

EVENT	RECORD	HOLDER	EVENT	VENUE	DATE
TRACK					
100m	11.1 w	Beverley Kinch	BL2	Grangemouth	09/05/1987
200m	23.14	Shirley Thomas			28/05/1984
400m	49.65	Nicola Sanders	World Championships	Osaka, Japan	29/08/2007
800m	1:58.86	Shelayna Oskan-Clarke	World Championships	Beijing, China	27/08/2015
1500m	4:04.14	Wendy Sly	World Championships	Helsinki, Finland	14/08/1983
3000m	8:37.06	Wendy Sly	World Championships	Helsinki, Finland	10/08/1983
5000m	15:05.51	Kathy Butler		Brussels, Belgium	03/09/2004
10000m	31:36.90	Kathy Butler	BMC	Watford	12/06/2004
Half Marathon	1:11.37	Paula Fudge	Great North Run	Newcastle	24/07/1988
Marathon	2:29.47	Paula Fudge	Chicago Marathon	Chicago, USA	30/10/1988
2000m S/C	6:34.20	Kerry O'Flaherty	UK Womens League	Eton	05/07/2014
3000m S/C	9:42.61	Kerry O'Flaherty	Letterkenny International	Letterkenny, Ireland	10/07/2015
100m Hurdles	13.07	Lorna Boothe	Commonwealth Games	Brisbane, Australia	07/10/1982
400m Hurdles	55.32	Nicola Sanders	Commonwealth Games	Melbourne, Australia	23/03/2006
FIELD					
High Jump	1.97m	Morgan Lake	British Athletics Champs	Birmingham	30/06/2018
Long Jump	7.12m w	Nicole Boegman			29/07/1995
Triple Jump	14.14m w	Michelle Griffith			25/07/2000
Pole Vault	4.20m	Irie Hill	Commonwealth Games	Melbourne, Australia	04/03/2006
Shot (4Kg)	17.53m	Rachel Wallader	UK Womens League	Swansea	04/06/2016
Discus (1Kg)	58.18m	Tracy Axten	BMC	Cardiff	31/05/1997
Javelin (600g)	64.87m	Kelly Morgan		Birmingham	14/07/2002
Hammer (4Kg)	63.05m	Lyn Sprules			23/05/1999
MULTI-EVENTS					
Heptathlon	6148 points	Morgan Lake	World Junior Championships	Eugene, Oregon, USA	23/07/2014
	Day 1 : 100H 14.29, HJ 1.94m, SP 14.17m, 200m 24.64				
	Day 2 : LJ 5.90m, JT 41.66m, 800m 2:21.06				
RELAYS					
4 x 100m Relay	43.79	Wendy Hoyte, S. Thomas E. Cohen, Lorna Boothe		Hendon	18/09/1982
4 x 400m Relay	3:39.1	Sharon Williams, Christine Amede Alison Thorne, Lesley Owusu		Enfield	19/07/1998
BEST PERFORMANCES					
60m	7.22i	Sophie Papps	British Athletics Grand Prix	Birmingham	15/02/2014
60m Hurdles	8.16i	Megan Marrs	British Athletics Championships	Birmingham	17/02/2018