

# Tamworth Athletic Club

## Great Britain Honours & Club Records

Last updated: 23rd April 2026



### Great Britain Honours



Tamworth Athletic Club is proud of the following athletes, present and past, who, as Club members, were selected to represent our country:

#### Senior International:

Dave Black - Marathon  
Tom Burton - 400m Hurdles  
Tom Randolph - 800m  
Nathan Woodward - 400m Hurdles

#### U23 International:

Tom Randolph - 800m  
Nathan Woodward - 400m Hurdles

#### U20 International:

Meghan Beesley - 400m Hurdles & 4x400m relay  
Joanne Street - Discus  
Nathan Woodward - 400m Hurdles

#### U17 International:

Marc Newton - Octathlon  
Joanne Street - Discus & Shot

#### Senior International (learning disabilities):

Kirk Allen - 4x100m relay

## Club Records

#### Records set this year are highlighted in GOLD

Total No of records this year: No set by male athletes: No set by female athletes:

4

1

3

I do not check every single result - please help me to keep these records up to date - if you have any amendments (new records, corrections, missing information), then please contact me, either at the Clubhouse or by email. Please provide age group, performance and date.

NB: Records are being updated to reflect age group changes. Bear with me!

Matthew J Hargreaves

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#### Club Records contents:

Age groups highlighted in GOLD have records set this year

Senior Men & Women	U10 Boys & Girls	Masters 60
U20 Men & Women	Masters 35	Masters 65
U18 Boys & Girls	Masters 40	Masters 70
U16 Boys & Girls	Masters 45	Masters 75
U14 Boys & Girls	Masters 50	Masters 80
U12 Boys & Girls	Masters 55	Road (all ages)

## Tamworth AC Club Records - Senior

	Men				Women		
<b>60mi</b>	Eldridge Phiri	6.88i	02/02/2013	Hayley Mills	7.32i	15/02/2019	
<b>100m</b>	Eldridge Phiri	10.6	06/07/2014	Donna Sewell	12.0	??/??/1978	
<b>200m</b>	Eldridge Phiri	21.78	08/07/2012	Jackie White	24.3	??/??/1993	
	Tom Burton	21.17w	15/04/2017	Hayley Mills	23.49i	17/02/2019	
<b>400m</b>	Nathan Woodward	46.82	15/04/2011	Laura Langowski	55.64	30/04/2006	
<b>800m</b>	Thomas Randolph	1:44.88	23/07/2023	Laura Langowski	2:15.4	30/07/2006	
				Lottie McLaren	2:13.51i	04/02/2026	
<b>1500m</b>	Luke Jones	3:52.47	31/05/2017	Helena Marsden	4:49.6	??/??/1998	
				Lottie McLaren	4:32.34i	15/02/2026	
<b>3000m</b>	Stephen Parkes	8:52.88	07/08/2013	Abby Halcarz	10:22.73	05/06/2022	
<b>5000m</b>	Dave Black	13:45.2	??/05/1981	Abby Halcarz	18:17.10	13/08/2022	
<b>10000m</b>	Dave Black	27:36.27	29/08/1978				
<b>2000mS/C</b>	Simon Hall	6:05.4	22/07/2000				
<b>3000mS/C</b>	Simon Hall	9:42.65	01/07/2000				
<b>60mHi</b>	Douglas Stark	8.85i	07/12/2013				
<b>110m/100mH</b>	Douglas Stark	15.46	15/05/2016	Hannah Sargeant	15.9	02/08/2014	
		15.37w	21/06/2015				
<b>400mH</b>	Nathan Woodward	48.71	03/07/2011	Isabelle Neville	63.6	19/05/2019	
<b>High Jump</b>	Douglas Stark	1.90m	08/05/2016	Hannah Keight	1.66m	22/06/2008	
<b>Pole Vault</b>	Gavin Showell	4.70m	??/??/1999	Isla Crameri	3.75m	19/04/2025	
					3.83mi	13/02/2026	
<b>Long Jump</b>	Neil Wood	6.74m	??/05/1994	Jackie White	6.11m	??/05/1995	
<b>Triple Jump</b>	Adam Smith	13.69m	21/07/2007	Isla Crameri	11.00m	17/05/2025	
<b>Shot</b>	Douglas Stark	14.20m	24/05/2014	Donna White	10.07m	??/??/1982	
		14.35mi	03/02/2016				
<b>Discus</b>	Douglas Stark	42.74m	25/05/2014	Toni Clark	29.56m	??/??/2001	
<b>Hammer</b>	Alex Berrow	53.77m	07/07/2019	Alana Smetham	39.60m	13/08/2006	
<b>Javelin</b>	Douglas Stark	56.23m	21/06/2015	A Archer	36.80m	??/??/1980	
<b>Pentathlon</b>	Adam Young (M40)	3,115ptsi	13/02/2011				
<b>Heptathlon</b>	Douglas Stark	4,551pts	05/01/2014				
<b>Decathlon</b>	Douglas Stark	6,824pts	26/07/2015				
	James Sherriff (U17)						
<b>4x100m</b>	Harry Everitt	42.4	07/07/2019	Milly Kellyman			
	Kane Densley			Amy Bowen	48.8	03/06/2018	
	Jacob Spencer (U17)			Alice Mellor (U20)			
	Tom Challis (U17)			Lucy Wheeler (U17)			
<b>4x400m</b>	Dan Cash	3:19.5	07/06/2008	Eve Clawley (U20)			
	Tom Burton			Emily Findlater (U20)	3:59.4	19/05/2019	
	Nathan Woodward			Isabelle Neville			
<b>4x400m (Mixed)</b>	Tom Ainsworth		Isabelle Neville	Hayley Mills			
	James Rachel (U20)		Arantxa Middleton (U20)		3:46.36	05/06/2022	

