

## WESTERN ATHLETIC CLUB RECORDS



## UNDER 9 BOYS

Event	Year	Venue	Name	Time	Distance	IOM Record
75m H						
50m	2013	Sale	Michael Webber	8.50		
60m	1986	Sale	Steven Wilcox	10.7		
75m	2008	Island Champs	Tim Stevenson	12.0		
	2013	Island Champs	Michael Webber	12.0		
100m	1990		Gary Hunter	14.6		Island Record
200m	1990		Gary Hunter	30.9		Island Record
300m	1981	Sale	Peter Kennaugh	54.5		
400m	1981		Peter Kennaugh	80.3		
600m	1986	Sale	Peter Richards	1.59.0		
800m	1987		Chris Cain	2.44.7		Island Record
1500m	1987		Chris Cain	5.36.0		
4 x 100 relay	1984	Sale		69.2		
High Jump	1987		Andy Morrison		1.10	
			Ben Perriam		1.10	
Long Jump	1985		David Crellin		3.72	
	1993		Sam Brennan		3.72	
Standing LJ	2013	IOMAA Open Match	Michael Webber		1.61	
Ball Throw	1997		Brian Aram		36.20	Island Record

## UNDER 11 BOYS

Event	Year	Venue	Name	Time	Distance	IOM Record
70m H	1984		Gary Bull	16.2		
75m H						
80m H						
75m	1992		Gary Hunter	10.3		Island Record
100m	1992		Gary Hunter	14.5		
	2015	IOMAA Open NSC	Michael Webber	14.5		
	2014		Finn O'Donoghue	14.5		
135m	2008	Wavertree	Will Morris	22.0		
150m	2014	Southport	Michael Webber	22.9		Island Record
200m	1992		Gary Hunter	29.3		Island Record
300m	2007		Will Morris	1.14.6		
400m	2015	Q E II	Michael Webber	01:10.8		
600m	2016	IOM Champs NSC	Gethin Owen	01:55.1		
800m	1992		Gary Hunter	2.32.6		Island Record
1000m	2008	Wavertree	Will Morris	3.31		
1500m	2010	IOM Champs NSC	Phintso Sherpa-Parr	5.10.8		
3000m	1984		David Brew	11.19.3		
4 x 100 relay	1984	Photostatic meeting - Sale		1.04.2		
High Jump	1994		Martin Aram		1.33	Island Record
Long Jump	1992		Gary Hunter		4.52	Island Record
Triple Jump			Peter Kennaugh		8.97	
Ball Throw	2007	MYG - NSC	Adam Johnson		40.43	

# WESTERN ATHLETIC CLUB RECORDS



## UNDER 13 BOYS

Event	Year	Venue	Name	Time	Distance	IOM Record
70m H	1994		Gary Hunter	13.0		Island Record
75m H			Sean Kelly	13.1		
80m H	1996		Martin Aram	15.2		
75m	2008	Wavertree	Jak Morris	11.9		
100m	1994		Gary Hunter	13.0		
135m	2008	Wavertree	Jack Martin	21.2		
150m	2008	Wavertree	Jak Morris	32.3		
200m	1994		Gary Hunter	27.2		
300m	2007		Shaun Moore	74.0		
400m	1994		Gary Hunter	61.4		
600m	2008	Wavertree	Adam Johnson	2.2		
800m	1994		Gary Hunter	2.21.8		
1000m	2009	Q E II	Will Morris	3.22		
1500m	1994		Gary Hunter	4.54.0		
3000m	1984		Daniel Hall	10.10.2		
1 K walk	1996		Martin Aram	6.11.7		
3 K walk	1996	NSC - Douglas	Neil Bates	21.56.0		
4x100 Relay	1983	WAC v NAC -	Ramsey	58.3		
High Jump	1996		Martin Aram		1.52	Island Record
Long Jump	1994		Gary Hunter		5.03	Island Record
Triple Jump	1982		Darren Robinson		10.44	Island Record
Javelin	1995		Jeff Bennett		40.38	Island Record
Discus	1995		Jeff Bennett		30.72	
Shot Putt	1995		Martin Aram		11.04	Island Record
Hammer	2017	IOM Champs NSC	Michael Webber		26.23	Island Record
Pentathlon	1996		Martin Aram	1527 points		

