

UK Lists (as at end-September 2021)  
(compiled by Stan Greenberg)]

MEN		10.30	Richard Kilty
100m		10.30	Daniel Beadsley (WAL)
9.98	Zharnel Hughes		
(10.03	Chijindu Ujah)	200m	
10.12	Reece Prescod	20.14	Zharnel Hughes
10.14	Adam Gemili	20.31	Reece Prescod
10.16	Tommy Ramdhan	20.34	Tommy Ramdhan
10.16	Jeremiah Azu (WAL)	20.41	Adam Gemili
10.18	Adam Thomas (SCO)	20.51	Miguel Francis
10.20	Andy Robertson	20.53	Leon Reid (NIR)
10.20	Eugene Amo-Dadzie	20.56	Nethaneel Mitchell-Blake
10.20	Romell Glave	20.72	Derek Kinlock
10.25	Sam Gordon (WAL)	20.79	Jona Efoloko
10.25	Toby Makoyawo	20.80	Jamal Rhoden-Stevens
10.26	Jerriel Quainoo	20.81	Shemar Boldizsar
10.28	Nethaneel Mitchell-Blake	(20.82	Chijindu Ujah)
10.29	Jamal Rhoden-Stevens	20.82	Richard Kilty
10.29	Brandon Mingeli	20.82	Toby Harries
10.29	Joel Pascall-Menzie	20.83	Delano Williams
10.30	Jona Efoloko	20.84	Andrew Morgan-Morrison
10.30	Leon Reid (NIR)	20.87	Edward Amaning
10.31	Isaac Olumide	20.87	Andy Robertson
10.31A	Edward Amaning	20.88	Michael Ohioze
10.32	James Dasaolu	20.89	Alex Haydock-Wilson
10.32	Imran Rahman	20.90	Tom Somers
10.33	Jordan Watson-Brown	20.90	James Hanson
10.33	Ethan Wiltshire	20.94	Nick Stewart
10.33	Joshua Brown (WAL)	20.95	James Gladman
10.34	Dom Ashwell	21.00	James Williams
10.34	Oliver Bromby	21.03	Jordan Broome
10.35	Richard Kilty	21.04	Ben Snaith
10.35	Dewi Hammond (WAL)	21.05	Toby Makoyawo
10.36	Daniel Beadsley (WAL)	21.05	NiclasBaker
10.36	Ade Adewale	21.11	Adam Thomas (SCO)
10.37	Andrew Morgan-Harrison	21.13	Joseph Brier (WAL)
10.37	Jack Lawrence	21.14	Sam Osewa
10.39	Miguel Francis	21.18	Krishawn Aiken (SCO)
10.39	James Ellington	21.18	Brandon Mingeli
windy		21.20i	Praise Olatoke (SCO)
9.97	Romell Glave	windy	
10.01	Andy Robertson	19.93	Zharnel Hughes
10.15	Ojie Edoburun	20.45	Miguel Francis
10.16	Joel Pascall-Menzie	20.62	Edmond Amaning
10.17	Jamal Rhoden-Stevens	20.72	Delano Williams
10.20	Brandon Mingeli	20.83	Adam Thomas (SCO)
10.22	Joel Pascall-Menzie	20.83	Ben Snaith
10.22	Dom Ashwell	20.9h	Jordan Watson-Brown
10.25	Isaac Olumide	20.92	Adam Clayton (SCO)
10.27	Imran Rahman	20.92	Joseph Brier (WAL)
10.28	Leon Reid (NIR)	20.96	Dwayne Cowan

