

100m				
1	10.91	Dina Asher-Smith	Lausanne	05/07/2019
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 Bruney	Bedford	05/05/2019
6	12.2	Vivien Olantunji	Bedford	01/06/2019
7	12.23	Marcia Sey	Eton	06/07/2019
8	12.25	Tianna Haynes	Bromley	13/07/2019
9	12.28	Zsiriah Thomas	Ashford	12/05/2019
10	12.29	Anastasia Davies	Eton	06/07/2019
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	24.53	Maya Bruney	Bromley	22/07/2019
5	24.7	Krystal Galley	Harrow	15/06/2019
6	24.79	Rachel Dickens	Ashford	11/05/2019
7	25.1	Isabella Hilditch	Jacksonville FL, USA	22/03/2019
8	25.22	Modupe Shokunbi	Lee Valley	05/06/2019
9	25.50	Tianna Haynes	Bromley	13/07/2019
10	25.65	Zsiriah Thomas	Ashford	11/05/2019
400m				
1=	53.44	Louise Evans	Bedford	23/06/2019
1=	53.44	Rachel Dickens	Nivelles, Belgium	22/06/2019
3	54.3	Krystal Galley	Birmingham	03/08/2019
4	54.56	Maya Bruney	Birmingham	24/08/2019
5	56.25	Katy-Ann McDonald	Baton Rouge LA, USA	06/04/2019
6	57.13	Holly Mpassy	Bromley	22/07/2019
7	57.9	Megan Walsh	Chelmsford	19/05/2019
8	58.89	Alex Hill	Bromley	13/07/2019
9	58.94	Immanuela Aliu	San Diego CA, USA	09/03/2019
10	59.79	Grace Scopes	Bromley	28/07/2019
800m				
1	2.05.47	Katy-Ann McDonald	Watford	29/06/2019
2	2.10.74	Niamh Bridson Hubbard	Birmingham	03/08/2019
3	2.14.46	Amarisa Sibley	Birmingham	13/07/2019
4	2.14.86	Yasmin Austridge	Bromley	28/07/2019
5	2.15.20	Zakia Mossi	Eltham	14/08/2019
6	2.15.95	Naomi Toft	Watford	07/08/2019
7	2:18.11	Imogen Hadley	Hornchurch	18/05/2019
8	2.18.87	Olivia Berry	Eltham	22/05/2019
9	2.19.39	Ellie Dolby	Bromley	17/06/2019
10	2.19.95	Cameron Kelly-Gordon	Bromley	22/07/2019
1500m				
1	4.25.63	Niamh Bridson Hubbard	Watford	21/08/2019
2	4.31.02	Katy-Ann McDonald	Baton Rouge LA, USA	27/04/2019
2	4.38.54	Jessica Keene	Birmingham Uni	08/05/2019
3	4.44.66	Hannah Clark	Ashford	12/05/2019
5	4.45.1	Lily Meers	Reading	23/06/2019
6	4.45.45	Naomi Toft	Woodford	30/03/2019

	7	4.47.4	Ailbhe Barnes	Chelmsford	06/07/2019
	8	4.47.48	Lucrezia Polloni	Milton Keynes	01/06/2019
	9	4.49.54	Kate Price	Battersea	08/06/2019
	10	4.50.20	Sophie Hoare	Crawley	26/05/2019
3000m					
	1	10.01.52	Niamh Bridson Hubbard	Eton	06/07/2019
	2	10.19.12	Anwen Thomas	Crawley	26/05/2019
	3	10.29.96	Hannah Clark	Watford	03/04/2019
	4	10.35.00	Sophie Hoare	Ashford	14/07/2019
	5	10.40.59	Millie Smith	Bromley	28/07/2019
	6	10.43.35	Jessica Neal	Crawley	07/04/2019
	7	10.56.69	Amy Leach	Leigh	09/06/2019
	8	10.57.37	Ailbhe Barnes	Gillingham	13/04/2019
	9	11.07.1	Carole Coulon	Eltham	03/05/2019
	10	11.12.76	Ellie Osmond	Watford	03/04/2019
5000m					
	1	20.15.64	Jane Bradshaw	Bromley	13/07/2019
	2	21.30.7	Jenny Leng	Chelmsford	19/05/2019
	3	21.47.6	Sally Haffenden	Bromley	07/08/2019
	4	21.54.1	Jenny Tomei	Chelmsford	19/05/2019
	5	24.47.1	Donelle Yapp	Chelmsford	19/05/2019
100m Hurdles					
	1	13.62	Anastasia Davies	Leigh	09/06/2019
	2	13.65	Marcia Sey	Eton	06/07/2019
	3	13.81	Isabella Hilditch	Jacksonville FL, USA	22/03/2019
	4	13.92	Mallory Cluley	Ashford	14/07/2019
	5	15.38	Zoe Austridge	Hendon	30/06/2019
	6	15.5	Yasmin Austridge	Harrow	15/06/2019
	7	17.49	Holly Platt	Bromley	28/07/2019
	8	20.7	Christina Moore	Chelmsford	19/05/2019
400m Hurdles					
	1	60.98	Alex Hill	Eton	06/07/2019
	2	64.11	Sophie Elliss	Eton	06/07/2019
	3	65.05	Grace Scopes	Ashford	11/05/2019
	4	66.68	Stephanie Fisher	Crawley	26/05/2019
	5	73.1	Holly Platt	Chelmsford	19/05/2019
	6	83.2	Donelle Yapp	Chelmsford	19/05/2019
High Jump					
	1	1.75	Deborah Martin	Eton	06/07/2019
	2	1.70	Funmimiyi Olajide	Sandy	18/05/2019
	3	1.69	Danielle Hopkins	Birmingham	13/07/2019
	4	1.58	Ashleigh West	Birmingham	13/07/2019
	5=	1.50	Alice Prentice	Reading	05/05/2019
	5=	1.50	Isobel Reeves	Chelmsford	19/05/2019
	7=	1.45	Sarah Ottochian	Hornchurch	18/05/2019
	7=	1.45	Zoe Austridge	Hendon	30/06/2019
	7=	1.45	Nina Whitter	Reading	23/05/2019
	10=	1.40	Elena Duncombe	Tooting Bec	27/04/2019
	10=	1.40	Holly Platt	Gillingham	13/04/2019
	10=	1.40	Magda Cienciala	Leigh	09/06/2019
Pole Vault					

