

## Biggleswade Athletic Club Seniors and Veterans Records

Records up to date to 22<sup>nd</sup> August 2017, recent records are shown in **Bold**

Note: V35M records only recorded from 2014. Veteran age-group records that better a lower age-group record are in **RED**

Category	Senior Women	Senior Men	Veteran Women (O/35)	Veteran Men (O/35)	
100m	Alice Middleton (U20) 12.65 secs Watford 25.07.2007	Ethan Metcalfe (U20) 10.79 secs Lee Valley 21.06.2014	Rebecca Tippett (V35) 15.3 secs Peterborough 12.08.2006	Mark Harris (V40) 12.9 secs Luton 26.06.2004	
			<b>Kathryn Juty (V45)</b> <b>16.2 secs</b> <b>Stevenage</b> <b>26.07.2017</b>	Comie Campbell (V40) 12.9 secs Walthamstow 30.07.2011	
			<b>Sandra Ingham (V50)</b> <b>16.8 secs</b> <b>Bedford</b> <b>05.05.2010</b>	<b>Marcus Davy (V45)</b> <b>13.9 secs</b> <b>Stevenage</b> <b>26.07.2017</b>	
			Helen Kapur (V55) 22.0 secs Bedford 03.05.2017	David Brown (V50) 13.9 secs Sandy 01.05.2013	
				David Brown (V55) 14.1 secs Kettering 03.07.2013	
				John Haines (V60) 14.9 secs Parliament Hill 04.07.2015	
				Colin Harries (V65) 16.8 secs Sandy 01.05.2013	
				Colin Harries (V70) 18.8 secs Bedford 03.05.2017	
	200m	Alice Middleton (U20) 25.7 secs Bedford 29.04.2007	Ethan Metcalfe (U20) 21.5 secs Sandy 12.07.2014	Rebecca Tippett (V35) 34.5 secs Sandy 02.09.2006	Michael Blunt (V35) 27.1 secs Sandy 12.07.2014
			Ethan Metcalfe (U20) 21.41 secs WA Lee Valley 21.06.2014	Fiona Wynde (V40) 37.7 secs St Ives 06.08.2014	<b>David Brown (V40)</b> <b>25.9 secs</b> <b>Tonbridge</b> <b>03.08.2002</b>
			<b>Kathryn Juty (V45)</b> <b>30.9 secs</b> <b>Mile End</b> <b>08.07.2017</b>	Neil Carrington (V45) 28.8 secs Milton Keynes 06.05.2015	
			Helen Kapur (V50) 47.1 secs Cambridge 04.06.2014	David Brown (V50) 27.9 secs Milton Keynes 03.06.2009	
			<b>Helen Kapur (V55)</b> <b>52.4 secs</b> <b>Milton Keynes</b> <b>05.07.2017</b>	David Brown (V55) 28.8 secs St Ives 15.06.2013	

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				John Haines (V60) 30.5 secs Milton Keynes 06.05.2015  Colin Harries (V65) 36.7 secs Sandy 29.06.2013  Colin Harries (V70) 40.9 secs Cambridge 07.06.2017
	Alice Middleton (U20) 57.54 secs Birmingham 13.07.2007	Scott Parsons (U20) 49.7 secs Bedford 21.04.2012	Zoe Luscombe (V35) 68.9 secs Braintree 18.05.2013  Zoe Luscombe (V40) 72.2 secs Bedford 03.06.2015  <b>Kathryn Juty (V45)</b> <b>74.4 secs</b> <b>Mile End</b> <b>08.07.2017</b>  <b>Lindsay Lister (V50)</b> <b>71.19 secs</b> <b>Solihull</b> <b>19.07.2015</b>	Craig Brown (V35) 58.3 secs Milton Keynes 07.05.2014  <b>David Brown (V40)</b> <b>57.2 secs</b> <b>Guildford</b> <b>10.07.1999</b>  <b>David Brown (V40)</b> <b>57.2 secs</b> <b>Southend</b> <b>03.06.2000</b>  <b>Marcus Davy (V45)</b> <b>61.3 secs</b> <b>Mile End</b> <b>08.07.2017</b>  <b>David Brown (V50)</b> <b>60.6 secs</b> <b>Stevenage</b> <b>02.08.2008</b>  David Brown (V55) 62.4 secs Kettering 03.07.2013  John Haines (V60) 66.53 secs Watford 15.07.2015  <b>Ian Skerratt (V65)</b> <b>81.7 secs</b> <b>Stevenage</b> <b>26.07.2017</b>
<b>800m</b>	Alice Middleton (U20) 2mins 14.4secs Welwyn 06.04.2007	K Carne 1min 55.0secs Enfield 1985	Zoe Luscombe (V35) 2mins 39.8secs Eltham 30.04.2011  Zoe Luscombe (V40) 2mins 56.1 secs Milton Keynes 06.05.2015	Craig Brown (V35) 2mins 09.2secs Watford 19.04.2014  <b>David Brown (V40)</b> <b>2mins 06.5secs</b> <b>Luton</b> <b>14.05.2000</b>

