

UNDER 11 GIRLS RECORDS

60m	Hannah Pain	Norwich	15 July 2015	8.8
75m	Ella Stephenson	Great Yarmouth	12 April 2006	11.6
80m	Clieo Stephenson	King's Lynn	27 July 2005	11.3
100m	Clieo Stephenson	King's Lynn	24 July 2005	13.8
150m	Matilda Butterworth	Norwich	15 May 2016	23.1
200m	Zoe Banham	Chelmsford	01 July 2001	32.4
600m	Femka Rosenbergen	Norwich	20 July 2013	1.52.3
800m	Carly Brown	Bury St Edmunds	23 June 2013	2.41.6
1500m	Marie Pring	Colchester	30 August 2004	5.56.6
HJ	Zoe Banham	Chelmsford	01 July 2001	0.80
	Lucy Clampin	Chelmsford	01 July 2001	0.80
LJ	Eleanor Blunt	Great Yarmouth	12 May 2007	4.01
SP 2kg	Mary Hill	Bromley	06 August 2015	6.01

UNDER 11 BOYS RECORDS

60m	Henty Whall	Norwich	15 July 2015	8.4
80m	Harry Simmons	Bury St Edmunds	17 August 2008	11.3
100m	Rio Ward	Peterborough	03 August 2014	15.2
150m	Callum Brown	Bury St Edmunds	12 August 2003	24.5
200m	Andrew Holmes	Luton	22 June 1997	31.9
600m	H Simmons	Bury St Edmunds	17 August 2008	1.50.3
800m	Callum Brown	King's Lynn	08 August 2004	2.52.9
1500m	Callum Brown	Ipswich	05 September 2004	5.53.7
80H	Chris Baker	Bedford	29 July 2003	16.04
LJ	Barnaby Taylor	Great Yarmouth	14 July 2013	4.47
SP 2kg	Zachary Young	Great Yarmouth	14 July 2013	7.07
JT	Andrew Holmes	Diss	13 July 1997	21.57
DT	Michael Pinnter	Norwich	28 August 2005	18.62
HJ	Chris Baker	Norwich	29 April 2001	1.30
HT 3kg	Michael Pinnter	Norwich	20 August 2005	27.43

UNDER 13 GIRLS RECORDS

60m indoor	Clieo Stephenson	King's Lynn	18 February 2007	8.3
60m H indoor	Victoria Williamson	King's Lynn	12 February 2006	10.2
	Eleanor Blunt	Chelmsford	01 March 2009	10.2
75m	Clieo Stephenson	Eltham	03 June 2007	9.8
80m	Julie Chandler	Ipswich	09 May 1998	11.1
	Laura McDonald	Barking	25 March 2007	11.1
100m	Clieo Stephenson	Great Yarmouth	12 August 2007	12.8
150m	Clieo Stephenson	Eltham	03 June 2007	19.4
200m	Clieo Stephenson	Great Yarmouth	12 August 2007	26.5
600m	Katie Goldsmith	Great Yarmouth	17 April 2014	1.50.1
800m	Femke Rosbergen	Watford	12 August 2015	2.22.03
1000m	Vicky Pratt	Waltham Forest	29 June 1997	3.20.9
1200m	Kiera Mooney	Thurrock	22 July 2007	3.57.0
1500m	Femke Rosbergen	Watford	26 August 2015	4.48.80
70mH	Laura McDonald	Thurrock	22 July 2007	11.1
75mH	Polly Francis	Norwich	14 June 1997	13.5
HJ	Rebecca Bell	Bury St Edmunds	20 September 1998	1.51
LJ	Clieo Stephenson	Cambridge	03 July 2007	4.83
SP	Kayleigh Southgate	Birmingham	03 September 2000	10.72
DT	Zoe Powers	Hemel Hempstead	04 September 2016	27.84

JT	Laura McDonald	Norwich	14 May 2007	36.13
HT	Megan Thomas	Norwich	06 August 2006	24.81
Pentathlon	Laura McDonald	Colchester	23 September 2007	2540
Quadrathon	Laura McDonald	Manchester	10 June 2007	288
Minithon	Laura McDonald	Bedford	30 September 2007	93
4x100m	National Young Athletes	Bedford	20 May 2007	53.6
4x200m	Ella Stephenson, Laura McDonald, Victoria Mitchell, Clieo Stephenson			
	Norfolk County Champs	Norwich	17 July 2006	1.56.6
	Clieo Stephenson, Victoria Mitchell, Laura McDonald, Imogen Gibbs			

