Gender	Age Cat	Event	Performance	Timing Measuring	Wind	Athlete(s)	Venue & Competition	Date Recorded	NS
F	11	4x50m Relay	35.50s	E		Morgan, Dale, Bull, Taylor	Yate	05/07/2012	
F	11	600m	1m57.50s	E		Jenna Kelly	Yate	02/07/2009	
F	11	75m	10.90s	M		Megan Dunsby	Yate	09/07/2017	
F	11	75m	10.90s	M		Phoebe Havard	Yate	09/07/2017	
F	11	Ball Throw	47.17m	M		Harriet Taylor	Yate	05/07/2012	
F	11	High Jump	1.20m	M		Libby Hayett	Yate	12/05/2012	
F	11	Howler Throw	28.03m	M		Arisa Burgess	Gloucester	01/09/2018	
F	11	Long Jump	3.70m	M		Ellie Winfield	Yate	01/09/2007	
F	11	Quad kids Points	0238 points	M		Arisa Burgess	Yate	01/09/2018	
F	11	Standing Long Jump	2.09m	M		Amy Nolan	Yate	01/07/2018	
F	13	100m	12.80s	M		Victoria Scott	Brierley Hill, Womens Midland League	08/08/2004	
F	13	1200m	3m51.60s	M		Emily Fitzhugh	Yate	04/06/2006	
F	13	1500m	4m53.10s	M		Emily Fitzhugh	Exeter	25/07/2006	
F	13	150m	19.40s	M		Victoria Scott	Yate, NYAL	18/07/2004	
F	13	200m	27.31s	E		Yvette Westwood	Yate, Avon T&F	31/07/2011	
F	13	200m Indoor	29.93s	E		Elinor Winfield	NIA Cardiff	08/02/2009	
F	13	4x100m Relay	55.14s	E		?	Cardiff	15/07/2017	
F	13	600m	1m50.90s	M		Ellie Leather	Stoke Gifford, Avon Open Meeting	03/08/2011	
F	13	60m Indoor	08.51s	E		Emily Wright	Bath	11/12/2010	
F	13	70m Hurdles (68)	11.40s	M		Willa Gibb	Yate	10/07/2016	
F	13	75m	10.00s	M		Victoria Scott	Hereford, NYAL	27/06/2004	
F	13	800m	2m20.70s	M		Hannah Curnock	Birmingham, Alexander Stadium	15/09/1990	
F	13	Discus (0.75kg)	24.70m			Olivia Powell	Swindon, Invitational Winter Throws	24/02/2024	
F	13	High Jump	1.45m	M		Fiona Barkley	Bath	21/05/2016	
F	13	Javelin (400gms)	23.98m	M		Annabel Gordon	Exeter, SW Champs & Inter Counties	18/07/2021	
F	13	Long Jump	4.94m	M		Hannah Greenslade	Millfield	01/06/1992	
F	13	Long Jump Indoor	3.87m	M		Elinor Winfield	Bath Open	24/01/2009	
F	13	Mile	5m24.10s	M		Emily Fitzhugh	Cheltenham	12/07/2006	
F	13	Pole Vault	2.30m	M		Arisa Burgess	Yate	20/09/2020	
F	13	Shot (2.72kg)	09.16m	M		Kelly Boulton	Bath, Avon Track & Field Lge	31/08/1997	
F	15	100m	12.15s	E	1.0	Emily Wright	Leicester, Midland U15/U17/U20 Champs	14/07/2012	
F	15	100m Indoor	12.50s	E		Emily Wright	Birmingham HPC, Open meet	24/03/2012	
F	15	100mWC (T54)	25.94s	E	0.3	Nancy Jubb	Stoke Mandeville, BWAA Grand Prix Series	16/07/2023	
F	15	1500m	4m34.98s	E		Emily Fitzhugh	Exeter	27/05/2008	
F	15	200m	25.27s	E	1.5	Emily Wright	Leicester, Midland U15/U17/U20 Champs	15/07/2012	
F	15	200m Indoor	26.69s	E		Karis Jones	NIA, MCAA Indoor Champs	20/01/2002	
F	15	200mWC (T54)	52.28s	E	0.5	Nancy Jubb	Stoke Mandeville, BWAA Grand Prix Series	16/07/2023	
F	15	3000m	10m21.20s	M		Hannah Hobbs	Kip Keino	22/07/2014	
F	15	300m	42.12s	E		Hayley Smith	Yate, Sprints & Hurdles Challenge	06/09/2008	
F	15	4x100m Relay	51.20s	M		N Moyes, I Walkey, J Richards, P Havard	Yate, Avon T&F League	12/09/2021	
F	15	4x300m Relay	3m02.40s	M		A.Johnstone L.Ellis H.Dent A.Beazer	Swansea, NYAL	19/06/2011	

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F	15	60m	07.97s	E	0.9	Isabelle Walkey	Yate, Sprints & Hurdles	03/04/2022	
F	15	60m Hurdles (76) Indoor	09.55s	E		Lyndsay Fox	Cosford	10/03/1991	
F	15	60m Indoor	07.97s	E		Emily Wright	Birmingham	24/03/2012	
F	15	75m Hurdles (76)	11.60s	M		Lyndsay Fox	Cannock	28/07/1991	
F	15	75m Hurdles (76)	11.60s	M		Willa Gibb	Cheltenham	18/07/2017	
F	15	800m	2m09.80s	M		Hannah Curnock	Crystal Palace	15/08/1992	
F	15	800m Indoor	2m19.40s	M		Hannah Curnock	Cosford,Miuno Open,UK Record	16/11/1991	
F	15	Discus (1kg)	31.05m	M		Zoe Derham	Yate	02/07/1995	
F	15	Hammer (3kg)	39.38m	M		Ash Hillier-Smith	Manchester Sportcity, ESAA Champs	09/07/2022	
F	15	High Jump	1.67m	M		Evie Moir	Bedford, BIGish Jumps & Throws Fest	02/06/2022	
F	15	High Jump Indoor	1.62m	M		Evie Moir	Loughborough, Open Jumps	16/01/2022	
F	15	Javelin (500gms)	33.94m	?		Annabel Gordon	Wrexham, Final Fling Open	23/09/2023	
F	15	Long Jump	5.55m	M	2.0	Emily Wright	Aberdeen	11/08/2012	
F	15	Long Jump	5.55m	M		Withheld	Birmingham	09/07/2005	
F	15	Long Jump Indoor	5.56m	M		Emily Wright	Sheffield	24/11/2012	
F	15	Mile	5m23.70s	M		Lucy Atkins	Cheltenham	11/07/2007	
F	15	Pentathlon	2953 points	M		Withheld	Yeovil	26/06/2005	
F	15	Pole Vault	3.42m	M		Arisa Burgess	Bedford, EA U15/U17 Champs	27/08/2022	
F	15	Pole Vault Indoor	3.11m	M		Arisa Burgess	Cardiff NIA, Vault Cardiff	13/03/2022	
F	15	Shot (3kg)	09.09m	M		Leah Hale	Portsmouth	10/09/2016	
F	15	Triple Jump	09.54m	M		Lucy Durham	Yate	13/09/2015	
F	17	100m	11.89s	E	1.6	Isabelle Walkey	Yate, UYYDLUAG SW Premier	26/05/2024	
F	17	1500m	4m29.03s	E		Floren Scrafton	Sheffield	11/07/2009	
F	17	1500m Indoor	4m40.33s	E		Hannah Alderson	Sheffield	23/02/2008	
F	17	1500m S/C (76)	5m34.74s	E		Emily Whitaker	Exeter	16/06/2018	
F	17	200m	24.29s	E	0.0	Isabelle Walkey	Yate, UYYDLUAG SW Premier	26/05/2024	
F	17	200m Indoor	24.72s	E		Emily Wright	Birmingham	02/02/2013	
F	17	3000m	10m08.30s	M		Hannah Alderson	Stratford Manchester	07/06/2008	
F	17	300m	40.70s	M		Hayley Smith	Yate, UK Young Athletes League Midland Premier	19/07/2009	
F	17	300m Hurdles (76)	46.40s	M		Hattie Dent	Abingdon	20/05/2012	
F	17	300m Indoor	42.64s	E		Carly Hillier	Birmighmam NIA, Midland Champs	06/02/2005	
F	17	4x100m Relay	50.12s	E		I Hill, I Walkey, N Moyes, J Richards	Yate, YDLUAG SW Premier for Team Avon	30/04/2023	
F	17	4x300m Relay	2m56.90s	M		?	Yeovil	20/06/2010	
F	17	60m Indoor	07.64s	E		Isabelle Walkey	Sheffield, EA U20, U17 & U15 Indoor Champs	10/02/2024	
F	17	800m	2m14.68s	E		Hannah Hobbs	Yate	11/06/2016	
F	17	800m Indoor	2m39.47s	E		Annabel Gordon	Cardiff, Indoor Open & SW champs	07/01/2024	
