

UK ALL-TIME LISTS – WOMEN

(S) = Scottish record, (W)= Welsh record

YES/NO at the top of some events indicates those that are now included/excluded and the performances are included as they are often superior to those in the replacement event

U18 WOMEN (as per UKA Rules)

as at 18 March 2026

60 Metres			23.30	Success Eduan	22 May 22
7.21	Jodie Williams	5 Mar 11	-----		
7.26	Mabel Akande	10 Feb 24	23.43	Linsey Macdonald (S)	20 Aug 80
7.28	Nia Wedderburn-Goodison	12 Dec 21	23.59	Hannah Brier (W)	17 May 15
7.34	Dina Asher-Smith	23 Feb 13	wind assisted		
7.34	Amy Hunt	23 Feb 19	23.01	Simmone Jacobs	28 May 84
7.34	Celine Obinna-Alo	7 Dec 25	23.11	Linsey Macdonald (S)	5 Jul 80
7.35	Katharine Merry(U16)	18 Mar 89	23.25	Hannah Brier (W)	6 Jun 15
7.35	Asha Philip	11 Feb 07	hand timing - wind assisted		
7.36	Annabelle Fasuba (U16)	7 Feb 26	23.1	Kathryn Smallwood	9 Jul 77
7.39	Renee Regis	11 Feb 23	23.2	Debbie Bunn (U16)	2 Jul 78
7.41	Hannah Brier (W)	24 Jan 15	200 Metres Short Track		
7.41	Success Eduan	26 Feb 22	23.20	Amy Spencer	2 Mar 03
hand timing			23.24	Shannon Hylton	9 Feb 14
7.3	Sonia Lannaman	13 Jan 73	23.44	Dina Asher-Smith	24 Feb 13
100 Metres			23.44	Success Eduan	13 Feb 22
11.18	Jodie Williams	22 Jul 11	23.49	Vernicha James	30 Jan 00
11.27	Mabel Akande	22 Jun 24	23.78	Lucy Sargent	20 Feb 05
11.31	Amy Hunt	19 May 19	23.78	Desiree Henry	27 Feb 11
11.36	Nia Wedderburn-Goodison	2 Aug 22	23.82	Jennie Batten	28 Feb 10
11.36	Renee Regis	7 Aug 23	23.83	Amber Anning	18 Feb 18
11.37	Asha Philip	23 Jun 07	23.87	Simmone Jacobs	14 Jan 84
11.37	Ashleigh Nelson	11 May 08	-----		
11.38	Dina Asher-Smith	29 Jun 13	23.91	Aliyah Afolabi (W U16)	9 Feb 25
11.39	Hannah Brier (W)	16 Jul 15	23.93	Emma Clark (S)	9 Mar 25
11.44	Joy Eze	16 Jul 21	300 Metres		
wind assisted			36.46	Linsey Macdonald (S)	13 Jul 80
11.20	Renee Regis	16 Jul 23	37.59	Cheriece Hylton	25 May 13
11.26	Simmone Jacobs	27 May 84	37.79	Amber Anning	1 Sep 17
11.30	Dina Asher-Smith	15 Jun 13	38.00	Jodie Williams	22 May 11
11.30	Nia Wedderburn-Goodison	5 Jul 22	38.02	Holly Ryan (U16)	12 Jul 25
11.37	Hannah Brier (W)	31 May 15	38.18	Shiloh Omotosho (U16)	28 Jul 24
hand timing			38.19	Eleanor Caney	22 Jul 00
11.4	Sonia Lannaman	30 Jun 73	38.21	Lesley Owusu	27 Aug 95
hand timing - wind assisted			38.22	Darcy Coslett (W U16)	11 Aug 24
11.3	Helen Golden (S)	30 May 70	38.28	Etty Sisson	25 Sep 21
11.3	Linsey Macdonald (S)	3 May 80	38.31	Noa Chodokufa	10 Aug 25
11.4	Shirley Thomas	4 May 80	hand timing		
11.4	Jane Parry	5 Jul 80	38.1	Darcy Coslett (W)	10 May 25
200 Metres			38.2	Marilyn Neufville	6 Sep 69
22.42	Amy Hunt	30 Jun 19	38.3	Joey Duck	1 Aug 04
22.79	Jodie Williams	23 May 10	300 Metres Short Track		
22.93	Vernicha James	21 Jul 01	37.72	Amy Spencer	24 Feb 02
23.09	Charlotte Mclennaghan	10 May 15	38.50	Holly Mpassy	24 Feb 19
23.10	Diane Smith (U16)	11 Aug 90	38.56	Katarina Thompson (U16)	24 Feb 08
23.14	Dina Asher-Smith	19 May 13	38.69	Cheriece Hylton	24 Feb 13
23.22	Kathryn Smallwood	17 Jul 77	38.69	Darcy Coslett (W)	9 Feb 25
23.25	Desiree Henry	10 Jul 11	38.73	Holly Ryan	7 Feb 26
23.28	Simmone Jacobs	28 Aug 83	38.77	Hannah Foster	25 Feb 18
23.30	Shannon Hylton	18 May 14	39.16	Sabrina Bakare	26 Feb 12

39.19	Cara Monachello (S)	7 Feb 26	2:07.2	Judith Hodgkinson	25 Jan 80
39.2	Katie Kirk	27 Feb 10	2:07.27	Carolyn Plateau	20 Feb 05
			2:07.45	Charlotte Moore	4 Feb 01
400 Metres YES					
51.16	Linsey Macdonald (S)	15 Jun 80	-----		
52.25	Catherine Reid	17 Jul 15	2:09.02	Naomi Reid (W)	5 Mar 17
52.60	Kara Dacosta	20 Jul 24	1000 Metres		
52.77	Sabrina Bakare	12 Jul 13	2:38.58	Jo White	9 Sep 77
53.08	Loreen Hall	29 Jul 84	1500 Metres		
53.24	Hannah Williams	17 Jul 15	4:05.87mx	Phoebe Gill	1 May 24
53.52	Ruth Patten	25 Sep 74		4:11.96	12 Jul 23
53.54	Cheriece Hylton	5 Jul 14	4:09.13	Lyla Belshaw	12 Jul 25
53.54	Charlotte Henrich	6 Jul 22	4:09.93	Jessica Judd	15 Jul 12
53.67	Natasha Harrison	14 Jul 18	4:11.12	Bridget Smyth	26 May 85
-----			4:11.78	Shaikira King	7 Jun 25
54.29	Darcy Coslett (W U16)	15 Jun 24	4:12.76	Stephanie Twell (S)	24 Jun 06
hand timing					
52.6	Marilyn Neufville	20 Jun 70	4:13.94	Charlotte Moore	14 Aug 02
53.3	Phoebe Gill	14 Jul 24	4:14.15mx	Sarah Kelly	10 Aug 10
53.5	Ruth Patten	30 Jun 74	4:14.78	Isla McGowan	21 Jul 24
			4:15.00	Dani Barnes	31 May 03

