

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
60m Boys	Benjamin Smith	8.72s	20 th December 2025	Lee Valley Minithon
75m Girls	Alysha Porter	10.7s	13 th August 2006	Wigan
75m Boys	Benjamin Smith	10.67s	13 th July 2025	Trafford Open
150m Girls	Orla Fox	22.76s	21 st April 2025	Trafford Open
150m Boys	Benjamin Smith	20.85s	2 nd November 2025	S Yorks CAA (indoor)
200m Boys	Benjamin Smith	28.95s	20 th December 2025	Lee Valley Minithon
600m Girls	Megan Lowe	1:53.1 min	13 th July 2008	Deeside (Cheshire League)
600m Boys	Thomas Wiseman	1:46.0 min	21 st September 2008	Wigan
Long Jump Girls	Alysha Porter	3.78m	3 rd September 2006	East Cheshire (Cheshire League)
Long Jump Boys	Ben Moseley	4.30m	27 th June 2010	DASH
Turbo Javelin Girls	Emma Wright	16.95m	7 th September 2009	Salford

Turbo Javelin Boys	Harry Steed	26.95m	5 th September 2011	Stockport (Cheshire League)
4 x 100m Girls	Leah Niven Elizabeth Higgins Ashleigh Bamber Alysha Porter	62.5s	4 th September 2005	Salford (Cheshire League)
4 x 100m Boys	Harry Steed Luke McQueeney Alex Reid Ben Moseley	59.5s	11 th 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	Sonma Okpalaji	10.25s	31 August 2026	Trafford Open
75m Boys	Benjamin Smith	10.33s	31 August 2026	Trafford Open
100m Girls				
100m Boys				
150m Girls	Sonma Okpalaji	20.64s	31 August 2026	Trafford Open
150m Boys	Benjamin Smith	20.62s	4 May 2026	Trafford Open
200m Girls				
200m Boys				
600m Girls	Georgia Beech	1:51.51s	09 August 2026	Trafford Open
600m Boys	Freddy Lyons	1:45.56s	5 Apr 2026	Trafford Open
800m Girls				
800m Boys				
1200m Girls				
1200m Boys				
1500m Girls				
1500m Boys				
Long Jump Girls	Sonma Okpalaji	4.10m	31 August 2026	Trafford Open
Long Jump Boys	Benjamin Smith	4.38m	25 May 2026	Trafford Open

High Jump Girls				
High Jump Boys				
Javelin Girls				
Javelin Boys	Joseph Mandel	16.91	9/10 March 2026	GM Championships
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
70m Hurdles Girls	Megan Webber Thomas	11.6s	22 nd June 2019	Sportcity (YDL)
75m Hurdles Boys	Archie Cooper	12.8s	15 th July 2017	Litherland (YDL)
75m Girls	Praise Chanumuya	10.04s	28 th September 2025	Trafford Open
75m Boys	Jacob Crowley	10.45s	21 st June 2025	Trafford Open
100m Girls	Alysha Porter	13.4s	10 th August 2008	Macclesfield (Chesh League)
100m Boys	Noah Taylor	13.1s	4 th September 2022	Salford (Cheshire League)
150m Girls	Alysha Porter	20.2s	15 th June 2008	Stretford
150m Boys	Jacob Crowley	21.1s	20 th July 2025	Sportcity (YDL)
200m Girls	M Collyer	27.3s	1977	
200m Boys	Ian Loy	27.9s	2002	
600m Girls	Megan Lowe	1:44.16 min	29 th May 2010	Manchester
600m Boys	Sam Tattum	1:39.8 min	25 th May 2009	Stretford
800m Girls	Megan Lowe	2:29.1 min	19 th June 2009	Leigh (YAL)
800m Boys	Zac Edge	2:19.57 min	21 st April 2025	Trafford Open
1200m Girls	Hollie Barnes	3:55.2 min	16 th May 2010	Stockport (YAL)
1200m Boys	Loxley Schofield	3:41.75 min	28 th September 2025	Trafford Open
1500m Girls	A Morrison	5:06.0 min	1986	
1500m Boys	Jonathan Yates	4:48.0 min	2002	
Long Jump Girls	M Parkinson	4.51m	1985	
Long Jump Boys	Jacob Crowley	4.67m	29 th June 2025	Leigh YDL

