

UK ALL-TIME LISTS – WOMEN

as at 31 December 2024

60 Metres

			11.14	Jeanette Kwakye	17 Aug 08	10
7.03	Dina Asher-Smith	25 Feb 23	11.15	Paula Dunn/Thomas	23 Aug 94	
7.04	Asher-Smith	27 Jan 23	11.16	Andrea Lynch	11 Jun 75	
7.05	Daryll Neita	10 Feb 23	11.16	Kristal Awuah	2 Sep 18	
7.05	Asher-Smith	25 Feb 23	11.17	Abi Oyepitan	25 Jul 04	
7.06	Asha Philip	5 Mar 17	11.17	Bianca Williams	14 Jun 14	
7.07	Asher-Smith	27 Jan 23	11.17	Jodie Williams	4 May 19	
7.07	Neita	3 Mar 23	11.18	Anyika Onuora	29 May 11	
7.08	Jeannette Kwayke	7 Mar 08	11.19	Ashleigh Nelson	12 Aug 14	
7.08	Asher-Smith	8 Mar 15	11.20	Sonia Lannaman	25 Jul 80	
7.08	Asher-Smith	25 Feb 18	11.20	Heather Oakes	26 Sep 80	20
7.08	Asher-Smith	29 Jan 21	11.21	Emma Ania	6 Jun 08	
7.13	Bev Kinch	23 Feb 86	11.21	Finette Agyapong	16 Jul 23	
7.15	Kristal Awuah	2 Mar 19	11.21	Nia Wedderburn-Goodison	2 Jun 24	
7.17	Andrea Lynch	10 Mar 74	11.22 A	Bev Callender	8 Sep 79	
7.17	Imani Lansiquot	1 Feb 23	11.35		22 Jul 81	
7.19	Joice Maduaka	14 Mar 03	11.23	Joice Maduaka	15 Jul 06	
7.19	Rachel Miller	16 Feb 19	11.23 mx	Rachel Miller	1 Aug 18	
7.19	Cheyenne Evans-Gray	18 Mar 22	11.27	Stephanie Douglas	26 Jul 91	
7.20	Wendy Hoyte	22 Feb 87	11.27	Sophie Papps	30 Jul 16	
7.21	Heather Oakes	19 Jan 85	11.27	Oluwayesimi Akande	22 Jun 24	
7.21	Stephanie Douglas	11 Feb 95	11.28	Margaret Adeoye	14 Jun 14	30
7.21	Jodie Williams	5 Mar 11	11.29	Bev Kinch	6 Jul 90	
7.21	Amy Hunt	22 Jan 22	11.30	Alisha Rees	17 Jul 22	
7.22	Sophie Papps	15 Feb 14	11.31	Wendy Hoyte	4 Oct 82	
7.22	Desiree Henry	25 Feb 14	11.31	Shirley Thomas	3 Jul 83	
7.23	Paula Dunn/Thomas	22 Feb 87	11.31	Simmone Jacobs	24 Sep 88	
7.24	Marcia Richardson	20 Feb 00	11.31	Hayley Jones	22 Jun 13	
7.24	Emma Ania	27 Feb 08	11.31	Alyson Bell	10 Jun 23	
7.24	Rachel Johncock	21 Feb 15	11.32	Joan Baptiste	24 Aug 83	
7.25	Sonia Lannaman	22 Feb 76	11.32	Christine Bloomfield	3 Jul 99	
7.25	Jayne Andrews	4 Mar 84	11.32	Lorraine Ugen	30 Jun 18	40
7.25	Laura Turner	11 Feb 07	11.33	Emily Freeman	14 Jun 09	
7.25	Bernice Wilson	12 Feb 11	11.33	Hannah Brier	24 Jun 22	
7.25	Montell Douglas	13 Feb 13	11.33	Aleeya Sibbons	29 May 23	
7.26	Bianca Williams	17 Feb 18	11.34	Katharine Merry	25 Jun 94	
7.26	Oluwayesimi Akande	10 Feb 24	11.34	Shani Anderson	26 Aug 00	

100 Metres

10.83	Dina Asher-Smith	29 Sep 19	11.34	Amanda Forrester	27 Jul 02	
10.83	Asher-Smith	17 Jul 22	11.34	Kiah Dubarry-Gay	14 May 22	
10.84	Asher-Smith	16 Jul 22	11.35	Sharon Danville	20 Aug 77	
10.85	Asher-Smith	7 Aug 18	11.35	Marcia Richardson	4 Jun 00	
10.85	Asher-Smith	23 Jul 23	11.35	Christine Ohuruogu	4 May 08	50
10.87	Asher-Smith	29 Sep 19	11.35	Joy Eze	20 Jul 24	
10.87	Asher-Smith	9 Sep 21	11.36 A	Della James	14 Oct 68	
10.87	Asher-Smith	6 Sep 19	11.36	Annabelle Lewis	12 Jul 13	
10.88	Asher-Smith	22 Aug 24	11.36	Renee Regis	7 Aug 23	
10.88	Asher-Smith	17 Jul 22	11.36	Jasmine Wilkins	2 Jul 24	
10.89	Asher-Smith	5 Sep 24	11.38	Kimberly Baptiste	30 Jun 23	
10.90	Daryll Neita	3 Aug 22				
10.99	Imani Lansiquot	4 Sep 23	wind assisted			
11.05	Montell Douglas	17 Jul 08	10.80	Daryll Neita	25 Jun 22	
11.06	Desiree Henry	15 Apr 16	10.93	Sonia Lannaman	17 Jul 77	
11.10	Kathy Cook	5 Sep 81	10.95	Montell Douglas	17 Jul 08	
11.10	Asha Philip	24 May 15	11.01	Heather Oakes	21 May 80	
11.11	Laura Turner	4 Jul 10	11.04	Desiree Henry	26 Apr 14	
11.12	Amy Hunt	20 Apr 24	11.05	Asha Philip	4 Jun 22	
			11.08	Kathy Cook	24 Aug 83	
			11.09	Laura Turner	7 Jul 07	

11.12	Renee Regis	18 Aug 24	22.66	Success Eduan	14 Jul 24	
11.13	Bev Kinch	6 Jul 83	22.69	Paula Dunn/Thomas	26 Aug 94	
11.13	Shirley Thomas	27 May 84	22.69	Finette Agyapong	9 Jul 23	
11.13	Paula Dunn/Thomas	20 Aug 88	22.72	Bev Callender	30 Jul 80	
11.13	Jodie Williams	26 Apr 14	22.73	Jennifer Stoute	3 Aug 92	
11.15	Ashleigh Nelson	29 Jun 14	22.75	Donna Hartley	17 Jun 78	
11.18	Wendy Hoyte	4 Oct 82	22.76	Katharine Merry	25 Jul 00	20
11.18	Simmons Jacobs	11 Jun 97	22.78	Shannon Hylton	1 Jul 18	
11.19	Bev Callender	21 May 80	22.79	Kat. Johnson-Thompson	28 May 16	
11.19	Joice Maduaka	10 Jun 07	22.79	Cassie-Ann Pemberton	9 Jul 23	
11.19	Nia Wedderburn-Goodison	2 Jun 24	22.80	Michelle Scutt	12 Jun 82	
11.23	Joan Baptiste	24 Aug 83	22.83	Joice Maduaka	25 Jul 99	
11.23	Jayne Andrews	17 Jul 84	22.83	Jessica Ennis	3 Aug 12	
11.23	Alannah Fashanu	30 Jul 22	22.85	Christine Bloomfield	25 Jul 99	
11.24	Sarah Wilhelmy	9 Jun 01	22.85	Christine Ohuruogu	1 Jun 09	
11.27	Katharine Merry	11 Jun 94	22.85	Ashleigh Nelson	5 Jul 19	
11.28	Joy Eze	7 Aug 23	22.86	Joan Baptiste	9 Aug 84	30
11.29	Marcia Richardson	29 May 00	22.87	Georgina Adam	14 Aug 22	
11.29	Hannah Brier	25 Jun 22	22.88	Margaret Adeoye	8 Sep 13	
11.29	Alisha Rees	25 Jun 22	22.92	Heather Oakes	28 Aug 86	
11.30	Hayley Jones	7 Jul 13	22.93	Vernicha James	21 Jul 01	
11.30	Kat. Johnson-Thompson	21 Jun 14	22.93	Imani Lansiquot	27 May 22	
11.30	Eve Wright	30 Jul 22	22.95	Simmons Jacobs	25 Apr 96	
11.31	Lorraine Ugen	15 Apr 17	22.95	Amarachi Pipi	22 Apr 17	
	hand timing		22.96	Shani Anderson	6 Jul 02	
10.9	Andrea Lynch	28 May 77	22.96	Victoria Ohuruogu	10 Jun 23	
11.1	Sonia Lannaman	29 Jun 80	22.96	Sandra Whittaker	8 Aug 84	40
11.1	Heather Oakes	29 Jun 80	22.98	Alisha Rees	20 Aug 22	
11.1	Joan Baptiste	16 Jul 85	22.98mx	Rachel Bennett	10 Jul 24	
11.2	Helen Golden	29 Jun 74	23.04	Maya Bruney	22 Jul 17	
11.2	Sharon Danville	25 Jun 77	23.05	Donna Fraser	2 May 04	
11.2	Bev Kinch	14 Jul 84	23.05A	Kristal Awuah	3 Oct 20	
11.2	Geraldine McLeod	21 May 94	23.15	Sam Davies	17 Jul 22	
	hand timing - wind assisted		23.06	Charlotte McLennaghan	28 Aug 00	
10.8	Sonia Lannaman	22 May 76	23.09	Nicole Yeargin	10 May 15	
11.1	Sharon Danville	22 May 76	23.09	Diane Smith	17 May 22	
11.1	Bev Kinch	9 May 87	23.10	Yasmin Liverpool	11 Aug 90	
	200 Metres		23.10mx	Jeanette Kwakye	20 Aug 22	50
21.88	Dina Asher-Smith	2 Oct 19	23.11	Lina Nielsen	14 Jul 07	
21.89	Asher-Smith	11 Aug 18	23.11	Brooke Ironside	15 Apr 22	
21.96	Asher-Smith	19 Jul 22	23.11	Helen Hogarth	4 Jul 24	
22.02	Asher-Smith	21 Jul 22	23.14	Helen Burkart	7 Sep 73	
22.04	Asher-Smith	3 Sep 21	23.14	Andrea Lynch	17 Jul 82	
22.06	Asher-Smith	10 Jun 21	23.15	Renee Regis	25 Aug 75	
22.07	Asher-Smith	28 Aug 15	23.15	Lee McConnell	21 Jul 24	
22.07	Asher-Smith	20 Jul 24	23.16	Stephanie Douglas	31 May 08	
22.08	Asher-Smith	29 Aug 19	23.17	Stephanie Douglas	12 Jun 94	
22.10	Kathy Cook	9 Aug 84	23.18	Joslyn Hoyte-Smith	9 Jun 82	60
22.16	Daryll Neita	25 Aug 23		wind assisted		
22.42	Amy Hunt	30 Jun 19	22.47	Amber Anning	6 Apr 24	
22.45	Bianca Williams	24 Aug 23	22.48	Michelle Scutt	4 Jul 82	
22.46	Jodie Williams	15 Aug 14	22.49	Beth Dobbin	26 Jun 22	
22.46	Desiree Henry	27 Aug 16	22.69	Bev Callender	24 Jun 81	
22.50	Abi Oyepitan	23 Aug 04	22.70	Imani Lansiquot	26 Jun 22	
22.50	Beth Dobbin	20 Jul 19	22.71	Kristal Awuah	26 Jun 22	
22.58	Sonia Lannaman	18 May 80	22.73	Shannon Hylton	18 Jul 15	
22.64	Emily Freeman	20 Aug 09	22.80	Donna Fraser	3 Sep 05	
22.64	Anyika Onuora	31 Jul 14	22.80	Amarachi Pipi	14 May 17	
22.66	Amber Anning	9 May 24	22.83	Sarah Wilhelmy	10 Jun 01	
			22.84	Andrea Lynch	11 Jun 75	
			22.90	Allison Curbishley	17 Jul 98	
			22.90			

22.97	Helen Hogarth	26 Jul 74		hand timing			
23.00	Joslyn Hoyte-Smith	13 Jun 82		36.2	Donna Hartley	7 Aug 74	
23.00	Louise Evans	13 Aug 23		during 400m			
23.02	Lina Nielsen	26 Aug 24		35.7 +	Christine Ohuruogu	27 Jul 13	
23.05	Hannah Williams	23 Aug 20			36.13 +	29 Aug 07	
23.07	Asha Phillip	14 Jul 13		35.97 +	Amber Anning	9 Aug 24	
23.11	Linsey Macdonald	5 Jul 80		36.17 +	Nicola Sanders	29 Aug 07	
23.14	Shirley Thomas	28 May 84		36.18 +	Laviai Nielsen	20 Jul 24	
23.14	Zoey Clark	3 Jun 17					
hand timing				300 Metres Short Track			
22.9	Heather Oakes	3 May 80		36.77 A	Dina Asher-Smith	20 Jan 24	
22.9	Helen Burkart	6 Aug 83		36.80	Nicole Yeargin	10 Feb 23	
23.0	Helen Golden	30 Jun 74		37.12	Melanie Purkiss	31 Jan 06	
23.1	Andrea Lynch	21 May 77		37.16	Amber Anning	26 Feb 22	
23.1	Linda Keough	5 Jul 89		37.24	Jodie Williams	21 Jan 23	
23.1	Lee McConnell	7 Jun 08		37.35	Lina Nielsen	12 Feb 22	
hand timing - wind assisted				during 400m			
23.1	Margaret Williams	14 Jul 74		36.0 +	Nicola Sanders	3 Mar 07	
23.1	Sharon Danville	17 Sep 77		36.9+	Perri Shakes-Drayton	3 Mar 13	
23.1	Linda McCurry	2 Jul 78		36.97 +	Laviai Nielsen	2 Mar 24	
200 Metres Short Track				400 Metres			
22.60	Amber Anning	26 Jan 24		49.29	Amber Anning	9 Aug 24	
22.83	Katharine Merry	14 Feb 99		49.41	Christine Ohuruogu	12 Aug 13	
22.96	Donna Fraser	23 Feb 97		49.43	Kathy Cook	6 Aug 84	
22.98	Margaret Adeoye	3 Feb 13		49.47	Anning	7 Aug 24	
23.00	Merry	12 Feb 94		49.51	Anning	11 May 24	
23.15	Fraser	8 Feb 98		49.59	Katharine Merry	11 Jun 01	
23.15	Dina Asher-Smith	2 Mar 14		49.59	Anning	8 Jun 24	
23.20	Amy Spencer	2 Mar 03		49.61	Ohuruogu	29 Aug 07	
23.20	Asher-Smith	9 Feb 14		49.62	Ohuruogu	19 Aug 08	
23.21	Amarachi Pipi	10 Mar 17		49.63	Anning	20 Jul 24	
23.24	Shannon Hylton	9 Feb 14		49.65	Nicola Sanders	29 Aug 07	
23.30	Finette Agyapong	18 Feb 18		49.79	Donna Fraser	25 Sep 00	
23.31	Paula DunnThomas	25 Feb 95	10	49.87	Laviai Nielsen	20 Jul 24	
23.31	Christine Bloomfield	30 Jan 00		49.97	Jodie Williams	4 Aug 21	
23.31+	Nicola Sanders	3 Mar 07		50.36	Victoria Ohuruogu	10 Jun 23	
23.31	Kiah Dubarry-Gay	12 Feb 22		50.40	Phylis Smith	3 Aug 92	10
23.33	Joan Baptiste	23 Feb 85		50.50	Perri Shakes-Drayton	22 Jun 13	
23.35	Catherine Murphy	28 Jan 01		50.63	Michelle Scutt	31 May 82	
23.36"	Kathy Cook	12 Mar 83		50.71	Allison Curbishley	18 Sep 98	
23.36	Louise Bloor	6 Mar 16		50.75	Joslyn Hoyte-Smith	18 Jun 82	
23.36	Zoey Clark	22 Jan 22		50.75	Amarachi Pipi	20 Jul 23	
23.37	Joice Maduaka	16 Feb 08		50.78	Lina Nielsen	14 Jul 24	
23.37	Brooke Ironside	25 Feb 24	20	50.82	Lee McConnell	20 Sep 02	
23.41	Christine Ohuruogu	16 Feb 08		50.87	Anyika Onuora	25 Aug 15	
23.41	Success Eduan	18 Feb 24		50.87	Lorraine Hanson	26 Aug 91	
300 Metres				50.93	Nicole Yeargin	10 Jun 21	20
35.46	Kathy Cook	18 Aug 84		50.96	Linda Staines	26 Aug 91	
35.51	Cook	9 Sep 83		50.98	Sally Gunnell	20 Jul 94	
35.71	Donna Fraser	28 Aug 00		51.04	Yemi Mary John	14 Jul 23	
35.97 +	Amber Anning	9 Aug 24		51.04	Shana Cox	27 Jul 13	
36.00	Katharine Merry	28 Aug 00		51.12	Linsey Macdonald	15 Jun 80	
36.01	Michelle Scutt	13 Jul 80		51.16	Melanie Neef	6 Aug 95	
36.18 +	Laviai Nielsen	20 Jul 24		51.18	Zoey Clark	11 Jun 22	
36.41	Dina Asher-Smith	16 Apr 22		51.22	Emily Diamond	4 Jun 16	
36.44	Sally Gunnell	30 Jul 93		51.23	Seren Bundy-Davies	11 Jun 16	
36.45	Joslyn Hoyte-Smith	5 Jul 80		51.26	Donna Hartley	12 Jul 75	30
36.46	Linsey Macdonald	13 Jul 80	10	51.28	Catherine Murphy	27 Jul 02	
36.64	Nicola Sanders	3 Jun 07		51.36	Amy Allcock	22 Jul 18	
36.65	Joan Baptiste	18 Aug 84		51.36			

51.41	Sandra Douglas	2 Aug 92	52.13	Shana Cox	10 Mar 12	20
51.53	Jennifer Stoute	12 Aug 89	52.15	Lesley Owusu	9 Mar 01	
51.57	Carys McAulay	10 Jun 23				
51.60	Hannah Williams	26 Jun 21	600 Metres			
51.61	Keely Hodgkinson	15 May 24	1:24.36	Marilyn Okoro	5 Jul 12	
51.70	Verona Elder	10 Jun 78	1:25.41	Kelly Holmes	2 Sep 03	
51.73	Yasmin Liverpool	16 May 21	1:25.51 +	Keely Hodgkinson	20 Jul 24	
51.75	Jessie Knight	4 Aug 23	40 1:25.8 +	Jemma Reekie	20 Jul 24	
51.78	Helen Karagounis	19 Jul 03	1:26.18	Diane Modahl	22 Aug 87	
51.83	Eilidh Child/Doyle	27 Jul 13	600 Metres Short Track			
51.93	Janine MacGregor	28 Aug 81	1:23.41	Keely Hodgkinson	28 Jan 23	
51.93	Margaret Adeoye	13 Jul 13	1:25.81	Jennifer Meadows	7 Jan 07	
51.96	Kelly Massey	24 Aug 14	1:25.89	Marilyn Okoro	28 Jan 17	
51.96	Hannah Kelly	25 May 24	1:26.22	Kirsten McAslan	4 Jan 15	
51.97	Linda Forsyth	31 May 82	800 Metres			
52.02	Marilyn Okoro	8 Aug 06	1:54.61	Keely Hodgkinson	20 Jul 24	
52.05	Sinead Dudgeon	3 Jul 99	1:55.19	Hodgkinson	17 Sep 23	
52.12 A	Lillian Board	16 Oct 68	50 1:55.61	Jemma Reekie	20 Jul 24	
52.13	Helen Burkart	28 Jun 84	1:55.77	Hodgkinson	9 Jun 23	
52.13	Kirsty McAslan	9 Jul 15	1:55.78	Hodgkinson	25 May 24	
52.15	Emily Newnham	23 Jul 23	1:55.88	Hodgkinson	3 Aug 21	
52.19	Kelly Sotherton	31 Aug 08	1:56.21	Kelly Holmes	9 Sep 95	
52.20	Ann Packer	17 Oct 64	1:56.28	Georgia Bell	20 Jul 24	
52.20	Kim Wall	11 Jun 05	1:56.38	Holmes	23 Aug 04	
52.21	Montene Speight	18 Apr 15	1:56.34	Hodgkinson	27 Aug 23	
52.23	Poppy Malik	20 Jul 24	1:56.73	Laura Muir	9 Jul 21	
52.25	Catherine Reid	17 Jul 15	1:57.42	Kirsty Wade	24 Jun 85	
52.25	Hannah Brier	11 May 24	60 1:57.66	Alexandra Bell	3 Aug 21	
	hand timing		1:57.69	Lynsey Sharp	20 Aug 16	
51.2	Donna Hartley	28 Jul 78	1:57.86	Phoebe Gill	11 May 24	
51.4	Verona Elder	22 May 76	1:57.93	Jenny Meadows	19 Aug 09	10
52.2	Liz Laban	22 May 76	1:58.00	Katie Snowden	23 Jul 23	
	400 Metres Short Track		1:58.20	Rebecca Lyne	11 Jun 06	
50.02	Nicola Sanders	3 Mar 07	1:58.45	Marilyn Okoro	26 Jul 08	
50.43	Amber Anning	24 Feb 24	1:58.65	Diane Modahl	14 Jul 90	
50.53	Katharine Merry	18 Feb 01	1:58.74	Jemma Simpson	22 Jul 10	
50.56	Anning	27 Jan 24	1:58.86	Shelayna Oskan-Clarke	27 Aug 15	
50.60	Sanders	11 Feb 07	1:58.97	Shireen Bailey	15 Sep 87	
50.60	Sanders	17 Feb 07	1:59.02	Susan Scott	24 Mar 06	
50.68	Anning	25 Feb 23	1:59.05	Christina Boxer	4 Aug 79	
50.72	Sanders	12 Feb 06	1:59.20	Erin Wallace	25 May 24	20
50.74	Anning	8 Mar 24	1:59.30	Isabelle Boffey	22 Jul 23	
50.85	Perri Shakes-Drayton	3 Mar 13	1:59.30	Hannah Segrave	17 Jul 24	
50.89	Laviai Nielsen	2 Mar 24	1:59.35	Khahisa Mhlanga	23 Aug 23	
51.02	Nicole Yeargin	28 Jan 23	1:59.37	Emma Jackson	11 May 12	
51.45	Eilidh Child/Doyle	3 Mar 13	1:59.50	Adelle Tracey	9 May 21	
51.57	Jessie Knight	15 Feb 20	1:59.52	Ellie Baker	3 Sep 22	
51.60	Seren Bundy-Davies	30 Jan 16	1:59.66	Hannah England	20 Aug 12	
51.69	Phylis Smith	23 Feb 13	1:59.67	Lorraine Baker	15 Aug 86	
51.72	Sally Gunnell	6 Mar 94	10 1:59.69	Revee Walcott-Nolan	8 Sep 24	
51.73	Jodie Williams	6 Mar 21	1:59.74	Amanda Pritchard	28 Jul 06	30
51.74	Catherine Murphy	15 Mar 03	1:59.75	Charlotte Moore	29 Jul 02	
51.74	Yemi Mary John	27 Jan 24	1:59.76	Paula Fryer	17 Jul 91	
51.80	Verona Elder	25 Feb 79	1:59.77	Jessica Warner-Judd	11 Jun 14	
51.89 A	Victoria Ohuruogu	4 Feb 23	1:59.81	Ann Griffiths	10 Aug 94	
51.95	Lina Nielsen	18 Feb 24	1:59.86	Jo Fenn	29 Jul 02	
52.02	Amarachi Pipi	22 Feb 22	1:59.91	Sarah McDonald	13 Aug 19	
52.03	Zoey Clark	6 Feb 21	1:59.92	Abigail Ives	13 May 23	
			2:00.08	Alison Leonard	12 Jul 14	
			2:00.10	Tanya Blake	31 May 98	

2:00.14	Lisa Dobriskey	14 Aug 10	40	2:35.54	Katie Snowden	18 Aug 18	
2:00.15	Rosemary Wright	3 Sep 72		2:35.86	Diane Modahl	29 Aug 93	10
2:00.18	Hannah Segrave	21 Jul 19		2:36.13	Jenny Meadows	24 May 15	
2:00.20	Anne Purvis	7 Jul 82		2:36.4 +	Georgia Bell	10 Aug 24	
2:00.30	Cherry Hanson	25 Jul 81		2:36.67	Revee Walcott-Nolan	4 Aug 23	
2:00.39	Bev Hartigan	28 Aug 88		2:37.05	Christine Whittingham	27 Jun 86	
2:00.49	Hayley Tullett	19 Jul 03		2:37.29	Yvonne Murray	14 Jul 89	
2:00.49	Vicky Griffiths	31 May 08		2:37.46	Sarah McDonald	4 Aug 23	
2:00.55mx	Zola Budd	21 Jun 86		2:37.56	Laura Weightman	2 Sep 18	
2:00.6 a	Jane Colebrook/Finch	9 Jul 77		2:37.61	Bev Hartigan	14 Jul 89	
2:00.80	Yvonne Murray	10 Jul 87	50	2:37.82	Gillian Dainty	11 Sep 81	
2:00.86	Jenny Selman	14 Jun 22		2:38.44	Evelyn McMeekin	23 Aug 78	20
2:00.98	Katy-Ann McDonald	14 Apr 22		1000 Metres Short Track			
2:01.1 a	Ann Packer	20 Oct 64		2:31.93	Laura Muir	18 Feb 17	
2:01.11	Lynne MacDougall	18 Aug 84		2:32.96	Kelly Holmes	20 Feb 04	
2:01.16	Celia Taylor	13 Aug 10		2:33.47	Muir	15 Feb 20	
2:01.2	Joan Allison	1 Jul 73		2:34.53	Muir	25 Feb 23	
2:01.2	Christine Whittingham	26 Aug 78		2:34.73	Jo Fenn	20 Feb 04	
2:01.21	Grace Vans Agnew	11 May 24		2:37.46	Katie Snowden	25 Feb 23	
2:01.24	Christine Benning	28 Jul 79		2:37.48	Gemma Finch	28 Jan 23	
2:01.34	Claire Gibson	15 Aug 09	60	2:37.95	Adelle Tracey	15 Feb 20	
800 Metres Short Track				2:38.25	Isabelle Boffey	19 Feb 22	
1:57.18	Keely Hodgkinson	25 Feb 23		2:38.95	Kirsty Wade	1 Feb 87	
1:57.20	Hodgkinson	19 Feb 22		2:39.53	Sarah McDonald	18 Feb 17	
1:57.71	Hodgkinson	15 Feb 23		2:39.55	Christina Boxer	4 Sep 90	10
1:57.87	Hodgkinson	8 Feb 23		1500 Metres			
1:57.91	Jemma Reekie	1 Feb 20		3:52.61	Georgia Bell	10 Aug 24	
1:58.24	Reekie	18 Feb 24		3:53.37	Laura Muir	10 Aug 24	
1:58.28	Reekie	2 Mar 24		3:53.79	Muir	7 Jul 24	
1:58.43	Jennifer Meadows	14 Mar 10		3:54.50	Muir	6 Aug 21	
1:58.44	Laura Muir	1 Feb 20		3:55.16	Muir	16 Sep 23	
1:58.66	Hodgkinson	5 Mar 23		3:55.22	Muir	27 Aug 16	
1:59.21	Kelly Holmes	9 Feb 03		3:55.28	Muir	18 Jul 22	
1:59.27	Marilyn Okoro	21 Feb 09		3:55.34	Muir	8 Sep 23	
1:59.50	Jo Fenn	7 Mar 04		3:55.59	Muir	10 Jun 21	
1:59.81	Shelayna Oskan-Clarke	4 Mar 18		3:55.76	Muir	5 Oct 19	
2:00.23	Adelle Tracey	1 Feb 20		3:56.72	Katie Snowden	20 Aug 23	
2:00.25	Isabelle Boffey	25 Feb 23	10	3:57.90	Kelly Holmes	28 Aug 04	
2:00.30	Lynsey Sharp	12 Feb 16		3:58.01	Melissa Courtney-Bryant	16 Jul 23	
2:00.53	Karen Harewood	27 Jan 06		3:58.08	Revee Walcott-Nolan	8 Aug 24	
2:00.70	Jenny Selman	5 Feb 22		3:58.65	Jemma Reekie	16 Jul 23	
2:00.86	Ellie Baker	25 Feb 23		3:59.50	Lisa Dobriskey	28 Aug 09	
2:01.12	Jane Colebrook/Finch	13 Mar 77		3:59.95	Hayley Tullett	31 Aug 03	
2:01.25	Jemma Simpson	16 Feb 08		3:59.96	Zola Budd	30 Aug 85	10
2:01.30	Mhairi Hendry	18 Feb 18		4:00.09	Laura Weightman	13 Sep 20	
2:01.35	Erin Wallace	18 Feb 24		4:00.46	Sarah McDonald	20 Jul 19	
2:01.5a	Liz Barnes	2 Mar 80		4:00.57	Christina Boxer	6 Jul 84	
2:01.52	Hayley Tullett	15 Feb 98	20	4:00.73	Kirsty Wade	26 Jul 87	
1000 Metres				4:00.97	Eilish McColgan	16 Jun 19	
2:30.82	Laura Muir	14 Aug 20		4:01.10	Helen Clitheroe	19 Jul 02	
2:31.11	Jemma Reekie	14 Aug 20		4:01.20	Yvonne Murray	4 Jul 87	
2:32.55	Kelly Holmes	15 Jun 97		4:01.38	Liz McColgan	4 Jul 87	
2:32.56	Reekie	25 Aug 24		4:01.53	Christine Benning	15 Aug 79	
2:32.82	Holmes	23 Jul 95		4:01.79	Jo Pavey	13 Sep 03	20
2:33.70	Kirsty Wade	9 Aug 85		4:01.89	Hannah England	22 Jul 11	
2:34.59	Adelle Tracey	18 Aug 18		4:02.32	Shireen Bailey	1 Oct 88	
2:34.92	Christina Boxer	9 Aug 85		4:02.54	Stephanie Twell	19 Aug 10	
2:35.32	Shireen Bailey	19 Jul 86		4:02.55	Adelle Tracey	31 May 22	
2:35.51	Lorraine Baker	19 Jul 86					

