

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

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

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

v35

Metres_75_80_100m

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

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

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

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		Measure						
	Sian Kelman	12.5		03/08/2008	Litherland	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=13441	
	Sian Kelman	12.4		31/08/2008	Cudworth	NoE Promotion match	https://thepowerof10.info/results/results.aspx?meetingid=13409	
#	Alice McMahon	12.3		13/04/2013	Wavertree	Tom O'Mahoney MM	https://thepowerof10.info/results/results.aspx?meetingid=82124	
	Alice McMahon	12.3		07/07/2013	Litherland	NoE 2W	https://www.thepowerof10.info/results/results.aspx?meetingid=81197	
	Bryony Potter	12.3	W+3.5	05/06/2010	Wavertree	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=37055	
	Alice McMahon	12.0	W+3.4	14/04/2012	Deeside	Deeside Open	https://thepowerof10.info/results/results.aspx?meetingid=65425	
SW	100m							
	Joy Carson	16.16	e	09/05/1998	Crewe	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf	
	Heather Lees	15.1		07/08/2000	Warrington	Northern WL	paper records end 2000	
	Sharon Bell	14.8		13/07/2004	Deeside	NoE 2W	from CD end Aug'04 (old website@gq.nu)	
	Rachel Stoakley	14.3		15/08/2010	Cudworth	NoE promotion match	https://thepowerof10.info/results/results.aspx?meetingid=40327	
	Shona Valentine	13.4		14/08/2011	Trafford	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=50643	
	Shona Valentine	12.9		12/05/2012	Warrington	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=62907	
	Shona Valentine	12.9		13/07/2014	Wavertree	NA 2W	https://www.northernathletics.co.uk/download/2w-match-3-2014/	
	Alice McMahon	12.9		29/03/2015	Warrington	Warrington Open	https://thepowerof10.info/results/results.aspx?meetingid=130518	
	Alice McMahon	12.6		03/05/2015	Wavertree	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=129672	
	Alice McMahon	12.47	e	23/05/2015	Stretford	Cheshire Championships	https://www.cheshireaa.com/Results/index.aspx	
	Alice McMahon	12.30	e h1 +0.5	13/06/2015	Sportcity	NA u20/ Senior Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=131289	
	Alice McMahon	12.29	e f +1.7	13/05/2015	Sportcity	NA u20/ Senior Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=131289	
	Alice McMahon	12.2		08/08/2015	Ormskirk	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=129669	
##	Alice McMahon	12.16		25/06/2017	Wakefield	Pontefract AC Open	https://thepowerof10.info/results/results.aspx?meetingid=188997	
v35	100m							
v40	100m							
	Glenys Potter	16.2		12/08/2007	Deeside	Cheshire League	WCAC Statistics	
	n/s	Glenys Potter	15.9	No Name declared	20/04/2008	Stockport	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Glenys Potter	15.7		19/04/2009	Deeside	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx	
	Claire Forshaw	15.0		04/05/2019	Deeside	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=276246	
#	Claire Forshaw	14.4		23/06/2019	Bury	Northern Masters Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572	
v45	100m							
#	Mieka Vannesta	16.0		22/04/2007	Stockport	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2007.aspx	
v50	100m							

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v55 100m #	Joy Hickman	17.0		20/07/2024	Stanney	Cheshire League	https://www.thepowerof10.info/results/results.aspx?meetingid=603223

Metres_150_200m

u11 150m	Amy Williams	22.4		17/08/2008	Warrington	Terry Davies Memorial	https://thepowerof10.info/results/results.aspx?meetingid=12873
	Sara Pearson	22.4		03/09/2017	Stanney	Cheshire League	https://thepowerof10.info/results/results.aspx?meetingid=190563
u13 150m	Cara Ithell		Boys record!	28/07/1998	Salford	McDonalds YAL	newsletter Vol2 No2
	Jennifer Bailey	21.5		18/07/1999	Crewe	McDonalds YAL	paper records end 2000
	Shona Valentine	21.0		01/06/2003	Pendle	UKA YA North 1W	AW June 11, 2003 - vol.57 no24
	Abigail Kirk	20.7		08/05/2005	Deeside	UKA YA North 1W	AW May 11, 2005 - vol.59 no.19
	Abigail Kirk	20.62	final e	14-15/05/2005	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/Results/index.aspx
	Abigail Kirk	20.5		05/06/2005	Blackburn	NoE YA Northern 1W	AW June 15, 2005 - vol.59 no.24
	Abigail Kirk	20.1		26/06/2005	Warrington	UKA YA N 1W	AW November 9, 2005 - vol.59 no.45
	Laura Rigby	20.0		22/06/2008	Sheffield	UKA YA N Premier	https://thepowerof10.info/results/results.aspx?meetingid=13187
	Amy Williams	19.9		02/05/2010	Wigan	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36937
	Amy Williams	19.7		16/05/2010	Bebington	McCain UK YAL NP W mB	https://thepowerof10.info/results/results.aspx?meetingid=36926
	Mia Johnson	19.54	ht8 e	01/05/2023	Trafford	Medal Meet	https://www.thepowerof10.info/results/results.aspx?meetingid=515294
#	Mia Johnson	19.1	w+0.1	07/05/2023	Stanney	TDL Lower	https://www.thepowerof10.info/results/results.aspx?meetingid=526794
u13 200m	Sarah Devoy	31.52	h1 e	10/05/1998	Crewe	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Sarah Devoy	31.48	final e	10/05/1998	Crewe	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Hayley Earlam	31.2		02/07/1998	Chester	WCAC YA	newsletter Vol2 No2
	Sarah Devoy	29.31	e	25/07/1999	Deeside	Deeside Games	AW August 4, 1999 - vol.53 no.31
	Leanne Henning	26.7		19/05/2002	Macclesfield	UKA YA Girls League N 1 W	AW May 22, 2002 - vol.56 no.21
	Samantha Galley	26.7	h1 2nd	13/05/2006	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm
	Abbie Kirk	26.7	h1 3rd	13/05/2006	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm
	Abbie Kirk	26.7	Final	13/05/2006	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/TFC/2006/u15wtf2006.htm
	Mia Johnson	26.7	AB race	17/06/2023	Wrexham	Cheshire League	https://www.thepowerof10.info/results/results.aspx?meetingid=539006
#	Mia Johnson	26.30	e SX2	24/06/2023	Trafford	Medal meet	https://www.thepowerof10.info/results/results.aspx?meetingid=515296

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking , the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]					
Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
u13	200m	Indoor						
		Tamsin O'Keefe	30.85	e i	26/10/2013	EIS Sheffield	South Yorkshire Series https://www.thepowerof10.info/results/resultslookup.aspx -page 2	
		Tamsin O'Keefe	30.63	e i	23/03/2014	EIS Sheffield	https://thepowerof10.info/results/results.aspx?meetingid=95617	
	#	Ruby Wisbey	28.65	h1 e i	04/02/2018	Sheffield	NA u15/u13 Champs https://www.thepowerof10.info/results/resultslookup.aspx -page 2	
u15	150m							
	#	Violeta Brooks	23.8		09/04/2022	Warrington	Terry Davies Memorial https://thepowerof10.info/results/results.aspx?meetingid=444521&pagenum=1	
u15	150m	Indoor						
		Rachel Treloar	20.09	h1 e i	09/12/2006	Sheffield	https://thepowerof10.info/results/results.aspx?meetingid=3697	
	#	Sam Galley	19.75	h2 e i	09/12/2006	Sheffield	https://thepowerof10.info/results/results.aspx?meetingid=3697	
u15	200m							
		Laura Starkey	28.04	h1 e	09/05/1998	Crewe	Cheshire Championships https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf	
		Alicia Bateson	27.68	h2 e	09/05/1998	Crewe	Cheshire Championships https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf	
		Alicia Bateson	27.64	final e	09/05/1998	Crewe	Cheshire Championships https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf	
		Leanne Henning	27.5	h1	11-12/05/2002	Warrington	Cheshire Championships https://www.cheshireaa.com/Results/index.aspx	
		Leanne Henning	27.2	final	11-12/05/2002	Warrington	Cheshire Championships https://www.cheshireaa.com/Results/index.aspx	
		Leanne Henning	26.7		19/05/2002	Macclesfield	UKA YA Girls League N 1 W AW May 22, 2002 - vol.56 no.21	
		Leanne Henning	26.7	h1	15/07/2002		Cheshire Schools Champs https://www.esaa.net/2002/chesh02.html	
		Rachel Stoakley	26.7	final	15-16/05/04	Warrington	Cheshire Championships from CD end Aug'04 (old website@gq.nu)	
		Shona Valentine	26.7		05/06/2005	Blackburn	Young Athletes League https://www.thepowerof10.info/results/resultslookup.aspx	
		Sian Kelman	26.2		04/09/2005	Stanney	Cheshire League https://www.thepowerof10.info/results/resultslookup.aspx	
		Alice McMahon	26.2	A	22/06/2008	Sheffield	UKA YA N Premier https://thepowerof10.info/results/results.aspx?meetingid=13187	
		Leah Ferrie	26.2	B	22/06/2008	Sheffield	UKA YA N Premier https://thepowerof10.info/results/results.aspx?meetingid=13187	
		Alice McMahon	26.09	w-1.0 h1 e	24/05/2009	Gateshead	NA U15 / U17 Champs https://thepowerof10.info/results/results.aspx?meetingid=21516	
		Alice McMahon	25.67	w-1.9 f e	24/05/2009	Gateshead	NA U15 / U17 Champs https://thepowerof10.info/results/results.aspx?meetingid=21516	
	#	Alice McMahon	25.6		20/06/2009	Birmingham	Mason Trophy https://thepowerof10.info/results/results.aspx?meetingid=28112	
		Alice McMahon	25.55	w+3.8 e	10/07/2009	Don Valley	ESAA T&F Championships https://www.thepowerof10.info/results/resultslookup.aspx - page 2	
u15	200m	Indoor						
		Rachel Stoakley	27.54	e l h	15/11/2003	Sheffield	NoE Open AW November 19, 2003 - vol.57 no47	
		Rachel Stoakley	27.35	e i	17-18/01/2004	Sheffield	NoEAA u20 champs https://www.northernathletics.co.uk/download/na-indoor-results-2004/	
		Rachel Stoakley	26.89	ht e i	29/02/2004	Birmingham	AAA u20 champs AW March 3, 2004 - vol.58 no.10	
		Samantha Galley	27.06	h3 e i	21/01/2007	Sheffield	NoEAA u20 champs https://www.northernathletics.co.uk/download/na-indoor-results-2007/	
		Alice McMahon	26.87	e i	11/01/2009	Sportcity	Reebok Manchester Open https://thepowerof10.info/results/results.aspx?meetingid=20468	
		Alice McMahon	26.52	ht5 e i	25/01/2009	EIS Sheffield	NA indoor u15/ u17 champ https://thepowerof10.info/results/results.aspx?meetingid=20334	

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Alice McMahon	26.30	f e i	25/01/2009	EIS Sheffield	NA indoor u15/ u17 champ	https://thepowerof10.info/results/results.aspx?meetingid=20334
	Abigail Pawlett	26.09	e i	19/02/2017	Birmingham	Birmingham Games	https://www.thepowerof10.info/results/resultslookup.aspx - page 2
	Mia Johnson	26.08	sf4 e l	04/02/2024	EIS Sheffield	NA indoor u13/ u15 champ	https://www.thepowerof10.info/results/results.aspx?meetingid=579118&pagenum=2
	Mia Johnson	25.83	h1 e l	11/02/2024	EIS Sheffield	EA u15/u17/u20 Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=579121&pagenum=2
#	Mia Johnson	25.78	sf1 e l	11/02/2024	EIS Sheffield	EA u15/u17/u20 Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=579121&pagenum=2
u17	150m	Indoor					
	Bryony Potter	20.43	ht10 e i	25/11/2006	Sheffield	Indoor open	https://thepowerof10.info/results/results.aspx?meetingid=357
	Sam Galley	20.19	ht13 e i	22/11/2008	EIS Sheffield	NoE Indoor Open	https://www.northernathletics.co.uk/download/na-indoor-results-2008/
#	Alice McMahon	19.43	ht14 e i	21/11/2009	EIS Sheffield	NoE Indoor Open	https://thepowerof10.info/results/results.aspx?meetingid=29783
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	https://www.cheshireaa.com/Results/index.aspx
	Sian Kelman	26.4		22/04/2006	Wavertree	Melbourne Trophy	https://thepowerof10.info/results/results.aspx?meetingid=1054
	Sian Kelman	26.0		30/04/2006	Stanney	YAL N 1W Stanney	https://thepowerof10.info/results/results.aspx?meetingid=1172
	Sian Kelman	25.8		14/05/2006	Warrington	Cheshire Championships	https://www.cheshireaa.com/Results/index.aspx
	Sian Kelman	25.8	w 0.6	29/04/2007	Wigan	NJL Mersey	https://thepowerof10.info/results/results.aspx?meetingid=5455
	Sian Kelman	25.80	w+2.0 h3 e	27/05/2007	South Leeds	NoE U17/U15 Champs	https://www.northernathletics.co.uk/download/na-tf-results-2007/
	Bryony Potter	25.69	w+1.1 f e	25/05/2008	Wigan	NoE U17/U15 Champs	https://www.northernathletics.co.uk/download/na-tf-results-2008/
	Georgia Barlow	25.66	w+0.3 h2 e	16/08/2015	Middlesbrough	NoE U17/U15 Champs	https://www.northernathletics.co.uk/results-index/results-index-2015/
	Georgia Barlow	25.62	w+0.7 f e	16/08/2015	Middlesbrough	NoE U17/U15 Champs	https://www.northernathletics.co.uk/results-index/results-index-2015/
	Emma Holmes	25.4		29/05/2022	Robin Park	YDL Upper North-West 1	https://thepowerof10.info/results/results.aspx?meetingid=459963
	Emma Holmes	25.1		12/06/2022	Stretford	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445766
#	Emma Holmes	25.07	w-0.9...f e	28/08/2022	Bedford	EA u15/ u17 Champs	https://thepowerof10.info/results/results.aspx?meetingid=457044&pagenum=2
u17	200m	Indoor					
	Rachel Stoakley	28.21	ht2 e i	22-23/01/2005	EIS Sheffield	NoE Junior Champs	https://www.northernathletics.co.uk/download/na-indoor-results-2005/
	Shona Valentine	27.54	ht1 e i	22-23/01/2006	EIS Sheffield	NoE Junior Champs	https://www.northernathletics.co.uk/download/na-indoor-results-2006/
	Emily Done	27.52	ht2 e i	21-22/01/2007	EIS Sheffield	NoE Junior Champs	https://www.northernathletics.co.uk/download/na-indoor-results-2006/
	Rachel Stoakley	27.44	ht3 e i	21-22/01/2007	EIS Sheffield	NoE Junior Champs	https://www.northernathletics.co.uk/download/na-indoor-results-2006/
	Sian Kelman	26.08	ht4 e i	21/01/2007	Sheffield	NoEAA u20 champs	https://thepowerof10.info/results/results.aspx?meetingid=4183
#	Emma Holmes	25.98	ht4 e l	16/01/2022	Sheffield	NA u17/u20/ Sen Champs	https://www.northernathletics.co.uk/2022-results-index/
u20	150m	Indoor					
#	Shona Valentine	19.81	ht15 e i	22/11/2008	EIS Sheffield	NoE Indoor Open	https://thepowerof10.info/results/results.aspx?meetingid=19940

