

UK Lists (as at 25 June 2021)
 (compiled by Stan Greenberg)]
 (2020/2021 Olympic qualifying marks in brackets)

MEN		10.39	Henry Nwoke
100m(10.05)		10.39	Dewi Hammond
10.03	Chijindu Ujah*		
10.14	Zharnel Hughes*	200m(20.24)	
10.20	Andy Robertson	20.14	Zharnel Hughes*
10.21	Romell Glave	20.51	Miguel Francis*
10.25	Eugene Amo-Dadzie	20.58	Adam Gemili*
10.25	Sam Gordon	20.76	Nethaneel Mitchell-Blake
10.28	Nethaneel Mitchell-Blake	20.81	Shemar Boldizsar
10.29	Jamal Rhoden-Stevens	20.82	Chijindu Ujah
10.29	Brandon Mingeli	20.83	Delano Williams
10.31	Edmond Amaning	20.84	Andrew Morgan-Morrison
10.31	Adam Thomas	20.87	Edward Amaning
10.32	James Dasaolu	20.88	Michael Ohioze
10.33	Jordan Watson-Brown	20.91	Nick Stewart
10.34	Dom Ashwell	20.98	James Hanson
10.35	Tommy Ramdhan	20.98	Richard Kilty
10.35	Richar Kilty	21.05	Toby Makoyawo
10.36	Jona Efoloko	21.08	Toby Harries
10.36	Daniel Beadsley	21.10	Alex Haydock-Wilson
10.37	Andrew Morgan-Harrison	21.11	Adam Thomas
10.37	Toby Makoyawo	21.15	Ben Snaith
10.39	Miguel Francis	21.18	Krishawn Aiken
10.39	James Ellington	21.18	Brandon Mingeli
10.40	Chad Miller	21.20i	Praise Olatoke
10.40	John Otugade	21.25	Sagesse Nuie
10.41	Imran Rahman	21.26	Jason Kalala
10.41	Joel Fearon	21.27	Niclas Baker
10.42	Nathan Gilbert	21.27	Cameron Bailey
10.43	Kieran Showler-Davis	21.28	Kyle Ennis
10.43	James Hanson	21.28	Daniel Beadsley
10.44	Jeremiah Azu	21.28	Jona Efoloko (21.0h)
10.45	Destiny Ogali	windy	
	Reece Prescod*	19.93	Zharnel Hughes
	Adam Gemili*	20.45	Miguel Francis
windy		20.62	Edmond Amaning
10.01	Andy Robertson	20.65	Tommy Ramdhan
10.17	Jamal Rhoden-Stevens	20.72	Delano Williams
10.19	Romell Glave	20.9h	Jordan Watson-Brown
10.22	Joel Pascall-Menzie	20.92	Adam Clayton
10.22	Dom Ashwell	21.09	Jason Kalala
10.30	Jeremiah Azu	21.15	Kyle Ennis
10.30	Richard Kilty	21.18	Michael Onilogbo
10.31	Ojie Edoburun	Straightaway	
10.35	Joel Fearon	19.93	Zharnel Hughes
10.35	Harry Taylor		
10.35	Reece Prescod*	300m	
10.37	Imran Rahman	32.91	Lee Thompson
10.38	Toby Harries		

