



11.05	Asha Philip	4 Jun 22	22.64	Anyika Onuora	31 Jul 14	
11.08	Kathy Cook	24 Aug 83	22.66	Amber Anning	9 May 24	
11.09	Laura Turner	7 Jul 07	22.67	Renee Regis	17 Aug 25	
11.12	Renee Regis	18 Aug 24	22.69	Paula Dunn/Thomas	26 Aug 94	
11.13	Bev Kinch	6 Jul 83	22.69	Finette Agyapong	9 Jul 23	
11.13	Shirley Thomas	27 May 84	22.72	Bev Callender	30 Jul 80	
11.13	Paula Dunn/Thomas	20 Aug 88	22.73	Jennifer Stoute	3 Aug 92	
11.13	Jodie Williams	26 Apr 14	22.73	Emily Newnham	17 Aug 25	20
11.15	Ashleigh Nelson	29 Jun 14	22.75	Donna Hartley	17 Jun 78	
11.18	Wendy Hoyte	4 Oct 82	22.76	Katharine Merry	25 Jul 00	
11.18	Simmone Jacobs	11 Jun 97	22.76	Faith Akinbileje	17 Aug 25	
11.19	Bev Callender	21 May 80	22.78	Shannon Hylton	1 Jul 18	
11.19	Joice Maduaka	10 Jun 07	22.79	Kat. Johnson-Thompson	28 May 16	
11.23	Joan Baptiste	24 Aug 83	22.79	Cassie-Ann Pemberton	9 Jul 23	
11.23	Jayne Andrews	17 Jul 84	22.80	Michelle Scutt	12 Jun 82	
11.23	Alannah Fashanu	30 Jul 22	22.83	Joice Maduaka	25 Jul 99	
11.24	Sarah Wilhelmy	9 Jun 01	22.83	Jessica Ennis	3 Aug 12	
11.26	Marcia Sey	16 May 25	22.85	Christine Bloomfield	25 Jul 99	30
11.27	Katharine Merry	11 Jun 94	22.85	Christine Ohuruogu	1 Jun 09	
11.29	Marcia Richardson	29 May 00	22.85	Ashleigh Nelson	5 Jul 19	
11.29	Alisha Rees	25 Jun 22	22.86	Joan Baptiste	9 Aug 84	
11.30	Hayley Jones	7 Jul 13	22.87	Georgina Adam	14 Aug 22	
11.30	Kat. Johnson-Thompson	21 Jun 14	22.87	Rachel Bennett	29 Jun 25	
11.30	Eve Wright	30 Jul 22	22.88	Margaret Adeoye	8 Sep 13	
11.31	Lorraine Ugen	15 Apr 17	22.92	Heather Oakes	28 Aug 86	
	<b>hand timing</b>		22.93	Vernicha James	21 Jul 01	
			22.93	Imani Lansiquot	27 May 22	
10.9	Andrea Lynch	28 May 77	22.95	Simmone Jacobs	25 Apr 96	40
11.1	Sonia Lannaman	29 Jun 80	22.95	Amarachi Pipi	22 Apr 17	
11.1	Heather Oakes	29 Jun 80	22.96	Shani Anderson	6 Jul 02	
11.1	Joan Baptiste	16 Jul 85	22.96	Victoria Ohuruogu	10 Jun 23	
11.2	Helen Hogarth	29 Jun 74	22.98	Sandra Whittaker	8 Aug 84	
11.2	Sharon Danville	25 Jun 77	22.98mx	Alisha Rees	20 Aug 22	
11.2	Bev Kinch	14 Jul 84	22.98	Aleeya Sibbons	20 Jul 25	
11.2	Geraldine McLeod	21 May 94	23.01	Alyson Bell	31 May 25	
	<b>hand timing - wind assisted</b>		23.01	Abigail Pawlett	17 Aug 25	
10.8	Sonia Lannaman	22 May 76	23.04	Maya Bruney	22 Jul 17	
11.1	Sharon Danville	22 May 76	23.05	Donna Fraser	2 May 04	50
11.1	Bev Kinch	9 May 87	23.05A	Kristal Awuah	3 Oct 20	
	<b>200 Metres</b>		23.06	Sam Davies	28 Aug 00	
21.88	Dina Asher-Smith	2 Oct 19	23.07	Kissiwaa Mensah	15 Jun 25	
21.89	Asher-Smith	11 Aug 18	23.09	Charlotte McLennaghan	10 May 15	
21.96	Asher-Smith	19 Jul 22	23.09	Nicole Yeargin	17 May 22	
22.02	Asher-Smith	21 Jul 22	23.10	Diane Smith	11 Aug 90	
22.04	Asher-Smith	3 Sep 21	23.10mx	Yasmin Liverpool	20 Aug 22	
22.06	Asher-Smith	10 Jun 21	23.11	Jeanette Kwakye	14 Jul 07	
22.07	Asher-Smith	28 Aug 15	23.11	Lina Nielsen	15 Apr 22	
22.07	Asher-Smith	20 Jul 24	23.11	Brooke Ironside	4 Jul 24	60
22.08	Asher-Smith	29 Aug 19		<b>wind assisted</b>		
22.08	Amy Hunt	18 Sep 25	22.47	Amber Anning	6 Apr 24	
22.10	Kathy Cook	9 Aug 84	22.48	Michelle Scutt	4 Jul 82	
22.16	Daryll Neita	25 Aug 23	22.49	Beth Dobbin	26 Jun 22	
22.45	Bianca Williams	24 Aug 23	22.69	Bev Callender	24 Jun 81	
22.46	Jodie Williams	15 Aug 14	22.70	Imani Lansiquot	26 Jun 22	
22.46	Desiree Henry	27 Aug 16	22.71	Kristal Awuah	26 Jun 22	
22.50	Abi Oyepitan	23 Aug 04	22.73	Shannon Hylton	18 Jul 15	
22.50	Beth Dobbin	20 Jul 19	22.80	Donna Fraser	3 Sep 05	
22.53	Success Eduan	3 Aug 25	22.83	Amarachi Pipi	14 May 17	
22.58	Sonia Lannaman	18 May 80	22.84	Sarah Wilhelmy	10 Jun 01	
22.64	Emily Freeman	20 Aug 09	22.90	Andrea Lynch	11 Jun 75	
			22.90	Allison Curbishley	17 Jul 98	

22.97	Helen Hogarth	26 Jul 74		36.13 +		29 Aug 07
23.00	Joslyn Hoyte-Smith	13 Jun 82	35.80 +	Amber Anning		16 Sep 25
23.00	Louise Evans	13 Aug 23	36.17 +	Nicola Sanders		29 Aug 07
23.00	Alyson Bell	21 Jun 25	36.18 +	Laviai Nielsen		20 Jul 24
23.02	Lina Nielsen	26 Aug 24				
23.02	Shiloh Wright-Taipow	1 Jun 25				
23.05	Hannah Williams	23 Aug 20				
23.07	Asha Phillip	14 Jul 13				
<b>hand timing</b>						
22.9	Heather Oakes	3 May 80	36.80	Nicole Yeargin		10 Feb 23
22.9	Helen Burkart	6 Aug 83	36.88	Emily Newnham		15 Feb 25
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	37.22	Amarachi Pipi		15 Feb 25
23.1	Lee McConnell	7 Jun 08	37.24	Jodie Williams		21 Jan 23
<b>200 Metres Short Track</b>						
22.60	Amber Anning	26 Jan 24	36.0 +	Nicola Sanders		3 Mar 07
22.83	Katharine Merry	14 Feb 99	36.54 +	Amber Anning		22 Mar 25
22.94	Anning	31 Jan 25	36.9+	Perri Shakes-Drayton		3 Mar 13
22.96	Donna Fraser	23 Feb 97	36.97 +	Laviai Nielsen		2 Mar 24
22.98	Margaret Adeoye	3 Feb 13				
23.00	Merry	12 Feb 94				
23.12	Alyson Bell	23 Feb 25				
23.15	Fraser	8 Feb 98				
23.15	Dina Asher-Smith	2 Mar 14				
23.20	Amy Spencer	2 Mar 03				
23.20	Asher-Smith	9 Feb 14				
23.21	Amarachi Pipi	10 Mar 17				
23.24	Shannon Hylton	9 Feb 14				
23.26	Emily Newnham	1 Feb 25	10			
23.30	Finette Agyapong	18 Feb 18				
23.31	Paula DunnThomas	25 Feb 95				
23.31	Christine Bloomfield	30 Jan 00				
23.31+	Nicola Sanders	3 Mar 07				
23.31	Kiah Dubarry-Gay	12 Feb 22				
23.33	Joan Baptiste	23 Feb 85				
23.35	Catherine Murphy	28 Jan 01				
23.36"	Kathy Cook	12 Mar 83				
23.36	Louise Bloor	6 Mar 16				
23.36	Zoey Clark	22 Jan 22	20			
23.37	Joice Maduaka	16 Feb 08				
23.37	Brooke Ironside	25 Feb 24				
23.41	Christine Ohuruogu	16 Feb 08				
23.41	Success Eduan	18 Feb 24				
<b>300 Metres</b>						
35.46	Kathy Cook	18 Aug 84	50.82	Lee McConnell		20 Sep 02
35.51	Cook	9 Sep 83	50.84	Emily Newnham		27 Jun 25
35.71	Donna Fraser	28 Aug 00	50.87	Anyika Onuora		25 Aug 15
36.00	Katharine Merry	28 Aug 00	50.93	Lorraine Hanson		26 Aug 91
36.01	Michelle Scutt	13 Jul 80	50.96	Nicole Yeargin		10 Jun 21
36.41	Dina Asher-Smith	16 Apr 22	50.98	Linda Staines		26 Aug 91
36.44	Sally Gunnell	30 Jul 93	51.04	Sally Gunnell		20 Jul 94
36.45	Joslyn Hoyte-Smith	5 Jul 80	51.12	Shana Cox		27 Jul 13
36.46	Linsey Macdonald	13 Jul 80	51.16	Linsey Macdonald		15 Jun 80
36.64	Nicola Sanders	3 Jun 07	51.18	Melanie Neef		6 Aug 95
36.65	Joan Baptiste	18 Aug 84	10	51.22	Zoey Clark	11 Jun 22
				51.23	Emily Diamond	4 Jun 16
				51.26	Seren Bundy-Davies	11 Jun 16
				51.28	Donna Hartley	12 Jul 75
				51.36	Catherine Murphy	27 Jul 02
				51.36	Amy Allcock	22 Jul 18
<b>hand timing</b>						
36.2	Donna Hartley	7 Aug 74				
<b>during 400m</b>						
35.7 +	Christine Ohuruogu	27 Jul 13				

51.41	Sandra Douglas	2 Aug 92	52.15	Lesley Owusu	9 Mar 01
51.53	Jennifer Stoute	12 Aug 89	52.16	Emily Newnham	23 Feb 25
51.57	Carys McAulay	10 Jun 23	52.28	Kirsty McAslan	21 Feb 15
51.60	Hannah Williams	26 Jun 21			
51.61	Keely Hodgkinson	15 May 24	<b>600 Metres</b>		
51.68	Charlotte Henrich	9 Aug 25	1:24.36	Marilyn Okoro	5 Jul 12
51.70	Verona Elder	10 Jun 78	40 1:25.21 +	Keely Hodgkinson	21 Sep 25
51.73	Yasmin Liverpool	16 May 21	1:25.41	Kelly Holmes	2 Sep 03
51.75	Jessie Knight	4 Aug 23	1:25.46 +	Georgia Hunter Bell	21 Sep 25
51.78	Helen Karagounis	19 Jul 03	1:25.8 +	Jemma Reekie	20 Jul 24
51.82	Poppy Malik	3 Aug 25	1:26.18	Diane Modahl	22 Aug 87
51.83	Eilidh Child/Doyle	27 Jul 13			
51.93	Janine MacGregor	28 Aug 81	<b>600 Metres Short Track</b>		
51.93	Margaret Adeoye	13 Jul 13	1:23.41	Keely Hodgkinson	28 Jan 23
51.96	Kelly Massey	24 Aug 14	1:25.81	Jennifer Meadows	7 Jan 07
51.96	Hannah Kelly	25 May 24	1:25.89	Marilyn Okoro	28 Jan 17
51.97	Linda Forsyth	31 May 82	1:26.22	Kirsten McAslan	4 Jan 15
52.02	Marilyn Okoro	8 Aug 06	50 1:26.60	Amber Anning	17 Jan 25
52.05	Sinead Dudgeon	3 Jul 99	<b>800 Metres</b>		
52.08	Rebecca Grieve	3 May 25	1:54.61	Keely Hodgkinson	20 Jul 24
52.12 A	Lillian Board	16 Oct 68	1:54.74	Hodgkinson	16 Aug 25
52.13	Helen Burkart	28 Jun 84	1:54.90	Georgia Hunter Bell	21 Sep 25
52.13	Kirsty McAslan	9 Jul 15	1:54.91	Hodgkinson	21 Sep 25
52.13	Dina Asher-Smith	25 Apr 25	1:55.19	Hodgkinson	17 Sep 23
52.19	Kelly Sotherton	31 Aug 08	1:55.61	Jemma Reekie	20 Jul 24
52.20	Ann Packer	17 Oct 64	1:55.69	Hodgkinson	20 Aug 25
52.20	Kim Wall	11 Jun 05	60 1:55.77	Hodgkinson	9 Jun 23
			1:55.78	Hodgkinson	25 May 24
			1:55.88	Hodgkinson	3 Aug 21
<b>hand timing</b>			1:56.21	Kelly Holmes	9 Sep 95
51.2	Donna Hartley	28 Jul 78	1:56.73	Laura Muir	9 Jul 21
51.4	Verona Elder	22 May 76	1:57.42	Kirsty Wade	24 Jun 85
			1:57.66	Alexandra Bell	3 Aug 21
<b>400 Metres Short Track</b>			1:57.69	Lynsey Sharp	20 Aug 16
50.02	Nicola Sanders	3 Mar 07	1:57.86	Phoebe Gill	11 May 24
50.43	Amber Anning	24 Feb 24	1:57.93	Jenny Meadows	19 Aug 09
50.53	Katharine Merry	18 Feb 01	1:58.00	Katie Snowden	23 Jul 23
50.56	Anning	27 Jan 24	1:58.20	Rebecca Lyne	11 Jun 06
50.57	Anning	14 Feb 25	1:58.45	Marilyn Okoro	26 Jul 08
50.60	Sanders	11 Feb 07	1:58.65	Diane Modahl	14 Jul 90
50.60	Sanders	17 Feb 07	1:58.74	Jemma Simpson	22 Jul 10
50.60	Anning	22 Mar 25	1:58.86	Shelayna Oskan-Clarke	27 Aug 15
50.68	Anning	25 Feb 23	1:58.97	Shireen Bailey	15 Sep 87
50.72	Sanders	12 Feb 06	1:59.02	Susan Scott	24 Mar 06
50.85	Perri Shakes-Drayton	3 Mar 13	1:59.05	Christina Boxer	4 Aug 79
50.89	Laviai Nielsen	2 Mar 24	1:59.05	Revee Walcott-Nolan	20 Aug 25
51.02	Nicole Yeargin	28 Jan 23	1:59.20	Erin Wallace	25 May 24
51.45	Eilidh Child/Doyle	3 Mar 13	1:59.30	Isabelle Boffey	22 Jul 23
51.57	Jessie Knight	15 Feb 20	1:59.30	Hannah Segrave	17 Jul 24
51.60	Seren Bundy-Davies	30 Jan 16	1:59.35	Khahisa Mhlanga	23 Aug 23
51.69	Phylis Smith	23 Feb 13	10 1:59.37	Emma Jackson	11 May 12
51.72	Sally Gunnell	6 Mar 94	1:59.49	Abigail Ives	10 May 25
51.73	Jodie Williams	6 Mar 21	1:59.50	Adelle Tracey	9 May 21
51.74	Catherine Murphy	15 Mar 03	1:59.52	Ellie Baker	3 Sep 22
51.74	Yemi Mary John	27 Jan 24	1:59.66	Hannah England	20 Aug 12
51.77	Lina Nielsen	23 Feb 25	1:59.67	Lorraine Baker	15 Aug 86
51.80	Verona Elder	25 Feb 79	1:59.74	Amanda Pritchard	28 Jul 06
51.89 A	Victoria Ohuruogu	4 Feb 23	1:59.75	Charlotte Moore	29 Jul 02
52.02	Amarachi Pipi	22 Feb 22	1:59.76	Paula Fryer	17 Jul 91
52.03	Zoey Clark	6 Feb 21	1:59.77	Jessica Warner-Judd	11 Jun 14
52.13	Shana Cox	10 Mar 12	20 1:59.81	Ann Griffiths	10 Aug 94



4:01.89	Hannah England	22 Jul 11	4:07.13	Hannah England	22 Feb 11
4:02.32	Shireen Bailey	1 Oct 88	4:07.42	Stacey Smith	19 Feb 11
4:02.54	Stephanie Twell	19 Aug 10	4:07.6+u	Kirsty Wade	13 Feb 88
4:02.55	Adelle Tracey	31 May 22	4:07.98+	Ellie Leather	10 Feb 24
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 20
4:03.95	Ellie Baker	13 Jun 23	<b>1 Mile</b>		
4:04.14	Wendy Sly	14 Aug 83 30	4:15.24	Laura Muir	21 Jul 23
4:04.33	Sarah Calvert	9 Aug 25	4:16.38	Melissa Courtney-Bryant	21 Jul 23
4:04.81	Sheila Carey	9 Sep 72	4:17.57	Zola Budd	21 Aug 85
4:04.97	Shannon Flockhart	31 May 25	4:17.60	Laura Weightman	12 Jul 19
4:05.14mx	Innes Fitzgerald	27 May 25	4:18.03	Muir	9 Jul 17
4:05.37	Paula Radcliffe	1 Jul 01	4:19.12	Muir	9 Jun 16
4:05.58mx	Alexandra Millard	19 Jun 24	4:19.16	Revee Walcott-Nolan	19 Jul 25
	4:06.91	5 Jul 25	4:19.41	Kirsty Wade	27 Jul 85
4:05.66	Bev Hartigan	20 Jul 90	4:20.35	Lisa Dobriskey	7 Sep 08
4:05.66	Hannah Nuttall	4 Jun 23	4:20.44	Erin Wallace	19 Jul 25
4:05.75	Lynn Gibson	20 Jul 94	4:20.85	Sarah McDonald	22 Jul 18
4:05.83mx	Emma Jackson	4 Sep 13 40	4:22.64	Christina Boxer	7 Sep 84 10
4:05.87mx	Phoebe Gill	1 May 24	4:22.64	Yvonne Murray	22 Jul 94
4:05.96	Lynne MacDougall	20 Aug 84	4:24.57	Christine Benning	7 Sep 84
4:06.0	Mary Stewart/Cotton	24 Jun 78	4:24.71	Eilish McColgan	18 Aug 19
4:06.12	Ellie Leather	17 May 24	4:24.71	Katie Snowden	19 Jul 25
4:06.17	Cari Hughes	10 Sep 24	4:24.87	Alison Wyeth	6 Jul 91
4:06.24	Christine Whittingham	5 Jul 86	4:24.94	Paula Radcliffe	14 Aug 96
4:06.39	Jemma Simpson	22 May 10	4:25.39	Stephanie Twell	9 Jul 17
4:06.45	Ava Lloyd	16 Aug 25	4:26.11	Liz McColgan	10 Jul 87
4:06.56	Elizabeth Bird	27 Jul 24	4:26.16	Teena Colebrook	14 Jul 90
4:06.69mx	Katrina Wootton	12 Aug 09 50	4:26.52	Bev Hartigan	14 Aug 92 20
4:06.81	Stacey Smith	10 Jul 11	4:26.85	Megan Keith	30 Aug 25
4:06.85	Rebecca Lyne	6 Jul 06	4:27.00	Jemma Reekie	18 Aug 19
4:07.00	Susan Scott	27 Jun 08	4:27.13	Amy-Eloise Neale	6 Aug 21
4:07.06	Alexandra Bell	12 Sep 21	4:27.30	Sarah Calvert	30 Aug 25
4:07.11	Janet Marlow	18 Aug 82	4:27.80	Lisa York	14 Aug 92
4:07.20	Holly Archer	29 May 21	4:27.95	Charlene Thomas	14 Sep 07
4:07.49	Abigail Ives	9 Aug 25	<b>1 Mile Short Track</b>		
4:07.59	Ann Griffiths	9 Jun 92	4:17.88	Jemma Reekie	8 Feb 20
4:07.69	Teena Colebrook	19 Aug 90	4:18.75	Laura Muir	16 Feb 19
4:07.69	Rosie Clarke	16 Jun 18 60	4:20.15	Muir	11 Feb 23
<b>1500 Metres Short Track</b>			4:21.19	Katie Snowden	11 Feb 23
3:59.58	Laura Muir	9 Feb 21	4:23.35	Georgia Hunter Bell	8 Feb 25
3:59.84	Georgia Hunter Bell	23 Mar 25	4:23.86	Kirsty Wade	5 Feb 88
4:00.52+	Jemma Reekie	8 Feb 20	4:25.23	Ellie Leather	10 Feb 24
4:00.63	Hunter Bell	15 Feb 25	4:26.50	Hayley Tullett	6 Feb 00
4:01.84+	Muir	16 Feb 19	4:26.76	Bethan Morley	15 Feb 25
4:02.39	Muir	4 Mar 17	4:28.43	Mena Scatchard	14 Feb 25
4:02.66	Kelly Holmes	16 Mar 03	4:28.47	Hannah Segrave	2 Mar 25 10
4:03.07+	Muir	11 Feb 23	4:28.58	Wendy Sly	14 Feb 86
4:03.22	Hunter Bell	3 Feb 24	4:29.46	Helen Clitheroe	20 Feb 10
4:03.40	Muir	4 Mar 23	<b>1 Mile Road</b>		
4:03.93	Revee Walcott-Nolan	20 Jan 24	4:32.6	Alexandra Bell	27 Apr 24
4:03.98+	Katie Snowden	11 Feb 23	<b>2000 Metres</b>		
4:04.79	Melissa Courtney-Bryant	9 Feb 21	5:26.08	Melissa Courtney-Bryant	12 Jul 24
4:05.32	Sarah McDonald	6 Feb 24	5:26.93	Yvonne Murray	8 Jul 94
4:05.63	Hayley Tullett	12 Feb 04	5:29.58	Murray	11 Jul 86
4:05.81	Helen Clitheroe	20 Feb 07 10	5:30.19	Zola Budd	11 Jul 86
4:06.73	Ellie Baker	19 Feb 23			
4:06.87	Zola Budd	25 Jan 86			

