

**## 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<sup>st</sup> 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
<a href="#">Indoor 60m</a>		<a href="#">Metres 1,000m</a>			<a href="#">Metres 10,000m</a>		<a href="#">Relay 4x100m</a>
<a href="#">Metres 75 80 100m</a>		<a href="#">Metres 1,200 1,500m</a>			<a href="#">Indoor 60m Hurdles</a>		<a href="#">Relay 4x300 or400m</a>
<a href="#">Metres 150 200m</a>		<a href="#">Mile</a>			<a href="#">Hurdles 70 80 100m</a>		<a href="#">Relay 3x600 3x800m</a>
<a href="#">Metres 300 400m</a>		<a href="#">Metres 3,000m</a>			<a href="#">Hurdles 300 400m</a>		<a href="#">Triple Jump</a>
<a href="#">Metres 600 800m</a>		<a href="#">Metres 5,000m</a>			<a href="#">Steeplechase 1500 2,000 3,000m</a>		<a href="#">Discus</a>
							<a href="#">Hammer</a>
							<a href="#">Long Jump</a>
							<a href="#">Javelin</a>
							<a href="#">Shot</a>
							<a href="#">Triathlon - Decathlon</a>
							<a href="#">Walks</a>
Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
<b>Indoor_60m</b>							
u11 60m	<b>Indoor</b> Tamsin O'Keefe	9.5	i	11/11/2012	Sportcity	Dash Quad	<a href="https://thepowerof10.info/results/results.aspx?meetingid=72105">https://thepowerof10.info/results/results.aspx?meetingid=72105</a>
u13 60m	<b>Indoor</b> Amy Williams	8.48	e i	20/12/2009	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=32360">https://thepowerof10.info/results/results.aspx?meetingid=32360</a>
	Amy Williams	8.47	ht20 e i	03/01/2010	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=32359">https://thepowerof10.info/results/results.aspx?meetingid=32359</a>
	# Amy Williams	8.43	e i	10/01/2010	Sportcity	Sale Indoor Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=32358">https://thepowerof10.info/results/results.aspx?meetingid=32358</a>
u15 60m	<b>Indoor</b> Rachel Stoakley	8.37	ht1 e i	15/11/2003	Sheffield	NoE Open	<a href="https://www.northernathletics.co.uk/results-index/AW_November_19,_2003_-_vol.57_no47">AW November 19, 2003 - vol.57 no47</a>   <a href="https://www.northernathletics.co.uk/results-index/AW_December_31,_2003_-_vol.58_no.01">https://www.northernathletics.co.uk/results-index/AW December 31, 2003 - vol.58 no.01</a>
	Rachel Stoakley	8.30	ht13 e i	21/12/2003	Sportcity	Sale Indoor Open Meeting	
	Rachel Treloar	8.23	e i	25/11/2006	Sheffield	NoE Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=357">https://thepowerof10.info/results/results.aspx?meetingid=357</a>
	Alice McMahon	8.19	ht4 e i	25/01/2009	EIS Sheffield	NoE u15/ u17 Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=20334">https://thepowerof10.info/results/results.aspx?meetingid=20334</a>
	Alice McMahon	8.13	f e i	25/01/2009	EIS Sheffield	NoE u15/ u17 Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=20334">https://thepowerof10.info/results/results.aspx?meetingid=20334</a>
	Alice McMahon	8.00	h2 e i	14/02/2009	Birmingham	EA U20, 17 & 15 Champ	<a href="https://thepowerof10.info/results/results.aspx?meetingid=21578">https://thepowerof10.info/results/results.aspx?meetingid=21578</a>
	Emily Owen	7.93	h2 e l	06/02/2022	EIS Sheffield	NoE u15/ u13 Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=442272">https://thepowerof10.info/results/results.aspx?meetingid=442272</a>
	Emily Owen	7.92	s2 e l	12/02/2022	EIS Sheffield	EA u15/u17/u20 Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=446964&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=446964&amp;pagenum=2</a>
	# Mia Johnson	7.88	h3 e l	10/02/2024	EIS Sheffield	EA u15/u17/u20 Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579121">https://www.thepowerof10.info/results/results.aspx?meetingid=579121</a>
u17 60m	<b>Indoor</b> Helen Clowes	9.03	ht1 e i	15/11/2003	Sheffield	NoE Open	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2003/">https://www.northernathletics.co.uk/download/na-indoor-results-2003/</a>
	Rachel Stoakley	8.23	ht3 e i	22-23/01/2005	EIS Sheffield	NoE u15/ u17 Championships	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2005/">https://www.northernathletics.co.uk/download/na-indoor-results-2005/</a>
	Sian Kelman	8.10	e i	10/12/2005	EIS Sheffield	Indoor open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=31798">https://thepowerof10.info/results/results.aspx?meetingid=31798</a>
	# Sian Kelman	7.91	e i	07/01/2006	Sportcity	Sale Indoor Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=386">https://thepowerof10.info/results/results.aspx?meetingid=386</a>
u20 60m	<b>Indoor</b> Rachel Stoakley	8.41	e i	20/01/2007	Sheffield	NoE S & u20 Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=4183">https://thepowerof10.info/results/results.aspx?meetingid=4183</a>
	Rachel Stoakley	8.32	e i	19-20/01/2008	EIS Sheffield	NoE S & u20 Championships	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2008/">https://www.northernathletics.co.uk/download/na-indoor-results-2008/</a>
	Bryony Potter	8.22	e i	11/01/2009	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=20468">https://thepowerof10.info/results/results.aspx?meetingid=20468</a>
	Bryony Potter	8.06	ht1 e i	17/01/2009	EIS Sheffield	NoE S & u20 Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=20332">https://thepowerof10.info/results/results.aspx?meetingid=20332</a>
	# Sian Kelman	7.91	ht2 e i	17/01/2009	EIS Sheffield	NoE S & u20 Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=20332">https://thepowerof10.info/results/results.aspx?meetingid=20332</a>

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
SW 60m	<b>Indoor</b>						
	Bryony Potter	8.20	ht5 e i	22/02/2013	EIS Sheffield	BUCS Indoor Championship	<a href="https://thepowerof10.info/results/results.aspx?meetingid=71630">https://thepowerof10.info/results/results.aspx?meetingid=71630</a>
	Bryony Potter	8.17	ht8 e i	21/02/2014	EIS Sheffield	BUCS Indoor Championship	<a href="https://thepowerof10.info/results/results.aspx?meetingid=92559">https://thepowerof10.info/results/results.aspx?meetingid=92559</a>
	Danielle Erskine	8.12	SX 1.13 i	30/11/2014	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=120070">https://thepowerof10.info/results/results.aspx?meetingid=120070</a>
	Laura Turley	8.04	e i	07/01/2017	Deeside	North Wales Championship	<a href="https://thepowerof10.info/results/results.aspx?meetingid=189878">https://thepowerof10.info/results/results.aspx?meetingid=189878</a>
	Laura Turley	8.03	e i	08/01/2017	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=185700">https://thepowerof10.info/results/results.aspx?meetingid=185700</a>
	Laura Turley	7.99	e i	05/03/2017	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=185702">https://thepowerof10.info/results/results.aspx?meetingid=185702</a>
	<b>#</b> Laura Turley	7.85	e i	07/01/2018	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=224235">https://thepowerof10.info/results/results.aspx?meetingid=224235</a>

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## Metres\_75\_80\_100m

<b>u11</b> 75m	Kelly Baker	12.2	a race	12/06/2005	Macclesfield	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2005.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2005.aspx</a>
	Kelly Baker	11.5		28/05/2006	Stockport	Cheshire League	<a href="#">WCAC Statistics</a>
	Amy Williams	11.2		20/04/2008	Stockport	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
	Amy Williams	11.0		17/08/2008	Warrington	Terry Davies Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12873">https://thepowerof10.info/results/results.aspx?meetingid=12873</a>
	Georgia Barlow	11.0		19/04/2009	Deeside	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx</a>
	Georgia Barlow	10.9		09/08/2009	Stretford	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx</a>
	Abigail Pawlett	10.9		14/07/2013	Colwyn Bay	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx</a>
	Abigail Pawlett	10.8		07/09/2013	Stanney	Cheshire League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=80881">https://thepowerof10.info/results/results.aspx?meetingid=80881</a>
	Abigail Pawlett	10.0		09/09/2015	Stockport	David Tivey & Len Mullen	<a href="https://thepowerof10.info/results/results.aspx?meetingid=147511">https://thepowerof10.info/results/results.aspx?meetingid=147511</a>
U11 100m	Sophie Goss	17.1		12/09/1999		County Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf</a>
	Rachel Stoakley	15.2		10/09/2000	Macclesfield	Cheshire Relay Champs	<a href="https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf">https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf</a>
	Lucy Earl	15.2		10/09/2006	Macclesfield	County Multi-events	<a href="https://www.cheshireaa.com/results/ME/2006/U11CER2006.pdf">https://www.cheshireaa.com/results/ME/2006/U11CER2006.pdf</a>
	Amy Williams	14.3		10/08/2008	Bebington	Cheshire League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13397">https://thepowerof10.info/results/results.aspx?meetingid=13397</a>
	Amy Williams	14.3		14/09/2008	Macclesfield	County Multi-events	<a href="https://thepowerof10.info/results/results.aspx?meetingid=18825">https://thepowerof10.info/results/results.aspx?meetingid=18825</a>
	Abigail Pawlett	14.3		15/09/2013	Macclesfield	County Multi-events	<a href="https://thepowerof10.info/results/results.aspx?meetingid=93264">https://thepowerof10.info/results/results.aspx?meetingid=93264</a>
<b>u13</b> 75m	Hayley Earlam		<b>Boys time!</b>	28/07/1998	Salford	McDonalds YAL	<a href="#">newsletter Vol2 No2</a>
	U Ihekaweh	10.8		28/06/1998	Salford	McDonalds YAL	<a href="#">AW July 1, 1998 - vol.52 no.27</a>
	Rachel Stoakley	10.6		19/05/2002	Macclesfield	YA Girls League N 1 W	<a href="#">AW May 22, 2002 - vol.56 no.21</a>
	Daisy Flynn-Piercy	10.6		01/06/2003	Pendle	UKA YA North 1W	<a href="#">AW June 11, 2003 - vol.57 no24</a>

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Abigail Kirk	10.4		08/05/2005	Deeside	UKA YA North 1W	<a href="#">AW May 11, 2005 - vol.59 no.19</a>
	Laura Rigby	10.2		22/06/2008	Sheffield	UKA YA N Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13187">https://thepowerof10.info/results/results.aspx?meetingid=13187</a>
	Alice Barnsley	10.1	f	12/05/2012	Warrington	Cheshire Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=62907">https://thepowerof10.info/results/results.aspx?meetingid=62907</a>
	Alice Barnsley	10.1		17/06/2012	Sportcity	McCain UK YAL N Premier 3	<a href="https://thepowerof10.info/results/results.aspx?meetingid=63417">https://thepowerof10.info/results/results.aspx?meetingid=63417</a>
	Abigail Pawlett	10.0		09/09/2015	Stockport	David Tivey & Len Mullen	<a href="https://thepowerof10.info/results/results.aspx?meetingid=147511">https://thepowerof10.info/results/results.aspx?meetingid=147511</a>
	Madeline Mercer	9.98	w+0.9 e	20/07/2019	Sheffield	YDL Lower 'Relegation' final	<a href="https://thepowerof10.info/results/results.aspx?meetingid=285905">https://thepowerof10.info/results/results.aspx?meetingid=285905</a>
#	Mia Johnson	9.9	w+0.4	07/05/2023	Stanney	YDL Lower	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=526794">https://www.thepowerof10.info/results/results.aspx?meetingid=526794</a>
u13	80m						
	Cara Ithell	12.24	e h1	09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Sarah Devoy	11.50		17/04/1999	Wavertree	Liverpool Open	<a href="#">AW April 28, 1999 - vol.53 no.17</a>
	Rachel Stoakley	11.4	h3	11-12/05/2002	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Rachel Stoakley	11.2	final	11-12/05/2002	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Abigail Kirk	11.12	e h3	14-15/05/2005	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Alice McMahan	11.1	h1	06/05/2007	Macclesfield	Cheshire Championships	Po10   <a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>
	Laura Rigby	11.1	h1	10/05/2008	Stanney	Cheshire Championships	Po10   <a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>
	Laura Rigby	10.8	f	10/05/2008	Stanney	Cheshire Championships	Po10   <a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>
u13	100m						
	Hayley Earlam	15.0	Boys time!	02/07/1998	Chester	WCAC YA	<a href="#">newsletter Vol2 No2</a>
	Hayley Earlam	14.5		02/07/1998	Chester	WCAC YA	<a href="#">paper records end 2000</a>
	Rachel Stoakley	14.2		26/08/2001	Bebington	(WCAC Champs) Wirral Medal	<a href="#">Newsletter September 2001</a>
	Rachel Stoakley	13.8		07/09/2002	Eirias Park	Colwyn Bay September Games	<a href="#">AW September 18, 2002 - vol.56 no.38</a>
	Leah Ferrie	13.6		28/05/2006	Stockport	Cheshire League	<a href="#">WCAC Statistics</a>
	Alice McMahan	13.4		12/08/2007	Deeside	Cheshire League	<a href="#">WCAC Statistics</a>
	Danielle Erskine	13.4		19/04/2008	Wavertree	Ernie Gallagher Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13333">https://thepowerof10.info/results/results.aspx?meetingid=13333</a>
	Leah Ferrie	13.4		19/04/2008	Wavertree	Ernie Gallagher Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13333">https://thepowerof10.info/results/results.aspx?meetingid=13333</a>
	Danielle Erskine	13.3	race B	20/04/2008	Stockport	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
	Alice McMahan	13.3	race C	20/04/2008	Stockport	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
	Jenni Potter	13.3	race D	20/04/2008	Stockport	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
	Amy Williams	13.2	ht3	06/06/2010	Deeside	Dan Evan's Memorial Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=37526">https://thepowerof10.info/results/results.aspx?meetingid=37526</a>
	Amy Williams	13.1		08/08/2010	Widnes	Cheshire League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=35889">https://thepowerof10.info/results/results.aspx?meetingid=35889</a>
	Alice Barnsley	13.1		02/07/2012	Stanney	Cheshire/Merseyside yr7	<a href="https://thepowerof10.info/results/results.aspx?meetingid=68770">https://thepowerof10.info/results/results.aspx?meetingid=68770</a>
	Madeline Mercer	13.1		14/04/2019	Bebington	Wirral AC Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=282102">https://thepowerof10.info/results/results.aspx?meetingid=282102</a>
#	Madeline Mercer	13.05	e	29/06/2019	SportCity	Stockport YA Quadrathlon	<a href="https://thepowerof10.info/results/results.aspx?meetingid=300403">https://thepowerof10.info/results/results.aspx?meetingid=300403</a>
	Mia Johnson	12.9	w ?	16/07/2023	Warrington	Cheshire League	

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info		
		Measure							
u15	100m	Alicia Bateson	13.6		11/04/1998	Eirias Park	Colwyn Bay Open	'Pioneer' 15/04/1998 Page 46 - <a href="#">AW April 15, 1998 - Vol.52 no.16</a>	
		Laura Starkey	13.52	e h1	10/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>	
		Alicia Bateson	13.40	e final	10/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>	
		Laura Starkey	13.4		18/04/1999	Deeside	Cheshire League	<a href="#">paper records end 2000</a>	
		Leanne Henning	12.9		19/05/2002	Macclesfield	UKA YA Girls League N 1 W	<a href="#">AW May 22, 2002 - vol.56 no.21</a>	
		Sian Kelman	12.81	f e	14-15/05/2005	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>	
		Sian Kelman	12.58	w+1.4 h3 e	28-29/05/2005	Cudworth	NoEAA Junior Championship	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>	
		Sian Kelman	12.44	w+1.3 f e	08-09/07/2005	Birmingham	English Schools	<a href="https://www.esaa.net/oldindex.shtml">https://www.esaa.net/oldindex.shtml</a>	
		Alice McMahon	12.40	w-0.3 f e	24/05/2009	Gateshead	Northern Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=21516">https://thepowerof10.info/results/results.aspx?meetingid=21516</a>	
		Imogen Pughe	12.4		08/06/2019	Bebington	Merseyside Schools Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=302825">https://thepowerof10.info/results/results.aspx?meetingid=302825</a>	
		Emily Owen	12.36	e	18/06/2022	Stoke	Mason Trophy	<a href="https://thepowerof10.info/results/results.aspx?meetingid=472263">https://thepowerof10.info/results/results.aspx?meetingid=472263</a>	
		#	Emily Owen	12.3		30/07/2022	Stretford	YDL Lower Regional Relegation	<a href="https://thepowerof10.info/results/results.aspx?meetingid=476231">https://thepowerof10.info/results/results.aspx?meetingid=476231</a>
			Emily Owen	12.3	<b>W</b>	20/03/2022	Stanney	Dan Gilroy Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445778">https://thepowerof10.info/results/results.aspx?meetingid=445778</a>
u17	100m	Gemma Sharples	13.7		19/04/1998	Ashton-u-Lyne	Cheshire League	<a href="#">newsletter Vol2No2</a>	
		Gemma Sharples	13.4	h2	13/06/1998	Crewe	Cheshire Schools Champs	<a href="http://www.esaa.net/oldindex.shtml">http://www.esaa.net/oldindex.shtml</a>	
		Gemma Sharples	13.1	final	13/06/1998	Crewe	Cheshire Schools Champs	<a href="http://www.esaa.net/oldindex.shtml">http://www.esaa.net/oldindex.shtml</a>	
		Leanne Henning	13.0		27/07/2003	Bebington	National Junior League	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>	
		Rachel Stoakley	12.8	r2	17/04/2005	Wavertree	Liverpool H Open	<a href="#">AW April 27, 2005 - vol.59 no.17</a>	
		Rachel Stoakley	12.8		26/06/2005	Warrington	UKA YA N 1W	<a href="#">AW November 9, 2005 - vol.59 no.45</a>	
		Sian Kelman	12.6		06/05/2006	Stanney	NoE League 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>	
		Sian Kelman	12.5	final	13/05/2006	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2006/u17wtf2006.htm">https://www.cheshireaa.com/results/TFC/2006/u17wtf2006.htm</a>	
		Sian Kelman	12.5		03/06/2006	Wigan	NoE League 2W	Po10   <a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>	
		#	Sian Kelman	12.4	final	12/05/2007	Macclesfield	Cheshire Championships	Po10   <a href="http://www.cheshireaa.com/results/TFC/2007/u17wtf2007.htm">http://www.cheshireaa.com/results/TFC/2007/u17wtf2007.htm</a>
	Yasmin Smith	12.4	<b>w+3.0</b>	10/07/2022	Wigan	NoE League West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445767">https://thepowerof10.info/results/results.aspx?meetingid=445767</a>		
u20	100m	Samantha Withers	13.8		05/07/1998	Stockport	Northern WL	<a href="#">paper records end 2000</a>	
		Sian Kelman	13.0		23/04/2006	Stanney	NJL NP Mersey	<a href="#">AW April 27, 2006 - vol.61 (60) no.17</a>	
		Rachel Stoakley	13.0		07/05/2006	Bebington	NJL NP Mersey	<a href="#">AW May 11, 2006 - vol.61 (60) no.19</a>	
		Rachel Stoakley	12.9		03/05/2008	Stanney	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12374">https://thepowerof10.info/results/results.aspx?meetingid=12374</a>	
		Rachel Stoakley	12.9		10/05/2008	Stanney	Cheshire Championships	Po10   <a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>	
		Rachel Stoakley	12.9		07/06/2008	Wavertree	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13443">https://thepowerof10.info/results/results.aspx?meetingid=13443</a>	
		Sian Kelman	12.6		27/07/2008	Deeside	National Junior League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12846">https://thepowerof10.info/results/results.aspx?meetingid=12846</a>	

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Sian Kelman	12.5		03/08/2008	Litherland	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13441">https://thepowerof10.info/results/results.aspx?meetingid=13441</a>
	Sian Kelman	12.4		31/08/2008	Cudworth	NoE Promotion match	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13409">https://thepowerof10.info/results/results.aspx?meetingid=13409</a>
#	Alice McMahon	12.3		13/04/2013	Wavertree	Tom O'Mahoney MM	<a href="https://thepowerof10.info/results/results.aspx?meetingid=82124">https://thepowerof10.info/results/results.aspx?meetingid=82124</a>
	Alice McMahon	12.3		07/07/2013	Litherland	NoE 2W	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=81197">https://www.thepowerof10.info/results/results.aspx?meetingid=81197</a>
	Bryony Potter	12.3	W+3.5	05/06/2010	Wavertree	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=37055">https://thepowerof10.info/results/results.aspx?meetingid=37055</a>
	Alice McMahon	12.0	W+3.4	14/04/2012	Deeside	Deeside Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=65425">https://thepowerof10.info/results/results.aspx?meetingid=65425</a>
SW	100m						
	Joy Carson	16.16	e	09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Heather Lees	15.1		07/08/2000	Warrington	Northern WL	<a href="#">paper records end 2000</a>
	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	<a href="https://thepowerof10.info/results/results.aspx?meetingid=40327">https://thepowerof10.info/results/results.aspx?meetingid=40327</a>
	Shona Valentine	13.4		14/08/2011	Trafford	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=50643">https://thepowerof10.info/results/results.aspx?meetingid=50643</a>
	Shona Valentine	12.9		12/05/2012	Warrington	Cheshire Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=62907">https://thepowerof10.info/results/results.aspx?meetingid=62907</a>
	Shona Valentine	12.9		13/07/2014	Wavertree	NA 2W	<a href="https://www.northernathletics.co.uk/download/2w-match-3-2014/">https://www.northernathletics.co.uk/download/2w-match-3-2014/</a>
	Alice McMahon	12.9		29/03/2015	Warrington	Warrington Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=130518">https://thepowerof10.info/results/results.aspx?meetingid=130518</a>
	Alice McMahon	12.6		03/05/2015	Wavertree	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=129672">https://thepowerof10.info/results/results.aspx?meetingid=129672</a>
	Alice McMahon	12.47	e	23/05/2015	Stretford	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Alice McMahon	12.30	e h1 +0.5	13/06/2015	Sportcity	NA u20/ Senior Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=131289">https://www.thepowerof10.info/results/results.aspx?meetingid=131289</a>
	Alice McMahon	12.29	e f +1.7	13/05/2015	Sportcity	NA u20/ Senior Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=131289">https://www.thepowerof10.info/results/results.aspx?meetingid=131289</a>
	Alice McMahon	12.2		08/08/2015	Ormskirk	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=129669">https://thepowerof10.info/results/results.aspx?meetingid=129669</a>
##	Alice McMahon	12.16		25/06/2017	Wakefield	Pontefract AC Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=188997">https://thepowerof10.info/results/results.aspx?meetingid=188997</a>
v35	100m						
v40	100m						
	Glenys Potter	16.2		12/08/2007	Deeside	Cheshire League	<a href="#">WCAC Statistics</a>
n/s	Glenys Potter	15.9	No Name declared	20/04/2008	Stockport	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
	Glenys Potter	15.7		19/04/2009	Deeside	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx</a>
	Claire Forshaw	15.0		04/05/2019	Deeside	Cheshire League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276246">https://thepowerof10.info/results/results.aspx?meetingid=276246</a>
#	Claire Forshaw	14.4		23/06/2019	Bury	Northern Masters Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=284572">https://thepowerof10.info/results/results.aspx?meetingid=284572</a>
v45	100m						
#	Mieka Vannesta	16.0		22/04/2007	Stockport	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2007.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2007.aspx</a>
v50	100m						

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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
v55 100m	Joy Hickman	17.0		20/07/2024	Stanney	Cheshire League	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=603223">https://www.thepowerof10.info/results/results.aspx?meetingid=603223</a>

