



## Warrington Athletics Club

### Club Records



| Event                 | Athlete              | Performance | Year |
|-----------------------|----------------------|-------------|------|
| <b>Under 11 Boys</b>  |                      |             |      |
| 75m                   | J.Evans              | 10.6        | 2010 |
| 150m                  | F. Williamson-Taylor | 21.6        | 2010 |
| 400m                  | M. Heavey            | 75.4        | 1982 |
| 600m                  | J. Evans             | 1.44.9      | 2010 |
| Long Jump             | C. Leung             | 4.07m       | 2024 |
| <b>Under 11 Girls</b> |                      |             |      |
| 75m                   | K. Chadwick          | 10.6        | 2009 |
| 150m                  | K. Chadwick          | 21.0        | 2009 |
| 600m                  | A. Nemits            | 01:48.9     | 2014 |
| 800m                  | A. Nemits            | 2.41.2      | 2014 |
| Long Jump             | K. Chadwick          | 4.19m       | 2010 |
| <b>Under 13 Boys</b>  |                      |             |      |
| 60m (i)               | A. Kirsopp           | 8.25        | 2009 |
| 75m                   | C. Adelani           | 9.8         | 2021 |
| 100m                  | F. Williamson-Taylor | 12.6        | 2012 |
| 150m                  | C. Adelani           | 19.3        | 2021 |
| 800m                  | J. Evans             | 2.12.5      | 2012 |
| 1200m                 | E. Lawton            | 3.44.99     | 2023 |
| 1500m                 | G. Green             | 4.35.6      | 1977 |
| 60m H (i)             | A. Kirsopp           | 9.52        | 2009 |
| 75m Hurdles           | A. Kirsopp           | 12.0        | 2009 |
| High Jump             | J. Arnold            | 1.50m       | 1972 |
| Long Jump             | N. Washer            | 5.17m       | 1981 |
| Shot Putt             | P. Rundle            | 11.23m      | 1977 |
| Discus                | P. Rundle            | 25.24m      | 1977 |
| Javelin               | P. Rundle            | 38.78m      | 1977 |
| <b>Under 13 Girls</b> |                      |             |      |
| 60m (i)               | K. Chadwick          | 8.4         | 2011 |
| 75m                   | M. Corker            | 10.1        | 2017 |
| 100m                  | K. Sykes             | 12.8        | 1972 |
| 150m                  | B. Hicken            | 19.6        | 2004 |
| 200m                  | B. Hicken            | 27.12       | 2005 |
| 200m (i)              | L. Poole             | 28.91       | 2024 |
| 800m                  | C. McAulay           | 2.22.6      | 2010 |
| 800m (i)              | A. Nemits            | 2.25.62     | 2016 |
| 1200m                 | C. McAulay           | 3.54.7      | 2010 |
| 1500m                 | P. Matheson          | 4.44.0      | 1976 |
| 70m Hurdles           | M. Corker            | 11.0        | 2017 |
| High Jump             | M. Tyler             | 1.43m       | 2002 |
| High Jump (i)         | E. Schofield         | 1.25m       | 2019 |
| Long Jump             | D. Rawsthorne        | 4.92m       | 1979 |
| Long Jump (i)         | K. Chadwick          | 4.70m       | 2010 |
| Shot Putt             | C. Heyes             | 8.42m       | 2008 |
| Shot (i)              | R. Smith             | 6.60m       | 2018 |

|                       |                                 |                    |                        |
|-----------------------|---------------------------------|--------------------|------------------------|
| <b>Discus</b>         | <b>H. Tart</b>                  | <b>24.82m</b>      | <b>2003</b>            |
| <b>Javelin</b>        | <b>C. Heyes</b>                 | <b>28.58m</b>      | <b>2008</b>            |
| <b>Under 15 Boys</b>  |                                 |                    |                        |
| <b>60m (i)</b>        | <b>A. Kirsopp</b>               | <b>7.6</b>         | <b>2011</b>            |
| <b>100m</b>           | <b>F. Williamson-Taylor</b>     | <b>11.24</b>       | <b>2014</b>            |
| <b>200m</b>           | <b>F. Williamson-Taylor</b>     | <b>23.09</b>       | <b>2014</b>            |
| <b>200m (i)</b>       | <b>T. Baines</b>                | <b>23.64</b>       | <b>2015</b>            |
| <b>300m</b>           | <b>T. Baines</b>                | <b>36.17</b>       | <b>2015</b>            |
| <b>800m</b>           | <b>G. Green</b>                 | <b>1.58.4</b>      | <b>1979</b>            |
| <b>800m (i)</b>       | <b>J. Gleave</b>                | <b>2.04.92</b>     | <b>2009</b>            |
| <b>1500m</b>          | <b>G. Green</b>                 | <b>4.05.8</b>      | <b>1979</b>            |
| <b>3000m</b>          | <b>A. Green</b>                 | <b>8.58.4</b>      | <b>1977</b>            |
| <b>1500m St/Ch</b>    | <b>A. Green</b>                 | <b>4.47.2</b>      | <b>1977</b>            |
| <b>60m H (i)</b>      | <b>L. Shaw</b>                  | <b>8.72</b>        | <b>2022</b>            |
