

100m	Sally Gandee	21.1 secs	29/04/13 Lee Valley
200m	Richard Bloom	36.0 secs	18/05/15 Stevenage
	Sally Gandee	44.6 secs	20/05/13 Lee Valley
400m	Sally Gandee	1:41.3 secs	29/04/12 Lee Valley
800m	Richard Bloom	2:57.7 secs	18/05/15 Stevenage
	Maureen Lane	5:35.3 secs	06/09/08 Ashford
1500m	John Steed	6:09.8 secs	08/05/06 Enfield
3000m	Richard Bloom	12:16.2 secs	13/07/15 Hemel H
5000m	Richard Bloom	21:02.4 secs	15/08/15 Dartford
High Jump	John Gandee	1.10m	08/07/13 Hemel H
Long Jump	John Gandee	3.59m	16/07/12 Lee Valley
	Mauren Lane	2.09m (w)	06/09/08 Ashford
Triple Jump	John Gandee	7.87m	10/06/13 Lee Valley
Shot Putt	4k - Ian Miller	12.25m	27/10/07 Dunboyne
	5k - Ian Miller	9.87m	12/05/08 Lee Valley
	6k - Ian Miller	8.76m	12/06/06 Watford
	Sally Gandee	4.19m	20/05/13 Lee Valley
Discus	1k - Ian Miller	36.88m	16/09/06 Dunboyne
	1.5k - Ian Miller	24.40m	20/06/05 Watford
	Sally Gandee	8.56m	29/04/13 Lee Valley
Hammer	4k - Ian Miller	41.57m	26/09/04 Copthall
	5k - Ian Miller	30.99m	23/05/05 Enfield
	6k - John Gandee	14.46m	18/05/15 Stevenage
	Sally Gandee	11.51m	10/06/13 Lee Valley
Javelin	500g - Ian Miller	36.16m	16/09/06 Dunboyne
	600g - John Gandee	27.75m	16/07/12 Lee Valley
	400g - Maureen Lane	8.91m	09/06/08 Copthall