## Tamworth AC Club Records - U20

	Men				Women		
<b>60mi</b>	Myles Richardson	7.16i	09/02/2014	Meghan Beesley	7.61i	06/01/2008	
<b>100m</b>	Myles Richardson	10.8	06/08/2016	Meghan Beesley	11.64	27/08/2007	
<b>200m</b>	Myles Richardson	22.2	29/05/2016	Meghan Beesley	24.11	17/06/2007	
<b>400m</b>	Nathan Woodward	48.1	27/05/2007	Meghan Beesley	23.97i	24/02/2008	
<b>800m</b>	Thomas Randolph	1:51.30	12/05/2018	Meghan Beesley	54.89	20/05/2007	
<b>1500m</b>	Paul Black	3:45.20	02/08/1981	Meghan Beesley	53.83i	24/02/2008	
<b>3000m</b>	Paul Moores	8:32.39	31/08/2003	Lottie McLaren	2:12.90	15/05/2024	
<b>5000m</b>	Ellis Cross	15:06.23	20/06/2015	Lottie McLaren	4:33.55	30/06/2023	
<b>10000m</b>	Ellis Cross	32:36.4	29/08/2015	Rebecca Hallam	10:38.1	20/06/2004	
<b>2000mS/C</b>	Paul Moores	5:59.19	26/05/2001	Lara Hooper	??	??	
<b>3000mS/C</b>	Paul Moores	9:53.1	18/08/2001	Charlotte Bush	19:36.59	19/06/2018	
<b>60mHi</b>	Tom Burton	9.06i	19/03/2006				
<b>110m/100mH</b>	Nathan Woodward	15.1	29/04/2007	Meghan Beesley	8.6i	23/02/2008	
<b>400mH</b>	Nathan Woodward	51.5	20/05/2007	Meghan Beesley	14.09	02/09/2007	
<b>High Jump</b>	Alex Girdler	2.00m	??	Meghan Beesley	57.33	24/06/2007	
	Jordan Roach		27/06/2010	Hannah Sargeant	1.66m	12/06/2010	
					1.70mi	02/02/2011	
<b>Pole Vault</b>	Gavin Showell	4.30m	??/??/1991	Isla Crameri	3.30m	07/08/2021	
<b>Long Jump</b>	Neil Wood	7.22m	??/??/1988	Meghan Beesley	5.96mi	13/01/2008	
<b>Triple Jump</b>	Neil Wood	13.45m	??	Karen Moss	10.84m	??/??/1998	
<b>Shot</b>	Douglas Stark	14.29m	08/09/2012	Joanne Street	12.55m	??/??/2001	
<b>Discus</b>	Douglas Stark	41.82m	19/08/2012	Joanne Street	45.04m	??/??/2001	
<b>Hammer</b>	Alex Berrow	55.47m	01/07/2007	Jenna Lander	46.49m	23/05/2004	
<b>Javelin</b>	Brett Byrd	63.21m	25/08/2007	Niamh Kilgallen	32.30m	26/06/2022	
<b>Pentathlon</b>				Meghan Beesley	3,908pts	13/01/2008	
<b>Decathlon / Heptathlon</b>	Douglas Stark	5,484pts	08/09/2012	Meghan Beesley	5,271pts	03/09/2007	
<b>4x100m</b>		43.67	03/07/2015		50.5	??/??/2007	
<b>4x400m</b>		3:30.7	??/??/2007		3:53.0	28/04/2013	
<b>4x400m (Mixed)</b>	Benjamin Godber Anthony Tolley (U17)		Evie Caffrey Jessica Salt		4:03.0	27/04/2025	



