

MEN					INDOORS				
EVENT	Performance	Name	Venue	Date	EVENT	Performance	Name	Venue	Date
<b>100m</b>	10.61secs	1.4 Brook Cronin (U20)	Kingston	16-Aug-23	<b>60m</b>	6.83secs	i Brook Cronin (U20)	Sheffield	11-Feb-23
	10.33w	4.7 Brook Cronin (U20)	Lee Valley	29-Jul-23					
<b>200m</b>	20.98secs	0.7 Brook Cronin (U20)	Mannheim, GER	25-Jun-23	<b>200m</b>	<b>21.57secs</b>	<b>i Brook Cronin</b>	<b>Lee Valley</b>	<b>04-Feb-24</b>
	20.83w	3.4 Brook Cronin (U20)	Jerusalem, ISR	08-Aug-23					
<b>400m</b>	45.64secs	Paul Harmsworth	Birmingham	07-Aug-84 ?	<b>400m</b>	47.8secs	i Paul Harmsworth ?	Cosford	08-Mar-86
						47.61secs	i Paul Harmsworth	Cosford	24-Jan-87
<b>800m</b>	1m 48.25	Nicholas Landeau	Watford	14-Jun-23	<b>800m</b>	1m 49.77	i Mark Griffin	Glasgow	16-Mar-97
<b>1500m</b>	3m 42.2	Ron Martin	Philadelphia PA, USA	24-Apr-76	<b>1500m</b>	3m 53.36	i Mark Griffin (U20)	Birmingham	14-Feb-93
<b>Mile</b>	3m 58.9	Ron Martin	Williamsburg VA, USA	11-May-74	<b>Mile</b>	4m 04.2	i Ron Martin	Newark, USA	02-Feb-75
<b>3000m</b>	8m 06.2	Sir Chris Chataway	White City	07-Jun-54	<b>3000m</b>	8m 11.0	i Ron Martin	NY, USA	21-Feb-75
<b>5000m</b>	13m 48.1	Ron Martin	Knoxville, USA	08-May-76	<b>5000m</b>	13m 56.2	i Ron Martin		1976
<b>10000m</b>	31m 29.0	Leslie V Wells	Motspur Park	28-Apr-79					
	31m 14.0	Malcolm Connelly		1974					
<b>110HM</b>	15.2secs	120y D. B. Waters	Walton	22-May-62	<b>60HM</b>	9.11secs	i Sam Bishop	Glasgow	12-Dec-12
<b>400HM</b>	53.1secs	Andrew Kennard	Aldershot	08-Jul-95	<b>High Jump</b>	1.84m	i Philip Kastner (U17)	Lee Valley	15-Dec-18
<b>2000SC</b>	5m 52.56	David Cowan (U20)	Crystal Palace	23-Jun-85	<b>Long Jump</b>	6.98m	i Philip Kastner (U20)	Sheffield	04-Jan-20
<b>3000SC</b>	9m 01.5	Tony Llewellyn		1957	<b>Triple Jump</b>	12.36m	i Alex Fraser (U17)	Crystal Palace	28-Feb-99
	9m 03.1	David Cowan	Croydon	19-May-90	<b>Pole Vault</b>	4.00m	i Sam Bishop	Glasgow	12-Feb-12
<b>High Jump</b>	2.01m	Richard Morris	Motspur Park	06-Jun-62	<b>Shot</b>	19.42m	i Paul Edwards	Cosford	03-Mar-93
	2.01m	Paul Edwards	West London Stadium	16-Jul-79					
<b>Long Jump</b>	7.54m	Ken Wilmshurst	Vancouver, CAN	05-Aug-54					
<b>Triple Jump</b>	15.60m	Ken Wilmshurst	London (White City)	06-Aug-56	<b>Pentathlon</b>				
<b>Pole Vault</b>	4.50m	Greg Conlon (M40)	Lyon, FRA	17-Aug-15					
<b>Shot</b>	<b>20.33m</b>	7.26k Paul Edwards	Roehampton	09-Jul-91	<b>ROAD</b>				
<b>Discus</b>	57.12m	Paul Edwards	Colindale	10-Aug-88					
<b>Hammer</b>	56.27m	7.26k Sam Mace (U20)	Walton	13-Apr-19	<b>5K</b>	<b>15m 03</b>	<b>Alex Kilby</b>	<b>York</b>	<b>08-Mar-24</b>
<b>Javelin</b>	60.70m	800g Kevin Sheppard (M40)	Kingston	05-Mar-89	<b>10K</b>	<b>31m 01</b>	<b>Alex Kilby</b>	<b>Newcastle</b>	<b>20-Jan-24</b>
<b>(pre 1980)</b>	80.20m	Kevin Sheppard	Crystal Palace	26-Aug-74	<b>Half Marathon</b>	1hr 10:50	Duncan Woolmer (M40)	Wokingham	27-Feb-22
					<b>Marathon</b>	2hr 22:57	Bob Roath	Polytechnic Marathon	15-Jun-63
<b>Decathlon</b>	7268	Paul Edwards	Bonn, GER	14-Aug-83					
<b>4x100</b>	43.9secs	4x110\ DA Buchanan, K Rickard, K Wilmshurst, L Munro,		28-Jun-52					
	44.3secs	R Wright, A Fraser, L Munro, M Partridge	Hastings	03-Aug-08					
<b>4x200</b>	1m 34.1	R Wright, L Munro, A McCarthy, A Fraser	Walton	21-May-08	<b>Parkrun</b>	<b>15m 23</b>	<b>Alex Kilby</b>	<b>Bushy Park</b>	<b>01-Jan-24</b>
<b>4x400</b>	3m 24.4	4x440y M Hazell (49.5), K Bromley (51.5),	Wimbledon	16-Jul-66					
	3m 28.0	J Hiorns, L Amos, H Cargill, N Landeau	Walton	24-May-69					
<b>Mixed 4 x400</b>	3m 45.95		Crawley	18-Jun-23				<b>Updated</b>	<b>05-May-24</b>