

LANCASTER and MORECAMBE ATHLETIC CLUB

TRACK and FIELD RECORDS

UNDER 17 LADIES

100 metres	12.6 secs	S. Newton	1995
200 metres	26.1 secs	H. Marsden	1979 (as U15)
300 metres	42.6 secs	C. Armer	1989
400 metres	58.4 secs	H. Marsden	1981
800 metres	2 min 13.8s	R. Medd	1981
1500 metres	4 min 39.7s	R. Medd	1981
3000 metres	10 min 55.5s	J. Bradford	1999
80 metre H	11.9 secs	K. Evans	
100 Metre H	16.1 secs	T. Ireton and L. Elliott	1981
200 metre H	28.8 sces	L. Elliott	
300 metre H	45.4 secs	S. Derbyshire	1990
400 metre H	62.8 secs	L. Elliott	
High Jump	1.60 metres	J. Lee	1991 (as U15)
Long Jump	5.70 metres	K. Evans	1976
Triple Jump	10.96 metres	L. Taylor	1996
Javelin	32.42 metres	D. Peel	(as U15)
Discus	28.86 metres	D. Peel	(as U15)
Shot Putt	9.58 metres	D. Peel	
4 x 100 metres	50.8 secs	S. Newton/T.Ng/ L.Taylor/K.Harrison	1996
3 x 800 metres	7 mins 18.6 secs	J.Taylor/A.Bullivant/ S.Barnett	1975 (as U15s)