

## SENIOR WOMEN



### 60m

1	<b>7.90i</b>	Emily Newton	Eton	Windsor, Slough, Eton & Hounslow AC Winter Series	09 Jan 11
2	<b>8.04i</b>	Becca Carozzi (U20)	Eton	WSEH Winter Series Open Graded	06 Jan 08
3	<b>8.11i</b>	Katy Seal	Birmingham	Midland Counties Open	22 Feb 09

### 100m

1	<b>11.90</b>	Emma Duck	Bedford	BAL Cup Final	19 Aug 06
2	<b>12.18</b>	Emily Newton	Wigan	UK Women's League Division 2	03 Jun 06
3	<b>12.24</b>	Melanie Purkiss	Los Angeles CA, USA	Tiny Lister Classic	26 Apr 08

### 200m

1	<b>24.24</b>	Melanie Purkiss	Floro, NOR	----	27 May 06
2	<b>24.5</b>	Emma Duck	Southampton	----	30 Apr 05
3	<b>24.6</b>	Sian Scott	Rugby	UK Women's League Division 2	31 Jul 05

### 200m (indoors)

1	<b>24.68i</b>	Melanie Purkiss	Birmingham	Birmingham Games	03 Feb 08
2	<b>26.40i</b>	Katy Seal	Birmingham	Midland Counties Open	22 Feb 09
3	<b>26.79i</b>	Donna Chatting	Sheffield	---	27 Feb 05

### 300m

1	<b>37.12i</b>	Melanie Purkiss	Manchester (SC)	City of Manchester Open Meeting	31 Jan 06
2	<b>38.23i</b>	Emma Duck	Manchester (SC)	City of Manchester Open Meeting	31 Jan 06
3	<b>39.02i</b>	Claire Nichols	Manchester (SC)	City of Manchester Open Meeting	31 Jan 06

### 400m

1	<b>52.62i</b>	Emma Duck	Birmingham	Norwich Union Indoor Grand Prix	17 Feb 07
2	<b>52.93</b>	Melanie Purkiss	Uden, NED	Keien Meeting	03 Jun 06
3	<b>53.8</b>	Sian Scott	Rugby	UK Women's League Division 2	31 Jul 05

**400m (indoors)**

1	<b>52.62i</b>	Emma Duck	Birmingham	Norwich Union Indoor Grand Prix	17 Feb 07
2	<b>52.98i</b>	Melanie Purkiss	Birmingham	---	18 Feb 05
3	<b>54.53i</b>	Sian Scott	Birmingham	Birmingham Games	03 Feb 08

**800m**

1	<b>2.05.97</b>	Claire Nichols	Birmingham	Aviva National Championships including Olympic Trials	13 Jul 07
2	<b>2.07.34</b>	Amy Campbell	Watford	BMC Watford Gold Standard	08 Aug 07
3	<b>2.08.67</b>	Ceri Mitchell	Swansea	UK Women's League Division 1	05 Jun 11

**800m (indoors)**

1	<b>2.10.75i</b>	Claire Nichols	Lee Valley	SEAA Indoor Championships	11 Jan 09
2	<b>2.11.00i</b>	Jenny Beckingham (U20)	Birmingham	Aviva England U15 / U17 / U20 Championships	28 Feb 10
3	<b>2.13.46i</b>	Ceri Mitchell	Sheffield	BUSA Championships	26 Feb 05

**1500m**

1	<b>4.22.33</b>	Louise Webb (U20)	Bedford	England U20 & U23 Championships	28 Jun 09
2	<b>4.22.69</b>	Amy Campbell	Manchester (SC)	Norwich Union World Trails & AAA Championships	27 Jul 07
3	<b>4.22.97</b>	Ceri Mitchell	Watford	BMC Nike Grand Prix	11 Jun 11

**3000m**

1	<b>9.45.46</b>	Erica Sheldon	Manchester (SC)	UK Women's League Division 1	03 Jun 06
2	<b>9.49.50</b>	Amy Campbell	Hendon	Jo Smith Cup	08 Aug 09
3	<b>9.54.55</b>	Rebecca Gough (U20)	Watford	BMC Academy PB Classic	19 May 07

**5000m**

1	<b>17.00.96</b>	Elinor Kirk	Olympic Park	BUCS Championships	04 May 12
2	<b>17.35.96</b>	Laura Brenton	Bedford	England Athletics U23 & U20 Championships	24 Jun 07
3	<b>18.04.82</b>	Aiya Abe	Isle of Wight	NatWest Island Games	01 Jul 11

### 10000m

1	<b>35.56.76</b>	Erica Sheldon	Watford	BMC Nike Grand Prix	10 Jun 06
2	<b>38.12.08</b>	Karen Rushton (V40)	Oxford (H)	BMAF Pentathlon & 10000m Championships	25 May 08
3	<b>39.42.92</b>	Joanna Freeman	Olympic Park	BUCS Championships	06 May 12

### 1500m S/C

1	<b>4.44.83</b>	Louise Webb	Sheffield	English Schools Championships	10 Jul 07
2	<b>5.59.3</b>	Clemmie Mcateer (U20)	Andover	Southern Athletics League Division 1	21 Apr 12
3	<b>5.59.6</b>	Natalie Burke	Southampton	Southampton AC Open	16 Jun 10

### 2000m S/C

1	<b>6.32.45</b>	Louise Webb (U17)	Ostrava, CZE	IAAF World Youth Championships	14 Jul 07
2	<b>6.53.05</b>	Aiya Abe (U20)	Crystal Palace	Southern Counties U20/Senior Championships	12 Jun 10
3	<b>7.57.56</b>	Natalie Burke	Bedford	BUCS Championships	03 May 09

