

Junior/Under 20 Women (as at 30th September 2021)

100 Metres

1		Lucy Sargent	11.65	U17	14 th July 2005
2		Modupe Shokunbi	11.97	U17	11 th July 2014
3		Fiona Page	12.0	U17	11 th June 1988
			(12.02)	U17	5 th August 1988)
4		Linda Smith	12.1		5 th July 1980
5	=	Pat Shiels	12.2		1970
5	=	Debbie Showler	12.2	U17	29 th June 1974
5	=	Claudine Leger	12.2	U17	6 th August 1995
8		Karis Thomas	12.22	U17	31st July 2021
9	=	Beryl Ficken	12.3y		24th July 1962
9	=	Jacqueline Gray	12.3y	U17	18 th August 1962

Wind Assisted Marks

		Modupe Shokunbi	11.78		30 th August 2014
		Fiona Page	11.81		14 th June 1989
		Debbie Showler	12.1		5 th July 1975
		Tayllah Barton-Conde	12.21	U17	11 th May 2019
		Karis Thomas	12.21	U17	7th August 2021
		Esther Agnimel	12.28		28th August 2021

200 Metres

1		Lucy Sargent	23.78 ind	U17	20 th February 2005
			(23.93)	U17	29 th May 2004)
2		Fiona Page	24.64	U17	7 th August 1988
3		Modupe Shokunbi	24.9	U17	21 st June 2014
			(24.96)	U17	29 th June 2014)
4		Debbie Showler	25.0		29 th June 1975
5		Jillian Reynolds	25.1	U17	11 th July 1986
6		Zoe Hughes #	25.18		17 th July 2015
7		Frankie Calder	25.2	U17	16 th July 2006
8		Jade Kavanagh	25.22		6 th July 2019
9		Pat Shiels	25.4		25 th April 1970
10	=	Linda Smith	25.50	U17	2 nd June 1979
10	=	Tayllah Barton-Conde	25.5	U17	22 nd May 2019
10	=	Poppy Ellis	25.5	U17	7 th July 2019

Formerly known as Michelle

Wind Assisted Marks

		Lucy Sargent	23.6	U17	25 th July 2004
			(23.61)	U17	14 th August 2005)
		Pat Shiels	24.67		21 st July 1970
		Modupe Shokunbi	24.83		31 st August 2014
		Debbie Showler	24.9	U17	10 th August 1974
		Carolyn Wells	24.9	U17	30 th August 1980
		Karis Thomas	25.26	U17	20th September 2020
		Nicola Hill	25.40		10 th May 2009
		Olivia Boachie	25.48	U17	20th September 2020

400 Metres

1		Carolyn Wells	55.13	U17	23 rd August 1980
2		Jillian Reynolds	55.65	U17	4 th July 1987
3		Lesley Kiernan	56.0		5 th July 1975
4		Stephanie Okoro	56.38	U17	19th September 2021
5		Ruth Chettleburgh	56.7		18 th July 1975
6		Denise Kiernan	56.8		12 th August 1978
7		Susan Baxter	57.1	U17	1 st September 1979
8		Jade Kavanagh	57.46		9 th June 2019
9		Michelle Hughes	57.64 Indoor		17 th Jan 2015
			(57.8)	U17	21 st June 2014)
10		Nicola Hill	57.81		23 rd Aug 2009

800 Metres

1		Lesley Kiernan	2:02.8		2 nd September 1974
2		Denise Kiernan	2:04.95		3 rd June 1978
3		Anne Reason	2:08.4		19 th May 1985
4		Faye Fullerton	2:08.88		30 th May 2001
5		Carolyn Wells	2:09.7	U17	31 st May 1980
6		Lydia Hallam	2:11.02		16 th July 2014
7		Susan Baxter	2:11.46	U15	18 th August 1978
8		Katie Richardson	2:11.52		8 th July 2006
9		Megan Foley	2:11.54	U17	5 th July 2003
10		Una English	2:11.8		8 th August 1987