F	17	80m Hurdles (76)	11.90s	M		Hannah Jackson	Mansfield	24/06/2007	
F	17	Discus (1kg)	34.28m	M		Zoe Derham	Windsor	27/04/1997	
F	17	Hammer (3kg)	45.05m	M		Felicity Whiteway	Gloucester, Avon T&F league	01/08/2021	
F	17	Hammer (4kg)	48.66m	M		Zoe Derham	Birmingham	16/08/1997	
F	17	Heptathlon	3925 points	M		Hannah Stares	Stoke	17/09/1995	

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F	17	High Jump	1.70m	M		Evie Moir	Sandy, Biggleswade Open	23/09/2023	
F	17	High Jump Indoor	1.65m			Evie Moir	Cardiff NIA, South West Indoor Champs	03/12/2023	
F	17	Javelin (500gms)	36.11m	M		Jodie Dale	Gloucester	12/08/2018	
F	17	Long Jump	5.12m	M		Hannah Greenslade	Yate, McDonalds Girls lge	30/04/1995	
F	17	Long Jump Indoor	4.70m			Annabel Gordon	Loughborough, Midlands U15/U17/U20/Sen Chan	20/01/2024	
F	17	Mile	4m56.51s	E		Floren Scrafton	Solihull	18/07/2009	
F	17	Pole Vault	3.10m	M		Arisa Burgess	Reading, NAL National 1 match	11/06/2023	
F	17	Pole Vault Indoor	3.36m			Arisa Burgess	Cardiff NIAC, Cardiff Vault Comp	03/03/2024	
F	17	Shot (3kg)	09.26m	M		Leah Hale	Bath	10/06/2017	
F	17	Shot (3kg) Indoor	08.63m			Annabel Gordon	Loughborough, Midlands U15/U17/U20/Sen Chan	20/01/2024	
F	17	Triple Jump	11.60m	M		Withheld	Birmingham	28/05/2006	
F	17	Triple Jump Indoor	11.48m	M		Withheld	Birmingham NIA, MCAA Chmps	12/03/2006	
F	20	100m	11.96s	E	1.3	Yvette Westwood	Bedford	17/06/2017	
F	20	100m Hurdles (84)	14.60s	E		Joanna Thorn	Exeter, English Schools Champs	10/07/1998	
F	20	1500m	4m27.36s	E		Hannah Hobbs	Watford	24/06/2017	
F	20	1500m S/C (76)	7m59.60s	E		Lucy Conibear	Yeovil	24/07/2016	
F	20	200m	24.68s	E	0.4	Yvette Westwood	Birmingham	08/07/2017	
F	20	200m Indoor	24.60s	E		Yvette Westwood	Birmingham	11/02/2017	
F	20	3000m	09m37.37s	E		Hannah Hobbs	Bristol	18/07/2017	
F	20	400m	57.18s	E		Ruby Brook	Alexander Stadium, English Schools Chmps	30/06/2023	
F	20	400m Hurdles (76)	64.73s	E		Stephanie Brooks	Sportcity Manchester, UKYDL Upper Finals	04/09/2022	
F	20	400m Indoor	58.97s	E		Paula Hill	Birmingham NIA, MCAA Chmps	12/03/2006	
F	20	4x100m Relay	51.30s	M		E.Peters K.Everall T.Wakeham J.Thorn	Stafford	18/06/2000	
F	20	4x400m Relay	4m13.70s	M		A.Gear J.Farmer H.Holt K.Nunn	Leicester	25/04/1993	
F	20	60m Hurdles (84) Indoor	09.46s	E		Emma Nye	NIA Birmingham, AAA's U20 Chmps	19/02/1995	
F	20	60m Hurdles (84) Indoor	09.46s	E		Stephanie Brooks	Sheffield, BUCS Indoor Champs	18/02/2022	
F	20	60m Indoor	07.65s	E		Yvette Westwood	Cardiff	05/02/2017	
F	20	800m	2m12.38s	E		Ellie Wallace	Solihull	13/05/2017	
F	20	Discus (1kg)	26.86m	M		Kathryn Spray	Cheltenham	04/08/1991	
F	20	Hammer (4kg)	52.33m	M		Zoe Derham	Newport	13/06/1999	
F	20	Heptathlon	4339 points	M		Stephanie Brooks	Bedford, ESAA Combined Events Champs	18/09/2022	
F	20	High Jump	1.64m	M		Hannah Stares	Reading	27/07/1997	
F	20	High Jump Indoor	1.65m			Ruby Donaldson	Cardiff, Non Thomas Open	21/01/2024	
F	20	Javelin (600gms)	41.46m	M		Lisa Hardwick	?	11/06/1989	
F	20	Long Jump	5.37m	M		Sara Barry	Stoke	28/04/2002	
F	20	Mile	5m16.73s	E		Rhiannon Paton	Swansea, Welsh Athletics U20 International	17/08/2022	
F	20	Pentathlon Indoor	2990 points	M		Stephanie Brooks	Sheffield, England Athletics CE Champs	08/01/2022	
F	20	Pole Vault	2.82m	M		Hannah Lewis	Yate, National Athletic League	07/08/2021	
F	20	Pole Vault Indoor	3.03m			Sophie Hornung	Sheffield EIS, BUCS Athletics: Indoor Championshi	25/02/2024	
F	20	Shot (4kg)	09.95m	M		Lisa Hardwick	?	01/01/1989	
F	20	Triple Jump	11.92m	M		Sara Barry	Yate	21/04/2002	

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F	23	100m	12.14s	E		Yvette Westwood	Yate, Avon Open Series	12/07/2019	
F	23	100m Hurdles (84)	14.20s	M		Victoria Williams	Yate	09/06/2002	
F	23	1500m	4m27.62s	E		Ellie Leather	Irvine CA USA, Steve Scott Invite	26/04/2019	
F	23	2000m S/C (76)	09m00.77s	E		Grace Cardwell	Oxford, Varsity match	21/04/2024	
F	23	200m	24.70s	E	0.9	Yvette Westwood	Yate, Midland League Div1	04/08/2019	
F	23	200m Indoor	24.65s	E		Stephanie Brooks	Sheffield EIS, BUCS Indoor champs	25/02/2024	
F	23	3000m	09m52.00s	M		Rosie Hamilton-James	Gloucester	08/09/2022	
F	23	3000m Indoor	10m03.73s	E		Ellie Leather	Bloomington, Indiana, University relays	01/02/2020	
F	23	400m	56.17s	E		Katie Robbins	Yate, NAL National One Round 4	20/08/2022	
F	23	400m Hurdles (76)	61.08s	E		Stephanie Brooks	Manchester, BUCS Outdoor Champs	06/05/2024	
F	23	400m Indoor	58.64s	E		Katie Robbins	Sheffield, BUCS Indoor Champs	20/02/2022	
F	23	4x100m Relay	49.20s	M		N Moyes, I Walkey, J Richards, K Treglown	Telford, Midland League D2	09/07/2023	
F	23	4x400m Relay	4m09.30s	M		K.Jones P.Hill J.Binks C.Hillier	Newport	21/08/2005	
F	23	5000m	17m19.49s	E		Rosie Hamilton-James	Trafford	23/07/2022	
F	23	60m Hurdles (84) Indoor	08.75s	E		Victoria Williams	Cardiff, AAA's Champs	03/02/2002	
F	23	60m Indoor	07.63s	E		Yvette Westwood	Sheffield, BUCS Indoor Champs	15/02/2019	
F	23	800m	2m09.19s	E		Ellie Leather	Irvine CA, USA	27/04/2019	
F	23	800m Indoor	2m25.32s	E		Stephanie Brooks	Sheffield, England Senior & U20 CE Championship	07/01/2024	
F	23	Discus (1kg)	25.10m	M		Jodie Dale	Yate, National Athletic League	20/08/2022	
F	23	Hammer (4kg)	42.45m	M		Elizabeth Seabrook	Cortland NY USA	19/04/2008	
F	23	Heptathlon	4640 points	E		Stephanie Brooks	Yeovil, Somerset Combined Events Champs	28/04/2024	
F	23	High Jump	1.55m	M		Rachel Spooner	Wolverhampton, Midland Lge Div2	14/08/2011	
F	23	High Jump Indoor	1.66m	M		Hannah Stares	Birmingham	08/02/1998	
F	23	Javelin (600gms)	42.51m	E		Jodie Dale	Yate, Midland Lge Div 2	20/05/2023	
F	23	Long Jump	5.32m	M		Tania Adlam	Yate, Avon County Champs	17/05/1992	
