

# West Cheshire AC Records

Have you beaten one of these records, or set a new one? If so, please send us details via "Webmaster" at:

<http://www.westcheshireac.co.uk/contact/>

For more up-to-date records, see:

<http://www.westcheshireac.co.uk/club-records/>

Sorry, wind-assisted performances are not considered for record purposes

Event	FEMALE Age Group									
	FO20		FU20		FU17		FU15		FU13	
<b>Outdoor, Track</b>										
75m	Event not run								9.98	20/07/19
									Madeline Mercer	
80m	Event not run								10.80	10/05/08
									Laura Rigby	
100m	12.16	25/06/17	12.30	05/06/10	12.40	08/07/05	12.40	24/05/09	13.05	20/06/19
	Alice McMahon		Bryony Potter/ Alice McMahon		Sian Kelman		Alice McMahon/ Imogen Pughe		Madeline Mercer	
150m	Event not run								19.70	10/05/10
									Amy Williams	
200m	24.40	21/07/19	25.35	15/06/14	25.62	10/08/15	25.60	20/06/08	27.10	05/09/10
	Laura Turley		Alice McMahon		Georgia Barlow		Alice McMahon		Amy Williams/ Madeline Mercer	06/07/19
300m	Event not run				40.69	11/07/14	40.25	27/05/19	Event not run	
					Georgia Barlow		Imogen Pughe			
400m	54.66	01/06/19	59.80	05/07/09	60.10	03/08/08	Event not run			
	Laura Turley		Bryony Potter		Bryony Potter					
800m	02:22.77	27/05/16	02:16.80	17/06/06	02:17.90	01/05/05	02:18.40	22/06/19	02:23.70	27/06/15
	Olivia Montez-Brown		Charlotte Roach		Charlotte Roach		Carys Roberts		Emily Misantoni	
1000m	Event not run								03:14.03	10/10/20
									Ruby Phillips	
1200m	Event not run								03:51.73	20/07/19
									Jessica Lark	
1500m	04:43.84	03/06/04	04:46.30	06/07/03	04:53.00	01/04/17	04:46.06	06/09/20	05:06.20	03/07/17
	Nicola Whitfield-Bird		Laura Bestow		Issy Clarke		Carys Roberts		Imogen Pughe/ Jessica Lark	11/08/19
1 Mile	06:12.80	06/05/14	05:39.10	03/05/16	05:57.00	03/05/16	05:44.88	15/04/18	05:52.28	07/04/19
	Ellie Robinson		Katie Clarke		Issy Clarke		Imogen Pughe		Jessica Lark	
3000m	10:11.79	22/06/04	10:23.00	03/06/03	10:50.10	15/05/09	12:49.33	03/04/21		
	Nicola Whitfield-Bird		Laura Bestow		Emma Monteith		Cosette Wearden			
5000m	17:23.06	23/04/21	Event not run							
	Katie Clarke									
10,000m	36:50.85	09/04/21	Event not run							
	Katie Clarke									
1500mSC	Event not run		05:38.60	28/05/17	05:53.70	28/05/17	Event not run			
			Katie Clarke		Issy Clarke					
Sprint Hurdles (Standard Distance/ Height)	14.13 (100m)	12/05/17	14.3 (100m)	09/08/14	11.6 (80m)	30/06/12	11.37 (75m)	07/10/10	11.2 (70m)	06/06/10
	Olivia Montez-Brown		Olivia Montez-Brown		Olivia Montez-Brown		Olivia Montez-Brown		Amy Williams	
100m Hurdles	See above				16.30	01/05/10	Event not run			
					Gemma Hale					
300m Hurdles	Event not run				45.90	10/05/10	Event not run			
					Alice Jennings					
400m Hurdles	63.50	06/07/99	65.88	29/05/04	69.20	22/06/03	Event not run			
	Heather McIntock (nee Lowry)		Samantha Appleby		Samantha Appleby					
<b>Outdoor, Field</b>										
High Jump	1.66	12/05/17	1.69	25/06/11	1.68	09/09/10	1.60	24/05/08	1.53	22/08/98
	Olivia Montez-Brown		Victoria Anderson	12/08/12	Victoria Anderson		Alice Jennings/ Abigail Pawlett	01/04/17	Sarah Devoy	
Pole Vault	2.00	05/05/12	2.50	08/07/16	2.00	12/05/16	2.10	17/06/17	Event not run	
	Nicole Gore/ Nola Harrison	07/05/11	Lauren Dimbylow		Lauren Jones/ Chelsea Butler	04/06/11	Lauren Jones			
Long Jump	5.91	10/04/16	5.82	12/07/14	5.55	26/05/07	5.39	20/08/05	5.40	23/06/10
	Olivia Montez-Brown		Olivia Montez-Brown		Sian Kelman		Sian Kelman		Amy Williams	
Triple Jump	11.29	13/05/17	10.97	03/07/11	11.35	21/04/12	10.44	05/09/10	Event not run	
	Olivia Montez-Brown		Emily Clark		Olivia Montez-Brown		Olivia Montez-Brown			
Shot (Standard Weights)	12.6 (4kg)	01/05/17	12.56 (4kg)	20/06/15	14 (3kg)	30/08/14	10.42 (3kg)	16/04/17	9.86 (2.72kg)	20/07/19
	Emily Ball		Emily Ball		Emily Ball		Abigail Pawlett		Sara Pearson	
Discus (Standard Weights)	41.17 (2kg)	01/09/07	41.32 (1kg)	13/05/17	46.48 (1kg)	04/09/16	38.63 (1kg)	31/08/14	26.34 (0.75kg)	20/09/17
	Nicola Gore		Isabel Griffin Morris		Isabel Griffin Morris		Isabel Griffin Morris		Isla Shillington	
Hammer (Standard Weights)	47.16 (4kg)	06/05/17	50.12 (4kg)	12/08/08	52.12 (3kg)	29/04/18	49.89 (3kg)	09/09/17	21.98 (3kg)	20/09/19
	Stephanie Owens		Stephanie Owens		Evie Tipping		Evie Tipping		Kara Stoll	
Javelin (Standard Weights)	45.03 (600g)	17/06/18	45.27 (600g)	23/07/19	50.34 (500g)	01/09/17	43.07 (500g)	13/06/15	33.77 (400g)	26/09/20
	Sophie Percival		Emma Howe		Emma Howe		Emma Howe		Harriet Wheeler	
	SW		JW		FU17		FU15		FU13	
	FEMALE Age Group									