

Hercules Wimbledon AC All-Time Women's Rankings (as at 1/1/2010)

(All age groups)

Senior/U20 Women

100m

Jade Lucas-Read	11.69	2001	
Janette Niccols	11.84	1996	
O Acii	12.2	1991	
Emily Martin (U20)	12.4	22/4/2006	Southern League, Bracknell
Emily Martin (U17)	12.47/+1.3w	29/5/2005	Southern U17 Champs, Portsmouth
Mary Hall	12.5	1958	
Lucy Atunumuo	12.5	25/4/1998	Southern League, Yeovil
Liz Allinson	12.6	1985	
Amelia Richards (U15)	12.6/+1.5	4/8/2006	AAA U15 Champs, Birmingham

200m

Janette Niccolls	24.6	1997	
Mary Hall	24.9	1959	
O Acii	24.9	1991	
Liz Allinson	25.1	1985	
Lucy Atunumuo	25.2	30/5/1998	Southern League, Wimbledon
Emily Martin	25.32/+1.0	21/6/2009	Southern Champs, Watford
N Haughton	26.2/+2.1w	20/5/1990	Surrey Champs, Croydon
Amelia Richards (U15)	26.3	15/7/2006	Southern League, Crawley
Laure Causemille	26.8	20/8/2005	Southern League, Hoo

400m

Lesley Davis/Orton	57.5*	2/7/1960	WAAA Championships, White City
Emily De Nobrega (U20)	58.0	11/5/1996	Surrey Champs, Croydon
Karen Spackman	58.9	18/5/1985	Surrey Champs, Motspur Park
M Buskita	59.2	16/8/2000	Rosenheim League, Tooting Bec
C McGinley	59.4	19/5/1990	Surrey Champs, Croydon
Sarah Moulden	61.1	19/5/1990	Surrey Champs, Croydon

*440 yards

800m

Jeina Mitchell (U17)	2:12.4	1980	
Emily De Nobrega	2:13.2	1996	
J Cort	2:16.4	1958	
Jennifer Fernando (U17)	2:17.87	10/6/2006	Surrey Schools Champs, Kingston
Karen Spackman	2:18.4	1985	
Emma Clarke	2:18.7	1986	
Christine Hodgson (U20)	2:20.2	15/5/1993	
Bridget Cushen	2:20.6	28/6/1969	AC Bird Trophy, Wimbledon Park
Serena Brotherton (U17)	2:21.8	10/4/2005	HW YA Meeting, Crystal Palace

1500m

Jeina Mitchell (U17)	4:24.6	1990	
Bridget Cushen	4:39.2	9/8/1979	Southern Inter Counties, Crawley
Emma Clarke	4:45.2	1986	
Christine Hodgson (U20)	4:46.7	15/5/1993	Surrey Champs, Croydon
Medena Knespl (U20)	4:50.34	24/4/2006	Boston, USA

Rosemary Fernando (U17)	5:00.71	9/6/2007	Surrey Schools, Kingston
Rebecca Dicker	5:02.1	1996	
3000m			
Bridget Cushen	9:48.6	1966	
Medena Knespl	9:52.17	17/5/2008	Princeton, New Jersey, USA
Jeina Mitchell (U17)	10:00.2	1990	Rosenheim League, Tooting Bec
Medena Knespl	10:02.38 (i)	2/2/2008	Indoor Meeting, Allston, MA, USA
Emma Clarke	10:02.4	24/4/1988	Surrey Champs, Woking
Christine Hodgson (U20)	10:02.5	2/5/1993	Surrey Champs, Wimbledon Park
Naomi Warner	10:03.5	15/8/2007	Rosenheim Final, Kingston
Karen Spackman	10:14.0	17/4/1986	Surrey Champs, Tooting Bec
Claire Grima	10:29.1	10/6/2009	Rosenheim League, Wimbledon Park
Karen Chilver	10:32.0	1992	
Rebecca Dicker	11:01.7	1996	
Estle Viljoen	11:13.4	15/7/2000	Southern League, Wimbledon Park
Anna Garnier (W50)	11:23.9	10/6/2009	Rosenheim League, Wimbledon Park
Lindsay Ferguson	11:26.8	6/6/2007	Rosenheim League, Tooting Bec
5000m			
Medena Knespl	16:51.01	8/5/2008	Durham, New Hampshire, USA
Medena Knespl	17:45.80 (i)	9/2/2008	Collegiate Meet, Armory, New York, USA
100mH			
P Lush	14.7	1969	
Laure Causimille	17.5	23/7/2005	Southern League, Horsham
Candy Dunne	17.8	22/5/1993	Southern League, Norwich
Lucy England (U20)	18.5	22/4/2006	Southern League, Bracknell
Karen Tostee (U20)	18.8	20/5/2006	Southern League, Croydon
400mH			
Karen Spackman	64.3	24/4/1988	Surrey Champs, Woking
S Webb (U20)	68.7	23/4/1994	Southern League, Wimbledon Park
Karen Sparrowhawk	70.1	2/9/1995	Southern League, High Wycombe
Mary Adolphe (U20)	70.4	10/5/1997	Surrey Champs, Wimbledon Park
Lucy England (U20)	73.08	14/5/2006	Surrey Champs, Kingston
Laure Causumille	74.4	23/7/2004	Southern League, Horsham
Karen Tostee (U20)	76.3	28/4/2007	Southern League, Sutton
4x100m			
Nicholls/DeNobrega/??/??	48.9	1996	
Brookes/Jackson/Davies/Hall	49.2	1959	
	50.2	22/6/1996	Southern League St Ives, Cambs
4x200m			
Orton/Jackson/Ollett/Hall	1:46.4	1959	
4x400m			
McGinley/Lodge/Haughton /Mitchell	4:07.2	1990	
	4:11.6	22/4/1990	Surrey Champs, Woking
	4:13.4	20/7/1996	Southern League, Yeovil
	4:14.4	22/6/1996	Southern League, St Ives, Cambs
	4:15.4	2/9/1975	Southern League, High Wycombe

