

Biggleswade Athletic Club Seniors and Veterans Records

Records up to date to 6th May 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
			Anne Lincoln (V45) 22.1 secs Sandy 01.07.2009	Comie Campbell (V40) 12.9 secs Walthamstow 30.07.2011
			Sandra Ingham (V50) 16.8 secs Bedford 05.05.2010	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
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	David Brown (V40) 25.9 secs Tonbridge 03.08.2002
				Neil Carrington (V45) 28.8 secs Milton Keynes 06.05.2015
			Helen Kapur (V45) 46.6 secs Stevenage 05.06.2013	David Brown (V50) 27.9 secs Milton Keynes 03.06.2009
		Helen Kapur (V50) 47.1 secs Cambridge 04.06.2014	David Brown (V55) 28.8 secs St Ives 15.06.2013	
			John Haines (V60) 30.5 secs Milton Keynes 06.05.2015	
			Colin Harries (V65) 36.7 secs Sandy 29.06.2013	

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400m	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	Craig Brown (V35) 58.3 secs Milton Keynes 07.05.2014	
			Zoe Luscombe (V40) 72.2 secs Bedford 03.06.2015	David Brown (V40) 57.2 secs Guildford 10.07.1999	
			Helen Kapur (V45) 102.6 secs Kettering 03.07.2013	David Brown (V40) 57.2 secs Southend 03.06.2000	
			Lindsay Lister (V50) 71.19 secs Solihull 19.07.2015	Paul Davies (V45) 66.1 secs Bedford 03.06.2015	
				David Brown (V50) 60.6 secs Stevenage 02.08.2008	
				David Brown (V55) 62.4 secs Kettering 03.07.2013	
				John Haines (V60) 66.53 secs Watford 15.07.2015	
				Colin Harries (V65) 87.8 secs Sandy 01.05.2013	
	800m	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	Craig Brown (V35) 2mins 09.2secs Watford 19.04.2014
				Zoe Luscombe (V40) 2mins 56.1 secs Milton Keynes 06.05.2015	David Brown (V40) 2mins 06.5secs Luton 14.05.2000
			Lindsay Lister (V45) 2 mins 38.7 secs Sandy 12.07.2014	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	
				John Haines (V55) 2mins 29.7 secs Sandy 05.05.2012	
				John Haines (V60) 2 mins 39.7 secs Luton 28.06.2015	
				Colin Harries (V65) 3 mins 51.3 secs Stevenage 05.06.2013	

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1500m	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 David Brown (V40) 4mins 29.0 secs Colchester 28.08.2000 Paul Davies (V45) 4mins 42.1 secs Bedford 03.06.2015 John McGrath (V50) 4mins 40.2 secs Bedford 02.07.2014 John Haines (V55) 5mins 04.1 secs Sandy 07.07.2010 John Haines (V60) 5mins 33.8 secs Peterborough 15.08.2015
Mile		Richard Bevan 4mins 54.8secs Sandy 19.08.2012		Michael Blunt (V35) 5mins 01.94 secs St Ives 09.06.2014 David Brown (V40) 4mins 57.5 secs Gt Yarmouth 01.08.1999 Chris Addams (V55) 6 mins 10.93 secs Sandy 01.07.2015 John Haines (V60) 5 mins 51.38 secs Solihull 15.07.2015
3000m	Isobel Everest (V40) 11mins 02.5 secs Sandy 10.07.2014	Craig Brown 9mins 24.33 secs Watford 21.08.2013	Isobel Everest (V35) 11mins 04.3secs Sandy 09.08.2011 Isobel Everest (V40) 11mins 02.5 secs Sandy 10.07.2014 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 John McGrath (V50) 11 mins 02.7 secs Cambridge 04.06.2014 John Haines (V55) 10 mins 46.8 secs Milton Keynes 04.08.2010

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				John Haines (V60) 11 mins 39.49 secs Watford 09.09.2015
3000m S/C		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 David Brown (V50) 13mins 28.6 secs Luton 31.07.2010 John Haines (V55) 17mins 52.6 secs Luton 05.06.2010
5000m		Roger Wadeley 15mins 43.0secs 1983		Nick Haworth (V35) 18mins 00.5 secs Peterborough 15.08.2015 Barry Lack (V40) 16mins 32.0 secs 1985 Paul Davies (V45) 16mins 58.8 secs Sandy 27.09.2014 John Haines (V55) 18mins 53.1 secs Sandy 25.09.2014 John Haines (V60) 20 mins 54.58 secs Bedford 17.05.2015
10000m				Chris Addams (V55) 44mins 01.14 secs Sandy 09.07.2015
4 x 100m	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
4 x 400m	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		R Wynde, I Skerratt, S Atkins, J McGrath (V50) 5mins 18.1secs Cambridge 04.06.2014

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Category	Senior Women	Senior Men	Veteran Women (O/35)	Veteran Men (O/35)
Hurdles (100m)	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
Hurdles (110m)		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
Hurdles (400m)	Alice Middleton(U20) 64.34 secs Barnet 24.08.2008	Scott Parsons (U20) 60.9 secs Luton 05.06.2010		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
Long Jump	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 Sandra Ingham (V50) 3.84 m Braintree 30.08.2008	Stuart Goodwin (V35) 3.97 m Sandy 01.07.2015 Ed Jones (V40) 5.14 m Sandy 07.07.2010 Neil Carrington (V45) 5.19 m Cambridge 23.05.2015 John Haines (V55) 3.03 m Stevenage 25.04.2012 Charlie Arnold (V60) 3.23 m Luton 15.04.2017