High Jump Girls	D Wayne	1.43m	1991	
High Jump Boys	Jacob Yakiah	1.38m	20 th June 2010	Oldham (YAL)
Javelin Girls	Shelly Holroyd	31.04m	1985	
Javelin Boys	Harry Steed	30.57m	8 th September 2013	Salford (Cheshire League)
Shot Putt Girls	Gemma Hallam	7.39m	12 th June 2005	Macclesfield (Chesh League)
Shot Putt Boys	Hubert Kalinowski	10.85m	25 th August 2025	Trafford Open
Discus Girls	Kikka Scales	20.76m	31 st May 2005	Stretford
Discus Boys	Hubert Kalinowski	34.13m	27 th September 2025	Wrexham
4 x 100m Girls	I Seed, L Haywood M Greenhalgh, H Peltier	55.0s	20 th May 2012	Macclesfield (YAL)
4 x 100m Boys	J Eyles, T Wiseman M McQueeney, J Axon	57.3s	26 th June 2011	Stockport (Cheshire League)

U14's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
75m Hurdles Girls	Praise Chanumuya	12.43s	09/10 May 2026	GM Championships
80m Hurdles Boys	Will Garside	17.70s	03 May 2026	YDL Salford
100m Girls	Praise Chanumuya	12.99s	09/10 May 2026	GM Championships
100m Boys	Bobby Lancashire	13.70s	03 May 2026	YDL Salford
200m Girls	Florence Bailey	29.90s	31 May 2026	YDL Carlisle
200m Boys	Jacob Crowley	28.26s	14 June 2026	Trafford Open
800m Girls	Francesca Cooper	2:44.50	18 July 2026	YDL Macclesfield
800m Boys	Zac Edge	2:24.9	18 July 2026	YDL Macclesfield
1500m Girls	Megan Williamson	5:33.50	31 May 2026	YDL Carlisle
1500m Boys	Loxley Schofield	4:42.25	1 June 2026	Trafford Open
Long Jump Girls	Isabelle Farrelly	4.01m	31 May 2026	YDL Carlisle
Long Jump Boys	Jacob Crowley	4.51m	25 May 2026	Trafford Open
High Jump Girls	Praise Chanumuya	1.40m	18 July 2026	YDL Macclesfield
High Jump Boys	Loxley Schofield	1.20m	01 August 2026	YDL Carlisle
Javelin Girls	Gabriella Roche	18.96m	18 July 2026	YDL Macclesfield
Javelin Boys	Zac Edge	28.98m	18 July 2026	YDL Macclesfield
Shot Putt Girls	Praise Chanumuya	6.67m	03 May 2026	YDL Salford

Shot Putt Boys	Hubert Kalinowski	12.81m	14 June 2026	Trafford Open
Discus Girls	Libby Boyd	11.17m	01 August 2026	YDL Carlisle
Discus Boys	Hubert Kalinowski	42.75m	31 August 2026	Trafford Open
Hammer Boys	Hubert Kalinowski	38.72m	31 August 2026	Trafford Open
Hammer Girls	Francesca Cooper	16.39m	18 July 2026	YDL Macclesfield
4 x 100m Girls	F Barker, G Roche, F Bailey, P Chanumuya	56.70s	18 July 2026	YDL Macclesfield
4 x 100m Boys	Z Edge, B Lancashire, C Brown, L Schofield	57.9s	18 July 2026	YDL Macclesfield

