

Tamworth Athletic Club

Great Britain Honours & Club Records

Last updated:
16th May 2012



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
Nathan Woodward - 400m hurdles

U23 International:

Nathan Woodward - 400m hurdles

U20 International:

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

Senior International (learning disabilities):

Kirk Allen - 4x100m relay

Club Records

Records set in 2012 are
highlighted in GOLD

Total Number of records set in
2012 (so far...):

10

Number set by male athletes:

7

Number set by female athletes:

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.

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Club Records contents:

Age groups highlighted in GOLD
have records set this year

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Tamworth AC Club Records - Senior

| | Men | | | Women | | |
|-------------------------------|---------------------|-----------|------------|-----------------|---------|------------|
| 60m | Eldridge Phiri | 7.10i | 31/01/2010 | | | |
| 100m | Eldridge Phiri | 10.7 | 13/05/2012 | Donna Sewell | 12.0 | ??/??/1978 |
| 200m | Chris Shilton | 22.0 | ?? | Jackie White | 23.3 | ??/??/1993 |
| 400m | Nathan Woodward | 46.82 | 15/04/2011 | Laura Langowski | 55.64 | 30/04/2006 |
| 800m | Nathan Woodward | 1:51.20i | 19/02/2012 | Laura Langowski | 2:15.4 | 30/07/2006 |
| | Simon Hall | 1:56.9 | 31/05/2004 | | | |
| 1500m | Simon Hall | 3:58.03 | 04/08/2004 | Helena Marsden | 4:49.6 | ??/??/1998 |
| 3000m | Simon Hall | 8:55.61 | 03/05/2004 | Rebecca Smith | 10:36.0 | 02/05/2009 |
| 5000m | Dave Black | 13:23.52 | 29/01/1974 | | | |
| 10000m | Dave Black | 27:36.27 | 29/08/1978 | | | |
| 2000mS/C | Simon Hall | 6:05.4 | ??/??/2000 | | | |
| 3000mS/C | Simon Hall | 9:42.65 | ??/??/2000 | | | |
| 60mH | John Culshaw Jnr | 9.44i | ??/02/1993 | | | |
| 110m/100mH | Alan Watson | 16.5 | ?? | Jackie White | 16.6 | ??/??/1991 |
| 400mH | Nathan Woodward | 48.71 | 03/07/2011 | Phillipa Weston | 68.6 | ?? |
| 2000m Walk | Mark Williams (M40) | 8:13.9 | 11/07/2006 | Sarah Chetwynd | 10:05.0 | ?? |
| 3000m Walk | Mark Williams (M40) | 12:30.2 | 13/05/2007 | Sarah Chetwynd | 19:21.0 | ?? |
| 5000m Walk | Mark Williams (M40) | 21:45.9 | 10/06/2007 | Sarah Chetwynd | 27:38.0 | 08/02/2003 |
| 10000m Walk | Mark Williams (M40) | 46:00.00 | 25/05/2008 | | | |
| High Jump | John Culshaw Jnr | 1.89m | ?? | Hannah Keight | 1.66m | 22/06/2008 |
| Pole Vault | Gavin Showell | 4.70m | ??/??/1999 | Sarah Williams | 2.90mi | 17/02/2008 |
| | | | | | 2.80m | 07/06/2008 |
| Long Jump | Nick Wood | 6.74m | ??/05/1994 | Jackie White | 6.11m | ??/05/1995 |
| Triple Jump | Adam Smith | 13.69m | 21/07/2007 | Karen Moss | 10.66m | ??/??/1997 |
| Shot Putt | M Cashmore | 11.86m | ??/??/1990 | Donna White | 10.07m | ??/??/1982 |
| Discus | L Collings | 37.28m | ??/07/1995 | Toni Clark | 29.56m | ??/??/2001 |
| Hammer | Alex Berrow | 52.09m | 20/06/2010 | Alana Smetham | 39.60m | 13/08/2006 |
| Javelin | John Culshaw Jnr | 49.74m | ??/03/1992 | A Archer | 36.80m | ??/??/1980 |
| Pentathlon | Adam Young (M40) | 3,115ptsi | 13/02/2011 | | | |
| Decathlon / Heptathlon | Gavin Showell | 5,537pts | ??/??/1998 | | | |

