

# UK ALL-TIME LISTS – WOMEN

## as at 23 March 2026

60 Metres				100 Metres			
7.03	Dina Asher-Smith	25 Feb 23	11.06	Desiree Henry	15 Apr 16		
7.03	Asher-Smith	21 Mar 26	11.10	Kathy Cook	5 Sep 81		
7.04	Asher-Smith	27 Jan 23	11.10	Asha Philip	24 May 15		
7.04	Amy Hunt	22 Feb 26	11.11	Laura Turner	4 Jul 10		
7.05	Daryll Neita	10 Feb 23	11.11	Faith Akinbileje	17 Aug 25	10	
7.05	Asher-Smith	25 Feb 23	11.14	Jeanette Kwakye	17 Aug 08		
7.05	Asher-Smith	14 Feb 26	11.14	Joy Eze	17 Aug 25		
7.06	Asha Philip	5 Mar 17	11.15	Paula Dunn/Thomas	23 Aug 94		
7.07	Asher-Smith	27 Jan 23	11.16	Andrea Lynch	11 Jun 75		
7.07	Neita	3 Mar 23	11.16	Kristal Awuah	2 Sep 18		
7.07	Asher-Smith (ht)	21 Mar 26	11.16	Nia Wedderburn-Goodison	28 Jun 25		
7.07	Asher-Smith (final)	21 Mar 26	11.17	Abi Oyepitan	25 Jul 04		
7.08	Jeanette Kwakye	7 Mar 08	11.17	Bianca Williams	14 Jun 14		
7.13	Bev Kinch	23 Feb 86	11.17	Jodie Williams	4 May 19		
7.15	Kristal Awuah	2 Mar 19	11.18	Anyika Onuora	29 May 11	20	
7.16	Bianca Williams	28 Feb 25	11.18	Renee Regis	26 May 25		
7.17	Andrea Lynch	10 Mar 74	11.18	Ashleigh Nelson	12 Aug 14		
7.17	Imani Lansiquot	1 Feb 23	11.19	Sonia Lannaman	25 Jul 80		
7.19	Joice Maduaka	14 Mar 03	11.20	Sonia Lannaman	25 Jul 80		
7.19	Rachel Miller	16 Feb 19	11.20	Heather Oakes	26 Sep 80		
7.19	Cheyenne Evans-Gray	18 Mar 22	11.20	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	11.21	Bev Callender	8 Sep 79		
7.21	Heather Oakes	19 Jan 85	11.22 A	11.35	22 Jul 81		
7.21	Stephanie Douglas	11 Feb 95	11.23	Joice 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	11.26	Hannah Brier	17 Aug 25		
7.23	Paula Dunn/Thomas	22 Feb 87	11.26	Stephanie Douglas	26 Jul 91		
7.23 o	Nia Wedderburn-Goodison	28 Feb 26	11.27	Sophie Papps	30 Jul 16		
7.24	Marcia Richardson	20 Feb 00	11.27	Mabel Akande	22 Jun 24		
7.24	Emma Ania	27 Feb 08	11.27	Margaret Adeoye	14 Jun 14		
7.24	Rachel Johncock	21 Feb 15	11.27	Bev Kinch	6 Jul 90		
7.24	Mabel Akande	10 Jan 26	11.28	Aleeya Sibbons	26 May 25		
7.24	Aleeya Sibbons	14 Feb 26	11.29	Aleeya Sibbons	26 May 25		
7.25	Sonia Lannaman	22 Feb 76	11.29	Alisha Rees	17 Jul 22		
7.25	Jayne Andrews	4 Mar 84	11.30	Wendy Hoyte	4 Oct 82		
7.25	Laura Turner	11 Feb 07	11.31	Shirley Thomas	3 Jul 83	40	
7.25	Bernice Wilson	12 Feb 11	11.31	Simmons Jacobs	24 Sep 88		
7.25	Montell Douglas	13 Feb 13	11.31	Hayley Jones	22 Jun 13		
			11.31	Alyson Bell	10 Jun 23		
			11.32	Joan Baptiste	24 Aug 83		
			11.32	Christine Bloomfield	3 Jul 99		
			11.32	Lorraine Ugen	30 Jun 18		
			11.32	Emily Freeman	14 Jun 09		
			11.33	Katharine Merry	25 Jun 94		
			11.33	Shani Anderson	26 Aug 00		
			11.34	Amanda Forrester	27 Jul 02	50	
			11.34	Kiah Dubarry-Gay	14 May 22		
			11.34	Sharon Danville	20 Aug 77		
			11.35	Marcia Richardson	4 Jun 00		
			11.35	Christine Ohuruogu	4 May 08		
			11.36 A	Della James	14 Oct 68		
			11.36	Annabelle Lewis	12 Jul 13		
			11.36	Jasmine Wilkins	2 Jul 24		
			11.36	Kimberly Baptiste	30 Jun 23		
			11.38				
			<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		
10.84	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					



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	51.74	Catherine Murphy	15 Mar 03	
51.26	Seren Bundy-Davies	11 Jun 16	30 51.77	Lina Nielsen	23 Feb 25	
51.28	Donna Hartley	12 Jul 75	51.80	Verona Elder	25 Feb 79	
51.36	Catherine Murphy	27 Jul 02	51.83	Louisa Stoney	15 Feb 26	
51.36	Amy Allcock	22 Jul 18	51.89 A	Victoria Ohuruogu	4 Feb 23	20
51.41	Sandra Douglas	2 Aug 92	52.02	Amarachi Pipi	22 Feb 22	
51.53	Jennifer Stoute	12 Aug 89	52.03	Zoey Clark	6 Feb 21	
51.57	Carys McAulay	10 Jun 23	52.13	Shana Cox	10 Mar 12	
51.60	Hannah Williams	26 Jun 21	52.15	Lesley Owusu	9 Mar 01	
51.61	Keely Hodgkinson	15 May 24	52.16	Emily Newnham	23 Feb 25	
51.68	Charlotte Henrich	9 Aug 25	<b>600 Metres</b>			
51.70	Verona Elder	10 Jun 78	40 1:24.36	Marilyn Okoro	5 Jul 12	
51.73	Yasmin Liverpool	16 May 21	1:25.21 +	Keely Hodgkinson	21 Sep 25	
51.75	Jessie Knight	4 Aug 23	1:25.41	Kelly Holmes	2 Sep 03	
51.78	Helen Karagounis	19 Jul 03	1:25.46 +	Georgia Hunter Bell	21 Sep 25	
51.82	Poppy Malik	3 Aug 25	1:25.8 +	Jemma Reekie	20 Jul 24	
51.83	Eilidh Child/Doyle	27 Jul 13	1:26.18	Diane Modahl	22 Aug 87	
51.93	Janine MacGregor	28 Aug 81	<b>600 Metres Short Track</b>			
51.93	Margaret Adeoye	13 Jul 13	1:23.41	Keely Hodgkinson	28 Jan 23	
51.96	Kelly Massey	24 Aug 14	1:25.06 A	Rebecca Grieve	30 Jan 26	
51.96	Hannah Kelly	25 May 24	1:25.81	Jennifer Meadows	7 Jan 07	
51.97	Linda Forsyth	31 May 82	50 1:25.89	Marilyn Okoro	28 Jan 17	
52.02	Marilyn Okoro	8 Aug 06	1:26.22	Kirsten McAslan	4 Jan 15	
52.05	Sinead Dudgeon	3 Jul 99	1:26.60	Amber Anning	17 Jan 25	
52.08	Rebecca Grieve	3 May 25	<b>800 Metres</b>			
52.12 A	Lillian Board	16 Oct 68	1:54.61	Keely Hodgkinson	20 Jul 24	
52.13	Helen Burkart	28 Jun 84	1:54.74	Hodgkinson	16 Aug 25	
52.13	Kirsty McAslan	9 Jul 15	1:54.90	Georgia Hunter Bell	21 Sep 25	
52.13	Dina Asher-Smith	25 Apr 25	1:54.91	Hodgkinson	21 Sep 25	
52.19	Kelly Sotherton	31 Aug 08	1:55.19	Hodgkinson	17 Sep 23	
52.20	Ann Packer	17 Oct 64	60 1:55.61	Jemma Reekie	20 Jul 24	
52.20	Kim Wall	11 Jun 05	1:55.69	Hodgkinson	20 Aug 25	
<b>hand timing</b>			1:55.77	Hodgkinson	9 Jun 23	
51.2	Donna Hartley	28 Jul 78	1:55.78	Hodgkinson	25 May 24	
51.4	Verona Elder	22 May 76	1:55.88	Hodgkinson	3 Aug 21	
<b>400 Metres Short Track</b>			1:56.21	Kelly Holmes	9 Sep 95	
50.02	Nicola Sanders	3 Mar 07	1:56.73	Laura Muir	9 Jul 21	
50.43	Amber Anning	24 Feb 24	1:57.42	Kirsty Wade	24 Jun 85	
50.51	Anning	7 Feb 26	1:57.66	Alexandra Bell	3 Aug 21	
50.53	Katharine Merry	18 Feb 01	1:57.69	Lynsey Sharp	20 Aug 16	
50.56	Anning	27 Jan 24	1:57.86	Phoebe Gill	11 May 24	
50.57	Anning	14 Feb 25	1:57.93	Jenny Meadows	19 Aug 09	10
50.60	Sanders	11 Feb 07	1:58.00	Katie Snowden	23 Jul 23	
50.60	Sanders	17 Feb 07	1:58.20	Rebecca Lyne	11 Jun 06	
50.60	Anning	22 Mar 25	1:58.45	Marilyn Okoro	26 Jul 08	
50.68	Anning	25 Feb 23	1:58.65	Diane Modahl	14 Jul 90	
50.85	Perri Shakes-Drayton	3 Mar 13	1:58.74	Jemma Simpson	22 Jul 10	
50.89	Laviai Nielsen	2 Mar 24	1:58.86	Shelayna Oskan-Clarke	27 Aug 15	
51.02	Nicole Yeargin	28 Jan 23	1:58.97	Shireen Bailey	15 Sep 87	
51.45	Eilidh Child/Doyle	3 Mar 13	1:59.02	Susan Scott	24 Mar 06	
51.49	Keely Hodgkinson	1 Mar 26	1:59.05	Christina Boxer	4 Aug 79	
51.55	Yemi Mary John	8 Feb 26	1:59.05	Revee Walcott-Nolan	20 Aug 25	20
51.57	Jessie Knight	15 Feb 20	10 1:59.20	Erin Wallace	25 May 24	
51.60	Seren Bundy-Davies	30 Jan 16	1:59.30	Isabelle Boffey	22 Jul 23	
51.69	Phylis Smith	23 Feb 13	1:59.30	Hannah Segrave	17 Jul 24	
51.71 A	Rebecca Grieve	13 Feb 26	1:59.35	Khahisa Mhlanga	23 Aug 23	
51.72	Sally Gunnell	6 Mar 94	1:59.37	Emma Jackson	11 May 12	
51.73	Jodie Williams	6 Mar 21	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
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
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
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
1:55.30	Hodgkinson	22 Mar 26	2:37.48	Gemma Finch	28 Jan 23
1:56.33	Hodgkinson	14 Feb 26	2:37.64	Shannon Flockhart	14 Feb 26
1:57.18	Hodgkinson	25 Feb 23	2:37.95	Adelle Tracey	15 Feb 20
1:57.20	Hodgkinson	19 Feb 22	2:38.25	Isabelle Boffey	19 Feb 22
1:57.43	Isabelle Boffey	30 Jan 26	2:38.95	Kirsty Wade	1 Feb 87
1:57.71	Hodgkinson	15 Feb 23	<b>1500 Metres</b>		
1:57.80	Georgia Hunter Bell	1 Mar 26	3:52.61	Georgia Hunter Bell	10 Aug 24
1:57.87	Hodgkinson	8 Feb 23	3:53.37	Laura Muir	10 Aug 24
1:57.91	Jemma Reekie	1 Feb 20	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	10 3:55.34	Muir	8 Sep 23
2:00.23	Adelle Tracey	1 Feb 20	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
2:01.42	Mena Scatchard	22 Feb 26	20		10

4:00.09	Laura Weightman	13 Sep 20	4:01.50	Revee Walcott-Nolan	1 Mar 26
4:00.46	Sarah McDonald	20 Jul 19	4:01.84+	Muir	16 Feb 19
4:00.57	Christina Boxer	6 Jul 84	4:02.14	Reekie	19 Feb 26
4:00.73	Kirsty Wade	26 Jul 87	4:02.66	Kelly Holmes	16 Mar 03
4:00.97	Eilish McColgan	16 Jun 19	4:03.98+	Katie Snowden	11 Feb 23
4:01.10	Helen Clitheroe	19 Jul 02	4:04.20	Erin Wallace	1 Mar 26
4:01.10	Erin Wallace	12 Aug 25	4:04.79	Melissa Courtney-Bryant	9 Feb 21
4:01.20	Yvonne Murray	4 Jul 87	4:05.32	Sarah McDonald	6 Feb 24
4:01.38	Liz McColgan	4 Jul 87	4:05.63	Hayley Tullett	12 Feb 04 10
4:01.53	Christine Benning	15 Aug 79 20	4:05.81	Helen Clitheroe	20 Feb 07
4:01.79	Jo Pavey	13 Sep 03	4:06.73	Ellie Baker	19 Feb 23
4:01.89	Hannah England	22 Jul 11	4:06.87	Zola Budd	25 Jan 86
4:02.32	Shireen Bailey	1 Oct 88	4:07.13	Hannah England	22 Feb 11
4:02.54	Stephanie Twell	19 Aug 10	4:07.42	Stacey Smith	19 Feb 11
4:02.55	Adelle Tracey	31 May 22	4:07.6+u	Kirsty Wade	13 Feb 88
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>					
3:58.53	Georgia Hunter Bell	22 Mar 26	4:21.19	Katie Snowden	11 Feb 23
3:59.58	Laura Muir	9 Feb 21	4:23.35	Georgia Hunter Bell	8 Feb 25
3:59.84	Hunter Bell	23 Mar 25	4:23.86	Kirsty Wade	5 Feb 88
4:00.04	Hunter Bell	8 Feb 26	4:25.23	Ellie Leather	10 Feb 24
4:00.21	Hunter Bell	19 Feb 26	4:26.50	Hayley Tullett	6 Feb 00
4:00.52+	Jemma Reekie	8 Feb 20	4:26.76	Bethan Morley	15 Feb 25
4:00.63	Hunter Bell	15 Feb 25	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	Alexandra 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
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
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
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
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	32:14	Charlotte Dannatt	1 Mar 26
32:36.09	Helen Titterington	29 Aug 89	32:15	Angela Tooby	31 Mar 84
32:36.32	Rebecca Murray	20 May 23	32:17	Alyson Dixon	6 Sep 15
32:38.45	Jennifer Nesbitt	19 May 18	32:17	Lucy Reid	22 Sep 24
32:39.36	Sonia Samuels	4 May 14	60 32:19	Phoebe Anderson	23 Mar 25
			32:19	Sarah Astin	12 Jan 25
			32:19	Jennifer Nesbitt	23 Mar 25
			32:20	Zola Budd	2 Mar 85
			32:20	Georgia Hunter Bell	10 Dec 23
			32:23	Lauren Heyes	24 Mar 24
			32:23	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
<b>5 Kilometres Road</b>					
14:41 #	Beth Potter	3 Apr 21	32:23		
14:45	Eilish McColgan	24 Apr 22	32:23		
<b>10 Kilometres Road</b>					
30:07	Megan Keith	22 Feb 26	32:24		
30:08	Eilish McColgan	11 Jan 26	32:24		
30:19	E McColgan	22 May 22	32:24		
30:21	Paula Radcliffe	23 Feb 03	32:24		
30:23	E McColgan	2 May 22			

32:03	Paula Fudge	29 Aug 82	70:38	Charlotte Taylor	12 Oct 25
<b>10 Miles Road</b>			70:46	Georgina Schwiening	13 Oct 24
50:01 +	Paula Radcliffe	21 Sep 03	70:47	Louise Damen	25 Mar 07
50:43	Eilish McColgan	17 Oct 21	70:47	Emily Kearney	22 Oct 23
51:11	Radcliffe	26 Oct 08	70:49	Hannah Irwin	27 Oct 24
51:38	McColgan	20 Oct 19	70:53	Hayley Haining	5 Oct 08
51:41	Jill Hunter	20 Apr 91	70:54	Alison Wyeth	29 Mar 98
51:50	Jessica Piasecki	17 Oct 21	70:54	Jessica Martin	15 Feb 26
51:51	Angie Hulley	18 Nov 89	70:57	Helen Clitheroe	18 Sep 11
52:00	Liz McColgan	5 Oct 97	71:04	Alice Wright	11 Jan 26
52:06	Calli Hauger-Thackery	7 Apr 24	71:05	Kathy Butler	17 Sep 06
52:15	Marian Sutton	5 Oct 97	71:05	Hayley Carruthers	8 Sep 19
52:20 +	Jo Pavey	5 Oct 08	71:15	Stephanie Davis	1 Mar 20
	52:44	25 Oct 15	71:17	Veronique Marot	21 Jun 87
52:27	Freya Ross	24 Oct 10	71:18	Caryl Edwards	16 Sep 12
52:30 +	Liz Yelling	25 Mar 07	71:18	Mhairi MacLennan	17 Sep 23
52:42	Gemma Steel	26 Oct 14	71:18	Poppy Tank	15 Mar 26
	52:00 +e	7 Sep 14	71:20	Natasha Phillips	27 Aug 23
52:45 +	Mara Yamauchi	21 Mar 10	71:22	Lauren Heyes	15 Oct 23
53:03	Hayley Yelling	9 Oct 05	71:27	Jennifer Nesbitt	16 Feb 25
<b>Half Marathon</b>			71:32	Esme Davies	8 Mar 26
65:40	Paula Radcliffe	21 Sep 03	71:33	Vikki McPherson	14 Sep 97
65:43	Eilish McColgan	2 Apr 23	71:36	Ann Ford	30 Jun 85
66:26	E McColgan	19 Feb 22	71:37	Paula Fudge	24 Jul 88
66:47	Radcliffe	7 Oct 01	71:38	Sally Ellis	20 Mar 88
66:58	Calli Hauger-Thackery	2 Feb 25	71:42	Sarah Astin	28 Jan 24
67:07	Radcliffe	22 Oct 00	71:43	Verity Hopkins	26 Oct 25
67:07	Jessica Warner-Judd	11 Feb 24	<b>Marathon</b>		
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
67:13	Megan Keith	15 Mar 26	2:18:56	Radcliffe	14 Apr 02
67:20	Jessica Piasecki	23 Jan 22	2:20:57	Radcliffe	14 Aug 05
68:02	Charlotte Purdue	4 Feb 24	2:21:24	Calli Hauger-Thackery	29 Sep 24
68:12	Amy-Eloise Neale	16 Mar 25	2:22:17	Charlotte Purdue	24 Sep 23
68:13	Gemma Steel	7 Sep 14	2:22:17	Hauger-Thackery	14 Oct 23
68:29	Mara Yamauchi	1 Feb 09	2:22:27	Jessica Piasecki	20 Feb 22
68:53	Jo Pavey	5 Oct 08	2:22:38	Hauger-Thackery	21 Apr 25
68:55	Stephanie Twell	19 Jan 20	2:23:12	Mara Yamauchi	26 Apr 09
69:00	Clara Evans-Graham	27 Oct 24	2:23:21	Rose Harvey	8 Oct 23
69:10	Abbie Donnelly	11 Feb 24	2:24:11	Abbie Donnelly	26 Oct 25
69:13	Lucy Reid	13 Oct 24	2:24:21	Natasha Cockram/Wilson	7 Dec 25
69:15	Alexandra Bell	15 Mar 26	2:24:25	Eilish McColgan	27 Apr 25
69:28	Liz Yelling	25 Mar 07	2:24:45	Jessica Warner-Judd	2 Nov 25
69:34	Lily Partridge	12 Oct 25	2:25:04	Clara Evans-Graham	3 Dec 23
69:38	Lauren McNeil	11 Jan 26	2:25:12	Lily Partridge	3 Dec 23
69:39	Andrea Wallace	21 Mar 93	2:25:46	Georgina Schwiening	27 Oct 24
69:41	Marian Sutton	14 Sep 97	2:25:47	Philippa Bowden	29 Sep 24
69:41	Charlotte Arter	10 Feb 19	2:25:56	Véronique Marot	23 Apr 89
69:56	Susan Tooby	24 Jul 88	2:25:59	Samantha Harrison	23 Apr 23
70:02	Rose Harvey	3 Sep 23	2:26:37	Lucy Reid	15 Dec 24
70:06	Natasha Cockram/Wilson	21 Jan 24	2:26:40	Stephanie Twell	27 Oct 19
70:16	Julia Paternain	9 Nov 24	2:26:51	Priscilla Welch	10 May 87
70:18	Natasha Phillips	27 Oct 24	2:26:52	Liz McColgan	13 Apr 97
70:23	Louise Small	15 Feb 26	2:27:16	Stephanie Davis	26 Mar 21
70:24	Sarah Inglis	19 Jan 20	2:27:44	Claire Hallissey	22 Apr 12
70:32	Susan Partridge	3 Mar 13	2:27:51	Louise Small	19 Oct 25
70:38	Alyson Dixon	29 Mar 14	2:28:04	Sonia Samuels	27 Sep 15

