

### **CHAMPIONSHIP BEST PERFORMANCES – WOMEN**

#### **Senior**

100m	11.70	L Fraser	Gtr Manchester	1991
200m	23.60	Janine Whitlock	Yorkshire	1999
400m	52.60	Jocelyn Hoyte-Smith	Yorkshire	1981
800m	2:05.80	Julie Asgill	Gtr Manchester	1981
1500m	4:18.01	Diane Heneghan	North East	1983
3000m	9:18.30	J Furniss	Yorkshire	1981
4x100m	46.70	Gtr Manchester		1991
100mHu	13.50	L Fraser	Gtr Manchester	1991
400mHu	58.80	J Finch	Lincolnshire	1980
5000mW	22:22.70	Betty Sworowski	Yorkshire	1989
HJ	1.85	G Evans	Humberside	1984
PV	3.80	Janine Whitlock	Yorkshire	1997
LJ	6.37	Fiona May	Derbyshire	1987
TJ	12.15	Michaela Gee	Yorkshire	2002
Shot	16.19	Yvonne Hanson-Nortey	Yorkshire	1987
Discus	51.18	A Sellars	Humberside	1990
Hammer	57.14	Shirley Webb	North East	2002
Javelin	58.10	D Royle	Gtr Manchester	1984

#### **U17**

100m	11.80	J Parry	Cheshire	1981
200m	24.40	J Parry	Cheshire	1981
300m	39.77	Jenny McCarthy	Cheshire	1998
800m	2:09.50	Diane Edwards	Gtr Manchester	1982
1500m	4:31.47	Laura Quine	Lincolnshire	2002
3000m	10:44.41	Vicky Snape	Lancashire	2002
4x100m	43.10	Yorkshire		1992
80mHu	11.40	R Rigby/Diane Allahgreen	GM/M'Side	87/90
300mHu	43.90	Alison Curbishley	North East	1991
3000mW	14:53.10	S Ashforth	Yorkshire	1985
HJ	1.75	C Phythian	Gtr Manchester	1989
PV	2.65	Jennifer Cuthbertson	Yorkshire	2000
LJ	6.30	Margaret Cheetham	Merseyside	1984
TJ	10.36	Alex MacKenzie	Yorkshire	2000
Shot	12.36	J Thornton/H Wilding	Yorks/M'Side	82/86
Discus	42.08	V Watson	Cheshire	1975
Hammer	40.45	Sarah Holt	Yorkshire	2002
Javelin	47.64	Shelley Holroyd	Gtr Manchester	1989

#### **U15**

100m	12.00	J Parry	Cheshire	1977
200m	25.00	J Parry/T Sharratt	Ches/Lincs	1977
800m	2:12.60	M Wilkinson	Gtr Manchester	1987
1500m	4:31.70	Jennifer Mockler	Merseyside	1997
4x100m	49.00	Gtr Manchester		1983
75mHu	11.33	Hannah Elwiss	Lancashire	1998
2500mW	12:22.00	S Ashforth	Yorkshire	1984
HJ	1.69	D McIlroy	Yorkshire	1992
LJ	5.89	Margaret Cheetham	Merseyside	1984
Shot	12.35	A Hall	North East	1980
Discus	35.50	D Williams	Gtr Manchester	1993
Javelin	42.82	Shelley Holroyd	Gtr Manchester	1987