

Club Records - U13 Girls

| Event | Date | Location | Name | Performance |
|---------------|------------|-----------------|--|---------------|
| 60m | 23/02/2003 | King's Lynn | S.Batting | 9.3 s |
| 80m | 08/06/2003 | Bury St Edmunds | M.Lever | 11.9 s |
| 100m | 1976 | | S.Bland | 13.1 s |
| 150m | 12/08/2003 | Bury St Edmunds | M.Lever | 22.4 s |
| 200m | 1977 | | S.Bland | 27.4 s |
| 400m | 02/06/1981 | Bury St Edmunds | L.Hitchcock | 71.3 s |
| 600m | 12/08/2003 | Bury St Edmunds | M.Lever | 1.55.2 |
| 800m | 31/07/2011 | Kingston | S.Tooley | 2.21.98 |
| 1500m | 21/09/2011 | Watford | S.Tooley | 4.47.84 |
| 1 Mile | 01/06/1999 | Bury St Edmunds | C.Morris | 7.08.3 |
| 70mH | 23/09/1990 | Colchester | J.Fielder | 11.5 s |
| 75mH | 22/05/1982 | Bury St Edmunds | J.Jennings | 12.2 s |
| 80mH | 04/07/1982 | Enfield | J.Jennings | 13.5 s |
| 4x100mRelay | 31/08/1980 | Norwich | L.Vogel S.Mann N.Sharpe S.Ward | 56.3 s |
| 4x200mRelay | 11/07/1993 | Peterborough | N.Anness V.Sayer K.Leroy K.Powell | 2.12.7 |
| High Jump | 25/09/2005 | Peterborough | G.Wray | 1.52 m |
| Pole Vault | 13/08/2002 | Bury St Edmunds | M.O'Hare | 1.80 m |
| Long Jump | 11/07/1982 | Ipswich | J.Jennings | 4.82 m |
| Shot 2.72kg | 30/08/1993 | Colchester | N.Anness | 9.05 m |
| Shot 3.25kg | 23/07/2005 | Ashford | S.Milner | 8.23 m |
| Discus 0.75kg | 07/08/2001 | Tonbridge | J.Wray | 22.71 m |
| Discus 1kg | 23/07/2005 | Ashford | S.Milner | 18.44 m |
| Javelin 400g | 21/07/2010 | St Ives | G Allen | 27.91 m |
| Javelin 600g | 11/07/2001 | Watford | J.Wray | 23.13 m |
| Minithon | 24/09/2006 | Peterborough | B.Yapp | 77 pts |
| Pentathlon | 26/09/1993 | Peterborough | N.Anness | 1524 pts 70mH |
| Pentathlon | 27/06/1993 | Grantham | N.Anness | 1509 pts 75mH |
| Hexathlon | 26/09/1982 | Haverhill | J.Jennings | 2773 (old) |

Club Records - U15 Girls

| Event | Date | Location | Name | Performance |
|----------------|------------|-----------------|---|-------------|
| 60m | 05/02/2000 | Birmingham | J.Thake | 8.15 s |
| 80m | 05/03/2000 | Peterborough | J.Thake | 10.8 s |
| 100m | 06/06/2000 | Bury St Edmunds | J.Thake | 12.3 s |
| 150m | 05/03/2000 | Peterborough | J.Thake | 20.1 s |
| 200m | 30/07/2000 | Sheffield | J.Thake | 25.06 s |
| 300m | 05/08/2007 | Bury St Edmunds | H.Archer | 44.4 s |
| 400m | 07/06/1983 | Bury St Edmunds | L.Hitchcock | 64.7 s |
| 600m | 08/04/2001 | Ipswich | T.Spurling | 1.53.1 |
| 800m | 07/07/2012 | Gateshead | S.Tooley | 2.13.7 |
| 1500m | 19/08/2012 | Bedford | S.Tooley | 4.35.08 |
| 1 Mile | 28/07/2012 | Oxford | S.Tooley | 4.59.19 |
| 3000m | 20/07/1983 | Bury St Edmunds | S.Mann | 11.03.3 |
| 1km Walk | 14/05/2006 | Ipswich | A.Donegan | 7.55.8 |
| 60mH | 15/03/2015 | Sheffield | K.Kemp | 9.59s |
| 75mH | 18/07/2015 | Bedford | K.Kemp | 11.88s |
| 80mH | 05/06/1983 | Colchester | J.Jennings | 12.7 s |
| 4x100mRelay | 20/06/1999 | Bury St Edmunds | L.Wells R.Mason J.Thake A.Clayton | 52.4 s |
| 4x200mRelay | 11/07/1993 | Peterborough | A.Manning H.Nutter R.Anness E.Powell | 1.59.1 |
| High Jump | 12/08/1984 | Ipswich | J.Jennings | 1.80 m |
| Pole Vault | 02/07/1998 | Bury St Edmunds | A.Clayton | 1.95 m |
| Long Jump | 13/12/2014 | Glasgow | K.Kemp | 5.33 m |
| Triple Jump | 17/07/2010 | Cambridge | C.Wade | 10.62 m |
| Shot 3kg | 05/06/2016 | A.Wilson | Cambridge | 9.81 m |
| Shot 3.25kg | 02/06/2007 | Bury St Edmunds | S.Milner | 11.34 m |
| Shot 4kg | 28/08/1983 | Lowestoft | D.Holland | 8.09 m |
| Discus 1kg | 30/06/1979 | Norwich | D.Soanes | 33.24 m |
| Hammer 3kg | 11/07/2015 | Gateshead | A.Davies | 35.87 m |
| Javelin 500g | 11/06/2016 | Norwich | A.Wilson | 33.36 m |
| Pentathlon | 28/06/2015 | Chelmsford | K. Kemp | 3139pts |
| Ind Pentathlon | 13/12/2014 | Glasgow | K.Kemp | 3317pts |
| Hexathlon | 08/08/2015 | Bedford | K.Kemp | 3412pts |

