

Merseyside County Athletic Association

Track & Field Championship Best Performances

Changes highlighted following the 2021 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	12.27m	Emily Gargan	Liverpool H & AC	2021
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 w3.8	Danielle McGifford	Wigan & Dist H	2014
200m	24.7 w2.7	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	10:09.58	Ellen Mary Kearney	Wirral AC	2021
1,500m S/chase	5:41.5	Fiona Nuttall	Wirral AC	2013
2,000m S/chase	7:21.96	Lucy Milling	Southport Waterloo	2021
100m Hurdles	14.4	Diane Allahgreen	Liverpool H & AC	1993
	14.4 w2.8	Helen Asher	Liverpool H & AC	2007
	14.4 w2.8	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	52.75m	Zoe Price	Liverpool H & AC	2021

Under 17 Women

100m	12.1	w	Manndy Laing	Liverpool H & AC	1976
	12.1		Jane Riley	Wigan & Dist H	1988
200m	24.89	w2.5	Neave McGhee	Liverpool H & AC	2019
	25.1		Jane Riley	Wigan & Dist H	1988
	25.1		Becky McLinden	Wirral AC	2005
300m	40.1		Vicki Griffiths	Liverpool H & AC	2001
800m	2:09.8		Emma Alderson	Southport Waterloo	2016
1,500m	4:28.5		Rosie Johnson	L'pool Pembroke Sefton	2014
3,000m	10:12.8		Jessica Cook	Liverpool H & AC	2016
1,500m S/chase	5:40.5		Phoebe Croft	Wirral AC	2017
80m Hurdles	11.2		Ashley Helsby	Liverpool H & AC	2005
300m Hurdles	45.0		Georgina Lee	Wigan & Dist H	1990
High Jump	1.75m		Katarina Johnson-Thompson	Liverpool H & AC	2009
Pole Vault	2.70m		Lydia Helsby	Liverpool H & AC	2012/13
Long Jump	5.84m		Margaret Cheetham	Liverpool H & AC	1984
Triple Jump	11.08m		Holly Smith	Liverpool H & AC	2016
Shot Putt (4kg)	12.30m		Helen Wilding	Wirral AC	1993
Shot Putt (3kg)	12.75m		Zoe Price	Liverpool H & AC	2017
Discus	36.22m		Gemma Llewellyn	Wigan & Dist H	2003
Javelin (600g)	44.40m		Liane Bibby	Wigan & Dist H	2013
Javelin (500g)	34.14m		Megan Howarth	Southport Waterloo	2019
Hammer	53.61m		Zoe Price	Liverpool H & AC	2017
2k Walk	11:27.1		Jemma Evans	Wirral AC	2001
Heptathlon	4090 pts		Michelle Winter		1995
4 x 100m	49.0			Liverpool H & AC	2001
4 x 300m	2:56.4			Southport Waterloo	2007

Under 15 Girls

100m	12.3	w	Jane Buchanan	Wirral AC	1982
200m	25.53		Neave McGhee	Liverpool H & AC	2018
	25.6		Carmen Gedling	Liverpool H & AC	2004
300m	42.36		Mia Morrisroe	Liverpool H & AC	2018
800m	2:13.7		Emma Alderson	Southport Waterloo	2013
1,500m	4:39.8		Ella McNiven	Liverpool H & AC	2016
3,000m	10:53.14		Megumi Hoshiko	Wirral AC	2021
75m Hurdles	11.4		Victoria Garrad	Wirral AC	2002
	11.4	w3.3	Evie Berry	Liverpool H & AC	2014
	11.4	w3.3	Emily Darroch	Wirral AC	2014
High Jump	1.65m		Katarina Thompson	Liverpool H & AC	2007
Pole Vault	2.40m		Gina Nuttall	Liverpool H & AC	2018
Long Jump	5.69m		Margaret Cheetham	Liverpool H & AC	1983
Triple Jump	10.01m		Stephanie Robertson	Southport Waterloo	2017
Shot Putt (3.25kg)	11.87m		Elizabeth Bowyer	Wirral AC	1996
Shot Putt (3kg)	12.24m		Bekki Roche	Liverpool H & AC	2017
Discus	30.08m		Debbie Rankin	Liverpool Pembroke	1991
Javelin (600g)	35.70m		Maureen Fogarty	Liverpool H & AC	1986
Javelin (500g)	36.41m		Megan Howarth	Southport Waterloo	2017
Hammer	53.79m		Bekki Roche	Liverpool H & AC	2017
2K Walk	11.55.3		Jemma Evans	Wirral AC	2000
Pentathlon	2633 pts		Melissa Tremarco	Wirral AC	1997
4 x 100m	51.6			Liverpool Pembroke	1975

