Northern TRACK&FIELD League

League Best Performances

06/09/2026

Men

Event	Name	Club	Perf.	Date
100m	Ethan Heggarty	Bingley Harriers & AC	10.50	2026
Pole Vault	Harry Coppell	Wigan & District H & AC	5.42m	2015
Long Jump	Craig Jones	Liverpool Harriers & AC	7.70m	2014
200m	Luke Evans	Blackburn Harriers & AC	21.00	2010
Shot	Carl Myerscough	Blackpool & Fylde	20.33m	2009
High Jump	Brian Hall	Bolton United Harriers & AC	2.20m	2007
Javelin	Mick Hill	Leeds City Athletic Club	74.72m	2004
Discus	Carl Myerscough	Blackpool & Fylde	60.19m	1998
400m	Mark Sesay	Leeds City Athletic Club	46.7	1997
400m Hurdles	Peter Crampton	Spenborough & District AC	50.5	1995
4x100m Relay		Wigan & District H & AC	42.3	1995
4x400m Relay		Wigan & District H & AC	3:13.4	1995
110m Hurdles	Kevin Lumsdon	Morpeth Harriers & AC	14.4	1994
110m Hurdles	Anthony Brannen	Middlesbrough & Cleveland AC	14.4	1991
1500m	Steve Cram	Jarrow & Hepburn AC	3:42.0	1991
Triple Jump	Jonathan Edwards	Gateshead Harriers & AC	17.43m	1991
Hammer	David Smith	Hull Spartan AC	72.94m	1988
3000m S/C	Denis Coates	Gateshead Harriers & AC	8:32.7	1980
5000m	Steve Kenyon	Bolton United Harriers & AC	13:45.8	1979
800m	Andrew Carter	Stretford AC	1:46.1	1971

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Women

Event	Name	Club	Perf.	Date
100m	Oluwayemisi Akande	Lincoln Wellington AC	11.51	2025
2000m S/C	Zoe Hunter	Leeds City AC	06:55.3	2025
Hammer	Jessica Mayho	Kingston upon Hull AC	67.58m	2024
3000m S/C	Zoe Hunter	Leeds City AC	12:02.0	2023
3000m	Jessica Judd	Blackburn Harriers & AC	9:20.0	2018
Triple Jump	Alexandra Russell	Wigan & District H & AC	12.87m	2018
400m Hurdles	Katarina Johnson-Thompson	Liverpool Harriers & AC	58.3	2015
Long Jump	Alexandra Russell	Wigan & District H & AC	6.56m	2013
Pole Vault	Katie Byres	Sale Harriers Manchester	4.15m	2013
Discus	Kara Nwidobie	Blackpool & Fylde	54.96m	2007
4x100m Relay		Rotherham Harriers and AC	48.2	1994
200m	Louise Stuart	Middlesbrough Athletic Club (Mandale)	23.30	1991
800m	Christine Cahill	Gateshead Harriers & AC	2:04.3	1988
1500m	Joanne Scott	Darlington H & AC	4:07.6	1987
4x400m Relay		Wigan & District H & AC	3:52.0	1987
Javelin	Caroline White	Border Harriers & AC	49.50m	1987
Shot	Yvonne Hanson-Nortey	Hallamshire Harriers Sheffield	16.16m	1987
4x100m Relay		North Shields Polytechnic Club	48.2	1986
High Jump	Jennifer Little	Border Harriers & AC	1.86m	1986
100m Hurdles	Heather Platt	Warrington AC	12.5	1985
400m	Joslyn Hoyte-Smith	Dorothy Hyman Track Club	53.7	1980

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Mixed

Event	Name	Club	Perf.	Date
4x100m Mixed Relay		City of Sheffield & Dearne AC	45.30	2026
4x400m Mixed Relay		Trafford AC	03:31.9	2026