

Female			M40	Male		
Jayne McLean	13.9s	2003	100m	Eric Asbury	11.8s	1978
			110mH	Jim Brown	25.3s	2000
Jayne McLean	29.2s	2003	200m	Michael Guest	23.7s	2002
Julie Everton	66.6s	2016	400m	Michael Guest	58.2s	2002
			600m	David Ratcliffe	1:35.2s	2026
Julie Everton	2:33.0s	2016	800m	Gary Worrall	2:08.1s	2023
Kim Braznell	5:40.50s	1999	1500m	Ian Furness	4:10.4s	1998
			Mile	Gary Worrall	4:54.5s	2023
			2000mSC	Kevin Wadeley	6:56.10s	2002
Kim Braznell	9:06.00s	1999	2km W	Colin Bradley	9:13.7s	1999
Kim Braznell	11:57.30s	1999	3000m	Ian Furness	8:43.80s	1998
			3000mSC	Kevin Wadeley	10:37.10s	2002
			5000m	Ian Furness	14:57.30s	1998
Jayne McLean	4.04m	2005	LJ	Michael Guest	5.28m	2002
Elaine Restorick	8.15m	2003	TJ	Michael Guest	10.67m	2002
			HJ	Michael Guest	1.45m	2002
			Pole Vault	Bill Hems	2.80m	
Ann-Marie Walton	7.65m	2015	Shot	Richard Woodhall	12.33m	2025
Jayne McLean	19.49m	2003	Discus	Richard Woodhall	34.45m	2024
Kim Braznell	18.79m	1999	Javelin	Richard Woodhall	44.75m	2022
Elaine Restorick	16.11m	2004	Hammer	Richard Woodhall	37.72m	2022

Female			M45	Male		
Nancy Hitchmough	15.1s	1998	100m	Fred Homer	13.3s	1989
			110mH	Dave Eades		1998
				Jim Brown	22.6s	2001
Nancy Hitchmough	30.5s	1999	200m	Jim Brown	28.3s	2002
Nancy Hitchmough	65s	1999	400m	Dave Eades	61s	1998
Nancy Hitchmough	2:19.46s	1998	800m	Fred Homer	2:12.3s	1993
Nancy Hitchmough	4:48.52s	1998	1500m	Ian Furness	4:23.7s	2004
			Mile	Fred Homer	5:05.4s	1992
			2000mSC	Fred Homer	6:56.3s	2004
Kim Braznell	9:46.70s	2002	2km W	Colin Bradley	9:23.30s	2001
Nancy Hitchmough	10:33.20s	1999	3000m	Paul Waby	9:26.0.s	2008
			3000mSC	Fred Homer	11:10.10s	1993
			5000m	Paul Waby	16:14.3s	2013
			10km W	John Gordon	56:33.0s	2000
Elaine Restorick	3.73m	2006	LJ	Bob Cutler	5.53m	1993
Elaine Restorick	7.34m	2006	TJ			
Elaine Restorick	1.10m	2006	HJ			
Jayne McLean	7.12m	2007	Shot	David Sharp	12.18m	2008
Elaine Restorick	16.50m	2007	Discus	David Sharp	30.76m	2008
Kim Braznell	18.53m	2001	Javelin	Richard Woodhall	37.67m	2026
Anita Cutler	10.16m	1998	Hammer	Richard Woodhall	39.79m	2024