

ORION HARRIERS JUNIOR CLUB RECORDS

Updated to include the 2022 season

Any record you believe that's missing contact Shayne at orionharriersjuniors@outlook.com.

Please state where, date, age group and event etc and we will do our best to verify the result.

NOTE. An Orion record is when a member of the club competes in a 1) Orion organised competition 2) Orion team club competition 3) Open organised for club competitors 4) Area club championships where the athlete is selected to represent the club for Borough, County or Country. 5) Any time/performance showing on the Power of 10 website.

<u>U11 Girls</u>	<u>Event</u>	<u>Name</u>	<u>Result</u>	<u>Year</u>
	<u>UK Rules. Due to the UK rules for U13s no athlete in this age group is allowed to compete in 300m to 400m , any race above 1500m, any steeplechase event or any triple jump.</u>			
	Long Jump	Megan Penfold	3.75m	2012
	High Jump	Katie Inch	1.0m	2009
	Shot Putt (2.72Kg)	Megan Penfold	5.27m	2012
	60m Hurdles	Olivia O'Brien	11.8	2009
	60m	Georgina Gouch	9.2	2007
	75m	Emily Sharpe	11.34	2011
	80m	Nikkita Sartori-Sigrist	12.5	2005
	150m	Nikkita Sartori-Sigrist	23.4	2005
	200m	Isabella Hoy	31.6	2009
	600m	Isabella Hoy	1:49.6	2011

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U13 Girls

UK Rules. no athlete in this age group is allowed to compete in 300m to 400m, any race above 1500m, any steeplechase events or any triple jump.

<u>Event</u>	<u>Name</u>	<u>Result</u>	<u>Year</u>	
60m Hurdles	Megan Penfold	9.93	2014	
70m Hurdles	Megan Penfold	11.7	2014	
60m	Amy Richards	8.5	2009	
75m	Sian Richefond	10.2	2012	
100m	L Ryan	13.5	2002	
150m	Emily Sharpe	19.9	2013	
200m	Sian Richefond	27.96	2012	
600m	Emily Sharpe	01:46.0	2013	
800m	Lara Tembey	2.26.7	2004	
1000m	Georgie Tuckfield	3.17.1	2009	
1200m	Lara Tembey	3.56.29	2004	
1500m	Isabella Hoy	5.00.82	2012	
High Jump	Megan Penfold	1.52m	2014	
Long Jump	Megan Penfold	4.82m	2014	
Shot Putt (2.72Kg)	Megan Penfold	8.58m	2014	
Discus (.75Kg)	Millie Balkan	19.50m	2004	
Hammer (3Kg)				
Javelin (400g)	Bethany Chambers	20.69m	2014	
Pole Vault	India Wellings	1.40m	2007	
Pentathlon	Megan Penfold	2669	2014	
4x100m	Angela Davis Megan Penfold	Lara Atkinson Heidi Tanyi	53.6	2014
3x800m	Rebecca Natu	Sophie Foot	8.04.8	2017

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Maisy Silverstone

U15 Girls

UK Rules. No athlete in this age group is allowed to compete in a race above 3000m or any steeplechase events.

PenU15W (Indoors)	Megan Penfold	2973	2015
60m Hurdles	Megan Penfold	9.43	2016
75m Hurdles	Megan Penfold	11.9	2016
60m	Amy Richards	8.29	2011
80m	Nikkita Sartori-Sigrist	11.6	2008
100m	Racheal Pereira	12.3	2005
150m	Nikkita Sartori-Sigrist	21.9	2008
200m	Eden Brown	26.8	2014
300m	Emily Sharpe	43.1	2015
400m	Serena Espeute	63.6	2011
600m	Armarni Antoine-Chagar	1.53.0	2008
800m	Georgia Tuckfield	2.18.3	2011
1500m	Catherine Conway	4.43.6	2002
3000m	Georgia Tuckfield	10.33.94	2011
High Jump	Megan Penfold	1.62m	2016
Long Jump	Megan Penfold	5.11m	2016
Shot Putt (3.25Kg)	Chioma Onyeche	9.48m	2009
Shot Putt (3Kg)	Megan Penfold	9.94	2015
Discus(1Kg)	L Ryan	25.39m	2004
Javelin (600g)	Laura West	20.59m	2010
Javelin (500g)	Bethany Chambers	29.24	2015
Triple Jump	Isabel Barry	9.55m	2010
Hammer (3Kg)	Lucy Dodd	29.96	2014
Pole Vault	India Wellings	2.6m	2009

