

Please send any amendments or updates to Email: AFD.MinutesSec@gmail.com

Senior Woman	Name	Venue	Competition	Time/Distance	Date
60m (indoor)	Amy Allcock	Birmingham	British Championships	7.46	09-Feb-19
100m	Jo Hill	Edinburgh	Scottish Athletics Championships	11.67	18-Jul-98
200m	Amy Allcock	Loughborough	Loughborough International	23.48	21-May-17
400m	Amy Allcock	Olympic Park, London	IAAF Diamond League Anniversary Games	51.36	22-Jul-18
800m	Christina Boxer	Turin, Italy	European Cup	1:59.05	04-Aug-79
1500m	Zola Budd (U20)	Brussels, BEL	Bruxelles Memorial van Damme	3:59.96	30-Aug-85
3000m	Zola Budd (U20)	Rome, Italy	Roma Golden Gala	8:28.83	07-Sep-85
5000m	Zola Budd (U20)	Crystal Palace, London	London v3N	14:48.07	26-Aug-85
10000m	Steph Twell	Parliament Hill	Highgate Harriers Night of the 10,000m PBs	31:08.13	06-Jul-19
1500m s/c	Maisie Grice (U20)	Birmingham	English Schools Championships	4:52.33	14-Jul-18
2000m s/c	Maisie Grice	Birmingham (Uni)	BMC Grand Prix	6:21.17	14-May-22
3000m s/c	Lennie Waite	Portland USA	Portland Track Festival	9:35.91	12-Jun-16
Mile	Zola Budd (U20)	Zurich, SUI	Weltklasse	4:17.57	21-Aug-85
60mH	Melani Wilkins	Birmingham	AAA Indoor Championships	8.37	03-Feb-96
100mH	Melani Wilkins	Birmingham	AAA Championships	13.34	15-Jul-95
	<i>Melani Wilkins</i>	<i>Bedford</i>	<i>Gold Cup & Jubilee Cup</i>	<i>13.31w</i>	<i>14-Aug-99</i>
400mH	Clare Wise	Birmingham	AAA Championships	59.07	26-Jul-98
3000m Walk	Verity Snook	Bedford	CAU Inter Counties	13:16.23	27-May-96
5000m Walk	Verity Snook	Horsham	AAA Championships	23:22.52	19-Jun-94
10000m Walk	Verity Snook	Horsham	AAA Championships	47:10.07	19-Jun-93
High Jump	Isobel Pooley	Birmingham	British Championships	1.97	04-Jul-15
Long Jump	Barbara Lawton	Cosford	Cosford Indoor	6.33i	21-Nov-70
Triple Jump	Natasha Brunning	Eton	Civil Service Athletics Championships	11.59	15-Aug-01
Shot (4kg)	Caroline Savory	Cosford	Cosford Indoor International	15.75i	23-Feb-83
Discus (1kg)	Debbie Callaway	Loughborough	Loughborough International Match	58.56	19-May-96
Javelin (600gr)	Noelle Bradshaw	Bedford	BAL Jubilee Cup	46.81	19-Aug-00
Pole Vault	Noelle Bradshaw	Birmingham	AAA Championships	3.50	25-Jul-98
Hammer (4kg)	Diana Holden	Bedford	BUSA Championships	56.19	01-May-99
Heptathlon	Isobel Donaldson	Linwood, Scotland	Home Countries Multi Events Championships	5038	22-Aug-93
Pentathlon (indoor)	Isobel Donaldson	Cosford	AAA Combined Events	3475	14-Mar-93
4x100m	Debbie Mant, Jo Clark, Melani Wilkins, Sara Zawada	Crawley	Jubilee Cup Semi-Final	46.71	28-Jul-96
4x400m	Isobel Donaldson, Clare Wise, Heather Myers, Jo Hill	Corby	Guardians Cup Semi-Final	3:48.8	31-Jul-94
5K Road	Steph Twell	London	Adidas Women's 5K Challenge	15:32	05-Sep-10
10K Road	Steph Twell	London	Vitality London 10K	31:55	27-May-19
Half Marathon	Charlotte Purdue	Marugame, JPN	Kagawa Marugame International Half Marathon	68:02	04-Feb-24