U15's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
60m Girls	Alana Birch	8.54s	6 th March 2016	Sportcity
60m Boys	Myles Paul	7.92	09 th Feb 2019	Sportcity
100m Girls	Naomi Ogbeta	12.8s	29 th July 2012	M60 Trophy Trafford
100m Boys	Jordan Jones Noah Taylor	11.8s	18 th July 2015 3 rd September 2023	Sportcity (YDL) Salford (Cheshire League)
200m Girls	N Bentley	26.6s	2001	
200m Boys	Alistair Roome	24.02s	July 2011	Gateshead (ESAA)
60m Hurdles Girls	Ella Salih	10.37s	17 th February 2019	Sportcity
60m Hurdles Boys	Archie Cooper	9.69s	18 th March 2018	Sportcity
75m Hurdles Girls	Emily Lucas Ella Salih	12.7s	16 th September 2007 18 th May 2019	Wakefield YDL (Trafford)
80m Hurdles Boys	Stephen Watt	12.2s	1993	GM Schools (Trafford)
300m Girls	Alana Birch	45.04s	20 th December 2015	Sportcity
300m Boys	Mustafa Mohamed	40.5s	29 th July 2012	M60 Trophy Trafford
400m Boys	Dougal McDermott	64.9s	25 th July 2015	Leigh
600m Girls	Jacqueline Fairchild	1:47.1 min	10 th March 2003	Blackpool
600m Boys	Sam Tattum	1:39.8 min	25 th May 2009	Trafford
800m Girls	M Dineen	2:17.6 min	1980	
800m Boys	Robert Edwards	2:09.9 min	5 th September 2004	Salford (Cheshire League)
1500m Girls	Francis Cooper	4:53.0 min	1980	
1500m Boys	Robert Edwards	4:27.9 min	12 th June 2004	GMSAA Champs

3000m Girls	Lucy Whittaker	12:48.5 min	14 th March 2010	Blackpool
3000m Boys	Robert Edwards	10:07.7 min	6 th June 2004	Oldham (YAL)
Pentathlon Girls	Emily Boyd	1728 Points	14 th September 2025	Trafford open
Long Jump Girls	N Howarth	5.00m	1989	
Long Jump Boys	Matthew McQueeney	5.54m	14 th July 2013	Bury (Cheshire League)
High Jump Girls	L Shaw	1.60m	1988	
High Jump Boys	Matthew McQueeney	1.68m	8 th September 2013	Salford (Cheshire League)
Pole Vault Boys	Ben Farrelly	2.20m		
Javelin Girls	Shelly Holroyd	35.35m	1986	
Javelin Boys	Matthew McQueeney	37.06m	13 th July 2013	Manchester (YDL)
Shot Put Girls	J Galligan	11.46m	1986	
Shot Put Boys	Matthew Bell	10.84m	4 th September 2005	Salford (Cheshire League)
Discus Girls	Freya Dooner	28.88m	8 th September 2013	Salford (Cheshire League)
Discus Boys	Nicholas Jolly	32.39m	26 th June 2005	Hyndburn (YAL)
Hammer Girls	Freya Dooner	26.68m	11 th May 2013	GMAA Champs Trafford
Hammer Boys	Luke Burgess	17.53m	20 th June 2008	Stockport (YAL)
4 x 100m Girls	L O'Brien, M Johnson L Shaw, L Rutter	52.5s	1987	
4 x 100m Boys	M Mohamed I Encarnacao O Salih A Tsegay	51.7s	29 th July 2012	M60 Trophy Trafford

U16's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
60m Girls				
60m Boys				
100m Girls	Appolonia Sophocleous	13.60s	31 May 2026	YDL Carlisle
100m Boys	Nathaniel Oguntifa	11.30s	31 May 2026	YDL Carlisle
200m Girls	Isabel Obikidu	28.90s	31 May 2026	YDL Carlisle
200m Boys	Nathaniel Oguntifa	23.40s	31 May 2026	YDL Carlisle
60m Hurdles Girls				
60m Hurdles Boys				
80m Hurdles Girls	Emily Boyd	14.10s	31 May 2026	YDL Carlisle
100m Hurdles Boys				

