

HEPTATHLON and PENTATHLON

**A Statistical Survey of British
Women's Combined Events**

By Stuart Mazdon

with extra statistics by Alan Lindop



**Historical Series Booklet No.15 (2012)
National Union of Track Statisticians
2012-15 Update**

NUTS Historical Booklet No.15 - Heptathlon & Pentathlon - 2012-15 Update

this leaflet updates the 144-page NUTS booklet published in 2012

for the latest version of this update, or to order the original booklet, go to www.nuts.org.uk/heptathlon.htm

UK Progressive Records

Pentathlon D

Subsequent progression during Heptathlons (1971/1984 tables):

5039/5123	Jessica Ennis	1	Götzis, AUT	26/27 May 12	12.81/0.0, 1.85, 14.51, 22.88/1.9, 6.51/0.8
5074/5159	Jessica Ennis	1	London (OS)	3/4 Aug 12	12.54/1.3, 1.86, 14.28, 22.83/-0.3, 6.48/-0.6

Pentathlon E

Subsequent progression during Heptathlons (1971/1984 tables):

4965/5047	Jessica Ennis	1	London (OS)	3/4 Aug 12	12.54/1.3, 1.86, 14.28, 6.48/-0.6, 2:08.65
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Heptathlon

6906	Jessica Ennis	28.01.86	1	Götzis, AUT	26/27 May 12	12.81/0.0, 1.85, 14.51, 22.88/1.9, 6.51/0.8, 47.11, 2:09.00	
6955	Jessica Ennis	28.01.86	1	OG	London (OS)	3/4 Aug 12	12.54/1.3, 1.86, 14.28, 22.83/-0.3, 6.48/-0.6, 47.49, 2:08.65

Indoor Pentathlon

5000	K. Johnson-Thompson	1	Prague	6 Mar 15	8.18, 1.95, 12.32, 6.89, 2:12.78
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UK Progressive Records - Junior (U20)

Pentathlon D

Subsequent progression during Heptathlons (1971/1984 tables):

4653/4707	Katarina Johnson-Thompson	09.01.93	2	Kladno, CZE	9/10 Jun 12	13.62/-2.6, 1.86, 11.83, 23.88/-1.6, 6.41/0.6
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Pentathlon E

Subsequent progression during Heptathlons (1971/1984 tables):

4565/4614	Katarina Johnson-Thompson	09.01.93	2	Kladno, CZE	9/10 Jun 12	13.62/-2.6, 1.86, 11.83, 6.41/0.6, 2:14.56	
4584/4624	Katarina Johnson-Thompson	09.01.93	15	OG	London (OS)	3/4 Aug 12	13.62/-2.6, 1.86, 11.83, 6.41/0.6, 2:10.76

Heptathlon

6007	Katarina Johnson-Thompson	09.01.93	3	Desenzano, ITA	5/6 May 12	13.68/-0.6, 1.81, 11.75, 23.78/0.1, 6.14/0.1, 37.17, 2:18.89	
6248	Katarina Johnson-Thompson	09.01.93	2	Kladno, CZE	9/10 Jun 12	13.62/-2.6, 1.86, 11.83, 23.88/-1.6, 6.41/0.6, 38.68, 2:14.56	
6267	Katarina Johnson-Thompson	09.01.93	15	OG	London (OS)	3/4 Aug 12	13.48/0.9, 1.89, 11.32, 23.73/-0.3, 6.19/-0.4, 38.37, 2:10.76

Indoor Pentathlon

4527	Morgan Lake	9	Prague	6 Mar 15	8.81, 1.92, 13.91, 6.10, 2:23.44
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UK Age Bests

U17 Heptathlon

15	Morgan Lake	5169	05/08/12
16	Morgan Lake	5474	04/08/13

Heptathlon

16	Morgan Lake	5896	04/05/14
17	Morgan Lake	6148	23/07/14
19	Katarina Johnson-Thompson	6267	04/08/12
20	Katarina Johnson-Thompson	6449	13/08/13
21	Katarina Johnson-Thompson	6682	01/06/14
26	Jessica Ennis	6955	04/08/12

Masters Heptathlon

49	Charmaine Johnson	4528/3201	12/05/13
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Indoor U17 Pentathlon

15	Holly McArthur	3685	15/03/15
16	Ada'ora Chigbo	3751	14/03/15

Indoor Pentathlon

15	Morgan Lake	3965	06/01/13
16	Morgan Lake	4284	09/02/14
17	Morgan Lake	4527	06/03/15
22	Katarina Johnson-Thompson	5000	06/03/15

Masters Pentathlon

43	Julia Bennett	4320/3579	16/02/14
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Youngest over 6000 Points

17y20d Morgan Lake 01/06/14

19y118d Katarina Johnson-Thompson 06/05/12

Most Years Over 6000 Points

6 Jessica Ennis (2nd=)

Most Years Over 5000 Points

10 Jessica Ennis (7th=)

9 Grace Clements (10th=)

8 Phyllis Agbo (15th=)

UK Statistics Over The Years

Outdoor - Heptathlon

	UK Best 1984T	No in World Top 25 100 5000 4000	Over 10 th 50 th
2015			
2014	6682 Johnson-Thomp.	2 5 10 45	5004 3857
2013	6449 Johnson-Thomp.	1 4 11 36	5056 3703
2012	6955 J. Ennis	2 4 14 38	5288 3788

Indoor - Pentathlon

UK Best	World Top 25 3500 10 th
5000 Johnson-T.	2 15 3674
4284 M. Lake	1 10 3618
4136 K. Drew	0 14 3817
4965 J. Ennis	2 16 3797

UK Merit Rankings

Name	Pts	Top Years	Rankings
Jessica Ennis	96	4 10	add 12-1 (up to 6th on points)
Louise Hazel	84	10	add 12-3 (up to 9th on points)
Grace Clements	72	9	add 12-4, 13-2, 14-5 (up to 13th on points)
Kat. Johnson-Thompson	58	6	add 12-2, 13-1, 14-1 (up to 20th= on points)
Phyllis Agbo	54	8	add 12-7 (up to 23rd on points)
Gemma Weetman	38.5	8	add 12-5=, 13-8 (up to 33rd on points)
Jo Rowland	25	4	11-8, 12-8, 13-3, 14-8 (47th on points)
Louise Wood	24.5	4	add 12-5= (up to 48th on points)
Jessica Taylor	22	4	11-9, 12-12, 13-6, 14-3 (53rd on points)
Jessica Tappin	21	3	12-10, 13-4, 14-4 (54th on points)
Jade Surman	19	4	05-12, 06-7, 07-7, 13-7 (60th on points)

World Merit Rankings

47 points Jessica Ennis: add 2012-1 (up to 2nd equal for UK athletes on points)

14 points Katarina Johnson-Thompson (up to 6th for UK athletes on points)

All-Time Merit Rankings

1. Jessica Ennis

2. Denise Lewis

6. Katarina Johnson-Thompson

Others in the top-20: add Morgan Lake

All-Time Performers Lists

Updates can be found on www.topsinathletics.info or www.thepowerof10.info

All-Time Performances - Heptathlon

Top 50 Heptathlons - Statistics

Heptathlons with 5 events scored for pentathlons						1971T	1971T	1984T	1984T	1984T
6955	Ennis	1	OG	London (OS)	04/08/12	5074 (1)	4965 (1)	5047 (2)	4158 (1)	2797 (3)
6906	Ennis	1		Götzis	27/05/12	5039 (2)	4931 (4)	5011 (4)	4113 (4)	2793 (4)
6682	KJT	1		Götzis	01/06/14	4891 (11)	4795 (14)	4897 (13)	3923 (18)	2759 (8)
6449	KJT	5	WC	Moscow	13/08/13	4706 (43)	4667 (36)	4723 (37)	3739 (57)	2710 (16)
6267	KJT	15	OG	London (OS)	04/08/12	4633 (55)	4584 (51)	4624 (51)	3769 (49)	2498 (48)
6248	KJT	2		Kladno	10/06/12	4653 (52)	4565 (55)	4614 (53)	3729 (59)	2519 (39)
6215	KJT	1	EC-U23	Tampere	14/07/13	4687 (46)	4539 (61)	4579 (61)	3761 (51)	2454 (73)
Note also										
(4798)	Livermore	dnf	WC	Helsinki, FIN	09/08/83	<u>4733 (35)</u>	3880	3905	3899 (22)	899
	Peters	1	OG	Munich	03/09/72	4801 (22)	includes a Day 1 score:		3998 (9)	

Heptathlon Performance Summary by Athlete

	PB	>6500	>6400	>6300	>6200	>6100	>6000	>5900	>5800	>5700	>5600	>5500	>5400	>5300	>5200	>5100	>5000	Other	dnf/dq	Total	Profile
		21	27	33	53	68	91	111	153	205	283	367	448	578	704	858	1030				35
Ennis	6955	8	9	11	13	14	14	15	17	17	17	18	18	19	19	21	21	3	1	25	Y
Lewis	6831	8	9	10	15	15	16	17	18	20	23	23	26	27	28	29	30	2	2	34	Y
KJT	6682	1	2	2	5	5	6	6	6	7	7	8	9	11	11	12	12	1	0	13	Y
Simpson	6623	1	1	2	6	9	13	15	20	21	23	23	23	24	25	25	25	3	8	36	Y
Sotherton	6547	3	6	8	13	14	16	16	17	22	22	24	27	28	28	28	28	9	6	43	Y
Hagger	6259				1	5	8	12	15	19	19	20	20	20	20	21	21	1	4	26	Y
Hazel	6166					3	5	5	9	10	14	17	17	18	19	21	22	8	6	36	Y
Lake	6148					1	2	2	3	3	3	3	3	3	3	3	3	0	0	3	New
Hollman, J.	6135					1	6	9	16	22	28	34	35	35	35	35	35	13	8	56	Y
Sanderson	6125					1	1	1	2	3	3	3	3	3	3	4	4	0	0	4	Y
Mulliner	6094						1	3	8	12	17	19	21	21	23	23	23	1	0	24	Y
Court	6022						1	4	7	10	15	17	19	19	19	22	24	4	5	33	Y
Harrison	6011						1	2	2	3	3	6	6	6	9	10	11	5	7	23	Y
Jury	6005						1	2	3	7	19	22	25	29	31	34	44	18	2	64	Y
Agbo	5952							2	4	6	10	15	19	23	23	24	26	6	8	40	Y
Kelly	5826								1	3	10	15	19	22	27	29	32	5	2	39	Y
Taylor, J.	5826								2	2	2	3	3	4	5	9	9	18	2	29	New
Clements	5819								2	7	13	17	21	28	29	29	30	11	6	47	Y
Barnetson	5803								1	1	2	4	4	5	5	5	5	0	0	5	Y
Gonse	5798									1	1	6	10	11	15	15	18	9	3	30	Y
Gautier	5784									2	6	6	7	10	13	17	19	6	4	29	Y
Warren	5776									1	2	6	10	11	12	14	17	2	1	20	Y
Tappin	5770									2	5	6	7	7	8	9	9	7	2	18	New
Bennett, J.	5747									1	2	5	10	16	20	21	22	11	3	36	Y
Idowu	5702									1	2	2	5	9	11	12	12	0	0	12	Y
Rowland	5702									1	3	3	3	5	9	11	11	14	4	29	
Schofield	5700									1	2	5	5	8	9	10	12	9	1	22	Y
Richards	5691										1	2	5	7	9	12	13	3	1	17	Y
Blaize	5671										1	2	4	4	4	6	9	2	1	12	
Freeman	5644										1	1	2	2	5	5	7	1	3	11	
Rowe	5642										1	1	1	4	4	5	7	1	2	10	
Marriott	5633										1	5	5	7	8	11	13	3	7	23	Y
Beales	5632										2	6	8	10	12	14	16	7	1	24	Y
Damm	5618										1	1	1	3	3	4	5	13	5	23	
Boggis	5605										1	1	1	2	3	5	6	0	1	7	
Surman	5601										1	2	2	6	7	7	7	1	0	8	
Evans, G.	5594											1	1	2	7	7	7	1	3	11	
Livesey	5577											3	3	5	7	8	11	10	3	24	
Brewington	5557											2	3	6	9	10	11	8	2	21	
Wood	5556											1	3	5	5	6	7	3	1	11	
Bennett, D.	5555											4	8	11	13	15	19	14	6	39	Y
Walsh	5548											2	3	5	8	11	14	15	2	31	
Drew	5535											1	1	3	3	4	7	10	2	19	
Holdsworth	5529											1	2	4	4	8	12	4	1	17	
Urquhart	5517											1	1	3	4	5	5	8	1	14	
Johnson	5495												7	19	22	32	37	39	3	79	Y
Gunnell	5493												3	3	5	5	5	1	1	7	Y
Phythian	5455												2	3	4	11	13	6	2	21	
Laing, M.	5446												1	4	6	11	13	4	3	20	Y
Woolgar	5434												1	7	13	15	20	19	5	44	
Lannon	5430												1	3	3	3	6	10	5	21	
Weetman	5427												1	5	10	15	18	10	4	32	
Tindal	5426												1	1	2	4	4	8	3	15	
Gibbs	5424												1	2	3	5	6	6	2	14	
Efobi	5409												1	2	4	5	6	3	0	9	
Kinsella	5391													3	5	7	10	5	0	15	

	PB	>6500	>6400	>6300	>6200	>6100	>6000	>5900	>5800	>5700	>5600	>5500	>5400	>5300	>5200	>5100	>5000	Other	dnf/dq	Total	Profile
Owen	5389													4	5	8	12	20	1	33	
Longden	5384													1	1	2	2	0	3	5	Y
Buckett	5383													1	1	2	4	8	5	17	
Cozens	5358													1	7	8	10	3	0	13	
Stainton	5356													2	3	4	5	3	1	9	
Lindsay	5353													2	2	5	6	14	1	21	
Laing, W.	5351													1	3	4	7	14	4	25	
Joseph	5339													2	4	5	5	2	0	7	
Redmond	5332													1	5	10	14	5	1	20	
Crowther	5297														2	6	20	21	7	48	
Hollman, A.	5259														2	7	10	8	0	18	
Others															18	48	96				
dsq/dnf												1	1	1	1	1	2				

