

MEN

OUTDOORS

| EVENT | Performance | Name | Venue | Date |
|---------------------|-------------------|---|----------------------|--------------------------------|
| 100m | 10.61secs | 1.4 Brook Cronin (U20) | Kingston | 16-Aug-23 |
| | 10.33w | 4.7 Brook Cronin (U20) | Lee Valley | 29-Jul-23 |
| 200m | 20.98secs | 0.7 Brook Cronin (U20) | Mannheim, GER | 25-Jun-23 |
| | 20.83w | 3.4 Brook Cronin (U20) | Jerusalem, ISR | 08-Aug-23 |
| 400m | 45.64secs | Paul Harmsworth | Birmingham | 07-Aug-84 |
| 800m | 1m 48.25 | Nicholas Landeau | Watford | 14-Jun-23 |
| 1500m | 3m 42.2 | Ron Martin | Philadelphia PA, USA | 24-Apr-76 |
| Mile | 3m 58.9 | Ron Martin | Williamsburg VA, USA | 11-May-74 |
| 3000m | 8m 06.2 | Sir Chris Chataway | White City | 07-Jun-54 |
| 5000m | 13m 48.1 | Ron Martin | Knoxville, USA | 08-May-76 |
| 10000m | 31m 29.0 | Leslie V Wells | Motspur Park | 28-Apr-79 |
| | 31m 14.0 | Malcolm Connelly | | 1974 |
| 110HM | 15.2secs | 120y D. B. Waters | Walton | 22-May-62 |
| 400HM | 53.1secs | Andrew Kennard | Aldershot | 08-Jul-95 |
| 2000SC | 5m 52.56 | David Cowan (U20) | Crystal Palace | 23-Jun-85 |
| 3000SC | 9m 01.5 | Tony Llewellyn | | 1957 |
| | 9m 03.1 | David Cowan | Croydon | 19-May-90 |
| High Jump | 2.01m | Paul Edwards | West London Stadium | 16-Jul-79 |
| Long Jump | 7.54m | Ken Wilmshurst | Vancouver, CAN | 05-Aug-54 |
| Triple Jump | 15.60m | Ken Wilmshurst | London (White City) | 06-Aug-56 |
| Pole Vault | 4.50m | Greg Conlon (M40) | Lyon, FRA | 17-Aug-15 |
| Shot | 20.33m | 7.26k Paul Edwards | Roehampton | 09-Jul-91 SURREY RECORD |
| Discus | 57.12m | Paul Edwards | Colindale | 10-Aug-88 |
| Hammer | 56.27m | 7.26k Sam Mace (U20) | Walton | 13-Apr-19 |
| Javelin | 60.70m | 800g Kevin Sheppard (M40) | Kingston | 05-Mar-89 |
| | (pre 1980) 80.20m | Kevin Sheppard | Crystal Palace | 26-Aug-74 |
| Decathlon | 7268 | Paul Edwards | Bonn, GER | 14-Aug-83 |
| 4x100 | 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 |
| 4x200 | 1m 34.1 | R Wright, L Munro, A McCarthy, A Fraser | Walton | 21-May-08 |
| 4x400 | 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 |
| Mixed 4 x400 | 3m 45.95 | | Crawley | 18-Jun-23 |

INDOORS

| EVENT | Performance | Name | Venue | Date |
|--------------------|-------------|------------------------|----------------|-----------|
| 60m | 6.83secs | i Brook Cronin (U20) | Sheffield | 11-Feb-23 |
| 200m | 21.57secs | i Brook Cronin | Lee Valley | 04-Feb-24 |
| 400m | 47.8secs | i Paul Harmsworth | Cosford | 08-Mar-86 |
| | 47.61secs | i Paul Harmsworth | Cosford | 24-Jan-87 |
| 800m | 1m 49.77 | i Mark Griffin | Glasgow | 16-Mar-97 |
| 1500m | 3m 53.36 | i Mark Griffin (U20) | Birmingham | 14-Feb-93 |
| Mile | 4m 04.2 | i Ron Martin | Newark, USA | 02-Feb-75 |
| 3000m | 8m 11.0 | i Ron Martin | NY, USA | 21-Feb-75 |
| | 13m 56.2 | i Ron Martin | | 1976 |
| 60HM | 9.11secs | i Sam Bishop | Glasgow | 12-Dec-12 |
| High Jump | 1.84m | i Philip Kastner (U17) | Lee Valley | 15-Dec-18 |
| Long Jump | 6.98m | i Philip Kastner (U20) | Sheffield | 04-Jan-20 |
| Triple Jump | 12.36m | i Alex Fraser (U17) | Crystal Palace | 28-Feb-99 |
| Pole Vault | 4.00m | i Sam Bishop | Glasgow | 12-Feb-12 |
| Shot | 19.42m | i Paul Edwards | Cosford | 03-Mar-93 |

Pentathlon

ROAD

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|----------------------|-----------|----------------------|----------------------|-----------|
| 5K | 15m 03 | Alex Kilby | York | 08-Mar-24 |
| 10K | 31m 01 | Alex Kilby | Newcastle | 20-Jan-24 |
| Half Marathon | 1hr 10:50 | Duncan Woolmer (M40) | Wokingham | 27-Feb-22 |
| Marathon | 2hr 22:57 | Bob Roath | Polytechnic Marathon | 15-Jun-63 |

PARKRUN

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|----------------|--------|------------|------------|-----------|
| Parkrun | 15m 23 | Alex Kilby | Bushy Park | 01-Jan-24 |
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Updated 16-Apr-24