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20.97	James Williams	1:43.82	Oliver Dustin
21.09	Jason Kalala	1:44.05	Elliot Giles
Straightaway		1:44.14	Max Burgin
19.93	Zharnel Hughes	1:44.14	Jamie Webb
		1:44.35	Daniel Rowden
400m		1:44.71	Mark English
45.51	Matthew Hudson-Smith	1:44.72	Archie Davis
45.51	Charlie Dobson	1:44.97	Jake Wightman (SCO)
45.57	Alex Haydock-Wilson	1:44.98	Tom Randolph
45.72	Edward Faulds	1:45.63	Charles Da'Vall Grice
45.84	Joseph Brier (WAL)	1:45.70	Ben Pattison
45.86	Jamal Rhoden-Stevens	1:45.74	Josh Kerr (SCO)
45.89	Cameron Chalmers (GUE)	1:45.77	Piers Copeland (WAL)
45.94	Efe Okoro	1:45.80	Finley McLearn
45.97	Kevin Metzger	1:45.99	Joshua Lay
46.05	Niclas Baker	1:46.32	Kyle Langford
46.27	Lee Thompson	1:46.47	Jake Heyward (WAL)
46.30	Michael Ohioze	1:46.52	Alex Botterill
46.35	Rabah Yousif	1:46.68	George Mills
46.37	Owen Smith (WAL)	1:46.75	Tiarnen Crokken
46.4h	Chris McAlister	1:46.76	Yusuf Bizimana
46.51	James Williams	1:46.78	Ethan Hussey
46.53	Ben Jeffries	1:46.85	Guy Learmonth (SCO)
46.62i	Ethan Brown (47.15)	1:46.93	Roland Surlis (NIR)
46.64	Charlie Carvell	1:47.24	Max Wharton
46.65	Lewis Davey	1:47.48	Rocco Zaman-Browne
46.75	Ben Higgins	1:47.76	Ben Greenwood (SCO)
46.85	Toby Harries	1:47.83	James McMurray
46.85	Brodie Young (SCO)	1:47.97	Tom Keen
46.87	Jason Hoyle	1:48.09	Spencer Thomas
46.97	Sam Reardon	1:48.16	Daniel Howells
47.03	Rio Mitcham	1:48.31	James Young
47.07i	Tom Somers	1:48.48	Ben Murphy
47.08	Alex Knibbs	1:48.49	William Onek
47.08	Dan Putnam	1:48.50	David Locke (WAL)
47.09	Aidan Leeson	1:48.54	Andy Smith
47.13	Alex Cooper	1:48.59	Shaun Gee
47.14	Kyle Langford	1:48.60	Daniel Joyce
47.17	Krishawn Aiken (SCO)	1:48.70	Sam Coppard
		1:48.72	Henry Johnson
		1:48.75	Sebastian Anthony
		1:48.79	Joe Ewing (SCO)
		1:48.82	Tom Dodd
		1:48.82	Luca Bigg
		1:48.87	James Taylor
		1:48.90	Angus Harrington
		1:48.95	Dominic Walton
		1:49.09	Thomas Barnes
		1:49.21	Joseph Morrison
800m		1:49.22	Michael Wilson

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1:49.22	Sam Brown (SCO)	3:41.1h	Sam Stevens
1:49.22	James Heneghan (WAL)	3:41.18	Patrick Dever
1:49.29	Ben Claridge	3:41.34	Tom Keen
1:49.35	Joseph Tuffin	3:41.66	James Heneghan (WAL)
1:49.56	Luke Duffy	3:41.76	Ben Greenwood (SCO)
1:49.67	John Howorth	3:41.84	Alex George (3:42.11)
1:49.68	Jack Dickson	3:41.88	Jamie Webb
1:49.78	Elliot Slade (WAL)	3:42.05	Ethan Hussey
1:49.79	Harry Cox	3:42.06	Zak Seddon
1:49.84	Adam Wright	3:42.06	Ricky Harvie
1:49.84	Sam Stevens	3:42.23	Neil Johnston (NIR)
1:49.99	Daniel Bebbington	3:42.32	Chris Olley
indoors		3:42.32	Tom Keen
1:43.63	Elliot Giles	3:42.33	Luke Duffy
1:45.52	Charles Da'Vall Grice	3:42.45	Conor Bradley (NIR)
1:46.73	Guy Learmonth (SCO)	2:42.47+	Jack Rowe (3:42.56)
1:47.24	Neil Gourley (SCO)	3:42.49	Jeremy Dempsey
1:48.74	Sebastian Anthony	3:42.56	Jack Rowe
		3:42.57	Ben Potrykus (SCO)
1500m		3:42.75	Isaac Akers
3:29.05	Josh Kerr (SCO)	3:42.90	Yusuf Bizimana
3:32.82	Jake Heyward (WAL)	3:42.92	Miles Weatherseed
3:33.48	Jake Wightman (SCO)	3:42.97	David Mullarkey (IOM)
3:33.80	Elliot Giles	3:43.07	Adam Kirk-Smith (NIR)
3:33.81	Charles Da'Vall Grice	3:43.15	Simon Coppard
3:34.62	Piers Copeland (WAL)	3:43.59	Charlie Hicks
3:35.59	James West	3:43.60	Jonathan Shields
3:35.79i	Neil Gourley (SCO)	3:43.67	Matthew Wigelsworth
3:36.28	Marc Scott	3:44.00	Ben MacMillan (SCO)
3:36.31	George Mills	3:44.02	Jonathan Whan
3:37.72	James Young	3:44.05	Jack Meijer
3:37.90	Joshua Lay	3:44.16	Liam Dee
3:37.92	Archie Davis	3:44.17+	Marc Pearce (3:44.43)
3:38.79	Adam Fogg	3:44.38	Kian Davis
3:39.17	Matthew Stonier	3:44.43	Joe Ewing (SCO)
3:39.19	James McMurray	3:44.51	James Donald (SCO)
3:39.22	Tom Mortimer	3:44.65	Matt Leach
3:39.41	Tiarnen Crocken	3:44.67	Adam Moore
3:39.60	Tom Dodd	3:44.68	Sebastian Anthony
3:39.68	Max Wharton	3:44.68	Daniel Bebbington
3:39.85	John Howorth	3:44.72	Dominic Nolan
3:40.23	Euan Makepeace	3:44.74	Ben Pattison
3:40.30	Adam Clarke	3:44.75	Rory Leonard
3:40.36	Remi Adebisi (WAL)	3:44.90	Sean Molloy
3:40.55	Andy Smith	3:44.91	Jaymee Domoney
3:40.65	Kane Elliott (SCO)	3:44.92	Phillip Crout
3:40.82	Henry McLuckie	3:44.98	Tom Anderson
3:40.82	Ben West		
3:40.82i	Andy Butchart (SCO)		
3:41.08	Kyle Langford		

