

# Salford Metropolitan AC

## U11's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
<b>75m Girls</b>	Alysha Porter	10.7s	13 <sup>th</sup> August 2006	Wigan
<b>75m Boys</b>	Thomas Wiseman	10.7s	9 <sup>th</sup> August 2009	Wirral (Cheshire League)
	Ben Moseley		19 <sup>th</sup> September 2009	Wigan
<b>150m Girls</b>	Megan Lewis	23.5s	2 <sup>nd</sup> July 2017	Salford (Cheshire League)
<b>150m Boys</b>	Alex Nnadede	22.7s	2 <sup>nd</sup> July 2017	Salford (Cheshire League)
<b>600m Girls</b>	Megan Lowe	1:53.1 min	13 <sup>th</sup> July 2008	Deeside (Cheshire League)
<b>600m Boys</b>	Thomas Wiseman	1:46.0 min	21 <sup>st</sup> September 2008	Wigan
<b>Long Jump Girls</b>	Alysha Porter	3.78m	3 <sup>rd</sup> September 2006	East Cheshire (Cheshire League)
<b>Long Jump Boys</b>	Ben Moseley	4.30m	27 <sup>th</sup> June 2010	DASH
<b>Turbo Javelin Girls</b>	Emma Wright	16.95m	7 <sup>th</sup> September 2009	Salford
<b>Turbo Javelin Boys</b>	Harry Steed	26.95m	5 <sup>th</sup> September 2011	Stockport (Cheshire League)
<b>4 x 100m Girls</b>	Leah Niven Elizabeth Higgins Ashleigh Bamber Alysha Porter	62.5s	4 <sup>th</sup> September 2005	Salford (Cheshire League)
<b>4 x 100m Boys</b>	Harry Steed Luke McQueeney Alex Reid Ben Moseley	59.5s	11 <sup>th</sup> July 2010	Salford (Cheshire League)

## U13's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
<b>70m Hurdles Girls</b>	Megan Webber Thomas	11.6s	22 <sup>nd</sup> June 2019	YDL (Sportcity)
<b>75m Hurdles Boys</b>	Archie Cooper	12.8s	15 <sup>th</sup> July 2017	YDL (Litherland)
<b>75m Girls</b>	Millie Kelly	11.9	18 <sup>th</sup> May 2019	YDL (Trafford)
<b>100m Girls</b>	Alysha Porter	13.4s	10 <sup>th</sup> August 2008	Macclesfield (C L)
<b>100m Boys</b>	Ian Loy	13.2s	2002	
<b>150m Girls</b>	Alysha Porter	20.2s	15 <sup>th</sup> June 2008	Stretford
<b>200m Girls</b>	M Collyer	27.3s	1977	
<b>200m Boys</b>	Ian Loy	27.9s	2002	
<b>600m Girls</b>	Megan Lowe	1:44.16 min	29 <sup>th</sup> May 2010	Manchester
<b>600m Boys</b>	Sam Tattum	1:39.8 min	25 <sup>th</sup> May 2009	Stretford
<b>800m Girls</b>	Megan Lowe	2:29.1 min	19 <sup>th</sup> June 2009	Leigh (YAL)
<b>800m Boys</b>	Jonathan Yates	2:20.0 min	10 <sup>th</sup> May 2002	Stretford
<b>1200m Girls</b>	Hollie Barnes	3:55.2 min	16 <sup>th</sup> May 2010	Stockport (YAL)
<b>1500m Girls</b>	A Morrison	5:06.0 min	1986	
<b>1500m Boys</b>	Jonathan Yates	4:48.0 min	2002	
<b>Long Jump Girls</b>	M Parkinson	4.51m	1985	
<b>Long Jump Boys</b>	Nick Armstrong	4.56m	11 <sup>th</sup> June 2007	Salford (Cheshire League)
<b>High Jump Girls</b>	D Wayne	1.43m	1991	
<b>High Jump Boys</b>	Jacob Yakiah	1.38m	20 <sup>th</sup> June 2010	Oldham (YAL)
<b>Javelin Girls</b>	Shelly Holroyd	31.04m	1985	
<b>Javelin Boys</b>	Harry Steed	30.57m	8 <sup>th</sup> September 2013	Salford (Cheshire League)
<b>Shot Putt Girls</b>	Gemma Hallam	7.39m	12 <sup>th</sup> June 2005	Macclesfield (C L)
<b>Shot Putt Boys</b>	Mathew Bell	9.70m	20 <sup>th</sup> July 2003	Bradford (YAL)
<b>Discus Girls</b>	Kikka Scales	20.76m	31 <sup>st</sup> May 2005	Stretford
<b>Discus Boys</b>	Jack Sheldon	17.65m	2007	Stretford
<b>4 x 100m Girls</b>	Isobel Seed Liberty Haywood Megan Greenhalgh Holly Peltier	55.0s	20 <sup>th</sup> May 2012	Macclesfield (YAL)
<b>4 x 100m Boys</b>	Joseph Eyles Thomas Wiseman Mathew McQueeney James Axon	57.3s	26 <sup>th</sup> June 2011	Stockport (Cheshire League)

