

100m	Shaun Gittens	12.5 secs	13/05/19 Lee Valley
	Avis Cowley	15.2 secs	11/06/07 Hemel H
200m	Mike Maisey	26.6 secs	10/06/07 Peterborough
	Avis Cowley	33.3 secs	23/05/05 Enfield
300m	Sally Gandee	1:01.3 secs	19/06/02 Bedford
400m	Mike Maisey	1:03.5 secs	09/09/07 Twickenham
	Avis Cowley	01:18.3 secs	06/07/05 Chelmsford
800m	Mike Dixon	2:20.0 secs	08/07/02 Hemel H
	Avis Cowley	3:02.8 secs	23/05/05 Enfield
1500m	Richard Bloom	4:52.7 secs	22/06/02 Southend
	Joy Allen	6:08.5 secs	20/06/05 Watford
3000m	Richard Melvern	10:31.2 secs	24/05/04 Enfield
	Julie Simmonds	12:48.7 secs	20/05/13 Lee Valley
5000m	Richard Melvern	18:24.7 secs	12/06/06 Watford
	Joy Allen	22:08.8 secs	11/07/05 Hemel H
10000m	Alun Stedman	39:44.8 secs	29/09/02 Watford
100m H	Alun Stedman	33.3 secs	21/06/04 Watford
3000m SC	Alun Stedman	12:37.27 secs	08/06/03 Derby
High Jump	John Gandee	1.35m	15/05/02 Bedford
	Avis Cowley	1.15m	09/05/05 Hemel H
Pole Vault	Bob Johnson John Lee	2.00m	04/05/02 Colchester 20/05/02 Colchester
Long Jump	Mike Maisey	4.86m	03/09/06 Twickenham

	Avis Cowley	3.73m	06/09/09 Ashford
Triple Jump	Mike Maisey	10.05m	27/08/06 Kingston
	Avis Cowley	6.92m	02/07/05 Chelmsford
Shot Putt	6.25k - Chris Lawn	8.35m	07/07/02 Stevenage
	7.25k - Dave Firman	9.15m	25/06/05 Portsmouth
	3k - Sue Fletcher	7.03m	03/07/06 Copthall
	4k - Sue Fletcher	6.22m	11/07/05 Hemel H
Discus	1.5k - Dave Faulkner	27.28m	02/08/11 Tonbridge
	2k - Chris Lawn	20.16m	06/08/03 Bury St. Edmunds
	Sue Fletcher	18.41m	08/05/06 Enfield
Hammer	6k - John Lee	30.79m	20/05/02 Enfield
	7.25k - Stuart Broadhead	25.03m	01/05/04 Stevenage
	Margaret Carrier	21.89m	13/06/11 Lee Valley
Javelin	700g - John Lee	25.45m	07/07/02 Stevenage
	800g - John Gandee	30.73m	15/05/02 Bedford
	600g - Avis Cowley	11.70m	02/05/07 Southend
	500g - Margaret Carrier	13.59m	24/05/10 Copthall
	400g - Sally Gandee	7.18m	15/05/02 Bedford

