

SENIOR WOMEN



60m

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

100m

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

200m

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

200m (indoors)

1	24.68i	Melanie Purkiss	Birmingham	Birmingham Games	03 Feb 08
2	26.40i	Katy Seal	Birmingham	Midland Counties Open	22 Feb 09
3	26.77i	Emily Jenkinson (U20)	Lee Valley	London U20/Senior Games	26 Jan 13

300m

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

400m

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

400m (indoors)

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

800m

1	2:05.97	Claire Nichols	Birmingham	Aviva National Championships including Olympic Trials	13 Jul 07
2	2:07.34	Amy Campbell	Watford	BMC Watford Gold Standard	08 Aug 07
3	2:07.80	Jenny Beckingham	Watford	BMC Gold Standard Races	11 Jul 12

800m (indoors)

1	2:09.94i	Emily Jenkinson (U20)	Birmingham	England Athletics U15/U17/U20 Championships	24 Feb 13
2	2:10.75i	Claire Nichols	Lee Valley	SEAA Indoor Championships	11 Jan 09
3	2:11.00i	Jenny Beckingham (U20)	Birmingham	Aviva England U15 / U17 / U20 Championships	28 Feb 10

1500m

1	4:20.26	Ceri Mitchell	Watford	BMC Nike Grand Prix	09 Jun 12
2	4:22.33	Louise Webb (U20)	Bedford	England U20 & U23 Championships	28 Jun 09
3	4:22.69	Amy Campbell	Manchester (SC)	Norwich Union World Trails & AAA Championships	27 Jul 07

3000m

1	9:36.5	Ceri Mitchell	Walton	Southern Athletics League Division 1	14 Jul 12
2	9:45.46	Erica Sheldon	Manchester (SC)	UK Women's League Division 1	03 Jun 06
3	9:49.50	Amy Campbell	Hendon	Jo Smith Cup	08 Aug 09

5000m

1	17:35.96	Laura Brenton	Bedford	England Athletics U23 & U20 Championships	24 Jun 07
2	17:59.48	Ellie Monks	Bedford	BMC Grand Prix Final	25 Aug 12
3	18:04.82	Aiya Abe	Isle of Wight	NatWest Island Games	01 Jul 11

10000m

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

1500m S/C

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

2000m S/C

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

3000m S/C

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

1	13.86	Karla Drew	Bedford	McCain CAU Championships	25 Aug 12
2	14.34	Grace Clements	Szczecin, POL	European Cup Combined Events Super League	27 Jun 09
3	14.44	Sian Scott	Carshalton	UK Women's League Division 2	03 Aug 08

400m Hurdles

1	55.70	Emma Duck	Crystal Palace	Norwich Union London Grand Prix	28 Jul 06
2	56.42	Sian Scott	Izmir, TUR	World Student Games	18 Aug 05
3	57.95	Emily Bonnett	Bedford	Bedford International Games	27 May 13

High Jump

1	1.78i	Grace Clements	Apeldoorn, NED	Combined Events International	31 Jan 10
2	1.76	Emma Cowell (U20)	Portsmouth	Hampshire County Championships	25 May 13
3	1.73	Charlotte Heron	Shawee OK, USA	Bison Invitational	11 Apr 09

Pole Vault

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

Long Jump

1	6.03	Grace Clements	Arona, ESP	Arona Combined Events	27 May 12
2	5.95	Kim Murray (U20)	Rhodes, GRE	NatWest Island Games	05 Jul 07
3	5.60	Karla Drew	Exeter	Great West Open	10 Apr 10

Triple Jump

1	12.63	Katharine Streatfield	Derby	U23 Inter-Territorial (Cleveland Cup)	14 Aug 05
2	11.60	Victoria Mould (U17)	Gateshead	Aviva English Schools Championships	07 Jul 12
3	11.49	Karoliina Isoaho	Espoo, FIN	Espoo County Championships	26 Jul 11

Shot

1	13.58	Grace Clements	Arona, ESP	Meeting de Pruebas Combinadas de Arona	01 Jun 13
2	12.44	Vickie Foster (V35)	Portsmouth	BAL 10 in 100 Cup	10 Jun 07
3	12.19i	Sophie Merritt (U17)	Birmingham	England Athletics U15/U17/U20 Championships	23 Feb 13

Discus

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

Hammer

1	42.29	Megan Tuck	Bournemouth	Dorset County Championships	26 May 13
2	40.45	Vickie Foster	Southampton	Southern Women's League Division 1	20 May 06
3	39.09	Charlotte Heron	Winfield KS, USA	SouthWestern Relays	28 Apr 07

Javelin

1	54.95	Freya Jones	Eugene OR, USA	NCAA DI Championships	05 Jun 13
2	51.45	Katy Watts	Bedford	Inter Counties	30 May 05
3	45.17	Sarah Ellis	Kingston	Southern Women's League 1 Senior	26 Jun 10

Heptathlon

1	5819	Grace Clements	Delhi, IND	Commonwealth Games	09 Oct 10
2	5102	Karla Drew	Bedford	England Senior/U20 Combined Events Championships	26 May 12
3	3942	Karoliina Isoaho	Bedford	England Athletics Combined Event Championships	05 Jun 11

4x100m Relay

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

4x400m Relay

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