

ESAA – MERSEYSIDE ROLL OF HONOUR

The implementation of the 1972 Local Government Act on April 1st, 1974 resulted in the creation of the metropolitan county of Merseyside. It was formed from the south east part of Lancashire including the boroughs of Liverpool, Bootle, Southport and St. Helens; the boroughs of Birkenhead and Wallasey in Cheshire.

Merseyside County Schools' Athletic Association was formed in 1974 to organise and supervise athletics in the new county.

In 1975 Merseyside had a successful first ESAA Championship with Janet Lawrence winning the silver medal in the Girls Intermediate 800 metres; Bobby Hill gaining a silver medal in the Boys 80 Junior metres hurdles and Dave Galvin a bronze medal in the Junior 800 metres.

Janet Lawrence was the first Merseyside ESAA champion when winning the Senior Cross Country title in 1976.

OLYMPIC GAMES MEDALLISTS

Anyika Onuora	2016 4 x 400m Bronze 2001 I 100m-1, 2002 S 100m-1
Katarina Johnson-Thompson	2024 Heptathlon Silver 2006 J HJ-3, 2007 J HJ-1, 2007 J-PEN-1, 2008 I HJ-1, 2008 I HEP-1
Steve Smith	1996 High Jump Bronze 1987 J HJ-1, 1988 I HJ-2, 1989 I HJ-2, 1990 S HJ-2, 1991 S HJ-2

WORLD CHAMPIONSHIP MEDALLISTS

Anyika Onuora	2015 4 x 400m Bronze 2001 I 100m-1, 2002 S 100m-1
Katarina Johnson-Thompson	2019 and 2023 Heptathlon Gold, 2025 Heptathlon Silver 2006 J HJ-3, 2007 J HJ-1, 2007 J-PEN-1, 2008 I HJ-1, 2008 I HEP-1
Steve Smith	1993 High Jump Bronze 1987 J HJ-1, 1988 I HJ-2, 1989 I HJ-2, 1990 S HJ-2, 1991 S HJ-2

Mark Thomas (1987 4 x 400m Bronze) ran in the relay heat but not in the final.

EUROPEAN CHAMPIONSHIP MEDALLISTS

Anyika Onuora	2006 4 x 100m Silver, 2016 400m Bronze and 4 x 400m Gold, 2018 4 x 400m Bronze 2001 I 100m-1, 2002 S 100m-1
Katarina Johnson-Thompson	2018 Heptathlon Silver

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2006 J HJ-3, 2007 J HJ-1, 2007 J-PEN-1, 2008 I HJ-1, 2008 I HEP-1

Steve Smith 1994 High Jump Silver
1987 J HJ-1, 1988 I HJ-2, 1989 I HJ-2, 1990 S HJ-2, 1991 S HJ-2

Michael Rimmer 2010 800m Silver
2000 J 800m-1, 2001 and 2002 I 800m-1

COMMONWEALTH GAMES MEDALLISTS

Ann Williams 1990 800m Silver
1982 S 400m-1

Anyika Onuora 2006 4 x 100m Silver, 2014 4x 400m Bronze
2001 I 100m-1, 2002 S 100m-1

Katarina Johnson-Thompson 2018 and 2022 Heptathlon Gold
2006 J HJ-3, 2007 J HJ-1, 2007 J-PEN-1, 2008 I HJ-1, 2008 I HEP-1

Steve Smith 1994 High Jump Silver
1987 J HJ-1, 1988 I HJ-2, 1989 I HJ-2, 1990 S HJ-2, 1991 S HJ-2

BRITISH CHAMPIONS

Kathryn Farr 1986 Discus Throw
1981 J SP-2, 1984 and 1985 S DT-2

Ann Williams 1990 800m and 1991 1500m
1982 S 400m-1

Diane Allahgreen 2000-02 100m Hurdles
1991 I 80mH-1, 1992, 1993 and 1994 S 100mH-1

Anyika Onuora 2011 and 2013 200m, 2015 and 2018 400m
2001 I 100m-1, 2002 S 100m-1

Katarina Johnson-Thompson 2014 Long Jump
2006 J HJ-3, 2007 J HJ-1, 2007 J-PEN-1, 2008 I HJ-1, 2008 I HEP-1

