

**SHAFTESBURY BARNET HARRIERS ALL-TIME TOP 10 UNDER 17 WOMEN FROM 2005 TO 2023**  
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<b>Event</b>	<b>Athlete</b>	<b>Performance</b>	<b>Year</b>
<b>60m</b>	1 Latifah Harris-Osman	7.68i	2018
	2 Tami George	7.76i	2023
	3 Esther Fatuade	7.83i	2019
	4 Hannah Foster	7.86i	2018
	5 Chinwe Iwunze	7.90i	2017
	6 Makeda Lewis	7.91i	2010
	7 Niah Akintokun	7.92i	2022
	8 Dara Apoola	7.95i	2018
	9 Tosin Jokosenumi	7.97i	2022
	10 Iona Newbegin	7.99i	2019
<b>100m</b>	1 Niah Akintokun	12.20	2022
	2 Latifah Harris-Osman	12.2	2017
	3 Makeda Lewis	12.28	2009
	4 Chisom Nwachukwu	12.3	2009
	5 Eavion Richardson	12.31	2014
	6 Tami George	12.37/12.19w	2023
	7 Iona Newbegin	12.39/12.36w	2019
	8 Sabrina Bakare	12.45	2012
	9 Chiyenne Adrien	12.46/12.42w	2019
	10 Anna Rose	12.47/12.24w	2021
<b>200m</b>	1 Hannah Foster	24.26	2018
	2 Chisom Nwachukwu	24.76	2010
	3 Tami George	24.86	2023
	4 Makeda Lewis	25.00	2009
	5 Sabrina Bakare	25.02i	2012
	6 Niah Akintokun	25.14	2022
	7 Alexia Saunders	25.19	2020
	8 Naomi Palmer	25.43	2018
	9 Jessie Concannon	25.55	2013
	10 Anna Rose	25.59	2021
<b>300m</b>	1 Sabrina Bakare	38.43	2012
	2 Hannah Foster	38.46	2018
	3 Naomi Palmer	40.81	2019
	4 Vanessa Ansuaa	40.91	2019
	5 Jessie Concannon	40.97	2013
	6 Mia Higson	41.49	2023
	7 Sophie Maddock	41.66	2016
	8 Nicole McGovern	41.68	2021
	9 Sophie Forbes-Laird	41.7	2020
	10 Roseanne Winthrop	41.9	2005
10 Makayla Brai-Aloye	41.9	2023	

<b>800m</b>	1	Mya Mairs-Ingram	2:09.01	2023
	2	Nicole McGovern	2:10.16	2021
	3	Aimi Weightman	2:12.34	2021
	4	Larissa Wilson	2:12.56	2023
	5	Sophie Connor	2:12.8	2008
	6	Lia Radus	2:13.71	2018
	7	Lianne Langford	2:15.06	2015
	8	Sophie Maddock	2:15.3	2017
	9	Joanne Miranda	2:15.61	2020
	10	Dina Silverman	2:15.81	2023
<b>1500m</b>	1	Aimi Weightman	4:26.67	2021
	2	Nicole McGovern	4:28.90	2022
	3	Sophie Connor	4:30.68	2008
	4	Lia Radus	4:32.41	2018
	5	Ruby Vinton	4:36.57	2021
	6	Mya Mairs-Ingram	4:40.14	2023
	7	Lucy Brookham	4:40.16	2005
	8	Natalie Connor	4:41.07	2012
	9	Lucy Brookham	4:41.9	2006
	10	Sophia Parvizi-Wayne	4:42.0	2013
<b>3000m</b>	1	Sophia Parvizi-Wayne	9:49.02	2013
	2	Ruby Vinton	9:49.77	2021
	3	Freya Stapleton	9:59.43	2019
	4	Sophie Connor	9:59.47	2009
	5	Lucy Brookham	10:02.28	2006
	6	Lia Radus	10:13.27	2018
	7	Eleanor Hunt	10:19.64	2011
	8	Maayan Radus	10:20.92	2019
	9	Natalie Connor	10:23.51	2012
	10	Joanne Miranda	10:30.22	2019
<b>1500m Steeplechase</b>	1	Emily Hathaway	5:10.88	2019
	2	Mia Groom	5:18.11	2017
	3	Sophia Parvizi-Wayne	5:21.58	2012
	4	Lucy Brookham	5:25.0	2006
	5	Elena Roncarati	5:46.42	2019
	6	Jessica Yefet	6:29.18	2019

