

100M				
1	10.94	Dina Asher-Smith	Rome, Italy	06/06/2019
2	11.50	Immanuela Aliu	Tuscon AZ, USA	27/04/2019
3	11.59	Shannon Hylton	Loughborough	19/05/2019
4	12.04	Modupe Shokunbi	Lee Valley	05/06/2019
5	12.15	Maya Brunej	Bedford	05/05/2019
6	12.20	Vivien Olantunji	Bedford	01/06/2019
7	12.28	Zsiriah Thomas	Ashford	12/05/2019
8	12.30	Anastasia Davies	Leigh	09/06/2019
9	12.36	Tyra Khambai-Annan	Lee Valley	12/05/2019
10	12.45	Jazz Crawford	Bedford	04/05/2019
200m				
1	22.18	Dina Asher-Smith	Stockholm, Sweden	30/05/2019
2	23.42	Shannon Hylton	Loughborough	19/05/2019
3	23.44	Immanuela Aliu	Tuscon AZ, USA	27/04/2019
4	24.79	Rachel Dickens	Ashford	11/05/2019
5	25.10	Isabella Hilditch	Jacksonville FL, USA	22/03/2019
6	25.22	Modupe Shokunbi	Lee Valley	05/06/2019
7	25.28	Krystal Galley	Leogh	09/06/2019
8	25.65	Zsiriah Thomas	Ashford	11/05/2019
9	25.93	Jazz Crawford	Oordegem-Lead, Belgium	25/05/2019
10	26.08	Megan Walsh	Bromley	03/06/2019
400m				
1	53.93	Rachel Dickens	Bedford	02/06/2019
2	54.56	Louise Evans	Bedford	02/06/2019
3	56.12	Krystal Galley	Ashford	12/05/2019
4	56.25	Katy-Ann McDonald	Baton Rouge LA, USA	06/04/2019
5	57.9	Megan Walsh	Chelmsford	19/05/2019
6	58.94	Immanuela Aliu	San Diego CA, USA	09/03/2019
7	60.84	Danielle Critchley	Gillingham	13/04/2019
8	61.24	Stephanie Fisher	Sheffield	16/02/2019
9	62.28	Francesca Evered	Tooting	06/05/2019
10	63.22	Belinda Clark	Cambridge	18/05/2019
800m				
1	2:06.43	Katy-Ann McDonald	Jacksonville FL, USA	23/05/2019
2	2:18.11	Imogen Hadley	Hornchurch	18/05/2019
3	2:18.87	Olivia Berry	Eltham	22/05/2019
4	2:19.44	Ellie Dolby	Bromley	03/06/2019
5	2:19.6	Naomi Toft	Chelmsford	19/05/2019
6	2:20.61	Danielle Critchley	Gillingham	13/04/2019
7	2:20.98	Amarisa Sibley	Ashford	08/06/2019
8	2:21.32	Ailbhe Barnes	Eltham	22/05/2019
9	2:21.35	Kate Price	Tooting	06/05/2019
10	2:21.36	Niamh Bridson Hubbard	Cambridge	18/05/2019
1500m				
1	4:31.02	Katy-Ann McDonald	Baton Rouge LA, USA	27/04/2019
2	4:35.30	Niamh Bridson Hubbard	Leigh	09/06/2019
3	4:38.54	Jessica Keene	Birmingham Uni	08/05/2019
4	4:44.66	Hannah Clark	Ashford	12/05/2019
5	4:45.45	Naomi Toft	Woodford	30/03/2019
6	4:47.48	Lucrezia Polloni	Milton Keynes	01/06/2019
7	4:49.41	Lily Meers	Brighton	29/05/2019
8	4:49.67	Ailbhe Barnes	Brighton	29/05/2019
9	4:50.20	Sophie Hoare	Crawley	26/05/2019

