



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	1:47.8s	Ailbhe Barnes	21.07.2016	Horsham
800m	2:20.4s	Debra Russell	08.07.1976	Crystal Palace
1000m	3:09.4s	Sabrina Sinha	03.07.2011	Canterbury
1200m	3:53.78s	Iris Williams	18.09.2021	Erith
1500m	4:44.7s	Debra Russell	18.07.1976	Crystal Palace
70mH	11.8s	Samira Sylla	07.08.2016	Gillingham
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
Discus (0.75k)	24.06m	Anna Blincoe	12.09.2015	Erith
Javelin (400g)	32.73m	Miya Cook	01.04.2024	Tonbridge
Hammer (3k)	18.49m	Miya Cook	05.05.2024	Bromley
Pentathlon	2217 points	Miya Cook	26.08.2024	Tonbridge
1000m Walk	4:56.93s	Evie Butcher	07.09.2013	Birmingham
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