

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	
	Henry Nwoke	LVH	6.77 i	2020	
100m	James Williams	LVH	10.35	2020	
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 i	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				
			(Gun)	(Chip)	
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
	Jonathan Mellor	LVH	2:09:09	2:09:06	2024

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Female		Club	Performance		Year
60m	Jayne Mitchell	LVH	7.25i		1984
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	Emily Kearney	Wirral	15:39.65		2021
10000m	Sue Crehan	Sale	32:24.03		1987
2000 s/chase	Gabrielle Phelan	Warriors	6:46.32		2023
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	60.73		2023
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 i		2015
20k Walk	unknown				
			(Gun)	(Chip)	
5K	Emily Haggard Kearney	Warriors	15:44	15:42	2024
5 Miles	Sue Crehan	Sale	26:17	-	1987
10K	Emily Kearney	Warriors	32:50	32:42	2024
10 Miles	Emily Kearney	Wirral	55:48	55:47	2021
½ Marathon	Emily Kearney	Warriors	70:47	70:45	2023
Marathon	Emily Kearney	Wirral	-	2:34:28	2022