

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for **Track and Field** and **Race Walking**, the 31st August at the **end** of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info		
Indoor 60m		Metres 1,000m			Metres 10,000m		Relay 4x100m	High Jump	Hammer
Metres 75 80 100m		Metres 1,200 1,500m			Indoor 60m Hurdles		Relay 4x300 or400m	Long Jump	Javelin
Metres 150 200m		Mile			Hurdles 70 80 100m		Relay 3x600 3x800m	Pole Vault	Shot
Metres 300 400m		Metres 3,000m			Hurdles 300 400m			Triple Jump	Triathlon - Decathlon
Metres 600 800m		Metres 5,000m			Steeplechase 1500 2,000 3,000m			Discus	Walks
Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info		
Indoor_60m									
u11 60m	Indoor Tamsin O'Keefe	9.5	i	11/11/2012	Sportcity	Dash Quad	https://thepowerof10.info/results/results.aspx?meetingid=72105		
u13 60m	Indoor Amy Williams	8.48	e i	20/12/2009	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=32360		
	Amy Williams	8.47	ht20 e i	03/01/2010	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=32359		
	# Amy Williams	8.43	e i	10/01/2010	Sportcity	Sale Indoor Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=32358		
u15 60m	Indoor Rachel Stoakley	8.37	ht1 e i	15/11/2003	Sheffield	NoE Open	AW November 19, 2003 - vol.57 no47 https://www.northernathletics.co.uk/results-index/		
	Rachel Stoakley	8.30	ht13 e i	21/12/2003	Sportcity	Sale Indoor Open Meeting	AW December 31, 2003 - vol.58 no.01		
	Rachel Treloar	8.23	e i	25/11/2006	Sheffield	NoE Open	https://thepowerof10.info/results/results.aspx?meetingid=357		
	Alice McMahon	8.19	ht4 e i	25/01/2009	EIS Sheffield	NoE u15/ u17 Championships	https://thepowerof10.info/results/results.aspx?meetingid=20334		
	Alice McMahon	8.13	f e i	25/01/2009	EIS Sheffield	NoE u15/ u17 Championships	https://thepowerof10.info/results/results.aspx?meetingid=20334		
	Alice McMahon	8.00	h2 e i	14/02/2009	Birmingham	EA U20, 17 & 15 Champ	https://thepowerof10.info/results/results.aspx?meetingid=21578		
	Emily Owen	7.93	h2 e l	06/02/2022	EIS Sheffield	NoE u15/ u13 Championships	https://thepowerof10.info/results/results.aspx?meetingid=442272		
	# Emily Owen	7.92	s2 e l	12/02/2022	EIS Sheffield	EA u15/u17/u20 Champs	https://thepowerof10.info/results/results.aspx?meetingid=446964&pagenum=2		
u17 60m	Indoor Helen Clowes	9.03	ht1 e i	15/11/2003	Sheffield	NoE Open	https://www.northernathletics.co.uk/download/na-indoor-results-2003/		
	Rachel Stoakley	8.23	ht3 e i	22-23/01/2005	EIS Sheffield	NoE u15/ u17 Championships	https://www.northernathletics.co.uk/download/na-indoor-results-2005/		
	Sian Kelman	8.10	e i	10/12/2005	EIS Sheffield	Indoor open	https://thepowerof10.info/results/results.aspx?meetingid=31798		
	# Sian Kelman	7.91	e i	07/01/2006	Sportcity	Sale Indoor Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=386		
u20 60m	Indoor Rachel Stoakley	8.41	e i	20/01/2007	Sheffield	NoE S & u20 Championships	https://thepowerof10.info/results/results.aspx?meetingid=4183		
	Rachel Stoakley	8.32	e i	19-20/01/2008	EIS Sheffield	NoE S & u20 Championships	https://www.northernathletics.co.uk/download/na-indoor-results-2008/		
	Bryony Potter	8.22	e i	11/01/2009	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=20468		
	Bryony Potter	8.06	ht1 e i	17/01/2009	EIS Sheffield	NoE S & u20 Championships	https://thepowerof10.info/results/results.aspx?meetingid=20332		
	# Sian Kelman	7.91	ht2 e i	17/01/2009	EIS Sheffield	NoE S & u20 Championships	https://thepowerof10.info/results/results.aspx?meetingid=20332		

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SW 60m	Indoor						
	Bryony Potter	8.20	ht5 e i	22/02/2013	EIS Sheffield	BUCS Indoor Championship	https://thepowerof10.info/results/results.aspx?meetingid=71630
	Bryony Potter	8.17	ht8 e i	21/02/2014	EIS Sheffield	BUCS Indoor Championship	https://thepowerof10.info/results/results.aspx?meetingid=92559
	Danielle Erskine	8.12	SX 1.13 i	30/11/2014	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=120070
	Laura Turley	8.04	e i	07/01/2017	Deeside	North Wales Championship	https://thepowerof10.info/results/results.aspx?meetingid=189878
	Laura Turley	8.03	e i	08/01/2017	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=185700
	Laura Turley	7.99	e i	05/03/2017	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=185702
	# Laura Turley	7.85	e i	07/01/2018	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=224235

v35

Metres_75_80_100m

u11 75m	Kelly Baker	12.2	a race	12/06/2005	Macclesfield	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2005.aspx
	Kelly Baker	11.5		28/05/2006	Stockport	Cheshire League	WCAC Statistics
	Amy Williams	11.2		20/04/2008	Stockport	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Amy Williams	11.0		17/08/2008	Warrington	Terry Davies Memorial	https://thepowerof10.info/results/results.aspx?meetingid=12873
	Georgia Barlow	11.0		19/04/2009	Deeside	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx
	Georgia Barlow	10.9		09/08/2009	Stretford	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx
	Abigail Pawlett	10.9		14/07/2013	Colwyn Bay	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx
	Abigail Pawlett	10.8		07/09/2013	Stanney	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=80881
	Abigail Pawlett	10.0		09/09/2015	Stockport	David Tivey & Len Mullen	https://thepowerof10.info/results/results.aspx?meetingid=147511
U11 100m	Sophie Goss	17.1		12/09/1999		County Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
	Rachel Stoakley	15.2		10/09/2000	Macclesfield	Cheshire Relay Champs	http://www.cheshireaa.com/results/PDFarchive/JME2000.pdf
	Lucy Earl	15.2		10/09/2006	Macclesfield	County Multi-events	http://www.cheshireaa.com/results/ME/2006/U11CER2006.pdf
	Amy Williams	14.3		10/08/2008	Bebington	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=13397
	Amy Williams	14.3		14/09/2008	Macclesfield	County Multi-events	https://thepowerof10.info/results/results.aspx?meetingid=18825
	Abigail Pawlett	14.3		15/09/2013	Macclesfield	County Multi-events	https://thepowerof10.info/results/results.aspx?meetingid=93264
u13 75m	Hayley Earlam		Boys record!	28/07/1998	Salford	McDonalds YAL	newsletter Vol2 No2
	U Ihekaweh	10.8		28/06/1998	Salford	McDonalds YAL	AW July 1, 1998 - vol.52 no.27
	Rachel Stoakley	10.6		19/05/2002	Macclesfield	YA Girls League N 1 W	AW May 22, 2002 - vol.56 no.21
	Daisy Flynn-Piercy	10.6		01/06/2003	Pendle	UKA YA North 1W	AW June 11, 2003 - vol.57 no.24
	Abigail Kirk	10.4		08/05/2005	Deeside	UKA YA North 1W	AW May 11, 2005 - vol.59 no.19

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Laura Rigby	10.2		22/06/2008	Sheffield	UKA YA N Premier	https://thepowerof10.info/results/results.aspx?meetingid=13187
	Alice Barnsley	10.1	f	12/05/2012	Warrington	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=62907
	Alice Barnsley	10.1		17/06/2012	Sportcity	McCain UK YAL N Premier 3	https://thepowerof10.info/results/results.aspx?meetingid=63417
	Abigail Pawlett	10.0		09/09/2015	Stockport	David Tivey & Len Mullen	https://thepowerof10.info/results/results.aspx?meetingid=147511
	Madeline Mercer	9.98	w+0.9 e	20/07/2019	Sheffield	YDL Lower 'Relegation' final	https://thepowerof10.info/results/results.aspx?meetingid=285905
#	Mia Johnson	9.9	w+0.4	07/05/2023	Stanney	YDL Lower	https://www.thepowerof10.info/results/results.aspx?meetingid=526794
u13	80m						
	Cara Ithell	12.24	e h1	09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Sarah Devoy	11.50		17/04/1999	Wavertree	Liverpool Open	AW April 28, 1999 - vol.53 no.17
	Rachel Stoakley	11.4	h3	11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Rachel Stoakley	11.2	final	11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Abigail Kirk	11.12	e h3	14-15/05/2005	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Alice McMahan	11.1	h1	06/05/2007	Macclesfield	Cheshire Championships	Po10 http://www.cheshireaa.com/Results/index.aspx
	Laura Rigby	11.1	h1	10/05/2008	Stanney	Cheshire Championships	Po10 http://www.cheshireaa.com/Results/index.aspx
	Laura Rigby	10.8	f	10/05/2008	Stanney	Cheshire Championships	Po10 http://www.cheshireaa.com/Results/index.aspx
u13	100m						
	Hayley Earlam	15.0	Boys record!	02/07/1998	Chester	WCAC YA	newsletter Vol2 No2
	Hayley Earlam	14.5		02/07/1998	Chester	WCAC YA	paper records end 2000
	Rachel Stoakley	14.2		26/08/2001	Bebington	(WCAC Champs) Wirral Medal	Newsletter September 2001
	Rachel Stoakley	13.8		07/09/2002	Eirias Park	Colwyn Bay September Games	AW September 18, 2002 - vol.56 no.38
	Leah Ferrie	13.6		28/05/2006	Stockport	Cheshire League	WCAC Statistics
	Alice McMahan	13.4		12/08/2007	Deeside	Cheshire League	WCAC Statistics
	Danielle Erskine	13.4		19/04/2008	Wavertree	Ernie Gallagher Memorial	https://thepowerof10.info/results/results.aspx?meetingid=13333
	Leah Ferrie	13.4		19/04/2008	Wavertree	Ernie Gallagher Memorial	https://thepowerof10.info/results/results.aspx?meetingid=13333
	Danielle Erskine	13.3	race B	20/04/2008	Stockport	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Alice McMahan	13.3	race C	20/04/2008	Stockport	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Jenni Potter	13.3	race D	20/04/2008	Stockport	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Amy Williams	13.2	ht3	06/06/2010	Deeside	Dan Evan's Memorial Open	https://thepowerof10.info/results/results.aspx?meetingid=37526
	Amy Williams	13.1		08/08/2010	Widnes	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=35889
	Alice Barnsley	13.1		02/07/2012	Stanney	Cheshire/Merseyside yr7	https://thepowerof10.info/results/results.aspx?meetingid=68770
	Madeline Mercer	13.1		14/04/2019	Bebington	Wirral AC Open	https://thepowerof10.info/results/results.aspx?meetingid=282102
#	Madeline Mercer	13.05	e	29/06/2019	SportCity	Stockport YA Quadrathlon	https://thepowerof10.info/results/results.aspx?meetingid=300403
	Mia Johnson	12.9	w ?	16/07/2023	Warrington	Cheshire League	
u15	100m						

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	Alicia Bateson	13.6		11/04/1998	Eirias Park	Colwyn Bay Open	'Pioneer' 15/04/1998 Page 46 - AW April 15, 1998 - Vol.52 no.16
	Laura Starkey	13.52	e h1	10/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Alicia Bateson	13.40	e final	10/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Laura Starkey	13.4		18/04/1999	Deeside	Cheshire League	paper records end 2000
	Leanne Henning	12.9		19/05/2002	Macclesfield	UKA YA Girls League N 1 W	AW May 22, 2002 - vol.56 no.21
	Sian Kelman	12.81	f e	14-15/05/2005	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Sian Kelman	12.58	w+1.4 h3 e	28-29/05/2005	Cudworth	NoEAA Junior Championship	http://www.cheshireaa.com/Results/index.aspx
	Sian Kelman	12.44	w+1.3 f e	08-09/07/2005	Birmingham	English Schools	http://www.esaa.net/oldindex.shtml
	Alice McMahon	12.40	w-0.3 f e	24/05/2009	Gateshead	Northern Championships	https://thepowerof10.info/results/results.aspx?meetingid=21516
	Imogen Pughe	12.4		08/06/2019	Bebington	Merseyside Schools Champs	https://thepowerof10.info/results/results.aspx?meetingid=302825
	Emily Owen	12.36	e	18/06/2022	Stoke	Mason Trophy	https://thepowerof10.info/results/results.aspx?meetingid=472263
#	Emily Owen	12.3		30/07/2022	Stretford	YDL Lower Regional Relegation	https://thepowerof10.info/results/results.aspx?meetingid=476231
	Emily Owen	12.3	w	20/03/2022	Stanney	Dan Gilroy Memorial	https://thepowerof10.info/results/results.aspx?meetingid=445778
u17	100m						
	Gemma Sharples	13.7		19/04/1998	Ashton-u-Lyne	Cheshire League	newsletter Vol2No2
	Gemma Sharples	13.4	h2	13/06/1998	Crewe	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Gemma Sharples	13.1	final	13/06/1998	Crewe	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Leanne Henning	13.0		27/07/2003	Bebington	National Junior League	from CD end Aug'04 (old website@gq.nu)
	Rachel Stoakley	12.8	r2	17/04/2005	Wavertree	Liverpool H Open	AW April 27, 2005 - vol.59 no.17
	Rachel Stoakley	12.8		26/06/2005	Warrington	UKA YA N 1W	AW November 9, 2005 - vol.59 no.45
	Sian Kelman	12.6		06/05/2006	Stanney	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Sian Kelman	12.5	final	13/05/2006	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2006/u17wtf2006.htm
	Sian Kelman	12.5		03/06/2006	Wigan	NoE League 2W	Po10 https://www.northernathletics.co.uk/download/tf-league-results-2006/
#	Sian Kelman	12.4	final	12/05/2007	Macclesfield	Cheshire Championships	Po10 http://www.cheshireaa.com/results/TFC/2007/u17wtf2007.htm
	Yasmin Smith	12.4	w+3.0	10/07/2022	Wigan	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445767
u20	100m						
	Samantha Withers	13.8		05/07/1998	Stockport	Northern WL	paper records end 2000
	Sian Kelman	13.0		23/04/2006	Stanney	NJL NP Mersey	AW April 27, 2006 - vol.61 (60) no.17
	Rachel Stoakley	13.0		07/05/2006	Bebington	NJL NP Mersey	AW May 11, 2006 - vol.61 (60) no.19
	Rachel Stoakley	12.9		03/05/2008	Stanney	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=12374
	Rachel Stoakley	12.9		10/05/2008	Stanney	Cheshire Championships	Po10 http://www.cheshireaa.com/Results/index.aspx
	Rachel Stoakley	12.9		07/06/2008	Wavertree	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=13443
	Sian Kelman	12.6		27/07/2008	Deeside	National Junior League	https://thepowerof10.info/results/results.aspx?meetingid=12846
	Sian Kelman	12.5		03/08/2008	Litherland	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=13441
	Sian Kelman	12.4		31/08/2008	Cudworth	NoE Promotion match	https://thepowerof10.info/results/results.aspx?meetingid=13409

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#	Alice McMahon	12.3		13/04/2013	Wavertree	Tom O'Mahoney MM	https://thepowerof10.info/results/results.aspx?meetingid=82124
	Bryony Potter	12.3	W+3.5	05/06/2010	Wavertree	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=37055
	Alice McMahon	12.0	W+3.4	14/04/2012	Deeside	Deeside Open	https://thepowerof10.info/results/results.aspx?meetingid=65425
SW	100m						
	Joy Carson	16.16	e	09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Heather Lees	15.1		07/08/2000	Warrington	Northern WL	paper records end 2000
	Sharon Bell	14.8		13/07/2004	Deeside	NoE 2W	from CD end Aug'04 (old website@gq.nu)
	Rachel Stoakley	14.3		15/08/2010	Cudworth	NoE promotion match	https://thepowerof10.info/results/results.aspx?meetingid=40327
	Shona Valentine	13.4		14/08/2011	Trafford	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=50643
	Shona Valentine	12.9		12/05/2012	Warrington	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=62907
	Shona Valentine	12.9		13/07/2014	Wavertree	NA 2W	https://www.northernathletics.co.uk/download/2w-match-3-2014/
	Alice McMahon	12.9		29/03/2015	Warrington	Warrington Open	https://thepowerof10.info/results/results.aspx?meetingid=130518
	Alice McMahon	12.6		03/05/2015	Wavertree	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=129672
	Alice McMahon	12.47	e	23/05/2015	Stretford	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Alice McMahon	12.2		08/08/2015	Ormskirk	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=129669
##	Alice McMahon	12.16		25/06/2017	Wakefield	Pontefract AC Open	https://thepowerof10.info/results/results.aspx?meetingid=188997
v35	100m						
v40	100m						
	Glenys Potter	16.2		12/08/2007	Deeside	Cheshire League	WCAC Statistics
n/s	Glenys Potter	15.9	No Name declared	20/04/2008	Stockport	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Glenys Potter	15.7		19/04/2009	Deeside	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx
	Claire Forshaw	15.0		04/05/2019	Deeside	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=276246
#	Claire Forshaw	14.4		23/06/2019	Bury	Northern Masters Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572
v45	100m						
#	Mieka Vannesta	16.0		22/04/2007	Stockport	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2007.aspx
v50	100m						
Metres_150_200m							
u11							
	150m	Amy Williams	22.4	17/08/2008	Warrington	Terry Davies Memorial	https://thepowerof10.info/results/results.aspx?meetingid=12873
		Sara Pearson	22.4	03/09/2017	Stanney	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=190563

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u13 150m	Cara Ithell		Boys record!	28/07/1998	Salford	McDonalds YAL	newsletter Vol2 No2
	Jennifer Bailey	21.5		18/07/1999	Crewe	McDonalds YAL	paper records end 2000
	Shona Valentine	21.0		01/06/2003	Pendle	UKA YA North 1W	AW June 11, 2003 - vol.57 no24
	Abigail Kirk	20.7		08/05/2005	Deeside	UKA YA North 1W	AW May 11, 2005 - vol.59 no.19
	Abigail Kirk	20.62	final e	14-15/05/2005	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Abigail Kirk	20.5		05/06/2005	Blackburn	NoE YA Northern 1W	AW June 15, 2005 - vol.59 no.24
	Abigail Kirk	20.1		26/06/2005	Warrington	UKA YA N 1W	AW November 9, 2005 - vol.59 no.45
	Laura Rigby	20.0		22/06/2008	Sheffield	UKA YA N Premier	https://thepowerof10.info/results/results.aspx?meetingid=13187
	Amy Williams	19.9		02/05/2010	Wigan	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36937
	Amy Williams	19.7		16/05/2010	Bebington	McCain UK YAL NP W mB	https://thepowerof10.info/results/results.aspx?meetingid=36926
	Mia Johnson	19.54	ht8 e	01/05/2023	Trafford	Medal Meet	https://www.thepowerof10.info/results/results.aspx?meetingid=515294
#	Mia Johnson	19.1	w+0.1	07/05/2023	Stanney	TDL Lower	https://www.thepowerof10.info/results/results.aspx?meetingid=526794
u13 200m	Sarah Devoy	31.52	h1 e	10/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Sarah Devoy	31.48	final e	10/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Hayley Earlam	31.2		02/07/1998	Chester	WCAC YA	newsletter Vol2 No2
	Sarah Devoy	29.31	e	25/07/1999	Deeside	Deeside Games	AW August 4, 1999 - vol.53 no.31
	Leanne Henning	26.7		19/05/2002	Macclesfield	UKA YA Girls League N 1 W	AW May 22, 2002 - vol.56 no.21
	Samantha Galley	26.7	h1 2nd	13/05/2006	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm
	Abbie Kirk	26.7	h1 3rd	13/05/2006	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm
	Abbie Kirk	26.7	Final	13/05/2006	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm
	Mia Johnson	26.7	AB race	17/06/2023	Wrexham	Cheshire League	https://www.thepowerof10.info/results/results.aspx?meetingid=539006
#	Mia Johnson	26.30	e SX2	24/06/2023	Trafford	Medal meet	https://www.thepowerof10.info/results/results.aspx?meetingid=515296
u13 200m	Indoor						
	Tamsin O'Keefe	30.85	e i	26/10/2013	EIS Sheffield	South Yorkshire Series	https://www.thepowerof10.info/results/resultslookup.aspx -page 2
	Tamsin O'Keefe	30.63	e i	23/03/2014	EIS Sheffield	South Yorkshire Series	https://thepowerof10.info/results/results.aspx?meetingid=95617
#	Ruby Wisbey	28.65	h1 e i	04/02/2018	Sheffield	NA u15/u13 Champs	https://www.thepowerof10.info/results/resultslookup.aspx -page 2
u15 150m	#						
	Violeta Brooks	23.8		09/04/2022	Warrington	Terry Davies Memorial	https://thepowerof10.info/results/results.aspx?meetingid=444521&pagenum=1
u15 150m	Indoor						

