

Senior Women (as at 30th June 2010)

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
13=	12.4		Holly Thomas	10-Aug-1994	U17	Lewes	31st May 2009
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

1	23.57	+1.1	Lucy Sargent	13-Sep-88	U23	Kaunas, LTU	18th July 2009
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
14=	25.6		Holly Thomas	10-Aug-1994	U17	Braintree	25th Apr 2010
17=	25.7		Claudine Neckles	23-Feb-76	U17		23rd May 1992

17=	25.7	Claudine Leger	17-May-80	U17	Newham	6th Aug 1995
17=	25.7	Nicola Hill (25.84 -1.3	1-Feb-91	U20	Barking	4th Apr 2009
				U20	Barking	7th June 2009)
20=	25.8y	Stephanie Dupuy				18th June 1960
20=	25.8	Jenny Davies	26-Nov-55	U23		1977
20=	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	Haringey	25th July 2004
					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
	25.0		Maria Oldall	25-Aug-53	U20		16th May 1971
	25.40	+2.5	Nicola Hill	1-Feb-91	U20	Chelmsford	10th May 2009

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	56.90	Harriet Scott	17-Jan-86		Barking	7th June 2009
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
13	57.81	Nicola Hill	1-Feb-91	U20	Ipswich	23rd Aug 2009
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 Filtress				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
4	2:05.98	Faye Fullerton	31-May-84		Bedford	25th May 2008
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
11	2:09.64	Lauren Deadman	27-Mar-84		Wigan	1st Aug 2009
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

18	2:11.40 ind	Sara Luck	18-Nov-86	U23	Sheffield	15th Mar 2008
		2:11.52		U23	Bedford	3rd May 2008
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

1	4:10.45	Faye Fullerton	31-May-84		Loughborough	18th May 2008
2	4:11.33	Una English	14-Aug-70		Nurnberg, FRG	7th June 1996
3	4:15.12	Harriet Scott	17-Jan-86		Birmingham	11th July 2009
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
8	4:22.99	Lauren Deadman	27-Mar-84		Solihull	18th July 2009
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
11	4:29.06	Sara Luck	18-Nov-86		Watford	13th June 2009
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
2	9:04.78 mx	Alexa Joel	19-Sep-83		Watford	30th July 2008
		9:15.97			Watford	14th June 2008
3	9:07.52	Faye Fullerton	31-May-84	U23	Crystal Palace	28th July 2006
4	9:17.35	Harriet Scott	17-Jan-86		Watford	29th July 2009
5	9:20.09	Lauren Deadman	27-Mar-84		Watford	1st July 2009
6	9:34.30	Debbie Sullivan	13-Feb-72		Birmingham	16th Aug 1997
7	9:35.07	Sara Luck	18-Nov-86		Watford	29th July 2009
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
10	10:02.15 mx	Georgie Sales	21-Sep-90	U20	Watford	9th Apr 2008
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
13	10:07.59	Robyn Matson	1-Mar-88	U23	Philadelphia	24th Apr 2008
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
2	15:56.89	Alexa Joel	19-Sep-83		Eton	9th Aug 2008
3	16:07.5	Debbie Sullivan	13-Feb-72		Birmingham	13th Aug 2000
4	16:12.22	Lauren Deadman	27-Mar-84		Watford	12th June 2010
5	18:16.36	Robyn Matson	1-Mar-88	U23	Watford	12th June 2010
6	18:22.6	Nikki Barnett	17-Sep-70			9th May 1998
7	18:28.3	Helen Ruffell	4-Apr-68			19th May 1991
8	19:08.7	Flip Bishop	8-Jan-70			30th Apr 1995

9	19:56.8	Marie Gambardella	12-Feb-80	U20	Woking	29th June 1997
10	20:39.4	Hayley Hawes	7-Aug-80	U23	Yate	7th July 2002
11	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	3:34.51	Denise Harris	27-Sep-71	W35	London	13th Apr 2008
5	3:57.21	Linda Smith	25-Nov-53	W50	London	18th Apr 2004
6	3:57.32	Jane Hallam	3-Aug-67	W40	London	25th Apr 2010
6	3:58.33	Lesley Felton	21-Mar-59	W45	London	13th Apr 2008

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	14.79	-0.4	Nicola Hill	1-Feb-91	U20	Watford	30th Aug 2009
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	16.4		Lauren Edgar-Hill	25-Dec-90	U20	Barking	4th Apr 2009
			(16.66 -1.8)		U20	Chelmsford	9th May 2009)
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	16.94	+1.4	Felicity Clarke	28-Oct-92	U20	Bedford	27th June 2010
14	17.0		Claire Edwards	6-Jan-75	U20		19th June 1993
15	17.04	+1.4	Nicola Peachey	31-Dec-1993	U17	Bedford	27th June 2010
16	17.2		Louise Hebron		U20		30th Apr 1995
17	17.3		Katie O'Sullivan	10-Feb-87	U17	Croydon	28th July 2002
18	17.4		Jackie Farrant				21st July 1984
19=	17.5		Pat Shiels	21-Aug-53	U20		16th May 1970
19=	17.5		Nina Brennan	3-Feb-85	U20	Scunthorpe	4th July 2004

