

# UK ALL-TIME LISTS – WOMEN

## as at 22 February 2026

60 Metres							
7.03	Dina Asher-Smith	25 Feb 23		11.06	Desiree Henry	15 Apr 16	
7.04	Asher-Smith	27 Jan 23		11.10	Kathy Cook	5 Sep 81	
7.04	Amy Hunt	22 Feb 26		11.10	Asha Philip	24 May 15	
7.05	Daryll Neita	10 Feb 23		11.11	Laura Turner	4 Jul 10	
7.05	Asher-Smith	25 Feb 23		11.11	Faith Akinbileje	17 Aug 25	10
7.05	Asher-Smith	14 Feb 26		11.14	Jeanette Kwakye	17 Aug 08	
7.06	Asha Philip	5 Mar 17		11.14	Joy Eze	17 Aug 25	
7.07	Asher-Smith	27 Jan 23		11.15	Paula Dunn/Thomas	23 Aug 94	
7.07	Neita	3 Mar 23		11.16	Andrea Lynch	11 Jun 75	
7.08	Jeanette Kwakye	7 Mar 08		11.16	Kristal Awuah	2 Sep 18	
7.08	Asher-Smith	8 Mar 15		11.16	Nia Wedderburn-Goodison	28 Jun 25	
7.08	Asher-Smith	25 Feb 18		11.17	Abi Oyepitan	25 Jul 04	
7.08	Asher-Smith	29 Jan 21		11.17	Bianca Williams	14 Jun 14	
7.08	Asher-Smith	24 Jan 26		11.17	Jodie Williams	4 May 19	
7.08	Asher-Smith	24 Jan 26		11.18	Anyika Onuora	29 May 11	20
7.13	Bev Kinch	23 Feb 86		11.18	Renee Regis	26 May 25	
7.15	Kristal Awuah	2 Mar 19		11.18	Renee Regis	26 May 25	
7.16	Bianca Williams	28 Feb 25		11.19	Ashleigh Nelson	12 Aug 14	
7.17	Andrea Lynch	10 Mar 74		11.19	Sonia Lannaman	25 Jul 80	
7.17	Imani Lansiquot	1 Feb 23	10	11.20	Sonia Lannaman	25 Jul 80	
7.19	Joice Maduaka	14 Mar 03		11.20	Heather Oakes	26 Sep 80	
7.19	Rachel Miller	16 Feb 19		11.20	Heather Oakes	26 Sep 80	
7.19	Cheyenne Evans-Gray	18 Mar 22		11.21	Emma Ania	6 Jun 08	
7.19	Joy Eze	14 Feb 25		11.21	Finette Agyapong	16 Jul 23	
7.20	Wendy Hoyte	22 Feb 87		11.22 A	Bev Callender	8 Sep 79	
7.21	Heather Oakes	19 Jan 85		11.35	Bev Callender	8 Sep 79	
7.21	Stephanie Douglas	11 Feb 95		11.23	Joyce Maduaka	15 Jul 06	
7.21	Jodie Williams	5 Mar 11		11.23 mx	Rachel Miller	1 Aug 18	
7.22	Sophie Papps	15 Feb 14		11.26	Rachel Bennett	22 Jun 25	30
7.22	Desiree Henry	25 Feb 14	20	11.26	Rachel Bennett	22 Jun 25	30
7.23	Paula Dunn/Thomas	22 Feb 87		11.26	Hannah Brier	17 Aug 25	
7.24	Marcia Richardson	20 Feb 00		11.26	Hannah Brier	17 Aug 25	
7.24	Emma Ania	27 Feb 08		11.27	Stephanie Douglas	26 Jul 91	
7.24	Rachel Johncock	21 Feb 15		11.27	Stephanie Douglas	26 Jul 91	
7.24	Oluwayesimi Akande	10 Jan 26		11.27	Sophie Papps	30 Jul 16	
7.24	Aleeya Sibbons	14 Feb 26		11.27	Sophie Papps	30 Jul 16	
7.25	Sonia Lannaman	22 Feb 76		11.27	Oluwayesimi Akande	22 Jun 24	
7.25	Jayne Andrews	4 Mar 84		11.28	Margaret Adeoye	14 Jun 14	
7.25	Laura Turner	11 Feb 07		11.29	Margaret Adeoye	14 Jun 14	
7.25	Bernice Wilson	12 Feb 11		11.29	Bev Kinch	6 Jul 90	
7.25	Montell Douglas	13 Feb 13		11.29	Aleeya Sibbons	26 May 25	
				11.30	Aleeya Sibbons	26 May 25	
				11.31	Alisha Rees	17 Jul 22	
				11.31	Wendy Hoyte	4 Oct 82	
				11.31	Shirley Thomas	3 Jul 83	40
				11.31	Shirley Thomas	3 Jul 83	40
				11.31	Simmone Jacobs	24 Sep 88	
				11.31	Hayley Jones	22 Jun 13	
				11.31	Hayley Jones	22 Jun 13	
				11.31	Alyson Bell	10 Jun 23	
				11.32	Joan Baptiste	24 Aug 83	
				11.32	Joan Baptiste	24 Aug 83	
				11.32	Christine Bloomfield	3 Jul 99	
				11.32	Christine Bloomfield	3 Jul 99	
				11.32	Lorraine Ugen	30 Jun 18	
				11.32	Lorraine Ugen	30 Jun 18	
				11.33	Emily Freeman	14 Jun 09	
				11.33	Emily Freeman	14 Jun 09	
				11.34	Katharine Merry	25 Jun 94	
				11.34	Katharine Merry	25 Jun 94	
				11.34	Shani Anderson	26 Aug 00	
				11.34	Shani Anderson	26 Aug 00	
				11.34	Amanda Forrester	27 Jul 02	50
				11.34	Amanda Forrester	27 Jul 02	50
				11.34	Kiah Dubarry-Gay	14 May 22	
				11.34	Kiah Dubarry-Gay	14 May 22	
				11.35	Sharon Danville	20 Aug 77	
				11.35	Sharon Danville	20 Aug 77	
				11.35	Marcia Richardson	4 Jun 00	
				11.35	Marcia Richardson	4 Jun 00	
				11.35	Christine Ohuruogu	4 May 08	
				11.35	Christine Ohuruogu	4 May 08	
				11.36 A	Della James	14 Oct 68	
				11.36	Della James	14 Oct 68	
				11.36	Annabelle Lewis	12 Jul 13	
				11.36	Annabelle Lewis	12 Jul 13	
				11.36	Jasmine Wilkins	2 Jul 24	
				11.36	Jasmine Wilkins	2 Jul 24	
				11.38	Kimberly Baptiste	30 Jun 23	
				11.38	Kimberly Baptiste	30 Jun 23	
				<b>wind assisted</b>			
10.83	Dina Asher-Smith	29 Sep 19		10.80	Daryll Neita	25 Jun 22	
10.83	Asher-Smith	17 Jul 22		10.93	Sonia Lannaman	17 Jul 77	
10.83	Asher-Smith	17 Jul 22					
10.84	Asher-Smith	16 Jul 22					
10.85	Asher-Smith	7 Aug 18					
10.85	Asher-Smith	23 Jul 23					
10.87	Asher-Smith	29 Sep 19					
10.87	Asher-Smith	9 Sep 21					
10.88	Asher-Smith	6 Sep 19					
10.88	Asher-Smith	22 Aug 24					
10.89	Asher-Smith	17 Jul 22					
10.89	Asher-Smith	5 Sep 24					
10.90	Daryll Neita	3 Aug 22					
10.99	Imani Lansiquot	4 Sep 23					
11.02	Amy Hunt	2 Aug 25					
11.05	Montell Douglas	17 Jul 08					

10.95	Montell Douglas	17 Jul 08	22.53	Success Eduan	3 Aug 25	10
11.01	Heather Oakes	21 May 80	22.58	Sonia Lannaman	18 May 80	
11.04	Desiree Henry	26 Apr 14	22.64	Emily Freeman	20 Aug 09	
11.05	Asha Philip	4 Jun 22	22.64	Anyika Onuora	31 Jul 14	
11.08	Kathy Cook	24 Aug 83	22.66	Amber Anning	9 May 24	
11.09	Laura Turner	7 Jul 07	22.67	Renee Regis	17 Aug 25	
11.12	Renee Regis	18 Aug 24	22.69	Paula Dunn/Thomas	26 Aug 94	
11.13	Bev Kinch	6 Jul 83	22.69	Finette Agyapong	9 Jul 23	
11.13	Shirley Thomas	27 May 84	22.72	Bev Callender	30 Jul 80	
11.13	Paula Dunn/Thomas	20 Aug 88	22.73	Jennifer Stoute	3 Aug 92	
11.13	Jodie Williams	26 Apr 14	22.73	Emily Newnham	17 Aug 25	20
11.15	Ashleigh Nelson	29 Jun 14	22.75	Donna Hartley	17 Jun 78	
11.18	Wendy Hoyte	4 Oct 82	22.76	Katharine Merry	25 Jul 00	
11.18	Simmons Jacobs	11 Jun 97	22.76	Faith Akinbileje	17 Aug 25	
11.19	Bev Callender	21 May 80	22.78	Shannon Hylton	1 Jul 18	
11.19	Joice Maduaka	10 Jun 07	22.79	Kat. Johnson-Thompson	28 May 16	
11.23	Joan Baptiste	24 Aug 83	22.79	Cassie-Ann Pemberton	9 Jul 23	
11.23	Jayne Andrews	17 Jul 84	22.80	Michelle Scutt	12 Jun 82	
11.23	Alannah Fashanu	30 Jul 22	22.83	Joice Maduaka	25 Jul 99	
11.24	Sarah Wilhelmy	9 Jun 01	22.83	Jessica Ennis	3 Aug 12	
11.26	Marcia Sey	16 May 25	22.85	Christine Bloomfield	25 Jul 99	30
11.27	Katharine Merry	11 Jun 94	22.85	Christine Ohuruogu	1 Jun 09	
11.29	Marcia Richardson	29 May 00	22.85	Ashleigh Nelson	5 Jul 19	
11.29	Alisha Rees	25 Jun 22	22.86	Joan Baptiste	9 Aug 84	
11.30	Hayley Jones	7 Jul 13	22.87	Georgina Adam	14 Aug 22	
11.30	Kat. Johnson-Thompson	21 Jun 14	22.87	Rachel Bennett	29 Jun 25	
11.30	Eve Wright	30 Jul 22	22.87	Margaret Adeoye	8 Sep 13	
11.31	Lorraine Ugen	15 Apr 17	22.88	Heather Oakes	28 Aug 86	
			22.92	Vernicha James	21 Jul 01	
			22.93	Imani Lansiquot	27 May 22	
			22.93	Simmons Jacobs	25 Apr 96	40
<b>hand timing</b>			22.95	Amarachi Pipi	22 Apr 17	
10.9	Andrea Lynch	28 May 77	22.95	Shani Anderson	6 Jul 02	
11.1	Sonia Lannaman	29 Jun 80	22.96	Victoria Ohuruogu	10 Jun 23	
11.1	Heather Oakes	29 Jun 80	22.96	Sandra Whittaker	8 Aug 84	
11.1	Joan Baptiste	16 Jul 85	22.96	Alisha Rees	20 Aug 22	
11.2	Helen Hogarth	29 Jun 74	22.98	Aleeya Sibbons	20 Jul 25	
11.2	Sharon Danville	25 Jun 77	22.98mx	Alyson Bell	31 May 25	
11.2	Bev Kinch	14 Jul 84	22.98	Abigail Pawlett	17 Aug 25	
11.2	Geraldine McLeod	21 May 94	23.01	Maya Bruney	22 Jul 17	
			23.01	Donna Fraser	2 May 04	50
<b>hand timing - wind assisted</b>			23.04	Kristal Awuah	3 Oct 20	
10.8	Sonia Lannaman	22 May 76	23.05A	Sam Davies	28 Aug 00	
11.1	Sharon Danville	22 May 76	23.06	Kissiwaa Mensah	15 Jun 25	
11.1	Bev Kinch	9 May 87	23.07	Charlotte McLennaghan	10 May 15	
			23.09	Nicole Yeargin	17 May 22	
<b>200 Metres</b>			23.09	Diane Smith	11 Aug 90	
21.88	Dina Asher-Smith	2 Oct 19	23.10	Yasmin Liverpool	20 Aug 22	
21.89	Asher-Smith	11 Aug 18	23.10mx	Jeanette Kwakye	14 Jul 07	
21.96	Asher-Smith	19 Jul 22	23.11	Lina Nielsen	15 Apr 22	
22.02	Asher-Smith	21 Jul 22	23.11	Brooke Ironside	4 Jul 24	60
22.04	Asher-Smith	3 Sep 21				
22.06	Asher-Smith	10 Jun 21				
22.07	Asher-Smith	28 Aug 15				
22.07	Asher-Smith	20 Jul 24				
22.08	Asher-Smith	29 Aug 19				
22.08	Amy Hunt	18 Sep 25				
22.10	Kathy Cook	9 Aug 84				
22.16	Daryll Neita	25 Aug 23				
22.45	Bianca Williams	24 Aug 23				
22.46	Jodie Williams	15 Aug 14				
22.46	Desiree Henry	27 Aug 16				
22.50	Abi Oyepitan	23 Aug 04				
22.50	Beth Dobbin	20 Jul 19				
				<b>wind assisted</b>		
			22.47	Amber Anning	6 Apr 24	
			22.48	Michelle Scutt	4 Jul 82	
			22.49	Beth Dobbin	26 Jun 22	
			22.69	Bev Callender	24 Jun 81	
			22.70	Imani Lansiquot	26 Jun 22	
			22.71	Kristal Awuah	26 Jun 22	
			22.73	Shannon Hylton	18 Jul 15	
			22.80	Donna Fraser	3 Sep 05	
			22.83	Amarachi Pipi	14 May 17	

22.84	Sarah Wilhelmy	10 Jun 01	<b>hand timing</b>		
22.90	Andrea Lynch	11 Jun 75	36.2	Donna Hartley	7 Aug 74
22.90	Allison Curbishley	17 Jul 98	<b>during 400m</b>		
22.97	Helen Hogarth	26 Jul 74	35.7 +	Christine Ohuruogu	27 Jul 13
23.00	Joslyn Hoyte-Smith	13 Jun 82	36.13 +		29 Aug 07
23.00	Louise Evans	13 Aug 23	35.80 +	Amber Anning	16 Sep 25
23.00	Alyson Bell	21 Jun 25	36.17 +	Nicola Sanders	29 Aug 07
23.02	Lina Nielsen	26 Aug 24	36.18 +	Laviai Nielsen	20 Jul 24
23.02	Shiloh Wright-Taipow	1 Jun 25			
23.05	Hannah Williams	23 Aug 20	<b>300 Metres Short Track</b>		
23.07	Asha Phillip	14 Jul 13	36.53	Lina Nielsen	15 Feb 25
			36.77 A	Dina Asher-Smith	20 Jan 24
<b>hand timing</b>			36.87		2 Feb 25
22.9	Heather Oakes	3 May 80	36.79	Nicole Yeargin	14 Feb 26
22.9	Helen Burkart	6 Aug 83	36.88	Emily Newnham	15 Feb 25
23.0	Helen Golden	30 Jun 74	37.11 A	Rebecca Grieve	24 Jan 26
23.1	Andrea Lynch	21 May 77	37.12	Melanie Purkiss	31 Jan 06
23.1	Linda Keough	5 Jul 89	37.16	Amber Anning	26 Feb 22
23.1	Lee McConnell	7 Jun 08	37.22	Amarachi Pipi	15 Feb 25
			37.24	Jodie Williams	21 Jan 23
<b>200 Metres Short Track</b>			<b>during 400m</b>		
22.60	Amber Anning	26 Jan 24	36.0 +	Nicola Sanders	3 Mar 07
22.83	Katharine Merry	14 Feb 99	36.54 +	Amber Anning	22 Mar 25
22.89	Renee Regis	15 Feb 26	36.9+	Perri Shakes-Drayton	3 Mar 13
22.94	Anning	31 Jan 25	36.97 +	Laviai Nielsen	2 Mar 24
22.96	Donna Fraser	23 Feb 97			
22.98	Margaret Adeoye	3 Feb 13	<b>400 Metres</b>		
23.00	Merry	12 Feb 94	49.29	Amber Anning	9 Aug 24
23.12	Alyson Bell	23 Feb 25	49.36	Anning	18 Sep 25
23.15	Fraser	8 Feb 98	49.38	Anning	16 Sep 25
23.15	Dina Asher-Smith	2 Mar 14	49.41	Christine Ohuruogu	12 Aug 13
23.20	Amy Spencer	2 Mar 03	49.43	Kathy Cook	6 Aug 84
23.21	Amarachi Pipi	10 Mar 17	49.47	Anning	7 Aug 24
23.24	Shannon Hylton	9 Feb 14 10	49.51	Anning	11 May 24
23.25	Hannah Brier	15 Feb 26	49.59	Katharine Merry	11 Jun 01
23.26	Emily Newnham	1 Feb 25	49.59	Anning	8 Jun 24
23.28	Sophie Thomas	8 Feb 26	49.61	Ohuruogu	29 Aug 07
23.30	Finette Agyapong	18 Feb 18	49.65	Nicola Sanders	29 Aug 07
23.31	Paula DunnThomas	25 Feb 95	49.79	Donna Fraser	25 Sep 00
23.31	Christine Bloomfield	30 Jan 00	49.87	Laviai Nielsen	20 Jul 24
23.31+	Nicola Sanders	3 Mar 07	49.87	Laviai Nielsen	20 Jul 24
23.31	Kiah Dubarry-Gay	12 Feb 22	49.97	Jodie Williams	4 Aug 21
23.33	Joan Baptiste	23 Feb 85	50.36	Victoria Ohuruogu	10 Jun 23
23.35	Catherine Murphy	28 Jan 01 20	50.40	Phylis Smith	3 Aug 92 10
23.36"	Kathy Cook	12 Mar 83	50.50	Perri Shakes-Drayton	22 Jun 13
23.36	Louise Bloor	6 Mar 16	50.50	Yemi Mary John	19 Jul 25
23.36	Zoey Clark	22 Jan 22	50.63	Michelle Scutt	31 May 82
23.37	Joice Maduaka	16 Feb 08	50.71	Allison Curbishley	18 Sep 98
23.37	Brooke Ironside	25 Feb 24	50.75	Joslyn Hoyte-Smith	18 Jun 82
			50.75	Amarachi Pipi	20 Jul 23
<b>300 Metres</b>			50.78	Lina Nielsen	14 Jul 24
35.46	Kathy Cook	18 Aug 84	50.82	Lee McConnell	20 Sep 02
35.51	Cook	9 Sep 83	50.84	Emily Newnham	27 Jun 25
35.71	Donna Fraser	28 Aug 00	50.84	Emily Newnham	27 Jun 25
36.00	Katharine Merry	28 Aug 00	50.87	Anyika Onuora	25 Aug 15 20
36.01	Michelle Scutt	13 Jul 80	50.93	Lorraine Hanson	26 Aug 91
36.41	Dina Asher-Smith	16 Apr 22	50.96	Nicole Yeargin	10 Jun 21
36.44	Sally Gunnell	30 Jul 93	50.98	Linda Staines	26 Aug 91
36.45	Joslyn Hoyte-Smith	5 Jul 80	51.04	Sally Gunnell	20 Jul 94
36.46	Linsey Macdonald	13 Jul 80	51.12	Shana Cox	27 Jul 13
36.64	Nicola Sanders	3 Jun 07	51.16	Linsey Macdonald	15 Jun 80
36.65	Joan Baptiste	18 Aug 84 10	51.18	Melanie Neef	6 Aug 95
			51.22	Zoey Clark	11 Jun 22

51.23	Emily Diamond	4 Jun 16	51.77	Lina Nielsen	23 Feb 25
51.26	Seren Bundy-Davies	11 Jun 16	30 51.80	Verona Elder	25 Feb 79
51.28	Donna Hartley	12 Jul 75	51.83	Louisa Stoney	15 Feb 26
51.36	Catherine Murphy	27 Jul 02	51.89 A	Victoria Ohuruogu	4 Feb 23
51.36	Amy Allcock	22 Jul 18	52.02	Amarachi Pipi	22 Feb 22
51.41	Sandra Douglas	2 Aug 92	52.03	Zoey Clark	6 Feb 21
51.53	Jennifer Stoute	12 Aug 89	52.13	Shana Cox	10 Mar 12
51.57	Carys McAulay	10 Jun 23	52.15	Lesley Owusu	9 Mar 01
51.60	Hannah Williams	26 Jun 21	52.16	Emily Newnham	23 Feb 25
51.61	Keely Hodgkinson	15 May 24	52.28	Kirsty McAslan	21 Feb 15
51.68	Charlotte Henrich	9 Aug 25			
51.70	Verona Elder	10 Jun 78	40	<b>600 Metres</b>	
51.73	Yasmin Liverpool	16 May 21		1:24.36	Marilyn Okoro 5 Jul 12
51.75	Jessie Knight	4 Aug 23		1:25.21 +	Keely Hodgkinson 21 Sep 25
51.78	Helen Karagounis	19 Jul 03		1:25.41	Kelly Holmes 2 Sep 03
51.82	Poppy Malik	3 Aug 25		1:25.46 +	Georgia Hunter Bell 21 Sep 25
51.83	Eilidh Child/Doyle	27 Jul 13		1:25.8 +	Jemma Reekie 20 Jul 24
51.93	Janine MacGregor	28 Aug 81		1:26.18	Diane Modahl 22 Aug 87
51.93	Margaret Adeoye	13 Jul 13			<b>600 Metres Short Track</b>
51.96	Kelly Massey	24 Aug 14		1:23.41	Keely Hodgkinson 28 Jan 23
51.96	Hannah Kelly	25 May 24		1:25.06 A	Rebecca Grieve 30 Jan 26
51.97	Linda Forsyth	31 May 82	50	1:25.81	Jennifer Meadows 7 Jan 07
52.02	Marilyn Okoro	8 Aug 06		1:25.89	Marilyn Okoro 28 Jan 17
52.05	Sinead Dudgeon	3 Jul 99		1:26.22	Kirsten McAslan 4 Jan 15
52.08	Rebecca Grieve	3 May 25		1:26.60	Amber Anning 17 Jan 25
52.12 A	Lillian Board	16 Oct 68			<b>800 Metres</b>
52.13	Helen Burkart	28 Jun 84		1:54.61	Keely Hodgkinson 20 Jul 24
52.13	Kirsty McAslan	9 Jul 15		1:54.74	Hodgkinson 16 Aug 25
52.13	Dina Asher-Smith	25 Apr 25		1:54.90	Georgia Hunter Bell 21 Sep 25
52.19	Kelly Sotherton	31 Aug 08		1:54.91	Hodgkinson 21 Sep 25
52.20	Ann Packer	17 Oct 64		1:55.19	Hodgkinson 17 Sep 23
52.20	Kim Wall	11 Jun 05	60	1:55.61	Jemma Reekie 20 Jul 24
	<b>hand timing</b>			1:55.69	Hodgkinson 20 Aug 25
51.2	Donna Hartley	28 Jul 78		1:55.77	Hodgkinson 9 Jun 23
51.4	Verona Elder	22 May 76		1:55.78	Hodgkinson 25 May 24
	<b>400 Metres Short Track</b>			1:55.88	Hodgkinson 3 Aug 21
50.02	Nicola Sanders	3 Mar 07		1:56.21	Kelly Holmes 9 Sep 95
50.43	Amber Anning	24 Feb 24		1:56.73	Laura Muir 9 Jul 21
50.51	Anning	7 Feb 26		1:57.42	Kirsty Wade 24 Jun 85
50.53	Katharine Merry	18 Feb 01		1:57.66	Alexandra Bell 3 Aug 21
50.56	Anning	27 Jan 24		1:57.69	Lynsey Sharp 20 Aug 16
50.57	Anning	14 Feb 25		1:57.86	Phoebe Gill 11 May 24
50.60	Sanders	11 Feb 07		1:57.93	Jenny Meadows 19 Aug 09
50.60	Sanders	17 Feb 07		1:58.00	Katie Snowden 23 Jul 23
50.60	Anning	22 Mar 25		1:58.20	Rebecca Lyne 11 Jun 06
50.68	Anning	25 Feb 23		1:58.45	Marilyn Okoro 26 Jul 08
50.85	Perri Shakes-Drayton	3 Mar 13		1:58.65	Diane Modahl 14 Jul 90
50.89	Laviai Nielsen	2 Mar 24		1:58.74	Jemma Simpson 22 Jul 10
51.02	Nicole Yeargin	28 Jan 23		1:58.86	Shelayna Oskan-Clarke 27 Aug 15
51.45	Eilidh Child/Doyle	3 Mar 13		1:58.97	Shireen Bailey 15 Sep 87
51.55	Yemi Mary John	8 Feb 26		1:59.02	Susan Scott 24 Mar 06
51.57	Jessie Knight	15 Feb 20		1:59.05	Christina Boxer 4 Aug 79
51.60	Seren Bundy-Davies	30 Jan 16	10	1:59.05	Revee Walcott-Nolan 20 Aug 25
51.69	Phylis Smith	23 Feb 13		1:59.05	Erin Wallace 25 May 24
51.71 A	Rebecca Grieve	13 Feb 26		1:59.20	Isabelle Boffey 22 Jul 23
51.72	Sally Gunnell	6 Mar 94		1:59.30	Hannah Segrave 17 Jul 24
51.73	Jodie Williams	6 Mar 21		1:59.30	Khahisa Mhlanga 23 Aug 23
51.74	Catherine Murphy	15 Mar 03		1:59.35	Emma Jackson 11 May 12
				1:59.37	Emma Jackson 11 May 12
				1:59.49	Abigail Ives 10 May 25
				1:59.50	Adelle Tracey 9 May 21

1:59.52	Ellie Baker	3 Sep 22	2:01.43	Emily Simpson	15 Feb 26	20
1:59.66	Hannah England	20 Aug 12	2:01.49	Shaikira King	15 Feb 26	
1:59.67	Lorraine Baker	15 Aug 86	30 2:01.5a	Liz Barnes	2 Mar 80	
1:59.74	Amanda Pritchard	28 Jul 06	2:01.52	Hayley Tullett	15 Feb 98	
1:59.75	Charlotte Moore	29 Jul 02		<b>1000 Metres</b>		
1:59.76	Paula Fryer	17 Jul 91	2:30.82	Laura Muir	14 Aug 20	
1:59.77	Jessica Warner-Judd	11 Jun 14	2:31.11	Jemma Reekie	14 Aug 20	
1:59.81	Ann Griffiths	10 Aug 94	2:31.44	Reekie	11 Jul 25	
1:59.86	Jo Fenn	29 Jul 02	2:32.55	Kelly Holmes	15 Jun 97	
1:59.91	Sarah McDonald	13 Aug 19	2:32.56	Reekie	25 Aug 24	
2:00.00	Sarah Calvert	20 Aug 25	2:33.70	Kirsty Wade	9 Aug 85	
2:00.08	Alison Leonard	12 Jul 14	2:34.59	Adelle Tracey	18 Aug 18	
2:00.10	Tanya Blake	31 May 98	40 2:34.92	Christina Boxer	9 Aug 85	
2:00.14	Lisa Dobriskey	14 Aug 10	2:35.32	Shireen Bailey	19 Jul 86	
2:00.15	Rosemary Wright	3 Sep 72	2:35.51	Lorraine Baker	19 Jul 86	
2:00.20	Anne Purvis	7 Jul 82	2:35.54	Katie Snowden	18 Aug 18	
2:00.30	Cherry Hanson	25 Jul 81	2:35.86	Diane Modahl	29 Aug 93	10
2:00.39	Bev Hartigan	28 Aug 88	2:36.13	Jenny Meadows	24 May 15	
2:00.45	Grace Vans Agnew	10 May 25	2:36.4 +	Georgia Hunter Bell	10 Aug 24	
2:00.49	Hayley Tullett	19 Jul 03	2:36.67	Revee Walcott-Nolan	4 Aug 23	
2:00.49	Vicky Griffiths	31 May 08	2:37.05	Christine Whittingham	27 Jun 86	
2:00.55mx	Zola Budd	21 Jun 86	2:37.29	Yvonne Murray	14 Jul 89	
2:00.6 a	Jane Colebrook/Finch	9 Jul 77	50 2:37.46	Sarah McDonald	4 Aug 23	
2:00.80	Yvonne Murray	10 Jul 87	2:37.56	Laura Weightman	2 Sep 18	
2:00.81	Mena Scatchard	17 May 25	2:37.61	Bev Hartigan	14 Jul 89	
2:00.86	Jenny Selman	14 Jun 22	2:37.82	Gillian Dainty	11 Sep 81	
2:00.95	Shaikira King	12 Jul 25	2:38.44	Evelyn McMeekin	23 Aug 78	20
2:00.96	Lucy Armitage	9 Aug 25		<b>1000 Metres Short Track</b>		
2:00.98	Katy-Ann McDonald	14 Apr 22	2:31.93	Laura Muir	18 Feb 17	
2:01.09	Emily Simpson	12 Jul 25	2:32.96	Kelly Holmes	20 Feb 04	
2:01.1 a	Ann Packer	20 Oct 64	2:33.47	Muir	15 Feb 20	
2:01.11	Lynne MacDougall	18 Aug 84	2:34.53	Muir	25 Feb 23	
2:01.16	Celia Taylor	13 Aug 10	60 2:34.73	Jo Fenn	20 Feb 04	
	<b>800 Metres Short Track</b>		2:37.15	Jemma Reekie	1 Feb 26	
1:54.87	Keely Hodgkinson	19 Feb 26	2:37.46	Katie Snowden	25 Feb 23	
1:56.33	Hodgkinson	14 Feb 26	2:37.48	Gemma Finch	28 Jan 23	
1:57.18	Hodgkinson	25 Feb 23	2:37.64	Shannon Flockhart	14 Feb 26	
1:57.20	Hodgkinson	19 Feb 22	2:37.95	Adelle Tracey	15 Feb 20	
1:57.43	Isabelle Boffey	30 Jan 26	2:38.25	Isabelle Boffey	19 Feb 22	
1:57.71	Hodgkinson	15 Feb 23	2:38.95	Kirsty Wade	1 Feb 87	10
1:57.87	Hodgkinson	8 Feb 23		<b>1500 Metres</b>		
1:57.91	Jemma Reekie	1 Feb 20	3:52.61	Georgia Hunter Bell	10 Aug 24	
1:58.24	Reekie	18 Feb 24	3:53.37	Laura Muir	10 Aug 24	
1:58.28	Reekie	2 Mar 24	3:53.79	Muir	7 Jul 24	
1:58.43	Jennifer Meadows	14 Mar 10	3:54.50	Muir	6 Aug 21	
1:58.44	Laura Muir	1 Feb 20	3:54.76	Hunter Bell	5 Jul 25	
1:59.21	Kelly Holmes	9 Feb 03	3:55.16	Muir	16 Sep 23	
1:59.27	Marilyn Okoro	21 Feb 09	3:55.22	Muir	27 Aug 16	
1:59.50	Jo Fenn	7 Mar 04	3:55.28	Muir	18 Jul 22	
1:59.81	Shelayna Oskan-Clarke	4 Mar 18	3:55.34	Muir	8 Sep 23	
2:00.23	Adelle Tracey	1 Feb 20	10 3:55.59	Muir	10 Jun 21	
2:00.30	Lynsey Sharp	12 Feb 16	3:56.72	Katie Snowden	20 Aug 23	
2:00.53	Karen Harewood	27 Jan 06	3:57.90	Kelly Holmes	28 Aug 04	
2:00.70	Jenny Selman	5 Feb 22	3:58.01	Melissa Courtney-Bryant	16 Jul 23	
2:00.86	Ellie Baker	25 Feb 23	3:58.08	Revee Walcott-Nolan	8 Aug 24	
2:01.12	Jane Colebrook/Finch	13 Mar 77	3:58.65	Jemma Reekie	16 Jul 23	
2:01.25	Jemma Simpson	16 Feb 08	3:59.50	Lisa Dobriskey	28 Aug 09	
2:01.30	Mhairi Hendry	18 Feb 18	3:59.95	Hayley Tullett	31 Aug 03	
2:01.35	Erin Wallace	18 Feb 24	3:59.96	Zola Budd	30 Aug 85	10
2:01.42	Mena Scatchard	22 Feb 26				