300m Hurdles Girls	Emily Boyd	51.10s	31 May 2026	YDL Carlisle
300m Hurdles Boys				
300m Girls	Rosie Russell	45.63s	09/10 May 2026	GM Championships
300m Boys	Benedict Tam	42.20s	01 August 2026	YDL Carlisle
400m Boys				
400m Girls				
800m Girls	Rosie Russell	02:44.29	09/10 May 2026	GM Championships
800m Boys	James Horrocks	2:31.20	18 July 2026	YDL macclesfield
1500m Girls	Isla Silcock	5:50.00	18 July 2026	YDL macclesfield
1500m Boys	Hugo Wan	5:36.50	18 July 2026	YDL macclesfield
3000m Girls				
3000m Boys				
Pentathlon Girls				
Long Jump Girls	Mathilda Durowoju	4.42m	31 May 2026	YDL Carlisle
Long Jump Boys	Isaac McBride	3.98m	01 August 2026	YDL Carlisle
High Jump Girls	Mathilda Durowojo	1.40m	31 May 2026	YDL Carlisle
High Jump Boys	Seth Ugian	1.61m	31 May 2026	YDL Carlisle
Pole Vault Boys				
Javelin Girls	Renae Da Silva	22.12m	01 August 2026	YDL Carlisle
Javelin Boys	Arthur Barker	33.79m	01 August 2026	YDL Carlisle
Shot Put Girls	Appolonia Sophocleous	7.21m	31 May 2026	YDL Carlisle
Shot Put Boys	Leo Fleming	8.13m	01 August 2026	YDL Carlisle
Discus Girls	Appolonia Sophocleous	16.23m	31 May 2026	YDL Carlisle
Discus Boys	Leo Fleming	28.89m	09/10 May 2026	GM Championships
Hammer Girls	Emilia McDonald	19.36m	31 May 2026	YDY Carlisle
Hammer Boys	Frank Eboh	21.71m	01 August 2026	YDL Carlisle
4 x 100m Girls	A Sophocleous, M Ulde, M Durowojo, S Barnes	55.60s	03 May 2026	YDL Salford
4 x 100m Boys	S Ugian, A Barker, I McBride, N Oguntifa	49.80s	31 May 2026	YDL Carlisle
4 x 300m Girls	R DA Silva, R Russell, E Boyd, I Silcock	3:23.00	31 May 2026	YDL Carlisle

4 x 300m Boys	B Tam, E Tam, L Fleming, A Barker	3:00.00	01 August 2026	YDL Carlisle
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U17's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
60m Boys	Jordan Jones	7.71s	6th December 2015	Sportcity
60m Girls	Alana Birch	8.41s	14 th January 2018	Northern Champs (Sheffield)
60m Hurdles Girls	Alana Birch	9.78	13 th January 2018	Northern Champs (Sheffield)
100m Girls	A Holland	12.6s	1988	
100m Boys	Lewis Hickson	11.2s	8 th June 2013	Championships (GMSAA)
100m Hurdles Boys	Archie Cooper	14.18s	10 th July 2021	English Schools Championships
80m Hurdles Girls	Alana Birch	12.7s	29 th April 2018	Bury (Upper YDL)
200m Girls	Naomi Ogbeta	25.7s	8 th June 2013	Championships (GMSAA)
200m Boys	Alistair Roome	23.5s	8 th June 2013	Championships (GMSAA)
	Jordan Jones		6 th August 2016	Crewe (NOEAA)
	Scott Dunbar		9 th August 2009	Wirral (Cheshire League)
300m Girls	Hannah Mullen	42.6s	26 th June 2005	Hyndburn (YAL)
300m Boys	Dougal McDermott	42.43	3 rd December 2018	Northern Open Sheffield
300m Hurdles Girls	Zoe Leighton	51.3s	3 rd June 2007	Salford (YAL)
400m Girls	Isobel Seed	65.7s	8 th August 2015	Trafford (NOEAA)
400m Boys	Gary Smith	52.0	1982	Mason Trophy meeting
400m Hurdles Girls	Isobel Seed	80.1s	6 th June 2015	Crewe (NOEAA)
400m Hurdles Boys	Barry Thomas	59.0s	1991	
600m Girls	Patricia Lewis	1:48.3 min	8 th September 2008	Salford
600m Boys	Scott Dunbar	1:29.9 min	8 th September 2008	Salford
800m Girls	D Cooper	2:17.8 min	1976	Championships (GMSAA)
800m Boys	Robert Edwards	2:00.1 min	30 th July 2006	Bury (Cheshire League)
1500m Girls	Francis Cooper	4:53.0 min	1980	
1500m Boys	Robert Edwards	4:19.9 min	18 th June 2006	Salford (Cheshire League)
1500m SC Boys	Nathan Cooper	5:31.8 min	19 th July 2009	Leigh (YAL)
3000m Girls	Leanne Sheehy	11:10.5 min	2 nd September 2007	Salford (Cheshire League)
3000m Boys	Robert Edwards	9:48.9 min	8 th May 2005	Burnley (YAL)

