

# Salford Metropolitan AC

## U11's - CLUB RECORDS - TRACK AND FIELD

| Event                      | Name  | Time/Distance | Date                            | Venue                           |
|----------------------------|---|---------------|---------------------------------|---------------------------------|
| <b>75m Girls</b>           | Alysha Porter   | 10.7s         | 13 <sup>th</sup> August 2006    | Wigan                           |
| <b>75m Boys</b>            | Thomas Wiseman  | 10.7s         | 9 <sup>th</sup> August 2009     | Wirral (Cheshire League)        |
|                            | Ben Moseley   |               | 19 <sup>th</sup> September 2009 | Wigan                           |
| <b>150m Girls</b>          | Megan Lewis   | 23.5s         | 2 <sup>nd</sup> July 2017       | Salford (Cheshire League)       |
| <b>150m Boys</b>           | Alex Nnadede  | 22.7s         | 2 <sup>nd</sup> July 2017       | Salford (Cheshire League)       |
| <b>600m Girls</b>          | Megan Lowe  | 1:53.1 min    | 13 <sup>th</sup> July 2008      | Deeside (Cheshire League)       |
| <b>600m Boys</b>           | Thomas Wiseman  | 1:46.0 min    | 21 <sup>st</sup> September 2008 | Wigan                           |
| <b>Long Jump Girls</b>     | Alysha Porter   | 3.78m         | 3 <sup>rd</sup> September 2006  | East Cheshire (Cheshire League) |
| <b>Long Jump Boys</b>      | Ben Moseley   | 4.30m         | 27 <sup>th</sup> June 2010      | DASH                            |
| <b>Turbo Javelin Girls</b> | Emma Wright   | 16.95m        | 7 <sup>th</sup> September 2009  | Salford                         |
| <b>Turbo Javelin Boys</b>  | Harry Steed   | 26.95m        | 5 <sup>th</sup> September 2011  | Stockport (Cheshire League)     |
| <b>4 x 100m Girls</b>      | Leah Niven<br>Elizabeth Higgins<br>Ashleigh Bamber<br>Alysha Porter | 62.5s         | 4 <sup>th</sup> September 2005  | Salford (Cheshire League)       |
| <b>4 x 100m Boys</b>       | Harry Steed<br>Luke McQueeney<br>Alex Reid<br>Ben Moseley           | 59.5s         | 11 <sup>th</sup> July 2010      | Salford (Cheshire League)       |

