

100m	Eden Davis	10.46 secs	17/06/2017 Bedford
	Jodie Williams	11.18 secs	22/07/11 Tallinn, EST
200m	Eden Davis	21.68 secs	13/07/2017 Jerusalem, ISL
	Jodie Williams	22.94 secs	23/07/11 Tallinn, EST
400m	Nathan Wake	46.86 secs	09/07/09 Bressanone, ITA
	Hannah Williams	52.55 secs	22/07/2017 Grosseto, ITA
800m	Nathan Wake	1:52.26 secs	08/09/10 Watford
	Nikki Silva	2:12.7 secs	18/07/04 Copthall
1500m	David Wilson	3:56.90 secs	13/06/10 Crystal Palace
	Elizabeth Bird	4:28.37 secs	09/06/12 Watford
3000m	Ed Shepherd	8:54.2 secs	28/05/11 Hemel H.
	Elizabeth Bird	9:54.32 secs	26/08/12 Birmingham
5000m	Ed Shepherd	15:38.59 secs	20/08/11 Tonbridge
110m H	Simon Wombell	14.5 secs	12/05/02 Watford
100m H	Stephanie Gaynor	13.81 secs	12/07/09 Birmingham
400m H	Alec Wing	56.28 secs	21/06/09 Watford
	Christina Silva	61.63 secs	08/07/06 Gateshead
1500m SC	Florence Stansall- Seiler	5:09.8 secs	03/07/2015 Luton
2000m SC	Bryn Reynolds	6:55.55 secs	14/05/06 Watford
	Florence Stansall- Seiler	7:34.92 secs	08/06/14 Stevenage
3000m SC	Bryn Reynolds	10:42.6 secs	05/08/06 Ware
	Florence Stansall- Seiler	12:29.77 secs	10/05/15 Bedford
High Jump	Bradley Armorgie	2.03m	10/05/08 Basildon
	Laura Armorgie	1.78m	08/07/2016 Gateshead
Pole Vault	Elliot Breen	4.01m	11/02/2018 Carshalton
	Erin Breen	3.40m	14/05/2017 Watford
Long Jump	Ian Tobin	6.81m	17/06/07 Crystal Palace

	Claire Jaggard	5.53m	30/04/05 Chelmsford
Triple Jump	Matt Thurgood	14.69m	06/07/02 Gonzia, ITA
	Kara Peck	11.20m	17/05/15 Watford
Shot Putt	Ben Solomon	13.35m	14/06/03 Watford
	Nicola Dudman	12.70m	01/09/02 Watford
Discus	Samuel Woodley	49.64m	25/06/2017 Walthamstow
	Caroline Jones	35.55m	15/06/02 Watford
Hammer	Richard Humphries	50.91m	23/05/10 Ware
	Nicola Dudman	57.63m	16/06/02 Manchester
Javelin	Conor Martin	57.89m	27/04/14 Mile End
	Eloise Meakins	52.32m	08/09/12 Bedford
Decathlon	Robert Rumble	6115 points	26/06/05 Hemel H.
Heptathlon	Claire Jaggard	4405 points	22/07/07 Hexham