Tamworth AC Club Records - U20

| | Men | | | | Women | | | |
|-------------------------------|-----------------|----------|------------|-----------------|----------|------------|--|--|
| 60m | Richard Bown | 7.45i | 05/02/2005 | Meghan Beesley | 7.61i | 06/01/2008 | | |
| 100m | Neil Rudd | 11.1 | 05/06/2004 | Meghan Beesley | 11.64 | 27/08/2007 | | |
| 200m | Tom Burton | 22.6 | 10/06/2007 | Meghan Beesley | 23.97i | 24/02/2008 | | |
| 400m | Nathan Woodward | 48.1 | 27/05/2007 | Meghan Beesley | 24.11 | 17/06/2007 | | |
| 800m | Nathan Woodward | 1:52.7 | 07/06/2008 | Meghan Beesley | 53.83i | 24/02/2008 | | |
| 1500m | Paul Black | 3:45.20 | 02/08/1981 | Amy Frith | 54.89 | 20/05/2007 | | |
| 3000m | Paul Black | 7:59.2 | ??/??/1981 | Meghan Beesley | 2:17.88i | 13/01/2008 | | |
| 5000m | Paul Moores | 15:55.4 | ??/??/2001 | Amy Frith | 2:18.9 | 20/06/2004 | | |
| 10000m | Tom Orton | 36:15.0 | 19/05/2001 | 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 | | | | | |
| 60mH | Tom Burton | 9.06i | 19/03/2006 | Meghan Beesley | 8.6i | 23/02/2008 | | |
| 110m/100mH | Nathan Woodward | 15.1 | 29/04/2007 | Meghan Beesley | 14.09 | 02/09/2007 | | |
| 400mH | Nathan Woodward | 51.5 | 20/05/2007 | Meghan Beesley | 57.33 | 24/06/2007 | | |
| 2000m Walk | Martin Graham | 12:04.4 | ?? | Sarah Chetwynd | 10:05.0 | ?? | | |
| 3000m Walk | | | | | | | | |
| 5000m Walk | | | | | | | | |
| 10000m Walk | | | | | | | | |
| High Jump | Alex Girdler | 2.00m | ?? | Hannah Sargeant | 1.70mi | 02/02/2011 | | |
| | Jordan Roach | | 27/06/2010 | | 1.66m | 12/06/2010 | | |
| Pole Vault | Gavin Showell | 4.30m | ??/??/1991 | Sarah Williams | 2.90m | 24/04/2005 | | |
| Long Jump | N Wood | 7.12m | ?? | Meghan Beesley | 5.96mi | 13/01/2008 | | |
| Triple Jump | N Wood | 13.45m | ?? | Karen Moss | 10.84m | ??/??/1998 | | |
| Shot Putt | Douglas Stark | 14.00m | 14/04/2012 | Joanne Street | 12.55m | ??/??/2001 | | |
| Discus | Douglas Stark | 40.30m | 19/06/2011 | Joanne Street | 45.04m | ??/??/2001 | | |
| Hammer | Alex Berrow | 55.47m | 01/07/2007 | Jenna Lander | 46.49m | 23/05/2004 | | |
| Javelin | Brett Byrd | 63.21m | 25/08/2007 | Meghan Beesley | 30.38m | 03/09/2007 | | |
| Pentathlon | | | | Meghan Beesley | 3,908pts | 13/01/2008 | | |
| Decathlon / Heptathlon | Douglas Stark | 5,118pts | 19/09/2010 | Meghan Beesley | 5,271pts | 03/09/2007 | | |