F	23	Long Jump Indoor	5.48m	M		Stephanie Brooks	Sheffield, BUCS Indoor Champs	25/02/2023	
F	23	Pentathlon Indoor	3338 points	E		Stephanie Brooks	Sheffield, England Senior & U20 CE Championship	07/01/2024	
F	23	Pole Vault	2.80m	M		Deborah Martin	Wolverhampton	20/08/2000	
F	23	Pole Vault Indoor	2.50m	M		Deborah Martin	Birmingham, NIA	08/01/2000	
F	23	Shot (4kg)	09.97m	M		Stephanie Brooks	Manchester, EA Senior/U20 CE Champs	27/05/2023	
F	23	Shot (4kg) Indoor	09.64m	M		Stephanie Brooks	Sheffield EA Senior Indoor Combined Events Cham	08/01/2023	
F	23	Triple Jump	12.39m	M		Sara Barry	Cardiff	29/08/2005	
F	23	Triple Jump Indoor	12.07m	M		Sara Barry	Sheffield, BUSA Champs	27/02/2003	
F	34	100m	12.10s	M		Tania Adlam	Yate	16/05/1993	
F	34	100m Hurdles (84)	14.26s	E		Joanna Thorn	Loughborough, Loughborough International	22/05/2005	
F	34	1500m	4m11.33s	E		Ellie Leather	Bloomington, Indiana	28/05/2022	
F	34	200m	24.90s	M		Sian Darby	Whitchurch, Avon Track & Field	11/07/1999	
F	34	200m Indoor	25.61s	E		Sian Darby	NIA, Birmingham Open	27/01/2002	
F	34	3000m	09m42.40s	M		Floren Scrafton	Bilbao, Spain	24/06/2017	
F	34	3000m Indoor	09m30.10s	E		Ellie Leather	Lexington, USA	15/01/2022	
F	34	400m	55.70s	E		Katie Robbins	Birmingham Alexander Stad., Midland League D2	19/08/2023	

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F	34	400m Hurdles (76)	68.10s	M		Deborah Sutherland	Cheltenham, Jubilee Cup	01/06/1997	
F	34	400m Indoor	57.23s	E		Hannah Stares	Birmingham Games, NIA	13/01/2001	
F	34	4x100m Relay	47.94s	E		I Walkey, K Treglown, E Bowell, A Brandon	Yate, NAL Championship West Division	22/06/2024	
F	34	4x400m Relay	3m54.20s	E		T Iannetelli, E McIntosh, K Robbins, S Brooks	Yate, NAL Championship West Division	22/06/2024	
F	34	5000m	16m23.43s	E		Ellie Leather	Knoxville, Tennessee	08/04/2022	
F	34	60m Hurdles (84) Indoor	08.74s	E		Joanna Thorn	Birmingham NIA, Birmingham Games, Gold medal	26/02/2006	
F	34	60m Indoor	07.62s	E		Charnia Weightman	Birmingham	08/02/2009	
F	34	800m	2m05.40s	M		Ellie Leather	Stoke Gifford, Bristol & West Open	21/06/2022	
F	34	800m Indoor	2m05.32s	E		Ellie Leather	Nashville TN USA	12/05/2022	
F	34	Discus (1kg)	44.64m	M		Fay Champion	Southampton	06/08/1995	
F	34	Hammer (4kg)	37.04m	M		Fay Champion	Swindon, GRE Cup 1st rnd	28/04/1996	
F	34	Heptathlon	4306 points	M		Fay Champion	Stoke, MCAA Comb.Event Champs	22/08/1993	
F	34	High Jump	1.70m	M		Fay Champion	Cheltenham	30/04/1995	
F	34	Javelin (600gms)	33.08m	M		Joanne Smerdon	Tamworth, Midland League	07/07/2019	
F	34	Long Jump	5.60m	M		Tania Findlay	Bristol	01/07/1996	
F	34	Mile Indoor	4m34.89s	E		Ellie Leather	Nashville TN USA	11/02/2022	
F	34	Pentathlon Indoor	3475 points	M		Hannah Stares	Birmingham NIA, AAA/MCAA Chmps	21/01/2001	
F	34	Shot (4kg)	13.30m	M		Fay Champion	Wiltshire	13/05/1995	
F	34	Triple Jump	12.38m	M	1.4	Sara Barry	Bedford, CAU Inter Counties	28/05/2006	
F	34	Triple Jump Indoor	12.39m	M		Sara Barry	Cardiff	20/01/2007	
F	35	Discus (1kg)	16.99m	M		Sam Hillier-Smith	Yate	30/07/2017	
F	35	Hammer (4kg)	16.44m	M		Maria Townsend	Yate	10/05/2015	
F	35	Javelin (600gms)	27.67m	M		Maria Townsend	Rugby	05/06/2016	
F	35	Long Jump	3.72m	M		Maria Townsend	Swindon	23/09/2017	
F	35	Shot (4kg)	06.97m	M		Maria Townsend	Swindon	23/09/2017	
F	35	Weight (20lb/9.08kg)	04.99m	M		Sam Hillier-Smith	Yate	26/09/2020	
F	40	100m	15.90s	M		Claire Williams	Gloucester	09/06/2019	
F	40	1500m	5m15.20s	M		Caroline Nicholas	Yate, Avon T&F	21/08/2022	
F	40	3000m Indoor	09m52.84s	E		Pat Gallagher	Cosford	09/01/1987	
F	40	5000m	19m57.34s	E		Tamsin Chick	Glocester, Cheltenham Midsomer Opens	19/07/2023	
F	40	800m	2m30.46s	E		Caroline Nicholas	Yate, Midland Lge D2	20/05/2023	
F	40	Discus (1kg)	18.74m	M		Annie Griffin	Yate	09/07/2006	
F	40	Hammer (4kg)	25.74m	M		Sam Hillier-Smith	Yate, Avon County Champs	15/05/2022	
F	40	Javelin (600gms)	19.37m	M		Annie Griffin	Yate	09/07/2006	
F	40	Shot (4kg)	06.34m	M		Annie Griffin	Yate	09/07/2006	
F	45	100m	16.80s	E	1.8	Tracy Watson	Exeter	28/05/2019	
F	45	1500m	4m40.97s	E		Patricia Gallagher	Cardiff	01/06/1991	
F	45	200m	38.90s	M		Tracey John	Gloucester	09/09/2018	
F	45	3000m	10m00.05s	E		Patricia Gallagher	?	01/10/1995	
F	45	Discus (1kg)	20.35m	M		Tracy Watson	Cheltenham, Brewer Memorial Games	18/09/2021	
F	45	Hammer (4kg)	24.57m	M		Karen Jones	Yate	14/05/2011	

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F	45	Javelin (600gms)	14.13m	M		Tracy Watson	Cheltenham	12/05/2019	
F	45	Javelin (600gms) (F57)	10.07m	M		Joanne Blinman	Cheltenham	02/05/2016	
F	45	Long Jump	3.06m	M		Claire Williams	Gloucester	14/07/2019	
F	45	Shot (4kg)	06.94m	M		Karen Jones	Yate	31/07/2011	
F	45	Shot (4kg) (F57)	04.58m	M		Joanne Blinman	Cheltenham	02/05/2016	
F	50	100m	16.50s	M		Karen Jones	Gloucester	12/07/2015	
F	50	1500m	4m49.86s	E		Patricia Gallagher	Solihul	05/09/1998	
F	50	1500m Indoor	4m51.60s	M		Patricia Gallagher	NIA Birmingham	08/02/1998	
F	50	3000m Indoor	10m17.53s	E		Patricia Gallagher	Birmingham	04/01/1997	
F	50	5000m	18m14.50s	M		Patricia Gallagher	Cwmbran	10/06/1998	
F	50	800m	2m22.00s	M		Patricia Gallagher	Yate	15/06/1997	
F	50	Discus (1kg)	14.56m	M		Karen Jones	Yate	05/05/2012	
F	50	Hammer (3kg)	34.92m	M		Karen Jones	Cheltenham	23/07/2014	
F	50	Shot (3kg)	07.31m	M		Karen Jones	Yate	25/05/2013	
F	50	Weight (16lb/7.26kg)	10.78m	M		Karen Jones	Bath	03/08/2014	
F	55	100m	16.60s	M		Karen Jones	Yate	11/09/2016	
F	55	1500m	5m20.44s	E		Patricia Gallagher	Potsdam, GER	19/08/2002	
F	55	1500m Indoor	5m11.35s	E		Patricia Gallagher	Bordeaux, European Vets Indoor Chmps	11/03/2001	