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4x100m	Annie Lawson	Angela Davis		
3x800m	Catherine Conway Natalie Kipps	Camilla Mussington	7.15.4	2002
4x400m			4.43.6	2005
4x300	Angela Davies Annalie Cole	Shammah Sowah Mia Thomas	3.01.4	2016

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U17 Women UK Rules. No athlete in this age group is allowed to run in any track race above 5000m

<u>Event</u>	<u>Name</u>	<u>Result</u>	<u>Year</u>
60m Hurdles	Becky Richards	9.42	2018
80m Hurdles	Becky Richards	12	2019
100m Hurdles	Ella Nicholson	18.1	2015
300m Hurdles	Becky Richards	45.63	2019
400m Hurdles(U20)	Isobel Mills	68.00	2016
60m	Corinne Humphreys	7.71	2008
100m	Angela Davis	12.1	2017
200m	Angela Davis	25.00	2017
300m	Shammah Sowah	40.2	2017
400m	Shammah Sowah	56.86	2017
800m	Catherine Conway	02:15.6	2003
1000m	Lauren MacGregor	03.09.9	2009
1500m	Georgia Tuckfield	04:38.3	2012
3000m	Georgia Tuckfield	10:16.18	2012
5000m	Lauren MacGregor	18:30.57	2009
1500m S.C.	Aoibheann Pearce	05.16.8	2018
2000m S.C.	Aoibheann Pearce	7.53.77	2018
Triple Jump	Megan Penfold	10.81m	2017
Long Jump	Megan Penfold	5.48m	2017
High Jump	Lizzie Peattie	1.70m	2013
Shot Putt(4Kg)	Clare Thurgood	9.6m	2000
Shot Putt(3Kg)	Megan Penfold	10.81m	2017
Discus(1Kg)	Laura Adegoke	28.9m	2009
Javelin(500g)	Bethany Chambers	28.70m	2017
Javelin(600g)	Laura West	26.34m	2011

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Hammer(4Kg)	Natalie Robinson		31.98	2013
Hammer(3Kg)	Lucy Dodd		32.77	2016
Pole Vault	India Wellings		2.8m	2010
Pentathlon	Megan Penfold		3120	2017
Hep.U17W	Megan Penfold		4065	2017
4x100m	Angela Davis Emily Sharpe	Shammah Sowah Charlotte Grant	45.55	2017
3x800m	Aoibheann Pearce Annalie Cole	Savanna Sirkett	7.12.93	2018
4x300m	Emily Sharpe Shammah Sowah	Angela Davis Annalie Cole	2.47.9	2017
4x400m	Shammah Sowah Charlotte Grant	Emily Sharpe Megan Penfold	4.24.66	2017

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U20 Women UK Rules. No athlete in this age group is allowed to run in any track race above 10,000m.

60m Hurdles	Amy Richards	9.53	2014
100m Hurdles	Amy Richards	16.04	2014
400m Hurdles	Isobel Mills	66.3	2018
60m	Roseanne Ampofo	8.05	2011
100m	Angela Davis	12.4	2019
200m	Angela Davis	25.7	2019
400m	Emily Sharpe	59.22	2018
600m	Danielle Sale	1.42.9	2007
800m	Annalie Cole	2.14.67	2019
1000m	Danielle Sale	3.07.5	2007
1500m	Danielle Sale	4.35.3	2006
3000m	Danielle Sale	9.46.62	2007
5000m	Danielle Sale	16.47.7	2005
1500m S.C.	Aoibheann Pearce	5.14.54	2019
2000m S.C.	Aoibheann Pearce	8.03.48	2020
Triple Jump	Amy Richards	10.54	2015
High Jump	Amy Richards	1.57m	2014
Long Jump	Amy Richards	5.28m	2014
Pole Vault	India Wellings	2.7m	2012
Shot Putt(4Kg)	Priscilla Ossai	8.51m	2011
Javelin(600g)	Laura West	25.43m	2013
Hammer(4kg)	Natalie Robinson	35.86	2015
Discus(1Kg)	Priscilla Ossai	22.36	2014
Heptathlon	Amy Richards	4141	2014
Pentathlon	Amy Richards	2936	2014

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4x100m	Angela Davis Emily Sharpe	Grace Taqui Becky Richards	51.85	2019
4x400m	Isobel Mills Shammah Sowah	Emily Sharpe Annalie Cole	4.11.4	2017