

Women				Men			
1500mSC	Lexie Wood	6:46.3s	2024	U17	John Andrew	4:47.50s	1988
2000m S/C				U17	Stuart Steele	7:02.4s	1993
				U20	Wayne Beasley	6:38.9s	1989
				SNR	Kevin Wadeley	6:40.8s	1991
				M35	Dave Nation	6:59.2s	2015
				M40	Kevin Wadeley	6:56.10s	2002
				M45	Fred Homer	6:56.3s	1993
				M50	Jim Brown	9:15.0s	2004
				M65	Geoff Fullwood	10:39.0s	2025
3000m	Lexie Wood	12:38.42	2023	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	Geoff Fullwood	14:13.97s	2025
				M70	Eric Horwill	19:04.5s	2004
3000m S/C				U17	Stuart Steele	11:14.90s	1993
				U20	David Shepherd	10:38.90s	1989
				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
				M65	Geoff Fullwood	17:28.0s	2025
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
				M65	Geoff Fullwood	25:09.25s	2025
10,000m				SNR	Steve Lees	32:31.0s	1992
				M50	Fred Homer	35:41.0s	1997
4x100m		56.2s	1989	U13		56.70s	1988
		52s	1989	U15		49.2s	1988
		50.1s	2017	U17		46.0s	1989/2005
		50.5s	2002	U20		45.9s	2015
		50.3s	2015	SNR		45.2s	2002
4x300		3:02.6s	2015	U15		3:03.3s	2016
		3:05.4s	2007	U17			
x400				U17		3:36.0s	1989
		4:11.3s	2005	U20			

4:	4:07.6s	2004	SNR	3:30.6s	2002
4x400 X	4:05.80s	2025	U20	4:05.80s	2025