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			<b>Lindsay Lister (V45)</b> <b>2 mins 38.7 secs</b> <b>Sandy</b> <b>12.07.2014</b>	David Brown (V45) 2mins 11.3 secs Welwyn 06.04.2007
			Lindsay Lister (V50) 2 mins 38.88 secs Sandy 26.09.2015	John McGrath (V50) 2mins 15.4secs Sandy 05.04.2014
			<b>Helen Kapur (V55)</b> <b>4 mins 26 secs</b> <b>Milton Keynes</b> <b>05.07.2017</b>	John Haines (V55) 2mins 29.7 secs Sandy 05.05.2012
				<b>Charles Arnold (V60)</b> <b>2 mins 39.1 secs</b> <b>Peterborough</b> <b>19.08.2017</b>
				<b>Ian Skerrat (V65)</b> <b>3 mins 10.3 secs</b> <b>Milton Keynes</b> <b>05.07.2017</b>
<b>1500m</b>	Hannah Ridley (U17) 5mins 04.79secs Cambridge 02.06.2012	K Carne 3mins 55.0secs Luton 1985	Isobel Everest (V35) 5mins 26.3 secs Sandy 09.07.2011	Michael Blunt (V35) 4mins 39.9 secs Bedford 02.07.2014
			Karen Worrall (V40) 5mins 10.3secs Bedford 15.05.2005	<b>David Brown (V40)</b> <b>4mins 29.0 secs</b> <b>Colchester</b> <b>28.08.2000</b>
			Lindsay Lister (V45) 5mins 39.4 secs Sandy 12.07.2014	<b>Marcus Davy (V45)</b> <b>4mins 37.6 secs</b> <b>Peterborough</b> <b>19/08/2017</b>
			Lindsay Lister (V50) 5 mins 48.7 secs Bedford 03.06.2015	<b>John McGrath (V50)</b> <b>4mins 40.2 secs</b> <b>Bedford</b> <b>02.07.2014</b>
				John Haines (V55) 5mins 04.1 secs Sandy 07.07.2010
				John Haines (V60) 5mins 33.8 secs Peterborough 15.08.2015
<b>Mile</b>		Richard Bevan 4mins 54.8secs Sandy 19.08.2012	<b>Zoe Luscombe (V40)</b> <b>6mins 46.3 secs</b> <b>Stevenage</b> <b>27.07.2017</b>	Michael Blunt (V35) 5mins 01.94 secs St Ives 09.06.2014
				<b>David Brown (V40)</b> <b>4mins 57.5 secs</b> <b>Gt Yarmouth</b> <b>01.08.1999</b>