## U15's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
<b>60m Girls</b>	Alana Birch	8.54s	6 <sup>th</sup> March 2016	Sportcity
<b>60m Boys</b>	Myles Paul	7.92	09 <sup>th</sup> Feb 2019	Sportcity
<b>100m Girls</b>	Naomi Ogbeta	12.8s	29 <sup>th</sup> July 2012	M60 Trophy Trafford
<b>100m Boys</b>	Jordan Jones	11.8s	18 <sup>th</sup> July 2015	Sportcity (YDL)
<b>200m Girls</b>	N Bentley	26.6s	2001	
<b>200m Boys</b>	Alistair Roome	24.02s	July 2011	Gateshead (ESAA)
<b>60m Hurdles Girls</b>	Ella Salih	10.37s	17 <sup>th</sup> February 2019	Sportcity
<b>60m Hurdles Boys</b>	Archie Cooper	9.69s	18 <sup>th</sup> March 2018	Sportcity
<b>75m Hurdles Girls</b>	Emily Lucas Ella Salih	12.7s	16 <sup>th</sup> September 2007 18 <sup>th</sup> May 2019	Wakefield YDL (Trafford)
<b>80m Hurdles Boys</b>	Stephen Watt	12.2s	1993	GM Schools (Trafford)
<b>300m Girls</b>	Alana Birch	45.04s	20 <sup>th</sup> December 2015	Sportcity
<b>300m Boys</b>	Mustafa Mohamed	40.5s	29 <sup>th</sup> July 2012	M60 Trophy Trafford
<b>400m Boys</b>	Dougal McDermott	64.9s	25 <sup>th</sup> July 2015	Leigh
<b>600m Girls</b>	Jacqueline Fairchild	1:47.1 min	10 <sup>th</sup> March 2003	Blackpool
<b>600m Boys</b>	Sam Tattum	1:39.8 min	25 <sup>th</sup> May 2009	Trafford
<b>800m Girls</b>	M Dineen	2:17.6 min	1980	
<b>800m Boys</b>	Robert Edwards	2:09.9 min	5 <sup>th</sup> September 2004	Salford (Cheshire League)
<b>1500m Girls</b>	Francis Cooper	4:53.0 min	1980	
<b>1500m Boys</b>	Robert Edwards	4:27.9 min	12 <sup>th</sup> June 2004	GMSAA Champs
<b>3000m Girls</b>	Lucy Whittaker	12:48.5 min	14 <sup>th</sup> March 2010	Blackpool
<b>3000m Boys</b>	Robert Edwards	10:07.7 min	6 <sup>th</sup> June 2004	Oldham (YAL)
<b>Long Jump Girls</b>	N Howarth	5.00m	1989	
<b>Long Jump Boys</b>	Matthew McQueeney	5.54m	14 <sup>th</sup> July 2013	Bury (Cheshire League)
<b>High Jump Girls</b>	L Shaw	1.60m	1988	
<b>High Jump Boys</b>	Matthew McQueeney	1.68m	8 <sup>th</sup> September 2013	Salford (Cheshire League)
<b>Pole Vault Boys</b>	Ben Farrelly	2.20m		
<b>Javelin Girls</b>	Shelly Holroyd	35.35m	1986	
<b>Javelin Boys</b>	Matthew McQueeney	37.06m	13 <sup>th</sup> July 2013	Manchester (YDL)
<b>Shot Put Girls</b>	J Galligan	11.46m	1986	
<b>Shot Put Boys</b>	Matthew Bell	10.84m	4 <sup>th</sup> September 2005	Salford (Cheshire League)
<b>Discus Girls</b>	Freya Dooner	28.88m	8 <sup>th</sup> September 2013	Salford (Cheshire League)

