

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	Overall	FEMALE Age Group					
		FO20	FU20	FU17	FU15	FU13	
Outdoor, Track							
75m	9.98 Madeline Mercer 20/07/19	Event not run					9.98 Madeline Mercer 20/07/19
80m	10.80 Laura Rigby 10/05/08	Event not run					10.80 Laura Rigby 10/05/08
100m	12.16 Alice McMahon 25/06/17	12.16 Alice McMahon 25/06/17	12.30 Alice McMahon 13/04/13	12.40 Sian Kelman 06/07/05	12.40 Alice McMahon/ Imogen Pughe 08/06/19	13.05 Madeline Mercer 29/06/19	
150m	19.70 Amy Williams 16/05/10	Event not run					19.70 Amy Williams 16/05/10
200m	24.70 Laura Turley 16/07/19	24.70 Laura Turley 16/07/19	25.35 Alice McMahon 15/06/14	25.62 Georgia Barlow 16/09/15	25.60 Alice McMahon 20/06/09	26.70 Leanna Hasting/ Samantha Galley/ Abbie Kirk 13/05/06	
300m	40.25 Imogen Pughe 27/05/19	Event not run		40.69 Georgia Barlow 11/07/14	40.25 Imogen Pughe 27/05/19	Event not run	
400m	54.66 Laura Turley 01/06/19	54.66 Laura Turley 01/06/19	59.80 Bryony Potter 05/07/09	57.40 Imogen Pughe 01/08/21	Event not run		
600m	01:52.60 Sophie Hemingbrough 12/05/12	Event not run					01:52.60 Sophie Hemingbrough 12/05/12
800m	02:13.87 Carys Roberts 01/06/21	02:22.77 Olivia Montez-Brown 27/05/16	02:16.80 Charlotte Roach 17/06/06	02:13.87 Carys Roberts 01/06/21	02:18.40 Carys Roberts 22/06/19	02:23.70 Emily Misantoni 27/06/15	
1000m	03:14.03 Ruby Phillips 10/10/20	Event not run					03:14.03 Ruby Phillips 10/10/20
1200m	03:51.73 Jessica Lark 20/07/19	Event not run					03:51.73 Jessica Lark 20/07/19
1500m	04:46.06 Nicola Whitfield-Bird 03/08/04	04:46.06 Nicola Whitfield-Bird 03/08/04	04:46.30 Laura Bestow 06/07/03	04:46.20 Carys Roberts 01/08/21	04:46.06 Carys Roberts 06/09/20	05:06.20 Imogen Pughe/ Imogen Pughe 11/06/19	
1 Mile	05:34.10 Jessica Lark 15/09/21	06:12.80 Ellie Robinson 06/05/14	05:39.10 Katie Clarke 03/05/16	05:57.00 Issy Clarke 03/05/16	05:34.10 Jessica Lark 15/09/21	05:52.26 Jessica Lark 07/04/19	
3000m	09:52.60 Liz Renondeau 01/08/21	09:52.60 Liz Renondeau 01/08/21	10:23.00 Laura Bestow 03/06/03	10:50.10 Emma Monteith 15/05/99	11:16.29 Jessica Lark 12/09/21		
5000m	17:23.06 Katie Clarke 23/04/21	17:23.06 Katie Clarke 23/04/21	Event not run				
10,000m	36:23.14 Katie Clarke 26/05/21	36:23.14 Katie Clarke 26/05/21	Event not run				
1500mSC	05:38.60 Katie Clarke 28/05/17	Event not run		05:38.60 Katie Clarke 28/05/17	05:50.70 Joel Bemand 05/09/21	Event not run	
Sprint Hurdles (Standard Distance/ Height)	N/A N/A	14.37 (100m) Olivia Montez-Brown 26/05/16	14.3 (100m) Olivia Montez-Brown 09/08/14	11.6 (80m) Olivia Montez-Brown 30/06/12	11.37 (75m) Olivia Montez-Brown 07/10/10	11.2 (70m) Amy Williams/ Abigail Pawlett 13/09/15	
100m Hurdles	16.30 Gemma Hale 01/05/10	See above		16.30 Gemma Hale 01/05/10	Event not run		
300m Hurdles	45.90 Alice Jennings 16/05/10	Event not run		45.90 Alice Jennings 16/05/10	Event not run		
400m Hurdles	63.50 Heather McLintock (nee Lowry) 06/07/09	63.50 Heather McLintock (nee Lowry) 06/07/09	65.88 Samantha Appleby 11/10/15	69.20 Samantha Appleby 22/06/03	Event not run		
400m Hurdles Senior Height	0.00 Heather McLintock (nee Lowry) 03/06/13	65.88 Samantha Appleby 29/05/04	0.00 Su Baird 17/04/16	0.00 Heather McLintock (nee Lowry) 03/06/13	Event not run		
Outdoor, Field							
High Jump	1.69 Victoria Anderson 29/06/11	1.54 Gemma Ashton 06/05/01	1.69 Victoria Anderson 12/05/12	1.68 Victoria Anderson 09/09/10	1.60 Alice Jennings/ Abigail Pawlett 01/04/17	1.53 Sarah Devoy 22/09/99	
Pole Vault	2.50 Lauren Dimbylow 08/07/18	2.00 Nola Harrison/ Nicola Gore 05/05/12	2.50 Lauren Dimbylow 08/07/18	2.00 Chelsea Butler/ Lauren Jones 01/07/18	2.10 Lauren Jones 17/06/17	Event not run	
Long Jump	5.91 Olivia Montez-Brown 10/04/16	5.91 Olivia Montez-Brown 10/04/16	5.82 Olivia Montez-Brown 12/07/14	5.55 Sian Kelman 26/05/07	5.39 Sian Kelman 20/09/05	5.40 Amy Williams 23/06/10	
Triple Jump	11.35 Olivia Montez-Brown 21/04/12	9.68 Shona Valentine 06/05/06	10.97 Emily Clark 03/07/11	11.35 Olivia Montez-Brown 21/04/12	10.44 Olivia Montez-Brown 05/06/10	Event not run	
Shot (Standard Weights)	N/A N/A	12.02 (4kg) Sophie Percival 09/07/17	12.56 (4kg) Emily Ball 26/09/15	14 (3kg) Emily Ball 30/08/14	10.42 (3kg) Abigail Pawlett 16/04/17	9.86 (2.72kg) Sara Pearson 20/07/19	
Discus (Standard Weights)	N/A N/A	41.17 (1kg) Nicola Gore 01/09/07	40.1 (1kg) Emily Ball 26/07/15	46.48 (1kg) Isobel Griffin Morris 04/09/16	38.63 (1kg) Isobel Griffin Morris 31/08/14	26.34 (0.75kg) Isa Shillington 23/09/17	
Hammer (Standard Weights)	N/A N/A	47.93 (4kg) Stephanie Owens 13/05/17	50.12 (4kg) Stephanie Owens 12/06/08	52.12 (3kg) Eve Tipping 26/04/18	49.89 (3kg) Eve Tipping 08/09/17	21.96 (3kg) Kara Stell 26/09/19	
Javelin (Standard Weights)	N/A N/A	45.03 (600g) Sophie Percival 17/06/18	45.27 (600g) Emma Howe 23/07/19	50.34 (500g) Emma Howe 01/09/17	43.07 (500g) Emma Howe 13/06/15	33.77 (400g) Harriet Wheeler 26/09/20	
		SW	JW	FU17	FU15	FU13	
FEMALE Age Group							