

SOUTH WEST ATHLETIC LEAGUE - OVERALL RECORDS 2021

Current Div 1 Records from results kept since 1991 when Avelon & Westward Leagues combined to form SWAL  
 All records must be authenticated by graded officials & for 'scoring' athletes only  
 missing 26/7/92 - Exeter; U13B 4/9/94; whole of 1999; 29/7/01-Exeter (except Cornish winners); Div 2 Records updated from 2014 & added Mar 2017

<b>EVENT</b>	<b>COMPETITOR</b>	<b>PERF.</b>	<b>CLUB</b>	<b>VENUE</b>	<b>DATE</b>	
<b>Under 13 Girls</b>						
100m	L.Impett	13.1	Wimborne	Exeter	26-Jul-92	
200m	E.Robinson	26.64	North Devon	Exeter	02-Jun-19	
					04-Aug-19	
800m	M.Canham	2.19.34	Newton Abbot	Exeter	07-Sep-14	
1500m	A.Sutton	4.53.71	Cornwall AC	Exeter	07-Aug-22	
70m Hurdles	L.Wesley	11.4	Taunton	Exeter	30-May-04	
	R.Brown	11.4	Exeter		28-May-06	D2
	I. Wakefield	11.4	North Devon			D2
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	
<b>Javelin 400g</b>	<b>M.Desborough</b>	<b>36.16</b>	<b>Wimborne</b>	<b>Exeter</b>	<b>30-Jun-24</b>	
<b>Under 15 Girls</b>						
<b>100m</b>	<b>A.Fasuba</b>	<b>12.09</b>	<b>Armada</b>	<b>Exeter</b>	<b>05-May-24</b>	
<b>200m</b>	<b>A.Fasuba</b>	<b>24.90</b>	<b>Armada</b>	<b>Exeter</b>	<b>02-Jun-24</b>	
300m	K.Evans	41.3	Dorchester	Exeter	04-Aug-19	
<b>800m</b>	<b>A.Sutton</b>	<b>2.14.22</b>	<b>Cornwall AC</b>	<b>Exeter</b>	<b>02-Jun-24</b>	
1500m	G.Copeland	4.37.9	Wimborne	Yeovil	07-Sep-14	D2
3000m	O.Steer	10.11.20	Exeter	Exeter	03-Sep-23	
75m Hurdles	L.Smith	11.57	Taunton	Exeter	07-May-17	
4x100m Relay		51.6	Team Bath	Exeter	24-May-09	
4x300m Relay		2.57.6	Taunton	Yeovil	03-Jul-16	
High Jump	D.Perks	1.67	Cornwall AC	Exeter	25-May-03	
Pole Vault	L. Allen	3.35	Newquay & Par	Exeter	04-Jun-17	
<b>Long Jump</b>	<b>S.Ingham</b>	<b>5.56</b>	<b>Exeter</b>	<b>Exeter</b>	<b>30-Jun-24</b>	
Triple Jump	M.Mowbray	10.34	Poole AC	Yeovil	01-Aug-21	
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.Waton	40.47	North Devon	Exeter	02-Sep-01	
<b>Under 17 Women</b> (Hurdles introduced in 1991, full events 1998 records only from these dates)						
<b>100m</b>	<b>K.Little</b>	<b>12.20</b>	<b>Exeter</b>	<b>Exeter</b>	<b>30-Jun-24</b>	
<b>200m</b>	<b>K.Little</b>	<b>24.45</b>	<b>Exeter</b>	<b>Exeter</b>	<b>30-Jun-24</b>	
300m	M.Webber	40.73	Newton Abbot	Exeter	07-May-17	
800m	C.Blew	2.15.6	Taunton	Yeovil	20-Apr-08	
<b>1500m</b>	<b>O.Steer</b>	<b>4.35.56</b>	<b>Exeter</b>	<b>Exeter</b>	<b>30-Jun-24</b>	
<b>3000m</b>	<b>P.Quinn</b>	<b>9.47.41</b>	<b>Exeter</b>	<b>Exeter</b>	<b>01-Sep-24</b>	
80m Hurdles	N.Sharp	11.6	Bournemouth	Exeter	25-Jul-93	
300m Hurdles	G.Rowsell	44.1	Exeter	Exeter	06-Jun-10	
	R.Brown	44.1	Exeter	Exeter	06-Jun-10	
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	L.Watts	10.99	Yeovil	Exeter	03-Aug-03	
<b>Shot (3kg)</b>	<b>H.Bagnowiec</b>	<b>12.81</b>	<b>North Somerset</b>	<b>Exeter</b>	<b>02-Jun-04</b>	
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)	P.Milburn	52.50	Armada	Exeter	28-May-23	

