

## Biggleswade Athletic Club Seniors and Veterans Records

Records up to date to 16th January 2019, 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>100m</b>	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
			Kathryn Juty (V45) 16.2 secs Stevenage 26.07.2017	Comie Campbell (V40) 12.9 secs Walthamstow 30.07.2011
			Sandra Ingham (V50) 16.8 secs Bedford 05.05.2010	Marcus Davy (V45) 13.9 secs Stevenage 26.07.2017
			Helen Kapur (V55) 22.0 secs Bedford 03.05.2017	David Brown (V50) 13.9 secs Sandy 01.05.2013
			Sandra Ingham (V55) 22.0 secs Stevenage 26.07.2017	David Brown (V55) 14.1 secs Kettering 03.07.2013
				John Haines (V60) 14.9 secs Parliament Hill 04.07.2015
<b>200m</b>	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

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			<b>Helen Kapur (V55)</b> <b>48.8 secs</b> <b>Milton Keynes</b> <b>01.08.2018</b>	David Brown (V55) 28.8 secs St Ives 15.06.2013  David Brown (V60) 29.6 secs Bedford 06.06.2018  <b>Clark Skerratt (V65)</b> <b>36.3 secs</b> <b>Milton Keynes</b> <b>01.08.2018</b>  Colin Harries (V70) 40.9 secs Cambridge 07.06.2017
<b>400m</b>	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  Kathryn Juty (V45) 74.4 secs Mile End 08.07.2017  <b>Lindsay Lister (V50)</b> <b>71.19 secs</b> <b>Solihull</b> <b>19.07.2015</b>  <b>Helen Kapur (V55)</b> <b>112.4 secs</b> <b>Cambridge</b> <b>04.07.2018</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>  Marcus Davey (V45) 61.3 secs Mile End 08.07.2017  <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  <b>David Brown (V60)</b> <b>66.2 secs</b> <b>Cambridge</b> <b>04.07.2018</b>  Ian Skerratt (V65) 81.7 secs Stevenage 26.07.2017

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				<b>Nigel Bush (V70)</b> <b>93.6 secs</b> <b>Cambridge</b> <b>04.07.2018</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  <b>Lindsay Lister (V45)</b> <b>2 mins 38.7 secs</b> <b>Sandy</b> <b>12.07.2014</b>  Lindsay Lister (V50) 2 mins 38.88 secs Sandy 26.09.2015  Helen Kapur (V55) 4 mins 26 secs Milton Keynes 05.07.2017	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>  David Brown (V45) 2mins 11.3 secs Welwyn 06.04.2007  John McGrath (V50) 2mins 15.4secs Sandy 05.04.2014  John Haines (V55) 2mins 29.7 secs Sandy 05.05.2012  Charles Arnold (V60) 2 mins 38.1 secs Sandy 24.03.2018  Ian Skerrat (V65) 3 mins 10.3 secs Milton Keynes 05.07.2017  Collin Harries (V70) 4 mins 15.0 secs Bedford 06.06.2018
<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  Karen Worrall (V40) 5mins 10.3secs Bedford 15.05.2005  Lindsay Lister (V45) 5mins 39.4 secs Sandy 12.07.2014  Lindsay Lister (V50) 5 mins 48.7 secs Bedford 03.06.2015	Michael Blunt (V35) 4mins 39.9 secs Bedford 02.07.2014  <b>David Brown (V40)</b> <b>4mins 29.0 secs</b> <b>Colchester</b> <b>28.08.2000</b>  Marcus Davey (V45) 4mins 37.6 secs Peterborough 19/08/2017  <b>John McGrath (V50)</b> <b>4mins 40.2 secs</b> <b>Bedford</b> <b>02.07.2014</b>

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			Helen Kapur (V55) 8 mins 25.4 secs Cambridge 07.06.2017	John Haines (V55) 5mins 04.1 secs Sandy 07.07.2010  Charlie Arnold (V60) 5mins 26.9 secs Sandy 24.03.2018
<b>Mile</b>		Richard Bevan 4mins 54.8secs Sandy 19.08.2012	Zoe Luscombe (V40) 6mins 46.3 secs Stevenage 27.07.2017	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>  Marcus Davey (V45) 5 mins 07.5 secs Stevenage 26.07.2017  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>	Elaine Livera (U23) 10 mins 57.5 secs Peterborough 19.08.2017	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>  Charlie Arnold (V60) 11 mins 36.6 secs Stevenage 02.05.2018

