

100m	Malcolm Edwards	12.1 secs	15/06/02 Bedford
	Dawn Jones	14.8 secs	05/09/10 Ashford
200m	Jon Humphries	25.19 secs	02/07/08 Watford
	Dawn Jones	30.8 secs	05/09/10 Ashford
400m	Robin Baynham	59.1 secs	02/07/08 Watford
	Kim Kingwell	68.4 secs	10/06/13 Lee Valley
800m	Paul Greaves	2:13.0 secs	24/05/10 Copthall
	Kim Kingwell	2:39.9 secs	28/05/12 Copthall
1500m	Paul Greaves	4:22.3 secs	11/05/09 Lee Valley
	Jane Gandee Caroline Hale	5:24.6 secs	12/05/08 Lee Valley 09/05/11 Lee Valley
3000m	Paul Greaves	9:11.9 secs	13/07/09 Hemel H
	Jane Gandee	11:31.7 secs	01/06/09 Copthall
5000m	Paul Greaves	15:38.6 secs	11/07/09 Chelmsford
	Yvonne Jones	20:04.7 secs	21/07/03 Hemel H
10000m	Paul Greaves	35.51.06 secs	30/07/06 Bedford
110m H	Junior Lewis	20.2 secs	09/06/08 Copthall
400m H	Graham Burns	1:22.4 secs	05/06/02 Ware
1500m SC	Clare Marsh	9:14.0 secs	21/04/12 Lee Valley
High Jump	Philip Olivier	1.50m	30/03/18 Welwyn
	Dawn Jones	1.45m	10/05/10 Lee Valley
Pole Vault	Junior Lewis	2.60m	20/05/06 Yeovil
	Dawn Jones	1.50m	24/05/10 Copthall

Long Jump	Malcolm Edwards	5.80m	29/04/02 Enfield
	Dawn Jones	4.19m	12/07/10 Hemel H
Triple Jump	Junior Lewis	12.67m	11/05/08 Watford
	Dawn Jones	10.05m	05/09/10 Cophall
Shot Putt	Jason Kingwell	11.67m	05/09/2015 Ipswich
	Julie Bruniges	6.76m	21/07/03 Hemel H
Discus	Jason Kingwell	36.09m	31/05/15 Cambridge
	Dawn Jones	16.63m	10/05/10 Lee Valley
Hammer	Jason Kingwell	44.45m	03/04/15 Welwyn GC
	Julie Bruniges	16.57m	21/07/03 Hemel H
Javelin	Chris Game	35.27m	21/07/03 Hemel H
	Clare Marsh	14.32m	21/04/12 Lee Valley

