

Poole Athletic Club Records to end March 2026.

Under-20 Men and Women Track and Field									
Event	Age	Men	Perf	Date	Event	Age	Women	Perf	Date
100m	U20	Alex Hatley	10.7	16/09/2012	100m	U20	Steffi Wilson (Bennett)	11.77	16/06/2012
200m	U20	Alex Hatley	21.60w (21.82)	07/09/2012 06/09/2012	200m	U20	Steffi Wilson (Bennett)	24.13	17/06/2012
300m	U20	Adam Booth	35.2	04/08/2020					
400m	U20	Adam Booth	48.01	06/06/2021	400m	U20	Jaya Collinson	59.5	17/08/2024
800m	U20	William Rabjohns	1:45.41	12/07/2025	800m	U20	Emily Parker	2:12.31	29/05/2021
1500m	U20	William Rabjohns	3:41.55	20/08/2025	1500m	U20	Melissa Courtney	4:25.85	28/08/2010
1 Mile	U20	William Rabjohns	4:06.64	06/05/2024	1 Mile	U20	-	-	
3000m	U20	Edward Bird	7:53.14 i	07/12/2024	3000m	U20	Melissa Courtney	9:51.18	19/05/2010
5000m	U20	Edward Bird	13:51.24	29/03/2024	5000m	U20	Africa Mason	19:18.2	12/05/2012
10000m	U20	-	-		10000m	U20	-	-	
110mH	U20	Ryan Long	14.3	10/06/2017	100mH	U20	Olivia Hunter	14.8	27/03/2016 11/06/2016
400mH	U20	Adam Booth	51.38	17/07/2021	400mH	U20	Jaya Collinson	64.08	09/06/2024
					1500m Sc	U20	Emily Parker	4:55.33	09/07/2021
2000m Sc	U20	Adam Sloan	6:01.83	02/07/2011	2000m Sc	U20	Harriet Hughes	07:48.2	20/06/2007
3000m Sc	U20	Adam Sloan	9.53.6	10/07/2010	3000m Sc	U20	Emily Parker	10:58.89	23/05/2021
High Jump	U20	Jack Roach	2.08m	21/06/2014	High Jump	U20	Gabrielle Rowsell	1.69m	30/07/2011
Pole Vault	U20	Adam Carpenter	4.75m	17/04/2011	Pole Vault	U20	Jennifer Sampson	2.40m	01/09/2007
Long Jump	U20	Jack Roach	7.22m	02/08/2014	Long Jump	U20	Gabrielle Rowsell	5.89m	25/05/2013
Triple Jump	U20	William Langridge	14.71m	03/05/2025	Triple Jump	U20	Fleur Mansell	11.82m	04/07/2021
Shot Put	U20	Gabor Palasti	14.99m	11/04/2007	Shot Put	U20	Hayley Bryan	11.91m	19/06/2004
Discus	U20	Gabor Palasti	40.34m	31/03/2007	Discus	U20	Hayley Bryan	37.21m	21/05/2005
Hammer	U20	Andrew Elkins	63.60m	02/09/2012	Hammer	U20	Ashleigh Power U17	46.38m	20/08/2013
Javelin	U20	Harry Midgley	48.69m	07/08/2022	Javelin	U20	Imogen Davis	35.15m	11/09/2022
Heptathlon	U20	Adam Booth	4656i	04-05/01/2020	Heptathlon	U20	Gabrielle Rowsell	4633	30-31/07/2011

<b>Decathlon</b>	U20	Adam Carpenter	6603	07-08/05/2011
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### Senior Men and Women Track and Field