## U13's - CLUB RECORDS - TRACK AND FIELD

| <b>Event</b>             | <b>Name</b>                                  | <b>Time/Distance</b> | <b>Date</b>                    | <b>Venue</b>                |
|--------------------------|--|----------------------|--------------------------------|-----------------------------|
| <b>70m Hurdles Girls</b> | Megan Webber Thomas                          | 11.6s                | 22 <sup>nd</sup> June 2019     | YDL (Sportcity)             |
| <b>75m Hurdles Boys</b>  | Archie Cooper                                | 12.8s                | 15 <sup>th</sup> July 2017     | YDL (Litherland)            |
| <b>75m Girls</b>         | Millie Kelly                                 | 11.9                 | 18 <sup>th</sup> May 2019      | YDL (Trafford)              |
| <b>75m Boys</b>          | Brandon Barry                                | 11.01                | 12 <sup>th</sup> Sept 2020     | Trafford (Open Meet)        |
| <b>100m Girls</b>        | Alysha Porter                                | 13.4s                | 10 <sup>th</sup> August 2008   | Macclesfield (C L)          |
| <b>100m Boys</b>         | Ian Loy                                      | 13.2s                | 2002                           |                             |
| <b>150m Girls</b>        | Alysha Porter                                | 20.2s                | 15 <sup>th</sup> June 2008     | Stretford                   |
| <b>150m Boys</b>         | Brandon Barry                                | 22.00                | 29 <sup>th</sup> August 2020   | Trafford (Open Meet)        |
| <b>200m Girls</b>        | M Collyer                                    | 27.3s                | 1977                           |                             |
| <b>200m Boys</b>         | Ian Loy                                      | 27.9s                | 2002                           |                             |
| <b>600m Girls</b>        | Megan Lowe                                   | 1:44.16 min          | 29 <sup>th</sup> May 2010      | Manchester                  |
| <b>600m Boys</b>         | Sam Tattum                                   | 1:39.8 min           | 25 <sup>th</sup> May 2009      | Stretford                   |
| <b>800m Girls</b>        | Megan Lowe                                   | 2:29.1 min           | 19 <sup>th</sup> June 2009     | Leigh (YAL)                 |
| <b>800m Boys</b>         | Jonathan Yates                               | 2:20.0 min           | 10 <sup>th</sup> May 2002      | Stretford                   |
| <b>1200m Girls</b>       | Hollie Barnes                                | 3:55.2 min           | 16 <sup>th</sup> May 2010      | Stockport (YAL)             |
| <b>1500m Girls</b>       | A Morrison                                   | 5:06.0 min           | 1986                           |                             |
| <b>1500m Boys</b>        | Jonathan Yates                               | 4:48.0 min           | 2002                           |                             |
| <b>Long Jump Girls</b>   | M Parkinson                                  | 4.51m                | 1985                           |                             |
| <b>Long Jump Boys</b>    | Nick Armstrong                               | 4.56m                | 11 <sup>th</sup> June 2007     | Salford (Cheshire League)   |
| <b>High Jump Girls</b>   | D Wayne                                      | 1.43m                | 1991                           |                             |
| <b>High Jump Boys</b>    | Jacob Yakiah                                 | 1.38m                | 20 <sup>th</sup> June 2010     | Oldham (YAL)                |
| <b>Javelin Girls</b>     | Shelly Holroyd                               | 31.04m               | 1985                           |                             |
| <b>Javelin Boys</b>      | Harry Steed                                  | 30.57m               | 8 <sup>th</sup> September 2013 | Salford (Cheshire League)   |
| <b>Shot Putt Girls</b>   | Gemma Hallam                                 | 7.39m                | 12 <sup>th</sup> June 2005     | Macclesfield (C L)          |
| <b>Shot Putt Boys</b>    | Mathew Bell                                  | 9.70m                | 20 <sup>th</sup> July 2003     | Bradford (YAL)              |
| <b>Discus Girls</b>      | Kikka Scales                                 | 20.76m               | 31 <sup>st</sup> May 2005      | Stretford                   |
| <b>Discus Boys</b>       | Jack Sheldon                                 | 17.65m               | 2007                           | Stretford                   |
| <b>4 x 100m Girls</b>    | I Seed, L Haywood<br>M Greenhalgh, H Peltier | 55.0s                | 20 <sup>th</sup> May 2012      | Macclesfield (YAL)          |
| <b>4 x 100m Boys</b>     | J Eyles, T Wiseman<br>M McQueeney, J Axon    | 57.3s                | 26 <sup>th</sup> June 2011     | Stockport (Cheshire League) |