5:33.85	Christina Boxer	13 Jul 84		8:51.02	Rosie Clarke	20 Aug 17	
5:37.00	Christine Benning	13 Jul 84		8:51.33	Sonia McGeorge	29 Aug 90	
5:37.01 +	Paula Radcliffe	19 Jul 02		8:51.40	Ruth Partridge	7 Aug 82	
5:38.50	Alison Wyeth	29 Aug 93		8:51.55	Jessica Bailey	13 Jul 25	
5:38.76 +	Laura Weightman	30 Jun 19		8:51.82	Helen Clitheroe	29 Aug 10	
5:40.1 +	Eilish McColgan	28 Jun 21		8:52.19mx	Kate Axford	12 Jun 24	
5:40.24	Liz McColgan	22 Aug 87	10	8:52.79	Ann Ford	28 Aug 77	
				8:53.64mx	India Weir	25 Jun 25	
				8:53.9 +	Sarah Inglis	7 Aug 22	
<b>2000 Metres Short Track</b>				8:53.94	Beth Potter	27 Jul 16	50
5:38.41 +	Laura Muir	2 Mar 24		8:54.09	Amelia Quirk	21 Aug 20	
5:39.84 +	Melissa Courtney-Bryant	2 Feb 25		8:54.12	Lisa Dobriskey	20 May 07	
5:40.52 +	Georgia Hunter Bell	2 Feb 25					
5:40.86"	Yvonne Murray	20 Feb 93					
5:41.2 +	Jo Pavey	3 Feb 07		<b>3000 Metres Short Track</b>			
<b>3000 Metres</b>				8:26.41	Laura Muir	4 Feb 17	
8:22.20	Paula Radcliffe	19 Jul 02		8:28.69	Melissa Courtney-Bryant	2 Feb 25	
8:26.07	Laura Weightman	30 Jun 19		8:29.76	Muir	2 Mar 24	
8:26.31	Weightman	25 Sep 20		8:30.61	Muir	1 Mar 19	
8:26.97	Radcliffe	29 Jun 01		8:31.45 +	Muir	11 Feb 24	
8:27.40	Radcliffe	11 Aug 99		8:31.50	Joanne Pavey	3 Feb 07	
8:28.07	Radcliffe	17 Aug 01		8:34.39	Muir	17 Dec 23	
8:28.83	Zola Budd	7 Sep 85		8:34.55	Pavey	20 Feb 04	
8:29.02	Yvonne Murray	25 Sep 88		8:34.80	Liz McColgan	4 Mar 89	
8:30.53	Laura Muir	26 Aug 22		8:35.67	Muir	5 Mar 17	
8:31.00	Eilish McColgan	20 Aug 17		8:36.96	Georgia Hunter Bell	2 Feb 25	
8:31.27	Jo Pavey	30 Aug 02		8:39.79	Zola Budd	8 Feb 86	
8:32.90	Innes Fitzgerald	15 Jun 25		8:39.81	Helen Clitheroe	19 Feb 11	
8:33.82	Hannah Nuttall	15 Jun 25		8:40.01	Hannah Nuttall	2 Feb 25	
8:37.06	Wendy Sly	10 Aug 83	10	8:40.05	Innes Fitzgerald	4 Feb 25	
8:38.23	Liz McColgan	15 Jul 91		8:41.94	Stephanie Twell	10 Feb 18	10
8:38.37	Megan Keith	9 Jul 25		8:43.02	Eilish McColgan	18 Feb 17	
8:38.42	Alison Wyeth	16 Aug 93		8:44.15	Amy-Eloise Neale	6 Feb 22	
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		8:45.67	Shannon Flockhart	7 Dec 24	
8:40.97	Kathy Butler	24 Aug 01		8:46.06	Yvonne Murray	22 Feb 87	
8:40.98	Stephanie Twell	15 Jul 16		8:46.60	Verity Ockenden	5 Mar 21	
8:43.24mx	Jessica Warner-Judd	6 Sep 17		8:46.89	Sarah Inglis	26 Feb 23	
8:43.87	Verity Ockenden	9 Jul 24	20	8:47.25	Lisa Dobriskey	4 Mar 07	
8:44.05mx	Calli Hauger-Thackery	13 Jul 22		8:47.30	Rosie Clarke	8 Feb 18	20
				8:47.36	Elise Thorner	31 Jan 25	
				8:47.41	Katie Snowden	4 Feb 23	
8:44.15	Aimee Pratt	16 Jul 23		8:47.80	Mena Scatchard	6 Dec 25	
8:44.26	Reeve Walcott-Nolan	22 Aug 24		8:48.82	Amelia Quirk	5 Mar 21	
8:44.46	Christine Benning	22 Aug 84		8:49.43	Cari Hughes	15 Feb 25	
8:44.85mx	Cari Hughes	6 Aug 24		8:50.32	Alexandra Millard	1 Mar 25	
8:45.39	Hayley Tullett	15 Jul 00		8:50.69	Katrina Wootton	16 Feb 08	
8:45.69	Jane Shields	10 Aug 83		8:51.04	Wendy Sly	6 Mar 88	
8:45.82	Alexandra Millard	9 Jul 25		8:52.00	Lauren Heyes	16 Feb 13	
8:46.38	Julia Bleasdale	26 Aug 12		8:52.15	Isobel Fry	4 Feb 24	30
8:47.36	Jill Hunter	17 Aug 88	30	8:52.90	Barbara Parker	6 Feb 10	
8:47.59	Angela Tooby	5 Jul 88		8:53.12	Kate Avery	14 Feb 15	
8:47.7	Kirsty Wade	5 Aug 87		8:53.52	Nicky Morris	4 Mar 89	
8:47.71	Lisa York	31 Jul 92		8:54.67	Ellie Leather	7 Jan 24	
8:47.93	Isobel Fry	3 Sep 24					
8:48.15	Eloise Walker	2 Sep 23		<b>2 Miles</b>			
8:48.72	Karen Hargrave	28 Jan 90		9:17.4 +e	Paula Radcliffe	20 Jun 04	
8:48.74	Paula Fudge	29 Aug 78					
8:49.89	Christina Boxer	20 Jul 85		9:32.07		23 May 99	
8:50.37	Laura Whittle	13 Sep 09		9:21.98	Amy-Eloise Neale	20 Aug 21	
8:50.52	Debbie Peel	7 Aug 82	40	9:29.6	Zola Budd	6 Sep 85	

**2 Miles Short Track**

			15:25.63	Kate Avery	3 Apr 15	
9:04.84	Laura Muir	11 Feb 24	15:26.5	Freya Ross	28 Aug 10	50
9:30.69	Amy-Eloise Neale	13 Feb 21	15:27.60	Rhona Auckland	25 Jul 15	
9:32.00	Jo Pavey	17 Feb 07	15:27.6mx	Katrina Wootton	25 Aug 17	
9:33.78	Lisa Dobriskey	17 Feb 07	15:28.32	Beth Potter	1 May 16	
9:35.83	Barbara Parker	20 Feb 10	15:28.58	Mara Yamauchi	24 Jun 06	
9:36.85	Yvonne Murray	15 Mar 87	15:28.63	Andrea Wallace	2 Jul 92	

**5000 Metres**

14:28.55	Eilish McColgan	1 Jul 21	15:29.04	Sonia McGeorge	27 May 96	
14:29.11	Paula Radcliffe	20 Jun 04	15:29.07	Charlotte Taylor	5 May 17	
14:31.26	McColgan	3 Sep 21	15:29.10	Kate Reed	25 Jul 07	
14:31.42	Radcliffe	28 Jul 02	15:29.26	Lauren Heyes	5 May 17	
14:32.44	Radcliffe	31 Aug 01	15:29.50	Jessica Piasecki	25 Jul 15	60

**5000 Metres Short Track**

14:35.44	Laura Weightman	14 Aug 20	14:49.12	Laura Muir	4 Jan 17	
14:39.48	Hannah Nuttall	19 Jul 25	14:52.02	Muir	4 Jan 19	
14:39.56	Innes Fitzgerald	19 Jul 25	14:55.68	Calli Hauger-Thackery	15 Feb 25	
14:39.96	Jo Pavey	25 Aug 06	14:59.65	Sarah Inglis	10 Feb 23	
14:40.71	Pavey	8 Jul 05	15:03.17	Liz McColgan	22 Feb 92	
14:43.24	Megan Keith	27 Apr 24	15:03.39	Hannah Nuttall	9 Feb 24	
14:48.07	Zola Budd	26 Aug 85	15:07.76	Isobel Fry	9 Feb 24	
14:48.14	Laura Muir	9 Jun 23	15:10.19	Jennifer Nesbitt	9 Feb 24	
14:48.20	Melissa Courtney-Bryant	24 May 25	15:22.71	Alexandra Millard	31 Jan 25	10
14:51.53	Jessica Warner-Judd	8 Sep 23	15:26.82	Aimee Pratt	27 Jan 24	
14:54.08	Stephanie Twell	27 Aug 10	15:27.75	Amelia Quirk	9 Jan 22	10
14:56.60	Amy-Eloise Neale	7 Aug 22	15:32.72	Amy-Eloise Neale	28 Feb 20	
14:56.94	Yvonne Murray	7 Jul 95	15:33.19	Tia Wilson	6 Dec 25	

**10000 Metres**

14:59.56	Liz McColgan	22 Jul 95	30:00.86	Eilish McColgan	4 Mar 23	
14:59.63	Izzy Fry	22 Jun 24	30:01.09	Paula Radcliffe	6 Aug 02	
15:00.37	Alison Wyeth	7 Jul 95	30:17.15	Radcliffe	27 Jun 04	
15:01.92	India Weir	9 Aug 25	30:19.02	McColgan	6 Jun 22	
15:02.00	Julia Bleasdale	7 Aug 12	30:26.97	Radcliffe	30 Sep 00	
15:02.55	Calli Hauger-Thackery	23 Jul 22	30:27.13	Radcliffe	26 Aug 99	
15:02.64	Alexandra Millard	9 Aug 25	30:34.60	McColgan	16 Jul 22	
15:03.51	Verity Ockenden	15 May 21	30:35.93	Jessica Warner-Judd	16 Jul 22	
15:05.05	Cari Hughes	9 Aug 25	30:36.84	Megan Keith	16 Mar 24	
15:05.51	Kathy Butler	3 Sep 04	30:40.70	Radcliffe	10 Apr 99	
15:05.51	Sarah Inglis	11 Jun 22	30:50.64	Calli Hauger-Thackery	11 Jun 25	
15:06.75	Helen Clitheroe	6 Aug 11	30:53.20	Jo Pavey	3 Aug 12	
15:07.19mx	Jessica Bailey	8 Mar 25	30:55.63	Julia Bleasdale	3 Aug 12	
15:07.45	Emelia Gorecka	4 May 14	30:58.94	Liz McColgan	25 Jun 91	
15:08.58	Laura Whittle	1 May 16	31:07.88	Jill Hunter	30 Jun 91	
15:09.98	Jill Hunter	18 Jul 92	31:08.13	Stephanie Twell	6 Jul 19	10
15:12.81	Barbara Parker	7 Aug 12	31:11.40	Samantha Harrison	20 May 23	
15:13.22	Angela Tooby	5 Aug 87	31:17.81	Amy-Eloise Neale	20 May 23	
15:14.08	Natalie Harvey	31 Jul 04	31:35.77	Kate Reed	4 May 08	
15:14.51	Paula Fudge	13 Sep 81	31:35.92	Jessica Andrews	12 Aug 16	
15:16.44	Hayley Yelling	23 Jul 05	31:36.90	Kathy Butler	12 Jun 04	
15:17.39	Jennifer Nesbitt	6 May 22	31:39.60	Sarah Inglis	14 May 22	
15:19.40	Kate Axford	29 Jun 24	31:41.44	Kate Avery	2 May 15	
15:19.75	Rosie Clarke	21 Jul 19	31:43.70	Verity Ockenden	5 Jun 21	
15:19.78	Catherine Berry	31 Jul 04	31:45.14	Hayley Yelling	12 Jun 04	
15:21.45	Wendy Sly	5 Aug 87	31:45.37	Abbie Donnelly	18 May 24	20
15:21.72	Sophie Wallis	29 Jun 24	31:45.63mx	Katrina Wootton	3 Sep 17	
15:22.29	Samantha Harrison	11 Jun 22	32:27.47		20 May 17	
15:22.84	Philippa Bowden	29 Jun 24	31:47.60	Izzy Fry	14 Jun 25	
15:23.4	Charlotte Purdue	28 Aug 10	31:49.40	Mara Yamauchi	21 Mar 06	
15:23.92	Eloise Walker	14 Jun 25	31:53.36	Wendy Sly	8 Oct 88	
15:24.02	Jessica Andrews	16 Jul 16	31:55.30	Angela Tooby	4 Sep 87	
15:24.63	Phoebe Anderson	7 Jun 25				
15:24.71mx	Hannah Irwin	23 Aug 25				









13.12	Pat Rollo	27 May 84	56.43	Alyson Layzell	16 Jun 96	
13.13	Ashley Helsby	3 Jul 11	56.46	Yvette Wray-Luker	11 Jul 81	30
13.20	Louise Hazel	3 Jun 06	56.48	Kirsten McAslan	1 Jul 18	
13.20	Mia McIntosh	7 Aug 23	56.53	Tracey Duncan	16 Jun 02	
13.22	Heather Ross	27 May 84	56.59	Caryl Granville	22 Jul 17	
13.23	Megan Marrs	27 May 18	56.61	Louise Brunning	16 Jun 96	
13.25	Zara Hohn	10 Jul 10	56.65	Liz Fairs	18 Jun 05	
13.27	Holly Pattie-Belleli	14 May 16	56.67	Ese Okoro	11 Jun 14	
			56.69	Ashante Little	11 Apr 15	
			56.70	Lorraine Hanson	13 Aug 89	
<b>hand timing</b>			56.72	Gladys Taylor	6 Aug 84	
13.0	Judy Vernon	29 Jun 74	56.94	Lauren Thompson	25 Aug 19	40
13.0	Blondelle Caines	29 Jun 74	57.00	Simone Gandy	6 Aug 88	
13.1	Melanie Wilkins	2 Jul 95	57.07	Verona Elder	15 Jul 83	
13.2	Pat Rollo	11 Jun 83	57.13	Nusrat Ceesay	11 Jul 09	
<b>hand timing - wind assisted</b>			57.17	Laura Wake	29 May 14	
12.7	Kay Morley-Brown	10 Jan 90	57.26	Aisha Naibe-Wey	25 May 15	
12.8	Natasha Danvers	3 Apr 99	57.29	Katie Jones	3 Jul 05	
12.9	Judy Vernon	18 May 74	57.34	Arabella Wilson	9 Aug 25	
13.1	Mary Peters	19 Aug 72	57.38	Sarah Dean	27 Jun 91	
<b>300 Metres Hurdles</b>			57.41	Jennie Mathews	6 Aug 88	
38.75	Lina Nielsen	26 May 23	57.43	Liz Sutherland	6 Jul 78	50
<b>400 Metres Hurdles</b>			57.49	Maureen Prendergast	16 Jun 84	
52.74	Sally Gunnell	19 Aug 93	57.50	Hannah Douglas	11 Jul 09	
53.16	Gunnell	29 Aug 91	57.51	Justine Kinney	6 Jun 09	
53.23	Gunnell	5 Aug 92	57.52	Clare Sugden	3 Jun 90	
53.33	Gunnell	12 Aug 94	57.52	Abigayle Fitzpatrick	14 Jul 13	
53.51	Gunnell	24 Jul 94	57.55	Sharon Danville	8 May 81	
53.52	Gunnell	4 Aug 93	57.65	Bethany Kennedy	25 May 19	
53.62	Gunnell	7 Aug 91	57.76	Aileen Mills	5 Aug 86	
53.67	Perri Shakes-Drayton	26 Jul 13	57.77	Chelsea Walker	21 Jul 24	
53.73	Gunnell	26 Jun 93	57.79	Susan Cluney	15 Jun 80	60
53.77	Shakes-Drayton	13 Jul 12		<b>hand timing</b>		
53.84	Natasha Danvers	20 Aug 08	57.5	Vicky Lee	28 Jun 86	
54.08	Emily Newnham	19 Jul 25		<b>High Jump</b>		
54.09	Eilidh Child/Doyle	15 Jul 16	2.00	Morgan Lake	27 Aug 25	
54.09	Jessie Knight	28 May 22	1.99i	Lake	4 Feb 23	
54.43	Lina Nielsen	10 Jun 24	1.98	Kat. Johnson-Thompson	12 Aug 16	
54.52	Meghan Beesley	23 Aug 15	1.97 i	Johnson-Thompson	14 Feb 15	
54.63	Gowry Retchakan	3 Aug 92	1.97	Isobel Pooley	4 Jul 15	
54.77	Jessica Turner	29 May 21	1.97	Morgan Lake	30 Jun 18	
55.22	Keri Maddox	12 Aug 00	1.97	Lake	30 Jun 18	
55.24	Sinead Dudgeon	24 Jul 99	1.97 i	Lake	26 Jan 19	
55.25	Lee McConnell	23 Mar 06	1.97	Lake	13 Jun 23	
55.32	Nicola Sanders	23 Mar 06	1.97	Lake	27 Aug 23	
55.48	Hayley McLean	28 May 22	1.95	Diana Davies	26 Jun 82	
55.70	Emma Duck	28 Jul 06	1.95 i	Debbie Marti	23 Feb 97	
55.89	Jessica Tappin	28 May 22	1.95	Susan Jones	24 Jun 01	
55.91	Elaine McLaughlin	26 Sep 88	1.95	Jessica Ennis	5 May 07	
55.93	Nicole Kendall	7 Aug 21	1.95 i	Emily Borthwick	5 Feb 22	
56.04	Sue Morley	10 Aug 83	1.94	Louise Gittens	25 May 80	
56.05	Wendy Cearns	13 Aug 89	1.94 i	Jo Jennings	13 Mar 93	10
56.05	Shona Richards	12 Jul 15	1.93	Michelle Dunkley	2 Sep 00	
56.06	Christine Warden	28 Jul 79	1.93 i	Nikki Manson	8 Feb 20	
56.15	Jacqui Parker	27 Jul 91	1.92	Barbara Simmonds	31 Jul 82	
56.26	Louise Fraser	7 Jun 92	1.92	Judy Simpson	8 Aug 83	
56.39	Zoe Pollock	25 May 24	1.92	Janet Boyle	29 Sep 88	
56.42	Vicki Jamison	20 Jun 98	1.92 i	Julia Bennett	10 Mar 90	
56.42	Sian Scott	18 Aug 05	1.92	Lea Haggett	15 Jun 96	



6.76	Mary Rand	14 Oct 64	6.64	Jade O'Dowda	9 Jul 23	
6.76	Jo Wise	2 Aug 99	6.57	Ann Simmonds	22 Aug 70	
6.75	Joyce Oladapo	14 Sep 85	6.56	Judy Simpson	30 Aug 86	
6.73	Sheila Sherwood	23 Jul 70	6.56	Dominique Blaize	27 May 13	
6.73	Yinka Idowu	7 Aug 93	6.54	Ruth Howell	16 Jun 72	
6.63	Lucy Hadaway	25 May 23	6.54	Myra Nimmo	19 Jun 76	
6.70	Kim Hagger	30 Aug 86	6.53	Chisom Nwafor	1 Jul 23	
6.69	Sue Reeve	10 Jun 79	6.49	Margaret Cheetham	4 Sep 83	
6.69	Denise Lewis	30 Jul 00	6.48	Moira Maguire	17 May 70	
6.69	Jahisha Thomas	1 Jul 18	20 6.48	Amy Harris	3 Jul 11	
6.67 i	Funminiyi Olajide	14 Feb 25	6.45	Donita Benjamin	23 Jul 00	
6.63	Mary Agyepong	17 Jun 89	6.44	Tracy Joseph	21 Jun 97	
6.63	Jessica Ennis-Hill	26 Jun 16	6.44	Cleo Martin-Evans	25 May 24	
6.59 i	Alice Hopkins	22 Feb 25	<b>Triple Jump</b>			
6.56	Sarah Claxton	23 May 99	15.16 i	Ashia Hansen	28 Feb 98	
6.55	Ann Simmonds	22 Jul 70	15.15	Hansen	13 Sep 97	
6.55	Jade O'Dowda	30 Jun 24	15.02 i	Hansen	7 Mar 99	
6.54	Dominique Blaize	19 May 13	15.01 i	Hansen	15 Mar 03	
6.54	Rebecca Chapman	2 Jul 17	14.96	Hansen	11 Sep 99	
6.52	Gill Regan	29 Aug 82	30 14.94	Hansen	29 Jun 97	
6.52	Georgina Oladapo	16 Jun 84	14.86	Hansen	31 Jul 02	
6.51 i	Ruth Howell	23 Feb 74	14.85 i	Hansen	15 Feb 98	
6.51	Julie Hollman	3 Sep 00	14.82 i	Yamilé Aldama	10 Mar 12	
6.51	Holly Mills	30 Jun 19	14.81 i	Hansen	21 Feb 99	
6.51	Georgina Scoot	10 May 25	14.37	Naomi Metzger	5 Aug 22	
6.51	Molly Palmer	11 Jun 25	14.09	Laura Samuel	29 Jul 14	
6.47 A	Ashia Hansen	26 Jan 96	14.08	Michelle Griffith	11 Jun 94	
6.47 i	Amy Harris	11 Feb 07	13.98	Georgina Forde-Wells	7 Jun 25	
6.47	Phyllis Agbo	31 May 09	13.95	Connie Henry	27 Jun 98	
6.47	Jade Nimmo	14 Apr 12	40 13.90	Temi Ojora	25 May 24	
6.46 i	Ore Adamson	18 Feb 23	13.85 A	Yasmine Regis	18 May 08	
6.45	Carol Earlington	12 May 82	13.76		5 Aug 11	
6.45	Margaret Cheetham	18 Aug 84	13.82	Shara Proctor	14 Apr 17	10
6.44	Sharon Danville	15 Jun 77	13.77	Nadia Williams	12 Jun 11	
6.44	Barbara Clarke	13 Sep 81	13.70	Sineade Gutzmore	20 Jul 16	
6.44	Louise Hazel	9 Oct 10	13.64	Rachel Kirby	7 Aug 94	
6.44	Thea Brown	10 Aug 25	13.62	Nony Mordi	5 Jul 08	
6.43	Myra Nimmo	27 May 73	13.62	Adelaide Omitowoju	2 Aug 25	
6.43 i	Gillian Cooke	3 Feb 08	13.59	Jahisha Thomas	23 Apr 22	
6.42	Sarah Warnock	29 Jun 14	50 13.56	Mary Agyepong	5 Jun 92	
6.42 i	Sarah Abrams	25 Jan 20	13.53	Chioma Matthews	17 May 15	
6.42	Abigail Pawlett	1 Jun 25	13.46	Evette Finikin	26 Jul 91	
6.41	Niamh Emerson	1 Jul 18	13.44	Hannah Frankson	26 Jun 11	20
6.40	Judy Simpson	26 Aug 84	13.43	Angela Barrett	16 Aug 17	
6.40	Sharon Bowie	28 Jun 86	13.39 i	Alex Russell	17 Feb 19	
6.40 i	Amy Woodman	14 Feb 09	13.36	Georgina Scoot	11 May 25	
<b>wind unconfirmed</b>			13.31	Karlene Turner	28 May 06	
6.43	Moira Maguire	18 Sep 70	13.30	Shakira Whight	24 Jun 12	
<b>wind assisted</b>			13.27	Zainab Ceesay	5 Jul 08	
7.00	Sue Hearnshaw	27 May 84	13.27 i	Simi Fajemisin	24 Feb 19	
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	13.25	Shanara Hibbert	2 Aug 25	30
6.80	Joyce Oladapo	22 Jun 85	13.24	Stephanie Aneto	18 Jul 10	
6.77	Denise Lewis	1 Jun 97	13.23 i	Rebecca White	27 Jan 06	
6.72	Alice Hopkins	8 May 24	13.21 i	Amy Warre	16 Feb 25	
6.70	Funminiyi Olajide	23 May 24	13.13	Lia Stephenson	1 Jun 19	
6.67	Molly Palmer	18 May 25	13.11	Jade Johnson	19 Aug 01	
6.65	Mary Agyepong	4 Jun 89	13.09	Debbie Rowe	26 Aug 06	
			13.08	Denae Matthew	30 Jun 07	