# WESTERN ATHLETIC CLUB RECORDS



## UNDER 15 BOYS

Event	Year	Venue	Name	Time	Distance	IOM
						<b>Record</b>
80m H	1987		Stuart Perry	12.0		<b>Island Record</b>
100m H						
100m			Paul Cubbon	11.4		
100m	2016	IOM Champs NSC	Elliott Callow	11.4		
200m	1996	Stoke	Gary Hunter	23.46		<b>Island Record</b>
300m	2015	NSC IoM Champs	Harrison Kirk	41.1		
400m	1996	Bebbington	Gary Hunter	52.5		<b>Island Record</b>
800m	1996	NSC - Douglas	Gary Hunter	2.04.7		<b>Island Record</b>
1000m	2015	QE11	Rhys Owen	3.14.8		
1500m	2015	Lancs, Blackpool	Rhys Owen	4.35.4		
3000m	2017	NSC IoM Champs	leuan Owen	10:06.0		
5Km Road	2017	5Km Prom Run	leuan Owen	19:12.0		
4 x 100 relay	1996		G Hunter/D Hall			
			M England/J Bennett	49.9		<b>Island Record</b>
4x300 relay	2014	NSC Relay Night	Brynley Mayhew/ George Skidmore			
			Alex Bell/ Tom McMahon	3.38.1		
Long Jump	1996	Bebbington	Gary Hunter		5.76	
Triple Jump	1986		Craig Callow		11.73	
High Jump	1998		Martin Aram		1.85	<b>Island Record</b>
Javelin	1997		Jeff Bennett		48.98	<b>Island Record</b>
Discus	1985		Simon Slaytor		42.98	<b>Island Record</b>
Shot Putt	1998		Martin Aram		14.56	<b>Island Record</b>
Hammer	1996		Jeff Bennett		29.48	
Pole Vault	1992		Wesley Kirk		2.63	
Pentathlon	1996		Gary Hunter	2760 points		<b>Island Record</b>
Decathlon	1987		Stuart Perry	3669 points		
			<b>INDOOR</b>			
200m	2008	Sportscity	Joe Crookall	27.2		
600m	2008	Sportscity	Charley Taylor	1.52.6		
800m	2011	EIS Sheffield	Will Morris	2.24.38		<b>Island Record</b>
Long Jump	2008	Sportscity	Joe Crookall		4.36	
Shot Putt	2008	Sportscity	Joe Crookall		9.20	

# WESTERN ATHLETIC CLUB RECORDS



## UNDER 17 BOYS

						IOM
100m H	1998		Gary Hunter	15.0		Record
110m H	1991		Barry Arnold	16.5		Island Record
400m H	1986		Chris Caley	58.7		
100m	2012	IOMAA Open NSC	Jack Lemaire	11.2		
	2012	Blackpool Lanc Champs	Jack Lemaire	11.1	w2.2	
200m	1998		Gary Hunter	22.5		
400m	1998		Gary Hunter	50.2		
800m	2017	Bebington NL	Rhys Owen	01:57.4		
1500m	2017	Island Games Gotland	Rhys Owen	04:02.85		
1 mile	2016	Litherland Open	Rhys Owen	4.57.6		
3000m	2012	Bebington Merseyside Schs	Jason Moore	9.30		
5KM	2012	IOM Easter Festival	Jason Moore	17.30		Island Record
10KM	2012	Ramsey	Jason Moore	35.16		Island Record
6 Mile	2012	Foxdale 6	Jason Moore	35.11		
1500m s/c	1995		Stephen Dillon	5.43.2		
3000m s/c	1990	Cleckheaton	Peter Callin	11.02.0		Island Record
4 x 100m relay	1983	WAC v NAC -				
		Ramsey		54.3		
4 x 200m relay	1992		M McCarthy/G Kerruish			
			J Middleton/D Sheen	4.03.06		
4 x 400m relay						
Long Jump	1998		Gary Hunter		6.61	Island Record
Triple Jump	1986		Gordon Bowes		13.85	Island Record
High Jump	1999		Martin Aram		2.10	Island Record
Javelin	1999		Martin Aram		45.18	Island Record
Discus	2000		Martin Aram		42.80	Island Record
Shot Putt	2000		Martin Aram		14.87	Island Record
Hammer	1994		Adam Kelly		38.64	
Pole Vault	1995		Wesley Kirk		3.30	Island Record

## INDOOR

60m	2012	EIS Sheffield	Jack Lemaire	7.45		Island Record
150m	2010	EIS Sheffield	Jack Lemaire	18.44		Island Record
200m	2011	EIS Sheffield	Jack Lemaire	24.84		Island Record
300m	2016	Sportcity, Manchester	Rhys Owen	40.39	tbc	Island Record
600m	2016	Sportcity, Manchester	Rhys Owen	1.28:88	tbc	Island Record
1500m	2017	EIS Sheffield	Rhys Owen	04:07.99		
High Jump	1999		Martin Aram		1.93	
Long Jump	2016	Sportcity, Manchester	Harrison Kirk		5.14	
Pole Vault	2016	Sportcity, Manchester	Brynley Mayhew		2.00	