	4:18.4	4/9/1994	Southern League, Welwyn
Hamilton/Nimarkoh /Andrews/Tilley	4:19.6	1982	
High Jump			
Mary Onianwa (U17)	1.63	1995	
I Pegley	1.60	1960	
Violet Bird	1.60	1957	
Emily Martin (U20)	1.57	22/4/2006	Southern League, Bracknell
Pole Vault			
Candy Dunne (U17)	1.90	3/4/1993	HW YA Meeting, Crystal Palace
Long Jump			
Lucy Atunumuo	5.88	14/5/2000	Surrey Champs, Croydon
Emily Martin (U20)	5.80/-1.0w	24/6/2007	England Athletic U20 Champs, Bedford
D Warnock	5.55	1961	
Amelia Richards (U15)	5.35/-0.4w	8/7/2006	English Schools Champs, Gateshead
Emily De Nobrega	5.05	1996	
Triple Jump			
Emily Martin (U20)	11.36 (i)	20/1/2007	SEAA Indoor Champs, Lee Valley
Emily Martin (U17)	11.33	14/8/2005	AAAs U17 Champs, Birmingham
Lucy Atunumuo (U17)	10.77	1997	
Jade Lally (U20)	10.48.	24/4/2004	Southern League, Hoo
Amelia Richards (U15)	10.40 (i)	4/3/2007	Surrey AA Indoor Champs, Sutton
Serena Brotherton (U17)	10.01	11/6/2005	Surrey Schools, Kingston
M Ames	9.66	24/7/1965	Southern League, Eltham
Shot			
Brenda Bedford	14.67	1966	
Loretta Hamilton	11.85	15/5/1982	Surrey Champs, Motspur Park
Natasha Huggins	11.05	23/4/1993	Southern League, Wimbledon Park
Tuvola Akiwumi (U20)	10.63	12/6/1999	Surrey Schools, Kingston
C Burton	9.05	5/1970	Surrey Championships, Motspur Park
Emily Martin (U20)	8.83	7/7/2007	Southern League, Kingston
Discus			
Brenda Bedford	47.24	1966	
Loretta Hamilton	36.56	10/5/1980	Southern League, Walton
C Burton	23.78	5/1970	Surrey Champs, Motspur Park
Olivia Archdeacon (U17)	21.85	27/6/2009	Southern League, Horsham
Hammer			
Jade Lally	32.23.	24/4/2004	Southern League, Hoo
Tuvola Akiwumi (U17)	22.90	1995	
Ann Martin (W45)	18.97	27/6/2009	Southern League, Horsham
Javelin			
S Mujawamaria	50.30	1992	
Loretta Hamilton	42.42	25/4/1982	Surrey Champs, Motspur Park
Mary Milbank	42.36	17/7/1971	WAAA Champs, Crystal Palace
Pamela Bennett	40.63	1966	
P O'Hara	39.39	18/5/69	Surrey Champs

Jenny Grimstone (U20)	34.56	12/5/1996	Surrey Champs, Croydon
L Yeates	32.84	17/5/1987	Surrey Champs, Tooting Bec
Harriet Richards	32.68	8/5/1999	Surrey Champs, Kingston
Emily Martin	31.60	2/8/2009	UK Woman's League, Grangemouth

Pentathlon

Loretta Hamilton	2910pts	26/4/1981	Surrey Champs, Motspur Park
K Laffan (U20)	2829pts	17/5/1969	Surrey Champs, Wimbledon Park

Heptathlon

Loretta Hamilton	4647pts	19-20/7/1980	Southern Champs, Crystal Palace
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3000m Walk

Estle Viljoen	13:51.73	1/9/2002	Watford
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5000 Walk

Estle Viljoen	24:15.04	26/7/2003	AAA Champs, Birmingham
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10,000m Walk

Estle Viljoen	50:16.17	26/4/2002	Surrey Champs, Battersea Park
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U17 Women

100m

Jade Lucas-Read	12.02	2000	
Janette Niccolls	12.2	7/8/1993	Southern League, Bracknell
Lucy Atunumuo	12.28/-0.5	17/8/1997	AAA Champs, Birmingham
Emily Martin	12.47/+1.3w	29/5/2005	Southern U17 Champs, Portsmouth
Mary Hall	12.5	1958	
M James	12.9	1992	
Laura Wignall	13.1	18/5/2003	NYAL, Carshalton
N Haughton	13.2/+1.20	21/5/1989	Surrey Champs, Tooting Bec
H James	13.2/+2.41	21/5/1989	Surrey Champs, Tooting Bec
Bukky Adeshena	13.2	1996	
Mary Onianwa	13.2	1996	
K Fox	13.3	21/5/1983	Surrey Champs, Motspur Park
S Adams	13.4/+3.3	20/5/1990	Surrey Champs, Croydon
Sarah Bandoo	13.4	1996	

200m

Mary Hall	24.9	1959	
Lucy Atunumuo	24.96	16/4/1997	AAA Champs, Birmingham
Janette Niccolls	25.5	17/7/1993	Lily B League, Kingston
Emily Martin	25.6	8/5/2005	NYAL, Perivale
Jade Lucas-Read	25.9	24/9/1999	Southern League, Wimbledon Park
E Allinson	26.6	15/5/1984	Surrey Champs, Motspur Park
Mary Onianwa	26.8	1996	
Bukky Adeshina	27.2	1996	
K Fox	27.3	17/5/1983	Surrey Champs, Motspur Park
Laura Wignall	27.4	4/5/2003	Kingston
L Payne	27.8	17/5/1983	Surrey Champs, Motspur Park
S Adams	27.8/-0.98	19/5/1990	Surrey Champs, Croydon