13.07	Mary Fasipe	24 Aug 19	16.63	Eva Massey	29 Jul 07	
13.06	Zara Asante	19 Jun 19	16.57	Maggie Lynes	20 Jul 94	20
13.06	Shanara Hibbert	14 Jun 25	16.42	Kirsty Yates	30 Jul 14	
13.04	Eavion Richardson	17 Jun 18	40 16.40 i	Mary Peters	28 Feb 70	
13.03	Shani Anderson	4 May 96	16.40	Julie Dunkley	12 Aug 00	
13.03	Kate Evans	26 Apr 97	16.39	Shanaugh Brown	19 May 13	
13.03	Lisa James	21 Jun 15	16.29	Brenda Bedford	26 May 76	
13.03	Naomi Reed	31 Jun 16	16.17	Eleanor Gatrell	18 Jul 10	
13.03	Emily Gargan	21 May 17	16.12	Denise Lewis	21 Aug 99	
13.02 i	Emily Parker	12 Feb 05	16.09 i	Alison Rodger	21 Feb 10	
13.02	Mary Elcock	25 May 24	16.05	Janis Kerr	15 May 76	
13.01	Jayne Nisbet	22 Apr 07	15.95 i	Philippa Roles	6 Feb 99	30
13.01	Emma Pringle	26 May 13	15.88 i	Ade Oshinowo	7 Feb 04	
12.98	Danielle Freeman	13 Jul 02	50 15.85 i	Alison Grey	12 Feb 94	
<b>wind assisted</b>			15.82	Cleo Agyepong	26 Apr 25	
15.00	Hansen	10 Aug 02	15.81	Tracy Axten	19 Jul 98	
14.38	Naomi Metzger	13 Jun 21	15.80	Sharon Andrews	30 Jul 93	
14.14	Michelle Griffith	25 Jul 00	15.75 i	Caroline Savory	23 Feb 83	
13.94	Nadia Williams	17 Jul 11	15.60 i	Justine Buttle	27 Feb 88	
13.82	Yasmine Regis	13 Jun 09	15.56 i	Amy Kennedy	1 Feb 25	
13.76	Nony Mordi	10 May 08	15.55	Christina Bennett	13 Jun 99	
13.66	Jahisha Thomas	2 Jun 22	15.55	Shaunna Thompson	26 Jun 22	40
13.51	Rebecca White	3 Sep 05	15.48	Mary Anderson	8 Sep 85	
13.42	Gillian Kerr	30 Jun 07	15.46	Vanessa Redford	14 Jun 80	
13.41	Zara Asante	29 Jul 18	15.45	Susan King	27 Mar 83	
13.40	Alex Russell	31 Jul 16	15.44	Vickie Foster	14 May 00	
13.39	Lily Hulland	18 Jun 23	15.41	Fatima Whitbread	29 Apr 84	
13.35	Kat. Johnson-Thompson	6 Jul 14	15.39 i	Sophie Merritt	6 Dec 19	
13.22	Lisa James	21 Jun 15	15.35	Michella Obijiaku	11 May 18	
13.14	Debbie Rowe	22 Jul 00	15.33	Teddy Tchoudja	21 May 23	
13.10	Lateefah Agberemi	7 Jul 24	15.32 i	Helen Hounsell	13 Feb 82	
13.06	Alison McAllister	11 Jul 03	15.28	Amy Hill	31 May 09	50
13.04	Kate Evans	23 Jul 00	15.25	Omolola Kuponiyi	20 Apr 24	
<b>Shot</b>			15.23	Judy Simpson	18 Jun 88	
19.36	Judy Oakes	14 Aug 88	15.21	Uju Efobi	23 Apr 94	
19.33	Oakes	3 Sep 88	15.21 i	Kara Nwidobie	12 Feb 06	
19.26	Oakes	29 Jul 88	15.18	Suzanne Allday	18 May 64	
19.13	Oakes	20 Aug 88	15.18 i	Lana Newton	6 Jan 79	
19.06 i	Venissa Head	7 Apr 84	<b>Discus</b>			
19.05	Oakes	16 Jul 88	67.48	Meg Ritchie	26 Apr 81	
19.03	Myrtle Augée	2 Jun 90	67.44	Ritchie	14 Jul 83	
19.01	Oakes	17 Sep 88	66.04	Ritchie	15 May 82	
19.01	Oakes	11 Jun 89	65.96	Ritchie	19 Jul 80	
19.01	Oakes	11 May 96	65.78	Ritchie	17 Jul 81	
18.99	Meg Ritchie	7 May 83	65.34	Ritchie	24 Apr 83	
18.82 i	Sophie McKinna	27 Feb 22	65.18	Ritchie	17 May 81	
18.18	Amelia Campbell	16 Jun 22	65.10	Jade Lally	27 Feb 16	
17.97	Divine Oladipo	13 May 22	65.08	Ritchie	26 Apr 80	
17.79	Sarah Omoregie	20 Apr 24	65.02	Ritchie	5 May 84	
17.79	Adele Nicoll	15 Jun 24	64.68	Venissa Head	18 Jul 83	
17.78	Serena Vincent	19 May 24	10 62.89	Philippa Roles	8 Jun 03	
17.53	Angela Littlewood	24 Jul 80	61.22	Shelley Newman	8 Jun 03	
17.53	Rachel Wallader	4 Jun 16	60.72	Jackie McKernan	18 Jul 93	
17.45	Yvonne Hanson-Nortey	28 Jul 89	60.13	Kirsty Law	28 Aug 21	
17.24	Eden Francis	20 May 12	59.78	Eden Francis	6 Aug 11	
17.23	Nana Gyedu	23 May 24	58.56	Debbie Callaway	19 May 96	
17.13	Jo Duncan	13 Aug 06	58.26	Shadine Duquemin	6 Aug 22	10
16.76	Rebecca Peake	15 Aug 10	58.18	Tracy Axten	31 May 97	
16.75	Sabrina Fortune	29 Sep 25	58.17	Zara Obamakinwa	5 May 25	
			58.02	Rosemary Payne	3 Jun 72	

58.01	Divine Oladipo	19 May 24	68.97	Sarah Holt	25 Jul 15	
57.75	Emma Merry	9 Aug 99	68.93	Lorraine Shaw	8 Jun 03	
57.32	Lynda Wright	16 Jun 84	68.72	Amy Herrington/Phillips	26 Mar 22	10
57.27	Kara Nwidobie	18 Jun 05	68.63	Zoe Derham	17 Jul 08	
57.26	Emma Carpenter	12 Jul 08	67.58	Shirley Webb	16 Jul 05	
56.73	Claire Smithson	29 Jul 06	66.85	Shaunagh Brown	14 Jun 14	
56.42	Amy Holder	15 Jun 19	20 66.80	Carys Parry	15 Jul 14	
56.25	Rebecca Roles	6 Jun 04	66.69	Kayleigh Presswell	23 Jul 23	
56.24	Sharon Andrews	12 Jun 94	66.46	Rachel Hunter	26 Feb 17	
56.06	Kathryn Farr	27 Jun 87	65.65	Angela McAuslan-Kelly	17 May 25	
56.05	Phoebe Dowson	31 Mar 19	65.11	Kayleigh Presswell	7 May 22	
55.52	Jane Aucott	17 Jan 90	65.03	Susan McKelvie	20 Aug 11	
55.42	Lesley Bryant	12 Sep 80	64.74	Laura Douglas	8 Aug 10	
55.06	Janet Kane	17 Jun 78	64.06	Philippa Wingate	28 Aug 21	20
55.04	Lorraine Shaw	14 May 94	64.01	Rachael Somoye	6 Jun 21	
54.72	Karen Pugh	27 Jul 86	63.98	Christina Jones	25 Apr 15	
54.68	Emma Beales	10 Jun 95	30 63.96	Lyn Sprules	20 Aug 00	
54.46	Ellen Mulvihill	14 May 86	63.87	Rebecca Keating	17 Mar 18	
54.46	Janette Picton	17 Aug 90	63.61	Liz Pidgeon	27 May 00	
54.24	Nicola Talbot	15 May 93	63.47	Lucy Marshall	6 Aug 19	
53.96	Julia Avis	27 Apr 86	63.44	Philippa Davenall	7 Aug 21	
53.66	Rosanne Lister	22 Jun 91	63.11	Myra Perkins	18 May 14	
53.44	Judy Oakes	20 Aug 88	63.05	Lesley Brannan	19 Feb 06	
53.44	Navdeep Dhaliwal	5 Sep 10	62.96	Samantha Hynes	19 May 12	30
53.16	Sarah Winckless	18 Jun 94	62.84	Charlotte Williams	22 Jun 19	
52.84	Sarah Henton	7 Jul 13	62.75	Alice Barnsdale	6 Apr 19	
52.78	Taia Tunstall	2 Jul 22	40 62.66	Rachel Wilcockson	20 Aug 11	
52.72	Samantha Callaway	23 May 21	62.30	Louisa James	29 Jun 14	
52.52	Alison Grey	18 Jun 94	61.95	Annabelle Crossdale	24 Aug 19	
52.46	Vanessa Redford	4 Jul 82	61.77	Kimberley Reed	3 May 14	
52.31	Lauren Keightley	18 Jul 98	61.48	Suzanne Roberts	17 Jul 04	
51.82	Catherine Bradley	20 Jul 85	61.22	Hannah Blood	16 Mar 24	
51.77	Shaunagh Brown	1 Jun 14	60.88	Rachael Beverley	23 May 99	
51.60	Dorothy Chipchase	20 Jul 73	60.75	Abbi Carter	12 Jul 12	40
51.43	Claire Griss	30 May 05	60.73	Zoe Price	23 Jul 23	
51.18	Angela Sellars	12 Aug 90	60.40	Anna Merritt	9 Sep 25	
51.12	Joanne Brand	26 May 86	50 59.57	Hayley Murray	18 Jul 17	
51.07	Samantha Milner	19 May 13	59.19	Kirsty Costello	19 Jun 21	
50.88	Emma Botham	11 Jul 23	58.97	Diana Holden	4 Jun 02	
50.64	Kathryn Woodcock	6 May 17	58.48	Joanne John	2 Jul 08	
50.57	Brenda Bedford	24 Aug 68	58.47	Mhairi Porterfield	12 May 02	
50.33	Sophie Mace	5 Jul 25	58.44	Lily Murray	22 Mar 25	
50.06	Joanne Jackson	7 May 89	58.35	Cathy Coleman	8 Aug 21	
50.04	Morag Bremner	27 Apr 86	58.27	Katie Lambert	21 May 17	50
	<b>Hammer</b>		58.15	Natalie Robbins	14 Apr 19	
74.54	Sophie Hitchon	15 Aug 16	58.07	Helen Broadbridge	14 Jul 24	
73.97	Hitchon	21 May 17	57.96	Olivia Stevenson	10 Jun 17	
73.86	Hitchon	27 Aug 15	57.90	Megan Larkins	16 Sep 18	
73.68	Hitchon	27 Jun 17	57.81	Poppy Bean	8 Mar 25	
73.48	Hitchon	14 Jul 18	57.79	Danielle Broom	14 Aug 21	
73.22	Hitchon	27 Apr 18	57.63	Nicola Dudman	16 Jun 02	
73.05	Hitchon	5 Aug 17	57.40	Sarah Moore	29 Apr 01	
73.02	Anna Purchase	8 Apr 23	57.26	Phoebe Baggott	15 Apr 23	
72.97	Hitchon	23 Jun 13	57.22	Candy Lockett	25 Mar 22	60
72.96	Purchase	2 Aug 25				
72.51	Charlotte Payne	11 Jun 23				
70.21	Amber Simpson	13 Apr 24	22.18 i	Tara Simpson-Sullivan	18 Feb 23	
69.94	Tara Simpson-Sullivan	6 Jun 24	22.01 i	Amber Simpson	3 Feb 24	
69.72	Katie Head	13 Feb 22	21.60	Charlotte Payne	18 Nov 23	
69.44	Jessica Mayho	12 Aug 21	21.46 i	Amy Herrington/Phillips	27 Feb 21	
			20.63	Shirley Webb	2 Oct 05	

20.21 i	Angela McAuslan-Kelly	1 Mar 25	48.61	Harriet Wheeler	1 Jun 25
20.05 i	Rachael Somoye	8 Mar 19	48.39	Katie Amos	1 Jun 02
			48.35	Natasha Wilson	23 Apr 16
<b>Javelin (1999 Model)</b>			48.33	Jessica Ennis	23 Jul 13
66.17	Goldie Sayers	14 Jul 12	48.31	Eloise Manger	4 Jul 09
65.75	Sayers	21 Aug 08	48.24	Tammie Francis	29 Apr 00
65.05	Sayers	20 May 07	48.18	Amber Burdett	19 Sep 10
64.87	Kelly Morgan	14 Jul 02	48.13	Christine Lawrence	17 May 09
64.73	Sayers	31 May 12			
64.46	Sayers	18 Jun 11			
63.96	Sayers	6 Jun 08	<b>Javelin (pre 1999)</b>		
63.82	Sayers	26 Jul 08	77.44	Fatima Whitbread	28 Aug 86
63.66	Sayers	12 Jun 08	76.64	Whitbread	6 Sep 87
63.65	Sayers	15 Mar 08	76.34	Whitbread	4 Jul 87
60.68	Laura Whittingham	15 Aug 10	76.32	Whitbread	29 Aug 86
59.95	Rebekah Walton	30 Apr 24	75.62	Whitbread	25 May 87
59.50	Karen Martin	14 Jul 99	74.74	Whitbread	26 Aug 87
58.63	Izzy Jeffs	26 Apr 14	73.58	Tessa Sanderson	26 Jun 83
58.10	Elizabeth Korczak	21 Mar 25	73.32	Whitbread	20 Jun 87
57.48	Shelley Holroyd	10 Jul 04	62.32	Sharon Gibson	16 May 87
57.44	Jo Blair	26 Jun 16	62.22	Diane Royle	18 May 85
57.19	Lorna Jackson	9 Jul 00	60.12	Shelley Holroyd	16 Jun 96
56.73	Lauren Farley	21 May 23	60.00	Julie Abel	24 May 87
56.53	Freya Jones	3 Aug 25	59.40	Karen Hough	28 Aug 86
55.91	Kirsty Morrison	23 May 99	59.36	Kirsty Morrison	4 Sep 93
54.71	Kike Oniwinde	14 Jun 14	58.60	Jeanette Rose	30 May 82
54.62	Chloe Cozens	3 Aug 03	58.39	Lorna Jackson	6 Jun 98
54.08	Emma Hamplatt	17 Jun 18	57.90	Anna Heaver	1 Jul 87
53.76	Sophie Hamilton	16 Aug 25	57.84	Mandy Liverton	3 Jun 90
53.65	Harriette Mortlock	15 May 25	57.82	Karen Martin	19 Sep 98
52.86	Linda Gray	10 Jun 01	56.96	Nicky Emblem	1 Feb 90
52.78	Tesni Ward	29 May 11	56.50	Caroline White	8 Jun 91
52.76	Jenny Kemp	23 Jun 01	56.50	Denise Lewis	11 Aug 96
52.72	Emily Dibble	13 May 23			
52.68	Lianne Clarke	25 Aug 07	<b>Heptathlon</b>		
52.68	Harriet Court	12 Jul 25	6981	Kat. Johnson-Thompson	3 Oct 19
52.41	Katy Watts	31 May 09	6955	Jessica Ennis	4 Aug 12
52.34	Jade Dodd	2 Sep 07	6906	Ennis	27 May 12
52.32	Eloise Meakins	9 Sep 12	6844	Johnson-Thompson	9 Aug 24
52.09	Lauren Therin	5 May 07	6831	Denise Lewis	30 Jul 00
51.86	Ayesha Jones	24 May 25	6823	Ennis	31 Jul 10
51.57	Hannah Johnson	21 May 17	6813	Johnson-Thompson	26 May 19
51.48	Denise Lewis	10 Jul 04	6790	Ennis	29 May 11
51.27	Bethany Moule	5 Sep 20	6775	Ennis	13 Aug 16
51.18	Bethan Rees	28 May 18	6759	Johnson-Thompson	10 Aug 18
51.13	Becky Bartlett	15 May 04	6623	Judy Simpson	30 Aug 86
50.85	Sharon Gibson	18 Jul 99	6547	Kelly Sotherton	29 May 05
50.43	Rosie Semenytsh	22 Jun 13	6391	Jade O'Dowda	20 Sep 25
50.21	Louise Watton	10 Jun 07	6320	Abigail Pawlett	20 Jul 25
50.19	Sam Cullinane	17 Jun 12	6260	Holly Mills	29 May 22
50.16	Eva Durand	19 May 24	6259	Kim Hagger	18 May 86
50.01	Sarah Ann De Kremer	13 Apr 24	6253	Niamh Emerson	13 Jul 18
49.96	Hayley Thomas	19 Jun 11	6166 w	Louise Hazel	17 Jul 11
49.66	Jo Chapman	22 Aug 04	6148	6156	9 Oct 10
49.56	Kelly Bramhalid	30 Jul 17	6135	Morgan Lake	23 Jul 14
49.49	Dawn Russell	20 Jul 24	6125	Julie Hollman	2 Jun 02
49.25	Nicola Gautier	1 Jul 01	6094	Tessa Sanderson	12 Jul 81
49.24	Louise Lacy	30 Jul 17	6037	Joanne Mulliner	7 Jun 87
49.23	Laura Kerr	20 Aug 05	6029	Ellen Barber	27 Jul 25
49.17	Sarah Roberts	29 May 11	6022	Katie Stainton	7 Jul 19
49.13	Lauren Britane	16 Aug 17	6011 W	Clova Court	27 Aug 91
48.73	Suzanne Finnis	23 Mar 03	5754	Fiona Harrison	18 Jul 04
			6005 W	5754	3 Jul 05
				Kerry Jury	24 May 98

	5908	1 Aug 99	4238	Vikki Schofield	5 Feb 95	
5998	Jodie Smith	28 May 23	4237	Grace Clements	3 Feb 08	
5952	Phyllis Agbo	31 May 09	4199	Karla Drew	11 Jan 15	
5913 w	Jessica Taylor-Jemmett	15 May 16	4177	Alix Still	23 Feb 23	20
	5873	28 Aug 16	<b>with 600m</b>			
5850	Isabel Wakefield	24 Mar 22	4343	Marcia Marriott	22 Feb 87	
5826	Jenny Kelly	3 Jul 94	<b>3000 Metres Track Walk</b>			
5819	Grace Clements	9 Oct 10	12:22.62 +	Jo Jackson	14 Feb 09	
5803	Jayne Barnetson	20 Aug 89	12:24.70	Bethan Davies	11 Jun 16	
5798	Ros Gonse	26 Aug 07	12:26.45	Davies	10 Jun 17	
5784	Nicola Gautier	1 Jul 01	12:40.98	Jackson	26 May 08	
5776	Kathy Warren	12 Jul 81	12:42.46	Davies	14 Jul 18	
5770	Jessica Tappin	1 Jun 14	12:49.16	Betty Sworowski	28 Jul 90	
5747 W	Julia Bennett	5 May 96	12:50.61	Lisa Langford/Kehler	29 Jul 00	
5702	Yinka Idowu	21 May 95	12:54.71	Heather Lewis	14 Jul 18	
5702	Jo Rowland	2 Jun 13	12:59.3	Vicky Lupton	13 May 95	
5700	Vikki Schofield	5 May 96	12:59.75	Gemma Bridge	12 Jun 17	
5691 W	Pauline Richards	24 May 98	13:13.3	Cal Partington	12 Jul 95	
	5563	5 Jul 98	13:14.73	Niobe Menendez	11 Aug 01	
5687	Holly McArthur	21 Jul 17	13:15.88	Erika Kelly	16 Aug 17	10
5685	Emma Nwofor	15 May 21	13:16.0	Julie Drake	11 Dec 90	
5671	Dominique Blaize	6 Jun 10	13:16.23	Verity Larby/Snook	27 May 96	
5662	Alix Still	21 Apr 23	13:21.5	Catherine Charnock	8 May 99	
5648	Eden Robinson	10 Aug 25	13:25.2	Carol Tyson	6 Jul 79	
5646	Natasha Smith	14 Apr 22	13:28.0	Helen Elleker	22 Jul 90	
5644	Danielle Freeman	4 Jun 00	13:37.1	Bev Allen	16 May 87	
5642	Sarah Rowe	23 Aug 81	13:42.10	Sylvia Black	23 May 90	
5633	Marcia Marriott	18 May 86	13:43.0	Melanie Brookes/Wright	5 Jul 94	
5632	Emma Beales	1 Aug 93	13:44.0	Ginney Birch	19 Jun 84	
5625	Lucy Fellows	26 Apr 25	13:46.3 +	Marion Fawkes	30 Jun 79	20
5618 W	Sarah Damm	5 May 96	<b>3000 Metres Walk Short Track</b>			
5606 w	Ella Rush	10 May 24	12:35.87	Bethan Davies	11 Dec 16	
	5591	4 Apr 22	12:42.26	Davies	10 Dec 17	
5605	Lucy Boggis	26 Jul 09	12:44.99	Davies	28 Feb 16	
5601 W	Jade Surman	3 Jun 07	12:46.77	Davies	13 Dec 15	
5597	Zoe Hughes	13 May 22	12:49.33	Davies	8 Dec 19	
5594	Gillian Evans	22 May 83	12:55.36	Heather Lewis	8 Dec 19	
5577	Katherine Livesey	18 May 02	13:08.64	Niobe Menendez	2 Feb 02	
5557	Kate Cowley	20 Jul 03	13:12.01	Julie Drake	12 Mar 93	
<b>Pentathlon Short Track</b>			13:23.59	Gemma Bridge	12 Feb 17	
5000	Kat. Johnson-Thompson	6 Mar 15	13:29.19	Emma Achurch	15 Feb 15	
4983	Johnson-Thompson	1 Mar 19	13:29.46	Ellie Dooley	14 Feb 14	
4965	Jessica Ennis	9 Mar 12	13:31.32	Verity Larby/Snook	13 Feb 93	
4937	Ennis	13 Mar 10	13:32.30	Lisa Langford/Kehler	5 Mar 88	
4927	Kelly Sotherton	2 Mar 07	13:36.43	Sophie Hales	29 Feb 04	10
4852	Sotherton	7 Mar 08	13:38.05	Katie Stones	29 Feb 04	
4751	Jade O'Dowda	9 Mar 25	13:45.12+	Erika Kelly/Lockley	18 Feb 18	
4750	Johnson-Thompson	2 Mar 18	13:47.10	Sylvia Black	26 Feb 94	
4733	Sotherton	4 Mar 05	13:52.95	Hannah Hopper	15 Mar 25	
4731	Niamh Emerson	1 Mar 19	13:56.97	Katherine Horwill	5 Feb 05	
4673	Holly Mills	18 Mar 22	13:57.61	Melanie Brookes/Wright	13 Feb 93	
4527	Morgan Lake	6 Mar 15	13:57.87	Sharon Tonks	2 Feb 02	
4498	Julie Hollman	12 Feb 06	<b>5000 Metres Track Walk</b>			
4419	Abigail Pawlett	4 Feb 24	20:46.58	Jo Jackson	14 Feb 09	
4365	Ella Rush	27 Feb 22	21:01.24	Jackson	7 Feb 09	
4363	Kim Hagger	4 Feb 84	21:21.52	Bethan Davies	2 Jul 17	
4297	Julia Bennett	8 Feb 98	21:21.67	Jackson	12 Jul 09	
4291	Jo Rowland	28 Feb 18	21:30.75	Jackson	13 Jul 08	
4277	Jodie Smith	27 Feb 22				
4258	Katie Stainton	9 Feb 20				
4249	Jessica Taylor-Jemmett	25 Jan 15				