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]					
Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
	Rachel Treloar	20.09	h1 e i	09/12/2006	Sheffield	NoE Indoor Open	https://thepowerof10.info/results/results.aspx?meetingid=3697	
#	Sam Galley	19.75	h2 e i	09/12/2006	Sheffield	NoE Indoor Open	https://thepowerof10.info/results/results.aspx?meetingid=3697	
u15	200m	Laura Starkey	28.04	h1 e	09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
		Alicia Bateson	27.68	h2 e	09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
		Alicia Bateson	27.64	final e	09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
		Leanne Henning	27.5	h1	11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
		Leanne Henning	27.2	final	11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
		Leanne Henning	26.7		19/05/2002	Macclesfield	UKA YA Girls League N 1 W	AW May 22, 2002 - vol.56 no.21
		Leanne Henning	26.7	h1	15/07/2002		Cheshire Schools Champs	http://www.esaa.net/2002/chesh02.html
		Rachel Stoakley	26.7	final	15-16/05/04	Warrington	Cheshire Championships	from CD end Aug'04 (old website@gq.nu)
		Shona Valentine	26.7		05/06/2005	Blackburn	Young Athletes League	https://www.thepowerof10.info/results/resultslookup.aspx
		Sian Kelman	26.2		04/09/2005	Stanney	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx
		Alice McMahon	26.2	A	22/06/2008	Sheffield	UKA YA N Premier	https://thepowerof10.info/results/results.aspx?meetingid=13187
		Leah Ferrie	26.2	B	22/06/2008	Sheffield	UKA YA N Premier	https://thepowerof10.info/results/results.aspx?meetingid=13187
		Alice McMahon	25.9	final	13/06/2009	Macclesfield	Cheshire Schools Champs	https://thepowerof10.info/results/results.aspx?meetingid=28035
		Alice McMahon	26.09	w-1.0 h1 e	24/05/2009	Gateshead	NA U15 / U17 Champs	https://thepowerof10.info/results/results.aspx?meetingid=21516
		Alice McMahon	25.67	w-1.9 f e	24/05/2009	Gateshead	NA U15 / U17 Champs	https://thepowerof10.info/results/results.aspx?meetingid=21516
#	Alice McMahon	25.6			20/06/2009	Birmingham	Mason Trophy	https://thepowerof10.info/results/results.aspx?meetingid=28112
	Alice McMahon	25.55	w+3.8 e		10/07/2009	Don Valley	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx - page 2
u15	200m	Indoor						
		Rachel Stoakley	27.54	e l h	15/11/2003	Sheffield	NoE Open	AW November 19, 2003 - vol.57 no47
		Rachel Stoakley	27.35	e i	17-18/01/2004	Sheffield	NoEAA u20 champs	https://www.northernathletics.co.uk/download/na-indoor-results-2004/
		Rachel Stoakley	26.89	ht e i	29/02/2004	Birmingham	AAA u20 champs	AW March 3, 2004 - vol.58 no.10
		Samantha Galley	27.06	h3 e i	21/01/2007	Sheffield	NoEAA u20 champs	https://www.northernathletics.co.uk/download/na-indoor-results-2007/
		Alice McMahon	26.87	e i	11/01/2009	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=20468
		Alice McMahon	26.52	ht5 e i	25/01/2009	EIS Sheffield	NA indoor u15/ u17 champ	https://thepowerof10.info/results/results.aspx?meetingid=20334
		Alice McMahon	26.30	f e i	25/01/2009	EIS Sheffield	NA indoor u15/ u17 champ	https://thepowerof10.info/results/results.aspx?meetingid=20334
#	Abigail Pawlett	26.09	e i		19/02/2017	Birmingham	Birmingham Games	https://www.thepowerof10.info/results/resultslookup.aspx - page 2
u17	150m	Indoor						
		Bryony Potter	20.43	ht10 e i	25/11/2006	Sheffield	Indoor open	https://thepowerof10.info/results/results.aspx?meetingid=357
		Sam Galley	20.19	ht13 e i	22/11/2008	EIS Sheffield	NoE Indoor Open	https://www.northernathletics.co.uk/download/na-indoor-results-2008/
#	Alice McMahon	19.43	ht14 e i		21/11/2009	EIS Sheffield	NoE Indoor Open	https://thepowerof10.info/results/results.aspx?meetingid=29783

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31st August at the end of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
u17 200m	Gemma Sharples	27.4		25/05/1998	Crewe	Cheshire League	newsletter Vol2No2
	Leanne Henning	26.8		27/07/2003	Bebington	National Junior League	from CD end Aug'04 (old website@gq.nu)
	Rachel Stoakley	26.56	final	15/05/2005	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Sian Kelman	26.4		22/04/2006	Wavertree	Melbourne Trophy	https://thepowerof10.info/results/results.aspx?meetingid=1054
	Sian Kelman	26.0		30/04/2006	Stanney	YAL N 1W Stanney	https://thepowerof10.info/results/results.aspx?meetingid=1172
	Sian Kelman	25.8		14/05/2006	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Sian Kelman	25.8	w 0.6	29/04/2007	Wigan	NJL Mersey	https://thepowerof10.info/results/results.aspx?meetingid=5455
	Sian Kelman	25.80	w+2.0 h3 e	27/05/2007	South Leeds	NoE U17/U15 Champs	https://www.northernathletics.co.uk/download/na-tf-results-2007/
	Bryony Potter	25.69	w+1.1 f e	25/05/2008	Wigan	NoE U17/U15 Champs	https://www.northernathletics.co.uk/download/na-tf-results-2008/
	Georgia Barlow	25.66	w+0.3 h2 e	16/08/2015	Middlesbrough	NoE U17/U15 Champs	https://www.northernathletics.co.uk/results-index/results-index-2015/
	Georgia Barlow	25.62	w+0.7 f e	16/08/2015	Middlesbrough	NoE U17/U15 Champs	https://www.northernathletics.co.uk/results-index/results-index-2015/
	Emma Holmes	25.4		29/05/2022	Robin Park	YDL Upper North-West 1	https://thepowerof10.info/results/results.aspx?meetingid=459963
	Emma Holmes	25.1		12/06/2022	Stretford	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445766
#	Emma Holmes	25.07	w-0.9...f e	28/08/2022	Bedford	EA u15/ u17 Champs	https://thepowerof10.info/results/results.aspx?meetingid=457044&pagenum=2
u17 200m	Indoor						
	Rachel Stoakley	28.21	ht2 e i	22-23/01/2005	EIS Sheffield	NoE Junior Champs	https://www.northernathletics.co.uk/download/na-indoor-results-2005/
	Shona Valentine	27.54	ht1 e i	22-23/01/2006	EIS Sheffield	NoE Junior Champs	https://www.northernathletics.co.uk/download/na-indoor-results-2006/
	Emily Done	27.52	ht2 e i	21-22/01/2007	EIS Sheffield	NoE Junior Champs	https://www.northernathletics.co.uk/download/na-indoor-results-2006/
	Rachel Stoakley	27.44	ht3 e i	21-22/01/2007	EIS Sheffield	NoE Junior Champs	https://www.northernathletics.co.uk/download/na-indoor-results-2006/
	Sian Kelman	26.08	ht4 e i	21/01/2007	Sheffield	NoEAA u20 champs	https://thepowerof10.info/results/results.aspx?meetingid=4183
#	Emma Holmes	25.98	ht4 e l	16/01/2022	Sheffield	NA Sen/u20/ui7 Champs	https://www.northernathletics.co.uk/2022-results-index/
u20 150m	Indoor						
#	Shona Valentine	19.81	ht15 e i	22/11/2008	EIS Sheffield	NoE Indoor Open	https://thepowerof10.info/results/results.aspx?meetingid=19940
u20 200m	Samantha Withers	27.2		06/06/1998	Colwyn Bay	Cheshire League	paper records end 2000
	Sian Kelman	26.5		27/04/2008	Stanney	NJL Mersey	https://thepowerof10.info/results/results.aspx?meetingid=12374
	Shona Valentine	26.3		03/05/2008	Stanney	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=13444
	Bryony Potter	25.9		10/05/2009	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Sian Kelman	25.8	final	13/06/2009	Macclesfield	Cheshire Schools Champs	https://thepowerof10.info/results/results.aspx?meetingid=28035
	Bryony Potter	25.7		13/06/2009	Bebington	Merseyside School Champs	https://thepowerof10.info/results/results.aspx?meetingid=28028
	Bryony Potter	25.6	ht1	10/07/2009	Sheffield	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx – page 2
	Bryony Potter	25.56	w-1.1 e	11/07/2009	Sheffield	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx – page 3
	Alice McMahon	25.5	w-1.2	26/05/2012	Wavertree	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=62849

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]				
Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Alice McMahon	25.5		16/06/2012	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Alice McMahon	25.5		28/04/2013	Stanney	YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=81641
	Alice McMahon	25.5		09/07/2013	Stretford	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=81196
	Alice McMahon	25.5		03/08/2013	Sportcity	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=81198
	Alice McMahon	25.35	w 0.0 e	25/06/2014	Sportcity	NoE Senior & U20 Champs	https://thepowerof10.info/results/results.aspx?meetingid=102899
	Emma Holmes	24.79	f w+1.4 e	14/05/2023	Stanney	Cheshire Championships	https://www.thepowerof10.info/results/results.aspx?meetingid=524013
##	Emma Holmes	24.62	h1 w-0.9 e	04/06/2023	Sportcity	NA SW & u20W Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=516686
u20	200m	Indoor					
	Alice McMahon	27.33	ht2 e i	15/01/2012	EIS Sheffield	NA Championships	https://www.thepowerof10.info/results/resultslookup.aspx – Page 2
	Georgia Barlow	26.67	h3 e i	17/01/2016	Sheffield	NA U17 / U20 / Sen Champ	https://www.northernathletics.co.uk/2016-results-index/
	Imogen Pughe	26.53	sx13 e l	05/03/2022	Sportcity	Manchester Open Meetings	https://thepowerof10.info/results/results.aspx?meetingid=428900
	Emma Holmes	24.84	ht3 e i	15/01/2023	EIS Sheffield	NoE u20/ Senior Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=2
#	Emma Holmes	24.63	f e l	15/01/2023	EIS Sheffield	NoE u20/ Senior Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=2
SW	200m						
	Nicola Gelder	38.6		07/06/2003	Deeside	Northern WL	from CD end Aug'04 (old website@gq.nu)
	Shona Valentine	27.0	A race	03/08/2008	Litherland	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=13441
	Shona Valentine	26.8		31/08/2008	Cudworth	Div 2 Promotion	https://thepowerof10.info/results/results.aspx?meetingid=13409
	Shona Valentine	26.4		07/05/2011	Stanney	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=50646
	Shona Valentine	26.4	w-3.0	26/05/2012	Wavertree	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=62849
	Alice McMahon	26.2		03/05/2015	Wavertree	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=129672
	Alice McMahon	25.49	e	24/05/2015	Stretford	Cheshire Champs	http://www.cheshireaa.com/Results/index.aspx
	Alice McMahon	25.4		06/05/2017	York	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=189087
	Alice McMahon	25.19	w+0 h1 e	12/06/2016	Sportcity	NoE Senior & U20 Champs	https://thepowerof10.info/results/results.aspx?meetingid=173566
	Alice McMahon	25.16	w+1.2 h2 e	11/06/2017	Sportcity	NA u20, SW & Parallel	https://thepowerof10.info/results/results.aspx?meetingid=207547
	Alice McMahon	24.9		09/07/2017	Wigan	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=189089
	Laura Turley	24.8		05/08/2018	Preston	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234462
#	Laura Turley	24.7		16/07/2019	Stretford	Trafford AC GP	https://thepowerof10.info/results/results.aspx?meetingid=276170
	Laura Turley	24.4	w+3.2	21/07/2019	Stanney	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=276256
	Laura Turley	24.56	w+2.3 e	10/08/2019	Wakefield	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=276257
SW	200m	Indoor					
	Laura Turley	25.69	e i	08/01/2017	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=185700
	Laura Turley	25.66	ht1 e i	28/01/2017	Cardiff	Welsh Championships	https://thepowerof10.info/results/results.aspx?meetingid=181279
#	Laura Turley	25.08	e i	04/02/2018	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=224237

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for **Track and Field** and **Race Walking**, the 31st August at the end of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time race/electronic Measure	Date	Venue	Competition	Source of info
v35 200m #	Lisa Davies	30.2	17/06/2006	Wigan	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
v40 200m	Glenys Potter	34.8	07/09/2008	Stanney	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Glenys Potter	34.8	11/07/2010	Salford	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2010.aspx
	Claire Forshaw	32.1	15/05/2019	Burnley	N Masters League	https://thepowerof10.info/results/results.aspx?meetingid=292845
	Claire Forshaw	32.0	05/06/2019	Sportcity	Joe Moran Memorial	https://thepowerof10.info/results/results.aspx?meetingid=287392
#	Claire Forshaw	31.0	23/06/2019	Bury	Northern Masters Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572
v45 200m #	Ellie Robinson	33.1	04/08/2018	Preston	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234462
v50 200m #	Su Baird	33.7	05/05/2018	Wigan	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234459
v55						

Metres_300_400m

u13 300m Indoor #	Emily Misantoni/Oyekan	44.15	e i	06/12/2015	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=145191
u15 300m	Bryony Potter	45.8	A race	26/06/2005	Warrington	UKA YA N 1W	AW November 9, 2005 - vol.59 no.45
	Rebecca Grimes	45.7	B race	26/06/2005	Warrington	UKA YA N 1W	AW November 9, 2005 - vol.59 no.45
	Maisie Tipping	42.7		18/07/2015	Wigan	UKA YA N 1W	https://thepowerof10.info/results/results.aspx?meetingid=132482
	Fatoumatta Bojang	41.48	e	19/05/2018	Wakefield	UKA YA N 1W	https://www.thepowerof10.info/results/resultslookup.aspx
	Imogen Pughe	41.3		17/06/2018	Stanney	N P1 YDL lower	https://thepowerof10.info/results/results.aspx?meetingid=234511
	Imogen Pughe	41.1		21/07/2018	Bebington	N P1 YDL lower	https://thepowerof10.info/results/results.aspx?meetingid=234512
	Imogen Pughe	40.92	e	18/05/2019	Wavertree	N PW YDL lower	https://thepowerof10.info/results/results.aspx?meetingid=285878
#	Imogen Pughe	40.25	e	27/05/2019	Stretford	Trafford AC Medal Meeting	https://thepowerof10.info/results/results.aspx?meetingid=276178
u15 300m Indoor	Alice McMahon	43.16	e i	11/01/2009	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=20468

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Imogen Pughe	41.93	e i	16/12/2018	Sportcity	Sale Harriers Open Series	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Imogen Pughe	41.79	e i	17/02/2019	Birmingham	City of Birmingham Games	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Imogen Pughe	41.75	h3 e i	24/02/2019	EIS Sheffield	EA u20, u17, u15 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u15	400m	Indoor					
	Emily Misantoni/Oyekan	60.39	e i	04/12/2016	EIS Sheffield	South Yorkshire series	https://thepowerof10.info/results/results.aspx?meetingid=181108
#	Imogen Pughe	60.00	e i	27/01/2019	EIS Sheffield	Festival of Athletics Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u17	300m						
	Sarah Felix-Rogers	44.02	h2 e	08/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Sarah Felix-Rogers	43.7		18/07/1999	Crewe	McDonalds YAL	paper records end 2000
	Shona Valentine	43.0		13/05/2006	Warrington	Cheshire Championships	Po10 & http://www.cheshireaa.com/results/TFC/2006/u17wtf2006.htm
	Emily Done	41.5		14/04/2007	Wavertree	Melbourne Trophy	https://thepowerof10.info/results/results.aspx?meetingid=5849
	Emily Done	41.4		12/05/2007	Macclesfield	Cheshire Championships	Po10 http://www.cheshireaa.com/Results/index.aspx
	Georgia Barlow	41.14		17/05/2014	Macclesfield	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Georgia Barlow	40.8		29/06/2014	Carlisle	YDL Upper N W2	https://www.thepowerof10.info/results/results.aspx?meetingid=103238
	Georgia Barlow	40.69	e	11/07/2014	Birmingham	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Emma Holmes	40.5		29/05/2022	Robin Park	YDL Upper North-West 1	https://thepowerof10.info/results/results.aspx?meetingid=459963
	Emma Holmes	40.19	e h1 2nd	08/07/2022	Sportcity	ESSA Championships	same as next
	Emma Holmes	40.05	e f 1st	08/07/2022	Sportcity	ESSA Championships	https://www.thepowerof10.info/results/results.aspx?meetingid=472441&top=5000&pagenum=3
#	Emma Holmes	39.26	e 2 nd	16/07/2022	Belfast	SIAB International T&F	https://thepowerof10.info/results/results.aspx?meetingid=474829
u17	300m	Indoor					
	Emily Done	43.12	ht1 e i	21-22/01/2006	EIS Sheffield	NoE Junior championship	https://www.northernathletics.co.uk/results-index
	Alice McMahon	42.34	ht13 e i	12/12/2009	EIS Sheffield	Northern Athletics Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Imogen Pughe	41.60	ht1 e i	11/06/2020	EIS Sheffield	NA u17/ u20/ SW Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Imogen Pughe	41.49	s1 e i	11/06/2020	EIS Sheffield	NA u17/ u20/ SW Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Imogen Pughe	41.40	f e i	11/06/2020	EIS Sheffield	NA u17/ u20/ SW Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Holmes	40.61	h3 e i	12/02/2022	EIS Sheffield	EA u15/u17/u20 Champs	https://thepowerof10.info/results/results.aspx?meetingid=446964&pagenum=3
#	Emma Holmes	40.10	s1 e i	12/02/2022	EIS Sheffield	EA u15/u17/u20 Champs	https://thepowerof10.info/results/results.aspx?meetingid=446964&pagenum=3
u17	400m						
	Lynsey Wayman		51.0s	05/07/1998	Stockport	Northern WL	newsletter Vol2No2
	Ruth Pritchard	65.2		23/04/2006	Stanney	National Junior League	https://thepowerof10.info/results/results.aspx?meetingid=1054
	Shona Valentine	64.1		06/08/2006	Ashton	Northern League 2W m4	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Shona Valentine	61.4		29/04/2007	Wigan	NJL Mersey	https://thepowerof10.info/results/results.aspx?meetingid=5455
	Bryony Potter	60.3		01/07/2007	Litherland	NJL Mersey	AW July 5, 2007 - vol.62 (61) no.27

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]				
Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Bryony Potter	60.1		03/08/2008	Litherland	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=13441
	Imogen Pughe	59.61	e	25/05/2021	Stretford	Trafford Sprints GP	https://thepowerof10.info/results/results.aspx?meetingid=413364
	Imogen Pughe	59.1		21/06/2021	Blackburn	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415487
	Imogen Pughe	58.5		04/07/2021	Stanney	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415488
#	Imogen Pughe	57.4		01/08/2021	Stretford	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415489
u17	400m	Indoor					
#	Emily Done	64.21	e i	07/01/2006	Sportcity	Sale Indoor Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=386
u20	300m	Indoor					
	Emily Done	44.45	e i	10/12/2005	Sheffield	Northern indoor open	https://thepowerof10.info/results/results.aspx?meetingid=31798
	Laura Rigby	43.94	e i	23/03/2014	Sportcity	Sale Indoor Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=96592
	Laura Turley	42.31	e i	18/12/2016	Sportcity	Sale Harriers Open Series	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Imogen Pughe	41.66	e l	13/03/2022	Sportcity	Manchester Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=428901
u20	400m						
	Samantha Withers	61.9		13/06/1998	Crewe	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Charlotte Roach	61.8		06/05/2006	Stanney	2W m1 - Northern League	Po10 https://www.northernathletics.co.uk/track-field-league .
	Charlotte Roach	61.2		13/05/2006	Warrington	Cheshire Championships	Po10 http://www.cheshireaa.com/results/TFC/2006/u17wtf2006.htm
	Emily Done	60.5		27/04/2008	Stanney	NJL Mersey	https://thepowerof10.info/results/results.aspx?meetingid=12374
	Emily Done	60.3		10/05/2008	Ell Port	Cheshire Championships	Po10 http://www.cheshireaa.com/Results/index.aspx
	Emily Done	60.27	f e	15/06/2008	Manchester	Northern Championships	https://www.northernathletics.co.uk/download/na-tf-results-2008/
	Emily Done	60.1		19/04/2009	Wavertree	Tom O'Mahoney Memorial	https://thepowerof10.info/results/results.aspx?meetingid=25583
	Bryony Potter	59.8		05/07/2009	Stanney	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=23582
	Imogen Pughe	59.3		24/04/2022	Bebington	YDL Upper NW1	https://thepowerof10.info/results/results.aspx?meetingid=459962
	Imogen Pughe	58.7		30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
	Imogen Pughe	57.77	f e	14/05/2022	Macclesfield	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=456996
	Emma Holmes	56.19	f e	13/05/2023	Stanney	Cheshire championship	https://www.thepowerof10.info/results/results.aspx?meetingid=526794
#	Emma Holmes	55.58	f e	03/06/2023	Sportcity	NA SW & u20W Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=516686&pagenum=2
400m	Indoor						
	Sam Appleby	61.11	ht2 e i	21/12/2003	Sportcity	Sale Indoor Open Meeting	AW December 31, 2003 - vol.58 no.01
	Emma Holmes	58.35	ht1 e i	14/01/2023	EIS Sheffield	NoE u20/ Senior Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=3
#	Emma Holmes	57.13	f e i	14/01/2023	EIS Sheffield	NoE u20/ Senior Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=3
SW	300m	Indoor					

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
		Laura Turley	41.35	u23 i	19/03/2017	Sportcity	Sale Indoor Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=185703
#		Laura Turley	39.56	e i	07/01/2018	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=224235
SW	400m	Heather Lowry	66.1		04/06/2000	Deeside	Northern WL	paper records end 2000
		Bryony Potter	64.8		14/04/2012	Deeside	Deeside Open	https://www.thepowerof10.info/results/resultslookup.aspx
		Bryony Potter	60.9		07/07/2013	Litherland	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=81197
		Bryony Potter	60.9		07/09/2013	Doncaster	NoE Promotion	https://thepowerof10.info/results/results.aspx?meetingid=81244
		Bryony Potter	60.27	e	03/05/2014	Bedford	BUCS T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Shona Valentine	60.03	e	14/05/2016	Macclesfield	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Laura Turley	57.1		10/09/2017	Wigan	Arnold Seddon Open	https://thepowerof10.info/results/results.aspx?meetingid=192667
		Laura Turley	56.41	h2 e	05/05/2018	Bedford	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Laura Turley	55.45	s3 e	06/05/2018	Bedford	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
		Laura Turley	54.69	f e	07/05/2018	Bedford	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
##		Laura Turley	54.66	e	01/06/2019	Valence, France	Challenge Meeting	https://www.thepowerof10.info/results/resultslookup.aspx
SW	400m	Indoor						
		Bryony Potter	60.20	ht4 e i	22/02/2014	Sheffield	BUCS Indoor Champs	https://www.thepowerof10.info/results/resultslookup.aspx 3
#		Laura Turley	54.67	ht4 e i	09/02/2019	Birmingham	British Indoor Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
v35	400m							
		Lisa Davies	74.4		17/06/2006	Wigan	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
#		Heather McLintock (née Lowry)	71.8		03/08/2013	Sportcity	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=81198
v40	400m							
#		Ellie Robinson	72.5		06/06/2015	Leigh	NoE League 2W	https://www.northernathletics.co.uk/download/2015-2w-match-2/
v45	400m							
#		Susan Baird	70.9		05/05/2013	Douglas, IoM	NoE League Division 2W	https://thepowerof10.info/results/results.aspx?meetingid=81195
v50	400m							
#		Su Baird	74.2		03/05/2015	Wavertree	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=129672
v55								

