SOUTH WEST ATHLETIC LEAGUE - OVERALL RECORDS AT 12/7/2026

EVENT	COMPETITOR	PERF.	CLUB	VENUE	DATE	
Under 12 Girls						
100m	M.Easton	13.67	Armada	Exeter	07.Jun.26	
800m	K. Olateju	2.24.79	Poole Runners	Exeter	05.July.26	
Long Jump	J.Foster	4.08	Wimborne	Exeter	05.July.26	
Shot Putt	S.Ingleby	8.17	Armada	Exeter	06.Sept.26	
Under 14 Girls						
100m	L.Moore	12.78	Wimborne	Exeter	06.Sept.26	
200m	I.Marr	26.29	North Somerset	Exeter	05.July.26	
800m	M.Canham	2.19.34	Newton Abbot	Exeter	07-Sep-14	
1500m	A.Sutton	4.53.71	Cornwall AC	Exeter	07-Aug-22	
75m Hurdles	L.Hollister	12.84	Armada	Exeter	05.July.26	
4x100m Relay		54.3	Wimborne	Exeter	03-Sep-23	
High Jump	K.Chapman	1.62	Exeter	Yeovil	03-Jul-16	
Long Jump	E.Robinson	5.35	North Devon	Exeter	04-Aug-19	
Shot 2.72k	K.Chapman	10.22	Exeter	Exeter	04-Sep-16	
Discus	T.Pretty	27.65	Wimborne	Exeter	06.Sept.26	
Javelin 400g	M.Desborough	36.16	Wimborne	Exeter	30-Jun-24	
Under 16 Girls						
100m	A.Fasuba	11.72	Armada	Exeter	08-Sep-25	
200m	A.Fasuba	23.79	Armada	Exeter	08.Sep.25	
300m	I.Perry	41.0	Exeter	Exeter	27-Jul-25	
800m	A.Sutton	2.14.22	Cornwall AC	Exeter	02-Jun-24	
1500m	I.Bater	4.32.71	North Devon	Exeter	03-May-26	
3000m	O.Steer	10.11.20	Exeter	Exeter	03-Sep-23	
80m Hurdles	D.Benson	12.04	Exeter	Exeter	05.July.26	
300m Hurdles	D.Benson	48.29	Exeter	Exeter	07.Jun.26	
1500m S/Chase	M.Shore	5m48.16	Yeovil	Exeter	05.July.26	
4x100m Relay		51.6	Team Bath	Exeter	24-May-09	
4x300m Relay		3.49.85	Exeter	Yeovil	05.July.26	
High Jump	D.Perks	1.67	Cornwall AC	Exeter	25-May-03	
Pole Vault	L. Allen	3.35	Newquay & Par	Exeter	04-Jun-17	
Long Jump	S.Ingham	5.56	Exeter	Exeter	30-Jun-24	
Triple Jump	S.Challis	10.86	North Somerset	Exeter	07.Jun.26	
Shot	K.Chapman	12.36	Exeter	Exeter	03-Jun-18	
Discus 1k	N.Evans-Shields	38.59	Armada	Plymouth	04-Sep-21	
Hammer 3k	P.Milburn	46.95	Armada	Plymouth	04-Sep-21	
Javelin	L.Watton	40.47	North Devon	Exeter	02-Sep-01	
Under 18 Women						
100m	K.Little	12.04	Exeter	Exeter	07.Jun.26	
200m	K.Little	24.45	Exeter	Exeter	30-Jun-24	
300m	K.Little	39.62	Torbay etc	Exeter	04-May-25	
400m	S.Clarke	60.09	Newquay & Par	Exeter	05.July.26	
800m	O.Steer	2.14.88	Exeter	Exeter	07.Jun.26	
1500m	O.Steer	4.35.56	Exeter	Exeter	30-Jun-24	
3000m	P.Quinn	9.47.41	Exeter	Exeter	01-Sep-24	
100m Hurdles	M.Woodliffe	16.70	Yeovil	Exeter	03.May.26	
400m Hurdles	R.Summers	72.62	Armada	Exeter	06.Jun.26	
4x400m Relay		4.24.25	Exeter	Exeter	03-May-26	
1500m S/Chase	L.Bickerton	5.13.79	Yeovil	Exeter	30-Apr-23	
High Jump	J.Morrish	1.73	Cornwall AC	Exeter	17-Apr-11	
Pole Vault	M.Caudery	3.90	Cornwall AC	Exeter	05-Jun-16	D2
Long Jump	L.Smith	5.66	Taunton AC	Exeter	07-Jul-19	
Triple Jump	S.Ingham	11.32	Exeter	Exeter	27-Jul-25	
Shot (3kg)	H.Bagnowiec	12.81	North Somerset	Exeter	02-Jun-04	
Discus 1k	N. Evans-Shields	42.32	Armada	Exeter	03-Sep-23	
Javelin (500g)	L.Dawkins	43.19	Taunton	Exeter	05-Jul-15	
Hammer (3kg)	T.Brown	57.51	Armada	Exeter	03.May.26	
Senior Women						