D.Asher-Smith, A.Hunt, D.Henry, D.Neita	H.Barnett, W.Hoyte, E.Thomas, L.Boothe
41.77 GBR 19 Aug 16	1:33.7 GBR 18 Jun 77
A.Philip, D.Henry, D.Asher-Smith, D.Neita	V.Elder, S.Colyear, D.Hartley, S.Lannaman
41.81 GBR 22 Jul 16	1:33.72 GBR 16 Jul 88
A.Philip, D.Henry, D.Asher-Smith, D.Neita	L.Keough, L.Stuart, H.Douglas, S-A.Short
41.85 GBR 5 Oct 19	<b>4 x 200 Metres Relay Short Track</b>
A.Philip, D.Asher-Smith, A.Nelson, D.Neita	1:33.96 GBR 23 Feb 90
41.85 GBR 9 Aug 24	P.Dunn, J.Stoute, L.Keough, S.Gunnell
D.Asher-Smith, I.Lansiquot, A.Hunt, D.Neita	1:34.28 GBR 9 Feb 85
41.86 GBR 24 Aug 17	K.Cook, M.Scutt, J.Baptiste, C.Smart
A.Philip, D.Henry, D.Asher-Smith, D.Neita	1:34.85 GBR 28 Jan 89
41.88 GBR 12 Aug 18	S.Gunnell, J.Stoute, H.Burkart, J.Harman
A.Philip, I.Lansiquot, B.Williams, Asher-Smith	1:35.13 GBR 19 Feb 77
41.88 GBR 6 Aug 21 10	S.Colyear, B.Goddard, R.Kennedy, V.Elder
A.Philip, I.Lansiquot, D.Asher-Smith, D.Neita	1:35.18 GBR 29 Jan 05
41.88 GBR 19 Jul 25	J.Maduaka, S.Deacon, S.Whigham, C.Murphy
D.Asher-Smith, S.Eduan, D.Henry, D.Neita	<b>4 x 400 Metres Relay</b>
41.91 GBR 12 Jun 24	3:19.72 GBR 10 Aug 24
D.Asher-Smith, D.Henry, A.Hunt, D.Neita	V. Ohuruogu, Lav.Nielsen, N.Yeargin, A.Anning
41.93 GBR 18 Aug 16	3:20.04 GBR 2 Sep 07
A.Philip, D.Henry, D.Asher-Smith, D.Neita	C.Ohuruogu, M.Okoro, L.McConnell, N.Sanders
41.93 GBR 12 Aug 17	3:21.04 GBR 27 Aug 23
A.Philip, D.Henry, D.Asher-Smith, D.Neita	Lav Nielsen, A.Anning, A.Pipi, N.Yeargin
41.97 GBR 26 Aug 23	3:21.74 GBR 20 Aug 22
A.Philip, I.Lansiquot, B.Williams, D.Neita	V. Ohuruogu, A.Pipi, J.Williams, N.Yeargin
41.99 GBR 22 Jul 22	3:22.01 GBR 1 Sep 91
B.Williams, I.Lansiquot, A.Nelson, D.Henry	L.Hanson, P.Smith, S.Gunnell, L.Keough
42.03 GBR 8 Aug 24	3:22.61 GBR 17 Aug 13
D.Asher-Smith, I.Lansiquot, A.Hunt, D.Neita	E.Child, S.Cox, M.Adeoye, C.Ohuruogu
42.03 GBR 22 Aug 24	3:22.59 GBR 7 Aug 21
D.Asher-Smith, DHenry, B.Williams, A.Hunt	A.Pipi, J.Williams, E.Diamond, N.Yeargin
42.07 GBR 21 Sep 25	3:22.64 GBR 24 Jul 22
D.Asher-Smith, A.Hunt, D.Henry, D.Neita	V.Ohuruogu, N.Yeargin, J.Knight, Lav. Nielsen
42.10 GBR 29 Aug 15 20	3:22.68 GBR 23 Aug 08
A.Philip, D.Asher-Smith, J.Williams, D.Henry	C.Ohuruogu, K.Sotherton, M.Okoro, N.Sanders
42.12 GBR 12 Aug 17	3:22.68 GBR 27 Apr 13 10
A.Philip, D.Henry, D.Asher-Smith, D.Neita	E.Child, S.Cox, C.Ohuruogu, Shakes-Drayton
42.19 GBR 12 Aug 18	3:23.02 GBR 6 Oct 19
A.Philip, I.Lansiquot, B.Williams, D.Neita	Z.Clark, J. Williams, E.Diamond, Lav. Nielsen
42.21 GBR 28 Aug 14	3:23.05 GBR 2 Sep 11
A.Philip, A.Nelson, A.Onuora, D.Henry	Ohuruogu, N.Sanders, McConnell, Shakes-Drayton
42.21 GBR 11 May 25	3:23.33 GBR 26 Aug 23
Wedderburn-G, A.Hunt, B.Williams, S,Eduan	Lav Nielsen, A.Anning, N.Yeargin, Y.John
42.24 GBR 17 Aug 14	3:23.41 GBR 22 Aug 93
A.Philip, A.Nelson, J.Williams, D.Henry	L.Keough, P.Smith, T.Goddard, S.Gunnell
42.25 GBR 4 Oct 19	3:23.62 GBR 30 Aug 15
A.Philip, I.Lansiquot, A.Nelson, D.Neita	C.Ohuruogu, A.Onuora, E.Child, Bundy-Davies
42.25 GBR 11 Jun 24	3:23.63 GBR 3 Sep 11
A.Philip, A.Hunt, D.Asher-Smith, D.Henry	Shakes-Drayton, N.Sanders, Ohuruogu, McConnell
42.28 GBR 30 Aug 18	3:23.79 GBR 5 Aug 21
A.Philip, I.Lansiquot, B.Williams, Asher-Smith	Z.Clark, A.Pipi, N.Yeargin, Lav. Nielsen
42.29 GBR 21 May 22	3:23.89 GBR 31 Aug 91
B.Dobbin, I.Lansiquot, D.Asher-Smith, D.Neita	P.Smith, L.Hanson, L.Keough, S.Gunnell
42.30 GBR 20 Jul 19 30	3:23.90 GBR 29 Aug 15
A.Nelson, I.Lansiquot, B.Williams, D.Neita	E.Child, A.Onuora, K.McAslan, Bundy-Davies
<b>4 x 200 Metres Relay</b>	3:23.92 GBR 23 Jul 22 20
1:29.61 GBR 25 May 14	A.Pipi, Lav. Nielsen, V.Ohuruogu, N.Yeargin
D.Henry, A.Onuora, B.Williams, A.Philip	3:23.99 GBR 5 Aug 21
1:31.57 GBR 20 Aug 77	E.Diamond, Z.Clark, Lav. Nielsen, N.Yeargin
V.Elder, D.Hartley, S.Colyear, S.Lannaman	3:24.14 GBR 14 Aug 94
1:33.67 GBR 20 Jun 81	

M.Neef, L.Keough, P.Smith, S.Gunnell	M.Beasley, H.Williams, A.Allcock, Z.Clark
3:24.23 GBR 8 Aug 92	3:29.55 GBR 3 Mar 19
P.Smith, Sa.Douglas, J.Stoute, S.Gunnell	Lav.Nielsen, Z.Clark, A.Anning, E.Doyle
3:24.25 GBR 30 Jun 91	<b>4 x 800 Metres Relay</b>
S.Gunnell, L.Hanson, J.Stoute, L.Keough	8:13.46 GBR 27 Apr 13
3:24.32 GBR 1 Aug 10	M.Okoro, J.Simpson, L.Sharp, T.Bird
N.Sanders, M.Okoro, McConnell, Shakes-Drayton	8:19.9 GBR 5 Jun 92
3:24.34 GBR 17 Aug 14	A.Williams, P.Fryer, Y.Murray, D.Edwards
E.Child, K.Massey, S.Cox, M.Adeoye	8:20.73 GBR 5 Jun 93
3:24.36 GBR 5 Jun 93	P.Fryer, L.Gibson, L.Keough, D.Modahl
P.Smith, T.Goddard, J.Stoute, S.Gunnell	8:23.8 GBR 2 Oct 71
3:24.44 GBR 14 Aug 05	J.Allison, S.Carey, P.Lowe, R.Wright
L.McConnell, D.Fraser, N.Sanders, C.Ohuruogu	8:25.0 GBR 5 Sep 70
3:24.46 GBR 11 May 25	R.Stirling, G.Craig, P.Lowe, S.Carey
Lav. Nielsen, E.Newnham, Lina Nielsen, N.Yeargin	<b>4 x 1500 Metres Relay</b>
3:24.72 GBR 9 Aug 24 30	17:34.58 Scotland 17 Aug 06
Y.John, H.Kelly, J.Williams, Lina Nielsen	F.Murray, S.Scott, N.Gauld, H.Ovens
<b>4 x 400 Metres Relay Short Track</b>	17:41.0 British Milers Club 30 Apr 97
3:24.89 GBR 9 Mar 25	E.Doubell, J.Pavey, M.Faherty, L.Gibson
Lina Nielsen, H.Kelly, E.Newnham, A.Anning	<b>4 x 1 Mile Relay</b>
3:26.36 GBR 3 Mar 24	19:17.3 British Milers Club 10 Jul 93
Lav.Nielsen, Lina Nielsen, A.Pipi, J.Knight	J.Hansford, W.Williams, M.Faherty, D.Gunning
3:26.40 GBR 3 Mar 24	<b>4 x 1600 Metres Medley Relay</b>
Lina Nielsen, A.Pipi, H.Kelly, J.Knight	3:39.82 GBR 24 Apr 10
3:27.56 GBR 3 Mar 13	V.Barr, N.Sanders, C.Ohuruogu, J.Simpson
E.Child, S.Cox, C.Ohuruogu, Shakes-Drayton	3:40.38 GBR 25 Apr 09
3:27.90 GBR 9 Mar 14	Ohuruogu, Sanders, Shakes-Drayton, J.Simpson
E.Child, S.Cox, M.Adeoye, C.Ohuruogu	<b>4 x 100 Metres Hurdles Relay</b>
3:28.20 GBR 7 Mar 21	53.63 GBR 5 Jun 93
Z.Clark, J.Williams, A.Pipi, J.Knight	J.Agyepong, S.Baker, L.Fraser, S.Farquharson
3:28.69 GBR 4 Mar 07	<b>4 x 200 Metres Hurdles Relay</b>
E.Duck, N.Sanders, K.Wall, L.McConnell	2:05.1 Cambridge University 9 Mar 03
3:28.76 GBR 11 Mar 12	S.Denney, K.Streatfield, K.Taylor, G.Clements
S.Cox, N.Sanders, C.Ohuruogu, Shakes-Drayton	
3:29.38 GBR 4 Mar 18	

**UNDER 23**

<b>60 Metres</b>				22.46	Desiree Henry	27 Aug 16
7.08	Dina Asher-Smith	8 Mar 15	22.53	Success Eduan	3 Aug 25	
7.13	Bev Kinch	23 Feb 86	22.58	Bianca Williams	31 Jul 14	
7.15	Kristal Awuah	2 Mar 19	22.65	Amy Hunt	14 Jul 24	
7.17	Andrea Lynch	10 Mar 74	22.67	Renee Regis	17 Aug 25	
7.19	Asha Philip	18 Feb 12	22.73	Emily Newnham	17 Aug 25	
7.19	Joy Eze	14 Feb 25	22.76	Faith Akinbileje	17 Aug 25	10
7.20	Jeanette Kwakye	15 Jan 05	22.78	Shannon Hylton	1 Jul 18	
7.21	Imani Lansiquot	15 Feb 18	22.79	Cassie-Ann Pemberton	9 Jul 23	
7.21	Amy Hunt	22 Jan 22	22.80	Michelle Scutt	12 Jun 82	
7.22	Sophie Papps	15 Feb 14	10 22.81	Sonia Lannaman	2 May 76	
7.24	Rachel Johncock	21 Feb 15	22.85	Katharine Merry	12 Jun 94	
7.24mx	Daryll Neita	13 Jan 18	22.86	Finette Agyapong	15 Jul 17	
7.25	Sonia Lannaman	22 Feb 76	22.87	Georgina Adam	14 Aug 22	
7.25	Jayne Andrews	4 Mar 84	22.89	Kat. Johnson-Thompson	31 May 14	
7.25	Stephi Douglas	3 Feb 91	22.95	Amarachi Pipi	22 Apr 17	
<b>100 Metres</b>				22.98	Sandra Whittaker	8 Aug 84
10.99	Dina Asher-Smith	25 Jul 15	22.98	Rachel Bennett	10 Jul 24	20
11.05	Montell Douglas	17 Jul 08	<b>wind assisted</b>			
11.06	Desiree Henry	15 Apr 16	22.48	Michelle Scutt	4 Jul 82	
11.09	Imani Lansiquot	30 Jun 19	22.69	Sonia Lannaman	10 Jul 77	
11.10	Kathy Smallwood	5 Sep 81	22.83	Amarachi Pipi	14 May 17	
11.11	Faith Akinbileje	17 Aug 25	22.84	Sarah Wilhelmy	10 Jun 01	
11.12	Amy Hunt	20 Apr 24	22.90	Allison Curbishley	17 Jul 98	
11.14	Daryll Neita	9 Jul 17	<b>hand timing - wind assisted</b>			
11.14	Joy Eze	17 Aug 25	22.6	Sonia Lannaman	23 May 76	
11.16	Nia Wedderburn-Goodison	28 Jun 25	10 22.98	<b>200 Metres short track</b>		
11.17	Bianca Williams	14 Jun 14	23.00	Katharine Merry	12 Feb 94	
11.18	Renee Regis	26 May 25	23.12	Alyson Bell	23 Feb 25	
11.20	Heather Hunte	26 Sep 80	23.21	Amarachi Pipi	10 Mar 17	
11.20	Jodie Williams	19 Apr 14	23.26	Emily Newnham	1 Feb 25	
11.22	Sonia Lannaman	13 Aug 77	23.27	Amber Anning	12 Feb 22	
11.23	Kristal Awuah	26 Jun 21	23.30	Finette Agyapong	18 Feb 18	
11.25	Paula Dunn/Thomas	27 Aug 86	23.31	Kiah Dubarry-Gay	12 Feb 22	
11.27	Andrea Lynch	20 Jul 74	23.37	Brooke Ironside	25 Feb 24	
11.27	Stephi Douglas	26 Jul 21	23.40	Kathy Smallwood	13 Mar 82	
11.27	Sophie Papps	30 Jul 16	20 23.41	Success Eduan	18 Feb 24	10
<b>wind assisted</b>				23.45	Immanuela Aliu	26 Feb 21
10.93	Sonia Lannaman	17 Jul 77	23.45	Kissiwaa Mensah	1 Feb 25	
10.95	Montell Douglas	17 Jul 08	23.46	Catherine Murphy	27 Jan 96	
11.01	Heather Hunte	21 May 80	<b>300 Metres</b>			
11.13	Shirley Thomas	27 May 84	36.01	Michelle Scutt	13 Jul 80	
11.13	Jodie Williams	26 Apr 14	<b>during 400m</b>			
11.14	Paula Dunn/Thomas	27 Jul 86	35.8+	Kathy Smallwood	17 Sep 82	
11.17	Abi Oyepitan	30 Jun 01	<b>300 Metres short track</b>			
11.23	Jayne Andrews	17 Jul 84	36.88	Emily Newnham	15 Feb 25	
<b>hand timing</b>				37.16+	Amber Anning	26 Feb 22
11.1	Andrea Lynch	29 Jun 74	<b>400 Metres</b>			
11.1	Heather Hunte	29 Jun 80	50.28	Christine Ohuruogu	21 Mar 06	
<b>hand timing - wind assisted</b>				50.46	Kathy Smallwood	17 Sep 82
10.8	Sonia Lannaman	22 May 76	50.50	Yemi Mary John	19 Jul 25	
10.9	Andrea Lynch	18 May 74	50.63	Michelle Scutt	31 May 82	
11.1	Sharon Colyear	22 May 76	50.71	Allison Curbishley	18 Sep 98	
<b>200 Metres</b>				50.84	Emily Newnham	27 Jun 25
22.07	Dina Asher-Smith	28 Aug 15	51.21	Laviai Nielsen	8 Aug 18	
22.13	Kathy Smallwood	9 Sep 82	51.26	Seren Bundy-Davies	11 Jun 16	
22.46	Jodie Williams	15 Aug 14	51.28	Donna Murray	12 Jul 75	

51.48	Perri Shakes-Drayton	14 Aug 10	10	<b>1000 Metres short track</b>			
51.61	Keely Hodgkinson	15 May 24		2:38.25	Isabelle Boffey	19 Feb 22	
51.73	Yasmin Liverpool	16 May 21		<b>1500 Metres</b>			
51.78	Helen Karagounis	19 Jul 03		3:58.66	Laura Muir	17 Jul 15	
51.78	Amber Anning	29 May 21		4:01.93	Zola Budd	7 Jun 86	
51.82	Poppy Malik	3 Aug 25		4:02.09	Jemma Reekie	20 Jul 19	
51.93	Janine MacGregor	28 Aug 81		4:02.54	Stephanie Twell	19 Aug 10	
51.94	Verona Elder	26 Jan 74		4:02.99	Laura Weightman	8 Aug 12	
	<b>400 Metres short track</b>			4:03.73	Jessica Judd	4 Aug 17	
51.60	Seren Bundy-Davies	30 Jan 16		4:04.29	Hannah England	28 Jul 09	
51.74	Yemi Mary John	27 Jan 24		4:04.98	Shannon Flockhart	12 Jul 24	
51.77	Sally Gunnell	6 Mar 88		4:05.42mx	Lisa Dobriskey	30 Aug 05	
51.83	Amber Anning	13 Mar 21		4:05.76	Yvonne Murray	5 Jul 86	10
51.90	Laviai Nielsen	18 Feb 17		4:06.0	Mary Stewart/Cotton	24 Jun 78	
52.16	Emily Newnham	23 Feb 25		4:06.45	Ava Lloyd	16 Aug 25	
52.28	Kirsten McAslan	21 Feb 15		4:06.81	Stacey Smith	10 Jul 11	
52.42	Keely Hodgkinson	27 Feb 22		4:06.84	Paula Radcliffe	2 Jul 95	
52.58 A	Rebecca Grieve	1 Mar 25		4:07.06	Christina Boxer	15 Aug 79	
52.62	Poppy Malik	7 Mar 25	10	4:07.46mx	Erin Wallace	3 Sep 21	
52.68	Verona Elder	9 Mar 75		4:07.49	Abigail Ives	2 Aug 25	
52.74	Jenny Meadows	14 Mar 03		4:07.98	Bev Nicholson	7 Jul 89	
52.89	Lina Nielsen	12 Feb 17		<b>1500 Metres short track</b>			
	<b>600 Metres</b>			4:00.52 +	Jemma Reekie	8 Feb 20	
1:25.51 +	Keely Hodgkinson	20 Jul 24		4:05.32	Laura Muir	15 Feb 14	
	<b>600 Metres short track</b>			4:06.87	Zola Budd	25 Jan 86	
1:23.41	Keely Hodgkinson	28 Jan 23		4:07.42	Stacey Smith	19 Feb 11	
	<b>800 Metres</b>			4:08.1	Mary Stewart/Cotton	19 Feb 77	
1:54.61	Keely Hodgkinson	20 Jul 24		4:08.90	Erin Wallace	19 Feb 22	
1:58.63	Jemma Reekie	25 Aug 20		4:09.65	Katrina Wootton	2 Feb 06	
1:59.05	Christina Boxer	4 Aug 79		4:09.90	Hannah England	21 Feb 09	
1:59.30	Diane Edwards	4 Jul 87		4:11.09 +	Mena Scatchard	21 Feb 25	
1:59.49	Abigail Ives	10 May 25		4:11.25	Yvonne Murray	25 Jan 86	10
1:59.67	Lorraine Baker	15 Aug 86		<b>1 Mile</b>			
1:59.75	Marilyn Okoro	28 Jul 06		4:17.88 i	Jemma Reekie	8 Feb 20	
1:59.76	Paula Fryer	17 Jul 91		4:23.08	Yvonne Murray	5 Sep 86	
1:59.94	Hannah England	20 Jun 09		<b>2000 Metres</b>			
1:59.99	Jemma Simpson	22 Jul 06	10	5:29.58	Yvonne Murray	11 Jul 86	
2:00.39	Bev Nicholson	28 Aug 88		5:30.19	Zola Budd	11 Jul 86	
2:00.42	Laura Muir	7 Jun 15		<b>3000 Metres</b>			
2:00.46	Emma Jackson	11 Oct 10		8:34.43	Zola Budd	30 Jun 86	
2:00.52	Lynsey Sharp	29 Jun 12		8:37.15	Yvonne Murray	28 Aug 86	
2:00.55mx	Zola Budd	21 Jun 86		8:38.47	Laura Muir	24 May 15	
	<b>800 Metres short track</b>			8:40.40	Paula Radcliffe	16 Aug 93	
1:57.18	Keely Hodgkinson	25 Feb 23		8:42.75mx	Stephanie Twell	8 Sep 10	
1:57.91	Jemma Reekie	1 Feb 20		8:43.24mx	Jessica Judd	6 Sep 17	
2:00.94	Laura Muir	25 Jan 14		8:43.46mx	Laura Weightman	14 May 13	
2:01.12	Jane Colebrook/Finch	13 Mar 77		8:46.53	Liz Lynch	18 Jul 86	
2:01.30	Mhairi Hendry	18 Feb 18		8:47.36	Jill Hunter	17 Aug 88	
2:01.37	Isabelle Boffey	6 Feb 22		8:47.71	Lisa York	31 Jul 92	10
2:02.85	Katy-Ann McDonald	26 Feb 22		8:48.15	Eloise Walker	2 Sep 23	
2:03.10	Erin Wallace	9 Feb 22		8:48.76 +	Megan Keith	27 Apr 24	
2:03.26	Mena Scatchard	31 Jan 25		8:51.40	Ruth Partridge	7 Aug 82	
2:03.31	Ellie Baker	12 Feb 20	10	8:53.78	Wendy Sly	26 May 80	
2:03.35	Jenny Meadows	17 Feb 02		8:53.98	Jane Shields	30 May 82	
	<b>1000 Metres</b>			<b>3000 Metres short track</b>			
2:31.11	Jemma Reekie	14 Aug 20		8:39.79	Zola Budd	8 Feb 86	
2:35.51	Lorraine Baker	19 Jul 86		8:45.67	Shannon Flockhart	7 Dec 24	
				8:47.80	Mena Scatchard	5 Dec 25	

