

100m	Eden Davies	10.76 secs	31/05/15 Bedford
	Jodie Williams	11.24 secs	31/05/10 Bedford
200m	Connor Bardwell	22.03 secs	15/07/12 Watford
	Jodie Williams	22.79 secs	23/05/10 Loughborough
300m	Laura Wake	40.3 secs	05/08/07 Hendon
400m	Nathan Wake	48.13 secs	26/08/07 Coventry
	Jodie Williams	54.33 secs	28/08/10 Cophthall
800m	Liam Dee	1:56.25 secs	13/07/11 Watford
	Ellie Baker	2:07.59 secs	06/07/13 Birmingham
1500m	Liam Dee	4:00.17 secs	27/07/11 Watford
	Ellie Baker	4:25.23 secs	24/07/13 Watford
3000m	Liam Dee	8:53.21 secs	07/09/11 Watford
	Elizabeth Bird	9:58.74 secs	27/07/11 Watford
5000m	Peter Townsend	17:54.5 secs	25/03/05 Welwyn GC
800m H	Helen van Kempen	11.38 secs	12/08/07 Sheffield
1000m H	Ross Armorgie	14.22 secs	11/05/08 Basildon
3000m H	Zoe Benton	44.02 secs	05/09/2015 Manchester
4000m H	Ben Lloyd	54.61 secs	09/07/2016 Gateshead
1500m SC	Robert Rumble	4:52.3 secs	18/05/03 Parliament Hill
	Florence Stansall- Seiler	5:35.9 secs	30/06/13 Eltham
2000m SC	Joe Gaynor	7:43.4 secs	27/07/08 Norwich
	Florence Stansall- Seiler	7:34.92 secs	08/06/14 Stevenage
High Jump	Bradley Armorgie Ross Armorgie	1.90m	18/06/06 Chelmsford 13/07/08 Stevenage
	Laura Armorgie	1.77m	14/04/13 Bedford
Pole Vault	Elliot Breen	3.85m	30/07/2017 Ware
	Erin Breen	3.20m	19/07/15 Little Marlow
Long Jump	Tom Lake	6.41m	14/09/03 Bedford

	Katie Caulfield	5.84m	22/06/08 Hoo
Triple Jump	James Londgrenn-Sampaio	13.66m	17/05/14 Ware
	Danielle Currie	11.17m	13/07/07 Birmingham
Shot Putt	Samuel Woodley	12.67m	08/05/2016 Ware
	Peta Lundgren	10.30m	18/06/06 Chelmsford
Discus	Samuel Woodley	40.73m	08/05/2016 Ware
	Rebecca Porter	37.28m	26/07/2015 Livingston
Hammer	Richard Humphries	57.53m	06/08/09 Sandy
	Katie Parker	37.03m	12/08/06 Sutton
Javelin	Conor Martin	53.37m	10/06/12 Lea Valley
	Peta Lundgren	44.13m	23/06/07 Bedford
Octathlon	Robert Rumble	4994 points	28/09/03 Watford
Heptathlon	Finolla Frederick	4208 points	27/06/10 Ashford
Penthalon	Sally Cowler	2606 points	11/05/13 Hemel H.