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Mile		5000m	
3:52.15	Jake Heyward (WAL)	13:05.13	Marc Scott
3:52.49	Elliot Giles	13:09.97	Andy Butchart (SCO)
3:54.27	Archie Davis	13:19.85	Patrick Dever
3:54.97	Charles Da'Vall Grice	13:21.56	Jonathan Davies
3:55.78	Jake Wightman (SCO)	13:23.78	Josh Kerr (SCO)
3:56.13	Piers Copeland (WAL)	13:28.12	Tom Mortimer
3:56.31	Joshua Lay	13:30.55	Euan Makepeace
3:57.00i	Tom Dodd	13:33.89	Charles Hicks
3:57.52i	Adam Fogg	13:35.77	Jack Rowe
3:57.81i	Yusuf Biziman	13:38.01	Jake Smith
3:57.91	Alex George	13:38.38	Tom Anderson
3:58.18	James McMurray	13:41.40+	Mo Farah
3:58.62	Patrick Dever	13:44.66	Hugo Milner
3:58.71	James Young	13:46.17	Alex George
3:58.73	George Mills	13:46.25	Sam Atkin
3:58.76	Jack Rowe	13:46.26	Matt Leach
3:58.89	Tiarnen Crocken	13:46.64	Adam Clarke
3:59.05	James West	13:46.78	James Dee
3:59.14	Kyle Langford	13:46.80	Phil Norman
3:59.42	Will Battersill	13:46.95	Liam Dee
3:59.46	Andy Smith	13:47.31	Isaac Akers
3:59.59	John Howorth	13:49.33	Kristian Jones (WAL)
3:59.78	James Heneghan (WAL)	13:50.05	Thomas George
3:59.86	Tom Keen	13:50.05	Conor Bradley (NIR)
		13:50.22	Rory Leonard
		13:50.50	Adam Visokay
3000m		13:50.56	Ellis Cross
7:35.18	Andy Butchart (SCO)	13:52.79	Chris Perry
7:36.08	Marc Scott	13:53.03	Osian Perrin (WAL)
7:37.39	Patrick Dever	13:53.29	Tom Marshall (WAL)
7:38.73	Tom Mortimer	13:53.34	Dominic Nolan
7:39.71	Sam Atkin	13:54.37	Ben Bradley
7:42.15	Jack Rowe	13:55.02	Daniel Jarvis
7:51.06	Alex George	13:55.87	Sam Stevens
7:53.61	Jonathan Davies	13:56.03	Jamaine Coleman
7:57.44	Phil Sesemann	13:56.20	Henry McLuckie
7:58.98	David Mullarkey	13:56.52	David Mullarkey
indoors		13:56.53	Neil Johnston (NIR)
7:51.27	Phil Sesemann	13:56.65	Mahamad Mahamad
7:52.36	Mark Pearce	13:56.99	Chris Olley
7:53.70	Conor Bradley (NIR)	13:57.76	Jonathan Escalante-Phillips
7:54.33	Tom Anderson	13:58.14	Scott Beattie
7:55.28	Ross Millington	13:58.48	Adam Fogg
7:55.43	Euan Makepeace	13:59.71	Aidan Thompson (SCO)
7:58.42	Charles Wheeler		
7:59.45	Emile Cairaess		

