

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/>

<https://www.westcheshireac.co.uk/wp-content>

For more detail, see:

<http://www.westcheshireac.co.uk/club-records/>

<https://www.westcheshireac.co.uk/wp-content>

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 12/03/07	12.40 Alice McMahon/ Imogen Pughe/ Sian Kelman 24/05/09 08/06/19	13.05 Madeline Mercer 29/06/18					
150m	19.70 Amy Williams 16/05/10	Event not run						23.80 Violeta Brooks 09/04/22	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 13/06/14	25.10 Emma Holmes 12/06/22	25.60 Alice McMahon 20/06/00	26.70 Leanne Hemming/ Samantha Goley/ Abbie Kirk 19/05/02 13/05/06					
300m	39.26 Emma Holmes 16/07/22	Event not run				39.26 Emma Holmes 16/07/22	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	58.70 Imogen Pughe 30/04/22	57.40 Imogen Pughe 01/06/21	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 12/06/12		
800m	02:13.32 Jessica Lark 28/05/22	02:22.77 Olivia Montez-Brown 27/05/16	02:14.00 Imogen Pughe 26/03/22	02:13.32 Jessica Lark 28/05/22	02:16.96 Ruby Phillips 21/05/22	02:23.70 Emily Meantoni 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 30/07/19	Event not run						03:51.73 Jessica Lark 30/07/19			
1500m	04:46.06 Nicola Whitfield-Bird 02/06/04	04:46.06 Nicola Whitfield-Bird 02/06/04	04:46.30 Laura Bestow 05/07/03	04:46.20 Carys Roberts 01/06/21	04:46.06 Carys Roberts 06/09/20	05:06.20 Imogen Pughe/ Jessica Lark 11/06/19					
1 Mile	05:24.80 Cosette Wearden 13/07/22	06:12.80 Ellie Robinson 06/05/14	05:39.10 Katie Clarke 03/05/16	05:42.00 Almae Phillips 09/04/22	05:24.80 Cosette Wearden 13/07/22	05:52.28 Jessica Lark 07/04/16					
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	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					
2000mSC	07:52.35 Jodi Bemand 19/06/22	Event not run		07:52.35 Jodi Bemand 19/06/22	Event not run						
3000mSC	12:34.27 Jodi Bemand 17/07/22	Event not run		12:34.27 Jodi Bemand 17/07/22	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 09/06/14	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 26/05/19 13/06/15					
100m Hurdles	16.30 Gemma Hale 01/09/10	See above			16.30 Gemma Hale 01/09/10	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 25/06/11	1.68 Victoria Anderson 12/05/12	1.60 Victoria Anderson 08/09/10	1.60 Alice Jennings/ Abigail Pawlett 24/05/08 01/04/17	1.53 Sarah Devoy 22/09/99				
Pole Vault	2.50 Lauren Dimbylow 08/07/16	2.00 Nola Harrison/ Nicola Gore 07/05/11 05/05/12	2.50 Lauren Dimbylow 08/07/16	2.00 Chelsea Butler/ Lauren Jones 01/07/18	2.10 Lauren Jones 04/06/11	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	10.10 Danielle Erskine 10/07/22	10.97 Emily Clark 03/07/11	11.35 Olivia Montez-Brown 21/04/12	10.44 Olivia Montez-Brown 03/08/10	Event not run					
Shot (Standard Weights)	N/A N/A	12.02 (4kg) Sophie Percival 09/07/17	12.56 (4kg) Emily Ball 25/09/15	14 (3kg) Emily Ball 30/08/14	10.42 (3kg) Abigail Pawlett 16/04/17	9.86 (2.72kg) Sara Pearson 01/09/17					
Discus (Standard Weights)	N/A N/A	41.17 (1kg) Nicola Gore 01/09/07	40.1 (1kg) Emily Ball 25/07/15	46.48 (1kg) Isobel Griffin Morris 04/09/16	38.63 (1kg) Isobel Griffin Morris 31/03/14	26.34 (0.75kg) Isla Shillington 23/09/19					
Hammer (Standard Weights)	N/A N/A	47.93 (4kg) Stephanie Owens 13/05/17	50.12 (4kg) Stephanie Owens 12/08/09	52.12 (3kg) Evie Tipping 29/04/18	49.89 (3kg) Evie Tipping 09/09/17	21.98 (3kg) Kara Stoll 08/09/19					
Javelin (Standard Weights)	N/A N/A	45.03 (600g) Sophie Percival 17/06/16	45.27 (600g) Emma Howe 22/07/18	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											