| <b>80m Hurdles</b>    | <b>L. Shaw &amp; A. Kirsopp</b> | <b>11.1</b>        | <b>2022 &amp; 2011</b> |
| <b>High Jump</b>      | <b>F. Savage</b>                | <b>1.75m</b>       | <b>2023</b>            |
| <b>High Jump (i)</b>  | <b>J. Herrington</b>            | <b>1.70m</b>       | <b>2016</b>            |
| <b>Long Jump</b>      | <b>A. Kirsopp</b>               | <b>6.06m</b>       | <b>2011</b>            |
| <b>Long Jump (i)</b>  | <b>A. Kirsopp</b>               | <b>5.91m</b>       | <b>2011</b>            |
| <b>Triple Jump</b>    | <b>M. Evans</b>                 | <b>12.85m</b>      | <b>1974</b>            |
| <b>Shot Putt</b>      | <b>J. Nicholls</b>              | <b>16.05m</b>      | <b>1980</b>            |
| <b>Shot (i)</b>       | <b>A. Kirsopp</b>               | <b>9.98m</b>       | <b>2011</b>            |
| <b>Discus</b>         | <b>A. Emmerson</b>              | <b>46.68m</b>      | <b>1976</b>            |
| <b>Javelin</b>        | <b>P. Kenyon</b>                | <b>65.59m</b>      | <b>1964</b>            |
| <b>Hammer</b>         | <b>J. Sands</b>                 | <b>37.81m</b>      | <b>2022</b>            |
| <b>Pole Vault</b>     | <b>B. Evans</b>                 | <b>2.85m</b>       | <b>1976</b>            |
| <b>Pentathlon</b>     | <b>J. Cook</b>                  | <b>2506 points</b> | <b>2008</b>            |
| <b>Under 15 Girls</b> |                                 |                    |                        |
| <b>60m (i)</b>        | <b>M. Corker</b>                | <b>8.04</b>        | <b>2019</b>            |
| <b>100m</b>           | <b>M. Probert</b>               | <b>12.1</b>        | <b>1974</b>            |
| <b>200m</b>           | <b>K. Sykes</b>                 | <b>25.3</b>        | <b>1974</b>            |
| <b>200m (i)</b>       | <b>A. Nemits</b>                | <b>25.72</b>       | <b>2018</b>            |
| <b>300m</b>           | <b>A. Nemits</b>                | <b>39.76</b>       | <b>2018</b>            |
| <b>800m</b>           | <b>S. Parker-Lamb</b>           | <b>2.13.5</b>      | <b>1980</b>            |
| <b>800m (i)</b>       | <b>A. Nemits</b>                | <b>2.28.2</b>      | <b>2018</b>            |
| <b>1500m</b>          | <b>I. Wharton</b>               | <b>04:32.8</b>     | <b>2022</b>            |
| <b>75m Hurdles</b>    | <b>O. Crawford</b>              | <b>10.95</b>       | <b>2024</b>            |
| <b>60m H (i)</b>      | <b>M. Corker</b>                | <b>8.95</b>        | <b>2019</b>            |
| <b>Pole Vault</b>     | <b>R. Pennington</b>            | <b>1.70m</b>       | <b>2009</b>            |
| <b>High Jump</b>      | <b>J. Thomas</b>                | <b>1.61m</b>       | <b>1975</b>            |
| <b>High Jump</b>      | <b>R. Huntress</b>              | <b>1.61m</b>       | <b>2001</b>            |
| <b>Long Jump</b>      | <b>F. Meachin</b>               | <b>5.28m</b>       | <b>1973</b>            |
| <b>Shot Putt</b>      | <b>S. Morris</b>                | <b>9.37m</b>       | <b>2018</b>            |
| <b>Shot (i)</b>       | <b>R. Smith</b>                 | <b>5.14m</b>       | <b>2019</b>            |
| <b>Discus</b>         | <b>C. Brown</b>                 | <b>28.47m</b>      | <b>1962</b>            |
| <b>Javelin</b>        | <b>P. Whelan</b>                | <b>36.24m</b>      | <b>1975</b>            |
| <b>Triple Jump</b>    | <b>M. Crewe</b>                 | <b>9.79m</b>       | <b>2010</b>            |
| <b>Hammer</b>         | <b>M. Kettle</b>                | <b>33.06m</b>      | <b>2015</b>            |
| <b>Pentathlon</b>     | <b>C. Pleavin</b>               | <b>2810 points</b> | <b>1997</b>            |
| <b>Under 17 Men</b>   |                                 |                    |                        |

|                        |                              |                 |                      |
|------------------------|------------------------------|-----------------|----------------------|
| <b>60m (i)</b>         | <b>C. Meakin<br/>L. Shaw</b> | <b>7.42</b>     | <b>2014<br/>2024</b> |
| <b>100m</b>            | <b>F. Williamson-Taylor</b>  | <b>10.89</b>    | <b>2016</b>          |
| <b>200m</b>            | <b>N. Lake</b>               | <b>22.0</b>     | <b>1976</b>          |
| <b>400m</b>            | <b>J. Harrison</b>           | <b>49.5</b>     | <b>1965</b>          |
| <b>400m (i)</b>        | <b>T. Baines</b>             | <b>50.32</b>    | <b>2017</b>          |
| <b>800m</b>            | <b>S. Dykes</b>              | <b>1.54..02</b> | <b>2010</b>          |
| <b>800m (i)</b>        | <b>S. Dykes</b>              | <b>1.59.12</b>  | <b>2010</b>          |
| <b>1500m</b>           | <b>P. Hicken</b>             | <b>3.57.2</b>   | <b>1979</b>          |
| <b>1500m (i)</b>       | <b>M. Jackson</b>            | <b>4.19.92</b>  | <b>2007</b>          |
| <b>3000m</b>           | <b>P. Hicken</b>             | <b>8.32.0</b>   | <b>1978</b>          |
