

Senior Women (as at 30th September 2024)

100 Metres

| | | | | | | | |
|-----|-------|------|----------------------|-------------|-----|----------------|----------------|
| 1 | 11.65 | -0.1 | Lucy Sargent | 13-Sep-88 | U17 | Marrakesh | 14th July 2005 |
| 2 | 11.9 | +0.7 | Linda Smith | 4-Jan-63 | U23 | Woodford | 22nd May 1983 |
| 3 | 11.97 | +1.8 | Modupe Shokunbi | 10-Oct-98 | U17 | Birmingham | 11th July 2014 |
| 4= | 12.0 | | Verona Elder | 5-Apr-53 | | Hornchurch | 4th May 1981 |
| 4= | 12.0 | | Fiona Page | 30-Aug-72 | U17 | Thurrock | 11th June 1988 |
| | | | 12.02 +0.9 | | U17 | Birmingham | 5th Aug 1988 |
| 6 | 12.09 | +0.2 | Paris King | 22-Nov-05 | U17 | Bedford | 27th Aug 2022 |
| 7 | 12.1 | | Ruth McMenemy | 12-Apr-70 | | Bromley | 15th July 2000 |
| 8= | 12.2 | | Pat Shiels | 21-Aug-53 | U20 | | 1970 |
| 8= | 12.2 | | Lynne Ilott | 16-Jun-49 | | Ilford | 20th Apr 1974 |
| 8= | 12.2 | +0.8 | Debbie Showler | 30-Jun-58 | U17 | Crystal Palace | 29th June 1974 |
| 8= | 12.2 | | Jillian Reynolds | 17-Dec-70 | | | 7th Aug 1993 |
| 8= | 12.2 | | Claudine Leger | 17-May-80 | U17 | Newham | 6th Aug 1995 |
| 13 | 12.22 | +0.4 | Karis Thomas | 14-Aug-05 | U17 | Chelmsford | 31st July 2021 |
| 14 | 12.28 | +0.1 | Stephanie Okoro | 22-Apr-06 | U17 | Bedford | 21st Aug 2022 |
| 15= | 12.3y | | Beryl Ficken | -43 | U20 | Ilford | 24th July 1962 |
| 15= | 12.3y | | Jacqueline Gray | | U17 | Grays | 18th Aug 1962 |
| 17 | 12.37 | +1.5 | Tayllah Barton-Conde | 1-Aug-04 | U17 | Chelmsford | 11th May 2019 |
| 18= | 12.4y | | Maria Oldall | 25-Aug-53 | U17 | | 6th July 1968 |
| 18= | 12.4 | | Alison McRitchie | | | West London | 8th Aug 1976 |
| 18= | 12.4 | | Susan Harries | 9-Sep-70 | U20 | | 29th Aug 1988 |
| 18= | 12.4 | | Holly Thomas | 10-Aug-1994 | U17 | Lewes | 31st May 2009 |
| 18= | 12.4 | | Tayla Humm | 12-Dec-96 | U20 | Basingstoke | 12th July 2014 |
| | | | 12.49 +1.0 | | U20 | Mile End | 13th July 2014 |
| 18= | 12.4 | | Jade Kavanagh | 21-Jan-02 | U17 | Cambridge | 2nd July 2017 |
| | | | 12.60 +0.6 | | U17 | Stevenage | 27th May 2018 |
| 18= | 12.4 | | Esther Agnimel | 28-Mar-03 | U17 | Hornchurch | 22nd Sept 2019 |
| | | | 12.48 +1.2 | | U20 | Chelmsford | 6th June 2019 |

Wind Assisted or Unconfirmed Marks

| | | | | | | | |
|--|-------|------|----------------------|-----------|-----|----------------|----------------|
| | 11.78 | +3.6 | Modupe Shokunbi | 10-Oct-98 | U17 | Bedford | 30th Aug 2014 |
| | 11.81 | +5.5 | Fiona Page | 30-Aug-72 | U20 | Bratislava | 14th June 1989 |
| | 12.1 | | Debbie Showler | 30-Jun-58 | U17 | Bebington | 6th July 1973 |
| | 12.1 | +2.8 | Kate Brewington | 15-Oct-81 | U23 | Stafford | 8th Sept 2001 |
| | 12.21 | +2.3 | Tayllah Barton-Conde | 1-Aug-04 | U17 | Chelmsford | 11th May 2019 |
| | 12.21 | +4.4 | Karis Thomas | 14-Aug-05 | U17 | Manchester | 8th Aug 2021 |
| | 12.28 | +2.4 | Esther Agnimel | 28-Mar-03 | U20 | Lee Valley | 28th Aug 2021 |
| | 12.3y | | Sheila Richardson | | U15 | | 15th July 1967 |
| | 12.3 | | Maria Oldall | 25-Aug-53 | U17 | | 6th June 1968 |
| | 12.37 | +3.2 | Aaliyah Payne | 13-Sep-93 | U17 | Chelmsford | 19th Aug 2020 |
| | 12.4 | | Lynn Greaves | | U17 | Crystal Palace | 23rd June 1974 |

200 Metres

| | | | | | | | |
|-----|-------|------|-------------------|-----------|-----|----------------|-----------------|
| 1 | 23.57 | +1.1 | Lucy Sargent | 13-Sep-88 | U23 | Kaunas, LTU | 18th July 2009 |
| 2 | 23.9 | | Verona Elder | 5-Apr-53 | | Hornchurch | 20th June 1981 |
| | | | 24.01 +1.1 | | | San Diego | 26th Apr 1980 |
| 3 | 24.5 | +1.3 | Jillian Reynolds | 17-Dec-70 | | Derby | 1st Aug 1993 |
| 4 | 24.64 | -1.6 | Fiona Page | 30-Aug-72 | U17 | Birmingham | 7th Aug 1988 |
| 5= | 24.7 | | Ruth Chettleburgh | 17-Feb-57 | | Hendon | 9th May 1981 |
| 5= | 24.7 | | Linda Smith | 4-Jan-63 | U23 | Loughboro | 27th June 1984 |
| | | | 24.97 +0.9 | | U23 | Crystal Palace | 15th Jun 1984 |
| 7 | 24.87 | +1.2 | Zoe Hughes # | 1-Feb-98 | U23 | Austin, USA | 28th March 2018 |
| 8= | 24.9 | | Ruth McMenemy | 12-Apr-70 | | Bromley | 15th July 2000 |
| 8= | 24.9 | | Modupe Shokunbi | 10-Oct-98 | U17 | Hornchurch | 21st June 2014 |
| | | | 24.96 +1.2 | | U17 | Eltham | 29th June 2014 |
| 10= | 25.0 | | Lynne Ilott | 16-Jun-49 | | Norbiton | 15th June 1974 |
| 10= | 25.0 | | Debbie Showler | 30-Jun-58 | U20 | Hornchurch | 29th June 1975 |
| 12 | 25.07 | +0.2 | Stephanie Okoro | 22-Apr-06 | U17 | Crawley | 7th Aug 2022 |
| 13 | 25.11 | +0.0 | Kate Brewington | 15-Oct-81 | U23 | Rostock GER | 20th July 2003 |
| 14= | 25.2 | | Lesley Kiernan | 9-Aug-57 | U23 | Warley | 24th Sept 1977 |

2024 updates in blue

Formerly known as Michelle

2023 updates in red

| | | | | | | | |
|-----------|--------------|-------------|------------------------|------------------|------------|-------------|----------------------|
| 14= | 25.2 | | Frankie Calder | 13-Jun-91 | U17 | Stevenage | 16th July 2006 |
| 16 | 25.22 | +1.1 | Jade Kavanagh | 21-Jan-02 | U20 | Sheffield | 6th July 2019 |
| 17 | 25.29 | +0.6 | Cassie Campbell | 17-Sep-06 | U20 | Eton | 9th June 2024 |
| 18 | 25.4 | | Pat Shiels | 21-Aug-53 | U20 | Chelmsford | 25th Apr 1970 |
| 19= | 25.5 | | Tayllah Barton-Conde | 1-Aug-04 | U17 | Brentwood | 22nd May 2019 |
| | | | 25.66 +1.5 | | U17 | Chelmsford | 12th May 2019 |
| 19= | 25.5 | | Poppy Ellis | 11-Oct-02 | U17 | Braintree | 7th July 2019 |
| | | | 25.60 | | U17 | Crawley | 26th May 2019 |

