

### 1500 Metres

<b>1</b>	<b>4:10.45</b>	<b>Faye Fullerton</b>	<b>31-May-84</b>		<b>Loughborough</b>	<b>18th May 2008</b>
2	4:11.33	Una English	14-Aug-70		Nurnberg, FRG	7th June 1996
<b>3</b>	<b>4:15.12</b>	<b>Harriet Scott</b>	<b>17-Jan-86</b>		<b>Birmingham</b>	<b>11th July 2009</b>
4	4:18.19	Alexa Joel	19-Sep-83		Manchester	27th Jul 2007
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
<b>8</b>	<b>4:22.99</b>	<b>Lauren Deadman</b>	<b>27-Mar-84</b>		<b>Solihull</b>	<b>18th July 2009</b>
9	4:24.8i	Lesley Kiernan	9-Aug-57	U20	Cosford	1st Feb 1975
10	4:28.36	Dorita Harmse	28-Mar-73		Watford	10th June 2000
<b>11</b>	<b>4:29.06</b>	<b>Sara Luck</b>	<b>18-Nov-86</b>		<b>Watford</b>	<b>13th June 2009</b>
12	4:29.39	Katie Richardson	18-Jan-89	U17	Birmingham	15th Aug 2004
13	4:30.24	Megan Foley	14-Apr-88	U17	Gateshead	10th July 2004
14	4:33.0	Sharon Jeffries	23-Feb-65	U17	Aldershot	19th July 1981
15	4:33.5	Elaine Haley	11-Apr-67	U23		26th June 1988
16	4:36.1	Helen Ruffell	4-Apr-68	U17	Thurrock	13th July 1984
17	4:37.2	Nicola Jones	10-Apr-75	U17	West London	28th July 1990
18	4:37.7	Christine Brannon	6-Dec-52			1976
19	4:38.67	Susan Baxter	24-Nov-63	U15	Crystal Pal	22nd July 1978
20	4:39.1	Jo Sullivan	15-Jul-73		Enfield	23rd July 2000

### 3000 Metres

1	9:01.6mx	Una English	14-Aug-70			27th Mar 1996
<b>2</b>	<b>9:04.78 mx</b>	<b>Alexa Joel</b>	<b>19-Sep-83</b>		<b>Watford</b>	<b>30th July 2008</b>
		<b>9:15.97</b>			<b>Watford</b>	<b>14th June 2008</b>
3	9:07.52	Faye Fullerton	31-May-84	U23	Crystal Palace	28th July 2006
<b>4</b>	<b>9:17.35</b>	<b>Harriet Scott</b>	<b>17-Jan-86</b>		<b>Watford</b>	<b>29th July 2009</b>
<b>5</b>	<b>9:20.09</b>	<b>Lauren Deadman</b>	<b>27-Mar-84</b>		<b>Watford</b>	<b>1st July 2009</b>
6	9:34.30	Debbie Sullivan	13-Feb-72		Birmingham	16th Aug 1997
<b>7</b>	<b>9:35.07</b>	<b>Sara Luck</b>	<b>18-Nov-86</b>		<b>Watford</b>	<b>29th July 2009</b>
8	9:37.9	Anne Reason	16-Jun-68		Harlow	13th Mar 1985
9	9:41.8	Denise Kiernan	27-Mar-61	U20	Hornchurch	7th May 1978
<b>10</b>	<b>10:02.15 mx</b>	<b>Georgie Sales</b>	<b>21-Sep-90</b>	<b>U20</b>	<b>Watford</b>	<b>9th Apr 2008</b>
11	10:03.6	Christine Brannon	6-Dec-52	U20	Hayes	31st July 1971
12	10:04.4	Nikki Barnett	17-Sep-70			17th May 1997
<b>13</b>	<b>10:07.59</b>	<b>Robyn Matson</b>	<b>1-Mar-88</b>	<b>U23</b>	<b>Philadelphia</b>	<b>24th Apr 2008</b>
14	10:07.8	Megan Foley	14-Apr-88	U17	Hendon	25th Apr 2004
15	10:13.0	Helen Ruffell	4-Apr-68			5th Sept 1993
16	10:17.0	Sharon Jeffries	23-Feb-65	U17	Crawley	8th Aug 1981
17	10:19.4	Kathy Knopp			Warley	24th Sept 1977
18	10:20.2	Flip Bishop	8-Jan-70	U20		2nd Sept 1989
19	10:25.3	C Brown			Birmingham	1st May 1980
20	10:26.0	Trish Naylor	1-Jun-57	U20		29th May 1976

