

100m	Jon Humphries	12.33 secs	05/07/09 Cambridge
	Louise Oliver	13.8 secs	03/07/15 Luton
200m	Jon Humphries	24.1 secs	01/06/09 Copthall
	Louise Oliver	28.00 secs	09/08/15 Lyon, FRA
400m	Jon Humphries	59.1 secs	21/06/10 Lee Valley
	Julie Simmonds	1:11.1 secs	10/05/04 Enfield
800m	Robin Baynham	2:18.4 secs	03/07/07 Copthall
	Julie Simmonds	2:40.1 secs	08/07/02 Hemel H
1500m	Paul Reddaway	4:24.3 secs	30/04/07 Lee Valley
	Julie Simmonds	5:31.1 secs	12/06/06 Watford
3000m	Paul Greaves	9:42.9 secs	21/05/07 Welwyn GC
	Julie Simmonds	11:57.9 secs	09/08/03 Ware
5000m	Paul Greaves	16:33.2 secs	30/04/11 Peterborough
	Julie Simmonds	20:15.0 secs	11/07/05 Hemel H
80m H	Louise Oliver	14.44 secs	04/08/15 Lyon, FRA
110m H	Robin Baynham	20.3 secs	22/05/06 Enfield
400m H	Robin Baynham	69.6 secs	07/05/07 Stevenage
High Jump	Robin Baynham	1.35m	12/07/10 Hemel H
	Louise Oliver	1.43m	05/08/15 Lyon, FRA
Long Jump	Martin Procter	5.19m	06/05/13 Stevenage
	Louise Oliver	4.62m	05/08/15 Lyon, FRA
Triple Jump	Dave Brown	10.11m	05/06/02 Ware
Shot Putt	Anthony Muschette	12.14m	26/06/04 Luton
	Louise Oliver	11.14m	04/08/15 Lyon, FRA
Discus	Jason Kingwell	35.77m	15/05/2016 Watford
	Louise Oliver	17.46m	31/05/15 Cambridge
Hammer	Jason Kingwell	43.13m	25/04/2016 Lea Valley
	Ann Griffin	25.81m	18/05/02 High Wycombe

Javelin	Jason Kingwell	33.95m	18/06/2016 Welwyn GC
	Louise Oliver	27.73m	12/08/15 Lyon, FRA
Heptathlon	Louise Oliver	4894 points	05/08/15 Lyon, FRA