## Tamworth AC Club Records - U16

	Boys				Girls		
<b>60mi</b>	Daniel Cartwright	7.31i	04/12/2017	Meghan Beesley	7.93i	06/02/2005	
<b>100m</b>	Daniel Cartwright	11.15	08/04/2017	Meghan Beesley	12.4	21/08/2005	
<b>200m</b>	Daniel Cartwright	22.33	08/04/2017	Meghan Beesley	25.1	03/07/2005	
<b>300m</b>	Thomas Randolph	38.7	13/07/2013	Meghan Beesley	41.9	15/05/2005	
<b>800m</b>	Nathan Woodward	1:56.6	31/07/2005	A Brown	2:19.4	??	
<b>1500m</b>	Luke Jones	4:04.37	06/07/2012	Eve Clawley	4:55.5	21/05/2016	
<b>3000m</b>	Luke Jones	9:25.91	07/09/2011				
<b>60mHi</b>	Nathan Woodward	8.75i	10/12/2005	Meghan Beesley	8.89i	27/02/2005	
<b>100m/80mH</b>	Nathan Woodward	14.33	18/09/2005	Meghan Beesley	11.72	17/09/2005	
<b>300mH</b>				Meghan Beesley	42.26	09/07/2005	
<b>High Jump</b>	Nathan Woodward	1.93m	04/09/2005	Jackie White		??	
	Jordan Roach	1.98mi	03/02/2008	Sophie Cash	1.60m	06/06/2004	
				Niamh Kilgallen		09/06/2018	
<b>Pole Vault</b>	Ricky Hallam	3.25m	??/??/1999	Isla Cramer	3.12m	30/06/2019	
				Charley O'Neill	3.21mi	01/02/2020	
<b>Long Jump</b>	James Woolley	6.42m	17/08/2013	Meghan Beesley	5.49m	21/08/2005	
<b>Triple Jump</b>	Robbie Ellison	13.08m	??	Meghan Beesley	11.69m	28/05/2005	
<b>Shot</b>	W Bradford	13.60m	??/??/1978	Joanne Street	12.51m	27/07/1997	
<b>Discus</b>	W Bradford	39.10m	??/??/1978	Joanne Street	36.88m	14/09/1997	
<b>Hammer</b>	Jamie Whelan	30.40m	21/08/2011	Samantha Lawton	37.17m	10/07/2011	
<b>Javelin</b>	Marc Newton	41.82m	??/07/1994	Isla Rogers	36.02m	25/08/2024	
<b>Pentathlon</b>	Marc Newton	3,187pts	27/08/1994	Meghan Beesley	3,454pts	10/12/2005	
<b>4x100m</b>		47.9	01/06/2013	Emily Webb			
				Brodie Horler	50.55	17/08/2025	
				Aurora Vickers			
				Tiarna Russell			
				Tilly Farmer			
<b>4x300m</b>		2:56.3	22/04/2017	Holly Hancock	2:57.2	29/06/2025	
				Rosa Farmer			
				Brodie Horler			