| <b>1500m St/Ch</b>     | <b>S. Kefford</b>            | <b>4.17.7</b>   | <b>1989</b>          |
| <b>60m H (i)</b>       | <b>L. Shaw</b>               | <b>8.05</b>     | <b>2024</b>          |
| <b>100m Hurdles</b>    | <b>L. Shaw</b>               | <b>12.94</b>    | <b>2024</b>          |
| <b>400m Hurdles</b>    | <b>C. McMullen</b>           | <b>53.8</b>     | <b>1996</b>          |
| <b>High Jump</b>       | <b>A. Jones</b>              | <b>1.88m</b>    | <b>1979</b>          |
| <b>High Jump (i)</b>   | <b>J. Herrington</b>         | <b>1.85m</b>    | <b>2018</b>          |
| <b>Long Jump</b>       | <b>J. Browne</b>             | <b>6.75m</b>    | <b>1978</b>          |
| <b>Long Jump (i)</b>   | <b>A. Wort</b>               | <b>5.57m</b>    | <b>2010</b>          |
| <b>Triple Jump</b>     | <b>J. Browne</b>             | <b>14.55m</b>   | <b>1979</b>          |
| <b>Shot Putt</b>       | <b>J. Nicholls</b>           | <b>16.35m</b>   | <b>1982</b>          |
| <b>Shot (i)</b>        | <b>A. Wort</b>               | <b>9.03m</b>    | <b>2010</b>          |
| <b>Discus</b>          | <b>A. Emmerson</b>           | <b>45.54m</b>   | <b>1978</b>          |
| <b>Javelin</b>         | <b>P. Kenyon</b>             | <b>63.09m</b>   | <b>1968</b>          |
| <b>Pole Vault</b>      | <b>B. Evans</b>              | <b>3.60m</b>    | <b>1978</b>          |
| <b>Pole Vault (i)</b>  | <b>A. Wort</b>               | <b>3.10m</b>    | <b>2010</b>          |
| <b>Hammer</b>          | <b>B. Appleyard</b>          | <b>48.07m</b>   | <b>1967</b>          |
| <b>Octathlon</b>       | <b>A. Wort</b>               | <b>4568 pts</b> | <b>2010</b>          |
| <b>Decathlon</b>       | <b>N. Teare</b>              | <b>5759 pts</b> | <b>1976</b>          |
| <b>Under 17 Ladies</b> |                              |                 |                      |
| <b>60m (i)</b>         | <b>H. Darbyshire</b>         | <b>8.01</b>     | <b>2007</b>          |
| <b>100m</b>            | <b>M. Probert</b>            | <b>12.1</b>     | <b>1974</b>          |
| <b>200m</b>            | <b>M. Probert</b>            | <b>24.5</b>     | <b>1974</b>          |
| <b>200m (i)</b>        | <b>A. Nemits</b>             | <b>24.88</b>    | <b>2019</b>          |
| <b>300m</b>            | <b>A. Nemits</b>             | <b>39.5</b>     | <b>2019</b>          |
| <b>300m (i)</b>        | <b>A. Nemits</b>             | <b>39.31</b>    | <b>2019</b>          |
| <b>800m</b>            | <b>H. Knowles-Jones</b>      | <b>02:09.4</b>  | <b>2014</b>          |
| <b>800m (i)</b>        | <b>C. McAulay</b>            | <b>2.16.16</b>  | <b>2014</b>          |
| <b>1500m</b>           | <b>H. Knowles-Jones</b>      | <b>04:21.7</b>  | <b>2014</b>          |
| <b>1500m (i)</b>       | <b>M. Boyer</b>              | <b>5.06.03</b>  | <b>2016</b>          |
| <b>3000m</b>           | <b>H. Knowles-Jones</b>      | <b>09:23.8</b>  | <b>2014</b>          |
| <b>60m H (i)</b>       | <b>O. Crawford</b>           | <b>8.68</b>     | <b>2025</b>          |
| <b>80m Hurdles</b>     | <b>O. Crawford</b>           | <b>11.19</b>    | <b>2025</b>          |
| <b>300m Hurdles</b>    | <b>E. Makin</b>              | <b>44.8</b>     | <b>2002</b>          |
| <b>High Jump</b>       | <b>S. Hesp</b>               | <b>1.66m</b>    | <b>1975</b>          |
| <b>Long Jump</b>       | <b>L. Waywell</b>            | <b>5.61m</b>    | <b>1973</b>          |
| <b>Triple Jump</b>     | <b>M. Crewe</b>              | <b>10.49m</b>   | <b>2011</b>          |
| <b>Shot Putt</b>       | <b>K. Maitland</b>           | <b>10.08m</b>   | <b>1979</b>          |
| <b>Discus</b>          | <b>L. Sproston</b>           | <b>35.87m</b>   | <b>1972</b>          |
| <b>Javelin</b>         | <b>J. Crosby</b>             | <b>37.0m</b>    | <b>2005</b>          |

|                        |                         |                 |             |
|------------------------|-------------------------|-----------------|-------------|
| <b>Pole Vault</b>      | <b>R. Pennington</b>    | <b>2.00m</b>    | <b>2010</b> |
| <b>Hammer</b>          | <b>H. Beeton</b>        | <b>35.31m</b>   | <b>2011</b> |
| <b>Under 20 Men</b>    |                         |                 |             |
| <b>60m (i)</b>         | <b>J. Gladman</b>       | <b>6.99</b>     | <b>2012</b> |
| <b>100m</b>            | <b>H. Thomas</b>        | <b>10.5</b>     | <b>1981</b> |
| <b>200m</b>            | <b>J. Harrison</b>      | <b>21.6</b>     | <b>1966</b> |
| <b>400m</b>            | <b>J. Harrison</b>      | <b>49.1</b>     | <b>1966</b> |
| <b>400m (i)</b>        | <b>T. Baines</b>        | <b>48.96</b>    | <b>2018</b> |
| <b>800m</b>            | <b>B. Green</b>         | <b>1.49.14</b>  | <b>2005</b> |
| <b>800m (i)</b>        | <b>B. Green</b>         | <b>1.51.54</b>  | <b>2005</b> |
| <b>1500m</b>           | <b>H. Ellis</b>         | <b>3.43.91</b>  | <b>2010</b> |
| <b>1500m (i)</b>       | <b>S. Broadhurst</b>    | <b>3.55.89</b>  | <b>2009</b> |