# WESTERN ATHLETIC CLUB RECORDS



## JUNIOR MEN - Under 20

Event	Year	Venue	Name	Time	Distance	IOM Record
110m H	1989		Richard Hulme	16.4		Island Record
400m H	1989		Mike Nicholson	1.02.2		
100m	2013	NSC Douglas	Jack Lemaire	10.8w		
		NOEAA Champs	Jack Lemaire	11.01		
200m	2013	NSC NL	Jack Lemaire	22.4		
400m	1999		Gary Hunter	50.93		
800m	2013	Litherland NL	Shaun Moore	2.03.3		
1000m	2008	Northern League	Sam Brand	3.08		
1500m	2013	NSC IOM Champs	Shaun Moore	4.16.9		
1 mile	1998		Richard Callow	5.18.0		
3000m	1986		Daniel Hall	9.41.1		
5000m	2013	Easter Festival Dgls	Jason Moore	17.22		
3000m s/c		Clackheaton	Grant Corkill	10.31.3		
10k	2013	Easter Festival PE	Jason Moore	35.32		
4 x 100m relay	2017	NSC Northern Open	Rhys Owen, George Skidmore Kian Broadhead, Harrison Kirk	47.5		
10 mile	1984	Western '10'	Mike Brew	1.02.39		
Long Jump	1989		Richard Hulme		6.92	
Triple Jump	1985		Gordon Bowes		13.85	Island Record
High Jump	1989		Ross Perriam		1.85	
Javelin	1989		Richard Hulme		45.42	
Discus	2010	Q E II	Lee Corlett		38.46	
Shot Putt	2011	Manx Harriers League	Lee Corlett		12.57	
Hammer	2016	IOM Champs NSC	Sam Corlett		23.76	
Pole Vault	1998		Andrew Heggs		3.00	

## INDOOR

Shot Putt	2011	EIS Sheffield	Lee Corlett		12.55	Island Record
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# WESTERN ATHLETIC CLUB RECORDS



## SENIOR MEN

Event	Year	Venue	Name	Time	Distance	IOM Record
100m H	1992		Kevin Furlong	16.5		
400m H	1989		Mike Nicholson	1.02.2		
100m	1992		Gordon Crowe	10.6		
200m	1994		Alistair Audsley	21.9		
400m	1990		Gordon Crowe	51.6		
800m	1994		Steve Jacobs	1.59.6		
1500m	1988		Robbie Lambie	4.15.2		
3000m	1989		Alan Gage	9.14.4		
10,000m	1989		Alan Gage	33.59.0		
3000m s/c	1984		Alan Gage	10.23.4		
4 x 100m relay	1989	T & F Champs		47.6		
4 x 200m relay	1991		R Hulme/G Crowe			Island Record
			A Audsley/B Arnold	1.34.2		
4 x 400m relay				3.49.9		
10 mile	1988		Alan Gage	54.2		
Long Jump	1989		Richard Hulme		6.83	
Triple Jump	1986		Gordon Bowes		13.85	
High Jump	1992		Barry Arnold		1.96	
Javelin	1992		Rob Young		46.94	
Discus	1992		Glen Townsend		44.10	Island Record
Shot Putt	1995		Glen Townsend	12.90mtr		Island Record
Pole Vault	1989		Chris Bridson	2.70 mtr		
Hammer	1995		Glen Townsend		45.34	Island Record

# WESTERN ATHLETIC CLUB RECORDS



## VETERAN MEN - OVER 35

Event	Year	Venue	Name	Time	Distance	IOM Record
400mH	2013	Salford NL	Peter Callin	72.0		
1000m	2009	QEII	Barry Moore	3.29		
5000m	2013	Salford NL	Peter Callin	19:38.4		
4-mile	2007	Dave Phillips	Ben Scott	22.5		
6-mile	2007	A-M Cutillo '6'	Ben Scott	35.57		
10K	2013	Manx Open 10k	Peter Callin	41.39		
10-mile	2008	Northern '10'	Ben Scott	58.45		
20-mile	2008	IoM '20'	Ben Scott	2.10.41		
10 K	2008	HSBC Open 10K	Ben Scott	35.21		
Half Marathon	2007	Syd Quirk 1/2	Ben Scott	80.17		
Marathon	2008	Gloucester	Ben Scott	2.53.34		
HJ	2013	Salford NL	Peter Callin		1.50	
Javelin	2007	QEII	Rob Parslow		26.26	
Discus	2007	QEII	Tony Gale		31.74	
Shot Putt	2007	QEII	Tony Gale	9.35 mtr		

# WESTERN ATHLETIC CLUB RECORDS



## VETERAN MEN - OVER 40

Event	Year	Venue	Name	Time	Distance	IOM Record
110m H	1987		Gerry Arnold	22.4		
400m H	1987		Gerry Arnold	1.09.6		
100m	1995		Martin Bullock	12.0		
200m	1995		Martin Bullock	24.3		
400m	1995		Martin Bullock	55.1		
800m	1995		Robbie Lambie	2.08.0		
1500m	1996		Robbie Lambie	4.20.2		
1 mile	1994		Robbie Lambie	4.48.5		
3000m	1995		Robbie Lambie	9.51.0		
5000m	1995		Robbie Lambie	17.30.4		
10,000m	2013	Manx Open 10K	Ben Scott	35.56		
3000m s/c	1996		George Gilman	11.09.4		
10 Mile	2016	Western 10	Peter Callin	72.27		
Half Marathon	2016	Syd Quirk	Martin Kneen	80.54		
Marathon	2013	Milton Keynes	Ben Scott	3.11.52		
24 hrs	2009	Keswick Cumbria	Ben Scott		216.32K	
Long Jump	2016	IOMAA Open NSC	Peter Callin		5.04	
Triple Jump	2011	Wrexham NL	Richard Done		9.87	
High Jump	2011	Wrexham NL	Richard Done		1.50	
Javelin	1995		Peter Kelly		34.20	
Discus (2Kg)	2010		Rob Parslow		29.96	
Shot Putt	2008		Rob Parslow		9.20	
Hammer	1996		Peter Kelly		20.47	

