

**NEW RECORDS –**  
**PLEASE NOTE MASTERS/VETS NOW HAVE THEIR OWN RECORD**  
**TABLES**

**EPSOM AND EWELL HARRIERS**  
**CLUB RECORDS – WOMEN**  
**(as at 31 October 2024)**

<b>60 METRES</b>	Club Record:	7.75i	Lisa Boland	Carshalton	02.03.25
	U20 Women:	7.99i	Liliana Richardson	Lee Valley	19.01.25
	U17 Women:	7.85i	Maia Heward-Mills	Carshalton	10.03.24
	U15 Girls:	7.93i	Amber Whitelock	Carshalton	02.03.25
	U13 Girls:	8.54i	Filijay Touray	Carshalton	09.03.24
<b>75 METRES</b>	U13 Girls:	10.28	Millie Strudwick	Guildford	01.06.25
<b>80 METRES</b>	Club Record:	10.4	Diana Norman	Crawley	26.03.94
	U20 Women:				
	U17 Women:				
	U15 Girls:				
	U13 Girls:				
<b>100 METRES</b>	Club Record:	12.0	Hilary Davies	Wimbledon	01.05.69
		12.0	Hilary Davies	Cardiff (M)	09.05.70
		12.0	Sharon Carth	London (He)	31.08.86
	U20 Women:	12.3	Pat Beauchamp	Redhill	14.07.73
	U17 Women:	12.2	Claire St John	Bedford	24.06.78
	U15 Girls:	12.31	Amber Whitelock	Stratford (CT)	13.07.25
	U13 Girls:	13.3	Laura Lopez	Carshalton	11.08.19
<b>150 METRES:</b>	Club Record:	18.67	Liliana Richardson	Crawley	05.04.25
	U20 Women:	18.67	Liliana Richardson	Crawley	05.04.25
	U17 Women:				
	U15 Girls:				
	U13 Girls:	20.28	Anna Pickup	Bracknell	31.03.18
<b>200 METRES:</b>	Club Record:	24.9	Alison Dunn	Welwyn GC	11.06.79
		24.9	Sharon Carth	Enfield	09.08.86
		24.96	Shona Richards	Kingston	13.05.12
	U20 Women:	24.9	Alison Dunn	Welwyn GC	11.06.79
	U17 Women:	24.96	Shona Richards	Kingston	13.05.12
	U15 Girls:	25.53	Shona Richards	Birmingham	10.07.10
	U13 Girls:	27.5	Laura Lopez	Carshalton	11.08.19
<b>300 METRES:</b>	Club Record:	39.15	Shona Richards	Bedford	19.08.12
	U20 Women:	40.49	Liliana Richardson	Crawley	05.04.25
	U17 Women:	39.15	Shona Richards	Bedford	19.08.12
	U15 Girls:	40.8	Shona Richards	Wimbledon	31.07.10
<b>400 METRES:</b>	Club Record:	54.7	Alison Dunn	Aldershot	31.07.79