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
	15.8	+4.9	Angela James	29-Mar-92	U20	Barking	26th July 2009
	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	60.14		Nicola Hill	1-Feb-91	U20	Bedford	31st May 2009
3	63.93		Felicity Clarke	28-Oct-92	U20	Bedford	31st May 2010
4	65.01		Chloe Van Wulven	10-Sep-87	U20	Swansea	2nd July 2006

5	65.4	Ruth Chettleburgh	17-Feb-57		Woodford	30th Aug 1980
6	65.5	Sara Sappinen	16-Sep-80	U23	Haringey	7th Apr 2001
7	65.6	Sara Luck	18-Nov-86	U20	Carshalton	23rd May 2004
8	65.66	Laura Bealey	24-Jan-86		Chelmsford	10th May 2009
9	66.2	Lisa Schofield	14-Aug-89	U20	Chelmsford	13th May 2007
10	66.4	Claudine Neckles	23-Feb-76	U20		7th Aug 1993
11	66.7	Flip Bishop	8-Jan-70	U17	West London	7th Sept 1985
12	66.74	Claire Brennan	26-Dec-80		Milton Keynes	22nd May 2010
13	66.8	Susan Castling	17-Sep-64	U17	Hornchurch	13th July 1980
14=	67.4	Iris McCormack	22-Apr-56		Hornchurch	23rd June 1979
14=	67.4	Nicola Schofield	13-Sep-86	U17	Harrow	27th July 2003
16	67.5	Debbie Showler	30-Jun-58	U23	Hornchurch	30th June 1979
17=	68.0	Kay Morris	5-Oct-62	U17	Hull	29th July 1978
17=	68.0	Jenny Davies	26-Nov-55			1974
19=	68.1	Valerie McCormack	14-Feb-55	U23		28th Aug 1977
19=	68.1	Jo Slack		U17		2nd June 1991
19=	68.1	Lisa Vincent	23-Sep-74	U23		13th Aug 1994

2000 Metres Steeplechase

1	6:48.20	Sara Luck	18-Nov-86		Crystal Palace	12th June 2010
2	7:23.00	Robyn Matson	1-Mar-88	U23	Bedford	4th May 2008
3	7:26.83	Vicky Smith	13-Feb-88	U23	Wigan	1st Aug 2009
4	8:44.85	Laura Bealey	24-Jan-86		Wakefield	6th June 2010

3000 Metres Steeplechase

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

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
13=	1.56m	Angela James	29-Mar-92	U17	Southampton	20th July 2008
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

1	6.12m	+1.4	Kate Brewington	15-Oct-81		Manchester	11th July 2004
2	5.83m	+0.7	Lucy Sargent	13-Sep-88	U23	Barking	7th June 2009
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	12-Sep-56	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
17=	5.22m	Zoe Young	15-Sep-88	U23	Milton Keynes	25th July 2009
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
20=	5.20m	Holly Thomas	10-Aug-94	U17	Barking	26th July 2009

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
8	9.99m	Angela James	29-Mar-92	U20	Basildon	26th April 2009
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
13	9.60m	Kelly Jarrold	9-Oct-92	U17	Southampton	20th July 2008
14	9.51m	Karen Baldwin	10-Nov-84		Milton Keynes	25th July 2009
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
17	9.41m	Chloe van Wulven	10-Sep-87		Wakefield	6th June 2010
18	9.40m	Lydia St Ange	4-May-92	U17	Welwyn GC	29th June 2008
19	9.38m	Becky Luck	14-Apr-92	U17	Basingstoke	22nd July 2007
20	9.37m	Katie Richardson	18-Jan-89	U20	Wigan	3rd June 2007

Wind Assisted Marks

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

1	3.30m	ind	Kate Cowley	15-Oct-81		Uxbridge	30th Nov 2008
			(2.85m)			Barking	30th Aug 2008)
2.	2.80m		Karen Baldwin	10-Nov-84		Lee Valley	27th June 2009
3=	2.60m		Hannah Gamester	7-Jul-83	U23	Eton	24th June 2006
3=	2.60m		Danielle Ross	30-Sep-86	U23	Battersea Pk	28th June 2008
3=	2.60m		Leanne Blayney	10-Aug-82		Bedford	5th Sept 2009
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	2.20m		Mercy Gutteridge	8-Jun-97	U15	St Albans	27th Jun 2010

