

# Best Known Performances

## by

### Southport Waterloo Athletes

(whilst members of Southport Waterloo. Weights etc as Senior spec'n.)

Male	Athlete	Performance	Year
60m	James Armstrong	7.15i	2009
	Harry Flanagan	7.15i	2016
100m	Harry Flanagan	10.7	2017
200m	Harry Flanagan	22.0	2018
400m	Harry Flanagan	48.98	2019
800m	James Tartt	1:49.96	2012
1500m	James Tartt	3:42.70	2012
1 Mile	James Tartt	4:23.5	2010
3,000m	Rob Berry	8:19.86	2001
5,000m	Ben Johnson	14:48.35	2017
10,000m	Ben Johnson	30:30.18	2017
2,000m s/chase	Rob Berry	6:11.0	1988
3,000m s/chase	Rob Berry	8:51.2	2001
60H	Enrici Dalle Mulle	8.73i	2008
110H	Paul Atherton	14.9	1977
400H	Paul Atherton	51.7	1977
5K Road	Ben Johnson	14:42	2019
5 Miles	Ben Johnson	24:23	2019
10K Road	James Tartt	30:18	2012
10 Miles	Ben Johnson	53:53	2018
Half Marathon	Ben Johnson	66:26	2019
Marathon	Ben Johnson	2:20:03	2019
Pole Vault	John Eyers	3m 50	1995
High Jump	Charles Roach	1m 88	1980
Long Jump	Andrew Taylor	6m 95	1975
Triple Jump	David Corless	14m 70	1980
Shot	Bryan Kelly	14m 42	1991
Discus	Bryan Kelly	40m 98	1991
Javelin	Jeffrey Brooks	72m 70	1981
Hammer	Liam Harris	43m 33	2018
Decathalon	Adrian Ferrand	5918 pts	1987

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Female	Athlete	Performance	Year
60m	Lauren Lewis	7.99i	2018
100m	Helen Taylor	11.75	2004
200m	Joanne McDougall	24.5	2001
400m	Lauren Brennan	55.72	2010
800m	Emma Alderson	2:09.8	2016
1500m	Amanda Crook	4:42.0	2013
1 Mile	Emma Alderson	5:14.2	2016
3,000m	Amanda Crook	9:28.85	2013
5,000m	Amanda Crook	16:28.61	2013
10,000m	Amanda Crook	34:23	2013
2,000m s/chase	Amanda Crook	7:13.46	2006
60m H	Stephanie Robertson	9.08i	2019
100m H	Katie McHale	14.99	2007
400m H	Jemma Wright	67.5	2007
5K Road	Amanda Crook	16:17	2017
5 Miles	Amanda Crook	27:39	2017
10K Road	Amanda Crook	34:23	2013
10 Miles	Susan Cooper	64:00	2004
Half Marathon	Amanda Crook	74:31	2013
Marathon	Amanda Crook	2:55:43	2011
Pole Vault	Stephanie May	2m 15	2011
High Jump	Liz Sweeney	1m 73	2002
Long Jump	Helen Taylor	5m 30	2002
Triple Jump	Helen Taylor	11m 32	2002
Shot	Kathryn Farr	14m 62	1992
Discus	Kathryn Farr	56.06	1987
Javelin	Ann Dignan	37m 58	1989
Hammer	Bekki Roche	47m 37	2019