Under 13 Girls

75m	10.01	w2.1	Sierra Jalloh	Southport Waterloo	2018
	10.1	w2.6	Mia Morrisroe	Liverpool H & AC	2016
80m	10.6		Margaret Cheetham	Liverpool H & AC	1981
150m	19.84	w2.7	Sierra Jalloh	Southport Waterloo	2018
200m	27.9		Cheryl Gibbons	Liverpool Pembroke	1984
600m	1:42.1		Chelsea McCourt	Liverpool H & AC	2004
800m	2:20.2		Chelsea Jarvis	St Helens Sutton	2008
1,200m	3:48.35		Molly Carvell	Liverpool H & AC	2021
1,500m	5:04.0		Stephanie James	Southport Waterloo	2003
70m Hurdles	11.40		Amber Hughes	Southport Waterloo	2018
High Jump	1.50m		Katarina Thompson	Liverpool H & AC	2005
Long Jump	4.57m	w3.1	Kelsey-Lili Ogedengbe	Wirral AC	2018
Shot Putt	9.36m		Zoe Price	Liverpool H & AC	2014
Javelin	24.96m		Amber Hughes	Southport Waterloo	2018
2,000m Walk	14:28.9		A.Kong	Wirral AC	2000
Pentathlon	2174 pts		Stacey James	St Helens Sutton	1997
4 x100m	53.7			Liverpool H & AC	1995

Senior Men

100m	10.5 w2.9	Jack Meredith	Liverpool H & AC	2013
200m	21.9 w2.3	Alex Boyce	Liverpool H & AC	2016
	22.1	Paul Jamieson	Liverpool Pembroke	1996
	22.1 w3.5	James Hunter	Liverpool H & AC	2010
400m	48.03	Alex Boyce	Liverpool H & AC	2012
800m	1:52.65	James Tartt	Southport Waterloo	2012
1500m	3:56.7	Ben Martin	Liverpool H & AC	2015
3,000m	8:31.3	David Forrester	St Helens Sutton	2009
5,000m	14:31.7	Dave Dudley	Liverpool Pembroke	1993
10,000m	31:13.5	Paul Cadwallader	Liverpool H & AC	1994
110m Hurdles	15.10	Matthew Lee	Harrow AC	2018
400m Hurdles	54.9	Andrew Desmond	Liverpool H & AC	2015
3,000m s/chase	9:24.6	K.Usher	Hounslow	1993
High Jump	2.17m	Rob Mitchell	Sale	2005
Pole Vault	4.10m	Rob Laing	Liverpool H & AC	1994
	4.10m	Chris Roose	Liverpool H & AC	2011
Long Jump	7.48m	Steve Smith	Liverpool H & AC	1993
Triple Jump	15.09m	Kevin Thompson	Liverpool H & AC	2006
Shot Putt	16.80m	Brian Kelly	Trafford	2002
Discus	52.76m	Brian Kelly	Trafford	2002
Javelin	63.23m	Ben Fisher	Liverpool H & AC	2012
Hammer	69.77m	Michael Bomba	Liverpool H & AC	2013
Decathlon	6532 pts	Rob Laing	Liverpool H & AC	1991
4 x 100m	44.7		Liverpool Pembroke	1995
4 x 400m	3:24.7		Liverpool Pembroke	1995

Junior Men

100m	10.9 w4.0	Andrew Owens	Liverpool H & AC	2004
	10.9 w4.0	Ian Standish	Liverpool H & AC	2004
	10.9 w4.4	Alex Stokes	L'pool Pembroke Sefton	2007
200m	21.8 w3.5	Oliver Back	Liverpool H & AC	2010
400m	48.0	Michael Rimmer	L'pool Pembroke Sefton	2005
800m	1:52.7	Ian Tinsley	Wirral AC	1998
1,500m	3:57.7	Andrew Badderley	Wirral AC	2000
3,000m	8:40.1	David Forrester	St Helens Sutton	2007
110m Hurdles	15.4	David O'Leary	Liverpool H & AC	1998
400m Hurdles	56.97	Harry Ross-Hughes	Wirral AC	2021
2000m S/chase	6:21.1	Jon Rice	L'pool Pembroke Sefton	1998
High Jump	2.08m	Danny Graham	Liverpool H & AC	1998
Pole Vault	4.01m	Christopher Lamb	Wigan & Dist H	2017
Long Jump	7.17m	Michael Causer	St Helens Sutton	2012
Triple Jump	14.66m	Kevin Thompson	Liverpool H & AC	2002
Shot Putt	15.50m	Peter Cranfield	Liverpool H & AC	2002
Discus	46.42m	Steve Stanford	Liverpool H & AC	1998
Javelin	56.72m	Paul McKown	Liverpool H & AC	2006
Hammer	59.56m	Michael Bomba	Liverpool H & AC	2005
Decathlon	6359 pts	Paul Hourihan	Liverpool H & AC	1994

