

Under 17 Women (as at 2nd April 2023)

100 Metres

1		Lucy Sargent	11.65		14 th July 2005
2		Modupe Shokunbi	11.97		11 th July 2014
3		Fiona Page	12.0		11 th June 1988
			(12.02		5 th August 1988)
4		Paris King	12.09		27th August 2022
5	=	Claudine Leger	12.2		6 th August 1995
5	=	Debbie Showler	12.2		29 th June 1974
7		Karis Thomas	12.22		31 st July 2021
8		Stephanie Okoro	12.28		21st August 2022
9	=	Jacqueline Gray	12.3y		18 th August 1962
9	=	Pat Shiels	12.3y		11 th May 1968

Wind Assisted Marks

		Modupe Shokunbi	11.78		30 th August 2014
		Debbie Showler	12.1		7 th July 1973
		Tayllah Barton-Conde	12.21		11 th May 2019
		Karis Thomas	12.21		7 th August 2021
		Sheila Richardson	12.3y	U15	15 th July 1967

200 Metres

1		Lucy Sargent	23.78 Indoor		20 th February 2005
			(23.93		29 th May 2004)
2		Fiona Page	24.64		7 th August 1988
3		Modupe Shokunbi	24.9		21 st June 2014
			(24.96		29 th June 2014)
4		Stephanie Okoro	25.07		7th August 2022
5	=	Debbie Showler	25.1		25 th May 1974
5	=	Jillian Reynolds	25.1		11 th July 1986
7		Frankie Calder	25.2		16 th July 2006
8	=	Linda Smith	25.50		2 nd June 1979
8	=	Michelle Hughes	25.5		13 th July 2014
			(25.64 Indoor		9 th February 2014)
8	=	Tayllah Barton-Conde	25.5		22 nd May 2019
			(25.66		12 th May 2019
8	=	Poppy Ellis	25.5		7 th July 2019
			(25.60		26 th May 2019

Wind Assisted Marks

		Lucy Sargent	23.6		25 th July 2004
			(23.61		14 th Aug 2005)
		Modupe Shokunbi	24.83		31 st August 2014
		Debbie Showler	24.9		10 th August 1974
		Carolyn Wells	24.9		30 th August 1980
		Karis Thomas	25.26		20 th September 2020
		Olivia Boachie	25.48		20 th September 2020
		Jade Kavanagh	25.50		9 th June 2018

300 Metres

1		Lucy Sargent	38.7		1 st August 2004
2		Stephanie Okoro	39.53		7th August 2022
3		Poppy Ellis	39.63		26 ^h May 2019
4		Olivia Boachie	40.23		10 th July 2021
5		Claudine Neckles	40.7		21 st June 1992
6		Uche Okpalauko	40.9	U15	6 th July 2019
7		Frankie Calder	41.0		2 nd July 2006
			(41.05		7 th July 2006)
8		Michelle Hughes	41.1		15 th June 2014
9		Mali Grant	41.2		2 nd June 2019
			(41.58i		3 rd February 2019)
10		Claire Edwards	41.42		16 th June 1991

400 Metres

1		Carolyn Wells	55.13		23 rd August 1980
2		Jillian Reynolds	55.65		4 th July 1987
3		Stephanie Okoro	56.14		28th May 2022
4		Denise Kiernan	56.9		28 th August 1977
5	=	Susan Baxter	57.1		1 st September 1979
5	=	Lesley Kiernan	57.1		12 th May 1973
7	=	Ruth Chettleburgh	57.8		24 th June 1973
7	=	Michelle Hughes	57.8		21 st June 2014
9		Poppy Ellis	57.9		22 nd September 2019
10		Maria Oldall	58.2		7 th June 1969

2022 updates in blue

2023 updates in red

800 Metres

1	Lesley Kiernan	2:03.66	26 th August 1973
2	Denise Kiernan	2:08.5	3 rd July 1977
3	Carolyn Wells	2:09.7	31 st May 1980
4	Faye Fullerton	2:10.1	14 th May 2000
5	Susan Baxter	2:11.46	U15 18 th August 1978
6	Megan Foley	2:11.54	5 th July 2003
7	Alice Brown	2:11.98	U15 2 nd June 2018
8	Katie Richardson	2:12.10	6 th August 2005
9	Sara Luck	2:12.24	12 th July 2003
10	Giselle Oughton	2:12.58	U15 23 rd July 1978