Tamworth AC Club Records - U17

| | Boys | | | Girls | | |
|-------------------------------|-----------------|----------|------------|------------------------|---------------|-------------------|
| 60m | Daniel Rhodes | 7.33i | 11/12/2010 | Meghan Beesley | 7.71i | 11/03/2006 |
| 100m | Simon Terry | 11.0 | ?? | D Sewell | 12.0 | ??/??/1975 |
| 200m | Simon Terry | 22.7 | ?? | Meghan Beesley | 24.36 | 06/08/2006 |
| 300m | | | | Meghan Beesley | 37.74 | 02/08/2006 |
| 400m | Phil Smith | 49.6 | ?? | F Weston | 56.2 | ?? |
| 800m | Nathan Woodward | 1:55.83i | 04/03/2006 | Meghan Beesley | 2:18.48i | 09/12/2006 |
| | | 1:56.3 | 07/05/2006 | Amy Frith | 2:20.56 | 22/07/2001 |
| 1500m | Paul Black | 4:00.2 | ??/??/1978 | Fay Watson | 4:46.4 | ?? |
| 3000m | Paul Moores | 8:44.8 | 24/05/2000 | Fay Watson | 10:44.2 | ?? |
| 5000m | Tom Orton | 16:50.9 | ??/??/1999 | | | |
| 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 | | | |
| 60mH | Nathan Woodward | 8.69i | 11/02/2006 | Meghan Beesley | 8.89i | 26/02/2005 |
| 100m/80mH | Nathan Woodward | 14.0 | 11/05/2006 | Meghan Beesley | 11.69 | 11/05/2006 |
| 110m/100mH | Nathan Woodward | 15.8 | 23/04/2006 | Hannah Sargeant | 17.2 | 29/07/2007 |
| 300mH | | | | Meghan Beesley | 41.41 | 06/08/2006 |
| 400mH | Nathan Woodward | 52.15 | 10/09/2006 | Meghan Beesley | 60.18 | 17/06/2006 |
| 5000m Walk | | | | D Webb | 34:54.0 | 13/11/2004 |
| High Jump | Jordan Roach | 1.98mi | 02/02/2008 | Jackie White | 1.60m | ?? |
| | | 1.96m | 11/07/2009 | | | |
| Pole Vault | Gavin Showell | 4.10m | ??/??/1989 | Sarah Williams | 2.70m | 04/07/2004 |
| Long Jump | Neil Wood | 6.76m | ?? | Meghan Beesley | 5.77mi | 19/02/2006 |
| | | | | | 5.63m | 17/09/2006 |
| Triple Jump | Neil Wood | 13.59m | ?? | Meghan Beesley | 11.72m | 28/04/2005 |
| Shot Putt | 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 | 39.79m | 29/04/2012 |
| Javelin | Brett Byrd | 58.24m | 09/09/2006 | Kelly Holmes | 34.30m | ?? |
| Pentathlon | Nathan Woodward | 3,287pts | 11/12/2005 | Meghan Beesley | 3,572pts | 09/12/2006 |
| Octathlon / Heptathlon | Marc Newton | 5,144pts | ?? | Meghan Beesley | 4,538pts | 17/09/2005 |

Tamworth AC Club Records - U15

| | Boys | | | Girls | | |
|--------------------|-----------------|----------|------------|-----------------|----------|------------|
| 60m | Juan Padmore | 7.49i | 28/02/2004 | Meghan Beesley | 7.98i | 28/02/2004 |
| 100m | Juan Padmore | 11.6 | ??/??/2004 | Meghan Beesley | 12.6 | 11/07/2004 |
| 200m | P Smith | 23.8 | ??/??/1984 | A Brown | 26.0 | ?? |
| | | | | Meghan Beesley | | 21/08/2004 |
| 300m | Tom Challis | 39.07 | 28/08/2006 | Sophie Taylor | 43.3 | 27/07/2007 |
| 400m | Marc Newton | 51.0 | ??/07/1994 | Amy Frith | 62.50 | ??/??/1999 |
| 800m | Nathan Woodward | 2:00.19 | 10/07/2004 | A Brown | 2:19.4 | ?? |
| 1500m | Luke Jones | 4:14.91 | 24/08/2011 | Tracy Martin | 4:54.5 | ?? |
| 3000m | Luke Jones | 9:25.91 | 07/09/2011 | | | |
| 60mH | Tom Challis | 9.91i | 11/02/2006 | Meghan Beesley | 9.08i | 11/02/2004 |
| 75mH | | | | Samantha Day | 11.4 | ??/??/2005 |
| 80mH | Marc Newton | 11.58 | ??/09/1994 | Meghan Beesley | 12.8 | 10/06/2004 |
| 100mH | | | | | | |
| 1500m Walk | Simon Hall | 9:04.6 | ??/05/1993 | | | |
| 2000m Walk | K Gray | 13:29.1 | ?? | Kyleigh Pegg | 11:59.0 | 17/10/1999 |
| 3000m Walk | Sam Webb | 15:44.01 | 27/09/2008 | Kyleigh Pegg | 18:26.0 | 23/10/1999 |
| High Jump | Jordan Roach | 1.85m | 22/07/2007 | Jackie White | 1.60m | ?? |
| | | | | Sophie Cash | | 06/06/2004 |
| Pole Vault | Ricky Hallam | 3.25m | ??/??/1999 | | | |
| Long Jump | Juan Padmore | 6.39m | ??/??/2004 | Meghan Beesley | 5.43m | 11/09/2004 |
| Triple Jump | Robbie Ellison | 13.08m | ?? | Meghan Beesley | 10.47m | 16/06/2004 |
| Shot Putt | 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 | 35.22m | 22/08/2010 |
| Javelin | Marc Newton | 41.82m | ??/07/1994 | Rebecca Furber | 32.48m | ?? |
| Pentathlon | Marc Newton | 3,187pts | 27/08/1994 | Meghan Beesley | 3,069pts | ??/??/2004 |

