

EVENT	RECORD	HOLDER	CLUB	VENUE	DATE
TRACK					
100m	10.30	Deji Tobais	WSEH	Mannheim GER	03/07/2010
200m	21.02	Mark Richardson	WSE	Horsham	28/07/1990
400m	45.53	Mark Richardson	WSE	Thessalaniki GRE	10/08/1991
800m	1.48.8	Chris Sly	Houn	Aldershot	1977
1500m	3.40.72	Gary Taylor	Houn	Milan ITA	08/07/1981
3000m	8.09.24	Mohammed Farah	WSEH	Loughborough	20/05/2001
5000m	13.56.31	Mohammed Farah	WSEH	Solihull	23/06/2001
2000m S/C	5.43.2	Chris Sly	Houn	Kirby	1975
3000m S/C	8.59.09	Ben Whitby	Houn	Bedford	1996
110m Hurdles	13.36	Lawrence Clarke	WSEH	Oslo, Norway	03/07/2009
400m Hurdles	52.25	Jeff Christie	WSEH	Mannheim GER	16/06/2001
FIELD					
High Jump	2.20m	Alan McKie	WSEH	Hendon	02/09/2007
Long Jump	7.15m	Matthew John	WSE	Haringey	29/06/1986
Triple Jump	15.95m	Keith Connor	WSE	Crystal Palace	30/08/1976
Pole Vault	4.96m	Jeff Gutteridge	WSE	Crystal Palace	24/09/1975
Shot (6.25Kg)	14.32m	Clive Jeffery	WSE		06/07/1974
Discus (1.75Kg)	54.94m	Steve Watson	WSEH	Bedford	20/06/2010
Javelin (800g)	72.54m	Dan Pembroke	WSEH	Crystal Palace	12/06/2010
Hammer (6.25Kg)	74.92m	Jason Byrne	WSE	West London	17/12/1989
MULTI-EVENTS					
Decathlon	7342	Ashley Bryant	WSEH	Bedford	5-6/06/2010
RELAYS					
4 x 100m Relay	41.16	R. Pierre, A. Butler, F. Khan, L. Freemantle.	WSEH	Derby	11/09/2005
4 x 400m Relay	3.20.77	Z. Curran, S. Richards S. Maguire, D. Smith	WSEH	Eton	01/05/2011
BEST PERFORMANCES					
60m	6.75	Deji Tobais	WSEH	Birmingham	27/02/2010
60m Hurdles	7.78	Lawrence Clarke	WSEH	Cardiff	22/02/2009
Heptathlon	5381	Ashley Bryant	WSEH	Bompas, France	6-7/03/2010