UNDER 13 BOYS RECORDS

60m	Ashley Cooper	Great Yarmouth	12 March 2011	8.04
75m	Ashley Cooper	Great Yarmouth	21 April 2011	10.2
80m	Daniel Griffin	Great Yarmouth	07 June 2010	13.6
	Sam Forder	Chelmsford	20 June 2010	13.6
100m	Ashley Cooper	Walthamstow	19 June 2011	12.6
150m	Ashley Cooper	Great Yarmouth	21 April 2011	19.7
200m	Ashley Cooper	Biggleswade	24 September 2011	25.3
400m	Ian Young	Ipswich	15 June 1997	64.7
600m	Scott Greaves	Great Yarmouth	10 April 2008	1.49.4
800m	James Senior	Battersea	09 May 2004	2.13.9
1200m	Josh Holland	Norwich	10 April 2002	4.09.0
1500m	Ashley Waterson	Great Yarmouth	19 August 2010	4.42.1
3000m	James Senior	Norwich	15 July 2004	10:14.8
60mH	Ross Gilbert	Chelmsford	01 March 2009	10.4
75mH	Ross Gilbert	Norwich	31 May 2009	11.9
80mH	Ian Young	Ipswich	17 August 1997	13.3
HJ	Chris Baker	Peterborough	28 September 2003	1.50
	Oliver Bradfield	Bury St Edmunds	17 August 2008	1.50
LJ	James Senior	Harrow	18 July 2004	5.18
SP	Michael Painter	Ipswich	22 July 2007	10.24
DT	Michael Painter	Sandy	29 September 2007	33.80
HT	Michael Painter	Norwich	05 August 2007	44.86
JT	Oliver Bradfield	Bury St Edmunds	17 August 2008	57.55
Minithon	Chris Baker	Peterborough	28 September 2003	86pts
4x100m	NYAL	Harrow	18 July 2004	53.9

UNDER 15 GIRLS RECORDS

60m	Clieo Stephenson	Birmingham	14 February 2009	7.93
75m	Clieo Stephenson	Great Yarmouth	09 April 2009	9.8
80m	N Holmes	King's Lynn	22 March 1998	11.8
100m	Clieo Stephenson	Sheffield	10 July 2009	12.21
	C Stephenson	Gateshead	11 July 2008	12.59
150m	Emily Mace	Great Yarmouth	17 April 2014	20.1
200m	Clieo Stephenson	Bedford	09 August 2009	25.33
300m	Emily Mace	Chelmsford	15 June 2014	42.1
400m	Holly Cooper	Chelmsford	10 July 2005	61.5
600m	Katie Goldsmith	Great Yarmouth	14 April 2016	1.41.9
800m	Meredith Windship	Watford	18 May 2016	2.17.34
1200m	Michelle Perkins	Norwich	10 April 1999	4.04.3
1500m	Femke Rosbergen	Ashford	14 August 2016	4.42.96
2000m	Jodie Palmer	King's Lynn	22 March 1998	7.11.4
3000m	Claire Pring	Norwich	17 July 2006	10.31.0

75mH	Maria Garavand	Birmingham	03 September 2000	11.25
HJ	Rebecca Bell	Stoke	05 September 1999	1.67
LJ	Tallulah Bell	Southend	04 August 2013	5.44
TJ	Sophie Bishop	Lee Valley	12 June 2014	10.92
SP 3kg	Kayleigh Southgate	Norwich	11 August 2002	12.48
DT	M Thomas	Cambridge	06 July 2008	30.12
HT	M Thomas	Ashford	25 May 2008	44.38
JT	Laura McDonald	Sheffield	11 July 2009	43.13
PV	Abi Martins	Birmingham	05 September 2009	2.65
Pentathlon	Barbara Parker	Derby	20 & 21 Sept 1997	2929
4x100m	English Schools	Gateshead	11 July 2008	49.43
4x200m	C Stephenson, L McDonald, V Mitchell, V Williamson	Norwich	12 May 2008	1.48.4

