

## Junior/Under 20 Women (as at 30<sup>th</sup> September 2024)

### 100 Metres

1	Lucy Sargent	11.65	U17	14 <sup>th</sup> July 2005
2	Modupe Shokunbi	11.97	U17	11 <sup>th</sup> July 2014
3	Fiona Page	12.0 (12.02)	U17	11 <sup>th</sup> June 1988 5 <sup>th</sup> August 1988)
4	Paris King	12.09	U17	27 <sup>th</sup> August 2022
5	Linda Smith	12.1		5 <sup>th</sup> July 1980
6	= Pat Shiels	12.2		1970
6	= Debbie Showler	12.2	U17	29 <sup>th</sup> June 1974
6	= Claudine Leger	12.2	U17	6 <sup>th</sup> August 1995
9	Karis Thomas	12.22	U17	31 <sup>st</sup> July 2021
10	Stephanie Okoro	12.28	U17	21 <sup>st</sup> August 2022

### Wind Assisted Marks

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

### 200 Metres

1	Lucy Sargent	23.78 ind (23.93)	U17	20 <sup>th</sup> February 2005 29 <sup>th</sup> May 2004)
2	Fiona Page	24.64	U17	7 <sup>th</sup> August 1988
3	Modupe Shokunbi	24.9 (24.96)	U17	21 <sup>st</sup> June 2014 29 <sup>th</sup> June 2014)
4	Debbie Showler	25.0		29 <sup>th</sup> June 1975
5	Stephanie Okoro	25.07	U17	7 <sup>th</sup> August 2022
6	Jillian Reynolds	25.1	U17	11 <sup>th</sup> July 1986
7	Zoe Hughes #	25.18		17 <sup>th</sup> July 2015
8	Frankie Calder	25.2	U17	16 <sup>th</sup> July 2006
9	Jade Kavanagh	25.22		6 <sup>th</sup> July 2019
10	<b>Cassie Campbell</b>	<b>25.29</b>		<b>9<sup>th</sup> June 2024</b>

### Wind Assisted Marks

Lucy Sargent	23.6 (23.61)	U17		25 <sup>th</sup> July 2004 14 <sup>th</sup> August 2005)
Pat Shiels	24.67			21 <sup>st</sup> July 1970
Modupe Shokunbi	24.83			31 <sup>st</sup> August 2014
Debbie Showler	24.9	U17		10 <sup>th</sup> August 1974
Carolyn Wells	24.9	U17		30 <sup>th</sup> August 1980
<b>Stephanie Okoro</b>	<b>24.99</b>			<b>30<sup>th</sup> April 2023</b>
Karis Thomas	25.26	U17		20 <sup>th</sup> September 2020
Nicola Hill	25.40			10 <sup>th</sup> May 2009

### 400 Metres

1	<b>Stephanie Okoro</b>	<b>55.00</b>		<b>11<sup>th</sup> June 2023</b>
2	Carolyn Wells	55.13	U17	23 <sup>rd</sup> August 1980
3	Jillian Reynolds	55.65	U17	4 <sup>th</sup> July 1987
4	Lesley Kiernan	56.0		5 <sup>th</sup> July 1975
5	Ruth Chettleburgh	56.7		18 <sup>th</sup> July 1975
6	Denise Kiernan	56.8		12 <sup>th</sup> August 1978
7	Susan Baxter	57.1	U17	1 <sup>st</sup> September 1979
8	Olivia Boachie	57.15		14 <sup>th</sup> May 2022
9	Jade Kavanagh	57.46		9 <sup>th</sup> June 2019
10	Zoe Hughes #	57.64 Indoor (57.8)	U17	17 <sup>th</sup> Jan 2015 21 <sup>st</sup> June 2014)

### 800 Metres

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

**1500 Metres**

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

**3000 Metres**

1	Anne Reason	9:37.9		13 <sup>th</sup> March 1985
2	Faye Fullerton	9:39.1		8 <sup>th</sup> August 2003
3	Denise Kiernan	9:41.8		7 <sup>th</sup> May 1978
4	Jessica Mitchell	9:40.86	U17	8 <sup>th</sup> July 2017
5	Kate O'Neill	9:47.88		14 <sup>th</sup> July 2018
6	Harriet Scott	9:56.6		24 <sup>th</sup> Sept 2005
7	Lauren Deadman	9:58.8		19 <sup>th</sup> May 2001
<b>8</b>	<b>Maddie Barker</b>	<b>9:59.12 mx</b>		<b>9<sup>th</sup> April 2023</b>
		<b>(10:03.51</b>		<b>29<sup>th</sup> May 2024)</b>
9	Georgie Sales	10:02.15 mx		9 <sup>th</sup> April 2008
10	Christine Brannon	10:03.6		31 <sup>st</sup> July 1971