	U20 Women:	54.7	Alison Dunn	Aldershot	31.07.79
	U17 Women:	58.5	Sue Morss	Motspur Park	06.06.81
<b>600 METRES:</b>	Club Record:	1:45.22	Estée Norman	Lee Valley	05.12.21
	U20 Women:				
	U17 Women:				
	U15 Girls:	1:45.22	Estée Norman	Lee Valley	05.12.21
	U13 Girls	1:49.44	Sophie Osborn	Bracknell	31.03.18
		1:49.44	Estee Norman	Birmingham	19.06.19
<b>800 METRES</b>	Club Record:	2:06.82	Rosie Clarke	Stretford	09.08.16
	U20 Women	2:13.5	Elaine Harding	Ewell	22.04.78
	U17 Women	2:13.6	Elaine Harding	Aldershot	03.08.77
	U15 Girls:	2:14.6	Sue Morss	London (CP)	27.07.79
	U13 Girls:	2:20.8	Kelly Turner	Brighton	18.07.87
<b>1200 METRES:</b>	Club Record:	4:01.4	Lucy Drummond	Brighton	31.05.09
	U20 Women				
	U17 Women				
	U15 Girls:				
	U13 Girls:	4:01.4	Lucy Drummond	Brighton	31.05.09
<b>1500 METRES:</b>	Club Record:	4:07.69	Rosie Clarke	Tubingen, GER	26.06.18
	U20 Women:	4:26.33	Matilda Laidlaw	Wimbledon	28.05.25
	U17 Women:	4:32.4	Elaine Harding	London (CP)	20.08.77
	U15 Girls:	4:40.6	Emma Berry	London (He)	02.06.85
	U13 Girls:	4:57.9	Kelly Turner	London (TB)	26.04.87
<b>1 MILE:</b>	Club Record:	4:31.75i	Rosie Clarke	London (CP)	14.03.15
	U20 Women:	4:54.03	Matilda Laidlaw	Fayetteville USA	18.01.25
	U17 Women	5:03.34	Sabrina Coppola-Johansen	Oxford	06.04.24
	U15 Girls	5:19.47	Florence White	Wimbledon	20.07.22
	U13 Girls	5:41.98	Lucy Pennington	Ewell	21.08.25
<b>3000 METRES:</b>	Club Record:	8:47.30i	Rosie Clarke	Madrid, ESP	08.02.18
	U20 Women:	9:40.48	Matilda Laidlaw	Twickenham	18.06.25
	U17 Women:	9:53.00	Isabel Brinsden	Twickenham	04.06.08
	U15 Girls:	10:43.46	Grace Shephard	London (TB)	21.07.07
<b>5000 METRES:</b>	Club Record:	15:19.75	Rosie Clarke	London (Olympic Park)	21.07.19
	U20 Women:	16:36.13	Matilda Laidlaw	Birmingham	07.06.25
	U17 Women:				
<b>5K RR/PR</b>	Club Record:	17.15	Anna Bloomfield	Morecambe	04.04.25
	U20 Women:	17.15	Anna Bloomfield	Morecambe	04.04.25
	U17 Women	17.46	Sabrina Coppola-Johansen	Battersea Park	19.04.25
	U15 Girls	18.49	Estée Norman	Minehead	05.03.22
	U13 Girls				

<b>10000 METRES:</b>	Club Record:	38:16.25	Anita Mellodew	Stoke on Trent	01.05.00
<b>10K RR</b>	Club Record:	33:03	Rosie Clarke	Houilles, FRA	31.12.17
	U20 Women:	37:03	Anna Bloomfield	Nonsuch Park	13.04.25
	U17 Women:	40:32	Lola Williams	Chessington	09.02.25
<b>10 MILE</b>	Club Record:	63:15	Jane Davies	Twickenham	27.09.98
<b>HALF-MARATHON</b>	Club Record:	78:56	Emily Alden	Cardiff	15.10.06
<b>20 MILE</b>	Club Record:	2:29:13	Vanda Caulfield	Bramley	20.02.05
<b>MARATHON:</b>	Club Record:	2:46:17	Anita Mellodew	London	26.04.98
<b>1500M S/CHASE</b>	Club Record:	5:14.9	Anna Bloomfield	Kingston	22.05.24
	U20 Women:	5:14.9	Anna Bloomfield	Kingston	22.05.24
	U17 Women:	5:28.17	Lily Brown	Carshalton	03.09.22
<b>2000M S/CHASE</b>	Club Record:	6:57.15	Anna Bloomfield	Crawley	02.06.24
	U20 Women:	6:57.15	Anna Bloomfield	Crawley	02.06.24
	U17 Women:	7:43.0	Lily Brown	Kingston	16.07.22
<b>3000M S/CHASE</b>	Club Record:	9:31.68	Rosie Clarke	Oslo, NOR	13.06.19
	U20 Women:	10:41.31	Anna Bloomfield	Birmingham	19.07.24
<b>60M HURDLES: (2' 9") 0.84m</b>	Club Record:	8.61i	Madison Hutton	Albuquerque, USA	23.02.24
<b>(2' 9") 0.84m</b>	U20 Women:	8.62i	Sandra Seaton	Birmingham	27.02.10
<b>(2' 6") 0.76m</b>	U17 Women:	8.81i	Ellie Taylor	Carshalton	16.02.20
<b>(2' 6") 0.76m</b>	U15 Girls:	9.15i	Ellie Taylor	Carshalton	17.02.18
<b>(2' 3") 0.68m</b>	U13 Girls:	10.71i	Estee Norman	Lee Valley	01.12.19
<b>70M HURDLES:</b>	U13 Girls:	11.38	Sienna Kidd	Kingston	31.08.19
<b>75M HURDLES:</b>	U15 Girls:	11.2	Sue Trickett	London (He)	08.07.77
<b>80M HURDLES (2' 6"): 0.76m</b>	U17 Women:	11.13	Claire St John	London (CP)	02.06.79
<b>100M HURDLES (2' 9"): 0.84m</b>	Club Record:	13.7	Claire St John	Hornchurch	05.07.80
	U20 Women:	13.7	Claire St John	Hornchurch	05.07.80
<b>300M HURDLES</b>	Club Record:	41.84	Shona Richards	Bedford	19.08.12
	U17 Women:	41.84	Shona Richards	Bedford	19.08.12
<b>400M HURDLES</b>	Club Record:	58.04	Emily Parker	Bedford	17.07.11
	U20 Women:	62.0	Sue Trickett	London (CP)	13.08.80
	U17 Women:	60.88	Shona Richards	Bedford	26.08.12

