

Bicester AC Ladies Age Best Records as at 17/09/2019

Event	Under 11years	Under 13years	Under 15years	Under 17years	Under 20 years
75m	11.30 secs Isla Bohannon 2016	10.3 secs Rhiannon Penfold 2011			
80m	12.0 secs Carolyn Plateau 1998	11.2 secs Natalie Plateau 1998			
100m	16.8 secs Adrienne Heasley 1994	13.63 secs Josephine Parker 2019	13.1 secs Vicki Litster 1995	12.9 secs Vicki Litster 1995 Tia Brown 2019	13.4secs Emily Benfield 2014
150m	23.0 secs Carolyn Plateau 1998	20.60 secs Holly Griffiths Brown 2014		21.5 secs Alice McGill 2005	
200m		28.6secs Natalie Plateau 1998	26.71 secs Natalie Plateau 1998	27.1 secs Vicki Litster 1995	29.3 secs Georgina Lilley 1996 Emily Benfield 2014
300m			43.16 secs Annie Jankowiak 2013	45.9 secs Rushani Arumugham 2018	52.40 secs Orla Welby 2013
400m				66. 2ecs Georgina Newell 2005	78.6 secs S.Silva 1993
600m	1min 53.20secs Elsie Jacobs 2019				
800m	2mins 51.6 secs Carolyn Plateau 1998	2mins 32.1secs Millie Couzens 2016	2mins 24.0 secs Danielle Laybourne 1997	2mins 27.6 secs Georgina.Newell 2005	3mins 01.8 secs Orla Welby 2014
1200m	4mins 58.0 secs Harriet Owen 2004	4mins 04.70 secs Millie Couzens 2016			
1500m		5mins18.33 secs Millie Couzens 2016	5mins 07.20 secs Amelia Cox 2018	5mins 08.9 secs Georgina.Newell 2005	
3000m			11mins 17.70 secs Anna Jolliffe 2019	11mins 52 0secs Caitlin Bradley 2008	
55m Hurdles	10.90secs Josephine Parker 2016				
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70m Hurdles		12.40 secs Millie Couzens 2016			
75m Hurdles		13.5 secs Alice McGill 2002	12.2 secs Rosie Kingston 2007		
80m Hurdles				12.3 secs Alice.McGill 2005 Rosie Kingston 2009	
100m Hurdles					19.2 secs Susannah Pengelly 1995
400m Hurdles			75.1 secs Susannah Pengelly 1995	67.0 secs Danielle Laybourne1998	
Long Jump	3.98m Millie Couzens 2014	4.91m Millie Couzens 2016	4.85m Alice McGill 2004	5.00m Alice McGill 2005	4.67m Emily Benfield 2014
Triple Jump			10.06m Jessica Cherry 2012	10.51m Alice McGill 2005	9.79m Jessica Cherry 2015
High Jump	1.10m Katie Groves 2017	1.40m Millie Couzens 2016	1.50m Holly Griffiths- Brown 2015	1.45m Jennie Trulove 1996 Nerissa Starrett 2013	1.00m Clarissa Shepheard 1994
Hammer			32.64m (3kg) Amber Parker 2018	21.09m (4kg) Karen Noonan 1995 19.93m (3.0kg) Holly Hunter 2017	23.45m (4Kg) Jessica Cherry 2016
Shot Putt		7.88m (2.72kg) Amber Parker 2016	8.91m (3.25kg) Jessica Cherry 2012 9.92m (3kg) Amber Parker 2018	8.84m (4kg) Jessica Cherry 2013 11.14m (3kg) Jessica Cherry 2014	10.50m (4kg) Jessica Cherry 2016 10.68m (3kg) Jessica Cherry 2015
Discus		20.10m Katie Groves 2019	28.77m Amber Parker 2018	31.16m Megan Davies 2010	20.78m Jessica Cherry 2015

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Javelin	20.20m E.Rees 1995	21.38m (400gm) Holly Hunter 2014	25.24m (600gm) Holly Prior 2010 25.27m (500gm) Holly Hunter 2016	21.22m (600gm) K.Stacey 1995 28.01m (500gm) Holly Hunter 2017	10.69m (600gm) Orla Welby 2013 23.17m (500gm) Jessica Cherry 2015
Pole Vault					
Cricket Ball	28.31m Lucy Hunter 2009				
Vortex Introduced 2010	25.05m Amelia Cox 2014				
1500m S/ch Introduced 2017				6mins 20.26 secs Amy Gould 2017	
4x100m	65.3 secs Annie Jankowiak 2009 Lauren Page Siobhan Siggers Courtney Best	58.7 secs Freya McGinlay Hollie Offord Charlotte Kavanagh Isla Bohannon 2018	56.2 secs Molly Acton 2015 Ellie Lawrie Orlaith Lyford Holly Griffiths Brown	57.70 secs Charlotte Hewett 2018 Rushani Arumugham Ebony Rose Lennon Tia Brown	57.3 secs Charlotte Brock 1996 Jennie Trulove Georgina Lilley Lisa Moss
4x400m					
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