

Senior Women (as at 30th June 2025)

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 April 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-03	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

2025 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 April 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 April 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 April 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	54.36	ind	Stephanie Okoro	22-Apr-06	U20	Lee Valley	18th Jan 2025
			55.00		U20	Basingstoke	11th June 2023
5	54.9		Jillian Reynolds	12-Dec-70		Derby	1st Aug 1993
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	4:31.11mx	Maddie Barker	11-May-05	U23	Watford	25th June 2025
16	4:33.0	Sharon Jeffries	23-Feb-65	U17	Aldershot	19th July 1981
17	4:33.5	Elaine Haley	11-Apr-67	U23		26th June 1988
18	4:33.57	Kate O'Neill	23-Feb-01		Chelmsford	31st May 2025
19	4:34.8mx	Jessica Mitchell	14-May-01	U17	Hornchurch	9th April 2017
		4:36.21		U17	Stevenage	28th May 2017
20	4:36.1	Helen Ruffell	4-Apr-68	U17	Thurrock	13th July 1984

mx = Mixed Race

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	9:26.18	Kate O'Neill	23-Feb-01		Loughboro	18th May 2025
7	9:34.30	Debbie Sullivan	13-Feb-72		Birmingham	16th Aug 1997
8	9:35.07	Sara Luck	18-Nov-86		Watford	29th July 2009
9	9:37.9	Anne Reason	16-Jun-68		Harlow	13th Mar 1985
10	9:40.86	Jessica Mitchell	14-May-01	U17	Birmingham	8th July 2017
11	9:41.8	Denise Kiernan	27-Mar-61	U20	Hornchurch	7th May 1978
12	9:56.0	Lydia Hallam	26-Feb-97	U23	Battersea Park	19th Aug 2017
13	9:58.66 mx	Maddie Barker	11-May-05	U23	Watford	11th June 2025
		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 April 2008
18	10:07.8	Megan Foley	14-Apr-88	U17	Hendon	25th April 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

2025 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	16:19.2 mx	Kate O'Neill	23-Feb-01		Brentwood	11th June 2025
		16:55.24			Chelmsford	29th June 2025
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 April 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
5	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 April 2024
2	2:42.24	Debbie Sullivan/Appleton	13-Feb-72		London	17th April 2005
3	3:01.13	Robyn Matson	1-Mar-88		London	26th April 2015
4	3:09.09	Ginte Bailey	22-Sep-85		London	23rd April 2017
5	3:20.57	Kathy Knopp			Birmingham	19th Sept 1982
6	3:24.41	Megan Foley	14-Apr-88		London	21st April 2013
7	3:34.04	Clare Davies	24-Aug-86	W35	London	23rd April 2023
8	3:38.06	Jo Sullivan	15-Jul-73		London	23rd April 2006
9	3:34.51	Denise Harris	27-Sep-71	W35	London	13th April 2008
10	3:50.10	Tina Quinlivan	19-May-77	W35	London	13th April 2014
11	3:56.33	Lesley Felton	21-Mar-59	W50	London	26th April 2009
12	3:57.21	Linda Smith	25-Nov-53	W50	London	18th April 2004
13	3:57.32	Jane Hallam	3-Aug-67	W40	London	25th April 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 April 2021
3	13.78	+0.9	Lynne Ilott	16-Jun-49		Crystal Palace	20th July 1974
4	13.94	+1.8	Ruby Tillson	9-Sep-06	U20	Hornchurch	6th April 2025
4	13.99	+1.0	Chloe Williams	10-Sep-87		Woodford	14th Aug 2021
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	15.92	+0.8	Maggie Smith	29-Jun-08	U20	Bromley	27th April 2025
14	16.0		Pru Carter	4-May-50		Hornchurch	22nd June 1974
15	16.20	+0.8	Lucy Chapelhow	7-Dec-07	U20	Hornchurch	17th May 2025
15	16.4		Lauren Edgar-Hill	25-Dec-90	U20	Barking	4th April 2009
			16.66 -1.8		U20	Chelmsford	9th May 2009

2024 updates in blue

Formerly known as Michelle

2025 updates in red

16	16.52	+2.0	Felicity Clarke	28-Oct-92		Leigh	16th July 2017
17	16.7		Sara Luck	18-Nov-86	U20	Ipswich	26th June 2004
18	16.9		Lisa Vincent	23-Sep-74	U20		9th Aug 1992
19	17.0		Claire Edwards	6-Jan-75	U20		19th June 1993
21	17.04	+1.4	Nicola Peachey	31-Dec-93	U17	Bedford	27th June 2010