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



<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	4.85 i	Caudery	22 Mar 26	
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	Maira 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	6.42	Abigail Pawlett	1 Jun 25	
<b>Long Jump</b>			6.41	Niamh Emerson	1 Jul 18	
7.07	Sara Proctor	28 Aug 15	6.40	Judy Simpson	26 Aug 84	
7.05	Lorraine Ugen	1 Jul 18	6.40	Sharon Bowie	28 Jun 86	
7.00 i	Jazmin Sawyers	5 Mar 23	6.40 i	Amy Woodman	14 Feb 09	
6.97 i	Ugen	5 Mar 17	<b>wind unconfirmed</b>			
6.98	Proctor	25 Jul 15	6.43	Moira Maguire	18 Sep 70	
6.95	Proctor	24 Jun 12	<b>wind assisted</b>			
6.95	Proctor	15 May 15	7.00	Sue Hearnshaw	27 May 84	
6.94	Ugen	11 Jun 21	6.98	Fiona May	4 Jun 89	
6.93 i	Kat. Johnson-Thompson	21 Feb 15	6.93	Bev Kinch	14 Aug 83	
6.93 i	Ugen	18 Mar 16	6.84	Sue Reeve	25 Jun 77	
6.90	Bev Kinch	14 Aug 83	6.80	Joyce Oladapo	22 Jun 85	
6.88	Fiona May	18 Jul 90	6.77	Denise Lewis	1 Jun 97	
6.86	Abigail Irozuru	25 Aug 19	6.72	Alice Hopkins	8 May 24	
6.83	Sue Hearnshaw	6 May 84	6.70	Funminiyi Olajide	23 May 24	
6.81	Jade Johnson	22 Jun 08	6.65	Mary Agyepong	4 Jun 89	
6.79	Kelly Sotherton	25 Jul 08	10	6.64	Jade O'Dowda	9 Jul 23
6.76	Mary Rand	14 Oct 64	6.57	Ann Simmonds	22 Aug 70	
6.76	Jo Wise	2 Aug 99	6.56	Judy Simpson	30 Aug 86	
6.75	Joyce Oladapo	14 Sep 85	6.56	Dominique Blaize	27 May 13	
6.73	Sheila Sherwood	23 Jul 70	6.54	Ruth Howell	16 Jun 72	
6.73	Yinka Idowu	7 Aug 93	6.54	Myra Nimmo	19 Jun 76	
6.63	Lucy Hadaway	25 May 23	6.53	Chisom Nwafor	1 Jul 23	
6.70	Kim Hagger	30 Aug 86	6.49	Margaret Cheetham	4 Sep 83	
6.69	Sue Reeve	10 Jun 79	6.48	Moira Maguire	17 May 70	
6.69	Denise Lewis	30 Jul 00	6.48	Amy Harris	3 Jul 11	
6.69	Jahisha Thomas	1 Jul 18	20	6.45	Donita Benjamin	23 Jul 00
6.68 i	Molly Palmer	22 Feb 26	6.44	Tracy Joseph	21 Jun 97	
6.67 i	Funminiyi Olajide	14 Feb 25	6.44	Cleo Martin-Evans	25 May 24	
6.63	Mary Agyepong	17 Jun 89	<b>Triple Jump</b>			
6.63	Jessica Ennis-Hill	26 Jun 16	15.16 i	Ashia Hansen	28 Feb 98	
6.59 i	Alice Hopkins	22 Feb 25	15.15	Hansen	13 Sep 97	
6.56	Sarah Claxton	23 May 99	15.02 i	Hansen	7 Mar 99	
6.55	Ann Simmonds	22 Jul 70	15.01 i	Hansen	15 Mar 03	
6.55	Jade O'Dowda	30 Jun 24	14.96	Hansen	11 Sep 99	
6.54	Dominique Blaize	19 May 13	14.94	Hansen	29 Jun 97	
6.54	Rebecca Chapman	2 Jul 17	30	14.86	Hansen	31 Jul 02
6.52	Gill Regan	29 Aug 82	14.85 i	Hansen	15 Feb 98	
6.52	Georgina Oladapo	16 Jun 84	14.82 i	Yamilé Aldama	10 Mar 12	
6.51 i	Ruth Howell	23 Feb 74	14.81 i	Hansen	21 Feb 99	
6.51	Julie Hollman	3 Sep 00	14.37	Naomi Metzger	5 Aug 22	
6.51	Holly Mills	30 Jun 19	14.09	Laura Samuel	29 Jul 14	
6.51	Georgina Scoot	10 May 25	14.08	Michelle Griffith	11 Jun 94	
6.51 i	Chisom Nwafor	27 Feb 26	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	10
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	50	13.53	Chioma Matthews	17 May 15
6.42	Sarah Warnock	29 Jun 14		13.49 i	Georgina Scoot	14 Mar 26
6.42 i	Sarah Abrams	25 Jan 20				

13.46	Evette Finikin	26 Jul 91	20	19.01	Oakes	17 Sep 88
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 Ceessay	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
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
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
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
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		15.34 i	Erin Brown	28 Feb 26
13.10	Lateefah Agberemi	7 Jul 24		15.33	Teddy Tchoudja	21 May 23
13.06	Alison McAllister	11 Jul 03		15.32 i	Helen Hounsell	13 Feb 82
13.04	Kate Evans	23 Jul 00		15.30 i	Omolola Kuponyi	31 Jan 26
				15.28	Amy Hill	31 May 09
<b>Shot</b>				15.23	Judy Simpson	18 Jun 88
19.36	Judy Oakes	14 Aug 88		15.21	Uju Efobi	23 Apr 94
19.33	Oakes	3 Sep 88		15.21 i	Kara Nwidobie	12 Feb 06
19.26	Oakes	29 Jul 88		15.18	Suzanne Allday	18 May 64
19.13	Oakes	20 Aug 88		15.18 i	Lana Newton	6 Jan 79
19.06 i	Venissa Head	7 Apr 84				
19.05	Oakes	16 Jul 88		<b>Discus</b>		
19.03	Myrtle Augee	2 Jun 90		67.48	Meg Ritchie	26 Apr 81
				67.44	Ritchie	14 Jul 83

66.04	Ritchie	15 May 82	50.33	Sophie Mace	5 Jul 25
65.96	Ritchie	19 Jul 80	50.06	Joanne Jackson	7 May 89
65.78	Ritchie	17 Jul 81	50.04	Morag Bremner	27 Apr 86
65.34	Ritchie	24 Apr 83			
65.18	Ritchie	17 May 81	<b>Hammer</b>		
65.10	Jade Lally	27 Feb 16	74.54	Sophie Hitchon	15 Aug 16
65.08	Ritchie	26 Apr 80	73.97	Hitchon	21 May 17
65.02	Ritchie	5 May 84	73.86	Hitchon	27 Aug 15
64.68	Venissa Head	18 Jul 83	73.68	Hitchon	27 Jun 17
62.89	Philippa Roles	8 Jun 03	73.48	Hitchon	14 Jul 18
61.22	Shelley Newman	8 Jun 03	73.22	Hitchon	27 Apr 18
60.72	Jackie McKernan	18 Jul 93	73.05	Hitchon	5 Aug 17
60.13	Kirsty Law	28 Aug 21	73.02	Anna Purchase	8 Apr 23
59.78	Eden Francis	6 Aug 11	72.97	Hitchon	23 Jun 13
58.56	Debbie Callaway	19 May 96	72.96	Purchase	2 Aug 25
58.26	Shadine Duquemin	6 Aug 22	72.51	Charlotte Payne	11 Jun 23
58.18	Tracy Axten	31 May 97	70.21	Amber Simpson	13 Apr 24
58.17	Zara Obamakinwa	5 May 25	69.94	Tara Simpson-Sullivan	6 Jun 24
58.02	Rosemary Payne	3 Jun 72	69.72	Katie Head	13 Feb 22
58.01	Divine Oladipo	19 May 24	69.44	Jessica Mayho	12 Aug 21
57.75	Emma Merry	9 Aug 99	68.97	Sarah Holt	25 Jul 15
57.32	Lynda Wright	16 Jun 84	68.93	Lorraine Shaw	8 Jun 03
57.27	Kara Nwidobie	18 Jun 05	68.72	Amy Herrington/Phillips	26 Mar 22
57.26	Emma Carpenter	12 Jul 08	68.63	Zoe Derham	17 Jul 08
56.73	Claire Smithson	29 Jul 06	67.58	Shirley Webb	16 Jul 05
56.42	Amy Holder	15 Jun 19	66.85	Shaunagh Brown	14 Jun 14
56.25	Rebecca Roles	6 Jun 04	66.80	Carys Parry	15 Jul 14
56.24	Sharon Andrews	12 Jun 94	66.69	Kayleigh Presswell	23 Jul 23
56.06	Kathryn Farr	27 Jun 87	66.46	Rachel Hunter	26 Feb 17
56.05	Phoebe Dowson	31 Mar 19	65.65	Angela McAuslan-Kelly	17 May 25
55.52	Jane Aucott	17 Jan 90	65.11	Kayleigh Presswell	7 May 22
55.42	Lesley Bryant	12 Sep 80	65.03	Susan McKelvie	20 Aug 11
55.06	Janet Kane	17 Jun 78	64.74	Laura Douglas	8 Aug 10
55.04	Lorraine Shaw	14 May 94	64.06	Philippa Wingate	28 Aug 21
54.72	Karen Pugh	27 Jul 86	64.01	Rachael Somoye	6 Jun 21
54.68	Emma Beales	10 Jun 95	63.98	Christina Jones	25 Apr 15
54.46	Ellen Mulvihill	14 May 86	63.96	Lyn Sprules	20 Aug 00
54.46	Janette Picton	17 Aug 90	63.87	Rebecca Keating	17 Mar 18
54.24	Nicola Talbot	15 May 93	63.61	Liz Pidgeon	27 May 00
53.96	Julia Avis	27 Apr 86	63.47	Lucy Marshall	6 Aug 19
53.66	Rosanne Lister	22 Jun 91	63.44	Philippa Davenall	7 Aug 21
53.44	Judy Oakes	20 Aug 88	63.11	Myra Perkins	18 May 14
53.44	Navdeep Dhaliwal	5 Sep 10	63.05	Lesley Brannan	19 Feb 06
53.16	Sarah Winckless	18 Jun 94	62.96	Samantha Hynes	19 May 12
52.84	Sarah Henton	7 Jul 13	62.84	Charlotte Williams	22 Jun 19
52.78	Taia Tunstall	2 Jul 22	62.75	Alice Barnsdale	6 Apr 19
52.72	Samantha Callaway	23 May 21	62.66	Rachel Wilcockson	20 Aug 11
52.52	Alison Grey	18 Jun 94	62.30	Louisa James	29 Jun 14
52.46	Vanessa Redford	4 Jul 82	61.95	Annabelle Crossdale	24 Aug 19
52.31	Lauren Keightley	18 Jul 98	61.77	Kimberley Reed	3 May 14
51.82	Catherine Bradley	20 Jul 85	61.48	Suzanne Roberts	17 Jul 04
51.77	Shaunagh Brown	1 Jun 14	61.22	Hannah Blood	16 Mar 24
51.60	Dorothy Chipchase	20 Jul 73	60.88	Rachael Beverley	23 May 99
51.43	Claire Griss	30 May 05	60.75	Abbi Carter	12 Jul 12
51.18	Angela Sellars	12 Aug 90	60.73	Zoe Price	23 Jul 23
51.12	Joanne Brand	26 May 86	60.60	Amelia Fettis	28 Feb 26
51.07	Samantha Milner	19 May 13	60.40	Anna Merritt	9 Sep 25
50.88	Emma Botham	11 Jul 23	59.57	Hayley Murray	18 Jul 17
50.64	Kathryn Woodcock	6 May 17	59.19	Kirsty Costello	19 Jun 21
50.57	Brenda Bedford	24 Aug 68	58.97	Diana Holden	4 Jun 02
			58.48	Joanne John	2 Jul 08

58.47	Mhairi Porterfield	12 May 02	51.48	Denise Lewis	10 Jul 04	
58.44	Lily Murray	22 Mar 25	51.27	Bethany Moule	5 Sep 20	
58.35	Cathy Coleman	8 Aug 21	50 51.18	Bethan Rees	28 May 18	
58.27	Katie Lambert	21 May 17	51.13	Becky Bartlett	15 May 04	
58.15	Natalie Robbins	14 Apr 19	50.85	Sharon Gibson	18 Jul 99	
58.07	Helen Broadbridge	14 Jul 24	50.43	Rosie Semenytsh	22 Jun 13	
57.96	Olivia Stevenson	10 Jun 17	50.21	Louise Watton	10 Jun 07	
57.90	Megan Larkins	16 Sep 18	50.19	Sam Cullinane	17 Jun 12	
57.81	Poppy Bean	8 Mar 25	50.16	Eva Durand	19 May 24	
57.79	Danielle Broom	14 Aug 21	50.01	Sarah Ann De Kremer	13 Apr 24	40
57.63	Nicola Dudman	16 Jun 02	49.96	Hayley Thomas	19 Jun 11	
57.40	Sarah Moore	29 Apr 01	49.66	Jo Chapman	22 Aug 04	
57.26	Phoebe Baggott	15 Apr 23	60 49.56	Kelly Bramhald	30 Jul 17	
<b>20 lb Weight</b>				49.49	Dawn Russell	20 Jul 24
22.98	Charlotte Payne	7 Mar 26	49.25	Nicola Gautier	1 Jul 01	
22.18 i	Tara Simpson-Sullivan	18 Feb 23	49.24	Louise Lacy	30 Jul 17	
22.01 i	Amber Simpson	3 Feb 24	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	Lauren 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	77.44	<b>Javelin (pre 1999)</b>		
63.82	Sayers	26 Jul 08	76.64	Fatima Whitbread	28 Aug 86	
63.66	Sayers	12 Jun 08	76.34	Whitbread	6 Sep 87	
63.65	Sayers	15 Mar 08	76.32	Whitbread	4 Jul 87	
60.68	Laura Whittingham	15 Aug 10	75.62	Whitbread	29 Aug 86	
59.95	Rebekah Walton	30 Apr 24	74.74	Whitbread	25 May 87	
59.50	Karen Martin	14 Jul 99	73.58	Whitbread	26 Aug 87	
58.63	Izzy Jeffs	26 Apr 14	73.32	Tessa Sanderson	26 Jun 83	
58.10	Elizabeth Korczak	21 Mar 25	62.32	Whitbread	20 Jun 87	
57.48	Shelley Holroyd	10 Jul 04	62.22	Sharon Gibson	16 May 87	
57.44	Jo Blair	26 Jun 16	60.12	Diane Royle	18 May 85	
57.19	Lorna Jackson	9 Jul 00	10 60.00	Shelley Holroyd	16 Jun 96	
56.73	Lauren Farley	21 May 23	59.40	Julie Abel	24 May 87	
56.53	Freya Jones	3 Aug 25	59.36	Karen Hough	28 Aug 86	
55.91	Kirsty Morrison	23 May 99	58.60	Kirsty Morrison	4 Sep 93	
54.71	Kike Oniwinde	14 Jun 14	58.39	Jeanette Rose	30 May 82	
54.62	Chloe Cozens	3 Aug 03	57.90	Lorna Jackson	6 Jun 98	10
54.08	Emma Hamplott	17 Jun 18	57.84	Anna Heaver	1 Jul 87	
53.76	Sophie Hamilton	16 Aug 25	57.82	Mandy Liverton	3 Jun 90	
53.65	Harriette Mortlock	15 May 25	56.96	Karen Martin	19 Sep 98	
52.86	Linda Gray	10 Jun 01	56.50	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	<b>Heptathlon</b>			
52.72	Emily Dibble	13 May 23	6981	Kat. Johnson-Thompson	3 Oct 19	
52.68	Lianne Clarke	25 Aug 07	6955	Jessica Ennis	4 Aug 12	
52.68	Harriet Court	12 Jul 25	6906	Ennis	27 May 12	
52.41	Katy Watts	31 May 09	6844	Johnson-Thompson	9 Aug 24	
52.34	Jade Dodd	2 Sep 07	6831	Denise Lewis	30 Jul 00	
52.32	Eloise Meakins	9 Sep 12	6823	Ennis	31 Jul 10	
52.09	Lauren Therin	5 May 07	6813	Johnson-Thompson	26 May 19	
51.86	Ayesha Jones	24 May 25	6790	Ennis	29 May 11	
51.57	Hannah Johnson	21 May 17	30 6775	Ennis	13 Aug 16	

