

Event	Specification	Name	Age Group	Performance	Location	Date	Other info
60mH	Senior/U20/V35-39 (84cm)						
	U17/V40-59 (76cm, 8m spacings)	Emily Smith	U17	10.10	Lee Valley	14th December	2nd best club indoor age group performance
	U15 (76cm, 7.5cm spacings)	Grace Weeks	U15	10.25	Lee Valley	1st December	2nd best club indoor age group performance
	V60 & over (69cm, 7.5m spacings)						
60m	U13 (69cm, 7m spacings)	Lois Moore	U13	12.08	Lee Valley	26th January	2nd best club indoor age group performance
		Megan Heal	U20	8.44	Lee Valley	4th December	
		Kathryn Miles	V45	8.78	Lee Valley	16th February	
		Grace Weeks	U15	9.19	Lee Valley	1st December	
200m		Kathryn Miles	V45	30.50	Lee Valley	16th February	
300m		Emily Weeks	U17	50.17	Lee Valley	1st December	2nd best club indoor age group performance
400m		Sophie Torrance	U20	71.91	Lee Valley	18th January	
600m							
800m		Isabella Beck	U20	2.23.03	Lee Valley	2nd February	3rd best club indoor age group performance
		Emily Smith	U17	2.54.95	Lee Valley	14th December	2nd best club indoor age group performance
1000m							
1500m							
Mile							
3000m							
High Jump		Jess Gordon	U20	1.60m	Lee Valley	2nd February	3rd best club indoor performance
		Emily Smith	U17	1.56m	Lee Valley	14th December	3rd best club indoor age group performance
		Olivia Jones	U17	1.45m	Lee Valley	12th January	
Long Jump		Emily Smith	U17	4.23m	Lee Valley	14th December	
		Lois Moore	U13	3.38m	Lee Valley	26th January	
Triple Jump							
Pole Vault							
Shot putt	Senior/U20/V35-49 (4kg)						
	U15/U17/V50-74 (3kg)	Emily Smith	U17	6.41m	Lee Valley	14th December	
	U13 (2.72kg)						
	U11/V75 & over (2kg)						
Pentathlon	Senior/U20 (hurdles & shot)						
	U17 (hurdles & shot)	Emily Smith	U17	2455 points	Lee Valley	14th December	2nd best club indoor age group performance
	U15 (hurdles & shot)						
	U13 (hurdles & shot)						
	Masters various (hurdles & shot)						