1	3.95	Sophie Dowson	Birmingham	25/08/2019
2=	3.60	Lois Warden	Birmingham	13/07/2019
2=	3.40	Christina Moore	Bedford	01/06/2019
4	2.90	Holly Platt	Battersea	17/08/2019
5	2.70	Eleanor Barrett	Bromley	13/07/2019
6	2.60	Jenny Sheasby	Gillingham	13/04/2019
7	2.00	Kelsey Pullin	Reading	05/05/2019
8	2.00	Zoe Austridge	Crawley	26/05/2019
Long Jump				
1	6.39	Sarah Abrams	Birmingham	24/08/2019
2	6.29	Jahisha Thomas	Torrance CA, USA	20/04/2019
3	6.18	Funmimiyi Olajide	Bedford	18/05/2019
4	5.65	Mary Adeniji	Cambridge	18/05/2019
5	5.37	Ruby Bridger	Grays	17/08/2019
6	5.29	Claudia Baker	Hendon	30/06/2019
7	5.26	Jade Oni	Reading	05/05/2019
8	5.25	Anna Short	Bedford	04/05/2019
9	5.21	Zoe Martial	Gillingham	09/06/2019
10	5.09	Magda Cienciala	Cambridge	18/05/2019
Triple Jump				
1	13.06	Zara Asante	Limoges, France	19/06/2019
2=	12.20	Kerri Davidson	Princeton NJ, USA	06/04/2019
2=	12.20	Jade Oni	Ashford	11/05/2019
4	12.10	Sarah Abrams	Birmingham	03/08/2019
5	11.91	Mary Adeniji	Bedford	05/05/2019
6	11.11	Funmimiyi Olajide	Hornchurch	07/04/2019
7	10.38	Rachel Ilori	Ashford	17/08/2019
8	10.04	Zoe Austridge	Reading	05/05/2019
9	9.98	Molly Savage	Reading	05/05/2019
10	9.80	Holly Platt	Harrow	15/06/2019
Shot Putt				
1	16.79	Divine Oladipo	Gavle, Sweden	13/07/2019
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
6	7.17	Carys Marsden	Bromley	13/07/2019
7	6.81	Alice Prentice	Basingstoke	22/06/2019
8	5.92	Jenny Sheasby	Harrow	15/06/2019
Discus Throw				
1	51.32	Divine Oladipo	Birmingham	03/08/2019
2	43.84	Shaunagh Brown	Gillingham	13/04/2019
3	43.19	Hannah MacAulay	Bromley	28/07/2019
4	35.87	Carys Marsden	Bromley	13/07/2019
5	30.22	Titobioluwa Akinrele	Ashford	11/05/2019
6	28.59	Eloise Locke	Reading	05/05/2019
7	24.02	Sofia Elliott	Hornchurch	18/05/2019
8	21.33	Maya Fernandes	Wimbledon	07/04/2019
9	20.59	Natalia O'Doherty-Veru	Tooting Bec	27/04/2019
10	17.96	Jenny Sheasby	Harrow	15/06/2019
Hammer throw				

1	53.66	Gemma Vickery	Eton	06/07/2019
2	53.22	Molly Walsh	Hendon	30/06/2019
3	51.55	Shaunagh Brown	Gillingham	13/04/2019
4	38.70	Carys Marsden	Bromley	13/07/2019
5	24.48	Hannah MacAulay	Harrow	15/06/2019
6	13.55	Jenny Sheasby	Cambridge	24/04/2019
Javelin Throw 600g				
1	53.97	Bekah Walton	Bedford	23/06/2019
2	45.66	Lauren Farley	Birmingham Uni	13/07/2019
3	41.94	Hollie Arnold	Jena, Germany	08/06/2019
4	40.47	Eloise Locke	Bedford	02/06/2019
5	30.28	Ruth Chappell	Harrow	15/06/2019
6	24.35	Danielle Hopkins	Eton	06/07/2019
7	23.46	Isabelle Bridge	Eton	06/07/2019
8	21.21	Holly Platt	Bromley	28/07/2019
9	20.64	Anastasia Davies	Bromley	13/07/2019
10	15.44	Sophia Harper	Bromley	13/07/2019