V Vimarkoln	28.4	13/5/1982	Surrey Champs, Motspur Park
J Gregory	28.5/+0.27	19/5/1990	Surrey Champs, Croydon
C Buttle	28.5	18/5/1980	Surrey Champs, Motspur Park
Florence King	28.96	21/2/2004	Havana, Cuba
S Brown	29.0/+1.0	19/5/1991	Surrey Champs, Croydon
Sarah Moulden	29.0	15/5/1980	Surrey Champs, Motspur Park
Jennifer Fernando	29.1	22/7/2007	NYAL, Sutton
Sharon Obayuwana	29.1	3/5/2009	NYAL, Crawley
R Andrews	29.4	13/5/1982	Surrey Champs, Motspur Park
Rosemary Fernando	29.6	4/6/2006	NYAL, Horsham
Alex Borthwick	29.6	14/6/2008	London Schools, Battersea Park
Caroline Hicks (U15)	30.6	4/6/2006	NYAL, Horsham
Jade Brooks	30.8	4/5/2008	NYAL, Kingston
300m			
Emily De Nobrega	40.57	1995	English Schools
Emily Martin	41.59	15/5/2004	Surrey Champs, Kingston
Olivia Hines	41.7	9/5/1999	Surrey Champs, Wimbledon Park
Iyesha Hines	41.8	10/5/1997	Surrey Championships, Wimbledon Park
E De Nobrega	42.5	15/5/1994	Surrey Champs, Croydon
Annette Haque	42.7	17/5/1992	Surrey Champs, Kingston
Bukky Adeshina	42.9	1996	
Amanda O'Shea	43.3	13/5/1995	Surrey Champs, Croydon
Laura Wignall	45.2	23/3/2003	Kingston
LJ Goodsell	44.8	15/5/1994	Surrey Champs, Croydon
Jennifer Fernando	45.7	24/6/2007	NYAL, Perivale
Lucy England	46.26	15/5/2004	Surrey Champs, Kingston
Rosemary Fernando	47.1	16/9/2006	Lily B League, Kingston
Caroline Hicks	47.8	3/6/2007	NYAL, Kingston
400m			
Emily De Nobrega	57.8	1995	
Karen Spackman	58.5	2/6/1985	Southern Champs, Copthall, Hendon
Rachel Duell	60.3	15/5/98	Surrey Champs, Tooting Bec
Elizabeth Allinson	60.5	13/5/1985	Surrey Champs, Motspur Park
Ayesha Hines	61.9	1996	
J Gregory	62.7	20/5/1990	Surrey Champs, Croydon
Annette Haque	62.7	1992	
Carean Vernon	62.8	1996	
Olivia Hines	62.9	22/5/1999	Southern League, Bournemouth
Y Jones	63.2	13/5/1985	Surrey Champs, Motspur Park
V Nimarkoh	63.2	11/5/1982	Surrey Champs, Motspur Park
K Tilley	63.5	11/5/1982	Surrey Champs, Motspur Park
Jennifer Fernando	64.6	2/9/2006	Southern League, Reading
R Andrews	64.8	16/5/1983	Surrey Champs, Motspur Park
A Hoare	65.4	13/5/1985	Surrey Champs, Motspur Park
Amandine King	66.9	11/6/2003	Wimbledon Park
800m			
Jeina Mitchell	2:12.4	1990	
Carean Vernon	2:14.2	1996	
Olivia Hines	2:15.9	3/7/1999	Inter County Match, Enfield
Karen Spackman	2:17.7	1985	
Jennifer Fernando	2:17.97	10/6/2006	Surrey Schools Champs, Kingston

Serena Brotherton	2:21.8	10/4/2005	HW YA Meeting Crystal Palace
K Doherty	2:22.1	25/4/1987	Surrey Champs, Tooting Bec
Becky O'Carroll	2:22.7	2/5/1993	Surrey Champs, Wimbledon Park
Iyesha Hines	2:23.4	10/5/1997	Surrey Champs, Wimbledon Park
E de Nobrega	2:24.6	7/5/1994	Surrey Champs, Wimbledon Park
Sandie Badham	2:25.6	7/5/1994	Surrey Champs, Wimbledon Park
Emma Clarke	2:29.2	23/4/1983	Surrey Championships, Croydon
Christine Hodgson	2:30.3	20/4/1991	Surrey Champs, Kingston
Rosemary Fernando	2:31.5	24/6/2007	NYAL, Perivale
Amandine King	2:33.2	21/2/2004	Havana, Cuba
A Hoare	2:34.1	27/4/1985	Surrey Champs, Croydon

1500m

Jeina Mitchell	4:24.6	1990	
Karen Chilver	4:45.7	20/5/1990	Surrey Champs, Croydon
Sandie Badham	4:53.2	14/5/1994	Surrey Champs, Croydon
Carean Vernon	4:53.3	8/6/1996	London Schools, Croydon
Emma Clarke	4:55.7	15/5/1984	Surrey Champs, Motspur Park
Becky O'Carroll	5:00.2	1992	
Rosemary Fernando	5:00.71	9/6/2007	Surrey Schools, Kingston
Jennifer Fernando	5:13.7	14/7/2007	Lily B League, Sutton
Karen Spackman	5:14.6	15/5/1984	Surrey Champs, Motspur Park
J Bowden	5:14.7	15/5/1988	Surrey Champs, Tooting Bec
R Downey	5:15.7	17/5/1983	Surrey Champs, Motspur Park
Medena Knespl	5:17.27	14/6/2003	Surrey Schools, Kingston

3000m

Jeina Mitchell	10:00.2	1990	Tooting Bec
Karen Chilver	10:02.2	4/7/1990	English Schools, Derby
Carean Vernon	10:39.3	1996	
Emma Clarke	10:53.2	3/6/1984	Southern Champs, Cophall, Hendon
L Radford	11:03.1	27/4/1986	Surrey Champs, Tooting Bec

