

## Senior Women

|               |          |                 |                                                                                     |      |                                                             |              |
|---------------|----------|-----------------|-------------------------------------------------------------------------------------|------|-------------------------------------------------------------|--------------|
| 100m          | 11.40    | 1.0             | Vernicha James U20                                                                  | 1    | Cena Slovenska IAAF GP II, Bratislava, SVK                  | 11 Jun 2002  |
| 200m          | 22.93    | 1.4             | Vernicha James U20                                                                  | 1    | European Junior Champs., Grosseto, ITA                      | 19 Jul 2002  |
|               |          | -0.2            | Vernicha James U20                                                                  | 1    | World Junior Champs., Kingston JAM                          | 21 Jul 2001  |
| 400m          | 52.67    |                 | Michelle Carey                                                                      | 2    | AAI Champs., Santry, Dublin, IRL                            | 23 Jul 2006  |
| 800m          | 1:54.90  |                 | Georgia Hunter Bell                                                                 | 2    | 20th World Athletics Champs, Tokyo                          | 21 Sep 2025  |
| 1,500m        | 3:52.61  | <sup>1</sup>    | Georgia Bell                                                                        | 3    | XXXIII Olympic Games, Stade de France, Paris FRA            | 10 Aug 2024  |
| 1 mile        | 4:36.5   | <sup>2</sup>    | Catherine Berry                                                                     | 1    | Twilight Meet, Nashville TN USA                             | 7 May 2004   |
| 3,000m        | 8:53.54  | mx <sup>3</sup> | Kate Axford                                                                         | 11h2 | Watford Harriers Open Graded Meeting, Watford               | 15 May 2024  |
| 5,000m        | 15:19.40 |                 | Kate Axford                                                                         | 4    | UK Athletics Championships, Manchester SC                   | 29 Jun 2024  |
| 10,000m       | 32:06.32 |                 | Genevieve Gregson                                                                   | 4    | 60th Zatopek 10, Box Hill, Victoria AUS                     | 26 Jan 2021  |
| 100mH 84.0cm  | 13.01    | 0.2             | Sarah Claxton                                                                       | 1    | Bedford International Games                                 | 13 Jun 2004  |
| 400mH 76.2cm  | 56.19    |                 | Michelle Carey                                                                      | 3    | Mount SAC Relays Invitation, Walnut CA, USA                 | 20 Apr 2008  |
| 2000mSC       | 7:07.2   |                 | Melanie Wilkins                                                                     | 1    | Southern Athletics Lg Div 2 E, Luton                        | 15 Aug 2015  |
| 3000mSC       | 10:04.36 |                 | Jessica Scheriff                                                                    | 7    | UK Athletics Championships, Manchester SC                   | 29 Jun 2024  |
| High Jump     | 1.85     |                 | Julie Hollman                                                                       |      | Heptathlon, Hypobank Meeting, Gotzis, AUT                   | 1 Jun 2002   |
| Long Jump     | 6.42     | 1.3             | Julie Hollman                                                                       |      | Heptathlon, Hypobank Meeting, Gotzis, AUT                   | 2 Jun 2002   |
| Triple Jump   | 12.42    | 1.7             | Caroline Stead                                                                      | 4    | SEAA Champs., Portsmouth                                    | 21 Jun 2003  |
|               |          | 0.7             | Caroline Stead                                                                      | 7    | Bedford International Games, Bedford                        | 13 Jun 2004  |
| Pole Vault    | 4.35     |                 | Janine Whitlock                                                                     | 6    | Norwich Union GP, Crystal Palace                            | 28 Jul 2006  |
| Shot 4kg      | 16.60    |                 | Eva Massey                                                                          | 1    | Loughborough International, Loughborough                    | 20 May 2007  |
| Discus 1kg    | 61.22    |                 | Shelley Newman                                                                      | 2    | Loughborough International, Loughborough                    | 8 Jun 2003   |
| Javelin 600gm | 66.17    |                 | Goldie Sayers                                                                       | 1    | Aviva Grand Prix, Crystal Palace                            | 14 Jul 2012  |
| Hammer 4kg    | 58.97    |                 | Diana Holden                                                                        | 4    | Bedford International Games, Bedford                        | 4 Jun 2002   |
| Heptathlon    | 6,135    |                 | Julie Hollman                                                                       | 5    | Hypobank Meeting, Gotzis, AUT                               | 1-2 Jun 2002 |
|               |          |                 |                                                                                     |      | 14.02/0.2, 1.85, 12.09, 24.36/1.3, 6.42/1.3, 36.65, 2:13.00 |              |
| 4x100m        | 46.13    |                 | Amala Onuora<br>Amy Spencer<br>Sarah Claxton<br>Christine Harrison-Bloomfield       | 1    | Golden Jubilee Cup Final, Bedford                           | 17 Aug 2002  |
| 4x200m        | 1:42.9   |                 | Ese Oshevire<br>Angela Abrams<br>Andrea Abrams<br>Andrea Coore                      | 2    | Rosenheim Final, Tooting Bec                                | 17 Aug 1988  |
| 4x400m        | 3:43.92  |                 | Hannah Stares 57.9<br>Emma Davies 55.1<br>Dawn Higgins 54.9<br>Jennifer Culley 56.2 | 2    | Jubilee Cup Final, Bedford                                  | 21 Jul 2001  |
| 3x800m        | 7:47.4   |                 | Jacinta Coppinger<br>Jackie Stone<br>Jacqui Smiler                                  | 1    | Southern Champs., Bournemouth                               | 23 Aug 1987  |

