

U/20 Ladies

Event	Name	Time, Height, Distance	Date	Venue	Competition
60m H (i)	Sienna Slater	9.48	01/03/25	Lee Valley	Eastern Indoor Champs
100m H	Charlotte Dunstone	17.00	17/05/22	Peterborough	EAL
400m H	Neave Rushton	81.19	21/08/22	Bedford	NAL
60m (i)	Sophie Badham	8.12	01/03/25	Lee Valley	Eastern Indoor Champs
100m	Holly Aslin	12.6	24/04/22	Peterborough	EAL
200m	Elizabeth Taylor	25.69	13/05/23	Peterborough	Cambs CC
200m (i)	Amelie Fairclough	25.49	29/12/22	Sheffield	Open
400m	Elizabeth Taylor	58.38	16/04/23	Loughborough	Open
400m (i)	Elizabeth Taylor	57.8	05/02/23	Lee Valley	Open
800m	Evie Odlin	2.17.6	06/06/21	Peterborough	NAL
800m (i)	Evie Odlin	2.23.23	26/01/20	Sheffield	
1500m	Molly Peel	4.44.35	10/08/22	Loughborough	BMF
1500m (i)					
3000m	Olivia Walker	11.12.17	31/05/23	St Ives	Cambs CC
3000m (i)	Josie Knight	11.06.57	02/12/23	Lee Valley	Open
5000m					
1500m S/C	Nianh Rushton	7.20.9	13/08/22	Peterborough	SAL
2000m S/C	Nianh Rushton	10.08.46	21/08/22	Bedford	NAL
4 x 100m		55.00	29/04/23	Norwich	EAL
Pole Vault					
Pole Vault (i)					
High Jump	Fran Fenwick	1.70	11/07/21	Peterborough	SAL
High jump (i)	Niamh Rushton	1.32	26/11/23	Lee Valley	SEAA
Long Jump	Louise Hirst	5.25	12/05/23	Hull	Lincs CC
Long Jump (i)	Louise Hirst	5.05	04/02/24	Cardiff	Welsh Champs
Triple Jump	Loiuse Hirst	11.59	30/06/23	Birmingham	ESAA
Triple Jump (i)	Louise Hirst	11.46	21/01/24	Loughborough	Midland Senior Champs
Javelin	Libby Bird	25.25	27/04/25	Cambtidge	EAL
Discus	Elizabeth Moorhouse	27.73	02/07/22	Stevenage	NAL
Shot Putt	4kg Elizabeth Moorhouse	12.88	19/06/21	Bedfords	EA Champs
Shot Putt (i)	4kg Niamh Rushton	6.03	26/11/23	Lee Valley	SEAA
Hammer	4kg				
Pentathlon					
Pentathlon (i)	Niamh Rushton	1,830	26/11/23	Lee Valley	SEAA
Heptathlon	Louise Hirst	3,753	25/06/23	Boston	ESAA Regional Combined