## Metres\_150\_200m

u11 150m	Amy Williams	22.4		17/08/2008	Warrington	Terry Davies Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12873">https://thepowerof10.info/results/results.aspx?meetingid=12873</a>
	Sara Pearson	22.4		03/09/2017	Stanney	Cheshire League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=190563">https://thepowerof10.info/results/results.aspx?meetingid=190563</a>
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	<a href="#">AW June 11, 2003 - vol.57 no24</a>
	Abigail Kirk	20.7		08/05/2005	Deeside	UKA YA North 1W	<a href="#">AW May 11, 2005 - vol.59 no.19</a>
	Abigail Kirk	20.62	final e	14-15/05/2005	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Abigail Kirk	20.5		05/06/2005	Blackburn	NoE YA Northern 1W	<a href="#">AW June 15, 2005 - vol.59 no.24</a>
	Abigail Kirk	20.1		26/06/2005	Warrington	UKA YA N 1W	<a href="#">AW November 9, 2005 - vol.59 no.45</a>
	Laura Rigby	20.0		22/06/2008	Sheffield	UKA YA N Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13187">https://thepowerof10.info/results/results.aspx?meetingid=13187</a>
	Amy Williams	19.9		02/05/2010	Wigan	McCain UK YAL N Prem W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=36937">https://thepowerof10.info/results/results.aspx?meetingid=36937</a>
	Amy Williams	19.7		16/05/2010	Bebington	McCain UK YAL NP W mB	<a href="https://thepowerof10.info/results/results.aspx?meetingid=36926">https://thepowerof10.info/results/results.aspx?meetingid=36926</a>
	Mia Johnson	19.54	ht8 e	01/05/2023	Trafford	Medal Meet	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=515294">https://www.thepowerof10.info/results/results.aspx?meetingid=515294</a>
#	Mia Johnson	19.1	w+0.1	07/05/2023	Stanney	TDL Lower	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=526794">https://www.thepowerof10.info/results/results.aspx?meetingid=526794</a>
u13 200m	Sarah Devoy	31.52	h1 e	10/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Sarah Devoy	31.48	final e	10/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Hayley Earlam	31.2		02/07/1998	Chester	WCAC YA	newsletter Vol2 No2
	Sarah Devoy	29.31	e	25/07/1999	Deeside	Deeside Games	<a href="#">AW August 4, 1999 - vol.53 no.31</a>
	Leanne Henning	26.7		19/05/2002	Macclesfield	UKA YA Girls League N 1 W	<a href="#">AW May 22, 2002 - vol.56 no.21</a>
	Samantha Galley	26.7	h1 2nd	13/05/2006	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm">https://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm</a>
	Abbie Kirk	26.7	h1 3rd	13/05/2006	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm">https://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm</a>
	Abbie Kirk	26.7	Final	13/05/2006	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm">https://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm</a>
	Mia Johnson	26.7	AB race	17/06/2023	Wrexham	Cheshire League	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=539006">https://www.thepowerof10.info/results/results.aspx?meetingid=539006</a>
#	Mia Johnson	26.30	e SX2	24/06/2023	Trafford	Medal meet	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=515296">https://www.thepowerof10.info/results/results.aspx?meetingid=515296</a>

u13 200m Indoor

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Tamsin O'Keefe	30.85	e i	26/10/2013	EIS Sheffield	South Yorkshire Series	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> -page 2
	Tamsin O'Keefe	30.63	e i	23/03/2014	EIS Sheffield	South Yorkshire Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=95617">https://thepowerof10.info/results/results.aspx?meetingid=95617</a>
#	Ruby Wisbey	28.65	h1 e i	04/02/2018	Sheffield	NA u15/u13 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> -page 2
u15	150m						
#	Violeta Brooks	23.8		09/04/2022	Warrington	Terry Davies Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=444521&amp;pagenum=1">https://thepowerof10.info/results/results.aspx?meetingid=444521&amp;pagenum=1</a>
u15	150m	<b>Indoor</b>					
	Rachel Treloar	20.09	h1 e i	09/12/2006	Sheffield	NoE Indoor Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=3697">https://thepowerof10.info/results/results.aspx?meetingid=3697</a>
#	Sam Galley	19.75	h2 e i	09/12/2006	Sheffield	NoE Indoor Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=3697">https://thepowerof10.info/results/results.aspx?meetingid=3697</a>
u15	200m						
	Laura Starkey	28.04	h1 e	09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Alicia Bateson	27.68	h2 e	09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Alicia Bateson	27.64	final e	09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Leanne Henning	27.5	h1	11-12/05/2002	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Leanne Henning	27.2	final	11-12/05/2002	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Leanne Henning	26.7		19/05/2002	Macclesfield	UKA YA Girls League N 1 W	<a href="#">AW May 22, 2002 - vol.56 no.21</a>
	Leanne Henning	26.7	h1	15/07/2002		Cheshire Schools Champs	<a href="https://www.esaa.net/2002/chesh02.html">https://www.esaa.net/2002/chesh02.html</a>
	Rachel Stoakley	26.7	final	15-16/05/04	Warrington	Cheshire Championships	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>
	Shona Valentine	26.7		05/06/2005	Blackburn	Young Athletes League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
	Sian Kelman	26.2		04/09/2005	Stanney	Cheshire League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
	Alice McMahon	26.2	A	22/06/2008	Sheffield	UKA YA N Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13187">https://thepowerof10.info/results/results.aspx?meetingid=13187</a>
	Leah Ferrie	26.2	B	22/06/2008	Sheffield	UKA YA N Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13187">https://thepowerof10.info/results/results.aspx?meetingid=13187</a>
	Alice McMahon	26.09	w-1.0 h1 e	24/05/2009	Gateshead	NA U15 / U17 Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=21516">https://thepowerof10.info/results/results.aspx?meetingid=21516</a>
	Alice McMahon	25.67	w-1.9 f e	24/05/2009	Gateshead	NA U15 / U17 Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=21516">https://thepowerof10.info/results/results.aspx?meetingid=21516</a>
#	Alice McMahon	25.6		20/06/2009	Birmingham	Mason Trophy	<a href="https://thepowerof10.info/results/results.aspx?meetingid=28112">https://thepowerof10.info/results/results.aspx?meetingid=28112</a>
	Alice McMahon	25.55	w+3.8 e	10/07/2009	Don Valley	ESAA T&F Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> - page 2
u15	200m	<b>Indoor</b>					
	Rachel Stoakley	27.54	e l h	15/11/2003	Sheffield	NoE Open	<a href="#">AW November 19, 2003 - vol.57 no47</a>
	Rachel Stoakley	27.35	e i	17-18/01/2004	Sheffield	NoEAA u20 champs	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2004/">https://www.northernathletics.co.uk/download/na-indoor-results-2004/</a>
	Rachel Stoakley	26.89	ht e i	29/02/2004	Birmingham	AAA u20 champs	<a href="#">AW March 3, 2004 - vol.58 no.10</a>
	Samantha Galley	27.06	h3 e i	21/01/2007	Sheffield	NoEAA u20 champs	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2007/">https://www.northernathletics.co.uk/download/na-indoor-results-2007/</a>
	Alice McMahon	26.87	e i	11/01/2009	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=20468">https://thepowerof10.info/results/results.aspx?meetingid=20468</a>
	Alice McMahon	26.52	ht5 e i	25/01/2009	EIS Sheffield	NA indoor u15/ u17 champ	<a href="https://thepowerof10.info/results/results.aspx?meetingid=20334">https://thepowerof10.info/results/results.aspx?meetingid=20334</a>
	Alice McMahon	26.30	f e i	25/01/2009	EIS Sheffield	NA indoor u15/ u17 champ	<a href="https://thepowerof10.info/results/results.aspx?meetingid=20334">https://thepowerof10.info/results/results.aspx?meetingid=20334</a>

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Abigail Pawlett	26.09	e i	19/02/2017	Birmingham	Birmingham Games	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> - page 2
	Mia Johnson	26.08	sf4 e l	04/02/2024	EIS Sheffield	NA indoor u13/ u15 champ	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579118&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=579118&amp;pagenum=2</a>
	Mia Johnson	25.83	h1 e l	11/02/2024	EIS Sheffield	EA u15/u17/u20 Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579121&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=579121&amp;pagenum=2</a>
#	Mia Johnson	25.78	sf1 e l	11/02/2024	EIS Sheffield	EA u15/u17/u20 Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579121&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=579121&amp;pagenum=2</a>
u17	150m	<b>Indoor</b>					
	Bryony Potter	20.43	ht10 e i	25/11/2006	Sheffield	Indoor open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=357">https://thepowerof10.info/results/results.aspx?meetingid=357</a>
	Sam Galley	20.19	ht13 e i	22/11/2008	EIS Sheffield	NoE Indoor Open	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2008/">https://www.northernathletics.co.uk/download/na-indoor-results-2008/</a>
#	Alice McMahon	19.43	ht14 e i	21/11/2009	EIS Sheffield	NoE Indoor Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=29783">https://thepowerof10.info/results/results.aspx?meetingid=29783</a>
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	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Sian Kelman	26.4		22/04/2006	Wavertree	Melbourne Trophy	<a href="https://thepowerof10.info/results/results.aspx?meetingid=1054">https://thepowerof10.info/results/results.aspx?meetingid=1054</a>
	Sian Kelman	26.0		30/04/2006	Stanney	YAL N 1W Stanney	<a href="https://thepowerof10.info/results/results.aspx?meetingid=1172">https://thepowerof10.info/results/results.aspx?meetingid=1172</a>
	Sian Kelman	25.8		14/05/2006	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Sian Kelman	25.8	w 0.6	29/04/2007	Wigan	NJL Mersey	<a href="https://thepowerof10.info/results/results.aspx?meetingid=5455">https://thepowerof10.info/results/results.aspx?meetingid=5455</a>
	Sian Kelman	25.80	w+2.0 h3 e	27/05/2007	South Leeds	NoE U17/U15 Champs	<a href="https://www.northernathletics.co.uk/download/na-tf-results-2007/">https://www.northernathletics.co.uk/download/na-tf-results-2007/</a>
	Bryony Potter	25.69	w+1.1 f e	25/05/2008	Wigan	NoE U17/U15 Champs	<a href="https://www.northernathletics.co.uk/download/na-tf-results-2008/">https://www.northernathletics.co.uk/download/na-tf-results-2008/</a>
	Georgia Barlow	25.66	w+0.3 h2 e	16/08/2015	Middlesbrough	NoE U17/U15 Champs	<a href="https://www.northernathletics.co.uk/results-index/results-index-2015/">https://www.northernathletics.co.uk/results-index/results-index-2015/</a>
	Georgia Barlow	25.62	w+0.7 f e	16/08/2015	Middlesbrough	NoE U17/U15 Champs	<a href="https://www.northernathletics.co.uk/results-index/results-index-2015/">https://www.northernathletics.co.uk/results-index/results-index-2015/</a>
	Emma Holmes	25.4		29/05/2022	Robin Park	YDL Upper North-West 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=459963">https://thepowerof10.info/results/results.aspx?meetingid=459963</a>
	Emma Holmes	25.1		12/06/2022	Stretford	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445766">https://thepowerof10.info/results/results.aspx?meetingid=445766</a>
#	Emma Holmes	25.07	w-0.9...f e	28/08/2022	Bedford	EA u15/ u17 Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=457044&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=457044&amp;pagenum=2</a>
u17	200m	<b>Indoor</b>					
	Rachel Stoakley	28.21	ht2 e i	22-23/01/2005	EIS Sheffield	NoE Junior Champs	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2005/">https://www.northernathletics.co.uk/download/na-indoor-results-2005/</a>
	Shona Valentine	27.54	ht1 e i	22-23/01/2006	EIS Sheffield	NoE Junior Champs	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2006/">https://www.northernathletics.co.uk/download/na-indoor-results-2006/</a>
	Emily Done	27.52	ht2 e i	21-22/01/2007	EIS Sheffield	NoE Junior Champs	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2006/">https://www.northernathletics.co.uk/download/na-indoor-results-2006/</a>
	Rachel Stoakley	27.44	ht3 e i	21-22/01/2007	EIS Sheffield	NoE Junior Champs	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2006/">https://www.northernathletics.co.uk/download/na-indoor-results-2006/</a>
	Sian Kelman	26.08	ht4 e i	21/01/2007	Sheffield	NoEAA u20 champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=4183">https://thepowerof10.info/results/results.aspx?meetingid=4183</a>
#	Emma Holmes	25.98	ht4 e l	16/01/2022	Sheffield	NA u17/u20/ Sen Champs	<a href="https://www.northernathletics.co.uk/2022-results-index/">https://www.northernathletics.co.uk/2022-results-index/</a>
u20	150m	<b>Indoor</b>					
#	Shona Valentine	19.81	ht15 e i	22/11/2008	EIS Sheffield	NoE Indoor Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=19940">https://thepowerof10.info/results/results.aspx?meetingid=19940</a>



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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
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	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12374">https://thepowerof10.info/results/results.aspx?meetingid=12374</a>
	Shona Valentine	26.3		03/05/2008	Stanney	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13444">https://thepowerof10.info/results/results.aspx?meetingid=13444</a>
	Bryony Potter	25.9		10/05/2009	Warrington	Cheshire Championships	<a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>
	Sian Kelman	25.8	final	13/06/2009	Macclesfield	Cheshire Schools Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=28035">https://thepowerof10.info/results/results.aspx?meetingid=28035</a>
	Bryony Potter	25.7		13/06/2009	Bebington	Merseyside School Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=28028">https://thepowerof10.info/results/results.aspx?meetingid=28028</a>
	Bryony Potter	25.6	ht1	10/07/2009	Sheffield	ESAA T&F Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> – page 2
	Bryony Potter	25.56	w-1.1 e	11/07/2009	Sheffield	ESAA T&F Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> – page 3
	Alice McMahan	25.5	w-1.2	26/05/2012	Wavertree	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=62849">https://thepowerof10.info/results/results.aspx?meetingid=62849</a>
	Alice McMahan	25.5		16/06/2012	Macclesfield	Cheshire Schools Champs	<a href="http://www.esaa.net/oldindex.shtml">http://www.esaa.net/oldindex.shtml</a>
	Alice McMahan	25.5		28/04/2013	Stanney	YDL Upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81641">https://thepowerof10.info/results/results.aspx?meetingid=81641</a>
	Alice McMahan	25.5		09/06/2013	Stretford	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81196">https://thepowerof10.info/results/results.aspx?meetingid=81196</a>
	Alice McMahan	25.5		07/07/2013	Litherland	NoE League 2W	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=81197">https://www.thepowerof10.info/results/results.aspx?meetingid=81197</a>
	Alice McMahan	25.5		03/08/2013	Sportcity	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81198">https://thepowerof10.info/results/results.aspx?meetingid=81198</a>
	Alice McMahan	25.4		07/06/2014	Stanney	NoE League 2W	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=103769">https://www.thepowerof10.info/results/results.aspx?meetingid=103769</a>
	Alice McMahan	25.35	w 0.0 e	25/06/2014	Sportcity	NA Senior & U20 Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=102899">https://thepowerof10.info/results/results.aspx?meetingid=102899</a>
	Emma Holmes	24.79	w+1.4 f e	14/05/2023	Stanney	Cheshire Championships	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=524013">https://www.thepowerof10.info/results/results.aspx?meetingid=524013</a>
	Emma Holmes	24.62	h1 w-0.9 e	04/06/2023	Sportcity	NA SW & u20W Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516686">https://www.thepowerof10.info/results/results.aspx?meetingid=516686</a>
##	Emma Holmes	24.30	sx9 w-1.0	06/05/2024	Stretford	Trafford AC Medal Meeting	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=603213&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=603213&amp;pagenum=2</a>
u20 200m	<b>Indoor</b>						
	Alice McMahan	27.33	ht2 e i	15/01/2012	EIS Sheffield	NA Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> – Page 2
	Georgia Barlow	26.67	h3 e i	17/01/2016	Sheffield	NA U17 / U20 / Sen Champ	<a href="https://www.northernathletics.co.uk/2016-results-index/">https://www.northernathletics.co.uk/2016-results-index/</a>
	Imogen Pughe	26.53	sx13 e l	05/03/2022	Sportcity	Manchester Open Meetings	<a href="https://thepowerof10.info/results/results.aspx?meetingid=428900">https://thepowerof10.info/results/results.aspx?meetingid=428900</a>
	Emma Holmes	24.84	ht3 e i	15/01/2023	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=2</a>
	Emma Holmes	24.63	f e l	15/01/2023	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=2</a>
	Emma Holmes	24.60	sf e i	14/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=2</a>
	Emma Holmes	24.45	f e i	14/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=2</a>
#	Emma Holmes	24.38	h1 e i	18/02/2024	Birmingham	UK Athletics Championship	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=593649">https://www.thepowerof10.info/results/results.aspx?meetingid=593649</a>
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	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13441">https://thepowerof10.info/results/results.aspx?meetingid=13441</a>
	Shona Valentine	26.8		31/08/2008	Cudworth	Div 2 Promotion	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13409">https://thepowerof10.info/results/results.aspx?meetingid=13409</a>
	Shona Valentine	26.4		07/05/2011	Stanney	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=50646">https://thepowerof10.info/results/results.aspx?meetingid=50646</a>
	Shona Valentine	26.4	w-3.0	26/05/2012	Wavertree	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=62849">https://thepowerof10.info/results/results.aspx?meetingid=62849</a>

##	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 <sup>st</sup> 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	26.2		03/05/2015	Wavertree	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=129672">https://thepowerof10.info/results/results.aspx?meetingid=129672</a>
	Alice McMahon	25.49	e	24/05/2015	Stretford	Cheshire Champs	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Alice McMahon	25.44	w+0.7 f e	14/06/2015	Sportcity	NA u20/ Senior Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=131289">https://www.thepowerof10.info/results/results.aspx?meetingid=131289</a>
	Alice McMahon	25.43	w+1.4 e	05/06/2016	Chelmsford	UK Women's Division 2	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=156033">https://www.thepowerof10.info/results/results.aspx?meetingid=156033</a>
	Alice McMahon	25.19	w+0 h1 e	12/06/2016	Sportcity	NA Senior & U20 Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=173566">https://thepowerof10.info/results/results.aspx?meetingid=173566</a>
	Alice McMahon	25.16	w+1.2 h2 e	11/06/2017	Sportcity	NA u20, SW & Parallel	<a href="https://thepowerof10.info/results/results.aspx?meetingid=207547">https://thepowerof10.info/results/results.aspx?meetingid=207547</a>
	Alice McMahon	24.9		09/07/2017	Wigan	NoE Division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=189089">https://thepowerof10.info/results/results.aspx?meetingid=189089</a>
	Laura Turley	24.8		05/08/2018	Preston	NoE Division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234462">https://thepowerof10.info/results/results.aspx?meetingid=234462</a>
#	Laura Turley	24.7		16/07/2019	Stretford	Trafford AC GP	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276170">https://thepowerof10.info/results/results.aspx?meetingid=276170</a>
	Laura Turley	24.4	w+3.2	21/07/2019	Stanney	NoE Division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276256">https://thepowerof10.info/results/results.aspx?meetingid=276256</a>
	Laura Turley	24.56	w+2.3 e	10/08/2019	Wakefield	NoE Division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276257">https://thepowerof10.info/results/results.aspx?meetingid=276257</a>
SW	200m	<b>Indoor</b>					
	Laura Turley	25.69	e i	08/01/2017	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=185700">https://thepowerof10.info/results/results.aspx?meetingid=185700</a>
	Laura Turley	25.66	ht1 e i	28/01/2017	Cardiff	Welsh Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=181279">https://thepowerof10.info/results/results.aspx?meetingid=181279</a>
#	Laura Turley	25.08	e i	04/02/2018	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=224237">https://thepowerof10.info/results/results.aspx?meetingid=224237</a>
v35	200m						
#	Lisa Davies	30.2		17/06/2006	Wigan	NoE League 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>
v40	200m						
	Glenys Potter	34.8		07/09/2008	Stanney	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
	Glenys Potter	34.8		11/07/2010	Salford	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2010.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2010.aspx</a>
	Claire Forshaw	32.1		15/05/2019	Burnley	N Masters League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=292845">https://thepowerof10.info/results/results.aspx?meetingid=292845</a>
	Claire Forshaw	32.0		05/06/2019	Sportcity	Joe Moran Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=287392">https://thepowerof10.info/results/results.aspx?meetingid=287392</a>
#	Claire Forshaw	31.0		23/06/2019	Bury	Northern Masters Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=284572">https://thepowerof10.info/results/results.aspx?meetingid=284572</a>
v45	200m						
#	Ellie Robinson	33.1		04/08/2018	Preston	NoE League Division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234462">https://thepowerof10.info/results/results.aspx?meetingid=234462</a>
v50	200m						
	Su Baird	33.7		05/05/2018	Wigan	NoE League Division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234459">https://thepowerof10.info/results/results.aspx?meetingid=234459</a>
#	Ellie Robinson	33.0		25/08/2024	Oldham	Cheshire League	

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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
v55	# Joy Hickman	35.8		25/08/2024	Oldham	Cheshire League	
<b>Metres_300_400m</b>							
u13 300m	# Emily Misantoni/Oyekan	44.15	e i	06/12/2015	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=145191">https://thepowerof10.info/results/results.aspx?meetingid=145191</a>
u15 300m	Bryony Potter	45.8	A race	26/06/2005	Warrington	UKA YA N 1W	<a href="#">AW November 9, 2005 - vol.59 no.45</a>
	Rebecca Grimes	45.7	B race	26/06/2005	Warrington	UKA YA N 1W	<a href="#">AW November 9, 2005 - vol.59 no.45</a>
	Maisie Tipping	42.7		18/07/2015	Wigan	UKA YA N 1W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=132482">https://thepowerof10.info/results/results.aspx?meetingid=132482</a>
	Fatoumatta Bojang	41.48	e	19/05/2018	Wakefield	UKA YA N 1W	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
	Imogen Pughe	41.3		17/06/2018	Stanney	N P1 YDL lower	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234511">https://thepowerof10.info/results/results.aspx?meetingid=234511</a>
	Imogen Pughe	41.1		21/07/2018	Bebington	N P1 YDL lower	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234512">https://thepowerof10.info/results/results.aspx?meetingid=234512</a>
	Imogen Pughe	40.92	e	18/05/2019	Wavertree	N PW YDL lower	<a href="https://thepowerof10.info/results/results.aspx?meetingid=285878">https://thepowerof10.info/results/results.aspx?meetingid=285878</a>
#	Imogen Pughe	40.25	e	27/05/2019	Stretford	Trafford AC Medal Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276178">https://thepowerof10.info/results/results.aspx?meetingid=276178</a>
u15 300m	Alice McMahon	43.16	e i	11/01/2009	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=20468">https://thepowerof10.info/results/results.aspx?meetingid=20468</a>
	Imogen Pughe	41.93	e i	16/12/2018	Sportcity	Sale Harriers Open Series	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Imogen Pughe	41.79	e i	17/02/2019	Birmingham	City of Birmingham Games	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Imogen Pughe	41.75	h3 e i	24/02/2019	EIS Sheffield	EA u20, u17, u15 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
u15 400m	Emily Misantoni/Oyekan	60.39	e i	04/12/2016	EIS Sheffield	South Yorkshire series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=181108">https://thepowerof10.info/results/results.aspx?meetingid=181108</a>
#	Imogen Pughe	60.00	e i	27/01/2019	EIS Sheffield	Festival of Athletics Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u17 300m	Sarah Felix-Rogers	44.02	h2 e	08/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Sarah Felix-Rogers	43.7		18/07/1999	Crewe	McDonalds YAL	<a href="#">paper records end 2000</a>
	Shona Valentine	43.0		13/05/2006	Warrington	Cheshire Championships	Po10 & <a href="https://www.cheshireaa.com/results/TFC/2006/u17wtf2006.htm">https://www.cheshireaa.com/results/TFC/2006/u17wtf2006.htm</a>
	Emily Done	41.5		14/04/2007	Wavertree	Melbourne Trophy	<a href="https://thepowerof10.info/results/results.aspx?meetingid=5849">https://thepowerof10.info/results/results.aspx?meetingid=5849</a>
	Emily Done	41.4		12/05/2007	Macclesfield	Cheshire Championships	Po10   <a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>
	Georgia Barlow	41.14		17/05/2014	Macclesfield	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Georgia Barlow	40.8		29/06/2014	Carlisle	YDL Upper N W2	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=103238">https://www.thepowerof10.info/results/results.aspx?meetingid=103238</a>
	Georgia Barlow	40.69	e	11/07/2014	Birmingham	ESAA T&F Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Emma Holmes	40.5		29/05/2022	Robin Park	YDL Upper North-West 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=459963">https://thepowerof10.info/results/results.aspx?meetingid=459963</a>
	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	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=472441&amp;top=5000&amp;pagenum=3">https://www.thepowerof10.info/results/results.aspx?meetingid=472441&amp;top=5000&amp;pagenum=3</a>
#	Emma Holmes	39.26	e 2 <sup>nd</sup>	16/07/2022	Belfast	SIAB International T&F	<a href="https://thepowerof10.info/results/results.aspx?meetingid=474829">https://thepowerof10.info/results/results.aspx?meetingid=474829</a>
u17	300m	<b>Indoor</b>					
	Emily Done	43.12	ht1 e i	21-22/01/2006	EIS Sheffield	NoE Junior championship	<a href="https://www.northernathletics.co.uk/results-index">https://www.northernathletics.co.uk/results-index</a>
	Alice McMahon	42.34	ht13 e i	12/12/2009	EIS Sheffield	Northern Athletics Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Imogen Pughe	41.60	ht1 e i	11/06/2020	EIS Sheffield	NA u17/ u20/ SW Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Imogen Pughe	41.49	s1 e i	11/06/2020	EIS Sheffield	NA u17/ u20/ SW Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Imogen Pughe	41.40	f e i	11/06/2020	EIS Sheffield	NA u17/ u20/ SW Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Holmes	40.61	h3 e i	12/02/2022	EIS Sheffield	EA u15/u17/u20 Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=446964&amp;pagenum=3">https://thepowerof10.info/results/results.aspx?meetingid=446964&amp;pagenum=3</a>
#	Emma Holmes	40.10	s1 e i	12/02/2022	EIS Sheffield	EA u15/u17/u20 Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=446964&amp;pagenum=3">https://thepowerof10.info/results/results.aspx?meetingid=446964&amp;pagenum=3</a>
u17	400m		<b>51.0s</b>				<b>newsletter Vol2No2</b>
	Lynsey Wayman			05/07/1998	Stockport	Northern WL	
	Ruth Pritchard	65.2		23/04/2006	Stanney	National Junior League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=1054">https://thepowerof10.info/results/results.aspx?meetingid=1054</a>
	Shona Valentine	64.1		06/08/2006	Ashton	Northern League 2W m4	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>
	Shona Valentine	61.4		29/04/2007	Wigan	NJL Mersey	<a href="https://thepowerof10.info/results/results.aspx?meetingid=5455">https://thepowerof10.info/results/results.aspx?meetingid=5455</a>
	Bryony Potter	60.3		01/07/2007	Litherland	NJL Mersey	<a href="#">AW July 5, 2007 - vol.62 (61) no.27</a>
	Bryony Potter	60.1		03/08/2008	Litherland	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13441">https://thepowerof10.info/results/results.aspx?meetingid=13441</a>
	Imogen Pughe	59.61	e	25/05/2021	Stretford	Trafford Sprints GP	<a href="https://thepowerof10.info/results/results.aspx?meetingid=413364">https://thepowerof10.info/results/results.aspx?meetingid=413364</a>
	Imogen Pughe	59.1		21/06/2021	Blackburn	NoE West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=415487">https://thepowerof10.info/results/results.aspx?meetingid=415487</a>
	Imogen Pughe	58.5		04/07/2021	Stanney	NoE West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=415488">https://thepowerof10.info/results/results.aspx?meetingid=415488</a>
#	Imogen Pughe	57.4		01/08/2021	Stretford	NoE West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=415489">https://thepowerof10.info/results/results.aspx?meetingid=415489</a>
u17	400m	<b>Indoor</b>					
#	Emily Done	64.21	e i	07/01/2006	Sportcity	Sale Indoor Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=386">https://thepowerof10.info/results/results.aspx?meetingid=386</a>
u20	300m	<b>Indoor</b>					
	Emily Done	44.45	e i	10/12/2005	Sheffield	Northern indoor open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=31798">https://thepowerof10.info/results/results.aspx?meetingid=31798</a>
	Laura Rigby	43.94	e i	23/03/2014	Sportcity	Sale Indoor Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=96592">https://thepowerof10.info/results/results.aspx?meetingid=96592</a>
	Laura Turley	42.31	e i	18/12/2016	Sportcity	Sale Harriers Open Series	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Imogen Pughe	41.66	e l	13/03/2022	Sportcity	Manchester Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=428901">https://thepowerof10.info/results/results.aspx?meetingid=428901</a>
#	Emma Holmes	40.49	e l	10/12/2023	Sportcity	Manchester Open Meeting	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=564634">https://www.thepowerof10.info/results/results.aspx?meetingid=564634</a>
u20	400m						
	Samantha Withers	61.9		13/06/1998	Crewe	Cheshire Schools Champs	<a href="http://www.esaa.net/oldindex.shtml">http://www.esaa.net/oldindex.shtml</a>