Wind Assisted or unconfirmed marks

| | | | | | | | |
|--|--------------|-------------|------------------------|------------------|------------|------------------|----------------------|
| | 23.75 | +2.3 | Verona Elder | 5-Apr-53 | | Walnut, USA | 19th Apr 1980 |
| | 24.67 | +5.8 | Pat Shiels | 21-Aug-53 | U20 | Edinburgh | 21st July 1970 |
| | 24.72 | +2.4 | Ruth McMenemy | 12-Apr-70 | | Glasgow | 29th July 2000 |
| | 24.83 | +3.0 | Modupe Shokunbi | 10-Oct-98 | U17 | Bedford | 31st Aug 2014 |
| | 24.9 | | Lynne Ilott | 16-Jun-49 | | Southend | 25th May 1974 |
| | 24.9 | | Debbie Showler | 30-Jun-58 | U17 | Woodford | 10th Aug 1974 |
| | 24.9 | | Carolyn Wells | 7-Nov-63 | U17 | Woodford | 30th Aug 1980 |
| | 24.99 | +3.9 | Stephanie Okoro | 22-Apr-06 | U20 | Tonbridge | 30th Apr 2023 |
| | 25.0 | | Maria Oldall | 25-Aug-53 | U20 | | 16th May 1971 |
| | 25.26 | +2.8 | Karis Thomas | 14-Aug-05 | U17 | Hornchurch | 20th Sep 2020 |
| | 25.40 | +2.5 | Nicola Hill | 1-Feb-91 | U20 | Chelmsford | 10th May 2009 |
| | 25.48 | +2.8 | Olivia Boachie | 12-May-05 | U17 | Hornchurch | 20th Sep 2020 |

400 Metres

| | | | | | | | |
|----------|--------------|-----|------------------------|------------------|------------|--------------------|-----------------------|
| 1 | 51.94 | | Verona Elder | 5-Apr-53 | | Furth, FRG | 30th May 1981 |
| 2 | 53.9 | | Lesley Kiernan | 9-Aug-57 | U23 | Crystal Palace | 20th Aug 1977 |
| 3 | 53.95 | | Ruth Chettleburgh | 17-Feb-57 | | Crystal Palace | 25th July 1981 |
| 4 | 54.9 | | Jillian Reynolds | 12-Dec-70 | | Derby | 1st Aug 1993 |
| 5 | 55.00 | | Stephanie Okoro | 22-Apr-06 | U20 | Basingstoke | 11th June 2023 |
| 6 | 55.13 | | Carolyn Wells | 7-Nov-63 | U17 | Edinburgh | 23rd Aug 1980 |
| 7 | 55.6 | | Jenny Davies | 26-Nov-55 | | Feltham | 25th June 1978 |
| 8 | 56.8 | | Denise Kiernan | 27-Mar-61 | U20 | Hornchurch | 12th Aug 1978 |
| 9 | 56.90 | | Harriet Scott | 17-Jan-86 | | Barking | 7th June 2009 |
| 10 | 57.0 | | Elaine Haley | 11-Apr-67 | U23 | | 20th Sept 1989 |
| 11 | 57.1 | | Susan Baxter | 24-Nov-63 | U17 | Crystal Palace | 1st Sept 1979 |
| 12 | 57.15 | | Olivia Boachie | 12-May-05 | U20 | Chelmsford | 14th May 2022 |
| 13 | 57.3 | | Liz Gahagan | 10-Dec-64 | | | 14th May 1988 |
| 14 | 57.4 | | Denise Brooks | 7-Nov-58 | | Plymouth | 4th July 1981 |
| 15 | 57.46 | | Jade Kavanagh | 21-Jan-02 | U20 | Chelmsford | 9th June 2019 |
| 16 | 57.64 | ind | Zoe Hughes # | 1-Feb-98 | U20 | Lee Valley | 17th Jan 2015 |
| | | | 57.8 | | U17 | Hornchurch | 21st June 2014 |
| 17 | 57.81 | | Nicola Hill | 1-Feb-91 | U20 | Ipswich | 23rd Aug 2009 |
| 18= | 57.9 | | Maria Oldall | 25-Aug-53 | U20 | Harlow | 22nd May 1971 |
| 18= | 57.9 | | Poppy Ellis | 11-Oct-02 | U17 | Hornchurch | 22nd Sept 2019 |
| 20 | 58.2 | | Laurie Cossey | 24-Nov-81 | U20 | Basildon | 10th June 2000 |

800 Metres

| | | | | | | | |
|-----|---------|--|-------------------|-----------|-----|----------------|----------------|
| 1 | 2:01.48 | | Lesley Kiernan | 9-Aug-57 | U23 | Cwmbran | 11th June 1977 |
| 2 | 2:03.5 | | Una English | 14-Aug-70 | U23 | Manchester | 20th May 1992 |
| 3 | 2:04.95 | | Denise Kiernan | 27-Mar-61 | U20 | Crystal Palace | 3rd June 1978 |
| 4 | 2:05.98 | | Faye Fullerton | 31-May-84 | | Bedford | 25th May 2008 |
| 5 | 2:06.27 | | Harriet Scott | 17-Jan-86 | U23 | Crystal Palace | 17th June 2007 |
| 6 | 2:07.9 | | Jenny Davies | 26-Nov-55 | | Hull | 29th July 1978 |
| 7 | 2:08.4 | | Anne Reason | 16-Jun-68 | U20 | Harlow | 19th May 1985 |
| 8 | 2:08.81 | | Ruth Chettleburgh | 17-Feb-57 | U23 | Crystal Palace | 19th Aug 1977 |
| 9 | 2:08.9 | | Denise Brooks | 7-Nov-58 | | Aldershot | 14th June 1981 |
| 10 | 2:08.98 | | Alexa Joel | 19-Sep-83 | | Watford | 8th Aug 2007 |
| 11 | 2:09.55 | | Lauren Deadman | 27-Mar-84 | | Abingdon | 8th June 2013 |
| 12 | 2:09.69 | | Dorita Harmse | 28-Sep-73 | | Bedford | 20th Aug 2000 |
| 13 | 2:09.7 | | Carolyn Wells | 7-Nov-63 | U17 | Birmingham | 31st May 1980 |
| 14= | 2:09.8i | | Verona Elder | 5-Apr-53 | | San Fran. USA | 4th Jan 1980 |
| 14= | 2:09.8 | | Debbie Sullivan | 13-Feb-72 | | Milton Keynes | 2nd Sept 2000 |
| 16 | 2:10.2 | | Elaine Haley | 11-Apr-67 | U23 | Thurrock | 9th Sept 1988 |

| | | | | | | |
|----|-------------|-------------------|-----------|-----|----------------|----------------|
| 17 | 2:11.02 | Lydia Hallam | 26-Feb-97 | U20 | Watford | 16th July 2014 |
| 18 | 2:11.3 | Valerie McCormack | 14-Feb-55 | U23 | Crystal Palace | 2nd July 1977 |
| 19 | 2:11.40 ind | Sara Luck | 18-Nov-86 | U23 | Sheffield | 15th Mar 2008 |
| | | 2:11.52 | | U23 | Bedford | 3rd May 2008 |
| 20 | 2:11.46 | Susan Baxter | 24-Nov-63 | U15 | Crystal Palace | 18th Aug 1978 |

