

**SHAFTESBURY BARNET HARRIERS SENIOR WOMEN'S TOP 10 ALL TIME UP TO 2023**  
**2023 PERFORMANCES SHOWN IN RED**

<b>Event</b>	<b>Athlete</b>	<b>Performance</b>	<b>Year</b>
<b>100m</b>	Daryll Neita	11.14	2017
	Abi Oyepitan	11.17	2004
	Simone Jacobs	11.18	1997
	Emma Ania	11.21	2008
	Shani Anderson	11.45	1999
	Eve Wright	11.54/11.32w	2022
	Catherine Murphy	11.60	1998
	Alannah Fashanu	11.62/11.23w	2022
	Lee McConnell	11.67	2008
	Laura Clark	11.72	2017
<b>200m</b>	Abi Oyepitan	22.50	2004
	Simone Jacobs	22.96	1996
	Shani Anderson	22.96	2002
	Lina Nielsen	23.11	2022
	<b>Emily Newnham U20</b>	<b>23.27</b>	<b>2023</b>
	Catherine Murphy	23.28	1999
	Alannah Fashanu	23.32	2022
	Lee McConnell	23.29	2007
	Emma Ania	23.33	2006
	Steffi Bennett (Wilson)	23.75	2015
<b>400m</b>	Lee McConnell	50.82	2002
	Catherine Murphy	51.36	2002
	Lina Nielsen	51.54	2022
	Marilyn Okoro	52.02	2006
	<b>Emily Newnham U20</b>	<b>52.15</b>	<b>2023</b>
	Stephanie Llewellyn (McPeake)	52.40	1995
	Lily Beckford	52.58	2022
	Gemma Sharp (Nicol)	52.61	2013
	Sabrina Bakare	52.77	2013
	Natasha Danvers-Smith	53.42	2007
<b>800m</b>	Marilyn Okoro	1:58.45	2008
	Ellie Baker	1:59.52	2022
	Philippa Aukett	2:03.07	2012
	Georgia Bell	2:03.38	2014
	Melissa Courtney	2:04.03	2017
	Abigail Hunte	2:04.25	1995
	Gloria Hemery	2:05.70	1973
	Jody Allen	2:05.80	1990
	Amy Campbell	2:05.90	2012
	Sophie Connor	2:05.95	2016

<b>1500m</b>	<b>Ellie Baker</b>	<b>4:04.11</b>	<b>2023</b>
	Melissa Courtney	4:05.82	2017
	<b>Georgia Bell</b>	<b>4:06.20</b>	<b>2023</b>
	Gwen Griffiths	4:06.33	1996
	Joyce Smith	4:09.37	1972
	Elizabeth Bird	4:13.66i	2021
	Rachel Felton	4:13.19	2007
	Sophie Connor	4:13.74	2016
	Amy Campbell	4:13.93	2012
Naomi Taschimowitz	4:16.32	2017	
<b>3000m</b>	Melissa Courtney	8:43.72	2017
	<b>Georgia Bell</b>	<b>8:49.63i</b>	<b>2023</b>
	Beth Potter	8:53.94	2016
	Joyce Smith	8:55.53	1974
	Gemma Turtle	9:05.04i	2009
	Jo Ankier	9:06.76	2006
	Naomi Taschimowitz	9:09.21	2018
	Elizabeth Bird	9:11.76i	2020
	Caroline Walsh	9:13.40	1999
Lucy Elliott	9:19.20	1997	
<b>5000m</b>	Beth Potter	15:28.32	2016
	Sarah Waldron	15:37.49	2012
	<b>Georgia Bell</b>	<b>15:39.26</b>	<b>2023</b>
	Lucy Elliott	15:56.15	1996
	Naomi Taschimowitz	15:54.14	2018
	Georgia Bell	15:59.70	2022
	Jade Wright	16:11.85	2004
	Elizabeth Bird	16:20.74	2018
	Victoria Webster	16:21.17	2007
Gemma Turtle	16:23.00	2009	
<b>10,000m</b>	Beth Potter	32:03.45	2017
	Lucy Elliott	32:12.80	1997
	Sarah Waldron	32:36.07	2012
	Angela Joiner	33:20.27	1998
	Naomi Taschimowitz	34:17.99	2019
	Joyce Smith	34:26.40	1980
	Jade Wright	34:34.42	2005
	Christina Radon	35:15.40	2002
	Joanne Newcombe	35:21.90	2000
	Lisa Hollick	35:37.57	1994
	Anne Jeeves	36:50.80	1997