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				<b>Marcus Davy (V45)</b> <b>5 mins 07.5 secs</b> <b>Stevenage</b> <b>26.07.2017</b>  Chris Addams (V55) 6 mins 10.93 secs Sandy 01.07.2015  <b>John Haines (V60)</b> <b>5 mins 51.38 secs</b> <b>Solihull</b> <b>15.07.2015</b>
<b>3000m</b>	<b>Elaine Livera (U23)</b> <b>10 mins 57.5 secs</b> <b>Peterborough</b> <b>19.08.2017</b>	Craig Brown 9mins 24.33 secs Watford 21.08.2013	Isobel Everest (V35) 11mins 04.3secs Sandy 09.08.2011  <b>Isobel Everest (V40)</b> <b>11mins 02.5 secs</b> <b>Sandy</b> <b>10.07.2014</b>  Lindsay Lister (V45) 12 mins 04.3 secs St Ives 06.08.2014  Lesley Novis (V50) 17 mins 02.6 secs Sandy 09.08.2011	Craig Brown (V35) 9mins 39.4secs Cambridge 04.06.2014  Paul Davies (V40) 9mins 45.1 secs Sandy 12.07.2014  Paul Davies (V45) 9 mins 45.18 secs Watford 27.08.2014  <b>John McGrath (V50)</b> <b>11 mins 02.7 secs</b> <b>Cambridge</b> <b>04.06.2014</b>  <b>John Haines (V55)</b> <b>10 mins 46.8 secs</b> <b>Milton Keynes</b> <b>04.08.2010</b>  John Haines (V60) 11 mins 39.49 secs Watford 09.09.2015
<b>3000m S/C</b>		Roger Wadeley 10mins 08.0secs  1983		Craig Brown (V35) 10mins 49.6 secs King's Lynn 10.05.2014  Barry Lack (V40) 10 mins 56.1 secs Basildon 1984  Paul Davies (V45) 14 mins 33.2 secs Sandy 31.05.2015  <b>David Brown (V50)</b> <b>13mins 28.6 secs</b> <b>Luton</b> <b>31.07.2010</b>

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				John Haines (V55) 17mins 52.6 secs Luton 05.06.2010
<b>5000m</b>		Roger Wadeley 15mins 43.0secs  1983		Nick Haworth (V35) 18mins 00.5 secs Peterborough 15.08.2015  <b>Barry Lack (V40)</b> <b>16mins 32.0 secs</b>  <b>1985</b>  Paul Davies (V45) 16mins 58.8 secs Sandy 27.09.2014  <b>John Haines (V55)</b> <b>18mins 53.1 secs</b> <b>Sandy</b> <b>25.09.2014</b>  John Haines (V60) 20 mins 54.58 secs Bedford 17.05.2015
<b>10000m</b>				Chris Addams (V55) 44mins 01.14 secs Sandy 09.07.2015
<b>4 x 100m</b>	M Roberts, F Riley, L Satahoo, 52.8 secs Sandy 01.06.2014	Trudgill, C Dickson Earle (U20) 45.87 secs Lee Valley 21.06.2014	S Ingham, M Brooks, H Kapur, 80.1 secs Kettering 03.07.2013	J Kenyon, D Brown, C 58.1 secs Kettering 03.07.2013  J Haines, I Skerratt, C Addams, D Brown (V50) 60.49 secs Sandy 01.07.2015
<b>4 x 400m</b>	K Miles, F Riley L Satahoo, A Ebbage 4mins 28.56 secs Lee Valley 21.06.2014	Nixon, Brown, Hargreaves, Garcia 3mins 42.3secs Tooting Bec 03.07.1993	<b>Z Luscombe, H Broom, S Ingham, K Juty (V35)</b> <b>5 mins 57.1 secs</b> <b>Milton Keynes</b> <b>05.07.2017</b>	R Wynde, I Skerratt, S Atkins, J McGrath (V50) 5mins 18.1secs Cambridge 04.06.2014  <b>R Wynde, I Skerratt,</b>  <b>D Brown, C Arnold (V55)</b> <b>5mins 13.9 secs</b> <b>Milton Keynes</b> <b>05.07.2017</b>
<b>Hurdles (100m)</b>	Alice Middleton(U20) 16.8 secs Peterborough 24.09.2006		Rebecca Tippett (V35) 41.5 secs Peterborough 12.08.2006	David Brown (V55) 21.8 secs Bedford 01.06.2016

