

## Biggleswade Athletic Club Under 15s and 17s Records

Records up to date as of 22<sup>nd</sup> August 2017, recent records are shown in **Bold** (WA indicates wind assisted)

Category	U15 Girls	U15 Boys	U17 Girls	U17 Boys
<b>100m</b>	Rachel Baust 12.9 secs Colchester 27.08.2001	<b>Cameron Rayner</b> <b>11.7 secs</b> <b>Colchester</b> <b>30.07.2017</b>	Rachel Baust 13.1 secs Luton 13.05.2002	Ethan Metcalfe 11.1 secs St Ives 15.06.2013
<b>200m</b>	Rachel Baust 26.6 secs Colchester 27.08.2001	Cameron Rayner 24.1 secs Braintree 17.06.2017	Katie Miles 26.6 secs Luton 07.07.2013	Ethan Metcalfe 22.0 secs Bedford 21.07.2013
<b>300m</b>	Rachel Baust 43.7 secs Biggleswade 30.06.2001	Tristan Rayner 39.11 secs Hendon 02.08.2015	Rachel Baust 42.49 secs Birmingham 10.08.2002	
<b>400m</b>		Tom Boggon 55.1 secs Bedford 22.09.2012	Rachel Baust 60.8 secs Mile End 05.07.2003	Morgan Webster 51.68 secs Hendon 02.08.2015
<b>800m</b>	Chelsea McKenzie 2mins 26.5secs Birmingham 11.02.2007	Nick Gilbert 2mins 17.23secs Watford 29.05.2004	Alice Middleton 2mins 20.7secs Watford 21.09.2005	James Drinkwater 2mins 08.6secs Welwyn Garden City 18.04.2003
<b>1500m</b>	Chelsea McKenzie 5mins 10.2secs St Albans 29.04.2007	Conner Trudgill 4mins 34.4secs Bedford 13.05.2012	Hannah Ridley 5mins 04.79secs Cambridge 02.06.2012	James Drinkwater 4mins 24.1secs Bedford 11.05.2003
<b>Mile</b>				Adam Ball 5mins 05.3 secs Peterborough 26.08.2002
<b>2000m</b>		Adam Ball 7mins 26.6secs Luton 13.05.2000		
<b>3000m</b>	Hannah Ridley 11 mins 58.3 secs Sandy 09.08.2011	Conner Trudgill 10mins 19.17secs St Ives 25.05.2011	Hannah Ridley 11mins 06.6 secs Luton 06.04.2013	Conner Trudgill 9 mins 42.9 secs Sandy 11.07.2013
<b>3000m S/C</b>				Karl Haywood 13mins 18.9secs Walthamstow 16.05.1998
<b>5000m</b>			Hannah Hutchinson 21.25.0 Sandy 27.09.2008	James Drinkwater 17mins 49.4secs Sutcliffe Park 28.06.2003
<b>4 x 100m</b>	C Nash, M Roberts E Mugridge, S Ridley 56.6 secs Bedford 03.07.2011	T Boggon, M Webster C Dickson Earle, B Strong 52.3 secs Bedford 22.09.2012	M Roberts, F Riley L Satahoo, K Miles 52.8 secs Sandy 01.06.2014	J Clayton, G Chueng, T Boggon, E Metcalfe 47.5 secs Bedford 14.04.2013
<b>4 x 300m</b>			M Roberts, F Riley L Satahoo, K Miles 3mins 06.3secs Sandy 01.06.2014	
<b>4 x 400m</b>			H Yates, N Swales, A Russell, S Freeman 5mins 03.1secs Ilford 22.05.2004	

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<b>Hurdles (75m)</b>	Lauren Ambrose 11.86 secs Barnet 25.08.2002			
<b>Hurdles (80m)</b>		Euan Dickson Earle 11.36 secs (WA) Hendon 28.08.2010  Euan Dickson Earle 11.45 secs Bedford 22.08.2010	Charlotte Sexton 12.9 secs Bedford 03.07.2011	
<b>Hurdles (100m)</b>				Euan Dickson Earle 13.23 secs (WA) Bedford 19.08.2012  Euan Dickson Earle 13.43 Bedford 19.08.2012
<b>Hurdles (110m)</b>				Matt Glass 19.2 secs Eton 24.09.2006
<b>Hurdles (400m)</b>			Faye Young 85.2 secs Salisbury 20.08.2011	Kieran Best (U17) 67.4 secs St Ives 05.09.2004  Cybil Laobena (91cm) 72.81 secs Lee Valley 21.06.2014
<b>Long Jump</b>	Chloe Emery 4.83 m Peterborough 28.09.2014	Jorden Best 5.42 m Bedford 07.08.2005	Sarah Ridley 4.90 m Luton 26.05.2013	Tom Boggon 6.47 m Battersea 20.07.2013
<b>Triple Jump</b>	Kay Brown 9.30 m Welwyn Garden City 18.04.2003  Chloe Litchfield 9.44 m (WA) Sandy 18.06.2009	Tom Boggon 12.94 m Bedford 19.08.2012	Rachel Baust 10.34 m Watford 08.09.2002	Tom Boggon 13.75 m Birmingham 05.07.2013
<b>High Jump</b>	Lauren Ambrose 1.65 m St Albans 04.08.2002	Jorden Best 1.77 m Southampton 17.09.2005	Lauren Ambrose 1.68 m Gt Yarmouth 28.07.2003	Josh Watson 1.93 m Sandy 24.09.2011
<b>Pole Vault</b>	Holly Welham 1.95 m Cambridge 02.06.2007	Kieran Shaw Flach 2.60 m Barnet 26.08.2007	Holly Welham 2.45 m Sandy 07.09.2008	Adam Humphries 3.35 m Luton 10.09.2006
<b>Discus</b>	Katie Bland 22.74 m Milton Keynes 15.06.2007	Matt Turnbull (1.25k) 33.48 m Stevenage 24.04.2005	Sarah Ridley 25.23 m Bedford 22.09.2012	Nathan Dodds (1.5k) 36.29m Luton 30.04.2017

