

Southport Waterloo AC
Track & Field Records – Under 13 to Senior Women

Event	U13	U15	U17	U20	Senior
60m			8.20i Lauren Brennan 2007	8.12i Lauren Brennan 2009	
75m	10.4 Sally Wareing 2008 Jessica O'Brien 2010				
80m	11.0 Kellie Grant 1993	10.6 Lauren Brennan 2006			
100m	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
150m	21.5 Sally Wareing 2008	20.1 Natalie Downey 2001	20.6 Kate McGing 2001	19.10 Lauren Brennan 2009	
200m	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
300m		41.9 Lauren Brennan 2006	39.7 Leah Caddick 2002	40.9 Helen Taylor 2002	
400m		62.02i Lauren Brennan 2006	58.6 Leah Caddick 2002	55.72 Lauren Brennan 2010	56.7 Joanne McDougall 2000
600m	1:43.2 Stephanie James 2003	1:41.4 Rachael Flynn 2006	1:38.3 Stephanie James 2006		1:49.0 Celia Whelan 2001
800m	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
1200m	3:51.7 Stephanie James 2003	4:08.7 Emma Chandley 2002			
1500m	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
1 Mile		5:36.9 Ellie Roberts 2011	6:06.2 Jenny Girdler 2009	5:54.1 Jenny Girdler 2010	5:32.9 Tracey Peters 2011
3000m		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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5000m					18:56.02 Susan Cooper 2007
10000m					40:02.94 Susan Cooper 2008
60m H		10.17i Eleanor Newton 2007	9.46i Eleanor Newton 2010	9.17i Katie McHale 2007	
75m H	13.1 Lydia Hurley 2003	12.08 Laura Varrie 2003	12.4 Jemma Mahoney 1999		
80m H			12.0 Natalie Birney 1998		
100m H			15.8 Katie McHale 2006	14.99 Katie McHale 2007	17.7 Natalie Birney 2001
300m H			45.6 Natalie Birney 1998	46.4 Natalie Birney 1999	47.8 Natalie Birney 2001
400m H			67.7 Natalie Birney 1998	67.5 Jemma Wright 2007	68.0 Natalie Birney 2001
4 x 100m Relay	53.8 Team unknown 1995	53.2 Team unknown 1993 & Ellon Hart, Megan Crewe, Yve Knowles, Sally Wareing 2009	52.1 Team unknown 1995	52.7 Stephanie May, Charlene Taylor, Courtney Melia, Helen Taylor 2003	52.4 Katie McHale, Katy Hooton, Charlotte Roberts, Lauren Brennan 2007
4 x 300m Relay			2:56.4 Stephanie James, Sarah Docherty, Rachael Flynn, Lauren Brennan 2007		
4 x 400m Relay			4:08.1 Jenny Oliver, Denise Roche, Stephanie Kelly, Nicky Lower 1989	4:18.3 Stephanie May, Charlene Taylor, Courtney Melia, Helen Taylor 2003	4:12.4 Jemma Wright, Stephanie May, Katy Hooton, Stephanie James 2007
High Jump	1m 50 Jayne Lount 1986	1m 60 Jayne Lount 1987	1m 73 Liz Sweeney 2002	1m 60 Jayne Lount 1988	1m 65 Caroline Bonney 1987

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<i>Long Jump</i>	4m 75 Sally Hadfield 1985	5m 13 Elizabeth Berry 2002	5m 23 Julia Whelan 1992	5m 30 Helen Taylor 2002	4m 91 Sue Roberts 1986
<i>Triple Jump</i>		9.79 Charlotte Buckingham 2006	10m 54 Charlotte Buckingham 2008	11m 32 Helen Taylor 2002	
<i>Shot</i>	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
<i>Discus</i>	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
<i>Javelin</i>	14m 50 Lucy Hunter 2010	30m 48 Jade White 2002	31m 20 Danielle Ward 1999		37m 58 Ann Dignan 1989
<i>Hammer</i>			22m 17 Rachel Everett 2006	23m 23 Rachel Everett 2007	19m 43 Ann Dignan 2001
<i>Pentathlon</i>		2529 pts Laura Varrie 2003	2476 pts Laura Varrie 2004		
<i>Heptathlon</i>			3546 pts Laura Varrie 2004		