4:03.17	Alison Wyeth	7 Aug 93	4:08.07	Eilish McColgan	8 Feb 18
4:03.73	Jessica Warner-Judd	4 Aug 17	4:08.1a	Mary Stewart/Cotton	19 Feb 77
4:03.74mx	Charlene Thomas	4 Sep 13	4:08.68	Amy-Eloise Neale	19 Feb 22
	4:05.06	7 Jun 16	4:08.88	Lisa Dobriskey	21 Feb 08
4:03.95	Ellie Baker	13 Jun 23	4:08.90	Erin Wallace	19 Feb 22
4:04.14	Wendy Sly	14 Aug 83			
4:04.81	Sheila Carey	9 Sep 72	1 Mile		
4:04.98	Shannon Flockhart	12 Jul 24	4:15.24	Laura Muir	21 Jul 23
4:05.37	Paula Radcliffe	1 Jul 01	4:16.38	Melissa Courtney-Bryant	21 Jul 23
4:05.58mx	Alexandra Millard	19 Jun 24	4:17.57	Zola Budd	21 Aug 85
4:05.66	Bev Hartigan	20 Jul 90	4:17.60	Laura Weightman	12 Jul 19
4:05.66	Hannah Nuttall	4 Jun 23	4:18.03	Muir	9 Jul 17
4:05.75	Lynn Gibson	20 Jul 94	4:19.12	Muir	9 Jun 16
4:05.83mx	Emma Jackson	4 Sep 13	4:19.41	Kirsty Wade	27 Jul 85
4:05.87mx	Phoebe Gill	1 May 24	4:20.35	Lisa Dobriskey	7 Sep 08
4:05.96	Lynne MacDougall	20 Aug 84	4:20.85	Sarah McDonald	22 Jul 18
4:06.0	Mary Stewart/Cotton	24 Jun 78	4:22.64	Christina Boxer	7 Sep 84
4:06.12	Ellie Leather	17 May 24	4:22.64	Yvonne Murray	22 Jul 94
4:06.17	Cari Hughes	10 Sep 24	4:24.57	Christine Benning	7 Sep 84
4:06.24	Christine Whittingham	5 Jul 86	4:24.71	Eilish McColgan	18 Aug 19
4:06.29	Erin Wallace	16 Jul 23	4:24.87	Alison Wyeth	6 Jul 91
4:06.39	Jemma Simpson	22 May 10	4:24.94	Paula Radcliffe	14 Aug 96
4:06.56	Elizabeth Bird	27 Jul 24	4:25.39	Stephanie Twell	9 Jul 17
4:06.69mx	Katrina Wootton	12 Aug 09	4:25.72	Katie Snowden	11 Sep 22
4:06.81	Stacey Smith	10 Jul 11	4:26.11	Liz McColgan	10 Jul 87
4:06.85	Rebecca Lyne	6 Jul 06	4:26.16	Teena Colebrook	14 Jul 90
4:07.00	Susan Scott	27 Jun 08	4:26.52	Bev Hartigan	14 Aug 92
4:07.06	Alexandra Bell	12 Sep 21	4:27.00	Jemma Reekie	18 Aug 19
4:07.11	Janet Marlow	18 Aug 82	4:27.13	Amy-Eloise Neale	6 Aug 21
4:07.20	Holly Archer	29 May 21	4:27.80	Lisa York	14 Aug 92
4:07.59	Ann Griffiths	9 Jun 92	4:27.95	Charlene Thomas	14 Sep 07
4:07.69	Teena Colebrook	19 Aug 90			
4:07.69	Rosie Clarke	16 Jun 18	1 Mile Short Track		
4:07.90	Gillian Dainty	16 Jun 84	4:17.88	Jemma Reekie	8 Feb 20
4:08.13	Kate Axford	10 Aug 24	4:18.75	Laura Muir	16 Feb 19
4:08.24	Jenny Selman	11 Jun 22	4:20.15	Muir	11 Feb 23
4:08.52	Nikki Hamblin	27 Jun 09	4:21.19	Katie Snowden	11 Feb 23
			4:23.86	Kirsty Wade	5 Feb 88
			4:25.23	Ellie Leather	10 Feb 24
			4:26.50	Hayley Tullett	6 Feb 00
			4:28.58	Wendy Sly	14 Feb 86
			4:29.46	Helen Clitheroe	20 Feb 10
			4:30.29	Hannah England	8 Feb 09
			4:30.83	Shannon Flockhart	27 Jan 24
			1 Mile Road		
			4:32.6	Alexandra Bell	27 Apr 24
			2000 Metres		
			5:26.08	Melissa Courtney-Bryant	12 Jul 24
			5:26.93	Yvonne Murray	8 Jul 94
			5:29.58	Murray	11 Jul 86
			5:30.19	Zola Budd	11 Jul 86
			5:33.85	Christina Boxer	13 Jul 84
			5:37.00	Christine Benning	13 Jul 84
			5:37.01 +	Paula Radcliffe	19 Jul 02
			5:38.50	Alison Wyeth	29 Aug 93
			5:38.76 +	Laura Weightman	30 Jun 19
			5:40.1 +	Eilish McColgan	28 Jun 21
			5:40.24	Liz McColgan	22 Aug 87
			2000 Metres Short Track		
			5:38.41 +	Laura Muir	2 Mar 24

5:40.86"	Yvonne Murray	20 Feb 93		3000 Metres Short Track	
5:41.2 +	Jo Pavey	3 Feb 07		8:26.41	Laura Muir 4 Feb 17
5:41.4 +	Pavey	18 Feb 05		8:29.76	Muir 2 Mar 24
3000 Metres				8:30.61	Muir 1 Mar 19
8:22.20	Paula Radcliffe	19 Jul 02		8:31.45 +	Muir 11 Feb 24
8:26.07	Laura Weightman	30 Jun 19		8:31.50	Joanne Pavey 3 Feb 07
8:26.31	Weightman	25 Sep 20		8:34.39	Muir 17 Dec 23
8:26.97	Radcliffe	29 Jun 01		8:34.55	Pavey 20 Feb 04
8:27.40	Radcliffe	11 Aug 99		8:34.80	Liz McColgan 4 Mar 89
8:28.07	Radcliffe	17 Aug 01		8:35.67	Muir 5 Mar 17
8:28.83	Zola Budd	7 Sep 85		8:37.21	Muir 7 Jan 18
8:29.02	Yvonne Murray	25 Sep 88		8:37.74	Melissa Courtney-Bryant 4 Feb 24
8:30.53	Laura Muir	26 Aug 22		8:39.79	Zola Budd 8 Feb 86
8:31.00	Eilish McColgan	20 Aug 17		8:39.81	Helen Clitheroe 19 Feb 11
8:31.27	Jo Pavey	30 Aug 02		8:41.94	Stephanie Twell 10 Feb 18
8:37.06	Wendy Sly	10 Aug 83		8:42.16	Georgia Bell 28 Jan 24
8:38.23	Liz McColgan	15 Jul 91		8:43.02	Eilish McColgan 18 Feb 17
8:38.42	Alison Wyeth	16 Aug 93	10	8:44.15	Amy-Eloise Neale 6 Feb 22 10
8:39.20	Melissa Courtney-Bryant	18 Aug 18		8:44.92	Jennifer Nesbitt 19 Dec 21
8:40.32	Amy-Eloise Neale	5 Jun 22		8:45.36	Hayley Tullett 10 Mar 01
8:40.95	Katie Snowden	3 Sep 24		8:45.61	Hannah Nuttall 4 Feb 24
8:40.97	Kathy Butler	24 Aug 01		8:45.67	Shannon Flockhart 7 Dec 24
8:40.98	Stephanie Twell	15 Jul 16		8:46.06	Yvonne Murray 22 Feb 87
8:43.24mx	Jessica Warner-Judd	6 Sep 17		8:46.60	Verity Ockenden 5 Mar 21
8:43.87	Verity Ockenden	9 Jul 24		8:46.89	Sarah Inglis 26 Feb 23
8:44.05mx	Calli Hauger-Thackery	13 Jul 22		8:47.25	Lisa Dobriskey 4 Mar 07
	8:48.10	30 Aug 22		8:47.30	Rosie Clarke 8 Feb 18
8:44.15	Aimee Pratt	16 Jul 23		8:47.41	Katie Snowden 4 Feb 23 20
8:44.26	Revee Walcott-Nolan	22 Aug 24	20	8:48.82	Amelia Quirk 5 Mar 21
8:44.46	Christine Benning	22 Aug 84		8:50.69	Katrina Wootton 16 Feb 08
8:44.85mx	Cari Hughes	6 Aug 24		8:51.04	Wendy Sly 6 Mar 88
8:45.39	Hayley Tullett	15 Jul 00		8:52.00	Lauren Howarth/Heyes 16 Feb 13
8:45.63	Hannah Nuttall	6 Sep 23		8:52.15	Isobel Fry 4 Feb 24
8:45.69	Jane Shields	10 Aug 83		8:52.90	Barbara Parker 6 Feb 10
8:46.38	Julia Bleasdale	26 Aug 12		8:53.12	Kate Avery 14 Feb 15
8:47.36	Jill Hunter	17 Aug 88		8:53.52	Nicky Morris 4 Mar 89
8:47.59	Angela Tooby	5 Jul 88		8:54.67	Ellie Leather 7 Jan 24
8:47.7	Kirsty Wade	5 Aug 87		2 Miles	
8:47.71	Lisa York	31 Jul 92	30	9:17.4 +e	Paula Radcliffe 20 Jun 04
8:47.93	Isobel Fry	3 Sep 24		9:32.07	23 May 99
8:48.15	Eloise Walker	2 Sep 23		9:21.98	Amy-Eloise Neale 20 Aug 21
8:48.72	Karen Hargrave	28 Jan 90		9:29.6	Zola Budd 6 Sep 85
8:48.74	Paula Fudge	29 Aug 78		2 Miles Short Track	
8:48.76 +	Megan Keith	27 Apr 24		9:04.84	Laura Muir 11 Feb 24
8:49.89	Christina Boxer	20 Jul 85		9:30.69	Amy-Eloise Neale 13 Feb 21
8:50.37	Laura Whittle	13 Sep 09		9:32.00	Jo Pavey 17 Feb 07
8:50.52	Debbie Peel	7 Aug 82		9:33.78	Lisa Dobriskey 17 Feb 07
8:51.02	Rosie Clarke	20 Aug 17		9:35.83	Barbara Parker 20 Feb 10
8:51.33	Sonia McGeorge	29 Aug 90	40	9:36.85	Yvonne Murray 15 Mar 87
8:51.40	Ruth Partridge	7 Aug 82		5000 Metres	
8:51.82	Helen Clitheroe	29 Aug 10		14:28.55	Eilish McColgan 1 Jul 21
8:52.02mx	Alexandra Millard	1 May 24		14:29.11	Paula Radcliffe 20 Jun 04
8:52.19mx	Kate Axford	12 Jun 24		14:31.26	McColgan 3 Sep 21
8:52.79	Ann Ford	28 Aug 77		14:31.42	Radcliffe 28 Jul 02
8:53.9 +	Sarah Inglis	7 Aug 22		14:32.44	Radcliffe 31 Aug 01
8:53.94	Beth Potter	27 Jul 16		14:35.44	Laura Weightman 14 Aug 20
8:54.09	Amelia Quirk	21 Aug 20		14:39.96	Jo Pavey 25 Aug 06
8:54.12	Lisa Dobriskey	20 May 07		14:40.71	Pavey 8 Jul 05
				14:42.14	McColgan 7 Aug 22

14:43.24	Megan Keith	27 Apr 24	15:03.17	Liz McColgan	22 Feb 92
14:48.07	Zola Budd	26 Aug 85	15:03.39	Hannah Nuttall	9 Feb 24
14:48.14	Laura Muir	9 Jun 23	15:07.76	Isobel Fry	9 Feb 24
14:51.53	Jessica Warner-Judd	8 Sep 23	15:10.19	Jennifer Nesbitt	9 Feb 24
14:52.65	Hannah Nuttall	25 May 24	15:26.82	Aimee Pratt	27 Jan 24
14:53.82	Melissa Courtney-Bryant	30 May 19	10 15:27.02	Alexandra Millard	9 Feb 24
14:54.08	Stephanie Twell	27 Aug 10	15:27.75	Amelia Quirk	9 Jan 22
14:56.60	Amy-Eloise Neale	7 Aug 22	15:32.72	Amy-Eloise Neale	28 Feb 20 10
14:56.94	Yvonne Murray	7 Jul 95			
14:59.56	Liz McColgan	22 Jul 95	10000 Metres		
14:59.63	Isobel Fry	22 Jun 24	30:00.86	Eilish McColgan	4 Mar 23
15:00.37	Alison Wyeth	7 Jul 95	30:01.09	Paula Radcliffe	6 Aug 02
15:02.00	Julia Bleasdale	7 Aug 12	30:17.15	Radcliffe	27 Jun 04
15:02.55	Calli Hauger-Thackery	23 Jul 22	30:19.02	McColgan	6 Jun 22
15:03.51	Verity Ockenden	15 May 21	30:26.97	Radcliffe	30 Sep 00
15:05.51	Kathy Butler	3 Sep 04	20 30:27.13	Radcliffe	26 Aug 99
15:05.51	Sarah Inglis	11 Jun 22	30:34.60	McColgan	16 Jul 22
15:06.75	Helen Clitheroe	6 Aug 11	30:35.93	Jessica Warner-Judd	16 Jul 22
15:07.45	Emelia Gorecka	4 May 14	30:36.84	Megan Keith	16 Mar 24
15:08.58	Laura Whittle	1 May 16	30:40.70	Radcliffe	10 Apr 99
15:09.98	Jill Hunter	18 Jul 92	30:53.20	Jo Pavey	3 Aug 12
15:12.81	Barbara Parker	7 Aug 12	30:55.63	Julia Bleasdale	3 Aug 12
15:13.22	Angela Tooby	5 Aug 87	30:58.94	Liz McColgan	25 Jun 91
15:14.08	Natalie Harvey	31 Jul 04	31:07.88	Jill Hunter	30 Jun 91
15:14.51	Paula Fudge	13 Sep 81	31:08.13	Stephanie Twell	6 Jul 19
15:16.44	Hayley Yelling	23 Jul 05	30 31:11.40	Samantha Harrison	20 May 23 10
15:17.39	Jennifer Nesbitt	6 May 22	31:17.81	Amy-Eloise Neale	20 May 23
15:18.15	Alexandra Millard	6 Jul 24	31:35.77	Kate Reed	4 May 08
15:19.40	Kate Axford	29 Jun 24	31:35.92	Jessica Andrews	12 Aug 16
15:19.75	Rosie Clarke	21 Jul 19	31:36.90	Kathy Butler	12 Jun 04
15:19.78	Catherine Berry	31 Jul 04	31:39.60	Sarah Inglis	14 May 22
15:19.81	Cari Hughes	30 Aug 24	31:41.44	Kate Avery	2 May 15
15:21.45	Wendy Sly	5 Aug 87	31:43.70	Verity Ockenden	5 Jun 21
15:21.72	Sophie Wallis	29 Jun 24	31:45.14	Hayley Yelling	12 Jun 04
15:22.29	Samantha Harrison	11 Jun 22	31:45.37	Abbie Donnelly	18 May 24
15:22.84	Philippa Bowden	29 Jun 24	40 31:45.63mx	Katrina Wootton	3 Sep 17 20
15:23.4	Charlotte Purdue	28 Aug 10		32:27.47	20 May 17
15:24.02	Jessica Andrews	16 Jul 16	31:49.40	Mara Yamauchi	21 Mar 06
15:25.21	Eloise Walker	23 Jul 22	31:53.36	Wendy Sly	8 Oct 88
15:25.63	Kate Avery	3 Apr 15	31:55.30	Angela Tooby	4 Sep 87
15:26.5	Freya Ross	28 Aug 10	31:56.52	Alice Wright	2 May 19
15:26.76	Innes Fitzgerald	29 Jun 24	31:56.97	Yvonne Murray	24 Aug 94
15:27.60	Rhona Auckland	25 Jul 15	31:57.65	Sophie Wallis	18 May 24
15:27.6mx	Katrina Wootton	25 Aug 17	31:58.39	Liz Yelling	30 Jul 02
15:28.32	Beth Potter	1 May 16	32:02.00	Clara Evans	18 May 24
15:28.58	Mara Yamauchi	24 Jun 06	50 32:03.45	Beth Potter	1 Apr 16
15:28.63	Andrea Wallace	2 Jul 92	32:03.55	Charlotte Purdue	29 Apr 12 30
15:29.02	Phoebe Anderson	19 Apr 24	32:11.29	Helen Clitheroe	4 Jun 11
15:29.04	Sonia McGeorge	27 May 96	32:11.80	Charlotte Taylor	31 Mar 17
15:29.07	Charlotte Taylor	5 May 17	32:14.01	Natalie Harvey	12 Jun 04
15:29.10	Kate Reed	25 Jul 07	32:15.71	Charlotte Arter	19 May 18
15:29.26	Lauren Howarth	5 May 17	32:17.05	Elinor Kirk	4 Apr 14
15:29.50	Jessica Piasecki	25 Jul 15	32:20.77	Lily Partridge	11 Apr 15
15:29.54	Aimee Pratt	26 Mar 22	32:20.95	Susan Tooby	2 Jul 88
15:29.94	Katie Brough	4 Apr 14	32:21.61	Andrea Wallace	6 Jun 92
15:30.35	Charlotte Arter	1 Apr 22	60 32:22.79	Rhona Auckland	10 Jul 15
			32:23.44	Freya Ross	5 Jun 10 40
5000 Metres Short Track			32:24.63	Sue Crehan	4 Jul 87
14:49.12	Laura Muir	4 Jan 17	32:25.34	Hannah Irwin	14 May 22
14:52.02	Muir	4 Jan 19	32:26.25	Philippa Bowden	18 May 24
14:59.65	Sarah Inglis	10 Feb 23			

32:26.26	Lauren Heyes	14 May 22	32:15	Angela Tooby	31 Mar 84
32:27.95	Jessica Gibbon	14 May 22	32:17	Alyson Dixon	6 Sep 15
32:29.71	Alice Goodall	20 May 23	32:17	Lucy Reid	22 Sep 24
32:30.4	Birhan Dagne	22 Jul 00	32:20	Zola Budd	2 Mar 85
32:32.42	Vikki McPherson	15 Jul 93	32:23	Georgia Bell	10 Dec 23 40
32:34.7	Sarah Wilkinson	22 Jul 00	32:23	Lauren Heyes	24 Mar 24
32:34.73	Louise Small	19 May 18 50	32:24	Yvonne Murray	2 Nov 97
32:34.81	Gemma Steel	3 Jun 12	32:24	Kathy Butler	4 Jul 05
32:35.26	Stevie Stockton	19 May 18	32:24	Hayley Haining	27 Jul 08
32:36.07	Sarah Waldron	6 Apr 12	32:24	Beth Kidger	5 Mar 23
32:36.09	Helen Titterington	29 Aug 89	course measurement uncertain		
32:36.32	Rebecca Murray	20 May 23	31:43	Zola Budd	6 May 84
32:38.45	Jennifer Nesbitt	19 May 18	31:58	Sandra Branney	10 May 89
32:39.36	Sonia Samuels	4 May 14	32:03	Paula Fudge	29 Aug 82
32:39.37	Emelia Gorecka	19 May 18	10 Miles Road		
5 Kilometres Road			50:01 +	Paula Radcliffe	21 Sep 03
14:41	Beth Potter	3 Apr 21	50:43	Eilish McColgan	17 Oct 21
10 Kilometres Road			51:11	Radcliffe	26 Oct 08
30:19	Eilish McColgan	22 May 22	51:38	McColgan	20 Oct 19
30:21	Paula Radcliffe	23 Feb 03	51:41	Jill Hunter	20 Apr 91
30:23	E McColgan	2 May 22	51:50	Jessica Piasecki	17 Oct 21
30:38	Radcliffe	22 Sep 02	51:51	Angie Hulley	18 Nov 89
30:39	Liz McColgan	11 Mar 89	52:00	Liz McColgan	5 Oct 97
30:41	Jessica Warner-Judd	14 Jan 24	52:06	Calli Hauger-Thackery	7 Apr 24
30:43	Radcliffe	17 Feb 02	52:15	Marian Sutton	5 Oct 97
30:45	Radcliffe	29 Feb 04	52:20 +	Jo Pavey	5 Oct 08
30:45	Radcliffe	26 Mar 05	52:44		25 Oct 15
30:51	Samantha Harrison	15 Jan 23	52:27	Freya Ross	24 Oct 10 10
31:02	Calli Hauger-Thackery	26 May 24	52:30 +	Liz Yelling	25 Mar 07
31:20	Jessica Piasecki	24 Oct 21	52:42	Gemma Steel	26 Oct 14
31:22	Megan Keith	14 Jan 24	52:00 +e		7 Sep 14
31:27	Gemma Steel	2 Aug 14	52:45 +	Mara Yamauchi	21 Mar 10
31:28	Charlotte Arter	6 Mar 22 10	53:03	Hayley Yelling	9 Oct 05
31:29	Wendy Sly	27 Mar 83	Half Marathon		
31:31	Lily Partridge	3 Mar 24	65:40	Paula Radcliffe	21 Sep 03
31:40 +	Mara Yamauchi	8 Jul 07	65:43	Eilish McColgan	2 Apr 23
31:40	Laura Weightman	24 Mar 19	66:26	E McColgan	19 Feb 22
31:42	Jill Hunter	21 Jan 89	66:47	Radcliffe	7 Oct 01
31:42	Abbie Donnelly	16 Apr 23	67:07	Radcliffe	22 Oct 00
31:45	Helen Clitheroe	15 May 11	67:07	Jessica Warner-Judd	11 Feb 24
31:47	Jo Pavey	20 May 07	67:10	Samantha Harrison	22 Oct 23
31:47	Katrina Wootton	18 Dec 16	67:11	Liz McColgan	26 Jan 92
31:53	Amelia Quirk	15 Jan 23 20	67:17	Harrison	2 Apr 23
31:53	Hannah Nuttall	29 Dec 24	67:19	Warner-Judd	15 Jan 23
31:54	Hannah Irwin	13 Oct 24	67:20	Jessica Piasecki	23 Jan 22
31:55	Stephanie Twell	27 May 19	68:02	Charlotte Purdue	4 Feb 24
31:56	Andrea Wallace	4 Aug 91	68:13	Gemma Steel	7 Sep 14
31:57	Clara Evans	3 Mar 24	68:20	Calli Hauger-Thackery	14 Jan 24
31:59	Sarah Inglis	17 Oct 21	68:29	Mara Yamauchi	1 Feb 09 10
32:00 +	Charlotte Purdue	2 Feb 20	68:53	Jo Pavey	5 Oct 08
32:03 +	Freya Ross	24 Oct 10	68:55	Stephanie Twell	19 Jan 20
32:04	Verity Ockenden	3 Mar 24	69:00	Clara Evans	27 Oct 24
32:05	Beth Potter	10 Mar 19 30	69:10	Abbie Donnelly	11 Feb 24
32:06	Sophie Wallis	3 Mar 24	69:13	Lucy Reid	13 Oct 24
32:07	Kate Reed	7 Oct 07	69:28	Liz Yelling	25 Mar 07
32:08	Alice Goodall	14 Jan 24	69:39	Andrea Wallace	21 Mar 93
32:13	Charlotte Dale	6 Feb 05	69:41	Marian Sutton	14 Sep 97
32:14	Lauren McNeil	26 May 24	69:41	Charlotte Arter	10 Feb 19

69:56	Susan Tooby	24 Jul 88	20	2:26:52	Liz McColgan	13 Apr 97	
70:02	Rose Harvey	3 Sep 23		2:27:16	Stephanie Davis	26 Mar 21	
70:02	Lauren McNeil	15 Oct 23		2:27:44	Claire Hallissey	22 Apr 12	
70:06	Natasha Cockram	21 Jan 24		2:28:04	Sonia Samuels	27 Sep 15	20
70:18	Natasha Phillips	27 Oct 24		2:28:06	Sarah Rowell	21 Apr 85	
70:24	Sarah Inglis	19 Jan 20		2:28:10	Freya Ross	22 Apr 12	
70:32	Susan Partridge	3 Mar 13		2:28:24	Jo Pavey	17 Apr 11	
70:32	Lily Partridge	22 Mar 15		2:28:33	Liz Yelling	13 Apr 08	
70:38	Alyson Dixon	29 Mar 14		2:28:38	Sally-Ann Hales	21 Apr 85	
70:46	Georgina Schwiening	13 Oct 24		2:28:39	Kathy Butler	22 Oct 06	
70:47	Louise Damen	25 Mar 07	30	2:28:42	Marian Sutton	24 Oct 99	
70:47	Emily Kearney	22 Oct 23		2:28:48	Alice Wright	1 Dec 24	
70:49	Hannah Irwin	27 Oct 24		2:29:06	Alyson Dixon	23 Apr 17	
70:53	Hayley Haining	5 Oct 08		2:29:06	Rebecca Briggs	3 Apr 22	30
70:54	Alison Wyeth	29 Mar 98		2:29:15	Mhairi MacLennan	21 Apr 24	
70:57	Helen Clitheroe	18 Sep 11		2:29:18	Hayley Haining	13 Apr 08	
71:05	Kathy Butler	17 Sep 06		2:29:29 dh	Sally Eastall (105m)	8 Dec 91	
71:05	Hayley Carruthers	8 Sep 19		2:29:33	Louise Small	27 Oct 24	
71:12	Amy-Eloise Neale	11 Sep 22		2:29:37	Sarah Inglis	9 Oct 22	
71:15	Stephanie Davis	1 Mar 20		2:29:43	Joyce Smith	9 May 82	
71:17	Veronique Marot	21 Jun 87	40	2:29:47	Paula Fudge	30 Oct 88	
71:18	Caryl Edwards	16 Sep 12		2:30:00	Louise Damen	17 Apr 11	
71:18	Mhairi MacLennan	17 Sep 23		2:30:38	Ann Ford	17 Apr 88	
71:20	Natasha Phillips	27 Aug 23		2:30:42	Tracy Barlow	23 Apr 17	40
71:22	Lauren Heyes	15 Oct 23		2:30:46	Susan Partridge	21 Apr 13	
71:32	Jennifer Nesbitt	27 Oct 24		2:30:51	Angie Hulley	23 Sep 88	
71:33	Vikki McPherson	14 Sep 97		2:30:53 dh	Yvonne Danson (130m)	17 Apr 95	
71:36	Ann Ford	30 Jun 85		2:30:54	Naomi Mitchell	3 Apr 22	
71:37	Paula Fudge	24 Jul 88		2:31:00	Tish Jones	28 Apr 19	
71:38	Sally Ellis	20 Mar 88		2:31:14	Jenny Spink	27 Oct 19	
71:42	Sarah Astin	28 Jan 24	50	2:31:33	Susan Tooby	23 Sep 88	
71:44 +	Sally-Ann Hales	21 Apr 85		2:31:33	Andrea Wallace	12 Apr 92	
71:44	Jill Harrison	29 Mar 87		2:31:33	Lauren Heyes	3 Dec 23	
71:44	Lorna Irving	6 Sep 87		2:31:45	Lynn Harding	23 Apr 89	50
				2:31:46	Molly Smith	1 Dec 24	
				2:31:56	Rosie Edwards	26 Mar 21	
Marathon				2:32:01	Rebecca Gentry	26 Mar 21	
2:15:25	Paula Radcliffe	13 Apr 03		2:32:40	Emma Stepto	26 Oct 14	
2:17:18	Radcliffe	13 Oct 02		2:32:40	Heather Seaward	18 Feb 24	
2:17:42	Radcliffe	17 Apr 05		2:32:45	Hayley Carruthers	1 Dec 19	
2:18:56	Radcliffe	14 Apr 02		2:32:53	Gillian Castka	2 Dec 84	
2:20:57	Radcliffe	14 Aug 05					
2:21:24	Calli Hauger-Thackery	29 Sep 24					
2:22:17	Charlotte Purdue	24 Sep 23		50 Kilometres			
2:22:17	Hauger-Thackery	14 Oct 23		3:07:20	Alyson Dixon	31 Aug 19	
2:22:27	Jessica Piasecki	20 Feb 22		3:09:16	Helen Davies	31 Aug 19	
2:23:09	Radcliffe	4 Nov 07		3:15:43	Sue Harrison	29 Aug 10	
2:23:10	Radcliffe	7 Nov 04		3:17:30	Emma Gooderham	20 Aug 11	
2:23:12	Mara Yamauchi	26 Apr 09		3:18:23	Carla Molinaro	5 Nov 23	
2:23:21	Rose Harvey	8 Oct 23		3:18:52 t	Carolyn Hunter-Rowe	3 Mar 93	
2:25:04	Clara Evans	3 Dec 23		3:20:07	Sarah Webster	5 Nov 23	
2:25:12	Lily Partridge	3 Dec 23		3:20:37	Anna Bracegirdle	5 Nov 23	
2:25:46	Georgina Schwiening	27 Oct 24		3:20:47	Rachel Hodgkinson	5 Nov 23	
2:25:47	Philippa Bowden	29 Sep 24	10	3:21:13 +	Elizabeth Hawker	23 Apr 11	10
2:25:56	Véronique Marot	23 Apr 89		3:21:26	Alison Lavender	8 Oct 22	
2:25:59	Samantha Harrison	23 Apr 23		3:22:23	Sally O'Gorman	8 Oct 22	
2:26:14	Natasha Cockram	4 Dec 22					
2:26:37	Lucy Reid	15 Dec 24		100 Kilometres			
2:26:40	Stephanie Twell	27 Oct 19		7:03:40	Sarah Webster	2 Apr 23	
2:26:51	Priscilla Welch	10 May 87		7:13:23	Melissah Gibson	24 Mar 24	
				7:25:48	Julia Davis	24 Mar 24	

