

Merseyside County Athletic Association

Track & Field Championship Best Performances

Changes highlighted following the 2024 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	9:23.82	Emily Haggard Kearney	Warriors Pentathlon & AC	2024
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	12.44m w0.9	Emily Gargan	Liverpool H & AC	2022
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	59.02m	Zoe Price	Liverpool H & AC	2022
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	10:01.62	Gabrielle Phelan	Wirral AC	2023
1,500m S/chase	5:26.79	Sarah Smith	Warriors Pentathlon & AC	2024
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	39.34		Niamh Le'Gall	Wirral AC	2023
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	5:20.43		Megumi Hoshiko	Warriors Pentathlon & AC	2023
80m Hurdles	11.2		Ashley Helsby	Liverpool H & AC	2005
300m Hurdles	44.1		Mia Walker	Wirral AC	2022
High Jump	1.75m		Katarina Johnson-Thompson	Liverpool H & AC	2009
Pole Vault	2.90m		Daisy Roberts	Liverpool H & AC	2024
Long Jump	5.84m		Margaret Cheetham	Liverpool H & AC	1984
Triple Jump	11.47m	w1.2	Sadie Madigan	Liverpool H & AC	2024
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	4524 pts		Amber Hughes	Southport Waterloo	2022
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	41.66		Grace Bomba	Liverpool H & AC	2024
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	2.60m		Daisy Roberts	Liverpool H & AC	2023
	2.60m		Rebecca Miller	Wirral AC	2024
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	3:40.05		Eve Beddow	Warriors Pentathlon & AC	2024
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	28.45m		Kristen Badrock	Liverpool H & AC	2023
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	21.32 w-1.6	Ryan Mostyn	Liverpool Pembroke	2024
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	21.67 w-0.1	Ruachkouth Ter	Liverpool H & AC	2024
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	52.49	Samuel Lunt	Wirral AC	2023
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	13.24	Lewis Shaw	Warrington AC	2024
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	9:11.7	William Delamere	Southport Waterloo	2024
80m Hurdles	11.39 w-1.5	Lewis Shaw	Warrington AC	2022
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	19.41	w-3.8 Gift Osuragiagbon	Liverpool H & AC	2024
200m	26.4	Tony Corrigan	Liverpool H & AC	2002
800m	2:19.8	Alex Spencer	L'pool Pembroke Sefton	1996
1,200m	3:38.28	James McGrory	Southport Waterloo	2024
1,500m	4:44.2	Michael Rimmer	Southport Waterloo	1998
70m Hurdles	12.1	Jack Meredith	Liverpool H & AC	2004
75m Hurdles.	12.48	w+0.2 Jay Husain	Wirral AC	2023
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)	7.99m	Oliver Mills	Wirral AC	2024
Javelin	33.11m	Sam Bannon	Liverpool H & AC	2014
4 x 100m	53.9		Liverpool H & AC	2002