80m hurdles

Mary Onianwa	12.1/+3.0	7/5/1996	Surrey Championships, Croydon
Karen Spackman	12.7	1984	
Katrina McDonald	12.7/+6.0	13/5/1995	Surrey Championships, Croydon
Emily Martin	13.0	4/9/2004	Kingston
C Buttle	13.4	17/5/1980	Surrey Champs, Motspur Park
D Whitehead	13.5w/+2.1	19/5/1991	Surrey Champs, Croydon
Lucy England	14.12	15/5/2004	Surrey Champs, Kingston
Serena Brotherton	14.3	17/7/2005	NYAL, Kingston

300m hurdles

C Turner	48.7	21/4/1991	Surrey Champs, Kingston
Lucy England	50.6	6/6/2004	Woking
Nadia Abdulla	54.9	30/4/2005	NYAL, Carshalton

400m hurdles

Karen Spackman	67.3	1984	
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4x100m

	51.3	1987	
	52.1	27/7/1996	Lily B League, Wimbledon Park

Payne/Bays/Nimarkoh/Fox 52.4 1982

4x400m

4:41.2 (Rosemary Fernando (69.7), Hannah Long (77.1), Caroline Hicks (70.4), Jennifer Fernando (64.0))
28/4/2007 Southern League, Sutton Arena

Medley Relay

2:28.7 1987

High Jump

V Bird 1.60 1965
Mary Onianwa 1.60 1996
Jade Lally 1.55 2/8/2003 Lily B League, Guildford
Emily Martin 1.50 20/8/2005 Southern League, Hoo
K Laffan 1.44 12/7/1969
Ali Borthwick 1.40 14/6/2008 London Schools, Battersea Park

Pole Vault

Candy Dunne 2.20 15/5/1993 Surrey Champs, Croydon

Long Jump

Lucy Atunumuo 5.77 1998
Emily Martin 5.71 -/9/2005 Lily B League Finals, Kingston
D Warnock 5.55 1961
Mary Onianwa 5.20
Lucy England 4.84 9/5/2004 Carshalton
Laura Wignall 4.76 4/5/2003 Kingston
S Brown 4.61 19/5/1991 Surrey Champs, Croydon
Jade Lally 4.39 1/6/2003 NYAL, Watford
Serena Brotherton 4.32 (i) 21/1/2005 Jablonec, Czech Rep
Caroline Hicks 4.19 14/7/2007 Lily B League, Sutton
Natasha Skeet 4.19 31/5/2008 Southern League, Twickenham

Triple Jump

Emily Martin 11.33 14/8/2005 AAAs U17 Indoor Champs, Birmingham
Lucy Atunumuo 10.77 1996
Mary Onianwa 10.56 1996
Amelia Richards (U15) 10.40 4/3/2007 Surrey AA Indoor Champs, Sutton
Serena Brotherton 10.01 11/6/2005 Surrey Schools Champs, Kingston

Shot

Natasha Huggins 11.47 12/4/1993 Southern League, Basingstoke
Tuvola Akiwumi 10.70 11/5/1996 Surrey Champs, Croydon
Jade Lally 9.88 7/9/2003 Isle of Wight Open Meeting
Emily Martin 8.95 30/4/2005 Southern League, Eastbourne
L Yeates 8.15 27/4/1985 Surrey Champs, Croydon
Bukky Adeshina 7.91 1996

Discus

P Welch 38.58 1960
Jade Lally 37.22 14/9/2003 High Wycombe Open Meeting
S Caldicot 32.76 28/6/69
Tuvola Akiwumi 32.76 1996
Natasha Huggins 31.74 1992

Javelin

Jenny Grimstone	38.18	1995	English Schools
Loretta Hamilton	34.36	1969	
Mary Millbank	33.78	31/5/1979	Surrey Champs, Wimbledon Park
Mary Onianwa	32.18	1996	
E Jackson	31.44	15/5/94	Surrey Champs, Croydon
Louisa Douglas	29.56	1996	
Maria Kuiber	27.84	21/6/2003	Greenwich Schools Champs
Jade Lally	26.94	23/3/2003	King. & Poly Open, Kingston
L Yeates	24.00	27/4/1985	Surrey Champs, Croydon
K Marshall	20.74	28/4/1984	Surrey Champs, Croydon
Maureen Njunga	20.45	13/9/2003	Kingston
S Adams	19.82	19/5/1990	Surrey Champs, Croydon
D Winter	19.00	23/4/1983	Surrey Championships, Croydon

Pentathlon

Karen Spackman	2861pts	1984	
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Heptathlon

Mary Onianwa	3735pts	1996	Surrey Champs, Walton
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U15 Girls

100m

Janette Nicolls	12.3	13/4/1991	HW YA Meeting, Crystal Palace
Amelia Richards	12.41/+1.6w	11/8/2007	England Athletics Champs, Sheffield
Mary Hall	12.5		
Amelia Richards	12.5	9/6/2007	London Schools Champs, Battersea Park
Emily Martin	12.68/+2.0	24/5/2003	Southern Champs, Watford
Antoinette Wong	12.79w/+2.2	25/9/1994	Southern Champs, Crystal Palace
Antoinette Wong	12.9/+1.8	15/5/1994	Surrey Champs, Croydon
Anna Berry	13.0	26/5/2007	Lily B League, Guildford
Bukky Adeshina	13.2	23/4/1994	Southern League, Wimbledon Park
S Smith	13.3/-2.4	15/5/1982	Surrey Champs, Motspur Park
Sharon Obayuwana	13.3	1/6/2008	NYAL Parliament Hill, Highgate
S Brown	13.5/+2.2	20/5/1990	Surrey Champs, Croydon
Sharon Obayuwana	13.38/nwr	11/5/2008	Surrey Championships, Kingston (heats)
S Adams	13.4/+0.36	21/5/1989	Surrey Champs, Tooting Bec
K Fox	13.7/+1.8	15/5/1982	Surrey Champs, Motspur Park
Jowita Miesziowska	13.7	19/7/2009	NYAL, Carshalton
Y Peat	13.8/0.0	21/5/1983	Surrey Champs, Motspur Park
Elizabeth Allinson	13.9/+1.8	21/5/1983	Surrey Champs, Motspur Park
L Payne	13.9/-1.8	15/5/1982	Surrey Champs, Motspur Park
S Spence	14.1/+1.3	15/5/1994	Surrey Championships, Croydon
H Baines	14.1/-3.9	15/5/1982	Surrey Champs, Motspur Park
K Tilley	14.1w/+3.0	16/5/1981	Surrey Champs, Motspur Park
S Giles	14.2/+1.01	21/5/1989	Surrey Championships, Tooting Bec
Jeanne Mbimbu	14.2	1/6/2008	NYAL Parliament Hill, Highgate
B Morrison	14.3/+0.31	21/5/1989	Surrey Champs, Tooting Bec
Natasha Skeet	14.5	8/9/2007	Lily B League Plate Final, Kingston
Rosemary Fernando	14.4	24/7/2005	Southern League, Horsham
Jennifer Fernando	14.4	13/8/2005	Lily B League, Guildford
Florence King	14.5	15/5/2003	Kingston