7:27:19	Carolyn Hunter-Rowe	8 Aug 93	9:52.12	Yasmin Austridge	8 Aug 23	20	
7:28:56	Elizabeth Hawker	8 Oct 06	9:52.71 s	Tara Krzywicki	1 Jul 01		
7:29:05	Eleanor Greenwood	7 Nov 10	9:53.05	Poppy Tank	26 May 24		
7:31:33	Joasia Zakrzewski	12 Sep 15	9:54.44	Elena Carey	4 May 24		
7:38:10	Joanna Murphy	27 Aug 22	9:55.96	Kate Seary	25 Mar 22		
7:39:50	Sue Harrison	12 Sep 15	9:57.05	Lauren Hall	29 Jun 24		
7:41:51	Caroline Turner	29 Jun 24	10	9:57.18	Louise Webb	26 Jun 16	
				9:58.85	Charlotte Taylor-Green	14 Jun 17	
24 Hours				10:00.25	Claire Entwistle	13 Jun 08	
247.984	Joasia Zakrzewski	18 Sep 22	10:00.74	Sarah Benson	18 Apr 14		
247.076	Elizabeth Hawker	24 Sep 11	10:02.34	Katie Ingle	2 Jul 17	30	
240.169 t	Eleanor Adams-Robinson	20 Aug 89	10:04.36	Jessica Scheriff	29 Jun 24		
238.875	Emily Gelder	9 Sep 12	10:05.06	Alice Murray-Gourlay	8 Jul 23		
238.713	Jessica Baker	2 Jul 17	10:05.92	Emma Raven	21 Jul 10		
236.453	Hilary Walker	28 Aug 88					
235.739 t	Sophie Power	16 Apr 23	60 Metres Hurdles				
233.018 t	Fionna Ross	21 Sep 14	7.80	Tiffany Porter	4 Mar 11		
231.820 t	Kelsey Price	14 Apr 24	7.86	Porter	8 Mar 14		
230.831 t	Joanna Murphy	24 Oct 21	10	7.87	Jessica Ennis	18 Feb 12	
				7.89	Porter	4 Mar 11	
				7.89	Porter	5 Mar 16	
				7.89	Cindy Sember	12 Mar 16	
				7.89	Porter	24 Jan 21	
				7.89	Porter	13 Feb 21	
				7.89	Sember (sf)	7 Mar 21	
				7.89	Sember (final)	7 Mar 21	
				7.89	Sember	3 Mar 24	
				7.90	Lucy Hatton	6 Mar 15	
				7.93	Serita Solomon	6 Mar 15	
				7.96	Sarah Claxton	13 Feb 05	
				7.99	Diane Allahgreen	26 Feb 00	
				8.01	Jacqui Agyepong	12 Mar 95	
				8.03	Sara McGreavy	10 Feb 07	
				8.06	Lesley-Ann Skeete	21 Feb 87	10
				8.06	Gemma Bennett	14 Feb 09	
				8.07	Emma Nwofor	29 Feb 20	
				8.10	Marcia Sey	25 Feb 23	
				8.11	Shirley Strong	10 Mar 84	
				8.11	Sam Farquharson	13 Mar 94	
				8.12	Clova Court	12 Feb 94	
				8.12	Megan Marrs	13 Feb 21	
				8.13	Marilyn Nwawulor	10 Feb 18	
				8.14	Jessica Hunter	23 Jan 24	
				8.15	Melani Wilkins	18 Mar 01	20
				8.15	Isabel Wakefield	12 Feb 22	
				8.15	Holly Mills	18 Mar 22	
				8.16	Kay Morley-Brown	8 Feb 92	
				8.16	Yasmin Miller	6 Feb 16	
				8.17	Keri Maddox	5 Mar 99	
				8.17	Rachel King	3 Feb 02	
				8.17	Kelly Sotherton	16 Feb 08	
				8.17	Abigail Pawlett	23 Feb 24	
				8.18	Kat. Johnson-Thompson	6 Mar 15	
				8.18	Jessica Duncton	11 Feb 24	30
				100 Metres Hurdles			
				12.50	Cindy Sember	24 Jul 22	
				12.51	Tiffany Porter	14 Sep 14	
				12.53	Sember	9 May 21	
				12.54	Jessica Ennis	3 Aug 12	
9:04.35	Elizabeth Bird	6 Aug 24					
9:07.87	Bird	10 Aug 22					
9:09.07	Bird	7 Jul 24					
9:15.64	Aimee Pratt	20 Jul 22					
9:16.10	Pratt	23 Jul 23					
9:16.46	Bird	4 Aug 24					
9:17.79	Bird	5 Aug 22					
9:18.39	Bird	9 Jun 24					
9:18.91	Pratt	16 Jul 22					
9:19.46	Bird	18 Jun 22					
9:24.24	Barbara Parker	2 Jun 12					
9:28.49	Elise Thorne	11 Apr 24					
9:29.14	Helen Clitheroe	15 Aug 08					
9:30.19	Hatti Dean	30 Jul 10					
9:31.68	Rosie Clarke	13 Jun 19					
9:35.82	Eilish McColgan	10 Aug 13					
9:35.91	Lennie Waite	12 Jun 16					
9:39.03	Iona Lake	29 Aug 17	10				
9:43.88	Jo Ankier	31 May 08					
9:45.46	Stevie Lawrence	29 Jun 24					
9:45.51	Racheal Bamford	30 Jul 14					
9:47.97	Pippa Woolven	30 Jul 14					
9:48.08	Tina Brown	14 Aug 10					
9:48.51	Lizzie Hall	10 Jun 06					
9:48.89	Maisie Grice	27 May 23					
9:49.88	Sarah Tait	29 Jun 24					
9:51.42	Emily Stewart	27 Jul 13					

12.55	Porter	17 Aug 13	13.36	Holly Pattie-Belleli	15 May 16
12.56	Porter	3 Sep 11	13.36	Karla Drew	22 May 16
12.56	Porter	18 Apr 15		wind assisted	
12.56	Sember	8 Jun 24	12.38	Cindy Sember	24 Jul 22
12.57	Sember	24 Apr 21	12.47	Tiffany Porter	21 Apr 12
12.57	Sember	13 Apr 24	12.55	Sember	10 Apr 21
12.80	Angie Thorp	31 Jul 96	12.56	Sember	26 Jun 22
12.81	Sarah Claxton	17 Jul 08	12.78	Shirley Strong	8 Oct 82
12.82	Sally Gunnell	17 Aug 88	12.79	Jessica Hunter	26 Jun 22
12.84	Lucy Hatton	18 Apr 15	12.80	Sally Gunnell	29 Jul 88
12.87	Shirley Strong	24 Aug 83	12.84 A	Kay Morley-Brown	8 Aug 90
12.87	Serita Solomon	7 Jul 15	12.90	Lorna Boothe	8 Oct 82
12.90	Jacqui Agyepong	25 Jun 95	10 12.90	Alicia Barrett	31 Jul 22
12.91	Kay Morley-Brown	2 Feb 90	12.93	Jenna Blundell	29 Jul 23
12.92	Diane Allahgreen	29 Jul 02	13.01	Lesley-Ann Skeete	1 Feb 90
12.95	Keri Maddox	25 Aug 99	13.06	Sharon Danville	14 Jul 84
12.96	Natasha Danvers	7 Jun 03	13.07	Angie Broadbelt-Blake	16 Apr 11
13.02	Gemma Bennett	17 Jul 08	13.07	Holly Mills	23 May 21
13.02	Alicia Barrett	14 Aug 22	13.08	Michelle Campbell	26 May 95
13.03	Lesley-Ann Skeete	3 Aug 90	13.08	Melani Wilkins	1 Jul 01
13.04	Clova Court	9 Aug 94	13.08	Abigail Pawlett	29 Jul 23
13.05	Judy Simpson	29 Aug 86	13.12	Pat Rollo	27 May 84
13.05	Isabel Wakefield	8 Jul 23	20 13.13	Ashley Helsby	3 Jul 11
13.07	Lorna Boothe	7 Oct 82	13.20	Louise Hazel	3 Jun 06
13.07	Rachel King	8 Jun 03	13.20	Mia McIntosh	7 Aug 23
13.08	Sam Farquharson	4 Jul 94	13.22	Heather Ross	27 May 84
13.08	Julie Pratt	29 Jul 02	13.23	Megan Marrs	27 May 18
13.09	Kat. Johnson-Thompson	2 Oct 19	13.23	Emma Nwofor	26 Jun 22
13.09	Marcia Sey	23 May 24	13.23	Marli Jessop	26 Jun 22
13.09	Abigail Pawlett	25 May 24	13.25	Zara Hohn	10 Jul 10
13.11	Sharon Danville	22 Jun 76	13.27	Holly Pattie-Belleli	14 May 16
13.12	Melani Wilkins	4 Jun 02		hand timing	
13.12	Jessica Hunter	11 Jun 22	30 13.0	Judy Vernon	29 Jun 74
13.13	Denise Lewis	29 Jul 00	13.0	Blondelle Caines	29 Jun 74
13.13	Yasmin Miller	27 Jul 14	13.1	Melanie Wilkins	2 Jul 95
13.16	Wendy McDonnell/Jeal	27 Aug 86	13.2	Pat Rollo	11 Jun 83
13.18	Kelly Sotherton	15 Aug 08		hand timing - wind assisted	
13.18	Angie Broadbelt-Blake	11 Jun 11	12.7	Kay Morley-Brown	10 Jan 90
13.20	Sara McGreavy	26 Jul 06	12.8	Natasha Danvers	3 Apr 99
13.20	Lucy-Jane Matthews	4 Sep 20	12.9	Judy Vernon	18 May 74
13.20	Jenna Blundell	15 Aug 21	13.1	Mary Peters	19 Aug 72
13.21	Meghan Beesley	18 Jul 15		300 Metres Hurdles	
13.21	Holly Mills	24 Apr 21	40 38.75	Lina Nielsen	26 May 23
13.22	Heather Paton	31 Aug 19		400 Metres Hurdles	
13.22	Marli Jessop	29 Jun 24	52.74	Sally Gunnell	19 Aug 93
13.24	Kim Hagger	31 Aug 87	53.16	Gunnell	29 Aug 91
13.24	Louise Hazel	29 Aug 11	53.23	Gunnell	5 Aug 92
13.24	Louise Wood	5 May 12	53.33	Gunnell	12 Aug 94
13.26	Michelle Campbell	3 Aug 90	53.51	Gunnell	24 Jul 94
13.28	Ashley Helsby	10 Jul 11	53.52	Gunnell	4 Aug 93
13.28	Mollie Courtney	22 Jul 16	50 53.62	Gunnell	7 Aug 91
13.28	Thea Brown	22 Jun 24	53.67	Perri Shakes-Drayton	26 Jul 13
13.28	Mia McIntosh	21 Jul 24	53.73	Gunnell	26 Jun 93
13.29	Mary Peters	2 Sep 72	53.77	Shakes-Drayton	13 Jul 12
13.32	Sam Baker	29 Aug 93	53.84	Natasha Danvers	20 Aug 08
13.32	Megan Marrs	26 Jun 18	54.09	Eilidh Child/Doyle	15 Jul 16
13.34	Judy Vernon	7 Sep 73	54.09	Jessie Knight	28 May 22
13.34	Emma Nwofor	27 Jun 21	54.43	Lina Nielsen	10 Jun 24
13.35	Pat Rollo	30 Jul 83			
13.36	Louise Fraser	17 Aug 91			

54.52	Meghan Beesley	23 Aug 15	1.97	Isobel Pooley	4 Jul 15	
54.63	Gowry Retchakan	3 Aug 92	1.97	Morgan Lake	30 Jun 18	
54.77	Jessica Turner	29 May 21	1.97	Lake	30 Jun 18	
55.22	Keri Maddox	12 Aug 00	10 1.97 i	Lake	26 Jan 19	
55.24	Sinead Dudgeon	24 Jul 99	1.97	Lake	13 Jun 23	
55.25	Lee McConnell	23 Mar 06	1.97	Lake	27 Aug 23	
55.32	Nicola Sanders	23 Mar 06	1.96 i	Johnson-Thompson	8 Feb 14	
55.48	Hayley McLean	28 May 22	1.96	Pooley	24 Aug 14	
55.70	Emma Duck	28 Jul 06	1.96 i	Johnson-Thompson	1 Mar 19	
55.89	Jessica Tappin	28 May 22	1.96 i	Lake	24 Feb 21	
55.91	Elaine McLaughlin	26 Sep 88	1.95	Diana Davies	26 Jun 82	
55.93	Nicole Kendall	7 Aug 21	1.95 i	Debbie Marti	23 Feb 97	
56.04	Sue Morley	10 Aug 83	1.95	Susan Jones	24 Jun 01	
56.05	Wendy Cearns	13 Aug 89	20 1.95	Jessica Ennis	5 May 07	
56.05	Shona Richards	12 Jul 15	1.95 i	Emily Borthwick	5 Feb 22	
56.06	Christine Warden	28 Jul 79	1.94	Louise Gittens	25 May 80	
56.15	Jacqui Parker	27 Jul 91	1.94 i	Jo Jennings	13 Mar 93	10
56.26	Louise Fraser	7 Jun 92	1.93	Michelle Dunkley	2 Sep 00	
56.39	Zoe Pollock	25 May 24	1.93 i	Nikki Manson	8 Feb 20	
56.42	Vicki Jamison	20 Jun 98	1.92	Barbara Simmonds	31 Jul 82	
56.42	Sian Scott	18 Aug 05	1.92	Judy Simpson	8 Aug 83	
56.43	Alyson Layzell	16 Jun 96	1.92	Janet Boyle	29 Sep 88	
56.46	Yvette Wray-Luker	11 Jul 81	1.92 i	Julia Bennett	10 Mar 90	
56.48	Kirsten McAslan	1 Jul 18	30 1.92	Lea Haggett	15 Jun 96	
56.53	Tracey Duncan	16 Jun 02	1.92 i	Vicki Hubbard	21 Feb 10	
56.59	Caryl Granville	22 Jul 17	1.91	Ann-Marie Cording	19 Sep 81	
56.61	Louise Brunning	16 Jun 96	1.91	Gillian Evans	30 Apr 83	20
56.65	Liz Fairs	18 Jun 05	1.91	Jayne Barnetson	7 Jul 89	
56.67	Ese Okoro	11 Jun 14	1.91 i	Bethan Partridge	25 Jan 20	
56.69	Ashante Little	11 Apr 15	1.91 i	Laura Zialor	19 Feb 22	
56.70	Lorraine Hanson	13 Aug 89	1.90	Kim Hagger	17 May 86	
56.72	Gladys Taylor	6 Aug 84	1.90	Sharon Hutchings	1 Aug 86	
56.85	Emily Newnham	16 Jun 24	1.90 i	Julie Crane	28 Feb 04	
56.94	Lauren Thompson	25 Aug 19	40 1.90	Stephanie Pywell	20 May 07	
57.00	Simone Gandy	6 Aug 88	1.89 i	Emma Perkins	11 Feb 12	
57.07	Verona Elder	15 Jul 83	1.89 i	Abby Ward	7 Feb 16	
57.13	Nusrat Ceesay	11 Jul 09	1.89	Niamh Emerson	22 May 16	30
57.17	Laura Wake	29 May 14	1.88 i	Debbie McDowell	17 Jan 88	
57.26	Aisha Naibe-Wey	25 May 15	1.88 i	Kerry Roberts	16 Feb 92	
57.29	Katie Jones	3 Jul 05	1.88 i	Kelly Mason	16 Feb 92	
57.38	Sarah Dean	27 Jun 91	1.88	Lee McConnell	19 Aug 00	
57.41	Jennie Mathews	6 Aug 88	1.88	Rebecca Jones	1 Jun 02	
57.43	Liz Sutherland	6 Jul 78	1.88	Natalie Clark	6 Jun 04	
57.49	Maureen Prendergast	16 Jun 84	50 1.88 i	Kelly Sotherton	2 Mar 07	
57.50	Hannah Douglas	11 Jul 09	1.88 i	Emma Nuttall	8 Mar 14	
57.51	Justine Kinney	6 Jun 09	1.87	Barbara Lawton	22 Sep 73	
57.52	Clare Sugden	3 Jun 90	1.87	Moira Maguire	11 May 80	40
57.52	Abigayle Fitzpatrick	14 Jul 13	1.87	Louise Manning	6 May 84	
57.55	Sharon Danville	8 May 81	1.87	Rachael Forrest	7 Jul 95	
57.65	Bethany Kennedy	25 May 19	1.87	Denise Lewis	21 Aug 99	
57.76	Aileen Mills	5 Aug 86	1.87	Aileen Wilson	15 Jul 01	
57.77	Chelsea Walker	21 Jul 24	1.87 i	Jayne Nisbet	8 Feb 14	
57.79	Susan Cluney	15 Jun 80	1.87	Thea Brown	18 Jul 24	
hand timing			1.86	Claire Summerfield	7 Aug 82	
57.5	Vicky Lee	28 Jun 86	1.86	Jennifer Little	11 May 86	
High Jump			1.86	Catherine Scott	8 May 87	
1.99i	Morgan Lake	4 Feb 23	1.86	Michele Wheeler	31 May 87	50
1.98	Kat. Johnson-Thompson	12 Aug 16	1.86 i	Dalia Miknevičute	16 Jan 00	
1.97 i	Johnson-Thompson	14 Feb 15	1.86	Jessica Leach	21 Jun 09	

1.86 i	Kay Humberstone	31 Jan 10		4.02 i	Jessica Abraham	15 Jan 11	
1.86	Jade O'Dowda	22 Jul 23		4.01	Carys Jones	22 Jun 24	
Pole Vault							
4.92	Molly Caudery	22 Jun 24		4.00	Alison Davies	12 Aug 00	
4.90	Holly Bradshaw	26 Jun 21		4.00	Abigail Haywood	26 Jun 11	50
4.87 i	Bradshaw	21 Jan 12		4.00	Katie James	15 Jul 14	
4.86 i	Caudery	24 Feb 24		4.00 i	Anna Gordon	27 Feb 16	
4.85 i	Bradshaw	6 Feb 21		4.00	Clare Blunt	16 Jul 17	
4.85	Bradshaw	5 Aug 21		4.00	Imogen Smith	18 May 24	
4.85 i	Caudery	17 Feb 24		Long Jump			
4.84	Caudery	28 May 24		7.07	Shara Proctor	28 Aug 15	
4.83 i	Caudery	28 Jan 24		7.05	Lorraine Ugen	1 Jul 18	
4.83	Caudery	29 Jun 24		7.00 i	Jazmin Sawyers	5 Mar 23	
4.83	Caudery	12 Jul 24		6.97 i	Ugen	5 Mar 17	
4.61	Kate Dennison	22 Jul 11		6.98	Proctor	25 Jul 15	
4.52 i	Katie Byres	18 Feb 12		6.95	Proctor	24 Jun 12	
4.51 i	Lucy Bryan	8 Feb 20		6.95	Proctor	15 May 15	
4.50 i	Sophie Cook	22 Feb 20		6.94	Ugen	11 Jun 21	
4.50	Jade Ive	24 Jun 23		6.93 i	Kat. Johnson-Thompson	21 Feb 15	
4.47	Janine Whitlock ¶	22 Jul 05		6.93 i	Ugen	18 Mar 16	
4.42 i	Sally Peake	18 Feb 12		6.90	Bev Kinch	14 Aug 83	
4.37	Gemma Tutton	10 May 24	10	6.88	Fiona May	18 Jul 90	
4.35	Henrietta Paxton	26 Jun 10		6.86	Abigail Irozuru	25 Aug 19	
4.35	Sophie Ashurst	25 May 24		6.83	Sue Hearnshaw	6 May 84	
4.31 i	Emma Lyons	21 Feb 09		6.81	Jade Johnson	22 Jun 08	
4.31 i	Jade Spencer-Smith	17 Feb 24		6.79	Kelly Sotherton	25 Jul 08	10
4.26 i	Zoe Brown	21 Feb 04		6.76	Mary Rand	14 Oct 64	
4.26 i	Ellie Spain	30 Jan 07		6.76	Jo Wise	2 Aug 99	
4.25	Natalie Hooper	25 May 24		6.75	Joyce Oladapo	14 Sep 85	
4.21	Louise Butterworth	6 Jun 08		6.73	Sheila Sherwood	23 Jul 70	
4.21 i	Megan Bailey	17 Feb 24		6.73	Yinka Idowu	7 Aug 93	
4.20	Irie Hill	6 Aug 00	20	6.63	Lucy Hadaway	25 May 23	
4.20 i	Rhian Clarke	10 Mar 01		6.70	Kim Hagger	30 Aug 86	
4.20	Sally Scott	19 Jun 10		6.69	Sue Reeve	10 Jun 79	
4.20	Felicia Miloro	19 Jun 24		6.69	Denise Lewis	30 Jul 00	
4.18	Courtney MacGuire	3 Aug 19		6.69	Jahisha Thomas	1 Jul 18	20
4.16	Liz Hughes	6 Jul 02		6.63	Mary Agyepong	17 Jun 89	
4.16	Bryony Raine	9 Jul 11		6.63	Jessica Ennis-Hill	26 Jun 16	
4.16	Nemiah Munir	10 Jul 24		6.59	Funminiyi Olajide	11 May 24	
4.15	Tracey Grant	26 Jul 03		6.56	Sarah Claxton	23 May 99	
4.15 i	Kirsty Maguire	24 Feb 07		6.55	Ann Simmonds	22 Jul 70	
4.15	Sian Morgan	22 May 15	30	6.55	Jade O'Dowda	30 Jun 24	
4.13 i	Maria Seager	2 Feb 10		6.54	Dominique Blaize	19 May 13	
4.13	Rachel Gibbens	7 Feb 16		6.54	Rebecca Chapman	2 Jul 17	
4.13 iA	Jessica Swannack	22 Feb 19		6.52	Gill Regan	29 Aug 82	
4.11	Jessica Robinson	27 May 23		6.52	Georgina Oladapo	16 Jun 84	30
4.10	Fiona Harrison	29 Jul 07		6.52	Alice Hopkins	25 Aug 19	
4.10	Sophie Upton	9 Jun 10		6.51 i	Ruth Howell	23 Feb 74	
4.08	Abigail Roberts	29 Aug 15		6.51	Julie Hollman	3 Sep 00	
4.06	Claire Maurer	10 Aug 17		6.51	Holly Mills	30 Jun 19	
4.06	Sophie Dowson	24 Jun 23		6.49	Georgina Scoot	12 Apr 24	
4.05	Sonia Lawrence	19 Jul 03	40	6.47 A	Ashia Hansen	26 Jan 96	
4.05	Caroline Adams	10 Aug 13		6.47 i	Amy Harris	11 Feb 07	
4.05 i	Olivia Curran	19 Jul 14		6.47	Phyllis Agbo	31 May 09	
4.05i	Kate Watson	25 Feb 23		6.47	Jade Nimmo	14 Apr 12	
4.04	Lucy Webber	15 Jul 00		6.46i	Ore Adamson	18 Feb 23	40
4.04 i	Isabella Turner	10 Nov 24		6.46	Molly Palmer	25 May 24	
4.02 i	Kim Skinner	30 Dec 09		6.45	Carol Earlington	12 May 82	
				6.45	Margaret Cheetham	18 Aug 84	
				6.44	Sharon Danville	15 Jun 77	

6.44	Barbara Clarke	13 Sep 81	13.59	Jahisha Thomas	23 Apr 22	
6.44	Louise Hazel	9 Oct 10	13.56	Mary Agyepong	5 Jun 92	
6.43	Myra Nimmo	27 May 73	13.56	Georgina Forde-Wells	8 Jul 23	
6.43 i	Gillian Cooke	3 Feb 08	13.53	Chioma Matthews	17 May 15	
6.42	Sarah Warnock	29 Jun 14	13.46	Evette Finikin	26 Jul 91	
6.42 i	Sarah Abrams	25 Jan 20 50	13.44	Hannah Frankson	26 Jun 11	
6.41	Niamh Emerson	1 Jul 18	13.43	Angela Barrett	16 Aug 17 20	
6.40	Judy Simpson	26 Aug 84	13.39 i	Alex Russell	17 Feb 19	
6.40	Sharon Bowie	28 Jun 86	13.32	Adelaide Omitowoju	25 May 24	
6.40 i	Amy Woodman	14 Feb 09	13.31	Karlene Turner	28 May 06	
wind unconfirmed				13.30	Shakira Whight	24 Jun 12
6.43	Moira Maguire	18 Sep 70	13.27	Zainab Ceesay	5 Jul 08	
wind assisted				13.27 i	Simi Fajemisin	24 Feb 19
7.00	Sue Hearnshaw	27 May 84	13.26	Georgina Scoot	19 Apr 24	
6.98	Fiona May	4 Jun 89	13.25	Lily Hulland	29 Jun 24	
6.93	Bev Kinch	14 Aug 83	13.25	Gillian Kerr	30 Jun 07	
6.84	Sue Reeve	25 Jun 77	13.24	Stephanie Aneto	18 Jul 10 30	
6.80	Joyce Oladapo	22 Jun 85	13.23 i	Rebecca White	27 Jan 06	
6.77	Denise Lewis	1 Jun 97	13.13	Lia Stephenson	1 Jun 19	
6.72	Alice Hopkins	8 May 24	13.11	Jade Johnson	19 Aug 01	
6.70	Funminiyi Olajide	23 May 24	13.09	Debbie Rowe	26 Aug 06	
6.65	Mary Agyepong	4 Jun 89	13.08	Denae Matthew	30 Jun 07	
6.64	Jade O'Dowda	9 Jul 23	13.07	Mary Fasipe	24 Aug 19	
6.57	Ann Simmonds	22 Aug 70	13.06	Zara Asante	19 Jun 19	
6.56	Judy Simpson	30 Aug 86	13.04	Eavion Richardson	17 Jun 18	
6.56	Dominique Blaize	27 May 13	13.03	Shani Anderson	4 May 96	
6.54	Ruth Howell	16 Jun 72	13.03	Kate Evans	26 Apr 97 40	
6.54	Myra Nimmo	19 Jun 76	13.03	Lisa James	21 Jun 15	
6.53	Chisom Nwafor	1 Jul 23	13.03	Naomi Reed	31 Jun 16	
6.49	Margaret Cheetham	4 Sep 83	13.03	Emily Gargan	21 May 17	
6.48	Moira Maguire	17 May 70	13.03 i	Shanara Hibbert	23 Feb 20	
6.48	Amy Harris	3 Jul 11	13.02 i	Emily Parker	12 Feb 05	
6.47	Molly Palmer	25 May 24	13.02	Mary Elcock	25 May 24	
6.45	Donita Benjamin	23 Jul 00	13.01	Jayne Nisbet	22 Apr 07	
6.44	Tracy Joseph	21 Jun 97	13.01	Emma Pringle	26 May 13	
6.44	Cleo Martin-Evans	25 May 24	12.98	Danielle Freeman	13 Jul 02	
Triple Jump				12.97	Claire Linskill	20 Jun 09 50
15.16 i	Ashia Hansen	28 Feb 98	wind assisted			
15.15	Hansen	13 Sep 97	15.00	Hansen	10 Aug 02	
15.02 i	Hansen	7 Mar 99	14.38	Naomi Metzger	13 Jun 21	
15.01 i	Hansen	15 Mar 03	14.14	Michelle Griffith	25 Jul 00	
14.96	Hansen	11 Sep 99	13.94	Nadia Williams	17 Jul 11	
14.94	Hansen	29 Jun 97	13.82	Yasmine Regis	13 Jun 09	
14.86	Hansen	31 Jul 02	13.76	Nony Mordi	10 May 08	
14.85 i	Hansen	15 Feb 98	13.66	Jahisha Thomas	2 Jun 22	
14.82 i	Yamilé Aldama	10 Mar 12	13.51	Rebecca White	3 Sep 05	
14.81 i	Hansen	21 Feb 99	13.42	Gillian Kerr	30 Jun 07	
14.37	Naomi Metzger	5 Aug 22	13.41	Zara Asante	29 Jul 18	
14.09	Laura Samuel	29 Jul 14	13.41	Adelaide Omitowoju	25 May 24	
14.08	Michelle Griffith	11 Jun 94	13.40	Alex Russell	31 Jul 16	
13.95	Connie Henry	27 Jun 98	13.39	Lily Hulland	18 Jun 23	
13.90	Temi Ojora	25 May 24	13.35	Kat. Johnson-Thompson	6 Jul 14	
13.85 A	Yasmine Regis	18 May 08	13.22	Lisa James	21 Jun 15	
	13.76	5 Aug 11	13.14	Debbie Rowe	22 Jul 00	
13.82	Shara Proctor	14 Apr 17	13.10	Shanara Hibbert	22 Aug 20	
13.77	Nadia Williams	12 Jun 11 10	13.10	Lateefah Agberemi	7 Jul 24	
13.70	Sineade Gutzmore	20 Jul 16	13.06	Alison McAllister	11 Jul 03	
13.64	Rachel Kirby	7 Aug 94	13.04	Kate Evans	23 Jul 00	
13.62	Nony Mordi	5 Jul 08				

Shot			15.18	Suzane Allday	18 May 64
19.36	Judy Oakes	14 Aug 88	15.18 i	Lana Newton	6 Jan 79
19.33	Oakes	3 Sep 88	15.12	Sabrina Fortune	1 Sep 24
19.26	Oakes	29 Jul 88	Discus		
19.13	Oakes	20 Aug 88	67.48	Meg Ritchie	26 Apr 81
19.06 i	Venissa Head	7 Apr 84	67.44	Ritchie	14 Jul 83
19.05	Oakes	16 Jul 88	66.04	Ritchie	15 May 82
19.03	Myrtle Augee	2 Jun 90	65.96	Ritchie	19 Jul 80
19.01	Oakes	17 Sep 88	65.78	Ritchie	17 Jul 81
19.01	Oakes	11 Jun 89	65.34	Ritchie	24 Apr 83
19.01	Oakes	11 May 96	65.18	Ritchie	17 May 81
18.99	Meg Ritchie	7 May 83	65.10	Jade Lally	27 Feb 16
18.82 i	Sophie McKinna	27 Feb 22	65.08	Ritchie	26 Apr 80
18.18	Amelia Campbell	16 Jun 22	65.02	Ritchie	5 May 84
17.97	Divine Oladipo	13 May 22	64.68	Venissa Head	18 Jul 83
17.79	Sarah Omoregie	20 Apr 24	62.89	Philippa Roles	8 Jun 03
17.79	Adele Nicoll	15 Jun 24	61.22	Shelley Newman	8 Jun 03
17.78	Serena Vincent	19 May 24	60.72	Jackie McKernan	18 Jul 93
17.53	Angela Littlewood	24 Jul 80	60.13	Kirsty Law	28 Aug 21
17.53	Rachel Wallader	4 Jun 16	59.78	Eden Francis	6 Aug 11
17.45	Yvonne Hanson-Nortey	28 Jul 89	58.56	Debbie Callaway	19 May 96
17.24	Eden Francis	20 May 12	58.26	Shadine Duquemin	6 Aug 22
17.23	Nana Gyedu	23 May 24	58.18	Tracy Axten	31 May 97
17.13	Jo Duncan	13 Aug 06	58.02	Rosemary Payne	3 Jun 72
16.76	Rebecca Peake	15 Aug 10	58.01	Divine Oladipo	19 May 24
16.63	Eva Massey	29 Jul 07	57.75	Emma Merry	9 Aug 99
16.57	Maggie Lynes	20 Jul 94	57.32	Lynda Wright	16 Jun 84
16.42	Kirsty Yates	30 Jul 14	57.27	Kara Nwidobie	18 Jun 05
16.40 i	Mary Peters	28 Feb 70	57.26	Emma Carpenter	12 Jul 08
16.40	Julie Dunkley	12 Aug 00	56.73	Claire Smithson	29 Jul 06
16.39	Shanaugh Brown	19 May 13	56.42	Amy Holder	15 Jun 19
16.29	Brenda Bedford	26 May 76	56.25	Rebecca Roles	6 Jun 04
16.17	Eleanor Gatrell	18 Jul 10	56.24	Sharon Andrews	12 Jun 94
16.12	Denise Lewis	21 Aug 99	56.06	Kathryn Farr	27 Jun 87
16.09 i	Alison Rodger	21 Feb 10	56.05	Phoebe Dowson	31 Mar 19
16.05	Janis Kerr	15 May 76	55.99	Zara Obamakinwa	9 Jul 23
15.95 i	Philippa Roles	6 Feb 99	55.52	Jane Aucott	17 Jan 90
15.88 i	Ade Oshinowo	7 Feb 04	55.42	Lesley Bryant	12 Sep 80
15.85 i	Alison Grey	12 Feb 94	55.06	Janet Kane	17 Jun 78
15.81	Tracy Axten	19 Jul 98	55.04	Lorraine Shaw	14 May 94
15.80	Sharon Andrews	30 Jul 93	54.72	Karen Pugh	27 Jul 86
15.75 i	Caroline Savory	23 Feb 83	54.68	Emma Beales	10 Jun 95
15.60 i	Justine Buttle	27 Feb 88	54.46	Ellen Mulvihill	14 May 86
15.55	Christina Bennett	13 Jun 99	54.46	Janette Picton	17 Aug 90
15.55	Shaunna Thompson	26 Jun 22	54.24	Nicola Talbot	15 May 93
15.48	Mary Anderson	8 Sep 85	53.96	Julia Avis	27 Apr 86
15.46	Vanessa Redford	14 Jun 80	53.66	Rosanne Lister	22 Jun 91
15.45	Susan King	27 Mar 83	53.44	Judy Oakes	20 Aug 88
15.44	Vickie Foster	14 May 00	53.44	Navdeep Dhaliwal	5 Sep 10
15.41	Fatima Whitbread	29 Apr 84	53.16	Sarah Winckless	18 Jun 94
15.39 i	Sophie Merritt	6 Dec 19	52.84	Sarah Henton	7 Jul 13
15.39	Cleo Agyepong	15 May 24	52.78	Taia Tunstall	2 Jul 22
15.35	Michella Obijiaku	11 May 18	52.72	Samantha Callaway	23 May 21
15.33	Teddy Tchoudja	21 May 23	52.52	Alison Grey	18 Jun 94
15.32 i	Helen Hounsell	13 Feb 82	52.46	Vanessa Redford	4 Jul 82
15.28	Amy Hill	31 May 09	52.31	Lauren Keightley	18 Jul 98
15.25	Omolola Kuponiyi	20 Apr 24	51.82	Catherine Bradley	20 Jul 85
15.23	Judy Simpson	18 Jun 88	51.77	Shaunagh Brown	1 Jun 14
15.21	Uju Efobi	23 Apr 94	51.60	Dorothy Chipchase	20 Jul 73
15.21 i	Kara Nwidobie	12 Feb 06	51.43	Claire Griss	30 May 05

