

EVENT	RECORD	HOLDER	EVENT	VENUE	DATE
TRACK					
100m	11.53	Sophie Papps	Commonwealth Youth Games	Douglas, Isle of Man	09/09/2011
200m	23.73	Chinedu Monye	AAA U17 Championships	Birmingham	14/08/2005
300m	38.21	Lesley Owusu		Crystal Palace	27/08/1995
800m	2:11.7	Wendy Smith			1976
1500m	4:28.19	Stephanie Wilson	English Schools Championships	Sheffield	12/07/2003
3000m	9:44.47	Morven Goodrum	National U17 Championships	Bedford	29/08/2015
1500m S/C	4:56.87	Freya Ruffels	English Schools Championships	Sportscity	09/07/2022
80m Hurdles	11.29	Chanel Taite	Schools International	Bedford	19/07/2008
100m Hurdles	14.1	Pam St Ange		London (Ha)	07/08/1983
300m Hurdles	42.94	Laura Burke	English Schools Championships	Sheffield	11/07/2009
400m Hurdles	60.75	Laura Burke	European Youth Olympic Festival	Tampere, Finland	22/07/2009
FIELD					
High Jump	1.90m	Morgan Lake	World Youth Championships	Donetsk, Ukraine	12/07/2013
Long Jump	6.32m	Georgina Oladapo		Middlesbrough	23/07/1983
Triple Jump	12.45m	Morgan Lake	Southern Inter-Counties	Hendon	11/08/2013
Pole Vault	3.73m	Jessica Robinson	Southern Womens League	Eton	25/04/2015
Shot (3Kg)	13.04m ind	Freya Witheat	England U17 Championships	Sheffield	22/02/2020
Discus (1Kg)	39.46m	Claudia Kerry-Roger	ETC September invitational throws series	Moulton, Northamptonshire	12/09/2020
Javelin (500g)	43.01m	Freya Witheat	UK Javelin Competition	Lee Valley	30/08/2020
Hammer (3Kg)	55.78m	Francesca Williams	St Marys Open Meeting	Twickenham	30/09/2018
MULTI-EVENTS					
Heptathlon	5169 points	Morgan Lake	National Combined Events	Stoke	05/08/2012
	Day 1 : 80H 11.75, SP 12.74m, HJ 1.74m, 200m 25.71				
	Day 2 : LJ 5.86m, JT 26.47m, 800m 2:30.8				
RELAYS					
4 x 100m Relay	47.52	Pam St Ange, Gaeorgina Oladapo Jane Samuel, Julie Turner		Liege, Belgium	02/10/1982
4 x 300m Relay	2:43.1	Lea Barrow, Georgia Taylor Laura Burke, Georgia Lamothe	National Young Athletes League	Eton	21/06/2009
4 x 400m Relay	4:05.6	Abigail Fudge, Melissa Bennington Shelayna Oskan, Lauren Betts-Bucke	National Young Athletes League	Birmingham	03/09/2005
BEST PERFORMANCES					
60m	7.48i	Georgina Oladapo		Harringey	06/03/1983
60m Hurdles	8.78i	Morgan Lake	Southern Indoor Champs	Lee Valley	21/01/2012