

# Merseyside County Athletic Association

## Track & Field Championship Best Performances

*Changes highlighted following the 2018 Champs*

Senior Women				
100m	11.6	Jayne Christian	Wirral AC	1984
200m	24.3	Diane Allahgreen	Liverpool H & AC	2001
	24.3	Danielle Halsall	Sale H	2005
400m	53.7	Katarina Johnson-Thompson	Liverpool H & AC	2014
800m	2:10.2	Heidi Smith	L'pool Pembroke Sefton	1997
1,500m	4:24.8	Sue Crehan	Sutton	1984
3,000m	9:33.7	Jenny Clague	Liverpool H & AC	1993
5,000	16:41.1	Sue Crehan	Sutton	1984
10,000m	37:17.7	Jill Taylor	Unattached	1993
2,000m S/chase	7:41.5	Fiona Nuttall	Wirral AC	2016
100m Hurdles	13.77	Danielle McGifford	Wigan & Dis H	2018
	13.8	Diane Allahgreen	Liverpool H & AC	1996
400m Hurdles	61.5	Wendy Laing	Liverpool H & AC	1986
High Jump	1.76m	Val Harrison	Liverpool H & AC	1976
Pole Vault	3.20m	Rachel Thomas	Liverpool H & AC	2011/13
Long Jump	6.55m	Katarina Johnson-Thompson	Liverpool H & AC	2016
Triple Jump	11.93m	Jessie Aru	Liverpool H & AC	1993
Shot Putt	13.60m	Kathryn Farr	Southport Waterloo	1985
Discus	49.53m	Kathryn Farr	Southport Waterloo	1987
Javelin	44.02m	Jenny Kemp	L'pool Pembroke Sefton	1998
Hammer	52.31m	Vicci Scott	Trafford AC	2002
Heptathlon	4546 pts	Wendy Laing	Liverpool H & AC	1996
4 x 100m	48.0		Liverpool Harriers	2001
4 x 400m	4:01.7		Liverpool Harriers	1982

Under 20 Women				
100m	11.9	Diane Allahgreen	Liverpool H & AC	1993
	11.9 w	Danielle McGifford	Wigan & Dist H	2014
200m	24.7 w	Katarina Johnson-Thompson	Liverpool H & AC	2010
400m	55.72	Emma Alderson	Liverpool H & AC	2018
800m	2:07.0	Rosie Johnson	L'pool Pembroke Sefton	2015
1,500m	4:33.1	Rachel Thompson	Liverpool H & AC	2004
3,000m	10:10.5	Charlotte O'Connell	Wirral AC	2007
1,500m S/chase	5:41.5	Fiona Nuttall	Wirral AC	2013
100m Hurdles	14.4	Diane Allahgreen	Liverpool H & AC	1993
	14.4 w	Helen Asher	Liverpool H & AC	2007
	14.4 w	Ashley Helsby	Liverpool H & AC	2007
400m Hurdles	62.4	Anna Rowe	Liverpool H & AC	2016
High Jump	1.71	Amy Tarver	Wirral AC	2014
Pole Vault	3.00m	Elizabeth Henshall	Liverpool H & AC	2018
Long Jump	5.94m	Danielle McGifford	Wigan & Dist H	2014
Triple Jump	11.93m	Jessie Aru	Liverpool H & AC	1993
Shot Putt	13.72m	Helen Wilding	Wirral AC	1995
Discus	41.17m	Gemma Llewellyn	Liverpool H & AC	2006
Javelin	44.40m	Lianne Bibby	Wigan & Dist H	2013
Hammer	46.72m	Vicky Johnson	Liverpool H & AC	2007