1500 Metres

1	Denise Kiernan	4:23.25	20 th August 1977
2	Faye Fullerton	4:28.1	1 st May 2000
3	Katie Richardson	4:29.39	15 th August 2004
4	Megan Foley	4:30.24	10 th July 2004
5	Lydia Hallam	4.31.92	12 th June 2013
6	Una English	4:32.8	27 th July 1985
7	Sharon Jeffries	4:33.0	19 th July 1981
8	Jessica Mitchell	4:34.8mx (4:36.21)	9 th April 2017 28 th May 2017)
9	Helen Ruffell	4:36.1	13 th July 1984
10	Debbie Sullivan	4:36.92	17 th June 1988

3000 Metres

1	Jessica Mitchell	9:40.86	8 th July 2017
2	Faye Fullerton	9:42.3	7 th May 2000
3	Anne Reason	9:47.0	28 th November 1984
4	Megan Foley	10:07.8	25 th April 2004
5	Una English	10:15.1	28 th April 1985
6	Molly Sweetman	10:15.64	13 th May 2018
7	Sharon Jeffries	10:17.0	8 th August 1981
8	Sydney Foley	10:20.42	26 th May 2019
9	Georgie-Lou Sales	10:22.95	30 th May 2007
10	Lauren Deadman	10:23.2	28 th July 1999

80 Metres Hurdles

1	Paris King	11.02	28th August 2022
2	Chloe Van Wulven	11.36	11 th July 2003
3	= Lisa Schofield	11.50	9 th July 2005
3	= Michelle Hughes	11.5	21 st July 2013
		(11.53)	25 th May 2013)
5	= Holly Thomas	11.56	10 th July 2009
5	= Stephanie Okoro	11.56	24th April 2022
7	Nicola Hill	11.6	10 th June 2007
		(11.71)	12 th August 2007)
8	Claire Sargent	11.7	27 th July 2002
9	Ruby Tillson	11.83	14th August 2022
10	Mayi Hughes	11.86	14 th August 2016

Wind Assisted Marks

Chloe Van Wulven	11.3	22 nd May 2004
Holly Thomas	11.34	12 th June 2010
Michelle Hughes	11.52	25 th May 2013

100 Metres Hurdles

1	Chloe Van Wulven	14.5	20 th June 2004
		(15.16)	10 th April 2004)
2	Nicola Hill	14.82	17 th June 2007
3	Keeley Johnson	15.6	18 th September 1983
4	Lisa Schofield	15.89	24 th July 2005
5	Claire Brennan	16.3	29 th June 1997
6	Paris King	16.82	20 th June 2021
7	Nicola Peachey	17.04	27 th June 2010
8	Katie O'Sullivan	17.3	28 th July 2002
9	Lee Dale	17.7	16 th July 1994
10	Louise Hebron	18.42	12 th September 1993

Wind Assisted Marks

Chloe Van Wulven	14.44	27 th June 2004
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300 Metres Hurdles

1	Stephanie Okoro	41.60	25 th September 2021
2	Michelle Hughes	43.22	31 st August 2014
3	Nicola Hill	43.70	26 th August 2007
4	Lisa Schofield	45.1 (45.29)	17 th July 2005 15 th May 2005)
5	Chloe Van Wulven	45.4	18 th July 2004
6	Sara Luck	45.6	23 rd July 2003
7	Nicola Schofield	45.8	6 th July 2002
8	Frankie Calder	46.3 (47.07)	4 th June 2006 20 th May 2006)
9	Mayi Hughes	46.31	11 th June 2016
10	Jo Slack	47.1	13 th June 1992

400 Metres Hurdles

1	Stephanie Okoro	58.44	7th July 2022
2	Denise Kiernan	61.33	17 th July 1977
3	Nicola Hill	62.24	16 th June 2007
4	Flip Bishop	66.7	7 th September 1985
5	Susan Castling	66.8	13 th July 1980
6	Claudine Neckles	67.3	20 th July 1991
7	Nicola Schofield	67.4	27 th July 2003
8	Kay Morris	68.0	29 th July 1978
9	Jo Slack	68.1	2 nd June 1991
10	Nicola Peachey	69.90	27 th June 2010

