

EVENT	RECORD	HOLDER	EVENT	VENUE	DATE
<b>TRACK</b>					
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
<b>FIELD</b>					
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)	51.89m	Amy Holder	Youth Development League - Upper	Stevenage	18/04/2015
	51.89m	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
<b>MULTI-EVENTS</b>					
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				
<b>RELAYS</b>					
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
<b>BEST PERFORMANCES</b>					
60m	7.39i	Sophie Papps	WSEH Indoor Open	Eton	03/03/2013
60m Hurdles	8.62i	Stephanie Clitheroe	Nat U20 Indoor Champs	Sheffield	02/03/2014

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