Club Records - U17 Women

| Event | Date | Location | Name | Performance |
|--------------|------------|-----------------|--|-------------|
| 60m | 28/01/2001 | King's Lynn | L.Wells | 8.0 s |
| 80m | 05/03/2000 | Peterborough | L.Wells | 10.6 s |
| 100m | 17/05/1986 | Ipswich | H.Ashton | 12.2 s |
| | 01/07/2001 | Bury St Edmunds | L.Wells | 12.2 s |
| 150m | 18/03/2001 | Havering | L.Wells | 20.0 s |
| 200m | 30/07/2000 | Sheffield | J.Thake | 25.06 s |
| 300m | 07/07/2001 | Exeter | J.Thake | 39.84 s |
| 400m | 28/07/2001 | Bedford | J.Thake | 58.95 s |
| 600m | 08/04/2001 | Ipswich | T.Spurling | 1.53.1 |
| 800m | 18/06/2014 | Watford | S. Tooley | 2.09.98 |
| 1500m | 30/07/2014 | Watford | S. Tooley | 4.29.77 |
| 1500m S/C | 16/08/2014 | Crystal Palace | E. Moyes | 5.12.49 |
| 1 Mile | 19/07/2014 | Oxford | S. Tooley | 4.54.22 |
| 3000m | 09/07/2016 | Gateshead | M.Newton | 10.05.42 |
| 60mH | 20/01/2001 | Birmingham | A.Clayton | 9.55 s |
| 80mH | 23/09/2001 | Peterborough | A.Clayton | 12.0 s |
| 100mH | 27/09/1987 | Colchester | H.Ashton | 16.2 s |
| 300mH | 13/06/1993 | Ipswich | J.Fielder | 47.1 s |
| 400mH | 02/08/2014 | Barnet | E. Moyes | 68.3 s |
| 4x100mRelay | 04/06/1982 | Milton Keynes | L.Watson J.Hitchcock J.Allen C.Dillon | 50.5 s |
| 4x200mRelay | 11/07/1993 | Peterborough | A.Manning H.Nutter R.Anness E.Powell | 1.59.1 |
| 4x400mRelay | 06/07/2002 | Tonbridge | T.Spurling K.Green C.Ayms C.Chilvers | 4.38.4 |
| 3x800mRelay | 13/04/2002 | Bury St Edmunds | J.Thake C.Chilvers T.Spurling | 7.58.3 |
| High Jump | 27/07/1985 | Birmingham | J.Jennings | 1.83 m |
| Pole Vault | 02/07/1998 | Bury St Edmunds | A.Clayton | 1.95 m |
| Long Jump | 08/07/2016 | Gateshead | K.Kemp | 5.51 m |
| Triple Jump | 11/07/2009 | Sheffield | M Jackson | 11.99 m |
| Shot 3kg | 12/03/2016 | Sheffield | K.Kemp | 12.15 m |
| Shot 4kg | 21/06/2008 | Peterborough | S.Milner | 11.28 m |
| Discus 1kg | 08/08/2009 | Bedford | S.Milner | 43.19m |
| Javelin 600g | 26/05/2001 | Watford | J.Chapman | 42.37m |
| Hammer 3kg | 15/05/2016 | Bury St Edmunds | A.Davies | 41.82 m |
| Hammer 4kg | 23/08/2009 | Ipswich | S.Milner | 33.36 m |
| Pentathlon | 23/09/2001 | Peterborough | A.Clayton | 3002 pts |
| Hexathlon | 01/09/1987 | Bury St Edmunds | H.Ashton | 2892 pts |
| Heptathlon | 26/06/2016 | Peterborough | K.Kemp | 4609 pts |

Club Records - U20 Women

| Event | Date | Location | Name | Performance |
|--------------|------------|------------------|-------------|-------------|
| 60m | 25/01/2003 | Birmingham | L.Wells | 7.99 s |
| 80m | 05/03/2000 | Peterborough | L.Wells | 10.6 s |
| 100m | 29/06/2002 | Bedford | L.Wells | 12.18 s |
| 150m | 18/03/2001 | Havering | L.Wells | 20.0 s |
| 200m | 30/07/2000 | Sheffield | J.Thake | 25.06 s |
| 300m | 07/07/2001 | Exeter | J.Thake | 39.84 s |
| 400m | 18/06/2011 | Norwich | H.Archer | 58.1 s |
| 800m | 25/06/2011 | Bedford | H.Archer | 02:13.0 |
| 1500m | 28/05/2016 | Watford | C.Murphy | 4.32.37 |
| 1 Mile | 28/07/2002 | Gt.Yarmouth | S.Bird | 5.32.7 |
| 3000m | 19/06/2016 | Bedford | C.Murphy | 9.40.66 |
| 5000m | 06/06/2011 | Ipswich | E.Baker | 21.02 |
| 5 Mile | 03/06/2011 | Kirton | E.Baker | 35.45 |
| 60mH | 20/01/2001 | Birmingham | A.Clayton | 12.0 s |
| 100mH | 26/08/2002 | Barnet Cophthall | A.Clayton | 15.28 s |
| 400mH | 27/05/2016 | Cambridge | E.Moyes | 65.39s |
| 1500m SC | 11/07/2015 | Gateshead | E.Moyes | 4.55.45 |
| 2000m SC | 15/08/2015 | Lee Valley | E.Moyes | 7.16.83 |
| 4x100m | 04/06/1982 | Milton Keynes | L.Watson | 50.5 s |
| | | | J.Hitchcock | |
| | | | J.Allen | |
| | | | C.Dillon | |
| 4x200m | 11/07/1993 | Peterborough | A.Manning | 1.59.1 |
| | | | H.Nutter | |
| | | | R.Anness | |
| | | | E.Powell | |
| 4x400m | 17/05/2003 | St.Ives | A.Clayton | 4.20.8 |
| | | | C.Chilvers | |
| | | | L.Wells | |
| | | | J.Thake | |
| 3x800m | 13/04/2002 | Bury St Edmunds | J.Thake | 7.58.3 |
| | | | C.Chilvers | |
| | | | T.Spurling | |
| High Jump | 29/09/1988 | Seoul | J.Jennings | 1.90 m |
| Pole Vault | 24/08/1997 | Barnet Cophthall | R.Anness | 2.80 m |
| Long Jump | 15/05/1988 | Ipswich | J.Jennings | 5.59 m |
| Triple Jump | 09/07/2005 | Birmingham | T.Spurling | 12.14 m |
| Shot 4kg | 11/07/1999 | Colchester | K.Ruffell | 10.90 m |
| Discus 1kg | 09/07/2010 | Birmingham | S.Milner | 41.29 m |
| Javelin 600g | 28/06/2003 | Bedford | J.Chapman | 47.12 m |
| Hammer 4kg | 30/08/1997 | Ipswich | R.Anness | 22.0 m |
| Pentathlon | 25/09/2005 | Peterborough | T.Spurling | 3199 pts |
| Hexathlon | 13/09/1987 | Bury St Edmunds | H.Ashton | 2892 pts |
| Heptathlon | 11/08/2002 | Barnet Cophthall | A.Clayton | 4432 pts |