F	55	3000m	11m05.30s	M		Patricia Gallagher	Derby	23/09/2001	
F	55	3000m Indoor	11m06.13s	E		Patricia Gallagher	Bordeaux, European Vets Indoor Chmps	08/03/2001	
F	55	5000m	20m14.60s	M		Patricia Gallagher	Cardiff	30/06/2002	
F	55	800m Indoor	2m37.90s	M		Patricia Gallagher	Cardiff	22/02/2004	
F	55	Discus (1kg)	17.57m	M		Karen Jones	Yate	04/09/2019	
F	55	Hammer (3kg)	37.69m	M		Karen Jones	Bath	27/06/2018	
F	55	Javelin (500gms)	12.45m	M		Karen Jones	Yate	01/07/2018	
F	55	Shot (3kg)	07.15m	M		Karen Jones	Yate	04/09/2019	
F	55	Weight (16lb/7.26kg)	11.84m	M		Karen Jones	Birmingham	24/06/2017	
F	60	100m	17.00s	M		Karen Jones	Yate, Avon T&F	12/09/2021	
F	60	1500m	5m37.30s	M		Patricia Gallagher	Exeter	15/05/2008	
F	60	1500m Indoor	5m22.50s	E		Patricia Gallagher	Cardiff	18/02/2006	
F	60	3000m Indoor	11m35.90s	E		Patricia Gallagher	Cardiff	28/01/2006	
F	60	800m	2m45.20s	M		Patricia Gallagher	Exeter	15/05/2008	
F	60	800m Indoor	2m40.28s	E		Patricia Gallagher	Cardiff	05/03/2006	
F	60	Discus (1kg)	18.83m	M		Karen Jones	Aberdare, Welsh Masters Champs	04/09/2022	
F	60	Hammer (3kg)	37.83m	?		Karen Jones	Derby, British Masters Championships	02/09/2023	
F	60	Shot (3kg)	06.78m	M		Karen Jones	Yate, Closed to Club	16/05/2021	
F	60	Weight (12lb/5.45kg)	13.85m	M		Karen Jones	Swansea, Welsh Masters Champs	26/09/2021	
F	65	100m	18.19s	E		Patricia Gallagher	Solihul	19/07/2015	
F	65	1500m	5m45.05s	E		Patricia Gallagher	Exeter, SW Masters Champs	19/06/2011	
F	65	400m Indoor	80.00s	E		Patricia Gallagher	Sheffield	05/02/2012	
F	65	5000m	22m09.00s	M		Patricia Gallagher	Cardiff, Welsh Masters	11/05/2011	

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F	65	60m Indoor	11.45s	E		Patricia Gallagher	Lee Valley	01/03/2015	
F	65	800m	2m50.63s	E		Patricia Gallagher	Birmingham, BMAF Champs	26/06/2011	
F	70	1500m	6m44.27s	E		Patricia Gallagher	Perth, Aus	05/11/2016	
F	70	3000m Indoor	15m04.74s	E		Patricia Gallagher	Ancona ITA	30/03/2016	
F	70	800m Indoor	3m16.89s	E		Patricia Gallagher	Lee Valley	13/03/2016	
F	75	100m	21.00s	M		Anne Dockery	Gloucester, Avon T&F league	06/08/2023	
F	75	1500m	6m44.40s	M		Anne Dockery	Gloucester, Avon T&F league	06/08/2023	
F	75	3000m	14m12.12s	E		Anne Dockery	Birmingham, Midland Lge D2	19/08/2023	
F	75	5000m	23m42.04s	E		Anne Dockery	Pescara, Italy, European Masters Championships	25/09/2023	
F	75	800m	3m21.15s	E		Caroline Lavis	Derby, BMAF - British Masters AF T&F Champions	02/09/2023	
M	11	4x50m Relay	33.80s	E		Jame, Littleton, James, Hillier	(Unverified)	01/07/2012	
M	11	600m	1m49.90s	M		Adam Nolan	?	01/05/2015	
M	11	75m	10.00s	M		Regan-Jack Williams	Yate	01/07/2019	
M	11	Ball Throw	39.78m	M		Daniel Brooks	Yate	01/07/2005	
M	11	High Jump	1.36m	M		Luke Ball	Yate	21/07/2015	
M	11	Howler Throw	46.48m			Jacob Mead	Gloucester, Avon T&F	06/08/2023	
M	11	Long Jump	4.19m	M		Robert Dakin	Yate	11/07/2010	
M	11	Quad kids Points	0278 points	M		Max Papuca	Wise Stoke Gifford, Avon Open	25/06/2024	
M	11	Standing Long Jump	2.10m	M		Luke Ball	Yate	01/09/2015	
M	13	100m	12.60s	M		Daniel Brooks	Yeovil	01/06/2013	
M	13	1500m	4m39.30s	M		Steve Higton	?	01/01/1984	
M	13	1500m Indoor	6m10.63s	E		Bode Scherer-Cowell	Cardiff, Indoor Open & SW champs	07/01/2024	
M	13	200m	26.10s	M		Thomas Scammell	Yate, Avon T&F	09/08/2009	
M	13	200m Indoor	31.07s	E		Tom Pontin	Cardiff, Indoor Open	06/01/2007	
M	13	4x100m Relay	53.70s	M		T.Scammell O.Mehew B.Holbrook C.Blake	Yate	09/08/2009	
M	13	60m	08.31s	E		Luke Ball	Yate	09/04/2017	
M	13	60m Hurdles (76) Indoor	09.90s	M		Luke Ball	Birmingham	19/03/2017	
M	13	60m Indoor	08.32s	E		Thomas Scammell	Bath Indoor Open	21/02/2009	
M	13	75m	10.35s	E		Harry Scherer-Cowell	Yate, UKYDL LAG Promotion match	22/07/2023	
M	13	75m Hurdles (76)	12.27s	E		Robert Phillips	Exeter	03/08/2008	
M	13	800m	2m18.20s	M		Seamus Robinson	Yate	13/08/2017	
M	13	800m Indoor	2m32.12s	E		Parish Bailey	Cardiff, Indoor Open & SW champs	07/01/2024	
M	13	Discus (1kg)	27.04m	M		Ciaran Merrett	Swindon, Autumn Field Open	25/09/2022	
M	13	High Jump	1.65m	M		Luke Ball	Bath	10/06/2017	
M	13	Javelin (400gms)	35.30m	M		Owen Boon	Yeovil, Avon County Champs	21/08/2021	
M	13	Long Jump	5.21m	M		Luke Ball	Cardiff	15/07/2017	
M	13	Long Jump Indoor	4.67m	M		Luke Ball	Birmingham, Midland Counties Champs	12/02/2017	
M	13	Mile	5m39.50s	M		Andrew Savery	Yate	10/08/1994	
M	13	Pentathlon	2025 points	M		Luke Ball	Exeter	24/09/2017	
M	13	Pole Vault	2.00m	M		Leon Walsh	Yate	15/09/2019	
M	13	Shot (3.25kg)	09.65m	M		Jack Griffin	Yate, NYAL	03/06/2007	

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M	13	Shot (3kg)	08.95m			Joseph Sutherland	Yeovil, Spring Open	30/03/2024	
M	15	100m	11.20s	M		Ryan Scott	Yate	02/09/2001	
M	15	100mWC (T54)	23.96s	E	-1.5	Toby Richardson	Newport, Welsh U13/U17/U20 Championships	13/08/2023	
M	15	1500m	4m14.80s	M		Sam Dalgleish	Sheffield	17/08/2003	
M	15	1500m Indoor	5m10.00s	M		Daniel Studely	Cardiff Indoor Open	02/01/2005	
M	15	200m	22.91s	E		Ryan Scott	u/k	07/07/2001	
M	15	200m Indoor	24.48s	E		Greg Smith	Birmingham NIA, AAA's U20 chmps	24/02/2001	
M	15	200mWC (T54)	48.09s	E	-1.7	Toby Richardson	Yate, Avon County Championships	13/05/2023	
M	15	3000m	09m17.30s	M		Richard Cranswick	u/k	01/01/1985	
M	15	300m	37.80s	M		Jack Holbrook	Yate	13/06/2015	
M	15	4x100m Relay	47.70s	M		Avon Track & Field	Yate, Avon T&F	15/07/2007	
M	15	4x300m Relay	2m40.97s	E		Burgess Mann Armstrong Hillier	?	15/07/2017	
M	15	60m	07.19s	E	-0.3	Daniel Brooks	Yate	06/09/2015	
M	15	60m Hurdles (84) Indoor	09.00s	E		Jacob Spence	Lee Valley, SEAA Champs	21/01/2012	
M	15	60m Indoor	07.42s	E		Ollie Haines	Birmingham NIA, MCAA Champs	07/02/2009	
