

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			
Road Running/ Walking									
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 Bernard 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 Bernard 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		
5km Walk	00:33:07 Cath McGrath 02/12/06	00:33:07 Cath McGrath 02/12/06							
Indoor									
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	01:38.83 Jessica Lark 19/12/21			01:38.83 Jessica Lark 19/12/21	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	02:27.08 Eve Duret 14/01/18	02:24.01 Emily Misantoni 07/02/19	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	5.01 Amy Williams 21/02/10			
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					10.14 Abigail Pawlett 06/11/16	7.01 Emily Misantoni 22/11/15		
Shot	11.29 Nicola Gore 09/04/00					11.11 Emily Ball 16/02/13	11.29 Nicola Gore 09/04/00	10.48 Stephanie Owens 18/04/03	
3.25kg	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				
Shot	321 Abigail Pawlett 06/11/16					321 Abigail Pawlett 06/11/16	257 Abigail Pawlett 22/11/14		
4kg	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				
Quadrathlon									
Pentathlon									
		SW	JW	FU17	FU15	FU13			
FEMALE Age Group									