4:00.09	Laura Weightman	13 Sep 20	4:02.14	Reekie	19 Feb 26
4:00.46	Sarah McDonald	20 Jul 19	4:02.39	Muir	4 Mar 17
4:00.57	Christina Boxer	6 Jul 84	4:02.66	Kelly Holmes	16 Mar 03
4:00.73	Kirsty Wade	26 Jul 87	4:03.93	Revee Walcott-Nolan	20 Jan 24
4:00.97	Eilish McColgan	16 Jun 19	4:03.98+	Katie Snowden	11 Feb 23
4:01.10	Helen Clitheroe	19 Jul 02	4:04.79	Melissa Courtney-Bryant	9 Feb 21
4:01.10	Erin Wallace	12 Aug 25	4:05.32	Sarah McDonald	6 Feb 24
4:01.20	Yvonne Murray	4 Jul 87	4:05.63	Hayley Tullett	12 Feb 04
4:01.38	Liz McColgan	4 Jul 87	4:05.81	Helen Clitheroe	20 Feb 07 10
4:01.53	Christine Benning	15 Aug 79 20	4:06.73	Ellie Baker	19 Feb 23
4:01.79	Jo Pavey	13 Sep 03	4:06.87	Zola Budd	25 Jan 86
4:01.89	Hannah England	22 Jul 11	4:07.13	Hannah England	22 Feb 11
4:02.32	Shireen Bailey	1 Oct 88	4:07.42	Stacey Smith	19 Feb 11
4:02.54	Stephanie Twell	19 Aug 10	4:07.6+u	Kirsty Wade	13 Feb 88
4:02.55	Adelle Tracey	31 May 22	4:07.73	Erin Wallace	3 Feb 26
4:03.17	Alison Wyeth	7 Aug 93	4:07.98+	Ellie Leather	10 Feb 24
4:03.73	Jessica Warner-Judd	4 Aug 17	4:08.07	Eilish McColgan	8 Feb 18
4:03.74mx	Charlene Thomas	4 Sep 13	4:08.1a	Mary Stewart/Cotton	19 Feb 77
	4:05.06	7 Jun 16	4:08.68	Amy-Eloise Neale	19 Feb 22 20
4:03.95	Ellie Baker	13 Jun 23	<b>1 Mile</b>		
4:04.14	Wendy Sly	14 Aug 83 30	4:15.24	Laura Muir	21 Jul 23
4:04.33	Sarah Calvert	9 Aug 25	4:16.38	Melissa Courtney-Bryant	21 Jul 23
4:04.81	Sheila Carey	9 Sep 72	4:17.57	Zola Budd	21 Aug 85
4:04.97	Shannon Flockhart	31 May 25	4:17.60	Laura Weightman	12 Jul 19
4:05.14mx	Innes Fitzgerald	27 May 25	4:18.03	Muir	9 Jul 17
4:05.37	Paula Radcliffe	1 Jul 01	4:19.12	Muir	9 Jun 16
4:05.58mx	Alexandra Millard	19 Jun 24	4:19.16	Revee Walcott-Nolan	19 Jul 25
	4:06.91	5 Jul 25	4:19.41	Kirsty Wade	27 Jul 85
4:05.66	Bev Hartigan	20 Jul 90	4:20.35	Lisa Dobriskey	7 Sep 08
4:05.66	Hannah Nuttall	4 Jun 23	4:20.44	Erin Wallace	19 Jul 25
4:05.75	Lynn Gibson	20 Jul 94	4:20.85	Sarah McDonald	22 Jul 18
4:05.83mx	Emma Jackson	4 Sep 13 40	4:22.64	Christina Boxer	7 Sep 84 10
4:05.87mx	Phoebe Gill	1 May 24	4:22.64	Yvonne Murray	22 Jul 94
4:05.96	Lynne MacDougall	20 Aug 84	4:24.57	Christine Benning	7 Sep 84
4:06.0	Mary Stewart/Cotton	24 Jun 78	4:24.71	Eilish McColgan	18 Aug 19
4:06.12	Ellie Leather	17 May 24	4:24.71	Katie Snowden	19 Jul 25
4:06.17	Cari Hughes	10 Sep 24	4:24.87	Alison Wyeth	6 Jul 91
4:06.24	Christine Whittingham	5 Jul 86	4:24.94	Paula Radcliffe	14 Aug 96
4:06.39	Jemma Simpson	22 May 10	4:25.39	Stephanie Twell	9 Jul 17
4:06.45	Ava Lloyd	16 Aug 25	4:26.11	Liz McColgan	10 Jul 87
4:06.56	Elizabeth Bird	27 Jul 24	4:26.16	Teena Colebrook	14 Jul 90
4:06.69mx	Katrina Wootton	12 Aug 09 50	4:26.52	Bev Hartigan	14 Aug 92 20
4:06.81	Stacey Smith	10 Jul 11	4:26.85	Megan Keith	30 Aug 25
4:06.85	Rebecca Lyne	6 Jul 06	4:27.00	Jemma Reekie	18 Aug 19
4:07.00	Susan Scott	27 Jun 08	4:27.13	Amy-Eloise Neale	6 Aug 21
4:07.06	Alexandra Bell	12 Sep 21	4:27.30	Sarah Calvert	30 Aug 25
4:07.11	Janet Marlow	18 Aug 82	4:27.80	Lisa York	14 Aug 92
4:07.20	Holly Archer	29 May 21	4:27.95	Charlene Thomas	14 Sep 07
4:07.49	Abigail Ives	9 Aug 25	<b>1 Mile Short Track</b>		
4:07.59	Ann Griffiths	9 Jun 92	4:17.88	Jemma Reekie	8 Feb 20
4:07.69	Teena Colebrook	19 Aug 90	4:18.75	Laura Muir	16 Feb 19
4:07.69	Rosie Clarke	16 Jun 18 60	4:20.15	Muir	11 Feb 23
<b>1500 Metres Short Track</b>					
3:59.58	Laura Muir	9 Feb 21	4:21.19	Katie Snowden	11 Feb 23
3:59.84	Georgia Hunter Bell	23 Mar 25	4:23.35	Georgia Hunter Bell	8 Feb 25
4:00.04	Hunter Bell	8 Feb 26	4:23.86	Kirsty Wade	5 Feb 88
4:00.21	Hunter Bell	19 Feb 26	4:25.23	Ellie Leather	10 Feb 24
4:00.52+	Jemma Reekie	8 Feb 20	4:26.50	Hayley Tullett	6 Feb 00
4:00.63	Hunter Bell	15 Feb 25	4:26.76	Bethan Morley	15 Feb 25
4:01.84+	Muir	16 Feb 19	4:28.43	Mena Scatchard	14 Feb 25

4:28.47	Hannah Segrave	2 Mar 25	10	8:45.82	Alexandra Millard	9 Jul 25	
4:28.58	Wendy Sly	14 Feb 86		8:46.38	Julia Bleasdale	26 Aug 12	
4:28.97	India Weir	24 Jan 26		8:47.36	Jill Hunter	17 Aug 88	30
4:29.46	Helen Clitheroe	20 Feb 10		8:47.59	Angela Tooby	5 Jul 88	
<b>1 Mile Road</b>				8:47.7	Kirsty Wade	5 Aug 87	
4:32.6	Alexandra Bell	27 Apr 24		8:47.71	Lisa York	31 Jul 92	
<b>2000 Metres</b>				8:47.93	Isobel Fry	3 Sep 24	
5:26.08	Melissa Courtney-Bryant	12 Jul 24		8:48.15	Eloise Walker	2 Sep 23	
5:26.93	Yvonne Murray	8 Jul 94		8:48.72	Karen Hargrave	28 Jan 90	
5:29.58	Murray	11 Jul 86		8:48.74	Paula Fudge	29 Aug 78	
5:30.19	Zola Budd	11 Jul 86		8:49.89	Christina Boxer	20 Jul 85	
5:33.85	Christina Boxer	13 Jul 84		8:50.37	Laura Whittle	13 Sep 09	
5:37.00	Christine Benning	13 Jul 84		8:50.52	Debbie Peel	7 Aug 82	40
5:37.01 +	Paula Radcliffe	19 Jul 02		8:51.02	Rosie Clarke	20 Aug 17	
5:38.50	Alison Wyeth	29 Aug 93		8:51.33	Sonia McGeorge	29 Aug 90	
5:38.76 +	Laura Weightman	30 Jun 19		8:51.40	Ruth Partridge	7 Aug 82	
5:40.1 +	Eilish McColgan	28 Jun 21		8:51.55	Jessica Bailey	13 Jul 25	
5:40.24	Liz McColgan	22 Aug 87	10	8:51.82	Helen Clitheroe	29 Aug 10	
<b>2000 Metres Short Track</b>				8:52.19mx	Kate Axford	12 Jun 24	
5:35.87	Revee Walcott-Nolan	19 Feb 26		8:52.79	Ann Ford	28 Aug 77	
5:38.41 +	Laura Muir	2 Mar 24		8:53.64mx	India Weir	25 Jun 25	
5:39.84 +	Melissa Courtney-Bryant	2 Feb 25		8:53.9 +	Sarah Inglis	7 Aug 22	
5:40.52 +	Georgia Hunter Bell	2 Feb 25		8:53.94	Beth Potter	27 Jul 16	50
5:40.86"	Yvonne Murray	20 Feb 93		8:54.09	Amelia Quirk	21 Aug 20	
5:41.2 +	Jo Pavey	3 Feb 07		8:54.12	Lisa Dobriskey	20 May 07	
<b>3000 Metres</b>				<b>3000 Metres Short Track</b>			
8:22.20	Paula Radcliffe	19 Jul 02		8:26.41	Laura Muir	4 Feb 17	
8:26.07	Laura Weightman	30 Jun 19		8:28.69	Melissa Courtney-Bryant	2 Feb 25	
8:26.31	Weightman	25 Sep 20		8:29.76	Muir	2 Mar 24	
8:26.97	Radcliffe	29 Jun 01		8:30.61	Muir	1 Mar 19	
8:27.40	Radcliffe	11 Aug 99		8:31.45 +	Muir	11 Feb 24	
8:28.07	Radcliffe	17 Aug 01		8:31.50	Joanne Pavey	3 Feb 07	
8:28.83	Zola Budd	7 Sep 85		8:32.94	Hannah Nuttall	1 Feb 26	
8:29.02	Yvonne Murray	25 Sep 88		8:34.39	Muir	17 Dec 23	
8:30.53	Laura Muir	26 Aug 22		8:34.55	Pavey	20 Feb 04	
8:31.00	Eilish McColgan	20 Aug 17		8:34.80	Liz McColgan	4 Mar 89	
8:31.27	Jo Pavey	30 Aug 02		8:36.96	Georgia Hunter Bell	2 Feb 25	
8:32.90	Innes Fitzgerald	15 Jun 25		8:39.79	Zola Budd	8 Feb 86	
8:33.82	Hannah Nuttall	15 Jun 25		8:39.81	Helen Clitheroe	19 Feb 11	
8:37.06	Wendy Sly	10 Aug 83	10	8:39.87	Elise Thorner	24 Jan 26	
8:38.23	Liz McColgan	15 Jul 91		8:39.89	Katie Snowden	30 Jan 26	10
8:38.37	Megan Keith	9 Jul 25		8:40.05	Innes Fitzgerald	4 Feb 25	
8:38.42	Alison Wyeth	16 Aug 93		8:41.94	Stephanie Twell	10 Feb 18	
8:39.20	Melissa Courtney-Bryant	18 Aug 18		8:42.88	Eloise Walker	1 Feb 26	
8:40.32	Amy-Eloise Neale	5 Jun 22		8:43.02	Eilish McColgan	18 Feb 17	
8:40.95	Katie Snowden	3 Sep 24		8:44.15	Amy-Eloise Neale	6 Feb 22	
8:40.97	Kathy Butler	24 Aug 01		8:44.92	Jennifer Nesbitt	19 Dec 21	
8:40.98	Stephanie Twell	15 Jul 16		8:45.36	Hayley Tullett	10 Mar 01	
8:43.24mx	Jessica Warner-Judd	6 Sep 17		8:45.67	Shannon Flockhart	7 Dec 24	
8:43.87	Verity Ockenden	9 Jul 24	20	8:46.06	Yvonne Murray	22 Feb 87	
8:44.05mx	Calli Hauger-Thackery	13 Jul 22		8:46.60	Verity Ockenden	5 Mar 21	20
	8:48.10	30 Aug 22		8:46.89	Sarah Inglis	26 Feb 23	
8:44.15	Aimee Pratt	16 Jul 23		8:47.25	Lisa Dobriskey	4 Mar 07	
8:44.26	Revee Walcott-Nolan	22 Aug 24		8:47.30	Rosie Clarke	8 Feb 18	
8:44.46	Christine Benning	22 Aug 84		8:47.80	Mena Scatchard	6 Dec 25	
8:44.85mx	Cari Hughes	6 Aug 24		8:48.69	Alexandra Millard	24 Jan 26	
8:45.39	Hayley Tullett	15 Jul 00		8:48.82	Amelia Quirk	5 Mar 21	
8:45.69	Jane Shields	10 Aug 83		8:49.08	Revee Walcott-Nolan	8 Feb 26	
				8:49.43	Cari Hughes	15 Feb 25	
				8:50.69	Katrina Wootton	16 Feb 08	



31:35.77	Kate Reed	4 May 08	30:35	E McColgan	28 Sep 25	
31:35.92	Jessica Andrews	12 Aug 16	30:36	E McColgan	22 Feb 26	
31:36.90	Kathy Butler	12 Jun 04	30:38	Radcliffe	22 Sep 02	
31:39.60	Sarah Inglis	14 May 22	30:39	Liz McColgan	11 Mar 89	
31:41.44	Kate Avery	2 May 15	30:41	Jessica Warner-Judd	14 Jan 24	
31:43.70	Verity Ockenden	5 Jun 21	30:51	Samantha Harrison	15 Jan 23	
31:45.14	Hayley Yelling	12 Jun 04	30:57	Alexander Bell	11 Jan 26	
31:45.37	Abbie Donnelly	18 May 24	20 31:01	Izzy Fry	11 Jan 26	
31:45.63mx	Katrina Wootton	3 Sep 17	31:02	Calli Hauger-Thackery	26 May 24	
	32:27.47	20 May 17	31:15	Amy-Eloise Neale	12 Jan 25	10
31:47.60	Izzy Fry	14 Jun 25	31:18	Beth Potter	23 Mar 25	
31:49.40	Mara Yamauchi	21 Mar 06	31:18	Clara Evans-Graham	11 Jan 26	
31:53.36	Wendy Sly	8 Oct 88	31:20	Jessica Piasecki	24 Oct 21	
31:55.30	Angela Tooby	4 Sep 87	31:27	Gemma Steel	2 Aug 14	
31:56.52	Alice Wright	2 May 19	31:28	Charlotte Arter	6 Mar 22	
31:56.97	Yvonne Murray	24 Aug 94	31:29	Wendy Sly	27 Mar 83	
31:57.65	Sophie Wallis	18 May 24	31:31	Lily Partridge	3 Mar 24	
31:58.39	Liz Yelling	30 Jul 02	31:31	Melissa Courtney-Bryant	14 Dec 25	
32:02.00	Clara Evans-Graham	18 May 24	30 31:32	Hannah Irwin	11 Jan 26	
32:03.45	Beth Potter	1 Apr 16	31:35	Verity Ockenden	23 Mar 25	20
32:03.55	Charlotte Purdue	29 Apr 12	31:40 +	Mara Yamauchi	8 Jul 07	
32:11.29	Helen Clitheroe	4 Jun 11	31:40	31:43	19 Feb 06	
32:11.80	Charlotte Taylor	31 Mar 17	31:40	Laura Weightman	24 Mar 19	
32:14.01	Natalie Harvey	12 Jun 04	31:42	Jill Hunter	21 Jan 89	
32:15.71	Charlotte Arter	19 May 18	31:42	Abbie Donnelly	16 Apr 23	
32:17.05	Elinor Kirk	4 Apr 14	31:45	Helen Clitheroe	15 May 11	
32:20.77	Lily Partridge	11 Apr 15	31:47	Jo Pavey	20 May 07	
32:20.95	Susan Tooby	2 Jul 88	31:47	Katrina Wootton	18 Dec 16	
32:21.61	Andrea Wallace	6 Jun 92	40 31:53	Amelia Quirk	15 Jan 23	
32:22.79	Rhona Auckland	10 Jul 15	31:53	Hannah Nuttall	29 Dec 24	
32:23.44	Freya Ross	5 Jun 10	31:55	Stephanie Twell	27 May 19	30
32:24.63	Sue Crehan	4 Jul 87	31:56	Andrea Wallace	4 Aug 91	
32:25.34	Hannah Irwin	14 May 22	31:59	Sarah Inglis	17 Oct 21	
32:26.25	Philippa Bowden	18 May 24	32:00 +	Charlotte Purdue	2 Feb 20	
32:26.26	Lauren Heyes	14 May 22	32:00	32:10	15 Apr 12	
32:27.95	Jessica Gibbon	14 May 22	32:00 +	Lucy Jones	11 Jan 26	
32:29.71	Alice Goodall	20 May 23	32:03 +	Freya Ross	24 Oct 10	
32:30.4	Birhan Dagne	22 Jul 00	32:04	Jessica Martin	11 Jan 26	
32:32.42	Vikki McPherson	15 Jul 93	50 32:06	Sophie Wallis	3 Mar 24	
32:34.7	Sarah Wilkinson	22 Jul 00	32:07	Kate Reed	7 Oct 07	
32:34.73	Louise Small	19 May 18	32:08	Alice Goodall	14 Jan 24	
32:34.81	Gemma Steel	3 Jun 12	32:10	Poppy Tank	14 Feb 26	40
32:34.90	Sara Astin	29 Mar 25	32:13	Charlotte Dale	6 Feb 05	
32:35.26	Stevie Stockton	19 May 18	32:14	Lauren McNeil	26 May 24	
32:36.07	Sarah Waldron	6 Apr 12	32:15	Angela Tooby	31 Mar 84	
32:36.09	Helen Titterington	29 Aug 89	32:17	Alyson Dixon	6 Sep 15	
32:36.32	Rebecca Murray	20 May 23	32:17	Lucy Reid	22 Sep 24	
32:38.45	Jennifer Nesbitt	19 May 18	32:17	Phoebe Anderson	23 Mar 25	
32:39.36	Sonia Samuels	4 May 14	60 32:19	Sarah Astin	12 Jan 25	
			32:19	Jennifer Nesbitt	23 Mar 25	
			32:20	Zola Budd	2 Mar 85	
			32:23	Georgia Hunter Bell	10 Dec 23	50
			32:23	Lauren Heyes	24 Mar 24	
			32:24	Yvonne Murray	2 Nov 97	
			32:24	Kathy Butler	4 Jul 05	
			32:24	Hayley Haining	27 Jul 08	
			32:24	Beth Kidger	5 Mar 23	
				<b>course measurement uncertain</b>		
			31:43	Zola Budd	6 May 84	
			31:58	Sandra Branney	10 May 89	
			32:03	Paula Fudge	29 Aug 82	
<b>5 Kilometres Road</b>						
14:41 #	Beth Potter	3 Apr 21				
14:45	Eilish McColgan	24 Apr 22				
<b>10 Kilometres Road</b>						
30:07	Megan Keith	22 Feb 26				
30:08	Eilish McColgan	11 Jan 26				
30:19	E McColgan	22 May 22				
30:21	Paula Radcliffe	23 Feb 03				
30:23	E McColgan	2 May 22				

**10 Miles Road**

			70:47	Louise Damen	25 Mar 07	
50:01 +	Paula Radcliffe	21 Sep 03	70:47	Emily Kearney	22 Oct 23	
50:43	Eilish McColgan	17 Oct 21	70:49	Hannah Irwin	27 Oct 24	
51:11	Radcliffe	26 Oct 08	70:53	Hayley Haining	5 Oct 08	
51:38	McColgan	20 Oct 19	70:54	Alison Wyeth	29 Mar 98	
51:41	Jill Hunter	20 Apr 91	70:54	Jessica Martin	15 Feb 26	40
51:50	Jessica Piasecki	17 Oct 21	70:57	Helen Clitheroe	18 Sep 11	
51:51	Angie Hulley	18 Nov 89	71:04	Alice Wright	11 Jan 26	
52:00	Liz McColgan	5 Oct 97	71:05	Kathy Butler	17 Sep 06	
52:06	Calli Hauger-Thackery	7 Apr 24	71:05	Hayley Carruthers	8 Sep 19	
52:15	Marian Sutton	5 Oct 97	71:15	Stephanie Davis	1 Mar 20	
52:20 +	Jo Pavey	5 Oct 08	71:17	Veronique Marot	21 Jun 87	
	52:44	25 Oct 15	71:18	Caryl Edwards	16 Sep 12	
52:27	Freya Ross	24 Oct 10	10 71:18	Mhairi MacLennan	17 Sep 23	
52:30 +	Liz Yelling	25 Mar 07	71:20	Natasha Phillips	27 Aug 23	
52:42	Gemma Steel	26 Oct 14	71:22	Lauren Heyes	15 Oct 23	50
	52:00 +e	7 Sep 14	71:27	Jennifer Nesbitt	16 Feb 25	
52:45 +	Mara Yamauchi	21 Mar 10	71:33	Vikki McPherson	14 Sep 97	
53:03	Hayley Yelling	9 Oct 05	71:36	Ann Ford	30 Jun 85	

**Half Marathon**

65:40	Paula Radcliffe	21 Sep 03	71:37	Paula Fudge	24 Jul 88	
65:43	Eilish McColgan	2 Apr 23	71:38	Sally Ellis	20 Mar 88	
66:26	E McColgan	19 Feb 22	71:42	Sarah Astin	28 Jan 24	
66:47	Radcliffe	7 Oct 01	71:43	Verity Hopkins	26 Oct 25	
66:58	Calli Hauger-Thackery	2 Feb 25	71:44 +	Sally-Ann Hales	21 Apr 85	
67:07	Radcliffe	22 Oct 00	71:44	Jill Harrison	29 Mar 87	
67:07	Jessica Warner-Judd	11 Feb 24	71:44	Lorna Irving	6 Sep 87	60

**Marathon**

67:08	E McColgan	1 Feb 26	2:15:25	Paula Radcliffe	13 Apr 03	
67:10	Samantha Harrison	22 Oct 23	2:17:18	Radcliffe	13 Oct 02	
67:11	Liz McColgan	26 Jan 92	2:17:42	Radcliffe	17 Apr 05	
67:20	Jessica Piasecki	23 Jan 22	2:18:56	Radcliffe	14 Apr 02	
68:02	Charlotte Purdue	4 Feb 24	2:20:57	Radcliffe	14 Aug 05	
68:12	Amy-Eloise Neale	16 Mar 25	2:21:24	Calli Hauger-Thackery	29 Sep 24	
68:13	Gemma Steel	7 Sep 14	10 2:22:17	Charlotte Purdue	24 Sep 23	
68:29	Mara Yamauchi	1 Feb 09	2:22:17	Hauger-Thackery	14 Oct 23	
68:53	Jo Pavey	5 Oct 08	2:22:27	Jessica Piasecki	20 Feb 22	
68:55	Stephanie Twell	19 Jan 20	2:22:38	Hauger-Thackery	21 Apr 25	
69:00	Clara Evans-Graham	27 Oct 24	2:23:12	Mara Yamauchi	26 Apr 09	
69:10	Abbie Donnelly	11 Feb 24	2:23:21	Rose Harvey	8 Oct 23	
69:13	Lucy Reid	13 Oct 24	2:24:11	Abbie Donnelly	26 Oct 25	
69:28	Liz Yelling	25 Mar 07	2:24:21	Natasha Cockram/Wilson	7 Dec 25	
69:34	Lily Partridge	12 Oct 25	2:24:25	Eilish McColgan	27 Apr 25	
69:35	Alexandra Bell	8 Feb 26	2:24:45	Jessica Warner-Judd	2 Nov 25	10
69:38	Lauren McNeil	11 Jan 26	20 2:25:04	Clara Evans-Graham	3 Dec 23	
69:39	Andrea Wallace	21 Mar 93	2:25:12	Lily Partridge	3 Dec 23	
69:41	Marian Sutton	14 Sep 97	2:25:46	Georgina Schwiening	27 Oct 24	
69:41	Charlotte Arter	10 Feb 19	2:25:47	Philippa Bowden	29 Sep 24	
69:56	Susan Tooby	24 Jul 88	2:25:56	Véronique Marot	23 Apr 89	
70:02	Rose Harvey	3 Sep 23	2:25:59	Samantha Harrison	23 Apr 23	
70:06	Natasha Cockram/Wilson	21 Jan 24	2:26:37	Lucy Reid	15 Dec 24	
70:16	Julia Paternain	9 Nov 24	2:26:40	Stephanie Twell	27 Oct 19	
70:18	Natasha Phillips	27 Oct 24	2:26:51	Priscilla Welch	10 May 87	
70:23	Louise Small	15 Feb 26	2:26:52	Liz McColgan	13 Apr 97	20
70:24	Sarah Inglis	19 Jan 20	30 2:27:16	Stephanie Davis	26 Mar 21	
70:32	Susan Partridge	3 Mar 13	2:27:44	Claire Hallissey	22 Apr 12	
70:38	Alyson Dixon	29 Mar 14	2:27:51	Louise Small	19 Oct 25	
70:38	Charlotte Taylor	12 Oct 25	2:28:04	Sonia Samuels	27 Sep 15	
70:46	Georgina Schwiening	13 Oct 24	2:28:06	Sarah Rowell	21 Apr 85	

2:28:10	Freya Ross	22 Apr 12	<b>24 Hours</b>		
2:28:24	Jo Pavey	17 Apr 11	278.622	Sarah Webster	19 Oct 25
2:28:33	Liz Yelling	13 Apr 08	257.129	Kelsey Price	19 Oct 25
2:28:38	Sally-Ann Hales	21 Apr 85	247.984	Joasia Zakrzewski	18 Sep 22
2:28:39	Kathy Butler	22 Oct 06	30 247.076	Elizabeth Hawker	24 Sep 11
2:28:42	Marian Sutton	24 Oct 99	240.169 t	Eleanor Adams-Robinson	20 Aug 89
2:28:48	Alice Wright	1 Dec 24	238.875	Emily Gelder	9 Sep 12
2:29:06	Alyson Dixon	23 Apr 17	238.713	Jessica Baker	2 Jul 17
2:29:06	Rebecca Briggs	3 Apr 22	236.453	Hilary Walker	28 Aug 88
2:29:15	Mhairi MacLennan	21 Apr 24	235.739 t	Sophie Power	16 Apr 23
2:29:18	Hayley Haining	13 Apr 08	233.018 t	Fionna Ross	21 Sep 14
2:29:29 dh	Sally Eastall (105m)	8 Dec 91			10
2:29:37	Sarah Inglis	9 Oct 22	<b>2000 Metres Steeplechase</b>		
2:29:43	Joyce Smith	9 May 82	6:08.17	Aimee Pratt	14 May 22
2:29:47	Paula Fudge	30 Oct 88	40 6:11.79	Elizabeth Bird	15 Aug 20
2:30:00	Louise Damen	17 Apr 11	6:21.17	Maisie Grice	14 May 22
2:30:28	Lucy Jones	27 Apr 25	6:21.31	Lennie Waite	1 Jun 17
2:30:38	Ann Ford	17 Apr 88	6:22.56	Emily Parker	5 May 25
2:30:42	Tracy Barlow	23 Apr 17	6:26.08	Louise Webb	16 Apr 16
2:30:46	Susan Partridge	21 Apr 13	6:26.69	Stevie Lawrence	6 Jul 24
2:30:51	Angie Hulley	23 Sep 88	6:26.79	Racheal Bamford	25 Aug 15
2:30:53 dh	Yvonne Danson (130m)	17 Apr 95	6:28.07	Tara Krzywicki	26 Jul 03
2:30:54	Naomi Mitchell	3 Apr 22	6:28.40	Poppy Tank	29 Jul 23
2:31:00	Tish Jones	28 Apr 19	6:29.53	Rosie Clarke	19 Mar 16
2:31:14	Jenny Spink	27 Oct 19	50 6:29.58	Emma Raven	16 May 10
2:31:21	Verity Hopkins	7 Dec 25	<b>3000 Metres Steeplechase (s short water jump)</b>		
2:31:33	Susan Tooby	23 Sep 88	9:04.35	Elizabeth Bird	6 Aug 24
2:31:33	Andrea Wallace	12 Apr 92	9:07.87	Bird	10 Aug 22
2:31:33	Lauren Heyes	3 Dec 23	9:09.07	Bird	7 Jul 24
2:31:45	Lynn Harding	23 Apr 89	9:14.37	Elise Thorner	15 Sep 25
2:31:46	Molly Smith	1 Dec 24	9:15.06	Thorner	12 Jun 25
2:31:55	Naomi Taschimowitz	15 Feb 26	9:15.64	Aimee Pratt	20 Jul 22
2:31:56	Rosie Edwards	26 Mar 21	9:16.10	Pratt	23 Jul 23
2:32:01	Rebecca Gentry	26 Mar 21	9:16.46	Bird	4 Aug 24
2:32:31	Chelsea Baker	19 Oct 25	60 9:17.57	Thorner	24 May 25
<b>50 Kilometres</b>			9:17.79	Bird	5 Aug 22
3:07:20	Alyson Dixon	31 Aug 19	9:18.66	Sarah Tait	9 Aug 25
3:09:16	Helen Davies	31 Aug 19	9:24.24	Barbara Parker	2 Jun 12
3:15:43	Susan Harrison	29 Aug 10	9:29.14	Helen Clitheroe	15 Aug 08
3:17:30	Emma Gooderham	20 Aug 11	9:30.19	Hatti Dean	30 Jul 10
3:18:23	Carla Molinaro	5 Nov 23	9:31.68	Rosie Clarke	13 Jun 19
3:18:42	Melissah Gibson	3 May 25	9:35.82	Eilish McColgan	10 Aug 13
3:18:52 t	Carolyn Hunter-Rowe	3 Mar 93	9:35.91	Lennie Waite	12 Jun 16
3:20:07	Sarah Webster	5 Nov 23	9:39.03	Iona Lake	29 Aug 17
3:20:37	Anna Bracegirdle	5 Nov 23	9:41.66	Cari Hughes	2 Aug 25
3:20:47	Rachel Hodgkinson	5 Nov 23	10 9:43.88	Jo Ankier	31 May 08
<b>100 Kilometres</b>			9:45.46	Stevie Lawrence	29 Jun 24
7:03:40	Sarah Webster	2 Apr 23	9:45.51	Racheal Bamford	30 Jul 14
7:13:23	Melissah Gibson	24 Mar 24	9:45.64	Emily Parker	19 Jul 25
7:25:48	Julia Davis	24 Mar 24	9:47.97	Pippa Woolven	30 Jul 14
7:27:19	Carolyn Hunter-Rowe	8 Aug 93	9:48.08	Tina Brown	14 Aug 10
7:28:56	Elizabeth Hawker	8 Oct 06	9:48.51	Lizzie Hall	10 Jun 06
7:29:05	Eleanor Greenwood	7 Nov 10	9:48.89	Maisie Grice	27 May 23
7:31:33	Joasia Zakrzewski	12 Sep 15	9:51.42	Emily Stewart	27 Jul 13
7:38:10	Joanna Murphy	27 Aug 22	9:52.12	Yasmin Austridge	8 Aug 23
7:39:50	Susan Harrison	12 Sep 15	9:52.71 s	Tara Krzywicki	1 Jul 01
7:41:51	Caroline Turner	29 Jun 24	10 9:53.05	Poppy Tank	26 May 24
			9:54.44	Elena Carey	4 May 24
			9:55.96	Kate Seary	25 Mar 22



<b>wind assisted</b>				54.77	Jessica Turner	29 May 21	10
12.38	Cindy Sember	24 Jul 22		55.22	Keri Maddox	12 Aug 00	
12.47	Tiffany Porter	21 Apr 12		55.24	Sinead Dudgeon	24 Jul 99	
12.55	Sember	10 Apr 21		55.25	Lee McConnell	23 Mar 06	
12.56	Sember	26 Jun 22		55.32	Nicola Sanders	23 Mar 06	
12.76	Marcia Sey	29 Mar 25		55.48	Hayley McLean	28 May 22	
12.78	Shirley Strong	8 Oct 82		55.70	Emma Duck	28 Jul 06	
12.79	Jessica Hunter	26 Jun 22		55.89	Jessica Tappin	28 May 22	
12.80	Sally Gunnell	29 Jul 88		55.91	Elaine McLaughlin	26 Sep 88	
12.81	Emma Nwofor	22 Jun 25		55.93	Nicole Kendall	7 Aug 21	
12.84 A	Kay Morley-Brown	8 Aug 90		56.04	Sue Morley	10 Aug 83	20
12.90	Lorna Boothe	8 Oct 82		56.05	Wendy Cearns	13 Aug 89	
12.90	Alicia Barrett	31 Jul 22		56.05	Shona Richards	12 Jul 15	
12.93	Jenna Blundell	29 Jul 23		56.06	Christine Warden	28 Jul 79	
13.01	Lesley-Ann Skeete	1 Feb 90		56.15	Jacqui Parker	27 Jul 91	
13.06	Sharon Danville	14 Jul 84		56.26	Louise Fraser	7 Jun 92	
13.07	Angie Broadbelt-Blake	16 Apr 11		56.39	Zoe Pollock	25 May 24	
13.07	Holly Mills	23 May 21		56.42	Vicki Jamison	20 Jun 98	
13.08	Michelle Campbell	26 May 95		56.42	Sian Scott	18 Aug 05	
13.08	Melani Wilkins	1 Jul 01		56.43	Alyson Layzell	16 Jun 96	
13.12	Pat Rollo	27 May 84		56.46	Yvette Wray-Luker	11 Jul 81	30
13.13	Ashley Helsby	3 Jul 11		56.48	Kirsten McAslan	1 Jul 18	
13.20	Louise Hazel	3 Jun 06		56.53	Tracey Duncan	16 Jun 02	
13.20	Mia McIntosh	7 Aug 23		56.59	Caryl Granville	22 Jul 17	
13.22	Heather Ross	27 May 84		56.61	Louise Brunning	16 Jun 96	
13.23	Megan Marrs	27 May 18		56.65	Liz Fairs	18 Jun 05	
13.25	Zara Hohn	10 Jul 10		56.67	Ese Okoro	11 Jun 14	
13.27	Holly Pattie-Belleli	14 May 16		56.69	Ashante Little	11 Apr 15	
<b>hand timing</b>				56.70	Lorraine Hanson	13 Aug 89	
13.0	Judy Vernon	29 Jun 74		56.72	Gladys Taylor	6 Aug 84	
13.0	Blondelle Caines	29 Jun 74		56.94	Lauren Thompson	25 Aug 19	40
13.1	Melanie Wilkins	2 Jul 95		57.00	Simone Gandy	6 Aug 88	
13.2	Pat Rollo	11 Jun 83		57.07	Verona Elder	15 Jul 83	
<b>hand timing - wind assisted</b>				57.13	Nusrat Ceesay	11 Jul 09	
12.7	Kay Morley-Brown	10 Jan 90		57.17	Laura Wake	29 May 14	
12.8	Natasha Danvers	3 Apr 99		57.26	Aisha Naibe-Wey	25 May 15	
12.9	Judy Vernon	18 May 74		57.29	Katie Jones	3 Jul 05	
13.1	Mary Peters	19 Aug 72		57.34	Arabella Wilson	9 Aug 25	
<b>300 Metres Hurdles</b>				57.38	Sarah Dean	27 Jun 91	
38.75	Lina Nielsen	26 May 23		57.41	Jennie Mathews	6 Aug 88	
<b>400 Metres Hurdles</b>				57.43	Liz Sutherland	6 Jul 78	50
52.74	Sally Gunnell	19 Aug 93		57.49	Maureen Prendergast	16 Jun 84	
53.16	Gunnell	29 Aug 91		57.50	Hannah Douglas	11 Jul 09	
53.23	Gunnell	5 Aug 92		57.51	Justine Kinney	6 Jun 09	
53.33	Gunnell	12 Aug 94		57.52	Clare Sugden	3 Jun 90	
53.51	Gunnell	24 Jul 94		57.52	Abigayle Fitzpatrick	14 Jul 13	
53.52	Gunnell	4 Aug 93		57.55	Sharon Danville	8 May 81	
53.62	Gunnell	7 Aug 91		57.65	Bethany Kennedy	25 May 19	
53.67	Perri Shakes-Drayton	26 Jul 13		57.76	Aileen Mills	5 Aug 86	
53.73	Gunnell	26 Jun 93		57.77	Chelsea Walker	21 Jul 24	
53.77	Shakes-Drayton	13 Jul 12		57.79	Susan Cluney	15 Jun 80	60
53.84	Natasha Danvers	20 Aug 08		<b>hand timing</b>			
54.08	Emily Newnham	19 Jul 25		57.5	Vicky Lee	28 Jun 86	
54.09	Eilidh Child/Doyle	15 Jul 16		<b>High Jump</b>			
54.09	Jessie Knight	28 May 22		2.00	Morgan Lake	27 Aug 25	
54.43	Lina Nielsen	10 Jun 24		1.99i	Lake	4 Feb 23	
54.52	Meghan Beesley	23 Aug 15		1.98	Kat. Johnson-Thompson	12 Aug 16	
54.63	Gowry Retchakan	3 Aug 92		1.97 i	Johnson-Thompson	14 Feb 15	
				1.97	Isobel Pooley	4 Jul 15	