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

Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
u20 200m	Samantha Withers	27.2		06/06/1998	Colwyn Bay	Cheshire League	paper records end 2000
	Sian Kelman	26.5		27/04/2008	Stanney	NJL Mersey	https://thepowerof10.info/results/results.aspx?meetingid=12374
	Shona Valentine	26.3		03/05/2008	Stanney	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=13444
	Bryony Potter	25.9		10/05/2009	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Sian Kelman	25.8	final	13/06/2009	Macclesfield	Cheshire Schools Champs	https://thepowerof10.info/results/results.aspx?meetingid=28035
	Bryony Potter	25.7		13/06/2009	Bebington	Merseyside School Champs	https://thepowerof10.info/results/results.aspx?meetingid=28028
	Bryony Potter	25.6	ht1	10/07/2009	Sheffield	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx – page 2
	Bryony Potter	25.56	w-1.1 e	11/07/2009	Sheffield	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx – page 3
	Alice McMahon	25.5	w-1.2	26/05/2012	Wavertree	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=62849
	Alice McMahon	25.5		16/06/2012	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Alice McMahon	25.5		28/04/2013	Stanney	YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=81641
	Alice McMahon	25.5		09/06/2013	Stretford	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=81196
	Alice McMahon	25.5		07/07/2013	Litherland	NoE League 2W	https://www.thepowerof10.info/results/results.aspx?meetingid=81197
	Alice McMahon	25.5		03/08/2013	Sportcity	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=81198
	Alice McMahon	25.4		07/06/2014	Stanney	NoE League 2W	https://www.thepowerof10.info/results/results.aspx?meetingid=103769
	Alice McMahon	25.35	w 0.0 e	25/06/2014	Sportcity	NA Senior & U20 Champs	https://thepowerof10.info/results/results.aspx?meetingid=102899
	Emma Holmes	24.79	w+1.4 f e	14/05/2023	Stanney	Cheshire Championships	https://www.thepowerof10.info/results/results.aspx?meetingid=524013
	Emma Holmes	24.62	h1 w-0.9 e	04/06/2023	Sportcity	NA SW & u20W Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=516686
##	Emma Holmes	24.30	sx9 w-1.0	06/05/2024	Stretford	Trafford AC Medal Meeting	https://www.thepowerof10.info/results/results.aspx?meetingid=603213&pagenum=2
u20 200m	Indoor						
	Alice McMahon	27.33	ht2 e i	15/01/2012	EIS Sheffield	NA Championships	https://www.thepowerof10.info/results/resultslookup.aspx – Page 2
	Georgia Barlow	26.67	h3 e i	17/01/2016	Sheffield	NA U17 / U20 / Sen Champ	https://www.northernathletics.co.uk/2016-results-index/
	Imogen Pughe	26.53	sx13 e l	05/03/2022	Sportcity	Manchester Open Meetings	https://thepowerof10.info/results/results.aspx?meetingid=428900
	Emma Holmes	24.84	ht3 e i	15/01/2023	EIS Sheffield	NA u17/u20/ Sen Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=2
	Emma Holmes	24.63	f e l	15/01/2023	EIS Sheffield	NA u17/u20/ Sen Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=2
	Emma Holmes	24.60	sf e i	14/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=579119&pagenum=2
	Emma Holmes	24.45	f e i	14/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=579119&pagenum=2
#	Emma Holmes	24.38	h1 e i	18/02/2024	Birmingham	UK Athletics Championship	https://www.thepowerof10.info/results/results.aspx?meetingid=593649
SW 200m	Nicola Gelder	38.6		07/06/2003	Deeside	Northern WL	from CD end Aug'04 (old website@gq.nu)
	Shona Valentine	27.0	A race	03/08/2008	Litherland	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=13441
	Shona Valentine	26.8		31/08/2008	Cudworth	Div 2 Promotion	https://thepowerof10.info/results/results.aspx?meetingid=13409
	Shona Valentine	26.4		07/05/2011	Stanney	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=50646

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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
	Shona Valentine	26.4	w-3.0	26/05/2012	Wavertree	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=62849
	Alice McMahon	26.2		03/05/2015	Wavertree	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=129672
	Alice McMahon	25.49	e	24/05/2015	Stretford	Cheshire Champs	https://www.cheshireaa.com/Results/index.aspx
	Alice McMahon	25.44	w+0.7 f e	14/06/2015	Sportcity	NA u20/ Senior Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=131289
	Alice McMahon	25.43	w+1.4 e	05/06/2016	Chelmsford	UK Women's Division 2	https://www.thepowerof10.info/results/results.aspx?meetingid=156033
	Alice McMahon	25.19	w+0 h1 e	12/06/2016	Sportcity	NA Senior & U20 Champs	https://thepowerof10.info/results/results.aspx?meetingid=173566
	Alice McMahon	25.16	w+1.2 h2 e	11/06/2017	Sportcity	NA u20, SW & Parallel	https://thepowerof10.info/results/results.aspx?meetingid=207547
	Alice McMahon	24.9		09/07/2017	Wigan	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=189089
	Laura Turley	24.8		05/08/2018	Preston	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234462
#	Laura Turley	24.7		16/07/2019	Stretford	Trafford AC GP	https://thepowerof10.info/results/results.aspx?meetingid=276170
	Laura Turley	24.4	w+3.2	21/07/2019	Stanney	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=276256
	Laura Turley	24.56	w+2.3 e	10/08/2019	Wakefield	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=276257
SW	200m	Indoor					
	Laura Turley	25.69	e i	08/01/2017	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=185700
	Laura Turley	25.66	ht1 e i	28/01/2017	Cardiff	Welsh Championships	https://thepowerof10.info/results/results.aspx?meetingid=181279
#	Laura Turley	25.08	e i	04/02/2018	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=224237
v35	200m						
#	Lisa Davies	30.2		17/06/2006	Wigan	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
v40	200m						
	Glenys Potter	34.8		07/09/2008	Stanney	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Glenys Potter	34.8		11/07/2010	Salford	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2010.aspx
	Claire Forshaw	32.1		15/05/2019	Burnley	N Masters League	https://thepowerof10.info/results/results.aspx?meetingid=292845
	Claire Forshaw	32.0		05/06/2019	Sportcity	Joe Moran Memorial	https://thepowerof10.info/results/results.aspx?meetingid=287392
#	Claire Forshaw	31.0		23/06/2019	Bury	Northern Masters Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572
v45	200m						
#	Ellie Robinson	33.1		04/08/2018	Preston	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234462
v50	200m						
	Su Baird	33.7		05/05/2018	Wigan	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234459
#	Ellie Robinson	33.0		25/08/2024	Oldham	Cheshire League	https://www.thepowerof10.info/results/results.aspx?meetingid=603230

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

Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
v55	# Joy Hickman	35.8		25/08/2024	Oldham	Cheshire League	https://www.thepowerof10.info/results/results.aspx?meetingid=603230

Metres_300_400m

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

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking , the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]				
Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Georgia Barlow	40.69	e	11/07/2014	Birmingham	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Emma Holmes	40.5		29/05/2022	Robin Park	YDL Upper North-West 1	https://thepowerof10.info/results/results.aspx?meetingid=459963
	Emma Holmes	40.19	e h1 2nd	08/07/2022	Sportcity	ESSA Championships	same as next
	Emma Holmes	40.05	e f 1st	08/07/2022	Sportcity	ESSA Championships	https://www.thepowerof10.info/results/results.aspx?meetingid=472441&top=5000&pagenum=3
#	Emma Holmes	39.26	e 2 nd	16/07/2022	Belfast	SIAB International T&F	https://thepowerof10.info/results/results.aspx?meetingid=474829
u17	300m	Indoor					
	Emily Done	43.12	ht1 e i	21-22/01/2006	EIS Sheffield	NoE Junior championship	https://www.northernathletics.co.uk/results-index
	Alice McMahon	42.34	ht13 e i	12/12/2009	EIS Sheffield	Northern Athletics Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Imogen Pughe	41.60	ht1 e i	11/06/2020	EIS Sheffield	NA u17/ u20/ SW Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Imogen Pughe	41.49	s1 e i	11/06/2020	EIS Sheffield	NA u17/ u20/ SW Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Imogen Pughe	41.40	f e i	11/06/2020	EIS Sheffield	NA u17/ u20/ SW Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Holmes	40.61	h3 e i	12/02/2022	EIS Sheffield	EA u15/u17/u20 Champs	https://thepowerof10.info/results/results.aspx?meetingid=446964&pagenum=3
#	Emma Holmes	40.10	s1 e i	12/02/2022	EIS Sheffield	EA u15/u17/u20 Champs	https://thepowerof10.info/results/results.aspx?meetingid=446964&pagenum=3
u17	400m		51.0s				newsletter Vol2No2
	Lynsey Wayman			05/07/1998	Stockport	Northern WL	
	Ruth Pritchard	65.2		23/04/2006	Stanney	National Junior League	https://thepowerof10.info/results/results.aspx?meetingid=1054
	Shona Valentine	64.1		06/08/2006	Ashton	Northern League 2W m4	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Shona Valentine	61.4		29/04/2007	Wigan	NJL Mersey	https://thepowerof10.info/results/results.aspx?meetingid=5455
	Bryony Potter	60.3		01/07/2007	Litherland	NJL Mersey	AW July 5, 2007 - vol.62 (61) no.27
	Bryony Potter	60.1		03/08/2008	Litherland	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=13441
	Imogen Pughe	59.61	e	25/05/2021	Stretford	Trafford Sprints GP	https://thepowerof10.info/results/results.aspx?meetingid=413364
	Imogen Pughe	59.1		21/06/2021	Blackburn	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415487
	Imogen Pughe	58.5		04/07/2021	Stanney	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415488
#	Imogen Pughe	57.4		01/08/2021	Stretford	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415489
u17	400m	Indoor					
#	Emily Done	64.21	e i	07/01/2006	Sportcity	Sale Indoor Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=386
u20	300m	Indoor					
	Emily Done	44.45	e i	10/12/2005	Sheffield	Northern indoor open	https://thepowerof10.info/results/results.aspx?meetingid=31798
	Laura Rigby	43.94	e i	23/03/2014	Sportcity	Sale Indoor Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=96592
	Laura Turley	42.31	e i	18/12/2016	Sportcity	Sale Harriers Open Series	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Imogen Pughe	41.66	e l	13/03/2022	Sportcity	Manchester Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=428901
#	Emma Holmes	40.49	e l	10/12/2023	Sportcity	Manchester Open Meeting	https://www.thepowerof10.info/results/results.aspx?meetingid=564634
u20	400m						

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

Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Samantha Withers	61.9		13/06/1998	Crewe	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Charlotte Roach	61.8		06/05/2006	Stanney	2W m1 - Northern League	Po10 https://www.northernathletics.co.uk/track-field-league .
	Charlotte Roach	61.2		13/05/2006	Warrington	Cheshire Championships	Po10 http://www.cheshireaa.com/results/TFC/2006/u17wtf2006.htm
	Emily Done	60.5		27/04/2008	Stanney	NJL Mersey	https://thepowerof10.info/results/results.aspx?meetingid=12374
	Emily Done	60.3		10/05/2008	Ell Port	Cheshire Championships	Po10 https://www.cheshireaa.com/Results/index.aspx
	Emily Done	60.27	f e	15/06/2008	Manchester	Northern Championships	https://www.northernathletics.co.uk/download/na-tf-results-2008/
	Emily Done	60.1		19/04/2009	Wavertree	Tom O'Mahoney Memorial	https://thepowerof10.info/results/results.aspx?meetingid=25583
	Bryony Potter	59.8		05/07/2009	Stanney	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=23582
	Imogen Pughe	59.3		24/04/2022	Bebington	YDL Upper NW1	https://thepowerof10.info/results/results.aspx?meetingid=459962
	Imogen Pughe	58.7		30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
	Imogen Pughe	57.77	f e	14/05/2022	Macclesfield	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=456996
	Emma Holmes	56.19	f e	13/05/2023	Stanney	Cheshire championship	https://www.thepowerof10.info/results/results.aspx?meetingid=526794
	Emma Holmes	55.58	f e	03/06/2023	Sportcity	NA SW & u20W Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=516686&pagenum=2
	Emma Holmes	54.53	e	08/05/2024	Birmingham	Birchfield Mid-week Open	https://www.thepowerof10.info/results/results.aspx?meetingid=600348
##	Emma Holmes	54.24	e 2 nd	25/05/2024	Brussels	International Flanders Athletic M	https://www.thepowerof10.info/results/results.aspx?meetingid=619740
400m	Indoor						
	Sam Appleby	61.11	ht2 e i	21/12/2003	Sportcity	Sale Indoor Open Meeting	AW December 31, 2003 - vol.58 no.01
	Emma Holmes	58.35	ht1 e i	14/01/2023	EIS Sheffield	NA u17/u20/ Sen Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=3
	Emma Holmes	57.13	f e i	14/01/2023	EIS Sheffield	NA u17/u20/ Sen Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=3
	Emma Holmes	56.02	f e l	13/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=579119&pagenum=3
#	Emma Holmes	55.13	f e l	11/02/2024	EIS Sheffield	EA u15/u17/u20 Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=579121&pagenum=3
SW 300m	Indoor						
	Laura Turley	41.35	u23 i	19/03/2017	Sportcity	Sale Indoor Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=185703
#	Laura Turley	39.56	e i	07/01/2018	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=224235
SW 400m							
	Heather Lowry	66.1		04/06/2000	Deeside	Northern WL	paper records end 2000
	Bryony Potter	64.8		14/04/2012	Deeside	Deeside Open	https://www.thepowerof10.info/results/resultslookup.aspx
	Bryony Potter	60.9		07/07/2013	Litherland	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=81197
	Bryony Potter	60.9		07/09/2013	Doncaster	NoE Promotion	https://thepowerof10.info/results/results.aspx?meetingid=81244
	Bryony Potter	60.27	e	03/05/2014	Bedford	BUCS T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Shona Valentine	60.03	e	14/05/2016	Macclesfield	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Laura Turley	57.1		10/09/2017	Wigan	Arnold Seddon Open	https://thepowerof10.info/results/results.aspx?meetingid=192667
	Laura Turley	56.41	h2 e	05/05/2018	Bedford	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Laura Turley	55.45	s3 e	06/05/2018	Bedford	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]					
Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
		Laura Turley	54.69	f e	07/05/2018	Bedford	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
#		Laura Turley	54.66	e	01/06/2019	Valence, France	Challenge Meeting	https://www.thepowerof10.info/results/resultslookup.aspx
SW	400m	Indoor						
		Bryony Potter	60.20	ht4 e i	22/02/2014	Sheffield	BUCS Indoor Champs	https://www.thepowerof10.info/results/resultslookup.aspx 3
#		Laura Turley	54.67	ht4 e i	09/02/2019	Birmingham	British Indoor Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
v35	400m							
		Lisa Davies	74.4		17/06/2006	Wigan	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
#		Heather née Lowry McLintock	71.8		03/08/2013	Sportcity	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=81198
v40	400m							
#		Ellie Robinson	72.5		06/06/2015	Leigh	NoE League 2W	https://www.northernathletics.co.uk/download/2015-2w-match-2/
v45	400m							
#		Susan Baird	70.9		05/05/2013	Douglas, IoM	NoE League Division 2W	https://thepowerof10.info/results/results.aspx?meetingid=81195
v50	400m							
		Su Baird	74.2		03/05/2015	Wavertree	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=129672
#		Ellie Robinson	73.5		18/05/2024	Blackburn	NA League W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=600340
v55								
#		Joy Hickman	81.5		18/05/2024	Blackburn	NA League W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=600340