# WESTERN ATHLETIC CLUB RECORDS



## VETERAN MEN - OVER 45

Event	Year	Venue	Name	Time	Distance	IOM Record
400m H	1998		John Marchment	58.2		
100m	1999		John Marchment	12.04		
200m	1998		John Marchment	25.3		
400m	1999		John Marchment	56.3		
800m	1998		Robbie Lambie	2.12.0		Island Record
1500m	1999		Robbie Lambie	4.35.0		
1 mile	1999		Robbie Lambie	4.59.8		Island Record
3000m						
5000m	2016	Prom Run Douglas	Geoff Rice	18.42		
10 Km	2016	Easter Festival Port Erin	Geoff Rice	39.17		
3000m s/c	1999		Roger Moughtin	13.04.3		
10 mile	2013	Northern 10	Richard Shipway	64.19		
1/2 Marathon	2013	Syd Quirk	Richard Shipway	93.31		
Marathon	2016	IOM Marathon	Geoff Rice	3:16:40		
Long Jump	1995		Gerry Arnold		3.94	
Triple Jump	1992		Gerry Arnold		9.19	
High Jump						
Javelin	1997		Geoff Hall		34.14	
Discus	1997		Geoff Hall		27.22	
Shot Putt	1997		Geoff Hall		11.08mtr	Island Record
Hammer	1996		Geoff Hall		27.70	Island Record

# WESTERN ATHLETIC CLUB RECORDS



## VETERAN MEN - OVER 50

Event	Year	Venue	Name	Time	Distance	IOM Record
100m	2003		Geoff Hall	16.2		
400m	1996		Geoff Brew	1.07.4		
3000m						
5000m						
10000m	2016	Manx Harriers 10K	Michael Crook	47.22		
1/2 Marathon	2016	Syd Quirk Castletown	Michael Crook	01:45:30		
Javelin	2002		Geoff Hall		27.83	
Discus	2002		Geoff Hall		26.86	Island Record
Shot Putt	2002		Geoff Hall		10.99	Island Record
Hammer	2000		Geoff Hall		26.75	Island Record

## VETERAN MEN - OVER 55

Event	Year	Venue	Name	Time	Distance	IOM Record
800m	2011	NSC	Robbie Lambie	02:25.9		
1500m	2012	NSC	Robbie Lambie	05:20.4		
10K Walk	2011	NSC	Robbie Lambie	56:21		
Javelin		QEII	Geoff Hall		25.23	
Discus		QEII	Geoff Hall		22.19	
Shot		QEII	Geoff Hall		9.45	

## VETERAN MEN - OVER 60

Event	Year	Venue	Name	Time	Distance	IOM Record
10K Walk	2015		Robbie Lambie	62.42		
5K	2016	Prom Run Douglas	Robbie Lambie	21.35		
10K	2013	Bushy South Run	Geoff Hall	58.22		
10 Mile	2013	WAC 10	Geoff Hall	1.10.23		
1/2 Marathon	2013	ION Marathon	Geoff Hall	2.22.51		
100m	2015	QE11	Robbie Lambie	15.8		
200m	2015	QE11	Robbie Lambie	32.2		
400m	2015	NSC, Douglas	Robbie Lambie	72.7		
1500m	2015	NSC, Douglas	Robbie Lambie	5.47.6		
Javelin	2012	QEII	Geoff Hall		28.08	Island Record
Discus	2014	QEII	Geoff Hall		29.43	
Shot	2011	QEII	Geoff Hall	5K	10.69	Island Record
Shot	2014	QEII	Geoff Hall	7.26K	9.94	Island Record
Hammer	2011	Wrexham NL	Geoff Hall		26.73	Island Record

## VETERAN MEN - OVER 65

Event	Year	Venue	Name	Time	Distance	IOM Record
Discus	2016	Peel	Geoff Hall		18.85	
Hammer	2016	Stretford NL	Geoff Hall	7.26Kg	18.85	Island Record
Hammer	2016	IOMAA Open NSC	Geoff Hall	6.00Kg	22.45	Island Record
10 Miles	2017	Northern 10	Geoff Hall	01:46:35		
10 KM	2017	Great Manchester Run	Geoff Hall	63.40		



