



Cambridge Harriers

Under 13 Girls

Track & Field Club Records



Event	Performance	Athlete (s)	Date	Venue
75m	9.80s	Marian Owusuwaah	16.07.2016	Mile End
100m	12.9s	Julie McCarthy	1981	
150m	19.4s	Vernicha James	01.09.1996	Bromley
	19.4s	Rebecca Maddy	07.08.2016	Gillingham
200m	26.4s	Vernicha James	1996	
600m	1:47.01s	Abigail Richards	03.10.2020	Dagenham
800m	2:20.4s	Debra Russell	08.07.1976	Crystal Palace
1000m	3:09.4s	Sabrina Sinha	03.07.2011	Canterbury
1200m	3:54.2s	Sabrina Sinha	05.06.2011	Carshalton
1500m	4:44.7s	Debra Russell	18.07.1976	Crystal Palace
70mH	11.8s	Samira Sylla	07.08.2016	Gillingham
75mH	13.4s	Lisa Rushbrook	1984	
High Jump	1.45m	Godgift Nnadozie	08.09.2012	Eltham
Long Jump	4.83m	Karen Mylan	27.06.1998	Ilford
Shot Put (2.72k)	9.66m	Abbie Stewart	26.07.2015	Kingston
Shot Put (3.25k)	6.71m	Nicola Brunning	1996	
Discus (0.75k)	24.06m	Anna Blincoe	12.09.2015	Erith
Discus (1k)	17.59m	Siobhan Samuel	08.09.2012	Eltham
Javelin (400g)	29.91m	Katie Marsh	22.08.2018	Dartford
Javelin (600g)	21.50m	Hayley Martin	1988	
Hammer (3k)	16.46m	Katie Marsh	06.05.2018	Bromley
Pentathlon	2148 points	Clare Turner	1993	
1000m Walk	4:56.93s	Evie Butcher	07.09.2013	Birmingham
1200m Walk	6:20.2s	Heather Butcher	08.08.2010	Bromley
2000m Walk	10:35.8s	Evie Butcher	29.09.2013	Dudley
4 x 100m Relay	54.2s	Jamaica Williams Shiann Brock-Walters Renay Thomas Sofia Podesta	21.09.2014	Bromley