

TAVISTOCK Athletic Club

TRACK & FIELD RECORDS

Senior			
Men			
Event	Name	Time/Dist	Year
100m	Adam Tofield	11.7s	2013
200m	Steven Lethbridge	23.40s	1988
300m	Adam Tofield	38.50s	2012
400m (Indoor)	Adam Tofield	54.99s	2015
400m	Alistair Hemenstal	52.30s	1995
600m (Indoor)	Adam Tofield	1m 29.99s	2014
600m	Adam Tofield	1m 30.3s	2011
800m (Indoor)	Adam Tofield	2m 10.37s	2015
800m	Adam Tofield	2m 01.54s	2014
1200m	Adam Tofield	3m 48.4s	2011
1500m (Indoor)	Adam Tofield	4m 32.68s	2015
1500m	Peter Freedman	4m 00.7s	2010
1 mile	Adam Holland	4m 38.4s	2009
3000m	Peter Freedman	8m 34.47s	2010
5000m	Peter Freedman	15m 01.97s	2010
10000m	Adam Holland	32m 11.93s	2018
110m Hurdles	Andrew Shepherd	16.70s	?
400m Hurdles	Andrew Shepherd	59.80s	?
3000m Steeplechase	David Chanter	10m 44.0s	1988
Discus 2kg	Paul Congo	33.57m	1988
Hammer 7.26kg	Charlie Shipton	33.61m	2018
High Jump	Andrew Shepherd	2.00m	?
Javelin 800g	Bradley Stevens	41.45m	2018
Long Jump	Andrew Shepherd	6.24m	?
Pole Vault	Gerry Kelly	2.65m	1989
Shot Putt 7.26kg	Paul Congo	10.57m	1991
Triple Jump	Andrew Shepherd	12.99m	?

updated Sept 2018