Mx = Mixed Race

### 5,000 Metres

1	15:19.12	Una English	14-Aug-70		Huesden, BEL	12th July 2001
<b>2</b>	<b>15:56.89</b>	<b>Alexa Joel</b>	<b>19-Sep-83</b>		<b>Eton</b>	<b>9th Aug 2008</b>
3	16:07.5	Debbie Sullivan	13-Feb-72		Birmingham	13th Aug 2000
<b>4</b>	<b>16:32.37</b>	<b>Lauren Deadman</b>	<b>27-Mar-84</b>		<b>Manchester</b>	<b>30th May 2009</b>
5	18:22.6	Nikki Barnett	17-Sep-70			9th May 1998
6	18:28.3	Helen Ruffell	4-Apr-68			19th May 1991
7	19:08.7	Flip Bishop	8-Jan-70			30th Apr 1995
8	19:56.8	Marie Gambardella	12-Feb-80	U20	Woking	29th June 1997
9	20:39.4	Hayley Hawes	7-Aug-80	U23	Yate	7th July 2002
10	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	3:38.06	Jo Sullivan	15-Jul-73		London	23rd Apr 2006
4	<b>3:34.51</b>	<b>Denise Harris</b>	<b>27-Sep-71</b>	<b>W35</b>	<b>London</b>	<b>13th Apr 2008</b>
5	3:57.21	Linda Smith	25-Nov-53	W50	London	18th Apr 2004
6	<b>3:58.33</b>	<b>Lesley Felton</b>	<b>21-Mar-59</b>	<b>W45</b>	<b>London</b>	<b>13th Apr 2008</b>

## 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
			14.71	-0.1	U20	Gateshead	7th July 2006
4	<b>14.79</b>	<b>-0.4</b>	<b>Nicola Hill</b>	<b>1-Feb-91</b>	<b>U20</b>	<b>Watford</b>	<b>30th Aug 2009</b>
5	14.8		Lisa Schofield	14-Aug-89	U20	Lee Valley	26th May 2007
			15.89	+1.6	U17	Carshalton	24th July 2005
6	15.25	+1.8	Claire Brennan	26-Dec-80		Wigan	4th June 2006
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	<b>16.4</b>		<b>Lauren Edgar-Hill</b>	<b>25-Dec-90</b>	<b>U20</b>	<b>Barking</b>	<b>4th Apr 2009</b>
			<b>(16.66 -1.8)</b>		<b>U20</b>	<b>Chelmsford</b>	<b>9th May 2009</b>
11	16.7		Sara Luck	18-Nov-86	U20	Ipswich	26th June 2004
12	16.9		Lisa Vincent	23-Sep-74	U20		9th Aug 1992
13	17.0		Claire Edwards	6-Jan-75	U20		19th June 1993
14	17.2		Louise Hebron		U20		30th Apr 1995
15	17.3		Katie O'Sullivan	10-Feb-87	U17	Croydon	28th July 2002
16	17.4		Jackie Farrant				21st July 1984
17=	17.5		Pat Shiels	21-Aug-53	U20		16th May 1970
17=	17.5		Nina Brennan	3-Feb-85	U20	Scunthorpe	4th July 2004
19=	17.7		Lee Dale		U17		16th July 1994
19=	17.7		Sarah Short		U20	Aldershot	7th June 1997

