Notts AC Best Performances 2026 Women

All taken from Power of Ten.
Apologies for any missing marks.

	Event	Athlete	Mark
Senior Women			
Track	60m	Zoe Lucas	7.84 (i)
	100m	Amber Richardson	12.29 (1.7)
	200m	Amber Richardson	24.87 (0.5)
	400m	Amber Richardson	55.84
	800m	Amelia Briggs-Goode Megan Sayers	2.15.93 (i) 2.17.66
	1500m	Megan Sayers	4.45.5
	Mile		
	3,000m	Kirandeep Marsh	10.16.49
	5,000m	Kirandeep Marsh	18.17.1
	60m Hurdles	Zoe Lucas	8.68 (i)
	100m Hurdles	Zoe Lucas	13.95 (1.7)
	400m Hurdles	Amelia Briggs-Goode	59.30
	4 X 100m	U16 team	48.20
	4 x 400m	Notts Senior Team	3.55.79
Field	High Jump	Nina McEachran	1.70
	Long Jump	Isla Hiscocks	5.67
	Triple Jump	Louise Hirst	11.48
	Pole Vault	Emma Lyons	3.70
	Shot Put	Poppy Bean	10.02
	Discus	Poppy Bean	26.76
	Hammer	Anna Purchase	72.63
	Javelin	Emma Lyons	22.90
Road	5K	Kirandeep Marsh	17:48
	5 Mile	Joanne Clamp	35:46
	10K	Maddie Wilson	43:27
	Half Marathon	Catherine Charlton	89:48
	Marathon	Catherine Charlton	3:24:42

	Event	Athlete	Mark
U20			
Track	60m	Isla Hiscocks	7.94 (i)
	100m	Tami Adensina	12.31 (0.4)
	200m	Tami Adensina	25.10 (1.9)
	800m	Megan Sayers	2.17.66
	1500m	Megan Sayers	4.45.5
	3,000m	Megan Sayers	10.26.25
	60m Hurdles	Imogen Laugharne	8.84 (i)
	100m Hurdles	Imogen Laugharne	15.08
	4 X 100m		51.2
Field	High Jump	Imogen Laugharne	1.66
	Long Jump	Isla Hiscocks	5.15 (i) 5.67
	Triple Jump	Isabelle Haworth	10.24 (0.8)
	Discus	Tami Adesina	15.41
Road	5K	Megan Sayers	18:30
	10K	Amy Bettridge	51:25

	Event	Athlete	Mark
U18			
Track	60m	Isla Hiscocks	7.94 (i)
	100m	Isla Hiscocks	12.52 (0.3)
	200m	Precious Njoku	26.49 (1.9)
	400m	Bettie Renocks	62.28
	800m	Freya Lacey	2.29.4
	100m Hurdles	Freya Lacey	18.70 (-1.6) 18.59 (w 2.2)
	400m Hurdles	Freya Lacey	70.89
	4 X 100m		50.44
Field	High Jump	Nina McEachron	1.70
	Long Jump	Isla Hiscocks	5.67
	Triple Jump	Lucy Ashton	10.38
	Pole Vault	Nina McEachron	2.90
	Shot Put	Precious Njoku	7.67
	Discus	Tomi Adesina	14.93
	Javelin	Tanaya Elliott-Cole	18.22

	Event	Athlete	Mark
U17			
	100m	Allegra Bower	13.00 (0.2)
	200m	Allegra Bower	27.4 (o.o)
	300m	Faith Kimani	44.3
	800m	Freya Lacey	2.29.40
	1500m	Isla Starr	5.40.50
	4 X 100m	U16 Team	48.20
	4 x 300m	U 16 Team	3.01.50
Field	High Jump	Abigail Benford	1.43
	Long Jump	Isla Starr	3.98
	Triple Jump	Betsy Wilson	11.31 (1.5)
	Shot Put	Lauren Connell	5.61
	Javelin	Tanaya Elliott-Cole	18.22