# WESTERN ATHLETIC CLUB RECORDS



Sep-17

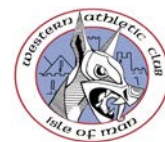
## UNDER 9 GIRLS

Event	Year	Venue	Name	Time	Distance	IOM Record
75m H	1981		Cheryl Done	16.1		
50m	2007	Sale	Aimee Cringle	8.47		
60m	1984	Sale	Sally Arnold	10.8		
75m	1992		Kim Brown	11.7		Island Record
100m	1980		Cheryl Done	14.8		Island Record
200m	1980		Cheryl Done	32.3		Island Record
300m	2010	QE11 Summer League	Aalin Cain	57.8		
600m	2017	Litherland	M'Kyla Quinn	02:09.1		
800m	1980		Cheryl Done	2.59.9		Island Record
1500m	1980		Cheryl Done	6.01.5		
4 x 100 relay	1994			66.5		Island Record
High Jump	1981		Vanessa Roberts		1.07	Island Record
Long Jump	1980		Cheryl Done		3.98	Island Record
Ball Throw	2017	QE11 Summer League	Kelly Donockley		19.00	

## UNDER 11 GIRLS

Event	Year	Venue	Name	Time	Distance	IOM Record
70m H	1984		Sally Frost	15.8		
75m H	1981		Cheryl Done	16.1		
80m H						
75m	2012	IOM Champs NSC	Abby Williams	11.3		Island Record
100m	1981	Sale	Cheryl Done	14.1		Island Record
135m	2008	Wavertree	Aimee Cringle	22.5		
150m	2015	Litherland	Grace Roberts	23.5		Island Record
200m	1981	Sale	Cheryl Done	29.9		Island Record
300m	2012		Abby Williams	50.8		Island Record
400m						
600m	1996		Hazel Wright	1.59.3		
800m	1996		Hazel Wright	2.41.4		Island Record
1000m	2009	QEII	Aimee Cringle	4.04		
1200m	2015	IOM Champs NSC	Sienna Dunne	5.11.1		
1500m	1996		Hazel Wright	5.25.1		Island Record
1k walk	2015	NSC Douglas	Grace Roberts	6.33.0		
4 x 100 relay	1980	Sale		63.3		
High Jump	1981		Kirsty Atkinson	=	1.23	Island Record
			Cheryl Done	=	1.23	Island Record
Long Jump	1981		Cheryl Done		4.90	Island Record
Ball Throw	2015		Sienna Dunne		28.42	

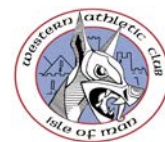
# WESTERN ATHLETIC CLUB RECORDS



## UNDER 13 GIRLS

Event	Year	Venue	Name	Time	Distance	IOM Record
70m H	2014	NSC Inter Schools	Abby Foden Williams	12.1		Island Record
75m H	1987		Danaa Myhill	13.0		
	1982		Cheryl Done			
80m H						
75m	2013	YDL Leigh	Abby Foden Williams	11.1		
100m	1981		Angela Kelly	13.2	=	Island Record
	1987		Danaa Myhill	13.2	=	Island Record
135m	2008	Wavertree	Olivia Helmer	23.1		
150m	2014	Hyndburn YDL	Abby Foden Williams	21.3		
200m	1981		Angela Kelly	28.3		
	1982		Cheryl Done			
300m	1984		Janette Duncan	46.40		
600m	2008	Wavertree	Olivia Helmer	2.19.1		
800m	1996		Heather Woods	2.35.8		
1000 m	2008	QEII	Aimee Cringle	3.51		
1200m	2015	NSC	Rose Turner	5.14.9		
1500m	2010	NSC IoM Champs	Sarah Wignall	5.17.1		
1K walk	2007	NSC Douglas	Jenny Quirk	6.26.7		
4 x 100m relay	1984	Chester		58.0		
High Jump	1983		Cheryl Done		1.40	Island Record
	1998		Sophie Robinson			
Long Jump	1988	Peel	Cheryl Done		4.82	Island Record
Javelin	1996		Heather Wood		24.60	Island Record
Discus	1984		Rhona Gawne		30.50	Island Record
Shot Putt	1995		Lisa Kelly		9.09	Island Record
Hammer	2014	NSC IoM Champs	Aalin Cain		19.45	Island Record
Pentathlon	1996		Heather Wood	2304 points		Island Record

# WESTERN ATHLETIC CLUB RECORDS



## UNDER 15 GIRLS

Event	Year	Venue	Name	Time	Distance	IOM Record
75m H	1984		Danaa Myhill	12.4		
			Cheryl Done			
80m H	1984		Danaa Myhill	13.0		
100m	1983		Angela Kelly	12.5		Island Record
	1984		Danaa Myhill			
200m	1983		Angela Kelly	26.4		
300m	2016	IOM Champs NSC	Aalin Cain	44.5		
800m	1984		Susan Howison	2.36.6		
1000m	2015	QEII	Ruby Turner	3.49.1		
1200m	2015	NSC	Ruby Turner	4.36.7		
1500m	1980		Michelle Gallagher	5.22.0		
3000m	2007	T & F Champs	Maxine Smalley	12.30.9		
4 x 100 relay	1985	Cumbria		55.7		
Long Jump	1984		Cheryl Done		5.32	Island Record
Triple Jump						
High Jump	1984		Cheryl Done		1.60	
Javelin 600g	1984		Cheryl Done		30.06	Island Record
Javelin 500g	2016	Wavertree	Aalin Cain		20.14	
Discus	1987		Rhona Gawne		30.50	Island Record
Shot Putt 3.25lb	1997		Lisa Kelly		10.33	Island Record
Shot Putt 3kg	2015	QE11, Peel	Elena Potts		7.90	
Hammer 3kg	2016	NSC IOM Champs	Aalin Cain		24.58	
Pentathlon	1998		Heather Wood	2365 points		