Marathon	Charlotte Purdue	Berlin, GER	Berlin Marathon	2:22:17	24-Sep-23
10K Walk	Verity Snook	Victoria, CAN	Commonwealth Games	46:06	25-Aug-94
20K Walk	Abigail Jennings	Poděbrady, CZE	Poděbrady Walking	1:42:55	06-Apr-24
U20 Women	Name	Venue	Competition	Time/Distance	Date
60m Indoor	Annabelle Honey	Sheffield	England Athletics U20 Indoor Championships	7.55	10-Feb-24
100m	Emily Lucas	Lee Valley	Be Fit Today Outdoor Series	11.75	23-Jun-24
200m	Sarah Zawada (U16G)	Crystal Palace	South of England U17 Championships	24.20	24-May-97
400m	Megan Aitchison	Watford	Watford Open Meeting	55.97	10-Jul-13
800m	Georgia Peel	Watford	Watford Open Meeting	2:05.21	15-Jun-01
1500m	Zola Budd	Brussels, BEL	Bruxelles Memorial van Damme, Bruxelles	3:59.96	30-Aug-85
3000m	Zola Budd	Rome, ITL	Roma Golden Gala, Stadio Olimpico, Roma	8:28.83	07-Sep-85
5000m	Zola Budd	Crystal Palace	London v 3N	14:48.07	26-Aug-85
10000m	Charlotte Purdue	Tipton	BMC Gold Standard Races	32:36.75	14-Aug-10
Mile	Zola Budd	Zurich, SUI	Zürich Weltklasse	4:17.57	21-Aug-85
1500m s/c	Maisie Grice	Birmingham	English Schools Championships	4:52.33	14-Jul-18
2000m s/c	Maisie Grice	Parliament Hill	London Universites & Colleges Series	6:56.40	23-Mar-19
3000m s/c	Maisie Grice	Oordegem-Lede, BEL	IFAM International Outdoor	10:30.76	25-May-19
60mH	Ella Manning	Lee Valley	England Athletics (U15/U17/U20) Indoor Championships	8.92	13-Feb-22
100mH	Ella Manning	Portsmouth	ESAA - New Balance English Schools Championships	14.42	09-Jul-21
400mH	Ella Manning	Reading	Hampshire County Championships	60.3	30-Aug-21
3000mW	Verity Larby (Snook)	Reading	U20 Inter Counties	14:47.6	02-Jul-89
5000mW	Debbie Wallen	Birmingham	AAA Championships	24:26.60	26-Jul-98
10000mW	Abigail Jennings	Bedford	England Athletics U20 / U23 Championships	54:14.02	23-Jun-19
High Jump	Isobel Pooley	Birmingham	England U20 Championships	1.86	27-Feb-11
Pole Vault	Amber Try (U17)	Lee Valley	Metaswitch Games	2.85	11-Dec-11
Long Jump	Karen Glen (U17)	Cwmbran	Guardian Exchange Cup Final	6.12	10-Aug-80
	<i>Barbara Inkpen</i>	<i>Southampton</i>	<i>Ryder Trophy</i>	<i>6.19w</i>	<i>29-Jun-68</i>
Triple Jump	Sarah Abrams (U17)	Birmingham	England Athletics U17/U15 Championships	11.37	10-Aug-08
Shot (4kg)	Caroline Dyer	Oxford	Southern Inter Counties	13.18	09-Sep-78
Discus (1kg)	Debbie Callaway	Harlow	Norris Open	45.90	18-Jul-82
Hammer (4kg)	Sarah Jane Anthony	Aldershot	UK Womens League Div 3	48.84	27-May-12
Javelin (600gr)	Leanne Davies	Tonbridge	Tonbridge Open Meeting	43.04	21-Apr-14
Heptathlon	Samantha Male	Wimbledon	Surrey County Championships Combined Events	4103	02-May-93
Pentathlon (indoor)	tbc				
4x100m	?, ?	Derby	UK Womens League	49.6	25-Jun-89
	?, ?				
4x400m	Lucy Rogers, Molly Pocock	Aldershot	UK Youth Development U17/U20 League	4:05.6	28-Jun-15
	?, ?				