**Senior Women**

100m	S.Wilson	11.96	Poole AC	Exeter	01-Sep-13	
<b>200m</b>	<b>K.Little</b>	<b>24.45</b>	<b>Exeter</b>	<b>Exeter</b>	<b>30-Jun-24</b>	
400m	S.Wilson	56.6	Poole AC	Yeovil	03-Jul-16	
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	14.29	Armada	Plymouth	06-Jun-21	
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.Scot	5.98	Newton Abb/Torbay	Exeter	28-May-23	
Triple Jump	G.Scot	12.32	Newton Abb/Torbay	Exeter	04-Jun-22	
Shot	V.Foster	13.11	Salisbury		1996	D2
<b>Discus</b>	<b>N.Evans-Shields</b>	<b>43.71</b>	<b>Armada</b>	<b>Exeter</b>	<b>01-Sep-24</b>	
<b>Hammer</b>	<b>P.Milburn</b>	<b>47.31</b>	<b>Armada</b>	<b>Exeter</b>	<b>02-Jun-24</b>	
Javelin	J.Burton	50.44	Dorchester	Yeovil	05-Sep-93	
<b>Under 13 Boys</b>						
100m	S-J Taryn Claude	12.3	N.Somerset	Exeter	03-Jul-11	
200m	E.Scott	25.7	Taunton	Exeter	17-Aug-03	
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	05-Sep-04	
4x100m Relay		54.0	Wimborne	Exeter	07-Aug-22	
High Jump	R.Barnett	1.60	Newquay & Par	Yeovil	30-Aug-98	
<b>Long Jump</b>	<b>J.Richings</b>	<b>5.18</b>	<b>Poole AC</b>	<b>Exeter</b>	<b>30-Jun-24</b>	
Shot 3.25k	A.Holland	10.66	North Devon	Exeter	03-Sep-06	
Shot 3k	N.Maczugowski	9.91	Tavistock AC	Exeter	04-Aug-19	
Javelin	R.Danaher	40.44	Taunton	Exeter		
<b>Under 15 Boys</b>						
100m	R.Wells	11.2	Taunton	Exeter	06-Jun-10	
200m	R.Wells	23.0	Taunton	Exeter	04-Jul-93	
300m	J.Wheeler	36.65	Armada	Exeter	04-Aug-19	
400m	N.Hooper	52.3	Yeovil	Exeter	28-Jul-91	
800m	H.Cornish	2.04.5	Poole AC	Yeovil	25-Sep-21	
1500m	C.Robinson	4.17.1	Cornwall AC	Yeovil	30-Jun-91	
3000m	K.Stone	9.16.2	Torbay	Plymouth	03-Sep-06	
80m Hurdles	S.Talbot	11.61	Exeter		12-May-13	D2
4x100m Relay		48.2	Bournemouth	Exeter	05-Sep-93	
4x300m Relay		2.42.38	Exeter	Exeter	08-Jul-18	
4x400m Relay		3.55.5	Bournemouth	Yeovil	04-Sep-05	
High Jump	B.Gibb	1.80	Yeovil	Exeter	02-Jul-06	
Pole Vault	N.Jones	3.55	Armada	Exeter	04-Aug-19	
Long Jump	S.Talbot	5.83	Exeter		12-May-13	D2
Triple Jump	W.Langridge	12.92	Wimborne	Exeter	07-Aug-22	
	Z.Richings		Poole AC	Exeter	03-Sep-23	
Shot	L.Biddlecombe	14.89	Yeovil	Yeovil	01-Jul-07	
Discus	L.Biddlecombe	50.18	Yeovil	Exeter	06-Jun-10	
Javelin ('99 Spec)	D.Allen	50.35	Exeter	Exeter	02-Sep-12	
Hammer	A.Elkins	49.34	Poole AC	Exeter		
<b>Under 17 Men</b>						
100m	A. Armstrong	11.07	Yeovil	Exeter	24-May-98	
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	D2

