Lancashire Athletic Association Track & Field Championships Best Performances from 1992 – 2022

### SENIOR WOMEN

100m Donna Hogarth Preston Harriers 11.6s 1995

200m Donna Hogarth Preston Harriers 24.2s 1994

 Katy Wyper Blackpool Wyre & Fylde AC 24.2s 2015

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 GemmaTitterington Blackpool & Fylde AC 10.30.3min 2003

5000m Vicky Gill Aldershot Farnham & Dist AC 16.38.7mins 2008

5000m Vet Rabia Kahid Unattached 17.29.5mins 2016

5000m Team Blackpool Wyre & Fylde AC 58.53.7mins 2017

100mH Micaela Brindle Wigan District & Harriers AC 14.3.s 2014

400mH Shona Macpherson City of Glasgow 61.9s 2005

3000mS/C No Entries 2009

Long Jump Rebecca White Sale Harriers 5.82m 2000

Triple Jump Kelly Hilton Wigan Disctric & Harriers AC 12.44m 2013

High Jump Laura White Hyndburn AC 1.72m 2000

Pole Vault Jasmine Carey Blackpool Wyre & Fylde AC 3.60m 2022

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 Abigail Stratton Blackburn Harriers & AC 4.32.7mins 2023

3000m Libby Huxley Preston Harriers 10.00.3mins 2021

100mH Micaela Brindle Wigan & District Harriers AC 14.8s 2013

 Eden Ashton Preston Harriers 14.8s 2015

400mH Shona McPherson City of Glasgow 61.9s 2005

2000mS/C Helena Leathley Pendle AC 7.34.1mins 2012

Long Jump Micaela Brindle Wigan & District Harriers AC 5.89m 2013

Triple Jump Rachael Williamson Wigan & District Harriers AC 11.70m 2013

High Jump Amelia Jennings-McLaughlin Liverpool Pemb & Seft AC 1.70m 2014

 Amelia Jennings-McLoughlin Liverpool Pemb & Seft AC 1.70m 2015

Pole Vault Fiona Hockey Blackpool Wyre & Fylde AC 3.50m 2015

Javelin Zoe Kidney Pendle AC 40.24m **2019**

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 Queenivette Nguta Preston Harriers 12.1s 2022

200m Vicky Shier Blackpool & Fylde AC 24.9s 2004

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 Jasmine Jolly Preston Harriers 11.1s 2018

300mH Jasmine Jolly Preston Harriers 42.0s 2018

1500mS/C Mary Hodgson Lancaster & Morecambe AC 5.49.4mins 2012

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 Jasmine Carey Blackpool & Fylde AC 3.81m 2019

Javelin Rhiann Beaumont Preston Harriers 38.60m 2011 600g

 Leah Hillman Pendle AC 36.77g 2014 500g

Shot Putt Kelly Kane Blackpool & Fylde AC 12.48m 1994 4K

 Leah Hillman Pendle AC 11.96m 2015 3K

Discus Natalie Walsh Liverpool Pemb & Seft AC 34.53m 2004

Hammer Sophie Hitchen Pendle AC 49.17m 2007 4K

 Charlotte Williams Blackburn Harriers & AC 55.85m 2017 3K

4x100m Relay Blackpool Wyre & Fylde AC 50.2s 2009

### UNDER 15 GIRLS

100m Halle Ferguson Trafford 12.4s 2019

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 41.6s 2007

300m Poppy Glasby-Seddon Sale Harriers 41.6s 2017

800m Danielle McCarrick Manx Harriers 2.16.1mins 1995

1500m Emma Rutland Blackpool & Fylde AC 4.48.7mins 1996

3000m Elizabeth Greenwood Blackburn Harriers & AC 10.15.0mins 2013

75mH Jasmine Jolly Preston Harriers 11.3s 2016

Long Jump Halle Ferguson Trafford 5.26m 2019

High Jump Hannah Dickson Blackpool & Fylde AC 1.71m 2006

Pole Vault Jasmine Carey Blackpool Wyre & Fylde AC 3.35m 2017

Javelin Leah Hillman Pendle AC 34.32m 2013 600g

 Alex Baker Pendle AC 34.81m 2016 500g

Shot Putt Leah Hillman Pendle AC 11.31m 2013 3.25K

 Myah Booth Blackburn Harriers & AC 10.99m 2018 3K

Discus Emily Lupton Preston Harriers 36.53m 2010

Hammer Leah Hillman Pendle AC 34.32m 2013 3.25K

 Charlotte Williams Blackburn Harriers & AC 51.30m 2016 3K

4x100m Relay Preston Harriers 51.7s 2007

### UNDER 13 GIRLS

100m Tash Gardner Blackpool Wyre & Fylde AC 12.9s 2009

100m Caris Peter-Thomas Blackburn Harriers & AC 12.9 2023

200m Caris Peter-Thomas Blackburn Harriers & AC 26.6s 2023

800m Lauren Waddington Chorley ATC 2.22.8mins 2018

1500m Elizabeth Greenwood Blackburn Harriers & AC 4.49.0mins 2011

70mH Myah Booth Blackburn Harriers & AC 12.0s 2016

 Emilia Simpson Preston Harriers 12.0s 2022

Long Jump Eleanor Markendale Pendle AC 4.78m 2002

High Jump Reagan Dee Manx Harriers 1.48m 2007

 Gabrielle Taylor Liverpool Pembroke & Sefton 1.48 2023

Pole Vault Kirsty Rushton Blackpool Wyre & Fylde AC 2.20m 2014

Shot Putt Evie Noblett Preston Harriers 9.33m 2018

Discus Nicky Saunders Blackburn Harriers & AC 24.76m 2017

Javelin Anna Vavoso Blackpool Wyre & Fylde AC 27.29m 2022

Hammer Margaret Casey Liverpool, Pembroke & Sefton 34.35m 2022

4x100m Relay Preston Harriers 56.7s 2009

### SENIOR MEN

100m Samuel Miller Preston Harriers 10.5 2013

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

3000m Ross McKelvie Lytham St Annes RR 9.25.8 2022

5000m Ben Fish Blackburn Harriers & AC 14.35.8mins 2006

5000m Vet Martin Roscoe City of Leeds 15.12.8mins 2005

5000m Team Preston Harriers 46.44.2mins 2019

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 Tom Booth Preston Harriers 4.51m 2017