**Under 17 Women**

<b>100m</b>	12.1 w	Manndy Laing	Liverpool H & AC	1976
	12.1	Jane Riley	Wigan & Dist H	1988
<b>200m</b>	25.1	Jane Riley	Wigan & Dist H	1988
	25.1	Becky McLinden	Wirral AC	2005
<b>300m</b>	40.1	Vicki Griffiths	Liverpool H & AC	2001
<b>800m</b>	2:09.8	Emma Alderson	Southport Waterloo	2016
<b>1,500m</b>	4:28.5	Rosie Johnson	L'pool Pembroke Sefton	2014
<b>3,000m</b>	10:12.8	Jessica Cook	Liverpool H & AC	2016
<b>1,500m S/chase</b>	5:40.5	Phoebe Croft	Wirral AC	2017
<b>80m Hurdles</b>	11.2	Ashley Helsby	Liverpool H & AC	2005
<b>300m Hurdles</b>	45.0	Georgina Lee	Wigan & Dist H	1990
<b>High Jump</b>	1.75m	Katarina Johnson-Thompson	Liverpool H & AC	2009
<b>Pole Vault</b>	2.70m	Lydia Helsby	Liverpool H & AC	2012/13
<b>Long Jump</b>	5.84m	Margaret Cheetham	Liverpool H & AC	1984
<b>Triple Jump</b>	11.08m	Holly Smith	Liverpool H & AC	2016
<b>Shot Putt (4kg)</b>	12.30m	Helen Wilding	Wirral AC	1993
<b>Shot Putt (3kg)</b>	12.75m	Zoe Price	Liverpool H & AC	2017
<b>Discus</b>	36.22m	Gemma Llewellyn	Wigan & Dist H	2003
<b>Javelin (600g)</b>	44.40m	Liane Bibby	Wigan & Dist H	2013
<b>Hammer</b>	53.61m	Zoe Price	Liverpool H & AC	2017
<b>2k Walk</b>	11:27.1	Jemma Evans	Wirral AC	2001
<b>Heptathlon</b>	4090 pts	Michelle Winter		1995
<b>4 x 100m</b>	49.0		Liverpool H & AC	2001
<b>4 x 300m</b>	2:56.4		Southport Waterloo	2007

**Under 15 Girls**

<b>100m</b>	12.3 w	Jane Buchanan	Wirral AC	1982
<b>200m</b>	25.53	Neave McGhee	Liverpool H & AC	2018
	25.6	Carmen Gedling	Liverpool H & AC	2004
<b>300m</b>	42.36	Mia Morrisroe	Liverpool H & AC	2018
<b>800m</b>	2:13.7	Emma Alderson	Southport Waterloo	2013
<b>1,500m</b>	4:39.8	Ella McNiven	Liverpool H & AC	2016
<b>3,000m</b>	10:59.5	Rhea Ellis	Southport Waterloo	2005
<b>75m Hurdles</b>	11.4	Victoria Garrad	Wirral AC	2002
	11.4 w	Evie Berry	Liverpool H & AC	2014
	11.4 w	Emily Darroch	Wirral AC	2014
<b>High Jump</b>	1.65m	Katarina Thompson	Liverpool H & AC	2007
<b>Pole Vault</b>	2.40m	Gina Nuttall	Liverpool H & AC	2018
<b>Long Jump</b>	5.69m	Margaret Cheetham	Liverpool H & AC	1983
<b>Triple Jump</b>	10.01m	Stephanie Robertson	Southport Waterloo	2017
<b>Shot Putt (3.25kg)</b>	11.87m	Elizabeth Bowyer	Wirral AC	1996
<b>Shot Putt (3kg)</b>	12.24m	Bekki Roche	Liverpool H & AC	2017
<b>Discus</b>	30.08m	Debbie Rankin	Liverpool Pembroke	1991
<b>Javelin (600g)</b>	35.70m	Maureen Fogarty	Liverpool H & AC	1986
<b>Javelin (500g)</b>	36.41m	Megan Howarth	Southport Waterloo	2017
<b>Hammer</b>	53.79m	Bekki Roche	Liverpool H & AC	2017
<b>2K Walk</b>	11.55.3	Jemma Evans	Wirral AC	2000
<b>Pentathlon</b>	2633 pts	Melissa Tremarco	Wirral AC	1997
<b>4 x 100m</b>	51.6		Liverpool Pembroke	1975

## Under 13 Girls

<b>75m</b>	10.01 w Sierra Jalloh	Southport Waterloo	2018
	10.1 w Mia Morrisroe	Liverpool H & AC	2016
<b>80m</b>	10.6 Margaret Cheetham	Liverpool H & AC	1981
<b>150m</b>	19.84 w Sierra Jalloh	Southport Waterloo	2018
<b>200m</b>	27.9 Cheryl Gibbons	Liverpool Pembroke	1984
<b>600m</b>	1:42.1 Chelsea McCourt	Liverpool H & AC	2004
<b>800m</b>	2:20.2 Chelsea Jarvis	St Helens Sutton	2008
<b>1,200m</b>	3:52.2 Ella McNiven	Liverpool H & AC	2014
<b>1,500m</b>	5:04.0 Stephanie James	Southport Waterloo	2003
<b>70m Hurdles</b>	11.40 Amber Hughes	Southport Waterloo	2018
<b>High Jump</b>	1.50m Katarina Thompson	Liverpool H & AC	2005
<b>Long Jump</b>	4.57m w Kelsey-Lili Ogedengbe	Wirral AC	2018
<b>Shot Putt</b>	9.36m Zoe Price	Liverpool H & AC	2014
<b>Javelin</b>	24.96m Amber Hughes	Southport Waterloo	2018
<b>2,000m Walk</b>	14:28.9 A.Kong	Wirral AC	2000
<b>Pentathlon</b>	2174 pts Stacey James	St Helens Sutton	1997
<b>4 x100m</b>	53.7	Liverpool H & AC	1995