Pentathlon Girls	Alana Birch	2768 points	10 th March 2018	Sheffield
Heptathlon Girls	Alana Birch	3513 points	13 th August 2017	Cudworth
4 x 100m Girls	M Johnson, L Shaw L Rutter, A Holland	51.5s	1989	
4 x 100m Relay Boys	S Dooner T Lawson K Billingham G smith	48.8s	1981	Stockport
4 x 300m Relay Girls	R Carney L Mathews L Niven R Foster	3:31.1 min	8 th May 2011	Clayton-le-Moors (YAL)
4 x 400m Relay Boys	R Edwards, M Carney M Hulme, A Shepley	4:05.1 min	26 th June 2008	Hyndburn YAL
Long Jump Girls	C Sutton	5.33m	1990	
Long Jump Boys	Daniel Hughes	6.27m	2000	
Triple Jump Girls	Isobel Seed	10.09m	6 th August 2016	Crewe (NOEAA)
Triple Jump Boys	Thomas Gerrard	12.83m	28 th April 2013	Stockport (YDL Upper)
High Jump Girls	L Shaw	1.69m	1989	
High Jump Boys	Matthew McQueeney	1.75m	6 th July 2014	Salford (Cheshire League)
Pole Vault Girls	Emilie Cooper	1.75m	3 rd July 2011	Wrexham (NOEAA)
Pole Vault Boys	Mark Crowther	3.00m	1986	
Javelin Girls	S Holroyd	35.35m	1986	
Javelin Boys	Matthew McQueeney	44.34m	6 th July 2014	Salford (Cheshire League)
Shot Put Girls	Alana Birch	10.59m	14 th January 2018	Northern Champs (Sheffield)
Shot Put Boys	Harry Benn	10.28m	26 th June 2011	Stockport (Cheshire League)
Discus Girls	J Galligan	27.40m	1986	
Discus Boys	Nathan Cooper	22.49m	7 th June 2009	Championships (GMAA)
Hammer Boys	Nathan Cooper	21.28m	15 th August 2010	Warrington

U18's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
60m Boys				
60m Girls				
60m Hurdles Girls				
100m Girls				
100m Boys	Rudolf Yeboah	12.05s	25 May 2026	Trafford Open
110m Hurdles Boys				

100m Hurdles Girls				
200m Girls				
200m Boys	Rudolf Yeboah	24.38s	25 May 2026	Trafford Open
300m Girls				
300m Boys				
300m Hurdles Girls				
400m Girls				
400m Boys				
400m Hurdles Girls				
400m Hurdles Boys				
600m Girls				
600m Boys				
800m Girls				
800m Boys				
1500m Girls				
1500m Boys				
1500m SC Boys				
3000m Girls				
3000m Boys				
Pentathlon Girls				
Heptathlon Girls				
4 x 100m Girls				
4 x 100m Relay Boys				
4 x 300m Relay Girls				
4 x 400m Relay Boys				
Long Jump Girls				
Long Jump Boys				
Triple Jump Girls				
Triple Jump Boys				
High Jump Girls				
High Jump Boys				
Pole Vault Girls				
Pole Vault Boys				
Javelin Girls				