1500 Metres

| | | | | | | |
|----|-----------|-------------------|-----------|-----|----------------|----------------|
| 1 | 4:10.24 | Faye Fullerton | 31-May-84 | | Watford | 27th June 2015 |
| 2 | 4:11.33 | Una English | 14-Aug-70 | | Nurnberg, FRG | 7th June 1996 |
| 3 | 4:13.91mx | Lauren Deadman | 27-Mar-84 | | Watford | 24th July 2013 |
| | | 4:16.89 | | | Birmingham | 13th July 2013 |
| 4 | 4:15.12 | Harriet Scott | 17-Jan-86 | | Birmingham | 11th July 2009 |
| 5 | 4:18.19 | Alexa Joel | 19-Sep-83 | | Manchester | 27th Jul 2007 |
| 6 | 4:19.29 | Anne Reason | 16-Jun-68 | U20 | Kamen, FRG | 7th July 1985 |
| 7 | 4:19.6 | Denise Kiernan | 27-Mar-61 | U20 | Middlesborough | 24th June 1978 |
| 8 | 4:21.12 | Debbie Sullivan | 13-Feb-72 | | Bedford | 31st May 1999 |
| 9 | 4:24.48 | Lydia Hallam | 26-Feb-97 | U23 | Loughborough | 20th May 2018 |
| 10 | 4:24.8i | Lesley Kiernan | 9-Aug-57 | U20 | Cosford | 1st Feb 1975 |
| 11 | 4:28.36 | Dorita Harmse | 28-Mar-73 | | Watford | 10th June 2000 |
| 12 | 4:29.06 | Sara Luck | 18-Nov-86 | | Watford | 13th June 2009 |
| 13 | 4:29.39 | Katie Richardson | 18-Jan-89 | U17 | Birmingham | 15th Aug 2004 |
| 14 | 4:30.24 | Megan Foley | 14-Apr-88 | U17 | Gateshead | 10th July 2004 |
| 15 | 4:33.0 | Sharon Jeffries | 23-Feb-65 | U17 | Aldershot | 19th July 1981 |
| 16 | 4:33.5 | Elaine Haley | 11-Apr-67 | U23 | | 26th June 1988 |
| 17 | 4:34.8mx | Jessica Mitchell | 14-May-01 | U17 | Hornchurch | 9th Apr 2017 |
| | | 4:36.21 | | U17 | Stevenage | 28th May 2017 |
| 18 | 4:36.1 | Helen Ruffell | 4-Apr-68 | U17 | Thurrock | 13th July 1984 |
| 19 | 4:37.2 | Nicola Jones | 10-Apr-75 | U17 | West London | 28th July 1990 |
| 20 | 4:37.7 | Christine Brannon | 6-Dec-52 | | | 1976 |

3000 Metres

| | | | | | | |
|-----------|--------------------|----------------------|------------------|------------|---------------------|----------------------|
| 1 | 9:01.6 mx | Una English | 14-Aug-70 | | | 27th Mar 1996 |
| 2 | 9:04.56 mx | Lauren Deadman | 27-Mar-84 | | Watford | 3rd June 2015 |
| | | 9:18.29 | | | Oxford | 20th July 2013 |
| 3 | 9:04.78 mx | Alexa Joel | 19-Sep-83 | | Watford | 30th July 2008 |
| | | 9:15.97 | | | Watford | 14th June 2008 |
| 4 | 9:07.52 | Faye Fullerton | 31-May-84 | U23 | Crystal Palace | 28th July 2006 |
| 5 | 9:17.35 | Harriet Scott | 17-Jan-86 | | Watford | 29th July 2009 |
| 6 | 9:34.30 | Debbie Sullivan | 13-Feb-72 | | Birmingham | 16th Aug 1997 |
| 7 | 9:35.07 | Sara Luck | 18-Nov-86 | | Watford | 29th July 2009 |
| 8 | 9:37.9 | Anne Reason | 16-Jun-68 | | Harlow | 13th Mar 1985 |
| 9 | 9:40.86 | Jessica Mitchell | 14-May-01 | U17 | Birmingham | 8th July 2017 |
| 10 | 9:41.8 | Denise Kiernan | 27-Mar-61 | U20 | Hornchurch | 7th May 1978 |
| 11 | 9:45.84 ind | Kate O'Neill | 23-Feb-01 | | Pennsylvania | 13th Jan 2024 |
| | | 9:47.88 | | U20 | Birmingham | 14th July 2018 |
| 12 | 9:56.0 | Lydia Hallam | 26-Feb-97 | U23 | Battersea Park | 19th Aug 2017 |
| 13 | 9:59.12 mx | Maddie Barker | 11-May-05 | U20 | Watford | 3rd May 2023 |
| | | 10:03.51 | | U20 | Watford | 29th May 2024 |
| 14 | 10:02.15 mx | Georgie Lou Sales | 21-Sep-90 | U20 | Watford | 9th Apr 2008 |
| 15 | 10:03.6 | Christine Brannon | 6-Dec-52 | U20 | Hayes | 31st July 1971 |
| 16 | 10:04.4 | Nikki Barnett | 17-Sep-70 | | | 17th May 1997 |
| 17 | 10:07.59 | Robyn Matson | 1-Mar-88 | U23 | Philadelphia | 24th Apr 2008 |
| 18 | 10:07.8 | Megan Foley | 14-Apr-88 | U17 | Hendon | 25th Apr 2004 |
| 19 | 10:13.0 | Helen Ruffell | 4-Apr-68 | | | 5th Sept 1993 |
| 20 | 10:15.64 | Molly Sweetman | 11-Mar-02 | U17 | Chelmsford | 13th May 2018 |
| | | mx = Mixed Race | | | | |

5,000 Metres

| | | | | | | |
|---|----------|----------------|-----------|--|--------------|----------------|
| 1 | 15:19.12 | Una English | 14-Aug-70 | | Huesden, BEL | 12th July 2001 |
| 2 | 15:45.12 | Lauren Deadman | 27-Mar-84 | | Watford | 27th June 2015 |
| 3 | 15:53.69 | Faye Fullerton | 31-May-84 | | Birmingham | 5th July 2015 |

2024 updates in blue

Formerly known as Michelle

2023 updates in red

| | | | | | | |
|----------|--------------------|----------------------|------------------|------------|---------------------|----------------------|
| 4 | 15:56.89 | Alexa Joel | 19-Sep-83 | | Eton | 9th Aug 2008 |
| 5 | 16:07.5 | Debbie Sullivan | 13-Feb-72 | | Birmingham | 13th Aug 2000 |
| 6 | 16:58.11 | Kate O'Neill | 23-Feb-01 | U23 | Fairfax, USA | 13th May 2023 |
| 7 | 17:02.05 | Jessica Mitchell | 14-May-01 | U20 | Bedford | 23rd June 2019 |
| 8 | 17:35.52 mx | Maddie Barker | 11-May-05 | U20 | Battersea | 29th Aug 2023 |
| | | 17:55.61 | | U20 | Manchester | 6th May 2024 |
| 9 | 18:00.11 | Morgan Campbell | 14-Dec-89 | | Mile End | 19th May 2019 |
| 10 | 18:16.36 | Robyn Matson | 1-Mar-88 | U23 | Watford | 12th June 2010 |
| 11 | 18:22.6 | Nikki Barnett | 17-Sep-70 | | | 9th May 1998 |
| 12 | 18:28.3 | Helen Ruffell | 4-Apr-68 | | | 19th May 1991 |
| 13 | 18:39.78 | Ginte Bailey | 22-Sep-85 | W35 | Thurrock | 11th Sep 2021 |
| 14 | 19:04.1 | Vicky Smith | 13-Feb-88 | | Hornchurch | 22nd May 2016 |
| 15 | 19:08.7 | Flip Bishop | 8-Jan-70 | | | 30th Apr 1995 |
| 16 | 19:56.8 | Marie Gambardella | 12-Feb-80 | U20 | Woking | 29th June 1997 |
| 17 | 20:12.23 | Isabella Woods | 5-Jul-96 | U23 | Chelmsford | 14th May 2017 |
| 18 | 20:39.4 | Hayley Hawes | 7-Aug-80 | U23 | Yate | 7th July 2002 |
| 19 | 21:29.5 | Eleanor Mole | 20-May-80 | | Abingdon | 6th July 2003 |
| 20 | 21:50.3 | Clare Davies | 24-Aug-86 | | Eastbourne | 20th May 2018 |

mx = Mixed Race

10,000 Metres

| | | | | | | |
|----------|-----------------|---------------------|------------------|------------|--------------------|---------------------|
| 1 | 33:05.55 | Lauren Deadman | 27-Mar-84 | | Parliament Hill | 21st May 2016 |
| 2 | 33:47.70 | Faye Fullerton | 31-May-84 | | Parliament Hill | 19th May 2018 |
| 3 | 34:30.16 | Debbie Sullivan | 13-Feb-72 | | Watford | 3rd July 1999 |
| 4 | 36:15.66 | Kate O'Neill | 23-Feb-01 | U23 | Amherst USA | 6th May 2023 |
| 4 | 38:32.22 | Vicky Smith | 13-Feb-88 | | Bedford | 4th May 2014 |