6759	Johnson-Thompson	10 Aug 18		<b>Pentathlon Short Track</b>	
6623	Judy Simpson	30 Aug 86	5000	Kat. Johnson-Thompson	6 Mar 15
6547	Kelly Sotherton	29 May 05	4983	Johnson-Thompson	1 Mar 19
6391	Jade O'Dowda	20 Sep 25	4965	Jessica Ennis	9 Mar 12
6320	Abigail Pawlett	20 Jul 25	4937	Ennis	13 Mar 10
6260	Holly Mills	29 May 22	4927	Kelly Sotherton	2 Mar 07
6259	Kim Hagger	18 May 86	4852	Sotherton	7 Mar 08
6253	Niamh Emerson	13 Jul 18	10 4751	Jade O'Dowda	9 Mar 25
6166 w	Louise Hazel	17 Jul 11	4750	Johnson-Thompson	2 Mar 18
	6156	9 Oct 10	4733	Sotherton	4 Mar 05
6148	Morgan Lake	23 Jul 14	4731	Niamh Emerson	1 Mar 19
6135	Julie Hollman	2 Jun 02	4675	Abigail Pawlett	22 Feb 26
6125	Tessa Sanderson	12 Jul 81	4673	Holly Mills	18 Mar 22
6094	Joanne Mulliner	7 Jun 87	4527	Morgan Lake	6 Mar 15
6037 w	Ellen Barber	27 Jul 25	4498	Julie Hollman	12 Feb 06
	6028	20 May 21	4387	Ellen Barber	1 Mar 26
6029	Katie Stainton	7 Jul 19	4365	Ella Rush	27 Feb 22
6022	Clova Court	27 Aug 91	4363	Kim Hagger	4 Feb 84
6011 W	Fiona Harrison	18 Jul 04	4320	Thea Brown	1 Mar 26
	5754	3 Jul 05	4297	Julia Bennett	8 Feb 98
6005 W	Kerry Jury	24 May 98	20 4291	Jo Rowland	28 Feb 18
	5908	1 Aug 99	4277	Jodie Smith	27 Feb 22
5998	Jodie Smith	28 May 23	4258	Katie Stainton	9 Feb 20
5952	Phyllis Agbo	31 May 09	4249	Jessica Taylor-Jemmett	25 Jan 15
5913 w	Jessica Taylor-Jemmett	15 May 16	4238	Vikki Schofield	5 Feb 95
	5873	28 Aug 16	4237	Grace Clements	3 Feb 08
5850	Isabel Wakefield	24 Mar 22		<b>with 600m</b>	
5826	Jenny Kelly	3 Jul 94	4343	Marcia Marriott	22 Feb 87
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
5671	Domique Blaize	6 Jun 10	40 13:16.0	Julie Drake	11 Dec 90
5662	Alix Still	21 Apr 23	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
5606 w	Ella Rush	10 May 24			20
	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	45:18.8	Vicky Lupton	2 Sep 95
13:12.01	Julie Drake	12 Mar 93	45:21.70	Bethan Davies	15 Aug 21
13:23.59	Gemma Bridge	12 Feb 17	45:53.9	Julie Drake	26 May 90
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
<b>5000 Metres Track Walk</b>			49:27.0	Sylvia Black	22 Apr 95
20:46.58	Jo Jackson	14 Feb 09	49:39.0	Karen Ratcliffe	22 May 91
21:01.24	Jackson	7 Feb 09	49:41.0	Elaine Callinan	22 Apr 95
21:21.52	Bethan Davies	2 Jul 17	<b>track short</b>		
21:21.67	Jackson	12 Jul 09	48:52.5	Irene Bateman	19 Mar 83
21:30.75	Jackson	13 Jul 08	<b>10k Road - where superior to track time</b>		
21:41.34	Heather Lewis	14 Jul 19	43:52	Jo Jackson	6 Mar 10
21:42.51	Lisa Langford/Kehler	13 Jul 02	44:52	Jackson	19 Apr 08
21:52.38	Vicky Lupton	9 Aug 95	44:56	Heather Lewis	30 Apr 22
22:02.06	Betty Sworowski	28 Aug 89	44:57+	Jackson	19 Jun 10
22:37.47	Julie Drake	17 Jul 93	44:59	Jackson	11 Sep 11
22:41.19	Cal Partington	16 Jul 95	44:59	Bethan Davies	6 Mar 16
22:51.15	Gemma Bridge	5 Sep 20	45:03	Lisa Langford/Kehler	19 Sep 98
22:51.23	Helen Elleker	25 Jun 90	10 45:52 +	Gemma Bridge	25 Jun 17
23:11.2	Carol Tyson	30 Jun 79	45:59	Betty Sworowski	24 Aug 91
23:11.7	Catherine Charnock	19 Jun 99	46:06	Verity Larby/Snook	25 Aug 94
23:15.04	Bev Allen	25 May 87	46:26	Cal Partington	1 Jul 95
23:19.2	Marion Fawkes	30 Jun 79	46:38	Niobe Menendez	15 Jun 02
23:20.00	Ginney Birch	25 May 85	47:05	Sara-Jane Cattermole	15 Jul 01
23:20.19	Erika Kelly/Lockley	2 Jul 17	47:19	Erika Kelly/Lockley	3 Mar 19
23:22.52	Verity Larby/Snook	19 Jun 94	47:49	Emma Achurch	15 Mar 15
23:34.43	Sylvia Black	5 Jul 92	47:51	Catherine Charnock	5 Sep 99
23:35.54	Nicky Jackson	25 May 87	47:58	Nicky Jackson	27 Jun 87
23:36.03	Gracie Griffiths	26 Aug 23	20	<b>20 Kilometres Road Walk</b>	
<b>5k Road - where superior to track time</b>			1:30.41	Jo Jackson	19 Jun 10
21:36	Vicky Lupton	18 Jul 92	1:31:16	Jackson	8 Mar 09
21:50	Betty Sworowski	6 May 90	1:31:33	Jackson	21 Aug 08
22:45 +	Verity Larby/Snook	25 Aug 94	1:31:40	Jackson	23 Feb 08
22:51	Marion Fawkes	29 Sep 79	1:31:50	Jackson	30 May 11
22:52 +	Gemma Bridge	25 Jun 17	1:31:53	Bethan Davies	11 Mar 18
22:59	Carol Tyson	29 Sep 79	1:32:33	Gemma Bridge	25 Jun 17
23:00 +	Bev Allen	1 Sep 87	1:33:57	Lisa Langford/Kehler	17 Jun 00
23:09	Catherine Charnock	5 Jun 99	1:34:02	Heather Lewis	2 Apr 22
23:11	Erika Kelly/Lockley	29 Oct 23	1:36:40	Sara-Jane Cattermole	4 Mar 00
23:13	Sylvia Black	13 Feb 93	1:37:44	Vicky Lupton	27 Jun 99
<b>5000 Metres Walk Short Track</b>			1:38:29	Catherine Charnock	11 Sep 99
21:25.37	Bethan Davies	18 Feb 18	1:39.36	Erika Kelly/Lockley	11 Mar 18
22:48.29	Gemma Bridge	18 Feb 18	1:39:59	Niobe Menendez	21 Apr 02
22:55.15	Heather Lewis	10 Feb 19	1:40:45	Irene Bateman	9 Apr 83
23:23.69	Erika Kelly/Lockley	18 Feb 18	1:42:02 hc	Lillian Millen	9 Apr 83
<b>10000 Metres Track Walk</b>			1:42:55	Abigail Jennings	6 Apr 24
45:09.19	Heather Lewis	6 Aug 22	1:43:26	Emma Achurch	2 Oct 16
45:09.57	Lisa Langford/Kehler	13 Aug 00	1:43:29	Sharon Tonks	3 Mar 02

1:43:50	Betty Sworowski	22 Feb 88	A.Philip, A.Nelson, A.Onuora, D.Henry
1:43:52	Sylvia Black	14 Jun 97	42.21 GBR 11 May 25
1:44:19	Katie Stones	25 Feb 06	Wedderburn-G, A.Hunt, B.Williams, S,Eduan
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	A.Philip, A.Hunt, D.Asher-Smith, D.Henry
4:56:27	Brown	13 Aug 94	42.28 GBR 30 Aug 18
5:01:52	Lillian Millen	16 Apr 83	A.Philip, I.Lansiquot, B.Williams, Asher-Smith
5:08:17	Molly Davey	24 Mar 18	42.29 GBR 21 May 22
<b>4 x 100 Metres Relay</b>			
41.55	GBR	5 Aug 21	B.Dobbin, I.Lansiquot, D.Asher-Smith, D.Neita
41.55	GBR	20 Jul 24	42.30 GBR 20 Jul 19 30
41.69	GBR	19 Jul 25	A.Nelson, I.Lansiquot, B.Williams, D.Neita
41.77	GBR	19 Aug 16	
41.81	GBR	22 Jul 16	
41.85	GBR	5 Oct 19	
41.85	GBR	9 Aug 24	
41.86	GBR	24 Aug 17	
41.88	GBR	12 Aug 18	
41.88	GBR	6 Aug 21 10	
41.88	GBR	19 Jul 25	
41.91	GBR	12 Jun 24	
41.93	GBR	18 Aug 16	
41.93	GBR	12 Aug 17	
41.97	GBR	26 Aug 23	
41.99	GBR	22 Jul 22	
42.03	GBR	8 Aug 24	
42.03	GBR	22 Aug 24	
42.07	GBR	21 Sep 25	
42.10	GBR	29 Aug 15 20	
42.12	GBR	12 Aug 17	
42.19	GBR	12 Aug 18	
42.21	GBR	28 Aug 14	
<b>4 x 200 Metres Relay</b>			
1:29.61	GBR	25 May 14	
1:31.57	GBR	20 Aug 77	
1:33.67	GBR	20 Jun 81	
1:33.7	GBR	18 Jun 77	
1:33.72	GBR	16 Jul 88	
<b>4 x 200 Metres Relay Short Track</b>			
1:33.96	GBR	23 Feb 90	
1:34.28	GBR	9 Feb 85	
1:34.85	GBR	28 Jan 89	
1:35.13	GBR	19 Feb 77	
1:35.18	GBR	29 Jan 05	
<b>4 x 400 Metres Relay</b>			
3:19.72	GBR	10 Aug 24	
3:20.04	GBR	2 Sep 07	
3:21.04	GBR	27 Aug 23	
3:21.74	GBR	20 Aug 22	
3:22.01	GBR	1 Sep 91	
3:22.61	GBR	17 Aug 13	
3:22.59	GBR	7 Aug 21	
3:22.64	GBR	24 Jul 22	
3:22.68	GBR	23 Aug 08	
3:22.68	GBR	27 Apr 13 10	
3:23.02	GBR	6 Oct 19	

3:23.05	GBR	2 Sep 11	E.Child, S.Cox, C.Ohuruogu, Shakes-Drayton Ohuruogu, N.Sanders, McConnell, Shakes-Drayton
3:23.33	GBR	26 Aug 23	E.Child, S.Cox, M.Adeoye, C.Ohuruogu Lav Nielsen, A.Anning, N.Yeargin, Y.John
3:23.41	GBR	22 Aug 93	T.McHugh, Asher-Smith, L.Stoney, K.Hodgkinson L.Keough, P.Smith, T.Goddard, S.Gunnell
3:23.62	GBR	30 Aug 15	Z.Clark, J.Williams, A.Pipi, J.Knight C.Ohuruogu, A.Onuora, E.Child, Bundy-Davies
3:23.63	GBR	3 Sep 11	E.Duck, N.Sanders, K.Wall, L.McConnell Shakes-Drayton, N.Sanders, Ohuruogu, McConnell
3:23.79	GBR	5 Aug 21	S.Cox, N.Sanders, C.Ohuruogu, Shakes-Drayton Z.Clark, A.Pipi, N.Yeargin, Lav. Nielsen
3:23.89	GBR	31 Aug 91	L.Stoney, J.Moss, P.Malik, T.McHugh P.Smith, L.Hanson, L.Keough, S.Gunnell
3:23.90	GBR	29 Aug 15	M.Okoro, J.Simpson, L.Sharp, T.Bird E.Child, A.Onuora, K.McAslan, Bundy-Davies
3:23.92	GBR	23 Jul 22	A.Pipi, Lav. Nielsen, V.Ohuruogu, N.Yeargin
3:23.99	GBR	5 Aug 21	A.Williams, P.Fryer, Y.Murray, D.Edwards E.Diamond, Z.Clark, Lav. Nielsen, N.Yeargin
3:24.14	GBR	14 Aug 94	P.Fryer, L.Gibson, L.Keough, D.Modahl M.Neef, L.Keough, P.Smith, S.Gunnell
3:24.23	GBR	8 Aug 92	J.Allison, S.Carey, P.Lowe, R.Wright P.Smith, Sa.Douglas, J.Stoute, S.Gunnell
3:24.25	GBR	30 Jun 91	R.Stirling, G.Craig, P.Lowe, S.Carey S.Gunnell, L.Hanson, J.Stoute, L.Keough
3:24.32	GBR	1 Aug 10	F.Murray, S.Scott, N.Gauld, H.Ovens N.Sanders, M.Okoro, McConnell, Shakes-Drayton
3:24.34	GBR	17 Aug 14	British Milers Club E.Child, K.Massey, S.Cox, M.Adeoye
3:24.36	GBR	5 Jun 93	E.Doubell, J.Pavey, M.Faherty, L.Gibson P.Smith, T.Goddard, J.Stoute, S.Gunnell
3:24.44	GBR	14 Aug 05	<b>4 x 1 Mile Relay</b> J.Hansford, W.Williams, M.Faherty, D.Gunning
3:24.46	GBR	11 May 25	<b>4 x 1600 Metres Medley Relay</b> V.Barr, N.Sanders, C.Ohuruogu, J.Simpson
3:24.72	GBR	9 Aug 24	30 Ohuruogu, Sanders, Shakes-Drayton, J.Simpson Y.John, H.Kelly, J.Williams, Lina Nielsen
<b>4 x 400 Metres Relay Short Track</b>			
3:24.89	GBR	9 Mar 25	<b>4 x 100 Metres Hurdles Relay</b> J.Agyepong, S.Baker, L.Fraser, S.Farquharson
3:26.36	GBR	3 Mar 24	<b>4 x 200 Metres Hurdles Relay</b> S.Dennehy, K.Streatfield, K.Taylor, G.Clements
3:26.40	GBR	3 Mar 24	Cambridge University Lina Nielsen, A.Pipi, H.Kelly, J.Knight
3:27.56	GBR	3 Mar 13	9 Mar 03

**UNDER 23****60 Metres**

22.13	Kathy Smallwood	9 Sep 82
7.08	Dina Asher-Smith	8 Mar 15
22.46	Jodie Williams	15 Aug 14
7.13	Bev Kinch	23 Feb 86
22.46	Desiree Henry	27 Aug 16
7.15	Kristal Awuah	2 Mar 19
22.53	Success Eduan	3 Aug 25
7.17	Andrea Lynch	10 Mar 74
22.58	Bianca Williams	31 Jul 14
7.19	Asha Philip	18 Feb 12
22.65	Amy Hunt	14 Jul 24
7.19	Joy Eze	14 Feb 25
22.67	Renee Regis	17 Aug 25
7.20	Jeanette Kwakye	15 Jan 05
22.73	Emily Newnham	17 Aug 25
7.21	Imani Lansiquot	15 Feb 18
22.76	Faith Akinbileje	17 Aug 25 10
7.21	Amy Hunt	22 Jan 22
22.78	Shannon Hylton	1 Jul 18
7.22	Sophie Papps	15 Feb 14 10
22.79	Cassie-Ann Pemberton	9 Jul 23
7.23 o	Nia Wedderburn-Goodison	28 Feb 26
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	Mabel 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
22.98	Sandra Whittaker	8 Aug 84 20
22.98	Rachel Bennett	10 Jul 24

**100 Metres**

10.99	Dina Asher-Smith	25 Jul 15
11.05	Montell Douglas	17 Jul 08
11.06	Desiree Henry	15 Apr 16
11.09	Imani Lansiquot	30 Jun 19
11.10	Kathy Smallwood	5 Sep 81
11.11	Faith Akinbileje	17 Aug 25
11.12	Amy Hunt	20 Apr 24
11.14	Daryll Neita	9 Jul 17
11.14	Joy Eze	17 Aug 25
11.16	Nia Wedderburn-Goodison	28 Jun 25 10
11.17	Bianca Williams	14 Jun 14
11.18	Renee Regis	26 May 25
11.20	Heather Hunte	26 Sep 80
11.20	Jodie Williams	19 Apr 14
11.22	Sonia Lannaman	13 Aug 77
11.23	Kristal Awuah	26 Jun 21
11.25	Paula Dunn/Thomas	27 Aug 86
11.27	Andrea Lynch	20 Jul 74
11.27	Stephi Douglas	26 Jul 21
11.27	Sophie Papps	30 Jul 16 20
22.48	Michelle Scutt	4 Jul 82
22.69	Sonia Lannaman	10 Jul 77
22.83	Amarachi Pipi	14 May 17
22.84	Sarah Wilhelmy	10 Jun 01
22.90	Allison Curbishley	17 Jul 98
22.6	Sonia Lannaman	23 May 76

**wind assisted****hand timing - wind assisted****200 Metres short track**

22.89	Renee Regis	15 Feb 26
23.00	Katharine Merry	12 Feb 94
23.12	Alyson Bell	23 Feb 25
23.21	Amarachi Pipi	10 Mar 17
23.26	Emily Newnham	1 Feb 25
23.27	Amber Anning	12 Feb 22
23.30	Finette Agyapong	18 Feb 18
23.31	Kiah Dubarry-Gay	12 Feb 22
23.37	Brooke Ironside	25 Feb 24
23.40	Kathy Smallwood	13 Mar 82 10

**wind assisted**

10.93	Sonia Lannaman	17 Jul 77
10.95	Montell Douglas	17 Jul 08
11.01	Heather Hunte	21 May 80
11.13	Shirley Thomas	27 May 84
11.13	Jodie Williams	26 Apr 14
11.14	Paula Dunn/Thomas	27 Jul 86
11.17	Abi Oyepitan	30 Jun 01
11.23	Jayne Andrews	17 Jul 84

**hand timing**

11.1	Andrea Lynch	29 Jun 74
11.1	Heather Hunte	29 Jun 80

**hand timing - wind assisted**

10.8	Sonia Lannaman	22 May 76
10.9	Andrea Lynch	18 May 74
11.1	Sharon Colyear	22 May 76

**200 Metres**

22.07	Dina Asher-Smith	28 Aug 15
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**300 Metres**

36.01	Michelle Scutt	13 Jul 80
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**during 400m**

35.8+	Kathy Smallwood	17 Sep 82
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**300 Metres short track**

36.88	Emily Newnham	15 Feb 25
37.11A	Rebecca Grieve	24 Jan 26
37.16+	Amber Anning	26 Feb 22

**400 Metres**

50.28	Christine Ohuruogu	21 Mar 06
50.46	Kathy Smallwood	17 Sep 82
50.50	Yemi Mary John	19 Jul 25
50.63	Michelle Scutt	31 May 82
50.71	Allison Curbishley	18 Sep 98
50.84	Emily Newnham	27 Jun 25
51.21	Laviai Nielsen	8 Aug 18
51.26	Seren Bundy-Davies	11 Jun 16
51.28	Donna Murray	12 Jul 75