51.18	Angela Sellars	12 Aug 90	58.97	Diana Holden	4 Jun 02	
51.12	Joanne Brand	26 May 86	50 58.68	Anna Merritt	18 May 24	
51.07	Samantha Milner	19 May 13	58.48	Joanne John	2 Jul 08	
50.88	Emma Botham	11 Jul 23	58.47	Mhairi Walters	12 May 02	
50.64	Kathryn Woodcock	6 May 17	58.35	Cathy Coleman	8 Aug 21	
50.57	Brenda Bedford	24 Aug 68	58.27	Katie Lambert	21 May 17	
50.06	Joanne Jackson	7 May 89	58.15	Natalie Robbins	14 Apr 19	50
50.04	Morag Bremner	27 Apr 86	58.07	Helen Broadbridge	14 Jul 24	
			57.96	Olivia Stevenson	10 Jun 17	
Hammer						
74.54	Sophie Hitchon	15 Aug 16				
73.97	Hitchon	21 May 17	57.90	Megan Larkins	16 Sep 18	
73.86	Hitchon	27 Aug 15	57.88	Lily Murray	23 Mar 24	
73.68	Hitchon	27 Jun 17	57.79	Danielle Broom	14 Aug 21	
73.48	Hitchon	14 Jul 18	57.63	Nicola Dudman	16 Jun 02	
73.22	Hitchon	27 Apr 18	57.40	Sarah Moore	29 Apr 01	
73.05	Hitchon	5 Aug 17	57.26	Phoebe Baggott	15 Apr 23	
73.02	Anna Purchase	8 Apr 23	57.22	Candy Lockett	25 Mar 22	
72.97	Hitchon	23 Jun 13				
72.51	Charlotte Payne	11 Jun 23	22.18 i	Tara Simpson-Sullivan	18 Feb 23	
70.21	Amber Simpson	13 Apr 24	22.01 i	Amber Simpson	3 Feb 24	
69.94	Tara Simpson-Sullivan	6 Jun 24	21.60	Charlotte Payne	18 Nov 23	
69.72	Katie Head	13 Feb 22	21.46 i	Amy Herrington/Phillips	27 Feb 21	
69.44	Jessica Mayho	12 Aug 21	20.63	Shirley Webb	2 Oct 05	
68.97	Sarah Holt	25 Jul 15	20.05 i	Rachael Somoye	8 Mar 19	
68.93	Lorraine Shaw	8 Jun 03				
68.72	Amy Herrington/Phillips	26 Mar 22	10 66.17	Goldie Sayers	14 Jul 12	
68.63	Zoe Derham	17 Jul 08	65.75	Sayers	21 Aug 08	
67.58	Shirley Webb	16 Jul 05	65.05	Sayers	20 May 07	
66.85	Shaunagh Brown	14 Jun 14	64.87	Kelly Morgan	14 Jul 02	
66.80	Carys Parry	15 Jul 14	64.73	Sayers	31 May 12	
66.69	Kayleigh Presswell	23 Jul 23	64.46	Sayers	18 Jun 11	
66.46	Rachel Hunter	26 Feb 17	63.96	Sayers	6 Jun 08	
65.11	Kayleigh Presswell	7 May 22	63.82	Sayers	26 Jul 08	
65.03	Susan McKelvie	20 Aug 11	63.66	Sayers	12 Jun 08	
64.74	Laura Douglas	8 Aug 10	63.65	Sayers	15 Mar 08	
64.06	Philippa Wingate	28 Aug 21	60.68	Laura Whittingham	15 Aug 10	
64.01	Rachael Somoye	6 Jun 21	20 59.95	Rebekah Walton	30 Apr 24	
63.98	Christina Jones	25 Apr 15	59.50	Karen Martin	14 Jul 99	
63.96	Lyn Sprules	20 Aug 00	58.63	Izzy Jeffs	26 Apr 14	
63.87	Rebecca Keating	17 Mar 18	57.48	Shelley Holroyd	10 Jul 04	
63.61	Liz Pidgeon	27 May 00	57.44	Jo Blair	26 Jun 16	
63.47	Lucy Marshall	6 Aug 19	57.19	Lorna Jackson	9 Jul 00	
63.44	Philippa Davenall	7 Aug 21	56.73	Lauren Farley	21 May 23	10
63.11	Myra Perkins	18 May 14	55.91	Kirsty Morrison	23 May 99	
63.05	Lesley Brannan	19 Feb 06	55.36	Freya Jones	12 Apr 14	
62.96	Samantha Hynes	19 May 12	54.71	Kike Oniwinde	14 Jun 14	
62.84	Charlotte Williams	22 Jun 19	30 54.62	Chloe Cozens	3 Aug 03	
62.75	Alice Barnsdale	6 Apr 19	54.08	Emma Hamplett	17 Jun 18	
62.66	Rachel Wilcockson	20 Aug 11	52.86	Linda Gray	10 Jun 01	
62.30	Louisa James	29 Jun 14	52.78	Tesni Ward	29 May 11	
61.95	Annabelle Crossdale	24 Aug 19	52.76	Jenny Kemp	23 Jun 01	
61.77	Kimberley Reed	3 May 14	52.72	Emily Dibble	13 May 23	
61.48	Suzanne Roberts	17 Jul 04	52.68	Lianne Clarke	25 Aug 07	20
61.22	Hannah Blood	16 Mar 24	52.41	Katy Watts	31 May 09	
60.99	Angela McAuslan-Kelly	20 Apr 24	52.34	Jade Dodd	2 Sep 07	
60.88	Rachael Beverley	23 May 99	52.32	Eloise Meakins	9 Sep 12	
60.75	Abbi Carter	12 Jul 12	40 52.11	Harriette Mortlock	22 May 24	
60.73	Zoe Price	23 Jul 23	52.09	Lauren Therin	5 May 07	
59.57	Hayley Murray	18 Jul 17	51.78	Ayesha Jones	28 Aug 24	
59.19	Kirsty Costello	19 Jun 21	51.57	Hannah Johnson	21 May 17	

4965	Jessica Ennis	9 Mar 12	13:23.59	Gemma Bridge	12 Feb 17
4937	Ennis	13 Mar 10	13:29.19	Emma Achurch	15 Feb 15
4927	Kelly Sotherton	2 Mar 07	13:29.46	Ellie Dooley	14 Feb 14
4852	Sotherton	7 Mar 08	13:31.32	Verity Larby/Snook	13 Feb 93
4750	Johnson-Thompson	2 Mar 18	13:32.30	Lisa Langford/Kehler	5 Mar 88
4733	Sotherton	4 Mar 05	13:36.43	Sophie Hales	29 Feb 04 10
4731	Niamh Emerson	1 Mar 19	13:38.05	Katie Stones	29 Feb 04
4716	Ennis	2 Mar 07	13:45.12+	Erika Kelly	18 Feb 18
4673	Holly Mills	18 Mar 22	13:47.10	Sylvia Black	26 Feb 94
4527	Morgan Lake	6 Mar 15	13:56.97	Katherine Horwill	5 Feb 05
4498	Julie Hollman	12 Feb 06	13:57.61	Melanie Brookes/Wright	13 Feb 93
4419	Abigail Pawlett	4 Feb 24	13:57.87	Sharon Tonks	2 Feb 02
4365	Ella Rush	27 Feb 22			
4363	Kim Hagger	4 Feb 84 10	5000 Metres Track Walk		
4297	Julia Bennett	8 Feb 98	20:46.58	Jo Jackson	14 Feb 09
4291	Jo Rowland	28 Feb 18	21:01.24	Jackson	7 Feb 09
4277	Jodie Smith	27 Feb 22	21:21.52	Bethan Davies	2 Jul 17
4262	Jade O'Dowda	21 Feb 21	21:21.67	Jackson	12 Jul 09
4258	Katie Stainton	9 Feb 20	21:30.75	Jackson	13 Jul 08
4249	Jessica Taylor-Jemmett	25 Jan 15	21:41.34	Heather Lewis	14 Jul 19
4238	Vikki Schofield	5 Feb 95	21:42.51	Lisa Langford/Kehler	13 Jul 02
4237	Grace Clements	3 Feb 08	21:52.38	Vicky Lupton	9 Aug 95
4199	Karla Drew	11 Jan 15	22:02.06	Betty Sworowski	28 Aug 89
4177	Alix Still	23 Feb 23 20	22:37.47	Julie Drake	17 Jul 93
with 600m			22:41.19	Cal Partington	16 Jul 95
4343	Marcia Marriott	22 Feb 87	22:51.15	Gemma Bridge	5 Sep 20
			22:51.23	Helen Elleker	25 Jun 90 10
3000 Metres Track Walk			23:11.2	Carol Tyson	30 Jun 79
12:22.62 +	Jo Jackson	14 Feb 09	23:11.7	Catherine Charnock	19 Jun 99
12:24.70	Bethan Davies	11 Jun 16	23:15.04	Bev Allen	25 May 87
12:26.45	Davies	10 Jun 17	23:19.2	Marion Fawkes	30 Jun 79
12:40.98	Jackson	26 May 08	23:20.00	Ginney Birch	25 May 85
12:42.46	Davies	14 Jul 18	23:20.19	Erika Kelly	2 Jul 17
12:49.16	Betty Sworowski	28 Jul 90	23:22.52	Verity Larby/Snook	19 Jun 94
12:50.61	Lisa Langford/Kehler	29 Jul 00	23:34.43	Sylvia Black	5 Jul 92
12:54.71	Heather Lewis	14 Jul 18	23:35.54	Nicky Jackson	25 May 87
12:59.3	Vicky Lupton	13 May 95	23:36.03	Gracie Griffiths	26 Aug 23 20
12:59.75	Gemma Bridge	12 Jun 17			
13:13.3	Cal Partington	12 Jul 95	5k Road - where superior to track time		
13:14.73	Niobe Menendez	11 Aug 01	21:36	Vicky Lupton	18 Jul 92
13:15.88	Erika Kelly	16 Aug 17 10	21:50	Betty Sworowski	6 May 90
13:16.0	Julie Drake	11 Dec 90	22:45 +	Verity Larby/Snook	25 Aug 94
13:16.23	Verity Larby/Snook	27 May 96	22:51	Marion Fawkes	29 Sep 79
13:21.5	Catherine Charnock	8 May 99	22:52 +	Gemma Bridge	25 Jun 17
13:25.2	Carol Tyson	6 Jul 79	22:59	Carol Tyson	29 Sep 79
13:28.0	Helen Elleker	22 Jul 90	23:00 +	Bev Allen	1 Sep 87
13:37.1	Bev Allen	16 May 87	23:09	Catherine Charnock	5 Jun 99
13:42.10	Sylvia Black	23 May 90	23:11	Erika Kelly	29 Oct 23
13:43.0	Melanie Brookes/Wright	5 Jul 94	23:13	Sylvia Black	13 Feb 93
13:44.0	Ginney Birch	19 Jun 84			
13:46.3 +	Marion Fawkes	30 Jun 79 20	5000 Metres Walk Short Track		
			21:25.37	Bethan Davies	18 Feb 18
3000 Metres Walk Short Track			22:48.29	Gemma Bridge	18 Feb 18
12:35.87	Bethan Davies	11 Dec 16	22:55.15	Heather Lewis	10 Feb 19
12:42.26	Davies	10 Dec 17	23:23.69	Erika Kelly	18 Feb 18
12:44.99	Davies	28 Feb 16			
12:46.77	Davies	13 Dec 15	10000 Metres Track Walk		
12:49.33	Davies	8 Dec 19	45:09.19	Heather Lewis	6 Aug 22
12:55.36	Heather Lewis	8 Dec 19	45:09.57	Lisa Langford/Kehler	13 Aug 00
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
			45:53.9	Julie Drake	26 May 90

46:23.08	Betty Sworowski	4 Aug 91	1:44:29	Kim Braznell	21 Mar 99
46:25.2	Helen Elleker	26 May 90	1:44:30	Wendy Bennett	26 Apr 03 20
47:10.07	Verity Larby/Snook	19 Jun 93	35 Kilometres Road Walk		
47:56.3	Ginney Birch	15 Jun 85	2:58:48	Bethan Davies	23 Apr 22
47:58.3	Bev Allen	21 Jun 86 10	3:26:29	Molly Davey	28 Jan 18
48:11.4	Marion Fawkes	8 Jul 79	3:35:23	Lillian Millen	20 Apr 81
48:20.0	Cal Partington	7 May 94	50 Kilometres Road Walk		
48:34.5	Carol Tyson	22 Aug 81	4:50:51	Sandra Brown	13 Jul 91
48:35.8	Melanie Brookes/Wright	2 Sep 95	4:56:27	Brown	13 Aug 94
48:47.3	Erika Kelly	22 Aug 18	5:01:52	Lillian Millen	16 Apr 83
48:56.5	Sarah Brown	18 Apr 91	5:08.17	Molly Davey	24 Mar 18
48:57.6	Irene Bateman	20 Mar 82	4 x 100 Metres Relay		
49:27.0	Sylvia Black	22 Apr 95	41.55	GBR	5 Aug 21
49:39.0	Karen Ratcliffe	22 May 91	41.55	GBR	20 Jul 24
49:41.0	Elaine Callinan	22 Apr 95 20	A.Philip, I.Lansiquot, Asher-Smith, D.Neita		
track short			41.55	GBR	19 Aug 16
48:52.5	Irene Bateman	19 Mar 83	Asher-Smith, I.Lansiquot, A.Hunt, D.Neita		
10k Road - where superior to track time			41.77	GBR	22 Jul 16
43:52	Jo Jackson	6 Mar 10	A.Philip, D.Henry, Asher-Smith, D.Neita		
44:52	Jackson	19 Apr 08	41.81	GBR	5 Oct 19
44:56	Heather Lewis	30 Apr 22	A.Philip, D.Henry, Asher-Smith, D.Neita		
44:57+	Jackson	19 Jun 10	41.85	GBR	9 Aug 24
44:59	Jackson	11 Sep 11	A.Philip, Asher-Smith, A.Nelson, D.Neita		
44:59	Bethan Davies	6 Mar 16	41.85	GBR	24 Aug 17
45:03	Lisa Langford/Kehler	19 Sep 98	Asher-Smith, I.Lansiquot, A.Hunt, D.Neita		
45:52 +	Gemma Bridge	25 Jun 17	41.86	GBR	12 Aug 18
45:59	Betty Sworowski	24 Aug 91	A.Philip, D.Henry, Asher-Smith, D.Neita		
46:06	Verity Larby/Snook	25 Aug 94	41.88	GBR	6 Aug 21
46:26	Cal Partington	1 Jul 95	A.Philip, I.Lansiquot, B.Williams, Asher-Smith		
46:38	Niobe Menendez	15 Jun 02	41.88	GBR	12 Jun 24 10
47:05	Sara-Jane Cattermole	15 Jul 01	A.Philip, I.Lansiquot, Asher-Smith, D.Neita		
47:19	Erika Kelly	3 Mar 19	41.91	GBR	18 Aug 16
47:49	Emma Achurch	15 Mar 15	Asher-Smith, D.Henry, A.Hunt, D.Neita		
47:51	Catherine Charnock	5 Sep 99	41.93	GBR	12 Aug 17
47:58	Nicky Jackson	27 Jun 87	A.Philip, D.Henry, Asher-Smith, D.Neita		
20 Kilometres Road Walk			41.93	GBR	26 Aug 23
1:30.41	Jo Jackson	19 Jun 10	A.Philip, D.Henry, Asher-Smith, D.Neita		
1:31:16	Jackson	8 Mar 09	41.97	GBR	22 Jul 22
1:31:33	Jackson	21 Aug 08	A.Philip, I.Lansiquot, B.Williams, D.Neita		
1:31:40	Jackson	23 Feb 08	41.99	GBR	8 Aug 24
1:31:50	Jackson	30 May 11	B.Williams, I.Lansiquot, A.Nelson, D.Henry		
1:31:53	Bethan Davies	11 Mar 18	42.03	GBR	22 Aug 24
1:32:33	Gemma Bridge	25 Jun 17	Asher-Smith, I.Lansiquot, A.Hunt, D.Neita		
1:33:57	Lisa Langford/Kehler	17 Jun 00	42.03	GBR	29 Aug 15
1:34:02	Heather Lewis	2 Apr 22	Asher-Smith, DHenry, B.Williams, A.Hunt		
1:36:40	Sara-Jane Cattermole	4 Mar 00	42.10	GBR	12 Aug 17
1:37:44	Vicky Lupton	27 Jun 99	A.Philip, Asher-Smith, J.Williams, D.Henry		
1:38:29	Catherine Charnock	11 Sep 99	42.12	GBR	12 Aug 18
1:39:36	Erika Kelly	11 Mar 18	A.Philip, D.Henry, Asher-Smith, D.Neita		
1:39:59	Niobe Menendez	21 Apr 02 10	42.19	GBR	28 Aug 14 20
1:40:45	Irene Bateman	9 Apr 83	A.Philip, I.Lansiquot, B.Williams, D.Neita		
1:42:02 hc	Lillian Millen	9 Apr 83	42.21	GBR	17 Aug 14
			A.Philip, A.Nelson, A.Onuora, D.Henry		
			42.24	GBR	4 Oct 19
			A.Philip, A.Nelson, J.Williams, D.Henry		
1:42:55	Abigail Jennings	6 Apr 24	42.25	GBR	11 Jun 24
1:43:26	Emma Achurch	2 Oct 16	A.Philip, I.Lansiquot, A.Nelson, D.Neita		
1:43:29	Sharon Tonks	3 Mar 02	42.25	GBR	30 Aug 18
1:43:50	Betty Sworowski	22 Feb 88	A.Philip, A.Hunt, Asher-Smith, D.Henry		
1:43:52	Sylvia Black	14 Jun 97	42.28	GBR	A.Philip, I.Lansiquot, B.Williams, Asher-Smith
1:44:19	Katie Stones	25 Feb 06			

42.29	GBR	21 May 22	Lav Nielsen, A.Anning, N.Yeargin, Y.John
			3:23.41 GBR 22 Aug 93
42.30	GBR	20 Jul 19	L.Keough, P.Smith, T.Goddard, S.Gunnell
			3:23.62 GBR 30 Aug 15
42.33	GBR	25 Aug 23	C.Ohuruogu, A.Onuora, E.Child, Bundy-Davies
			3:23.63 GBR 3 Sep 11
42.33	GBR	4 May 24	Shakes-Drayton, N.Sanders, Ohuruogu, McConnell
			3:23.79 GBR 5 Aug 21
42.36	GBR	22 Jul 18	Z.Clark, A.Pipi, N.Yeargin, Lav. Nielsen
			3:23.89 GBR 31 Aug 91
42.41	England	7 Aug 22	P.Smith, L.Hanson, L.Keough, S.Gunnell
			3:23.90 GBR 29 Aug 15
			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
			E.Diamond, Z.Clark, Lav. Nielsen, N.Yeargin
			3:24.14 GBR 14 Aug 94
			M.Neef, L.Keough, P.Smith, S.Gunnell
			3:24.23 GBR 8 Aug 92
			P.Smith, Sa.Douglas, J.Stoute, S.Gunnell
			3:24.25 GBR 30 Jun 91
			S.Gunnell, L.Hanson, J.Stoute, L.Keough
			3:24.32 GBR 1 Aug 10
			N.Sanders, M.Okoro, McConnell, Shakes-Drayton
			3:24.34 GBR 17 Aug 14
			E.Child, K.Massey, S.Cox, M.Adeoye
			3:24.36 GBR 5 Jun 93
			P.Smith, T.Goddard, J.Stoute, S.Gunnell
			3:24.44 GBR 14 Aug 05
			L.McConnell, D.Fraser, N.Sanders, C.Ohuruogu
			3:24.72 GBR 9 Aug 24
			Y.John, H.Kelly, J.Williams, Lina Nielsen
			3:24.74 GBR 12 Aug 17
			Z.Clark, Lav. Nielsen, Shakes-Drayton, E.Diamond
			30
4 x 200 Metres Relay			
1:29.61	GBR	25 May 14	D.Henry, A.Onuora, B.Williams, A.Philip
1:31.57	GBR	20 Aug 77	V.Elder, D.Hartley, S.Colyear, S.Lannaman
1:33.67	GBR	20 Jun 81	H.Barnett, W.Hoyte, E.Thomas, L.Boothe
1:33.7	GBR	18 Jun 77	V.Elder, S.Colyear, D.Hartley, S.Lannaman
1:33.72	GBR	16 Jul 88	L.Keough, L.Stuart, H.Douglas, S-A.Short
4 x 200 Metres Relay Short Track			
1:33.96	GBR	23 Feb 90	P.Dunn, J.Stoute, L.Keough, S.Gunnell
1:34.28	GBR	9 Feb 85	K.Cook, M.Scutt, J.Baptiste, C.Smart
1:34.85	GBR	28 Jan 89	S.Gunnell, J.Stoute, H.Burkart, J.Harman
1:35.13	GBR	19 Feb 77	S.Colyear, B.Goddard, R.Kennedy, V.Elder
1:35.18	GBR	29 Jan 05	J.Maduaka, S.Deacon, S.Whigham, C.Murphy
4 x 400 Metres Relay			
3:19.72	GBR	10 Aug 24	V. Ohuruogu, Lav.Nielsen, N.Yeargin, A.Anning
3:20.04	GBR	2 Sep 07	C.Ohuruogu, M.Okoro, L.McConnell, N.Sanders
3:21.04	GBR	27 Aug 23	Lav Nielsen, A.Anning, A.Pipi, N.Yeargin
3:21.74	GBR	20 Aug 22	V. Ohuruogu, A.Pipi, J.Williams, N.Yeargin
3:22.01	GBR	1 Sep 91	L.Hanson, P.Smith, S.Gunnell, L.Keough
3:22.61	GBR	17 Aug 13	E.Child, S.Cox, M.Adeoye, C.Ohuruogu
3:22.59	GBR	7 Aug 21	A.Pipi, J.Williams, E.Diamond, N.Yeargin
3:22.64	GBR	24 Jul 22	V.Ohuruogu, N.Yeargin, J.Knight, Lav. Nielsen
3:22.68	GBR	23 Aug 08	C.Ohuruogu, K.Sotherton, M.Okoro, N.Sanders
3:22.68	GBR	27 Apr 13	E.Child, S.Cox, C.Ohuruogu, Shakes-Drayton
3:23.02	GBR	6 Oct 19	Z.Clark, J. Williams, E.Diamond, Lav. Nielsen
3:23.05	GBR	2 Sep 11	Ohuruogu, N.Sanders, McConnell, Shakes-Drayton
3:23.33	GBR	26 Aug 23	
4 x 400 Metres Relay Short Track			
3:26.36	GBR	3 Mar 24	Lav.Nielsen, Lina Nielsen, A.Pipi, J.Knight
3:26.40	GBR	3 Mar 24	Lina Nielsen, A.Pipi, H.Kelly, J.Knight
3:27.56	GBR	3 Mar 13	E.Child, S.Cox, C.Ohuruogu, Shakes-Drayton
3:27.90	GBR	9 Mar 14	E.Child, S.Cox, M.Adeoye, C.Ohuruogu
3:28.20	GBR	7 Mar 21	Z.Clark, J.Williams, A.Pipi, J.Knight
3:28.69	GBR	4 Mar 07	E.Duck, N.Sanders, K.Wall, L.McConnell
3:28.76	GBR	11 Mar 12	S.Cox, N.Sanders, C.Ohuruogu, Shakes-Drayton
3:29.38	GBR	4 Mar 18	M.Beesley, H.Williams, A.Allcock, Z.Clark
3:29.55	GBR	3 Mar 19	Lav.Nielsen, Z.Clark, A.Anning, E.Doyle
3:29.59	GBR	12 Mar 06	M.Purkiss, J.Meadows, E.Duck, H.Karagounis
10			
4 x 800 Metres Relay			
8:13.46	GBR	27 Apr 13	M.Okoro, J.Simpson, L.Sharp, T.Bird
8:19.9	GBR	5 Jun 92	

A.Williams, P.Fryer, Y.Murray, D.Edwards
 8:20.73 GBR 5 Jun 93
 P.Fryer, L.Gibson, L.Keough, D.Modahl
 8:23.8 GBR 2 Oct 71
 J.Allison, S.Carey, P.Lowe, R.Wright
 8:25.0 GBR 5 Sep 70
 R.Stirling, G.Craig, P.Lowe, S.Carey

4 x 1500 Metres Relay

17:34.58 Scotland 17 Aug 06
 F.Murray, S.Scott, N.Gauld, H.Ovens
 17:41.0 British Milers Club 30 Apr 97
 E.Doubell, J.Pavey, M.Faherty, L.Gibson

4 x 1 Mile Relay

19:17.3 British Milers Club 10 Jul 93

J.Hansford, W.Williams, M.Faherty, D.Gunning

4 x 1600 Metres Medley Relay

3:39.82 GBR 24 Apr 10
 V.Barr, N.Sanders, C.Ohuruogu, J.Simpson
 3:40.38 GBR 25 Apr 09
 Ohuruogu, Sanders, Shakes-Drayton, J.Simpson

4 x 100 Metres Hurdles Relay

53.63 GBR 5 Jun 93
 J.Agyepong, S.Baker, L.Fraser, S.Farquharson

4 x 200 Metres Hurdles Relay

2:05.1 Cambridge University 9 Mar 03
 S.Dennehy, K.Streatfield, K.Taylor, G.Clements

UNDER 23**60 Metres**

7.08	Dina Asher-Smith	8 Mar 15	22.79	Cassie-Ann Pemberton	9 Jul 23
7.13	Bev Kinch	23 Feb 86	22.80	Michelle Scutt	12 Jun 82 10
7.15	Kristal Awuah	2 Mar 19	22.81	Sonia Lannaman	2 May 76
7.17	Andrea Lynch	10 Mar 74	22.85	Katharine Merry	12 Jun 94
7.19	Asha Philip	18 Feb 12	22.86	Finette Agyapong	15 Jul 17
7.20	Jeanette Kwakye	15 Jan 05	22.87	Georgina Adam	14 Aug 22
7.21	Imani Lansiquot	15 Feb 18	22.89	Kat. Johnson-Thompson	31 May 14
7.21	Amy Hunt	22 Jan 22	22.95	Amarachi Pipi	22 Apr 17
7.22	Sophie Papps	15 Feb 14	22.98	Sandra Whittaker	8 Aug 84
7.24	Rachel Johncock	21 Feb 15 10	22.98	Rachel Bennett	10 Jul 24
7.24mx	Daryll Neita	13 Jan 18	wind assisted		
7.25	Sonia Lannaman	22 Feb 76	22.48	Michelle Scutt	4 Jul 82
7.25	Jayne Andrews	4 Mar 84	22.69	Sonia Lannaman	10 Jul 77
7.25	Stephi Douglas	3 Feb 91	22.83	Amarachi Pipi	14 May 17
			22.84	Sarah Wilhelmy	10 Jun 01
			22.90	Allison Curbishley	17 Jul 98

100 Metres

10.99	Dina Asher-Smith	25 Jul 15	hand timing - wind assisted		
11.05	Montell Douglas	17 Jul 08	22.6	Sonia Lannaman	23 May 76
11.06	Desiree Henry	15 Apr 16	200 Metres short track		
11.09	Imani Lansiquot	30 Jun 19	23.00	Katharine Merry	12 Feb 94
11.10	Kathy Smallwood	5 Sep 81	23.21	Amarachi Pipi	10 Mar 17
11.12	Amy Hunt	20 Apr 24	23.27	Amber Anning	12 Feb 22
11.14	Daryll Neita	9 Jul 17	23.30	Finette Agyapong	18 Feb 18
11.17	Bianca Williams	14 Jun 14	23.31	Kiah Dubarry-Gay	12 Feb 22
11.20	Heather Hunte	26 Sep 80	23.37	Brooke Ironside	25 Feb 24
11.20	Jodie Williams	19 Apr 14 10	23.40	Kathy Smallwood	13 Mar 82
11.22	Sonia Lannaman	13 Aug 77	23.41	Success Eduan	18 Feb 24
11.23	Kristal Awuah	26 Jun 21	23.45	Immanuela Aliu	26 Feb 21
11.25	Paula Dunn/Thomas	27 Aug 86	23.46	Catherine Murphy	27 Jan 96 10
11.27	Andrea Lynch	20 Jul 74	300 Metres		
11.27	Stephi Douglas	26 Jul 21	36.01	Michelle Scutt	13 Jul 80
11.27	Sophie Papps	30 Jul 16	during 400m		

wind assisted

10.93	Sonia Lannaman	17 Jul 77	35.8+	Kathy Smallwood	17 Sep 82
10.95	Montell Douglas	17 Jul 08	300 Metres short track		
11.01	Heather Hunte	21 May 80	37.16+	Amber Anning	26 Feb 22
11.13	Shirley Thomas	27 May 84	400 Metres		
11.13	Jodie Williams	26 Apr 14	50.28	Christine Ohuruogu	21 Mar 06
11.14	Paula Dunn/Thomas	27 Jul 86	50.46	Kathy Smallwood	17 Sep 82
11.17	Abi Oyepitan	30 Jun 01	50.63	Michelle Scutt	31 May 82
11.23	Jayne Andrews	17 Jul 84	50.71	Allison Curbishley	18 Sep 98

hand timing

11.1	Andrea Lynch	29 Jun 74	51.04	Yemi Mary John	14 Jul 23
11.1	Heather Hunte	29 Jun 80	51.21	Laviai Nielsen	8 Aug 18

hand timing - wind assisted

10.8	Sonia Lannaman	22 May 76	51.26	Seren Bundy-Davies	11 Jun 16
10.9	Andrea Lynch	18 May 74	51.28	Donna Murray	12 Jul 75
11.1	Sharon Colyear	22 May 76	51.48	Perri Shakes-Drayton	14 Aug 10

200 Metres

22.07	Dina Asher-Smith	28 Aug 15	51.61	Keely Hodgkinson	15 May 24 10
22.13	Kathy Smallwood	9 Sep 82	51.73	Yasmin Liverpool	16 May 21
22.46	Jodie Williams	15 Aug 14	51.78	Helen Karagounis	19 Jul 03
22.46	Desiree Henry	27 Aug 16	51.78	Amber Anning	29 May 21
22.58	Bianca Williams	31 Jul 14	51.93	Janine MacGregor	28 Aug 81
22.65	Amy Hunt	14 Jul 24	51.94	Verona Elder	26 Jan 74
22.66	Success Eduan	14 Jul 23	400 Metres short track		
22.78	Shannon Hylton	1 Jul 18	51.60	Seren Bundy-Davies	30 Jan 16
			51.74	Yemi Mary John	27 Jan 24
			51.77	Sally Gunnell	6 Mar 88
			51.83	Amber Anning	13 Mar 21

