

Track & Field

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	53.75		Tamsyn Lewis	1rB	Loughborough International, Loughborough	6 Jun 2004
800m	2:00.96		Tamsyn Lewis	6rB	Golden Gala, Rome ITA	2 Jul 2004
1,500m	4:15.16		Catherine Berry	10	Prefontaine Classic, Eugene OR USA	24 May 2003
1 mile	4:36.5		Catherine Berry	1	Twilight Meet, Nashville TN USA	7 May 2004
3,000m	8:56.44		Catherine Berry	10	DN Galan IAAF Super GP, Stockholm SWE	27 Jul 2004
5,000m	15:19.78		Catherine Berry	18	KBC Nacht van de Athletiek, Heusden BEL	31 Jul 2004
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	57.95		Michelle Carey	1	AAI Champs., Dublin IRL	25 Jul 2004
1500mSC	6:11.3		Rose O'Brien	2	Southern Athletics Lg Div 2 E, Cambridge	31 May 2015
2000mSC	7:07.2		Melanie Wilkins	1	Southern Athletics Lg Div 2 E, Luton	15 Aug 2015
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 14.02/0.2, 1.85, 12.09, 24.36/1.3, 6.42/1.3, 36.65, 2:13.00	1-2 Jun 2002
4x100m	46.13		Amala Onuora Amy Spencer Sarah Claxton Christine Harrison-Bloomfield	1	Golden Jubilee Cup Final, Bedford	17 Aug 2002
4x200m	1:42.9		Ese Oshevire Angela Abrams Andrea Abrams Andrea Coore	2	Rosenheim Final, Tooting Bec	17 Aug 1988
4x400m	3:43.92		Hannah Stares 57.9 Emma Davies 55.1 Dawn Higgins 54.9 Jennifer Culley 56.2	2	Jubilee Cup Final, Bedford	21 Jul 2001
3x800m	7:47.4		Jacinta Coppinger Jackie Stone Jacqui Smiter	1	Southern Champs., Bournemouth	23 Aug 1987

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	06 Feb 2003
200m	23.20	Amy Spencer U20	2	AAA Champs., Birmingham	02 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
1,500m	4:25.51	Julie Mitchell	3	Lansing Linde International, Cardiff	10 Feb 2002
3,000m	9:18.32	Catherine Berry	1rA	Tyson Invitational, Fayetteville AR, USA	12 Feb 2005
60mH	8.11	Sarah Claxton	1	AAA Champs., Sheffield	08 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	08 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	

Road & Ultra-Distance Running

We have included times for distances recorded for best performances by the National Union of Track Statisticians – 15 kms, 10 miles, half-marathon and marathon. Beyond these we show the ultra-distances in tens of miles up to 100 miles, tens of kilometres up to 50 kilometres, plus 100 kilometres and the three standard elapsed time runs of 6, 12 and 24 hours. Recorded elsewhere, but not published, are best times set at various other distances which are rarely run but which might crop up as intermediate times in major marathons.

5 kms	16:14	Catherine Berry	10	Flora Light Challenge, Hyde Pk.	1 Sep 2002
5 miles	26:46	Tish Jones	1	Cardiff Bay 5	5 May 2014
10 kms	32:58	Tish Jones	1	Spar Women's 10k, Durban, RSA	11 Jun 2017
15 kms	52:37	+ ¹ Tish Jones		Virgin Money London Marathon	28 Apr 2019
10 miles	55:50	² Birhan Dagne	9	BUPA Great South Run, Portsmouth	09 Oct 2005
20 kms	1:10:37	+ Tish Jones		Virgin Money London Marathon	28 Apr 2019
½ Marathon	1:12:20	³ Birhan Dagne	10	Great North Run, South Shields	26 Sep 2004
	1:12:56	Tish Jones	2	Reading Half Marathon	02 Mar 2014
30 kms	1:46:49	+ Tish Jones		Virgin Money London Marathon	28 Apr 2019
20 miles	2:03:05	⁴ Samantha Amend	5	Maidenhead Easter 10	3 Apr 2015
Marathon	2:31:00	Tish Jones	16	Virgin Money London Marathon	28 Apr 2019
50 kms	3:30:56	⁵ Samantha Amend W35	1	Gloucester 50 kms	14 Jan 2018
100 kms	7:53:57	Samantha Amend W35	1	Anglo Celtic Plate/UKA Championship, Redwick	31 Mar 2018
50 miles	6:41:59	+ Samantha Amend W40		Centurion Track 100, Ashford	24 Apr 2021
100 miles	14:34:03	Samantha Amend W40	1	Centurion Track 100, Ashford	24 Apr 2021
6 Hours	729,959m	+ Samantha Amend W40		Centurion Track 100, Ashford	24 Apr 2021
12 Hours	133,568m	+ Samantha Amend W40		Centurion Track 100, Ashford	24 Apr 2021
24 hours	220,249m	Samantha Amend W35	1	Energia 24, Belfast	23/24 Jun 2018

