

Senior Women (as at 30th September 2018)

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	11.97	+1.8	Modupe Shokunbi	10-Oct-98	U17	Birmingham	11th July 2014
4=	12.0		Verona Elder	5-Apr-53		Hornchurch	4th May 1981
4=	12.0		Fiona Page	30-Aug-72	U17	Thurrock	11th June 1988
			12.02 +0.9		U17	Birmingham	5th Aug 1988
6	12.1		Ruth McMenemy	12-Apr-70		Bromley	15th July 2000
7=	12.2	+0.8	Debbie Showler	30-Jun-58	U17	Crystal Palace	29th June 1974
7=	12.2		Claudine Leger	17-May-80	U17	Newham	6th Aug 1995
7=	12.2		Lynne Ilott	16-Jun-49		Iford	20th Apr 1974
7=	12.2		Jillian Reynolds	17-Dec-70			7th Aug 1993
7=	12.2		Pat Shiels	21-Aug-53	U20		1970
12=	12.3y		Jacqueline Gray		U17	Grays	18th Aug 1962
12=	12.3y		Beryl Ficken			Iford	24th July 1962
14=	12.4y		Maria Oldall	25-Aug-53	U17		6th July 1968
14=	12.4		Alison McRitchie			West London	8th Aug 1976
14=	12.4		Susan Harries	9-Sep-70	U20		29th Aug 1988
14=	12.4		Holly Thomas	10-Aug-1994	U17	Lewes	31st May 2009
14=	12.4		Tayla Humm	12-Dec-96	U20	Basingstoke	12th July 2014
			12.49 +1.0		U20	Mile End	13th July 2014
14=	12.4		Jade Kavanagh	21-Jan-02	U17	Cambridge	2nd July 2017
			12.60 +0.6		U17	Stevenage	27th May 2018
20=	12.5y		Sheila Richardson		U17		7th June 1969
20=	12.5		Ruth Chettleburgh	17-Feb-57		Hendon	9th May 1981
20=	12.5		Sonya Lapena	13-Nov-75	U15	Dartford	21st July 1990
20=	12.5		Kate Brewington	15-Oct-81	U23	Basildon	1st Sept 2001
20=	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							
	11.78	+3.6	Modupe Shokunbi	10-Oct-98	U17	Bedford	30th August 2014
	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 Palace	23rd June 1974
	12.41	+4.1	Michelle Hughes	1-Feb-98	U17	Chelmsford	25th May 2013
	12.43	+3.0	Isabella Smith	21-Oct-03	U15	Hendon	8th July 2018
	12.44	+3.5	Tayla Humm	12-Dec-96	U20	Eltham	29th June 2014
	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 Palace	15th Jun 1984
5=	24.7		Ruth Chettleburgh	17-Feb-57		Hendon	9th May 1981
7	24.87	+1.2	Zoe Hughes	1-Feb-98	U23	Austin, USA	28th March 2018
8=	24.9		Ruth McMenemy	12-Apr-70		Bromley	15th July 2000
8=	24.9		Modupe Shokunbi	10-Oct-98	U17	Hornchurch	21st June 2014
			24.96 +1.2		U17	Eltham	29th June 2014
10=	25.0		Lynne Ilott	16-Jun-49		Norbiton	15th June 1974
10=	25.0		Debbie Showler	30-Jun-58	U20	Hornchurch	29th June 1975

2018 updates in blue

2017 updates in red

12	25.11	+0.0	Kate Brewington	15-Oct-81	U23	Rostock GER	20th July 2003
13=	25.2		Lesley Kiernan	9-Aug-57	U23	Warley	24th Sept 1977
13=	25.2		Frankie Calder	13-Jun-91	U17	Stevenage	16th July 2006
15	25.4		Pat Shiels	21-Aug-53	U20	Chelmsford	25th Apr 1970
16	25.58	+0.8	Jade Kavanagh	21-Jan-02	U17	Lee Valley	8th July 2018
17=	25.6		Claire Edwards	18-Jan-75	U15		1st July 1989
			25.72		U15	Basildon	15th June 1989
17=	25.6y		Maria Oldall	25-Aug-53	U17		3rd July 1968
17=	25.6		Holly Thomas	10-Aug-1994	U17	Braintree	25th Apr 2010
17=	25.6		Tayla Humm	12-Dec-96	U20	Walthamstow	27th July 2014
			25.77 +1.2		U20	Eltham	29th June 2014

