

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	07/05/2017	Grays	E.Cann	12.9 s	
	24/06/2017	Cambridge	E.Cann	12.58s	(w/a)
150m	30/08/2021	Dagenham	L.Allen	20.47s	
200m	02/07/2017	Cambridge	E.Cann	26.8s	
400m	02/06/1981	Bury St Edmunds	L.Hitchcock	71.3 s	
600m	14/07/2021	Birmingham	E.Barton	1.44.36	
800m	22/08/2021	Kingston	B.Taylor	2.17.32	
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	12/09/2021	Cambridge	L.Allen T.Critchton B.Taylor H.Ayling	53.6s	
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	25/09/2018	Bury St Edmunds	O.Hyndman	28.87 m	
Javelin 600g	11/07/2001	Watford	J.Wray	23.13 m	
Minithon	24/09/2006	Peterborough	B.Yapp	77 pts	
Pentathlon	03/09/2017	Banbury	M.Greenwood	1740 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	15/05/2022	Norwich	L.Allen	41.2s
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	52.4 s
4x200mRelay	11/07/1993	Peterborough	A.Clayton A.Manning H.Nutter R.Anness E.Powell	1.59.1
High Jump	12/08/1984	Ipswich	J.Jennings	1.80 m
Pole Vault	08/07/2018	Norwich	M.Greenwood	2.10 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	07/08/2016	Norwich	H.Robbins	10.09 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	13/07/2019	Birmingham	O.Hyndman	37.63 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
5 Mile	25/03/2016	Sudbury	M.Newton	30.47 min
3000m	07/09/2016	Watford	M.Newton	10.00.47
10km	18/08/2017	Ipswich	M.Newton	36.22 min
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	50.5 s
			J.Hitchcock	
			J.Allen	
			C.Dillon	
4x200mRelay	11/07/1993	Peterborough	A.Manning	1.59.1
			H.Nutter	
			R.Anness	
			E.Powell	
4x400mRelay	06/07/2002	Tonbridge	T.Spurling	4.38.4
			K.Green	
			C.Ayms	
			C.Chilvers	
3x800mRelay	13/04/2002	Bury St Edmunds	J.Thake	7.58.3
			C.Chilvers	
			T.Spurling	
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	43.19 m
Javelin 500g	12/11/2021	Lee Valley	O.Hyndman	41.76m
Javelin 600g	26/05/2001	Watford	J.Chapman	42.37 m
Hammer 3kg	04/05/2017	Bury St Edmunds	A.Davies	43.68 m
Hammer 4kg	19/08/2017	Colchester	A.Davies	40.70 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	08/07/2017	Loughborough	E.Moyes	4.26.49
1 Mile	28/07/2002	Gt.Yarmouth	S.Bird	5.32.7
3000m	19/06/2016	Bedford	C.Murphy	9.40.66
5000m	14/05/2017	Houston TX, USA	C.Murphy	16.54.29
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 Copthall	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	01/05/2017	Bedford	E.Moyes	6.35.07
3000m SC	16/08/2017	Manchester	E.Moyes	10.25.23
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	
High Jump	29/09/1988	Seoul	J.Jennings	1.90 m
Pole Vault	24/08/1997	Barnet Copthall	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	03/05/2018	Bury St Edmunds	A.Davies	36.05 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 Copthall	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	14/05/2017	Houston TX, USA	H. Archer	4.22.36
1 Mile	18/01/2014	Texas	H. Archer	4.52.34
3000m	18/07/2018	Basingstoke	E.Moyes	9.35.30
5000m	17/06/2018	Bedford	E.Moyes	16.30.99
10000m	28/04/2018	Loughborough	J.Anthony	36.45.32
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 Copthall	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
3000m SC	20/05/2018	Loughborough	E.Moyes	10.16.46
4x100mRelay	04/06/1982	Milton Keynes	L.Watson	50.5 s
			J.Hitchcock	
			J.Allen	
			C.Dillon	
4x400mRelay	02/06/2007	Bury St Edmunds	H.Waters	4.11.8
			E.Wenman	
			A.Marriott	
			T.Spurling	
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	03/08/2018	Ipswich	E.Moyes	35.58
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
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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	03/05/2017	Grays	C. Anthony	16.2 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	01/05/2019	Bury St. Edmunds	C.Anthony	16.3 s
200m	23/06/2019	Kings's Lynn	C.Anthony	32.5 s
400m	23/06/2019	King's Lynn	C.Anthony	68.9 s
800m	11/09/2018	Malaga, ESP	C.Anthony	2.32.47
1500m	16/09/2018	Malaga, ESP	C.Anthony	5.16.39
3000m	26/02/2017	Lee Valley	M.McCarthy	11.41.36
5000m	14/05/2017	Ipswich	M.McCarthy	20.21.5
1 Mile	06/06/2016	King's Lynn	D.Mason	13.37.7
5 Miles	25/11/2018	Milton Keynes	C.Anthony	33.35
10km	30/04/2017	Kings Lynn	M.McCarthy	42.06
High Jump	04/07/2018	Southend	C.Anthony	1.00 m
Long Jump	31/07/2019	Colchester	C.Anthony	2.91 m
Triple Jump	03/07/2019	Chelmsford	C.Anthony	6.72 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 - W60

