

## BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - SENIOR MEN

Event	Name	Performance	Venue	Date
100m	Neil Staddon	00:11.00	Braunton	24/07/1994
200m	Patrick Galvin	00:22.90	Exeter	30/09/1992
300m	Patrick Galvin	00:36.80	Braunton	12/04/1992
400m	Patrick Galvin	00:49.90	Cheltenham	13/09/1992
600m	Patrick Galvin	01:26.50	Bideford	30/08/1993
800m	Andrew Ingle	01:51.10	Watford	06/09/2000
1500m	Andrew Ingle	03:48.87	Cardiff	05/07/2000
1 mile	Andrew Ingle	04:06.70	Yeovil	28/08/2000
3000m	Martin Rush	08:22.40	Bath	17/06/1996
5000m	Shaun Antell	14:21.73	BMC GP Solihull	09/07/2016
10000m	Shaun Antell	30:40.62	Devon County Champs	24/06/2015
110m Hurdles	Jason Hammond	00:20.40	Plymouth	09/08/1992
400m Hurdles	Simon Stacey	01:00.10	Braunton	24/07/1994
1500m Steeplechase	Mike Baddick	04:59.60	Exeter	01/06/1994
2000m Steeplechase	Simon Stacey	06:12.70	Yeovil	31/07/1994
3000m Steeplechase	Ricky Butler	09:21.70	Yeovil	30/07/1989
3km Walk	Martin Rush	13:27.40	Salisbury	16/07/1995
5km	Shaun Antell	00:14:21.88	Armagh International	18/02/2016
5 miles	Martin Rush	00:23:46.00	Portsmouth	03/12/1995
10km	Kevin Heywood	00:29:49.00	Cardiff	09/09/2012
10 miles	Martin Rush	00:49:58.00	Carlisle	17/11/1996
Half Marathon	Kevin Heywood	01:06:03.00	Bideford	04/03/2007
20K	Fred Kelland	01:13:51.00	Torbay	27/07/1986
20 miles	Kevin Heywood	01:47:29.00	Redruth	09/03/2008
Marathon	Ricky Butler	02:24:07.00	Birmingham	24/09/1989
High Jump	Jason Hammond	1.55m	Plymouth	09/08/1992
Pole Vault	Andrew Curtis	1.95m	Plymouth	30/07/1995
Long Jump	Tim Saunders	5.58m	Braunton	??/06/1993
Triple Jump	Andy Glover	11.21m	Exeter	06/07/1986
Shot Putt	Howard Bone	12.31m	Plymouth	31/05/1986
Discus	Ian Jewell	24.00m	Yeovil	24/04/1988
Hammer	Paul Cox	19.84m	Yeovil	18/06/1989
Javelin	Andy Oke	45.80m	Exeter	06/07/1986