54.46	Ellen Mulvihill	14 May 86	6259	Judy Livermore	10 Sep 82
54.24	Nicola Talbot	15 May 93	6094	Joanne Mulliner	7 Jun 87
54.23	Divine Oladipo	26 Apr 18	6044	Jade O'Dowda	30 May 21
Hammer					
72.97	Sophie Hitchon	23 Jun 13	6011	Abigail Pawlett	19 May 24
72.51	Charlotte Payne	11 Jun 23	5998	Jodie Smith	28 May 23
69.39	Tara Simpson-Sullivan	13 May 22	5894	Louise Hazel	8 Aug 06 10
66.52	Anna Purchase	6 Mar 21	5873	Katie Stainton	18 Jun 17
66.30	Rachel Hunter	18 May 14	5850	Isabel Wakefield	24 Mar 22
65.39	Katie Head	28 Aug 21	5816	Julie Hollman	24 May 98
65.33	Sarah Holt	24 May 09	5803	Jayne Barnetson	20 Aug 89
3000 Metres Track Walk					
64.65	Amber Simpson	16 Apr 21	13:10.60+	Johanna Jackson	29 Jul 07
63.87	Rebecca Keating	17 Mar 18	13:11.80 i	Heather Lewis	16 Feb 14
63.69	Amy Herrington/Phillips	28 Mar 19 10	13:15.16+	Vicky Lupton	28 Jun 92
63.35	Shirley Webb	29 Jun 03	13:16.0	Julie Drake	11 Dec 90
5000 Metres Track Walk					
63.11	Myra Perkins	18 May 14	22:03.65	Johanna Jackson	29 Jul 07
62.75	Alice Barnsdale	6 Apr 19	22:09.87	Heather Lewis	29 Jun 14
62.30	Louisa James	29 Jun 14	22:12.21	Vicky Lupton	28 Jun 92
62.27	Zoe Derham	16 Jun 02			
Javelin (1999 Model)					
64.87	Kelly Morgan	14 Jul 02	5k Road - where superior to track time		
60.85	Goldie Sayers	10 Jul 04	21:36	Vicky Lupton	18 Jul 92
58.63	Izzy Jeffs	26 Apr 14	22:09	Lisa Langford/Kehler	8 Apr 89
10000 Metres Track Walk					
56.73	Lauren Farley	21 May 23	45:53.9	Julie Drake	26 May 90
55.36	Freya Jones	12 Apr 14	46:30.0	Vicky Lupton	14 Sep 94
10k Road - where superior to track time					
54.71	Kike Oniwide	14 Jun 14	45:42	Lisa Langford/Kehler	3 May 87
54.27	Rebekah Walton	9 Jul 21	45:48	Vicky Lupton	25 Aug 94
54.08	Emma Hamplett	17 Jun 18	46:59	Heather Lewis	1 Mar 14
52.88	Laura Whittingham	28 Jul 07	20 Kilometres Road Walk		
52.84	Jo Blair	9 Jul 06 10	1:36:28	Johanna Jackson	13 Jul 07
52.78	Tesni Ward	29 May 11	1:38:25	Sara Cattermole	31 Oct 99
52.76	Jennifer Kemp	23 Jun 01	1:39:03	Heather Lewis	15 Mar 15
52.68	Lianne Clarke	25 Aug 07	1:44:19	Katie Stones	25 Feb 06
52.11	Harriette Mortlock	22 May 24	1:44:48	Vicky Lupton	3 Sep 94
52.09	Lauren Therin	5 May 07	1:46:19	Abigail Jennings	18 Dec 22
51.79	Chloe Cozens	3 Sep 00	1:47:21	Debbie Wallen	17 Apr 99
Javelin (pre 1999 Model)					
69.54	Fatima Whitbread	3 Jul 83	1:48:33	Pagen Spooner	17 Dec 23
67.20	Tessa Sanderson	17 Jul 77	1:49:12	Nikki Huckerby	26 Sep 99
60.10	Shelley Holroyd	16 Jul 93	1:49:18	Helen Sharratt	16 Oct 93 10
60.00	Julie Abel	24 May 87	35 Kilometres Road Walk		
59.88	Sharon Gibson	3 Jul 83	3:26:29	Molly Davey	28 Jan 18
Pentathlon short track					
5000	Kat. Johnson-Thompson	6 Mar 15	50 Kilometres Road Walk		
4731	Niamh Emerson	1 Mar 19	5:08:17	Molly Davey	24 Mar 18
4716	Jessica Ennis	2 Mar 07	4 x 100 Metres Relay		
4673	Holly Mills	18 Mar 22	42.80	GBR	24 Jul 15
4419	Abigail Pawlett	4 Feb 24	Asher-Smith, J.Williams, B.Williams, D.Henry		
4277	Jodie Smith	27 Feb 22	42.92	GBR-U23	23 Jul 23
4262	Jade O'Dowda	21 Feb 21	A.Hunt, C.Pemberton, A.Sibbons, A.Bell		
4176	Isabel Wakefield	11 Mar 22	43.04	GBR-U23	15 Jul 23
4147	Katie Stainton	29 Jan 17	C.Pemberton, A.Hunt, A.Bell, A.Sibbons		
4118	Nicola Gautier	19 Mar 00 10	43.62	GBR-U23	11 Jul 21
Heptathlon (1984 Tables)					
6682	Kat. Johnson-Thompson	1 Jun 14	E.Booker, A.Rees, G.Adam, K.Awuah		
6469	Jessica Ennis	26 Aug 07	43.66	GBR-U23	15 Jul 23
6325	Denise Lewis	23 Aug 94	C.Pemberton, A.Hunt, A.Bell, A.Sibbons		
6260	Holly Mills	29 May 22	43.83	GBR-U23	14 Jul 13
A.Tagoe, C.Humphreys, R.Johncock, J.Williams					

43.89	GBR-U23	19 Jul 09	3:31.64	GBR-U23	17 Jul 05
A.Lewis, J.Duck, L.Sargent, E.O'Neill			K.Wall, S.Scott, L.Miller, C.Ohuruogu		
43.95	GBR-U23	21 May 23	3:31.70	GBR-U23	31 Jul 99
A.Bell, A.Hunt, A.Fashanu, A.Sibbons			L.Thorne, E.Davies, L.Owusu, N.Danvers		
44.15	GBR-U23	18 Jul 92	3:31.74	GBR-U23	15 Jul 01
A.McGillivray, M.Richardson, G.McLeod, K.Merry			K.Gear, J.Meadows, T.Duncan, H.Thieme		
44.27	GBR-U23	14 Jul 19 10	3:32.81	GBR-U23	13 Jul 97
M.Roberts, A.Rees, H.Brier, S.Malone			V.Jamison, J.Sloane, J.Mitchell, A.Curbishley		
4 x 400 Metres Relay					
3:30.07	GBR-U23	12 Jul 15	3:32.91	GBR-U23	14 Jul 19
Bundy-Davies, Z.Clark, V.Ohuruogu, K.McAslan			L.Beckford, F.Agyapong, Y.Liverpool, H.Williams		
3:30.44	GBR-U23	20 Jul 03	3:33.06	GBR-U23	11 Jul 21
J.Meadows, D.Halsall, K.Wall, H.Karagounis			H.Kelly, Z.Pollock, H.Mills, I.Boffey		
3:30.74	GBR-U23	16 Jul 17	3:34.46	GBR-U23	19 Jul 92 10
Lina & Laviai Nielsen, J.Turner, C.Hylton			M.Thomas, N.Crowther, C.Raven, L.Fraser		

UNDER 20

60 Metres					
7.19	Bev Kinch	6 Mar 83	11.37	Joy Eze	7 Aug 23
7.21	Jodie Williams	5 Mar 11	11.39 A	Hannah Brier	16 Jul 15
7.22	Dina Asher-Smith	8 Feb 14	11.39	Success Eduan	24 Jun 23
7.22	Desiree Henry	25 Feb 14	11.40	Vernicha James	11 Jun 02
7.26	Oluwayemisi Akande	10 Feb 24	11.40	Daryll Neita	20 Jun 15 20
7.28	Nia Wedderburn-Goodison	12 Dec 21	11.43	Shirley Thomas	7 Aug 82
7.29	Faith Akinbileje	10 Feb 24	11.45	Sonia Lannaman (U17)	1 Sep 72
7.31	Hannah Brier	17 Feb 17	11.45	Simmons Jacobs	6 Jul 84
7.31	Joy Eze	11 Feb 23	11.45	Niya Clayton	27 May 23
7.32	Daryll Neita	28 Feb 15 10	11.46	Shaunna Thompson	14 Oct 08
7.33	Simmons Jacobs	12 Jan 85	11.47	Bianca Williams	20 Apr 12
7.33	Imani Lansiquot	13 Feb 16	11.47	Sophie Papps	16 Jun 12
7.34	Amy Hunt	23 Feb 19	wind assisted		
7.35	Heather Oakes	12 Mar 78	11.03	Dina Asher-Smith	5 Jul 14
7.35	Katharine Merry (U15)	18 Mar 89	11.04	Desiree Henry	26 Apr 14
7.35	Asha Philip (17)	11 Feb 07	11.12	Renee Regis	18 Aug 24
7.36	Kristal Awuah	17 Feb 88	11.13	Bev Kinch	6 Jul 83
7.38	Stephi Douglas	9 Jan 18	11.19	Nia Wedderburn-Goodison	2 Jun 24
hand timing					
7.2	Dina Asher-Smith	1 Mar 14	11.25	Shirley Thomas	20 Aug 81
7.3	Sonia Lannaman	9 Dec 72	11.26	Simmons Jacobs	27 May 84
7.3	Pippa Baker/Windle	12 Jan 80	11.28	Joy Eze	7 Aug 23
100 Metres					
11.14	Dina Asher-Smith	5 Jul 14	11.37	Hannah Brier	31 May 15
11.16	Kristal Awuah	02 Sep 18	11.39	Vernicha James	29 Jun 02
11.17	Imani Lansiquot	20 Jul 16	11.39mx	Sophie Papps	8 May 13
11.18	Jodie Williams	22 Jul 11	11.39	Kissiwaa Mensah	1 Jun 24
11.21	Desiree Henry	12 Aug 14	11.40	Katharine Merry	3 Jul 93
11.21	Nia Wedderburn-Goodison	2 Jun 24	11.42	Annie Tagoe	25 Jun 11
11.27 A	Kathy Smallwood	9 Sep 79	11.43	Dorothy Hyman	2 Sep 60
	11.42	11 Aug 79	hand timing		
11.27	Oluwayemisi Akande	22 Jun 24	11.3	Sonia Lannaman	9 Jun 74
11.30	Bev Kinch	5 Jul 83	11.3	Heather Hunte	15 Jul 78
11.31	Amy Hunt	19 May 19 10	11.4	Della James	2 Aug 67
11.36 A	Della James	14 Oct 68	hand timing - wind assisted		
11.36	Ashleigh Nelson	14 Jun 09	11.2	Wendy Clarke	22 May 76
11.36	Renee Regis	7 Aug 23	11.3	Helen Golden	30 May 70
11.36	Jasmine Wilkins	2 Jul 24	11.3	Linsey Macdonald (U17)	3 May 80
11.37	Asha Philip (U17)	23 Jun 07	downhill		
			11.3 w	Denise Ramsden	28 Jun 69
200 Metres					
22.42	Amy Hunt	30 Jun 19			
22.61	Dina Asher-Smith	14 Aug 14			

22.70 A	Kathy Smallwood	12 Sep 79	300 Metres		
	22.84	5 Aug 79	36.46	Linsey Macdonald (U17)	13 Jul 80
22.79	Jodie Williams (U17)	23 May 10	hand timing		
22.93	Vernicha James	21 Jul 01	36.2	Donna Murray	7 Aug 74
22.94	Shannon Hylton	17 May 15	400 Metres		
23.04	Maya Bruney	22 Jul 17	51.16	Linsey Macdonald (U17)	15 Jun 80
23.09	Charlotte McLennaghan	10 May 15	51.50	Yemi Mary John	4 Aug 22
23.10	Diane Smith (U17)	11 Aug 90	51.77	Donna Murray	30 Jul 74
23.15	Renee Regis	21 Jul 24	10 52.15	Emily Newnham	23 Jul 23
23.19	Kissiwaa Mensah	21 Jul 24	52.18	Amber Anning	20 Jul 19
23.20	Katharine Merry	13 Jun 93	52.25	Laviai Nielsen	27 May 15
23.20	Success Eduan	9 Jul 23	52.25 A	Catherine Reid	17 Jul 15
23.23	Sonia Lannaman	25 Aug 75	52.39	Charlotte Henrich	29 Jun 24
23.23	Sarah Wilhelmy	13 Jun 98	52.54	Donna Fraser	10 Aug 91
23.23	Nia Wedderburn-Goodison	21 Jul 24	52.55	Hannah Williams	22 Jul 17
23.24	Sandra Whittaker	12 Jun 82	52.60	Kara Dacosta	20 Jul 24
23.24	Sophie Walton	4 Aug 22	52.61	Keely Hodgkinson	28 Aug 21
23.25	Desiree Henry (U17)	10 Jul 11	20 52.65	Jane Parry	11 Jun 83
23.27	Emily Newnham	3 Sep 23	52.77	Sabrina Bakare	12 Jul 13
23.28	Simmone Jacobs (U17)	28 Aug 83	52.80	Sian Morris	18 Jun 83
23.32	Alisha Rees	16 Aug 17	52.98	Karen Williams/Ford	6 Aug 78
23.33	Linsey Macdonald	9 Jun 82	52.99	Angela Bridgeman	24 Jul 82
23.35	Donna Murray	26 May 74	53.00	Ashley Nemits	9 Aug 23
23.37	Hayley Mills	21 Jul 07	53.08	Loreen Hall (U17)	29 Jul 84
23.37	Kristal Awuah	8 Aug 18	53.14	Michelle Probert	28 Jul 79
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
wind assisted			53.18	Lisa Miller	16 Jun 02
22.73	Shannon Hylton	18 Jul 15	53.23	Laura Finucane	3 Jul 04
23.01	Simmone Jacobs	28 May 84	53.38	Lina Nielsen	27 Jun 15
23.11	Linsey Macdonald (U17)	5 Jul 80	53.44	Louise Evans	23 Jun 19
23.12	Alisha Rees	3 Jun 17	53.49	Dina Asher-Smith	5 Apr 14
23.15	Cheriece Hylton	17 May 15	hand timing		
23.16	Donna Murray	27 Jul 74	52.6	Marilyn Neufville	20 Jun 70
23.16	Desiree Henry	31 May 14	52.8	Lillian Board	9 Jul 67
23.18	Success Eduan	9 Jul 23	52.9	Verona Bernard	15 Sep 72
23.20	Sarah Wilhelmy	18 Jul 98	53.3	Tracy Lawton	5 Sep 81
23.25	Hannah Brier	6 Jun 15	53.3	Phoebe Gill	14 Jul 24
hand timing			400 Metres Short Track		
23.1	Sonia Lannaman	7 Jun 75	53.00	Amber Anning	10 Feb 19
23.3	Donna Murray	9 Jun 74	53.01	Marilyn Neufville	14 Mar 70
23.3	Sharon Colyear	30 Jun 74	53.05	Yemi Mary John	27 Feb 22
23.3	Linsey Macdonald	8 May 82	53.18	Emily Newnham	26 Feb 23
hand timing - wind assisted			53.39	Laviai Nielsen	28 Feb 15
22.9	Donna Murray	14 Jul 74	53.84	Meghan Beesley	24 Feb 08
23.2	Debbie Bunn (U17)	2 Jul 78	54.05	Karen Williams/Ford	3 Feb 79
200 Metres Short Track			54.05	Hannah Williams	15 Jan 17
23.15	Dina Asher-Smith	2 Mar 14	54.07	Kara Dacosta	11 Feb 24
23.20	Amy Spencer	2 Mar 03	54.10	Holly Mpassy	6 Mar 22
23.24	Shannon Hylton	9 Feb 14	54.14	Phoebe Gill	1 Jan 25
23.44	Success Eduan	13 Feb 22	54.16A	Rebecca Grieve	25 Feb 23
23.49	Vernicha James (U17)	30 Jan 00	600 Metres		
23.53	Katharine Merry	13 Feb 93	1:27.33	Lorraine Baker (U17)	13 Jul 80
23.54	Sarah Wilhelmy	8 Feb 98	600 Metres short track		
23.58	Sophie Walton	4 Feb 23	1:27.4	Linsey Macdonald	12 Dec 81
23.68	Kissiwaa Mensah	3 Mar 24	800 Metres		
23.78	Lucy Sargent (U17)	20 Feb 05	1:55.88	Keely Hodgkinson	3 Aug 21
23.78	Desiree Henry (U17)	27 Feb 11			

1:57.86	Phoebe Gill	11 May 24	4:13.40	Wendy Sly	19 Aug 78
1:59.75	Charlotte Moore	29 Jul 02	4:13.41mx	Shaikira King (U17)	7 Aug 24
1:59.77	Jessica Judd	11 Jun 14	4:13.59mx	Harriet Knowles-Jones	15 Aug 17
1:59.92	Abigail Ives	13 May 23	4:14.15mx	Sarah Kelly	10 Aug 10
2:01.11	Lynne MacDougall	18 Aug 84	4:14.22mx	Emelia Gorecka	27 Jun 12 20
2:01.61mx	Shaikira King (U17)	7 Jul 24	4:14.40	Janet Lawrence	20 Aug 77
2:01.66	Lorraine Baker	26 Jun 82	4:14.40	Georgia Peel	13 Apr 13
2:01.95	Emma Jackson	9 Jun 07	4:14.50	Wendy Wright	20 Jun 87
2:02.00	Diane Edwards	14 Sep 85 10	4:14.52mx	Laura Muir	3 Aug 12
2:02.0	Jo White (U17)	13 Aug 77	4:14.56	Andrea Whitcombe	22 Aug 90
2:02.15	Alison Leonard	11 Jul 08	4:14.56	Ella Greenway	10 Jun 23
2:02.18	Lynne Robinson	18 Jul 86	4:14.58	Ruth Partridge	16 Jul 78
2:02.32	Emily Dudgeon	11 Jul 12	4:14.58	Lisa Dobriskey	22 Jun 02
2:02.8 a	Lesley Kiernan	2 Sep 74	1500 Metres Short Track		
2:02.89	Sarah Kelly	21 Jul 10	4:11.20	Zola Budd	26 Jan 85
2:02.92	Isabelle Boffey	20 Jul 19	4:14.11	Lynne MacDougall	1 Feb 84
2:02.93	Lyla Belshaw (U17)	24 Jul 24	4:16.2	Jo White	28 Jan 78
2:03.11	Janet Prictoe/Bell	19 Aug 78	4:17.05	Charlotte Moore	12 Feb 04
2:03.18	Paula Newnham	17 Jun 78 20	4:17.83	Katie Fairbrass/Davey	19 Feb 83
2:03.18mx	Laura Weightman	24 Aug 10	4:18.22	Elise Lyon	16 Feb 85
2:03.18	Adelle Tracey	21 Jul 12	4:18.6a	Mary Stewart/Cotton	9 Mar 75
2:03.20	Katy-Ann McDonald	11 Jul 18	4:18.97	Dani Barnes	8 Feb 04
2:03.32	Molly Long	30 May 15	4:19.09	Ava Lloyd	18 Feb 24
2:03.42	Jemma Simpson	26 Jul 03	4:19.9	Sandra Arthurton	28 Feb 79 10
2:03.43	Rowena Cole	23 Jul 11	1 Mile		
2:03.53	Christine Whittingham	25 Aug 75	4:17.57	Zola Budd	21 Aug 85
2:03.56	Ava Lloyd	6 Jul 24	4:28.16	Stephanie Twell	14 Sep 07
800 Metres Short Track			4:30.08	Lynne MacDougall	7 Sep 84
1:59.03	Keely Hodgkinson	30 Jan 21	4:34.29	Jo White	9 Sep 79
2:02.88	Kirsty Wade	22 Feb 81	4:36.65	Ruth Partridge	9 Sep 79
2:03.92	Abigail Ives	12 Feb 23	2000 Metres		
2:04.14	Isabelle Boffey	9 Feb 19	5:33.15	Zola Budd	13 Jul 84
2:04.99mx	Lyla Belshaw (U17)	14 Feb 24	3000 Metres		
2:05.0	Jane Colebrook/Finch	11 Dec 76	8:28.83	Zola Budd	7 Sep 85
2:05.11	Katy-Ann McDonald	22 Feb 19	8:50.89	Stephanie Twell	14 Sep 08
2:05.18	Chelsea Jarvis	28 Feb 15	8:51.78	Paula Radcliffe	20 Sep 92
2:05.52	Jemma Reekie	28 Jan 17	8:55.11	Emelia Gorecka	26 Aug 12
2:05.52	Ella Greenway	18 Feb 23 10	8:56.08mx	Harriet Knowles-Jones	3 May 17
1000 Metres			8:57.01	Innes Fitzgerald	30 Aug 24
2:38.58	Jo White (U17)	9 Sep 77	8:59.12mx	Bobby Clay	9 Sep 15
1500 Metres			9:03.35	Philippa Mason	19 Jul 86
3:59.96	Zola Budd	30 Aug 85	9:04.14	Yvonne Murray	28 May 83
4:05.83	Stephanie Twell	18 Jul 08	9:06.16	Helen Titterington	19 Jun 88 10
4:05.87mx	Phoebe Gill	1 May 24	9:06.87	Emily Pidgeon	7 Jun 06
4:05.96	Lynne MacDougall	20 Aug 84	9:06.92	Jessica Bailey	30 Aug 24
4:09.60mx	Laura Weightman	21 Aug 10	9:07.02	Carol Haigh/Greenwood	24 Jun 85
		4:12.82	9:07.28	Emma Pallant	4 Jun 08
4:09.93	Jessica Judd	15 Jul 12	9:08.5 mx	Jessica Judd (U17)	6 Apr 11
4:10.61	Bobby Clay	5 Jun 16	9:09.14	Lisa York	19 Jul 89
4:11.12	Bridget Smyth	26 May 85	9:09.67mx	Katie Pye (U17)	12 Jun 24
4:11.22	Emma Pallant	19 Jul 08	9:10.34mx	Charlotte Purdue	8 Sep 10
4:12.07	Ava Lloyd	8 Jun 24 10	9:10.67	Sian Edwards	8 Jul 06
4:12.19mx	Lyla Belshaw (U17)	1 May 24	9:10.9	Julie Holland	7 Apr 84
		4:13.01	9:11.20mx	Jemma Reekie	25 Apr 17 20
4:12.28	Jemma Reekie	2 Jul 17	9:11.20	Amelia Quirk	20 May 18
4:12.96	Jennifer Walsh	15 Jul 12	9:12.28	Hayley Haining	20 Jul 91
4:13.00	Charlotte Moore	8 Aug 03	9:12.80	Laura Muir	6 May 12
4:13.38	Emma Ward	7 May 01			

9:12.97	Bernadette Madigan	30 Jun 79		3000 Metres Steeplechase		
9:13.4mx	Caroline Walsh	30 Jun 99		10:06.12	Emily Pidgeon (U17)	3 Jul 05
9:13.47mx	Amy Griffiths	27 Aug 14		10:10.34	Louise Webb	25 Jul 09
3000 Metres Short Track				10:11.86	Pippa Woolven	9 Jun 12
8:56.13	Zola Budd	9 Feb 85		10:12.50	Ruth Senior	15 Aug 06
9:00.06	Jessica Judd	16 Feb 13		10:13.74	Amy-Eloise Neale	18 Jul 13
9:04.87	Innes Fitzgerald	15 Dec 24		10:13.98	Holly Page	20 May 18
9:11.42	Bobby Clay	28 Feb 16		10:13.99	Katie Ingle	31 May 14
9:12.1	Carol Haigh/Greenwood	7 Jan 84		10:18.44	Gwenno Goode	12 Apr 24
9:17.70	Alice Braham	3 Dec 94		10:19.08	Aimee Pratt	19 Jun 16
9:19.51	Emily Pidgeon (U17)	15 Jan 05		10:20.70	Hattie Reynolds	25 Jun 23
9:20.51	Shannon Flockhart	4 Dec 21		60 Metres Hurdles		
9:21.30	Eloise Walker	12 Feb 20		8.18	Jessica Duncton	11 Feb 24
9:22.98	Non Stanford	12 Feb 06	10	8.19	Alicia Barrett	26 Feb 17
5000 Metres				8.22	Lesley-Ann Skeete	25 Jan 86
14:48.07	Zola Budd	26 Aug 85		8.22	Mia McIntosh	13 Feb 22
15:23.4	Charlotte Purdue	28 Aug 10		8.25	Yasmin Miller	10 Feb 13
15:26.76	Innes Fitzgerald	29 Jun 24		8.26	Thea Brown	17 Feb 24
15:34.21	Emelia Gorecka	9 Jun 12		8.28	Marli Jessop	18 Feb 22
15:41.00	Emily Pidgeon	24 Jun 06		8.30	Sophie Yorke	26 Feb 17
15:42.48	Sian Edwards	23 Jul 06		8.30	Jessica Duncton	13 Jan 24
15:47.53	Stephanie Twell	7 Aug 07		8.32	Natasha Danvers	2 Mar 96
15:51.62	Carol Haigh/Greenwood	26 May 85		100 Metres Hurdles		
15:52.55	Yvonne Murray	29 May 83		13.07	Alicia Barrett	18 Jun 17
15:53.27	Annabel Gummow	28 May 11	10	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
16:06.41mx	Rebecca Straw	24 Aug 13		13.28	Thea Brown	22 Jun 24
16:08.82	Grace Brock	25 May 19		13.28	Mia McIntosh	21 Jul 24
16:08.88	Megan Keith	30 Jul 21		13.30	Sally Gunnell	16 Jun 84
16:11.03	Louise Small	13 Jun 09		13.32	Keri Maddox	21 Jul 91
16:13.93	Lauren Howarth/Heyes	31 May 08		13.32	Marli Jessop	19 Jun 22
16:15.12mx	Katie Pye	3 Aug 24	20	13.38	Marli Jessop	19 Jun 22
16:15.36	Louise Kelly	31 Jul 98		13.38	Jessica Duncton	8 Jul 23
16:16.39	Collette Fagan	20 Jul 01		13.40	Natasha Danvers	6 Aug 95
16:18.50	Natasha Phillips	17 Jun 23		13.45	Natasha Danvers	6 Aug 95
16:18.75	Phoebe Anderson	18 Aug 21		13.45	Holly Mills	18 Jul 19
16:19.66	Grace Baker	30 May 15		13.46	Nathalie Byer	26 Aug 83
16:21.64	Almi Nerurkar	4 Sep 20		13.47	Sam Baker	30 Jun 91
16:21.86	Bronwen Owen	30 May 15		13.47	Sophie Yorke	18 Jun 17
16:21.98	Pippa Roessler	11 Jun 22		13.47	Sophie Yorke	18 Jun 17
5000 Metres Short Track				13.48	Kat. Johnson-Thompson	13 Jul 12
16:09.78	Gwenno Goode	7 Dec 24		13.49	Angie Thorp	30 Jun 91
16:11.61	Jenny Clague	22 Feb 92		13.49	Angie Thorp	30 Jun 91
16:16.77	Paula Radcliffe	22 Feb 92		13.50	Lesley-Ann Skeete	6 Jun 86
10000 Metres				13.52	Julie Pratt	5 Jul 98
32:36.75	Charlotte Purdue	14 Aug 10		13.52	Julie Pratt	5 Jul 98
32:52.60	Charlotte Dale	12 Apr 03		13.53	Symone Belle	25 Jul 03
2000 Metres Steeplechase				13.53	Symone Belle	25 Jul 03
6:32.45	Louise Webb (U17)	14 Jul 07		13.54	Abigail Pawlett	22 May 22
6:32.55	Sarah Hopkinson (U17)	14 Jul 07		13.54	Abigail Pawlett	22 May 22
6:35.07	Emily Moyes	1 May 17		13.56	Wendy Jeal	3 Jun 79
6:36.60	Pippa Woolven	5 May 12		13.56	Jenna Blundell	13 Jul 19
6:37.76 A	Emily Pidgeon	24 Apr 06		13.56	Jenna Blundell	13 Jul 19
6:39.54	Aimee Pratt	17 Aug 16		13.57	Bethan Edwards	29 Aug 92
				wind assisted		
				13.20	Mia McIntosh	7 Aug 23
				13.23	Marli Jessop	26 Jun 22
				13.24	Lesley-Ann Skeete	7 Jun 86
				13.28	Sarah Claxton	5 Jul 98
				13.31	Sophie Yorke	11 Jun 17
				13.32	Jessica Duncton	8 Aug 23
				13.39	Lauraine Cameron	1 Jul 90
				13.45	Louise Fraser	30 Jul 89

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	
hand timing			1.86 i	Isobel Pooley	27 Feb 11	
13.5	Christine Perera	19 Jul 68	1.85	Gillian Cadman	3 Jun 78	
hand timing - wind assisted			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	Pole Vault			
13.4	Sam Baker	14 Jul 90	4.53	Molly Caudery	23 Jun 18	
400 Metres Hurdles			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	4.10	Gemma Tutton (U17)	26 Jun 21	
57.27	Vicki Jamison	28 Jul 96	4.08	Abigail Roberts	29 Aug 15	
58.02	Vyv Rhodes	28 Jun 92	4.05	Jade Ive	14 Oct 08	
58.09	Lauren Williams	6 Aug 18	4.05	Maria Seager	13 Jun 09	10
58.09	Ophelia Pye	7 Jul 22	4.05	Jessica Robinson	11 Jun 16	
58.18	Marcey Winter	21 Jul 19	4.05 i	Felicia Miloro	12 Jun 19	10
58.19	Stephanie Okoro	9 Aug 23	4.04 i	Isabella Turner	10 Nov 24	
58.36	Sian Scott	29 Jun 03	4.00	Kate Dennison	18 Jul 02	
58.37	Alyson Evans	1 Sep 85	4.00	Zoe Brown	28 Jul 02	
58.38	Abigayle Fitzpatrick	23 Jul 11	4.00 i	Anna Gordon	27 Feb 16	
58.44	Jessica Turner	5 Jul 14	4.00	Jessica Swannack	8 Jul 17	
58.68	Kay Simpson	15 Jul 83	3.96	Jade Spencer-Smith	14 Aug 19	
58.68	Chelsea Walker	12 Jun 16	3.95	Abigail Haywood	27 Jun 09	
58.72	Lauren Bouchard	14 Jun 09	3.91 i	Sophie Dowson	28 Jan 17	20
58.74	Ellen Howarth-Brown	18 Jun 06	3.90	Ellie Spain	6 May 00	
58.76	Simone Gandy	28 May 84	3.90	Hannah Olson (U17)	13 Jun 04	20
58.91	Racheal Kay	6 Aug 99	3.90	Natalie Olson	8 Aug 04	
58.96	Nicola Sanders	17 Jul 99	3.90 i	Kimberly Skinner	6 Feb 05	
59.00	Diane Fryar	19 Jul 75	3.90	Emma Lyons	3 Sep 06	
59.01	Sara Elson	24 Aug 89	3.90	Ellie Gooding (U17)	5 Jul 13	
59.04	Allison Curbishley	31 Jul 93	3.90	Livvy Connor	2 Aug 15	
hand timing			3.90	Natasha Purchas	10 Jun 18	
58.3	Simone Gandy	14 Jul 84	3.90	Ellen McCartney	15 Aug 18	
58.7	Sara Elson	18 Jun 89	3.90	Esther Leong	23 Jun 19	30
High Jump			Long Jump			
1.94	Morgan Lake	22 Jul 14	6.90	Bev Kinch	14 Aug 83	
1.91	Lea Haggett	2 Jun 91	6.82	Fiona May	30 Jul 88	
1.91	Susan Jones	31 Aug 97	6.68	Sue Hearnshaw	22 Sep 79	
1.90	Jo Jennings	29 Sep 88	6.67	Jazmin Sawyers	13 Jul 12	
1.89	Debbie Marti (U17)	2 Jun 84	6.63	Yinka Idowu	21 May 89	
1.89 i	Michelle Dunkley	16 Feb 97	6.55	Joyce Oladapo	30 Jul 83	
1.89	Kat. Johnson-Thompson	3 Aug 12	6.52	Georgina Oladapo	16 Jun 84	
1.89 i	Abby Ward	7 Feb 16	6.52	Sarah Claxton	31 Jul 98	
1.89	Niamh Emerson	22 May 16	6.52	Jade Johnson	23 May 99	
1.88	Jayne Barnetson	3 Aug 85	6.51	Kat. Johnson-Thompson	12 Jul 12	10
1.88	Rebecca Jones	1 Jun 02	6.51	Holly Mills	30 Jun 19	
1.88	Vikki Hubbard	7 Jul 06	6.47	Jo Wise	30 Jul 88	
1.87	Louise Manning	6 May 84	6.45	Margaret Cheetham (U17)	18 Aug 84	
1.87	Rachael Forrest	7 Jul 95	6.43	Myra Nimmo	27 May 73	
1.87	Aileen Wilson	15 Jul 01	6.41	Niamh Emerson	1 Jul 18	
1.87	Jessica Ennis	15 Aug 05	6.39	Moira Walls	22 Jul 70	
1.87	Thea Brown	18 Jul 24	6.39	Lucy Hadaway	28 Jul 18	
1.86	Barbara Simmonds	9 Sep 79	6.38	Amy Harris	8 Jul 06	