51.48	Perri Shakes-Drayton	14 Aug 10	10	4:01.93	Zola Budd	7 Jun 86
51.61	Keely Hodgkinson	15 May 24		4:02.09	Jemma Reekie	20 Jul 19
51.73	Yasmin Liverpool	16 May 21		4:02.54	Stephanie Twell	19 Aug 10
51.78	Helen Karagounis	19 Jul 03		4:02.99	Laura Weightman	8 Aug 12
51.78	Amber Anning	29 May 21		4:03.73	Jessica Judd	4 Aug 17
51.82	Poppy Malik	3 Aug 25		4:04.29	Hannah England	28 Jul 09
51.93	Janine MacGregor	28 Aug 81		4:04.98	Shannon Flockhart	12 Jul 24
51.94	Verona Elder	26 Jan 74		4:05.42mx	Lisa Dobriskey	30 Aug 05
	<b>400 Metres short track</b>			4:05.76	Yvonne Murray	5 Jul 86 10
51.60	Seren Bundy-Davies	30 Jan 16		4:06.0	Mary Stewart/Cotton	24 Jun 78
51.71 A	Rebecca Grieve	14 Feb 26		4:06.45	Ava Lloyd	16 Aug 25
51.74	Yemi Mary John	27 Jan 24		4:06.81	Stacey Smith	10 Jul 11
51.77	Sally Gunnell	6 Mar 88		4:06.84	Paula Radcliffe	2 Jul 95
51.83	Amber Anning	13 Mar 21		4:07.06	Christina Boxer	15 Aug 79
51.90	Laviai Nielsen	18 Feb 17		4:07.46mx	Erin Wallace	3 Sep 21
52.16	Emily Newnham	23 Feb 25		4:07.49	Abigail Ives	2 Aug 25
52.28	Kirsten McAslan	21 Feb 15		4:07.98	Bev Nicholson	7 Jul 89
52.42	Keely Hodgkinson	27 Feb 22			<b>1500 Metres short track</b>	
52.62	Poppy Malik	7 Mar 25	10	4:00.52 +	Jemma Reekie	8 Feb 20
	<b>600 Metres</b>			4:05.32	Laura Muir	15 Feb 14
1:25.51 +	Keely Hodgkinson	20 Jul 24		4:06.87	Zola Budd	25 Jan 86
	<b>600 Metres short track</b>			4:07.42	Stacey Smith	19 Feb 11
1:23.41	Keely Hodgkinson	28 Jan 23		4:08.1	Mary Stewart/Cotton	19 Feb 77
	<b>800 Metres</b>			4:08.73	Innes Fitzgerald	3 Feb 26
1:54.61	Keely Hodgkinson	20 Jul 24		4:08.77	Ava Lloyd	1 Mar 26
1:58.63	Jemma Reekie	25 Aug 20		4:08.90	Erin Wallace	19 Feb 22
1:59.05	Christina Boxer	4 Aug 79		4:09.65	Katrina Wootton	2 Feb 06
1:59.30	Diane Edwards	4 Jul 87		4:09.90	Hannah England	21 Feb 09 10
1:59.49	Abigail Ives	10 May 25			<b>1 Mile</b>	
1:59.67	Lorraine Baker	15 Aug 86		4:17.88 i	Jemma Reekie	8 Feb 20
1:59.75	Marilyn Okoro	28 Jul 06		4:23.08	Yvonne Murray	5 Sep 86
1:59.76	Paula Fryer	17 Jul 91			<b>2000 Metres</b>	
1:59.94	Hannah England	20 Jun 09		5:29.58	Yvonne Murray	11 Jul 86
1:59.99	Jemma Simpson	22 Jul 06	10	5:30.19	Zola Budd	11 Jul 86
2:00.39	Bev Nicholson	28 Aug 88			<b>3000 Metres</b>	
2:00.42	Laura Muir	7 Jun 15		8:34.43	Zola Budd	30 Jun 86
2:00.46	Emma Jackson	11 Oct 10		8:37.15	Yvonne Murray	28 Aug 86
2:00.52	Lynsey Sharp	29 Jun 12		8:38.47	Laura Muir	24 May 15
2:00.55mx	Zola Budd	21 Jun 86		8:40.40	Paula Radcliffe	16 Aug 93
	<b>800 Metres short track</b>			8:42.75mx	Stephanie Twell	8 Sep 10
1:57.18	Keely Hodgkinson	25 Feb 23		8:43.24mx	Jessica Judd	6 Sep 17
1:57.91	Jemma Reekie	1 Feb 20		8:43.46mx	Laura Weightman	14 May 13
2:00.94	Laura Muir	25 Jan 14		8:46.53	Liz Lynch	18 Jul 86
2:01.12	Jane Colebrook/Finch	13 Mar 77		8:47.36	Jill Hunter	17 Aug 88
2:01.30	Mhairi Hendry	18 Feb 18		8:47.71	Lisa York	31 Jul 92 10
2:01.37	Isabelle Boffey	6 Feb 22		8:48.15	Eloise Walker	2 Sep 23
2:02.07	Abigail Ives	4 Feb 26		8:48.76 +	Megan Keith	27 Apr 24
2:02.55	Lucy Armitage	31 Jan 26		8:51.40	Ruth Partridge	7 Aug 82
2:02.85	Katy-Ann McDonald	26 Feb 22		8:53.78	Wendy Sly	26 May 80
2:03.10	Erin Wallace	9 Feb 22	10	8:53.98	Jane Shields	30 May 82
	<b>1000 Metres</b>				<b>3000 Metres short track</b>	
2:31.11	Jemma Reekie	14 Aug 20		8:39.79	Zola Budd	8 Feb 86
2:35.51	Lorraine Baker	19 Jul 86		8:40.92	Innes Fitzgerald	8 Feb 26
	<b>1000 Metres short track</b>			8:45.67	Shannon Flockhart	7 Dec 24
2:38.25	Isabelle Boffey	19 Feb 22		8:47.80	Mena Scatchard	5 Dec 25
	<b>1500 Metres</b>			8:48.82	Amelia Quirk	5 Mar 21
3:58.66	Laura Muir	17 Jul 15		8:49.73	Laura Muir	31 Jan 15
				8:56.7	Wendy Sly	11 Feb 81

8:56.77mx	Eloise Walker	6 Jan 23	6:22.56	Emily Parker	5 May 25
8:58.44	Isobel Fry	4 Feb 22	6:26.14	Aimee Pratt	6 May 19
8:59.38	Emily Stewart	16 Feb 13	10 6:30.43	Sarah Tait	1 May 23
<b>5000 Metres</b>			6:36.45	Emily Stewart	6 May 13
14:43.24	Megan Keith	27 Apr 24	6:36.50	Barbara Parker	26 Jul 03
14:49.27	Paula Radcliffe	7 Jul 95	6:36.50	Elena Carey	2 May 22
14:54.08	Stephanie Twell	27 Aug 10	<b>3000 Metres Steeplechase</b>		
15:07.45	Emilia Gorecka	4 May 14	9:32.42	Elise Thorner	29 Apr 22
15:17.77	Jill Hunter	26 Aug 88	9:38.45	Eilish McColgan	7 Jun 12
15:21.32	Isobel Fry	29 Jun 22	9:38.91	Aimee Pratt	27 Sep 19
15:25.21	Eloise Walker	23 Jul 22	9:45.64	Emily Parker	19 Jul 25
15:27.60	Rhona Auckland	25 Jul 15	9:47.97	Pippa Woolven	30 Jul 14
15:29.02	Phoebe Anderson	19 Apr 24	9:48.51	Lizzie Hall	10 Jun 06
15:32.27	Emily Pidgeon	12 Jun 10	10 9:51.42	Emily Stewart	27 Jul 13
15:33.85	Emily Parker	7 Jun 25	9:54.74	Sarah Tait	15 Jul 23
15:34.82	Jessica Judd	27 May 17	9:54.76	Elizabeth Bird	29 May 15
15:34.92	Jane Shields	26 Jun 82	9:56.64	Iona Lake	27 Jun 15
15:35.12	Kate Avery	9 Jun 12	9:56.80	Gwenno Goode	28 Mar 25
15:36.35	Birhan Dagne	5 Aug 00	<b>60 Metres Hurdles</b>		
<b>5000 Metres short track</b>			7.89	Cindy Ofili	12 Mar 16
15:33.96	Phoebe Anderson	17 Feb 24	7.90	Lucy Hatton	6 Mar 15
15:38.72	Isobel Fry	9 Jan 22	8.06	Lesley-Ann Skeete	21 Feb 87
15:58.41	Jasmine Wood	5 Dec 25	8.09	Abigail Pawlett	22 Feb 25
15:59.52	Gwenno Goode	15 Feb 25	8.10	Marcia Sey	25 Feb 23
<b>10000 Metres</b>			8.12	Jacqui Agyepong	23 Feb 90
30:36.84	Megan Keith	16 Mar 24	8.15	Isabel Wakefield	12 Feb 22
31:41.42	Liz Lynch	28 Jul 86	8.15	Holly Mills	18 Mar 22
32:03.55	Charlotte Purdue	29 Apr 12	8.16	Yasmin Miller	6 Feb 16
32:22.79	Rhona Auckland	10 Jul 15	8.16	Megan Marrs	17 Feb 18
32:29.71	Alice Goodall	20 May 23	8.18	Jessica Ennis	10 Feb 07
32:30.4	Birhan Dagne	22 Jul 00	8.18	Kat. Johnson-Thompson	6 Mar 15
32:32.42	Vikki McPherson	15 Jul 93	8.20	Louise Fraser	3 Mar 91
32:36.09	Helen Titterington	29 Aug 89	8.20	Gemma Bennett	12 Feb 06
32:36.11	Alice Wright	1 May 16	8.21	Jenna Blundell	22 Jan 22
32:41.29	Jenny Clague	20 Jun 93	<b>100 Metres Hurdles</b>		
32:54.50	Phoebe Anderson	4 May 24	12.60	Cindy Ofili	13 Jun 15
32:57.17	Kathryn Binns	15 Aug 80	12.82	Sally Gunnell	17 Aug 88
32:59.52	Jennifer Nesbitt	20 May 17	12.84	Lucy Hatton	18 Apr 15
33:00.31	Collette Fagan	12 Jun 04	12.94	Abigail Pawlett	31 May 25
33:00.84	Phoebe Law	20 May 17	12.97	Jessica Ennis	25 Aug 07
<b>10km Road</b>			13.03	Diane Allahgreen	11 Jul 97
31:22	Megan Keith	14 Jan 24	13.06	Shirley Strong	11 Jul 80
32:08	Alice Goodall	14 Jan 24	13.07	Lesley-Ann Skeete	14 Aug 87
32:10	Charlotte Purdue	15 Apr 12	13.11	Sharon Colyear	22 Jun 76
32:13	Charlotte Dale	6 Feb 05	13.17	Jacqui Agyepong	3 Aug 90
32:18	Jill Hunter	3 Apr 88	13.17	Gemma Bennett	26 Jul 06
32:22	Zola Budd	19 Sep 87	13.19	Alicia Barrett	12 Apr 18
<b>Half Marathon</b>			13.20	Natasha Danvers	2 May 98
70:59	Liz Lynch	12 Oct 86	13.20	Jenna Blundell	15 Aug 21
71:47	Charlotte Dale	26 Sep 04	13.21	Holly Mills	24 Apr 21
71:50	Hannah Walker	30 Sep 12	<b>wind assisted</b>		
71:56	Stephanie Twell	5 Apr 10	12.80	Sally Gunnell	29 Jul 88
<b>Marathon</b>			12.93	Jenna Blundell	29 Jul 23
2:29:06	Becky Briggs	3 Apr 22	12.97	Sarah Claxton	25 Jul 99
2:31:28	Sarah Rowell	13 May 84	13.07	Holly Mills	23 May 21
<b>2000 Metres Steeplechase</b>			13.13	Ashley Helsby	3 Jul 11
6:21.17	Maisie Grice	14 May 22	<b>hand timing</b>		
			13.0	Blondelle Thompson	29 Jun 74

<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	13.49 i	Georgina Scoot	17 Jan 26
1.92	Barbara Simmonds	31 Jul 82	13.48 i	Ashia Hansen	13 Feb 93
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 Hagggett	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
6.80	Abigail Irozuru	9 Jun 12	16.42	Kirsty Yates	30 Jul 14
6.79	Bev Kinch	7 Jul 84	16.40	Julie Dunkley	12 Aug 00
6.77	Lorraine Ugen	5 Jun 13	16.34	Adele Nicoll	2 Jul 16
6.75	Joyce Oladapo	14 Sep 85	16.31	Shaunagh Brown	17 Jun 12
6.75	Jazmin Sawyers	26 Jun 16	16.28	Rachel Wallader	17 Jul 11



**4 x 100 Metres Relay**

42.80	GBR	24 Jul 15
	Asher-Smith, J.Williams, B.Williams, D.Henry	
42.92	GBR-U23	23 Jul 23
	A.Hunt, C.Pemberton, A.Sibbons, A.Bell	
42.92	GBR-U23	20 Jul 25
	N.Wedderburn-G, K.Mensah, A.Bell, S.Eduan	
43.04	GBR-U23	15 Jul 23
	C.Pemberton, A.Hunt, A.Bell, A.Sibbons	
43.07	GBR-U23	20 Jul 25
	F.Akinbileje, K.Mensah, A.Bell, J.Eze	
43.62	GBR-U23	11 Jul 21
	E.Booker, A.Rees, G.Adam, K.Awuah	
43.66	GBR-U23	15 Jul 23
	C.Pemberton, A.Hunt, A.Bell, A.Sibbons	
43.83	GBR-U23	14 Jul 13
	A.Tagoe, C.Humphreys, R.Johncock, J.Williams	
43.89	GBR-U23	19 Jul 09
	A.Lewis, J.Duck, L.Sargent, E.O'Neill	
43.95	GBR-U23	21 May 23
	A.Bell, A.Hunt, A.Fashanu, A.Sibbons	

**4 x 400 Metres Relay**

3:26.52	GBR-U23	20 Jul 25
	R.Grieve, E.Newnham, P.Malik, Y.John	
3:30.07	GBR-U23	12 Jul 15
	Bundy-Davies, Z.Clark, V.Ohuruogu, K.McAslan	
3:30.44	GBR-U23	20 Jul 03
	J.Meadows, D.Halsall, K.Wall, H.Karagounis	
3:30.74	GBR-U23	16 Jul 17
	Lina & Laviai Nielsen, J.Turner, C.Hylton	
3:31.64	GBR-U23	17 Jul 05
	K.Wall, S.Scott, L.Miller, C.Ohuruogu	
3:31.70	GBR-U23	31 Jul 99
	L.Thorne, E.Davies, L.Owusu, N.Danvers	
3:31.74	GBR-U23	15 Jul 01
	K.Gear, J.Meadows, T.Duncan, H.Thieme	
3:32.09	GBR-U23	20 Jul 25
	H.Mpassy, P.Malik, A.Ives, R.Grieve	
3:32.81	GBR-U23	13 Jul 97
	V.Jamison, J.Sloane, J.Mitchell, A.Curbishley	
3:32.91	GBR-U23	14 Jul 19
	L.Beckford, F.Agyapong, Y.Liverpool, H.Williams	

**UNDER 20****60 Metres**

7.19	Bev Kinch	6 Mar 83	
7.21	Jodie Williams	5 Mar 11	
7.22	Dina Asher-Smith	8 Feb 14	
7.22	Desiree Henry	25 Feb 14	
7.26	Oluwayemisi Akande	10 Feb 24	
7.28	Nia Wedderburn-Goodison	12 Dec 21	
7.29	Faith Akinbileje	10 Feb 24	
7.31	Hannah Brier	17 Feb 17	
7.31	Joy Eze	11 Feb 23	
7.32	Daryll Neita	28 Feb 15	10
7.33	Simmons Jacobs	12 Jan 85	
7.33	Imani Lansiquot	13 Feb 16	
7.33	Sophie Thomas	7 Feb 26	
7.34	Amy Hunt	23 Feb 19	
7.34	Nell Desir	7 Feb 26	
7.35	Heather Oakes	12 Mar 78	
7.35	Katharine Merry (U15)	18 Mar 89	
7.35	Asha Philip (17)	11 Feb 07	
7.36	Kristal Awuah	17 Feb 88	
7.36	Annabelle Fasuba (U17)	7 Feb 26	20

**hand timing**

7.2	Dina Asher-Smith	1 Mar 14
7.3	Sonia Lannaman	9 Dec 72
7.3	Pippa Baker/Windle	12 Jan 80

**100 Metres**

11.14	Dina Asher-Smith	5 Jul 14
11.16	Kristal Awuah	02 Sep 18
11.17	Imani Lansiquot	20 Jul 16
11.18	Jodie Williams	22 Jul 11
11.21	Desiree Henry	12 Aug 14
11.21	Nia Wedderburn-Goodison	2 Jun 24
11.27 A	Kathy Smallwood	9 Sep 79
	11.42	11 Aug 79
11.27	Oluwayemisi Akande	22 Jun 24

11.30	Bev Kinch	5 Jul 83	
11.31	Amy Hunt	19 May 19	10
11.36 A	Della James	14 Oct 68	
11.36	Ashleigh Nelson	14 Jun 09	
11.36	Renee Regis	7 Aug 23	
11.36	Jasmine Wilkins	2 Jul 24	
11.37	Asha Philip (U17)	23 Jun 07	
11.37	Joy Eze	7 Aug 23	
11.39 A	Hannah Brier	16 Jul 15	
11.39	Success Eduan	24 Jun 23	
11.40	Vernicha James	11 Jun 02	
11.40	Daryll Neita	20 Jun 15	20
11.43	Shirley Thomas	7 Aug 82	
11.45	Sonia Lannaman (U17)	1 Sep 72	
11.45	Simmons Jacobs	6 Jul 84	
11.45	Niya Clayton	27 May 23	
11.46	Shaunna Thompson	14 Oct 08	
11.47	Bianca Williams	20 Apr 12	
11.47	Sophie Papps	16 Jun 12	

**wind assisted**

11.03	Dina Asher-Smith	5 Jul 14
11.04	Desiree Henry	26 Apr 14
11.12	Renee Regis	18 Aug 24
11.13	Bev Kinch	6 Jul 83
11.19	Nia Wedderburn-Goodison	2 Jun 24
11.25	Shirley Thomas	20 Aug 81
11.26	Simmons Jacobs	27 May 84
11.28	Joy Eze	7 Aug 23
11.37	Hannah Brier	31 May 15
11.39	Vernicha James	29 Jun 02
11.39mx	Sophie Papps	8 May 13
11.39	Kissiwaa Mensah	1 Jun 24
11.40	Katharine Merry	3 Jul 93
11.42	Annie Tagoe	25 Jun 11
11.43	Dorothy Hyman	2 Sep 60

<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
<b>hand timing</b>			53.3	Phoebe Gill	14 Jul 24
23.1	Sonia Lannaman	7 Jun 75	<b>400 Metres Short Track</b>		
23.3	Donna Murray	9 Jun 74	53.00	Amber Anning	10 Feb 19
23.3	Sharon Colyear	30 Jun 74	53.01	Marilyn Neufville	14 Mar 70
23.3	Linsey Macdonald	8 May 82	53.05	Yemi Mary John	27 Feb 22

