

## BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - MEN

### 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
3k Walk	Martin Rush	13:27.40	Salisbury	16/07/1995
5k	Shaun Antell	00:14:21.88	Armagh International	18/02/2016
	Flynn Jennings	00:14:21.00	Armagh International	13/02/2020
5 miles	Martin Rush	00:23:46.00	Portsmouth	03/12/1995
10k	Shaun Antell	00:29:13.00	Brighton	14/04/2019
10 miles	Martin Rush	00:49:58.00	Carlisle	17/11/1996
Half Marathon	Ronnie Richmond	01:05:44.00	Bath	17/03/2019
20k	Fred Kelland	01:13:51.00	Torbay	27/07/1986
20 miles	Kevin Heywood	01:47:29.00	Redruth	09/03/2008
Marathon	Ronnie Richmond	02:21:34.00	Manchester	07/04/2019
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

## BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - MEN

### Men V40

Event	Name	Performance	Venue	Date
100m	Dave Jenkins	00:12.50	Bideford	21/07/1998
200m	Dave Jenkins	00:25.70	Bideford	21/07/1998
300m	Maurice Cockwill	00:45.40	Braunton	12/04/1992
400m	Maurice Cockwill	00:59.00	Yeovil	31/06/1991
600m	Paul Sturtridge	01:37.20	Bideford	30/08/1993
800m	Keith Shapland	02:09.45	Exeter	25/06/2019
1500m	Mark Jenkin	04:19.14	Exeter	25/06/2019
1 mile	Keith Shapland	04:55.55	Devon Open Series	19/06/2019
3000m	Peter Hockin	08:57.50	Exeter	22/06/2002
5000m	Mark Jenkin	15:19.63	Trafford	10/08/2019
10000m	Mark Jenkin	31:19.33	Paraliment Hill	06/07/2019
400m Hurdles	Ian Blair	01:14.70	Exeter	20/06/1999
2000m Steeplechase	Paul Sturtridge	06:49.90	Braunton	11/06/1995
3000m Steeplechase	Paul Sturtridge	10:16.00	Barnet	07/1992
3k Walk	Paul Sturtridge	20:50.60	Yeovil	28/05/1995
5k	Mark Jenkin	00:15:15.00	Yeovilton	14/08/2019
5 miles	Paul Sturtridge	00:25:48.00	Exmouth	02/1994
10k	Mark Jenkin	00:31:19.00	Telford	09/12/2018
10 miles	Mark Jenkin	00:52:24.00	Bideford	04/11/2018
Half Marathon	Mark Jenkin	01:08:30.00	Reading	17/03/2019
20 miles	Ian Gooding	01:53:43.00	Goring by Sea	09/03/2014
Marathon	Peter Hockin	02:29:14.00	London	14/04/2002
High Jump	Paul Sturtridge	1.40m	Yeovil	08/07/1994
		1.40m	Braunton	11/06/1995
Long Jump	Andy Glover	4.96m	Braunton	06/07/1997
Triple Jump	Paul Sturtridge	10.13m	Exeter	26/05/1996
Shot Putt	Tony Tolson	8.58m	Tavistock	12/08/2018
Discus	Tony Tolson	22.41m	Plymouth	16/07/2017
Hammer	Tony Tolson	17.42m	Braunton	13/08/2017
Javelin	Andy Glover	32.88m	Braunton	06/07/1997

Please email [harriers@bidefordaac.co.uk](mailto:harriers@bidefordaac.co.uk) with information on club records