## INDOOR

60m H	1997		Heather Wood	10.48		
60m	2016	Sportscity	Aalin Cain	8.76		
200m	2008	Sportscity	Eleanor Finn	30.90		
300m	1996		Stephanie Gault	43.49		
Shot Putt 4Kg	1997		Heather Wood		7.85	Island Record
Shot Putt 3Kg	2016	Sportscity	Aalin Cain		7.24	
Long Jump	2008	Sportscity	Eleanor Finn		4.24	
St T J	2008	Sportscity	Alice Henderson		5.42	
Soft Javelin	2008	Sportscity	Eleanor Finn		15.75	
Pentathlon	1997		Heather Wood	2383 points		Island Record

# WESTERN ATHLETIC CLUB RECORDS



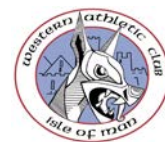
## UNDER 17 GIRLS

Event	Year	Venue	Name	Time	Distance	IOM Record
80m H	1986		Cheryl Done	12.4		Island Record
			Danaa Myhill			
100m H	1986		Janette Duncan	16.9		Island Record
200m H	1984		Angela Kelly	26.4		
300m H	1986	Cudworth	Janette Duncan	49.1		
400m H	1986		Janette Duncan	71.8		
100m	1986		Danaa Myhill	11.7		Island Record
200m	1986		Danaa Myhill	25.9		Island Record
300m	2017	IOM Champs NSC	Aalin Cain	44.1		
400m	1984		Angela Kelly	60.2		
800m	1984		Susan Ross	2.33.7		
1000m			Clara Nathan	7.54		
1500m			Michelle Gallagher	5.22.0		
4 x 100m relay	1984	Ramsey		55.0		
3K Walk	2015	ESAA English Schools	Lucy Webber	20:48.4		
5K Walk	2016	Douglas	Lucy Webber	32.04		
Long Jump	1986		Cheryl Done		5.43	Island Record
Triple Jump	1994		Vanessa Roberts		9.81	Island Record
High Jump	1986		Cheryl Done		1.60	
Javelin 600g	1986		Cheryl Done		33.36	Island Record
Javelin 500g	2016	IOMAA Open NSC	Keisha Hewison		17.81	
Discus	1999		Lisa Kelly		24.69	
Shot Putt 4k	1999		Lisa Kelly		9.50	Island Record
Shot Putt 3k	2016	IOMAA Open NSC	Keisha Hewison		8.66	
Hammer 4Kg	2016	Sportcity NL	Keisha Hewison		21.54	
Hammer 3Kg	2016	Inter Counties Hull	Keisha Hewison		28.54	

## INDOOR

60m	1986		Danaa Myhill	7.72		Island Record
Shot Putt 3Kg	2016	Sportcity, Manchester	Keisha Hewison		8.82	Island Record

# WESTERN ATHLETIC CLUB RECORDS



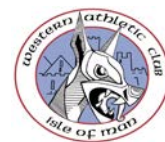
## SENIOR LADIES

Event	Year	Venue	Name	Time	Distance	IOM Record
100m H	1992		Cheryl Done	15.0		
400m H	1998		Cheryl Done	63.89		
100m	1994		Danaa Myhill	11.5	Hand-timed	Island Record
	1994		Danaa Myhill	11.6	Elec. Timed	Island Record
200m			Danaa Myhill	24.2		
300m			Nicola Dixon	45.1		
400m	1989		Janette Duncan	62.3		
800m	1989		Christine Prescott	2.25.6		
1500m	1989		Brenda Walker	4.40.0		
1 mile						
3000m	1991		Brenda Walker	9.34.7		Island Record
5000m	1992	Blackburn	Brenda Walker	16.46		Island Record
10,000m	1989		Brenda Walker	35.02.1		Island Record
10 mile	1990		Brenda Walker	60.55		
20 mile	1993		Brenda Walker	2.00.01		Island Record
Half marathon	1993		Brenda Walker	1.13.35		Island Record
Marathon	1993		Brenda Walker	2.39.36		Island Record
4 x 100m relay	1989	Cudworth - Div 7 NLL		54.06		
4 x 400m relay	1989	Sheffield - Div 7 NLL		4.41.7		
Long Jump	1991		Danaa Myhill		5.51	Island Record
Triple Jump	1995		Cheryl Done		10.89	Island Record
High Jump	1986		Cheryl Done		1.61	Island Record
Javelin	1993		Cheryl Done		38.06	Island Record
Discus	2001	QE11	Louise Kneen		39.02	
Shot Putt	2007	Wavertree Northern Champs	Louise Kneen		12.04	Island Record
Hammer	1995	Blackpool Lanc Champs	Louise Kneen		37.03	
Pole Vault	1995		Voirrey Callow		1.90	Island Record
Heptathlon	1992		Cheryl Done	4809 point		Island Record