## U15's - CLUB RECORDS - TRACK AND FIELD

| Event                    | Name                      | Time/Distance | Date   | Venue                       |
|--------------------------|---------------------------|---------------|--|-----------------------------|
| <b>60m Girls</b>         | Alana Birch               | 8.54s         | 6 <sup>th</sup> March 2016                                   | Sportcity                   |
| <b>60m Boys</b>          | Myles Paul                | 7.92          | 09 <sup>th</sup> Feb 2019                                    | Sportcity                   |
| <b>100m Girls</b>        | Naomi Ogbeta              | 12.8s         | 29 <sup>th</sup> July 2012                                   | M60 Trophy Trafford         |
| <b>100m Boys</b>         | Jordan Jones              | 11.8s         | 18 <sup>th</sup> July 2015                                   | Sportcity (YDL)             |
| <b>200m Girls</b>        | N Bentley                 | 26.6s         | 2001   |                             |
| <b>200m Boys</b>         | Alistair Roome            | 24.02s        | July 2011  | Gateshead (ESAA)            |
| <b>60m Hurdles Girls</b> | Ella Salih                | 10.37s        | 17 <sup>th</sup> February 2019                               | Sportcity                   |
| <b>60m Hurdles Boys</b>  | Archie Cooper             | 9.69s         | 18 <sup>th</sup> March 2018                                  | Sportcity                   |
| <b>75m Hurdles Girls</b> | Emily Lucas<br>Ella Salih | 12.7s         | 16 <sup>th</sup> September 2007<br>18 <sup>th</sup> May 2019 | Wakefield<br>YDL (Trafford) |
| <b>80m Hurdles Boys</b>  | Stephen Watt              | 12.2s         | 1993   | GM Schools (Trafford)       |
| <b>300m Girls</b>        | Alana Birch               | 45.04s        | 20 <sup>th</sup> December 2015                               | Sportcity                   |
| <b>300m Boys</b>         | Mustafa Mohamed           | 40.5s         | 29 <sup>th</sup> July 2012                                   | M60 Trophy Trafford         |
| <b>400m Boys</b>         | Dougal McDermott          | 64.9s         | 25 <sup>th</sup> July 2015                                   | Leigh                       |
| <b>600m Girls</b>        | Jacqueline Fairchild      | 1:47.1 min    | 10 <sup>th</sup> March 2003                                  | Blackpool                   |
| <b>600m Boys</b>         | Sam Tattum                | 1:39.8 min    | 25 <sup>th</sup> May 2009                                    | Trafford                    |
| <b>800m Girls</b>        | M Dineen                  | 2:17.6 min    | 1980   |                             |
| <b>800m Boys</b>         | Robert Edwards            | 2:09.9 min    | 5 <sup>th</sup> September 2004                               | Salford (Cheshire League)   |
| <b>1500m Girls</b>       | Francis Cooper            | 4:53.0 min    | 1980   |                             |
| <b>1500m Boys</b>        | Robert Edwards            | 4:27.9 min    | 12 <sup>th</sup> June 2004                                   | GMSAA Champs                |
| <b>3000m Girls</b>       | Lucy Whittaker            | 12:48.5 min   | 14 <sup>th</sup> March 2010                                  | Blackpool                   |
| <b>3000m Boys</b>        | Robert Edwards            | 10:07.7 min   | 6 <sup>th</sup> June 2004                                    | Oldham (YAL)                |
| <b>Long Jump Girls</b>   | N Howarth                 | 5.00m         | 1989   |                             |
| <b>Long Jump Boys</b>    | Matthew McQueeney         | 5.54m         | 14 <sup>th</sup> July 2013                                   | Bury (Cheshire League)      |
| <b>High Jump Girls</b>   | L Shaw                    | 1.60m         | 1988   |                             |
| <b>High Jump Boys</b>    | Matthew McQueeney         | 1.68m         | 8 <sup>th</sup> September 2013                               | Salford (Cheshire League)   |
| <b>Pole Vault Boys</b>   | Ben Farrelly              | 2.20m         |  |                             |
| <b>Javelin Girls</b>     | Shelly Holroyd            | 35.35m        | 1986   |                             |
| <b>Javelin Boys</b>      | Matthew McQueeney         | 37.06m        | 13 <sup>th</sup> July 2013                                   | Manchester (YDL)            |
| <b>Shot Put Girls</b>    | J Galligan                | 11.46m        | 1986   |                             |
| <b>Shot Put Boys</b>     | Matthew Bell              | 10.84m        | 4 <sup>th</sup> September 2005                               | Salford (Cheshire League)   |
| <b>Discus Girls</b>      | Freya Dooner              | 28.88m        | 8 <sup>th</sup> September 2013                               | Salford (Cheshire League)   |

|                       |   |        |                            |                      |
|-----------------------|---|--------|----------------------------|----------------------|
| <b>Discus Boys</b>    | Nicholas Jolly  | 32.39m | 26 <sup>th</sup> June 2005 | Hyndburn (YAL)       |
| <b>Hammer Girls</b>   | Freya Dooner  | 26.68m | 11 <sup>th</sup> May 2013  | GMAA Champs Trafford |
| <b>Hammer Boys</b>    | Luke Burgess  | 17.53m | 20 <sup>th</sup> June 2008 | Stockport (YAL)      |
| <b>4 x 100m Girls</b> | L O'Brien, M Johnson<br>L Shaw, L Rutter                        | 52.5s  | 1987                       |                      |
| <b>4 x 100m Boys</b>  | Mustafa Mohamed<br>Ivan Encarnacao<br>Omar Salih<br>Abel Tsegay | 51.7s  | 29 <sup>th</sup> July 2012 | M60 Trophy Trafford  |

