

100m	Mike Maisey	13.7 secs	12/06/2017 Lea Valley
	Sally Gandee	19.6 secs	06/09/09 Ashford
200m	Mike Maisey	30.3 secs	16/05/2016 Stevenage
	Sally Gandee	40.4 secs	14/07/08 Hemel H
400m	Chris Lawn	1:13.8 secs	13/06/11 Lee Valley
	Sally Gandee	1:33.1 secs	23/06/08 Copthall
800m	Mike Dixon	2:29.87 secs	04/07/10 Cardiff
	Sally Gandee	3:35.2 secs	09/06/08 Copthall
1500m	Mike Dixon	5:12.1 secs	04/07/10 Cardiff
	Sally Gandee	07:11.5 secs	12/05/08 Lee Valley
3000m	Mike Dixon	10:50.5 secs	19/07/09 Hemel H
5000m	Richard Bloom	20:05.8 secs	30/04/11 Peterborough
10000m	Richard Bloom	41:27.6 secs	08/04/12 Lee Valley
3000m H	Mike Dixon	54.57 secs	04/07/10 Cardiff
2000m SC	Mike Dixon	8:26.0 secs	24/07/10 Hungary
High Jump	John Gandee	1.30m	02/07/07 Copthall
Pole Vault	Mike Dixon	2.20m	01/06/09 Copthall
Long Jump	Mike Maisey	4.00m	11/07/2016 Hemel H
Triple Jump	Mike Maisey	8.36m	27/07/2016 Watford
	Sally Gandee	5.39m	04/06/08 Lee Valley
Shot Putt	5k - Ian Miller	11.23m	07/07/02 Stevenage
	6k - Chris Lawn	8.00m	13/06/11 Lee Valley
	7.25k - Mike Dixon	5.84m	10/07/10 Croydon
	Sue Fletcher	5.51m	18/05/15 Stevenage
Discus	1k - Ian Miller	34.71m	08/06/03 Derby
	2k - Mike Dixon	17.05m	02/05/09 Hemel H
	Sally Gandee	9.56m	11/05/09 Lee Valley
Hammer	5k - Ian Miller	35.07m	08/06/03 Derby
	7.25k - Ian Miller	22.65m	07/05/03 Ware
	Sally Gandee	11.70m	21/06/10 Lee Valley

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Javelin	600g - John Gandee	31.34m	02/07/07 Coptall
	700g - Mike Dixon	29.01m	10/05/10 Lee Valley

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	Maureen Lane	9.38m	23/06/03 Watford
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