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		2:15:26	Robbie Simpson (SCO)
10,000m		2:15:50	Andrew Davies (WAL)
27:10.41	Marc Scott	2:15:58	Frank Baddick
27:41.87	Patrick Dever		
27:47.04	Mo Farah	3000mSt	
27:47.63	Charles Hicks	8:20.12	Phil Norman
27:53.19	Emile Cairess	8:23.22	Zak Seddon
28:22.33	Matt Leach	8:24.83	Mark Pearce
28:23.50	Kristian Jones (WAL)	8:29.39	Jamaine Coleman
28:25.79	Mohamud Aadan	8:32.92	Will Battershill
28:26.77	Mahamed Mahamed	8:36.44	Adam Visokay
28:36.95	Hugo Milner	8:36.50	Jonathan Hopkins (WAL)
28:41.38	Scott Beattie	8:39.49	Dan Jarvis
28:45.72	Dewi Griffiths (WAL)	8:40.88	Chris Perry
28:54.39	Nathan Jones (WAL)	8:49.74	Adam Kirk-Smith (NIR)
28:58.35	Nigel Martin	8:49.91	Aidan Thompson (SCO)
28:59.63	James Hunt (WAL)	8:50.38	Ieuan Thomas (WAL)
29:00.16	Thomas George	8:51.88	Haran Dunderdale
29:00.26	David Melville (SCO)	8:55.59	Kristian Imroth
Half Marathon		110mH	
60:35	Marc Scott	13.25	Andy Pozzi
61:54	Jake Smith	13.37	David King
61:57	Emile Cairess	13.38	Tade Ojora
62:11	Jack Rowe	13.46	Cameron Fillery
62:28	Mohamud Aadan	13.47	James Weaver
62:47	Phil Sesemann	13.64	Josh Zeller
63:07	Mo Farah	13.85	Miguel Perera
63:10	Andrew Heyes	13.92	Jake Porter
63:22	Nige Martin	windy	
63:30	Adam Clarke	13.60	Josh Zeller
63:40	Matthew Clowes		
63:40	Ross Skelton	400mH(48.90)	
63:45	Callum Johnson	49.16	Chris McAlister
64:15	Jonathan Escalante-Phillips	49.34	Efe Okoro
64:19	Jamie Crowe (SCO)	49.37	Alex Knibbs
64:26	Ollie Lockley	49.55	Alastair Chalmers (GUE)
64:36	Doug Musson	50.64	Tyri Donovan
64:44	Jonathan Mellor	50.66	Jacob Paul
64:45+	Dewi Griffiths (WAL)	50.84	Joshua Faulds
64:45+	Ben Connor	50.9h	Seamus Derbyshire(51.66)
64:45+	Callum Hawkins (SCO)	51.18	Dai Greene (WAL)
Marathon		51.30	Niall Carney
2:10:52	Chris Thompson	51.38	Adam Booth
2:11:00	Jake Smith (WAL?)	51.65	Ben Higgins
2:12:06	Ben Connor	51.89	Bailey Stickings
2:12:20	Mohamud Aadan	51.89	Sam Clarke
2:13:42	Dewi Griffiths (WAL)	51.97	Jason Nicholson
2:15:08	Joshua Griffith (WAL)		

