

Tamworth Athletic Club

Great Britain Honours & Club Records

Last updated: 17th September 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:

25

8

17

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

matthewjhargreaves@live.co.uk

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		
60mi	Eldridge Phiri	6.88i	02/02/2013	Hayley Mills	7.32i	15/02/2019
100m	Eldridge Phiri	10.6	06/07/2014	Donna Sewell	12.0	??/??/1978
200m	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
400m	Nathan Woodward	46.82	15/04/2011	Laura Langowski	55.64	30/04/2006
800m	Thomas Randolph	1:44.88	23/07/2023	Lottie McLaren	2:11.80	09/08/2026
1500m	Luke Jones	3:52.47	31/05/2017	Lottie McLaren	4:33.14	10/06/2026
					4:32.34i	15/02/2026
3000m	Stephen Parkes	8:52.88	07/08/2013	Abby Halcarz	10:22.73	05/06/2022
5000m	Dave Black	13:45.2	??/05/1981	Abby Halcarz	18:17.10	13/08/2022
10000m	Dave Black	27:36.27	29/08/1978			
2000mS/C	Simon Hall	6:05.4	22/07/2000			
3000mS/C	Simon Hall	9:42.65	01/07/2000			
60mHi	Douglas Stark	8.85i	07/12/2013			
110m/100mH	Douglas Stark	15.46	15/05/2016	Hannah Sargeant	15.9	02/08/2014
		15.37w	21/06/2015			
400mH	Nathan Woodward	48.71	03/07/2011	Isabelle Neville	63.6	19/05/2019
High Jump	Douglas Stark	1.90m	08/05/2016	Hannah Keight	1.66m	22/06/2008
Pole Vault	Gavin Showell	4.70m	??/??/1999	Isla Crameri	3.75m	19/04/2025
					3.83mi	13/02/2026
Long Jump	Neil Wood	6.74m	??/05/1994	Jackie White	6.11m	??/05/1995
Triple Jump	Adam Smith	13.69m	21/07/2007	Isla Crameri	11.00m	17/05/2025
Shot	Douglas Stark	14.20m	24/05/2014	Donna White	10.07m	??/??/1982
		14.35mi	03/02/2016			
Discus	Douglas Stark	42.74m	25/05/2014	Toni Clark	29.56m	??/??/2001
Hammer	Alex Berrow	53.77m	07/07/2019	Alana Smetham	39.60m	13/08/2006
Javelin	Douglas Stark	56.23m	21/06/2015	A Archer	36.80m	??/??/1980
Pentathlon	Adam Young (M40)	3,115ptsi	13/02/2011			
Heptathlon	Douglas Stark	4,551pts	05/01/2014			
Decathlon	Douglas Stark	6,824pts	26/07/2015			
	James Sherriff (U17)					
4x100m	Harry Everitt	42.4	07/07/2019	Milly Kellyman		
	Kane Densley			Amy Bowen		
	Jacob Spencer (U17)			Alice Mellor (U20)	48.8	03/06/2018
	Tom Challis (U17)			Lucy Wheeler (U17)		
4x400m	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		
4x400m (Mixed)	Tom Ainsworth		Isabelle Neville			
	James Rachel (U20)		Arantxa Middleton (U20)	3:46.36	05/06/2022	