<b>80m Hurdles</b>	1	Nia Forbes-Agyepong	11.64	2022
	2	Eavion Richardson	11.69	2014
	3	Sophia Obi	11.8	2016
	4	Azaria Nwankwo	12.06	2022
	5	Alina Cofie	12.08	2021
	6	Kara Onuiri	12.1	2017
	7	Makeda Lewis	12.27	2009
	8	Victoria Dixon	12.35	2007
	9	Rachel Carter	12.38	2016
	10	Imogen Stratis-Oppier	12.4	2008
	10	Rachael Fatuade	12.4	2013

<b>300m Hurdles</b>	1	Hannah Foster	43.51	2017
	2	Rachel Carter	46.48	2016
	3	Macie Sutherland	46.85	2023
	4	Nia Forbes-Agyepong	47.86	2023
	5	Victoria Dixon	47.97	2007
	6	Abigail Lambden	48.02	2006
	7	Amber Duverney	48.2	2018
	8	Imogen Stratis-Oppier	48.3	2007
	9	Azaria Nwankwo	48.34	2021
	10	Christina Micanovic	49.0	2006

<b>Heptathlon</b>	1	Lucy Woodward	4642 points	2019
	2	Makeda Lewis	4472 points	2009
	3	Eavion Richardson	4449 points	2014
	4	Abigail Lambden	4087 points	2006

<b>High Jump</b>	1	Gabriella Walters	1.71	2021
	2	Kara Onuiri	1.70	2018
	3	Evelyne Fonteyne	1.66	2019
	4	Rebecca Wheeler-Henry	1.60	2021
	5	Lucy Woodward	1.56	2019
	6	Patricia Mbata	1.55	2010
	7	Makeda Lewis	1.51	2009
	7	Hope Baker	1.51	2022
	9	Abigail Lambden	1.50	2006
	9	Patricia Mbata	1.50	2011
	9	Eavion Richardson	1.50	2014
	9	Lindsey Jonker	1.50	2014
	9	Esther Akwaji	1.50	2014
	9	Alessa Lewis	1.50	2016
	9	Cristina Potter	1.50	2017
	9	Macie Sutherland	1.50	2023

<b>Pole Vault</b>	1	Manon Baines	3.50	2021
	2	Sarah Clifford	3.40	2006
	3	Abigail Edwards	3.20	2023
	4	Anya Rodriguez	3.15i	2013
	5	Megan Mcinnes	2.75	2014
	6	Zoe Holley	2.72	2018
	7	Aurelija Ippolito	2.65	2013
	8	Holly Smith	2.45	2009
	9	Olga Luzhny	2.30	2007
	10	Roisin Hanlon	2.26i	2016
<b>Long Jump</b>	1	Eavion Richardson	5.91	2014
	2	Amelia Daley	5.53	2019
	3	Alessa Lewis	5.50	2016
	4	Lucy Woodward	5.47	2018
	5	Jade Attoh	5.42	2008
	6	Kierra Grant	5.42	2018
	7	Jazz Sears	5.38	2017
	8	Makeda Lewis	5.34	2010
	9	Kierra Grant	5.25	2017
	10	Yasmin Lakin	5.24	2012
<b>Triple Jump</b>	1	Jazz Sears	12.58	2018
	2	Amelia Daley	11.99/12.08w	2019
	3	Jade Attoh	11.87	2008
	4	Yasmin Lakin	11.57	2012
	5	Kierra Grant	11.32	2017
	6	Abigail Lambden	11.12	2006
	7	Malika Hislop-Ellis	10.69	2019
	8	Olive Curran	10.59	2014
	9	Patricia Mbata	10.37	2010
	10	Emma Imamovic	10.29	2019
<b>Shot 3kg</b>	1	Lindsey Jonker	12.64	2014
	2	Lucy Woodward	11.52	2019
	3	Eavion Richardson	10.61	2014
	4	Lucy Koenigsberger	10.59i	2018
	5	Alexia Saunders	10.01	2019
	6	Cristina Potter	9.68	2017
	7	Gabriella Walters	9.67	2021
	8	Jessica Emery	9.51	2017
	9	Kiera Lake-Bryan	9.35i	2023
	10	Mairead McGrath	9.28	2023