**100 Metres Hurdles**

1	Zoe Hughes #	13.78		12 <sup>th</sup> April 2017
<b>2</b>	<b>Ruby Tillson</b>	<b>14.18</b>		<b>3<sup>rd</sup> August 2024</b>
<b>3</b>	<b>Paris King</b>	<b>14.45</b>		<b>16<sup>th</sup> July 2023</b>
4	Chloe Van Wulven	14.5	U17	20 <sup>th</sup> June 2004
		(14.71		7 <sup>th</sup> July 2006)
5	Kate Brewington	14.55		2 <sup>nd</sup> September 2000
6	Nicola Hill	14.79		30 <sup>th</sup> August 2009
7	Lisa Schofield	14.8		26 <sup>th</sup> May 2007
		(15.89	U17	24 <sup>th</sup> July 2005)
8	Keeley Johnson	15.6	U17	18 <sup>th</sup> September 1983
9	Claire Brennan	15.7		14 <sup>th</sup> June 1998
10	Lucinda Bailey	15.73		14 <sup>th</sup> May 2016

**Wind Assisted or wind uncertain marks**

	<b>Ruby Tillson</b>	<b>14.04</b>		<b>1<sup>st</sup> June 2024</b>
	Chloe Van Wulven	14.44	U17	27 <sup>th</sup> June 2004
	Lisa Schofield	15.32		7 <sup>th</sup> July 2007

**400 Metres Hurdles**

<b>1</b>	<b>Stephanie Okoro</b>	<b>58.19</b>		<b>9<sup>th</sup> August 2023</b>
2	Denise Kiernan	59.9		6 <sup>th</sup> September 1978
3	Nicola Hill	60.14		31 <sup>st</sup> May 2009
4	Zoe Hughes #	61.20		9 <sup>th</sup> August 2015
5	Felicity Clarke	63.66		10 <sup>th</sup> July 2010
6	Chloe Van Wulven	65.01		2 <sup>nd</sup> July 2006
7	= Ruth Chettleburgh	65.6		5 <sup>th</sup> July 1975
7	= Sara Luck	65.6		23 <sup>rd</sup> May 2004
9	Lisa Schofield	66.2		13 <sup>th</sup> May 2007
10	Claudine Neckles	66.4		7 <sup>th</sup> August 1993

**1500 Metres Steeplechase**

<b>1</b>	<b>Natalie Sewell</b>	<b>5:06.35</b>		<b>19<sup>th</sup> August 2023</b>
2	Sydney Foley	5:25.3		27 <sup>th</sup> June 2021
		(5:43.52		1 <sup>st</sup> August 2021)
3	Katie Richardson	5:28.0		16 <sup>th</sup> July 2006
4	Isabella Woods	5:36.0		2 <sup>nd</sup> August 2014

**2000 Metres Steeplechase**

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

**High Jump**

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

**Long Jump**

1		Zoe Hughes #	6.07m ind (5.99m)		25 <sup>th</sup> Feb 2017 5 <sup>th</sup> June 2016)
2	=	Lucy Sargent	5.75m	U17	16 <sup>th</sup> May 2004
2	=	<b>Alicia Fairman</b>	<b>5.75m</b>	<b>U17</b>	<b>8<sup>th</sup> June 2024</b>
4		Christina Castling	5.73m	U17	9 <sup>th</sup> June 1979
5		Mayi Hughes	5.72m		13 <sup>th</sup> April 2019
6		Stephanie Okoro	5.71m	U17	12 <sup>th</sup> September 2021
7		Kate Brewington	5.70m		20 <sup>th</sup> August 2000
8		<b>Ruby Tillson</b>	<b>5.61m</b>		<b>11<sup>th</sup> May 2024</b>
9		Helen Bush	5.60m		12 <sup>th</sup> July 1985
10		Lisa Vincent	5.59m		25 <sup>th</sup> April 1992

