

BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - WOMEN

Senior women

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	Sammy Antell	05:43.77	Tavistock	12/08/2018
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
5k	Vicky Pincombe	00:17:10.00	Saltram	01/09/2001
5 miles	Vicky Pincombe	00:27:35.00	Exmouth	10/02/2002
10k	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

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Women 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	Karen Shapland	06:15.21	Exeter	19/06/2019
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
3k Walk	Karen Ballantyne	21:01.90	Exeter	15/06/1997
5k	Karen Shapland	00:20:39.00	Bideford parkrun	20/11/2021
5 miles	Karen Ballantyne	00:35:37.00	Exmouth	02/1994
10k	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

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Women 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
5k	Joanne Bedler	00:20:05.00	Yeovilton	12/09/2018
5 miles	Jenny Mills	00:31:45.00	Exmouth	02/1994
10k	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

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Women 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	Julie Dixon	10:52.25	Exeter	17/06/2018
5000m	Julie Dixon	18:17.07	Yate	22/07/2017
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
5k	Julie Dixon	00:17:48.00	Yeovilton	08/08/2018
5 miles	Ann Sturtridge	00:34:13.00	Exmouth	02/1994
10k	Julie Dixon	00:37:42.00	Cardiff	02/09/2018
10 miles	Julie Dixon	01:02:04.00	Bideford	04/11/2018
Half Marathon	Serane Stone	01:23:51.00	Bideford	06/03/2022
20 miles	Jo Bedler	02:30:54.00	Granite Way Exeter	05/09/2021
Marathon	Serane Stone	03:00:17.00	York	16/10/2022
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

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Women V50

Event	Name	Performance	Venue	Date
5k	Julie Dixon	00:18:22.00	Yeovilton	11/09/2019
5 miles	Mary Pool	00:43:18.00	Torrington	02/09/2012
10k	Julie Dixon	00:38:44.00	Taunton	29/09/2019
10 miles	Julie Dixon	01:07:08.00	Braunton	19/01/2020
Half Marathon	Julie Dixon	01:28:03.00	Indian Queens	04/08/2019
20 miles	Helen Colwill	02:44:18.00	Granite Way Exeter	05/09/2021
Marathon	Julie Dixon	03:04:26.00	Frankfurt	29/10/2019

Women V55

Event	Name	Performance	Venue	Date
5k	Lorraine Clements	00:21:46.00	Hove parkrun	11/08/2018
10k	Lorraine Clements	00:44:23.00	Bideford	14/05/2017
10 Mile	Lorraine Clements	01:12:35.00	Bideford	03/11/2019
Half Marathon	Una Wilson	01:38:20.00	Wokingham	27/02/2022
20 miles	Lorraine Clements	02:48:45.00	Okehampton	24/03/2019
Marathon	Lorraine Clements	03:34:48.00	York	20/10/2019

Women V60

Event	Name	Performance	Venue	Date
5k	Lorraine Clements	00:22:41.00	Exmouth parkrun	23/11/2022
10k	Lorraine Clements	00:44:17.00	Bideford	08/05/2022
10 Mile	Lorraine Clements	01:15:21.00	Okehampton	20/03/2022
20 miles	Lorraine Clements	02:44:18.00	Granite Way Exeter	05/09/2021
Half Marathon	Lorraine Clements	01:36:13.00	Bideford	06/03/2022
Marathon	Lorraine Clements	03:38:40.00	London	02/10/2022

Women V65

Event	Name	Performance	Venue	Date
5k	Liz Oke	00:30:22.00	Barnstaple parkrun	15/11/2014

Women V70

Event	Name	Performance	Venue	Date
5k	Liz Oke	00:34:30.00	Barnstaple parkrun	04/04/2015
10 Mile	Lois Vickers	01:43:27.00	Bideford 10 Mile	04/11/2018

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