Formerly known as Michelle

Wind Assisted or unconfirmed Marks

	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
	24.83	+3.0	Modupe Shokunbi	10-Oct-98	U17	Bedford	31st Aug 2014
	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
	25.50	+2.6	Jade Kavanagh	21-Jan-02	U17	Chelmsford	9th June 2018
	25.55	+3.8	Tayla Humm	12-Dec-96	U20	Ashford	18th Apr 2015

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 Palace	20th Aug 1977
3	53.95		Ruth Chettleburgh	17-Feb-57		Crystal Palace	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 Palace	1st Sept 1979
11	57.3		Liz Gahagan	10-Dec-1964			14th May 1988
12	57.4		Denise Brooks	7-Nov-58		Plymouth	4th July 1981
13	57.64	ind	Michelle Hughes	1-Feb-98	U20	Lee Valley	17th Jan 2015
			57.8		U17	Hornchurch	21st June 2014
14	57.81		Nicola Hill	1-Feb-91	U20	Ipswich	23rd Aug 2009
15.	57.9		Maria Oldall	25-Aug-53	U20	Harlow	22nd May 1971
16	58.2		Laurie Cossey	24-Nov-81	U20	Basildon	10th June 2000
17	58.3		Sara Luck	18-Nov-86	U17	Hendon	22nd June 2003
18	58.4		Claire Edwards	18-Jan-75	U17	Crystal Palace	14th July 1991
19=	58.6y		Valerie Filtness	-46	U20		20th June 1964
19=	58.6		Sue Smith				14th Apr 1979

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 Palace	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 Palace	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 Palace	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	2:09.55		Lauren Deadman	27-Mar-84		Abingdon	8th June 2013

2018 updates in blue

2017 updates in red

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	2:11.02	Lydia Hallam	26-Feb-97	U20	Watford	16th July 2014
18	2:11.3	Valerie McCormack	14-Feb-55	U23	Crystal Palace	2nd July 1977
19	2:11.40 ind	Sara Luck	18-Nov-86	U23	Sheffield	15th Mar 2008
		2:11.52		U23	Bedford	3rd May 2008
20	2:11.46	Susan Baxter	24-Nov-63	U15	Crystal Palace	18th Aug 1978

1500 Metres

1	4:10.24	Faye Fullerton	31-May-84		Watford	27th June 2015
2	4:11.33	Una English	14-Aug-70		Nurnberg, FRG	7th June 1996
3	4:13.91mx	Lauren Deadman	27-Mar-84		Watford	24th July 2013
		4:16.89			Birmingham	13th July 2013
4	4:15.12	Harriet Scott	17-Jan-86		Birmingham	11th July 2009
5	4:18.19	Alexa Joel	19-Sep-83		Manchester	27th Jul 2007
6	4:19.29	Anne Reason	16-Jun-68	U20	Kamen, FRG	7th July 1985
7	4:19.6	Denise Kiernan	27-Mar-61	U20	Crystal Palace	24th June 1978
8	4:21.12	Debbie Sullivan	13-Feb-72		Bedford	31st May 1999
9	4:24.48	Lydia Hallam	26-Feb-97	U23	Loughboro'	20th May 2018
10	4:24.8i	Lesley Kiernan	9-Aug-57	U20	Cosford	1st Feb 1975
11	4:28.36	Dorita Harmse	28-Mar-73		Watford	10th June 2000
12	4:29.06	Sara Luck	18-Nov-86		Watford	13th June 2009
13	4:29.39	Katie Richardson	18-Jan-89	U17	Birmingham	15th Aug 2004
14	4:30.24	Megan Foley	14-Apr-88	U17	Gateshead	10th July 2004
15	4:33.0	Sharon Jeffries	23-Feb-65	U17	Aldershot	19th July 1981
16	4:33.5	Elaine Haley	11-Apr-67	U23		26th June 1988
17	4:34.8mx	Jessica Mitchell	14-May-01	U17	Hornchurch	9th Apr 2017
		4:36.21		U17	Stevenage	28th May 2017
18	4:36.1	Helen Ruffell	4-Apr-68	U17	Thurrock	13th July 1984
19	4:37.2	Nicola Jones	10-Apr-75	U17	West London	28th July 1990
20	4:37.7	Christine Brannon	6-Dec-52			1976

