

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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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		
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 12.05.07		12.40 Alice McMahon/ Imogen Pugh/ Sian Kelman 24/05/09 08/06/19		13.05 Madeline Mercer 29.06.19		
150m	19.70 Amy Williams 16.09.10	Event not run						23.80 Violeta Brooks 09/04/22		19.70 Amy Williams 16.09.10		
200m	24.70 Laura Turley 16.07.19	24.70 Laura Turley 16.07.19		25.35 Alice McMahon 15.06.14		25.40 Emma Holmes 20.03.22		25.60 Alice McMahon 20.06.09		26.70 Leanna Henning/ Samantha Galley/ Abbie Kirk 19.05.02 13.05.06		
300m	40.25 Imogen Pugh 27.05.19	Event not run				40.50 Emma Holmes 26.05.22		40.25 Imogen Pugh 27.05.19		Event not run		
400m	54.66 Laura Turley 01.06.19	54.66 Laura Turley 01.06.19		58.70 Imogen Pugh 30.04.22		57.40 Imogen Pugh 01.08.21		Event not run				
600m	01:42.70 Ruby Phillips 09.04.22	Event not run						01:42.70 Ruby Phillips 09.04.22		01:52.60 Sophie Hemingbrough 12.03.12		
800m	02:13.32 Jessica Lark 28.05.22	02:22.77 Olivia Montez-Brown 27.05.16		02:14.00 Imogen Pugh 26.03.22		02:13.32 Jessica Lark 28.05.22		02:16.96 Ruby Phillips 21.05.22		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 Pugh/ Imogen Pugh 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 02.05.16		05:42.00 Aimee Phillips 09.04.22		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 15.05.09		10:54.40 Cosette Wearden 09.04.22				
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	05:36.20 Jodi Bemand 24.04.22	Event not run		05:36.20 Jodi Bemand 24.04.22		05:50.70 Jodi Bemand 05.09.21		Event not run				
Sprint Hurdles (Standard Distance/ Height)	N/A	14.37 (100m) Olivia Montez-Brown 26.05.16		14.3 (100m) Olivia Montez-Brown 09.09.14		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 26.05.10 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) 06.07.99	63.50 Heather McLintock (nee Lowry) 06.07.99		65.88 Samantha Appleby 11.10.15		69.20 Samantha Appleby 22.06.03	Event not run					
Outdoor, Field												
High Jump	1.69 Victoria Anderson 25.06.11	1.54 Gemma Ashton 08.05.01		1.69 Victoria Anderson 12.05.12		1.68 Victoria Anderson 09.09.10		1.60 Alice Jennings/ Abigail Pawlett 24/05/08 01/04/17		1.53 Sarah Devoy 22.08.99		
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 01.07.19		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 20.08.05		5.40 Amy Williams 23.06.10		
Triple Jump	11.35 Olivia Montez-Brown 21.04.12	10.06 Danielle Erskine 14.05.22		10.97 Emily Clark 03.07.11		11.35 Olivia Montez-Brown 21.04.12		10.44 Olivia Montez-Brown 05.09.10	Event not run			
Shot (Standard Weights)	N/A	12.02 (4kg) Sophie Percival 09.07.17		12.56 (4kg) Emily Ball 26.09.15		14 (3kg) Emily Ball 30.09.14		10.42 (3kg) Abigail Pawlett 16.04.17		9.86 (2.72kg) Sara Pearson 20.07.19		
Discus (Standard Weights)	N/A	41.17 (1kg) Nicola Gore 01.09.07		40.1 (1kg) Emily Ball 26.07.15		46.48 (1kg) Isobel Griffin Morris 04.06.16		38.63 (1kg) Isobel Griffin Morris 31.08.14		26.34 (0.75kg) Isia Shillington 22.09.17		
Hammer (Standard Weights)	N/A	47.93 (4kg) Stephanie Owens 13.05.17		50.12 (4kg) Stephanie Owens 12.08.06		52.12 (3kg) Erin Tipping 29.04.19		49.89 (3kg) Erin Tipping 09.09.17		21.96 (3kg) Kara Stoff 28.09.19		
Javelin (Standard Weights)	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 16.06.15		33.77 (400g) Harriet Wheeler 26.09.20		
		SW		JW		FU17		FU15		FU13		
FEMALE Age Group												