<sup>1</sup> Georgia Bell's 1500 metres time is the Great Britain & Northern Ireland Record at the time of this publication.

<sup>2</sup> Georgia Hunter Bell has a faster 1 mile time set indoors.

<sup>3</sup> Georgia Hunter Bell has a faster 3,000m mile time set indoors.

**Indoors**

|             |         |                       |    |                                                      |                 |
|-------------|---------|-----------------------|----|------------------------------------------------------|-----------------|
| 60m         | 7.38    | Christine Bloomfield  | 3  | AAA Champs., Birmingham                              | 27/ 28 Jan 2001 |
| 100m        | 11.96   | Amy Spencer U20       | 1  | Opening Meet, Birmingham, HPC                        | 6 Feb 2003      |
| 200m        | 23.20   | Amy Spencer U20       | 2  | AAA Champs., Birmingham                              | 2 Mar 2003      |
| 300m        | 37.72   | Amy Spencer U17       | 1  | AAA U17 Champs., Birmingham                          | 24 Feb 2002     |
| 400m        | 54.35   | Michelle Carey        | 3  | Norwich Union Grand Prix, Birmingham                 | 20 Feb 2004     |
| 800m        | 2:04.67 | Emma Davies           | 7  | Norwich Union GP, Birmingham                         | 17 Feb 2002     |
| 1,000m      | 2:42.79 | + Georgia Hunter Bell | -  | Keely Klassic - WA Ind. Tour Bronze, Birmingham      | 15 Feb 2025     |
| 1,500m      | 4:00.63 | Georgia Hunter Bell   | 1  | Keely Klassic - WA Ind. Tour Bronze, Birmingham      | 15 Feb 2025     |
| 1 mile      | 4:23.35 | Georgia Hunter Bell   | 1  | Millrose Games - WA Ind. Tour Gold, New York, NY USA | 8 Feb 2025      |
| 3,000m      | 8:36.96 | Georgia Hunter Bell   | 6  | New Balance GP - WA Ind. Tour Gold, Boston, MA USA   | 2 Feb 2025      |
| 60mH        | 8.11    | Sarah Claxton         | 1  | AAA Champs., Sheffield                               | 8 Feb 2004      |
| High Jump   | 1.82    | Julie Hollman         |    | Combined Events International., Zuidbroek, NED       | 31 Jan 2004     |
| Long Jump   | 6.47    | Julie Hollman         | 3  | Norwich Union Grand Prix, Birmingham                 | 18 Feb 2006     |
| Triple Jump | 12.13   | Caroline Stead        | 6  | AAA Champs., Sheffield                               | 8 Feb 2004      |
| Pole Vault  | 4.20    | Janine Whitlock       | 2= | Loughborough International, Loughborough             | 21 May 2006     |
| Shot 4kg    | 16.32   | Eva Massey            | 1  | Northern Ireland & Irish Champs                      | 15 Feb 2003     |
| Pentathlon  | 4498    | Julie Hollman         | 2  | Combined Events International, Prague, CZE           | 12 Feb 2006     |
|             |         |                       |    | 8.53, 1.85, 12.23, 6.36, 2:21.10                     |                 |