<b>HIGH JUMP:</b>	Club Record:	1.92i	Julia Bennett	Cosford	10.03.90
		1.89	Julia Bennett	Sheffield	11.06.94
	U20 Women:	1.85	Julia Bennett	London (BP)	15.04.89
		1.85	Julia Bennett	London (BP)	20.05.89
	U17 Women:	1.75	Julia Bennett	Portsmouth	06.09.86
	U15 Girls:	1.72	Louise Schramm	London (TB)	21.09.86
	U13 Girls:	1.45	Leanne Breden	Kingsmeadow	12.09.99
<b>POLE VAULT:</b>	Club Record:	3.75	Louise Schramm	Crawley	19.07.98
	U20 Women:	3.20	Samantha Poulter	Kingsmeadow	05.06.04
		3.20	Samantha Poulter	Portsmouth	03.07.04
	U17 Women:	3.40	Madeline Dodd	Birmingham	28.07.24
	U15 Girls:	2.80	Madeline Dodd	Carshalton	27.08.22
<b>LONG JUMP:</b>	Club Record:	6.27	Liz Ghojefa	Aldershot	23.07.95
	U20 Women:	6.24	Karen Murray	Nice, Fra	16.07.77
	U17 Women:	5.76	Emily Parker	London (TB)	28.07.01
	U15 Girls:	5.29	Sarah Long	London (WF)	26.06.88
	U13 Girls:	4.69	Sienna Kidd	Guildford	07.07.19
<b>TRIPLE JUMP:</b>	Club Record:	13.02i	Emily Parker	Sheffield	12.02.05
		12.97	Emily Parker	Gateshead	03.05.04
	U20 Women:	12.60	Emily Parker	Loughborough	08.06.03
	U17 Women:	12.01i	Emily Parker	Birmingham	25.02.01
	U17 Women:	11.98	Emily Parker	Kingston	14.07.01
	U15 Girls	11.47	Ruth Hatch	Carshalton	23.09.01
<b>SHOT (4kg):</b>	Club Record:	15.55	Christina Bennett	Croydon	13.06.99
	U20 Women	14.59i	Christina Bennett	Glasgow	16.03.97
		14.27	Christina Bennett	Wimbledon	11.05.97
<b>SHOT (3kg):</b>	U17 Women:	11.79	Mimi Alalade-Blankson	Kingston	14.06.25
	U15 Girls:	8.70	Estée Norman	Crawley	26.06.22
<b>SHOT (2.72kg):</b>	U13 Girls:	8.35	Sienna Kidd	Carshalton	08.09.19
<b>DISCUS (1kg):</b>	Club Record:	53.16	Sarah Winckless	Dublin	18.06.94
	U20 Women:	49.56	Sarah Winckless	Millfield	01.05.92
	U17 Women:	45.72	Sarah Winckless	Stoke on Trent	01.07.90
	U15 Girls:	33.38	Sarah Winckless	Basildon	14.08.88
<b>DISCUS (0,75kg):</b>	U13 Girls:	22.77	Rachael Abbott	Kingsmeadow	14.09.02
<b>HAMMER (4kg):</b>	Club Record:	54.51	Christina Bennett	Kingsmeadow	05.07.03
	U20 Women:	43.74	Christina Bennett	Kingsmeadow	26.04.97
<b>HAMMER (3kg):</b>	U17 Women:	39.00	Isabella Fuller	Kingston	14.05.23
	U15 Girls:	31.87	Laura Toth	Kingston	31.08.19