Heptathlon Performance Summary by Year

		UK Best	>6500	>6400	>6300	>6200	>6100	>6000	>5900	>5800	>5700	>5600	>5500	>5400	>5300	>5200	>5100	>5000	Athletes	
																			>5000	>4000
1978	Howell	4898																	0	11
1979	Longden	5139																1	1	9
1980	Laing, M.	5091																4	5	20
1981	Sanderson	6125					1	1	1	4	6	9	11	11	15	16	22	25	8	28
1982	Livermore	6259				1	2	2	2	2	3	3	4	6	12	17	22	25	10	31
1983	Livermore	6347			1	1	3	3	4	5	8	9	12	15	20	26	27	30	10	35
1984	Simpson	6264				1	2	4	4	5	6	6	7	10	11	17	21	28	14	36
1985	Hagger	6098						3	5	6	6	7	7	8	9	11	21	24	11	42
1986	Simpson	6623	1	1	1	4	5	5	5	7	7	9	14	15	18	23	26	31	12	34
1987	Hagger	6167					1	2	3	7	7	7	9	9	11	14	21	29	12	43
1988	Hagger	5975							2	2	5	6	7	8	15	19	26	29	13	39
1989	Hagger	6126					1	2	3	5	5	6	8	13	21	26	31	38	15	52
1990	Simpson	6085						1	2	3	7	10	13	14	15	22	30	37	16	40
1991	Court	6022						1	1	2	2	5	6	13	22	24	30	35	12	44
1992	Court	5994							1	3	3	5	7	10	10	13	16	21	7	49
1993	Court	5957							2	2	4	8	9	11	19	24	37	51	19	57
1994	Lewis	6325			1	1	1	2	3	4	4	7	8	14	20	25	30	37	15	55
1995	Lewis	6299				3	3	3	3	3	4	6	10	15	19	22	27	32	15	50
1996	Lewis	6645	1	2	2	2	2	2	2	2	5	7	7	9	15	22	27	39	14	49
1997	Lewis	6736	2	2	2	2	2	2	2	3	7	9	16	18	21	23	27	31	14	41
1998	Lewis	6559	2	2	2	2	2	3	3	4	4	11	16	21	24	26	27	28	12	43
1999	Lewis	6724	1	1	1	1	1	1	2	3	4	9	10	12	14	20	22	24	12	42
2000	Lewis	6831	2	2	2	2	2	2	2	2	3	9	11	15	17	22	25	31	14	42
2001	Hollman	5933							1	2	3	6	11	14	16	17	19	22	9	41
2002	Hollman	6135					1	2	2	3	8	10	13	13	14	19	23	27	12	37
2003	Lewis	6282				2	2	5	5	7	7	7	10	11	13	16	19	22	10	41
2004	Sotherton	6424		2	2	3	3	4	5	6	6	6	9	10	14	17	21	26	12	45
2005	Sotherton	6547	1	1	2	3	3	4	6	8	10	11	13	15	15	18	23	31	14	49
2006	Sotherton	6396			1	4	6	7	7	11	13	15	20	23	29	33	35	38	13	40
2007	Sotherton	6510	1	2	4	6	6	7	7	7	10	15	20	24	31	36	43	46	18	50
2008	Sotherton	6517	1	2	2	2	2	2	3	4	7	13	17	19	24	25	29	30	10	41
2009	Ennis	6731	2	2	2	2	2	4	6	7	9	10	10	12	17	19	20	25	13	39
2010	Ennis	6823	2	2	2	2	3	3	3	5	7	8	10	12	15	20	24	29	12	46
2011	Ennis	6790	2	2	2	2	4	4	4	4	5	6	9	11	14	17	22	29	14	45
2012	Ennis	6955	2	2	2	4	4	5	5	6	7	8	8	10	15	18	24	29	14	38
2013	KJT	6449		1	1	2	2	2	2	3	4	9	12	13	17	19	20	25	11	36
2014	KJT	6682	1	1	1	1	2	3	3	6	9	11	13	14	16	18	20	21	10	45
Totals			21	27	33	53	68	91	111	153	205	283	367	448	578	704	858	1030		

Top 10 Averages

	1	2	3	4	5	6	7	8	9	10	Top-10	Rank	Top-5	Rank
Jessica Ennis	6955-12	6906-12	6823-10	6790-11	6751-11	6731-09	6689-10	6587-09	6469-07	6399-07	6710.0	1	6845.0	1
Denise Lewis	6831-00	6736-97	6724-99	6654-97	6645-96	6584-00	6559-98	6513-98	6489-96	6325-94	6606.0	2	6718.0	2
Kelly Sotherton	6547-05	6517-08	6510-07	6439-08	6424-04	6406-04	6396-06	6325-05	6290-06	6278-05	6413.2	3	6487.4	3
Livermore/Simpson	6623-86	6347-83	6282W-86	6264-84	6259-82	6217-86	6162-82	6141-83	6132-83	6085-90	6251.2	4	6355.0	5
Kim Hagger	6259-86	6173-86	6167-87	6126-89	6103-84	6098-85	6092-84	6047-89	5981-85	5975-88	6102.1	5	6165.6	6
Johnson-Thompson	6682-14	6449-13	6267-12	6248-12	6215-13	6007-12	5787-11	5571-11	5481-09	5375-09	6008.2	6	6372.2	4
Julie Hollman	6135-02	6093-02	6090-05	6053-07	6018-03	6002-06	5974-05	5933-01	5898-03	5857-06	6005.3	7	6077.8	8
Louise Hazel	6166-11	6156-10	6149-11	6043-09	6008-09	5894-06	5887-06	5856-12	5819-10	5717-06	5969.5	8	6104.4	7
Joanne Mulliner	6094-87	5980-87	5913-90	5885-86	5849-90	5842-87	5833-85	5821-87	5748-90	5746-88	5871.1	9	5944.2	10
Clova Court	6022-91	5994-92	5957-93	5901-93	5875-91	5846-92	5829-97	5774-90	5722-97	5712w-97	5863.2	10	5949.8	9
Kerry Jury	6005W-98	5908-99	5836-99	5735-00	5719-97	5703-96	5702-97	5692-98	5687-01	5686-98	5767.3	11	5840.6	12
Phyllis Agbo	5952-09	5939-09	5826-09	5805-08	5724-10	5716-07	5689-08	5666-08	5649-08	5621-07	5758.7	12	5849.2	11
Grace Clements	5819-10	5817-13	5755W-10	5755-12	5740-09	5710-14	5701-09	5698-08	5690-13	5685-12	5737.0	13	5777.2	13
Jenny Kelly	5826-94	5765-90	5706-90	5667-91	5658-94	5633-97	5622-93	5617-94	5608W-98	5602-93	5670.4	14	5724.4	15
Nicola Gautier	5784-01	5760-99	5685-99	5666-01	5635-99	5602-00	5497-98	5368-98	5311-97	5307-02	5561.5	15	5706.0	17
Kathy Warren	5776-81	5674-83	5562-81	5559-82	5555-83	5553-81	5496mw-83	5468-82	5468-84	5440m-82	5555.1	16	5625.2	18
Roz Gonse	5798-07	5596W-07	5578W-05	5567-06	5533W-06	5501W-07	5465-05	5451-07	5448-04	5425-05	5536.2	17	5614.4	19
Jessica Tappin	5770-14	5741-14	5695-14	5676(w)-13	5660-14	5544-13	5403(w)-13	5379-15	5288-12	5177-12	5533.3	18	5708.4	16
Fiona Harrison	6011W-04	5911W-04	5754-05	5598-03	5571-04	5517-03	5279-00	5250-00	5208-01	5140-99	5523.9	18	5769.0	14
Julia Bennett	5747w-96	5604W-98	5538-00	5534-01	5508-01	5496-95	5452-01	5444-00	5429w-97	5422-95	5517.4	19	5586.2	21
Emma Beales	5632-93	5609-95	5585-92	5564-92	5524w-95	5524-95	5455-91	5430-92	5362(m)-91	5352-93	5503.7	20	5582.8	22
Diana Bennett	5555W-98	5550-97	5519-99	5504-98	5492-97	5469W-99	5466?-98	5425-98	5349-99	5332-96	5466.1	21	5524.0	28
Vikki Schofield	5700-96	5671-94	5587-94	5551-95	5506-95	5396-94	5362-96	5302-94	5268-93	5106w-93	5444.9	23	5603.0	20
Charmaine Johnson	5495-92	5486-94	5480w-94	5468-92	5463-94	5462-89	5400-91	5391m-91	5388-93	5384w-93	5441.7	24	5478.4	31
Yinka Idowu	5702-95	5655-95	5496-89	5451-89	5412-91	5384-91	5334-89	5319m-89	5313-89	5260-90	5432.6	25	5543.2	27
Marcia Marriott	5633-86	5591-87	5556m-87	5544-86	5538w-86	5348-84	5324-83	5212-83	5197-82	5141-81	5408.4	26	5572.4	24
Pauline Richards	5691W-98	5563-98	5456-98	5420-94	5417-95	5390-98	5386-96	5217-96	5201-94	5188-93	5392.9	27	5509.4	29
Joanna Rowland	5702-13	5643-13	5638-13	5381-12	5372-12	5277-11	5254-14	5245-12	5229-11	5178-11	5391.9	28	5547.2	26
Jessica Taylor	5826-14	5813-14	5575A-14	5483-15	5369-13	5286-13	5162-11	5138-12	5122-11	5103-12	5387.7	29	5613.2	20
Debbie Woolgar	5434W-90	5380-89	5380m-89	5379w-89	5371-91	5363-91	5347-91	5298m-89	5242-91	5238m-87	5343.2	29	5388.8	37
Kate Brewington	5557-03	5556-04	5445-03	5344-04	5337-04	5316-03	5257-03	5229-02	5224-07	5138-05	5340.3	30	5447.8	33
Katherine Livesey	5577-02	5574-02	5554-01	5385m-01	5375-01	5239W-99	5215-97	5173-00	5079m-00	5036-97	5320.7	32	5493.0	30
Val Walsh	5548-86	5542w-86	5420-86	5322-85	5301-86	5246-83	5230-86	5204m-86	5180-85	5174mW-85	5316.7	33	5426.6	36
Gemma Weetman	5427-12	5392W-09	5379-11	5363-10	5319-07	5299-06	5287-10	5251-11	5230-07	5217-09	5316.4	34	5376.0	39
Manndy Laing/Lobb	5446-83	5363-83	5360-83	5335-83	5250m-82	5214-82	5187-84	5176mw-83	5175m-81	5145m-85	5265.1	35	5350.8	43
Claire Phythian	5455-95	5451-95	5372-94	5291-94	5184-89	5183-90	5177-94	5173-95	5170-91	5143-90	5259.9	36	5350.6	44
Dominique Blaize	5671-10	5566-11	5411-10	5405-06	5174-11	5164-06	5064-06	5033-07	5024-05	4936-08	5244.8	37	5445.4	34
Catherine Holdsworth	5529-08	5421-09	5385-08	5376-08	5184-09	5138-06	5133-05	5100W-04	5080W-04	5058-04	5240.4	38	5379.0	38
Sarah Bull/Owen	5389m-82	5385-81	5362-81	5309-81	5265m-82	5174-82	5156m-81	5152-81	5098m-81	5063m-82	5235.3	39	5342.0	45

	1	2	3	4	5	6	7	8	9	10	Top-10	Rank	Top-5	Rank
Jackie Kinsella	5391w-86	5331-86	5324m-87	5270w-87	5266m-89	5167-86	5157-89	5085-89	5041mw-87	5035-86	5206.7	40	5316.4	49
Laura Redmond	5332-03	5294-03	5264-05	5253-05	5213-03	5176-02	5174-03	5131-03	5114-01	5107-01	5205.8	41	5271.2	56
Chloe Cozens	5358W-98	5283-99	5257-00	5246-00	5220-98	5216-99	5205-00	5129-98	5098-00	5002-97	5201.4	42	5272.8	54
Louise Wood	5556W-11	5484-11	5443-12	5390-10	5375-10	5183-10	5008-09	4999-09	4785-09	4385-08	5160.8	43	5449.6	32
Kim Price/Crowther	5297-86	5239m-87	5191m-90	5167m-88	5161-88	5125-94	5085-90	5079w-94	5069mw-87	5065m-96	5147.8	44	5211.0	61
Anne Hollman	5259W-99	5258-96	5187w-93	5151-00	5141-93	5114-99	5107-95	5070-93	5028-00	5028-00	5134.3	45	5199.2	64
Karla Drew	5535-13	5389(w)-13	5368-13	5102-12	5061W-11	5023-12	5009-12	4979-12	4904-11	4752-11	5112.2	46	5291.0	53
Emma Lindsay	5353-94	5321-94	5190mw-93	5122-93	5108-95	5056-95	4997w-94	4979-96	4919-93	4895-95	5094.0	47	5218.8	60
Wendy Laing	5351-93	5296-93	5221w-86	5100m-86	5060w-92	5054-89	5015w-89	4952m-88	4941-83	4939-90	5092.9	48	5205.6	63
Sarah Damm	5618w-96	5392-95	5364-95	5112-94	5001-90	4964-90	4919mw-89	4882-89	4808m-88	4761-89	5082.1	49	5297.4	52
Katia Lannon	5430-06	5321-06	5302W-09	5071m-06	5029-09	5021-05	4996-05	4991-05	4823W-04	4669(m)-04	5065.3	50	5230.6	58
Lisa Griffiths/Gibbs	5424-93	5319W-93	5253W-94	5190-93	5122-93	5017-88	4986-87	4935-88	4708W-86	4691m-87	5064.5	51	5261.6	57
Shona Urquhart	5517-88	5364-89	5313m-88	5251-89	5159m-88	4821m-82	4783-81	4770-82	4687mw-86	4726-81	5039.1	52	5320.8	48
Jackie Tindal	5426-10	5282-10	5177-10	5152-10	4996-09	4871-09	4769-09	4730-99	4705(m)-99	4670-98	4977.8	53	5206.6	62
Laura McGawn	5087-10	5078-09	5034-10	4974-11	4968-09	4963-09	4962-11	4950-11	4874-08	4851-10	4974.1	54	5028.2	75
Emma Buckett	5383-12	5199-12	5088-12	5056-13	4971-12	4954-13	4914m-11	4728-10	4709-11	4705-10	4970.7	55	5139.4	67
Julie Frampton	5116mW-85	5055-84	5037-83	5006mW-85	4950-85	4855-85	4810m-84	4810-84	4797m-82	4774-85	4921.0	56	5032.8	74
Caroline Pearce	5268W-04	5253-04	5169-04	5108-02	5017-02	4795-01	4735(m)-99	4665m-99	4612-99	4536-99	4915.8	57	5163.0	65
Alice Lennox	5074A-10	5060-10	4978-09	4900-08	4873-09	4871-08	4866-09	4852-08	4829-09	4523m-08	4882.6	58	4977.0	80
Mary Anderson	5208-86	5174m-88	5155-87	5134-87	5073-86	4919mW-86	4898-85	4684m-85	4605-87	3853m-83	4870.3	59	5148.8	66
Rebecca Foster	5165-93	5078W-93	4962-94	4827-92	4809-92	4803mw-93	4799m-92	4744m-99	4680-99	4679-00	4854.6	60	4968.2	82
Jennifer Lumley	5238-07	5111-07	5105-07	4815-12	4800-12	4784-12	4779-06	4681-06	4602m-06	4586-06	4850.1	61	5013.8	77
Further Top-5s														
Jayne Barnetson	5803-89	5606-88	5548-89	5510-89	5331m-88								5559.6	25
Jade Surman	5601W-07	5538-06	5358W-06	5350-13	5325-07	5313-06	5251-05	4325-05					5434.4	35
Sally Gunnell	5493-84	5472m-84	5430-83	5248m-83	5232-83	4527m-82							5375.0	40
Sarah Rowe	5642-81	5387m-82	5378-81	5342-82	5113m-82	5084m-81	5053-80	4938-80	(3198)-81	(1678)-83			5372.4	41
Danielle Freeman	5644-00	5442-00	5258W-99	5237-98	5222-99	5073-99	5014-00	4915-98	(3741)-99	?-98			5360.6	42
Gillian Howell/Evans	5594m-83	5348-82	5265-84	5251-83	5235m-84	5227m-82	5204m-82	4804m-78	(3092w)-86	(2255)-82			5338.6	46
Tessa Sanderson	6125-81	5857-81	5742m-81	5135m-87	3746P-74								5321.0	47
Uju Efobi	5409-94	5377-93	5292-93	5242-93	5182m-93	5054m-93	4837m-92						5300.4	50
Lucy Boggis	5605-09	5364-09	5228-09	5154-08	5144-08	5013-07	(2210)-07						5299.0	51
Tracy Joseph	5339-96	5311-97	5280-96	5238-96	5195-96	4790-95							5272.6	55
Katie Stainton	5356-14	5347-14	5221-13	5146-14	5047-13	4954(w)-13	4757W-13	4042m-13	(2168)-14				5223.4	59
PB Over 5400														
Morgan Lake	6148-14	6081-14	5896-14											

Additional Performances (non-profiled athletes) with each athlete's name is given: date of birth, club at time of PB, no. of scores over 5500, no. of scores over 5000, top 10 average (or no. of known heptathlons)