UNDER 15 BOYS RECORDS

100m	Ashley Cooper	Norwich	15 March 2013	11.5
150m	David Smy	Norwich	10 April 1999	19.4
	C Brown	Great Yarmouth	10 April 2008	19.4
200m	Aaron Pitt	Chelmsford	20 June 2010	23.0
300m	Wesley Matsuka-Williams	Chelmsford	15 June 2014	38.5
400m	Aaron Pitt	Bedford	22 August 2010	49.99
600m	Jamie Finch	Great Yarmouth	12 April 2012	1.33.6
800m	James Senior	Gateshead	08 July 2006	1.56.71
1200m	Daniel Mann	Norwich	10 April 1999	3.53.7
1500m	James Senior	Birmingham	06 August 2006	4.09.77
3000m	Jack White	Bedford	29 August 2015	9.08.56
80mH	Ollie Edwards	Derby	21 September 1997	11.59
100mH	Chris Baker	Hemel Hempstead	25 September 2005	16.0
400mH	James Cox	Bury St Edmunds	07 September 2003	65.5
HJ	Chris Baker	Birmingham	14 August 2005	1.87
PV	L Smith	Ipswich	21 June 1997	3.10
LJ	Wesley Matsuka-Williams	Bury St Edmunds	14 September 2014	6.22
LJ	Oliver Bradfield	Norwich	12 June 2010	6.04
TJ	Wesley Matsuka-Williams	Birmingham	11 July 2014	13.01
SP	D Clayton	Bury St Edmunds	17 August 2008	13.33
SP(5kg)	D Clayton	Stevenage	07 September 2008	12.09
HT	Michael Painter	Norwich	15 August 2009	63.57
DT	Michael Painter	Cambridge	05 July 2009	43.22
JT	Oliver Bradfield	Norwich	12 June 2010	65.87
Pentathlon	Ollie Edwards	Derby	21 September 1997	2873
Octathlon	Chris Baker	Hemel Hempstead	25 September 2005	3264
4x100m	National Young Athletes	Croydon	21 June 2009	45.53
4x200m	Norfolk County Champs	Norwich	12 May 2008	1.46.7
4x400m	C Brown, S McGee, J Harrison, M Ramsey			
	National Young Athletes	Haringey	04 June 2006	3.44.9
	James Senior, Joel Taylor, Conor Darby, James Jackson			

UNDER 17 WOMEN RECORDS

60m	Clieo Stephenson	Lee Valley	12 March 2011	7.68
60m Hurdles	Laura Green	Birmingham	23 February 2008	9.15
75m	Clieo Stephenson	Great Yarmouth	21 April 2011	9.7
80m	Elizabeth Barnes	Peterborough	23 March 2003	11.3
100m	Clieo Stephenson	Walthamstow	19 June 2011	12.0
150m	Clieo Stephenson	Great Yarmouth	21 April 2011	19.0