2020 updates in blue

2021 updates in red

1500 Metres

1	Anne Reason	4:19.29		7 th July 1985
2	Denise Kiernan	4:19.6		24 th June 1978
3	Faye Fullerton	4:20.22		6 th August 2003
4	Lesley Kiernan	4:24.8 Indoor		1 st February 1975
5	Lauren Deadman	4:28.3		21 st July 2002
6	Katie Richardson	4:29.39	U17	15 th August 2004
7	Megan Foley	4:30.24	U17	10 th July 2004
8	Lydia Hallam	4:30.3		27 th July 2013
		(4:30.80)		13 th August 2014)
9	Debbie Sullivan	4:30.8		22 nd July 1989
10	Una English	4:32.8	U17	27 th July 1985

3000 Metres

1	Anne Reason	9:37.9		13 th March 1985
2	Faye Fullerton	9:39.1		8 th August 2003
3	Denise Kiernan	9:41.8		7 th May 1978
4	Jessica Mitchell	9:40.86	U17	8 th July 2017
5	Kate O'Neill	9:47.88		14 th July 2018
6	Harriet Scott	9:56.6		24 th Sept 2005
7	Lauren Deadman	9:58.8		19 th May 2001
8	Georgie Sales	10:02.15 mx		9 th April 2008
9	Christine Brannon	10:03.6		31 st July 1971
10	Megan Foley	10:07.8	U17	25 th April 2004

100 Metres Hurdles

1	Zoe Hughes #	13.78		12 th April 2017
2	Chloe Van Wulven	14.5	U17	20 th June 2004
		(14.71)		7 th July 2006)
3	Kate Brewington	14.55		2 nd September 2000
4	Nicola Hill	14.79		30 th August 2009
5	Lisa Schofield	14.8		26 th May 2007
		(15.89)	U17	24 th July 2005)
6	Keeley Johnson	15.6	U17	18 th September 1983
7	Claire Brennan	15.7		14 th June 1998
8	Lucinda Bailey	15.73		14 th May 2016
9	Lauren Edgar-Hill	16.4		4 th Apr 2009
		(16.66)		9 th May 2009)
10	Sara Luck	16.7		26 th June 2004

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Wind Assisted or wind uncertain Marks

Chloe Van Wulven	14.44	U17	27 th June 2004
Lisa Schofield	15.32		7 th July 2007
Angela James	15.8		26 th July 2009
Sara Luck	16.58		25 th July 2004

400 Metres Hurdles

1	Denise Kiernan	59.9		6 th September 1978
2	Nicola Hill	60.14		31 st May 2009
3	Michelle Hughes	61.20		9 th August 2015
4	Felicity Clarke	63.66		10 th July 2010
5	Chloe Van Wulven	65.01		2 nd July 2006
6	= Ruth Chettleburgh	65.6		5 th July 1975
6	= Sara Luck	65.6		23 rd May 2004
8	Lisa Schofield	66.2		13 th May 2007
9	Claudine Neckles	66.4		7 th August 1993
10	Flip Bishop	66.7	U17	7 th September 1985

1500 Metres Steeplechase

1	Sydney Foley	5:25.3		27th June 2021
		(5:43.52)		1st August 2021)
2	Katie Richardson	5:28.0		16 th July 2006
3	Isabella Woods	5:36.0		2 nd August 2014

2000 Metres Steeplechase

1	Sydney Foley	7:36.77		28th August 2021
2	Isabella Woods	7:57.43		9 th May 2015

High Jump

1		Linda Knowles	1.73m	U17	14 th September 1962
2	=	Keeley Johnson	1.70m	U17	10 th September 1983
2	=	Chloe Van Wulven	1.70m	U17	29 th June 2003
2	=	Michelle Hughes	1.70m	U17	20 th September 2014
5		Bethan Siddons	1.66m	U17	10 th September 2006
6		Kay Morris	1.65m	U17	20 th May 1979
7	=	Kate Brewington	1.64m		12 th August 2000
7	=	Mayi Hughes	1.64m	U17	2 nd July 2017
9		Sara Luck	1.63m	U17	25 th August 2003
10	=	Iris McCormack	1.62m		1974
10	=	Katie O'Sullivan	1.62m	U17	8 th June 2002
10	=	Cynthia Asiegbu	1.62m	U15	23 rd June 2019

