

# Southport Waterloo A C

## Age Group Records

### Women

<b>Event</b>	<b>U13</b>	<b>U15</b>	<b>U17</b>	<b>U20</b>	<b>Senior</b>
<b>60m</b>			8.20i Lauren Brennan 2007	8.12i Lauren Brennan 2009	
<b>75m</b>	10.4 Sally Wareing 2008 Jessica O'Brien 2010				
<b>80m</b>	11.0 Kellie Grant 1993	10.6 Lauren Brennan 2006			
<b>100m</b>	13.2 Sally Hadfield 1985	12.5 Sally Hadfield 1987	12.4 Leah Caddick 2001	12.10 Helen Taylor 2002	11.75 Helen Taylor 2004
<b>150m</b>	21.5 Sally Wareing 2008	20.1 Natalie Downey 2001	20.6 Kate McGing 2001	19.10 Lauren Brennan 2009	
<b>200m</b>	26.9 Sally Wareing 2008	25.65 Leah Caddick 2000	24.9 Leah Caddick 2001	25.2 Helen Taylor 2002 Lauren Brennan 2010	24.5 Joanne McDougall 2001
<b>300m</b>		41.9 Lauren Brennan 2006	39.7 Leah Caddick 2002	40.9 Helen Taylor 2002	
<b>400m</b>		62.02i Lauren Brennan 2006	58.6 Leah Caddick 2002	55.72 Lauren Brennan 2010	56.7 Joanne McDougall 2000
<b>600m</b>	1:43.2 Stephanie James 2003	1:41.4 Rachael Flynn 2006	1:38.3 Stephanie James 2006		1:49.0 Celia Whelan 2001
<b>800m</b>	2:23.5 Stephanie James 2003	2:16.97 Rachael Flynn 2006	2:13.89 Stephanie James 2007	2:17.6 Stephanie James 2008	2:21.5 Stephanie May 2007
<b>1200m</b>	3:51.7 Stephanie James 2003	4:08.7 Emma Chandley 2002			
<b>1500m</b>	4:59.5 Lynsey Allen 1987	4:43.7 Catherine Terry 1997	4:50.09 Rhea Ellis 2006	4:48.27 Rhea Ellis 2008	4:52.1 Amanda Crook 2006
<b>1 Mile</b>		5:57.9 Lauren Clarehugh 2010	6:06.2 Jenny Girdler 2009	5:54.1 Jenny Girdler 2010	5:47.8 Tracey Peters 2010
<b>3000m</b>		10:39:29 Rhea Ellis 2004	10:17.41 Rhea Ellis 2006	10:14.46 Rhea Ellis 2008	10:01.5 Amanda Crook 2008

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<b>10000m</b>					40:02.94 Susan Cooper 2008
<b>60m H</b>		10.17i Eleanor Newton 2007	9.46i Eleanor Newton 2010	9.17i Katie McHale 2007	
<b>75m H</b>	13.1 Lydia Hurley 2003	12.08 Laura Varrie 2003	12.4 Jemma Mahoney 1999		
<b>80m H</b>			12.0 Natalie Birney 1998		
<b>100m H</b>			15.8 Katie McHale 2006	14.99 Katie McHale 2007	17.7 Natalie Birney 2001
<b>300m H</b>			45.6 Natalie Birney 1998	46.4 Natalie Birney 1999	47.8 Natalie Birney 2001
<b>400m H</b>			67.7 Natalie Birney 1998	67.5 Jemma Wright 2007	68.0 Natalie Birney 2001
<b>4 x 300m Relay</b>			2:56.4 Stephanie James, Sarah Docherty, Rachael Flynn, Lauren Brennan 2007		
<b>High Jump</b>	1m 50 Jayne Lount 1986	1m 60 Jayne Lount 1987	1m 73 Liz Sweeney 2002	1m 40 Anne Mason 1998	1m 65 Caroline Bonney 1987
<b>Pole Vault</b>				2m 00 Stephanie May 2005	2m 10 Stephanie May 2006
<b>Long Jump</b>	4m 75 Sally Hadfield 1985	5m 13 Elizabeth Berry 2002	5m 23 Julia Whelan 1992	5m 30 Helen Taylor 2002	4m 63 Natalie Birney 2002
<b>Triple Jump</b>		9.79 Charlotte Buckingham 2006	10m 54 Charlotte Buckingham 2008	11m 32 Helen Taylor 2002	
<b>Shot</b>	7m 77 Sally Wareing 2008	11m 30 Kathryn Farr 1981	10m 34 Rachel Everett 2006	14m 03 Kathryn Farr 1985	14.62 Kathryn Farr 1992

