

SHAFTESBURY BARNET HARRIERS T&F ALL-TIME TOP 10 UNDER 15 GIRLS UP TO SEPTEMBER 2024
2024 PERFORMANCES SHOWN IN RED

Event	Athlete	Performance	Year
60m	1 Nia Akintokun	7.55i	2019
	2 Angel Mcleod	7.63i	2023
	3 Aara Kamara	7.97i	2024
	4 Moiesha Savage	7.99i	2024
	5 Holly Ryan	8.09i	2024
	5 Tosin Jokosenumi	8.09i	2019
	7 Savannah Iyamu	8.19i	2017
	8 Latifah Harris-Osman	8.21i	2016
	9 Esther Fatuade	8.25i	2016
9 Anna Rose	8.25i	2019	
100m	1 Angel Mcleod	12.08	2023
	2 Nia Akintokun	12.1	2019
	3 Holly Ryan	12.2	2024
	4 Moiesha Savage	12.50/12.34w	2024
	5 Aara Kamara	12.6/12.71i/12.9:	2024
	6 Emma Babalola	12.7	2013
	6 Esther Fatuade	12.7	2016
	6 Latifah Harris-Osman	12.7	2016
	9 Aara Kamara	12.79/12.76w	2023
	10 Chisom Nwachukwu	12.8	2007
10 Emily Rodriguez	12.8	2017	
10 Tosin Jokosenumi	12.8	2019	
10 Nia Forbes-Agyepong	12.8	2021	
200m	1 Nia Akintokun	24.68	2020
	2 Holly Ryan	25.39/24.82w	2024
	3 Chisom Nwachukwu	25.69	2008
	4 Angel Mcleod	25.71	2022
	5 Nia Forbes-Agyepong	25.94	2021
	6 Aara Kamara	26.12/25.51w	2024
	7 Emma Babalola	26.24	2013
	8 Tosin Jokosenumi	26.30	2019
	9 Eniola Oyesanya	26.4	2009
9 Jessica Hurley	26.4	2014	
300m	1 Holly Ryan	40.02	2024
	2 Sophie Forbes-Laird	41.9	2019
	3 Jessica Hurley	42.2	2014
	4 Holly Ryan	42.33i	2023
	5 Lea Reyna-Faria	42.74	2018
	6 Ella Buckley	42.86	2023
	7 Isla Brassnet	42.9/43.08	2024
	8 Jessica Moore	43.02	2018
	9 Macie Sutherland	43.31	2022
	10 Dina Silverman	43.33	2021

800m	1	Katherine Deal T13	2:14.8	2006
	2	Sophie Connor	2:15.91	2007
	3	Posie Shaw	2:16.19	2023
	4	Dina Silverman	2:16.32	2021
	5	Lianne Langford	2:18.14	2013
	6	Aimi Weightman	2:18.62	2019
	7	Danni Newman	2:19.0	2009
	8	Natalie Connor	2:20.34	2011
	9	Sydney Allen	2:20.37	2018
	10	Mya Mairs-Ingram	2:20.58	2021
1500m	1	Sophie Connor	4:36.84	2007
	2	Katherine Deal T13	4:38.48	2006
	3	Natalie Connor	4:43.52	2011
	4	Aimi Weightman	4:45.22	2019
	5	Ruby Vinton	4:45.98	2020
	6	Posie Shaw	4:46.86	2023
	7	Lianne Langford	4:48.52	2013
	8	Maayan Radus	4:49.82	2018
	9	Lia Radus	4:52.92	2015
	10	Sophia Dempsey	4:54.74	2016
3000m	1	Maayan Radus	10:20.41	2018
	2	Katherine Deal T13	10:36.29	2005
	3	Natalie Connor	10:37.51	2011
	4	Aimee Porter	10:41.27	2024
	5	Danni Newman	12:26.62	2010
60m Hurdles	1	Kyra Williams	10.19i	2024
75m Hurdles	1	Alina Cofie	11.32	2019
	2	Nia Forbes-Agyepong	11.74	2021
	3	Angel Mcleod	11.79	2023
	4	Amber Duverney	11.8	2017
	4	Kara Onuiri	11.8	2016
	6	Victoria Dixon	11.94	2006
	7	Kyra Williams	12.0/11.95w/12.0	2024
	7	Holly Taylor	12.0	2017
	9	Rachel Carter	12.08	2015
	10	Azaria Nwankwo	12.09	2019

