

CLUB RECORDS

MEN

Event	Name	Performance	Year
100M	ALASTAIR GORDON	11.1s	1995
200M	GARETH LEWIS	22.56s	2006
400M	KEITH MAY	49.9s	1972
800M	GRAHAM JACKSON	1:52.1s	1978
1500M	GRAHAM JACKSON	3:44.4s	1979
MILE	GRAHAM JACKSON	4:04.5s	1978
3000M	PAUL ROWLAND	8:08.7s	1982
5000M	PAUL ROWLAND	14:10.2s	1981
10000M	PAUL ROWLAND	29:23.8s	1985
Marathon	IAN BEAUCHAMP	2h14.06s	1978
110M Hurdles	MATT BAKER	14.98s	2014
400M Hurdles	CLIVE LOVEDAY	56.1s	1987
3000M S'Chase	ANDREW ROBINSON	8:58.58s	1999
Pole Vault	MATTHEW BAKER	4.07m	2014
High Jump	JOE KENT	2.11m	2009
Long Jump	IAN JORDAN	7.03m	1977
Triple Jump	STEVE CUMMINGS	13.78m	1992
	JOE KENT	13.78m	2008
Shot	CLAYTON TURNER	13.98m	1994
Discus	GARRY POWER	45.92m	1983
Hammer	CLAYTON TURNER	40.26m	1994
Javelin	JOE WALLER	61.65m	2007
Decathlon	CHRIS WESTCOTT	6100pts	1983
4 x 100M	MARTIN THWAITES JOHN EASTMAN IAN JORDAN ADRIAN MILNER	44.9s	1980
4 x 400M	IAN SISSONS PETER STENNING CLIVE LOVEDAY GRAHAM JACKSON	3:29.3s	1979

CLUB RECORDS

WOMEN

Name	Event	Performance	Year
100M	LYNNE CROCKETT	12.1s	1995
	SARAH TOMLINS	12.1s	2000
	CADIE WILLIS	12.1s	2012
200M	SARAH TOMLINS	24.67s	2000
400M	SARAH TOMLINS	54.6s	2004
800M	SARAH TOMLINS	2:10.90s	2004
1500M	JOHANNA SPANNAGL	4:34.5s	2008
3000M	JOHANNA SPANNAGL	10:00.4s	2009
5000M	SHEENA BASSETT	19:21.0s	1999
10000M	ELSPETH TURNER	38:01.83s	2014
Marathon	ELSPETH TURNER	3hr10.52s	2014
100M Hurdles	CLARE MILBORROW	13.61s	2000
400M Hurdles	LAURA MARTIN	65.4s	1995
3000M S'Chase	SHEENA BASSETT	12:30.7s	1999
Pole Vault	JADE BREWSTER	3.72m	2014
High Jump	TANYA LAZAR	1.73m	1989
Long Jump	LYNNE CROCKETT	5.87m	1995
Triple Jump	ZOE MCKINNON	11.08m	2000
Shot	CANDACE SCHOFIELD	11.16m	2001
Discus	SARAH HENTON	48.12m	1994
Hammer	ANNA HOPCROFT	43.39m	2011
Javelin	CANDACE SCHOFIELD	43.11m	2002
Heptathlon	HELEN MORTON	4797pts	2010
4 x 100M	GENNA POTTEN SARAH BEALE CLARE MILBORROW JACKIE EVANS	49.0s	2001
4 x 400M	SARAH BEALE REBECCA ADAMS VICKY PINCOTT JACKIE EVANS	3:59.6s	1999