53.11	Charlotte Henrich	22 Feb 25	<b>1000 Metres</b>		
53.18	Emily Newnham	26 Feb 23	2:38.58	Jo White (U17)	9 Sep 77
53.39	Laviai Nielsen	28 Feb 15	<b>1500 Metres</b>		
53.58	Kara Dacosta	1 Feb 25	3:59.96	Zola Budd	30 Aug 85
53.65	Phoebe Gill	18 Jan 25	4:05.14mx	Innes Fitzgerald	27 May 25
53.84	Meghan Beesley	24 Feb 08	4:05.83	Stephanie Twell	18 Jul 08
54.00	Lucia Bertacchini	14 Feb 26	10	4:05.87mx	Phoebe Gill
54.05	Karen Williams/Ford	3 Feb 79	4:05.96	Lynne MacDougall	20 Aug 84
54.05	Hannah Williams	15 Jan 17	4:09.13	Lyla Belshaw	12 Jul 25
54.10	Holly Mpassy	6 Mar 22	4:09.60mx	Laura Weightman	21 Aug 10
54.16A	Rebecca Grieve	25 Feb 23	4:12.82		28 Aug 10
<b>600 Metres</b>			4:09.93	Jessica Judd	15 Jul 12
1:27.33	Lorraine Baker (U17)	13 Jul 80	4:10.61	Bobby Clay	5 Jun 16
<b>600 Metres short track</b>			4:11.12	Bridget Smyth	26 May 85
1:27.4	Linsey Macdonald	12 Dec 81	4:11.22	Emma Pallant	19 Jul 08
<b>800 Metres</b>			4:11.36	Jessica Lark	24 May 25
1:55.88	Keely Hodgkinson	3 Aug 21	4:11.78	Shaikira King	7 Jun 25
1:57.86	Phoebe Gill	11 May 24	4:12.07	Ava Lloyd	8 Jun 24
1:59.75	Charlotte Moore	29 Jul 02	4:12.28	Jemma Reekie	2 Jul 17
1:59.77	Jessica Judd	11 Jun 14	4:12.96	Jennifer Walsh	15 Jul 12
1:59.92	Abigail Ives	13 May 23	4:13.00	Charlotte Moore	8 Aug 03
2:00.95	Shaikira King	12 Jul 25	4:13.38	Emma Ward	7 May 01
2:01.11	Lynne MacDougall	18 Aug 84	4:13.40	Wendy Sly	19 Aug 78
2:01.66	Lorraine Baker	26 Jun 82	4:13.41	Eleanor Strevens	7 Jun 25
2:01.80mx	Lyla Belshaw	11 Jun 25	4:13.43mx	Jessica Bailey	25 Jun 25
2:02.01		15 Jul 25	4:13.59mx	Harriet Knowles-Jones	15 Aug 17
2:01.95	Emma Jackson	9 Jun 07	4:14.15mx	Sarah Kelly	10 Aug 10
2:02.00	Diane Edwards/Modahl	14 Sep 85	4:14.22mx	Emelia Gorecka	27 Jun 12
2:02.0	Jo White (U17)	13 Aug 77	4:14.40	Janet Lawrence	20 Aug 77
2:02.15	Alison Leonard	11 Jul 08	4:14.40	Georgia Peel	13 Apr 13
2:02.18	Lynne Robinson	18 Jul 86	4:14.50	Wendy Wright	20 Jun 87
2:02.32	Emily Dudgeon	11 Jul 12	4:14.52mx	Laura Muir	3 Aug 12
2:02.43	Jessica Lark	7 Jun 25	4:14.56	Andrea Whitcombe	22 Aug 90
2:02.8 a	Lesley Kiernan	2 Sep 74	4:14.56	Ella Greenway	10 Jun 23
2:02.89	Sarah Kelly	21 Jul 10	<b>1500 Metres Short Track</b>		
2:02.92	Isabelle Boffey	20 Jul 19	4:11.20	Zola Budd	26 Jan 85
2:03.11	Janet Prictoe/Bell	19 Aug 78	4:14.11	Lynne MacDougall	1 Feb 84
2:03.18	Paula Newnham	17 Jun 78	4:16.2	Jo White	28 Jan 78
2:03.18mx	Laura Weightman	24 Aug 10	4:17.01	Jessica Lark	19 Jan 25
2:03.18	Adelle Tracey	21 Jul 12	4:17.05	Charlotte Moore	12 Feb 04
2:03.20	Katy-Ann McDonald	11 Jul 18	4:17.43	Eleanor Strevens	22 Feb 25
2:03.32	Molly Long	30 May 15	4:17.83	Katie Fairbrass/Davey	19 Feb 83
2:03.42	Jemma Simpson	26 Jul 03	4:18.22	Elise Lyon	16 Feb 85
2:03.43	Rowena Cole	23 Jul 11	4:18.6a	Mary Stewart/Cotton	9 Mar 75
2:03.53	Christine Whittingham	25 Aug 75	4:18.97	Dani Barnes	8 Feb 04
2:03.56	Ava Lloyd	6 Jul 24	4:19.09	Ava Lloyd	18 Feb 24
<b>800 Metres Short Track</b>			<b>1 Mile</b>		
1:59.03	Keely Hodgkinson	30 Jan 21	4:17.57	Zola Budd	21 Aug 85
2:01.49	Shaikira King	15 Feb 26	4:28.16	Stephanie Twell	14 Sep 07
2:02.88	Kirsty Wade	22 Feb 81	4:30.08	Lynne MacDougall	7 Sep 84
2:03.92	Abigail Ives	12 Feb 23	4:34.29	Jo White	9 Sep 79
2:04.14	Isabelle Boffey	9 Feb 19	4:36.65	Ruth Partridge	9 Sep 79
2:04.53	Lyla Belshaw	18 Jan 26	<b>1 Mile Short Track</b>		
2:05.0	Jane Colebrook/Finch	11 Dec 76	4:40.07	Annie Mann	15 Feb 25
2:05.11	Katy-Ann McDonald	22 Feb 19	<b>2000 Metres</b>		
2:05.18	Chelsea Jarvis	28 Feb 15	5:33.15	Zola Budd	13 Jul 84
2:05.52	Jemma Reekie	28 Jan 17	10		
2:05.52	Ella Greenway	18 Feb 23			

<b>3000 Metres</b>			16:06.41mx	Rebecca Straw	24 Aug 13
8:28.83	Zola Budd	7 Sep 85	16:08.82	Grace Brock	25 May 19
8:32.90	Innes Fitzgerald	15 Jun 25	16:08.88	Megan Keith	30 Jul 21 20
8:50.89	Stephanie Twell	14 Sep 08	16:11.03	Louise Small	13 Jun 09
8:51.55	Jessica Bailey	13 Jul 25	16:13.93	Lauren Howarth/Heyes	31 May 08
8:51.78	Paula Radcliffe	20 Sep 92	16:15.12mx	Katie Pye (U17)	3 Aug 24
8:55.11	Emelia Gorecka	26 Aug 12	16:20.17		7 Jun 25
8:56.08mx	Harriet Knowles-Jones	3 May 17	16:15.36	Louise Kelly	31 Jul 98
8:59.12mx	Bobby Clay	9 Sep 15	16:16.39	Collette Fagan	20 Jul 01
9:03.35	Philippa Mason	19 Jul 86	16:18.50	Natasha Phillips	17 Jun 23
9:04.14	Yvonne Murray	28 May 83 10	16:18.75	Phoebe Anderson	18 Aug 21
9:06.16	Helen Titterington	19 Jun 88	16:19.66	Grace Baker	30 May 15
9:06.87	Emily Pidgeon	7 Jun 06	16:21.64	Almi Nerurkar	4 Sep 20
9:07.02	Carol Haigh/Greenwood	24 Jun 85	16:21.86	Bronwen Owen	30 May 15 30
9:07.28	Emma Pallant	4 Jun 08	<b>5000 Metres Short Track</b>		
9:08.5 mx	Jessica Judd (U17)	6 Apr 11	16:09.78	Gwenno Goode	7 Dec 24
9:09.14	Lisa York	19 Jul 89	16:11.61	Jenny Clague	22 Feb 92
9:09.67mx	Katie Pye (U17)	12 Jun 24	16:16.77	Paula Radcliffe	22 Feb 92
9:10.34mx	Charlotte Purdue	8 Sep 10	<b>10000 Metres</b>		
9:10.67	Sian Edwards	8 Jul 06	32:36.75	Charlotte Purdue	14 Aug 10
9:10.9	Julie Holland	7 Apr 84 20	32:52.60	Charlotte Dale	12 Apr 03
9:11.20mx	Jemma Reekie	25 Apr 17	<b>2000 Metres Steeplechase</b>		
9:11.20	Amelia Quirk	20 May 18	6:32.45	Louise Webb (U17)	14 Jul 07
9:12.28	Hayley Haining	20 Jul 91	6:32.55	Sarah Hopkinson (U17)	14 Jul 07
9:12.80	Laura Muir	6 May 12	6:35.07	Emily Moyes	1 May 17
9:12.97	Bernadette Madigan	30 Jun 79	6:36.60	Pippa Woolven	5 May 12
9:13.4mx	Caroline Walsh	30 Jun 99	6:37.27	Amy-Eloise Neale (U17)	10 Jul 11
9:13.47mx	Amy Griffiths	27 Aug 14	6:37.76 A	Emily Pidgeon	24 Apr 06
<b>3000 Metres Short Track</b>			6:39.54	Aimee Pratt	17 Aug 16
8:40.05	Innes Fitzgerald	4 Feb 25	<b>3000 Metres Steeplechase</b>		
8:54.79	Jessica Bailey	23 Feb 25	10:06.12	Emily Pidgeon (U17)	3 Jul 05
8:56.13	Zola Budd	9 Feb 85	10:10.34	Louise Webb	25 Jul 09
9:00.06	Jessica Judd	16 Feb 13	10:11.86	Pippa Woolven	9 Jun 12
9:11.42	Bobby Clay	28 Feb 16	10:12.50	Ruth Senior	15 Aug 06
9:12.1	Carol Haigh/Greenwood	7 Jan 84	10:13.74	Amy-Eloise Neale	18 Jul 13
9:17.12	Isobelle Jones	13 Feb 26	10:13.98	Holly Page	20 May 18
9:17.70	Alice Braham	3 Dec 94	10:13.99	Katie Ingle	31 May 14
9:19.51	Emily Pidgeon (U17)	15 Jan 05	10:18.44	Gwenno Goode	12 Apr 24
9:20.51	Shannon Flockhart	4 Dec 21	10:19.08	Aimee Pratt	19 Jun 16
9:21.30	Eloise Walker	12 Feb 20 10	10:20.64	Sarah Hopkinson (U17)	29 Jul 07
<b>5000 Metres</b>			<b>60 Metres Hurdles</b>		
14:39.56	Innes Fitzgerald	19 Jul 25	8.18	Jessica Duncton	11 Feb 24
14:48.07	Zola Budd	26 Aug 85	8.19	Alicia Barrett	26 Feb 17
15:07.19mx	Jessica Bailey	8 Mar 25	8.22	Lesley-Ann Skeete	25 Jan 86
15:23.4	Charlotte Purdue	28 Aug 10	8.22	Mia McIntosh	13 Feb 22
15:34.21	Emelia Gorecka	9 Jun 12	8.22	Thea Brown	8 Feb 26
15:41.00	Emily Pidgeon	24 Jun 06	8.25	Yasmin Miller	10 Feb 13
15:42.48	Sian Edwards	23 Jul 06	8.28	Marli Jessop	18 Feb 22
15:47.53	Stephanie Twell	7 Aug 07	8.30	Sophie Yorke	26 Feb 17
15:51.62	Carol Haigh/Greenwood	26 May 85	8.32	Natasha Danvers	2 Mar 96
15:52.55	Yvonne Murray	29 May 83 10	<b>100 Metres Hurdles</b>		
15:53.27	Annabel Gummow	28 May 11	13.07	Alicia Barrett	18 Jun 17
15:55.50	Freya Bradley	7 Aug 25	13.13	Yasmin Miller	27 Jul 14
15:58.8mx	Charlotte Dale	12 May 02	13.20	Lucy-Jane Matthews	4 Sep 20
15:59.97	Rebecca Weston	1 Jun 13	13.25	Diane Allahgreen	21 Jul 94
16:00.58	Lizzie Wellsted	8 Jun 24	13.26	Jessica Ennis	9 Jul 05
16:04.60	Kate Avery	13 Jun 09	13.28	Mollie Courtney	22 Jul 16
16:05.70	Eliza Nicholson	7 Jun 25			

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	
58.37	Alyson Evans	1 Sep 85	4.00 i	Anna Gordon	27 Feb 16	
58.38	Abigayle Fitzpatrick	23 Jul 11	4.00	Jessica Swannack	8 Jul 17	
58.44	Jessica Turner	5 Jul 14	3.96	Jade Spencer-Smith	14 Aug 19	
58.68	Kay Simpson	15 Jul 83	3.95	Abigail Haywood	27 Jun 09	
58.68	Chelsea Walker	12 Jun 16	3.91 i	Sophie Dowson	28 Jan 17	20



Discus			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 Hamplett	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	Ella Rush	19 Aug 06
59.19	Kirsty Costello	19 Jun 21	5591	Olivia Dobson	4 Aug 22
59.14	Amy Herrington/Phillips	21 Apr 17	5552	Yinka Idowu	26 May 19
58.34	Rebecca Keating	26 Jun 16	5496	Sally Gunnell	3 Sep 89
58.27	Katie Lambert	21 May 17	5493	Amaya Scott-Rule	28 May 84
57.97	Rachael Beverley	25 Jul 98	5486	Denise Lewis	19 Jul 19
57.96	Olivia Stephenson	10 Jun 17	5484	Jenny Kelly	30 Jun 91
57.88	Lily Murray	23 Mar 24	5459	Jodie Smith	30 Jul 88
57.63	Nicola Dudman	16 Jun 02	5451 w	Eloise Hind	26 May 19 20
57.50	Danielle Broom	9 Jun 18 20	5448	Zoe Hughes	29 May 22
57.45	Sarah Holt	29 Jun 06	5444	Thea Brown	13 Apr 17
57.43	Anna Purchase	30 Apr 17	5426	Dominique Blaize	22 Jun 25
57.39	Zoe Price	18 Aug 21	5405	Jackie Kinsella	23 Jul 06
57.08	Phoebe Baggott	9 Sep 20	5391 w	Emma Buckett	22 Jun 86
56.95	Amber Simpson	20 May 18	5383	Uju Efobi	13 Jul 12
<b>Javelin (1999 Model)</b>			5377		18 Jul 93
55.40	Goldie Sayers	22 Jul 01	Note: LJ, Hep. Although Idowu competed for UK Juniors, she was a Nigerian citizen at the time.		
54.89	Izzy Jeffs	15 Aug 10	<b>Pentathlon Short Track (60H,HJ,SP,LJ,800)</b>		
54.61	Kelly Morgan	4 Sep 99	4527	Morgan Lake	6 Mar 15
52.82	Freya Jones	29 May 11	4526	Kat Johnson-Thompson	25 Mar 12
52.68	Harriet Court	12 Jul 25			

4365	Ella Rush	27 Feb 22	51:00.0	Karen Nipper (U17)	21 Feb 81
4320	Thea Brown	1 Mar 26	51:15.97	Gracie Griffiths	24 Jun 23
4216	Holly Mills	26 Jan 19	51:31.2	Helen Ringshaw	17 Mar 84
4110	Niamh Emerson	20 Feb 16	51:49.04	Abby Hughes	9 Mar 24
4096	Aileen Wilson	10 Feb 02	51:57.20	Heather Lewis	17 Jun 12 10
4093	Zoe Hughes	25 Feb 17	<b>short</b>		
4089	Jessica Ennis	13 Mar 05	50:11.2	Jill Barrett	19 Mar 83
4041	Jodie Smith	4 Jan 20 10	<b>10k Road - where superior to track time</b>		
4016	Jade O'Dowda	27 Jan 18	47:49	Emma Achurch	15 Mar 15
<b>Pentathlon Short Track (LJ,60,60H,HJ,SP)</b>			49:10	Vicky Lawrence	14 Mar 87
4097	Lucy Hadaway	17 Mar 19	49:14	Carolyn Brown	29 Mar 92
3974	Sarah Claxton	12 Jan 97	49:26	Julie Drake	21 May 88
<b>3000 Metres Track Walk</b>			49:26	Ellie Dooley	1 Mar 14
13:03.4	Vicky Lupton	18 May 91	49:33	Lisa Simpson	14 Mar 87
13:47.0	Julie Drake	5 Jul 88	49:40	Sophie Hales	6 Mar 04
13:48.72	Gracie Griffiths	18 Jun 23	49:47	Jill Barrett	24 Sep 83
13:49.64	Sophie Hales	31 May 04	49:51	Heather Lewis	14 Apr 12
13:50.52	Rebecca Mersh (U17)	31 May 04	50:02	Johanna Jackson	28 Nov 04 10
13:51.03	Heather Lewis	17 Jul 12	50:29	Katie Stones	1 May 04
13:51.35+	Sophie Lewis Ward	14 Jul 16	50:39	Rebecca Mersh	12 Mar 06
13:53.0e	Lisa Langford/Kehler	23 Aug 85	<b>4 x 100 Metres Relay</b>		
13:55.42	Ellie Dooley	24 Aug 14	43.78	GBR-U20	4 Aug 22
13:58.73	Emma Achurch	31 Jul 16 10		N.Wedderburn-Goodison,A.Bell,J.Eze,F.Akinbileje	
<b>3000 Metres Walk Short Track</b>			43.81	GBR-U20	21 Jul 13
13:29.19	Emma Achurch	15 Feb 15		Y.Miller, Asher-Smith, S.Wilson, D.Henry	
13:29.46	Ellie Dooley	16 Feb 14	43.86	GBR-U20	10 Aug 23
13:36.43	Sophie Hales	29 Feb 04		R.Regis, S.Walton, J.Eze, S.Eduan	
13:38.05	Katie Stones	29 Feb 04	43.89	GBR-U20	21 Jul 13
14:01.67	Rebecca Mersh (U17)	29 Feb 04		Y.Miller, Asher-Smith, S.Wilson, D.Henry	
14:12.62	Gracie Griffiths	18 Feb 24	43.92	GBR-U20	19 Jul 25
14:17.96	Katie Ford (U17)	28 Feb 98		N.Desir, L.Tallon, K.Slater, O.Akande	
14:19.09	Abby Hughes	18 Feb 24	43.97	GBR-U20	25 Jun 23
14:21.93	Sophie Lewis Ward	15 Feb 15		R.Regis,N.Wedderburn-Goodison,S.Walton,S.Eduan	
14:24.14	Hannah Hopper	27 Feb 22 10	43.98	GBR-U20	10 Aug 25
<b>5000 Metres Track Walk</b>				N.Desir, L.Tallon, K.Slater, O.Akande	
22:36.81	Vicky Lupton	15 Jun 91	44.03	GBR-U20	23 Jun 24
23:31.67	Lisa Langford/Kehler	23 Aug 85		J.Wilkins, R.Regis, K.Mensah, O.Akande	
23:36.03	Gracie Griffiths	26 Aug 23	44.05	GBR-U20	14 Jul 18
23:37:55	Sophie Lewis Ward	14 Jul 16		K.Awuah, A.Rees, G.Adam, E.Carr	
23:40.75	Ellie Dooley	29 Jun 14	44.06	GBR-U20	21 Jul 19 10
23:55.27	Susan Ashforth (U17)	25 May 85		C-A.Pemberton, A.Hunt, G.Adam, I.Aliu	
23:56.9	Julie Drake	24 May 88	44.11	GBR-U20	21 Jul 19
24:02.13	Heather Lewis	24 Jun 12		C-A.Pemberton, A.Hunt, G.Adam, I.Aliu	
24:02.15	Nicky Jackson	27 May 84	44.11	GBR-U20	22 Jun 24
24:06.6	Rebecca Mersh (U17)	23 Apr 05 10		R.Regis, Wedderburn-G, F.Akinbileje, O.Akande	
<b>5k Road - where superior to track time</b>			44.16	GBR-U20	12 Aug 90
23:05	Lisa Langford/Kehler	2 Nov 85		A.Soper, D.Smith, D.Fraser, K.Merry	
23:18	Julie Drake	27 Feb 88	44.17	GBR-U20	23 Jul 17
23:29	Emma Achurch	1 Mar 15		E.Carr, A.Rees, M.Bruney, O.Okoli	
23:30 +	Johanna Jackson	28 Nov 04	44.18	GBR-U20	19 Jul 15
23:35	Lisa Simpson	31 Oct 87		S.Malone, S.Hylton, C.McLennaghan, I.Lansiquot	
23:36	Sophie Lewis Ward	9 Apr 16	44.18	GBR-U20	3 Jul 22
<b>10000 Metres Track Walk</b>				S.Walton, A.Bell, J.Eze, S.Eduan	
47:04.0	Vicky Lupton	30 Mar 91	44.22	GBR-U20	21 Jul 02
48:34.0	Lisa Langford/Kehler	15 Mar 86		J.Lucas-Read, J.Kwakye, A.Spencer, V.James	
49:48.7	Julie Drake	7 Feb 88	44.24	GBR-U20	10 Aug 23
50:22.2	Emma Achurch	7 Dec 14		R.Regis, S.Walton, J.Eze, S.Eduan	
50:25.0	Lisa Simpson	1 Apr 87	44.25	GBR-U20	25 Jun 23