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			Sandra Ingham(V50) 84cm 27.0 secs Newham 05.09.2009  Sandra Ingham(V50) 76.2cm  24.5 secs Sandy 26.09.2009	
<b>Hurdles (110m)</b>		Euan Dickson Earle 14.67 secs Bedford 01.05.2017		David Brown (V40) 21.7 secs Tonbridge 02.08.2003  David Brown (V50) 21.7 secs St Ives 28.06.2008  David Brown (V55) 23.2 secs St Ives 15.06.2013
<b>Hurdles (400m)</b>	Alice Middleton(U20) 64.34 secs Barnet 24.08.2008	Scott Parsons (U20) 60.9 secs Luton 05.06.2010	<b>Zoe Luscombe (V40)</b> <b>96.7 secs</b> <b>Milton Keynes</b> <b>05.07.2017</b>	David Brown (V40) 64.1 secs Milton Keynes 24.06.2000  David Brown (V50) (91cm) 69.7 secs Luton 12.07.2008  David Brown (V50) (84cm) 72.4 secs Cambridge 02.06.2010  David Brown (V55) (91cm) 77.1 secs Battersea 20.07.2013
<b>Long Jump</b>	Alice Middleton (U20) 4.95 m Peterborough 24.09.2006	Euan Dickson Earle 6.81 m Sokolov, Czech Republic 24.06.2013	Rebecca Tippett (V35) 3.95 m Peterborough 12.08.2006  Julia Edwards (V40) 3.79 m Winchester 21.05.2011  <b>Kathryn Juty (V45)</b> <b>3.82 m</b> <b>Mile End</b> <b>08.07.2017</b>  Sandra Ingham (V50) 3.84 m Braintree 30.08.2008	<b>Stuart Goodwin (V35)</b> <b>4.18 m</b> <b>Milton Keynes</b> <b>05.07.2017</b>  <b>Ed Jones (V40)</b> <b>5.14 m</b> <b>Sandy</b> <b>07.07.2010</b>  Neil Carrington (V45) 5.19 m Cambridge 23.05.2015  <b>Robin Wynde (V55)</b> <b>3.27 m</b> <b>Milton Keynes</b> <b>05.07.2017</b>

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			<b>Helen Kapur (V55)</b> <b>2.19 m</b> <b>Milton Keynes</b> <b>05.07.2017</b>	Charlie Arnold (V60) 3.23 m Luton 15.04.2017  Colin Harries (V70) 1.48 m Bedford 03.05.2017
<b>Triple Jump</b>	Alice Middleton (U20) 10.57 m Welwyn 06.04.2007	Tom Boggon (U17) 13.75 m Birmingham 05.07.2013	Rebecca Tippett (V35) 8.18 m Peterborough 12.08.2006  Anne Lincoln (V45) 6.12 m Tonbridge 01.09.2007  <b>Sandra Ingham (V50)</b> <b>8.08 m</b> <b>Luton</b> <b>10.05.2009</b>  <b>Sandra Ingham (V55)</b> <b>4.57 m</b> <b>Stevenage</b> <b>26.07.2017</b>	<b>Stuart Goodwin (V35)</b> <b>8.87 m</b> <b>Cambridge</b> <b>07.06.2017</b>  <b>Neil Carrington (V40)</b> <b>10.76m</b> <b>Milton Keynes</b> <b>03.08.2011</b>  Neil Carrington (V45) 11.33 m Lyon 11.08.2015  David Brown (V50) 8.19 m Luton 12.07.2008  John Haines (V55) 5.67 m Milton Keynes 11.07.2012  <b>Charles Arnold (V60)</b> <b>7.43 m</b> <b>Stevenage</b> <b>26.07.2017</b>  Colin Harries (V65) 5.48m Stevenage 05.06.2013
<b>High Jump</b>	Lauren Ambrose (U17) 1.68 m Gt Yarmouth 28.07.2003	Josh Watson 2.00 m Battersea 20.06.2015	Sandra Ingham (V45) 1.20 m Tonbridge 01.09.2007  Sandra Ingham (V50) 1.30 m Braintree 27.06.2009  Sandra Ingham (V55) 1.00m Battersea 20.07.2013	<b>Jon Fediw (V35)</b> <b>1.25m</b> <b>Stevenage</b> <b>26.07.2017</b>  <b>Chris Watson (V40)</b> <b>1.55 m</b> <b>Sandy</b> <b>01.07.2009</b>  Chris Watson (V45) 1.45 m St Ives 06.07.2011  David Brown (V50) 1.25 m Bedford 06.06.2009