9=	2.00m	Katie O'Sullivan	10-Feb-87	U20	Ashford	22nd May 2005
9=	2.00m	Chloe Van Wulven	10-Sep-87	U20	Hendon	7th May 2006
11=	1.90m	Louise Halstead		U17		25th May 1996
11=	1.90m	Claire Brennan	26-Dec-80		Southampton	20th May 2006
13	1.80m	Melissa Felton	26-Jan-83	U20	Eton	23rd June 2002
14	1.70m	Becky Lawrence	31-Oct-94	U17	Eltham	16th May 2010
15=	1.50m	Emma Baglin	23-Jul-85	U17	Southend	12th May 2001
15=	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	12.09m	Melanie Harrison	27-Nov-85		Chelmsford	9th Aug 2009
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
10	10.24m	Zoe Young	15-Sep-88	U23	Lee Valley	27th June 2009
11=	10.21m	Pru French	4-May-50	U23		5th Sept 1971
11=	10.21m	Kike Oniwinde	6-Oct-92	U20	Ewell	24th Apr 2010
13	10.05m	Karen Low				2nd Aug 1997
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
3	41.64m	Melanie Harrison	27-Nov-85		Ipswich	23rd Aug 2009
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	33.83m	Sophie Baggs	14-Mar-94	U17	Dartford	10th July 2009
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	32.93m	Georgie Taylor	25-Nov-96	U15	Chelmsford	12th June 2010
18	32.82m	Sonia Blyth	9-Dec-44	U23		4th Aug 1963
19	32.46m	-- Myers				7th May 1964
20	30.80m	Marion Waters	19-Mar-46	U23		29th May 1966

Javelin 600g - New Model Only 1999 Onwards

1	46.41m	Louise Mathews	27-Oct-83		Wigan	4th June 2006
2	45.60m	Kike Oniwinde	6-Oct-92	U17	Bedford	9th Aug 2009
3	43.82m	Emma Christmas	22-Jun-88	U23	Ipswich	23rd Aug 2009
4	39.87m	Kate Brewington	15-Oct-81		Arles, FRA	3rd June 2007
5	33.95m	Deborah Knight	13-Dec-94	U17	Luton	6th June 2010

6	33.62m	Melanie Harrison	27-Nov-85	U23	Haringey	9th Apr 2005
7	32.98m	Laura Coleman	15-Jun-82	U20	Ilford	13th Aug 2000
8	32.77m	Zoë Young	15-Sep-88	U23	Lee Valley	19th Apr 2008
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
12	28.04m	Angela James	29-Mar-92	U17	Barking	25th May 2008
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	26.01m	Patsy McWeeney	17-Oct-93	U17	Thurrock	3rd May 2010
18	25.43m	Sara Luck	18-Nov-86	U20	Ipswich	27th June 2004
19	24.47m	Georgie Taylor	25-Nov-96	U15	Lee Valley	17th Apr 2010
20	24.17m	Sidnie Sales	27-May-93	U15	Bournemouth	1st July 2006

Hammer 4.0kg

1	48.78m	Sarah Deacon	18-Mar-83	U23	Peterborough	25th Aug 2003
2	43.23m	Melanie Harrison	27-Nov-85		Wigan	1st Aug 2009
3	37.74m	Rosanne Lister	9-May-69		Croydon	28th Aug 1995
4	35.22m	Karen Low			Barking	7th Sept 1997
5	30.46m	Amy Cox	30-Jan-92	U20	Barking	30th May 2009
6	26.76m	Katherine Knight	7-Apr-93	U20	Bedford	27th June 2010
7	25.59m	Selina Fasulo	18-Dec-81	U20	Dartford	22nd Aug 1999
8	24.63m	Kate Herring	3-Sep-83	U17	Mile End	26th June 1999
9	24.30m	Ruth Lovell		V40	Newham	2nd Aug 1997
10	24.16m	Terri Johnson	16-Sep-82	U23	Cardiff	4th Aug 2002
11	23.40m	Donna Connolly				4th June 1994
12	21.75m	Hannah Gamester	7-Jul-83		Swansea	8th June 2008
13	21.68m	Gemma Noble		U17		7th Sept 1996
14	21.30m	Shelley Wilson	22-Oct-93	U17	Battersea	19th July 2009
15	19.79m	Nina Brennan	3-Feb-85		Lee Valley	26th July 2008
16	19.68m	Laura Drew	12-Mar-95	U17	Battersea	20th June 2010
17	19.60m	Charlotte Lyon		U17		27th May 1997
18	19.56m	Michelle Fay				16th July 1994
19	19.17m	Katie O'Sullivan	10-Feb-87	U20	Ware	19th June 2005
20	18.52m	Lauren Edgar-Hill	25-Dec-90	U20	Luton	24th May 2009

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

2010 updates in blue

2007 updates in red

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 60m hurdles 8.54 High Jump 1.68m Shot Putt 11.45m Long Jump 5.99m 800m 2:24.66	15-Oct-81			Cardiff	21st Mar 2004
Pentathlon (Small Hall Indoor with 60m) 3784 pts	Kate Brewington 60m Hurdles 8.87 Long Jump 5.60m 60m 7.96 High Jump 1.63m Shot Putt 10.52m	15-Oct-81	U23		Bedford	14th Jan 2002
20lb Weight 12.10m	Sarah Deacon	18-Mar-83			Barking	17th Sept 2006