<b>Discus Boys</b>	Nicholas Jolly	32.39m	26 <sup>th</sup> June 2005	Hyndburn (YAL)
<b>Hammer Girls</b>	Freya Dooner	26.68m	11 <sup>th</sup> May 2013	GMAA Champs Trafford
<b>Hammer Boys</b>	Luke Burgess	17.53m	20 <sup>th</sup> June 2008	Stockport (YAL)
<b>4 x 100m Girls</b>	L O'Brien, M Johnson L Shaw, L Rutter	52.5s	1987	
<b>4 x 100m Boys</b>	Mustafa Mohamed Ivan Encarnacao Omar Salih Abel Tsegay	51.7s	29 <sup>th</sup> July 2012	M60 Trophy Trafford

## **U17's - CLUB RECORDS - TRACK AND FIELD**

<b>Event</b>	<b>Name</b>	<b>Time/Distance</b>	<b>Date</b>	<b>Venue</b>
<b>60m Boys</b>	Jordan Jones	7.71s	6 <sup>th</sup> December 2015	Sportcity
<b>60m Girls</b>	Alana Birch	8.41s	14 <sup>th</sup> January 2018	Northern Champs (Sheffield)
<b>60m Hurdles Girls</b>	Alana Birch	9.78	13 <sup>th</sup> January 2018	Northern Champs (Sheffield)
<b>100m Girls</b>	A Holland	12.6s	1988	
<b>100m Boys</b>	Lewis Hickson	11.2s	8 <sup>th</sup> June 2013	Championships (GMSAA)
<b>100m Hurdles Boys</b>	Daniel Hughes	15.0s	2000	
<b>80m Hurdles Girls</b>	Alana Birch	12.7s	29 <sup>th</sup> April 2018	Upper YDL (Bury)
<b>200m Girls</b>	Naomi Ogbeta	25.7s	8 <sup>th</sup> June 2013	Championships (GMSAA)
<b>200m Boys</b>	Alistair Roome	23.5s	8 <sup>th</sup> June 2013	Championships (GMSAA)
	Jordan Jones		6 <sup>th</sup> August 2016	Crewe (NOEAA)
	Scott Dunbar		9 <sup>th</sup> August 2009	Wirral (Cheshire League)
<b>300m Girls</b>	Hannah Mullen	42.6s	26 <sup>th</sup> June 2005	Hyndburn (YAL)
<b>300m Boys</b>	Dougal McDermott	42.43	3 <sup>rd</sup> December 2018	Northern Open Sheffield
<b>300m Hurdles Girls</b>	Zoe Leighton	51.3s	3 <sup>rd</sup> June 2007	Salford (YAL)
<b>400m Girls</b>	Isobel Seed	65.7s	8 <sup>th</sup> August 2015	Trafford (NOEAA)
<b>400m Boys</b>	Gary Smith	52.0	1982	Mason Trophy meeting
<b>400m Hurdles Girls</b>	Isobel Seed	80.1s	6 <sup>th</sup> June 2015	Crewe (NOEAA)
<b>400m Hurdles Boys</b>	Barry Thomas	59.0s	1991	
<b>600m Girls</b>	Patricia Lewis	1:48.3 min	8 <sup>th</sup> September 2008	Salford
<b>600m Boys</b>	Scott Dunbar	1:29.9 min	8 <sup>th</sup> September 2008	Salford
<b>800m Girls</b>	D Cooper	2:17.8 min	1976	Championships (GMSAA)
<b>800m Boys</b>	Robert Edwards	2:00.1 min	30 <sup>th</sup> July 2006	Bury (Cheshire League)

