Notts AC Club Records and Best Performances U12 Girls to U20 Women
17 November 2026

This document lists all the best performances and club records that a look through the club archives, meeting results, information from people and power of ten.

- It is complicated as the age groups changed this season. Some of the records from before 2026 may be in the wrong age groups, results for U15s for example will have been included in U16s
- It is not complete; It should have U10s included but at the moment they are blank
- It has gaps which hopefully people can tell us about and fill

We are sure there are people out there who have done better performances than some of the ones here. Please tell me at aidannottsac@gmail.com

	Event	Athlete	Mark	Venue	Date	Competition
U12						
Track	50m					
	60m					
	75m	Poppy Malik	12.1	Derby	25 May 2014	Notts County Champs
	80m	Poppy Malik	12.20	Bingham	15 June 2014	Notts Mini League
	100m					
	150m	Poppy Malik	23.80	Bingham	15 June 2014	Notts Mini League
	60m Hurdles					
	70M Hurdles					
	400m					

	600m	Emily Rawson	2:16.9	Ashfield	16 April 2016	Notts Mini League
	800m					
	4 X 100m					
Field	Standing Long Jump	Amelia Briggs-Goode	3.31	Kirkby in Ashfield	13 July 2014	Notts Mini League
	High Jump	Emily Arsali	0.95	Nottingham	15 July 2018	Notts Mini League

U14						
Track	60m	Imogen Laugharne	9.26 (1.5)	Derby	13 August 2019	Derby graded open meeting
	75m	Amiyah Cooper	10.0	Burton	29 June 2025	UK YDL
	100m	Shamee Skevin	12.85			
	150m	Poppy Malik	20.07	Milton Keynes	16 July 2016	UKYDL
	200m	Amiyah Cooper	26.31 (w) (5.0)	Nuneaton	28 June 2026	Midland Counties Age Champs
	300m	Amy- Jane Brown	43.78	Nuneaton	26 June 2005	
	400m					
	600m	Emily Rawson Alexa Matthews	2.05.79 (i) 2.09.70	Sheffield Newark	19 Nov 2017 4 July 2026	Notts AA Open
	800m	Eleanor Cooper	2:29.81	Harvey Hadden	25 May 2013	County Champs
	1200M	Amelia Gould	4.28.8	Grantham	2 May 2014	UKYDL
	1500m	Eleanor Cooper	5.09.9	Cardiff	13 Jul 2013	UKYDL
	Mile					

	3,000m					
	60m Hurdles	Summer Biggs	9.62 (i)	Sheffield	8 Mar 2026	England Athletics age group champs
	70m Hurdles (U13)	Amelia Briggs-Goode	12.03	Nuneaton	10 Sep 2016	Inter Counties
	75m Hurdles	Summer Biggs	11.69 (+1.3)	Derby Moorside	9 May 2026	County Champs
	200m Hurdles					
	1,200m Steeplechase					
	4 X 100m		54.27	Derby	10 May 2026	County Champs
	4 x 200m					
Field	High Jump	Summer Biggs	1.50	Bedford	20 Sep 2026	ESAA combined champs
	Long Jump	Summer Biggs	4.92	Burton	3 August 2026	Burton Midweek Open
	Triple Jump					
	Pole Vault					
	Shot Put	Summer Biggs	12.46 (2.72KG)	Mansfield	18 July 2026	UKYDL Midland Lower N&E
	Discus	Anna Purchase	21.35	Derby	14 Sep 2013	Young athletes Champs
	Hammer	Anna Purchase	40.80	Derby	15 Sep 2013	Derby Athletics Champs
	Javelin	Summer Biggs	32.71	Derby Moorside	9 May 2026	County Champs
Combined events	Indoor Pentathlon	Summer Biggs	2965	Sheffield	8 Mar 2026	England Combined events