100m	S.Wilson	11.96	Poole AC	Exeter	01-Sep-13	
200m	K.Little	24.45	Exeter	Exeter	30-Jun-24	
400m	S.Sauter	55.59	Yeovil	Exeter	05.July.26	
800m	C.Cayton-Smith	2.10.5	Cornwall AC	Yeovil	06-Jul-14	
1500m	J.Hansford	4.32.4	Bournemouth	Exeter	25-Jul-93	
3000m	C.Blew	9.28.85	Taunton	Yeovil	04-Sep-11	
100m Hurdles	E.Bee	13.94	Armada	Exeter	05.July.26	
400m Hurdles	E.Bonnett	60.9	Yeovil	Exeter	06-Jul-08	
1500m S/Chase	E.Thorner	4.57.43	Yeovil	Exeter	04-Aug-19	
4x100m Relay		49.3	Bournemouth	Yeovil	04-Jul-10	
4x400m Relay		4.01.1	Exeter	Exeter	24-Jul-94	
High Jump	S.Thompson	1.73	Wessex & Bath		28-May-06	D2
Pole Vault	R Gray	3.76	Cornwall AC	Exeter	03-Jun-18	
Long Jump	G.Scoot	5.98	Newton Abb/Torbay	Exeter	28-May-23	
Triple Jump	G.Scoot	12.32	Newton Abb/Torbay	Exeter	04-Jun-22	
Shot	V.Foster	13.11	Salisbury		1996	D2
Discus	N.Evans-Shields	43.71	Armada	Exeter	01-Sep-24	
Hammer	T.Brown	52.21	Armada	Exeter	05.July.26	
Javelin	J.Burton	50.44	Dorchester	Yeovil	05-Sep-93	
Under 12 Boys						
100m	W.Smedjkal	13.80	Newquay & Par	Exeter	06.Sept.26	
800m	J.Barrington	2.24.84	Yeovil	Exeter	06.Sept.26	
Long Jump	W.Smedjkal	4.60	Newquay & Par	Exeter	06.Sept.26	
Shot (2k)	T.Smith	8.37	Wimborne	Exeter	06.Sept.26	
Under 14 Boys						
100m	F.Brookes	12.06	Dorchester	Exeter	07.Jun.26	
200m	F.Brookes	25.07	Dorchester	Exeter	07.Jun.26	
800m	W Rabjohns	2.13.47	Poole AC	Exeter	03-Jun-18	
1500m	W Rabjohns	4.26.25	Poole AC	Exeter	08-Jul-18	
75m Hurdles	L.Webber	12.2	Taunton	Exeter	28-Sep-03	
80m Hurdles	H.Sturland	14.2	Exeter	Exeter	05.July.26	
4x100m Relay		51.5	Exeter	Exeter	07.Jun.26	
High Jump	I.Parsons	1.67	North Somerset	Exeter	07.Jun.26	
Long Jump	J.Richings	5.18	Poole AC	Exeter	30-Jun-24	
Shot 3k	G.Cox	13.90	North Somerset	Exeter	03.May.26	
Discus	I.Parsons	34.37	North Somerset	Exeter	06.Sept.26	
Javelin	F.Wollard	30.90	Poole Runners	Exeter	05.July.26	
Under 16 Boys						
100m	J.Thornhill	11.03	Exeter	Exeter	07.Jun.26	
200m	J.Thornhill	22.69	Exeter	Exeter	07.Jun.26	
300m	F.McDonagh	34.93	Taunton	Exeter	05.July.26	
400m	N.Hooper	52.3	Yeovil	Exeter	28-Jul-91	
800m	O.Bradford-Peck	2.01.67	Yeovil	Exeter	07.Jun.26	
1500m	T.Hennessy	4.10.31	Armada	Exeter	03.May.26	
3000m	E.Salter	9.01.07	Taunton	Exeter	07.Jun.26	
100m Hurdles	H.McConnell	14.52	Exeter	Exeter	05.July.26	
300m Hurdles	R.Price	42.93	Armada	Exeter	06.Sept.26	
1500m S/chase	O.Gagg	4.38.29	Taunton	Exeter	03.May.26	
4x100m Relay		48.2	Bournemouth	Exeter	05-Sep-93	
4x300m Relay		2.37.46	Exeter	Exeter	03.May.26	
High Jump	B.Gibb	1.80	Yeovil	Exeter	02-Jul-06	
Pole Vault	N.Jones	3.55	Armada	Exeter	04-Aug-19	
Long Jump	E.Trickey	5.84	Wimborne	Exeter	03.May.26	
Triple Jump	E.Trickey	12.98	Wimborne	Exeter	07.Jun.26	
Shot	L.Biddlecombe	14.89	Yeovil	Yeovil	01-Jul-07	
Discus	L.Biddlecombe	50.18	Yeovil	Exeter	06-Jun-10	
Javelin	Z.Capon	51.56	Poole AC	Exeter	06.Jun.26	
Javelin ('99 Spec)	D.Allen	50.35	Exeter	Exeter	02-Sep-12	
Hammer	A.Elkins	49.34	Poole AC	Exeter		D2
