

BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - VET LADIES

Ladies V35

Event	Name	Performance	Venue	Date
100m	Chris Glover	00:13.70	Yeovil	30/07/1989
200m	Sue Oliver	00:30.00	Yeovil	04/07/1993
300m	Sue Oliver	00:50.10	Bideford	30/08/1993
400m	Sue Oliver	01:10.20	Braunton	21/06/1991
	Sue Oliver	01:10.20	Exeter	06/1993
800m	Lucy Owen	02:30.30	Braunton	23/06/2002
1500m	Lucy Owen	04:58.50	Exeter	15/06/2003
1 mile	Carol Davies	06:25.30	Bideford	25/08/1997
3000m	Lucy Owen	10:19.90	Exeter	23/06/2002
5000m	Lucy Owen	18:19.20	Plymouth	10/05/2003
100m Hurdles	Sue Oliver	00:22.40	Yeovil	18/08/1991
3km Walk	Karen Ballantyne	21:01.90	Exeter	15/06/1997
5km	Carol Davies	00:22:06.00	Las Vegas	31/01/1998
5 miles	Karen Ballantyne	00:35:37.00	Exmouth	02/1994
10km	Lucy Owen	00:37:27.00	Yeovil	01/04/2002
10 miles	Elizabeth Higgins	01:09:57.00	Exmouth	29/10/1989
Half Marathon	Elizabeth Higgins	01:30:05.00	Burnham	16/09/1990
20 miles	Joanne Bedler	02:36:57.00	Duchy 20	03/03/2013
Marathon	Joanne Bedler	03:38:08.00	London	22/04/2013
High Jump	Chris Glover	1.10m	Braunton	21/05/1996
	Sue Oliver	1.10m	Braunton	21/05/1996
	Sue Oliver	1.10m	Street	06/09/1992
Long Jump	Chris Glover	4.27m	Braunton	07/07/1991
Triple Jump	Sue Oliver	8.84m	Exeter	15/05/1993
Shot Putt	Chris Waters	4.86m	Plymouth	20/08/1989
Discus	Chris Glover	14.91m	Street	01/09/1991
Javelin	Chris Glover	19.04m	Braunton	05/07/1992

BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - VET LADIES

Ladies V40

Event	Name	Performance	Venue	Date
100m	Sue Oliver	00:14.00	Exeter	26/05/1996
200m	Sue Oliver	00:28.90	Exeter	26/05/1996
300m	Sue Oliver	00:49.70	Bideford	25/08/1997
400m	Sue Oliver	01:08.40	Braunton	30/06/1996
600m	Sue Oliver	02:10.90	Bideford	26/08/1996
1500m	Carol Davies	06:18.90	Bideford	28/06/2001
1 mile	Lorrie Woolgar	06:53.10	Braunton	24/06/2001
3000m	Elizabeth Higgins	11:40.80	Braunton	18/05/1991
100m Hurdles	Sue Oliver	00:21.60	Exeter	31/08/1997
400m Hurdles	Sue Oliver	01:27.00	Braunton	06/07/1997
5km	Mary Robinson	00:26:01.00	Appledore	10/08/2000
5 miles	Jenny Mills	00:31:45.00	Exmouth	02/1994
10km	Elizabeth Higgins	00:40:42.00	Basingstoke	11/1991
10 miles	Elizabeth Higgins	01:06:00.00	Torbay	03/06/1990
Half Marathon	Elizabeth Higgins	01:27:39.00	Burnham-on-Sea	18/09/1994
Marathon	Joanne Bedler	03:28:14.00	London	24/04/2016
High Jump	Sue Oliver	1.00m	Street	24/05/1998
Long Jump	Sue Oliver	3.71m	Street	24/05/1998
Triple Jump	Sue Oliver	8.53m	Exeter	26/05/1998
Shot Putt	Sue Oliver	6.48m	Braunton	1998
Discus	Sue Oliver	13.72m	Braunton	06/07/1997
Hammer	Sue Oliver	17.96m	Street	24/05/1998
Javelin	Sue Oliver	16.80m	Yeovil	28/05/1998

BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - VET LADIES

Ladies V45

Event	Name	Performance	Venue	Date
100m	Sue Oliver	00:14.20	Braunton	05/07/1998
	Sue Oliver	00:14.20	Bideford	21/07/1998
200m	Sue Oliver	00:31.10	Braunton	05/07/1998
400m	Sue Oliver	01:01.00	Yeovil	26/07/1998
800m	Helen Colwill	02:56.36	Braunton	14/08/2016
1500m	Ann Davison	05:51.00	Exeter	06/1993
1 mile	Sara Colvin	06:38.21	Tavistock	11/06/2017
3000m	Ann Sturtridge	12:13.00	Braunton	18/08/1993
	Ann Sturtridge	12:13.00	Bideford	??/09/1993
5000m	Helen Colwill	21:26.36	Braunton	14/08/2016
10000m	Ann Sturtridge	41:55.60	Exeter	07/09/1994
80m Hurdles	Sue Oliver	00:17.80	Exeter	20/06/1999
100m Hurdles	Sue Oliver	00:22.60	Braunton	05/07/1998
5km	Ann Sturtridge	00:21:18.00	Barnstaple	28/06/1996
5 miles	Ann Sturtridge	00:34:13.00	Exmouth	02/1994
10km	Jenny Mills	00:41:26.00	South Molton	04/1994
10 miles	Elizabeth Higgins	01:09:41.00	Teignbridge	30/03/1997
Half Marathon	Jenny Mills	01:26:13.00	Taunton	04/1994
20 miles	Elizabeth Higgins	02:32:32.00	Gloucester	03/1996
Marathon	Elizabeth Higgins	03:31:20.00	Gosport	28/04/1996
Long Jump	Sue Oliver	3.85m	Braunton	25/07/1999
Triple Jump	Sue Oliver	7.62m	Exeter	30/08/1998
Shot Putt	Terry Earl	6.64m	Plymouth	10/05/2003
Discus	Andie Young	21.84m	Braunton	1990
Hammer	Sue Oliver	16.41m	Braunton	25/07/1999
Javelin	Sue Oliver	15.29m	Exeter	30/08/1998