

smrac women's all-time lists

(SMRAC only)

Last updated 8th October 2019

100m			High Jump		
12.0	Jo White	2008	1.72	Ella Widdop-Gray	2013
12.6	Korane Idarousse	2007	1.68	Lucy Fellows	2019
12.75	Celia Quansah	2010	1.63	Caroline Parmenter	2016
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
12.8	Ella Fryer	2019	1.55	Jo White	2006
13.0	Anna Richardson	2010	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	2.90	Manon Baines	2019
25.7	Korane Idarousse	2007	2.40	Alice Newbould	2014
26.26	Ella Fryer	2019	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
26.77	Lucy Fellows	2018	2.10	Jessica Lawrence	2015
26.93	Celia Quansah	2010	1.90	Charlotte Bearn	2006
26.9	Manon Baines	2019	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
57.9	Ella Fryer	2019			
60.1	Beccy Culverwell	2009	Long Jump		
61.3	Jessica Reifer	2009	5.43	Celia Quansah	2010
61.9	Kate Brook	2010	5.42	Lucy Fellows	2019
62.29	Helena Samarasinghe	2018	5.23	Korane Idarousse	2007
62.8	Kate Brown	2009	5.19	Jo White	2006
63.3	Clare King	2007	5.01	Kate Brook	2010
63.9	Molly Riglin	2010	4.88	Caroline Parmenter	2016
64.1	Ella Widdop-Gray	2014	4.84	Tulsi Hansla	2009
			4.74	Emily Bashford	2017
800m			4.67	Hannah Phillips	2013
2:13.48	Ella Fryer	2019	4.67	Milly Chilvers	20192019
02:17.58	Liz Kipling	2010			
02:18.0	Rebecca Taylor	2009	Triple Jump		
02:19.8	Molly Riglin	2010	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			

02:22.43	Rebecca Killip	2010	9.60	Jessica Reifer	2010
02:22.69	Helena Samarasinghe	2018	9.57	Rachel Rodippe	2014
			9.57	Danya Marx	2011
1500m			9.57	Jessica Thomas	2019
04:34.10	Liz Kipling	2010	9.30	Millie Beazley	2015
04:35.95	Rebecca Taylor	2009	8.84	Isabel Randall	2014
04:42.1	Clare King	2007			
04:42.99	Estelle Damant	2012	Shot Putt		
04:46.30	Rebecca Killip	2010	11.06	Harriet Connor	2018
04:46.36	Maddie Garner	2010	10.19	Lydia Tella	2010
04:49.99	Kate Brown	2011	9.97	Julia Andree	2009
04:51.0	Nadia Fidler	2006	9.25	Cara Baine	2006
04:52.10	Molly Riglin	2010	9.05	Brittany Anderson	2019
4:55.59	Imogen Deakin	2019	8.91	Rachel Koomson	2013
			8.91	Caroline Parmenter	2017
3000m			8.79	Kate Brook	2011
09:51.8	Liz Kipling	2010	8.74	Marzena Plechta	2015
09:56.8	Rebecca Taylor	2009	8.59	Jimenez Joseph	2010
09:57.73	Estelle Damant	2011			
10:37.15	Maddie Garner	2010	Discus		
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	27.18	Sophie Jones	2009
10:50.2	Imogen Deakin	2019	23.22	Rachel Koomson	2010
10:58.01	Ella Fryer	2017	22.56	Caroline Parmenter	2018
10:58.3	Carla Novakovic	2019	22.48	Lydia Egan	2008
			21.50	Alvida Sadiqi	2010
5000m			21.35	Thomasina Roberts	2013
18:01.57	Liz Kipling	2014	19.81	Evie Witek	2019
18:55.80	Clare Graham	2015	19.43	Rebecca Townsend	2017
19:50.0	Rebecca Curtis-Hall	2017			
			Hammer		
100mH			42.80	Nasya Harvey	2009
15.69	Kate Brook	2010	37.95	Victoria Thompson	2007
16.0	Caroline Parmenter	2018	31.58	Sophie Jones	2009
16.8	Jessica Reifer	2009	30.72	Kim Weir	2014
17.9	Tulsi Hansla	2012	28.87	Lydia Tella	2009
19.8	Jessica Thomas	2019	27.55	Rachel Koomson	2013
19.9	Lisa Woodward	2014	27.26	Harriet Connor	2015
21.9	Julia Snaith	2011	23.47	Celeste Phelan	2018
21.9	Isabella Randell	2014	18.62	Bee Sayi	2013
22.1	Julie Pearce	2011	18.05	Caroline Hawley	2016
23.3	Clare King	2013			
			Javelin		
400mH			37.59	Georgie Floyd	2015
65.4	Kate Brook	2009	30.67	Caroline Parmenter	2018
65.7	Jessica Reifer	2009	30.30	Lauren Richardson	2011
75.30	Caroline Parmenter	2018	29.67	Jessica Reifer	2010
75.7	Jocelyn Major	2010	26.66	Cara Baine	2006
78.2	Julia Snaith	2011	24.99	Harriet Connor	2018

01:41.8	Lisa Woodward	2014	24.67	Jimenez Joseph	2010
			23.98	Emma Hardy	2009
Heptathlon			23.68	Lily Bridger	2007
3713	Kate Brook	2010	22.89	Emelia Price	2012
3598	Caroline Parmenter	2018			