## **U17's - CLUB RECORDS - TRACK AND FIELD**

| <b>Event</b>              | <b>Name</b>      | <b>Time/Distance</b> | <b>Date</b>                    | <b>Venue</b>                  |
|---------------------------|------------------|----------------------|--------------------------------|-------------------------------|
| <b>60m Boys</b>           | Jordan Jones     | 7.71s                | 6th December 2015              | Sportcity                     |
| <b>60m Girls</b>          | Alana Birch      | 8.41s                | 14 <sup>th</sup> January 2018  | Northern Champs (Sheffield)   |
| <b>60m Hurdles Girls</b>  | Alana Birch      | 9.78                 | 13 <sup>th</sup> January 2018  | Northern Champs (Sheffield)   |
| <b>100m Girls</b>         | A Holland        | 12.6s                | 1988                           |                               |
| <b>100m Boys</b>          | Lewis Hickson    | 11.2s                | 8 <sup>th</sup> June 2013      | Championships (GMSAA)         |
| <b>100m Hurdles Boys</b>  | Archie Cooper    | 14.18s               | 10 <sup>th</sup> July 2021     | English Schools Championships |
| <b>80m Hurdles Girls</b>  | Alana Birch      | 12.7s                | 29 <sup>th</sup> April 2018    | Upper YDL (Bury)              |
| <b>200m Girls</b>         | Naomi Ogbeta     | 25.7s                | 8 <sup>th</sup> June 2013      | Championships (GMSAA)         |
| <b>200m Boys</b>          | Alistair Roome   | 23.5s                | 8 <sup>th</sup> June 2013      | Championships (GMSAA)         |
|                           | Jordan Jones     |                      | 6 <sup>th</sup> August 2016    | Crewe (NOEAA)                 |
|                           | Scott Dunbar     |                      | 9 <sup>th</sup> August 2009    | Wirral (Cheshire League)      |
| <b>300m Girls</b>         | Hannah Mullen    | 42.6s                | 26 <sup>th</sup> June 2005     | Hyndburn (YAL)                |
| <b>300m Boys</b>          | Dougal McDermott | 42.43                | 3 <sup>rd</sup> December 2018  | Northern Open Sheffield       |
| <b>300m Hurdles Girls</b> | Zoe Leighton     | 51.3s                | 3 <sup>rd</sup> June 2007      | Salford (YAL)                 |
| <b>400m Girls</b>         | Isobel Seed      | 65.7s                | 8 <sup>th</sup> August 2015    | Trafford (NOEAA)              |
| <b>400m Boys</b>          | Gary Smith       | 52.0                 | 1982                           | Mason Trophy meeting          |
| <b>400m Hurdles Girls</b> | Isobel Seed      | 80.1s                | 6 <sup>th</sup> June 2015      | Crewe (NOEAA)                 |
| <b>400m Hurdles Boys</b>  | Barry Thomas     | 59.0s                | 1991                           |                               |
| <b>600m Girls</b>         | Patricia Lewis   | 1:48.3 min           | 8 <sup>th</sup> September 2008 | Salford                       |
| <b>600m Boys</b>          | Scott Dunbar     | 1:29.9 min           | 8 <sup>th</sup> September 2008 | Salford                       |
| <b>800m Girls</b>         | D Cooper         | 2:17.8 min           | 1976                           | Championships (GMSAA)         |
| <b>800m Boys</b>          | Robert Edwards   | 2:00.1 min           | 30 <sup>th</sup> July 2006     | Bury (Cheshire League)        |

