

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	27/07/2011	Watford	S Tooley	4.50.07
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	28/06/2008	Solihull	H.Archer	2.15.12
1500m	29/05/2005	Portsmouth	N.Morgan	4.45.84
1 Mile	08/08/2000	Bury St Edmunds	N.Barnes-Smith	6.04.8

3000m	20/07/1983	Bury St Edmunds	S.Mann	11.03.3
1km Walk	14/05/2006	Ipswich	A.Donegan	7.55.8
60mH	21/01/2007	King's Lynn	H.Colman	9.7 s
75mH	15/06/1991	Peterborough	J.Fielder	11.9 s
	06/07/1992	Norwich	J.Fielder	11.9 s
80mH	05/06/1983	Colchester	J.Jennings	12.7 s
4x100mRelay	20/06/1999	Bury St Edmunds	L.Wells	52.4 s
			R.Mason	
			J.Thake	
			A.Clayton	
4x200mRelay	11/07/1993	Peterborough	A.Manning	1.59.1
			H.Nutter	
			R.Anness	
			E.Powell	
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	31/05/2008	Reading	M.Jackson	5.24 m
Triple Jump	17/07/2010	Cambridge	C.Wade	10.62 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	30/06/1979	Norwich	D.Soanes	33.24 m
Hammer	08/07/2007	Cambridge	S.Milner	27.83 m
Javelin	10/07/1998	Exeter	J.Chapman	33.36 m
Pentathlon	28/09/2008	Bedford	M.Jackson	2657 pts
Hexathlon	26/09/1982	Haverhill	J.Jennings	2773 (old)

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	25/05/2008	Ashford	A.Marriott	2.14.13
1500m	26/05/2007	Ashford	N.Morgan	4.41.82
1500m S/C	15/05/2011	Ipswich	B.Tooley	6.13.50
1 Mile	28/07/2002	Gt.Yarmouth	S.Bird	5.32.7
3000m	11/06/2003	Watford	S.Bird	10.17.8
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	07/08/1994	Copthall	J.Fielder	68.6 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	

4x400mRelay	06/07/2002	Tonbridge	R.Anness E.Powell T.Spurling K.Green C.Ayms C.Chilvers	4.38.4
3x800mRelay	13/04/2002	Bury St Edmunds	J.Thake C.Chilvers T.Spurling J.Jennings	7.58.3
High Jump	27/07/1985	Birmingham	A.Clayton	1.83 m
Pole Vault	02/07/1998	Bury St Edmunds	H.Ashton	1.95 m
Long Jump	25/05/1987	Culford	M Jackson	5.48 m
Triple Jump	11/07/2009	Sheffield	S.Milner	11.99m
Shot 4kg	21/06/2008	Peterborough	S.Milner	11.28m
Discus	08/08/2009	Bedford	J.Chapman	43.19m
Javelin	26/05/2001	Watford	S.Milner	42.37m
Hammer	23/08/2009	Ipswich	A.Clayton	33.36m
Pentathlon	23/09/2001	Peterborough	H.Ashton	3002 pts
Hexathlon	01/09/1987	Bury St Edmunds	A.Clayton	2892 pts
Heptathlon	29/09/2001	Birmingham		4248 pts

Club Records - Junior 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	58.1s
800m	25/06/2011	Bedford	H Archer	2.13.12
1500m	27/07/2011	Watford	H Archer	4.35.76
1 Mile	28/07/2002	Gt.Yarmouth	S.Bird	5.32.7
3000m	12/07/2006	Watford	S.Bird	10.08.2
5000m	06/06/2011	Ipswich	E Baker	21.02
5 Miles	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	07/08/1994	Barnet Copthall	J.Fielder	68.6 s
4x100m	04/06/1982	Milton Keynes	L.Watson J.Hitchcock J.Allen C.Dillon	50.5 s
4x200m	11/07/1993	Peterborough	A.Manning H.Nutter R.Anness E.Powell	1.59.1
4x400m	17/05/2003	St.Ives	A.Clayton C.Chilvers	4.20.8

3x800m	13/04/2002	Bury St Edmunds	L.Wells J.Thake J.Thake C.Chilvers T.Spurling	7.58.3
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	09/07/2010	Birmingham	S Milner	41.29 m
Javelin	28/06/2003	Bedford	J.Chapman	47.12 m
Hammer	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 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	12/05/2004	Watford	J.Thake	2.18.66
1500m	29/05/2005	Portsmouth	N.Morgan	4.45.84
1 Mile	28/07/2002	Gt.Yarmouth	S.Bird	5.32.7
3000m	04/05/2005	Watford	S.Bird	10.14.94
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	07/08/1994	Barnet Copthall	J.Fielder	68.6 s
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	7.58.3

