

Biggleswade Athletic Club

Under 20s Records

Records up to date to 16th January 2019, recent records are shown in **Bold**, WA indicates Wind Assisted

Category	Junior Women	Junior Men
100m	Alice Middleton 12.65 secs Watford 25.07.2007	Ethan Metcalfe 10.79 secs WA Lee Valley 21.06.2014
200m	Alice Middleton 25.7 secs Bedford 29.04.2007	Ethan Metcalfe 21.5 secs Sandy 12.07.2014 Ethan Metcalfe 21.41 secs WA Lee Valley 21.06.2014
400m	Alice Middleton 57.54 secs Birmingham 13.07.2007	Scott Parsons 49.7 secs Bedford 21.04.2012
800m	Alice Middleton 2mins 14.4 secs Welwyn 06.04.2007	Scott Parsons 2mins 08.7 secs Bedford 21.04.2012
1500m	Hannah Ridley (U17) 5mins 04.79 secs Cambridge 02.06.2012	David Lee 4mins 17.5 secs Bedford 18.05.2014
1 mile		Adam Murphy 5mins 16.0 secs Sandy 19.08.2012
3000m	Hannah Ridley (U17) 11mins 35.6 secs Sandy 29.09.2012	David Lee 9 mins 47.6 secs Sandy 01.06.2014
5000m		Adam Murphy 19mins 30.1 secs Bedford 13.05.2012
4 x 100m	M Roberts, F Riley, L Satahoo, K Miles (U17) 52.8 secs Sandy 01.06.2014	E Metcalfe, M Webster, C Trudgill, C Dickson Earle 45.87 secs Lee Valley 21.06.2014

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Category	Junior Women	Junior Men
4 x 400m	F Riley, H Ridley, S Ridley, K Miles 4 mins 31.8 secs Watford 19.04.2014	
Hurdles (100m)	Alice Middleton 16.8 secs Peterborough 24.09.2006	
Hurdles (110m)		Euan Dickson Earle 13.65 secs Loughborough 18.05.2014
Hurdles (400m)	Alice Middleton 64.34 secs Barnet 24.08.2009	Scott Parsons 60.9 secs Luton 05.06.2010
Long Jump	Alice Middleton 4.95 m Peterborough 24.09.2006	Euan Dickson Earle 6.81 m Sokolov, Czech Republic 24.06.2013
Triple Jump	Alice Middleton 10.57 m Welwyn 06.04.2007	Tom Boggon (U17) 13.75 m Birmingham 05.07.2013
High Jump	Alice Middleton 1.40 m Peterborough 24.09.2006	Josh Watson 1.98 m Luton 26.05.2013
Pole Vault	Holly Welham (U17) 2.45 m Sandy 27.09.2008	Adam Humphries 3.85 m Bedford 29.04.2007
Discus	Sarah Ridley 28.51 m Watford 20.08.2016	Matt Glass (1.5k) 25.22 m Milton Keynes 30.09.2007 Ethan Sinclair (1.75k) 32.11 m Walthamstow 27.07.2014 Nathan Dodds (2k) 33.46 m Woodford 18.8.2018

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Category	Junior Women	Junior Men
Shot	Sarah Ridley 10.51 m Watford 20.08.2016	Euan Dickson Earle (6k) 11.65m Luton 26.07.2015 Nathan Dodds 11.07 m Perivale 14.04.2018
Javelin	Amy Lyons 35.23 m Braintree 27.06.2009	Alex Ingham (800g) 58.89 m Cambridge 27.06.2014
Hammer	Katie Bland 38.64 m Luton 17.04.2010	Stuart West (6kg) 35.73 m Watford 30.08.2009 Stuart West (7.25kg) 34.56 m Luton 31.07.2010
Pentathlon	Alice Middleton 2,839 pts Peterborough 24.09.2006	
Heptathlon	Alice Middleton 3,875 pts Derby 17.09.2006	
Decathlon		Adam Humphries 4,173 pts Milton Keynes 30.09.2007
INDOOR		
60m indoor	Laura Satahoo 8.88 secs Lee Valley 06.02.2016	Euan Dickson Earle 6.97 secs Birmingham 23.02.2013
200m indoor	Alice Middleton 26.34 secs Birmingham 10.02.2007	Ethan Metcalfe 22.22 secs Sheffield 02.03.2014
400m indoor	Alice Middleton 57.71 secs Birmingham 25.02.2007	Scott Parsons 50.39 secs Birmingham 26.02.2012

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Category	Junior Women	Junior Men
800m indoor	Alice Middleton 2mins 20.76secs Birmingham 25.02.2006	Conner Trudgill (U17) 2mins 12.96 secs Lee Valley 01.02.2014
1500m indoor	Hannah Ridley (U17) 5mins 13.39 secs Lee Valley 20.02.2013	Conner Trudgill (U17) 4mins 37.85 secs Lee Valley 20.02.2013
Hurdles (60m) indoor		Euan Dickson Earle 7.63 secs Sheffield 02.03.2014
Shot indoor		Justin Best 8.47 m Bedford 09.01.2005
Long Jump indoor		Craig Morse 5.80 m Birmingham 04.03.2006
High Jump indoor		Josh Watson 1.90 m Birmingham 24.02.2013
Triple Jump indoor		Daniel Steel 12.53 m Lee Valley 29.01.2011
Pole Vault indoor		Adam Humphries 3.85 m Bedford 29.04.2007