3000 Metres

1	9:01.6 mx	Una English	14-Aug-70			27th Mar 1996
2	9:04.56 mx	Lauren Deadman	27-Mar-84		Watford	3rd June 2015
		9:18.29			Oxford	20th July 2013
3	9:04.78 mx	Alexa Joel	19-Sep-83		Watford	30th July 2008
		9:15.97			Watford	14th June 2008
4	9:07.52	Faye Fullerton	31-May-84	U23	Crystal Palace	28th July 2006
5	9:17.35	Harriet Scott	17-Jan-86		Watford	29th 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	9:40.86	Jessica Mitchell	14-May-01	U17	Birmingham	8th July 2017
10	9:41.8	Denise Kiernan	27-Mar-61	U20	Hornchurch	7th May 1978
11	9:47.88	Kate O'Neill	23-Feb-01	U20	Birmingham	14th July 2018
12	9:56.0	Lydia Hallam	26-Feb-97	U23	Battersea Park	19th Aug 2017
13	10:02.15 mx	Georgie Sales	21-Sep-90	U20	Watford	9th Apr 2008
14	10:03.6	Christine Brannon	6-Dec-52	U20	Hayes	31st July 1971
15	10:04.4	Nikki Barnett	17-Sep-70			17th May 1997
16	10:07.59	Robyn Matson	1-Mar-88	U23	Philadelphia	24th Apr 2008
17	10:07.8	Megan Foley	14-Apr-88	U17	Hendon	25th Apr 2004
18	10:13.0	Helen Ruffell	4-Apr-68			5th Sept 1993
19	10:15.64	Molly Sweetman	11-Mar-02	U17	Chelmsford	13th May 2018
20	10:17.0	Sharon Jeffries	23-Feb-65	U17	Crawley	8th Aug 1981

mx = Mixed Race

5,000 Metres

1	15:19.12	Una English	14-Aug-70		Huesden, BEL	12th July 2001
2	15:45.12	Lauren Deadman	27-Mar-84		Watford	27th June 2015
3	15:53.69	Faye Fullerton	31-May-84		Birmingham	5th July 2015
4	15:56.89	Alexa Joel	19-Sep-83		Eton	9th Aug 2008
5	16:07.5	Debbie Sullivan	13-Feb-72		Birmingham	13th Aug 2000
6	18:16.36	Robyn Matson	1-Mar-88	U23	Watford	12th June 2010
7	18:22.6	Nikki Barnett	17-Sep-70			9th May 1998
8	18:28.3	Helen Ruffell	4-Apr-68			19th May 1991
9	18:48.70	Ginte Bailey	22-Sep-85		Chelmsford	13th May 2018
10	19:04.1	Vicky Smith	13-Feb-88		Hornchurch	22nd May 2016
11	19:08.7	Flip Bishop	8-Jan-70			30th Apr 1995
12	19:56.8	Marie Gambardella	12-Feb-80	U20	Woking	29th June 1997
13	20:12.23	Isabella Woods	5-Jul-96	U23	Chelmsford	14th May 2017
14	20:39.4	Hayley Hawes	7-Aug-80	U23	Yate	7th July 2002
15	21:29.5	Eleanor Mole	20-May-80		Abingdon	6th July 2003
16	21:50.3	Clare Davies	24-Aug-86		Eastbourne	20th May 2018

10,000 Metres

1	33:05.55	Lauren Deadman	27-Mar-84		Parliament Hill	21st May 2016
2	33:47.70	Faye Fullerton	31-May-84		Parliament Hill	19th May 2018
3	34:30.16	Debbie Sullivan	13-Feb-72		Watford	3rd July 1999
4	38:32.22	Vicky Smith	13-Feb-88		Bedford	4th May 2014

Marathon

1	2:42.24	Debbie Sullivan/Appleton	13-Feb-72		London	17th Apr 2005
2	3:01.13	Robyn Matson	1-Mar-88		London	26th Apr 2015
3	3:09.09	Ginte Bailey	22-Sep-85		London	23rd Apr 2017
4	3:20.57	Kathy Knopp			Birmingham	19th Sept 1982
5	3:24.41	Megan Foley	14-Apr-88		London	21st Apr 2013
6	3:38.06	Jo Sullivan	15-Jul-73		London	23rd Apr 2006
7	3:34.51	Denise Harris	27-Sep-71	W35	London	13th Apr 2008
8	3:50.10	Tina Quinlivan	19-May-77	W35	London	13th Apr 2014
9	3:54.54	Clare Davies	24-Aug-86		Brighton	14th Apr 2013
10	3:56.33	Lesley Felton	21-Mar-59	W50	London	26th Apr 2009
11	3:57.21	Linda Smith	25-Nov-53	W50	London	18th Apr 2004
12	3:57.32	Jane Hallam	3-Aug-67	W40	London	25th Apr 2010

