

# TAVISTOCK Athletic Club

## TRACK & FIELD RECORDS

Overall Vet Record

Record set in 2023

Vet					
Men					
Event	Name	Vet Cat	Time/Dist	Venue	Year
100m	<b>Matt Mercer</b>	<b>M35</b>	<b>12.77s</b>	<b>Tavistock</b>	<b>2015</b>
	Jason McGinnes	M40	13.38s	Tavistock	2018
	Gary Chater	M45	14.9s	Tavistock	2012
	Allan Herdman	M50	12.90s	Braunton	2006
	Allan Herdman	M55	13.2s	Exeter	2010
	Keith Bowles	M60	15.1s	Plymouth	2006
	Keith Bowles	M65	16.0s	Plymouth	2012
	Keith Bowles	M70	16.47s	Braunton	2017
	Keith Bowles	M75	17.39s	Exeter	2021
200m	<b>Matt Mercer</b>	<b>M35</b>	<b>26.39s</b>	<b>Braunton</b>	<b>2015</b>
	Alistair Peers	M40	28.11s	Plymouth	2022
	Jason Shipton	M45	30.55	Tavistock	2017
	Allan Herdman	M50	26.60s	Yeovil	2006
	Allan Herdman	M55	26.7s	Plymouth	2010
	Allan Herdman	M60	27.79s	Plymouth	2015
	Keith Bowles	M65	33.2s	Exeter	2013
	Keith Bowles	M70	35.68s	Braunton	2017
	Keith Bowles	M75	38.11	Exeter	2021
400m	<b>Matt Mercer</b>	<b>M35</b>	<b>57.03s</b>	<b>Exeter</b>	<b>2016</b>
	Richard Drage	M40	61.9s	Exeter	2001
	Jason Shipton	M45	65.65s	Braunton	2016
	Allan Herdman	M50	57.80s	Exeter	2006
	Allan Herdman	M55	59.9s	Plymouth	2010
	Allan Herdman	M60	60.78s	Birmingham	2015
	Keith Bowles	M65	82.2s	Plymouth	2012
	Keith Bowles	M70	81.31s	Plymouth	2017
	Keith Bowles	M75	93.87s	Plymouth	2022
800m	James Armstrong	M35	2m 26.25s	Tavistock	2019
	<b>Richard Drage</b>	<b>M40</b>	<b>2m 09.7s</b>	<b>Exeter</b>	<b>2001</b>
	Tony Symons	M45	2m 20.1s	Exeter	2010
	Richard Drage	M50	2m 16.46s	Exeter	2011
	Allan Herdman	M55	2m 19.72s	Birmingham	2011
	Allan Herdman	M60	2m 18.61s	Plymouth	2015
	Bob Chapman	M65	2m 41.32s	Exeter	2012
	Bob Chapman	M70	3m 03.54s	Braunton	2019
	Keith Bowles	M75	4m:11.6s	Tavistock	2021
1500m	Richard Drage	M35	4m 22.2s	Exeter	1998
	<b>Richard Drage</b>	<b>M40</b>	<b>4m 18.9s</b>	<b>Exeter</b>	<b>2001</b>
	Richard Drage	M45	4m 25.89s	Exeter	2004