<b>100 Metres</b>			23.62	Success Eduan	17 Jul 21	
11.24	Jodie Williams	31 May 10	23.63	Hannah Brier	1 Jun 14	
11.37	Asha Philip	23 Jun 07	23.66	Jane Parry	15 Jun 80	20
11.45	Sonia Lannaman	1 Sep 72		<b>wind assisted</b>		
11.53	Faith Akinbileje	17 Sep 22	23.11	Linsey Macdonald	5 Jul 80	
11.54	Dina Asher-Smith	16 Jun 12	23.36	Faith Akinbileje	6 Jul 22	
11.56	Ashleigh Nelson	10 Jun 07	23.41	Katharine Merry	15 Jun 91	
11.56	Amy Hunt	25 Aug 18	23.44	Nia Wedderburn-Goodison	12 Jun 21	
11.56	Nia Wedderburn-Goodison	18 Aug 21	23.48	Vernicha James	21 Aug 99	
11.57	Hannah Brier	31 May 14	23.54	Hannah Brier	1 Jun 14	
11.58	Renee Regis	19 Jun 22	10	<b>hand timing - wind assisted</b>		
11.59	Simmone Jacobs	25 Aug 83	23.2	Debbie Bunn	2 Jul 78	
11.60	Katharine Merry	28 Jul 90	23.3	Amy Spencer	1 Jul 01	
11.60	Imani Lansiquot	30 Aug 14	23.4	Hayley Clements	10 Aug 85	
11.61	Diane Smith	9 Aug 90		<b>200 Metres Short Track</b>		
11.61	Annie Tagoe	8 Aug 09	23.44	Amy Spencer	27 Jan 02	
11.61	Mabel Akande	7 Aug 23	23.49	Vernicha James	30 Jan 00	
11.62	Aliyah Afolabi	1 Jun 25	23.78	Lucy Sargent	20 Feb 05	
11.63	Daryll Neita	7 Jul 12	23.78	Desiree Henry	27 Feb 11	
11.64	Shaunna Thompson	9 Aug 08	23.91	Aliyah Afolabi	9 Feb 25	
11.64	Shannon Hylton	25 May 13	20	23.93	Renee Regis	13 Feb 22
	<b>wind assisted</b>		23.93	Emma Clark	9 Mar 25	
11.50	Rebecca Drummond	9 Jul 94	23.96	Faith Akinbileje	13 Feb 22	
11.51	Amy Spencer	29 Jun 02	24.02	Shaunna Thompson	24 Feb 08	
11.51	Desiree Henry	25 Jun 11	24.08	Shannon Hylton	24 Feb 13	10
11.53	Sophie Papps	9 Sep 11		<b>300 Metres</b>		
11.53	Amy Hunt	7 May 17	36.46	Linsey Macdonald	13 Jul 80	
11.53	Nell Desir	2 Jun 24	37.59	Cheriece Hylton	25 May 13	
11.55	Alisha Rees	23 Aug 14	37.79	Amber Anning	1 Sep 17	
11.56	Imani Lansiquot	5 Jul 14	38.02	Holly Ryan	12 Jul 25	
11.57	Abigail Smith	18 May 13	38.18	Shiloh Omotosho	28 Jul 24	
	<b>hand timing</b>		38.19	Eleanor Caney	22 Jul 00	
11.6	Denise Ramsden	19 Jul 68	38.21	Lesley Owusu	27 Aug 95	
11.6	Linsey Macdonald	25 May 80	38.22	Darcy Coslett	11 Aug 24	
11.6	Jane Parry	2 Aug 80	38.28	Etty Sisson	25 Sep 21	
	<b>hand timing - wind assisted</b>		38.31	Noa Chodokufa	10 Aug 25	10
11.3	Linsey Macdonald	3 May 80	38.43	Hayley Jones	9 Jul 05	
11.4	Sonia Lannaman	3 Jun 72	38.43	Sabrina Bakare	9 May 12	
11.4	Jane Parry	5 Jul 80	38.44	Charlotte Henrich	11 Jun 22	
11.5	Sharon Dolby	20 Jul 85	38.46	Hannah Foster	25 Aug 18	
	<b>200 Metres</b>		38.46	Hannah Foster	25 Aug 18	
22.79	Jodie Williams	23 May 10	38.47	Carmen Gedling	15 Jul 06	
23.10	Diane Smith	11 Aug 90	38.49	Kim Wall	24 May 98	
23.25	Desiree Henry	10 Jul 11	38.49	Gemma Nicol	3 Aug 02	
23.28	Simmone Jacobs	28 Aug 83	38.52	Rachel Dickens	2 Jul 11	
23.42	Debbie Bunn	17 Jun 78	38.55	Katie Kirk	5 Jun 10	
23.42	Shaunna Thompson	31 Aug 08	38.60	Karlene Palmer	12 Jul 97	20
23.43	Linsey Macdonald	20 Aug 80		<b>hand timing</b>		
23.44	Faith Akinbileje	5 Jul 22	38.1	Darcy Coslett	10 May 25	
23.45	Amy Spencer	15 Jul 01	38.2	Marilyn Neufville	6 Sep 69	
23.49	Dina Asher-Smith	9 Sep 12	10	38.3	Joey Duck	1 Aug 04
23.49	Cheriece Hylton	10 Aug 13	38.4	Kim Wall	10 May 98	
23.50	Katharine Merry	20 Jul 91		<b>300 Metres Short Track</b>		
23.54	Shannon Hylton	19 May 13	37.72	Amy Spencer	24 Feb 02	
23.59	Carley Wenham	11 Jul 03	38.50	Holly Mpassy	24 Feb 19	
23.59	Nia Wedderburn-Goodison	18 Aug 21	38.56	Katarina Thompson	24 Feb 08	
23.60	Michelle Scutt	12 Sep 76	38.69	Cheriece Hylton	24 Feb 13	
23.62	Vernicha James	8 Jul 00	38.69	Darcy Coslett	9 Feb 25	

38.73	Holly Ryan	7 Feb 26	2:06.05	Jorjia March	4 Feb 26
38.77	Hannah Foster	25 Feb 18	2:06.59	Erin Wallace	30 Jan 16
38.99	Sabrina Bakare	26 Feb 11	2:06.67	Tilly Simpson	17 Jan 16
39.19	Cara Monachello	7 Feb 26	2:06.68	Isabelle Boffey	14 Feb 16
39.2	Katie Kirk	27 Feb 10	10 2:06.75	Loren Bleaken	26 Feb 12
<b>400 Metres</b>			2:07.45	Charlotte Moore	4 Feb 01
51.16	Linsey Macdonald	15 Jun 80	2:07.98	Hayley Beard	24 Feb 02
53.08	Loreen Hall	29 Jul 84	2:08.35	Elsa Norris	8 Feb 26
53.54	Charlotte Henrich	6 Jul 22	2:08.5	Lorraine Baker	12 Jan 80
53.68	Amber Anning	21 Jul 17	2:08.58	Mollie Grant	15 Feb 25
53.75	Linda Keough	8 Aug 80	<b>1000 Metres</b>		
54.01	Angela Bridgeman	16 Aug 80	2:38.58	Jo White	9 Sep 77
54.25	Emma Wood	19 Jun 88	<b>1500 Metres</b>		
54.29	Darcy Coslett	15 Jun 24	4:11.96	Phoebe Gill	12 Jul 23
54.33	Jodie Williams	28 Aug 10	4:12.19mx	Lyla Belshaw	1 May 24
<b>hand timing</b>			4:13.01		21 Jul 24
53.7	Linda Keough	2 Aug 80	4:13.41mx	Shaikira King	7 Aug 24
54.2	Phoebe Gill	9 Jul 23	4:18.18		25 May 24
<b>400 Metres Short Track</b>			4:14.21	Jessica Judd	28 May 11
54.50	Darcy Coslett	22 Feb 25	4:14.78	Isla McGowan	21 Jul 24
54.95	Jodie Williams	15 Mar 09	4:15.20	Bridget Smyth	29 Jul 84
55.24	Kim Wall	30 Jan 99	4:15.32mx	Rosie Johnson	1 Jul 14
55.54	Davicia Patterson	26 Mar 17	4:15.55	Sandra Arthurton	29 Jul 78
55.56	Holly Mpassy	13 Jan 19	4:15.61	Ella McNiven	24 Jun 17
55.74	Shiloh Omotosho	9 Mar 25	4:16.24	Georgia Peel	11 Jul 09
55.75	Laura Gillhespy	20 Feb 05	4:16.41	Bobby Clay	13 Jul 13
55.77	Gemma Nicol	20 Jan 02	4:16.79	Emelia Gorecka	12 Jun 10
55.81	Loren Bleaken	12 Feb 12	4:16.8	Jo White	30 Jul 77
<b>hand timing</b>			4:17.46	Libby Hale	20 Jul 24
55.4	Susan Howells	20 Mar 76	4:17.83	Emily Pidgeon	25 Jun 05
55.4	Lorraine Baker	22 Mar 80	4:17.99	Anna Smith	20 Jul 17
<b>600 Metres</b>			4:18.45mx	Nikki Hamblin	8 Aug 04
1:27.33	Lorraine Baker	13 Jul 80	4:19.09	Sarah Kelly	30 May 09
<b>800 Metres</b>			4:19.35mx	Innes Fitzgerald	26 Jul 22
2:01.50	Phoebe Gill	13 Aug 23	4:19.35	Katie Pye	22 Jun 24
2:01.61mx	Shaikira King	7 Jul 24	<b>1500 Metres Short Track</b>		
	2:02.87	15 Jun 24	4:21.53+	Lyla Belshaw	4 Feb 24
2:02.0	Jo White	13 Aug 77	4:24.07	Ciara Mageean	27 Jan 08
2:02.70	Jessica Judd	15 Jun 11	4:25.75mx	Erin Wallace	16 Jan 16
2:02.93	Lyla Belshaw	24 Jul 24	4:25.76mx	Olivia Forrest	14 Feb 24
2:03.66	Lesley Kiernan	26 Aug 73	4:26.8	Karen Hughes	21 Mar 81
2:03.72	Lorraine Baker	15 Jun 80	4:26.91	Libby Hale	21 Jan 24
2:04.26	Keely Hodgkinson	26 May 18	4:27.1	Sandra Arthurton	18 Mar 78
2:04.59	Loren Bleaken	31 Jul 12	4:27.90	Sarah Hopkinson	13 Jan 07
2:04.70	Anna Gisbourne	12 Aug 23	10 4:29.08	Emer McKee	23 Feb 25
2:04.84	Mollie Grant	7 Jun 25	4:29.1	Julie Clarke	18 Mar 78
2:04.85	Louise Parker	28 Jul 79	<b>1 Mile</b>		
2:05.03	Katy-Ann McDonald	17 Aug 16	4:43.12	Freya Brown	30 Aug 25
2:05.04	Eleanor Colbourn	29 May 21	<b>1 Mile short track</b>		
2:05.09mx	Isla Calvert	18 Jun 19	4:42.85	Lyla Belshaw	4 Feb 24
2:05.27	Bethany Trow	6 Jul 24	<b>3000 Metres</b>		
2:05.68	Isobelle Boffey	28 Aug 16	8:59.67	Innes Fitzgerald	16 Jul 22
2:05.7 mx	Katie Snowden	23 Jun 10	9:08.5 mx	Jessica Judd	6 Apr 11
2:05.86	Charlotte Moore	31 Jul 01	9:09.67mx	Katie Pye	12 Jun 24
2:05.87	Katrina Wootton	14 Aug 02	20 9:20.25		20 Jul 24
<b>800 Metres Short Track</b>			9:13.93mx	Emilia Gorecka	8 Sep 10
2:04.99mx	Lyla Belshaw	14 Feb 24	9:18.38		9 May 10

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
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>	
<b>3000 Metres Short Track</b>			8.5	Claire St. John	Feb 79
9:19.51	Emily Pidgeon	15 Jan 05	<b>80 Metres Hurdles (76.2cm)</b>		
9:34.65	Charlotte Purdue	10 Feb 07	10.89	Holly Whittaker	24 Aug 25
9:36.07	Erin Wallace	3 Jan 16	10.94	Pippa Earley	1 Sep 17
9:37.54	Zoe Jelbert	5 Feb 00	10.94	Izzy Rae	6 Jul 25
9:38.75	Sarah Hopkinson	16 Dec 06	10.95	Mia McIntosh	10 Jul 21
9:42.22	Olivia Forrest	7 Jan 24	11.01	Alicia Barrett	1 Sep 13
9:48.68	Eilidh Dallas	4 Jan 25	11.02	Helen Worsey	15 Aug 98
9:49.17	Emer McKee	11 Jan 25	11.02	Yasmin Miller	22 Aug 10
9:49.38	Siobhan Coleman	16 Jan 05	11.02	Emily Bee	21 Jul 18
9:49.45	Amy Teasdale	6 Jan 23	10 11.02	Paris King	28 Aug 22
<b>5000 Metres</b>			11.04	Marcia Sey	1 Sep 17
15:56.87	Emilia Gorecka	29 May 10	11.04	Etienne Maughan	25 Sep 21
16:04.46	Emily Pidgeon	21 May 05	11.07	Amanda Parker	7 Jun 86
16:09.44	Charlotte Purdue	25 Aug 07	11.09	Menna Grant	28 Jul 24
<b>1500 Metres Steeplechase</b>			11.10	Serita Solomon	9 Jul 05
4:49.48	Ava James	31 Aug 24	11.12	Sam Farquharson	7 Jun 86
4:50.3	Sarah Hopkinson	23 May 07	11.12	Georgia Atkins	11 Jul 09
4:50.9	Louise Webb	23 May 07	11.13	Claire St. John	2 Jun 79
4:53.94	Holly Page	16 Jul 16	11.13	Kylie Robilliard	30 May 04
4:53.98	Ella Davey	16 Jul 22	11.13	Isabelle Mardle	9 Jul 22
4:54.55	Evelyn Wildman	12 Jul 25	11.15	Victoria Johnson	8 Jul 17
4:54.82	Yasmin Austridge	11 Jul 15	11.15	Lia Bonsu	3 Sep 22
4:55.32	Georgia Ledingham	18 Aug 19	<b>wind assisted</b>		
4:55.93	Olivia McGhee	26 Apr 25	10.85	Thea Brown	1 Jul 23
4:56.4	Rachel Clutterbuck	12 Jun 21	10.87	Alicia Barrett	31 Aug 14
4:56.74	Kiya Dee	8 Aug 21	10.96	Helen Worsey	11 Jul 98
4:56.87	Freya Ruffels	9 Jul 22	11.00	Sharon Davidge	11 Jul 98
4:57.21	Gabrielle Phelan	3 Sep 22	11.02	Marcia Sey	14 Jul 18
4:57.46	India Weir	11 Jul 15	11.03	Wendy McDonnell/Jeal	20 Aug 77
4:58.50	Millie Gold	20 Jul 24	11.04	Serita Solomon	14 Aug 05
4:58.81	Holly Turner	12 Jul 25	11.07	Abigail Pawlett	1 Sep 19
4:58.99	Lucy Davies	16 Jul 16	<b>hand timing</b>		
4:59.11	Lottie Quinn	13 Jul 24	11.0	Wendy McDonnell/Jeal	2 Jul 77
4:59.18	Morgan Squibb	11 Aug 18	<b>hand timing - wind assisted</b>		
4:59.56	Maisie Grice	9 Jul 16	20	10.9	Ann Wilson
<b>60 Metres Hurdles (76.2cm)</b>			10.9	Wendy McDonnell/Jeal	9 Jul 77
8.38	Izzy Rae	8 Feb 26	10.9	Sam Farquharson	20 Jul 85
8.39	Thea Brown	12 Feb 23	<b>100 Metres Hurdles (76.2cm)</b>		
8.39	Holly Whittaker	9 Feb 25	13.41	Marcia Sey	9 May 18
			13.45	Lucy-Jane Matthews	7 Jul 18

13.53	Thea Brown	9 Aug 23	60.23	Holly McArthur	19 Jun 16
13.61	Pippa Earley	18 Jun 17	60.52	Mia Walker	9 Aug 23
13.64	Yasmin Miller	4 Jun 11	<b>hand timing</b>		
13.66	Ann Girvan	25 Jul 81	59.7	Keri Maddox	9 Jul 88
13.66	Moesha Howard	11 Jul 13	59.8 mx	Eildith Child	27 Jul 03
13.66	Amber-Leigh Hall	21 Jun 15	<b>High Jump</b>		
<b>wind assisted</b>			1.90	Morgan Lake	12 Jul 13
13.30	Yasmin Miller	10 Sep 11	1.89	Debbie Marti	2 Jun 84
13.32	Marcia Sey	6 Jul 18	1.85	Louise Manning	11 Sep 82
<b>100 Metres Hurdles (83.8cm)</b>			1.85	Jayne Barnetson	21 Jul 84
13.38	Lucy-Jane Matthews	20 Jul 19	1.84	Ursula Fay	6 Aug 83
13.72	Megan Marrs	25 May 14	1.84	Thea Brown	11 Jun 23
13.73	Ann Girvan	7 Aug 82	1.83	Jo Jennings	26 Jul 85
13.88	Natasha Danvers	28 Aug 93	1.83	Tracey Clarke	2 Aug 87
13.90	Yasmin Miller	11 Aug 11	1.83	Aileen Wilson	8 Jul 00
13.94	Phyllis Agbo	30 Jun 02	1.82	Elaine Hickey	9 Aug 80
<b>wind assisted</b>			1.82	Kerry Roberts	16 Jul 83
13.67	Ann Girvan	4 Jul 82	1.82	Susan Jones	20 May 94
13.76	Natasha Danvers	27 Aug 94	1.82	Vicki Hubbard	15 May 05
<b>hand timing</b>			1.82 i	Kat. Johnson-Thompson	8 Mar 09
13.7	Ann Girvan	29 Aug 81	1.82	Niamh Emerson	29 Aug 15
<b>hand timing - wind assisted</b>			1.81	Barbara Simmonds	22 Jul 78
13.7	Nathalie Byer	4 Sep 82	1.81 i	Ada'ora Chigbo	8 Feb 15
<b>300 Metres Hurdles</b>			<b>Pole Vault</b>		
41.13	Lucia Bertacchini	12 Jul 25	4.10	Lucy Bryan	9 Jul 11
41.41	Meghan Beesley	6 Aug 06	4.10	Gemma Tutton	26 Jun 21
41.48	Perri Shakes-Drayton	9 Jul 05	4.06	Molly Caudery	24 Jul 16
41.60	Stephanie Okoro	25 Sep 21	4.05	Katie Byres	1 Aug 10
41.75	Bisan Musa	19 Jul 25	4.00 i	Jade Ive	24 Feb 08
41.84	Shona Richards	19 Aug 12	4.00	Isabella Turner	26 May 24
41.95	Arabella Wilson	9 Jul 22	3.93 i	Sophie Ashurst	10 Mar 19
41.96	Amy Pye	27 Aug 17	3.90	Hannah Olson	13 Jun 04
41.97	Eilidh Child/Doyle	17 Aug 03	3.90	Ellie Gooding	5 Jul 13
41.98	Rachael Kay	3 Aug 97	3.90	Jade Spencer-Smith	20 May 18
41.99	Natasha Danvers	10 Jul 93	3.83 i	Felicia Miloro	24 Sep 17
42.21	Jasmine Jolly	21 Jul 18	3.82	Natasha Purchas	28 Aug 17
42.50	Justine Roach	21 Jul 01	3.82	Ava Hayes	10 Aug 25
42.52	Lauren Williams	30 Aug 15	3.81	Jasmine Carey	12 May 19
42.54	Chelsea Walker	6 Jul 13	3.81 i	Isabel Thomas	25 Jan 20
42.57	Ellen Howarth-Brown	19 Jul 03	3.80	Sophie Upton	16 Jun 07
42.57	Chloe Esegbona	30 Aug 15	3.80	Sally Scott	23 Jun 07
42.58	Syreeta Williams	12 Jul 97	3.80	Abigail Roberts	22 Jun 13
42.63	Hayley McLean	21 Aug 11	3.80 i	Victoria Barlow	29 Jan 17
42.64	Claire Triggs	15 Aug 04	<b>Long Jump</b>		
<b>hand timing</b>			6.45	Margaret Cheetham	18 Aug 84
41.8	Rachael Kay	17 Aug 97	6.32	Georgina Oladapo	23 Jul 83
42.0	Jasmine Jolly	13 May 18	6.31	Kat. Johnson-Thompson	11 Jul 09
42.4	Keri Maddox	8 May 88	6.29	Holly Mills	16 Aug 15
42.4	Syreeta Williams	17 Aug 97	6.27	Fiona May	14 Jun 86
42.5	Louise Brunning	8 May 88	6.26	Jo Wise	31 May 87
<b>400 Metres Hurdles</b>			6.25	Sue Hearnshaw	9 Jul 77
58.44	Stephanie Okoro	7 Jul 22	6.24	Sarah Claxton	15 Jun 96
58.74	Hayley McLean	7 Jul 11	6.23	Sue Scott	27 Jul 68
59.79	Jasmine Jolly	8 Jul 18	6.22	Ann Wilson	18 Sep 66
59.99	Arabella Wilson	19 Jun 22	6.22	Michelle Stone	28 Apr 84
60.06	Faye Harding	13 Jul 01	6.19	Morgan Lake	18 Aug 12
60.18	Meghan Beesley	18 Jun 06	6.18	Sheila Parkin/Sherwood	4 Aug 62
			6.18	Chisom Nwafor	24 Apr 22

