

# *Salford Metropolitan AC*

## **U10's - CLUB RECORDS - TRACK AND FIELD**

Event	Name	Time/Distance	Date	Venue
75m Girls				
75m Boys				
150m Girls				
150m Boys				
600m Girls				
600m Boys				
Long Jump Girls				
Long Jump Boys				
Turbo Javelin Girls				
Turbo Javelin Boys				
4 x 100m Girls				
4 x 100m Boys				

## 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>	Benjamin Smith	10.67s	13 <sup>th</sup> July 2025	Trafford Open
<b>150m Girls</b>	Orla Fox	22.76s	21 <sup>st</sup> April 2025	Trafford Open
<b>150m Boys</b>	Benjamin Smith	22.04s	21 <sup>st</sup> April 2025	Trafford Open
<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 Elizabeth Higgins Ashleigh Bamber Alysha Porter	62.5s	4 <sup>th</sup> September 2005	Salford (Cheshire League)
<b>4 x 100m Boys</b>	Harry Steed Luke McQueeney Alex Reid Ben Moseley	59.5s	11 <sup>th</sup> July 2010	Salford (Cheshire League)

## **U12's - CLUB RECORDS - TRACK AND FIELD**

Event	Name	Time/Distance	Date	Venue
70m Hurdles Girls				
75m Hurdles Boys				
75m Girls				
75m Boys				
100m Girls				
100m Boys				
150m Girls				
150m Boys				
200m Girls				
200m Boys				
600m Girls				
600m Boys				
800m Girls				
800m Boys				
1200m Girls				
1200m Boys				
1500m Girls				
1500m Boys				
Long Jump Girls				
Long Jump Boys				
High Jump Girls				
High Jump Boys				
Javelin Girls				
Javelin Boys				
Shot Putt Girls				
Shot Putt Boys				
Discus Girls				
Discus Boys				
4 x 100m Girls				
4 x 100m Boys				

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

Event	Name	Time/Distance	Date	Venue
<b>70m Hurdles Girls</b>	Megan Webber Thomas	11.6s	22 <sup>nd</sup> June 2019	Sportcity (YDL)
<b>75m Hurdles Boys</b>	Archie Cooper	12.8s	15 <sup>th</sup> July 2017	Litherland (YDL)
<b>75m Girls</b>	Praise Chanumuya	10.04s	28 <sup>th</sup> September 2025	Trafford Open
<b>75m Boys</b>	Jacob Crowley	10.45s	21 <sup>st</sup> June 2025	Trafford Open
<b>100m Girls</b>	Alysha Porter	13.4s	10 <sup>th</sup> August 2008	Macclesfield (Chesh League)
<b>100m Boys</b>	Noah Taylor	13.1s	4 <sup>th</sup> September 2022	Salford (Cheshire League)
<b>150m Girls</b>	Alysha Porter	20.2s	15 <sup>th</sup> June 2008	Stretford
<b>150m Boys</b>	Jacob Crowley	21.1s	20 <sup>th</sup> July 2025	Sportcity (YDL)
<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>	Zac Edge	2:19.57 min	21 <sup>st</sup> April 2025	Trafford Open
<b>1200m Girls</b>	Hollie Barnes	3:55.2 min	16 <sup>th</sup> May 2010	Stockport (YAL)
<b>1200m Boys</b>	Loxley Schofield	3:41.75 min	28 <sup>th</sup> September 2025	Trafford Open
<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>	Jacob Crowley	4.67m	29 <sup>th</sup> June 2025	Leigh YDL
<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 (Chesh League)
<b>Shot Putt Boys</b>	Hubert Kalinowski	10.85m	25 <sup>th</sup> August 2025	Trafford Open
<b>Discus Girls</b>	Kikka Scales	20.76m	31 <sup>st</sup> May 2005	Stretford
<b>Discus Boys</b>	Hubert Kalinowski	34.13m	27 <sup>th</sup> September 2025	Wrexham
<b>4 x 100m Girls</b>	I Seed, L Haywood M Greenhalgh, H Peltier	55.0s	20 <sup>th</sup> May 2012	Macclesfield (YAL)
<b>4 x 100m Boys</b>	J Eyles, T Wiseman M McQueeney, J Axon	57.3s	26 <sup>th</sup> June 2011	Stockport (Cheshire League)