## Tamworth AC Club Records - U12

<b>60mi</b>						
<b>75m</b>	Alex Hall	11.1	08/07/2023	Brodie Horler	10.6	08/07/2023
<b>150m</b>	Alex Hall	22.1	07/05/2023	Brodie Horler	21.1	07/05/2023
<b>400m</b>						
<b>600m</b>	Alex Hall	1:45.2	08/07/2023	Darcey Wileman	1:55.7	23/06/2024
<b>800m</b>	Nathan Woodward	2:20.7	05/08/2001	Darcey Wileman	2:30.2	01/06/2025
<b>1200m</b>	Alex Hall	4:07.2	08/07/2023	Lottie McLaren	4:25.8	18/06/2018
<b>60mHi</b>						
<b>75m/70mH</b>				Tilly Farmer	14.1	08/07/2023
<b>High Jump</b>	James Woolley	1.35m	11/07/2010	Lottie McLaren	1.30m	18/06/2018
<b>Long Jump</b>	James Woolley	4.60m	18/07/2010	Tilly Farmer	4.12m	27/08/2023
<b>Standing Long Jump</b>	Kai Buckley	2.03m	04/10/2015	Annie Boonham	1.96m	08/10/2017
<b>Shot</b>	James Woolley	5.72m	16/05/2010	Samantha Lawton	7.05m	08/09/2007
<b>Discus</b>	James Woolley	14.90m	11/07/2010	Samantha Lawton	17.66m	08/09/2007
<b>Hammer</b>						
<b>Javelin</b>				Amy Cook	17.19m	18/07/2015
<b>Vortex Throw</b>	Dominic Harper	37.04m	07/07/2019	Amy Cook	26.83m	07/09/2014
<b>Quadrathon</b>				Brodie Horler	251pts	12/08/2023
<b>8x50m</b>						

## Tamworth AC Club Records - U10

	Boys			Girls		
<b>60mi</b>	Bradley Pira	9.4	07/09/2014	Amelia Coughlan	8.7	08/09/2013
<b>50m</b>	Matthew Tooley	8.4	04/10/2015	Saoirse Au	8.7	07/09/2014
<b>75m</b>				Eden Farmer	11.6	22/06/2025
<b>400m</b>	James Stretton	75.7	07/09/2014	Annie Boonham	78.8	09/10/2016
<b>60mHi</b>						
<b>Long Jump</b>	Oran Au	3.53m	08/09/2013	Phoebe Dyson	3.35m	13/04/2025
<b>Standing Long Jump</b>	Braeden Welsh-O'Neill	1.82m	08/10/2017	Annie Boonham	1.88m	09/10/2016
<b>Vortex Throw</b>	James Stretton	34.83m	07/09/2014	Evie Jenkins	21.05m	09/10/2016
<b>8x50m</b>						

## Tamworth AC Club Records - Masters 35

	<b>Men</b>				<b>Women</b>		
<b>60mi</b>	Greg Richards	7.48i	17/04/2012				
<b>100m</b>	Greg Richards	11.6	13/06/2010	Nicola Brady	14.0	06/07/2019	
<b>200m</b>	Greg Richards	23.4	13/06/2010	Nicola Brady	28.77	05/06/2019	
<b>400m</b>	Greg Richards	51.98	04/09/2010	Nicola Brady	62.81	04/08/2019	
	Paul Tasker	51.96i	25/02/2006				
<b>800m</b>	Paul Tasker	2:01.7	02/07/2005	Kat Snowden	2:30.7	07/09/2024	
<b>1500m</b>	Paul Tasker	4:17.5	02/07/2005	Rebecca Smith	5:12.2	03/07/2011	
<b>3000m</b>	Sylvain Letendart	9:27.0	03/06/2018	Abby Halcarz	10:22.73	05/06/2022	
<b>5000m</b>	Sylvain Letendart	16:32.7	06/05/2018	Abby Halcarz	18:17.10	13/08/2022	
<b>10000m</b>	Andrew Wright	33:14.1	08/07/2004				
<b>2000mS/C</b>	Howard Bush	6:55.6	03/07/2011				
<b>3000mS/C</b>	Howard Bush	11:15.3	04/06/2011				
<b>60mHi</b>							
<b>110m/100mH</b>	John Culshaw Jnr	19.4	17/05/1998	Sheila Creasey	23.7	??/??/1993	
<b>400mH</b>	John Culshaw Jnr	58.9	06/06/1998	Sheila Creasey	84.4	??/05/1994	
<b>2000m Walk</b>	Mark Williams	8:39.5	??/??/2002	Sheila Bull	11:47.6	12/10/2003	
<b>3000m Walk</b>	Mark Williams	12:55.02	??/??/2004	Sheila Bull	16:52.8	27/06/2004	
<b>5000m Walk</b>	Mark Williams	23:10.07	??/??/2004	Sheila Bull	29:01.3	24/04/2005	
<b>10000m Walk</b>	Mark Williams	48:12.0	??/??/2001	Sheila Bull	58:16.0	28/11/2004	
<b>High Jump</b>	John Culshaw Jnr	1.75m	17/07/1999	Debbie Cash	1.60m	??/??/1999	
<b>Pole Vault</b>	Gavin Showell	4.20m	04/06/2011	Sarah Williams	2.50m	19/08/2023	
<b>Long Jump</b>	Gavin Showell	5.56m	05/05/2012	Debbie Cash	4.70m	??/??/1999	
<b>Triple Jump</b>	Gavin Showell	10.95m	27/05/2012	Debbie Cash	9.61m	??/??/1999	
<b>Shot</b>	John Culshaw Jnr	10.77m	11/06/2000	Joan Hadley	7.41m	??	
<b>Discus</b>	John Culshaw Jnr	29.51m	06/06/1998	Kat Snowden	14.02m	18/05/2024	
<b>Hammer</b>	Gavin Showell	21.91m	06/06/2010	Sheila Creasey	19.24m	??/08/1994	
<b>Javelin</b>	John Culshaw Jnr	45.87m	09/05/1998	Joan Hadley	29.14m	??/??/1989	
<b>Pentathlon</b>							
<b>Decathlon / Heptathlon</b>							

