

## Altrincham & District Athletic Club

### Club Records: Indoor Sprints & Hurdles - Female

| Age Group         | Name              | Record    | Year |
|-------------------|-------------------|-----------|------|
| <b>50 Metres</b>  |                   |           |      |
| Under 12          |                   |           |      |
| Under 13          |                   |           |      |
| Under 14          |                   |           |      |
| Under 15          | Helen Roddis      | 7.70 sec  | 2002 |
| Under 16          |                   |           |      |
| Under 17          |                   |           |      |
| Under 20          |                   |           |      |
| <b>60 Metres</b>  |                   |           |      |
| Under 10          | Abigail Middleton | 10.30 sec | 2012 |
| Under 11          |                   |           |      |
| Under 12          | Eleanor Heathcock | 10.10 sec | 2012 |
| Under 13          | Clara Edwards     | 9.09 sec  | 2023 |
| Under 14          | Rebekah Wilson    | 7.79 sec  | 2004 |
| Under 15          | Laura Chambers    | 8.50 sec  | 2002 |
| Under 16          | Helen Roddis      | 9.30 sec  | 2003 |
| Under 17          | Laura Chambers    | 8.38 sec  | 2004 |
| Under 20          | Laura Chambers    | 8.03 sec  | 2008 |
| Senior            | Isabel Hainsworth | 8.28 sec  | 2014 |
| <b>200 Metres</b> |                   |           |      |
| Under 10          | Emma Simpson      | 37.00 sec | 2012 |
| Under 11          |                   |           |      |
| Under 12          | Eleanor Heathcock | 35.80 sec | 2012 |
| Under 13          | Chayce Smith      | 28.70 sec | 2012 |
| Under 14          | Rebeka Wilson     | 25.31 sec | 2005 |
| Under 15          | Chayce Smith      | 27.02 sec | 2014 |
| Under 16          | Lucy Diss         | 27.19 sec | 2018 |
| Under 17          | Laura Chambers    | 26.86 sec | 2004 |

|                          |                |           |      |
|--------------------------|----------------|-----------|------|
| Under 20                 | Laura Chambers | 26.05 sec | 2007 |
| <b>300 Metres</b>        |                |           |      |
| Under 13                 |                |           |      |
| Under 14                 | Chayce Smith   | 44.94 sec | 2013 |
| Under 15                 | Chayce Smith   | 43.52 sec | 2014 |
| Under 16                 |                |           |      |
| Under 17                 |                |           |      |
| Under 20                 | Sophie Preece  | 41.00 sec | 2013 |
| <b>400 Metres</b>        |                |           |      |
| Under 13                 |                |           |      |
| Under 14                 |                |           |      |
| Under 15                 |                |           |      |
| Under 16                 |                |           |      |
| Under 17                 |                |           |      |
| Under 20                 | Sophie Preece  | 59.47 sec | 2012 |
| <b>50 Metres Hurdles</b> |                |           |      |
| Under 13                 |                |           |      |
| Under 14                 |                |           |      |
| Under 15                 | Helen Roddis   | 9.30 sec  | 2002 |
| Under 16                 |                |           |      |
| Under 17                 |                |           |      |
| Under 20                 |                |           |      |
| <b>60 Metres Hurdles</b> |                |           |      |
| Under 13                 | Clara Edwards  | 11.41 sec | 2023 |
| Under 14                 | Clara Edwards  | 10.71 sec | 2023 |
| Under 15                 | Zoe Oliver     | 10.64 sec | 1997 |
| Under 16                 | Rachael Lee    | 10.26 sec | 2006 |
| Under 17                 | Helen Roddis   | 10.63 sec | 2004 |
| Under 20                 | Claire Taylor  | 9.94 sec  | 1998 |