Tamworth AC Club Records - U13

| | Boys | | | Girls | | |
|-------------------|-----------------|---------|------------|-------------------------|-------------|-------------------|
| 60m | James Woolley | 8.08i | 26/03/2011 | Savannah Sturridge | 8.72i | 27/03/2010 |
| 75m | James Woolley | 9.84 | 20/04/2011 | Meghan Beesley | 9.95 | 26/08/2002 |
| 100m | James Woolley | 12.2 | 14/05/2011 | Carol Laws | | ?? |
| | | | | Omolola Ogunnowo | 13.0 | 12/05/2012 |
| 150m | James Woolley | 19.39 | 20/04/2011 | Meghan Beesley | 19.6 | ??/??/2002 |
| 200m | Juan Padmore | 25.0 | ??/??/2002 | Meghan Beesley | 26.9 | ??/??/2002 |
| 600m | Thomas Randolph | 1:45.0 | 13/09/2009 | Eloise Redfern | 1:54.65 | 27/08/2007 |
| 800m | Marc Newton | 2:14.2 | ??/??/1999 | Annette Brown | 2:30.9 | ?? |
| 1000m | Tom Adams | 3:51.5 | ?? | Amy Powell | 3:28.9 | ?? |
| 1200m | | | | Carys Langham | 4:22.5 | 02/05/2010 |
| 1500m | Marc Newton | 4:48.2 | ?? | Tracy Martin | 5:08.9 | ?? |
| 60mH | | | | | | |
| 70mH | | | | Sophie Cash | 12.4 | ?? |
| 75mH | James Woolley | 13.1 | 21/08/2011 | Sophie Cash | 14.6 | ?? |
| 80mH | | | | | | |
| 2000m Walk | Sam Webb | 11:21.4 | 22/05/2005 | Kyleigh Pegg | 11:32.0 | 13/12/1998 |
| High Jump | Nathan Woodward | 1.61m | ??/??/2002 | Rebecca Bradford | 1.46m | 11/05/2008 |
| Pole Vault | Danny Rowland | 2.10m | ??/07/1994 | | | |
| Long Jump | James Woolley | 5.49m | 18/07/2011 | Meghan Beesley | 5.08m | ??/??/2002 |
| Shot Putt | Juan Padmore | 11.50m | ??/??/2003 | Samantha Lawton | 9.85m | 22/06/2008 |
| Discus | Gareth Newton | 24.14m | ??/09/1994 | Samantha Lawton | 26.90m | 06/07/2008 |
| Hammer | Gary Hateley | 12.58m | ??/07/1995 | Samantha Lawton | 21.59m | 16/03/2008 |
| Javelin | Mark Sylvester | 31.62m | ??/07/1994 | Olivia Woodward | 27.08m | 29/08/2010 |
| Pentathlon | Gareth Newton | 743pts | ??/07/1994 | | | |

