

## BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - SENIOR LADIES

Event	Name	Performance	Venue	Date
100m	Sharon Curtis	00:12.50	Melksham	02/08/1987
200m	Sharon Curtis	00:25.90	Plymouth	19/06/1988
300m	Sharon Curtis	00:44.80	Bideford	26/06/1988
400m	Vicky Rolfe	00:58.80	Braunton	13/05/2001
600m	Vicky Rolfe	01:44.80	Bideford	28/08/1995
800m	Vicky Rolfe	02:16.53	Birmingham	22/08/1998
1500m	Vicky Rolfe	04:46.00	Exeter	14/05/2000
1 mile	Tracey Wilson	06:48.70	Bideford	26/08/1996
3000m	Lorraine Clements	10:11.10	Braunton	14/06/1992
5000m	Vicky Rolfe	17:52.00	Exeter	14/05/2000
10000m	Sammy Antell	41:12.20	Devon County Champs	24/06/2015
100m Hurdles	Jo Lee	00:18.80	Braunton	06/1993
400m Hurdles	Vicky Rolfe	01:12.30	Braunton	06/07/1997
3km Walk	Kerry Hayden	23:18.60	Yeovil	31/06/1991
5km	Vicky Pincombe	00:17:10.00	Saltram	01/09/2001
5 miles	Vicky Pincombe	00:27:35.00	Exmouth	10/02/2002
10km	Vicky Pincombe	00:34:02.00	Eastleigh	17/03/2002
10 miles	Vicky Pincombe	00:57:40.00	Portsmouth	14/10/2001
Half Marathon	Vicky Pincombe	01:15:02.00	Glasgow	19/08/2001
Marathon	Vicky Pincombe	02:43:52.00	London	22/04/2001
High Jump	Lola Colvin	1.45m	Tavistock	11/06/2017
Long Jump	Katrina Venner	4.74m	Braunton	21/04/1996
Triple Jump	Katrina Venner	10.18m	Braunton	05/07/1998
Shot Putt	Tracey Martin	8.52m	Plymouth	1990
Discus	Tracey Martin	29.62m	Plymouth	1990
Hammer	Katrina Venner	19.15m	Braunton	25/07/1995
Javelin	Katie Nicholson	28.58m	Braunton	18/06/1995