High Jump

1	Linda Knowles	1.73m	14 th September 1962
2	= Keeley Johnson	1.70m	10 th September 1983
2	= Chloe Van Wulven	1.70m	29 th June 2003
2	= Michelle Hughes	1.70m	20 th September 2014
5	Ruby Tillson	1.68m Ind (1.65m)	11th March 2023 10th July 2022)
6	Bethan Siddons	1.66m	10 th September 2006
7	Kay Morris	1.65m	20 th May 1979
8	Mayi Hughes	1.64m	2 nd July 2017
9	Sara Luck	1.63m	25 th August 2003
10	= Katie O'Sullivan	1.62m	8 th June 2002
10	= Cynthia Asiegbu	1.62m	23 rd June 2019

Long Jump

1	Lucy Sargent	5.75m	16 th May 2004
2	Christina Castling	5.73m	9 th June 1979
3	Stephanie Okoro	5.71m	12 th September 2021
4	Mayi Hughes	5.58m	2 nd July 2017
5	Susan Harries	5.53m	25 th August 1986
6	Jackie Selby	5.51m	1972
7	Kate Brewington	5.45m	28 th September 1997
8	Jackie Gray	5.39m	21 st July 1962
9	Nicola Hill	5.37m	2 nd July 2006
10	Michelle Hughes	5.33m	14 th September 2014

Wind Assisted Marks

Stephanie Okoro	5.91m	28 th August 2021
Christina Kalejaiye	5.55m	11 th September 2004
Chloe Van Wulven	5.37m	22 nd June 2003

Triple Jump

1	Mayi Hughes	12.03m	10 th June 2017
2	Miriam Adebayo	11.18m	13th August 2022
3	Kirsty Smith	11.07m	11 th July 2003
4	Ella Lindsay	10.91m	5 th July 2014
5	Bethany Chambers	10.74m	30 th August 2010
6	Bethan Siddons	10.29m	10 th September 2006
7	Michelle Hughes	10.28m	28 th April 2013
8	Lynsey Clark	10.25m	18 th August 2002
9	= Nicola Hill	10.19m	12 th August 2006
9	= Olatomiwa Sanwo	10.19m	17 th September 2017

Wind Assisted Marks

Bethan Siddons	10.69m	20 th August 2006
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U15

Pole Vault

1		Mercy Gutteridge	2.92m indoor (2.90m)		22 nd September 2012 27 th August 2012)
2		Jessie Collier	2.75m	U15	8 th July 2018
3		Angela James	2.55m		28 th July 2007
4		Katie Ennis	2.30m		20 th June 2021
5		Faith Wicks	2.25m		25th September 2022
6		Scarlett Woods	2.15m	U15	25th September 2022
7	=	Alice Atkins	2.10m	U15	30 th July 2017
7	=	Freya Long	2.10m	U15	7 th July 2019
9	=	Annie Grannell	2.00m	U15	17 th June 2018
10	=	Louise Halstead	1.90m		25 th May 1996
10	=	Katie O'Sullivan	1.90m		18 th August 2002
10	=	Becky Lawrence	1.90m		11 th July 2010

Shot Putt 4.0kg

1		Alexandrea Adeniji	11.33m		14 th April 2018
2		Claudia Bernard	11.07m		3 rd August 1980
3		Georgie Taylor	10.91m Indoor (10.82m)		13 th January 2013 18 th May 2013)
4		Rachel Forder	10.88m Indoor (10.39m)		13 th January 2013 13 th May 2012)
5		Omolola Kuponiya	10.82m	U15	16 th September 2018
6		Jo Smith	10.50m	U15	28 th February 1993
7		Janis Wilderspin	10.36m		12 th May 1979
8		Philippa Gill	10.26m		17 th September 2017
9		Melanie Harrison	10.06m		26 th August 2002
10		Kike Oniwinde	10.05m		5 th September 2009

Shot Putt 3.0kg – New Weight 1st April 2014 Onwards

1		Omolola Kuponiya	14.36m	U15	2 nd September 2018
2		Alexandrea Adeniji	12.87m		28 th April 2018
3		Philippa Gill	12.27m		21 st June 2017
4		Elysha Thatcher-Gray	11.95m		15 th May 2016
5		Anne-Prisca Djondo	11.71m		7 th July 2019
6		Amara Nwosu	11.42m	U15	20 th July 2019
7		Zikora Ezeonwuka	11.03m		1st May 2022
8		Michelle Hughes	10.78m		27 th April 2014
9		Isobel McDonach	10.75m	U15	4 th July 2015
10		Katherine Buckley	10.74m	U15	4 th July 2015