Pentathlon	1	Abigail Lambden	2958 points	2005
	2	Alina Cofie	2662 points	2019
	3	Moe Sasegbon	2534 points	2006
	4	Cristina Potter	2534 points	2016
	5	Hope Baker	2150 points	2019
	6	Kachi Akpakwu	2125 points	2019
	7	Holly Taylor	2079 points	2016
	8	Eva Higson	1904 points	2022
	9	Jessica Nathan	1876 points	2016
	10	Rebecca Ranson	1783 points	2007
Long Jump	1	Grace Nyaongo	5.32/5.43w	2024
	2	Jade Attoh	5.23	2005
	3	Abigail Lambden	5.15	2005
	4	Alina Cofie	5.07	2019
	5	Gabriella Walters	4.92	2019
	6	Grace Nyaongo	4.87	2023
	7	Freya Hutton	4.86	2011
	7	Ulani McCabe-Huggins	4.86	2023
	9	Aurelija Ippolito	4.80	2012
	10	Holly Taylor	4.75i	2017
High Jump	1	Gabriella Walters	1.70	2019
	2	Rebecca Wheeler-Henry	1.63	2019
	3	Evelyne Fonteyne	1.60	2018
	4	Moe Sasegbon	1.59	2006
	5	Kara Onuiri	1.57	2016
	6	Laura McGarry	1.55	2009
	6	Ella Buckley	1.55	2023
	8	Abigail Lambden	1.52	2005
	9	Aurelija Ippolito	1.50	2012
	9	Alina Cofie	1.50	2018
Triple Jump	1	Isla Brassnet	9.71	2024
	2	Anna Anene	9.41	2024
Pole Vault	1	Natalia Ivanov	3.35	2019
	2	Anya Rodriguez	3.30	2011
	3	Abigail Edwards	3.21	2022
	4	Naias Morgan	2.51	2018
	5	Celine Silverman	2.15	2021
	6	Deanna Emeny	1.90	2012
	7	Ella Wyrwas	1.70	2012
	8	Lily Sutherland Young	1.70	2014

Shot 3kg	1	Gabriella Walters	10.72	2019
	2	Ulani McCabe-Huggins	9.27	2023
	3	Chubi Onyedibia	9.18	2015
	4	Malia Anderson-Watson	9.17	2024
	5	Alexia Saunders	9.14	2018
	6	Holly Ryan	9.12	2024
	7	Hannah Ogunniyi	8.96	2019
	8	Moiesha Savage	8.70	2024
	9	Holly Taylor	8.68	2017
	10	Samra Richardson	8.44	2018

Shot 3.25kg	1	Simisola Oyesanya	10.57	2009
	2	Abigail Lambden	10.03	2005
	3	Sherene Doughty	9.07	2005
	4	Jessica Trott	8.82	2011
	5	Kayomie Thompson	8.59	2009
	6	Ebony Coward	8.36	2013
	7	Aisha Odoffin	8.28	2011
	8	Catriona Bradley	8.16	2010
	9	Moe Sasagbon	7.79	2006
	10	Olga Luzhny	7.78	2006

Discus 1kg	1	Sherene Doughty	26.88	2005
	2	Georgina Christophorou	24.14	2022
	3	Malia Anderson-Watson	23.76	2024
	4	Chubi Onyedibia	23.48	2015
	5	Kayomie Thompson	23.39	2009
	6	Maisie Taylor	22.45	2018
	7	Samra Richardson	22.09	2018
	8	Ebony Coward	20.70	2013
	9	Katie D Amore	19.70	2022
	10	Simisola Oyesanya	18.59	2009

Hammer 3kg	1	Malia Anderson-Watson	29.62	2024
	2	Lauren Daymer	26.87	2013
	3	Harriet Morrison	25.76	2018
	4	Emma Babalola	22.08	2013
	5	Emma Taylor	21.62	2015
	6	Hannah Ogunniyi	21.49	2019
	7	Louisa Pitsialis	21.05	2014
	8	Judy Agholor	19.22	2019
	9	Emily Murphy	18.76	2017
	10	Ebony Coward	16.49	2013

Javelin 500g	1	Maisie Taylor	33.18	2018
	2	Klaudia Debreczani	31.01	2014
	3	Emma Taylor	30.87	2015
	4	Samra Richardson	30.42	2018
	5	Judy Agholor	29.07	2019
	6	Millie Roxburgh	27.15	2023
	7	Hannah Phillips	26.05	2024
	8	Lydia Ball	25.54	2022
	9	Gabriella Murray-Panayiotou	24.71	2015
	10	Cristina Potter	23.39	2015

Javelin 600g	1	Sherayne Scott	23.84	2008
	2	Megan Liley	23.24	2011
	3	Catryn Langley	22.94	2013
	4	Olga Luzhny	22.43	2006
	5	Abi Ogunbodede	22.00	2013
	6	Simisola Oyesanya	21.68	2008
	7	Patricia Mbata	20.76	2009
	8	Ebony Coward	17.77	2012
	9	Elizabeth Tan	17.60	2010
	10	Florence Bryant	17.28	2006