

100m	Josh Horleston	11.55 secs	10/06/17 Hemel H.
	Jodie Williams	11.56 secs	09/08/08 Birmingham
200m	Connor Bardwell	23.13 secs	02/07/11 Gateshead
	Jodie Williams	24.14 secs	19/04/08 Lea Valley
300m	Jason Misso Ben Lloyd	37.6 secs	10/06/12 Lea Valley 18/07/2015 Hemel H
	Emily Stevens	41.97 secs	11/09/05 Bedford
400m	Nathan Wake	51.51 secs	08/07/06 Gateshead
	Elizabeth Bird	61.64 secs	23/09/09 Watford
800m	Liam Dee	2:01.1 secs	22/05/10 Milton Keynes
	Ellie Baker	2:20.68 secs	06/06/12 West London
1500m	Liam Dee	4:13.9 secs	30/06/10 Watford
	Elizabeth Bird	4:40.34 secs	11/07/09 Sheffield
3000m	Jamie Dee	9:13.6 secs	07/09/11 Watford
	Elizabeth Bird	10:41.65 secs	09/09/09 Watford
80m H	Oliver Broom	11.76 secs	06/07/12 Gateshead
75m H	Helen van Kempen	10.91 secs	14/08/05 Birmingham
High Jump	Courtney Clay	1.81m	28/06/09 Kingston
	Laura Armorgie	1.67m	27/08/12 Peterborough
Pole Vault	Bryce Breen	3.60m	30/07/2017 Ware
	Erin Breen	2.70m	18/08/13 Ashford
Long Jump	Bradley Hawthorn	6.16m	31/08/13 Bedford
	Jodie Williams	5.34m	07/07/07 Braintree
Triple Jump	Ben Lloyd	12.73m	10/07/15 Gateshead
	Claire Humphries	9.85m	14/05/06 Watford
Shot Putt	John Barron	12.82m	15/09/02 Bedford
	Nicole Parcell	11.07m	13/07/13 Hendon
Discus	Richard Humphries	35.00m	01/07/07 Lea Valley

	Rebecca Porter	34.84m	18/08/13 Bedford
Hammer	Richard Humphries	50.88m	29/09/07 Sandy
	Tricia Willcock	23.50m	21/07/13 Ware
Javelin	Alfred Perring	44.23m	18/07/15 Hemel H.
	Sarah-Anne de Kremer	34.38m	14/08/05 Birmingham
Pentathlon	Matt Richardson	2699 points	26/09/04 Watford
	Jodie Williams	2875 points	28/09/08 Bedford