	Event	Athlete	Mark
U16			
Track	100m	Anabelle McGough Abigail Sheppard-Howe	12.8 12.8 (1.4)
	200m	Abigail Sheppard-Howe	26.38 (0.5)
	300m	Abigail Sheppard-Howe	40.98
	800m	Sofia Weston	2.39.60
	1500m	Sofia Weston	4.54.55
	80m Hurdles	Grace Boswell	13.6 (0.4)
	300m Hurdles	Grace Boswell	51.90
	4 X 100 Relay	U16 Team	48.20
	4 X 300 Relay	U16 Team	3.01.50
Field	High Jump	Anabelle McGough	1.50
	Long Jump	Anabelle McGough	5.64 (i) 5.25
	Triple Jump	Betsy Wilson	11.31 (1.5)
	Shot Put	Abigail Ball	7.11
	Discus	Abigail Ball	16.97
	Hammer	Thea Fowlie	18.25
	Javelin	Abigail Ball	22.44

U15	Event	Athlete	Mark
	100m	Anabelle McGough Abigail Sheppard-Howe	12.8 12.8 (1.4)
	200m	Abigail Sheppard-Howe	26.38 (0.5)
	300m	Anabelle McGough	40.98
	800m	Charlotte Tolley	2.36.40
	1500m	Sofia Weston	4.54.55
	75m Hurdles	Summer Biggs	12.12
Field	High Jump	Anabelle McGough Summer Biggs	1.50 1.50
	Long Jump	Anabelle McGough	5.64 (i) 5.25
	Triple Jump	Lucy Sanderson	8.40
	Shot Put	Summer Biggs	11.97
	Discus	Abigail Ball	16.97
	Hammer	Thea Fowlie	18.25
	Javelin	Abigail Ball	22.44
Road	5K	Sofia Weston	23:57

U14	Event	Athlete	Mark
	100m	Amiyah Cooper	12.98 (0.8)
	200m	Amiyah Cooper	26.94 (0.4) 26.31 (w5.0)
	800m	Charlotte Tolley	2.36.40
	1500m	Elsie Plant	5.16.78
	75m Hurdles	Summer Biggs	11.69 (1.4)
	4 X 100m	U14 Team	54.27
Field	High Jump	Summer Biggs	1.50
	Long Jump	Summer Biggs	4.92
	Shot Put	Summer Biggs	12.46
	Discus	Alice Coultate	14.09
	Hammer	Alice Coultate	16.49
	Javelin	Summer Biggs	32.71

U13	Event	Athlete	Mark
Track	75m	Grace Plant	12.01
	100m	Amiyah Cooper	12.98
	150m	Grace Plant	23.9
	200m	Amiyah Cooper	26.94 (0.4) 26.31 (w5.0)
	600m	Alexa Matthews	2.09.70
	1500m	Elsie Plant	5.16.78
Field	Long Jump	Amiyah Cooper	3.71
	Javelin	Amie Birtwhistle	5.15

V35	Event	Athlete	Mark
	100m	Emma Lyons	13.97
	100m Hurdles	Emma Lyons	18.34 (-2.0)
Field	High Jump	Emma Lyons	1.45
	Long Jump	Emma Lyons	5.03 (i) 4.96
	Triple Jump	Emma Lyons	9.64
	Pole Vault	Emma Lyons	3.70
	Shot Put	Emma Lyons	9.15
	Discus	Emma Lyons	25.60
	Javelin	Emma Lyons	22.96

V40	Event	Athlete	Mark
	400m	Ellen Gallie	65.03
	800m	Ellen Gallie	2.25.01
	1500m	Ellen Gallie	5.26.01

V45	Event	Athlete	Mark
	400m	Joanne Clamp	82.19
	800m	Catherine Charlton	2.50.48
	1500m	Catherine Charlton	5.46.48
	3,000m	Joanne Clamp	11.57.9
	5,000m	Joanne Clamp	20.47.26
Road	5 Miles	Joanne Clamp	35:46
	Half Marathon	Catherine Charlton	89:48
	Marathon	Catherine Charlton	3:24:42

V50	Event	Athlete	Mark
Road	10K	Angela Brown	57:12
	Half Marathon	Angela Brown	2:11:25

V55	Event	Athlete	Mark
	200m	Fiona Palmer	32.70 (i) 38.82 (0.6)
	400m	Fiona Palmer	76.49
	1500m	Fiona Palmer	7.36.10
Field	Long Jump	Fiona Palmer	3.11

V60	Event	Athlete	Mark
Road	10K	Jane Pidgeon	51:55