## 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
			15.11	+2.9		Eton	7th July 2007
	15.32	+2.3	Lisa Schofield	14-Aug-89	U20	Eton	7th July 2007
	<b>15.8</b>	<b>+4.9</b>	<b>Angela James</b>	<b>29-Mar-92</b>	<b>U20</b>	<b>Barking</b>	<b>26th July 2009</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>60.14</b>		<b>Nicola Hill</b>	<b>1-Feb-91</b>	<b>U20</b>	<b>Bedford</b>	<b>31st May 2009</b>
3	65.01		Chloe Van Wulven	10-Sep-87	U20	Swansea	2nd July 2006
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>65.66</b>		<b>Laura Bealey</b>	<b>24-Jan-86</b>		<b>Chelmsford</b>	<b>10th May 2009</b>
8	66.2		Lisa Schofield	14-Aug-89	U20	Chelmsford	13th May 2007

9	66.4	Claudine Neckles	23-Feb-76	U20		7th Aug 1993
10	66.7	Flip Bishop	8-Jan-70	U17	West London	7th Sept 1985
11	66.8	Susan Castling	17-Sep-64	U17	Hornchurch	13th July 1980
12=	67.4	Iris McCormack	22-Apr-56		Hornchurch	23rd June 1979
12=	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 <b>(67.58)</b>	26-Dec-80		Peterborough <b>Chelmsford</b>	3rd Aug 2003 <b>10th May 2009)</b>
15=	68.0	Kay Morris	5-Oct-62	U17	Hull	29th July 1978
15=	68.0	Jenny Davies	26-Nov-55			1974
18=	68.1	Valerie McCormack	14-Feb-55	U23		28th Aug 1977
18=	68.1	Jo Slack		U17		2nd June 1991
18=	68.1	Lisa Vincent	23-Sep-74	U23		13th Aug 1994

## 2000 Metres Steeplechase

<b>1</b>	<b>6:51.57</b>	<b>Sara Luck</b>	<b>18-Nov-86</b>		<b>Twickenham</b>	<b>3rd June 2009</b>
<b>2</b>	<b>7:23.00</b>	<b>Robyn Matson</b>	<b>1-Mar-88</b>	<b>U23</b>	<b>Bedford</b>	<b>4th May 2008</b>
<b>3</b>	<b>7:26.83</b>	<b>Vicky Smith</b>	<b>13-Feb-88</b>	<b>U23</b>	<b>Wigan</b>	<b>1st Aug 2009</b>

## 3000 Metres Steeplechase

<b>1</b>	<b>10:38.37</b>	<b>Sara Luck</b>	<b>18-Nov-86</b>		<b>Cardiff</b>	<b>15th Aug 2009</b>
<b>2</b>	<b>11:30.50</b>	<b>Robyn Matson</b>	<b>1-Mar-88</b>	<b>U23</b>	<b>Providence</b>	<b>12th April 2008</b>

## 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
5=	1.68m	Sara Luck	18-Nov-86	U23	Lee Valley	5th Dec 2007
7	1.66m	Bethan Siddons	29-Sep-90	U17	Bedford	10th Sept 2006
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
<b>13=</b>	<b>1.56m</b>	<b>Angela James</b>	<b>29-Mar-92</b>	<b>U17</b>	<b>Southampton</b>	<b>20th July 2008</b>
15=	1.55m	Maureen Rawlings		U17		23rd Aug 1958
15=	1.55m	Jackie Hartshorn	17-Apr-59	U20		1977
15=	1.55m	Jackie Upson				1st Aug 1993
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	5-Jan-44			28th May 1967

## Long Jump

<b>1</b>	<b>6.12m</b>	<b>+1.4</b>	Kate Brewington	15-Oct-81		Manchester	11th July 2004
<b>2</b>	<b>5.83m</b>	<b>+0.7</b>	<b>Lucy Sargent</b>	<b>13-Sep-88</b>	<b>U23</b>	<b>Barking</b>	<b>7th June 2009</b>
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
9	5.47m		Kirsty Smith	25-Apr-87	U20	Eton	13th August 2006