<b>Marathon</b>	Joyce Smith	2:29.43	1982
	Carol Gould	2:35.05	2000
	Amy Fry V35	2:46.02	2022
	Sarah Williams	2:50.51	2014
	Caroline Walsh	2:51.47	2012
	Mel Ellis	2:52.31	1996
	Emily Ferenczi	2:53.31	2013
	Lisa Hollick	2:54.16	1996
	Emma Archer	2:54.34	2006
	Marion Pasquier	2:57.56	2006
	Anne Jeeves	3:00.50	1996
<b>100m Hurdles</b>	Jacqui Agyepong	12.90	1995
	Gemma Bennett	13.08	2011
	Jessica Hunter	13.12/12.79w	2022
	<b>Marli Jessop U23</b>	<b>13.30</b>	<b>2023</b>
	Kylie Robilliard	13.69	2013
	Lucy Boggis	13.72	2009
	Jennifer Malloy	13.90	2005
	Lauren McLoughlin	13.90	2005
	Lorna Silver	14.31	2003
	Hayley McLean	14.40	2021
<b>400m Hurdles</b>	Natasha Danvers	53.84	2008
	Lina Nielsen	54.73	2022
	Hayley McLean	55.48	2022
	Lee McConnell	56.04	2007
	<b>Emily Newnham U20</b>	<b>57.02</b>	<b>2023</b>
	Michelle Carey	57.35	2009
	Stephanie McPeake	59.39	1994
	Claire Hefford	59.90	2004
	Celia Brown	60.08	2000
	Katie Bartlett	60.90	1996
<b>3000m Steeplechase</b>	Elizabeth Bird	9:07.87	2022
	Jo Ankier	9:43.88	2008
	Beth Potter	10:22.10	2012
	Celia Brown	10:45.75	2003
	Victoria Walker	11:02.60	2014
	Victoria Webster	11:05.78	2012
	Claire Miles	11:24.93	2013
	Zoe Levin	11:45.91	2014

<b>Long Jump</b>	Trecia Smith	6.63	2006
	Mary Berkeley	6.60	1990
	Ejone Kruger	6.13	2022
	Connie Henry	6.12	1993
	Ashia Hansen	6.12	1995
	Yamile Aldama	6.08	2006
	Nadia Williams	5.97	2009
	Evian Richardson U20	5.95	2016
	Evette Finikin	5.87	1992
	Taniesha Robinson-Scanlon	5.87	2002
	Jill Drouin	5.75	2009
<b>Triple Jump</b>	Yamile Aldama	15.29	2003
	Ashia Hansen	15.15	1997
	Trecia Smith	15.11	2005
	Nadia Williams	13.67	2009
	Mary Berkeley	13.56	1992
	Nony Mordi	13.44	2013
	Evette Finikin	13.31	1993
	Connie Henry	13.31	1994
	Taniesha Robinson-Scanlon	13.29	2003
Shani Anderson	13.03	1996	
<b>High Jump</b>	Lee McConnell	1.88	2000
	Yamile Aldama	1.88	2003
	Dalia Miknevičiute	1.88i	1999
	Julie Major	1.81	1995
	Jill Drouin	1.81	2009
	Nicki Stern	1.80	2007
	Claire McGarvey	1.78	2022
	Natasha Danvers	1.78	2000
	Trudy Thomson	1.76	2013
	Jenny Walker	1.75	1988
	<b>Evelyne Fonteyne U20</b>	<b>1.75i</b>	<b>2023</b>
<b>Pole Vault</b>	Zoe Brown	4.45	2014
	Chloe Henry	4.33	2016
	Ellie Spain	4.20	2006
	Anna Massey	4.10	2011
	Emma Anderson	4.10	2019
	Jade Ive	4.05	2013
	Robyn Webster	3.75	2011
	Alexa Eichelmann	3.61	2019
	Manon Baines	3.60	2022
	Sarah Clifford	3.51	2007

<b>Shot</b>	Julie Dunkley	16.40	2000
	Tracey Axten	15.81	1998
	Urina Harrell	15.31	2017
	Shadine Duquemin	14.55	2013
	Irene Duffin	14.11	1991
	Trecia Smith	13.54	2007
	Lucy Underdown	13.46	2013
	Navdeep Dhaliwal	12.97	1997
	Lorraine Henry	12.03	1994
	Jenny Grimstone	11.95	2000
<b>Discus</b>	Jade Lally	65.10	2016
	Shadine Duquemin	58.26	2022
	Tracey Axten	58.18	1997
	Kirsty Law	54.33	2010
	Julia Avis	53.96	1986
	Kirsty Morrison	50.54	2003
	Lucy Underdown	49.30	2014
	Navdeep Dhaliwal	49.05	2006
	Alexandra Baltazar-Hall U20	46.45	2022
	Dionne Milne	44.09	2018
<b>Javelin</b>	Kirsty Morrison	55.74	2002
	Lyn Hayhoe	55.70	1992
	Louise Watton	50.21	2007
	Louise Lockwood	45.00	2021
	Kelly Bramhald	49.56	2017
	Jenny Grimstone	44.22	2002
	Georgie Floyd	42.21	2017
	Lucy Boggis	41.58	2009
	Trecia Smith	41.38	2005
	Vivienne Davis	39.80	1997
<b>Hammer</b>	Lyn Sprules	63.96	2000
	Philippa Davenall	63.44	2021
	Rebecca Keating	61.88	2019
	Rachel Hunter	60.91	2013
	Louisa James	60.83	2013
	Feyisayo Daramola	58.18	2012
	Sam Hynes	55.05	2010
	Sarah Harrison	54.15	2000
	Elmarie Knoetzen	52.91	2002
	Irene Duffin	50.32	1996

**Heptathlon**

Lucy Boggis	5605	2009
Evette Finikin	4809	1992
<b>Lily Holt U23</b>	<b>4645</b>	<b>2023</b>
Katie Budd	4620	1995
Alexa Eichelmann	4540	2021
<b>Evelyne Fonteyne U20</b>	<b>4327</b>	<b>2023</b>
Kornilia Witecka	4198	2007
Jemma Nissel	3549	2006
Trinity O'Connor	3519	2019