Event	Age	Men	Perf	Date	Event	Age	Women	Perf	Date
<b>100m</b>	Sen	Alex Hately U20	10.7	16/09/2012	<b>100m</b>	Sen	Steffi Wilson (Bennett) U20	11.77	16/06/2012
<b>200m</b>	Sen	Alex Hately U20	21.60w (21.82)	07/09/2012 06/09/2012	<b>200m</b>	Sen	Steffi Wilson (Bennett) U20	24.13	17/06/2012
<b>400m</b>	Sen	Adam Booth U20	48.01	06/06/2021	<b>400m</b>	Sen	Steffi Wilson (Bennett)	56.6	03/07/2016
<b>800m</b>	Sen	William Rabjohns U20	1:45.41	12/07/2025	<b>800m</b>	Sen	Melissa Courtney	2:07.7 (split)	16/09/2023
<b>1500m</b>	Sen	William Rabjohns U20	3:41.55	20/08/2025	<b>1500m</b>	Sen	Melissa Courtney-Bryant	3:58.01	16/07/2023
<b>1 Mile</b>	Sen	Edward Bird	3:58.18 i	01/02/2025	<b>1 Mile</b>	Sen	Melissa Courtney-Bryant	4:16.38	21/07/2023
					<b>2000m</b>	Sen	Melissa Courtney-Bryant	5:26.08	12/07/2024
<b>3000m</b>	Sen	Edward Bird	7:51.38 i	15/02/2025	<b>3000m</b>	Sen	Melissa Courtney-Bryant	8:28.69 i 8:39.20	02/02/2025 18/08/2018
<b>5000m</b>	Sen	Edward Bird U20	13:51.24	29/03/2024	<b>5000m</b>	Sen	Melissa Courtney-Bryant	14:48.20	24/05/2025
<b>10000m</b>	Sen	Trevor Clark	30:49.70	30/05/1994	<b>10000m</b>	Sen	Lesley Ujvari W35	44:07.1	22/08/2001
<b>110mH</b>	Sen	Richard Reeks	14.00 w 14.2 14.26	05/04/2014 18/04/2010 25/05/2014	<b>100mH</b>	Sen	Olivia Hunter U20	14.8	27/03/2016 11/06/2016
<b>400mH</b>	Sen	Adam Booth U20	51.38	17/07/2021	<b>400mH</b>	Sen	Sarah Kearsy	61.87	24/07/2022
<b>2000m Sc</b>	Sen	Jamie Grose	5:54.75	25/05/2019	<b>2000m Sc</b>	Sen	Emily Parker	6:22.56	05/05/2025
<b>3000m Sc</b>	Sen	Tom Austin	9:07.92	18/06/2016	<b>3000m Sc</b>	Sen	Emily Parker	9:45.64	19/07/2025
<b>3000m W</b>	Sen	Ron Taylor	16:46.4		<b>3000m W</b>	Sen	Teresa Brooker	21:31.0	
<b>5000m W</b>	Sen	Ron Taylor	29:30.7		<b>5000m W</b>	Sen			
<b>High Jump</b>	Sen	Richard Reeks	2.09m i 2.02m	25/01/2014 24/07/2013	<b>High Jump</b>	Sen	Gabrielle Rowsell U17/U20	1.69m	25/07/2010 30/07/2011

<b>Pole Vault</b>	Sen	Adam Carpenter U20	4.75m	17/04/2011	<b>Pole Vault</b>	Sen	Jo Rowland	3.05m	01/09/2013
<b>Long Jump</b>	Sen	Jack Roach U20	7.22m	02/08/2014	<b>Long Jump</b>	Sen	Georgina Stokes	5.94m	06/07/2025
<b>Triple Jump</b>	Sen	William Langridge U20	14.71m	03/05/2025	<b>Triple Jump</b>	Sen	Alison Croad	11.68m	03/07/2005
<b>Shot Put</b>	Sen	Steve Evans	12.52m		<b>Shot Put</b>	Sen	Hayley Bryan U20W	11.91m	19/06/2004
<b>Discus</b>	Sen	Steve Brunsdon	43.01m	03/07/2011	<b>Discus</b>	Sen	Jo Rowland	34.50m	01/09/2013
<b>Hammer</b>	Sen	Andrew Elkins	58.93m	21/07/2013	<b>Hammer</b>	Sen	Ashleigh Power U17	46.38m	20/08/2013
<b>Javelin</b>	Sen	Andrew Elkins	53.93m	13/05/2018	<b>Javelin</b>	Sen	Imogen Davis U20	35.15m	11/09/2022
<b>1 hour</b>	Sen	Chris Jager	14.779km		<b>1 hour</b>	Sen	-	-	
					<b>24 hours</b>	Sen	Ros Dwyer	101.5 miles	
<b>Decathlon</b>	Sen	Richard Reeks	7377 points	31/05/2014-01/06/2014	<b>Heptathlon</b>	Sen			