K Lea	14.6/1.01	16/5/1987	Surrey Champs, Tooting Bec
Jade Brooks	14.6	26/5/2007	Lily B League, Guildford
Georgia Haigh	14.6	20/9/2008	Lily B League, Kingston
Nadia Abdulla	14.66	16/5/2004	Surrey Championships, Kingston
Mary Brandon	14.7	2/7/2005	Lily B League, Sutton
Caroline Hicks	14.7	15/7/2006	Southern League, Crawley

200m

Janette Niccolls	25.1	13/4/1991	HW YA Meeting, Crystal Palace
Amelia Richards	25.7	16/6/2007	Herne Hill H Open, Tooting Bec
S Smith	26.1	1982	
Emily Martin	26.38/-2.5w	24/8/2003	Inter County, Abingdon
Amelia Richards	26.46/-2.3w	13/5/2007	Surrey Champs, Kingston
S Adams	26.8/+1.13	20/5/1989	Surrey Champs, Tooting Bec
Antoinette Wong	26.8	1/7/1995	Surrey Champs, Walton
Katrina McDonald	27.0/+0.6	7/5/1994	Surrey Champs, Wimbledon Park
Sharon Obayuwana	27.13/-1.2w	10/5/2008	Surrey Championships, Kingston
Rachel Duell	27.3/+2.09	16/5/1987	Surrey Champs, Tooting Bec
Sharon Obayumana	27.4	1/6/2008	NYAL Parliament Hill, Highgate
Rachel Duell	27.5/-0.49	16/5/1987	Surrey Champs, Tooting Bec
Amelia Richards	27.51 (i)	29/1/2006	Welsh Indoor Champs
Emily De Nobrega	27.8	17/7/1993	Lily B League, Kingston
Anna Berry	27.9	14/7/2007	Lily B League, Sutton
K Fox	28.1	12/5/1982	Surrey Champs, Motspur Park
Anna Berry	28.11/+0.3w	13/5/2007	Surrey Schools, (Heat), Kingston
Bukky Adeshina	28.2/+0.1w	7/5/1994	Surrey Champs, Wimbledon Park
E Allinson	28.3/0.0	21/5/1983	Surrey Champs, Motspur Park
Y Peat	28.4/0.0	21/5/1983	Surrey Champs, Motspur Park
S Brown	28.6/-3.51	19/5/1990	Surrey Champs, Croydon
L Payne	28.7	12/5/1982	Surrey Champs, Motspur Park
Jowita Miesziowska	29.3	6/9/2009	Southern League, Wimbledon Park
Rosemary Fernando	29.4	8/5/2005	NYAL, Perivale
Jessica Wood	29.55/-0.8w	10/5/2008	Surrey Championships, Kingston (Heats)
Jeanne Mbimbu	29.6	1/6/2008	NYAL Parliament Hill, Highgate
Jennifer Fernando	29.7	20/8/2005	Southern League, Hoo
Lucy England	29.89	10/5/2003	Surrey Champs, Kingston
Florence King	30.07	10/5/2003	Surrey Champs, Kingston
Jade Brooks	30.1	22/7/2007	NYAL, Sutton
D Morrish	30.2/+0.30	20/5/1989	Surrey Champs, Tooting Bec
K Lea	30.3/+0.38	16/5/1987	Surrey Champs, Tooting Bec
Ali Borthwick	30.3	28/4/2007	Southern League, Sutton Arena
Mary Brandon	30.6	17/7/2005	NYAL, Kingston
Caroline Hicks	30.6	4/6/2006	NYAL, Horsham
A McIlwrick	30.8	13/5/1981	Surrey Champs, Motspur Park
A Frost	30.9/-0.7	15/5/1993	Surrey Champs, Croydon

800m

Olivia Hines	2:12.04	24/5/1998	Southern Champs, Haringey
Amanda O'Shea	2:15.05	12/6/1993	Southern Champs, Crystal Palace
Carean Vernon	2:17.9	14/5/1994	Surrey Champs, Croydon
Rachel Duell	2:19.6	1995	
Karen Braithwaite	2:20.7	11/6/1994	Surrey Schools, Kingston
Lisa Sparrowhawk	2:21.5	11/6/1994	Surrey Schools, Kingston