1984T					100H	HJ	SP	200	LJ	JT	800
Joanne Rowland (29.12.1989) Crawley/Brunel Uni (new PB)										11	5391.9 (28th)
5702	1		Arona Tenerife	02/06/13	14.59/1.5	1.67	13.38	24.85/0.0	5.82/-0.4	40.53	2:17.27
5643	14	EP-A	Tallinn, EST	30/06/13	14.55/-0.4	1.66	13.03	25.10/1.7	5.74/1.2	42.81	2:19.11
5638	2	Multistars	Florence, ITA	03/05/13	14.46/0.9	1.66	13.09	25.25/-0.8	5.68/0.3	42.45	2:17.75
5381	1	Eng	Bedford	27/05/12	14.98/-1.9	1.65	13.04	25.67/-2.8	5.53/1.4	40.22	2:21.38
5372	6		Woerden, NED	26/08/12	14.77w/2.5	1.72	13.24	25.47/1.7	5.38/0.0	36.86	2:24.61
5254	21	EP-A	Torun, POL	06/07/14	14.97/-1.2	1.63	12.28	25.83/-1.7	5.55/0.9	38.67	2:22.67
5245	1		Woodford	22/04/12	14.78/1.8	1.62	11.95	25.54/0.8	5.52/2.0	39.80	2:25.55
Jade Surman (27.03.1989) Birchfield										1	7
5350	3	Eng	Bedford	02/06/13	14.05w/2.6	1.56	12.11	26.15/0.5	5.89w/2.1	36.78	2:20.53
Louise Wood (13.05.1983) Chelmsford										1	7
5443	11		Desenzano, ITA	06/05/12	13.24/-0.1	1.63	11.62	24.35/0.1	5.51/-3.0	31.09	2:21.73
Karla Drew (22.03.1989) City of Sheffield/Hallam Uni (new PB)										1	7
5535	17	EP-A	Tallinn, EST	30/06/13	13.39/1.0	1.75	11.64	25.39/1.1	5.82w/3.5	29.31	2:21.33
5389(w)	2	Eng	Bedford	02/06/13	13.57w/2.6	1.71	11.64	25.31/0.5	5.60w/3.1	27.70	2:19.94
/5357										/5.49/0.9	
5368	9	Multistars	Florence, ITA	03/05/13	13.72/0.0	1.75	11.40	25.70/-0.3	5.54/-0.4	28.37	2:19.45
5102	4	Eng	Bedford	27/05/12	14.39/-1.9	1.71	11.49	26.32/-2.8	5.47w/3.8	28.58	2:23.72
5061W	5	Eng	Bedford	05/06/11	13.99w/3.0	1.70	9.88	26.00/1.1	5.47W/4.7	27.90	2:23.34
/5001										/5.26/0.5	
5023	1	South	Abingdon	10/06/12	13.90w/3.3	1.68	10.86	26.28w/2.6	5.50/-2.3	24.45	2:24.07
5009	1	Home Int	Stoke-on-Trent	05/08/12	13.92/0.7	1.62	10.18	26.17/-0.7	5.58/0.2	27.83	2:23.4
Gemma Weetman (04.10.1987) Oswestry/Brunel Uni (new PB)										18	5316.4 (34th)
5427	4		Arona Tenerife	27/05/12	14.69/0.0	1.62	12.34	25.91/-0.3	5.87/-1.8	36.22	2:15.14
5181	1	South	London (He)	21/07/13	14.43/0.8	1.57	11.80	25.45/0.9	5.46/1.0	35.76	2:22.19
5046(w)	3		Woodford	12/05/13	14.93w/2.9	1.57	11.10	25.96w/3.3	5.34w/3.1	36.40	2:18.84
5041	6		Woerden, NED	25/08/13	15.30/-1.0	1.54	11.89	26.37/-0.5	5.55/1.4	36.07	2:18.27
Katy Marchant (30.01.1993) Leeds (new entry)										3	only 9 finishes
5227	2		Woodford	22/04/12	14.33w/2.2	1.68	11.19	26.39/0.8	5.32/1.9	41.58	2:25.67
5144	18		Desenzano, ITA	06/05/12	14.18/-1.0	1.66	11.27	26.14/0.9	5.62/1.6	38.97	2:37.28
5046	21	WJ	Barcelona, ESP	13/07/12	14.15/-1.1	1.63	11.15	26.78/-1.5	5.48/1.9	36.10	2:29.77
Emma Buckett (14.05.1993) Basingstoke & MH (new entry)										4	4970.7 (55th)
5383	15	WJ	Barcelona, ESP	13/07/12	14.18/-1.1	1.69	11.54	25.91/-1.5	6.15w/2.5	31.83	2:25.88
5199	1	Eng-J	Bedford	27/05/12	14.74/-1.9	1.74	10.72	26.12/-4.7	6.08w/2.8	30.74	2:30.11
5088	12		Woerden, NED	26/08/12	14.36/1.4	1.69	10.82	26.06/1.7	5.65/-0.1	29.03	2:26.22
5056	2	South	London (He)	21/07/13	14.61/0.8	1.63	11.04	26.14/0.9	5.82/0.0	31.09	2:28.18
Jennifer Lumley (27.01.1988) Leeds (change to top 10 average)										3	4850.1
Katie Stainton (08.01.1995) Birchfield/Loughborough St. (new entry)										5	only 8 finishes
5356	5	TNT	Kladno, CZE	15/06/14	14.41/1.8	1.69	10.21	24.74/0.8	5.68w/2.1	31.90	2:16.39
5347	3	MSR	Azusa CA, USA	17/04/14	14.62/0.3	1.66	10.53	25.24/1.2	5.96/1.4	29.45	2:13.26
5221	1	Home Int	Stoke-on-Trent	04/08/13	14.24/0.6	1.70	8.94	24.84/1.1	5.92/0.0	27.33	2:21.16
5146	23	EP-A	Torun, POL	06/07/14	14.88/-2.0	1.66	9.92	24.89/-2.2	5.88/0.0	22.98	2:14.23
5047	1	Eng Sch	Birmingham (A)	22/09/13	14.42/-0.8	1.55	9.14	24.68/-1.8	5.95/0.0	28.24	2:23.01
Moe Sasegbon (16.09.1991) Stevenage & NH (new entry)										1	only 5 finishes
5293	4	MSR	Azusa CA, USA	17/04/14	14.57/-0.4	1.72	12.22	25.26/-1.0	5.78/-0.4	25.31	2:21.35
Danielle McGifford (11.04.1995) Wigan (new entry)										2	4727.5
5113	1	Eng-J	Bedford	25/05/14	13.88/0.1	1.63	9.30	25.14/-0.5	5.87/1.0	30.36	2:29.77
5025(w)	1	Eng-J	Bedford	02/06/13	13.82w/2.4	1.62	9.20	25.28/0.3	5.64w/3.9	29.07	2:27.52
Jasmin Dotzek (22.09.1991) Crawley (new entry)										1	4729.5
5027	5	Eng	Bedford	27/05/12	14.92/-1.9	1.62	10.63	26.61/-3.7	5.75w/2.7	31.63	2:20.44
Devon Byrne (10.11.1993) M Milton Keynes/Loughborough St. (new entry)										4197.8 (incl 1 dnf)	
5004	1	Eng	Bedford	25/05/14	15.02/-0.3	1.57	11.14	26.40/-0.3	5.23/-1.1	37.38	2:17.58

Performances - U17/Inters Heptathlon - scores over 4600 since 2012

1984T					80H	HJ	SP	200	LJ	JT	800
Morgan Lake (12.05.1997)											
5474	1	Eng-I	Stoke-on-Trent	04/08/13	11.60/0.5	1.78	12.89	25.74w/3.5	5.67/0.0	38.89	2:27.09
5169	1	Eng-I	Stoke-on-Trent	05/08/12	11.75/-1.5	1.74	12.74	25.71/-0.3	5.86/0.0	26.47	2:30.8
Anna Rowe (02.09.1998)											
5140	1	Eng Sch-I	Boston	21/09/14	12.11/1.1	1.61	11.59	25.33/-0.2	5.66/2.6	32.16	2:17.84
4992	2	Eng-I	Bedford	10/08/14	12.06/1.4	1.61	11.44	25.99/1.4	5.36/0.5	29.87	2:14.64
4795	1	ES-NW-I	Stoke-on-Trent	29/06/14	12.2	1.56	11.01	25.4	5.25	28.06	2:18.8
Naomi Harryman (05.05.1998)											
4924	1	ES-EA-I	Corby	29/06/14	12.1	1.69	10.18	26.1	5.60	35.88	2:31.8
Niamh Emerson (22.04.1999)											
4921	3	Eng-I	Bedford	10/08/14	12.28/1.4	1.73	9.36	26.15/1.4	5.33/1.1	29.84	2:16.56
4738	4	Eng Sch-I	Boston	21/09/14	12.12/0.1	1.70	8.60	25.98/0.0	5.49/2.5	22.45	2:19.44

Michelle Hughes (01.02.1998)

4841	2	Eng Sch-I	Boston	21/09/14	11.59/1.3	1.70	10.06	25.76/-0.2	5.25W/4.1	31.30	2:33.46
4784	2	ES-EA-I	Corby	29/06/14	11.5	1.66	10.20	25.6	5.09	32.19	2:33.2

Georgina Westwood (06.07.1996) (new PB)

4796	1	Eng Sch-I	Bedford	16/09/12	12.31/1.7	1.68	10.48	26.58/1.9	5.31/0.7	33.13	2:27.97
4728	2	Eng-I	Stoke-on-Trent	05/08/12	12.79/-1.8	1.71	10.21	26.72/-0.3	5.27/0.0	34.80	2:30.9
4638	1	ES-SE-I	Watford	01/07/12	12.7	1.65	10.47	26.6	5.25	34.17	2:32.3

Ellen Barber (05.12.1997)

4775	3	Eng Sch-I	Boston	21/09/14	12.79/0.8	1.64	10.94	27.08/-0.6	5.33/1.4	39.35	2:30.13
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Ada'ora Chigbo (02.01.1999)

4630	1	ES-SW-I	Yeovil	29/06/14	12.81/0.8	1.66	12.42	27.61/-1.7	5.07	29.84	2:27.56
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Girls/U15 Pentathlon All-Time Performances

1984T					75H	SPG	HJ	LJ	800	Order	Notes
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Morgan Lake (12.05.1997)

3755	1	South-G	Abingdon	31/07/11	11.45/-1.3	12.85	1.66	5.75/0.0	2:28.08	(d)	
3676	1	Eng-G	Stoke-on-Trent	08/08/10	11.29/1.0	12.24	1.69	5.77/1.2	2:36.28	(f)	
3536	1	Berks Sch-G	Reading	13/05/11	11.8	11.99	1.72	5.51	2:38.0	(e)	
3473	1	ES-Mid-G	Kirkby	27/06/10	11.8	12.35	1.66	5.29	2:33.9	(a)	
3419	1	Eng Sch-G	Stoke-on-Trent	19/09/10	11.50/-0.8	11.34	1.64	5.21/0.6	2:32.08	(a)	

Katarina Johnson-Thompson (09.01.1993)

3626	1	Eng Sch-G	Exeter	16/09/07	11.79/0.9	10.19	1.76	5.52/1.6	2:25.45	(a)	
3418	1	Eng-G	Stoke-on-Trent	19/08/07	11.89/0.9	9.72	1.65	5.60/1.2	2:29.79	(f)	
3255	1	ES-NW-G	Stoke-on-Trent	24/06/07	12.0	8.50	1.68	5.27	2:30.7	(a)	

Kierra Barker (03.11.1997)

3532	1	ES-SE-G	Watford	01/07/12	11.4	10.42	1.69	5.44	2:29.2	(a)	
3500	1	Eng Sch-G	Bedford	16/09/12	11.45/0.1	10.32	1.72	5.55/-1.0	2:36.41	(a)	
3436	+	Eng-G	Stoke-on-Trent	05/08/12	11.66/0.4	9.46	1.68	5.60/-0.4	2:32.0	(f)	(1)
3367	1	Hants Sch-G	Winchester	31/05/12	11.5	9.56	1.68	5.27	2:32.0		

Katharine Merry (21.09.1974)

3518	1	Eng Sch-G	Birmingham	18/09/88	11.1	7.74	1.74	6.05w/2.4	2:39.3	(b)	
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Aileen Wilson (S) (30.03.1984)

3509	1	Eng Sch-G	Hull	20/09/98	11.70/0.3	9.77	1.78	5.20	2:28.01	(a)	
3246	1	Scot-G	Glasgow	03/05/98	11.97/-2.3	8.99	1.72	4.95w/2.2	2:31.08	(c)	
3227	1	ES-EA-G	St Ives	28/06/98	11.8	10.02	1.69	4.78	2:33.0	(a)	

Jade Surman (27.03.1989)

3467	1	Eng Sch-G	Sheffield	21/09/03	11.52/-0.1	10.53	1.60	5.71w/2.3	2:31.6	(a)	
3353	1	ES-Mid-G	Mansfield	29/06/03	11.8	9.75	1.59	5.69	2:32.5	(a)	

Jazmin Sawyers (21.05.1994)

3467	1	Eng Sch-G	Birmingham	21/09/08	11.53/0.0	9.37	1.72	5.60/0.6	2:34.33	(a)	
3338	2	Eng Sch-G	Exeter	16/09/07	11.66/0.6	8.79	1.70	5.65/0.3	2:39.97	(a)	
3207	1	ES-NW-G	Bebington	29/06/08	11.5	8.51	1.62	5.48	2:38.7	(a)	

Anna Rowe (02.09.1998)

3447	1	Eng Sch-G	Birmingham	22/09/13	12.23/0.9	9.47	1.66	5.15/0.0	2:14.79	(a)	
3363	+	Eng-G	Stoke-on-Trent	04/08/13	12.18/0.9	9.64	1.63	5.04/-4.3	2:17.2	(f)	(1)
3347	1	ES-NW-G	Carlisle	23/06/13	11.9	9.50	1.62	5.13	2:21.0	(a)	

Shirin Irving (25.09.1996)

3348	1	ES-SE-G	Winchester	26/06/11	11.2/-1.5	11.53	1.60	5.52W/4.4	2:46.3	(a)	
3337	+	Eng-G	Stoke-on-Trent	14/08/11	11.16	11.78	1.50	5.37/0.0	2:35.27	(f)	(1)

Jackie Harris (10.12.1972)

3333	1	Sch IC-G	Birmingham	27/06/87	11.9	8.36	1.62	5.86	2:32.8	(b)	
3311W	1	WAAA-G	Stoke-on-Trent	31/05/87	11.95/1.3	8.62	1.62	5.72/4.1	2:32.19	(d)	
/3258								/5.54/0.7			
3202	1	Mid-G	Birmingham	03/05/87	11.8	8.25	1.60	5.81w/2.2	2:41.1	(d)	

Ebony Wake (09.12.1996)

3321	1	ES-Mid-G	Derby	26/06/11	11.5	9.35	1.64	5.75	2:42.6	(a)	
3280	+	Eng-G	Stoke-on-Trent	14/08/11	11.86	9.62	1.59	5.62/0.5	2:35.51	(f)	(1)

Claire Everett (25.06.1979)

3296	1	Eng Sch-G	Stoke-on-Trent	19/09/93	12.0	10.22	1.66	4.99	2:28.3	(a)	
3289	1	South-G	London (He)	29/08/93	11.96/1.0	9.53	1.66	5.04/-1.3	2:26.70	(d)	
3249	1	ES-EA-G	Grantham	27/06/93	12.8	9.34	1.68	5.13	2:25.5	(b)	

Holly McArthur (S) (20.12.1999)

