

| EVENT | RECORD | HOLDER | EVENT | VENUE | DATE |
|--------------------------|---|--|--|---------------------|------------|
| TRACK | | | | | |
| 100m | 11.39 | Sophie Papps | Open Meeting | Lee Valley | 08/05/2013 |
| 200m | 23.48 | Sophie Papps | National U20 Championships | Bedford | 17/06/2012 |
| 400m | 54.53 | Lesley Owusu | | | 19/05/1996 |
| 800m | 2:06.51 | Rebecca Croft | California .v. Stanford Big Meet | Berkeley CA. USA | 09/04/2016 |
| 1500m | 4:13.40 | Wendy Smith | | Crystal Palace | 19/08/1978 |
| 3000m | 9.21.8 | Wendy Smith | | Harlow | 12/08/1978 |
| 5000m | 16.51.08 | Morven Goodrum | CAU Championships | Bedford | 31/07/2016 |
| 1500m S/C | 4:54.22 | Alex Barbour | English Schools Championships | Birmingham | 08/07/2017 |
| 2000m S/C | 6:47.86 | Alex Barbour | BUCS Championships | Bedford | 07/05/2018 |
| 3000m S/C | 10:55.67 | Alex Barbour | Bill Whistlecroft Spring Festival Open | Yeovil | 21/04/2018 |
| 100m Hurdles | 13.86 | Jodie Smith | British Championships | Sportscity | 04/09/2020 |
| 400m Hurdles | 56.16 | Shona Richards | World Junior Championships | Eugene, Oregon, USA | 26/07/2014 |
| FIELD | | | | | |
| High Jump | 1.94m | Morgan Lake | World Junior Championships | Eugene, Oregon, USA | 22/07/2014 |
| | 1.94m | Morgan Lake | British Indoor Championships | Sheffield | 14/02/2015 |
| | 1.94m | Morgan Lake | National U20 Championships | Bedford | 21/06/2015 |
| Long Jump | 6.33m | Joanne Dear | | Birmingham | 19/05/1993 |
| Triple Jump | 13.13m | Yasmine Regis | | Bedford | 02/07/2005 |
| Pole Vault | 4.05m | Jessica Robinson | Welsh Senior Championships | Cardiff | 11/06/2016 |
| Shot (4Kg) | 14.85m | Morgan Lake | Hypo Meeting | Gotzis, Austria | 31/05/2014 |
| Discus (1Kg) | 51.59m | Amy Holder | Youth Development League - Upper | Stevenage | 18/04/2015 |
| | 51.59m | Amy Holder | Southern U20 Championships | Lee Valley | 13/06/2015 |
| Javelin (600g) | 54.61m | Kelly Morgan | Southern Womens League | Exeter | 04/09/1999 |
| Hammer (4Kg) | 59.14m | Amy Herrington | Lyle Hokanson Classic | Fargo ND, USA | 21/04/2017 |
| MULTI-EVENTS | | | | | |
| Heptathlon | 6148 points | Morgan Lake | World Junior Championships | Eugene, Oregon, USA | 23/07/2014 |
| | Day 1 : 100H 14.29, HJ 1.94m, SP 14.17m, 200m 24.64 | | | | |
| | Day 2 : LJ 5.90m, JT 41.66m, 800m 2:21.06 | | | | |
| RELAYS | | | | | |
| 4 x 100m Relay | 47.39 | Marcey Winter, Phoebe Fenwick Becky Watkins, Hannah Jones | Diamond League Anniversary Games | Olympic Park | 22/07/2018 |
| 4 x 400m Relay | 3:52.08 | Shona Richards (U17), Jess McCabe Leah Barrow, Jessica Knight | National Junior League | Hendon | 12/08/2012 |
| BEST PERFORMANCES | | | | | |

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| 60m | 7.39i | Sophie Papps | WSEH Indoor Open | Eton | 03/03/2013 |
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| 60m Hurdles | 8.62i | Stephanie Clitheroe | Nat U20 Indoor Champs | Sheffield | 02/03/2014 |