|                             |   |             |                                |                             |
|-----------------------------|---|-------------|--------------------------------|-----------------------------|
| <b>1500m Girls</b>          | Francis Cooper  | 4:53.0 min  | 1980                           |                             |
| <b>1500m Boys</b>           | Robert Edwards  | 4:19.9 min  | 18 <sup>th</sup> June 2006     | Salford (Cheshire League)   |
| <b>1500m SC Boys</b>        | Nathan Cooper   | 5:31.8 min  | 19 <sup>th</sup> July 2009     | Leigh (YAL)                 |
| <b>3000m Girls</b>          | Leanne Sheehy   | 11:10.5 min | 2 <sup>nd</sup> September 2007 | Salford (Cheshire League)   |
| <b>3000m Boys</b>           | Robert Edwards  | 9:48.9 min  | 8 <sup>th</sup> May 2005       | Burnley (YAL)               |
| <b>Pentathlon Girls</b>     | Alana Birch   | 2768 points | 10 <sup>th</sup> March 2018    | Sheffield                   |
| <b>Heptathlon Girls</b>     | Alana Birch   | 3513 points | 13 <sup>th</sup> August 2017   | Cudworth                    |
| <b>4 x 100m Girls</b>       | M Johnson, L Shaw<br>L Rutter, A Holland                      | 51.5s       | 1989                           |                             |
| <b>4 x 100m Relay Boys</b>  | Simon Dooner<br>Tom Lawson<br>Kev Billingham<br>Gary smith    | 48.8s       | 1981                           | Stockport                   |
| <b>4 x 300m Relay Girls</b> | Rachel Carney<br>Lucy Mathews<br>Leah Niven<br>Rebecca Foster | 3:31.1 min  | 8 <sup>th</sup> May 2011       | Clayton-le-Moors (YAL)      |
| <b>4 x 400m Relay Boys</b>  | R Edwards, M Carney<br>M Hulme, A Shepley                     | 4:05.1 min  | 26 <sup>th</sup> June 2008     | Hyndburn YAL                |
| <b>Long Jump Girls</b>      | C Sutton  | 5.33m       | 1990                           |                             |
| <b>Long Jump Boys</b>       | Daniel Hughes   | 6.27m       | 2000                           |                             |
| <b>Triple Jump Girls</b>    | Isobel Seed   | 10.09m      | 6 <sup>th</sup> August 2016    | Crewe (NOEAA)               |
| <b>Triple Jump Boys</b>     | Thomas Gerrard  | 12.83m      | 28 <sup>th</sup> April 2013    | Stockport (YDL Upper)       |
| <b>High Jump Girls</b>      | L Shaw  | 1.69m       | 1989                           |                             |
| <b>High Jump Boys</b>       | Matthew McQueeney   | 1.75m       | 6 <sup>th</sup> July 2014      | Salford (Cheshire League)   |
| <b>Pole Vault Girls</b>     | Emilie Cooper   | 1.75m       | 3 <sup>rd</sup> July 2011      | Wrexham NOEAA               |
| <b>Pole Vault Boys</b>      | Mark Crowther   | 3.00m       | 1986                           |                             |
| <b>Javelin Girls</b>        | S Holroyd   | 35.35m      | 1986                           |                             |
| <b>Javelin Boys</b>         | Matthew McQueeney   | 44.34m      | 6 <sup>th</sup> July 2014      | Salford (Cheshire League)   |
| <b>Shot Put Girls</b>       | Alana Birch   | 10.59m      | 14 <sup>th</sup> January 2018  | Northern Champs (Sheffield) |
| <b>Shot Put Boys</b>        | Harry Benn  | 10.28m      | 26 <sup>th</sup> June 2011     | Stockport (Cheshire League) |
| <b>Discus Girls</b>         | J Galligan  | 27.40m      | 1986                           |                             |
| <b>Discus Boys</b>          | Nathan Cooper   | 22.49m      | 7 <sup>th</sup> June 2009      | Championships (GMAA)        |
| <b>Hammer Boys</b>          | Nathan Cooper   | 21.28m      | 15 <sup>th</sup> August 2010   | Warrington                  |