			4:17.46	Libby Hale (U16 W)	20 Jul 24
400 Metres Short Track					
53.01	Marilyn Neufville	14 Mar 70	1500 Metres Short Track		
54.00	Lucia Bertacchini	14 Feb 26	4:16.2	Jo White	28 Jan 78
54.07	Kara Dacosta	11 Feb 24	4:19.9	Sandra Arthurton	28 Feb 79
54.50	Darcy Coslett (W)	22 Feb 25	4:21.53+	Lyla Belshaw	4 Feb 24
54.55	Amber Anning	24 Feb 18	4:22.81	Olivia McGhee	25 Jan 26
54.66	Kirsten McAslan	27 Feb 11	4:23.16	Zoe Jelbert	27 Jan 01
54.76	Lesley Owusu	2 Mar 96	4:23.97	Annie Mann	19 Feb 23
54.79	Loreen Hall	16 Mar 85	4:24.07	Ciara Mageean (NI)	27 Jan 08
54.79	Meghan Beesley	18 Feb 07	4:25.04	Erin Wallace (S)	1 Feb 17
54.82	Phoebe Gill	1 Jan 24	4:25.76mx	Olivia Forrest (U16)	14 Feb 24
-----			4:26.34	Jessica Lark	21 Jan 24
55.21	Rebecca Grieve (S)	30 Jan 22	4:26.8	Karen Hughes	21 Mar 81
600 Metres					
1:27.33	Lorraine Baker	13 Jul 80	4:26.91	Libby Hale (W U16)	21 Jan 24
800 Metres					
1:57.86	Phoebe Gill	11 May 24	1 Mile		
1:59.75	Charlotte Moore	29 Jul 02	4:40.3	Sandra Arthurton	1 Jul 79
2:00.95	Shaikira King	12 Jul 25	1 Mile short track		
2:00.96	Jessica Judd	12 Jul 12	4:42.85	Lyla Belshaw	4 Feb 24
2:01.80mx	Lyla Belshaw	11 Jun 25	3000 Metres		
	2:02.01	15 Jul 25	8:59.67	Innes Fitzgerald	16 Jul 22
2:02.0	Jo White	13 Aug 77	9:03.35	Philippa Mason	19 Jul 86
2:02.18	Lynne Robinson	18 Jul 86	9:06.87	Emily Pidgeon	7 Jun 06
2:02.8	Lesley Kiernan	2 Sep 74	9:07.41	Stephanie Twell (S)	8 Jul 06
2:02.89	Sarah Kelly (S)	21 Jul 10	9:07.77	Yvonne Murray	10 Jul 82
2:03.21	Lorraine Baker	22 Sep 81	9:08.01mx	Emilia Gorecka	24 Aug 11
-----			9:08.5 mx	Jessica Judd	6 Apr 11
2:04.72	Kirsty McDermott (W)	18 Aug 79	9:09.67mx	Katie Pye	12 Jun 24
800 Metres Short Track					
2:03.57	Shaikira King	19 Jan 25	9:10.67	Sian Edwards	8 Jul 06
2:04.99mx	Lyla Belshaw	14 Feb 24	9:13.00mx	Bobby Clay	27 Aug 14
2:06.05	Jorjia March	4 Feb 26	-----		
2:06.42	Isabelle Boffey	29 Jan 17	9:22.84	Non Stanford (W U16)	30 Jul 04
2:06.59	Erin Wallace (S)	30 Jan 16	3000 Metres Short Track		
2:06.67	Tilly Simpson (U16)	17 Jan 16	9:19.51	Emily Pidgeon	15 Jan 05
2:06.75	Loren Bleaken	26 Feb 12	9:22.98	Non Stanford (W)	12 Feb 06
2:07.17	Anna Burt	11 Feb 17	9:33.02	Erin Wallace (S)	4 Jan 17
			9:34.6	Julie Rose	23 Jan 82

9:34.65	Charlotte Purdue	10 Feb 07	8.37	Holly Whittaker (S)	24 Jan 26
9:37.54	Zoe Jelbert	5 Feb 00	8.38	Serita Solomon	24 Feb 07
9:38.75mx	Sarah Hopkinson	16 Dec 06	8.39	Nathalie Byer	29 Jan 83
9:40.29	Zara Redmond	4 Jan 25	8.41	Jessica Duncton	18 Feb 23
9:42.22	Olivia Forrest (U16)	7 Jan 24	8.42	Wendy McDonnell/Jeal	25 Feb 78
9:42.68	Louisa Brown	18 Feb 22	8.42	Natasha Danvers	25 Feb 95
			8.44	Angela Thorp	10 Feb 90
			8.45	Yasmin Miller	26 Feb 12
			8.45	Marcia Sey	24 Feb 19
5000 Metres			100 Metres Hurdles (76.2cm) YES		
15:41.00	Emily Pidgeon	24 Jun 06	13.05	Mia McIntosh	5 Jul 22
15:42.48	Sian Edwards	23 Jul 06	13.18	Thea Brown	18 Jul 24
15:51.20	Emilia Gorecka	28 May 11	13.40A	Alicia Barrett	16 Jul 15
15:53.27	Annabel Gummow	28 May 11	13.41	Marcia Sey	9 May 18
			13.45	Lucy-Jane Matthews	7 Jul 18
1500 Metres Steeplechase optional			13.55	Theresa Crosbie (S)	7 Jul 92
4:49.48	Ava James	31 Aug 24	13.57	Hope Sartl	9 Sep 15
4:50.3	Sarah Hopkinson	23 May 07	13.61	Pippa Earley	18 Jun 17
4:50.9	Louise Webb	23 May 07	13.64	Yasmin Miller	4 Jun 11
4:51.44	Elise Thorner	14 Jul 18	13.66	Ann Girvan	25 Jul 81
4:52.39	Ava James	26 Jul 24	13.66	Moesha Howard	11 Jul 13
4:53.1	Ella Davey	8 Jun 24	13.66	Amber-Leigh Hall	21 Jun 15
4:53.7	Ellen Kearney	25 Jul 21			
4:53.94	Holly Page	16 Jul 16			
4:54.10	Jessica Hatch	9 Jul 22			
4:54.36	Katie Ingle	7 Jul 12			

4:55.32	Georgia Ledingham (S)	18 Aug 19	13.73	Sophie Lisk (W)	10 Jun 23
4:58.40	Millie Gold (W)	5 Jul 25	wind assisted		
			13.11	Alicia Barrett	8 Sep 15
2000 Metres Steeplechase YES			13.30	Yasmin Miller	10 Sep 11
6:32.45	Louise Webb	14 Jul 07	13.32	Marcia Sey	6 Jul 18
6:32.55	Sarah Hopkinson	14 Jul 07	hand timing		
6:37.27	Amy-Eloise Neale	10 Jul 11	13.6	Ann Girvan (S)	8 Aug 81
6:37.76A	Emily Pidgeon	24 Apr 06	100 Metres Hurdles (83.8cm) NO		
6:41.81	Rae Le Fay	22 Jun 24	13.20	Lucy-Jane Matthews	4 Sep 20
6:42.70	Eilish McColgan (S)	29 Jul 08	13.28	Thea Brown	22 Jun 24
6:43.95	Rachel Clutterbuck	14 May 22	13.40	Jessica Duncton	9 Jul 23
6:44.37	Ava James	18 Jul 24	13.45	Natasha Danvers	6 Aug 95
6:45.08	Lucy Jones	6 Jun 15	13.45	Mia McIntosh	11 Jun 22
6:46.32	Gabrielle Phelan	29 Jul 23	13.46	Nathalie Byer	27 Aug 83
-----			13.65	Wendy McDonnell/Jeal	3 Jun 78
6:48.53	Millie Gold (W)	15 Jun 25	13.65	Marcia Sey	6 Jul 19
60 Metres Hurdles (76.2cm) YES			13.71	Sally Gunnell	3 Jul 83
8.38	Holly Whittaker (S)	6 Dec 25	13.71	Abigail Pawlett	4 Sep 20
8.38	Izzy Rae	8 Feb 26	-----		
8.39	Thea Brown	12 Feb 23	13.73	Ann Girvan (S)	7 Aug 82
8.41	Pippa Earley	18 Feb 17	wind assisted		
8.45	Marcia Sey	20 Jan 18	13.32	Jessica Duncton	8 Aug 23
8.45	Lia Bonsu	13 Feb 22	13.58	Angela Thorp	8 Sep 90
8.47	Amelia Weeks	12 Mar 23	13.60	Marcia Sey	2 Jun 19
8.48	Lucy-Jane Matthews	24 Feb 19	13.67	Ann Girvan (S)	4 Jul 82
8.49	Helen Worsley	1 Mar 98	13.70	Leah Wagstaff	27 Jul 25
8.49	Olivia Crawford	8 Feb 26	hand timing		
8.50	Megan Marrs	24 Mar 13	13.7	Christine Perera	3 Jun 67
-----			13.7	Claire St John	5 Jul 80
8.54	Menna Grant (W)	11 Feb 24	13.7	Ann Girvan (S)	29 Aug 81
hand timing			13.7	Keri Maddox	8 Jul 89
8.5	Wendy McDonnell/Jeal	30 Oct 76	400 Metres Hurdles		
8.5	Claire St. John	17 Mar 79	57.33	Meghan Beesley	24 Jun 07
60 Metres Hurdles (83.8cm) NO			57.52	Perri Shakes-Drayton	16 Aug 06
8.22	Mia McIntosh	13 Feb 22			
8.26	Thea Brown	17 Feb 24			