<b>1500m Girls</b>	Francis Cooper	4:53.0 min	1980	
<b>1500m Boys</b>	Robert Edwards	4:19.9 min	18 <sup>th</sup> June 2006	Salford (Cheshire League)
<b>1500m SC Boys</b>	Nathan Cooper	5:31.8 min	19 <sup>th</sup> July 2009	Leigh (YAL)
<b>3000m Girls</b>	Leanne Sheehy	11:10.5 min	2 <sup>nd</sup> September 2007	Salford (Cheshire League)
<b>3000m Boys</b>	Robert Edwards	9:48.9 min	8 <sup>th</sup> May 2005	Burnley (YAL)
<b>Pentathlon Girls</b>	Alana Birch	2768 points	10 <sup>th</sup> March 2018	Sheffield
<b>Heptathlon Girls</b>	Alana Birch	3513 points	13 <sup>th</sup> August 2017	Cudworth
<b>4 x 100m Girls</b>	M Johnson, L Shaw L Rutter, A Holland	51.5s	1989	
<b>4 x 100m Relay Boys</b>	Simon Dooner Tom Lawson Kev Billingham Gary smith	48.8s	1981	Stockport
<b>4 x 300m Relay Girls</b>	Rachel Carney Lucy Mathews Leah Niven Rebecca Foster	3:31.1 min	8 <sup>th</sup> May 2011	Clayton-le-Moors (YAL)
<b>4 x 400m Relay Boys</b>	R Edwards, M Carney M Hulme, A Shepley	4:05.1 min	26 <sup>th</sup> June 2008	Hyndburn YAL
<b>Long Jump Girls</b>	C Sutton	5.33m	1990	
<b>Long Jump Boys</b>	Daniel Hughes	6.27m	2000	
<b>Triple Jump Girls</b>	Isobel Seed	10.09m	6 <sup>th</sup> August 2016	Crewe (NOEAA)
<b>Triple Jump Boys</b>	Thomas Gerrard	12.83m	28 <sup>th</sup> April 2013	Stockport (YDL Upper)
<b>High Jump Girls</b>	L Shaw	1.69m	1989	
<b>High Jump Boys</b>	Matthew McQueeney	1.75m	6 <sup>th</sup> July 2014	Salford (Cheshire League)
<b>Pole Vault Girls</b>	Emilie Cooper	1.75m	3 <sup>rd</sup> July 2011	Wrexham NOEAA
<b>Pole Vault Boys</b>	Mark Crowther	3.00m	1986	
<b>Javelin Girls</b>	S Holroyd	35.35m	1986	
<b>Javelin Boys</b>	Matthew McQueeney	44.34m	6 <sup>th</sup> July 2014	Salford (Cheshire League)
<b>Shot Put Girls</b>	Alana Birch	10.59m	14 <sup>th</sup> January 2018	Northern Champs (Sheffield)
<b>Shot Put Boys</b>	Harry Benn	10.28m	26 <sup>th</sup> June 2011	Stockport (Cheshire League)
<b>Discus Girls</b>	J Galligan	27.40m	1986	
<b>Discus Boys</b>	Nathan Cooper	22.49m	7 <sup>th</sup> June 2009	Championships (GMAA)
<b>Hammer Boys</b>	Nathan Cooper	21.28m	15 <sup>th</sup> August 2010	Warrington

