

Female			M50	Male		
Elaine Restorick	15.4s	2010	100m	Bob Cutler	13.1s	1999
			110mH	Jim Brown	26.7s	2004
Elaine Restorick	32s	2009	200m	Bob Cutler	27s	1999
Nancy Hitchmough	66.5s	2000	400m	Dave Eades	64.4s	2003
Nancy Hitchmough	2:24.14s	2000	800m	Fred Homer	2:13.0s	1998
Nancy Hitchmough	4:55.0s	2000	1500m	Fred Homer	4:23.5s	1995
			2000mSC	Jim Brown	9:15.0s	2004
Elaine Restorick	15:11.9s	2012	2km W	Glyn Jones	10:57.6s	2003
Nancy Hitchmough	11:15.3s	2001	3000m	Ian Furness	9:09.04s	2008
			3000mSC	Jim Brown	13:53.50s	2005
			5000m	Ian Furness	15:42.5s	2008
			10,000m	Fred Homer	35:41.0s	1997
Elaine Restorick	3.83m	2010	LJ	Bob Cutler	5.07m	1998
Elaine Restorick	7.31m	2010	TJ	Bob Cutler	11.09m	1997
Elaine Restorick	1.05m	2013	HJ	Bob Cutler	1.35m	1999
Mary Harding	7.84m	2003	Shot	Bob Cutler	9.36m	1998
Mary Harding	17.89m	2003	Discus	Geoff Fullwood	24.92m	2007
Mary Harding	16.71m	2003	Javelin	Eric Smith	24.18m	2011
Mary Harding	26.64m	2003	Hammer	Geoff Fullwood	38.76m	2007

Female			M55	Male		
Elaine Restorick	15.7s	2014	100m	Fred Homer	14.7s	2003
Elaine Restorick	33.4s	2014	200m	Jim Brown	30.7s	2011
Nancy Hitchmough	71.1s	2008	400m	Dave Eades	65.8s	2007
Nancy Hitchmough	2:31.6s	2007	800m	Fred Homer	2:22.7s	2002
Nancy Hitchmough	5:12.9s	2007	1500m	Fred Homer	4:36.0s	2000
Jill York	12:22.80s	2001	2km W	Bob Cutler	10:19.1s	1999
Nancy Hitchmough	10:53.40s	2005	3000m	Fred Homer	10:05.4s	2000
			3km W	Glyn Jones	16:03.5s	1998
			5000m	Sam Freeman	19:59.6s	2009
Elaine Restorick	3.63m	2015	LJ	Bob Cutler	4.96m	2002
Elaine Restorick	7m	2014	TJ	Bob Cutler	10.28m	2002
Elaine Restorick	1.05m	2015	HJ	Bob Cutler	1.20m	2003
Elaine Restorick	5.55m	2014	Shot	Bob Cutler	10.10m	2002
Elaine Restorick	14.43m	2014	Discus	Geoff Fullwood	23.50m	2012
Elaine Restorick	10.25m	2015	Javelin	Bob Cutler	21.08m	2005
Elaine Restorick	17.80m	2018	Hammer	Geoff Fullwood	35.03m	2012