

Junior/Under 20 Women (as at 30th September 2025)

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	Paris King	12.09	U17	27 th August 2022
5	Linda Smith	12.1		5 th July 1980
6	= Pat Shiels	12.2		1970
6	= Debbie Showler	12.2	U17	29 th June 1974
6	= Claudine Leger	12.2	U17	6 th August 1995
9	Karis Thomas	12.22	U17	31 st July 2021
10	Stephanie Okoro	12.28	U17	21 st August 2022

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	7 th August 2021
Esther Agnimel	12.28		28 th 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	Stephanie Okoro	25.07	U17	7 th August 2022
6	Jillian Reynolds	25.1	U17	11 th July 1986
7	Zoe Hughes #	25.18		17 th July 2015
8	Frankie Calder	25.2	U17	16 th July 2006
9	Jade Kavanagh	25.22		6 th July 2019
10	Cassie Campbell	25.29		9th June 2024

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
Stephanie Okoro	24.99		30 th April 2023
Karis Thomas	25.26	U17	20 th September 2020
Nicola Hill	25.40		10 th May 2009

400 Metres

1	Stephanie Okoro	54.36 Indoor		18th January 2025
		(55.00		11 th June 2023)
2	Carolyn Wells	55.13	U17	23 rd August 1980
3	Jillian Reynolds	55.65	U17	4 th July 1987
4	Lesley Kiernan	56.0		5 th July 1975
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	Olivia Boachie	57.15		14 th May 2022
9	Jade Kavanagh	57.46		9 th June 2019
10	Zoe Hughes #	57.64 Indoor		17 th Jan 2015
		(57.8	U17	21 st June 2014)

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

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	Maddie Barker	9:59.12 mx		9 th April 2023
		(10:03.51		29th May 2024)
9	Georgie Sales	10:02.15 mx		9 th April 2008
10	Christine Brannon	10:03.6		31 st July 1971

100 Metres Hurdles

1	Zoe Hughes #	13.78		12 th April 2017
2	Ruby Tillson	13.94		6th April 2025
3	Paris King	14.45		16 th July 2023
4	Chloe Van Wulven	14.5	U17	20 th June 2004
		(14.71		7 th July 2006)
5	Kate Brewington	14.55		2 nd September 2000
6	Nicola Hill	14.79		30 th August 2009
7	Lisa Schofield	14.8		26 th May 2007
		(15.89	U17	24 th July 2005)
8	Keeley Johnson	15.6	U17	18 th September 1983
9	Claire Brennan	15.7		14 th June 1998
10	Lucinda Bailey	15.73		14 th May 2016

Wind Assisted or wind uncertain marks

Chloe Van Wulven	14.44	U17	27 th June 2004
Lisa Schofield	15.32		7 th July 2007
Maggie Smith	15.41		26th May 2025

400 Metres Hurdles

1	Stephanie Okoro	58.19		9 th August 2023
2	Denise Kiernan	59.9		6 th September 1978
3	Nicola Hill	60.14		31 st May 2009
4	Zoe Hughes #	61.20		9 th August 2015
5	Felicity Clarke	63.66		10 th July 2010
6	Chloe Van Wulven	65.01		2 nd July 2006
7	Lucy Chapelhow	65.24		31st May 2025
8	= Ruth Chettleburgh	65.6		5 th July 1975
8	= Sara Luck	65.6		23 rd May 2004
10	Lisa Schofield	66.2		13 th May 2007

1500 Metres Steeplechase

1	Natalie Sewell	5:06.35		19 th August 2023
2	Sydney Foley	5:25.3		27 th June 2021
		(5:43.52		1 st August 2021)
3	Poppy Vines	5:25.67	U17	5th July 2025
4	Katie Richardson	5:28.0		16 th July 2006
5	Orla Friel	5:30.34	U17	22nd June 2025
6	Isabella Woods	5:36.0		2 nd August 2014
7	Grace Tilson	6:21.16	U17	25th May 2025

2000 Metres Steeplechase

1	Sydney Foley	7:36.77		28 th August 2021
2	Natalie Sewell	7:42.55		16 th July 2022
3	Isabella Woods	7:57.43		9 th May 2015

High Jump

1		Ruby Tillson	1.80m		15th September 2024
2		Linda Knowles	1.73m	U17	14 th September 1962
3	=	Keeley Johnson	1.70m	U17	10 th September 1983
3	=	Chloe Van Wulven	1.70m	U17	29 th June 2003
3	=	Zoe Hughes #	1.70m	U17	20 th September 2014
6		Bethan Siddons	1.66m	U17	10 th September 2006
7		Kay Morris	1.65m	U17	20 th May 1979
8	=	Kate Brewington	1.64m		12 th August 2000
8	=	Mayi Hughes	1.64m	U17	2 nd July 2017
10		Sara Luck	1.63m	U17	25 th August 2003

Long Jump

1		Zoe Hughes #	6.07m ind (5.99m)		25 th Feb 2017 5 th June 2016)
2		Alicia Fairmaner	5.94m (5.80m +1.6)		13th September 2025 5th July 2025)
3		Lucy Sargent	5.75m	U17	16 th May 2004
4		Christina Castling	5.73m	U17	9 th June 1979
5		Mayi Hughes	5.72m		13 th April 2019
6		Stephanie Okoro	5.71m	U17	12 th September 2021
7		Kate Brewington	5.70m		20 th August 2000
8		Ruby Tillson	5.64m ind (5.61m)		18th January 2025 11th May 2024)
9		Helen Bush	5.60m		12 th July 1985
10		Lisa Vincent	5.59m		25 th April 1992

