

# 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

FEMALE Age Group									
Event	FO20	FU20	FU17	FU15	FU13				
<b>Outdoor, Track</b>									
75m	Event not run					9.98			
						Madeline Mercer			20/07/19
80m	Event not run					10.80			
						Luara Rigby			10/05/08
100m	12.16	12.30	12.40	12.40	13.05				
	Alice McMahon 25/06/17	Alice McMahon 13/04/13	Sian Kelman 08/07/05	Alice McMahon/ Imogen Pughe 08/07/05	24/05/09	Madeline Mercer		29/06/19	
150m	Event not run					19.70			
						Amy Williams			16/05/10
200m	24.70	25.35	25.62	25.60	26.70				
	Laura Turley 16/07/18	Alice McMahon 13/06/14	Georgina Barlow 18/08/15	Alice McMahon 20/06/09	19/05/02	Leanna Henning/ Samantha Galley/ Abbie Kirk 13/05/06			
300m	Event not run		40.69	40.25	Event not run				
			Georgina Barlow 11/07/14	Imogen Pughe 27/05/19					
400m	54.66	59.80	57.40	Event not run					
	Laura Turley 01/06/15	Bryony Potter 05/07/09	Imogen Pughe 01/09/21						
600m	Event not run					01:52.60			
						Sophie Hemingbrough			12/05/12
800m	02:22.77	02:16.80	02:13.87	02:18.40	02:23.70				
	Olivia Montez-Brown 27/05/16	Charlotte Roach 17/06/06	Carys Roberts 01/06/21	Carys Roberts 22/06/19	Emily Misantoni			27/06/15	
1000m	Event not run					03:14.03			
						Ruby Phillips			10/10/20
1200m	Event not run					03:51.73			
						Jessica Lark			20/07/19
1500m	04:46.06	04:46.30	04:46.20	04:46.06	05:06.20				
	Nicola Whitfield-Bird 03/08/04	Laura Bestow 06/07/03	Carys Roberts 01/08/21	Carys Roberts 06/09/20	Imogen Pughe/ Imogen Pughe 11/09/19			03/07/17	
1 Mile	06:12.80	05:39.10	05:57.00	05:34.10	05:52.28				
	Ellie Robinson 06/05/14	Katie Clarke 03/05/16	Isay Clarke 03/05/16	Jessica Lark 19/09/21	Jessica Lark 07/04/19				
3000m	09:52.60	10:23.00	10:50.10	11:18.29					
	Liz Renondeau 01/08/21	Laura Bestow 03/06/03	Emma Monteth 15/05/99	Jessica Lark 12/09/21					
5000m	17:23.06	Event not run							
	Katie Clarke 23/04/21								
10,000m	36:23.14	Event not run							
	Katie Clarke 26/03/21								
1500mSC	Event not run		05:38.60	05:50.70	Event not run				
			Katie Clarke 28/05/17	Jodi Bemand 05/09/21					
Sprint Hurdles (Standard Distance/ Height)	14.37 (100m)	14.3 (100m)	11.6 (80m)	11.37 (75m)	11.2 (70m)				
	Olivia Montez-Brown 26/05/16	Olivia Montez-Brown 09/08/14	Olivia Montez-Brown 30/06/12	Olivia Montez-Brown 07/10/10	Amy Williams/ Abigail Pawlett 13/09/15			26/05/10	
100m Hurdles	See above		16.30	Event not run					
			Gemma Hale 01/05/16						
300m Hurdles	Event not run		45.90	Event not run					
			Alice Jennings 16/05/10						
400m Hurdles	63.50	65.88	69.20	Event not run					
	Heather McLintock (nee Lowry) 06/07/96	Samantha Appleby 11/10/15	Samantha Appleby 22/06/02						
<b>Outdoor, Field</b>									
High Jump	1.54	1.69	1.68	1.60	1.53				
	Gemma Ashton 08/05/01	Victoria Anderson 12/05/12	Victoria Anderson 08/09/10	Alice Jennings/ Abigail Pawlett 01/04/17	24/05/08	Sarah Devoy 22/06/99			
Pole Vault	2.00	2.50	2.00	2.10	Event not run				
	Nala Harrison/ Nicola Gore 05/05/12	Lauren Dimbylow 08/07/18	Chelsea Butler/ Lauren Jones 01/07/18	Lauren Jones 17/06/17					
Long Jump	5.91	5.82	5.55	5.39	5.40				
	Olivia Montez-Brown 10/04/16	Olivia Montez-Brown 12/07/14	Sian Kelman 26/05/07	Sian Kelman 20/08/05	Amy Williams 23/06/10				
Triple Jump	9.68	10.97	11.35	10.44	Event not run				
	Shona Valentine 06/05/06	Emily Clark 03/07/11	Olivia Montez-Brown 21/04/12	Olivia Montez-Brown 03/08/10					
Shot (Standard Weights)	12.02 (4kg)	12.56 (4kg)	14 (3kg)	10.42 (3kg)	9.86 (2.72kg)				
	Sophia Percival 08/07/17	Emily Ball 26/09/15	Emily Ball 30/08/14	Abigail Pawlett 16/04/17	Sara Pearson 20/07/19				
Discus (Standard Weights)	41.17 (1kg)	40.1 (1kg)	46.48 (1kg)	38.63 (1kg)	26.34 (0.75kg)				
	Nicola Gore 01/09/07	Emily Ball 26/07/15	Isobel Griffin Morris 04/09/16	Isobel Griffin Morris 31/09/14	Isla Shillington 23/09/17				
Hammer (Standard Weights)	47.93 (4kg)	50.12 (4kg)	52.12 (3kg)	49.89 (3kg)	21.98 (3kg)				
	Stephanie Owens 13/05/17	Stephanie Owens 12/08/08	Evie Tipping 20/04/18	Evie Tipping 09/09/17	Kara Stoll 26/09/19				
Javelin (Standard Weights)	45.03 (600g)	45.27 (600g)	50.34 (500g)	43.07 (500g)	33.77 (400g)				
	Sophia Percival 17/06/16	Emma Howe 23/07/19	Emma Howe 01/09/17	Emma Howe 13/06/15	Harriet Wheeler 26/09/20				
	SW	JW	FU17	FU15	FU13				
FEMALE Age Group									