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				<b>Charles Arnold (V60)</b> <b>1.25m</b> <b>Stevenage</b> <b>26.07.2017</b>
<b>Pole Vault</b>	Holly Welham (U17) 2.45 m Sandy 27.09.2008	Adam Humphries (U20) 3.85 m Bedford 29.04.2007	<b>Kathryn Juty (V45)</b> <b>1.30 m</b> <b>Mile End</b> <b>08.07.2017</b>	David Brown (V40) 1.50 m Tooting Bec 26.06.1999  David Brown (V50) 1.00 m Cambridge 07.06.2008  David Brown (V55) 1.00m Battersea 20.07.2013  Charles Arnold (V60) 1.70m Milton Keynes 06.07.2016
<b>Discus</b>	Sarah Ridley (U20) 28.51 m Watford 20.08.2016  <b>Sarah Ridley (U23)</b> <b>29.87 m</b> <b>Braintree</b> <b>17.06.17</b>	D Smedley 33.5 m Erith 07.07.1984	Sharron Best (V35) 21.66 m Uxbridge 07.08.2004  Sandra Ingham (V45) 18.90 m Tonbridge 01.09.2007  Sandra Ingham (V50) 17.50 m Salisbury 20.08.2011  Sandra Ingham (V55) 16.47 m St Albans 21.05.2016	<b>Jon Fediw (V35)</b> <b>17.70 m</b> <b>Mile End</b> <b>08.07.2017</b>  <b>Kevin Ambrose (V40)</b> <b>24.60 m</b> <b>Woodford Green</b> <b>05.08.2000</b>  Andy Lee (V45) 24.45m Kings Lynn 25.04.2015  Chris Watson (V50) 19.21 m Sandy 18.06.2016  John Haines (V55) 16.47 m Milton Keynes 11.07.2012  John Haines (V60) 21.18 m Bedford 29.07.2015  <b>Ian Skerratt (V65)</b> <b>15.61 m</b> <b>Stevenage</b> <b>26.07.2017</b>  Colin Harries (V70) 14.23 m Cambridge 07.06.2017



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Shot	Sarah Ridley (U20) 10.51 m Watford 20.08.2016	D Smedley 12.48 m Harlow 1983	Sharron Best (V35) 7.39 m Luton 11.09.2004	Stuart Goodwin (V35) 5.13m Sandy 01.07.2015
			Sonia Edwards (V40) 6.64 m Braintree 30/08/2008	<b>Chris Watson (V40)</b> <b>8.52 m</b> <b>Sandy</b> <b>07.07.2010</b>
			Sandra Ingham (V45) 8.25 m Tonbridge 01.09.2007	Chris Watson (V45) 8.10 m Winchester 21.05.2011
			Sandra Ingham (V50) 7.82 m Cambridge 17.07.2010	David Brown (V50) 6.70 m Luton 12.07.2008
			Sandra Ingham (V55) 9.01 m Bedford 02.07.2014	<b>John Haines (V55)</b> <b>7.56 m</b> <b>Bedford</b> <b>05.05.2010</b>
			John Haines (V60) 7.21 m Luton 28.06.2015	<b>Colin Harries (V70)</b> <b>5.20 m</b> <b>Mile End</b> <b>08.07.2017</b>
Javelin	Amy Lyons (U20) 35.23 m Braintree 27.06.2009	S Blows 45.2 m L'D W'ds C'I 1985  Alex Ingham (U20) (800g) 58.89 m Cambridge 27.06.2014	Sharron Best (V35) 15.68 m Luton 11.09.2004	<b>Jon Fediw (V35)</b> <b>27.03m</b> <b>Braintree</b> <b>17.06.2017</b>
			Sonia Edwards (V40) 10.76 m Lee Valley 07.08.2010	<b>Chris Watson (V40)</b> <b>35.47 m</b> <b>Sandy</b> <b>25.09.2010</b>
			<b>Kathryn Juty (V45)</b> <b>11.56 m</b> <b>Cambridge</b> <b>07.06.2017</b>	<b>Chris Watson (V45)</b> <b>37.50 m</b> <b>Eltham</b> <b>30.04.2011</b>
			Sandra Ingham (V50) 29.02 m Sandy 29.09.2007	Chris Watson (V50) 31.35 m Sandy 18.06.2016
			Sandra Ingham (V55) 24.18 m Bedford 03.06.2015	John Haines (V55) 20.26 m Bedford 09.05.2012
			John Haines (V60) 23.40 m Bedford 03.06.2015	