Marathon

| | | | | | | |
|----------|----------------|--------------------------|------------------|------------|---------------|----------------------|
| 1 | 2:38.02 | Lauren Reed | 27-Mar-84 | W40 | London | 21st Apr 2024 |
| 2 | 2:42.24 | Debbie Sullivan/Appleton | 13-Feb-72 | | London | 17th Apr 2005 |
| 3 | 3:01.13 | Robyn Matson | 1-Mar-88 | | London | 26th Apr 2015 |
| 4 | 3:09.09 | Ginte Bailey | 22-Sep-85 | | London | 23rd Apr 2017 |
| 5 | 3:20.57 | Kathy Knopp | | | Birmingham | 19th Sept 1982 |
| 6 | 3:24.41 | Megan Foley | 14-Apr-88 | | London | 21st Apr 2013 |
| 7 | 3:34.04 | Clare Davies | 24-Aug-86 | W35 | London | 23rd Apr 2023 |
| 8 | 3:38.06 | Jo Sullivan | 15-Jul-73 | | London | 23rd Apr 2006 |
| 9 | 3:34.51 | Denise Harris | 27-Sep-71 | W35 | London | 13th Apr 2008 |
| 10 | 3:50.10 | Tina Quinlivan | 19-May-77 | W35 | London | 13th Apr 2014 |
| 11 | 3:56.33 | Lesley Felton | 21-Mar-59 | W50 | London | 26th Apr 2009 |
| 12 | 3:57.21 | Linda Smith | 25-Nov-53 | W50 | London | 18th Apr 2004 |
| 13 | 3:57.32 | Jane Hallam | 3-Aug-67 | W40 | London | 25th Apr 2010 |

100 Metres Hurdles

| | | | | | | | |
|----------|--------------|-------------|---------------------|------------------|------------|------------------|-----------------------|
| 1 | 13.7 | -1.6 | Kate Brewington | 15-Oct-81 | | Barking | 6th June 2004 |
| | | | 13.85 +1.6 | | U23 | Birmingham | 14th July 2002 |
| 2 | 13.71 | +1.0 | Zoe Hughes # | 1-Feb-98 | | Durham USA | 9th Apr 2021 |
| 3 | 13.78 | +0.9 | Lynne Ilott | 16-Jun-49 | | Crystal Palace | 20th July 1974 |
| 4 | 13.99 | +1.0 | Chloe Williams | 10-Sep-87 | | Woodford | 14th Aug 2021 |
| 5 | 14.18 | +1.7 | Ruby Tillson | 9-Sep-06 | U20 | Bedford | 3rd Aug 2024 |
| 6 | 14.39 | +1.5 | Nicola Hill | 1-Feb-91 | U23 | Loughborough | 11th Aug 2011 |
| 7 | 14.45 | +1.2 | Paris King | 22-Nov-05 | U20 | Stratford | 15th July 2023 |
| 8 | 14.8 | | Lisa Schofield | 14-Aug-89 | U20 | Lee Valley | 26th May 2007 |
| | | | 15.89 +1.6 | | U17 | Carshalton | 24th July 2005 |
| 9 | 15.25 | +1.8 | Claire Brennan | 26-Dec-80 | | Wigan | 4th June 2006 |
| 10 | 15.5 | | Sandra Forrest | 1-Jun-45 | | | 30th July 1977 |
| 11 | 15.6 | | Keeley Johnson | 14-Apr-67 | U17 | | 18th Sept 1983 |
| 12 | 15.73 | +1.2 | Lucinda Bailey | 15-Nov-97 | U20 | Chelmsford | 14th May 2016 |
| 13 | 16.0 | | Pru Carter | 4-May-50 | | Hornchurch | 22nd June 1974 |
| 14 | 16.4 | | Lauren Edgar-Hill | 25-Dec-90 | U20 | Barking | 4th Apr 2009 |
| | | | 16.66 -1.8 | | U20 | Chelmsford | 9th May 2009 |
| 15 | 16.52 | +2.0 | Felicity Clarke | 28-Oct-92 | | Leigh | 16th July 2017 |
| 16 | 16.7 | | Sara Luck | 18-Nov-86 | U20 | Ipswich | 26th June 2004 |
| 17 | 16.9 | | Lisa Vincent | 23-Sep-74 | U20 | | 9th Aug 1992 |

2024 updates in blue

Formerly known as Michelle

2023 updates in red

| | | | | | | | |
|----|-------|------|----------------|-----------|-----|------------|----------------|
| 18 | 17.0 | | Claire Edwards | 6-Jan-75 | U20 | | 19th June 1993 |
| 19 | 17.04 | +1.4 | Nicola Peachey | 31-Dec-93 | U17 | Bedford | 27th June 2010 |
| 20 | 17.1 | | Mayi Hughes | 5-Nov-00 | U20 | Eastbourne | 20th May 2018 |

Formerly known as Michelle

Wind Assisted Marks

| | | | | | | | |
|--|--------------|-------------|---------------------|-----------------|------------|-------------------|----------------------|
| | 13.6 | | Lynne Ilott | 16-Jun-49 | | Crystal Palace | 1st June 1974 |
| | 14.04 | +3.1 | Ruby Tillson | 9-Sep-06 | U20 | Chelmsford | 1st June 2024 |
| | 14.37 | +2.2 | Nicola Hill | 1-Feb-91 | U23 | Loughborough | 11th Aug 2011 |
| | 15.1 | | Claire Brennan | 26-Dec-80 | | Bromley | 22nd May 2004 |
| | | | 15.11 | +2.9 | | Eton | 7th July 2007 |
| | 15.32 | +2.3 | Lisa Schofield | 14-Aug-89 | U20 | Eton | 7th July 2007 |
| | 15.8 | +4.9 | Angela James | 29-Mar-92 | U20 | Barking | 26th July 2009 |
| | 16.58 | +3.5 | Sara Luck | 18-Nov-86 | U20 | Bedford | 25th July 2004 |

400 Metres Hurdles

| | | | | | | | |
|----------|--------------|--|------------------------|------------------|------------|--------------------------|---------------------|
| 1 | 58.19 | | Stephanie Okoro | 22-Apr-06 | U20 | Port-of-Spain TRI | 9th Aug 2023 |
| 2 | 59.9 | | Denise Kiernan | 27-Mar-61 | U20 | Crystal Palace | 6th Sept 1978 |
| 3 | 60.14 | | Nicola Hill | 1-Feb-91 | U20 | Bedford | 31st May 2009 |
| 4 | 61.20 | | Zoe Hughes # | 1-Feb-98 | U20 | Glasgow | 9th Aug 2015 |
| 5 | 62.60 | | Felicity Clarke | 28-Oct-92 | | Bedford | 21st Aug 2022 |
| 6 | 64.09 | | Chloe Williams | 10-Sep-87 | | Perivale | 13th Aug 2022 |
| 7 | 65.4 | | Ruth Chettleburgh | 17-Feb-57 | | Woodford | 30th Aug 1980 |
| 8 | 65.5 | | Sara Sappinen | 16-Sep-80 | U23 | Haringey | 7th Apr 2001 |
| 9 | 65.6 | | Sara Luck | 18-Nov-86 | U20 | Carshalton | 23rd May 2004 |
| 10 | 65.66 | | Laura Bealey | 24-Jan-86 | | Chelmsford | 10th May 2009 |
| 11 | 66.2 | | Lisa Schofield | 14-Aug-89 | U20 | Chelmsford | 13th May 2007 |
| | | | 66.74 | | U20 | Wigan | 3rd June 2007 |
| 12 | 66.25 | | Claire Brennan | 26-Dec-80 | | Chelmsford | 11th Sept 2010 |
| 13 | 66.4 | | Claudine Neckles | 23-Feb-76 | U20 | | 7th Aug 1993 |
| 14 | 66.7 | | Flip Bishop | 8-Jan-70 | U17 | West London | 7th Sept 1985 |
| 15 | 66.8 | | Susan Castling | 17-Sep-64 | U17 | Hornchurch | 13th July 1980 |
| 16= | 67.4 | | Iris McCormack | 22-Apr-56 | | Hornchurch | 23rd June 1979 |
| 16= | 67.4 | | Nicola Schofield | 13-Sep-86 | U17 | Harrow | 27th July 2003 |
| 18 | 67.5 | | Debbie Showler | 30-Jun-58 | U23 | Hornchurch | 30th June 1979 |
| 19= | 68.0 | | Kay Morris | 5-Oct-62 | U17 | Hull | 29th July 1978 |
| 19= | 68.0 | | Jenny Davies | 26-Nov-55 | | | 1974 |

