

Women & Girls				Men & Boys		
600m						
Isabella Heathcock	1:49.5s	2022	U11	Jonathan Hayes	1:52.4s	2019
Hallie Parkes	1:39.2s	2024	U13	Nick Hardy	1:50.5s	2004
				Andrew Mannings	1:51.31s	2024(i)
Lucy Horton	1:35.33s	2024	U15	Jordan Smith	1:32.2s	2008
Hallie Parkes	1:42.03	2024(i)				
Molly Whitehouse	1:43.6s	2012	U17	Jordan Smith	1:29.64s	2010
Lucy Horton	1:35.67s	2024(i)		Max Robbins	1:39.76s	2024(i)
800m						
Isabella Heathcock	2:35.1s	2022	U11	Andrew Price	2:39.3s	1988
Hallie Parkes	2:21.5s	2024	U13	Michael Hall-Evans	2:15.6s	1998
Lucy Horton	2:15.2s	2024	U15	Stuart Plant	2:03.8s	1983
Lucy Horton	2:13.6s	2025	U17	Gareth Beard	1:57.7s	1995
Julie Hitchmough	2:12.70s	1993	U20	Gareth Beard	1:52.30s	1998
Julie Hitchmough	2:12.37s	1994	SNR	Jason Homer	1:57.0s	1992
Jayne McLean	3:07.40s	2002	M35	Tom Isherwood	2:06.9s	2019
Julie Everton	2:33.0s	2016	M40	Gary Worrall	2:08.1s	2023
Nancy Hitchmough	2:19.46s	1998	M45	Fred Homer	2:12.3s	1993
Nancy Hitchmough	2:24.14s	2000	M50	Fred Homer	2:13.0s	1998
Nancy Hitchmough	2:31.6s	2007	M55	Fred Homer	2:22.7s	2002
Nancy Hitchmough	2:36.3s	2011	M60	Fred Homer	2:25.80s	2005
Nancy Hitchmough	2:42.75s	2015	M65	Dave Eades	03:07.00	2015
			M70	Eric Horwill	3:53.5s	2003
			M75	Eric Horwill	14:16.6s	2010
1200m						
Isabella Heathcock	3:58.1s	2023	U13			
1500m						
Jayne Danks	5:05.00s	1989	U13	Jonathon Taylor	4:44.40s	1990
J. Jones	4:45.0s	1982	U15	Jordan Smith	4:23.7s	2008
Jayne Danks	4:43.26s	1993	U17	Nick Dunne	4:06.20s	1996
Jayne Danks	4:39.86s	1994	U20	Gareth Beard	3:55.40s	1998
Amanda Dipple	4:44.00s	2005	SNR	Lee Slater	3:59.0s	2014
Jayne McLean	6:35.40s	2002	M35	Ben Foster	4:25.4s	2018
Kim Braznell	5:40.50s	1999	M40	Ian Furness	4:10.4s	1998
Nancy Hitchmough	4:48.52s	1998	M45	Ian Furness	4:23.7s	2004
Nancy Hitchmough	4:55.0s	2000	M50	Fred Homer	4:23.5s	1995
Nancy Hitchmough	5:12.9s	2007	M55	Fred Homer	4:36.0s	2000
Nancy Hitchmough	5:16.08s	2010	M60	Don Harris	6:33.3s	1999
Nancy Hitchmough	5:30.0s	2015	M65	Ian Gapper	6:46.7s	2007
Mile						
Isabella Heathcock	5:41.7s	2024	U13	Harry Monkton	5:35.0s	2023
Lexi Wood	6:14.6s	2023	U17	Cian Wood	5:07.6s	2023
			U20	Luke Bailey	4:49.21	2024
			SNR	Harry Law	5:00.1s	2023
			M40	Gary Worrall	4:54.5s	2023
			M65	Geoff Fullwood	8:57.2s	2024