1.97	Morgan Lake	30 Jun 18	4.87 i	Bradshaw	21 Jan 12	
1.97	Lake	30 Jun 18	4.86 i	Caudery	24 Feb 24	
1.97 i	Lake	26 Jan 19	4.85 i	Bradshaw	6 Feb 21	
1.97	Lake	13 Jun 23	4.85	Bradshaw	5 Aug 21	
1.97	Lake	27 Aug 23	4.85 i	Caudery	17 Feb 24	
1.95	Diana Davies	26 Jun 82	4.85 i	Caudery	28 Feb 25	
1.95 i	Debbie Marti	23 Feb 97	4.85	Caudery	2 Aug 25	
1.95	Susan Jones	24 Jun 01	4.84	Caudery	28 May 24	
1.95	Jessica Ennis	5 May 07	4.61	Kate Dennison	22 Jul 11	
1.95 i	Emily Borthwick	5 Feb 22	4.52 i	Katie Byres	18 Feb 12	
1.94	Louise Gittens	25 May 80	4.52 i	Gemma Tutton	21 Feb 26	
1.94 i	Jo Jennings	13 Mar 93	10 4.51 i	Lucy Bryan	8 Feb 20	
1.93	Michelle Dunkley	2 Sep 00	4.50 i	Sophie Cook	22 Feb 20	
1.93 i	Nikki Manson	8 Feb 20	4.50	Jade Ive	24 Jun 23	
1.92	Barbara Simmonds	31 Jul 82	4.47	Janine Whitlock	22 Jul 05	
1.92	Judy Simpson	8 Aug 83	4.42 i	Sally Peake	18 Feb 12	10
1.92	Janet Boyle	29 Sep 88	4.40	Natalie Hooper	31 May 25	
1.92 i	Julia Bennett	10 Mar 90	4.40	Nemiah Munir	14 Jun 25	
1.92	Lea Haggett	15 Jun 96	4.35	Henrietta Paxton	26 Jun 10	
1.92 i	Vicki Hubbard	21 Feb 10	4.35	Sophie Ashurst	25 May 24	
1.91	Ann-Marie Cording	19 Sep 81	4.31 i	Emma Lyons	21 Feb 09	
1.91	Gillian Evans	30 Apr 83	20 4.31 i	Jade Spencer-Smith	17 Feb 24	
1.91	Jayne Barnetson	7 Jul 89	4.26 i	Zoe Brown	21 Feb 04	
1.91 i	Bethan Partridge	25 Jan 20	4.26 i	Ellie Spain	30 Jan 07	
1.91 i	Laura Zialor	19 Feb 22	4.25	Felicia Miloro	2 Aug 25	
1.90	Kim Hagger	17 May 86	4.21	Louise Butterworth	6 Jun 08	20
1.90	Sharon Hutchings	1 Aug 86	4.21 i	Megan Bailey	17 Feb 24	
1.90 i	Julie Crane	28 Feb 04	4.20	Irie Hill	6 Aug 00	
1.90	Stephanie Pywell	20 May 07	4.20 i	Rhian Clarke	10 Mar 01	
1.89 i	Emma Perkins	11 Feb 12	4.20	Sally Scott	19 Jun 10	
1.89 i	Abby Ward	7 Feb 16	4.18	Courtney MacGuire	3 Aug 19	
1.89	Niamh Emerson	22 May 16	30 4.16	Liz Hughes	6 Jul 02	
1.88 i	Debbie McDowell	17 Jan 88	4.16	Bryony Raine	9 Jul 11	
1.88 i	Kerry Roberts	16 Feb 92	4.15	Tracey Grant	26 Jul 03	
1.88 i	Kelly Mason	16 Feb 92	4.15 i	Kirsty Maguire	24 Feb 07	
1.88	Lee McConnell	19 Aug 00	4.15	Sian Morgan	22 May 15	30
1.88	Rebecca Jones	1 Jun 02	4.13 i	Maria Seager	2 Feb 10	
1.88	Natalie Clark	6 Jun 04	4.13	Rachel Gibbens	7 Feb 16	
1.88 i	Kelly Sotherton	2 Mar 07	4.13 iA	Jessica Swannack	22 Feb 19	
1.88 i	Emma Nuttall	8 Mar 14	4.11	Jessica Robinson	27 May 23	
1.87	Barbara Lawton	22 Sep 73	4.11 i	Isabella Turner	22 Feb 25	
1.87	Moira Maguire	11 May 80	40 4.10	Fiona Harrison	29 Jul 07	
1.87	Louise Manning	6 May 84	4.10	Sophie Upton	9 Jun 10	
1.87	Rachael Forrest	7 Jul 95	4.08	Abigail Roberts	29 Aug 15	
1.87	Denise Lewis	21 Aug 99	4.06	Claire Maurer	10 Aug 17	
1.87	Aileen Wilson	15 Jul 01	4.06	Sophie Dowson	24 Jun 23	40
1.87 i	Jayne Nisbet	8 Feb 14	4.05	Sonia Lawrence	19 Jul 03	
1.87	Thea Brown	18 Jul 24	4.05	Caroline Adams	10 Aug 13	
1.87 i	Jade O'Dowda	9 Mar 25	4.05 i	Olivia Curran	19 Jul 14	
1.86	Claire Summerfield	7 Aug 82	4.05i	Kate Watson	25 Feb 23	
1.86	Jennifer Little	11 May 86	4.04	Lucy Webber	15 Jul 00	
1.86	Catherine Scott	8 May 87	50 4.02 i	Kim Skinner	30 Dec 09	
1.86	Michele Wheeler	31 May 87	4.02 i	Jessica Abraham	15 Jan 11	
1.86 i	Dalia Mikneviute	16 Jan 00	4.01	Carys Jones	22 Jun 24	
1.86	Jessica Leach	21 Jun 09	4.00	Alison Davies	12 Aug 00	
1.86 i	Kay Humberstone	31 Jan 10	4.00	Abigail Haywood	26 Jun 11	50
	<b>Pole Vault</b>		4.00	Katie James	15 Jul 14	
4.92	Molly Caudery	22 Jun 24	4.00 i	Anna Gordon	27 Feb 16	
4.90	Holly Bradshaw	26 Jun 21	4.00	Clare Blunt	16 Jul 17	

4.00	Imogen Smith	18 May 24	6.41	Niamh Emerson	1 Jul 18	
<b>Long Jump</b>			6.40	Judy Simpson	26 Aug 84	
7.07	Sara Proctor	28 Aug 15	6.40	Sharon Bowie	28 Jun 86	
7.05	Lorraine Ugen	1 Jul 18	6.40 i	Amy Woodman	14 Feb 09	
7.00 i	Jazmin Sawyers	5 Mar 23	<b>wind unconfirmed</b>			
6.97 i	Ugen	5 Mar 17	6.43	Moira Maguire	18 Sep 70	
6.98	Proctor	25 Jul 15	<b>wind assisted</b>			
6.95	Proctor	24 Jun 12	7.00	Sue Hearnshaw	27 May 84	
6.95	Proctor	15 May 15	6.98	Fiona May	4 Jun 89	
6.94	Ugen	11 Jun 21	6.93	Bev Kinch	14 Aug 83	
6.93 i	Kat. Johnson-Thompson	21 Feb 15	6.84	Sue Reeve	25 Jun 77	
6.93 i	Ugen	18 Mar 16	6.80	Joyce Oladapo	22 Jun 85	
6.90	Bev Kinch	14 Aug 83	6.77	Denise Lewis	1 Jun 97	
6.88	Fiona May	18 Jul 90	6.72	Alice Hopkins	8 May 24	
6.86	Abigail Irozuru	25 Aug 19	6.70	Funminiyi Olajide	23 May 24	
6.83	Sue Hearnshaw	6 May 84	6.65	Mary Agyepong	4 Jun 89	
6.81	Jade Johnson	22 Jun 08	6.64	Jade O'Dowda	9 Jul 23	
6.79	Kelly Sotherton	25 Jul 08	10	6.57	Ann Simmonds	22 Aug 70
6.76	Mary Rand	14 Oct 64	6.56	Judy Simpson	30 Aug 86	
6.76	Jo Wise	2 Aug 99	6.56	Dominique Blaize	27 May 13	
6.75	Joyce Oladapo	14 Sep 85	6.54	Ruth Howell	16 Jun 72	
6.73	Sheila Sherwood	23 Jul 70	6.54	Myra Nimmo	19 Jun 76	
6.73	Yinka Idowu	7 Aug 93	6.53	Chisom Nwafor	1 Jul 23	
6.63	Lucy Hadaway	25 May 23	6.49	Margaret Cheetham	4 Sep 83	
6.70	Kim Hagger	30 Aug 86	6.48	Moira Maguire	17 May 70	
6.69	Sue Reeve	10 Jun 79	6.48	Amy Harris	3 Jul 11	
6.69	Denise Lewis	30 Jul 00	6.45	Donita Benjamin	23 Jul 00	
6.69	Jahisha Thomas	1 Jul 18	20	6.44	Tracy Joseph	21 Jun 97
6.68 i	Molly Palmer	22 Feb 26	6.44	Cleo Martin-Evans	25 May 24	
6.67 i	Funminiyi Olajide	14 Feb 25	<b>Triple Jump</b>			
6.63	Mary Agyepong	17 Jun 89	15.16 i	Ashia Hansen	28 Feb 98	
6.63	Jessica Ennis-Hill	26 Jun 16	15.15	Hansen	13 Sep 97	
6.59 i	Alice Hopkins	22 Feb 25	15.02 i	Hansen	7 Mar 99	
6.56	Sarah Claxton	23 May 99	15.01 i	Hansen	15 Mar 03	
6.55	Ann Simmonds	22 Jul 70	14.96	Hansen	11 Sep 99	
6.55	Jade O'Dowda	30 Jun 24	14.94	Hansen	29 Jun 97	
6.54	Dominique Blaize	19 May 13	14.86	Hansen	31 Jul 02	
6.54	Rebecca Chapman	2 Jul 17	30	14.85 i	Hansen	15 Feb 98
6.52	Gill Regan	29 Aug 82	14.82 i	Yamilé Aldama	10 Mar 12	
6.52	Georgina Oladapo	16 Jun 84	14.81 i	Hansen	21 Feb 99	
6.51 i	Ruth Howell	23 Feb 74	14.37	Naomi Metzger	5 Aug 22	
6.51	Julie Hollman	3 Sep 00	14.09	Laura Samuel	29 Jul 14	
6.51	Holly Mills	30 Jun 19	14.08	Michelle Griffith	11 Jun 94	
6.51	Georgina Scoot	10 May 25	13.98	Georgina Forde-Wells	7 Jun 25	
6.47 A	Ashia Hansen	26 Jan 96	13.95	Connie Henry	27 Jun 98	
6.47 i	Amy Harris	11 Feb 07	13.90	Temí Ojora	25 May 24	
6.47	Phyllis Agbo	31 May 09	40	13.85 A	Yasmine Regis	18 May 08
6.47	Jade Nimmo	14 Apr 12	13.76		5 Aug 11	
6.46 i	Ore Adamson	18 Feb 23	13.82	Sara Proctor	14 Apr 17	
6.45	Carol Earlington	12 May 82	13.77	Nadia Williams	12 Jun 11	
6.45	Margaret Cheetham	18 Aug 84	13.70	Sineade Gutzmore	20 Jul 16	
6.44	Sharon Danville	15 Jun 77	13.64	Rachel Kirby	7 Aug 94	
6.44	Barbara Clarke	13 Sep 81	13.62	Nony Mordi	5 Jul 08	
6.44	Louise Hazel	9 Oct 10	13.62	Adelaide Omitowoju	2 Aug 25	
6.44	Thea Brown	10 Aug 25	13.59	Jahisha Thomas	23 Apr 22	
6.43	Myra Nimmo	27 May 73	13.56	Mary Agyepong	5 Jun 92	
6.43 i	Gillian Cooke	3 Feb 08	13.53	Chioma Matthews	17 May 15	
6.42	Sarah Warnock	29 Jun 14	50	13.47 i	Georgina Scoot	17 Jan 26
6.42 i	Sarah Abrams	25 Jan 20	13.46	Evette Finikin	26 Jul 91	
6.42	Abigail Pawlett	1 Jun 25			20	

13.44	Hannah Frankson	26 Jun 11	19.01	Oakes	11 Jun 89
13.43	Angela Barrett	16 Aug 17	19.01	Oakes	11 May 96
13.39 i	Alex Russell	17 Feb 19	18.99	Meg Ritchie	7 May 83
13.31	Karlene Turner	28 May 06	18.82 i	Sophie McKinna	27 Feb 22
13.30	Shakira Whight	24 Jun 12	18.18	Amelia Campbell	16 Jun 22
13.28 i	Amy Warre	7 Jan 26	17.97	Divine Oladipo	13 May 22
13.27	Zainab Ceesay	5 Jul 08	17.79	Sarah Omoregie	20 Apr 24
13.27 i	Simi Fajemisin	24 Feb 19	17.79	Adele Nicoll	15 Jun 24
13.25	Lily Hulland	29 Jun 24	17.78	Serena Vincent	19 May 24 10
13.25	Gillian Kerr	30 Jun 07 30	17.53	Angela Littlewood	24 Jul 80
13.25	Shanara Hibbert	2 Aug 25	17.53	Rachel Wallader	4 Jun 16
13.24	Stephanie Aneto	18 Jul 10	17.45	Yvonne Hanson-Nortey	28 Jul 89
13.23 i	Rebecca White	27 Jan 06	17.24	Eden Francis	20 May 12
13.13	Lia Stephenson	1 Jun 19	17.23	Nana Gyedu	23 May 24
13.11	Jade Johnson	19 Aug 01	17.13	Jo Duncan	13 Aug 06
13.09	Debbie Rowe	26 Aug 06	16.76	Rebecca Peake	15 Aug 10
13.08	Denae Matthew	30 Jun 07	16.75	Sabrina Fortune	29 Sep 25
13.07	Mary Fasipe	24 Aug 19	16.72 i	Cleo Agyepong-Oye	7 Feb 26
13.06	Zara Asante	19 Jun 19	16.63	Eva Massey	29 Jul 07 20
13.06	Shanara Hibbert	14 Jun 25	16.57	Maggie Lynes	20 Jul 94
13.05 I	Reese Robinson	15 Feb 26 40	16.42	Kirsty Yates	30 Jul 14
13.04	Eavion Richardson	17 Jun 18	16.40 i	Mary Peters	28 Feb 70
13.03	Shani Anderson	4 May 96	16.40	Julie Dunkley	12 Aug 00
13.03	Kate Evans	26 Apr 97	16.39	Shanaugh Brown	19 May 13
13.03	Lisa James	21 Jun 15	16.29	Brenda Bedford	26 May 76
13.03	Naomi Reed	31 Jun 16	16.17	Eleanor Gatrell	18 Jul 10
13.03	Emily Gargan	21 May 17	16.12	Denise Lewis	21 Aug 99
13.02 i	Emily Parker	12 Feb 05	16.09 i	Alison Rodger	21 Feb 10
13.02	Mary Elcock	25 May 24	16.05	Janis Kerr	15 May 76 30
13.01	Jayne Nisbet	22 Apr 07	15.95 i	Philippa Roles	6 Feb 99
13.01	Emma Pringle	26 May 13 50	15.88 i	Ade Oshinowo	7 Feb 04
<b>wind assisted</b>			15.85 i	Alison Grey	12 Feb 94
15.00	Hansen	10 Aug 02	15.81	Tracy Axten	19 Jul 98
14.38	Naomi Metzger	13 Jun 21	15.80	Sharon Andrews	30 Jul 93
14.14	Michelle Griffith	25 Jul 00	15.75 i	Caroline Savory	23 Feb 83
13.94	Nadia Williams	17 Jul 11	15.60 i	Justine Buttle	27 Feb 88
13.82	Yasmine Regis	13 Jun 09	15.56 i	Amy Kennedy	1 Feb 25
13.76	Nony Mordi	10 May 08	15.55	Christina Bennett	13 Jun 99
13.66	Jahisha Thomas	2 Jun 22	15.55	Shaunna Thompson	26 Jun 22 40
13.51	Rebecca White	3 Sep 05	15.48	Mary Anderson	8 Sep 85
13.42	Gillian Kerr	30 Jun 07	15.46	Vanessa Redford	14 Jun 80
13.41	Zara Asante	29 Jul 18	15.45	Susan King	27 Mar 83
13.40	Alex Russell	31 Jul 16	15.44	Vickie Foster	14 May 00
13.39	Lily Hulland	18 Jun 23	15.41	Fatima Whitbread	29 Apr 84
13.35	Kat. Johnson-Thompson	6 Jul 14	15.39 i	Sophie Merritt	6 Dec 19
13.22	Lisa James	21 Jun 15	15.35	Michella Obijiaku	11 May 18
13.14	Debbie Rowe	22 Jul 00	15.33	Teddy Tchoudja	21 May 23
13.10	Lateefah Agberemi	7 Jul 24	15.32 i	Helen Hounsell	13 Feb 82
13.06	Alison McAllister	11 Jul 03	15.30 i	Omolola Kuponiyi	31 Jan 26 50
13.04	Kate Evans	23 Jul 00	15.28	Amy Hill	31 May 09
			15.23	Judy Simpson	18 Jun 88
<b>Shot</b>			15.21	Uju Efobi	23 Apr 94
19.36	Judy Oakes	14 Aug 88	15.21 i	Kara Nwidobie	12 Feb 06
19.33	Oakes	3 Sep 88	15.18	Suzanne Allday	18 May 64
19.26	Oakes	29 Jul 88	15.18 i	Lana Newton	6 Jan 79
19.13	Oakes	20 Aug 88			
19.06 i	Venissa Head	7 Apr 84	<b>Discus</b>		
19.05	Oakes	16 Jul 88	67.48	Meg Ritchie	26 Apr 81
19.03	Myrtle Augee	2 Jun 90	67.44	Ritchie	14 Jul 83
19.01	Oakes	17 Sep 88	66.04	Ritchie	15 May 82
			65.96	Ritchie	19 Jul 80

65.78	Ritchie	17 Jul 81	50.04	Morag Bremner	27 Apr 86
65.34	Ritchie	24 Apr 83	<b>Hammer</b>		
65.18	Ritchie	17 May 81	74.54	Sophie Hitchon	15 Aug 16
65.10	Jade Lally	27 Feb 16	73.97	Hitchon	21 May 17
65.08	Ritchie	26 Apr 80	73.86	Hitchon	27 Aug 15
65.02	Ritchie	5 May 84	73.68	Hitchon	27 Jun 17
64.68	Venissa Head	18 Jul 83	73.48	Hitchon	14 Jul 18
62.89	Philippa Roles	8 Jun 03	73.22	Hitchon	27 Apr 18
61.22	Shelley Newman	8 Jun 03	73.05	Hitchon	5 Aug 17
60.72	Jackie McKernan	18 Jul 93	73.02	Anna Purchase	8 Apr 23
60.13	Kirsty Law	28 Aug 21	72.97	Hitchon	23 Jun 13
59.78	Eden Francis	6 Aug 11	72.96	Purchase	2 Aug 25
58.56	Debbie Callaway	19 May 96	72.51	Charlotte Payne	11 Jun 23
58.26	Shadine Duquemin	6 Aug 22	70.21	Amber Simpson	13 Apr 24
58.18	Tracy Axten	31 May 97	69.94	Tara Simpson-Sullivan	6 Jun 24
58.17	Zara Obamakinwa	5 May 25	69.72	Katie Head	13 Feb 22
58.02	Rosemary Payne	3 Jun 72	69.44	Jessica Mayho	12 Aug 21
58.01	Divine Oladipo	19 May 24	68.97	Sarah Holt	25 Jul 15
57.75	Emma Merry	9 Aug 99	68.93	Lorraine Shaw	8 Jun 03
57.32	Lynda Wright	16 Jun 84	68.72	Amy Herrington/Phillips	26 Mar 22
57.27	Kara Nwidobie	18 Jun 05	68.63	Zoe Derham	17 Jul 08
57.26	Emma Carpenter	12 Jul 08	67.58	Shirley Webb	16 Jul 05
56.73	Claire Smithson	29 Jul 06	66.85	Shaunagh Brown	14 Jun 14
56.42	Amy Holder	15 Jun 19	66.80	Carys Parry	15 Jul 14
56.25	Rebecca Roles	6 Jun 04	66.69	Kayleigh Presswell	23 Jul 23
56.24	Sharon Andrews	12 Jun 94	66.46	Rachel Hunter	26 Feb 17
56.06	Kathryn Farr	27 Jun 87	65.65	Angela McAuslan-Kelly	17 May 25
56.05	Phoebe Dowson	31 Mar 19	65.11	Kayleigh Presswell	7 May 22
55.52	Jane Aucott	17 Jan 90	65.03	Susan McKelvie	20 Aug 11
55.42	Lesley Bryant	12 Sep 80	64.74	Laura Douglas	8 Aug 10
55.06	Janet Kane	17 Jun 78	64.06	Philippa Wingate	28 Aug 21
55.04	Lorraine Shaw	14 May 94	64.01	Rachael Somoye	6 Jun 21
54.72	Karen Pugh	27 Jul 86	63.98	Christina Jones	25 Apr 15
54.68	Emma Beales	10 Jun 95	63.96	Lyn Sprules	20 Aug 00
54.46	Ellen Mulvihill	14 May 86	63.87	Rebecca Keating	17 Mar 18
54.46	Janette Picton	17 Aug 90	63.61	Liz Pidgeon	27 May 00
54.24	Nicola Talbot	15 May 93	63.47	Lucy Marshall	6 Aug 19
53.96	Julia Avis	27 Apr 86	63.44	Philippa Davenall	7 Aug 21
53.66	Rosanne Lister	22 Jun 91	63.11	Myra Perkins	18 May 14
53.44	Judy Oakes	20 Aug 88	63.05	Lesley Brannan	19 Feb 06
53.44	Navdeep Dhaliwal	5 Sep 10	62.96	Samantha Hynes	19 May 12
53.16	Sarah Winckless	18 Jun 94	62.84	Charlotte Williams	22 Jun 19
52.84	Sarah Henton	7 Jul 13	62.75	Alice Barnsdale	6 Apr 19
52.78	Taia Tunstall	2 Jul 22	62.66	Rachel Wilcockson	20 Aug 11
52.72	Samantha Callaway	23 May 21	62.30	Louisa James	29 Jun 14
52.52	Alison Grey	18 Jun 94	61.95	Annabelle Crossdale	24 Aug 19
52.46	Vanessa Redford	4 Jul 82	61.77	Kimberley Reed	3 May 14
52.31	Lauren Keightley	18 Jul 98	61.48	Suzanne Roberts	17 Jul 04
51.82	Catherine Bradley	20 Jul 85	61.22	Hannah Blood	16 Mar 24
51.77	Shaunagh Brown	1 Jun 14	60.88	Rachael Beverley	23 May 99
51.60	Dorothy Chipchase	20 Jul 73	60.75	Abbi Carter	12 Jul 12
51.43	Claire Griss	30 May 05	60.73	Zoe Price	23 Jul 23
51.18	Angela Sellars	12 Aug 90	60.40	Anna Merritt	9 Sep 25
51.12	Joanne Brand	26 May 86	59.57	Hayley Murray	18 Jul 17
51.07	Samantha Milner	19 May 13	59.19	Kirsty Costello	19 Jun 21
50.88	Emma Botham	11 Jul 23	58.97	Diana Holden	4 Jun 02
50.64	Kathryn Woodcock	6 May 17	58.48	Joanne John	2 Jul 08
50.57	Brenda Bedford	24 Aug 68	58.47	Mhairi Porterfield	12 May 02
50.33	Sophie Mace	5 Jul 25	58.44	Lily Murray	22 Mar 25
50.06	Joanne Jackson	7 May 89	58.35	Cathy Coleman	8 Aug 21

58.27	Katie Lambert	21 May 17	50	51.18	Bethan Rees	28 May 18	
58.15	Natalie Robbins	14 Apr 19		51.13	Becky Bartlett	15 May 04	
58.07	Helen Broadbridge	14 Jul 24		50.85	Sharon Gibson	18 Jul 99	
57.96	Olivia Stevenson	10 Jun 17		50.43	Rosie Semenytsh	22 Jun 13	
57.90	Megan Larkins	16 Sep 18		50.21	Louise Watton	10 Jun 07	
57.81	Poppy Bean	8 Mar 25		50.19	Sam Cullinane	17 Jun 12	
57.79	Danielle Broom	14 Aug 21		50.16	Eva Durand	19 May 24	
57.63	Nicola Dudman	16 Jun 02		50.01	Sarah Ann De Kremer	13 Apr 24	40
57.40	Sarah Moore	29 Apr 01		49.96	Hayley Thomas	19 Jun 11	
57.26	Phoebe Baggott	15 Apr 23		49.66	Jo Chapman	22 Aug 04	
57.22	Candy Lockett	25 Mar 22	60	49.56	Kelly Bramhald	30 Jul 17	
<b>20 lb Weight</b>				49.49	Dawn Russell	20 Jul 24	
22.18 i	Tara Simpson-Sullivan	18 Feb 23		49.25	Nicola Gautier	1 Jul 01	
22.01 i	Amber Simpson	3 Feb 24		49.24	Louise Lacy	30 Jul 17	
21.60	Charlotte Payne	18 Nov 23		49.23	Laura Kerr	20 Aug 05	
21.46 i	Amy Herrington/Phillips	27 Feb 21		49.17	Sarah Roberts	29 May 11	
20.63	Shirley Webb	2 Oct 05		49.13	Laurensa Britane	16 Aug 17	
20.25 i	Angela McAuslan-Kelly	13 Feb 26		48.73	Suzanne Finnis	23 Mar 03	50
20.05 i	Rachael Somoye	8 Mar 19		48.61	Harriet Wheeler	1 Jun 25	
<b>Javelin (1999 Model)</b>				48.39	Katie Amos	1 Jun 02	
66.17	Goldie Sayers	14 Jul 12		48.35	Natasha Wilson	23 Apr 16	
65.75	Sayers	21 Aug 08		48.33	Jessica Ennis	23 Jul 13	
65.05	Sayers	20 May 07		48.31	Eloise Manger	4 Jul 09	
64.87	Kelly Morgan	14 Jul 02		48.24	Tammie Francis	29 Apr 00	
64.73	Sayers	31 May 12		48.18	Amber Burdett	19 Sep 10	
64.46	Sayers	18 Jun 11		48.13	Christine Lawrence	17 May 09	
63.96	Sayers	6 Jun 08		<b>Javelin (pre 1999)</b>			
63.82	Sayers	26 Jul 08		77.44	Fatima Whitbread	28 Aug 86	
63.66	Sayers	12 Jun 08		76.64	Whitbread	6 Sep 87	
63.65	Sayers	15 Mar 08		76.34	Whitbread	4 Jul 87	
60.68	Laura Whittingham	15 Aug 10		76.32	Whitbread	29 Aug 86	
59.95	Rebekah Walton	30 Apr 24		75.62	Whitbread	25 May 87	
59.50	Karen Martin	14 Jul 99		74.74	Whitbread	26 Aug 87	
58.63	Izzy Jeffs	26 Apr 14		73.58	Tessa Sanderson	26 Jun 83	
58.10	Elizabeth Korczak	21 Mar 25		73.32	Whitbread	20 Jun 87	
57.48	Shelley Holroyd	10 Jul 04		62.32	Sharon Gibson	16 May 87	
57.44	Jo Blair	26 Jun 16		62.22	Diane Royle	18 May 85	
57.19	Lorna Jackson	9 Jul 00	10	60.12	Shelley Holroyd	16 Jun 96	
56.73	Lauren Farley	21 May 23		60.00	Julie Abel	24 May 87	
56.53	Freya Jones	3 Aug 25		59.40	Karen Hough	28 Aug 86	
55.91	Kirsty Morrison	23 May 99		59.36	Kirsty Morrison	4 Sep 93	
54.71	Kike Oniwinde	14 Jun 14		58.60	Jeanette Rose	30 May 82	
54.62	Chloe Cozens	3 Aug 03		58.39	Lorna Jackson	6 Jun 98	10
54.08	Emma Hamplett	17 Jun 18		57.90	Anna Heaver	1 Jul 87	
53.76	Sophie Hamilton	16 Aug 25		57.84	Mandy Liverton	3 Jun 90	
53.65	Harriette Mortlock	15 May 25		57.82	Karen Martin	19 Sep 98	
52.86	Linda Gray	10 Jun 01		56.96	Nicky Emblem	1 Feb 90	
52.78	Tesni Ward	29 May 11	20	56.50	Caroline White	8 Jun 91	
52.76	Jenny Kemp	23 Jun 01		56.50	Denise Lewis	11 Aug 96	
52.72	Emily Dibble	13 May 23		<b>Heptathlon</b>			
52.68	Lianne Clarke	25 Aug 07		6981	Kat. Johnson-Thompson	3 Oct 19	
52.68	Harriet Court	12 Jul 25		6955	Jessica Ennis	4 Aug 12	
52.41	Katy Watts	31 May 09		6906	Ennis	27 May 12	
52.34	Jade Dodd	2 Sep 07		6844	Johnson-Thompson	9 Aug 24	
52.32	Eloise Meakins	9 Sep 12		6831	Denise Lewis	30 Jul 00	
52.09	Lauren Therin	5 May 07		6823	Ennis	31 Jul 10	
51.86	Ayesha Jones	24 May 25		6813	Johnson-Thompson	26 May 19	
51.57	Hannah Johnson	21 May 17	30	6790	Ennis	29 May 11	
51.48	Denise Lewis	10 Jul 04		6775	Ennis	13 Aug 16	
51.27	Bethany Moule	5 Sep 20		6759	Johnson-Thompson	10 Aug 18	
				6623	Judy Simpson	30 Aug 86	

6547	Kelly Sotherton	29 May 05	4965	Jessica Ennis	9 Mar 12	
6391	Jade O'Dowda	20 Sep 25	4937	Ennis	13 Mar 10	
6320	Abigail Pawlett	20 Jul 25	4927	Kelly Sotherton	2 Mar 07	
6260	Holly Mills	29 May 22	4852	Sotherton	7 Mar 08	
6259	Kim Hagger	18 May 86	4751	Jade O'Dowda	9 Mar 25	
6253	Niamh Emerson	13 Jul 18	10 4750	Johnson-Thompson	2 Mar 18	
6166 w	Louise Hazel	17 Jul 11	4733	Sotherton	4 Mar 05	
	6156	9 Oct 10	4731	Niamh Emerson	1 Mar 19	
6148	Morgan Lake	23 Jul 14	4675	Abigail Pawlett	22 Feb 26	
6135	Julie Hollman	2 Jun 02	4673	Holly Mills	18 Mar 22	
6125	Tessa Sanderson	12 Jul 81	4527	Morgan Lake	6 Mar 15	
6094	Joanne Mulliner	7 Jun 87	4498	Julie Hollman	12 Feb 06	
6037 w	Ellen Barber	27 Jul 25	4365	Ella Rush	27 Feb 22	10
	6028	20 May 21	4363	Kim Hagger	4 Feb 84	
6029	Katie Stainton	7 Jul 19	4297	Julia Bennett	8 Feb 98	
6022	Clova Court	27 Aug 91	4291	Jo Rowland	28 Feb 18	
6011 W	Fiona Harrison	18 Jul 04	4277	Jodie Smith	27 Feb 22	
	5754	3 Jul 05	4258	Katie Stainton	9 Feb 20	
6005 W	Kerry Jury	24 May 98	20 4249	Jessica Taylor-Jemmett	25 Jan 15	
	5908	1 Aug 99	4238	Vikki Schofield	5 Feb 95	
5998	Jodie Smith	28 May 23	4237	Grace Clements	3 Feb 08	
5952	Phyllis Agbo	31 May 09	4199	Karla Drew	11 Jan 15	
5913 w	Jessica Taylor-Jemmett	15 May 16	4177	Alix Still	23 Feb 23	20
	5873	28 Aug 16	<b>with 600m</b>			
5850	Isabel Wakefield	24 Mar 22	4343	Marcia Marriott	22 Feb 87	
5826	Jenny Kelly	3 Jul 94				
5819	Grace Clements	9 Oct 10	<b>3000 Metres Track Walk</b>			
5803	Jayne Barnetson	20 Aug 89	12:22.62 +	Jo Jackson	14 Feb 09	
5798	Ros Gonse	26 Aug 07	12:24.70	Bethan Davies	11 Jun 16	
5784	Nicola Gautier	1 Jul 01	12:26.45	Davies	10 Jun 17	
5776	Kathy Warren	12 Jul 81	30 12:40.98	Jackson	26 May 08	
5770	Jessica Tappin	1 Jun 14	12:42.46	Davies	14 Jul 18	
5747 W	Julia Bennett	5 May 96	12:49.16	Betty Sworowski	28 Jul 90	
5702	Yinka Idowu	21 May 95	12:50.61	Lisa Langford/Kehler	29 Jul 00	
5702	Jo Rowland	2 Jun 13	12:54.71	Heather Lewis	14 Jul 18	
5700	Vikki Schofield	5 May 96	12:59.3	Vicky Lupton	13 May 95	
5691 W	Pauline Richards	24 May 98	12:59.75	Gemma Bridge	12 Jun 17	
	5563	5 Jul 98	13:13.3	Cal Partington	12 Jul 95	
5687	Holly McArthur	21 Jul 17	13:14.73	Niobe Menendez	11 Aug 01	
5685	Emma Nwofor	15 May 21	13:15.88	Erika Kelly	16 Aug 17	10
5671	Dominique Blaize	6 Jun 10	13:16.0	Julie Drake	11 Dec 90	
5662	Alix Still	21 Apr 23	40 13:16.23	Verity Larby/Snook	27 May 96	
5648	Eden Robinson	10 Aug 25	13:21.5	Catherine Charnock	8 May 99	
5646	Natasha Smith	14 Apr 22	13:25.2	Carol Tyson	6 Jul 79	
5644	Danielle Freeman	4 Jun 00	13:28.0	Helen Elleker	22 Jul 90	
5642	Sarah Rowe	23 Aug 81	13:37.1	Bev Allen	16 May 87	
5633	Marcia Marriott	18 May 86	13:42.10	Sylvia Black	23 May 90	
5632	Emma Beales	1 Aug 93	13:43.0	Melanie Brookes/Wright	5 Jul 94	
5625	Lucy Fellows	26 Apr 25	13:44.0	Ginney Birch	19 Jun 84	
5618 W	Sarah Damm	5 May 96	13:46.3 +	Marion Fawkes	30 Jun 79	20
5606 w	Ella Rush	10 May 24				
	5591	4 Apr 22	<b>3000 Metres Walk Short Track</b>			
5605	Lucy Boggis	26 Jul 09	50 12:35.87	Bethan Davies	11 Dec 16	
5601 W	Jade Surman	3 Jun 07	12:42.26	Davies	10 Dec 17	
5597	Zoe Hughes	13 May 22	12:44.99	Davies	28 Feb 16	
5594	Gillian Evans	22 May 83	12:46.77	Davies	13 Dec 15	
5577	Katherine Livesey	18 May 02	12:49.33	Davies	8 Dec 19	
5557	Kate Cowley	20 Jul 03	12:55.36	Heather Lewis	8 Dec 19	
			13:08.64	Niobe Menendez	2 Feb 02	
<b>Pentathlon Short Track</b>			13:12.01	Julie Drake	12 Mar 93	
5000	Kat. Johnson-Thompson	6 Mar 15	13:23.59	Gemma Bridge	12 Feb 17	
4983	Johnson-Thompson	1 Mar 19				