2000 Metres Steeplechase

| | | | | | | | |
|----------|----------------|--|-----------------------|------------------|------------|-------------------|-----------------------|
| 1 | 6:48.20 | | Sara Luck | 18-Nov-86 | | Crystal Palace | 12th June 2010 |
| 2 | 7:20.72 | | Natalie Sewell | 10-Dec-04 | U23 | Chelmsford | 1st June 2024 |
| 3 | 7:23.00 | | Robyn Matson | 1-Mar-88 | U23 | Bedford | 4th May 2008 |
| 4 | 7:36.72 | | Morgan Campbell | 14-Dec-89 | | Stevenage | 2nd July 2022 |
| 5 | 7:22.95 | | Vicky Smith | 13-Feb-88 | | Crawley | 12th July 2015 |
| 6 | 7:36.77 | | Sydney Foley | 7-Dec-03 | U20 | Lee Valley | 28th Aug 2021 |
| 7 | 7:43.8 | | Isabella Woods | 5-Jul-96 | U23 | Kingston | 2nd July 2017 |
| 8 | 8:43.4 | | Ginte Bailey | 22-Sep-75 | W35 | Cambridge | 14th July 2024 |
| 9 | 8:44.85 | | Laura Bealey | 24-Jan-86 | | Wakefield | 6th June 2010 |

3000 Metres Steeplechase

| | | | | | | | |
|---|----------|--|----------------|-----------|-----|---------------|-----------------|
| 1 | 10:38.37 | | Sara Luck | 18-Nov-86 | | Cardiff | 15th Aug 2009 |
| 2 | 10:42.88 | | Lauren Deadman | 27-Mar-84 | | Watford | 17th May 2014 |
| 3 | 11:09.11 | | Vicky Smith | 13-Feb-88 | | Bedford | 25th Aug 2012 |
| 4 | 11:30.50 | | Robyn Matson | 1-Mar-88 | U23 | Providence US | 12th April 2008 |

High Jump

| | | | | | | |
|-----|-------|-------------------------|------------------|------------|-------------------|-----------------------|
| 1 | 1.80m | Ruby Tillson | 9-Sep-06 | U20 | Hornchurch | 15th Sept 2024 |
| 2 | 1.74m | Bethan Siddons | 29-Sep-90 | | Ipswich | 5th Sept 2015 |
| 3= | 1.73m | Linda Knowles | 28-Apr-46 | U17 | Belgrade, SRB | 14th Sept 1962 |
| 3= | 1.73m | Kate Brewington | 15-Oct-81 | | Battersea Park | 5th July 2004 |
| 5= | 1.70m | Keeley Johnson | 14-Apr-67 | U17 | Southend | 10th Sept 1983 |
| 5= | 1.70m | Chloe Van Wulven | 10-Sep-87 | U17 | Barking | 29th June 2003 |
| 5= | 1.70m | Michelle Hughes | 1-Feb-98 | U17 | Boston | 20th Sept 2014 |
| 8= | 1.68m | Iris McCormack | 22-Apr-56 | | Basildon | 20th May 1979 |
| 8= | 1.68m | ind Sara Luck | 18-Nov-86 | U23 | Lee Valley | 5th Dec 2007 |
| | | 1.63m | | U17 | Colchester | 25th Aug 2003 |
| 10 | 1.65m | Kay Morris | 5-Oct-62 | U17 | West London | 24th June 1979 |
| 11 | 1.64m | Mayi Hughes | 5-Nov-00 | U17 | Cambridge | 2nd July 2017 |
| 12= | 1.62m | Katie O'Sullivan | 16-Feb-87 | U17 | Walton | 8th June 2002 |
| 12= | 1.62m | Cynthia Asiegbu | 25-Mar-06 | U15 | Reading | 23rd June 2019 |
| 14= | 1.61m | Heather Godden | 9-Apr-60 | U20 | Woodford | 14th May 1977 |
| 14= | 1.61m | Chenice Constable | 23-Oct-97 | U17 | Peterborough | 4th Aug 2013 |
| 16= | 1.60m | Claire Brennan | 26-Dec-80 | U17 | Crystal Palace | 23rd May 1997 |
| 16= | 1.60m | ind Maggie Smith | 29-Jun-08 | U17 | Lee Valley | 4th March 2024 |
| | | 1.60m | | U17 | Hornchurch | 15th Sept 2024 |
| 18 | 1.58m | Rebecca Merry | 6-Jun-70 | U15 | Hornchurch | 11th Aug 1984 |
| 19= | 1.56m | Helen McDonnell | 19-Feb-89 | U15 | Chelmsford | 19th Apr 2003 |
| 19= | 1.56m | Angela James | 29-Mar-92 | U17 | Southampton | 20th July 2008 |
| 19= | 1.56m | Ruby Mace | 5-Sep-03 | U15 | Gateshead | 7th July 2018 |

Long Jump

| | | | | | | |
|-----|-------|------------------------------|------------------|------------|-------------------|-------------------------|
| 1 | 6.16m | ind Zoe Hughes # | 1-Feb-98 | | Clemson, USA | 12th Feb 2021 |
| | | 6.06m +1.3 | | | Durham, USA | 3rd May 2021 |
| 2 | 6.12m | +1.4 Kate Brewington | 15-Oct-81 | | Manchester | 11th July 2004 |
| 3 | 5.83m | +0.7 Lucy Sargent | 13-Sep-88 | U23 | Barking | 7th June 2009 |
| 4 | 5.75m | +1.5 Alicia Fairmaner | 19-Oct-07 | U17 | Walton | 11th August 2024 |
| 5 | 5.73m | Christina Castling | 24-Nov-62 | U17 | Chelmsford | 9th June 1979 |
| 6 | 5.72m | Mayi Hughes | 5-Nov-00 | U20 | Stevenage | 13th Apr 2019 |
| 7 | 5.71m | Stephanie Okoro | 22-Apr-06 | U17 | Thurrock | 12th Sep 2021 |
| 8 | 5.70m | Helen Bush | 17-Dec-65 | U23 | Thurrock | 17th May 1986 |
| 9 | 5.61m | Ruby Tillson | 9-Sep-06 | U20 | Chelmsford | 11th May 2024 |
| 10 | 5.59m | Lisa Vincent | 23-Sep-74 | U20 | Welwyn GC | 25th Apr 1992 |
| 11= | 5.53m | Lynne Ilott | 16-Jun-46 | | Nottingham | 5th July 1975 |
| 11= | 5.53m | Susan Harries | 9-Sep-70 | U17 | Colchester | 25th Aug 1986 |
| 13 | 5.51m | Jackie Selby | 12-Sep-56 | U17 | | 1972 |
| 14 | 5.47m | Kirsty Smith | 25-Apr-87 | U20 | Eton | 13th Aug 2006 |
| 15 | 5.46m | Christine McClelland | 11-Dec-46 | U20 | | 2nd May 1964 |
| 16 | 5.43m | +0.6 Nicola Hill | 1-Feb-91 | | Stevenage | 4th June 2017 |
| 17 | 5.39m | Jackie Gray | | U17 | | 21st July 1962 |
| 18 | 5.33m | Linda Knowles | 28-Apr-46 | U20 | | 1963 |
| 19 | 5.32m | Jade Kavanagh | 21-Jan-02 | U17 | Cambridge | 2nd July 2017 |
| 20 | 5.28m | Denise Rippe | 14-Dec-57 | U17 | Hornchurch | 31st Aug 1974 |