Club Records - Senior Women

| Event | Date | Location | Name | Performance |
|---------------------|------------|--------------------|--|-------------|
| 60m | 22/01/2003 | Birmingham | L.Wells | 7.99 s |
| 80m | 05/03/2000 | Peterborough | L.Wells | 10.6 s |
| 100m | 29/06/2002 | Bedford | L.Wells | 12.18 s |
| 150m | 18/03/2001 | Havering | L.Wells | 20.0 s |
| 200m | 30/07/2000 | Sheffield | J.Thake | 25.06 s |
| 400m | 26/08/1991 | Peterborough | M.Clarke | 58.3 s |
| | 12/06/2004 | Ipswich | J.Thake | 58.3 s |
| 800m | 15/06/2016 | Watford | H. Archer | 2.07.27 |
| 1500m | 15/04/2016 | Norwalk CA, USA | H. Archer | 4.23.05 |
| 1 Mile | 18/01/2014 | Texas | H. Archer | 4.52.34 |
| 3000m | 25/01/2014 | Texas | H. Archer | 9.44.92 |
| 5000m | 28/02/2016 | Birmingham Al, USA | J.Anthony | 17.32.48 |
| 10000m | 12/05/2016 | Orlando FL,USA | J.Anthony | 39.21.90 |
| 1km Walk | 10/08/1999 | Bury St Edmunds | M.Anness | 6.29.9 |
| 1Mile Walk | 11/08/1999 | Bury St Edmunds | M.Anness | 10.54.6 |
| 2km Walk | 07/07/1999 | King's Lynn | M.Anness | 14.11.8 |
| 3km Walk | 14/05/2000 | Ipswich | M.Anness | 21.19.1 |
| 60mH | 20/01/2001 | Birmingham | A.Clayton | 9.55 s |
| 100mH | 26/08/2002 | Barnet Cophthall | A.Clayton | 15.28 s |
| 200mH | 29/06/1999 | Kingston | S.Turley | 34.4 s |
| 400mH | 16/05/2015 | Cambridge | M.Jackson | 64.70s |
| 1500m SC | 09/05/2010 | Ipswich | S Colson | 5.57.8 |
| 2000m SC | 22/07/2004 | Aarhus,Denmark | A.Alstrachen | 8.45.2 |
| 4x100mRelay | 04/06/1982 | Milton Keynes | L.Watson J.Hitchcock J.Allen C.Dillon | 50.5 s |
| 4x200mRelay | 11/07/1993 | Peterborough | A.Manning H.Nutter R.Anness E.Powell | 1.59.1 |
| 4x400mRelay | 02/06/2007 | Bury St Edmunds | H.Waters E.Wenman A.Marriott T.Spurling | 4.11.8 |
| 3x800mRelay | 13/04/2002 | Bury St Edmunds | J.Thake C.Chilvers T.Spurling | 7.58.3 |
| High Jump | 14/03/1992 | Birmingham NIA | J.Jennings | 1.92m |
| Pole Vault | 27/02/1999 | Bedford | R.Anness | 3.10m |
| Long Jump | 02/06/2007 | Bury St Edmunds | T.Spurling | 5.70 m |
| Triple Jump | 19/05/2007 | Eastbourne | T.Spurling | 12.61 m |
| Shot 4kg | 09/07/2011 | Parliament Hill | D.Todman | 10.91m |
| Discus 1kg | 30/06/1979 | Norwich | D.Soanes | 33.24m |
| Javelin 600g | 24/07/2004 | Loughborough | J.Chapman | 49.66m |
| Hammer 4k | 03/07/2004 | Walton | A.Clayton | 33.52m |
| Pentathlon | 30/09/2007 | Bedford | T.Spurling | 3289pts |
| Hexathlon | 13/09/1987 | Bury St Edmunds | H.Ashton | 2892pts |
| Heptathlon | 05/08/2007 | Bedford | T.Spurling | 4500pts |
| 5 Miles | 25/06/1999 | Haughley Park | P.Partridge | 32.27 |
| 10km | 16/05/1999 | Woodbridge | P.Partridge | 41.25 |
| 10 Miles | 21/06/1981 | Whittlesea | K.Lloyd | 1.07.08 |

| | | | | |
|---------------------|------------|---------------|-----------|---------|
| 1/2 Marathon | 28/11/1982 | Ipswich | J.Collyer | 1.34.57 |
| 15 Miles | 27/09/1980 | Diss | K.Lloyd | 1.49.18 |
| Marathon | 14/03/1982 | Canvey Island | J.Collyer | 3.17.25 |

Club Records - W35

| | | | | |
|--------------|------------|----------|----------|-----------|
| 3000m | 30/05/1998 | Woodford | S.Turley | 14.36.2 s |
|--------------|------------|----------|----------|-----------|

Club Records - W40

| | | | | |
|---------------------|------------|-----------------|----------|----------|
| 100m | 17/07/1999 | Meadow Bank | S.Turley | 13.39 s |
| 200m | 11/08/1999 | Bury St Edmunds | S.Turley | 27.8 s |
| 400m | 09/07/2016 | Bury St Edmunds | S.Ball | 65.2s |
| 800m | 24/04/2016 | Bury St Edmunds | S.Ball | 2.38.3 |
| 1500m | 09/07/2016 | Bury St Edmunds | S.Ball | 6.05.7 |
| 1500mWalk | 01/06/2016 | Cambridge | S.Ball | 11.42.4 |
| 400mH | 11/08/1999 | Bury St Edmunds | S.Turley | 71.8 s |
| Long Jump | 04/09/1999 | Bury St Edmunds | S.Turley | 5.02 m |
| High Jump | 14/07/2002 | Solihull | S.Turley | 1.36 m |
| Discus 1kg | 01/06/2016 | Cambridge | S.Ball | 13.56 m |
| Javelin 600g | 01/06/2016 | Cambridge | S.Ball | 7.34 m |
| Pentathlon | 04/07/1999 | Solihull | S.Turley | 2502 pts |