## U20's - CLUB RECORDS - TRACK AND FIELD

Event	Name	Time/Distance	Date	Venue
<b>60m Women</b>	Emma Wright	8.93s	20 <sup>th</sup> December	Sportcity
<b>60m Hurdles Women</b>	Alana Birch	11.15s	9 <sup>th</sup> December 2019	Sportcity
<b>100m Women</b>	A Holland	12.6s	1988	
<b>100m Men</b>	Lewis Hickson Tom Lawson	11.4s	19 <sup>th</sup> April 2015 1991	Warrington (UYDL) Blackpool (Northern)
<b>100m Hurdles Women</b>	Emily Lucas	19.6s	6 <sup>th</sup> June 2009	Halifax (NOEAA)
<b>110m Hurdles Men</b>	Daniel Hughes	15.0s	2000	
<b>200m Women</b>	A Holland	25.9s	1989	
<b>200m Men</b>	A Sheeran	22.8	1983	Lancs Champs.
<b>400m Women</b>	Mia Shana	65.8s	7 <sup>th</sup> May 2016	Salford (NOEAA)
<b>400m Men</b>	Lewis Hickson	52.0s	3 <sup>rd</sup> May 2015	Deeside (NOEAA)
<b>400m Hurdles Women</b>	Zoe Leighton	72.9s	2007	
<b>400m Hurdles Men</b>	Barry Thomas	59.0s	1991	
<b>600m Men</b>	Dougal McDermott	1.31.54	3 <sup>rd</sup> June 2018	Sportcity
<b>800m Women</b>	M Dinneen	2:17.6 min	1980	
<b>800m Men</b>	Robert Edwards	1:58.1 min	2008	
<b>1500m Women</b>	D Cooper	4:50.0 min	1981	
<b>1500m Men</b>	Robert Edwards	4:10.6 min	2 <sup>nd</sup> May 2009	Stockport (NOEAA)
<b>3000m Women</b>	Leanne Sheehy	10:54.1 min	2008	
<b>3000m Men</b>	Robert Edwards	9:15.0 min	19 <sup>th</sup> April 2009	Deeside (Cheshire League)
<b>3000m S/Chase Men</b>	Usmaan Dar	14:03.3 min	3 <sup>rd</sup> July 2016	Salford (NOEAA)
<b>Long Jump Women</b>	C Sutton	5.62m	1991	
<b>Long Jump Men</b>	Daniel Hughes	6.27m	2000	
<b>Triple Jump Women</b>	Isobel Seed	10.44m	16 <sup>th</sup> June 2019	Ashton U Lyle (NOEAA)
<b>Triple Jump Men</b>	Thomas Gerrard	12.45m	14 <sup>th</sup> July 2013	Bury (Cheshire League)
<b>High Jump Women</b>	L Shaw	1.69m	1989	
<b>High Jump Men</b>	Daniel Hughes	1.70m	2000	
<b>Pole Vault Women</b>	Emilie Cooper	1.80m	26 <sup>th</sup> May 2012	Stockport (NOEAA)
<b>Pole Vault Men</b>	Mark Crowther	3.00m	1986	
<b>Javelin Women</b>	Patricia Lewis	17.48m	6 <sup>th</sup> February 2011	Lee Valley
<b>Javelin Men</b>	Ellis Cooper	43.17m	3 <sup>rd</sup> August 2013	Salford (NOEAA)
<b>Shot Put Women</b>	Joanne Mortimer	11.27m	2008	(Cheshire League)
<b>Shot Put Men</b>	Lewis Hickson	7.03m	7 <sup>th</sup> September 2014	Connahs Quay (CL)

<b>Discus Women</b>	J Galligan	27.40m	1986	
<b>Discus Men</b>	Nathan Cooper	19.77m	23 <sup>rd</sup> May 2010	NJAL Leigh
<b>Hammer Women</b>	Sarah Cooper	23.05m	15 <sup>th</sup> August 2010	Warrington
<b>Hammer Men</b>	Nathan Cooper	13.20m	2 <sup>nd</sup> May 2009	Stockport NOEAA
<b>4 x 100m Relay Women</b>	L O'Brien, K Thornley L Shaw, A Holland	51.5s	1988	
	M Johnson, L Shaw L Rutter, A Holland		1989	
<b>4 x 100m Relay Men</b>	M Bell, R Edwards M Hulme, M Carney	50.3s	18 <sup>th</sup> June 06	Salford (Cheshire League)
<b>3 x 800m Relay Women</b>	S Darlington J Neill, T Jones	7:59.7 min	1981	
<b>4 x 400m Relay Men</b>	R Edwards, M Bell S Dunbar, L Kenny	3:48.1 min	2 <sup>nd</sup> May 2009	Stockport NOEAA