Tamworth AC Club Records - U20

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

Tamworth AC Club Records - U18

	Boys				Girls		
60mi	Jacob Spencer	7.21i	01/12/2018	Meghan Beesley	7.64i	04/02/2007	
100m	Daniel Cartwright	10.9	12/05/2018	Meghan Beesley	11.64	27/08/2007	
		10.99	06/05/2018				
200m	Jacob Spencer	21.72	13/07/2019	Meghan Beesley	24.11	17/06/2007	
400m	Nathan Woodward	48.10	27/05/2007	Meghan Beesley	54.89	20/05/2007	
800m	Luke Jones	1:56.09	24/08/2013	Lottie McLaren	2:14.27	19/08/2023	
	Nathan Woodward	1:55.83i	04/03/2006				
1500m	Luke Jones	3:59.17	18/09/2013	Lottie McLaren	4.33.55	30/06/2023	
3000m	Paul Moores	8:44.8	24/05/2000	Stefi Honkowicz	10:32.9	29/05/2023	
5000m	Ellis Cross	15:08.3	23/08/2014	Stefi Honkowicz	18:09.8	09/07/2023	
1500mS/C	Paul Moores	4:28.19	01/06/2000	Meghan Jacobs	6:02.8	16/07/2006	
2000mS/C	Paul Moores	6:23.7	??/??/2000				
3000mS/C	Simon King	11:42.8	06/08/2005				
60mHi	Nathan Woodward	8.69i	11/02/2006	Meghan Beesley	8.83i	14/01/2007	
110m/100mH	Nathan Woodward	15.8	23/04/2006	Meghan Beesley	14.2	18/08/2007	
400mH	Nathan Woodward	51.50	20/05/2007	Meghan Beesley	57.33	24/06/2007	
High Jump	Jordan Roach	2.00m	27/06/2010	Jackie White Meghan Beesley	1.60m	?? 08/09/2007	
Pole Vault	Gavin Showell	4.10m	??/??/1989	Isla Crameri	3.30m	07/08/2021	
Long Jump	Neil Wood	6.76m	??	Meghan Beesley	5.87m	27/08/2007	
Triple Jump	Neil Wood	13.59m	??	Meghan Beesley	11.72m	28/04/2005	
Shot	Doug Stark	14.09m	25/07/2009	Joanne Street	12.45m	04/07/1999	
Discus	Marc Newton	36.92m	??	Joanne Street	45.93m	03/07/1999	
Hammer	Alex Berrow	50.22m	17/07/2005	Samantha Lawton	40.72m	28/07/2013	
Javelin	Brett Byrd	58.24m	09/09/2006	Amy Cook	35.97m	07/09/2019	
Pentathlon	Nathan Woodward	3,460pts	12/02/2006	Meghan Beesley	3,604pts	14/01/2007	
Octathlon / Heptathlon	Marc Newton	5,144pts	??	Meghan Beesley	5,271pts	09/09/2007	
4x100m		46.0	31/08/2013		49.81	03/07/2015	
4x400m (B) 4x300m (G)		3:42.6	??/??/2008		2:59.9	01/05/2016	

Tamworth AC Club Records - U16

	Boys			Girls		
60mi	Daniel Cartwright	7.31i	04/12/2017	Meghan Beesley	7.93i	06/02/2005
100m	Daniel Cartwright	11.15	08/04/2017	Meghan Beesley	12.4	21/08/2005
200m	Daniel Cartwright	22.33	08/04/2017	Meghan Beesley	25.1	03/07/2005
300m	Thomas Randolph	38.7	13/07/2013	Tilly Farmer	41.01	20/06/2026
800m	Nathan Woodward	1:56.6	31/07/2005	A Brown	2:19.4	??
1500m	Luke Jones	4:04.37	06/07/2012	Eve Clawley	4:55.5	21/05/2016
3000m	Alex Haywood	9:19.36	02/09/2026			
60mHi	Nathan Woodward	8.75i	10/12/2005	Meghan Beesley	8.89i	27/02/2005
100m/80mH	Nathan Woodward	14.33	18/09/2005	Meghan Beesley	11.72	17/09/2005
300mH				Meghan Beesley	42.26	09/07/2005
High Jump	Nathan Woodward	1.93m	04/09/2005	Tilly Farmer	1.63m	31/05/2026
	Jordan Roach	1.98mi	03/02/2008	Isla Crameri	3.12m	30/06/2019
Pole Vault	Ricky Hallam	3.25m	??/??/1999	Charley O'Neill	3.21mi	01/02/2020
Long Jump	James Woolley	6.42m	17/08/2013	Meghan Beesley	5.49m	21/08/2005
Triple Jump	Robbie Ellison	13.08m	??	Meghan Beesley	11.69m	28/05/2005
Shot	W Bradford	13.60m	??/??/1978	Joanne Street	12.51m	27/07/1997
Discus	W Bradford	39.10m	??/??/1978	Joanne Street	36.88m	14/09/1997
Hammer	Jamie Whelan	30.40m	21/08/2011	Samantha Lawton	37.17m	10/07/2011
Javelin	Marc Newton	41.82m	??/07/1994	Isla Rogers	36.02m	25/08/2024
Pentathlon	Marc Newton	3,187pts	27/08/1994	Meghan Beesley	3,454pts	10/12/2005
Heptathlon				Tilly Farmer	3,944pts	23/08/2026
4x100m		47.9	01/06/2013	Aurora Vickers Brodie Horler Holly Hancock Emily Webb	50.11	23/08/2026
4x300m	Oscar Brehler Alex Hall Alex Haywood Lucas Lee	2:45.9	31/05/2026	Tilly Farmer Holly Hancock Rosa Farmer Brodie Horler	2:57.2	29/06/2025

