

# WAC Junior Women Records



## U20WOMEN

## OUTDOORS

EVENT	Performance	Name	Venue	Date
<b>100m</b>	12.1secs	Susie Williams	Barn Elms	17-Jul-96
	12.0w	Susie Williams	Aldershot	04-Jun-94
<b>200m</b>	24.2secs	Susie Williams	Watford	20-Aug-95
	24.11w	2.1 Susie Williams	Lisbon, POR	22-Jul-94
<b>300m</b>	39.72secs	Susie Williams	Crystal Palace	12-Jul-96
<b>400m</b>	55.47secs	Lizzie Williams	Bedford	02-Jul-95
<b>800m</b>	2m 14.5	Lizzie Williams	Bromley	19-Jun-94
<b>1500m</b>	4m 54.2	Jenny Miller	Hendon	07-Aug-94
<b>Mile</b>				
<b>3000m</b>	10m 39.2	Jenny Miller	Crawley	26-Mar-94
<b>5000m</b>	23m 36.72	Lucy Withers	Horspath	14-Jul-18
<b>100MH</b>	14.9secs	Lisa O'Brien	Crawley	23-Jul-11
	15.20secs	1.3 Lisa O'Brien	Bedford	15-Sep-12
<b>400HM</b>	60.15secs	Kate Norman	Bedford	02-Jul-95
<b>1500SC</b>	6m 21.1	Claire Thomas	Peterborough	01-Sep-12
<b>2000SC</b>	9m 03.4	Claire Thomas	Walton	14-Jul-12
<b>3000SC</b>	13m 45.9	Claire Thomas	Carshalton	08-Sep-12
<b>High Jump</b>	1.50m	Susie Williams	Ipswich	23-Apr-94
	1.50m	Kaylee Price	Milton Keynes	22-Apr-06
	1.50m	Emily de Beaux	Portsmouth	09-Jul-11
	6.03m	Marian Needham	Motspur Park	04-Jul-59
<b>Long Jump</b>	6.03m	Marian Needham	Motspur Park	04-Jul-59
<b>Triple Jump</b>	11.37m	Lisa O'Brien	Ashford	21-Apr-12
<b>Pole Vault</b>	3.00m	Nathalie Warren	Perivale	28-Apr-01
<b>Shot</b>	11.72m	4kg Sophie Mace	Kingston	15-Apr-17
<b>Discus</b>	47.08m	1kg Sophie Mace	Kingston	11-May-16
<b>Hammer</b>	48.77m	4kg Sophie Mace	Walton	14-May-17
<b>Javelin</b>	43.63	600g Nicola Bell	Birmingham	13-Jul-19
<b>Heptathlon</b>	3851	Lisa O'Brien	Bedford	15-Sep-12
<b>4x100m</b>	51.3secs	O.Hansen (U17), A.Agyei-Kyem (U17), J.Agyei-Kyem (U20), J.Fox (U17)	Kingston	11-Jul-21
<b>4x200m</b>				
<b>4x400m</b>				

## INDOORS

EVENT	Performance	Name	Venue	Date
<b>60m</b>	7.7secs	i Susie Williams	Crystal Palace	18-Dec-96
	7.78secs	i Susie Williams	Lievin, FRA	02-Mar-96
<b>200m</b>	24.94secs	i Susie Williams	Birmingham	18-Feb-96
<b>300m</b>	40.17secs	i Susie Williams	Birmingham	28-Feb-96
<b>400m</b>	57.8secs	i Lizzie Williams	Glasgow	16-Mar-97
<b>800m</b>		i		
<b>1500m</b>		i		
<b>Mile</b>		i		
<b>3000m</b>		i		
<b>5000m</b>		i		
<b>60HM</b>	9.42secs	i Lisa O'Brien	Carshalton	26-Feb-11
<b>High Jump</b>	1.35m	i Lisa O'Brien	Carshalton	17-Feb-13
<b>Long Jump</b>	5.01m	i Lisa O'Brien	Carshalton	26-Feb-11
<b>Triple Jump</b>	10.84m	i Lisa O'Brien	Carshalton	27-Feb-11
<b>Pole Vault</b>	2.60m	i Natalie Warren	Crystal Palace	06-Mar-99
<b>Shot 4kg</b>	11.49m	i Sophie Mace	Carshalton	19-Feb-17
<b>Pentathlon</b>		i		

## ROAD

**5K**  
**10K**

## PARKRUN

**Parkrun** 20m 31 Jennifer Withers Exeter Riverside 10-Dec-16

**Updated 08-Jun-22**