## Tamworth AC Club Records - Masters 40

	Men			Women		
<b>60mi</b>						
<b>100m</b>	Greg Richards	12.0	29/04/2015	Nicola Brady	14.2	07/07/2021
<b>200m</b>	Paul Hines	24.3	??/07/1994	Nicola Brady	28.5	18/07/2021
<b>400m</b>	Phil Owen	53.2	??/??/1985	Nicola Brady	64.3	26/05/2021
<b>800m</b>	Matthew Hargreaves	2:07.5	10/06/2007	Margaret Culshaw	2:38.0	29/05/1983
<b>1500m</b>	Matthew Hargreaves	4:25.4	05/05/2007	Margaret Culshaw	5:35.7	24/04/1982
<b>3000m</b>	Andrew Wright	9:25.2	12/08/2009	Margaret Culshaw	11:50.0	29/05/1983
<b>5000m</b>	Andrew Wright	16:14.05	05/07/2009	Margaret Culshaw	20:30.0	31/05/1982
<b>10000m</b>	Andrew Wright	33:47.26	13/09/2009	Margaret Culshaw	41:25.0	??/09/1982
<b>2000mS/C</b>						
<b>3000mS/C</b>	Howard Bush	11:50.0	09/08/2015			
<b>60mHi</b>	Adam Young	9.33i	13/02/2011			
<b>110m/100mH</b>	Adam Young	16.91	03/07/2010			
<b>400mH</b>	Adam Young	64.0	01/08/2010	Fiona Meldrum	83.0	03/06/2008
<b>2000m Walk</b>	Mark Williams	8:13.9	11/07/2006			
<b>3000m Walk</b>	Mark Williams	12:30.3	13/05/2007			
<b>5000k Walk</b>	Mark Williams	21:45.9	10/06/2007			
<b>10000k Walk</b>	Mark Williams	46:00.0	25/05/2008			
<b>High Jump</b>	Adam Young	1.78m	08/08/2010			
<b>Pole Vault</b>	Gavin Showell	3.70m 4.05mi	26/06/2013 07/04/2013			
<b>Long Jump</b>	Collin Green	5.96m	??/03/1990	Cathy Lyon-Green	3.98m	05/06/1996
<b>Triple Jump</b>	Adam Young	12.05m	14/08/2011	Fiona Meldrum	8.47m	02/05/2009
<b>Shot</b>	Brian Sumner	11.96m	??/??/1996	Laura Matkin	7.08m	09/06/2021
<b>Discus</b>	John Culshaw Jnr	26.65m	07/06/2003	Margaret Culshaw	21.50m	??/??/1984
<b>Hammer</b>	Brian Sumner	41.46m	??/??/1986	Carmen Hollis	27.12m	06/08/2017
<b>Javelin</b>	Greg Richards	43.67m	15/08/2018	Carmen Hollis	15.04m	06/08/2017
<b>Pentathlon</b>	Adam Young	3,115ptsi	13/02/2011			
<b>Decathlon / Heptathlon</b>	Adam Young	5,272pts	12/09/2010			