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Charlotte Roach	61.8		06/05/2006	Stanney	2W m1 - Northern League	Po10   <a href="https://www.northernathletics.co.uk/track-field-league">https://www.northernathletics.co.uk/track-field-league</a> .
	Charlotte Roach	61.2		13/05/2006	Warrington	Cheshire Championships	Po10   <a href="http://www.cheshireaa.com/results/TFC/2006/u17wtf2006.htm">http://www.cheshireaa.com/results/TFC/2006/u17wtf2006.htm</a>
	Emily Done	60.5		27/04/2008	Stanney	NJL Mersey	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12374">https://thepowerof10.info/results/results.aspx?meetingid=12374</a>
	Emily Done	60.3		10/05/2008	Ell Port	Cheshire Championships	Po10   <a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Emily Done	60.27	f e	15/06/2008	Manchester	Northern Championships	<a href="https://www.northernathletics.co.uk/download/na-tf-results-2008/">https://www.northernathletics.co.uk/download/na-tf-results-2008/</a>
	Emily Done	60.1		19/04/2009	Wavertree	Tom O'Mahoney Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=25583">https://thepowerof10.info/results/results.aspx?meetingid=25583</a>
	Bryony Potter	59.8		05/07/2009	Stanney	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=23582">https://thepowerof10.info/results/results.aspx?meetingid=23582</a>
	Imogen Pughe	59.3		24/04/2022	Bebington	YDL Upper NW1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=459962">https://thepowerof10.info/results/results.aspx?meetingid=459962</a>
	Imogen Pughe	58.7		30/04/2022	Stanney	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445765">https://thepowerof10.info/results/results.aspx?meetingid=445765</a>
	Imogen Pughe	57.77	f e	14/05/2022	Macclesfield	Cheshire Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=456996">https://thepowerof10.info/results/results.aspx?meetingid=456996</a>
	Emma Holmes	56.19	f e	13/05/2023	Stanney	Cheshire championship	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=526794">https://www.thepowerof10.info/results/results.aspx?meetingid=526794</a>
	Emma Holmes	55.58	f e	03/06/2023	Sportcity	NA SW & u20W Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516686&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=516686&amp;pagenum=2</a>
	Emma Holmes	54.53	e	08/05/2024	Birmingham	Birchfield Mid-week Open	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=600348">https://www.thepowerof10.info/results/results.aspx?meetingid=600348</a>
##	Emma Holmes	54.24	e 2 <sup>nd</sup>	25/05/2024	Brussels	International Flanders Athletic M	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=619740">https://www.thepowerof10.info/results/results.aspx?meetingid=619740</a>
400m	<b>Indoor</b>						
	Sam Appleby	61.11	ht2 e i	21/12/2003	Sportcity	Sale Indoor Open Meeting	<a href="#">AW December 31, 2003 - vol.58 no.01</a>
	Emma Holmes	58.35	ht1 e i	14/01/2023	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=3">https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=3</a>
	Emma Holmes	57.13	f e i	14/01/2023	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=3">https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=3</a>
	Emma Holmes	56.02	f e l	13/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=3">https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=3</a>
#	Emma Holmes	55.13	f e l	11/02/2024	EIS Sheffield	EA u15/u17/u20 Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579121&amp;pagenum=3">https://www.thepowerof10.info/results/results.aspx?meetingid=579121&amp;pagenum=3</a>
SW 300m	<b>Indoor</b>						
	Laura Turley	41.35	u23 i	19/03/2017	Sportcity	Sale Indoor Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=185703">https://thepowerof10.info/results/results.aspx?meetingid=185703</a>
#	Laura Turley	39.56	e i	07/01/2018	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=224235">https://thepowerof10.info/results/results.aspx?meetingid=224235</a>
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	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
	Bryony Potter	60.9		07/07/2013	Litherland	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81197">https://thepowerof10.info/results/results.aspx?meetingid=81197</a>
	Bryony Potter	60.9		07/09/2013	Doncaster	NoE Promotion	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81244">https://thepowerof10.info/results/results.aspx?meetingid=81244</a>
	Bryony Potter	60.27	e	03/05/2014	Bedford	BUCS T&F Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Shona Valentine	60.03	e	14/05/2016	Macclesfield	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Laura Turley	57.1		10/09/2017	Wigan	Arnold Seddon Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=192667">https://thepowerof10.info/results/results.aspx?meetingid=192667</a>
	Laura Turley	56.41	h2 e	05/05/2018	Bedford	BUCS Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Laura Turley	55.45	s3 e	06/05/2018	Bedford	BUCS Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Laura Turley	54.69	f e	07/05/2018	Bedford	BUCS Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
	#	Laura Turley	54.66	e	01/06/2019	Valence, France Challenge Meeting	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>	
SW	400m	<b>Indoor</b>						
		Bryony Potter	60.20	ht4 e i	22/02/2014	Sheffield BUCS Indoor Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> 3	
	#	Laura Turley	54.67	ht4 e i	09/02/2019	Birmingham British Indoor Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2	
v35	400m							
		Lisa Davies	74.4		17/06/2006	Wigan NoE League 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>	
	#	Heather née Lowry McLintock	71.8		03/08/2013	Sportcity NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81198">https://thepowerof10.info/results/results.aspx?meetingid=81198</a>	
v40	400m							
	#	Ellie Robinson	72.5		06/06/2015	Leigh NoE League 2W	<a href="https://www.northernathletics.co.uk/download/2015-2w-match-2/">https://www.northernathletics.co.uk/download/2015-2w-match-2/</a>	
v45	400m							
	#	Susan Baird	70.9		05/05/2013	Douglas, IoM NoE League Division 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81195">https://thepowerof10.info/results/results.aspx?meetingid=81195</a>	
v50	400m							
		Su Baird	74.2		03/05/2015	Wavertree NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=129672">https://thepowerof10.info/results/results.aspx?meetingid=129672</a>	
	#	Ellie Robinson	73.5		18/05/2024	Blackburn NA League W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=600340">https://www.thepowerof10.info/results/results.aspx?meetingid=600340</a>	
v55								
	#	Joy Hickman	81.5		18/05/2024	Blackburn NA League W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=600340">https://www.thepowerof10.info/results/results.aspx?meetingid=600340</a>	

## Metres\_600\_800m

u11	600m						
		Rosie Bancroft	2:26.5		28/05/2006	Stockport Cheshire League	<a href="#">WCAC Statistics</a>
		Heidi Williams	2:05.8		18/06/2006	Macclesfield Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx</a>
		Amy Williams	2:00.3		13/07/2008	Stanney Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
		Amy Williams	1:57.6		23/08/2008	Manchester North-West CE	<a href="#">WCAC Stats</a>
		Tamsin O'Keefe	1:57.1		21/04/2013	Stanney Cheshire League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=80872&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=80872&amp;pagenum=2</a>
		Tamsin O'Keefe	1:54.8		19/05/2013	Stretford Cheshire League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=80875&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=80875&amp;pagenum=2</a>
		Tamsin O'Keefe	1:54.3		27/05/2013	Stretford Trafford u15 Medal Meet	<a href="https://thepowerof10.info/results/results.aspx?meetingid=82109">https://thepowerof10.info/results/results.aspx?meetingid=82109</a>
		Tamsin O'Keefe	1:51.2		08/06/2013	Connah's Quay Deeside YA Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=86850">https://thepowerof10.info/results/results.aspx?meetingid=86850</a>
		Tamsin O'Keefe	1:50.4		14/07/2013	Colwyn Bay Cheshire League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=80878&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=80878&amp;pagenum=2</a>
		Ruby Phillips	1:50.0		06/07/2019	Stanney Cheshire League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276247&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=276247&amp;pagenum=2</a>
		Ruby Phillips	1:49.2		15/09/2019	Wigan Arnold Seddon Medal Meet	<a href="https://thepowerof10.info/results/results.aspx?meetingid=278714">https://thepowerof10.info/results/results.aspx?meetingid=278714</a>

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
	600m	<b>Indoor</b> Tamsin O'Keefe	2:00.3	i	11/11/2012	Sport City	Dash Quad	<a href="https://thepowerof10.info/results/results.aspx?meetingid=72105">https://thepowerof10.info/results/results.aspx?meetingid=72105</a>
u11	800m	Sophie Goss	3:37.0		12/09/1999	?	County Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf</a>
		Rachel Stoakley	2:55.7		10/09/2000	Macclesfield	Cheshire Relay Champs	<a href="https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf">https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf</a>
		Danielle Bentley	2:50.4		14/09/2003	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf">https://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf</a>
		Alice Jennings	2:46.0		11/09/2005	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
		Tamsin O'Keefe	2:41.6		15/09/2013	Macclesfield	Cheshire Multi-events	<a href="https://thepowerof10.info/results/results.aspx?meetingid=93264">https://thepowerof10.info/results/results.aspx?meetingid=93264</a>
u13	600m	Diane Bentley	1:59.4		30/08/2004	Stretford	Trafford Medal Meet	<a href="#">AW September 1, 2004 - vol.58 no.36</a>
		Sophie Hemingbrough	1:52.6		12/05/2012	Warrington	Cheshire Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=62907&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=62907&amp;pagenum=2</a> Page 2
#		Poppy McKenna	1:50.37	e	17/06/2024	Birmingham	ISA National Athletics Finals	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=618060">https://www.thepowerof10.info/results/results.aspx?meetingid=618060</a>
	600m	<b>Indoor</b> Tamsin O'Keefe	1:52.01	i	10/11/2013	Sportcity	Dash Quad	<a href="https://thepowerof10.info/results/results.aspx?meetingid=94977">https://thepowerof10.info/results/results.aspx?meetingid=94977</a>
		Tamsin O'Keefe	1:50.79	i	16/11/2013	EIS Sheffield	Northern Athletics open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=92898&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=92898&amp;pagenum=2</a>
#		Emily Misantoni/Oyekan	1:41.58	i	06/12/2015	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=145191">https://thepowerof10.info/results/results.aspx?meetingid=145191</a>
u13	800m	Frances O'Neil	2:42.3		02/07/1998	Chester	WCAC YA	<a href="#">newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29</a>
		Sarah Devoy	2:40.1		03/04/1999	Eirias Park	Colwyn Bay Open	<a href="#">AW April 7, 1999 - vol.53 no.14</a>
		Kelly Money	2:40.1		15/09/2002	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/results/ME/2002/U11CE2002.jpg">https://www.cheshireaa.com/results/ME/2002/U11CE2002.jpg</a>
		Kerry Riley	2:38.2	h1	09/05/2003	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm">https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm</a>
		Kerry Riley	2:33.2	final	09/05/2003	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm">https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm</a>
		Kerry Riley	2:32.3		15/06/2003	Macclesfield	Cheshire League	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>
		Issy Clarke	2:31.9		14/07/2013	Colwyn Bay	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx</a>
#		Emily Misantoni/Oyekan	2:23.7		27/06/2015	Sportcity	Stockport H YA Quadrathlon	<a href="https://thepowerof10.info/results/results.aspx?meetingid=124260">https://thepowerof10.info/results/results.aspx?meetingid=124260</a>
	800m	<b>Indoor</b> Tamsin O'Keefe	2:38.83	e i	26/10/2013	Sheffield	South Yorkshire Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=95612&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=95612&amp;pagenum=2</a>
#		Emily Misantoni/Oyekan	2:24.8	i	22/11/2015	Sportcity	Stockport H Quadrathlon	<a href="https://thepowerof10.info/results/results.aspx?meetingid=154703">https://thepowerof10.info/results/results.aspx?meetingid=154703</a>
u15	600m	<b>Indoor</b> Emily Misantoni/Oyekan	1:42.62	e i	07/11/2015	EIS Sheffield	NA Open meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=147563&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=147563&amp;pagenum=2</a>
		Emily Misantoni/Oyekan	1:41.58	e i	06/12/2015	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=145191">https://thepowerof10.info/results/results.aspx?meetingid=145191</a>
		Emily Misantoni/Oyekan	1:40.38	e i	31/01/2016	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=145196&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=145196&amp;pagenum=2</a>
#		Ruby Phillips	1:40.15	e l	04/12/2022	Sportcity	Sale Harriers Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=493234&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=493234&amp;pagenum=2</a>

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
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	https://www.esaa.net/2001/tf/chesh/chesh01.html
	Emma L Heighway	2:32.5	h2	11-12/05/2002	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2002.aspx
	Emma L Heighway	2:30.2	final	11-12/05/2002	Warrington	Cheshire Championships	https://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	https://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	https://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						
	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						
	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	https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Emma Monteith	2:25.5		18/07/1999	Crewe	MacDonalds YAL N 1W	paper records end 2000
	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	https://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



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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
u17	800m	<b>Indoor</b>					
	Alice Jennings	2:31.08	e i	07/03/2010	EIS Sheffield	England u17 & u15 CE Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
	Eve Duret	2:27.68	h1 e i	14/01/2018	Sheffield	NA u17 / u20 / Senior Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Eve Duret	2:27.08	f e i	14/01/2018	Sheffield	NA u17 / u20 / Senior Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Jessica Lark	2:19.42	ht3 e l	16/01/2022	Sheffield	NA Sen/u20/ui7 Champs	<a href="https://www.northernathletics.co.uk/2022-results-index/">https://www.northernathletics.co.uk/2022-results-index/</a>
	Jessica Lark	2:14.26	final e l	16/01/2022	Sheffield	NA Sen/u20/ui7 Champs	<a href="https://www.northernathletics.co.uk/2022-results-index/">https://www.northernathletics.co.uk/2022-results-index/</a>
	Jessica Lark	2:12.84	ht1 e l	15/01/2023	EIS Sheffield	NoE u20/ Senior Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=3">https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=3</a>
#	Jessica Lark	2:12.40	ht2 e l	11/02/2023	EIS Sheffield	EA /U17 & U15 Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=512329&amp;pagenum=4">https://thepowerof10.info/results/results.aspx?meetingid=512329&amp;pagenum=4</a>
u20	800m						
	Lorraine Stocker	2:48.96	e	10/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Lorraine Stocker	2:39.7		24/05/1998	Crewe	Cheshire League	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">newsletter Vol2 No2</a>
	Emma Monteith	2:23.9	final	13/05/2001	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf">https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf</a>
	Emma Monteith	2:20.8		11-12/05/2002	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2002.aspx">https://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2002.aspx</a>
	Emma-L Heighway	2:18.8	final	12/06/2004	Macclesfield	Cheshire Schools Champs	<a href="http://www.esaa.net/2004/tf/chesh04res.html">http://www.esaa.net/2004/tf/chesh04res.html</a>
	Charlotte Roach	2:17.9		01/05/2005	Stanney	Northern T&F 2005 3W (m1)	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2005/Po10">https://www.northernathletics.co.uk/download/tf-league-results-2005/</a>
	Charlotte Roach	2:17.1		13/05/2006	Warrington	Cheshire Championships	Po10   <a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>
	Charlotte Roach	2:16.8		17/06/2006	Wigan	NoE League 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>
#	Imogen Pughe	2:14.0		26/03/2022	Stanney	Dan Gilroy Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445779">https://thepowerof10.info/results/results.aspx?meetingid=445779</a>
u20	800	<b>Indoor</b>					
	Olivia Montez-Brown	2:30.41	e i	10/01/2015	EIS Sheffield	Eng & Wales u20/SW CE	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12388">https://thepowerof10.info/results/results.aspx?meetingid=12388</a>
	Jessica Lark	2:14.17	ht2 e l	14/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=4">https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=4</a>
#	Jessica Lark	2:10.99	f e l	14/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=4">https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=4</a>
SW	800m						
.	Heather Lowry	2:34.4		07/08/2000	Warrington	Northern WL	<a href="https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf">paper records end 2000</a>
.	Joanne Bailey	2:25.2		13/05/2001	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf">https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf</a>
.	Olivia Montez-Brown	2:24.20		02/05/2016	Mankato MN, USA	NSIC Multi Championships	<a href="https://goaugie.com/documents/2016/5/2/Crystal_Reports_ActiveX_Designer_tfmm5results1col.pdf">https://goaugie.com/documents/2016/5/2/Crystal_Reports_ActiveX_Designer_tfmm5results1col.pdf</a>
#	Olivia Montez-Brown	2:22.77		27/05/2016	Bradenton FL USA	NCAA Division 2 Champs	<a href="https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/">https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/</a>
SW	800m	<b>Indoor</b>					
	Olivia Montez-Brown	2:29.57	i	29/01/2016	Minneapolis MN, USA	Jack Johnson Classic	<a href="https://thepowerof10.info/results/results.aspx?meetingid=161266">https://thepowerof10.info/results/results.aspx?meetingid=161266</a>
	Olivia Montez-Brown	2:23.87	i	12/03/2016	Pittsburgh KS, USA	NCAA Division II Champs	<a href="https://www.leonetiming.com/2016/Indoor/NCAADII/Results/">https://www.leonetiming.com/2016/Indoor/NCAADII/Results/</a>
#	Olivia Montez-Brown	2:23.02	i	10/03/2017	Birmingham AL, USA	NCAA Division II T&F Champs	<a href="https://results.leonetiming.com/?mid=1140">https://results.leonetiming.com/?mid=1140</a>
v35	800m						
#	Julie Wilkins	2:33.2		18/06/2006	Macclesfield	Cheshire T&F League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx</a>

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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
v40 800m	Lisa Davies	2:42.7		07/05/2011	Ellesmere Port	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=50646">https://thepowerof10.info/results/results.aspx?meetingid=50646</a>
	Lisa Davies	2:36.56		03/07/2011	Stretford	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=50644">https://thepowerof10.info/results/results.aspx?meetingid=50644</a>
	Ellie Robinson	2:36.6		04/05/2014	Stretford	NoE League 2W	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=103768">https://www.thepowerof10.info/results/results.aspx?meetingid=103768</a>
	Ellie Robinson	2:35.6		12/07/2015	Ellesmere Port	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=129670">https://thepowerof10.info/results/results.aspx?meetingid=129670</a>
	Ellie Robinson	2:35.02 e		07/05/2016	Wakefield	NoE League 1	<a href="https://www.northernathletics.co.uk/download/2016-1-match-1/">https://www.northernathletics.co.uk/download/2016-1-match-1/</a>
#	Elizabeth Renondeau	2:30.1		04/07/2021	Stanney	NoE West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=415488">https://thepowerof10.info/results/results.aspx?meetingid=415488</a>
v45 800m	Liz Stott	3:03.9		06/05/2006	Stanney	NoE League 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>
	Mieke Vanneste	2:44.8		05/05/2007	Stanney	NoE League 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2007/">https://www.northernathletics.co.uk/download/tf-league-results-2007/</a>
	Eleanor Robinson	2:37.2		06/05/2017	York	NoE League 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=189087">https://thepowerof10.info/results/results.aspx?meetingid=189087</a>
	Eleanor Robinson	2:35.1		09/07/2017	Wigan	NoE League 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=189089">https://thepowerof10.info/results/results.aspx?meetingid=189089</a>
#	Eleanor Robinson	2:33.0		05/05/2018	Wigan	NoE League 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234459">https://thepowerof10.info/results/results.aspx?meetingid=234459</a>
v50 800m	Eleanor Robinson	2:43.1		30/04/2022	Stanney	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445765">https://thepowerof10.info/results/results.aspx?meetingid=445765</a>
	Eleanor Robinson	2:41.5		06/08/2022	Blackburn	NoE League West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445768">https://thepowerof10.info/results/results.aspx?meetingid=445768</a>
#	Eleanor Robinson	2:37.0		14/07/2024	Bury	NoE W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=600342">https://www.thepowerof10.info/results/results.aspx?meetingid=600342</a>
V55 800m	Joy Hickman	3:08.4		25/08/2024	Oldham	Cheshire League	

## Metres\_1,000m

u13 1000m	Cosette Wearden	3:41.24	X2 e	10/10/2020	Stretford	Trafford u11 / u13 Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Ruby Phillip	3:14.03	X4 e	10/10/2020	Stretford	Trafford Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u13 1000m	<b>Indoor</b>						
#	Tamsin O'Keefe	3:26.61	e i	15/02/2014	Sheffield	South Yorkshire Series	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u15 1000m	<b>Indoor</b>						
	Jodi Bemand	3:38.65	e i	18/11/2017	Sheffield	NA Open Meeting	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Cosette Wearden	3:22.68	e i	20/11/2021	Sheffield	NA Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=436601">https://thepowerof10.info/results/results.aspx?meetingid=436601</a>
u17 1000m	<b>Indoor</b>						
#	Cosette Wearden	3:10.49	e l	20/11/2022	Sheffield	NA Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=497209&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=497209&amp;pagenum=2</a>

**## 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<sup>st</sup> 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\_1,200\_1,500m

u13 1200m

	Eleanor Faulks	4:51.5		21/05/2000	Macclesfield	McDonalds YAL	<b>Best performance 2000</b>
	Kerry Riley	4:16.3	1	18/05/2003	Preston	UKA YAL N 1W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=388616">https://thepowerof10.info/results/results.aspx?meetingid=388616</a>
	Kerry Riley	4:12.0	1	01/06/2003	Pendle	UKA YAL N 1W	<a href="#">AW June 11, 2003 - vol.57 no24</a>
	Kerry Riley	4:05.8		29/06/2003	Macclesfield	UKA YAL N 1W	<a href="#">from CD end Aug'04 (old website@gq.nu) - AW July 16 2003 - vol.57 no.29</a>
	Kerry Riley	4:05.0		20/07/2003	Deeside	UKA YAL N 1W	<a href="#">from CD end Aug'04 (old website@gq.nu) - AW July 23 2003 - vol.57 no.30</a>
	Tamsin O'Keefe	3:54.2		30/05/2015	Stretford	YDL N W1 lower	<a href="https://thepowerof10.info/results/results.aspx?meetingid=132480">https://thepowerof10.info/results/results.aspx?meetingid=132480</a>
	Carys Roberts	3:53.3		21/07/2018	Bebington	N P1 YDL lower	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234512">https://thepowerof10.info/results/results.aspx?meetingid=234512</a>
	Jessica Lark	3:52.9		22/06/2019	Bebington	N PW YDL lower	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
<b>#</b>	Jessica Lark	3:51.73	e	20/07/2019	Sheffield	N PW YDL lower	<a href="https://thepowerof10.info/results/results.aspx?meetingid=285905">https://thepowerof10.info/results/results.aspx?meetingid=285905</a>

u13 1500m

	Sarah Devoy	6:03.7		30/08/1998	Bebington	Wirral Junior Medal	<a href="#">AW September 9, 1998 - vol.52 no.37</a>
	Sarah Devoy	5:47.66		09/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Kelly Money	5:32.8	h1	11-12/05/2002	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Kerry Riley	5:25.5		10/05/2003	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm">https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm</a>
	Tessa McCormick	5:22.8		13/05/2007	Macclesfield	Cheshire Championships	Po10   <a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>
<b>#</b>	Imogen Pughe	5:06.2		03/07/2017	Stanney	Cheshire v Merseyside yr7	<a href="https://thepowerof10.info/results/results.aspx?meetingid=210750">https://thepowerof10.info/results/results.aspx?meetingid=210750</a>
	Jessica Lark	5:06.2		11/08/2019	Warrington	Terry Davies Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=284586">https://thepowerof10.info/results/results.aspx?meetingid=284586</a>

u15 1200m

<b>#</b>	Emma L Heighway	4:18.3		10/03/2002	Warrington	Winter Warm-up	<a href="#">AW March 3, 2002 - vol.56 no.11</a>
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u15 1500m