M	15	800m	2m00.71s	E		Abdi Hasan	Gateshead	08/07/2016	
M	15	800m Indoor	2m28.49s	E		Excel Iwhiwhu	Cardiff, Welsh and SW Champs	08/01/2023	
M	15	80m Hurdles (84)	11.21s	E		Jacob Spence	Gateshead	06/07/2012	
M	15	Discus (1.25kg)	34.53m	E		Ciaran Merrett	Birmingham, England Athletics U15/U17 Open Ch	27/08/2023	
M	15	Hammer (4kg)	53.04m	M		Matthew Spicer	Hull	13/07/1985	
M	15	High Jump	1.96m	M		Luke Ball	Yate	15/09/2019	
M	15	High Jump Indoor	1.83m	M		Luke Ball	Sheffield, EA U15/U17/U20 Champs	23/02/2019	
M	15	Javelin (600gms)	53.09m	E		Owen Boon	Birmingham, England Athletics U15/U17 Open Ch	26/08/2023	
M	15	Long Jump	6.02m	M	1.0	Adam McBraida	Exeter, ESAA SW Schools Combined Events Champ	23/06/2007	
M	15	Long Jump Indoor	5.42m	M		Luke Ball	Sheffield, EA U15/U17 Combined Events Champs	11/03/2018	
M	15	Mile	4m50.10s	M		Akira Bees	Cheltenham, Mid Summer Open	07/07/2021	
M	15	Pentathlon	2838 points	M		Luke Ball	Exeter	21/09/2019	
M	15	Pole Vault	3.10m	M		Adam Nolan	Yate	23/06/2019	
M	15	Pole Vault Indoor	2.30m	M		Mathew Pilborough	Birmingham NIA	10/01/1993	
M	15	Shot (4kg)	12.86m	M		Neil Hayne	u/k	01/01/1983	
M	15	Triple Jump	12.39m	M		Harry Weston	Exeter	15/06/2013	
M	15	Weight (16lb/7.26kg)	16.68m	M		James Viner	Swindon	01/09/2018	
M	17	100m	10.70s	M		Ryan Scott	Yate	21/04/2002	
M	17	100m Hurdles (91)	13.24s	E	1.1	Jacob Spence	Birmingham	07/09/2014	
M	17	1500m	3m58.20s	M		Seamus Robinson	Cheltenham, Brewer Games	18/09/2021	
M	17	1500m Indoor	4m25.00s	M		Harry Webb	Cardiff Indoor Open	02/01/2005	
M	17	1500m S/C (84)	5m26.54s	E		Oli Grove	Yate, UKYDL UAG SW Premier	26/05/2024	
M	17	200m	22.10s	M		Ryan Scott	Yate. Nat.Jun.Lge	23/06/2002	
M	17	200m Indoor	22.10s	E		Ryan Scott	NIA Birmingham, MCAA U20 champs	02/02/2003	
M	17	3000m	08m46.65s	E		Seamus Robinson	Manchester Sportcity, ESAA Champs	10/07/2021	
M	17	400m	49.53s	E		Joshua Evans	Gateshead, Aviva English Schools' Championships	06/07/2012	

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M	17	400m Hurdles (84)	55.42s	E		Robert Phillips	Gateshead	07/07/2012	
M	17	400m Indoor	50.04s	E		Joshua Evans	NIA, Birmingham Games	05/02/2012	
M	17	4x100m Relay	44.83s	E		R.Phillips B.Watt L.Lorenzi J.Evans	Exeter	24/06/2012	
M	17	4x400m Relay	3m32.18s	E		B.Watt R.Phillips M.Cottam J.Evans	Cardiff	17/06/2012	
M	17	60m Hurdles (91) Indoor	08.58s	E		Jacob Spence	Lee Valley	02/02/2013	
M	17	60m Indoor	07.21s	E		Ryan Scott	NIA Birmingham, AAA's U20 Champs	23/02/2002	
M	17	800m	1m55.10s	M		Matthew Thompson	Watford	05/08/1998	
M	17	800m Indoor	2m01.90s	E		Kane Lee	Birmingham, Birmingham Games	05/02/2011	
M	17	Decathlon	4237 points	M		Liam Hillier	Manchester	05/08/2018	
M	17	Discus (1.5kg)	56.34m			Owen Garrett	Exeter, SW Schools Champs	15/06/2024	
M	17	Hammer (5kg)	69.17m	M		Owen Merrett	Lee Valley	15/08/2020	
M	17	Heptathlon Indoor	3602 points			Owen Boon	EA U17 & U15 Indoor Combined Events Champs	10/03/2024	
M	17	High Jump	2.10m	M		Luke Ball	Yate, NAL Premier West	28/08/2021	
M	17	Javelin (700gms)	69.59m	E		Theo Spurrell	Derby, SIAB Schools Home International	25/09/2021	
M	17	Long Jump	6.94m	M		Garry Slade	Sutton Coldfield	31/08/1985	
M	17	Long Jump Indoor	6.49m	M		Garry Slade	Cosford, Arrow Open	08/12/1984	
M	17	Mile	4m40.40s	M		Matt Parker	Cheltenham	11/07/2007	
M	17	Octathlon	4709 points	M		Adam McBraida	Exeter	28/06/2009	
M	17	Pentathlon	2617 points	M		Garry Slade	Exeter	27/07/1985	
M	17	Pole Vault	3.70m	M		Liam Hillier	Birmingham	16/06/2019	
M	17	Shot (5kg)	13.25m	M		Louis Tutcher	Swindon, Winter Throws Series	21/01/2023	
M	17	Shot (5kg) Indoor	14.98m			Owen Garrett	Loughborough, Midlands U15/U17/U20/Sen Chan	20/01/2024	
M	17	Triple Jump	13.38m	?	0.9	Jordan Iwhiwhu	Birmingham, EA U15/U17 Champs (Bronze)	26/08/2023	
M	17	Triple Jump Indoor	11.06m	M		Will Worster	Birmingham NIA, MCAA Champs	12/03/2006	
M	17	Weight (20lb/9.08kg)	18.42m	M		James Viner	Yate	01/09/2020	
M	20	100m	10.44s	E		Ryan Scott	Bedford	28/05/2006	
M	20	110m Hurdles (99)	14.25s	E	-1.4	Jacob Spence	Castellon, ESP	17/09/2016	
M	20	1500m	3m48.50s	M		James Thie	Swindon	07/08/1997	
M	20	2000m S/C (91)	06m00.32s	E		Frederick Cooper	Birmingham University,BMC GP - World Athletics	29/07/2023	
M	20	200m	21.23s	E		Ryan Scott	Unknown (Unverified)	14/06/2004	
M	20	200m Indoor	21.90s	M		Ryan Scott	Birmingham NIA, Midland Champs	06/03/2005	
M	20	3000m	08m24.47s	E		James Thie	Birmingham	16/08/1997	
M	20	3000m S/C (91)	09m46.72s	E		Frederick Cooper	Chelmsford, EA U23/U20 Champs	17/06/2023	
M	20	400m	49.10s	M		Josh Evans	Abingdon, YDL Upper Midland Premier 1	01/06/2014	
M	20	400m Hurdles (91)	54.90s	M		Robert Phillips	Gateshead	28/07/2013	
M	20	400m Indoor	52.68s	E		Alistair Robbins	NIA Birmingham Games	23/02/2003	
M	20	4x100m Relay	43.85s	E		R.Phillips L.Lorenzi T.Pontin J.Evans	Cardiff	28/07/2013	
M	20	4x400m Relay	3m26.75s	E		J.Evans K.Lee T.Pontin G.White	Yate, NJL as Team Avon	24/06/2012	
M	20	5000m	15m55.57s	E		Joe Connors	Exeter	20/08/2017	
M	20	60m Hurdles (99) Indoor	08.18s	E		Jacob Spence	Sheffield	01/03/2015	
M	20	60m Indoor	06.87s	E		Ryan Scott	Birmingham	19/02/2005	

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M	20	800m	1m52.21s	E		Matthew Thompson	Watford, BMC Grand Prix	22/07/2000	
M	20	800m Indoor	1m57.17s	E		Matthew Lavis	Birmingham NIA, AAA's U20 Champs	24/02/2001	
M	20	Decathlon	4903 points	E		Liam Hillier	Bedford, ESAA Combined Events Champs	19/09/2021	
M	20	Discus (1.75kg)	36.98m	M		Charles Beresford	Yate	28/07/1991	
M	20	Hammer (6.25kg)	63.18m	M		Matthew Spicer	Haringey	12/08/1990	
M	20	Hammer (6kg)	70.50m	M		Owen Merrett	Santiago de Cali, Columbia, World U20 Champs	02/08/2022	