Club Records - W45

| Event | Date | Location | Name | Performance |
|------------------|-------------|-----------------|-------------|--------------------|
| 400m | 21/07/2013 | Solihull | C.Antony | 79.38 s |
| 1500m | 24/09/2014 | Watford | C.Antony | 5.16.97 |
| 3000m | 23/05/2012 | Cambridge | C.Antony | 11.30.4 |
| 5000m | 15/09/2013 | Birmingham | C.Antony | 21.19.21 |
| 10000m | 05/08/2012 | Horspath | C.Antony | 42.35.57 |
| 1500m s/c | 12/05/2012 | Bury St Edmunds | C.Antony | 6.18.60 |
| 5 Miles | 06/04/2012 | Sudbury | C.Antony | 33.54.0 |
| 10km | 07/05/2012 | Croxton | C.Antony | 42.21.0 |

Club Records - W50

| Event | Date | Location | Name | Performance |
|---------------|------------|-----------------|------------|-------------|
| 100m | 01/07/2015 | Cambridge | C. Anthony | 16.3 s |
| 200m | 01/06/2016 | Cambridge | C. Anthony | 34.0 s |
| 400m | 01/07/2015 | Cambridge | C. Anthony | 70.5 s |
| 800m | 12/08/2015 | Watford | C. Anthony | 2.34.0 |
| 1500m | 12/03/2016 | Lee Valley | C. Anthony | 5.11.47 |
| Mile | 19/07/2015 | Solihull | C. Anthony | 5.51.54 |
| 3000m | 23/02/2014 | Lee Valley | M.McCarthy | 11.16.18 |
| 5000m | 10/08/2014 | Birmingham | M.McCarthy | 19.31.03 |
| 10000m | 20/09/2015 | Birmingham | M.McCarthy | 41.36.96 |
| 80mH | 01/06/2016 | Cambridge | C. Anthony | 20.4 s |
| 300mH | 06/06/2016 | King's Lynn | C. Anthony | 63.3 s |
| 400mH | 20/08/2011 | Grays | D.Mason | 1.51.8 |
| 1500m s/c | 21/06/2014 | Cambridge | C. Anthony | 6.13.6 |
| 2000m s/c | 21/09/2014 | Cambridge | M.McCarthy | 8.25.4 |
| 5km | 15/06/2014 | Horwich | M.McCarthy | 19.24.0 |
| 5 Miles | 25/05/2012 | Ipswich | M.McCarthy | 32.43.0 |
| 10km | 04/05/2014 | King's Lynn | M.McCarthy | 40.27.0 |
| Half Marathon | 26/03/2016 | Cardiff | C. Anthony | 93.37 .0 |
| Marathon | 22/04/2012 | London | D.Mason | 5.04.26 |
| Long Jump | 01/09/2012 | Bury St Edmunds | D.Mason | 2.43 m |
| Triple Jump | 01/06/2016 | Cambridge | C. Anthony | 6.00 m |
| Shot 4kg | 18/06/2016 | Lee Valley | M.McCarthy | 5.88 m |
| Discus 1kg | 30/04/2011 | King's Lynn | D.Mason | 13.62 m |
| Hammer 4kg | 24/04/2010 | Ipswich | D.Mason | 18.71 m |
| Javelin 600g | 20/08/2011 | Grays | D.Mason | 12.58 m |

Club Records - W55

| Event | Date | Location | Name | Performance |
|--------------|------------|-------------|---------|-------------|
| 100m | 04/05/2016 | Kings Lynn | D.Mason | 18.2 s |
| 800m | 25/04/2016 | Ipswich | D.Mason | 4.23.2 |
| 1500m | 01/06/2016 | Cambridge | D.Mason | 12.09.9 |
| 1 Mile | 06/06/2016 | King's Lynn | D.Mason | 13.37.7 |
| Long Jump | 04/05/2016 | King's Lynn | D.Mason | 2.50 m |
| Shot 4kg | 16/04/2016 | Ipswich | D.Mason | 5.52 m |
| Shot 3kg | 04/05/2016 | King's Lynn | D.Mason | 5.98 m |
| Discus 1kg | 01/06/2016 | Cambridge | D.Mason | 14.31 m |
| Hammer 4kg | 16/04/2016 | Ipswich | D.Mason | 16.63 m |
| Hammer 3kg | 06/07/2016 | King's Lynn | D.Mason | 20.48 m |
| Javelin 600g | 16/04/2016 | Ipswich | D.Mason | 11.83 m |
| Javelin 500g | 01/06/2016 | Cambridge | D.Mason | 12.74 m |

