

100m	Tony Rawlinson	21.38 secs	27/07/02 Copthall
200m	Tony Rawlinson	1:02.9 secs	13/06/04
400m	Tony Rawlinson	2:28.56 secs	20/07/02 Sheffield
800m	Tony Rawlinson	16.06 secs	20/07/02 Sheffield
High Jump	Tony Rawlinson	0.97m	16/03/02 Glasgow
Pole Vault	Tony Rawlinson	1.40m	21/07/02 Sheffield
Long Jump	Tony Rawlinson	2.37m	20/07/02 Sheffield
Shot Putt	Tony Rawlinson	5.19m	16/03/02 Glasgow
Discus	Tony Rawlinson	12.40m	18/09/05 Rotherham
Javelin	Tony Rawlinson	16.58m	28/07/02 Hendon
Decathlon	Tony Rawlinson	3314 points	21/07/02 Sheffield
Pentathlon	Tony Rawlinson	2494 points	16/03/02 Glasgow