Emma Clarke	2:21.6	1982	
Karen Doherty	2:22.1	1985	
Sandy Badham	2:24.3	17/5/1992	Surrey Champs, Kingston
N Andrews	2:25.7	17/5/1992	Surrey Champs, Kingston
Gemma Hanks	2:26.1	2/7/1995	Surrey Champs, Walton
Emily De Nobrega	2:26.4	3/5/1993	HW YA Meeting, Crystal Palace
Serena Brotherton	2:27.6		
Karen Spackman	2:27.8	25/4/1982	Surrey Champs, Motspur Park
Lucy Atunumuo	2:29.0	23/4/1994	Southern League, Wimbledon Park
Alexa Hunn	2:30.0	12/5/1996	Surrey Champs, Croydon
Amelia Richards	2:31.12	10/9/2006	Surrey Multi Events, Crawley
Jennifer Fernando	2:32.2	8/5/2005	NYAL, Perivale
Katrina McDonald	2:32.7	16/5/1993	Surrey Champs, Croydon
R White	2:33.5	25/4/1987	Surrey Champs, Tooting Bec
Karen Chilver	2:34.3	23/4/1988	Surrey Champs, Woking
Caroline Hicks	2:35.13	10/6/2006	Surrey Schools Champs (heat), Kingston
N Strover	2:35.7	27/4/1986	Surrey Champs, Tooting Bec
R Downey	2:37.3	25/4/1982	Surrey Champs, Motspur Park
Maire Gilmartin	2:38.2	3/5/2009	NYAL, Crawley

1500m

Jeina Mitchell	4:39.4	8/7/1989	English Schools, Wigan
Sandy Badham	4:48.1	1992	
Carean Vernon	4:51.2	29/5/1994	Southern Champs, Crystal Palace
Olivia Hines	4:53.0	12/9/1998	Lily B League, Kingston
Emma Clarke	4:56.7	1982	
Alexa Hunn	4:59.1	16/6/1996	Surrey Champs, Walton
Karen Braithwaite	5:01.1	8/5/1994	Surrey Champs, Wimbledon Park
Amanda O'Shea	5:01.7	2/5/1993	Surrey Champs, Wimbledon Park
Lucy Marland	5:01.7	1/7/2000	Lily B League, Walton
Karen Spackman	5:05.6	21/5/1983	Surrey Champs, Motspur Park
Katrina McDonald	5:06.4	1/5/1993	Surrey Champs, Wimbledon Park
Karen Chilver	5:07.6	15/5/1988	Surrey Champs, Tooting Bec
N Andrews	5:08.2	3/5/1992	Surrey Championships, Kingston
Becky O'Carroll	5:09.2	21/5/1990	Surrey Champs, Croydon

3000m

Michaela Knespl	11:42.8	4/7/2007	Rosenheim League, Tooting Bec
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75m Hurdles

Amelia Richards	11.5	3/6/2007	NYAL, Kingston
Amelia Richards	11.52/+1.6w	11/8/2007	England Athletics Champs, Sheffield
C Plummer	12.1	1976	
Mary Oniwana	12.3	1/7/1995	Surrey Champs, Walton
C Turner	12.6	20/5/1990	Surrey Champs, Croydon
Lucy England	12.86	14/6/2003	Surrey Schools, Kingston
Mary Brandon	13.7	2/7/2005	Lily B League, Sutton
Serena Brotherton	13.8	13/9/2003	Kingston
Candy Dunne	14.2/+0.3	17/5/1992	Surrey Champs, Croydon
Nadia Abdulla	14.7	24/4/2004	Southern League, Hoo, Kent
Natasha Skeet	14.88/-0.3w	9/6/2007	Surrey Schools, Kingston
Natasha Skeet	14.9	3/6/2007	NYAL, Kingston

80m Hurdles

S Smith	12.7	17/7/1982	Lily B League, Croydon
Karen Spackman	12.7	1983	
4x100m			
Niccolls/Brown/Turner /Webster	51.8	1990	
	52.2	4/9/1974	Southern League, Welwyn
	52.3	26/4/1986	Surrey Champs, Tooting Bec
Parr/Chaffee/Drain/Locke	52.4	1935	
Payne/Fox/Bianes/Nimarkoh	52.4	1982	
	52.5	2/9/1975	Southern League, High Wycombe
	52.8	24/4/1982	Surrey Champs, Motspur Park
	52.9	24/4/1994	Southern League, Wimbledon Park
4x200m			
Braithwaite/McDonald O'Shea/Atunumuo	1:48.0	1994	
3x800m			
Braithwaite/Vernon /Sparrowhawk	7:32.7	1994	
High Jump			
Mary Onianwa	1.63	1995	
C Osborne	1.55	1961	
S Smith	1.55	1982	
A Bailey	1.55	1989	
Amelia Richards	1.50 (i)	6/1/2007	SEAA Indoor Champs, Picketts Lock
Amelia Richards	1.48	10/9/2006	Surrey Multi Events, Crawley
Emily Martin	1.47	29/6/2003	Guildford
K Black	1.45	20/7/1996	Southern League, Yeovil
Ali Borthwick	1.43	24/6/2007	NYAL, Perivale
N Strover	1.41	17/5/1987	Surrey Champs, Tooting Bec
Maire Gilmartin	1.40	31/5/2009	NYAL, Horsham
Jowita Miesziowska	1.38	5/9/2009	Southern League, Wimbledon Park
Long Jump			
Emily Martin	5.57/+2.00	12/7/2003	English Schools, Sheffield
Amelia Richards	5.56	28/4/2007	Southern League, Sutton Arena
Lucy Atunumuo	5.43	22/7/1995	Southern League, Harlow
Amelia Richards	5.35/-0.4w	8/7/2006	English Schools, Gateshead
D Warnock	5.18	1961	
Lucy England	4.55	21/6/2003	Walton
Natasha Skeet	4.46	28/4/2007	Southern League, Sutton Arena
R Hamilton	4.37	14/5/1985	Surrey Champs, Motspur Park
Anna Berry	4.35	14/7/2007	Lily B League, Sutton
Emily De Nobrega	4.32	16/5/1993	Surrey Champs, Croydon
Mary Onianwa	4.31	14/5/1994	Surrey Champs, Croydon
Jowita Miesziowska	4.29	12/9/2009	Lily B Plate, West Ewell
Serena Brotherton	4.25	10/5/2003	Surrey Champs, Kingston
Katrina McDonald	4.13	14/5/1994	Surrey Champs, Croydon