3280	1	Home Int-G	Manchester (SC)	31/08/14	11.7/-2.6	8.50	1.54	5.17/-0.4	2:16.9	(j)	
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Dominique Blaize (03.10.1987)

3273	1	ES-SE-G	Hemel Hempstead	30/06/02	12.1/-0.9	9.54	1.78	5.21/-1.1	2:42.8	(a)	
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Grace Bower (03.11.1999)

3273	1	Eng Sch-G	Boston	21/09/14	11.57/1.6	9.82	1.57	5.22/1.7	2:28.78	(a)	
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Hayley McLean (09.09.1994)

3238	1	Eng Sch-G	Bedford	20/09/09	11.38/-0.5	9.83	1.54	4.99/0.2	2:25.67	(a)	(2)
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1984T					75H	SPG	HJ	LJ	800	Order	Notes
Emma Perkins (04.09.1985)											
3236	1	Sussex-G	Crawley	10/09/00	11.9	10.15	1.68	5.07	2:37.4	(d)	
Amy Nuttall (06.02.1980)											
3225	1	ES-EA-G	Basildon	26/06/94	11.9	9.09	1.59	5.15	2:26.0	(b)	
Chanel Taite (15.07.1992)											
3220	1	Eng Sch-G	Derby	17/09/06	11.60/-0.6	9.08	1.50	5.39/-0.3	2:26.33	(a)	
Sally Gunnell (29.07.1966)											
3216	1	South-G	London (CP)	23/08/80	11.5	8.62	1.45	5.55	2:24.7	(d)	(3433)
Julie Hollman (16.02.1977)											
3213	1	Eng Sch-G	Sheffield	22/09/91	11.90	11.20	1.56	5.59/0.6	2:46.21	(b)	
Louise Hazel (06.10.1985)											
3207	1	Eng Sch-G	Birmingham	17/09/00	11.48/0.6	9.74	1.52	5.20/-3.6	2:29.40	(a)	
Emily Bonnett (22.09.1987)											
3202	1	Eng Sch-G	Derby	22/09/02	11.83/-1.5	8.97	1.60	4.85/-0.9	2:22.50	(a)	
Rebecca Curtis-Harris (28.02.1994)											
3200	1	South-G	Bedford	28/09/08	11.32/0.8	10.51	1.48	5.53/1.0	2:40.05	(d)	

Notes: (1) during hexathlon; (2) officially scored with 11.4 to give 3236

Indoor Pentathlon All-Time Performances (over 4000, plus scores over 3600 since 2012)

							60H	HJ	SP	LJ	800	NB
Katarina Johnson-Thompson	09.01.93	5000	1	EI	Prague, CZE	06/03/15	8.18	1.95	12.32	6.89	2:12.78	
		4526	1	vFra, Esp-U23	Cardiff	24/03/12	8.48	1.88	11.68	6.24	2:17.24	
		4213	1	vFra, Eng-J	Sheffield	06/03/11	8.63	1.80	10.53	6.24	2:24.90	
		4147	1	vFra-J	Bompas, FRA	06/03/10	8.85	1.81	9.90	6.12	2:21.35	
		4092	1	vFra, Esp-J	Cardiff	08/03/09	8.95	1.82	10.09	5.79	2:18.18	
Jessica Ennis	28.01.86	4965	2	WI	Istanbul, TUR	09/03/12	7.91	1.87	14.79	6.19	2:08.09	
		4937	1	WI	Doha, QAT	13/03/10	8.04	1.90	14.01	6.44	2:12.55	
		4716	6	EI	Birmingham	02/03/07	8.22	1.91	13.28	6.19	2:17.03	
		4401	1	vFra, Esp-U23	Eaubonne	26/02/06	8.29	1.87	11.82	5.85	2:20.45	
		4089	1	AAA	Cardiff	13/03/05	8.48	1.80	10.49	5.64	2:22.75	
Kelly Sotherton	13.11.76	4927	2	EI	Birmingham	02/03/07	8.23	1.88	14.57	6.51	2:12.54	
		4852	2	WI	Valencia, ESP	07/03/08	8.25	1.81	14.57	6.45	2:09.95	
		4733	2	EI	Madrid, ESP	04/03/05	8.43	1.81	14.22	6.44	2:13.58	
		4226	1	AAA	Cardiff	23/03/03	8.55	1.69	12.40	6.02	2:19.22	
		4188	3	5N	Zaragoza, ESP	27/01/02	8.63	1.72	12.17	6.06	2:23.23	
Morgan Lake	12.05.97	4166	1	AAA	Cardiff	10/03/02	8.57	1.74	11.61	6.12	2:26.38	
		4116	1	AAA	Birmingham	21/01/01	8.66	1.73	10.71	5.97	2:19.72	
		4527	9	EI	Prague, CZE	06/03/15	8.81	1.92	13.91	6.10	2:23.44	
		4448	1	vFra, Esp-U23	Nogent, FRA	24/01/15	8.85	1.88	13.88	6.13	2:25.44	
		4284	2		Vaxjo, SWE	09/02/14	8.97	1.85	13.38	5.87	2:24.48	
Julie Hollman	16.02.77	4146	2	Eng	Sheffield	05/01/14	8.91	1.81	13.02	5.91	2:31.45	
		3965	1	Eng-J	Sheffield	06/01/13	9.09	1.77	11.29	5.96	2:30.84	
		3961	1	vEsp, Fra-J	Valencia, ESP	27/01/13	9.06	1.77	12.42	5.92	2:36.91	
		4498	2	5N	Prague, CZE	12/02/06	8.53	1.85	12.23	6.36	2:21.10	
		4392	1	5N	Prague, CZE	28/01/01	8.78	1.81	12.98	6.13	2:19.57	
Kim Hagger	02.12.61	4383	3	(2 5N)	Zuidbroek, NED	01/02/04	8.60	1.82	12.18	6.14	2:20.33	
		4135	2	vFra, Ita	Vittel, FRA	19/03/00	8.85	1.74	11.88	5.95	2:21.44	
		4067	2	AAA	Birmingham	24/01/99	8.91	1.71	10.77	6.00	2:18.71	
		4016	3	AAA	Birmingham	23/01/00	8.85	1.70	11.29	5.86	2:21.79	
		4363	1	vFra	Vittel, FRA	04/02/84	8.44	1.82	11.89	6.31	2:27.08	
Julia Bennett/Machin	26.03.70	4297	1	AAA	Birmingham	08/02/98	8.83	1.84	11.91	6.03	2:21.13	
		4226	8	EI	Valencia, ESP	27/02/98	8.93	1.74	12.09	6.13	2:18.75	
		4225	11	EI	Stockholm, SWE	08/03/96	8.90	1.85	11.51	5.89	2:21.11	
		4223	3	5N	Valencia, ESP	28/01/96	8.86	1.83	11.22	6.01	2:21.38	
		4222	1	vFra, Ita	Vittel, FRA	19/03/00	8.88	1.83	12.13	5.83	2:21.52	
Jessica Taylor	27.06.88	4216	1	AAA	Birmingham	23/01/00	8.99	1.85	11.95	5.88	2:22.36	
		4130	4	5N	Zaragoza, ESP	27/01/02	8.93	1.81	11.80	5.83	2:24.15	
		4053	7	5N	Cardiff	26/01/03	9.04	1.79	10.88	5.88	2:22.84	
		4034	2	AAA	Cardiff	21/03/04	9.18	1.80	11.54	5.70	2:22.30	
		4249	2	5N	Apeldoorn, NED	25/01/15	8.48	1.68	12.25	6.14	2:19.72	
Vikki Schofield	29.12.72	4172	2	Eng	Sheffield	11/01/15	8.58	1.68	11.96	6.08	2:20.99	
		3817	8	Eng	Sheffield	05/01/13	8.97	1.62	11.43	5.74	2:25.65	
		3800	2	Scot	Glasgow (E)	10/02/13	8.94	1.63	11.34	5.51	2:22.78	
		4238	1	AAA	Birmingham	05/02/95	8.65	1.77	11.20	5.98	2:17.18	
		4186	5	5N	Valencia, ESP	28/01/96	8.54	1.74	11.61	5.91	2:20.42	
Grace Clements	02.05.84	4237	2	vCze, Fra, Esp	Sheffield	03/02/08	8.77	1.78	12.66	5.87	2:21.03	
		4155	4	5N	Sheffield	26/01/14	8.85	1.72	12.87	5.82	2:20.20	
		4046	8	5N	Apeldoorn, NED	31/01/10	8.77	1.78	12.40	5.18	2:19.04	
		3997	2	Eng	Sheffield	05/01/13	9.18	1.71	13.14	5.66	2:23.79	

							60H	HJ	SP	LJ	800	NB
Karla Drew	22.03.89	4199	1	Eng	Sheffield	11/01/15	8.37	1.74	11.96	5.79	2:21.28	
		4157	1	Eng	Sheffield	05/01/14	8.36	1.78	11.41	5.81	2:26.11	
		4136	1	Eng	Sheffield	05/01/13	8.43	1.77	11.40	5.68	2:22.58	
		4084	7	5N	Sheffield	26/01/14	8.35	1.69	11.78	5.70	2:22.80	
		4068	5	5N	Valencia, ESP	27/01/13	8.33	1.74	10.99	5.52	2:20.98	
Sue Wright/Longden	22.01.50	4015	9	5N	Apeldoorn, NED	25/01/15	8.39	1.71	11.88	5.51	2:25.47	
		4168	2		Berlin (RH), GER	29/01/78	8.4	1.68	11.72	6.13	2:20.4	
Diana Bennett /Norman	14.06.74	4166	2	AAA	Birmingham	08/02/98	8.64	1.78	10.79	5.81	2:17.88	
		4110	1	AAA	Birmingham	24/01/99	8.86	1.74	11.51	5.74	2:16.78	
Marcia Daniels /Marriott	07.06.56	4144	3	vFra	Vittel, FRA	04/02/84	8.79	1.70	11.85	5.76	2:14.02	
		4058	2	vFra	Cosford	12/02/83	8.96	1.66	12.06	5.65	2:12.70	
Nicola Gautier	21.03.78	4118	1	vFra-U23	Vittel, FRA	19/03/00	8.65	1.68	13.94	5.67	2:24.48	
		4010	7	5N	Prague, CZE	28/01/01	8.78	1.57	13.89	5.67	2:20.59	
Joanne Rowland	29.12.89	4115	3	Eng	Sheffield	11/01/15	8.94	1.68	12.48	5.97	2:19.54	
		4066	6	5N	Apeldoorn, NED	25/01/15	9.02	1.65	13.01	5.69	2:15.83	
		4062	3	Eng	Sheffield	05/01/14	8.91	1.66	12.93	5.91	2:23.10	
		4000	6	5N	Valencia, ESP	27/01/13	8.91	1.65	13.04	5.67	2:22.05	
		3952	3	Eng	Sheffield	05/01/13	9.04	1.68	12.54	5.63	2:22.90	
Aileen Wilson (S)	30.03.84	3938	9	5N	Sheffield	26/01/14	9.08	1.66	13.71	5.41	2:22.46	
		4096	1	Scot	Glasgow	10/02/02	8.81	1.83	11.02	5.68	2:23.16	
Gemma Weetman	04.10.87	4083	7	5N	Prague, CZE	29/01/12	8.79	1.66	11.29	5.96	2:16.48	
		4055	4	vFra, Esp-U23	Paris, FRA	02/03/08	8.84	1.63	10.53	6.17	2:16.32	
Katia Lannon (W)	14.09.85	4082	5	5N	Zaragoza, ESP	28/01/07	8.91	1.75	11.20	5.80	2:18.76	
Kate Brewington /Cowley	15.10.81	4070	1	AAA	Cardiff	21/03/04	8.54	1.68	11.45	5.99	2:24.66	
		4047	3	5N	Aubi�re, FRA	06/02/05	8.58	1.73	12.01	5.77	2:28.30	
Katherine Livesey	15.12.79	4063	2	Big-12	Lincoln NE, USA	22/02/02	8.57	1.73	10.17	5.71	2:16.85	
Kerry Jury	19.11.68	4063	2	AAA	Birmingham	21/01/01	8.59	1.76	11.45	5.49	2:20.56	
		4044	2	AAA	Birmingham	23/01/00	8.66	1.76	10.57	5.71	2:21.37	
		4028	3	AAA	Birmingham	24/01/99	8.75	1.71	11.73	5.63	2:20.46	
Sarah Damm	12.09.70	4058	1	AAA	Birmingham	04/02/96	8.95	1.64	12.71	5.79	2:17.27	
Catherine Holdsworth	03.01.86	4021	2	vFra, Esp-U23	Eaubonne	26/02/06	8.59	1.63	12.27	5.95	2:26.28	
Emma Beales	07.12.71	4012	1	AAA	Cosford	14/03/93	8.97	1.65	14.36	5.66	2:26.61	
Caroline Pearce	01.09.80	4004	1		Sheffield	22/02/04	8.93	1.69	12.12	5.89	2:25.41	

Further Performances since 2012 to 3600

Katie Stainton	08.01.95	3975	2	vFra, Esp-U23	Nogent, FRA	24/01/15	8.89	1.76	10.06	5.83	2:22.99	
		3904	4	Eng	Sheffield	11/01/15	8.85	1.74	10.22	5.61	2:22.94	
Katy Marchant	30.01.93	3965	1	vEsp, Fra-U23	Valencia	27/01/13	8.67	1.68	11.95	5.61	2:24.41	
		3911	5	Eng	Sheffield	05/01/13	8.58	1.68	12.05	5.60	2:30.35	
Danielle McGifford	11.04.95	3934	1	Eng-J	Sheffield	04/01/14	8.58	1.66	9.91	6.07	2:26.82	
		3751	4	vFra, Esp-U23	Sheffield	25/01/14	8.58	1.57	10.14	5.93	2:30.77	
		3724	2	Eng-J	Sheffield	06/01/13	8.65	1.62	9.52	5.99	2:34.54	
Jade Surman	27.03.89	3932	7	5N	Valencia, ESP	27/01/13	8.63	1.50	12.48	5.99	2:22.99	
		3922	4	Eng	Sheffield	05/01/13	8.66	1.53	11.85	6.00	2:22.92	
Emma Buckett	14.05.93	3900	6	Eng	Sheffield	05/01/13	8.94	1.71	10.77	5.84	2:27.11	
		3856	3	vEsp, Fra-U23	Valencia	27/01/13	8.97	1.68	10.66	5.75	2:24.51	
Jessica Tappin	17.05.90	3899	7	Eng	Sheffield	05/01/13	8.70	1.59	11.71	5.70	2:21.76	
Moe Sasegbon	16.09.91	3834	5	Eng	Sheffield	11/01/15	9.01	1.71	11.89	5.51	2:29.30	
		3800	11	5N	Sheffield	26/01/14	8.95	1.75	10.64	5.32	2:25.95	
		3793	15	5N	Apeldoorn, NED	25/01/15	8.97	1.74	11.94	5.04	2:25.76	
		3783	5	Eng	Sheffield	05/01/14	8.96	1.75	10.94	5.40	2:30.48	
Jade Nimmo	23.03.91	3826	1	Scot	Glasgow (E)	10/02/13	8.96	1.72	9.87	6.09	2:35.07	
Jasmin Dotzek	22.09.91	3782	9	Eng	Sheffield	05/01/13	9.06	1.65	11.12	5.41	2:20.79	
		3757	6	vEsp, Fra-U23	Valencia	27/01/13	9.02	1.62	10.26	5.51	2:18.56	
Georgina Westwood	06.07.96	3761	3	vFra, Esp-J	Sheffield	25/01/14	9.17	1.72	10.68	5.44	2:25.56	
		3642	2	Eng-J	Sheffield	04/01/14	9.31	1.69	10.11	5.46	2:27.16	
Ebony Wake	09.12.96	3744	1	Eng-J	Sheffield	10/01/15	8.99	1.62	10.50	5.84	2:28.66	
Brogan Crowley	20.07.94	3728	2	vEsp, Fra-J	Valencia, ESP	27/01/13	8.62	1.56	10.87	5.87	2:33.42	
Devon Byrne	10.11.93	3683	6	Eng	Sheffield	05/01/14	9.29	1.60	11.62	5.20	2:18.30	
		3671	5	vFra, Esp-U23	Sheffield	25/01/14	9.29	1.57	11.32	5.34	2:18.04	
Niamh Emerson	22.04.99	3678	3	vFra, Esp-J	Nogent, FRA	24/01/15	9.46	1.76	8.68	5.54	2:23.35	
		3632	2	Eng-J	Sheffield	10/01/15	9.50	1.74	7.78	5.43	2:17.62	
Anna Rowe	02.09.98	3674	5	vFra, Esp-J	Nogent, FRA	24/01/15	9.29	1.58	11.17	5.53	2:22.00	
Marilyn Nwawulor	20.09.92	3665	6	vFra, Esp-U23	Sheffield	25/01/14	8.44	1.69	10.34	5.51	2:43.09	
		3664	7	Eng	Sheffield	05/01/14	8.47	1.66	10.78	5.64	2:45.44	
Imogen Green	29.05.93	3618	8	Eng	Sheffield	05/01/14	8.88	1.63	9.51	5.57	2:29.86	
Elise Lovell	09.05.92	3617	6	Eng	Sheffield	11/01/15	8.93	1.62	9.45	5.57	2:27.92	
Emma Canning (S)	07.03.97	3603	3	Eng-J	Sheffield	10/01/15	9.14	1.62	8.81	5.55	2:22.05	