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for **Track and Field** and **Race Walking**, the 31st August at the end of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time race/electronic Measure	Date	Venue	Competition	Source of info
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Metres_600_800m

u11	600m						
	Rosie Bancroft	2:26.5		28/05/2006	Stockport	Cheshire League	WCAC Statistics
	Heidi Williams	2:05.8		18/06/2006	Macclesfield	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx
	Amy Williams	2:00.3		13/07/2008	Stanney	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Amy Williams	1:57.6		23/08/2008	Manchester	North-West CE	WCAC Stats
	Tamsin O'Keefe	1:57.1		21/04/2013	Stanney	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=80872&pagenum=2
	Tamsin O'Keefe	1:54.8		19/05/2013	Stretford	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=80875&pagenum=2
	Tamsin O'Keefe	1:54.3		27/05/2013	Stretford	Trafford u15 Medal Meet	https://thepowerof10.info/results/results.aspx?meetingid=82109
	Tamsin O'Keefe	1:51.2		08/06/2013	Connah's Quay	Deeside YA Open	https://thepowerof10.info/results/results.aspx?meetingid=86850
	Tamsin O'Keefe	1:50.4		14/07/2013	Colwyn Bay	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=80878&pagenum=2
	Ruby Phillips	1:50.0		06/07/2019	Stanney	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=276247&pagenum=2
	Ruby Phillips	1:49.2		15/09/2019	Wigan	Arnold Seddon Medal Meet	https://thepowerof10.info/results/results.aspx?meetingid=278714
	600m	Indoor					
	Tamsin O'Keefe	2:00.3	i	11/11/2012	Sport City	Dash Quad	https://thepowerof10.info/results/results.aspx?meetingid=72105
u11	800m						
	Sophie Goss	3:37.0		12/09/1999	?	County Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
	Rachel Stoakley	2:55.7		10/09/2000	Macclesfield	Cheshire Relay Champs	http://www.cheshireaa.com/results/PDFarchive/JME2000.pdf
	Danielle Bentley	2:50.4		14/09/2003	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf
	Alice Jennings	2:46.0		11/09/2005	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/Results/index.aspx
	Tamsin O'Keefe	2:41.6		15/09/2013	Macclesfield	Cheshire Multi-events	https://thepowerof10.info/results/results.aspx?meetingid=93264
u13	600m						
	Diane Bentley	1:59.4		30/08/2004	Stretford	Trafford Medal Meet	AW September 1, 2004 - vol.58 no.36
#	Sophie Hemingbrough	1:52.6		12/05/2012	Warrington	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=62907&pagenum=2 Page 2
	600m	Indoor					
	Tamsin O'Keefe	1:52.01	i	10/11/2013	Sportcity	Dash Quad	https://thepowerof10.info/results/results.aspx?meetingid=94977
	Tamsin O'Keefe	1:50.79	i	16/11/2013	EIS Sheffield	Northern Athletics open	https://thepowerof10.info/results/results.aspx?meetingid=92898&pagenum=2
#	Emily Misantoni/Oyekan	1:41.58	i	06/12/2015	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=145191
u13	800m						
	Frances O'Neil	2:42.3		02/07/1998	Chester	WCAC YA	newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29
	Sarah Devoy	2:40.1		03/04/1999	Eirias Park	Colwyn Bay Open	AW April 7, 1999 - vol.53 no.14
	Kelly Money	2:40.1		15/09/2002	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/results/ME/2002/U11CE2002.jpg
	Kerry Riley	2:38.2	h1	09/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Kerry Riley	2:33.2	final	09/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Kerry Riley	2:32.3		15/06/2003	Macclesfield	Cheshire League	from CD end Aug '04 (old website@gq.nu)
	Issy Clarke	2:31.9		14/07/2013	Colwyn Bay	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx

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		Measure					
#	Emily Misantoni/Oyekan	2:23.7		27/06/2015	Sportcity	Stockport H YA Quadrathlon	https://thepowerof10.info/results/results.aspx?meetingid=124260
800m	Indoor						
	Tamsin O'Keefe	2:38.83	e i	26/10/2013	Sheffield	South Yorkshire Series	https://thepowerof10.info/results/results.aspx?meetingid=95612&pagenum=2
#	Emily Misantoni/Oyekan	2:24.8	i	22/11/2015	Sportcity	Stockport H Quadrathlon	https://thepowerof10.info/results/results.aspx?meetingid=154703
u15	600m	Indoor					
	Emily Misantoni/Oyekan	1:42.62	e i	07/11/2015	EIS Sheffield	NA Open meeting	https://thepowerof10.info/results/results.aspx?meetingid=147563&pagenum=2
	Emily Misantoni/Oyekan	1:41.58	e i	06/12/2015	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=145191
	Emily Misantoni/Oyekan	1:40.38	e i	31/01/2016	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=145196&pagenum=2
#	Ruby Phillips	1:40.15	e l	04/12/2022	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=493234&pagenum=2
u15	800m						
	Sarah Felix-Rogers	2:39.4		28/06/1998	Salford	McDonalds YAL	paper records end 2000
	Emma L Heighway	2:37.4	final	09/06/2001	Stoke	Cheshire Schools Champs	http://www.esaa.net/2001/tf/chesh/chesh01.html
	Emma L Heighway	2:32.5	h2	11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2002.aspx
	Emma L Heighway	2:30.2	final	11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2002.aspx
	Emma L Heighway	2:27.1		07/07/2002	Macclesfield	NoE Women's League 3W	AW July 31, 2002 - vol.56 no.31
	Jessica Renner	2:25.7		08/09/2013	Ellesmere Port	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx
	Imogen Pughe	2:23.0		04/05/2019	Connah's Quay	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=276246&pagenum=2
	Carys Roberts	2:22.4		11/05/2019	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2019.aspx
	Carys Roberts	2:19.97	e	18/06/2019	Stretford	Trafford AC GP	https://thepowerof10.info/results/results.aspx?meetingid=276167
	Carys Roberts	2:18.4		22/06/2019	Bebington Oval	YDL Lower North Premier W	https://thepowerof10.info/results/results.aspx?meetingid=285879
#	Ruby Phillips	2:16.96	e	21/05/2022	Stretford	YDL Lower North Premier W	https://thepowerof10.info/results/results.aspx?meetingid=464137
u15	800m	Indoor					
	Emily Misantoni/Oyekan	2:24.8		22/11/2015	Sportcity	Stockport Quadrathlon	https://thepowerof10.info/results/results.aspx?meetingid=154703
	Emily Misantoni/Oyekan	2:24.01	h4 e i	07/02/2016	Sheffield	NA U13 / U15 Champs	https://thepowerof10.info/results/results.aspx?meetingid=147566&pagenum=2
#	Ruby Phillips	2:16.62	f e i	11/02/2023	EIS Sheffield	EA /U17 & U15 Champs	https://thepowerof10.info/results/results.aspx?meetingid=512329&pagenum=4
u17	600m	Indoor					
	Jessica Lark	1:42.08	e i	05/12/2021	Sportcity	Manchester Open Meetings	https://www.thepowerof10.info/results/results.aspx?meetingid=428896
	Jessica Lark	1:38.83	e i	19/12/2021	Sportcity	Manchester Open Meetings	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Jessica Lark	1:38.73	e l	05/03/2022	Sportcity	Manchester Open Meetings	https://thepowerof10.info/results/results.aspx?meetingid=428900&pagenum=2
	Jessica Lark	1:37.91	e l	13/03/2022	Sportcity	Manchester Open Meetings	https://thepowerof10.info/results/results.aspx?meetingid=428901
#	Jessica Lark	1:36.23	e i	29/01/2023	Sportcity	Manchester Open Meetings	https://thepowerof10.info/results/results.aspx?meetingid=493237&pagenum=2
u17	800m						
	Caroline Gore	2:51.0		27/06/1998	Wrexham	School Multi-events	newsletter Vol2No2
	Emma Monteith	2:30.2		09/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Emma Monteith	2:25.5		18/07/1999	Crewe	MacDonalds YAL N 1W	paper records end 2000

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Laura Bestow	2:25.5		07/07/2002	Macclesfield	NoE Women's League 3W	AW July 31, 2002 - vol.56 no.31
	Emma Heighway	2:25.4		10/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Emma Heighway	2:23.90	e	24/05/2003	Wavertree	NoE u20 Championships	https://www.northernathletics.co.uk/download/na-tf-results-2003/
	Emma Heighway	2:23.0		14/07/2003	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/2003/chesh03.html
.	Charlotte Roach	2:21.8		12/05/2004	Warrington	Cheshire Championships	from CD end Aug'04 (old website@gq.nu)
.	Charlotte Roach	2:17.9		01/05/2005	Stanney	NoE 3W	https://www.northernathletics.co.uk/download/tf-league-results-2005/
.	Carys Roberts	2:15.6		09/05/2021	Stretford	Trafford Senior Open	https://thepowerof10.info/results/results.aspx?meetingid=413049&pagenum=2
.	Carys Roberts	2:14.3		19/06/2021	Blackburn	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=415487
.	Carys Roberts	2:13.87	e	01/06/2021	Stretford	Trafford Grand Prix	https://thepowerof10.info/results/results.aspx?meetingid=413356
	Jessica Lark	2:13.32	e	28/05/2022	Sportcity	BMC Grand Prix	https://thepowerof10.info/results/results.aspx?meetingid=454409
	Jessica Lark	2:11.3		20/05/2023	Stanney	Northern, West Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516642
##	Jessica Lark	2:08.56	e	29/07/2023	Birmingham U	BMC GP, World A Challenge	https://www.thepowerof10.info/results/results.aspx?meetingid=525425
u17	800m	Indoor					
	Alice Jennings	2:31.08	e i	07/03/2010	EIS Sheffield	England u17 & u15 CE Champs	https://www.thepowerof10.info/results/resultslookup.aspx
	Eve Duret	2:27.68	h1 e i	14/01/2018	Sheffield	NA u17 / u20 / Senior Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Eve Duret	2:27.08	f e i	14/01/2018	Sheffield	NA u17 / u20 / Senior Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Jessica Lark	2:19.42	ht3 e l	16/01/2022	Sheffield	NA Sen/u20/ui7 Champs	https://www.northernathletics.co.uk/2022-results-index/
	Jessica Lark	2:14.26	final e l	16/01/2022	Sheffield	NA Sen/u20/ui7 Champs	https://www.northernathletics.co.uk/2022-results-index/
	Jessica Lark	2:12.84	ht1 e l	15/01/2023	EIS Sheffield	NoE u20/ Senior Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=3
#	Jessica Lark	2:12.40	ht2 e l	11/02/2023	EIS Sheffield	EA /U17 & U15 Champs	https://thepowerof10.info/results/results.aspx?meetingid=512329&pagenum=4
u20	800m						
	Lorraine Stocker	2:48.96	e	10/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Lorraine Stocker	2:39.7		24/05/1998	Crewe	Cheshire League	newsletter Vol2 No2
	Emma Monteith	2:23.9	final	13/05/2001	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
	Emma Monteith	2:20.8		11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2002.aspx
	Emma-L Heighway	2:18.8	final	12/06/2004	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/2004/tf/chesh04res.html
	Charlotte Roach	2:17.9		01/05/2005	Stanney	Northern T&F 2005 3W (m1)	http://www.northernathletics.org.uk/tf-league-results-2005onwards/
	Charlotte Roach	2:17.1		13/05/2006	Warrington	Cheshire Championships	Po10 http://www.cheshireaa.com/Results/index.aspx
	Charlotte Roach	2:16.8		17/06/2006	Wigan	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
#	Imogen Pughe	2:14.0		26/03/2022	Stanney	Dan Gilroy Memorial	https://thepowerof10.info/results/results.aspx?meetingid=445779
u20	800	Indoor					
.	#	Olivia Montez-Brown	2:30.41 e i	10/01/2015	EIS Sheffield	Eng & Wales u20/SW CE	https://thepowerof10.info/results/results.aspx?meetingid=12388
SW	800m						
.	Heather Lowry	2:34.4		07/08/2000	Warrington	Northern WL	paper records end 2000
.	Joanne Bailey	2:25.2		13/05/2001	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
.	Olivia Montez-Brown	2:24.20		02/05/2016	Mankato MN, USA	NSIC Multi Championships	https://goaugie.com/documents/2016/5/2/Crystal_Reports_ActiveX_Designer_tfmm5results1col.pdf
.	#	Olivia Montez-Brown	2:22.77	27/05/2016	Bradenton FL USA	NCAA Division 2 Champs	https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31st August at the end of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
SW 800m	Indoor						
	Olivia Montez-Brown	2:29.57	i	29/01/2016	Minneapolis MN, USA	Jack Johnson Classic	https://thepowerof10.info/results/results.aspx?meetingid=161266
	Olivia Montez-Brown	2:23.87	i	12/03/2016	Pittsburgh KS, USA	NCAA Division II Champs	https://www.leonetiming.com/2016/Indoor/NCAADII/Results/
	# Olivia Montez-Brown	2:23.02	i	10/03/2017	Birmingham AL, USA	NCAA Division II T&F Champs	https://results.leonetiming.com/?mid=1140
v35 800m							
	# Julie Wilkins	2:33.2		18/06/2006	Macclesfield	Cheshire T&F League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx
v40 800m							
	Lisa Davies	2:42.7		07/05/2011	Ellesmere Port	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=50646
	Lisa Davies	2:36.56		03/07/2011	Stretford	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=50644
	Ellie Robinson	2:36.6		04/05/2014	Stretford	NoE League 2W	https://www.thepowerof10.info/results/results.aspx?meetingid=103768
	Ellie Robinson	2:35.6		12/07/2015	Ellesmere Port	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=129670
	Ellie Robinson	2:35.02	e	07/05/2016	Wakefield	NoE League 1	https://www.northernathletics.co.uk/download/2016-1-match-1/
	# Elizabeth Renondeau	2:30.1		04/07/2021	Stanney	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415488
v45 800m							
	Liz Stott	3:03.9		06/05/2006	Stanney	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Mieke Vanneste	2:44.8		05/05/2007	Stanney	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2007/
	Eleanor Robinson	2:37.2		06/05/2017	York	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=189087
	Eleanor Robinson	2:35.1		09/07/2017	Wigan	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=189089
	# Eleanor Robinson	2:33.0		05/05/2018	Wigan	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=234459
v50 800m							
	Eleanor Robinson	2:43.1		30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
	# Eleanor Robinson	2:41.5		06/08/2022	Blackburn	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445768

Metres_1,000m

u13 1000m							
	Cosette Wearden	3:41.24	X2 e	10/10/2020	Stretford	Trafford u11 / u13 Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	# Ruby Phillip	3:14.03	X4 e	10/10/2020	Stretford	Trafford Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u13 1000m	Indoor						
	# Tamsin O'Keefe	3:26.61	e i	15/02/2014	Sheffield	South Yorkshire Series	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15 1000m	Indoor						
	Jodi Bemand	3:38.65	e i	18/11/2017	Sheffield	NA Open Meeting	https://www.thepowerof10.info/results/resultslookup.aspx Page 2

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31st August at the end of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
#	Cosette Wearden	3:22.68	e i	20/11/2021	Sheffield	NA Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=436601
u17 1000m	indoor						
#	Cosette Wearden	3:10.49	e l	20/11/2022	Sheffield	NA Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=497209&pagenum=2

Metres_1,200_1,500m

u13 1200m							
	Eleanor Faulks	4:51.5		21/05/2000	Macclesfield	McDonalds YAL	Best performance 2000
	Kerry Riley	4:16.3	1	18/05/2003	Preston	UKA YAL N 1W	https://thepowerof10.info/results/results.aspx?meetingid=388616
	Kerry Riley	4:12.0	1	01/06/2003	Pendle	UKA YAL N 1W	AW June 11, 2003 - vol.57 no24
	Kerry Riley	4:05.8		29/06/2003	Macclesfield	UKA YAL N 1W	from CD end Aug'04 (old website@gq.nu) - AW July 16 2003 - vol.57 no.29
	Kerry Riley	4:05.0		20/07/2003	Deeside	UKA YAL N 1W	from CD end Aug'04 (old website@gq.nu) - AW July 23 2003 - vol.57 no.30
	Tamsin O'Keefe	3:54.2		30/05/2015	Stretford	YDL N W1 lower	https://thepowerof10.info/results/results.aspx?meetingid=132480
	Carys Roberts	3:53.3		21/07/2018	Bebington	N P1 YDL lower	https://thepowerof10.info/results/results.aspx?meetingid=234512
	Jessica Lark	3:52.9		22/06/2019	Bebington	N PW YDL lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Jessica Lark	3:51.73	e	20/07/2019	Sheffield	N PW YDL lower	https://thepowerof10.info/results/results.aspx?meetingid=285905
u13 1500m							
	Sarah Devoy	6:03.7		30/08/1998	Bebington	Wirral Junior Medal	AW September 9, 1998 - vol.52 no.37
	Sarah Devoy	5:47.66		09/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Kelly Money	5:32.8	h1	11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Kerry Riley	5:25.5		10/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Tessa McCormick	5:22.8		13/05/2007	Macclesfield	Cheshire Championships	Po10 http://www.cheshireaa.com/Results/index.aspx
#	Imogen Pughe	5:06.2		03/07/2017	Stanney	Cheshire v Merseyside yr7	https://thepowerof10.info/results/results.aspx?meetingid=210750
	Jessica Lark	5:06.2		11/08/2019	Warrington	Terry Davies Memorial	https://thepowerof10.info/results/results.aspx?meetingid=284586
u15 1200m							
#	Emma L Heighway	4:18.3		10/03/2002	Warrington	Winter Warm-up	AW March 3, 2002 - vol.56 no.11
u15 1500m							
	Lucinda Neeves	5:15.2		28/06/1998	Salford	McDonalds YAL	paper records end 2000
	Emma L Heighway	5:14.2	final	11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Kerry Riley	5:09.8		30/08/2004	Stretford	Trafford Medal Meet	AW September 1, 2004 - vol.58 no.36
	Rebecca Grimes	5:07.01		14-15/05/2005	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Georgina Wright	5:05.9		05/06/2005	Blackburn	NoE YA Northern 1W	AW June 15, 2005 - vol.59 no.24
	Nienka Verwer	5:06.5		09/06/2007	Macclesfield	Cheshire Schools Champs	http://www.cheshireaa.com/Results/PDFarchive/SchoolsTF2007.pdf

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Nienka Verwer	5:00.5		16/06/2007	Birmingham	Mason Trophy	https://thepowerof10.info/results/results.aspx?meetingid=6731
	Amy Hinchley	4:58.0		18/06/2011	Birmingham	Mason Trophy	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Amy Hinchley	4:50.33	e	26/07/2011	Stretford	Trafford GP	https://thepowerof10.info/results/results.aspx?meetingid=49640
	Carys Roberts	4:49.4		12/05/2019	Warrington	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Carys Roberts	4:46.06	e	06/09/2020	Stretford	Trafford Open Series	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u17	1500m						
	Lynsey Wayman	6:01.8		28/06/1998	Salford	McDonalds YAL	newsletter Vol2No2
	Emma Monteith	5:04.74	e	08/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Emma Monteith	5:02.4		13/05/2000	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF2000.pdf
	Emma Monteith	5:02.18	e	20/08/2000	Cudworth	NW Inter County	http://www.cheshireaa.com/results/PDFarchive/NoEAAICTF2000.pdf
	Charlotte Roach	4:53.50	e	14-15/05/2005	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Issy Clarke	4:53.0		01/04/2017	Stoke	City of Stoke Open Meet	https://thepowerof10.info/results/results.aspx?meetingid=196047
	Carys Roberts	4:50.0		30/05/2021	Stanney	YDL Upper N Merseyside	https://thepowerof10.info/results/results.aspx?meetingid=415550
	Carys Roberts	4:46.2		01/08/2021	Stretford	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415489
	Jessica Lark	4:24:29	SX3 e	16/05/2023	Stretford	Trafford Grand Prix	https://www.thepowerof10.info/results/results.aspx?meetingid=519491
	Jessica lark	4:21.70	BW e	27/05/2023	SportCity	BMC GP - World Athletics Challenger	https://www.thepowerof10.info/results/results.aspx?meetingid=522652
##	Jessica Lark	4:20.07	e f	18/06/2023	Chelmsford	EA U20 Champs & U20 Open	https://www.thepowerof10.info/results/results.aspx?meetingid=529903&pagenum=3
U17	1500m						
#	Eve Duret	5:18.20	e i	13/01/2018	Sheffield	NA U17/ U20/ Sen Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
u20	1500m						
	Lorraine Stocker	5:35.2		06/06/1998	Oldham	Northern WL	newsletter Vol2 No2
	Emma Monteith	5:07.5		12/05/2001	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
	Emma Monteith	5:01.2		11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Laura Bestow	4:53.9		03/05/2003	Stretford	NoE WL Div 3W	AW May 7, 2003 - vol.57 no.19
	Laura Bestow	4:49.4		09/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
#	Laura Bestow	4:46.3		06/07/2003	Connah's Quay	NoE WL Div 3W	AW July 9, 2003 - vol.57 no.28
SW	1500m						
	Julie Fletcher	5:12.6		04/06/2000	Deeside	Northern WL	paper records end 2000
	Joanne Bailey	??		06/05/2001	Douglas, IoM	Northern Women's League	Newsletter May 2001 _ not mentioned in AW May 9 2001 - Vol.55 no.19
	Nicola Bird	5:02.2		05/08/2001	Preston	Northern WL	from CD end Aug'04 (old website@gq.nu)
	Nicola Bird	4:59.74		14/08/2001	Stretford	Trafford GP	AW August 22, 2001 - vol.55 no.34
	Nicola Bird	4:54.93	e	08/06/2004	Stretford	Trafford open	https://thepowerof10.info/results/results.aspx?meetingid=107
	Nicola Bird	4:46.93	e	06/07/2004	Stretford	Trafford open	https://thepowerof10.info/results/results.aspx?meetingid=109