Wind Assisted Marks

	Stephanie Okoro	5.91m	U17	28 th August 2021
	Alicia Fairmaner	5.82m		26th July 2025
	Kirsty Smith	5.59m		26 th August 2006

Triple Jump

1		Mayi Hughes	12.52m		13 th April 2019
2		Kirsty Smith	11.83m		22 nd July 2006
3		Miriam Adebayo	11.18m	U17	13 th August 2022
4		Lisa Vincent	11.06m		7 th August 1993
5		Ella Lindsay	10.91m	U17	5 th July 2014
6		Bethany Chambers	10.74m	U15	30 th August 2010
7		Corrina Keevil	10.60m		23 rd May 1999
8		Stephanie Osuala	10.58m		15th September 2024
9		Olatomiwa Sanwo	10.56m		13 th April 2019
10		Lynsey Clark	10.45m		15 th May 2004

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		Scarlett Woods	2.52m	U17	28th July 2024
5		Danielle Ross	2.40m		30 th August 2004
6	=	Hannah Gamester	2.30m		14 th July 2001
6	=	Katie Ennis	2.30m	U17	20 th June 2021
6	=	Faith Wicks	2.30m	U17	30 th April 2023
9	=	Sue Deboos	2.10m		20 th August 2000
9	=	Alice Atkins	2.10m	U15	30 th July 2017
9	=	Freya Long	2.10m	U15	7 th July 2019

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		Eboni Roach	11.10m	U17	15th June 2024
7		Claudia Bernard	11.07m	U17	3 rd August 1980
8		Rachel Forder	10.88m Indoor (10.39m)	U17	13 th January 2013 13 th May 2012)
9		Omolola Kuponiya	10.82m	U15	16 th September 2018
10		Janis Wilderspin	10.81m Indoor		1980

2024 updates in blue

Formerly known as Michelle

2025 updates in red

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	13 th 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		25 th April 2021
3	Deborah Knight	41.48m		19 th May 2012
4	Emma Christmas	39.45m		18 th September 2005
5	Ruby Tillson	35.40m		22nd September 2024
6	Kate Brewington	34.63m		3 rd September 2000
7	Emma Sharp	33.89m		18 th September 2016
8	Lucy Quinlan	33.58m		1st June 2024
9	Melanie Harrison	33.15m		18 th September 2004
10	Laura Coleman	32.98m		13 th August 2000

Hammer 4.0kg

1	Sarah Deacon	42.91m		8 th June 2002
2	Melanie Harrison	41.23m		23 rd May 2004
3	Katie Ennis	36.94m		9 th July 2023
4	Amy Cox	30.46m		30 th May 2009
5	Philippa Gill	29.02m		20 th May 2018
7	Katherine Knight	27.88m		4 th June 2011
8	Lila Chapelhow	27.22m		14th September 2025
9	Selina Fasulo	25.59m		22 nd August 1999
10	Eboni Roach	25.50m	U17	17th August 2024

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

1	Zoe Hughes #	5444 Points		12 th / 13 th April 2017
		13.78, 1.60m, 11.77m, 25.19, 5.99m, 32.52m, 2:20.75		
2	Ruby Tillson	5128 Points		22nd / 23rd June 2024
		14.6, 1.77m, 9.32m, 26.0, 5.56m, 33.71m, 2:21.8		
3	Kate Brewington	4736 Points		2 nd /3 rd September 2000
		14.55, 1.60m, 9.07m, 26.43, 5.42m, 34.63m, 2:35.34		
4	Sara Luck	4032 Points		26 th /27 th June 2004
		16.7, 1.57m, 8.16m, 27.4, 4.52m, 25.43m, 2:19.1		
5	Lisa Vincent	3573 Points		27 th /28 th June 1992
6	Claire Brennan	2946 Points		26 th /27 th June 1998
		17.9, 1.53m, 6.63m, 29.5, 4.42m, 17.46m, 3:01.0		

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
		14.15, 1.70m, 11.92m, 25.26, 5.65m, 29.63m, 2:24.64		
2	Angela James	3495 Points		16 th / 17 th May 2009
		16.06w, 1.48m, 7.24m, 28.51w, 4.70m, 26.95m, 3:01.70		

Other Junior Records

4 x 100 Metres Relay

47.69

Stephanie Okoro, Stephanie Osuala, Olivia Boachie, Cassie Campbell

25th August 2024

4x200 Metres Relay	1:45.9	(U17)	Team Unknown	6 th May 1979
4x400 Metres Relay	3:59.5		Lauren McVicar (U17), Sara Luck, Katie Richardson (U17), Megan Foley (U17)	23 rd May 2004
(Note:	3:57.59		Harriet Scott, Robyn Delivett, Lucy Rodgers (2 nd claim), Lauren Clark	11 th September 2005)
Medley Relay 200, 200, 400, 800	4:09.7	(U17)	Fiona Page, Jenny Tiller, Jillian Reynolds, Debbie Sullivan	1987
3x800 Metres Relay	6:39.8	(U15)	Giselle Oughton, Susan Baxter, Carolyn Wells (United Kingdom National Girls Record)	13 th September 1978
4x800 Metres Relay	8:53.1	(U17)	Giselle Oughton, Susan Baxter, Paula Peterson, Carolyn Wells (United Kingdom National Intermediate Record)	24 th May 1980
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	Paris King	8.51 indoor		4 th February 2023
200 Metres Hurdles	Denise Kiernan	30.5	U17	28 th July 1977
300 Metres Hurdles	Stephanie Okoro	41.60	U17	25 th 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		