Javelin 600g (1999 Model) NO			5146	Kat. Johnson-Thompson	21 Sep 08
52.82	Freya Jones	29 May 11	5037	Michelle Stone	1 Jul 84
52.68	Harriet Court	12 Jul 25	5031	Yinka Idowu	18 Sep 88
51.78	Ayesha Jones	28 Aug 24	with 80H 2'6", SP 3kg, JT 500g		
51.06	Goldie Sayers	3 Jul 99	5460	Molly Mills	29 Jun 25
50.95	Lianne Clarke (W)	7 Aug 04	5347	Eloise Hind	19 Sep 21
49.83	Hayley Thomas	24 May 03	5324	Abigail Pawlett	4 Aug 19
49.56	Bethan Rees	2 Jul 17	5274	Thea Brown	17 Sep 23
49.17	Sarah Roberts	29 May 11	5226	Jade O'Dowda	18 Sep 16
48.90	Izzy Jeffs	31 May 09	5215	Zoe Gregory	17 Sep 23
48.77	Emma Hamplett	13 Sep 14	5214 w	Emily Race	17 Sep 17
Javelin 600g (pre 1999 Model) NO			5149		17 Sep 17
59.36	Kirsty Morrison/Herbert	4 Sep 93	5213	Eden Robinson	17 Sep 23
57.84	Mandy Liverton	3 Jun 90	5140	Anna Rowe	21 Sep 14
57.80	Julie Abel	5 Jun 83	5127	Jessica Hopkins	16 Sep 18
56.06	Karen Hough	8 Jun 85	5123 w	Pippa Earley	17 Sep 17
55.72	Karen Martin	25 Jul 92	5114 W	Olivia Dobson	17 Sep 17
55.38	Catherine Garside	19 May 84	Pentathlon Short Track (60H,HJ,SP,LJ,800)		
53.88	Fatima Whitbread	27 May 78	Snr Implements		
Javelin 500g YES			4284	Morgan Lake	9 Feb 14
57.14	Emma Hamplett	1 Jun 14	4146	Katarina Thompson	6 Mar 10
52.91	Bethany Moule (W)	8 Apr 18	4110	Niamh Emerson	20 Feb 16
52.49	Ayesha Jones	9 Aug 23	3998	Thea Brown	6 Jan 24
52.28	Harriet Court	30 Mar 24	3968	Abigail Pawlett	2 Feb 20
51.87	Emma Howe	13 May 18	3934	Jackie Kinsella	1 Mar 86
51.50	Harriet Wheeler (U16)	9 Aug 23	3859	Holly McArthur (S)	28 Jan 17
50.64	Bethan Rees	24 Jul 16	3845	Ava John	27 Jan 24
50.39	Keira Waddell (S)	31 Aug 18	Pentathlon Short Track		
50.35	Kirsty Costello	12 May 19	(60H,HJ,SP(3k),LJ,800)		
50.28	Lucy Bull (U16)	7 Sep 25	4058	Eden Robinson	2 Dec 23
49.74	Jessica Howells	12 Jul 24	4036	Abigail Pawlett	9 Mar 19
Heptathlon (1984 Tables) Senior			3992	Jade O'Dowda	10 Dec 16
6148	Morgan Lake	4 Aug 13	3952	Pippa Earley	11 Mar 17
5687	Holly McArthur (S)	21 Jul 17	3877	Kate O'Connor (IRL)	23 Jan 16
5597	Eden Robinson	28 Jul 24	3874	Anna McCauley	10 Dec 16
5538	Jade Surman	19 Aug 06	3865	Ella Rush	14 Mar 20
5496 OJ	Yinka Idowu	3 Sep 89	3859	Thea Brown	26 Nov 22
5481	Kat. Johnson-Thompson	14 Jun 09	3853	Emily Race	10 Nov 17
5451	Jodie Smith	26 May 19	3846	Ada'ora Chigbo	13 Dec 14
5448	Eloise Hind	28 May 22	-----		
5442	Jade O'Dowda	17 Sep 17	3836	Holly Whittaker (S)	6 Dec 25
5430 OJ	Sally Gunnell	12 Jun 83	3698	Matilda Quick (W)	16 Nov 24
5391w	Jackie Kinsella	22 Jun 86	3000 Metres Track Walk		
5370	Ella Rush	19 Sep 21	13:48.72	Gracie Griffiths (W)	18 Jun 23
with 100mH (2'6")			13:50.52	Rebecca Mersh (U16)	31 May 04
5750	Kat. Johnson-Thompson	11 Jul 09	13:55.81		28 May 06
5311	Jessica Ennis	13 Jul 03	13:51.35+	Sophie Lewis Ward	14 Jul 16
5241	Jade Surman	16 Jul 05	14:04.1	Susan Ashforth (U16)	19 May 85
5071	Debbie Marti	5 Jun 83	14:05.8	Tasha Webster	31 May 12
IAAF U18 2013 (100H 2'6", SP 3kg, JT 500g)			14:09.78	Heather Warner	11 Jun 11
5919	Niamh Emerson	15 Jul 16	14:09.81	Amy Hales	19 Sep 98
5807	Thea Brown	19 Jul 24	14:17.0	Julie Drake	8 Jul 86
5725	Morgan Lake	4 Aug 13	14:18.0	Gillian Edgar	28 May 81
5377	Ava John	26 May 24	14:20.70	Sophie Hales	15 Sep 01
5361	Chisom Nwafor	29 May 22	3000 Metres Walk Short Track		
Heptathlon with 80mH, SP 4kg, JT 600g			14:01.67	Rebecca Mersh (U16)	29 Feb 04
5474	Morgan Lake	4 Aug 13	14:17.96	Katie Ford	28 Feb 98
			14:18.43mx	Emma Achurch	16 Feb 14

14:21.93	Sophie Lewis Ward	15 Feb 15	23:57	Sarah Brown/Sowerby	6 Dec 80
14:26.43	Ana Garcia	12 Feb 17	24:06	Vicky Lupton	22 Apr 89
14:29.37	Nicola Phillips	4 Mar 00	24:13	Gillian Edgar	3 May 81
14:34.11	Sophie Hales	24 Feb 02	24:17	Julie Drake	29 Mar 86
14:34.12	Gracie Griffiths (W)	19 Feb 23	24:18	Jill Barrett	6 Dec 80
14:37.22	Jennifer Gagg	29 Feb 04	24:20	Karen Eden	3 Dec 78
14:39.24	Sarah Bennett	2 Mar 96			

5000 Metres Track Walk YES

23:36.03	Gracie Griffiths (W)	26 Aug 23
23:37.55	Sophie Lewis Ward	14 Jul 16
23:55.27	Susan Ashforth (U16)	25 May 85
24:04.21	Ellie Dooley	14 Jul 13
24:06.6	Rebecca Mersh	23 Apr 05
24:14.96	Emma Achurch	29 Jun 14
24:17.8	Julie Drake	24 Jun 86
24:19.0	Vicky Lawrence	13 Jun 87
24:19.06	Sophie Hales	20 Jul 02
24:24.47	Katie Stones	26 Jul 03

5k Road - where superior to track time

23:36	Sophie Lewis Ward	9 Apr 16
23:53	Katie Stones	15 Mar 03
23:54	Vicky Lawrence	26 Sep 87

10000 Metres Track Walk NO

51:00.0	Karen Nipper (W)	21 Feb 81
51:15.97	Gracie Griffiths	24 Jun 23
51:16.81	Emma Achurch	22 Jun 14
51:53.7	Julie Drake	2 Feb 86
52:07.36	Ellie Dooley	16 Jun 13

10k Road - where superior to track time

49:10	Vicky Lawrence	14 Mar 87
49:31	Emma Achurch	16 Mar 14
50:39	Rebecca Mersh	12 Mar 06
50:54	Jill Barrett	20 Jun 81
51:35	Lisa Kehler	25 Aug 84
51:36	Nicola Phillips	23 Apr 00
51:46	Heather Warner	30 May 11
51:49	Katie Stones	14 Sep 02