Wind Assisted Marks

| | | | | | | |
|-------|------|---------------------|-----------|-----|------------|----------------|
| 6.20m | +4.4 | Zoe Hughes # | 1-Feb-98 | | Durham, NC | 12th May 2022 |
| 5.91m | +4.5 | Stephanie Okoro | 22-Apr-06 | U17 | Lee Valley | 28th Aug 2021 |
| 5.64m | | Lynne Ilott | 16-Jun-46 | | | 20th July 1975 |
| 5.59m | +3.0 | Kirsty Smith | 25-Apr-87 | U20 | Eton | 26th Aug 2006 |
| 5.55m | | Christina Kalejaiye | 6-Dec-87 | U17 | Perivale | 11th Sept 2004 |
| 5.37m | | Chloe Van Wulven | 10-Sep-87 | U17 | Hendon | 22nd June 2003 |

Triple Jump

| | | | | | | |
|---|--------|-------------------|-----------|-----|------------|----------------|
| 1 | 12.57m | ind Mayi Hughes | 5-Nov-00 | U23 | Ithaca, NY | 1st March 2020 |
| | | 12.52m | | U20 | Stevenage | 13th Apr 2019 |
| 2 | 11.94m | Kate Cowley | 15-Oct-81 | | Swindon | 21st May 2011 |
| 3 | 11.83m | +1.7 Kirsty Smith | 25-Apr-87 | U20 | Bedford | 22nd July 2006 |
| 4 | 11.49m | Susan Harries | 9-Sep-70 | | Eton | 12th Aug 1995 |
| 5 | 11.33m | Lisa Vincent | 23-Sep-74 | U23 | Woodford | 24th Apr 1994 |

2024 updates in blue

Formerly known as Michelle

2023 updates in red

| | | | | | | |
|-----------|---------------|-------------------------|------------------|------------|-------------------|-----------------------|
| 6 | 11.18m | Miriam Adebayo | 28-May-07 | U17 | Perivale | 13th Aug 2022 |
| 7 | 10.92m +0.4 | Lynsey Clark | 2-Sep-86 | U23 | Swansea | 2nd July 2006 |
| 8 | 10.91m | Ella Lindsay | 14-Dec-98 | U17 | Bedford | 5th July 2014 |
| 9= | 10.74m | Bethany Chambers | 3-Oct-95 | U15 | Southend | 30th Aug 2010 |
| 9= | 10.74m | Bethan Siddons | 9-Sep-90 | | Southampton | 3rd July 2016 |
| 11 | 10.60m | Corrina Keevil | 19-Sep-80 | U20 | Croydon | 23rd May 1999 |
| 12 | 10.58m | Stephanie Osuala | 04-Jul-07 | U20 | Hornchurch | 15th Sept 2024 |
| 13 | 10.56m | Olatomiwa Sanwo | 23-Feb-01 | U20 | Stevenage | 13th Apr 2019 |
| 14 | 10.30m | Chloe Van Wulven | 10-Sep-87 | | Cambridge | 4th July 2015 |
| 15 | 10.28m | Michelle Hughes | 1-Feb-98 | U17 | Stevenage | 28th April 2013 |
| 16 | 10.19m | Nicola Hill | 1-Feb-91 | U17 | Kingston | 12th Aug 2006 |
| 17 | 10.12m | Louise Lear | 4-Jun-98 | U17 | Sandy | 1st June 2014 |
| 18 | 10.11m | Tomi Akingbade | 23-Jan-97 | U17 | Southend | 26th Aug 2013 |
| 19 | 10.08m | Charlotte Fransham | 24-Nov-01 | U17 | Luton | 30th April 2017 |
| 20 | 10.03m | Claire Brennan | 26-Dec-80 | V35 | Hornchurch | 16th Sept 2018 |

Pole Vault

| | | | | | | |
|------------|--------------|-----------------------|-----------------|------------|------------------|-----------------------|
| 1 | 3.90m | Kate Cowley | 15-Oct-81 | | Tooting Bec | 21st July 2012 |
| 2 | 3.50m ind | Mercy Gutteridge | 8-Jun-97 | U20 | Sheffield | 28th Feb 2015 |
| | | 3.30m | | U20 | Crystal Palace | 15th June 2014 |
| 3 | 2.90m | Tina Quinlivan | 19-May-77 | V40 | Battersea | 19th Aug 2017 |
| 4=. | 2.80m | Karen Baldwin | 10-Nov-84 | | Lee Valley | 27th June 2009 |
| 4= | 2.80m | Leanne Blayney | 10-Aug-82 | | Hornchurch | 2nd Apr 2011 |
| 6 | 2.75m | Jessie Collier | 4-Mar-04 | U15 | Lee Valley | 8th July 2018 |
| 7 | 2.70m | Claire Brennan | 26-Dec-80 | V40 | Woodford | 14th Aug 2021 |
| 8= | 2.60m | Hannah Gamester | 7-Jul-83 | | Eton | 24th June 2006 |
| 8= | 2.60m | Danielle Ross | 30-Sep-86 | U23 | Battersea Park | 28th June 2008 |
| 10 | 2.55m | Angela James | 29-Mar-92 | U17 | Barking | 28th July 2007 |
| 11 | 2.52m | Scarlett Woods | 9-Dec-08 | U17 | Bedford | 28th July 2024 |
| 12= | 2.30m | Sue Deboos | 11-Sep-82 | U23 | Scunthorpe | 4th July 2004 |
| 12= | 2.30m | Katie Ennis | 19-Oct-05 | U17 | Hornchurch | 20th June 2021 |
| 12= | 2.30m | Faith Wicks | 5-May-07 | U17 | Tonbridge | 30th Apr 2023 |
| 15= | 2.10m | Emma Selby | 6-Dec-90 | | Hornchurch | 18th Sept 2016 |
| 15= | 2.10m | Alice Atkins | 26-Jun-04 | U15 | Ipswich | 30th July 2017 |
| 15= | 2.10m | Freya Long | 25-May-06 | U15 | Braintree | 7th July 2019 |
| 18= | 2.00m | Katie O'Sullivan | 16-Feb-87 | U20 | Ashford | 22nd May 2005 |
| 18= | 2.00m | Chloe Van Wulven | 10-Sep-87 | U20 | Hendon | 7th May 2006 |
| 18= | 2.00m | Annie Grannell | 24-Feb-04 | U15 | Reading | 17th June 2018 |