U18 Woman	Name	Venue	Competition	Time/Distance	Date
60m	Emily Lucas	Lee Valley	London Indoor Games U20/Senior	7.63	21-Jan-24
100m	Emily Lucas	Lee Valley	Be Fit Today TA Outdoor Series	11.75	23/06/2024
200m	Sarah Zawada (U16G)	Crystal Palace	South of England U20 Championships	24.20	24-May-97
	<i>Sarah Zawada (U16G)</i>	<i>Carshalton</i>	<i>Southern Womens League</i>	<i>24.1w</i>	<i>07-Jun-97</i>
400m	Amy Allcock	Birmingham	Aviva England U15 / U17 / U20 Championships	56.40i	27-Feb-10
800m	Georgia Peel	Watford	BMC Gold Standard Races	2:05.21	15-Jun-11
1500m	Steph Twell	Solihull	BMC/Nike Grand Prix	4:12.76	24-Jun-06
3000m	Steph Twell	Gateshead	English Schools Championships	9:07.87	09-Jul-06
5000m	Emelia Gorecka	Manchester	BMC Nike Grand Prix	15:51.20	28-May-11
60mH (76.2cm)					
100mH (76.2cm)					
100mH Senior (84 cm)	<i>Ella Manning</i>	<i>Sportcity</i>	<i>ESAA - New Balance English Schools Championships</i>	<i>14.42</i>	<i>09-Jul-21</i>
400mH (76.2cm)	Ella Manning	Portsmouth	Hampshire County Championships	60.3	30-Aug-21
1500m s/c (76.2cm)	Lottie Quinn	Birmingham	ESAA English Schools' Championships	4:59.11	13-Jul-24
2000m s/c (76.2cm)	Katie Ealden	Kingston	Surrey County Championships (Short Hurdle & Steeplecha	7:22:55	18-Apr-26
3000mW	Verity Larby	Portsmouth	Hampshire County Championships	15:34.1	16-May-87
High Jump	Isobel Pooley	Birmingham	ESAA English Schools' Championships	1.83	09-Jul-10
Pole Vault	Amber Try (U16G)	Lee Valley	Metaswitch Games	2.85	11-Dec-11
Long Jump	Karen Glen	Cwmbran	Guardian Exchange Cup Final	6.12	10-Aug-80
Triple Jump	Sarah Abrams (U16G)	Birmingham	England Athletics Open Championships	11.33	10-Aug-08
Shot (4kg)	Caroline Dyer	Southampton	Hampshire Womens Championships	13.02	05-Jun-77
Shot (3kg)	Hannah Pye (U16G)	Stoke	ESAA Track & Field Cup Final	9.61	06-Jul-24
Discus (1kg)	Lynsey Herrington	Nottingham	English Schools Championships	41.86	7-Jul-1995
Hammer (4kg)	Sarah Jane Anthony	Aldershot	UK Womens League Div 3	48.84	27-May-12
Hammer (3kg)	Sarah-Jane Anthony (U16G)	Hull	Hammer Circle Reunion	43.69	11-Oct-09
Javelin (600gr)	Leanne Davies	Tonbridge	Tonbridge AC Easter Monday Open Meeting	43.04	21-Apr-14
Javelin (500gr)	Maisie Grice	Exeter	English Schools Combined Events Championships	39.52	18-Sep-16
Heptathlon					
Pentathlon (indoor)					
4x100m					
4x400m					

U16 Girls	Name	Venue	Competition	Time/Distance	Date
60m	Sarah Zawada	Birmingham	Midland Open	7.79	01-Feb-97
100m	Toyin Campbell	Aldershot	Hampshire County Championships	12.0	17-May-80
	Sarah Zawada	Crystal Palace	South of England U20 Championships	11.87w	25-May-97
200m	Sarah Zawada	Crystal Palace	South of England U20 Championships	24.20	24-May-97
	<i>Sarah Zawada</i>	<i>Carshalton</i>	<i>Southern Womens League</i>	<i>24.1w</i>	<i>07-Jun-97</i>
300m	Amy Allcock	Bath	UK School Games	38.91	30-Aug-08
800m	Georgia Peel	Watford	BMC Gold Standard Races	2:06.20	29-Jul-09
1500m	Georgia Peel	Sheffield	ESAA English Schools' Championships	4:16.24	11-Jul-09