M	20	High Jump	2.14m	M		Luke Ball	Chelmsford, EA U23/U20 Champs	18/06/2023	
M	20	High Jump Indoor	2.08m	M		Luke Ball	Hustopece CZE	04/02/2023	
M	20	Javelin (800gms)	63.63m	E		Theo Spurrell	Chelmsford, EA U23/U20 Champs	17/06/2023	
M	20	Long Jump	7.47m	M		Garry Slade	Birmingham	11/07/1987	
M	20	Long Jump Indoor	7.32m	M		Garry Slade	Cosford, AAA's U20 Chmps (Gold)	21/03/1987	
M	20	Mile	4m11.70s	M		James Thie	Bath	18/06/1997	
M	20	Pole Vault	4.30m	M		Matthew Pilborough	Yate	15/08/1998	
M	20	Pole Vault Indoor	3.45m	M		Liam Hillier	Cardiff, Met Classic GP1	19/12/2021	
M	20	Shot (6.25kg)	10.94m	M		Mathew Spicer	*	01/01/1990	
M	20	Shot (6kg)	16.34m	?		Dafydd Pawlett	Cardiff, Run with the Wind Open and Throws	10/05/2023	
M	20	Triple Jump	14.12m	M		Jack Joynson	Exeter	17/06/2017	
M	20	Triple Jump Indoor	13.24m	E		Jordan Iwhiwhu	Sheffield EIS, EA U20, U17 & U15 Championships	10/02/2024	
M	20	Weight (25lb/11.34kg)	07.91m	M		Liam Hillier	Yate	26/09/2020	
M	23	10000m	32m47.80s	M		Malcolm White	Solihull, Midland cup final	01/10/1987	
M	23	100m	10.20s	E	1.2	Ryan Scott	Loughborough, LEAP	17/07/2008	
M	23	1500m Indoor	4m09.51s	E		Kane Lee	Cardiff, Cardiff Met Open	23/01/2016	
M	23	200m	21.44s	E	1.0	Ryan Scott	Irvine CA USA, Steve Scott Invite	02/05/2009	
M	23	3000m	08m23.34s	E		Martin Palmer	Solihull	17/07/1999	
M	23	3000m Indoor	08m43.20s	M		Michael Shackcloth	Birmingham Indoor Arena	08/02/1992	
M	23	3000m S/C (91)	10m21.63s	E		Alexander Wilson	Swansea, NAL Championship West Division	01/06/2024	
M	23	400m	46.51s	E		Isaac Cory	Birmingham Alexander Stad., Midland League D2	19/08/2023	
M	23	400m Indoor	48.62s	E		Isaac Cory	Birmingham Uka Indoor Champs	17/02/2024	
M	23	5000m	14m11.51s	E		Martin Palmer	Solihull	05/08/1998	
M	23	60m Indoor	06.59s	E		Ryan Scott	Athens, GRE	13/02/2008	
M	23	800m	1m55.04s	E		Kane Lee	Exeter, BMC Regionals	30/06/2015	
M	23	800m Indoor	1m55.41s	E		Kane Lee	Sheffield, BUCS Indoor Championships	21/02/2015	
M	23	Half Marathon	1h11m53s	M		Malcolm White	Stroud	25/10/1987	
M	23	Heptathlon Indoor	3398 points	M		Liam Hillier	Sheffield, England Athletics CE Champs	09/01/2022	
M	23	High Jump	2.17m	M		Adam Brooks	Yate, NAL Premier West	28/08/2021	
M	23	Long Jump	7.69m	M		Garry Slade	Loughborough	01/06/1988	
M	23	Pole Vault	3.90m	M		Liam Hillier	Solihull, Midland Lge D3	13/08/2022	
M	23	Pole Vault Indoor	4.03m	M		Liam Hillier	Sheffield, BUCS Indoor Champs	25/02/2023	
M	23	Shot (7.26kg) Indoor	14.47m	E		Dafydd Pawlett	Sheffield EIS, BUCS Athletics: Indoor Championshi	24/02/2024	
M	23	Triple Jump	14.37m	M		Matthew Muggeridge	Yate	15/08/1998	
M	34	10000m	31m04.50s	M		Rhodri Jones	Newport	11/06/2000	

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M	34	100m	10.55s	E	1.6	Daniel Brooks	Reading, NAL National 1 Div	11/06/2023	
M	34	110m Hurdles (106)	16.40s	M		Graham Howell	Bournemouth	29/05/1988	
M	34	1500m	3m55.38s	E		Julian Emery	Solihull	14/07/1999	
M	34	1500m Indoor	4m10.29s	E		Adam Wilson	Cardiff, Indoor BMC races	21/01/2024	
M	34	200m	21.38s	E	0.6	Ben Wells	Yate, NAL match	06/06/2021	
M	34	200m Indoor	21.78s	E		Greg Smith	Birmingham NIA, MCAA Champs	11/03/2006	
M	34	3000m	08m29.00s	M		Mike Shackcloth	Yate, Avon County vs Regional U23's	21/08/1994	
M	34	3000m S/C (91)	09m19.80s	M		Mike Shackcloth	Yate	20/08/1994	
M	34	400m	48.33s	E		Ben Wells	Loughborough, Loughborough International	22/05/2022	
M	34	400m Hurdles (91)	58.10s	M		Matthew Muggeridge	Yate, Avon T&F	09/08/2009	
M	34	400m Indoor	49.07s	E		Ben Wells	Sheffield	05/02/2022	
M	34	4x100m Relay	43.09s	E		D.Gordon, E.Steele, I.Cory, D.Brooks	Milton Keynes, NAL National One Div.	05/08/2023	
M	34	4x400m Relay	3m22.58s	E		B Wells, I Cory, M Ritson, E Wilson	Yate, NAL Championship West Division	22/06/2024	
M	34	4x400m Relay Mixed	3m39.77s	E		Ben Wells,Isacc Cory,Katie Robbins,Steph Brook	Yate, Midland Lge Div 2	20/05/2023	
M	34	5000m	14m51.20s	M		Rhodri Jones	Whitchurch, Mens ML	28/06/1997	
M	34	60m Indoor	06.85s	E		Daniel Brooks	Cardiff, Non Thomas Open	22/01/2023	
M	34	800m	1m54.18s	E		Kane Lee	Reading, NAL National 1 Div	11/06/2023	
M	34	800m Indoor	1m55.30s	E		Kane Lee	Cardiff, Indoor BMC races	21/01/2024	
M	34	Decathlon	5014 points	M		Daniel White	Exeter	27/09/2009	
M	34	Discus (2kg)	41.36m	M		Andy Nichol	?	01/01/1984	
M	34	Half Marathon	1h06m27s	M		Rhodri Jones	Bristol, BUPA Half Marathon	08/10/2000	
M	34	Hammer (7.26kg)	58.42m	M		Matthew Spicer	Yate	01/05/1989	
M	34	High Jump	2.16m	M		Adam Brooks	Solihull, Midland League D3	13/08/2022	
M	34	High Jump Indoor	2.12m	M		Adam Brooks	Hustopece CZE	04/02/2023	
M	34	Javelin (800gms)	59.98m	M		Alan Holloway	Birmingham, MCAA Champs	03/08/1997	
M	34	Long Jump	6.19m	M		Matthew Muggeridge	Corby, Mens Midland League D3	05/08/2008	
M	34	Marathon	2h19m10s	M		Rhodri Jones	Frankfurt, Germany	29/10/2000	
M	34	Mile	4m19.80s	M		Richard Drage	Whitchurch	14/09/1988	
M	34	Pentathlon	2658 points	M		Graham Howell	Yate, Avon County CE Chmps	29/05/1993	
M	34	Pole Vault	3.60m	M		Alan Holloway	Yate	16/08/1997	
M	34	Shot (7.26kg)	13.14m	M		Andy Nichol	?	01/01/1984	
M	34	Triple Jump	13.11m	M		Matthew Muggeridge	Leamington, Midland League	06/05/2006	
M	34	Weight (35lb/15.88kg)	11.12m	M		Reece Straker	Yate	26/09/2020	
M	35	100m	11.09s	E	2.0	Christopher Hill	Stratford, Newham & Essex Open Series	17/07/2022	
M	35	110m Hurdles (106)	17.10s	M		Graham Howell	Stoke, Midland Lge D4	22/07/1995	
M	35	1500m	4m09.13s	E		Anthony Glover	Exeter	27/08/2013	
M	35	200m	23.20s	M		Matthew Muggeridge	Telford	01/07/2012	
M	35	3000m	09m09.20s	M		Richard Drage	, Mens Midland League	20/08/1994	
