

| EVENT | RECORD | HOLDER | EVENT | VENUE | DATE |
|--------------------------|--|---|------------------------------------|----------------------|------------|
| TRACK | | | | | |
| 100m | 11.53 | Sophie Papps | Commonwealth Youth Games | Douglas, Isle of Man | 09/09/2011 |
| 200m | 23.73 | Chinedu Monye | AAA U17 Championships | Birmingham | 14/08/2005 |
| 300m | 38.21 | Lesley Owusu | | Crystal Palace | 27/08/1995 |
| 800m | 2:11.7 | Wendy Smith | | | 1976 |
| 1500m | 4:28.19 | Stephanie Wilson | English Schools Championships | Sheffield | 12/07/2003 |
| 3000m | 9:44.47 | Morven Goodrum | National U17 Championships | Bedford | 29/08/2015 |
| 1500m S/C | 5:05.92 | Alex Barbour | Southern U17 Championships | Ashford, Kent | 15/08/2015 |
| 80m Hurdles | 11.29 | Chanel Taite | Schools International | Bedford | 19/07/2008 |
| 100m Hurdles | 14.1 | Pam St Ange | | London (Ha) | 07/08/1983 |
| 300m Hurdles | 42.94 | Laura Burke | English Schools Championships | Sheffield | 11/07/2009 |
| 400m Hurdles | 60.75 | Laura Burke | European Youth Olympic Festival | Tampere, Finland | 22/07/2009 |
| FIELD | | | | | |
| High Jump | 1.90m | Morgan Lake | World Youth Championships | Donetsk, Ukraine | 12/07/2013 |
| Long Jump | 6.32m | Georgina Oladapo | | Middlesbrough | 23/07/1983 |
| Triple Jump | 12.45m | Morgan Lake | Southern Inter-Counties | Hendon | 11/08/2013 |
| Pole Vault | 3.73m | Jessica Robinson | Southern Womens League | Eton | 25/04/2015 |
| Shot (3Kg) | 12.53m | Temi Ojora | Bucks County Schools Championships | Milton Keynes | 09/06/2018 |
| Discus (1Kg) | 38.68m | Fiona King | | | 19/08/1989 |
| Javelin (500g) | 40.59m | Jodie Smith | English Schools combined events | Boston, Lincs | 17/09/2017 |
| Hammer (3Kg) | 54.72m | Francesca Williams | Alder Valley League | Basingstoke | 08/07/2018 |
| MULTI-EVENTS | | | | | |
| Heptathlon | 5169 points | Morgan Lake | National Combined Events | Stoke | 05/08/2012 |
| | Day 1 : 80H 11.75, SP 12.74m, HJ 1.74m, 200m 25.71 | | | | |
| | Day 2 : LJ 5.86m, JT 26.47m, 800m 2:30.8 | | | | |
| RELAYS | | | | | |
| 4 x 100m Relay | 47.52 | Pam St Ange, Gaeorgina Oladapo Jane Samuel, Julie Turner | | Liege, Belgium | 02/10/1982 |
| 4 x 300m Relay | 2:43.1 | Lea Barrow, Georgia Taylor Laura Burke, Georgia Lamothe | National Young Athletes League | Eton | 21/06/2009 |
| 4 x 400m Relay | 4:05.6e | Abigail Fudge, Melissa Bennington Shelayna Oskan, Lauren Betts-Bucke | National Young Athletes League | Birmingham | 03/09/2005 |
| BEST PERFORMANCES | | | | | |
| 60m | 7.48i | Georgina Oladapo | | Haringey | 06/03/1983 |
| 60m Hurdles | | | | | |