Under 17 Men

100m	10.9 w3.3	Blake Tiger-Lee Brown	Wirral AC	2016
	11.1	James Armstrong	Southport Waterloo	2008
200m	22.4 w3.6	Blake Tiger-Lee Brown	Wirral AC	2016
	22.5	James Armstrong	Southport Waterloo	2008
400m	50.0	Ian Tinsley	Wirral AC	1997
800m	1:57.1	Charlie Roberts	St Helens Sutton	2019
1,500m	4:00.3	David Forrester	St Helens Sutton	2006
3,000m	8:47.41	Liam McCay	Liverpool H & AC	2021
100m Hurdles	13.4	Jack Meredith	Liverpool H & AC	2007
400m Hurdles	56.64	Sam Lunt	Wirral AC	2021
1,500m S/chase	4:32.9	Chris Hesketh	L'pool Pembroke Sefton	2008
High Jump	2.03m	Anthony Kuiper	L'pool Pembroke Sefton	1996
Pole Vault	3.55m	Christopher Lamb	St Helens Sutton	2015
Long Jump	6.84m	Andrew Roberts	Wigan & Dist H	1994
Triple Jump	13.27m	Mike Ehlan	Sale	2007
Shot Putt	15.81m	Peter Cranfield	Liverpool H & AC	2001
Discus	46.86m	Stephen Stanford	Liverpool H & AC	1996
Javelin	55.12m	Stephen Cross	Wirral AC	1993
Hammer	55.05m	Peter Cranfield	Liverpool H & AC	2001
2,000m walk	11:53.0	Graham Cropper	Wirral AC	2001
Decathlon	4638 pts	Lee Parry	Liverpool H & AC	1991
4 x 100m	45.8		Liverpool H & AC	1995

Under 15 Boys

100m	11.46	Benjamin Wallace	Wirral AC	2018
	11.5	Tony Corrigan	Liverpool H & AC	2005
200m	22.6	Tony Corrigan	Liverpool H & AC	2005
300m	36.76	Valentine Analogbei	Liverpool H & AC	2021
400m	54.4	Steve Daly	Elan	1994
800m	1:59.3	Michael Rimmer	L'pool Pembroke Sefton	2000
1,500m	4:15.2	Tom Michaelson	Liverpool H & AC	2001
3,000m	9:33.8	Neil Siner	Liverpool H & AC	1998
80m Hurdles	11.6	Jack Meredith	Liverpool H & AC	2006
High Jump	1.80m	Steven Jones	Liverpool H & AC	2014
Pole Vault	2.80m	Sam Coupland	Southport Waterloo	2018
Long Jump	5.94m	Barry Conway	Liverpool H & AC	2004
Triple Jump	12.12m w-1.6	Kresten Calvert	Wirral AC	2019
Shot Putt	13.11m	Philip Brocken	Wirral AC	2006
Discus	38.52m	Matthew Taylor	Liverpool H & AC	2018
Javelin	44.36m	Chris Jenkins	Liverpool H & AC	1996
Hammer	47.13m	Adam Reynolds	Liverpool H & AC	2005
2,000m walk	11:53.8	Craig Howard	Wallasey AC	2001
Pentathlon	2477 pts	Jon Rice	L'pool Pembroke Sefton	1995
4 x 100m	48.2		Southport Waterloo	2007

Under 13 Boys

75m	9.8	James Armstrong	Southport Waterloo	2005
100m	12.3	Tony Corrigan	Liverpool H & AC	2003
150m	20.09	Kelly Aru	Liverpool H & AC	2021
200m	26.4	Tony Corrigan	Liverpool H & AC	2002
800m	2:19.8	Alex Spencer	L'pool Pembroke Sefton	1996
1,200m	3:47.32	Charles Rigby	Liverpool H & AC	2021
1,500m	4:44.2	Michael Rimmer	Southport Waterloo	1998
70m Hurdles	12.1	Jack Meredith	Liverpool H & AC	2004
75m Hurdles.	12.6	Mark Winslade	Liverpool H & AC	2005
High Jump	1.49m	Andrew Goulding	Liverpool H & AC	1997
Long Jump	5.14m	Chris Jenkins	Liverpool H & AC	1994
Shot Putt (3.25kg)	8.99m	S Case-Upton	Wirral AC	1993
Shot Putt (3kg)	7.97m	Isaac Molyneux	Wirral AC	2019
Javelin	33.11m	Sam Bannon	Liverpool H & AC	2014
4 x 100m	53.9		Liverpool H & AC	2002