

Southport Waterloo AC
Track & Field Records – Under 13 to Senior Women

Event	U13	U15	U17	U20	Senior
60m	8.35i Amber Hughes 2018	8.41i Stephanie Robertson 2017	8.20i Lauren Brennan 2007	8.12i Lauren Brennan 2009	8.61i Eleanor Newton 2014
75m	9.9 Sierra Jalloh 2018				
80m	11.0 Kellie Grant 1993	10.6 Lauren Brennan 2006			
100m	13.1 Amber Hughes 2017	12.5 Sally Hadfield 1987	12.4 Leah Caddick 2001	12.10 Helen Taylor 2002	11.75 Helen Taylor 2004
150m	19.6 Sierra Jalloh 2018	20.1 Natalie Downey 2001	20.6 Kate McGing 2001	19.10 Lauren Brennan 2009	
200m	26.9 Sally Wareing 2008 & Sierra Jalloh 2018	25.65 Leah Caddick 2000	24.9 Leah Caddick 2001	25.2 Helen Taylor 2002 & Lauren Brennan 2010	24.5 Joanne McDougall 2001
300m		41.9 Lauren Brennan 2006	39.7 Leah Caddick 2002	40.9 Helen Taylor 2002	51.43i Tracey Peters 2014
400m		62.02i Lauren Brennan 2006	57.3 Emma Alderson 2016	55.72 Lauren Brennan 2010	56.7 Joanne McDougall 2000
600m	1:43.2 Stephanie James 2003	1:36.18i Emma Alderson 2013	1:31.54i Emma Alderson 2016		1:49.0 Celia Whelan 2001
800m	2:23.0 Emma Alderson 2012	2:13.21 Emma Alderson 2013	2:09.8 Emma Alderson 2016	2:17.6 Stephanie James 2008	2:13.70 Stephanie May 2012
1000m	3:18.30i Grace Tobin 2017		3:02.71i Emma Alderson 2014		3:16.44i Tracey Peters 2012
1200m	3:49.0 Emma Alderson 2012	4:08.7 Emma Chandley 2002			
1500m	4:56.0 Emma Alderson 2012	4:43.7 Catherine Terry 1997	4:50.09 Rhea Ellis 2006	4:48.27 Rhea Ellis 2008	4:42.0 Amanda Crook 2013
1 Mile	6:16.8 Jessica McDonough 2014	5:22.4 Emma Alderson 2013	5:14.2 Emma Alderson 2016	5:54.1 Jenny Girdler 2010	5:32.9 Tracey Peters 2011

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3000m		10:39:29 Rhea Ellis 2004	10:17.41 Rhea Ellis 2006	10:14.46 Rhea Ellis 2008	9:28.85 Amanda Crook 2013
5000m					16:28.61 Amanda Crook 2013
10000m					40:02.94 Susan Cooper 2008
60m H	9.55i Amber Hughes 2017	9.41i Stephanie Robertson 2017	9.46i Eleanor Newton 2010	9.17i Katie McHale 2007	9.25i Eleanor Newton 2014
70m H	11.37 Amber Hughes 2017				
75m H	13.1 Lydia Hurley 2003	11.5 Stephanie Robertson 2017	12.4 Jemma Mahoney 1999		
80m H			12.0 Natalie Birney 1998		
100m H			15.8 Katie McHale 2006	14.99 Katie McHale 2007	17.7 Natalie Birney 2001
300m H			45.6 Natalie Birney 1998	46.4 Natalie Birney 1999	47.8 Natalie Birney 2001
400m H			67.7 Natalie Birney 1998	67.5 Jemma Wright 2007	68.0 Natalie Birney 2001
2000m S/C					7:13.46 Amanda Crook 2006
4 x 100m Relay	53.1 Jessica Keenan, Grace Malone, Amber Hughes, Sierra Jalloh 2018	53.2 Team unknown 1993 & Ellon Hart, Megan Crewe, Yve Knowles, Sally Wareing 2009	52.1 Team unknown 1995	52.7 Stephanie May, Charlene Taylor, Courtney Melia, Helen Taylor 2003	52.4 Katie McHale, Katy Hooton, Charlotte Roberts, Lauren Brennan 2007