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 Illott	16-Jun-49		Crystal Palace	20th July 1974
2=	13.78	+1.4	Zoe Hughes #	1-Feb-98	U20	Azusa, USA	12th Apr 2017
4	14.26	+2.0	Chloe Williams	10-Sep-87		Liverpool	8th July 2018
5	14.39	+1.5	Nicola Hill	1-Feb-91	U23	Loughborough	11th Aug 2011
6	14.8		Lisa Schofield	14-Aug-89	U20	Lee Valley	26th May 2007
			15.89 +1.6		U17	Carshalton	24th July 2005
7	15.25	+1.8	Claire Brennan	26-Dec-80		Wigan	4th June 2006
8	15.5		Sandra Forrest	1-Jun-45			30th July 1977
9	15.6		Keeley Johnson	14-Apr-67	U17		18th Sept 1983
10	15.73	+1.2	Lucinda Bailey	15-Nov-97	U20	Chelmsford	14th May 2016
11	16.0		Pru Carter	4-May-50		Hornchurch	22nd June 1974
12	16.4		Lauren Edgar-Hill	25-Dec-90	U20	Barking	4th Apr 2009
			16.66 -1.8		U20	Chelmsford	9th May 2009
13	16.52	+2.0	Felicity Clarke	28-Oct-92		Leigh	16th July 2017
14	16.7		Sara Luck	18-Nov-86	U20	Ipswich	26th June 2004
15	16.9		Lisa Vincent	23-Sep-74	U20		9th Aug 1992
16	17.0		Claire Edwards	6-Jan-75	U20		19th June 1993
17	17.04	+1.4	Nicola Peachey	31-Dec-93	U17	Bedford	27th June 2010
18	17.1		Mayi Hughes	5-Nov-00	U20	Eastbourne	20th May 2018
19	17.2		Louise Hebron		U20		30th Apr 1995

2018 updates in blue

2017 updates in red

20	17.3	Katie O'Sullivan	16-Feb-87	U17	Croydon	28th July 2002
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Formerly known as Michelle

Wind Assisted Marks

13.6		Lynne Ilott	16-Jun-49		Crystal Palace	1st June 1974
14.37	+2.2	Nicola Hill	1-Feb-91	U23	Loughborough	11th Aug 2011
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 Palace	6th Sept 1978
2	60.14	Nicola Hill	1-Feb-91	U20	Bedford	31st May 2009
3	61.20	Michelle Hughes	1-Feb-98	U20	Glasgow	9th Aug 2015
4	63.29	Felicity Clarke	28-Oct-92	U23	Glasgow	7th July 2013
5	65.01	Chloe Van Wulven	10-Sep-87	U20	Swansea	2nd July 2006
6	65.4	Ruth Chettleburgh	17-Feb-57		Woodford	30th Aug 1980
7	65.5	Sara Sappinen	16-Sep-80	U23	Haringey	7th Apr 2001
8	65.6	Sara Luck	18-Nov-86	U20	Carshalton	23rd May 2004
9	65.66	Laura Bealey	24-Jan-86		Chelmsford	10th May 2009
10	66.2	Lisa Schofield	14-Aug-89	U20	Chelmsford	13th May 2007
		66.74		U20	Wigan	3rd June 2007
11	66.25	Claire Brennan	26-Dec-80		Chelmsford	11th Sept 2010
12	66.4	Claudine Neckles	23-Feb-76	U20		7th Aug 1993
13	66.7	Flip Bishop	8-Jan-70	U17	West London	7th Sept 1985
14	66.8	Susan Castling	17-Sep-64	U17	Hornchurch	13th July 1980
15=	67.4	Iris McCormack	22-Apr-56		Hornchurch	23rd June 1979
15=	67.4	Nicola Schofield	13-Sep-86	U17	Harrow	27th July 2003
17	67.5	Debbie Showler	30-Jun-58	U23	Hornchurch	30th June 1979
18=	68.0	Kay Morris	5-Oct-62	U17	Hull	29th July 1978
18=	68.0	Jenny Davies	26-Nov-55			1974
20=	68.1	Valerie McCormack	14-Feb-55	U23		28th Aug 1977
20=	68.1	Jo Slack		U17		2nd June 1991
20=	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	7:22.95	Vicky Smith	13-Feb-88		Crawley	12th July 2015
3	7:23.00	Robyn Matson	1-Mar-88	U23	Bedford	4th May 2008
4	7:43.8	Isabella Woods	5-Jul-96	U23	Kingston	2nd July 2017
5	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	10:42.88	Lauren Deadman	27-Mar-84		Watford	17th May 2014
3	11:09.11	Vicky Smith	13-Feb-88		Bedford	25th Aug 2012
4	11:30.50	Robyn Matson	1-Mar-88	U23	Providence US	12th April 2008