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<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 29.1 secs Peterborough 19.05.2018  <b>David Brown (V50)</b> <b>13mins 28.6 secs</b> <b>Luton</b> <b>31.07.2010</b>  John Haines (V55) 17mins 52.6 secs Luton 05.06.2010  Charlie Arnold (V60) 13 mins 43.7 secs Peterborough 19.05.2018
<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>  <b>Charles Arnold (V60)</b> <b>20 mins 29.25 secs</b> <b>Woodford</b> <b>18.08.2018</b>
<b>10000m</b>		Jamie Hall 34 mins 07.21 secs Sandy 23.09.17		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

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				J Haines, I Skerratt, C Addams, D Brown (V50) 60.49 secs Sandy 01.07.2015  C.Arnold, D.Brown I. Skerratt, N Harvey (V55)  66.70 secs Stevenage 02.05.2018
<b>4 x 400m</b>	H Ridley, E Livera K Miles, A Middleton 4mins 25.8secs Peterborough 29.08.2017	<b>Webster, Stokes Rayner (T), Baldwin 3mins 42.2secs Sandy 14.07.2018</b>	Z Luscombe, H Broom, S Ingham, K Jury (V35) 5 mins 57.1 secs Milton Keynes 05.07.2017	R Wynde, I Skerratt, S Atkins, J McGrath (V50) 5mins 18.1secs Cambridge 04.06.2014  R Wynde, I Skerratt, D Brown, C Arnold (V55) 5mins 13.9 secs Milton Keynes 05.07.2017  R.Wynde, D Brown I Skerratt, C Arnold (v60) 5mins 13.9 secs Bedford 06.06.2018
<b>Hurdles (100m)</b>	Alice Middleton(U20) 16.8 secs Peterborough 24.09.2006		Rebecca Tippett (V35) 41.5 secs Peterborough 12.08.2006  Sandra Ingham(V50) 84cm 27.0 secs Newham 05.09.2009  Sandra Ingham(V50) 76.2cm  24.5 secs Sandy 26.09.2009	David Brown (V55) 21.8 secs Bedford 01.06.2016
<b>Hurdles (110m)</b>		Euan Dickson Earle 14.67 secs Bedford 01.05.2017	<b>Kathryn Jury (V45) 44.4 secs Bedford 06.06.2018</b>	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	Zoe Luscombe (V40) 96.7 secs Milton Keynes 05.07.2017	David Brown (V40) 64.1 secs Milton Keynes 24.06.2000

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			<b>Kathryn Juty (V45)</b> <b>102.1 secs</b> <b>Milton Keynes</b> <b>01.08.2018</b>	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>3.83 m</b> <b>Perivale</b> <b>14.04.2018</b>  Sandra Ingham (V50) 3.84 m Braintree 30.08.2008  <b>Helen Kapur (V55)</b> <b>2.42 m</b> <b>Milton Keynes</b> <b>01.08.2018</b>	Stuart Goodwin (V35) 4.18 m Milton Keynes 05.07.2017  <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  Robin Wynde (V55) 3.27 m Milton Keynes 05.07.2017  Charlie Arnold (V60) 3.23 m Luton 15.04.2017  <b>Ajit Kapur (V65)</b> <b>2.76 m</b> <b>Milton Keynes</b> <b>01.08.2018</b>  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  Kahtyrn Juty (V45) 6.34 m Peterborough 19.08.2017  Sandra Ingham (V50) 8.08 m Luton 10.05.2009	Stuart Goodwin (V35) 8.87 m Cambridge 07.06.2017  <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