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400m(44.90)		1:46.32	Kyle Langford*
45.51	Matthew Hudson-Smith	1:46.52	Alex Botterill
45.51	Charlie Dobson	1:46.60	Tom Randolph
45.84	Joseph Brier	1:46.65	Archie Davis
45.89	Cameron Chalmers	1:46.68	George Mills
45.90	Alex Haydock-Wilson	1:46.76	Yusuf Bizimana
46.27	Lee Thompson	1:46.77	Ben Pattison
46.30	Michael Ohioze	1:46.78	Ethan Hussey
46.35	Rabah Yousif	1:46.85	Guy Learmonth
46.35	Efe Okoro	1:47.22	Tiarnen Crokken
46.37	Niclas Baker	1:47.24	Max Wharton
46.37	Owen Smith	1:47.25	Jake Heyward
46.50	Jamal Rhoden-Stevens	1:47.48	Rocco Zaman-Browne
46.53	Ben Jeffries	1:48.49	William Onek
46.59	Alex Haydock-Wilson	1:48.54	Andy Smith
46.64	Charlie Carvell	1:48.72	Ben Greenwood
46.65	Lewis Davey	1:48.72	Henry Johnson
46.68	Edward Faulds	1:48.75	Sebastian Anthony
46.83	James Williams	1:48.79	Joe Ewing
46.85	Toby Harries	1:48.84	Ben Murphy
46.85	Brodie Young	1:48.87	James Taylor
46.86	Kevin Metzger	1:48.91	Luca Bigg
47.03	Rio Mitcham	1:49.04	David Locke
47.08	Alex Knibbs	1:49.22	Michael Wilson
47.09	Aidan Leeson	1:49.29	Ben Claridge
47.13	Alex Cooper	1:49.31	Daniel Howells
47.14	Kyle Langford	1:49.44	Shaun Gee
47.15	Ethan Brown	1:49.47	James McMurray
47.17	Krishawn Aiken	1:49.48	Angus Harrington
47.48	Sam Reardon	1:49.68	Jack Dickson
Indoors		1:49.78	Elliot Slade
46.60	James Williams	1:49.79	Harry Cox
46.62	Ethan Brown	1:49.84	Adam Wright
47.07	Thomas Somers	1:49.91	Sam Brown
		1:49.98	Daniel Joyce
600m		1:49.99	Dominic Walton
-		indoors	
		1:43.63	Elliot Giles*
800m(1:45.20)		1:45.52	Charles Da'Vall Grice
1:43.82	Oliver Dustin*	1:46.73	Guy Learmonth
1:44.14	Max Burgin*	1:47.24	Neil Gourley
1:44.14	Jamie Webb*	1:48.74	Sebastian Anthony
1:44.20	Elliot Giles*		
1:44.60	Daniel Rowden*	1000m	
1:45.47	Jake Wightman*	-	
1:45.63	Charles Da'Vall Grice	indoors	
1:45.74	Josh Kerr	2:17.20	Charles Da'Vall Grice
1:45.80	Finley McLearn	2:18.68	Neil Gourley
1:45.91	Joshua Lay		

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1500m(3:35.00)		3:44.05	Jack Meijer
3:31.55	Josh Kerr*	3:44.38	Kian Davis
3:33.80	Elliot Giles*	3:44.43	Mark Pearce
3:33.81	Charles Da'Vall Grice*	3:44.43	Joe Ewing
3:33.99	Jake Heyward*	3:44.51	James Donald
3:34.62	Piers Copeland*	3:44.65	Matt Leach
3:34.67	Jake Wightman*	3:44.67	Adam Moore
3:35.59	James West	3:44.68	Sebastian Anthony
3:36.28	Marc Scott	3:44.72	Dominic Nolan
3:36.34	George Mills	3:44.75	Rory Leonard
3:37.72	James Young	3:44.90	Sean Molloy
3:37.90	Joshua Lay	3:44.91	James Domoney
3:38.46	Archie Davis	3:44.92	Phillip Crout
3:38.79	Adam Fogg(ex Aus)	3:44.98	Tom Anderson
3:39.17	Matthew Stonier	indoors	
3:39.41	Tiarnen Crocken	3:34.48	Jake Wightman*
3:39.60	Tom Dodd	3:35.79	Neil Gourley
3:39.68	Max Wharton	3:40.82	Andy Butchart
3:39.85	James McMurray		
3:39.85	John Howorth	Mile	
3:40.23	Euan Makepeace	-	
3:40.30	Adam Clarke		
3:40.36	Remi Adebisi	indoors	
3:40.55	Andy Smith	3:57.00	Tom Dodd
3:40.65	Kane Elliott	3:57.52	Adam Fogg (ex-Aus)
3:40.82	Henry McLuckie		
3:40.82	Ben West	3:57.81	Yusuf Bizimana
3:41.18	Patrick Dever		
3:41.66	James Heneghan	2000m	
3:42.05	Ethan Hussey	-	
3:42.06	Zak Seddon		
3:42.06	Ricky Harvie	3000m	
3:42.32	Chris Olley	7:36.08	Marc Scott
3:42.32	Tom Keen	7:43.57	Andy Butchart
3:42.33	Luke Duffy	7:49.71	Jack Rowe
3:42.49	Jeremy Dempsey	7:53.61	Jonathan Davies
3:42.75	Isaac Akers	7:57.44	Phil Sesemann
3:42.90	Yusuf Bizimana	7:58.98	David Mullarkey
3:42.90	Tom Mortimer	7:59.18	Alex George
3:42.92	Miles Weatherseed	indoors	
3:42.97	David Mullarkey	7:40.85	Andy Butchart
3:43.15	Simon Coppard	7:51.27	Phil Sesemann
3:43.28	Ben Potrykus	7:52.36	Mark Pearce
3:43.30	Neil Johnson	7:54.33	Tom Anderson
3:43.59	Charlie Hicks	7:55.28	Ross Millington
3:43.60	Jonathan Shields	7:55.43	Euan Makepeace
3:43.67	Matthew Wigelsworth	7:58.42	Charles Wheeler
3:44.00	Alex George	7:59.45	Emile Caires
3:44.00	Ben MacMillan		