¹ Official intermediate times are marked +. Note that this 15 km time may not be as fast as the pace at which Birhan Dagne was running during her 55:50 10 miles run where, as far as we know, no intermediate 15 km time was taken but an estimation would indicate around 52:02.

² This recently discovered time from 2005 replaces Tish Jones' previously recorded best of 55:54 from 2014.

³ The course for the Great North Run does not fulfil the criteria regarding the allowable amount of descent as laid out by the Association of International Marathons and Distance Races. Tish Jones' next best time of 1:12:56 is therefore also shown.

⁴ Tish Jones would have been running faster than this as recorded at the 35 km point in her 2:31:00 marathon as would have been Birhan Dagne during her 2:34:45 marathon but no official 20-mile split time was taken.

⁵ Louise Cooper has a time of 3:41:56 set at the intermediate 30-mile point in a 35-mile race, but Sam Amend's time of 3:30.56 for 50 kms or 31.0686 miles supersedes that.

Race Walking

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

Track & Field

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			
			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			
4x400m	4:06.90		Imogen Ainsworth	1	NJAL Brent Division, Battersea Pk.	23 May 2004
			Toks Hassan			
			Louise Collier			
			Amy Forsyth			

Indoors

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

Race Walking

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

Track & Field

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		Cindy James	2	Southern Lg. Division 2, Bracknell	18 Jul 1987
Discus 1kg	32.58		Cindy James	1	Southern Lg. Division 4, Battersea Pk.	6 Sep 1986
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
Heptathlon	3593w	⁶	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			
Indoors						
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

⁶ This wind assisted 80mH performance is listed as it may be that a subsequent heptathlon performance does not have wind speed readings.

Race Walking

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

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.

Track & Field

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 75mH 11.77/1.4, LJ 5.22/2.0, SP 9.15, HJ 1.33, 800m 2:54.01	18/19 Jul 2015
4x100m Relay	51.4	Sonya Jackson Pamela St. Ange Julie Reid Glenda Mahoney	4	Southern Champs., Crystal Palace	Jun 1979
	51.4	Cindy James Angela Abrams Andrea Abrams Diane Power	5	WAAA Champs, Bournemouth	20 Jul 1985
4x200m Relay	1:48.5	Michelle McIntosh Fiona Lambe Michelle Green Michelle De Leon	1	Southern Champs., Bournemouth	22 Aug 1987

Indoor

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	

Race Walking

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

It has always been the custom that school 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.

Track & Field

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	⁷ Ayse Hussein	12	Surrey Multi-event Champs., Carshalton	8 Sep 2013
				70mH 12.65/0.1, LJ 4.06/-0.1, SP 6.42	
				70mH 12.55/1.7, LJ 4.12w/3.1, HJ 1.22, SP 7.18	
4x100m	56.2	Sonya Jackson Janet Bridges Jackie Weldin 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. St. Cent. 2, Mile End	16 Jul 2016
150m	21.7	Angel Brown	2A	YDL, Div. St. 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. St. Cent. 2, Battersea Pk.	19 Jun 2016

Indoor

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	

Race Walking

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

⁷ This wind assisted LJ performance is listed as it may be that a subsequent pentathlon performance does not have wind speed readings.