## Tamworth AC Club Records - Masters 45

	Men			Women		
<b>60mi</b>	Carlton McDonald	7.78i	17/03/2008			
<b>100m</b>	Carlton McDonald	11.9	10/06/2007	E McMahan	13.8	??/09/1996
<b>200m</b>	Carlton McDonald	24.1	10/06/2007	Fiona Meldrum	29.7	06/06/2010
<b>400m</b>	Phil Owen	54.7	??/??/1989	E McMahan	65.4	??/09/1996
<b>800m</b>	Phil Owen	2:11.2	??/??/1989	Rachael Eastland	2:46.0	02/08/2009 06/06/2010
<b>1500m</b>	Andrew Wright	4:39.2	27/05/2012	Sarah Jemmett	5:43.4	23/05/2015
<b>3000m</b>	Andrew Wright	9:35.29	03/08/2011	Sarah Jemmett	12:02.9	04/07/2015
<b>5000m</b>	Andrew Wright	16:46.6	05/05/2012			
<b>10000m</b>	John Culshaw Snr	42:02.0	19/08/1982			
<b>2000mS/C</b>	Howard Bush	7:48.0	16/07/2017			
<b>3000mS/C</b>	Dave Williams	11:24.5	02/08/2008			
<b>60mHi</b>						
<b>110m/100mH</b>	Adam Young	18.4	02/07/2017			
<b>400mH</b>	Dave Williams	66.44	28/07/2007	Fiona Meldrum	87.6	05/05/2012
<b>2000m Walk</b>	Mark Williams	8:59.9	02/06/2010	Shiela Owen	11:39.5	08/08/2007
<b>3000m Walk</b>	Mark Williams	14:05.39 14:05.35i	25/06/2011 20/02/2011	Shiela Owen	16:52.8	27/06/2004
<b>5000m Walk</b>	Mark Williams	24:31.88	26/06/2011	Shiela Owen	29:01.3	24/04/2005
<b>10000m Walk</b>	Mark Williams	52:19.7	22/05/2011	Shiela Owen	58:16.0	28/11/2004
<b>High Jump</b>	Adam Young	1.78m	06/08/2017	Muriel Storey	1.25m	03/07/2010
<b>Pole Vault</b>	Gavin Showell	3.60m	03/06/2018			
<b>Long Jump</b>	Collin Green	5.98m	??/06/1989	Cathy Lyon-Green	4.08m	29/07/2000
<b>Triple Jump</b>	Collin Green	11.98m	??/09/1989	Fiona Meldrum	8.69m	02/06/2010
<b>Shot</b>	John Culshaw Jnr	9.75m	01/06/2009	Muriel Storey	7.24m	01/08/2010
<b>Discus</b>	Gordon Densley	29.94m	04/09/2011	E McMahan	22.80m	??/09/1996
<b>Hammer</b>	Gordon Densley	22.87m	07/05/2011			
<b>Javelin</b>	Greg Richards	44.22m	05/06/2024	Celia Wood	24.97m	23/06/2024
<b>Pentathlon</b>						
<b>Decathlon / Heptathlon</b>						

## Tamworth AC Club Records - Masters 50

	<b>Men</b>				<b>Women</b>		
<b>60mi</b>	Jim Bartlett	8.03i	??				
<b>100m</b>	Greg Richards	12.32	11/06/2025	Cathy Lyon-Green	16.4	??/09/2004	
<b>200m</b>	Adam Young	26.0	31/07/2019	Michelle Higgins	35.0	28/05/2014	
<b>400m</b>	Adam Young	59.4	01/05/2019	Fiona Meldrum	79.5	04/07/2015	
<b>800m</b>	Phil Owen	2:30.1	??/??/1994	Sarah Jemmett	2:57.3	07/06/2017	
<b>1500m</b>	Phil Owen	4:52.9	??/??/1994	Sarah Jemmett	5:58.4	22/06/2016	
<b>3000m</b>	Dave Williams	9:50.4	07/06/2009	Sarah Jemmett	12:36.1	04/06/2016	
<b>5000m</b>	Dave Williams	17:42.2	07/05/2011				
<b>10000m</b>							
<b>2000mS/C</b>	Dave Williams	7:06.9	05/07/2009				
<b>3000mS/C</b>	Dave Williams	11:28.2	02/08/2009				
<b>60mHi</b>							
<b>110m/100mH</b>	Adam Young	19.2	19/05/2019				
<b>400mH</b>	Adam Young	65.9	19/05/2019				
<b>2000m Walk</b>	John Culshaw Snr	11:54.6	05/05/1988				
<b>High Jump</b>	Adam Young	1.81m	10/09/2018				
<b>Pole Vault</b>	Adam Young	2.80m	16/06/2019				
<b>Long Jump</b>	Adam Young	5.66m	19/05/2019	Fiona Meldrum	3.52m	04/07/2015	
<b>Triple Jump</b>	Collin Green	11.15m	??/07/1995	Cathy Lyon-Green	7.22m	07/06/2003	
<b>Shot</b>	John Culshaw Jnr	10.42m	29/09/2013	Sarah Jemmett	5.42m	07/06/2017	
<b>Discus</b>	Phil Owen	30.28m	??/??/1994	Fiona Meldrum	15.29m	03/06/2017	
<b>Hammer</b>	Brian Sumner	41.46m	??/??/1986				
<b>Javelin</b>	Phil Owen	41.90m	??/??/1994	Dawn Cook-Broadhurst	12.46m	16/09/2018	
<b>Pentathlon</b>							
<b>Decathlon / Heptathlon</b>							