Tamworth AC Club Records - Masters 35

| | Men | | | Women | | |
|-------------------------------|------------------|----------|------------|----------------|----------|------------|
| 60m | Greg Richards | 7.48i | 17/04/2012 | | | |
| 100m | Greg Richards | 11.6 | 13/06/2010 | J Hadley | 14.4 | ?? |
| 200m | Greg Richards | 23.4 | 13/06/2010 | L Osborn | 30.5 | ??/??/1997 |
| 400m | Paul Tasker | 51.96 | 25/02/2006 | Sheila Creasey | 70.5 | ??/05/1994 |
| 800m | Paul Tasker | 2:01.7 | 02/07/2005 | Rebecca Smith | 2:54.5 | 06/06/2010 |
| 1500m | Paul Tasker | 4:17.5 | 02/07/2005 | Rebecca Smith | 5:12.5 | 07/05/2011 |
| 3000m | Paul Tasker | 9:30.3 | 03/06/2006 | Rebecca Smith | 10:44.71 | 24/07/2010 |
| 5000m | | | | | | |
| 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 | | | |
| 60mH | | | | | | |
| 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 | | | |
| Long Jump | Greg Richards | 5.29m | 14/08/2011 | Debbie Cash | 4.70m | ??/??/1999 |
| Triple Jump | John Culshaw Jnr | 10.89m | 13/06/1999 | Debbie Cash | 9.61m | ??/??/1999 |
| Shot Putt | John Culshaw Jnr | 10.77m | 11/06/2000 | Joan Hadley | 7.41m | ?? |
| Discus | John Culshaw Jnr | 29.51m | 06/06/1998 | | | |
| 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 | | |
|-----------------------------------|----------------------------|-----------|--------------------------|------------------|---------|------------|
| 60m | | | | | | |
| 100m | Jim Bartlett | 12.2 | ?? | Fiona Meldrum | 14.5 | 07/05/2008 |
| 200m | Paul Hines | 24.3 | ??/07/1994 | Fiona Meldrum | 29.6 | 03/06/2008 |
| 400m | Phil Owen | 53.2 | ??/??/1985 | Fiona Meldrum | 67.1 | ??/07/2005 |
| 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 | | | | | | |
| 60mH | 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 | Ralph Graham Adam Young | 2.80m | ??/??/1991 12/09/2010 | | | |
| Long Jump | Colin 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 Putt | Brian Sumner | 11.96m | ??/??/1996 | | | |
| Discus | John Culshaw Jnr | 26.65m | 07/06/2003 | Margaret Culshaw | 21.50m | ??/??/1984 |
| Hammer | Brian Sumner | 41.46m | ??/??/1986 | | | |
| Javelin | John Culshaw Jnr | 42.70m | 06/08/2003 | | | |
| 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 | | |
|-------------------------------|------------------|-----------------------|--------------------------|------------------|---------|--------------------------|
| 60m | | | | | | |
| 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 | Phil Owen | 4:48.1 | ??/??/1989 | Rachael Eastland | 5:50.6 | 04/06/2011 |
| 3000m | Andrew Wright | 9:35.29 | 03/08/2011 | Rachael Eastland | 12:12.8 | 06/06/2010 |
| 5000m | Andrew Wright | 16:46.6 | 05/05/2012 | | | |
| 10000m | John Culshaw Snr | 42:02.0 | 19/08/1982 | | | |
| 2000mS/C | | | | | | |
| 3000mS/C | Dave Williams | 11:24.5 | 02/08/2008 | | | |
| 60mH | | | | | | |
| 110m/100mH | Dave Williams | 23.5 | 02/08/2008 | | | |
| 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 | 14:05.35i 14:05.39 | 20/02/2011 25/06/2011 | 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 | Colin Green | 1.66m | ??/07/1989 | Muriel Storey | 1.25m | 03/07/2010 |
| Pole Vault | | | | | | |
| Long Jump | Colin Green | 5.98m | ??/06/1989 | Cathy Lyon-Green | 4.08m | 29/07/2000 |
| Triple Jump | Colin Green | 11.98m | ??/09/1989 | Fiona Meldrum | 8.69m | 02/06/2010 |
| Shot Putt | 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 | Phil Owen | 42.90m | ??/??/1989 | Jackie Bostock | 16.54m | ??/??/1996 |
| Pentathlon | | | | | | |
| Decathlon / Heptathlon | | | | | | |