Javelin Boys				
Shot Put Girls				
Shot Put Boys				
Discus Girls				
Discus Boys				
Hammer Boys				

U20's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
60m Women	Emma Wright	8.93s	20 th December	Sportcity
60m Men	Joel Watson	7.92	16 th Feb 2025	Sportcity
60m Hurdles Women	Alana Birch	11.15s	9 th December 2019	Sportcity
100m Women	A Holland	12.6s	1988	
100m Men	Lewis Hickson Tom Lawson	11.4s	19 th April 2015 1991	Warrington (UYDL) Blackpool (Northern)
100m Hurdles Women	Emily Lucas	19.6s	6 th June 2009	Halifax (NOEAA)
110m Hurdles Men	Daniel Hughes	15.0s	2000	
200m Women	A Holland	25.9s	1989	
200m Men	A Sheeran	22.8	1983	Lancs Champs.
400m Women	Mia Shana	65.8s	7 th May 2016	Salford (NOEAA)
400m Men	Lewis Hickson	52.0s	3 rd May 2015	Deeside (NOEAA)
400m Hurdles Women	Zoe Leighton	72.9s	2007	
400m Hurdles Men	Barry Thomas	59.0s	1991	
600m Men	Dougal McDermott	1.31.54	3 rd June 2018	Sportcity
800m Women	M Dinneen	2:17.6 min	1980	
800m Men	Robert Edwards	1:58.1 min	2008	
1500m Women	D Cooper	4:50.0 min	1981	
1500m Men	Robert Edwards	4:10.6 min	2 nd May 2009	Stockport (NOEAA)
3000m Women	Leanne Sheehy	10:54.1 min	2008	
3000m Men	Robert Edwards	9:15.0 min	19 th April 2009	Deeside (Cheshire League)
3000m S/Chase Men	Usmaan Dar	14:03.3 min	3 rd July 2016	Salford (NOEAA)
Long Jump Women	C Sutton	5.62m	1991	

Long Jump Men	Daniel Hughes	6.27m	2000	
Triple Jump Women	Isobel Seed	10.44m	16 th June 2019	Ashton U Lyle (NOEAA)
Triple Jump Men	Thomas Gerrard	12.45m	14 th July 2013	Bury (Cheshire League)
High Jump Women	L Shaw	1.69m	1989	
High Jump Men	Daniel Hughes Joel Watson	1.70m	2000 30 th August 2025	Stanley Park Blackpool
Pole Vault Women	Emilie Cooper	1.80m	26 th May 2012	Stockport (NOEAA)
Pole Vault Men	Mark Crowther	3.00m	1986	
Javelin Women	Patricia Lewis	17.48m	6 th February 2011	Lee Valley
Javelin Men	Ellis Cooper	43.17m	3 rd August 2013	Salford (NOEAA)
Shot Put Women	Joanne Mortimer	11.27m	2008	(Cheshire League)
Shot Put Men	Lewis Hickson	7.03m	7 th September 2014	Connahs Quay (Chesh League)
Discus Women	J Galligan	27.40m	1986	
Discus Men	Nathan Cooper	19.77m	23 rd May 2010	Leigh (NJAL)
Hammer Women	Sarah Cooper	23.05m	15 th August 2010	Warrington
Hammer Men	Nathan Cooper	13.20m	2 nd May 2009	Stockport (NOEAA)
4 x 100m Relay Women	L O'Brien, K Thornley L Shaw, A Holland	51.5s	1988	
	M Johnson, L Shaw L Rutter, A Holland		1989	
4 x 100m Relay Men	M Bell, R Edwards M Hulme, M Carney	50.3s	18 th June 06	Salford (Cheshire League)
3 x 800m Relay Women	S Darlington J Neill, T Jones	7:59.7 min	1981	
4 x 400m Relay Men	R Edwards, M Bell S Dunbar, L Kenny	3:48.1 min	2 nd May 2009	Stockport (NOEAA)