## INDOOR

60m H	1995		Cheryl Done	8.96		Island Record
50m	1991		Danaa Myhill	6.50		Island Record
60m	1996		Danaa Myhill	7.40		Island Record
Shot Putt	1995		Cheryl Done		12.20	Island Record
3,000m	1989		Brenda Walker	9.43.62		Island Record

# WESTERN ATHLETIC CLUB RECORDS



## VETERAN LADIES - OVER 35

Event	Year	Venue	Name	Time	Distance	IOM Record
100m H	1992		Di Shimell	20.8		Island Record
400m H	1988	Sunderland - NLL	Di Shimell	80.1		Island Record
100m	1988		Di Shimell	13.6		Island Record
200m	1988		Di Shimell	28.7		Island Record
400m	1988		Di Shimell	70.0		Island Record
800m	2013	Hyndburn NL	Helen Taylor	2.52.8		
1500m	2003		Michelle Kewley	6.24.40		
3000m	2003		Christine Barwell	13.07.4		
10000m	2012	NSC IOM Champs	Helen Taylor	44.17.2		
10 Mile	2016	Western '10'	Ellen Kneen	01:19:17		
1/2 Marathon	2012	Syd Quirk	Ellen Kneen	01:38:26		
Marathon	2012	London	Helen Taylor	3.31.47		
4 x 100 relay						
5 Km	2017	Prom Run Douglas	Ellen Kneen	21.26		
Long Jump	1989	Sheffield - NLL	Di Shimell		4.44	Island Record
Triple Jump	1989		Di Shimell		8.99	Island Record
High Jump	1986		Ruth Callin		1.21	
Javelin	2011	Wrexham NL	Louise Kneen		25.24	Island Record
Discus	2010	Q E II	Louise Kneen		32.06	Island Record
Shot Putt	2011	IOMAA Open NSC	Louise Kneen		11.10	Island Record
Hammer	2013	Stretford NL	Louise Kneen		34.47	

## INDOOR

Shot Putt	2011	Sheffield	Louise Kneen	10.86		Island Record
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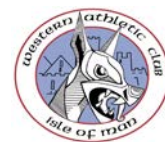
# WESTERN ATHLETIC CLUB RECORDS



## VETERAN LADIES - OVER 40

Event	Year	Venue	Name	Time	Distance	IOM Record
100m H	1990		Ruth Callin	23.2		
400m H	2013	Salford NL	Helen Taylor	85.8		
100m	1990		Ruth Callin	14.0		Island Record
200m	1993	NSC Douglas	Di Shimell	29.1		Island Record
400m	1990		Ruth Callin	68.8		Island Record
800m	2013	Salford NL	Helen Taylor	3:03.7		
1500m	2013	NSC IOM Champs	Helen Taylor	5:41.9		
3000m	2014	Ellesmere Port NL	Helen Taylor	12:23.9		
5000m	2017	Lancs, Blackpool	Helen Taylor	21:11.4		
10000m	2014	NSC Douglas	Helen Taylor	43:04.7		
10 Mile	2013	Western 10	Helen Taylor	76.25		
10 K Walk	2014	NSC IOM Champs	Sharon Cain	69.52		
1/2 Marathon	2017	Blackpool Half Marathon	Helen Taylor	01:36:37		
20 Mile	2017	IOM Vets 20	Helen Taylor	02:39:14		
5K	2017	IOM Easter Festival	Helen Taylor	22.17		
10K	2017	IOM Easter Festival	Helen Taylor	46.20		
Marathon	2014	London Marathon	Helen Taylor	03:29:24		
4 x 100m relay	1994	NLL	Ruth Callin/Pat Heggs			Island Record
			Elaine Cain/Di Marchment	64.8		
4 x 400m relay	2014	NSC Relay Night	Sharon Cain v40 Helen Taylor v40			
			Moir Hall v60 Joanne Schade v45	5.58.1		
Long Jump	2012		Danaa Callow		4.67	Island Record
Triple Jump	2012		Danaa Callow		8.86	Island Record
High Jump	2012		Danaa Callow		1.30	Island Record
Javelin	2015	NSC IOM Champs	Louise Kneen		22.49	Island Record
Discus	2015	Lancs, Blackpool	Louise Kneen		29.46	Island Record
Shot Putt	2015	Lancs, Blackpool	Louise Kneen		9.84	Island Record
Hammer	2016	IOM Champs NSC	Louise Kneen		31.98	Island Record