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5000m(13:13.50)		28:45.72	Dewi Griffiths
13:05.13	Marc Scott*	28:59.63	James Hunt
13:19.85	Patrick Dever	29:00.16	Thomas George
13:20.39	Andy Butchart*	29:00.26	David Melville
13:21.56	Jonathan Davies		Sam Atkin*
13:23.78	Josh Kerr		
13:28.12	Tom Mortimer	Half Marathon	
13:30.55	Euan Makepeace	63:07	Mo Farah
13:33.89	Charles Hicks	63:45	Callum Johnson
13:35.77	Jack Rowe	64:45+	Dewi Griffiths
13:38.01	Jake Smith	64.45+	Jake Smith
13:38.38	Tom Anderson	64.45+	Ben Connor
13:41.40+	Mo Farah	64.45+	Callum Hawkins
13:46.17	Alex George	64.46+	Mohamud Aadan
13:46.26	Matt Leach	65.03+	Chris Thompson
13:46.64	Adam Clarke	65:07	Adam Hickey
13:46.78	James Dee	65:33	Chris Richards
13:46.80	Phil Norman	65:38	Daniel Connolly
13:46.95	Liam Dee	65.40	Jonathan Glen
13:47.31	Isaac Akers	65:41	Dean Williamson
13:49.33	Kristian Jones	65:59	Joe Monk
13:50.22	Rory Leonard		
13:50.56	Ellis Cross	Marathon(2:11:30)	
13:52.63	Hugo Milner	2:10:52	Chris Thompson*x
13:53.03	Osian Perrin	2:11.00	Jake Smith
13:53.29	Tom Marshall	2:12:06	Ben Connor*x
13:53.34	Dominic Nolan	2:12:20	Mohamud Aadan
13:54.52	Michael Power	2:13:42	Dewi Griffiths
13:55.02	Daniel Jarvis	2:15:08	Joshua Griffiths
13:56.03	Jamaine Coleman	2:15:26	Robbie Simpson
13:56.20	Henry McLuckie	2:15:50	Andrew Davies
13:56.52	David Mullarkey	2:15:58	Frank Baddick
13:56.65	Mahamad Mahamad	-	Callum Hawkins*x
13:58.48	Adam Fogg (Ex-Aus)		
13:59.24	Scott Beattie	3000mSt(8:22.00)	
13:59.71	Aidan Thompson	8:20.12	Phil Norman*
		8:25.43	Mark Pearce
		8:28.38	Zak Seddon*
10,000m(27:28.00)		8:29.39	Jamaine Coleman
27:10.41	Marc Scott*	8:36.44	Adam Visokay
27:41.87	Patrick Dever	8:36.50	Jonathan Hopkins
27:47.63	Charles Hicks	8:39.49	Dan Jarvis
27:50.64	Mo Farah	8:47.86	Will Batterill
27:53.19	Emile Cairess	8:48.46	Chris Perry
28:22.33	Matt Leach	8:49.91	Aidan Thompson
28:23.50	Kristian Jones	8:50.07	Alex Cornwell
28:25.79	Mohamud Aadan	8:50.38	Ieuan Thomas
28:26.77	Mahamed Mahamed	8:51.88	Haran Dunderdale
28:36.95	Hugo Milner	8:55.54	Kristian Imroth
28:41.38	Scott Beattie		

