

JUMPS												
High Jump			Pole Vault		Long Jump		Triple Jump					
CR	Ella Houston	1.69	2015	Katie Glare	2.80	2006	Wendy Rose	5.36	1987	Joanna Morris	12.07	1996
1	Ella Houston	1.69	2015	Trinity O'Connor	2.80	2017	Ella Houston	5.35	2015	Monique Krefting	10.39	2014
2	Karis Cheung	1.65	2015	Katie Glare	2.30	2015	Monique Krefting	5.14	2014	Rosie Stanton	9.90	2015
3	Monique Krefting	1.61	2015	Jenny O'Connor	2.25	2018	Maisie Jeger	4.92	2018	Trinity O'Connor	9.82	2017
4	Trinity O'Connor	1.60	2018	Sara Rudd	1.86	2014	Sara Henderson	4.92	2016	Jemma Colbourne	9.40	2014
5	Maisie Jeger	1.57	2016	Sam Dredge	1.20	2014	Lucy Loxton	4.79	2017	Amber White	9.30	2017
6	Ellie Spark	1.47	2016	Charlotte Fowler	1.00	2015	Abi Rudd	4.78	2014	Abi Rudd	9.20	2014
7	Yaz Ryder	1.45	2018				Codie Burnett	4.74	2014	Bo Stewart	9.05	2017
8	Sam Dredge	1.45	2016				Trinity O'Connor	4.69	2017	Annabel Chaffey	8.90	2016
9	Sara Henderson	1.44	2015				Bo Stewart	4.68	2018	Sara Henderson	8.75	2016
10	Ellis Wyer	1.41	2014				Lilly Gohara	4.65	2017	Sophie Fowler	8.75	2015

THROWS												
Shot Put (4kg)			Discus (1kg)		Hammer (4kg)		Javelin (600g)					
CR	Heather Yule	12.74	1985	Helen Broadbridge	44.72	2017	Helen Broadbridge	56.94	2018	Nicky Rolfe	37.87	2000
1	Helen Broadbridge	11.31	2017	Helen Broadbridge	44.72	2017	Helen Broadbridge	56.94	2018	Rosie Stanton	31.74	2015
2	Charlotte Payne	11.01	2018	Charlotte Payne	43.23	2018	Charlotte Payne	56.08	2018	Helen Broadbridge	29.68	2017
3	Michaela Whitton	9.47	2014	Michaela Whitton	37.09	2014	Michaela Whitton	29.30	2014	Nicky Rolfe	29.68	2014
4	Abi Livingstone	8.51	2018	Kiah-Jay Stevens	28.86	2016	Emma Guilfoyle	16.13	2014	Abi Livingstone	27.21	2018
5	Rosie Stanton	8.34	2016	Maddie Mitton	24.99	2017	Caroline Tuttle	15.59	2015	Sara Henderson	24.27	2015
6	Monique Krefting	8.27	2016	Yaz Ryder	20.07	2015	Sara Rudd	14.51	2016	Monique Krefting	22.92	2015
7	Sara Henderson	7.91	2015	Georgia Carwardine	19.96	2018	Roz Pearson	9.11	2015	Yaz Ryder	21.92	2017
8	Jenny O'Connor	7.54	2014	Sophie Crumly	18.72	2015				Jenny O'Connor	17.76	2017
9	Kiah-Jay Stevens	7.05	2016	Abi Livingstone	18.66	2018				Charlotte Fowler	16.33	2015
10	Sam Dredge	6.60	2015	Jenny O'Connor	17.58	2018				Sophie Fowler	15.74	2014

MULTI			
Heptathlon			
CR	Sue Van Huyssteen	3900	2012
1	Sara Henderson	3125	2015
2			
3			
4			
5			