Under 18 Men						

100m	A. Armstrong	11.07	Yeovil	Exeter	03-Sep-23	
200m	J.Hutchinson	22.4	Team Bath	Yeovil	03-Aug-03	
400m	E.Scott	49.70	Taunton	Exeter	24-Aug-14	
800m	K.Gibson	1.57.6	Mendip		06-Sep-09	
1500m	E.Bird	3.59.6	Poole AC	Yeovil	04-Jul-21	
3000m	R.Barclay-Watt	8.42.85	Exeter	Exeter	01-Sep-24	D2
110m Hurdles	A.Jones	15.6	Cornwall AC	Exeter	03.May.26	D2
400m Hurdles	N.Maczugowski	56.0	Armada	Exeter	03.Sep.23	
1500m S/chase	O.Gagg	4.38.29	Taunton	Exeter	03-May-26	
4x100m Relay		45.3	Yeovil	Plymouth	03-Jul-05	
4x400m Relay		3.31.22	Newquay & Par	Exeter	03.May.26	
High Jump	S.Robins	1.92	Newquay & Par	Par	11-May-14	
Pole Vault	I.Slight	4.35	Yeovil	Exeter	06.Sept.26	
Long Jump	Z.Ridings	6.87	Poole AC	Exeter	07.Jun.26	
Triple Jump	A.Carrow	13.48	Yeovil	Exeter	05-Jul-09	
Shot (5k)	M.Halton	17.07	Newquay & Par	Exeter	07-Sep-08	
Discus (1.75m)	P.Swan	49.87	Cornwall AC	Yeovil	06-Jul-14	
Discus (1.50m)	P.Swan	49.87	Cornwall AC	Yeovil	06-Jul-14	
Javelin (800g)	R.Danaher	59.74	Taunton	Yeovil	07-Sep-08	
Javelin (700g)						
Hammer (5k)	A.Elkins	59.55	Poole AC	Exeter		
Under 20 Men	(Full events introduced 1998 records only from this date)				07-Jul-02	
100m	A.Hateley	10.75	Poole AC	Exeter	02-Sep-12	
200m	T.Bennett	21.66	Taunton	Exeter	02-Jun-24	
400m	R.Summers	48.90	Armada	Exeter	04-May-25	
800m	J.Trigwell	1.57.49	Exeter	Exeter	02-Sep-12	D2
1500m	E.Bird	3.51.17	Poole AC	Exeter	30-Apr-23	
5000m	E.Bird	14.36.07	Poole AC	Exeter	04-Sep-22	
110m Hurdles	J.Smith	14.31	Exeter Harriers	Exeter	05-May-24	
400m Hurdles	D.Green	54.3	Cornwall AC	Yeovil	05-Jul-09	D2
2000m S/Chase	D.Millard	5.53.42	Taunton	Exeter	03-May-26	
3000m S/chase	S.Hazell	9.45.9	Mendip		06-Sep-09	
4x100m Relay		45.6	Wimborne	Exeter	07.Jun.26	
4x400m Relay		3.40.88	Exeter	Exeter	03.May.26	
High Jump	A.Adeleye	2.07	Exeter	Exeter	06.Sept.26	
Pole Vault	C.Walker-Shepherd	4.30	Team Bath		06-Jul-08	
Long Jump	H.Barton	7.24	Yeovil	Exeter	07-Aug-22	
Triple Jump	W.Langridge	14.71	Poole AC	Exeter	04-May-25	
Shot (6k)	L.Biddlecombe	17.28	Yeovil	Exeter	17-Apr-11	D2
Discus (1.75k)	J.Foorde	56.97	Taunton AC	Exeter	06-Jul-25	D2
Javelin (800g)	M.Smith	64.02	Exeter	Exeter	06-Jun-10	D2
Hammer (6k)	A.Elkins	64.61	Poole AC	Exeter	10-Jun-12	
Senior Men						
100m	A.Potter	10.6	City of Bath		25-May-03	
200m	A.Potter	21.5	City of Bath		25-May-03	
400m	S.Peters	48.18	Exeter		29-Jul-13	
800m	A.Duke	1.53.8	Wells	Exeter	28-Jul-96	
1500m	N.Caddy	3.49.9	Newquay & Par	Yeovil	05-Jul-92	
5000m	J.Scott	14.57.2	Newquay & Par	Plymouth	18-Apr-10	
110m Hurdles	R.Reekes	14.2	Poole AC	Yeovil	26-Jul-92	
400m Hurdles	G.Jennings	52.9	Yeovil	Exeter	10-Sep-95	
2000m S/Chase	D.Millard	5.53.42	Taunton	Exeter	03-May-26	
3000m S/chase	J.Gill	9.22.2	Newquay & Par	Yeovil	30-May-04	
4x100m Relay		43.19	Poole AC	Exeter	01-Sep-13	D2
4x400m Relay		3.26.0	Yeovil	Yeovil	28-May-95	D2
High Jump	R.Webb	2.15	Wimborne	Exeter	02-Sep-18	
					01-Sep-19	
Pole Vault	A.Carpenter	4.75	Poole AC	Exeter	17-Apr-11	