	Richard Drage	M50	4m 27.48s	Birmingham	2011
	Richard Drage	M55	4m 43.93s	Tavistock	2014
	Allan Herdman	M60	4m 55.77s	Exeter	2017
	Bob Chapman	M65	5m 31.29s	Exeter	2012
	Bob Chapman	M70	6m 22.67s	Exeter	2019
<b>1 mile</b>	James Armstrong	M35	5m 08.82s	Exeter	2019
	<b>Richard Drage</b>	<b>M40</b>	<b>4m 46.9s</b>	<b>Exeter</b>	<b>2001</b>
	Richard Drage	M45	4m 48.5s	Braunton	2007
	Richard Drage	M50	4m 56.3s	Plymouth	2010
	Richard Drage	M55	5m 22.69s	Tavistock	2017
	Richard Drage	M60	5m 24.87s	Exeter	2021
	Bob Chapman	M65	5m 58.0s	Tavistock	2012
	Bob Chapman	M70	6m 50.72s	Braunton	2019
<b>3000m</b>	<b>Richard Drage</b>	<b>M40</b>	<b>9m 07.4s</b>	<b>Exeter</b>	<b>2001</b>
	Richard Drage	M45	9m 43.0s	Plymouth	2007
	Richard Drage	M50	9m 52.6s	Plymouth	2009
	Richard Drage	M55	10m 34.25s	Exeter	2015
	Richard Drage	M60	11m 05.72s	Exeter	2021
<b>5000m</b>	Richard Drage	M35	16m 02.6s	Plymouth	1998
	<b>Richard Drage</b>	<b>M40</b>	<b>15m 59.5s</b>	<b>Exeter</b>	<b>2002</b>
	Richard Drage	M45	16m 02.43s	Birmingham	2007
	Richard Drage	M50	16m 37.1s	Plymouth	2009
	Richard Drage	M55	17m 27.09s	Par	2014
	Richard Drage	M60	18m 22.28s	Plymouth	2021
		M65			
<b>10000m</b>		M40			
	<b>Richard Drage</b>	<b>M45</b>	<b>33m 49.3s</b>	<b>Exeter</b>	<b>2005</b>
	Richard Best	M50	42m 14.95s	Tavistock	2015
	Richard Drage	M55	36m 42.79s	Exeter	2014
	Allan Herdman	M60	39m 57.67s	Tavistock	2015
		M65			
	Andy Houghton	M70	44m 55.57s		2016
<b>100m Hurdles</b>	<b>Jason Shipton</b>	<b>M40</b>	<b>22.14s</b>	<b>Plymouth</b>	<b>2014</b>
		M45			
	Martin Exley	M50	23.15s	Braunton	2014
		M55			
		M60			
		M65			
<b>300m Hurdles</b>		M40			
		M45			
		M50			
		M55			
	<b>Mike Erith</b>	<b>M60</b>	<b>59.1s</b>	<b>Braunton</b>	<b>2011</b>
		M65			
<b>400m Hurdles</b>	Jason Shipton	M40	84.83s	Tavistock	2014
		M45			
	<b>Martin Exley</b>	<b>M50</b>	<b>79.2s</b>	<b>Plymouth</b>	<b>2010</b>
		M55			
		M60			