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110mH(13.32)

13.25 Andy Pozzi*
 13.37 David King
 13.46 Cameron Fillery
 13.47 James Weaver
 13.57 Tade Ojora
 13.64 Josh Zeller
 windy
 13.52 Tade Ojora
 13.60 Josh Zeller

Pole Vault(5.80)

5.65 Harry Coppell*
 5.42 Charlie Myers
 5.15 George Heppinstall
 5.12 Jacob Clark
 5.11 Adam Hague
 5.10 Thomas Walley
 indoors
 5.65 Charlie Myers
 5.20 Adam Hague

400mH(48.90)

49.61 Chris McAlister
 49.82 Alex Knibbs
 49.95 Alastair Chalmers
 50.36 Efe Okoro
 50.66 Jacob Paul
 50.9h Seamus Derbyshire(51.66)
 51.18 Dai Greene
 51.47 Adam Booth
 51.89 Bailey Stickings
 51.98 Sam Clarke
 52.01 Jason Nicholson

Long Jump(8.22)

7.88 Reynold Banigo
 7.80 Tim Duckworth
 7.78 Alex Farquharson
 7.77 James Lelliott
 7.67 Jacob Fincham-Dukes
 7.65 Samuel Khogali
 7.56 Brad Davies-Pughe
 7.53 Jack Turner
 7.52 Jack Roach
 7.47 Alessandro Schenini
 7.45 Kieran Showler-Davis
 7.42 Efe Uwaifo

4 x 100m

39.39 National Team
 39.73 Wales

windy

-

indoors

8.08 Jacob Fincham-Dukes

4 x 400m

3:06.70i National Team

7.46 Dominic Ogbechie

7.40 Dan Bramble

4x 400m(Mixed)

3:17.27 National Team

Triple Jump(17.14)

16.42 Michael Pupilampu

16.20 Efe Uwaifo

16.07 Julian Reid

15.94 Nathan Douglas

15.94 Jonathan Ilori

15.71 Daniel Igbokwe

15.54 Aidan Quinn

Ben Williams*

High Jump(2.33)

2.27 Tom Gale*

2.25 Will Grimsey

2.22 Chris Baker

2.20 David Smith

2.19 Joel Khan

2.17 Sam Brereton

2.16 Adam Brooks

2.15 Jonnathan Broom Edwards

2.15 Rory Dwyer

indoors

2.23 Joel Khan

windy

16.07 Nathan Douglas

15.73 Daniel Igbokwe

indoors

15.42 Sam Trigg

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Shot(21.10)

21.28 Scott Lincoln
18.09 Youcef Zatat
17.60 Lewis Byng
17.57 George Evans
17.41 Gareth Winter
17.13 George Hyde
17.08 Dan Cork
17.05 Patrick Swan
indoors
17.79 George Evans

Decathlon (8350p)

7659p Jack Turner
7411p Lewis Church
7388p Oliver Thorne
7253p Harry Kendall
7158p Tim Duckworth
7148p Joel McFarlane
7054p Nicolas Gerome
7052p Curtis Matthew
7042p Phil Kastner

Discus(66.00)

67.13 Lawrence Okoye*
63.24 Nick Percy
60.93 Greg Thompson
59.32 George Armstrong
58.71 Sam Woodley
57.20 Chris Scott
55.58 Jack Tomlinson
55.10 George Evans

20km Walk(1:21:00)

1:20:32 Callum Wilkinson*
1:21:37 Tom Bosworth * x
1:22:50 Cameron Corbishley
1:30:19 Guy Thomas
1:30:29 Daniel King