Shot Putt 4.0kg

| | | | | | | |
|-----------|---------------|--------------------|-----------------|------------|---------------------|-----------------------|
| 1 | 13.41m | Zoe Hughes # | 1-Feb-98 | | Durham, USA | 9th Apr 2021 |
| 2 | 12.55m | Pat Young | 27-Dec-41 | U23 | Cambridge | 4th May 1963 |
| 3 | 12.09m | Melanie Harrison | 27-Nov-85 | | Chelmsford | 9th Aug 2009 |
| 4 | 12.03m | Kate Brewington | 15-Oct-81 | | Salo, ITA | 8th May 2005 |
| 5 | 12.00m ind | Somma Power | 18-Aug-85 | | Lee Valley | 2nd Jan 2011 |
| | | 11.56m | | | Chelmsford | 14th May 2011 |
| 6 | 11.63m | Chimdi Okpalauko | 20-Mar-01 | U20 | Lee Valley | 5th Aug 2018 |
| 7 | 11.33m | Alexandrea Adeniji | 18-Apr-02 | U17 | Ipswich | 14th Apr 2018 |
| 8 | 11.13m | Georgie Taylor | 25-Nov-96 | U20 | Ipswich | 25th Apr 2015 |
| 9 | 11.12m | Kay Lane/Oliver | 5-Jan-44 | U23 | Grays | 15th May 1965 |
| 10 | 11.10m | Eboni Roach | 2-Apr-09 | U17 | Peterborough | 15th June 2024 |
| 11 | 11.07m | Claudia Bernard | 21-Aug-65 | U17 | Crystal Palace | 3rd Aug 1980 |
| 12 | 10.99m | Sandra Forrest | 1-Jun-45 | | Newham | 10th July 1977 |
| 13 | 10.88m ind | Rachel Forder | 3-Dec-96 | U17 | Lee Valley | 13th Jan 2013 |
| | | 10.39m | | U17 | Chelmsford | 13th May 2012 |
| 14 | 10.82m | Omolola Kuponiyi | 5-Mar-04 | U15 | Hornchurch | 16th Sept 2018 |
| 15 | 10.81m ind | Janis Wilderspin | 27-Sep-62 | U20 | | 1980 |
| 16= | 10.69m | Deborah Knight | 13-Dec-94 | U20 | Hornchurch | 16th June 2013 |
| 16= | 10.69m | Philippa Gill | 16-Jan-01 | U20 | Glasgow | 3rd Aug 2019 |
| 18 | 10.56m | Rosanne Lister | 9-May-69 | | | 4th June 1994 |
| 19 | 10.50m | Jo Smith | 22-Nov-78 | U15 | Barking | 28th Feb 1993 |
| 20 | 10.46m | Kike Oniwinde | 6-Oct-92 | U20 | Lee Valley | 16th Apr 2011 |

2024 updates in blue

Formerly known as Michelle

2023 updates in red

Discus 1.0kg

| | | | | | | |
|----|---------------|--------------------|------------------|------------|----------------|---------------------|
| 1 | 53.66m | Rosanne Lister | 9-May-69 | U23 | Kingston | 22nd June 1991 |
| 2 | 48.84m | Georgie Taylor | 25-Nov-96 | U20 | Bedford | 21st June 2015 |
| 3 | 46.22m | Rachel Forder | 3-Dec-96 | U23 | Richmond, US | 19th Mar 2016 |
| 4 | 43.46m | Janis Wilderspin | 27-Sep-62 | U20 | Crystal Palace | 11th June 1980 |
| 5 | 41.91m | Alice Brown | 1-Nov-03 | U17 | Hornchurch | 13th Sep 2020 |
| 6 | 41.64m | Melanie Harrison | 27-Nov-85 | | Ipswich | 23rd Aug 2009 |
| 7 | 40.90m | Lynsey Clark | 2-Sep-86 | U17 | Sheffield | 11th July 2003 |
| 8 | 37.54m | Claudia Bernard | 21-Aug-65 | U17 | Hornchurch | 20th June 1981 |
| 9 | 37.38m | Jackie Hartshorn | 17-Apr-59 | U20 | Chelmsford | 12th June 1976 |
| 10 | 36.86m | Sophie Baggs | 14-Mar-94 | U20 | Loughborough | 5th May 2013 |
| 11 | 36.50m | Linda Ford | 17-Jan-51 | | Haringey | 16th Apr 1977 |
| 12 | 36.46m | Louise Quilter | 31-Jan-63 | U20 | Woodford | 17th May 1980 |
| 13 | 36.04m | Katie Ennis | 19-Oct-05 | U20 | Bedford | 3rd Aug 2024 |
| 14 | 35.96m | Rachel Evans | 29-May-86 | | Colchester | 20th August 2016 |
| 15 | 35.89m | Freya Gutteridge | 25-Apr-99 | U17 | Hornchurch | 30th Apr 2014 |
| 16 | 35.32m | Sarah Deacon | 18-Mar-83 | U23 | Perivale | 21st May 2005 |
| 17 | 34.71m | Lauren Clark | 23-Jun-89 | U23 | Wigan | 3rd July 2011 |
| 18 | 34.66m | Pru French/Carter | 4-May-50 | | Southend | 25th May 1974 |
| 19 | 34.50m | Anita Sergeant | 2-Feb-47 | U20 | Harlow | 4th July 1964 |
| 20 | 33.62m | Chimdi Okpalauko | 20-Mar-01 | U20 | Oxford | 1st Sept 2018 |

Javelin 600g - New Model Only 1999 Onwards

| | | | | | | |
|----|---------------|------------------------|------------------|------------|-------------------|-----------------------|
| 1 | 49.35m | Kike Oniwinde | 6-Oct-92 | U20 | Lee Valley | 16th Apr 2011 |
| 2 | 48.87m | Louise Lacy | 28-Apr-89 | | Bedford | 29th July 2017 |
| 3 | 46.41m | Louise Mathews | 27-Oct-83 | | Wigan | 4th June 2006 |
| 4 | 43.82m | Emma Christmas | 22-Jun-88 | U23 | Ipswich | 23rd Aug 2009 |
| 5 | 43.56m | Adelaide Thatcher-Gray | 18-Sep-02 | U23 | Loughborough | 23rd Apr 2022 |
| 6 | 41.48m | Deborah Knight | 13-Dec-54 | U20 | Stevenage | 19th May 2012 |
| 7 | 39.87m | Kate Brewington | 15-Oct-81 | | Arles, FRA | 3rd June 2007 |
| 8 | 39.48m | Zoë Hughes # | 1-Feb-98 | U23 | W-Salem, USA | 24th March 2018 |
| 9 | 35.40m | Ruby Tillson | 9-Sep-06 | U20 | Stoke | 22nd Sept 2024 |
| 10 | 33.89m | Emma Sharp | 28-Feb-99 | U20 | Hornchurch | 18th Sept 2016 |
| 11 | 33.62m | Melanie Harrison | 27-Nov-85 | U23 | Haringey | 9th Apr 2005 |
| 12 | 33.58m | Lucy Quinlan | 3-Dec-06 | U20 | Chelmsford | 1st June 2024 |
| 13 | 32.98m | Laura Coleman | 15-Jun-82 | U20 | Ilford | 13th Aug 2000 |
| 14 | 32.77m | Zoë Young | 15-Sep-88 | U23 | Lee Valley | 19th Apr 2008 |
| 15 | 31.34m | Mayi Hughes | 5-Nov-00 | U20 | Ashford | 29th July 2018 |
| 16 | 30.57m | Philippa Gill | 16-Jan-01 | U20 | Woodford | 17th Aug 2019 |
| 17 | 30.42m | Rachel Evans | 29-May-86 | | Colchester | 20th Aug 2016 |
| 18 | 29.56m | Faith Reilly | 4-Dec-05 | U17 | Hornchurch | 20th June 2021 |
| 19 | 29.24m | Niamh Pridie | 17-Jun-05 | U20 | Hornchurch | 20th May 2023 |
| 20 | 29.19m | Alice Martin | 8-Feb-98 | U17 | Hornchurch | 30th March 2014 |

