

Best Known Performances by Merseyside Athletes

(defined as athletes eligible to compete for Merseyside)

Male		Club	Performance	Year
60	James Williams	LVH	6.77i	2017
100	James Williams	LVH	10.42	2013
200	James Williams	LVH	20.90	2018
400	Guy Bullock	LPS	45.76	1996
800	Michael Rimmer	LPS	1.43.89	2010
1500	Andy Baddeley	Harrow	3.34.38	2008
Mile	Andy Baddeley	Harrow	3.49.38	2008
3000	Jonathan Mellor	LVH	7.46.73	2014
5000/5k	Andy Baddeley	Harrow	13.20.85	2010
10000/10k	Geoff Smith	LVH	27.43.76	1981
2000 s/chase	n/a			
3000 s/chase	Dan Jarvis	LVH	8.43.09	2017
Half M	Geoff Smith	LVH	61.39	1983
Marathon	Geoff Smith	LVH	2.09.08	1983
60H	Jack Meredith	LVH	7.87	2013
110H	Jack Meredith	LVH	13.97	2012
400H	Bill Hartley	LVH	49.65	1975
Long Jump	Michael Causer	StH S	7.52	2014
High Jump	Steve Smith	LVH	2.38	1994
Triple Jump	Kevin Thompson	LVH	15.53	2003
Hammer	Barry Williams	WAC	73.86	1976
Shot	David Readle	LPS	17.69	2001
Javelin	Robert Laing	LVH	67.48	1987
Discus	Dennis Roscoe	WAC	57.10	1980
Pole Vault	Mike Sweeney	LVH	4.80	2013
Decathlon	Steve Rogers	LPS	7295	1995
Heptathlon	Steve Rogers	LPS	5252	1996
20k Walk	unknown			
50k Walk	unknown			

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Female		Club	Performance	Year
60	Anyika Onuora	LVH	7.31	2006
100	Anyika Onuora	LVH	11.18	2011
200	Anyika Onuora	LVH	22.64	2014
400	Anyika Onuora	LVH	50.87	2015
800	Vicky Griffiths	LVH	2.00.49	2008
1500	Rachel Newcombe	LVH	4.11.24	2002
Mile	Jane Holmes	LVH	4.46.57	1983
3000	Jill Rothwell	LVH	9.18.8	1984
5000/5k	Jenny Clague	LVH	16.11.61	1992
10000/10k	Jenny Clague	LVH	32.41.29	1993
2000 s/chase	Hana Carroll	LVH	06:58.1	2004
3000 s/chase	Hana Carroll	LVH	10.48.07	2004
Half M	Jill Rothwell	LVH	73.14	1985
Marathon	Jenny Clague	LVH	2.36.10	2006
60H	Katarina Johnson-Thompson	LVH	8.18	2015
100H	Diane Allahgreen	LVH	12.92	2002
400H	Katarina Johnson-Thompson	LVH	58.3	2014
Long Jump	Katarina Johnson-Thompson	LVH	6.93	2015
High Jump	Katarina Johnson-Thompson	LVH	1.98	2016
Triple Jump	Katarina Johnson-Thompson	LVH	12.83	2014
Hammer	Vikki Scott	LVH	55.42	2001
Shot	Kathryn Farr	SPW	14.62	1992
Javelin	Jennifer Kemp	LVH	52.76	2001
Discus	Kathryn Farr	SPW	56.06	1987
Pole Vault	Sally Peake	Birchfield	4.42i	2011
Heptathlon	Katarina Johnson-Thompson	LVH	6759	2018
Pentathlon	Katarina Johnson-Thompson	LVH	5000	2015
20k Walk	unknown			