50km Walk(3:50:00)

3:51:13 Dominic King
3:54:15 Cameron Corbishley
4:06:09 Daniel King

Hammer(77.50)

78.23 Taylor Campbell*
78.07 Nick Miller*
75.79 Chris Bennett
73.07 Craig Murch
72.71 Jake Norris
69.98 Joe Ellis
69.74 Jac Palmer
69.73 Osian Jones
68.03 Ben Hawkes
67.68 Tom Parker
66.85 Ruben Banks
66.85 Chris Shorthouse
66.29 Ciaran Wright
65.91 Bayley Campbell

Javelin(85.00)

75.94 Harry Hughes
73.73 Daniel Bainbridge
72.98 Joe Dunderdale

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		23.24	Kristal Awuah
WOMEN		23.28	Darryl Neita
		23.30	Desiree Henry
100m(11.15)		23.38	Amber Anning
10.92	Dina Asher-Smith*	23.44	Immanuela Aliu
11.04	Daryll Neita*	23.44	Margaret Adeoye
11.18	Imani Lansiquot*	23.45	Kiah Dubarry-Gay
11.37	Asha Philip*	23.45	Georgina Adam
11.39	Kristal Awuah	23.55	Bianca Williams
11.41	Immanuela Aliu	23.59	Alisha Rees
11.46	Jodie Williams	23.59	Sophie Walton
11.51	Hannah Brier	23.63	Zoey Clark
11.53	Alisha Rees	23.70	Success Eduan
11.55	Kiah Dubarry-Gay	23.73	Amy Hunt*
11.55mx	Ashleigh Nelson	23.74	Cheriece Hylton
11.58	Desiree Henry	23.74	Cassie-Ann Pemberton
11.61	Bianca Williams	windy	
11.61	Joy Eze	22.68	Jodie Williams
11.64	Eve Wright	23.17	Kiah Dubarry-Gay
11.65	Aleeya Sibbons	23.19	Laviai Nielsen
11.67	Cheyenne Evans-Gray	23.23	Amber Anning
11.67	Risqat Fabunmi-Alade	23.30	Immanuela Aliu
11.68	Rachel Miller	23.51	Cheriece Hylton
11.68	Shannon Malone		
11.70	Nia Wedderburn-Goodison	300m	
11.71mx	Cassie-Ann Pemberton	37.10+	Jodie Williams
11.72	Success Eduan	37.24mx	Laviai Nielsen
11.73	Alyson Bell		
11.74	Ellie Bandy	400m(51.35)	
11.75	Ama Pipi	50.96	Nicole Yeargin*
windy		51.01	Jodie Williams*
11.25	Jodie Williams	51.08	Ama Pipi*
11.34	Laviai Nielsen	51.42	Laviai Nilesen*
11.39	Immanuela Aliu	51.73	Yasmin Liverpool
11.45	Cindy Sember	51.78	Amber Anning
11.54	Kiah Dubarry-Gay	51.79mx	Zoey Clark (51.99)
11.55	Ashleigh Nelson	51.82	Emily Diamond
11.56	Lina Nielsen	51.99	Zoey Clark
11.61	Risqat Fabunmi-Alade	52.49	Hannah Williams
11.65	Nia Wedderburn-Goodison	52.56	Lina Nielsen
		52.92	Jessica Turner
200m(22.80)		52.97	Amy Hillyard
22.06	Dina Asher-Smith*	53.17	Margaret Adeoye
22.78	Beth Dobbin*	53.25	Victoria Ohuruogu
22.88	Jodie Williams*	53.38	Susanna Banjo
23.13	Lina Nielsen	53.47	Mary Abichi
23.13	Ama Pipi	53.49	Mary John
23.18	Nicole Yeargin	53.55	Lily Beckford
23.19	Ashleigh Nelson	53.58	Isabelle Boffey