UK ALL-TIME LISTS – UNDER 16 GIRLS

as at 18 March 2026

60 Metres			23.45	Amy Spencer	16 Jun 01
7.35	Katharine Merry	18 Mar 89	23.59	Carley Wenham	11 Jul 03
7.36	Annabelle Fasuba	7 Feb 26	23.65	Katharine Merry	25 Aug 90
7.38	Jodie Williams	18 Jan 09	23.66	Jane Parry	5 Jul 80
7.38	Celine Obinna-Alo	8 Feb 25	23.72	Annabelle Fasuba	12 Jul 25
7.43	Amy Hunt	25 Feb 17	23.76	Aliyah Afolabi (W)	10 Aug 25
7.44	Annabelle Fasuba	28 Dec 25	23.80	Joey Duck	10 Jul 04
7.47	Honor Oteng	7 Feb 26	'-----		
7.47	Araya Williams	7 Feb 26	23.95	Linsey Macdonald (S)	1 Sep 79
7.49mx	Nia Wedderburn-Goodison	21 Dec 19	wind assisted		
	7.49	11 Jan 20	23.47	Annabelle Fasuba	30 Aug 25
7.49	Aliyah Afolabi (W)	18 Jan 25	23.48	Vernicha James	21 Aug 99
7.51	Nell Desir	12 Feb 22	23.53	Linsey Macdonald (S)	16 Sep 79
7.51	Shivelle Marshall	8 Feb 25	23.54	Katharine Merry	30 Jul 89
7.51	Grace Gode	7 Feb 26	23.62	Aliyah Afolabi (W)	1 Jun 25
-----			23.64	Jane Parry	15 Jun 80
7.65	Alyson Bell (S) *	26 Jan 19	23.66	Desiree Henry	17 Jul 10
hand timing			23.71	Success Eduan	1 Sep 19
7.5	Janis Walsh	23 Mar 74	hand timing		
7.5	Joanne Gardner	19 Mar 77	23.6	Lucy Sargent	25 Jul 04
7.5	Linsey Macdonald (S)	17 Mar 79	23.7	Linsey Macdonald (S)	13 Jun 79
7.5	Nathalie Byer (S)	21 Mar 81	23.8	Janis Walsh	23 Jun 74
100 Metres			hand timing - wind assisted		
11.39	Jodie Williams	9 Jul 09	23.2	Debbie Bunn	2 Jul 78
11.45	Asha Phillip	15 Aug 06	23.2	Linsey Macdonald (S)	30 Sep 79
11.51	Annabelle Fasuba	30 Aug 25	23.3	Amy Spencer	1 Jul 01
11.58	Ashleigh Nelson	9 Jul 05	200 Metres Short Track		
11.60	Katharine Merry	28 Jul 90	23.91	Aliyah Afolabi (W)	9 Feb 25
11.61	Diane Smith	9 Aug 90	23.93	Desiree Henry	28 Feb 10
11.62	Aliyah Afolabi (W)	1 Jun 25	24.13	Success Eduan	23 Feb 20
11.65 +	Amy Hunt	8 Sep 17	24.14	Amy Spencer	24 Feb 01
11.66	Amy Spencer	16 Jun 01	24.20	Hannah Brier	24 Feb 13
11.69	Celine Obinna-Alo	18 May 25	24.22	Honor Oteng	8 Feb 26
11.70	Jane Parry	20 Sep 80	24.28	Chelsea Cooper	4 Mar 06
-----			24.37	Vernicha James	6 Feb 99
11.83	Kishi Aremu (S)	17 Aug 24	24.38	Joey Duck	29 Feb 04
wind assisted			24.39	Charlotte McLennaghan	24 Feb 13
11.47	Katharine Merry	17 Jun 89	24.39	Nell Desir	13 Feb 22
11.53	Amy Hunt	7 May 17	-----		
11.55	Alisha Rees (S)	23 Aug 14	24.57	Tehillah Ikechukwu (S)*	4 Feb 23
11.60	Nia Wedderburn-Goodison	23 Aug 20	300 Metres		
11.61	Linsey Macdonald	16 Jun 79	38.02	Holly Ryan	12 Jul 25
11.63	Abigail Smith	19 May 12	38.18	Shiloh Omotosho	28 Jul 24
11.66	Nell Desir (W)	30 Jul 22	38.22	Darcy Coslett (W)	11 Aug 24
11.67	Tatum Nelson	10 Jul 93	38.3	Joey Duck	1 Aug 04
hand timing			38.4	Kim Wall	10 May 98
11.6	Jane Parry	2 Aug 80	38.49		24 May 98
11.6	Mabel Akande	6 Aug 22	38.59	Cheriece Hylton	21 Jul 12
11.7	Linsey Macdonald (S)	22 May 79	38.6	Sabrina Bakare	18 Sep 11
hand timing - wind assisted			38.61	Isla Perry	12 Jul 25
11.4	Jane Parry	5 Jul 80	38.68	Holly Mpassy	16 Jun 18
11.5	Linsey Macdonald (S)	13 May 79	38.7	Lucy Sargent	1 Aug 04
200 Metres			38.7	Amber Anning	18 Jun 16
23.08	Jodie Williams	12 Jul 09	----		
23.10	Diane Smith	11 Aug 90	38.91	Emma Clark (S)	30 Jun 24
23.42	Debbie Bunn	17 Jun 78	39.04	Joanna Mills (NI)	30 Aug 08

300 Metres Short Track

38.56	Katarina Thompson	24 Feb 08
38.96	Darcy Coslett (W)	11 Feb 24
38.99	Sabrina Bakare	26 Feb 11
39.21	Holly Ryan	9 Feb 25
39.31	Ashley Nemits	24 Feb 19
39.33	Shiloh Omotosho	11 Feb 24
39.37	Amber Anning	13 Feb 16
39.53	Arabella Wilson	13 Feb 22
39.56	Holly Mpassy	20 Jan 18
39.70	Matilda Bean	7 Feb 26

39.87	Cara Monachello (S)	9 Mar 25
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400 Metres

52.62	Linsey Macdonald (S)	14 Sep 79
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400 Metres Short Track

54.95	Jodie Williams	15 Mar 09
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600 Metres Short Track

1:32.78	Anna Gisbourne	9 Jan 22
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800 Metres

2:03.34	Phoebe Gill	16 Jul 22
2:03.79	Shaikira King	30 Jun 23
2:05.58	Jessica Judd	18 Aug 10
2:05.91mx	Lyla Belshaw	6 Sep 23
2:06.20	Georgia Peel	29 Jul 09
2:06.22	Tilly Simpson	11 Jul 15
2:06.40	Anna Smith	24 Jun 17
2:06.45	Katy-Ann McDonald	24 Jun 15
2:06.5	Rachel Hughes	19 Jul 82
2:06.51	Dani Barnes	15 Jul 01

2:06.99	Isla Calvert (S)	12 Jun 18
2:09.14	Libby Hale (W)	11 Aug 24

800 Metres Short Track

2:06.67	Tilly Simpson	17 Jan 16
2:09.02	Jorjia March	15 Feb 25
2:09.33	Maisie Mullett	8 Feb 26
2:09.49	Capree Cooper	8 Feb 26
2:09.61	Isabel Goodman	15 Feb 25
2:10.02	Keira Brady-Jones	23 Feb 20
2:10.17	Kitty Harrison-Sargent	9 Feb 25
2:10.25	Sarah Hopkinson	5 Mar 06
2:10.6	Lynne MacDougall (S)	22 Mar 80
2:10.90	Katie Johnson	24 Feb 19
2:11.62	Molly Canham	1 Jan 17

2:12.43	Lois Codling (W)	15 Feb 25
2:12.47	Madison Welby (NI)	29 Mar 25

1500 Metres

4:14.08mx	Phoebe Gill	18 Aug 22
	4:19.29	10 Aug 22
4:15.61	Ella McNiven	24 Jun 17
4:16.24	Georgia Peel	11 Jul 09
4:16.37	Lyla Belshaw	8 Aug 23
4:17.44	Jessica Judd	28 Jul 10
4:17.46	Libby Hale (W)	20 Jul 24
4:17.99	Anna Smith	20 Jul 17
4:18.86mx	Shaikira King	17 May 23