SENIORS - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
60m Women	Chidinma Agwu	8.19s	2 nd December 2018	Sportcity
60m Men	Stephen Lightfoot	7.66s	9 th March 2013	Lee Valley (British Masters)
60m Hurdles Men	Joseph Crossley	9.59s	18 th Jan 2026	Sportcity Indoor
100m Women	A Holland	12.6s	1988	
100m Men	Ethan Maguire	11.31s	6 th May 2024	Trafford
100m Hurdles Women	Chidinma Agwu	17.5s	3 rd July 2016	Salford (NOEAA)

110m Hurdles Men	Joseph Crossley	16.88s	31 st August 2026	Trafford Open
200m Women	Hannah Mullen	25.9s	17 th July 2005	Wigan (YAL)
	A Holland		1989	
200m Men	Ethan Maguire	22.65s	6 th May 2024	Trafford
300m Women	Olivia McDermott	44.40	2015	Sportcity
400m Women	Olivia McDermott	59.83s	11 th June 2016	Sportcity (Northern Champs)
400m Men	Lewis Hickson	52.0s	3 rd May 2015	Deeside (NOEAA)
400m Hurdles Women	Zoe Leighton	72.9s	2007	
400m Hurdles Men	Barry Thomas	59.0s	1991	
600m Women	Olivia McDermott	1:40.04s	2015	Sportcity
600m Men	Dougal McDermott	1.31.54	3 rd June 2018	Sportcity
800m Women	M Dinneen	2:17.6 min	1980	
800m Men	Robert Edwards	1:58.1 min	2008	
1500m Women	D Cooper	4:50.0 min	1981	
1500m Men	Robert Edwards	4:10.6 min	2 nd May 2009	Stockport (NOEAA)
3000m SC Men	Kevin Waterhouse	11:53.4 min	16 th June 2019	Ashton U Lyle (NOEAA)
3000m Women	Leanne Sheehy	10:54.1 min	2008	
3000m Men	Robert Edwards	9:15.0 min	19 th April 2009	Deeside (Cheshire League)
5000m Men	Ben Farrelly	16:47.9 min	22 nd May 2021	Salford (NOEAA)
4 x 100m Relay Women	M Johnson, L Shaw L Rutter, A Holland	51.5s	1989	
4 x 300m Women	R Parry, O McDermott C Glewis, P Lewis	3:23.3 min	2009	
4 x 100m Relay Men	M Hulme, S Lightfoot A O'Connell, L Hickson	46.0s	6 th Sept 2015	Salford (Cheshire League)
4 x 400m Relay Men	T Gerrard, L Hickson S Lightfoot, A O'Connell	3:43.9 min	7 th July 2013	Salford (NOEAA)
4 x 400m Women	S Darlington, D Cooper L Broomhead, J Neil	4:09.0 min	1984	
Long Jump Women	C Sutton	5.62m	1991	
Long Jump Men	Daniel Hughes	6.27m	2000	
Triple Jump Women	Isobel Seed	10.56m	30 th August 2025	Blackpool
Triple Jump Men	Matthew Hulme	12.25m	14 th August 2011	Wrexham
High Jump Women	L Shaw	1.69m	1989	
High Jump Men	Daniel Hughes Joel Watson	1.70m	2000 30 th August 2025	Stanley Park Blackpool

Pole Vault Women	Chidinma Agwu	2.20m	3 rd July 2016	Salford (NOEAA)
Pole Vault Men	Mark Crowther	3.00m	1986	
Javelin Women	Shelly Holroyd	35.35m	1986	
Javelin Men	Matthew Hulme	46.28m	5 th May 2018	Connah's Quay (NOEAA)
Shot Put Women	Joanne Mortimer	11.27m	2008	(Cheshire League)
Shot Put Men	John Isherwood	11.06m	6 th June 2018	Sportcity (Joe Moran Mem Vets)
Discus Women	J Galligan	27.40m	1986	
Discus Men	John Isherwood	30.92m	22 nd August 2021	Derby (British Masters)
Hammer Women	Sarah Cooper	23.05m	15 th August 2010	Warrington
Hammer Men	Derek Martin	30.87m	9 th August 2014	Wrexham (NOEAA)