

400m Run	48.95s	Ben Jaworski	2011-2012
800m Run	1.57.01	Oliver Clarke	2016-2017
1500m Run	3.57.88	Toby Menday	2012-2013
3000m Run	8.40.66	Toby Menday	2012-2013
5000m Run	15.56.98	Toby Menday	2012-2013
3000m Walk	17.19.99	Fraser Nixon	2010-2011
100m Hurdles (76cm)	15.40s	Glyn Bickford	2003-2004
110m Hurdles (99.1cm)	13.33s	Nick Andrews	2016-2017
5 x 200m Hurdles	28.10s	Gary Mead	2003-2004
10 x 200m Hurdles (76cm)	26.77s	Eugene Kruger	2009-2010
400m Hurdles	54.33s	Eugene Kruger	2009-2010
3000m Steeplechase (91.4cm)	10.16.18	Adam Nixon	2011-2012
High Jump	2.15m	Declan Pluim	2016-2017
Long Jump	7.17m	Josh Baddock	2015-2016
Triple Jump	14.28m	Josh Baddock	2015-2016
Pole Vault	3.30m	Robbie Cullen	2022-2023
6kg Shot Put	11.30m	Robbie Cullen	2022-2023
7.26kg Shot Put	9.65m	Robbie Cullen	2022-2023
1.75kg Discus	47.98m	Daniel de Sacadura	2022-2023
2kg Discus	23.67m	Jonathan Scotney	2011-2012
800g Javelin	52.20m	Ryan Webster	2007-2008
Hammer 6kg	23.20m	Robbie Cullen	2022-2023
Decathlon	6091pts	Robbie Cullen	2022-2023

U20 FEMALE

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	7.50s	Michelle Jenneke	2010-2011
100m Run	12.24s	Michelle Jenneke	2010-2011
200m Run	24.68s	Emily Duvé	2012-2013
400m Run	57.08s	Emma Hunt	2009-2010
800m Run	2.07.89	Jenny Blundell	2012-2013
1500m Run	4.17.96	Jenny Blundell	2012-2013
3000m Run	10.18.51	Courtney Chamberlain	2014-2015
5000m Run	19.32.30	Zara Monroe	2021-2022
3000m Walk	21.25.44	Genevieve Cowie	2012-2013
100m Hurdles (84cm)	13.47s	Michelle Jenneke	2012-2013
5 x 200m Hurdles	32.69s	Elaine Taylor	2001-2002
10 x 200m Hurdles	28.41s	Michelle Jenneke	2011-2012
400m Hurdles	1.03.27	Genevieve Cowie	2013-2014
3000m Steeplechase	12.39.55	Zara Monroe	2022-2023
High Jump	1.84m	Amy Pejovic	2010-2011
Long Jump	6.31m	Sam Dale	2019-2020
Triple Jump	12.92m	Amy Pejovic	2011-2012
4kg Shot Put	12.93m	Alysha Burnett	2015-2016
1kg Discus	48.18m	Kristina Moore	2016-2017

4kg Hammer	47.14m	Lauren Clark	2017-2018
600g Javelin	48.71m	Alysha Burnett	2015-2016
Heptathlon	5547pts	Alysha Burnett	2015-2016

OPEN MALE (20-29)