## Senior Men

<b>100m</b>	10.5 w	Jack Meredith	Liverpool H & AC	2013
<b>200m</b>	21.9 w	Alex Boyce	Liverpool H & AC	2016
	22.1	Paul Jamieson	Liverpool Pembroke	1996
	22.1 w	James Hunter	Liverpool H & AC	2010
<b>400m</b>	48.03	Alex Boyce	Liverpool H & AC	2012
<b>800m</b>	1:52.65	James Tartt	Southport Waterloo	2012
<b>1500m</b>	3:56.7	Ben Martin	Liverpool H & AC	2015
<b>3,000m</b>	8:31.3	David Forrester	St Helens Sutton	2009
<b>5,000m</b>	14:31.7	Dave Dudley	Liverpool Pembroke	1993
<b>10,000m</b>	31:13.5	Paul Cadwallader	Liverpool H & AC	1994
<b>110m Hurdles</b>	15.10	Matthew Lee	Harrow AC	2018
<b>400m Hurdles</b>	54.9	Andrew Desmond	Liverpool H & AC	2015
<b>3,000m s/chase</b>	9:24.6	K.Usher	Hounslow	1993
<b>High Jump</b>	2.17m	Rob Mitchell	Sale	2005
<b>Pole Vault</b>	4.10m	Rob Laing	Liverpool H & AC	1994
	4.10m	Chris Roose	Liverpool H & AC	2011
<b>Long Jump</b>	7.48m	Steve Smith	Liverpool H & AC	1993
<b>Triple Jump</b>	15.09m	Kevin Thompson	Liverpool H & AC	2006
<b>Shot Putt</b>	16.80m	Brian Kelly	Trafford	2002
<b>Discus</b>	52.76m	Brian Kelly	Trafford	2002
<b>Javelin</b>	63.23m	Ben Fisher	Liverpool H & AC	2012
<b>Hammer</b>	69.77m	Michael Bomba	Liverpool H & AC	2013
<b>Decathlon</b>	6532 pts	Rob Laing	Liverpool H & AC	1991
<b>4 x 100m</b>	44.7		Liverpool Pembroke	1995
<b>4 x 400m</b>	3:24.7		Liverpool Pembroke	1995

## Junior Men

<b>100m</b>	10.9 w	Andrew Owens	Liverpool H & AC	2004
	10.9 w	Ian Standish	Liverpool H & AC	2004
	10.9 w	Alex Stokes	L'pool Pembroke Sefton	2007
<b>200m</b>	21.8 w	Oliver Back	Liverpool H & AC	2010
<b>400m</b>	48.0	Michael Rimmer	L'pool Pembroke Sefton	2005
<b>800m</b>	1:52.7	Ian Tinsley	Wirral AC	1998
<b>1,500m</b>	3:57.7	Andrew Badderley	Wirral AC	2000
<b>3,000m</b>	8:40.1	David Forrester	St Helens Sutton	2007
<b>110m Hurdles</b>	15.4	David O'Leary	Liverpool H & AC	1998
<b>400m Hurdles</b>	57.6	Martin Thomas	Liverpool H & AC	1997
	57.6	Andrew Flett	Liverpool H & AC	2000
<b>2000m S/chase</b>	6:21.1	Jon Rice	L'pool Pembroke Sefton	1998
<b>High Jump</b>	2.08m	Danny Graham	Liverpool H & AC	1998
<b>Pole Vault</b>	4.01m	Christopher Lamb	Wigan & Dist H	2017
<b>Long Jump</b>	7.17m	Michael Causer	St Helens Sutton	2012
<b>Triple Jump</b>	14.66m	Kevin Thompson	Liverpool H & AC	2002
<b>Shot Putt</b>	15.50m	Peter Cranfield	Liverpool H & AC	2002
<b>Discus</b>	46.42m	Steve Stanford	Liverpool H & AC	1998
<b>Javelin</b>	56.72m	Paul McKown	Liverpool H & AC	2006
<b>Hammer</b>	59.56m	Michael Bomba	Liverpool H & AC	2005
<b>Decathlon</b>	6359 pts	Paul Hourihan	Liverpool H & AC	1994