Tamworth AC Club Records - U14

	Boys			Girls		
60mi	James Woolley	7.69i	08/12/2012	Brodie Horler	8.25i	08/02/2025
75m	James Woolley	9.84	20/04/2011	Omolola Ogunnowo	9.8	04/05/2013
100m	James Woolley	12.1	08/09/2012	Omolola Ogunnowo	12.3	31/08/2013
150m	James Woolley	19.39 18.48i	20/04/2011 08/12/2012	Omolola Ogunnowo	19.0	04/05/2013
200m	Juan Padmore	25.0	??/??/2002	Omolola Ogunnowo	25.7 25.4w	16/06/2013 25/05/2013
600m	Alex Hall	1:43.21 1:42.86i	11/08/2024 01/12/2024	Tilly Farmer	1:45.65	10/08/2024
800m	Nathan Woodward	2:07.55	16/08/2003	Lottie McLaren	2:22.06	15/06/2019
1200m	Alex Hall	4:03.5	16/06/2024	Eve Clawley	4:06.9	22/06/2014
1500m	Alex Haywood	4:46.3	21/07/2024	Eve Clawley	4:54.2	05/07/2015
60mHi				Isabelle Neville	9.99i	24/03/2013
80m/75mH	James Woolley	13.6	10/06/2012	Isabelle Neville	12.4	14/09/2013
200mH				Jessica Husselbee	36.51	11/04/2026
High Jump	Nathan Woodward	1.61m	??/??/2002	Tilly Farmer	1.55m	27/07/2025
Pole Vault	Danny Rowland	2.10m	??/07/1994	Isla Crameri	2.40m	22/04/2017
Long Jump	James Woolley	5.73m	23/06/2012	Meghan Beesley	5.15m	14/09/2003
Shot	Juan Padmore	11.50m	??/??/2003	Samantha Lawton	9.85m	22/06/2008
Discus	James Woolley	25.09m	06/05/2012	Samantha Lawton	26.90m	06/07/2008
Hammer	Jamie Whelan	20.89m	31/08/2010	Samantha Lawton	30.05m	19/09/2009
Javelin	Mark Sylvester	31.62m	??/07/1994	Amy Cook	31.20m	09/09/2017
Pentathlon	Gareth Newton	2,743pts	??/07/1994	Tilly Farmer	2,384pts	21/09/2024
4x100m		56.3	08/05/2011	Olivia Francis Rosa Farmer Emily Webb Brodie Horler	53.9	23/06/2024
4x200m						

