

smrac women's all-time lists

(TAC/R&TAC/SMRAC)

Last updated 21st October 2018

100m			High Jump		
11.8	Joanne Gardiner	1977	1.72	Ella Widdop-Gray	2013
12.0	Jo White	2008	1.70	Alison Adams	1989
12.5	Susan Palmer	1995	1.65	Jimenez Joseph	1995
12.6	Korane Idarousse	2007	1.63	Caroline Parmenter	2016
12.75	Celia Quansah	2010	1.61	Lucy Fellows	2018
12.76	Katy Barber	2015	1.60	Beatrice Collier	1991
12.8	Jimenez Joseph	1991	1.60	Hannah Potter	1993
12.8	Daniella Lampe	2017	1.60	Tulsi Hansla	2008
12.8	Lucy Fellows	2018	1.58	Celia Quansah	2010
13.0	Anna Richardson	2010	1.56	Christina Pagel	1990
			1.56	Anna Marshall	2012
200m			Pole Vault		
24.11	Jo White	2013	2.40	Alice Newbould	2014
25.1	Joanne Gardiner	1977	2.20	Celia Quansah	2009
25.2	Susan Palmer	1992	2.20	Jessica Reifer	2010
25.7	Korane Idarousse	2007	2.10	Liz Kipling	2000
26.3	Ella Fryer	2018	2.10	Jessica Lawrence	2015
26.4	Anna Richardson	2010	1.90	Charlotte Bearn	2006
26.5	Katy Barber	2015	1.90	Phoebe Stayt	2011
26.6	Jimenez Joseph	1998	1.90	Jessica Lawrence	2014
26.77	Lucy Fellows	2018	1.80	Hattie Bertenshaw	1996
26.9	Sally Hedges	1974	1.80	Hannah Rogers	2009
26.9	Natalie Wright	1994	1.80	Annabel Sams	2010
			1.80	Emma Bevan	2011
			1.80	Molly Chesney	2014
			1.80	Ciara Chilvers	2015
400m			Long Jump		
57.40	Jo White	2009	5.73	Ann Crump	1974
57.9	Susan Palmer	1992	5.68	Caroline Neal	197?
59.01	Ella Fryer	2018	5.65	Joanne Gardiner	1977
60.1	Beccy Culverwell	2009	5.43	Celia Quansah	2010
60.5	Kirsty Brignall	1996	5.28	Natalie Wright	1997
61.3	Jessica Reifer	2009	5.24	Jo White	2005
61.7	Janice Deller	1984	5.23	Korane Idarousse	2007
61.9	Kate Brook	2010	5.20	Jimenez Joseph	1995
62.29	Helen Samarasinghe	2018	5.14	Lucy Fellows	2018
62.5	Clare King	1998	5.01	Kate Brook	2010
800m			Triple Jump		
02:17.00	Ella Fryer	2018	11.05	Natalie Wright	1998
02:17.58	Liz Kipling	2010	10.62	Ella Widdop-Gray	2013
02:17.6	Clare King	1998	10.51	Tulsi Hansla	2009
02:18.0	Rebecca Taylor	2009	10.40	Kate Brook	2010
02:19.8	Molly Riglin	2010			
02:20.65	Kate Brown	2009			
02:21.3	Debbie Stillman	1989			
02:21.33	Jessica Reifer	2009			

02:21.57	Nadia Fidler	2006	9.88	Kirsty Brignall	1994
02:22.3	Kelly Macauley	1990	9.65	Caroline Parmenter	2015
1500m			9.60	Jessica Reifer	2010
04:34.10	Liz Kipling	2010	9.57	Jenny Ash	1994
04:35.9	Rebecca Taylor	2009	9.57	Rachel Rodippe	2014
04:42.1	Clare King	2007	9.49	Jacqui Van Rensberg	2001
04:42.99	Estelle Damant	2012	Shot Putt		
04:45.9	Kirsty Macauley	1994	12.96	Lesley Garland	1983
04:46.30	Rebecca Killip	2010	11.06	Harriet Connor	2018
04:46.36	Maddie Garner	2010	10.68	Jimenez Joseph	1999
04:49.99	Kate Brown	2011	10.19	Lydia Tella	2010
04:51.0	Nadia Fidler	2006	10.14	Jan Robbins	1987
04:52.10	Molly Riglin	2010	9.97	Julia Andree	2009
3000m			9.25	Cara Baine	2006
09:51.8	Liz Kipling	2010	9.20	Katrina Sanis	1990
09:56.8	Rebecca Taylor	2009	8.91	Rachel Koomson	2013
09:57.73	Estelle Damant	2011	8.91	Caroline Parmenter	2017
10:16.3	Kirsty Macauley	1994	Discus		
10:37.15	Maddie Garner	2010	41.32	Lesley Garland	1983
10:37.20	Rebecca Killip	2010	36.03	Harriet Connor	2018
10:40.9	Nadia Fidler	2007	34.94	Marzena Plechta	2015
10:49.66	Eloise O'Brien	2008	32.66	Alison Leader	1991
10:54.0	Alice Beverly	2002	30.70	Louisa Perrino	1995
10:56.7	Sue Colver	1993	28.24	Jan Robbins	1990
5000m			27.18	Sophie Jones	2009
17:36.1	Sonia Rowland	1993	27.17	Debbie Singleton	2006
18:01.57	Liz Kipling	2014	25.48	Maria Hillbom	1990
18:55.80	Clare Graham	2015	22.56	Caroline Parmenter	2018
19:50.0	Rebecca Curtis-Hall	2017	Hammer		
19:55.9	Margaret Auerbach	1998	42.80	Nasya Harvey	2009
20:13.5	Georgina Dumler	1990	37.95	Victoria Thompson	2007
20:58.5	Rosemary Spragg	1990	31.58	Sophie Jones	2009
100mH			30.72	Kim Wier	2014
15.5	Jimenez Joseph	1992	30.04	Clare Mallon	1996
15.69	Kate Brook	2010	28.87	Lydia Tella	2009
16.0	Caroline Parmenter	2018	27.55	Rachel Koomson	2013
16.3	Mandy Crewe	1989	27.26	Harriet Connor	2015
16.8	Jessica Reifer	2009	26.34	Jenny Ash	1995
17.2	Beatrice Collier	1990	24.44	Lesley Garland	1985
17.8	Alison Adams	1984	Javelin		
17.9	Tulsi Hansla	2012	37.59	Georgie Floyd	2015
18.7	Christina Pagel	1993	33.66	Jimenez Joseph	1998
18.9	Kirsty Brignall	1993	30.67	Caroline Parmenter	2018
400mH			30.30	Lauren Richardson	2011
			29.67	Jessica Reifer	2010
			29.48	Maria Hillbom	1990

65.4	Kate Brook	2009
65.7	Jessica Reifer	2009
67.4	Kirsty Brignall	1995
69.6	Mandy Crewe	1993
69.6	Cathy Fulcher	1990
71.8	Anna-Clare Vivian	1992
71.9	Nicole Smyth	1993
74.0	Hattie Bertenshaw	1994
75.30	Caroline Parmenter	2018
75.7	Jocelyn Major	2010

28.56	Belinda Ouwerkirk	1991
26.88	Beatrice Collier	1990
26.66	Cara Baine	2006
25.43	Emma Farquason	1996

Heptathlon

4259	Jimenez Joseph	1998
3598	Caroline Parmenter	2018
3713	Kate Brook	2010
3495	Beatrice Collier	1991
3428	Anna-Clare Vivian	1991