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				<b>Ian Skerratt (V65)</b> <b>15.61 m</b> Stevenage <b>26.07.2017</b>
<b>Hammer</b>	Katie Bland (U20) 38.64 m Luton 17.04.2010	D Smedley 34.56 m Erith 07.07.1984	Sharron Best (V35) 17.06 m Ilford 22.05.2004	<b>Jon Fediw (V35)</b> <b>19.35 m</b> <b>Mile End</b> <b>08.07.2017</b>
		Stuart West (U20) 34.56 m Luton 31.07.2010	Anne Lincoln (V45) 15.83 m Cambridge 31.05.2008	Jim Burke (V40) 24.76 m Canvey Island 17.05.1997
			Sandra Ingham (V50) 15.07 m Sandy 29.09.2012	Chris Watson (V45) 18.59m Sandy 09.07.2011
			Sandra Ingham (V55) 15.33 m Milton Keynes 06.05.2015	David Brown (V50) 17.75 m Sandy 06.06.2009
				<b>David Brown (V55)</b> <b>19.00 m</b> <b>Kettering</b> <b>03.07.2013</b>
				Ian Skerratt (V60) 14.76 m Sandy 26.09.2015
				Ian Skerratt (V65) 17.24 m Stevenage 03.08.2016
<b>Pentathlon</b>	Alice Middleton (U20) 2,839 pts Peterborough 24.09.2006 (Hurdles, Shot, 800 m Long Jump, High Jump)	Daniel Steel 2103 pts Grays 01.05.2017 (Long Jump, 70 m Hurdles, Shot, High Jump, 800 m)		David Brown (V40) 1777 pts Peterborough 28.09.2003 (Long Jump, 1500 m, Discus, Javelin, 200 m)
<b>Heptathlon</b>	Alice Middleton (U20) 3,875 pts Derby 17.09.2006 (Hurdles, High Jump, Shot, 200 m, Javelin, Long Jump, 800 m)			
<b>Decathlon</b>		Daniel Steel 4610 pts Carshalton 13.09.2015 (100m, LJ, shot, HJ, 400m, 110m h, discus, PV, Jav, 1500m)		
<b>1 Mile Walk</b>	Fiona Wynde (V40) 10 mins 58.9 secs St Ives 06.08.2014	Robin Wynde (V55) 9 mins 55.8 secs Cambridge 04.06.2014	Fiona Wynde (V35) 11 mins 18.0 secs Milton Keynes 11.07.2012	<b>Stuart Goodwin (V35)</b> <b>12 mins 02.0 secs</b> <b>Milton Keynes</b> <b>05.07.2017</b>

