

EVENT	RECORD	HOLDER	EVENT	VENUE	DATE
TRACK					
100m	10.04 w	Deji Tobais	CAU Inter-Counties	Bedford	23/08/2014
200m	20.61	Deji Tobais	KBC Night of Athletics	Heusden BEL	07/07/2012
400m	44.37	Mark Richardson	Bislett Games	Oslo NOR	09/07/1998
800m	1.44.65	James McIlroy		Rieti ITA	28/08/2005
1500m	3.39.73 Ind	James McIlroy	Norwich Union Grand Prix	Birmingham	16/02/2008
3000m	7.54.97	Peter Standing	Rotary	Crystal Palace	23/08/1978
5000m	13.19.45	Sam Haughian	Commonwealth Games	Manchester	31/07/2002
10000m	28.24.01	Jack Lane	European Championships	Helsinki FIN	10/08/1971
3000m S/C	8.32.68	Ben Whitby	AAA Championships	Birmingham	15/07/2001
110m Hurdles	13.14	Lawrence Clarke	Meeting de Madrid	Madrid, SPAIN	07/07/2012
400m Hurdles	49.49 secs	Jacob Paul	Muller Anniversary Games	Olympic Stadium, London	09/07/2017
FIELD					
High Jump	2.21m	Alan McKie	Bedford International Games	Bedford	01/06/2008
Long Jump	7.87m	Keith Fleming	Loughborough .v. AAA's	Loughborough	07/06/1987
Triple Jump	17.81m w	Keith Connor	Commonwealth Games	Brisbane, Australia	09/10/1982
Pole Vault	5.40m	Jeff Gutteridge		El Paso TX USA	23/04/1980
Shot (7.26Kg)	17.42m	Joey Watson	Southern Athletic League	Eton	09/07/2016
Discus (2Kg)	53.94m	Osman Muskwe	British League	Liverpool	08/08/2015
Javelin (800g)	75.89m	Dan Pembroke	Bedford International Games	Bedford	12/06/2011
Hammer (7.26Kg)	73.80m	Jason Byrne	West London Hammer School	Colindale	19/09/1992
MULTI-EVENTS					
Decathlon	8163 points	Ashley Bryant	IAAF World Combined Events Challenge	Gotzis, Austria	27/05-28/05/2017
		Day 1: 100m 10.89, LJ 7.70m, SP 14.20m, HJ 1.97m, 400m 49.69			
		Day 2: 110mH 14.69, DT 42.52m, PV 4.50m, JT 67.54m, 1500m 4:31.86			
RELAYS					
4 x 100m Relay	41.07	Andrew Matthews, Rion Pierre, Fahad Khan, Mark Holloway	British Athletic League	Stoke	30/07/2005
4 x 400m Relay	3.08.6	S. Kabiswa, Mark Hylton, Adrian Patrick, Mark Richardson		Stoke	06/05/1995
BEST PERFORMANCES					
60m	6.60 Indoors	Rion Pierre	London Games	Lee Valley	26/01/2014
60m Hurdles	7.59 Indoors	Lawrence Clarke	National en salle de Mondeville	Mondeville, France	07/02/2015
Heptathlon	5975 points	Ashley Bryant	Multi-Events International	Prague, CZE	28-29/01/2017
Marathon	2:15.09	Benedict Whitby	Florence Marathon	Florence, Italy	28/11/2010
Half Marathon	63.43	Benedict Whitby	Reading Half Marathon	Reading	29/03/2009