Metres_600_800m

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

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
		Ruby Phillips		15/09/2019	Wigan	Arnold Seddon Medal Meet	https://thepowerof10.info/results/results.aspx?meetingid=278714
600m	Indoor						
		Tamsin O'Keefe	i	11/11/2012	Sport City	Dash Quad	https://thepowerof10.info/results/results.aspx?meetingid=72105
u11	800m						
		Sophie Goss		12/09/1999	?	County Multi-events	https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
		Rachel Stoakley		10/09/2000	Macclesfield	Cheshire Relay Champs	https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf
		Danielle Bentley		14/09/2003	Macclesfield	Cheshire Multi-events	https://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf
		Alice Jennings		11/09/2005	Macclesfield	Cheshire Multi-events	https://www.cheshireaa.com/Results/index.aspx
		Tamsin O'Keefe		15/09/2013	Macclesfield	Cheshire Multi-events	https://thepowerof10.info/results/results.aspx?meetingid=93264
u13	600m						
		Diane Bentley		30/08/2004	Stretford	Trafford Medal Meet	AW September 1, 2004 - vol.58 no.36
		Sophie Hemingbrough		12/05/2012	Warrington	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=62907&pagenum=2 Page 2
		# Poppy McKenna	e	17/06/2024	Birmingham	ISA National Athletics Finals	https://www.thepowerof10.info/results/results.aspx?meetingid=618060
	600m						
		Indoor					
		Tamsin O'Keefe	i	10/11/2013	Sportcity	Dash Quad	https://thepowerof10.info/results/results.aspx?meetingid=94977
		Tamsin O'Keefe	i	16/11/2013	EIS Sheffield	Northern Athletics open	https://thepowerof10.info/results/results.aspx?meetingid=92898&pagenum=2
		# Emily Misantoni/Oyekan	i	06/12/2015	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=145191
u13	800m						
		Frances O'Neil		02/07/1998	Chester	WCAC YA	newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29
		Sarah Devoy		03/04/1999	Eirias Park	Colwyn Bay Open	AW April 7, 1999 - vol.53 no.14
		Kelly Money		15/09/2002	Macclesfield	Cheshire Multi-events	https://www.cheshireaa.com/results/ME/2002/U11CE2002.jpg
		Kerry Riley	h1	09/05/2003	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
		Kerry Riley	final	09/05/2003	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
		Kerry Riley		15/06/2003	Macclesfield	Cheshire League	from CD end Aug'04 (old website@gq.nu)
		Issy Clarke		14/07/2013	Colwyn Bay	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx
		# Emily Misantoni/Oyekan		27/06/2015	Sportcity	Stockport H YA Quadrathlon	https://thepowerof10.info/results/results.aspx?meetingid=124260
	800m						
		Indoor					
		Tamsin O'Keefe	e i	26/10/2013	Sheffield	South Yorkshire Series	https://thepowerof10.info/results/results.aspx?meetingid=95612&pagenum=2
		# Emily Misantoni/Oyekan	i	22/11/2015	Sportcity	Stockport H Quadrathlon	https://thepowerof10.info/results/results.aspx?meetingid=154703
u15	600m						
		Indoor					
		Emily Misantoni/Oyekan	e i	07/11/2015	EIS Sheffield	NA Open meeting	https://thepowerof10.info/results/results.aspx?meetingid=147563&pagenum=2
		Emily Misantoni/Oyekan	e i	06/12/2015	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=145191
		Emily Misantoni/Oyekan	e i	31/01/2016	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=145196&pagenum=2
		# Ruby Phillips	e l	04/12/2022	Sportcity	Sale Harriers Open Series	https://thepowerof10.info/results/results.aspx?meetingid=493234&pagenum=2

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

Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
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	Indoor						
	Emily Misantoni/Oyekan	2:24.8		22/11/2015	Sportcity	Stockport Quadrathlon	https://thepowerof10.info/results/results.aspx?meetingid=154703
	Emily Misantoni/Oyekan	2:24.01	h4 e i	07/02/2016	Sheffield	NA U13 / U15 Champs	https://thepowerof10.info/results/results.aspx?meetingid=147566&pagenum=2
#	Ruby Phillips	2:16.62	f e i	11/02/2023	EIS Sheffield	EA /U17 & U15 Champs	https://thepowerof10.info/results/results.aspx?meetingid=512329&pagenum=4
u17 600m	Indoor						
.	Jessica Lark	1:42.08	e i	05/12/2021	Sportcity	Manchester Open Meetings	https://www.thepowerof10.info/results/results.aspx?meetingid=428896
.	Jessica Lark	1:38.83	e i	19/12/2021	Sportcity	Manchester Open Meetings	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
.	Jessica Lark	1:38.73	e l	05/03/2022	Sportcity	Manchester Open Meetings	https://thepowerof10.info/results/results.aspx?meetingid=428900&pagenum=2
.	Jessica Lark	1:37.91	e l	13/03/2022	Sportcity	Manchester Open Meetings	https://thepowerof10.info/results/results.aspx?meetingid=428901
#	Jessica Lark	1:36.23	e i	29/01/2023	Sportcity	Manchester Open Meetings	https://thepowerof10.info/results/results.aspx?meetingid=493237&pagenum=2
u17 800m	Caroline Gore	2:51.0		27/06/1998	Wrexham	School Multi-events	newsletter Vol2No2
	Emma Monteith	2:30.2		09/05/1999	Warrington	Cheshire Championships	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

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]					
Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info	
	##	Jessica Lark	2:08.56	e	29/07/2023	Birmingham U	BMC GP, World A Challenge	https://www.thepowerof10.info/results/results.aspx?meetingid=525425
u17	800m	Indoor						
		Alice Jennings	2:31.08	e i	07/03/2010	EIS Sheffield	England u17 & u15 CE Champs	https://www.thepowerof10.info/results/resultslookup.aspx
		Eve Duret	2:27.68	h1 e i	14/01/2018	Sheffield	NA u17 / u20 / Senior Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
		Eve Duret	2:27.08	f e i	14/01/2018	Sheffield	NA u17 / u20 / Senior Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
		Jessica Lark	2:19.42	ht3 e l	16/01/2022	Sheffield	NA Sen/u20/ui7 Champs	https://www.northernathletics.co.uk/2022-results-index/
		Jessica Lark	2:14.26	final e l	16/01/2022	Sheffield	NA Sen/u20/ui7 Champs	https://www.northernathletics.co.uk/2022-results-index/
		Jessica Lark	2:12.84	ht1 e l	15/01/2023	EIS Sheffield	NoE u20/ Senior Champs	https://thepowerof10.info/results/results.aspx?meetingid=506414&pagenum=3
		# Jessica Lark	2:12.40	ht2 e l	11/02/2023	EIS Sheffield	EA /U17 & U15 Champs	https://thepowerof10.info/results/results.aspx?meetingid=512329&pagenum=4
u20	800m							
		Lorraine Stocker	2:48.96	e	10/05/1998	Crewe	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
		Lorraine Stocker	2:39.7		24/05/1998	Crewe	Cheshire League	newsletter Vol2 No2
		Emma Monteith	2:23.9	final	13/05/2001	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
		Emma Monteith	2:20.8		11-12/05/2002	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2002.aspx
		Emma-L Heighway	2:18.8	final	12/06/2004	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/2004/tf/chesh04res.html
		Charlotte Roach	2:17.9		01/05/2005	Stanney	Northern T&F 2005 3W (m1)	https://www.northernathletics.co.uk/download/tf-league-results-2005/
		Charlotte Roach	2:17.1		13/05/2006	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
		Charlotte Roach	2:16.8		17/06/2006	Wigan	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
		# Imogen Pughe	2:14.0		26/03/2022	Stanney	Dan Gilroy Memorial	https://thepowerof10.info/results/results.aspx?meetingid=445779
u20	800	Indoor						
		Olivia Montez-Brown	2:30.41	e i	10/01/2015	EIS Sheffield	Eng & Wales u20/SW CE	https://thepowerof10.info/results/results.aspx?meetingid=12388
		Jessica Lark	2:14.17	ht2 e l	14/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=579119&pagenum=4
		# Jessica Lark	2:10.99	f e l	14/01/2024	EIS Sheffield	NA u17/u20/ Sen Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=579119&pagenum=4
SW	800m							
		Heather Lowry	2:34.4		07/08/2000	Warrington	Northern WL	paper records end 2000
		Joanne Bailey	2:25.2		13/05/2001	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
		Olivia Montez-Brown	2:24.20		02/05/2016	Mankato MN, USA	NSIC Multi Championships	https://goaugie.com/documents/2016/5/2/Crystal_Reports_ActiveX_Designer_tfmm5results1col.pdf
		# Olivia Montez-Brown	2:22.77		27/05/2016	Bradenton FL USA	NCAA Division 2 Champs	https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/
SW	800m	Indoor						
		Olivia Montez-Brown	2:29.57	i	29/01/2016	Minneapolis MN, USA	Jack Johnson Classic	https://thepowerof10.info/results/results.aspx?meetingid=161266
		Olivia Montez-Brown	2:23.87	i	12/03/2016	Pittsburgh KS, USA	NCAA Division II Champs	https://www.leonetiming.com/2016/Indoor/NCAADII/Results/
		# Olivia Montez-Brown	2:23.02	i	10/03/2017	Birmingham AL, USA	NCAA Division II T&F Champs	https://results.leonetiming.com/?mid=1140
v35	800m							
		# Julie Wilkins	2:33.2		18/06/2006	Macclesfield	Cheshire T&F League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
v40 800m	Lisa Davies	2:42.7		07/05/2011	Ellesmere Port	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=50646
	Lisa Davies	2:36.56		03/07/2011	Stretford	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=50644
	Ellie Robinson	2:36.6		04/05/2014	Stretford	NoE League 2W	https://www.thepowerof10.info/results/results.aspx?meetingid=103768
	Ellie Robinson	2:35.6		12/07/2015	Ellesmere Port	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=129670
	Ellie Robinson	2:35.02 e		07/05/2016	Wakefield	NoE League 1	https://www.northernathletics.co.uk/download/2016-1-match-1/
	# Elizabeth Renondeau	2:30.1		04/07/2021	Stanney	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415488
v45 800m	Liz Stott	3:03.9		06/05/2006	Stanney	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Mieke Vanneste	2:44.8		05/05/2007	Stanney	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2007/
	Eleanor Robinson	2:37.2		06/05/2017	York	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=189087
	Eleanor Robinson	2:35.1		09/07/2017	Wigan	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=189089
	# Eleanor Robinson	2:33.0		05/05/2018	Wigan	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=234459
	v50 800m	Eleanor Robinson	2:43.1		30/04/2022	Stanney	NoE W Premier
Eleanor Robinson		2:41.5		06/08/2022	Blackburn	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445768
# Eleanor Robinson		2:37.0		14/07/2024	Bury	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=600342
V55 800m	# Joy Hickman	3:08.4		25/08/2024	Oldham	Cheshire League	https://www.thepowerof10.info/results/results.aspx?meetingid=603230

Metres_1,000m

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

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
#	Cosette Wearden	3:10.49	e	20/11/2022	Sheffield	NA Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=497209&pagenum=2

Metres_1,200_1,500m

u13	1200m						
	Eleanor Faulks	4:51.5		21/05/2000	Macclesfield	McDonalds YAL	Best performance 2000
	Kerry Riley	4:16.3	1	18/05/2003	Preston	UKA YAL N 1W	https://thepowerof10.info/results/results.aspx?meetingid=388616
	Kerry Riley	4:12.0	1	01/06/2003	Pendle	UKA YAL N 1W	AW June 11, 2003 - vol.57 no.24
	Kerry Riley	4:05.8		29/06/2003	Macclesfield	UKA YAL N 1W	from CD end Aug'04 (old website@gq.nu) - AW July 16 2003 - vol.57 no.29
	Kerry Riley	4:05.0		20/07/2003	Deeside	UKA YAL N 1W	from CD end Aug'04 (old website@gq.nu) - AW July 23 2003 - vol.57 no.30
	Tamsin O'Keefe	3:54.2		30/05/2015	Stretford	YDL N W1 lower	https://thepowerof10.info/results/results.aspx?meetingid=132480
	Carys Roberts	3:53.3		21/07/2018	Bebington	N P1 YDL lower	https://thepowerof10.info/results/results.aspx?meetingid=234512
	Jessica Lark	3:52.9		22/06/2019	Bebington	N PW YDL lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Jessica Lark	3:51.73	e	20/07/2019	Sheffield	N PW YDL lower	https://thepowerof10.info/results/results.aspx?meetingid=285905
u13	1500m						
	Sarah Devoy	6:03.7		30/08/1998	Bebington	Wirral Junior Medal	AW September 9, 1998 - vol.52 no.37
	Sarah Devoy	5:47.66		09/05/1999	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Kelly Money	5:32.8	h1	11-12/05/2002	Warrington	Cheshire Championships	https://www.cheshireaa.com/Results/index.aspx
	Kerry Riley	5:25.5		10/05/2003	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Tessa McCormick	5:22.8		13/05/2007	Macclesfield	Cheshire Championships	Po10 http://www.cheshireaa.com/Results/index.aspx
#	Imogen Pughe	5:06.2		03/07/2017	Stanney	Cheshire v Merseyside yr7	https://thepowerof10.info/results/results.aspx?meetingid=210750
	Jessica Lark	5:06.2		11/08/2019	Warrington	Terry Davies Memorial	https://thepowerof10.info/results/results.aspx?meetingid=284586
u15	1200m						
#	Emma L Heighway	4:18.3		10/03/2002	Warrington	Winter Warm-up	AW March 3, 2002 - vol.56 no.11
u15	1500m						
	Lucinda Neeves	5:15.2		28/06/1998	Salford	McDonalds YAL	paper records end 2000
	Emma L Heighway	5:14.2	final	11-12/05/2002	Warrington	Cheshire Championships	https://www.cheshireaa.com/Results/index.aspx
	Kerry Riley	5:09.8		30/08/2004	Stretford	Trafford Medal Meet	AW September 1, 2004 - vol.58 no.36
	Rebecca Grimes	5:07.01		14-15/05/2005	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/Results/index.aspx
	Georgina Wright	5:05.9		05/06/2005	Blackburn	NoE YA Northern 1W	AW June 15, 2005 - vol.59 no.24
	Nienka Verwer	5:06.5		09/06/2007	Macclesfield	Cheshire Schools Champs	https://www.cheshireaa.com/Results/PDFarchive/SchoolsTF2007.pdf
	Nienka Verwer	5:00.5		16/06/2007	Birmingham	Mason Trophy	https://thepowerof10.info/results/results.aspx?meetingid=6731
	Amy Hinchley	4:58.0		18/06/2011	Birmingham	Mason Trophy	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Amy Hinchley	4:50.33	e	26/07/2011	Stretford	Trafford GP	https://thepowerof10.info/results/results.aspx?meetingid=49640