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]				
Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Nicola Bird	4:43.84	e	03/08/2004	Stretford	Trafford open	https://thepowerof10.info/results/results.aspx?meetingid=123
#	Kate Moulds	4:37.6		18/06/2023	Bebington	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516643
v35	1500m						
	Lisa Davies	5:50.2		06/08/2006	Ashton	NoE 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Heather McLintock (née Lowry)	5:37.1		07/06/2014	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=103769
	Heather McLintock	5:34.5		09/08/2014	Bebington Oval	NoE 2W	https://www.northernathletics.co.uk/download/division-2w-match-4-2014/
#	Anest Müller	5:34.26	e	05/06/2016	Sheffield	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=159263
v40	1500m						
	Glenys Potter	6:53.7		12/08/2007	Deeside	Cheshire League	WCAC Statistics
	Lisa Davies	6:02.3		26/05/2012	Wavertree	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=62849
	Eleanor Robinson	5:44.2		01/07/2012	Ellesmere Port	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=62850
	Ellie Robinson	5:26.8		03/07/2016	Ellesmere Port	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=159264
	Elizabeth Renondeau	5:00.5		16/06/2019	Wigan	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=276255
	Elizabeth Renondeau	4:45.17	e	09/07/2019	Stretford	Trafford AC GP	https://thepowerof10.info/results/results.aspx?meetingid=276169
	Elizabeth Renondeau	4:45.3		21/07/2019	Stanney	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=276256
#	Elizabeth Renondeau	4:40.3	e	06/08/2019	Stretford	Trafford AC GP	https://thepowerof10.info/results/results.aspx?meetingid=276172
v45	1500m						
	Liz Stott	6:36.2		06/05/2006	Stanney	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Lisa Davies	5:54.4		09/06/2013	Stretford	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=81196
	Lisa Davies	5:48.54	e	07/05/2016	Wakefield	NoE League 1	https://www.northernathletics.co.uk/download/2016-1-match-1/
	Eleanor Robinson	5:35.3		06/05/2017	York	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=189087
#	Eleanor Robinson	5:25.0		05/05/2018	Wigan	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234459
v50	1500m						
	Joy Hickman	5:56.87	e	08/07/2018	York	NoE League Division 1	https://www.thepowerof10.info/results/resultslookup.aspx
	Joy Hickman	5:54.68	e	10/08/2019	Wakefield	NoE Division 1	https://www.thepowerof10.info/results/resultslookup.aspx
#	Eleanor Robinson	5:37.7		30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
v55	1500m						
	Joy Hickman	6:28.2		02/07/2023	Blackburn	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516644
#	Joy Hickman	6:19.20	e	19/08/2023	Stretford	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516645

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for **Track and Field** and **Race Walking**, the 31st August at the **end** of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
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Mile

u13	Mile						
		Lucia Pyne	5:58.2	03/05/2016	Stanney	WCAC 4-Minute Anniversary	WCAC records
#		Jessica Lark	5:52.28 e	07/04/2019	Deeside	Spring Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15	Mile						
		Issy Clarke	6:12.5	06/05/2014	Stanney	WCAC 4-Minute Anniversary	WCAC records
		Imogen Pughe	5:44.88	15/04/2018	Deeside	Open Meeting	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Aimee Phillips	5:43.65	12/09/2021	Bangor	Ynys Mon Iga & Menai T & F	https://www.thepowerof10.info/results/resultslookup.aspx
		Jessica Lark	5:34.1	15/09/2021	Bebington	Wirral AC Mini Meetings	https://www.thepowerof10.info/results/results.aspx?meetingid=416338
##		Cosette Wearden	5:24.8	13/07/2022	Bebington	Wirral AC Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=472436
u17	Mile						
		Issy Clarke	5:57.0	03/05/2016	Stanney	WCAC 4-Minute Anniversary	WCAC records
		Aimee Phillips	5:42.0	09/04/2022	Warrington	Terry Davies Memorial	https://thepowerof10.info/results/results.aspx?meetingid=444521&pagenum=2
#		Cosette Wearden	5:39.93 e	24/04/2023	Bebington	Wirral AC Open Meeting	https://www.thepowerof10.info/results/results.aspx?meetingid=528349
u20	Mile						
		Katie Clarke	5:39.1	03/05/2016	Stanney	WCAC 4-Minute Anniversary	WCAC records
#		Jodi Bemand	5:36.4	26/03/2023	Stanney	25 th Anniversary	https://www.thepowerof10.info/results/results.aspx?meetingid=519673
SW							
v35	Mile						
#		Heather McLintock	6:13.6	06/05/2014	Stanney	WCAC 4-Minute Anniversary	WCAC records
v40	Mile						
#		Ellie Robinson	6:12.8	06/05/2014	Stanney	WCAC 4-Minute Anniversary	WCAC records
v45	Mile						
#		Jane Pickering	7:10.1	06/05/2014	Stanney	WCAC 4-Minute Anniversary	WCAC records
v50	Mile						
#		Su Baird	6:51.4	06/05/2014	Stanney	WCAC 4-Minute Anniversary	WCAC records

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31st August at the end of the Competition Year, [1st October each year to the following 30th September.]

Event Record Holder Time race/electronic Date Venue Competition Source of info Measure

Metres_3,000m

u15 3,000m

	Cosette Wearden	12:49.3		03/04/2021	Stretford	Trafford AC Open Meeting	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Cosette Wearden	12:20.1		14/08/2021	Hull	NA u17/ u15/ u13 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Jessica Lark	11:18.29		12/09/2021	Bangor	Ynys Mon Iga & Menai T & F Meet	https://www.thepowerof10.info/results/resultslookup.aspx
#	Cosette Wearden	10:54.4		09/04/2022	Warrington	Terry Davies Memorial	https://thepowerof10.info/results/results.aspx?meetingid=444521&pagenum=2

u17 3,000m

#	Emma Monteith	10:50.1		15/05/1999	Lancaster	Northern Women's League	WCAC Paper records end 2000
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U17 3,000m

#	Cosette Wearden	11:13.01	e i	15/01/2023	EIS Sheffield	NoE u20/ Senior Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=4
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u20 3000m

	Lorraine Stocker	13:09.3		13/06/1998	Crewe	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Lorraine Stocker	12:39.1		25/06/1998	Crewe	Cheshire Track Relays	http://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf
	Emma Monteith	10:55.6		19/06/2001	Macclesfield	Cheshire Relay Champs	http://www.cheshireaa.com/results/PDFarchive/TrackRelays2001.pdf
	Laura Bestow	10:54.4		27/04/2003	Stretford	NJL NP Mersey	AW April 30, 2003 - vol.57 no18
	Laura Bestow	10:54.3		31/08/2003	Watford	Inter Area u20 Match	https://thepowerof10.info/results/results.aspx?meetingid=390488
	Laura Bestow	10:38.6		10/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Laura Bestow	10:29.8		?	?	NoE u20 Track 3k	https://www.northernathletics.co.uk/download/na-tf-results-2003/
#	Laura Bestow	10:23.0		03/06/2003	Stretford	Trafford BMC	https://thepowerof10.info/results/results.aspx?meetingid=72

u20 3,000m

#	Katie Clarke	10:32.52	e i	15/01/2017	Sheffield	Northern Indoor Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
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SW 3,000m

	Ann Stalford	12:01.3		05/07/1998	Stockport	Northern WL	newsletter Vol2 No2
	Julie Fletcher	11:00.6		04/06/2000	Deeside	Northern WL	paper records end 2000
	Joanne Bailey	??		06/05/2001	Douglas, IoM	Northern Women's League	Newsletter May 2001 _ not mentioned in AW May 9, 2001 - Vol.55 no.19
	Joanne Bailey	10:36.31	e	23/05/2001	Stretford	Trafford open	AW May 30, 2001 - vol.55 no22
	Nicola Bird	10:23.6		25/05/2004	Stretford	BMC Trafford Open	https://www.thepowerof10.info/results/results.aspx?meetingid=106
#	Nicola Bird	10:11.79	e	22/06/2004	Stretford	BMC Trafford Open	https://thepowerof10.info/results/results.aspx?meetingid=108

SW 3,000m

#	Laura Bestow	10:11.35	e i	27/01/2005	Sheffield	BUSA Indoor Champs	https://www.thepowerof10.info/results/resultslookup.aspx
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Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for **Track and Field** and **Race Walking**, the 31st August at the **end** of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time race/electronic Measure	Date	Venue	Competition	Source of info
v35 3,000m	Julie Wilkins	12:52.7	16/05/2006	Stanney	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Julie Wilkins	12:32.0	18/05/2006	Macclesfield	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx
#	Joanne Lacking	11:32.8	03/07/2016	Stanney	NoE League N 1	https://thepowerof10.info/results/results.aspx?meetingid=159264
v40 3,000m	Lisa Davies	12:20.7	01/07/2012	Ellesmere Port	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=62850
	Ellie Robinson	12:15.8	05/05/2013	Douglas	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=81195
	Lisa Davies	12:11.2	19/05/2013	Stretford	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Ellie Robinson	12:10.0	04/05/2014	Stretford	NoE 2W	https://www.thepowerof10.info/results/results.aspx?meetingid=103768
	Ellie Robinson	12:07.6	15/06/2014	Crewe	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx
	Ellie Robinson	12:01.8	06/09/2014	Doncaster	NA League Promotion	https://www.northernathletics.co.uk/download/2014-promotion-match/
	Ellie Robinson	11:57.5	07/09/2014	Connah's Quay	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx
	Carol Parsons	10:23.0	21/07/2019	Stanney	Div 1 Northern League	https://thepowerof10.info/results/results.aspx?meetingid=276256
	Elizabeth Renondeau	10:09.2	22/08/2020	Stretford	Trafford open	https://www.thepowerof10.info/results/resultslookup.aspx
##	Elizabeth Renondeau	09:52.6	01/08/2021	Stretford	NoE West Premier	https://www.thepowerof10.info/results/resultslookup.aspx
v45 3,000m	Liz Stott	14:03.1	03/09/2006	Stanney	Cheshire League	http://www.cheshireaa.com/Results/index.aspx
	Mieke Vanneste	12:09.3	22/04/2007	Stockport	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2007.aspx
#	Ellie Robinson	11:48.6	02/07/2017	Salford	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2017.aspx
v50 3,000m	Susan Baird	13:22.8	13/07/2014	Wavertree	NoE 2W	https://www.northernathletics.co.uk/download/2w-match-3-2014/
	Joy Hickman	12:27.4	05/05/2018	Wigan	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=234459
#	Joy Hickman	12:10.7	03/06/2018	Wakefield	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=234460
v55	Joy Hickman	13:12.8	30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
#	Joy Hickman	12:52.4	12/06/2022	Stretford	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445766

Metres_5,000m

u17

u20 5,000m

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
#	Jodi Bemand	19:44.65	e	13/05/2023	Stanney	Cheshire Championship	https://www.thepowerof10.info/results/results.aspx?meetingid=524013&pagenum=2

SW	5,000m						
	Joanne Bailey	18:46.1		12/05/2001	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
	Katie Clarke	18:07.57	e	12/04/2019	GA USA	Berry Field Invitation	https://www.thepowerof10.info/results/resultslookup.aspx
	Katie Clarke	17:43.62	e	19/04/2019	GA, USA	Atlanta GA Tech Invitation	https://www.thepowerof10.info/results/resultslookup.aspx
	Katie Clarke	17:34.75	e	25/05/2019	Gulf Shores	Ass Intercollegiate Champs	https://www.thepowerof10.info/results/resultslookup.aspx
##	Katie Clarke	17:23.06	e	23/04/2021	Columbia SC	Appalachian Conf Champ	https://www.thepowerof10.info/results/resultslookup.aspx

SW	5,000m	Indoor					
#	Katie Clarke	18:29.85	e i	20/02/2020	Winston-Salem	Appalachian AC Champs	https://www.thepowerof10.info/results/resultslookup.aspx

v40	5,000m						
	Claire Williams	22:21.7		08/08/2018	Bebington	Wirral AC Endurance Open	https://www.thepowerof10.info/results/resultslookup.aspx
#	Carol Parsons	17:33.44	e	21/08/2021	Stanney	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx

v45	5,000m						
#	Angela Tegg	23:02.5		13/05/2018	Macclesfield	Cheshire County Champs	http://www.cheshireaa.com/Results/index.aspx

v50

Metres_10,000m

u20	#	Jodi Bemand	43:46.51	SX2 e	21/08/2022	Catford	Ladywell 10000	https://www.thepowerof10.info/results/results.aspx?meetingid=472260
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SW	10,000m						
	Katie Clarke	36:50.85	e	09/04/2021	Cleveland, TN	Flames Invitational, USA	https://live.xpresstiming.com/meets/8160/athletes/4168456
##	Katie Clarke	36:23.14	e	26/04/2021	Gulf Shores, AL	NAIA National Champs	https://live.pttming.com/?mid=2259

v35

Indoor_60m_Hurdles

u13	60m H	Indoor					
#	Amy Williams	10.02	e i	07/02/2010	Deeside	North Wales Champs	https://thepowerof10.info/results/results.aspx?meetingid=34987

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31st August at the end of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
u15 60m H	Indoor						
	Alice Jennings	11.11	e i	16/03/2008	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=10514
	Alice Jennings	9.94	e i	22/11/2008	EIS Sheffield	NoE Indoor Open	https://thepowerof10.info/results/results.aspx?meetingid=19940
	Alice Jennings	9.94	e i	21/12/2008	SportCity	Reebok Manchester open	https://thepowerof10.info/results/results.aspx?meetingid=20409
	Alice Jennings	9.86	ht3 e i	25/01/2009	EIS Sheffield	NoE u15/ u17 Champs	https://thepowerof10.info/results/results.aspx?meetingid=20334
	Olivia Montez-Brown	9.78	e i	22/11/2009	Deeside	Connah's Quay Open	https://thepowerof10.info/results/results.aspx?meetingid=31788
	Olivia Montez-Brown	9.78	ht3 e i	16-17/01/2010	EIS Sheffield	NA Indoor Championships	https://www.northernathletics.co.uk/results-index
	Olivia Montez-Brown	9.77	sf e i	16-17/01/2010	EIS Sheffield	NA Indoor Championships	https://www.northernathletics.co.uk/results-index
	Olivia Montez-Brown	9.59	f e i	16-17/01/2010	EIS Sheffield	NA Indoor Championships	https://www.northernathletics.co.uk/results-index
	Olivia Montez-Brown	9.43	ht2 e i	07/02/2010	Deeside	N Wales Indoor Champs	https://thepowerof10.info/results/results.aspx?meetingid=34987
	Olivia Montez-Brown	9.43	e i	27/02/2010	Birmingham	England Indoor Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
	Abigail Pawlett	9.30	e i	27/11/2016	Sportcity	Sale Harriers Open Series	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Abigail Pawlett	9.30	e i	19/02/2017	Birmingham	Birmingham Games	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Abigail Pawlett	8.96	h3 e i	26/02/2017	Sheffield	EA U15/ U17/ U20 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 5
#	Abigail Pawlett	8.85	f e i	26/02/2017	Sheffield	EA U15/ U17/ U20 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 5
u17 60m H	Indoor						
	Alice Jennings	9.45	e i	07/03/2010	EIS Sheffield	EA Indoor CE	https://thepowerof10.info/results/results.aspx?meetingid=34430
	Olivia Montez-Brown	9.3	i	09/01/2011	Connah's Quay	Deeside Open	https://thepowerof10.info/results/results.aspx?meetingid=47945
	Olivia Montez-Brown	9.23	ht1 e i	14/01/2012	EIS Sheffield	NA Indoor Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
	Olivia Montez-Brown	9.21	f e i	14/01/2012	EIS Sheffield	NA Indoor Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
#	Olivia Montez-Brown	8.92	e i	01/12/2012	Emirates Arena	SIAB Schools Pentathlon	https://thepowerof10.info/results/results.aspx?meetingid=72726
u20 60m H	Indoor						
	Olivia Montez-Brown	8.92	e i	01/12/2012	Emirates Arena	SIAB Schools Pentathlon	http://www.esaa.net/oldindex.shtml - type year (International Pentathlon)
	Olivia Montez-Brown	8.84	e i	21/12/2014	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=120071
#	Olivia Montez-Brown	8.72	e i	17/01/2015	EIS Sheffield	NA U17/U20/Sen Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
SW 60m H	Indoor						
	Olivia Montez-Brown	8.79	e i	28/01/2017	Mankato MN	Minnesota State - Multi	https://www.thepowerof10.info/results/resultslookup.aspx
#	Olivia Montez-Brown	8.62	e i	12/02/2017	Mankato MN	NSIC Multi Championships	https://www.tfrrs.org/results/48504_2978108.html
v35							

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Event Record Holder Time race/electronic Date Venue Competition Source of info Measure

Hurdles_70_80_100m

u13 70m H – 0.685m

	Sarah Devoy	15.18	e h2	09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Sarah Devoy	15.04	e final	09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Frances O'Neil		Boys record!	28/06/1998	Salford	McDonalds YAL	newsletter Vol2 No2
	Sarah Devoy	12.2		18/07/1999	Crewe	McDonalds YAL	paper records end 2000
	Jennifer Potter	12.2		03/06/2007	Stanney	UKA YAL N Premier	https://www.thepowerof10.info/results/resultslookup.aspx
	Amy Williams	12.1		31/05/2009	Halifax	McCain YAL N 1W	https://thepowerof10.info/results/results.aspx?meetingid=25496
	Amy Williams	11.9		11/04/2010	Wavertree	EG Memorial Meet	https://thepowerof10.info/results/results.aspx?meetingid=37487
	Amy Williams	11.4		02/05/2010	Wigan	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36937
	Amy Williams	11.4		16/05/2010	Bebington	McCain UK YAL N Prem W mB	https://thepowerof10.info/results/results.aspx?meetingid=36926
#	Amy Williams	11.2		26/05/2010	Wrexham	Chester & D Minors	2010 WCAC Stats
	Amy Williams	11.2		06/06/2010	Connah's Quay	Dan Evans Memorial	https://thepowerof10.info/results/results.aspx?meetingid=37526
	Abigail Pawlett	11.2		13/09/2015	Macclesfield	Cheshire Junior CE Champs	https://thepowerof10.info/results/results.aspx?meetingid=148171

u15 75m H – 0.762m

	Nicola Gore	13.60	e	09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Nicola Gore		Boys record!	02/09/1998	Cudworth	Inter Counties	newsletter Vol2 No2
	Nicola Gore	12.7		25/04/1999	BHC - M9 7DH	NE Manchester Pentathlon	paper records end 2000
	Louise Woodward	12.7		07/07/2002	Macclesfield	NoE Women's League 3W	AW July 31, 2002 - vol.56 no.31
	Louise Woodward	12.7	final	09/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Louise Woodward	12.4		18/05/2003	Preston	Young Athletes League	from CD end Aug'04 (old website@gq.nu)
	Alice Jennings	12.3		09/05/2009	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Olivia Montez-Brown	12.2		20/06/2009	Birmingham	Mason Trophy	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Alice Jennings	11.8		21/06/2009	Wigan	Young Athletes League	https://thepowerof10.info/results/results.aspx?meetingid=25490
	Olivia Montez-Brown	11.7		02/05/2010	Wigan	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36937
	Olivia Montez-Brown	11.66	w+0.7 f e	30/05/2010	Leigh	NA u15/ u17 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Olivia Montez-Brown	11.5		19/06/2010	Birmingham	Mason Trophy	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Olivia Montez-Brown	11.4		27/06/2010	Telford	ESSA CE Regional NW	https://thepowerof10.info/results/results.aspx?meetingid=39359
#	Olivia Montez-Brown	11.37	w-0.4 f e	10/07/2010	Birmingham	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 5
	Olivia Montez-Brown	11.4	w+4.7	20/06/2010	Wavertree	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36908

u17 80m H – 0.762m

	Caroline Gore	13.40		09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Caroline Gore	12.8		25/04/1999	BHC - M9 7DH	NE Manchester Pentathlon	paper records end 2000
	Alice Jennings	12.6		11/04/2010	Wavertree	Tom O'Mahoney Memorial Meet	https://thepowerof10.info/results/results.aspx?meetingid=36116

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Alice Jennings	12.5		02/05/2010	Wigan	McCain UK YAL N Premier W	https://thepowerof10.info/results/results.aspx?meetingid=36937
	Victoria Anderson	12.3		16/05/2010	Bebington	McCain UK YAL N Premier W mB	https://thepowerof10.info/results/results.aspx?meetingid=36926
	Victoria Anderson	12.3	w1.7	19/06/2010	Wavertree	McCain UK YAL N Premier W	https://thepowerof10.info/results/results.aspx?meetingid=36908
	Olivia Montez-Brown	12.2		08/05/2011	Macclesfield	McCain UK YAL N Premier W	https://thepowerof10.info/results/results.aspx?meetingid=51612
	Olivia Montez-Brown	12.2		22/05/2011	Preston	McCain UK YAL N Premier W	https://thepowerof10.info/results/results.aspx?meetingid=51620
	Olivia Montez-Brown	12.2		19/06/2011	Crewe	McCain UK YAL N Premier W	https://thepowerof10.info/results/results.aspx?meetingid=51609
	Olivia Montez-Brown	11.8		12/05/2012	Warrington	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Olivia Montez-Brown	11.8		16/06/2012	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml Type year
	Olivia Montez-Brown	11.7		23/06/2012	Stoke	Mason Trophy	https://thepowerof10.info/results/results.aspx?meetingid=68240
#	Olivia Montez-Brown	11.6		30/06/2012	Crewe	ESAA Regional CE	https://thepowerof10.info/results/results.aspx?meetingid=67572
u17	100m H – 0.762m						
	Heather Lowry	20.1		05/06/1999	Warrington	NoE WL 4W	AW June 9, 1999 - vol.53 no.23
	Tricia Jackson	18.0		31/07/2004	Deeside	Northern WL	from CD end Aug'04 (old website@gq.nu)
	Danielle Erskine	18.0		05/07/2009	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23582
	Danielle Erskine	17.4		02/08/2009	Blackpool	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23583
#	Gemma Hale	16.3		01/05/2010	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=37056
	Gemma Hale	16.2	w+3.2	05/06/2010	Wavertree	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=37055
u20	100m H – 0.838m						
	Caroline Gore	18.6		26/04/2000	Cannock	Schools Multi-events	paper records end 2000
	Catriona Boyd	18.6		07/08/2005	Stockport	3W - Northern League	https://www.northernathletics.co.uk/download/tf-league-results-2005/
	Victoria Anderson	16.18	e	14/05/2011	Stretford	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Victoria Anderson	15.9		11/06/2011	Macclesfield	Cheshire Schools Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page2
	Olivia Montez-Brown	15.6		02/06/2013	Carlisle	YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=81639
	Olivia Montez-Brown	15.2		03/08/2013	Sportcity	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=81198
	Olivia Montez-Brown	15.14	w+0.1 e	24/05/2014	Bedford	EA u20, SW CE Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=101361
	Olivia Montez-Brown	14.7		01/06/2014	Stanney	YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=103237
##	Olivia Montez-Brown	14.3		09/08/2014	Bebington	NA League 2W	https://www.northernathletics.co.uk/download/division-2w-match-4-2014/
SW	100m H – 0.838m						
	Heather Lowry	20.1		27/06/1998	Belle Vue	Northern WL	newsletter Vol2 No2
	Heather Lowry	19.6		01/08/1999	Warrington	NoE WL 4W	paper records end 2000 - AW August 4 1999 - vol.53 no.31
	Victoria Anderson	16.0		07/07/2013	Litherland	Northern League	https://thepowerof10.info/results/results.aspx?meetingid=81197
	Olivia Montez-Brown	15.51	w1.5 e	15/04/2016	Azusa CA, USA	Bryan Clay Invitational	https://thepowerof10.info/results/results.aspx?meetingid=168364
	Olivia Montez-Brown	14.59	w0.8 e	01/05/2016	Mankato MN	NSIC Multi Championships	https://www.thepowerof10.info/results/resultslookup.aspx