Long Jump

1		Zoe Hughes #	6.07m ind (5.99m)		25 th Feb 2017 5 th June 2016)
2		Lucy Sargent	5.75m	U17	16 th May 2004
3		Christina Castling	5.73m	U17	9 th June 1979
4		Mayi Hughes	5.72m		13 th April 2019
5		Stephanie Okoro	5.71m	U17	12th September 2021
6		Kate Brewington	5.70m		20 th August 2000
7		Helen Bush	5.60m		12 th July 1985
8		Lisa Vincent	5.59m		25 th April 1992
9		Susan Harries	5.53m	U17	25 th August 1986
10		Jackie Selby	5.51m	U17	1972

Wind Assisted Marks

		Stephanie Okoro	5.91m	U17	28th August 2021
		Kirsty Smith	5.59m		26 th August 2006
		Christina Kalejaiye	5.55m	U17	11 th September 2004

Formerly known as Michelle

Triple Jump

1		Mayi Hughes	12.52m		13 th April 2019
2		Kirsty Smith	11.83m		22 nd July 2006
3		Lisa Vincent	11.06m		7 th August 1993
4		Ella Lindsay	10.91m	U17	5 th July 2014
5		Bethany Chambers	10.74m	U15	30 th August 2010
6		Corrina Keevil	10.60m		23 rd May 1999
7		Olatomiwa Sanwo	10.56m		13 th April 2019
8		Lynsey Clark	10.45m		15 th May 2004
9		Bethan Siddons	10.29m	U17	10 th September 2006
10		Michelle Hughes	10.28m	U17	28 st April 2013

Wind Assisted Marks

		Bethan Siddons	10.69m	U17	20 th August 2006
		Lynsey Clark	10.57m		19 th June 2005

Pole Vault

1		Mercy Gutteridge	3.50m Indoor (3.30m)		28 th February 2015 15 th June 2014)
2		Jessie Collier	2.75m	U15	8 th July 2018
3		Angela James	2.55m	U17	28 th July 2007
4		Danielle Ross	2.40m		30 th August 2004
5	=	Hannah Gamester	2.30m		14 th July 2001
5	=	Katie Ennis	2.30m	U17	20th June 2021
7	=	Sue Deboos	2.10m		20 th August 2000
7	=	Alice Atkins	2.10m	U15	30 th July 2017
9	=	Freya Long	2.10m	U15	7 th July 2019
10	=	Katie O'Sullivan	2.00m		22 nd May 2005
10	=	Chloe Van Wulven	2.00m		7 th May 2006
10	=	Annie Grannell	2.00m	U15	17 th June 2018

Shot Putt 4.0kg

1		Zoe Hughes #	12.73 ind (11.93m)		10 th March 2017 7 th May 2017)
2		Chimdi Okpalauko	11.63m		4 th August 2018
3		Melanie Harrison	11.56m		31 st July 2004
4		Alexandrea Adeniji	11.33m	U17	29 th April 2018
5		Georgie Taylor	11.13m		25 th April 2015
6		Claudia Bernard	11.07m	U17	3 rd August 1980
7		Rachel Forder	10.88m Indoor (10.39m)	U17	13 th January 2013 13 th May 2012)

8		Omolola Kuponiyi	10.82m	U15	16 th September 2018
9		Janis Wilderspin	10.81m Indoor		1980
10	=	Deborah Knight	10.69m		16 th June 2013
10	=	Philippa Gill	10.69m		3 rd August 2019

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Discus 1.0kg

1		Rosanne Lister	49.42m		29 th August 1988
2		Georgie Taylor	48.84m		21 st June 2015
3		Rachel Forder	44.50m		19 th April 2014
4		Janis Wilderspin	43.46m		11 th June 1980
5		Alice Brown	41.91m	U17	13th September 2020
6		Melanie Harrison	41.45m		6 th June 2004
7		Lynsey Clark	40.90m	U17	11 th July 2003
8		Claudia Bernard	37.54m	U17	20 th June 1981
9		Jackie Hartshorn	37.38m		12 th June 1976
10		Sophie Baggs	36.86m		5 th May 2013

Javelin 600g – New Model Only 1999 Onwards

1		Kike Oniwinde	49.35m		16 th April 2011
2		Adelaide Thatcher-Gray	41.50m		25th April 2021
3		Deborah Knight	41.48m		19 th May 2012
3		Emma Christmas	39.45m		18 th September 2005
5		Kate Brewington	34.63m		3 rd September 2000
6		Emma Sharp	33.89m		18 th September 2016
7		Melanie Harrison	33.15m		18 th September 2004
8		Laura Coleman	32.98m		13 th August 2000
9		Zoe Hughes #	32.52m		13 th April 2017
10		Mayi Hughes	31.34m		29 th July 2018