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Carys Roberts	4:49.4		12/05/2019	Warrington	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Carys Roberts	4:46.06	e	06/09/2020	Stretford	Trafford Open Series	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u17	1500m						
	Lynsey Wayman	6:01.8		28/06/1998	Salford	McDonalds YAL	newsletter Vol2No2
	Emma Monteith	5:04.74	e	08/05/1999	Warrington	Cheshire Championships	http://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Emma Monteith	5:02.4		13/05/2000	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF2000.pdf
	Emma Monteith	5:02.18	e	20/08/2000	Cudworth	NW Inter County	https://www.cheshireaa.com/results/PDFarchive/NoEAAICTF2000.pdf
	Charlotte Roach	4:53.50	e	14-15/05/2005	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/Results/index.aspx
	Issy Clarke	4:53.0		01/04/2017	Stoke	City of Stoke Open Meet	https://thepowerof10.info/results/results.aspx?meetingid=196047
	Carys Roberts	4:50.0		30/05/2021	Stanney	YDL Upper N Merseyside	https://thepowerof10.info/results/results.aspx?meetingid=415550
	Carys Roberts	4:46.2		01/08/2021	Stretford	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415489
	Jessica Lark	4:24:29	SX3 e	16/05/2023	Stretford	Trafford Grand Prix	https://www.thepowerof10.info/results/results.aspx?meetingid=519491
	Jessica lark	4:21.70	BW e	27/05/2023	SportCity	BMC GP - World Athletics Challenger	https://www.thepowerof10.info/results/results.aspx?meetingid=522652
##	Jessica Lark	4:20.07	e f	18/06/2023	Chelmsford	EA U20 Champs & U20 Open	https://www.thepowerof10.info/results/results.aspx?meetingid=529903&pagenum=3
u17	1500m						
#	Eve Duret	5:18.20	e i	13/01/2018	Sheffield	NA U17/ U20/ Sen Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
u20	1500m						
	Lorraine Stocker	5:35.2		06/06/1998	Oldham	Northern WL	newsletter Vol2 No2
	Emma Monteith	5:07.5		12/05/2001	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
	Emma Monteith	5:01.2		11-12/05/2002	Warrington	Cheshire Championships	https://www.cheshireaa.com/Results/index.aspx
	Laura Bestow	4:53.9		03/05/2003	Stretford	NoE WL Div 3W	AW May 7, 2003 - vol.57 no.19
	Laura Bestow	4:49.4		09/05/2003	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Laura Bestow	4:46.3		06/07/2003	Connah's Quay	NoE WL Div 3W	AW July 9, 2003 - vol.57 no.28
#	Jessica Lark	4:37.69	e	14/05/2024	Trafford	Open	
u20	1500m						
#	Jessica Lark	4:26.34	A e...i	21/01/2024	Cardiff	BMC Indoor	https://www.thepowerof10.info/results/results.aspx?meetingid=583188
SW	1500m						
	Julie Fletcher	5:12.6		04/06/2000	Deeside	Northern WL	paper records end 2000
	Joanne Bailey	??		06/05/2001	Douglas, IoM	Northern Women's League	Newsletter May 2001 _ not mentioned in AW May 9 2001 - Vol.55 no.19
	Nicola Bird	5:02.2		05/08/2001	Preston	Northern WL	from CD end Aug'04 (old website@gq.nu)
	Nicola Bird	4:59.74		14/08/2001	Stretford	Trafford GP	AW August 22, 2001 - vol.55 no.34
	Nicola Bird	4:54.93	e	08/06/2004	Stretford	Trafford open	https://thepowerof10.info/results/results.aspx?meetingid=107

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		Measure					
	Nicola Bird	4:46.93	e	06/07/2004	Stretford	Trafford open	https://thepowerof10.info/results/results.aspx?meetingid=109
	Nicola Bird	4:43.84	e	03/08/2004	Stretford	Trafford open	https://thepowerof10.info/results/results.aspx?meetingid=123
#	Kate Moulds	4:37.6		18/06/2023	Bebington	NoE League W Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516643
v35	1500m						
	Lisa Davies	5:50.2		06/08/2006	Ashton	NoE 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Heather McLintock (née Lowry)	5:37.1		07/06/2014	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=103769
	Heather McLintock	5:34.5		09/08/2014	Bebington Oval	NoE 2W	https://www.northernathletics.co.uk/download/division-2w-match-4-2014/
#	Anest Müller	5:34.26	e	05/06/2016	Sheffield	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=159263
v40	1500m						
	Glenys Potter	6:53.7		12/08/2007	Deeside	Cheshire League	WCAC Statistics
	Lisa Davies	6:02.3		26/05/2012	Wavertree	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=62849
	Eleanor Robinson	5:44.2		01/07/2012	Ellesmere Port	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=62850
	Ellie Robinson	5:26.8		03/07/2016	Ellesmere Port	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=159264
	Elizabeth Renondeau	5:00.5		16/06/2019	Wigan	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=276255
	Elizabeth Renondeau	4:45.17	e	09/07/2019	Stretford	Trafford AC GP	https://thepowerof10.info/results/results.aspx?meetingid=276169
	Elizabeth Renondeau	4:45.3		21/07/2019	Stanney	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=276256
#	Elizabeth Renondeau	4:40.3	e	06/08/2019	Stretford	Trafford AC GP	https://thepowerof10.info/results/results.aspx?meetingid=276172
v45	1500m						
	Liz Stott	6:36.2		06/05/2006	Stanney	NoE League 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Lisa Davies	5:54.4		09/06/2013	Stretford	NoE League 2W	https://thepowerof10.info/results/results.aspx?meetingid=81196
	Lisa Davies	5:48.54	e	07/05/2016	Wakefield	NoE League 1	https://www.northernathletics.co.uk/download/2016-1-match-1/
	Eleanor Robinson	5:35.3		06/05/2017	York	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=189087
#	Eleanor Robinson	5:25.0		05/05/2018	Wigan	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234459
v50	1500m						
	Joy Hickman	5:56.87	e	08/07/2018	York	NoE League Division 1	https://www.thepowerof10.info/results/resultslookup.aspx
	Joy Hickman	5:54.68	e	10/08/2019	Wakefield	NoE Division 1	https://www.thepowerof10.info/results/resultslookup.aspx
#	Eleanor Robinson	5:37.7		30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
v55	1500m						
	Joy Hickman	6:28.2		02/07/2023	Blackburn	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516644
#	Joy Hickman	6:19.20	e	19/08/2023	Stretford	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516645

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

Measure

Mile

u13	Mile						
		Lucia Pyne	5:58.2	03/05/2016	Stanney	WCAC 4-Minute Anniversary	WCAC records
#		Jessica Lark	5:52.28 e	07/04/2019	Deeside	Spring Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15	Mile						
		Issy Clarke	6:12.5	06/05/2014	Stanney	WCAC 4-Minute Anniversary	WCAC records
		Imogen Pughe	5:44.88	15/04/2018	Deeside	Open Meeting	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Aimee Phillips	5:43.65	12/09/2021	Bangor	Ynys Mon Iga & Menai T & F	https://www.thepowerof10.info/results/resultslookup.aspx
		Jessica Lark	5:34.1	15/09/2021	Bebington	Wirral AC Mini Meetings	https://www.thepowerof10.info/results/results.aspx?meetingid=416338
#		Cosette Wearden	5:24.8	13/07/2022	Bebington	Wirral AC Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=472436
u17	Mile						
		Issy Clarke	5:57.0	03/05/2016	Stanney	WCAC 4-Minute Anniversary	WCAC records
		Aimee Phillips	5:42.0	09/04/2022	Warrington	Terry Davies Memorial	https://thepowerof10.info/results/results.aspx?meetingid=444521&pagenum=2
		Cosette Wearden	5:39.93 e	24/04/2023	Bebington	Wirral AC Open Meeting	https://www.thepowerof10.info/results/results.aspx?meetingid=528349
##		Cosette Wearden	5:10.46 e	26/08/2024	Bury	Bury Track Mile	https://www.thepowerof10.info/results/results.aspx?meetingid=622975
u20	Mile						
		Katie Clarke	5:39.1	03/05/2016	Stanney	WCAC 4-Minute Anniversary	WCAC records
#		Jodi Bemand	5:36.4	26/03/2023	Stanney	25 th Anniversary	https://www.thepowerof10.info/results/results.aspx?meetingid=519673
SW	Mile						
#		Emma Nutt	5:50.5	24/05/2024	Stanney	Helsby Track Night	https://www.thepowerof10.info/results/results.aspx?meetingid=609918
v35	Mile						
		Heather McLintock	6:13.6	06/05/2014	Stanney	WCAC 4-Minute Anniversary	WCAC records
#		Claire Harris	6:06.9	24/05/2024	Stanney	Helsby Track Night	https://www.thepowerof10.info/results/results.aspx?meetingid=609918
v40	Mile						
#		Ellie Robinson	6:12.8	06/05/2014	Stanney	WCAC 4-Minute Anniversary	WCAC records
v45	Mile						
#		Jane Pickering	7:10.1	06/05/2014	Stanney	WCAC 4-Minute Anniversary	WCAC records
v50	Mile						
#		Su Baird	6:51.4	06/05/2014	Stanney	WCAC 4-Minute Anniversary	WCAC records

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

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

u17 3,000m

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

U17 3,000m

indoor

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

u20 3000m

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

u20 3,000m

indoor

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

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

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

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

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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

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

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

SW 5,000m **Indoor**

#	Katie Clarke	18:29.85	e i	20/02/2020	Winston-Salem	Appalachian AC Champs	https://www.thepowerof10.info/results/resultslookup.aspx
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v35

v40 5,000m

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

v45 5,000m

#	Angela Tegg	23:02.5		13/05/2018	Macclesfield	Cheshire County Champs	https://www.cheshireaa.com/Results/index.aspx
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v50

Metres_10,000m

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

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

v35

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

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

Steeplechase_1500_2,000_3,000m

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

Indoor_60m_Hurdles

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

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

v35

Hurdles_70_80_100m

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

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]				
Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	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 – 0.762m						
	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 – 0.762m						
	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

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking , the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]				
Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Olivia Montez-Brown	12.2		22/05/2011	Preston	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=51620
	Olivia Montez-Brown	12.2		19/06/2011	Crewe	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=51609
	Olivia Montez-Brown	11.8		12/05/2012	Warrington	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Olivia Montez-Brown	11.8		16/06/2012	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml Type year
	Olivia Montez-Brown	11.7		23/06/2012	Stoke	Mason Trophy	https://thepowerof10.info/results/results.aspx?meetingid=68240
#	Olivia Montez-Brown	11.6		30/06/2012	Crewe	ESAA Regional CE	https://thepowerof10.info/results/results.aspx?meetingid=67572
u17	100m H – 0.762m						
	Heather Lowry	20.1		05/06/1999	Warrington	NoE WL 4W	AW June 9, 1999 - vol.53 no.23
	Tricia Jackson	18.0		31/07/2004	Deeside	Northern WL	from CD end Aug'04 (old website@gq.nu)
	Danielle Erskine	18.0		05/07/2009	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23582
	Danielle Erskine	17.4		02/08/2009	Blackpool	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23583
#	Gemma Hale	16.3		01/05/2010	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=37056
	Gemma Hale	16.2	w+3.2	05/06/2010	Wavertree	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=37055
u20	100m H – 0.838m						
	Caroline Gore	18.6		26/04/2000	Cannock	Schools Multi-events	paper records end 2000
	Catriona Boyd	18.6		07/08/2005	Stockport	3W - Northern League	https://www.northernathletics.co.uk/download/tf-league-results-2005/
	Victoria Anderson	16.18	e	14/05/2011	Stretford	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Victoria Anderson	15.9		11/06/2011	Macclesfield	Cheshire Schools Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page2
	Olivia Montez-Brown	15.6		02/06/2013	Carlisle	YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=81639
	Olivia Montez-Brown	15.2		03/08/2013	Sportcity	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=81198
	Olivia Montez-Brown	15.14	w+0.1 e	24/05/2014	Bedford	EA u20, SW CE Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=101361
	Olivia Montez-Brown	14.7		01/06/2014	Stanney	YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=103237
##	Olivia Montez-Brown	14.3		09/08/2014	Bebington	NA League 2W	https://www.northernathletics.co.uk/download/division-2w-match-4-2014/
SW	100m H – 0.838m						
	Heather Lowry	20.1		27/06/1998	Belle Vue	Northern WL	newsletter Vol2 No2
	Heather Lowry	19.6		01/08/1999	Warrington	NoE WL 4W	paper records end 2000 - AW August 4 1999 - vol.53 no.31
	Victoria Anderson	16.0		07/07/2013	Litherland	Northern League	https://thepowerof10.info/results/results.aspx?meetingid=81197
	Olivia Montez-Brown	15.51	w1.5 e	15/04/2016	Azusa CA, USA	Bryan Clay Invitational	https://thepowerof10.info/results/results.aspx?meetingid=168364
	Olivia Montez-Brown	14.59	w0.8 e	01/05/2016	Mankato MN	NSIC Multi Championships	https://www.thepowerof10.info/results/resultslookup.aspx
#	Olivia Montez-Brown	14.37	w1.2 e	26/05/2016	Bradenton FL	NCAA DII Championships	https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/
v35	100m H – 0.838m						

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

400m H – 0.762m

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

u20 400m H – 0.762m

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

SW 400m H – 0.762m

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

v35 400m H – 0.762m

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

v40 400m H – 0.762m

v45 400m H – 0.762m

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

Relay_4x100m

u11 4x100m	Anon	65.9	h2	20/06/2000	Warrington	Cheshire Track Relays	https://www.cheshireaa.com/results/PDFarchive/TrackRelays2000
	Anon	63.3	h1	13/07/2003	Warrington	Cheshire Track Relays	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
	Anon	61.5	h2	03/07/2005	Stanney	Cheshire Track Relays	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2005.aspx
	Anon	61.0		20/04/2008	Stockport	Cheshire League Rd1 M3	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Anon	60.1	h1	05/07/2008	Macclesfield	Cheshire Track Relays	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx
	Anon	60.0	final	05/07/2008	Macclesfield	Cheshire Track Relays	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx
u13 4x100m	Anon	64.8	h2	11/07/2000	Warrington	Cheshire Track Relays	https://www.cheshireaa.com/results/PDFarchive/TrackRelays2000.pdf
	Anon	62.9		22/07/2001	Warrington	McDonalds YAL	from CD end Aug'04 (old website@gq.nu)
	Anon	56.1	h1	14/07/2002	Crewe	Cheshire Track Relays	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
	Anon	55.8	final	14/07/2002	Crewe	Cheshire Track Relays	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
	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		https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx YAL WCAC stats
	G Barlow, C Williamson, A Williams, and Williams	55.4	h2	03/07/2010	Crewe		Cheshire Track Relays https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2010.aspx
	G Barlow, C Williamson, A Williams, and Williams	54.8	final	03/06/2010	Crewe		Cheshire Track Relays https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2010.aspx
	Anon	54.6		15/07/2017	Preston		N P1 YDL lower
	Anon	54.67	e	18/05/2019	Wavertree		N PW YDL lower https://thepowerof10.info/results/results.aspx?meetingid=285878&pagenum=2
	Madeline Mercer, Lara Fields, Sara Pearson and Emily Owen	53.7		22/06/2019	Bebington		N PW YDL lower https://thepowerof10.info/results/results.aspx?meetingid=285879&pagenum=2
#	Jess Brown, Sara Pearson, Emily Owen, and Madeline Mercer	53.40	e	20/07/2019	Sheffield		N PW YDL lower https://thepowerof10.info/results/results.aspx?meetingid=285905&pagenum=2
u15	4x100m						
	Anon	55.9		05/06/1999	Warrington		NoE WL 4W paper records end 2000 AW June 9, 1999 - AW Vol.53 no.23
	Anon	52.9	h1	13/07/2003	Warrington		Cheshire Relay Champs https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
	Anon	52.1	final	13/07/2003	Warrington		Cheshire Relay Champs https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
	Anon	51.0		05/06/2005	Blackburn		NoE YA Northern 1W AW June 15, 2005 - vol.59 no.24
	Daisy Flynn-Piercy, Shona Valentine, Sian Kelman, and Emily Done	50.2	final	03/07/2005	Stanney		Cheshire Track Relay https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2005.aspx
#	Stephanie Jones, Lara Battersby,	50.0		02/06/2019	Crewe		Cheshire Track Relays
#	Fatoumatta Bojang, and Imogen Pughe						Not on Po10 (results by date) or Cheshire website!
u17	4x100m						
	Anon	54.9		06/06/1999	Warrington		Northern WL paper records end 2000
	Anon	54.5		11/07/2000	Warrington		Cheshire Track Relays https://www.cheshireaa.com/results/PDFarchive/TrackRelays2000
	Anon	53.8	final	13/07/2003	Warrington		Cheshire Relay Champs https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
	Shona Valentine, Rebecca Grimes, Sian Kelman, and Daisy Flynn-Piercy	52.1		06/05/2006	Stanney		NoE League 2W https://www.northernathletics.co.uk/download/tf-league-results-2006/
#	Daisy Flynn-Piercy, Shona Valentine,	50.5		01/07/2006	Macclesfield		Cheshire Track Relay
#	Rachel Stoakley, and Emily Done						https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2006.aspx