6.38	Josie Oliarnyk	1 Jul 18	Shot		
6.35	Sharon Bowie	1 Jun 85	20	17.12	Sophie McKinna 25 May 13
6.35	Lorraine Ugen	4 Jul 10		17.10	Myrtle Augee 16 Jun 84
6.34	Ann Simmonds	3 Aug 68		16.64	Divine Oladipo 22 Apr 17
6.34 i	Ella Rush	27 Feb 22		16.24 i	Judy Oakes 26 Feb 77
6.34	Lucy Fellows	24 Jun 23		16.10	Serena Vincent 13 Sep 20
6.33	Jo Dear	19 May 93		15.82	Eden Francis 1 Jul 07
wind unconfirmed				15.72 i	Alison Grey 29 Feb 92
6.43	Moira Walls	18 Sep 70		15.60 i	Justine Buttle 27 Feb 88
wind assisted				15.55	Adele Nicoll 18 Jul 15
6.93	Bev Kinch	14 Aug 83		15.48	Mary Anderson 8 Sep 85 10
6.88	Fiona May	30 Jul 88		15.46 i	Sarah Omoregie 9 Dec 19
6.81	Kat. Johnson-Thompson	13 Jul 12		15.45	Susan King 27 Mar 83
6.71	Yinka Idowu	15 Jun 91		15.39	Cleo Agyepong 15 May 24
6.69	Jo Wise	30 Jul 88		15.27	Julie Dunkley 21 Jun 98
6.53	Sarah Claxton	12 Jul 97		15.22	Kirsty Yates 16 Jun 12
6.53	Chisom Nwafor	1 Jul 23		15.02	Nana Gyedu 6 Jun 21
6.49	Margaret Cheetham (U15)	4 Sep 83		14.85	Morgan Lake 31 May 14
6.48	Moira Walls	17 May 70		14.75 i	Cynthia Gregory 12 Dec 81
6.42	Lorraine Ugen	20 Jun 10		14.72	Sally Hinds 3 Jul 05
6.42	Lucy Fellows	1 Jul 23		14.71 i	Nicola Gautier 26 Jan 97 20
6.41	Ann Simmonds	30 Jun 68		14.68	Claire Smithson 26 May 01
6.40	Amy Harris	23 Jul 06		14.66 i	Terri Salt 7 Jan 84
Triple Jump				14.63	Teddy Tchoudja 16 Apr 22
13.75	Laura Samuel	22 Jul 10		14.60	Philippa Roles 4 Sep 96
13.64	Naomi Ogbeta	1 Jul 17		Discus	
13.62	Temi Ojora	29 May 21		55.99	Zara Obamakinwa 9 Jul 23
13.16	Lily Hulland	29 Jun 19		55.28	Eden Francis 2 Sep 07
13.13	Yasmine Regis	2 Jul 05		55.03	Claire Smithson 30 Jul 02
13.05	Michelle Griffith	16 Jun 90		54.78	Lynda Whiteley 4 Oct 82
13.03	Emily Gargan	21 May 17		53.13	Divine Oladipo 26 May 17
13.01	Jayne Nisbet	22 Apr 07		53.12	Emma Carpenter 1 Sep 01
12.96	Laura Zialor	28 May 16		53.10	Kathryn Farr 19 Jul 86
12.88	Nony Mordi	10 Sep 06	10	52.72	Samantha Callaway 23 May 21
12.88	Ahtollah Rose	1 Jul 11		52.58	Emma Merry 22 Aug 93
12.87	Eloise Harvey	2 Jun 19		52.31	Lauren Keightley 18 Jul 98 10
12.84	Georgina Scoot	17 Jun 23		51.89	Amy Holder 18 Apr 15
12.83	Abazz Shayaam-Smith	13 Jul 18		51.82	Catherine Bradley 20 Jul 85
12.82	Denae Matthew	23 Jul 06		51.60	Philippa Roles 24 Jul 97
12.79	Naomi Reid	1 Jul 11		51.48	Shadine Duquemin 19 May 13
12.76	Shakira Whight	12 Jul 08		51.24	Jane Aucott 11 Jun 86
12.76	Jazz Sears	22 Jun 19		51.18	Shaunagh Brown 12 May 07
12.73	Melissa Carr	11 Jul 08		51.12	Janette Picton 6 Jun 82
12.72	Claire Linskill	3 Sep 06	20	51.05	Taia Tunstall 17 Apr 21
12.71	Lia Stephenson	15 Jun 14		50.44	Karen Pugh 8 Jul 83
12.68	Rachel Brenton	16 May 04		50.34	Angela Sellars 27 Jul 86 20
12.63 i	Libby White (U17)	13 Feb 22		50.30	Julia Avis 19 Sep 82
12.61	Amelia Gray	30 Jun 23		49.74	Shelley Newman 10 May 92
12.60	Emily Parker	8 Jun 03		49.60	Fiona Condon 3 Jun 79
wind assisted				49.56	Sara Winckless 2 May 92
13.68	Naomi Ogbeta	21 Jul 17		49.42	Rosanne Lister 29 Aug 88
13.65	Temi Ojora	3 Jul 21		Hammer	
13.06	Alison McAllister	11 Jul 03		66.01	Sophie Hitchon 24 Jul 10
12.82	Georgina Scoot	11 Jun 22		64.09	Charlotte Payne 3 Jul 21
12.78	Claire Linskill	3 Sep 06		62.84	Charlotte Williams 22 Jun 19
12.77	Kerri Davidson	10 Jul 15		61.94	Myra Perkins 1 May 11
12.67	Emily Parker	8 Jun 03		61.77	Kimberley Reed 3 May 14
				60.99	Angela McAuslan-Kelly 20 Apr 24

60.83	Louisa James	26 May 13	5660	Jade O'Dowda	13 Jul 18		
60.75	Abbi Carter	12 Jul 12	5642	Sarah Rowe	23 Aug 81	10	
59.71	Tara Simpson-Sullivan	26 May 19	5601 W	Jade Surman	3 Jun 07		
59.63	Katie Head	1 Sep 18	10	5538	19 Aug 06		
59.35	Alice Barnsdale	16 Mar 18	5597	Eden Robinson	28 Jul 24		
59.19	Kirsty Costello	19 Jun 21	5591	Ella Rush	4 Aug 22		
59.14	Amy Herrington/Phillips	21 Apr 17	5552	Olivia Dobson	26 May 19		
58.34	Rebecca Keating	26 Jun 16	5496	Yinka Idowu	3 Sep 89		
58.27	Katie Lambert	21 May 17	5493	Sally Gunnell	28 May 84		
57.97	Rachael Beverley	25 Jul 98	5486	Amaya Scott-Rule	19 Jul 19		
57.96	Olivia Stephenson	10 Jun 17	5484	Denise Lewis	30 Jun 91		
57.88	Lily Murray	23 Mar 24	5459	Jenny Kelly	30 Jul 88		
57.63	Nicola Dudman	16 Jun 02	5451 w	Jodie Smith	26 May 19	20	
57.50	Danielle Broom	9 Jun 18	20	5448	Eloise Hind	29 May 22	
57.45	Sarah Holt	29 Jun 06	5444	Zoe Hughes	13 Apr 17		
57.43	Anna Purchase	30 Apr 17	5405	Dominique Blaize	23 Jul 06		
57.39	Zoe Price	18 Aug 21	5391 w	Jackie Kinsella	22 Jun 86		
57.08	Phoebe Baggott	9 Sep 20	5383	Emma Buckett	13 Jul 12		
56.95	Amber Simpson	20 May 18	5377	Uju Efobi	18 Jul 93		

Note: LJ, Hep. Although Idowu competed for UK Juniors, she was a Nigerian citizen at the time.

Javelin (1999 Model)

55.40	Goldie Sayers	22 Jul 01	
54.89	Izzy Jeffs	15 Aug 10	
54.61	Kelly Morgan	4 Sep 99	
52.82	Freya Jones	29 May 11	
52.54	Jenny Kemp	3 Jul 99	
52.34	Jade Dodd	2 Sep 07	
52.32	Eloise Meakins	9 Sep 12	
52.27	Emma Hamplett	14 May 16	
51.78	Ayesha Jones	28 Aug 24	
51.27	Bethany Moule	5 Sep 20	10
51.23	Jo Blair	24 Apr 05	
51.18	Bethan Rees	28 May 18	
51.13	Becky Bartlett	15 May 04	
50.95	Lianne Clarke	7 Aug 04	
50.57	Laura Whittingham	3 Sep 05	
50.38	Elizabeth Korczak	19 Jun 21	
50.38	Harriette Mortlock	16 Jul 22	
50.30	Sophie Hamilton	27 May 23	
49.94	Rebekah Walton	9 Sep 18	
49.83	Hayley Thomas (U17)	24 May 03	20
49.66	Jo Chapman	22 Aug 04	
49.35	Kike Oniwinde	16 Apr 11	
49.17	Sarah Roberts	29 May 11	
48.87	Tesni Ward	19 Jun 10	
48.79	Kelly Bramhald	10 Jun 12	

Javelin (pre 1999 Model)

60.14	Fatima Whitbread	7 May 80	
59.40	Karen Hough	28 Aug 86	
59.36	Kirsty Morrison	4 Sep 93	

Heptathlon (1984 Tables)

6267	Kat. Johnson-Thompson	4 Aug 12	
6253	Niamh Emerson	13 Jul 18	
6148	Morgan Lake	23 Jul 14	
5910	Jessica Ennis	16 Aug 05	
5833	Joanne Mulliner	11 Aug 85	
5802	Holly Mills	19 Jul 19	
5706	Abigail Pawlett	29 May 22	
5687	Holly McArthur	21 Jul 17	

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

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

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

3682	Sarah Claxton	12 Jan 97	
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3000 Metres Track Walk

13:03.4	Vicky Lupton	18 May 91	
13:47.0	Julie Drake	5 Jul 88	
13:48.72	Gracie Griffiths	18 Jun 23	
13:49.64	Sophie Hales	31 May 04	
13:50.52	Rebecca Mersh (U17)	31 May 04	
13:51.03	Heather Warner	17 Jul 12	
13:51.35+	Sophie Lewis Ward	14 Jul 16	
13:53.0e	Lisa Langford/Kehler	23 Aug 85	
13:55.42	Ellie Dooley	24 Aug 14	
13:58.73	Emma Achurch	31 Jul 16	10
14:04.1	Susan Ashforth (U17)	19 May 85	
14:05.8	Tasha Webster (U17)	31 May 12	
14:07.0	Julie Drake	2 Jun 87	

3000 Metres Walk Short Track

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

14:24.14	Hannah Hopper	27 Feb 22	10	J.Wilkins, R.Regis, K.Mensah, O.Akande	
5000 Metres Track Walk				44.05	GBR-U20 14 Jul 18
22:36.81	Vicky Lupton	15 Jun 91		K.Awuah, A.Rees, G.Adam, E.Carr	
23:31.67	Lisa Langford/Kehler	23 Aug 85		44.06	GBR-U20 21 Jul 19
23:36.03	Gracie Griffiths	26 Aug 23		C-A.Pemberton, A.Hunt, G.Adam, I.Aliu	
23:37:55	Sophie Lewis Ward	14 Jul 16		44.11	GBR-U20 21 Jul 19
23:40.75	Ellie Dooley	29 Jun 14		C-A.Pemberton, A.Hunt, G.Adam, I.Aliu	
23:55.27	Susan Ashforth (U17)	25 May 85		44.11	GBR-U20 22 Jun 24 10
23:56.9	Julie Drake	24 May 88		R.Regis, Wedderburn-G, F.Akinbileje, O.Akande	
24:02.13	Heather Lewis	24 Jun 12		44.16	GBR-U20 12 Aug 90
24:02.15	Nicky Jackson	27 May 84		A.Soper, D.Smith, D.Fraser, K.Merry	
24:06.6	Rebecca Mersh (U17)	23 Apr 05	10	44.17	GBR-U20 23 Jul 17
5k Road - where superior to track time				E.Carr, A.Rees, M.Bruney, O.Okoli	
23:05	Lisa Langford/Kehler	2 Nov 85		44.18	GBR-U20 19 Jul 15
23:18	Julie Drake	27 Feb 88		S.Malone, S.Hylton, C.McLennaghan, I.Lansiquot	
23:29	Emma Achurch	1 Mar 15		44.18	GBR-U20 3 Jul 22
23:30 +	Johanna Jackson	28 Nov 04		S.Walton, A.Bell, J.Eze, S.Eduan	
23:35	Lisa Simpson	31 Oct 87		44.22	GBR-U20 21 Jul 02
23:36	Sophie Lewis Ward	9 Apr 16		J.Lucas-Read, J.Kwakye, A.Spencer, V.James	
10000 Metres Track Walk				44.24	GBR-U20 10 Aug 23
47:04.0	Vicky Lupton	30 Mar 91		R.Regis, S.Walton, J.Eze, S.Eduan	
48:34.0	Lisa Langford/Kehler	15 Mar 86		44.25	GBR-U20 25 Jun 23
49:48.7	Julie Drake	7 Feb 88		M.McIntosh, N.Wedderburn-G, S.Eduan, F.Akinbileje	
50:22.2	Emma Achurch	7 Dec 14		44.29	GBR-U20 29 Jun 19
50:25.0	Lisa Simpson	1 Apr 87		C-A.Pemberton, A.Hunt, H.Kelly, J.Moss	
51:00.0	Karen Nipper (U17)	21 Feb 81		44.31	GBR-U20 1 Aug 93
51:15.97	Gracie Griffiths	24 Jun 23		D.Allahgreen, K.Merry, S.Smith, D.Mant	
51:31.2	Helen Ringshaw	17 Mar 84		44.33	GBR-U20 19 Aug 06 20
51:49.04	Abby Hughes	9 Mar 24		E.O'Neill, H.Jones, L.Sargent, A.Philip	
51:57.20	Heather Lewis	17 Jun 12	10	4 x 200 Metres Relay	
short				1:38.34 i	GBR 2 Mar 96
50:11.2	Jill Barrett	19 Mar 83		V.Shipman, L.Owusu, S.Wilhelmy, S.Williams	
10k Road - where superior to track time				1:39.37 i	England Schools 3 Feb 08
47:49	Emma Achurch	15 Mar 15		1:39.38 i	England 3 Mar 19
49:10	Vicky Lawrence	14 Mar 87		E.Booker, E.Alderson, E.Turner, J.Moss	
49:14	Carolyn Brown	29 Mar 92		1:39.50 i	Wales 9 Mar 14
49:26	Julie Drake	21 May 88		M.Roberts, E.Williams, A.Reynolds, H.Brier	
49:26	Ellie Dooley	1 Mar 14		1:39.55 i	Wales 8 Mar 15
49:33	Lisa Simpson	14 Mar 87		M.Roberts, E.Wright, K-J.Priest, A.Reynolds	
49:40	Sophie Hales	6 Mar 04		1:39.58 i	England 9 Mar 14
49:47	Jill Barrett	24 Sep 83		L.Bleaken, A.Pipi, K.Edwards, A.Hillyard	
49:51	Heather Lewis	14 Apr 12		4 x 400 Metres Relay	
50:02	Johanna Jackson	28 Nov 04	10	3:30.46	GBR-U20 21 Jul 02
50:29	Katie Stones	1 May 04		K.Wall, A.Spencer, V.James, L.Miller	
50:39	Rebecca Mersh	12 Mar 06		3:31.86	GBR-U20 6 Aug 22
4 x 100 Metres Relay				M.John, J.Astill, O.Pye, E.Sisson	
43.78	GBR-U20	4 Aug 22		3:32.00	GBR-U20 27 Jul 14
N.Wedderburn-Goodison, A.Bell, J.Eze, F.Akinbileje				S.Richards, L.Bleaken, S.Bakare, C.Hylton	
43.81	GBR-U20	21 Jul 13		3:32.80	GBR-U20 31 Aug 24
Y.Miller, Asher-Smith, S.Wilson, D.Henry				C.Henrich, E.Holmes, K.DaCosta, R.Grieve	
43.86	GBR-U20	10 Aug 23		3:33.03	GBR-U20 21 Jul 19
R.Regis, S.Walton, J.Eze, S.Eduan				N.Harrison, I.Boffey, L.Evans, A.Anning	
43.89	GBR-U20	21 Jul 13		3:33.67	GBR-U20 18 Jul 04
Y.Miller, Asher-Smith, S.Wilson, D.Henry				F.Harding, G.Nicol, C.Best, L.Finucane	
43.97	GBR-U20	25 Jun 23		3:33.68	GBR-U20 23 Jul 17
R.Regis, N.Wedderburn-Goodison, S.Walton, S.Eduan				M.Edwards, M.Bruney, E.Barrett, H.Williams	
44.03	GBR-U20	23 Jun 24		3:33.78	GBR-U20 23 Jun 24
				K.DaCosta, E.Holmes, J.Astill, C.Henrich	

3:33.82	GBR-U20	22 Oct 00	F.Harding, C.Best, R.Thompson, G.Nicol
	K.Wall, J.Meadows, H.Thieme, L.Miller		
3:34.36	GBR-U20	19 Jul 15 10	
	C.Hylton, Lina Nielsen, L.Beckford, Laviai Nielsen		
3:34.63	GBR-U20	22 Jul 01	4 x 400 Metres Relay Short Track
	K.Wall, O.Hines, V.James, L.Miller		
3:35.10	GBR-U20	25 Aug 85	3:44.28 GBR-U20 4 Mar 00
	G.Honley, L.Robinson, D.Flockhart, L.Hall		
3:35.22	GBR-U20	5 Aug 22	J.Meadows, L.Clarkson, H.Wood, H.Thieme
	P.Malik, J.Astill, O.Pye, E.Sisson		
3:35.29	GBR-U20	24 Jul 11	4 x 800 Metres Relay
	K.Kirk, L.James, A.Clifford, K.McAslan		
3:35.37	GBR-U20	26 Jul 14	8:38.22 On Camp with Kelly 7 Jun 06
	Laviai Nielsen, L.Bleaken, Campbell-Smith, S.Bakare		
3:35.60	GBR-U20	25 Jun 23	H.Brooks, E.Goodall, D.Christmas, H.England
	C.Kelsey, E.Newnham, A.Nemits, J.Astill		
3:35.64	GBR-U20	7 Jul 85	8:39.6 British Milers Club 17 Jul 96
	L.Hall, L.Robinson, D.Flockhart, G.Honley		
3:35.78	GBR-U20	6 Jun 04	8:39.73 Birmingham Univ 2 Aug 19
	L.Finucane, F.Harding, C.Best, G.Nicol		
3:36.39	GBR-U20	18 Aug 01	8:39.78 England 23 Jun 18
	O.Hines, L.Clarkson, L.Miller, K.Wall		
3:36.40	GBR-U20	17 Jul 04 20	I.Boffey, K.Simpson, E.Thompson, F.Brint
	4 x 1500 Metres Relay		
	18:17.40 British Milers Club 17 Aug 06		
	J.Sparke, S.Hopkinson, E.Pallant, E.Pidgeon		
	4 x 1 Mile Relay		
	20:16.2 British Milers Club 11 Jun 97		
	C.Walsh, C.Waite, R.Ogden, J.Swallow		

UNDER 17

60 Metres			11.45	Sonia Lannaman	1 Sep 72
7.35	Asha Philip	11 Feb 07	11.53	Faith Akinbileje	17 Sep 22
7.38	Jodie Williams	18 Jan 09	11.54	Dina Asher-Smith	16 Jun 12
7.41	Oluwayemisi Akande	11 Feb 23	11.56	Ashleigh Nelson	10 Jun 07
7.43	Amy Hunt	25 Feb 17	11.56	Amy Hunt	25 Aug 18
7.46	Renee Regis	12 Feb 22	11.56	Nia Wedderburn-Goodison	18 Aug 21
7.47	Hannah Brier	9 Mar 14	11.57	Hannah Brier	31 May 14
7.49mx	Nia Wedderburn-Goodison	21 Dec 19	11.58	Renee Regis	19 Jun 22 10
	7.49	11 Jan 20	11.59	Simmons Jacobs	25 Aug 83
7.50	Shannon Hylton	23 Feb 13	11.60	Katharine Merry	28 Jul 90
7.50	Nell Desir	10 Feb 24	11.60	Imani Lansiquot	30 Aug 14
7.51	Shaunna Thompson	23 Feb 08 10	11.61	Diane Smith	9 Aug 90
7.51	Joy Eze	22 Feb 20	11.61	Annie Tagoe	8 Aug 09
7.51	Faith Akinbileje	29 Jan 22	11.61	Olawayesimi Akande	7 Aug 23
7.52	Vernicha James	30 Jan 00	11.63	Daryll Neita	7 Jul 12
7.53	Lily Bradley	11 Feb 23	11.64	Shaunna Thompson	9 Aug 08
7.54	Sarah Wilhelmy	18 Feb 95	11.64	Shannon Hylton	25 May 13
7.54	Amy Spencer	25 Feb 01	11.65	Lucy Sargent	14 Jul 05
7.54	Desiree Henry	30 Jan 11	11.65	Nell Desir	18 Jul 24
7.54	Aliyah Afolabi	15 Dec 24	wind assisted		
7.55	Georgina Oladapo	20 Mar 82	11.50	Rebecca Drummond	9 Jul 94
7.55	Tatum Nelson	26 Feb 94	11.51	Amy Spencer	29 Jun 02
7.55	Emmanuella Quaye	22 Jan 20 20	11.51	Desiree Henry	25 Jun 11
hand timing			11.53	Sophie Papps	9 Sep 11
7.4	Sonia Lannaman	19 Feb 72	11.53	Amy Hunt	7 May 17
7.5	Pippa Baker/Windle	19 Nov 77	11.53	Nell Desir	2 Jun 24
7.5	Linsey Macdonald	17 Mar 79	11.55	Alisha Rees	23 Aug 14
7.5	Nathalie Byer	21 Mar 81	11.56	Imani Lansiquot	5 Jul 14
7.5	Georgina Oladapo	6 Mar 83	11.57	Abigail Smith	18 May 13
7.5	Vernicha James	12 Jan 00	hand timing		
100 Metres			11.6	Denise Ramsden	19 Jul 68
11.24	Jodie Williams	31 May 10	11.6	Linsey Macdonald	25 May 80
11.37	Asha Philip	23 Jun 07	11.6	Jane Parry	2 Aug 80

hand timing - wind assisted			38.43	Sabrina Bakare	9 May 12	10
11.3	Linsey Macdonald	3 May 80	38.44	Charlotte Henrich	11 Jun 22	
11.4	Sonia Lannaman	3 Jun 72	38.46	Hannah Foster	25 Aug 18	
11.4	Jane Parry	5 Jul 80	38.47	Carmen Gedling	15 Jul 06	
11.5	Sharon Dolby	20 Jul 85	38.49	Kim Wall	24 May 98	
200 Metres			38.49	Gemma Nicol	3 Aug 02	
22.79	Jodie Williams	23 May 10	38.52	Rachel Dickens	2 Jul 11	
23.10	Diane Smith	11 Aug 90	38.55	Katie Kirk	5 Jun 10	
23.25	Desiree Henry	10 Jul 11	38.60	Karlene Palmer	12 Jul 97	
23.28	Simmone Jacobs	28 Aug 83	38.61	Niamh Le'Gall	30 Jun 23	
23.42	Debbie Bunn	17 Jun 78	38.65	Ella Barrett	12 Jul 14	20
23.42	Shaunna Thompson	31 Aug 08	38.66	Kelsey Stewart	20 Jul 13	
23.43	Linsey Macdonald	20 Aug 80	hand timing			
23.45	Amy Spencer	15 Jul 01	38.2	Marilyn Neufville	6 Sep 69	
23.44	Faith Akinbileje	5 Jul 22	38.3	Joey Duck	1 Aug 04	
23.49	Dina Asher-Smith	9 Sep 12	10	38.4	Kim Wall	10 May 98
23.49	Cheriece Hylton	10 Aug 13	38.6	Fay Nixon	10 Sep 77	
23.50	Katharine Merry	20 Jul 91	300 Metres Short Track			
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	38.77	Hannah Foster	25 Feb 18	
23.62	Success Eduan	17 Jul 21	38.96	Darcy Coslett	11 Feb 24	
23.63	Hannah Brier	1 Jun 14	38.99	Sabrina Bakare	26 Feb 11	
23.66	Jane Parry	15 Jun 80	39.2	Katie Kirk	27 Feb 10	
wind assisted			39.23	Gemma Nicol	24 Feb 02	
23.11	Linsey Macdonald	5 Jul 80	39.26	Ella Barrett	1 Mar 14	10
23.36	Faith Akinbileje	6 Jul 22	39.28	Rachel Dickens	26 Feb 11	
23.41	Katharine Merry	15 Jun 91	400 Metres			
23.44	Nia Wedderburn-Goodison	12 Jun 21	51.16	Linsey Macdonald	15 Jun 80	
23.48	Vernicha James	21 Aug 99	53.08	Loreen Hall	29 Jul 84	
23.54	Hannah Brier	1 Jun 14	53.54	Charlotte Henrich	6 Jul 22	
hand timing - wind assisted			53.68	Amber Anning	21 Jul 17	
23.2	Debbie Bunn	2 Jul 78	53.75	Linda Keough	8 Aug 80	
23.3	Amy Spencer	1 Jul 01	54.01	Angela Bridgeman	16 Aug 80	
23.4	Hayley Clements	10 Aug 85	54.25	Emma Wood	19 Jun 88	
200 Metres Short Track			54.29	Darcy Coslett	15 Jun 24	
23.44	Amy Spencer	27 Jan 02	54.33	Jodie Williams	28 Aug 10	
23.49	Vernicha James	30 Jan 00	hand timing			
23.78	Lucy Sargent	20 Feb 05	53.7	Linda Keough	2 Aug 80	
23.78	Desiree Henry	27 Feb 11	54.2	Phoebe Gill	9 Jul 23	
23.93	Renee Regis	13 Feb 22	400 Metres Short Track			
23.96	Faith Akinbileje	13 Feb 22	54.95	Jodie Williams	15 Mar 09	
24.02	Shaunna Thompson	24 Feb 08	55.24	Kim Wall	30 Jan 99	
24.08	Shannon Hylton	24 Feb 13	55.46	Darcy Coslett	5 Jan 25	
24.13	Success Eduan	23 Feb 20	55.54	Davicia Patterson	26 Mar 17	
24.16	Callia Downey	12 Feb 23	10	55.56	Holly Mpassy	13 Jan 19
300 Metres			55.75	Laura Gillhespy	20 Feb 05	
36.46	Linsey Macdonald	13 Jul 80	55.77	Gemma Nicol	20 Jan 02	
37.59	Cheriece Hylton	25 May 13	55.81	Loren Bleaken	12 Feb 12	
37.79	Amber Anning	1 Sep 17	55.97	Isabelle Boffey	9 Jan 16	
38.18	Shiloh Omotosho	28 Jul 24	hand timing			
38.19	Eleanor Caney	22 Jul 00	55.4	Susan Howells	20 Mar 76	
38.21	Lesley Owusu	27 Aug 95	55.4	Lorraine Baker	22 Mar 80	
38.22	Darcy Coslett	11 Aug 24	55.9	Ruth Kennedy/Patten	3 Feb 73	
38.28	Etty Sisson	25 Sep 21	55.9	Linsey Macdonald	17 Mar 79	
38.43	Hayley Jones	9 Jul 05				