## **U14's - CLUB RECORDS - TRACK AND FIELD**

Event	Name	Time/Distance	Date	Venue
75m Hurdles Girls				
80m Hurdles Boys				
75m Girls				
75m Boys				
100m Girls				
100m Boys				
150m Girls				
150m Boys				
200m Girls				
200m Boys				
600m Girls				
600m Boys				
800m Girls				
800m Boys				
1200m Girls				
1200m Boys				
1500m Girls				
1500m Boys				
Long Jump Girls				
Long Jump Boys				
High Jump Girls				
High Jump Boys				
Javelin Girls				
Javelin Boys				
Shot Putt Girls				
Shot Putt Boys				
Discus Girls				
Discus Boys				
4 x 100m Girls				
4 x 100m Boys				

## 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 Noah Taylor	11.8s	18 <sup>th</sup> July 2015 3 <sup>rd</sup> September 2023	Sportcity (YDL) Salford (Cheshire League)
<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 Ella Salih	12.7s	16 <sup>th</sup> September 2007 18 <sup>th</sup> May 2019	Wakefield 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>Pentathlon Girls</b>	Emily Boyd	1728 Points	14 <sup>th</sup> September 2025	Trafford open
<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 L Shaw, L Rutter	52.5s	1987	
<b>4 x 100m Boys</b>	M Mohamed I Encarnacao O Salih A Tsegay	51.7s	29 <sup>th</sup> July 2012	M60 Trophy Trafford

## U16's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
<b>60m Girls</b>				
<b>60m Boys</b>				
<b>100m Girls</b>				
<b>100m Boys</b>				
<b>200m Girls</b>				
<b>200m Boys</b>				
<b>60m Hurdles Girls</b>				
<b>60m Hurdles Boys</b>				
<b>80m Hurdles Girls</b>				
<b>100m Hurdles Boys</b>				
<b>300m Girls</b>				
<b>300m Boys</b>				
<b>400m Boys</b>				
<b>400m Girls</b>				
<b>600m Girls</b>				
<b>600m Boys</b>				
<b>800m Girls</b>				
<b>800m Boys</b>				
<b>1500m Girls</b>				
<b>1500m Boys</b>				
<b>3000m Girls</b>				

<b>3000m Boys</b>				
<b>Pentathlon Girls</b>				
<b>Long Jump Girls</b>				
<b>Long Jump Boys</b>				
<b>High Jump Girls</b>				
<b>High Jump Boys</b>				
<b>Pole Vault Boys</b>				
<b>Javelin Girls</b>				
<b>Javelin Boys</b>				
<b>Shot Put Girls</b>				
<b>Shot Put Boys</b>				
<b>Discus Girls</b>				
<b>Discus Boys</b>				
<b>Hammer Girls</b>				
<b>Hammer Boys</b>				
<b>4 x 100m Girls</b>				
<b>4 x 100m Boys</b>				

## **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	Bury (Upper YDL)
<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 L Rutter, A Holland	51.5s	1989	
<b>4 x 100m Relay Boys</b>	S Dooner T Lawson K Billingham G smith	48.8s	1981	Stockport
<b>4 x 300m Relay Girls</b>	R Carney L Mathews L Niven R 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 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

## **U18'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>				
<b>60m Girls</b>				
<b>60m Hurdles Girls</b>				
<b>100m Girls</b>				
<b>100m Boys</b>				
<b>110m Hurdles Boys</b>				
<b>100m Hurdles Girls</b>				
<b>200m Girls</b>				
<b>200m Boys</b>				
<b>300m Girls</b>				
<b>300m Boys</b>				
<b>300m Hurdles Girls</b>				
<b>400m Girls</b>				
<b>400m Boys</b>				
<b>400m Hurdles Girls</b>				
<b>400m Hurdles Boys</b>				
<b>600m Girls</b>				
<b>600m Boys</b>				
<b>800m Girls</b>				
<b>800m Boys</b>				
<b>1500m Girls</b>				
<b>1500m Boys</b>				
<b>1500m SC Boys</b>				
<b>3000m Girls</b>				
<b>3000m Boys</b>				