Event	Date	Location	Name	Performance
100m	03/07/2019	Chelmsford	D.Mason	17.5 s
200m	05/06/2019	Southend	D.Mason	40.0 s
400m	04/07/2018	Solihull	D.Mason	1.54.6
Long Jump	28/07/2021	Southend	D.Mason	2.82 m
Triple Jump	01/05/2019	Bury St. Edmunds	D.Mason	5.88 m
Discus 1kg	01/08/2018	Colchester	D.Mason	15.26 m
Hammer 4kg	18/05/2019	Sandy	D.Mason	17.39 m
Javelin 600g	18/05/2019	Sandy	D.Mason	13.88 m

Club Records - W65

Event	Date	Location	Name	Performance
100m	01/06/2022	Southend	D.Mason	18.2s
200m	20/07/2022	Bury St Edmunds	D.Mason	40.1 s
80HW60	07/06/2023	Grays	D.Mason	25.2 s
Long Jump	04/09/2022	Bedford	D.Mason	2.39 m
Triple Jump	22/06/2022	Chelmsford	D.Mason	5.94 m
Shot 3kg	09/09/2023	Bedford	D.Mason	6.47 m
Discus 1kg	04/09/2022	Grays	D.Mason	14.27 m
Hammer 3kg	05/07/2023	Bury St Edmunds	D.Mason	21.85 m
Javelin 500g	07/06/2023	Grays	D.Mason	13.74 m

Club Records - U13 Boys

Event	Date	Location	Name	Performance
60m	25/05/2018	Lee Valley	M.Ayling	8.64 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
600m	01/08/2021	Norwich	J.Barton	2.05.0
800m	24/06/2023	Cambridge	C.Calver	2.19.21
1500m	20/09/2009	Bury St Edmunds	C McKie	4.48.0
1 Mile	08/08/2000	Bury St Edmunds	J.Juskiewicz	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 L.Allen L.Dodunski B.Green	55.9 s
1600mRelay	11/07/1993	Peterborough	J.McDonald A.Richardson H.Heathfield G.Cole	5.03.6
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 3kg	16/09/2018	Bury St Edmunds	A.Brown	10.86 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	03/06/2018	Peterborough	A.Brown	29.92 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
Pentathlon	25/09/2022	Peterborough	G.Thomas	1612pts
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	E.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	10/09/2022	Horspath	L.Amann	39.43 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	01/09/2019	Bedford	A. Brown	14.24 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
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	07/07/2013	Stevenage	L.Taylor	6.49 m
Triple Jump	16/09/2007	Bury St Edmunds	L.Allen	13.25 m
Shot 5kg	13/08/2022	Chelmsford	A.Brown	16.31 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	15/05/2022	Ipswich	A.Brown	43.87 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	05/06/2017	Cambridge	L.Roper	56.43 m
Hammer 6kg	02/04/2016	Bury St Edmunds	L.Roper	50.95 m
Hammer 7.26kg	15/08/2016	Lee Valley	L.Roper	36.69 m
Octathlon	02/09/1984	Watford	P.Ensigner	3810pts (old)
Octathlon	23/06/2007	Peterborough	L.Allen	4077pts (100H)
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
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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	
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
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	75.46m
Hammer 6kg	22/07/2012	Bromley	J.Allen	46.60 m