| <b>3000m</b>           | <b>N. Rimmer</b>        | <b>8.12.2</b>   | <b>1981</b> |
| <b>3000m (i)</b>       | <b>H. Ellis</b>         | <b>8.23.85</b>  | <b>2010</b> |
| <b>5000m</b>           | <b>N. Rimmer</b>        | <b>14.19.5</b>  | <b>1981</b> |
| <b>2000m St/Ch</b>     | <b>A. Green</b>         | <b>5.42.6</b>   | <b>1981</b> |
| <b>3000m St/Ch</b>     | <b>S. Kefford</b>       | <b>8.54.15</b>  | <b>1992</b> |
| <b>60m H (i)</b>       | <b>J. Gladman</b>       | <b>8.00</b>     | <b>2010</b> |
| <b>110m Hurdles</b>    | <b>J. Gladman</b>       | <b>13.3</b>     | <b>2012</b> |
| <b>400m Hurdles</b>    | <b>J. Webster</b>       | <b>52.81</b>    | <b>2013</b> |
| <b>High Jump</b>       | <b>A. Jones</b>         | <b>1.98m</b>    | <b>1980</b> |
| <b>Long Jump</b>       | <b>J. Browne</b>        | <b>6.76m</b>    | <b>1980</b> |
| <b>Triple Jump</b>     | <b>J. Browne</b>        | <b>15.0m</b>    | <b>1980</b> |
| <b>Shot Putt</b>       | <b>J. Nicholls</b>      | <b>12.58m</b>   | <b>1979</b> |
| <b>Discus</b>          | <b>A. Emmerson</b>      | <b>42.22m</b>   | <b>1980</b> |
| <b>Javelin</b>         | <b>K. Stoll</b>         | <b>57.8m</b>    | <b>1977</b> |
| <b>Pole Vault</b>      | <b>A. Wort</b>          | <b>4.25m</b>    | <b>2012</b> |
| <b>Hammer</b>          | <b>R. Bate</b>          | <b>50.90m</b>   | <b>2001</b> |
| <b>Under 20 Ladies</b> |                         |                 |             |
| <b>60m (i)</b>         | <b>H. Darbyshire</b>    | <b>8.27</b>     | <b>2008</b> |
| <b>100m</b>            | <b>M. Probert</b>       | <b>12.1</b>     | <b>1974</b> |
| <b>200m</b>            | <b>M. Probert</b>       | <b>24.5</b>     | <b>1975</b> |
| <b>200m (i)</b>        | <b>A. Fitzpatrick</b>   | <b>26.8</b>     | <b>2010</b> |
| <b>400m</b>            | <b>C. McAulay</b>       | <b>55.66</b>    | <b>2015</b> |
| <b>400m (i)</b>        | <b>A. Fitzpatrick</b>   | <b>57.06</b>    | <b>2010</b> |
| <b>800m</b>            | <b>C. McAulay</b>       | <b>2.05.18</b>  | <b>2015</b> |
| <b>800m (i)</b>        | <b>C. McAulay</b>       | <b>2.07.42</b>  | <b>2016</b> |
| <b>1500m</b>           | <b>H. Knowles-Jones</b> | <b>4.18.38</b>  | <b>2215</b> |
| <b>1500m (i)</b>       | <b>K. Lowery</b>        | <b>4.32.47</b>  | <b>2018</b> |
| <b>3000m</b>           | <b>H. Knowles-Jones</b> | <b>08:56.1</b>  | <b>2017</b> |
| <b>3000m (i)</b>       | <b>A. Talbot</b>        | <b>10.30.47</b> | <b>2009</b> |
| <b>1500m St/Ch</b>     | <b>A. Talbot</b>        | <b>5.08.36</b>  | <b>2009</b> |
| <b>2000m St/Ch</b>     | <b>A. Talbot</b>        | <b>7.08.55</b>  | <b>2009</b> |
| <b>400m Hurdles</b>    | <b>J. Booth</b>         | <b>61.7</b>     | <b>1982</b> |
| <b>High Jump</b>       |                         |                 |             |
| <b>Long Jump</b>       | <b>S. Rowlinson</b>     | <b>4.44m</b>    | <b>2023</b> |
| <b>Triple Jump</b>     | <b>L. Woodward</b>      | <b>10.39m</b>   | <b>2004</b> |
| <b>Shot Putt</b>       |                         |                 |             |
| <b>Discus</b>          |                         |                 |             |
| <b>Javelin</b>         | <b>C. Warrington</b>    | <b>35.31m</b>   | <b>2000</b> |

|                       |                         |                 |             |
|-----------------------|-------------------------|-----------------|-------------|
| <b>Hammer</b>         | <b>C. Irons</b>         | <b>16.45m</b>   | <b>2001</b> |
| <b>Senior Men</b>     |                         |                 |             |
| <b>60m (i)</b>        | <b>C. Meakin</b>        | <b>7.00</b>     | <b>2018</b> |
| <b>100m</b>           | <b>J. Harrison</b>      | <b>10.5</b>     | <b>1969</b> |
| <b>100m</b>           | <b>H. Thomas</b>        | <b>10.5</b>     | <b>1981</b> |
| <b>200m</b>           | <b>J. Gladman</b>       | <b>20.8</b>     | <b>2013</b> |
| <b>200m (i)</b>       | <b>J. Gladman</b>       | <b>21.59</b>    | <b>2018</b> |
| <b>400m</b>           | <b>B. Green</b>         | <b>48.44</b>    | <b>2007</b> |
| <b>400m (i)</b>       | <b>J. Gladman</b>       | <b>47.95</b>    | <b>2018</b> |
| <b>800m</b>           | <b>B. Green</b>         | <b>1.47.47</b>  | <b>2006</b> |
| <b>800m (i)</b>       | <b>B. Green</b>         | <b>1.50.90</b>  | <b>2009</b> |
| <b>1500m</b>          | <b>A. Green</b>         | <b>3.42.6</b>   | <b>1986</b> |
| <b>1500m (i)</b>      | <b>B. Green</b>         | <b>3.49.18</b>  | <b>2008</b> |
| <b>1 Mile</b>         | <b>A. Green</b>         | <b>4.00.05</b>  | <b>1986</b> |
| <b>3000m</b>          | <b>A. Green</b>         | <b>7.57.67</b>  | <b>1987</b> |
| <b>3000m (i)</b>      | <b>H. Ellis</b>         | <b>8.28.83</b>  | <b>2012</b> |
| <b>5000m</b>          | <b>A. Green</b>         | <b>14.01.45</b> | <b>1987</b> |
| <b>10000m</b>         | <b>A. Green</b>         | <b>29:13</b>    | <b>1988</b> |
| <b>3000m St/Ch</b>    | <b>S. Kefford</b>       | <b>8.54.15</b>  | <b>1992</b> |
| <b>60m H (i)</b>      | <b>J. Gladman</b>       | <b>7.88</b>     | <b>2015</b> |