150m	Sophie Harriman	Great Yarmouth	12 April 2006	20.6
200m	Harriet Lucas	Haringey	04 June 2006	24.7
300m	Emily Parr	Waltham Forest	29 June 1997	39.9
400m	Rebecca Scotcher	Norwich	30 May 1998	56.3
600m	Barbara Parker	King's Lynn	22 March 1998	1.41.5
800m	Rachel Stringer	Gateshead	08 July 2006	2.09.98
1500m	Iona Lake	Manchester	30 May 2009	4.37.79
1 Mile	Rachel Brown	Great Yarmouth	27 August 2003	5.51.5
3000m	Claire Pring	Birmingham	14 July 2007	10.03.53
1500m S/C	Kiera Mooney	Bromley	24 July 2011	5.24.28
80mH	Hayley G Smith	Haringey	24 May 1998	11.34
100mH	Maria Garavand	Norwich	24 August 2002	14.5
300mH	Maria Garavand	Nottingham	12 July 2002	43.15
400mH	Maria Garavand	Derby	08 September 2002	62.44
HJ	Rebecca Bell	Guildford	29 July 2001	1.73
PV	Sasha Birrell	Gateshead	07 July 2012	3.30
LJ	Emily Parr	Birmingham	07 September 1997	5.47
TJ	Sophie Bishop	Norwich	24 July 2016	11.28
SP 4kg	Kayleigh Southgate	Milton Keynes	06 June 2004	11.49
SP 3kg	Jasmin Kemp	Norwich	06 June 2015	9.99
HT 4kg	J Cannell	Peterborough	31 August 2009	44.89
HT 3kg	Jasmin Kemp	King's Lynn	09 August 2015	22.75
DT	T Woodley	Sheffield	06 August 2001	33.57
JT	Laura McDonald	Hendon	07 August 2010	47.52
JT 500g	Katie Daniels	Hemel Hempstead	04 August 2016	36.11
Pentathlon	Rebecca Scotcher	Peterborough	27 September 1998	2928
Heptathlon	Barbara Parker	Bedford	28 September 1999	4154
4x100m	Anglian Schools Harriet Lucas, Sophie Harriman, Laura Warman, Carly Brown	Boston	17 June 2006	50.5
4x200m	Norfolk County Champs Harriet Lucas, Sophie Harriman, Laura Warman, Carly Brown	Norwich	17 July 2006	1.49.1
4x300m	National Young Athletes Harriet Lucas, Rachel Stringer, Holly Cooper, Carly Brown	Norwich	23 July 2006	2.50.5
4x400m	SWL Amy Dungar, Hazel Magrath, Sally Ash, Rebecca Scotcher	Bedford	26 April 1997	4.19.8

UNDER 17 MEN RECORDS

100m	Tom Roe	Great Yarmouth	09 May 1998	11.0
	Ben Hamblin	Great Yarmouth	12 May 2002	11.0
200m	Ben Hamblin	Nottingham	12 July 2002	22.13
300m	Michael Fraser	Great Yarmouth	12 April 2006	38.1
400m	Elliott Holland	Norwich	19 April 2014	49.1
600	Josh Rea	Great Yarmouth	19 April 2007	1.34.4
800m	James Senior	Watford	17 May 2008	1.54.72
	J Taylor	Watford	01 June 2008	1.54.72
1500m	Tom Hook	Bedford	21 August 2011	3.53.79
Mile	Rick Ward	Ctystal Palace	06 August 2005	4.30.88
3000m	Jack White	Bedford	28 August 2016	8.49.11
5000m	Mitch Goose	Abingdon	10 September 2005	15.36.1
100mH	C Roberts	Norwich	01 June 1997	13.5
110mH	Francis Baker	Eton	20 June 1994	15.4

400mH	J Senior	Norwich	12 May 2008	56.7
1500mS/C	J Senior	Gateshead	11 July 2008	4.25.18
2000mS/C	J Senior	Copthall	07 September 2008	6.20.7
3000mS/C	J Jackson	Guildford	02 August 2008	10.10.4
HJ	C Baker	Copthall	02 September 2007	2.05
PV	Scott Hawes	Birmingham	06 August 2006	3.90
LJ	Wesley Matsuka Williams	Stevenage	29 May 2016	6.82
TJ	Wesley Matsuka Williams	Ashford	16 July 2016	15.32
SP	Michael Painter	Cambridge	28 May 2011	14.78
HT	Michael Painter	Trabzon TUR	28 July 2011	70.85
DT	Michael Painter	Cambridge	28 May 2011	51.51
JT	Oliver Bradfield	Peterborough	23 June 2012	65.08
Pentathlon	Daryl Martin	Peterborough	24 September 2006	1922
Heptathlon	Ollie Edwards	St Ives	28 June 1998	4275
Octathlon	Francis Baker	Bedford	25 July 2004	4787
Decathlon	Francis Baker	Birmingham	08 August 2004	5315
4x100m	County Champs	Norwich	25 May 2014	44.1
4x400m	National Young Athletes	Barking	24 June 2007	3.29.5
	Michael Fraser, Conor Darby, Joel Taylor, James Senior			