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<b><i>Discus</i></b>	12m 50 Lauren Clarehugh 2008	32m 70 Anne Joliffe 1986	35m 70 Kathryn Farr 1983	53m 10 Kathryn Farr 1986	56m 06 Kathryn Farr 1987
<b><i>Javelin</i></b>	14m 50 Lucy Hunter 2010	30m 48 Jade White 2002	31m 20 Danielle Ward 1999		37m 58 Ann Dignan 1989
<b><i>Hammer</i></b>			22m 17 Rachel Everett 2006	23m 23 Rachel Everett 2007	19m 43 Ann Dignan 2001
<b><i>Pentathlon</i></b>		2529 pts Laura Varrie 2003	2476 pts Laura Varrie 2004		
<b><i>Heptathlon</i></b>			3546 pts Laura Varrie 2004		

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<b>60m</b>		7.27i James Armstrong 2007	7.15i James Armstrong 2009	7.76i Jordan Kelly 2010	7.76i Ciaran Brennan 2009
<b>75m</b>	9.8 James Armstrong 2005				
<b>80m</b>	10.4 James Armstrong 2005	10.1 John Murray 2000	10.1 Joe Halliday 2000		
<b>100m</b>	12.4 James Armstrong 2005	11.22 James Armstrong 2007	11.1 James Armstrong 2008	11.1 Danny Gammall 2005	11.0 Peter Lloyd-Jones 1998, 2000
<b>150m</b>	21.2 Paul Record 1998		17.9 Eddie Simpkins 2005	18.00i Jordan Kelly 2009	17.97i Ciaran Brennan 2009
<b>200m</b>	25.6 James Armstrong 2005	22.51 James Armstrong 2007	22.3 Josh Hughes 2010	22.5 James Armstrong 2010	22.6 Gregory Phillips - 1980 Michael Patton - 1994
<b>300m</b>		37.60i James Armstrong 2007	36.85i Andrew Starkey 2009	37.6 Matthew Brown 2002	35.13 Peter Lloyd-Jones 2000
<b>400m</b>		51.5 James Armstrong 2007	50.65 Andrew Starkey 2008	50.36 Mark Draper 2006	49.0 Peter Lloyd-Jones 2000
<b>600m</b>	1:46.7 Mark Leicester 1999	1:36.8 Mark Leicester 2001	1:26.1 Kieran McGing 2000	1:28.6 Kieran McGing 2001	
<b>800m</b>	2:16.8 Michael Rimmer 1998	2:08.15 Mark Leicester 2001	1:57.6 Allan Duggan 1976	1:54.9 Rob Berry 1988	1:52.50 James Tartt 2010
<b>1200m</b>	3:57.7 Michael Panes 2008	3:43.4 Mark Leicester 2001	3:40.7 Mark Leicester 2002	3:39.1 Adam Clansey 2001	3:28.5 Emlyn Owen 2001
<b>1500m</b>	4:35.2 Michael Rimmer 1998	4:20.6 Michael Rimmer 1999	4:10.08 Niall Cullen 2010	3:57.0 Rob Berry 1988	3:50.48 Rob Berry 2001
<b>1 Mile</b>	5:27.4 Michael Panes 2009	5:13.3 Gary Clark 2010	5:10.2 Jai Vernon-McGuigan 2008	4:53.8 Joseph Vis 2009	4:23.5 James Tartt 2010
<b>3000m</b>		9:30.7 Steven Wilkinson 1988	9:11.66 Harry Boyd 2006	8:51.26 Joseph Vis 2010	8:19.86 Rob Berry 2001