## Tamworth AC Club Records - Masters 55

	Men			Women		
<b>60mi</b>						
<b>100m</b>	Carlton McDonald	13.0	05/06/2016	Cathy Lyon-Green	16.9	08/06/2008
<b>200m</b>	Carlton McDonald	26.7	19/07/2017	Cathy Lyon-Green	36.5 35.94i	08/06/2008 24/02/2008
<b>400m</b>	Carlton McDonald	61.2	22/06/2016	Sarah Jemmett	89.7	27/04/2022
<b>800m</b>	Dave Williams	2:26.5	30/07/2014	Sarah Jemmett	3:13.5	17/05/2023
<b>1500m</b>	Dave Williams	5:01.3	22/06/2016	Sarah Jemmett	6:33.9	13/07/2025
<b>3000m</b>	Dave Williams	10:27.8	30/07/2014	Sarah Jemmett	13:52.5	11/08/2021
<b>5000m</b>	Dave Williams	17:52.0	04/05/2014			
<b>10000m</b>						
<b>2000mS/C</b>	Dave Williams	7:39.0	06/07/2014			
<b>3000mS/C</b>	Dave Williams	11:44.1	07/06/2014			
<b>60mHi</b>						
<b>110m/100mH</b>						
<b>400mH</b>	Dave Williams	72.6	07/06/2014			
<b>2000m Walk</b>	John Culshaw Snr	11:52.0	08/05/1994	Margaret Culshaw	12:44.8	03/05/1995
<b>3000m Walk</b>	John Culshaw Snr	18:34.8	31/08/1994			
<b>5000m Walk</b>	John Culshaw Snr	30:39.0	06/08/1995			
<b>High Jump</b>	Collin Green	1.50m	??/06/1998			
<b>Pole Vault</b>						
<b>Long Jump</b>	Collin Green	5.38m	??/06/1998	Cathy Lyon-Green	3.32m	08/06/2008
<b>Triple Jump</b>	Collin Green	10.83m	??/05/1998	Cathy Lyon-Green	6.80m 6.99mi	13/06/2010 23/02/2008
<b>Shot</b>	Phil Owen	7.97m	??/??/1999	Sarah Jemmett	4.64m	18/06/2025
<b>Discus</b>	Phil Owen	29.19m	??/??/1999	Michelle Higgins	11.60m	07/08/2016
<b>Hammer</b>				Michelle Higgins	12.54m	07/08/2016
<b>Javelin</b>	Phil Owen	42.80m	??/??/1999	Michelle Higgins	9.27m	07/08/2016
<b>Pentathlon</b>						
<b>Decathlon / Heptathlon</b>						