High Jump

1	1.74m	Bethan Siddons	29-Sep-90		Ipswich	5th Sept 2015
2=	1.73m	Linda Knowles	28-Apr-46	U17	Belgrade, SRB	14th Sept 1962
2=	1.73m	Kate Brewington	15-Oct-81		Battersea Park	5th July 2004
4=	1.70m	Keeley Johnson	14-Apr-67	U17	Southend	10th Sept 1983
4=	1.70m	Chloe Van Wulven	10-Sep-87	U17	Barking	29th June 2003
4=	1.70m	Michelle Hughes	1-Feb-98	U17	Boston	20th Sept 2014
7=	1.68m	Iris McCormack	22-Apr-56		Basildon	20th May 1979
7=	1.68m	Sara Luck	18-Nov-86	U23	Lee Valley	5th Dec 2007
	1.63m			U17	Colchester	25th Aug 2003

2018 updates in blue

2017 updates in red

9	1.65m	Kay Morris	5-Oct-62	U17	West London	24th June 1979
10	1.64m	Mayi Hughes	5-Nov-00	U17	Cambridge	2nd July 2017
11	1.62m	Katie O'Sullivan	16-Feb-87	U17	Walton	8th June 2002
12=	1.61m	Heather Godden	9-Apr-60	U20	Woodford	14th May 1977
12=	1.61m	Chenice Constable	23-Oct-97	U17	Peterborough	4th Aug 2013
14	1.60m	Claire Brennan	26-Dec-80	U17	Crystal Palace	23rd May 1997
15	1.58m	Rebecca Merry	6-Jun-70	U15	Hornchurch	11th Aug 1984
16=	1.56m	Helen McDonnell	19-Feb-89	U15	Chelmsford	19th Apr 2003
16=	1.56m	Angela James	29-Mar-92	U17	Southampton	20th July 2008
16=	1.56m	Ruby Mace	5-Sep-03	U15	Gateshead	7th July 2018
19=	1.55m	Maureen Rawlings		U17		23rd Aug 1958
19=	1.55m	Jackie Hartshorn	17-Apr-59	U20		1977
19=	1.55m	Jackie Upson				1st Aug 1993
19=	1.55m	Katie Dawson	9-Jan-99	U17	Hornchurch	30th Mar 2014

Long Jump

1	6.12m	+1.4	Kate Brewington	15-Oct-81		Manchester	11th July 2004
2	6.07m	ind	Zoe Hughes #	1-Feb-98	U20	New York, USA	25th Mar 2017
			5.99m +1.6		U20	Azusa, USA	13th Apr 2017
3	5.83m	+0.7	Lucy Sargent	13-Sep-88	U23	Barking	7th June 2009
4	5.73m		Christina Castling	24-Nov-62	U17	Chelmsford	9th June 1979
5	5.70m		Helen Bush	17-Dec-65	U23	Thurrock	17th May 1986
6	5.62m		Mayi Hughes	5-Nov-00	U20	Croydon	1st July 2018
7	5.59m		Lisa Vincent	23-Sep-74	U20	Welwyn GC	25th Apr 1992
8=	5.53m		Lynne Ilott	16-Jun-46		Nottingham	5th July 1975
8=	5.53m		Susan Harries	9-Sep-70	U17	Colchester	25th Aug 1986
10	5.51m		Jackie Selby	12-Sep-56	U17		1972
11	5.47m		Kirsty Smith	25-Apr-87	U20	Eton	13th August 2006
12	5.46m		Christine McClelland	11-Dec-46	U20		2nd May 1964
13	5.43m	+0.6	Nicola Hill	1-Feb-91		Stevenage	4th June 2017
14	5.39m		Jackie Gray		U17		21st July 1962
15	5.33m		Linda Knowles	28-Apr-46	U20		1963
16	5.32m		Jade Kavanagh	21-Jan-02	U17	Cambridge	2nd July 2017
17	5.28m		Denise Rippe	14-Dec-57	U17	Hornchurch	31st Aug 1974
18	5.26m		Jenny Raynor		U17	Basildon	16th May 1993
19	5.24m		Jackie Foreman				1977
20=	5.22m		Janice Edwards		U15	Portsmouth	6th July 1968
20=	5.22m		Jillian Reynolds	17-Dec-70	U15	Colchester	1st Sept 1984
20=	5.22m		Zoe Young	15-Sep-88	U23	Milton Keynes	25th 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