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	6.74s	Nick Andrews	2018-2019
100m Run	10.32s	Nick Andrews	2017-2018
200m Run	20.85s	Ben Jaworski	2014-2015
400m Run	48.39s	Evan Clothier	2014-2015
800m Run	1.59.64	Matthew Joyce	2010-2011
1500m Run	4.13.77	Matthew Joyce	2017-2018
Mile	4.48.60	Matthew Joyce	2018-2019
3000m Run	9.34.10	Matthew Joyce	2017-2018
5000m Run	17.50.24	Matthew Joyce	2017-2018
Half Marathon	1.20.44	Matthew Joyce	2017-2018
Marathon	3.20.48	Matthew Joyce	2018-2019
100m Hurdles (76cm)	16.29s	Henry Whittle	2008-2009
110m Hurdles (106.7cm)	13.45s	Nick Andrews	2020-2021
10 x 200m Hurdles (76cm)	30.64s	Fraser Nixon	2011-2012
400m Hurdles	55.06s	Evan Clothier	2014-2015
3000m Steeplechase (91.4cm)	10.59.35	Matthew Joyce	2015-2016
High Jump	2.00m	Zac Hayward	2023-2024
Long Jump	7.06m	Evan Clothier	2016-2017
Triple Jump	13.38m	Ryan Jones	2020-2021
7.26 kg Shot Put	9.81m	Robbie Cullen	2023-2024
2kg Discus	30.71m	Julian Fulton-Boote	2004-2005
800g Javelin	46.49m	Robbie Cullen	2023-2024

OPEN FEMALE (20-29)

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	7.68s	Emily Britton	2022-2023
100m Run	11.74s	Emily Britton	2022-2023
200m Run	24.60s	Emily Britton	2022-2023
400m Run	1.02.24	Rachel Attenborough	2013-2014
800m Run	2.20.51	Rachel Attenborough	2013-2014
1500m Run	5.18.00	Rebecca Gibbs	2005-2006
3000m Run	10.03.99	Hannah Menday	2012-2013
5000m Run	17.05.21	Hannah Menday	2012-2013
3000m Steeplechase	12.24.69	Zara Monroe	2022-2023
100m Hurdles (76cm)	14.27s	Alysha Burnett	2016-2017
100m Hurdles (84cm)	13.09s	Emily Britton	2022-2023
5 x 200m Hurdles	29.95s	Michelle Jenneke	2012-2013
400m Hurdles (76cm)	1.07.31	Natalie Setiadji	2016-2017
High Jump	1.91m	Alysha Burnett	2018-2019
Long Jump	6.72m	Sam Dale	2021-2022

Triple Jump	10.65m	Michelle Jenneke	2012-2013
4kg Shot Put	14.41m	Alysha Burnett	2020-2021
1kg Discus	36.78m	Alysha Burnett	2020-2021
600g Javelin	47.92m	Alysha Burnett	2016-2017
Pole Vault	3.70m	Alysha Burnett	2019-2020
Heptathlon	5835pts	Alysha Burnett	2017-2018

MASTERS MALE 30+

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	7.91s	Caerl Murray	2014-2015
100m Run	12.66s	Caerl Murray	2012-2013
200m Run	25.45s	Evan Walsh	2012-2013
400m Run	54.00s	Matt Joyce	2020-2021
800m Run	1.59.87	Matt Joyce	2021-2022
1500m Run	4.13.02	Matt Joyce	2021-2022
3000m Run	9.25.24	Matt Joyce	2021-2022
5000m Run	18.28.23	Matt Joyce	2023-2024
5 x 200m Hurdles	30.90s	Ray Wareham	2001-2002
400m Hurdles	1.14.64	Ivan Maclaime	2022-2023
2000m Steeplechase	10.17.33	Chandra Rajapaksha Mudiyansele	2022-2023
3000m Steeplechase	13.41.24	Nick Wyatt	2020-2021
High Jump	1.35m	Chandra Rajapaksha Mudiyansele	2021-2022
Long Jump	5.34m	Steven Dalton	2011-2012
Triple Jump	9.96m	Chandra Rajapaksha Mudiyansele	2020-2021
5kg Shot Put	10.32m	Robert Clark	2021-2022
6kg Shot Put	10.25m	Robert Clark	2016-2017
7.26kg Shot Put	10.12m	Dylan Connell	2022-2023
1kg Discus	37.50m	Robert Clark	2021-2022
1.5kg Discus	34.03m	Robert Clark	2018-2019
2kg Discus	28.77m	Robert Clark	2019-2020
500g Javelin	22.59m	Don McArthur	2012-2013
600g Javelin	28.60m	Robert Clark	2021-2022
700g Javelin	32.55m	Robert Clark	2014-2015
800g Javelin	31.26m	Raaf Tawbe	2022-2023
5kg Hammer Throw	39.92m	Robert Clark	2022-2023
6kg Hammer Throw	39.63m	Robert Clark	2017-2018
7.26kg Hammer Throw	21.77m	Dylan Connell	2022-2023
5.45kg (12lbs) Weight	21.11m	Robert Clark	2021-2022
7.26kg (16lbs) Weight	19.87m	Robert Clark	2017-2018
9.08kg (20lbs) Weight	17.94m	Robert Clark	2021-2022
11.34kg (25lbs) Weight	15.67m	Robert Clark	2018-2019
15.88kg (35lbs) Weight	11.77m	Robert Clark	2021-2022
20kg (45lbs) Weight	9.01m	Robert Clark	2019-2020
25.40kg (56lbs) Weight	6.75m	Robert Clark	2021-2022
45.36kg (100lb) Weight	3.16m	Dylan Connell	2022-2023

