

Senior Men Outdoors

100m	Andre Wright	10.47	22/07/2015	Newham
	Andre Wright	10.44W	29/06/2014	Birmingham
150m	Chris Pink	17.0		Deangate
200m	Andre Wright	21.11	24/06/2012	Birmingham
300m	Nigel Lowther	34.9	12/04/2004	Tonbridge
400m	Paul Curtis	47.7	05/07/2003	Abingdon
600m	Chris Haines (U20)	1:22.3	09/04/2007	Tonbridge
800m	Tim Alexander	1:48.61	05/07/2003	Woodside
1000m	Paul Curtis	2:58.6		Deangate
1500m	Jack Tyler	3:49.78	05/05/2008	Bedford
1 mile	Matthew Whiting (U20)	4:21.5	13/08/2003	Deangate
3000m	Steve Clarke	8:30/5	19/08/2001	Watford
5000m	Michael Coleman	14.37.83	17/06/2007	Crystal Palace
10000m	Michael Coleman	29.57.78	11/06/2005	Watford
3000mW	Chris Hobbs	14:43.8	10/05/2003	Ashford
110mH	Alex Beech	15.2	04/05/2002	Crystal Palace
300mH	Alex Beech	39.6		Crawley
400mH	Michael Baker	51.64	05/07/2009	Chambery France
3000 S/C	Andrew Thomas	9:07.7	05/07/2003	Abingdon
High Jump	Martin Brockman	2.14	07/10/2010	Delhi
Long Jump	Martin Brockman	7.29	07/10/2010	Delhi
Triple Jump	Darren March	15.19	09/05/2010	Ashford
Pole Vault	Martin Brockman	4.60	08/10/2010	Delhi
Shot Putt	Martin Brockman	13.50	07/10/2010	Delhi
Discus	Will Hargrave	42.84	03/07/2004	Bedford
Javelin	Simon Carter	65.11	14/09/2002	Watford
Hammer	James Hawkins	50.43	03/08/2002	Kingston
4x100	Dan Gill; Nathan Isaac; Rory Kuypers; George Clements	43.8	15/04/2017	Gillingham
4x400	Ben Scarlett; Luke Smallwood Chris Haines; Tim Alexander	3:18.50	16/08/2008	Ashford
Decathlon	Martin Brockman	7712	08/10/2010	Delhi

Senior Men Indoors

60m	Andre Wright	6.76	02/02/2013	Eton
200m	Andre Wright	21.18	24/02/2013	Sheffield
400m	Andre Wright	49.7	17/03/2013	Lee Valley
800m	Tim Alexander	1:51.63	23/02/2003	Birmingham
1000m	Martin Brockman	2:42.02	11/01/2015	Sheffield
1500m	Ben Tyler	4:04.98	16/03/2014	Lee Valley
50mh	Alex Beech	7.39	24/02/2005	Horsham
60mH	Alex Beech	8.44	05/02/2005	Eton
80mH	Alex Beech	8.6	17/02/2002	Crystal Palace
Triple Jump	Darren March	14.69	23/01/2011	Cardiff
Long Jump	Martin Brockman	6.95	06/01/2013	Sheffield
Shot Putt	Martin Brockman	13.32	06/01/2013	Sheffield
High Jump	Martin Brockman	2.05	10/01/2010	Sheffield
Pole Vault	Martin Brockman	4.95	21/12/2014	Lee Valley