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4 x 100m (37.51 National Team)	Triple Jump 16.42 Michael Puplambu 16.37 Ben Williams 16.20 Efe Uwaifo 16.07 Julian Reid 15.94 Nathan Douglas 15.94 Jonathan Ilori 15.89 Jude Bright-Davies 15.89 Bera Ajala (SCO) 15.81 Daniel Falode 15.72 Seum Okome 15.71 Daniel Igbokwe 15.54 Aidan Quinn (NIR)
4 x 400m 3:03.29 National U20 Team	windy 16.20 Nathan Douglas 16.02 Jude Bright-Davies 16.01 Jonathan Ilori 15.73 Daniel Igbokwe
4x 400m(Mixed) 3:11.95 National Team	Shot 21.28 Scott Lincoln 18.09 Youcef Zatat 17.79i George Evans (17.57)(SCO) 17.60 Lewis Byng 17.45 Patrick Swan (WAL) 17.41 Gareth Winter (WAL) 17.13 George Hyde 17.08 Dan Cork (WAL)
High Jump 2.28 Tom Gale 2.25 Will Grimsey (SCO) 2.23 David Smith (SCO) 2.23i Joel Kahn (2.21) 2.22 Chris Baker 2.17 Sam Brereton 2.17 Lewis McGuire (SCO) 2.17 Adam Brooks 2.16 Rory Dwyer 2.15 Jonathan Broom-Edwards 2.15 Lionel Owona	Discus 67.13 Lawrence Okoye 63.24 Nick Percy (SCO) 60 93 Greg Thompson 60.17 Zane Duquemin (JER) 59.32 George Armstrong 58.71 Sam Woodley 57.20 Chris Scott 55.58 James Tomlinson (WAL) 55.36 Chukwuemeka Osammor 55.10 George Evans (SCO)
Pole Vault 5.80 Harry Coppell 5.65i Charlie Myers (5.42) 5.25 George Turner 5.20i Adam Hague (5.15) 5.15 George Heppinstall 5.15 Adam Hague) 5.13 Jack Phipps 5.12 Jacob Clark 5.10 Thomas Walley (WAL)	Hammer 78.23 Taylor Campbell 78.15 Nick Miller 75.79 Chris Bennett (SCO) 73.07 Craig Murch 72.32 Dempsey McGuigan (NIR) 72.31 Jake Norris 71.60 Osian Jones (WAL)
Long Jump 8.08i Jacob Fincham-Dukes(7.67) 8.01 Alex Farquharson 7.88 Reynold Banigo 7.80 Tim Duckworth 7.77 James Lelliott 7.76 Alessandro Schenini (SCO) 7.65 Samuel Khogali 7.58 Adam McMullen (NIR) 7.56 Brad Davies-Pughe 7.53 Jack Turner 7.52 Jack Roach 7.46i Dominic Ogbeche 7.45 Kieran Showler-Davis windy 7.70 Adam McMullen (NIR)	

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69.98 Joe Ellis		WOMEN
69.74 Jac Palmer (WAL)		
68.03 Ben Hawkes		100m(11.15)
67.68 Tom Parker	10.87	Dina Asher-Smith
67.13 Chris Shorthouse	10.91	Daryll Neita
66.85 Ruben Banks	11.15	Imani Lansiquot
66.29 Ciaran Wright (SCO)	11.16	Asha Philip
65.91 Bayley Campbell	11.23	Kristal Awuah
	11.35	Desiree Henry
Javelin	11.38	Ashleigh Nelson
75.94 Harry Hughes	11.41	Immanuela Aliu
75.53 Daniel Bainbridge	11.44	Joy Eze
72.98 Joe Dunderdale	11.44	Hannah Brier (WAL)
72.65 Joe Harris (IOM)	11.46	Jodie Williams
71.90 Greg Millar (SCO)	11.46	Beth Dobbin (SCO)
70.70 Thomas Holmes	11.53	Alisha Rees (SCO)
70.69 James Whiteaker	11.55	Kiah Dubarry-Gay
70.35 Gavin Johnson Assoon	11.55	Nia Wedderburn-Goodison
	11.58	Kimberley Baptiste
Decathlon (8350p)	11.61	Bianca Williams
7659p Jack Turner	11.61	Holly Mills
7545p Lewis Church	11.62	Eve Wright
7447p Tim Duckworth	11.62	Mica Moore (WAL)
7388p Oliver Thorner	11.65	Aleeya Sibbons
7253p Harry Kendall	windy	
7191p Harry Maslen	11.25	Jodie Williams
7148p Joel McFarlane (SCO)	11.34	Laviai Nielsen
7127p Andrew Murphy (SCO)	11.34	Hannah Brier (WAL)
7054p Nicolas Gerome	11.45	Cindy Sember
7054p Sam Talbot	11.54	Kiah Dubarry-Gay
7052p Curtis Mathews(WAL)	11.55	Ashleigh Nelson
7042p Philip Kastner	11.56	Lina Nielsen
7022p Elliot Thompson		
	200m	
20km Walk	22.04	Dina Asher-Smith
1:20:32 Callum Wilkinson	22.60	Jodie Williams
1:21:37 Tom Bosworth	22.78	Beth Dobbin (SCO)
1:22:50 Cameron Corbishley	22.81	Daryll Neita
1:29:49 Brendan Boyce (NIR)	23.05	Ashleigh Nelson
1:30:19 Guy Thomas (WAL)	23.13	Lina Nielsen
1:30:29 Daniel King	23.13	Ama Pipi
	23.17	Desiree Henry
50km Walk	23.18	Nicole Yeargin (SCO)
3:51:13 Dominic King	23.24	Kristal Awuah
3:52:15 Brendan Boyce (NIR)	23.29	Kiah Dubarry-Gay
3:54:15 Cameron Corbishley	23.38	Amber Anning
4:06:09 Daniel King	23.44	Immanuela Aliu
	23.44	Margaret Adeoye
	23.45	Georgina Adam (SCO)
	23.49	Bianca Williams