10	5.46m	Christine McClelland	11-Dec-46	U20		2nd May 1964
11	5.39m	Jackie Gray		U17		21st July 1962
12	5.37m	Nicola Hill	1-Feb-91	U17	Bedford	2nd July 2006
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
<b>17=</b>	<b>5.22m</b>	<b>Zoe Young</b>	<b>15-Sep-88</b>	<b>U23</b>	<b>Milton Keynes</b>	<b>25th July 2009</b>
20=	5.20m	Hannah Gamester	7-Jul-83	U20	Barking	16th July 2000
20=	5.20m	Emma Bonny	9-Sep-87	U15	Kingston	14th July 2001
<b>20=</b>	<b>5.20m</b>	<b>Holly Thomas</b>	<b>10-Aug-94</b>	<b>U17</b>	<b>Barking</b>	<b>26th July 2009</b>

#### Wind Assisted Marks

5.64m		Lynne Ilott	16-Jun-46			20th July 1975
5.59m	+3.0	Kirsty Smith	25-Apr-87	U20	Eton	26th Aug 2006
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	Kirsty Smith	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	Lynsey Clark	2-Sep-86	U23	Swansea	2nd July 2006
5	10.60m	Corrina Keevil	19-Sep-80	U20	Croydon	23rd May 1999
6	10.29m	Bethan Siddons	29-Sep-90	U17	Bedford	10th Sept 2006
7	10.19m	Nicola Hill	1-Feb-91	U17	Kingston	12th Aug 2006
<b>8</b>	<b>9.99m</b>	<b>Angela James</b>	<b>29-Mar-92</b>	<b>U20</b>	<b>Basildon</b>	<b>26th April 2009</b>
9	9.90m ind	Kathy Yoka	1-Aug-90	U17	Uxbridge	21st Jan 2006
10=	9.88m ind	Sally Vincent		U20		January 1994
10=	9.88m	Sacha Richards		U17	Crawley	4th Sept 1999
12	9.73m	Hannah Gamester	7-Jul-83	U23	Scunthorpe	4th July 2004
<b>13</b>	<b>9.60m</b>	<b>Kelly Jarrold</b>	<b>9-Oct-92</b>	<b>U17</b>	<b>Southampton</b>	<b>20th July 2008</b>
<b>14</b>	<b>9.51m</b>	<b>Karen Baldwin</b>	<b>10-Nov-84</b>		<b>Milton Keynes</b>	<b>25th July 2009</b>
15	9.43m	Jo Sullivan	15-Jul-73	U23		30th Apr 1995
16	9.42m	Nina Brennan	3-Feb-85	U17	Barking	16th July 2000
<b>17</b>	<b>9.40m</b>	<b>Lydia St Ange</b>	<b>4-May-92</b>	<b>U17</b>	<b>Welwyn GC</b>	<b>29th June 2008</b>
18	9.38m	Becky Luck	14-Apr-92	U17	Basingstoke	22nd July 2007
19	9.37m	Katie Richardson	18-Jan-89	U20	Wigan	3rd June 2007
20	9.35m	Claire Edwards	8-Jan-75	U20		4th Sept 1993

#### Wind Assisted Marks

10.69m	+3.9	Bethan Siddons	29-Sep-90	U17	Ashford	20th Aug 2006
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#### Pole Vault

<b>1</b>	<b>3.30m</b>	<b>ind</b>	<b>Kate Cowley</b>	<b>15-Oct-81</b>		<b>Uxbridge</b>	<b>30th Nov 2008</b>
			<b>(2.85m)</b>			<b>Barking</b>	<b>30th Aug 2008)</b>
<b>2.</b>	<b>2.80m</b>		<b>Karen Baldwin</b>	<b>10-Nov-84</b>		<b>Lee Valley</b>	<b>27th June 2009</b>
3=	2.60m		Hannah Gamester	7-Jul-83	U23	Eton	24th June 2006
<b>3=</b>	<b>2.60m</b>		<b>Danielle Ross</b>	<b>30-Sep-86</b>	<b>U23</b>	<b>Battersea Pk</b>	<b>28th June 2008</b>
<b>3=</b>	<b>2.60m</b>		<b>Leanne Blayney</b>	<b>10-Aug-82</b>		<b>Bedford</b>	<b>5th Sept 2009</b>
6	2.55m		Angela James	29-Mar-92	U17	Barking	28th July 2007
7	2.30m		Sue Deboos	11-Sep-82	U23	Scunthorpe	4th July 2004
8=	2.00m		Katie O'Sullivan	10-Feb-87	U20	Ashford	22nd May 2005
8=	2.00m		Chloe Van Wulven	10-Sep-87	U20	Hendon	7th May 2006
10=	1.90m		Louise Halstead		U17		25th May 1996
10=	1.90m		Claire Brennan	26-Dec-80		Southampton	20th May 2006