Maire Gilmartin	3.94	3/5/2009	NYAL, Crawley
Natasha Skeet	3.92/+1.9w	13/5/2006	Surrey Champs, Kingston
Lara Blincow	3.89	18/6/2005	Lily B League, Walton
S Brown	3.88	19/5/1990	Surrey Champs, Croydon
Becky O'Carroll	3.80	18/5/1991	Surrey Champs, Croydon
Sophie Greenwood	3.68	6/5/2006	Lily B League, Guildford
Gabi Heaney	3.66	8/7/2006	Lily B League, Sutton
R Downey	3.65	13/5/1981	Surrey Champs, Motspur Park
Jowita Miesziowska	3.64	21/6/2009	NYAL, Worthing
A McIlwrick	3.62	13/5/1981	Surrey Champs, Motspur Park
Jeanne Mbimbu	3.62	24/5/2008	Lily B League, Tooting Bec
E Jackson	3.55	16/5/1993	Surrey Champs, Croydon
D Whitehead	3.51	19/5/1990	Surrey Champs, Croydon

Triple Jump

Amelia Richards	10.72/+1.1w	26/5/2007	SoEAA Champs, Ashford, Kent
Amelia Richards	10.40 (i)	4/3/2007	Surrey AA Indoor Champs, Sutton
Becky O'Carroll	9.36	22/5/1993	Southern League, Norwich
Serena Brotherton	8.69 (i)	15/3/2003	Surrey Champs, Sutton
Candy Dunne	8.49	19/6/1993	Southern League, Basingstoke

Shot

Tuvola Akiwumi	11.90	1994	
I Harriott	9.94	1977	
Liz Robertson	9.87	1961	
Amelia Richards	8.54	24/6/2007	SE Schools Multi Events, Hendon
D Samuels	8.47	??	Southern League, Hayes
Amelia Richards	8.25 (i)	17/3/2007	EA Indoor Champs, Manchester
Sharon Obayumana	8.00	1/6/2008	NYAL Parliament Hill, Highgate
Sarah Daley	7.30	1996	
Emily Martin	7.13	10/5/2003	Surrey Champs, Kingston

Discus

Liz Robertson	32.07	1960	
Candy Dunne	29.24	1992	
J Pettengell	27.82	26/4/1981	Surrey Champs, Motspur Park
Tuvola Akiwumi	25.96	24/7/1993	Southern League, Eltham

Javelin

Louisa Douglas	35.96	1996	
Loretta Hamilton	34.36	1969	
C Reeves	34.32	1958	
Georgia Mathieson	22.68	31/5/2008	Southern League, Twickenham

Pentathlon

Amelia Richards	3037pts	23/6/2007	SE Schools Multi Events, Hendon (75mH - 11.8. SP - 8.54. HJ - 1.44. LJ - 5.42. 800m - 2:31.6)
C Plummer	3009pts	1978	
Amelia Richards	2854pts (i)	6/1/2007	SEAA Multi Events Indoors, Picketts Lock (60mH: 9.78. HJ: 1.50. SP: 7.46. LJ: 5.01. 800m: 2:41.86)

2000m Walk

M Byrne	12:38.4	19/5/1973	Surrey Champs
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U13 Girls**100m**

Antoinette Wong	13.1	7/8/1993	Southern League, Bracknell
Amelia Richards	13.2	15/6/2005	Wandsworth Schools, Tooting Bec
Janette Niccolls	13.3	1989	
S Smith	13.5	1981	
Eleanor Smith-Hahn	13.66/-1.2w	9/5/2009	Surrey Championships, Kingston
K Fuller	13.9	17/6/2000	Lily B League, Carshalton
Bekki Adeshino	14.0	17/7/1993	Lily B League, Kingston
Avalon Howard-McCrow	14.09/nwr	16/6/2008	National Catholic Schools, Weybridge

200m

Amanda O'Shea	27.2	1992	
S Smith	27.6	1981	
Amelia Richards	27.98	15/5/2005	Surrey Champs (heats), Kingston
Janette Niccolls	28.2/+0.44	21/5/1989	Surrey Champs, Tooting Bec
Eleanor Smith-Hahn	28.36/+2.0w	19/4/2009	HW YA Meeting, Crystal Palace
Antoinete Wong	28.4	10/7/1993	London Schools, West London
Bekki Adeshino	28.5	17/7/1993	Lily B League, Kingston
Kemila Braithwaite	28.8	3/5/1993	HW YA Meeting, Crystal Palace
Rachel Duell	29.4/0.0	18/5/1985	Surrey Champs, Motspur Park
Ali Borthwick	29.9	8/7/2006	Lily B League, Sutton
Avalon Howard-McCrow	30.09/nwr	16/6/2008	National Catholic Schools, Weybridge
Rebecca Dinsdale	31.6	4/7/2009	Lily B League, Guildford
Avalon Howard-McCrow	31.7	7/6/2008	Lily B League, Sutton
S Carberry	31.7	12/5/1980	Surrey Champs, Motspur Park
Marie Gilmartin	31.9	7/6/2008	Lily B League, Sutton
Miranda Skeet	32.0	12/7/2008	Lily B League, Guildford

800m

Amanda O'Shea	2:20.3	1993	
Eleanor Smith-Hahn	2:25.08	27/7/2008	U13s Inter County, Kingston
R Downey	2:31.8	1981	
Lucy Atunumuo	2:32.8	17/7/1993	Lily B League, Kingston
N Andrews	2:33.6	18/5/1991	Surrey Champs, Croydon
Kemila Braithwaite	2:33.7	15/5/1993	Surrey Champs, Croydon
Karen Chilver	2:33.8	16/5/1987	Surrey Champs, Tooting Bec

