

WOMEN

6.90/1.4 Bev Kinch

19, 14.01.64, Helsinki, 14 Aug 83
The British record was not the junior's best mark as she jumped a windy 6.93m for fifth in the inaugural World Championships long jump final the year after finishing third in the Commonwealths. Thereafter, she focused on sprinting, making her third World Indoor Championships 60m semi 14 years after her long jump peak.

6.88/1.4 Fiona May

20, 12.12.69, 1 Bologna, 18 Jul 90
The 1988 world junior champion finished sixth in the Olympics that year and won a Commonwealth bronze before switching to Italy and becoming world champion. She jumped a windy 6.98m in Jarrow in 1989.

6.83/0.2 Sue Hearnshaw

22, 26.05.61, 1 Cleekeaton, 1 May 84

Considering she never won a European or Commonwealth medal, she was a surprise Olympic bronze medalist in a boycott-affected 1984 where she jumped 6.80m, but she did achieve a windy 7.00m in winning the UK Championships.

6.81/1.7 Jade Johnson

28, 07.06.80, 2 Anney, 22 Jun 08
The 2002 Commonwealth and European runner-up achieved top-eight placings in two Olympics and a Worlds. Though she won the 2010 UK Championships, has not been world-class since 2008 with a best of 6.48m (wind-aided) in the last two seasons.



Sue Hearnshaw, Olympic bronze medalist in 1984

Mary Rand: Britain's only female Olympic long jump champion



5.679/2.0 Kelly Sotherton

31, 13.11.76, 1 Crystal Palace, 25 Jul 08
Now focusing on 400m, the heptathlete was good enough at long jump to win the London Grand Prix and finish eighth in the 2005 World Championships.

6.676/-1.6 Mary Rand

24, 10.02.40, 1 Tokyo, 14 Oct 64
She broke the world record into a strong headwind to win Olympic gold with this. After leading the qualifiers at the Olympics four years earlier with a distance that would have seen her second in the final, she eventually placed ninth. She also won Olympic medals in the pentathlon and 4x100m in 1964, took a Commonwealth gold in 1966 and a silver in 1958 at long jump and finished fourth in the hurdles in the 1960 Olympics.

6.676/1.0 Jo Wise

28, 15.03.71, 2 Malmö, 2 Aug 99
The 1988 world junior medalist won the 1998 Commonwealths, but a fifth in the 1999 World Championships was probably her best result with a distance just one centimetre down on her PB and into a headwind.

8.675/0.3 Joyce Oladapo

21, 11.02.64, 1 Crystal Palace, 14 Sep 85
Won the 1986 Commonwealths in

6.43m where she was regarded as the third string, as England came within a centimetre of a clean sweep. She showed better form in 1985 when she won an international at the Palace and also had a windy 6.80m.

9.673/0.6 Sheila Showwood

24, 22.10.45, 1 Edinburgh, 23 Jul 70
She had her best jump in winning Commonwealth gold but also jumped 6.68m in taking silver in the 1968 Olympics.

9.673/-0.7 Yinka Idowu

21, 25.02.72, 1 Alicante, 7 Aug 93
She achieved this mark in winning this under-23 international in Spain and when taking Commonwealth silver in 1994.

11.670/2.0 6.70 Kim Hagger

24, 02.12.61, 2rH Stuttgart, 30 Aug 86
She had her best long jump on her way to ninth in the 1986 European heptathlon and she just missed a medal in the long jump at the Commonwealths.

12.669/1.2 Sue Reeve

27, 17.09.51, 1 Furth, 10 Jun 79
The 1978 Commonwealth champion twice made the top 10 in the Olympics and had a windy best of 6.84m.

12.669/-0.4 Denise Lewis

27, 27.08.72, 1rH Talence, 30 Jul 00
The Olympic heptathlon champion



Sarah Claxton: Sprint hurdler is also a good long jumper

had a windy best of 6.77m.

15.656/-1.6 Sarah Claxton

19, 23.09.79, 1 Loughborough, 23 May 99

The Olympic hurdles finalist was initially a long jumper. She competed in the European Cup in 1998 and 1999 and was a Commonwealth finalist in 2002.

25.645/1.0 Margaret Cheetham

15, 19.10.68, 1 Middlesbrough, 18 Aug 84
Sadly the all time best U17 and U15 jumper peaked at 15.

51.632/1.1 Helen Garrett

22, 26.11.64, 1 Loughborough, 7 Jun 87

Still competing 24 years later and in 2010 ranked in the top 20 W45s at 800m, 1500m, long jump and high jump, she is also a regular 10km competitor.

93.614 Sheila Turner

19, 14.10.36, 1 Tooting Bec, 5 May 56
The 1958 Commonwealth champion achieved a windy 6.26m in the same year she competed in the Melbourne Olympics.

Men

Youngest in top 30: Jonathan Moore, 17, 8.03, 2002

Oldest in top 30: Barrington Williams, 33, 1989

Oldest mark in top 30: John Morbey 7.79 1964

Women

Youngest in top 30: Margaret Cheetham, 15, 6.45, 1984

Oldest in top 30: Kelly Sotherton 31, 6.79, 2008

Oldest mark in top 30: Mary Rand, 6.76, 1964