## Tamworth AC Club Records - Masters 60

	<b>Men</b>		<b>Women</b>
<b>60mi</b>	Jim Bartlett	8.54i	04/03/2006
<b>100m</b>	Jim Bartlett	13.8	11/07/2006
<b>200m</b>	Carlton McDonald	28.5	13/07/2022
<b>400m</b>	Carlton McDonald	67.8 66.83i	08/06/2022 06/03/2022
<b>800m</b>	Dave Williams	2.47.9	11/08/2021
<b>1500m</b>	Derek Bolton	6:33.7	05/06/2024
<b>3000m</b>	Dave Williams	11:41.9	16/06/2021
<b>5000m</b>	Malcolm Perry	21:19.0	06/07/2014
<b>10000m</b>			
<b>2000mS/C</b>			
<b>3000mS/C</b>			
<b>60mHi</b>			
<b>110m/100mH</b>			
<b>400mH</b>			
<b>2000m Walk</b>	John Culshaw Snr	12:09.6	06/08/1997
<b>5000m Walk</b>	John Culshaw Snr	31:16.0	06/06/2002
<b>10000m Walk</b>	John Culshaw Snr	67:52.62	23/09/2000
<b>High Jump</b>	Collin Green	1.45m	??/06/2003
<b>Pole Vault</b>			
<b>Long Jump</b>	Collin Green	4.52m	??/07/2002
<b>Triple Jump</b>	Collin Green	9.66m	??/08/2002
<b>Shot</b>	Jim Bartlett	10.03m	04/03/2006
<b>Discus</b>	Phil Owen	38.12m	??/??/2004
<b>Hammer</b>	Brian Sumner	33.58m	??/??/1998
<b>Javelin</b>	Phil Owen	41.74m	16/07/2005
<b>Pentathlon</b>			
<b>Decathlon / Heptathlon</b>			

## Tamworth AC Club Records - Masters 65

	<b>Men</b>			<b>Women</b>		
<b>60mi</b>						
<b>100m</b>	Collin Green	14.5	07/05/2008	Mollie Mills	17.7	05/05/2010
<b>200m</b>	Colin Pleass	34.0	06/06/2018	Mollie Mills	38.4	02/06/2010
<b>400m</b>	Dave Williams	65.1	17/05/2025			
<b>800m</b>	Malcolm Perry	2.52.3	27/07/2016			
<b>1500m</b>						
<b>3000m</b>	Malcolm Perry	12.37.2	27/07/2016			
<b>5000m</b>						
<b>10000m</b>						
<b>2000mS/C</b>						
<b>3000mS/C</b>						
<b>60mHi</b>						
<b>110m/100mH</b>						
<b>400mH</b>						
<b>2000m Walk</b>	John Culshaw Snr	13:17.92	26/08/2002			
<b>High Jump</b>	Collin Green	1.42m	??/07/2008			
<b>Pole Vault</b>	Dave Williams	2.70m	17/05/2025			
<b>Long Jump</b>	Collin Green	4.58m	??/07/2007			
<b>Triple Jump</b>	Collin Green	9.74m	02/05/2009			
<b>Shot</b>	Brian Sumner	9.49m	05/06/2005			
<b>Discus</b>	Phil Owen	32.00m	08/07/2009			
<b>Hammer</b>	Brian Sumner	35.32m	22/06/2003			
<b>Javelin</b>	Phil Owen	36.64m	14/06/2009			
<b>Pentathlon</b>						
<b>Decathlon / Heptathlon</b>						



## Tamworth AC Club Records - Masters 75

	Men		Women
60mi			
100m			
200m			
400m			
800m			
1500m			
3000m			
5000m			
10000m			
2000mS/C			
3000mS/C			
60mHi			
110m/100mH			
400mH			
2000m Walk	John Culshaw Snr	15:22.7	25/07/2012
High Jump			
Pole Vault			
Long Jump			Betty Keepax 2.30m 30/07/2014
Triple Jump			
Shot			Betty Keepax 5.57m 07/06/2015
Discus	John Culshaw Snr	13.71m	26/06/2013
Hammer			Betty Keepax 14.96m 07/06/2015
Javelin			Betty Keepax 13.79m 27/05/2015
Pentathlon			
Decathlon / Heptathlon			

## Tamworth AC Club Records - Masters 80

	Men	Women
60mi		
100m		
200m		
400m		
800m		
1500m		
3000m		
5000m		
10000m		
2000mS/C		
3000mS/C		
60mHi		
110m/100mH		
400mH		
2000m Walk	John Culshaw Snr 18:52.0 28/06/2017	
High Jump		
Pole Vault		
Long Jump		
Triple Jump		
Shot		
Discus	John Culshaw Snr 10.91m 10/09/2017	
Hammer		
Javelin		
Pentathlon		
Decathlon / Heptathlon		