	Lucinda Neeves	5:15.2		28/06/1998	Salford	McDonalds YAL	<b>paper records end 2000</b>
	Emma L Heighway	5:14.2	final	11-12/05/2002	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Kerry Riley	5:09.8		30/08/2004	Stretford	Trafford Medal Meet	<a href="#">AW September 1, 2004 - vol.58 no.36</a>
	Rebecca Grimes	5:07.01		14-15/05/2005	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Georgina Wright	5:05.9		05/06/2005	Blackburn	NoE YA Northern 1W	<a href="#">AW June 15, 2005 - vol.59 no.24</a>
	Nienka Verwer	5:06.5		09/06/2007	Macclesfield	Cheshire Schools Champs	<a href="https://www.cheshireaa.com/Results/PDFarchive/SchoolsTF2007.pdf">https://www.cheshireaa.com/Results/PDFarchive/SchoolsTF2007.pdf</a>
	Nienka Verwer	5:00.5		16/06/2007	Birmingham	Mason Trophy	<a href="https://thepowerof10.info/results/results.aspx?meetingid=6731">https://thepowerof10.info/results/results.aspx?meetingid=6731</a>
	Amy Hinchley	4:58.0		18/06/2011	Birmingham	Mason Trophy	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Amy Hinchley	4:50.33	e	26/07/2011	Stretford	Trafford GP	<a href="https://thepowerof10.info/results/results.aspx?meetingid=49640">https://thepowerof10.info/results/results.aspx?meetingid=49640</a>
	Carys Roberts	4:49.4		12/05/2019	Warrington	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
#	Carys Roberts	4:46.06	e	06/09/2020	Stretford	Trafford Open Series	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u17	1500m						
	Lynsey Wayman	6:01.8		28/06/1998	Salford	McDonalds YAL	<a href="#">newsletter Vol2No2</a>
	Emma Monteith	5:04.74	e	08/05/1999	Warrington	Cheshire Championships	<a href="http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Emma Monteith	5:02.4		13/05/2000	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF2000.pdf">https://www.cheshireaa.com/results/PDFarchive/TF2000.pdf</a>
	Emma Monteith	5:02.18	e	20/08/2000	Cudworth	NW Inter County	<a href="https://www.cheshireaa.com/results/PDFarchive/NoEAAICTF2000.pdf">https://www.cheshireaa.com/results/PDFarchive/NoEAAICTF2000.pdf</a>
	Charlotte Roach	4:53.50	e	14-15/05/2005	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Issy Clarke	4:53.0		01/04/2017	Stoke	City of Stoke Open Meet	<a href="https://thepowerof10.info/results/results.aspx?meetingid=196047">https://thepowerof10.info/results/results.aspx?meetingid=196047</a>
	Carys Roberts	4:50.0		30/05/2021	Stanney	YDL Upper N Merseyside	<a href="https://thepowerof10.info/results/results.aspx?meetingid=415550">https://thepowerof10.info/results/results.aspx?meetingid=415550</a>
	Carys Roberts	4:46.2		01/08/2021	Stretford	NoE West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=415489">https://thepowerof10.info/results/results.aspx?meetingid=415489</a>
	Jessica Lark	4:24:29	SX3 e	16/05/2023	Stretford	Trafford Grand Prix	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=519491">https://www.thepowerof10.info/results/results.aspx?meetingid=519491</a>
	Jessica lark	4:21.70	BW e	27/05/2023	SportCity	BMC GP - World Athletics Challenger	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=522652">https://www.thepowerof10.info/results/results.aspx?meetingid=522652</a>
##	Jessica Lark	4:20.07	e f	18/06/2023	Chelmsford	EA U20 Champs & U20 Open	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=529903&amp;pagenum=3">https://www.thepowerof10.info/results/results.aspx?meetingid=529903&amp;pagenum=3</a>
u17	1500m						
	<b>Indoor</b>						
#	Eve Duret	5:18.20	e i	13/01/2018	Sheffield	NA U17/ U20/ Sen Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 4
u20	1500m						
	Lorraine Stocker	5:35.2		06/06/1998	Oldham	Northern WL	<a href="#">newsletter Vol2 No2</a>
	Emma Monteith	5:07.5		12/05/2001	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf">https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf</a>
	Emma Monteith	5:01.2		11-12/05/2002	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Laura Bestow	4:53.9		03/05/2003	Stretford	NoE WL Div 3W	<a href="#">AW May 7, 2003 - vol.57 no.19</a>
	Laura Bestow	4:49.4		09/05/2003	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm">https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm</a>
	Laura Bestow	4:46.3		06/07/2003	Connah's Quay	NoE WL Div 3W	<a href="#">AW July 9, 2003 - vol.57 no.28</a>
#	Jessica Lark	4:37.69	e	14/05/2024	Trafford	Open	
u20	1500m						
	<b>indoor</b>						
#	Jessica Lark	4:26.34	A e...i	21/01/2024	Cardiff	BMC Indoor	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=583188">https://www.thepowerof10.info/results/results.aspx?meetingid=583188</a>
SW	1500m						
	Julie Fletcher	5:12.6		04/06/2000	Deeside	Northern WL	<a href="#">paper records end 2000</a>
	Joanne Bailey	??		06/05/2001	Douglas, IoM	Northern Women's League	<a href="#">Newsletter May 2001</a> _ not mentioned in <a href="#">AW May 9 2001 - Vol.55 no.19</a>
	Nicola Bird	5:02.2		05/08/2001	Preston	Northern WL	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>
	Nicola Bird	4:59.74		14/08/2001	Stretford	Trafford GP	<a href="#">AW August 22, 2001 - vol.55 no.34</a>
	Nicola Bird	4:54.93	e	08/06/2004	Stretford	Trafford open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=107">https://thepowerof10.info/results/results.aspx?meetingid=107</a>
	Nicola Bird	4:46.93	e	06/07/2004	Stretford	Trafford open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=109">https://thepowerof10.info/results/results.aspx?meetingid=109</a>

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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	<a href="https://thepowerof10.info/results/results.aspx?meetingid=123">https://thepowerof10.info/results/results.aspx?meetingid=123</a>
#	Kate Moulds	4:37.6		18/06/2023	Bebington	NoE League W Prem	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516643">https://www.thepowerof10.info/results/results.aspx?meetingid=516643</a>
v35	1500m						
	Lisa Davies	5:50.2		06/08/2006	Ashton	NoE 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>
	Heather McLintock (née Lowry)	5:37.1		07/06/2014	Stanney	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=103769">https://thepowerof10.info/results/results.aspx?meetingid=103769</a>
	Heather McLintock	5:34.5		09/08/2014	Bebington Oval	NoE 2W	<a href="https://www.northernathletics.co.uk/download/division-2w-match-4-2014/">https://www.northernathletics.co.uk/download/division-2w-match-4-2014/</a>
#	Anest Müller	5:34.26	e	05/06/2016	Sheffield	NoE League 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=159263">https://thepowerof10.info/results/results.aspx?meetingid=159263</a>
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	<a href="https://thepowerof10.info/results/results.aspx?meetingid=62849">https://thepowerof10.info/results/results.aspx?meetingid=62849</a>
	Eleanor Robinson	5:44.2		01/07/2012	Ellesmere Port	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=62850">https://thepowerof10.info/results/results.aspx?meetingid=62850</a>
	Ellie Robinson	5:26.8		03/07/2016	Ellesmere Port	NoE League 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=159264">https://thepowerof10.info/results/results.aspx?meetingid=159264</a>
	Elizabeth Renondeau	5:00.5		16/06/2019	Wigan	NoE League 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276255">https://thepowerof10.info/results/results.aspx?meetingid=276255</a>
	Elizabeth Renondeau	4:45.17	e	09/07/2019	Stretford	Trafford AC GP	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276169">https://thepowerof10.info/results/results.aspx?meetingid=276169</a>
	Elizabeth Renondeau	4:45.3		21/07/2019	Stanney	NoE League 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276256">https://thepowerof10.info/results/results.aspx?meetingid=276256</a>
#	Elizabeth Renondeau	4:40.3	e	06/08/2019	Stretford	Trafford AC GP	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276172">https://thepowerof10.info/results/results.aspx?meetingid=276172</a>
v45	1500m						
	Liz Stott	6:36.2		06/05/2006	Stanney	NoE League 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>
	Lisa Davies	5:54.4		09/06/2013	Stretford	NoE League 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81196">https://thepowerof10.info/results/results.aspx?meetingid=81196</a>
	Lisa Davies	5:48.54	e	07/05/2016	Wakefield	NoE League 1	<a href="https://www.northernathletics.co.uk/download/2016-1-match-1/">https://www.northernathletics.co.uk/download/2016-1-match-1/</a>
	Eleanor Robinson	5:35.3		06/05/2017	York	NoE League Division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=189087">https://thepowerof10.info/results/results.aspx?meetingid=189087</a>
#	Eleanor Robinson	5:25.0		05/05/2018	Wigan	NoE League Division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234459">https://thepowerof10.info/results/results.aspx?meetingid=234459</a>
v50	1500m						
	Joy Hickman	5:56.87	e	08/07/2018	York	NoE League Division 1	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
	Joy Hickman	5:54.68	e	10/08/2019	Wakefield	NoE Division 1	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
#	Eleanor Robinson	5:37.7		30/04/2022	Stanney	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445765">https://thepowerof10.info/results/results.aspx?meetingid=445765</a>
v55	1500m						
	Joy Hickman	6:28.2		02/07/2023	Blackburn	NoE W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516644">https://www.thepowerof10.info/results/results.aspx?meetingid=516644</a>
#	Joy Hickman	6:19.20	e	19/08/2023	Stretford	Northern L West Prem	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516645">https://www.thepowerof10.info/results/results.aspx?meetingid=516645</a>

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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	<a href="#">WCAC records</a>
#		Jessica Lark	5:52.28 e	07/04/2019	Deeside	Spring Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u15	Mile						
		Issy Clarke	6:12.5	06/05/2014	Stanney	WCAC 4-Minute Anniversary	<a href="#">WCAC records</a>
		Imogen Pughe	5:44.88	15/04/2018	Deeside	Open Meeting	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
		Aimee Phillips	5:43.65	12/09/2021	Bangor	Ynys Mon Iga & Menai T & F	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
		Jessica Lark	5:34.1	15/09/2021	Bebington	Wirral AC Mini Meetings	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=416338">https://www.thepowerof10.info/results/results.aspx?meetingid=416338</a>
#		Cosette Wearden	5:24.8	13/07/2022	Bebington	Wirral AC Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=472436">https://thepowerof10.info/results/results.aspx?meetingid=472436</a>
u17	Mile						
		Issy Clarke	5:57.0	03/05/2016	Stanney	WCAC 4-Minute Anniversary	<a href="#">WCAC records</a>
		Aimee Phillips	5:42.0	09/04/2022	Warrington	Terry Davies Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=444521&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=444521&amp;pagenum=2</a>
		Cosette Wearden	5:39.93 e	24/04/2023	Bebington	Wirral AC Open Meeting	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=528349">https://www.thepowerof10.info/results/results.aspx?meetingid=528349</a>
##		Cosette Wearden	5:10.46 e	26/08/2024	Bury	Bury Track Mile	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=622975">https://www.thepowerof10.info/results/results.aspx?meetingid=622975</a>
u20	Mile						
		Katie Clarke	5:39.1	03/05/2016	Stanney	WCAC 4-Minute Anniversary	<a href="#">WCAC records</a>
#		Jodi Bemand	5:36.4	26/03/2023	Stanney	25 <sup>th</sup> Anniversary	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=519673">https://www.thepowerof10.info/results/results.aspx?meetingid=519673</a>
SW	Mile						
#		Emma Nutt	5:50.5	24/05/2024	Stanney	Helsby Track Night	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=609918">https://www.thepowerof10.info/results/results.aspx?meetingid=609918</a>
v35	Mile						
		Heather McLintock	6:13.6	06/05/2014	Stanney	WCAC 4-Minute Anniversary	<a href="#">WCAC records</a>
#		Claire Harris	6:06.9	24/05/2024	Stanney	Helsby Track Night	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=609918">https://www.thepowerof10.info/results/results.aspx?meetingid=609918</a>
v40	Mile						
#		Ellie Robinson	6:12.8	06/05/2014	Stanney	WCAC 4-Minute Anniversary	<a href="#">WCAC records</a>
v45	Mile						
#		Jane Pickering	7:10.1	06/05/2014	Stanney	WCAC 4-Minute Anniversary	<a href="#">WCAC records</a>
v50	Mile						
#		Su Baird	6:51.4	06/05/2014	Stanney	WCAC 4-Minute Anniversary	<a href="#">WCAC records</a>

**## 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<sup>st</sup> 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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## Metres\_3,000m

u15 3,000m

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

u17 3,000m

	Emma Monteith	10:50.1		15/05/1999	Lancaster	Northern Women's League	<a href="#">WCAC Paper records end 2000</a>
	Cosette Wearden	10:49.5		10/04/2024	Telford	Telford Spring Warm Up	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=595314">https://www.thepowerof10.info/results/results.aspx?meetingid=595314</a>
	Cosette Wearden	10:45.6		18/05/2024	Blackburn	NA League W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=600340">https://www.thepowerof10.info/results/results.aspx?meetingid=600340</a>
#	Cosette Wearden	10:38.63	e	27/05/2024	Blackpool	Northern u17/u15 Intercounty	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=600228&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=600228&amp;pagenum=2</a>

U17 3,000m

**indoor**

	Cosette Wearden	11:13.01	e l	15/01/2023	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=4">https://thepowerof10.info/results/results.aspx?meetingid=506414&amp;pagenum=4</a>
#	Cosette Wearden	10:45.51	e l	14/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=4">https://www.thepowerof10.info/results/results.aspx?meetingid=579119&amp;pagenum=4</a>

u20 3000m

	Lorraine Stocker	13:09.3		13/06/1998	Crewe	Cheshire Schools Champs	<a href="http://www.esaa.net/oldindex.shtml">http://www.esaa.net/oldindex.shtml</a>
	Lorraine Stocker	12:39.1		25/06/1998	Crewe	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf</a>
	Emma Monteith	10:55.6		19/06/2001	Macclesfield	Cheshire Relay Champs	<a href="https://www.cheshireaa.com/results/PDFarchive/TrackRelays2001.pdf">https://www.cheshireaa.com/results/PDFarchive/TrackRelays2001.pdf</a>
	Laura Bestow	10:54.4		27/04/2003	Stretford	NJL NP Mersey	<a href="#">AW April 30, 2003 - vol.57 no18</a>
	Laura Bestow	10:38.6		10/05/2003	Macclesfield	Cheshire Championships	<a href="http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm">http://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm</a>
#	Laura Bestow	10:23.0		03/06/2003	Stretford	Trafford BMC	<a href="https://thepowerof10.info/results/results.aspx?meetingid=72">https://thepowerof10.info/results/results.aspx?meetingid=72</a>

u20 3,000m

**indoor**

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

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

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
SW 3,000m	<b>Indoor</b> Laura Bestow	10:23.44	h2 e i	26/02/2005	Sheffield	BUSA Indoor Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=396939&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=396939&amp;pagenum=2</a>
<b>#</b>	Laura Bestow	10:11.35	f e i	27/02/2005	Sheffield	BUSA Indoor Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=396939&amp;pagenum=3">https://www.thepowerof10.info/results/results.aspx?meetingid=396939&amp;pagenum=3</a>
v35 3,000m	Julie Wilkins	12:52.7		16/05/2006	Stanney	NoE League 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>
	Julie Wilkins	12:32.0		18/05/2006	Macclesfield	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx</a>
<b>#</b>	Joanne Lacking	11:32.8		03/07/2016	Stanney	NoE League N 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=159264">https://thepowerof10.info/results/results.aspx?meetingid=159264</a>
v40 3,000m	Lisa Davies	12:20.7		01/07/2012	Ellesmere Port	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=62850">https://thepowerof10.info/results/results.aspx?meetingid=62850</a>
	Ellie Robinson	12:15.8		05/05/2013	Douglas	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81195">https://thepowerof10.info/results/results.aspx?meetingid=81195</a>
	Lisa Davies	12:11.2		19/05/2013	Stretford	Cheshire League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Ellie Robinson	12:10.0		04/05/2014	Stretford	NoE 2W	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=103768">https://www.thepowerof10.info/results/results.aspx?meetingid=103768</a>
	Ellie Robinson	12:07.6		15/06/2014	Crewe	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx</a>
	Ellie Robinson	12:01.8		06/09/2014	Doncaster	NA League Promotion	<a href="https://www.northernathletics.co.uk/download/2014-promotion-match/">https://www.northernathletics.co.uk/download/2014-promotion-match/</a>
	Ellie Robinson	11:57.5		07/09/2014	Connah's Quay	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx</a>
	Carol Parsons	10:23.0		21/07/2019	Stanney	Div 1 Northern League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276256">https://thepowerof10.info/results/results.aspx?meetingid=276256</a>
	Elizabeth Renondeau	10:09.2		22/08/2020	Stretford	Trafford open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
<b>##</b>	Elizabeth Renondeau	09:52.6		01/08/2021	Stretford	NoE West Premier	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
v45 3,000m	Liz Stott	14:03.1		03/09/2006	Stanney	Cheshire League	<a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>
	Mieke Vanneste	12:09.3		22/04/2007	Stockport	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2007.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2007.aspx</a>
<b>#</b>	Ellie Robinson	11:48.6		02/07/2017	Salford	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2017.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2017.aspx</a>
v50 3,000m	Susan Baird	13:22.8		13/07/2014	Wavertree	NoE 2W	<a href="https://www.northernathletics.co.uk/download/2w-match-3-2014/">https://www.northernathletics.co.uk/download/2w-match-3-2014/</a>
	Joy Hickman	12:27.4		05/05/2018	Wigan	NoE League 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234459">https://thepowerof10.info/results/results.aspx?meetingid=234459</a>
<b>#</b>	Joy Hickman	12:10.7		03/06/2018	Wakefield	NoE League 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234460">https://thepowerof10.info/results/results.aspx?meetingid=234460</a>
v55	Joy Hickman	13:12.8		30/04/2022	Stanney	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445765">https://thepowerof10.info/results/results.aspx?meetingid=445765</a>
<b>#</b>	Joy Hickman	12:52.4		12/06/2022	Stretford	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445766">https://thepowerof10.info/results/results.aspx?meetingid=445766</a>



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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
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## Metres\_5,000m

u17

u20 5,000m

<b>#</b>	Jodi Bemand	19:44.65	e	13/05/2023	Stanney	Cheshire Championship	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=524013&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=524013&amp;pagenum=2</a>
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SW 5,000m

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

SW 5,000m **Indoor**

<b>#</b>	Katie Clarke	18:29.85	e i	20/02/2020	Winston-Salem	Appalachian AC Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
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v35

v40 5,000m

	Claire Williams	22:21.7		08/08/2018	Bebington	Wirral AC Endurance Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
<b>#</b>	Carol Parsons	17:33.44	e	21/08/2021	Stanney	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>

v45 5,000m

<b>#</b>	Angela Tegg	23:02.5		13/05/2018	Macclesfield	Cheshire County Champs	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
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v50

## Metres\_10,000m

u20 <b>#</b>	Jodi Bemand	43:46.51	SX2 e	21/08/2022	Catford	Ladywell 10000	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=472260">https://www.thepowerof10.info/results/results.aspx?meetingid=472260</a>
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SW 10,000m

	Katie Clarke	36:50.85	e	09/04/2021	Cleveland, TN	Flames Invitational, USA	<a href="https://live.xpresstiming.com/meets/8160/athletes/4168456">https://live.xpresstiming.com/meets/8160/athletes/4168456</a>
<b>##</b>	Katie Clarke	36:23.14	e	26/04/2021	Gulf Shores, AL	NAIA National Champs	<a href="https://live.pttiming.com/?mid=2259">https://live.pttiming.com/?mid=2259</a>

v35

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

### Steeplechase\_1500\_2,000\_3,000m

u17	1500 S/c	<b>0.762m</b>					
	Issy Clarke	5:59.0		30/04/2017	Wigan	YDL Upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=195222">https://thepowerof10.info/results/results.aspx?meetingid=195222</a>
	# Issy Clarke	5:53.7		28/05/2017	Crewe	YDL Upper NW1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=195223">https://thepowerof10.info/results/results.aspx?meetingid=195223</a>
u20	1500 S/c	<b>0.762m</b>					
	Katie Clarke	5:48.5		24/07/2016	Stanney	YDL upper N W2	<a href="https://thepowerof10.info/results/results.aspx?meetingid=159457">https://thepowerof10.info/results/results.aspx?meetingid=159457</a>
	Katie Clarke	5:48.1		30/04/2017	Wigan	YDL Upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=195222">https://thepowerof10.info/results/results.aspx?meetingid=195222</a>
	Katie Clarke	5:38.6		28/05/2017	Crewe	YDL Upper NW1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=195223">https://thepowerof10.info/results/results.aspx?meetingid=195223</a>
	## Jodi Bemand	5:36.2		24/04/2022	Bebington	YDL Upper NW1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=459962">https://thepowerof10.info/results/results.aspx?meetingid=459962</a>
U20	2000 S/c	<b>0.762m</b>					
	Jodie Bemand	7:52.35	e	19/06/3022	Wavertree	NoE u/20-SW Champs	<a href="https://www.northernathletics.co.uk/u20-sen-championships-2022/">https://www.northernathletics.co.uk/u20-sen-championships-2022/</a>
	Jodi Bemand	7:51.64	e	04/06/2023	Sportcity	NA SW & u20W Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516686&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=516686&amp;pagenum=2</a>
	## Jodi Bemand	7:38.35	e h1	04/05/2024	Sportcity	BUCS Athletics: Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=605177&amp;pagenum=5">https://www.thepowerof10.info/results/results.aspx?meetingid=605177&amp;pagenum=5</a>
	3000 S/c	<b>0.762m</b>					
	Jodie Bemand	12:34.27	e	17/07/2022	Bedford	EA u20 Senior Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=457042&amp;pagenum=3">https://www.thepowerof10.info/results/results.aspx?meetingid=457042&amp;pagenum=3</a>
	## Jodi Bemand	12:30.4		18/06/2023	Bebington	Northern L West Prem	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516643">https://www.thepowerof10.info/results/results.aspx?meetingid=516643</a>
SW	3000 S/c	<b>0.762m</b>					
V50	3000 S/c	<b>0.762m</b>					
	# Debra Bemand	17:07.42	e	19/08/2023	Stretford	Northern L West Prem	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516645">https://www.thepowerof10.info/results/results.aspx?meetingid=516645</a>
V55	2000 S/c	<b>0.762m</b>					
	# Joy Hickman	10:17.1		17/08/2024	Stanney	Northern W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=600343">https://www.thepowerof10.info/results/results.aspx?meetingid=600343</a>

### Indoor\_60m\_Hurdles

u13	60m H	<b>Indoor</b>					
	# Amy Williams	10.02	e i	07/02/2010	Deeside	North Wales Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=34987">https://thepowerof10.info/results/results.aspx?meetingid=34987</a>
u15	60m H	<b>Indoor</b>					
	Alice Jennings	11.11	e i	16/03/2008	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=10514">https://thepowerof10.info/results/results.aspx?meetingid=10514</a>

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

v35

## Hurdles\_70\_80\_100m

u13	70m H – <b>0.685m</b>						
	Sarah Devoy	15.18	e h2	09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Sarah Devoy	15.04	e final	09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Frances O'Neil		Boys time!	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	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 – <b>0.762m</b>						
	Nicola Gore	13.60	e	09/05/1998	Crewe	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Nicola Gore		Boys time!	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	https://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	https://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 – <b>0.762m</b>						
	Caroline Gore	13.40		09/05/1998	Crewe	Cheshire Championships	https://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 Meet	https://thepowerof10.info/results/results.aspx?meetingid=36116
	Alice Jennings	12.5		02/05/2010	Wigan	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36937
	Victoria Anderson	12.3		16/05/2010	Bebington	McCain UK YAL N Prem W mB	https://thepowerof10.info/results/results.aspx?meetingid=36926
	Victoria Anderson	12.3	w1.7	19/06/2010	Wavertree	McCain UK YAL N Premi W	https://thepowerof10.info/results/results.aspx?meetingid=36908
	Olivia Montez-Brown	12.2		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 Measure	race/electronic	Date	Venue	Competition	Source of info
	Olivia Montez-Brown	12.2		22/05/2011	Preston	McCain UK YAL N Prem W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=51620">https://thepowerof10.info/results/results.aspx?meetingid=51620</a>
	Olivia Montez-Brown	12.2		19/06/2011	Crewe	McCain UK YAL N Prem W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=51609">https://thepowerof10.info/results/results.aspx?meetingid=51609</a>
	Olivia Montez-Brown	11.8		12/05/2012	Warrington	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Olivia Montez-Brown	11.8		16/06/2012	Macclesfield	Cheshire Schools Champs	<a href="http://www.esaa.net/oldindex.shtml">http://www.esaa.net/oldindex.shtml</a> Type year
	Olivia Montez-Brown	11.7		23/06/2012	Stoke	Mason Trophy	<a href="https://thepowerof10.info/results/results.aspx?meetingid=68240">https://thepowerof10.info/results/results.aspx?meetingid=68240</a>
#	Olivia Montez-Brown	11.6		30/06/2012	Crewe	ESAA Regional CE	<a href="https://thepowerof10.info/results/results.aspx?meetingid=67572">https://thepowerof10.info/results/results.aspx?meetingid=67572</a>
u17	<b>100m H – 0.762m</b>						
	Heather Lowry	20.1		05/06/1999	Warrington	NoE WL 4W	<a href="#">AW June 9, 1999 - vol.53 no.23</a>
	Tricia Jackson	18.0		31/07/2004	Deeside	Northern WL	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>
	Danielle Erskine	18.0		05/07/2009	Stanney	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=23582">https://thepowerof10.info/results/results.aspx?meetingid=23582</a>
	Danielle Erskine	17.4		02/08/2009	Blackpool	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=23583">https://thepowerof10.info/results/results.aspx?meetingid=23583</a>
#	Gemma Hale	16.3		01/05/2010	Stanney	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=37056">https://thepowerof10.info/results/results.aspx?meetingid=37056</a>
	Gemma Hale	16.2	w+3.2	05/06/2010	Wavertree	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=37055">https://thepowerof10.info/results/results.aspx?meetingid=37055</a>
u20	<b>100m H – 0.838m</b>						
	Caroline Gore	18.6		26/04/2000	Cannock	Schools Multi-events	<a href="#">paper records end 2000</a>
	Catriona Boyd	18.6		07/08/2005	Stockport	3W - Northern League	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2005/">https://www.northernathletics.co.uk/download/tf-league-results-2005/</a>
	Victoria Anderson	16.18	e	14/05/2011	Stretford	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Victoria Anderson	15.9		11/06/2011	Macclesfield	Cheshire Schools Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page2
	Olivia Montez-Brown	15.6		02/06/2013	Carlisle	YDL Upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81639">https://thepowerof10.info/results/results.aspx?meetingid=81639</a>
	Olivia Montez-Brown	15.2		03/08/2013	Sportcity	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81198">https://thepowerof10.info/results/results.aspx?meetingid=81198</a>
	Olivia Montez-Brown	15.14	w+0.1 e	24/05/2014	Bedford	EA u20, SW CE Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=101361">https://www.thepowerof10.info/results/results.aspx?meetingid=101361</a>
	Olivia Montez-Brown	14.7		01/06/2014	Stanney	YDL Upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=103237">https://thepowerof10.info/results/results.aspx?meetingid=103237</a>
##	Olivia Montez-Brown	14.3		09/08/2014	Bebington	NA League 2W	<a href="https://www.northernathletics.co.uk/download/division-2w-match-4-2014/">https://www.northernathletics.co.uk/download/division-2w-match-4-2014/</a>
SW	<b>100m H – 0.838m</b>						
	Heather Lowry	20.1		27/06/1998	Belle Vue	Northern WL	<a href="#">newsletter Vol2 No2</a>
	Heather Lowry	19.6		01/08/1999	Warrington	NoE WL 4W	<a href="#">paper records end 2000 - AW August 4 1999 - vol.53 no.31</a>
	Victoria Anderson	16.0		07/07/2013	Litherland	Northern League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81197">https://thepowerof10.info/results/results.aspx?meetingid=81197</a>
	Olivia Montez-Brown	15.51	w1.5 e	15/04/2016	Azusa CA, USA	Bryan Clay Invitational	<a href="https://thepowerof10.info/results/results.aspx?meetingid=168364">https://thepowerof10.info/results/results.aspx?meetingid=168364</a>
	Olivia Montez-Brown	14.59	w0.8 e	01/05/2016	Mankato MN	NSIC Multi Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
#	Olivia Montez-Brown	14.37	w1.2 e	26/05/2016	Bradenton FL	NCAA DII Championships	<a href="https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/">https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/</a>
v35	<b>100m H – 0.838m</b>						

