

Female			SNR	Male		
Lucy Jones	8.21s	2018(i)	60m	Sean Huxtable	6.96s	1993
Lucy Jones	12.2s	2019	100m	Sean Huxtable	10.78s	1996
Emma Douras	14.7s	2015	100mH			
			110mH	Adam Tibbetts	14.93s	1996
Lucy Jones	25s	2019	200m	James Marshall	21.98s	2002
Charlotte Knowles	56.6s	1989	400m	James Marshall	49.10s	2002
Sian Davies	66.10s	2005	400mH	Martyn Maynard	53.85s	1993
			600m	David Ratcliffe	1:28.9s	2017
Julie Hitchmough	2:12.37s	1994	800m	Jason Homer	1:57.0s	1993
Amanda Dipple	4:44.00s	2005	1500m	Lee Slater	3:59.0s	2014
			Mile	Harry Law	5:00.1s	2023
			2000mSC	Kevin Wadeley	6:40.8s	1991
Katherine Horwill	9:36.6s	2004	2km W			
Amanda Dipple	10:32.50s	2005	3000m	Ian Furness	8:33.3s	1981
			3000mSC	David Shepherd	10:21.90s	1990
			5000m	Ian Furness	15:05.0s	1981
			10,000m	Steve Lees	32:31.0s	1992
	50.3s	2015	4x100m		45.2s	2002
	4:07.6s	2004	4x400m		3:30.6s	2002
Emma Goulding	5.30m	2015	LJ	Jack Compton	6.75m	2023
Sian Davies	11.28m	2005	TJ	Tim Blakeway	12.93m	1990
Kay Fletcher	1.76m	1989	HJ	Andy Skelding	2.05m	1993
			Pole Vault	Chris Holmes	3.35m	1992
J M Adams	11.60m	1988	Shot	Richard Woodhall	13.66m	2014
Laura Perry	39.62m	2001	Discus	Richard Woodhall	42.17m	2012
Ann-Marie Stirling	40.60m	1992	Javelin	Richard Woodhall	60.67m	2012
Laura Perry	42.62m	2001	Hammer	Trevor Crichton	46m	

Female			M35	Male		
Elaine Restorick	15.4s	1998	100m	Dwain Bromfield	11.7s	2022
			110mH	Phil Nation	18.5s	2016
Elaine Restorick	33.7s	1998	200m	Richard Westwood	30.49s	2015
Jayne McLean	63.90s	2002	400m	Neil Smallman	54.3s	2010
			400mH	Phil Nation	61.4s	2016
Jayne McLean	3:07.40s	2002	800m	Tom Isherwood	2:06.9s	2019
Jayne McLean	6:35.40s	2002	1500m	Ben Foster	4:25.4s	2018
			Mile	David Ratcliffe	4:51.3s	2024
			2000mSC	Dave Nation	6:59.2s	2015
Jo Wall	15:52.8s	2008	3000m	Ben Foster	9:19.0s	2018
			3000mSC	Dave Nation	10:37.0s	2018
			5000m	Dave Nation	16:48.6s	2015
Vicky Baggott	4.12m	2012	LJ	Neil Skelding	6.09m	2007
			TJ	Neil Skelding	12.31m	2006
Jayne McLean	1.20m	2005	HJ			
<b>Rachel Wallader</b>	<b>13.28</b>	<b>2026</b>	<b>Shot</b>	Richard Woodhall	14.08m	2016
Ann-Marie Walton	29.93m	2010	Discus	Richard Woodhall	37.32m	2017
Ann-Marie Walton	28.84m	2009	Javelin	Richard Woodhall	56.11m	2015
Ann-Marie Walton	34.09m	2009	Hammer	Richard Woodhall	47.69m	2016