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Category	Senior Women	Senior Men	Veteran Women (O/35)	Veteran Men (O/35)
			<b>Fiona Wynde (V40)</b> <b>10 mins 58.9 secs</b> <b>St Ives</b> <b>06.08.2014</b>	Vince Plosky (V40) 11 mins 06.1 secs Milton Keynes 07.05.2014  <b>Robin Wynde (V50)</b> <b>10 mins 16.0 secs</b> <b>Milton Keynes</b> <b>11.07.2012</b>  <b>Robin Wynde (V55)</b> <b>9 mins 55.8 secs</b> <b>Cambridge</b> <b>04.06.2014</b>
<b>2 Km Walk</b>		Robin Wynde (V55) 12 mins 26.9 secs Bedford 29.07.2015		Robin Wynde (V50) 12 mins 39.6 secs Kettering 13.06.2012  <b>Robin Wynde (V55)</b> <b>12 mins 26.9 secs</b> <b>Bedford</b> <b>29.07.2015</b>
<b>INDOOR</b>				
<b>60m</b>	Laura Satahoo (U20) 8.88 secs Lee Valley 06.02.2016	Euan Dickson Earle (U20) 6.97 secs Birmingham 23.02.2013		Neil Carrington (V45) 8.3 secs King's Lynn 26.01.2014  John Haines (V55) 9.10 secs Lee Valley 24.02.2013  John Haines (V60) 9.41 secs Lee Valley 04.01.2015
<b>200m</b>	Alice Middleton (Jun) 26.34 secs Birmingham 10.02.2007	Ethan Metcalfe (U20) 22.22 secs Sheffield 02.03.2014		David Brown (V50) 27.80 secs Lee Valley 13.02.2011  John Haines (V55) 29.23 secs Lee Valley 24.02.2013  John Haines (V60) 29.42 secs Lee Valley 22.02.2015
<b>400m</b>	Alice Middleton (Jun) 57.71 secs Birmingham 25.02.2007	Scott Parsons (U20) 50.39 secs Birmingham 26.02.2012	Lindsay Lister (V50) 69.49 secs Lee Valley 01.03.2015	David Brown (V50) 61.65 secs Lee Valley 13.02.2013  John Haines (V60) 68.37 secs Lee Valley 04.01.2015

## Biggleswade Athletic Club Seniors and Veterans Records

Records up to date to 22<sup>nd</sup> August 2017, recent records are shown in **Bold**

Note: V35M records only recorded from 2014. Veteran age-group records that better a lower age-group record are in **RED**

Category	Senior Women	Senior Men	Veteran Women (O/35)	Veteran Men (O/35)
<b>800m</b>	Alice Middleton (Jun) 2mins 20.76 secs Birmingham 25.02.2006	Conner Trudgill (U17) 2mins 12.96 secs Lee Valley 01.02.2014	Fiona Wynde (V35) 2mins 50.31 secs Lee Valley 24.02.2013  <b>Lindsay Lister (V50)</b> <b>2mins 44.71secs</b> <b>Lee Valley</b> <b>18.01.2015</b>	Michael Blunt (v35) 2mins 13.67secs Lee Valley 26.01.2014  David Brown (V50) 2mins 24.05 secs Lee Valley 13.02.2011  John Haines (V60) 2mins 37.99 secs Lee Valley 14.12.2014
<b>1000m</b>		Daniel Steel 3mins 02.50 secs Lee Valley 20.12.2015		
<b>1500m</b>	Hannah Ridley (U17) 5mins 13.39 secs Lee Valley 20.02.2013	Conner Trudgill (U17) 4mins 37.85secs Lee Valley 20.02.2013	Lindsay Lister (V50) 5mins 37.20secs Lee Valley 07.03.2015	John Haines (V60) 5mins 30.75secs Lee Valley 18.02.2015
<b>3000m</b>		Michael Blunt 10mins 26.23 secs Lee Valley 04.12.2013		John Haines (V60) 11mins 44.46 secs Lee Valley 22.02.2015
<b>60m hurdles</b>		Euan Dickson Earle 8.01 secs Lee Valley 28.01.2017		
<b>High Jump</b>		Josh Watson (U20) 1.90 m Birmingham 24.02.2013		
<b>Long Jump</b>		Daniel Steel 6.04m Uxbridge 21.03.2015		Neil Carrington (V40) 5.05m Lee Valley 24.02.2013  <b>Neil Carrington (V45)</b> <b>5.27m</b> <b>Lee Valley</b> <b>22.02.2015</b>
<b>Triple Jump</b>		<u>Daniel Steel</u> <u>13.45 m</u> <u>Uxbridge</u> <u>14.02.2015</u>		Neil Carrington (V40) 11.48m Lee Valley 10.03.2013  Neil Carrington (V45) 11.33m Lee Valley 15.02.2015
<b>Pole Vault</b>		Adam Humphries 3.81 m Bedford 19.03.2007		
<b>Shot</b>		Daniel Steel 8.51 m Sheffield <u>09.01.2016</u>		John Haines (V55) 6kg 7.07 m Lee Valley 24.02.2013
<b>Heptathlon</b>		Daniel Steel 3383 pts Sheffield 11.01.2015 60m, 60m h, 1000m, HJ, LJ, Shot, Pole vault		