International Championships and Matches

Olympic Games

2012	1	Jessica Ennis	6955
	15	K. Johnson-Thompson	6267
	27	Louise Hazel	5856

World Championships

2013	5	K. Johnson-Thompson	6449
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Commonwealth Games

2014	3	Jessica Taylor E	5826
	6	Jessica Tappin E	5695
	7	Grace Clements E	5512

World Junior Championships

2012	15	Emma Buckett	5383
	21	Katy Marchant	5046
2014	1	Morgan Lake	6148

World Youth Championships

2013	dnf	Morgan Lake	(4689)
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European Indoor Championships

2015	1	K. Johnson-Thompson	5000
	9	Morgan Lake	4527

European U23 Championships

2015	1	K. Johnson-Thompson	6215
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European Cup

from 2013 scores combined with men

30/06/2013	(A)	Tallinn, EST
6	GBR	38653
11	Grace Clements	5817
14	Joanne Rowland	5643
16	Jessica Tappin	5544
17	Karla Drew	5535

06/07/2014	(A)	Torun, POL
6	GBR	38516
8	Jessica Tappin	5741
21	Joanne Rowland	5254
23	Katie Stainton	5146
29	Danielle McGifford	4728

IAAF Combined Events Challenge

2012	9	Katarina Johnson-Thompson	18,522
2014	13	Jessica Tappin	17,096

UK Indoor International Matches

27/01/2013	Valencia, ESP
NED 12897	5. Karla Drew 4068
GBR 12000	6. Jo Rowland 4000
CZE 11816	7. Jade Surman 3932
FRA 11793	18. Grace Clements
ESP 11445	2949

26/01/2014	Sheffield
NED 8924	4. Clements 4155
GBR 8239	7. Drew 4084
FRA 8097	9. Surman 3938
ESP 7560	11. Moe Sasegbon 3800
TCH 7513	

25/01/2015	Apeldoorn, NED
TCH 12590	2. Jessica Taylor 4249
GBR 12330	6. Rowland 4066
FRA 12235	9. Drew 4015
ESP 11590	15. Sasegbon 3793
NED 11313	

U23 Internationals

27/01/2013	Valencia, ESP
GBR 7821	1. Katy Marchant 3965
FRA 7621	3. Emma Buckett 3856
ESP 7473	6. Jasmin Dotzek 3757

25/01/2014	Sheffield
Scores for U23 & U20 Combined	
FRA 15425	4. McGifford 3751
ESP 14495	5. Devon Byrne 3671
GBR 14044	6. Marilyn Nwawulor 3665

24/01/2015	Nogent-sur-Oise, FRA
(scores combined with U23 men?)	
GBR 8423	1. Morgan Lake 4448
FRA 7366	2. Katie Stainton 3975
ESP 7181	8. Ebony Wake 2958

Junior (U20) Internationals

27/01/2013	Valencia, ESP
GBR 7689	1. Morgan Lake 3961
FRA 7138	2. Brogan Crowley 3728
ESP 6984	4. Danielle McGifford 3587

25/01/2014	Sheffield
see U23 for scores	
	3. Georgina Westlake 3761
	7. Ebony Wake 2861
	dnf Morgan Lake (918)

24/01/2015	Nogent-sur-Oise, FRA
(scores combined with U20 men?)	
FRA 7463	3. Niamh Emerson 3678
GBR 7352	5. Anna Rowe 3674
ESP 7318	8. Emma Canning 3526

Most Internationals of any kind

Ch - Senior Champs, Int - GB Senior Matches, E - England, S - Scotland, U - U23/Espoir, J - U20, Y - Youth

			Outdoor									Indoor				
	GB Years	GB	Ch	EP	Int	CG	E	S	U	J	Y	Ch	Int	U	J	Tot
Louise Hazel	2004-2012	12	4	4		1			6	2			4	1	2	24
Jessica Ennis	2005-2012	12	7	2		1				4	1	3		1	2	21
Grace Clements	2008-2014	11		5		2			1				6			14

Domestic Championships

WAAA Championships (AAA from 1992, England Athletics Champs from 2007)

	1st		2nd		3rd	
2012	Joanne Rowland	5381	Jessica Tappin	5177	Jessica Taylor	5138
2013	Jessica Tappin	5676	Karla Drew	5389(w)	Jade Surman	5350
2014	Devon Byrne	5004	Kiara Reddingius AUS	4830	Elise Lovell	4686

WAAA/AAA Indoor Championships (England Athletics Champs from 2007)

2013	Karla Drew	4136	Grace Clements	3997	Joanne Rowland	3952
2014	Karla Drew	4157	Morgan Lake	4146	Joanne Rowland	4062
2015	Karla Drew	4199	Jessica Taylor	4172	Joanne Rowland	4115

WAAA/AAA Junior Championships (England Athletics Champs from 2007)

U20 Heptathlon			U17 Heptathlon			U15 Hexathlon		
2012	Emma Buckett	5199	2012	Morgan Lake	5169	2012	Kierra Barker	3774
2013	Danielle McGifford	5025(w)	2013	Morgan Lake	5474	2013	Anna Rowe	3733
2014	Danielle McGifford	5113	2014	Elizabeth Morland IRL	5062	2014	Holly McArthur (S)	3630
				best UK: 2. Anna Rowe	4992			

AAA Junior Indoor Championships

U20 Pentathlon			U17 Pentathlon			U15 Pentathlon		
2013	Morgan Lake	3965	2013	Kierra Barker	3346	2013	Anna Rowe	3122
2014	Danielle McGifford	3934	2014	Annabelle Pask	3483	2014	Holly McArthur	3361
2015	Ebony Wake	3744	2015	Ada'ora Chigbo	3751	2015	Sophie Meredith IRL	3418
							best UK: 2. Rhea Southcott	3411

Area Championships

South			Midlands			North		
2012	Karla Drew	5023	2012	Kassie Betts	3439	2012	Jessica Taylor	5138
2013	Gemma Weetman	5181	2013	Jessica Tappin	5676	2013	Karla Drew	5389
2014	Elise Lovell	4978	2014	no finishers		2014	Laura Hanagan	4498

National Championships

Scotland			Wales			Northern Ireland		
2012	Claire Taylor	3760	2012	not contested		2012		
2013	Jane Scot	3725	2013	no finishers		2013		
2014	Jade Haket	4248	2014	Donna Jones	3737	2014	Naomi Morgan	4199

English Schools Championships

Senior (U19)			U17 Heptathlon			U15 Pentathlon		
2012	Danielle McGifford	4961	2012	Georgina Westwood	4796	2012	Kierra Barker	3500
2013	Katie Stainton	5047	2013	Grace Davies-Redmond	4475	2013	Anna Rowe	3447
2014	Ebony Wake	4919	2014	Anna Rowe	5140	2014	Grace Bower	3273

BUCS Champions

2012	not held?	2013	Karla Drew	5389(w)	2014	Devon Byrne	5004
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Most WAAA/AAA/Eng Senior Medals

	Outdoor				Indoor				Total				Years
	G	S	B	Tot	G	S	B	Tot	G	S	B	Tot	
Grace Clements		3		3	1	1		2	1	4		5	2006-13
Jo Rowland	1	1		2			3	3	1	1	3	5	2011-15
Jessica Taylor			2	2		2	1	3		2	3	5	2011-15
Karla Drew		1		1	3			3	3	1		4	2013-15

Biographies

Phyllis Chukwunonso Agbo

1984T	Heptathlon			100H	HJ	SP	200	LJ	JT	800
5365	13	Desenzano, ITA	06/05/12	14.06/0.6	1.60	12.29	25.75/-0.2	5.88/-0.7	39.91	2:30.97
(4442)	dnf	Arona Tenerife	27/05/12	13.95/-0.3	1.65	13.03	25.28/0.0	4.30/-1.6	41.35	dns
(4374)	dnf	Kladno, CZE	10/06/12	14.35/-0.8	1.62	13.56	26.00/-3.4	4.80/0.4	37.44	dns
5388	5	Woerden, NED	26/08/12	13.80/-0.2	1.69	13.87	25.01/1.7	5.98/0.1	37.22	2:55.17
Progression	100H	HJ	SP	200	LJ	JT	800	Hep	60H	iPen
2012	13.80	1.69	13.87	25.01	6.05	41.35	2:30.97	5388	8.70	
2013			13.20		6.10					
2014			12.54							

Diana Faye Bennett/Norman

1984T	AA10	W40/W45 Pentathlon			80H	HJ	SP	LJ	800
(1856)	(2552)	dnf	Surrey-W40	Carshalton	14/09/14	12.56/-2.7	1.51	dns	

Julia Margaret Bennett/Machin

1984T	AA10	W40/W45 Pentathlon				80H		HJ	SP	LJ	800		
(1856)	(2552)	dnf	Surrey-W40	Carshalton	14/09/14	12.94/-2.7		1.57	9.14	dns			
(1856)	(2552)	dnf	Surrey										
1984T	W40 Indoor Pentathlon				60H*	HJ	SP	LJ	800				
3579	1	BMAF-W40	London (LV)	16/02/14	9.39	1.72	10.99	5.36	2:36.31	4320 age-adjusted			
Progression		100H	HJ	SP	200		LJ	JT	800	Hep	60H	iPen	
2012 V40			1.73	10.96			5.27	27.95					
2013 V40			1.73	10.72i/10.38			5.40	29.21	2:38.8	TJ:11.18			
2014 V40		16.4	1.72i/1.70	10.99i			5.36i	30.20	2:36.31i				

Grace Mary Clements

1984T	Heptathlon				100H	HJ	SP	200	LJ	JT	800				
(2270)	dnf	S'set&D'set	Street	29/04/12	15.27/-2.2	1.63	12.48	dns	2nd day cancelled						
5755	1	Cat. Ch	Barcelona, ESP	06/05/12	14.61/-0.4	1.74	12.74	25.99/0.2	5.94/1.8	43.80	2:16.00				
(3905)	dnf		Arona Tenerife	27/05/12	dnf	1.68	12.61	26.36/0.0	6.03/0.0	44.20	dns				
(4501)	dnf		Kladno, CZE	10/06/12	14.80/-1.8	1.68	12.81	26.85/-4.6	5.60/-0.1	38.32	dns				
5685	6	Erdgas	Ratingen, GER	15/06/12	14.35/0.1	1.75	12.60	26.43/0.4	5.86/1.1	41.51	2:16.16				
(3267)	dnf		Hexham	01/07/12	14.57/0.1	1.72	13.27	26.62w/2.7	nm?	dns					
(3843)	dnf		Woodford	12/05/13	14.57w/2.9	1.63	13.31	26.73/1.2	5.47/1.4	dns					
5625	2		Arona Tenerife	02/06/13	14.64/-1.5	1.76	13.58	26.24/0.0	5.79/1.5	37.34	2:17.16				
5817	11	EP-A	Tallinn, EST	30/06/13	14.60/-1.8	1.69	14.12	26.03/1.3	5.93/1.4	45.07	2:15.19				
5690	1	NC-FRA	Paris, FRA	13/07/13	14.34/0.9	1.70	13.37	26.09/2.0	5.84/0.7	41.18	2:16.45				
5528	2		Woerden, NED	25/08/13	14.89/-1.0	1.75	13.08	26.97/-0.5	5.73/1.8	41.96	2:19.08				
(3729)	dnf		Woodford	27/04/14	14.95/2.0	1.65	11.83	26.55w/3.5	nm	40.98	dns				
5475	8	Multistars	Florence, ITA	03/05/14	14.55/-0.1	1.69	12.92	26.87/-0.2	5.60/-0.3	44.26	2:21.18				
5710	6		Arona Tenerife	25/05/14	14.54/-0.5	1.74	13.29	26.60/0.0	5.81/0.0	44.61	2:17.08				
5512	7	CG	Glasgow (HP)	30/07/14	14.54/-1.4	1.75	12.66	27.04/-0.5	5.80w/2.5	41.97	2:22.80				
1984T	Indoor Pentathlon				60H	HJ	SP	LJ	800						
3997	2	Eng	Sheffield	05/01/13	9.18	1.71	13.14	5.66	2:23.79						
2949	18	5N	Valencia, ESP	27/01/13	9.15	1.68	12.58	4.93	dnf						
3423	8	Eng	Sheffield	05/01/14	9.03	1.78	13.40	nm	2:20.87						
4155	4	5N	Sheffield	26/01/14	8.85	1.72	12.87	5.82	2:20.20						
Progression	100H		HJ		SP		200		LJ		JT	800	Hep	60H	iPen
2012	14.35		1.75		13.27		25.99		6.03		44.20	2:16.00	5755		
2013	14.34		1.76		14.12		26.03		5.93		45.07	2:15.19	5625	9.15	3997
2014	14.54		1.78i/1.74		13.40i/13.29		26.60/26.55w		5.82i/5.81		44.61	2:17.08	5710	8.85	4155
PBs:		14.10-08	1.81-08	14.12-13	25.61-07	6.03-12	45.07-13	2:13.60-10	8.77-10			4237-			
Top 10 Avg: Hep 5737.0 (13th); Top 5 Avg indoors: 4070.0 (6th). Scores with legal PBs: Hep 6126; iPen 4524															