Heavy Weight Pentathlon	4221pts	Robert Clark	2021-2022
Throws Pentathlon	3241pts	Robert Clark	2021-2022
Outdoor Pentathlon	2073pts	Robert Clark	2019-2020

MASTERS FEMALE 30+

EVENT	RECORD	RECORD HOLDER	SEASON
60m Run	8.49s	Jen Bishop	2017-2018
100m Run	13.50s	Jen Bishop	2014-2015
200m Run	28.26s	Kirsty Curnow	2008-2009
400m Run	1.08.08	Kirsty Curnow	2008-2009
800m	2.55.62	Elizabeth Jones	2011-2012
1500m	6.06.21	Elizabeth Jones	2012-2013
3000m	13.03.22	Elizabeth Jones	2014-2015
Half Marathon	1.54.57	Elizabeth Jones	2018-2019
60m Hurdles (indoor)	9.66s	Sally Stagles	2013-2014
80m Hurdles	12.82s	Jenny Bishop	2018-2019
80m Hurdles (8.5m)	14.47s	Elizabeth Jones	2010-2011
200m Hurdles	34.01s	Jenny Bishop	2015-2016
300m Hurdles	51.81s	Sally Stagles	2015-2016
400m Hurdles	1.21.94	Elizabeth Jones	2010-2011
2000m Steeplechase (76cm)	12.04.70	Margaret Walker	2009-2010
High Jump	1.40m	Elizabeth Jones & Jenny Bishop	2010-11 & 2018-19
Long Jump	4.65m	Jen Bishop	2016-2017
Triple Jump	9.45m	Jen Bishop	2015-2016
3kg Shot Put	10.22m	Sally Stagles	2012-2013
4kg Shot Put	9.85m	Jen Bishop	2015-2016
1kg Discus	31.36m	Jen Bishop	2017-2018
500g Javelin	20.17m	Jill Taylor & Jen Bishop	2014-2015 2022-2023
600g Javelin	31.55m	Glynis Marks	2009-2010
3kg Hammer Throw	39.40m	Jill Taylor	2013-2014
4kg Hammer Throw	28.87m	Jill Taylor	2020-2021
3kg Weight Throw	17.68m	Jill Taylor	2020-2021
4kg Weight Throw	15.79m	Jill Taylor	2019-2020
5.45kg (12lbs) Weight	15.14m	Jill Taylor	2020-2021
7.26kg (16lbs) Weight	13.41m	Jill Taylor	2015-2016
9.08kg (20lbs) Weight	9.78m	Jill Taylor	2017-2018
11.34kg (25lbs) Weight	7.71m	Jill Taylor	2010-2011
25.40kg (56lbs) Weight	3.13m	Jill Taylor	2019-2020
45.36kg (100lb) Weight	1.66m	Jill Taylor	2019-2020
Heavy Weight Pentathlon	4640pts	Jill Taylor	2020-2021
Outdoor Pentathlon	3083pts	Sally Stagles	2017-2018
Throws Pentathlon	3825pts	Jill Taylor	2021-2022