Club Records - U13 Boys

| Event | Date | Location | Name | Performance |
|----------------------|------------|-----------------|---------------|-------------|
| 60m | 09/01/1999 | Crystal Palace | J.Springer | 9.0 s |
| 100m | 26/09/1982 | Haverhill | R.Baker | 12.6 s |
| 200m | 18/04/1982 | Havering | R.Baker | 26.4 s |
| 400m | 23/05/1982 | Ipswich | R.Baker | 57.5 s |
| | 27/07/1982 | Bury St Edmunds | R.Baker | 57.5 s |
| 800m | 06/07/2003 | Bury St Edmunds | A.Ridley | 2.20.8 |
| 1500m | 20/09/2009 | Bury St Edmunds | C McKie | 4.48.0 |
| 1 Mile | 08/08/2000 | Bury St Edmunds | J.Juszkiewicz | 5.55.1 |
| 3000m | 12/07/1989 | Bury St Edmunds | P.Sparkes | 10.35.2 |
| 1km Walk | 12/05/2002 | Ipswich | A.Waterhouse | 6.30.9 |
| 60mH | 07/02/2004 | King's Lynn | B.Green | 12.0 s |
| 75mH | 28/09/2003 | Norwich | L.Allen | 13.4 s |
| 80mH (2.6) | 11/09/1983 | Bury St Edmunds | N.Gooderham | 14.2 s |
| 80mH (2.9) | 08/08/1982 | Ipswich | M.Webster | 17.2 s |
| 4x100mRelay | 14/09/2003 | Bury St Edmunds | C.Nutt | 55.9 s |
| | | | L.Allen | |
| | | | L.Dodunski | |
| | | | B.Green | |
| 1600mRelay | 11/07/1993 | Peterborough | J.McDonald | 5.03.6 |
| | | | A.Richardson | |
| | | | H.Heathfield | |
| | | | G.Cole | |
| High Jump | 16/09/1990 | St Ives | G.Fisher | 1.58 m |
| Pole Vault | 12/08/2003 | Bury St Edmunds | B.Green | 2.10 m |
| Long Jump | 13/07/2014 | Cambridge | H. Williams | 5.19m |
| Triple Jump | 20/06/1982 | King's Lynn | R.Baker | 10.21 m |
| Shot 3.25kg | 09/08/2015 | Bury St Edmunds | I.Wallace | 10.54 m |
| Shot 4kg | 23/08/1981 | Cambridge | S.Cozier | 8.18 m |
| Discus 1kg | 27/06/2010 | Grays | H Hughes | 28.10 m |
| Discus 1.25kg | 25/09/1983 | Bury St Edmunds | N.Gooderham | 19.88 m |
| Javelin 400g | 27/06/2010 | Thurrock | H Hughes | 43.17 m |
| Minithon | 28/09/2003 | Peterborough | L.Allen | 87pts |
| Octathlon | 29/09/1982 | Haverhill | R.Baker | 2243pts |

Club Records - U15 Boys

| Event | Date | Location | Name | Performance |
|----------------------|------------|-----------------|--|-------------|
| 60m | 23/02/2002 | Birmingham | A.Palfrey | 7.69 s |
| 80m | 28/03/1999 | King's Lynn | D.Smith | 11.8 s |
| 100m | 19/07/1975 | Bury St Edmunds | C.Manning | 11.7 s |
| | 10/06/2006 | Boston | S.Mandaza | 11.7 s |
| 150m | 04/06/2002 | Bury St Edmunds | A.Palfrey | 18.3 s |
| 200m | 21/07/1977 | Mildenhall | D.Emery | 23.9 s |
| | 19/07/1980 | Woodford Green | N.Wordley | 23.9 s |
| 300m | 19/08/2012 | Luton | A.Brown | 42.7 s |
| 400m | 10/06/1984 | Ipswich | R.Baker | 54.8 s |
| 600m | 21/04/2011 | Great Yarmouth | C.McKie | 1.35.5 |
| 800m | 17/07/2011 | Bury St Edmunds | C.McKie | 2.05.8 |
| 1500m | 01/07/2011 | Gateshead | C.McKie | 4.14.82 |
| 1 Mile | 19/05/2011 | Great Yarmouth | C.McKie | 4.53.8 |
| 3000m | 21/04/2011 | Great Yarmouth | C.McKie | 9.38.8 |
| 60mH | 08/01/2005 | Bedford | L.Allen | 9.05 s |
| 80mH | 06/08/2005 | Exeter | L.Allen | 11.95 s |
| 100mH | 03/09/1995 | Norwich | G.Cole | 21.4 s |
| 1Km Walk | 12/05/2012 | Bury St Edmunds | B.Eames | 6.07.1 |
| 4x100mRelay | 18/09/2011 | Bury St Edmunds | K.Potter H.Unwin L.Burrows J.Curran | 48.3 s |
| 1600mRelay | 11/07/1993 | Peterborough | O.Crann O.Sloane R.Miller D.Thomas | 4.35.7 |
| High Jump | 29/08/1999 | Exeter | L.Smith | 1.78 m |
| Pole Vault | 12/08/1999 | Bury St Edmunds | B.Green | 2.10 m |
| Long Jump | 10/06/2006 | Boston | E.Mandaza | 5.89 m |
| Triple Jump | 21/08/1983 | St Ives | R.Baker | 12.00 m |
| Shot 4kg | 25/09/2005 | Peterborough | L.Allen | 12.83 m |
| | 02/08/2009 | Bury St Edmunds | A.Parkinson | 12.83 m |
| Shot 5kg | 07/07/2011 | Bury St Edmunds | H.Hughes | 8.98 m |
| Discus 1.25kg | 23/06/2012 | Peterborough | H.Hughes | 40.69 m |
| Discus 1.5kg | 03/09/1995 | Norwich | G.Cole | 14.44 m |
| Javelin 600g | 15/05/2012 | Bury St Edmunds | H.Hughes | 59.97 m |
| Javelin 700g | 08/09/2012 | Bedford | H.Hughes | 56.81 m |
| Hammer 4kg | 30/08/2014 | Bedford | L. Roper | 47.21 m |
| Hammer 5kg | 03/09/1995 | Norwich | J.McDonald | 12.48 m |
| Pentathlon | 25/09/2005 | Peterborough | L.Allen | 2669pts |
| Octathlon | 09/09/1990 | Bury St Edmunds | A.Niarchos | 3268pts |