| <b>110m Hurdles</b>   | <b>J. Gladman</b>       | <b>14.14</b>    | <b>2012</b> |
| <b>400m Hurdles</b>   | <b>H. Robinson</b>      | <b>51.6</b>     | <b>1975</b> |
| <b>High Jump</b>      | <b>A. Jones</b>         | <b>2.00m</b>    | <b>1982</b> |
| <b>High Jump (i)</b>  | <b>A. Wort</b>          | <b>1.75m</b>    | <b>2013</b> |
| <b>Long Jump</b>      | <b>M. Massey</b>        | <b>6.93m</b>    | <b>1971</b> |
| <b>Long Jump (i)</b>  | <b>W. Czaja</b>         | <b>6.21m</b>    | <b>2008</b> |
| <b>Triple Jump</b>    | <b>J. Browne</b>        | <b>15.0m</b>    | <b>1980</b> |
| <b>Shot Putt</b>      | <b>J. Nicholls</b>      | <b>15.97m</b>   | <b>1999</b> |
| <b>Shot (i)</b>       | <b>A. Wort</b>          | <b>11.09</b>    | <b>2013</b> |
| <b>Discus</b>         | <b>T. Lewis</b>         | <b>44.67m</b>   | <b>1958</b> |
| <b>Javelin</b>        | <b>D. Greta</b>         | <b>62.05m</b>   | <b>2005</b> |
| <b>Hammer</b>         | <b>J. Nicholls</b>      | <b>42.3m</b>    | <b>1999</b> |
| <b>Pole Vault</b>     | <b>A. Wort</b>          | <b>4.25m</b>    | <b>2012</b> |
| <b>Pole Vault (i)</b> | <b>A. Wort</b>          | <b>3.95m</b>    | <b>2013</b> |
| <b>Decathlon</b>      | <b>A. Wort</b>          | <b>6346 pts</b> | <b>2014</b> |
| <b>Senior Ladies</b>  |                         |                 |             |
| <b>60m (i)</b>        | <b>J. Hicken</b>        | <b>9.35</b>     | <b>2018</b> |
| <b>100m</b>           | <b>L. Hampson</b>       | <b>11.9</b>     | <b>1975</b> |
| <b>200m</b>           | <b>M. Probert</b>       | <b>24.5</b>     | <b>1975</b> |
| <b>200m (i)</b>       | <b>J. Hicken</b>        | <b>31.28</b>    | <b>2014</b> |
| <b>400m</b>           | <b>C. McAulay</b>       | <b>55.66</b>    | <b>2015</b> |
| <b>400m (i)</b>       | <b>J. Hicken</b>        | <b>75.18</b>    |             |
| <b>800m</b>           | <b>C. McAulay</b>       | <b>2.05.18</b>  | <b>2015</b> |
| <b>1500m</b>          | <b>H. Knowles-Jones</b> | <b>4.18.38</b>  | <b>2015</b> |
| <b>3000m</b>          | <b>S. Rigg</b>          | <b>9.07.3</b>   | <b>1993</b> |
| <b>3000m (i)</b>      | <b>A. Talbot</b>        | <b>10.17.23</b> | <b>2012</b> |
| <b>5000m</b>          | <b>S. Rigg</b>          | <b>15.56.83</b> | <b>1994</b> |
| <b>10000m</b>         | <b>S. Rigg</b>          | <b>32.44.06</b> | <b>1993</b> |
| <b>2000m St/Ch</b>    | <b>A. Talbot</b>        | <b>7.08.55</b>  | <b>2009</b> |
| <b>100m Hurdles</b>   | <b>R. Hardy</b>         | <b>14.73</b>    | <b>2023</b> |

|                            |                      |                 |             |
|----------------------------|----------------------|-----------------|-------------|
| <b>200m Hurdles</b>        | <b>L. Halliday</b>   | <b>31.25</b>    | <b>2025</b> |
| <b>400m Hurdles</b>        | <b>J. Booth</b>      | <b>61.7</b>     | <b>1980</b> |
| <b>High Jump</b>           | <b>S. Hesp</b>       | <b>1.69m</b>    | <b>1977</b> |
| <b>Long Jump</b>           | <b>L. Waywell</b>    | <b>5.61m</b>    | <b>1973</b> |
| <b>Shot Putt</b>           | <b>S. Cole</b>       | <b>11.45m</b>   | <b>1961</b> |
| <b>Discus</b>              | <b>L. Sproston</b>   | <b>35.87m</b>   | <b>1961</b> |
| <b>Javelin</b>             | <b>E. Austin</b>     | <b>40.74m</b>   | <b>1997</b> |
| <b>Hammer</b>              | <b>C. Irons</b>      | <b>22.25m</b>   | <b>2004</b> |
| <b>Male Road Running</b>   |                      |                 |             |
| <b>5mk</b>                 | <b>B.Quinton</b>     | <b>14:27</b>    | <b>2024</b> |
| <b>10km</b>                | <b>B.Quinton</b>     | <b>29:37</b>    | <b>2024</b> |
| <b>10 Miles</b>            | <b>A. Green</b>      | <b>47:47</b>    | <b>1993</b> |
| <b>15 Miles</b>            | <b>R. Wood</b>       | <b>76:14</b>    | <b>1970</b> |
| <b>20 Miles</b>            | <b>B. Quennell</b>   | <b>01:51:18</b> | <b>1966</b> |
| <b>Half Marathon</b>       | <b>A. Green</b>      | <b>01:02:48</b> | <b>1993</b> |
| <b>Marathon</b>            | <b>A. Green</b>      | <b>02:12:02</b> | <b>1993</b> |
| <b>Female Road Running</b> |                      |                 |             |
| <b>5km</b>                 | <b>S. Rigg</b>       | <b>15:32</b>    | <b>1994</b> |
| <b>10km</b>                | <b>S. Rigg</b>       | <b>11:05</b>    | <b>1992</b> |
| <b>10 Miles</b>            | <b>S. Rigg</b>       | <b>53:42</b>    | <b>1993</b> |
| <b>Half Marathon</b>       | <b>S. Rigg</b>       | <b>01:12:07</b> | <b>1993</b> |
| <b>Marathon</b>            | <b>S. Rigg</b>       | <b>02:34:21</b> | <b>1995</b> |
| <b>Vets Women 35-39</b>    |                      |                 |             |
| <b>100m</b>                | <b>F. Lawton</b>     | <b>16.2</b>     | <b>2024</b> |
| <b>200m</b>                | <b>F. Lawton</b>     | <b>34.3</b>     | <b>2023</b> |
| <b>400m</b>                | <b>K. Crossley</b>   | <b>66.3</b>     | <b>2015</b> |
| <b>800m</b>                | <b>K. Crossley</b>   | <b>2.33.7</b>   | <b>2015</b> |