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
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#	Olivia Montez-Brown	14.37	w1.2 e	26/05/2016	Bradenton FL	NCAA DII Championships	https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/
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v35 100m H – **0.838m**

Hurdles_300_400m

u17 300m H – **0.762m**

	Lynsey Wayman	58.9	final	13/06/1998	Crewe	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Caroline Gore	54.3		19/07/1998	Crewe	McDonalds YAL	newsletter Vol2No2
	Sam Appleby	49.5		07/04/2002	Warrington	Warrington Spring Open	AW April 10, 2002 - vol.56 no.15
	Sam Appleby	49.4		11-12/05/2002	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Sam Appleby	49.01	ht1	26/05/2002	Sportcity	NoE Junior championships	https://www.northernathletics.co.uk/download/na-tf-results-2002/
	Sam Appleby	47.9		07/07/2002	Macclesfield	NoE Women's League 3W	AW July 31, 2002 - vol.56 no.31
	Sam Appleby	47.8		05/05/2003	Bolton	UKA YA League N 1W	AW May 21, 2003 vol.57 no.21
	Sam Appleby	47.3		10/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Sam Appleby	46.8		29/06/2003	Macclesfield	UKA YA League N 1W	from CD end Aug'04 (old website@gq.nu) - AW July 16 2003 - vol.57 no.29
##	Alice Jennings	45.9		16/05/2010	Bebington	McCain UK YAL N Prem W mB	https://thepowerof10.info/results/results.aspx?meetingid=36926

400m H – **0.762m**

	Emma Monteith	77.3		13/08/2000	Warrington	National Junior League	paper records end 2000
#	Samantha Appleby	69.2		22/06/2003	Warrington	National Junior League	from CD end Aug'04 (old website@gq.nu)

u20 400m H – **0.762m**

	Gemma Ashton	83.1		01/08/1999	Warrington	NWL	paper records end 2000
	Samantha Appleby	66.7		01/05/2004	Stockport	NoE league	AW May 5, 2004 vol.58 no.19
	Samantha Appleby	65.9		15-16/05/2004	Warrington	Cheshire Championships	from CD end Aug'04 (old website@gq.nu)
#	Samantha Appleby	65.88	f e	29-30/05/2004	Wigan	NoEAA Junior T&F Champs	http://www.cheshireaa.com/Results/index.aspx

SW 400m H – **0.762m**

	Heather Lowry	75.0		06/06/1998	Oldham	Northern Women's L	newsletter Vol2 No2
##	Heather McLintock (née Lowry)	63.5	.	06/07/1999	Warrington	NoE WL 4W	paper records end 2000 - AW June 9, 1999 - vol.53 no.23

v35 400m H – **0.762m**

	Jules Wilkins	94.3		06/05/2006	Stanney	NoE 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
#	Heather McLintock (née Lowry)	78.2	.	03/08/2013	Sportcity	NoE 2W	https://www.northernathletics.co.uk/download/div-2w-match-4/

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
v40	400m H – 0.762m						
v45	400m H – 0.762m						
#	Su Baird	90.1		09/06/2013	Stretford	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=81196
v50	400m H – 0.762m						
	Susan Baird	86.7		07/06/2014	Stanney	NoE 2W	https://www.northernathletics.co.uk/download/2w-match-2-2014/
	Su Baird	85.7		09/08/2014	Bebington	NoE 2W	https://www.northernathletics.co.uk/download/division-2w-match-4-2014/
#	Su Baird	83.4		03/05/2015	Wavertree	NoE 2W	https://www.northernathletics.co.uk/download/2015-2w-match-1/
v55	400m H – 0.762m						
v60	400m H – 0.685m						

Steeplechase_1500_2,000_3,000m

u17	1500 S/c	0.762m					
	Issy Clarke	5:59.0		30/04/2017	Wigan	YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=195222
#	Issy Clarke	5:53.7		28/05/2017	Crewe	YDL Upper NW1	https://thepowerof10.info/results/results.aspx?meetingid=195223
u20	1500 S/c	0.762m					
	Katie Clarke	5:48.5		24/07/2016	Stanney	YDL upper N W2	https://thepowerof10.info/results/results.aspx?meetingid=159457
	Katie Clarke	5:48.1		30/04/2017	Wigan	YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=195222
	Katie Clarke	5:38.6		28/05/2017	Crewe	YDL Upper NW1	https://thepowerof10.info/results/results.aspx?meetingid=195223
##	Jodi Bemand	5:36.2		24/04/2022	Bebington	YDL Upper NW1	https://thepowerof10.info/results/results.aspx?meetingid=459962
U20	2000 S/c	0.762m					
	Jodie Bemand	7:52.35	e	19/06/3022	Wavertree	NoE u/20-SW Champs	https://www.northernathletics.co.uk/u20-sen-championships-2022/
##	Jodie Bemand	7:51.64	e	04/06/2023	Sportcity	NA SW & u20W Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=516686&pagenum=2
	3000 S/c	0.762m					
	Jodie Bemand	12:34.27	e	17/07/2022	Bedford	EA u20 Senior Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=457042&pagenum=3
##	Jodie Bemand	12:30.4		18/06/2023	Bebington	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516643
SW	3000 S/c	0.762m					

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
V50 3000 S/c		0.762m					
#	Debra Bemand	17:07.42	e	19/08/2023	Stretford	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516645

Relay_4x100m

u11 4x100m	Anon	65.9	h2	20/06/2000	Warrington	Cheshire Track Relays	http://www.cheshireaa.com/results/PDFarchive/TrackRelays2000
	Anon	63.3	h1	13/07/2003	Warrington	Cheshire Track Relays	http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
	Anon	61.5	h2	03/07/2005	Stanney	Cheshire Track Relays	http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2005.aspx
	Anon	61.0		20/04/2008	Stockport	Cheshire League Rd1 M3	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Anon	60.1	h1	05/07/2008	Macclesfield	Cheshire Track Relays	http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx
	Anon	60.0	final	05/07/2008	Macclesfield	Cheshire Track Relays	http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx
u13 4x100m	Anon	64.8	h2	11/07/2000	Warrington	Cheshire Track Relays	http://www.cheshireaa.com/results/PDFarchive/TrackRelays2000.pdf
	Anon	62.9		22/07/2001	Warrington	McDonalds YAL	from CD end Aug'04 (old website@gq.nu)
	Anon	56.1	h1	14/07/2002	Crewe	Cheshire Track Relays	http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
	Anon	55.8	final	14/07/2002	Crewe	Cheshire Track Relays	http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
	Anon	55.4	final	13/07/2003	Warrington	Cheshire Track Relays	http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
	S McGonigle, G Barlow C Williamson and A Williams	55.4		19/06/2010	Wavertree	YAL	WCAC stats
	G Barlow, C Williamson, A Williams, and Williams	55.4	h2	03/07/2010	Crewe	Cheshire Track Relays	http://www.cheshireaa.com/results/TR/cheshire_relay_championships_2010.aspx

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	G Barlow, C Williamson, A Williams, and Williams	54.8		final	03/06/2010	Crewe	Cheshire Track Relays http://www.cheshireaa.com/results/TR/cheshire_relay_championships_2010.aspx
	Anon	54.6			15/07/2017	Preston	N P1 YDL lower
	Anon	54.67	e		18/05/2019	Wavertree	N PW YDL lower https://thepowerof10.info/results/results.aspx?meetingid=285878&pagenum=2
	Madeline Mercer, Lara Fields, Sara Pearson and Emily Owen	53.7			22/06/2019	Bebington	N PW YDL lower https://thepowerof10.info/results/results.aspx?meetingid=285879&pagenum=2
#	Jess Brown, Sara Pearson, Emily Owen, and Madeline Mercer	53.40	e		20/07/2019	Sheffield	N PW YDL lower https://thepowerof10.info/results/results.aspx?meetingid=285905&pagenum=2
u15	4x100m						
	Anon	55.9			05/06/1999	Warrington	NoE WL 4W paper records end 2000 AW June 9, 1999 - AW Vol.53 no.23
	Anon	52.9	h1		13/07/2003	Warrington	Cheshire Relay Champs http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
	Anon	52.1	final		13/07/2003	Warrington	Cheshire Relay Champs http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
	Anon	51.0			05/06/2005	Blackburn	NoE YA Northern 1W AW June 15, 2005 - vol.59 no.24
	Daisy Flynn-Piercy, Shona Valentine, Sian Kelman, and Emily Done	50.2	final		03/07/2005	Stanney	Cheshire Track Relay http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2005.aspx
#	Stephanie Jones, Lara Battersby,	50.0			02/06/2019	Crewe	Cheshire Track Relays
#	Fatoumatta Bojang, and Imogen Pughe						Not on Po10 (results by date) or Cheshire website!
u17	4x100m						
	Anon	54.9			06/06/1999	Warrington	Northern WL paper records end 2000
	Anon	54.5			11/07/2000	Warrington	Cheshire Track Relays http://www.cheshireaa.com/results/PDFarchive/TrackRelays2000
	Anon	53.8	final		13/07/2003	Warrington	Cheshire Relay Champs http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
	Shona Valentine, Rebecca Grimes, Sian Kelman, and Daisy Flynn-Piercy	52.1			06/05/2006	Stanney	NoE League 2W https://www.northernathletics.co.uk/download/tf-league-results-2006/
#	Daisy Flynn-Piercy, Shona Valentine,	50.5			01/07/2006	Macclesfield	Cheshire Track Relay http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2006.aspx
#	Rachel Stoakley, and Emily Done						
	Anon	50.5			07/07/2007	Macclesfield	Cheshire Track Relays
u20	4 x 100						
	Anon	55.9			05/06/1999	Warrington	NoE WL 4W AW June 9, 1999 - vol.53 no.23
	Rebecca Cutler (u17), Tricia Jackson (u20),	54.3			01/05/2005	Stanney	Northern T&F 2005 3W (m1)

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Helen Clowes(u17), Emma Shore (u17) Bryony Potter, Sian Kelman, Shona Valentine, Emily Done Anon	51.1		27/04/2008	Stanney		https://www.northernathletics.co.uk/download/tf-league-results-2005/ NjL Ch Tigers Mersey https://thepowerof10.info/results/results.aspx?meetingid=12374
		50.3		06/07/2008	Macclesfield		Cheshire Track Relays http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx
##	Bryony Potter (u20), Sian Kelman (u20), Shona Valentine(u20), and Emily Done (u20)	49.3		04/07/2009	Stanney		Cheshire Track Relays http://www.cheshireaa.com/results/TR/cheshire_relay_championships_2009.aspx
SW	4x100m						
	Anon	61.1		02/05/1999	Lancaster		Northern WL paper records end 2000
	Anon	57.4		06/05/2001	Douglas,		Isle of Man Northern WL from CD end Aug'04 (old website@gq.nu)
	Anon	56.6		14/07/2002	Crewe		Cheshire Relay Champs http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
	Rachel Treloar (u17), Shona Valentine, Laura Rigby (u20), Alice McMahon (u17)	51.0		05/06/2011	Warrington		NA 2W WCAC stats https://www.northernathletics.co.uk/download/tf-leauge-results-2011/
	Alice McMahon (u17), Ali Burkett (u17), Danielle Erskine (u20), Shona Valentine	50.87 e		03/07/2011	Stretford		NA 2W WCAC stats https://www.northernathletics.co.uk/download/tf-leauge-results-2011/
	Alice McMahon (u20), Laura Turley (u17), Shona Valentine, Ali Burkett (u20)	50.6		05/05/2012	Blackpool		NoE 2W https://www.northernathletics.co.uk/download/tf-league-results-2012/
	Alice McMahon (u20), Shona Valentine, Georgia Barlow (u17), and Danielle Erskine	49.6		07/06/2014	Stanney		North of England League Division 2W https://www.northernathletics.co.uk/download/2w-match-2-2014/
##	Alice McMahon, Shona Valentine, Georgia Barlow (u20), and Danielle Erskine	49.3		03/07/2016	Stanney		Northern League Division 1 https://www.northernathletics.co.uk/download/2016-match-3-div-1/
v35	4x100m						
v40	4x100m						
	Anon	69.7		01/07/2006	Macclesfield		Cheshire Track Relays http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2006.aspx
	Anon	66.9		07/07/2007	Macclesfield		Cheshire Track Relays http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2007.aspx
#	Glenys Potter (v40), Jane Pickering (v40) Niamh Reilly + Anon	59.3		04/07/2009	Stanney		Cheshire Track Relays http://www.cheshireaa.com/results/TR/cheshire_relay_championships_2009.aspx
v45	4x100m						

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
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Relay_4x300_or400m

u15 4x300m

	Sophie Hemingbrough, Emma Howe, K Harrison, Issy Clarke	3:18.6		03/05/2014	Stanney	N W1 YDL Lower	https://thepowerof10.info/results/results.aspx?meetingid=103318&pagenum=2
	Anon	3:12.7		22/06/2014	Stretford	N W1 YDL Lower	https://thepowerof10.info/results/results.aspx?meetingid=103320&pagenum=2
	Anna Crayston, Tamsin O'Keefe	3:07.5		23/04/2016	Hull	N P 2 YDL Lower	https://thepowerof10.info/results/results.aspx?meetingid=159347&pagenum=2
	Evie Tipping, Emily Misantoni/Oyekan	3:00.2		16/07/2016	Bebington	N P 2 YDL Lower	https://thepowerof10.info/results/results.aspx?meetingid=159350&pagenum=2
	Anon	2:57.6		21/04/2018	Leeds Becket	N P 1 YDL Lowe	https://thepowerof10.info/results/results.aspx?meetingid=234510&pagenum=2
	Anon	2:52.60 e		19/05/2018	Wakefield	N P 1 YDL Lower	https://thepowerof10.info/results/results.aspx?meetingid=234517&pagenum=2
	Anon	2:51.2		17/06/2018	Stanney r	N P 1 YDL Lowe	https://thepowerof10.info/results/results.aspx?meetingid=234511&pagenum=2
	Lara Battersby, Fatoumatta Bojang, Stephanie Jones, and Imogen Pughe	2:50.9		22/06/2019	Bebington	N PW YDL lower	https://thepowerof10.info/results/results.aspx?meetingid=285879&pagenum=2
#	Lara Battersby, Fatoumatta Bojang, Martha Willetts, and Imogen Pughe	2:50.54 e		20/07/2019	Sheffield Uni	YDL Lower relegation	https://thepowerof10.info/results/results.aspx?meetingid=285905&pagenum=2 Page 2

u17 4x300m

	Alice Jennings, Gemma Hale, Victoria Anderson and Leah Ferrie	3:00.9		02/05/2010	Wigan	N P W YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=36937 WCAC stats
	Anon _ (possibly? - <i>Alexandra Burkett</i> , <i>Alice Jennings</i> , <i>Leah Ferrie</i> , and <i>Jenna Sheehy</i>)	2:59.7		18/07/2010	Stanney	N P W YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=36888
	Emma Holmes, Carys Roberts, Jodi Bemand, and Imogen Pughe	2:59.7 .		30/05/2021	Stanney	N P Merseyside YDL Upper	
#	Emma Holmes, Lauren Williams, Carys Roberts, Imogen Pughe	2:50.9		25/07/2021	Bebington	NP Merseyside YDL Upper	https://www.thepowerof10.info/results/results.aspx?meetingid=415562

u20 4 x 400

	Stephanie Owens (u17), Charlotte Roache (U20), Kerry Riley (u17), and Ruth Pritchard (u17)	4:27.6		06/08/2006	Ashton	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
#	Emily Done, Danielle Erskine (U17),	4:07.8		05/07/2009	Stanney	NoE 2W	

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Bryony Potter, Leah Ferrie (U17)						https://thepowerof10.info/results/results.aspx?meetingid=23582
SW 4x400m	Anon	4:43.2		25/06/1998	Crewe	Cheshire Track Relays	http://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf
	Anon	4:36.2	???	07/06/1999	Crewe	Cheshire Track Relays	paper records end 2000
	Anon	4:21.2		15/06/1999	Crewe	Cheshire Relay Champs	http://www.cheshireaa.com/results/PDFarchive/TrackRelays1999.pdf
	Danielle Erskine, Shona Valentine, Olivia Montez-Brown (u20), and Georgia Barlow (u17)	4:10.5		12/07/2015	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=129670
	Laura Turley, and Alice Jennings, Issy Clarke (U20), Beth McMahan (U20)	4:08.77 e		03/06/2018	Wakefield	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234460
	Imogen Pughe (u17), Elizabeth McMahan, Carys Roberts (u17), and Emma Holmes (u17)	4:03.5		01/08/2021	Stretford	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415489
	Aimee Phillips (u17), Laura Turley, Elizabeth McMahan and Imogen Pughe (u20)	4:00.4		12/06/2022	Stretford	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445766
##	Aimee Phillips (u17), Lura Turley, Elizabeth McMahan, and Imogen Pughe (u20)	4:00.0		10/07/2022	Wigan	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445767
v35 4x400m							

Relay_3x600_3x800m

u11 3x600m	Anon	6:21.1		05/07/2008	Macclesfield	Cheshire Track Relays	http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx
	Anon	6:02.8		31/08/2013	Macclesfield	Cheshire Track Relays	http://www.cheshireaa.com/results/TR/cheshire_relay_championships_2012.aspx
u13 3x800m	Anon	9:22.5		25/06/1998	Crewe	Cheshire Track Relays	http://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf
	Anon	8:24.8		14/07/2002	Crewe	Cheshire Relay Champs	http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
	Anon	8:03.2	final	13/07/2003	Warrington	Cheshire Relay Champs	http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
#	Martha Willetts, Carys Roberts, and Megan White	8:03.0				10/06/2018	Crewe Cheshire County & Invitation no results Po10 or Cheshire web!
u15 3x800m	Anon	8:35.9				14/07/2002	Crewe Cheshire Relay Champs http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
	Anon	7:52.5	final			13/07/2003	Warrington Cheshire Relay Champs http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
#	Sophie Granger, Carys Roberts, and Imogen Pughe	7:17.6				02/06/2019	Crewe Cheshire Relay Championships
u17 3x800m	# Anon	7:51.5				13/07/1999	Crewe Cheshire Relay Champs http://www.cheshireaa.com/results/PDFarchive/TrackRelays1999.pdf
u20							
SW 3x800m	# Anon	7:32.3	typo			14/07/2002	Crewe Cheshire Relay Champs http://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
v35							
v40							
v45 3x800m	# Jane Pickering (v45), Ellie Robinson (v40), Lisa Davies (v40)	8:24.1				21/07/2012	Crewe Cheshire County & Invitation http://www.cheshireaa.com/results/TR/2012/CCAA%20RELAYS%202012%20RESULTS_21-07-2012.pdf

High Jump

Event	Record Holder	Time	Date	Venue	Competition	Source of info
u13 High Jump	Sarah Devoy	1.15	11/04/1998	Eirias Park	Colwyn Bay Open	'Pioneer' 15/04/1998 Page 46 - AW April 15, 1998 - Vol.52 no.16
	Sarah Devoy	1.15	10/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Sarah Devoy	1.35	05/09/1998	Eirias Park	Colwyn Bay Games	AW September 9, 1998 - vol.52 no.37
	Sarah Devoy	Boys record!	06/09/1998	Eirias Park	Cheshire League	newsletter Vol2 No2

