

|            |                       |               |                           |
|------------|-----------------------|---------------|---------------------------|
| 100m       | Ian Tobin             | 11.2 secs     | 25/09/10 Sandy            |
|            | Jodie Williams        | 11.20 secs    | 19/04/14 Gainesville, USA |
| 200m       | Peter Stafford        | 22.1 secs     | 04/06/05 Eton             |
|            | Jodie Williams        | 22.46 secs    | 15/08/14 Zurich, SUI      |
| 400m       | Matt Hamilton         | 48.47 secs    | 19/06/11 Ashford          |
|            | Jodie Williams        | 52.55 secs    | 27/08/15 Watford          |
| 800m       | Matt Carlisle         | 1:50.93 secs  | 13/06/07 Watford          |
|            | Elizabeth Braithwaite | 2:01.78 secs  | 11/08/07 Watford          |
| 1500m      | Matt Carlisle         | 3:52.67 secs  | 30/05/07 Watford          |
|            | Elizabeth Braithwaite | 4:11.96 secs  | 09/06/07 Scotstoun        |
| 3000m      | Lee Reynolds          | 8:37.02 secs  | 17/06/09 Watford          |
|            | Elizabeth Hall        | 9:30.51 secs  | 21/05/06 Loughborough     |
| 5000m      | Lee Reynolds          | 14:49.9 secs  | 11/07/09 Chelmsford       |
|            | Elizabeth Hall        | 16:47.68 secs | 01/05/06 Birmingham       |
| 10000m     | Bryn Reynolds         | 32:15.96 secs | 03/05/09 Bedford          |
|            | Natasha Taylor        | 40:49.27 secs | 03/05/09 Bedford          |
| 110m H     | Simon Wombell         | 14.93 secs    | 29/07/09 Loughborough     |
| 100m H     | Lauren Thompson       | 13.75 secs    | 21/03/15 Lafayette, USA   |
| 400m H     | Patrick Barrett       | 54.46 secs    | 25/08/13 Bedford          |
|            | Lauren Thompson       | 58.62 secs    | 02/07/2017 Birmingham     |
| 2000m SC   | Peter Townsend        | 6:39.8 secs   | 09/07/11 Walton           |
|            | Elizabeth Hall        | 6:42.97 secs  | 01/05/05 Scotstoun        |
| 3000m SC   | Peter Townsend        | 9:49.27 secs  | 06/05/13 Bedford          |
|            | Elizabeth Hall        | 9:48.51 secs  | 10/06/06 Watford          |
| High Jump  | Bradley Armorgie      | 2.04m         | 12/07/14 Horspath         |
|            | Laura Armorgie        | 1.82m         | 11/02/2017 Sheffield      |
| Pole Vault | Patrick Barrett       | 3.91m         | 18/05/13 Ware             |
|            | Sarka Robinson        | 2.95m         | 16/03/13 Lea Valley       |

|                    |                       |             |                       |
|--------------------|-----------------------|-------------|-----------------------|
| <b>Long Jump</b>   | Neil Barton           | 7.17m       | 02/05/05 Stevenage    |
|                    | Lauren Thompson       | 5.91m       | 08/05/15 Hammond, USA |
| <b>Triple Jump</b> | Matt Thurgood         | 14.45m      | 21/08/04 Bedford      |
|                    | Chloe Vernon-Hamilton | 12.40m      | 09/02/19 Birmingham   |
| <b>Shot Putt</b>   | Jason Kingwell        | 11.67m      | 05/09/2015 Ipswich    |
|                    | Nicola Dudman         | 11.83m      | 19/07/03 Cophthall    |
| <b>Discus</b>      | Jason Kingwell        | 36.09m      | 31/05/15 Cambridge    |
|                    | Kylie Brown           | 35.61m      | 31/07/05 Abingdon     |
| <b>Hammer</b>      | Jason Kingwell        | 45.93m      | 17/05/03 Perivale     |
|                    | Nicola Dudman         | 53.79m      | 29/06/03 Bedford      |
| <b>Javelin</b>     | David Harding         | 56.25m      | 29/03/02 Welwyn GC    |
|                    | Eloise Meakins        | 50.16m      | 25/05/13 Watford      |
| <b>Decathlon</b>   | Patrick Barrett       | 6320 points | 02/06/13 Bedford      |
| <b>Heptathlon</b>  | Samantha Anderson     | 4649 points | 27/07/03 Watford      |