Formerly known as Michelle

Hammer 4.0kg

1		Sarah Deacon	42.91m		8 th June 2002
2		Melanie Harrison	41.23m		23 rd May 2004
3		Amy Cox	30.46m		30 th May 2009
4		Philippa Gill	29.02m		20 th May 2018
5		Katherine Knight	27.88m		4 th June 2011
6		Selina Fasulo	25.59m		22 nd August 1999
7		Georgie Taylor	25.08m		31 th May 2015
8		Alexandrea Adeniji	25.03m	U17	14 th April 2018
9		Kate Herring	24.63m	U17	26 th June 1999
10		Rosanne Lister	24.48m	U17	1 st September 1985

Heptathlon

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

1		Zoe Hughes #	5444 Points		12 th / 13 th April 2017
2		Kate Brewington	4736 Points		2 nd /3 rd September 2000
3		Sara Luck	4032 Points		26 th /27 th June 2004
4		Lisa Vincent	3573 Points		27 th /28 th June 1992
5		Claire Brennan	2946 Points		26 th /27 th June 1998

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Heptathlon (Under 18)

100m Hurdles (76cms/2' 6"), High Jump, Shot Putt (3kg), 200m, Long Jump, Javelin (500gm), 800m

1		Michelle Hughes	5307 Points		23 rd / 24 th May 2015
2		Angela James	3495 Points		16 th / 17 th May 2009

Other Junior Records

4 x 100 Metres Relay	48.87	(U17)		5th September 2020
	Shalom Gbadebo, Karis Thomas, Paige Robinson, Aaliyah Payne			
4x200 Metres Relay	1:45.9	(U17)		6 th May 1979
	Team Unknown			
4x400 Metres Relay	3:59.5			23 rd May 2004
	Lauren McVicar (U17), Sara Luck, Katie Richardson (U17), Megan Foley (U17)			
(Note:	3:57.59			11 th September 2005)
	Harriet Scott, Robyn Delivett, Lucy Rodgers (2 nd claim), Lauren Clark			
Medley Relay 200, 200, 400, 800	4:09.7	(U17)		1987
	Fiona Page, Jenny Tiller, Jillian Reynolds, Debbie Sullivan			
3x800 Metres Relay	6:39.8	(U15)		13 th September 1978
	Giselle Oughton, Susan Baxter, Carolyn Wells (United Kingdom National Girls Record)			
4x800 Metres Relay	8:53.1	(U17)		24 th May 1980
	Giselle Oughton, Susan Baxter, Paula Peterson, Carolyn Wells (United Kingdom National Intermediate Record)			
60 metres =	Lucy Sargent	7.67 indoor	U17	28 th February 2004
60 metres =	Pat Shiels	7.7 indoor		30 th January 1970
150 metres	Lucy Sargent	18.3	U17	13 th March 2005
300 Metres	Lucy Sargent	38.7	U17	1 st August 2004
600 Metres	Anne Reason	1:32.9		24 th February 1985
1000 Metres	Lesley Kiernan	2:40.26		13 th September 1974
5000 Metres	Jessica Mitchell	17:02.05		23 rd June 2019
60 Metres Hurdles	Zoe Hughes #	8.71 indoor		25 th February 2017
200 Metres Hurdles	Denise Kiernan	30.5	U17	28 th July 1977
300 Metres Hurdles	Stephanie Okoro	41.60	U17	25th September 2021
Pentathlon (small hall)	Chloe Van Wulven	2948 Points		8 th January 2006
Long Jump		4.49m		
60 Metres		8.46s		
60 Metres Hurdles		9.43s		
High Jump		1.55m		
Shot Putt		5.11m		
Pentathlon (indoor)	Zoe Hughes #	4093 Points		25 th February 2017
60 Metres Hurdles		8.71s		
High Jump		1.65m		
Long Jump		6.07m		
Shot Putt		12.07m		
800 Metres		2:21.62		

Formerly known as Michelle