6.15	Zainab Ceesay	20 Aug 00	<b>Shot (3kg)</b>		
6.14	Bev Kinch	26 Jul 80	16.87 i	Emilia Adese	7 Feb 26
6.14	Jade Nimmo	24 Jun 07	16.84	Serena Vincent	7 Jul 18
6.13	Sonya Henry	7 Jul 85	16.09 i	Jasmine Nkoso	7 Feb 26
6.13	Jade Johnson	28 May 95	16.04	Issy Stamp	13 Jul 24
6.13 i	Simi Fajemisin	1 Mar 14	20 16.00	Adele Nicoll	1 Jun 13
	<b>wind assisted</b>		15.83	Sarah Omoregie	19 Jun 16
6.49	Margaret Cheetham	23 Sep 84	15.77	Nana Gyedu	31 Aug 19
6.47	Fiona May	28 Jun 86	15.66	Alani Dumbuya	28 Sep 24
6.41	Sue Hearnshaw	9 Jul 77	15.64	Rhea Southcott	26 Aug 17
6.34	Sarah Claxton	12 Jul 96	15.59	Cleo Agyepong	22 Aug 21
6.33	Sue Scott	27 Aug 68	15.58	Annabel Amadin	7 Sep 21
6.28	Bev Kinch	6 Sep 80	15.37	Divine Oladipo	20 Jun 15
6.24	Jade Johnson	28 May 95	15.33	Hannah Molyneaux	26 Aug 17
6.22	Chisom Nwafor	14 May 22	15.25	Meghan Porterfield	2 Jun 22
	<b>Triple Jump</b>		15.03	Ellie Bostock	15 Jul 23
12.95 i	Leila Newth	15 Feb 26	15.01	Tony Buckingham	16 Aug 14
12.88	Lily Hlland	30 Jun 18	15.00	Gaia Osborne	25 Sep 16
12.63 i	Libby White	13 Feb 22	14.99	Ellis Thomas	6 Jul 25
12.61	Naomi Ogbeta	31 Aug 14	14.95	Amaya Scott	26 Jun 17
12.58	Jazz Sears	10 Jun 18	14.92	Paige Stevens	25 Sep 21
12.58	Ellie O'Hara	22 Jun 19	<b>Discus</b>		20
12.53 i	Olivia Schrimshaw	11 Feb 24	51.69	Zara Obamakinwa	12 Sep 20
12.37	Claudimira Landim	28 Aug 16	51.60	Emma Merry	27 Jun 90
12.36 i	Qi-Chi Ukpai	11 Feb 24	49.56	Jane Aucott	3 Aug 85
12.35	Morgan Lake	8 Sep 13	10 49.36	Claire Smithson	10 Jul 99
12.33	Melissa Booth	15 Jun 19	49.25	Shadine Duquemin	9 Sep 11
12.32	Kerri Davidson	15 Sep 13	48.88	Philippa Roles	13 Aug 94
12.26	Emily Gargan	13 Jun 15	48.84	Karen Pugh	7 Aug 82
12.25	Jade Oni	27 Aug 17	47.58	Catherine Bradley	14 Jul 84
12.24	Hannah Frankson	18 Sep 05	47.54	Lauren Keightley	12 Jul 95
12.23	Naomi Reid/Phillips	22 Aug 10	47.50	Sarah Symonds	16 May 90
12.22	Amy Williams	6 Jul 13	47.35	Sophie Mace	16 Aug 15
12.19	Rebekah Passley	17 Aug 03	47.24	Amanda Barnes	3 Aug 85
12.19	Eloise Harvey	19 Aug 17	47.04	Georgie Taylor	31 Aug 13
12.18	Mary Fasipe	21 Aug 11	20 47.00	Eden Francis	4 Sep 05
12.18	Iris Oliarnyk	14 Jul 18	46.76	Fiona Condon	6 Aug 77
12.18	Jasmine Hlland	22 Jun 19	46.55	Emma Carpenter	5 Sep 98
	<b>wind assisted</b>		46.48	Isobel Griffin Morris	4 Sep 16
12.45	Naomi Reid/Phillips	17 Jul 10	46.35	Adele Nicoll	17 Jun 12
12.45	Morgan Lake	11 Aug 13	46.34	Janette Picton	25 Mar 79
12.40	Qi-Chi Ukpai	29 May 23	46.14	Heather Cubbage	17 Sep 17
12.39	Melissa Booth	1 Sep 19	<b>Hammer (4kg)</b>		20
12.37	Kayley Alcorn	12 Aug 06	56.89	Kirsty Costello	24 Jul 19
12.33	Hanna Hewitson	12 Aug 06	56.08	Charlotte Payne	20 May 18
12.27	Rachel Brenton	21 Jul 01	55.98	Kimberley Reed	10 Jun 11
12.27	Rebekah Passley	19 Jul 03	55.44	Abbi Carter	8 Aug 10
	<b>Shot (4kg)</b>		54.87	Louisa James	26 Jun 10
15.14	Sophie McKinna	22 Aug 10	54.56	Sophie Hitchon	26 Aug 07
15.08	Justine Buttle	16 Aug 86	<b>Hammer (3kg)</b>		
14.87	Eden Francis	3 Sep 05	65.06	Katie Head	9 Jul 16
14.40	Susan King	17 May 81	64.20	Kirsty Costello	7 Jun 19
14.33	Adele Nicoll	14 Sep 13	63.89	Charlotte Payne	28 May 18
14.20	Serena Vincent	16 Sep 18	63.40	Olivia Stevenson	14 May 16
14.04	Mary Anderson	6 May 84	63.23	Tara Simpson-Sullivan	10 Sep 17
14.03 i	Terri Salt	19 Mar 83	63.08	Katie Lambert	4 Sep 15
13.94	Jenny Bloss	13 May 67	62.44	Alice Howie	24 Mar 24
13.89 i	Alison Grey	11 Feb 89	10 60.53	Charlotte Williams	9 Apr 17

60.51	Anna Purchase	17 Jul 16	5384 A	Niamh Emerson	18 Jul 15
60.30	Phoebe Baggott	26 Aug 18	10 5361	Chisom Nwafor	29 May 22
60.28	Sophie Robertson	1 Mar 26	<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
59.25	Myra Perkins	5 Jul 08	5037	Michelle Stone	1 Jul 84
59.09	Jade Williams	5 Jun 16	<b>with 80H 2'6", SP 3kg, JT 500g</b>		
58.81	Lily Murray	25 Sep 21	5460	Molly Mills	29 Jun 25
58.55	Angela McAuslan-Kelly	28 Aug 22	5347	Eloise Hind	19 Sep 21
58.22	Danielle Broom	18 Jun 16	5324	Abigail Pawlett	4 Aug 19
58.02	Louisa James	28 Feb 10	5274	Thea Brown	17 Sep 23
57.83	Bekki Roche	13 Jul 19	20 5226	Jade O'Dowda	18 Sep 16
<b>Javelin 600g (1999 Model)</b>			5215	Zoe Gregory	17 Sep 23
51.28	Freya Jones	30 May 10	5214 w	Emily Race	17 Sep 17
49.83	Hayley Thomas	24 May 03	5149	Eden Robinson	17 Sep 17
48.77	Emma Hampllett	13 Sep 14	5213	Anna Nicole Rowe	21 Sep 14
47.72	Izzy Jeffs	30 Aug 08	5140	Jessica Hopkins	16 Sep 18
47.52	Laura McDonald	7 Aug 10	5127	Pippa Earley	17 Sep 17
<b>Javelin 600g (pre 1999 Model)</b>			5123 w	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	10 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
47.01	Charlotte Pabari	1 Mar 26	3877	Kate O'Connor (IRL)	23 Jan 16
46.91	Molly Mills	29 Jun 25	3874	Anna McCauley	10 Dec 16
46.55	Eva Durand	30 Aug 20	3865	Ella Rush	14 Mar 20
46.53	Elise Christian	2 Jun 24	20 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 25
5194	Jessica Ennis	4 Aug 02	<b>3000 Metres Track Walk</b>		
5184	Claire Phythian	20 Aug 89	13:50.52	Rebecca Mersh	31 May 04
4977	Anna Rowe	26 Jul 15	14:04.1	Susan Ashforth	19 May 85
4969	Kaneesha Johnson	27 Jul 08	14:05.8	Tasha Webster	31 May 12
<b>with 100mH (2'6")</b>			14:09.81	Amy Hales	19 Sep 98
5750	Kat. Johnson-Thompson	11 Jul 09	14:20.70	Sophie Hales	15 Sep 01
5241	Jade Surman	16 Jul 05	14:21.0	Julie Drake	25 Jun 85
5071	Debbie Marti	5 Jun 83	14:21.90	Katie Stones	15 Sep 01
<b>IAAF U18 2013 (100H 2'6", SP 3kg, JT 500g)</b>			14:24.6	Becky Tisshaw	19 Jul 97
5725	Morgan Lake	4 Aug 13	14:26.4	Sarah Sowerby	29 Oct 80

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

**UNDER 15**

<b>60 Metres</b>				7.47	Honor Oteng	7 Feb 26
7.35	Katharine Merry	18 Mar 89		7.47	Araya Williams	7 Feb 26
7.45mx	Jodie Williams	2 Feb 08		7.51	Nell Desir	12 Feb 22
7.54		23 Feb 08		7.51	Grace Gode	7 Feb 26
				7.53	Annabelle Fasuba	8 Feb 25





<b>75 Metres Hurdles (76.2cm)</b>			3.50 i	Kim Skinner	22 Dec 01
10.62	Izzy Rae	10 Aug 24	3.48	Lucy Bryan	8 Aug 09
10.75	Mia McIntosh	13 Jul 19	3.46	Lucy Allen	26 Aug 17
10.75	Isabelle Mardle	31 May 21	3.46	Jasmine Carey	26 Aug 17
10.85	Shirin Irving	2 Jul 11	3.45	Amy Hunt	18 Aug 19
10.86	Heather Jones	17 Jun 01	3.45	Nyree Perry	4 Sep 19
10.86	Pippa Earley	20 Sep 15	3.45	Isabella Turner	13 Aug 22
10.88	Amber Hornbuckle	20 Sep 15	<b>Long Jump</b>		
10.91	Helen van Kempen	14 Aug 05	6.34	Margaret Cheetham	14 Aug 83
10.93	Rachel Halstead-Peel	27 Jul 85	6.30	Fiona May	7 Jul 84
10.93	Marcia Sey	28 Aug 16	10 6.07	Georgina Oladapo	21 Jun 81
10.93	Matilda Murray	14 Jun 25	6.07	Amy Williams	7 Jul 12
10.94	Isabella Moulton	8 Aug 25	5.98	Sandy French	22 Jul 78
10.95	Olivia Crawford	11 Aug 24	5.96	Jade Surman	1 Jun 03
10.98	Talia Junaid-evans	14 Jun 25	5.96	Morgan Lake	11 Sep 11
10.99	Danielle Rooney	9 Jul 05	5.95	Olivia Schrimshaw	10 Sep 23
11.00	Louise Fraser	27 Jul 85	5.93	Jackie Harris	10 Jul 87
11.00	Danielle Selley	20 Jun 98	5.93	Simi Fajemisin	7 Jul 12
11.00	Moesha Howard	21 Aug 11	5.91	Symone Belle	29 Aug 99
11.00	Victoria Johnson	28 Aug 16	5.88	Sue Reeve	11 Aug 66
11.00	Juliette Callau	12 Jul 25	20 5.87	Lydia Smith	16 Jun 18
<b>wind assisted</b>			5.86	Tammy McCammon	18 Aug 91
10.87	Olivia Crawford	11 Aug 24	5.86	Rebekah Passley	12 Aug 01
10.95	Symone Belle	9 Jul 99	5.86	Eleanor Turnbull	23 Jun 13
<b>hand timing</b>			5.85	Kim Hagger	20 Aug 76
10.8	Symone Belle	29 Aug 99	<b>wind assisted</b>		
<b>hand timing - wind assisted</b>			6.49	Margaret Cheetham	4 Sep 83
10.7	Orla Bermingham	14 Jul 90	6.07	Jade Surman	4 May 03
<b>High Jump</b>			6.05	Katharine Merry	18 Sep 88
1.83	Ursula Fay	5 Jun 82	6.02	Michelle Stone	10 Jul 82
1.81	Debbie Marti	18 Sep 82	6.01	Morgan Lake	7 Aug 11
1.81	Lea Haggett	6 Jun 86	5.99	Sandy French	8 Jul 78
1.80	Jo Jennings	12 Aug 84	<b>Triple Jump</b>		
1.80	Katarina Thompson	26 Aug 07	12.12	Olivia Schrimshaw	15 Jul 23
1.79 i	Julia Charlton	24 Feb 80	12.02	Yasmine Opre-Fisher	2 Aug 08
1.79	Aileen Wilson	4 Jul 98	11.91	Halle Ferguson	31 Aug 19
1.78	Claire Summerfield	28 Jul 79	11.84	Leila Newth	26 Jul 24
1.78	Dominique Blaize	30 Jun 02	11.80	Georgina Scoot	25 Aug 18
1.76	Morgan Lake	4 Sep 11	10 11.70	Amy Warre	21 Jul 19
1.76	Rebecca Hawkins	21 Jun 14	11.65	Amber Anning	16 Aug 15
1.76	Alessia Scala	26 May 25	11.62	Kerri Davidson	3 Jul 10
1.75	Anne Gilson	2 Jun 73	11.60	Rachel Okoro	12 Aug 18
1.75	Claire Lodge	8 Aug 82	11.58	Morgan Lake	11 Sep 11
1.75	Jane Falconer	10 Jun 89	11.48 i	Amy Williams	26 Feb 12
1.75	Stephanie Pywell	6 Jul 01	11.47	Ruth Hatch	23 Sep 01
1.75	Amelia Jennings-McLaughlin	1 Jul 11	11.44	Amelia Gray	7 Sep 19
1.75	Emma Sherwood	8 Jul 16	11.42	Isabella Amartey	27 Aug 22
<b>Pole Vault</b>			11.39	Emily Jarad	9 Sep 15
3.81	Gemma Tutton	9 Jun 19	<b>wind assisted</b>		
3.80	Hannah Olson	8 Jun 02	11.63	Qi-Chi Ukpai	14 Aug 22
3.76 i	Florence Matten	7 Feb 26	11.58	Isabella Amartey	14 Aug 22
3.62	Emilie Oakden	13 Jul 19	11.57	Emily Gargan	17 Aug 13
3.61 i	Katie Byres	16 Mar 08	<b>Shot (4kg)</b>		
3.61 i	Jade Spencer-Smith	13 Feb 16	12.76	Adele Nicoll	16 Jul 11
3.56	Sophie Ashurst	26 Aug 17	<b>Shot (3.25kg)</b>		
3.55	Ella Brooker	6 Sep 25	14.38	Sophie Merritt	16 Sep 12
3.53	Molly Caudery	27 Sep 14	14.27	Susan King	19 May 79
3.51	Natalie Hooper	15 Jul 12	10 14.23	Adele Nicoll	27 Aug 11
3.50	Fiona Harrison	24 Aug 96			

13.98	Morgan Lake	26 Jun 11		<b>Javelin (pre 1999 Model)</b>		
13.88 i	Chloe Edwards	21 Apr 01	48.40	Mandy Liverton	31 Aug 87	
13.79	Eden Francis	14 Sep 03		<b>Javelin 500g</b>		
13.77	Liz Millward	6 Sep 03	48.84	Bethany Moule	16 Jul 16	
13.69	Gloria Achille	21 Jun 80	47.56	Bethan Rees	13 Sep 14	
			46.98	Lucy Bull	29 Sep 24	
<b>Shot (3kg)</b>			46.55	Hannah Lewington	30 Aug 20	
14.59	Bekki Roche	10 Jun 17	46.51	Ayesha Jones	5 Sep 21	
14.36	Omolola Kuponiya	2 Sep 18	46.27	Elise Christian	14 May 23	
14.34	Hannah Molyneaux	16 Aug 15	45.97	Mila Desborough	20 Jul 25	
14.33	Nana Gyedu	14 Aug 17	45.36	Dulcie Yelling	22 Aug 21	
14.08	Adanna Udechuku	11 Jul 25	44.81	Rebekah Walton	30 Aug 14	
14.00	Meghan Porterfield	13 Sep 20	44.64	Harriette Mortlock	2 Sep 18	10
13.84	Jasmine Nkoso	12 Jul 24	44.57	Harriet Wheeler	27 Aug 22	
13.81	Monica Malagala	5 May 24	44.38	Kate O'Connor	18 Jul 15	
13.78 i	Lily Carlaw	23 Feb 19	43.90	Charlotte Pabari	21 Jul 24	
13.77	Serena Vincent	25 Sep 16	43.70	Kirsty Costello	26 Aug 17	
13.69	Eloise Locke	30 Aug 15	43.62	Elizabeth Korczak	26 Aug 17	
			43.44	Eloise Locke	16 Aug 15	
<b>Discus</b>			43.30	Jessica Lewis	14 Jul 18	
44.12	Philippa Roles	30 Aug 92	43.07	Emma Howe	13 Jun 15	
43.42	Nubia Evans-Shields	21 Aug 21		<b>Hexathlon</b>		
42.11	Bethany Pendlebury	6 May 24	4097	Dionne Maguinness	9 Aug 25	
42.06	Sophie Mace	7 Aug 13	4018	Erin Lobley	4 Aug 19	
41.92	Catherine Garden	12 Sep 93		<b>Pentathlon (with 800m &amp; 75mH) + with 3kg SP</b>		
41.21	Zara Obamakinwa	11 Aug 18	3755	Morgan Lake	30 Jul 11	
41.06	Katie Wickman	18 Sep 05	3626	Katarina Thompson	16 Sep 07	
40.92	Sandra McDonald	24 Jun 78	3532	Kierra Barker	1 Jul 12	
40.84	Natalie Kerr	24 Jul 94	3530 +	Dionne Maguinness	9 Aug 25	
40.54	Claire Smithson	25 May 97	3518	Katharine Merry	18 Sep 88	
40.51	Sophie Merritt	26 Aug 12	3509	Aileen Wilson	20 Sep 98	
40.44	Catherine Bradley	12 Sep 82	3472 +	Erin Lobley	23 Jun 19	
40.36	Shadine Duquemin	12 Sep 09	3467	Jade Surman	21 Sep 03	
40.34	Natalie Hart	23 Mar 86	3467	Jazmin Sawyers	21 Sep 08	
40.22	Emma Merry	27 Aug 88	3462 w+	Rhea Southcott	28 Jun 15	10
40.18	Kelly Mellis	17 Sep 94	3462 +	3342 +	20 Sep 15	
<b>Hammer (4kg)</b>			3462 +	Pippa Earley	20 Sep 15	
47.61	Abbi Carter	18 May 08	3447	Anna Rowe	22 Sep 13	
			3442 +	Jasmine Nkoso	23 Jn 24	
<b>Hammer (3kg)</b>			3438 +	Isabelle Mardle	19 Sep 21	
58.04	Sophie Robertson	28 Sep 24	3407 +	Thea Brown	19 Sep 21	
58.01	Phoebe Baggott	9 Jul 16	3383 +	Arabella Wilson	27 Jun 21	
57.83	Kirsty Costello	5 Aug 17		<b>with 80mH</b>		
57.74	Tara Simpson-Sullivan	9 Aug 15	3512	Kate O'Connor	27 Jun 15	
57.10	Charlotte Williams	24 Sep 16	3444	Jane Shepherd	16 Jul 83	
56.89	Katie Head	17 Aug 14		<b>Pentathlon Short Track (60H,HJ,SP(3.25k),LJ,800)</b>		
56.84	Lily Murray	10 Aug 19	3749	Morgan Lake	6 Feb 11	
55.41	Charlotte Payne	21 Aug 16	3552	Nikita Campbell-Smith	5 Dec 09	
55.37	Abbi Carter	6 Sep 08	3383	Jazmin Sawyers	9 Mar 08	
54.67	Alice Howie	27 Aug 22	3361	Holly McArthur	9 Mar 14	
54.59	Lucy Koenigsberger	27 Aug 16	3351	Katarina Thompson	17 Mar 07	
54.26	Olivia Stevenson	27 Sep 14	3334	Shirin Irving	6 Feb 11	
54.26	Bekki Roche	10 Sep 17		<b>Pentathlon Short Track (60H,HJ,SP(3k),LJ,800)</b>		
54.00	Jade Williams	15 Jul 15	3649	Lucy-Jane Matthews	12 Mar 17	
53.16	Cassidy Crowe	28 Sep 25	3518	Erin Lobley	10 Mar 19	
53.14	Lara Moffat	25 Aug 18	3433	Dionne Maguinness	9 Feb 25	
52.86	Gypsy Nash	18 Aug 19	3411	Rhea Southcott	15 Mar 15	
52.74	Stephanie Howe	24 Aug 13				
<b>Javelin 600g (1999 Model)</b>						
44.23	Freya Jones	12 Jul 08				
43.13	Laura McDonald	11 Jul 09				