<b>Pentathlon Girls</b>				
<b>Heptathlon Girls</b>				
<b>4 x 100m Girls</b>				
<b>4 x 100m Relay Boys</b>				
<b>4 x 300m Relay Girls</b>				
<b>4 x 400m Relay Boys</b>				
<b>Long Jump Girls</b>				
<b>Long Jump Boys</b>				
<b>Triple Jump Girls</b>				
<b>Triple Jump Boys</b>				
<b>High Jump Girls</b>				
<b>High Jump Boys</b>				
<b>Pole Vault Girls</b>				
<b>Pole Vault Boys</b>				
<b>Javelin Girls</b>				
<b>Javelin Boys</b>				
<b>Shot Put Girls</b>				
<b>Shot Put Boys</b>				
<b>Discus Girls</b>				
<b>Discus Boys</b>				
<b>Hammer Boys</b>				

## U20's - 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>	Emma Wright	8.93s	20 <sup>th</sup> December	Sportcity
<b>60m Men</b>	Joel Watson	7.92	16 <sup>th</sup> Feb 2025	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 Tom Lawson	11.4s	19 <sup>th</sup> April 2015 1991	Warrington (UYDL) 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 Joel Watson	1.70m	2000 30 <sup>th</sup> August 2025	Stanley Park Blackpool
<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 (Chesh League)
<b>Discus Women</b>	J Galligan	27.40m	1986	
<b>Discus Men</b>	Nathan Cooper	19.77m	23 <sup>rd</sup> May 2010	Leigh (NJAL)
<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 L Shaw, A Holland	51.5s	1988	
	M Johnson, L Shaw L Rutter, A Holland		1989	
<b>4 x 100m Relay Men</b>	M Bell, R Edwards M Hulme, M Carney	50.3s	18 <sup>th</sup> June 06	Salford (Cheshire League)
<b>3 x 800m Relay Women</b>	S Darlington J Neill, T Jones	7:59.7 min	1981	

<b>4 x 400m Relay Men</b>	R Edwards, M Bell S Dunbar, L Kenny	3:48.1 min	2 <sup>nd</sup> May 2009	Stockport (NOEAA)
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## 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>60m Hurdles Men</b>	Joseph Crossley	9.67s	21 <sup>st</sup> December 2025	Sportcity Indoor
<b>100m Women</b>	A Holland	12.6s	1988	
<b>100m Men</b>	Ethan Maguire	11.31s	6 <sup>th</sup> May 2024	Trafford
<b>100m Hurdles Women</b>	Chidinma Agwu	17.5s	3 <sup>rd</sup> July 2016	Salford (NOEAA)
<b>110m Hurdles Men</b>	Joseph Crossley	17.0s	13 <sup>th</sup> July 2025	Trafford Open
<b>200m Women</b>	Hannah Mullen	25.9s	17 <sup>th</sup> July 2005	Wigan (YAL)
	A Holland		1989	
<b>200m Men</b>	Ethan Maguire	22.65s	6 <sup>th</sup> May 2024	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 L Rutter, A Holland	51.5s	1989	
<b>4 x 300m Women</b>	R Parry, O McDermott C Glewis, P Lewis	3:23.3 min	2009	
<b>4 x 100m Relay Men</b>	M Hulme, S Lightfoot	46.0s	6 <sup>th</sup> Sept 2015	Salford (Cheshire League)

	A O'Connell, L Hickson			
<b>4 x 400m Relay Men</b>	T Gerrard, L Hickson S Lightfoot, 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 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	10.56m	30 <sup>th</sup> August 2025	Blackpool
<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 Joel Watson	1.70m	2000 30 <sup>th</sup> August 2025	Stanley Park Blackpool
<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	1986	
<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	Derby (British Masters)
<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)