Jessica Phyllis Ennis

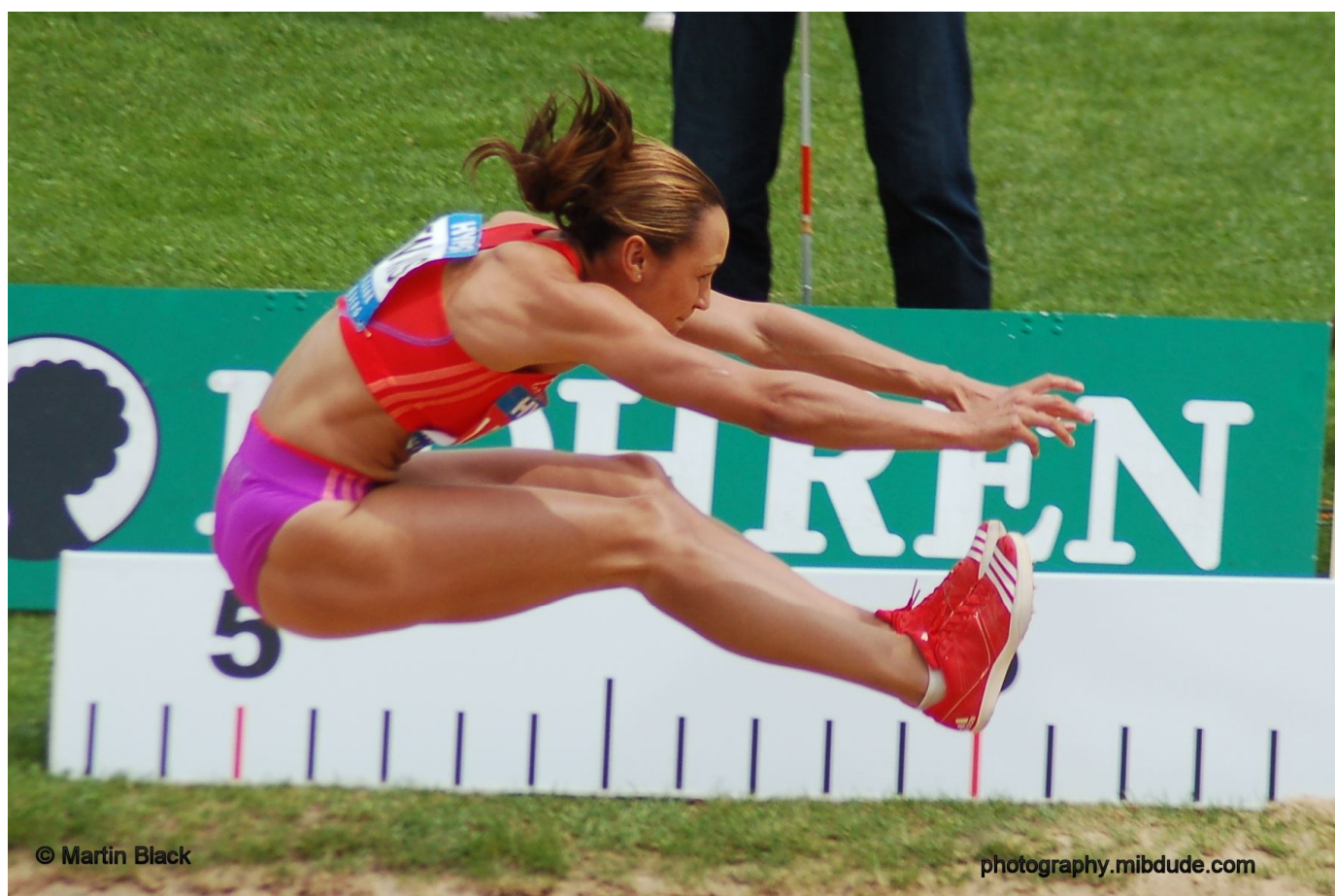
She finally broke Denise Lewis's British and Commonwealth record with 6906 at Götzis in 2012, defeating her main rivals for Olympic gold in the process. Despite "only" jumping 1.85 in the high jump, PBs at 200m (chasing Dafne Schippers), long jump (equalled) and javelin ensured an overall PB by 83 points. She was the face of the 2012 Olympic Games, delivering gold under immense scrutiny and pressure in her first ever competition in London. Her 100m hurdles in London was a UK record, and the world's best ever in a heptathlon or pentathlon. After a "solid" high jump and shot put, her 200m was another PB, in the same time as Schippers this time and with an adverse wind. An excellent long jump and PB in the javelin effectively made the 800m two laps of honour, but she made sure of winning that event for a fitting finale. It was another UK heptathlon record, moving her to 5th on the world all-time list.

Autobiography *"Unbelievable"*, written with Rick Broadbent and published November 2012. Placed 2nd in the BBC Sports Personality of the year poll for 2012, having been 3rd in 2009 and 2010. CBE January 2013.

Married Andy Hill in Hathersage, Derbyshire on 18 May 2013. After one javelin competition in April, she missed the early 2013 season due to her wedding and a tight hamstring. Few other competitions in 2013 due to an ankle injury that forced her to swap back to her right foot for long jump take-off. Son Reggie born 17.07.14.

1984T	Heptathlon			100H	HJ	SP	200	LJ	JT	800		
6906	1		Götzis, AUT	27/05/12	12.81/0.0	1.85	14.51	22.88/1.9	6.51/0.8	47.11	2:09.00NR	
6955	1	OG	London (OS)	04/08/12	12.54/1.3	1.86	14.28	22.83/-0.3	6.48/-0.6	47.49	2:08.65NR	
Progression	100H		HJ	SP	200		LJ	JT	800	Hep	60H	iPen
2012	12.54		1.91i/1.89	14.79i/ 14.51	22.83		6.51	47.49	2:08.09i/ 2:08.65	6955	7.87	4965
2013	13.08						6.26	48.33				
2015	13.14						6.16	43.88				
PBs	12.54-12		1.95-07	14.79i-12 /14.67-11	22.83-12		6.54w-07/ 6.51-10/12	48.33-13	2:07.81-11	7.87-12	4965-12	6955-12

Top 10 Avg: 6710.0 (1st UK, 6th World). Scores with legal PBs: Hep 7144, iPen 5185



Jessica Ennis jumps out to a PB of 6.51m in Götzis, 2012

Rosalyn Kirsty Gonse

1984T	Heptathlon			100H	HJ	SP	200	LJ	JT	800
(2301)	dnf	Eng	Bedford	27/05/12	14.78/-1.9	1.59	12.67	dns		
Progression	100H				HJ	SP	200	LJ	JT	800
2012	14.78				1.62i/1.59	13.19		5.73	36.14	dnf
PBs	14.13-07				1.73-07	13.76-05	24.93-07	6.01-07	42.52-07	2:23.17-07

Louise Victoria Hazel

She competed at the London Olympics, somewhat below her best, but gaining a PB in the javelin and winning her pool of that event. In 2013 it was reported that she was dating actor Michael Fassbender.

1984T	Heptathlon				100H	HJ	SP	200	LJ	JT	800
(4958)	dnf		Kladno, CZE	10/06/12	13.60/-0.8	1.65	12.86	24.76/-1.6	5.76/0.1	42.91	dns
5856	27	OG	London (OS)	04/08/12	13.48/2.0	1.59	12.81	24.48/0.9	5.77/0.1	47.38	2:18.78
Progression	100H					HJ	SP	200	LJ	JT	800
2012	13.41				1.66i/1.65	12.86	24.47/24.17w	5.82	47.38	2:18.78	5856
2013											8.49
PBs	13.20w-06/13.24-11				1.74-11	12.86-12	23.90w-11/24.10-10	6.44-10	47.38-10	2:15.36-11	8.27-10
Top 10 Avg: 5969.5 (8th). Scores with legal PBs: Hep 6330, iPen 4529											

Katarina Mary Johnson-Thompson

She spent the first year of her life in the Bahamas because her father, Ricardo, is Bahamian (her mother Tracey is a former showgirl from Liverpool). After setting UK age-15 bests in 2008, she was funded by UKA as a "Talent" and then a "Development" athlete, and she was the first athlete to be sponsored by Barrie Wells's Wells Sports Foundation. She won World Youth gold in 2009, aged 16. She studied English literature and PE at A-level, and now studies psychology at Liverpool John Moores University. She suffered from a knee injury for much of 2010, but was in Barcelona as a spectator for the European Championships. The patella tendinitopathy continued through 2011 and she wasn't able to jog until November 2011. In 2012 she was up to 4 days a week of training, but little at the high jump and at the start of the season all of her pbs did not add up to the Olympic qualifying standard for heptathlon. Her 6007 point UK Junior record in May 2012 was a slight disappointment to her, due to below-par jumps, but she put that right in Kladno as her 6248 included 4 outright PBs and an outdoor PB in the high jump (just clipping the bar off at 1.89). Picked for the Heptathlon at the London Olympics, she contested the hurdles and long jump at the World Junior Championships, unexpectedly winning the latter with a windy jump of 6.81m. At the Olympics she came 2nd in the heptathlon high jump with a PB of 1.89, ran a PB in the 200m, and took nearly 4 seconds off her 800m PB for another UK junior record. The score moved her to 5th on the UK all-time list and 8th on the world junior all-time list. Finishing 15th, she became a household name and instantly recognised face in Britain.

Due to injury, she had a low-key start to her 2013 season, but then won the European U23 heptathlon title, and was only 28 points behind the bronze medal at the World Championships in Moscow. She also won a dramatic victory in the long jump at the Anniversary Games in London, with her last jump.

She set an absolute UK high jump record of 1.96 at the UK Indoor championships in 2014, and after high-jump specialist Isobel Pooley equalled that outdoors, Katarina jumped 1.97 at the same indoor meeting in 2015. With a long jump PB of 6.75 at those 2014 indoor championships, she had planned to compete in the pentathlon at the World Indoor Championships in Sopot, but suffered from a cold when trying to achieve the qualifying standard. She instead competed at the long jump, winning the silver medal behind Éloyse Lesueur, with another PB of 6.81.

Outdoors she beat most of the world's top heptathletes at Götzis with 6682 points, which would stay the best score in the world for 2014. She achieved numerous other PBs including a 6.92 long jump for 2nd on the UK all-time list. However, a stress reaction in her foot caused her to cut her season short after that long jump, thus missing the Commonwealth Games and European Championships.

Following her absolute UK HJ record indoors in 2015, she also long-jumped a UK indoor record of 6.93, and then, as favourite, dominated the European Indoor pentathlon, winning by 404 points, and finishing just 13 points short of the world indoor record.

She has won more age-group titles than any other Briton, with 29 in all events, indoors and out.

1984T	Heptathlon ctd.				100H	HJ	SP	200	LJ	JT	800
6007	3		Desenzano, ITA	06/05/12	13.68/-0.6	1.81	11.75	23.78/0.1	6.14/0.1	37.17	2:18.89
6248	2		Kladno, CZE	10/06/12	13.62/-2.6	1.86	11.83	23.88/-1.6	6.41/0.6	38.68	2:14.56
6267	15	OG	London (OS)	04/08/12	13.48/0.9	1.89	11.32	23.73/-0.3	6.19/-0.4	38.37	2:10.76
6215	1	EC-U23	Tampere, FIN	14/07/13	13.48/ 0.7	1.84	11.76	23.45/0.0	6.39/-0.5	36.61	2:15.88
6449	5	WC	Moscow, RUS	13/08/13	13.49/-0.6	1.83	11.52	23.37/0.0	6.56/0.6	40.86	2:07.64
			Arona Tenerife	25/05/14	13.44/-0.5						guest competitor in hurdles
6682	1		Götzis	01/06/14	13.47/-1.2	1.90	12.17	22.89/1.5	6.70/-0.1	41.44	2:08.16
1984T	Indoor Pentathlon ctd.				60H	HJ	SP	LJ	800		
(1010)	dnf	NC-NED	Apeldoorn, NED	16/02/14	8.53	dns					
5000	1	EI	Prague, CZE	06/03/15	8.18	1.95	12.32	6.89	2:12.78		

For previous heptathlons plus indoor and junior events, see the original heptathlon booklet, pages 131-132

Progression	75H	70H	HJ	SPG	200	LJ	JT	800	PenG	60HG	iPenG
2005 U13		12.69	1.56			4.20					
2006 U15	12.6/12.47w		1.67	7.95		5.11		2:44.80	2748		
2007 U15	11.79		1.80	10.19	24.91	5.77i/5.65		2:23.36i/	3626	9.36oa	3769oa
	<u>100H</u>	<u>80H</u>		<u>SP</u>				2:25.45	<u>Hep</u>	<u>60H</u>	<u>iPen</u>
2008 U17	15.31	12.30	1.81	10.10	24.49	6.11i/6.07w/5.90	32.50	2:21.68	5343	9.24	3944
2009 U17	14.65		1.82	10.95	24.34	6.31	33.77	2:18.18i	5481	8.95	4092
2010 U20	14.5		1.81i/1.72	10.95i/10.80	24.7w	6.25i/5.58	32.30	2:21.35i		8.69	4146
2011 U20	13.76w/13.90		1.84	11.11	24.25	6.44	37.88	2:19.03	5787	8.50	4213
2012 U20	13.48		1.89	11.83	23.73	6.51/6.81w	38.68	2:10.76	6248	8.48	4526
2013 U23	13.48		1.84	12.03i/11.92	23.37	6.56	40.86	2:07.64	6449	8.57	
2014 U23	13.41		1.96i/1.90	12.49i/12.24	22.89	6.92	41.44	2:08.16	6682	8.40	(1010)
2015 U23			1.97i	12.32i		6.93i		2:12.78i		8.18	5000
PBs	13.41-14		1.96i/	12.49i/	22.89-14	6.92-14	41.44-142	07.64-12		8.40-14	4526-12
			1.90-14	12.24-14			Scores with legal PBs: Hep 6888, iPen 5128				

Other PBs: 60: 7.50i-14; 100: 11.30w-14; 400: 53.7-14; 400H: 58.3-14; TJ: 12.83/13.35w-14. Top 10 Avg: 6008.2 (6th).

KJT's National Titles

	300	100H	HJ	LJ	Pent	Hept		100	100H	HJ	LJ	Pent	Hept
2006 U15 o			✓				2010 U20 i			✓	✓		
2007 U15 i			✓	✓	✓		2011 U20 i				✓		
U15 o			✓	✓	✓		U20 o		✓		✓		✓
2008 U17 i ✓			✓	✓			2012 U20 i			✓	✓		
U17 o			✓	✓			2013 U23 o		✓				
U20 o						✓	2014 Snr i			✓	✓		
2009 U17 i			✓	✓			U23 o	✓					
U17 o			✓	✓			Snr o				✓		
U20 o			✓			✓	2015 Snr i			✓			



Morgan Alexandra Lake

b. 12.05.1997, Milton Keynes. H/W: 179/64 (5'10½", 10st 1lb); Club: WSE&H; Coaches: Eldon Lake, Jeremy Tigar (throws), Richard Aspden (HJ), Ian Grant (hurdles).

Her father was a triple jumper with a PB of 15.43 in 1989 before injury curtailed his career. While Jessica Ennis was winning her Olympic gold, Morgan Lake was winning the England U17 heptathlon title in Stoke, though she did manage to see the 800m on TV. A year later she set a U17 record at the same meeting. She had been favourite to win the World Youth title that year but just 4.63 in the long jump (and two big fouls) left her too upset to run the 800m. Her HJ of 1.90 in that Donetsk heptathlon was better than the individual winner and a national youth and U17 record. Having fallen in the hurdles of the England U20 indoor pentathlon in 2014, she competed as a guest in the senior event, finishing 2nd. Soon afterwards she broke Carolina Klüft's world youth record with 4284.

She had the option to compete at the Commonwealth Games, but sensibly opted for the World Junior Championships instead. There in Eugene she won both the heptathlon and the high jump, the latter with 1.93. In the heptathlon HJ she had jumped 1.94, her 2nd UK junior record in that event.

She won the IAAF Rising Star award in 2014.

In 2015 she has equalled her outdoor UK junior high jump record indoors, and set a new UK junior record when finishing 9h at the European Indoor Championships pentathlon.

Still a schoolgirl at Wellington College in Berkshire, studying for A levels in Business, English and PE.