## Under 20 Women

|                |         |      |                       |     |                                              |             |
|----------------|---------|------|-----------------------|-----|----------------------------------------------|-------------|
| 100m           | 11.40   | 1.0  | Vernicha James        | 1r1 | Cena Slovenska IAAF GP II, Bratislava SVK    | 11 Jun 2002 |
| 200m           | 22.93   | 1.4  | Vernicha James        | 1   | European Junior Championships, Grosseto, ITA | 21 Jul 2001 |
|                |         | -0.2 | Vernicha James        | 1   | World Junior Champs., Kingston JAM           | 19 Jul 2002 |
| 400m           | 53.84   |      | Vernicha James        | 1   | Bedford International Games, Bedford         | 4 Jun 2002  |
| 800m           | 2:13.57 |      | Louise Collier U15    | 2   | English Schools Champs., Nottingham          | 13 Jul 2002 |
| 1,500m         | 4:37.5  |      | Jenny Webb            |     | Southern Lg. Division 2, Feltham             | 8 Aug 1987  |
| 3,000m         | 10:09.7 |      | Jenny Webb            |     | Southern Lg. Division 2, Bournemouth         | 30 Apr 1988 |
| 100mH 84.0cm   | 15.3    |      | Angela Abrams         |     | Southern Lg. Division 2, Basildon            | 20 Jun 1987 |
| 400mH 76.2cm   | 65.31   |      | Amy Forsyth           | 4   | adidas Belgrave Speed GP, Battersea Pk       | 19 May 2004 |
| High Jump      | 1.62    |      | Milla McKenzie U17    | h   | EA U17 Combined Events Champs., Bedford      | 8 Aug 2015  |
| Long Jump      | 5.86    |      | Andrea Coore          |     | Southern Lg. Division 2, Battersea Pk.       | 3 Sep 1988  |
| Triple Jump    | 11.52   |      | Michelle Nestor       | 1   | Surrey CAA Champs, Kingsmeadow               | 16 May 2004 |
| Shot 4kg       | 10.56   |      | Wendy Dunsford        |     | Inter-Club match, Sutcliffe Pk.              | 8 Sep 1979  |
| Discus 1kg     | 38.57   |      | Kelly Mellis          | 1   | Southern Lg. Division 3, Southend            | 4 Sep 1999  |
| Javelin 600gm  | 43.16   |      | Tracey Denton         |     | London Borough of Wandsworth Open, Tooting   | 24 Nov 1986 |
| Hammer 4kg     | 31.68   |      | Kelly Mellis          | 1   | Southern Lg. Division 3, Southend            | 4 Sep 1999  |
| 4x100m         | 51.4    |      | Sonya Jackson U15     | 4   | Southern Champs., Crystal Palace             | Jun 1979    |
|                |         |      | Pamela St. Ange U15   |     |                                              |             |
|                |         |      | Julie Reid U15        |     |                                              |             |
|                | 51.4    |      | Glenda Mahoney U15    |     |                                              |             |
|                |         |      | Cindy James U15       | 5   | WAAA Champs., Bournemouth                    | 20 Jul 1985 |
|                |         |      | Angela Abrams U15     |     |                                              |             |
|                |         |      | Andrea Abrams U15     |     |                                              |             |
|                |         |      | Diane Power U15       |     |                                              |             |
| 4x200m         | 1:48.5  |      | Michelle McIntosh U15 | 1   | Southern Champs., Bournemouth                | 22 Aug 1987 |
|                |         |      | Fiona Lambe U15       |     |                                              |             |
|                |         |      | Michelle Green U15    |     |                                              |             |
|                |         |      | Michelle De Leon U15  |     |                                              |             |
| 4x400m         | 4:06.90 |      | Imogen Ainsworth      | 1   | NJAL Brent Division, Battersea Pk.           | 23 May 2004 |
|                |         |      | Toks Hassan           |     |                                              |             |
|                |         |      | Louise Collier        |     |                                              |             |
|                |         |      | Amy Forsyth           |     |                                              |             |
| <b>Indoors</b> |         |      |                       |     |                                              |             |
| 60m            | 7.55    |      | Amy Spencer U17       | 6r1 | Midland Games, Birmingham                    | 27 Jan 2002 |
| 100m           | 11.96   |      | Amy Spencer           | 1   | Opening Meet, Birmingham HPC                 | 6 Feb 2003  |
| 200m           | 23.20   |      | Amy Spencer           | 2   | AAA Champs., Birmingham                      | 2 Mar 2003  |
| 300m           | 37.72   |      | Amy Spencer U17       | 1   | AAA U17 Champs., Birmingham                  | 24 Feb 2002 |
| 400m           | 56.05   |      | Sarah Roberts         | 2   | AAA U20 Champs., Birmingham                  | 16 Feb 1997 |
| High Jump      | 1.53    |      | Milla McKenzie U15    |     | Open Pentathlon, Lee Valley                  | 30 Mar 2014 |
| Long Jump      | 4.85    |      | Syreeta Stracey       |     | Puma Grand Prix, Crystal Palace              | 18 Feb 1996 |

