

CLUB RECORDS – FEMALE

Event	U13 Girls	U15 Girls	U17 Women	U20 Women	Senior Women
100m	Freya Norton 13.5 (04)	Freya Norton 12.7 (05)	Di Greenidge 13.2 (1976)	Natasha Date 13.5 (04)	Charlotte Fisher 14.0 (03)
200m	Lizzie Wessley 28.3 (04)	Freya Norton 26.5(06)	Di Greenidge 26.8 (1976)	Sarah Morley 26.6 (06)	Annabel Hicks 26.5 (05)
300m			Jessica Ellis 43.5 (04)		
400m			Catherine Blew 62.3 (07)	Z Okuniewska 61.7 (06)	Annabel Hicks 58.4 (05)
800m	Isla Ness 2:33.5 (06)	Isla Ness 2:22.59 (08)	Catherine Blew 2:13.53 (08)	Z Okuniewska 2:18.63 (07)	Michelle Innalls 2:25.7 (1997)
1500m	Greta Junker 5:04.3 (02)	Isla Ness 4:49.04 (07)	Catherine Blew 4:33.23 (08)	N Taschimowitz 4:41.13 (07)	Alice Hector 4:48.4 (05)
3000m		Isla Ness 11:08.3 (08)	Catherine Blew 10:34.82 (07)	N Taschimowitz 10:33.85 (08)	Charlotte Fisher 11:43.1 (04)
5000m					
10,000m					
Long Jump	Juliet Crew 4.40 (05)	Natasha Gowan 4.84 (04)	Di Greenidge 5.45 (1976)	Becky Klys 4.80 (07)	Cath Parmiter 4.97 (1997)
High Jump	Victoria Baines 1.32 (05)	Justine Singleton 1.45 (03) = Rachel Spencer (07)	Rachel Spencer 1.55 (08)	Becky Klys 1.51 (07)	Di Stokes 1.55 (1980)
Triple Jump			Rebecca Klys 10.35 (04)	Becky Klys 10.82 (07)	Becky Klys 10.14 (08)
Pole Vault			Helen Mullally 1.65 (06)	Becky Klys 2.15 (07)	
Discus		Izzy Jeffs 26.95 (06)	Emily Hunter 23.62 (06)	Becky Klys 28.39 (07)	Becky Klys 27.73 (08)
Javelin	Hope Whittington 25.84 (05)	Izzy Jeffs 36.92 (06)	Izzy Jeffs 47.72 (08)	Justine Singleton 34.12 (06)	Cath Parmiter 23.10 (1997)
Shot	Izzy Jeffs 8.52 (04)	Izzy Jeffs 11.84 (06)	M Liddell-Grainger 9.60 (08)	Emily Hunter 9.43 (07)	Pam Brice 8.95 (1977)
Hammer			Claire Knighton 28.92 (06)	Claire Knighton 28.98 (08)	Julie Singleton 16.61 (05)
Sprint (70 – 100m) Hurdles	Lizzie Wessley 11.4 (04) 70m H	Lizzie Wessley 11.26 (06) 75m H	Justine Singleton 12.2 (04) 80m H	Justine Singleton 16.21 (06)	Michelle Golding 19.9 (03)
300m Hurdles			Abby Walker 49.4 (07)	Justine Singleton 74.07 (06)	Cath Parmiter 17.1 (1999)
400m Hurdles			Catherine Blew 69.9 (07)		Charlotte Fisher 79.2 (2003)
1500 S/C			Lydia Rosling 5:33.57		
2000 S/C			Catherine Blew 7:37.2 (07)	N Taschimowitz 8:15.9 (07)	
Multi-Events	Georgia Thompson 666pts (06) Quadrathlon	Justine Singleton 2552pts (03) Pentathlon	Justine Singleton 3805pts (04) Heptathlon	Justine Singleton 3708 (06) Heptathlon	
4 x 100m	59.0 (05) Harper, Phillips, Spencer, Crew	52.0 (05) Norton, Morley, Wessley, Dyer	Combined with seniors	Combined with seniors	55.7 (08) Walker, Lines, Spencer, James
4 x 400m					4:28.0 (08) Taschimowitz, Lines, Klys, Ness
Mile					
600m			Christabel Lines 1:47.97 (07)	Z Okuniewska 1:42.48 (07)	
150m	Lizzie Wessley 21.9 (04)				