Hammer7.26kg	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	26/04/2019	Athens GA, USA	S.Anthony	1.49.10
1000m	11/02/2017	Boston, USA	C.McKie	2.28.66
1500m	13/04/2019	Lewisburg PA, USA	S.Anthony	3.51.79
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	01/05/2017	Bedford	M.Bartram	9.12.64
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 D.Jiminez G.Fisher	1.40.9
4x400mRelay	29/05/1983	Ipswich	N.Betson J.Craig D.Bedwell P.Nightingale	3.30.5
1600mMRelay	20/06/1982	King's Lynn	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	14/01/2017	Hastings,NZ	A.Parkinson	15.45 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)	24/02/2019	Loughborough	H.Hughes	78.89 m
Hammer7.26kg	02/06/2018	Chelmsford	J.Allen	47.21 m

Octathlon	25/09/1983	Bury St Edmunds	L.Still	4052pts (old)
Decathlon	76		R.Radley	4096pts (old)
	03/09/2023	Carshalton	L.Prior	4263pts (new)
5 Miles	25/06/1999	Haughley Park	K.Prendergast	26.49
10km	30/03/2018	Port Erin	M.Bartram	33.36
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
400m	08/09/2019	Bury St Edmunds	A.Taylor	62.7 s
800m	04/08/2019	Peterborough	A.Taylor	2.15.4
1500m	21/07/2019	Ipswich	A.Taylor	4.40.0
3000m	30/06/2021	Grays	B.Jefferey	10.42.0
High Jump	18/08/2018	St. Ives	C.Kent	1.45 m
	21/07/2019	Ipswich	A.Taylor	1.45 m
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	23/06/2018	Ilford	C.Kent	11.64 m
Hammer 7.26kg	12/08/2018	Ipswich	C.Kent	24.56 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
Half Marathon	15/03/2020	Buxhall Stowmarket	B.Jefferey	1.25.47.0

Club Records - M45

Event	Date	Location	Name	Performance
60m	17/02/2019	Lee Valley	C.Kent	8.30 s
100m	01/05/2019	Bury St Edmunds	C.Kent	13.0 s
200m	08/09/2019	Bury St Edmunds	P.Ayling	28.1 s
800m	02/06/2021	Chelmsford	A.Taylor	2.20.7
10 Miles	26/02/2012	Bury St Edmunds	N.Antony	82.24.0
Marathon	22/04/2012	London	N.Antony	5.13.37.0
High Jump	05/09/2021	Bury St Edmunds	B.Prior	1.55 m
Long Jump	14/05/1995	Ipswich	L. Still	5.99 m
Triple Jump	28/08/1995	Colchester	L. Still	12.92 m
Pole Vault	14/09/2019	Ipswich	C.Kent	2.60 m
Shot 7.26kg	14/08/2021	Cambridge	C.Kent	11.77 m
Discus 2kg	07/06/1995	Peterborough	L. Still	33.00 m
Javelin 800g	13/08/1995	Colchester	L. Still	45.50 m
Hammer 7.26kg	20/08/2023	Horspath	C.Kent	29.85 m
Weight 15.88kg	20/08/2023	Horspath	C.Kent	8.98 m
PenWtM45	20/08/2023	Horspath	C.Kent	2446pts

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
100m	08/07/2017	St Ives	A. Davies	15.5s
200m	20/08/2017	Bury St Edmunds	A. Davies	29.4s
400m	14/05/2017	Ipswich	A. Davies	65.7s
800m	19/05/2018	Peterborough	A. Davies	2.29.0
1500m	03/06/2018	Nuneaton	A. Davies	5.24.63

Club Records - M60

Event	Date	Location	Name	Performance
100m	21/07/2019	Brecon	A.Davies	14.62 s
800m	18/05/2019	Sandy	A.Davies	2.37.4
1500m	21/07/2019	Brecon	A.Davies	5.37.10
3000m	01/03/2020	Lee Valley	A.Davies	12.09.91
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
Hammer 7.26kg	04/10/2019	Derby	D.Valentine	32.83 m