| <b>3000m</b>               | <b>E. Pryor</b>      | <b>12.45.3</b>  | <b>2017</b> |
| <b>5000m</b>               | <b>K. Crossley</b>   | <b>21.34</b>    | <b>2015</b> |
| <b>10000m</b>              | <b>K. Crossley</b>   | <b>42.55</b>    | <b>2015</b> |
| <b>Half Marathon</b>       | <b>K. Crossley</b>   | <b>1.39.34</b>  | <b>2018</b> |
| <b>Marathon</b>            | <b>S. Anderson</b>   | <b>3.16.52</b>  | <b>2008</b> |
| <b>Long Jump</b>           | <b>K. Crossley</b>   | <b>4.11m</b>    | <b>2015</b> |
| <b>Shot</b>                | <b>K. Crossley</b>   | <b>7.33m</b>    | <b>2017</b> |
| <b>Javelin</b>             | <b>K. Crossley</b>   | <b>29.39m</b>   | <b>2015</b> |
| <b>Discus</b>              | <b>K. Crossley</b>   | <b>19.80m</b>   | <b>2015</b> |
| <b>Vets Men 35-39</b>      |                      |                 |             |
| <b>100m</b>                | <b>G. Douglas</b>    | <b>12.7</b>     | <b>2014</b> |
| <b>200m</b>                | <b>G. Douglas</b>    | <b>26.3</b>     | <b>2014</b> |
| <b>400m</b>                | <b>M. Jones</b>      | <b>54.3</b>     | <b>2006</b> |
| <b>1500m</b>               | <b>P. Dodsworth</b>  | <b>4.27.6</b>   | <b>2008</b> |
| <b>5000m</b>               | <b>N. Jones</b>      | <b>15.49.9</b>  | <b>2014</b> |
| <b>10000m</b>              | <b>N. Jones</b>      | <b>32.19.83</b> | <b>2014</b> |
| <b>Short Hurdles</b>       | <b>N. Petley</b>     | <b>17.4</b>     | <b>2006</b> |
| <b>Half Marathon</b>       | <b>A. Timmins</b>    | <b>1.12.58</b>  | <b>2005</b> |
| <b>Marathon</b>            | <b>A. Timmins</b>    | <b>2.38.51</b>  | <b>2005</b> |
| <b>Shot</b>                | <b>M. Pendlebury</b> | <b>13.32m</b>   | <b>2012</b> |
| <b>Javelin</b>             | <b>K. Lavelle</b>    | <b>48.01m</b>   | <b>2012</b> |
| <b>Discus</b>              | <b>M. Pendlebury</b> | <b>39.69m</b>   | <b>2012</b> |
| <b>5km (Road)</b>          | <b>N. Jones</b>      | <b>15.58</b>    | <b>2014</b> |

|                         |               |         |      |
|-------------------------|---------------|---------|------|
| 10km (Road)             | N. Jones      | 32.23   | 2014 |
| <b>Vets Women 40-44</b> |               |         |      |
| 200m                    | C. Andrew     | 36.2    | 2023 |
| 400m                    | L. Dodsworth  | 97.4    | 2001 |
| 800m                    | L. Blizzard   | 2.58.5  | 2018 |
| 1500m                   | C. Andrew     | 5.33.5  | 2023 |
| 3000m                   | C. Andrew     | 11:17.7 | 2022 |
| Half Marathon           | L. Blizzard   | 1.30.32 | 2018 |
| Shot                    | J. Chamun     | 6.34m   | 2018 |
| Javelin                 | J. Chamun     | 19.16m  | 2018 |
| Discus                  | J. Chamun     | 13.44m  | 2018 |
| Hammer                  | J. Chamun     | 15.10m  | 2017 |
| 5km (Road)              | L. Blizzard   | 19.40   | 2018 |
| 10km (Road)             | L. Blizzard   | 41.25   | 2018 |
| Long Jump               | J. Chamun     | 3.04m   | 2019 |
| <b>Vets Men 40-44</b>   |               |         |      |
| 100m                    | M. Metcalfe   | 13.3    | 2018 |
| 400m                    | P. Knowles    | 50.68   | 2000 |
| 800m                    | N. Jones      | 2.11.0  | 2016 |
| 3000m                   | N. Jones      | 9.21.84 | 2015 |
| 5000m                   | N. Jones      | 15.49.9 | 2014 |
| 10000m                  | M. Girvan     | 31.17.0 | 1997 |
| Short Hurdles           | A. Archdeacon | 17.4    | 2006 |
| Long Hurdles            | A. Archdeacon | 58.83   | 2005 |
| 10 miles                | M. Girvan     | 50.24   | 1996 |
| Half Marathon           | M. Girvan     | 1.07.19 | 1997 |
| Marathon                | A. Timmins    | 2.39.20 | 2010 |
| Long Jump               | N. Petley     | 5.24m   | 2012 |
| High Jump               | N. Petley     | 1.57m   | 2010 |
| Triple Jump             | N. Petley     | 11.07m  | 2012 |
| Shot                    | C. Wells      | 7.56m   | 2010 |
| Javelin                 | C. Wells      | 30.27m  | 2010 |
| Discus                  | C. Wells      | 22.04m  | 2010 |
| Pole Vault              | C. Wells      | 2.40m   | 2010 |
| Hammer                  | C. Wells      | 19.53m  | 2010 |
| 5km (Road)              | N. Jones      | 15.26   | 2018 |
| 10km (Road)             | N. Jones      | 31.55   | 2018 |
| <b>Vets Women 45-49</b> |               |         |      |
| 100m                    | K. Greenfield | 16.3    | 2010 |
| 200m                    | J. Hicken     | 32.3    | 2011 |
| 400m                    | J. Hicken     | 69.3    | 2011 |
| 800m                    | K. Greenfield | 3.30.2  | 2010 |
| Half Marathon           | J. Robbins    | 1.42.01 | 2019 |
| Long Jump               | K. Greenfield | 2.69m   | 2010 |
| Shot                    | J. Hicken     | 6.74m   | 2011 |
| Javelin                 | J. Hicken     | 10.29m  | 2011 |
| Discus                  | J. Hicken     | 19.8m   | 2010 |
| Hammer                  | J. Hicken     | 13.77m  | 2010 |
| 5km (Road)              | J. Robbins    | 21.23   | 2019 |
