

West Cheshire AC Records

Have you beaten one of these records, or set a new one? If so, please send us details via "Webmaster" at:

<http://www.westcheshireac.co.uk/contact/>

For more detail, see:

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

Sorry, wind-assisted performances are not considered for record purposes

		FEMALE Age Group									
Event	Overall	FO20	FU20		FU17		FU15		FU13		
Outdoor, Track											
75m	9.90 Mia Johnson 07/05/23	Event not run						9.90 Mia Johnson 07/05/23			
80m	10.80 Laura Rigby 10/05/08	Event not run						10.80 Laura Rigby 10/05/08			
100m	12.16 Alice McMahon 25/06/17	12.16 Alice McMahon 25/06/17	12.30 Alice McMahon 13/04/13	12.40 Sian Kelman 12/05/07	12.30 Emily Owen 30/07/22	12.90 Mia Johnson 16/07/23					
150m	19.10 Mia Johnson 07/05/23	Event not run						23.80 Violeta Brooks 09/04/21		19.10 Mia Johnson 07/05/23	
200m	24.62 Emma Holmes 04/05/23	24.70 Laura Turley 16/07/19	24.62 Emma Holmes 04/05/23	25.07 Emma Holmes 26/09/22	25.60 Alice McMahon 20/06/09	26.30 Mia Johnson 24/06/23					
300m	39.26 Emma Holmes 16/07/22	Event not run			39.26 Emma Holmes 16/07/22	40.25 Imogen Pughe 27/05/19	Event not run				
400m	54.66 Laura Turley 01/06/19	54.66 Laura Turley 01/06/19	55.58 Emma Holmes 03/05/23	57.40 Imogen Pughe 01/09/21	Event not run						
600m	01:42.70 Ruby Phillips 09/04/22	Event not run					01:42.70 Ruby Phillips 09/04/22	01:52.60 Sophie Hemingbrough 12/05/12			
800m	02:08.56 Jessica Lark 29/07/23	02:22.77 Olivia Montez-Brown 27/05/16	02:14.00 Imogen Pughe 26/02/22	02:08.56 Jessica Lark 29/07/23	02:16.96 Ruby Phillips 21/05/22	02:23.70 Emily Misantoni 27/06/15					
1000m	03:14.03 Ruby Phillips 10/10/20	Event not run						03:14.03 Ruby Phillips 10/10/20			
1200m	03:51.73 Jessica Lark 20/07/19	Event not run						03:51.73 Jessica Lark 20/07/19			
1500m	04:20.07 Jessica Lark 18/06/23	04:46.06 Kate Moulds 18/06/23	04:46.30 Laura Bestow 05/07/03	04:20.07 Jessica Lark 18/06/23	04:46.06 Carys Roberts 06/09/20	05:06.20 Imogen Pughe/ Jessica Lark 11/09/19					
1 Mile	05:24.80 Cosette Wearden 13/07/22	06:12.80 Elle Robinson 06/05/14	05:36.40 Jodi Bemand 26/03/23	05:39.93 Cosette Wearden 24/04/23	05:24.80 Cosette Wearden 09/04/22	05:52.28 Jessica Lark 07/04/19					
3000m	09:52.60 Liz Remondeau 01/09/21	09:52.60 Liz Remondeau 01/09/21	10:23.00 Laura Bestow 03/05/03	10:49.50 Cosette Wearden 10/04/24	10:54.40 Cosette Wearden 09/04/22						
5000m	19:44.00 Jodi Bemand 13/05/23	19:44.00 Jodi Bemand 13/05/23	19:44.00 Jodi Bemand 13/05/23								
10,000m	36:23.14 Katie Clarke 26/05/23	36:23.14 Katie Clarke 26/05/23	43:46.51 Jodi Bemand 21/05/22	Event not run							