1984T	U13 Triathlon			100	SPM	LJ					
231	1	Banbury	14/09/08	13.7	9.25	4.70					
1984T	U13 Quadrathlon			75	SPM	LJ	600	Order			
126	1	Berks-M Eton	10/05/09	10.5	9.28	4.86	1:59.5				
1984T	U13 Pentathlon			70H	SPM	HJ	LJ	800	Order		
3046	1	Exeter	27/09/09	11.9	11.43	1.54	4.99	2:35.8	(a)	UK Best	
1984T	U15 Pentathlon			75H	SPG	HJ	LJ	800	Order		
3473	1	ES-Mid-G Kirkby	27/06/10	11.8	12.35	1.66	5.29	2:33.9	(a)		
3676	1	Eng-G Stoke-on-Trent	08/08/10	11.29/1.0	12.24	1.69	5.77/1.2	2:36.28	(f)	age 13 best	
3419	1	Eng Sch-G Stoke-on-Trent	19/09/10	11.50/-0.8	11.34	1.64	5.21/0.6	2:32.08	(a)		
3536	1	Berks Sch-G Reading	13/05/11	11.8	11.99	1.72	5.51	2:38.0	(e)		
2239	17	ES-SE-G Winchester	26/06/11	11.7	13.98	1.60	nm	dnf	(a)		
3755	1	South-G Abingdon	31/07/11	11.45/-1.3	12.85	1.66	5.75/0.0	2:28.08	(d)	U15 best	
1984T	U17 Heptathlon			80H	HJ	SP	200	LJ	JT	800	
5169	1	Eng-U17 Stoke-on-Trent	05/08/12	11.75/-1.5	1.74	12.74	25.71/-0.3	5.86/0.0	26.47	2:30.8	
5474	1	Eng-U17 Stoke-on-Trent	04/08/13	11.60/0.5	1.78	12.89	25.74w/3.5	5.67/0.0	38.89	2:27.09	
1984T	New Youth Heptathlon			100H 2'6"	HJ	SP3Kg	200	LJ	JT500g	800	
5480	1	S'set Sch-nc Street	28/04/13	15.10/-4.1	1.84	14.16	25.49/1.1	5.85w/2.1	35.67	2:38.69	
5725	1	Eng-U18-nc Bedford	02/06/13	14.46/1.0	1.83	14.70	25.53/0.3	5.72w/2.1	39.56	2:30.16	
(4689)	dnf	WYC Donetsk, UKR	13/07/13	14.12/-1.0	1.90	14.59	25.56/-1.1	4.63w/2.1	30.81	dns	
1984T	Heptathlon			100H	HJ	SP	200	LJ	JT	800	
5896	1	Multistars Florence, ITA	04/05/14	14.25/0.1	1.87	12.80	25.04/0.7	6.16/0.1	36.62	2:22.72	
6081	17	Götzis, AUT	01/06/14	14.32/0.2	1.87	14.85	24.59/1.4	6.03/0.0	39.74	2:22.98	
6148	1	WJ Eugene OR	23/07/14	14.29/0.3	1.94	14.17	24.64/-0.5	5.90/-0.4	41.66	2:21.06	
1984T	U13 Indoor Quadrathlon			60	HJ	SPM	LJ				
1568	2	Mid Birmingham	09/02/08	9.06	1.35	8.78	nm?				
1465	2	Mid Birmingham	22/02/09	8.47	1.35	10.68	nm				
1984T	U15 Indoor Pentathlon			60HG	HJ	SPG	LJ	800			
3243	1	South-G London (LV)	10/01/10	5.09	9.68	1.59	11.03	2:40.70	age 12 best		
3379	1	Eng-G Sheffield	07/03/10	5.46	9.42	1.57	12.21	2:47.35	age 12 best		
3628	1	South-G London (LV)	09/01/11	5.23	9.12	1.75	12.20	2:43.79	age 13 best & U15 best		
3749	1	HI-Sch-U16 Glasgow	06/02/11	5.39	9.17	1.74	12.09	2:34.61	age 13 best & U15 best		

1984T	Indoor Pentathlon				60H	HJ	SP	LJ	800	
3734	2	Eng-J	Sheffield	08/01/12	9.43	1.77	11.55	5.74	2:40.34	age 14 best
3940	2	vFra,Esp-J	Cardiff	24/03/12	9.10	1.79	11.32	5.61	2:26.55	age 14 best
3965	1	Eng-J	Sheffield	06/01/13	9.09	1.77	11.29	5.96	2:30.84	age 15 best
3961	1	vEsp,Fra-J	Valencia, ESP	27/01/13	9.06	1.77	12.42	5.92	2:36.91	age 15 best
(0)	dnf	Eng-J	Sheffield	04/01/14	dnf	dns				
4146	2	gst Eng	Sheffield	05/01/14	8.91	1.81	13.02	5.91	2:31.45	age 16 best
(918)	dnf	vFra,Esp-J	Sheffield	25/01/14	8.96	dns				
4284	2		Vaxjo, SWE	09/02/14	8.97	1.85	13.38	5.87	2:24.48	age 16 best, World Youth Rec
4448	1	vFra,Esp-U23	Nogent	24/01/15	8.85	1.88	13.88	6.13	2:25.44	age 17 best
4527	9	El	Prague, CZE	06/03/15	8.81	1.92	13.91	6.10	2:23.44	NJR

Progression	70H	75H	HJ	SPG	SPM	LJ	JT400g	800	PenG	60HG	iPenG
2006 U11						3.65			M=PenM		
2007 U11			1.26			4.30i/4.22					
2008 U13	11.67		1.50		9.54	4.77				10.19	
2009 U13	11.41	11.91	1.57	10.93	11.78	5.29	19.95	2:35.8	3046M	9.99	
2010 U15		11.29	1.70	12.35		5.77		2:32.08	3676	9.31	3379
2011 U15		11.23	1.76	13.98		5.96/6.01w		2:28.08	3755	9.10	3749
	100H	80H	HJ	SP	200	LJ	JT	800	Hep	60H	iPen
2012 U17	*=2'6"	11.70	1.80	12.74	25.71	6.19	26.47	2:26.55i	5169U17	8.90	3953
2013 U17	14.12*	11.60	1.90	12.89	25.49	6.04i/6.08w	38.89	2:27.09	5474U17	9.06	3965
2014 U20	14.25		1.94	14.85	24.59	6.32	41.66	2:21.06	6148	8.85	4284
2015 U20			1.94i	13.91i		6.13i/5.91	36.93	2:23.44i		8.81	4527
PBs	14.25-14		1.94-14	14.85-14	24.59-14	6.32-14	41.66	2:21.06	6148	8.81	4527
Other PBs: 60: 7.98i-13; TJ: 12.45w/12.35-13;											

Morgan Lake's National Titles

	60H	HJ	LJ	TJ	Pent	Hept		60H	HJ	LJ	TJ	Pent	Hept
2010 U15 i			✓		✓		2013 U17 i		✓	✓			
U15 o		✓	✓		✓		U20 i					✓	
2011 U15 i	✓	✓	✓				U17 o		✓	✓	✓		✓
U15 o		✓	✓				2014 U20 i		✓	✓			
2012 U17 i			✓				U20 o			✓			
U17 o		✓	✓			✓							

Kelly Jade Sotherton

She aggravated a prolapsed disc injury in the 200m at Desenzano in 2012 and realised that her hopes of reaching a third Olympic Games were over. Despite an operation a few days later she decided to retire from competitive athletics, but may now tackle the London Marathon and other endurance challenges. She completed the 2013 London Marathon in a time of 4:28:52.

1984T	Heptathlon				100H	HJ	SP	200	LJ	JT	800
(2589)	dnf		Desenzano, ITA	06/05/12	13.96/-0.1	1.72	12.98	dnf			
Progression	100H	HJ	SP		200	LJ	JT	800	Hep	60H	iPen
2012	13.96	1.72	12.98						dnf		

Jessica Dawn Tappin

1984T	U17 Heptathlon				80H	HJ	SP	200	LJ	JT	800
3816	1		Woodford	21/05/06	12.58/1.5	1.58	8.61	27.01	4.59	20.46	2:48.38
4241	1	ES-EA-I	Bedford	25/06/06	11.9	1.50	8.33	26.2	4.98	28.10	2:35.0
3811	10	AAA-I	Stoke-on-Trent	20/08/06	13.00/-2.3	1.59	8.17	27.78/0.7	4.85w/3.3	20.42	2:43.06
4169	11	Eng Sch-I	Derby	17/09/06	12.14	1.57	8.09	26.59/-1.0	4.89/0.2	23.06	2:32.56
1984T	Heptathlon				100H	HJ	SP	200	LJ	JT	800
4251	1	ES-EA	Peterborough	24/06/07	15.5	1.56	8.05	25.7	4.83	30.12	2:36.1
4317	3	South-J	Bedford	05/08/07	15.08/1.6	1.60	7.87	26.35/0.9	4.86/0.8	28.08	2:35.16
4351	5	Eng Sch	Exeter	16/09/07	15.26/1.6	1.57	8.19	26.33/-0.3	4.90/0.7	27.47	2:29.47
4166	1	ES-EA	Grantham	29/06/08	15.5	1.56	8.23	26.5	4.98	24.84	2:33.5
4365	6	Eng Sch	Birmingham	21/09/08	15.2/0.0	1.69	8.79	26.27/0.0	4.96/1.1	20.71	2:32.36
4284	6		Woodford	16/05/10	15.41/-1.8	1.59	8.62	26.46/-1.9	4.56w/2.6	25.50	2:26.27
4667	10	Eng	Bedford	06/06/10	15.03/1.3	1.65	10.05	26.43/-0.5	5.01/-1.7	26.74	2:24.43
(2083)	dnf		Woodford	08/05/11	14.98/0.1	1.62	9.25	dnf	dns		
5177	2	Eng	Bedford	27/05/12	14.50/-1.9	1.65	11.48	25.55/-2.8	5.62/1.8	26.47	2:17.07
5288	8		Woerden, NED	26/08/12	13.86/1.4	1.75	11.19	25.56/1.7	5.58/1.5	26.95	2:22.67
5403	1		Woodford	12/05/13	13.81w/2.9	1.60	11.97	24.55w/3.3	5.50w/3.4	31.07	2:16.09
5676(w)/5508	1	Eng	Bedford	02/06/13	13.49w/2.6	1.68	11.39	24.57/0.5	5.77w/3.0/5.19/1.9	34.43	2:14.17
5544	16	EP-A	Tallinn, EST	30/06/13	13.87/0.0	1.66	11.56	24.71w/2.2	5.75w/2.3	33.99	2:16.68
5660	7	Multistars	Florence, ITA	03/05/14	13.57/0.9	1.72	11.49	25.22/0.2	5.59/0.8	36.87	2:13.51

(3814)	dnf	Eng	Bedford	25/05/14	13.59/-0.7	1.66	11.27	dnf	5.57/0.7	38.49	dns
5770	1		Malaga, ESP	01/06/14	13.93/-1.7	1.71	11.95	24.38/-0.4	5.75/0.0	36.59	2:11.98
5741	8	EP-A	Torun, POL	06/07/14	13.50/-0.2	1.72	11.96	24.51/-1.6	5.57/0.4	35.57	2:13.15
5695	6	CG	Glasgow (HP)	30/07/14	13.51/1.5	1.69	11.92	24.74/0.2	5.46/0.8	36.91	2:11.65
5379	10	Multistars	Florence, ITA	16/05/15	14.06/-0.8	1.69	11.28	25.09/0.0	5.35/-1.0	34.24	2:17.31

1984T	U17 Indoor Sportshall Pentathlon				LJ	60	60H	HJ	SP
3053	1	South-I	Carshalton	08/01/06	4.71	8.34	9.74	1.60	8.02
1984T	Indoor Pentathlon				60H	HJ	SP	LJ	800
2971	16	Eng-J	Sheffield	14/01/07	9.28	1.56	7.78	4.98	2:47.42
3275	4	Eng-J	Sheffield	11/01/09	9.33	1.68	8.90	4.88	2:36.15
3503	7	Eng	Sheffield	09/01/11	9.13	1.71	9.12	4.85	2:24.59
3677	4	EvFra,GBR-U23	Sheffield	06/03/11	8.92	1.65	9.91	5.26	2:21.76
3823	4	Eng	Sheffield	08/01/12	8.79	1.68	11.08	5.42	2:24.60
3902	9	5N	Prague, CZE	29/01/12	8.88	1.69	10.84	5.53	2:19.45
3899	7	Eng	Sheffield	05/01/13	8.70	1.59	11.71	5.70	2:21.76

b. 17/05/1990, Barking
H/W: 179/64 (5'10½/10st1lb)
Clubs: Chelmsford (-12), Team Saxon (-09), Loughborough Stu (10-14), TVH (15-)
Coaches: Trevor Marsay (-11), Emily Parker (11-13), Julie Hollman (13-)

PBs	100H	HJ	SP	200	LJ	JT	800	Hep	iPen
	13.47-14	1.75-12	12.34-12	24.38-14	5.75-14/5.81w-13	38.49-14	2:11.65-14	5770-14	3902-12



Jessica Rosemary Taylor

1984T	Heptathlon	100H	HJ	SP	200	LJ	JT	800
3997	4 ES-NE Jarrow	26/06/05	15.6		25.7			
4212	2 Yorks Rotherham	04/09/05	15.9	1.57	8.06	25.9	5.30	23.62 2:35.4
4227	8 Eng Sch Southampton	18/09/05	15.39/1.1	1.56	7.79	25.38/1.4	4.93/-1.3	21.10 2:32.65
4448	3 ES-NE Grimsby	25/06/06	15.1	1.57	9.42	25.4	5.12	23.46 2:30.7
3987	3 Yorks Cudworth	13/08/06	16.6	1.45	9.52	26.3	5.35	18.55 2:34.5
4311	6 Eng Sch Derby	17/09/06	16.17/-1.6	1.54	9.47	25.95	5.02/-0.1	27.34 2:32.38
4254	1 Somerset Street	27/04/08	15.57	1.47	10.65	26.33w/2.3	5.05	27.13 2:40.96
4319	6 Eng Birmingham	01/06/08	15.92/1.5	1.48	9.89	26.28/-0.7	5.46/0.0	24.65 2:34.55
4364	7 Hexham	13/07/08	16.39/-1.7	1.52	10.36	25.67w/2.4	5.15/-0.6	29.38 2:36.99
4338	1 NW Open Manchester (S)	24/08/08	15.97	1.49	10.51	26.00	5.29	23.15 2:32.52
4725	7 Eng Stoke-on-Trent	14/06/09	15.47/-0.2	1.56	9.96	25.59/-0.7	5.59w/2.8	27.84 2:26.86
4425	9 Hexham	19/07/09	16.01/-1.7	1.57	9.19	25.54/1.3	5.35/-0.5	25.82 2:34.18
4947	1 BUSA Manchester (S)	09/08/09	15.35/1.8	1.67	10.14	25.15	5.76/0.5	25.93 2:26.00
4809	4 Home Int Stoke-on-Trent	06/09/09	14.89/0.4	1.61	10.31	25.67/0.2	5.58/-3.8	25.92 2:28.86
4066	2gst Som-Sch Street	25/04/10	15.18/-1.8	1.61	10.82	25.78/0.2	5.30w/2.7	29.03 dnf
(3629)	dnf Woodford	16/05/10	14.91/0.1	1.59	10.06	25.28/-1.9	5.35/1.9	dns
4115	15 Eng Bedford	06/06/10	dnf	1.59	10.59	25.06/-0.7	5.62/1.0	29.66 2:26.50
4808	5 Hexham	04/07/10	14.98/1.5	1.60	10.69	24.77/1.9	5.39w/2.9	25.74 2:30.98
4919	9 (8 4N-U23) Arras, FRA	08/08/10	14.87/-1.1	1.60	9.72	25.06/-0.6	5.69/0.4	29.14 2:28.14

