

EVENT	RECORD	HOLDER	CLUB	VENUE	DATE
TRACK					
100m	10.58	Deji Tobais	WSEH	Bedford	19/07/2008
200m	21.17	Mark Richardson	WSE	Columbus USA	20/08/1988
400m	46.43	Mark Richardson	WSE	Sudbury CAN	29/07/1988
800m	1.51.06	Rikki Letch	WSEH	Twickenham	03/06/2009
1500m	3.45.52	Gary Taylor	Houn	Cwmbran	26/05/1980
3000m	8.16.18	Mohammed Farah	Houn	Neubrandenburg GER	21/08/1999
1500m S/C	4.12.3	Chris Sly	Houn	Edinburgh	15/07/1974
100m Hurdles	13.2	Chris Tye Walker	WSE		19/06/1999
400m Hurdles	53.76 secs	Sam Maguire	WSEH	Bedford	22/08/2010
FIELD					
High Jump	2.05m	Cameron Lake	WSEH	Hendon	06/09/2006
Long Jump	7.15m	Matthew John	WSE	Haringey	29/06/1986
Triple Jump	15.45m	Steve Anderson	WSE	Brighton	02/08/1981
Pole Vault	4.72m	Ian Lewis	Houn	Swindon	24/08/1983
Shot (5Kg)	16.03m	Ian McLaughlin	WSE		06/07/1993
Discus (1.5Kg)	49.34m	Ian McLaughlin	WSE		07/08/1993
Javelin (700g)	71.68m	Daniel Pembroke	WSEH	Bournemouth	22/04/2007
Hammer (5Kg)	76.28m	Andrew Tolputt	WSE	Birmingham	11/08/1984
MULTI-EVENTS					
Pentathlon	3562 points	John Heanley	WSEH	Glasgow	13/12/1997
Octathlon	5359 points	Ashley Bryant	WSEH	Derby	16-17/09/2006
RELAYS					
4 x 100m Relay	42.36	R. Pierre, L. James-Lionel G. Cunningham, F. Khan	WSEH	Birmingham	05/09/2004
4 x 400m Relay	3.27.00	A. Hendry, D. Spuffard C. Richardson, S. Johnson	WSEH	Birmingham	05/09/2004
BEST PERFORMANCES					
60m	6.91	Rion Pierre	WSEH	Eton	04/01/2004
60m Hurdles	8.27	Ashley Bryant	WSEH	Manchester	17/03/2007