## U20's - CLUB RECORDS - TRACK AND FIELD

| Event                     | Name                        | Time/Distance | Date                                | Venue                                     |
|---------------------------|-----------------------------|---------------|-------------------------------------|---|
| <b>60m Women</b>          | Emma Wright                 | 8.93s         | 20 <sup>th</sup> December           | Sportcity                                 |
| <b>60m Hurdles Women</b>  | Alana Birch                 | 11.15s        | 9 <sup>th</sup> December 2019       | Sportcity                                 |
| <b>100m Women</b>         | A Holland                   | 12.6s         | 1988                                |   |
| <b>100m Men</b>           | Lewis Hickson<br>Tom Lawson | 11.4s         | 19 <sup>th</sup> April 2015<br>1991 | Warrington (UYDL)<br>Blackpool (Northern) |
| <b>100m Hurdles Women</b> | Emily Lucas                 | 19.6s         | 6 <sup>th</sup> June 2009           | Halifax (NOEAA)                           |
| <b>110m Hurdles Men</b>   | Daniel Hughes               | 15.0s         | 2000                                |   |
| <b>200m Women</b>         | A Holland                   | 25.9s         | 1989                                |   |
| <b>200m Men</b>           | A Sheeran                   | 22.8          | 1983                                | Lancs Champs.                             |
| <b>400m Women</b>         | Mia Shana                   | 65.8s         | 7 <sup>th</sup> May 2016            | Salford (NOEAA)                           |
| <b>400m Men</b>           | Lewis Hickson               | 52.0s         | 3 <sup>rd</sup> May 2015            | Deeside (NOEAA)                           |
| <b>400m Hurdles Women</b> | Zoe Leighton                | 72.9s         | 2007                                |   |
| <b>400m Hurdles Men</b>   | Barry Thomas                | 59.0s         | 1991                                |   |
| <b>600m Men</b>           | Dougal McDermott            | 1.31.54       | 3 <sup>rd</sup> June 2018           | Sportcity                                 |
| <b>800m Women</b>         | M Dinneen                   | 2:17.6 min    | 1980                                |   |
| <b>800m Men</b>           | Robert Edwards              | 1:58.1 min    | 2008                                |   |
| <b>1500m Women</b>        | D Cooper                    | 4:50.0 min    | 1981                                |   |
| <b>1500m Men</b>          | Robert Edwards              | 4:10.6 min    | 2 <sup>nd</sup> May 2009            | Stockport (NOEAA)                         |
| <b>3000m Women</b>        | Leanne Sheehy               | 10:54.1 min   | 2008                                |   |
| <b>3000m Men</b>          | Robert Edwards              | 9:15.0 min    | 19 <sup>th</sup> April 2009         | Deeside (Cheshire League)                 |
| <b>3000m S/Chase Men</b>  | Usmaan Dar                  | 14:03.3 min   | 3 <sup>rd</sup> July 2016           | Salford (NOEAA)                           |
| <b>Long Jump Women</b>    | C Sutton                    | 5.62m         | 1991                                |   |
| <b>Long Jump Men</b>      | Daniel Hughes               | 6.27m         | 2000                                |   |
| <b>Triple Jump Women</b>  | Isobel Seed                 | 10.44m        | 16 <sup>th</sup> June 2019          | Ashton U Lyle (NOEAA)                     |
| <b>Triple Jump Men</b>    | Thomas Gerrard              | 12.45m        | 14 <sup>th</sup> July 2013          | Bury (Cheshire League)                    |
| <b>High Jump Women</b>    | L Shaw                      | 1.69m         | 1989                                |   |
| <b>High Jump Men</b>      | Daniel Hughes               | 1.70m         | 2000                                |   |
| <b>Pole Vault Women</b>   | Emilie Cooper               | 1.80m         | 26 <sup>th</sup> May 2012           | Stockport (NOEAA)                         |
| <b>Pole Vault Men</b>     | Mark Crowther               | 3.00m         | 1986                                |   |
| <b>Javelin Women</b>      | Patricia Lewis              | 17.48m        | 6 <sup>th</sup> February 2011       | Lee Valley                                |
| <b>Javelin Men</b>        | Ellis Cooper                | 43.17m        | 3 <sup>rd</sup> August 2013         | Salford (NOEAA)                           |
| <b>Shot Put Women</b>     | Joanne Mortimer             | 11.27m        | 2008                                | (Cheshire League)                         |
| <b>Shot Put Men</b>       | Lewis Hickson               | 7.03m         | 7 <sup>th</sup> September 2014      | Connahs Quay (CL)                         |