13:29.19	Emma Achurch	15 Feb 15	46:23.08	Betty Sworowski	4 Aug 91
13:29.46	Ellie Dooley	14 Feb 14	46:25.2	Helen Elleker	26 May 90
13:31.32	Verity Larby/Snook	13 Feb 93	47:10.07	Verity Larby/Snook	19 Jun 93
13:32.30	Lisa Langford/Kehler	5 Mar 88	47:56.3	Ginney Birch	15 Jun 85
13:36.43	Sophie Hales	29 Feb 04	10 47:58.3	Bev Allen	21 Jun 86
13:38.05	Katie Stones	29 Feb 04	48:11.4	Marion Fawkes	8 Jul 79
13:45.12+	Erika Kelly/Lockley	18 Feb 18	48:20.0	Cal Partington	7 May 94
13:47.10	Sylvia Black	26 Feb 94	48:34.5	Carol Tyson	22 Aug 81
13:52.95	Hannah Hopper	15 Mar 25	48:35.8	Melanie Brookes/Wright	2 Sep 95
13:56.97	Katherine Horwill	5 Feb 05	48:47.3	Erika Kelly/Lockley	22 Aug 18
13:57.61	Melanie Brookes/Wright	13 Feb 93	48:56.5	Sarah Brown	18 Apr 91
13:57.87	Sharon Tonks	2 Feb 02	48:57.6	Irene Bateman	20 Mar 82

**5000 Metres Track Walk**

20:46.58	Jo Jackson	14 Feb 09	49:27.0	Sylvia Black	22 Apr 95
21:01.24	Jackson	7 Feb 09	49:39.0	Karen Ratcliffe	22 May 91
21:21.52	Bethan Davies	2 Jul 17	49:41.0	Elaine Callinan	22 Apr 95
21:21.67	Jackson	12 Jul 09	<b>track short</b>		
21:30.75	Jackson	13 Jul 08	48:52.5	Irene Bateman	19 Mar 83
21:41.34	Heather Lewis	14 Jul 19	<b>10k Road - where superior to track time</b>		
21:42.51	Lisa Langford/Kehler	13 Jul 02	43:52	Jo Jackson	6 Mar 10
21:52.38	Vicky Lupton	9 Aug 95	44:52	Jackson	19 Apr 08
22:02.06	Betty Sworowski	28 Aug 89	44:56	Heather Lewis	30 Apr 22
22:37.47	Julie Drake	17 Jul 93	44:57+	Jackson	19 Jun 10
22:41.19	Cal Partington	16 Jul 95	44:59	Jackson	11 Sep 11
22:51.15	Gemma Bridge	5 Sep 20	44:59	Bethan Davies	6 Mar 16
22:51.23	Helen Elleker	25 Jun 90	10 45:03	Lisa Langford/Kehler	19 Sep 98
23:11.2	Carol Tyson	30 Jun 79	45:52 +	Gemma Bridge	25 Jun 17
23:11.7	Catherine Charnock	19 Jun 99	45:59	Betty Sworowski	24 Aug 91
23:15.04	Bev Allen	25 May 87	46:06	Verity Larby/Snook	25 Aug 94
23:19.2	Marion Fawkes	30 Jun 79	46:26	Cal Partington	1 Jul 95
23:20.00	Ginney Birch	25 May 85	46:38	Niobe Menendez	15 Jun 02
23:20.19	Erika Kelly/Lockley	2 Jul 17	47:05	Sara-Jane Cattermole	15 Jul 01
23:22.52	Verity Larby/Snook	19 Jun 94	47:19	Erika Kelly/Lockley	3 Mar 19
23:34.43	Sylvia Black	5 Jul 92	47:49	Emma Achurch	15 Mar 15
23:35.54	Nicky Jackson	25 May 87	47:51	Catherine Charnock	5 Sep 99
23:36.03	Gracie Griffiths	26 Aug 23	20 47:58	Nicky Jackson	27 Jun 87

**5k Road - where superior to track time**

21:36	Vicky Lupton	18 Jul 92	1:30.41	Jo Jackson	19 Jun 10
21:50	Betty Sworowski	6 May 90	1:31:16	Jackson	8 Mar 09
22:45 +	Verity Larby/Snook	25 Aug 94	1:31:33	Jackson	21 Aug 08
22:51	Marion Fawkes	29 Sep 79	1:31:40	Jackson	23 Feb 08
22:52 +	Gemma Bridge	25 Jun 17	1:31:50	Jackson	30 May 11
22:59	Carol Tyson	29 Sep 79	1:31:53	Bethan Davies	11 Mar 18
23:00 +	Bev Allen	1 Sep 87	1:32:33	Gemma Bridge	25 Jun 17
23:09	Catherine Charnock	5 Jun 99	1:33:57	Lisa Langford/Kehler	17 Jun 00
23:11	Erika Kelly/Lockley	29 Oct 23	1:34:02	Heather Lewis	2 Apr 22
23:13	Sylvia Black	13 Feb 93	1:36:40	Sara-Jane Cattermole	4 Mar 00
			1:37:44	Vicky Lupton	27 Jun 99
			1:38:29	Catherine Charnock	11 Sep 99
			1:39:36	Erika Kelly/Lockley	11 Mar 18
			1:39:59	Niobe Menendez	21 Apr 02
			1:40:45	Irene Bateman	9 Apr 83
			1:42:02 hc	Lillian Millen	9 Apr 83

**5000 Metres Walk Short Track**

21:25.37	Bethan Davies	18 Feb 18	1:44:42		
22:48.29	Gemma Bridge	18 Feb 18	1:42:55	Abigail Jennings	6 Apr 24
22:55.15	Heather Lewis	10 Feb 19	1:43:26	Emma Achurch	2 Oct 16
23:23.69	Erika Kelly/Lockley	18 Feb 18	1:43:29	Sharon Tonks	3 Mar 02

**10000 Metres Track Walk**

45:09.19	Heather Lewis	6 Aug 22	1:43:50	Betty Sworowski	22 Feb 88
45:09.57	Lisa Langford/Kehler	13 Aug 00	1:43:52	Sylvia Black	14 Jun 97
45:18.8	Vicky Lupton	2 Sep 95	1:44:19	Katie Stones	25 Feb 06
45:21.70	Bethan Davies	15 Aug 21			
45:53.9	Julie Drake	26 May 90			

1:44:29	Kim Braznell	21 Mar 99	42.24	GBR	17 Aug 14
1:44:30	Wendy Bennett	26 Apr 03	20	A.Philip, A.Nelson, J.Williams, D.Henry	
<b>35 Kilometres Road Walk</b>					
2:58:48	Bethan Davies	23 Apr 22	42.25	GBR	4 Oct 19
3:26:29	Molly Davey	28 Jan 18		A.Philip, I.Lansiquot, A.Nelson, D.Neita	
3:35:23	Lillian Millen	20 Apr 81	42.25	GBR	11 Jun 24
<b>50 Kilometres Road Walk</b>					
4:50:51	Sandra Brown	13 Jul 91	42.28	GBR	30 Aug 18
4:56:27	Brown	13 Aug 94		A.Philip, I.Lansiquot, B.Williams, Asher-Smith	
5:01:52	Lillian Millen	16 Apr 83	42.29	GBR	21 May 22
5:08.17	Molly Davey	24 Mar 18	42.30	GBR	20 Jul 19
<b>4 x 100 Metres Relay</b>					
41.55	GBR	5 Aug 21		A.Nelson, I.Lansiquot, B.Williams, D.Neita	
	A.Philip, I.Lansiquot, D.Asher-Smith, D.Neita				
41.55	GBR	20 Jul 24		B.Dobbin, I.Lansiquot, D.Asher-Smith, D.Neita	
	Asher-Smith, I.Lansiquot, A.Hunt, D.Neita				
41.69	GBR	19 Jul 25			
	D.Asher-Smith, A.Hunt, D.Henry, D.Neita				
41.77	GBR	19 Aug 16			
	A.Philip, D.Henry, D.Asher-Smith, D.Neita				
41.81	GBR	22 Jul 16			
	A.Philip, D.Henry, D.Asher-Smith, D.Neita				
41.85	GBR	5 Oct 19			
	A.Philip, D.Asher-Smith, A.Nelson, D.Neita				
41.85	GBR	9 Aug 24			
	D.Asher-Smith, I.Lansiquot, A.Hunt, D.Neita				
41.86	GBR	24 Aug 17			
	A.Philip, D.Henry, D.Asher-Smith, D.Neita				
41.88	GBR	12 Aug 18			
	A.Philip, I.Lansiquot, B.Williams, Asher-Smith				
41.88	GBR	6 Aug 21	10		
	A.Philip, I.Lansiquot, D.Asher-Smith, D.Neita				
41.88	GBR	19 Jul 25			
	D.Asher-Smith, S.Eduan, D.Henry, D.Neita				
41.91	GBR	12 Jun 24			
	D.Asher-Smith, D.Henry, A.Hunt, D.Neita				
41.93	GBR	18 Aug 16			
	A.Philip, D.Henry, D.Asher-Smith, D.Neita				
41.93	GBR	12 Aug 17			
	A.Philip, D.Henry, D.Asher-Smith, D.Neita				
41.97	GBR	26 Aug 23			
	A.Philip, I.Lansiquot, B.Williams, D.Neita				
41.99	GBR	22 Jul 22			
	B.Williams, I.Lansiquot, A.Nelson, D.Henry				
42.03	GBR	8 Aug 24			
	D.Asher-Smith, I.Lansiquot, A.Hunt, D.Neita				
42.03	GBR	22 Aug 24			
	D.Asher-Smith, D.Henry, B.Williams, A.Hunt				
42.07	GBR	21 Sep 25			
	D.Asher-Smith, A.Hunt, D.Henry, D.Neita				
42.10	GBR	29 Aug 15	20		
	A.Philip, D.Asher-Smith, J.Williams, D.Henry				
42.12	GBR	12 Aug 17			
	A.Philip, D.Henry, D.Asher-Smith, D.Neita				
42.19	GBR	12 Aug 18			
	A.Philip, I.Lansiquot, B.Williams, D.Neita				
42.21	GBR	28 Aug 14			
	A.Philip, A.Nelson, A.Onuora, D.Henry				
42.21	GBR	11 May 25			
	Wedderburn-G, A.Hunt, B.Williams, S.Eduan				
<b>4 x 200 Metres Relay</b>					
1:29.61	GBR	25 May 14			
	D.Henry, A.Onuora, B.Williams, A.Philip				
1:31.57	GBR	20 Aug 77			
	V.Elder, D.Hartley, S.Colyear, S.Lannaman				
1:33.67	GBR	20 Jun 81			
	H.Barnett, W.Hoyte, E.Thomas, L.Boothe				
1:33.7	GBR	18 Jun 77			
	V.Elder, S.Colyear, D.Hartley, S.Lannaman				
1:33.72	GBR	16 Jul 88			
	L.Keough, L.Stuart, H.Douglas, S-A.Short				
<b>4 x 200 Metres Relay Short Track</b>					
1:33.96	GBR	23 Feb 90			
	P.Dunn, J.Stoute, L.Keough, S.Gunnell				
1:34.28	GBR	9 Feb 85			
	K.Cook, M.Scutt, J.Baptiste, C.Smart				
1:34.85	GBR	28 Jan 89			
	S.Gunnell, J.Stoute, H.Burkart, J.Harman				
1:35.13	GBR	19 Feb 77			
	S.Colyear, B.Goddard, R.Kennedy, V.Elder				
1:35.18	GBR	29 Jan 05			
	J.Maduaka, S.Deacon, S.Whigham, C.Murphy				
<b>4 x 400 Metres Relay</b>					
3:19.72	GBR	10 Aug 24			
	V. Ohuruogu, Lav.Nielsen, N.Yeargin, A.Anning				
3:20.04	GBR	2 Sep 07			
	C.Ohuruogu, M.Okoro, L.McConnell, N.Sanders				
3:21.04	GBR	27 Aug 23			
	Lav Nielsen, A.Anning, A.Pipi, N.Yeargin				
3:21.74	GBR	20 Aug 22			
	V. Ohuruogu, A.Pipi, J.Williams, N.Yeargin				
3:22.01	GBR	1 Sep 91			
	L.Hanson, P.Smith, S.Gunnell, L.Keough				
3:22.61	GBR	17 Aug 13			
	E.Child, S.Cox, M.Adeoye, C.Ohuruogu				
3:22.59	GBR	7 Aug 21			
	A.Pipi, J.Williams, E.Diamond, N.Yeargin				
3:22.64	GBR	24 Jul 22			
	V.Ohuruogu, N.Yeargin, J.Knight, Lav. Nielsen				
3:22.68	GBR	23 Aug 08			
	C.Ohuruogu, K.Sotherton, M.Okoro, N.Sanders				
3:22.68	GBR	27 Apr 13	10		
	E.Child, S.Cox, C.Ohuruogu, Shakes-Drayton				
3:23.02	GBR	6 Oct 19			
	Z.Clark, J. Williams, E.Diamond, Lav. Nielsen				
3:23.05	GBR	2 Sep 11			
	Ohuruogu, N.Sanders, McConnell, Shakes-Drayton				
3:23.33	GBR	26 Aug 23			



**UNDER 23**

<b>60 Metres</b>				22.46	Jodie Williams	15 Aug 14
7.08	Dina Asher-Smith	8 Mar 15	22.46	Desiree Henry	27 Aug 16	
7.13	Bev Kinch	23 Feb 86	22.53	Success Eduan	3 Aug 25	
7.15	Kristal Awuah	2 Mar 19	22.58	Bianca Williams	31 Jul 14	
7.17	Andrea Lynch	10 Mar 74	22.65	Amy Hunt	14 Jul 24	
7.19	Asha Philip	18 Feb 12	22.67	Renee Regis	17 Aug 25	
7.19	Joy Eze	14 Feb 25	22.73	Emily Newnham	17 Aug 25	
7.20	Jeanette Kwakye	15 Jan 05	22.76	Faith Akinbileje	17 Aug 25	10
7.21	Imani Lansiquot	15 Feb 18	22.78	Shannon Hylton	1 Jul 18	
7.21	Amy Hunt	22 Jan 22	22.79	Cassie-Ann Pemberton	9 Jul 23	
7.22	Sophie Papps	15 Feb 14	10 22.80	Michelle Scutt	12 Jun 82	
7.24	Rachel Johncock	21 Feb 15	22.81	Sonia Lannaman	2 May 76	
7.24mx	Daryll Neita	13 Jan 18	22.85	Katharine Merry	12 Jun 94	
7.24	Oluwayesimi Akande	10 Jan 26	22.86	Finette Agyapong	15 Jul 17	
7.25	Sonia Lannaman	22 Feb 76	22.87	Georgina Adam	14 Aug 22	
7.25	Jayne Andrews	4 Mar 84	22.89	Kat. Johnson-Thompson	31 May 14	
7.25	Stephi Douglas	3 Feb 91	22.95	Amarachi Pipi	22 Apr 17	
<b>100 Metres</b>				22.98	Sandra Whittaker	8 Aug 84
10.99	Dina Asher-Smith	25 Jul 15	22.98	Rachel Bennett	10 Jul 24	20
11.05	Montell Douglas	17 Jul 08	<b>wind assisted</b>			
11.06	Desiree Henry	15 Apr 16	22.48	Michelle Scutt	4 Jul 82	
11.09	Imani Lansiquot	30 Jun 19	22.69	Sonia Lannaman	10 Jul 77	
11.10	Kathy Smallwood	5 Sep 81	22.83	Amarachi Pipi	14 May 17	
11.11	Faith Akinbileje	17 Aug 25	22.84	Sarah Wilhelmy	10 Jun 01	
11.12	Amy Hunt	20 Apr 24	22.90	Allison Curbishley	17 Jul 98	
11.14	Daryll Neita	9 Jul 17	<b>hand timing - wind assisted</b>			
11.14	Joy Eze	17 Aug 25	22.6	Sonia Lannaman	23 May 76	
11.16	Nia Wedderburn-Goodison	28 Jun 25	<b>200 Metres short track</b>			
11.17	Bianca Williams	14 Jun 14	22.89	Renee Regis	15 Feb 26	
11.18	Renee Regis	26 May 25	23.00	Katharine Merry	12 Feb 94	
11.20	Heather Hunte	26 Sep 80	23.12	Alyson Bell	23 Feb 25	
11.20	Jodie Williams	19 Apr 14	23.21	Amarachi Pipi	10 Mar 17	
11.22	Sonia Lannaman	13 Aug 77	23.26	Emily Newnham	1 Feb 25	
11.23	Kristal Awuah	26 Jun 21	23.27	Amber Anning	12 Feb 22	
11.25	Paula Dunn/Thomas	27 Aug 86	23.30	Finette Agyapong	18 Feb 18	
11.27	Andrea Lynch	20 Jul 74	23.31	Kiah Dubarry-Gay	12 Feb 22	
11.27	Stephi Douglas	26 Jul 21	23.37	Brooke Ironside	25 Feb 24	
11.27	Sophie Papps	30 Jul 16	20 23.40	Kathy Smallwood	13 Mar 82	10
<b>wind assisted</b>				23.41	Success Eduan	18 Feb 24
10.93	Sonia Lannaman	17 Jul 77	23.45	Immanuela Aliu	26 Feb 21	
10.95	Montell Douglas	17 Jul 08	23.45	Kissiwaa Mensah	1 Feb 25	
11.01	Heather Hunte	21 May 80	23.46	Catherine Murphy	27 Jan 96	
11.13	Shirley Thomas	27 May 84	<b>300 Metres</b>			
11.13	Jodie Williams	26 Apr 14	36.01	Michelle Scutt	13 Jul 80	
11.14	Paula Dunn/Thomas	27 Jul 86	<b>during 400m</b>			
11.17	Abi Oyepitan	30 Jun 01	35.8+	Kathy Smallwood	17 Sep 82	
11.23	Jayne Andrews	17 Jul 84	<b>300 Metres short track</b>			
<b>hand timing</b>				36.88	Emily Newnham	15 Feb 25
11.1	Andrea Lynch	29 Jun 74	37.11A	Rebecca Grieve	24 Jan 26	
11.1	Heather Hunte	29 Jun 80	37.16+	Amber Anning	26 Feb 22	
<b>hand timing - wind assisted</b>				<b>400 Metres</b>		
10.8	Sonia Lannaman	22 May 76	50.28	Christine Ohuruogu	21 Mar 06	
10.9	Andrea Lynch	18 May 74	50.46	Kathy Smallwood	17 Sep 82	
11.1	Sharon Colyear	22 May 76	50.50	Yemi Mary John	19 Jul 25	
<b>200 Metres</b>				50.63	Michelle Scutt	31 May 82
22.07	Dina Asher-Smith	28 Aug 15	50.71	Allison Curbishley	18 Sep 98	
22.13	Kathy Smallwood	9 Sep 82	50.84	Emily Newnham	27 Jun 25	

51.21	Laviai Nielsen	8 Aug 18	2:35.51	Lorraine Baker	19 Jul 86	
51.26	Seren Bundy-Davies	11 Jun 16				
51.28	Donna Murray	12 Jul 75				
51.48	Perri Shakes-Drayton	14 Aug 10	10	2:38.25	Isabelle Boffey	19 Feb 22
51.61	Keely Hodgkinson	15 May 24				
51.73	Yasmin Liverpool	16 May 21				
51.78	Helen Karagounis	19 Jul 03				
51.78	Amber Anning	29 May 21				
51.82	Poppy Malik	3 Aug 25				
51.93	Janine MacGregor	28 Aug 81				
51.94	Verona Elder	26 Jan 74				
<b>400 Metres short track</b>						
51.60	Seren Bundy-Davies	30 Jan 16				
51.74	Yemi Mary John	27 Jan 24				
51.77	Sally Gunnell	6 Mar 88				
51.80 A	Rebecca Grieve	7 Feb 26				
51.83	Amber Anning	13 Mar 21				
51.90	Laviai Nielsen	18 Feb 17				
52.16	Emily Newnham	23 Feb 25				
52.28	Kirsten McAslan	21 Feb 15				
52.42	Keely Hodgkinson	27 Feb 22				
52.62	Poppy Malik	7 Mar 25	10			
52.68	Verona Elder	9 Mar 75				
52.74	Jenny Meadows	14 Mar 03				
52.89	Lina Nielsen	12 Feb 17				
<b>600 Metres</b>						
1:25.51 +	Keely Hodgkinson	20 Jul 24				
<b>600 Metres short track</b>						
1:23.41	Keely Hodgkinson	28 Jan 23				
<b>800 Metres</b>						
1:54.61	Keely Hodgkinson	20 Jul 24				
1:58.63	Jemma Reekie	25 Aug 20				
1:59.05	Christina Boxer	4 Aug 79				
1:59.30	Diane Edwards	4 Jul 87				
1:59.49	Abigail Ives	10 May 25				
1:59.67	Lorraine Baker	15 Aug 86				
1:59.75	Marilyn Okoro	28 Jul 06				
1:59.76	Paula Fryer	17 Jul 91				
1:59.94	Hannah England	20 Jun 09				
1:59.99	Jemma Simpson	22 Jul 06	10			
2:00.39	Bev Nicholson	28 Aug 88				
2:00.42	Laura Muir	7 Jun 15				
2:00.46	Emma Jackson	11 Oct 10				
2:00.52	Lynsey Sharp	29 Jun 12				
2:00.55mx	Zola Budd	21 Jun 86				
<b>800 Metres short track</b>						
1:57.18	Keely Hodgkinson	25 Feb 23				
1:57.91	Jemma Reekie	1 Feb 20				
2:00.94	Laura Muir	25 Jan 14				
2:01.12	Jane Colebrook/Finch	13 Mar 77				
2:01.30	Mhairi Hendry	18 Feb 18				
2:01.37	Isabelle Boffey	6 Feb 22				
2:02.07	Abigail Ives	4 Feb 26				
2:02.55	Lucy Armitage	31 Jan 26				
2:02.85	Katy-Ann McDonald	26 Feb 22				
2:03.10	Erin Wallace	9 Feb 22	10			
<b>1000 Metres</b>						
2:31.11	Jemma Reekie	14 Aug 20				
<b>1000 Metres short track</b>						
2:35.51	Lorraine Baker	19 Jul 86				
<b>1500 Metres</b>						
3:58.66	Laura Muir	17 Jul 15				
4:01.93	Zola Budd	7 Jun 86				
4:02.09	Jemma Reekie	20 Jul 19				
4:02.54	Stephanie Twell	19 Aug 10				
4:02.99	Laura Weightman	8 Aug 12				
4:03.73	Jessica Judd	4 Aug 17				
4:04.29	Hannah England	28 Jul 09				
4:04.98	Shannon Flockhart	12 Jul 24				
4:05.42mx	Lisa Dobriskey	30 Aug 05				
4:05.76	Yvonne Murray	5 Jul 86	10			
4:06.0	Mary Stewart/Cotton	24 Jun 78				
4:06.45	Ava Lloyd	16 Aug 25				
4:06.81	Stacey Smith	10 Jul 11				
4:06.84	Paula Radcliffe	2 Jul 95				
4:07.06	Christina Boxer	15 Aug 79				
4:07.46mx	Erin Wallace	3 Sep 21				
4:07.49	Abigail Ives	2 Aug 25				
4:07.98	Bev Nicholson	7 Jul 89				
<b>1500 Metres short track</b>						
4:00.52 +	Jemma Reekie	8 Feb 20				
4:05.32	Laura Muir	15 Feb 14				
4:06.87	Zola Budd	25 Jan 86				
4:07.42	Stacey Smith	19 Feb 11				
4:08.1	Mary Stewart/Cotton	19 Feb 77				
4:08.73	Innes Fitzgerald	3 Feb 26				
4:08.90	Erin Wallace	19 Feb 22				
4:09.65	Katrina Wootton	2 Feb 06				
4:09.81	Ava Lloyd	3 Feb 26				
4:09.90	Hannah England	21 Feb 09	10			
<b>1 Mile</b>						
4:17.88 i	Jemma Reekie	8 Feb 20				
4:23.08	Yvonne Murray	5 Sep 86				
<b>2000 Metres</b>						
5:29.58	Yvonne Murray	11 Jul 86				
5:30.19	Zola Budd	11 Jul 86				
<b>3000 Metres</b>						
8:34.43	Zola Budd	30 Jun 86				
8:37.15	Yvonne Murray	28 Aug 86				
8:38.47	Laura Muir	24 May 15				
8:40.40	Paula Radcliffe	16 Aug 93				
8:42.75mx	Stephanie Twell	8 Sep 10				
8:43.24mx	Jessica Judd	6 Sep 17				
8:43.46mx	Laura Weightman	14 May 13				
8:46.53	Liz Lynch	18 Jul 86				
8:47.36	Jill Hunter	17 Aug 88				
8:47.71	Lisa York	31 Jul 92	10			
8:48.15	Eloise Walker	2 Sep 23				
8:48.76 +	Megan Keith	27 Apr 24				
8:51.40	Ruth Partridge	7 Aug 82				
8:53.78	Wendy Sly	26 May 80				
8:53.98	Jane Shields	30 May 82				
<b>3000 Metres short track</b>						
8:39.79	Zola Budd	8 Feb 86				

8:40.92	Innes Fitzgerald	8 Feb 26	<b>Marathon</b>		
8:45.67	Shannon Flockhart	7 Dec 24	2:29:06	Becky Briggs	3 Apr 22
8:47.80	Mena Scatchard	5 Dec 25	2:31:28	Sarah Rowell	13 May 84
8:48.82	Amelia Quirk	5 Mar 21	<b>2000 Metres Steeplechase</b>		
8:49.73	Laura Muir	31 Jan 15	6:21.17	Maisie Grice	14 May 22
8:56.7	Wendy Sly	11 Feb 81	6:22.56	Emily Parker	5 May 25
8:56.77mx	Eloise Walker	6 Jan 23	6:26.14	Aimee Pratt	6 May 19
8:58.44	Isobel Fry	4 Feb 22	6:30.43	Sarah Tait	1 May 23
8:59.38	Emily Stewart	16 Feb 13	6:36.45	Emily Stewart	6 May 13
			6:36.50	Barbara Parker	26 Jul 03
			6:36.50	Elena Carey	2 May 22
<b>5000 Metres</b>			<b>3000 Metres Steeplechase</b>		
14:43.24	Megan Keith	27 Apr 24	9:32.42	Elise Thorner	29 Apr 22
14:49.27	Paula Radcliffe	7 Jul 95	9:38.45	Eilish McColgan	7 Jun 12
14:54.08	Stephanie Twell	27 Aug 10	9:38.91	Aimee Pratt	27 Sep 19
15:07.45	Emilia Gorecka	4 May 14	9:45.64	Emily Parker	19 Jul 25
15:17.77	Jill Hunter	26 Aug 88	9:47.97	Pippa Woolven	30 Jul 14
15:21.32	Isobel Fry	29 Jun 22	9:48.51	Lizzie Hall	10 Jun 06
15:25.21	Eloise Walker	23 Jul 22	9:51.42	Emily Stewart	27 Jul 13
15:27.60	Rhona Auckland	25 Jul 15	9:54.74	Sarah Tait	15 Jul 23
15:29.02	Phoebe Anderson	19 Apr 24	9:54.76	Elizabeth Bird	29 May 15
15:32.27	Emily Pidgeon	12 Jun 10	9:56.64	Iona Lake	27 Jun 15
15:33.85	Emily Parker	7 Jun 25	9:56.80	Gwenno Goode	28 Mar 25
15:34.82	Jessica Judd	27 May 17	<b>60 Metres Hurdles</b>		
15:34.92	Jane Shields	26 Jun 82	7.89	Cindy Ofili	12 Mar 16
15:35.12	Kate Avery	9 Jun 12	7.90	Lucy Hatton	6 Mar 15
15:36.35	Birhan Dagne	5 Aug 00	8.06	Lesley-Ann Skeete	21 Feb 87
<b>5000 Metres short track</b>			8.09	Abigail Pawlett	22 Feb 25
15:33.96	Phoebe Anderson	17 Feb 24	8.10	Marcia Sey	25 Feb 23
15:38.72	Isobel Fry	9 Jan 22	8.12	Jacqui Agyepong	23 Feb 90
15:58.41	Jasmine Wood	5 Dec 25	8.15	Isabel Wakefield	12 Feb 22
15:59.52	Gwenno Goode	15 Feb 25	8.15	Holly Mills	18 Mar 22
<b>10000 Metres</b>			8.16	Yasmin Miller	6 Feb 16
30:36.84	Megan Keith	16 Mar 24	8.16	Megan Marrs	17 Feb 18
31:41.42	Liz Lynch	28 Jul 86	8.18	Jessica Ennis	10 Feb 07
32:03.55	Charlotte Purdue	29 Apr 12	8.18	Kat. Johnson-Thompson	6 Mar 15
32:22.79	Rhona Auckland	10 Jul 15	8.20	Louise Fraser	3 Mar 91
32:29.71	Alice Goodall	20 May 23	8.20	Gemma Bennett	12 Feb 06
32:30.4	Birhan Dagne	22 Jul 00	8.21	Jenna Blundell	22 Jan 22
32:32.42	Vikki McPherson	15 Jul 93	<b>100 Metres Hurdles</b>		
32:36.09	Helen Titterington	29 Aug 89	12.60	Cindy Ofili	13 Jun 15
32:36.11	Alice Wright	1 May 16	12.82	Sally Gunnell	17 Aug 88
32:41.29	Jenny Clague	20 Jun 93	12.84	Lucy Hatton	18 Apr 15
32:54.50	Phoebe Anderson	4 May 24	12.94	Abigail Pawlett	31 May 25
32:57.17	Kathryn Binns	15 Aug 80	12.97	Jessica Ennis	25 Aug 07
32:59.52	Jennifer Nesbitt	20 May 17	13.03	Diane Allahgreen	11 Jul 97
33:00.31	Collette Fagan	12 Jun 04	13.06	Shirley Strong	11 Jul 80
33:00.84	Phoebe Law	20 May 17	13.07	Lesley-Ann Skeete	14 Aug 87
<b>10km Road</b>			13.11	Sharon Colyear	22 Jun 76
31:22	Megan Keith	14 Jan 24	13.17	Jacqui Agyepong	3 Aug 90
32:08	Alice Goodall	14 Jan 24	13.17	Gemma Bennett	26 Jul 06
32:10	Charlotte Purdue	15 Apr 12	13.19	Alicia Barrett	12 Apr 18
32:13	Charlotte Dale	6 Feb 05	13.20	Natasha Danvers	2 May 98
32:18	Jill Hunter	3 Apr 88	13.20	Jenna Blundell	15 Aug 21
32:22	Zola Budd	19 Sep 87	13.21	Holly Mills	24 Apr 21
<b>Half Marathon</b>			<b>wind assisted</b>		
70:59	Liz Lynch	12 Oct 86	12.80	Sally Gunnell	29 Jul 88
71:47	Charlotte Dale	26 Sep 04	12.93	Jenna Blundell	29 Jul 23
71:50	Hannah Walker	30 Sep 12			
71:56	Stephanie Twell	5 Apr 10			

12.97	Sarah Claxton	25 Jul 99	6.80	Abigail Irozuru	9 Jun 12
13.07	Holly Mills	23 May 21	6.79	Bev Kinch	7 Jul 84
13.13	Ashley Helsby	3 Jul 11	6.77	Lorraine Ugen	5 Jun 13
<b>hand timing</b>			6.75	Joyce Oladapo	14 Sep 85
13.0	Blondelle Thompson	29 Jun 74	6.75	Jazmin Sawyers	26 Jun 16
<b>hand timing - wind assisted</b>			6.73	Yinka Idowu	7 Aug 93
12.8	Natasha Danvers	3 Apr 99	6.73	Jade Johnson	7 Aug 02
<b>400 Metres Hurdles</b>			6.63	Lucy Hadaway	11 Jul 21 10
54.03	Sally Gunnell	28 Sep 88	6.59	Funminiyi Olajide	11 May 24
54.08	Emily Newnham	19 Jul 25	6.58	Mary Agyepong	14 Sep 85
54.18	Perri Shakes-Drayton	30 Jul 10	6.57	Jo Wise	25 May 92
55.32	Eilidh Child/Doyle	18 Jul 09	6.56	Denise Lewis	12 Jun 94
55.69	Natasha Danvers	19 Jul 98	6.56	Sarah Claxton	23 May 99
55.69	Meghan Beesley	16 Jul 11	6.55	Ann Simmonds	24 Jul 70
56.05	Shona Richards	12 Jul 15	<b>wind assisted</b>		
56.08	Jessica Turner	16 Jul 17	6.98	Fiona May	4 Jun 89
56.26	Louise Fraser	7 Jun 92	6.86	Jazmin Sawyers	8 Jul 16
56.42	Vicki Jamison	20 Jun 98 10	6.83	Lorraine Ugen	16 Mar 12
56.42	Sian Scott	18 Aug 05	6.80	Joyce Oladapo	22 Jun 85
56.43	Hayley McLean	29 Jun 14	6.70	Funminiyi Olajide	23 May 24
57.03	Sue Morley	12 Jun 82	6.67	Molly Palmer	18 May 25
57.17	Zoe Pollock	8 Jul 21	6.59	Jo Wise	2 Jul 93
57.19	Lina Nielsen	25 Jul 18	<b>Triple Jump</b>		
<b>High Jump</b>			14.15	Naomi Ogbeta	7 Aug 18
1.97 i	Kat. Johnson-Thompson	14 Feb 15	13.90	Temi Ojora	25 May 24
1.97	Morgan Lake	30 Jun 18	13.85 A	Yasmine Regis	18 May 08
1.96	Isobel Pooley	24 Aug 14	13.52		31 May 08
1.95	Diana Davies	26 Jun 82	13.75	Michelle Griffith	18 Jul 93
1.95	Jessica Ennis	5 May 07	13.75	Laura Samuel	17 Jun 12
1.94	Louise Miller	25 May 80	13.62	Nony Mordi	5 Jul 08
1.93	Susan Jones	2 Sep 00	13.56	Georgina Forde-Wells	8 Jul 23
1.93	Michelle Dunkley	2 Sep 00	13.48 i	Ashia Hansen	13 Feb 93
1.92	Barbara Simmonds	31 Jul 82	13.47 i	Georgina Scoot	17 Jan 26
1.92 i	Julia Bennett	10 Mar 90 10	13.44	Hannah Frankson	26 Jun 11 10
1.92 i	Vikki Hubbard	21 Feb 10	13.31	Connie Henry	9 Jul 94
1.91	Ann-Marie Cording	19 Sep 81	13.31	Karlene Turner	28 May 06
1.91	Jayne Barnetson	7 Jul 89	13.28 i	Amy Warre	7 Jan 26
1.90 i	Lea Haggett	3 Jan 92	13.27 i	Simi Fajemisin	24 Feb 19
1.90	Stephanie Pywell	20 May 07	13.24	Lily Hulland	18 Jun 23
<b>Pole Vault</b>			<b>wind assisted</b>		
4.87 i	Holly Bradshaw	21 Jan 12	13.93	Michelle Griffith	2 Jul 93
4.60	Molly Caudery	25 May 22	13.77	Laura Samuel	17 Jul 11
4.52 i	Gemma Tutton	21 Feb 26	13.76	Nony Mordi	10 May 08
4.40 i	Lucy Bryan	10 Mar 17	13.75	Yasmine Regis	27 May 06
4.35	Kate Dennison	28 Jul 06	13.55	Ashia Hansen	2 Jul 93
4.35 i	Katie Byres	16 Feb 13	13.39	Lily Hulland	18 Jun 23
4.35	Sophie Ashurst	25 May 24	13.35	Kat. Johnson-Thompson	6 Jul 14
4.31 i	Emma Lyons	21 Feb 09	<b>Shot</b>		
4.30	Jade Spencer-Smith	18 Jun 23	18.19	Myrtle Augee	14 Aug 87
4.26 i	Zoe Brown	21 Feb 04 10	17.37	Divine Oladipo	24 May 18
4.16 i	Sally Scott	13 Feb 11	17.23	Nana Gyedu	23 May 24
4.16	Felicia Miloro	24 Jun 23	17.20	Judy Oakes	8 Aug 80
4.16	Nemiah Munir	10 Jul 24	17.14	Sophie McKinna	9 Jul 16
4.15	Louise Butterworth	14 Feb 24	16.93	Serena Vincent	13 Jul 23
4.15	Natalie Hooper	23 Jun 19	16.72 i	Cleo Agyepong-Oye	7 Feb 26
<b>Long Jump</b>			16.55	Yvonne Hanson-Nortey	15 Jun 86
6.93 i	Kat. Johnson-Thompson	21 Feb 15	16.53	Eden Francis	31 May 09
6.88	Fiona May	18 Jul 90	16.45 i	Sarah Omoregie	3 Dec 22 10
			16.42	Kirsty Yates	30 Jul 14