Alex Kruger 1989, 1992 and 2000 Decathlon
1980 I HJ-5

Ikem Billy 1989 800m
1982 S 800m-2, 1983 S 800m-1

Steve Partington 1996 10k Walk

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	1984 10k Walk-1
Curtis Robb	1992, 1995 and 1996 800m 1989 and 1990 S 1500m-1
Steve Smith	1992, 1995, 1996 and 1999 High Jump 1987 J HJ-1, 1988 I HJ-2, 1989 I HJ-2, 1990 S HJ-2, 1991 S HJ-2
Steve Rogers	1995 Decathlon 1988 I OCT-2
Andrew Baddeley	2006, 2007, 2010 and 2012 1500m 2000 S 1500m-5
Michael Rimmer	2006-10 and 2013-14 800m 2000 J 800m-1, 2001 and 2002 I 800m-1
Jonathan Mellor	2015 10000m 2005 S 3000m-7
Joe Wigfield	2026 10000m 2018 S 800m-h-5

Notes regarding the athlete details shown above :

An entry for each athlete begins with a line (or lines) detailing their Major Championship medal win(s) or their British Championship title win(s). This is followed by a line (or lines) listing their ESAA Championship medal winning performance(s), or showing a non-medal winning performance, in the abbreviated format – *yyyy a eeee p* where :

yyyy Championship Year

a Age Group (I – Intermediate, J – Junior, S – Senior)

eeee Event

p Place achieved (note an 'h-' indicates the performance was in a heat and 'r-' indicates it was in a preliminary round)

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ESAA GIRLS CHAMPIONS

1976	S	CC	Janet Lawrence	2003	S	HJ	Elizabeth Sweeney
1978	J	1500m	Paula Matheson	2004	J	75mH	Ashley Helsby
1981	S	100m	Jayne Christian	2004	J	LJ	Alexandra Russell
1982	S	400m	Ann Williams	2005	S	100mH	Victoria Garrad
1983	J	LJ	Margaret Cheetham	2005	S	DT	Gemma Llewelyn
1984	I	LJ	Margaret Cheetham	2006	I	300m	Carmen Gedling
1985	J	LJ	Lynn-Marie Connolly	2006	I	LJ	Alexandra Russell
1985	I	4x100m	Merseyside	2007	J	PEN	Katarina Johnson-Thompson
1985	I	LJ	Margaret Cheetham	2007	J	3k Walk	Lauren Whelan
1986	I	100m	Danaa Myhill	2007	J	4x100m	Merseyside
1986	I	4x100m	Merseyside	2007	J	800m	Zoe Woodward
1986	S	LJ	Margaret Cheetham	2007	J	HJ	Katarina Johnson-Thompson
1987	J	CC	Joanne Colleran	2008	I	HEP	Katerina Johnson-Thompson
1987	J	4x100m	Merseyside	2008	I	3k Walk	Lauren Whelan
1987	I	CC	Liz Hamill	2008	I	HJ	Katarina Johnson-Thompson
1988	J	2.5k Walk	Carolyn Brown	2008	S	LJ	Alexandra Russell
1988	J	75mH	Yvonne D'Arcy	2009	J	800m	Chelsea Jarvis
1990	I	LJ	Ruth Irving	2009	J	HJ	Kate Anson
1991	J	SP	Helen Wilding	2010	I	HJ	Kate Anson
1991	I	80mH	Diane Allahgreen	2010	S	5k Walk	Lauren Whelan
1991	S	LJ	Ruth Irving	2011	J	HJ	Amelia J-McLaughlin
1992	I	300m	Sophie Cocker	2011	I	LJ	Danielle McGifford
1992	I	SP	Helen Wilding	2012	S	HEP	Danielle McGifford
1992	S	100mH	Diane Allahgreen	2012	S	LJ	Danielle McGifford
1992	S	LJ	Ruth Irving	2013	J	PEN	Anna Nicole Rowe
1993	J	1500m	Dawn Adams	2013	I	1500m	Rosie Johnson
1993	I	SP	Helen Wilding	2013	S	LJ	Danielle McGifford
1993	S	100mH	Diane Allahgreen	2014	I	HEP	Anna Nicole Rowe
1994	I	CC	Dawn Adams	2016	I	3000m	Faye Ireland
1994	I	1500m	Dawn Adams	2016	S	400mH	Anna Nicole Rowe
1994	S	100mH	Diane Allahgreen	2017	I	3000m	Ella McNiven
1994	S	400mH	Joanne Mahoney	2018	I	CC	Ella McNiven
1994	S	SP	Helen Wilding	2018	I	3000m	Ella McNiven
1995	I	CC	Clare Duncan	2019	I	HT	Bekki Roche
1995	S	SP	Helen Wilding	2021	I	1500m	Keira Brady-Jones
1996	I	JT	Jenny Kemp	2022	J	PEN	Sadie Madigan
1997	J	CC	Catherine Terry	2022	S	1500m	Keira Brady-Jones
1998	J	CC	Courtney Birch	2022	S	400m	Neave McGhee
1999	J	800m	Rachael Thompson	2023	J	CC	Molly Carvell
1999	J	DT	Lucy Nesbitt	2023	I	300m	Niamh Le'Gall
2001	I	100m	Anyika Onuora	2023	S	1500mST	Gabrielle Phelan
2002	S	100m	Anyika Onuora	2024	J	HJ	Scarlet Grundy
2003	J	75mH	Helen Asher	2024	J	PV	Rebecca Miller

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ESAA GIRLS CHAMPIONS (cont'd)

2025	I	HJ	Scarlet Grundy
2026	I	HJ	Scarlet Grundy
2026	U18	400mH	Renee Adams

In 2026 the height of hurdles was changed for certain ages so Under-16 (U16), Under-18 (U18) and Under-19 (U19) races were held.