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Category	Senior Women	Senior Men	Veteran Women (O/35)	Veteran Men (O/35)
Triple Jump	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	Neil Carrington (V40) 10.76m Milton Keynes 03.08.2011
			Anne Lincoln (V45) 6.12 m Tonbridge 01.09.2007	Neil Carrington (V45) 11.33 m Lyon 11.08.2015
			Sandra Ingham (V50) 8.08 m Luton 10.05.2009	David Brown (V50) 8.19 m Luton 12.07.2008
				John Haines (V55) 5.67 m Milton Keynes 11.07.2012
				Charles Arnold (V60) 7.22 m Stevenage 03.08.2016
				Colin Harries (V65) 5.48m Stevenage 05.06.2013
High Jump	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	Michael Blunt (V35) 1.15m Cambridge 04.06.2014
			Sandra Ingham (V50) 1.30 m Braintree 27.06.2009	Stuart Goodwin (V35) 1.15m Stevenage 03.08.2016
			Sandra Ingham (V55) 1.00m Battersea 20.07.2013	Chris Watson (V40) 1.55 m Sandy 01.07.2009
				Chris Watson (V45) 1.45 m St Ives 06.07.2011
				David Brown (V50) 1.25 m Bedford 06.06.2009
				Charles Arnold (V60) 1.10m Stevenage 03.08.2016
Pole Vault	Holly Welham (U17) 2.45 m Sandy 27.09.2008	Adam Humphries (U20) 3.85 m Bedford 29.04.2007		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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Category	Senior Women	Senior Men	Veteran Women (O/35)	Veteran Men (O/35)
				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	Stuart Goodwin (V35) 12.29 m Bedford 29.07.2015
			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
				John Haines (V55) 16.47 m Milton Keynes 11.07.2012
				John Haines (V60) 21.18 m Bedford 29.07.2015
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	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
			Sandra Ingham (V55) 9.01 m Bedford 02.07.2014	John Haines (V55) 7.56 m Bedford 05.05.2010
				John Haines (V60) 7.21 m Luton 28.06.2015
Javelin	Amy Lyons (U20) 35.23 m Braintree 27.06.2009	S Blows 45.2 m L'D W'ds C'I 1985	Sharron Best (V35) 15.68 m Luton 11.09.2004	Stuart Goodwin (V35) 17.68m Bedford 03.06.2015
		Alex Ingham (U20) (800g) 56.90 m Lee Valley 21.06.2014	Sonia Edwards (V40) 10.76 m Lee Valley 07.08.2010	Chris Watson (V40) 35.47 m Sandy 25.09.2010

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			Sandra Ingham (V50) 29.02 m Sandy 29.09.2007	Chris Watson (V45) 37.50 m Eltham 30.04.2011
			Sandra Ingham (V55) 24.18 m Bedford 03.06.2015	Chris Watson (V50) 31.35 m Sandy 18.06.2016
				John Haines (V55) 20.26 m Bedford 09.05.2012
				John Haines (V60) 23.40 m Bedford 03.06.2015
Hammer	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	Jim Burke (V40) 24.76 m Canvey Island 17.05.1997
		Stuart West (U20) 34.56 m Luton 31.07.2010	Anne Lincoln (V45) 15.83 m Cambridge 31.05.2008	Chris Watson (V45) 18.59m Sandy 09.07.2011
			Sandra Ingham (V50) 15.07 m Sandy 29.09.2012	David Brown (V50) 17.75 m Sandy 06.06.2009
			Sandra Ingham (V55) 15.33 m Milton Keynes 06.05.2015	David Brown (V55) 19.00 m Kettering 03.07.2013
				Ian Skerratt (V60) 14.76 m Sandy 26.09.2015
				Ian Skerratt (V65) 17.24 m Stevenage 03.08.2016
Pentathlon	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)
Heptathlon	Alice Middleton (U20) 3,875 pts Derby 17.09.2006 (Hurdles, High Jump, Shot, 200 m, Javelin, Long Jump, 800 m)			
Decathlon		Daniel Steel 4610 pts Carshalton 13.09.2015 (100m, LJ, shot, HJ, 400m, 110m h, discus, PV, Jav, 1500m)		
1 Mile Walk	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	Vince Plosky (V40) 11 mins 06.1 secs Milton Keynes 07.05.2014

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			Fiona Wynde (V40) 10 mins 58.9 secs St Ives 06.08.2014	Robin Wynde (V50) 10 mins 16.0 secs Milton Keynes 11.07.2012 Robin Wynde (V55) 9 mins 55.8 secs Cambridge 04.06.2014
2 Km Walk		Robin Wynde (V55) 12 mins 26.9 secs Bedford 29.07.2015		Robin Wynde (V50) 12 mins 39.6 secs Kettering 13.06.2012 Robin Wynde (V55) 12 mins 26.9 secs Bedford 29.07.2015
INDOOR				
60m	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
200m	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
400m	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
800m	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 Lindsay Lister (V50) 2mins 44.71secs Lee Valley 18.01.2015	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

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1000m		Daniel Steel 3mins 02.50 secs Lee Valley 20.12.2015		
1500m	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
3000m		Michael Blunt 10mins 26.23 secs Lee Valley 04.12.2013		John Haines (V60) 11mins 44.46 secs Lee Valley 22.02.2015
60m hurdles		Euan Dickson Earle 8.01 secs Lee Valley 28.01.2017		
High Jump		Josh Watson (U20) 1.90 m Birmingham 24.02.2013		
Long Jump		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
Triple Jump		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
Pole Vault		Adam Humphries 3.81 m Bedford 19.03.2007		
Shot		Daniel Steel 8.51 m Sheffield 09.01.2016		John Haines (V55) 6kg 7.07 m Lee Valley 24.02.2013
Heptathlon		Daniel Steel 3383 pts Sheffield 11.01.2015 60m, 60m h, 1000m, HJ, LJ, Shot, Pole vault		