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
		Sarah Devoy		17/04/1999	Wavertree	Liverpool Open	AW April 28, 1999 - vol.53 no.17
		Sarah Devoy		09/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
#		Sarah Devoy		22/08/1999	Warrington	Terry Davies Memorial	paper records end 2000 - AW August 25, 1999 - vol.53 no.34
u13	High Jump	Indoor					
		Tamsin O'Keefe	i	23/03/2014	EIS Sheffield	South Yorkshire Series	https://thepowerof10.info/results/results.aspx?meetingid=95617
#		Emily Misantoni/Oyekan	i	06/12/2015	Sportcity	Sale Harriers Open Series	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15	High Jump						
		Alicia Bateson		09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
		Sian Kelman		18/07/2004	Warrington	Young Athletes League	from CD end Aug'04 (old website@gq.nu)
		Laura Stott		25/06/2006	Bolton	YAL N 1W	WCAC 2006 Stats
		Alice Jennings		19/04/2008	Wavertree	Ernie Gallagher Memorial	https://thepowerof10.info/results/results.aspx?meetingid=13333
		Alice Jennings		10/05/2008	Stanney	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx
#		Alice Jennings		24/05/2008	Wigan	NA u17/ u15 Champs	https://www.northernathletics.co.uk/download/na-tf-results-2008/
		Alice Jennings		14/06/2008	Macclesfield	Cheshire Schools Champs	https://thepowerof10.info/results/results.aspx?meetingid=16255
		Alice Jennings		20/09/2009	Bedford	English Schools CE	https://www.thepowerof10.info/results/results.aspx?meetingid=30426&pagenum=4
		Abigail Pawlett		01/04/2017	Stretford	Trafford AC Medal Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15	High Jump	Indoor					
		Alice Jennings	i	13/01/2008	Sportcity	Reebok Manchester Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Alice Jennings	i	16/03/2008	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=10514
		Alice Jennings	i	22/11/2008	EIS Sheffield	NoE Indoor Open	https://thepowerof10.info/results/results.aspx?meetingid=19940
		Alice Jennings	i	11/01/2009	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=20468
#		Alice Jennings	i	14/02/2009	Birmingham	EA U20, 17 & 15 Champ	https://thepowerof10.info/results/results.aspx?meetingid=21578
u17	High Jump						
		Caroline Gore		24/05/1998	Crewe	Cheshire League	newsletter Vol2No2
		Caroline Gore		05/06/1999	Warrington	NoE WL 4W	AW June 9, 1999 - vol.53 no.23
#		Victoria Anderson		13/06/2009	Macclesfield	Cheshire Schools Champs	https://thepowerof10.info/results/results.aspx?meetingid=28035
		Victoria Anderson		09/07/2010	Birmingham	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 7
	High Jump	Indoor					
		Victoria Anderson	i	16-17/01/2010	EIS Sheffield	NA Indoor Championships	https://www.thepowerof10.info/results/resultslookup.aspx
		Victoria Anderson	i	10/01/2010	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=32358
#		Victoria Anderson	i	06/03/2010	EIS Sheffield	NoE u17/ u15 C/E Champs	https://www.northernathletics.co.uk/results-index/2010-results-index/

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for **Track and Field** and **Race Walking**, the 31st August at the end of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
u20	High Jump						
	Lorraine Stocker	1.20		05/07/1998	Stockport	Northern WL	newsletter Vol2 No2
	Caroline Gore	1.57		04/06/2000	Deeside	Northern WL	paper records end 2000
	Victoria Anderson	1.63	day 2	15/05/2011	Stretford	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Victoria Anderson	1.66		11/06/2011	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
##	Victoria Anderson	1.69		25/06/2011	Stretford	North-West Schools CE	https://thepowerof10.info/results/results.aspx?meetingid=53549
	Victoria Anderson	1.69		17/09/2011	Exeter	ESAA CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Victoria Anderson	1.69		12/05/2012	Warrington	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
SW	High Jump						
	Heather Lowry	1.20		03/05/1998	Oldham	Northern WL	paper records end 2000
	Heather Lowry	1.20		20/06/1998	Oldham	Northern WL	newsletter Vol2 No2
	Gemma Ashton	1.52		01/08/1999	Warrington	NoE WL 4W	paper records end 2000 - AW August 4, 1999 - vol.53 no.31
#	Gemma Ashton	1.54		05/08/2001	Preston	Northern WL	from CD end Aug'04 (old website@gq.nu)
v35							
#	Nicola Gore	1.10		06/08/2022	Blackburn	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445768
v40							
v45	High Jump						
#	Ellie Robinson	1.15		02/09/2018	Salford	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Ellie Robinson	1.15		16/06/2019	Wigan	NoE division 1	https://thepowerof10.info/results/results.aspx?meetingid=276255
v50							

Long Jump

u11	Long Jump						
	Lindzi Bromilow	2.18		12/09/1999		County Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
	Rachel Stoakley	3.38		10/09/2000	Macclesfield	Cheshire Relay Champs	http://www.cheshireaa.com/results/PDFarchive/JME2000.pdf
	Stephanie Blackwell	3.59		09/09/2001	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME2001.pdf
	Emily Clark	4.04		05/06/2005	Blackburn	NoE YA Northern 1W	AW June 15, 2005 - vol.59 no.24
	Amy Williams	4.05		23/08/2008	Manchester	NW CE Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Tamsin O'Keefe	4.15		15/09/2013	Macclesfield	Cheshire Multi-events	https://www.thepowerof10.info/results/results.aspx?meetingid=93264&pagenum=2

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for **Track and Field** and **Race Walking**, the 31st August at the **end** of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
Long Jump - Indoor	Tamsin O'Keefe	3.43	i	11/11/2012	Sportcity	Dash Quad	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u13 Long Jump	Sarah Devoy	4.06		27/03/1999	Eirias Park	Colwyn Bay Junior GP	AW March 31, 1999 - vol.53 no.13
	Sarah Devoy	4.08		18/04/1999	Eirias Park	Colwyn Bay GP Final	AW April 21, 1999 - vol.53 no.16
	Stephanie Blackwell	4.18		16/06/2002	Kelsterton	Deeside Games	AW June 19, 2002 - vil.56 no.25
	Stephanie Blackwell	4.33		15/09/2002	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/results/ME/2002/U11CE2002.jpg
	Amy Williams	4.54		21/06/2009	Wigan	McCain UK YAL N 1W	https://thepowerof10.info/results/results.aspx?meetingid=25490
	Amy Williams	4.69		28/06/2009	Birmingham	ISA National Athletics Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Amy Williams	4.86		11/04/2010	Wavertree	EG Memorial Meet	https://thepowerof10.info/results/results.aspx?meetingid=37487
	Amy Williams	5.10		17/04/2010	Birmingham	Birchfield open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Amy Williams	5.10		08/05/2010	Macclesfield	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Amy Williams	5.35		16/05/2010	Bebington	McCain UK YAL N Premier W mB	https://thepowerof10.info/results/results.aspx?meetingid=36926
#	Amy Williams	5.40		23/06/2010	Bedford	ISA National Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u13 Long Jump - Indoor	Amy Williams	4.61	i	22/11/2009	Connah's Quay	Deeside Open	https://thepowerof10.info/results/results.aspx?meetingid=31788
	Amy Williams	4.95	i	12/12/2009	Sheffield	Northern indoor open	https://thepowerof10.info/results/results.aspx?meetingid=32360
#	Amy Williams	5.01	i	16-17/01/2010	EIS Sheffield	NA Indoor Championships	https://www.northernathletics.co.uk/results-index
	Amy Williams	5.01	i	21/02/2010	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=32357
u15 Long Jump	Alicia Bateson	4.93		10/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Alicia Bateson	5.32		28/06/1998	Salford	MacDonalds YAL NW1	AW July 1, 1998 - vol.52 no.27
#	Sian Kelman	5.39		20/08/2005	Cudworth	NoEAA Inter Counties	http://www.cheshireaa.com/results/PDFarchive/NoEAAICTF2005.pdf
Long Jump - Indoor	Olivia Montez-Brown	4.60	i	22/11/2009	Connah's Quay	Deeside Open	https://thepowerof10.info/results/results.aspx?meetingid=31788
	Olivia Montez-Brown	4.64	i	03/01/2010	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=32359
	Olivia Montez-Brown	4.89	i	10/01/2010	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=32358
	Olivia Montez-Brown	5.00	i	09/01/2011	Connah's Quay	Deeside Open	https://thepowerof10.info/results/results.aspx?meetingid=47945
#	Abigail Pawlett	5.30	i	29/01/2017	Sheffield	Sheffield Festival Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Abigail Pawlett	5.30	i	05/02/2017	Sheffield	NA U13 / U15 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u17 Long Jump	Alexis Ithell	4.66		09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Alicia Bateson	4.95		08/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Alicia Bateson	4.95		12/06/1999	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Sian Kelman	5.36		13/05/2006	Warrington	Cheshire Championships	Po10 & http://www.cheshireaa.com/Results/index.aspx
	Sian Kelman	5.36		05/05/2007	Stanney	North of England League	Po10 & https://www.northernathletics.co.uk/download/tf-league-results-2007/
	Sian Kelman	5.47		12/05/2007	Macclesfield	Cheshire Championships	Po10 & http://www.cheshireaa.com/Results/index.aspx
#	Sian Kelman	5.55		26/05/2007	Leeds	NoEAA U17/U15 Champs	https://www.northernathletics.co.uk/results-index/2007-results-index/
u17	Long Jump - Indoor						
	Sian Kelman	5.07	f i	22-23/01/2006	EIS Sheffield	NoE Junior Championships	https://www.northernathletics.co.uk/download/na-indoor-results-2006/
	Sian Kelman	5.12	f i	09/12/2006	EIS Sheffield	NoEAA indoor open	https://www.northernathletics.co.uk/download/na-indoor-results-2006/
	Sian Kelman	5.26	f i	20/01/2007	Sheffield	NoEAA Indoor Champs	https://www.northernathletics.co.uk/download/na-indoor-results-2007/
#	Olivia Montez-Brown	5.49	i	01/12/2012	Emirates Arena	SIAB Schools Pentathlon	http://www.esaa.net/oldindex.shtml
u20	Long Jump						
	Samantha Withers	4.97		11/04/1998	Eirias Park	Colwyn Bay Open	'Pioneer' 15/04/1998 Page 46 - AW April 15, 1998 - Vol.52 no.16
	Sian Kelman	5.08		03/05/2008	Stanney	NL 2W	https://thepowerof10.info/results/results.aspx?meetingid=13444
	Sian Kelman	5.21		10/05/2008	Stanney	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Sian Kelman	5.39		07/06/2008	Wavertree	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=13443
	Sian Kelman	5.46	w+0.5 f	15/06/2008	Sportcity	NA s/ u20 Champs	https://www.northernathletics.co.uk/download/na-tf-results-2008/
	Sian Kelman	5.61		27/07/2008	Deeside	National Junior League	https://thepowerof10.info/results/results.aspx?meetingid=12846
	Sian Kelman	5.63		31/08/2008	Cudworth	NoE Promotion match	https://thepowerof10.info/results/results.aspx?meetingid=13409
#	Olivia Montez-Brown	5.82		12/07/2014	Birmingham	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 7
u20	Long Jump - Indoor						
	Danielle Erskine	4.63	i	02/01/2011	Sportcity	Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=43123&pagenum=2
	Danielle Erskine	4.92	i	20/02/2011	Sportcity	Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=43122&pagenum=2
	Danielle Erskine	5.06	i	06/03/2011	Sportcity	Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=43121&pagenum=2
	Danielle Erskine	5.18	i	15/01/2012	EIS Sheffield	NoE Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Olivia Montez-Brown	5.49	i	01/12/2012	Emirates Arena	SIAB Schools Pentathlon	https://thepowerof10.info/results/results.aspx?meetingid=72726
#	Olivia Montez-Brown	5.80	i	28/02/2015	Sheffield	EA U15/ U17/ U20 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 6
SW	Long Jump						
	Joy Carsons	3.43		11/04/1998	Eirias Park	Colwyn Bay Open	'Pioneer' 15/04/1998 Page 46 - AW April 15, 1998 - Vol.52 no.16
	Heather Lowry	3.94		06/06/1999	Warrington	NoE WL 4W	paper records end 2000 - AW June 9, 1999 - vol.53 no.23
	Gemma Ashton	4.39		01/08/1999	Warrington	NoE WL 4W	AW August 4, 1999 - vol.53 no.31
	Gemma Ashton	4.45		01/05/2004	Stockport	Northern WL	from CD end Aug'04 (old website@gq.nu)
	Catriona Boyd	4.73		07/08/2005	Stockport	3W - Northern League	https://www.northernathletics.co.uk/download/tf-league-results-2005/

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Danielle Erskine	4.94		17/05/2014	Macclesfield	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
	Danielle Erskine	5.36		23/05/2015	Stretford	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Olivia Montez-Brown	5.73	w+0.9	03/04/2016	Sioux Falls SD	Vance Butler Invitational	https://goaugie.com/documents/2016/4/3/Vance_butler_Results.pdf
##	Olivia Montez-Brown	5.91	w+1.8	10/04/2016	Sioux Falls SD	Sioux Falls Invitational	https://siouxfalls_ftp.sidearmsports.com/custompages/pdf9/4725944.pdf

SW	Long Jump - Indoor						
	Danielle Erskine	5.21	i	21/02/2015	Sheffield	BUCS Indoor Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 5
	Olivia Montez-Brown	5.44	i	29/01/2016	Minneapolis MN	Jack Johnson Classic	https://thepowerof10.info/results/results.aspx?meetingid=161266
	Olivia Montez-Brown	5.77	i	06/02/2016	Mankato MN	Ted Nelson Classic	https://www.thepowerof10.info/results/resultslookup.aspx
#	Olivia Montez-Brown	5.85	i	07/01/2017	Mankato MN	Minnesota State - Alumni	https://thepowerof10.info/results/results.aspx?meetingid=192745
v35	Long Jump						
	Jules Wilkins	2.86		28/05/2006	Stockport	Rd1 Cheshire League	WCAC 2006 Stats
#	Nicola Gore	2.88		06/08/2022	Blackburn	NoE League West Premier	Phttps://thepowerof10.info/results/results.aspx?meetingid=445768
v40	Long Jump						
#	Debra Erskine	3.28		20/04/2008	Stockport	Cheshire League Rd1 M3	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
v45	Long Jump						
v65	Long Jump						
#	Cath McGrath	1.45		23/06/2019	Bury	Northern Masters Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572
v70							

Pole Vault

u15	Pole Vault						
	Lauren Jones	1.60		14/05/2016	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2016/2016%20TFC%20Results.pdf
	Lauren Jones	1.70		19/06/2016	Darlington	YDL N Premier 2	https://www.thepowerof10.info/results/resultslookup.aspx Page2
	Lauren Jones	1.90		16/07/2016	Bebington	N P 2 YDL Lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Lauren Jones	1.90		20/05/2017	Leeds, South	YDL N Premier 1	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Lauren Jones	1.90		10/06/2017	Macclesfield	Cheshire Schools Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Lauren Jones	2.10		17/06/2017	Birmingham	Mason Trophy _ Schools'	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u17	Pole Vault						

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Gemma Hale	1.70		01/05/2010	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=37056
	Gemma Hale	1.70		02/05/2010	Wigan	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36937
	Gemma Hale	1.80		16/05/2010	Bebington	McCain UK YAL N Prem W mB	https://thepowerof10.info/results/results.aspx?meetingid=36926
	Gemma Hale	1.80		18/07/2010	Stanney	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36888
	Chelsea Butler	1.90		07/05/2011	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=50646
	Chelsea Butler	1.90		22/05/2011	Preston	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=51612
#	Chelsea Butler	2.00		04/06/2011	Warrington	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=50645
	Lauren Jones	2.00		12/05/2018	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2018.aspx
	Lauren Jones	2.00		27/05/2018	Stanney	N W1 YDL upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Lauren Jones	2.00		09/06/2018	Warrington	Cheshire Schools Champs	https://www.cheshireschoolsaa.co.uk/results-2018
	Lauren Jones	2.00		01/07/2018	Leigh	N W1 YDL upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u20	Pole Vault						
	Caroline Gore	1.80		13/08/2000	Warrington	National Junior League	paper records end 2000
	Lauren Dimbylow	2.00		05/05/2018	Wigan	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234459
	Lauren Dimbylow	2.20		12/05/2018	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2018.aspx
	Lauren Dimbylow	2.20		09/06/2018	Warrington	Cheshire Schools Champs	https://www.cheshireschoolsaa.co.uk/results-2018
##	Lauren Dimbylow	2.50		08/07/2018	York	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234461
SW	Pole Vault						
	Niamh Reilly	1.70		06/06/2009	Litherland	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23581
	Niamh Reilly	1.70		01/05/2010	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=37056
#	Nola Harrison	2.00		07/05/2011	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=50646
	Nicola Gore	2.00		05/05/2012	Blackpool	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=62848
v35							
Triple Jump							
u15	Triple Jump						
	Olivia Montez-Brown	10.15		17/04/2010	Wavertree	Liverpool Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=36115
#	Olivia Montez-Brown	10.44		08/05/2010	Macclesfield	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u17	Triple Jump						
	Caroline Gore	9.37		09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Gemma Sharples	10.78		12/06/1999	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Olivia Montez-Brown	10.84		08/05/2011	Macclesfield	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=51612

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
	##	Olivia Montez-Brown	11.35		21/04/2012	Deeside	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u17	Triple Jump	Indoor						
		Stephanie Owens	8.66	i	07/01/2006	Sportcity	Sale H Open	https://thepowerof10.info/results/results.aspx?meetingid=386
	#	Olivia Montez-Brown	10.22	i	20/11/10	EIS Sheffield	NoE Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u20	Triple Jump							
		Caroline Gore	9.92		18/06/2000	Bebington	National Junior L (Mersey)	paper records end 2000
		Hazel Williams	10.94		29/04/2001	Bebington	National Junior L (Mersey)	AW May 2, 2001 - vol.55 no.18
	#	Emily Clark	10.97		03/07/2011	Stretford	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=50644
SW	Triple Jump							
		Heather Lowry	8.71		11/06/1998	Belle Vue	Northern WL	newsletter Vol2 No2
		Shona Valentine	9.68		06/05/2006	Stanney	NoE 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
		Danielle Erskine	10.03		30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
		Danielle Erskine	10.06	w+0.2	14/05/2022	Macclesfield	Cheshire Championships	https://www.thepowerof10.info/results/results.aspx?meetingid=456996&pagenum=2
		Danielle Erskine	10.10		10/07/2022	Wigan	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445767
		Danielle Erskine	10.16		06/08/2022	Blackburn	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445768
		Danielle Erskine	10.22		27/08/2022	Doncaster	NoE Premier final	https://thepowerof10.info/results/results.aspx?meetingid=445777
		Danielle Erskine	10.26	w+0.2	13/05/2023	Stanney	Cheshire Championship	https://www.thepowerof10.info/results/results.aspx?meetingid=524013&pagenum=2
		Danielle Erskine	10.31		18/06/2023	Bebington	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516643
		Danielle Erskine	10.36		02/07/2023	Blackburn	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516644
	#	Favour Akpan	10.87		15/08/2023	Stretford	Trafford GP	https://www.thepowerof10.info/results/results.aspx?meetingid=519497&pagenum=2
v35								
Discus								
u13	0.75kg							
		Sarah Devoy	15.03		09/05/1998	Crewe	Cheshire Champs	newsletter Vol2No2 paper records end 2000 AW May 13, 1998 - vol.52 no.20
		Stephanie Owens	19.90		13/09/2003	Colwyn Bay	Colwyn Bay Games	AW September 17, 2003 - vol.57 no.38
		Isla Shillington	22.99		13/05/2017	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	#	Isla Shillington	26.34		23/09/2017	Wrexham	Wrexham AC Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=201297
u13	1kg							
		Emily Ball	17.31		19/07/2010	Telford	Shrop. v Stafford Yr 7 & 8	https://thepowerof10.info/results/results.aspx?meetingid=40008
		Satine Wearden	17.33		13/06/2022	Trafford	ESSA school cup semi-Final	? – not on Po10

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
u15	1kg						
	Hannah Povey			03/05/1998	Oldham	NWL	newsletter Vol2 No2
	Frances Elizabeth O'Neill	19.65		07/05/2000	Ormskirk	NWL	paper records end 2000
	Lauren Hunt	21.69		10/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Lauren Hunt	24.28		24/05/2003	Wavertree	North of England	http://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm
	Lauren Hunt	25.50		01/06/2003	Pendle	UKA YA North 1W	AW June 11, 2003 - vol.57 no24
	Lauren Hunt	26.92		29/06/2003	Macclesfield	UKA YA League N 1W	AW July 16, 2003 - vol.57 no.29
	Lauren Hunt	33.67		06/06/2004	Bebington	NoE N 1W	AW June 9, 2004 - vol.58 no.24
#	Isobel Griffin Morris	38.63		31/08/2014	Bedford	EA U15/U17 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 6
u17	1kg Discus						
	Caroline Gore	30.49		09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Caroline Gore	30.61		13/06/1998	Crewe	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Caroline Gore	30.80		08/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Caroline Gore	33.12		01/08/1999	Scunthorpe	North of England Champs	paper records end 2000
	Lauren Hunt	33.67		06/06/2004	Bebington	Young Athletes League	from CD end Aug'04 (old website@gq.nu) AW June 9, 2004, vol.58 no.24
	Lauren Hunt	34.45	final	28-29/05/2005	Cudworth	NoEAA Junior Champs	https://www.northernathletics.co.uk/download/na-tf-results-2005/
	Lauren Hunt	35.48		11/06/2005	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Lauren Hunt	37.72		26/06/2005	Warrington	UKA YA N 1W	AW November 9, 2005 - vol.59 no.45
	Emily Ball	38.25		05/05/2013	Isle of Man	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emily Ball	38.82		09/08/2014	Bebington	NA 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Isobel Griffin Morris	40.08		11/04/2015	Wavertree	Liverpool Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=129117
	Isobel Griffin Morris	40.83		28/06/2015	Stockport	YDL N W2 upper	https://thepowerof10.info/results/results.aspx?meetingid=132392
	Isobel Griffin Morris	41.20		12/09/2015	Wavertree	Liverpool Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=144019
	Isobel Griffin Morris	44.98		24/07/2016	Ellesmere Port	YDL Upper Division NW 2	https://thepowerof10.info/results/results.aspx?meetingid=159457
##	Isobel Griffin Morris	46.48		04/09/2016	Wrexham	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u20	1kg						
	Lorraine Stocker	15.38		05/07/1998	Stockport	Northern WL	newsletter Vol2 No2
	Amanda Gore	25.92		08/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Caroline Gore	32.39		13/08/2000	Warrington	National Junior League	paper records end 2000
	Caroline Gore	32.87		09/06/2001	Stoke	Cheshire Schools Champs	http://www.esaa.net/2001/tf/chesh/chesh01.html
	Nicola Gore	33.36		27/04/2003	Trafford	NJL N Mersey	from CD end Aug'04 (old website@gq.nu)
	Nicola Gore	33.88		31/08/2003	Watford	Inter Area u20 match	https://www.cheshire-live.co.uk/sport/other-sport/debut-joy-pair-aces-5306925
	Lauren Hunt	35.43		05/05/2007	Stanney	Northern League	https://www.northernathletics.co.uk/download/tf-league-results-2007/
	Lauren Hunt	35.43		29/07/2007	Stanney	NJL N Mersey	AW August 2, 2007 - vol.63 (61) no31

