

WAC Junior Women Records



U20WOMEN

OUTDOORS

EVENT	Performance	Name	Venue	Date
100m	12.1secs	Susie Williams	Barn Elms	17-Jul-96
	12.0w	Susie Williams	Aldershot	04-Jun-94
200m	24.2secs	Susie Williams	Watford	20-Aug-95
	24.11w	21 Susie Williams	Lisbon, POR	22-Jul-94
300m	39.72secs	Susie Williams	Crystal Palace	12-Jul-96
400m	55.47secs	Lizzie Williams	Bedford	02-Jul-95
800m	2m 14.5	Lizzie Williams	Bromley	19-Jun-94
1500m	4m 54.2	Jenny Miller	Hendon	07-Aug-94
Mile				
3000m	10m 39.2	Jenny Miller	Crawley	26-Mar-94
5000m	23m 36.72	Lucy Withers	Horspath	14-Jul-18
100MH	14.9secs	Lisa O'Brien	Crawley	23-Jul-11
	15.20secs	13 Lisa O'Brien	Bedford	15-Sep-12
400HM	60.15secs	Kate Norman	Bedford	02-Jul-95
1500SC	6m 21.1	Claire Thomas	Peterborough	01-Sep-12
2000SC	9m 03.4	Claire Thomas	Walton	14-Jul-12
3000SC	13m 45.9	Claire Thomas	Carshalton	08-Sep-12
High Jump	1.70m	Tori-Ann Anderson	Kingston	10-May-25
Long Jump	6.03m	Marian Needham	Motspur Park	04-Jul-59
Triple Jump	11.37m	Lisa O'Brien	Ashford	21-Apr-12
Pole Vault	3.00m	Nathalie Warren	Perivale	28-Apr-01
Shot	11.72m	4kg Sophie Mace	Kingston	15-Apr-17
Discus	47.08m	1kg Sophie Mace	Kingston	11-May-16
Hammer	48.77m	4kg Sophie Mace	Walton	14-May-17
Javelin	4363	600g Nicola Bell	Birmingham	13-Jul-19
Heptathlon	3851	Lisa O'Brien	Bedford	15-Sep-12
4x100m	51.3secs	O.Hansen (U17), A.Agyei-Kyem (U17), J.Agyei-Kyem (U20), J.Fox (U17)	Kingston	11-Jul-21
4x200m				
4x400m				

INDOORS

EVENT	Performance	Name	Venue	Date
60m	7.7secs	i Susie Williams	Crystal Palace	18-Dec-96
	7.78secs	i Susie Williams	Lievin, FRA	02-Mar-96
200m	24.94secs	i Susie Williams	Birmingham	18-Feb-96
	40.17secs	i Susie Williams	Birmingham	28-Feb-96
400m	56.70secs	i Lizzie Williams	Birmingham	16-Mar-96
800m		i		
1500m		i		
Mile		i		
3000m		i		
5000m		i		
60HM	9.42secs	i Lisa O'Brien	Carshalton	26-Feb-11
High Jump	1.65m	i Tori-Ann Anderson	Lee Valley	04-Feb-24
Long Jump	5.01m	i Lisa O'Brien	Carshalton	26-Feb-11
Triple Jump	10.84m	i Lisa O'Brien	Carshalton	27-Feb-11
Pole Vault	2.60m	i Nathalie Warren	Crystal Palace	06-Mar-99
Shot 4kg	11.49m	i Sophie Mace	Carshalton	19-Feb-17

Pentathlon

ROAD

5K
10K

PARKRUN

Parkrun	20m 31	Jennifer Withers	Exeter Riverside	10-Dec-16
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Updated 12-May-25