Club Records - U17 Men

| Event | Date | Location | Name | Performance |
|------------------|------------|-----------------|--|----------------|
| 60m | 02/03/1987 | Cosford | R.Baker | 7.1 s |
| 100m | 12/05/1986 | Enfield | J.Bone | 10.8 s |
| 150m | 04/06/2002 | Bury St Edmunds | C.Stamp | 17.5 s |
| 200m | 01/07/1979 | Crystal Palace | D.Emery | 22.4 s |
| 300m | 08/08/2000 | Bury St Edmunds | J.Parkington | 38.9 s |
| 400m | 13/09/2015 | Bury St Edmunds | C.Williams | 51.3 s |
| 800m | 16/08/2015 | Ashford | C.Williams | 1.55.96 |
| 1000m | 20/05/2007 | Woodford | L.Allen | 3.14.68 |
| 1500m | 26/05/2007 | Ashford | A.Ridley | 4.04.53 |
| 1Mile | 08/07/2012 | St Ives | M.Bartram | 4.39.22 |
| 3000m | 19/05/2007 | Watford | A.Ridley | 8.50.2 |
| 5000m | 10/05/1998 | Bury St Edmunds | M.Reynard | 16.16.9 |
| 60mH | 08/01/2006 | Sutton | L.Allen | 8.93 s |
| 100mH | 14/05/2006 | Chelmsford | L.Allen | 14.47 s |
| 110mH (3.3) | 20/05/2007 | Woodford | L.Allen | 17.3 s |
| 110mH (3.6) | 03/08/1991 | Deangate | A.Jefferson | 17.5 s |
| 400mH (2.9) | 18/06/1994 | Grantham | G.Fisher | 61.1 s |
| 400mH (3.0) | 02/07/1994 | Perivale | G.Fisher | 63.3 s |
| 1500m SC | 01/06/1978 | Crystal Palace | M.Calver | 4.30.4 |
| 3000m SC | 11/07/1984 | Bury St Edmunds | J.Monthieth | 10.27.0 |
| 3000mWalk | 01/07/1981 | Bury St Edmunds | C.Williams | 19.23.6 |
| 4x100mRelay | 11/08/2002 | Bury St Edmunds | C.Stamp J.Taylor E.Barker T.Golding | 46.4 s |
| 4x400mRelay | 13/07/1983 | Bury St Edmunds | G.Taylor A.Bridges C.Moyes R.Harley | 3.44.0 |
| 1600mRelay | 11/07/1993 | Peterborough | O.Crann O.Sloane R.Miller D.Thomas | 4.35.7 |
| High Jump | 23/05/2001 | Bury St Edmunds | C.Knox | 1.90 m |
| Pole Vault | 14/08/2001 | Bury St Edmunds | P.Fellingham | 2.70 m |
| Long Jump | 20/07/1979 | Norwich | D.Emery | 6.41 m |
| Triple Jump | 16/09/2007 | Bury St Edmunds | L.Allen | 13.25 m |
| Shot 5kg | 17/07/2011 | Bury St Edmunds | A.Parkinson | 15.10 m |
| Shot 6kg | 07/07/2011 | Bury St Edmunds | A.Parkinson | 12.36 m |
| Shot 6.25kg | 15/04/1973 | Chelmsford | F.Green | 12.00 m |
| Shot 7.26kg | 09/07/2011 | Watford | A.Parkinson | 11.93 m |
| Discus 1.5kg | 26/05/2013 | Ipswich | H.Hughes | 40.34 m |
| Discus 1.75kg | 30/08/2010 | Colchester | J.Allen | 31.17 m |
| Discus 2kg | 10/07/2010 | Lee Valley | J.Allen | 29.16 m |
| Javelin 700gm | 04/08/2013 | Cambridge | H.Hughes | 72.77 m |
| Javelin 800gm | 27/07/1974 | Bury St Edmunds | M.Bottoms | 45.74 m |
| Javelin 800g new | 07/09/2013 | Sandy | H.Hughes | 62.30 m |
| Hammer 5kg | 15/05/2016 | Bury St Edmunds | L.Roper | 55.99 m |
| Hammer 6kg | 30/08/2010 | Colchester | J.Allen | 29.74 m |
| Hammer 7.26kg | 09/07/2011 | Watford | A.Parkinson | 21.09 m |
| Octathlon | 02/09/1984 | Watford | P.Ensigner | 3810pts (old) |
| Octathlon | 23/06/2007 | Peterborough | L.Allen | 4077pts (100H) |

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|-------------------|------------|------------|----------|----------------|
| Octathlon | 19/05/2007 | Woodford | L.Allen | 4590pts (110H) |
| Pentathlon | 07/01/2007 | Lee Valley | L.Allen | 2703pts |
| 5 Miles | 03/06/2011 | Kirton | M.Delo | 27.19 |
| 10 Miles | 01/04/1978 | Ipswich | M.Calver | 56.28 |

Club Records - U20 Men

| Event | Date | Location | Name | Performance |
|----------------------|-------------|-----------------|-------------|--------------------|
| 60m | 02/03/1987 | Cosford | R.Baker | 7.1 s |
| 100m | 12/05/1986 | Enfield | J.Bone | 10.8 s |
| 150m | 20/03/1999 | Crawley | B.Rees | 17.5 s |
| | 04/06/2002 | Bury St Edmunds | C.Stamp | 17.5 s |
| 200m | 19/06/1993 | Ipswich | A.Francis | 22.3 s |
| 300m | 30/08/1993 | Colchester | A.Francis | 35.7 s |
| 400m | 15/08/1993 | Barnet Copthall | A.Francis | 48.4 s |
| 600m | 12/08/1981 | Woodford Green | D.Emery | 1.23.3 |
| 800m | 22/05/2016 | Loughborough | S . Anthony | 1.51.82 |
| 1000m | 25/05/1995 | St Petersburg | D.Jiminez | 2.39.0 |
| 1500m | 12/06/2010 | Crystal Palace | A Ridley | 3.56.68 |
| 1 Mile | 05/06/2001 | Bury St Edmunds | S.Palmer | 5.03.1 |
| 3000m | 14/08/2010 | Crystal Palace | A Ridley | 8.28.66 |
| 2 Miles | 28/07/1981 | Ipswich | D.Williams | 10.08.0 |
| 5 Miles | 03/06/2005 | Bury St Edmunds | S Godfrey | 26.20.0 |
| 5000m | 06/06/2011 | Ipswich | A.Dunbar | 15.07.0 |
| 60mH (3.3) | 17/01/2009 | Lee Valley | L Allen | 8.82 s |
| 60mH (3.6) | 20/03/2004 | Cardiff | L.Wright | 9.48 s |
| 110mH (3.3) | 14/05/2004 | Corby | C.Pawlyszyn | 15.8 s |
| 110mH (3.6) | 25/07/1981 | Hendon | B.Lence | 16.4 s |
| 400mH | 08/06/1996 | Ipswich | G.Fisher | 58.9 s |
| 1500m SC | 01/06/1978 | Crystal Palace | M.Calver | 4.30.4 |
| 2000m SC | 17/07/2014 | Birmingham | M. Bartram | 5.54.91 |
| 3000m SC | 23/06/1979 | West London | M.Calver | 10.02.2 |
| 3000mWalk | 01/07/1981 | Bury St Edmunds | C.Williams | 19.23.6 |
| 4x100mRelay | 04/05/2014 | Bury St Edmunds | K. Potter | 45.1s |
| | | | C. Grant | |
| | | | H. Unwin | |
| | | | J. Curran | |
| 4x200mRelay | 30/08/1983 | Colchester | A.Francis | 1.40.9 |
| | | | S.Gibson | |
| | | | D.Jiminez | |
| | | | G.Fisher | |
| 4x400mRelay | 19/04/2014 | Braintree | C. McKie | 3.37.5 |
| | | | S. Anthony | |
| | | | C. Williams | |
| | | | M. Bartram | |
| 1600mRelay | 11/07/1993 | Peterborough | O.Crann | 4.35.7 |
| | | | O.Sloane | |
| | | | R.Miller | |
| | | | D.Thomas | |
| High Jump | 17/05/1996 | Ipswich | G.Fisher | 2.00 m |
| Pole Vault | 12/07/2003 | Dartford | L.Wright | 4.00 m |
| Long Jump | 07/07/1979 | Nottingham | A.Aitken | 6.74 m |
| Triple Jump | 23/06/1979 | West London | A.Aitken | 13.63 m |