Formerly known as Michelle

Triple Jump

1	12.40m	+0.0	Mayi Hughes	5-Nov-00	U20	Birmingham	13th July 2018
2	11.94m		Kate Cowley	15-Oct-81		Swindon	21st May 2011
3	11.83m	+1.7	Kirsty Smith	25-Apr-87	U20	Bedford	22nd July 2006
4	11.49m		Susan Harries	9-Sep-70		Eton	12th Aug 1995
5	11.33m		Lisa Vincent	23-Sep-74	U23	Woodford	24th Apr 1994
6	10.92m	+0.4	Lynsey Clark	2-Sep-86	U23	Swansea	2nd July 2006
7	10.91m		Ella Lindsay	14-Dec-98	U17	Bedford	5th July 2014
8=	10.74m		Bethany Chambers	3-Oct-95	U15	Southend	30th August 2010
8=	10.74m		Bethan Siddons	9-Sep-90		Southampton	3rd July 2016
10	10.60m		Corrina Keevil	19-Sep-80	U20	Croydon	23rd May 1999
11	10.35m		Olatomiwa Sanwo	23-Feb-01	U20	St Albans	18th Aug 2018
12	10.30m		Chloe Van Wulven	10-Sep-87		Cambridge	4th July 2015
13	10.28m		Michelle Hughes	1-Feb-98	U17	Stevenage	28th April 2013
14	10.19m		Nicola Hill	1-Feb-91	U17	Kingston	12th Aug 2006

2018 updates in blue

2017 updates in red

15	10.12m	Louise Lear	4-Jun-98	U17	Sandy	1st June 2014
16	10.11m	Tomi Akingbade	23-Jan-97	U17	Southend	26th Aug 2013
17	10.08m	Charlotte Fransham	24-Nov-01	U17	Luton	30th April 2017
18	10.03m	Claire Brennan	26-Dec-80	V35	Hornchurch	16th Sept 2018
19	10.02m	Annie Maguire	22-Sep-98	U17	Ashford	31st May 2015
20	9.99m	Angela James	29-Mar-92	U20	Basildon	26th April 2009

Pole Vault

1	3.90m	Kate Cowley	15-Oct-81		Tooting Bec	21st July 2012
2	3.50m ind	Mercy Gutteridge	8-Jun-97	U20	Sheffield	28th Feb 2015
		3.30m		U20	Crystal Palace	15th June 2014
3	2.90m	Tina Quinlivan	19-May-77	V40	Battersea	19th Aug 2017
4=	2.80m	Karen Baldwin	10-Nov-84		Lee Valley	27th June 2009
4=	2.80m	Leanne Blayney	10-Aug-82		Hornchurch	2nd Apr 2011
6	2.75m	Jessie Collier	4-Mar-04	U15	Lee Valley	8th July 2018
7=	2.60m	Hannah Gamester	7-Jul-83		Eton	24th June 2006
7=	2.60m	Danielle Ross	30-Sep-86	U23	Battersea Park	28th June 2008
7=	2.60m	Claire Brennan	26-Dec-80	V35	Hornchurch	9th Apr 2017
10	2.55m	Angela James	29-Mar-92	U17	Barking	28th July 2007
11	2.30m	Sue Deboos	11-Sep-82	U23	Scunthorpe	4th July 2004
12=	2.10m	Emma Selby	6-Dec-90		Hornchurch	18th Sept 2016
12=	2.10m	Alice Atkins	26-Jun-04	U15	Ipswich	30th July 2017
14=	2.00m	Katie O'Sullivan	16-Feb-87	U20	Ashford	22nd May 2005
14=	2.00m	Chloe Van Wulven	10-Sep-87	U20	Hendon	7th May 2006
14=	2.00m	Annie Grannell	24-Feb-04	U15	Reading	17th June 2018
17=	1.90m	Louise Halstead		U17		25th May 1996
17=	1.90m	Becky Lawrence	31-Oct-94	U17	Braintree	11th July 2010
19	1.85m	Nina Brennan	3-Feb-85		Eastbourne	20th May 2018
20=	1.80m	Melissa Felton	26-Jan-83	U20	Eton	23rd June 2002
20=	1.80m	Charlotte Wright	17-Jun-02	U17	St Albans	18th Aug 2018

