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	7.66	Armada	Exeter	03.May.26	
Under 14 Girls						
100m	I.Marr	12.83	North Somerset	Exeter	07.Jun.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	26.67	Wimborne	Exeter	07.Jun.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	62.6	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	**R.Kelly**	**13.91**	**Yeovil**	**Exeter**	**05.July.26**	
800m	J.Barrington	2.27.84	Yeovil	Exeter	03.May.26	
Long Jump	**R.Kelly**	**4.26**	**Yeovil**	**Exeter**	**05.July.26**	
Shot (2k)	**A.Eves**	**7.93**	**Wimborne**	**Exeter**	**05.July.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	29.15	North Somerset	Exeter	07.Jun.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	Z.Capon	43.38	Poole AC	Exeter	07.Jun.26	
1500m S/chase	O. Beck	4.44.11	Yeovil	Exeter	04-May-25	D2
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	D.Curwen-Reed	4.15	Wessex & Bath		02-Jul-06	
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	J Anderson	2.01	Exeter	Exeter	04-Sep-16	
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	
2000mS/Chase	T.Heal	5.59.33	Taunton	Exeter	27-Jul-25	
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	