

Lancashire Athletic Association

Track & Field Championships Best Performances from 1992

**SENIOR WOMEN**

100m	Donna Hogarth	Preston Harriers	11.6s	1995
200m	Donna Hogarth	Preston Harriers	24.2s	1994
400m	Kim Goodwin	City of Hull	55.3s	2000
800m	Vicky Lawrence	Blackpool & Fylde AC	2.05.9mins	1996
1500m	Helen Pattinson	Preston Harriers	4.26.3mins	1996
3000m	Gemma Titterington	Blackpool & Fylde AC	10.30.3min	2003
5000m	Vicky Gill	Aldershot Farnham & Dist AC	16.38.7mins	2008
5000m Vet	Carolyn Robbins	Blackpool Wyre & Fylde AC	18.43.2mins	2008
100mH	Donna Bolton	Wigan Harriers	14.4s	1996
400mH	Shona Macpherson	City of Glasgow	61.9s	2005
300mS/C	No Entries			2009
Long Jump	Rebecca White	Sale Harriers	5.82m	2000
Triple Jump	Kelly Hilton	Wigan Harriers & District	12.30m	2010
High Jump	Laura White	Hyndburn AC	1.72m	2000
Pole Vault	Michelle Sharrock	Wigan Harriers & District	3.50m	2010
Javelin	Jenny Leng	Sale Harriers	46.35m	2003
Shot Putt	Kara Nwidobie	Blackpool & Fylde AC	13.97m	2002
Discus	Kara Nwidobie-Sharpe	Blackpool Wyre & Fylde AC	55.21m	2007
Hammer	Marit Zahkra	Manx Harriers	47.03m	2008
4x100m Relay	Sen and U/20	Blackpool Wyre & Fylde AC	45.3s	2010

**UNDER 20 WOMEN**

100m	Mica Nottingham	Liverpool Harriers	11.8s	2009
200m	Mica Nottingham	Preston Harriers	24.8s	2008
	Mica Nottingham	Liverpool Harriers	24.8s	2009
400m	Laura Finucane	Pendle AC	54.3s	2004
800m	Alison Leonard	Blackburn Harriers & AC	2.03.3mins	2008
1500m	Michelle Mann	Preston Harriers	4.33.7mins	1996
3000m	Hannah Bateson	Lancaster & Morecambe AC	10.08.5mins	2008
100mH	Katherine Livesey	Blackpool & Fylde AC	15.0s	1997
400mH	Claire Holmes	Wigan Harriers	64.4s	2002
2000mS/C	Nichola Jackson	Preston Harriers	7.46.1mins	2011
Long Jump	Micaela Brindle	Wigan & District Harriers AC	5.72m	2011
Triple Jump	Rebecca White	Blackburn Harriers & AC	11.67m	1998
High Jump	Rachel Martin	Sale Harriers	1.65m	1997
	Laura White	Hyndburn AC	1.65m	1997
Pole Vault	Holly Bleasdale	Blackburn Harriers & AC	3.30m	2009
Javelin	Helen Sheen	Manx Harriers	39.82m	2005
Shot Putt	Kara Nwidobie	Blackpool & Fylde AC	12.25m	1999
Discus	Kara Nwidobie	Blackpool & Fylde AC	37.27m	2000
Hammer	Sophie Hitchon	Blackburn Harriers & AC	61.56m	2009

**UNDER 17 WOMEN**

100m	Sophie Riley	Blackpool Wyre & Fylde AC	12.00s	2011
200m	Sophie Riley	Blackpool Wyre & Fylde AC	24.8s WA	2010
300m	Laura Finucane	Pendle AC	39.7s	2002
800m	Alison Leonard	Chorley Harriers	2.08.7mins	2006
1500m	Gemma Astin	Manx Harriers	4.42.2mins	2008
3000m	Annika Jarman	Lancaster & Morecambe AC	10.09.6mins	2008
80mH	Danielle Rooney	Preston Harriers	11.6s WA	2007
300mH	Eleanor Markendale	Pendle AC	44.1s	2006
Long Jump	Eleanor Markendale	Pendle AC	5.53m	2006
Triple Jump	Rachael Williams	Wigan & District Harriers AC	11.35m	2011
High Jump	Jennifer Glaysher	Preston Harriers	1.67m	1999
Pole Vault	Claire Holmes	Wigan Harriers	2.60m	2001
Javelin	Rhiann Beaumont	Preston Harriers	38.60m	2011
Shot Putt	Kelly Kane	Blackpool & Fylde AC	12.48m	1994
Discus	Natalie Walsh	Liverpool Pemb & Seft AC	34.53m	2004
Hammer	Sophie Hitchon	Pendle AC	49.17m	2007
4x100m Relay		Blackpool Wyre & Fylde AC	50.2s	2009