Tamworth AC Club Records - Masters 50

| | Men | | | Women | | |
|-----------------------------------|------------------|---------|------------|------------------|-----------------|--------------------------|
| 60m | Jim Bartlett | 8.03i | ?? | | | |
| 100m | Jim Bartlett | 12.9 | ?? | Cathy Lyon-Green | 16.4 | ??/09/2004 |
| 200m | Phil Owen | 26.4 | ??/??/1994 | Cathy Lyon-Green | 34.8i 36.24 | 20/02/2005 17/07/2005 |
| 400m | Glyn Brown | 74.2 | 05/05/2010 | | | |
| 800m | Phil Owen | 2:30.1 | ??/??/1994 | Margaret Culshaw | 3:06.0 | 05/08/1992 |
| 1500m | Phil Owen | 4:52.9 | ??/??/1994 | Margaret Culshaw | 6:06.0 | 08/07/1992 |
| 3000m | Dave Williams | 9:50.4 | 07/06/2009 | Margaret Culshaw | 13:13.0 | 07/07/1993 |
| 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 | | | |
| 60mH | | | | | | |
| 110m/100mH | Dave Williams | 22.5 | 02/08/2009 | | | |
| 400mH | Dave Williams | 69.4 | 02/08/2009 | | | |
| 2000m Walk | John Culshaw Snr | 11:54.6 | 05/05/1988 | | | |
| High Jump | Colin Green | 1.56m | ??/05/1997 | | | |
| Pole Vault | | | | | | |
| Long Jump | Colin Green | 5.56m | ??/08/1995 | Cathy Lyon-Green | 3.28mi 3.09m | 19/02/2005 26/06/2004 |
| Triple Jump | Colin Green | 11.15m | ??/07/1995 | Cathy Lyon-Green | 7.22m | 07/06/2003 |
| Shot Putt | Gordon Densley | 8.29m | 05/05/2012 | | | |
| Discus | Phil Owen | 30.28m | ??/??/1994 | | | |
| Hammer | Brian Sumner | 41.46m | ??/??/1986 | | | |
| Javelin | Phil Owen | 41.90m | ??/??/1994 | | | |
| Pentathlon | | | | | | |
| Decathlon / Heptathlon | | | | | | |

Tamworth AC Club Records - Masters 55

| | Men | | | Women | | |
|-------------------------------|------------------|---------|------------|------------------|---------|------------|
| 60m | | | | | | |
| 100m | | | | Cathy Lyon-Green | 16.9 | 08/06/2008 |
| 200m | | | | Cathy Lyon-Green | 35.94i | 24/02/2008 |
| | | | | | 36.5 | 08/06/2008 |
| 400m | | | | Margaret Culshaw | 90.1 | 09/07/1996 |
| 800m | | | | Margaret Culshaw | 3:19.0 | 07/08/1996 |
| 1500m | | | | Margaret Culshaw | 6:36.4 | 03/05/1995 |
| 3000m | | | | Margaret Culshaw | 13:55.0 | 07/08/1996 |
| 5000m | | | | | | |
| 10000m | | | | | | |
| 2000mS/C | | | | | | |
| 3000mS/C | | | | | | |
| 60mH | | | | | | |
| 110m/100mH | | | | | | |
| 400mH | | | | | | |
| 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 | Colin Green | 1.50m | ??/06/1998 | | | |
| Pole Vault | | | | | | |
| Long Jump | Colin Green | 5.38m | ??/06/1998 | Cathy Lyon-Green | 3.32m | 08/06/2008 |
| Triple Jump | Colin Green | 10.83m | ??/05/1998 | Cathy Lyon-Green | 6.99mi | 23/02/2008 |
| | | | | | 6.80m | 13/06/2010 |
| Shot Putt | Phil Owen | 7.97m | ??/??/1999 | Cathy Lyon-Green | 3.52m | 11/05/2011 |
| Discus | Phil Owen | 29.19m | ??/??/1999 | | | |
| Hammer | | | | | | |
| Javelin | Phil Owen | 42.80m | ??/??/1999 | | | |
| Pentathlon | | | | | | |
| Decathlon / Heptathlon | | | | | | |