			C.Chilvers	
			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	30/06/1979	Norwich	D.Soanes	33.24m
Javelin	24/07/2004	Loughborough	J.Chapman	49.66m
Hammer	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 - 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	14/07/1982	Bury St Edmunds	R.Baker	5.07 m
Triple Jump	20/06/1982	King's Lynn	R.Baker	10.21 m
Shot 3.25kg	14/09/2003	Bury St Edmunds	L.Allen	9.90 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
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
1 Km Walk	15/05/2011	Ipswich	Seb Anthony	6.17.7
	15/05/2011	Ipswich	Ben Eames	6.17.7
4x100mRelay	18/09/2011	Bury St Edmunds	K Potter	48.3s
			H Unwin	
			L Burrows	
			J Curran	
1600mRelay	11/07/1993	Peterborough	O.Crann	4.35.7
			O.Sloane	
			R.Miller	
			D.Thomas	
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	11/09/2011	Ipswich	H Hughes	33.93m
Discus 1.5kg	03/09/1995	Norwich	G.Cole	14.44 m
Javelin 600g	18/09/2005	Cambridge	J.Tagg	49.24 m
Javelin 700g	04/09/2005	Stevenage	J.Tagg	49.87 m
Hammer 4kg	19/08/1990	Braintree	A.Niarchos	25.56 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	28/09/1986	Colchester	J.Bone	51.8 s
800m	21/09/1994	Walthamstow	D.Jiminez	1.59.9
1000m	20/05/2007	Woodford	L.Allen	3.14.68
1500m	26/05/2007	Ashford	A.Ridley	4.04.53
1Mile	05/06/2001	Bury St Edmunds	S.Diston	5.08.9
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	03/07/2011	Bedford	A Parkinson	38.68 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	24/06/1975	Bury St Edmunds	M.Bottoms	54.16 m
Javelin 800gm	27/07/1974	Bury St Edmunds	M.Bottoms	45.74 m
Javelin 800 new	09/07/2011	Watford	A Parkinson	38.03m
Hammer 5kg	19/09/2010	Bury St Edmunds	J Allen	39.94 m
Hammer 6kg	30/08/2010	Colchester	J Allen	29.74 m
Hammer7.26kg	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)

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 - Junior 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	14/05/1995	Ipswich	D.Jiminez	1.55.8
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
5000m	06/06/2011	Ipswich	A Dunbar	15.07
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	20/06/2009	Watford	A Dunbar	6.15.49
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	30/08/1980	Barnet Copthall	D.Emery	45.5 s
			R.Day	
			M.Trowbridge	
			B.Lence	
4x200mRelay	30/08/1983	Colchester	A.Francis	1.40.9
			S.Gibson	
			D.Jiminez	
			G.Fisher	
4x400mRelay	28/06/1980	Ipswich	D.Emery	3.38.6
			A.Atta	
			T.Butcher	
			S.Bickers	
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

Shot 6kg	05/07/2009	Cambridge	L.Allen	12.74m
Shot 6.25kg	15/04/1973	Chelmsford	F.Green	12.00m
Shot 7.26kg	21/07/1973	Lakenheath	N.Jones	11.45m
Discus 1.75kg	21/06/2003	King's Lynn	L.Wright	37.03 m
Discus 2kg	08/05/2011	Great Yarmouth	J Allen	36.49m
Javelin (old)	10/07/1977	Bury St Edmunds	M.Bottoms	58.58 m
Javelin (new)	03/05/2003	Walthamstow	A.Harland	55.72 m
Hammer 6kg	15/05/2011	Ipswich	J Allen	43.13m
Hammer7.26kg	17/07/2011	Bury St Edmunds	J Allen	41.05m
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
10 Miles	06/12/1981	Peterborough	D.Williams	55.01
1/2 Marathon	18/07/1982	Cambridge	D.Williams	1.14.45
15 Miles	29/09/1981	Diss	D.Williams	1.31.53
Marathon	14/03/1982	Canvey Island	D.Williams	2.38.04

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
150m	20/03/1999	Crawley	B.Rees	17.5 s
	04/06/2002	Bury St Edmunds	C.Stamp	17.5 s
200m	23/07/1976	West London	G.Brown	22.2 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	01/08/1983	Oxford	D.Bedwell	1.55.8
	14/05/1995	Ipswich	D.Jiminez	1.55.8
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	12/05/1978	Bury St Edmunds	J.Drake	15.11.0
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	23/06/1979	West London	M.Calver	10.02.2
3000mWalk	01/07/1981	Bury St Edmunds	C.Williams	19.23.6
4x100mRelay	23/06/1979	West London	D.Emery	45.4 s
			A.Aitken	
			R.Day	
			S.Fennough	
4x200mRelay	30/08/1993	Colchester	A.Francis	1.40.9
			S.Gibson	
			D.Jiminez	

4x400mRelay	29/05/1983	Ipswich	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	22/05/1982	West London	L.Still	12.27 m
	04/08/1984	Thurrock	L.Still	12.27 m
Discus	16/06/1982	Bury St Edmunds	L.Still	39.84 m
Javelin	28/05/1977	Plaistow	J.Mower	65.02 m
Javelin (new)	31/07/2004	Stevenage	A.Harland	55.72 m
Hammer7.26kg	06/06/2009	Ware	S Bowman	41.04 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