

# 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	Overall	FO20		FU20		FU17		FU15		FU13	
<b>Road Running/ Walking</b>											
5km	17:50 Joanne Bailey 24/08/01	17:50 Joanne Bailey 24/08/01		18:19 Katie Clarke 28/04/17		18:59 Issy Clarke 28/04/17		19:17 Sophie Grainger 24/04/19		Event not run	
5 Miles	28:14 Liz Renondeau 14/11/21	28:14 Liz Renondeau 14/11/21		30:41 Katie Clarke 12/04/17		32:18 Jodi Bemand 14/11/21		Event not run		Event not run	
10km	37:57 Joanne Bailey 28/10/01	37:57 Joanne Bailey 28/10/01		40:53 Katie Clarke 09/10/16		41:35 Jodi Bemand 06/11/21		Event not run		Event not run	
10 Miles	02:38 Julie Fletcher 01/11/99	01:02:38 Julie Fletcher 01/11/99				Event not run		Event not run		Event not run	
1/2 Marathon	01:23:17 Julie Fletcher 24/01/99	01:23:17 Julie Fletcher 24/01/99		01:51:37 Megan McEveley 12/10/14		Event not run		Event not run		Event not run	
Marathon	02:58:10 Keely Smith 25/04/21	02:58:10 Keely Smith 25/04/21		Event not run		Event not run		Event not run		Event not run	
5km Walk	00:33:07 Cath McGrath 02/12/06	00:33:07 Cath McGrath 02/12/06									
<b>Indoor</b>											
60m	7.85 Laura Turley 07/01/18	7.85 Laura Turley 07/01/18		7.91 Sian Kelman 17/01/09		7.91 Sian Kelman 07/01/06		8.00 Alice McMahon 14/02/09		8.43 Amy Williams 10/01/10	
60m Hurdles (Standard Heights)	8.72 Olivia Montez-Brown 17/01/15	25.30 Alice McMahon 05/05/13		8.72 Olivia Montez-Brown 17/01/15		8.92 Olivia Montez-Brown 01/12/12		8.85 Abigail Pawlett 26/02/17		10.02 Amy Williams 07/02/10	
150m	19.43 Alice McMahon 21/11/09					19.43 Alice McMahon 21/11/09		19.75 Sam Galley 09/12/06			
200m	25.08 Laura Turley 04/02/18	25.08 Laura Turley 04/02/18		26.67 Georgia Barlow 17/01/16		26.08 Sian Kelman 21/01/07		26.09 Abigail Pawlett 19/02/17		28.65 Ruby Wisbey 04/02/16	
300m	39.56 Laura Turley 07/01/18	39.56 Laura Turley 07/01/18		42.31 Laura Turley 18/12/16		41.40 Imogen Pughe 11/01/20		41.75 Imogen Pughe 23/02/19		44.15 Emily Misantoni 06/12/15	
400m	54.67 Laura Turley 06/02/19	54.67 Laura Turley 06/02/19				64.21 Emily Done 07/01/06		60.00 Imogen Pughe 27/01/19			
600m	01:40.38 Emily Misantoni 31/01/16							01:40.38 Emily Misantoni 31/01/16		01:41.58 Emily Misantoni 06/12/15	
800m	02:23.02 Olivia Montez-Brown 10/03/17	02:23.02 Olivia Montez-Brown 10/03/17		02:30.41 Olivia Montez-Brown 10/01/15		02:27.06 Eve Duret 14/01/18		02:24.01 Emily Misantoni 07/02/16		02:24.80 Emily Misantoni 22/11/15	
1000m	03:22.68 Cosette Wearden 20/11/21							03:22.68 Cosette Wearden 20/11/21		03:26.61 Tamsin O'Keefe 19/02/14	
1500m	05:18.20 Eve Duret 13/01/18					05:18.20 Eve Duret 13/01/18					
3000m	10:11.35 Laura Bestow 27/02/05	10:11.35 Laura Bestow 27/02/05		10:32.52 Katie Clarke 15/01/17							
5000m	18:29.85 Katie Clarke 20/02/20	18:29.85 Katie Clarke 20/02/20									
High Jump	1.69 Victoria Anderson 07/03/10					1.69 Victoria Anderson 07/03/10		1.62 Alice Jennings 14/02/09		1.45 Emily Misantoni 06/12/15	
Long Jump	5.85 Olivia Montez-Brown 07/01/17	5.85 Olivia Montez-Brown 07/01/17		5.80 Olivia Montez-Brown 28/02/15		5.49 Olivia Montez-Brown 01/12/12		5.30 Abigail Pawlett 05/02/17	29/01/17	5.01 Amy Williams 21/02/10	16/01/10
Triple Jump	10.22 Olivia Montez-Brown 26/11/10					10.22 Olivia Montez-Brown 20/11/10					
Shot	7.45 Abigail Pawlett 22/11/14									7.45 Abigail Pawlett 22/11/14	
2.72kg								10.14 Abigail Pawlett 06/11/16		7.01 Emily Misantoni 22/11/15	
Shot	10.14 Abigail Pawlett 06/11/16										
3kg								11.11 Emily Ball 16/02/13		11.29 Nicola Gore 09/04/00	10.48 Stephanie Owens 18/04/03
Shot	11.29 Nicola Gore 09/04/00										
3.25kg											
Shot	13.08 Emily Ball 19/02/17	13.08 Emily Ball 19/02/17		11.96 Emily Ball 07/02/15		11.72 Kelly Baker 15/01/12		10.38 Emily Ball 17/11/12			
4kg											
Quadrathlon	321 Abigail Pawlett 06/11/16							321 Abigail Pawlett 06/11/16		257 Abigail Pawlett 22/11/14	
Pentathlon	3863 Olivia Montez-Brown 10/03/17	3863 Olivia Montez-Brown 10/03/17		3485 Olivia Montez-Brown 10/01/15		3345 Olivia Montez-Brown 01/12/12		3341 Abigail Pawlett 12/03/17			
			SW	JW	FU17	FU15	FU13				
<b>FEMALE Age Group</b>											