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|---------------------------|------------|-----------------|------------|-----------|
| Shot 6kg | 10/02/2013 | Lee Valley | J.Allen | 13.58m |
| Shot 6.25kg | 15/04/1973 | Chelmsford | F.Green | 12.00m |
| Shot 7.26kg | 01/07/2012 | Bury St Edmunds | J.Allen | 11.61 m |
| Discus 1.75kg | 16/06/2013 | Bedford | J.Allen | 44.36m |
| Discus 2kg | 09/06/2012 | Bury St Edmunds | J.Allen | 39.41 m |
| Javelin (old) 800g | 10/07/1977 | Bury St Edmunds | M.Bottoms | 58.58 m |
| Javelin (new) 800g | 21/05/2016 | Halle, GER | H.Hughes | 75.76m |
| Hammer 6kg | 22/07/2012 | Bromley | J.Allen | 46.60 m |
| Hammer 7.26kg | 29/07/2012 | Chelmsford | J.Allen | 41.65 m |
| Pentathlon | 25/05/1995 | St Petersburg | D.Jiminez | 2758pts |
| Octathlon | 21/09/1986 | Bury St Edmunds | I.Tomkins | 3848pts |
| Decathlon | 24/06/1996 | Norwich | G.Fisher | 5780pts |
| 5 Miles | 11/07/2003 | Gt Bentley | S.Diston | 27.47.0 |
| 10 Miles | 06/12/1981 | Peterborough | D.Williams | 55.01.0 |
| 1/2 Marathon | 18/07/1982 | Cambridge | D.Williams | 1.14.45.0 |
| 15 Miles | 29/09/1981 | Diss | D.Williams | 1.31.53.0 |
| Marathon | 14/03/1982 | Canvey Island | D.Williams | 2.38.04.0 |

Club Records - Senior Men

| Event | Date | Location | Name | Performance |
|--------------------|-------------|-----------------|--|--------------------|
| 60m | 02/03/1987 | Cosford | R.Baker | 7.1 s |
| 100m | 12/05/1986 | Enfield | J.Bone | 10.8 s |
| | 15/05/2016 | Bury St Edmunds | K.Potter | 10.8 s |
| 150m | 20/03/1999 | Crawley | B.Rees | 17.5 s |
| | 04/06/2002 | Bury St Edmunds | C.Stamp | 17.5 s |
| 200m | 15/05/2016 | Bury St Edmunds | K.Potter | 21.9 s |
| 300m | 23/03/1994 | Loughborough | A.Francis | 34.7 s |
| 400m | 03/05/1994 | Crystal Palace | A.Francis | 48.0 s |
| | 23/07/1994 | Ipswich | A.Francis | 48.0 s |
| 600m | 12/08/1981 | Woodford Green | D.Emery | 1.23.3 |
| 800m | 14/05/2016 | Waltham MA, USA | C.McKie | 1.54.12 |
| 1000m | 25/05/1995 | St Petersburg | D.Jiminez | 2.39.0 |
| 1500m | 07/09/1983 | West London | D.Bedwell | 3.58.2 |
| 1 Mile | 13/08/2008 | Peterborough | C.Ridley | 4.45.9 |
| 2000m | 28/03/1993 | Peterborough | D.Madams | 5.48.4 |
| 3000m | 09/09/1992 | Watford | K.Prendergast | 8.30.1 |
| 2 Miles | 28/07/1981 | Ipswich | N.Bradford | 10.05.0 |
| 5000m | 30/05/2015 | Birmingham | M.Delo | 14.48.19 |
| 10000m | 02/08/1983 | Cambourne | R.Richards | 32.08.0 |
| 60mH | 12/03/2011 | Lee Valley | L Allen | 9.22 s |
| 110mH | 18/06/2000 | Bury St Edmunds | G.Fisher | 15.8 s |
| 400mH | 02/09/1983 | Ipswich | B.Lence | 57.2 s |
| 1500m SC | 01/06/1978 | Crystal Palace | M.Calver | 4.30.4 |
| 2000m SC | 09/06/1979 | Bury St Edmunds | M.Calver | 6.32.2 |
| 3000m SC | 18/06/2016 | Bedford | M.Bartram | 9.40.24 |
| 3000mWalk | 01/07/1981 | Bury St Edmunds | C.Williams | 19.23.6 |
| 4x100mRelay | 23/06/1979 | West London | D.Emery A.Aitken R.Day S.Fennough | 45.4 s |
| 4x200mRelay | 30/08/1993 | Colchester | A.Francis S.Gibson | 1.40.9 |