|                             |  |            |                              |                           |
|-----------------------------|--|------------|------------------------------|---------------------------|
| <b>Discus Women</b>         | J Galligan                                 | 27.40m     | 1986                         |                           |
| <b>Discus Men</b>           | Nathan Cooper                              | 19.77m     | 23 <sup>rd</sup> May 2010    | NJAL Leigh                |
| <b>Hammer Women</b>         | Sarah Cooper                               | 23.05m     | 15 <sup>th</sup> August 2010 | Warrington                |
| <b>Hammer Men</b>           | Nathan Cooper                              | 13.20m     | 2 <sup>nd</sup> May 2009     | Stockport NOEAA           |
| <b>4 x 100m Relay Women</b> | L O'Brien, K Thornley<br>L Shaw, A Holland | 51.5s      | 1988                         |                           |
|                             | M Johnson, L Shaw<br>L Rutter, A Holland   |            | 1989                         |                           |
| <b>4 x 100m Relay Men</b>   | M Bell, R Edwards<br>M Hulme, M Carney     | 50.3s      | 18 <sup>th</sup> June 06     | Salford (Cheshire League) |
| <b>3 x 800m Relay Women</b> | S Darlington<br>J Neill, T Jones           | 7:59.7 min | 1981                         |                           |
| <b>4 x 400m Relay Men</b>   | R Edwards, M Bell<br>S Dunbar, L Kenny     | 3:48.1 min | 2 <sup>nd</sup> May 2009     | Stockport NOEAA           |

## **SENIORS - CLUB RECORDS - TRACK AND FIELD**

| <b>Event</b>              | <b>Name</b>       | <b>Time/Distance</b> | <b>Date</b>                   | <b>Venue</b>                 |
|---------------------------|-------------------|----------------------|-------------------------------|------------------------------|
| <b>60m Women</b>          | Chidinma Agwu     | 8.19s                | 2 <sup>nd</sup> December 2018 | Sportcity                    |
| <b>60m Men</b>            | Stephen Lightfoot | 7.66s                | 9 <sup>th</sup> March 2013    | Lee Valley (British Masters) |
| <b>100m Women</b>         | A Holland         | 12.6s                | 1988                          |                              |
| <b>100m Men</b>           | Lewis Hickson     | 11.4s                | 19 <sup>th</sup> April 2015   | Warrington (UYDL)            |
| <b>100m Hurdles Women</b> | Chidinma Agwu     | 17.5s                | 3 <sup>rd</sup> July 2016     | Salford (NOEAA)              |
| <b>110m Hurdles Men</b>   | Oliver Brereton   | 18.7s                | 6 <sup>th</sup> May 2017      | Whitehaven (NOEAA)           |
| <b>200m Women</b>         | Hannah Mullen     | 25.9s                | 17 <sup>th</sup> July 2005    | Wigan (YAL)                  |
|                           | A Holland         |                      | 1989                          |                              |
| <b>200m Men</b>           | Lewis Hickson     | 23.0s                | 14 <sup>th</sup> June 2014    | GM Schools Champs Trafford   |
| <b>300m Women</b>         | Olivia McDermott  | 44.40                | 2015                          | Sportcity                    |
| <b>400m Women</b>         | Olivia McDermott  | 59.83s               | 11 <sup>th</sup> June 2016    | Sportcity (Northern Champs)  |
| <b>400m Men</b>           | Lewis Hickson     | 52.0s                | 3 <sup>rd</sup> May 2015      | Deeside (NOEAA)              |
| <b>400m Hurdles Women</b> | Zoe Leighton      | 72.9s                | 2007                          |                              |
| <b>400m Hurdles Men</b>   | Barry Thomas      | 59.0s                | 1991                          |                              |
| <b>600m Women</b>         | Olivia McDermott  | 1:40.04s             | 2015                          | Sportcity                    |
| <b>600m Men</b>           | Dougal McDermott  | 1.31.54              | 3 <sup>rd</sup> June 2018     | Sportcity                    |
| <b>800m Women</b>         | M Dinneen         | 2:17.6 min           | 1980                          |                              |
| <b>800m Men</b>           | Robert Edwards    | 1:58.1 min           | 2008                          |                              |