### 3000m S/C

1	<b>10.10.34</b>	Louise Webb (U20)	Novi-Sad, SRB	European Junior Championships	25 Jul 09
2	<b>11.16.37</b>	Aiya Abe (U20)	Bedford	Aviva England U23 & U20 World Trials Championships	20 Jun 10
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### 100m Hurdles

1	<b>13.91</b>	Karla Drew	Woodford	Woodford Combined Events	21 Apr 12
2	<b>14.34</b>	Grace Clements	Szczecin, POL	European Cup Combined Events Super League	27 Jun 09
3	<b>14.44</b>	Sian Scott	Carshalton	UK Women's League Division 2	03 Aug 08

### 400m Hurdles

1	<b>55.70</b>	Emma Duck	Crystal Palace	Norwich Union London Grand Prix	28 Jul 06
2	<b>56.42</b>	Sian Scott	Izmir, TUR	World Student Games	18 Aug 05
3	<b>59.08</b>	Emily Bonnett	Olympic Park	BUCS Championships	06 May 12

### High Jump

1	<b>1.78i</b>	Grace Clements	Apeldoorn, NED	Combined Events International	31 Jan 10
2	<b>1.73</b>	Charlotte Heron	Shawee OK, USA	Bison Invitational	11 Apr 09
3	<b>1.72i</b>	Karla Drew	Bompas, FRA	Combined Events International U23/U20	07 Mar 10

### Pole Vault

1	<b>3.30</b>	Claire Ridgley	Abingdon	UK Women's League Division 2	04 Jun 05
2	<b>3.20</b>	Rebecca Ridgley	Swansea	UK Women's League Division 2	02 Jun 07
3	<b>3.00</b>	Becky Tune	Eton	UK Women's League Division 2	07 Jul 07

### Long Jump

1	<b>6.02</b>	Grace Clements	Szczecin, POL	European Cup Combined Events Super League	28 Jun 09
2	<b>5.95</b>	Kim Murray (U20)	Rhodes, GRE	NatWest Island Games	05 Jul 07
3	<b>5.60</b>	Karla Drew	Exeter	Great West Open	10 Apr 10

### Triple Jump

1	<b>12.63</b>	Katharine Streatfield	Derby	U23 Inter-Territorial (Cleveland Cup)	14 Aug 05
2	<b>11.02</b>	Karoliina Isoaho	Harrow	Southern Athletic League Division 1	07 May 11
3	<b>10.51</b>	Jo Bottell (U17)	Southampton	Southern Women's League Senior 1	05 Sep 09

### Shot

1	<b>12.88</b>	Grace Clements	Bedford	CAU Inter Counties Championships	31 May 10
2	<b>12.44</b>	Vickie Foster (V35)	Portsmouth	BAL 10 in 100 Cup	10 Jun 07
3	<b>12.03</b>	Freya Jones (U20)	Winchester	UK Women's League Division 1	06 Aug 11

### Discus

1	<b>47.32</b>	Phoebe Dowson	Portsmouth	National Junior Athletic League Itchen Division	29 Apr 12
2	<b>43.43</b>	Debbie Callaway (V40)	Southampton	Southern Women's League Senior Division	28 Apr 07
3	<b>42.27</b>	Vickie Foster	Rugby	UK Women's League Division 2	31 Jul 05

### Hammer

1	<b>40.45</b>	Vickie Foster	Southampton	Southern Women's League Division 1	20 May 06
2	<b>40.05</b>	Megan Tuck (U20)	Bridgend	Bridgend Throws Development Meeting	02 Apr 11
3	<b>39.09</b>	Charlotte Heron	Winfield KS, USA	SouthWestern Relays	28 Apr 07

### Javelin

1	<b>52.82</b>	Freya Jones (U20)	Bedford	CAU Inter Counties Championships	29 May 11
2	<b>51.45</b>	Katy Watts	Bedford	Inter Counties	30 May 05
3	<b>45.17</b>	Sarah Ellis	Kingston	Southern Women's League 1 Senior	26 Jun 10

### Heptathlon

1	<b>5819</b>	Grace Clements	Delhi, IND	Commonwealth Games	09 Oct 10
2	<b>5061</b>	Karla Drew	Bedford	England Athletics Combined Event Championships	05 Jun 11
3	<b>3942</b>	Karoliina Isoaho	Bedford	England Athletics Combined Event Championships	05 Jun 11

### 4x100m Relay

1	<b>47.04</b>	Emma Duck Sian Scott Vicki Burgess Emily Young	Eton	BAL Cup Semi Final	30 Jul 06
2	<b>48.17</b>	Rachael Lewington Emily Young Ellen Howarth-Brown Sian Scott	Swansea	UK Women's League Division 2	06 Jul 08
3	<b>48.2</b>	Sian Scott Rachel Rogers Vicki Burgess Melanie Purkis	Abingdon	----	04 Jun 05

### 4x400m Relay

1	<b>3.49.82</b>	Rachael Lewington Becca Carozzi Claire Nichols Melanie Purkiss	Sutton	UK Women's League Division 2	03 Aug 08
2	<b>3.51.19</b>	Claire Nichols Vicki Burgess Hayley Pointer Sian Scott	Swansea	UK Women's League Division 2	02 Jul 06
3	<b>3.51.91</b>	Nicki Seal Emily Bonnett Grace Clements Rachael Lewington	Swansea	UK Women's League Division 1	05 Jun 11