### Masters Men and Women Track and Field

Event	Age	Men	Time/Perf	Date	Event	Age	Women	Time/Perf	Date
<b>100m</b>					<b>100m</b>	W35			
	M40	Paul Ballingall	12.1	26/07/2019		W40			
	M45	Richard Wheeler	12.2	16/09/2012 02/08/2013		W45	Theresa Williams	15.4	06/04/2024
	M50	Richard Wheeler	12.3	11/04/2014		W50	Jane Neal	17.3	
	M55	Richard Wheeler	12.9 13.00w	19/05/2019 02/06/2019					
	M60	Richard Wheeler	13.6 13.65	18/05/2024 30/06/2024		W60	Elizabeth Le Rossignol	17.80	20/06/2021
						W65	Elizabeth Le Rossignol	19.0	09/07/2023
<b>150m</b>	M50	Richard Wheeler	19.3	01/04/2018					
<b>200m</b>					<b>200m</b>	W35			
	M40	Paul Ballingall	24.8	26/07/2019		W40	Sharman Barker	32.5	
	M45	Richard Wheeler	25.1	26/05/2013		W45	Mo Sweetlove	34.3	
	M50	Richard Wheeler	25.2 25.50	24/05/2015 05/07/2015		W50	Clare Stockley	35.67	08/09/2024

	M55	Richard Wheeler	26.5	26/07/2019					
	M60	Richard Wheeler	27.99	30/06/2024		W60	Elizabeth Le Rossignol	37.8	15/05/2022
<b>300m</b>	M50	Richard Wheeler	42.9	01/04/2018		W65	Elizabeth Le Rossignol	39.44 w 39.8 39.92 i	30/06/2024 12/05/2024 02/02/2024
<b>400m</b>					<b>400m</b>	W35	Teresa Brooker	75.8	
	M40	Mike Taylor	64.9			W40	Sharman Barker	71.5	
	M45	Richard Wheeler	59.8	12/05/2013		W45	Jane Rafferty	71.0	
	M50	Richard Wheeler	59.17	05/07/2015		W50	Jane Neal	76.5	
	M55	Richard Wheeler	65.88	04/08/2019					
<b>800m</b>					<b>800m</b>				
	M40	Ian Todd	2:09.0			W40	Sharman Barker	2.28.1	
	M45	Andrew Ridley	2:13.28	03/07/2013		W50	Jane Neal	2.25.6	
	M50	Andrew Ridley	2:04.24	06/09/2015					
	M55	Kevin Roberts	3:03.48	14/05/2023					
	M60	Peter Hammond	3:31.8						
<b>1500m</b>					<b>1500m</b>	W35	Jo Brown	5:49.31	04/08/2019
	M40	Rob Doubleday	4:27.4	18/05/2024		W40	Sharman Barker	5:32.4	
	M45	Chris Jager	5:10.5			W45	Jane Rafferty	5.45.2	
	M50	Andrew Ridley	4:17.53	31/08/2014		W50	Jane Neal	5.41.7	
	M55	Kevin Roberts	5:55.98	14/05/2023					
<b>3000m</b>					<b>3000m</b>	W35	Jo Brown	12:33.09	01/09/2019
	M40	Martyn Fisher	8.59.9			W40	Sharman Barker	11:03.7	
	M45	John Hawkins	9.54.9			W45	Jane Rafferty	12.12.3	07/05/2006
	M50	Paul Newman	11:48.5			W50	Nicola Cornes	15:41.11	01/09/2019
	<b>M55</b>	<b>Andy Oliver</b>	<b>12:40.3</b>	<b>05/04/2025</b>		<b>W55</b>	<b>Nicola Cornes</b>	<b>18:19.32</b>	<b>06/07/2025</b>
<b>5000m</b>					<b>5000m</b>	W35	Emily Hilliar	17:51.8	17/08/2024
	M40	Martyn Fisher	15:19.0			W40	Sharman Barker	18.52.7	
	M45	Martyn Fisher	15.51.5						
	M50	Roy Carr	17.50.8						