**Wind Assisted Marks**

		Stephanie Okoro	5.91m	U17	28 <sup>th</sup> August 2021
		Kirsty Smith	5.59m		26 <sup>th</sup> August 2006

**Triple Jump**

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

**Wind Assisted Marks**

		Bethan Siddons	10.69m	U17	20 <sup>th</sup> August 2006
		Lynsey Clark	10.57m		19 <sup>th</sup> June 2005

**Pole Vault**

1		Mercy Gutteridge	3.50m Indoor (3.30m)		28 <sup>th</sup> February 2015 15 <sup>th</sup> June 2014)
2		Jessie Collier	2.75m	U15	8 <sup>th</sup> July 2018
3		Angela James	2.55m	U17	28 <sup>th</sup> July 2007
4		<b>Scarlett Woods</b>	<b>2.52m</b>	<b>U17</b>	<b>28<sup>th</sup> July 2024</b>
5		Danielle Ross	2.40m		30 <sup>th</sup> August 2004
6	=	Hannah Gamester	2.30m		14 <sup>th</sup> July 2001
6	=	Katie Ennis	2.30m	U17	20 <sup>th</sup> June 2021
6	=	<b>Faith Wicks</b>	<b>2.30m</b>	<b>U17</b>	<b>30<sup>th</sup> April 2023</b>
9	=	Sue Deboos	2.10m		20 <sup>th</sup> August 2000
9	=	Alice Atkins	2.10m	U15	30 <sup>th</sup> July 2017
9	=	Freya Long	2.10m	U15	7 <sup>th</sup> July 2019

**Shot Putt 4.0kg**

1		Zoe Hughes #	12.73 ind (11.93m)		10 <sup>th</sup> March 2017 7 <sup>th</sup> May 2017)
2		Chimdi Okpalauko	11.63m		4 <sup>th</sup> August 2018
3		Melanie Harrison	11.56m		31 <sup>st</sup> July 2004
4		Alexandrea Adeniji	11.33m	U17	29 <sup>th</sup> April 2018
5		Georgie Taylor	11.13m		25 <sup>th</sup> April 2015
6		<b>Eboni Roach</b>	<b>11.10m</b>	<b>U17</b>	<b>15<sup>th</sup> June 2024</b>
7		Claudia Bernard	11.07m	U17	3 <sup>rd</sup> August 1980
8		Rachel Forder	10.88m Indoor (10.39m)	U17	13 <sup>th</sup> January 2013 13 <sup>th</sup> May 2012)
9		Omolola Kuponiyi	10.82m	U15	16 <sup>th</sup> September 2018
10		Janis Wilderspin	10.81m Indoor		1980

**Discus 1.0kg**

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

**Javelin 600g – New Model Only 1999 Onwards**

1	Kike Oniwinde	49.35m		16 <sup>th</sup> April 2011
2	Adelaide Thatcher-Gray	41.50m		25 <sup>th</sup> April 2021
3	Deborah Knight	41.48m		19 <sup>th</sup> May 2012
4	Emma Christmas	39.45m		18 <sup>th</sup> September 2005
5	<b>Ruby Tillson</b>	<b>35.40m</b>		<b>22<sup>nd</sup> September 2024</b>
6	Kate Brewington	34.63m		3 <sup>rd</sup> September 2000
7	Emma Sharp	33.89m		18 <sup>th</sup> September 2016
8	<b>Lucy Quinlan</b>	<b>33.58m</b>		<b>1<sup>st</sup> June 2024</b>
9	Melanie Harrison	33.15m		18 <sup>th</sup> September 2004
10	Laura Coleman	32.98m		13 <sup>th</sup> August 2000

**Hammer 4.0kg**

1	Sarah Deacon	42.91m		8 <sup>th</sup> June 2002
2	Melanie Harrison	41.23m		23 <sup>rd</sup> May 2004
3	<b>Katie Ennis</b>	<b>36.94m</b>		<b>9<sup>th</sup> July 2023</b>
4	Amy Cox	30.46m		30 <sup>th</sup> May 2009
5	Philippa Gill	29.02m		20 <sup>th</sup> May 2018
7	Katherine Knight	27.88m		4 <sup>th</sup> June 2011
8	Selina Fasulo	25.59m		22 <sup>nd</sup> August 1999
9	<b>Eboni Roach</b>	<b>25.50m</b>	U17	<b>17<sup>th</sup> August 2024</b>
10	Georgie Taylor	25.08m		31 <sup>st</sup> May 2015