8:48.82	Amelia Quirk	5 Mar 21	<b>Marathon</b>	
8:49.73	Laura Muir	31 Jan 15	2:29:06	Becky Briggs 3 Apr 22
8:56.7	Wendy Sly	11 Feb 81	2:31:28	Sarah Rowell 13 May 84
8:56.77mx	Eloise Walker	6 Jan 23	<b>2000 Metres Steeplechase</b>	
8:58.44	Isobel Fry	4 Feb 22	6:21.17	Maisie Grice 14 May 22
8:59.38	Emily Stewart	16 Feb 13	6:22.56	Emily Parker 5 May 25
9:00.94	Yvonne Murray	3 Mar 85	6:26.14	Aimee Pratt 6 May 19
			6:30.43	Sarah Tait 1 May 23
<b>5000 Metres</b>			6:36.45	Emily Stewart 6 May 13
14:43.24	Megan Keith	27 Apr 24	6:36.50	Barbara Parker 26 Jul 03
14:49.27	Paula Radcliffe	7 Jul 95	6:36.50	Elena Carey 2 May 22
14:54.08	Stephanie Twell	27 Aug 10	<b>3000 Metres Steeplechase</b>	
15:07.45	Emilia Gorecka	4 May 14	9:32.42	Elise Thorner 29 Apr 22
15:17.77	Jill Hunter	26 Aug 88	9:38.45	Eilish McColgan 7 Jun 12
15:21.32	Isobel Fry	29 Jun 22	9:38.91	Aimee Pratt 27 Sep 19
15:25.21	Eloise Walker	23 Jul 22	9:45.64	Emily Parker 19 Jul 25
15:27.60	Rhona Auckland	25 Jul 15	9:47.97	Pippa Woolven 30 Jul 14
15:29.02	Phoebe Anderson	19 Apr 24	9:48.51	Lizzie Hall 10 Jun 06
15:32.27	Emily Pidgeon	12 Jun 10	9:51.42	Emily Stewart 27 Jul 13
15:33.85	Emily Parker	7 Jun 25	9:54.74	Sarah Tait 15 Jul 23
15:34.82	Jessica Judd	27 May 17	9:54.76	Elizabeth Bird 29 May 15
15:34.92	Jane Shields	26 Jun 82	9:56.64	Iona Lake 27 Jun 15
15:35.12	Kate Avery	9 Jun 12	9:56.80	Gwenno Goode 28 Mar 25
15:36.35	Birhan Dagne	5 Aug 00		
<b>5000 Metres short track</b>			<b>60 Metres Hurdles</b>	
15:33.96	Phoebe Anderson	17 Feb 24	7.89	Cindy Ofili 12 Mar 16
15:38.72	Isobel Fry	9 Jan 22	7.90	Lucy Hatton 6 Mar 15
15:58.41	Jasmine Wood	5 Dec 25	8.06	Lesley-Ann Skeete 21 Feb 87
15:59.52	Gwenno Goode	15 Feb 25	8.09	Abigail Pawlett 22 Feb 25
<b>10000 Metres</b>			8.10	Marcia Sey 25 Feb 23
30:36.84	Megan Keith	16 Mar 24	8.12	Jacqui Agyepong 23 Feb 90
31:41.42	Liz Lynch	28 Jul 86	8.15	Isabel Wakefield 12 Feb 22
32:03.55	Charlotte Purdue	29 Apr 12	8.15	Holly Mills 18 Mar 22
32:22.79	Rhona Auckland	10 Jul 15	8.16	Yasmin Miller 6 Feb 16
32:29.71	Alice Goodall	20 May 23	8.16	Megan Marrs 17 Feb 18
32:30.4	Birhan Dagne	22 Jul 00	8.18	Jessica Ennis 10 Feb 07
32:32.42	Vikki McPherson	15 Jul 93	8.18	Kat. Johnson-Thompson 6 Mar 15
32:36.09	Helen Titterington	29 Aug 89	8.20	Louise Fraser 3 Mar 91
32:36.11	Alice Wright	1 May 16	8.20	Gemma Bennett 12 Feb 06
32:41.29	Jenny Clague	20 Jun 93	8.21	Jenna Blundell 22 Jan 22
32:54.50	Phoebe Anderson	4 May 24	<b>100 Metres Hurdles</b>	
32:57.17	Kathryn Binns	15 Aug 80	12.60	Cindy Ofili 13 Jun 15
32:59.52	Jennifer Nesbitt	20 May 17	12.82	Sally Gunnell 17 Aug 88
33:00.31	Collette Fagan	12 Jun 04	12.84	Lucy Hatton 18 Apr 15
33:00.84	Phoebe Law	20 May 17	12.94	Abigail Pawlett 31 May 25
<b>10km Road</b>			12.97	Jessica Ennis 25 Aug 07
31:22	Megan Keith	14 Jan 24	13.03	Diane Allahgreen 11 Jul 97
32:08	Alice Goodall	14 Jan 24	13.06	Shirley Strong 11 Jul 80
32:10	Charlotte Purdue	15 Apr 12	13.07	Lesley-Ann Skeete 14 Aug 87
32:13	Charlotte Dale	6 Feb 05	13.11	Sharon Colyear 22 Jun 76
32:18	Jill Hunter	3 Apr 88	13.17	Jacqui Agyepong 3 Aug 90
32:22	Zola Budd	19 Sep 87	13.17	Gemma Bennett 26 Jul 06
<b>Half Marathon</b>			13.19	Alicia Barrett 12 Apr 18
70:59	Liz Lynch	12 Oct 86	13.20	Natasha Danvers 2 May 98
71:47	Charlotte Dale	26 Sep 04	13.20	Jenna Blundell 15 Aug 21
71:50	Hannah Walker	30 Sep 12	13.21	Holly Mills 24 Apr 21
71:56	Stephanie Twell	5 Apr 10	<b>wind assisted</b>	
			12.80	Sally Gunnell 29 Jul 88
			12.93	Jenna Blundell 29 Jul 23

12.97	Sarah Claxton	25 Jul 99	6.80	Abigail Irozuru	9 Jun 12
13.07	Holly Mills	23 May 21	6.79	Bev Kinch	7 Jul 84
13.13	Ashley Helsby	3 Jul 11	6.77	Lorraine Ugen	5 Jun 13
<b>hand timing</b>			6.75	Joyce Oladapo	14 Sep 85
13.0	Blondelle Thompson	29 Jun 74	6.75	Jazmin Sawyers	26 Jun 16
<b>hand timing - wind assisted</b>			6.73	Yinka Idowu	7 Aug 93
12.8	Natasha Danvers	3 Apr 99	6.73	Jade Johnson	7 Aug 02
<b>400 Metres Hurdles</b>			6.63	Lucy Hadaway	11 Jul 21 10
54.03	Sally Gunnell	28 Sep 88	6.59	Funminiyi Olajide	11 May 24
54.08	Emily Newnham	19 Jul 25	6.58	Mary Agyepong	14 Sep 85
54.18	Perri Shakes-Drayton	30 Jul 10	6.57	Jo Wise	25 May 92
55.32	Eilidh Child/Doyle	18 Jul 09	6.56	Denise Lewis	12 Jun 94
55.69	Natasha Danvers	19 Jul 98	6.56	Sarah Claxton	23 May 99
55.69	Meghan Beesley	16 Jul 11	6.55	Ann Simmonds	24 Jul 70
56.05	Shona Richards	12 Jul 15	<b>wind assisted</b>		
56.08	Jessica Turner	16 Jul 17	6.98	Fiona May	4 Jun 89
56.26	Louise Fraser	7 Jun 92	6.86	Jazmin Sawyers	8 Jul 16
56.42	Vicki Jamison	20 Jun 98 10	6.83	Lorraine Ugen	16 Mar 12
56.42	Sian Scott	18 Aug 05	6.80	Joyce Oladapo	22 Jun 85
56.43	Hayley McLean	29 Jun 14	6.70	Funminiyi Olajide	23 May 24
57.03	Sue Morley	12 Jun 82	6.67	Molly Palmer	18 May 25
57.17	Zoe Pollock	8 Jul 21	6.59	Jo Wise	2 Jul 93
57.19	Lina Nielsen	25 Jul 18	<b>Triple Jump</b>		
<b>High Jump</b>			14.15	Naomi Ogbeta	7 Aug 18
1.97 i	Kat. Johnson-Thompson	14 Feb 15	13.90	Temi Ojora	25 May 24
1.97	Morgan Lake	30 Jun 18	13.85 A	Yasmine Regis	18 May 08
1.96	Isobel Pooley	24 Aug 14	13.52		31 May 08
1.95	Diana Davies	26 Jun 82	13.75	Michelle Griffith	18 Jul 93
1.95	Jessica Ennis	5 May 07	13.75	Laura Samuel	17 Jun 12
1.94	Louise Miller	25 May 80	13.62	Nony Mordi	5 Jul 08
1.93	Susan Jones	2 Sep 00	13.56	Georgina Forde-Wells	8 Jul 23
1.93	Michelle Dunkley	2 Sep 00	13.48 i	Ashia Hansen	13 Feb 93
1.92	Barbara Simmonds	31 Jul 82	13.44	Hannah Frankson	26 Jun 11
1.92 i	Julia Bennett	10 Mar 90 10	13.36	Georgina Scoot	11 May 25 10
1.92 i	Vikki Hubbard	21 Feb 10	13.31	Connie Henry	9 Jul 94
1.91	Ann-Marie Cording	19 Sep 81	13.31	Karlene Turner	28 May 06
1.91	Jayne Barnetson	7 Jul 89	13.27 i	Simi Fajemisin	24 Feb 19
1.90 i	Lea Haggett	3 Jan 92	13.24	Lily Hulland	18 Jun 23
1.90	Stephanie Pywell	20 May 07	13.21 i	Amy Warre	16 Feb 25
<b>Pole Vault</b>			<b>wind assisted</b>		
4.87 i	Holly Bradshaw	21 Jan 12	13.93	Michelle Griffith	2 Jul 93
4.60	Molly Caudery	25 May 22	13.77	Laura Samuel	17 Jul 11
4.45	Gemma Tutton	26 Jun 25	13.76	Nony Mordi	10 May 08
4.40 i	Lucy Bryan	10 Mar 17	13.75	Yasmine Regis	27 May 06
4.35	Kate Dennison	28 Jul 06	13.55	Ashia Hansen	2 Jul 93
4.35 i	Katie Byres	16 Feb 13	13.39	Lily Hulland	18 Jun 23
4.35	Sophie Ashurst	25 May 24	13.35	Kat. Johnson-Thompson	6 Jul 14
4.31 i	Emma Lyons	21 Feb 09	<b>Shot</b>		
4.30	Jade Spencer-Smith	18 Jun 23	18.19	Myrtle Augee	14 Aug 87
4.26 i	Zoe Brown	21 Feb 04 10	17.37	Divine Oladipo	24 May 18
4.16 i	Sally Scott	13 Feb 11	17.23	Nana Gyedu	23 May 24
4.16	Felicia Miloro	24 Jun 23	17.20	Judy Oakes	8 Aug 80
4.16	Nemiah Munir	10 Jul 24	17.14	Sophie McKinna	9 Jul 16
4.15	Louise Butterworth	14 Feb 24	16.93	Serena Vincent	13 Jul 23
4.15	Natalie Hooper	23 Jun 19	16.55	Yvonne Hanson-Nortey	15 Jun 86
<b>Long Jump</b>			16.53	Eden Francis	31 May 09
6.93 i	Kat. Johnson-Thompson	21 Feb 15	16.45 i	Sarah Omoregie	3 Dec 22
6.88	Fiona May	18 Jul 90	16.42	Kirsty Yates	30 Jul 14 10
			16.40	Julie Dunkley	12 Aug 00

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

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

**UNDER 20**

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

11.40	Katharine Merry	3 Jul 93	23.3	Sharon Colyear	30 Jun 74	
11.42	Annie Tagoe	25 Jun 11	23.3	Linsey Macdonald	8 May 82	
11.43	Dorothy Hyman	2 Sep 60		<b>hand timing - wind assisted</b>		
<b>hand timing</b>			22.9	Donna Murray	14 Jul 74	
11.3	Sonia Lannaman	9 Jun 74	23.2	Debbie Bunn (U17)	2 Jul 78	
11.3	Heather Hunte	15 Jul 78		<b>200 Metres Short Track</b>		
11.4	Della James	2 Aug 67	23.15	Dina Asher-Smith	2 Mar 14	
<b>hand timing - wind assisted</b>			23.20	Amy Spencer	2 Mar 03	
11.2	Wendy Clarke	22 May 76	23.24	Shannon Hylton	9 Feb 14	
11.3	Helen Golden	30 May 70	23.44	Success Eduan	13 Feb 22	
11.3	Linsey Macdonald (U17)	3 May 80	23.49	Vernicha James (U17)	30 Jan 00	
<b>downhill</b>			23.53	Katharine Merry	13 Feb 93	
11.3 w	Denise Ramsden	28 Jun 69	23.54	Sarah Wilhelmy	8 Feb 98	
<b>200 Metres</b>			23.58	Sophie Walton	4 Feb 23	
22.42	Amy Hunt	30 Jun 19	23.68	Kissiwaa Mensah	3 Mar 24	
22.61	Dina Asher-Smith	14 Aug 14	23.78	Lucy Sargent (U17)	20 Feb 05	10
22.70 A	Kathy Smallwood	12 Sep 79	23.78	Desiree Henry (U17)	27 Feb 11	
		22.84		<b>300 Metres</b>		
22.79	Jodie Williams (U17)	23 May 10	36.46	Linsey Macdonald (U17)	13 Jul 80	
22.93	Vernicha James	21 Jul 01		<b>hand timing</b>		
22.94	Shannon Hylton	17 May 15	36.2	Donna Murray	7 Aug 74	
23.04	Maya Bruney	22 Jul 17		<b>400 Metres</b>		
23.09	Charlotte McLennaghan	10 May 15	51.16	Linsey Macdonald (U17)	15 Jun 80	
23.10	Diane Smith (U17)	11 Aug 90	51.50	Yemi Mary John	4 Aug 22	
23.15	Renee Regis	21 Jul 24	51.68	Charlotte Henrich	9 Aug 25	
23.19	Kissiwaa Mensah	21 Jul 24	51.77	Donna Murray	30 Jul 74	
23.20	Katharine Merry	13 Jun 93	52.15	Emily Newnham	23 Jul 23	
23.20	Success Eduan	9 Jul 23	52.18	Amber Anning	20 Jul 19	
23.23	Sonia Lannaman	25 Aug 75	52.25	Laviai Nielsen	27 May 15	
23.23	Sarah Wilhelmy	13 Jun 98	52.25 A	Catherine Reid	17 Jul 15	
23.23	Nia Wedderburn-Goodison	21 Jul 24	52.54	Donna Fraser	10 Aug 91	
23.24	Sandra Whittaker	12 Jun 82	52.55	Hannah Williams	22 Jul 17	10
23.24	Sophie Walton	4 Aug 22	52.60	Kara Dacosta	20 Jul 24	
23.25	Desiree Henry (U17)	10 Jul 11	52.61	Keely Hodgkinson	28 Aug 21	
23.27	Emily Newnham	3 Sep 23	52.65	Jane Parry	11 Jun 83	
23.28	Simmons Jacobs (U17)	28 Aug 83	52.77	Sabrina Bakare	12 Jul 13	
23.32	Alisha Rees	16 Aug 17	52.80	Sian Morris	18 Jun 83	
23.33	Linsey Macdonald	9 Jun 82	52.98	Karen Williams/Ford	6 Aug 78	
23.35	Donna Murray	26 May 74	52.99	Angela Bridgeman	24 Jul 82	
23.37	Hayley Mills	21 Jul 07	53.00	Ashley Nemits	9 Aug 23	
23.37	Kristal Awuah	8 Aug 18	53.08	Loreen Hall (U17)	29 Jul 84	
23.37	Lucy Tallon	9 Aug 25	53.14	Michelle Probert	28 Jul 79	20
23.42	Debbie Bunn (U17)	17 Jun 78	53.16	Cheriece Hylton	17 Jul 15	
23.42	Shaunna Thompson	31 Aug 08	53.17	Maya Bruney	29 Jul 17	
<b>wind assisted</b>			53.18	Lisa Miller	16 Jun 02	
22.73	Shannon Hylton	18 Jul 15	53.20	Verona Bernard	8 Jul 72	
23.01	Simmons Jacobs	28 May 84	53.23	Laura Finucane	3 Jul 04	
23.11	Linsey Macdonald (U17)	5 Jul 80	53.38	Lina Nielsen	27 Jun 15	
23.12	Alisha Rees	3 Jun 17	53.44	Louise Evans	23 Jun 19	
23.15	Cheriece Hylton	17 May 15	53.49	Dina Asher-Smith	5 Apr 14	
23.16	Donna Murray	27 Jul 74		<b>hand timing</b>		
23.16	Desiree Henry	31 May 14	52.6	Marilyn Neufville	20 Jun 70	
23.18	Success Eduan	9 Jul 23	52.8	Lillian Board	9 Jul 67	
23.20	Sarah Wilhelmy	18 Jul 98	52.9	Verona Bernard	15 Sep 72	
23.25	Hannah Brier	6 Jun 15	53.3	Tracy Lawton	5 Sep 81	
<b>hand timing</b>			53.3	Phoebe Gill	14 Jul 24	
23.1	Sonia Lannaman	7 Jun 75				
23.3	Donna Murray	9 Jun 74				

<b>400 Metres Short Track</b>			2:05.18	Chelsea Jarvis	28 Feb 15
53.00	Amber Anning	10 Feb 19	2:05.52	Jemma Reekie	28 Jan 17 10
53.01	Marilyn Neufville	14 Mar 70	2:05.52	Ella Greenway	18 Feb 23
53.05	Yemi Mary John	27 Feb 22	<b>1000 Metres</b>		
53.11	Charlotte Henrich	22 Feb 25	2:38.58	Jo White (U17)	9 Sep 77
53.18	Emily Newnham	26 Feb 23	<b>1500 Metres</b>		
53.39	Laviai Nielsen	28 Feb 15	3:59.96	Zola Budd	30 Aug 85
53.58	Kara Dacosta	1 Feb 25	4:05.14mx	Innes Fitzgerald	27 May 25
53.65	Phoebe Gill	18 Jan 25	4:05.83	Stephanie Twell	18 Jul 08
53.84	Meghan Beesley	24 Feb 08	4:05.87mx	Phoebe Gill	1 May 24
54.05	Karen Williams/Ford	3 Feb 79 10	4:05.96	Lynne MacDougall	20 Aug 84
54.05	Hannah Williams	15 Jan 17	4:09.13	Lyla Belshaw	12 Jul 25
54.10	Holly Mpassy	6 Mar 22	4:09.60mx	Laura Weightman	21 Aug 10
54.16A	Rebecca Grieve	25 Feb 23	4:12.82		28 Aug 10
<b>600 Metres</b>			4:09.93	Jessica Judd	15 Jul 12
1:27.33	Lorraine Baker (U17)	13 Jul 80	4:10.61	Bobby Clay	5 Jun 16
<b>600 Metres short track</b>			4:11.12	Bridget Smyth	26 May 85 10
1:27.4	Linsey Macdonald	12 Dec 81	4:11.22	Emma Pallant	19 Jul 08
<b>800 Metres</b>			4:11.36	Jessica Lark	24 May 25
1:55.88	Keely Hodgkinson	3 Aug 21	4:11.78	Shaikira King	7 Jun 25
1:57.86	Phoebe Gill	11 May 24	4:12.07	Ava Lloyd	8 Jun 24
1:59.75	Charlotte Moore	29 Jul 02	4:12.28	Jemma Reekie	2 Jul 17
1:59.77	Jessica Judd	11 Jun 14	4:12.96	Jennifer Walsh	15 Jul 12
1:59.92	Abigail Ives	13 May 23	4:13.00	Charlotte Moore	8 Aug 03
2:00.95	Shaikira King	12 Jul 25	4:13.38	Emma Ward	7 May 01
2:01.11	Lynne MacDougall	18 Aug 84	4:13.40	Wendy Sly	19 Aug 78
2:01.66	Lorraine Baker	26 Jun 82	4:13.41	Eleanor Strevens	7 Jun 25 20
2:01.80mx	Lyla Belshaw	11 Jun 25	4:13.43mx	Jessica Bailey	25 Jun 25
	2:02.01	15 Jul 25	4:13.59mx	Harriet Knowles-Jones	15 Aug 17
2:01.95	Emma Jackson	9 Jun 07 10	4:14.15mx	Sarah Kelly	10 Aug 10
2:02.00	Diane Edwards/Modahl	14 Sep 85	4:14.22mx	Emelia Gorecka	27 Jun 12
2:02.0	Jo White (U17)	13 Aug 77	4:14.40	Janet Lawrence	20 Aug 77
2:02.15	Alison Leonard	11 Jul 08	4:14.40	Georgia Peel	13 Apr 13
2:02.18	Lynne Robinson	18 Jul 86	4:14.50	Wendy Wright	20 Jun 87
2:02.32	Emily Dudgeon	11 Jul 12	4:14.52mx	Laura Muir	3 Aug 12
2:02.43	Jessica Lark	7 Jun 25	4:14.56	Andrea Whitcombe	22 Aug 90
2:02.8 a	Lesley Kiernan	2 Sep 74	4:14.56	Ella Greenway	10 Jun 23 30
2:02.89	Sarah Kelly	21 Jul 10	<b>1500 Metres Short Track</b>		
2:02.92	Isabelle Boffey	20 Jul 19	4:11.20	Zola Budd	26 Jan 85
2:03.11	Janet Prictoe/Bell	19 Aug 78 20	4:14.11	Lynne MacDougall	1 Feb 84
2:03.18	Paula Newnham	17 Jun 78	4:16.2	Jo White	28 Jan 78
2:03.18mx	Laura Weightman	24 Aug 10	4:17.01	Jessica Lark	19 Jan 25
2:03.18	Adelle Tracey	21 Jul 12	4:17.05	Charlotte Moore	12 Feb 04
2:03.20	Katy-Ann McDonald	11 Jul 18	4:17.43	Eleanor Strevens	22 Feb 25
2:03.32	Molly Long	30 May 15	4:17.83	Katie Fairbrass/Davey	19 Feb 83
2:03.42	Jemma Simpson	26 Jul 03	4:18.22	Elise Lyon	16 Feb 85
2:03.43	Rowena Cole	23 Jul 11	4:18.6a	Mary Stewart/Cotton	9 Mar 75
2:03.53	Christine Whittingham	25 Aug 75	4:18.97	Dani Barnes	8 Feb 04 10
2:03.56	Ava Lloyd	6 Jul 24	4:19.09	Ava Lloyd	18 Feb 24
<b>800 Metres Short Track</b>			<b>1 Mile</b>		
1:59.03	Keely Hodgkinson	30 Jan 21	4:17.57	Zola Budd	21 Aug 85
2:02.88	Kirsty Wade	22 Feb 81	4:28.16	Stephanie Twell	14 Sep 07
2:03.57	Shaikira King	19 Jan 25	4:30.08	Lynne MacDougall	7 Sep 84
2:03.92	Abigail Ives	12 Feb 23	4:34.29	Jo White	9 Sep 79
2:04.14	Isabelle Boffey	9 Feb 19	4:36.65	Ruth Partridge	9 Sep 79
2:04.99mx	Lyla Belshaw (U17)	14 Feb 24	<b>1 Mile Short Track</b>		
2:05.0	Jane Colebrook/Finch	11 Dec 76	4:40.07	Annie Mann	15 Feb 25
2:05.11	Katy-Ann McDonald	22 Feb 19			