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53.73mx indoors	Keely Hodgkinson	3000m	
52.17	Jessie Knight	8:49.0+e	Eilish McColgan
53.53	Beth Dobbin	8:52.73	Jessica Judd
		8:53.37mx	Laura Weightman
		indoors	
800m(1:59.50)		8:42.41	Melissa Courtney-Bryant
1:58.27	Jemma Reekie*	8:46.43	Amy-Eloise Markovc
1:58.46	Laura Muir*	8:46.60	Verity Ockenden
1:58.52	Alex Bell*	8:48.82	Amelia Quirk
1:58.89	Keely Hodgkinson*	8:58.97	Rosie Clarke
1:59.50	Adelle Tracey*	9:00.78	Charlotte Arter
1:59.54	Ellie Baker	9:02.12	Aimee Pratt
2:01.06mx	Revee Walcott-Nolan		
2:01.24	Isabelle Boffey	5000m(15:10.00)	
2:01.33	Hannah Segrave	14:52.44	Eilish McColgan*
2:01.58	Katie Snowden	15:03.51	Verity Ockenden*
2:01.67	Katy-Ann McDonald	15:05.96	Amy-Eloise Markovc*
2:02.10	Jenny Selman	15:06.02	Jessica Judd*
2:02.81	Gemma Finch	15:24.17	Sarah Inglis
2:02.93mx	Erin Wallace	15:36.07	Stephanie Twell
2:03.77mx	Mari Smith	15:39.65	Emily Kearney
2:04.00	Shelayna Oskan-Clarke	15:40.10	Jenny Nesbitt
		15:45.07	Poppy Tank
1000m		15:49.25	Izzy Fry
-		15:49.69	Sarah Chapman
			Laura Weightman*
			Melissa Courtney-Bryant*
1500m(4:04.20)			
3:55.59	Laura Muir*		
4:02.12	Eilish McColgan*	10,000m(31:25.00)	
4:02.98	Katie Snowden*	30:58.94	Eilish McColgan*
4:05.09	Jemma Reekie*	31:20.96	Jessica Judd*
4:06.28	Revee Walcott-Nolan	31:25.91	Amy-Eloise Markovc
4:07.20	Holly Archer	31:43.70	Verity Ockenden
4:07.92	Jessica Judd	32:17.40	Charlotte Arter
4:08.10	Erin Wallace	32:33.16	Lily Partridge
4:09.34	Verity Ockenden	32:39.20	Samantha Harrison
4:09.52	Amy-Eloise Markovc	32:44.26	Jenny Nesbitt
4:10.50	Adelle Tracey	32:49.01	Clara Evans
4:11.25mx	Lizzie Bird	32:50.57	Poppy Tank
4:12.24	Hannah Segrave	32:54.75	Beth Kidger
4:14.39	Alexandra Bell	33:02.71	Mhairi McLennan
	Laura Weightman*	33:04.70	Eleanor Bolton
indoors		33:09.65	Emily Kearney
4:04.79	Melissa Courtney-Bryant	33:11.08	Harriet Irwin
4:13.66	Ellie Baker	33:17.07	Bella Williams
		33:25.15	Stephanie Twell*
Mile		33:59.31	Grace Brock
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Half Marathon		400mH(55.40)	
70:05	Samantha Harrison	54.74	Jessie Knight*
72:16	Calli Thackery	54.77	Jessica Turner*
72:24	Rosie Edwards	55.27	Lina Nielsen*
73:34	Stephanie Twell	55.82	Meghan Beesley*
74:05+	Stephanie Davis	56.32	Nicole Kendall
74:05+	Sarah Inglis	56.43	Hayley McLean
74:05+	Lily Partridge	56.93	Jessica Tappin
74:05+	Natasha Cockram	57.35	Caryl Granville
74:05+	Charlotte Arter	57.69	Zoe Pollock
74:20+	Rebecca Briggs		
		4 x 100m	
Marathon(2:29:30)		43.36	National Junior Team
2:27:16	Stephanie Davis x	+	
2:30:03	Natasha Cockram	4 x 400m	
2:31:14	Rose Harvey	3:27.16	National Team
2:31:56	Rosie Edwards		
2:32:01	Rebecca Gentry	High Jump(1.96)	
2:32:42	Clara Evans	1.93	Morgan Lake*
2:34:09	Sarah Inglis	1.93	Emily Borthwick
-	Jess Piasecki x	1.90	Nikki Manson
-	Stephanie Twell x	1.90	Laura Zialor
		1.85	Holly Mills
3000mSt(9:30.00)		1.80	Zara Tyas
9:25.89	Aimee Pratt	1.80	Temitope Ojora
9:26.73	Lizzie Bird	1.80	Bethan Partridge
9:52.90	Elise Thorner	1.80	Jodie Smith
			Kat Johnson-Thompson*
100mH(12.84)		indoors	
12.53	Cindy Sember*	1.96	Morgan Lake
12.62	Tiffany Porter*		
13.21	Holly Mills	Pole Vault(4.70)	
13.37	Emma Nwofor	4.82	Holly Bradshaw*
13.37	Jenny Blundell	4.35	Molly Caudery
13.38	Anastasia Davies	4.30	Jade Ive
13.39	Alicia Barrett	4.20	Sophie Cook
13.40	Heather Paton	4.16	Sophie Ashurst
13.43	Megan Marrs	4.00	Gemma Tutton
13.56	Isabel Wakefield	indoors	
13.56	Isabella Hilditch	4.85	Holly Bradshaw
windy		4.45	Molly Caudery
12.57	Tiffany Porter	4.20	Natalie Hooper
13.07	Holly Mills		
13.24	Emma Nwofor		
300mH			
-			

