BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - JUNIOR GIRLS

Girls Under 10

Event	Name	Performance	Venue	Date
75m	Abigail Tucker	00:12.45	Braunton	09/08/2015
150m	Maya Watts	00:27.50	Braunton	09/07/2017
600m	Abigail Tucker	02:15.24	Braunton	09/08/2015
2km	Maya Watts	00:09:05	Torridge Parkrun	13/08/2017
5km	Freya Woodhead	00:21:48	Bideford Parkrun	21/04/2018
Long Jump	Ruby Tucker	2.95m	Plymouth	16/07/2017
Shot Putt	Effie Tolson	4.35m	Braunton	09/07/2017
Vortex	Effie Tolson	16.60m	Braunton	13/08/2017

Girls Under 11

Event	Name	Performance	Venue	Date
75m	Elena Christley	00:11.96	Braunton	09/08/2015
100m	T Beer	00:13.90	?	1987
150m	Francesca Cole	00:23.70	Tavistock	24/06/2012
200m	L Joy	00:30.50	?	1991
600m	Carys Woodhead	02:04.99	Exeter	26/07/2022
800m	Katie Wickman	03:01.40	Exeter	15/07/2001
70m Hurdles	Katie Wickman	00:14.20	Braunton	06/05/2001
2km	Freya Woodhead	00:07:32	Torridge Parkrun	30/09/2018
5km	Freya Woodhead	00:20:52	Bideford Parkrun	22/12/2018
Long Jump	Katie Wickman	3.38m	Exeter	15/07/2001
Shot Putt	Katie Wickman	5.04m	Braunton	06/05/2001
Javelin	Katie Wickman	7.74m	Braunton	04/06/2000
Vortex	Effie Tolson	13.54m	Carn Brea	09/09/2018

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Girls Under 13

Event	Name	Performance	Venue	Date
100m	Debbie Blight	00:13.70	Plymouth	04/05/1986
150m	Abigail Tucker	00:22.07	Braunton	01/04/2017
200m	Abigail Tucker	00:28.80	Carn Brea	09/09/2018
600m	Kellie Edwards	02:33.80	?	1992
800m	Kirsty Hamilton	02:32.80	Braunton	12/05/2001
1500m	Freya Woodhead	05:12.18	Exeter	27/08/2019
1 mile	Carys Woodhead	05:49.34	Braunton	02/07/2023
70m Hurdles	Angela Phillips	00:14.50	?	1995
	Kirsty Hamilton	00:14.50	Exeter	23/07/2000
2km	Freya Woodhead	00:07:20	Torridge Parkrun	28/07/2019
5km	Freya Woodhead	00:18:26	Bideford Parkrun	12/10/2019
High Jump	Lola Colvin	1.30m	Plymouth	08/06/2011
	Natalie Daniel	1.30m	Dawlish	18/11/2001
Long Jump	Sally Bertie	4.10m	?	1990
Discus	Effie Tolson	10.99m	Tavistock	14/07/2019
Shot Putt	Abigail Tucker	7.03m	Exeter	08/04/2018
Javelin	Lola Colvin	20.89m	Braunton	21/08/2011

Girls Under 15

Event	Name	Performance	Venue	Date
100m	Abigail Tucker	00:13.01	Braunton	05/06/2019
200m	Abigail Tucker	00:27.19	Braunton	05/06/2019
300m	Abigail Tucker	00:43.15	Tavistock	14/07/2019
400m	Kim Ward	01:12.20	Bideford	20/06/2000
600m	Karen McKenzie	01:59.80	?	1991
800m	Freya Woodhead	02:15.09	Exeter	28/06/2022
1500m	Freya Woodhead	04:34.18	Sportcity	08/07/2022
3000m	Freya Woodhead	10:24.16	Yeovil	18/04/2022
75m Hurdles	Angela Phillips	00:13.70	?	1996
80m Hurdles	E Gompertz	00:17.60	?	1994
5km	Freya Woodhead	00:17:46.00	Exeter	05/04/2022
High Jump	Francesca Cole	1.42m	Devon Open Plymouth	24/04/2016
Long Jump	Katie Glover	4.64m	Plymouth	31/05/1986
Shot Putt	Sara Richardson	8.37m	?	1993
Discus	Sharon White	19.53m	Exeter	06/07/1986
Javelin	Jackie Daniel	23.52m	Plymouth	03/08/1986

BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - JUNIOR GIRLS

Girls Under 17

Event	Name	Performance	Venue	Date
100m	Sharon Curtis	00:13.10	Yeovil	27/04/1986
200m	Sharon Curtis	00:27.20	Plymouth	31/05/1986
300m	Freya Woodhead	00:43.57	Plymouth	21/05/2023
400m	Debbie Blight	01:02.20	Plymouth	19/05/1990
	Vicky Rolfe	01:02.20	Exeter	25/08/1996
600m	Vicky Rolfe	01:46.90	Bideford	26/08/1996
800m	Vicky Rolfe	02:19.70	Braunton	14/07/1996
1500m	Vicky Rolfe	05:01.70	Exeter	12/05/1996
3000m	Vicky Rolfe	11:15.90	Braunton	14/04/1996
100m Hurdles	Sue Beckley	00:18.70	Yeovil	24/04/1988
5km	Freya Woodhead	00:18:48.00	Bideford Parkrun	29/04/2023
10km	Freya Woodhead	00:38:49.00	Bideford	07/05/2023
Long Jump	Sara Richardson	4.28m	Braunton	18/06/1995
Shot Putt	Sara Richardson	8.38m	Braunton	18/06/1995
Discus	Sharon Curtis	16.58m	Yeovil	20/04/1986