Discus 1.0kg

1		Georgie Taylor	47.04m		31 st August 2013
2		Rachel Forder	42.64m		31 st August 2013
3		Alice Brown	41.91m		13 th September 2020
4		Rosanne Lister	41.56m		1 st September 1985
5		Lynsey Clark	40.90m		11 th July 2003
6		Janis Wilderspin	40.12m (42.90m downhill)		10 th September 1979 6 th July 1979)
7		Melanie Harrison	38.04m		12 th July 2002
8		Claudia Bernard	37.54m		20 th June 1981
9		Freya Gutteridge	35.89m		1 st June 2014
10		Louise Quilter	34.06m		21 st April 1979

Javelin 500g – New 1st April 2014 Onwards

1		Adelaide Thatcher-Gray	40.42m		16 th September 2018
2		Lucy Quinlan	35.97m		11th June 2022
3		Emily Fessey Cook	35.62m		10th July 2022
4		Mayi Hughes	35.00m		23 rd July 2017
5		Faith Reilly	33.14m		12 th June 2021
6		Michelle Hughes	32.19m		28 th June 2014
7		Ruby Mace	31.99m	U15	2 nd July 2017
8		Philippa Gill	31.94m		17 th September 2017
9		Tilly Metz-White	30.97m	U15	13 th June 2015
10		Alice Martin	29.52m		7 th June 2014

Javelin 600g – Model from 1999 Onwards

1		Kike Oniwinde	45.60m		9 th August 2009
2		Adelaide Thatcher-Gray	36.49m		16 th September 2018
3		Deborah Knight	35.16m		3 rd July 2011
4		Emma Sharp	32.39m	U15	13 th July 2013
5		Melanie Harrison	32.28m		30 th June 2002
6		Emma Christmas	31.57m		25 th July 2004
7		Mayi Hughes	30.01m		18 th June 2016

2022 updates in blue

2023 updates in red

8	Faith Reilly	29.56m	20 th June 2021
9	Alice Martin	29.19m	30 th March 2014
10	Lauren McVicar	28.85m	12 th September 2004

Hammer 3.0kg – New 1st April 2014 Onwards

1	Philippa Gill	39.99m		2 nd July 2017
2	Katie Ennis	36.29m		26th June 2022
3	Alexandrea Adeniji	30.54m		25 th June 2017
5	Tilly Bunn	26.86m		25th September 2022
4	Amara Nwosu	26.50m	U15	15 th September 2019
5	Omolola Kuponiyi	26.15m	U15	2 nd September 2017
6	Freya Killilea	24.02m	U15	13 th August 2017
7	Freya Gutteridge	23.17m		27 th July 2014
9	Claudia Attewell	22.51m	U15	18 th May 2019
10	Katherine Buckley	22.00m	U15	18 th July 2015

Hammer 4.0kg

1	Sarah Deacon	34.79m		9 th May 1999
2	Melanie Harrison	33.52m		4 th August 2002
3	Katie Ennis	30.65m		10th July 2022
4	Amy Cox	28.35m		18 th May 2008
5	Philippa Gill	26.48m		15 th April 2017
6	Alexandrea Adeniji	25.03m		14 th April 2018
7	Kate Herring	24.63m		26 th June 1999
8	Rosanne Lister	24.48m		1 st September 1985
9	Georgie Taylor	24.24m		29 th April 2012
10	Katherine Knight	23.55m		10 th April 2009

Heptathlon (new weights w.e.f 1st April 2014)

<i>80m Hurdles, High Jump, Shot Putt (3kg), 200m, Long Jump, Javelin (500g), 800m</i>				
1	Michelle Hughes	4814 Points (4841w)		20 th / 21 st September 2014
		11.59s, 1.70m, 10.06m, 25.76s, 5.15m (w), 31.30m, 2:33.46 (5.26m W)		
2	Mayi Hughes	4355 Points		17 th / 18 th September 2016
		12.22s, 1.62m, 9.45m, 26.98s, 4.92m, 32.30m, 2:41.04		
3	Ruby Tillson	4172 Points		25th / 26th June 2022
		12.1s, 1.62m, 8.21m, 27.7s, 5.18m, 23.74m, 2:38.4		
4	Tayllah Barton-Conde	3993 Points		22 nd / 23 rd June 2019
		13.3s, 1.51m, 8.41m, 25.7s, 4.92m, 26.12m, 2:41.9		