**Under 17 Men**

<b>100m</b>	10.9 w	Blake Tiger-Lee Brown	Wirral AC	2016
	11.1	James Armstrong	Southport Waterloo	2008
<b>200m</b>	22.4 w	Blake Tiger-Lee Brown	Wirral AC	2016
	22.5	James Armstrong	Southport Waterloo	2008
<b>400m</b>	50.0	Ian Tinsley	Wirral AC	1997
<b>800m</b>	1:57.2	Rory Smith	Wirral AC	2001
<b>1,500m</b>	4:00.3	David Forrester	St Helens Sutton	2006
<b>3,000m</b>	9:12.8	Ian Edwards	St Helens Sutton	2006
<b>100m Hurdles</b>	13.4	Jack Meredith	Liverpool H & AC	2007
<b>400m Hurdles</b>	57.1	Sid Srinivas	Wirral AC	2008
<b>1,500m S/chase</b>	4:32.9	Chris Hesketh	L'pool Pembroke Sefton	2008
<b>High Jump</b>	2.03m	Anthony Kuiper	L'pool Pembroke Sefton	1996
<b>Pole Vault</b>	3.55m	Christopher Lamb	St Helens Sutton	2015
<b>Long Jump</b>	6.84m	Andrew Roberts	Wigan & Dist H	1994
<b>Triple Jump</b>	13.27m	Mike Ehlan	Sale	2007
<b>Shot Putt</b>	15.81m	Peter Cranfield	Liverpool H & AC	2001
<b>Discus</b>	46.86m	Stephen Stanford	Liverpool H & AC	1996
<b>Javelin</b>	55.12m	Stephen Cross	Wirral AC	1993
<b>Hammer</b>	55.05m	Peter Cranfield	Liverpool H & AC	2001
<b>2,000m walk</b>	11:53.0	Graham Cropper	Wirral AC	2001
<b>Decathlon</b>	4638 pts	Lee Parry	Liverpool H & AC	1991
<b>4 x 100m</b>	45.8		Liverpool H & AC	1995

**Under 15 Boys**

<b>100m</b>	11.46	Benjamin Wallace	Wirral AC	2018
	11.5	Tony Corrigan	Liverpool H & AC	2005
<b>200m</b>	22.6	Tony Corrigan	Liverpool H & AC	2005
<b>300m</b>	37.6	Joe Milton	L'pool Pembroke Sefton	2013
<b>400m</b>	54.4	Steve Daly	Elan	1994
<b>800m</b>	1:59.3	Michael Rimmer	L'pool Pembroke Sefton	2000
<b>1,500m</b>	4:15.2	Tom Michaelson	Liverpool H & AC	2001
<b>3,000m</b>	9:33.8	Neil Siner	Liverpool H & AC	1998
<b>80m Hurdles</b>	11.6	Jack Meredith	Liverpool H & AC	2006
<b>High Jump</b>	1.80m	Steven Jones	Liverpool H & AC	2014
<b>Pole Vault</b>	2.80m	Sam Coupland	Southport Waterloo	2018
<b>Long Jump</b>	5.94m	Barry Conway	Liverpool H & AC	2004
<b>Triple Jump</b>	11.43m	Andrew Desmond	Liverpool H & AC	2010
<b>Shot Putt</b>	13.11m	Philip Brocken	Wirral AC	2006
<b>Discus</b>	38.52m	Matthew Taylor	Liverpool H & AC	2018
<b>Javelin</b>	44.36m	Chris Jenkins	Liverpool H & AC	1996
<b>Hammer</b>	47.13m	Adam Reynolds	Liverpool H & AC	2005
<b>2,000m walk</b>	11:53.8	Craig Howard	Wallasey AC	2001
<b>Pentathlon</b>	2477 pts	Jon Rice	L'pool Pembroke Sefton	1995
<b>4 x 100m</b>	48.2		Southport Waterloo	2007

## Under 13 Boys

<b>75m</b>	9.8	James Armstrong	Southport Waterloo	2005
<b>100m</b>	12.3	Tony Corrigan	Liverpool H & AC	2003
<b>150m</b>	20.2	Craig Jones	Liverpool H & AC	2005
<b>200m</b>	26.4	Tony Corrigan	Liverpool H & AC	2002
<b>800m</b>	2:19.8	Alex Spencer	L'pool Pembroke Sefton	1996
<b>1,500m</b>	4:44.2	Michael Rimmer	Southport Waterloo	1998
<b>70m Hurdles</b>	12.1	Jack Meredith	Liverpool H & AC	2004
<b>75m Hurdles.</b>	12.6	Mark Winslade	Liverpool H & AC	2005
<b>High Jump</b>	1.49m	Andrew Goulding	Liverpool H & AC	1997
<b>Long Jump</b>	5.14m	Chris Jenkins	Liverpool H & AC	1994
<b>Shot Putt (3.25kg)</b>	8.99m	S Case-Upton	Wirral AC	1993
<b>Shot Putt (3kg)</b>	7.21m	Mark Sestan	Wirral AC	2018
<b>Javelin</b>	33.11m	Sam Bannon	Liverpool H & AC	2014
<b>4 x 100m</b>	53.9		Liverpool H & AC	2002