1500m	E.Bird	3.59.6	Poole AC	Yeovil	04-Jul-21	
<b>3000m</b>	<b>R.Barclay-Watt</b>	<b>8.42.85</b>	<b>Exeter</b>	<b>Exeter</b>	<b>01-Sep-24</b>	
100m Hurdles	J.Taylor	13.2	Exeter Harriers	Exeter	16.Jul.23	
400m Hurdles	N.Maczugowski	56.0	Armada	Exeter	03.Sep.23	
1500m S/chase	D.Warnes	4.12.2	N.Somerset	Yeovil	26-Sep-15	D2
4x100m Relay		45.3	Yeovil	Plymouth	03-Jul-05	
4x400m Relay		3.37.63	Exeter Harriers	Exeter	04-Aug-19	
High Jump	S.Robins	1.92	Newquay & Par	Par	11-May-14	D2
Pole Vault	D.Curwen-Reed	4.15	Wessex & Bath		02-Jul-06	D2
Long Jump	R.Glover	6.60	Yeovil	Yeovil	04-Jul-93	
Triple Jump	A.Carrow	13.48	Yeovil	Exeter	05-Jul-09	
Shot	M.Halton	17.07	Newquay & Par	Exeter	07-Sep-08	
Discus	P.Swan	49.87	Cornwall AC	Yeovil	06-Jul-14	
Javelin	R.Danaher	59.74	Taunton	Yeovil	07-Sep-08	
Hammer	A.Elkins	59.55	Poole AC	Exeter		
<b>U20 Men</b>	(Full events introduced 1998 records only from this date)				07-Jul-02	
100m	A.Hateley	10.75	Poole AC	Exeter	02-Sep-12	
<b>200m</b>	<b>T.Bennett</b>	<b>21.66</b>	<b>Taunton</b>	<b>Exeter</b>	<b>02-Jun-24</b>	
400m	S.Bedford	49.12	Yeovil	Exeter	27-May-12	
800m	J.Trigwell	1.57.49	Exeter	Exeter	02-Sep-12	
1500m	E.Bird	3.51.17	Poole AC	Exeter	30-Apr-23	
5000m	E.Bird	14.36.07	Poole AC	Exeter	04-Sep-22	
<b>110m Hurdles</b>	<b>J.Smith</b>	<b>14.31</b>	<b>Exeter Harriers</b>	<b>Exeter</b>	<b>05-May-24</b>	
400m Hurdles	D.Green	54.3	Cornwall AC	Yeovil	05-Jul-09	
2000mS/Chase	B.Brown	6.12.4	Taunton	Exeter	17-Apr-11	
3000m S/chase	S.Hazell	9.45.9	Mendip		06-Sep-09	D2
High Jump	J Anderson	2.01	Exeter	Exeter	04-Sep-16	
Pole Vault	C.Walker-Shepherd	4.30	Team Bath		06-Jul-08	D2
Long Jump	H.Barton	7.24	Yeovil	Exeter	07-Aug-22	
Triple Jump	L.Guest	13.78	Yeovil	Exeter	01-Sep-13	
Shot	L.Biddlecombe	17.28	Yeovil	Exeter	17-Apr-11	
Discus	P.Swan	50.91	Cornwall AC	Yeovil	04-Sep-16	D2
Javelin	M.Smith	64.02	Exeter	Exeter	06-Jun-10	
Hammer	A.Elkins	64.61	Poole AC	Exeter	10-Jun-12	
<b>Senior Men</b>						
100m	A.Potter	10.6	City of Bath		25-May-03	D2
200m	A.Potter	21.5	City of Bath		25-May-03	D2
400m	S.Peters	48.18	Exeter		29-Jul-13	D2
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	J. Walton	6.08.76	Taunton	Exeter	02-Jul-17	
3000m S/chase	J.Gill	9.22.2	Newquay & Par	Yeovil	30-May-04	
4x100m Relay		43.19	Poole AC	Exeter	01-Sep-13	
4x400m Relay		3.26.0	Yeovil	Yeovil	28-May-95	
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	
Long Jump	N.Clements	7.29	Yeovil	Exeter	01-Sep-13	
Triple Jump	J.Leaver	15.00	Dorchester		1996	D2
Shot	C.De Viglio	18.27	Team Bath		02-Sep-07	D2
Discus	M.Ploman	52.40	Yeovil	Exeter	02-Jul-17	
Javelin	M.Smith	70.21	Exeter	Exeter	28-Jul-96	
Hammer	J.Pearson	64.62	Yeovil	Yeovil		