

Women & Girls				Men & Boys			
3000m							
Lexie Wood	6:46.3s	2024	U17				
2000m S/C							
			U20	Luke Bailey	7:10.0s	2024	
			M35	Dave Nation	6:59.2s	2015	
			M40	Kevin Wadeley	6:56.10s	2002	
			M45	Fred Homer	6:56.30s	1993	
			M50	Jim Brown	9:15.0s	2004	
3000m							
Lexie Wood	13:28.60s	2022	U15	Damien Reeves	9:41.6s	1988	
Jayne Danks	10:06.20s	1992	U17	Gareth Beard	8:56.40s	1996	
Jayne Danks	10:12.30s	1994	U20	Wayne Beasley	8:45.60s	1989	
Amanda Dipple	10:32.50s	2005	SNR	Ian Furness	8:33.3s	1981	
Jo Wall	15:52.8s	2008	M35	Ben Foster	9:19.0s	2018	
Kim Braznell	11:57.30s	1999	M40	Ian Furness	8:43.80s	1998	
Nancy Hitchmough	10:33.20s	1999	M45	Paul Waby	9:26.0s	2008	
Nancy Hitchmough	11:15.3s	2001	M50	Ian Furness	9:09.04s	2008	
Nancy Hitchmough	10:53.40s	2005	M55	Fred Homer	10:05.4s	2000	
Nancy Hitchmough	11:54.3s	2012	M60	Fred Homer	10:42.90s	2005	
Nancy Hitchmough	12:47.0s	2015	M65	Dave Eades	15:16.0s	2018	
3000m S/C							
			SNR	David Shepherd	10:21.90s	1990	
			M35	Dave Nation	10:37.0s	2018	
			M40	Kevin Wadeley	10:37.10s	2002	
			M45	Fred Homer	11:10.10s	1993	
			M50	Jim Brown	13:53.50s	2005	
5000m							
Lexi Wood	21:41.7s	2023	U17	Cian Wood	17:56.00	2023	
			U20	Lee Slater	15:52.20s	2001	
			SNR	Ian Furness	15:05.0s	1981	
			M35	Dave Nation	16:48.6s	2015	
			M40	Ian Furness	14:57.30s	1998	
			M45	Paul Waby	16:14.3s	2013	
			M50	Ian Furness	15:42.5s	2008	
			M55	Sam Freeman	19:59.6s	2009	
4x100m							
			U13		56.70s	1988	
			U15		49.2s	1988	
			U17		46.0s	1989/2005	
			U20		45.9s	2015	
			SNR		45.2s	2002	
4x300m							
			U15		3:03.3s	2016	
			U17				
4x400m							
			U17		3:36.0s	1989	

4:11.3s	2005	U20	3:38.8s	2001
4:07.6s	2004	SNR	3:30.6s	2002