	Pentathlon	Summer Biggs	3032	Derby	28 Jun 2026	ESAA region Combined events

U16						
Track	60m	Poppy Malik	8.5 (i)	Sheffield	20 Nov 2016	Notts AA graded open
	75m					
	100m	Sharon Tunaley	11.5 (w)			
	150m					
	200m	Charlotte McClennaghan	24.09			
	300m	Poppy Malik	36.69	Birmingham	14 Jul 2018	English schools Champs
	400m					
	600m	Amelia Briggs-Goode	1.46.68 (i)	Sportcity	17 Dec 2016	Sale Harriers Open
	800m	Amelia Briggs-Goode	2.23.9	Nottingham	10 Jun 2017	County Schools Champs
	1500m	Sofia Weston	4.54.55	Stoke	20 June 2026	Midlands Counties League
	Mile	Eleanor Cooper	5.37.1	Harvey Hadden	19 June 2014	Tim Wealthall Mile
	3,000m					
	60m Hurdles (U15)	Amelia Briggs-Goode	9.50 (i)	Sheffield	11 Mar 2018	England Athletics Champs

	75m Hurdles (U15)	Amelia Briggs-Goode	11.62 (1.9)	Birmingham	13 Jul 2018	ESAA Champs
	80m Hurdles	Grace Boswell	13.60 (0.4)	Mansfield	18 July 2026	UKYDL Midland Lower N&E
	300m Hurdles	Grace Boswell	51.9	Milton Keynes	24 May 2026	UKYDL Midland Upper prem N&E
	1,500m Steeplechase					
	4 X 100m	U16 Team	48.20	Derby	10 May 2026	County Champs
	4 X 300m	Annabel McGough; Faith Kimani; Asari Boafa; Grace Boswell;	3:01.5	Mansfield	18 July 2026	UKYDL Midland Lower N&E
	4 x 400m					
Field	High Jump	Imogen Laugharne	1.53	Loughborough	30 August 2020	Charnwood Open meeting
	Long Jump	Annabel McGough	5.25 5.64 (i)	Derby Sheffield	10 May 2026 8 Feb 2026	County Champs British Indoor Champs
	Triple Jump	Betsy Wilson	11.31	Bedford	25 July 2026	England U16 Champs
	Pole Vault	Lottie Pinchess (U15)	3.00	Leicester	8 June 2019	Leics County Champs
	Shot Put	Anna Purchase Summer Biggs	8.83 (3Kg) 11.97	Wolverhampton Birmingham	31 May 2014 July 2026	UKYDL English Schools
	Discus	Emily Campbell	23.94 (1Kg)	Birmingham	21 June 2008	Mason Trophy
	Hammer	Anna Purchase	48.95 (3Kg)	Loughborough	7 Sep 2014	Charnwood open

	Javelin	Abigail Ball	22.44 (500)	Mansfield	18 July 2026	UKYDL Midland Lower N&E
Combined Events	Indoor Pentathlon (U15)	Amelia Briggs-Goode	2904 (i)	Sheffield	11 Mar 2018	England Athletics Combined age
	Pentathlon (U15)	Amelia Briggs-Goode	2901	Bedford	16 Sep 2018	ESAA Combined events champs

U18						
Track	60m	Isla Hiscocks	7.94 (i)	Loughborough	10 Jan 2026	Loughborough Open
	100m	Sharon Tunaley	11.50 (w)	Dublin	20 July 1985	BS-17
	200m	Charlotte McClennaghan	23.77			
	300m	Poppy Malik	41.00	Rugby	26 May 2019	UK YDL
	400m	Loreen Hall	53.08	Haugesund, Norway	29 July 1984	vNOR,ITA
	600m	Eleanor Cooper	1.50.57 (i)	Sheffield	5 Dec 2015	Northern Athletics Open
	800m	Ellen Butler	2.16	Tamworth	2000	
	1500m	Ellen Gallie	4:51.9	Nottingham	14 May 2000	County Champs
	Mile					
	3,000m	Amelia Gould	11.47.30	Wolverhampton	25 June 2017	UK YDL
	60m Hurdles (U17)	Amelia Briggs-Goode	8.99 (i)	Birmingham	9 Feb 2020	Midland Champs
	80m Hurdles (U17)	Imogen Laugharne	11.81 (1.8)	Sportcity	8 July 2022	ESAA champs