## **SENIORS - CLUB RECORDS - TRACK AND FIELD**

<b>Event</b>	<b>Name</b>	<b>Time/Distance</b>	<b>Date</b>	<b>Venue</b>
<b>60m Women</b>	Chidinma Agwu	8.19s	2 <sup>nd</sup> December 2018	Sportcity
<b>60m Men</b>	Stephen Lightfoot	7.66s	9 <sup>th</sup> March 2013	Lee Valley (British Masters)
<b>100m Women</b>	A Holland	12.6s	1988	
<b>100m Men</b>	Lewis Hickson	11.4s	19 <sup>th</sup> April 2015	Warrington (UYDL)
<b>100m Hurdles Women</b>	Chidinma Agwu	17.5s	3 <sup>rd</sup> July 2016	Salford (NOEAA)
<b>110m Hurdles Men</b>	Oliver Brereton	18.7s	6 <sup>th</sup> May 2017	Whitehaven (NOEAA)
<b>200m Women</b>	Hannah Mullen	25.9s	17 <sup>th</sup> July 2005	Wigan (YAL)
	A Holland		1989	
<b>200m Men</b>	Lewis Hickson	23.0s	14 <sup>th</sup> June 2014	GM Schools Champs Trafford
<b>300m Women</b>	Olivia McDermott	44.40	2015	Sportcity
<b>400m Women</b>	Olivia McDermott	59.83s	11 <sup>th</sup> June 2016	Sportcity (Northern Champs)
<b>400m Men</b>	Lewis Hickson	52.0s	3 <sup>rd</sup> May 2015	Deeside (NOEAA)
<b>400m Hurdles Women</b>	Zoe Leighton	72.9s	2007	
<b>400m Hurdles Men</b>	Barry Thomas	59.0s	1991	
<b>600m Women</b>	Olivia McDermott	1:40.04s	2015	Sportcity
<b>600m Men</b>	Dougal McDermott	1.31.54	3 <sup>rd</sup> June 2018	Sportcity
<b>800m Women</b>	M Dinneen	2:17.6 min	1980	
<b>800m Men</b>	Robert Edwards	1:58.1 min	2008	

<b>1500m Women</b>	D Cooper	4:50.0 min	1981	
<b>1500m Men</b>	Robert Edwards	4:10.6 min	2 <sup>nd</sup> May 2009	Stockport (NOEAA)
<b>3000m SC Men</b>	Kevin Waterhouse	11:53.4 min	16 <sup>th</sup> June 2019	Ashton U Lyle (NOEAA)
<b>3000m Women</b>	Leanne Sheehy	10:54.1 min	2008	
<b>3000m Men</b>	Robert Edwards	9:15.0 min	19 <sup>th</sup> April 2009	Deeside (Cheshire League)
<b>5000m Men</b>	Kevin Waterhouse	17:29.9 min	19 <sup>th</sup> May 2019	Trafford (NOEAA)
<b>4 x 100m Relay Women</b>	M Johnson, L Shaw L Rutter, A Holland	51.5s	1989	
<b>4 x 300m Women</b>	R Parry, O McDermott C Glewis, P Lewis	3:23.3 min	2009	
<b>4 x 100m Relay Men</b>	M Hulme, S Lightfoot A O'Connell, L Hickson	46.0s	6 <sup>th</sup> Sept 2015	Salford (Cheshire League)
<b>4 x 400m Relay Men</b>	T Gerrard, L Hickson S Lightfoot, A O'Connell	3:43.9 min	7 <sup>th</sup> July 2013	Salford (NOEAA)
<b>4 x 400m Women</b>	S Darlington, D Cooper L Broomhead, J Neil	4:09.0 min	1984	
<b>Long Jump Women</b>	C Sutton	5.62m	1991	
<b>Long Jump Men</b>	Daniel Hughes	6.27m	2000	
<b>Triple Jump Women</b>	Isobel Seed	10.44m	16 <sup>th</sup> June 2019	Ashton U Lyne (NOEAA)
<b>Triple Jump Men</b>	Matthew Hulme	12.25m	14 <sup>th</sup> August 2011	Wrexham
<b>High Jump Women</b>	L Shaw	1.69m	1989	
<b>High Jump Men</b>	Daniel Hughes	1.70m	2000	
<b>Pole Vault Women</b>	Chidinma Agwu	2.20m	3 <sup>rd</sup> July 2016	Salford (NOEAA)
<b>Pole Vault Men</b>	Mark Crowther	3.00m	1986	
<b>Javelin Women</b>	Shelly Holroyd	35.35m		
<b>Javelin Men</b>	Matthew Hulme	46.28m	5 <sup>th</sup> May 2018	Connah's Quay (NOEAA)
<b>Shot Put Women</b>	Joanne Mortimer	11.27m	2008	(Cheshire League)
<b>Shot Put Men</b>	John Isherwood	11.06m	6 <sup>th</sup> June 2018	Sportcity Joe Moran Mem Vets
<b>Discus Women</b>	J Galligan	27.40m	1986	
<b>Discus Men</b>	John Isherwood	29.53m	3 <sup>rd</sup> June 2018	Sportcity (NOEAA)
<b>Hammer Women</b>	Sarah Cooper	23.05m	15 <sup>th</sup> August 2010	Warrington
<b>Hammer Men</b>	Derek Martin	30.87m	9 <sup>th</sup> August 2014	Wrexham (NOEAA)