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
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### Hurdles\_300\_400m

#### u17 300m H – 0.762m

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

#### 400m H – 0.762m

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

#### u20 400m H – 0.762m

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

#### SW 400m H – 0.762m

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

#### v35 400m H – 0.762m

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

#### v40 400m H – 0.762m

#### v45 400m H – 0.762m

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

## Relay\_4x100m

u11 4x100m	Anon	65.9	h2	20/06/2000	Warrington	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/PDFarchive/TrackRelays2000">https://www.cheshireaa.com/results/PDFarchive/TrackRelays2000</a>
	Anon	63.3	h1	13/07/2003	Warrington	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx</a>
	Anon	61.5	h2	03/07/2005	Stanney	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2005.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2005.aspx</a>
	Anon	61.0		20/04/2008	Stockport	Cheshire League Rd1 M3	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
	Anon	60.1	h1	05/07/2008	Macclesfield	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx</a>
	Anon	60.0	final	05/07/2008	Macclesfield	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx</a>
u13 4x100m	Anon	64.8	h2	11/07/2000	Warrington	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/PDFarchive/TrackRelays2000.pdf">https://www.cheshireaa.com/results/PDFarchive/TrackRelays2000.pdf</a>
	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	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx</a>
	Anon	55.8	final	14/07/2002	Crewe	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx</a>
	Anon	55.4	final	13/07/2003	Warrington	Cheshire Track Relays	

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	S McGonigle, G Barlow C Williamson and A Williams	55.4		19/06/2010	Wavertree		<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx</a> YAL WCAC stats
	G Barlow, C Williamson, A Williams, and Williams	55.4	h2	03/07/2010	Crewe		Cheshire Track Relays <a href="https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2010.aspx">https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2010.aspx</a>
	G Barlow, C Williamson, A Williams, and Williams	54.8	final	03/06/2010	Crewe		Cheshire Track Relays <a href="https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2010.aspx">https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2010.aspx</a>
	Anon	54.6		15/07/2017	Preston		N P1 YDL lower
	Anon	54.67	e	18/05/2019	Wavertree		N PW YDL lower <a href="https://thepowerof10.info/results/results.aspx?meetingid=285878&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=285878&amp;pagenum=2</a>
	Madeline Mercer, Lara Fields, Sara Pearson and Emily Owen	53.7		22/06/2019	Bebington		N PW YDL lower <a href="https://thepowerof10.info/results/results.aspx?meetingid=285879&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=285879&amp;pagenum=2</a>
<b>#</b>	Jess Brown, Sara Pearson, Emily Owen, and Madeline Mercer	53.40	e	20/07/2019	Sheffield		N PW YDL lower <a href="https://thepowerof10.info/results/results.aspx?meetingid=285905&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=285905&amp;pagenum=2</a>
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 <a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx</a>
	Anon	52.1	final	13/07/2003	Warrington		Cheshire Relay Champs <a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx</a>
	Anon	51.0		05/06/2005	Blackburn		NoE YA Northern 1W <a href="#">AW June 15, 2005 - vol.59 no.24</a>
	Daisy Flynn-Piercy, Shona Valentine, Sian Kelman, and Emily Done	50.2	final	03/07/2005	Stanney		Cheshire Track Relay <a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2005.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2005.aspx</a>
<b>#</b>	Stephanie Jones, Lara Battersby,	50.0		02/06/2019	Crewe		Cheshire Track Relays
<b>#</b>	Fatoumatta Bojang, and Imogen Pughe						<b>Not on Po10 (results by date) or Cheshire website!</b>
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 <a href="https://www.cheshireaa.com/results/PDFarchive/TrackRelays2000">https://www.cheshireaa.com/results/PDFarchive/TrackRelays2000</a>
	Anon	53.8	final	13/07/2003	Warrington		Cheshire Relay Champs <a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx</a>
	Shona Valentine, Rebecca Grimes, Sian Kelman, and Daisy Flynn-Piercy	52.1		06/05/2006	Stanney		NoE League 2W <a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>
<b>#</b>	Daisy Flynn-Piercy, Shona Valentine,	50.5		01/07/2006	Macclesfield		Cheshire Track Relay
<b>#</b>	Rachel Stoakley, and Emily Done						<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2006.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2006.aspx</a>



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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
	Anon	50.5		07/07/2007	Macclesfield	Cheshire Track Relays	
u20	4 x 100						
	Anon	55.9		05/06/1999	Warrington	NoE WL 4W	<a href="#">AW June 9, 1999 - vol.53 no.23</a>
	Rebecca Cutler (u17), Tricia Jackson (u20), Helen Clowes(u17), Emma Shore (u17)	54.3		01/05/2005	Stanney	Northern T&F 2005 3W (m1)	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2005/">https://www.northernathletics.co.uk/download/tf-league-results-2005/</a>
	Bryony Potter, Sian Kelman, Shona Valentine, Emily Done	51.1		27/04/2008	Stanney	NjL Ch Tigers Mersey	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12374">https://thepowerof10.info/results/results.aspx?meetingid=12374</a>
	Anon	50.3		06/07/2008	Macclesfield	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx</a>
##	Bryony Potter (u20), Sian Kelman (u20), Shona Valentine(u20), and Emily Done (u20)	49.3		04/07/2009	Stanney	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2009.aspx">https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2009.aspx</a>
SW	4x100m						
	Anon	61.1		02/05/1999	Lancaster	Northern WL	<a href="#">paper records end 2000</a>
	Anon	57.4		06/05/2001	Douglas,	Isle of Man Northern WL	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>
	Anon	56.6		14/07/2002	Crewe	Cheshire Relay Champs	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx</a>
	Rachel Treloar (u17), Shona Valentine, Laura Rigby (u20), Alice McMahon (u17)	51.0		05/06/2011	Warrington	NA 2W	<a href="#">WCAC stats</a>
	Alice McMahon (u17), Ali Burkett (u17), Danielle Erskine (u20), Shona Valentine	50.87	e	03/07/2011	Stretford	NA 2W	<a href="#">WCAC stats</a>
	Alice McMahon (u20), Laura Turley (u17), Shona Valentine, Ali Burkett (u20)	50.6		05/05/2012	Blackpool	NoE 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2011/">https://www.northernathletics.co.uk/download/tf-league-results-2011/</a>
	Alice McMahon (u20), Shona Valentine, Georgia Barlow (u17), and Danielle Erskine	49.6		07/06/2014	Stanney	North of England League Division 2W	<a href="https://www.northernathletics.co.uk/download/tl-league-results-2012/">https://www.northernathletics.co.uk/download/tl-league-results-2012/</a>
##	Alice McMahon, Shona Valentine, Georgia Barlow (u20), and Danielle Erskine	49.3		03/07/2016	Stanney	Northern League Division 1	<a href="https://www.northernathletics.co.uk/download/2w-match-2-2014/">https://www.northernathletics.co.uk/download/2w-match-2-2014/</a>
							<a href="https://www.northernathletics.co.uk/download/2016-match-3-div-1/">https://www.northernathletics.co.uk/download/2016-match-3-div-1/</a>
v35	4x100m						
v40	4x100m						
	Anon	69.7		01/07/2006	Macclesfield	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2006.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2006.aspx</a>
	Anon	66.9		07/07/2007	Macclesfield	Cheshire Track Relays	

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
#	Glenys Potter (v40), Jane Pickering (v40) Niamh Reilly + Anon	59.3		04/07/2009	Stanney		<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2007.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2007.aspx</a> Cheshire Track Relays <a href="https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2009.aspx">https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2009.aspx</a>

v45 4x100m

### Relay\_4x300\_or400m

u15 4x300m

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

u17 4x300m

	Alice Jennings, Gemma Hale, Victoria Anderson and Leah Ferrie Anon _ (possibly? - <i>Alexandra Burkett,</i> <i>Alice Jennings, Leah Ferrie, and Jenna Sheehy</i> )	3:00.9 2:59.7		02/05/2010 18/07/2010	Wigan Stanney		N P W YDL Upper <b>WCAC stats</b> <a href="https://thepowerof10.info/results/results.aspx?meetingid=36937">https://thepowerof10.info/results/results.aspx?meetingid=36937</a> N P W YDL Upper <a href="https://thepowerof10.info/results/results.aspx?meetingid=36888">https://thepowerof10.info/results/results.aspx?meetingid=36888</a>
	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 <a href="https://www.thepowerof10.info/results/results.aspx?meetingid=415562">https://www.thepowerof10.info/results/results.aspx?meetingid=415562</a>

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Event	Record Holder	Time race/electronic Measure	Date	Venue	Competition	Source of info
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	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>
<b>#</b>	Emily Done, Danielle Erskine (U17), Bryony Potter, Leah Ferrie (U17)	4:07.8	05/07/2009	Stanney	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=23582">https://thepowerof10.info/results/results.aspx?meetingid=23582</a>
SW 4x400m	Anon	4:43.2	25/06/1998	Crewe	Cheshire Track Relays	<a href="https://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf</a>
	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	<a href="https://www.cheshireaa.com/results/PDFarchive/TrackRelays1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TrackRelays1999.pdf</a>
	Danielle Erskine, Shona Valentine, Olivia Montez-Brown (u20), and Georgia Barlow (u17)	4:10.5	12/07/2015	Stanney	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=129670">https://thepowerof10.info/results/results.aspx?meetingid=129670</a>
	Laura Turley, and Alice Jennings, Issy Clarke (U20), Beth McMahan (U20)	4:08.77 e	03/06/2018	Wakefield	NoE Division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234460">https://thepowerof10.info/results/results.aspx?meetingid=234460</a>
	Imogen Pughe (u17), Elizabeth McMahan, Carys Roberts (u17), and Emma Holmes (u17)	4:03.5	01/08/2021	Stretford	NoE West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=415489">https://thepowerof10.info/results/results.aspx?meetingid=415489</a>
	Aimee Phillips (u17), Laura Turley, Elizabeth McMahan and Imogen Pughe (u20)	4:00.4	12/06/2022	Stretford	NoE West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445766">https://thepowerof10.info/results/results.aspx?meetingid=445766</a>
<b>##</b>	Aimee Phillips (u17), Lura Turley, Elizabeth McMahan, and Imogen Pughe (u20)	4:00.0	10/07/2022	Wigan	NoE League West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445767">https://thepowerof10.info/results/results.aspx?meetingid=445767</a>
v35 4x400m						
<b>Relay_3x600_3x800m</b>						
u11 3x600m	Anon	6:21.1		05/07/2008	Macclesfield	Cheshire Track Relays <a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx</a>
	Anon	6:02.8		31/08/2013	Macclesfield	Cheshire Track Relays <a href="https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2012.aspx">https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2012.aspx</a>
u13 3x800m	Anon	9:22.5		25/06/1998	Crewe	Cheshire Track Relays

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Anon	8:24.8		14/07/2002		Crewe	<a href="https://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf</a>
	Anon	8:03.2	final	13/07/2003		Warrington	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx</a>
#	Martha Willetts, Carys Roberts, and Megan White	8:03.0		10/06/2018		Crewe	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx</a> no results Po10 or Cheshire web!
u15	3x800m						
	Anon	8:35.9		14/07/2002		Crewe	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx</a>
	Anon	7:52.5	final	13/07/2003		Warrington	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx</a>
#	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	<a href="https://www.cheshireaa.com/results/PDFarchive/TrackRelays1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TrackRelays1999.pdf</a>
u20							
SW	3x800m						
#	Anon	7:32.3	typo	14/07/2002		Crewe	<a href="https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx">https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx</a>
v35							
v40	3x800m						
#	Jane Pickering (v45), Ellie Robinson (v40), Lisa Davies (v40)	8:24.1		21/07/2012		Crewe	<a href="https://www.cheshireaa.com/results/TR/2012/CCAA%20RELAYS%202012%20RESULTS_21-07-2012.pdf">https://www.cheshireaa.com/results/TR/2012/CCAA%20RELAYS%202012%20RESULTS_21-07-2012.pdf</a>
v45							

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

## High Jump

u13 High Jump

	Sarah Devoy	1.15		11/04/1998	Eirias Park	Colwyn Bay Open	'Pioneer' 15/04/1998 Page 46 - <a href="#">AW April 15, 1998 - Vol.52 no.16</a>
	Sarah Devoy	1.15		10/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Sarah Devoy	1.35		05/09/1998	Eirias Park	Colwyn Bay Games	<a href="#">AW September 9, 1998 - vol.52 no.37</a>
	Sarah Devoy		Boys mark!	06/09/1998	Eirias Park	Cheshire League	<a href="#">newsletter Vol2 No2</a>
	Sarah Devoy	1.35		17/04/1999	Wavertree	Liverpool Open	<a href="#">AW April 28, 1999 - vol.53 no.17</a>
	Sarah Devoy	1.47		09/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
#	Sarah Devoy	1.53		22/08/1999	Warrington	Terry Davies Memorial	<a href="#">paper records end 2000 - AW August 25, 1999 - vol.53 no.34</a>

u13 High Jump

	Tamsin O'Keefe	1.15	i	23/03/2014	EIS Sheffield	South Yorkshire Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=95617">https://thepowerof10.info/results/results.aspx?meetingid=95617</a>
#	Emily Misantoni/Oyekan	1.45	i	06/12/2015	Sportcity	Sale Harriers Open Series	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2

u15 High Jump

	Alicia Bateson	1.45		09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Sian Kelman	1.45		18/07/2004	Warrington	Young Athletes League	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>
	Laura Stott	1.45		25/06/2006	Bolton	YAL N 1W	<a href="#">WCAC 2006 Stats</a>
	Alice Jennings	1.53		19/04/2008	Wavertree	Ernie Gallagher Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13333">https://thepowerof10.info/results/results.aspx?meetingid=13333</a>
	Alice Jennings	1.53		10/05/2008	Stanney	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
	Alice Jennings	1.60		24/05/2008	Wigan	NA u17/ u15 Champs	<a href="https://www.northernathletics.co.uk/download/na-tf-results-2008/">https://www.northernathletics.co.uk/download/na-tf-results-2008/</a>
	Alice Jennings	1.60		14/06/2008	Macclesfield	Cheshire Schools Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=16255">https://thepowerof10.info/results/results.aspx?meetingid=16255</a>
	Alice Jennings	1.60		20/09/2009	Bedford	English Schools CE	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=30426&amp;pagenum=4">https://www.thepowerof10.info/results/results.aspx?meetingid=30426&amp;pagenum=4</a>
	Abigail Pawlett	1.60		01/04/2017	Stretford	Trafford AC Medal Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Ruby Billington	1.65		08/06/2024	Stanney	Cheshire Schools Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=618083&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=618083&amp;pagenum=2</a>

u15 High Jump

	Alice Jennings	1.45	i	13/01/2008	Sportcity	Reebok Manchester Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Alice Jennings	1.45	i	16/03/2008	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=10514">https://thepowerof10.info/results/results.aspx?meetingid=10514</a>
	Alice Jennings	1.55	i	22/11/2008	EIS Sheffield	NoE Indoor Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=19940">https://thepowerof10.info/results/results.aspx?meetingid=19940</a>
	Alice Jennings	1.60	i	11/01/2009	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=20468">https://thepowerof10.info/results/results.aspx?meetingid=20468</a>
#	Alice Jennings	1.62	i	14/02/2009	Birmingham	EA U20, 17 & 15 Champ	<a href="https://thepowerof10.info/results/results.aspx?meetingid=21578">https://thepowerof10.info/results/results.aspx?meetingid=21578</a>

u17 High Jump

	Caroline Gore	1.55		24/05/1998	Crewe	Cheshire League	<a href="#">newsletter Vol2No2</a>
	Caroline Gore	1.61		05/06/1999	Warrington	NoE WL 4W	<a href="#">AW June 9, 1999 - vol.53 no.23</a>
#	Victoria Anderson	1.68		13/06/2009	Macclesfield	Cheshire Schools Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=28035">https://thepowerof10.info/results/results.aspx?meetingid=28035</a>

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for <b>Track and Field</b> and <b>Race Walking</b> , the 31 <sup>st</sup> August at the <b>end</b> 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
	Victoria Anderson	1.68		09/07/2010	Birmingham	ESAA T&F Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 7
High Jump		<b>Indoor</b>		.			
	Victoria Anderson	1.60	i	10/01/2010	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=32358">https://thepowerof10.info/results/results.aspx?meetingid=32358</a>
	Victoria Anderson	1.65	i	16-17/01/2010	EIS Sheffield	NA Indoor Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
#	Victoria Anderson	1.69	i	06/03/2010	EIS Sheffield	NoE u17/ u15 C/E Champs	<a href="https://www.northernathletics.co.uk/results-index/2010-results-index/">https://www.northernathletics.co.uk/results-index/2010-results-index/</a>
u20	High Jump						
	Lorraine Stocker	1.20		05/07/1998	Stockport	Northern WL	<a href="#">newsletter Vol2 No2</a>
	Caroline Gore	1.57		04/06/2000	Deeside	Northern WL	<a href="#">paper records end 2000</a>
	Victoria Anderson	1.63	day 2	15/05/2011	Stretford	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Victoria Anderson	1.66		11/06/2011	Macclesfield	Cheshire Schools Champs	<a href="https://www.esaa.net/oldindex.shtml">https://www.esaa.net/oldindex.shtml</a>
##	Victoria Anderson	1.69		25/06/2011	Stretford	North-West Schools CE	<a href="https://thepowerof10.info/results/results.aspx?meetingid=53549">https://thepowerof10.info/results/results.aspx?meetingid=53549</a>
	Victoria Anderson	1.69		17/09/2011	Exeter	ESAA CE	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Victoria Anderson	1.69		12/05/2012	Warrington	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
SW	High Jump						
	Heather Lowry	1.20		03/05/1998	Oldham	Northern WL	<a href="#">paper records end 2000</a>
	Heather Lowry	1.20		20/06/1998	Oldham	Northern WL	<a href="#">newsletter Vol2 No2</a>
	Gemma Ashton	1.52		01/08/1999	Warrington	NoE WL 4W	<a href="#">paper records end 2000 - AW August 4, 1999 - vol.53 no.31</a>
#	Gemma Ashton	1.54		05/08/2001	Preston	Northern WL	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>
v35							
#	Nicola Gore	1.10		06/08/2022	Blackburn	NoE League West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445768">https://thepowerof10.info/results/results.aspx?meetingid=445768</a>
v40							
v45	High Jump						
#	Ellie Robinson	1.15		02/09/2018	Salford	Cheshire League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Ellie Robinson	1.15		16/06/2019	Wigan	NoE division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=276255">https://thepowerof10.info/results/results.aspx?meetingid=276255</a>
v50							

## Long Jump

u11 Long Jump

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for <b>Track and Field</b> and <b>Race Walking</b> , the 31 <sup>st</sup> 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
	Lindzi Bromilow	2.18		12/09/1999		County Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf</a>
	Rachel Stoakley	3.38		10/09/2000	Macclesfield	Cheshire Relay Champs	<a href="https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf">https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf</a>
	Stephanie Blackwell	3.59		09/09/2001	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf">https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf</a>
	Emily Clark	4.04		05/06/2005	Blackburn	NoE YA Northern 1W	<a href="#">AW June 15, 2005 - vol.59 no.24</a>
	Amy Williams	4.05		23/08/2008	Manchester	NW CE Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Tamsin O'Keefe	4.15		15/09/2013	Macclesfield	Cheshire Multi-events	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=93264&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=93264&amp;pagenum=2</a>
	<b>Long Jump - Indoor</b>						
	Tamsin O'Keefe	3.43	i	11/11/2012	Sportcity	Dash Quad	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u13	<b>Long Jump</b>						
	Sarah Devoy	4.06		27/03/1999	Eirias Park	Colwyn Bay Junior GP	<a href="#">AW March 31, 1999 - vol.53 no.13</a>
	Sarah Devoy	4.08		18/04/1999	Eirias Park	Colwyn Bay GP Final	<a href="#">AW April 21, 1999 - vol.53 no.16</a>
	Stephanie Blackwell	4.18		16/06/2002	Kelsterton	Deeside Games	<a href="#">AW June 19, 2002 - vil.56 no.25</a>
	Stephanie Blackwell	4.33		15/09/2002	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/results/ME/2002/U11CE2002.jpg">https://www.cheshireaa.com/results/ME/2002/U11CE2002.jpg</a>
	Amy Williams	4.54		21/06/2009	Wigan	McCain UK YAL N 1W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=25490">https://thepowerof10.info/results/results.aspx?meetingid=25490</a>
	Amy Williams	4.69		28/06/2009	Birmingham	ISA National Ath. Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Amy Williams	4.86		11/04/2010	Wavertree	EG Memorial Meet	<a href="https://thepowerof10.info/results/results.aspx?meetingid=37487">https://thepowerof10.info/results/results.aspx?meetingid=37487</a>
	Amy Williams	5.10		17/04/2010	Birmingham	Birchfield open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Amy Williams	5.10		08/05/2010	Macclesfield	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Amy Williams	5.35		16/05/2010	Bebington	McCain UK YAL N Prem W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=36926">https://thepowerof10.info/results/results.aspx?meetingid=36926</a>
#	Amy Williams	5.40		23/06/2010	Bedford	ISA National Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u13	<b>Long Jump - Indoor</b>						
	Amy Williams	4.61	i	22/11/2009	Connah's Quay	Deeside Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=31788">https://thepowerof10.info/results/results.aspx?meetingid=31788</a>
	Amy Williams	4.95	i	12/12/2009	Sheffield	Northern indoor open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=32360">https://thepowerof10.info/results/results.aspx?meetingid=32360</a>
#	Amy Williams	5.01	i	16-17/01/2010	EIS Sheffield	NA Indoor Championships	<a href="https://www.northernathletics.co.uk/results-index">https://www.northernathletics.co.uk/results-index</a>
	Amy Williams	5.01	i	21/02/2010	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=32357">https://thepowerof10.info/results/results.aspx?meetingid=32357</a>
u15	<b>Long Jump</b>						
	Alicia Bateson	4.93		10/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Alicia Bateson	5.32		28/06/1998	Salford	MacDonalds YAL NW1	<a href="#">AW July 1, 1998 - vol.52 no.27</a>
#	Sian Kelman	5.39		20/08/2005	Cudworth	NoEAA Inter Counties	<a href="https://www.cheshireaa.com/results/PDFarchive/NoEAAICTF2005.pdf">https://www.cheshireaa.com/results/PDFarchive/NoEAAICTF2005.pdf</a>
	<b>Long Jump - Indoor</b>						
	Olivia Montez-Brown	4.60	i	22/11/2009	Connah's Quay	Deeside Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=31788">https://thepowerof10.info/results/results.aspx?meetingid=31788</a>
	Olivia Montez-Brown	4.64	i	03/01/2010	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=32359">https://thepowerof10.info/results/results.aspx?meetingid=32359</a>

