

Senior Women

Track

2,000m	9:31.0	Sian Spacey	1	London University Champs., Motspur Pk.	26 Apr 1988
3,000m	14:40.9	Sian Spacey	1	Waltham Forest. <i>No other details known</i>	2 May 1988
5,000m	24:50.09	Sian Spacey	6	Horsham. <i>No other details known</i>	19 Jun 1994
10,000m	57:41.0	Anna Matthews U20	10	W.R.W.A. Champs., West London	25 Mar 1978

Indoor

1,000m	5:41.49	Maureen Noel	1	Middlesex Champs., Lee Valley	16 Mar 2013
3,000m	17:58.29	Maureen Noel	1	BMAF Champs., Lee Valley	10 Mar 2013

Road

5 kms	25:32	Sian Spacey	2	Battersea Pk. <i>No other details known</i>	11 Feb 1989
5 miles	44:06	Sian Spacey	1	Inter Club, Wimbledon	6 Oct 1990
6 miles	51:45	Sian Spacey	3	Chippenham to Calne	13 Oct 1990
10 kms	51:09	Sian Spacey	4	Douglas, IoM. <i>No other details known</i>	25 Jun 1994
11 kms	69:02	Sue Porter	1	Met. Police Open, Imber Court	9 Jan 1994
15 kms	82:14	Sian Spacey	2	National Champs., Leicester	13 May 1989
7 miles	59:27	Sian Spacey	1	Pewsey Cup, Calne	3 Dec 1989
10 miles	1:38:55	Maureen Noel	7	National Champs., Edmonton	21 Feb 2009
20 kms	2:03.14	Maureen Noel	1	Imber Court. <i>No other details known</i>	26 Feb 2004
30 kms	3:15:22	Maureen Noel	1	BMAF Champs., Nottingham	23 Aug 2008
50 kms	5:44:08	Maureen Noel	2	RWA & NARWA Champs., Stockton-on-Tees	27 Apr 2008

Under 20 Women

Track

2,000m	11:11.0	Rachael Parrott	2	MAFF Champs., Battersea Pk.	2 Sep 1985
3,000m	16:22.8	Anna Matthews		<i>No details known</i>	1978
5,000m	27:18.0	Linda Nicholls		<i>No details known</i>	1979
10,000m	57:41.0	Anna Matthews	10	W.R.W.A. Champs., West London	25 Mar 1978

Road

3 kms	15:48	Shirley Rook	5	City of London New Year's Walks	1 Jan 1978
		Anna Matthews	6	City of London New Year's Walks	1 Jan 1978
5 kms	27:40	Linda Nicholls U17	1	Southern Champs., Battersea Pk.	3 Mar 1979
10 kms	28:01	Anna Matthews		<i>No details known</i>	1978

Under 17 Women

Track

2,000m	11:11.0	Rachael Parrott	2	MAFF Champs., Battersea Pk.	2 Sep 1985
1,500m	8:21.1	Gail Porter	n/s	Midweek Lg., Southwark Pk.	4 Jul 1984
3,000m	16:31.0	Gail Porter	1	Battersea Pk.	8 May 1985
5,000m	28:50.2	Gail Porter	2	Brighton	30 Jun 1985

Road

3 kms	16:21	Gail Porter	14	English Schools, Keswick	4 May 1985
5 kms	27:40	Linda Nicholls	1	Southern Champs., Battersea Pk.	3 Mar 1979
10 kms	58:51	Linda Nicholls	1	Ilford Open, Ilford	24 Dec 1978

Under 15 Girls**Track**

1,500m	8:39.7	Rachael Parrott	1	Midweek Lg., Southwark Pk.	4 Jul 1984
1,600m	8:56	Gail Porter	2	Lily B Lg. Div 3, Aldershot	28 May 1983
2,000m	11:11	Rachael Parrott	2	MAFF Champs., Battersea Pk.	2 Sep 1985
2,500m	14:47	Rachael Parrott	1	Cambridge H. Winter Lg., Bexley	10 Dec 1985
3,000m	16:55	Jane Pritchard	5	Enfield Harriers Open, Enfield	28 Aug 1976

Road

2 kms	11:28	Kelly-Anne Parker-Smith	9	Irish Festival of Walking, Dublin	23 Sep 1995
2.5 kms	13:38	Gail Porter	3	LPR Festival, Blackheath Pk.	10 Sep 1983

Under 13 Girls**Track**

1,2000m	6:33.3	Laura Fryer	1	Thameside Lg., Battersea Pk.	6 Jul 1996
1,500m	8:39.7	Rachael Parrott	1	Midweek Lg., Southwark Pk.	4 Jul 1984
2,000m	11:21	Rachael Parrott	9	Steyning Open, Worthing	1 Jul 1984
2,500m	14:24.68	Rachael Parrott	15	WAAA Champs., Copthall	8 Sep 1984
3,000m	19:20.4	Rachael Parrott	3	Brighton & Hove Open, Brighton	25 Mar 1984

Road

1 km	5:32	Laura Fryer	6	Irish Festival of Walking, Dublin	23 Sep 1995
2 kms	12:13	Laura Fryer	8	RWA YAG National Champs., Sutton Coldfield	6 May 1995
2.5 kms	15:52	Laura Fryer	1	City of London Walks Grand Prix, Victoria Pk.	1 Jan 1996