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|---------------------------|------------|----------------------|---|---------------|
| 4x400mRelay | 29/05/1983 | Ipswich | D.Jiminez G.Fisher N.Betson J.Craig D.Bedwell | 3.30.5 |
| 1600mMRelay | 20/06/1982 | King's Lynn | P.Nightingale C.Hamilton G.Smith R.Mott D.Bedwell | 4.16.8 |
| High Jump | 17/05/1996 | Ipswich | G.Fisher | 2.00 m |
| Pole Vault | 12/07/2003 | Dartford | L.Wright | 4.00 m |
| Long Jump | 05/04/1982 | Ipswich | A.Aitken | 6.98 m |
| Triple Jump | 22/07/1978 | Barnet Copthall | L.Still | 14.16 m |
| Shot Putt 7.26kg | 12/06/2016 | Ipswich | J.Allen | 12.63 m |
| Discus 2kg | 27/06/2015 | Cambridge | J. Allen | 41.53 m |
| Javelin | 28/05/1977 | Plaistow | J.Mower | 65.02 m |
| Javelin 800g (new) | 31/07/2004 | Stevenage | A.Harland | 55.72 m |
| Hammer 7.26kg | 09/07/2016 | Bury St Edmunds | J. Allen | 44.67 m |
| Octathlon | 25/09/1983 | Bury St Edmunds | L.Still | 4052pts (old) |
| Decathlon | 76 | | R.Radley | 4096pts (old) |
| 5 Miles | 25/06/1999 | Haughley Park | K.Prendergast | 26.49 |
| 10 Miles | 22/03/1980 | Ipswich | P.Ratcliffe | 49.46 |
| 1/2 Marathon | 11/05/1986 | Essex | C.Sanford | 1.09.08 |
| 15 Miles | 20/09/1981 | Canvey Island | A.Roper | 1.21.31 |
| 20 Miles | 20/09/1981 | Canvey Island | A.Roper | 1.47.57 |
| 25 Miles | 20/09/1981 | Canvey Island | A.Roper | 2.24.26 |
| Marathon | 20/09/1981 | Canvey Island | A.Roper | 2.24.26 |
| 30 Miles | 25/07/1981 | Woodford to Southend | A.Roper | 2.54.13 |
| 35 Miles | 25/07/1981 | Woodford to Southend | A.Roper | 3.22.40 |
| 40 Miles | 25/07/1981 | Woodford to Southend | A.Roper | 3.56.24 |
| 45 Miles | 27/09/1981 | London to Brighton | A.Roper | 4.43.12 |
| 54 Miles | 27/09/1981 | London to Brighton | A.Roper | 5.26.16 |

Club Records - M40

| Event | Date | Location | Name | Performance |
|---------------|------------|-----------------|-----------|-------------|
| 100m | 09/06/2012 | Bury St Edmunds | D.Nichols | 12.4 s |
| 200m | 12/05/2012 | Bury St Edmunds | D.Nichols | 25.7 s |
| Long Jump | 03/07/1993 | Ipswich | L. Still | 6.10 m |
| Triple Jump | 16/05/1993 | Ipswich | L. Still | 13.15 m |
| Shot 7.25kg | 07/06/1992 | Bury St Edmunds | L. Still | 10.97 m |
| Hammer 7.26kg | 21/05/2016 | Cambridge | B.Palmer | 18.66 m |
| Discus 2kg | 07/06/1992 | Bury St Edmunds | L. Still | 33.78 m |
| Javelin 800g | 01/08/1992 | Ipswich | L. Still | 44.24 m |

Club Records - M45

| Event | Date | Location | Name | Performance |
|--------------|------------|-----------------|----------|-------------|
| 10 Miles | 26/02/2012 | Bury St Edmunds | N.Antony | 82.24.0 |
| Marathon | 22/04/2012 | London | N.Antony | 5.13.37.0 |
| Long Jump | 14/05/1995 | Ipswich | L. Still | 5.99 m |
| Triple Jump | 28/08/1995 | Colchester | L. Still | 12.92 m |
| Shot 7.25kg | 24/06/1995 | Enfield | L. Still | 11.11 m |
| Discus 2kg | 07/06/1995 | Peterborough | L. Still | 33.00 m |
| Javelin 800g | 13/08/1995 | Colchester | L. Still | 45.50 m |

Club Records - M50

| Event | Date | Location | Name | Performance |
|---------------|------------|-----------------|----------|-------------|
| 100 m | 01/05/2002 | Ipswich | L. Still | 13.3 s |
| 5000m | 12/05/2012 | Bury St Edmunds | C.Ridley | 10.11.0 |
| 5 Miles | 06/04/2012 | Sudbury | C.Ridley | 28.54.0 |
| 10 Miles | 20/11/2011 | Hadleigh | C.Ridley | 59.24.0 |
| Half Marathon | 09/10/2011 | Peterborough | C.Ridley | 78.11.0 |
| Marathon | 22/04/2012 | London | C.Ridley | 2.53.50.0 |
| Long Jump | 05/06/2001 | Bury St Edmunds | L. Still | 5.69 m |
| Triple Jump | 13/05/2001 | Bury St Edmunds | L. Still | 12.48 m |
| Shot 6kg | 04/06/2000 | Chelmsford | L. Still | 11.39 m |
| Discus 1.5kg | 05/06/2002 | Norwich | L. Still | 31.13 m |
| Javelin 700g | 03/06/2001 | Southend | L. Still | 39.55 m |

Club Records - M55

| Event | Date | Location | Name | Performance |
|--------------|------------|------------|----------|-------------|
| Long Jump | 05/09/2004 | Bedford | L. Still | 5.11 m |
| Triple Jump | 05/09/2004 | Bedford | L. Still | 11.77 m |
| Shot 6kg | 05/09/2004 | Bedford | L. Still | 10.83 m |
| Discus 1.5kg | 04/08/2004 | Kings Lynn | L. Still | 29.96 m |
| Javelin 700g | 02/06/2004 | Norwich | L. Still | 35.64 m |

Club Records - M60

| Event | Date | Location | Name | Performance |
|--------------|------------|-----------------|----------|-------------|
| Long Jump | 09/06/2012 | Bury St Edmunds | L. Still | 4.61 m |
| Triple Jump | 01/07/2012 | Bury St Edmunds | L. Still | 10.33 m |
| Shot 5kg | 03/10/2010 | Bury St Edmunds | L. Still | 10.51 m |
| Discus 2kg | 08/08/2010 | Braintree | L. Still | 22.57 m |
| Javelin 800g | 02/10/2011 | Bury St Edmunds | L. Still | 33.32 m |