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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	AW June 9, 1999 - vol.53 no.23
	Rebecca Cutler (u17), Tricia Jackson (u20), Helen Clowes(u17), Emma Shore (u17)	54.3		01/05/2005	Stanney	Northern T&F 2005 3W (m1)	https://www.northernathletics.co.uk/download/tf-league-results-2005/
	Bryony Potter, Sian Kelman, Shona Valentine, Emily Done	51.1		27/04/2008	Stanney	NjL Ch Tigers Mersey	https://thepowerof10.info/results/results.aspx?meetingid=12374
	Anon	50.3		06/07/2008	Macclesfield	Cheshire Track Relays	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx
	## Bryony Potter (u20), Sian Kelman (u20), Shona Valentine(u20), and Emily Done (u20)	49.3		04/07/2009	Stanney	Cheshire Track Relays	https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2009.aspx
SW	4x100m						
	Anon	61.1		02/05/1999	Lancaster	Northern WL	paper records end 2000
	Anon	57.4		06/05/2001	Douglas,	Isle of Man Northern WL	from CD end Aug'04 (old website@gq.nu)
	Anon	56.6		14/07/2002	Crewe	Cheshire Relay Champs	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
	Rachel Treloar (u17), Shona Valentine, Laura Rigby (u20), Alice McMahon (u17)	51.0		05/06/2011	Warrington	NA 2W	WCAC stats https://www.northernathletics.co.uk/download/tf-leauge-results-2011/
	Alice McMahon (u17), Ali Burkett (u17), Danielle Erskine (u20), Shona Valentine	50.87	e	03/07/2011	Stretford	NA 2W	WCAC stats https://www.northernathletics.co.uk/download/tf-leauge-results-2011/
	Alice McMahon (u20), Laura Turley (u17), Shona Valentine, Ali Burkett (u20)	50.6		05/05/2012	Blackpool	NoE 2W	https://www.northernathletics.co.uk/download/tl-league-results-2012/
	Alice McMahon (u20), Shona Valentine, Georgia Barlow (u17), and Danielle Erskine	49.6		07/06/2014	Stanney	North of England League Division 2W	https://www.northernathletics.co.uk/download/2w-match-2-2014/
	## Alice McMahan, Shona Valentine, Georgia Barlow (u20), and Danielle Erskine	49.3		03/07/2016	Stanney	Northern League Division 1	https://www.northernathletics.co.uk/download/2016-match-3-div-1/
v35	4x100m						
v40	4x100m						
	Anon	69.7		01/07/2006	Macclesfield	Cheshire Track Relays	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2006.aspx
	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		https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2007.aspx Cheshire Track Relays https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2009.aspx

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 N W1 YDL Lower	https://thepowerof10.info/results/results.aspx?meetingid=103318&pagenum=2 https://thepowerof10.info/results/results.aspx?meetingid=103320&pagenum=2
	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 N P 2 YDL Lower	https://thepowerof10.info/results/results.aspx?meetingid=159347&pagenum=2 https://thepowerof10.info/results/results.aspx?meetingid=159350&pagenum=2
	Anon	2:57.6		21/04/2018	Leeds Becket	N P 1 YDL Lowe	https://thepowerof10.info/results/results.aspx?meetingid=234510&pagenum=2
	Anon	2:52.60 e		19/05/2018	Wakefield	N P 1 YDL Lower	https://thepowerof10.info/results/results.aspx?meetingid=234517&pagenum=2
	Anon	2:51.2		17/06/2018	Stanney r	N P 1 YDL Lowe	https://thepowerof10.info/results/results.aspx?meetingid=234511&pagenum=2
	Lara Battersby, Fatoumatta Bojang, Stephanie Jones, and Imogen Pughe	2:50.9		22/06/2019	Bebington	N PW YDL lower	https://thepowerof10.info/results/results.aspx?meetingid=285879&pagenum=2
#	Lara Battersby, Fatoumatta Bojang, Martha Willetts, and Imogen Pughe	2:50.54 e		20/07/2019	Sheffield Uni	YDL Lower relegation	https://thepowerof10.info/results/results.aspx?meetingid=285905&pagenum=2 Page 2
u17 4x300m	Alice Jennings, Gemma Hale, Victoria Anderson and Leah Ferrie 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 N P W YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=36937 https://thepowerof10.info/results/results.aspx?meetingid=36888
	Emma Holmes, Carys Roberts, Jodi Bemand, and Imogen Pughe	2:59.7 .		30/05/2021	Stanney	N P Merseyside YDL Upper	
#	Emma Holmes, Lauren Williams, Carys Roberts, Imogen Pughe	2:50.9		25/07/2021	Bebington	NP Merseyside YDL Upper	https://www.thepowerof10.info/results/results.aspx?meetingid=415562

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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	https://www.northernathletics.co.uk/download/tf-league-results-2006/
#	Emily Done, Danielle Erskine (U17), Bryony Potter, Leah Ferrie (U17)	4:07.8	05/07/2009	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23582
SW 4x400m	Anon	4:43.2	25/06/1998	Crewe	Cheshire Track Relays	https://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf
	Anon	4:36.2	???	07/06/1999	Crewe	Cheshire Track Relays paper records end 2000
	Anon	4:21.2	15/06/1999	Crewe	Cheshire Relay Champs	https://www.cheshireaa.com/results/PDFarchive/TrackRelays1999.pdf
	Danielle Erskine, Shona Valentine, Olivia Montez-Brown (u20), and Georgia Barlow (u17)	4:10.5	12/07/2015	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=129670
	Laura Turley, and Alice Jennings, Issy Clarke (U20), Beth McMahan (U20)	4:08.77 e	03/06/2018	Wakefield	NoE Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234460
	Imogen Pughe (u17), Elizabeth McMahan, Carys Roberts (u17), and Emma Holmes (u17)	4:03.5	01/08/2021	Stretford	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=415489
	Aimee Phillips (u17), Laura Turley, Elizabeth McMahan and Imogen Pughe (u20)	4:00.4	12/06/2022	Stretford	NoE West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445766
##	Aimee Phillips (u17), Lura Turley, Elizabeth McMahan, and Imogen Pughe (u20)	4:00.0	10/07/2022	Wigan	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445767
v35 4x400m						
Relay_3x600_3x800m						
u11 3x600m	Anon	6:21.1		05/07/2008	Macclesfield	Cheshire Track Relays https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2008.aspx
	Anon	6:02.8		31/08/2013	Macclesfield	Cheshire Track Relays https://www.cheshireaa.com/results/TR/cheshire_relay_championships_2012.aspx
u13 3x800m	Anon	9:22.5		25/06/1998	Crewe	Cheshire Track Relays

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking , the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]				
Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Anon	8:24.8		14/07/2002		Crewe	https://www.cheshireaa.com/results/PDFarchive/TrackRelays1998.pdf Cheshire Relay Champs
	Anon	8:03.2	final	13/07/2003		Warrington	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx Cheshire Relay Champs
#	Martha Willetts, Carys Roberts, and Megan White	8:03.0		10/06/2018		Crewe	https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx Cheshire County & Invitation no results Po10 or Cheshire web!
u15	3x800m						
	Anon	8:35.9		14/07/2002		Crewe	Cheshire Relay Champs https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
	Anon	7:52.5	final	13/07/2003		Warrington	Cheshire Relay Champs https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2003.aspx
#	Sophie Granger, Carys Roberts, and Imogen Pughe	7:17.6		02/06/2019		Crewe	Cheshire Relay Championships
u17	3x800m						
#	Anon	7:51.5		13/07/1999		Crewe	Cheshire Relay Champs https://www.cheshireaa.com/results/PDFarchive/TrackRelays1999.pdf
u20							
SW	3x800m						
#	Anon	7:32.3	typo	14/07/2002		Crewe	Cheshire Relay Champs https://www.cheshireaa.com/results/tr/cheshire_relay_championships_2002.aspx
v35							
v40	3x800m						
#	Jane Pickering (v45), Ellie Robinson (v40), Lisa Davies (v40)	8:24.1		21/07/2012		Crewe	Cheshire County & Invitation https://www.cheshireaa.com/results/TR/2012/CCAA%20RELAYS%202012%20RESULTS_21-07-2012.pdf
v45							

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

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

High Jump

u13 High Jump

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

u13 High Jump

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

u15 High Jump

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

u15 High Jump

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

u17 High Jump

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

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking , the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]				
Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Victoria Anderson	1.68		09/07/2010	Birmingham	ESAA T&F Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 7
High Jump		Indoor		.			
	Victoria Anderson	1.60	i	10/01/2010	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=32358
	Victoria Anderson	1.65	i	16-17/01/2010	EIS Sheffield	NA Indoor Championships	https://www.thepowerof10.info/results/resultslookup.aspx
#	Victoria Anderson	1.69	i	06/03/2010	EIS Sheffield	NoE u17/ u15 C/E Champs	https://www.northernathletics.co.uk/results-index/2010-results-index/
u20	High Jump						
	Lorraine Stocker	1.20		05/07/1998	Stockport	Northern WL	newsletter Vol2 No2
	Caroline Gore	1.57		04/06/2000	Deeside	Northern WL	paper records end 2000
	Victoria Anderson	1.63	day 2	15/05/2011	Stretford	Cheshire Championships	https://www.cheshireaa.com/Results/index.aspx
	Victoria Anderson	1.66		11/06/2011	Macclesfield	Cheshire Schools Champs	https://www.esaa.net/oldindex.shtml
##	Victoria Anderson	1.69		25/06/2011	Stretford	North-West Schools CE	https://thepowerof10.info/results/results.aspx?meetingid=53549
	Victoria Anderson	1.69		17/09/2011	Exeter	ESAA CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Victoria Anderson	1.69		12/05/2012	Warrington	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
SW	High Jump						
	Heather Lowry	1.20		03/05/1998	Oldham	Northern WL	paper records end 2000
	Heather Lowry	1.20		20/06/1998	Oldham	Northern WL	newsletter Vol2 No2
	Gemma Ashton	1.52		01/08/1999	Warrington	NoE WL 4W	paper records end 2000 - AW August 4, 1999 - vol.53 no.31
#	Gemma Ashton	1.54		05/08/2001	Preston	Northern WL	from CD end Aug'04 (old website@gq.nu)
v35							
#	Nicola Gore	1.10		06/08/2022	Blackburn	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445768
v40							
v45	High Jump						
#	Ellie Robinson	1.15		02/09/2018	Salford	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Ellie Robinson	1.15		16/06/2019	Wigan	NoE division 1	https://thepowerof10.info/results/results.aspx?meetingid=276255
v50							

Long Jump

u11 Long Jump

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking , the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]				
Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Lindzi Bromilow	2.18		12/09/1999		County Multi-events	https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
	Rachel Stoakley	3.38		10/09/2000	Macclesfield	Cheshire Relay Champs	https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf
	Stephanie Blackwell	3.59		09/09/2001	Macclesfield	Cheshire Multi-events	https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf
	Emily Clark	4.04		05/06/2005	Blackburn	NoE YA Northern 1W	AW June 15, 2005 - vol.59 no.24
	Amy Williams	4.05		23/08/2008	Manchester	NW CE Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Tamsin O'Keefe	4.15		15/09/2013	Macclesfield	Cheshire Multi-events	https://www.thepowerof10.info/results/results.aspx?meetingid=93264&pagenum=2
	Long Jump - Indoor						
	Tamsin O'Keefe	3.43	i	11/11/2012	Sportcity	Dash Quad	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u13	Long Jump						
	Sarah Devoy	4.06		27/03/1999	Eirias Park	Colwyn Bay Junior GP	AW March 31, 1999 - vol.53 no.13
	Sarah Devoy	4.08		18/04/1999	Eirias Park	Colwyn Bay GP Final	AW April 21, 1999 - vol.53 no.16
	Stephanie Blackwell	4.18		16/06/2002	Kelsterton	Deeside Games	AW June 19, 2002 - vil.56 no.25
	Stephanie Blackwell	4.33		15/09/2002	Macclesfield	Cheshire Multi-events	https://www.cheshireaa.com/results/ME/2002/U11CE2002.jpg
	Amy Williams	4.54		21/06/2009	Wigan	McCain UK YAL N 1W	https://thepowerof10.info/results/results.aspx?meetingid=25490
	Amy Williams	4.69		28/06/2009	Birmingham	ISA National Ath. Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Amy Williams	4.86		11/04/2010	Wavertree	EG Memorial Meet	https://thepowerof10.info/results/results.aspx?meetingid=37487
	Amy Williams	5.10		17/04/2010	Birmingham	Birchfield open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Amy Williams	5.10		08/05/2010	Macclesfield	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Amy Williams	5.35		16/05/2010	Bebington	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36926
#	Amy Williams	5.40		23/06/2010	Bedford	ISA National Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u13	Long Jump - Indoor						
	Amy Williams	4.61	i	22/11/2009	Connah's Quay	Deeside Open	https://thepowerof10.info/results/results.aspx?meetingid=31788
	Amy Williams	4.95	i	12/12/2009	Sheffield	Northern indoor open	https://thepowerof10.info/results/results.aspx?meetingid=32360
#	Amy Williams	5.01	i	16-17/01/2010	EIS Sheffield	NA Indoor Championships	https://www.northernathletics.co.uk/results-index
	Amy Williams	5.01	i	21/02/2010	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=32357
u15	Long Jump						
	Alicia Bateson	4.93		10/05/1998	Crewe	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Alicia Bateson	5.32		28/06/1998	Salford	MacDonalds YAL NW1	AW July 1, 1998 - vol.52 no.27
#	Sian Kelman	5.39		20/08/2005	Cudworth	NoEAA Inter Counties	https://www.cheshireaa.com/results/PDFarchive/NoEAAICTF2005.pdf
	Long Jump - Indoor						
	Olivia Montez-Brown	4.60	i	22/11/2009	Connah's Quay	Deeside Open	https://thepowerof10.info/results/results.aspx?meetingid=31788
	Olivia Montez-Brown	4.64	i	03/01/2010	Sportcity	Reebok Manchester Open	https://thepowerof10.info/results/results.aspx?meetingid=32359

