

LANCASTER and MORECAMBE ATHLETIC CLUB

TRACK and FIELD RECORDS

SENIOR LADIES

100 metres	12.1 secs	H. Marsden	1982 (as junior)
200 metres	25.6 secs	S. Cambridge	
400 metres	57.4 secs	N. Braithwaite	
800 metres	2 min 05.3s	N. Braithwaite	1971
1500 metres	4 min 16.8s	N. Braithwaite	1972
3000 metres	9 min 49.5s	L. Gardner	2004
5000 metres	18 min 33.0s	Jo Perry	2003
100 metre H	16.0 secs	L. Elliott	1983 (as junior)
400 metre H	59.56 secs	L. Elliott	1985 (as junior)
High Jump	1.60 metres	J. Lee	1991 (as U15)
Long Jump	5.70 metres	K. Evans	1976 (as U17)
Triple Jump	10.96 metres	L. Taylor	1996 (as U17)
Javelin	33.72 metres	L. Brown	
Discus	28.86 metres	D. Peel	(as U15)
Hammer	12.09 metres	Jo Perry	2001
Shot Putt	10.60 metres	W. Laing	2004
Pentathlon	2,955 points	L. Cardwell	
4 x 100 metres	50.8 secs	S. Newton/T.Ng/ L.Taylor/K.Harrison	1996 (as U17s)
4 x 400 metres	4 min 10.0 secs	L.Elliott/T. Taylor/ R.Medd/H.Marsden	1983
3 x 800 metres	7 mins 18.6 secs	J.Taylor/A.Bullivant/ S.Barnett	1975 (as U15s)