4:19.31 29 Jul 23

4:19.52 Sabrina Sinha 12 Jul 14

4:20.29mx Emily Marmion-Williams 31 May 17

4:20.87 Freya Brown (S) 21 Jun 25

1500 Metres Short Track

4:25.76	Olivia Forrest	14 Feb 24
4:26.91	Libby Hale (W)	21 Jan 24
4:29.1	Julie Clarke	18 Mar 78
4:30.19	Charlotte Moore	26 Feb 00
4:30.57	Lois MacRae (S)	18 Feb 23
4:31.87	Sarah Hopkinson	7 Jan 06
4:32.4mx	Tilly Simpson	21 Dec 14
4:32.61	Bryony Boyce	12 Jan 25
4:32.67	Emily Pidgeon	29 Feb 04
4:32.92	Jasmine Christmas	9 Feb 25

1 Mile

4:43.12	Freya Brown (S)	30 Aug 25
4:44.49	Bobby Clay	28 Jul 12
4:46.55i	Olivia Forrest	7 Feb 24
4:46.87	Emelia Gorecka	28 Jun 08
4:47.93	Gabrielle Pinder	24 Aug 25
4:48.11	Isabella Buchanan	25 Aug 25
4:49.14	Jorjia March	29 Jun 24
4:49.87	Isabella Harrison	23 Jul 25
4:50.14	Katie Johnson (S)	18 Sep 20

3000 Metres

9:15.61mx	Jessica Judd	2 Jun 10
9:19.54mx	Katie Pye	6 Sep 23
9:19.77	Fleur Todd-Warmoth	25 Sep 21
9:21.66	Olivia Forrest	20 Jul 24
9:22.80mx	Emelia Gorecka	13 Aug 08
9:22.84	Non Stanford (W)	30 Jul 04
9:23.41mx	Georgia Peel	12 Aug 09
9:23.77mx	Emily Pidgeon	2 May 04
9:24.44mx	Charlotte Purdue	20 Sep 06
9:24.50mx	Ella McNiven	13 Jun 17

9:33.0 Elaine Renouf (S) 23 Jun 02

3000 Metres Short Track

9:34.66	Emily Pidgeon	8 Feb 04
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1500 Metres Steeplechase

4:53.98	Ella Davey	16 Jul 22
4:54.55	Evelyn Wildman	12 Jul 25
4:54.82	Yasmin Austridge	11 Jul 15
4:56.4	Rachel Clutterbuck	12 Jun 21
4:57.25	Holly Page	11 Jul 15
4:57.46	India Weir	11 Jul 15
4:58.81	Holly Turner	12 Jul 25
4:59.03	Olivia McGhee	31 Aug 24
4:59.18	Morgan Squibb	11 Aug 18
4:59.93	Lucy Jones	31 Aug 14

5:02.47 Anna Hedley (S) 18 Aug 10

5:07.09 Ellen Kearney (W) 18 Aug 19

2000 Metres Steeplechase NO

6:55.93	Olivia McGhee	16 Jun 24
7:02.17	Morgan Squibb	18 Aug 18

7:02.87	Olivia Paul	3 Aug 25	11.16	Holly Whittaker	18 Aug 24
7:03.23	Sarah Hopkinson	29 May 06			
60 Metres Hurdles (76.2cm)			Hand timing		
8.42	Isabella Moulton	8 Feb 26	10.9	Sam Farquharson	20 Jul 85
8.46	Izzy Rae	9 Feb 25	300 Metres Hurdles (76.2cm)		
8.53	Alicia Barrett	24 Feb 13	41.60	Stephanie Okoro	25 Sep 21
8.56	Chelsea Cooper	5 Mar 06	41.75	Bisa Musa	19 Jul 25
8.57	Isabelle Mardle	13 Feb 22	41.95	Arabella Wilson	9 Jul 22
8.58	Marcia Sey	26 Feb 17	41.99	Natasha Danvers	10 Jul 93
8.59	Lucy-Jane Matthews	3 Dec 17	42.21	Eilidh Child (S)	20 Jul 02
8.60	Pippa Earley	21 Feb 16	42.26	Meghan Beesley	9 Jul 05
8.61	Ashley Helsby	27 Feb 05	42.55	Jasmine Jolly	8 Jul 17
8.61	Yasmin Miller	27 Feb 10	42.64	Claire Triggs	15 Aug 04
-----			42.77	Hayley McLean	10 Jul 10
8.66	Holly Whittaker (S)	17 Feb 24	42.83	Mia Walker	9 Jul 22
8.78	Heather Jones (W)	24 Feb 02	-----		
Hand timing			43.09	Megan Duff (W)	31 Aug 08
8.6	Ann Girvan (S)	21 Mar 81	High Jump		
75 Metres Hurdles (76.2cm)			1.88	Debbie Marti	16 Jul 83
10.62	Izzy Rae	10 Aug 24	1.85	Louise Manning	11 Sep 82
10.75	Mia McIntosh	13 Jul 19	1.84	Ursula Fay (NI)	6 Aug 83
10.75	Isabelle Mardle	31 May 21	1.83	Jo Jennings	26 Jul 85
10.85	Shirin Irving	2 Jul 11	1.82	Kerry Roberts	16 Jul 83
10.86	Heather Jones (W)	17 Jun 01	1.81	Lea Haggett	6 Jun 86
10.86	Pippa Earley	20 Sep 15	1.81	Katarina Thompson	20 Sep 08
10.88	Amber Hornbuckle	20 Sep 15	1.80	Morgan Lake	29 Jul 12
10.91	Helen van Kempen	14 Aug 05	1.80	Thea Brown	17 Sep 22
10.93	Rachel Halstead-Peel	27 Jul 85	1.80	Aileen Wilson	18 Sep 99
10.93	Marcia Sey	28 Aug 16 10	-----		
10.93	Matilda Murray	14 Jun 25	1.79 i	Julia Charlton (W)	24 Feb 80
-----			1.78	Lee McConnell (S)	9 Jul 94
11.01	Nathalie Byer (S)	16 Aug 80	Pole Vault		
wind assisted			3.93	Molly Caudery	10 Jul 15
10.87	Olivia Crawford	11 Aug 24	3.90	Katie Byres	11 Jul 09
hand timing			3.90	Lucy Bryan	8 Aug 10
10.8	Symone Belle	29 Aug 99	3.86	Sophie Ashurst	25 Jul 18
hand timing - wind assisted			3.85	Jade Ive	29 Jul 07
10.7	Orla Bermingham	14 Jul 90	3.81 i	Hannah Olson	26 Jan 03
80 Metres Hurdles (76.2cm)			3.81	Gemma Tutton	9 Jun 19
10.94	Izzy Rae	6 Jul 25	3.76 i	Florence Matten	7 Feb 26
11.01	Alicia Barrett	1 Sep 13	3.75	Isabella Turner	27 Aug 23
11.02	Yasmin Miller	22 Aug 10	3.73 i	Jade Spencer-Smith	12 Mar 17
11.07	Marcia Sey	8 Jul 17	-----		
11.10	Serita Solomon	9 Jul 05	3.55	Isabel Thomas (W)	6 Jul 19
11.13	Isabelle Mardle	9 Jul 22	3.70	Kimberly Skinner (S)	19 Jul 03
11.15	Victoria Johnson	8 Jul 17	Long Jump		
11.16	Ann Girvan (S)	4 Jul 81	6.45	Margaret Cheetham	18 Aug 84
11.16	Sam Farquharson	27 Jul 85	6.30	Fiona May	7 Jul 84
11.17	Samantha Harris	8 Jul 17	6.29	Holly Mills	16 Aug 15
-----			6.20	Michelle Stone	13 Aug 83
11.39	Heather Jones (W)	11 Aug 02	6.19	Morgan Lake	18 Aug 12
hand timing			6.13	Sonya Henry	7 Jul 85
11.1	Liz Fairs	29 May 93	6.13	Jade Johnson	28 May 95
wind assisted			6.11	Symone Belle	17 Sep 00
10.91	Alicia Barrett	1 Sep 13	6.11 i	Katarina Thompson	2 Mar 08
11.04	Serita Solomon	14 Aug 05	6.10	Debbie Marti	5 Jun 83
11.13	Isabel Wakefield	10 Jul 15	-----		
11.14	Thea Brown	17 Sep 22	5.96	Olivia Schrimshaw (W)	20 Jul 24
11.16	Helen Worsley	24 May 97	5.91	Holly Whittaker (S)	18 Aug 24

wind assisted

6.49	Margaret Cheetham	4 Sep 83
6.24	Jade Johnson	28 May 95
6.15	Susan Mapstone	27 May 72
6.15	Georgina Oladapo	14 Aug 82