# WESTERN ATHLETIC CLUB RECORDS



## VETERAN LADIES - OVER 45

Event	Year	Venue	Name	Time	Distance	IOM Record
1000m	2010		Moira Hall	4.40		
100m H	1992		Ruth Callin	23.5		Island Record
400m H	1995		Ruth Callin	96.1		Island Record
100m	1992		Ruth Callin	14.9		Island Record
200m	1992		Ruth Callin	30.5		Island Record
400m	1992		Ruth Callin	72.5		
800m	1999		Moira Hall	3.10.3		
1500m	1999		Moira Hall	6.41.0		
5KM	2016	Prom Run Douglas	Caroline Moran	22.15		
10KM	2016	Easter Festival Port Erin	Joanne Schade	49.05		
Parish Walk	2008		Janice Quirk	15.58.35		
End to End	2007		Janice Quirk	7.35.34		
W '10'	2007	7 1/2-mile walk	Janice Quirk	74.26		
3K Walk	2017	IOM Champs NSC	Sharon Cain	18:39.3		
5K Walk	2017	Manx Harriers 5K	Sharon Cain	31.54		
10K Walk	2017	Andreas	Sharon Cain	64.15		
20K Walk	2017	Douglas Manx 20K	Sharon Cain	2.13.39		
1/2 Marathon	2015	Liverpool Half Marathon	Joanne Schade	01:46:18		
Marathon	2016	Chester Marathon	Joanne Schade	04:16:44		
Long Jump	1996		Ruth Callin		4.38	Island Record
Triple Jump	1996		Ruth Callin		8.78	Island Record
High Jump	1992		Ruth Callin		1.10	Island Record
Javelin	1996		Ruth Callin		16.82	Island Record
Discus	1992		Ruth Callin		19.10	
Shot Putt	2015	QE11 WAC League	Cath Smith		6.94	
Hammer	1999		Moira Hall		15.76	



# WESTERN ATHLETIC CLUB RECORDS



## VETERAN LADIES - OVER 50

Event	Year	Venue	Name	Time	Distance	IOM Record
100m H	1999		Ruth Callin	21.9		Island Record
100m	1997		Ruth Callin	15.1		Island Record
200m	1997		Ruth Callin	31.7		Island Record
800m	2003		Moira Hall	3.05.1		Island Record
1500M	2003		Moira Hall	8.14.0		
5Km	2016	Easter Festival Douglas	Cath Owen	24.2		
10 Mile	2016	Western 10	Cath Owen	86.4		
Half Marathon	2016	Syd Quirk Half	Cath Owen	01:49.5		
Parish Walk	2013		Janice Quirk	16.16.39		
Long Jump	1997		Ruth Callin		4.07	Island Record
Triple Jump	1998		Ruth Callin		9.06	Island Record
Javelin	2002		Moira Hall		8.91	
Discus	1997		Ruth Callin		16.40	Island Record
Shot Putt	2002		Moira Hall		6.50	Island Record

## VETERAN LADIES - OVER 55

Event	Year	Venue	Name	Time	Distance	IOM Record
800m	2007		Moira Hall	3.25.8		Island Record
1500m	2009		Moira Hall	7.20		Island Record
Shot	2007		Moira Hall		6.19	Island Record
Discus	2009		Moira Hall		14.73	Island Record
Javelin	2009		Moira Hall		10.16	Island Record
Hammer	2009	UK NL	Moira Hall		13.55	

## VETERAN LADIES - OVER 60

Event	Year	Venue	Name	Time	Distance	IOM Record
100m	2011	Wrexham NL	Moira Hall	19.7		
200m	2011	Wrexham NL	Moira Hall	42.20		
400m	2011	Wrexham NL	Moira Hall	93.2		
800m	2011	Wigan NL	Moira Hall	3.21.3		
1500m	2011	Wigan NL	Moira Hall	6.55.6		
3000m	2011	Wigan NL	Moira Hall	14.20.8		
10k	2011	Spring Handicap	Moira Hall	50.10		Island Record
10 Mile	2013	Northern 10	Moira Hall	85.52		Island Record
1/2 Marathon	2011	Brass Monkeys York	Moira Hall	1.59.00		Island Record
20 Mile	2013	Leinster	Moira Hall	2.58.11		Island Record
Marathon	2013	London	Moira Hall	4.46.30		Island Record
Shot Putt	2014	QE11 WAC League	Moira Hall		6.19	Island Record
Discus	2014	QE11 WAC League	Moira Hall		15.02	Island Record
Javelin	2012	QE11 WAC League	Moira Hall		10.10	
Hammer	2012	Stockport NL	Moira Hall		14.30	
Long Jump	2014	QE11 WAC League	Moira Hall		1.58	



# WESTERN ATHLETIC CLUB RECORDS

## VETERAN LADIES - OVER 65

Event	Year	Venue	Name	Time	Distance	IOM Record
1/2 Marathon	2016	IOM 1/2 Marathon	Moira Hall	02:05:52		Island Record
Marathon	2016	Greater Manchester Marathon	Moira Hall	05:00:41		Island Record
Shot Putt	2016	QE11 Peel	Moira Hall		6.00	Island Record
Discus	2016	QE11 Peel	Moira Hall		11.69	Island Record
5K	2017	Easter Festival 5K	Moira Hall	26.48		
10K	2017	IOM Vets Spring h/cap	Moira Hall	54.16		
10 mile	2017	Northern 10	Moira Hall	96.45		