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Lauren Hunt	37.53		12/04/2008	Wavertree	Liverpool Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=12668
	Emily Ball	39.52		28/06/2015	Stockport	YDL N W2 upper	https://thepowerof10.info/results/results.aspx?meetingid=132392
	Emily Ball	39.55		12/07/2015	Stanney	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Emily Ball	40.10		26/07/2015	Stanney	YDL N W2 upper	https://thepowerof10.info/results/results.aspx?meetingid=132393
SW	1kg Discus						
	Caroline Gore	29.85		06/05/2001	I of Man	Northern WL div3	AW May 9, 2001 - vol.55 no19
	Nicola Gore	35.20		15-16/05/2004	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm
	Nicola Gore	36.01		19/06/2004	Wavertree	NoEAA Senior Champs	https://www.northernathletics.co.uk/download/na-tf-results-2004/
	Nicola Gore	37.33		04/07/2004	Stretford	NoE N 2W	Aw July 7, 2004 - vol.58 no.28
	Nicola Gore	37.47		31/07/2004	Deeside	NoE N 2W	from CD end Aug'04 (old website@gq.nu)- - AW August 4 2004 - vol.58 no.32
	Nicola Gore	40.47		05/05/2007	Stanney	Norther League	Po10 https://www.northernathletics.co.uk/download/tf-league-results-2007/
#	Nicola Gore	41.17		01/09/2007	Wavertree	NoE Promotion	https://www.northernathletics.co.uk/download/tf-league-results-2007/
v35	1kg						
	Nicola Gore	32.21		30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
#	Nicola Gore	34.08		12/06/2022	Stretford	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445766&pagenum=2
v40	1kg						
	Helen Tooley	15.38		12/05/2018	Macclesfield	Cheshire Champs	http://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2018.aspx
#	Helen Tooley	17.72		24/05/2018	Cosford	RAF Presidents Cup	https://thepowerof10.info/athletes/profile.aspx?athleteid=524604
v45	1kg Discus						
	Debra Erskine	13.02		14/08/2011	Stretford	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Debra Erskine	13.77		18/08/2012	Leigh	NoE Promotion	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Helen Tooley	16.10		30/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154
#	Sharon Stoll	16.73		08/08/2020	Stretford	Trafford Open Series	https://thepowerof10.info/results/results.aspx?meetingid=407326
v50	1kg Discus						
	Jenny Manning	14.51		02/05/1999	Lancaster	Northern WL	paper records end 2000
	Sharon Stoll	15.48		09/05/2021	Stretford	Trafford Open Series	https://thepowerof10.info/results/results.aspx?meetingid=413049 Page 3
	Sharon Stoll	16.22		09/04/2022	Wavertree	Jumps & Throws	https://thepowerof10.info/results/results.aspx?meetingid=451727
#	Sharon Stoll	17.13		23/04/2022	Macclesfield	Open	https://thepowerof10.info/results/results.aspx?meetingid=445738&pagenum=2
v55	1kg						
v60	1kg						

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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
		Debra Erskine	11.63	18/06/2023	Bebington	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516643&pagenum=2
#		Debra Erskine	11.66	02/07/2023	Blackburn	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516644&pagenum=2
v65	1kg	Discus					
		Cath McGrath	11.63	15/05/2019	Burnley	N Masters League	https://thepowerof10.info/results/results.aspx?meetingid=292845
#		Cath McGrath	13.07	23/06/2019	Bury	Northern Masters Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572
v70	1kg						
Hammer							
u13	3kg	Hammer					
		Evie Tipping	21.12	26/09/2015	Wrexham	Final Fling Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=128145
		Isla Shillington	21.26	23/09/2017	Wrexham	Final Fling Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=201297
#		Kara Stoll	21.98	28/09/2019	Wrexham	Final Fling Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=313404
u15	3kg	Hammer					
		Alison Riley		27/06/1998	Wrexham	School Multi-events	newsletter Vol2 No2
		Stephanie Owens	37.94	24/05/2005	Stretford	Trafford Grand Prix	https://thepowerof10.info/results/results.aspx?meetingid=143
		Stephanie Owens	38.98	16/08/2005	Stretford	Trafford Grand Prix	AW August 24, 2005 - vol.59 no.34
		Evie Tipping	41.39	23/04/2016	Hull	YDL U13/U15 N Premier 2	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Evie Tipping	42.69	13/08/2016	Middlesbrough	NA u13/ u15/ u17 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
		Evie Tipping	43.72	14/08/2016	Middlesbrough	NA u13/ u15/ u17 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
		Evie Tipping	45.49	13/05/2017	Warrington	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
		Evie Tipping	46.00	17/06/2017	Birmingham	ESAA Mason Trophy	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
		Evie Tipping	46.79	18/06/2017	SportCity	YDL N Premier 1 lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
		Evie Tipping	47.57	15/07/2017	Preston	YDL N Premier 1 lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#		Evie Tipping	49.89	09/09/2017	Wavertree	Liverpool Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=213307
u17	4kg	Hammer					
		Amanda Gore	21.75	03/05/1998	Oldham	Northern WL	newsletter Vol2No2
		Nicola Gore	23.92	12/05/2001	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
		Nicola Gore	25.69	17/06/2001	Macclesfield	McDonalds YAL	from CD end Aug'04 (old website@gq.nu)
		Stephanie Owens	35.48	26/02/2006	Wythenshawe	Hammer open meeting	https://thepowerof10.info/results/results.aspx?meetingid=4140
		Stephanie Owens	37.72	23/04/2006	Stanney	NJL NP Mersey	https://thepowerof10.info/results/results.aspx?meetingid=1085
		Stephanie Owens	37.72	07/05/2006	Bebington	NJL NP Mersey	AW May 11, 2006 - vol.61 (60) no.19
		Stephanie Owens	39.13	11/06/2006	Wigan	NJL NP Mersey	https://thepowerof10.info/results/results.aspx?meetingid=2017

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
		Stephanie Owens		06/08/2006	Ashton	W2 m4 - Northern League	https://www.northernathletics.co.uk/download/na-tf-results-2004/
#		Stephanie Owens		31/03/2007	Wavertree	Throws & Jumps Open	https://thepowerof10.info/results/results.aspx?meetingid=5467
	3kg > 2014	Hammer					
		Victoria Smith		27/07/2014	Stockport	N W2 YDL upper	https://thepowerof10.info/results/results.aspx?meetingid=103239
		Isobel Griffin Morris		28/06/2015	Stockport	N W2 YDL upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Isobel Griffin Morris		24/07/2016	Ellesmere Port	N W2 YDL upper	https://thepowerof10.info/results/results.aspx?meetingid=159457
#		Evie Tipping		29/04/2018	Bebington Oval	N W1 YDL upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u20	4kg	Hammer					
		Amanda Gore		08/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
		Nicola Gore		27/04/2003	Stretford	NJL NP Mersey	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm AW April 30, 2003 - vol.57 no18
		Nicola Gore		09/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx from CD end Aug'04 http://www.cheshireaa.com/Results/index.aspx
		Nicola Gore		24/05/2003	Wavertree	North of England	
		Stephanie Owens		29/07/2008	Stretford	Trafford Grand Prix	https://thepowerof10.info/results/results.aspx?meetingid=11560
#		Stephanie Owens		12/08/2008	Stretford	Trafford Grand Prix	https://thepowerof10.info/results/results.aspx?meetingid=11559
SW	4kg	Hammer					
		Amanda Gore		12/05/2001	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
		Nicola Gore		15-16/05/2004	Warrington	Cheshire Championships	from CD end Aug'04 (old website@gq.nu)
		Kelly Roberts		01/05/2005	Stanney	Northern T&F 2005 3W (m1)	https://www.northernathletics.co.uk/download/tf-league-results-2005/
		Nicola Gore		31/08/2008	Cudworth	NoE Promotion match	https://thepowerof10.info/results/results.aspx?meetingid=13409
		Jenni Potter		15/03/2015	Preston	Lancaster Cup 2015	https://thepowerof10.info/results/results.aspx?meetingid=135207
		Steph Owens		06/05/2017	York	Div 1 - Northern League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#		Steph Owens		13/05/2017	Wrexham	N Wales Regional Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
v35	4kg	Hammer					
#		Nicola Gore		14/05/2022	Macclesfield	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=456996&pagenum=2
v40	4kg	Hammer					
#		Helen Tooley		12/05/2018	Macclesfield	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=240887 – Page 3
v45	4kg	Hammer					
		Debra Erskine		07/05/2011	Ellesmere Port	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Debra Erskine		03/07/2011	Stretford	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Debra Erskine		10/09/2011	Cleckheaton	NoE Div 2 Promotion	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#		Debra Erskine		05/05/2012	Blackpool	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
v50	3kg	Hammer						
		Sharon Stoll	15.97		09/04/2022	Wavertree	Jumps & Throws	https://thepowerof10.info/results/results.aspx?meetingid=451727
		Sharon Stoll	21.83		23/04/2022	Macclesfield	Open	https://thepowerof10.info/results/results.aspx?meetingid=445738&pagenum=2
		Sharon Stoll	24.06		26/03/2023	Stanney	25 th Anniversary	https://www.thepowerof10.info/results/results.aspx?meetingid=519673
	#	Sharon Stoll	24.80		27/06/2023	Trafford	Grand Prix	https://www.thepowerof10.info/results/results.aspx?meetingid=519494
	4kg	SW Competition						
		Jenny Manning	14.51		07/05/2000	Ormskirk	Northern WL	paper records end 2000
		Debra Erskine	18.94		08/09/2013	Stanney	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx
		Debra Erskine	21.25		04/05/2014	Stretford	NoE League Division 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Debra Erskine	23.79		17/05/2014	Macclesfield	Cheshire & Greater Man Ch	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
		Debra Erskine	24.31		07/05/2016	Wakefield	NoE League 1	https://www.northernathletics.co.uk/download/2016-1-match-1/
		Debra Erskine	24.37		03/07/2016	Ellesmere Port	NA League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=159264
	#	Debra Erskine	24.40		13/05/2017	Warrington	Cheshire Championship	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
v55	3kg	Hammer						
		Debra Erskine	22.75		25/09/2022	Wrexham	Final Fling	https://www.thepowerof10.info/results/results.aspx?meetingid=477361
	#	Debra Erskine	24.40		26/03/2023	Stanney	25 th Anniversary	https://www.thepowerof10.info/results/results.aspx?meetingid=519673
	4kg	SW Competition						
	#	Debra Erskine	23.20		19/05/2019	Blackburn	NoE Division 1	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
v60	3kg	Hammer						
	#	Debra Erskine	23.02		30/5/2023	Stretford	Trafford GP	https://www.thepowerof10.info/results/results.aspx?meetingid=519492&pagenum=2
	4kg	SW Competition						
	#	Debra Erskine	20.47		20/05/2023	Stanney	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516642&pagenum=2

Javelin

u11	Soft Javelin							
		Lindzi Bromilow	8.10		12/09/1999		County Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
		Rachel Stoakley	9.65		10/09/2000	Macclesfield	Cheshire Relay Champs	http://www.cheshireaa.com/results/PDFarchive/JME2000.pdf
		Ruth Pritchard	10.59		09/09/2001	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME2001.pdf
		Danielle Bentley	13.32		14/09/2003	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf
		Dominika Sadczuk	13.36		19/04/2008	Wavertree	Melbourne Trophy	WCAC Statistics

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Amy Williams	14.26		23/08/2008	Manchester	Northwest CE	WCAC Statistics
	Olivia Williams	14.79		07/09/2008	Stanney	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Amy Williams	19.24		14/09/2008	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/Results/index.aspx
	Turbo Javelin						
	Olivia Williams	14.06		19/04/2009	Deeside	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx
	Hannah Bennett	14.99		12/09/2010	Macclesfield	Cheshire Multi-events	WCAC Statistics
	Vortex Javelin						
	Tamsin O'Keefe	17.44		25/06/2011	Sport City	Dash Quad	https://www.thepowerof10.info/results/resultslookup.aspx
u11	300g						
	Harriet Wheeler	21.87		29/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154
u11	400g						
	Emma Howe	10.90		27/08/2011	Sportcity	NW CE Championships inc. Cheshire	https://thepowerof10.info/results/results.aspx?meetingid=50169
u13	400g						
	Frances O'Neil	20.04		02/07/1998	Chester	WCAC YA	newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29
	Sarah Devoy	24.22		08/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Sarah Devoy	27.13		22/08/1999	Warrington	Terry Davies Memorial	AW August 25, 1999 - vol.53 no.34
	Sarah Devoy	31.42		04/09/1999	Colwyn Bay	Colwyn Bay Games	AW September 8, 1999 - vol.53 no.36
#	Harriet Wheeler	33.77		26/09/2020	Stretford	Trafford AC Open Meeting	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15	600g						
	Javelin						
	Sarah Felix-Rogers		Boys record!	26/04/1998	Crewe	McDonalds YAL	newsletter Vol2 No2
	Sarah Felix-Rogers	19.56		02/07/1998	Chester	WCAC YA	newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29
	Frances Elizabeth O'Neill	23.41		12/06/1999	Macclesfield	Cheshire Schools Championships	http://www.esaa.net/oldindex.shtml
	Nicola Gore	24.19		18/07/1999	Crewe	McDonalds YAL	paper records end 2000
	Frances Elizabeth O'Neill	25.44		.	10/06/2000	Macclesfield	Cheshire Schools Championships http://www.esaa.net/oldindex.shtml
	Laura Stott	27.44		30/04/2006	Stanney	YAL N 1W	https://thepowerof10.info/results/results.aspx?meetingid=1172
	Emily Fisher	29.73		10/06/2006	Macclesfield	Cheshire Schools Champs	Po10 & http://www.cheshireaa.com/Results/index.aspx
	Emily Fisher	29.88		08/07/2006	Gateshead	ESAA Championships	Po10 &
	Emily Fisher	30.71		30/07/2006	Gateshead	NoE Inter-Counties Champs	Po10 & https://www.northernathletics.co.uk/download/na-tf-results-2006/
u15	500g 2014 >						
	Javelin						
	Emma Howe	30.32		30/03/2014	Stretford	Trafford Medal Meet	https://www.thepowerof10.info/results/resultslookup.aspx Page 2

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Emma Howe	31.95		06/04/2014	Warrington	Terry Davies Memorial	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
	Emma Howe	34.61		21/04/2014	Stretford	Trafford AC Medal Meeting	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
	Emma Howe	36.89		03/05/2014	Stanney	YDL Lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	37.09		17/05/2014	Macclesfield	Cheshire County Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 5
	Emma Howe	37.11		14/06/2014	Macclesfield	Cheshire Schools' Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	38.53		15/06/2014	Crewe	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx
	Emma Howe	40.68		11/04/2015	Liverpool	Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=129117
	Emma Howe	43.07		01/06/2015	Warrington	Cheshire Schools Champs	http://www.esaa.net/v2/2015/tf/counties/chesh15tf.pdf
#	Harriet Wheeler	44.57		27/08/2022	Bedford	NA Sen/u20/ui7 Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=457044&top=5000&pagenum=5
u17	600g	Javelin					
	Caroline Gore	27.90		10/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Caroline Gore	31.42		27/06/1999	Carlisle	NW Schools Champs	paper records end 2000
	Emily Fisher	32.36		09/06/2007	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Emily Fisher	33.77		27/04/2008	Stanney	NJL Mersey	https://thepowerof10.info/results/results.aspx?meetingid=12374
	Emily Fisher	34.02		03/05/2008	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=12374
	Emily Fisher	34.42		04/05/2008	Blackburn	UKA YAL NP	https://thepowerof10.info/results/results.aspx?meetingid=13199
	Sophie Percival	35.72		05/05/2013	I of Man	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Sophie Percival	36.00		07/07/2013	Litherland	NoE 2W	https://www.northernathletics.co.uk/download/div-2w-match-3/
	Sophie Percival	37.47		18/08/2013	Wavertree	Northern Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
#	Emma Howe	41.11		06/08/2016	Blackburn	NoE League Division 1	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u17	500g 2014 >						
	Emily Ball	29.01		01/06/2014	Stanney	YDL Upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	40.68		11/04/2015	Wavertree	Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=129117
	Emma Howe	43.07		13/06/2015	Warrington	Cheshire Schools Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	43.98		08/07/2016	Gateshead	ESAA Schools' Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 9
	Emma Howe	45.04		30/04/2017	Wigan	YDL Upper	https://www.thepowerof10.info/results/resultslookup.aspx Page2
	Emma Howe	47.19		07/05/2017	Stanney	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Emma Howe	48.77		08/07/2017	Birmingham	ESAA Schools' Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 10
	Emma Howe	50.34		01/09/2017	Loughborough	UK School Game	https://thepowerof10.info/results/results.aspx?meetingid=203523
	Harriet Wheeler	50.61		07/06/2023	University of	Birmingham Series	https://www.thepowerof10.info/results/results.aspx?meetingid=532973
#	Harriet Wheeler	51.50	Rd3	09/08/2023	Port o S, Trinidad	Commonwealth Y Games	https://www.thepowerof10.info/results/results.aspx?meetingid=556000
u18	500g	IAAF					
	Emma Howe	47.68		18/06/2017	Bedford	EA U20 / U23 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 6
	Emma Howe	47.78		14/04/2018	Liverpool	Throws & Jumps Open	https://thepowerof10.info/results/results.aspx?meetingid=231349

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
#	Emma Howe	51.87		13/05/2018	Macclesfield	Cheshire County Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page3
u20	600g	Javelin					
	Caroline Gore	30.14		13/08/2000	Warrington	National Junior League	paper records end 2000
	Emily Fisher	30.41		02/05/2009	Warrington	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23580
	Emily Fisher	32.79		06/06/2009	Litherland	Northern League	https://www.thepowerof10.info/results/resultslookup.aspx
	Sophie Percival	36.23		12/04/2014	Wavertree	LH Jumps & Throws	https://thepowerof10.info/results/results.aspx?meetingid=100168
	Sophie Percival	37.10		01/06/2014	Ellesmere Port	YDL Upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Sophie Percival	40.28		29/03/2015	Warrington	Warrington Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Sophie Percival	43.22		18/04/2015	Preston	YDL upper N W2	https://www.thepowerof10.info/results/resultslookup.aspx_2 Page 2
	Sophie Percival	43.53		14/05/2017	Warrington	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Emma Howe	44.13		29/04/2018	Bebington	N W1 YDL upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Emma Howe	44.86		13/07/2018	Birmingham	ESAA English Schools' s	https://www.thepowerof10.info/results/resultslookup.aspx Page 10
	Emma Howe	44.87		13/07/2019	Birmingham	ESAA Schools' Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 9
##	Emma Howe	45.27		23/07/2019	Stretford	Trafford GP	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
SW	600g	Javelin					
	Heather Lowry	23.22		20/06/1998	Belle Vue	Northern WL	paper records end 2000
	Caroline Gore	28.04		09/05/2003	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Caroline Gore	31.68		03/08/2003	Stretford	NoE WL 3W	AW August 6, 2003 - vol.57 no.32
	Niamh Reilly	33.19		02/05/2009	Warrington	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23580
	Niamh Reilly	33.31		10/05/2009	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Niamh Reilly	36.95		20/06/2009	Manchester	NoE S & u20 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Niamh Reilly	39.18		16/08/2009	Cleckheaton	Northern Promotion	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Sophie Percival	41.32		04/06/2017	Stanney	NoE Division 1	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Sophie Percival	41.69		11/06/2016	Sportcity	NA Senior & U20 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page3
	Sophie Percival	41.91 qA		05/05/2018	Bedford	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 8
	Sophie Percival	43.01 f		05/05/2018	Bedford	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 8
#	Sophie Percival	45.03		17/06/2018	Bedford	EA U20 / U23 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 5
v35	600g	Javelin					
	Jules Wilkins	16.80		28/05/2006	Stockport	m1 Cheshire T&F League	WCAC Statistics
	Nicola Gore	21.86		12/06/2022	Stretford	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445766&pagenum=2
#	Nicola Gore	23.93		10/07/2022	Wigan	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445767&pagenum=2
v40	600g	Javelin					
#	Debra Erskine	13.78		20/04/2008	Stockport	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx

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v45	600g	Javelin					
#	Helen Tooley	13.35		30/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154
v50	500g	Javelin					
#	Sharon Stoll	8.52		25/09/2022	Wrexham	Final Fling	https://www.thepowerof10.info/results/results.aspx?meetingid=477361
	600g	SW Competition					
#	Debra Bemand	10.85		20/05/2023	Stanney	Northern, West Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516642&pagenum=2
v55	500g	Javelin					
v60	400g	Javelin					
v65	400g	Javelin					
#	Cath McGrath	10.07		23/06/2019	Bury	Northern Master's Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572
v70	400g	Javelin					

Shot

u11	2kg	Shot						
		Harriet Wheeler	6.60	29/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154	
u13	2.72kg	Shot						
		Sarah Devoy	5.83	13/09/1998	Stockport	County Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME1998.pdf	
		Frances O'Neil	7.08	02/07/1998	Chester	WCAC YA	newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29	
		Jessica Gillard	Boys record!	28/07/1998	Salford	McDonalds YAL	newsletter Vol2 No2	
		Sarah Devoy	7.79	08/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf	
		Sarah Devoy	7.82	18/07/1999	Crewe	McDonalds YAL	paper records end 2000	
		Stephanie Owens	7.87	20/07/2003	Deeside	Young Athletes League	AW July 23, 2003 - vol.57 no.30	
		Kelly Baker	7.92	01/06/2008	Bebington	UKA YA Northern Premier	https://thepowerof10.info/results/results.aspx?meetingid=13191	
		Kelly Baker	8.42	A	20/07/2008	Hull	UKA YA Northern Premier	https://thepowerof10.info/results/results.aspx?meetingid=13181
		Amy Williams	8.85	05/09/2010	Stanney	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2	
		Abigail Pawlett	8.90	05/08/2015	Wavertree	Merseyside YA Evening	https://www.thepowerof10.info/results/resultslookup.aspx Page 2	
		Abigail Pawlett	9.09	23/08/2015	Warrington	Terry Davies Memorial	https://www.thepowerof10.info/results/resultslookup.aspx Page 2	
		Abigail Pawlett	9.42	13/09/2015	Macclesfield	Cheshire Junior ME Champ	https://www.thepowerof10.info/results/resultslookup.aspx Page 2	