## Under 17 Women

|                |         |     |                       |     |                                                      |                |
|----------------|---------|-----|-----------------------|-----|------------------------------------------------------|----------------|
| 100m           | 11.66   | 1.6 | Amy Spencer           | 3r1 | U23 International, Mannheim, GER                     | 16 Jun 2001    |
| 200m           | 23.45   | 0.0 | Amy Spencer           | 2   | World Youth Champs., Debrecen, HUN                   | 14 Jul 2001    |
| 300m           | 42.0    |     | Amy Forsyth           | 2   | London Schools Champs., Battersea Pk.                | 9 Jun 2001     |
| 400m           | 60.1    |     | Jackie Harman         | 1   | Wandsworth Schools, West London                      | 24 May 1983    |
| 800m           | 2:13.57 |     | Louise Collier U15    | 2   | English Schools Champs, Nottingham                   | 13 Jul 2002    |
| 1,500m         | 4:52.0  |     | Louise Collier U15    | 1   | Southern Lg. Division 2, Norman Pk. Bromley          | 18 May 2002    |
| 3,000m         | 10:14.2 |     | Samantha Northey      | 1   | Southern Lg. Division 3, Battersea Pk.               | 7 Sep 1996     |
| 5,000m         | 23:02.1 |     | Angela Hearn          | 3   | Guardian Jubilee Cup Round 1, Colchester             | 28 Apr 1996    |
| 80mH 76.2cm    | 11.9    |     | Angela Abrams         | 6   | Southern Champs., Copthall                           | 6 Jun 1987     |
| 100mH 76.2cm   | 15.3    |     | Angela Abrams         | 2   | Southern Lg. Division 2, Basildon                    | 20 Jun 1987    |
| 200mH 76.2cm   | 29.7    |     | Angela Abrams         | 4   | Southern Champs., Copthall                           | 7 Jun 1987     |
| 300mH 76.2cm   | 45.1    |     | Amy Forsyth           | 1   | Herne Hill H Open Meeting, Tooting                   | 21 Jul 2002    |
| 400mH 76.2cm   | 66.4    |     | Angela Abrams         | 2   | Southern Lg. Division 2, Basildon                    | 20 Jun 1987    |
| High Jump      | 1.62    |     | Milla McKenzie        | h   | EA Combined Events Champs., Bedford                  | 8 Aug 2015     |
| Long Jump      | 5.52    |     | Andrea Abrams         | 2   | GRE Cup Round 2, Kingsmeadow                         | 14 Jun 1987    |
| Triple Jump    | 10.91   |     | Michelle Nestor       | 2   | Surrey County AA Champs., Kingsmeadow.               | 12 May 2001    |
| Shot 4kg       | 9.26    | 4   | Cindy James           | 2   | Southern Lg. Division 2, Bracknell                   | 18 Jul 1987    |
| Discus 1 kg    | 37.07   |     | Neva Jansen           | 1B  | Shaftesbury Barnet Harriers Throwsfest, Hendon       | 7 Apr 2024     |
| Javelin 600gm  | 37.24   |     | Tracey Denton         | 1   | Southern Lg. Division 3, Battersea Pk.               | 10 Aug 1985    |
| Hammer 4kg     | 14.54   |     | Hazel Mead            | 5   | Southern Lg. Division 3, Perivale                    | 16 Jul 1994    |
| Hammer 3kg     | 27.58   |     | Neva Jansen           | 1C  | KAPCH Open Throws Meeting, Kingston                  | 6 Apr 2024     |
