

Lancashire Athletic Association Track & Field Championships Best Performances from 1992 – 2019**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	Gemma Titterington	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	Michelle Sharrock	Wigan District & Harriers AC	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	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	Vickie Shier	Blackpool & Fylde AC	12.4s	2004
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
200m	Tash Gardner	Blackpool Wyre & Fylde AC	27.0s	2009
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
Long Jump	Eleanor Markendale	Pendle AC	4.78m	2002
High Jump	Reagan Dee	Manx Harriers	1.48m	2007
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	Evie Barclay	Horwich RMI	25.17m	2013
Hammer	Myah Booth	Blackburn Harriers & AC	22.93m	2016
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
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	Patrick Dever	Preston Harriers	3.57.0mins	2015
3000m	Karl Billington	Blackburn Harriers & AC	8.31.9mins	2010
110mH	Edward Coles	Preston Harriers	15.2s	2019
400mH	Michael Haslett	Manx Harriers	55.5s	2008
2000mS/C	Chris Hart	Blackburn Harriers & AC	5.59.4mins	2004
Long Jump	Harvey Noble	Preston Harriers	6.79m	2019
Triple Jump	James Davies	Blackpool Wyre & Fylde AC	14.18m	2011
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	Thomas Smith	Wigan Harriers	14.90m	2008
Discus	Anthony Kent	Blackburn Harriers & AC	41.87m	2019
Hammer	Edward Jeans	Preston Harriers	59.83m	2016

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	Patrick Dever	Preston Harriers	4.01.4mins	2013
3000m	Mathew Ramsden	Blackburn Harriers & AC	8.47.5mins	2019
100mH	Josh Hewitt	Manx Harriers	14.3s	2015
	Ross Liddle	Blackburn Harriers & #AC	14.3s	2015
	Taylor Jacob	Preston Harriers	14.3s	2019
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
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

UNER 15 BOYS

100m	Jayden Riley	Blackburn Harriers & AC	11.4s	2019
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	Nathan Bibby	Preston Harriers	4.14.6mins	2004
3000m	Ben Preddy	Preston Harriers	9.31.0mins	2016
80mH	Taylor Jacob	Preston Harriers	11.5s	2018
Long Jump	Joshua Hewitt	Manx Harriers	5.81m	2014
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	Luke Bowen-Price	Unattached	39.12m	2013
Hammer	Alex Bernsteinl	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	Bradley Yates	Sale Harriers	4.45.4mins	2010
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