| 10km (Road)             | J. Edge       | 44.46   | 2007 |

|                         |                     |                |             |
|-------------------------|---------------------|----------------|-------------|
| <b>5000m</b>            | <b>J. Robbins</b>   | <b>21.51</b>   | <b>2019</b> |
| <b>Vets Men 45-49</b>   |                     |                |             |
| <b>60m (i)</b>          | <b>N. Petley</b>    | <b>8.67</b>    | <b>2014</b> |
| <b>100m</b>             | <b>P. Knowles</b>   | <b>11.87</b>   | <b>2005</b> |
| <b>200m</b>             | <b>P. Knowles</b>   | <b>24.89</b>   | <b>2006</b> |
| <b>200m</b>             | <b>P. Knowles</b>   | <b>54.27</b>   | <b>2005</b> |
| <b>3000m</b>            | <b>M. Girvan</b>    | <b>8.53.75</b> | <b>2000</b> |
| <b>5000m</b>            | <b>T. McCarthy</b>  | <b>18.08.4</b> | <b>2008</b> |
| <b>60m H (i)</b>        | <b>N. Petley</b>    | <b>19.71</b>   | <b>2014</b> |
| <b>110m Hurdles</b>     | <b>N. Petley</b>    | <b>19.7</b>    | <b>2013</b> |
| <b>400m Hurdles</b>     | <b>N. Petley</b>    | <b>71.88</b>   | <b>2015</b> |
| <b>10 Miles</b>         | <b>A. Green</b>     | <b>56.57</b>   | <b>2011</b> |
| <b>Half Marathon</b>    | <b>G. Green</b>     | <b>1.11.37</b> | <b>2015</b> |
| <b>Marathon</b>         | <b>A. Green</b>     | <b>2.43.03</b> | <b>2011</b> |
| <b>Long Jump</b>        | <b>N. Petley</b>    | <b>4.90m</b>   | <b>2013</b> |
| <b>Long Jump (i)</b>    | <b>N. Petley</b>    | <b>4.96m</b>   | <b>2014</b> |
| <b>High Jump</b>        | <b>N. Petley</b>    | <b>1.45m</b>   | <b>2013</b> |
| <b>High Jump (i)</b>    | <b>N. Petley</b>    | <b>1.41m</b>   | <b>2017</b> |
| <b>Triple Jump</b>      | <b>N. Petley</b>    | <b>10.62m</b>  | <b>2013</b> |
| <b>Shot</b>             | <b>C. Wells</b>     | <b>7.86m</b>   | <b>2012</b> |
| <b>Javelin</b>          | <b>C. Wells</b>     | <b>27.71m</b>  | <b>2011</b> |
| <b>Discus</b>           | <b>C. Wells</b>     | <b>21.27m</b>  | <b>2011</b> |
| <b>Pole Vault</b>       | <b>C. Wells</b>     | <b>2.5m</b>    | <b>2011</b> |
| <b>Hammer</b>           | <b>C. Wells</b>     | <b>20.96m</b>  | <b>2012</b> |
| <b>5km (Road)</b>       | <b>A. Green</b>     | <b>16.58</b>   | <b>2012</b> |
| <b>10km (Road)</b>      | <b>A. Green</b>     | <b>33.48</b>   | <b>2012</b> |
| <b>Vets Women 50-54</b> |                     |                |             |
| <b>60m (i)</b>          | <b>J. Hicken</b>    | <b>9.38</b>    | <b>2014</b> |
| <b>100m</b>             | <b>J. Hicken</b>    | <b>14.7</b>    | <b>2014</b> |
| <b>200m</b>             | <b>J. Hicken</b>    | <b>30.58</b>   | <b>2014</b> |
| <b>200m (i)</b>         | <b>J. Hicken</b>    | <b>31.28</b>   | <b>2014</b> |
| <b>400m</b>             | <b>J. Hicken</b>    | <b>71.26</b>   | <b>2014</b> |
| <b>400m</b>             | <b>J. Hicken</b>    | <b>75.18</b>   | <b>2014</b> |
| <b>Half Marathon</b>    | <b>C. Jackson</b>   | <b>2.02.34</b> | <b>2013</b> |
| <b>High Jump</b>        | <b>L. Dykes</b>     | <b>1.10m</b>   | <b>2018</b> |
| <b>Shot</b>             | <b>J. Hicken</b>    | <b>6.17m</b>   | <b>2014</b> |
| <b>Discus</b>           | <b>J. Hicken</b>    | <b>13.82m</b>  | <b>2014</b> |
| <b>Long Jump</b>        | <b>J. Schofield</b> | <b>2.10m</b>   | <b>2019</b> |
| <b>Javelin</b>          | <b>J. Schofield</b> | <b>8.44m</b>   | <b>2019</b> |
| <b>3000m</b>            | <b>A. Gregory</b>   | <b>12.56.7</b> | <b>2023</b> |
| <b>5km (Road)</b>       | <b>A. Gregory</b>   | <b>22:34</b>   | <b>2023</b> |
| <b>Vets Men 50-54</b>   |                     |                |             |
| <b>60m (i)</b>          | <b>P. Corker</b>    | <b>8.62</b>    | <b>2019</b> |
| <b>100m</b>             | <b>P. Corker</b>    | <b>13.4</b>    | <b>2019</b> |
| <b>200m (i)</b>         | <b>P. Corker</b>    | <b>28.63</b>   | <b>2019</b> |
| <b>800m</b>             | <b>D. Newman</b>    | <b>2.20.0</b>  | <b>2018</b> |
| <b>1500m</b>            | <b>D. Newman</b>    | <b>4.50.2</b>  | <b>2018</b> |
| <b>3000m</b>            | <b>G. Green</b>     | <b>9.09.9</b>  | <b>2018</b> |
| <b>5000m</b>            | <b>S. Watmough</b>  | <b>17.36.6</b> | <b>2012</b> |
| <b>10000m</b>           | <b>M. Ward</b>      | <b>39.07.8</b> | <b>2009</b> |

|                         |                    |                |             |
|-------------------------|--------------------|----------------|-------------|
| <b>60m H (i)</b>        | <b>N. Petley</b>   | <b>10.12</b>   | <b>2019</b> |
| <b>100m Hurdles</b>     | <b>N. Petley</b>   | <b>16.45</b>   | <b>2018</b> |
| <b>10 Miles</b>         | <b>A. Green</b>    | <b>55.45</b>   | <b>2014</b> |
| <b>Half Marathon</b>    | <b>A. Green</b>    | <b>1.11.10</b> | <b>2015</b> |
| <b>Marathon</b>         | <b>G. Green</b>    | <b>2.31.56</b> | <b>2015</b> |
| <b>Long Jump</b>        | <b>N. Petley</b>   | <b>4.75m</b>   | <b>2018</b> |
| <b>High Jump</b>        | <b>N. Petley</b>   | <b>1.45m</b>   | <b>2018</b> |
