

smrac women's all-time lists

(SMRAC only)

Last updated 31st October 2017

100m			High Jump		
12.0	Jo White	2008	1.72	Ella Widdop-Gray	2013
12.6	Korane Idarousse	2007	1.63	Caroline Parmenter	2016
12.75	Celia Quansah	2010	1.60	Tulsi Hansla	2008
12.76	Katy Barber	2015	1.58	Celia Quansah	2010
12.8	Daniella Lampe	2017	1.56	Anna Marshall	2012
13.0	Anna Richardson	2010	1.55	Jo White	2006
13.3	Fiona Perella	2012	1.50	Celia Livesey	2006
13.3	Lucy Elliman	2015	1.50	Luisa Taylor	2010
13.3	Eleanor Woodward	2017	1.50	Kate Brook	2010
13.36	Harriet Trendall	2013	1.50	Helene Davis	2016
200m			Pole Vault		
24.11	Jo White	2013	2.40	Alice Newbould	2014
25.7	Korane Idarousse	2007	2.20	Celia Quansah	2009
26.4	Anna Richardson	2010	2.20	Jessica Reifer	2010
26.5	Katy Barber	2015	2.10	Liz Kipling	2000
26.93	Celia Quansah	2010	2.10	Jessica Lawrence	2015
27.1	Isabella Juriansz	2008	1.90	Charlotte Bearn	2006
27.1	Daniella Lampe	2016	1.90	Phoebe Stayt	2011
27.2	Beccy Culverwell	2010	1.90	Jessica Lawrence	2014
27.2	Romy Fitzpatrick	2017	1.80	Hannah Rogers	2009
27.31	Lucy Fellows	2017	1.80	Annabel Sams	2010
400m			1.80	Emma Bevan	2011
57.40	Jo White	2009	1.80	Molly Chesney	2014
60.1	Beccy Culverwell	2009	1.80	Ciara Chilvers	2015
61.3	Jessica Reifer	2009	Long Jump		
61.9	Kate Brook	2010	5.43	Celia Quansah	2010
62.8	Kate Brown	2009	5.23	Korane Idarousse	2007
63.3	Clare King	2007	5.19	Jo White	2006
63.9	Molly Riglin	2010	5.01	Kate Brook	2010
64.1	Ella Widdop-Gray	2014	4.88	Caroline Parmenter	2016
64.6	Christina Hall	2010	4.84	Tulsi Hansla	2009
65.82	Sharon Dooley	2015	4.74	Emily Bashford	2017
800m			4.67	Hannah Phillips	2013
02:17.58	Liz Kipling	2010	4.63	Lucy Fellows	2017
02:18.0	Rebecca Taylor	2009	4.59	Jessica Reifer	2009
02:19.8	Molly Riglin	2010	Triple Jump		
02:20.09	Ella Fryer	2017	10.62	Ella Widdop-Gray	2013
02:20.5	Clare King	2008	10.51	Tulsi Hansla	2009
02:20.65	Kate Brown	2009	10.40	Kate Brook	2010
02:21.33	Jessica Reifer	2009	9.65	Caroline Parmenter	2015
02:21.57	Nadia Fidler	2006	9.60	Jessica Reifer	2010
02:22.43	Rebecca Killip	2010	9.57	Rachel Rodippe	2014

02:24.26	Christina Hall	2010
1500m		
04:34.10	Liz Kipling	2010
04:35.95	Rebecca Taylor	2009
04:42.1	Clare King	2007
04:42.99	Estelle Damant	2012
04.46.30	Rebecca Killip	2010
04:46.36	Maddie Garner	2010
04:49.99	Kate Brown	2011
04:51.0	Nadia Fidler	2006
04:52.10	Molly Riglin	2010
04:58.35	Ella Fryer	2017
3000m		
09:51.8	Liz Kipling	2010
09:56.8	Rebecca Taylor	2009
09:57.73	Estelle Damant	2011
10:37.15	Maddie Garner	2010
10:37.20	Rebecca Killip	2010
10:40.9	Nadia Fidler	2007
10:49.66	Eloise O'Brien	2008
10:58.01	Ella Fryer	2017
11:02.9	Rebecca Curtis-Hall	2017
11:03.2	Kate Brown	2007
5000m		
18:01.57	Liz Kipling	2014
18:55.80	Clare Graham	2015
19:50.0	Rebecca Curtis-Hall	2017
100mH		
15.69	Kate Brook	2010
16.53	Caroline Parmenter	2016
16.8	Jessica Reifer	2009
17.9	Tulsi Hansla	2012
19.9	Lisa Woodward	2014
21.9	Julia Snaith	2011
21.9	Isabella Randell	2014
22.1	Julie Pearce	2011
23.3	Clare King	2013
400mH		
65.4	Kate Brook	2009
65.7	Jessica Reifer	2009
75.7	Jocelyn Major	2010
76.7	Caroline Parmenter	2015
78.2	Julia Snaith	2011
01:41.8	Lisa Woodward	2014

9.57	Danya Marx	2011
9.30	Millie Beazley	2015
8.84	Isabel Randall	2014
8.14	Kavitha Nagalingam	2012

Shot Putt

10.52	Harriet Connor	2015
10.19	Lydia Tella	2010
9.97	Julia Andree	2009
9.25	Cara Baine	2006
8.91	Rachel Koomson	2013
8.91	Caroline Parmenter	2017
8.79	Kate Brook	2011
8.74	Marzena Plechta	2015
8.59	Jimenez Joseph	2010
7.53	Tulsi Hansla	2010

Discus

34.94	Marzena Plechta	2015
34.92	Harriet Connor	2017
27.18	Sophie Jones	2009
23.22	Rachel Koomson	2010
22.48	Lydia Egan	2008
21.50	Alvida Sadiqi	2010
21.35	Thomasina Roberts	2013
19.43	Rebecca Townsend	2017
19.21	Hannah Sutherns	2011
19.12	Kate Brook	2012

Hammer

42.80	Nasya Harvey	2009
37.95	Victoria Thompson	2007
31.58	Sophie Jones	2009
30.72	Kim Wier	2014
28.87	Lydia Tella	2009
27.55	Rachel Koomson	2013
27.26	Harriet Connor	2015
22.76	Celeste Phelan	2017
18.62	Bee Sayi	2013
18.05	Caroline Hawley	2016

Javelin

37.59	Georgie Floyd	2015
30.30	Lauren Richardson	2011
29.67	Jessica Reifer	2010
28.63	Caroline Parmenter	2017
26.66	Cara Baine	2006
24.67	Jimenez Joseph	2010
23.98	Emma Hardy	2009
23.68	Lily Bridger	2007

Heptathlon

3713	Kate Brook	2010
3495	Caroline Parmenter	2016

23.51	Harriet Connor	2016
22.89	Emelia Price	2012