16.40	Julie Dunkley	12 Aug 00		<b>Pentathlon short track</b>		
16.34	Adele Nicoll	2 Jul 16		5000	Kat. Johnson-Thompson	6 Mar 15
16.31	Shaunagh Brown	17 Jun 12		4731	Niamh Emerson	1 Mar 19
16.28	Rachel Wallader	17 Jul 11		4716	Jessica Ennis	2 Mar 07
				4673	Holly Mills	18 Mar 22
				4419	Abigail Pawlett	4 Feb 24
<b>Discus</b>				4277	Jodie Smith	27 Feb 22
60.00	Philippa Roles	9 May 99		4262	Jade O'Dowda	21 Feb 21
59.27	Eden Francis	31 May 09		4217	Ella Rush	31 Jan 25
58.17	Zara Obamakinwa	5 May 25		4176	Isabel Wakefield	11 Mar 22
57.32	Lynda Whiteley	16 Jun 84		4147	Katie Stainton	29 Jan 17
56.63	Emma Carpenter	16 Jun 02				10
56.06	Kathryn Farr	27 Jun 87				
55.93	Claire Smithson	20 Aug 05		<b>Heptathlon (1984 Tables)</b>		
55.70	Shelley Drew	25 Jun 95		6682	Kat. Johnson-Thompson	1 Jun 14
55.52	Jane Aucott	17 Jan 90		6469	Jessica Ennis	26 Aug 07
55.48	Amy Holder	10 Jun 18	10	6325	Denise Lewis	23 Aug 94
54.72	Karen Pugh	27 Jul 86		6320	Abigail Pawlett	20 Jul 25
54.47	Jade Lally	1 Aug 09		6260	Holly Mills	29 May 22
54.46	Ellen Mulvihill	14 May 86		6259	Judy Livermore	10 Sep 82
54.24	Nicola Talbot	15 May 93		6094	Joanne Mulliner	7 Jun 87
54.23	Divine Oladipo	26 Apr 18		6044	Jade O'Dowda	30 May 21
				5998	Jodie Smith	28 May 23
<b>Hammer</b>				5894	Louise Hazel	8 Aug 06
72.97	Sophie Hitchon	23 Jun 13		5873	Katie Stainton	18 Jun 17
72.51	Charlotte Payne	11 Jun 23		5850	Isabel Wakefield	24 Mar 22
69.39	Tara Simpson-Sullivan	13 May 22		5816	Julie Hollman	24 May 98
66.52	Anna Purchase	6 Mar 21		5803	Jayne Barnetson	20 Aug 89
66.30	Rachel Hunter	18 May 14				
65.65	Angela McAuslan-Kelly	17 May 25		<b>3000 Metres Track Walk</b>		
65.39	Katie Head	28 Aug 21		13:10.60+	Johanna Jackson	29 Jul 07
65.33	Sarah Holt	24 May 09		13:11.80 i	Heather Lewis	16 Feb 14
64.65	Amber Simpson	16 Apr 21		13:15.16+	Vicky Lupton	28 Jun 92
63.87	Rebecca Keating	17 Mar 18	10	13:16.0	Julie Drake	11 Dec 90
63.69	Amy Herrington/Phillips	28 Mar 19				
63.35	Shirley Webb	29 Jun 03		<b>5000 Metres Track Walk</b>		
63.11	Myra Perkins	18 May 14		22:03.65	Johanna Jackson	29 Jul 07
62.75	Alice Barnsdale	6 Apr 19		22:09.87	Heather Lewis	29 Jun 14
62.30	Louisa James	29 Jun 14		22:12.21	Vicky Lupton	28 Jun 92
				<b>5k Road - where superior to track time</b>		
<b>Javelin (1999 Model)</b>				21:36	Vicky Lupton	18 Jul 92
64.87	Kelly Morgan	14 Jul 02		22:09	Lisa Langford/Kehler	8 Apr 89
60.85	Goldie Sayers	10 Jul 04				
58.63	Izzy Jeffs	26 Apr 14		<b>10000 Metres Track Walk</b>		
58.10	Elizabeth Korczak	21 Mar 25		45:53.9	Julie Drake	26 May 90
56.73	Lauren Farley	21 May 23		46:30.0	Vicky Lupton	14 Sep 94
55.36	Freya Jones	12 Apr 14				
54.71	Kike Oniwide	14 Jun 14		<b>10k Road - where superior to track time</b>		
54.27	Rebekah Walton	9 Jul 21		45:42	Lisa Langford/Kehler	3 May 87
54.08	Emma Hamplett	17 Jun 18		45:48	Vicky Lupton	25 Aug 94
53.76	Sophie Hamilton	16 Aug 25	10	46:59	Heather Lewis	1 Mar 14
53.65	Harriette Mortlock	15 May 25				
52.88	Laura Whittingham	28 Jul 07		<b>20 Kilometres Road Walk</b>		
52.84	Jo Blair	9 Jul 06		1:36:28	Johanna Jackson	13 Jul 07
52.78	Tesni Ward	29 May 11		1:38:25	Sara Cattermole	31 Oct 99
52.76	Jennifer Kemp	23 Jun 01		1:39:03	Heather Lewis	15 Mar 15
				1:44:19	Katie Stones	25 Feb 06
<b>Javelin (pre 1999 Model)</b>				1:44:48	Vicky Lupton	3 Sep 94
69.54	Fatima Whitbread	3 Jul 83		1:46:19	Abigail Jennings	18 Dec 22
67.20	Tessa Sanderson	17 Jul 77		1:47:21	Debbie Wallen	17 Apr 99
60.10	Shelley Holroyd	16 Jul 93		1:48:33	Pagen Spooner	17 Dec 23
60.00	Julie Abel	24 May 87		1:49:12	Nikki Huckerby	26 Sep 99
59.88	Sharon Gibson	3 Jul 83		1:49:18	Helen Sharratt	16 Oct 93
						10

<b>35 Kilometres Road Walk</b>	43.95	GBR-U23	21 May 23
3:26:29 Molly Davey 28 Jan 18	A.Bell, A.Hunt, A.Fashanu, A.Sibbons		
<b>50 Kilometres Road Walk</b>	<b>4 x 400 Metres Relay</b>		
5:08:17 Molly Davey 24 Mar 18	3:26.52	GBR-U23	20 Jul 25
	R.Grieve, E.Newnham, P.Malik, Y.John		
<b>4 x 100 Metres Relay</b>	3:30.07	GBR-U23	12 Jul 15
42.80 GBR 24 Jul 15	Bundy-Davies, Z.Clark, V.Ohuruogu, K.McAslan		
Asher-Smith, J.Williams, B.Williams, D.Henry	3:30.44	GBR-U23	20 Jul 03
42.92 GBR-U23 23 Jul 23	J.Meadows, D.Halsall, K.Wall, H.Karagounis		
A.Hunt, C.Pemberton, A.Sibbons, A.Bell	3:30.74	GBR-U23	16 Jul 17
42.92 GBR-U23 20 Jul 25	Lina & Laviai Nielsen, J.Turner, C.Hylton		
N.Wedderburn-G, K.Mensah, A.Bell, S.Eduan	3:31.64	GBR-U23	17 Jul 05
43.04 GBR-U23 15 Jul 23	K.Wall, S.Scott, L.Miller, C.Ohuruogu		
C.Pemberton, A.Hunt, A.Bell, A.Sibbons	3:31.70	GBR-U23	31 Jul 99
43.07 GBR-U23 20 Jul 25	L.Thorne, E.Davies, L.Owusu, N.Danvers		
F.Akinbileje, K.Mensah, A.Bell, J.Eze	3:31.74	GBR-U23	15 Jul 01
43.62 GBR-U23 11 Jul 21	K.Gear, J.Meadows, T.Duncan, H.Thieme		
E.Booker, A.Rees, G.Adam, K.Awuah	3:32.09	GBR-U23	20 Jul 25
43.66 GBR-U23 15 Jul 23	H.Mpassy, P.Malik, A.Ives, R.Grieve		
C.Pemberton, A.Hunt, A.Bell, A.Sibbons	3:32.81	GBR-U23	13 Jul 97
43.83 GBR-U23 14 Jul 13	V.Jamison, J.Sloane, J.Mitchell, A.Curbishley		
A.Tagoe, C.Humphreys, R.Johncock, J.Williams	3:32.91	GBR-U23	14 Jul 19
43.89 GBR-U23 19 Jul 09	L.Beckford, F.Agyapong, Y.Liverpool, H.Williams		
A.Lewis, J.Duck, L.Sargent, E.O'Neill			

### UNDER 20

<b>60 Metres</b>	11.27 A	Kathy Smallwood	9 Sep 79
7.19 Bev Kinch 6 Mar 83	11.42		11 Aug 79
7.21 Jodie Williams 5 Mar 11	11.27	Oluwayemisi Akande	22 Jun 24
7.22 Dina Asher-Smith 8 Feb 14	11.30	Bev Kinch	5 Jul 83
7.22 Desiree Henry 25 Feb 14	11.31	Amy Hunt	19 May 19 10
7.26 Oluwayemisi Akande 10 Feb 24	11.36 A	Della James	14 Oct 68
7.28 Nia Wedderburn-Goodison 12 Dec 21	11.36	Ashleigh Nelson	14 Jun 09
7.29 Faith Akinbileje 10 Feb 24	11.36	Renee Regis	7 Aug 23
7.31 Hannah Brier 17 Feb 17	11.36	Jasmine Wilkins	2 Jul 24
7.31 Joy Eze 11 Feb 23	11.36	Asha Philip (U17)	23 Jun 07
7.32 Daryll Neita 28 Feb 15 10	11.37	Joy Eze	7 Aug 23
7.33 Simone Jacobs 12 Jan 85	11.37 A	Hannah Brier	16 Jul 15
7.33 Imani Lansiquot 13 Feb 16	11.39	Success Eduan	24 Jun 23
7.33 Sophie Thomas 7 Feb 26	11.40	Vernicha James	11 Jun 02
7.34 Amy Hunt 23 Feb 19	11.40	Daryll Neita	20 Jun 15 20
7.34 Nell Desir 7 Feb 26	11.43	Shirley Thomas	7 Aug 82
7.35 Heather Oakes 12 Mar 78	11.45	Sonia Lannaman (U17)	1 Sep 72
7.35 Katharine Merry (U15) 18 Mar 89	11.45	Simone Jacobs	6 Jul 84
7.35 Asha Philip (17) 11 Feb 07	11.45	Niya Clayton	27 May 23
7.36 Kristal Awuah 17 Feb 88	11.46	Shaunna Thompson	14 Oct 08
7.36 Annabelle Fasuba (U17) 7 Feb 26 20	11.47	Bianca Williams	20 Apr 12
<b>hand timing</b>	11.47	Sophie Papps	16 Jun 12
7.2 Dina Asher-Smith 1 Mar 14	<b>wind assisted</b>		
7.3 Sonia Lannaman 9 Dec 72	11.03	Dina Asher-Smith	5 Jul 14
7.3 Pippa Baker/Windle 12 Jan 80	11.04	Desiree Henry	26 Apr 14
<b>100 Metres</b>	11.12	Renee Regis	18 Aug 24
11.14 Dina Asher-Smith 5 Jul 14	11.13	Bev Kinch	6 Jul 83
11.16 Kristal Awuah 02 Sep 18	11.19	Nia Wedderburn-Goodison	2 Jun 24
11.17 Imani Lansiquot 20 Jul 16	11.25	Shirley Thomas	20 Aug 81
11.18 Jodie Williams 22 Jul 11	11.26	Simone Jacobs	27 May 84
11.21 Desiree Henry 12 Aug 14	11.28	Joy Eze	7 Aug 23
11.21 Nia Wedderburn-Goodison 2 Jun 24	11.37	Hannah Brier	31 May 15
	11.39	Vernicha James	29 Jun 02

11.39mx	Sophie Papps	8 May 13		<b>hand timing</b>		
11.39	Kissiwaa Mensah	1 Jun 24		23.1	Sonia Lannaman	7 Jun 75
11.40	Katharine Merry	3 Jul 93		23.3	Donna Murray	9 Jun 74
11.42	Annie Tagoe	25 Jun 11		23.3	Sharon Colyear	30 Jun 74
11.43	Dorothy Hyman	2 Sep 60		23.3	Linsey Macdonald	8 May 82
<b>hand timing</b>				<b>hand timing - wind assisted</b>		
11.3	Sonia Lannaman	9 Jun 74		22.9	Donna Murray	14 Jul 74
11.3	Heather Hunte	15 Jul 78		23.2	Debbie Bunn (U17)	2 Jul 78
11.4	Della James	2 Aug 67		<b>200 Metres Short Track</b>		
<b>hand timing - wind assisted</b>				23.15	Dina Asher-Smith	2 Mar 14
11.2	Wendy Clarke	22 May 76		23.20	Amy Spencer	2 Mar 03
11.3	Helen Golden	30 May 70		23.24	Shannon Hylton	9 Feb 14
11.3	Linsey Macdonald (U17)	3 May 80		23.28	Sophie Thomas	8 Feb 26
<b>downhill</b>				23.44	Success Eduan	13 Feb 22
11.3 w	Denise Ramsden	28 Jun 69		23.49	Vernicha James (U17)	30 Jan 00
<b>200 Metres</b>				23.53	Katharine Merry	13 Feb 93
22.42	Amy Hunt	30 Jun 19		23.54	Sarah Wilhelmy	8 Feb 98
22.61	Dina Asher-Smith	14 Aug 14		23.58	Sophie Walton	4 Feb 23
22.70 A	Kathy Smallwood	12 Sep 79		23.68	Kissiwaa Mensah	3 Mar 24 10
	22.84	5 Aug 79		<b>300 Metres</b>		
22.79	Jodie Williams (U17)	23 May 10		36.46	Linsey Macdonald (U17)	13 Jul 80
22.93	Vernicha James	21 Jul 01		<b>hand timing</b>		
22.94	Shannon Hylton	17 May 15		36.2	Donna Murray	7 Aug 74
23.04	Maya Bruney	22 Jul 17		<b>400 Metres</b>		
23.09	Charlotte McLennaghan	10 May 15		51.16	Linsey Macdonald (U17)	15 Jun 80
23.10	Diane Smith (U17)	11 Aug 90		51.50	Yemi Mary John	4 Aug 22
23.15	Renee Regis	21 Jul 24 10		51.68	Charlotte Henrich	9 Aug 25
23.19	Kissiwaa Mensah	21 Jul 24		51.77	Donna Murray	30 Jul 74
23.20	Katharine Merry	13 Jun 93		52.15	Emily Newnham	23 Jul 23
23.20	Success Eduan	9 Jul 23		52.18	Amber Anning	20 Jul 19
23.23	Sonia Lannaman	25 Aug 75		52.25	Laviai Nielsen	27 May 15
23.23	Sarah Wilhelmy	13 Jun 98		52.25 A	Catherine Reid	17 Jul 15
23.23	Nia Wedderburn-Goodison	21 Jul 24		52.54	Donna Fraser	10 Aug 91
23.24	Sandra Whittaker	12 Jun 82		52.55	Hannah Williams	22 Jul 17 10
23.24	Sophie Walton	4 Aug 22		52.60	Kara Dacosta	20 Jul 24
23.25	Desiree Henry (U17)	10 Jul 11		52.61	Keely Hodgkinson	28 Aug 21
23.27	Emily Newnham	3 Sep 23 20		52.65	Jane Parry	11 Jun 83
23.28	Simmons Jacobs (U17)	28 Aug 83		52.77	Sabrina Bakare	12 Jul 13
23.32	Alisha Rees	16 Aug 17		52.80	Sian Morris	18 Jun 83
23.33	Linsey Macdonald	9 Jun 82		52.98	Karen Williams/Ford	6 Aug 78
23.35	Donna Murray	26 May 74		52.99	Angela Bridgeman	24 Jul 82
23.37	Hayley Mills	21 Jul 07		53.00	Ashley Nemits	9 Aug 23
23.37	Kristal Awuah	8 Aug 18		53.08	Loreen Hall (U17)	29 Jul 84
23.37	Lucy Tallon	9 Aug 25		53.14	Michelle Probert	28 Jul 79 20
23.42	Debbie Bunn (U17)	17 Jun 78		53.16	Cheriece Hylton	17 Jul 15
23.42	Shaunna Thompson	31 Aug 08		53.17	Maya Bruney	29 Jul 17
<b>wind assisted</b>				53.18	Lisa Miller	16 Jun 02
22.73	Shannon Hylton	18 Jul 15		53.20	Verona Bernard	8 Jul 72
23.01	Simmons Jacobs	28 May 84		53.23	Laura Finucane	3 Jul 04
23.11	Linsey Macdonald (U17)	5 Jul 80		53.38	Lina Nielsen	27 Jun 15
23.12	Alisha Rees	3 Jun 17		53.44	Louise Evans	23 Jun 19
23.15	Cheriece Hylton	17 May 15		53.49	Dina Asher-Smith	5 Apr 14
23.16	Donna Murray	27 Jul 74		<b>hand timing</b>		
23.16	Desiree Henry	31 May 14		52.6	Marilyn Neufville	20 Jun 70
23.18	Success Eduan	9 Jul 23		52.8	Lillian Board	9 Jul 67
23.20	Sarah Wilhelmy	18 Jul 98		52.9	Verona Bernard	15 Sep 72
23.25	Hannah Brier	6 Jun 15		53.3	Tracy Lawton	5 Sep 81
				53.3	Phoebe Gill	14 Jul 24

**400 Metres Short Track**

53.00	Amber Anning	10 Feb 19
53.01	Marilyn Neufville	14 Mar 70
53.05	Yemi Mary John	27 Feb 22
53.11	Charlotte Henrich	22 Feb 25
53.18	Emily Newnham	26 Feb 23
53.39	Laviai Nielsen	28 Feb 15
53.58	Kara Dacosta	1 Feb 25
53.65	Phoebe Gill	18 Jan 25
53.84	Meghan Beesley	24 Feb 08
54.00	Lucia Bertacchini	14 Feb 26 10
54.05	Karen Williams/Ford	3 Feb 79
54.05	Hannah Williams	15 Jan 17
54.10	Holly Mpassy	6 Mar 22
54.16A	Rebecca Grieve	25 Feb 23

2:05.11	Katy-Ann McDonald	22 Feb 19
2:05.18	Chelsea Jarvis	28 Feb 15
2:05.52	Jemma Reekie	28 Jan 17 10
2:05.52	Ella Greenway	18 Feb 23

**1000 Metres**

2:38.58	Jo White (U17)	9 Sep 77
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**1500 Metres**

3:59.96	Zola Budd	30 Aug 85
4:05.14mx	Innes Fitzgerald	27 May 25
4:05.83	Stephanie Twell	18 Jul 08
4:05.87mx	Phoebe Gill	1 May 24
4:05.96	Lynne MacDougall	20 Aug 84
4:09.13	Lyla Belshaw	12 Jul 25
4:09.60mx	Laura Weightman	21 Aug 10

**600 Metres**

1:27.33	Lorraine Baker (U17)	13 Jul 80
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**600 Metres short track**

1:27.4	Linsey Macdonald	12 Dec 81
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**800 Metres**

1:55.88	Keely Hodgkinson	3 Aug 21
1:57.86	Phoebe Gill	11 May 24
1:59.75	Charlotte Moore	29 Jul 02
1:59.77	Jessica Judd	11 Jun 14
1:59.92	Abigail Ives	13 May 23
2:00.95	Shaikira King	12 Jul 25
2:01.11	Lynne MacDougall	18 Aug 84
2:01.66	Lorraine Baker	26 Jun 82
2:01.80mx	Lyla Belshaw	11 Jun 25
2:02.01		15 Jul 25
2:01.95	Emma Jackson	9 Jun 07 10
2:02.00	Diane Edwards/Modahl	14 Sep 85
2:02.0	Jo White (U17)	13 Aug 77
2:02.15	Alison Leonard	11 Jul 08
2:02.18	Lynne Robinson	18 Jul 86
2:02.32	Emily Dudgeon	11 Jul 12
2:02.43	Jessica Lark	7 Jun 25
2:02.8 a	Lesley Kiernan	2 Sep 74
2:02.89	Sarah Kelly	21 Jul 10
2:02.92	Isabelle Boffey	20 Jul 19
2:03.11	Janet Prictoe/Bell	19 Aug 78 20
2:03.18	Paula Newnham	17 Jun 78
2:03.18mx	Laura Weightman	24 Aug 10
2:03.18	Adelle Tracey	21 Jul 12
2:03.20	Katy-Ann McDonald	11 Jul 18
2:03.32	Molly Long	30 May 15
2:03.42	Jemma Simpson	26 Jul 03
2:03.43	Rowena Cole	23 Jul 11
2:03.53	Christine Whittingham	25 Aug 75
2:03.56	Ava Lloyd	6 Jul 24

4:09.93	Jessica Judd	15 Jul 12
4:10.61	Bobby Clay	5 Jun 16
4:11.12	Bridget Smyth	26 May 85 10
4:11.22	Emma Pallant	19 Jul 08
4:11.36	Jessica Lark	24 May 25
4:11.78	Shaikira King	7 Jun 25
4:12.07	Ava Lloyd	8 Jun 24
4:12.28	Jemma Reekie	2 Jul 17
4:12.96	Jennifer Walsh	15 Jul 12
4:13.00	Charlotte Moore	8 Aug 03
4:13.38	Emma Ward	7 May 01
4:13.40	Wendy Sly	19 Aug 78
4:13.41	Eleanor Strevens	7 Jun 25 20
4:13.43mx	Jessica Bailey	25 Jun 25
4:13.59mx	Harriet Knowles-Jones	15 Aug 17
4:14.15mx	Sarah Kelly	10 Aug 10
4:14.22mx	Emelia Gorecka	27 Jun 12
4:14.40	Janet Lawrence	20 Aug 77
4:14.40	Georgia Peel	13 Apr 13
4:14.50	Wendy Wright	20 Jun 87
4:14.52mx	Laura Muir	3 Aug 12
4:14.56	Andrea Whitcombe	22 Aug 90
4:14.56	Ella Greenway	10 Jun 23 30

**1500 Metres Short Track**

4:11.20	Zola Budd	26 Jan 85
4:14.11	Lynne MacDougall	1 Feb 84
4:16.2	Jo White	28 Jan 78
4:17.01	Jessica Lark	19 Jan 25
4:17.05	Charlotte Moore	12 Feb 04
4:17.43	Eleanor Strevens	22 Feb 25
4:17.83	Katie Fairbrass/Davey	19 Feb 83
4:18.22	Elise Lyon	16 Feb 85
4:18.6a	Mary Stewart/Cotton	9 Mar 75
4:18.97	Dani Barnes	8 Feb 04 10
4:19.09	Ava Lloyd	18 Feb 24

**1 Mile**

4:17.57	Zola Budd	21 Aug 85
4:28.16	Stephanie Twell	14 Sep 07
4:30.08	Lynne MacDougall	7 Sep 84
4:34.29	Jo White	9 Sep 79
4:36.65	Ruth Partridge	9 Sep 79

<b>1 Mile Short Track</b>			15:58.8mx	Charlotte Dale	12 May 02
4:40.07	Annie Mann	15 Feb 25	15:59.97	Rebecca Weston	1 Jun 13
<b>2000 Metres</b>			16:00.58	Lizzie Wellsted	8 Jun 24
5:33.15	Zola Budd	13 Jul 84	16:04.60	Kate Avery	13 Jun 09
<b>3000 Metres</b>			16:05.70	Eliza Nicholson	7 Jun 25
8:28.83	Zola Budd	7 Sep 85	16:06.41mx	Rebecca Straw	24 Aug 13
8:32.90	Innes Fitzgerald	15 Jun 25	16:08.82	Grace Brock	25 May 19
8:50.89	Stephanie Twell	14 Sep 08	16:08.88	Megan Keith	30 Jul 21 20
8:51.55	Jessica Bailey	13 Jul 25	16:11.03	Louise Small	13 Jun 09
8:51.78	Paula Radcliffe	20 Sep 92	16:13.93	Lauren Howarth/Heyes	31 May 08
8:55.11	Emelia Gorecka	26 Aug 12	16:15.12mx	Katie Pye (U17)	3 Aug 24
8:56.08mx	Harriet Knowles-Jones	3 May 17	16:20.17		7 Jun 25
8:59.12mx	Bobby Clay	9 Sep 15	16:15.36	Louise Kelly	31 Jul 98
9:03.35	Philippa Mason	19 Jul 86	16:16.39	Collette Fagan	20 Jul 01
9:04.14	Yvonne Murray	28 May 83 10	16:18.50	Natasha Phillips	17 Jun 23
9:06.16	Helen Titterington	19 Jun 88	16:18.75	Phoebe Anderson	18 Aug 21
9:06.87	Emily Pidgeon	7 Jun 06	16:19.66	Grace Baker	30 May 15
9:07.02	Carol Haigh/Greenwood	24 Jun 85	16:21.64	Almi Nerurkar	4 Sep 20
9:07.28	Emma Pallant	4 Jun 08	16:21.86	Bronwen Owen	30 May 15 30
9:08.5 mx	Jessica Judd (U17)	6 Apr 11	<b>5000 Metres Short Track</b>		
9:09.14	Lisa York	19 Jul 89	16:09.78	Gwenno Goode	7 Dec 24
9:09.67mx	Katie Pye (U17)	12 Jun 24	16:11.61	Jenny Clague	22 Feb 92
9:10.34mx	Charlotte Purdue	8 Sep 10	16:16.77	Paula Radcliffe	22 Feb 92
9:10.67	Sian Edwards	8 Jul 06	<b>10000 Metres</b>		
9:10.9	Julie Holland	7 Apr 84 20	32:36.75	Charlotte Purdue	14 Aug 10
9:11.20mx	Jemma Reekie	25 Apr 17	32:52.60	Charlotte Dale	12 Apr 03
9:11.20	Amelia Quirk	20 May 18	<b>2000 Metres Steeplechase</b>		
9:12.28	Hayley Haining	20 Jul 91	6:32.45	Louise Webb (U17)	14 Jul 07
9:12.80	Laura Muir	6 May 12	6:32.55	Sarah Hopkinson (U17)	14 Jul 07
9:12.97	Bernadette Madigan	30 Jun 79	6:35.07	Emily Moyes	1 May 17
9:13.4mx	Caroline Walsh	30 Jun 99	6:36.60	Pippa Woolven	5 May 12
9:13.47mx	Amy Griffiths	27 Aug 14	6:37.27	Amy-Eloise Neale (U17)	10 Jul 11
<b>3000 Metres Short Track</b>			6:37.76 A	Emily Pidgeon	24 Apr 06
8:40.05	Innes Fitzgerald	4 Feb 25	6:39.54	Aimee Pratt	17 Aug 16
8:54.79	Jessica Bailey	23 Feb 25	<b>3000 Metres Steeplechase</b>		
8:56.13	Zola Budd	9 Feb 85	10:06.12	Emily Pidgeon (U17)	3 Jul 05
9:00.06	Jessica Judd	16 Feb 13	10:10.34	Louise Webb	25 Jul 09
9:11.42	Bobby Clay	28 Feb 16	10:11.86	Pippa Woolven	9 Jun 12
9:12.1	Carol Haigh/Greenwood	7 Jan 84	10:12.50	Ruth Senior	15 Aug 06
9:17.70	Alice Braham	3 Dec 94	10:13.74	Amy-Eloise Neale	18 Jul 13
9:19.51	Emily Pidgeon (U17)	15 Jan 05	10:13.98	Holly Page	20 May 18
9:20.51	Shannon Flockhart	4 Dec 21	10:13.99	Katie Ingle	31 May 14
9:21.30	Eloise Walker	12 Feb 20 10	10:18.44	Gwenno Goode	12 Apr 24
9:22.98	Non Stanford	12 Feb 06	10:19.08	Aimee Pratt	19 Jun 16
<b>5000 Metres</b>			10:20.64	Sarah Hopkinson (U17)	29 Jul 07
14:39.56	Innes Fitzgerald	19 Jul 25	<b>60 Metres Hurdles</b>		
14:48.07	Zola Budd	26 Aug 85	8.18	Jessica Duncton	11 Feb 24
15:07.19mx	Jessica Bailey	8 Mar 25	8.19	Alicia Barrett	26 Feb 17
15:23.4	Charlotte Purdue	28 Aug 10	8.22	Lesley-Ann Skeete	25 Jan 86
15:34.21	Emelia Gorecka	9 Jun 12	8.22	Mia McIntosh	13 Feb 22
15:41.00	Emily Pidgeon	24 Jun 06	8.22	Thea Brown	8 Feb 26
15:42.48	Sian Edwards	23 Jul 06	8.25	Yasmin Miller	10 Feb 13
15:47.53	Stephanie Twell	7 Aug 07	8.28	Marli Jessop	18 Feb 22
15:51.62	Carol Haigh/Greenwood	26 May 85	8.30	Sophie Yorke	26 Feb 17
15:52.55	Yvonne Murray	29 May 83 10	8.32	Natasha Danvers	2 Mar 96
15:53.27	Annabel Gummow	28 May 11	<b>100 Metres Hurdles</b>		
15:55.50	Freya Bradley	7 Aug 25	13.07	Alicia Barrett	18 Jun 17

13.13	Yasmin Miller	27 Jul 14	58.37	Alyson Evans	1 Sep 85
13.20	Lucy-Jane Matthews	4 Sep 20	58.38	Abigayle Fitzpatrick	23 Jul 11
13.25	Diane Allahgreen	21 Jul 94	58.44	Jessica Turner	5 Jul 14
13.26	Jessica Ennis	9 Jul 05	58.68	Kay Simpson	15 Jul 83
13.28	Mollie Courtney	22 Jul 16	58.68	Chelsea Walker	12 Jun 16
13.28	Thea Brown	22 Jun 24	58.72	Lauren Bouchard	14 Jun 09
13.28	Mia McIntosh	21 Jul 24	58.74	Ellen Howarth-Brown	18 Jun 06 20
13.30	Sally Gunnell	16 Jun 84	58.76	Simone Gandy	28 May 84
13.32	Keri Maddox	21 Jul 91 10	58.91	Racheal Kay	6 Aug 99
13.38	Marli Jessop	19 Jun 22	58.96	Nicola Sanders	17 Jul 99
13.40	Jessica Duncton	8 Jul 23	59.00	Diane Fryar	19 Jul 75
13.45	Natasha Danvers	6 Aug 95	59.01	Sara Elson	24 Aug 89
13.45	Holly Mills	18 Jul 19	<b>hand timing</b>		
13.46	Nathalie Byer	26 Aug 83	58.3	Simone Gandy	14 Jul 84
13.47	Sam Baker	30 Jun 91	58.7	Sara Elson	18 Jun 89
13.47	Sophie Yorke	18 Jun 17	<b>High Jump</b>		
13.48	Kat. Johnson-Thompson	13 Jul 12	1.94	Morgan Lake	22 Jul 14
13.49	Angie Thorp	30 Jun 91	1.91	Lea Haggett	2 Jun 91
13.50	Lesley-Ann Skeete	6 Jun 86 20	1.91	Susan Jones	31 Aug 97
13.52	Julie Pratt	5 Jul 98	1.90	Jo Jennings	29 Sep 88
13.53	Symone Belle	25 Jul 03	1.89	Debbie Marti (U17)	2 Jun 84
13.54	Abigail Pawlett	22 May 22	1.89 i	Michelle Dunkley	16 Feb 97
13.56	Wendy Jeal	3 Jun 79	1.89	Kat. Johnson-Thompson	3 Aug 12
13.56	Jenna Blundell	13 Jul 19	1.89 i	Abby Ward	7 Feb 16
13.57	Bethan Edwards	29 Aug 92	1.89	Niamh Emerson	22 May 16
<b>wind assisted</b>			1.88	Jayne Barnetson	3 Aug 85 10
13.20	Mia McIntosh	7 Aug 23	1.88	Rebecca Jones	1 Jun 02
13.23	Marli Jessop	26 Jun 22	1.88	Vikki Hubbard	7 Jul 06
13.24	Lesley-Ann Skeete	7 Jun 86	1.87	Louise Manning	6 May 84
13.28	Sarah Claxton	5 Jul 98	1.87	Rachael Forrest	7 Jul 95
13.31	Sophie Yorke	11 Jun 17	1.87	Aileen Wilson	15 Jul 01
13.32	Jessica Duncton	8 Aug 23	1.87	Jessica Ennis	15 Aug 05
13.39	Lauraine Cameron	1 Jul 90	1.87	Thea Brown	18 Jul 24
13.45	Louise Fraser	30 Jul 89	1.86	Barbara Simmonds	9 Sep 79
13.45	Sam Baker	30 Jun 91	1.86	Claire Summerfield	7 Aug 82
13.46	Wendy Jeal	30 Jun 79	1.86	Michele Wheeler	31 May 87 20
13.48	Julie Pratt	5 Jul 98	1.86	Stephanie Pywell	11 Jun 06
<b>hand timing</b>			1.86 i	Isobel Pooley	27 Feb 11
13.5	Christine Perera	19 Jul 68	1.85	Gillian Cadman	3 Jun 78
<b>hand timing - wind assisted</b>			1.85	Sharon Hutchings	22 Sep 81
13.1	Sally Gunnell	7 Jul 84	1.85	Julia Bennett	15 Apr 89
13.3	Keri Maddox	14 Jul 90	1.85	Stephanie Higham	16 Jun 02
13.4	Judy Livermore	27 May 79	<b>Pole Vault</b>		
13.4	Sam Baker	14 Jul 90	4.53	Molly Caudery	23 Jun 18
<b>400 Metres Hurdles</b>			4.52 i	Katie Byres	18 Feb 12
56.16	Shona Richards	26 Jul 14	4.40	Lucy Bryan	29 Jun 13
56.46	Perri Shakes-Drayton	21 Jul 07	4.35	Holly Bleasdale	26 Jun 10
57.02	Emily Newnham	10 Aug 23	4.21	Sophie Ashurst	9 Jul 21
57.08	Meghan Beesley	11 Jul 08	4.20	Sally Scott	19 Jun 10
57.26	Hayley McLean	21 Jul 13	4.11 i	Isabella Turner	22 Feb 25
57.27	Vicki Jamison	28 Jul 96	4.10	Gemma Tutton (U17)	26 Jun 21
57.34	Arabella Wilson	9 Aug 25	4.08	Abigail Roberts	29 Aug 15
57.98	Stephanie Okoro	12 Jul 25	4.05	Jade Ive	14 Oct 08 10
58.02	Vyv Rhodes	28 Jun 92	4.05	Maria Seager	13 Jun 09
58.09	Lauren Williams	6 Aug 18 10	4.05	Jessica Robinson	11 Jun 16
58.09	Ophelia Pye	7 Jul 22	4.05 i	Felicia Miloro	12 Jun 19
58.18	Marcey Winter	21 Jul 19	4.00	Kate Dennison	18 Jul 02
58.36	Sian Scott	29 Jun 03	4.00	Zoe Brown	28 Jul 02