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
		Sara Pearson		29/06/2019	SportCity	Stockport YA Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#		Sara Pearson		20/07/2019	Sheffield	YDL Lower N Premier W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u13	2.72kg	Shot – Indoor					
#		Abigail Pawlett	7.45 i	22/11/2014	SportCity	Manchester Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	3.25kg	Shot – Indoor					
#		Stephanie Owens	10.48 i	18/04/2004	Birmingham	National Sportshall Finals	from CD end Aug'04 (old website@gq.nu) http://www.sportshall.org/wp-content/uploads/2013/09/UK_Final_2004.pdf
	3kg	Shot – Indoor					
#		Emily Misantoni/Oyekan	7.01 i	22/11/2015	Sportcity	Stockport H Quadrathlon	https://thepowerof10.info/results/results.aspx?meetingid=154703&pagenum=2
u15	3.25kg >2014	Shot					
		Nicola Gore	8.77	09/05/1998	Crewe	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
		Nicola Gore	9.12	13/06/1998	Crewe	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
		Nicola Gore	9.44	03/04/1999	Eirias Park	Colwyn Bay Open	AW April 7, 1999 - vol.53 no.14
		Nicola Gore	9.57	08/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
		Nicola Gore	10.51	12/06/1999	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
		Stephanie Owens	10.54	10/05/2005	Stretford	Trafford open	https://thepowerof10.info/results/results.aspx?meetingid=139
		Kelly Baker	10.65	21/06/2009	Wigan	McCain UK YAL N 1W	https://thepowerof10.info/results/results.aspx?meetingid=25490
		Kelly Baker	10.70	11/04/2010	Wavertree	EG Memorial Meet	https://thepowerof10.info/results/results.aspx?meetingid=37487
		Kelly Baker	11.01	17/04/2010	Wavertree	Liverpool Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=36115
		Kelly Baker	11.70	29/05/2010	Leigh	NA u15/ u17 Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#		Kelly Baker	12.24	20/06/2010	Wavertree	McCain UK YAL N Premier W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15	3.25kg	Shot – Indoor					
#		Nicola Gore	11.29 i	09/04/2000	Birmingham	National Sportshall Final	https://eveque-co-uk.cld.bz/Sportshall-Handbook-6th-Edition/34/ http://www.sportshall.org/wp-content/uploads/2013/09/UK_Final_2000.pdf
u15	4kg	Shot – Indoor					
		Stephanie Owens	9.54 i	16/03/2005	SportCity	City of Manchester Open	AW April 6, 2005 - vol.59 no.14
#		Emily Ball	10.38 i	17/11/2012	EIS Sheffield	Northern Athletics Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u15	2014> – 3kg	Shot					
		Emma Howe	7.54	03/05/2014	Ellesmere Port	YDL N W1 lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Maisie Tipping	7.98	17/05/2014	Macclesfield	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
		Emma Howe	8.26	24/08/2014	Warrington	Terry Davies Memorial	https://www.thepowerof10.info/results/resultslookup.aspx Page 2

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Emma Howe	8.36		10/05/2015	Connah's Quay	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	8.60		21/06/2015	Ellesmere Port	YDL N W1 lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	9.19		18/07/2015	Wigan	YDL N W1 lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	9.37		22/08/2015	Blackburn	NA Inter-counties	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	9.40		29/05/2016	Blackburn	YDL N W2 upper	https://thepowerof10.info/results/results.aspx?meetingid=159455
	Emma Howe	9.83		04/06/2016	Stretford	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2016.aspx
	Emma Howe	9.90		24/07/2016	Ellesmere Port	YDL Upper Division NW 2	https://thepowerof10.info/results/results.aspx?meetingid=159457
	Abigail Pawlett	10.42		16/04/2017	Hyndburn	Lancashire CE Champs (inc Hyndburn AC Open)	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Sidney Shorrock	11.03		13/08/2023	Middlesbrough	Northern u13,15,17 champs	https://www.thepowerof10.info/results/results.aspx?meetingid=516633&pagenum=4
u15	2014> -- 3kg – Indoor						
	Maisie Tipping	8.22	i	22/11/2014	Sportcity	Manchester Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Abigail Pawlett	8.90	i	22/11/2015	SportCity	Stockport H Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Abigail Pawlett	9.73	i	07/02/2016	EIS Sheffield	NA u13/ u15 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
#	Abigail Pawlett	10.14	i	06/11/2016	Sportcity	Stockport H Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u17	3.25kg						
	Shot						
#	Emily Ball	11.79		29/09/2012	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=70526
u17	3.25kg						
	Shot – Indoor						
#	Emily Ball	11.11	i	16/02/2013	Wigan	Sportshall NW Regional Final	https://thepowerof10.info/results/results.aspx?meetingid=84899
u17	4kg						
	Shot						
	Caroline Gore	9.52		09/05/1998	Crewe	Cheshire Championships	newsletter Vol2No2 (no page on Cheshire website)
	Caroline Gore	10.53		09/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Nicola Gore	10.56		02/07/2000	Wrexham	McDonalds YAL	paper records end 2000 AW July 5, 2000 - Vol.54 no.27
	Kelly Baker	11.06		07/05/2011	Stanney	Northern League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Kelly Baker	11.31		30/07/2011	Leigh	Northern Intercounty	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Kelly Baker	11.39		03/09/2011	Don Valley	Sainsbury UK School Games	https://www.thepowerof10.info/results/resultslookup.aspx
	Kelly Baker	11.51		09/05/2012	Olympic Park	Sainsbury UK School Games	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emily Ball	11.63		04/05/2014	Stretford	NA 2W	https://www.northernathletics.co.uk/download/2w-match-1-2014/
#	Emily Ball	11.72		13/07/2014	Wavertree	NA 2W	https://www.northernathletics.co.uk/download/2w-match-3-2014/
	3kg >2014						
	Emily Ball	13.17		12/04/2014	Wavertree	Liverpool H J & T	https://thepowerof10.info/results/results.aspx?meetingid=100168
	Emily Ball	13.55		27/04/2014	Ashton-u-Lyne	YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=103236

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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
		Emily Ball	13.63	11/07/2014	Birmingham	ESAA T&F Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 8
#		Emily Ball	14.00	30/08/2014	Bedford	EAU15/U17 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 6
u17	4kg	Shot – Indoor					
		Lauren Hunt	10.69	f i	22-23/01/2006	EIS Sheffield	NoE Junior Championships https://www.northernathletics.co.uk/download/na-indoor-results-2005/
		Kelly Baker	11.31	f i	16/01/2011	EIS Sheffield	Northern indoor champs https://www.northernathletics.co.uk/results-index/
#		Kelly Baker	11.72	i	14/01/2012	Sheffield	Northern indoor champs https://www.northernathletics.co.uk/results-index/
u20	4kg	Shot					
		Jenny Moorcroft	8.51		09/05/1998	Crewe	Cheshire Championships http://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
		Amanda Gore	8.61		08/05/1999	Warrington	Cheshire Championships http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
		Amanda Gore	8.98		13/05/2000	Macclesfield	Cheshire Championships http://www.cheshireaa.com/results/PDFarchive/TF2000.pdf
		Caroline Gore	10.39		18/06/2000	Bebington	National Junior League paper records end 2000
		Nicola Gore	10.72		28/04/2002	Stretford	NJL Mersey AW May 1, 2002 - vol.56 no.18
		Nicola Gore	11.28		27/04/2003	Stretford	NJL NP Mersey AW April 30, 2003 - vol.57 no18
		Nicola Gore	11.32		07/06/2003	Macclesfield	Cheshire Schools Champs from CD end Aug'04 (old website@gq.nu)
		Kelly Baker	11.95		02/06/2013	Carlisle	YDL Upper https://thepowerof10.info/results/results.aspx?meetingid=81639
		Kelly Baker	11.95		08/09/2013	Macclesfield	Cheshire Schools Champs https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Emily Ball	11.99		11/04/2015	Wavertree	Liverpool Throws & Jumps https://thepowerof10.info/results/results.aspx?meetingid=129117
		Emily Ball	12.17		09/05/2015	Telford	Shropshire County champs https://www.thepowerof10.info/results/resultslookup.aspx Page 3
##		Emily Ball	12.56		20/06/2015	Bedford	EAs U20 / U23 Champs https://www.thepowerof10.info/results/resultslookup.aspx Page 5
		Emily Ball	12.56		26/09/2015	Wrexham	Final Fling https://thepowerof10.info/results/results.aspx?meetingid=128145
u20	4kg	Shot – Indoor					
		Nicola Gore	10.21	f i	18-19/01/2003	Sportcity	NoE Junior Championship https://www.northernathletics.co.uk/download/na-indoor-results-2003/
		Lauren Hunt	10.26	i	10/12/2005	Sheffield	Northern open indoor https://thepowerof10.info/results/results.aspx?meetingid=31798
		Lauren Hunt	10.59	f i	21-22/01/2006	EIS Sheffield	NoE Junior championship https://www.northernathletics.co.uk/download/na-indoor-results-2006/
#		Emily Ball	11.96	i	07/02/2015	Birmingham	Birmingham Games https://www.thepowerof10.info/results/resultslookup.aspx Page 5
SW	4kg	Shot					
		Sue Morris	6.01		01/08/1999	Warrington	Northern WL paper records end 2000
		Amanda Gore	7.52		12/05/2001	Warrington	Cheshire Championships http://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
		Nicola Gore	10.87		15-16/05/2004	Warrington	Cheshire Championships http://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm
		Nicola Gore	10.97		31/07/2004	Deeside	Northern WL from CD end Aug'04 (old website@gq.nu) - AW August 4 2004 - vol.58 no.32
		Nicola Gore	11.46		05/05/2007	Ellesmere Port	NoE 2W https://www.northernathletics.co.uk/download/tf-league-results-2007/
		Emily Ball	11.96		07/02/2015	Birmingham	Birmingham Games https://www.thepowerof10.info/results/resultslookup.aspx Page 5
#		Sophie Percival	12.02		09/07/2017	Wigan	NoE League 1 https://thepowerof10.info/results/results.aspx?meetingid=189089

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking , the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]					
Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
SW	4kg	Shot – Indoor						
		Sophie Percival	11.99	qB i	17/02/2017	EIS Sheffield	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx page 7
		Emily Ball	12.53	qC i	17/02/2017	EIS Sheffield	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 7
	#	Emily Ball	13.08	f i	19/02/2017	EIS Sheffield	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 7
v35	4kg	Shot						
		Jules Wilkins	5.43		18/06/2006	Macclesfield	Rd2 Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx
		Nicola Gore	10.10		26/03/2022	Stanney	Dan Gilroy Memorial	https://thepowerof10.info/results/results.aspx?meetingid=445779
		Nicola Gore	10.21		30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
	#	Nicola Gore	10.32		15/05/2022	Macclesfield	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=456996&pagenum=2
v40	4kg	Shot						
		Glenys Potter	4.94	N/S	07/09/2008	Stanney	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	#	Helen Tooley	5.99		12/05/2018	Macclesfield	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=240887 – Page 3
v45	4kg	Shot						
		Debra Erskine	5.75		13/07/2008	Stanney	Cheshire League	http://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	#	Helen Tooley	6.19		30/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154
v50	3kg	Shot						
		Sharon Stoll	5.37		25/09/2022	Wrexham	Final Fling	https://www.thepowerof10.info/results/results.aspx?meetingid=477361
	#	Sharon Stoll	5.87		24/09/2023	Wrexham	Final fling	https://www.thepowerof10.info/results/results.aspx?meetingid=544805
	4kg	SW Competition						
	#	Sharon Stoll	5.18		02/07/2023	Blackburn	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516644&pagenum=2
v55	3kg	Shot						
v60	3kg	Shot						
	4kg	SW Competition						
	#	Debra Erskine	4.60		02/07/2023	Blackburn	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516644&pagenum=2
v65	3kg	Shot						
		Cath McGrath	4.57		15/05/2019	Burnley	NMAC open track league	https://thepowerof10.info/results/results.aspx?meetingid=292845
		Cath McGrath	5.05		23/06/2019	Bury	Northern Masters Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572
	#	Cath McGrath	5.34		17/07/2019	Spenborough	NMAC track league	http://northernmasters.co.uk/wp-content/uploads/2019/07/July-17th-Results.pdf

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for **Track and Field** and **Race Walking**, the 31st August at the **end** of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
v70 #	3kg Shot Cath McGrath	4.35		07/06/2023	Sportcity	Joe Moran Memorial	https://www.thepowerof10.info/results/results.aspx?meetingid=532983

Triathlon > Decathlon

u11	Triathlon 5*						
	Lindzi Bromilow	70pts 5*		12/09/1999		County Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
	Rachel Stoakley	135pts5*		10/09/2000	Macclesfield	Cheshire Relay Champs	http://www.cheshireaa.com/results/PDFarchive/JME2000.pdf
	Ruth Pritchard	143pts5*		09/09/2001	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME2001.pdf
	Danielle Bentley	151pts		14/09/2003	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf
	Olivia Williams	159pts		13/09/2009	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/Results/index.aspx
	Olivia Williams	199pts		11/09/2011	Macclesfield	Cheshire Multi-events	https://thepowerof10.info/results/results.aspx?meetingid=55501
	Quadrathlon						
u9.	Tamsin O'Keefe	223pts		25/06/2011	Sportcity	Dash Quad	https://www.thepowerof10.info/results/resultslookup.aspx
u11.	Georgia Barlow	173pts		25/06/2011	Sportcity	Dash Quad	https://www.thepowerof10.info/results/resultslookup.aspx
u11	Emma Howe	1624		27/08/2011	Sportcity	NW CE + Cheshire Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page3
u13	Triathlon 5*						
	Sarah Devoy	170pts5*		13/09/1998	Stockport	County Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME1998.pdf
	Sarah Devoy	224pts5*		12/09/1999		County Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
	Amy Williams	238pts5*		12/09/2010	Macclesfield	Cheshire CE Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Abigail Pawlett	249pts		13/09/2015	Macclesfield	Cheshire CE Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u13	Quadrathlon						
#	Sarah Devoy	272		24/04/1999	Stockport	Stockport/ Dash Quad	AW May 05, 1999 _ Vol 53. No. 18
	Sara Pearson	260pts		29/06/2019	Sportcity	Stockport YA Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u13	Quadrathlon - Indoor						
	Tamsin O'Keefe	226pts		10/11/2013	Sportcity	Dash Quad	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Abigail Pawlett	257pts		22/11/2014	Sportcity	Manchester Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u13	Pentathlon						
#	Amy Williams	2641		09/09/2010	Sportcity	NW Combined Events	https://www.thepowerof10.info/results/resultslookup.aspx Page 4

Club Outdoor best The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31st August at the end of the Competition Year, [1st October each year to the following 30th September.]

Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
u15	Quadrathlon - Indoor						
	Maisie Tipping	254pts		10/11/2013	Sportcity	Dash Quad	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Maisie Tipping	270pts		22/11/2014	Sportcity	Manchester Quad & U17	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emily Miantoni	270pts		22/11/2015	Sportcity	Stockport H Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Abigail Pawlett	270pts		22/11/2015	Sportcity	Stockport H Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Abigail Pawlett	321pts		06/11/2016	Sportcity	Stockport H Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u15	Pentathlon 5*						
	Nicola Gore	345pts5*		13/09/1998	Stockport	County Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME1998.pdf
	Nicola Gore	368pts5*		12/09/1999		Cheshire Combined events	http://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
u15	Pentathlon						
	Nicola Gore	2279		25/04/1999	BHC - M9 7DH	NE Manchester Pentathlon	paper records end 2000
	Nicola Gore	2354		12/09/1999	??	Cheshire Combined events	http://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
	Sam Appleby	2329		09/09/2001	Macclesfield	Cheshire Multi-events	http://www.cheshireaa.com/results/PDFarchive/JME2001.pdf
	Ruth Pritchard	2520		26/06/2005	Macclesfield	NW Schools CE Champs	https://thepowerof10.info/results/results.aspx?meetingid=400085
	Alice Jennings	2580		09/08/2009	Sportcity	Northwest CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Alice Jennings	2612		13/09/2009	Macclesfield	Cheshire Jun ME Champs	https://thepowerof10.info/results/results.aspx?meetingid=30424
#	Olivia Montez-Brown	2993		27/06/2010	Telford	ESAA NW Regional CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15	Pentathlon - Indoor						
	Alice Jennings	2862 i		08/03/2009	EIS Sheffield	EA u17/ 15 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Abigail Pawlett	3341 i		12/03/2017	Sheffield	EA / U17 CE Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
u17	Quadrathlon						
#	A Ithell	214		24/04/1999	Stockport	Stockport/ Dash Quad	AW May 05, 1999 _ Vol 53. No. 18
u17	Pentathlon						
	Nicola Gore	2398		10/09/2000	Macclesfield	Cheshire multi-events	paper records end 2000
#	Victoria Anderson	2828		13/09/2009	Macclesfield	Cheshire Jun ME Champs	https://thepowerof10.info/results/results.aspx?meetingid=30424
u17	Pentathlon - Indoor						
	Victoria Anderson	3166 i		07/03/2010	EIS Sheffield	EA Indoor Combined Events	https://thepowerof10.info/results/results.aspx?meetingid=34430
#	Olivia Montez-Brown	3345 i		01/12/2012	Emirates Arena	SIAB Indoor CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u17	Heptathlon						
	Caroline Gore	3449		27/06/1998	Wrexham	School Multi-events	newsletter Vol2No2

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Caroline Gore	3782		27/06/1999	Carlisle	ESAA NW Schools Reg CE	paper records end 2000
	Olivia Montez-Brown	4049		25-26/06/2011	Stretford	ESAA NW Regional CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Olivia Montez-Brown	4337		30/06-01/07/12	Crewe	ESAA NW Regional CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u20	Heptathlon						
	Caroline Gore	3876		26/06/2000	Cannock	Schools Multi-events	paper records end 2000
	Victoria Anderson	4036		25-26/06/2011	Stretford	ESAA NW Regional CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Olivia Montez-Brown	4583		24-25/05/2014	Bedford	EA u20/ SW CE Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
#	Olivia Montez-Brown	4790		21/09/2014	Boston	ESAA CE Championships	https://www.thepowerof10.info/results/resultslookup.aspx page 7
	Pentathlon - Indoor						
#	Olivia Montez-Brown	3485	i	10/01/2015	Sheffield	Eng & Wales CE Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
SW	Heptathlon						
	Niamh Reilly	2641		09/08/2009	Sportcity	North-West CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Olivia Montez-Brown	4951		01-02/05/2016	Mankato MN	NSIC Multi Championships	https://www.thepowerof10.info/results/resultslookup.aspx
##	Olivia Montez-Brown	5254		27/05/2016	Bradenton FL	NCAA Division 2 Champs	https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/
	Pentathlon - Indoor						
	Olivia Montez-Brown	3534	i	29/01/2016	Minneapolis MN	Jack Johnson Classic	https://thepowerof10.info/results/results.aspx?meetingid=161266
	Olivia Montez-Brown	3641	i	14/02/2016	Mankato MN	NSIC Multi Championships	https://goaugie.com/documents/2016/2/14/NSIC_Pent_Results.pdf
	Olivia Montez-Brown	3773	i	12/03/2016	Pittsburgh KS	NCAA Division II Champs	https://www.leonetiming.com/2016/Indoor/NCAADII/Results/
	Olivia Montez-Brown	3808	i	28/01/2017	Mankato MN	Minnesota State ME, Open	https://www.thepowerof10.info/results/resultslookup.aspx
	Olivia Montez-Brown	3838	i	12/02/2017	Mankato MN	NSIC Multi Championships	https://www.thepowerof10.info/results/resultslookup.aspx
#	Olivia Montez-Brown	3863	i	10/03/2017	Birmingham AL	NCAA Div II T&F Champs	https://results.leonetiming.com/?mid=1140
v35							
v40							
v45	Quad Throws						
#	Helen Tooley	1016		30/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154
v50							

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
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Walks

u11

u13

u15

u17

u20

SW

v35

v40

v45

v50 1,000m Walk

Cath McGrath	06:24			08/07/2006	Carmarthen	Welsh Walk Championships	
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2,000m Walk

Cath McGrath	15:43			06/08/2005	Solihull	Veterans Inter Area Match	
Cath McGrath	14:55			09/10/2005	Tipton	DASH Claire Powell Memorial - Yacht	
Cath McGrath	14:38			07/06/2006	Stoke on Trent	Midland Veterans League - North	
Cath McGrath	13:51			11/07/2006	Wolverhampton	Midland Veterans T&F League - North Division, Meeting 3	
Cath McGrath	13:32			09/08/2006	Sutton	Midland Veterans League - North Division	

3,000m Walk

Cath McGrath	22:29			09/10/2005	Tipton	DASH Claire Powell Memorial	
# Cath McGrath	19:29.4			10/09/2006	Accrington	Northern Veterans AC Championships	

5,000m Walk

Cath McGrath	37:26	Road		22/10/2005	Warwick University		Midland Winter League
Cath McGrath	36:59	Road		12/11/2005	Perry Park		2nd Midland Area Winter League
Cath McGrath	36:30	Road		11/02/2006	Perry Park		Midland Area Race Walking Championships

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Cath McGrath	34:26	Road	22/07/2006	Simister, Lancashire		R&Z Smith Memorial Walks
	Cath McGrath	33:07	Road	02/12/2006	Simister, Lancashire		Lancashire WC Christmas Hotpot
v55 3km	Cathryn McGrath	23:01		25/03/2009	Santos Stadium, Adelaide		South Australian Master's Track Race
#	Cathryn McGrath	19:11		02/08/2009	Cardiff	Welsh Master's Championships	
5km	Cathryn McGrath	36:25	Road	06/12/2008	Simister, Lancashire		Lancashire WC Christmas Hotpot
	Cathryn McGrath	34:35	Road	01/02/2009	Manchester	Alexandra Park 5K	
v60					Cheshire		http://www.cheshireaa.com/Results/index.aspx
					Po10		https://www.thepowerof10.info/results/resultslookup.aspx
					Northern T&F League		https://www.northernathletics.co.uk/track-field-league/
					No T&F Champs + indoor		https://www.northernathletics.co.uk/results-index/
					ESSA pre-2013		http://www.esaa.net/oldindex.shtml