3397	Jasmine Jolly	13 Mar 16	47.08	Devon Schools	21 Jun 25
3353	Kate O'Connor	13 Dec 14	47.16	Essex Schools	11 Jul 25
3346	Ella Rush	11 Mar 18	47.37	Surrey Schools	7 Jul 12
3342	Jasmine Nkoso	10 Mar 24		I.Lansiquot, M.Bruney, A.Clarke, J.Crawford	
3341	Abigail Pawlett	12 Mar 17	47.56	Gtr Manchester Sch	12 Jul 19
3328	Milly Gall	12 Mar 17	47.61	Croydon Harriers	22 Jul 16
<b>Pentathlon Short Track (60H,HJ,LJ,SP,60)</b>					
3238	Charlotte Jones	16 Mar 14	47.69	Gtr Manchester Sch	13 Jul 19
<b>2000 Metres Track Walk</b>					
9:20.3	Ana Garcia (U13)	19 Sep 13	47.78	Gtr Manchester Sch	14 Jul 18
<b>2500 Metres Track Walk</b>					
11:50.0	Susan Ashforth	12 Sep 84	47.86	Croydon Harriers	20 Jul 24
<b>3000 Metres Track Walk</b>					
14:17.3	Rebecca Mersh	10 May 03	47.87	Surrey Schools	13 Jul 19 10
14:34.2	Ana Garcia	13 Sep 15	<b>4 x 200 Metres Relay</b>		
14:56.4	Sarah Bennett	26 Sep 93	1:43.91	South Yorkshire AA	14 Sep 19
15:00.0	Susan Ashforth	19 Jun 84	F.Paddon, A.Abberley, N.Kikuyu, A.Jones		
15:00.6	Sally Wish	16 Sep 72	1:44.0	Bristol AC	15 Sep 79
15:03.7	Heather Butcher	24 Mar 12	K.Hall, S.White, K.Hurman, D.Tucker		
15:06.69	Kelly Mann	30 May 98	<b>4 x 300 Metres Relay</b>		
15:10.06	Sophie Lewis Ward	21 Sep 13	2:46.67	Preston Harriers	17 Aug 25
15:10.28	Jenny Gagg	21 Sep 02	J.McMaster, D.Alt, L.Melling, I.King		
15:12.7	Sarah Foster	20 Sep 03 10	2:48.29	Blackheath & Bromley	31 Aug 24
<b>3k Road - where superior to track time</b>					
14:47	Amy Hales	23 Jun 96	K.Bryan, A.Jenner-Heard, F.Pearson, S.Tran		
14:48	Nikola Ellis	16 Sep 84	2:48.3	Preston Harriers	1 Jun 25
14:55	Lisa Langford/Kehler	6 Dec 80	J.McMaster, D.Alt, L.Melling, I.King		
14:58	Carolyn Brown	19 Aug 87	2:49.0	Preston Harriers	20 Jul 25
14:59	Julie Snead	16 Sep 84	J.McMaster, D.Alt, L.Melling, I.King		
15:07	Stephanie Cooper	10 Dec 83	2:49.13	Blackheath & Bromley	15 Jul 17
15:07	Kathryn Granger	23 Apr 05	Z.Mossi, D.Harper, S.Osahon, H.Mpassy		
15:09	Angela Hodd	29 Jul 84	2:49.40	Central AC	3 Jul 16
15:09	Lauren Whelan	28 Jan 07	A.Davison, S.McLay, K.Sharkey, E.Mailer		
<b>3000 Metres Walk Short Track</b>					
16:16.63	Natalie Myers	10 Dec 05	2:49.67	Winchester & D AC	8 Jul 23
16:31.68	Kathryn Granger	13 Dec 03	I.Jordan, G.Osman, L.Flute, C.Poore		
<b>5000 Metres Track Walk</b>					
24:58.8	Ana Garcia	10 May 14	2:49.67	Preston Harriers	25 Aug 24
25:41.9	Rebecca Mersh	27 Sep 03	J.McMaster, D.Alt, E.Whiteside, L.Melling		
26:10.8	Sarah Foster	27 Sep 03	2:50.24	Coventry Godiva H	25 Aug 24
26:52.0	Nina Howley	14 Sep 92	A.Bourton, E.Davies, I.Beasley, N.Bennett		
<b>5k Road - where superior to track time</b>					
24:01	Ana Garcia	2 May 14	2:50.38	Rugby & Northampton	31 Aug 24 10
26:20	Tracy Devlin	14 Feb 87	C.Terrell, I.Kendall, M.Bean, M.Taylor		
26:37	Vicky Morgan	9 Dec 06	<b>4 x 400 Metres Relay</b>		
<b>4 x 100 Metres Relay</b>					
46.48	Middlesex Schools	13 Jul 19	4:07.48	West Cheshire AC	14 Aug 19
. . . N.Wedderburn-Goodison					
L.Battersby, M.Willetts, F.Bojang, I.Pughe					
<b>3 x 800 Metres Relay</b>					
6:39.8 Havering AC 13 Sep 78					
G.Oughton, S.Baxter, C.Wells					
<b>4 x 800 Metres Relay</b>					
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

<b>60 Metres</b>		7.9 i	Jane Parry	21 Feb 76	
7.8 i	Debbie Bunn	22 Mar 75	<b>75 Metres</b>		
7.83 i	Nell Desir	22 Feb 20	9.52	Grace Gode	21 Jul 24
7.85	Sienna Joseph-Edwards	30 Aug 25	9.54	Hannah Brier	1 Aug 10
7.88 i	Michelle Thompson	22 Mar 25	9.65	Success Eduan	1 May 17
7.89 i	Honor Oteng	10 Feb 24	9.67	Yasmin Miller	27 Aug 07

9.67	Tyra Khambai-Annan	18 Jun 17	25.00	Honor Oteng	10 Aug 24
9.70	Trezeguet Taylor	29 May 17	25.53	Alissa Jones-Aryeh	10 Aug 24
9.71	Charlotte McLennaghan	1 Aug 10	25.58	Aliyah Afolabi	30 Apr 22
9.75	Sasha Nolan	19 May 24	25.60	Casielle Murray	29 Jul 23
9.78	Kitan Eleyae	16 May 04	25.70	Michelle Thompson	21 Apr 25
9.78	Aliyah Afolabi	8 May 22 10	25.71	Renee Regis	11 Aug 18
<b>wind assisted</b>			25.83	Ayomide Cole	27 Aug 17
9.54	Nell Desir	29 Aug 20	25.87	Amy Spencer	2 Aug 98
9.59	Aliyah Afolabi	30 Jul 22	25.88	Myra McShannon	4 Sep 88 10
<b>hand timing</b>			<b>hand timing</b>		
9.5	Lukesha Morris	13 Apr 08	24.2	Jane Parry	28 May 77
9.5	Kenisha Allen	31 May 09	25.3	Emma Ania	28 Jun 92
9.5	Hannah Brier	18 Jul 10	25.4	Katharine Merry	21 Jun 87
9.5	Lily Thurbon-Smith	17 Jun 18	25.4	Myra McShannon	8 May 88
9.6	Nana Owusuah Quainoo	11 Aug 19	25.6	Debbie Bunn	5 Jul 75
<b>100 Metres</b>			25.6	Joanne Gardner	24 Aug 75
11.92	Jane Parry	20 Aug 77	25.6	Jane Riley	30 Jun 85
12.18	Honor Oteng	23 Jun 24	<b>wind assisted</b>		
12.21	Trezeguet Taylor	26 Aug 17	23.6	Jane Parry	9 Jul 77
12.29	Michelle Thompson	18 May 25	<b>200 Metres Short Track</b>		
12.32	Katharine Merry	24 Jul 87	25.56	Aliyah Afolabi	13 Feb 22
<b>wind assisted</b>			25.75	Nell Desir	23 Feb 20
12.07 mx	Nell Desir	19 Sep 20	25.85	Michelle Thompson	22 Mar 25
	12.20w	23 Aug 20	25.90	Rebecca White	12 Mar 00
<b>hand timing</b>			<b>600 Metres</b>		
12.1	Katharine Merry	26 Sep 87	1:34.39	Sienna Lavine	2 Jul 25
12.3	Joanne Gardner	24 Aug 75	1:37.3	Lisa Lanini	19 Mar 00
12.3	Debbie Bunn	30 Aug 75	1:37.5	Hannah Wood	17 Jul 94
12.3	Omolola Ogunnowo	31 Aug 13	1:37.5	Kara Bryan	18 Jun 23
12.4	Lorraine Broxup	13 Jun 76	<b>600 Metres Short Track</b>		
12.4	Sarah Claxton	31 Aug 92	1:35.98	Sienna Lavine	23 Nov 24
12.4	Yasmin Miller	20 Jun 07	<b>800 Metres</b>		
<b>hand timing - wind assisted</b>			2:10.47mx	Sienna Lavine	17 Aug 25
11.8	Debbie Bunn	28 Jun 75	2:13.87	Ruby Simpson	20 Aug 17
<b>150 Metres</b>			2:14.17	Molly Canham	29 Jul 14
18.80	Hannah Brier	1 Aug 10	2:14.19mx	Jessica Hicks	17 Jul 04
18.81	Success Eduan	29 May 17	2:14.8	Janet Lawrence	10 Jul 71
18.90	Grace Gode	21 Jul 24	2:14.84mx	Madison Kindler	6 Aug 25
18.97	Aliyah Afolabi	30 Jul 22	2:15.05	Rachel Hughes	11 Sep 81
19.00	Esme Lee	29 Jun 25	2:15.3 mx	Shaikira King	5 Sep 20
19.12	Trezeguet Taylor	29 May 17	2:15.38mx	Kara Bryan	12 Jun 23
19.18	Alexis Brown	5 Jun 24	2:15.46	Olivia Mason	16 Aug 14 10
19.19	Uzoma Nwachukwu	2 Sep 07	<b>800 Metres Short Track</b>		
19.28	Dina Asher-Smith	7 Sep 08	2:12.17	Sienna Lavine	2 Feb 25
19.28	Tyla Beckles	5 Sep 10 10	<b>1000 Metres</b>		
<b>wind assisted</b>			3:00.1	Charlotte Moore	25 Aug 97
18.97	Nell Desir	20 Jul 19	3:00.7	Isabella Buchanan	23 Jun 23
19.03st	Jayda Regis	17 May 14	<b>1200 Metres</b>		
19.09	Kale'a Martin	20 Jul 19	3:34.83	Madison Kindler	23 Aug 25
<b>hand timing</b>			3:35.5	Sienna Lavine	25 May 25
18.7	Alicia Regis	19 Jul 14	3:40.05	Eve Beddow	12 May 24
19.0	Uzoma Nwachukwu	3 Jun 07	3:41.6	Francesca Baxter	20 Jul 19
19.0	Omolola Ogunnowo	4 May 13	3:41.83	Rosa Yates	18 Jul 10
19.0	Ore Adamson	19 Jul 14	3:43.2	Keely Hodgkinson	19 Jul 14
19.0	Lily Thurbon-Smith	17 Jun 18	3:43.4+mx	Jessica Hicks	29 Sep 04
<b>200 Metres</b>			3:43.51	Maya Schofield	10 Sep 22
24.49	Jane Parry	20 Aug 77			

3:43.6	Molly Carvell	5 Jun 21	1.63	Lindsey Marriott	11 Aug 79	
3:43.7	Emma Shipley	15 Jul 17	10	1.63	Paula Davidge	13 Sep 81
<b>1500 Metres</b>						
4:27.31mx	Sienna Lavine	21 Jun 25	1.63	Ashleigh Bailey	31 Aug 13	
4:30.13mx	Madison Kindler	20 Aug 25	1.63	Isabel Pinder	17 Jul 16	
4:32.67mx	Phoebe Gill	24 Jul 19	<b>Pole Vault</b>			
	4:39.30	27 Jul 19	3.46	Gemma Tutton	12 Jun 17	
4:34.00	Emer McKee	18 Jul 21	3.12 i	Jade Spencer-Smith	21 Sep 14	
4:36.9	Rachel Hughes	20 Jul 81	3.10	Hannah Olson	9 Sep 00	
4:38.46	Shaikira King	18 Sep 20	2.92 i	Molly Caudery	23 Sep 12	
4:38.94mx	Jessica Hicks	29 Sep 04	2.91	Olivia Connor	6 Sep 10	
4:39.09mx	Francesca Baxter	26 Jun 19	2.91 i	Nyree Perry	23 Sep 18	
4:39.3	Charlotte Moore	2 Aug 97	<b>Long Jump</b>			
4:39.84	Sarah Hopkinson	14 Jun 03	10	5.71	Sandy French	20 Aug 76
<b>60 Metres Hurdles (68.5cm)</b>						
9.19	Emily Bond	29 Feb 20	5.45	Sarah Wilhelmy	31 Aug 92	
9.44	Lia Bonsu	21 Jan 18	5.43	Margaret Cheetham	19 Sep 81	
9.52	Lucy-Jane Matthews	29 Mar 15	5.42	Katharine Merry	7 Jun 87	
<b>70 Metres Hurdles (68.5cm)</b>						
10.88	Holly Whittaker	30 Aug 21	5.40	Kerry Gray	1 Sep 84	
11.01	Lia Bonsu	11 Aug 18	5.40	Amy Williams	23 Jun 10	
11.05	Marcia Sey	27 Jul 14	5.38	Toyin Campbell	6 Aug 77	
11.12	Megan Corker	28 Aug 17	5.35	Debbie Bunn	7 Sep 75	
11.13	Jess Seddon	10 Sep 23	5.35	Eden Robinson	4 Aug 19	
11.15	Lauren Beales	25 May 13	5.34	Fiona May	12 Jun 82	10
11.15	Christa Hetherington	27 Jul 14	<b>wind assisted</b>			
11.15	Bisan Musa	3 Jul 22	5.55	Katharine Merry	10 Jul 87	
11.16	Amber Hughes	28 May 18	<b>Triple Jump</b>			
11.17	Anne-Marie Massey	3 Sep 95	10	10.80	Isabelle Mardle	9 Aug 19
11.17	Emily Bond	15 Aug 20	10.24	Karina Harris	12 Aug 13	
<b>wind assisted</b>						
10.90	Lia Bonsu	9 Sep 18	<b>Shot (3.25kg)</b>			
11.01	Carys Poole	3 Sep 16	12.20	Susan King	3 Sep 77	
11.02	Nafalya Francis	27 Aug 01	11.52	Adele Nicoll	9 Aug 09	
11.09	Yasmin Miller	9 Sep 07	11.21	Sophie Merritt	14 Jul 10	
<b>hand timing</b>						
10.9	Charlotte Maxwell	31 Aug 04	<b>Shot (2.72kg)</b>			
10.9	Lia Bonsu	17 Jun 18	12.80	Sophie Merritt	11 Jul 10	
11.0	Katharine Merry	20 Sep 87	12.38	Meghan Porterfield	24 Jun 18	
11.0	Justine Roach	13 Sep 97	12.12	Erin Lobley	13 Aug 17	
11.0	Amy Wakeham	31 Aug 04	12.07	Becki Hall	14 Aug 01	
11.0	Megan Corker	18 Jun 17	11.81	Adele Nicoll	31 Aug 09	
11.0	Nana Owusuah Quainoo	27 Jul 19	11.78	Morgan Lake	12 Jul 09	
11.0	Isabelle Mardle	8 Sep 19	11.61	Ruby Arnold	5 Aug 25	
<b>wind assisted</b>						
10.8	Charlotte Maxwell	30 Aug 04	11.59	Eden Francis	8 Sep 01	
<b>75 Metres Hurdles (76.2cm)</b>						
11.78	Caroline Pearce	7 Aug 93	11.53	Finesse Thompson	30 Jun 02	
<b>hand timing</b>						
11.3	Katharine Merry	26 Sep 87	11.51	Kirsty Finlay	27 Sep 14	10
<b>High Jump</b>						
1.69	Katharine Merry	26 Sep 87	<b>Discus (1kg)</b>			
1.68	Julia Charlton	6 Aug 78	35.26	Ruby Arnold	9 Aug 25	
1.65	Debbie Marti	20 Sep 80	34.22	Catherine Garden	25 Aug 91	
1.65	Jane Falconer	20 Sep 87	33.71	Sophie Merritt	22 Aug 10	
1.65	Emma Buckett	4 Sep 05	33.61	Sophie Mace	4 Aug 11	
<b>Discus (750g)</b>						
			40.86	Ruby Arnold	8 Jul 25	
			40.31	Sophie Merritt	17 Jul 10	
			39.86	Nubia Evans-Shields	24 Sep 19	
			39.44	Catherine Garden	8 Sep 91	
			38.20	Sophie Mace	18 Sep 11	
			37.64	Sandra Biddlecombe	4 Jul 90	
			36.90	Samantha Callaway	24 Aug 14	
			35.86	Meghan Porterfield	19 May 18	

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