Hammer 4.0kg

| | | | | | | |
|----|---------------|--------------------|------------------|------------|-----------------|----------------------|
| 1 | 48.78m | Sarah Deacon | 18-Mar-83 | U23 | Peterborough | 25th Aug 2003 |
| 2 | 43.23m | Melanie Harrison | 27-Nov-85 | | Wigan | 1st Aug 2009 |
| 3 | 38.12m | Rachel Forder | 3-Dec-96 | U23 | Fairfax, US | 7th May 2016 |
| 4 | 37.74m | Rosanne Lister | 9-May-69 | | Croydon | 28th Aug 1995 |
| 5 | 36.94m | Katie Ennis | 19-Oct-05 | U20 | Dartford | 9th July 2023 |
| 6 | 35.22m | Karen Low | | | Barking | 7th Sept 1997 |
| 7 | 30.46m | Amy Cox | 30-Jan-92 | U20 | Barking | 30th May 2009 |
| 8 | 29.02m | Philippa Gill | 16-Jan-01 | U20 | Eastbourne | 20th May 2018 |
| 9 | 27.88m | Katherine Knight | 7-Apr-93 | U20 | Hendon | 4th June 2011 |
| 10 | 25.75m | Georgie Taylor | 25-Nov-96 | U23 | Colchester | 20th Aug 2016 |
| 11 | 25.59m | Selina Fasulo | 18-Dec-81 | U20 | Dartford | 22nd Aug 1999 |
| 12 | 25.50m | Eboni Roach | 2-Apr-09 | U17 | Woodford | 17th Aug 2024 |
| 13 | 25.03m | Alexandrea Adeniji | 18-Apr-02 | U17 | Ipswich | 14th Apr 2018 |
| 14 | 24.78m | Rachel Evans | 29-May-86 | | Colchester | 20th August 2016 |
| 15 | 24.63m | Kate Herring | 3-Sep-83 | U17 | Mile End | 26th June 1999 |
| 16 | 24.30m | Ruth Lovell | | V40 | Newham | 2nd Aug 1997 |

2024 updates in blue

Formerly known as Michelle

2023 updates in red

| | | | | | | |
|-----------|---------------|-------------------|-----------------|------------|---------------|-----------------------|
| 17 | 24.16m | Terri Johnson | 16-Sep-82 | U23 | Cardiff | 4th Aug 2002 |
| 18 | 24.03m | Emma Christmas | 22-Jun-88 | | Derby | 4th Aug 2013 |
| 19 | 23.40m | Donna Connolly | | | | 4th June 1994 |
| 20 | 23.30m | Tilly Bunn | 9-Mar-07 | U20 | Hendon | 22nd June 2024 |

Heptathlon

100m Hurdles, High Jump, Shot Putt, 200m, Long Jump, Javelin, 800m

| | | | | | | |
|----------|-----------------|---------------------|-----------------|------------|-------------------|---|
| 1 | 5597 pts | Zoe Hughes # | 1-Feb-98 | | Durham USA | 12th/13th May 2022 |
| | | | | | | 13.96, 1.69m, 13.37m, 24.88, 6.01w, 30.49m, 2m 23.11 |
| 2 | 5557 pts | Kate Brewington | 15-Oct-81 | U23 | Rostock, GER | 19th/20th Jul 2003 |
| | | | | | | 14.18, 1.72m, 11.14m, 25.11, 6.09m, 35.02m, 2m 22.15 |
| 3 | 5128 pts | Ruby Tillson | 9-Sep-06 | U20 | Chelmsford | 22nd/23rd Jun 2024 |
| | | | | | | 14.6, 1.77m, 9.32m, 26.0, 5.56m, 33.71m, 2m 21.8 |
| 4 | 4032 pts | Sara Luck | 15-Nov-87 | U20 | Ipswich | 26th/27th Jun 2004 |
| | | | | | | 16.7, 1.57m, 8.16m, 27.4, 4.52m, 25.43m, 2m 19.1 |
| 5 | 3573 pts | Lisa Vincent | 23-Sep-74 | U20 | Corby | 27th/28th Jun 1992 |
| 6 | 2946 pts | Claire Brennan | 26-Dec-80 | U20 | | 26th/27th Jun 1998 |
| | | | | | | 17.9, 1.53m, 6.63m, 29.5, 4.42m, 17.46m, 3m 01.0 |

Other Senior Records

4 x 100 Metres Relay

| | | | | | | |
|-----------------------------------|--------------|---|-----------|-----|-------------------|-------------------------|
| | 47.69 | Stephanie Okoro, Stehania Osuala, Olivia Boachie, Cassie Campbell (U20) | | | Birmingham | 25th August 2024 |
| 4x200 Metres Relay | 1:45.5 | Jenny Davies/Mullett, Debbie Showler, Carolyn Wells, Linda Smith | | | | 1980 |
| 4x400 Metres Relay | 3:48.3 | Jenny Davies/Mullett, Susan Baxter Carolyn Wells, Verona Elder | | | Nottingham | 28th June 1980 |
| 3x800 Metres Relay | 6:39.8 | Giselle Oughton, Susan Baxter, Carolyn Wells (U15) (United Kingdom National Girls Record) | | | Hornchurch | 13th Sept 1978 |
| 4x800 Metres Relay | 8:53.1 | Giselle Oughton, Susan Baxter, Paula Peterson, Carolyn Wells (U17) (United Kingdom National Intermediate Record) | | | Birmingham | 24th May 1980 |
| Medley Relay (200, 200, 400, 800) | 4:01.7 | Team Unknown | | | | 1988 |
| 60 metres | 7.67i | Lucy Sargent | 13-Sep-88 | U17 | Birmingham | 28th Feb 2004 |
| | 7.7i | Linda Smith | 4-Jan-63 | U23 | Cosford? | 26th Jan 1983 |
| | 7.7i | Pat Shiels | 21-Aug-53 | U20 | Cosford | 30th Jan 1970 |
| 150 metres | 18.3 | Lucy Sargent | 13-Sep-88 | U17 | Hornchurch | 13th Mar 2005 |
| 300 Metres | 38.1 | Verona Elder | 5-Apr-53 | | Leicester | 19th July 1981 |
| 600 Metres | 1:29.5 | Lesley Kiernan | 9-Aug-57 | U23 | Cwmbran | 11th June 1977 |
| 1000 Metres | 2:40.26 | Lesley Kiernan | 9-Aug-57 | U20 | Crystal Pal | 13th Sept 1974 |
| 2000 Metres | 5:46.54 | Una English | 14-Aug-70 | U23 | Crystal Pal | 10th July 1992 |
| One Mile | 4:33.01 | Una English | 14-Aug-70 | U23 | Sheffield | 14th Aug 1992 |
| Two Miles | 9:38.92 | Una English | 14-Aug-70 | U23 | Cork, IRE | 27th June 1998 |

Other Senior Records (cont.)

| | | | | | |
|---|----------------|--------------------------|------------------|-----------------------|-------------------------------|
| 10k Road | 33:03 | Faye Fullerton | 31-May-84 | Bristol | 10th May 2010 |
| 10 Miles Road | 55:16 | Faye Fullerton | 31-May-84 | Leeds | 25th Oct 2015 |
| Half Marathon | 1:13.38 | Lauren Reed | 27-Mar-84 | W35 Wokingham | 25th Feb 2024 |
| 20 Miles | 2:02.47 | Debbie Appleton/Sullivan | 13-Feb-72 | Ruislip | 13th March 2005 |
| 60 Metres Hurdles | 8.5i | Lynne Ilott (8.57i) | 16-Jun-49 | Cosford Cosford | 9th Feb 1974 1st Feb 1975) |
| | 8.51i | Paris King | 22-Nov-05 | U20 Lee Valley | 4th Feb 2023 |
| 200 Metres Hurdles | 30.4 | Lynne Ilott | 16-Jun-49 | | 20th Feb 1980 |
| 300 Metres Hurdles | 41.60 | Stephanie Okoro | 22-Apr-06 | U17 Derby | 25th Sep 2021 |
| 1500m Steeplechase | 5:06.35 | Natalie Sewell | 10-Dec-04 | U20 Woodford | 19th Aug 2023 |
| Pentathlon (Indoor with 800m) | 4093 pts | Zoe Hughes | 1-Feb-98 | U20 New York, USA | 25th Feb 2017 |
| | | 60m hurdles | 8.71s | | |
| | | High Jump | 1.65m | | |
| | | Shot Putt | 12.07m | | |
| | | Long Jump | 6.07m | | |
| | | 800m | 2:21.62 | | |
| Pentathlon (Small Hall Indoor with 60m) | 3784 pts | Kate Brewington | 15-Oct-81 | U23 Bedford | 14th Jan 2002 |
| | | 60m Hurdles | 8.87 | | |
| | | Long Jump | 5.60m | | |
| | | 60m | 7.96 | | |
| | | High Jump | 1.63m | | |
| | | Shot Putt | 10.52m | | |