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			Sandra Ingham (V55) 4.57 m Stevenage 26.07.2017	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>7.57 m</b> <b>Stevenage</b> <b>02.05.2018</b>  Ajit Kaput (V65) 5.55m Stevenage 02.05.2018  Colin Harries (V70) 4.55m Stevenage 02.05.2018
<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	Jon Fediw (V35) 1.25m Stevenage 26.07.2017  <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  Charles Arnold (V60) 1.30m Sandy 24.03.2018
<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>1.70 m</b> <b>Parliament Hill</b> <b>23.06.2018</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



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				Charles Arnold (V60) 1.70m Milton Keynes 06.07.2016
Discus	Sarah Ridley (U20) 28.51 m Watford 20.08.2016	D Smedley 33.5 m Erith 07.07.1984	Sharron Best (V35) 21.66 m Uxbridge 07.08.2004	Jon Fediw (V35) 17.70 m Mile End 08.07.2017
	Sarah Ridley (U23) 29.87 m Braintree 17.06.17		Sandra Ingham (V45) 18.90 m Tonbridge 01.09.2007	Kevin Ambrose (V40) 24.60 m Woodford Green 05.08.2000
			Sandra Ingham (V50) 17.50 m Salisbury 20.08.2011	Andy Lee (V45) 24.45m Kings Lynn 25.04.2015
			Sandra Ingham (V55) 16.47 m St Albans 21.05.2016	Chris Watson (V50) 19.21 m Sandy 18.06.2016
			<b>Sandra Ingham (V60)</b> <b>15.52 m</b> <b>Bedford</b> <b>06.06.2018</b>	John Haines (V55) 16.47 m Milton Keynes 11.07.2012
				John Haines (V60) 21.18 m Bedford 29.07.2015
			Ian Skerratt (V65) 15.61 m Stevenage 26.07.2017	
			Colin Harries (V70) 14.50 m Bedford 06.06.2018	
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	Jon Fediw (V35) 8.04 m Milton Keynes 05.07.2017
			Sonia Edwards (V40) 6.64 m Braintree 08/30/2008	Chris Watson (V40) 8.52 m Sandy 07.07.2010
			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	

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			<p>Sandra Ingham (V55) 9.01 m Bedford 02.07.2014</p> <p><b>Sandra Ingham (V60)</b> <b>7.35 m</b> <b>Southend</b> <b>11.08.2018</b></p>	<p><b>John Haines (V55)</b> <b>7.56 m</b> <b>Bedford</b> <b>05.05.2010</b></p> <p>John Haines (V60) 7.21 m Luton 28.06.2015</p> <p><b>Ajit Kapur (V65)</b> <b>6.68 m</b> <b>Cambridge</b> <b>04.07.2018</b></p> <p>Colin Harries (V70) 5.20 m Mile End 08.07.2017</p>
<b>Javelin</b>	<p>Amy Lyons (U20) 35.23 m Braintree 27.06.2009</p>	<p>S Blows 45.2 m L'D W'ds C'I 1985</p> <p>Alex Ingham (U20) (800g) 58.89 m Cambridge 27.06.2014</p>	<p>Sharron Best (V35) 15.68 m Luton 11.09.2004</p> <p>Sonia Edwards (V40) 10.76 m Lee Valley 07.08.2010</p> <p><b>Kathryn Juty (V45)</b> <b>12.76 m</b> <b>Bedford</b> <b>06.06.2018</b></p> <p><b>Sandra Ingham (V50)</b> <b>29.02 m</b> <b>Sandy</b> <b>29.09.2007</b></p> <p>Sandra Ingham (V55) 24.18 m Bedford 03.06.2015</p> <p><b>Sandra Ingham (V60)</b> <b>21.52 m</b> <b>Bedford</b> <b>06.06.2018</b></p>	<p>Jon Fediw (V35) 27.03m Braintree 17.06.2017</p> <p><b>Chris Watson (V40)</b> <b>35.47 m</b> <b>Sandy</b> <b>25.09.2010</b></p> <p><b>Chris Watson (V45)</b> <b>37.50 m</b> <b>Eltham</b> <b>30.04.2011</b></p> <p>Chris Watson (V50) 31.35 m Sandy 18.06.2016</p> <p>John Haines (V55) 20.26 m Bedford 09.05.2012</p> <p>John Haines (V60) 23.40 m Bedford 03.06.2015</p> <p><b>Ajit Kapur (V65)</b> <b>23.11 m</b> <b>Milton Keynes</b> <b>01.08.2018</b></p>
<b>Hammer</b>	<p>Katie Bland (U20) 38.64 m Luton 17.04.2010</p>	<p>D Smedley 34.56 m Erith 07.07.1984</p> <p>Stuart West (U20) 34.56 m Luton 31.07.2010</p>	<p>Sharron Best (V35) 17.06 m Ilford 22.05.2004</p> <p>Anne Lincoln (V45) 15.83 m Cambridge 31.05.2008</p>	<p>Jon Fediw (V35) 19.35 m Mile End 08.07.2017</p> <p>Jim Burke (V40) 24.76 m Canvey Island 17.05.1997</p>