Tamworth AC Club Records - Masters 60

| | Men | | Women |
|-------------------------------|------------------|----------|--------------|
| 60m | Jim Bartlett | 8.54i | 04/03/2006 |
| 100m | Jim Bartlett | 13.8 | 11/07/2006 |
| 200m | Jim Bartlett | 30.1 | ?? |
| 400m | | | |
| 800m | | | |
| 1500m | John Culshaw Snr | 7:18.0 | 11/09/1999 |
| 3000m | | | |
| 5000m | | | |
| 10000m | | | |
| 2000mS/C | | | |
| 3000mS/C | | | |
| 60mH | | | |
| 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 | Colin Green | 1.45m | ??/06/2003 |
| Pole Vault | | | |
| Long Jump | Colin Green | 4.52m | ??/07/2002 |
| Triple Jump | Colin Green | 9.66m | ??/08/2002 |
| Shot Putt | Jim Bartlett | 10.03m | 04/03/2006 |
| 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 | | |
|-----------------------------------|------------------|----------|------------|--------------|------|------------|
| 60m | | | | | | |
| 100m | Colin Green | 14.5 | 07/05/2008 | Mollie Mills | 17.7 | 05/05/2010 |
| 200m | | | | Mollie Mills | 38.4 | 02/06/2010 |
| 400m | | | | | | |
| 800m | | | | | | |
| 1500m | | | | | | |
| 3000m | John Culshaw Snr | 16:44.5 | 31/08/2003 | | | |
| 5000m | | | | | | |
| 10000m | | | | | | |
| 2000mS/C | | | | | | |
| 3000mS/C | | | | | | |
| 60mH | | | | | | |
| 110m/100mH | | | | | | |
| 400mH | | | | | | |
| 2000m Walk | John Culshaw Snr | 13:17.92 | 26/08/2002 | | | |
| High Jump | Colin Green | 1.42m | ??/07/2008 | | | |
| Pole Vault | | | | | | |
| Long Jump | Colin Green | 4.58m | ??/07/2007 | | | |
| Triple Jump | Colin Green | 9.74m | 02/05/2009 | | | |
| Shot Putt | 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 | | |
|-------------------------------|------------------|--------------|------------|------------|
| 60m | | | | |
| 100m | | Mollie Mills | 17.5 | 11/05/2011 |
| 200m | | Mollie Mills | 37.60 | 03/08/2011 |
| 400m | | | | |
| 800m | | | | |
| 1500m | | | | |
| 3000m | | | | |
| 5000m | | | | |
| 10000m | | | | |
| 2000mS/C | | | | |
| 3000mS/C | | | | |
| 60mH | | | | |
| 110m/100mH | | | | |
| 400mH | | | | |
| 2000m Walk | John Culshaw Snr | 14:30.1 | 08/07/2009 | |
| High Jump | | | | |
| Pole Vault | | | | |
| Long Jump | | | | |
| Triple Jump | | | | |
| Shot Putt | Brian Sumner | 10.49m | 18/06/2006 | |
| Discus | Brian Sumner | 27.76m | 01/07/2007 | |
| Hammer | Brian Sumner | 39.58m | 09/07/2006 | |
| Javelin | Brian Sumner | 27.36m | 11/06/2006 | |
| Pentathlon | | | | |
| Decathlon / Heptathlon | | | | |

Tamworth AC Club Records - Road

Please note: The events listed for the Senior age group are applicable to all age groups, but to reduce the number of empty boxes in these age groups, I will only add record holders as and when records are claimed.