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				Euan Dickson-Earle (2k) 24.41 m Walthamstow 30.07.2011
<b>Shot</b>	Sarah Ridley (3.25k) 9.15 m Hemel Hempstead 14.08.2011  Chloe Emery (3k) 7.24 m Peterborough 28.09.2014	Matt Turnbull 12.32 m Bedford 18.05.2005	Sarah Ridley (4k) 9.10 m Luton 06.04.2013  Rebecca Lee (3k) 6.93m Hendon 15.06.2014	Nathan Dodds (5k) 12.13 m Luton 30.04.2017  Nathan Dodds (7.26k) 9.98 m Luton 15.04.2017
<b>Javelin</b>	Sammy Freeman (600g) 24.56 m Thurrock 27.07.2003	Alex Ingham 40.83 m Bedford 16.06.2010	Amy Lyons (600g) 32.16 m Mile End 26.07.2008	Alex Ingham (700g) 51.33 m Watford 15.07.2012  Nathan Dodds (800g) 44.22 m Luton 15.04.2017
<b>Hammer</b>	Katie Bland (4k) 24.37 m Cambridge 02.06.2007	Jorden Best (4k) 23.60 m Luton 25.09.2004	Katie Bland (4k) 37.65 m Newham 05.09.2009  Rebecca Lee (3k) 17.87 m Hendon 15.06.2014	Justin Best (U17) 23.82 m St Ives 05.09.2004  Chris Letts (SM) 15.85 m Enfield 15.08.1998
<b>Pentathlon</b>	2589 pts Bedford 20.07.2014 (Long Jump, 75 m Hur, Shot, High Jump, 800 m)	Jorden Best 2501 pts Southampton 17.09.2005 (Long Jump, 80 m Hur, Shot, High Jump, 800 m)	Alice Middleton 2357 pts Peterborough 25.09.2005 (Long Jump, 80 m Hur, Shot, High Jump, 800 m)	
<b>Heptathlon</b>			Amy Lyons 2712 points Grantham 28/29.06.2008 80 m Hur, High Jump, Shot, 200 m, Long Jump, Javelin, 800m	
<b>Decathlon</b>				Matt Glass 3541 pts Eton 24.09.2006
<b>INDOOR</b>				
<b>60m</b>	Rachel Baust 8.64 secs Bedford 17.02.2001	Paul Arkwright 7.87 secs Birmingham 25.02.2001	Rachel Baust 8.5 secs Bedford 19.01.2002	Euan Dickson Earle 7.00 secs Birmingham 25.02.2012
<b>200m</b>	Rachel Baust 28.51 secs Birmingham 24.02.2001	Jake Ovenden 25.40 secs Birmingham 04.03.2006	Rachel Baust 27.36 secs Birmingham 27.01.2002	Ethan Metcalfe 23.09 secs Birmingham 24.02.2013
<b>300m</b>	Georgia Smith 46.43 secs Lee Valley 05.03.2017		Rachel Baust 42.63 secs Birmingham 23.02.2002	

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<b>400m</b>				Tom Worboys 52.88 secs Birmingham 23.02.2008
<b>800m</b>	Chelsea McKenzie 2mins 26.5secs Birmingham 11.02.2007	Nick Gilbert 2mins 21.23secs Birmingham 28.02.2004		Conner Trudgill 2mins 12.96secs Lee Valley 01.02.2014
<b>1500m</b>		Sam Barton 4mins 55.16 secs Lee Valley 20.02.2013	Hannah Ridley 5mins 13.39 secs Lee Valley 20.02.2013	Conner Trudgill 4mins 37.85 secs Lee Valley 20.02.2013
<b>Hurdles (60m)</b>	Kay Brown 9.46 secs Bedford 17.01.2004	Euan Dickson Earle 8.84 secs Lee Valley 16.01.2010	Lauren Ambrose 9.63 secs Birmingham 26.01.2003	Euan Dickson Earle 8.02 secs Birmingham 26.02.2012
<b>Shot</b>	Jessica King 6.65 m Bedford 02.03.2002	Nathan Dodds 7.47 m Lee Valley 15.12.2013	Joanne Goodyear 8.16 m Kings Lynn 22.02.2004	Justin Best 10.01 m Bedford 18.01.2004
<b>Long Jump</b>	Lauren Ambrose 4.68 m Bedford 19.01.2001	Tom Boggon 5.42m Birmingham 26.02.2012	Rachel Bellamy 4.14 m Bedford 17.01.2004	Tom Boggon (U15) 5.42m Birmingham 26.02.2012
<b>Triple Jump</b>		Tom Boggon 12.42 m Lee Valley 04.02.2012		Tom Boggon (U15) 12.42 m Lee Valley 04.02.2012
<b>High Jump</b>	Lauren Ambrose 1.53 m Bedford 02.03.2002	Jorden Best 1.69 m Birmingham 26.02.2005	Lauren Ambrose 1.63 m Kings Lynn 02.02.2003	Zac Morrison 1.55 m Kings Lynn 19.02.2000
<b>Penthalon</b>	Leonie Brunning 2219 pts Lee Valley 18.12.2016 (Long Jump, 60 m Hur, Shot, High Jump, 800 m)	Jorden Best 1554 pts Bedford 11.01.2004 (Long Jump, 60 m Hur, Shot, High Jump, 60 m)	Rachel Bellamy 2092 pts Bedford 11.01.2004 (Long Jump, 60 m Hur, Shot, High Jump, 60 m)	