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

1	Zoe Hughes #	5444 Points		12 <sup>th</sup> / 13 <sup>th</sup> April 2017
		13.78, 1.60m, 11.77m, 25.19,		
		5.99m, 32.52m, 2:20.75		
2	<b>Ruby Tillson</b>	<b>5128 Points</b>		<b>22<sup>nd</sup> / 23<sup>rd</sup> June 2024</b>
		<b>14.6, 1.77m, 9.32m, 26.0,</b>		
		<b>5.56m, 33.71m, 2:21.8</b>		
3	Kate Brewington	4736 Points		2 <sup>nd</sup> /3 <sup>rd</sup> September 2000
		14.55, 1.60m, 9.07m, 26.43,		
		5.42m, 34.63m, 2:35.34		
4	Sara Luck	4032 Points		26 <sup>th</sup> /27 <sup>th</sup> June 2004
		16.7, 1.57m, 8.16m, 27.4,		
		4.52m, 25.43m, 2:19.1		
5	Lisa Vincent	3573 Points		27 <sup>th</sup> /28 <sup>th</sup> June 1992
6	Claire Brennan	2946 Points		26 <sup>th</sup> /27 <sup>th</sup> 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 <sup>rd</sup> / 24 <sup>th</sup> May 2015
		14.15, 1.70m, 11.92m, 25.26,		
		5.65m, 29.63m, 2:24.64		
2	Angela James	3495 Points		16 <sup>th</sup> / 17 <sup>th</sup> May 2009
		16.06w, 1.48m, 7.24m,		
		28.51w, 4.70m, 26.95m,		
		3:01.70		

**Other Junior Records**

<b>4 x 100 Metres Relay</b>	<b>47.69</b>			<b>25<sup>th</sup> August 2024</b>
	<b>Stephanie Okoro, Stephanie Osuala, Olivia Boachie, Cassie Campbell</b>			
4x200 Metres Relay	1:45.9	(U17)		6 <sup>th</sup> May 1979
	Team Unknown			
4x400 Metres Relay	3:59.5			23 <sup>rd</sup> May 2004
	Lauren McVicar (U17), Sara Luck, Katie Richardson (U17), Megan Foley (U17)			
(Note:	3:57.59			11 <sup>th</sup> September 2005)
	Harriet Scott, Robyn Delivett, Lucy Rodgers (2 <sup>nd</sup> 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 <sup>th</sup> September 1978
	Giselle Oughton, Susan Baxter, Carolyn Wells (United Kingdom National Girls Record)			
4x800 Metres Relay	8:53.1	(U17)		24 <sup>th</sup> May 1980
	Giselle Oughton, Susan Baxter, Paula Peterson, Carolyn Wells (United Kingdom National Intermediate Record)			
60 metres =	Lucy Sargent	7.67 indoor	U17	28 <sup>th</sup> February 2004
60 metres =	Pat Shiels	7.7 indoor		30 <sup>th</sup> January 1970
150 metres	Lucy Sargent	18.3	U17	13 <sup>th</sup> March 2005
300 Metres	Lucy Sargent	38.7	U17	1 <sup>st</sup> August 2004
600 Metres	Anne Reason	1:32.9		24 <sup>th</sup> February 1985
1000 Metres	Lesley Kiernan	2:40.26		13 <sup>th</sup> September 1974
5000 Metres	Jessica Mitchell	17:02.05		23 <sup>rd</sup> June 2019
<b>60 Metres Hurdles</b>	<b>Paris King</b>	<b>8.51 indoor</b>		<b>4<sup>th</sup> February 2023</b>
200 Metres Hurdles	Denise Kiernan	30.5	U17	28 <sup>th</sup> July 1977
300 Metres Hurdles	Stephanie Okoro	41.60	U17	25 <sup>th</sup> September 2021
Pentathlon (small hall)	Chloe Van Wulven	2948 Points		8 <sup>th</sup> 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 <sup>th</sup> February 2017
60 Metres Hurdles		8.71s		
High Jump		1.65m		
Long Jump		6.07m		
Shot Putt		12.07m		
800 Metres		2:21.62		