

60m	Anthony Meikle	7.29 secs	09/03/19 Lee Valley
100m	Anthony Meikle	11.5 secs	13/05/19 Lee Valley
	Dawn Jones	14.6 secs	30/04/07 Lee Valley
200m	Steve Maisey	23.92 secs	29/06/13 Hendon
	Kim Kingwell	30.1 secs	09/06/08 Cophthall
400m	Matt Hamilton	48.47 secs	19/06/11 Ashford
	Steve Maisey	54.6 secs	30/04/12 Lee Valley
800m	Kim Kingwell	2:27.8 secs	12/07/10 Hemel H
1500m	Tim Marshall	05:36.0 secs	03/04/10 Stevenage
	Jane Gandee	5:20.2 secs	08/05/06 Enfield
3000m	Suzy Fitt	11.06.0 secs	02/06/03 Enfield
5000m	Steve Prosser	16:35.1 secs	21/04/13 Harrow
100m H	Clare Marsh	27.7 secs	09/07/11 Walton
400m H	Clare Marsh	1.43.1 secs	19/05/07 Perivale
High Jump	Dawn Jones	1.45m	04/06/05 Abingdon
Pole Vault	Dawn Jones	1.50m	09/06/08 Cophthall
Long Jump	Anthony Meikle	4.50m	18/08/18 Grays
	Dawn Jones	4.61m	28/08/05 San Sebastian
Triple Jump	Steve Maisey	11.93m	21/06/10 Lee Valley
	Dawn Jones	11.21m	25/06/05 Ashford
Shot Putt	Steve Maisey	10.70m	13/06/11 Lee Valley
	Clare Marsh	6.15m	01/06/09 Cophthall
Discus	Jason Kingwell	31.60m	05/09/10 Ashford
	Dawn Jones	15.11m	12/05/08 Lee Valley
Hammer	Jason Kingwell	40.95m	05/09/10 Ashford
	Clare Marsh	14.26m	21/05/11 Welwyn GC

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Javelin	Steve Maisey	48.44m	05/09/10 Ashford
	Dawn Jones	15.86m	01/06/05 Ware

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