M	35	400m	51.60s	E		Matthew Muggeridge	Derby, BMAF Championships	21/07/2012	
M	35	400m Hurdles (91)	59.20s	M		Graham Howell	Yate, Avon T&F League	05/09/1993	
M	35	400m Indoor	52.48s	E		Matthew Muggeridge	Cardiff UWIC, Grand Prix Open	08/01/2012	

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M	35	60m Indoor	07.24s	E		Christopher Hill	Eltham, Sutcliffe Indoor 60's	06/03/2022	
M	35	800m	2m01.40s	M		Anthony Glover	Kip Keino	16/07/2013	
M	35	Decathlon	4748 points	M		Graham Howell	Worcester, MCAA CE Champs	25/08/1996	
M	35	Discus (2kg)	34.22m	M		Chris Bevan	Yate	11/07/2010	
M	35	Hammer (7.26kg)	33.30m	M		Daniel Williams	Yate	07/06/2014	
M	35	High Jump	1.70m	M		Daniel White	Wolverhampton, Midland Lge Div2	14/08/2011	
M	35	Javelin (800gms)	45.79m	M		Matthew Muggeridge	Yate	18/05/2013	
M	35	Long Jump	6.21m	M		Matthew Muggeridge	Stoke	07/07/2013	
M	35	Mile	4m37.00s	M		Richard Drage	Yate, Grand Prix Open Meet	10/08/1994	
M	35	Pole Vault	3.00m	M		Daniel White	Wolverhampton, Midland Lge Div2	14/08/2011	
M	35	Shot (7.26kg)	11.39m	M		Chris Bevan	Exeter	20/06/2010	
M	35	Triple Jump	12.81m	M		Matthew Muggeridge	Loughborough	06/07/2014	
M	40	100m	11.80s	M		Matthew Muggeridge	Yate	09/07/2017	
M	40	110m Hurdles (99)	16.60s	M		Graham Howell	Exeter, SW Vets Champs	20/06/1999	
M	40	1500m	4m16.20s	M		Anthony Glover	Yate	25/04/2015	
M	40	200m	23.81s	E	0.5	Matthew Muggeridge	Perth, Australia, World Masters Champs	01/11/2016	
M	40	3000m	10m09.90s	M		Tony Jefferies	Melksham	05/08/1984	
M	40	3000m S/C (91)	10m48.80s	M		Malcolm White	Brierly Hill	02/06/2007	
M	40	400m	51.66s	E		Alan Clark	Cheltenham	01/01/1992	
M	40	400m Hurdles (91)	59.90s	M		Graham Howell	Nuneaton, Mens Mid.Lge D4	17/07/1999	
M	40	5000m	16m34.72s	E		Paul Gardiner	Gloucester, Cheltenham Midsomer Open	19/07/2023	
M	40	800m	2m07.08s	E		Anthony Glover	Yate	13/08/2017	
M	40	Decathlon	5739 points	M		Graham Howell	Sheffield, BVAF CE Champs, Silver medal	12/09/1999	
M	40	Discus (2kg)	39.71m	M		Chris Bevan	Manchester Sportcity	14/08/2013	
M	40	Hammer (7.26kg)	40.53m	M		Matthew Spicer	Yate	15/05/2016	
M	40	High Jump	1.59m	M		Graham Howell	Sheffield, BVAF CE Champs	11/09/1999	
M	40	Javelin (800gms)	55.42m	M		Alan Holloway	Yate	05/05/2007	
M	40	Long Jump	5.84m	M		Graham Howell	Exeter, SW Vets Champs	20/06/1999	
M	40	Mile	5m25.50s	M		Ray Maddock	Yate, Grand Prix Open Meet	10/08/1994	
M	40	Pentathlon	2977 points	M		Graham Howell	Solihull, BVAF Pentathlon Champs Gold medal	04/07/1999	
M	40	Shot (7.26kg)	12.25m	M		Chris Bevan	Yate	21/08/2011	
M	40	Triple Jump	12.76m	M		Matthew Muggeridge	Yate	16/07/2017	
M	45	10000m	37m48.00s	M		Tony Jefferies	GRE Cup, Yeovil	07/05/1989	
M	45	100m	12.17s	E	0.5	Matthew Muggeridge	Yate, National Athletic League, National One	20/08/2022	
M	45	1500m	4m14.30s	M		Anthony Glover	Cheltenham, Midland League	11/07/2021	
M	45	200m	24.40s	M		Matthew Muggeridge	Solihull, Midland League D3	13/08/2022	
M	45	3000m	09m28.25s	E		Anthony Glover	Yate, National Athletic League	06/06/2021	
M	45	3000m S/C (91)	11m43.30s	M		Malcolm White	Birmingham	09/06/2013	
M	45	400m	56.11s	E		Matthew Muggeridge	Yate, National Athletic League, National One	20/08/2022	
M	45	400m Hurdles (91)	65.90s	M		Graham Howell	Tipton, Mens Midland Lge D2	04/08/2007	
M	45	5000m	17m33.90s	M		Tony Jefferies	Burton	09/05/1992	

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M	45	800m	2m05.20s	M		Anthony Glover	Gloucester, Avon T&F league	01/08/2021	
M	45	Discus (2kg)	35.76m	M		Alan Holloway	Yate	05/05/2007	
M	45	Hammer (7.26kg)	41.21m	M		Matthew Spicer	Yate	06/05/2018	
M	45	Javelin (800gms)	41.98m	M		Matthew Muggeridge	Solihull, Midland League D3	13/08/2022	
M	45	Long Jump	5.70m	M		Matthew Muggeridge	Cheltenham, Midland League D3	22/05/2022	
M	45	Pole Vault	3.81m	M		Alan Holloway	Yate	17/06/2007	
M	45	Shot (7.26kg)	10.95m	M		Alan Holloway	Yate	05/05/2007	
M	45	Triple Jump	12.33m	M		Matthew Muggeridge	Yate, Midland League D3	17/07/2022	
M	45	Weight (35lb/15.88kg)	09.50m	M		Matthew Spicer	Yate	26/09/2020	
M	50	100m	13.22s	E		Malcolm Cowton	Yate	17/04/2011	
M	50	1500m	5m09.80s	M		Tony Jefferies	Charnwood, Mens Mid.Lge.	09/06/1996	
M	50	200m	25.90s	M		Malcolm Cowton	Street	29/05/2011	
M	50	3000m	10m36.50s	M		Tony Jefferies	Stafford	06/06/1998	
M	50	3000m S/C (91)	13m37.50s	M		Graham Howell	Brierley Hill, Mens Midland Lge	01/08/2010	
M	50	400m	59.60s	M		Malcolm Cowton	Cheltenham	21/07/2010	
M	50	400m Hurdles (84)	69.60s	E		Alan Burgess	Yate	23/08/2020	
M	50	400m Indoor	57.25s	E		Malcolm Cowton	Gent,BEL	19/03/2011	
M	50	5000m	17m59.60s	M		Tony Jefferies	Yate	01/09/1996	
M	50	800m	2m16.53s	E		Malcolm Cowton	Exeter	25/06/2013	
M	50	Discus (1.5kg)	31.11m	M		Aaron Sloan	BMAF Champs, Lee Valley	06/03/2022	
M	50	Hammer (6kg)	41.38m	M		Matthew Spicer	Hull, Hammer Circle Reunion	10/10/2021	
M	50	Javelin (700gms)	34.18m	M		Aaron Sloan	BMAF Champs, Lee Valley	06/03/2022	
M	50	Pole Vault	3.70m	M		Alan Holloway	Stoke on Trent	07/05/2011	
M	50	Shot (6kg)	10.91m	M		Aaron Sloan	BMAF Champs, Lee Valley Indoor	05/03/2022	
M	50	Weight (25lb/11.34kg)	13.60m	M		Matthew Spicer	Hull, Hammer Circle Reunion	10/10/2021	
M	55	1500m	5m00.40s	M		Tony Jefferies	Nuneaton	08/06/2002	
M	55	200m Indoor	27.07s	E		Malcolm Cowton	Lee Valley	13/03/2016	
M	55	3000m	10m39.80s	M		Tony Jefferies	Yate	20/08/2000	
M	55	400m Indoor	60.86s	E		Malcolm Cowton	Lee Valley	12/03/2016	
M	55	5000m	17m59.60s	M		Tony Jefferies	Bristol	01/09/2002	
M	55	800m	2m30.10s	M		Tony Jefferies	Corby	02/08/2003	
M	55	Hammer (6kg)	22.39m	M		Peter Jackson	Exeter	18/06/2017	
M	55	Shot (6kg)	10.19m	M		Peter Jackson	Exeter	18/06/2017	