Tamworth AC Club Records - U12

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

Tamworth AC Club Records - U10

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

Tamworth AC Club Records - Masters 35

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

Tamworth AC Club Records - Masters 40

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

Tamworth AC Club Records - Masters 45

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

Tamworth AC Club Records - Masters 50

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

Tamworth AC Club Records - Masters 55

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

Tamworth AC Club Records - Masters 60

	Men				Women		
60mi	Jim Bartlett	8.54i	04/03/2006				
100m	Jim Bartlett	13.8	11/07/2006	Sarah Jemmett	20.7	29/04/2026	
200m	Carlton McDonald	28.5	13/07/2022	Sarah Jemmett	43.7	20/05/2026	
400m	Carlton McDonald	67.8 66.83i	08/06/2022 06/03/2022	Sarah Jemmett	97.5	29/04/2026	
800m	Dave Williams	2.47.9	11/08/2021	Sarah Jemmett	3.19.1	20/05/2026	
1500m	Derek Bolton	6:33.7	05/06/2024	Sarah Jemmett	7.13.3	29/04/2026	
3000m	Dave Williams	11:41.9	16/06/2021	Sarah Jemmett	14.23.5	20/05/2026	
5000m	Malcolm Perry	21:19.0	06/07/2014				
10000m							
2000mS/C							
3000mS/C							
60mHi							
110m/100mH							
400mH							
2000m Walk	John Culshaw Snr	12:09.6	06/08/1997				
5000m Walk	John Culshaw Snr	31:16.0	06/06/2002				
10000m Walk	John Culshaw Snr	67:52.62	23/09/2000				
High Jump	Collin Green	1.45m	??/06/2003				
Pole Vault							
Long Jump	Collin Green	4.52m	??/07/2002				
Triple Jump	Collin Green	9.66m	??/08/2002				
Shot	Jim Bartlett	10.03m	04/03/2006	Sarah Jemmett	4.56m	20/05/2026	
Discus	Phil Owen	38.12m	??/??/2004				
Hammer	Brian Sumner	33.58m	??/??/1998				
Javelin	Phil Owen	41.74m	16/07/2005				
Pentathlon							
Decathlon / Heptathlon							

Tamworth AC Club Records - Masters 65

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

Tamworth AC Club Records - Masters 70

	Men			Women		
60mi						
100m	Collin Pleass	16.2	05/06/2024	Mollie Mills	17.4	27/06/2012
200m	Collin Pleass	35.4	13/07/2022	Mollie Mills	37.60	03/08/2011
400m						
800m						
1500m						
3000m						
5000m						
10000m						
2000mS/C						
3000mS/C						
60mHi						
110m/100mH						
400mH						
2000m Walk	John Culshaw Snr	14:30.1	08/07/2009			
High Jump	Collin Green	1.33m	27/06/2012			
Pole Vault						
Long Jump	Collin Green	3.79m	10/06/2012	Betty Keepax	2.02m	31/07/2013
Triple Jump	Collin Green	8.39m	10/06/2012	Betty Keepax	5.35m	26/06/2013
Shot	Brian Sumner	10.49m	18/06/2006	Betty Keepax	5.41m	31/07/2013
Discus	Brian Sumner	27.76m	01/07/2007	Betty Keepax	11.37m	29/05/2013
Hammer	Brian Sumner	39.58m	09/07/2006	Betty Keepax	13.59m	26/06/2013
Javelin	Brian Sumner	27.36m	11/06/2006	Betty Keepax	14.17m	15/09/2013
Pentathlon						
Decathlon / Heptathlon						

Tamworth AC Club Records - Masters 75

	Men			Women		
60mi						
100m	Collin Pleass	17.8	24/06/2026			
200m	Collin Pleass	37.4	20/05/2026			
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	Collin Pleass	2.27m	20/05/2026	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	Betty Keepax	14.96m	07/06/2015
Hammer	Collin Pleass	12.78m	20/05/2026			
Javelin	Collin Pleass	18.54m	29/04/2026	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				

Tamworth AC Club Records - Road

[illegible]