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23.59	Alisha Rees (SCO)	800m	
23.59	Sophie Walton	1:55.88	Keely Hodgkinson
23.59	Nia Wedderburn-Goodison	1:56.73	Laura Muir (SCO)
23.62	Success Eduan	1:56.90	Jemma Reekie (SCO)
23.62	Hannah Brier (WAL)	1:57.66	Alex Bell
23.63	Zoey Clark (SCO)	1:59.50	Adelle Tracey
23.73	Amy Hunt	1:59.54	Ellie Baker
23.74	Cheriece Hylton	2:01.06mx	Reeve Walcott-Nolan(2:02.08)
23.74	Cassie-Ann Pemberton	2:01.24	Isabelle Boffey
23.77	Asha Philip	2:01.33	Hannah Segrave
windy		2:01.58	Katie Snowden
23.17	Kiah Dubarry-Gay	2:01.64	Jenny Selman (SCO)
23.19	Laviai Nielsen	2:01.67	Katy-Ann McDonald
23.23	Amber Anning	2:01.94	Katie Kirk (NIR)
23.30	Immanuela Aliu	2:02.14	Ciara Mageean (NIR)
23.51	Cheriece Hylton	2:02.81	Gemma Finch
		2:02.93mx	Erin Wallace (SCO)92:03.48)
400m		2:02.96	Sarah Calvert (SCO)
49.97	Jodie Williams	2:03.23	Khahisa Mhlanga
50.96	Nicole Yeargin (SCO)	2:03.77mx	Mari Smith
51.08	Ama Pipi	2:03.94	Holly Archer
51.42	Laviai Nilesen	2:04.00	Shelayna Oskan-Clarke
51.60	Hannah Williams		
51.73	Yasmin Liverpool	1500m	
51.78	Amber Anning	3:54.50	Laura Muir (SCO)
51.79mx	Zoey Clark (51.99) (SCO)	4:02.12	Eilish McColgan (SCO)
51.82	Emily Diamond	4:02.45	Ciara Mageean (NIR)
51.99mx	Victoria Ohuruogu (52.37)	4:02.77	Katie Snowden
52.17i	Jessie Knight	4:04.72	Jemma Reekie (SCO)
52.56	Lina Nielsen	4:04.79i	Melissa Courtney-Bryant(WAL)
52.61	Keely Hodgkinson	4:06.23	Reeve Walcott-Nolan
52.92	Jessica Turner	4:06.54	Ellie Baker
52.96	Amy Hillyard	4:06.56	Adelle Tracey
53.06	Mary John	4:07.06	Alex Bell
53.17	Margaret Adeoye	4:07.20	Holly Archer
53.23	Susanna Banjo	4:07.46mx	Erin Wallace(SCO)(4:08.10)
53.47	Mary Abichi	4:07.92	Jessica Judd
53.49	Nicole Kendall	4:09.34	Verity Ockenden
53.54i	Beth Dobbin (SCO)	4:09.52	Amy-Eloise Markovc
53.55	Lily Beckford	4:11.25mx	Lizzie Bird
53.58	Isabelle Boffey	4:11.48	Jenny Selman (SCO)
53.96	Amy Odunaiya (WAL)	4:12.24	Hannah Segrave
		4:12.30mx	Hannah Nuttall
		4:13.4	Aimee Pratt
		Mile	
		4:27.13	Amy-Eloise Markovc
		4:28.04	Katie Snowden
		4:31.18	Jessica Judd
		4:32.50	Reeve Walcott-Nolan