4.00 i	Anna Gordon	27 Feb 16	6.40	Amy Harris	23 Jul 06
4.00	Jessica Swannack	8 Jul 17	<b>Triple Jump</b>		
3.96	Jade Spencer-Smith	14 Aug 19	13.75	Laura Samuel	22 Jul 10
3.95	Abigail Haywood	27 Jun 09	13.64	Naomi Ogbeta	1 Jul 17
3.91 i	Sophie Dowson	28 Jan 17 20	13.62	Temi Ojora	29 May 21
3.90	Ellie Spain	6 May 00	13.16	Lily Hulland	29 Jun 19
3.90	Hannah Olson (U17)	13 Jun 04	13.13	Yasmine Regis	2 Jul 05
3.90	Natalie Olson	8 Aug 04	13.05	Michelle Griffith	16 Jun 90
3.90 i	Kimberly Skinner	6 Feb 05	13.03	Emily Gargan	21 May 17
3.90	Emma Lyons	3 Sep 06	13.01	Jayne Nisbet	22 Apr 07
3.90	Ellie Gooding (U17)	5 Jul 13	12.96	Laura Zialor	28 May 16
3.90	Livvy Connor	2 Aug 15	12.95 i	Leila Newth (U17)	15 Feb 26 10
3.90	Natasha Purchas	10 Jun 18	12.88	Nony Mordi	10 Sep 06
3.90	Ellen McCartney	15 Aug 18	12.88	Ahtollah Rose	1 Jul 11
3.90	Esther Leong	23 Jun 19 30	12.87	Eloise Harvey	2 Jun 19
<b>Long Jump</b>			12.84	Georgina Scoot	17 Jun 23
6.90	Bev Kinch	14 Aug 83	12.83	Abazz Shayaam-Smith	13 Jul 18
6.82	Fiona May	30 Jul 88	12.82	Denae Matthew	23 Jul 06
6.68	Sue Hearnshaw	22 Sep 79	12.79	Naomi Reid	1 Jul 11
6.67	Jazmin Sawyers	13 Jul 12	12.76	Shakira Whight	12 Jul 08
6.63	Yinka Idowu	21 May 89	12.76	Jazz Sears	22 Jun 19
6.55	Joyce Oladapo	30 Jul 83	12.73	Melissa Carr	11 Jul 08 20
6.52	Georgina Oladapo	16 Jun 84	12.72	Claire Linskill	3 Sep 06
6.52	Sarah Claxton	31 Jul 98	12.71	Lia Stephenson	15 Jun 14
6.52	Jade Johnson	23 May 99	12.68	Rachel Brenton	16 May 04
6.51	Kat. Johnson-Thompson	12 Jul 12 10	12.63 i	Libby White (U17)	13 Feb 22
6.51	Holly Mills	30 Jun 19	12.61	Amelia Gray	30 Jun 23
6.47	Jo Wise	30 Jul 88	12.60	Emily Parker	8 Jun 03
6.45	Margaret Cheetham (U17)	18 Aug 84	<b>wind assisted</b>		
6.44	Thea Brown	10 Aug 25	13.68	Naomi Ogbeta	21 Jul 17
6.43	Myra Nimmo	27 May 73	13.65	Temi Ojora	3 Jul 21
6.41	Niamh Emerson	1 Jul 18	13.06	Alison McAllister	11 Jul 03
6.39	Moira Walls	22 Jul 70	12.78	Claire Linskill	3 Sep 06
6.39	Lucy Hadaway	28 Jul 18	12.77	Kerri Davidson	10 Jul 15
6.38	Amy Harris	8 Jul 06	12.67	Emily Parker	8 Jun 03
6.38	Josie Oliarnyk	1 Jul 18 20	<b>Shot</b>		
6.35	Sharon Bowie	1 Jun 85	17.12	Sophie McKinna	25 May 13
6.35	Lorraine Ugen	4 Jul 10	17.10	Myrtle Augée	16 Jun 84
6.34	Ann Simmonds	3 Aug 68	16.64	Divine Oladipo	22 Apr 17
6.34 i	Ella Rush	27 Feb 22	16.24 i	Judy Oakes	26 Feb 77
6.34	Lucy Fellows	24 Jun 23	16.10	Serena Vincent	13 Sep 20
6.33	Jo Dear	19 May 93	15.82	Eden Francis	1 Jul 07
6.32	Morgan Lake	29 Jun 14	15.72 i	Alison Grey	29 Feb 92
<b>wind unconfirmed</b>			15.60 i	Justine Buttle	27 Feb 88
6.43	Moira Walls	18 Sep 70	15.55	Adele Nicoll	18 Jul 15
<b>wind assisted</b>			15.48	Mary Anderson	8 Sep 85 10
6.93	Bev Kinch	14 Aug 83	15.46 i	Sarah Omoregie	9 Dec 19
6.88	Fiona May	30 Jul 88	15.45	Susan King	27 Mar 83
6.81	Kat. Johnson-Thompson	13 Jul 12	15.39	Cleo Agyepong	15 May 24
6.71	Yinka Idowu	15 Jun 91	15.27	Julie Dunkley	21 Jun 98
6.69	Jo Wise	30 Jul 88	15.22	Kirsty Yates	16 Jun 12
6.53	Sarah Claxton	12 Jul 97	15.07 i	Alani Dumbuya	7 Feb 26
6.53	Chisom Nwafor	1 Jul 23	15.02	Nana Gyedu	6 Jun 21
6.49	Margaret Cheetham (U15)	4 Sep 83	14.85	Morgan Lake	31 May 14
6.48	Moira Walls	17 May 70	14.75 i	Cynthia Gregory	12 Dec 81
6.42	Lorraine Ugen	20 Jun 10	14.72	Sally Hinds	3 Jul 05 20
6.42	Lucy Fellows	1 Jul 23	14.71 i	Nicola Gautier	26 Jan 97
6.41	Ann Simmonds	30 Jun 68	14.68	Claire Smithson	26 May 01

14.66 i	Terri Salt	7 Jan 84	54.89	Izzy Jeffs	15 Aug 10
14.63	Teddy Tchoudja	16 Apr 22	54.61	Kelly Morgan	4 Sep 99
14.62	Annabel Amadin	29 Jun 25	52.82	Freya Jones	29 May 11
14.60	Philippa Roles	4 Sep 96	52.68	Harriet Court	12 Jul 25
<b>Discus</b>			52.54	Jenny Kemp	3 Jul 99
55.99	Zara Obamakinwa	9 Jul 23	52.34	Jade Dodd	2 Sep 07
55.28	Eden Francis	2 Sep 07	52.32	Eloise Meakins	9 Sep 12
55.03	Claire Smithson	30 Jul 02	52.27	Emma Hamplatt	14 May 16
54.78	Lynda Whiteley	4 Oct 82	51.86	Ayesha Jones	24 May 25 10
53.13	Divine Oladipo	26 May 17	51.27	Bethany Moule	5 Sep 20
53.12	Emma Carpenter	1 Sep 01	51.23	Jo Blair	24 Apr 05
53.10	Kathryn Farr	19 Jul 86	51.18	Bethan Rees	28 May 18
52.72	Samantha Callaway	23 May 21	51.13	Becky Bartlett	15 May 04
52.58	Emma Merry	22 Aug 93	50.95	Lianne Clarke	7 Aug 04
52.31	Lauren Keightley	18 Jul 98 10	50.57	Laura Whittingham	3 Sep 05
51.89	Amy Holder	18 Apr 15	50.38	Elizabeth Korczak	19 Jun 21
51.82	Catherine Bradley	20 Jul 85	50.38	Harriette Mortlock	16 Jul 22
51.60	Philippa Roles	24 Jul 97	50.30	Sophie Hamilton	27 May 23
51.48	Shadine Duquemin	19 May 13	49.94	Rebekah Walton	9 Sep 18 20
51.24	Jane Aucott	11 Jun 86	49.83	Hayley Thomas (U17)	24 May 03
51.18	Shaunagh Brown	12 May 07	49.66	Jo Chapman	22 Aug 04
51.12	Janette Picton	6 Jun 82	49.35	Kike Oniwinde	16 Apr 11
51.05	Taia Tunstall	17 Apr 21	49.17	Sarah Roberts	29 May 11
50.44	Karen Pugh	8 Jul 83	48.87	Tesni Ward	19 Jun 10
50.34	Angela Sellars	27 Jul 86 20	<b>Javelin (pre 1999 Model)</b>		
50.30	Julia Avis	19 Sep 82	60.14	Fatima Whitbread	7 May 80
49.74	Shelley Newman	10 May 92	59.40	Karen Hough	28 Aug 86
49.60	Fiona Condon	3 Jun 79	59.36	Kirsty Morrison	4 Sep 93
49.56	Sara Winckless	2 May 92	<b>Heptathlon (1984 Tables)</b>		
49.42	Rosanne Lister	29 Aug 88	6267	Kat. Johnson-Thompson	4 Aug 12
<b>Hammer</b>			6253	Niamh Emerson	13 Jul 18
66.01	Sophie Hitchon	24 Jul 10	6148	Morgan Lake	23 Jul 14
64.09	Charlotte Payne	3 Jul 21	5910	Jessica Ennis	16 Aug 05
62.84	Charlotte Williams	22 Jun 19	5833	Joanne Mulliner	11 Aug 85
61.94	Myra Perkins	1 May 11	5802	Holly Mills	19 Jul 19
61.77	Kimberley Reed	3 May 14	5706	Abigail Pawlett	29 May 22
60.99	Angela McAuslan-Kelly	20 Apr 24	5687	Holly McArthur	21 Jul 17
60.83	Louisa James	26 May 13	5660	Jade O'Dowda	13 Jul 18
60.75	Abbi Carter	12 Jul 12	5648	Eden Robinson	10 Aug 25 10
59.71	Tara Simpson-Sullivan	26 May 19	5642	Sarah Rowe	23 Aug 81
59.63	Katie Head	1 Sep 18 10	5601 W	Jade Surman	3 Jun 07
59.35	Alice Barnsdale	16 Mar 18		5538	19 Aug 06
59.19	Kirsty Costello	19 Jun 21	5591	Ella Rush	4 Aug 22
59.14	Amy Herrington/Phillips	21 Apr 17	5552	Olivia Dobson	26 May 19
58.34	Rebecca Keating	26 Jun 16	5496	Yinka Idowu	3 Sep 89
58.27	Katie Lambert	21 May 17	5493	Sally Gunnell	28 May 84
57.97	Rachael Beverley	25 Jul 98	5486	Amaya Scott-Rule	19 Jul 19
57.96	Olivia Stephenson	10 Jun 17	5484	Denise Lewis	30 Jun 91
57.88	Lily Murray	23 Mar 24	5459	Jenny Kelly	30 Jul 88
57.63	Nicola Dudman	16 Jun 02	5451 w	Jodie Smith	26 May 19 20
57.50	Danielle Broom	9 Jun 18 20	5448	Eloise Hind	29 May 22
57.45	Sarah Holt	29 Jun 06	5444	Zoe Hughes	13 Apr 17
57.43	Anna Purchase	30 Apr 17	5426	Thea Brown	22 Jun 25
57.39	Zoe Price	18 Aug 21	5405	Dominique Blaize	23 Jul 06
57.08	Phoebe Baggott	9 Sep 20	5391 w	Jackie Kinsella	22 Jun 86
56.95	Amber Simpson	20 May 18	5383	Emma Buckett	13 Jul 12
			5377	Uju Efobi	18 Jul 93
<b>Javelin (1999 Model)</b>			Note: LJ, Hep. Although Idowu competed for UK		
55.40	Goldie Sayers	22 Jul 01			

Juniors, she was a Nigerian citizen at the time.

**Pentathlon Short Track (60H,HJ,SP,LJ,800)**

4527	Morgan Lake	6 Mar 15	
4526	Kat Johnson-Thompson	25 Mar 12	
4365	Ella Rush	27 Feb 22	
4216	Holly Mills	26 Jan 19	
4110	Niamh Emerson	20 Feb 16	
4096	Aileen Wilson	10 Feb 02	
4093	Zoe Hughes	25 Feb 17	
4089	Jessica Ennis	13 Mar 05	
4045	Thea Brown	18 Jan 25	
4041	Jodie Smith	4 Jan 20	10
4016	Jade O'Dowda	27 Jan 18	

**Pentathlon Short Track (LJ,60,60H,HJ,SP)**

4097	Lucy Hadaway	17 Mar 19	
3974	Sarah Claxton	12 Jan 97	

**3000 Metres Track Walk**

13:03.4	Vicky Lupton	18 May 91	
13:47.0	Julie Drake	5 Jul 88	
13:48.72	Gracie Griffiths	18 Jun 23	
13:49.64	Sophie Hales	31 May 04	
13:50.52	Rebecca Mersh (U17)	31 May 04	
13:51.03	Heather Lewis	17 Jul 12	
13:51.35+	Sophie Lewis Ward	14 Jul 16	
13:53.0e	Lisa Langford/Kehler	23 Aug 85	
13:55.42	Ellie Dooley	24 Aug 14	
13:58.73	Emma Achurch	31 Jul 16	10

**3000 Metres Walk Short Track**

13:29.19	Emma Achurch	15 Feb 15	
13:29.46	Ellie Dooley	16 Feb 14	
13:36.43	Sophie Hales	29 Feb 04	
13:38.05	Katie Stones	29 Feb 04	
14:01.67	Rebecca Mersh (U17)	29 Feb 04	
14:12.62	Gracie Griffiths	18 Feb 24	
14:17.96	Katie Ford (U17)	28 Feb 98	
14:19.09	Abby Hughes	18 Feb 24	
14:21.93	Sophie Lewis Ward	15 Feb 15	
14:24.14	Hannah Hopper	27 Feb 22	10

**5000 Metres Track Walk**

22:36.81	Vicky Lupton	15 Jun 91	
23:31.67	Lisa Langford/Kehler	23 Aug 85	
23:36.03	Gracie Griffiths	26 Aug 23	
23:37:55	Sophie Lewis Ward	14 Jul 16	
23:40.75	Ellie Dooley	29 Jun 14	
23:55.27	Susan Ashforth (U17)	25 May 85	
23:56.9	Julie Drake	24 May 88	
24:02.13	Heather Lewis	24 Jun 12	
24:02.15	Nicky Jackson	27 May 84	
24:06.6	Rebecca Mersh (U17)	23 Apr 05	10

**5k Road - where superior to track time**

23:05	Lisa Langford/Kehler	2 Nov 85	
23:18	Julie Drake	27 Feb 88	
23:29	Emma Achurch	1 Mar 15	
23:30 +	Johanna Jackson	28 Nov 04	
23:35	Lisa Simpson	31 Oct 87	
23:36	Sophie Lewis Ward	9 Apr 16	

**10000 Metres Track Walk**

47:04.0	Vicky Lupton	30 Mar 91	
48:34.0	Lisa Langford/Kehler	15 Mar 86	
49:48.7	Julie Drake	7 Feb 88	
50:22.2	Emma Achurch	7 Dec 14	
50:25.0	Lisa Simpson	1 Apr 87	
51:00.0	Karen Nipper (U17)	21 Feb 81	
51:15.97	Gracie Griffiths	24 Jun 23	
51:31.2	Helen Ringshaw	17 Mar 84	
51:49.04	Abby Hughes	9 Mar 24	
51:57.20	Heather Lewis	17 Jun 12	10

**short**

50:11.2	Jill Barrett	19 Mar 83	
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**10k Road - where superior to track time**

47:49	Emma Achurch	15 Mar 15	
49:10	Vicky Lawrence	14 Mar 87	
49:14	Carolyn Brown	29 Mar 92	
49:26	Julie Drake	21 May 88	
49:26	Ellie Dooley	1 Mar 14	
49:33	Lisa Simpson	14 Mar 87	
49:40	Sophie Hales	6 Mar 04	
49:47	Jill Barrett	24 Sep 83	
49:51	Heather Lewis	14 Apr 12	
50:02	Johanna Jackson	28 Nov 04	10
50:29	Katie Stones	1 May 04	
50:39	Rebecca Mersh	12 Mar 06	

**4 x 100 Metres Relay**

43.78	GBR-U20	4 Aug 22	
	N.Wedderburn-Goodison,A.Bell,J.Eze,F.Akinbileje		
43.81	GBR-U20	21 Jul 13	
	Y.Miller, Asher-Smith, S.Wilson, D.Henry		
43.86	GBR-U20	10 Aug 23	
	R.Regis, S.Walton, J.Eze, S.Eduan		
43.89	GBR-U20	21 Jul 13	
	Y.Miller, Asher-Smith, S.Wilson, D.Henry		
43.92	GBR-U20	19 Jul 25	
	N.Desir, L.Tallon, K.Slater, O.Akande		
43.97	GBR-U20	25 Jun 23	
	R.Regis,N.Wedderburn-Goodison,S.Walton,S.Eduan		
43.98	GBR-U20	10 Aug 25	
	N.Desir, L.Tallon, K.Slater, O.Akande		
44.03	GBR-U20	23 Jun 24	
	J.Wilkins, R.Regis, K.Mensah, O.Akande		
44.05	GBR-U20	14 Jul 18	
	K.Awuah, A.Rees, G.Adam, E.Carr		
44.06	GBR-U20	21 Jul 19	10
	C-A.Pemberton, A.Hunt, G.Adam, I.Aliu		
44.11	GBR-U20	21 Jul 19	
	C-A.Pemberton, A.Hunt, G.Adam, I.Aliu		
44.11	GBR-U20	22 Jun 24	
	R.Regis, Wedderburn-G, F.Akinbileje, O.Akande		
44.16	GBR-U20	12 Aug 90	
	A.Soper, D.Smith, D.Fraser, K.Merry		
44.17	GBR-U20	23 Jul 17	
	E.Carr, A.Rees, M.Bruney, O.Okoli		
44.18	GBR-U20	19 Jul 15	
	S.Malone, S.Hylton, C.McLennaghan, I.Lansiquot		
44.18	GBR-U20	3 Jul 22	

S.Walton, A.Bell, J.Eze, S.Eduan			C.Hylton, Lina Nielsen, L.Beckford, Laviai Nielsen		
44.22	GBR-U20	21 Jul 02	3:34.63	GBR-U20	22 Jul 01
J.Lucas-Read, J.Kwakye, A.Spencer, V.James			K.Wall, O.Hines, V.James, L.Miller		
44.24	GBR-U20	10 Aug 23	3:35.10	GBR-U20	25 Aug 85
R.Regis, S.Walton, J.Eze, S.Eduan			G.Honley, L.Robinson, D.Flockhart, L.Hall		
44.25	GBR-U20	25 Jun 23	3:35.22	GBR-U20	5 Aug 22
M.McIntosh, N.Wedderburn-G, S.Eduan, F.Akinbileje			P.Malik, J.Astill, O.Pye, E.Sisson		
44.29	GBR-U20	29 Jun 19 20	3:35.29	GBR-U20	24 Jul 11
C-A.Pemberton, A.Hunt, H.Kelly, J.Moss			K.Kirk, L.James, A.Clifford, K.McAslan		
44.29	GBR-U20	28 Jun 25	3:35.37	GBR-U20	26 Jul 14
N.Desir, L.Tallon, K.Slater, O.Akande			Laviai Nielsen, L.Bleaken, Campbell-Smith, S.Bakare		
<b>4 x 200 Metres Relay</b>			3:35.60	GBR-U20	25 Jun 23
1:38.34 i	GBR	2 Mar 96	C.Kelsey, E.Newnham, A.Nemits, J.Astill		
V.Shipman, L.Owusu, S.Wilhelmy, S.Williams			3:35.64	GBR-U20	7 Jul 85
1:39.37 i	England Schools	3 Feb 08	L.Hall, L.Robinson, D.Flockhart, G.Honley		
1:39.38 i	England	3 Mar 19	3:35.78	GBR-U20	6 Jun 04
E.Booker, E.Alderson, E.Turner, J.Moss			L.Finucane, F.Harding, C.Best, G.Nicol		
1:39.50 i	Wales	9 Mar 14	3:35.85	GBR-U20	29 Jun 25
M.Roberts, E.Williams, A.Reynolds, H.Brier			C.Musgrave, E.McIntosh, A.Wilson, S.Okoro		
1:39.55 i	Wales	8 Mar 15	3:36.39	GBR-U20	18 Aug 01 20
M.Roberts, E.Wright, K-J.Priest, A.Reynolds			O.Hines, L.Clarkson, L.Miller, K.Wall		
1:39.58 i	England	9 Mar 14			
L.Bleaken, A.Pipi, K.Edwards, A.Hillyard					
<b>4 x 400 Metres Relay</b>			<b>4 x 400 Metres Relay Short Track</b>		
3:30.46	GBR-U20	21 Jul 02	3:44.28	GBR-U20	4 Mar 00
K.Wall, A.Spencer, V.James, L.Miller			J.Meadows, L.Clarkson, H.Wood, H.Thieme		
3:31.86	GBR-U20	6 Aug 22	<b>4 x 800 Metres Relay</b>		
M.John, J.Astill, O.Pye, E.Sisson			8:38.22	On Camp with Kelly	7 Jun 06
3:32.00	GBR-U20	27 Jul 14	H.Brooks, E.Goodall, D.Christmas, H.England		
S.Richards, L.Bleaken, S.Bakare, C.Hylton			8:39.6	British Milers Club	17 Jul 96
3:32.80	GBR-U20	31 Aug 24	R.Ogden, E.Davies, E.O'Hare, D.Lee		
C.Henrich, E.Holmes, K.DaCosta, R.Grieve			8:39.73	Birmingham Univ	2 Aug 19
3:33.03	GBR-U20	21 Jul 19	I.Boffey, E.Thompson, M.Grice, S.Millard		
N.Harrison, I.Boffey, L.Evans, A.Anning			8:39.78	England	23 Jun 18
3:33.67	GBR-U20	18 Jul 04	I.Boffey, K.Simpson, E.Thompson, F.Brint		
F.Harding, G.Nicol, C.Best, L.Finucane			<b>4 x 1500 Metres Relay</b>		
3:33.68	GBR-U20	23 Jul 17	18:17.40	British Milers Club	17 Aug 06
M.Edwards, M.Bruney, E.Barrett, H.Williams			J.Sparke, S.Hopkinson, E.Pallant, E.Pidgeon		
3:33.78	GBR-U20	23 Jun 24	<b>4 x 1 Mile Relay</b>		
K.DaCosta, E.Holmes, J.Astill, C.Henrich			20:16.2	British Milers Club	11 Jun 97
3:33.82	GBR-U20	22 Oct 00	C.Walsh, C.Waite, R.Ogden, J.Swallow		
K.Wall, J.Meadows, H.Thieme, L.Miller					
3:34.36	GBR-U20	19 Jul 15 10			

**UNDER 17****60 Metres**

7.34	Celine Obinna-Alo	7 Dec 25	7.49	Leila Lihe	8 Feb 25
7.35	Asha Philip	11 Feb 07	7.50	Shannon Hylton	23 Feb 13
7.36	Annabelle Fasuba	7 Feb 26	7.50	Nell Desir	10 Feb 24
7.38	Jodie Williams	18 Jan 09	7.50	Princess Okoma	7 Feb 26
7.41	Oluwayemisi Akande	11 Feb 23	7.51	Shaunna Thompson	23 Feb 08
7.43	Amy Hunt	25 Feb 17	7.51	Joy Eze	22 Feb 20
7.46	Renee Regis	12 Feb 22	7.51	Faith Akinbileje	29 Jan 22
7.47	Hannah Brier	9 Mar 14	7.51	Shivelle Marshall	8 Feb 25
7.49mx	Nia Wedderburn-Goodison	21 Dec 19	7.51	Martha Herringshaw	7 Feb 26
7.49		11 Jan 20	7.52	Vernicha James	30 Jan 00 20
7.49	Aliyah Afolabi	18 Jan 25 10	7.52	Kishi Aremu	1 Mar 25
			<b>hand timing</b>		
			7.4	Sonia Lannaman	19 Feb 72

7.5	Pippa Baker/Windle	19 Nov 77	23.54	Shannon Hylton	19 May 13
7.5	Linsey Macdonald	17 Mar 79	23.59	Carley Wenham	11 Jul 03
7.5	Nathalie Byer	21 Mar 81	23.59	Nia Wedderburn-Goodison	18 Aug 21
7.5	Georgina Oladapo	6 Mar 83	23.60	Michelle Scutt	12 Sep 76
7.5	Vernicha James	12 Jan 00	23.62	Vernicha James	8 Jul 00
			23.62	Success Eduan	17 Jul 21
<b>100 Metres</b>			23.63	Hannah Brier	1 Jun 14
11.24	Jodie Williams	31 May 10	23.66	Jane Parry	15 Jun 80 20
11.37	Asha Philip	23 Jun 07		<b>wind assisted</b>	
11.45	Sonia Lannaman	1 Sep 72	23.11	Linsey Macdonald	5 Jul 80
11.53	Faith Akinbileje	17 Sep 22	23.36	Faith Akinbileje	6 Jul 22
11.54	Dina Asher-Smith	16 Jun 12	23.41	Katharine Merry	15 Jun 91
11.56	Ashleigh Nelson	10 Jun 07	23.44	Nia Wedderburn-Goodison	12 Jun 21
11.56	Amy Hunt	25 Aug 18	23.48	Vernicha James	21 Aug 99
11.56	Nia Wedderburn-Goodison	18 Aug 21	23.54	Hannah Brier	1 Jun 14
11.57	Hannah Brier	31 May 14		<b>hand timing - wind assisted</b>	
11.58	Renee Regis	19 Jun 22 10	23.2	Debbie Bunn	2 Jul 78
11.59	Simmons Jacobs	25 Aug 83	23.3	Amy Spencer	1 Jul 01
11.60	Katharine Merry	28 Jul 90	23.4	Hayley Clements	10 Aug 85
11.60	Imani Lansiquot	30 Aug 14		<b>200 Metres Short Track</b>	
11.61	Diane Smith	9 Aug 90	23.44	Amy Spencer	27 Jan 02
11.61	Annie Tagoe	8 Aug 09	23.49	Vernicha James	30 Jan 00
11.61	Olawayesimi Akande	7 Aug 23	23.78	Lucy Sargent	20 Feb 05
11.62	Aliyah Afolabi	1 Jun 25	23.78	Desiree Henry	27 Feb 11
11.63	Daryll Neita	7 Jul 12	23.91	Aliyah Afolabi	9 Feb 25
11.64	Shaunna Thompson	9 Aug 08	23.93	Renee Regis	13 Feb 22
11.64	Shannon Hylton	25 May 13 20	23.93	Emma Clark	9 Mar 25
<b>wind assisted</b>			23.96	Faith Akinbileje	13 Feb 22
11.50	Rebecca Drummond	9 Jul 94	24.02	Shaunna Thompson	24 Feb 08
11.51	Amy Spencer	29 Jun 02	24.08	Shannon Hylton	24 Feb 13 10
11.51	Desiree Henry	25 Jun 11		<b>300 Metres</b>	
11.53	Sophie Papps	9 Sep 11	36.46	Linsey Macdonald	13 Jul 80
11.53	Amy Hunt	7 May 17	37.59	Cheriece Hylton	25 May 13
11.53	Nell Desir	2 Jun 24	37.79	Amber Anning	1 Sep 17
11.55	Alisha Rees	23 Aug 14	38.02	Holly Ryan	12 Jul 25
11.56	Imani Lansiquot	5 Jul 14	38.18	Shiloh Omotosho	28 Jul 24
11.57	Abigail Smith	18 May 13	38.19	Eleanor Caney	22 Jul 00
<b>hand timing</b>			38.21	Lesley Owusu	27 Aug 95
11.6	Denise Ramsden	19 Jul 68	38.22	Darcy Coslett	11 Aug 24
11.6	Linsey Macdonald	25 May 80	38.28	Etty Sisson	25 Sep 21
11.6	Jane Parry	2 Aug 80	38.31	Noa Chodokufa	10 Aug 25 10
<b>hand timing - wind assisted</b>			38.43	Hayley Jones	9 Jul 05
11.3	Linsey Macdonald	3 May 80	38.43	Sabrina Bakare	9 May 12
11.4	Sonia Lannaman	3 Jun 72	38.44	Charlotte Henrich	11 Jun 22
11.4	Jane Parry	5 Jul 80	38.46	Hannah Foster	25 Aug 18
11.5	Sharon Dolby	20 Jul 85	38.47	Carmen Gedling	15 Jul 06
<b>200 Metres</b>			38.49	Kim Wall	24 May 98
22.79	Jodie Williams	23 May 10	38.49	Gemma Nicol	3 Aug 02
23.10	Diane Smith	11 Aug 90	38.52	Rachel Dickens	2 Jul 11
23.25	Desiree Henry	10 Jul 11	38.55	Katie Kirk	5 Jun 10
23.28	Simmons Jacobs	28 Aug 83	38.60	Karlene Palmer	12 Jul 97 20
23.42	Debbie Bunn	17 Jun 78		<b>hand timing</b>	
23.42	Shaunna Thompson	31 Aug 08	38.1	Darcy Coslett	10 May 25
23.43	Linsey Macdonald	20 Aug 80	38.2	Marilyn Neufville	6 Sep 69
23.44	Faith Akinbileje	5 Jul 22	38.3	Joey Duck	1 Aug 04
23.45	Amy Spencer	15 Jul 01	38.4	Kim Wall	10 May 98
23.49	Dina Asher-Smith	9 Sep 12 10			
23.49	Cheriece Hylton	10 Aug 13			
23.50	Katharine Merry	20 Jul 91			

**300 Metres Short Track**

37.72	Amy Spencer	24 Feb 02
38.50	Holly Mpassy	24 Feb 19
38.56	Katarina Thompson	24 Feb 08
38.69	Cheriece Hylton	24 Feb 13
38.69	Darcy Coslett	9 Feb 25
38.73	Holly Ryan	7 Feb 26
38.77	Hannah Foster	25 Feb 18
38.99	Sabrina Bakare	26 Feb 11
39.19	Cara Monachello	7 Feb 26
39.2	Katie Kirk	27 Feb 10 10

**400 Metres**

51.16	Linsey Macdonald	15 Jun 80
53.08	Loreen Hall	29 Jul 84
53.54	Charlotte Henrich	6 Jul 22
53.68	Amber Anning	21 Jul 17
53.75	Linda Keough	8 Aug 80
54.01	Angela Bridgeman	16 Aug 80
54.25	Emma Wood	19 Jun 88
54.29	Darcy Coslett	15 Jun 24
54.33	Jodie Williams	28 Aug 10

**hand timing**

53.7	Linda Keough	2 Aug 80
54.2	Phoebe Gill	9 Jul 23

**400 Metres Short Track**

54.50	Darcy Coslett	22 Feb 25
54.95	Jodie Williams	15 Mar 09
55.24	Kim Wall	30 Jan 99
55.54	Davicia Patterson	26 Mar 17
55.56	Holly Mpassy	13 Jan 19
55.74	Shiloh Omotosho	9 Mar 25
55.75	Laura Gillhespy	20 Feb 05
55.77	Gemma Nicol	20 Jan 02
55.81	Loren Bleaken	12 Feb 12
hand timing		
55.4	Susan Howells	20 Mar 76
55.4	Lorraine Baker	22 Mar 80

**600 Metres**

1:27.33	Lorraine Baker	13 Jul 80
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**800 Metres**

2:01.50	Phoebe Gill	13 Aug 23
2:01.61mx	Shaikira King	7 Jul 24
	2:02.87	15 Jun 24
2:02.0	Jo White	13 Aug 77
2:02.70	Jessica Judd	15 Jun 11
2:02.93	Lyla Belshaw	24 Jul 24
2:03.66	Lesley Kiernan	26 Aug 73
2:03.72	Lorraine Baker	15 Jun 80
2:04.26	Keely Hodgkinson	26 May 18
2:04.59	Loren Bleaken	31 Jul 12
2:04.70	Anna Gisbourne	12 Aug 23 10
2:04.84	Mollie Grant	7 Jun 25
2:04.85	Louise Parker	28 Jul 79
2:05.03	Katy-Ann McDonald	17 Aug 16
2:05.04	Eleanor Colbourn	29 May 21
2:05.09mx	Isla Calvert	18 Jun 19
2:05.27	Bethany Trow	6 Jul 24
2:05.68	Isobelle Boffey	28 Aug 16

2:05.7 mx	Katie Snowden	23 Jun 10
2:05.86	Charlotte Moore	31 Jul 01
2:05.87	Katrina Wootton	14 Aug 02 20

**800 Metres Short Track**

2:04.99mx	Lyla Belshaw	14 Feb 24
2:06.05	Jorjia March	4 Feb 26
2:06.59	Erin Wallace	30 Jan 16
2:06.67	Tilly Simpson	17 Jan 16
2:06.68	Isabelle Boffey	14 Feb 16
2:06.75	Loren Bleaken	26 Feb 12
2:07.45	Charlotte Moore	4 Feb 01
2:07.98	Hayley Beard	24 Feb 02
2:08.35	Elsa Norris	8 Feb 26
2:08.5	Lorraine Baker	12 Jan 80 10
2:08.58	Mollie Grant	15 Feb 25

**1000 Metres**

2:38.58	Jo White	9 Sep 77
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**1500 Metres**

