

EVENT	RECORD	HOLDER	CLUB	VENUE	DATE
TRACK					
100m	11.2	Josh Patrick	WSEH	Bedford	08/05/05
200m	22.4	Ade Mafe	Houn	Haringey	11/11/1981
400m	50.1	Ade Mafe	Houn	Hendon	06/09/1981
800m	1.57.40	Jivendra Singh	WSEH	Eltham	20/07/2011
1500m	4.03.85	Jivendra Singh	WSEH	Watford	27/07/2011
3000m	8.47.48	Mohammed Farah	Houn	Bedford	05/07/1997
80m Hurdles	11.09	Sam Maguire	WSEH	Ashford	24/05/2008
FIELD					
High Jump	1.88m	Matt Paice	WSE		18/05/1997
		Cameron Lake	WSEH	Eton	01/08/2004
Long Jump	6.40m	Matthew John	WSE		09/06/1984
Triple Jump	13.60m	Steven Folkard	Houn	Kirby	11/07/1980
Pole Vault	4.18m	Ian Lewis	Houn	Motspur Park	24/05/1983
Shot (4Kg)	16.01m	Ian McLaughlin	WSE	Perivale	18/09/1991
Discus (1.25Kg)	46.57m	Matthew Townsend	WSEH	Sheffield	11/07/2003
Javelin (600g)	55.70m	Ashley Bryant	WSEH	Birmingham	13/08/2005
Hammer (4Kg)	70.78m	Andrew Tolputt	WSE	Birmingham	10/07/1982
MULTI-EVENTS					
Pentathlon	2950	Ashley Bryant	WSEH	Southampton	17-18/09/2005
RELAYS					
4 x 100m Relay	45.6	A. Mafe, S. Redman T. Bloomfield, D. Dacosta	Houn		23/08/1980
4 x 400m Relay	3.41.60	G. Martin, G. Higgins B. Wiseman, D. Bass	WSEH	Bedford	18/07/2004
BEST PERFORMANCES					
60m	7.48	Adam Medcraft	WSEH	Birmingham	19/02/2006
60m Hurdles	8.89	Sam Maguire	WSEH	Eton	02/02/2008