	100m Hurdles	Freya Lacey	18.70 (-1.6) 18.59 (w 2.2)	Nottingham Loughborough	19 April 2026 12 April 2026	UK YDL Upper Charnwood Open
	300m Hurdles	Amelia Briggs-Goode	45.22	Birmingham	12 June 2019	ESA champs
	400m Hurdles	Freya Lacey	1:10.89	Derby	10 May 2026	County Champs
	1,500m Steeplechase	Amelia Gould	7.15.6	Nottingham	30 April 2017	UK YDL
	2,000m Steeplechase					
	4 X 100m	Tanaya Elliot Cole, Silvia Onwubiko, Tomi Adesina, Isla Hiscocks	50.44	Birmingham	23 August 2026	England National Championships
	4 x 400m					
Field	High Jump	Nina McEachran	1.60	Derby	10 May 2026	County Champs
	Long Jump	Phoebe Clayton	5.98			ESAA
	Triple Jump	Emma Lyons	10.3 (2.0) 11.29 (W)	Nottingham Don Valley	13 July 2002 11 July 2003	ESAA Champs ESAA Champs
	Pole Vault	Nina McEachran	2.90			
	Shot Put	Emily Campbell	9.71 (4KG)	Nottingham	11 June 2010	Notts schools Champs
	Discus	Emily Campbell	33.42	Nottingham	11 June 2010	Notts schools Champs
	Hammer	Anna Purchase	56.05 (3Kg) 44.53 (4kg)	Gateshead Woodford	11 Jul 2015 10 Oct 2015	English schools Hammer reunion
	Javelin	Becky Smith	23.24	Harvey Hadden	10 April 2005	

Combined Events	Indoor Pentathlon (U17)	Amelia Briggs-Goode	3134 (i)	Sheffield	10 March 2019	England Athletics age champs
	Heptathlon (U17)	Amelia Briggs-Goode	4120	Sportcity	4 August 2019	England Athletics combined champs

U20						
Track	60m	Imogen Laugharne	8.19 (i)	Sheffield	6 Dec 2025	Northern Athletics December meeting
	100m	Sharon Tunaley	11.53 (w)	Edinburgh	16 August 1986	HI
	150m	Sharon Tunaley	17.3 (w)	Nottingham	23 Feb 1985	???
	200m	Charlotte McLennagahn	23.09			
	400m	Ruth Patten Nee Kennedy	53.5	Warsaw, Pol	30 June 1974	GB V Poland and Canada
	600m	Amelia Briggs-Goode	1.40.63 (i)	Sheffield	11 Dec 2021	Northern Athletics open
	800m	Lizzie Pennington	2.14.51		2016	
	1500m	Megan Sayers	4:45.5	Harvey Hadden	19 April 2026	UKYDL Midland Upper Prem N&E
	Mile					

	3,000m	Megan Sayers	10:26.25	Milton Keynes	24 May 2026	UKYDL Midland Upper prem N&E
	5,000m					
	10,000m					
	60m Hurdles	Imogen Laugharne	8.84 (i)	Sheffield	8 Feb 2026	England age group champs
	100m Hurdles	Imogen Laugharne	14.93 (-0.8)	Birmingham	11 July 2025	English Schools Champs
	400m Hurdles	Amelia Briggs-Goode	63.38	Bedford	20 June 2021	England age champs
	3,000m Steeplechase					
	4 X 100m		48.71	Milton Keynes	1 July 2018	UK Youth Development League
	4 x 400m					
Field	High Jump	Nina McEachran	1.69			
	Long Jump	Phoebe Clayton	6.07 (i)			EA Indoor U20 champs
	Triple Jump	Beth Mortiboy	11.99	Harvey Hadden	15 May 2015	County Champs
	Pole Vault	Felicia Miloro	4.01	Loughborough	1 Feb 2020	Open meeting
	Shot Put	Emily Campbell	11.90	Bedford	6 May 2013	BUCS Champs
	Discus	Emily Campbell	36.42	Birmingham	10 August 2013	Midland League
	Hammer	Anna Purchase	60.51 (3Kg) 57.43 (4Kg)	Wakefield Nottingham	17 July 2016 30 April 2017	Yorks league UKYDL
	Javelin	Emma Lyons	28.25 (600)	Nottingham	14 May 2006	
Combined Events	Heptathlon	Julie Frampton	5037	La Boule, Fra	7 August 1983	GB V France

Road	5K					
	10K					
	10 Mile					
	Half Marathon					
	Marathon					