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ESAA BOYS CHAMPIONS

1976	J	200m	Stuart Lawrenson	2000	J	800m	Michael Rimmer
1977	J	HT	David Roberts	2001	J	HT	Michael Bomba
1977	S	2000mST	Sean Butler	2001	I	800m	Michael Rimmer
1978	J	1500m	Paul Wynn	2001	I	SP	Peter Cranfield
1983	J	CC	Chris Teague	2002	I	800m	Michael Rimmer
1983	S	800m	Ikem Billy	2002	S	5k Walk	Neil Bates
1984	S	10k Walk	Steve Partington	2002	S	HJ	Martin Aram
1985	S	800m	John Evans	2002	S	TJ	Kevin Thompson
1986	J	3k Walk	Martin Young	2004	J	3k Walk	Callum Taylor
1986	J	PV	Mark Brunskill	2004	S	JT	Ben Fisher
1987	J	1500m	Steve Johnson	2004	S	TJ	Graeme Matthews
1987	J	HJ	Steve Smith	2005	J	HT	Adam Reynolds
1987	I	SP	James Muirhead	2006	J	80mH	Jack Meredith
1988	I	1500m	Steve Johnson	2008	I	100mH	Jack Meredith
1989	I	1500m	Steve Johnson	2008	S	400m	James Hunter
1989	S	1500m	Curtis Robb	2010	J	3k Walk	Alex Eaton
1989	S	400mH	Matthew Birchall	2010	S	110mH	Jack Meredith
1990	I	SP	Bryan Kelly	2010	S	4x100m	Merseyside
1990	S	10k Walk	Martin Young	2011	I	5k Walk	Alex Eaton
1990	S	1500m	Curtis Robb	2011	S	HJ	Michael Hartley
1990	S	400mH	Matthew Birchall	2012	J	1500m	James Taylor
1993	I	OCT	Paul Hourihan	2012	I	1500m	Matthew Shirling
1994	J	200m	Steven Daly	2013	J	300m	Joseph Milton
1994	J	DT	Steven Stanford	2013	S	CC	Matthew Shirling
1994	S	2000mST	Ben Reese	2013	S	5k Walk	Alex Eaton
1995	J	400m	Ian Lowthian	2014	J	PEN	Josh Hewett
1995	I	4x100m	Merseyside	2014	J	HJ	Steven Jones
1995	I	HJ	Danny Graham	2014	S	CC	Matthew Shirling
1996	J	PEN	Chris Jenkins	2016	J	3k Walk	Stephen Waddington
1996	J	400m	Paul Rawlinson	2016	J	PV	Glen Quayle
1996	J	LJ	Chris Jenkins	2016	I	OCT	Josh Hewett
1996	I	100mH	David O'Leary	2016	I	HJ	Josh Hewett
1996	I	DT	Steven Stanford	2016	S	5k Walk	Tom Partington
1997	I	1500mST	Jon Rice	2022	J	80mH	Lewis Shaw
1997	S	100m	Steven Daly	2024	I	100mH	Lewis Shaw
1998	J	80mH	Minh Ho	2024	I	100mH	Lewis Shaw
1999	J	SP	Tony Gallagher	2026	U16	300mH	Jay Husain

In 2026 the height of hurdles was changed for certain ages so Under-16 (U16), Under-18 (U18) and Under-19 (U19) races were held.

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SCHOOLS INTERNATIONAL ATHLETICS BOARD (SIAB)

The SIAB hold 2 annual international meetings for school athletes from England, Ireland, Scotland and Wales. These are for *Cross Country* and *Track and Field*. The *Indoor Pentathlon International* (commonly referred to as the *SIAB Indoor Pentathlon*) is actually organised by the *Scottish Schools' Athletic Association (SSAA)*.

A fourth championship, the *British Schools Indoor Athletics Championships* was also held from 1990 to 2000.