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<i>4 x 300m Relay</i>		3:08.3 Mia Tomlinson-Oldfield, Stephanie Robertson, Freya Walsh, Lilly-Ann Grayson 2016	2:56.4 Stephanie James, Sarah Docherty, Rachael Flynn, Lauren Brennan 2007		
<i>4 x 400m Relay</i>			4:08.1 Jenny Oliver, Denise Roche, Stephanie Kelly, Nicky Lower 1989	4:18.3 Stephanie May, Charlene Taylor, Courtney Melia, Helen Taylor 2003	4:12.4 Jemma Wright, Stephanie May, Katy Hooton, Stephanie James 2007
<i>Pole Vault</i>					2m 15 Stephanie May 2011
<i>High Jump</i>	1m 50 Jayne Lount 1986	1m 60 Jayne Lount 1987	1m 73 Liz Sweeney 2002	1m 60 Jayne Lount 1988	1m 65 Caroline Bonney 1987
<i>Long Jump</i>	4m 75 Sally Hadfield 1985	5m 13 Elizabeth Berry 2002	5m 23 Julia Whelan 1992	5m 30 Helen Taylor 2002	4m 91 Sue Roberts 1986
<i>Triple Jump</i>		10.11 Stephanie Robertson 2017	10m 54 Charlotte Buckingham 2008	11m 32 Helen Taylor 2002	
<i>Shot</i>	2.72kg 10m 66 Amber Hughes 2018	3.25kg 11m 30 Kathryn Farr 1981	4kg 10m 34 Rachel Everett 2006	4kg 14m 03 Kathryn Farr 1985	4kg 14.62 Kathryn Farr 1992
<i>(I)</i>		3kg 9m 45 Katie Piercy 2018	3kg 7m 79 Eve McMahon 2017		
<i>Discus</i>	75g 17m 63 Amber Hughes 2017	1kg 32m 70 Anne Joliffe 1986	1kg 35m 70 Kathryn Farr 1983	1kg 53m 10 Kathryn Farr 1986	1kg 56m 06 Kathryn Farr 1987
<i>Javelin</i>	400g 26m 39 Katie Piercy 2017	600g 30m 48 Jade White 2002	600g 31m 20 Danielle Ward 1999		600g 37m 58 Ann Dignan 1989
<i>(I)</i>		500g 36m 41 Megan Howarth 2017	500g 36m 60 Megan Howarth 2018		

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<i>Hammer</i>		3kg 31m 42 Megan Howarth 2017	4kg 26m 06 Lucy Hunter 2013	4kg 31m 71 Joanna Walmsley 2014	4kg 19m 98 Katy Coupland 2015
<i>(I)</i>			3kg 27m 72 Lucy Hunter 2014		
<i>Pentathlon</i>	2389 pts Amber Hughes 2017	2529 pts Laura Varrie 2003	2476 pts Laura Varrie 2004		
<i>Indoor Pentathlon</i>	2881 pts Amber Hughes 2018	2407 pts Katie Piercy 2018			
<i>Heptathlon</i>			3546 pts Laura Varrie 2004		

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60m	8.32i Luke Suarez 2015	7.27i James Armstrong 2007	7.15i James Armstrong - 2009 Harry Flanagan - 2016	7.39i Harry Flanagan 2018	7.69i Chris Burgess 2014
75m	9.8 James Armstrong 2005				
80m	10.4 James Armstrong 2005	10.1 John Murray 2000	10.1 Joe Halliday 2000		
100m	12.4 James Armstrong 2005	11.22 James Armstrong 2007	11.0 Harry Flanagan 2016	10.7 Harry Flanagan 2017	11.0 Peter Lloyd-Jones 1998, 2000
150m	20.8 Luke Suarez 2014		17.9 Eddie Simpkins 2005	18.00i Jordan Kelly 2009	17.97i Ciaran Brennan 2009
200m	25.6 James Armstrong 2005	22.51 James Armstrong 2007	22.3 Josh Hughes - 2010 Harry Flanagan - 2016	22.0 Harry Flanagan 2018	22.6 Gregory Phillips - 1980 Michael Patton - 1994
300m		37.60i James Armstrong 2007	36.85i Andrew Starkey 2009	37.6 Matthew Brown 2002	35.13 Peter Lloyd-Jones 2000
400m		51.5 James Armstrong 2007	50.65 Andrew Starkey 2008	50.36 Mark Draper 2006	49.0 Peter Lloyd-Jones 2000
600m	1:46.7 Mark Leicester 1999	1:36.8 Mark Leicester 2001	1:26.1 Kieran McGing 2000	1:28.6 Kieran McGing 2001	
800m	2:16.8 Michael Rimmer 1998	2:06.8 Andrew Kershaw 2011	1:57.38 Niall Cullen 2011	1:54.9 Rob Berry 1988	1:49.96 James Tartt 2012
1000m	3:21.45i Sam Coupland 2016	3:17.7 Sam Coupland 2017			
1200m	3:57.7 Michael Panes 2008	3:43.4 Mark Leicester 2001	3:40.7 Mark Leicester 2002	3:39.1 Adam Clansey 2001	3:28.5 Emlyn Owen 2001
1500m	4:35.2 Michael Rimmer 1998	4:20.26 Andrew Kershaw 2011	4:06.30 Niall Cullen 2011	3:57.0 Rob Berry 1988	3:42.70 James Tartt 2012
1 Mile	5:27.4 Michael Panes 2009	5:04.0 Jack Lenehan 2013	4:36.9 Niall Cullen 2011	4:43.9 Lewis Rooney 2016	4:23.5 James Tartt 2010