4:11.96	Phoebe Gill	12 Jul 23
4:12.19mx	Lyla Belshaw	1 May 24
	4:13.01	21 Jul 24
4:13.41mx	Shaikira King	7 Aug 24
	4:18.18	25 May 24
4:14.21	Jessica Judd	28 May 11
4:14.78	Isla McGowan	21 Jul 24
4:15.20	Bridget Smyth	29 Jul 84
4:15.32mx	Rosie Johnson	1 Jul 14
4:15.55	Sandra Arthurton	29 Jul 78
4:15.61	Ella McNiven	24 Jun 17
4:16.24	Georgia Peel	11 Jul 09 10
4:16.41	Bobby Clay	13 Jul 13
4:16.79	Emelia Gorecka	12 Jun 10
4:16.8	Jo White	30 Jul 77
4:17.46	Libby Hale	20 Jul 24
4:17.83	Emily Pidgeon	25 Jun 05
4:17.99	Anna Smith	20 Jul 17
4:18.45mx	Nikki Hamblin	8 Aug 04
4:19.09	Sarah Kelly	30 May 09
4:19.35mx	Innes Fitzgerald	26 Jul 22
4:19.35	Katie Pye	22 Jun 24 20

**1500 Metres Short Track**

4:21.53+	Lyla Belshaw	4 Feb 24
4:24.07	Ciara Mageean	27 Jan 08
4:25.75mx	Erin Wallace	16 Jan 16
4:25.76mx	Olivia Forrest	14 Feb 24
4:26.8	Karen Hughes	21 Mar 81
4:26.91	Libby Hale	21 Jan 24
4:27.1	Sandra Arthurton	18 Mar 78
4:27.90	Sarah Hopkinson	13 Jan 07
4:29.08	Emer McKee	23 Feb 25
4:29.1	Julie Clarke	18 Mar 78 10

**1 Mile**

4:43.12	Freya Brown	30 Aug 25
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**1 Mile short track**

4:42.85	Lyla Belshaw	4 Feb 24
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<b>3000 Metres</b>				4:59.18	Morgan Squibb	11 Aug 18	
8:59.67	Innes Fitzgerald	16 Jul 22		4:59.56	Maisie Grice	9 Jul 16	20
9:08.5 mx	Jessica Judd	6 Apr 11					
9:09.67mx	Katie Pye	12 Jun 24		<b>60 Metres Hurdles (76.2cm)</b>			
	9:20.25	20 Jul 24		8.38	Izzy Rae	8 Feb 26	
9:13.93mx	Emilia Gorecka	8 Sep 10		8.39	Thea Brown	12 Feb 23	
	9:18.38	9 May 10		8.39	Holly Whittaker	9 Feb 25	
9:16.35mx	Fleur Todd-Warmoth	27 Apr 22		8.41	Pippa Earley	18 Feb 17	
	9:19.77	25 Sep 21		8.42	Isabella Moulton	8 Feb 26	
9:17.9	Emily Pidgeon	21 Aug 05		8.45	Marcia Sey	20 Jan 18	
9:19.12	Jessica Bailey	4 Jun 22		8.45	Lia Bonsu	13 Feb 22	
9:19.51	Sian Edwards	13 Jul 05		8.47	Amelia Weeks	12 Mar 23	
9:20.2 mx	Katrina Wootton	28 Aug 02		8.48	Lucy-Jane Matthews	24 Feb 19	
9:21.66	Olivia Forrest	20 Jul 24	10	8.49	Helen Worsey	1 Mar 98	10
9:22.84	Non Stanford	30 Jul 04		8.49	Olivia Crawford	8 Feb 26	
9:23.41mx	Georgia Peel	12 Aug 09		8.50	Megan Marrs	24 Mar 13	
9:23.76	Harriet Knowles-Jones	22 Jun 14		<b>hand timing</b>			
9:24.17	Eliza Nicholson	18 Jun 23		8.5	Wendy McDonnell/Jeal	30 Oct 76	
9:24.38mx	Rachael Nathan	20 Aug 02		8.5	Claire St. John	17 Mar 79	
9:24.40mx	Dani Barnes	6 May 02		<b>60 Metres Hurdles (83.8cm)</b>			
9:24.44mx	Charlotte Purdue	20 Sep 06		8.45	Serita Solomon	5 Mar 06	
9:24.50mx	Ella McNiven	13 Jun 17		8.53	Yasmin Miller	27 Feb 11	
9:24.61	Jess Piasecki	28 Jul 06		8.62	Natasha Danvers	21 Feb 93	
9:24.99 +	Bobby Clay	1 Jun 13	20	<b>hand timing</b>			
				8.5	Claire St. John	Feb 79	
<b>3000 Metres Short Track</b>				<b>80 Metres Hurdles (76.2cm)</b>			
9:19.51	Emily Pidgeon	15 Jan 05		10.89	Holly Whittaker	24 Aug 25	
9:34.65	Charlotte Purdue	10 Feb 07		10.94	Pippa Earley	1 Sep 17	
9:36.07	Erin Wallace	3 Jan 16		10.94	Izzy Rae	6 Jul 25	
9:37.54	Zoe Jelbert	5 Feb 00		10.95	Mia McIntosh	10 Jul 21	
9:38.75	Sarah Hopkinson	16 Dec 06		11.01	Alicia Barrett	1 Sep 13	
9:42.22	Olivia Forrest	7 Jan 24		11.02	Helen Worsey	15 Aug 98	
9:48.68	Eilidh Dallas	4 Jan 25		11.02	Yasmin Miller	22 Aug 10	
9:49.17	Emer McKee	11 Jan 25		11.02	Emily Bee	21 Jul 18	
9:49.38	Siobhan Coleman	16 Jan 05		11.02	Paris King	28 Aug 22	
9:49.45	Amy Teasdale	6 Jan 23	10	11.04	Marcia Sey	1 Sep 17	10
<b>5000 Metres</b>				11.04	Etienne Maughan	25 Sep 21	
15:56.87	Emilia Gorecka	29 May 10		11.04	Amanda Parker	7 Jun 86	
16:04.46	Emily Pidgeon	21 May 05		11.07	Menna Grant	28 Jul 24	
16:09.44	Charlotte Purdue	25 Aug 07		11.09	Serita Solomon	9 Jul 05	
<b>1500 Metres Steeplechase</b>				11.10	Sam Farquharson	7 Jun 86	
4:49.48	Ava James	31 Aug 24		11.12	Georgia Atkins	11 Jul 09	
4:50.3	Sarah Hopkinson	23 May 07		11.12	Claire St. John	2 Jun 79	
4:50.9	Louise Webb	23 May 07		11.13	Kylie Robilliard	30 May 04	
4:53.94	Holly Page	16 Jul 16		11.13	Isabelle Mardle	9 Jul 22	
4:53.98	Ella Davey	16 Jul 22		11.15	Victoria Johnson	8 Jul 17	20
4:54.55	Evelyn Wildman	12 Jul 25		11.15	Lia Bonsu	3 Sep 22	
4:54.82	Yasmin Austridge	11 Jul 15		<b>wind assisted</b>			
4:55.32	Georgia Ledingham	18 Aug 19		10.85	Thea Brown	1 Jul 23	
4:55.93	Olivia McGhee	26 Apr 25		10.87	Alicia Barrett	31 Aug 14	
4:56.4	Rachel Clutterbuck	12 Jun 21	10	10.96	Helen Worsey	11 Jul 98	
4:56.74	Kiya Dee	8 Aug 21		11.00	Sharon Davidge	11 Jul 98	
4:56.87	Freya Ruffels	9 Jul 22		11.02	Marcia Sey	14 Jul 18	
4:57.21	Gabrielle Phelan	3 Sep 22		11.03	Wendy McDonnell/Jeal	20 Aug 77	
4:57.46	India Weir	11 Jul 15		11.04	Serita Solomon	14 Aug 05	
4:58.50	Millie Gold	20 Jul 24		11.07	Abigail Pawlett	1 Sep 19	
4:58.81	Holly Turner	12 Jul 25		<b>hand timing</b>			
4:58.99	Lucy Davies	16 Jul 16		11.0	Wendy McDonnell/Jeal	2 Jul 77	
4:59.11	Lottie Quinn	13 Jul 24					

**hand timing - wind assisted**

10.9	Ann Wilson	16 Jul 66
10.9	Wendy McDonnell/Jeal	9 Jul 77
10.9	Sam Farquharson	20 Jul 85

**100 Metres Hurdles (76.2cm)**

13.41	Marcia Sey	9 May 18
13.45	Lucy-Jane Matthews	7 Jul 18
13.53	Thea Brown	9 Aug 23
13.61	Pippa Earley	18 Jun 17
13.64	Yasmin Miller	4 Jun 11
13.66	Ann Girvan	25 Jul 81
13.66	Moesha Howard	11 Jul 13
13.66	Amber-Leigh Hall	21 Jun 15

**wind assisted**

13.30	Yasmin Miller	10 Sep 11
13.32	Marcia Sey	6 Jul 18

**100 Metres Hurdles (83.8cm)**

13.38	Lucy-Jane Matthews	20 Jul 19
13.72	Megan Marrs	25 May 14
13.73	Ann Girvan	7 Aug 82
13.88	Natasha Danvers	28 Aug 93
13.90	Yasmin Miller	11 Aug 11
13.94	Phyllis Agbo	30 Jun 02

**wind assisted**

13.67	Ann Girvan	4 Jul 82
13.76	Natasha Danvers	27 Aug 94

**hand timing**

13.7	Ann Girvan	29 Aug 81
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**hand timing - wind assisted**

13.7	Nathalie Byer	4 Sep 82
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**300 Metres Hurdles**

41.13	Lucia Bertacchini	12 Jul 25
41.41	Meghan Beesley	6 Aug 06
41.48	Perri Shakes-Drayton	9 Jul 05
41.60	Stephanie Okoro	25 Sep 21
41.75	Bisan Musa	19 Jul 25
41.84	Shona Richards	19 Aug 12
41.95	Arabella Wilson	9 Jul 22
41.96	Amy Pye	27 Aug 17
41.97	Eilidh Child/Doyle	17 Aug 03
41.98	Rachael Kay	3 Aug 97 10
41.99	Natasha Danvers	10 Jul 93
42.21	Jasmine Jolly	21 Jul 18
42.50	Justine Roach	21 Jul 01
42.52	Lauren Williams	30 Aug 15
42.54	Chelsea Walker	6 Jul 13
42.57	Ellen Howarth-Brown	19 Jul 03
42.57	Chloe Esegbona	30 Aug 15
42.58	Syreetta Williams	12 Jul 97
42.63	Hayley McLean	21 Aug 11
42.64	Claire Triggs	15 Aug 04 20

**hand timing**

41.8	Rachael Kay	17 Aug 97
42.0	Jasmine Jolly	13 May 18
42.4	Keri Maddox	8 May 88
42.4	Syreetta Williams	17 Aug 97
42.5	Louise Brunning	8 May 88

**400 Metres Hurdles**

58.44	Stephanie Okoro	7 Jul 22
58.74	Hayley McLean	7 Jul 11
59.79	Jasmine Jolly	8 Jul 18
59.99	Arabella Wilson	19 Jun 22
60.06	Faye Harding	13 Jul 01
60.18	Meghan Beesley	18 Jun 06
60.23	Holly McArthur	19 Jun 16
60.52	Mia Walker	9 Aug 23

**hand timing**

59.7	Keri Maddox	9 Jul 88
59.8 mx	Eildith Child	27 Jul 03

**High Jump**

1.90	Morgan Lake	12 Jul 13
1.89	Debbie Marti	2 Jun 84
1.85	Louise Manning	11 Sep 82
1.85	Jayne Barnetson	21 Jul 84
1.84	Ursula Fay	6 Aug 83
1.84	Thea Brown	11 Jun 23
1.83	Jo Jennings	26 Jul 85
1.83	Tracey Clarke	2 Aug 87
1.83	Aileen Wilson	8 Jul 00
1.82	Elaine Hickey	9 Aug 80 10
1.82	Kerry Roberts	16 Jul 83
1.82	Susan Jones	20 May 94
1.82	Vicki Hubbard	15 May 05
1.82 i	Kat. Johnson-Thompson	8 Mar 09
1.82	Niamh Emerson	29 Aug 15
1.81	Barbara Simmonds	22 Jul 78
1.81 i	Ada'ora Chigbo	8 Feb 15

**Pole Vault**

4.10	Lucy Bryan	9 Jul 11
4.10	Gemma Tutton	26 Jun 21
4.06	Molly Caudery	24 Jul 16
4.05	Katie Byres	1 Aug 10
4.00 i	Jade Ive	24 Feb 08
4.00	Isabella Turner	26 May 24
3.93 i	Sophie Ashurst	10 Mar 19
3.90	Hannah Olson	13 Jun 04
3.90	Ellie Gooding	5 Jul 13
3.90	Jade Spencer-Smith	20 May 18 10
3.83 i	Felicia Miloro	24 Sep 17
3.82	Natasha Purchas	28 Aug 17
3.82	Ava Hayes	10 Aug 25
3.81	Jasmine Carey	12 May 19
3.81 i	Isabel Thomas	25 Jan 20
3.80	Sophie Upton	16 Jun 07
3.80	Sally Scott	23 Jun 07
3.80	Abigail Roberts	22 Jun 13
3.80 i	Victoria Barlow	29 Jan 17

**Long Jump**

6.45	Margaret Cheetham	18 Aug 84
6.32	Georgina Oladapo	23 Jul 83
6.31	Kat. Johnson-Thompson	11 Jul 09
6.29	Holly Mills	16 Aug 15
6.27	Fiona May	14 Jun 86
6.26	Jo Wise	31 May 87
6.25	Sue Hearnshaw	9 Jul 77

6.24	Sarah Claxton	15 Jun 96	14.40	Susan King	17 May 81
6.23	Sue Scott	27 Jul 68	14.33	Adele Nicoll	14 Sep 13
6.22	Ann Wilson	18 Sep 66	10 14.20	Serena Vincent	16 Sep 18
6.22	Michelle Stone	28 Apr 84	14.04	Mary Anderson	6 May 84
6.19	Morgan Lake	18 Aug 12	14.03 i	Terri Salt	19 Mar 83
6.18	Sheila Parkin/Sherwood	4 Aug 62	13.94	Jenny Bloss	13 May 67
6.18	Chisom Nwafor	24 Apr 22	13.89 i	Alison Grey	11 Feb 89
6.15	Zainab Ceesay	20 Aug 00			10
6.14	Bev Kinch	26 Jul 80			
6.14	Jade Nimmo	24 Jun 07			
6.13	Sonya Henry	7 Jul 85			
6.13	Jade Johnson	28 May 95			
6.13 i	Simi Fajemisin	1 Mar 14	20		
<b>wind assisted</b>					
6.49	Margaret Cheetham	23 Sep 84			
6.47	Fiona May	28 Jun 86			
6.41	Sue Hearnshaw	9 Jul 77			
6.34	Sarah Claxton	12 Jul 96			
6.33	Sue Scott	27 Aug 68			
6.28	Bev Kinch	6 Sep 80			
6.24	Jade Johnson	28 May 95			
6.22	Chisom Nwafor	14 May 22			
<b>Triple Jump</b>					
12.95 i	Leila Newth	15 Feb 26			
12.88	Lily Hlland	30 Jun 18			
12.63 i	Libby White	13 Feb 22			
12.61	Naomi Ogbeta	31 Aug 14			
12.58	Jazz Sears	10 Jun 18			
12.58	Ellie O'Hara	22 Jun 19			
12.53 i	Olivia Schrimshaw	11 Feb 24			
12.37	Claudimira Landim	28 Aug 16			
12.36 i	Qi-Chi Ukpai	11 Feb 24			
12.35	Morgan Lake	8 Sep 13	10		
12.33	Melissa Booth	15 Jun 19			
12.32	Kerri Davidson	15 Sep 13			
12.26	Emily Gargan	13 Jun 15			
12.25	Jade Oni	27 Aug 17			
12.24	Hannah Frankson	18 Sep 05			
12.23	Naomi Reid/Phillips	22 Aug 10			
12.22	Amy Williams	6 Jul 13			
12.19	Rebekah Passley	17 Aug 03			
12.19	Eloise Harvey	19 Aug 17			
12.18	Mary Fasipe	21 Aug 11	20		
12.18	Iris Oliarnyk	14 Jul 18			
12.18	Jasmine Hlland	22 Jun 19			
<b>wind assisted</b>					
12.45	Naomi Reid/Phillips	17 Jul 10			
12.45	Morgan Lake	11 Aug 13			
12.40	Qi-Chi Ukpai	29 May 23			
12.39	Melissa Booth	1 Sep 19			
12.37	Kayley Alcorn	12 Aug 06			
12.33	Hanna Hewitson	12 Aug 06			
12.27	Rachel Brenton	21 Jul 01			
12.27	Rebekah Passley	19 Jul 03			
<b>Shot (4kg)</b>					
15.14	Sophie McKinna	22 Aug 10			
15.08	Justine Buttle	16 Aug 86			
14.87	Eden Francis	3 Sep 05			
<b>Shot (3kg)</b>					
16.87 i	Emilia Adese				7 Feb 26
16.84	Serena Vincent				7 Jul 18
16.09 i	Jasmine Nkoso				7 Feb 26
16.04	Issy Stamp				13 Jul 24
16.00	Adele Nicoll				1 Jun 13
15.83	Sarah Omoregie				19 Jun 16
15.77	Nana Gyedu				31 Aug 19
15.66	Alani Dumbuya				28 Sep 24
15.64	Rhea Southcott				26 Aug 17
15.59	Cleo Agyepong				22 Aug 21
15.58	Annabel Amadin				7 Sep 21
15.37	Divine Oladipo				20 Jun 15
15.33	Hannah Molyneaux				26 Aug 17
15.25	Meghan Porterfield				2 Jun 22
15.03	Ellie Bostock				15 Jul 23
15.01	Tony Buckingham				16 Aug 14
15.00	Gaia Osborne				25 Sep 16
14.99	Ellis Thomas				6 Jul 25
14.95	Amaya Scott				26 Jun 17
14.92	Paige Stevens				25 Sep 21
<b>Discus</b>					
51.69	Zara Obamakinwa				12 Sep 20
51.60	Emma Merry				27 Jun 90
49.56	Jane Aucott				3 Aug 85
49.36	Claire Smithson				10 Jul 99
49.25	Shadine Duquemin				9 Sep 11
48.88	Philippa Roles				13 Aug 94
48.84	Karen Pugh				7 Aug 82
47.58	Catherine Bradley				14 Jul 84
47.54	Lauren Keightley				12 Jul 95
47.50	Sarah Symonds				16 May 90
47.35	Sophie Mace				16 Aug 15
47.24	Amanda Barnes				3 Aug 85
47.04	Georgie Taylor				31 Aug 13
47.00	Eden Francis				4 Sep 05
46.76	Fiona Condon				6 Aug 77
46.55	Emma Carpenter				5 Sep 98
46.48	Isobel Griffin Morris				4 Sep 16
46.35	Adele Nicoll				17 Jun 12
46.34	Janette Picton				25 Mar 79
46.14	Heather Cabbage				17 Sep 17
<b>Hammer (4kg)</b>					
56.89	Kirsty Costello				24 Jul 19
56.08	Charlotte Payne				20 May 18
55.98	Kimberley Reed				10 Jun 11
55.44	Abbi Carter				8 Aug 10
54.87	Louisa James				26 Jun 10
54.56	Sophie Hitchon				26 Aug 07

<b>Hammer (3kg)</b>			4977	Anna Rowe	26 Jul 15
65.06	Katie Head	9 Jul 16	4969	Kaneesha Johnson	27 Jul 08
64.20	Kirsty Costello	7 Jun 19	<b>with 100mH (2'6")</b>		
63.89	Charlotte Payne	28 May 18	5750	Kat. Johnson-Thompson	11 Jul 09
63.40	Olivia Stevenson	14 May 16	5241	Jade Surman	16 Jul 05
63.23	Tara Simpson-Sullivan	10 Sep 17	5071	Debbie Marti	5 Jun 83
63.08	Katie Lambert	4 Sep 15	<b>IAAF U18 2013 (100H 2'6", SP 3kg, JT 500g)</b>		
62.44	Alice Howie	24 Mar 24	5725	Morgan Lake	4 Aug 13
60.53	Charlotte Williams	9 Apr 17	5384 A	Niamh Emerson	18 Jul 15
60.51	Anna Purchase	17 Jul 16	5361	Chisom Nwafor	29 May 22
60.30	Phoebe Baggott	26 Aug 18	<b>Heptathlon with 80mH, SP 4kg, JT 600g</b>		
59.63	Molly Walsh	25 Sep 16	5474	Morgan Lake	4 Aug 13
59.55	Rebecca Keating	27 Apr 13	5146	Kat. Johnson-Thompson	21 Sep 08
59.40	Sophie Robertson	18 Jun 25	5037	Michelle Stone	1 Jul 84
59.25	Myra Perkins	5 Jul 08	<b>with 80H 2'6", SP 3kg, JT 500g</b>		
59.09	Jade Williams	5 Jun 16	5460	Molly Mills	29 Jun 25
58.81	Lily Murray	25 Sep 21	5347	Eloise Hind	19 Sep 21
58.55	Angela McAuslan-Kelly	28 Aug 22	5324	Abigail Pawlett	4 Aug 19
58.22	Danielle Broom	18 Jun 16	5274	Thea Brown	17 Sep 23
58.02	Louisa James	28 Feb 10	5226	Jade O'Dowda	18 Sep 16
57.83	Bekki Roche	13 Jul 19	5215	Zoe Gregory	17 Sep 23
<b>Javelin 600g (1999 Model)</b>			5214 w	Emily Race	17 Sep 17
51.28	Freya Jones	30 May 10	5149		17 Sep 17
49.83	Hayley Thomas	24 May 03	5213	Eden Robinson	17 Sep 23
48.77	Emma Hampllett	13 Sep 14	5140	Anna Nicole Rowe	21 Sep 14
47.72	Izzy Jeffs	30 Aug 08	5127	Jessica Hopkins	16 Sep 18
47.52	Laura McDonald	7 Aug 10	5123 w	Pippa Earley	17 Sep 17
<b>Javelin 600g (pre 1999 Model)</b>			5102		17 Sep 17
56.02	Mandy Liverton	11 Jun 89	5114 W	Olivia Dobson	17 Sep 17
53.42	Karen Hough	15 Jul 84	5103	Jodie Smith	16 Sep 18
53.22	Kirsty Morrison	15 Aug 92	5065	Emily Bee	16 Sep 18
<b>Javelin 500g</b>			5052	Ava John	25 Jun 23
57.14	Emma Hampllett	1 Jun 14	5051	Holly McArthur	3 Jul 16
52.91	Bethany Moule	8 Apr 18	5047	Mia Chantree	16 Sep 18
52.49	Ayesha Jones	9 Aug 23	5042	Isabelle Mardle	26 Jun 22
52.28	Harriet Court	30 Mar 24	<b>Pentathlon Short Track (60H,HJ,SP,LJ,800)</b>		
51.50	Harriet Wheeler	9 Aug 23	Snr Implements		
50.64	Bethan Rees	24 Jul 16	4092	Katarina Thompson	8 Mar 09
50.39	Keira Waddell	31 Aug 18	3965	Morgan Lake	6 Jan 13
50.35	Kirsty Costello	12 May 19	3815	Jade Surman	13 Feb 05
50.34	Emma Howe	1 Sep 17	3678	Niamh Emerson	24 Jan 15
50.28	Lucy Bull	7 Sep 25	3677	Abigail Pawlett	5 Jan 19
49.74	Jessica Howells	12 Jul 24	3654	Jessica Ennis	24 Feb 02
48.56	Dulcie Yelling	30 Jun 23	<b>Pentathlon Short Track (SP,LJ,60H,60,HJ)</b>		
48.07	Elizabeth Korczak	21 Jul 18	3758	Sarah Claxton	21 Jan 96
47.70	Laurie Dawkins	12 Sep 15	<b>Pentathlon Short Track (60H,HJ,SP(3k),LJ,800)</b>		
47.47	Harriette Mortlock	12 Jul 19	4036	Abigail Pawlett	9 Mar 19
47.01	Paula Holguin	16 Jul 16	3952	Pippa Earley	11 Mar 17
46.91	Molly Mills	29 Jun 25	3877	Kate O'Connor (IRL)	23 Jan 16
46.55	Eva Durand	30 Aug 20	3874	Anna McCauley	10 Dec 16
46.53	Elise Christian	2 Jun 24	3865	Ella Rush	14 Mar 20
46.51	Ellie Vernon	13 May 17	3859	Thea Brown	26 Nov 22
<b>Heptathlon (1984 Tables) Senior</b>			3846	Ada'ora Chigbo	13 Dec 14
5481	Kat. Johnson-Thompson	14 Jun 09	3788	Jessica Hopkins	10 Nov 17
5251	Jade Surman	29 May 05	3693	Grace Bower	12 Dec 15
5208	Michelle Stone	30 Sep 84	3689	Leila Newth	6 Dec 15
5194	Jessica Ennis	4 Aug 02			
5184	Claire Phythian	20 Aug 89			

<b>3000 Metres Track Walk</b>			O.Okoli, T.Salami, E.Grove, C.Webster-Tape
13:50.52	Rebecca Mersh	31 May 04	46.11 England Schools 16 Jul 22
14:04.1	Susan Ashforth	19 May 85	46.14 England Schools 15 Jul 06
14:05.8	Tasha Webster	31 May 12	R.Wilson, J.Rowe, C.Monye, A.Nelson
14:09.81	Amy Hales	19 Sep 98	46.14 Scotland Schools 20 Jul 24
14:20.70	Sophie Hales	15 Sep 01	S.Thomas, K.Aremu, T.Okonkwo, E.Clark
14:21.0	Julie Drake	25 Jun 85	46.18 England Schools 25 Sep 21
14:21.90	Katie Stones	15 Sep 01	T.Taylor, E.Maughan, F.Akinbileje, E.Quaye
14:24.6	Becky Tisshaw	19 Jul 97	46.24 GBR Juniors 14 Aug 82 10
14:26.4	Sarah Sowerby	29 Oct 80	E.Kessebeh, G.Oladapo, N.Byer, L.Goreeph
14:27.08	Sophie Lewis Ward	19 Jul 14 10	
<b>3000 Metres Walk Short Track</b>			<b>4 x 200 Metres Relay</b>
14:01.67	Rebecca Mersh	29 Feb 04	1:40.55 i England Schools 27 Feb 94
14:17.96	Katie Ford	28 Feb 98	<b>4 x 300 Metres Relay</b>
14:21.93	Sophie Lewis Ward	15 Feb 15	2:36.54 England Schools 19 Jul 25
14:26.43	Ana Garcia	12 Feb 17	H.Ryan, N.Chodokufa, B.Musa, L.Bertacchini
14:37.22	Jennifer Gagg	29 Feb 04	2:36.77 South of England Sch 1 Sep 17
14:38.18	Sophie Hales	3 Mar 01	S.Wicks, L.Evans, C.Russell, A.Anning
14:39.24	Sarah Bennett	2 Mar 96	2:37.57 England Schools 25 Sep 21
14:44.35	Amy Hales	28 Feb 98	J.Astill, A.Sibley, S.Okoro, E.Sisson
14:51.86	Becky Tisshaw	1 Mar 97	2:37.66 England Schools 20 Jul 13
14:55.95	Sarah Foster	29 Feb 04 10	2:37.91 England Schools 15 Jul 23
<b>5000 Metres Track Walk</b>			A.Wilson, M.Walker, K.Dacosta, N.Le'Gall
23:55.27	Susan Ashforth	25 May 85	2:38.36 England Schools 16 Jul 22
24:06.6	Rebecca Mersh	23 Apr 05	2:38.51 Scotland Schools 25 Sep 21
24:22.3	Vicky Lawrence	21 Jun 86	R.Grieve, S.Vidak, K.Johnson, M.Murdoch
24:34.6	Tracy Devlin	17 Sep 89	2:38.83 England Schools 21 Jul 12
24:45.4	Karen Eden	9 Jul 78	S.Richards, C.Hylton, A.Hillyard, L.Bleaken
24:56.34	Jenny Gagg	15 Aug 04	2:39.15 England Schools 21 Jul 18
24:57.5	Angela Hoddd	24 Jun 86	2:39.35 Welsh Schools 20 Jul 24 10
25:11.46	Nicola Phillips	21 Aug 99	A.Afolabi, C.Farmer, D.Coslett, A.Shepperd
25:13.8	Carla Jarvis	2 Jun 91	<b>4 x 400 Metres Relay</b>
25:15.3	Vicky Lupton	3 Sep 88 10	3:43.79 GBR Juniors 22 Aug 87
<b>5k Road - where superior to track time</b>			J.Reynolds, L.Fraser, J.Abraham, J.Heathcote
23:57	Sarah Brown	6 Dec 80	3:45.89 GBR Juniors 28 Jun 86
24:17	Sophie Lewis Ward	11 Apr 15	T.Goddard, J.Heathcote, A.Salter, S.Davenport
24:20	Karen Eden	3 Dec 78	3:46.1 GBR Juniors 5 Jul 80
24:27	Jenny Gagg	6 Mar 04	C.Wells, L.Baker, A.Bridgeman, L.Keough
24:34	Ana Garcia	8 Apr 17	3:50.3 England Schools 20 Jul 85
<b>10000 Metres Track Walk</b>			S.Davenport, H.Saunders, L.Robinson, L.Lamb
51:00.0	Karen Nipper	21 Feb 81	3:50.63 England Juniors 16 Aug 86 ??
53:13.8	Rebecca Mersh	14 Oct 03	<b>3 x 800 Metres Relay</b>
<b>10k Road - where superior to track time</b>			6:46.5 Haslemere Border AC 15 Sep 79
50:45	Rebecca Mersh	6 Mar 04	L.Bicknell, A.Wilkins, R.Disley
51:49	Katie Stones	14 Sep 02	6:46.5 Bromley LAC 1 Jul 84
<b>4 x 100 Metres Relay</b>			A.Bedford, J.Hewitt, S.Burtonwood
45.91	Scotland	19 May 24	<b>4 x 800 Metres Relay</b>
T.Okonkwo, S.Thomas, E.Clark, K.Aremu			8:53.1 Havering AC 24 May 80
45.98	North of England Sch	1 Sep 17	S.Baxter, G.Oughton, C.Wells, P.Peterson
H.Kelly, A.Carter, T.Peruzza-Powell, A.Hunt			<b>1600 Metres Medley Relay</b>
45.98	England Schools	15 Jul 23	4:12.9 Southend-on-Sea AC 14 Jul 09
E.Lucas, C.Downey, O.Moneke, O.Akande			
45.99	England Schools	20 May 94	
N.Danvers, L.Owusu, R.Drummond, T.Nelson			
46.10	Surrey Schools	8 Jul 16	

**UNDER 15****60 Metres**

7.35	Katharine Merry	18 Mar 89
7.45mx	Jodie Williams	2 Feb 08
7.54		23 Feb 08
7.47	Honor Oteng	7 Feb 26
7.47	Araya Williams	7 Feb 26
7.51	Nell Desir	12 Feb 22
7.51	Grace Gode	7 Feb 26
7.53	Annabelle Fasuba	8 Feb 25
7.55mx	Niah Akintokun	21 Dec 19
7.59		26 Jan 20
7.55	Aliyah Afolabi	10 Feb 24
7.58	Celine Obinna-Alo	10 Feb 24
7.61	Jane Parry	27 Jan 79
7.62	Trezequet Taylor	23 Feb 19
7.62	Nia Wedderburn-Goodison	23 Feb 19

**hand timing**

7.5	Janis Walsh	23 Mar 74
7.5	Joanne Gardner	19 Mar 77
7.6	Gillian Spurgin/Hackney	21 Nov 70
7.6	Simmons Jacobs	21 Mar 81

**100 Metres**

11.51	Annabelle Fasuba	30 Aug 25
11.56	Jodie Williams	9 Aug 08
11.58	Ashleigh Nelson	9 Jul 05
11.67	Katharine Merry	13 May 89
11.77	Nell Desir	13 Aug 22
11.79	Joey Duck	24 May 03
11.79	Honor Oteng	30 Aug 25
11.83	Asha Phillip	9 Jul 05
11.84	Nia Wedderburn-Goodison	12 May 19
11.85	Araya Williams	9 Aug 25
11.86	Hayley Clements	2 Jul 83
11.86	Trezequet Taylor	12 Jul 19
11.88	Aliyah Afolabi	10 Aug 24
11.89	Joanne Gardner	20 Aug 77
11.89	Shaunna Thompson	5 Aug 06
11.95	Tatum Nelson	7 Aug 93
11.95	Ann Oerlemans	24 Jul 21
11.96	Amy Hunt	8 Jul 16
11.97	Success Eduan	7 Sep 19
11.97	Shivelle Marshall	27 Jul 24

**false start (athlete ran 100 metres)**

11.85	Maya Bruney	18 Aug 12
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**wind assisted**

11.47	Katharine Merry	17 Jun 89
11.66	Nell Desir	30 Jul 22
11.67	Tatum Nelson	10 Jul 93
11.67mx	Nia Wedderburn-Goodison	29 Jun 19
11.78	Jane Parry	8 Aug 78
11.78	Araya Williams	7 Jun 25
11.78	Celine Obinna-Alo	12 May 24
11.81	Hannah Brier	2 Jun 12
11.82	Maya Bruney	18 Aug 12
11.89	Amy Hunt	5 Jun 16

**hand timing**

11.7	Araya Williams	13 Sep 25
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11.8	Janis Walsh	7 Jul 74
11.8	Joanne Gardner	2 Jul 77

**hand timing - wind assisted**

11.7	Diane Smith	30 Jul 89
11.8	Sonia Lannaman	30 May 70
11.8	Debbie Bunn (U13)	28 Jun 75
11.8	Delmena Doyley	6 Jul 79

**200 Metres**

23.72	Katharine Merry	17 Jun 89
23.72	Annabelle Fasuba	12 Jul 25
23.90	Diane Smith	3 Sep 89
24.05	Jane Parry	16 Jul 78
24.06	Joey Duck	12 Jul 03
24.06	Aliyah Afolabi	16 Jun 24
24.14	Jodie Williams	19 Apr 08
24.18	Desiree Henry	6 Sep 09
24.22	Ashleigh Nelson	4 Sep 05
24.23	Shaunna Thompson	9 Jul 05
24.23	Araya Williams	10 Aug 25
24.25	Emma Clark	13 Aug 23
24.31	Amy Spencer	8 Jul 00
24.31	Success Eduan	1 Sep 19
24.36	Chinedu Monye	5 Sep 04
24.36	Alicia Regis	28 Aug 16
24.39	Hayley Clements	3 Jul 83
24.41	Honor Oteng	10 Aug 25
24.42	Vicki Shier	12 Jul 03

**wind assisted**

23.54	Katharine Merry	30 Jul 89
23.71	Success Eduan	1 Sep 19
23.99	Sarah Wilhelmy	9 Jul 94
24.00	Nia Wedderburn-Goodison	1 Sep 19
24.09	Charlotte McLennaghan	6 Jul 12
24.14	Araya Williams	7 Jun 25
24.24	Amy Spencer	8 Jul 00
24.25	Vernicha James	11 Jul 98
24.30	Nell Desir	11 Jun 22

