



Windsor, Slough, Eton
and Hounslow A.C.

Club Records Under 13 Girls

As at 07.04.2025

EVENT	RECORD	HOLDER	EVENT	VENUE	DATE
TRACK					
75m	9.9	Charlene Lashley	National Young Athletes League	Bournemouth	17/05/1998
	9.9	Chinedu Monye	Alder Valley League	Woking	22/09/2002
	9.9	Lara Pleace	Alder Valley League	Eton	16/09/2012
100m	13	Karlene Palmer			04/09/1993
	13.0	Charlene Lashley			30/05/1998
150m	19.5	Karlene Palmer	Alder Valley League		01/08/1993
200m	26.1	Karlene Palmer			29/08/1993
600m	1:43.0	Laura Burke	Alder Valley League	Aldershot	07/08/2005
	1:43.0	Becca Croft	Alder Valley League	Guildford	09/08/2009
	1:43.0	Alex Barbour	Berkshire County Championships	Bracknell	13/07/2011
800m	2:21.55	Zoe Allan	South of England U13	Lee Valley	13/08/2023
1000m	3:06.4	Sophie Davies	Berkshire County Championships	Bracknell	13/07/2011
1200m	3:49.7	Alex Barbour	National Young Athletes League	Harrow	19/06/2011
1500m	4:43.44	Zoe Allan	Watford Harriers Open Graded Meet	Watford	23/08/2023
70m Hurdles	11.3	Morgan Lake	Berkshire County Championships	Bracknell	15/07/2009
FIELD					
High Jump	1.55m	Temi Ojora	Alder Valley League	Hillingdon	11/05/2014
	1.55m	Jodie Smith	Southern Womens League	Guildford	12/07/2014
Long Jump	5.22m	Morgan Lake	Wessex Young Athletes League	Poole	12/07/2009
Shot (2.72Kg)	11.78m	Morgan Lake	Wessex Young Athletes League	Poole	12/07/2009
Discus (0.75Kg)	25.89m	Liliana Burn	Berkshire County Championships	Bracknell	13/07/2016
Javelin (400g)	32.04m	Crys Ward	Youth Development League - Lower	Bromley	19/06/2016
Pole Vault	2.13m Ind	Molly Staunton	Jim Day Memorial Pole Vault Open	Carshalton	22/09/2019
MULTI-EVENTS					
Pentathlon	3046 Points	Morgan Lake	Combined Events Open Meeting	Exeter	27/09/2009
		70mH 11.7, LJ 4.99m, SP 11.43m, HJ 1.54m, 800m 2:35.8			
RELAYS					
4 x 100m Relay	53.14	Madison Paris-Matic, Morgan Lake Olivia Caesar, Steph Clitheroe	National Young Athletes League	Manchester	07/09/2008
BEST PERFORMANCES					
60m	8.47i	Morgan Lake	Midland Counties Open	Birmingham	22/02/2009
60m Hurdles	9.66i	Stephanie Clitheroe	WSEH Indoor Open	Eton	02/03/2008