<b>10,000m</b>					<b>10,000m</b>	W35	Lesley Ujvari	44:07.1	22/08/2001
	M40	Martyn Fisher	32.06.0			W40			
	M45	Martyn Fisher	32:16.0			W45	Emma Jones	48:00.8	26/07/2019
	M50	Roy Carr	37:48.9	22/08/2001					
	M55	Peter Coutts	38:51.2						
<b>2000mS/C</b>	M45	Peter Cornes	10:41.7	21/07/2013					
	M50	Peter Cornes	14:19.23	07/05/2017	<b>3000mS/C</b>				
<b>3000mS/C</b>	M40	Ian Todd	10:45.8	07/05/2006					
<b>60mH</b>	M40	Colin Hague	11.31		<b>60mH</b>				
	M45	Mark Roach	10.45 i	05/02/2012					
<b>110mH</b>	M40	Mark Roach	20.6	05/06/2010	<b>100mH</b>	W40	Sharman Barker	28.1	
	M45	Mark Roach	21.4	19/05/2012					
<b>100mH</b>	M50	Julian Kennedy	18.2						
<b>400mH</b>	M40				<b>400mH</b>	W40	Sharman Barker	87.2	
	M45	Julian Kennedy	73.1						
	M50	Richard Wheeler	81.18	03/09/2017					
<b>3K walk</b>	M35				<b>3K walk</b>	W35	Teresa Brooker	26:24.0	
	M40	Mike Taylor	20:31.7			W40	Lynne Scott	21:36.0	
	M45	Jack Fido	19.23.2						
	M50	Ron Taylor	16.46.4						
	M55	Ron Taylor	17.43.6						
<b>10K walk</b>	M55	Ron Taylor	1:01:02.2		<b>10K walk</b>				
<b>1hr run</b>	M45	Chris Jager	14.779m		<b>1hr run</b>				
<b>High Jump</b>	M40	James Hind	2.01m i	19/05/2018	<b>High Jump</b>	W40			
	M45	Mark Roach	1.70m	19/03/2011		W45	Theresa Williams	1.35m	06/04/2024
	M50	Colin Hague Mark Roach	1.55m	dd/mm/yyyy 13/05/2018					
	M55	Mark Roach	1.52m	26/09/2020					
	M60	Colin Hague	1.29m	17/02/2019	<b>Long jump</b>	W40	Maxine Maidment	3.08m	

<b>Pole Vault</b>	M40				<b>Pole Vault</b>				
	M45	Julian Kennedy	2.50m						
	M50	Julian Kennedy	2.40m						
	M60	Richard Wheeler	2.20m	02/06/2024					
<b>Long jump</b>	M40	James Hind	5.45m	14/07/2018					
	M45	Colin Hague	4.91m						
	M50	Julian Kennedy	4.77m						
	M55	Richard Wheeler	3.39m	05/06/2022					
	M60	Colin Hague	3.53m	16/06/2019					
<b>Triple Jump</b>	M40	Andy Pape	10.40m		<b>Triple Jump</b>				
	M45	Mark Roach	9.72m	19/05/2012					
	M50	Julian Kennedy	9.65m	2003/2004					
	M55	Mark Roach	7.83m	14/07/2024					
<b>Shot Put 7.26kg</b>					<b>Shot Put</b>	W35	Jennie Sykes	6.79m	
	M40	Mark Roach	9.21m	16/05/2009		W40	Ruth Kerley (Elkins)	9.59m	20/06/2015
	M45	Mark Roach	10.20m	01/05/2010		W45	Ruth Elkins	8.14m	01/09/2019
	M50	Julian Kennedy	10.50m						
	M55	Mark Roach	7.90m	25/09/2021		W55	Nicola Cornes	4.69m	03/05/2025
	M60	Richard Wheeler	8.06m	02/06/2024					
<b>Discus 2kg</b>					<b>Discus</b>	W35	Jennie Sykes	20.67m	
	M40	James Hind	28.03m	18/08/2018		W40	Ruth Kerley (Elkins)	26.46m	12/07/2014
	M45	Mark Roach	29.45m	19/05/2012					
	M50	Richard Wheeler	30.53m	21/06/2015		W50	Clare Stockley	13.64m	17/05/2025
	M55	Richard Wheeler	25.63m	02/06/2019					
	M60	Richard Wheeler	25.58m	05/05/2024					
<b>Hammer 7.26kg</b>					<b>Hammer</b>	W35	Jennie Sykes	25.87m	
	M40	Bill Honeyman	26.06m			W40	Ruth Kerley (Elkins)	40.11m	14/05/2017
	M45	Mark Roach	27.08m	12/07/2014		W45	Ruth Elkins	36.17m	01/09/2019
	M50	Richard Wheeler	25.73m	23/06/2018					