##	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 <sup>st</sup> 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					
	Olivia Montez-Brown	4.89	i	10/01/2010	Sportcity	Reebok Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=32358">https://thepowerof10.info/results/results.aspx?meetingid=32358</a>
	Olivia Montez-Brown	5.00	i	09/01/2011	Connah's Quay	Deeside Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=47945">https://thepowerof10.info/results/results.aspx?meetingid=47945</a>
#	Abigail Pawlett	5.30	i	29/01/2017	Sheffield	Festival Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Abigail Pawlett	5.30	i	05/02/2017	Sheffield	NA U13 / U15 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
u17	Long Jump						
	Alexis Ithell	4.66		09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Alicia Bateson	4.95		08/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Alicia Bateson	4.95		12/06/1999	Macclesfield	Cheshire Schools Champs	<a href="https://www.esaa.net/oldindex.shtml">https://www.esaa.net/oldindex.shtml</a>
	Sian Kelman	5.36		13/05/2006	Warrington	Cheshire Championships	Po10 & <a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Sian Kelman	5.36		05/05/2007	Stanney	North of England League	Po10 & <a href="https://www.northernathletics.co.uk/download/tf-league-results-2007/">https://www.northernathletics.co.uk/download/tf-league-results-2007/</a>
	Sian Kelman	5.47		12/05/2007	Macclesfield	Cheshire Championships	Po10 & <a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
#	Sian Kelman	5.55		26/05/2007	Leeds	NoEAA U17/U15 Champs	<a href="https://www.northernathletics.co.uk/results-index/2007-results-index/">https://www.northernathletics.co.uk/results-index/2007-results-index/</a>
u17	Long Jump - Indoor						
	Sian Kelman	5.07	f i	22-23/01/2006	EIS Sheffield	NoE Junior Championships	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2006/">https://www.northernathletics.co.uk/download/na-indoor-results-2006/</a>
	Sian Kelman	5.12	f i	09/12/2006	EIS Sheffield	NoEAA indoor open	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2006/">https://www.northernathletics.co.uk/download/na-indoor-results-2006/</a>
	Sian Kelman	5.26	f i	20/01/2007	Sheffield	NoEAA Indoor Champs	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2007/">https://www.northernathletics.co.uk/download/na-indoor-results-2007/</a>
#	Olivia Montez-Brown	5.49	i	01/12/2012	Emirates Arena	SIAB Schools Pentathlon	<a href="http://www.esaa.net/oldindex.shtml">http://www.esaa.net/oldindex.shtml</a>
u20	Long Jump						
	Samantha Withers	4.97		11/04/1998	Eirias Park	Colwyn Bay Open	'Pioneer' 15/04/1998 Page 46 - <a href="#">AW April 15, 1998 - Vol.52 no.16</a>
	Sian Kelman	5.08		03/05/2008	Stanney	NL 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13444">https://thepowerof10.info/results/results.aspx?meetingid=13444</a>
	Sian Kelman	5.21		10/05/2008	Stanney	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Sian Kelman	5.39		07/06/2008	Wavertree	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13443">https://thepowerof10.info/results/results.aspx?meetingid=13443</a>
	Sian Kelman	5.46	w+0.5 f	15/06/2008	Sportcity	NA s/ u20 Champs	<a href="https://www.northernathletics.co.uk/download/na-tf-results-2008/">https://www.northernathletics.co.uk/download/na-tf-results-2008/</a>
	Sian Kelman	5.61		27/07/2008	Deeside	National Junior League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12846">https://thepowerof10.info/results/results.aspx?meetingid=12846</a>
	Sian Kelman	5.63		31/08/2008	Cudworth	NoE Promotion match	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13409">https://thepowerof10.info/results/results.aspx?meetingid=13409</a>
#	Olivia Montez-Brown	5.82		12/07/2014	Birmingham	ESAA T&F Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 7
u20	Long Jump - Indoor						
	Danielle Erskine	4.63	i	02/01/2011	Sportcity	Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=43123&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=43123&amp;pagenum=2</a>
	Danielle Erskine	4.92	i	20/02/2011	Sportcity	Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=43122&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=43122&amp;pagenum=2</a>
	Danielle Erskine	5.06	i	06/03/2011	Sportcity	Manchester Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=43121&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=43121&amp;pagenum=2</a>
	Danielle Erskine	5.18	i	15/01/2012	EIS Sheffield	NoE Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Olivia Montez-Brown	5.49	i	01/12/2012	Emirates Arena	SIAB Schools Pentathlon	<a href="https://thepowerof10.info/results/results.aspx?meetingid=72726">https://thepowerof10.info/results/results.aspx?meetingid=72726</a>
#	Olivia Montez-Brown	5.80	i	28/02/2015	Sheffield	EA U15/ U17/ U20 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 6



**## 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<sup>st</sup> 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
SW Long Jump	Joy Carsons	3.43		11/04/1998	Eirias Park	Colwyn Bay Open	'Pioneer' 15/04/1998 Page 46 - <a href="#">AW April 15, 1998 - Vol.52 no.16</a>
	Heather Lowry	3.94		06/06/1999	Warrington	NoE WL 4W	<a href="#">paper records end 2000 - AW June 9, 1999 - vol.53 no.23</a>
	Gemma Ashton	4.39		01/08/1999	Warrington	NoE WL 4W	<a href="#">AW August 4, 1999 - vol.53 no.31</a>
	Gemma Ashton	4.45		01/05/2004	Stockport	Northern WL	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>
	Catriona Boyd	4.73		07/08/2005	Stockport	3W - Northern League	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2005/">https://www.northernathletics.co.uk/download/tf-league-results-2005/</a>
	Danielle Erskine	4.94		17/05/2014	Macclesfield	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 4
	Danielle Erskine	5.36		23/05/2015	Stretford	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Olivia Montez-Brown	5.73	w+0.9	03/04/2016	Sioux Falls SD	Vance Butler Invitational	<a href="https://goaugie.com/documents/2016/4/3/Vance_butler_Results.pdf">https://goaugie.com/documents/2016/4/3/Vance_butler_Results.pdf</a>
<b>##</b>	Olivia Montez-Brown	5.91	w+1.8	10/04/2016	Sioux Falls SD	Sioux Falls Invitational	<a href="https://siouxfalls_ftp.sidearmsports.com/custompages/pdf9/4725944.pdf">https://siouxfalls_ftp.sidearmsports.com/custompages/pdf9/4725944.pdf</a>
SW Long Jump - <b>Indoor</b>	Danielle Erskine	5.21	i	21/02/2015	Sheffield	BUCS Indoor Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 5
	Olivia Montez-Brown	5.44	i	29/01/2016	Minneapolis MN	Jack Johnson Classic	<a href="https://thepowerof10.info/results/results.aspx?meetingid=161266">https://thepowerof10.info/results/results.aspx?meetingid=161266</a>
	Olivia Montez-Brown	5.77	i	06/02/2016	Mankato MN	Ted Nelson Classic	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
<b>#</b>	Olivia Montez-Brown	5.85	i	07/01/2017	Mankato MN	Minnesota State - Alumni	<a href="https://thepowerof10.info/results/results.aspx?meetingid=192745">https://thepowerof10.info/results/results.aspx?meetingid=192745</a>
v35 Long Jump	Jules Wilkins	2.86		28/05/2006	Stockport	Rd1 Cheshire League	<a href="#">WCAC 2006 Stats</a>
<b>#</b>	Nicola Gore	2.88		06/08/2022	Blackburn	NoE League West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445768">https://thepowerof10.info/results/results.aspx?meetingid=445768</a>
v40 Long Jump	Debra Erskine	3.28		20/04/2008	Stockport	Cheshire League Rd1 M3	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
v45 Long Jump							
v65 Long Jump	Cath McGrath	1.45		23/06/2019	Bury	Northern Masters Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=284572">https://thepowerof10.info/results/results.aspx?meetingid=284572</a>
v70 Long Jump							
<b>Pole Vault</b>							
u15 Pole Vault	Lauren Jones	1.60		14/05/2016	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2016/2016%20TFC%20Results.pdf">https://www.cheshireaa.com/results/TFC/2016/2016%20TFC%20Results.pdf</a>

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Lauren Jones	1.70		19/06/2016	Darlington	YDL N Premier 2	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page2
	Lauren Jones	1.90		16/07/2016	Bebington	N P 2 YDL Lower	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Lauren Jones	1.90		20/05/2017	Leeds, South	YDL N Premier 1	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Lauren Jones	1.90		10/06/2017	Macclesfield	Cheshire Schools Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Lauren Jones	2.10		17/06/2017	Birmingham	Mason Trophy _ Schools'	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
u17	Pole Vault						
	Gemma Hale	1.70		01/05/2010	Stanney	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=37056">https://thepowerof10.info/results/results.aspx?meetingid=37056</a>
	Gemma Hale	1.70		02/05/2010	Wigan	McCain UK YAL N Prem W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=36937">https://thepowerof10.info/results/results.aspx?meetingid=36937</a>
	Gemma Hale	1.80		16/05/2010	Bebington	McCain UK YAL N Prem W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=36926">https://thepowerof10.info/results/results.aspx?meetingid=36926</a>
	Gemma Hale	1.80		18/07/2010	Stanney	McCain UK YAL N Prem W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=36888">https://thepowerof10.info/results/results.aspx?meetingid=36888</a>
	Chelsea Butler	1.90		07/05/2011	Stanney	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=50646">https://thepowerof10.info/results/results.aspx?meetingid=50646</a>
	Chelsea Butler	1.90		22/05/2011	Preston	McCain UK YAL N Prem W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=51612">https://thepowerof10.info/results/results.aspx?meetingid=51612</a>
#	Chelsea Butler	2.00		04/06/2011	Warrington	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=50645">https://thepowerof10.info/results/results.aspx?meetingid=50645</a>
	Lauren Jones	2.00		12/05/2018	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2018.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2018.aspx</a>
	Lauren Jones	2.00		27/05/2018	Stanney	N W1 YDL upper	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Lauren Jones	2.00		09/06/2018	Warrington	Cheshire Schools Champs	<a href="https://www.cheshireschoolsaa.co.uk/results-2018">https://www.cheshireschoolsaa.co.uk/results-2018</a>
	Lauren Jones	2.00		01/07/2018	Leigh	N W1 YDL upper	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> 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	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234459">https://thepowerof10.info/results/results.aspx?meetingid=234459</a>
	Lauren Dimbylow	2.20		12/05/2018	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2018.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2018.aspx</a>
	Lauren Dimbylow	2.20		09/06/2018	Warrington	Cheshire Schools Champs	<a href="https://www.cheshireschoolsaa.co.uk/results-2018">https://www.cheshireschoolsaa.co.uk/results-2018</a>
##	Lauren Dimbylow	2.50		08/07/2018	York	NoE League Division 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=234461">https://thepowerof10.info/results/results.aspx?meetingid=234461</a>
SW	Pole Vault						
	Niamh Reilly	1.70		06/06/2009	Litherland	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=23581">https://thepowerof10.info/results/results.aspx?meetingid=23581</a>
	Niamh Reilly	1.70		01/05/2010	Stanney	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=37056">https://thepowerof10.info/results/results.aspx?meetingid=37056</a>
#	Nola Harrison	2.00		07/05/2011	Stanney	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=50646">https://thepowerof10.info/results/results.aspx?meetingid=50646</a>
	Nicola Gore	2.00		05/05/2012	Blackpool	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=62848">https://thepowerof10.info/results/results.aspx?meetingid=62848</a>
v35							

## Triple Jump

u15 Triple Jump

##	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 <sup>st</sup> 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					
	Olivia Montez-Brown	10.15		17/04/2010	Wavertree	Liverpool Throws & Jumps	<a href="https://thepowerof10.info/results/results.aspx?meetingid=36115">https://thepowerof10.info/results/results.aspx?meetingid=36115</a>
#	Olivia Montez-Brown	10.44		08/05/2010	Macclesfield	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
U15	Triple Jump		Indoor				
	Mae Grant	9.73	i	20/01/2024	Connah's Quay	N Wales Regional Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=580350">https://www.thepowerof10.info/results/results.aspx?meetingid=580350</a>
#	Mae Grant	10.01	i	11/02/2024	EIS Sheffield	EA u15/u17/u20 Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=579121&amp;pagenum=6">https://www.thepowerof10.info/results/results.aspx?meetingid=579121&amp;pagenum=6</a>
u17	Triple Jump						
	Caroline Gore	9.37		09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Gemma Sharples	10.78		12/06/1999	Macclesfield	Cheshire Schools Champs	<a href="https://www.esaa.net/oldindex.shtml">https://www.esaa.net/oldindex.shtml</a>
	Olivia Montez-Brown	10.84		08/05/2011	Macclesfield	McCain UK YAL N Prem W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=51612">https://thepowerof10.info/results/results.aspx?meetingid=51612</a>
#	Olivia Montez-Brown	11.35		21/04/2012	Deeside	Cheshire League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
u17	Triple Jump		Indoor				
	Stephanie Owens	8.66	i	07/01/2006	Sportcity	Sale H Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=386">https://thepowerof10.info/results/results.aspx?meetingid=386</a>
#	Olivia Montez-Brown	10.22	i	20/11/10	EIS Sheffield	NoE Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> 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	<a href="https://thepowerof10.info/results/results.aspx?meetingid=50644">https://thepowerof10.info/results/results.aspx?meetingid=50644</a>
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	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2006/">https://www.northernathletics.co.uk/download/tf-league-results-2006/</a>
	Danielle Erskine	10.03		30/04/2022	Stanney	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445765">https://thepowerof10.info/results/results.aspx?meetingid=445765</a>
	Danielle Erskine	10.06	w+0.2	14/05/2022	Macclesfield	Cheshire Championships	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=456996&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=456996&amp;pagenum=2</a>
	Danielle Erskine	10.10		10/07/2022	Wigan	NoE League West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445767">https://thepowerof10.info/results/results.aspx?meetingid=445767</a>
	Danielle Erskine	10.16		06/08/2022	Blackburn	NoE League West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445768">https://thepowerof10.info/results/results.aspx?meetingid=445768</a>
	Danielle Erskine	10.22		27/08/2022	Doncaster	NoE Premier final	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445777">https://thepowerof10.info/results/results.aspx?meetingid=445777</a>
	Danielle Erskine	10.26	w+0.2	13/05/2023	Stanney	Cheshire Championship	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=524013&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=524013&amp;pagenum=2</a>
	Danielle Erskine	10.31		18/06/2023	Bebington	Northern L West Prem	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516643">https://www.thepowerof10.info/results/results.aspx?meetingid=516643</a>
	Danielle Erskine	10.36		02/07/2023	Blackburn	NoE W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516644">https://www.thepowerof10.info/results/results.aspx?meetingid=516644</a>
	Favour Akpan	10.87		15/08/2023	Stretford	Trafford GP	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=519497&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=519497&amp;pagenum=2</a>
##	Favour Akpan	11.51	w+1.0	13/04/2024	Wavertree	Liverpool Throws & Jumps	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=589289">https://www.thepowerof10.info/results/results.aspx?meetingid=589289</a>
SW	Triple Jump		Indoor				

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
#	Favour Akpan	11.36		23/02/2024	EIS Sheffield	BUCS Indoor Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=581737&amp;pagenum=6">https://www.thepowerof10.info/results/results.aspx?meetingid=581737&amp;pagenum=6</a>

v35

## Discus

u13 **0.75kg**

	Sarah Devoy	15.03		09/05/1998	Crewe	Cheshire Champs	<a href="#">newsletter Vol2No2</a>   <a href="#">paper records end 2000</a>   <a href="#">AW May 13, 1998 - vol.52 no.20</a>
	Stephanie Owens	19.90		13/09/2003	Colwyn Bay	Colwyn Bay Games	<a href="#">AW September 17, 2003 - vol.57 no.38</a>
	Evie Tipping	20.43		10/05/2015	Connah's Quay	Cheshire League	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=129768&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=129768&amp;pagenum=2</a>
	Evie tipping	22.59		26/09/2015	Wrexham	Wrexham Final Fling	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=128145">https://www.thepowerof10.info/results/results.aspx?meetingid=128145</a>
	Isla Shillington	24.00		07/05/2017	Stanney	Cheshire League	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=190560&amp;pagenum=3">https://www.thepowerof10.info/results/results.aspx?meetingid=190560&amp;pagenum=3</a>
	Isla Shillington	24.42		03/07/2017	Stanney	Yr7 Cheshire/Merseyside	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=210750">https://www.thepowerof10.info/results/results.aspx?meetingid=210750</a>
#	Isla Shillington	26.34		23/09/2017	Wrexham.	Wrexham AC Final Fling	<a href="https://thepowerof10.info/results/results.aspx?meetingid=201297">https://thepowerof10.info/results/results.aspx?meetingid=201297</a>

u13 **1kg**

	Emily Ball	17.31		19/07/2010	Telford	Shrop. v Stafford Yr 7 & 8	<a href="https://thepowerof10.info/results/results.aspx?meetingid=40008">https://thepowerof10.info/results/results.aspx?meetingid=40008</a>
	Satine Wearden	17.33		13/06/2022	Trafford	ESSA school cup semi-Final	? – not on Po10 – Officials qualifications?

u15 **1kg**

	Hannah Povey		<b>Boys mark!</b>	03/05/1998	Oldham	NWL	<a href="#">newsletter Vol2 No2</a>
	Frances Elizabeth O'Neill	19.65		07/05/2000	Ormskirk	NWL	<a href="#">paper records end 2000</a>
	Lauren Hunt	21.69		10/05/2003	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm">https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm</a>
	Lauren Hunt	24.28		24/05/2003	Wavertree	North of England	<a href="https://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm">https://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm</a>
	Lauren Hunt	25.50		01/06/2003	Pendle	UKA YA North 1W	<a href="#">AW June 11, 2003 - vol.57 no.24</a>
	Lauren Hunt	26.92		29/06/2003	Macclesfield	UKA YA League N 1W	<a href="#">AW July 16, 2003 - vol.57 no.29</a>
	Lauren Hunt	33.67		06/06/2004	Bebington	NoE N 1W	<a href="#">AW June 9, 2004 - vol.58 no.24</a>
#	Isobel Griffin Morris	38.63		31/08/2014	Bedford	EA U15/U17 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 6

u17 **1kg** Discus

	Caroline Gore	30.49		09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Caroline Gore	30.61		13/06/1998	Crewe	Cheshire Schools Champs	<a href="https://www.esaa.net/oldindex.shtml">https://www.esaa.net/oldindex.shtml</a>
	Caroline Gore	30.80		08/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Caroline Gore	33.12		01/08/1999	Scunthorpe	North of England Champs	<a href="#">paper records end 2000</a>
	Lauren Hunt	33.67		06/06/2004	Bebington	Young Athletes League	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>   <a href="#">AW June 9, 2004, vol.58 no.24</a>
	Lauren Hunt	34.45	final	28-29/05/2005	Cudworth	NoEAA Junior Champs	<a href="https://www.northernathletics.co.uk/download/na-tf-results-2005/">https://www.northernathletics.co.uk/download/na-tf-results-2005/</a>
	Lauren Hunt	35.48		11/06/2005	Macclesfield	Cheshire Schools Champs	<a href="https://www.esaa.net/oldindex.shtml">https://www.esaa.net/oldindex.shtml</a>

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Lauren Hunt	37.72		26/06/2005	Warrington	UKA YA N 1W	<a href="#">AW November 9, 2005 - vol.59 no.45</a>
	Emily Ball	38.25		05/05/2013	Isle of Man	NoE 2W	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emily Ball	38.82		09/08/2014	Bebington	NA 2W	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Isobel Griffin Morris	40.08		11/04/2015	Wavertree	Liverpool Throws & Jumps	<a href="https://thepowerof10.info/results/results.aspx?meetingid=129117">https://thepowerof10.info/results/results.aspx?meetingid=129117</a>
	Isobel Griffin Morris	40.83		28/06/2015	Stockport	YDL N W2 upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=132392">https://thepowerof10.info/results/results.aspx?meetingid=132392</a>
	Isobel Griffin Morris	41.20		12/09/2015	Wavertree	Liverpool Throws & Jumps	<a href="https://thepowerof10.info/results/results.aspx?meetingid=144019">https://thepowerof10.info/results/results.aspx?meetingid=144019</a>
	Isobel Griffin Morris	44.98		24/07/2016	Ellesmere Port	YDL Upper Division NW 2	<a href="https://thepowerof10.info/results/results.aspx?meetingid=159457">https://thepowerof10.info/results/results.aspx?meetingid=159457</a>
<b>##</b>	Isobel Griffin Morris	46.48		04/09/2016	Wrexham	Cheshire League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
u20	<b>1kg</b>						
	Lorraine Stocker	15.38		05/07/1998	Stockport	Northern WL	<a href="#">newsletter Vol2 No2</a>
	Amanda Gore	25.92		08/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Caroline Gore	32.39		13/08/2000	Warrington	National Junior League	<a href="#">paper records end 2000</a>
	Caroline Gore	32.87		09/06/2001	Stoke	Cheshire Schools Champs	<a href="https://www.esaa.net/2001/tf/chesh/chesh01.html">https://www.esaa.net/2001/tf/chesh/chesh01.html</a>
	Nicola Gore	33.36		27/04/2003	Trafford	NJL N Mersey	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>
	Nicola Gore	33.88		31/08/2003	Watford	Inter Area u20 match	<a href="https://www.cheshire-live.co.uk/sport/other-sport/debut-joy-pair-aces-5306925">https://www.cheshire-live.co.uk/sport/other-sport/debut-joy-pair-aces-5306925</a>
	Lauren Hunt	35.43		05/05/2007	Stanney	Northern League	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2007/">https://www.northernathletics.co.uk/download/tf-league-results-2007/</a>
	Lauren Hunt	35.43		29/07/2007	Stanney	NJL N Mersey	<a href="#">AW August 2, 2007 - vol.63 (61) no31</a>
	Lauren Hunt	37.53		12/04/2008	Wavertree	Liverpool Throws & Jumps	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12668">https://thepowerof10.info/results/results.aspx?meetingid=12668</a>
	Emily Ball	39.52		28/06/2015	Stockport	YDL N W2 upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=132392">https://thepowerof10.info/results/results.aspx?meetingid=132392</a>
	Emily Ball	39.55		12/07/2015	Stanney	NoE 2W	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
<b>#</b>	Emily Ball	40.10		26/07/2015	Stanney	YDL N W2 upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=132393">https://thepowerof10.info/results/results.aspx?meetingid=132393</a>
SW	<b>1kg Discus</b>						
	Caroline Gore	29.85		06/05/2001	I of Man	Northern WL div3	<a href="#">AW May 9, 2001 - vol.55 no19</a>
	Nicola Gore	35.20		15-16/05/2004	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm">https://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm</a>
	Nicola Gore	36.01		19/06/2004	Wavertree	NoEAA Senior Champs	<a href="https://www.northernathletics.co.uk/download/na-tf-results-2004/">https://www.northernathletics.co.uk/download/na-tf-results-2004/</a>
	Nicola Gore	37.33		04/07/2004	Stretford	NoE N 2W	<a href="#">Aw July 7, 2004 - vol.58 no.28</a>
	Nicola Gore	37.47		31/07/2004	Deeside	NoE N 2W	<a href="#">from CD end Aug'04 (old website@gq.nu) -   - AW August 4 2004 - vol.58 no.32</a>
	Nicola Gore	40.47		05/05/2007	Stanney	Norther League	Po10   <a href="https://www.northernathletics.co.uk/download/tf-league-results-2007/">https://www.northernathletics.co.uk/download/tf-league-results-2007/</a>
<b>#</b>	Nicola Gore	41.17		01/09/2007	Wavertree	NoE Promotion	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2007/">https://www.northernathletics.co.uk/download/tf-league-results-2007/</a>
v35	<b>1kg</b>						
	Nicola Gore	32.21		30/04/2022	Stanney	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445765">https://thepowerof10.info/results/results.aspx?meetingid=445765</a>
<b>#</b>	Nicola Gore	34.08		12/06/2022	Stretford	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445766&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=445766&amp;pagenum=2</a>
v40	<b>1kg</b>						

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
		Helen Tooley		12/05/2018	Macclesfield	Cheshire Champs	<a href="https://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2018.aspx">https://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2018.aspx</a>
#		Helen Tooley		24/05/2018	Cosford	RAF Presidents Cup	<a href="https://thepowerof10.info/athletes/profile.aspx?athleteid=524604">https://thepowerof10.info/athletes/profile.aspx?athleteid=524604</a>
v45	<b>1kg</b>	Discus					
		Debra Erskine		14/08/2011	Stretford	NoE 2W	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
		Debra Erskine		18/08/2012	Leigh	NoE Promotion	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
		Helen Tooley		30/09/2018	Wrexham	Final Fling	<a href="https://thepowerof10.info/results/results.aspx?meetingid=250154">https://thepowerof10.info/results/results.aspx?meetingid=250154</a>
#		Sharon Stoll		08/08/2020	Stretford	Trafford Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=407326">https://thepowerof10.info/results/results.aspx?meetingid=407326</a>
v50	<b>1kg</b>	Discus					
		Jenny Manning		02/05/1999	Lancaster	Northern WL	paper records end 2000
		Sharon Stoll		09/05/2021	Stretford	Trafford Open Series	<a href="https://thepowerof10.info/results/results.aspx?meetingid=413049">https://thepowerof10.info/results/results.aspx?meetingid=413049</a> Page 3
		Sharon Stoll		09/04/2022	Wavertree	Jumps & Throws	<a href="https://thepowerof10.info/results/results.aspx?meetingid=451727">https://thepowerof10.info/results/results.aspx?meetingid=451727</a>
		Sharon Stoll		23/04/2022	Macclesfield	Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445738&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=445738&amp;pagenum=2</a>
#		Sharon Stoll		13/04/2024	Wavertree	Liverpool Throws & Jumps	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=589289">https://www.thepowerof10.info/results/results.aspx?meetingid=589289</a>
v55	<b>1kg</b>						
v60	<b>1kg</b>						
		Debra Erskine		18/06/2023	Bebington	Northern L West Prem	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516643&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=516643&amp;pagenum=2</a>
#		Debra Erskine		02/07/2023	Blackburn	NoE W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516644&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=516644&amp;pagenum=2</a>
v65	<b>1kg</b>	Discus					
		Cath McGrath		15/05/2019	Burnley	N Masters League	<a href="https://thepowerof10.info/results/results.aspx?meetingid=292845">https://thepowerof10.info/results/results.aspx?meetingid=292845</a>
#		Cath McGrath		23/06/2019	Bury	Northern Masters Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=284572">https://thepowerof10.info/results/results.aspx?meetingid=284572</a>
v70	<b>1kg</b>						
<b>Hammer</b>							
u13	<b>3kg</b>	Hammer					
		Evie Tipping		26/09/2015	Wrexham	Final Fling Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=128145">https://thepowerof10.info/results/results.aspx?meetingid=128145</a>
		Isla Shillington		23/09/2017	Wrexham	Final Fling Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=201297">https://thepowerof10.info/results/results.aspx?meetingid=201297</a>
#		Kara Stoll		28/09/2019	Wrexham	Final Fling Open Meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=313404">https://thepowerof10.info/results/results.aspx?meetingid=313404</a>
u15	<b>3kg</b>	Hammer					

