

**Women & Girls**

**Men & Boys**

**2000m S/C**

	<b>U20</b>	<b>Luke Bailey</b>	<b>7:10.0s</b>	<b>2024</b>
	M35	Dave Nation	6:59.2s	2015
	M40	Kevin Wadeley	6:56.10s	2002
	M45	Fred Homer	6:56.30s	1993
	M50	Jim Brown	9:15.0s	2004

**3000m**

Lexi Wood	13:28.60s	2022	U15	Damien Reeves	9:41.6s	1988
Jayne Danks	10:06.20s	1992	U17	Gareth Beard	8:56.40s	1996
Jayne Danks	10:12.30s	1994	U20	Wayne Beasley	8:45.60s	1989
Amanda Dipple	10:32.50s	2005	SNR	Ian Furness	8:33.3s	1981
Jo Wall	15:52.8s	2008	M35	Ben Foster	9:19.0s	2018
Kim Braznell	11:57.30s	1999	M40	Ian Furness	8:43.80s	1998
Nancy Hitchmough	10:33.20s	1999	M45	Paul Waby	9:26.0s	2008
Nancy Hitchmough	11:15.3s	2001	M50	Ian Furness	9:09.04s	2008
Nancy Hitchmough	10:53.40s	2005	M55	Fred Homer	10:05.4s	2000
Nancy Hitchmough	11:54.3s	2012	M60	Fred Homer	10:42.90s	2005
Nancy Hitchmough	12:47.0s	2015	M65	Dave Eades	15:16.0s	2018

**3000m S/C**

	SNR	David Shepherd	10:21.90s	1990
	M35	Dave Nation	10:37.0s	2018
	M40	Kevin Wadeley	10:37.10s	2002
	M45	Fred Homer	11:10.10s	1993
	M50	Jim Brown	13:53.50s	2005

**5000m**

Lexi Wood	21:41.7s	2023	U17	Cian Wood	17:56.00	2023
			U20	Lee Slater	15:52.20s	2001
			SNR	Ian Furness	15:05.0s	1981
			M35	Dave Nation	16:48.6s	2015
			M40	Ian Furness	14:57.30s	1998
			M45	Paul Waby	16:14.3s	2013
			M50	Ian Furness	15:42.5s	2008
			M55	Sam Freeman	19:59.6s	2009

**4x100m**

	56.2s	1989	U13		56.70s	1988
	52s	1989	U15		49.2s	1988
	50.1	2017	U17		46.0s	1989/2005
	50.5s	2002	U20		45.9s	2015
	50.3s	2015	SNR		45.2s	2002

**4x300m**

	3:02.6s	2015	U15		3:03.3s	2016
	3:05.4s	2007	U17			

**4x400m**

			U17		3:36.0s	1989
	4:11.3s	2005	U20		3:38.8s	2001
	4:07.6s	2004	SNR		3:30.6s	2002