		M65			
<b>2000m S/C</b>	Jason Shipton	M40	8m 34.71s	Exeter	2013
		M45			
	<b>Martin Exley</b>	<b>M50</b>	<b>8m 32.7s</b>	<b>Braunton</b>	<b>2012</b>
		M55			
		M60			
		M65			
<b>3000m S/C</b>		M40			
	<b>Martin Exley</b>	<b>M45</b>	<b>11m 15.0s</b>	<b>Par</b>	<b>2006</b>
		M50			
		M55			
		M60			
		M65			
<b>Discus</b> <u>M35 - 49</u> 2kg <u>M50 - 59</u> 1.5kg <u>M60+</u> 1kg	Matt Mercer	M35	23.87m	Braunton	2015
	Alastair Kinsey	M40	24.16m	Tavistock	2015
	<b>Andy Smith</b>	<b>M45</b>	<b>24.80m</b>	<b>Exeter</b>	<b>2005</b>
	Richard Best	M50	24.39m	Tavistock	2014
	George Maczugowski	M55	23.81m	Braunton	2017
	David Milburn	M60	15.87m	Plymouth	2023
	Clive Thomson	M65	23.76m	Tavistock	2021
	Clive Thomson	M70	21.53m	Par	2022
<b>Hammer</b> <u>M40 - 49</u> 7.26g <u>M50 - 59</u> 6kg <u>M60 - 69</u> 5kg <u>M70+</u> 4kg	Jason McGinnes	M40	17.45m	Tavistock	2018
	Jason Shipton	M45	13.92m	Braunton	2017
	David Rickwood	M50	19.22m	Tavistock	2014
	George Maczugowski	M55	25.93m	Plymouth	2017
	David Milburn	M60	17.61m	Exeter	2023
	Clive Thomson	M65	28.94m	Tavistock	2020
	<b>Clive Thomson</b>	<b>M70</b>	<b>32.66m</b>	<b>Derby</b>	<b>2022</b>
<b>High Jump</b>	Alistair Peers	M40	1.35m	Exeter	2023
		M45			
	<b>Allan Herdman</b>	<b>M50</b>	<b>1.55m</b>	<b>Yeovil</b>	<b>2006</b>
	Allan Herdman	M55	1.40m	Plymouth	2010
	Allan Herdman	M60	1.45m	Yeovil	2013
		M65			
<b>Javelin</b> <u>M40 - 49</u> 800g <u>M50 - 59</u> 700g <u>M60 - 69</u> 600g <u>M70 - 79</u> 500g <u>M80+</u> 400g	James Armstrong	M35	20.56m	Tavistock	2019
	<b>Jason Shipton</b>	<b>M40</b>	<b>29.85m</b>	<b>Braunton</b>	<b>2015</b>
	Jason Shipton	M45	28.60m	Plymouth	2017
	Roger Hewitt	M50	26.01m	Exeter	2006
	George Maczugowski	M55	24.33m	Braunton	2017
	<b>David Milburn</b>	<b>M60</b>	<b>14.38m</b>	<b>Exeter</b>	<b>2024</b>
		M65			
	<b>Clive Thomson</b>	<b>M70</b>	<b>14.43m</b>	<b>Tavistock</b>	<b>2024</b>
<b>Long Jump</b>	Matt Mercer	M35	4.80m	Tavistock	2016
	Jason McGinnes	M40	4.70m	Tavistock	2018
	Gary Chater	M45	3.98m	Braunton	2013

	<b>Allan Herdman</b>	<b>M50</b>	<b>5.58m</b>	<b>Exeter</b>	<b>2006</b>
	Allan Herdman	M55	5.04m	Braunton	2010
	Allan Herdman	M60	4.78m	Solihull	2013
	Andy Houghton	M65	3.10m	Tavistock	2013
	Keith Bowles	M70	3.14m	Tavistock	2017
	Alistair Kinsey	M40	7.68m	Braunton	2014
<b>Shot</b>	<b>Andy Smith</b>	<b>M45</b>	<b>8.46m</b>	<b>Exeter</b>	<b>2005</b>
<u>40 - 49</u>	David Rickwood	M50	8.58m	Plymouth	2013
7.26kg	Allan Herdman	M55	7.31m	Braunton	2011
<u>M50 - 59</u>	Mike Erith	M60	7.18m	Braunton	2010
6kg	Clive Thomson	M65	6.65m	Par	2021
<u>M60 - 69</u>	Clive Thomson	M70	7.12m	Tavistock	2022
5kg					
<u>M70+</u>					
4kg					
<b>WT9.08K</b>	David Milburn	M60	6.75m	Tavistock	2023
<b>WT7.26K</b>	Clive Thomson	M70	12.86m	Derby	2022
<b>Triple Jump</b>		M40			
		M45			
	<b>Allan Herdman</b>	<b>M50</b>	<b>9.91m</b>	<b>Yeovil</b>	<b>2005</b>
	Allan Herdman	M55	9.42m	Braunton	2012
	Allan Herdman	M60	9.23m	Tavistock	2016
		M65			
<b>PenWt60</b>	David Milburn	M60	1093pts	Tavistock	2023
		M65			
<b>PenWt70</b>	Clive Thomson	M70	1882pts	Tavistock	2024