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3000m		9:30.7 Steven Wilkinson 1988	9:11.66 Harry Boyd 2006	8:51.26 Joseph Vis 2010	8:19.86 Rob Berry 2001
5000m				15:50.13 Joe Vis 2010	14:48.35 Ben Johnson 2017
10000m					30:30.18 Ben Johnson 2017
60m H	12.1 Tom Moran 2001	9.03i Enrico Dalle-Mulle 2007	8.73i Enrico Dalle-Mulle 2008		
70m H	12.6 Tom Griffith 2000				
75m H	12.8 John McDonough – 1999 Tom Griffith - 2000	15.2 Tom Griffith 2002			
80m H		11.58 Enrico Dalle Mulle 2007	13.1 Paul Milburn 1999		
100m H			13.9 Danny Driver 2010		
110m H			20.5 Matthew McAdam 2002	20.1 Luke Singer 2005	14.9 Paul Atherton 1977
300m H			45.2 Paul Milburn 2000		43.7 Stephen Marshall 1990
400m H			55.4 Phil McDonnell 1981	56.56 Mark Draper 2006	51.7 Paul Atherton 1979
1500m S/C			4:54.8 Patrick Vis 2008		
2000m S/C			6:48.8 Patrick Vis 2008	6:11.0 Rob Berry 1988	6:45.25 David Gough 2011
3000m S/C				10:07.9 Vincent Lutman-Allan 1998	8:51.2 Rob Berry 2001

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<i>4 x 100m Relay</i>	53.9 Team unknown 1995	47.6 Tom Murphy, Joshua Stammers, Ethan Stanworth, Joseph Kane 2018	43.2 Fabio Dalle Mulle, Paul McNab, Paul Record, Andrew Gibson 2003	45.3 Darion Moore, Ben Apps, Luke Suarez, Harry Flanagan 2018	44.6 Team unknown 1977
<i>4 x 300m Relay</i>		2:47.8 Jonathon Pilkington, Joseph Kane, Tom Murphy, Sam Coupland 2018			
<i>4 x 400m Relay</i>		3:53.9 Jonathan Scroggie, Sam Reynolds, Hayden Rutter, James Mouldsdale 2005	3:42.0 Ciaran Brennan, Steven Gellett, Harry Boyd, Michael Evans 2006	3:39.5 Adam Chandley, Paul Milburn, Nathan Ouko, James Tartt 2003	3:30.0 Team unknown 1980
<i>High Jump</i>	1m 48 Joe Stuart 2014	1m 78 Sam Coupland 2018	1m 88 David Eastwood 1990	1m 80 Jordan Kelly 2011	1m 88 Charles Roach 1980
<i>Pole Vault</i>		3m 00 Sam Coupland 2018	3m 50 John Evers 1995	3m 00 Michael Cobham 1994	3m 30 Matthew Thompson 1995
<i>Long Jump</i>	5m 29 James Armstrong 2005	5m 70 James Armstrong 2007	6m 70 Andrew Taylor 1973	6m 95 Andrew Taylor 1975	6m 71 David Eastwood 1994
<i>Triple Jump⁽²⁾</i>	7m 58 Chris Cooney 2002	11m 98 Jordan Kelly 2007	13m 29 Ben Apps 2017	13m 91 Adam Chandley 2003	14m 70 David Corless 1980
<i>Shot</i>	3.25kg 10m 13 Sam Moran 2001	4kg 15m 45 Bryan Kelly 1988	5kg 16m 53 Bryan Kelly 1990	6kg 15m 88 Bryan Kelly 1991	7.26kg 14m 42 Bryan Kelly 1991
(3)	3kg 6m 50 Marcus Burgess 2018				
<i>Discus</i>	24m 46 Sam Coupland 2016	37m 98 Andrew Paget 1986	47m 41 Bryan Kelly 1990	46m 12 Bryan Kelly 1991	40m 98 Bryan Kelly 1991
<i>Javelin</i>	29m 10 Jack Bamber 2018	48m 02 Peter Gore 1987	62m 56 Graham Martland 1977	57m 38 Graham Martland 1977	72m 70 Jeffrey Brooks 1981
<i>Hammer</i>	18m 73 Sam Coupland 2015	50m 96 Adam Davies 2006	57m 27 Adam Davies 2008	53m 32 Adam Davies 2009	43m 12 Liam Harris 2018

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<i>Pentathlon</i>	1461 pts Sam Coupland 2016	2543 pts Sam Coupland 2018			
<i>Indoor Pentathlon</i>		2325 pts Sam Coupland 2018			
<i>Heptathlon</i>				3058 pts Fabio Dalle-Mulle 2004	
<i>Octathlon</i>		2814 pts Sam Coupland 2017	4037 pts Tom Griffith 2003		
<i>Decathlon</i>				5918 pts Adrian Ferrand 1987	5839 pts Adrian Ferrand 1987

Notes:

- (1) With effect from April 2014, some female throwing weights were reduced: to 3kg for U15 / U17 shot; to 500g for U15 / U17 javelin; and to 3kg for U17 hammer.
- (2) The triple jump club record for Under 13 Boys is closed as it is, from April 2004, no longer a permitted event for Under 13s.
- (3) With effect from April 2018, the weight of the Under 13 Boys Shot was reduced from 3.25 kgs to 3 kgs.