

100m	Dave Martindale	12.6 secs	11/05/09 Lee Valley
	Avis Cowley	15.3 secs	07/07/04 Chelmsford
200m	Michael Maisey	26.98 secs	14/04/04 Watford
	Avis Cowley	33.3 secs	04/08/04 Ware
400m	Peter Hopkins	63.1 secs	21/06/04 Watford
	Margaret Carrier	1:14.1 secs	21/06/04 Watford
800m	David Bowker	2:23.6 secs	01/06/09 Copthall
	Julie Simmonds	2:45.7 secs	14/07/08 Hemel H
1500m	David Bowker	4:47.2 secs	22/06/09 Copthall
	Yvonne Jones	5:40.3 secs	18/06/12 Hemel H
3000m	Norman Morrison	10:07.1 secs	02/06/03 Enfield
	Celia Pardoe	12:01.1 secs	23/05/05 Enfield
5000m	Tony Ross	17:07.6 secs	21/06/04 Watford
	Joy Allen	21:24.9 secs	21/07/03 Hemel H
1000 H	Michael Maisey	20.8 secs	17/06/02 Watford
High Jump	Roger Armorgie	1.40m	25/07/11 Hemel H
	Avis Cowley	1.10m	12/05/03 Enfield
Long Jump	Michael Maisey	4.97m	07/07/02 Stevenage
	Avis Cowley	3.69m	05/05/03 Watford
Triple Jump	Michael Maisey	10.05m	23/06/03 Watford
	Avis Cowley	7.12m	20/07/03 Luton
Shot Putt	6k - Anthony Muschette	11.39m	15/06/15 Hendon
	6.25k - Stuart Broached	8.98m	29/04/02 Enfield
	7.25k - Dave Firman	9.70m	28/06/03 Ware
	4k - Margaret Carrier	5.70m	13/07/09 Hemel H
	3k - Sue Fletcher	7.59m	08/07/02 Hemel H
Discus	1.5k - Stuart Broadhead	31.14m	17/06/02 Watford
	2k - Stuart Broadhead	26.75m	08/06/02 Haringey
	Margaret Carrier	17.54m	30/04/07 Lee Valley
Hammer	7.25k - Stuart Broadhead	27.99m	04/05/02 Colchester
	6k - Stuart Broadhead	28.91m	01/05/02 Chelmsford

	4k - Sue Fletcher	18.18m	07/09/02 Welwyn GC
	3k - Sue Fletcher	21.46m	08/07/02 Hemel H
Javelin	Mick Shortland	29.75m	03/07/06 Copthall
	500g - Margaret Carrier	14.50m	06/09/09 Ashford
	600g - Margaret Carrier	14.28m	11/06/07 Hemel H