10	4.54.28	Millie Smith	Bromley	29/04/2019
3000m				
1	10.19.12	Anwen Thomas	Crawley	26/05/2019
2	10:30.0	Hannah Clark	Watford	03/04/2019
3	10:42.9	Sophie Hoare	Reading	05/05/2019
4	10:43.3	Jessica Neal	Crawley	07/04/2019
5	10.56.69	Amy Leach	Leigh	09/06/2019
6	10:57.4	Ailbhe Barnes	Gillingham	13/04/2019
7	11:07.1	Carole Coulon	Eltham	03/05/2019
8	11:12.8	Ellie Osmond	Watford	03/04/2019
9	11.53.95	Bethany Panton	Crawley	26/05/2019
10	11:55.0	Jennie Butler	Eltham	03/05/2019
5000m				
1	20:34.6	Jane Bradshaw	Chelmsford	19/05/2019
2	21:54.1	Jenny Tomei	Chelmsford	19/05/2019
3	24.47.1	Donelle Yapp	Chelmsford	19/05/2019
100m Hurdles				
1	13.62	Anastasia Davies	Leigh	09/06/2019
2	13.73	Marcia Sey	Leigh	09/06/2019
3	13.81	Isabella Hilditch	Jacksonville FL, USA	22/03/2019
4	14.41	Mallory Cluley	Reading	05/05/2019
5	15.43	Zoe Austridge	Reading	05/05/2019
6	18.3	Holly Platt	Chelmsford	19/05/2019
7	20.7	Christina Moore	Chelmsford	19/05/2019
400m Hurdles				
1	62.70	Alex Hill	Leigh	09/06/2019
2	65.05	Grace Scopes	Ashford	11/05/2019
3	66.68	Stephanie Fisher	Crawley	26/05/2019
4	73.1	Holly Platt	Chelmsford	19/05/2019
5	83.2	Donelle Yapp	Chelmsford	19/05/2019
High Jump				
1	1.65	Danielle Hopkins	Leigh	09/06/2019
2=	1.50	Alice Prentice	Reading	05/05/2019
2=	1.50	Isobel Reeves	Chelmsford	19/05/2019
4	1.45	Sarah Ottochian	Hornchurch	18/05/2019
5=	1.40	Elena Duncombe	Tooting Bec	27/04/2019
5=	1.40	Holly Platt	Gillingham	13/04/2019
5=	1.40	Zoe Austridge	Reading	05/05/2019
5=	1.40	Magda Cienicala	Leigh	09/06/2019
9	1.38	Nina Whitter	Hornchurch	18/05/2019
10	1.35	Faith Mpassy	Lee Valley	06/04/2019
Pole Vault				
1	3.70	Sophie Dowson	Bedford	01/06/2019
2	3.40	Lois Warden	Gillingham	28/04/2019
2	3.40	Christina Moore	Bedford	01/06/2019
4	2.70	Holly Platt	Tonbridge	22/04/2019
5	2.60	Jenny Sheasby	Gillingham	13/04/2019
6=	2.00	Kelsey Pullin	Reading	05/05/2019
6=	2.00	Zoe Austridge	Crawley	26/05/2019
Long Jump				
1	6.29	Jahisha Thomas	Torrance CA, USA	20/04/2019
2	6.19	Sarah Abrams	Bedford	02/06/2019
3	5.65	Mary Adeniji	Cambridge	18/05/2019
5	5.26	Jade Oni	Reading	05/05/2019

6	5.25	Anna Short	Bedford	04/05/2019
7	5.21	Zoe Martial	Gillingham	09/06/2019
8	5.09	Magda Cienciala	Cambridge	18/05/2019
9	4.96	Molly Savage	Reading	05/05/2019
9	4.96	Claudia Baker	Chelmsford	19/05/2019
10	4.94	Achieng Oneko	Bromley	03/06/2019
Triple Jump				
1	12.95	Zara Asante	Bedford	01/06/2019
2	12.20	Kerri Davidson	Princeton NJ, USA	06/04/2019
2	12.20	Jade Oni	Ashford	11/05/2019
4	11.91	Mary Adeniji	Bedford	05/05/2019
5	10.04	Zoe Austridge	Reading	05/05/2019
6	9.98	Molly Savage	Reading	05/05/2019
7	9.75	Kamiyla Robinson-Pascal	Ashford	11/05/2019
8	9.21	Holly Platt	Chelmsford	19/05/2019
9	8.25	Alice Prentice	Chelmsford	19/05/2019
10	7.30	Jackie Montgomery	Eltham	03/05/2019
Shot Putt				
1	16.30	Divine Oladipo	Storrs CT, USA	13/04/2019
2	13.89	Shaunagh Brown	Gillingham	13/04/2019
3	11.33	Hannah MacAulay	Ashford	12/05/2019
4	10.76	Lauren Farley	Reading	05/05/2019
5	7.41	Christina Moore	Leigh	09/06/2019
Discus Throw				
1	51.06	Divine Oladipo	Providence RI, USA	28/04/2019
2	43.84	Shaunagh Brown	Gillingham	13/04/2019
3	39.46	Hannah MacAulay	Ashford	12/05/2019
4	30.22	Titobioluwa Akinrele	Ashford	11/05/2019
5	28.59	Eloise Locke	Reading	05/05/2019
6	24.02	Sofia Elliott	Hornchurch	18/05/2019
7	21.33	Maya Fernandes	Wimbledon	07/04/2019
8	20.59	Natalia O'Doherty-Veru	Tooting Bec	27/04/2019
9	12.74	Holly Platt	Chelmsford	19/05/2019
10	11.78	Anne Cilia	Dartford	13/05/2019
Hammer throw				
1	52.48	Molly Walsh	Chelmsford	19/05/2019
2	51.55	Shaunagh Brown	Gillingham	13/04/2019
3	17.24	Hannah MacAulay	Reading	05/05/2019
4	13.55	Jenny Sheasby	Cambridge	24/04/2019
Javelin Throw 600g				
1	53.93	Bekah Walton	Bedford	04/05/2019
2	45.33	Lauren Farley	Bedford	02/06/2019
3	41.94	Hollie Arnold	Jena, Germany	08/06/2019
4	40.47	Eloise Locke	Bedford	02/06/2019
5	26.47	Ruth Chappell	Gillingham	13/04/2019
6	20.24	Anastasia Davies	Leigh	09/06/2019
7	11.64	Jenny Sheasby	Lee Valley	20/04/2019
8	9.15	Isabella Hilditch	Leigh	09/06/2019
9	9.05	Carole Coulon	Eltham	03/05/2019
10	6.13	Isobel Reeves	Chelmsford	19/05/2019