Formerly known as Michelle

Wind Assisted Marks

	13.6		Lynne Ilott	16-Jun-49		Crystal Palace	1st June 1974
	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
	15.41	+5.0	Maggie Smith	29-Jun-08	U20	Eton	25th May 2025
	15.8	+4.9	Angela James	29-Mar-92	U20	Barking	26th July 2009
	16.06	+5.0	Lucy Chapelhow	7-Dec-07	U20	Eton	25th May 2025
	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	65.24		Lucy Chapelhow	7-Dec-07	U20	Chelmsford	31st May 2025
8	65.4		Ruth Chettleburgh	17-Feb-57		Woodford	30th Aug 1980
9	65.5		Sara Sappinen	16-Sep-80	U23	Haringey	7th April 2001
10	65.6		Sara Luck	18-Nov-86	U20	Carshalton	23rd May 2004
11	65.66		Laura Bealey	24-Jan-86		Chelmsford	10th May 2009
12	66.2		Lisa Schofield	14-Aug-89	U20	Chelmsford	13th May 2007
	66.74				U20	Wigan	3rd June 2007
13	66.25		Claire Brennan	26-Dec-80		Chelmsford	11th Sept 2010
14	66.4		Claudine Neckles	23-Feb-76	U20		7th Aug 1993
15	66.7		Flip Bishop	8-Jan-70	U17	West London	7th Sept 1985
16	66.8		Susan Castling	17-Sep-64	U17	Hornchurch	13th July 1980
17=	67.4		Iris McCormack	22-Apr-56		Hornchurch	23rd June 1979
17=	67.4		Nicola Schofield	13-Sep-86	U17	Harrow	27th July 2003
19	67.5		Debbie Showler	30-Jun-58	U23	Hornchurch	30th June 1979
20=	68.0		Kay Morris	5-Oct-62	U17	Hull	29th July 1978
20=	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
18=	1.58m	Sophia Willson	22-Oct-07	U20	Hornchurch	17th May 2025
20=	1.56m	Helen McDonnell	19-Feb-89	U15	Chelmsford	19th Apr 2003
20=	1.56m	Angela James	29-Mar-92	U17	Southampton	20th July 2008
20=	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	5.79m +0.9	Alicia Fairmaner	19-Oct-07	U20	Chelmsford	31st May 2025
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	5.64m ind	Ruby Tillson	9-Sep-06	U20	Sheffield EIS	18th Jan 2025
		5.61m		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

2024 updates in blue

Formerly known as Michelle

2025 updates in red

4	11.49m	Susan Harries	9-Sep-70		Eton	12th Aug 1995
5	11.33m	Lisa Vincent	23-Sep-74	U23	Woodford	24th April 1994
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 April 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	10.25m	Jasmine Asmal	9-Jun-10	U17	Chelmsford	14th June 2025
17	10.19m	Nicola Hill	1-Feb-91	U17	Kingston	12th Aug 2006
18	10.12m	Louise Lear	4-Jun-98	U17	Sandy	1st June 2014
19	10.11m	Tomi Akingbade	23-Jan-97	U17	Southend	26th Aug 2013
20	10.08m	Charlotte Fransham	24-Nov-01	U17	Luton	30th April 2017

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 April 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 April 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 April 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 April 2018
8	11.13m	Georgie Taylor	25-Nov-96	U20	Ipswich	25th April 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

2024 updates in blue

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2025 updates in red

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 April 2011

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	5 th May 2013
11	36.50m	Linda Ford	17-Jan-51		Haringey	16th April 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 April 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 April 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 April 2022
6	41.48m	Deborah Knight	13-Dec-94	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 April 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 April 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

Note: Javelin Old Model pre-1999

51.50	Pru French/Carter	4-May-50	U23	Chelmsford	9th July 1972
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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

2024 updates in blue

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12	25.50m	Eboni Roach	2-Apr-09	U17	Woodford	17th Aug 2024
13	25.03m	Alexandrea Adeniji	18-Apr-02	U17	Ipswich	14th April 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
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, Stephanie Osuala, Olivia Boachie, Cassie Campbell (U20 Team)				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 Team) (United Kingdom National Girls Record)			Hornchurch	13th Sept 1978	
4x800 Metres Relay						
8:53.1	Giselle Oughton, Susan Baxter, Paula Peterson, Carolyn Wells (U17 Team) (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	

Other Senior Records (cont.)

Two Miles	9:38.92	Una English	14-Aug-70	U23	Cork, IRE	27th June 1998
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	16-Jun-49		Cosford	9th Feb 1974
		(8.57i			Cosford	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			