| Heptathlon     | 3593w   | 5   | Milla McKenzie        | 3   | Surrey Combined Events Champs, Carshalton            | 12/13 Sep 2015 |
|                |         |     |                       |     | 80mH 13.61w/4.0, HJ 1.53, LJ 4.85/0.4, SP 3kg 7.30   |                |
|                |         |     |                       |     | 200m 27.96/1.9, JT 500gm 14.49, 800m 2:34.61         |                |
|                | 3541    |     | Milla McKenzie        | 18  | EA Combined Events Champs., Bedford                  | 8/9 Aug 2015   |
|                |         |     |                       |     | 200m 28.69/0.3, 80mH 13.15/-2.1, HJ 1.62 SP 3kg 8.19 |                |
|                |         |     |                       |     | LJ 4.47/-0.2, JT 500gm 8.90, 800m 2:35.33            |                |
| 4x100m         | 51.4    |     | Sonya Jackson U15     | 4   | Southern Champs., Crystal Palace                     | Jun 1979       |
|                |         |     | Pamela St. Ange U15   |     |                                                      |                |
|                |         |     | Julie Reid U15        |     |                                                      |                |
|                |         |     | Glenda Mahoney U15    |     |                                                      |                |
|                | 51.4    |     | Cindy James U15       | 5   | WAAA Champs., Bournemouth                            | 20 Jul 1985    |
|                |         |     | Angela Abrams U15     |     |                                                      |                |
|                |         |     | Andrea Abrams U15     |     |                                                      |                |
|                |         |     | Diane Power U15       |     |                                                      |                |
| 4x200m         | 1:48.5  |     | Michelle McIntosh U15 | 1   | Southern Champs., Bournemouth                        | 22 Aug 1987    |
|                |         |     | Fiona Lambe U15       |     |                                                      |                |
|                |         |     | Michelle Green U15    |     |                                                      |                |
|                |         |     | Michelle De Leon U15  |     |                                                      |                |
| <b>Indoors</b> |         |     |                       |     |                                                      |                |
| 60m            | 7.55    |     | Amy Spencer           | 6r1 | Midland Open, Birmingham                             | 27 Jan 2002    |
| 200m           | 23.44   |     | Amy Spencer           | 1r1 | Midland Open, Birmingham                             | 27 Jan 2002    |
| 300m           | 37.72   |     | Amy Spencer           | 1   | AAA U17 Champs., Birmingham                          | 24 Feb 2002    |
| High Jump      | 1.53    |     | Milla McKenzie U15    |     | Open Pentathlon, Lee Valley                          | 30 Mar 2014    |
| Long Jump      | 4.38    |     | Milla McKenzie U15    |     | Open Pentathlon, Lee Valley                          | 30 Mar 2014    |