Heptathlon (old weights – pre 2014)

<i>80m Hurdles, High Jump, Shot Putt (4kg), 200m, Long Jump, Javelin (600g), 800m</i>				
1	Sara Luck	4228 Points		26 th /27 th July 2003
		12.58, 1.60m, 7.28m, 26.64, 4.67m, 21.11m, 2:15.21		
2	Michelle Hughes	4069 Points		21 st / 22 nd September 2013
		11.78, 1.52m, 8.78m, 25.94, 5.05m, 19.59m, 2:47.40		
3	Frankie Calder	4063 Points		24 th /25 th June 2006
		12.0, 1.26m, 9.64m, 25.8, 4.71m, 27.45m, 2:30.6		
4	Kate Brewington	3977 Points		27/28 th September 1997
		12.6, 1.57m, 7.31m, 27.2, 5.45m, 23.88m, 2:48.8		
5	Keeley Johnson	3936 Points		1983
6	Nicola Hill	3915 Points		16 th /17 th September 2006
		12.02, 1.39m, 7.70m, 26.99, 4.94m, 19.72m, 2:29.69		
7	Chloe Van Wulven	3623 Points		27 th /28 th September 2003
		12.15, 1.57m, 5.53m, 27.43, 4.88m, 18.94m, 2:50.86		
8	Claire Brennan	3581 Points		27/28 th September 1997
		12.7, 1.51m, 6.38m, 28.6, 5.11m, 18.24m, 2:43.5		
9	Lisa Schofield	3453 Points		26 th /27 th June 2004
		12.1, 1.30m, 6.5?m, 27.8, 4.98m, 14.95m, 2:40.1		
10	Lauren McVicar	3450 Points		26 th /27 th June 2004
		14.5, 1.33m, 6.??m, 26.1, 4.20m, 8.50m, 2:34.5		

Other U17/Intermediate Records

4 x 100 Metres Relay	48.87		5 th September 2020
	Shalom Gbadebo, Karis Thomas, Paige Robinson, Aaliyah Payne		
4x200 Metres Relay	1:45.9	Team Unknown	6 th May 1979
4x300 Metres Relay	2:48.56	Lucy Natrass, Natalie Sewell, Olivia Boachie, Stephanie Okoro	5 th September 2021
4x400 Metres Relay	4:01.9	Denise Rippe, Cheryl Reader, Maxine Sadler, Julie Jackson	10 th August 1974
Medley Relay 200, 200, 400, 800	4:09.7	Fiona Page, Jenny Tiller, Jillian Reynolds, Debbie Sullivan	1987
3x800 Metres Relay	6:39.8	(Under 15) Giselle Oughton, Susan Baxter, Carolyn Wells (United Kingdom National Girls Record)	13 th September 1978
4x800 Metres Relay	8:53.1	Giselle Oughton, Susan Baxter, Paula Peterson, Carolyn Wells (United Kingdom National Intermediate Record)	24 th May 1980
60 metres	Lucy Sargent	7.67 Indoor	28 th February 2004
150 metres	Lucy Sargent	18.3	13 th March 2005
600 Metres	Anne Reason	1:32.9	24 th February 1985
1000 Metres	Lesley Kiernan	2:57.9	29 th March 1972
60 Metres Hurdles	Michelle Hughes	8.69 Indoor	1 st February 2014
100 Metres Hur (76cm)	Chloe Van Wulven	14.04	27 th May 2004
200 Metres Hurdles	Denise Kiernan	30.5	28 th July 1977
Pentathlon (Small hall)	Kate Brewington	3262 Points	18 th January 1998
Long Jump		5.16m	
60 Metres		8.34s	
60 Metres Hurdles		9.33s	
High Jump		1.58m	
Shot Putt		8.50m	
Pentathlon (Indoor)	Ruby Tillson	3489 Points	11th March 2023
60 Metres Hurdles		8.96s	
High Jump		1.68m	
Shot Putt		10.11m	
Long Jump		5.20m	
800m		2:38.50	