**UNDER 15 GIRLS**

100m	Sophie Riley	Blackpool Wyre & Fylde AC	12.5s	2009
200m	Verity Collins	Blackpool & Fylde AC	25.6s	2004
	Sophie Riley	Blackpool Wyre & Fylde AC	25.6s	2009
300m	Lucy Mansfield	Blackpool Wyre & Fylde AC	41.6.s	2007
800m	Danielle McCarrick	Manx Harriers	2.16.1mins	1995
1500m	Emma Rutland	Blackpool & Fylde AC	4.48.7mins	1996
3000m	Megan Davies	Rosendale Harriers	10.25.8mins	2010
75mH	Daniel Rooney	Preston Harriers	11.6s	2005
Long Jump	Verity Collins	Blackpool & Fylde AC	5.20m	2004
High Jump	Hannah Dickson	Blackpool & Fylde AC	1.71m	2006
<b>Pole Vault</b>	<b>Ruth Whipp</b>	<b>Wigan District &amp; Harriers AC</b>	<b>2.60m</b>	<b>2011</b>
Javelin	Amy Lupton	Preston Harriers	32.40m	2008
Shot Putt	Lucy Chadwick	Pendle AC	11.00m	2009
Discus	Emily Lupton	Preston Harriers	36.53m	2010
Hammer	Lucy Chadwick	Pendle AC	34.14m	2009
4x100m Relay		Preston Harriers	51.7s	2007

**UNDER 13 GIRLS**

100m	Tash Gardner	Blackpool Wyre & Fylde AC	12.9s	2009
200m	Tash Gardner	Blackpool & Fylde AC	27.0s	2009
<b>800m</b>	<b>Elizabeth Greenwood</b>	<b>Blackburn Harriers &amp; AC</b>	<b>2.26.8mins</b>	<b>2011</b>
<b>1500m</b>	<b>Elizabeth Greenwood</b>	<b>Blackburn Harriers &amp; AC</b>	<b>4.49.0mins</b>	<b>2011</b>
70mH	Laura Taylor	Horwich RMI	12.6s	2009
	Amber Swinnerton	Blackpool Wyre & Fylde AC	12.6s	2010
Long Jump	Eleanor Markendale	Pendle AC	4.78m	2002
High Jump	Reagan Dee	Manx Harriers	1.48m	2007
<b>Shot Putt</b>	<b>Leah Hillman</b>	<b>Pendle AC</b>	<b>8.78m</b>	<b>2011</b>
Discus	Sarah Chadwick	Preston Harriers	22.28m	2010
Javelin	Marnie Shirtcliffe	Hyndburn AC	25.11m	2009
4x100m Relay		Preston Harriers	56.7s	2009

**SENIOR MEN**

100m	Thomas Riley	Manx Harriers	10.8s	2008
	Thomas Riley	Manx Harriers	10.8s	2009
	Carl Dickinson	Sale Harriers	10.8s	2010
200m	Luke Evans	Blackburn Harriers & AC	21.7s	2010
400m	Wayne Ellwood	Blackpool & Fylde AC	48.8s	1997
800m	Luke Minns	Blackpool Wyre & Fylde AC	1.53.9mins	2010
1500m	Jonathan Prowse	Blackpool & Fylde AC	3.51.5mins	1997
5000m	Ben Fish	Blackburn Harriers & AC	14.35.8mins	2006
5000m Vet	Martin Roscoe	City of Leeds	15.12.8mins	2005
110mH	Kevin Furlong	Manx Harriers	15.2s	1995
400mH	Jeffrey Christie	Windsor Slough Eaton Hounslow	54.2s	2006
3000mS/C	Martin Roscoe	City of Leeds	9.14.4mins	1996
Long Jump	Mathius Ogbetta	Preston Harriers	7.12m	1995
Triple Jump	Mathius Ogbetta	Preston Harriers	15.03m	1993
High Jump	Rob Brocklebank	Blackburn Harriers & AC	2.12m	1997
Pole Vault	Matthew Wright	Blackpool Wyre & Fylde AC	4.50m	2010
Javelin	Phill Sharpe	Border Harriers	69.99m	1998
Shot Putt	Rory Birbeck	Hyndburn AC	14.08m	1997
Discus	Simon Bissell	Sheffield AC	46.40m	2010
Hammer	Simon Bissell	Sheffield AC	55.06m	2010
4x100m Relays	Sen & U/20	Blackburn Harriers & AC	45.0s	2007

**UNDER 20 MEN**

100m	Paul Bolton	Wigan Harriers	10.9s	1993
	Danny Whittaker	Burnley AC	10.9s	2004
	Luke Evans	Blackburn Harriers & AC	10.9s	2009
200m	Danny Whittaker	Burnley AC	21.8s	2004
	Carl Dickinson	Preston Harriers	21.8s	2005
	Luke Evans	Blackburn Harriers & AC	21.8s	2009
400m	Paul Bradshaw	Blackburn Harriers & AC	49.1s	2007
800m	Paul Bradshaw	Blackburn Harriers & AC	1.51.3mins	2007
1500m	Robert Barton	Blackburn Harriers & AC	3.57.9mins	2000
3000m	Karl Billington	Blackburn Harriers & AC	8.31.9mins	2010
110mH	Liam Monaghan	Blackburn Harriers & AC	15.6s	2010