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60m		7.27i James Armstrong 2007	7.15i James Armstrong 2009	7.69i Danny Driver 2011	7.76i Ciaran Brennan 2009
75m	9.8 James Armstrong 2005				
80m	10.4 James Armstrong 2005	10.1 John Murray 2000	10.1 Joe Halliday 2000		
100m	12.4 James Armstrong 2005	11.22 James Armstrong 2007	11.1 James Armstrong 2008	11.1 Danny Gammall - 2005 James Armstrong – 2011	11.0 Peter Lloyd-Jones 1998, 2000
150m	21.2 Paul Record 1998		17.9 Eddie Simpkins 2005	18.00i Jordan Kelly 2009	17.97i Ciaran Brennan 2009
200m	25.6 James Armstrong 2005	22.51 James Armstrong 2007	22.3 Josh Hughes 2010	22.1 James Armstrong 2011	22.6 Gregory Phillips - 1980 Michael Patton - 1994
300m		37.60i James Armstrong 2007	36.85i Andrew Starkey 2009	37.6 Matthew Brown 2002	35.13 Peter Lloyd-Jones 2000
400m		51.5 James Armstrong 2007	50.65 Andrew Starkey 2008	50.36 Mark Draper 2006	49.0 Peter Lloyd-Jones 2000
600m	1:46.7 Mark Leicester 1999	1:36.8 Mark Leicester 2001	1:26.1 Kieran McGing 2000	1:28.6 Kieran McGing 2001	
800m	2:16.8 Michael Rimmer 1998	2:06.8 Andrew Kershaw 2011	1:57.38 Niall Cullen 2011	1:54.9 Rob Berry 1988	1:52.50 James Tartt 2010
1200m	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
1500m	4:35.2 Michael Rimmer 1998	4:20.26 Andrew Kershaw 2011	4:06.30 Niall Cullen 2011	3:57.0 Rob Berry 1988	3:50.48 Rob Berry 2001
1 Mile	5:27.4 Michael Panes 2009	5:13.3 Gary Clark 2010	4:36.9 Niall Cullen 2011	4:53.8 Joseph Vis 2009	4:23.5 James Tartt 2010
3000m		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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5000m				15:50.13 Joe Vis 2010	14:52.24 Rob Berry 2005
10000m					31:55.4 Stephen James 1980
60m H	12.1 Tom Moran 2001	9.03i Enrico Dalle-Mulle 2007	8.73i Enrico Dalle-Mulle 2008		
70m H	12.6 Tom Griffith 2000				
75m H	12.8 John McDonough – 1999 Tom Griffith - 2000	15.2 Tom Griffith 2002			
80m H		11.58 Enrico Dalle Mulle 2007	13.1 Paul Milburn 1999		
100m H			13.9 Danny Driver 2010		
110m H			20.5 Matthew McAdam 2002	20.1 Luke Singer 2005	14.9 Paul Atherton 1977
300m H			45.2 Paul Milburn 2000		43.7 Stephen Marshall 1990
400m H			55.4 Phil McDonnell 1981	56.56 Mark Draper 2006	51.7 Paul Atherton 1979
1500m S/C			4:54.8 Patrick Vis 2008		
2000m S/C			6:48.8 Patrick Vis 2008	6:11.0 Rob Berry 1988	6:45.25 David Gough 2011
3000m S/C				10:07.9 Vincent Lutman-Allan 1998	8:51.2 Rob Berry 2001

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<i>4 x 100m Relay</i>	53.9 Team unknown 1995	48.2 Joshua Murphy, Joshua Hughes, Andrew Starkey, James Armstrong 2007	43.2 Fabio Dalle Mulle, Paul McNab, Paul Record, Andrew Gibson 2003	47.5 Paul Milburn, Nathan Ouko, Adam Chandley, Fabio Dalle Mulle 2003	44.6 Team unknown 1977
<i>4 x 400m Relay</i>		3:53.9 Jonathan Scroggie, Sam Reynolds, Hayden Rutter, James Mouldsdale 2005	3:42.0 Ciaran Brennan, Steven Gellet, Harry Boyd, Michael Evans 2006	3:39.5 Adam Chandley, Paul Milburn, Nathan Ouko, James Tartt 2003	3:30.0 Team unknown 1980
<i>High Jump</i>	1m 40 Enrico Dalle-Mulle 2005	1m 75 David Eastwood 1988	1m 88 David Eastwood 1990	1m 80 Jordan Kelly 2011	1m 88 Charles Roach 1980
<i>Pole Vault</i>		2m 80 Ben Sears 2001, 2002	3m 50 John Eyers 1995	3m 00 Michael Cobham 1994	3m 30 Matthew Thompson 1995
<i>Long Jump</i>	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
<i>Triple Jump</i>	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
<i>Shot</i>	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
<i>Discus</i>	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
<i>Javelin</i>	26m 35 Sam Moran 2001	48m 02 Peter Gore 1987	62m 56 Graham Martland 1977	57m 38 Graham Martland 1977	72m 70 Jeffrey Brooks 1981
<i>Hammer</i>		50m 96 Adam Davies 2006	57m 27 Adam Davies 2008	53m 32 Adam Davies 2009	41m 64 Paul Jenkins 1980
<i>Pentathlon</i>	1017 pts Gary Clark 2008	2314 pts Tom Griffith 2002			
<i>Heptathlon</i>				3058 pts Fabio Dalle-Mulle 2004	

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<i>Octathlon</i>			4037 pts Tom Griffith 2003		
<i>Decathlon</i>				5918 pts Adrian Ferrand 1987	5839 pts Adrian Ferrand 1987