	M55	Richard Wheeler	25.27m	13/07/2019					
	M60	Richard Wheeler	24.69m	27/02/2025					
<b>Javelin 800g</b>					<b>Javelin</b>	W35	Jennie Sykes	12.49m	
	M40	Michael Jackson	32.67m			W40	Ruth Kerley (Elkins)	22.14m	23/05/2015
	M45	Julian Kennedy	35.10m			W45	Sue Wilson	20.27m	
	M50	Julian Kennedy	38.16m						
	M55	Richard Wheeler	28.61m	19/05/2019					
	M60	Richard Wheeler	27.08m	02/06/2024					
<b>Pentathlon</b>	M40								
	M45	Colin Hague	2500 i	23/01/2005					
	M50								
<b>Weight Throw</b>	M40				<b>Weight Throw (9.08kg)</b>	W40	Ruth Kerley (Elkins)	10.38m	02/09/2017
<b>Weight Throw (11.34kg)</b>	M50	Richard Wheeler	10.64m	25/03/2018					
	M55	Richard Wheeler	11.29m	27/03/2022					
<b>Weight Throw (9.08kg)</b>	M60	Richard Wheeler	11.84m	24/03/2024					
<b>Throws Pentathlon</b>	M40				<b>Throws Pentathlon</b>	W40	Ruth Kerley (Elkins)	2561	02-03/09/2017
	M50	Richard Wheeler	2269	25/03/2018					
	M55	Richard Wheeler	2425	27/03/2022					
	M60	Richard Wheeler	2391	24/03/2024					

### Men and Women Indoors

Event	Age	Men	Perf	Date	Event	Age	Women	Perf	Date
<b>60m</b>	U20	Alex Hatley	7.00	03/12/2014	<b>60m</b>	U20	Steffi Wilson (Bennett)	7.61	25/02/2012
	Sen	Richard Reeks	7.01	25/01/2014		Sen	Rosey Smythe	8.20	02/02/2022
	M50	Richard Wheeler	8.08	08/03/2015					

	M55	Richard Wheeler	8.45	05/01/2020					
	M60	Richard Wheeler	8.53	18/02/2024		W60	Elizabeth Le Rossignol	10.85	02/01/2023
						W65	Elizabeth Le Rossignol	11.63	18/02/2024
<b>200m</b>	U20	Alex Hately	23.00	24/02/2013	<b>200m</b>	U20	Steffi Wilson (Bennett)	25.26	10/02/2013
						Sen	Rosey Smythe	28.23	22/01/2022
	M50	Richard Wheeler	26.82	25/02/2018					
						W60	Elizabeth Le Rossignol	37.95	05/03/2022
						W65	Elizabeth Le Rossignol	39.92	17/02/2024
<b>300m</b>	U20	Adam Booth	35.93	19/12/2021					
<b>400m</b>	U20	Adam Booth	50.75	22/02/2020					
	Sen	George Walker	54.22	01/01/2017					
<b>800m</b>	U20	Joseph Usher	1:55.50	01/02/2026	<b>800m</b>	U20	Melissa Courtney	2:17.89	10/01/2010
	Sen	William Rabjohns	1:49.42	24/01/2026					
<b>1000m</b>	U20	Adam Carpenter	2:46.57	10/01/2010					
	Sen	Richard Reeks	2:48.26	26/01/2014					
	M45	Colin Hague	4:04.56	22/03/2007					
	M50	Colin Hague	3:39.12	22/02/2009					
<b>1500m</b>	U20	William Rabjohns	3:48.03	27/01/2025					
					<b>1500m</b>	Sen	Melissa Courtney-Bryant	4:04.79	09/02/2021
<b>1 Mile</b>	U20	Edward Bird	4:08.97	13/01/2024					
	Sen	Edward Bird	3:58.18	01/02/2025					
<b>3000m</b>	U20	Edward Bird	7:53.14	07/12/2024	<b>3000m</b>	U20	Erin Wells	9:43.72	15/02/2026
	Sen	Edward Bird	7:49.99	13/02/2026		Sen	Melissa Courtney-Bryant	8:37.74	04/02/2024
<b>5000m</b>	U20	Edward Bird	14:07.69	23/02/2024					
<b>60mH</b>	U20	Adam Booth	8.31	01/12/2019	<b>60mH</b>	U20	Olivia Hunter	8.98	26/02/2017
	Sen	Richard Reeks	8.00	26/01/2014					