<b>2000 Metres</b>				16:04.60	Kate Avery	13 Jun 09
5:33.15	Zola Budd	13 Jul 84		16:05.70	Eliza Nicholson	7 Jun 25
<b>3000 Metres</b>				16:06.41mx	Rebecca Straw	24 Aug 13
8:28.83	Zola Budd	7 Sep 85		16:08.82	Grace Brock	25 May 19
8:32.90	Innes Fitzgerald	15 Jun 25		16:08.88	Megan Keith	30 Jul 21 20
8:50.89	Stephanie Twell	14 Sep 08		16:11.03	Louise Small	13 Jun 09
8:51.55	Jessica Bailey	13 Jul 25		16:13.93	Lauren Howarth/Heyes	31 May 08
8:51.78	Paula Radcliffe	20 Sep 92		16:15.12mx	Katie Pye (U17)	3 Aug 24
8:55.11	Emelia Gorecka	26 Aug 12		16:20.17		7 Jun 25
8:56.08mx	Harriet Knowles-Jones	3 May 17		16:15.36	Louise Kelly	31 Jul 98
8:59.12mx	Bobby Clay	9 Sep 15		16:16.39	Collette Fagan	20 Jul 01
9:03.35	Philippa Mason	19 Jul 86		16:18.50	Natasha Phillips	17 Jun 23
9:04.14	Yvonne Murray	28 May 83	10	16:18.75	Phoebe Anderson	18 Aug 21
9:06.16	Helen Titterington	19 Jun 88		16:19.66	Grace Baker	30 May 15
9:06.87	Emily Pidgeon	7 Jun 06		16:21.64	Almi Nerurkar	4 Sep 20
9:07.02	Carol Haigh/Greenwood	24 Jun 85		16:21.86	Bronwen Owen	30 May 15 30
9:07.28	Emma Pallant	4 Jun 08		<b>5000 Metres Short Track</b>		
9:08.5 mx	Jessica Judd (U17)	6 Apr 11		16:09.78	Gwenno Goode	7 Dec 24
9:09.14	Lisa York	19 Jul 89		16:11.61	Jenny Clague	22 Feb 92
9:09.67mx	Katie Pye (U17)	12 Jun 24		16:16.77	Paula Radcliffe	22 Feb 92
9:10.34mx	Charlotte Purdue	8 Sep 10		<b>10000 Metres</b>		
9:10.67	Sian Edwards	8 Jul 06		32:36.75	Charlotte Purdue	14 Aug 10
9:10.9	Julie Holland	7 Apr 84	20	32:52.60	Charlotte Dale	12 Apr 03
9:11.20mx	Jemma Reekie	25 Apr 17		<b>2000 Metres Steeplechase</b>		
9:11.20	Amelia Quirk	20 May 18		6:32.45	Louise Webb (U17)	14 Jul 07
9:12.28	Hayley Haining	20 Jul 91		6:32.55	Sarah Hopkinson (U17)	14 Jul 07
9:12.80	Laura Muir	6 May 12		6:35.07	Emily Moyes	1 May 17
9:12.97	Bernadette Madigan	30 Jun 79		6:36.60	Pippa Woolven	5 May 12
9:13.4mx	Caroline Walsh	30 Jun 99		6:37.27	Amy-Eloise Neale (U17)	10 Jul 11
9:13.47mx	Amy Griffiths	27 Aug 14		6:37.76 A	Emily Pidgeon	24 Apr 06
<b>3000 Metres Short Track</b>				6:39.54	Aimee Pratt	17 Aug 16
8:40.05	Innes Fitzgerald	4 Feb 25		<b>3000 Metres Steeplechase</b>		
8:54.79	Jessica Bailey	23 Feb 25		10:06.12	Emily Pidgeon (U17)	3 Jul 05
8:56.13	Zola Budd	9 Feb 85		10:10.34	Louise Webb	25 Jul 09
9:00.06	Jessica Judd	16 Feb 13		10:11.86	Pippa Woolven	9 Jun 12
9:11.42	Bobby Clay	28 Feb 16		10:12.50	Ruth Senior	15 Aug 06
9:12.1	Carol Haigh/Greenwood	7 Jan 84		10:13.74	Amy-Eloise Neale	18 Jul 13
9:17.70	Alice Braham	3 Dec 94		10:13.98	Holly Page	20 May 18
9:19.51	Emily Pidgeon (U17)	15 Jan 05		10:13.99	Katie Ingle	31 May 14
9:20.51	Shannon Flockhart	4 Dec 21		10:18.44	Gwenno Goode	12 Apr 24
9:21.30	Eloise Walker	12 Feb 20	10	10:19.08	Aimee Pratt	19 Jun 16
9:22.98	Non Stanford	12 Feb 06		10:20.64	Sarah Hopkinson (U17)	29 Jul 07
<b>5000 Metres</b>				<b>60 Metres Hurdles</b>		
14:39.56	Innes Fitzgerald	19 Jul 25		8.18	Jessica Duncton	11 Feb 24
14:48.07	Zola Budd	26 Aug 85		8.19	Alicia Barrett	26 Feb 17
15:07.19mx	Jessica Bailey	8 Mar 25		8.22	Lesley-Ann Skeete	25 Jan 86
15:23.4	Charlotte Purdue	28 Aug 10		8.22	Mia McIntosh	13 Feb 22
15:34.21	Emelia Gorecka	9 Jun 12		8.25	Yasmin Miller	10 Feb 13
15:41.00	Emily Pidgeon	24 Jun 06		8.26	Thea Brown	17 Feb 24
15:42.48	Sian Edwards	23 Jul 06		8.28	Marli Jessop	18 Feb 22
15:47.53	Stephanie Twell	7 Aug 07		8.30	Sophie Yorke	26 Feb 17
15:51.62	Carol Haigh/Greenwood	26 May 85		8.32	Natasha Danvers	2 Mar 96
15:52.55	Yvonne Murray	29 May 83	10	<b>100 Metres Hurdles</b>		
15:53.27	Annabel Gummow	28 May 11		13.07	Alicia Barrett	18 Jun 17
15:55.50	Freya Bradley	7 Aug 25		13.13	Yasmin Miller	27 Jul 14
15:58.8mx	Charlotte Dale	12 May 02		13.20	Lucy-Jane Matthews	4 Sep 20
15:59.97	Rebecca Weston	1 Jun 13				
16:00.58	Lizzie Wellsted	8 Jun 24				

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

3.96	Jade Spencer-Smith	14 Aug 19		<b>Triple Jump</b>			
3.95	Abigail Haywood	27 Jun 09		13.75	Laura Samuel	22 Jul 10	
3.91 i	Sophie Dowson	28 Jan 17	20	13.64	Naomi Ogbeta	1 Jul 17	
3.90	Ellie Spain	6 May 00		13.62	Temi Ojora	29 May 21	
3.90	Hannah Olson (U17)	13 Jun 04		13.16	Lily Hulland	29 Jun 19	
3.90	Natalie Olson	8 Aug 04		13.13	Yasmine Regis	2 Jul 05	
3.90 i	Kimberly Skinner	6 Feb 05		13.05	Michelle Griffith	16 Jun 90	
3.90	Emma Lyons	3 Sep 06		13.03	Emily Gargan	21 May 17	
3.90	Ellie Gooding (U17)	5 Jul 13		13.01	Jayne Nisbet	22 Apr 07	
3.90	Livvy Connor	2 Aug 15		12.96	Laura Zialor	28 May 16	
3.90	Natasha Purchas	10 Jun 18		12.88	Nony Mordi	10 Sep 06	10
3.90	Ellen McCartney	15 Aug 18		12.88	Ahtollah Rose	1 Jul 11	
3.90	Esther Leong	23 Jun 19	30	12.87	Eloise Harvey	2 Jun 19	
				12.84	Georgina Scoot	17 Jun 23	
<b>Long Jump</b>				12.83	Abazz Shayaam-Smith	13 Jul 18	
6.90	Bev Kinch	14 Aug 83		12.82	Denae Matthew	23 Jul 06	
6.82	Fiona May	30 Jul 88		12.79	Naomi Reid	1 Jul 11	
6.68	Sue Hearnshaw	22 Sep 79		12.76	Shakira Whight	12 Jul 08	
6.67	Jazmin Sawyers	13 Jul 12		12.76	Jazz Sears	22 Jun 19	
6.63	Yinka Idowu	21 May 89		12.73	Melissa Carr	11 Jul 08	
6.55	Joyce Oladapo	30 Jul 83		12.72	Claire Linskill	3 Sep 06	20
6.52	Georgina Oladapo	16 Jun 84		12.71	Lia Stephenson	15 Jun 14	
6.52	Sarah Claxton	31 Jul 98		12.69	Leila Newth (U17)	19 Jul 25	
6.52	Jade Johnson	23 May 99		12.68	Rachel Brenton	16 May 04	
6.51	Kat. Johnson-Thompson	12 Jul 12	10	12.63 i	Libby White (U17)	13 Feb 22	
6.51	Holly Mills	30 Jun 19		12.61	Amelia Gray	30 Jun 23	
6.47	Jo Wise	30 Jul 88		12.60	Emily Parker	8 Jun 03	
6.45	Margaret Cheetham (U17)	18 Aug 84					
6.44	Thea Brown	10 Aug 25		<b>wind assisted</b>			
6.43	Myra Nimmo	27 May 73		13.68	Naomi Ogbeta	21 Jul 17	
6.41	Niamh Emerson	1 Jul 18		13.65	Temi Ojora	3 Jul 21	
6.39	Moira Walls	22 Jul 70		13.06	Alison McAllister	11 Jul 03	
6.39	Lucy Hadaway	28 Jul 18		12.78	Claire Linskill	3 Sep 06	
6.38	Amy Harris	8 Jul 06		12.77	Kerri Davidson	10 Jul 15	
6.38	Josie Oliarnyk	1 Jul 18	20	12.67	Emily Parker	8 Jun 03	
6.35	Sharon Bowie	1 Jun 85		<b>Shot</b>			
6.35	Lorraine Ugen	4 Jul 10		17.12	Sophie McKinna	25 May 13	
6.34	Ann Simmonds	3 Aug 68		17.10	Myrtle Augee	16 Jun 84	
6.34 i	Ella Rush	27 Feb 22		16.64	Divine Oladipo	22 Apr 17	
6.34	Lucy Fellows	24 Jun 23		16.24 i	Judy Oakes	26 Feb 77	
6.33	Jo Dear	19 May 93		16.10	Serena Vincent	13 Sep 20	
6.32	Morgan Lake	29 Jun 14		15.82	Eden Francis	1 Jul 07	
<b>wind unconfirmed</b>				15.72 i	Alison Grey	29 Feb 92	
6.43	Moira Walls	18 Sep 70		15.60 i	Justine Buttle	27 Feb 88	
<b>wind assisted</b>				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		14.93	Alani Dumbuya	25 Jul 25	
6.48	Moira Walls	17 May 70		14.85	Morgan Lake	31 May 14	
6.42	Lorraine Ugen	20 Jun 10		14.75 i	Cynthia Gregory	12 Dec 81	
6.42	Lucy Fellows	1 Jul 23		14.72	Sally Hinds	3 Jul 05	20
6.41	Ann Simmonds	30 Jun 68		14.71 i	Nicola Gautier	26 Jan 97	
6.40	Amy Harris	23 Jul 06		14.68	Claire Smithson	26 May 01	
				14.66 i	Terri Salt	7 Jan 84	

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

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

<b>Pentathlon Short Track (60H,HJ,SP,LJ,800)</b>				50:22.2	Emma Achurch	7 Dec 14
4527	Morgan Lake	6 Mar 15		50:25.0	Lisa Simpson	1 Apr 87
4526	Kat Johnson-Thompson	25 Mar 12		51:00.0	Karen Nipper (U17)	21 Feb 81
4365	Ella Rush	27 Feb 22		51:15.97	Gracie Griffiths	24 Jun 23
4216	Holly Mills	26 Jan 19		51:31.2	Helen Ringshaw	17 Mar 84
4110	Niamh Emerson	20 Feb 16		51:49.04	Abby Hughes	9 Mar 24
4096	Aileen Wilson	10 Feb 02		51:57.20	Heather Lewis	17 Jun 12 10
4093	Zoe Hughes	25 Feb 17		<b>short</b>		
4089	Jessica Ennis	13 Mar 05		50:11.2	Jill Barrett	19 Mar 83
4045	Thea Brown	18 Jan 25		<b>10k Road - where superior to track time</b>		
4041	Jodie Smith	4 Jan 20	10	47:49	Emma Achurch	15 Mar 15
4016	Jade O'Dowda	27 Jan 18		49:10	Vicky Lawrence	14 Mar 87
<b>Pentathlon Short Track (LJ,60,60H,HJ,SP)</b>				49:14	Carolyn Brown	29 Mar 92
3682	Sarah Claxton	12 Jan 97		49:26	Julie Drake	21 May 88
<b>3000 Metres Track Walk</b>				49:26	Ellie Dooley	1 Mar 14
13:03.4	Vicky Lupton	18 May 91		49:33	Lisa Simpson	14 Mar 87
13:47.0	Julie Drake	5 Jul 88		49:40	Sophie Hales	6 Mar 04
13:48.72	Gracie Griffiths	18 Jun 23		49:47	Jill Barrett	24 Sep 83
13:49.64	Sophie Hales	31 May 04		49:51	Heather Lewis	14 Apr 12
13:50.52	Rebecca Mersh (U17)	31 May 04		50:02	Johanna Jackson	28 Nov 04 10
13:51.03	Heather Lewis	17 Jul 12		50:29	Katie Stones	1 May 04
13:51.35+	Sophie Lewis Ward	14 Jul 16		50:39	Rebecca Mersh	12 Mar 06
13:53.0e	Lisa Langford/Kehler	23 Aug 85		<b>4 x 100 Metres Relay</b>		
13:55.42	Ellie Dooley	24 Aug 14		43.78	GBR-U20	4 Aug 22
13:58.73	Emma Achurch	31 Jul 16	10	N.Wedderburn-Goodison,A.Bell,J.Eze,F.Akinbileje		
<b>3000 Metres Walk Short Track</b>				43.81	GBR-U20	21 Jul 13
13:29.19	Emma Achurch	15 Feb 15		Y.Miller, Asher-Smith, S.Wilson, D.Henry		
13:29.46	Ellie Dooley	16 Feb 14		43.86	GBR-U20	10 Aug 23
13:36.43	Sophie Hales	29 Feb 04		R.Regis, S.Walton, J.Eze, S.Eduan		
13:38.05	Katie Stones	29 Feb 04		43.89	GBR-U20	21 Jul 13
14:01.67	Rebecca Mersh (U17)	29 Feb 04		Y.Miller, Asher-Smith, S.Wilson, D.Henry		
14:12.62	Gracie Griffiths	18 Feb 24		43.92	GBR-U20	19 Jul 25
14:17.96	Katie Ford (U17)	28 Feb 98		N.Desir, L.Tallon, K.Slater, O.Akande		
14:19.09	Abby Hughes	18 Feb 24		43.97	GBR-U20	25 Jun 23
14:21.93	Sophie Lewis Ward	15 Feb 15		R.Regis,N.Wedderburn-Goodison,S.Walton,S.Eduan		
14:24.14	Hannah Hopper	27 Feb 22	10	43.98	GBR-U20	10 Aug 25
<b>5000 Metres Track Walk</b>				N.Desir, L.Tallon, K.Slater, O.Akande		
22:36.81	Vicky Lupton	15 Jun 91		44.03	GBR-U20	23 Jun 24
23:31.67	Lisa Langford/Kehler	23 Aug 85		J.Wilkins, R.Regis, K.Mensah, O.Akande		
23:36.03	Gracie Griffiths	26 Aug 23		44.05	GBR-U20	14 Jul 18
23:37.55	Sophie Lewis Ward	14 Jul 16		K.Awuah, A.Rees, G.Adam, E.Carr		
23:40.75	Ellie Dooley	29 Jun 14		44.06	GBR-U20	21 Jul 19 10
23:55.27	Susan Ashforth (U17)	25 May 85		C-A.Pemberton, A.Hunt, G.Adam, I.Aliu		
23:56.9	Julie Drake	24 May 88		44.11	GBR-U20	21 Jul 19
24:02.13	Heather Lewis	24 Jun 12		C-A.Pemberton, A.Hunt, G.Adam, I.Aliu		
24:02.15	Nicky Jackson	27 May 84		44.11	GBR-U20	22 Jun 24
24:06.6	Rebecca Mersh (U17)	23 Apr 05	10	R.Regis, Wedderburn-G, F.Akinbileje, O.Akande		
<b>5k Road - where superior to track time</b>				44.16	GBR-U20	12 Aug 90
23:05	Lisa Langford/Kehler	2 Nov 85		A.Soper, D.Smith, D.Fraser, K.Merry		
23:18	Julie Drake	27 Feb 88		44.17	GBR-U20	23 Jul 17
23:29	Emma Achurch	1 Mar 15		E.Carr, A.Rees, M.Bruney, O.Okoli		
23:30 +	Johanna Jackson	28 Nov 04		44.18	GBR-U20	19 Jul 15
23:35	Lisa Simpson	31 Oct 87		S.Malone, S.Hylton, C.McLennaghan, I.Lansiquot		
23:36	Sophie Lewis Ward	9 Apr 16		44.18	GBR-U20	3 Jul 22
<b>10000 Metres Track Walk</b>				S.Walton, A.Bell, J.Eze, S.Eduan		
47:04.0	Vicky Lupton	30 Mar 91		44.22	GBR-U20	21 Jul 02
48:34.0	Lisa Langford/Kehler	15 Mar 86		J.Lucas-Read, J.Kwakye, A.Spencer, V.James		
49:48.7	Julie Drake	7 Feb 88		44.24	GBR-U20	10 Aug 23

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

## UNDER 17

### 60 Metres

7.34	Celine Obinna-Alo	7 Dec 25	7.50	Nell Desir	10 Feb 24
7.35	Asha Philip	11 Feb 07	7.51	Shaunna Thompson	23 Feb 08
7.38	Jodie Williams	18 Jan 09	7.51	Joy Eze	22 Feb 20
7.41	Oluwayemisi Akande	11 Feb 23	7.51	Faith Akinbileje	29 Jan 22
7.43	Amy Hunt	25 Feb 17	7.51	Shivelle Marshall	8 Feb 25
7.44	Annabelle Fasuba	28 Dec 25	7.52	Vernicha James	30 Jan 00
7.46	Renee Regis	12 Feb 22	7.52	Kishi Aremu	1 Mar 25
7.47	Hannah Brier	9 Mar 14	7.53	Lily Bradley	11 Feb 23 20
7.49mx	Nia Wedderburn-Goodison	21 Dec 19	7.53	Emma Clark	1 Mar 25
7.49	Aliyah Afolabi	18 Jan 25 10	<b>hand timing</b>		
7.49	Leila Lihe	8 Feb 25	7.4	Sonia Lannaman	19 Feb 72
7.50	Shannon Hylton	23 Feb 13	7.5	Pippa Baker/Windle	19 Nov 77
			7.5	Linsey Macdonald	17 Mar 79
			7.5	Nathalie Byer	21 Mar 81
			7.5	Georgina Oladapo	6 Mar 83