12	1.80m	Melissa Felton	26-Jan-83	U20	Eton	23rd June 2002
<b>13</b>	<b>1.70m</b>	<b>Mercy Gutteridge</b>		<b>U13</b>	<b>Basildon</b>	<b>28th June 2009</b>
14=	1.50m	Emma Baglin	23-Jul-85	U17	Southend	12th May 2001
14=	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
<b>2</b>	<b>12.09m</b>	<b>Melanie Harrison</b>	<b>27-Nov-85</b>		<b>Chelmsford</b>	<b>9th Aug 2009</b>
3	12.03m	Kate Brewington	15-Oct-81		Salo, ITA	8th May 2005
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
<b>10</b>	<b>10.24m</b>	<b>Zoe Young</b>	<b>15-Sep-88</b>	<b>U23</b>	<b>Lee Valley</b>	<b>27th June 2009</b>
11	10.21m	Pru French	4-May-50	U23		5th Sept 1971
12=	10.05m	Karen Low				2nd Aug 1997
<b>12=</b>	<b>10.05m</b>	<b>Kike Oniwinde</b>	<b>6-Oct-92</b>	<b>U17</b>	<b>Bedford</b>	<b>5th Sept 2009</b>
14	9.99m	Donna Connolly				13th Aug 1994
15	9.86m	Jackie Hartshorn	17-Apr-59	U20		1977
16	9.85m	Jillian Reynolds	17-Dec-70	U23		28th Apr 1990
17	9.71m	Mary Adams	24-May-43	U20		23rd Sept 1961
18	9.67m	Linda Ford	17-Jan-51			1977
19	9.64m	Frankie Calder	13-Jun-91	U17	Bedford	24th June 2006
20	9.55m	Louise Yard	21-Jan-89	U17	Luton	2nd May 2004

### 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
<b>3</b>	<b>41.64m</b>	<b>Melanie Harrison</b>	<b>27-Nov-85</b>		<b>Ipswich</b>	<b>23rd Aug 2009</b>
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
<b>12</b>	<b>33.83m</b>	<b>Sophie Baggs</b>	<b>14-Mar-94</b>	<b>U17</b>	<b>Dartford</b>	<b>10th July 2009</b>
13	33.58m	Donna Connolly				4th Apr 1993
14	33.50m	Jackie Foreman				11th Sept 1976
15	33.48m	Claire Mills	6-Nov-66	U15	Enfield	12th Apr 1980
16	33.39m	Lauren Clark	23-Jun-89	U20	Haringey	11th June 2006
17	32.82m	Sonia Blyth	9-Dec-44	U23		4th Aug 1963
18	32.46m	-- Myers				7th May 1964
19	30.80m	Marion Waters	19-Mar-46	U23		29th May 1966
<b>20</b>	<b>30.39m</b>	<b>Katherine Knight</b>	<b>7-Apr-93</b>	<b>U17</b>	<b>Braintree</b>	<b>14th June 2009</b>

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

1	46.41m	Louise Mathews	27-Oct-83		Wigan	4th June 2006
<b>2</b>	<b>45.60m</b>	<b>Kike Oniwinde</b>	<b>6-Oct-92</b>	<b>U17</b>	<b>Bedford</b>	<b>9th Aug 2009</b>
<b>3</b>	<b>43.82m</b>	<b>Emma Christmas</b>	<b>22-Jun-88</b>	<b>U23</b>	<b>Ipswich</b>	<b>23rd Aug 2009</b>
4	39.87m	Kate Brewington	15-Oct-81		Arles, FRA	3rd June 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
<b>7</b>	<b>32.77m</b>	<b>Zoë Young</b>	<b>15-Sep-88</b>	<b>U23</b>	<b>Lee Valley</b>	<b>19th Apr 2008</b>
<b>8</b>	<b>30.50m</b>	<b>Deborah Knight</b>	<b>13-Dec-94</b>	<b>U15</b>	<b>Battersea</b>	<b>19th July 2009</b>