	M45	Mark Roach	10.45	05/02/2012					
<b>High Jump</b>	U20	Jack Roach	2.05m	21/02/2013	<b>High Jump</b>	U20	Gabrielle Rowsell	1.60m	26/02/2012
	Sen	Richard Reeks	2.09m	25/01/2014					
	M40	James Hind	2.01m	19/03/2018					
	M45	Mark Roach	1.70m	19/03/2011					
	M50	Mark Roach	1.50m	08/03/2020					
	M55	Mark Roach	1.40m	18/02/2024 23/02/2025					
<b>Pole Vault</b>	U20	Adam Carpenter	4.60m	27/02/2010					
	Sen	Richard Reeks	4.57m	05/01/2014					
<b>Long Jump</b>	U20	Jack Roach	7.11m	19/11/2015	<b>Long Jump</b>	U20	Gabrielle Rowsell	5.22m	25/02/2012
	Sen	Richard Reeks	7.15m	04/01/2014					
	M45	Mark Roach	4.90m	05/02/2012					
<b>Triple Jump</b>	U20				<b>Triple Jump</b>	U20	Lizzy Gourlay (Grose)	8.05m	12/12/2009
<b>Shot (6kg)</b>	U20	George Walker	11.36m	10/01/2015					
<b>Shot (7.26kg)</b>	Sen	Richard Reeks	13.23m	04/01/2014					
<b>Shot (7.26kg)</b>	M45	Mark Roach	9.29m	05/02/2012					
<b>Shot (6kg)</b>	M50	Richard Wheeler	9.47m	02/12/2018					
<b>Pentathlon</b>	M45	Colin Hague	2663						
	M50	Colin Hague	2504	22/03/2007					
<b>Heptathlon</b>	U20	Adam Booth	4656	04-05/01/2020					
	Sen	Richard Reeks	5805	25-26/01/2014					

### Men and Women Relays

Event	Age	Men	Perf	Date	Event	Age	Women	Perf	Date
<b>4 x 100m</b>	U20	Ryan Long	44.05	04/09/2016	<b>4 x 100m</b>	U20	Shannon Pape U17	52.5	
		Sam Wheeler					Lizzie Nation-Grainger U17		
		George Walker					Jennie Tilsed		

		Scott Rutter					Sarah Elliott		
	Sen	Adam Carpenter	43.19	01/09/2013		Sen	Steffi Wilson	49.87	06/09/2015
		Adam Lee					Olivia Hunter U20		
		Alex Hately					Ashleigh Power U20		
		Charlie Patrick					Iona Sheerin		
	M40	Steve Payne M40	56.9			W40	-		
		John Pickup M40							
		Peter Preston M40							
		Phil Croad M50							
<b>4 x 400m</b>	U20	Oscar Borton	3:40.4	17/04/2011		U20	Emma Martin	4:16.15	05/07/2015
		Adam Carpenter					Alex Phillips		
		Tom Austin					Holly Aldridge		
		Alex Lee					Amelia Davis U17		
	Sen	Karl Welch	3:28.1	18/04/2010		Sen	Amelia Davis U17	4:11.24	08/05/2016
		Adam Carpenter					Steffi Wilson		
		Charlie Patrick					Olivia Hunter U20		
		Richard Reeks					Alex Phillips U20		
Mixed	Sen	Alexandra Bryant			Adam Booth			3:41.7	08/09/2019
		Steffi Bennett			Ciaron Dunnion				