

EVENT	RECORD	HOLDER	CLUB	VENUE	DATE
TRACK					
100m	10.17	Matt Shirvington	WSEH	Lausanne SUI	16/06/2003
200m	20.62	Mark Richardson	WSE	La Chaux-De-Fonds SUI	24/08/1997
400m	44.37	Mark Richardson	WSE	Oslo NOR	09/07/1998
800m	1.44.65	James Mcllroy	WSEH	Rieti ITA	28/08/2005
1500m	3.39.73 Ind	James Mcllroy	WSEH	Birmingham	16/02/2008
3000m	7.54.97	Peter Standing	WSE	Crystal Palace	23/08/1978
5000m	13.19.45	Sam Haughian	WSEH	Manchester	31/07/2002
10000m	28.24.01	Jack Lane	Houn	Helsinki FIN	10/08/1971
3000m S/C	8.32.68	Ben Whitby	Houn	Birmingham	15/07/2001
110m Hurdles	13.51	Lawrence Clarke	WSEH	Glasgow	07/07/2010
400m Hurdles	51.33	Jeff Christie	WSEH	Birmingham	13/07/2002
FIELD					
High Jump	2.21m	Alan McKie	WSEH	Bedford	01/06/2008
Long Jump	7.87m	Keith Fleming	WSE	Loughborough	07/06/1987
Triple Jump	17.57m	Keith Connor	WSE	Provo UT USA	05/06/1982
Pole Vault	5.40m	Jeff Gutteridge	WSE	El Paso TX USA	05/06/1983
Shot (7.25Kg)	16.06m	Neil Griffin	WSE		26/06/1977
Discus (2Kg)	53.57m	Mark Wiseman	WSEH		20/07/2002
Javelin (800g)	75.89m	Dan Pembroke	WSEH	Bedford	12/06/2011
Hammer (7.25Kg)	73.80m	Jason Byrne	WSE	Collingwood	19/09/1992
MULTI-EVENTS					
Decathlon	7789	Ashley Bryant	WSEH	Shenzhen, China	17-18/08/2011
RELAYS					
4 x 100m Relay	41.07	A.Matthews, R. Pierre, F. Khan, M. Holloway.	WSEH	Stoke	30/07/2005
4 x 400m Relay	3.08.6	S. Kabiswa, M. Hylton, A. Patrick, M. Richardson	WSE	Stoke	06/05/1995
BEST PERFORMANCES					
60m	6.66	Rion Pierre	WSEH	Lee Valley	22/01/2012
60m Hurdles	7.67	Lawrence Clarke	WSEH	Glasgow	28/01/2012
Heptathlon	5542	John Heanley	WSEH	Zuidbroek, Holland	31-01/02/2004
Marathon	2:15.09	Benedict Whitby	WSEH	Florence, Italy	28/11/2010