Triple Jump

12.69	Leila Newth	19 Jul 25
12.53 i	Olivia Schrimshaw (W)	11 Feb 24
12.46	Ellie O'Hara (S)	21 Jul 18
12.35	Qi-Chi Ukpai	15 Jul 23
12.33	Melissa Booth	15 Jun 19
12.22	Amy Williams	6 Jul 13
12.21	Jazz Sears	27 Aug 17
12.20	Libby White	29 May 21
12.16	Hannah Francis-Smithson	16 Jul 05
12.14	Jayne Ludlow	21 May 94

wind assisted

12.40	Qi-Chi Ukpai	29 May 23
12.39	Melissa Booth	1 Sep 19
12.20	Hannah Francis-Smithson	9 Jul 05

Shot (3kg)

15.70	Emilia Adese	8 Jun 25
15.69	Nana Gyedu	1 Sep 18
15.58	Annabel Amadin	7 Sep 21
15.50	Serena Vincent	19 Jun 17
15.05 i	Adele Nicoll (W)	10 Mar 12
14.92	Divine Oladipo	11 Jul 14
14.82	Issy Stamp	15 Jul 23
14.79	Jasmine Nkoso	20 Sep 25
14.77	Hannah Molyneaux	16 Jul 16
14.73	Sidney Shorrocks	13 Jul 24

14.54	Meghan Porterfield (S)	26 Jun 21

Discus

47.98	Philippa Roles (W)	16 May 93
46.35	Adele Nicoll (W)	17 Jun 12
45.53	Zara Obamakinwa	21 Jun 19
45.36	Eden Francis	30 Aug 04
45.30	Emma Merry	26 Apr 89
45.12	Claire Smithson	30 May 98
45.10	Georgie Taylor	18 Aug 12
45.04	Sandra Lee (W)	2 Jun 79
44.94	Karen Pugh	19 Jul 81
44.92	Lauren Keightley	8 Jul 94
44.45	Sophie Mace	30 Aug 14

43.06	Julie Robin (S)	7 Jul 92

Hammer (3kg)

62.51	Katie Head	27 Feb 15
60.81	Tara Simpson-Sullivan	9 Jul 16
60.53	Charlotte Williams	9 Apr 17
60.52	Kirsty Costello (S)	1 Sep 18
60.23	Olivia Stevenson	13 Jun 15
59.40	Sophie Robertson	18 Jun 25
59.21	Phoebe Baggott	25 Jun 17
59.09	Jade Williams (W)	5 Jun 16
59.09	Charlotte Payne	19 Aug 17
57.68	Alice Howie	10 Jun 23

Javelin 600g (1999 Model) NO

49.66	Freya Jones	9 Aug 09
47.52	Laura McDonald	7 Aug 10
47.22	Emma Hamplett	14 Sep 13

Javelin 600g (pre 1999 Model) NO

53.92	Mandy Liverton	2 Sep 88
52.58	Karen Hough (W)	28 Mar 83

45.92	Nicola Emblem (S)	31 Aug 86

Javelin 500g

51.81	Ayesha Jones	11 Jun 22
51.50	Harriet Wheeler	9 Aug 23
50.28	Lucy Bull	7 Sep 25
49.26	Bethan Rees (W)	9 Aug 15
48.84	Bethany Moule	16 Jul 16
48.07	Elizabeth Korczak	21 Jul 18
47.99	Dulcie Yelling	28 Aug 22
47.62	Harriet Court	5 Jun 23
47.47	Harriette Mortlock	12 Jul 19
47.01	Paula Holguin	16 Jul 16

44.38	Kate O'Connor (NI)	18 Jul 15
43.70	Kirsty Costello (S)	26 Aug 17

Heptathlon (with 800m & 80mH) + with 3kg SP

5169	Morgan Lake	5 Aug 12
5146	Katarina Thompson	21 Sep 08
5140 +	Anna Rowe	21 Sep 14
5109	Abigail Pawlett	16 Sep 18
5042w +	Isabelle Mardle	26 Jun 22
5024 +	Ella Rush	4 Aug 19
4959 +	Jasmine Nkoso	21 Sep 25
4957w +	Arabella Wilson	18 Sep 22
4945	Phyllis Agbo	24 Jun 01
4932 +	Tiana Odugbesan (W)	9 Aug 25
4929 +	Isabel Wakefield	20 Sep 15
4928 +	Katie Burr (S)	4 Aug 19
4921 +	Niamh Emerson	10 Aug 14

Pentathlon Short Track

(60H,HJ,SP(4k),LJ,800)		
3590	Lucy Boggis	20 Mar 04

Pentathlon Short Track

(60H,HJ,SP(3k),LJ,800)		
3811	Pippa Earley	12 Mar 16
3803	Kate O'Connor	12 Dec 15
3769	Katarina Thompson	8 Dec 07
3756	Ella Rush	10 Mar 19
3694	Jazmin Sawyers	13 Dec 08
3687	Isabelle Mardle	4 Dec 21
3685	Holly McArthur (S)	15 Mar 15
3652	Abigail Pawlett	10 Nov 17
3598	Thea Brown	4 Dec 21
3573	Rhea Southcott	12 Mar 16

3370	Tiana Odugbesan (W)	8 Mar 25

3000 Metres Track Walk

13:50.52	Rebecca Mersh	31 May 04
14:04.1	Susan Ashforth	19 May 85

14:15.72	Amy Hales	19 Jul 97	5000 Metres Track Walk		
14:21.90	Katie Stones	15 Sep 01	23:55.27	Susan Ashforth	25 May 85
14:27.08	Sophie Lewis Ward	19 Jul 14	24:44.31	Rebecca Mersh	11 Jul 04
14:33.0	Karen Eden	23 Jul 78	24:45.4	Karen Eden	9 Jul 78
14:34.2	Ana Garcia	13 Sep 15	24:58.8	Ana Garcia (U14)	10 May 14
14:45.7	Victoria Lawrence	15 Jun 85	25:03.91	Jenny Gagg	17 Aug 03
14:49.20	Jenny Gagg	19 Jul 03	25:20.0	Katie Ford	10 Sep 97
14:49.27	Gracie Griffiths (W)	25 Sep 21	25:38.5	Sophie Lewis Ward	10 May 14
3k Road - where superior to track time			5k Road - where superior to track time		
14:36	Katie Ford	27 Sep 97	24:01	Ana Garcia	2 May 14
14:39	Nikola Ellis	4 May 85	24:47	Victoria Lawrence	11 May 85
14:39	Becky Tisshaw	28 Sep 96	25:03	Kim McAdam	15 Apr 84
14:42	Kim McAdam	5 May 84	25:09	Sarah Foster	6 Mar 04
14:42	Angela Hodd	4 May 85	25:13	Sophie Lewis Ward	8 Mar 14
3000 Metres Walk Short Track			10 Kilometres Road Walk		
14:01.67	Rebecca Mersh	29 Feb 04	50:45	Rebecca Mersh	6 Mar 04

UK ALL-TIME LISTS – U14 GIRLS

as at 18 March 2026

60 Metres

7.58	Honor Oteng	8 Feb 25
7.64	Aliyah Afolabi (W)	11 Feb 23
7.66	Grace Gode	8 Feb 25
7.70	Katharine Merry	19 Mar 88
7.7	Debbie Bunn	21 Feb 76
7.73	Michelle Thompson	21 Dec 25
7.74	Araya Williams	8 Feb 25
7.75	Sarah Wilhelmy	13 Feb 93
7.75	Jodie Williams	24 Feb 07
7.75	Hannah Brier	26 Feb 11