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

38.69	Darcy Coslett	9 Feb 25	<b>800 Metres Short Track</b>	
38.77	Hannah Foster	25 Feb 18	2:04.99mx	Lyla Belshaw 14 Feb 24
38.99	Sabrina Bakare	26 Feb 11	2:06.59	Erin Wallace 30 Jan 16
39.17	Holly Ryan	21 Dec 25	2:06.67	Tilly Simpson 17 Jan 16
39.2	Katie Kirk	27 Feb 10	2:06.68	Isabelle Boffey 14 Feb 16
39.23	Gemma Nicol	24 Feb 02	10 2:06.75	Loren Bleaken 26 Feb 12
			2:07.45	Charlotte Moore 4 Feb 01
			2:07.98	Hayley Beard 24 Feb 02
			2:08.5	Lorraine Baker 12 Jan 80
			2:08.58	Mollie Grant 15 Feb 25
			2:08.68	Katy-Ann McDonald 3 Feb 16 10
<b>400 Metres</b>			<b>1000 Metres</b>	
51.16	Linsey Macdonald	15 Jun 80	2:38.58	Jo White 9 Sep 77
53.08	Loreen Hall	29 Jul 84	<b>1500 Metres</b>	
53.54	Charlotte Henrich	6 Jul 22	4:11.96	Phoebe Gill 12 Jul 23
53.68	Amber Anning	21 Jul 17	4:12.19mx	Lyla Belshaw 1 May 24
53.75	Linda Keough	8 Aug 80	4:13.01	21 Jul 24
54.01	Angela Bridgeman	16 Aug 80	4:13.41mx	Shaikira King 7 Aug 24
54.25	Emma Wood	19 Jun 88	4:18.18	25 May 24
54.29	Darcy Coslett	15 Jun 24	4:14.21	Jessica Judd 28 May 11
54.33	Jodie Williams	28 Aug 10	4:14.78	Isla McGowan 21 Jul 24
<b>hand timing</b>			4:15.20	Bridget Smyth 29 Jul 84
53.7	Linda Keough	2 Aug 80	4:15.32mx	Rosie Johnson 1 Jul 14
54.2	Phoebe Gill	9 Jul 23	4:15.55	Sandra Arthurton 29 Jul 78
<b>400 Metres Short Track</b>			4:15.61	Ella McNiven 24 Jun 17
54.50	Darcy Coslett	22 Feb 25	4:16.24	Georgia Peel 11 Jul 09 10
54.95	Jodie Williams	15 Mar 09	4:16.41	Bobby Clay 13 Jul 13
55.24	Kim Wall	30 Jan 99	4:16.79	Emelia Gorecka 12 Jun 10
55.54	Davicia Patterson	26 Mar 17	4:16.8	Jo White 30 Jul 77
55.56	Holly Mpassy	13 Jan 19	4:17.46	Libby Hale 20 Jul 24
55.74	Shiloh Omotosho	9 Mar 25	4:17.83	Emily Pidgeon 25 Jun 05
55.75	Laura Gillhespy	20 Feb 05	4:17.99	Anna Smith 20 Jul 17
55.77	Gemma Nicol	20 Jan 02	4:18.45mx	Nikki Hamblin 8 Aug 04
55.81	Loren Bleaken	12 Feb 12	4:19.09	Sarah Kelly 30 May 09
<b>hand timing</b>			4:19.35mx	Innes Fitzgerald 26 Jul 22
55.4	Susan Howells	20 Mar 76	4:19.35	Katie Pye 22 Jun 24 20
55.4	Lorraine Baker	22 Mar 80	<b>1500 Metres Short Track</b>	
<b>600 Metres</b>			4:21.53+	Lyla Belshaw 4 Feb 24
1:27.33	Lorraine Baker	13 Jul 80	4:24.07	Ciara Mageean 27 Jan 08
<b>800 Metres</b>			4:25.75mx	Erin Wallace 16 Jan 16
2:01.50	Phoebe Gill	13 Aug 23	4:25.76mx	Olivia Forrest 14 Feb 24
2:01.61mx	Shaikira King	7 Jul 24	4:26.8	Karen Hughes 21 Mar 81
			4:26.91	Libby Hale 21 Jan 24
			4:27.1	Sandra Arthurton 18 Mar 78
			4:27.90	Sarah Hopkinson 13 Jan 07
			4:29.08	Emer McKee 23 Feb 25
			4:29.1	Julie Clarke 18 Mar 78 10
2:02.0	Jo White	13 Aug 77	<b>1 Mile</b>	
2:02.70	Jessica Judd	15 Jun 11	4:43.12	Freya Brown 30 Aug 25
2:02.93	Lyla Belshaw	24 Jul 24	<b>1 Mile short track</b>	
2:03.66	Lesley Kiernan	26 Aug 73	4:42.85	Lyla Belshaw 4 Feb 24
2:03.72	Lorraine Baker	15 Jun 80	<b>3000 Metres</b>	
2:04.26	Keely Hodgkinson	26 May 18	8:59.67	Innes Fitzgerald 16 Jul 22
2:04.59	Loren Bleaken	31 Jul 12	9:08.5 mx	Jessica Judd 6 Apr 11
2:04.70	Anna Gisbourne	12 Aug 23	10 9:09.67mx	Katie Pye 12 Jun 24
2:04.84	Mollie Grant	7 Jun 25	9:20.25	20 Jul 24
2:04.85	Louise Parker	28 Jul 79	9:13.93mx	Emilia Gorecka 8 Sep 10
2:05.03	Katy-Ann McDonald	17 Aug 16		
2:05.04	Eleanor Colbourn	29 May 21		
2:05.09mx	Isla Calvert	18 Jun 19		
2:05.27	Bethany Trow	6 Jul 24		
2:05.68	Isobelle Boffey	28 Aug 16		
2:05.7 mx	Katie Snowden	23 Jun 10		
2:05.86	Charlotte Moore	31 Jul 01		
2:05.87	Katrina Wootton	14 Aug 02	20	

9:16.35mx	9:18.38	9 May 10	8.41	Pippa Earley	18 Feb 17
	Fleur Todd-Warmoth	27 Apr 22	8.45	Marcia Sey	20 Jan 18
	9:19.77	25 Sep 21	8.45	Lia Bonsu	13 Feb 22
9:17.9	Emily Pidgeon	21 Aug 05	8.46	Izzy Rae	9 Feb 25
9:19.12	Jessica Bailey	4 Jun 22	8.47	Amelia Weeks	12 Mar 23
9:19.51	Sian Edwards	13 Jul 05	8.48	Lucy-Jane Matthews	24 Feb 19
9:20.2 mx	Katrina Wootton	28 Aug 02	8.49	Helen Worsey	1 Mar 98
9:21.66	Olivia Forrest	20 Jul 24	10 8.50	Megan Marrs	24 Mar 13
9:22.84	Non Stanford	30 Jul 04	8.51	Alicia Barrett	2 Mar 14
9:23.41mx	Georgia Peel	12 Aug 09	8.51	Abigail Pawlett	24 Feb 19
9:23.76	Harriet Knowles-Jones	22 Jun 14	8.52	Symone Belle	25 Feb 01
9:24.17	Eliza Nicholson	18 Jun 23	8.52	Holly Mills	10 Jan 16
9:24.38mx	Rachael Nathan	20 Aug 02	8.54	Ashley Helsby	26 Feb 06
9:24.40mx	Dani Barnes	6 May 02	8.54	Victoria Johnson	25 Feb 18
9:24.44mx	Charlotte Purdue	20 Sep 06	8.54	Menna Grant	11 Feb 24
9:24.50mx	Ella McNiven	13 Jun 17		<b>hand timing</b>	
9:24.61	Jess Piasecki	28 Jul 06	8.5	Wendy McDonnell/Jeal	30 Oct 76
9:24.99 +	Bobby Clay	1 Jun 13	20 8.5	Claire St. John	17 Mar 79
				<b>60 Metres Hurdles (83.8cm)</b>	
<b>3000 Metres Short Track</b>			8.45	Serita Solomon	5 Mar 06
9:19.51	Emily Pidgeon	15 Jan 05	8.53	Yasmin Miller	27 Feb 11
9:34.65	Charlotte Purdue	10 Feb 07	8.62	Natasha Danvers	21 Feb 93
9:36.07	Erin Wallace	3 Jan 16		<b>hand timing</b>	
9:37.54	Zoe Jelbert	5 Feb 00	8.5	Claire St. John	Feb 79
9:38.75	Sarah Hopkinson	16 Dec 06		<b>80 Metres Hurdles (76.2cm)</b>	
9:42.22	Olivia Forrest	7 Jan 24	10.89	Holly Whittaker	24 Aug 25
9:48.68	Eilidh Dallas	4 Jan 25	10.94	Pippa Earley	1 Sep 17
9:49.17	Emer McKee	11 Jan 25	10.94	Izzy Rae	6 Jul 25
9:49.38	Siobhan Coleman	16 Jan 05	10.95	Mia McIntosh	10 Jul 21
9:49.45	Amy Teasdale	6 Jan 23	10 11.01	Alicia Barrett	1 Sep 13
			11.02	Helen Worsey	15 Aug 98
<b>5000 Metres</b>			11.02	Yasmin Miller	22 Aug 10
15:56.87	Emilia Gorecka	29 May 10	11.02	Emily Bee	21 Jul 18
16:04.46	Emily Pidgeon	21 May 05	11.02	Paris King	28 Aug 22
16:09.44	Charlotte Purdue	25 Aug 07	11.02	Marcia Sey	1 Sep 17
			11.04	Etienne Maughan	25 Sep 21
			11.04	Amanda Parker	7 Jun 86
<b>1500 Metres Steeplechase</b>			11.07	Menna Grant	28 Jul 24
4:49.48	Ava James	31 Aug 24	11.09	Serita Solomon	9 Jul 05
4:50.3	Sarah Hopkinson	23 May 07	11.10	Sam Farquharson	7 Jun 86
4:50.9	Louise Webb	23 May 07	11.12	Georgia Atkins	11 Jul 09
4:53.94	Holly Page	16 Jul 16	11.12	Claire St. John	2 Jun 79
4:53.98	Ella Davey	16 Jul 22	11.13	Kylie Robilliard	30 May 04
4:54.55	Evelyn Wildman	12 Jul 25	11.13	Isabelle Mardle	9 Jul 22
4:54.82	Yasmin Austridge	11 Jul 15	11.13	Victoria Johnson	8 Jul 17
4:55.32	Georgia Ledingham	18 Aug 19	10 11.15	Lia Bonsu	3 Sep 22
4:55.93	Olivia McGhee	26 Apr 25		<b>wind assisted</b>	
4:56.4	Rachel Clutterbuck	12 Jun 21	10 11.15	10.85	Thea Brown
4:56.74	Kiya Dee	8 Aug 21		10.87	Alicia Barrett
4:56.87	Freya Ruffels	9 Jul 22		10.96	Helen Worsey
4:57.21	Gabrielle Phelan	3 Sep 22		11.00	Sharon Davidge
4:57.46	India Weir	11 Jul 15		11.02	Marcia Sey
4:58.50	Millie Gold	20 Jul 24		11.03	Wendy McDonnell/Jeal
4:58.81	Holly Turner	12 Jul 25		11.04	Serita Solomon
4:58.99	Lucy Davies	16 Jul 16		11.07	Abigail Pawlett
4:59.11	Lottie Quinn	13 Jul 24			<b>hand timing</b>
4:59.18	Morgan Squibb	11 Aug 18		11.0	Wendy McDonnell/Jeal
4:59.56	Maisie Grice	9 Jul 16	20 11.07		<b>hand timing - wind assisted</b>
				10.9	Ann Wilson
<b>60 Metres Hurdles (76.2cm)</b>					
8.39	Thea Brown	12 Feb 23			
8.39	Holly Whittaker	9 Feb 25			

10.9	Wendy McDonnell/Jeal	9 Jul 77	<b>400 Metres Hurdles</b>		
10.9	Sam Farquharson	20 Jul 85	58.44	Stephanie Okoro	7 Jul 22
			58.74	Hayley McLean	7 Jul 11
<b>100 Metres Hurdles (76.2cm)</b>			59.79	Jasmine Jolly	8 Jul 18
13.41	Marcia Sey	9 May 18	59.99	Arabella Wilson	19 Jun 22
13.45	Lucy-Jane Matthews	7 Jul 18	60.06	Faye Harding	13 Jul 01
13.53	Thea Brown	9 Aug 23	60.18	Meghan Beesley	18 Jun 06
13.61	Pippa Earley	18 Jun 17	60.23	Holly McArthur	19 Jun 16
13.64	Yasmin Miller	4 Jun 11	60.52	Mia Walker	9 Aug 23
13.66	Ann Girvan	25 Jul 81	<b>hand timing</b>		
13.66	Moesha Howard	11 Jul 13	59.7	Keri Maddox	9 Jul 88
13.66	Amber-Leigh Hall	21 Jun 15	59.8 mx	Eildith Child	27 Jul 03
<b>wind assisted</b>			<b>High Jump</b>		
13.30	Yasmin Miller	10 Sep 11	1.90	Morgan Lake	12 Jul 13
13.32	Marcia Sey	6 Jul 18	1.89	Debbie Marti	2 Jun 84
<b>100 Metres Hurdles (83.8cm)</b>			1.85	Louise Manning	11 Sep 82
13.38	Lucy-Jane Matthews	20 Jul 19	1.85	Jayne Barnetson	21 Jul 84
13.72	Megan Marrs	25 May 14	1.84	Ursula Fay	6 Aug 83
13.73	Ann Girvan	7 Aug 82	1.84	Thea Brown	11 Jun 23
13.88	Natasha Danvers	28 Aug 93	1.83	Jo Jennings	26 Jul 85
13.90	Yasmin Miller	11 Aug 11	1.83	Tracey Clarke	2 Aug 87
13.94	Phyllis Agbo	30 Jun 02	1.83	Aileen Wilson	8 Jul 00
<b>wind assisted</b>			1.82	Elaine Hickey	9 Aug 80
13.67	Ann Girvan	4 Jul 82	1.82	Kerry Roberts	16 Jul 83
13.76	Natasha Danvers	27 Aug 94	1.82	Susan Jones	20 May 94
<b>hand timing</b>			1.82	Vicki Hubbard	15 May 05
13.7	Ann Girvan	29 Aug 81	1.82 i	Kat. Johnson-Thompson	8 Mar 09
<b>hand timing - wind assisted</b>			1.82	Niamh Emerson	29 Aug 15
13.7	Nathalie Byer	4 Sep 82	1.81	Barbara Simmonds	22 Jul 78
<b>300 Metres Hurdles</b>			1.81 i	Ada'ora Chigbo	8 Feb 15
41.13	Lucia Bertacchini	12 Jul 25	<b>Pole Vault</b>		
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
41.75	Bisan Musa	19 Jul 25	4.05	Katie Byres	1 Aug 10
41.84	Shona Richards	19 Aug 12	4.00 i	Jade Ive	24 Feb 08
41.95	Arabella Wilson	9 Jul 22	4.00	Isabella Turner	26 May 24
41.96	Amy Pye	27 Aug 17	3.93 i	Sophie Ashurst	10 Mar 19
41.97	Eilidh Child/Doyle	17 Aug 03	3.90	Hannah Olson	13 Jun 04
41.98	Rachael Kay	3 Aug 97	3.90	Ellie Gooding	5 Jul 13
41.99	Natasha Danvers	10 Jul 93	3.90	Jade Spencer-Smith	20 May 18
42.21	Jasmine Jolly	21 Jul 18	3.83 i	Felicia Miloro	24 Sep 17
42.50	Justine Roach	21 Jul 01	3.82	Natasha Purchas	28 Aug 17
42.52	Lauren Williams	30 Aug 15	3.82	Ava Hayes	10 Aug 25
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	Syreeta 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
<b>hand timing</b>			<b>Long Jump</b>		
41.8	Rachael Kay	17 Aug 97	6.45	Margaret Cheetham	18 Aug 84
42.0	Jasmine Jolly	13 May 18	6.32	Georgina Oladapo	23 Jul 83
42.4	Keri Maddox	8 May 88	6.31	Kat. Johnson-Thompson	11 Jul 09
42.4	Syreeta Williams	17 Aug 97	6.29	Holly Mills	16 Aug 15
42.5	Louise Brunning	8 May 88	6.27	Fiona May	14 Jun 86
			6.26	Jo Wise	31 May 87
			6.25	Sue Hearnshaw	9 Jul 77

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

<b>Hammer (3kg)</b>			4977	Anna Rowe	26 Jul 15
65.06	Katie Head	9 Jul 16	4969	Kaneesha Johnson	27 Jul 08
64.20	Kirsty Costello	7 Jun 19	<b>with 100mH (2'6")</b>		
63.89	Charlotte Payne	28 May 18	5750	Kat. Johnson-Thompson	11 Jul 09
63.40	Olivia Stevenson	14 May 16	5241	Jade Surman	16 Jul 05
63.23	Tara Simpson-Sullivan	10 Sep 17	5071	Debbie Marti	5 Jun 83
63.08	Katie Lambert	4 Sep 15	<b>IAAF U18 2013 (100H 2'6", SP 3kg, JT 500g)</b>		
62.44	Alice Howie	24 Mar 24	5725	Morgan Lake	4 Aug 13
60.53	Charlotte Williams	9 Apr 17	5384 A	Niamh Emerson	18 Jul 15
60.51	Anna Purchase	17 Jul 16	5361	Chisom Nwafor	29 May 22
60.30	Phoebe Baggott	26 Aug 18	<b>Heptathlon with 80mH, SP 4kg, JT 600g</b>		
59.63	Molly Walsh	25 Sep 16	5474	Morgan Lake	4 Aug 13
59.55	Rebecca Keating	27 Apr 13	5146	Kat. Johnson-Thompson	21 Sep 08
59.40	Sophie Robertson	18 Jun 25	5037	Michelle Stone	1 Jul 84
59.25	Myra Perkins	5 Jul 08	<b>with 80H 2'6", SP 3kg, JT 500g</b>		
59.09	Jade Williams	5 Jun 16	5460	Molly Mills	29 Jun 25
58.81	Lily Murray	25 Sep 21	5347	Eloise Hind	19 Sep 21
58.55	Angela McAuslan-Kelly	28 Aug 22	5324	Abigail Pawlett	4 Aug 19
58.22	Danielle Broom	18 Jun 16	5274	Thea Brown	17 Sep 23
58.02	Louisa James	28 Feb 10	5226	Jade O'Dowda	18 Sep 16
57.83	Bekki Roche	13 Jul 19	5215	Zoe Gregory	17 Sep 23
<b>Javelin 600g (1999 Model)</b>			5214 w	Emily Race	17 Sep 17
51.28	Freya Jones	30 May 10	5149		17 Sep 17
49.83	Hayley Thomas	24 May 03	5213	Eden Robinson	17 Sep 23
48.77	Emma Hamplett	13 Sep 14	5140	Anna Nicole Rowe	21 Sep 14
47.72	Izzy Jeffs	30 Aug 08	5127	Jessica Hopkins	16 Sep 18
47.52	Laura McDonald	7 Aug 10	5123 w	Pippa Earley	17 Sep 17
<b>Javelin 600g (pre 1999 Model)</b>			5114 W	Olivia Dobson	17 Sep 17
56.02	Mandy Liverton	11 Jun 89	5103	Jodie Smith	16 Sep 18
53.42	Karen Hough	15 Jul 84	5065	Emily Bee	16 Sep 18
53.22	Kirsty Morrison	15 Aug 92	5052	Ava John	25 Jun 23
<b>Javelin 500g</b>			5051	Holly McArthur	3 Jul 16
57.14	Emma Hamplett	1 Jun 14	5047	Mia Chantree	16 Sep 18
52.91	Bethany Moule	8 Apr 18	5042	Isabelle Mardle	26 Jun 22
52.49	Ayesha Jones	9 Aug 23	<b>Pentathlon Short Track (60H,HJ,SP,LJ,800)</b>		
52.28	Harriet Court	30 Mar 24	Snr Implements		
51.50	Harriet Wheeler	9 Aug 23	4092	Katarina Thompson	8 Mar 09
50.64	Bethan Rees	24 Jul 16	3965	Morgan Lake	6 Jan 13
50.39	Keira Waddell	31 Aug 18	3815	Jade Surman	13 Feb 05
50.35	Kirsty Costello	12 May 19	3654	Jessica Ennis	24 Feb 02
50.34	Emma Howe	1 Sep 17	3678	Niamh Emerson	24 Jan 15
50.28	Lucy Bull	7 Sep 25	3677	Abigail Pawlett	5 Jan 19
49.74	Jessica Howells	12 Jul 24	<b>Pentathlon Short Track (SP,LJ,60H,60,HJ)</b>		
48.56	Dulcie Yelling	30 Jun 23	3682	Sarah Claxton	21 Jan 96
48.07	Elizabeth Korczak	21 Jul 18	<b>Pentathlon Short Track (60H,HJ,SP(3k),LJ,800)</b>		
47.70	Laurie Dawkins	12 Sep 15	4036	Abigail Pawlett	9 Mar 19
47.47	Harriette Mortlock	12 Jul 19	3952	Pippa Earley	11 Mar 17
47.01	Paula Holguin	16 Jul 16	3877	Kate O'Connor (IRL)	23 Jan 16
46.91	Molly Mills	29 Jun 25	3874	Anna McCauley	10 Dec 16
46.55	Eva Durand	30 Aug 20	3865	Ella Rush	14 Mar 20
46.53	Elise Christian	2 Jun 24	3859	Thea Brown	26 Nov 22
46.51	Ellie Vernon	13 May 17	3846	Ada'ora Chigbo	13 Dec 14
<b>Heptathlon (1984 Tables) Senior</b>			3788	Jessica Hopkins	10 Nov 17
5481	Kat. Johnson-Thompson	14 Jun 09	3693	Grace Bower	12 Dec 15
5251	Jade Surman	29 May 05	3689	Leila Newth	6 Dec 15
5208	Michelle Stone	30 Sep 84	<b>3000 Metres Track Walk</b>		
5194	Jessica Ennis	4 Aug 02	13:50.52	Rebecca Mersh	31 May 04
5184	Claire Phythian	20 Aug 89			



**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
7.53	Annabelle Fasuba	8 Feb 25
7.53	Honor Oteng	21 Dec 25
7.55mx	Niah Akintokun	21 Dec 19
7.59		26 Jan 20
7.55	Aliyah Afolabi	10 Feb 24
7.58	Celine Obinna-Alo	10 Feb 24
7.60	Grace Gode	13 Dec 25
7.61	Jane Parry	27 Jan 79
7.62	Trezequet Taylor	23 Feb 19 10
7.62	Nia Wedderburn-Goodison	23 Feb 19

**hand timing**

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

**100 Metres**

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

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

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

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

**hand timing**

11.7	Araya Williams	13 Sep 25
11.8	Janis Walsh	7 Jul 74

11.8	Joanne Gardner	2 Jul 77
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**hand timing - wind assisted**

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

**200 Metres**

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

**wind assisted**

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

**hand timing**

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

**hand timing - wind assisted**

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

**200 Metres Short Track**

24.13	Aliyah Afolabi	11 Feb 24
24.38	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
24.70	Honor Oteng	9 Feb 25
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 10
24.85	Hannah Brier	26 Feb 12

