

# Best Known Performances by Merseyside Athletes

(defined as athletes eligible to compete for Merseyside)

Male		Club	Performance	Year
60m	James Williams	LVH	6.77 i	2020
100m	James Williams	LVH	10.42	2013
200m	James Williams	LVH	20.90	2018
400m	Guy Bullock	LPS	45.76	1996
800m	Michael Rimmer	LPS	1:43.89	2010
1500m	Andy Baddeley	Harrow	3:34.38	2008
Mile	Andy Baddeley	Harrow	3:49.38	2008
3000m	Jonathan Mellor	LVH	7:46.73	2014
5000m	Andy Baddeley	Harrow	13:20.85	2010
10000m	Geoff Smith	LVH	27:43.76	1981
2000 s/chase	Neil Smart	StH S	5:32.45	1990
3000 s/chase	Neil Smart	StH S	8:35.52	1989
60H	Jack Meredith	LVH	7.87 i	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			
5K	Andy Baddeley	Harrow	13:45	2009
5 Miles	Jonathan Mellor	LVH	23:41	2007
10K	Geoff Smith	LVH	28:06	1985
10 Miles	Dave Murphy	LVH	46:42	1984
½ Marathon	Geoff Smith	LVH	61:39	1983
Marathon	Geoff Smith	LVH	2:09:08	1983

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Female		Club	Performance	Year
60m	Anyika Onuora	LVH	7.31 i	2006
100m	Anyika Onuora	LVH	11.18	2011
200m	Anyika Onuora	LVH	22.64	2014
400m	Anyika Onuora	LVH	50.87	2015
800m	Vicky Griffiths	LVH	2:00.49	2008
1500m	Rachel Newcombe	LVH	4:11.24	2002
Mile	Jane Holmes	LVH	4:46.57	1983
3000m	Sue Crehan	Sale	9:05.02	1987
5000m	Sue Crehan	Sale	15:56.4	1987
10000m	Sue Crehan	Sale	32:24.03	1987
2000 s/chase	Hana Carroll	LVH	6:58.1	2004
3000 s/chase	Hana Carroll	LVH	10:48.07	2004
60H	Katarina Johnson-Thompson	LVH	8.18 i	2015
100H	Diane Allahgreen	LVH	12.92	2002
400H	Katarina Johnson-Thompson	LVH	58.3	2014
Long Jump	Katarina Johnson-Thompson	LVH	6.93 i	2015
High Jump	Katarina Johnson-Thompson	LVH	1.98	2016
Triple Jump	Alexandra Russell	Wigan	13.39 i	2019
Hammer	Zoe Price	LVH	56.53	2019
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	4.42 i	2011
Heptathlon	Katarina Johnson-Thompson	LVH	6981	2019
Pentathlon	Katarina Johnson-Thompson	LVH	5000	2015
20k Walk	unknown			
5K	Sue Crehan	Sale	16:05	1986
10K	Sue Crehan	Sale	33:48	1986
½ Marathon	Jill Rothwell	LVH	73:14	1985
Marathon	Sue Crehan	Sale	2:35:10	1988