

Overall

Event	Record	Name		Venue	Year	Age Group	IAAF score
60m indoor	8.27	Ava	Spackman	Sutton	2024	U15	817
60m hurdles indoor							
100m	12.9	Freya	Jhugroo	Tooting	2014	U17	821
200m	26.9	Freya	Jhugroo	Walton	2013	U15	775
300m	43.7	Freya	Jhugroo	Tooting	2014	U17	776
400m	64.7	Louise	Ionascu	Crawley	2009	W35	687
600m	1.49.2	Zoe	Shannon	Crawley	2005	U17	666
800m	2.20.0	Fiona	Eagle		1994	U17	832
1000m indoor							
1 mile	5.14	Elsa	Palmer	London	2016	U17	824
1500m	4.34.83	Elsa	Palmer	Brighton	2019	U20	942
3000m	9.28.05	Alice	Crane	Tooting	2024	U20	1013
3000m indoors	9.20.93	Elsa	Palmer	Birmingham	2023	SL	1057
5000m	16.58.94	Alice	Crane	Tooting	2024	SL	944
10000m							
2000m steeplechase	7.50.73	Becky	Gardner	Oxford	2010	SL	753
3000m steeplechase	12.30.7	Sheena	Bassett	Horsham	1999	W35	762
100m hurdles	23.8	Susie	Crayton	Hastings	2017	SL	152
400m hurdles							
4x100m relay	54.9	????		Sutton	2013	U15	723
		????					
		????					
		????					
4x400m relay	4.45.9	Amelia	Magouber	Crawley	2008	U17	588
		Hannah	Fay				
		Sarah	Bridgman				
		?????					
High jump	1.55	May	Lestrangle	Kingston	2024	U17	782
Long jump	4.92m	Emily	Parker	Guildford	1999	U15	766
Triple jump	9.83	Lucy	Horitz	Crawley	2003	SL	698
Pole vault	3.1	Katharine	Horner	Epsom	1996	U20	687
Javelin	23.16	Lesley	Taylor		1996	W35	401
Shot putt	9.15	Susie	Crayton	Carshalton	2017	SL	534
Discus	33.46	Kasia	Kublik	Crawley	2010	SL	585
Pentathlon							
Heptathlon	2993	Katharine	Horner		1995	U20	500
Road							
5 km	16.49	Alice	Crane	Battersea	2024	SL	
10 km	34.16	Alice	Crane	Brighton	2024	SL	1040
5 miles	28.24	Sally	Young	Epsom	1996	W40	
10 miles	60.29	Sally	Young	Dorking	1996	W40	914
Half Marathon	1.26.10	Sharon	Walker	Barns Green	2023	W50	790
20 miles	2.18.29	Sharon	Walker	Bramley	2018	W45	
Marathon	2.58.34	Sharon	Walker	Brighton	2023	W50	869