Shot Putt 4.0kg

1	12.95m	Zoe Hughes #	1-Feb-98	U23	Austin, USA	28th March 2018
2	12.55m	Pat Young	27-Dec-41	U23	Cambridge	4th May 1963
3	12.09m	Melanie Harrison	27-Nov-85		Chelmsford	9th Aug 2009
4	12.03m	Kate Brewington	15-Oct-81		Salo, ITA	8th May 2005
5	12.00m ind	Somma Power	18-Aug-85		Lee Valley	2nd Jan 2011
		11.56m			Chelmsford	14th May 2011
6	11.63m	Chimdi Okpalauko	20-Mar-01	U20	Lee Valley	5th Aug 2018
7	11.33m	Alexandra Adeniji	18-Apr-02	U17	Ipswich	14th Apr 2018
8	11.13m	Georgie Taylor	25-Nov-96	U20	Ipswich	25th Apr 2015
9	11.12m	Kay Lane/Oliver	5-Jan-44	U23	Grays	15th May 1965
10	11.07m	Claudia Bernard	21-Aug-65	U17	Crystal Palace	3rd Aug 1980
11	10.99m	Sandra Forrest	1-Jun-45		Newham	10th July 1977
12	10.88m ind	Rachel Forder	3-Dec-96	U17	Lee Valley	13th Jan 2013
		10.39m		U17	Chelmsford	13th May 2012
13	10.82m	Omolola Kuponiyi	5-Mar-04	U15	Hornchurch	16th Sept 2018
14	10.81m ind	Janis Wilderspin	27-Sep-62	U20		1980
15	10.69m	Deborah Knight	13-Dec-94	U20	Hornchurch	16th June 2013
16	10.62m	Philippa Gill	16-Jan-01	U20	Croydon	1st July 2018
17	10.56m	Rosanne Lister	9-May-69			4th June 1994
18	10.50m	Jo Smith	22-Nov-78	U15	Barking	28th Feb 1993
19	10.46m	Kike Oniwinde	6-Oct-92	U20	Lee Valley	16th Apr 2011
20	10.24m	Zoe Young	15-Sep-88	U23	Lee Valley	27th June 2009

Formerly known as Michelle

Discus 1.0kg

1	53.66m	Rosanne Lister	9-May-69	U23	Kingston	22nd June 1991
2	48.84m	Georgie Taylor	25-Nov-96	U20	Bedford	21st June 2015
3	46.22m	Rachel Forder	3-Dec-96	U23	Richmond, US	19th Mar 2016
4	43.46m	Janis Wilderspin	27-Sep-62	U20	Crystal Palace	11th June 1980

2018 updates in blue

2017 updates in red

5	41.64m	Melanie Harrison	27-Nov-85		Ipswich	23rd Aug 2009
6	40.90m	Lynsey Clark	2-Sep-86	U17	Sheffield	11th July 2003
7	37.71m	Alice Brown	1-Nov-03	U15	Lee Valley	2nd April 2018
8	37.54m	Claudia Bernard	21-Aug-65	U17	Hornchurch	20th June 1981
9	37.38m	Jackie Hartshorn	17-Apr-59	U20	Chelmsford	12th June 1976
10	36.86m	Sophie Baggs	14-Mar-94	U20	Loughborough	5 th May 2013
11	36.50m	Linda Ford	17-Jan-51		Haringey	16th Apr 1977
12	36.46m	Louise Quilter	31-Jan-63	U20	Woodford	17th May 1980
13	35.96m	Rachel Evans	29-May-86		Colchester	20th August 2016
14	35.89m	Freya Gutteridge	25-Apr-99	U17	Hornchurch	30th Apr 2014
15	35.32m	Sarah Deacon	18-Mar-83	U23	Perivale	21st May 2005
16	34.71m	Lauren Clark	23-Jun-89	U23	Wigan	3rd July 2011
17	34.66m	Pru French/Carter	4-May-50		Southend	25th May 1974
18	34.50m	Anita Sergeant	2-Feb-47	U20	Harlow	4th July 1964
19	33.62m	Chimdi Okpalauko	20-Mar-01	U20	Oxford	1st Sept 2018
20	33.58m	Donna Connolly				4th Apr 1993

Javelin 600g - New Model Only 1999 Onwards

1	49.35m	Kike Oniwinde	6-Oct-92	U20	Lee Valley	16th Apr 2011
2	48.87m	Louise Lacy	28-Apr-89		Bedford	29th July 2017
3	46.41m	Louise Mathews	27-Oct-83		Wigan	4th June 2006
4	43.82m	Emma Christmas	22-Jun-88	U23	Ipswich	23rd Aug 2009
5	41.48m	Deborah Knight	13-Dec-94	U20	Stevenage	19th May 2012
6	39.87m	Kate Brewington	15-Oct-81		Arles, FRA	3rd June 2007
7	39.48m	Zoe Hughes #	1-Feb-98	U23	W-Salem, USA	24th March 2018
8	36.49m	Adelaide Thatcher-Gray	18-Sep-02	U17	Hornchurch	16th Sept 2018
9	33.89m	Emma Sharp	28-Feb-99	U20	Hornchurch	18th Sept 2016
10	33.62m	Melanie Harrison	27-Nov-85	U23	Haringey	9th Apr 2005
11	32.98m	Laura Coleman	15-Jun-82	U20	Ilford	13th Aug 2000
12	32.77m	Zoë Young	15-Sep-88	U23	Lee Valley	19th Apr 2008
13	31.34m	Mayi Hughes	5-Nov-00	U20	Ashford	29th July 2018
14=	30.42m	Rachel Evans	29-May-86		Colchester	20th August 2016
14=	30.42m	Philippa Gill	16-Jan-01	U20	Hornchurch	16th Sept 2018
16	29.19m	Alice Martin	8-Feb-98	U17	Hornchurch	30th March 2014
17	28.85m	Lauren McVicar	11-Jul-89	U17	Bedford	12th Sept 2004
18	28.38m	Sarah Deacon	18-Mar-83	U23	Chelmsford	7th June 2003
19	28.28m	Jemma Pemberton	19-Sep-96	U23	Chelmsford	12th May 2018
20	28.20m	Amy Rogers	14-Jul-87	U17	Barking	29th June 2003