<b>Shot 4kg</b>	1	Simisola Oyesanya	10.20	2010
	2	Kayomie Thompson	10.16	2011
	3	Makeda Lewis	9.86	2009
	4	Sherene Doughty	9.35	2007
	5	Patricia Mbata	9.03	2011
	6	Abigail Lambden	8.97	2006
	7	Nneka Ofulue	8.75	2009
	8	Eavion Richardson	8.68	2014
	9	Jessica Trot	8.06	2012
	10	Julia Stitchbury	7.88	2009

<b>Discus 1kg</b>	1	Jessica Emery	42.32	2017
	2	Katie Webb	36.82	2019
	3	Kayomie Thompson	33.98	2011
	4	Olivia lava	28.36	2019
	5	Sherene Doughty	28.27	2007
	6	Georgina Christophorou	26.76	2023
	7	Nicole Cara	25.71	2008
	8	Simisola Oyesanya	24.35	2011
	9	Lucy Koenigsberger	22.22	2018
	10	Sarah Kuti	21.78	2019

<b>Hammer 3kg</b>	1	Lucy Koenigsberger	53.31	2018
	2	Louisa Pitsialis	37.49	2016
	3	Harriet Mollinson	29.43	2019
	4	Emma Taylor	28.07	2017
	5	Emma Babalola	25.15	2014
	6	Sian Sinclair	24.66	2014
	7	Hannah Ogunniyi	24.05	2021
	8	Sarah Kuiti	22.27	2018
	9	Samra Richardson	22.13	2019
	10	Mairead McGrath	22.09	2023

<b>Hammer 4kg</b>	1	Louisa Pitsialis	24.01	2015
	2	Patricia Mbata	23.27	2011
	3	Kayomie Thompson	22.07	2011
	4	Eunice Yeboah	21.85	2013
	5	Simisola Oyesanya	21.09	2011
	6	Faith Whitter	19.65	2011
	7	Sherayne Scott	19.21	2009
	8	Sherene Doughty	18.46	2006
	9	Michelle Tuvey	17.52	2007
	10	Nneka Ofulue	16.40	2009

<b>Javelin 500g</b>	1	Critina Potter	43.64	2018
	2	Isabella Brunskill	37.87	2020
	3	Samra Richardson	35.65	2019
	4	Klaudia Debreczani	33.70	2015
	5	Lucy Woodward	33.39	2019
	6	Emma Taylor	33.34	2017
	7	Masie Taylor	33.31	2019
	8	Isabella Brunskill	32.83	2019
	9	Sarah Kuti	32.72	2019
	10	Amelia Shenton	30.92	2018

<b>Javelin 600g</b>	1	Makeda Lewis	38.31	2010
	2	Klaudia Debreczani	32.42	2015
	3	Lindsey Jonker	29.86	2014
	4	Michelle Tuvey	26.93	2006
	5	Nicole Cara	26.16	2007
	6	Patricia Mbata	25.95	2011
	7	Abigail Lambden	24.89	2006
	8	Megan Liley	24.32	2013
	9	Sherayne Scott	20.48	2009
	10	Abi Ogunbodede	21.41	2014