| | Senior Men | | | Senior Women | | |
|--------------------------|---------------------|----------|------------|---------------------|---------|------------|
| 10k | D Stevens | 33:55 | 31/08/2008 | Vikki Johnson | 55:58 | 03/10/2010 |
| Kingsbury 12k | Howard Bush (M35) | 47:35 | 01/08/2009 | Laura Matkin | 1:12:43 | 31/07/2010 |
| Half Marathon | D Stevens | 1:12:28 | 22/02/2009 | Margaret Culshaw | 1:37:01 | 18/07/1982 |
| Marathon | Dave Black | 2:14:28 | 03/05/1980 | Margaret Culshaw | 3:22:23 | 02/05/1982 |
| 5k Walk | Mark Williams (M40) | 22:19.0 | 24/06/2007 | | | |
| 10k Walk | Mark Williams (M40) | 44:12 | 24/03/2007 | | | |
| 20k Walk | Mark Williams (M40) | 1:36:17 | 24/03/2007 | Sarah Chetwynd | 1:57:03 | 01/03/2002 |
| 30k Walk | Mark Williams (M40) | 2:27:33 | 12/08/2006 | | | |
| 50k Walk | Mark Williams (M40) | 5:35:04 | 27/04/2008 | | | |
| | U20 Men | | | U20 Women | | |
| 10k | Jacob Hughes | 36:35 | 23/06/2009 | | | |
| Kingsbury 12k | Stephen Parkes | 47:02 | 01/08/2009 | | | |
| Half Marathon | Luke Taylor | 1:27:40 | 27/04/2008 | Margaret Culshaw | 1:37:01 | 18/07/1982 |
| | U17 Boys | | | U20 Women | | |
| 10k | Simon King | 35.59 | 12/03/2006 | | | |
| | Men 35 | | | Women 35 | | |
| 10k | | | | Sarah Chetwynd | 48:20 | 30/08/2009 |
| Kingsbury 12k | | | | Sarah Chetwynd | 1:02:04 | 31/07/2010 |
| Half Marathon | Andrew Wright | 1:12:58 | 03/10/2004 | Sarah Chetwynd | 1:48:21 | 21/03/2010 |
| Marathon | Andrew Wright | 2:33:29 | 17/04/2005 | | | |
| 5k Walk | Mark Williams | 22:42. | 20/10/2001 | | | |
| 10k Walk | Mark Williams | 46:14.61 | 17/04/2001 | | | |
| 20k Walk | Mark Williams | 1:37:27 | 04/05/2002 | | | |
| 30k Walk | Mark Williams | 2:46:53 | 08/05/2001 | | | |

Tamworth AC Club Records - Road

| | Men 40 | Women 40 |
|--|---|---|
| Kingsbury 12k Half Marathon | Steve Deegan 55:10 01/08/2009 | |
| | Adam Young 1:42:24 24/10/2010 | Margaret Culshaw 1:37:01 18/07/1982 |
| | Phil Owen 2:57:01 ??/??/1984 | Margaret Culshaw 3:22:23 02/05/1982 |
| | 5k Walk Mark Williams 22:19 24/06/2007 | |
| | 10k Walk Mark Williams 44:12.0 24/03/2007 | |
| | 20k Walk Mark Williams 1:36:17 24/03/2007 | |
| | 30k Walk Mark Williams 2:27:33 12/08/2006 | |
| | 50k Walk Mark Williams 5:35:04 27/04/2008 | |
| | Men 45 | Women 45 |
| 10k Kingsbury 12k Half Marathon | Andy Wright 35:08 02/10/2011 | Ann Wheeler 53:26 15/08/2010 |
| | | Ann Wheeler 1:07:47 31/07/2010 |
| | Dave Williams 1:21:34 27/04/2008 | Margaret Culshaw 1:38:32 24/11/1984 |
| | 5k Walk Mark Williams 25:20 21/11/2010 | |
| | 10k Walk Mark Williams 50:56.0 12/02/2011 | |
| | Men 50 | Women 50 |
| 10k Kingsbury 12k Half Marathon | Dave Williams 36.34 22/06/2010 | |
| | Derek Bolton 54:22 31/07/2010 | |
| | Dave Williams 1:21:29 03/05/2009 | Margaret Culshaw 1:44:14 28/11/1993 |
| | Men 55 | Women 55 |
| 20k Walk | John Culshaw Snr 2:13:09 19/03/1994 | |
| | Men 60 | Women 60 |
| 10k Half Marathon | Malcolm Perry 43:02 19/11/2011 | |
| | Malcolm Perry 1:35:41 06/05/2012 | Margaret Culshaw 1:44:14 28/11/1993 |
| | 20k Walk John Culshaw Snr 2:14:49 16/06/1997 | |
| | Men 70 | Women 70 |
| 5k Walk | John Culshaw Snr 38:33 06/11/2010 | |