Formerly known as Michelle

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	38.12m	Rachel Forder	3-Dec-96	U23	Fairfax, US	7th May 2016
4	37.74m	Rosanne Lister	9-May-69		Croydon	28th Aug 1995
5	35.22m	Karen Low			Barking	7th Sept 1997
6	30.46m	Amy Cox	30-Jan-92	U20	Barking	30th May 2009
7	29.02m	Philippa Gill	16-Jan-01	U20	Eastbourne	20th May 2018
8	27.88m	Katherine Knight	7-Apr-93	U20	Hendon	4th June 2011
9	25.75m	Georgie Taylor	25-Nov-96	U23	Colchester	20th August 2016
10	25.59m	Selina Fasulo	18-Dec-81	U20	Dartford	22nd Aug 1999
11	25.03m	Alexandrea Adeniji	18-Apr-02	U17	Ipswich	14th Apr 2018
12	24.78m	Rachel Evans	29-May-86		Colchester	20th August 2016
13	24.63m	Kate Herring	3-Sep-83	U17	Mile End	26th June 1999
14	24.30m	Ruth Lovell		V40	Newham	2nd Aug 1997
15	24.16m	Terri Johnson	16-Sep-82	U23	Cardiff	4th Aug 2002
16	24.03m	Emma Christmas	22-Jun-88		Derby	4th Aug 2013
17	23.40m	Donna Connolly				4th June 1994
18	21.98m	Laura Drew	12-Mar-95	U20	Sandy	28th July 2013
19	21.75m	Hannah Gamester	7-Jul-83		Swansea	8th June 2008
20	21.68m	Gemma Noble		U17		7th Sept 1996

2018 updates in blue

2017 updates in red

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	5444 pts	Zoe Hughes #	1-Feb-98	U20	Azusa, USA	12th/13th Apr 2017
		13.78, 1.60m, 11.77m, 25.19, 5.99m, 32.52m, 2m 20.75				
3	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, 2m 19.1				
4	3573 pts	Lisa Vincent	23-Sep-74	U20	Corby	27th/28th Jun 1992
5	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				
		# Formerly known as Michelle				

Other Senior Records

4 x 100 Metres Relay	48.73	Fiona Page, Sonya Lapena/Jo Slack ??, Lisa Vincent, Claudine Neckles			West 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

Other Senior Records (cont.)

10k Road

33:03	Faye Fullerton	31-May-84	Bristol	10th May 2010
10 Miles Road	Faye Fullerton	31-May-84	Leeds	25th Oct 2015

Half Marathon

1:13.56	Faye Fullerton	31-May-84	Valencia, SPA	24th March 2018
20 Miles	Debbie Appleton/Sullivan	13-Feb-72	Ruislip	13th March 2005

60 Metres Hurdles

8.5i	Lynne Ilott	16-Jun-49	Cosford	9th Feb 1974
	(8.57i		Cosford	1st Feb 1975)
8.54i	Kate Brewington	15-Oct-81	Cardiff	21st Mar 2004
200 Metres Hurdles	Lynne Ilott	16-Jun-49		20th Feb 1980
300 Metres Hurdles	Michelle Hughes	1-Feb-98	U17 Bedford	31st August 2014

1500m Steeplechase

5:28.0	Katie Richardson	18-Jan-89	U20 Stevenage	16th July 2006
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Pentathlon (Indoor with 800m)

4093 pts	Zoe Hughes	1-Feb-98	New York, USA	25th Feb 2017
	60m hurdles	8.71s		
	High Jump	1.65m		
	Shot Putt	12.07m		
	Long Jump	6.07m		
	800m	2:21.62		

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		