1500mSC	05:36.20 Jodi Bemand 24/04/22	Event not run		05:36.20 Jodi Bemand 24/04/22	05:50.70 Jodi Bemand 05/09/21	Event not run					
2000mSC	07:51.64 Jodi Bemand 04/06/23			07:51.64 Jodi Bemand 04/06/23							
3000mSC	12:30.40 Jodi Bemand 18/05/23			12:30.40 Jodi Bemand 18/05/23							
Sprint Hurdles (Standard Distance/ Height)	N/A	14.37 (100m) Olivia Montez-Brown 26/05/16	14.3 (100m) Olivia Montez-Brown 09/09/14	11.6 (80m) Olivia Montez-Brown 30/06/12	11.37 (75m) Olivia Montez-Brown 07/10/10	11.2 (70m) Amy Williams/ Abigail Pawlett 13/09/15					
100m Hurdles	16.30 Gemma Hale 01/05/10	See above			16.30 Gemma Hale 01/05/10	Event not run					
300m Hurdles	45.90 Alice Jennings 16/05/10	Event not run					45.90 Alice Jennings 16/05/10	Event not run			
400m Hurdles	63.50 Heather McLintock (nee Lowry) 06/07/99	63.50 Heather McLintock (nee Lowry) 06/07/99	65.88 Samantha Appleby 11/10/15	69.20 Samantha Appleby 22/06/03	Event not run						
Outdoor, Field											
High Jump	1.69 Victoria Anderson 28/08/11	1.54 Gemma Ashton 08/03/01	1.69 Victoria Anderson 12/05/12	1.68 Victoria Anderson 09/09/10	1.60 Alice Jennings/ Abigail Pawlett 01/04/17	1.53 Sarah Devoy 22/08/09					
Pole Vault	2.50 Lauren Dimbylow 08/07/18	2.00 Nola Harrison/ Nicola Gore 05/05/12	2.50 Lauren Dimbylow 08/07/18	2.00 Chelsea Butler/ Lauren Jones 01/07/18	2.10 Lauren Jones 17/06/17	Event not run					
Long Jump	5.91 Olivia Montez-Brown 10/04/16	5.91 Olivia Montez-Brown 10/04/16	5.82 Olivia Montez-Brown 12/07/14	5.55 Sian Kelman 28/09/07	5.39 Sian Kelman 20/06/03	5.40 Amy Williams 23/06/10					
Triple Jump	11.35 Olivia Montez-Brown 21/04/12	10.96 Favour Akpan 29/04/23	10.97 Emily Clark 03/07/11	11.35 Olivia Montez-Brown 21/04/12	10.44 Olivia Montez-Brown 05/06/10	Event not run					
Shot (Standard Weights)	N/A	12.02 (4kg) Sophie Perchal 05/07/17	12.56 (4kg) Emily Ball 26/09/15	14 (3kg) Emily Ball 30/09/14	11.03 (3kg) Sidney Shorrocks 13/09/23	9.85 (2.72kg) Sara Pearson 20/07/16					
Discus (Standard Weights)	N/A	41.17 (1kg) Nicola Gore 01/09/07	40.1 (1kg) Emily Ball 26/07/15	46.48 (1kg) Isobel Griffin Morris 04/09/16	38.63 (1kg) Isobel Griffin Morris 31/08/14	26.34 (0.75kg) Isla Shillington 23/09/17					
Hammer (Standard Weights)	N/A	47.93 (4kg) Stephanie Owens 13/05/17	50.12 (4kg) Stephanie Owens 12/08/06	52.12 (3kg) Eve Tipping 29/04/18	49.89 (3kg) Eve Tipping 08/09/17	21.98 (3kg) Kara Staff 28/09/19					
Javelin (Standard Weights)	N/A	45.03 (600g) Sophie Perchal 17/06/18	45.27 (600g) Emma Howe 23/07/19	51.5 (500g) Harriet Wheeler 09/09/23	44.57 (500g) Harriet Wheeler 27/08/22	33.77 (400g) Harriet Wheeler 26/09/20					
	Overall	FO20	FU20	FU17	FU15	FU13	FEMALE Age Group				