|                             |   |             |                              |                              |
|-----------------------------|---|-------------|------------------------------|------------------------------|
| <b>1500m Women</b>          | D Cooper  | 4:50.0 min  | 1981                         |                              |
| <b>1500m Men</b>            | Robert Edwards                                      | 4:10.6 min  | 2 <sup>nd</sup> May 2009     | Stockport (NOEAA)            |
| <b>3000m SC Men</b>         | Kevin Waterhouse                                    | 11:53.4 min | 16 <sup>th</sup> June 2019   | Ashton U Lyle (NOEAA)        |
| <b>3000m Women</b>          | Leanne Sheehy                                       | 10:54.1 min | 2008                         |                              |
| <b>3000m Men</b>            | Robert Edwards                                      | 9:15.0 min  | 19 <sup>th</sup> April 2009  | Deeside (Cheshire League)    |
| <b>5000m Men</b>            | Kevin Waterhouse                                    | 17:29.9 min | 19 <sup>th</sup> May 2019    | Trafford (NOEAA)             |
| <b>4 x 100m Relay Women</b> | M Johnson, L Shaw<br>L Rutter, A Holland            | 51.5s       | 1989                         |                              |
| <b>4 x 300m Women</b>       | R Parry, O McDermott<br>C Glewis, P Lewis           | 3:23.3 min  | 2009                         |                              |
| <b>4 x 100m Relay Men</b>   | M Hulme, S Lightfoot<br>A O'Connell,<br>L Hickson   | 46.0s       | 6 <sup>th</sup> Sept 2015    | Salford (Cheshire League)    |
| <b>4 x 400m Relay Men</b>   | T Gerrard, L Hickson<br>S Lightfoot,<br>A O'Connell | 3:43.9 min  | 7 <sup>th</sup> July 2013    | Salford (NOEAA)              |
| <b>4 x 400m Women</b>       | S Darlington, D Cooper<br>L Broomhead, J Neil       | 4:09.0 min  | 1984                         |                              |
| <b>Long Jump Women</b>      | C Sutton  | 5.62m       | 1991                         |                              |
| <b>Long Jump Men</b>        | Daniel Hughes                                       | 6.27m       | 2000                         |                              |
| <b>Triple Jump Women</b>    | Isobel Seed   | 10.44m      | 16 <sup>th</sup> June 2019   | Ashton U Lyne (NOEAA)        |
| <b>Triple Jump Men</b>      | Matthew Hulme                                       | 12.25m      | 14 <sup>th</sup> August 2011 | Wrexham                      |
| <b>High Jump Women</b>      | L Shaw  | 1.69m       | 1989                         |                              |
| <b>High Jump Men</b>        | Daniel Hughes                                       | 1.70m       | 2000                         |                              |
| <b>Pole Vault Women</b>     | Chidinma Agwu                                       | 2.20m       | 3 <sup>rd</sup> July 2016    | Salford (NOEAA)              |
| <b>Pole Vault Men</b>       | Mark Crowther                                       | 3.00m       | 1986                         |                              |
| <b>Javelin Women</b>        | Shelly Holroyd                                      | 35.35m      |                              |                              |
| <b>Javelin Men</b>          | Matthew Hulme                                       | 46.28m      | 5 <sup>th</sup> May 2018     | Connah's Quay (NOEAA)        |
| <b>Shot Put Women</b>       | Joanne Mortimer                                     | 11.27m      | 2008                         | (Cheshire League)            |
| <b>Shot Put Men</b>         | John Isherwood                                      | 11.06m      | 6 <sup>th</sup> June 2018    | Sportcity Joe Moran Mem Vets |
| <b>Discus Women</b>         | J Galligan  | 27.40m      | 1986                         |                              |
| <b>Discus Men</b>           | John Isherwood                                      | 30.92m      | 22 <sup>nd</sup> August 2021 | British Masters Derby        |
| <b>Hammer Women</b>         | Sarah Cooper  | 23.05m      | 15 <sup>th</sup> August 2010 | Warrington                   |
| <b>Hammer Men</b>           | Derek Martin  | 30.87m      | 9 <sup>th</sup> August 2014  | Wrexham (NOEAA)              |