M	60	10000m	40m36.70s	M		Jerry Musselwhite	Leamington, Open & Club Champs	25/05/2021	
M	60	100m	14.40s	M		Graham Howell	Gloucester	01/08/2018	
M	60	100m Hurdles (84)	21.95s	E	-2.6	Jerry Musselwhite	Yeovil, Bill Whistlecroft Spring Open	16/04/2022	
M	60	1500m	5m08.80s	M		Jerry Musselwhite	Par	12/09/2020	
M	60	1500m Indoor	5m15.84s			Jerry Musselwhite	Lee Valley Middle Distance Open	09/02/2022	
M	60	2000m S/C (76)	08m17.02s	E		Jerry Musselwhite	Yeovil, Somerset County Champs	14/05/2022	
M	60	200m	31.28s	E	1.7	Jerry Musselwhite	Carshalton, Surrey & Sussex CE Championships	11/09/2021	
M	60	200m Indoor	36.40s			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	27/03/2022	

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M	60	3000m	10m55.90s	M		Tony Jefferies	Corby	05/06/2004	
M	60	3000m Indoor	11m32.54s			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	26/03/2022	
M	60	300m Hurdles (76)	52.23s	E		Graham Howell	Birmingham, British Masters Champs	10/08/2019	
M	60	400m	69.47s	E		Jerry Musselwhite	Yeovil, Somerset County Champs	15/05/2022	
M	60	400m Indoor	76.67s			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	26/03/2022	
M	60	5000m	18m42.70s	M		Tony Jefferies	Yate	18/09/2005	
M	60	5000m Indoor	20m11.67s			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	27/03/2022	
M	60	60m Hurdles (84) Indoor	14.32s			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	27/03/2022	
M	60	60m Indoor	09.93s			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	26/03/2022	
M	60	800m	2m31.15s	E		Jerry Musselwhite	Yeovil, Bill Whistlecroft Spring Open	15/04/2022	
M	60	800m Indoor	2m38.05s			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	26/03/2022	
M	60	Decathlon	4604 points	M		Jerry Musselwhite	Kilmarnock, Scottish Athletics CE & Masters Chan	11/07/2021	
M	60	Discus (1kg)	32.63m	M		Jerry Musselwhite	Par, Mini Series	22/05/2021	
M	60	Hammer (5kg)	50.27m	M		Eugene Lawlor	Yate	13/05/2017	
M	60	High Jump	1.30m	M		Jerry Musselwhite	Yeovil, Bill Whistlecroft Spring Open	18/04/2022	
M	60	High Jump Indoor	1.24m			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	26/03/2022	
M	60	Javelin (600gms)	28.58m	M		Jerry Musselwhite	Carshalton, Surrey & Sussex CE Championships	11/09/2021	
M	60	Long Jump	4.32m	M		Graham Howell	Gloucester	12/08/2018	
M	60	Long Jump Indoor	4.02m			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	26/03/2022	
M	60	Mile	5m36.52s	E		Jerry Musselwhite	Dagenham, Be Fit Today Track Academy Open	31/10/2020	
M	60	Mile Indoor	5m52.23s	E		Jerry Musselwhite	Lee Valley, Ayo Faiola Dream Mile	08/02/2023	
M	60	Pentathlon	2556 points	M		Jerry Musselwhite	Jarrow, NECAA/NEMAA Open Pentathlon Champi	19/09/2021	
M	60	Pole Vault	2.80m	M		George Trmal	Sutton Coldfield	26/08/1997	
M	60	Pole Vault Indoor	2.10m			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	27/03/2022	
M	60	Shot (5kg)	10.28m	M		Peter Jackson	Birmingham	11/08/2019	
M	60	Shot (5kg) Indoor	07.63m			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	26/03/2022	
M	60	Triple Jump	08.99m		-0.2	Jerry Musselwhite	Yeovil, Somerset County Championships	13/05/2023	
M	60	Triple Jump Indoor	08.15m			Jerry Musselwhite	Miramas, France Indoor World Ultra CE Champs	27/03/2022	
M	60	Weight (20lb/9.08kg)	16.17m	M		Eugene Lawlor	Birmingham	25/06/2017	
M	65	10000m	43m29.60s	M		Jerry Musselwhite	Leamington Open	05/09/2023	
M	65	100m	15.80s	E		Jerry Musselwhite	Turnhout, Belgium, World Ultra C Events Champs	08/07/2023	
M	65	100m Hurdles (84)	23.44s	E	-3.8	Jerry Musselwhite	Plymouth, Devon Open	06/08/2023	
M	65	1500m	5m20.37s	E		Jerry Musselwhite	Yate, Masters Open	12/08/2023	
M	65	1500m Indoor	5m30.80s	E		Jerry Musselwhite	Lee Valley, Open MD	14/02/2024	
M	65	2000m S/C (76)	08m16.23s	E		Jerry Musselwhite	Derby, British Masters T & F Champs	02/09/2023	
M	65	200m	34.76s	E		Jerry Musselwhite	Turnhout, Belgium, World Ultra C Events Champs	09/07/2023	
M	65	3000m	11m26.64s	E		Jerry Musselwhite	Plymouth, Devon Open	06/08/2023	
M	65	300m Hurdles (76)	60.30s	E		Jerry Musselwhite	Gloucester, Cheltenham Midsummer Opens	26/07/2023	
M	65	400m	75.66s	E		Jerry Musselwhite	Turnhout, Belgium, World Ultra C Events Champs	08/07/2023	
M	65	5000m	19m38.30s	M		Tony Jefferies	Kettering	01/05/2010	
M	65	800m	2m35.40s	E		Jerry Musselwhite	Yeovil Evening Open	31/08/2023	

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M	65	800m Indoor	2m31.15s	E		Jerry Musselwhite	Lee Valley, Open MD	14/02/2024	
M	65	Discus (1kg)	29.42m			Jerry Musselwhite	Plymouth, Devon Open	06/08/2023	
M	65	Hammer (5kg)	24.30m			Jerry Musselwhite	Horspath, British Masters Throws Pentathlon	20/08/2023	
M	65	High Jump	1.23m			Jerry Musselwhite	Turnhout, Belgium, World Ultra C Events Champs	08/07/2023	
M	65	Javelin (600gms)	27.54m			Jerry Musselwhite	Horspath, British Masters Throws Pentathlon	20/08/2023	
M	65	Long Jump	3.81m			Jerry Musselwhite	Turnhout, Belgium, World Ultra C Events Champs	08/07/2023	
M	65	Mile	6m01.91s			Jerry Musselwhite	Gloucester, Cheltenham Midsummer Opens	26/07/2023	
M	65	Pentathlon	2197 points			Jerry Musselwhite	Jarrow, NECAA/NEMAA Open Pentathlon Champs	16/09/2023	
M	65	Pole Vault	2.70m	M		George Trmal	Cheltenham	03/08/2002	
M	65	Shot (5kg)	08.66m			Jerry Musselwhite	Yeovil Evening Open	31/08/2023	
M	65	Triple Jump	08.76m			Jerry Musselwhite	Plymouth, Devon Open	06/08/2023	
M	65	Weight (20lb/9.08kg)	10.05m			Jerry Musselwhite	Horspath, British Masters Throws Pentathlon	20/08/2023	
M	65	Weight Pentathlon	2343 points			Jerry Musselwhite	Horspath, British Masters Throws Pentathlon	20/08/2023	
M	70	1500m	6m39.80s	M		Tony Jefferies	Yate	30/07/2017	