GIRLS WINNERS

1975	I	800m	Janet Lawrence	1999	J	CC	Courtney Birch
1977	J	CC	Paula Matheson	2000	I	CC	Courtney Birch
1978	J	CC	Paula Matheson	2001	I	100m	Anyika Onuora
1979	I	200m (B)	Jane Christian	2006	I	300m	Carmen Gedling
1984	I	LJ	Margaret Cheetham	2006	I	LJ	Alexandra Russell
1986	I	100m	Danaa Myhill	2007	U16	iPEN	Katarina Johnson-Thompson
1987	J	CC	Joanne Colleran	2008	I	HJ	Katarina Johnson-Thompson
1990	U16	i400m	Sophie Cocker	2013	I	1500m	Rosie Johnson
1990	I	LJ	Ruth Irving	2013	U16	iPEN	Anna Nicole Rowe
1991	I	80mH	Diane Allahgreen	2015	I	300mH	Anna Nicole Rowe
1991	U16	iSP	Helen Wilding	2017	I	3000m	Ella McNiven
1992	I	300m	Sophie Cocker	2018	I	3000m	Ella McNiven
1992	U16	iPEN	Louise Dixon	2018	I	CC	Ella McNiven
1994	I	1500m	Dawn Adams	2021	I	1500m	Keira Brady-Jones
1994	I	CC	Dawn Adams	2025	I	HJ	Scarlet Grundy
1994	U16	i1500m	Dawn Adams	2026	I	HJ	Scarlet Grundy
1996	I	JT	Jenny Kemp	2026	I	JT	Arwen Thorne
1998	J	CC	Courtney Birch				

BOYS WINNERS

1978	I	200m (B)	Stuart Lawrenson	1996	U16	i400m	Ian Lowthian
1979	I	800m	Paul Wynn	2001	I	800m	Michael Rimmer
1980	I	800m	Paul Wynn	2002	I	800m	Michael Rimmer
1988	I	1500m	Steve Johnson	2008	I	100mH	Jack Meredith
1988	I	400mH (B)	Matthew Birchall	2010	I	HJ	Michael Hartley
1989	I	1500m	Steve Johnson	2012	I	1500m	Matthew Shirling
1990	I	SP	Bryan Kelly	2012	I	3k Walk	Alex Eaton
1995	U16	i200m	Steven Daly	2016	I	HJ	Joshua Hewett
1996	I	100mH	David O'Leary	2024	I	100mH	Lewis Shaw

Winning performances are shown in the abbreviated format – yyyy a eeee where :

yyyy Championship Year

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a Age Group (I – Intermediate, J – Junior, S – Senior, Under-16 (U16), Over-16 (O16) and Under-18 (U18))

eee Event (preceded by an 'i' indicates at an indoor meeting).

In some events in the 1970s and 1980s two races (A and B) were necessary because of a limited number of lanes at the venue. An '(A)' or '(B)' highlights where this was the case.

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WORLD JUNIOR / U20 MEDALLISTS - GIRLS

1994	Diane Allahgreen	100m Hurdles Bronze and 4 x 100m Bronze
2012	Katarina Johnson-Thompson	Long Jump Gold

Vicky Griffiths and Rachael Thompson (2002 4 x 400m Silver) ran in the relay heat but not in the final.

WORLD JUNIOR / U20 MEDALLISTS - BOYS

1992	Steve Smith	High Jump Gold
2010	Jack Meredith	110m Hurdles Bronze

WORLD YOUTH / U18 MEDALLISTS - GIRLS

2009	Katarina Johnson-Thompson	Heptathlon Gold
2015	Catherine Reid	400m Bronze

WORLD YOUTH / U18 MEDALLIST - BOYS

2009	Jack Meredith	110m Hurdles Silver
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EUROPEAN U23 MEDALLISTS - GIRLS

1997	Diane Allahgreen	100m Hurdles Silver
2001	Helen Roscoe	4 x 100m Gold
2003	Danielle Halsall	4 x 400m Silver

EUROPEAN U23 MEDALLIST - BOYS

Harry Doran (1997 4 x 400m Gold) ran in the relay heat but not in the final.

EUROPEAN JUNIOR / U20 MEDALLISTS - GIRLS

1993	Diane Allahgreen	100m Hurdles Gold and 4 x 100m Gold
2003	Anyika Onuora	4 x 100m Silver
2003	Vicky Griffiths	4 x 400m Bronze

EUROPEAN JUNIOR / U20 MEDALLISTS - BOYS

1981	Paul Dunn	4 x 400m Silver
1983	Ikem Billy	800m Gold
1991	Curtis Robb	800m Gold
1991	Steve Smith	High Jump Gold
1999	Ian Lowthian	4 x 400m Bronze

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2011	Jack Meredith	110m Hurdles Gold
2013	Alex Boyce	4 x 400m Bronze