1200m

Eleanor Smith-Hahn	4:05.8.	31/5/2009	NYAL, Horsham
Emma Headley	4:11.3	3/5/2009	NYAL, Crawley
Rebecca Stone	4:20.2	21/6/2009	NYAL, Worthing
Jennifer Fernando	4:25.3	1/6/2003	NYAL, Watford
Sophie Greenwood	4:27.6	26/6/2005	NYAL, Carshalton
Rosemary Fernando	4:28.7	27/7/2003	NYAL, Bracknell

1500m

Eleanor Smith-Hahn	5:07.2	12/7/2008	Lily B League, Guildford
Olivia Hines	5:08.1	1996	
Alexa Hunn	5:12.8	27/4/1996	Southern League, Wimbledon Park
Amanda O'Shea	5:14.7	5/5/1991	Surrey Champs, Kingston
Karen Chilver	5:18.0	1988	
R Downey	5:19.6	1980	
Kemila Braithwaite	5:22.4	17/7/1993	Lily B League, Kingston
Carean Vernon	5:24.8	20/6/1991	Lily B League, Bracknell
Lucy Atunumuo	5:26.3	2/5/1993	Surrey Champs, Wimbledon Park
Rebecca Stone	5:26.4	6/6/2009	Lily B League, Carshalton
W White	5:29.1	28/4/1986	Surrey Champs, Tooting Bec
Emma Headley	5:30.1	12/7/2008	Lily B League, Guildford

70m Hurdles

Amelia Richards	11.9	17/0/2005	Lily B League, Kingston
K Joseph	12.3	1979	
Katrina McDonald	12.7	1992	
Rebecca Dinsdale	13.4	4/7/2009	Lily B League, Guildford
Eleanor Smith-Hahn	13.51/-2.1w	13/9/2009	Surrey Multi Champs, Horsham

75m Hurdles

S Smith	12.8	1981	
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4x100m

Wong/Adeshino/Atunumuo	54.2	1993	
Spence	55.3	17/7/1993	Lily B League, Kingston
	56.7	20/6/1991	Lily B League, Bracknell
	56.7	27/7/1996	Lily B League, Wimbledon Park
Smith/Parsons/Spackman	57.0	1982	
Lennard			

High Jump

Emily Martin	1.43	2001	
S Smith	1.36	1981	
A Jackson	1.35	7/5/1994	Surrey Champs, Wimbledon Park
Eleanor Smith-Hahn	1.33	20/9/2008	Lily B League, Kingston
Alex Borthwick	1.32	8/7/2006	Lily B League, Carshalton

Long Jump

Lucy Atunumuo	4.82	23/6/1993	Lambeth Schools, Tooting Bec
Amelia Richards	4.69	18/6/2005	Welsh Champs, Cardiff
J Byatt	4.55	1984	
Eleanor Smith-Hahn	4.06	19/7/2009	NYAL, Carshalton
Lara Blincow	4.04	13/9/2003	Kingston
Kemila Braithwaite	3.99	17/7/1993	Lily B League, Kingston
Avalon Howard-McCrow	3.93	16/6/2008	National Catholic Schools, Weybridge
Alex Borthwick	3.89	6/5/2006	NYAL, Crawley
Rebecca Stone	3.81	5/9/2009	Southern League, Wimbledon Park
Amy Culleton	3.58	21/6/2009	NYAL, Worthin

Natasha Skeet	3.57	17/7/2005	NYAL, Kingston
Gabby Heaney	3.51	18/6/2005	Lily B League, Walton
Katie Lampl	3.47	11/5/2008	Surrey Championships, Kingston
Emma Headley	3.41	3/5/2009	NYAL, Crawley
Candy Dunne	3.34	19/5/1990	Surrey Champs, Croydon
Evangaline King	3.32	14/7/2007	Lily B League, Sutton
Olivia Hogan	3.31	12/7/2008	Lily B League, Guildford
Phoebe Page (U11)	3.30	19/4/2009	HW YA Meeting, Crystal Palace
Charlotte Withers	3.20	10/4/2005	HW YA Meeting, Crystal Palace
M Le Doare	3.12?	4/7/2009	Lily B League, Guildford
Georgia Cross	3.05	14/7/2007	Lily B League, Carshalton
Georgia Green	3.03	6/6/2009	Lily B League, Carshalton
Miranda Skeet	3.02	12/7/2008	Lily B League, Guildford

Shot (2.72kg)

Z Anderson	7.25	1994	
Eleanor Smith-Hahn	7.01	13/9/2009	Surrey Multi Champs, Horsham
Bekki Adeshina	6.62	17/7/1993	Lily B League, Kingston
Olivia Chant-Tuft	5.45	8/5/2005	NYAL, Perivale
Dalia Serafy	5.38	4/5/2008	NYAL, Kingston
Emma Headley	5.02	3/5/2009	NYAL, Crawley
Ella Dobson	4.85	14/9/2008	HW YA Meeting, Crystal Palace
Emma Headley	4.73	14/9/2008	HW YA Meeting, Crystal Palace
Sophie Greenwood	4.70	8/5/2005	NYAL, Perivale
Jennifer Fernando	4.45	2/8/2003	Guildford
Isabelle Kerr	4.41	17/7/2005	NYAL, Kingston
Rosemary Fernando	4.40	13/9/2003	Kingston
Emma Headley	4.37	12/7/2008	Lily B League, Guildford
Isabelle Barrett	4.11	8/5/2005	HW YA Meeting, Crystal Palace

Discus (1kg)

Gaby Restaino	17.00	17/9/2005	Lily B League, Kingston
K Joseph	16.14	1979	

Javelin (400g)

Louisa Douglass	25.06	20/6/1993	Lily B League, Basingstoke
S Chapman	24.80	1981	
Tuvola Akiwumi	21.50	20/6/1991	Lily B League, Bracknell

Pentathlon

Eleanor Smith-Hahn	1976 points	13/9/2009	Surrey Multi Champs, Horsham (LJ: 3.95/-2.9w. 70H: 13.51/-2.1w. SP: 7.01. HJ: 1.24. 800: 2:40.75)
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