updated October 2024

Women					
Event	Name	Vet Cat	Time/Dist	Venue	Year
100m	Sally Pike	F35	16.2s	Braunton	2006
	Sharon Daw	F40	16.3s	Exeter	2010
	Hazel Walker	F45	17.73s	Tavistock	2017
	<b>Carrie Lawson</b>	<b>F50</b>	<b>15.50s</b>	<b>Tavistock</b>	<b>2010</b>
	Mhairi McCall	F55	17.26s	Braunton	2016
		F60			
		F65			
		F70			
200m	Rebecca Deane	F35	39.7s	Tavistock	2010
	Sharon Daw	F40	33.9s	Braunton	2010
	Carrie Lawson	F45	33.3s	Plymouth	2007
	<b>Carrie Lawson</b>	<b>F50</b>	<b>32.90s</b>	<b>Tavistock</b>	<b>2010</b>
	Jill Kershaw	F55	34.3s	Exeter	2006
		F60			
		F65			
		F70			
	Roz Hutton	F76	50.95s	Sweden	2024
400m	Lisa Mabey	F35	79.3s	Plymouth	2014
	<b>Caroline Steven</b>	<b>F40</b>	<b>68.60s</b>	<b>Plymouth</b>	<b>2011</b>
	Caroline Steven	F45	84.5	Tavistock	2015
	Tracey Oxborough	F50	78.65	Tavistock	2017
	Jill Kershaw	F55	77.2s	Exeter	2006
		F60			
		F65			
800m	Jo Meek	F35	2m 37.6s	Tavistock	2013
	<b>Caroline Steven</b>	<b>F40</b>	<b>2m 30.79s</b>	<b>Exeter</b>	<b>2011</b>
	Caroline Steven	F45	3m.00.6s	Braunton	2013
	Kate Rogers	F50	3m 04.4s	Braunton	2010
	Jill Kershaw	F55	3m 03.7s	Exeter	2006
		F60			
1500m	Lisa Mabey	F35	6m 28.55s	Tavistock	2014
	<b>Caroline Steven</b>	<b>F40</b>	<b>5m 09.1</b>	<b>Solihull</b>	<b>2011</b>
	Hazel Walker	F45	7m 08.56s	Tavistock	2016
	Tracey Oxborough	F50	6m 01.7s	Plymouth	2017

	Kate Rogers	F55	6m 42.2s	Millfield	2014
		F60			
<b>1 mile</b>	<b>Jo Meek</b>	<b>F35</b>	<b>5m 23.6s</b>	<b>Tavistock</b>	<b>2013</b>
	Caroline Steven	F40	5m 44.0s	Tavistock	2011
	Caroline Steven	F45	5m 50.7s	Tavistock	2012
	Kate Rogers	F50	6m 42.4s	Tavistock	2010
		F55			
	Sheila Houghton	F60	7m 26.0s	Tavistock	2012
<b>3000m</b>		F35			
	<b>Caroline Steven</b>	<b>F40</b>	<b>11m 16.1s</b>	<b>Tavistock</b>	<b>2011</b>
		F45			
	Tracey Oxborough	F50	12m 55.06s	Plymouth	2017
	Kate Rogers	F55	14m 07s	Exeter	2014
	Sheila Houghton	F60	15m 09s	Exeter	2014
<b>5000m</b>	<b>Jo Meek</b>	<b>F35</b>	<b>18m 19.2s</b>	<b>Tavistock</b>	<b>2013</b>
		F40			
	Tracy-Ann Cole	F45	24m 39.11s	Tavistock	2014
	Tracey Oxborough	F50	22m 03.43s	Tavistock	2017
	Kate Rogers	F55	24m 12.9s	Tavistock	2015
		F60			
	Ann Woodhouse	F65	34m 16.97s	Tavistock	2014
<b>10000m</b>		F35			
		F40			
		F45			
		F50			
		F55			
		F60			
<b>80m Hurdles</b>		F35			
	<b>Caroline Steven</b>	<b>F40</b>	<b>18.80s</b>	<b>Braunton</b>	<b>2010</b>
		F45			
		F50			
		F55			
		F60			
<b>400m Hurdles</b>		F35			
	Rebecca Exley-Deane	F40	1m 40.74s	Braunton	2015
		F45			
		F50			
		F55			
		F60			
<b>3000m S/C</b>		F35			
		F40			
		F45			
		F50			
		F55			
		F60			
<b>Discus</b>	Sally Pike	F35	17.68m	Plymouth	2006
<b>All Age Cats</b>	Sharon Daw	F40	15.03m	Plymouth	2011

