SPRINTS

	100m			200m			400m		
CR	**Simon Barrett**	**10.7**	**1977**	**Marvin Gayle**	**21.9**	**2012**	**Richard Rippon**	**47.7**	**1984**
1	Sam Plumb	11.23	2017	Sam Plumb	21.97	2014	Sam Plumb	48.32	2014
2	Will Morris	11.4	2018	Harry Russell	22.98	2018	Harry Russell	48.98	2018
3	Mike Forbes	11.60	2016	Mike Forbes	23.43	2016	Alex Hanson	51.04	2018
4	Matt Davies	11.6	2017	Will Morris	24.0	2018	Al Taylor	53.7	2018
5	Laurence Bu-Rashid	11.7	2018	George Biggs	24.1	2017	Reuben Langdon	53.9	2018
6	Harry Russell	11.7	2016	Al Taylor	24.2	2018	George Biggs	53.9	2017
7	Lawrence Baker	11.8	2018	Tom Hodgskin	24.3	2014	Dan Tuttle	54.0	2015
8	Kelvin Callender	11.87	2016	Kelvin Callender	24.31	2014	Matt Davies	54.1	2018
9	Sam Taylor	12.1	2018	Dion Sankoh	24.4	2016	Mike Forbes	54.66	2015
10	Tom Hodgskin	12.1	2014	Dan Tuttle	24.5	2014	Peter Crisp	55.00	2017

MIDDLE/LONG DISTANCE

	800m			1500m			3000m			5000m		
CR	**Alex Hanson**	**01:48.67**	**2018**	**Marcus Bridger-Wilkinson**	**03:43.13**	**2014**	**Marcus Bridger-Wilkinson**	**08:21.12**	**2015**	**Jonathan Solly**	**13:22.4**	**1986**
1	Alex Hanson	01:48.67	2018	Marcus Bridger-Wilkinson	03:43.13	2014	Marcus Bridger-Wilkinson	08:21.12	2015	Marcus Bridger-Wilkinson	14:15.54	2015
2	Marcus Bridger-Wilkinson	01:51.28	2014	Alex Hanson	03:56.73	2018	Alex Hanson	08:35.60	2018	Callum O'Neill	15:13.35	2018
3	Harry Russell	01:52.28	2018	Mark Vardy	04:13.5	2018	Callum O'Neill	08:57.9	2018	Mark Vardy	15:30.61	2018
4	Dan Tuttle	02:01.5	2015	Callum O'Neill	04:14.64	2018	Alex Muir	09:06.65	2018	Andy McLeod	15:33.7	2014
5	Mike Robbins	02:02.1	2017	Peter Crisp	04:16.4	2017	Mark Vardy	09:08.53	2016	Tom Watkins	15:49.0	2015
6	Peter Crisp	02:03.15	2017	Alex Muir	04:16.6	2018	Matt Green	09:20.7	2017	Alex Muir	15:55.8	2018
7	Dion Sankoh	02:03.4	2016	Mike Robbins	04:16.8	2017	Phil Marshall	09:22.10	2017	Matt Green	16:00.6	2018
8	Will Tyson	02:04.3	2014	Phil Marshall	04:18.8	2017	James Craggs	09:29.96	2016	Steve Barnes	16:39.4	2014
9	Phil Marshall	02:04.5	2015	Matt Green	04:23.4	2018	Tom Watkins	09:33.5	2015	James Craggs	16:43.0	2015
10	Tom Teece	02:05.28	2015	Steve Barnes	04:25.3	2014	Peter Crisp	09:35.10	2014	Alex Hanson	16:43.22	2018

BARRIERS

	110mH			400mH			2000mSC			3000mSC		
CR	**Tony Reynolds**	**14.8**	**1990**	**Sam Plumb**	**51.66**	**2014**	**Tom Watkins**	**06:35.3**	**2015**	**Andy Robinson**	**09:15.2**	**1987**
1	Sam Plumb	14.9	2017	Sam Plumb	51.66	2014	Tom Watkins	06:35.3	2015	Tom Watkins	10:29.0	2015
2	Matt Davies	16.9	2018	Dan Tuttle	60.52	2014	Mike Robbins	06:40.0	2018	Wayne Lillis	10:43.4	2017
3	Dan Tuttle	20.6	2016	Matt Davies	61.8	2017	James Craggs	06:58.4	2014	James Craggs	10:48.79	2016
4	Mike Robbins	21.5	2016	Mike Robbins	65.6	2016	Wayne Lillis	06:58.7	2015	Mike Robbins	10:50.4	2018
5	Graham Stent	22.47	2017	Wayne Lillis	69.4	2017	Steve Elsmere	07:20.2	2016	Steve Elsmere	11:14.1	2017
6	Wayne Lillis	22.6	2015							Callum O'Neill	11:20.5	2018
7	Matt Plumb	24.5	2015							Graham Stent	11:21.5	2017
8												
9												
10												