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			Sandra Ingham (V50) 15.07 m Sandy 29.09.2012  Sandra Ingham (V55) 15.33 m Milton Keynes 06.05.2015  <b>Sandra Ingham (V60)</b> <b>13.10 m</b> <b>Stevenage</b> <b>02.05.2018</b>	Chris Watson (V45) 18.59m Sandy 09.07.2011  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>		<b>Daniel Steel</b> <b>4641 pts</b> <b>Carshalton</b> <b>19.9.18</b> (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>Fiona Wynde (V40)</b> <b>10 mins 58.9 secs</b> <b>St Ives</b> <b>06.08.2014</b>  <b>Helen Middleton (V55)</b> <b>9 mins 10.8 secs</b> <b>Stevenage</b> <b>02.05.2018</b>	Stuart Goodwin (V35) 12 mins 02.0 secs Milton Keynes 05.07.2017  Vince Plosky (V40) 11 mins 06.1 secs Milton Keynes 07.05.2014  Robin Wynde (V50) 10 mins 16.0 secs Milton Keynes 11.07.2012  <b>Robin Wynde (V55)</b> <b>9 mins 55.8 secs</b> <b>Cambridge</b> <b>04.06.2014</b>

## Biggleswade Athletic Club Seniors and Veterans Records

Records up to date to 16th January 2019, 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)
				Robin Wynde (V60) 10 mins 15 secs Stevenage 02.05.2018
<b>2 Km Walk</b>		Robin Wynde (V55) 12 mins 26.9 secs Bedford 29.07.2015  <b>Robin Wynde (V60)</b> <b>13 mins 04.4 secs</b> <b>Cambridge</b> <b>04.07.2018</b>		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 indoor</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 indoor</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 indoor</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
<b>800m indoor</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  Charlie Arnold (V60) 2mins 37.77 secs Lee Valley 24.02.2018

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Category	Senior Women	Senior Men	Veteran Women (O/35)	Veteran Men (O/35)
<b>1000m indoor</b>		Daniel Steel 3mins 02.50 secs Lee Valley 20.12.2015		
<b>1500m indoor</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 indoor</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 indoor</b>		Euan Dickson Earle 8.01 secs Lee Valley 28.01.2017		
<b>High Jump indoor</b>		Josh Watson (U20) 1.90 m Birmingham 24.02.2013		
<b>Long Jump indoor</b>		Daniel Steel 6.04m Uxbridge 21.03.2015		Neil Carrington (V40) 5.05m Lee Valley 24.02.2013  Neil Carrington (V45) 5.27m Lee Valley 22.02.2015
<b>Triple Jump indoor</b>		Daniel Steel 13.45 m Uxbridge 14.02.2015		Neil Carrington (V40) 11.48m Lee Valley 10.03.2013  Neil Carrington (V45) 11.33m Lee Valley 15.02.2015
<b>Pole Vault indoor</b>		Adam Humphries 3.81 m Bedford 19.03.2007		
<b>Shot indoor</b>		Daniel Steel 8.51 m Sheffield 09.01.2016		John Haines (V55) 6kg 7.07 m Lee Valley 24.02.2013
<b>Heptathlon indoor</b>		Daniel Steel 3383 pts Sheffield 11.01.2015 60m, 60m h, 1000m, HJ, LJ, Shot, Pole vault		