

Track & Field: Senior Club Records: TRACK							
MEN				WOMEN			
100m	Graham Hedman	1998	10.7	100m	Sarah Hancock	?	12.2
150m	Graham Hedman	1997	16.4	150m	Sarah Hancock	1998	19.2
200m	Lewis Thorn EAL Final, Bury	08Aug 2019	21.7	200m	Carly Moody	1997	24.73
300m	Lewis Thorn Sheffield	22Jan 2020	35.01	300m	Sarah Hancock	1996	42.4
400m	Lewis Thorn S of England Champs	12/13Jun 2021	48.76	400m	Alison Flint	1988	58.3
600m	Ben Harper	1995	1:24.0	600m	Jaqueline Maskell	1980	1:42.5
800m	Tom Lerwill	1995	1:50.5	800m	Jaqueline Maskell	1980	2:11.4
1500m	Martin Gormley	1982	4:05.7	1500m	Jaqueline Maskell	1980	4:34.2
1 Mile	Tim Woulfe Chelmsford	11Aug 2019	4:35.4	1 Mile	Jaqueline Maskell	1980	5:15.1
3000m	Martin Gormley	1982	8:37.7	3000m	Jaqueline Maskell	1980	10:50.8
5000m	Martin Gormley	1983	14:45.6				
110mH	Clint Barrett	1997	15.8	100mH	Lisa Teverson	1989	16.6
200mH	Clint Barrett	1997	26.9				
400mH	Clint Barrett	1997	57.2	400mH	Kristi Andrews	1998	66.2
2000m SC	Kevin Jolley	1985	6:34.4				
3000m SC	Kevin Jolley	1986	9:58.1				