<b>JAVELIN (600g)</b>	Club Record:	38.22	Madison Hutton	Clovis CA, USA	01.04.22
	U20 Women:	38.22	Madison Hutton	Clovis CA, USA	01.04.22
<b>JAVELIN (500g):</b>	U17 Women:	30.56	Estee Norman	Carshalton	01.06.24
	U15 Girls:	28.67	Ellie Taylor	Kingston	09.06.18
<b>JAVELIN (400g):</b>	U13 Girls:	28.98	Ellie Taylor	Birmingham	04.07.16
<b>INDOOR PENTATHLON 60mh, HJ, SP, LJ, 800m</b>	Club Record:	4226i	Julia Machin	Valencia ESP	27.02.98
	U20 Women:	3771i	Madison Hutton	Albuquerque USA	24.02.22
	U17 Women:	3404i	Estée Norman	Lee Valley	25.11.23
	U15 Girls:				
	U13 Girls:				
<b>PENTATHLON: 100H,SP,HJ,LJ,800</b>	Club Record:	3864	Diana Bennett	Enfield	01.08.93
	<b>U20 Women</b>	<b>3008</b>	<b>Estée Norman</b>	<b>Wimbledon</b>	<b>13.05.25</b>
<b>PENTATHLON 80H,SP,HJ,LJ,800</b>	U17 Women:	3209	Estee Norman	Crawley	31.05.23
<b>PENTATHLON 80H,JT,HJ,LJ,800</b>	U17 Women:	3306	Estee Norman	Crawley	29.05.24
<b>PENTATHLON 75H,SP,HJ,LJ,800</b>	U15 Girls:	3000	Estee Norman	Crawley	26.06.22
<b>PENTATHLON: SP,70H,LJ,HJ,800</b>	U13 Girls:	2648	Sienna Kidd	Carshalton	08.09.19
<b>HEPTATHLON: 100h,HJ,SP,200,LJ JT(new spec) 800</b>	Club Record:	5538	Julia Bennett	Arles, Fra	04.06.00
	U20 Women:	5295	Madison Hutton	Clovis CA, USA	12.05.22
<b>HEPTATHLON: 80h,HJ,SP,200,LJ JT(new spec),800</b>	U17 Women:	4521	Estee Norman	Lee Valley	25.06.23

<b>4 x 100m RELAY</b>	Club Record:	48.0	Seniors	London (CP)	06.08.71
(Hilary Davies, Barbara Corbett, Janis Hindle, Pat Beauchamp)					
	U17 Women:	48.62		Carshalton	15.09.24
(Khadeeja Nizam-Hayles, Maia Heward-Mills, Sophie Lamb, Liliana Richardson)					

	U15 Girls:	50.5		London (CP)	02.07.77
(Karen Long, S. Willis, Claire St John, Sue Trickett)					
		50.55		Carshalton - DWLC	06.09.25
(Amber Whitelock, Filijay Touray, Georgina Herrett, Megan Herrett)					
	U13 Girls:	53.3		Coulsdon	28.07.19
(Sienna Kidd, Bethan Haddingham, Katie McNeil, Laura Lopez)					
<b>4 x 200m RELAY</b>	Club Record:	1:40.4	Seniors	London (CP)	11.07.71
(Hilary Davies, Pat Beauchamp, Liz Sissons, Barbara Corbett)					
	U20 Women:	2:06.3	U20	Ewell Court	12.06.02
(Joanna Bennett, Emily Parker, Alice Lethbridge, Rachel Stamper)					
	U17 Women:	1:50.6	U17	Sutton	11.09.94
(Emma Blunt, Kirsty Mayhead, Cheryl Perry, Jennie Ridge)					
	U15 Girls:	1:49.3	U15	Walton	19.09.93
(Cheryl Parry, Aine Matthews, Jenny Skipp, Jennie Ridge)					
	U13 Girls:	1:55.13	U13	Carshalton	07.09.19
(Anna Leach, Bethan Haddingham, Katie McNeil, Laura Lopez)					
<b>4 x 300m RELAY</b>	U17 Women	2:50.07	U17	Carshalton	15.09.24
(Liliana Richardson, Maia Heward-Mills, Sophie Lamb, Estee Norman)					
	U15 Girls	2:56.15	U15	Carshalton	06.09.25
(Megann Herrett, Iris Osikoya, Georgina Herrett, Filijay Touray)					
<b>4 x 400m RELAY</b>	Club Record:	3:54.8	Seniors	Sutton	11.09.94
(Julie Price, Elif Koseoglu, Julia Bennett, Diana Bennett)					
	Mixed Club record:	3:48.7	Seniors	Kingston	22.06.25
(StJohn Whindus, Zara Girling, Estée Norman, Will Panes)					
	U20 Women	4:17.44	U20/U17	Carshalton	8.09.19
(Lauren Flack, Kiara Valkenburg, Isobel Stockley, Lily Pearson)					
	U17 Women:	4:13.0		Sutton	26.06.05
(Emma Paton, Nicola Jelley, Cassie Bardell, Amie Turner)					