100 Metres

11.79	Honor Oteng	30 Aug 25
11.85	Katharine Merry	28 Aug 88
11.85	Araya Williams	9 Aug 25
11.92	Jane Parry	20 Aug 77
11.94	Ashleigh Nelson	10 Jul 04
11.95	Ann Oerlemans	24 Jul 21
11.98	Celine Obinna-Alo	20 Aug 23
12.00	Nell Desir (W)	25 Sep 21
12.01	Jodie Williams	14 Jul 07
12.03	Joanne Gardner	21 Aug 76
12.03	Annabelle Fasuba	13 Jul 24

wind assisted

11.78	Jane Parry	8 Aug 78
11.78	Araya Williams	7 Jun 25
11.79	Katharine Merry	20 Aug 88
11.85	Jodie Williams	26 May 07
11.88	Celine Obinna-Alo	26 Aug 23
11.99	Aliyah Afolabi (W)	24 Jun 23
12.01	Niah Akintokun	12 Jul 19

Hand timing

11.7	Araya Williams	13 Sep 25
11.9	Sonia Lannaman	9 Aug 69

hand timing - wind assisted

11.8	Debbie Bunn	28 Jun 75
12.0	Janis Walsh	7 Jul 73
12.0	Pamela Walsh	8 Jul 78
12.0	Angela Turner	6 Jul 79

150 Metres

18.80	Hannah Brier (W)	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	Trezequet Taylor	29 May 17
19.18	Alexis Brown	5 Jun 24
19.19	Uzoma Nwachukwu	2 Sep 07
19.27	Esme Lee	20 Jul 25
19.28	Dina Asher-Smith	7 Sep 08
19.28	Tyla Beckles	5 Sep 10

19.30	Alyson Bell (S)	22 May 16
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wind assisted

18.97	Nell Desir	20 Jul 19
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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

24.05	Jane Parry	16 Jul 78
24.23	Shaunna Thompson	9 Jul 05
24.23	Araya Williams	10 Aug 25
24.39	Annabelle Fasuba	26 May 24
24.41	Honor Oteng	10 Aug 25
24.45	Grace Gode	12 Jul 25
24.64 i	Aliyah Afolabi (W)	12 Feb 23
24.68	Ann Oerlemans	11 Jul 21
24.71	Amy Spencer	15 Aug 99
24.71	Success Eduan	14 Jul 18
24.74	Maya Bruney	1 Jul 11

25.48	Alyson Bell (S)	21 May 17
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wind assisted

24.14	Araya Williams	8 Jun 25
24.57	Jodie Williams	12 Aug 07
24.58	Amy Spencer	15 Aug 99

hand timing

24.5	Debbie Bunn	20 Aug 76
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hand timing wind assisted

23.6	Jane Parry	9 Jul 77
24.4	Debbie Bunn	9 May 76

200 Metres Short Track

24.64	Aliyah Afolabi (W)	12 Feb 23
24.70	Honor Oteng	9 Feb 25
25.14	Hannah Brier	27 Feb 11
25.32	Alicia Regis	22 Feb 15
25.33	Michelle Thompson	8 Feb 26
25.33	Esme Lee	8 Feb 26
25.49	Success Eduan	4 Feb 18
25.55	Ava Jones	25 Feb 18
25.58	Amy Spencer	21 Feb 99
25.58	Yasmin Miller	17 Feb 08

26.09	Jenna Hilditch (S)	6 Feb 19
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600 Metres

1:33.0 +	Rachel Hughes	19 Jul 82
1:34.6 +	Sarah Hopkinson	31 May 04
1:34.39	Sienna Lavine	2 Jul 25
1:34.90	Capree Cooper	21 Apr 25
1:35.30	Nia Harrison-Sargent	10 Oct 20
1:35.7	Zakia Mossi	29 Jul 17
1:35.89 i	Layla Roden	20 Nov 21

800 Metres

2:06.5	Rachel Hughes	19 Jul 82
2:08.81mx	Jorjia March	9 Aug 23

2:10.90		20 May 23
2:09.42	Molly Canham	30 Aug 15
2:09.5	Emma Langston	13 Jul 85
2:09.91mx	Khahisa Mhlanga	18 Sep 13
2:10.23	Capree Cooper	11 May 25
2:10.47mx	Sienna Lavine	17 Aug 25
2:10.78	Jessica Hicks	25 Jun 05
2:10.91	Isobel Beddow	8 Aug 25
2:10.99	Katy-Ann McDonald	18 May 13

2:11.45	Lois Codling (W)	30 Jun 23
2:12.3	Isabel Linaker (S)	17 Jun 89

800 Metres Short Track

2:12.17	Sienna Lavine	2 Feb 25
2:13.20	Madison Kindler	11 Jan 26
2:13.42	Lois Codling (W)	29 Jan 23
2:14.36	Ruby Simpson	25 Feb 18
2:15.01	Sarah Hopkinson	29 Feb 04
2:15.28	Isobel Beddow	9 Feb 25
2:15.93	Sofiya Hare	9 Feb 25
2:16.46	Maya Schofield	5 Feb 23
2:16.54	Emma Shipley	25 Feb 18
2:16.76	Emma Johnson (S)	14 Jan 17

1200 Metres

3:34.83	Madison Kindler	23 Aug 25
3:35.5	Sienna Lavine	25 May 25
3:40.05	Eve Beddow	12 May 24
3:41.6	Francesca Baxter	20 Jul 19
3:41.83	Rosa Yates (W)	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

1200 Metres Short Track

3:38.36	Millie Glass	5 Feb 26
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1500 Metres

4:27.31	Sienna Lavine	21 Jun 25
4:28.2	Isabel Linaker (S)	15 Jul 89
4:28.30	Eve Beddow	8 Aug 25
4:30.13mx	Madison Kindler	20 Aug 25
4:30.5	Claire Nicholson	12 Jul 86
4:30.79	Jessica Judd	30 Jul 08
4:30.80	Shaikira King	11 Jul 21
4:30.85	Jessica Hicks	21 May 05
4:32.1	Rachel Hughes	2 Jun 82
4:32.10mx	Isabella Harrison	31 May 23

4:33.44	Katie Johnson (S)	25 Aug 18
4:34.87	Libby Hale (W)	12 Jun 22

1500 Metres short track

4:28.01mx	Madison Kindler	18 Feb 26
4:35.94	Libby Hale (W)	20 Feb 22
4:36.0	Rachel Hughes	20 Mar 82
4:38.76	Katie Johnson (S)	7 Feb 18
4:40.86	Sienna Lavine	8 Feb 26
4:42.47	Sarah Hopkinson	4 Jan 04

3000 Metres NO

9:44.39mx	Emily Pidgeon	6 May 02
9:44.80	Summer Smith	29 May 24
9:49.46mx	Sophie Tooley	11 Sep 12
9:52.44mx	Josie Czura	16 Jul 14
9:53.43	Jessica Judd	15 Jun 08
9:54.38	Kara Gorman	1 May 24
9:54.56	Isabella Buchanan	9 Jun 24
9:55.14mx	Anna Hedley (S)	22 Aug 17

10:14.07	Millie Gold (W)	25 Sep 21

3000 Metres short track

9:55.71	Emily Pidgeon	9 Dec 01
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60 Metres Hurdles (68.5cm)

9.19	Emily Bond	29 Feb 20
9.33	Millie Strudwick	14 Mar 26
9.44	Lia Bonsu	21 Jan 18
9.44	Cadha McLuskey (S)	8 Mar 26
9.52	Lucy-Jane Matthews	29 Mar 15

