

smrac women's all-time lists

(TAC/R&TAC/SMRAC)

Last updated 11th October 2019

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	1.68	Lucy Fellows	2019
12.6	Korane Idarousse	2007	1.65	Jimenez Joseph	1995
12.75	Celia Quansah	2010	1.63	Caroline Parmenter	2016
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
12.8	Ella Fryer	2019	1.56	Christina Pagel	1990
			1.56	Anna Marshall	2012
200m			Pole Vault		
24.11	Jo White	2013	2.90	Manon Baines	2019
25.1	Joanne Gardiner	1977	2.40	Alice Newbould	2014
25.2	Susan Palmer	1992	2.20	Celia Quansah	2009
25.7	Korane Idarousse	2007	2.20	Jessica Reifer	2010
26.26	Ella Fryer	2019	2.10	Liz Kipling	2000
26.4	Anna Richardson	2010	2.10	Jessica Lawrence	2015
26.5	Katy Barber	2015	1.90	Charlotte Bearn	2006
26.6	Jimenez Joseph	1998	1.90	Phoebe Stayt	2011
26.77	Lucy Fellows	2018	1.90	Jessica Lawrence	2014
26.9	Sally Hedges	1974	1.80	Hattie Bertenshaw	1996
26.9	Natalie Wright	1994	1.80	Hannah Rogers	2009
400m			Long Jump		
57.40	Jo White	2009	5.73	Ann Crump	1974
57.9	Susan Palmer	1992	5.68	Caroline Neal	197?
57.9	Ella Fryer	2019	5.65	Joanne Gardiner	1977
60.1	Beccy Culverwell	2009	5.43	Celia Quansah	2010
60.5	Kirsty Brignall	1996	5.42	Lucy Fellows	2019
61.3	Jessica Reifer	2009	5.28	Natalie Wright	1997
61.7	Janice Deller	1984	5.24	Jo White	2005
61.9	Kate Brook	2010	5.23	Korane Idarousse	2007
62.29	Helen Samarasinghe	2018	5.20	Jimenez Joseph	1995
62.5	Clare King	1998	5.01	Kate Brook	2010
800m			Triple Jump		
2:13.48	Ella Fryer	2019	11.05	Natalie Wright	1998
02:17.58	Liz Kipling	2010	10.62	Ella Widdop-Gray	2013
02:17.6	Clare King	1998			
02:18.0	Rebecca Taylor	2009			
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
02:22.3 Kelly Macauley 1990

1500m

04:34.10 Liz Kipling 2010
04:35.9 Rebecca Taylor 2009
04:42.1 Clare King 2007
04:42.99 Estelle Damant 2012
04:45.9 Kirsty Macauley 1994
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

3000m

09:51.8 Liz Kipling 2010
09:56.8 Rebecca Taylor 2009
09:57.73 Estelle Damant 2011
10:16.3 Kirsty Macauley 1994
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
10:50.2 Imogen Deakin 2019
10:54.0 Alice Beverly 2002

5000m

17:36.1 Sonia Rowland 1993
18:01.57 Liz Kipling 2014
18:55.80 Clare Graham 2015
19:50.0 Rebecca Curtis-Hall 2017
19:55.9 Margaret Auerbach 1998
20:13.5 Georgina Dumler 1990
20:58.5 Rosemary Spragg 1990

100mH

15.5 Jimenez Joseph 1992
15.69 Kate Brook 2010
16.0 Caroline Parmenter 2018
16.3 Mandy Crewe 1989
16.8 Jessica Reifer 2009
17.2 Beatrice Collier 1990
17.8 Alison Adams 1984
17.9 Tulsi Hansla 2012
18.7 Christina Pagel 1993
18.9 Kirsty Brignall 1993

400mH

10.51 Tulsi Hansla 2009
10.40 Kate Brook 2010
9.88 Kirsty Brignall 1994
9.65 Caroline Parmenter 2015
9.60 Jessica Reifer 2010
9.57 Jenny Ash 1994
9.57 Rachel Rodippe 2014
9.57 Jessica Thomas 2019

Shot Putt

12.96 Lesley Garland 1983
11.06 Harriet Connor 2018
10.68 Jimenez Joseph 1999
10.19 Lydia Tella 2010
10.14 Jan Robbins 1987
9.97 Julia Andree 2009
9.25 Cara Baine 2006
9.20 Katrina Sanis 1990
9.05 Brittany Anderson 2019
8.91 Rachel Koomson 2013

Discus

41.32 Lesley Garland 1983
36.03 Harriet Connor 2018
34.94 Marzena Plechta 2015
32.66 Alison Leader 1991
30.70 Louisa Perrino 1995
28.24 Jan Robbins 1990
27.18 Sophie Jones 2009
27.17 Debbie Singleton 2006
25.48 Maria Hillbom 1990
22.56 Caroline Parmenter 2018

Hammer

42.80 Nasya Harvey 2009
37.95 Victoria Thompson 2007
31.58 Sophie Jones 2009
30.72 Kim Weir 2014
30.04 Clare Mallon 1996
28.87 Lydia Tella 2009
27.55 Rachel Koomson 2013
27.26 Harriet Connor 2015
26.34 Jenny Ash 1995
24.44 Lesley Garland 1985

Javelin

37.59 Georgie Floyd 2015
33.66 Jimenez Joseph 1998
30.67 Caroline Parmenter 2018
30.30 Lauren Richardson 2011

65.4	Kate Brook	2009	29.67	Jessica Reifer	2010
65.7	Jessica Reifer	2009	29.48	Maria Hillbom	1990
67.4	Kirsty Brignall	1995	28.56	Belinda Ouwerkirk	1991
69.6	Mandy Crewe	1993	26.88	Beatrice Collier	1990
69.6	Cathy Fulcher	1990	26.66	Cara Baine	2006
71.8	Anna-Clare Vivian	1992	25.43	Emma Farquason	1996
71.9	Nicole Smyth	1993			
74.0	Hattie Bertenshaw	1994			
75.30	Caroline Parmenter	2018			
75.7	Jocelyn Major	2010			
			Heptathlon		
			4259	Jimenez Joseph	1998
			3598	Caroline Parmenter	2018
			3713	Kate Brook	2010
			3495	Beatrice Collier	1991
			3428	Anna-Clare Vivian	1991