4983	3	Home Int	Stoke-on-Trent	05/09/10	14.95/-1.7	1.60	11.20	25.56/-2.1	5.58w/3.2	29.21	2:23.99
5122	6	NP-ESP	Arona Tenerife	15/05/11	14.78/-0.3	1.61	11.41	25.21/-0.3	5.76/0.0	29.96	2:24.72
5162	3	Eng	Bedford	05/06/11	14.57w/3.0	1.64	11.19	25.03/0.5	5.74/1.0	29.26	2:25.19
(4140)	dnf	NW Open	Manchester (S)	28/08/11	14.73	1.62	10.46	25.43	5.12	31.38	dns
5138	3	Eng	Bedford	27/05/12	15.54/-1.9	1.59	11.42	25.31/-2.8	5.78w/3.3	34.13	2:20.11
5103	11		Woerden, NED	26/08/12	14.47/1.4	1.60	11.75	25.20/1.5	5.46/0.7	30.86	2:24.83
5369	4		Arona Tenerife	02/06/13	14.50/-1.1	1.61	11.19	24.78/0.0	5.87/1.0	34.07	2:19.20
5286	5		Woerden, NED	25/08/13	14.36/-0.1	1.63	11.70	24.64/-0.5	5.66/0.0	29.85	2:21.39
5575A	1		Soria	04/05/14	13.96w/3.1	1.63	12.78	24.05w/3.1	5.55/-1.2	36.45	2:20.46
5813	3		Arona Tenerife	25/05/14	14.00/0.0	1.68	12.90	24.27/0.0	6.12/-0.8	34.71	2:16.16
5826	3	CG	Glasgow (HP)	30/07/14	13.81/1.5	1.75	11.95	24.42/0.2	6.16/2.0	33.89	2:17.59
5483	8	Multistars	Florence, ITA	16/05/15	14.05/-0.8	1.63	12.25	24.60/0.0	5.89/0.5	30.52	2:19.03

1984T Indoor Pentathlon

					60H	HJ	SP	LJ	800
2708	7	Eng	Sheffield	11/01/09	9.33	1.56	10.25	5.26	dnf
3610	5	Eng	Sheffield	10/01/10	9.00	1.66	10.33	5.65	2:37.73
3812	2	vFra-U23	Bompas, FRA	07/03/10	8.85	1.69	10.69	5.76	2:31.26
3649	3	Eng	Sheffield	09/01/11	8.96	1.56	10.88	5.67	2:29.05
3838	8	vFra,Cze,Esp	Reims, FRA	30/01/11	8.95	1.62	10.99	5.95	2:26.98
3831	2	Eng	Sheffield	08/01/12	9.08	1.65	11.43	5.81	2:27.24
3794	13	5N	Prague, CZE	29/01/12	8.93	1.60	10.61	5.86	2:24.96
3817	8	Eng	Sheffield	05/01/13	8.97	1.62	11.43	5.74	2:25.65
3800	2	Scot	Glasgow (E)	10/02/13	8.94	1.63	11.34	5.51	2:22.78
3025	11	Eng	Sheffield	05/01/14	8.87	1.60	12.04	5.46	dnf
4172	2	Eng	Sheffield	11/01/15	8.58	1.68	11.96	6.08	2:20.99
4249	2	5N	Apeldoorn, NED	25/01/15	8.48	1.68	12.25	6.14	2:19.72

b. 27/06/1988, Manchester
H/W: 165/61 (5'5"/9st8lb)
Clubs: City of York (-08), Manchester Uni (-08-11), Sale (09-), Sheff Hallam Uni (12-)
Coaches: Christopher Bartram (-11), Mike Holmes (11-)

1984T Indoor 3-Event

					LJ	SP	60H
2237	2	City Chall	Cardiff	26/02/11	5.52	11.01	8.88
2512	1		Loughborough	01/02/14	6.00	12.60	8.76

PBs	100H	HJ	SP	200	LJ	JT	800	Hep	60H	iPen
	13.81-14	1.75-14	12.90-14	24.27/24.05w-14	6.16-14	36.45-14	2:16.16-14	5826-14	4249-15	

Other PBs: 60: 7.70i-14; 100: 11.95w/12.06-14; 400: 55.69-14; 60H: 8.61i-14



Three Jessicas at the Commonwealth Games in Glasgow. Zelinka, lane 3 from Canada, finished 2nd, Taylor, lane 1, was 3rd and Tappin, lane 2, was 6th.

Best Performances at Individual Events - Additions since 2012

first column is position in the performances list, or *performers list*. out is individual's outdoor best. U20 is U20 best perf.

60m Hurdles Indoors

3	8.18	Katarina Johnson-Thompson	1P1	EI	Prague, CZE	06/03/15	5000	iPen
10	8.33	Karla Drew	1P3	5N	Valencia, ESP	27/01/13	4068	iPen
11	8.35	Drew	1P4	5N	Sheffield	26/01/14	4084	iPen
12	8.36	Drew	1P4	Eng	Sheffield	05/01/14	4157	iPen
13	8.37	Drew	1P3	Eng	Sheffield	11/01/15	4199	iPen
14	8.39	Drew	1P4	5N	Apeldoorn, NED	25/01/15	4015	iPen
16=	8.43	Drew	1P3	Eng	Sheffield	05/01/13	4136	iPen
7=	8.44	Marilyn Nwawulor	1P2	vFra,Esp-U23	Sheffield	25/01/14	3665	iPen
8	8.48	Jessica Taylor	1P3	5N	Apeldoorn, NED	25/01/15	4249	iPen
15=	8.58	Katy Marchant	2P3	Eng	Sheffield	05/01/13	3911	iPen
15=	8.58	Danielle McGifford	1P4	Eng-J	Sheffield	04/01/14	3934	iPen

100m Hurdles

1	12.54	1.3	Jessica Ennis	1H5	OG	London (OS)	03/08/12	6955	Hep
2	12.81	0.0	Ennis	1H5		Götzis, AUT	26/05/12	6906	Hep
6=	13.24	-0.1	Louise Wood	1H1		Desenzano, ITA	05/05/12	5443	Hep
10	13.47	-1.2	Katarina Johnson-Thompson	4H6		Götzis, AUT	31/05/14	6682	Hep
12=	13.50	-0.2	Jessica Tappin	2H4	EP-A	Torun, POL	05/07/14	5741	Hep
17=	13.62	-0.7	Marilyn Nwawulor	2H1	Eng	Bedford	24/05/14	4454	Hep
19	13.67	0.8	Holly Pattie-Belleli		MVC Ch	Normal IL, USA	15/05/15	5094	Hep
22=	13.72	0.0	Karla Drew	1H2	Multistars	Florence, ITA	02/05/13	5368	Hep

Wind-assisted

13.49w	2.6	Jessica Tappin	1H2	Eng	Bedford	01/06/13	5676(w)/5508
13.57w	2.6	Karla Drew	2H2	Eng	Bedford	01/06/13	5389(w)/5357

High Jump

1=	1.95i	Katarina Johnson-Thompson	1P	EI	Prague, CZE	06/03/15	5000	iPen
		1.83/o 1.86/o 1.89/xo 1.92/xo 1.95/o 1.98/xxx						
3	1.94i	U20 Morgan Lake	1HB	WJ	Eugene OR, USA	22/07/14	6148	Hep
		1.76/o 1.79/xxo 1.82/o 1.85/o 1.88/o 1.91/o 1.94/xo 1.97/xxx						
4=	1.92	Lake	2P	EI	Prague, CZE	06/03/15	4527	iPen
		1.80/o 1.83/xxo 1.86/o 1.89/xxo 1.92/o 1.95/xxx						
12=	1.90	U17 Lake	1H	WYC	Donetsk, UKR	12/07/13	(4689)	HepU18
12=	1.90	Johnson-Thompson	2HA		Götzis, AUT	31/05/14	6682	Hep
18=	1.89	Johnson-Thompson	2HA	OG	London (OS)	03/08/12	6267	Hep

Shot Put

5	14.85	Morgan Lake	3PA		Götzis, AUT	31/05/14	6081	Hep
16	14.12	Grace Clements	1HB	EP-A	Tallinn, EST	29/06/13	5817	Hep
20	13.87	Phyllis Agbo	1H		Woerden, NED	25/08/12	5388	Hep
22	13.71i	Jo Rowland	3P	5N	Sheffield	26/01/14	3938	iPen
U17 List (4Kg)								
2	12.93	Ada'ora Chigbo	1H	Eng Sch-I	Boston	20/09/14	4418	HepI
3	12.89	Morgan Lake	1H	Eng-U17	Stoke-on-Trent	03/08/13	5474	HepI
U18 SP (3Kg)								
1	14.70	Morgan Lake	1H	Eng-U18	Bedford	02/06/13	5725	HepU18

200m

1	22.83	-0.3	Jessica Ennis	2H5	OG	London (OS)	03/08/12	6955	Hep
2	22.88	1.9	Ennis	2H6		Götzis, AUT	26/05/12	6906	Hep
3	22.89	1.5	Katarina Johnson-Thompson	2H7		Götzis, AUT	31/05/14	6682	Hep
10	23.37	0.0	Johnson-Thompson	2H5	WC	Moscow, RUS	12/08/13	6449	Hep
13	23.45	0.0	Johnson-Thompson	1H3	EC-U23	Tampere, FIN	13/07/13	6215	Hep
25=	23.73	-0.3	Johnson-Thompson (U20)	5H5	OG	London (OS)	03/08/12	6955	Hep
17	24.27	0.0	Jessica Taylor	1H2		Arona Tenerife	24/05/14	5813	Hep

Wind-assisted

24.05w	3.1	Jessica Taylor	1H2		Soria, ESP	03/05/14	5575	Hep
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Long Jump

1	6.89i	Katarina Johnson-Thompson	1P	EI	Prague, CZE	06/03/15	5000	iPen
		(6.89, x, x)						
2=	6.70	-0.1 Johnson-Thompson	1HA		Götzis, AUT	01/06/14	6682	Hep
		(6.70/-0.1, 6.62/-0.2, x)						
15=	6.56	0.6 Johnson-Thompson	2HA	WC	Moscow, RUS	13/08/13	6449	Hep
22=	6.51	0.8 Ennis	1HA		Götzis, AUT	27/05/12	6906	Hep

New Javelin

8/4	47.49	Jessica Ennis	10HB	OG	London (OS)	04/08/12	6955	Hep
10/5	47.38	Louise Hazel	1HA	OG	London (OS)	04/08/12	5856	Hep
11	47.11	Ennis	8HB		Götzis, AUT	27/05/12	6906	Hep
14/6	45.07	Grace Clements	1HA	EP-A	Tallinn, EST	30/06/13	5817	Hep
9	42.81	Jo Rowland	6HB	EP-A	Tallinn, EST	30/06/13	5643	Hep
12	41.66	Morgan Lake	5HA	WJ	Eugene OR, USA	23/07/14	6148	Hep
13	41.58	Katy Marchant	1H		Woodford	22/04/12	5227	Hep
15	41.44	Katarina Johnson-Thompson	11HB		Götzis, AUT	01/06/14	6682	Hep

800m

2	2:07.64	Katarina Johnson-Thompson	2H3	WC	Moscow, RUS	13/08/13	6449	Hep
6	2:08.16	Johnson-Thompson	1H3		Götzis, AUT	01/06/14	6682	Hep
10	2:08.65	Ennis	1H4	OG	London (OS)	04/08/12	6955	Hep
11	2:09.00	Ennis	2H3		Götzis, AUT	27/05/12	6906	Hep
22	2:10.76	Johnson-Thompson	2H3	OG	London (OS)	04/08/12	6267	Hep
10	2:11.65	Jessica Tappin	3H	CG	Glasgow (HP)	30/07/14	5695	Hep
17	2:13.26	Katie Stainton	2H1	MSR	Azusa CA, USA	17/04/14	5347	Hep
24	2:14.64	Anna Rowe	1H3	Eng-U17	Bedford	10/08/14	4992	HepU17



Jessica Ennis throws a javelin personal best at the Olympics

Corrections

From Alan Lindop and Arnold Black

p.20 3571 Karen-Anne Townsend was Scottish

There were some 200m electrical timings and wind speeds for the 2011 Hexham meeting:

p.24 4997 Katy Marchant 14.42/1.1 5.19/-1.6

p.25 4849 Jasmin Dotzek 14.83/1.4 26.52 5.19/-0.6

4742 Amy Marchant 15.34/1.4 27.72 5.13/0.7

p.27 4509 Katy Sketchley/Parsons (E>S), though she has no heptathlon over 4300 as a Scot

p.28 Caroline McKinney's full performances were:

4388 (3) Tullamore 01/08/82 (4608) 15.33/0.0 8.16 1.75 28.03/-0.6 5.28/+1.7 24.08 2:34.84

p.28/29 4388 Esther Sneddon, 4386 Julia Robertson and 4303w Lisa Ferguson are all Scottish

p.32 4770 Meghan Beesley 17/09/06

p.33 Natasha Turner did 4523 twice, her second performance was included in the booklet. The first was:

(1) Stoke on Trent 04/08/91 WAAA-I 11.68w/2.2 1.58 8.44 26.58w/3.3 5.36/0.9 27.34 2:28.87

p.34 4386 Sketchley (E>S) as above, though with no U17 heptathlons as a Scot

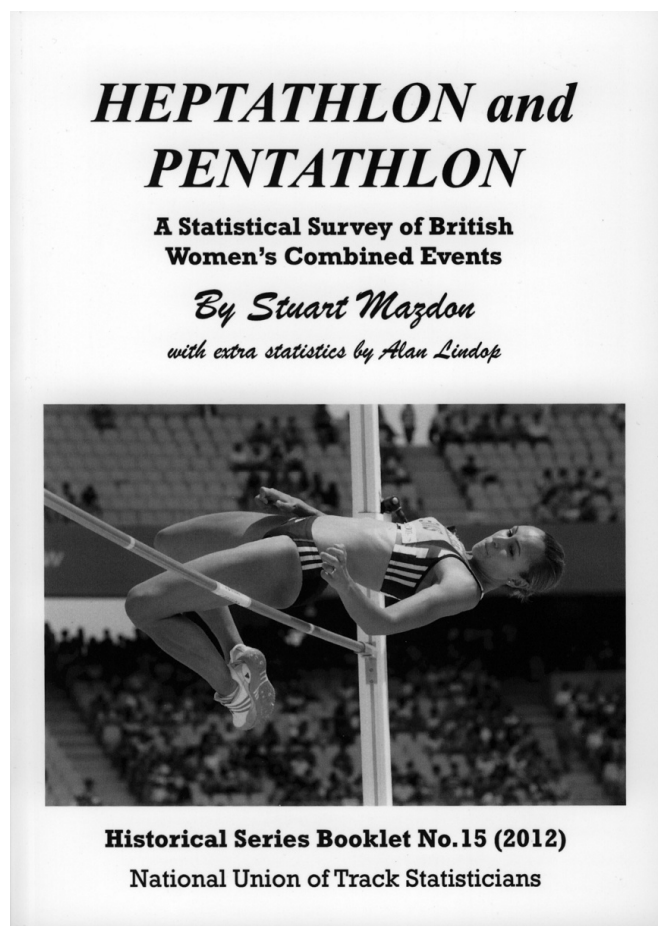
p.38 Delete 3095 Michelle Stone and 3056 Debbie Marti who are in lists higher at 3260 and 3186.

p.56 3637 Lauren O'Reilly (W) 17.12.91 and on p.60 and also in International matches p.74 U23 2012

p.62 3484 Delete Nikita Campbell-Smith – already in at 3507

p.132 KJT Indoor Pentathlon 4526 was on 25/03/2012

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