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

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

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

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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	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Lauren Jones	1.90		16/07/2016	Bebington	N P 2 YDL Lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Lauren Jones	1.90		20/05/2017	Leeds, South	YDL N Premier 1	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Lauren Jones	1.90		10/06/2017	Macclesfield	Cheshire Schools Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Lauren Jones	2.10		17/06/2017	Birmingham	Mason Trophy _ Schools'	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u17	Pole Vault						
	Gemma Hale	1.70		01/05/2010	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=37056
	Gemma Hale	1.70		02/05/2010	Wigan	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36937
	Gemma Hale	1.80		16/05/2010	Bebington	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36926
	Gemma Hale	1.80		18/07/2010	Stanney	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=36888
	Chelsea Butler	1.90		07/05/2011	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=50646
	Chelsea Butler	1.90		22/05/2011	Preston	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=51612
#	Chelsea Butler	2.00		04/06/2011	Warrington	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=50645
	Lauren Jones	2.00		12/05/2018	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2018.aspx
	Lauren Jones	2.00		27/05/2018	Stanney	N W1 YDL upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Lauren Jones	2.00		09/06/2018	Warrington	Cheshire Schools Champs	https://www.cheshireschoolsaa.co.uk/results-2018
	Lauren Jones	2.00		01/07/2018	Leigh	N W1 YDL upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u20	Pole Vault						
	Caroline Gore	1.80		13/08/2000	Warrington	National Junior League	paper records end 2000
	Lauren Dimbylow	2.00		05/05/2018	Wigan	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234459
	Lauren Dimbylow	2.20		12/05/2018	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2018.aspx
	Lauren Dimbylow	2.20		09/06/2018	Warrington	Cheshire Schools Champs	https://www.cheshireschoolsaa.co.uk/results-2018
##	Lauren Dimbylow	2.50		08/07/2018	York	NoE League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=234461
SW	Pole Vault						
	Niamh Reilly	1.70		06/06/2009	Litherland	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23581
	Niamh Reilly	1.70		01/05/2010	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=37056
#	Nola Harrison	2.00		07/05/2011	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=50646
	Nicola Gore	2.00		05/05/2012	Blackpool	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=62848
v35							

Triple Jump

u15 Triple Jump

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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	https://thepowerof10.info/results/results.aspx?meetingid=36115
#	Olivia Montez-Brown	10.44		08/05/2010	Macclesfield	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
U15	Triple Jump		Indoor				
	Mae Grant	9.73	i	20/01/2024	Connah's Quay	N Wales Regional Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=580350
#	Mae Grant	10.01	i	11/02/2024	EIS Sheffield	EA u15/u17/u20 Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=579121&pagenum=6
u17	Triple Jump						
	Caroline Gore	9.37		09/05/1998	Crewe	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Gemma Sharples	10.78		12/06/1999	Macclesfield	Cheshire Schools Champs	https://www.esaa.net/oldindex.shtml
	Olivia Montez-Brown	10.84		08/05/2011	Macclesfield	McCain UK YAL N Prem W	https://thepowerof10.info/results/results.aspx?meetingid=51612
#	Olivia Montez-Brown	11.35		21/04/2012	Deeside	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u17	Triple Jump		Indoor				
	Stephanie Owens	8.66	i	07/01/2006	Sportcity	Sale H Open	https://thepowerof10.info/results/results.aspx?meetingid=386
#	Olivia Montez-Brown	10.22	i	20/11/10	EIS Sheffield	NoE Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u20	Triple Jump						
	Caroline Gore	9.92		18/06/2000	Bebington	National Junior L (Mersey)	paper records end 2000
	Hazel Williams	10.94		29/04/2001	Bebington	National Junior L (Mersey)	AW May 2, 2001 - vol.55 no.18
#	Emily Clark	10.97		03/07/2011	Stretford	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=50644
SW	Triple Jump						
	Heather Lowry	8.71		11/06/1998	Belle Vue	Northern WL	newsletter Vol2 No2
	Shona Valentine	9.68		06/05/2006	Stanney	NoE 2W	https://www.northernathletics.co.uk/download/tf-league-results-2006/
	Danielle Erskine	10.03		30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
	Danielle Erskine	10.06	w+0.2	14/05/2022	Macclesfield	Cheshire Championships	https://www.thepowerof10.info/results/results.aspx?meetingid=456996&pagenum=2
	Danielle Erskine	10.10		10/07/2022	Wigan	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445767
	Danielle Erskine	10.16		06/08/2022	Blackburn	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445768
	Danielle Erskine	10.22		27/08/2022	Doncaster	NoE Premier final	https://thepowerof10.info/results/results.aspx?meetingid=445777
	Danielle Erskine	10.26	w+0.2	13/05/2023	Stanney	Cheshire Championship	https://www.thepowerof10.info/results/results.aspx?meetingid=524013&pagenum=2
	Danielle Erskine	10.31		18/06/2023	Bebington	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516643
	Danielle Erskine	10.36		02/07/2023	Blackburn	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516644
	Favour Akpan	10.87		15/08/2023	Stretford	Trafford GP	https://www.thepowerof10.info/results/results.aspx?meetingid=519497&pagenum=2
##	Favour Akpan	11.51	w+1.0	13/04/2024	Wavertree	Liverpool Throws & Jumps	https://www.thepowerof10.info/results/results.aspx?meetingid=589289
SW	Triple Jump		Indoor				

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

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

v35

Discus

u13 **0.75kg** Discus

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

u13 **1kg** Discus

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

u15 **1kg** Discus

	Hannah Povey		Boys mark!	03/05/1998	Oldham	NWL	newsletter Vol2 No2
	Frances Elizabeth O'Neill	19.65		07/05/2000	Ormskirk	NWL	paper records end 2000
	Lauren Hunt	21.69		10/05/2003	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Lauren Hunt	24.28		24/05/2003	Wavertree	North of England	https://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm
	Lauren Hunt	25.50		01/06/2003	Pendle	UKA YA North 1W	AW June 11, 2003 - vol.57 no24
	Lauren Hunt	26.92		29/06/2003	Macclesfield	UKA YA League N 1W	AW July 16, 2003 - vol.57 no.29
	Lauren Hunt	33.67		06/06/2004	Bebington	NoE N 1W	AW June 9, 2004 - vol.58 no.24
#	Isobel Griffin Morris	38.63		31/08/2014	Bedford	EA U15/U17 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 6

u17 **1kg** Discus

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

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

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
		Helen Tooley	15.38		12/05/2018	Macclesfield	Cheshire Champs	https://www.cheshireaa.com/results/TFC/cheshire_tf_championships_2018.aspx
#		Helen Tooley	17.72		24/05/2018	Cosford	RAF Presidents Cup	https://thepowerof10.info/athletes/profile.aspx?athleteid=524604
v45	1kg	Discus						
		Debra Erskine	13.02		14/08/2011	Stretford	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Debra Erskine	13.77		18/08/2012	Leigh	NoE Promotion	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Helen Tooley	16.10		30/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154
#		Sharon Stoll	16.73		08/08/2020	Stretford	Trafford Open Series	https://thepowerof10.info/results/results.aspx?meetingid=407326
v50	1kg	Discus						
		Jenny Manning	14.51		02/05/1999	Lancaster	Northern WL	paper records end 2000
		Sharon Stoll	15.48		09/05/2021	Stretford	Trafford Open Series	https://thepowerof10.info/results/results.aspx?meetingid=413049 Page 3
		Sharon Stoll	16.22		09/04/2022	Wavertree	Jumps & Throws	https://thepowerof10.info/results/results.aspx?meetingid=451727
		Sharon Stoll	17.13		23/04/2022	Macclesfield	Open	https://thepowerof10.info/results/results.aspx?meetingid=445738&pagenum=2
#		Sharon Stoll	17.42		13/04/2024	Wavertree	Liverpool Throws & Jumps	https://www.thepowerof10.info/results/results.aspx?meetingid=589289
v55	1kg							
v60	1kg							
		Debra Erskine	11.63		18/06/2023	Bebington	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516643&pagenum=2
#		Debra Erskine	11.66		02/07/2023	Blackburn	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516644&pagenum=2
v65	1kg	Discus						
		Cath McGrath	11.63		15/05/2019	Burnley	N Masters League	https://thepowerof10.info/results/results.aspx?meetingid=292845
#		Cath McGrath	13.07		23/06/2019	Bury	Northern Masters Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572
v70	1kg	Discus						
#		Cath McGrath	10.51		29/09/2024	Wrexham	Final Fling	https://www.thepowerof10.info/results/results.aspx?meetingid=635202
V75	0.75kg	Discus						
Hammer								
u13	3kg	Hammer						
		Evie Tipping	21.12		26/09/2015	Wrexham	Final Fling Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=128145
		Isla Shillington	21.26		23/09/2017	Wrexham	Final Fling Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=201297
#		Kara Stoll	21.98		28/09/2019	Wrexham	Final Fling Open Meeting	https://thepowerof10.info/results/results.aspx?meetingid=313404

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

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

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
	##	Stephanie Owens	50.12		12/08/2008	Stretford	Trafford Grand Prix	https://thepowerof10.info/results/results.aspx?meetingid=11559
SW	4kg	Hammer						
		Amanda Gore	21.60		12/05/2001	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
		Nicola Gore	29.25		15-16/05/2004	Warrington	Cheshire Championships	from CD end Aug'04 (old website@gq.nu)
		Kelly Roberts	36.15		01/05/2005	Stanney	Northern T&F 2005 3W (m1)	https://www.northernathletics.co.uk/download/tf-league-results-2005/
		Nicola Gore	36.72		31/08/2008	Cudworth	NoE Promotion match	https://thepowerof10.info/results/results.aspx?meetingid=13409
		Jenni Potter	37.96		15/03/2015	Preston	Lancaster Cup 2015	https://thepowerof10.info/results/results.aspx?meetingid=135207
		Steph Owens	47.16		06/05/2017	York	Div 1 - Northern League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	#	Steph Owens	47.93		13/05/2017	Wrexham	N Wales Regional Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
v35	4kg	Hammer						
	#	Nicola Gore	31.60		14/05/2022	Macclesfield	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=456996&pagenum=2
v40	4kg	Hammer						
	#	Helen Tooley	19.66		12/05/2018	Macclesfield	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=240887 – Page 3
v45	4kg	Hammer						
		Debra Erskine	19.34		07/05/2011	Ellesmere Port	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Debra Erskine	20.20		03/07/2011	Stretford	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Debra Erskine	21.56		10/09/2011	Cleckheaton	NoE Div 2 Promotion	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	#	Debra Erskine	24.86		05/05/2012	Blackpool	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
v50	3kg	Hammer						
		Sharon Stoll	15.97		09/04/2022	Wavertree	Jumps & Throws	https://thepowerof10.info/results/results.aspx?meetingid=451727
		Sharon Stoll	21.83		23/04/2022	Macclesfield	Open	https://thepowerof10.info/results/results.aspx?meetingid=445738&pagenum=2
		Sharon Stoll	24.06		26/03/2023	Stanney	25 th Anniversary	https://www.thepowerof10.info/results/results.aspx?meetingid=519673
		Sharon Stoll	24.80		27/06/2023	Trafford	Grand Prix	https://www.thepowerof10.info/results/results.aspx?meetingid=519494
		Sharon Stoll	25.82		13/04/2024	Wavertree	Liverpool Throws & Jumps	https://www.thepowerof10.info/results/results.aspx?meetingid=589289
	#	Sharon Stoll	26.29		06/08/2024	Bury	Trafford AC Grand Prix	https://www.thepowerof10.info/results/results.aspx?meetingid=603236
	4kg	SW Competition						
		Jenny Manning	14.51		07/05/2000	Ormskirk	Northern WL	paper records end 2000
		Debra Erskine	18.94		08/09/2013	Stanney	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2013.aspx
		Debra Erskine	21.25		04/05/2014	Stretford	NoE League Division 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Debra Erskine	23.79		17/05/2014	Macclesfield	Cheshire & Greater Man Ch	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
		Debra Erskine	24.31		07/05/2016	Wakefield	NoE League 1	https://www.northernathletics.co.uk/download/2016-1-match-1/

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Debra Erskine	24.37		03/07/2016	Ellesmere Port	NA League Division 1	https://thepowerof10.info/results/results.aspx?meetingid=159264
#	Debra Erskine	24.40		13/05/2017	Warrington	Cheshire Championship	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
v55	3kg Hammer						
	Debra Erskine	22.75		25/09/2022	Wrexham	Final Fling	https://www.thepowerof10.info/results/results.aspx?meetingid=477361
#	Debra Erskine	24.40		26/03/2023	Stanney	25 th Anniversary	https://www.thepowerof10.info/results/results.aspx?meetingid=519673
	4kg SW Competition						
#	Debra Erskine	23.20		19/05/2019	Blackburn	NoE Division 1	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
v60	3kg Hammer						
#	Debra Erskine	23.02		30/5/2023	Stretford	Trafford GP	https://www.thepowerof10.info/results/results.aspx?meetingid=519492&pagenum=2
	4kg SW Competition						
	Debra Erskine	20.47		20/05/2023	Stanney	Northern L West Prem	https://www.thepowerof10.info/results/results.aspx?meetingid=516642&pagenum
#	Debra Erskine	22.04		18/05/2024	Blackburn	NA League W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=600340
V65	3kg Hammer						
V70	3kg Hammer						
	Cathryn McGrath	10.29		29/09/2024	Wrexham	Final Fling	https://www.thepowerof10.info/results/results.aspx?meetingid=635202
V75	2kg Hammer						

Javelin

u11	Soft Javelin						
	Lindzi Bromilow	8.10		12/09/1999		County Multi-events	https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
	Rachel Stoakley	9.65		10/09/2000	Macclesfield	Cheshire Relay Champs	https://www.cheshireaa.com/results/PDFarchive/JME2000.pdf
	Ruth Pritchard	10.59		09/09/2001	Macclesfield	Cheshire Multi-events	https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf
	Danielle Bentley	13.32		14/09/2003	Macclesfield	Cheshire Multi-events	https://www.cheshireaa.com/results/ME/2003/JuniorMEU11results.pdf
	Dominika Sączuk	13.36		19/04/2008	Wavertree	Melbourne Trophy	WCAC Statistics
	Amy Williams	14.26		23/08/2008	Manchester	Northwest CE	WCAC Statistics
	Olivia Williams	14.79		07/09/2008	Stanney	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
	Amy Williams	19.24		14/09/2008	Macclesfield	Cheshire Multi-events	https://www.cheshireaa.com/Results/index.aspx
	Turbo Javelin						
	Olivia Williams	14.06		19/04/2009	Deeside	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2009.aspx