<sup>4</sup> Neva Jansen has a 3kg SP of 8.84m performance recorded at the Bracknell AC 44th Young Athletes Open Meeting, Bracknell on 30 Mar 2024, but not shown above as it is not as far as Cindy James 4kg mark.

<sup>5</sup> This wind assisted 80mH performance is listed as it may be that a subsequent heptathlon performance does not have wind speed readings.

It has always been the custom that schools events other than for district, county and national championships have not been included for club record purposes due to the uncertain standard of time keeping and judging.

## Under 15 Girls

|               |            |                   |      |                                                             |                |
|---------------|------------|-------------------|------|-------------------------------------------------------------|----------------|
| 100m          | 12.61 -1.8 | Kairo Newell      | 3    | London Athletics Community Games, Mile End                  | 7 Aug 2016     |
|               | 12.6       | Pamela St. Ange   | 1    | Southern Lg. Division 3 S, Eastbourne                       | 21 Jun 1980    |
|               |            | Lydia Montoute    | 1    | Lily B Lg. Division 3, Guildford                            | 18 Sep 1982    |
| 200m          | 25.34      | Natalie Law       | 3s   | English Schools Champs., Nottingham                         | 8 Jul 1995     |
| 300m          | 45.03      | Oriana Elliston   | 4    | Oxfordshire Champs., Oxford                                 | 12 May 2012    |
|               | 45.0       | Iona Fisher       | 1A   | YDL , South Central 2 Div., Tooting                         | 20 Jul 2019    |
| 800m          | 2:13.57    | Louise Collier    | 2    | English Schools Champs, Nottingham                          | 13 Jul 2002    |
| 1,500m        | 4:52.0     | Louise Collier    | 1    | Southern Lg. Division 2, Norman Pk. Bromley                 | 18 May 2002    |
| 3,000m        | 10:54.71   | Maddy Whitman     | 3    | SEAA U17 Champs., Bedford                                   | 10 Jun 2018    |
| 75mH 76.2cm   | 11.77 1.4  | Ayse Hussein      | 1p3  | SEAA Combined Events Champs., Bedford                       | 18 Jul 2015    |
| 80mH 76.2cm   | 13.5       | Andrea Coore      | 2    | Lily B Lg., Wimbledon Pk.                                   | 10 Sep 1983    |
| High Jump     | 1.56       | Saskia Buckland   | 1    | Southern Lg. Division 3, Battersea Pk.                      | 1 Aug 1992     |
| Long Jump     | 5.39       | Michelle McIntosh | 1    | Southern Champs., New River                                 | 19 Jun 1985    |
| Shot 3Kg      | 10.57      | Nicole Borgers    | 2    | London Schools Champs., Battersea Pk.                       | 13 Jun 2015    |
| Discus 1kg    | 30.08      | Diane Bowen       | 1    | Southern Lg. Division 3, Battersea Pk.                      | 7 Sep 1985     |
| Javelin 600gm | 29.64      | Anne-Marie Henry  | 2    | Thameside Lg., Battersea Pk.                                | 2 Aug 1986     |
| Hammer 3Kg    | 29.88      | Iona Fisher       | 1A   | YDL, South Central 2 Div., Battersea                        | 22 Jun 2019    |
| Pentathlon    | 2658       | Ayse Hussein      | 9    | SEAA Combined Events Champs., Bedford                       | 18/19 Jul 2015 |
|               |            |                   |      | 75mH 11.77/1.4, LJ 5.22/2.0, SP 9.15, HJ 1.33, 800m 2:54.01 |                |
| 4x100m Relay  | 51.4       | Sonya Jackson     | 4    | Southern Champs., Crystal Palace                            | Jun 1979       |
|               |            | Pamela St. Ange   |      |                                                             |                |
|               |            | Julie Reid        |      |                                                             |                |
|               | 51.4       | Glenda Mahoney    | 5    | WAAA Champs, Bournemouth                                    | 20 Jul 1985    |
|               |            | Cindy James       |      |                                                             |                |
|               |            | Angela Abrams     |      |                                                             |                |
|               |            | Andrea Abrams     |      |                                                             |                |
|               |            | Diane Power       |      |                                                             |                |
| 4x200m Relay  | 1:48.5     | Michelle McIntosh | 1    | Southern Champs., Bournemouth                               | 22 Aug 1987    |
|               |            | Fiona Lambe       |      |                                                             |                |
|               |            | Michelle Green    |      |                                                             |                |
|               |            | Michelle De Leon  |      |                                                             |                |
| <b>Indoor</b> |            |                   |      |                                                             |                |
| 60m           | 8.54       | Ayse Hussein      | 3r4A | SLAN Open Meeting, Carshalton                               | 4 Jan 2015     |
| 60mH 76.2cm   | 9.67       | Ayse Hussein      | 3h1  | Surrey Champs., Carshalton                                  | 15 Feb 2015    |
| High J        | 1.53       | Milla McKenzie    |      | Open Pentathlon, Lee Valley                                 | 30 Mar 2014    |
| Long J        | 4.38       | Milla McKenzie    |      | Open Pentathlon, Lee Valley                                 | 30 Mar 2014    |
| Shot 3Kg      | 9.17       | Ayse Hussein      | 2    | Surrey Champs., Carshalton                                  | 15 Feb 2015    |
| Pentathlon    | 2492       | Ayse Hussein      | 12   | Open Pentathlon, Lee Valley                                 | 29 Mar 2015    |
|               |            |                   |      | 60mH 9.84, LJ 4.66, SP 9.16                                 |                |

