

# 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/>

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Keely Smith

For more detail, 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 26/04/17	18:59 Isay Clarke 28/04/17	19:17 Sophie Grainger 24/04/19				
5 Miles	28:14 Liz Renondeau 14/11/21	28:14 Liz Renondeau 14/11/21	30:41 Katie Clarke 12/04/17	32:05 Jodi Bernard 12/04/22	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	39:09 Jodi Bernard 08/03/22	Event not run	Event not run			
10 Miles	01:02:38 Julie Fletcher 01/11/98	01:02:38 Julie Fletcher 01/11/98		Event not run	Event not run	Event not run			
1/2 Marathon	01:22:10 Keely Smith 20/03/22	01:22:10 Keely Smith 20/03/22	01:51:37 Megan McEveley 12/10/14	Event not run	Event not run	Event not run			
Marathon	02:52:10 Keely Smith 03/04/22	02:52:10 Keely Smith 03/04/22	Event not run	Event not run	Event not run	Event not run			
5km Walk	33:07 Cath McGrath 02/12/06	33:07 Cath McGrath 02/12/06							
<b>Indoor</b>									
60m	7.85 Laura Turley 07/01/16	7.85 Laura Turley 07/01/16	7.91 Sian Kelman 17/01/06	7.91 Sian Kelman 07/01/06	7.92 Emily Owen 12/02/22	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			
60m Hurdles Senior Height									
200m	25.08 Laura Turley 04/02/18	25.08 Laura Turley 04/02/18	26.53 Imogen Pughe 05/03/22	25.98 Emma Holmes 18/01/22	26.09 Abigail Pawlett 19/02/17	28.65 Ruby Wisbey 04/02/18			
300m	39.56 Laura Turley 07/01/18	39.56 Laura Turley 07/01/18	41.66 Imogen Pughe 13/03/22	40.10 Emma Holmes 13/02/22	41.75 Imogen Pughe 23/02/19	44.15 Emily Misantoni 06/12/15			
400m	54.67 Laura Turley 09/02/19	54.67 Laura Turley 09/02/19		64.21 Emily Done 07/01/06	60.00 Imogen Pughe 27/01/19				
600m	01:37.91 Jessica Lark 13/03/22			01:37.91 Jessica Lark 13/03/22	01:40.38 Emily Misantoni 31/01/16	01:41.58 Emily Misantoni 06/12/15			
800m	02:14.26 Jessica Lark 16/01/22	02:23.02 Olivia Montez-Brown 10/03/17	02:30.41 Olivia Montez-Brown 10/01/15	02:14.26 Jessica Lark 16/01/22	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 15/02/14			
1500m	05:18.20 Eve Duret 13/01/18			05:18.20 Eve Duret 13/01/18					
1 Mile									
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						
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			
Pole Vault	0.00 00:00.00 00/01/00								
Long Jump	5.85 Olivia Montez-Brown 07/01/17	5.85 Olivia Montez-Brown 07/01/17	5.80 Olivia Montez-Brown 26/02/15	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 20/11/10			10.22 Olivia Montez-Brown 20/11/10					
Shot 3.25kg	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 18/04/04			
Shot 4kg	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 19/01/12	10.38 Emily Ball 17/11/12				
Shot 5kg	0.00 00:00.00 00/01/00								
Shot 6kg	0.00 00:00.00 00/01/00								
Shot 7.2 6kg	0.00 00:00.00 00/01/00								
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 12/02/17				
Heptathlon	0 00:00.00 00/01/00								
		SW	JW	FU17	FU15	FU13			
FEMALE Age Group									