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3000m		33:25.15	Stephanie Twell (SCO)
8:31.36	Eilish McColgan (SCO)	33:31.31	Abbie Donnelly
8:47.67+	Amy-Eloise Markovc	33:57.38	Claire Duck
8:52.73	Jessica Judd	33:59.31	Grace Brock
8:53.37mx	Laura Weightman		
8:57.79	Roisin Flanagan (NIR)	Half Marathon	
8:58.46	Eilish Flanagan (NIR)	67:48	Eilish McColgan (SCO)
indoors		68.49	Charlotte Purdue
8:42.41	Melissa Courtney-Bryant(WAL)	70:05	Samantha Harrison
8:46.43	Amy-Eloise Markovc	70:29	Rose Harvey
8:46.60	Verity Ockenden	71:11	Charlotte Arter (WAL)
8:48.82	Amelia Quirk	71:13	Georgina Swiening
8:54.86	Ciatr Mageean (NIR)	72:16	Calli Thackery
8:58.97	Charlotte Arter (WAL)	72:24	Rosie Edwards (WAL)
		72:46	Natasha Cockram (WAL)
5000m		72:48	Emily Kearney
14:28.55	Eilish McColgan (SCO)	72:56	Verity Ockenden
15:03.22	Amy Eloise-Markovc	73:22	Clara Evans (WAL)
15:03.51	Verity Ockenden	73:24	Hannah Irwin
15:06.02	Jessica Judd	73:32	Rebecca Briggs
15:24.17	Sarah Inglis (SCO)	73:33	Lauren Heyes
15:34.64	Charlotte Arter (WAL)	73:34	Stephanie Twell (SCO)
15:34.86	Jenny Nesbitt (WAL)	74:05+	Stephanie Davis (SCO)
15:36.07	Stephanie Twell (SCO)	74:05+	Sarah Inglis (SCO)
15:39.65	Emily Kearney (WAL)	74:05+	Lily Partridge
15:42.65	Abbie Donnelly	74:23	Naomi Mitchell
15:43.57	Morag Millar (SCO)	74:49	Jessica Craig
15:45.07	Poppy Tank		
15:47.57	Roisin Flanagan (NIR)	Marathon	
15:48.61	Annabel Simpson (SCO)	2:27:16	Stephanie Davis (SCO)
15:49.25	Izzy Fry	2:30:03	Natasha Cockram (WAL)
15:49.69	Sarah Chapman	2:31:14	Rose Harvey
		2:31:56	Rosie Edwards (WAL)
10000m		2:32:01	Rebecca Gentry
30:58.94	Eilish McColgan (SCO)	2:32:42	Clara Evans (WAL)
31:20.96	Jessica Judd	2:34:09	Sarah Inglis (SCO)
31:25.91	Amy-Eloise Markovc		
31:43.70	Verity Ockenden	3000mSt	
32:17.40	Charlotte Arter (WAL)	9:19.68	Lizzie Bird
32:33.16	Lily Partridge	9:25.89	Aimee Pratt
32:39.20	Samantha Harrison	9:34.86	Eilish Flanagan (NIR)
32:44.26	Jenny Nesbitt (WAL)	9:52.90	Elise Thorner
32:49.01	Clara Evans (WAL)	10:00.49	Sarah Tait (SCO)
32:50.57	Poppy Tank		
32:54.75	Beth Kidger (WAL)	100mH	
33:02.71	Mhairi McLennan (SCO)	12.53	Cindy Sember
33:04.70	Eleanor Bolton	12.62	Tiffany Porter
33:09.65	Emily Kearney (WAL)	13.18	Alicia Barrett
33:11.08	Harriet Irwin	13.20	Jenna Blundell
33:17.07	Bella Williams	13.21	Holly Mills

UK Lists (as at end-September 2021)  
(compiled by Stan Greenberg)]