## Under 13 Girls

|                                                                                                                                                          |            |                                                                    |       |                                                  |             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------|--------------------------------------------------------------------|-------|--------------------------------------------------|-------------|
| 100m                                                                                                                                                     | 13.1       | Pamela St. Ange                                                    | 2     | Club Champs., Motspur Pk.                        | 7 Jul 1979  |
| 200m                                                                                                                                                     | 27.0       | Pamela St. Ange                                                    | 1     | Southern Lg. Division 4, Erith                   | 14 Jul 1979 |
|                                                                                                                                                          |            | Tracy Ritson                                                       | 2     | Thameside Lg., Battersea Pk.                     | 30 Jun 1986 |
| 800m                                                                                                                                                     | 2:23.59    | Naomi Toft                                                         | 12r11 | Watford Open Graded Meeting, Watford             | 10 Aug 2016 |
| 1,500m                                                                                                                                                   | 4:44.82    | Naomi Toft                                                         | 1A    | D. Crookes Southern Inter-County Match, Kingston | 31 Jul 2016 |
| 70mH 68.5cm                                                                                                                                              | 12.33 -1.8 | Ayse Hussein                                                       | 1     | Surrey Champs., Kingsmeadow                      | 1 May 2013  |
| 75mH 76.2cm                                                                                                                                              | 12.6       | Pamela St. Ange                                                    | 1     | Lily B Lg. Division 2, Croydon                   | 17 Jun 1979 |
| High Jump                                                                                                                                                | 1.40       | Michelle McIntosh                                                  | 1     | Thameside Lg., Battersea Pk.                     | 5 Jul 1987  |
| Long Jump                                                                                                                                                | 5.00       | Pamela St. Ange                                                    | 7     | Southern Champs., Crystal Palace                 | Jun 1979    |
| Shot 2.72kg                                                                                                                                              | 7.97       | Rhiann Letang                                                      | 2     | Inter-Counties, Tooting Bec                      | 8 Aug 1993  |
| Shot 3.25kg                                                                                                                                              | 10.08      | Inoyo Etete                                                        | 1     | Southern Lg. Division 3, Hornchurch              | 8 May 1982  |
| Discus 1kg                                                                                                                                               | 20.20      | Inoyo Etete                                                        | 1     | Southern Lg. Division 3, Bedford                 | 17 Apr 1982 |
| Javelin 400gm                                                                                                                                            | 25.53      | Minty Thiel                                                        | 1A    | YDL, South Central 2 Div., Battersea             | 22 Jun 2019 |
| Javelin 600gm                                                                                                                                            | 19.80      | Rhiann Letang                                                      | 5     | Southern Lg. Division 3, Horsham                 | 24 Jul 1993 |
| Pentathlon                                                                                                                                               | 1637       | Ayse Hussein                                                       | 10    | Surrey Multi-event Champs., Carshalton           | 9 Sep 2012  |
|                                                                                                                                                          | 1705w      | <sup>6</sup> Ayse Hussein                                          | 12    | Surrey Multi-event Champs., Carshalton           | 8 Sep 2013  |
|                                                                                                                                                          |            |                                                                    |       | 70mH 12.65/0.1, LJ 4.06/-0.1, SP 6.42            |             |
| 4x100m                                                                                                                                                   | 56.2       | Sonya Jackson<br>Janet Bridges<br>Jackie Weldin<br>Pamela St. Ange | 1     | Inter Club, Hastings                             | 29 Jul 1978 |
| 4x200m                                                                                                                                                   | 2:02.3     | Team unknown                                                       | 2     | Melbourne Trophy, Wimbledon Pk.                  | 29 Sep 1979 |
| The following are simply recorded as 'best times' for the distance as they were run at a slower pace than the 100, 200, 800 and 1,500 metre times above. |            |                                                                    |       |                                                  |             |
| 75m                                                                                                                                                      | 11.02      | Anoushka Tavares                                                   | 7A    | YDL, Div. Sth. Cent. 2, Mile End                 | 16 Jul 2016 |
| 150m                                                                                                                                                     | 21.7       | Angel Brown                                                        | 2A    | YDL, Div. Sth. N.E. 3A, Parliament Hill          | 18 Jul 2015 |
| 600m                                                                                                                                                     | 2:01.0     | Naomi Toft U11                                                     | 1     | Herne Hill Open Meeting, Tooting Bec             | 23 Aug 2014 |
| 1,200m                                                                                                                                                   | 4:04.61    | Mimi Takahashi                                                     | 2A    | YDL, Div. Sth. Cent. 2, Battersea Pk.            | 19 Jun 2016 |
| <b>Indoor</b>                                                                                                                                            |            |                                                                    |       |                                                  |             |
| 60mH 68.5cm                                                                                                                                              | 10.73      | Elizabeth Mitchell                                                 | p     | Open & Pentathlon Meeting, Lee Valley            | 29 Mar 2015 |
| Pentathlon                                                                                                                                               | 1481       | Elizabeth Mitchell                                                 | 23    | Open & Pentathlon Meeting, Lee Valley            | 30 Mar 2014 |
|                                                                                                                                                          |            |                                                                    |       | 60mH 11.91                                       |             |

<sup>6</sup> This wind assisted LJ performance is listed as it may be that a subsequent pentathlon performance does not have wind speed readings.