75 Metres Hurdles (68.5cm) YES

none

75 Metres Hurdles (76.2cm) NO

11.01	Mia McIntosh	13 Jul 18
11.05	Marcia Sey	11 Jul 15
11.11	Symone Belle	24 May 98
11.14	Lia Bonsu	27 May 19
11.15	Shirin Irving	22 Aug 10
11.16	Izzy Rae	27 Aug 23
11.18	Leah McGuire	8 Jul 00
11.19	Heather Jones (W)	30 Jul 00

hand timing

10.8	Lia Bonsu	20 Jun 19
11.1	Katharine Merry	18 Sep 88
11.1	Heather Jones (W)	30 Jul 00

wind assisted

10.99	Symone Belle	11 Jul 98
11.07	Lia Bonsu	1 Sep 19

High Jump

1.74	Julia Charlton (W)	28 Jul 79
1.74	Jane Falconer	24 Apr 88
1.74	Katharine Merry	18 Sep 88
1.73	Claire Summerfield	19 Aug 78
1.72	Fiona May	25 Jun 83
1.72	Aileen Wilson	12 Jul 97
1.72	Isabel Pinder	17 Jun 17
1.71	Lorinda Matthews	2 Jun 76
1.71	Jordanna Morrish	13 Jun 09
1.71	Isabelle Cain-Daley	21 Jul 12
1.71	Rebecca Hawkins	22 Jun 13

Pole Vault

3.75	Gemma Tutton	17 Jun 18
3.51	Hannah Olson	19 Aug 01
3.46	Florence Matten	5 Sep 25
3.45	Nyree Perry (W)	4 Sep 19
3.41	Jade Spencer-Smith	21 Jun 15
3.40	Kimberly Skinner (S)	11 Aug 01
3.35	Ella Brooker	26 Aug 24

3.25	Bo Rason	1 Sep 19	11.78	Morgan Lake	12 Jul 09
3.23	Amy Hunt	19 Aug 18	11.61	Ruby Arnold	5 Aug 25
3.20	Lucy Allen	24 Sep 16	11.59	Eden Francis	8 Sep 01
Long Jump			11.53	Finesse Thompson	30 Jun 02
5.91	Fiona May	25 Jun 83	11.51	Kirsty Finlay	27 Sep 14
5.86	Sandy French	27 Aug 77	Discus (1kg) NO		
5.86	Margaret Cheetham	24 Jul 82	39.80	Sophie Mace	16 Jun 12
5.77	Morgan Lake	8 Aug 10	39.60	Zara Obamakinwa	10 Sep 17
5.76	Amy Williams	1 Jul 11	39.42	Natalie Kerr	4 Sep 93
5.73	Clare Edwards	5 Jul 80	39.00	Catherine Garden (S)	29 May 92
5.70	Sarah Wilhelmy	10 Jul 93	38.49	Bethany Pendlebury	17 Sep 23
5.66	Maureen Chitty	8 Jun 61	38.24	Iona Doyley	11 Aug 79
5.66	Ore Adamson	25 Jul 15	37.82	Fiona Condon	12 May 74
5.65	Jazmin Sawyers	16 Sep 07	37.19	Nubia Evans-Shields	27 Sep 20
-----			37.16	Lauren Keightley	9 Sep 92
5.51	Jessica Lee (W)	6 Jul 19	36.94	Sophie Merritt	28 May 11
wind assisted			-----		
6.05	Katharine Merry	17 Sep 88	36.14	Adele Nicoll (W)	18 Sep 10
5.91	Margaret Cheetham	10 Jul 82	Discus (750g) YES		
5.77	Sarah Wilhelmy	16 May 93	40.86	Ruby Arnold	8 Jul 25
Triple Jump			40.31	Sophie Merritt	17 Jul 10
11.62	Kerri Davidson	3 Jul 10	39.86	Nubia Evans-Shields	24 Sep 19
11.49	Olivia Schrimshaw (W)	27 Aug 22	39.44	Catherine Garden (S)	8 Sep 91
11.26	Amelia Gray	1 Sep 18	38.20	Sophie Mace	18 Sep 11
11.25	Amber Anning	16 Aug 14	37.64	Sandra Biddlecombe	4 Jul 90
11.13	Libby White (S)	31 Aug 19	36.90	Samantha Callaway	24 Aug 14
11.10	Amy Williams	6 Aug 11	35.92	Adele Nicoll (W)	7 Jul 10
11.03	Leila Newth	10 Sep 23	35.86	Meghan Porterfield	19 May 18
10.93	Kate Harvie	28 Jul 19	35.21	Shadine Duquemin	8 Sep 07
10.89	Karina Harris	16 Aug 14	Hammer (3kg) NO		
10.80	Isabelle Mardle	9 Aug 19	53.95	Kirsty Costello (S)	27 Aug 16
wind assisted			52.18	Katie Head	30 Jul 13
11.22	Libby White (S)	12 May 19	51.76	Lily Murray	12 Aug 18
10.90	Karina Harris	16 Aug 14	50.19	Olivia Stevenson	14 Sep 13
Shot (3.25kg) NO			50.04	Bekki Roche	18 Sep 16
13.30	Adele Nicoll (W)	4 Sep 10	49.17	Charlotte Payne	12 Sep 15
12.72	Susan King	6 Aug 78	49.17	Adanna Anah	21 Jun 25
12.68	Sophie Merritt	25 May 11	48.62	Charlotte Williams	6 Sep 15
12.37	Liz Millward	24 Jul 02	48.54	Tara Morawska	11 Sep 11
12.35	Morgan Lake	27 Jun 10	48.31	Abbi Carter	8 Sep 07
Shot (3kg) NO			-----		
13.29	Meghan Porterfield (S)	10 Aug 19	45.87	Emily Pearce (W)	16 Sep 12
13.27	Hannah Molyneux	21 Jun 14	Hammer (2kg) YES		
12.94	Omolola Kuponiyi	2 Sep 17	none		
12.89	Becki Roche	3 Sep 16	Javelin (600g 1999 model) changed 2013		
12.72	Bethany Pendlebury	9 Aug 23	39.84	Laura McDonald	12 Jul 08
12.69	Gabriella Jones	2 Sep 18	Javelin (500g) NO		
12.53	Emilia Adese	10 Sep 23	45.97	Mila Desborough	20 Jul 25
12.38	Charlotte Pabari	3 Sep 23	44.52	Elise Christian	27 Aug 22
12.37	Ellie Bostock	30 Aug 20	42.87	Charlotte Pabari	14 May 23
12.35	Maegan Hopkins	15 Sep 19	42.44	Jess Thompson	14 Jul 18
Shot (2.72kg) YES			42.20	Bethany Moule (W)	15 Aug 15
13.37	Meghan Porterfield (S)	7 Jun 19	42.06	Dulcie Yelling	8 Sep 20
12.80	Sophie Merritt	11 Jul 10	40.98	Hannah Lewington	31 Aug 19
12.12	Erin Loblely	13 Aug 17	40.83	Lumen Myers	9 Aug 25
12.07	Becki Hall	14 Aug 01	40.76	Ayesha Jones	13 Sep 20
11.81	Adele Nicoll (W)	31 Aug 09	40.74	Harriet Wheeler	15 Aug 21

Javelin (400g) YES						
44.02	Dulcie Yelling	27 Apr 19	2857	Dionne Maguinness	9 Jul 23	
42.64	Charlotte Pabari	24 Jul 22	2811	Katharine Merry	20 Sep 87	
41.66	Hannah Lewington	19 Jun 18	2809	Isabelle Mardle	29 Sep 19	
40.69	Bethany Moule (W)	8 Jul 15	2805	Stroma Fraser	15 Jul 18	
39.52	Mila Desborough	25 Jul 24	2787	Jessica Hicks	26 Sep 04	
38.89	Alice Maddams	22 Mar 26	2722	Mya McMahon	15 Jul 18	
38.75	Ayesha Jones	2 Jun 19	2718 w	Julia Winogrodzka	2 Jul 17	
38.63	Lucinda White	3 Jul 18	2692	Holly McArthur	23 Sep 12	10
38.11	Alisha Levy	8 Sep 12		Pentathlon Short Track NO		
38.07	Louise Watton	12 Sep 99	10	2968	Emily Bond	1 Feb 20
Pentathlon (Under 15 implements) NO				2821	Lucy-Jane Matthews	29 Mar 15
2607	Jane Shepherd	6 Jun 81		2817	Mya McMahon	3 Feb 18
2604	Alison Kerboas	19 Sep 93		2000 Metres Track Walk		
Pentathlon NO				9:20.3	Ana Garcia	29 Sep 13
3114	Erin Lobley	16 Sep 17		9:48.7	Heather Butcher	9 Jul 11
3046	Morgan Lake	27 Sep 09		9:48.7	Karen Eden	30 Aug 76