

Women & Girls
Men & Boys
150m

Clare Ballyn	21.90s	1994	U11	Harry Fallon	20.8s	2019
Liza Parry	19.4s	1997	U13	Harry Fallon	19.2s	2021

200m

Claire Homer	30.1s	1986	U11	Philip Pope	30.4s	1998
Jackie Harris	26.8s	1985	U13	Jason Westbury	26.3s	1981
Jackie Harris	24.82s	1987	U15	Jamie Wilkes	23.6s	2009
				Tom Fallon	24.48s	2019(i)
Stephanie Little	25.47s	1999	U17	Steve McCardy	21.9s	1992
				Jacob Wnter	23.08s	2022(i)
Kirsty Overfield	25.7	2010	U20	Steve McCardy	22.0s	1993
				James Marshall		2000
Lucy Jones	25s	2019	SNR	James Marshall	21.98s	2002
Elaine Restorick	33.7s	1998	M35	Richard Westwood	30.49s	2015
Jayne McLean	29.2s	2003	M40	Michael Guest	23.7s	2002
Nancy Hitchmough	30.5s	1999	M45	Jim Brown	28.3s	2002
Elaine Restorick	32s	2009	M50	Bob Cutler	27s	1999
Elaine Restorick	33.4s	2014	M55	Jim Brown	30.7s	2011
Nancy Hitchmough	36.1s	2010	M60	Dave Eades	31.3s	2010
Nancy Hitchmough	36s	2015	M65	David Brown	32.9s	2001
			M75	Eric Horwill	46.2s	2004
			M80	Eric Horwill	50.4s	2008

300m

Lucy Horton	41.5s	2024	U15	Tom Slater	39.51s	2016
				Tom Fallon	41.06s	2019(i)
Charlotte Knowles	43.1s	1989	U17	Tim Nolan	37.2s	1989
			U20	Jacob Winter	37.02s	2022(i)

400m

Lucy Horton	58.03	2024	U15*			
			U17	David Hill	51.1s	1999
Liza Parry	57.33s	2003	U20	Steve McCardy	48.36s	1993
Charlotte Knowles	56.6s	1989	SNR	James Marshall	49.10s	2002
Jayne McLean	63.90s	2002	M35	Neil Smallman	54.3s	2010
Julie Everton	66.6s	2016	M40	Michael Guest	58.2s	2002
Nancy Hitchmough	65s	1999	M45	Dave Eades	61s	1998
Nancy Hitchmough	66.5s	2000	M50	Dave Eades	64.4s	2003
Nancy Hitchmough	71.1s	2008	M55	Dave Eades	65.8s	2007
Nancy Hitchmough	74.9s	2010	M60	Dave Eades	73.90s	2010
Nancy Hitchmough	78.74s		M65	Dave Eades	76.2s	2015
			M70	Eric Horwill	2:12.1s	2003

400m Hurdles

			U17	David Sweeting	57.0s	1991
Sian Davies	64.80s	2002	U20	David Sweeting	57.5s	1992
			SNR	Martin Maynard	53.85s	1993
			M35	Phil Nation	61.4s	2016

*rule observed; TR3 S2 2 (viii) UKA Rules for Competition 2024-2026