9	28.85m	Lauren McVicar	11-Jul-89	U17	Bedford	12th Sept 2004
10	28.38m	Sarah Deacon	18-Mar-83	U23	Chelmsford	7th June 2003
11	28.20m	Amy Rogers	14-Jul-87	U17	Barking	29th June 2003
<b>12</b>	<b>28.04m</b>	<b>Angela James</b>	<b>29-Mar-92</b>	<b>U17</b>	<b>Barking</b>	<b>25th May 2008</b>
13	27.71m	Georgie-Lou Sales	24-Sep-90	U17	Ilford	7th May 2007
14	27.66m	Frankie Calder	13-Jun-91	U17	Barking	9th Apr 2006
15	26.70m	Ellie Crush	14-May-86	U17	Norwich	22nd July 2001
16	26.54m	Claire Brennan	26-Dec-80	U23	Stafford	8th Sept 2001
17	25.43m	Sara Luck	18-Nov-86	U20	Ipswich	27th June 2004
18	24.17m	Sidnie Sales	27-May-93	U15	Bournemouth	1st July 2006
19	23.90m	Lauren Newton	25-Aug-90	U17	Bedford	2nd July 2006
<b>20</b>	<b>23.30m</b>	<b>Lauren Edgar-Hill</b>	<b>25-Dec-90</b>	<b>U20</b>	<b>Barking</b>	<b>26th July 2009</b>

### Hammer 4.0kg

1	48.78m	Sarah Deacon	18-Mar-83	U23	Peterborough	25th Aug 2003
<b>2</b>	<b>43.23m</b>	<b>Melanie Harrison</b>	<b>27-Nov-85</b>		<b>Wigan</b>	<b>1st Aug 2009</b>
3	37.74m	Rosanne Lister	9-May-69		Croydon	28th Aug 1995
4	35.22m	Karen Low			Barking	7th Sept 1997
<b>5</b>	<b>30.46m</b>	<b>Amy Cox</b>	<b>30-Jan-92</b>	<b>U20</b>	<b>Barking</b>	<b>30th May 2009</b>
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
<b>10</b>	<b>23.55m</b>	<b>Katherine Knight</b>	<b>7-Apr-93</b>	<b>U17</b>	<b>Welwyn GC</b>	<b>10th April 2009</b>
11	23.40m	Donna Connolly				4th June 1994
<b>12</b>	<b>21.75m</b>	<b>Hannah Gamester</b>	<b>7-Jul-83</b>		<b>Swansea</b>	<b>8th June 2008</b>
13	21.68m	Gemma Noble		U17		7th Sept 1996
<b>14</b>	<b>21.30m</b>	<b>Shelley Wilson</b>	<b>22-Oct-93</b>	<b>U17</b>	<b>Battersea</b>	<b>19th July 2009</b>
<b>15</b>	<b>19.79m</b>	<b>Nina Brennan</b>	<b>3-Feb-85</b>		<b>Lee Valley</b>	<b>26th July 2008</b>
16	19.60m	Charlotte Lyon		U17		27th May 1997
17	19.56m	Michelle Fay				16th July 1994
18	19.17m	Katie O'Sullivan	10-Feb-87	U20	Ware	19th June 2005
<b>19</b>	<b>18.52m</b>	<b>Lauren Edgar-Hill</b>	<b>25-Dec-90</b>	<b>U20</b>	<b>Luton</b>	<b>24th May 2009</b>
20	17.19m	Esther Shippen	15-May-78	U23	St Ives	21st Aug 1999

### 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
One Mile					
4:33.01	Una English	14-Aug-70	U23	Sheffield	14th Aug 1992
Two 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					
43.70	Nicola Hill	1-Feb-91	U17	Coventry	26th August 2007
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			
20lb Weight					
12.10m	Sarah Deacon	18-Mar-83		Barking	17th Sept 2006