

100m	Joshua Horleston	12.76 secs	13/09/2015 Derby Festival
	Jodie Williams	12.8 secs	20/08/06 Thurrock
200m	Drew Daniel-Smith	26.65 secs	13/09/09 Cambridge
	Jodie Williams	26.68 secs	30/07/06 Kingston
400m	James Tennyson	64.9 secs	09/04/04 Ware
800m	Ed Shepherd	2:20.1 secs	14/05/06 Watford
	Megan Breen	2:31.6 secs	10/05/09 Stevenage
1500m	Ed Shepherd	4:39.6 secs	07/05/06 Milton Keynes
	Claire Simm	5:10.5 secs	18/09/02 Watford
70m H	Christa Hetherington	11.15 secs	27/07/14 Kingston
75m H	Callum Stern	12.43 secs	31/07/2016 Kingston
High Jump	Jacob Vickers	1.63m	08/06/19 Hemel H.
	Katie Caulfield	1.55m	23/07/05 Milton Keynes
Long Jump	Ian Tobin	5.88m	04/08/02 Ware
	Natasha Hadley	4.97m	28/06/08 Stevenage
Pole Vault	Bryce Breen	2.30m	14/06/2015 Ware
Shot Putt	Bryn Goodman	9.59m	12/09/10 Peterborough
	Nicole Parcell	10.97m	06/05/12 Bedford
Discus	Bryn Goodman	26.42m	12/09/10 Peterborough
	Nicole Parcell	33.73m	19/08/12 Ware
Hammer	Jed Cowler	12.17m	24/09/11 Watford

Javelin	Charles Perring	32.07m	30/07/2017 Ware
	Eloise Meakins	28.39m	04/06/05 Abingdon
Pentathlon	Joe Robinson	1546 points	16/07/2017 Hemel H.
	Lauren Simpson	2374 points	19/07/15 Hemel H.
