

smrac women's all-time lists

(SMRAC only)

Last updated 21st October 2018

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	1.61	Lucy Fellows	2018
12.76	Katy Barber	2015	1.60	Tulsi Hansla	2008
12.8	Daniella Lampe	2017	1.58	Celia Quansah	2010
12.8	Lucy Fellows	2018	1.56	Anna Marshall	2012
13.0	Anna Richardson	2010	1.55	Jo White	2006
13.12	Ella Fryer	2018	1.50	Celia Livesey	2006
13.2	Louisa Jones	2018	1.50	Luisa Taylor	2010
13.2	Romy Fitzpatrick	2018	1.50	Kate Brook	2010
			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
26.3	Ella Fryer	2018	2.20	Jessica Reifer	2010
26.4	Anna Richardson	2010	2.10	Liz Kipling	2000
26.5	Katy Barber	2015	2.10	Jessica Lawrence	2015
26.77	Lucy Fellows	2018	1.90	Charlotte Bearn	2006
26.93	Celia Quansah	2010	1.90	Phoebe Stayt	2011
27.0	Louisa Jones	2018	1.90	Jessica Lawrence	2014
27.1	Isabella Juriansz	2008	1.80	Hannah Rogers	2009
27.1	Daniella Lampe	2016	1.80	Annabel Sams	2010
			1.80	Emma Bevan	2011
400m			1.80	Molly Chesney	2014
57.40	Jo White	2009	1.80	Ciara Chilvers	2015
59.01	Ella Fryer	2018	Long Jump		
60.1	Beccy Culverwell	2009	5.43	Celia Quansah	2010
61.3	Jessica Reifer	2009	5.23	Korane Idarousse	2007
61.9	Kate Brook	2010	5.19	Jo White	2006
62.29	Helena Samarasinghe	2018	5.14	Lucy Fellows	2018
62.8	Kate Brown	2009	5.01	Kate Brook	2010
63.3	Clare King	2007	4.88	Caroline Parmenter	2016
63.9	Molly Riglin	2010	4.84	Tulsi Hansla	2009
64.1	Ella Widdop-Gray	2014	4.74	Emily Bashford	2017
800m			4.67	Hannah Phillips	2013
02:17.00	Ella Fryer	2018	4.65	Ella Fryer	2018
02:17.58	Liz Kipling	2010	Triple Jump		
02:18.0	Rebecca Taylor	2009	10.62	Ella Widdop-Gray	2013
02:19.8	Molly Riglin	2010	10.51	Tulsi Hansla	2009
02:20.5	Clare King	2008	10.40	Kate Brook	2010
02:20.65	Kate Brown	2009	9.65	Caroline Parmenter	2015
02:21.33	Jessica Reifer	2009	9.60	Jessica Reifer	2010
02:21.57	Nadia Fidler	2006			
02:22.43	Rebecca Killip	2010			

02:22.69 Helena Samarasinghe 2018

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
16.0 Caroline Parmenter 2018
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
75.30 Caroline Parmenter 2018
75.7 Jocelyn Major 2010
78.2 Julia Snaith 2011
01:41.8 Lisa Woodward 2014

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

Shot Putt

11.06 Harriet Connor 2018
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

36.03 Harriet Connor 2018
34.94 Marzena Plechta 2015
27.18 Sophie Jones 2009
23.22 Rachel Koomson 2010
22.56 Caroline Parmenter 2018
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

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
23.47 Celeste Phelan 2018
18.62 Bee Sayi 2013
18.05 Caroline Hawley 2016

Javelin

37.59 Georgie Floyd 2015
30.67 Caroline Parmenter 2018
30.30 Lauren Richardson 2011
29.67 Jessica Reifer 2010
26.66 Cara Baine 2006
24.99 Harriet Connor 2018
24.67 Jimenez Joseph 2010

Heptathlon

3713	Kate Brook	2010	23.98	Emma Hardy	2009
			23.68	Lily Bridger	2007
3598	Caroline Parmenter	2018	22.89	Emelia Price	2012