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Alison Riley		<b>Boys mark!</b>	27/06/1998	Wrexham	School Multi-events	<a href="#">newsletter Vol2 No2</a>
	Stephanie Owens	37.94		24/05/2005	Stretford	Trafford Grand Prix	<a href="https://thepowerof10.info/results/results.aspx?meetingid=143">https://thepowerof10.info/results/results.aspx?meetingid=143</a>
	Stephanie Owens	38.98		16/08/2005	Stretford	Trafford Grand Prix	<a href="#">AW August 24, 2005 - vol.59 no.34</a>
	Evie Tipping	41.39		23/04/2016	Hull	YDL U13/U15 N Premier 2	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Evie Tipping	42.69		13/08/2016	Middlesbrough	NA u13/ u15/ u17 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Evie Tipping	43.72		14/08/2016	Middlesbrough	NA u13/ u15/ u17 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 4
	Evie Tipping	45.49		13/05/2017	Warrington	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Evie Tipping	46.00		17/06/2017	Birmingham	ESAA Mason Trophy	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 4
	Evie Tipping	46.79		18/06/2017	SportCity	YDL N Premier 1 lower	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Evie Tipping	47.57		15/07/2017	Preston	YDL N Premier 1 lower	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Evie Tipping	49.89		09/09/2017	Wavertree	Liverpool Throws & Jumps	<a href="https://thepowerof10.info/results/results.aspx?meetingid=213307">https://thepowerof10.info/results/results.aspx?meetingid=213307</a>
u17	<b>4kg</b>	<b>&gt; 2014</b>	Hammer				
	Amanda Gore	21.75		03/05/1998	Oldham	Northern WL	<a href="#">newsletter Vol2No2</a>
	Nicola Gore	23.92		12/05/2001	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf">https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf</a>
	Nicola Gore	25.69		17/06/2001	Macclesfield	McDonalds YAL	<a href="#">from CD end Aug'04 (old website@gq.nu)</a>
	Stephanie Owens	35.48		26/02/2006	Wythenshawe	Hammer open meeting	<a href="https://thepowerof10.info/results/results.aspx?meetingid=4140">https://thepowerof10.info/results/results.aspx?meetingid=4140</a>
	Stephanie Owens	37.72		23/04/2006	Stanney	NJL NP Mersey	<a href="https://thepowerof10.info/results/results.aspx?meetingid=1085">https://thepowerof10.info/results/results.aspx?meetingid=1085</a>
	Stephanie Owens	37.72		07/05/2006	Bebington	NJL NP Mersey	<a href="#">AW May 11, 2006 - vol.61 (60) no.19</a>
	Stephanie Owens	39.13		11/06/2006	Wigan	NJL NP Mersey	<a href="https://thepowerof10.info/results/results.aspx?meetingid=2017">https://thepowerof10.info/results/results.aspx?meetingid=2017</a>
	Stephanie Owens	40.70		06/08/2006	Ashton	W2 m4 - Northern League	<a href="https://www.northernathletics.co.uk/download/na-tf-results-2004/">https://www.northernathletics.co.uk/download/na-tf-results-2004/</a>
#	Stephanie Owens	48.69		31/03/2007	Wavertree	Throws & Jumps Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=5467">https://thepowerof10.info/results/results.aspx?meetingid=5467</a>
	<b>3kg</b>	<b>2014 &gt;</b>	Hammer				
	Victoria Smith	7.33		27/07/2014	Stockport	N W2 YDL upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=103239">https://thepowerof10.info/results/results.aspx?meetingid=103239</a>
	Isobel Griffin Morris	42.89		28/06/2015	Stockport	N W2 YDL upper	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Isobel Griffin Morris	43.18		24/07/2016	Ellesmere Port	N W2 YDL upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=159457">https://thepowerof10.info/results/results.aspx?meetingid=159457</a>
#	Evie Tipping	52.12		29/04/2018	Bebington Oval	N W1 YDL upper	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
u20	<b>4kg</b>		Hammer				
	Amanda Gore	25.88		08/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Nicola Gore	28.03		27/04/2003	Stretford	NJL NP Mersey	<a href="#">AW April 30, 2003 - vol.57 no18</a>
	Nicola Gore	28.72		09/05/2003	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm">https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm</a>
	Nicola Gore	30.31		24/05/2003	Wavertree	North of England	<a href="#">from CD end Aug'04</a>   <a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>
	Stephanie Owens	46.72		29/07/2008	Stretford	Trafford Grand Prix	<a href="https://thepowerof10.info/results/results.aspx?meetingid=11560">https://thepowerof10.info/results/results.aspx?meetingid=11560</a>
##	Stephanie Owens	50.12		12/08/2008	Stretford	Trafford Grand Prix	<a href="https://thepowerof10.info/results/results.aspx?meetingid=11559">https://thepowerof10.info/results/results.aspx?meetingid=11559</a>

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
SW	<b>4kg</b>	Hammer					
		Amanda Gore	21.60		12/05/2001	Warrington	Cheshire Championships <a href="https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf">https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf</a>
		Nicola Gore	29.25	#	15-16/05/2004	Warrington	Cheshire Championships <a href="https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf">from CD end Aug'04 (old website@gq.nu)</a>
		Kelly Roberts	36.15		01/05/2005	Stanney	Northern T&F 2005 3W (m1) <a href="https://www.northernathletics.co.uk/download/tf-league-results-2005/">https://www.northernathletics.co.uk/download/tf-league-results-2005/</a>
		Nicola Gore	36.72		31/08/2008	Cudworth	NoE Promotion match <a href="https://thepowerof10.info/results/results.aspx?meetingid=13409">https://thepowerof10.info/results/results.aspx?meetingid=13409</a>
		Jenni Potter	37.96		15/03/2015	Preston	Lancaster Cup 2015 <a href="https://thepowerof10.info/results/results.aspx?meetingid=135207">https://thepowerof10.info/results/results.aspx?meetingid=135207</a>
		Steph Owens	47.16		06/05/2017	York	Div 1 - Northern League <a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	#	Steph Owens	47.93		13/05/2017	Wrexham	N Wales Regional Champs <a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
v35	<b>4kg</b>	Hammer					
	#	Nicola Gore	31.60		14/05/2022	Macclesfield	Cheshire Championships <a href="https://thepowerof10.info/results/results.aspx?meetingid=456996&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=456996&amp;pagenum=2</a>
v40	<b>4kg</b>	Hammer					
	#	Helen Tooley	19.66		12/05/2018	Macclesfield	Cheshire Championships <a href="https://thepowerof10.info/results/results.aspx?meetingid=240887">https://thepowerof10.info/results/results.aspx?meetingid=240887</a> – Page 3
v45	<b>4kg</b>	Hammer					
		Debra Erskine	19.34		07/05/2011	Ellesmere Port	NoE 2W <a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
		Debra Erskine	20.20		03/07/2011	Stretford	NoE 2W <a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
		Debra Erskine	21.56		10/09/2011	Cleckheaton	NoE Div 2 Promotion <a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	#	Debra Erskine	24.86		05/05/2012	Blackpool	NoE 2W <a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
v50	<b>3kg</b>	Hammer					
		Sharon Stoll	15.97		09/04/2022	Wavertree	Jumps & Throws <a href="https://thepowerof10.info/results/results.aspx?meetingid=451727">https://thepowerof10.info/results/results.aspx?meetingid=451727</a>
		Sharon Stoll	21.83		23/04/2022	Macclesfield	Open <a href="https://thepowerof10.info/results/results.aspx?meetingid=445738&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=445738&amp;pagenum=2</a>
		Sharon Stoll	24.06		26/03/2023	Stanney	25 <sup>th</sup> Anniversary <a href="https://www.thepowerof10.info/results/results.aspx?meetingid=519673">https://www.thepowerof10.info/results/results.aspx?meetingid=519673</a>
		Sharon Stoll	24.80		27/06/2023	Trafford	Grand Prix <a href="https://www.thepowerof10.info/results/results.aspx?meetingid=519494">https://www.thepowerof10.info/results/results.aspx?meetingid=519494</a>
		Sharon Stoll	25.82		13/04/2024	Wavertree	Liverpool Throws & Jumps <a href="https://www.thepowerof10.info/results/results.aspx?meetingid=589289">https://www.thepowerof10.info/results/results.aspx?meetingid=589289</a>
	#	Sharon Stoll	26.29		06/08/2024	Bury	Trafford AC Grand Prix <a href="https://www.thepowerof10.info/results/results.aspx?meetingid=603236">https://www.thepowerof10.info/results/results.aspx?meetingid=603236</a>
	<b>4kg</b>	<b>SW Competition</b>					
		Jenny Manning	14.51		07/05/2000	Ormskirk	Northern WL <a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx">paper records end 2000</a>
		Debra Erskine	18.94		08/09/2013	Stanney	Cheshire League <a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx</a>
		Debra Erskine	21.25		04/05/2014	Stretford	NoE League Division 2W <a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
		Debra Erskine	23.79		17/05/2014	Macclesfield	Cheshire & Greater Man Ch <a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 4
		Debra Erskine	24.31		07/05/2016	Wakefield	NoE League 1 <a href="https://www.northernathletics.co.uk/download/2016-1-match-1/">https://www.northernathletics.co.uk/download/2016-1-match-1/</a>
		Debra Erskine	24.37		03/07/2016	Ellesmere Port	NA League Division 1 <a href="https://thepowerof10.info/results/results.aspx?meetingid=159264">https://thepowerof10.info/results/results.aspx?meetingid=159264</a>
	#	Debra Erskine	24.40		13/05/2017	Warrington	Cheshire Championship <a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3



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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
v55	<b>3kg</b>	Hammer						
		Debra Erskine	22.75		25/09/2022	Wrexham	Final Fling	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=477361">https://www.thepowerof10.info/results/results.aspx?meetingid=477361</a>
	#	Debra Erskine	24.40		26/03/2023	Stanney	25 <sup>th</sup> Anniversary	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=519673">https://www.thepowerof10.info/results/results.aspx?meetingid=519673</a>
	<b>4kg</b>	<b>SW Competition</b>						
	#	Debra Erskine	23.20		19/05/2019	Blackburn	NoE Division 1	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
v60	<b>3kg</b>	Hammer						
	#	Debra Erskine	23.02		30/5/2023	Stretford	Trafford GP	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=519492&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=519492&amp;pagenum=2</a>
	<b>4kg</b>	<b>SW Competition</b>						
		Debra Erskine	20.47		20/05/2023	Stanney	Northern L West Prem	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516642&amp;pagenum">https://www.thepowerof10.info/results/results.aspx?meetingid=516642&amp;pagenum</a>
	#	Debra Erskine	22.04		18/05/2024	Blackburn	NA League W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=600340">https://www.thepowerof10.info/results/results.aspx?meetingid=600340</a>

## Javelin

u11	Soft Javelin							
		Lindzi Bromilow	8.10		12/09/1999		County Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf</a>
		Rachel Stoakley	9.65		10/09/2000	Macclesfield	Cheshire Relay Champs	<a href="https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf">https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf</a>
		Ruth Pritchard	10.59		09/09/2001	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf">https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf</a>
		Danielle Bentley	13.32		14/09/2003	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf">https://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf</a>
		Dominika Sadczuk	13.36		19/04/2008	Wavertree	Melbourne Trophy	<a href="#">WCAC Statistics</a>
		Amy Williams	14.26		23/08/2008	Manchester	Northwest CE	<a href="#">WCAC Statistics</a>
		Olivia Williams	14.79		07/09/2008	Stanney	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
		Amy Williams	19.24		14/09/2008	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Turbo Javelin							
		Olivia Williams	14.06		19/04/2009	Deeside	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx</a>
		Hannah Bennett	14.99		12/09/2010	Macclesfield	Cheshire Multi-events	<a href="#">WCAC Statistics</a>
	Vortex Javelin							
		Tamsin O'Keefe	17.44		25/06/2011	Sport City	Dash Quad	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
u11	<b>300g</b>							
		Harriet Wheeler	21.87		29/09/2018	Wrexham	Final Fling	<a href="https://thepowerof10.info/results/results.aspx?meetingid=250154">https://thepowerof10.info/results/results.aspx?meetingid=250154</a>
u11	<b>400g</b>							

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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
	Emma Howe	10.90		27/08/2011	Sportcity	NW CE Championships inc. Cheshire	<a href="https://thepowerof10.info/results/results.aspx?meetingid=50169">https://thepowerof10.info/results/results.aspx?meetingid=50169</a>
u13	<b>400g</b>						
	Frances O'Neil	20.04		02/07/1998	Chester	WCAC YA	<a href="#">newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29</a>
	Sarah Devoy	24.22		08/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Sarah Devoy	27.13		22/08/1999	Warrington	Terry Davies Memorial	<a href="#">AW August 25, 1999 - vol.53 no.34</a>
	Sarah Devoy	31.42		04/09/1999	Colwyn Bay	Colwyn Bay Games	<a href="#">AW September 8, 1999 - vol.53 no.36</a>
	# Harriet Wheeler	33.77		26/09/2020	Stretford	Trafford AC Open Meeting	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u15	<b>600g</b>						
	Javelin						
	Sarah Felix-Rogers		<b>Boys mark!</b>	26/04/1998	Crewe	McDonalds YAL	<a href="#">newsletter Vol2 No2</a>
	Sarah Felix-Rogers	19.56		02/07/1998	Chester	WCAC YA	<a href="#">newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29</a>
	Frances Elizabeth O'Neill	23.41		12/06/1999	Macclesfield	Cheshire Schools Championships	<a href="https://www.esaa.net/oldindex.shtml">https://www.esaa.net/oldindex.shtml</a>
	Nicola Gore	24.19		18/07/1999	Crewe	McDonalds YAL	<a href="#">paper records end 2000</a>
	Frances Elizabeth O'Neill	25.44		10/06/2000	Macclesfield	Cheshire Schools Championships	<a href="http://www.esaa.net/oldindex.shtml">http://www.esaa.net/oldindex.shtml</a>
	Laura Stott	27.44		30/04/2006	Stanney	YAL N 1W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=1172">https://thepowerof10.info/results/results.aspx?meetingid=1172</a>
	Emily Fisher	29.73		10/06/2006	Macclesfield	Cheshire Schools Champs	Po10 & <a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Emily Fisher	29.88		08/07/2006	Gateshead	ESAA Championships	Po10 &
	Emily Fisher	30.71		30/07/2006	Gateshead	NoE Inter-Counties Champs	Po10 & <a href="https://www.northernathletics.co.uk/download/na-tf-results-2006/">https://www.northernathletics.co.uk/download/na-tf-results-2006/</a>
u15	<b>500g 2014 &gt;</b>		Javelin				
	Emma Howe	30.32		30/03/2014	Stretford	Trafford Medal Meet	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Howe	31.95		06/04/2014	Warrington	Terry Davies Memorial	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 4
	Emma Howe	34.61		21/04/2014	Stretford	Trafford AC Medal Meeting	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 4
	Emma Howe	36.89		03/05/2014	Stanney	YDL Lower	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Howe	37.09		17/05/2014	Macclesfield	Cheshire County Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 5
	Emma Howe	37.11		14/06/2014	Macclesfield	Cheshire Schools' Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Howe	38.53		15/06/2014	Crewe	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx</a>
	Emma Howe	40.68		11/04/2015	Liverpool	Throws & Jumps	<a href="https://thepowerof10.info/results/results.aspx?meetingid=129117">https://thepowerof10.info/results/results.aspx?meetingid=129117</a>
	Emma Howe	43.07		01/06/2015	Warrington	Cheshire Schools Champs	<a href="https://www.esaa.net/v2/2015/tf/counties/chesh15tf.pdf">https://www.esaa.net/v2/2015/tf/counties/chesh15tf.pdf</a>
	# Harriet Wheeler	44.57		27/08/2022	Bedford	NA Sen/u20/ui7 Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=457044&amp;top=5000&amp;pagenum=5">https://www.thepowerof10.info/results/results.aspx?meetingid=457044&amp;top=5000&amp;pagenum=5</a>
u17	<b>600g</b>						
	Javelin						
	Caroline Gore	27.90		10/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Caroline Gore	31.42		27/06/1999	Carlisle	NW Schools Champs	<a href="#">paper records end 2000</a>
	Emily Fisher	32.36		09/06/2007	Macclesfield	Cheshire Schools Champs	<a href="https://www.esaa.net/oldindex.shtml">https://www.esaa.net/oldindex.shtml</a>
	Emily Fisher	33.77		27/04/2008	Stanney	NJL Mersey	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12374">https://thepowerof10.info/results/results.aspx?meetingid=12374</a>

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Emily Fisher	34.02		03/05/2008	Stanney	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=12374">https://thepowerof10.info/results/results.aspx?meetingid=12374</a>
	Emily Fisher	34.42		04/05/2008	Blackburn	UKA YAL NP	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13199">https://thepowerof10.info/results/results.aspx?meetingid=13199</a>
	Sophie Percival	35.72		05/05/2013	I of Man	NoE 2W	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Sophie Percival	36.00		07/07/2013	Litherland	NoE 2W	<a href="https://www.northernathletics.co.uk/download/div-2w-match-3/">https://www.northernathletics.co.uk/download/div-2w-match-3/</a>
	Sophie Percival	37.47		18/08/2013	Wavertree	Northern Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
#	Emma Howe	41.11		06/08/2016	Blackburn	NoE League Division 1	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u17	<b>500g 2014 &gt;</b>						
	Emily Ball	29.01		01/06/2014	Stanney	YDL Upper	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Howe	40.68		11/04/2015	Wavertree	Throws & Jumps	<a href="https://thepowerof10.info/results/results.aspx?meetingid=129117">https://thepowerof10.info/results/results.aspx?meetingid=129117</a>
	Emma Howe	43.07		13/06/2015	Warrington	Cheshire Schools Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Howe	43.98		08/07/2016	Gateshead	ESAA Schools' Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 9
	Emma Howe	45.04		30/04/2017	Wigan	YDL Upper	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page2
	Emma Howe	47.19		07/05/2017	Stanney	Cheshire League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Emma Howe	48.77		08/07/2017	Birmingham	ESAA Schools' Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 10
	Emma Howe	50.34		01/09/2017	Loughborough	UK School Game	<a href="https://thepowerof10.info/results/results.aspx?meetingid=203523">https://thepowerof10.info/results/results.aspx?meetingid=203523</a>
	Harriet Wheeler	50.61		07/06/2023	University of Birmingham	Birmingham Series	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=532973">https://www.thepowerof10.info/results/results.aspx?meetingid=532973</a>
#	Harriet Wheeler	51.50	Rd3	09/08/2023	Port o Sp, Trinidad	Commonwealth Y Games	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=556000">https://www.thepowerof10.info/results/results.aspx?meetingid=556000</a>
u18	<b>500g IAAF</b>						
	Emma Howe	47.68		18/06/2017	Bedford	EA U20 / U23 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 6
	Emma Howe	47.78		14/04/2018	Liverpool	Throws & Jumps Open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=231349">https://thepowerof10.info/results/results.aspx?meetingid=231349</a>
#	Emma Howe	51.87		13/05/2018	Macclesfield	Cheshire County Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page3
u20	<b>600g Javelin</b>						
	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	<a href="https://thepowerof10.info/results/results.aspx?meetingid=23580">https://thepowerof10.info/results/results.aspx?meetingid=23580</a>
	Emily Fisher	32.79		06/06/2009	Litherland	Northern League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
	Sophie Percival	36.23		12/04/2014	Wavertree	LH Jumps & Throws	<a href="https://thepowerof10.info/results/results.aspx?meetingid=100168">https://thepowerof10.info/results/results.aspx?meetingid=100168</a>
	Sophie Percival	37.10		01/06/2014	Ellesmere Port	YDL Upper	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Sophie Percival	40.28		29/03/2015	Warrington	Warrington Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Sophie Percival	43.22		18/04/2015	Preston	YDL upper N W2	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Sophie Percival	43.53		14/05/2017	Warrington	Cheshire Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Emma Howe	44.13		29/04/2018	Bebington	N W1 YDL upper	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Emma Howe	44.86		13/07/2018	Birmingham	ESAA English Schools' s	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 10
	Emma Howe	44.87		13/07/2019	Birmingham	ESAA Schools' Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 9
##	Emma Howe	45.27		23/07/2019	Stretford	Trafford GP	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
SW <b>600g</b>	Javelin						
	Heather Lowry	23.22		20/06/1998	Belle Vue	Northern WL	<a href="#">paper records end 2000</a>
	Caroline Gore	28.04		09/05/2003	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm">https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm</a>
	Caroline Gore	31.68		03/08/2003	Stretford	NoE WL 3W	<a href="#">AW August 6, 2003 - vol.57 no.32</a>
	Niamh Reilly	33.19		02/05/2009	Warrington	NoE 2W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=23580">https://thepowerof10.info/results/results.aspx?meetingid=23580</a>
	Niamh Reilly	33.31		10/05/2009	Warrington	Cheshire Championships	<a href="http://www.cheshireaa.com/Results/index.aspx">http://www.cheshireaa.com/Results/index.aspx</a>
	Niamh Reilly	36.95		20/06/2009	Manchester	NoE S & u20 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Niamh Reilly	39.18		16/08/2009	Cleckheaton	Northern Promotion	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Sophie Percival	41.32		04/06/2017	Stanney	NoE Division 1	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Sophie Percival	41.69		11/06/2016	Sportcity	NA Senior & U20 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Sophie Percival	41.91 qA		05/05/2018	Bedford	BUCS Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 8
	Sophie Percival	43.01 f		05/05/2018	Bedford	BUCS Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 8
	# Sophie Percival	45.03		17/06/2018	Bedford	EA U20 / U23 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 5
v35 <b>600g</b>	Javelin						
	Jules Wilkins	16.80		28/05/2006	Stockport	m1 Cheshire T&F League	<a href="#">WCAC Statistics</a>
	Nicola Gore	21.86		12/06/2022	Stretford	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445766&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=445766&amp;pagenum=2</a>
	# Nicola Gore	23.93		10/07/2022	Wigan	NoE League West Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445767&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=445767&amp;pagenum=2</a>
v40 <b>600g</b>	Javelin						
	# Debra Erskine	13.78		20/04/2008	Stockport	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
v45 <b>600g</b>	Javelin						
	# Helen Tooley	13.35		30/09/2018	Wrexham	Final Fling	<a href="https://thepowerof10.info/results/results.aspx?meetingid=250154">https://thepowerof10.info/results/results.aspx?meetingid=250154</a>
v50 <b>500g</b>	Javelin						
	# Sharon Stoll	8.52		25/09/2022	Wrexham	Final Fling	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=477361">https://www.thepowerof10.info/results/results.aspx?meetingid=477361</a>
	<b>600g SW Competition</b>						
	# Debra Bemand	10.85		20/05/2023	Stanney	Northern, West Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516642&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=516642&amp;pagenum=2</a>
v55 <b>500g</b>	Javelin						
v60 <b>400g</b>	Javelin						
v65 <b>400g</b>	Javelin						

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
#	Cath McGrath	10.07		23/06/2019	Bury	Northern Master's Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=284572">https://thepowerof10.info/results/results.aspx?meetingid=284572</a>
v70	<b>400g</b>	Javelin					
<b>Shot</b>							
u11	<b>2kg</b>	Shot					
	Isla Shillington	4.19		12/04/2015	Connah's Quay	Deeside Open	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=136241">https://www.thepowerof10.info/results/results.aspx?meetingid=136241</a>
	Harriet Wheeler	6.60		29/09/2018	Wrexham	Final Fling	<a href="https://thepowerof10.info/results/results.aspx?meetingid=250154">https://thepowerof10.info/results/results.aspx?meetingid=250154</a>
u13	<b>2.72kg</b>	Shot					
	Sarah Devoy	5.83		13/09/1998	Stockport	County Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1998.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1998.pdf</a>
	Frances O'Neil	7.08		02/07/1998	Chester	WCAC YA	<a href="#">newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29</a>
	Jessica Gillard		<b>Boys mark!</b>	28/07/1998	Salford	McDonalds YAL	<a href="#">newsletter Vol2 No2</a>
	Sarah Devoy	7.79		08/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Sarah Devoy	7.82		18/07/1999	Crewe	McDonalds YAL	<a href="#">paper records end 2000</a>
	Stephanie Owens	7.87		20/07/2003	Deeside	Young Athletes League	<a href="#">AW July 23, 2003 - vol.57 no.30</a>
	Kelly Baker	7.92		01/06/2008	Bebington	UKA YA Northern Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13191">https://thepowerof10.info/results/results.aspx?meetingid=13191</a>
	Kelly Baker	8.42	A	20/07/2008	Hull	UKA YA Northern Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=13181">https://thepowerof10.info/results/results.aspx?meetingid=13181</a>
	Amy Williams	8.85		05/09/2010	Stanney	Cheshire League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Abigail Pawlett	8.90		05/08/2015	Wavertree	Merseyside YA Evening	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Abigail Pawlett	9.09		23/08/2015	Warrington	Terry Davies Memorial	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Abigail Pawlett	9.42		13/09/2015	Macclesfield	Cheshire Junior ME Champ	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Sara Pearson	9.61		29/06/2019	SportCity	Stockport YA Quadrathlon	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Sara Pearson	9.86		20/07/2019	Sheffield	YDL Lower N Premier W	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u13	<b>2.72kg</b>	Shot – <b>Indoor</b>					
#	Abigail Pawlett	7.45	i	22/11/2014	SportCity	Manchester Quadrathlon	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	<b>3.25kg</b>	Shot – <b>Indoor</b>					
#	Stephanie Owens	10.48	i	18/04/2004	Birmingham	National Sportshall Finals	<a href="#">from CD end Aug'04 (old website@gq.nu)   https://www.sportshall.org/wp-content/uploads/2013/09/UK_Final_2004.pdf</a>
	<b>3kg</b>	Shot – <b>Indoor</b>					
#	Emily Misantoni/Oyekan	7.01	i	22/11/2015	Sportcity	Stockport H Quadrathlon	<a href="https://thepowerof10.info/results/results.aspx?meetingid=154703&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=154703&amp;pagenum=2</a>
u15	<b>3.25kg &gt;2014</b>	Shot					