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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
	Hannah Bennett	14.99		12/09/2010	Macclesfield	Cheshire Multi-events	WCAC Statistics
	Vortex Javelin						
	Tamsin O'Keefe	17.44		25/06/2011	Sport City	Dash Quad	https://www.thepowerof10.info/results/resultslookup.aspx
u11	300g						
	Harriet Wheeler	21.87		29/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154
u11	400g						
	Emma Howe	10.90		27/08/2011	Sportcity	NW CE Championships inc. Cheshire	https://thepowerof10.info/results/results.aspx?meetingid=50169
u13	400g						
	Frances O'Neil	20.04		02/07/1998	Chester	WCAC YA	newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29
	Sarah Devoy	24.22		08/05/1999	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Sarah Devoy	27.13		22/08/1999	Warrington	Terry Davies Memorial	AW August 25, 1999 - vol.53 no.34
	Sarah Devoy	31.42		04/09/1999	Colwyn Bay	Colwyn Bay Games	AW September 8, 1999 - vol.53 no.36
#	Harriet Wheeler	33.77		26/09/2020	Stretford	Trafford AC Open Meeting	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15	600g						
	Javelin						
	Sarah Felix-Rogers		Boys mark!	26/04/1998	Crewe	McDonalds YAL	newsletter Vol2 No2
	Sarah Felix-Rogers	19.56		02/07/1998	Chester	WCAC YA	newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29
	Frances Elizabeth O'Neill	23.41		12/06/1999	Macclesfield	Cheshire Schools Championships	https://www.esaa.net/oldindex.shtml
	Nicola Gore	24.19		18/07/1999	Crewe	McDonalds YAL	paper records end 2000
	Frances Elizabeth O'Neill	25.44		.	10/06/2000	Macclesfield	Cheshire Schools Championships http://www.esaa.net/oldindex.shtml
	Laura Stott	27.44		30/04/2006	Stanney	YAL N 1W	https://thepowerof10.info/results/results.aspx?meetingid=1172
	Emily Fisher	29.73		10/06/2006	Macclesfield	Cheshire Schools Champs	Po10 & https://www.cheshireaa.com/Results/index.aspx
	Emily Fisher	29.88		08/07/2006	Gateshead	ESAA Championships	Po10 &
	Emily Fisher	30.71		30/07/2006	Gateshead	NoE Inter-Counties Champs	Po10 & https://www.northernathletics.co.uk/download/na-tf-results-2006/
u15	500g 2014 >		Javelin				
	Emma Howe	30.32		30/03/2014	Stretford	Trafford Medal Meet	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	31.95		06/04/2014	Warrington	Terry Davies Memorial	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
	Emma Howe	34.61		21/04/2014	Stretford	Trafford AC Medal Meeting	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
	Emma Howe	36.89		03/05/2014	Stanney	YDL Lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	37.09		17/05/2014	Macclesfield	Cheshire County Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 5
	Emma Howe	37.11		14/06/2014	Macclesfield	Cheshire Schools' Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	38.53		15/06/2014	Crewe	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2014.aspx

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info	
		Measure						
		Emma Howe	40.68		11/04/2015	Liverpool	Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=129117
		Emma Howe	43.07		01/06/2015	Warrington	Cheshire Schools Champs	https://www.esaa.net/v2/2015/tf/counties/chesh15tf.pdf
	#	Harriet Wheeler	44.57		27/08/2022	Bedford	NA Sen/u20/ui7 Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=457044&top=5000&pagenum=5
u17	600g	Javelin						
		Caroline Gore	27.90		10/05/1998	Crewe	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
		Caroline Gore	31.42		27/06/1999	Carlisle	NW Schools Champs	paper records end 2000
		Emily Fisher	32.36		09/06/2007	Macclesfield	Cheshire Schools Champs	https://www.esaa.net/oldindex.shtml
		Emily Fisher	33.77		27/04/2008	Stanney	NJL Mersey	https://thepowerof10.info/results/results.aspx?meetingid=12374
		Emily Fisher	34.02		03/05/2008	Stanney	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=12374
		Emily Fisher	34.42		04/05/2008	Blackburn	UKA YAL NP	https://thepowerof10.info/results/results.aspx?meetingid=13199
		Sophie Percival	35.72		05/05/2013	I of Man	NoE 2W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Sophie Percival	36.00		07/07/2013	Litherland	NoE 2W	https://www.northernathletics.co.uk/download/div-2w-match-3/
		Sophie Percival	37.47		18/08/2013	Wavertree	Northern Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	#	Emma Howe	41.11		06/08/2016	Blackburn	NoE League Division 1	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u17	500g 2014 >							
		Emily Ball	29.01		01/06/2014	Stanney	YDL Upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Emma Howe	40.68		11/04/2015	Wavertree	Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=129117
		Emma Howe	43.07		13/06/2015	Warrington	Cheshire Schools Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Emma Howe	43.98		08/07/2016	Gateshead	ESAA Schools' Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 9
		Emma Howe	45.04		30/04/2017	Wigan	YDL Upper	https://www.thepowerof10.info/results/resultslookup.aspx Page2
		Emma Howe	47.19		07/05/2017	Stanney	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
		Emma Howe	48.77		08/07/2017	Birmingham	ESAA Schools' Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 10
		Emma Howe	50.34		01/09/2017	Loughborough	UK School Game	https://thepowerof10.info/results/results.aspx?meetingid=203523
		Harriet Wheeler	50.61		07/06/2023	University of	Birmingham Series	https://www.thepowerof10.info/results/results.aspx?meetingid=532973
	#	Harriet Wheeler	51.50	Rd3	09/08/2023	Port o Sp, Trinidad	Commonwealth Y Games	https://www.thepowerof10.info/results/results.aspx?meetingid=556000
u18	500g	IAAF						
		Emma Howe	47.68		18/06/2017	Bedford	EA U20 / U23 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 6
		Emma Howe	47.78		14/04/2018	Liverpool	Throws & Jumps Open	https://thepowerof10.info/results/results.aspx?meetingid=231349
	#	Emma Howe	51.87		13/05/2018	Macclesfield	Cheshire County Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page3
u20	600g	Javelin						
		Caroline Gore	30.14		13/08/2000	Warrington	National Junior League	paper records end 2000
		Emily Fisher	30.41		02/05/2009	Warrington	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23580
		Emily Fisher	32.79		06/06/2009	Litherland	Northern League	https://www.thepowerof10.info/results/resultslookup.aspx

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Sophie Percival	36.23		12/04/2014	Wavertree	LH Jumps & Throws	https://thepowerof10.info/results/results.aspx?meetingid=100168
	Sophie Percival	37.10		01/06/2014	Ellesmere Port	YDL Upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Sophie Percival	40.28		29/03/2015	Warrington	Warrington Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Sophie Percival	43.22		18/04/2015	Preston	YDL upper N W2	https://www.thepowerof10.info/results/resultslookup.aspx_2 Page 2
	Sophie Percival	43.53		14/05/2017	Warrington	Cheshire Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Emma Howe	44.13		29/04/2018	Bebington	N W1 YDL upper	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Emma Howe	44.86		13/07/2018	Birmingham	ESAA English Schools' s	https://www.thepowerof10.info/results/resultslookup.aspx Page 10
	Emma Howe	44.87		13/07/2019	Birmingham	ESAA Schools' Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 9
##	Emma Howe	45.27		23/07/2019	Stretford	Trafford GP	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
SW	600g	Javelin					
	Heather Lowry	23.22		20/06/1998	Belle Vue	Northern WL	paper records end 2000
	Caroline Gore	28.04		09/05/2003	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/results/TFC/2003/U13WTF2003.htm
	Caroline Gore	31.68		03/08/2003	Stretford	NoE WL 3W	AW August 6, 2003 - vol.57 no.32
	Niamh Reilly	33.19		02/05/2009	Warrington	NoE 2W	https://thepowerof10.info/results/results.aspx?meetingid=23580
	Niamh Reilly	33.31		10/05/2009	Warrington	Cheshire Championships	http://www.cheshireaa.com/Results/index.aspx
	Niamh Reilly	36.95		20/06/2009	Manchester	NoE S & u20 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Niamh Reilly	39.18		16/08/2009	Cleckheaton	Northern Promotion	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Sophie Percival	41.32		04/06/2017	Stanney	NoE Division 1	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Sophie Percival	41.69		11/06/2016	Sportcity	NA Senior & U20 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page3
	Sophie Percival	41.91	qA	05/05/2018	Bedford	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 8
	Sophie Percival	43.01	f	05/05/2018	Bedford	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 8
#	Sophie Percival	45.03		17/06/2018	Bedford	EA U20 / U23 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 5
v35	600g	Javelin					
	Jules Wilkins	16.80		28/05/2006	Stockport	m1 Cheshire T&F League	WCAC Statistics
	Nicola Gore	21.86		12/06/2022	Stretford	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445766&pagenum=2
#	Nicola Gore	23.93		10/07/2022	Wigan	NoE League West Premier	https://thepowerof10.info/results/results.aspx?meetingid=445767&pagenum=2
v40	600g	Javelin					
#	Debra Erskine	13.78		20/04/2008	Stockport	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
v45	600g	Javelin					
#	Helen Tooley	13.35		30/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154
v50	500g	Javelin					
#	Sharon Stoll	8.52		25/09/2022	Wrexham	Final Fling	https://www.thepowerof10.info/results/results.aspx?meetingid=477361

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

Event	Record Holder	Time race/electronic Measure	Date	Venue	Competition	Source of info
600g	SW Competition					
#	Debra Bemand	10.85	20/05/2023	Stanney	Northern, West Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516642&pagenum=2
v55	500g	Javelin				
v60	500g	Javelin				
v65	500g	Javelin				
#	Cath McGrath	10.07	23/06/2019	Bury	Northern Master's Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572
v70	500g	Javelin				
#	Cathryn McGrath	9.18				
V75	400g	Javelin				

Shot

u11	2kg	Shot					
		Isla Shillington	4.19	12/04/2015	Connah's Quay	Deeside Open	https://www.thepowerof10.info/results/results.aspx?meetingid=136241
		Harriet Wheeler	6.60	29/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154
u13	2.72kg	Shot					
		Sarah Devoy	5.83	13/09/1998	Stockport	County Multi-events	https://www.cheshireaa.com/results/PDFarchive/JME1998.pdf
		Frances O'Neil	7.08	02/07/1998	Chester	WCAC YA	newsletter Vol2 No2 - AW July 15, 1998 - vol.52 no.29
		Jessica Gillard		28/07/1998	Salford	McDonalds YAL	newsletter Vol2 No2
		Sarah Devoy	7.79	08/05/1999	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
		Sarah Devoy	7.82	18/07/1999	Crewe	McDonalds YAL	paper records end 2000
		Stephanie Owens	7.87	20/07/2003	Deeside	Young Athletes League	AW July 23, 2003 - vol.57 no.30
		Kelly Baker	7.92	01/06/2008	Bebington	UKA YA Northern Premier	https://thepowerof10.info/results/results.aspx?meetingid=13191
		Kelly Baker	8.42	20/07/2008	Hull	UKA YA Northern Premier	https://thepowerof10.info/results/results.aspx?meetingid=13181
		Amy Williams	8.85	05/09/2010	Stanney	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Abigail Pawlett	8.90	05/08/2015	Wavertree	Merseyside YA Evening	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Abigail Pawlett	9.09	23/08/2015	Warrington	Terry Davies Memorial	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Abigail Pawlett	9.42	13/09/2015	Macclesfield	Cheshire Junior ME Champ	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Sara Pearson	9.61	29/06/2019	SportCity	Stockport YA Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#		Sara Pearson	9.86	20/07/2019	Sheffield	YDL Lower N Premier W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
u13	2.72kg	Shot – Indoor					
#	Abigail Pawlett	7.45	i	22/11/2014	SportCity	Manchester Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	3.25kg	Shot – Indoor					
#	Stephanie Owens	10.48	i	18/04/2004	Birmingham	National Sportshall Finals	from CD end Aug'04 (old website@gq.nu) https://www.sportshall.org/wp-content/uploads/2013/09/UK_Final_2004.pdf
	3kg	Shot – Indoor					
#	Emily Misantoni/Oyekan	7.01	i	22/11/2015	Sportcity	Stockport H Quadrathlon	https://thepowerof10.info/results/results.aspx?meetingid=154703&pagenum=2
u15	3.25kg >2014	Shot					
	Nicola Gore	8.77		09/05/1998	Crewe	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
	Nicola Gore	9.12		13/06/1998	Crewe	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Nicola Gore	9.44		03/04/1999	Eirias Park	Colwyn Bay Open	AW April 7, 1999 - vol.53 no.14
	Nicola Gore	9.57		08/05/1999	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Nicola Gore	10.51		12/06/1999	Macclesfield	Cheshire Schools Champs	http://www.esaa.net/oldindex.shtml
	Stephanie Owens	10.54		10/05/2005	Stretford	Trafford open	https://thepowerof10.info/results/results.aspx?meetingid=139
	Kelly Baker	10.65		21/06/2009	Wigan	McCain UK YAL N 1W	https://thepowerof10.info/results/results.aspx?meetingid=25490
	Kelly Baker	10.70		11/04/2010	Wavertree	EG Memorial Meet	https://thepowerof10.info/results/results.aspx?meetingid=37487
	Kelly Baker	11.01		17/04/2010	Wavertree	Liverpool Throws & Jumps	https://thepowerof10.info/results/results.aspx?meetingid=36115
	Kelly Baker	11.70		29/05/2010	Leigh	NA u15/ u17 Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Kelly Baker	12.24		20/06/2010	Wavertree	McCain UK YAL N Premier W	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15	3.25kg	Shot – Indoor					
	Nicola Gore	9.19	i	17/01/1999	Wakefield	NoE Champs	http://www.wakefield-harriers.co.uk/reports/99/NoE_indpt1-99_res.htm https://eveque-co-uk.cld.bz/Sportshall-Handbook-6th-Edition/34/
#	Nicola Gore	11.29	i	09/04/2000	Birmingham	National Sportshall Final	https://www.sportshall.org/wp-content/uploads/2013/09/UK_Final_2000.pdf
u15	4kg	Shot – Indoor					
	Stephanie Owens	9.54	i	16/03/2005	SportCity	City of Manchester Open	AW April 6, 2005 - vol.59 no.14
#	Emily Ball	10.38	i	17/11/2012	EIS Sheffield	Northern Athletics Open	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u15	2014> – 3kg	Shot					
	Emma Howe	7.54		03/05/2014	Ellesmere Port	YDL N W1 lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Maisie Tipping	7.98		17/05/2014	Macclesfield	Cheshire Championships	https://www.cheshireaa.com/Results/index.aspx
	Emma Howe	8.26		24/08/2014	Warrington	Terry Davies Memorial	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	8.36		10/05/2015	Connah's Quay	Cheshire League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2

##	Club	Outdoor best	The operative date for determining membership of age groups for all athletes under the age of 17 shall be for Track and Field and Race Walking, the 31 st August at the end of the Competition Year, [1st October each year to the following 30th September.]				
Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
	Emma Howe	8.60		21/06/2015	Ellesmere Port	YDL N W1 lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	9.19		18/07/2015	Wigan	YDL N W1 lower	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	9.37		22/08/2015	Blackburn	NA Inter-counties	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emma Howe	9.40		29/05/2016	Blackburn	YDL N W2 upper	https://thepowerof10.info/results/results.aspx?meetingid=159455
	Emma Howe	9.83		04/06/2016	Stretford	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2016.aspx
	Emma Howe	9.90		24/07/2016	Ellesmere Port	YDL Upper Division NW 2	https://thepowerof10.info/results/results.aspx?meetingid=159457
	Abigail Pawlett	10.42		16/04/2017	Hyndburn	Lancashire CE Champs (inc Hyndburn AC Open)	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
#	Sidney Shorrock	11.03		13/08/2023	Middlesbrough	Northern u13,15,17 champs	https://www.thepowerof10.info/results/results.aspx?meetingid=516633&pagenum=4
u15	2014> -- 3kg – Indoor						
	Maisie Tipping	8.22	i	22/11/2014	Sportcity	Manchester Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Abigail Pawlett	8.90	i	22/11/2015	SportCity	Stockport H Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Abigail Pawlett	9.73	i	07/02/2016	EIS Sheffield	NA u13/ u15 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
#	Abigail Pawlett	10.14	i	06/11/2016	Sportcity	Stockport H Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u17	3.25kg						
#	Shot Emily Ball	11.79		29/09/2012	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=70526
u17	3.25kg						
#	Shot – Indoor Caroline Gore	9.44	i	17/01/1999	Wakefield	NoE Champs	http://www.wakefield-harriers.co.uk/reports/99/NoE_indpt1-99_res.htm
#	Emily Ball	11.11	i	16/02/2013	Wigan	Sportshall NW Regional Final	https://thepowerof10.info/results/results.aspx?meetingid=84899
u17	4kg >2014						
	Caroline Gore	9.52		09/05/1998	Crewe	Cheshire Championships	newsletter Vol2No2 (no page on Cheshire website)
	Caroline Gore	10.53		09/05/1999	Warrington	Cheshire Championships	https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
	Nicola Gore	10.56		02/07/2000	Wrexham	McDonalds YAL	paper records end 2000 AW July 5, 2000 - Vol.54 no.27
	Kelly Baker	11.06		07/05/2011	Stanney	Northern League	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Kelly Baker	11.31		30/07/2011	Leigh	Northern Intercounty	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Kelly Baker	11.39		03/09/2011	Don Valley	Sainsbury UK School Games	https://www.thepowerof10.info/results/resultslookup.aspx
	Kelly Baker	11.51		09/05/2012	Olympic Park	Sainsbury UK School Games	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emily Ball	11.63		04/05/2014	Stretford	NA 2W	https://www.northernathletics.co.uk/download/2w-match-1-2014/
#	Emily Ball	11.72		13/07/2014	Wavertree	NA 2W	https://www.northernathletics.co.uk/download/2w-match-3-2014/
	2014> 3kg						
	Emily Ball	13.17		12/04/2014	Wavertree	Liverpool H J & T	https://thepowerof10.info/results/results.aspx?meetingid=100168
	Emily Ball	13.55		27/04/2014	Ashton-u-Lyne	YDL Upper	https://thepowerof10.info/results/results.aspx?meetingid=103236