**hand timing**

23.8	Janis Walsh	23 Jun 74
24.1	Sonia Lannaman	29 Aug 70

**hand timing - wind assisted**

23.6	Jane Parry (U13)	9 Jul 77
23.8	Diane Smith	9 Sep 89

**200 Metres Short Track**

24.13	Aliyah Afolabi	11 Feb 24
24.22	Honor Oteng	8 Feb 26
24.38	Success Eduan	3 Feb 19
24.39	Nell Desir	13 Feb 22
24.62	Whitney Ofor	11 Feb 24
24.68	Niah Akintokun	23 Feb 20
24.75	Vernicha James	1 Feb 98
24.81	Nicola Gossman	24 Feb 01
24.81	Emily Cadman	12 Feb 23
24.85	Yasmin Miller	15 Feb 09
24.85	Hannah Brier	26 Feb 12

**300 Metres**

38.61	Isla Perry	12 Jul 25
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38.73	Amber Anning	30 Aug 15	2:12.25	Maya Schofield	4 Feb 24
39.11	Lily-Rose Brown	14 Aug 22	2:12.52	Emma Shipley	24 Feb 19
39.16mx	Dina Asher-Smith	4 Aug 09	2:12.59	Ruby Simpson	24 Feb 19
39.20	Jeslyn Agyei-Kyem	14 Jul 18	2:12.71	Chelsea Nugent	26 Feb 12
39.24	Matilda Bean	12 Jul 25	2:12.79	Lynsey Sharp	29 Feb 04
39.27	Sereniti Rankin	12 Jul 25	2:12.85	Molly Canham	17 Feb 16 10
39.37	Shiloh Omotosho	30 Jun 23			
39.38	Nandy Kihuyu	1 Sep 19	<b>1500 Metres</b>		
39.50	Bisan Musa	12 Jul 24 10	4:21.03mx	Jessica Judd	15 Jul 09
39.56	Alexa Divers	12 Jul 25	4:23.02		24 May 09
39.63	Emilia Rock	13 Jul 19	4:23.45	Isabel Linaker	7 Jul 90
39.64	Aliyah Afolabi	11 May 24	4:23.72mx	Katy-Ann McDonald	2 Jul 14
39.65	Sophie Wallwork	11 May 19	4:23.96mx	Kara Gorman	23 Jul 25
39.67	Capree Cooper	10 Aug 25	4:24.62	Sabrina Sinha	6 Jul 13
39.69	Poppy Malik	14 Jul 18	4:24.95	Emelia Gorecka	5 May 08
39.7	Hannah Brier	24 Jun 12	4:25.20	Gabrielle Pinder	8 Aug 25
39.71	Callia Downey	11 Jul 21	4:25.5	Tilly Simpson	13 Sep 15
39.76	Ashley Nemits	14 Jul 18	4:25.75mx	Shaikira King	3 Aug 22
39.76	Lauren Fowler	12 Jul 25 20	4:26.01		9 Jul 22
			4:25.83mx	Jorjia March	29 May 24 10
<b>300 Metres Short Track</b>			4:26.06	Sarah Hopkinson	11 Jun 05
39.74	Emilia Rock	24 Feb 19	4:26.12mx	Olivia Forrest	23 Aug 23
40.06	Isabella Davies	4 Dec 22	4:26.3	Beatrice Wood	3 Jun 18
40.11	Honor Oteng	21 Dec 25	4:26.40mx	Olivia Mason	7 Sep 16
40.18	Holly Ryan	11 Feb 24	4:26.44	Poppy Guest	8 Aug 25
40.24	Shiloh Omotosho	11 Feb 23	4:26.73	Summer Smith	14 Jun 25
40.24	Imogen King	8 Feb 25	4:26.75	Libby Hale	24 Jun 23
40.31	Alexa Divers	8 Feb 25	4:27.23	Emer McKee	3 Jun 23
40.32	Amber Anning	10 Jan 15	4:27.33	Heidi Woodley	14 Jun 25
40.65	Rebecca Grieve	24 Feb 19	4:27.56mx	Isabella Buchanan	28 May 25 20
40.71	Emily Cadman	19 Mar 23			
			<b>1500 Metres Short Track</b>		
<b>400 Metres</b>			4:30.49	Madison Kindler	8 Feb 26
56.4	Katie Snowden	21 Jun 08	4:30.57	Lois MacRae	18 Feb 23
<b>800 Metres</b>			4:32.4mx	Tilly Simpson	21 Dec 14
2:06.22	Tilly Simpson	11 Jul 15	4:33.20	Libby Hale	28 Jan 23
2:06.47	Katy-Ann McDonald	20 Aug 14	4:33.60	Emer McKee	12 Mar 23
2:06.5	Rachel Hughes	19 Jul 82	4:35.11	Sarah Hopkinson	2 Jan 05
2:07.26mx	Jessica Judd	1 Jul 09	4:36.0	Rachel Hughes	20 Mar 82
2:07.84	Molly Canham	28 May 16	4:36.41	Eilidh Dallas	18 Feb 23
2:08.21mx	Saskia Millard	28 Jun 14	4:36.81	Katie Johnson	6 Feb 19
2:08.30	Lois MacRae	5 Sep 23	4:36.99	Lily Evans-Haggerty	12 Feb 17 10
2:08.56	Jorjia March	21 Aug 24			
2:08.7	Emma Langston	12 Jul 86	<b>1 Mile</b>		
2:08.72mx	Khahisa Mhlanga	10 Sep 14 10	4:46.87	Emelia Gorecka	28 Jun 08
2:08.75	Bobby Clay	21 Aug 11	4:47.93	Gabrielle Pinder	24 Aug 25
2:08.77	Ella Greenway	12 May 19	4:48.11mx	Isabella Buchanan	25 Aug 25
2:08.77	Ella Greenway	12 May 19	4:49.14	Jorjia March	29 Jun 24
2:08.81	Georgia Bell	19 Jul 08			
2:09.12mx	Phoebe Gill	11 Aug 21	<b>3000 Metres</b>		
2:09.29	Shaikira King	15 Jun 22	9:22.80mx	Emelia Gorecka	13 Aug 08
2:09.30	Alex Shaw	30 Aug 15	9:25.61mx	Agnes McTighe	15 Aug 15
2:09.52	Grace Tuesday	21 Jun 22	9:28.56mx	Summer Smith	28 May 25
2:09.58	Sally Ludlam	8 Jun 75	9:28.74+	Emily Pidgeon	14 Jun 22
2:09.6	Isabel Linaker	1 Aug 90	9:31.54mx	Gabrielle Pinder	28 May 25
2:09.63	Katie Johnson	1 Sep 19 20	9:32.47	Olivia Forrest	26 Aug 23
			9:33.36	Jessica Judd	21 Jun 09
<b>800 Metres Short Track</b>			9:34.88mx	Kara Gorman	28 May 25
2:09.11	Tilly Simpson	28 Feb 15	9:35.73	Emer McKee	26 Aug 23
2:09.49	Capree Cooper	8 Feb 26	9:36.72mx	Katherine Shiel-Rankin	27 Jun 12 10
2:10.15	Jorjia March	11 Feb 24			
2:10.90	Katie Johnson	24 Feb 19	<b>60 Metres Hurdles (76.2cm)</b>		
			8.75	Shirin Irving	15 Jan 11



11.39	Emily Jarad	9 Sep 15	54.67	Alice Howie	27 Aug 22	10
<b>wind assisted</b>			54.59	Lucy Koenigsberger	27 Aug 16	
11.63	Qi-Chi Ukpai	14 Aug 22	54.26	Olivia Stevenson	27 Sep 14	
11.58	Isabella Amartey	14 Aug 22	54.26	Bekki Roche	10 Sep 17	
11.57	Emily Gargan	17 Aug 13	54.00	Jade Williams	15 Jul 15	
<b>Shot (4kg)</b>			53.16	Cassidy Crowe	28 Sep 25	
12.76	Adele Nicoll	16 Jul 11	53.14	Lara Moffat	25 Aug 18	
<b>Shot (3.25kg)</b>			52.86	Gypsy Nash	18 Aug 19	
14.38	Sophie Merritt	16 Sep 12	52.74	Stephanie Howe	24 Aug 13	
14.27	Susan King	19 May 79	<b>Javelin 600g (1999 Model)</b>			
14.23	Adele Nicoll	27 Aug 11	44.23	Freya Jones	12 Jul 08	
13.98	Morgan Lake	26 Jun 11	43.13	Laura McDonald	11 Jul 09	
13.88 i	Chloe Edwards	21 Apr 01	<b>Javelin (pre 1999 Model)</b>			
13.79	Eden Francis	14 Sep 03	48.40	Mandy Liverton	31 Aug 87	
13.77	Liz Millward	6 Sep 03	<b>Javelin 500g</b>			
13.69	Gloria Achille	21 Jun 80	48.84	Bethany Moule	16 Jul 16	
<b>Shot (3kg)</b>			47.56	Bethan Rees	13 Sep 14	
14.59	Bekki Roche	10 Jun 17	46.98	Lucy Bull	29 Sep 24	
14.36	Omolola Kuponiyi	2 Sep 18	46.55	Hannah Lewington	30 Aug 20	
14.34	Hannah Molyneaux	16 Aug 15	46.51	Ayesha Jones	5 Sep 21	
14.33	Nana Gyedu	14 Aug 17	46.27	Elise Christian	14 May 23	
14.08	Adanna Udechuku	11 Jul 25	45.97	Mila Desborough	20 Jul 25	
14.00	Meghan Porterfield	13 Sep 20	45.36	Dulcie Yelling	22 Aug 21	
13.84	Jasmine Nkoso	12 Jul 24	44.81	Rebekah Walton	30 Aug 14	
13.81	Monica Malagala	5 May 24	44.64	Harriette Mortlock	2 Sep 18	10
13.78 i	Lily Carlaw	23 Feb 19	44.57	Harriet Wheeler	27 Aug 22	
13.77	Serena Vincent	25 Sep 16	44.38	Kate O'Connor	18 Jul 15	
13.69	Eloise Locke	30 Aug 15	43.90	Charlotte Pabari	21 Jul 24	
<b>Discus</b>			43.70	Kirsty Costello	26 Aug 17	
44.12	Philippa Roles	30 Aug 92	43.62	Elizabeth Korczak	26 Aug 17	
43.42	Nubia Evans-Shields	21 Aug 21	43.44	Eloise Locke	16 Aug 15	
42.11	Bethany Pendlebury	6 May 24	43.30	Jessica Lewis	14 Jul 18	
42.06	Sophie Mace	7 Aug 13	43.07	Emma Howe	13 Jun 15	
41.92	Catherine Garden	12 Sep 93	<b>Hexathlon</b>			
41.21	Zara Obamakinwa	11 Aug 18	4097	Dionne Maguinness	9 Aug 25	
41.06	Katie Wickman	18 Sep 05	4018	Erin Lobley	4 Aug 19	
40.92	Sandra McDonald	24 Jun 78	<b>Pentathlon (with 800m &amp; 75mH) + with 3kg SP</b>			
40.84	Natalie Kerr	24 Jul 94	3755	Morgan Lake	30 Jul 11	
40.54	Claire Smithson	25 May 97	3626	Katarina Thompson	16 Sep 07	
40.51	Sophie Merritt	26 Aug 12	3532	Kierra Barker	1 Jul 12	
40.44	Catherine Bradley	12 Sep 82	3530 +	Dionne Maguinness	9 Aug 25	
40.36	Shadine Duquemin	12 Sep 09	3518	Katharine Merry	18 Sep 88	
40.34	Natalie Hart	23 Mar 86	3509	Aileen Wilson	20 Sep 98	
40.22	Emma Merry	27 Aug 88	3472 +	Erin Lobley	23 Jun 19	
40.18	Kelly Mellis	17 Sep 94	3467	Jade Surman	21 Sep 03	
<b>Hammer (4kg)</b>			3467	Jazmin Sawyers	21 Sep 08	
47.61	Abbi Carter	18 May 08	3462 w+	Rhea Southcott	28 Jun 15	10
<b>Hammer (3kg)</b>			3342 +		20 Sep 15	
58.04	Sophie Robertson	28 Sep 24	3462 +	Pippa Earley	20 Sep 15	
58.01	Phoebe Baggott	9 Jul 16	3447	Anna Rowe	22 Sep 13	
57.83	Kirsty Costello	5 Aug 17	3442 +	Jasmine Nkoso	23 Jn 24	
57.74	Tara Simpson-Sullivan	9 Aug 15	3438 +	Isabelle Mardle	19 Sep 21	
57.10	Charlotte Williams	24 Sep 16	3407 +	Thea Brown	19 Sep 21	
56.89	Katie Head	17 Aug 14	3383 +	Arabella Wilson	27 Jun 21	
56.84	Lily Murray	10 Aug 19	<b>with 80mH</b>			
55.41	Charlotte Payne	21 Aug 16	3512	Kate O'Connor	27 Jun 15	
55.37	Abbi Carter	6 Sep 08	3444	Jane Shepherd	16 Jul 83	

**Pentathlon Short Track****(60H,HJ,SP(3.25k),LJ,800)**

3749	Morgan Lake	6 Feb 11
3552	Nikita Campbell-Smith	5 Dec 09
3383	Jazmin Sawyers	9 Mar 08
3361	Holly McArthur	9 Mar 14
3351	Katarina Thompson	17 Mar 07
3334	Shirin Irving	6 Feb 11

**Pentathlon Short Track (60H,HJ,SP(3k),LJ,800)**

3649	Lucy-Jane Matthews	12 Mar 17
3518	Erin Lobley	10 Mar 19
3433	Dionne Maguinness	9 Feb 25
3411	Rhea Southcott	15 Mar 15
3397	Jasmine Jolly	13 Mar 16
3353	Kate O'Connor	13 Dec 14
3346	Ella Rush	11 Mar 18
3342	Jasmine Nkoso	10 Mar 24
3341	Abigail Pawlett	12 Mar 17
3328	Milly Gall	12 Mar 17

**Pentathlon Short Track (60H,HJ,LJ,SP,60)**

3238	Charlotte Jones	16 Mar 14
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**2000 Metres Track Walk**

9:20.3	Ana Garcia (U13)	19 Sep 13
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**2500 Metres Track Walk**

11:50.0	Susan Ashforth	12 Sep 84
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**3000 Metres Track Walk**

14:17.3	Rebecca Mersh	10 May 03
14:34.2	Ana Garcia	13 Sep 15
14:56.4	Sarah Bennett	26 Sep 93
15:00.0	Susan Ashforth	19 Jun 84
15:00.6	Sally Wish	16 Sep 72
15:03.7	Heather Butcher	24 Mar 12
15:06.69	Kelly Mann	30 May 98
15:10.06	Sophie Lewis Ward	21 Sep 13
15:10.28	Jenny Gagg	21 Sep 02
15:12.7	Sarah Foster	20 Sep 03 10

**3k Road - where superior to track time**

14:47	Amy Hales	23 Jun 96
14:48	Nikola Ellis	16 Sep 84
14:55	Lisa Langford/Kehler	6 Dec 80
14:58	Carolyn Brown	19 Aug 87
14:59	Julie Snead	16 Sep 84
15:07	Stephanie Cooper	10 Dec 83
15:07	Kathryn Granger	23 Apr 05
15:09	Angela Hodd	29 Jul 84
15:09	Lauren Whelan	28 Jan 07

**3000 Metres Walk Short Track**

16:16.63	Natalie Myers	10 Dec 05
16:31.68	Kathryn Granger	13 Dec 03

**5000 Metres Track Walk**

24:58.8	Ana Garcia	10 May 14
25:41.9	Rebecca Mersh	27 Sep 03
26:10.8	Sarah Foster	27 Sep 03
26:52.0	Nina Howley	14 Sep 92

**5k Road - where superior to track time**

24:01	Ana Garcia	2 May 14
26:20	Tracy Devlin	14 Feb 87
26:37	Vicky Morgan	9 Dec 06

**4 x 100 Metres Relay**

46.48	Middlesex Schools	13 Jul 19
	... N.Wedderburn-Goodison	
47.08	Devon Schools	21 Jun 25
47.16	Essex Schools	11 Jul 25
47.37	Surrey Schools	7 Jul 12
	I.Lansiquot, M.Bruney, A.Clarke, J.Crawford	
47.56	Gtr Manchester Sch	12 Jul 19
47.61	Croydon Harriers	22 Jul 16
	Z.Dake, M.Sey, K.Bowley, T.Bryan	
47.69	Gtr Manchester Sch	13 Jul 19
47.78	Gtr Manchester Sch	14 Jul 18
47.86	Croydon Harriers	20 Jul 24
47.87	Surrey Schools	13 Jul 19 10

**4 x 200 Metres Relay**

1:43.91	South Yorkshire AA	14 Sep 19
	F.Paddon, A.Abberley, N.Kikuyu, A.Jones	
1:44.0	Bristol AC	15 Sep 79
	K.Hall, S.White, K.Hurman, D.Tucker	

**4 x 300 Metres Relay**

2:46.67	Preston Harriers	17 Aug 25
	J.McMaster, D.Alt, L.Melling, I.King	
2:48.29	Blackheath & Bromley	31 Aug 24
	K.Bryan, A.Jenner-Heard, F.Pearson, S.Tran	
2:48.3	Preston Harriers	1 Jun 25
	J.McMaster, D.Alt, L.Melling, I.King	
2:49.0	Preston Harriers	20 Jul 25
	J.McMaster, D.Alt, L.Melling, I.King	
2:49.13	Blackheath & Bromley	15 Jul 17
	Z.Mossi, D.Harper, S.Osahon, H.Mpassy	
2:49.40	Central AC	3 Jul 16
	A.Davison, S.McLay, K.Sharkey, E.Mailer	
2:49.67	Winchester & D AC	8 Jul 23
	I.Jordan, G.Osman, L.Flute, C.Poore	
2:49.67	Preston Harriers	25 Aug 24
	J.McMaster, D.Alt, E.Whiteside, L.Melling	
2:50.24	Coventry Godiva H	25 Aug 24
	A.Bourton, E.Davies, I.Beasley, N.Bennett	
2:50.38	Rugby & Northampton	31 Aug 24 10
	C.Terrell, I.Kendall, M.Bean, M.Taylor	

**4 x 400 Metres Relay**

4:07.48	West Cheshire AC	14 Aug 19
	L.Battersby, M.Willetts, F.Bojang, I.Pughe	

**3 x 800 Metres Relay**

6:39.8	Havering AC	13 Sep 78
	G.Oughton, S.Baxter, C.Wells	

**4 x 800 Metres Relay**

9:21.4	Sale Harriers	5 Aug 78
	L.Goulbourne, P.Mattheson, S.Stevens, B.Fox	
9:22.0	Havering AC	23 Jul 77
	D.Buckle, J.Rayment, S.Baxter, C.Wells	

**UNDER 13****60 Metres**

7.8 i	Debbie Bunn	22 Mar 75
7.83 i	Nell Desir	22 Feb 20
7.85	Sienna Joseph-Edwards	30 Aug 25
7.88 i	Michelle Thompson	22 Mar 25
7.89 i	Honor Oteng	10 Feb 24
7.9 i	Jane Parry	21 Feb 76

**75 Metres**

9.52	Grace Gode	21 Jul 24
9.54	Hannah Brier	1 Aug 10
9.65	Success Eduan	1 May 17
9.67	Yasmin Miller	27 Aug 07
9.67	Tyra Khambai-Annan	18 Jun 17
9.70	Trezeguet Taylor	29 May 17
9.71	Charlotte McLennaghan	1 Aug 10
9.75	Sasha Nolan	19 May 24
9.78	Kitan Eleyae	16 May 04
9.78	Aliyah Afolabi	8 May 22 10

**wind assisted**

9.54	Nell Desir	29 Aug 20
9.59	Aliyah Afolabi	30 Jul 22

**hand timing**

9.5	Lukesha Morris	13 Apr 08
9.5	Kenisha Allen	31 May 09
9.5	Hannah Brier	18 Jul 10
9.5	Lily Thurbon-Smith	17 Jun 18
9.6	Nana Owusuah Quainoo	11 Aug 19

**100 Metres**

11.92	Jane Parry	20 Aug 77
12.18	Honor Oteng	23 Jun 24
12.21	Trezeguet Taylor	26 Aug 17
12.29	Michelle Thompson	18 May 25
12.32	Katharine Merry	24 Jul 87

**wind assisted**

12.07 mx	Nell Desir	19 Sep 20
12.20w		23 Aug 20

**hand timing**

12.1	Katharine Merry	26 Sep 87
12.3	Joanne Gardner	24 Aug 75
12.3	Debbie Bunn	30 Aug 75
12.3	Omolola Ogunnowo	31 Aug 13
12.4	Lorraine Broxup	13 Jun 76
12.4	Sarah Claxton	31 Aug 92
12.4	Yasmin Miller	20 Jun 07

**hand timing - wind assisted**

11.8	Debbie Bunn	28 Jun 75
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**150 Metres**

18.80	Hannah Brier	1 Aug 10
18.81	Success Eduan	29 May 17
18.90	Grace Gode	21 Jul 24
18.97	Aliyah Afolabi	30 Jul 22
19.00	Esme Lee	29 Jun 25
19.12	Trezeguet Taylor	29 May 17
19.18	Alexis Brown	5 Jun 24
19.19	Uzoma Nwachukwu	2 Sep 07
19.28	Dina Asher-Smith	7 Sep 08

19.28	Tyla Beckles	5 Sep 10 10
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**wind assisted**

18.97	Nell Desir	20 Jul 19
19.03st	Jayda Regis	17 May 14
19.09	Kale'a Martin	20 Jul 19

**hand timing**

18.7	Alicia Regis	19 Jul 14
19.0	Uzoma Nwachukwu	3 Jun 07
19.0	Omolola Ogunnowo	4 May 13
19.0	Ore Adamson	19 Jul 14
19.0	Lily Thurbon-Smith	17 Jun 18

**200 Metres**

24.49	Jane Parry	20 Aug 77
25.00	Honor Oteng	10 Aug 24
25.53	Alissa Jones-Aryeh	10 Aug 24
25.58	Aliyah Afolabi	30 Apr 22
25.60	Casielle Murray	29 Jul 23
25.70	Michelle Thompson	21 Apr 25
25.71	Renee Regis	11 Aug 18
25.83	Ayomide Cole	27 Aug 17
25.87	Amy Spencer	2 Aug 98
25.88	Myra McShannon	4 Sep 88 10

**hand timing**

24.2	Jane Parry	28 May 77
25.3	Emma Ania	28 Jun 92
25.4	Katharine Merry	21 Jun 87
25.4	Myra McShannon	8 May 88
25.6	Debbie Bunn	5 Jul 75
25.6	Joanne Gardner	24 Aug 75
25.6	Jane Riley	30 Jun 85

**wind assisted**

23.6	Jane Parry	9 Jul 77
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**200 Metres Short Track**

25.56	Aliyah Afolabi	13 Feb 22
25.75	Nell Desir	23 Feb 20
25.85	Michelle Thompson	22 Mar 25
25.90	Rebecca White	12 Mar 00

**600 Metres**

1:34.39	Sienna Lavine	2 Jul 25
1:37.3	Lisa Lanini	19 Mar 00
1:37.5	Hannah Wood	17 Jul 94
1:37.5	Kara Bryan	18 Jun 23

**600 Metres Short Track**

1:35.98	Sienna Lavine	23 Nov 24
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**800 Metres**

2:10.47mx	Sienna Lavine	17 Aug 25
2:13.87	Ruby Simpson	20 Aug 17
2:14.17	Molly Canham	29 Jul 14
2:14.19mx	Jessica Hicks	17 Jul 04
2:14.8	Janet Lawrence	10 Jul 71
2:14.84mx	Madison Kindler	6 Aug 25
2:15.05	Rachel Hughes	11 Sep 81
2:15.3 mx	Shaikira King	5 Sep 20
2:15.38mx	Kara Bryan	12 Jun 23
2:15.46	Olivia Mason	16 Aug 14 10

<b>800 Metres Short Track</b>			11.0	Isabelle Mardle	8 Sep 19
2:12.17	Sienna Lavine	2 Feb 25		<b>wind assisted</b>	
<b>1000 Metres</b>			10.8	Charlotte Maxwell	30 Aug 04
3:00.1	Charlotte Moore	25 Aug 97		<b>75 Metres Hurdles (76.2cm)</b>	
3:00.7	Isabella Buchanan	23 Jun 23	11.78	Caroline Pearce	7 Aug 93
<b>1200 Metres</b>				<b>hand timing</b>	
3:34.83	Madison Kindler	23 Aug 25	11.3	Katharine Merry	26 Sep 87
3:35.5	Sienna Lavine	25 May 25		<b>High Jump</b>	
3:40.05	Eve Beddow	12 May 24	1.69	Katharine Merry	26 Sep 87
3:41.6	Francesca Baxter	20 Jul 19	1.68	Julia Charlton	6 Aug 78
3:41.83	Rosa Yates	18 Jul 10	1.65	Debbie Marti	20 Sep 80
3:43.2	Keely Hodgkinson	19 Jul 14	1.65	Jane Falconer	20 Sep 87
3:43.4+mx	Jessica Hicks	29 Sep 04	1.65	Emma Buckett	4 Sep 05
3:43.51	Maya Schofield	10 Sep 22	1.63	Lindsey Marriott	11 Aug 79
3:43.6	Molly Carvell	5 Jun 21	1.63	Paula Davidge	13 Sep 81
3:43.7	Emma Shipley	15 Jul 17	1.63	Ashleigh Bailey	31 Aug 13
			1.63	Isabel Pinder	17 Jul 16
<b>1500 Metres</b>				<b>Pole Vault</b>	
4:27.31mx	Sienna Lavine	21 Jun 25	3.46	Gemma Tutton	12 Jun 17
4:30.13mx	Madison Kindler	20 Aug 25	3.12 i	Jade Spencer-Smith	21 Sep 14
4:32.67mx	Phoebe Gill	24 Jul 19	3.10	Hannah Olson	9 Sep 00
	4:39.30	27 Jul 19	2.92 i	Molly Caudery	23 Sep 12
4:34.00	Emer McKee	18 Jul 21	2.91	Olivia Connor	6 Sep 10
4:36.9	Rachel Hughes	20 Jul 81	2.91 i	Nyree Perry	23 Sep 18
4:38.46	Shaikira King	18 Sep 20		<b>Long Jump</b>	
4:38.94mx	Jessica Hicks	29 Sep 04	5.71	Sandy French	20 Aug 76
4:39.09mx	Francesca Baxter	26 Jun 19	5.45	Sarah Wilhelmy	31 Aug 92
4:39.3	Charlotte Moore	2 Aug 97	5.43	Margaret Cheetham	19 Sep 81
4:39.84	Sarah Hopkinson	14 Jun 03	5.42	Katharine Merry	7 Jun 87
			5.40	Kerry Gray	1 Sep 84
<b>60 Metres Hurdles (68.5cm)</b>			5.40	Amy Williams	23 Jun 10
9.19	Emily Bond	29 Feb 20	5.38	Toyin Campbell	6 Aug 77
9.44	Lia Bonsu	21 Jan 18	5.35	Debbie Bunn	7 Sep 75
9.52	Lucy-Jane Matthews	29 Mar 15	5.35	Eden Robinson	4 Aug 19
			5.34	Fiona May	12 Jun 82
<b>70 Metres Hurdles (68.5cm)</b>				<b>wind assisted</b>	
10.88	Holly Whittaker	30 Aug 21	5.55	Katharine Merry	10 Jul 87
11.01	Lia Bonsu	11 Aug 18		<b>Triple Jump</b>	
11.05	Marcia Sey	27 Jul 14	10.80	Isabelle Mardle	9 Aug 19
11.12	Megan Corker	28 Aug 17	10.24	Karina Harris	12 Aug 13
11.13	Jess Seddon	10 Sep 23		<b>Shot (3.25kg)</b>	
11.15	Lauren Beales	25 May 13	12.20	Susan King	3 Sep 77
11.15	Christa Hetherington	27 Jul 14	11.52	Adele Nicoll	9 Aug 09
11.15	Bisan Musa	3 Jul 22	11.21	Sophie Merritt	14 Jul 10
11.16	Amber Hughes	28 May 18		<b>Shot (2.72kg)</b>	
11.17	Anne-Marie Massey	3 Sep 95	12.80	Sophie Merritt	11 Jul 10
11.17	Emily Bond	15 Aug 20	12.38	Meghan Porterfield	24 Jun 18
			12.12	Erin Lobleby	13 Aug 17
<b>wind assisted</b>			12.07	Becki Hall	14 Aug 01
10.90	Lia Bonsu	9 Sep 18	11.81	Adele Nicoll	31 Aug 09
11.01	Carys Poole	3 Sep 16	11.78	Morgan Lake	12 Jul 09
11.02	Nafalya Francis	27 Aug 01	11.61	Ruby Arnold	5 Aug 25
11.09	Yasmin Miller	9 Sep 07	11.59	Eden Francis	8 Sep 01
			11.53	Finesse Thompson	30 Jun 02
<b>hand timing</b>			11.51	Kirsty Finlay	27 Sep 14
10.9	Charlotte Maxwell	31 Aug 04			10
10.9	Lia Bonsu	17 Jun 18			
11.0	Katharine Merry	20 Sep 87			
11.0	Justine Roach	13 Sep 97			
11.0	Amy Wakeham	31 Aug 04			
11.0	Megan Corker	18 Jun 17			
11.0	Nana Owusuah Quainoo	27 Jul 19			

<b>Discus (1kg)</b>			2821	Lucy-Jane Matthews	29 Mar 15
35.26	Ruby Arnold	9 Aug 25	2817	Mya McMahon	3 Feb 18
34.22	Catherine Garden	25 Aug 91			
33.71	Sophie Merritt	22 Aug 10	<b>1000 Metres Track Walk</b>		
33.61	Sophie Mace	4 Aug 11	4:26.77	Ana Garcia	7 Sep 13
<b>Discus (750g)</b>			4:47.63	Kathryn Granger	25 Aug 03
40.86	Ruby Arnold	8 Jul 25	4:53.4	Fiona McGorum	9 Sep 01
40.31	Sophie Merritt	17 Jul 10	4:56.93	Evie Butcher	7 Sep 13
39.86	Nubia Evans-Shields	24 Sep 19	<b>1k Road - where superior to track time</b>		
39.44	Catherine Garden	8 Sep 91	4:42	Kelly Mann	23 Sep 95
38.20	Sophie Mace	18 Sep 11	4:43	Natalie Watson	23 Sep 95
37.64	Sandra Biddlecombe	4 Jul 90	<b>2000 Metres Track Walk</b>		
36.90	Samantha Callaway	24 Aug 14	9:20.3	Ana Garcia	29 Sep 13
35.86	Meghan Porterfield	19 May 18	10:09.0	Kelly Mann	10 Sep 95
35.21	Shadine Duquemin	8 Sep 07	10:15.4	Kathryn Granger	28 Jun 03
35.15	Charlotte Payne	21 Sep 14 10	10:17.0	Sarah Bennett	27 Sep 92
<b>Hammer (3kg)</b>			10:19.0	Joanne Ashforth	7 Sep 85
47.10	Lily Murray	12 Jun 17	10:19.3	Lauren Gimson	14 Jun 03
43.04	Kirsty Costello	6 Jun 15	10:19.8	Fiona McGorum	29 Sep 01
42.07	Meghan Porterfield	8 Sep 18	<b>2k Road - where superior to track time</b>		
40.85	Katie Gibson	30 Sep 17	10:03	Kelly Mann	23 Jun 96
40.03	Gypsy Nash	26 Aug 17	10:15	Fiona McGorum	5 May 01
<b>Javelin (600g 1999 model)</b>			<b>3000 Metres Track Walk</b>		
32.18	Alisha Levy	8 Sep 12	15:02.0	Ana Garcia	24 Jun 13
31.16	Laura Carr	1 Sep 01	15:41.0	Kelly Mann	30 Jul 95
<b>Javelin (500g)</b>			<b>3k Road - where superior to track time</b>		
35.86	Lucinda White	1 Aug 17	14:23	Ana Garcia	10 May 13
35.07	Dulcie Yelling	28 Jun 19	15:25	Nicola Greenfield	21 Mar 87
<b>Javelin (400g)</b>			<b>4 x 100 Metres Relay</b>		
44.02	Dulcie Yelling	27 Apr 19	50.68	Middlesex AA	3 Aug 25
42.64	Charlotte Pabari	24 Jul 22		R Balou, A.Karakas, D.Adekunle, S.Edwards	
41.66	Hannah Lewington	19 Jun 18	51.09	Surrey AA	27 Jul 19
39.52	Mila Desborough	25 Jul 24		L.Lopez, I.Marshall, A.Wilson, K.Johnson	
38.75	Ayesha Jones	2 Jun 19	51.1	South Yorkshire AA	14 Sep 91
38.18	Lucinda White	23 Sep 17	51.2	Wales	6 Aug 78
38.11	Alisha Levy	8 Sep 12	51.32	Surrey AA	24 Jul 22
38.07	Louise Watton	12 Sep 99		E.Sherlock, T.Garrard, C.Murray, S.Marshall	
37.96	Emily Green	6 Jun 10	51.60	Preston Harriers	18 Aug 18
37.73	Ellie Vernon	15 Jul 13 10	51.6	Swansea Harriers	22 May 10
<b>Pentathlon (Under 15 implements)</b>				E.Coates, H.Brier, J.Merrick, F.Wake	
2607	Jane Shepherd	6 Jun 81	51.6	Swansea Harriers	11 Jul 10
2604	Alison Kerboas	19 Sep 93	51.67	Surrey AA	31 Jul 16
<b>Pentathlon</b>			51.67	Shaftesbury Barnet H	22 Jul 18
3114	Erin Loble	16 Sep 17		N.Akintorun, T.Jokosenumi, J.Salt, McCann-Ezekiel	
3046	Morgan Lake	27 Sep 09	<b>4 x 200 Metres Relay</b>		
2869	Summer Biggs	13 Sep 25	1:51.1	Blackheath & Bromley	10 Sep 17
2857	Dionne Maguinness	9 Jul 23		S.Kerr, T.Lewis, G.Sullivan, E.Kerr	
2826	Neve Brannen	13 Sep 25	1:51.30	Herne Hill Harriers	12 Sep 15
2811	Katharine Merry	20 Sep 87		S.Wilson, R.Edwards, F.Price, M.Winston	
2809	Isabelle Mardle	29 Sep 19	1:51.98 i	Giffnock North AAC	20 Mar 16
2805	Stroma Fraser	15 Jul 18		A.Bell, N.Smith, M.Rose Cairns, L.Sturgeon	
2787	Jessica Hicks	26 Sep 04	<b>3 x 800 Metres Relay</b>		
2722	Mya McMahon	15 Jul 18 10	7:18.0	Mid-Hants AC	14 Sep 83
<b>Pentathlon Short Track</b>			7:23.1	Edinburgh Southern H	23 Aug 81
2968	Emily Bond	1 Feb 20	<b>4 x 800 Metres Relay</b>		
			10:02.4	Warrington AC	15 Sep 75
			10:08.2	Liverpool H & AC	Jul 85