| <b>Triple Jump</b>      | <b>N. Petley</b>   | <b>9.98m</b>   | <b>2018</b> |
| <b>5km (Road)</b>       | <b>A. Green</b>    | <b>15.30</b>   | <b>2013</b> |
| <b>10km (Road)</b>      | <b>A. Green</b>    | <b>31.35</b>   | <b>2015</b> |
| <b>Vets Women 55-59</b> |                    |                |             |
| <b>60m (i)</b>          | <b>J. Hicken</b>   | <b>9.35</b>    | <b>2018</b> |
| <b>100m</b>             | <b>J. Hicken</b>   | <b>15.11</b>   | <b>2018</b> |
| <b>200m</b>             | <b>J. Hicken</b>   | <b>31.48</b>   | <b>2018</b> |
| <b>200m (i)</b>         | <b>J. Hicken</b>   | <b>31.86</b>   | <b>2018</b> |
| <b>400m</b>             | <b>J. Hicken</b>   | <b>75.89</b>   | <b>2018</b> |
| <b>400m (i)</b>         | <b>J. Hicken</b>   | <b>79.32</b>   | <b>2018</b> |
| <b>Long Hurdles</b>     | <b>J. Hicken</b>   | <b>62.22</b>   | <b>2018</b> |
| <b>Vets Men 55-59</b>   |                    |                |             |
| <b>100m</b>             | <b>P. Knowles</b>  | <b>13.1</b>    | <b>2018</b> |
| <b>200m</b>             | <b>P. Knowles</b>  | <b>27.5</b>    | <b>2018</b> |
| <b>200m (i)</b>         | <b>P. Knowles</b>  | <b>27.7</b>    | <b>2018</b> |
| <b>400m</b>             | <b>D. Gill</b>     | <b>64.88</b>   | <b>2015</b> |
| <b>800m</b>             | <b>D. Gill</b>     | <b>2.23.17</b> | <b>2015</b> |
| <b>1500m</b>            | <b>D. Gill</b>     | <b>4.59.97</b> | <b>2015</b> |
| <b>1500m (i)</b>        | <b>D. Gill</b>     | <b>5.09.64</b> | <b>2017</b> |
| <b>3000m</b>            | <b>S. Watmough</b> | <b>9.53.38</b> | <b>2018</b> |
| <b>5000m</b>            | <b>S. Watmough</b> | <b>17.01.4</b> | <b>2018</b> |
| <b>10000m</b>           | <b>S. Watmough</b> | <b>35.51</b>   | <b>2018</b> |
| <b>Short Hurdles</b>    | <b>N. Petley</b>   | <b>19.85</b>   | <b>2024</b> |
| <b>Long Hurdles</b>     | <b>D. Gill</b>     | <b>79.82</b>   | <b>2017</b> |
| <b>10 Miles</b>         | <b>S. Watmough</b> | <b>57.39</b>   | <b>2018</b> |
| <b>Half Marathon</b>    | <b>S. Watmough</b> | <b>1.16.28</b> | <b>2019</b> |
| <b>Marathon</b>         | <b>S. Watmough</b> | <b>2.40.39</b> | <b>2019</b> |
| <b>Shot</b>             | <b>D. Gill</b>     | <b>6.43m</b>   | <b>2018</b> |
| <b>5km (Road)</b>       | <b>A. Green</b>    | <b>16.00</b>   | <b>2018</b> |
| <b>10km (Road)</b>      | <b>S. Watmough</b> | <b>34.06</b>   | <b>2019</b> |
| <b>Vets Women 60-64</b> |                    |                |             |
| <b>60m (i)</b>          | <b>J. Hicken</b>   | <b>9.4</b>     | <b>2024</b> |
| <b>100m</b>             | <b>J. Hicken</b>   | <b>14.9</b>    | <b>2024</b> |
| <b>200m</b>             | <b>J. Hicken</b>   | <b>30.35</b>   | <b>2024</b> |
| <b>200m (i)</b>         | <b>J. Hicken</b>   | <b>30.51</b>   | <b>2024</b> |
| <b>400m</b>             | <b>J. Hicken</b>   | <b>73.85</b>   | <b>2024</b> |
| <b>Vets Men 60-64</b>   |                    |                |             |
| <b>100m</b>             | <b>D. Gill</b>     | <b>14.75</b>   | <b>2018</b> |
| <b>200m</b>             | <b>D. Gill</b>     | <b>29.56</b>   | <b>2018</b> |
| <b>400m (i)</b>         | <b>D. Gill</b>     | <b>65.92</b>   | <b>2018</b> |
| <b>800m</b>             | <b>D. Gill</b>     | <b>2.35.23</b> | <b>2018</b> |
| <b>1500m (i)</b>        | <b>D. Gill</b>     | <b>5.10.28</b> | <b>2018</b> |
| <b>5000m</b>            | <b>D. Gill</b>     | <b>19.14.5</b> | <b>2018</b> |

|                       |                    |                |             |
|-----------------------|--------------------|----------------|-------------|
| <b>10 Miles</b>       | <b>D. Gill</b>     | <b>1.03.36</b> | <b>2018</b> |
| <b>Half Marathon</b>  | <b>S. Watmough</b> | <b>1.16.43</b> | <b>2022</b> |
| <b>Marathon</b>       | <b>M. Ward</b>     | <b>3.26.35</b> | <b>2017</b> |
| <b>Long Jump</b>      | <b>D. Gill</b>     | <b>3.41m</b>   | <b>2018</b> |
| <b>Triple Jump</b>    | <b>D. Gill</b>     | <b>7.58m</b>   | <b>2018</b> |
| <b>Shot</b>           | <b>D. Spencer</b>  | <b>6.49m</b>   | <b>2011</b> |
| <b>Javelin</b>        | <b>D. Spencer</b>  | <b>22.73m</b>  | <b>2010</b> |
| <b>Discus</b>         | <b>D. Specer</b>   | <b>17.47m</b>  | <b>2011</b> |
| <b>Hammer</b>         | <b>D. Spencer</b>  | <b>16.55m</b>  | <b>2011</b> |
| <b>5km (Road)</b>     | <b>S. Watmough</b> | <b>16:38</b>   | <b>2022</b> |
| <b>10km (Road)</b>    | <b>S. Watmough</b> | <b>35.17</b>   | <b>2022</b> |
| <b>Vets Women 65+</b> |                    |                |             |
|                       |                    |                |             |
| <b>Vets Men 65+</b>   |                    |                |             |
| <b>Shot</b>           | <b>D. Spencer</b>  | <b>6.31m</b>   | <b>2016</b> |
| <b>Javelin</b>        | <b>D. Spencer</b>  | <b>17.31m</b>  | <b>2015</b> |
| <b>Discus</b>         | <b>D. Spencer</b>  | <b>15.33m</b>  | <b>2015</b> |
| <b>Hammer</b>         | <b>D. Spencer</b>  | <b>15.04m</b>  | <b>2017</b> |
| <b>Half Marathon</b>  | <b>M. Ward</b>     | <b>1.28.21</b> | <b>2020</b> |