600 Metres

1:27.33 Lorraine Baker 13 Jul 80

4:18.45mx Nikki Hamblin 8 Aug 04

4:19.09 Sarah Kelly 30 May 09

4:19.35mx Innes Fitzgerald 26 Jul 22

800 Metres

2:01.50 Phoebe Gill 13 Aug 23

4:19.35 Katie Pye 22 Jun 24 20

2:01.61mx Shaikira King 7 Jul 24

4:19.52 Sabrina Sinha 12 Jul 14

2:02.87 15 Jun 24

4:19.63mx Annie Mann 16 Apr 22

2:02.0 Jo White 13 Aug 77

4:19.73 Isobelle Jones 12 Aug 23

2:02.70 Jessica Judd 15 Jun 11

1500 Metres Short Track

2:02.93 Lyla Belshaw 24 Jul 24

4:21.53+ Lyla Belshaw 4 Feb 24

2:03.66 Lesley Kiernan 26 Aug 73

4:24.07 Ciara Mageean 27 Jan 08

2:03.72 Lorraine Baker 15 Jun 80

4:25.75mx Erin Wallace 16 Jan 16

2:04.26 Keely Hodgkinson 26 May 18

4:25.76mx Olivia Forrest 14 Feb 24

2:04.59 Loren Bleaken 31 Jul 12

4:26.8 Karen Hughes 21 Mar 81

2:04.70 Anna Gisbourne 12 Aug 23 10

4:26.91 Libby Hale 21 Jan 24

2:04.85 Louise Parker 28 Jul 79

4:27.1 Sandra Arthurton 18 Mar 78

2:05.03 Katy-Ann McDonald 17 Aug 16

4:27.90 Sarah Hopkinson 13 Jan 07

2:05.04 Eleanor Colbourn 29 May 21

4:29.1 Julie Clarke 18 Mar 78

2:05.09mx Isla Calvert 18 Jun 19

4:29.2 Amanda Alford 26 Jan 80 10

2:05.27 Bethany Trow 6 Jul 24

1 Mile

2:05.68 Isobelle Boffey 28 Aug 16

4:43.67 Amy-Eloise Neale 11 Jun 11

2:05.7 mx Katie Snowden 23 Jun 10

1 Mile short track

2:05.86 Charlotte Moore 31 Jul 01

4:42.85 Lyla Belshaw 4 Feb 24

2:05.87 Katrina Wootton 14 Aug 02

2:06.04 Katie Johnson 20 Jun 21 20

3000 Metres

2:06.18 Nikki Hamblin 12 Jun 04

8:59.67 Innes Fitzgerald 16 Jul 22

800 Metres Short Track

2:04.99mx Lyla Belshaw 14 Feb 24

9:08.5 mx Jessica Judd 6 Apr 11

2:06.59 Erin Wallace 30 Jan 16

9:09.67mx Katie Pye 12 Jun 24

2:06.67 Tilly Simpson 17 Jan 16

9:20.25 20 Jul 24

2:06.68 Isabelle Boffey 14 Feb 16

9:13.93mx Emilia Gorecka 8 Sep 10

2:06.75 Loren Bleaken 26 Feb 12

9:18.38 9 May 10

2:07.45 Charlotte Moore 4 Feb 01

9:16.35mx Fleur Todd-Warmoth 27 Apr 22

2:07.98 Hayley Beard 24 Feb 02

9:19.77 25 Sep 21

2:08.5 Lorraine Baker 12 Jan 80

9:17.9 Emily Pidgeon 21 Aug 05

2:08.68 Katy-Ann McDonald 3 Feb 16

9:19.12 Jessica Bailey 4 Jun 22

2:08.79 Caitlin McCloy 12 Feb 23 10

9:19.51 Sian Edwards 13 Jul 05

1000 Metres

2:38.58 Jo White 9 Sep 77

9:20.2 mx Katrina Wootton 28 Aug 02

9:21.66 Olivia Forrest 20 Jul 24 10

9:22.84 Non Stanford 30 Jul 04

9:23.41mx Georgia Peel 12 Aug 09

9:23.76 Harriet Knowles-Jones 22 Jun 14

9:24.17 Eliza Nicholson 18 Jun 23

9:24.38mx Rachael Nathan 20 Aug 02

9:24.40mx Dani Barnes 6 May 02

9:24.44mx Charlotte Purdue 20 Sep 06

9:24.50mx Ella McNiven 13 Jun 17

9:24.61 Jess Piasecki 28 Jul 06

9:24.99 + Bobby Clay 1 Jun 13 20

3000 Metres Short Track

9:19.51 Emily Pidgeon 15 Jan 05

9:34.65 Charlotte Purdue 10 Feb 07

9:36.07 Erin Wallace 3 Jan 16

9:37.54 Zoe Jelbert 5 Feb 00

9:38.75 Sarah Hopkinson 16 Dec 06

9:42.22 Olivia Forrest 7 Jan 24

9:49.38 Siobhan Coleman 16 Jan 05

9:49.45 Amy Teasdale 6 Jan 23

9:49.53 Zara Redmond 6 Jan 23

9:50.44 Millie McClelland-Brooks 6 Jan 23 10

1500 Metres

4:11.96 Phoebe Gill 12 Jul 23

4:12.19mx Lyla Belshaw 1 May 24

4:13.01 21 Jul 24

4:13.41mx Shaikira King 7 Aug 24

4:18.18 25 May 24

4:14.21 Jessica Judd 28 May 11

4:14.78 Isla McGowan 21 Jul 24

4:15.20 Bridget Smyth 29 Jul 84

4:15.32mx Rosie Johnson 1 Jul 14

4:15.55 Sandra Arthurton 29 Jul 78

4:15.61 Ella McNiven 24 Jun 17

4:16.24 Georgia Peel 11 Jul 09 10

4:16.41 Bobby Clay 13 Jul 13

4:16.79 Emelia Gorecka 12 Jun 10

4:16.8 Jo White 30 Jul 77

4:17.46 Libby Hale 20 Jul 24

4:17.83 Emily Pidgeon 25 Jun 05

4:17.99 Anna Smith 20 Jul 17

5000 Metres			11.01	Alicia Barrett	1 Sep 13
15:56.87	Emilia Gorecka	29 May 10	11.02	Helen Worsey	15 Aug 98
16:04.46	Emily Pidgeon	21 May 05	11.02	Yasmin Miller	22 Aug 10
16:09.44	Charlotte Purdue	25 Aug 07	11.02	Emily Bee	21 Jul 18
			11.02	Paris King	28 Aug 22
1500 Metres Steeplechase			11.04	Marcia Sey	1 Sep 17
4:49.48	Ava James	31 Aug 24	11.04	Etienne Maughan	25 Sep 21
4:50.3	Sarah Hopkinson	23 May 07	11.07	Amanda Parker	7 Jun 86 10
4:50.9	Louise Webb	23 May 07	11.09	Menna Grant	28 Jul 24
4:52.39	Ava James	26 Jul 24	11.10	Serita Solomon	9 Jul 05
4:53.94	Holly Page	16 Jul 16	11.12	Sam Farquharson	7 Jun 86
4:53.98	Ella Davey	16 Jul 22	11.12	Georgia Atkins	11 Jul 09
4:54.82	Yasmin Austridge	11 Jul 15	11.13	Claire St. John	2 Jun 79
4:55.32	Georgia Ledingham	18 Aug 19	11.13	Kylie Robilliard	30 May 04
4:56.4	Rachel Clutterbuck	12 Jun 21	11.13	Isabelle Mardle	9 Jul 22
4:56.74	Kiya Dee	8 Aug 21	11.15	Victoria Johnson	8 Jul 17
4:56.87	Freya Ruffels	9 Jul 22 10	11.15	Lia Bonsu	3 Sep 22
4:57.21	Gabrielle Phelan	3 Sep 22	11.16	Ann Girvan	4 Jul 81 20
4:57.46	India Weir	11 Jul 15	11.16	Stephi Douglas	27 Jul 85
4:58.50	Millie Gold	20 Jul 24		wind assisted	
4:58.99	Lucy Davies	16 Jul 16	10.85	Thea Brown	1 Jul 23
4:59.03	Olivia McGhee	31 Aug 24	10.87	Alicia Barrett	31 Aug 14
4:59.11	Lottie Quinn	13 Jul 24	10.96	Helen Worsey	11 Jul 98
4:59.18	Morgan Squibb	11 Aug 18	11.00	Sharon Davidge	11 Jul 98
4:59.56	Maisie Grice	9 Jul 16	11.02	Marcia Sey	14 Jul 18
4:59.80	Elise Thorner	8 Jul 17	11.03	Wendy McDonnell/Jeal	20 Aug 77
4:59.93	Lucy Jones	31 Aug 14 20	11.04	Serita Solomon	14 Aug 05
4:59.94	Amelia Wills	16 Jun 18	11.07	Abigail Pawlett	1 Sep 19
4:59.97	Rae Le Fay	18 Jun 23		hand timing	
60 Metres Hurdles (76.2cm)			11.0	Wendy McDonnell/Jeal	2 Jul 77
8.39	Thea Brown	12 Feb 23		hand timing - wind assisted	
8.41	Pippa Earley	18 Feb 17	10.9	Ann Wilson	16 Jul 66
8.44	Holly Whittaker	16 Nov 24	10.9	Wendy McDonnell/Jeal	9 Jul 77
8.45	Marcia Sey	20 Jan 18	10.9	Sam Farquharson	20 Jul 85
8.45	Lia Bonsu	13 Feb 22		100 Metres Hurdles (76.2cm)	
8.47	Amelia Weeks	12 Mar 23	13.41	Marcia Sey	9 May 18
8.48	Lucy-Jane Matthews	24 Feb 19	13.45	Lucy-Jane Matthews	7 Jul 18
8.49	Helen Worsey	1 Mar 98	13.53	Thea Brown	9 Aug 23
8.50	Megan MARRS	24 Mar 13	13.61	Pippa Earley	18 Jun 17
8.50	Isabelle Rae	28 Dec 24 10	13.64	Yasmin Miller	4 Jun 11
8.51	Alicia Barrett	2 Mar 14	13.66	Ann Girvan	25 Jul 81
8.51	Abigail Pawlett	24 Feb 19	13.66	Moesha Howard	11 Jul 13
8.52	Symone Belle	25 Feb 01	13.66	Amber-Leigh Hall	21 Jun 15
8.52	Holly Mills	10 Jan 16		wind assisted	
8.54	Ashley Helsby	26 Feb 06	13.30	Yasmin Miller	10 Sep 11
8.54	Victoria Johnson	25 Feb 18	13.32	Marcia Sey	6 Jul 18
8.54	Menna Grant	11 Feb 24		100 Metres Hurdles (83.8cm)	
hand timing			13.38	Lucy-Jane Matthews	20 Jul 19
8.5	Wendy McDonnell/Jeal	30 Oct 76	13.72	Megan MARRS	25 May 14
8.5	Claire St. John	17 Mar 79	13.73	Ann Girvan	7 Aug 82
60 Metres Hurdles (83.8cm)			13.88	Natasha Danvers	28 Aug 93
8.45	Serita Solomon	5 Mar 06	13.90	Yasmin Miller	11 Aug 11
8.53	Yasmin Miller	27 Feb 11	13.94	Phyllis Agbo	30 Jun 02
8.62	Natasha Danvers	21 Feb 93		wind assisted	
hand timing			13.67	Ann Girvan	4 Jul 82
8.5	Claire St. John	Feb 79	13.76	Natasha Danvers	27 Aug 94
80 Metres Hurdles (76.2cm)					
10.94	Pippa Earley	1 Sep 17			
10.95	Mia McIntosh	10 Jul 21			

hand timing			1.82 i	Kat. Johnson-Thompson	8 Mar 09
13.7	Ann Girvan	29 Aug 81	1.82	Niamh Emerson	29 Aug 15
hand timing - wind assisted			1.81	Barbara Simmonds	22 Jul 78
13.7	Nathalie Byer	4 Sep 82	1.81 i	Ada'ora Chigbo	8 Feb 15
300 Metres Hurdles			Pole Vault		
41.41	Meghan Beesley	6 Aug 06	4.10	Lucy Bryan	9 Jul 11
41.48	Perri Shakes-Drayton	9 Jul 05	4.10	Gemma Tutton	26 Jun 21
41.60	Stephanie Okoro	25 Sep 21	4.06	Molly Caudery	24 Jul 16
41.84	Shona Richards	19 Aug 12	4.05	Katie Byres	1 Aug 10
41.95	Arabella Wilson	9 Jul 22	4.00 i	Jade Ive	24 Feb 08
41.96	Amy Pye	27 Aug 17	4.00	Isabella Turner	26 May 24
41.97	Eilidh Child/Doyle	17 Aug 03	3.93 i	Sophie Ashurst	10 Mar 19
41.98	Rachael Kay	3 Aug 97	3.90	Hannah Olson	13 Jun 04
41.99	Natasha Danvers	10 Jul 93	3.90	Ellie Gooding	5 Jul 13
42.21	Jasmine Jolly	21 Jul 18	10 3.90	Jade Spencer-Smith	20 May 18
42.50	Justine Roach	21 Jul 01	3.83 i	Felicia Miloro	24 Sep 17
42.52	Lauren Williams	30 Aug 15	3.82	Natasha Purchas	28 Aug 17
42.54	Chelsea Walker	6 Jul 13	3.81	Jasmine Carey	12 May 19
42.57	Ellen Howarth-Brown	19 Jul 03	3.81 i	Isabel Thomas	25 Jan 20
42.57	Chloe Esegbona	30 Aug 15	3.80	Sophie Upton	16 Jun 07
42.58	Syreetta Williams	12 Jul 97	3.80	Sally Scott	23 Jun 07
42.63	Hayley McLean	21 Aug 11	3.80	Abigail Roberts	22 Jun 13
42.64	Claire Triggs	15 Aug 04	3.80 i	Victoria Barlow	29 Jan 17
42.65	Caryl Granville/Moore	10 Sep 06		Long Jump	
42.66	Katie Purves	14 Sep 13	20	6.45	Margaret Cheetham
hand timing			6.32	Georgina Oladapo	23 Jul 83
41.8	Rachael Kay	17 Aug 97	6.31	Kat. Johnson-Thompson	11 Jul 09
42.0	Jasmine Jolly	13 May 18	6.29	Holly Mills	16 Aug 15
42.4	Keri Maddox	8 May 88	6.27	Fiona May	14 Jun 86
42.4	Syreetta Williams	17 Aug 97	6.26	Jo Wise	31 May 87
42.5	Louise Brunning	8 May 88	6.25	Sue Hearnshaw	9 Jul 77
400 Metres Hurdles			6.24	Sarah Claxton	15 Jun 96
58.44	Stephanie Okoro	7 Jul 22	6.23	Sue Scott	27 Jul 68
58.74	Hayley McLean	7 Jul 11	6.22	Ann Wilson	18 Sep 66
59.79	Jasmine Jolly	8 Jul 18	6.22	Michelle Stone	28 Apr 84
59.99	Arabella Wilson	19 Jun 22	6.19	Morgan Lake	18 Aug 12
60.06	Faye Harding	13 Jul 01	6.18	Sheila Parkin/Sherwood	4 Aug 62
60.18	Meghan Beesley	18 Jun 06	6.18	Chisom Nwafor	24 Apr 22
60.23	Holly McArthur	19 Jun 16	6.15	Zainab Ceesay	20 Aug 00
60.53	Mia Walker	9 Aug 23	6.14	Bev Kinch	26 Jul 80
hand timing			6.14	Jade Nimmo	24 Jun 07
59.7	Keri Maddox	9 Jul 88	6.13	Sonya Henry	7 Jul 85
59.8 mx	Eildith Child	27 Jul 03	6.13	Jade Johnson	28 May 95
High Jump			6.13 i	Simi Fajemisin	1 Mar 14
1.90	Morgan Lake	12 Jul 13		wind assisted	
1.89	Debbie Marti	2 Jun 84	6.49	Margaret Cheetham	23 Sep 84
1.85	Louise Manning	11 Sep 82	6.47	Fiona May	28 Jun 86
1.85	Jayne Barnetson	21 Jul 84	6.41	Sue Hearnshaw	9 Jul 77
1.84	Ursula Fay	6 Aug 83	6.34	Sarah Claxton	12 Jul 96
1.84	Thea Brown	11 Jun 23	6.33	Sue Scott	27 Aug 68
1.83	Jo Jennings	26 Jul 85	6.28	Bev Kinch	6 Sep 80
1.83	Tracey Clarke	2 Aug 87	6.24	Jade Johnson	28 May 95
1.83	Aileen Wilson	8 Jul 00	6.22	Chisom Nwafor	14 May 22
1.82	Elaine Hickey	9 Aug 80	10	Triple Jump	
1.82	Kerry Roberts	16 Jul 83	12.88	Lily Hulland	30 Jun 18
1.82	Susan Jones	20 May 94	12.63 i	Libby White	13 Feb 22
1.82	Vicki Hubbard	15 May 05	12.61	Naomi Ogbeta	31 Aug 14

48.77	Emma Hamplett	13 Sep 14		5149	17 Sep 17
47.72	Izzy Jeffs	30 Aug 08	5213	Eden Robinson	17 Sep 23
47.52	Laura McDonald	7 Aug 10	5140	Anna Rowe	21 Sep 14
Javelin 600g (pre 1999 Model)			5127	Jessica Hopkins	16 Sep 18
56.02	Mandy Liverton	11 Jun 89	5123 w	Pippa Earley	17 Sep 17 10
53.42	Karen Hough	15 Jul 84	5114 W	Olivia Dobson	17 Sep 17
53.22	Kirsty Morrison	15 Aug 92	5103	Jodie Smith	16 Sep 18
Javelin 500g			5065	Emily Bee	16 Sep 18
57.14	Emma Hamplett	1 Jun 14	5052	Ava John	25 Jun 23
52.91	Bethany Moule	8 Apr 18	5051	Holly McArthur	3 Jul 16
52.49	Ayesha Jones	9 Aug 23	5047	Mia Chantree	16 Sep 18
52.28	Harriet Court	30 Mar 24	5042	Isabelle Mardle	26 Jun 22
51.50	Harriet Wheeler	9 Aug 23	Pentathlon Short Track (60H,HJ,SP,LJ,800)		
50.64	Bethan Rees	24 Jul 16	Snr Implements		
50.39	Keira Waddell	31 Aug 18	4092	Katarina Thompson	8 Mar 09
50.35	Kirsty Costello	12 May 19	3965	Morgan Lake	6 Jan 13
50.34	Emma Howe	1 Sep 17	3815	Jade Surman	13 Feb 05
49.74	Jessica Howells	12 Jul 24 10	3654	Jessica Ennis	24 Feb 02
48.56	Dulcie Yelling	30 Jun 23	3678	Niamh Emerson	24 Jan 15
48.07	Elizabeth Korczak	21 Jul 18	3677	Abigail Pawlett	5 Jan 19
47.70	Laurie Dawkins	12 Sep 15	Pentathlon Short Track (SP,LJ,60H,60,HJ)		
47.47	Harriette Mortlock	12 Jul 19	3682	Sarah Claxton	21 Jan 96
47.01	Paula Holguin	16 Jul 16	Pentathlon Short Track (60H,HJ,SP(3k),LJ,800)		
46.55	Eva Durand	30 Aug 20	4036	Abigail Pawlett	9 Mar 19
46.53	Elise Christian	2 Jun 24	3952	Pippa Earley	11 Mar 17
46.51	Ellie Vernon	13 May 17	3877	Kate O'Connor (IRL)	23 Jan 16
46.50	Hannah Lewington	28 Aug 22	3874	Anna McCauley	10 Dec 16
46.46	Sophie Hamilton	20 Sep 20 20	3865	Ella Rush	14 Mar 20
46.04	Jemima Caldwell	10 Jul 21	3859	Thea Brown	26 Nov 22
Heptathlon (1984 Tables) Senior			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	3685	Holly McArthur	15 Mar 15
5194	Jessica Ennis	4 Aug 02	3000 Metres Track Walk		
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
with 100mH (2'6")			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
IAAF U18 2013 (100H 2'6", SP 3kg, JT 500g)			14:24.6	Becky Tisshaw	19 Jul 97
5725	Morgan Lake	4 Aug 13	14:26.4	Sarah Sowerby	29 Oct 80
5384 A	Niamh Emerson	18 Jul 15	14:27.08	Sophie Lewis Ward	19 Jul 14
5361	Chisom Nwafor	29 May 22	3000 Metres Walk Short Track		
Heptathlon with 80mH, SP 4kg, JT 600g			14:01.67	Rebecca Mersh	29 Feb 04
5474	Morgan Lake	4 Aug 13	14:17.96	Katie Ford	28 Feb 98
5146	Kat. Johnson-Thompson	21 Sep 08	14:21.93	Sophie Lewis Ward	15 Feb 15
5037	Michelle Stone	1 Jul 84	14:26.43	Ana Garcia	12 Feb 17
5031	Yinka Idowu	18 Sep 88	14:37.22	Jennifer Gagg	29 Feb 04
with 80H 2'6", SP 3kg, JT 500g			14:38.18	Sophie Hales	3 Mar 01
5347	Eloise Hind	19 Sep 21	14:39.24	Sarah Bennett	2 Mar 96
5324	Abigail Pawlett	4 Aug 19	14:44.35	Amy Hales	28 Feb 98
5274	Thea Brown	17 Sep 23	14:51.86	Becky Tisshaw	1 Mar 97
5226	Jade O'Dowda	18 Sep 16	14:55.95	Sarah Foster	29 Feb 04
5215	Zoe Gregory	17 Sep 23	5000 Metres Track Walk		
5214 w	Emily Race	17 Sep 17	23:55.27	Susan Ashforth	25 May 85
			24:06.6	Rebecca Mersh	23 Apr 05

24:22.3	Vicky Lawrence	21 Jun 86	2:37.57	England Schools	25 Sep 21
24:34.6	Tracy Devlin	17 Sep 89		J.Astill, A.Sibley, S.Okoro, E.Sisson	
24:45.4	Karen Eden	9 Jul 78	2:37.66	England Schools	20 Jul 13
24:56.34	Jenny Gagg	15 Aug 04	2:37.91	England Schools	15 Jul 23
24:57.5	Angela Hodd	24 Jun 86		A.Wilson, M.Walker, K.Dacosta, N.Le'Gall	
25:11.46	Nicola Phillips	21 Aug 99	2:38.36	England Schools	16 Jul 22
25:13.8	Carla Jarvis	2 Jun 91	2:38.51	Scotland Schools	25 Sep 21
25:15.3	Vicky Lupton	3 Sep 88		R.Grieve, S.Vidak, K.Johnson, M.Murdoch	
5k Road - where superior to track time			2:38.83	England Schools	21 Jul 12
23:57	Sarah Brown	6 Dec 80		S.Richards, C.Hylton, A.Hillyard, L.Bleaken	
24:17	Sophie Lewis Ward	11 Apr 15	2:39.15	England Schools	21 Jul 18
24:20	Karen Eden	3 Dec 78	2:39.35	Welsh Schools	20 Jul 24
24:27	Jenny Gagg	6 Mar 04		A.Afolabi, C.Farmer, D.Coslett, A.Shepperd	
24:34	Ana Garcia	8 Apr 17	2:39.66	England Schools	19 Jul 97 10
10000 Metres Track Walk				N.Ceesay, S.Williams, H.Thieme, G.Howell	
51:00.0	Karen Nipper	21 Feb 81	2:39.66	England Schools	17 Jul 04
53:13.8	Rebecca Mersh	14 Oct 03	2:39.72	England Schools	17 Jul 10
10k Road - where superior to track time			2:39.84	England Schools	20 Jul 24
50:45	Rebecca Mersh	6 Mar 04		M.Mills, L.Bertacchini, P.Armah, E.Bibby	
51:49	Katie Stones	14 Sep 02	2:39.87	England Schools	16 Jul 11
4 x 100 Metres Relay				S.Bakare, S.Richards, K.Dodd, R.Dickens	
45.91	Scotland	19 May 24	2:40.11	South East Eng. Sch	9 May 12
	T.Okonkwo, S.Thomas, E.Clark, K.Aremu			S.Richards, N.McKechnie, M.Rainsborough, S.Bakare	
45.98	North of England Sch	1 Sep 17	2:40.11	England Midlands Sch	1 Sep 18
	H.Kelly, A.Carter, T.Peruzza-Powell, A.Hunt			M.Whapples, A.Testar, A.Bennett-Cordy, H.Foster	
45.98	England Schools	15 Jul 23	2:40.15	England Schools	18 Jul 15
	E.Lucas, C.Downey, O.Moneke, O.Akande			I.Boffey, E.Grove, C.Esegbona, O.Brothers	
45.99	England Schools	20 May 94	4 x 400 Metres Relay		
	N.Danvers, L.Owusu, R.Drummond, T.Nelson		3:43.79	GBR Juniors	22 Aug 87
46.10	Surrey Schools	8 Jul 16		J.Reynolds, L.Fraser, J.Abraham, J.Heathcote	
	O.Okoli, T.Salami, E.Grove, C.Webster-Tape		3:45.89	GBR Juniors	28 Jun 86
46.11	England Schools	16 Jul 22		T.Goddard, J.Heathcote, A.Salter, S.Davenport	
46.14	England Schools	15 Jul 06	3:46.1	GBR Juniors	5 Jul 80
	R.Wilson, J.Rowe, C.Monye, A.Nelson			C.Wells, L.Baker, A.Bridgeman, L.Keough	
46.14	Scotland Schools	20 Jul 24	3:50.3	England Schools	20 Jul 85
	S.Thomas, K.Aremu, T.Okonkwo, E.Clark			S.Davenport, H.Saunders, L.Robinson, L.Lamb	
46.18	England Schools	25 Sep 21	3:50.63	England Juniors	16 Aug 86 ??
	T.Taylor, E.Maughan, F.Akinbileje, E.Quaye		3:51.81	Northern Ireland Jnrs	16 Aug 86 ??
46.24	GBR Juniors	14 Aug 82 10	3:52.1	City of Hull AC	3 Jul 82
	E.Kessebeh, G.Oladapo, N.Byer, L.Goreeph			J.Millership, S.Waugh, D.France, H.France	
46.35	Blackheath & Bromley	9 Sep 12	3:52.1	England Schools	16 Jul 88
	V.Olatunji, S.Hylton, C.Hylton, D.Asher-Smith		3:52.29	England Schools	21 Jul 90
46.43	Surrey Schools	9 Jul 16		G.Holden, C.Allsopp, E.Brady, S.Taylor	
	O.Okoli, T.Salami, E.Grove, C.Webster-Tape		3:53.13	Wales Schools	20 Jul 91
46.44	Midlands Schools	15 Sep 13	3:53.3	Wycombe Phoenix H	12 Aug 78
46.44	England Schools	18 Jul 15		A.Clifford, K.Bunting, S.Powell, T.Hoyle	
	V.Chinedu, S.Skervin, M.Edwards, Webster-Tape		3:54.0	Wales Schools	16 Jul 88
46.5	Scotland Schools	19 Jul 80	3 x 800 Metres Relay		
	K.Ramsay, M.Todd, A.Bridgeman, Y.Anderson		6:46.5	Haslemere Border AC	15 Sep 79
46.50	England Schools	17 Jul 99		L.Bicknell, A.Wilkins, R.Disley	
46.54	England Schools	15 Jul 17	6:46.5	Bromley LAC	1 Jul 84
	V.Johnson, H.Kelly, T.Peruzza-Powell, A.Hunt			A.Bedford, J.Hewitt, S.Burtonwood	
4 x 200 Metres Relay			4 x 800 Metres Relay		
1:40.55 i	England Schools	27 Feb 94	8:53.1	Havering AC	24 May 80
4 x 300 Metres Relay				S.Baxter, G.Oughton, C.Wells, P.Peterson	
2:36.77	South of England Sch	1 Sep 17	1600 Metres Medley Relay		
	S.Wicks, L.Evans, C.Russell, A.Anning		4:12.9	Southend-on-Sea AC	14 Jul 09

UNDER 15**60 Metres**

7.35	Katharine Merry	18 Mar 89
7.45mx	Jodie Williams	2 Feb 08
	7.54	23 Feb 08
7.51	Nell Desir	12 Feb 22
7.55mx	Niah Akintokun	21 Dec 19
	7.59	26 Jan 20
7.55	Aliyah Afolabi	10 Feb 24
7.58	Celine Obinna-Alo	10 Feb 24
7.61	Jane Parry	27 Jan 79
7.61	Annabelle Fasuba	29 Dec 24
7.62	Trezequet Taylor	23 Feb 19
7.62	Nia Wedderburn-Goodison	23 Feb 19 10
7.64	Sarah Wilhelmy	12 Feb 94

hand timing

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

100 Metres

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

false start (athlete ran 100 metres)

11.85	Maya Bruney	18 Aug 12
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wind assisted

11.47	Katharine Merry	17 Jun 89
11.66	Nell Desir	30 Jul 22
11.67	Tatum Nelson	10 Jul 93
11.67mx	Nia Wedderburn-Goodison	29 Jun 19
11.78	Jane Parry	8 Aug 78
11.81	Hannah Brier	2 Jun 12
11.82	Maya Bruney	18 Aug 12
11.88	Celine Obinna-Alo	26 Aug 23
11.89	Amy Hunt	5 Jun 16

hand timing

11.8	Janis Walsh	7 Jul 74
11.8	Joanne Gardner	2 Jul 77

hand timing - wind assisted

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

200 Metres

23.72	Katharine Merry	17 Jun 89
23.90	Diane Smith	3 Sep 89
24.05	Jane Parry	16 Jul 78
24.06	Joey Duck	12 Jul 03
24.06	Aliyah Afolabi	16 Jun 24
24.14	Jodie Williams	19 Apr 08
24.18	Desiree Henry	6 Sep 09
24.22	Ashleigh Nelson	4 Sep 05
24.23	Shaunna Thompson	9 Jul 05
24.25	Emma Clark	13 Aug 23 10
24.31	Amy Spencer	8 Jul 00
24.31	Success Eduan	1 Sep 19
24.36	Chinedu Monye	5 Sep 04
24.36	Alicia Regis	28 Aug 16
24.39	Hayley Clements	3 Jul 83
24.39	Annabelle Fasuba	26 May 24
24.42	Vicki Shier	12 Jul 03

wind assisted

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

hand timing

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

hand timing - wind assisted

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

200 Metres Short Track

24.13	Aliyah Afolabi	11 Feb 24
24.38	Success Eduan	3 Feb 19
24.39	Nell Desir	13 Feb 22
24.62	Whitney Ofor	11 Feb 24
24.68	Niah Akintokun	23 Feb 20
24.75	Vernicha James	1 Feb 98
24.81	Nicola Gossman	24 Feb 01
24.81	Emily Cadman	12 Feb 23
24.85	Yasmin Miller	15 Feb 09
24.85	Hannah Brier	26 Feb 12 10

300 Metres

38.73	Amber Anning	30 Aug 15
39.11	Lily-Rose Brown	14 Aug 22
39.16mx	Dina Asher-Smith	4 Aug 09
39.20	Jeslyn Agyei-Kyem	14 Jul 18
39.37	Shiloh Omotosho	30 Jun 23
39.38	Nandy Kihuyu	1 Sep 19
39.50	Bisan Musa	12 Jul 24
39.63	Emilia Rock	13 Jul 19
39.64	Aliyah Afolabi	11 May 24
39.65	Sophie Wallwork	11 May 19 10
39.69	Poppy Malik	14 Jul 18
39.7	Hannah Brier	24 Jun 12