**300 Metres**

38.61	Isla Perry	12 Jul 25
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38.73	Amber Anning	30 Aug 15	2:12.52	Emma Shipley	24 Feb 19
39.11	Lily-Rose Brown	14 Aug 22	2:12.59	Ruby Simpson	24 Feb 19
39.16mx	Dina Asher-Smith	4 Aug 09	2:12.71	Chelsea Nugent	26 Feb 12
39.20	Jeslyn Agyei-Kyem	14 Jul 18	2:12.79	Lynsey Sharp	29 Feb 04
39.24	Matilda Bean	12 Jul 25	2:12.85	Molly Canham	17 Feb 16
39.27	Sereniti Rankin	12 Jul 25	2:13.18	Frederica Foster	25 Feb 07 10
39.37	Shiloh Omotosho	30 Jun 23			
39.38	Nandy Kihuyu	1 Sep 19	<b>1500 Metres</b>		
39.50	Bisan Musa	12 Jul 24 10	4:21.03mx	Jessica Judd	15 Jul 09
39.56	Alexa Divers	12 Jul 25	4:23.02		24 May 09
39.63	Emilia Rock	13 Jul 19	4:23.45	Isabel Linaker	7 Jul 90
39.64	Aliyah Afolabi	11 May 24	4:23.72mx	Katy-Ann McDonald	2 Jul 14
39.65	Sophie Wallwork	11 May 19	4:23.96mx	Kara Gorman	23 Jul 25
39.67	Capree Cooper	10 Aug 25	4:24.62	Sabrina Sinha	6 Jul 13
39.69	Poppy Malik	14 Jul 18	4:24.95	Emelia Gorecka	5 May 08
39.7	Hannah Brier	24 Jun 12	4:25.20	Gabrielle Pinder	8 Aug 25
39.71	Callia Downey	11 Jul 21	4:25.5	Tilly Simpson	13 Sep 15
39.76	Ashley Nemits	14 Jul 18	4:25.75mx	Shaikira King	3 Aug 22
39.76	Lauren Fowler	12 Jul 25 20	4:26.01		9 Jul 22
			4:25.83mx	Jorjia March	29 May 24 10
<b>300 Metres Short Track</b>			4:26.06	Sarah Hopkinson	11 Jun 05
39.74	Emilia Rock	24 Feb 19	4:26.12mx	Olivia Forrest	23 Aug 23
40.06	Isabella Davies	4 Dec 22	4:26.3	Beatrice Wood	3 Jun 18
40.11	Honor Oteng	21 Dec 25	4:26.40mx	Olivia Mason	7 Sep 16
40.18	Holly Ryan	11 Feb 24	4:26.44	Poppy Guest	8 Aug 25
40.24	Shiloh Omotosho	11 Feb 23	4:26.73	Summer Smith	14 Jun 25
40.24	Imogen King	8 Feb 25	4:26.75	Libby Hale	24 Jun 23
40.31	Alexa Divers	8 Feb 25	4:27.23	Emer McKee	3 Jun 23
40.32	Amber Anning	10 Jan 15	4:27.33	Heidi Woodley	14 Jun 25
40.65	Rebecca Grieve	24 Feb 19	4:27.56mx	Isabella Buchanan	28 May 25 20
40.71	Emily Cadman	19 Mar 23			
<b>400 Metres</b>			<b>1500 Metres Short Track</b>		
56.4	Katie Snowden	21 Jun 08	4:30.57	Lois MacRae	18 Feb 23
			4:32.4mx	Tilly Simpson	21 Dec 14
<b>800 Metres</b>			4:33.20	Libby Hale	28 Jan 23
2:06.22	Tilly Simpson	11 Jul 15	4:33.60	Emer McKee	12 Mar 23
2:06.47	Katy-Ann McDonald	20 Aug 14	4:35.11	Sarah Hopkinson	2 Jan 05
2:06.5	Rachel Hughes	19 Jul 82	4:36.0	Rachel Hughes	20 Mar 82
2:07.26mx	Jessica Judd	1 Jul 09	4:36.41	Eilidh Dallas	18 Feb 23
2:07.84	Molly Canham	28 May 16	4:36.81	Katie Johnson	6 Feb 19
2:08.21mx	Saskia Millard	28 Jun 14	4:36.99	Lily Evans-Haggerty	12 Feb 17
2:08.30	Lois MacRae	5 Sep 23	4:37.02	Erin Wallace	18 Jan 14 10
2:08.56	Jorjia March	21 Aug 24	<b>1 Mile</b>		
2:08.7	Emma Langston	12 Jul 86	4:46.87	Emelia Gorecka	28 Jun 08
2:08.72mx	Khahisa Mhlanga	10 Sep 14 10	4:47.93	Gabrielle Pinder	24 Aug 25
2:08.75	Bobby Clay	21 Aug 11	4:48.11mx	Isabella Buchanan	25 Aug 25
2:08.77	Ella Greenway	12 May 19	4:49.14	Jorjia March	29 Jun 24
2:08.81	Georgia Bell	19 Jul 08			
2:09.12mx	Phoebe Gill	11 Aug 21	<b>3000 Metres</b>		
2:09.29	Shaikira King	15 Jun 22	9:22.80mx	Emelia Gorecka	13 Aug 08
2:09.30	Alex Shaw	30 Aug 15	9:25.61mx	Agnes McTighe	15 Aug 15
2:09.52	Grace Tuesday	21 Jun 22	9:28.56mx	Summer Smith	28 May 25
2:09.58	Sally Ludlam	8 Jun 75	9:28.74+	Emily Pidgeon	14 Jun 22
2:09.6	Isabel Linaker	1 Aug 90	9:31.54mx	Gabrielle Pinder	28 May 25
2:09.63	Katie Johnson	1 Sep 19 20	9:32.47	Olivia Forrest	26 Aug 23
			9:33.36	Jessica Judd	21 Jun 09
<b>800 Metres Short Track</b>			9:34.88mx	Kara Gorman	28 May 25
2:09.11	Tilly Simpson	28 Feb 15	9:35.73	Emer McKee	26 Aug 23
2:10.15	Jorjia March	11 Feb 24	9:36.72mx	Katherine Shiel-Rankin	27 Jun 12 10
2:10.90	Katie Johnson	24 Feb 19			
2:12.25	Maya Schofield	4 Feb 24	<b>60 Metres Hurdles (76.2cm)</b>		
			8.75	Shirin Irving	15 Jan 11



11.39	Emily Jarad	9 Sep 15	54.67	Alice Howie	27 Aug 22	10
<b>wind assisted</b>			54.59	Lucy Koenigsberger	27 Aug 16	
11.63	Qi-Chi Ukpai	14 Aug 22	54.26	Olivia Stevenson	27 Sep 14	
11.58	Isabella Amartey	14 Aug 22	54.26	Bekki Roche	10 Sep 17	
11.57	Emily Gargan	17 Aug 13	54.00	Jade Williams	15 Jul 15	
<b>Shot (4kg)</b>			53.16	Cassidy Crowe	28 Sep 25	
12.76	Adele Nicoll	16 Jul 11	53.14	Lara Moffat	25 Aug 18	
<b>Shot (3.25kg)</b>			52.86	Gypsy Nash	18 Aug 19	
14.38	Sophie Merritt	16 Sep 12	52.74	Stephanie Howe	24 Aug 13	
14.27	Susan King	19 May 79	<b>Javelin 600g (1999 Model)</b>			
14.23	Adele Nicoll	27 Aug 11	44.23	Freya Jones	12 Jul 08	
13.98	Morgan Lake	26 Jun 11	43.13	Laura McDonald	11 Jul 09	
13.88 i	Chloe Edwards	21 Apr 01	<b>Javelin (pre 1999 Model)</b>			
13.79	Eden Francis	14 Sep 03	48.40	Mandy Liverton	31 Aug 87	
13.77	Liz Millward	6 Sep 03	<b>Javelin 500g</b>			
13.69	Gloria Achille	21 Jun 80	48.84	Bethany Moule	16 Jul 16	
<b>Shot (3kg)</b>			47.56	Bethan Rees	13 Sep 14	
14.59	Bekki Roche	10 Jun 17	46.98	Lucy Bull	29 Sep 24	
14.36	Omolola Kuponiyi	2 Sep 18	46.55	Hannah Lewington	30 Aug 20	
14.34	Hannah Molyneaux	16 Aug 15	46.51	Ayesha Jones	5 Sep 21	
14.33	Nana Gyedu	14 Aug 17	46.27	Elise Christian	14 May 23	
14.08	Adanna Udechuku	11 Jul 25	45.97	Mila Desborough	20 Jul 25	
14.00	Meghan Porterfield	13 Sep 20	45.36	Dulcie Yelling	22 Aug 21	
13.84	Jasmine Nkoso	12 Jul 24	44.81	Rebekah Walton	30 Aug 14	
13.81	Monica Malagala	5 May 24	44.64	Harriette Mortlock	2 Sep 18	10
13.78 i	Lily Carlaw	23 Feb 19	44.57	Harriet Wheeler	27 Aug 22	
13.77	Serena Vincent	25 Sep 16	44.38	Kate O'Connor	18 Jul 15	
13.69	Eloise Locke	30 Aug 15	43.90	Charlotte Pabari	21 Jul 24	
<b>Discus</b>			43.70	Kirsty Costello	26 Aug 17	
44.12	Philippa Roles	30 Aug 92	43.62	Elizabeth Korczak	26 Aug 17	
43.42	Nubia Evans-Shields	21 Aug 21	43.44	Eloise Locke	16 Aug 15	
42.11	Bethany Pendlebury	6 May 24	43.30	Jessica Lewis	14 Jul 18	
42.06	Sophie Mace	7 Aug 13	43.07	Emma Howe	13 Jun 15	
41.92	Catherine Garden	12 Sep 93	<b>Hexathlon</b>			
41.21	Zara Obamakinwa	11 Aug 18	4097	Dionne Maguinness	9 Aug 25	
41.06	Katie Wickman	18 Sep 05	4018	Erin Lobley	4 Aug 19	
40.92	Sandra McDonald	24 Jun 78	<b>Pentathlon (with 800m &amp; 75mH) + with 3kg SP</b>			
40.84	Natalie Kerr	24 Jul 94	3755	Morgan Lake	30 Jul 11	
40.54	Claire Smithson	25 May 97	3626	Katarina Thompson	16 Sep 07	
40.51	Sophie Merritt	26 Aug 12	3532	Kierra Barker	1 Jul 12	
40.44	Catherine Bradley	12 Sep 82	3518	Katharine Merry	18 Sep 88	
40.36	Shadine Duquemin	12 Sep 09	3509	Aileen Wilson	20 Sep 98	
40.34	Natalie Hart	23 Mar 86	3508 +	Dionne Maguinness	6 Jul 25	
40.22	Emma Merry	27 Aug 88	3472 +	Erin Lobley	23 Jun 19	
40.18	Kelly Mellis	17 Sep 94	3467	Jade Surman	21 Sep 03	
<b>Hammer (4kg)</b>			3467	Jazmin Sawyers	21 Sep 08	
47.61	Abbi Carter	18 May 08	3462 w+	Rhea Southcott	28 Jun 15	10
<b>Hammer (3kg)</b>			3342 +		20 Sep 15	
58.04	Sophie Robertson	28 Sep 24	3462 +	Pippa Earley	20 Sep 15	
58.01	Phoebe Baggott	9 Jul 16	3447	Anna Rowe	22 Sep 13	
57.83	Kirsty Costello	5 Aug 17	3442 +	Jasmine Nkoso	23 Jn 24	
57.74	Tara Simpson-Sullivan	9 Aug 15	3438 +	Isabelle Mardle	19 Sep 21	
57.10	Charlotte Williams	24 Sep 16	3407 +	Thea Brown	19 Sep 21	
56.89	Katie Head	17 Aug 14	3383 +	Arabella Wilson	27 Jun 21	
56.84	Lily Murray	10 Aug 19	<b>with 80mH</b>			
55.41	Charlotte Payne	21 Aug 16	3512	Kate O'Connor	27 Jun 15	
55.37	Abbi Carter	6 Sep 08	3444	Jane Shepherd	16 Jul 83	

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

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

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

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

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

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

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

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

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

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

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

**3000 Metres Walk Short Track**

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

**5000 Metres Track Walk**

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

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

24:01	Ana Garcia	2 May 14
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26:20 Tracy Devlin 14 Feb 87

26:37 Vicky Morgan 9 Dec 06

**4 x 100 Metres Relay**46.48 Middlesex Schools 13 Jul 19  
... N.Wedderburn-Goodison

47.08 Devon Schools 21 Jun 25

47.16 Essex Schools 11 Jul 25

47.37 Surrey Schools 7 Jul 12

I.Lansiquot, M.Bruney, A.Clarke, J.Crawford

47.56 Gtr Manchester Sch 12 Jul 19

47.61 Croydon Harriers 22 Jul 16

Z.Dake, M.Sey, K.Bowley, T.Bryan

47.69 Gtr Manchester Sch 13 Jul 19

47.78 Gtr Manchester Sch 14 Jul 18

47.86 Croydon Harriers 20 Jul 24

47.87 Surrey Schools 13 Jul 19 10

**4 x 200 Metres Relay**

1:43.91 South Yorkshire AA 14 Sep 19

F.Paddon, A.Abberley, N.Kikuyu, A.Jones

1:44.0 Bristol AC 15 Sep 79

K.Hall, S.White, K.Hurman, D.Tucker

1:44.2 Selsonia LAC 15 Sep 79

P.McQueen, P.Bryden, D.Doyley, E.Mitchell

**4 x 300 Metres Relay**

2:46.67 Preston Harriers 17 Aug 25

J.McMaster, D.Alt, L.Melling, I.King

2:48.29 Blackheath &amp; Bromley 31 Aug 24

K.Bryan, A.Jenner-Heard, F.Pearson, S.Tran

2:48.3 Preston Harriers 1 Jun 25

J.McMaster, D.Alt, L.Melling, I.King

2:49.0 Preston Harriers 20 Jul 25

J.McMaster, D.Alt, L.Melling, I.King

2:49.13 Blackheath &amp; 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 &amp; 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 &amp; Northampton 31 Aug 24 10

C.Terrell, I.Kendall, M.Bean, M.Taylor

**4 x 400 Metres Relay**

4:07.48 West Cheshire AC 14 Aug 19

L.Battersby, M.Willetts, F.Bojang, I.Pughe

**3 x 800 Metres Relay**

6:39.8 Havering AC 13 Sep 78

G.Oughton, S.Baxter, C.Wells

**4 x 800 Metres Relay**

9:21.4 Sale Harriers 5 Aug 78

L.Goulbourne, P.Mattheson, S.Stevens, B.Fox

9:22.0 Havering AC 23 Jul 77

D.Buckle, J.Rayment, S.Baxter, C.Wells

## UNDER 13

<b>60 Metres</b>				19.28	Tyla Beckles	5 Sep 10	10
7.8 i	Debbie Bunn	22 Mar 75		<b>wind assisted</b>			
7.83 i	Nell Desir	22 Feb 20		18.97	Nell Desir	20 Jul 19	
7.85	Sienna Joseph-Edwards	30 Aug 25		19.03st	Jayda Regis	17 May 14	
7.88 i	Michelle Thompson	22 Mar 25		19.09	Kale'a Martin	20 Jul 19	
7.89 i	Honor Oteng	10 Feb 24		<b>hand timing</b>			
7.9 i	Jane Parry	21 Feb 76		18.7	Alicia Regis	19 Jul 14	
<b>75 Metres</b>				19.0	Uzoma Nwachukwu	3 Jun 07	
9.52	Grace Gode	21 Jul 24		19.0	Omolola Ogunnowo	4 May 13	
9.54	Hannah Brier	1 Aug 10		19.0	Ore Adamson	19 Jul 14	
9.65	Success Eduan	1 May 17		19.0	Lily Thurbon-Smith	17 Jun 18	
9.67	Yasmin Miller	27 Aug 07		<b>200 Metres</b>			
9.67	Tyra Khambai-Annan	18 Jun 17		24.49	Jane Parry	20 Aug 77	
9.70	Trezeguet Taylor	29 May 17		25.00	Honor Oteng	10 Aug 24	
9.71	Charlotte McLennaghan	1 Aug 10		25.53	Alissa Jones-Aryeh	10 Aug 24	
9.75	Sasha Nolan	19 May 24		25.58	Aliyah Afolabi	30 Apr 22	
9.78	Kitan Eleyae	16 May 04		25.60	Casielle Murray	29 Jul 23	
9.78	Aliyah Afolabi	8 May 22	10	25.70	Michelle Thompson	21 Apr 25	
<b>wind assisted</b>				25.71	Renee Regis	11 Aug 18	
9.54	Nell Desir	29 Aug 20		25.83	Ayomide Cole	27 Aug 17	
9.59	Aliyah Afolabi	30 Jul 22		25.87	Amy Spencer	2 Aug 98	
<b>hand timing</b>				25.88	Myra McShannon	4 Sep 88	10
9.5	Lukesha Morris	13 Apr 08		<b>hand timing</b>			
9.5	Kenisha Allen	31 May 09		24.2	Jane Parry	28 May 77	
9.5	Hannah Brier	18 Jul 10		25.3	Emma Ania	28 Jun 92	
9.5	Lily Thurbon-Smith	17 Jun 18		25.4	Katharine Merry	21 Jun 87	
9.6	Nana Owusuah Quainoo	11 Aug 19		25.4	Myra McShannon	8 May 88	
<b>100 Metres</b>				25.6	Debbie Bunn	5 Jul 75	
11.92	Jane Parry	20 Aug 77		25.6	Joanne Gardner	24 Aug 75	
12.18	Honor Oteng	23 Jun 24		25.6	Jane Riley	30 Jun 85	
12.21	Trezeguet Taylor	26 Aug 17		<b>wind assisted</b>			
12.29	Michelle Thompson	18 May 25		23.6	Jane Parry	9 Jul 77	
12.32	Katharine Merry	24 Jul 87		<b>200 Metres Short Track</b>			
<b>wind assisted</b>				25.56	Aliyah Afolabi	13 Feb 22	
12.07 mx	Nell Desir	19 Sep 20		25.75	Nell Desir	23 Feb 20	
12.20w		23 Aug 20		25.85	Michelle Thompson	22 Mar 25	
<b>hand timing</b>				25.90	Rebecca White	12 Mar 00	
12.1	Katharine Merry	26 Sep 87		<b>600 Metres</b>			
12.3	Joanne Gardner	24 Aug 75		1:34.39	Sienna Lavine	2 Jul 25	
12.3	Debbie Bunn	30 Aug 75		1:37.3	Lisa Lanini	19 Mar 00	
12.3	Omolola Ogunnowo	31 Aug 13		1:37.5	Hannah Wood	17 Jul 94	
12.4	Lorraine Broxup	13 Jun 76		1:37.5	Kara Bryan	18 Jun 23	
12.4	Sarah Claxton	31 Aug 92		<b>600 Metres Short Track</b>			
12.4	Yasmin Miller	20 Jun 07		1:35.98	Sienna Lavine	23 Nov 24	
<b>hand timing - wind assisted</b>				<b>800 Metres</b>			
11.8	Debbie Bunn	28 Jun 75		2:10.47mx	Sienna Lavine	17 Aug 25	
<b>150 Metres</b>				2:13.87	Ruby Simpson	20 Aug 17	
18.80	Hannah Brier	1 Aug 10		2:14.17	Molly Canham	29 Jul 14	
18.81	Success Eduan	29 May 17		2:14.19mx	Jessica Hicks	17 Jul 04	
18.90	Grace Gode	21 Jul 24		2:14.8	Janet Lawrence	10 Jul 71	
18.97	Aliyah Afolabi	30 Jul 22		2:14.84mx	Madison Kindler	6 Aug 25	
19.00	Esme Lee	29 Jun 25		2:15.05	Rachel Hughes	11 Sep 81	
19.12	Trezeguet Taylor	29 May 17		2:15.3 mx	Shaikira King	5 Sep 20	
19.18	Alexis Brown	5 Jun 24		2:15.38mx	Kara Bryan	12 Jun 23	
19.19	Uzoma Nwachukwu	2 Sep 07		2:15.46	Olivia Mason	16 Aug 14	10
19.28	Dina Asher-Smith	7 Sep 08					

**800 Metres Short Track**

2:12.17 Sienna Lavine 2 Feb 25

**1000 Metres**

3:00.1 Charlotte Moore 25 Aug 97

3:00.7 Isabella Buchanan 23 Jun 23

**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 18 Jul 10

3:43.2 Keely Hodgkinson 19 Jul 14

3:43.4+mx Jessica Hicks 29 Sep 04

3:43.51 Maya Schofield 10 Sep 22

3:43.6 Molly Carvell 5 Jun 21

3:43.7 Emma Shipley 15 Jul 17 10

**1500 Metres**

4:27.31mx Sienna Lavine 21 Jun 25

4:30.13mx Madison Kindler 20 Aug 25

4:32.67mx Phoebe Gill 24 Jul 19

4:39.30 27 Jul 19

4:34.00 Emer McKee 18 Jul 21

4:36.9 Rachel Hughes 20 Jul 81

4:38.46 Shaikira King 18 Sep 20

4:38.94mx Jessica Hicks 29 Sep 04

4:39.09mx Francesca Baxter 26 Jun 19

4:39.3 Charlotte Moore 2 Aug 97

4:39.84 Sarah Hopkinson 14 Jun 03 10

**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)**

10.88 Holly Whittaker 30 Aug 21

11.01 Lia Bonsu 11 Aug 18

11.05 Marcia Sey 27 Jul 14

11.12 Megan Corker 28 Aug 17

11.13 Jess Seddon 10 Sep 23

11.15 Lauren Beales 25 May 13

11.15 Christa Hetherington 27 Jul 14

11.15 Bisan Musa 3 Jul 22

11.16 Amber Hughes 28 May 18

11.17 Anne-Marie Massey 3 Sep 95 10

11.17 Emily Bond 15 Aug 20

**wind assisted**

10.90 Lia Bonsu 9 Sep 18

11.01 Carys Poole 3 Sep 16

11.02 Nafalya Francis 27 Aug 01

11.09 Yasmin Miller 9 Sep 07

**hand timing**

10.9 Charlotte Maxwell 31 Aug 04

10.9 Lia Bonsu 17 Jun 18

11.0 Katharine Merry 20 Sep 87

11.0 Justine Roach 13 Sep 97

11.0 Amy Wakeham 31 Aug 04

11.0 Megan Corker 18 Jun 17

11.0 Nana Owusuah Quainoo 27 Jul 19

11.0 Isabelle Mardle 8 Sep 19

**wind assisted**

10.8 Charlotte Maxwell 30 Aug 04

**75 Metres Hurdles (76.2cm)**

11.78 Caroline Pearce 7 Aug 93

**hand timing**

11.3 Katharine Merry 26 Sep 87

**High Jump**

1.69 Katharine Merry 26 Sep 87

1.68 Julia Charlton 6 Aug 78

1.65 Debbie Marti 20 Sep 80

1.65 Jane Falconer 20 Sep 87

1.65 Emma Buckett 4 Sep 05

1.63 Lindsey Marriott 11 Aug 79

1.63 Paula Davidge 13 Sep 81

1.63 Ashleigh Bailey 31 Aug 13

1.63 Isabel Pinder 17 Jul 16

**Pole Vault**

3.46 Gemma Tutton 12 Jun 17

3.12 i Jade Spencer-Smith 21 Sep 14

3.10 Hannah Olson 9 Sep 00

2.92 i Molly Caudery 23 Sep 12

2.91 Olivia Connor 6 Sep 10

2.91 i Nyree Perry 23 Sep 18

**Long Jump**

5.71 Sandy French 20 Aug 76

5.45 Sarah Wilhelmy 31 Aug 92

5.43 Margaret Cheetham 19 Sep 81

5.42 Katharine Merry 7 Jun 87

5.40 Kerry Gray 1 Sep 84

5.40 Amy Williams 23 Jun 10

5.38 Toyin Campbell 6 Aug 77

5.35 Debbie Bunn 7 Sep 75

5.35 Eden Robinson 4 Aug 19

5.34 Fiona May 12 Jun 82 10

**wind assisted**

5.55 Katharine Merry 10 Jul 87

**Triple Jump**

10.80 Isabelle Mardle 9 Aug 19

10.24 Karina Harris 12 Aug 13

**Shot (3.25kg)**

12.20 Susan King 3 Sep 77

11.52 Adele Nicoll 9 Aug 09

11.21 Sophie Merritt 14 Jul 10

**Shot (2.72kg)**

12.80 Sophie Merritt 11 Jul 10

12.38 Meghan Porterfield 24 Jun 18

12.12 Erin Lobley 13 Aug 17

12.07 Becki Hall 14 Aug 01

11.81 Adele Nicoll 31 Aug 09

11.78 Morgan Lake 12 Jul 09

11.61 Ruby Arnold 5 Aug 25

11.59 Eden Francis 8 Sep 01

11.53 Finesse Thompson 30 Jun 02

11.51 Kirsty Finlay 27 Sep 14 10

**Discus (1kg)**

35.26 Ruby Arnold 9 Aug 25

34.22 Catherine Garden 25 Aug 91

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