400mH	Michael Haslett	Manx Harriers	55.5s	2008
2000mS/C	Chris Hart	Blackburn Harriers & AC	5.59.4mins	2004
Long Jump	Gary Hunter	Western AC	6.76m	1999
<b>Triple Jump</b>	<b>James Davies</b>	<b>Blackpool Wyre &amp; Fylde AC</b>	<b>14.18m</b>	<b>2011</b>
High Jump	Martin Aram	Western AC	2.00m	2001
Pole Vault	Laurence Steele	Blackpool & Fylde AC	4.50m	2005
	Max Eaves	Blackpool & Fylde AC	4.50m	2005
Javelin	Phil Sharpe	Border Harriers	69.99m	2000
Shot Putt	Thomas Smith	Wigan Harriers	14.90m	2008
Discus	Thomas Smith	Wigan Harriers	41.28m	2007
<b>Hammer</b>	<b>Richard Bell</b>	<b>Manx Harriers</b>	<b>44.17m</b>	<b>2011</b>

#### UNDER 17 MEN

100m	David Agurreburalde	Preston Harriers	10.9s	2002
200m	Adam Forrest	Wigan Harriers	22.5s	2008
400m	Chris Stoves	Lancaster & Morecambe AC	50.1s	2000
800m	Chris Stoves	Lancaster & Morecambe AC	1.55.3mins	2000
1500m	Matthew Wood	Blackburn Harriers & AC	4.04.9mins	2002
3000m	Kristian Bibby	Preston Harriers	8.51.9mins	2009
100mH	Miles Manley	Preston Harriers	14.4s	2006
400mH	Oliver Aspden	Blackburn Harriers & AC	57.0s	2010
1500mS/C	Liam Barton	Blackburn Harriers & AC	4.32.2mins	1999
Long Jump	James Davies	Blackpool Wyre & Fylde AC	6.53m	2008
Triple Jump	James Davies	Blackpool Wyre & Fylde AC	13.51m	2009
High Jump	Martin Aram	Western AC	2.04m	2000
<b>Pole Vault</b>	Gareth Lapsins	Blackpool & Fylde AC	4.00m	2003
	<b>Harry Coppell</b>	<b>Wigan &amp; District Harriers AC</b>	<b>4.00m</b>	<b>2011</b>
Javelin	Phil Sharpe	Border Harriers	63.63m	1997
Shot Putt	Carl Myerscough	Blackpool & Fylde AC	19.23m	1996
Discus	Carl Myerscough	Blackpool & Fylde AC	58.14m	1996
Hammer	Simon Bissell	Sale Harriers	58.04m	2001
4x100m Relay		Blackpool Wyre & Fylde AC	46.3s	2009

#### UNDER 15 BOYS

<b>100m</b>	Steve Wiggans	Preston Harriers	11.8s	1994
	Danny Swift	Blackpool & Fylde AC	11.8s	2002
	<b>Kieran Corbett</b>	<b>Preston Harriers</b>	<b>11.8s</b>	<b>2011</b>
200m	Unknown		23.5s	1992
400m	James Bretherton	Preston Harriers	54.3s	2008
800m	Nathan Bibby	Preston Harriers	2.02.8mins	2004
1500m	Nathan Bibby	Preston Harriers	4.14.6mins	2004
3000m	Curtis Pearce	Blackburn Harriers & AC	9.39.6mins	2004
80mH	Matthew Davies	Preston Harriers	12.2s	2004
	Oliver Aspden	Blackburn Harriers & AC	12.2s	2008
Long Jump	James Davies	Blackpool Wyre & Fylde AC	5.78m	2007
Triple Jump	Macualey Grimes	Blackburn Harriers & AC	11.22m	2010
High Jump	Lee Pursglove	Chorley AC	1.73m	2001
Pole Vault	Harry Coppell	Wigan & District Harriers	3.30mm	2010
Javelin	Phil Sharpe	Lancaster & Morecambe AC	51.80m	1995
Shot Putt	Simon Bissell	Burnley AC	13.78m	2000
Discus	Alexander Sharrocks	Wigan Harriers	38.78m	1999
Hammer	Darren Evans	Preston Harriers	46.54m	2008
4x100m Relay		Preston Harriers	49.8s	2009

#### UNDER 13 BOYS

100m	Ian Blake	Blackpool & Fylde AC	12.6s	1995
200m	James Bretherton	Chorley Harriers	27.2s	2006
800m	Bradley Yates	Sale Harriers	2.19.5mins	2010
1500m	Bradley Yates	Sale Harriers	4.45.4mins	2010
75mH	Sam Miller	Preston Harriers	13.2s	2006
Long Jump	Sam Miller	Preston Harriers	4.91m	2006
High Jump	Curtis Mitchell	Preston Harriers	1.65m	2010
Shot Putt	Ashley Spinks	Blackpool & Fylde AC	9.16m	2005
<b>Discus</b>	<b>Ciaran Johnson</b>	<b>Blackpool Wyre &amp; Fylde AC</b>	<b>22.39m</b>	<b>2011</b>
Javelin	William Murray	Blackburn Harriers & AC	30.46m	2010
4x100m Relay		Blackpool Wyre & Fylde AC	57.1s	2008
		Preston Harriers	57.1s	2009