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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
		Emily Ball	13.63	11/07/2014	Birmingham	ESAA T&F Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 8
		Emily Ball	14.00	30/08/2014	Bedford	EAU15/U17 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 6
#		Sydney Shorrocks	14.73	13/07/2024	Birmingham	ESAA T&F Champs	https://www.thepowerof10.info/results/results.aspx?meetingid=618010&pagenum=8
u17	4kg	Shot – Indoor					
		Lauren Hunt	10.69	f i	22-23/01/2006	EIS Sheffield	NoE Junior Championships https://www.northernathletics.co.uk/download/na-indoor-results-2005/
		Kelly Baker	11.31	f i	16/01/2011	EIS Sheffield	Northern indoor champs https://www.northernathletics.co.uk/results-index/
#		Kelly Baker	11.72	i	14/01/2012	Sheffield	Northern indoor champs https://www.northernathletics.co.uk/results-index/
u20	4kg	Shot					
		Jenny Moorcroft	8.51		09/05/1998	Crewe	Cheshire Championships https://www.cheshireaa.com/results/PDFarchive/TF1998.pdf
		Amanda Gore	8.61		08/05/1999	Warrington	Cheshire Championships https://www.cheshireaa.com/results/PDFarchive/TF1999.pdf
		Amanda Gore	8.98		13/05/2000	Macclesfield	Cheshire Championships https://www.cheshireaa.com/results/PDFarchive/TF2000.pdf
		Caroline Gore	10.39		18/06/2000	Bebington	National Junior League paper records end 2000
		Nicola Gore	10.72		28/04/2002	Stretford	NJL Mersey AW May 1, 2002 - vol.56 no.18
		Nicola Gore	11.28		27/04/2003	Stretford	NJL NP Mersey AW April 30, 2003 - vol.57 no18
		Nicola Gore	11.32		07/06/2003	Macclesfield	Cheshire Schools Champs from CD end Aug'04 (old website@gq.nu)
		Kelly Baker	11.95		02/06/2013	Carlisle	YDL Upper https://thepowerof10.info/results/results.aspx?meetingid=81639
		Kelly Baker	11.95		08/09/2013	Macclesfield	Cheshire Schools Champs https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Emily Ball	11.99		11/04/2015	Wavertree	Liverpool Throws & Jumps https://thepowerof10.info/results/results.aspx?meetingid=129117
		Emily Ball	12.17		09/05/2015	Telford	Shropshire County champs https://www.thepowerof10.info/results/resultslookup.aspx Page 3
##		Emily Ball	12.56		20/06/2015	Bedford	EAs U20 / U23 Champs https://www.thepowerof10.info/results/resultslookup.aspx Page 5
		Emily Ball	12.56		26/09/2015	Wrexham	Final Fling https://thepowerof10.info/results/results.aspx?meetingid=128145
u20	4kg	Shot – Indoor					
		Nicola Gore	10.21	f i	18-19/01/2003	Sportcity	NoE Junior Championship https://www.northernathletics.co.uk/download/na-indoor-results-2003/
		Lauren Hunt	10.26	i	10/12/2005	Sheffield	Northern open indoor https://thepowerof10.info/results/results.aspx?meetingid=31798
		Lauren Hunt	10.59	f i	21-22/01/2006	EIS Sheffield	NoE Junior championship https://www.northernathletics.co.uk/download/na-indoor-results-2006/
#		Emily Ball	11.96	i	07/02/2015	Birmingham	Birmingham Games https://www.thepowerof10.info/results/resultslookup.aspx Page 5
SW	4kg	Shot					
		Sue Morris	6.01		01/08/1999	Warrington	Northern WL paper records end 2000
		Amanda Gore	7.52		12/05/2001	Warrington	Cheshire Championships https://www.cheshireaa.com/results/PDFarchive/TF2001.pdf
		Nicola Gore	10.87		15-16/05/2004	Warrington	Cheshire Championships https://www.cheshireaa.com/results/TFC/2004/u15mtf2004.htm
		Nicola Gore	10.97		31/07/2004	Deeside	Northern WL from CD end Aug'04 (old website@gq.nu) - AW August 4 2004 - vol.58 no.32
		Nicola Gore	11.46		05/05/2007	Ellesmere Port	NoE 2W https://www.northernathletics.co.uk/download/tf-league-results-2007/
		Emily Ball	11.96		07/02/2015	Birmingham	Birmingham Games https://www.thepowerof10.info/results/resultslookup.aspx Page 5

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Event	Record Holder	Time	race/electronic Measure	Date	Venue	Competition	Source of info
#	Sophie Percival	12.02		09/07/2017	Wigan	NoE League 1	https://thepowerof10.info/results/results.aspx?meetingid=189089
SW 4kg	Shot – Indoor						
	Amanda Gore	7.92	i	17/01/1999	Wakefield	NoE Champs	http://www.wakefield-harriers.co.uk/reports/99/NoE_indpt1-99_res.htm
	Sophie Percival	11.99	qB i	17/02/2017	EIS Sheffield	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx page 7
	Emily Ball	12.53	qC i	17/02/2017	EIS Sheffield	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 7
#	Emily Ball	13.08	f i	19/02/2017	EIS Sheffield	BUCS Championships	https://www.thepowerof10.info/results/resultslookup.aspx Page 7
v35 4kg	Shot						
	Jules Wilkins	5.43		18/06/2006	Macclesfield	Rd2 Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2006.aspx
	Nicola Gore	10.10		26/03/2022	Stanney	Dan Gilroy Memorial	https://thepowerof10.info/results/results.aspx?meetingid=445779
	Nicola Gore	10.21		30/04/2022	Stanney	NoE W Premier	https://thepowerof10.info/results/results.aspx?meetingid=445765
#	Nicola Gore	10.32		15/05/2022	Macclesfield	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=456996&pagenum=2
v40 4kg	Shot						
	Glenys Potter	4.94	N/S	07/09/2008	Stanney	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
#	Helen Tooley	5.99		12/05/2018	Macclesfield	Cheshire Championships	https://thepowerof10.info/results/results.aspx?meetingid=240887 – Page 3
v45 4kg	Shot						
	Debra Erskine	5.75		13/07/2008	Stanney	Cheshire League	https://www.cheshireaa.com/results/TFL/cheshire_tf_league_2008.aspx
#	Helen Tooley	6.19		30/09/2018	Wrexham	Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154
v50 3kg	Shot						
	Sharon Stoll	5.37		25/09/2022	Wrexham	Final Fling	https://www.thepowerof10.info/results/results.aspx?meetingid=477361
#	Sharon Stoll	5.87		24/09/2023	Wrexham	Final fling	https://www.thepowerof10.info/results/results.aspx?meetingid=544805
	4kg SW Competition						
#	Sharon Stoll	5.18		02/07/2023	Blackburn	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516644&pagenum=2
v55 3kg	Shot						
v60 3kg	Shot						
	4kg SW Competition						
#	Debra Erskine	4.60		02/07/2023	Blackburn	NoE W Premier	https://www.thepowerof10.info/results/results.aspx?meetingid=516644&pagenum=2
v65 3kg	Shot						
	Cath McGrath	4.57		15/05/2019	Burnley	NMAC open track league	https://thepowerof10.info/results/results.aspx?meetingid=292845

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	Cath McGrath	5.05		23/06/2019	Bury	Northern Masters Champs	https://thepowerof10.info/results/results.aspx?meetingid=284572
#	Cath McGrath	5.34		17/07/2019	Spennborough	NMAC track league	https://northernmasters.co.uk/wp-content/uploads/2019/07/July-17th-Results.pdf
v70	3kg	Shot					
#	Cath McGrath	4.35		07/06/2023	Sportcity	Joe Moran Memorial	https://www.thepowerof10.info/results/results.aspx?meetingid=532983
V75	2g	Shot					

Triathlon > Decathlon

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

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

Event	Record Holder	Time race/electronic Measure	Date	Venue	Competition	Source of info
u13 Pentathlon	# Amy Williams	2641	09/09/2010	Sportcity	NW Combined Events	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
u15 Quadrathlon - Indoor	Maisie Tipping	254pts	10/11/2013	Sportcity	Dash Quad	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Maisie Tipping	270pts	22/11/2014	Sportcity	Manchester Quad & U17	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Emily Miantoni	270pts	22/11/2015	Sportcity	Stockport H Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	Abigail Pawlett	270pts	22/11/2015	Sportcity	Stockport H Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	# Abigail Pawlett	321pts	06/11/2016	Sportcity	Stockport H Quadrathlon	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
u15 Pentathlon 5*	Nicola Gore	345pts5*	13/09/1998	Stockport	County Multi-events	https://www.cheshireaa.com/results/PDFarchive/JME1998.pdf
	Nicola Gore	368pts5*	12/09/1999		Cheshire Combined events	https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
u15 Pentathlon	Nicola Gore	2279	25/04/1999	BHC - M9 7DH	NE Manchester Pentathlon	paper records end 2000
	Nicola Gore	2354	12/09/1999	??	Cheshire Combined events	https://www.cheshireaa.com/results/PDFarchive/JME1999.pdf
	Sam Appleby	2329	09/09/2001	Macclesfield	Cheshire Multi-events	https://www.cheshireaa.com/results/PDFarchive/JME2001.pdf
	Ruth Pritchard	2520	26/06/2005	Macclesfield	NW Schools CE Champs	https://thepowerof10.info/results/results.aspx?meetingid=400085
	Alice Jennings	2580	09/08/2009	Sportcity	Northwest CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
	Alice Jennings	2612	13/09/2009	Macclesfield	Cheshire Jun ME Champs	https://thepowerof10.info/results/results.aspx?meetingid=30424
	# Olivia Montez-Brown	2993	27/06/2010	Telford	ESAA NW Regional CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u15 Pentathlon - Indoor	Alice Jennings	2862 i	08/03/2009	EIS Sheffield	EA u17/ 15 Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	# Abigail Pawlett	3341 i	12/03/2017	Sheffield	EA / U17 CE Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
u17 Quadrathlon	# A Ithell	214	24/04/1999	Stockport	Stockport/ Dash Quad	AW May 05, 1999 _ Vol 53. No. 18
u17 Pentathlon	Nicola Gore	2398	10/09/2000	Macclesfield	Cheshire multi-events	paper records end 2000
	# Victoria Anderson	2828	13/09/2009	Macclesfield	Cheshire Jun ME Champs	https://thepowerof10.info/results/results.aspx?meetingid=30424
u17 Pentathlon - Indoor	Victoria Anderson	3166 i	07/03/2010	EIS Sheffield	EA Indoor Combined Events	https://thepowerof10.info/results/results.aspx?meetingid=34430

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Event	Record Holder	Time	race/electronic	Date	Venue	Competition	Source of info
		Measure					
	#	Olivia Montez-Brown	3345	i	01/12/2012	Emirates Arena SIAB Indoor CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u17	Heptathlon						
		Caroline Gore	3449		27/06/1998	Wrexham School Multi-events	newsletter Vol2No2
		Caroline Gore	3782		27/06/1999	Carlisle ESAA NW Schools Reg CE	paper records end 2000
		Olivia Montez-Brown	4049		25-26/06/2011	Stretford ESAA NW Regional CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
	#	Olivia Montez-Brown	4337		30/06-01/07/12	Crewe ESAA NW Regional CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
u20	Heptathlon						
		Caroline Gore	3876		26/06/2000	Cannock Schools Multi-events	paper records end 2000
		Victoria Anderson	4036		25-26/06/2011	Stretford ESAA NW Regional CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 2
		Olivia Montez-Brown	4583		24-25/05/2014	Bedford EA u20/ SW CE Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 4
	#	Olivia Montez-Brown	4790		21/09/2014	Boston ESAA CE Championships	https://www.thepowerof10.info/results/resultslookup.aspx page 7
	Pentathlon - Indoor						
	#	Olivia Montez-Brown	3485	i	10/01/2015	Sheffield Eng & Wales CE Champs	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
SW	Heptathlon						
		Niamh Reilly	2641		09/08/2009	Sportcity North-West CE	https://www.thepowerof10.info/results/resultslookup.aspx Page 3
		Olivia Montez-Brown	4951		01-02/05/2016	Mankato MN NSIC Multi Championships	https://www.thepowerof10.info/results/resultslookup.aspx
	##	Olivia Montez-Brown	5254		27/05/2016	Bradenton FL NCAA Division 2 Champs	https://www.leonetiming.com/2016/Outdoor/NCAADII/Results/
	Pentathlon - Indoor						
		Olivia Montez-Brown	3534	i	29/01/2016	Minneapolis MN Jack Johnson Classic	https://thepowerof10.info/results/results.aspx?meetingid=161266
		Olivia Montez-Brown	3641	i	14/02/2016	Mankato MN NSIC Multi Championships	https://goaugie.com/documents/2016/2/14/NSIC_Pent_Results.pdf
		Olivia Montez-Brown	3773	i	12/03/2016	Pittsburgh KS NCAA Division II Champs	https://www.leonetiming.com/2016/Indoor/NCAADII/Results/
		Olivia Montez-Brown	3808	i	28/01/2017	Mankato MN Minnesota State ME, Open	https://www.thepowerof10.info/results/resultslookup.aspx
		Olivia Montez-Brown	3838	i	12/02/2017	Mankato MN NSIC Multi Championships	https://www.thepowerof10.info/results/resultslookup.aspx
	#	Olivia Montez-Brown	3863	i	10/03/2017	Birmingham AL NCAA Div II T&F Champs	https://results.leonetiming.com/?mid=1140
v35							
v40							
v45	Quad Throws						
	#	Helen Tooley	1016		30/09/2018	Wrexham Final Fling	https://thepowerof10.info/results/results.aspx?meetingid=250154

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

Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
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v50

Walks

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

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

u15

u17

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	

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Event	Record Holder	Time Measure	race/electronic	Date	Venue	Competition	Source of info
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	https://www.thepowerof10.info/results/results.aspx?meetingid=600224
#	Victoria Hibbert	7:20.39	e T&F	24/08/2024	Warrington	Terry Davies Memorial	https://athleticsresults.today/warrington/wac2024_2col.pdf
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	