Updated annually every December, last updated: 16/02/2020

## BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - MEN

### Men V45

Event	Name	Performance	Venue	Date
100m	Roger Bonaparte	00:12.16	Braunton	14/08/2016
200m	Alan Heard	00:29.90	Exeter	17/06/2001
400m	Alec McLaren	00:58.50	Exeter	15/06/2003
600m	Mike Wild	02:00.01	Bideford	26/08/1996
800m	Alec McLaren	02:12.90	Braunton	23/06/2002
1500m	Pete Sawbridge	04:16.40	Yeovil	18/06/1989
1 mile	Alec McLaren	04:59.90	Braunton	23/06/2002
3000m	Pete Sawbridge	09:04.00	Bournemouth	05/1989
5000m	Pete Sawbridge	16:04.50	Plymouth	19/05/1990
10000m	Martin Colwill	35:53.00	Exeter	19/06/2016
2000m Steeplechase	Gary Suggate	08:29.00	Braunton	13/08/2017
3000m Steeplechase	Paul Sturtridge	10:56.50	Exeter	31/08/1997
5k	Paul Sturtridge	00:16:25.00	Barnstaple	12/10/1997
5 miles	Maurice Cockwill	00:27:26.00	Exmouth	28/02/1993
10k	Pete Hockin	00:32:41.00	Swansea	24/09/2006
10 miles	Ian Gooding	00:56:27.00	Bideford	04/11/2018
Half Marathon	Peter Hockin	01:13:36.00	Bideford	04/03/2007
20 miles	Martin Colwill	02:09:40.00	Gloucester	16/03/2014
Marathon	Ian Gooding	02:37:06.00	Berlin	16/09/2018
Long Jump	Gary Suggate	3.79m	Braunton	13/08/2017
Triple Jump	Paul Sturtridge	9.55m	Exeter	31/08/1997
Shot Putt	Gary Suggate	6.45m	Braunton	13/08/2017
Discus	Alan Cox	16.06m	Exeter	28/07/1996
Hammer	Paul Sturtridge	15.64m	Plymouth	08/06/1997
Javelin	Alan Heard	21.36m	Exeter	20/06/1999

## BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - MEN

### Men V50

Event	Name	Performance	Venue	Date
100m	Robert Sheridan	00:13.00	Street	01/09/1991
200m	Robert Sheridan	00:26.00	Braunton	26/05/1991
400m	Robert Sheridan	00:58.50	Bournemouth	15/06/1991
800m	Maurice Cockwill	02:15.60	Braunton	17/08/1997
1500m	Pete Sawbridge	04:29.80	Birmingham	19/02/1995
1 mile	Martin Colwill	05:03.62	Braunton	13/08/2017
3000m	Paul Sturtridge	10:09.00	Plymouth	22/06/2003
5000m	Martin Colwill	17:23.21	Tavistock	12/08/2018
5k	Martin Colwill	00:16:55.00	Yeovilton	13/09/2017
5 miles	Martin Colwill	00:28:23.00	Fulfords Five	05/02/2017
10k	Peter Hockin	00:34:45.00	Langport	25/08/2013
10 miles	Martin Colwill	00:58:16.00	Rhyl	24/02/2018
Half Marathon	Martin Colwill	01:18:11.00	Reading	19/03/2017
20k	Mike Gilmore	01:26:06.00	Torbay	1987
20 miles	Martin Colwill	02:06:48.00	Granite Way	25/03/2018
Marathon	Martin Colwill	02:53:38.00	London	23/04/2017
High Jump	Michael Gilmore	1.35m	Solihull	28/09/1997
Javelin	Keith Sowden	21.48m	Exeter	15/06/1997

### Men V55

Event	Name	Performance	Venue	Date
100m	Robert Sheridan	00:13.00	Bideford	1998
200m	Robert Sheridan	00:25.70	Exeter	10/05/1998
300m	Robert Sheridan	00:43.70	Bideford	25/08/1997
400m	Robert Sheridan	00:59.10	Solihull	28/09/1997
800m	Michael Gilmore	02:46.00	Exeter	21/06/1998
1500m	Michael Gilmore	05:51.00	Exeter	21/06/1998
3000m	Michael Gilmore	12:21.90	Braunton	19/08/1998
5k	Pete Hockin	00:18:10.00	Bideford parkrun	02/07/2016
5 miles	Maurice Cockwill	00:32:08.00	Torrington	07/09/2003
10k	Pete Hockin	00:37:19.00	Bideford	14/05/2017
10 miles	Pete Hockin	01:01:15.00	Bideford	05/11/2017
Half Marathon	Maurice Cockwill	01:25:00.00	Bideford	02/03/2003
20 miles	Eric Hubber	02:39:15.00	Liskeard	08/03/1992
Marathon	Eric Hubber	03:21:13.00	London	12/04/1992
High Jump	Michael Gilmore	1.30m	Exeter	21/06/1998
Shot Putt	Gordie Harris	6.12m	Exeter	15/06/1997

## BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - MEN

### Men V60

Event	Name	Performance	Venue	Date
100m	Charles Davis	00:15.70	Exeter	15/09/1996
200m	Charles Davis	00:31.90	Exeter	15/09/1996
400m	Charles Davis	01:09.70	Exeter	18/06/1995
800m	John Shapland	02:28.10	Braunton	18/08/2013
1500m	John Shapland	04:50.59	Porto Alegre BRA	26/10/2013
1 mile	John Shapland	05:20.40	Braunton	18/08/2013
3000m	John Shapland	10:21.72	Lee Valley	09/03/2014
5000m	John Shapland	17:51.28	Birmingham	15/09/2013
10000m	John Shapland	35:53.00	Brecon	15/06/2014
One Hour	John Shapland	16023m		15/06/2014
5k	John Shapland	00:17:20.00	Yeovilton	11/09/2013
5 miles	John Shapland	00:28:41.00	Fulford 5	02/02/2013
10k	John Shapland	00:35:53.00	Langport	25/08/2013
10 miles	John Shapland	01:01:10.00	Bideford	03/11/2013
Half Marathon	John Shapland	01:19:14.00	Budapest	30/03/2014
20 miles	Glen Martin	02:30:37.00	Gloucester	06/1996
Marathon	Eric Hubber	03:18:19.00	Dublin	30/10/1995

### Men V65

Event	Name	Performance	Venue	Date
100m	Charles Davis	00:15.20	Exeter	21/06/1998
200m	Charles Davis	00:31.60	Exeter	21/06/1998
400m	Charles Davis	01:11.70	Exeter	15/06/1997
800m	John Shapland	02:39.09	Tavistock	12/08/2018
1500m	John Shapland	05:15.04	Exeter	17/06/2018
1 mile	John Shapland	05:42.09	Braunton	10/07/2018
3000m	John Shapland	11:09.35	Tavistock	12/08/2018
5000m	John Shapland	18:55.37	Exeter	17/06/2018
5k	John Shapland	00:18:45.00	Yeovilton	12/09/2018
5 miles	John Shapland	00:31:44.00	Hanney, Oxford	14/10/2018
10k	John Shapland	00:39:37.00	Glastonbury	05/05/2019
10 miles	Charles Davis	01:10:26.00	Cheddar	27/10/1996
Half Marathon	Charles Davis	01:36:12.00	Bideford	02/03/1997
Marathon	Eric Hubber	03:50:10.00	London	22/04/2001

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## BIDEFORD AMATEUR ATHLETIC CLUB RECORDS - MEN

### Men V70

Event	Name	Performance	Venue	Date
5k	Michael Gilmore	00:27:08.00	Bideford parkrun	03/09/2016
10k	Charles Davis	00:47:46.00	Taunton	30/09/2001
10 miles	Charles Davis	01:26:20.00	Braunton	20/01/2002
Half Marathon	Charles Davis	01:47:28.00	Taunton	07/04/2002
Marathon				

### Men V75

Event	Name	Performance	Venue	Date
5k	Michael Gilmore	00:27:37.00	Bideford parkrun	11/11/2017
10k	Glen Martin	00:55:42.00	Bideford	12/05/2013
Half Marathon	Glen Martin	02:01:00.00	Taunton	01/04/2012
Marathon	Eric Hubber	05:16:51.00	Dublin	27/10/2014

### Men V80

Event	Name	Performance	Venue	Date
10k	Eric Hubber	01:03:53.00	Bideford	15/05/2016
10 Mile	Eric Hubber	01:43:00.00	Bideford	01/11/2015
Half Marathon	Eric Hubber	02:23:46.00	Bideford	06/03/2016