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
300m	*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	1.70m	i	Tori-Ann Anderson	NC, USA	07-Dec-25
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	Natalie Warren	Crystal Palace	06-Mar-99
Shot 4kg	11.49m	i	Sophie Mace	Carshalton	19-Feb-17
Pentathlon		i			

ROAD

5K				
10K				

PARKRUN

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

Updated **08-Dec-25**