39.71	Callia Downey	11 Jul 21	4:26.40mx	Olivia Mason	7 Sep 16
39.76	Ashley Nemits	14 Jul 18	4:26.75	Libby Hale	24 Jun 23
39.77	Mary Taylor	27 Jul 24	4:27.23	Emer McKee	3 Jun 23
39.85	Rebecca Grieve	1 Sep 19	4:27.67mx	Kathleen Faes	24 Jun 15
39.87	Abbie Parker	8 Jun 19	4:27.70	Emily Pidgeon	12 Jul 03
300 Metres Short Track			1500 Metres Short Track		
39.74	Emilia Rock	24 Feb 19	4:30.57	Lois MacRae	18 Feb 23
40.06	Isabella Davies	4 Dec 22	4:32.4mx	Tilly Simpson	21 Dec 14
40.18	Holly Ryan	11 Feb 24	4:33.20	Libby Hale	28 Jan 23
40.24	Shiloh Omotosho	11 Feb 23	4:33.60	Emer McKee	12 Mar 23
40.32	Amber Anning	10 Jan 15	4:35.11	Sarah Hopkinson	2 Jan 05
40.65	Rebecca Grieve	24 Feb 19	4:36.0	Rachel Hughes	20 Mar 82
40.71	Emily Cadman	19 Mar 23	4:36.41	Eilidh Dallas	18 Feb 23
40.77	Abbie Parker	3 Feb 19	4:36.81	Katie Johnson	6 Feb 19
40.99	Mary Taylor	11 Feb 24	4:36.99	Lily Evans-Haggerty	12 Feb 17
400 Metres			4:37.02	Erin Wallace	18 Jan 14 10
56.4	Katie Snowden	21 Jun 08	1 Mile		
800 Metres			4:46.87	Emelia Gorecka	28 Jun 08
2:06.22	Tilly Simpson	11 Jul 15	4:49.14	Jorjia March	29 Jun 24
2:06.47	Katy-Ann McDonald	20 Aug 14	3000 Metres		
2:06.5	Rachel Hughes	19 Jul 82	9:22.80mx	Emelia Gorecka	13 Aug 08
2:07.26mx	Jessica Judd	1 Jul 09	9:25.61mx	Agnes McTighe	15 Aug 15
2:07.84	Molly Canham	28 May 16	9:28.74+	Emily Pidgeon	14 Jun 22
2:08.21mx	Saskia Millard	28 Jun 14	9:32.47	Olivia Forrest	26 Aug 23
2:08.30	Lois MacRae	5 Sep 23	9:33.36	Jessica Judd	21 Jun 09
2:08.56	Jorjia March	21 Aug 24	9:35.73	Emer McKee	26 Aug 23
2:08.7	Emma Langston	12 Jul 86	9:36.72mx	Katherine Shiel-Rankin	27 Jun 12
2:08.72mx	Khahisa Mhlanga	10 Sep 14 10	9:39.2mx	Beatrice Wood	15 Sep 18
2:08.75	Bobby Clay	21 Aug 11	9:39.62mx	Kitty Scott	12 Jun 24
2:08.77	Ella Greenway	12 May 19	60 Metres Hurdles (76.2cm)		
2:08.81	Georgia Bell	19 Jul 08	8.75	Shirin Irving	15 Jan 11
2:09.12mx	Phoebe Gill	11 Aug 21	8.77	Mia McIntosh	24 Feb 19
2:09.29	Shaikira King	15 Jun 22	8.79	Heather Jones	25 Feb 01
800 Metres Short Track			8.83	Marcia Sey	10 Jan 16
2:09.11	Tilly Simpson	28 Feb 15	8.84	Katharine Merry	19 Mar 89
2:10.15	Jorjia March	11 Feb 24	8.84	Holly Woodward	16 Jan 10
2:10.90	Katie Johnson	24 Feb 19	8.85	Abigail Pawlett	26 Feb 17
2:12.25	Maya Schofield	4 Feb 24	8.87	Symone Belle	20 Feb 99
2:12.52	Emma Shipley	24 Feb 19	8.88	Amber Hornbuckle	25 Jan 15
2:12.59	Ruby Simpson	24 Feb 19	8.90	Sophia Deans	27 Feb 19 10
2:12.71	Chelsea Nugent	26 Feb 12	8.90	Isabelle Rae	28 Jan 24
2:12.79	Lynsey Sharp	29 Feb 04	hand timing		
2:12.85	Molly Canham	17 Feb 16	8.9	Nathalie Byer	22 Mar 80
2:13.18	Frederica Foster	25 Feb 07 10	75 Metres Hurdles (76.2cm)		
1500 Metres			10.62	Izzy Rae	10 Aug 24
4:21.03mx	Jessica Judd	15 Jul 09	10.75	Mia McIntosh	13 Jul 19
	4:23.02	24 May 09	10.75	Isabelle Mardle	31 May 21
4:23.45	Isabel Linaker	7 Jul 90	10.85	Shirin Irving	2 Jul 11
4:23.72mx	Katy-Ann McDonald	2 Jul 14	10.86	Heather Jones	17 Jun 01
4:24.62	Sabrina Sinha	6 Jul 13	10.86	Pippa Earley	20 Sep 15
4:24.95	Emelia Gorecka	5 May 08	10.88	Amber Hornbuckle	20 Sep 15
4:25.5	Tilly Simpson	13 Sep 15	10.91	Helen van Kempen	14 Aug 05
4:25.75mx	Shaikira King	3 Aug 22	10.93	Rachel Halstead-Peel	27 Jul 85
	4:26.01	9 Jul 22	10.93	Marcia Sey	28 Aug 16 10
4:25.83mx	Jorjia March	29 May 24	10.95	Olivia Crawford	11 Aug 24
4:26.06	Sarah Hopkinson	11 Jun 05	10.99	Danielle Rooney	9 Jul 05
4:26.12mx	Olivia Forrest	23 Aug 23 10	11.00	Louise Fraser	27 Jul 85
4:26.3	Beatrice Wood	3 Jun 18	11.00	Danielle Selley	20 Jun 98

11.00	Moesha Howard	21 Aug 11	6.07	Jade Surman	4 May 03
11.00	Victoria Johnson	28 Aug 16	6.05	Katharine Merry	18 Sep 88
11.01	Nathalie Byer	16 Aug 80	6.02	Michelle Stone	10 Jul 82
wind assisted			6.01	Morgan Lake	7 Aug 11
10.87	Olivia Crawford	11 Aug 24	5.99	Sandy French	8 Jul 78
10.95	Symone Belle	9 Jul 99	Triple Jump		
hand timing			12.12	Olivia Schrimshaw	15 Jul 23
10.8	Symone Belle	29 Aug 99	12.02	Yasmine Opre-Fisher	2 Aug 08
hand timing - wind assisted			11.91	Halle Ferguson	31 Aug 19
10.7	Orla Bermingham	14 Jul 90	11.84	Leila Newth	26 Jul 24
High Jump			11.80	Georgina Scoot	25 Aug 18
1.83	Ursula Fay	5 Jun 82	11.70	Amy Warre	21 Jul 19
1.81	Debbie Marti	18 Sep 82	11.65	Amber Anning	16 Aug 15
1.81	Lea Haggett	6 Jun 86	11.62	Kerri Davidson	3 Jul 10
1.80	Jo Jennings	12 Aug 84	11.60	Rachel Okoro	12 Aug 18
1.80	Katarina Thompson	26 Aug 07	11.58	Morgan Lake	11 Sep 11 10
1.79 i	Julia Charlton	24 Feb 80	11.48 i	Amy Williams	26 Feb 12
1.79	Aileen Wilson	4 Jul 98	11.47	Ruth Hatch	23 Sep 01
1.78	Claire Summerfield	28 Jul 79	11.44	Amelia Gray	7 Sep 19
1.78	Dominique Blaize	30 Jun 02	11.42	Isabella Amartey	27 Aug 22
1.76	Morgan Lake	4 Sep 11 10	11.39	Emily Jarad	9 Sep 15
1.76	Rebecca Hawkins	21 Jun 14	wind assisted		
Pole Vault			11.63	Qi-Chi Ukpai	14 Aug 22
3.81	Gemma Tutton	9 Jun 19	11.58	Isabella Amartey	14 Aug 22
3.80	Hannah Olson	8 Jun 02	11.57	Emily Gargan	17 Aug 13
3.62	Emilie Oakden	13 Jul 19	Shot (4kg)		
3.61 i	Katie Byres	16 Mar 08	12.76	Adele Nicoll	16 Jul 11
3.61 i	Jade Spencer-Smith	13 Feb 16	Shot (3.25kg)		
3.56	Sophie Ashurst	26 Aug 17	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	14.23	Adele Nicoll	27 Aug 11
3.50	Fiona Harrison	24 Aug 96	13.98	Morgan Lake	26 Jun 11
3.50 i	Kim Skinner	22 Dec 01 10	13.88 i	Chloe Edwards	21 Apr 01
3.48	Lucy Bryan	8 Aug 09	13.79	Eden Francis	14 Sep 03
3.46	Lucy Allen	26 Aug 17	13.77	Liz Millward	6 Sep 03
3.46	Jasmine Carey	26 Aug 17	13.69	Gloria Achille	21 Jun 80
3.45	Amy Hunt	18 Aug 19	Shot (3kg)		
3.45	Nyree Perry	4 Sep 19	14.59	Bekki Roche	10 Jun 17
3.45	Isabella Turner	13 Aug 22	14.36	Omolola Kuponiyi	2 Sep 18
Long Jump			14.34	Hannah Molyneaux	16 Aug 15
6.34	Margaret Cheetham	14 Aug 83	14.33	Nana Gyedu	14 Aug 17
6.30	Fiona May	7 Jul 84	14.00	Meghan Porterfield	13 Sep 20
6.07	Georgina Oladapo	21 Jun 81	13.84	Jasmine Nkoso	12 Jul 24
6.07	Amy Williams	7 Jul 12	13.81	Monica Malagala	5 May 24
5.98	Sandy French	22 Jul 78	13.78 i	Lily Carlaw	23 Feb 19
5.96	Jade Surman	1 Jun 03	13.77	Serena Vincent	25 Sep 16
5.96	Morgan Lake	11 Sep 11	13.69	Eloise Locke	30 Aug 15
5.95	Olivia Schrimshaw	10 Sep 23	Discus		
5.93	Jackie Harris	10 Jul 87	44.12	Philippa Roles	30 Aug 92
5.93	Simi Fajemisin	7 Jul 12 10	43.42	Nubia Evans-Shields	21 Aug 21
5.91	Symone Belle	29 Aug 99	42.11	Bethany Pendlebury	6 May 24
5.88	Sue Reeve	11 Aug 66	42.06	Sophie Mace	7 Aug 13
5.87	Lydia Smith	16 Jun 18	41.92	Catherine Garden	12 Sep 93
5.86	Tammy McCammon	18 Aug 91	41.21	Zara Obamakinwa	11 Aug 18
5.86	Rebekah Passley	12 Aug 01	41.06	Katie Wickman	18 Sep 05
5.86	Eleanor Turnbull	23 Jun 13	40.92	Sandra McDonald	24 Jun 78
wind assisted			40.84	Natalie Kerr	24 Jul 94
6.49	Margaret Cheetham	4 Sep 83	40.54	Claire Smithson	25 May 97 10

40.51	Sophie Merritt	26 Aug 12	3467	Jade Surman	21 Sep 03
40.44	Catherine Bradley	12 Sep 82	3467	Jazmin Sawyers	21 Sep 08
40.36	Shadine Duquemin	12 Sep 09	3462 w+	Rhea Southcott	28 Jun 15
40.34	Natalie Hart	23 Mar 86		3342 +	20 Sep 15
40.22	Emma Merry	27 Aug 88	3462 +	Pippa Earley	20 Sep 15
40.18	Kelly Mellis	17 Sep 94	3447	Anna Rowe	22 Sep 13
			3442	Jasmine Nkoso	23 Jn 24
Hammer (4kg)			3438	Isabelle Mardle	19 Sep 21
47.61	Abbi Carter	18 May 08	3407	Thea Brown	19 Sep 21
			3383	Arabella Wilson	27 Jun 21
Hammer (3kg)					
58.04	Sophie Robertson	28 Sep 24		with 80mH	
58.01	Phoebe Baggott	9 Jul 16	3512	Kate O'Connor	27 Jun 15
57.83	Kirsty Costello	5 Aug 17	3444	Jane Shepherd	16 Jul 83
57.74	Tara Simpson-Sullivan	9 Aug 15			
57.10	Charlotte Williams	24 Sep 16		Pentathlon Short Track	
56.89	Katie Head	17 Aug 14		(60H,HJ,SP(3.25k),LJ,800)	
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	10 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		Pentathlon Short Track (60H,HJ,SP(3k),LJ,800)	
54.00	Jade Williams	15 Jul 15	3649	Lucy-Jane Matthews	12 Mar 17
53.14	Lara Moffat	25 Aug 18	3518	Erin Loble	10 Mar 19
52.86	Gypsy Nash	18 Aug 19	3411	Rhea Southcott	15 Mar 15
			3397	Jasmine Jolly	13 Mar 16
Javelin 600g (1999 Model)			3353	Kate O'Connor	13 Dec 14
44.23	Freya Jones	12 Jul 08	3346	Ella Rush	11 Mar 18
43.13	Laura McDonald	11 Jul 09	3342	Jasmine Nkoso	10 Mar 24
			3341	Abigail Pawlett	12 Mar 17
Javelin (pre 1999 Model)			3328	Milly Gall	12 Mar 17
48.40	Mandy Liverton	31 Aug 87			
				Pentathlon Short Track (60H,HJ,LJ,SP,60)	
Javelin 500g			3238	Charlotte Jones	16 Mar 14
48.84	Bethany Moule	16 Jul 16			
47.56	Bethan Rees	13 Sep 14		2000 Metres Track Walk	
46.98	Lucy Bull	29 Sep 24	9:20.3	Ana Garcia (U13)	19 Sep 13
46.55	Hannah Lewington	30 Aug 20			
46.51	Ayesha Jones	5 Sep 21		2500 Metres Track Walk	
46.27	Elise Christian	14 May 23	11:50.0	Susan Ashforth	12 Sep 84
45.36	Dulcie Yelling	22 Aug 21			
44.81	Rebekah Walton	30 Aug 14		3000 Metres Track Walk	
44.64	Harriette Mortlock	2 Sep 18	14:17.3	Rebecca Mersh	10 May 03
44.57	Harriet Wheeler	27 Aug 22	10 14:34.2	Ana Garcia	13 Sep 15
44.38	Kate O'Connor	18 Jul 15		Sarah Bennett	26 Sep 93
43.90	Charlotte Pabari	21 Jul 24		Susan Ashforth	19 Jun 84
43.70	Kirsty Costello	26 Aug 17		Sally Wish	16 Sep 72
43.62	Elizabeth Korczak	26 Aug 17		15:00.0	Heather Butcher
43.44	Eloise Locke	16 Aug 15		15:00.6	Kelly Mann
43.30	Jessica Lewis	14 Jul 18		15:03.7	Sophie Lewis Ward
43.07	Emma Howe	13 Jun 15		15:06.69	Jenny Gagg
				15:10.06	Jenny Gagg
				15:10.28	Sarah Foster
				15:12.7	
Hexathlon				3k Road - where superior to track time	
4018	Erin Loble	4 Aug 19	14:47	Amy Hales	23 Jun 96
			14:48	Nikola Ellis	16 Sep 84
Pentathlon (with 800m & 75mH) + with 3kg SP			14:55	Lisa Langford/Kehler	6 Dec 80
3755	Morgan Lake	30 Jul 11	14:58	Carolyn Brown	19 Aug 87
3626	Katarina Thompson	16 Sep 07	14:59	Julie Snead	16 Sep 84
3532	Kierra Barker	1 Jul 12	15:07	Stephanie Cooper	10 Dec 83
3518	Katharine Merry	18 Sep 88	15:07	Kathryn Granger	23 Apr 05
3509	Aileen Wilson	20 Sep 98	15:09	Angela Hodd	29 Jul 84
3472 +	Erin Loble	23 Jun 19	15:09	Lauren Whelan	28 Jan 07

3000 Metres Walk Short Track

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

5000 Metres Track Walk

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

5k Road - where superior to track time

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

4 x 100 Metres Relay

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

4 x 200 Metres Relay

1:43.91 South Yorkshire AA 14 Sep 19
 F.Paddon, A.Abberley, N.Kikuyu, A.Jones
 1:44.0 Bristol AC 15 Sep 79
 K.Hall, S.White, K.Hurman, D.Tucker
 1:44.2 Selsonia LAC 15 Sep 79
 P.McQueen, P.Bryden, D.Doyley, E.Mitchell
 1:44.5 Haringey AC 15 Sep 79
 P.Morais, N.Byer, M.Toppin, S.Moseley

4 x 300 Metres Relay

2:48.29 Blackheath & Bromley 31 Aug 24
 K.Bryan, A.Jenner-Heard, F.Pearson, S.Tran
 2:49.13 Blackheath & Bromley 15 Jul 17
 Z.Mossi, D.Harper, S.Osahon, H.Mpassy
 2:49.40 Central AC 3 Jul 16
 A.Davison, S.McLay, K.Sharkey, E.Mailer
 2:49.67 Winchester & D AC 8 Jul 23
 I.Jordan, G.Osman, L.Flute, C.Poore
 2:49.67 Preston Harriers 25 Aug 24
 J.McMaster, D.Alt, E.Whiteside, L.Melling
 2:50.24 Coventry Godiva H 25 Aug 24
 A.Bourton, E.Davies, I.Beasley, N.Bennett
 2:50.38 Rugby & Northampton 31 Aug 24
 C.Terrell, I.Kendall, M.Bean, M.Taylor
 2:50.5 Blackheath & Bromley 21 Jul 18
 Z.Mossi, C.Kelly-Gordon, K.Pullin, S.Osahon
 2:50.54 West Cheshire AC 20 Jul 19
 L.Battersby, F.Bojang, M.Willetts, I.Pughe
 2:50.63 Blackheath & Bromley 8 Sep 18
 Z.Mossi, O.Berry, A.Sibley, S.Osahon
 2:50.70 Blackheath & Bromley 2 Sep 17
 N.Tift, S.Osahon, D.Harper, H.Mpassy
 2:50.9 West Cheshire AC 22 Jun 19
 L.Battersby, F.Bojang, S.Jones, I.Pughe

4 x 400 Metres Relay

4:07.48 West Cheshire AC 14 Aug 19
 L.Battersby, M.Willetts, F.Bojang, I.Pughe
 4:09.2 Rotherham H & AC 16 Jun 15

3 x 800 Metres Relay

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

4 x 800 Metres Relay

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

UNDER 13**60 Metres**

7.8 Debbie Bunn 22 Mar 75
 7.83 Nell Desir 22 Feb 20
 7.89 Honor Oteng 10 Feb 24
 7.9 Jane Parry 21 Feb 76

75 Metres

9.52 Grace Gode 21 Jul 24
 9.54 Hannah Brier 1 Aug 10
 9.65 Success Eduan 1 May 17
 9.67 Yasmin Miller 27 Aug 07
 9.67 Tyra Khambai-Annan 18 Jun 17
 9.70 Trezeguet Taylor 29 May 17
 9.71 Charlotte McLennaghan 1 Aug 10
 9.75 Sasha Nolan 19 May 24
 9.78 Kitan Eleyae 16 May 04
 9.78 Aliyah Afolabi 8 May 22 10
 9.80 Marian Owusuwaah 16 Jul 16
 9.83 Amy Spencer 6 Sep 98

wind assisted

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

hand timing

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

100 Metres

11.92 Jane Parry 20 Aug 77
 12.18 Honor Oteng 23 Jun 24
 12.21 Trezeguet Taylor 26 Aug 17
 12.32 Katharine Merry 24 Jul 87

wind assisted

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

hand timing

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

hand timing - wind assisted

11.8	Debbie Bunn	28 Jun 75
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150 Metres

18.80	Hannah Brier	1 Aug 10
18.81	Success Eduan	29 May 17
18.90	Grace Gode	21 Jul 24
18.97	Aliyah Afolabi	30 Jul 22
19.12	Trezeguet Taylor	29 May 17
19.18	Alexis Brown	5 Jun 24
19.19	Uzoma Nwachukwu	2 Sep 07
19.28	Dina Asher-Smith	7 Sep 08
19.28	Tyla Beckles	5 Sep 10
19.29	Charlotte McLennaghan	4 Sep 10 10
19.29	Imaan Denis	18 Jul 15
19.30	Alyson Bell	22 May 16

wind assisted

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

hand timing

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

200 Metres

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

hand timing

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

wind assisted

23.6	Jane Parry	9 Jul 77
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200 Metres Short Track

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

600 Metres

1:37.3	Lisa Lanini	19 Mar 00
1:37.5	Hannah Wood	17 Jul 94
1:37.5	Kara Bryan	18 Jun 23

600 Metres Short Track

1:35.98	Sienna Lavine	23 Nov 24
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800 Metres

2:13.87	Ruby Simpson	20 Aug 17
2:14.17	Molly Canham	29 Jul 14
2:14.19mx	Jessica Hicks	17 Jul 04
2:14.8	Janet Lawrence	10 Jul 71
2:15.05	Rachel Hughes	11 Sep 81
2:15.3 mx	Shaikira King	5 Sep 20
2:15.38mx	Kara Bryan	12 Jun 23
2:15.44	Sienna Lavine	10 Aug 24
2:15.46	Olivia Mason	16 Aug 14
2:15.74mx	Khahisa Mhlanga	22 Aug 12 10
2:15.8mx	Lois Codling	27 Sep 22
2:15.82mx	Nia Harrison-Sargent	20 Sep 20

800 Metres Short Track

2:19.24	Sienna Lavine	4 Feb 24
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1000 Metres

3:00.1	Charlotte Moore	25 Aug 97
3:04.0+mx	Jessica Hicks	29 Sep 04

1200 Metres

3:40.05	Eve Beddow	12 May 24
3:41.6	Francesca Baxter	20 Jul 19
3:41.83	Rosa Yates	18 Jul 10
3:43.2	Keely Hodgkinson	19 Jul 14
3:43.4+mx	Jessica Hicks	29 Sep 04
3:43.51	Maya Scofield	10 Sep 22
3:43.6	Molly Carvell	5 Jun 21
3:43.7	Emma Shipley	15 Jul 17
3:44.43	Megan Warner	15 Sep 12
3:44.5 +	Sarah Hopkinson	14 Jun 03 10
3:44.6	Valerie Teare	17 Jul 21
3:44.8	Hope Goddard	10 Apr 11

1500 Metres

4:32.67mx	Phoebe Gill	24 Jul 19
4:39.30		27 Jul 19
4:34.00	Emer McKee	18 Jul 21
4:35.67mx	Madison Kindler	14 Aug 24
4:36.9	Rachel Hughes	20 Jul 81
4:38.46	Shaikira King	18 Sep 20
4:38.94mx	Jessica Hicks	29 Sep 04
4:41.67		21 Jul 04
4:39.09mx	Francesca Baxter	26 Jun 19
4:39.3	Charlotte Moore	2 Aug 97
4:39.84	Sarah Hopkinson	14 Jun 03
4:40.63mx	Khahisa Mhlanga	25 Jul 12 10
4:41.7 mx	Olivia Mason	7 Jul 14
4:41.91	Olivia Murphy	25 Jun 23

60 Metres Hurdles (68.5cm)

9.19	Emily Bond	29 Feb 20
9.44	Lia Bonsu	21 Jan 18
9.52	Lucy-Jane Matthews	29 Mar 15

70 Metres Hurdles (68.5cm)			5.35	Eden Robinson	4 Aug 19
10.88	Holly Whittaker	30 Aug 21	5.34	Fiona May	12 Jun 82 10
11.01	Lia Bonsu	11 Aug 18	wind assisted		
11.05	Marcia Sey	27 Jul 14	5.55	Katharine Merry	10 Jul 87
11.12	Megan Corker	28 Aug 17	Triple Jump		
11.13	Jess Seddon	10 Sep 23	10.80	Isabelle Mardle	9 Aug 19
11.15	Lauren Beales	25 May 13	10.24	Karina Harris	12 Aug 13
11.15	Christa Hetherington	27 Jul 14	Shot (3.25kg)		
11.15	Bisan Musa	3 Jul 22	12.20	Susan King	3 Sep 77
11.17	Anne-Marie Massey	3 Sep 95	11.52	Adele Nicoll	9 Aug 09
11.17	Emily Bond	15 Aug 20 10	11.21	Sophie Merritt	14 Jul 10
wind assisted			Shot (2.72kg)		
10.90	Lia Bonsu	9 Sep 18	12.80	Sophie Merritt	11 Jul 10
11.01	Carys Poole	3 Sep 16	12.38	Meghan Porterfield	24 Jun 18
11.02	Nafalya Francis	27 Aug 01	12.12	Erin Lobley	13 Aug 17
11.09	Yasmin Miller	9 Sep 07	12.07	Becki Hall	14 Aug 01
hand timing			11.81	Adele Nicoll	31 Aug 09
10.9	Charlotte Maxwell	31 Aug 04	11.78	Morgan Lake	12 Jul 09
10.9	Lia Bonsu	17 Jun 18	11.59	Eden Francis	8 Sep 01
11.0	Katharine Merry	20 Sep 87	11.53	Finesse Thompson	30 Jun 02
11.0	Justine Roach	13 Sep 97	11.51	Kirsty Finlay	27 Sep 14
11.0	Amy Wakeham	31 Aug 04	11.50	Nimi Iniekio	5 Sep 99 10
11.0	Megan Corker	18 Jun 17	Discus (1kg)		
11.0	Nana Owusuah Quainoo	27 Jul 19	34.22	Catherine Garden	25 Aug 91
11.0	Isabelle Mardle	8 Sep 19	33.71	Sophie Merritt	22 Aug 10
wind assisted			33.61	Sophie Mace	4 Aug 11
10.8	Charlotte Maxwell	30 Aug 04	Discus (750g)		
75 Metres Hurdles (76.2cm)			40.31	Sophie Merritt	17 Jul 10
11.78	Caroline Pearce	7 Aug 93	39.86	Nubia Evans-Shields	24 Sep 19
hand timing			39.44	Catherine Garden	8 Sep 91
11.3	Katharine Merry	26 Sep 87	38.20	Sophie Mace	18 Sep 11
High Jump			37.64	Sandra Biddlecombe	4 Jul 90
1.69	Katharine Merry	26 Sep 87	36.90	Samantha Callaway	24 Aug 14
1.68	Julia Charlton	6 Aug 78	35.86	Meghan Porterfield	19 May 18
1.65	Debbie Marti	20 Sep 80	35.21	Shadine Duquemin	8 Sep 07
1.65	Jane Falconer	20 Sep 87	35.15	Charlotte Payne	21 Sep 14
1.65	Emma Buckett	4 Sep 05	34.80	Rebecca Saunders	28 Aug 00 10
1.63	Lindsey Marriott	11 Aug 79	Hammer (3kg)		
1.63	Paula Davidge	13 Sep 81	47.10	Lily Murray	12 Jun 17
1.63	Ashleigh Bailey	31 Aug 13	43.04	Kirsty Costello	6 Jun 15
1.63	Isabel Pinder	17 Jul 16	42.07	Meghan Porterfield	8 Sep 18
Pole Vault			40.85	Katie Gibson	30 Sep 17
3.46	Gemma Tutton	12 Jun 17	40.03	Gypsy Nash	26 Aug 17
3.12 i	Jade Spencer-Smith	21 Sep 14	Javelin (600g 1999 model)		
3.10	Hannah Olson	9 Sep 00	32.18	Alisha Levy	8 Sep 12
2.92 i	Molly Caudery	23 Sep 12	31.16	Laura Carr	1 Sep 01
2.91	Olivia Connor	6 Sep 10	Javelin (500g)		
2.91 i	Nyree Perry	23 Sep 18	35.86	Lucinda White	1 Aug 17
Long Jump			35.07	Dulcie Yelling	28 Jun 19
5.71	Sandy French	20 Aug 76	Javelin (400g)		
5.45	Sarah Wilhelmy	31 Aug 92	44.02	Dulcie Yelling	27 Apr 19
5.43	Margaret Cheetham	19 Sep 81	42.64	Charlotte Pabari	24 Jul 22
5.42	Katharine Merry	7 Jun 87	41.66	Hannah Lewington	19 Jun 18
5.40	Kerry Gray	1 Sep 84	39.52	Mila Desborough	25 Jul 24
5.40	Amy Williams	23 Jun 10	38.75	Ayesha Jones	2 Jun 19
5.38	Toyin Campbell	6 Aug 77			
5.35	Debbie Bunn	7 Sep 75			

38.18	Lucinda White	23 Sep 17	2500 Metres Track Walk		
38.11	Alisha Levy	8 Sep 12	12:48.9	Claire Walker	20 Jul 85
38.07	Louise Watton	12 Sep 99	12:50.5	Vicky Lawrence	4 Jul 82
37.96	Emily Green	6 Jun 10	12:53.3	Kelly Mann	11 May 96
37.73	Ellie Vernon	15 Jul 13	10	2.5k Road - where superior to track time	
37.49	Jemma Tewkesbury	30 Sep 03	12:39	Amy Hales	16 Oct 93
37.38	Bethan Rees	8 Sep 12	12:41	Stephanie Cooper	1 May 82
Pentathlon (Under 15 implements)			3000 Metres Track Walk		
2607	Jane Shepherd	6 Jun 81	15:02.0	Ana Garcia	24 Jun 13
2604	Alison Kerboas	19 Sep 93	15:41.0	Kelly Mann	30 Jul 95
Pentathlon			3k Road - where superior to track time		
3114	Erin Lobley	16 Sep 17	14:23	Ana Garcia	10 May 13
3046	Morgan Lake	27 Sep 09	15:25	Nicola Greenfield	21 Mar 87
2857	Dionne Maguinness	9 Jul 23	4 x 100 Metres Relay		
2811	Katharine Merry	20 Sep 87	51.09	Surrey AA	27 Jul 19
2809	Isabelle Mardle	29 Sep 19	L.Lopez, I.Marshall, A.Wilson, K.Johnson		
2805	Stroma Fraser	15 Jul 18	51.1	South Yorkshire AA	14 Sep 91
2787	Jessica Hicks	26 Sep 04	51.2	Wales	6 Aug 78
2722	Mya McMahon	15 Jul 18	51.32	Surrey AA	24 Jul 22
2718 w	Julia Winogrodzka	2 Jul 17	E.Sherlock, T.Garrard, C.Murray, S.Marshall		
2692	Holly McArthur	23 Sep 12	10	51.60	Preston Harriers 18 Aug 18
Pentathlon Short Track			51.6	Swansea Harriers	22 May 10
2968	Emily Bond	1 Feb 20	E.Coates, H.Brier, J.Merrick, F.Wake		
2821	Lucy-Jane Matthews	29 Mar 15	51.6	Swansea Harriers	11 Jul 10
2817	Mya McMahon	3 Feb 18	51.67	Surrey AA	31 Jul 16
1000 Metres Track Walk			51.67	Shaftesbury Barnet H	22 Jul 18
4:26.77	Ana Garcia	7 Sep 13	N.Akintorun, T.Jokosenumi, J.Salt, McCann-Ezekiel		
4:47.63	Kathryn Granger	25 Aug 03	51.7	Swansea Harriers	18 Jul 10
4:53.4	Fiona McGorum	9 Sep 01	J.Merrick, H.Brier, E.Coates, F.Wake		
4:56.93	Evie Butcher	7 Sep 13	4 x 200 Metres Relay		
1k Road - where superior to track time			1:51.1	Blackheath & Bromley	10 Sep 17
4:42	Kelly Mann	23 Sep 95	S.Kerr, T.Lewis, G.Sullivan, E.Kerr		
4:43	Natalie Watson	23 Sep 95	1:51.30	Herne Hill Harriers	12 Sep 15
2000 Metres Track Walk			S.Wilson, R.Edwards, F.Price, M.Winston		
9:20.3	Ana Garcia	29 Sep 13	1:51.98 i	Giffnock North AAC	20 Mar 16
10:09.0	Kelly Mann	10 Sep 95	A.Bell, N.Smith, M.Rose Cairns, L.Sturgeon		
10:15.4	Kathryn Granger	28 Jun 03	3 x 800 Metres Relay		
10:17.0	Sarah Bennett	27 Sep 92	7:18.0	Mid-Hants AC	14 Sep 83
10:19.0	Joanne Ashforth	7 Sep 85	7:23.1	Edinburgh Southern H	23 Aug 81
10:19.3	Lauren Gimson	14 Jun 03	4 x 800 Metres Relay		
10:19.8	Fiona McGorum	29 Sep 01	10:02.4	Warrington AC	15 Sep 75
2k Road - where superior to track time			10:08.2	Liverpool H & AC	Jul 85
10:03	Kelly Mann	23 Jun 96			
10:15	Fiona McGorum	5 May 01			