<b>1kg</b>	Beverley Brown	F45	17.48m	Par	2024	
	<b>Elaine Fileman</b>	<b>F50</b>	<b>19.42m</b>	<b>Braunton</b>	<b>2016</b>	
	Elaine Fileman	F55	16.76m	Exeter	2024	
		F60				
		F65				
		F70				
<b>0.75kg</b>	Roz Hutton	F75	13.52m	Kingston	2024	
<b>Hammer</b> <u>F35 - 49</u> 4kg <u>F50+</u> 3kg  2kg		F35				
	Caroline Steven	F40	18.21m	Exeter	2010	
	Beverley Brown	F45	26.18m	Par	2024	
	<b>Elaine Fileman</b>	<b>F50</b>	<b>26.71m</b>	<b>Exeter</b>	<b>2019</b>	
	Elaine Fileman	F55	26.17m	Plymouth	2023	
	Sheila Houghton	F60	14.74m	Braunton	2013	
		F65				
	Roz Hutton	F75	26.88m	Sweden	2024	
<b>High Jump</b>	Sally Pike	F35	0.95m	Exeter	2007	
	<b>Dawei Zou</b>	<b>F40</b>	<b>1.25m</b>	<b>Exeter</b>	<b>2010</b>	
		F45				
		F50				
		F55				
		F60				
<b>Javelin</b> <u>F35 - 49</u> 600g <u>F50 - 59</u> 500g <u>F60+</u>  400g	Sally Pike	F35	13.96m	Braunton	2006	
	<b>Dawei Zou</b>	<b>F40</b>	<b>16.64m</b>	<b>Braunton</b>	<b>2010</b>	
	Hazel Walker	F45	14.05m	Tavistock	2019	
	Elaine Fileman	F50	14.77m	Tavistock	2019	
	Kate Rogers	F55	12.13m	Tavistock	2015	
		F60				
		F65				
		F70				
		Roz Hutton	F75	6.73m	Tavistock	2024
<b>Long Jump</b>	Danielle James	F35	2.01m	Braunton	2016	
	<b>Dawei Zou</b>	<b>F40</b>	<b>4.03m</b>	<b>Braunton</b>	<b>2010</b>	
	Hazel Walker	F45	2.96m	Tavistock	2017	
	Hazel Walker	F50	2.43m	Plymouth	2022	
	Jill Kershaw	F55	3.32m	Exeter	2006	
		F60				
<b>Shot</b> <u>F35 - 49</u> 4kg <u>F50+</u> 3kg  2kg	Sally Pike	F35	6.42m	?	2005	
	<b>Dawei Zou</b>	<b>F40</b>	<b>8.20m</b>	<b>Braunton</b>	<b>2010</b>	
	Beverley Brown	F45	7.73m	Exeter	2023	
	Elaine Fileman	F50	7.23m	Plymouth	2019	
	Elaine Fileman	F55	6.63m	Plymouth	2023	
	Sheila Houghton	F60	5.25m	Plymouth	2013	
		Roz Hutton	F75	4.68m	Tavistock	2024
<b>Triple Jump</b>		F35				

		F40			
		F45			
		F50			
	<b>Jill Kershaw</b>	<b>F55</b>	<b>7.46m</b>	<b>Exeter</b>	<b>2008</b>
		F60			
		F65			
<b>WT9.08K</b>	Beverley Brown	F45	6.04	Tavistock	2024
<b>WT4k</b>	Roz Hutton	F75	10.19m	Tavistock	2024
<b>PenWtW45</b>	Beverley Brown	F45	1542pts	Tavistock	2024
<b>PenWtW75</b>	Roz Hutton	F75	2025pts	Tavistock	2024







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