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Nicola Gore	8.77		09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>
	Nicola Gore	9.12		13/06/1998	Crewe	Cheshire Schools Champs	<a href="http://www.esaa.net/oldindex.shtml">http://www.esaa.net/oldindex.shtml</a>
	Nicola Gore	9.44		03/04/1999	Eirias Park	Colwyn Bay Open	<a href="#">AW April 7, 1999 - vol.53 no.14</a>
	Nicola Gore	9.57		08/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Nicola Gore	10.51		12/06/1999	Macclesfield	Cheshire Schools Champs	<a href="http://www.esaa.net/oldindex.shtml">http://www.esaa.net/oldindex.shtml</a>
	Stephanie Owens	10.54		10/05/2005	Stretford	Trafford open	<a href="https://thepowerof10.info/results/results.aspx?meetingid=139">https://thepowerof10.info/results/results.aspx?meetingid=139</a>
	Kelly Baker	10.65		21/06/2009	Wigan	McCain UK YAL N 1W	<a href="https://thepowerof10.info/results/results.aspx?meetingid=25490">https://thepowerof10.info/results/results.aspx?meetingid=25490</a>
	Kelly Baker	10.70		11/04/2010	Wavertree	EG Memorial Meet	<a href="https://thepowerof10.info/results/results.aspx?meetingid=37487">https://thepowerof10.info/results/results.aspx?meetingid=37487</a>
	Kelly Baker	11.01		17/04/2010	Wavertree	Liverpool Throws & Jumps	<a href="https://thepowerof10.info/results/results.aspx?meetingid=36115">https://thepowerof10.info/results/results.aspx?meetingid=36115</a>
	Kelly Baker	11.70		29/05/2010	Leigh	NA u15/ u17 Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Kelly Baker	12.24		20/06/2010	Wavertree	McCain UK YAL N Premier W	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u15	<b>3.25kg</b>	Shot – <b>Indoor</b>					
	Nicola Gore	9.19	i	17/01/1999	Wakefield	NoE Champs	<a href="http://www.wakefield-harriers.co.uk/reports/99/NoE_indpt1-99_res.htm">http://www.wakefield-harriers.co.uk/reports/99/NoE_indpt1-99_res.htm</a> <a href="https://eveque-co-uk.cld.bz/Sportshall-Handbook-6th-Edition/34/">https://eveque-co-uk.cld.bz/Sportshall-Handbook-6th-Edition/34/</a>
#	Nicola Gore	11.29	i	09/04/2000	Birmingham	National Sportshall Final	<a href="https://www.sportshall.org/wp-content/uploads/2013/09/UK_Final_2000.pdf">https://www.sportshall.org/wp-content/uploads/2013/09/UK_Final_2000.pdf</a>
u15	<b>4kg</b>	Shot – <b>Indoor</b>					
	Stephanie Owens	9.54	i	16/03/2005	SportCity	City of Manchester Open	<a href="#">AW April 6, 2005 - vol.59 no.14</a>
#	Emily Ball	10.38	i	17/11/2012	EIS Sheffield	Northern Athletics Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
u15	<b>2014&gt; – 3kg</b>	Shot					
	Emma Howe	7.54		03/05/2014	Ellesmere Port	YDL N W1 lower	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Maisie Tipping	7.98		17/05/2014	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>
	Emma Howe	8.26		24/08/2014	Warrington	Terry Davies Memorial	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Howe	8.36		10/05/2015	Connah's Quay	Cheshire League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Howe	8.60		21/06/2015	Ellesmere Port	YDL N W1 lower	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Howe	9.19		18/07/2015	Wigan	YDL N W1 lower	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Howe	9.37		22/08/2015	Blackburn	NA Inter-counties	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emma Howe	9.40		29/05/2016	Blackburn	YDL N W2 upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=159455">https://thepowerof10.info/results/results.aspx?meetingid=159455</a>
	Emma Howe	9.83		04/06/2016	Stretford	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2016.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2016.aspx</a>
	Emma Howe	9.90		24/07/2016	Ellesmere Port	YDL Upper Division NW 2	<a href="https://thepowerof10.info/results/results.aspx?meetingid=159457">https://thepowerof10.info/results/results.aspx?meetingid=159457</a>
	Abigail Pawlett	10.42		16/04/2017	Hyndburn	Lancashire CE Champs (inc Hyndburn AC Open)	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Sidney Shorrock	11.03		13/08/2023	Middlesbrough	Northern u13,15,17 champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516633&amp;pagenum=4">https://www.thepowerof10.info/results/results.aspx?meetingid=516633&amp;pagenum=4</a>
u15	<b>2014&gt; – 3kg – Indoor</b>						

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Maisie Tipping	8.22	i	22/11/2014	Sportcity	Manchester Quadrathlon	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Abigail Pawlett	8.90	i	22/11/2015	SportCity	Stockport H Quadrathlon	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Abigail Pawlett	9.73	i	07/02/2016	EIS Sheffield	NA u13/ u15 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
#	Abigail Pawlett	10.14	i	06/11/2016	Sportcity	Stockport H Quadrathlon	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u17	<b>3.25kg</b>	Shot					
#	Emily Ball	11.79		29/09/2012	Wrexham	Final Fling	<a href="https://thepowerof10.info/results/results.aspx?meetingid=70526">https://thepowerof10.info/results/results.aspx?meetingid=70526</a>
u17	<b>3.25kg</b>	Shot – Indoor					
	Caroline Gore	9.44	i	17/01/1999	Wakefield	NoE Champs	<a href="http://www.wakefield-harriers.co.uk/reports/99/NoE_indpt1-99_res.htm">http://www.wakefield-harriers.co.uk/reports/99/NoE_indpt1-99_res.htm</a>
#	Emily Ball	11.11	i	16/02/2013	Wigan	Sportshall NW Regional Final	<a href="https://thepowerof10.info/results/results.aspx?meetingid=84899">https://thepowerof10.info/results/results.aspx?meetingid=84899</a>
u17	<b>4kg &gt;2014</b>						
	Caroline Gore	9.52		09/05/1998	Crewe	Cheshire Championships	<a href="#">newsletter Vol2No2 (no page on Cheshire website)</a>
	Caroline Gore	10.53		09/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Nicola Gore	10.56		02/07/2000	Wrexham	McDonalds YAL	<a href="#">paper records end 2000   AW July 5, 2000 - Vol.54 no.27</a>
	Kelly Baker	11.06		07/05/2011	Stanney	Northern League	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Kelly Baker	11.31		30/07/2011	Leigh	Northern Intercounty	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Kelly Baker	11.39		03/09/2011	Don Valley	Sainsbury UK School Games	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
	Kelly Baker	11.51		09/05/2012	Olympic Park	Sainsbury UK School Games	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emily Ball	11.63		04/05/2014	Stretford	NA 2W	<a href="https://www.northernathletics.co.uk/download/2w-match-1-2014/">https://www.northernathletics.co.uk/download/2w-match-1-2014/</a>
#	Emily Ball	11.72		13/07/2014	Wavertree	NA 2W	<a href="https://www.northernathletics.co.uk/download/2w-match-3-2014/">https://www.northernathletics.co.uk/download/2w-match-3-2014/</a>
	<b>2014&gt; 3kg</b>						
	Emily Ball	13.17		12/04/2014	Wavertree	Liverpool H J & T	<a href="https://thepowerof10.info/results/results.aspx?meetingid=100168">https://thepowerof10.info/results/results.aspx?meetingid=100168</a>
	Emily Ball	13.55		27/04/2014	Ashton-u-Lyne	YDL Upper	<a href="https://thepowerof10.info/results/results.aspx?meetingid=103236">https://thepowerof10.info/results/results.aspx?meetingid=103236</a>
	Emily Ball	13.63		11/07/2014	Birmingham	ESAA T&F Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 8
	Emily Ball	14.00		30/08/2014	Bedford	EAU15/U17 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 6
#	Sydney Shorrock	14.73		13/07/2024	Birmingham	ESAA T&F Champs	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=618010&amp;pagenum=8">https://www.thepowerof10.info/results/results.aspx?meetingid=618010&amp;pagenum=8</a>
u17	<b>4kg</b>	Shot – Indoor					
	Lauren Hunt	10.69	f i	22-23/01/2006	EIS Sheffield	NoE Junior Championships	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2005/">https://www.northernathletics.co.uk/download/na-indoor-results-2005/</a>
	Kelly Baker	11.31	f i	16/01/2011	EIS Sheffield	Northern indoor champs	<a href="https://www.northernathletics.co.uk/results-index/">https://www.northernathletics.co.uk/results-index/</a>
#	Kelly Baker	11.72	i	14/01/2012	Sheffield	Northern indoor champs	<a href="https://www.northernathletics.co.uk/results-index/">https://www.northernathletics.co.uk/results-index/</a>
u20	<b>4kg</b>	Shot					
	Jenny Moorcroft	8.51		09/05/1998	Crewe	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf</a>

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Amanda Gore	8.61		08/05/1999	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf">https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf</a>
	Amanda Gore	8.98		13/05/2000	Macclesfield	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF2000.pdf">https://www.cheshireaa.com/results/PDFarchive/TF2000.pdf</a>
	Caroline Gore	10.39		18/06/2000	Bebington	National Junior League	<a href="#">paper records end 2000</a>
	Nicola Gore	10.72		28/04/2002	Stretford	NJL Mersey	<a href="#">AW May 1, 2002 - vol.56 no.18</a>
	Nicola Gore	11.28		27/04/2003	Stretford	NJL NP Mersey	<a href="#">AW April 30, 2003 - vol.57 no18</a>
	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	<a href="https://thepowerof10.info/results/results.aspx?meetingid=81639">https://thepowerof10.info/results/results.aspx?meetingid=81639</a>
	Kelly Baker	11.95		08/09/2013	Macclesfield	Cheshire Schools Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Emily Ball	11.99		11/04/2015	Wavertree	Liverpool Throws & Jumps	<a href="https://thepowerof10.info/results/results.aspx?meetingid=129117">https://thepowerof10.info/results/results.aspx?meetingid=129117</a>
	Emily Ball	12.17		09/05/2015	Telford	Shropshire County champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
##	Emily Ball	12.56		20/06/2015	Bedford	EAs U20 / U23 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 5
	Emily Ball	12.56		26/09/2015	Wrexham	Final Fling	<a href="https://thepowerof10.info/results/results.aspx?meetingid=128145">https://thepowerof10.info/results/results.aspx?meetingid=128145</a>
u20	4kg	Shot – <b>Indoor</b>					
	Nicola Gore	10.21	f i	18-19/01/2003	Sportcity	NoE Junior Championship	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2003/">https://www.northernathletics.co.uk/download/na-indoor-results-2003/</a>
	Lauren Hunt	10.26	i	10/12/2005	Sheffield	Northern open indoor	<a href="https://thepowerof10.info/results/results.aspx?meetingid=31798">https://thepowerof10.info/results/results.aspx?meetingid=31798</a>
	Lauren Hunt	10.59	f i	21-22/01/2006	EIS Sheffield	NoE Junior championship	<a href="https://www.northernathletics.co.uk/download/na-indoor-results-2006/">https://www.northernathletics.co.uk/download/na-indoor-results-2006/</a>
#	Emily Ball	11.96	i	07/02/2015	Birmingham	Birmingham Games	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 5
SW	4kg	Shot					
	Sue Morris	6.01		01/08/1999	Warrington	Northern WL	<a href="#">paper records end 2000</a>
	Amanda Gore	7.52		12/05/2001	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf">https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf</a>
	Nicola Gore	10.87		15-16/05/2004	Warrington	Cheshire Championships	<a href="https://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm">https://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm</a>
	Nicola Gore	10.97		31/07/2004	Deeside	Northern WL	<a href="#">from CD end Aug'04 (old website@gq.nu) -   - AW August 4 2004 - vol.58 no.32</a>
	Nicola Gore	11.46		05/05/2007	Ellesmere Port	NoE 2W	<a href="https://www.northernathletics.co.uk/download/tf-league-results-2007/">https://www.northernathletics.co.uk/download/tf-league-results-2007/</a>
	Emily Ball	11.96		07/02/2015	Birmingham	Birmingham Games	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 5
#	Sophie Percival	12.02		09/07/2017	Wigan	NoE League 1	<a href="https://thepowerof10.info/results/results.aspx?meetingid=189089">https://thepowerof10.info/results/results.aspx?meetingid=189089</a>
SW	4kg	Shot – <b>Indoor</b>					
	Amanda Gore	7.92	i	17/01/1999	Wakefield	NoE Champs	<a href="http://www.wakefield-harriers.co.uk/reports/99/NoE_indpt1-99_res.htm">http://www.wakefield-harriers.co.uk/reports/99/NoE_indpt1-99_res.htm</a>
	Sophie Percival	11.99	qB i	17/02/2017	EIS Sheffield	BUCS Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> page 7
	Emily Ball	12.53	qC i	17/02/2017	EIS Sheffield	BUCS Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 7
#	Emily Ball	13.08	f i	19/02/2017	EIS Sheffield	BUCS Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 7
v35	4kg	Shot					
	Jules Wilkins	5.43		18/06/2006	Macclesfield	Rd2 Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx</a>
	Nicola Gore	10.10		26/03/2022	Stanney	Dan Gilroy Memorial	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445779">https://thepowerof10.info/results/results.aspx?meetingid=445779</a>



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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Nicola Gore	10.21		30/04/2022	Stanney	NoE W Premier	<a href="https://thepowerof10.info/results/results.aspx?meetingid=445765">https://thepowerof10.info/results/results.aspx?meetingid=445765</a>
#	Nicola Gore	10.32		15/05/2022	Macclesfield	Cheshire Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=456996&amp;pagenum=2">https://thepowerof10.info/results/results.aspx?meetingid=456996&amp;pagenum=2</a>
v40	4kg	Shot					
	Glenys Potter	4.94	N/S	07/09/2008	Stanney	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
#	Helen Tooley	5.99		12/05/2018	Macclesfield	Cheshire Championships	<a href="https://thepowerof10.info/results/results.aspx?meetingid=240887">https://thepowerof10.info/results/results.aspx?meetingid=240887</a> – Page 3
v45	4kg	Shot					
	Debra Erskine	5.75		13/07/2008	Stanney	Cheshire League	<a href="https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx">https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx</a>
#	Helen Tooley	6.19		30/09/2018	Wrexham	Final Fling	<a href="https://thepowerof10.info/results/results.aspx?meetingid=250154">https://thepowerof10.info/results/results.aspx?meetingid=250154</a>
v50	3kg	Shot					
	Sharon Stoll	5.37		25/09/2022	Wrexham	Final Fling	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=477361">https://www.thepowerof10.info/results/results.aspx?meetingid=477361</a>
#	Sharon Stoll	5.87		24/09/2023	Wrexham	Final fling	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=544805">https://www.thepowerof10.info/results/results.aspx?meetingid=544805</a>
	4kg	<b>SW Competition</b>					
#	Sharon Stoll	5.18		02/07/2023	Blackburn	NoE W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516644&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=516644&amp;pagenum=2</a>
v55	3kg	Shot					
v60	3kg	Shot					
	4kg	<b>SW Competition</b>					
#	Debra Erskine	4.60		02/07/2023	Blackburn	NoE W Premier	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=516644&amp;pagenum=2">https://www.thepowerof10.info/results/results.aspx?meetingid=516644&amp;pagenum=2</a>
v65	3kg	Shot					
	Cath McGrath	4.57		15/05/2019	Burnley	NMAC open track league	<a href="https://thepowerof10.info/results/results.aspx?meetingid=292845">https://thepowerof10.info/results/results.aspx?meetingid=292845</a>
	Cath McGrath	5.05		23/06/2019	Bury	Northern Masters Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=284572">https://thepowerof10.info/results/results.aspx?meetingid=284572</a>
#	Cath McGrath	5.34		17/07/2019	Spennborough	NMAC track league	<a href="https://northernmasters.co.uk/wp-content/uploads/2019/07/July-17th-Results.pdf">https://northernmasters.co.uk/wp-content/uploads/2019/07/July-17th-Results.pdf</a>
v70	3kg	Shot					
#	Cath McGrath	4.35		07/06/2023	Sportcity	Joe Moran Memorial	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=532983">https://www.thepowerof10.info/results/results.aspx?meetingid=532983</a>

## Triathlon > Decathlon

u11	Triathlon 5*						
	Lindzi Bromilow	70pts	5*	12/09/1999		County Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf</a>
	Rachel Stoakley	135pts	5*	10/09/2000	Macclesfield	Cheshire Relay Champs	<a href="https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf">https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf</a>

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Event	Record Holder	Time Measure	race/electronic Date	Venue	Competition	Source of info	
	Ruth Pritchard	143pts5*	09/09/2001	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf">https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf</a>	
	Danielle Bentley	151pts	14/09/2003	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf">https://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf</a>	
	Olivia Williams	159pts	13/09/2009	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/Results/index.aspx">https://www.cheshireaa.com/Results/index.aspx</a>	
	Olivia Williams	199pts	11/09/2011	Macclesfield	Cheshire Multi-events	<a href="https://thepowerof10.info/results/results.aspx?meetingid=55501">https://thepowerof10.info/results/results.aspx?meetingid=55501</a>	
	Quadrathlon						
u9.	Tamsin O'Keefe	223pts	25/06/2011	Sportcity	Dash Quad	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>	
u11.	Georgia Barlow	173pts	25/06/2011	Sportcity	Dash Quad	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>	
u11	Emma Howe	1624	27/08/2011	Sportcity	NW CE + Cheshire Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page3	
u13	Triathlon 5*						
	Sarah Devoy	170pts5*	13/09/1998	Stockport	County Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1998.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1998.pdf</a>	
	Sarah Devoy	224pts5*	12/09/1999		County Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf</a>	
	Amy Williams	238pts5*	12/09/2010	Macclesfield	Cheshire CE Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2	
#	Abigail Pawlett	249pts	13/09/2015	Macclesfield	Cheshire CE Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2	
u13	Quadrathlon						
#	Sarah Devoy	272	24/04/1999	Stockport	Stockport/ Dash Quad	<a href="#">AW May 05, 1999 _ Vol 53. No. 18</a>	
	Sara Pearson	260pts	29/06/2019	Sportcity	Stockport YA Quadrathlon	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3	
u13	Quadrathlon - <b>Indoor</b>						
	Tamsin O'Keefe	226ptsi	10/11/2013	Sportcity	Dash Quad	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2	
#	Abigail Pawlett	257ptsi	22/11/2014	Sportcity	Manchester Quadrathlon	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2	
u13	Pentathlon						
#	Amy Williams	2641	09/09/2010	Sportcity	NW Combined Events	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 4	
u15	Quadrathlon - <b>Indoor</b>						
	Maisie Tipping	254ptsi	10/11/2013	Sportcity	Dash Quad	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2	
	Maisie Tipping	270ptsi	22/11/2014	Sportcity	Manchester Quad & U17	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2	
	Emily Miantoni	270ptsi	22/11/2015	Sportcity	Stockport H Quadrathlon	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2	
	Abigail Pawlett	270ptsi	22/11/2015	Sportcity	Stockport H Quadrathlon	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2	
#	Abigail Pawlett	321ptsi	06/11/2016	Sportcity	Stockport H Quadrathlon	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3	
u15	Pentathlon <b>5*</b>						

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Nicola Gore	345pts5*		13/09/1998	Stockport	County Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1998.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1998.pdf</a>
	Nicola Gore	368pts5*		12/09/1999		Cheshire Combined events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf</a>
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	<a href="https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf">https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf</a>
	Sam Appleby	2329		09/09/2001	Macclesfield	Cheshire Multi-events	<a href="https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf">https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf</a>
	Ruth Pritchard	2520		26/06/2005	Macclesfield	NW Schools CE Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=400085">https://thepowerof10.info/results/results.aspx?meetingid=400085</a>
	Alice Jennings	2580		09/08/2009	Sportcity	Northwest CE	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Alice Jennings	2612		13/09/2009	Macclesfield	Cheshire Jun ME Champs	<a href="https://thepowerof10.info/results/results.aspx?meetingid=30424">https://thepowerof10.info/results/results.aspx?meetingid=30424</a>
#	Olivia Montez-Brown	2993		27/06/2010	Telford	ESAA NW Regional CE	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u15	Pentathlon - Indoor						
	Alice Jennings	2862	i	08/03/2009	EIS Sheffield	EA u17/ 15 Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Abigail Pawlett	3341	i	12/03/2017	Sheffield	EA / U17 CE Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 4
u17	Quadrathlon						
#	A Ithell	214		24/04/1999	Stockport	Stockport/ Dash Quad	<a href="#">AW May 05, 1999 _ Vol 53. No. 18</a>
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	<a href="https://thepowerof10.info/results/results.aspx?meetingid=30424">https://thepowerof10.info/results/results.aspx?meetingid=30424</a>
u17	Pentathlon - Indoor						
	Victoria Anderson	3166	i	07/03/2010	EIS Sheffield	EA Indoor Combined Events	<a href="https://thepowerof10.info/results/results.aspx?meetingid=34430">https://thepowerof10.info/results/results.aspx?meetingid=34430</a>
#	Olivia Montez-Brown	3345	i	01/12/2012	Emirates Arena	SIAB Indoor CE	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
u17	Heptathlon						
	Caroline Gore	3449		27/06/1998	Wrexham	School Multi-events	newsletter Vol2No2
	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	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
#	Olivia Montez-Brown	4337		30/06-01/07/12	Crewe	ESAA NW Regional CE	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> 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	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 2
	Olivia Montez-Brown	4583		24-25/05/2014	Bedford	EA u20/ SW CE Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 4
#	Olivia Montez-Brown	4790		21/09/2014	Boston	ESAA CE Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> page 7

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
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Pentathlon - **Indoor**

#	Olivia Montez-Brown	3485	i	10/01/2015	Sheffield	Eng & Wales CE Champs	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
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SW Heptathlon

	Niamh Reilly	2641		09/08/2009	Sportcity	North-West CE	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a> Page 3
	Olivia Montez-Brown	4951		01-02/05/2016	Mankato MN	NSIC Multi Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
##	Olivia Montez-Brown	5254		27/05/2016	Bradenton FL	NCAA Division 2 Champs	<a href="https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/">https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/</a>

Pentathlon - **Indoor**

	Olivia Montez-Brown	3534	i	29/01/2016	Minneapolis MN	Jack Johnson Classic	<a href="https://thepowerof10.info/results/results.aspx?meetingid=161266">https://thepowerof10.info/results/results.aspx?meetingid=161266</a>
	Olivia Montez-Brown	3641	i	14/02/2016	Mankato MN	NSIC Multi Championships	<a href="https://goaugie.com/documents/2016/2/14/NSIC_Pent_Results.pdf">https://goaugie.com/documents/2016/2/14/NSIC_Pent_Results.pdf</a>
	Olivia Montez-Brown	3773	i	12/03/2016	Pittsburgh KS	NCAA Division II Champs	<a href="https://www.leonetiming.com/2016/Indoor/NCAADII/Results/">https://www.leonetiming.com/2016/Indoor/NCAADII/Results/</a>
	Olivia Montez-Brown	3808	i	28/01/2017	Mankato MN	Minnesota State ME, Open	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
	Olivia Montez-Brown	3838	i	12/02/2017	Mankato MN	NSIC Multi Championships	<a href="https://www.thepowerof10.info/results/resultslookup.aspx">https://www.thepowerof10.info/results/resultslookup.aspx</a>
#	Olivia Montez-Brown	3863	i	10/03/2017	Birmingham AL	NCAA Div II T&F Champs	<a href="https://results.leonetiming.com/?mid=1140">https://results.leonetiming.com/?mid=1140</a>

v35

v40

v45 Quad Throws

#	Helen Tooley	1016		30/09/2018	Wrexham	Final Fling	<a href="https://thepowerof10.info/results/results.aspx?meetingid=250154">https://thepowerof10.info/results/results.aspx?meetingid=250154</a>
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v50

**Walks**

u11	600m	Walk					
#	Isla E Lambert	4:44.6	track	06/04/2024	EPSV	Open Meeting	<a href="https://meets.rosterathletics.com/public/competitions/details/about?id=24857">https://meets.rosterathletics.com/public/competitions/details/about?id=24857</a>

u13	100m	Walk					
#	Evelyne Pyne	7:11.0	track	06/04/2024	EPSV	Open Meeting	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=600224">https://www.thepowerof10.info/results/results.aspx?meetingid=600224</a>

u15

u17

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
u20							
SW							
v35							
v40							
v45							
v50	1,000m Walk						
	Cath McGrath	06:24		08/07/2006	Carmarthen	Welsh Walk Championships	
	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 Uni	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	
	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	1,000m Walk						
	Victoria Hibbert	7:28.5	T&F	06/04/2024	EPSV	WCAC Open	<a href="https://www.thepowerof10.info/results/results.aspx?meetingid=600224">https://www.thepowerof10.info/results/results.aspx?meetingid=600224</a>
#	Victoria Hibbert	7:20.39	e T&F	24/08/2024	Warrington	Terry Davies Memorial	<a href="https://athleticsresults.today/warrington/wac2024_2col.pdf">https://athleticsresults.today/warrington/wac2024_2col.pdf</a>

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