

100m	Mike Maisey	13.80 secs	02/08/11 Woodford
	Avis Cowley	16.2 secs	21/06/10 Lee Valley
200m	Mike Maisey	28.67 secs	12/09/12 Lee Valley
	Avis Cowley	34.2 secs	24/05/10 Copthall
300m	Sally Gandee	1:03.3 secs	18/06/03 Bedford
400m	Mike Maisey	1:05.7 secs	21/06/10 Lee Valley
	Margaret Carrier	1:23.1 secs	15/06/15 Hendon
800m	Mike Dixon	2:27.60 secs	28/07/07 Birmingham
	Avis Cowley	3:17.6 secs	28/05/12 Copthall
1500m	Mike Dixon	5:02.24 secs	28/07/07 Birmingham
	Joy Allen	6:28.3 secs	22/06/09 Copthall
3000m	Richard Melvern	10:55.4 secs	13/07/09 Hemel H
	Joy Allen	13:24.5 secs	06/09/08 Ashford
5000m	Richard Melvern	18:39.6 secs	23/06/08 Copthall
	Joy Allen	22:50.4 secs	14/07/08 Hemel H
2000m SC	Mike Dixon	7:58.17 secs	03/09/05 San Sebastian
High Jump	John Gandee	1.35m	21/09/03 Warrington
	Avis Cowley	1.05m	10/05/10 Lee Valley
Pole Vault	Mike Dixon	2.20m	23/09/06 Eton
Long Jump	Mike Maisey	4.32m	29/04/13 Lee Valley
	Avis Cowley	3.37m	12/07/10 Hemel H
Triple Jump	John Gandee	9.16m	05/06/02 Ware
	Avis Cowley	6.75m	05/09/10 Ashford
Shot Putt	4k - Godfrey Leak	10.09m	09/05/05 Enfield
	5k - John Gandee	8.27m	21/07/04 Bedford
	6k - John Borgars	5.94m	04/07/07 Bedford
	7.25k - Chris Lawn	8.22m	14/07/07 Kingston
	Sue Fletcher	6.43m	12/07/10 Hemel H
Discus	1k - Godfrey Leak	35.45m	12/06/06 Watford
	1.5k - John Gandee	20.47m	04/08/04 Ware

	2k - Chris Lawn	18.50m	05/05/07 Dartford
	Sue Fletcher	13.90m	12/07/10 Hemel H
Hammer	5k - Godfrey Leak	29.76m	22/05/06 Enfield
	6k - John Lee	16.36m	09/06/08 Copthall
	7.25k - Chris Lawn	9.54m	02/06/07 Welwyn GC
	3k - Margaret Carrier	20.37m	15/06/15 Hendon
	4k - Sue Fletcher		24/05/10 Copthall
Javelin	600g - John Gandee	34.34m	11/07/05 Hemel H
	700g - John Gandee	30.51m	05/06/02 Ware
	800g - John Gandee	30.31m	08/06/02 Haringey
	400g - Sally Gandee	9.13m	04/06/03 Southend
	500g - Margaret Carrier	11.05m	18/05/15 Stevenage
Decathlon	Mike Dixon	4728 points	13/08/06 Oxford