13.27	Kat Thompson-Johnson	Pole Vault	
13.34	Emma Nwofor	4.90	Holly Bradshaw
13.35	Megan Marrs (NIR)	4.51	Molly Caudery
13.36	Heather Paton (SCO)	4.35	Sophie Cook
13.38	Anastasia Davies	4.30	Jade Ive
13.45	Caryl Granville (WAL)	4.21	Sophie Ashurst
13.56	Isabel Wakefield	4.20i	Natalie Hooper
13.56	Isabella Hilditch	4,15	Ellie McCartney (NIR)
windy		4.10	Gemma Tutton
12.57	Tiffany Porter		
13.07	Holly Mills	Long Jump	
13.18	Jenna Blundell	6.94	Lorraine Ugen
13.24	Emma Nwofor	6.90	Jazmin Sawyers
13.30	Heather Paton (SCO)	6.77	Shara Proctor
		6.75	Abigail Irozuru
400mH		6.63	Lucy Hadaway
54.23	Jessie Knight	6.57	Jahisha Thomas
54.77	Jessica Turner	6.41	Alice Hopkins
55.27	Lina Nielsen*	6.39	Rebecca Chapman (WAL)
55.80	Meghan Beesley	6.32	Charlotte Jones
55.93	Nicole Kendall	6.32	Holly Mills
56.08	Hayley McLean	windy	
56.93	Jessica Tappin	6.49	Rebecca Chapman (WAL)
57.01	Caryl Granville (WAL)	6.30	Funminiyi Olajide
57.17	Zoe Pollock		
		Triple Jump	
4 x 100m		14.22	Naomi Ogbeta
41.55	National Team	13.62	Temitope Ojora
45.25	Wales	13.11	Jahisha Thomas
		13.00	Lia Stephenson
4 x 400m		windy	
3:22.59	National Team	14.38	Naomi Ogbeta
		13.65	Temitope Ojora
High Jump			
1.96i	Morgan Lake (1.95)	Shot	
1.93	Emily Borthwick	18.54i	Sophie McKinna (18.47)
1.90	Nikki Manson (SCO)	18.11	Amelia Strickler
1.90	Laura Zialor	17.20	Divine Oladipo
1.86	Kat Thompson-Johnson	17.17	Adele Nicoll (WAL)
1.85	Holly Mills	16.29	Eden Francis
1.82	Sommer Leckey (NIR)	15.90	Serena Vincent
1.80	Zara Tyas		
1.80	Temitope Ojora	Discus	
1.80	Bethan Partridge	60.36	Jade Lally
1.80	Jodie Smith	60.13	Kirsty Law (SCO)
1.80	Kate O'Connor (NIR)	57.26	Divine Oladipo
		56.81	Shadine Duquemin (JER)
		56.32	Eden Francis
		55.37	Amy Holder
		52.91	Phoebe Dawson

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52.72	Samantha Cllaway
51.05	Taia Tunstall
Hammer	
69.44	Jess Mayho
68.91	Tara Simpson-Sullivan
66.52	Anna Purchase
66.06	Amy Herrington
65.46	Rachel Hunter (SCO)
65.39	Katie Head
64.65	Amber Simpson (WAL)
64.09	Charlotte Payne
64.06	Pippa Wingate
64.01	Rachel Samoye
63.44	Pippa Davennall
63.15	Kayleigh Presswell

Abbreviations  
A- altitude, e –estimated mark  
mx – mixed race, ? – mark, validity  
dq – disqualified, exh – exhibition  
+ - intermediate time, p – points  
h –hand timed

Javelin	
54.81	Freya Jones
54.27	Bekah Walton
51.61	Kate O'Connor (NIR)
50.91	Emma Hamplett
50.38	Lizzy Korczak
50.34	Bethany Moule (WAL)
50.20	Lauren Farley

NOTE: country affiliations apply to possible Commonwealth Games selection. Those not so noted are English

GUE - Guernsey  
IOM - Isle of Man  
JER -. Jersey  
NIR – Northern Ireland  
SCO – Scotland  
WAL - Wales

Heptathlon	
6297p	Kate O'Connor (NIR)
6211p	Holly Mills
6044p	Jade O'Dowda
6028p	Ellen Barber
5881p	Jodie Smith
5864p	Katie Stainton
5685p	Emma Nwofor
5593p	Abigail Pawlett
5541p	Zoe Hughes
5516p	Amaya Scott-Rule

20km Walk(1:32:00)	
1:34.13	Heather Lewis (WAL)
1:37:04	Bethan Davies (WAL)