Javelin Phill Sharpe Border Harriers 69.99m 1998

Shot Putt Tom Smith Wigan Harriers & District AC 14.16m 2014

Discus Simon Bissell Sheffield AC 47.95m 2012

Hammer Simon Bissell Sheffield AC 55.06m 2010

4x100m Relays Sen & U/20 Blackburn Harriers & AC 45.0s 2007

### UNDER 20 MEN

100m Elliott Jones Liverpool Pembroke & Sefton AC 10.8s 2016

100m Alex Marsden Preston Harriers 10.8s 2018

200m Danny Whittaker Burnley AC 21.8s 2004

 Carl Dickinson Preston Harriers 21.8s 2005

 Luke Evans Blackburn Harriers & AC 21.8s 2009

400m Leon Heath Stubbs Preston Harriers 49.0s 2018

800m Paul Bradshaw Blackburn Harriers & AC 1.51.3mins 2007

1500m Matt Ramsden Blackburn Harriers & AC 3.51.7mins 2022

3000m Karl Billington Blackburn Harriers & AC 8.31.9mins 2010

110mH Joel Elphick Blackpool, Wyre & Fylde AC 14.5s 2023

400mH Michael Haslett Manx Harriers 55.5s 2008

2000mS/C Chris Hart Blackburn Harriers & AC 5.59.4mins 2004

Long Jump Scott Sinclair Preston Harriers 6.86m 2023

Triple Jump Scott Sinclair Preston Harriers 14.85m 2023

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 1998

Shot Putt Isaac Delaney Preston Harriers 17.65m 2022

Discus Isaac Delaney Preston Harriers 45.85m 2022

Hammer Alex Berstein Preston Harriers 63.69m 2021

### UNDER 17 MEN

100m David Agurreburalde Preston Harriers 10.9s 2002

200m Adam Forrest Wigan Harriers 22.5s 2008

 Charles Unsworth Blackburn Harriers & AC 22.5 2023

400m Chris Stoves Lancaster & Morecambe AC 50.1s 2000

800m Chris Stoves Lancaster & Morecambe AC 1.55.3mins 2000

1500m Patrick Dever Preston Harriers 4.01.4mins 2013

3000m Mathew Ramsden Blackburn Harriers & AC 8.47.5mins 2019

100mH Joel Elphick Blackpool Wyre & Fylde AC 13.8s 2021

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 Jack Hilton Wigan & District Harriers 13.64m 2022

High Jump Martin Aram Western AC 2.04m 2000

Pole Vault Dominic Lavelle Blackpool Wyre & Fylde AC 4.10m 2014

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 Jacob Roberts Blackburn Harriers & AC 66.10m 2016

4x100m Relay Blackpool Wyre & Fylde AC 46.3s 2009

### UNDER 15 BOYS

100m Daniel Nuttall Blackburn Harriers & AC 11.3s 2022

200m Unknown 23.5s 1992

300m Ben Sinclair Manx Harriers 37.3s 2019

400m James Bretherton Preston Harriers 54.3s 2008

800m Kai Atkins Pendle AC 2.02.3mins 2015

1500m Matthew Dru Clark Preston Harriers 4.10.8mins 2022

3000m Myles Fraser Liverpool, Pembroke & Sefton 9.15.6mins 2022

80mH Taylor Jacob Preston Harriers 11.5s 2018

Long Jump Daniel Nuttall Blackburn Harriers & AC 5.99m 2022

Triple Jump Hasnain Ehson Hyndburn AC 11.74m 2013.

High Jump Joshua Hewitt Manx Harriers 1.75m 2014

Pole Vault Glen Quayle Northern AC 3.40m 2016

Javelin Phil Sharpe Lancaster & Morecambe AC 51.80m 1995

Shot Putt Simon Bissell Burnley AC 13.78m 2000

Discus Benjamin Roberts Preston Harriers 39.56m 2023

Hammer Alex Bernstein Preston Harriers 49.41m 2017

4x100m Relay Preston Harriers 49.8s 2009

### UNDER 13 BOYS

100m Ian Blake Blackpool & Fylde AC 12.6s 1995

200m James Ince Preston Harriers 26.5s 2018

800m Bradley Yates Sale Harriers 2.19.5mins 2010

1500m Jack Baranowski Blackburn Harriers & AC 4.18.6mins 2023

75mH James Ince Preston Harriers 11.8s 2018

Long Jump James Ince Preston Harriers 5.14m 2018

High Jump Curtis Mitchell Preston Harriers 1.65m 2010

Pole Vault George MacKenzie Blackpool & Fylde AC 2.00m 2018

Shot Putt Ashley Spinks Blackpool & Fylde AC 11.05m 2005

Discus James Lupton Preston Harriers 26.16m 2016

Javelin Travis Harfield Chorley ATC 48.60m 2019

Hammer James Lupton Preston Harriers 26.62 2016

4x100m Relay Blackpool Wyre & Fylde AC 57.1s 2008 Preston Harriers 57.1s 2009