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<b>5000m</b>				15:50.13 Joe Vis 2010	14:52.24 Rob Berry 2005
<b>10000m</b>					31:55.4 Stephen James 1980
<b>60m H</b>	12.1 Tom Moran 2001	9.03i Enrico Dalle-Mulle 2007	8.73i Enrico Dalle-Mulle 2008		
<b>70m H</b>	12.6 Tom Griffith 2000				
<b>75m H</b>	12.8 John McDonough – 1999 Tom Griffith - 2000	15.2 Tom Griffith 2002			
<b>80m H</b>		11.58 Enrico Dalle Mulle 2007	13.1 Paul Milburn 1999		
<b>100m H</b>			13.9 Danny Driver 2010	19.6 Phil Gilchrist 1995	
<b>110m H</b>			20.5 Matthew McAdam 2002	20.1 Luke Singer 2005	14.9 Paul Atherton 1977
<b>300m H</b>			45.2 Paul Milburn 2000		43.7 Stephen Marshall 1990
<b>400m H</b>			55.4 Phil McDonnell 1981	56.56 Mark Draper 2006	51.7 Paul Atherton 1979
<b>1500m S/C</b>			4:54.8 Patrick Vis 2008		
<b>2000m S/C</b>			6:48.8 Patrick Vis 2008	6:11.0 Rob Berry 1988	
<b>3000m S/C</b>				10:07.9 Vincent Lutman-Allan 1998	8:51.2 Rob Berry 2001

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<b>High Jump</b>	1m 40 Enrico Dalle-Mulle 2005	1m 75 David Eastwood 1988	1m 88 David Eastwood 1990	1m 75 Jordan Kelly 2010	1m 88 Charles Roach 1980
<b>Pole Vault</b>		2m 80 Ben Sears 2001, 2002	3m 50 John Eysers 1995	3m 00 Michael Cobham 1994	3m 30 Matthew Thompson 1995
<b>Long Jump</b>	5m 29 James Armstrong 2005	5m 70 James Armstrong 2007	6m 70 Andrew Taylor 1973	6m 95 Andrew Taylor 1975	6m 71 David Eastwood 1994
<b>Triple Jump</b>	7m 58 Chris Cooney 2002	11m 98 Jordan Kelly 2007	13m 25 Adam Chandley 2002	13m 91 Adam Chandley 2003	14m 70 David Corless 1980
<b>Shot</b>	10m 13 Sam Moran 2001	15m 45 Bryan Kelly 1988	16m 53 Bryan Kelly 1990	15m 88 Bryan Kelly 1991	14m 42 Bryan Kelly 1991
<b>Discus</b>	20m 35 Liam Harrison 2009	37m 98 Andrew Paget 1986	47m 41 Bryan Kelly 1990	46m 12 Bryan Kelly 1991	40m 98 Bryan Kelly 1991
<b>Javelin</b>	26m 35 Sam Moran 2001	48m 02 Paul Gore 1987	62m 56 Graham Martland 1977	57m 38 Graham Martland 1977	72m 70 Jeffrey Brooks 1981
<b>Hammer</b>		50m 96 Adam Davies 2006	57m 27 Adam Davies 2008	53m 32 Adam Davies 2009	41m 64 Paul Jenkins 1980
<b>Pentathlon</b>	1017 pts Gary Clark 2008	2314 pts Tom Griffith 2002			
<b>Heptathlon</b>				3058 pts Fabio Dalle-Mulle 2004	
<b>Octathlon</b>			4037 pts Tom Griffith 2003		
<b>Decathlon</b>				5918 pts Adrian Ferrand 1987	5839 pts Adrian Ferrand 1987