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 (2020/2021 Olympic qualifying marks in brackets)

Long Jump(6.82)

6.94	Lorraine Ugen*
6.90	Jazmin Sawyers*
6.77	Shara Proctor*
6.68	Abigail Irozuru*
6.57	Jahisha Thomas
6.53	Lucy Hadaway
6.41	Alice Hopkins
6.29	Rebecca Chapman
6.29	Charlotte Jones
6.28	Funminiyi Olajide
6.24	Jodie Smith
6.24	Charlotte Jones
	Kat Johnson-Thompson*

windy

6.30	Funminiyi Olajide
6.25	Ore Adamson

Triple Jump(14.32)

14.22	Naomi Ogbeta
13.62	Temitope Ojora
13.11	Jahisha Thomas

windy

14.38	Naomi Ogbeta
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Shot (18.50)

18.36	Sophie McKinna*
17.90	Amelia Strickler
17.20	Divine Oladipo
16.49	Adele Nicoll
16.29	Eden Francis
15.90	Serena Vincent

indoors

18.54	Sophie McKinna
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Discus(63.50)

60.36	Jade Lally
59.60	Kirsty Law
57.26	Divine Oladipo
56.08	Shadine Duquemin
55.37	Amy Holder
52.91	Phoebe Dawson
52.72	Samantha Cllaway
52.19	Eden Francis
51.05	Taia Tunstall

Hammer(72.50)

68.91	Tara Simpson-Sullivan
68.88	Jess Mayho
66.52	Anna Purchase
66.06	Amy Herrington
65.32	Rachel Hunter
64.65	Amber Simpson
64.01	Rachel Samoye
63.84	Katie Head
63.47	Charlotte Payne
63.15	Kayleigh Presswell
62.14	Pippa Davenall

Javelin(64.00)

54.81	Freya Jones
50.91	Emma Hamplett
50.38	Lizzy Korczak
50.34	Bethany Moule
50.20	Lauren Farley
50.20	Bekah Walton

Pentathlon(6420p)

6211p	Holly Mills
6044p	Jade O'Dowda
6028p	Ellen Barber
5881p	Jodie Smith
5685p	Emma Nwofor
5557p	Abigail Pawlett
5541p	Zoe Hughes
5516p	Amaya Scott-Rule
5371pw	Alix Still
	Kat Johnson-Thompson*

20km Walk(1:32:00)

1:34.13	Heather Lewis
1:37:04	Bethan Davies

Abbreviations

A- altitude, e –estimated mark
 mx – mixed race, ? – mark, validity
 dq – disqualified, exh – exhibition
 + - intermediate time, p – points
 h –hand timed
 x – selected for Olympic Games
 * - qualified for OG since 2019