3000m	Katie Pye	Watford	Watford Harriers Open Graded Meeting	9:19.54	06-Sep-23
60mH (76.2cm)	Ella Manning	Eton	Windsor, Slough, Eton & Hounslow AC Winter Series	9.05	03-Feb-19
80mH (76.2cm)	Ella Manning	Aldershot	Alder Valley Athletics League	11.6	02-Jun-19
	<i>Ella Manning</i>	<i>Bedford</i>	<i>England Athletics U15 / U17 Championships</i>	<i>11.35w</i>	<i>01-Sep-19</i>
300mH (76.2cm)	Sophie Stimson	Carshalton	Lily B League	46.4	08-Jul-06
	Sarah Abrams	Guildford	Alder Valley Athletics League	46.4	08-Jun-08
1500m s/c (76.2cm)	Maise Grice	Gateshead	English Schools Athletics Championships	5:11.76	11-Jul-15
3000mW	Lois Carly	Swansea	SIAB	15:45.71	20-Jul-19
High Jump	Isobelle Pooley	Horsham	Horsham Blue Star Open	1.70	17-Aug-08
Pole Vault	Amber Try	Lee Valley	Metaswitch Games	2.85	11-Dec-11
Long Jump	Karen Glen	Coatbridge	UK Womens Athletics League	5.90	25-Aug-79
Triple Jump	Sarah Abrams	Birmingham	England Athletics Open Championships	11.33	10-Aug-08
Shot (3kg)	Hannah Pye	Stoke	ESAA Track & Field Cup Final	9.61	06-Jul-24
Discus (1kg)	Lynn Morgan	High Wycombe	Alder Valley League	38.50	26-Jun-83
Hammer (3kg)	Sarah-Jane Anthony	Hull	Hammer Circle Reunion	43.69	11-Oct-09
Javelin (500gr)	Katherine Abel	Swindon	Wessex Young Athletes League	38.73	07-Jun-15
Heptathlon					
Pentathlon (indoor)					
4x100m	Arabella Peebles, Evie Hunter	Aldershot	Alder Valley League	52.99	07-Jun-26
4x300m	Lorna Gallagher, Scarlett Taylor				
U14 Girls	Name	Venue	Competition	Time/Distance	Date
60m	Sarah Zawada	Birmingham	AAA Junior Indoor Championships	7.97	18-Feb-95
100m	Sarah Zawada	Hendon	Southern Inter Counties	12.25	06-Aug-95
200m	Sarah Zawada	Nottingham	English Schools Athletic Championships	24.94	08-Jul-95
800m	Poppy Guest	Parliament Hill	Highgate Harriers Night of the 10000m PBs	2:14.90	18-May-24
1500m	Poppy Guest	Wimbledon	Hercules Wimbledon 1500m Festival Night	4:32.31	29-May-24
60mH (68.5cm)					
75mH (68.5cm)	Poppy Langford	Basingstoke	Alder Valley League	12.9	05-Jul-26
	<i>Poppy Langford</i>	<i>Aldershot</i>	<i>Alder Valley League</i>	<i>13.04</i>	<i>07-Jun-26</i>
200m Hurdles (68.5cm)					
2000mW	Charlotte Wallis	Portsmouth	Hampshire Athletics County Championships	12:05.7	01-May-17
High Jump	Emily Thorpe	Bracknell	Alder Valley League	1.58	27-May-12
Pole Vault	Lucy Buchanan (U12G)	Carshalton	Jim Day Memorial Pole Vault	2.03	24-Sep-17
Long Jump	Toyin Campbell	Crystal Palace	Inter Borough Final	5.38	06-Aug-77
Shot (2.72kg)	Niamh Lumpkin	Walton	Don Turner U14s Inter-County Match	11.10	02-Aug-26
Discus (0.75kg)	Maria Oreoluwa Awoyode	Aldershot	Aldershot Summer Open Meeting	32.31	20-Aug-26
Hammer (2kg)	Niamh Lumpkin	Aldershot	Aldershot Summer Open Meeting	35.26	30-Jul-26
Javelin (400gr)	Niamh Lumpkin	Basingstoke	Hampshire Athletics County Championships	34.86	09-May-26
Pentathlon					
4x100m	Alexandra Powell, Goldy-Therese Williams	Aldershot	Alder Valley League	54.79	07-Jun-26
	Hayley Reynolds, Maria Oreoluwa Awoyade				