UNDER 20 WOMEN RECORDS

60m	Cleio Stephensp	Cardiff	10 March 2013	10.61
75m	Helen Goodall	Great Yarmouth	29 March 2001	9.9
100m	Cleio Stephensp	Chelmsford	02 June 2013	11.7
150m	Helen Goodall	Great Yarmouth	29 March 2001	20.0
200m	Cleio Stephenson	Woodford Green	28 April 2013	24.79
400m	Emily Parr	Bedford	30 May 1998	55.32
600m	Rachel Brown	Great Yarmouth	07 April 2005	1.46.6
800m	Rachel Stringer	Watford	30 July 2008	2.05.31
1500m	Ruth Senior	Watford	23 August 2006	4.28.96
3000m	Ruth Senior	Crystal Palace	28 July 2006	9.32.72
5000m	Ruth Proctor	Eton	14 June 2003	16.47.86
1500mS/C	Ruth Senior	Birmingham	23 April 2006	4.55.3
2000S/C	Ruth Senior	Bedford	29 May 2006	6.51.69
3000S/C	Ruth Senior	Loughborough	21 May 2006	10.30.47
100mH	Hayley G Smith	Ipswich	23 May 1999	14.7
300mH	Lyndsey Yellop	Norwich	17 May 1997	44.8
400mH	Cecily Hall	Bad Homberg	07 June 1997	60.83
HJ	Claire Everett	Barnet Copthall	24 August 1997	1.65
PV	Sasha Birrell	Chelmsford	18 April 2014	3.2
LJ	Claire Everett	Norwich	17 May 1997	5.41
TJ	Laura Green	Norwich	26 June 2011	11.57
SP	A-L Howard	Norwich	17 May 1997	12.36
HT	Jenna Cannell	Woodford	27 June 2010	46.32
DT	K Franklin	Barnet Copthall	24 August 1997	36.94
JT	Steph Burt	Bedford	25 June 2011	44.63
Pentathlon	Grace Ashworth	Peterborough	27 September 2015	2218
Heptathlon	Claire Everett	Enfield	03 August 1997	4630
4x100m	National Junior League	Woodford	27 June 2010	49.93
	Laura Green, Sophie Poyner, Victoria Mitchell, Cleio Stephenson			
4x400m	National Junior League	Copthall	22 June 2003	4.00.6
	Maria Garavand, Debbie Brett, S Smith, Gemme Pike			

UNDER 20 MEN RECORDS

100m	Jack Dearden	Bedford	31 May 2015	10.68
200m	Jack Dearden	Stevenage	18 April 2015	22.0
300m	Michael Fraser	Great Yarmouth	10 April 2008	36.6
400m	Elliott Holland	Lee Valley	23 May 2014	48.72
600m	Daniel Beier	Great Yarmouth	22 March 2002	1.27.4
800m	Rick Ward	Watford	14 June 2008	1.48.06
1000m	Daniel Beier	Crawley	22 July 2002	2.45.7
1500m	Scott Greeves	Watford	15 July 2015	3.45.73
Mile	Mitch Goose	Peterborough	13 August 2008	4.09.4
2000m	James O'Neill	King's Lynn	22 March 1998	6.13.0
3000m	Tom Hook	Watford	04 June 2014	8.18.77
5000m	Tom Hook	Sportcity	31 May 2014	14.25.25
10000m	Ben Whitworth	Bedford	20 May 2001	33.43.7
110mH	C Roberts	Norwich	25 July 1999	14.5
110mH 3'6"	Francis Baker	Cambridge	04 September 2005	14.9
400mH	Daniel Everett	St Albans	22 August 1999	55.9
2000mS/C	Joe Collins	Derby	09 August 1997	5.53.5
3000mS/C	Tom Hook	Bedford	01 June 2014	9.10.34
HJ	H Butt	King's Lynn	11 June 2003	1.98
PV	Ed Borrmann	Lee Valley	13 June 2016	4.40
LJ	James McLachlan	Indianapolis IN USA	08 May 2011	7.63
TJ	James McLachlan	Sheffield	11 July 2009	15.26
SP	Michael Painter	Cambridge	24 March 2012	14.50
HT	Michael Painter	Bedford	10 June 2012	73.34
DT	Michael Painter	Woodford Green	28 April 2013	53.33
JT	Oliver Bradfield	Bedford	18 August 2013	64.03
Pentathlon	Ben Frosdick	Peterborough	24 September 2006	2203
Decathlon	Francis Baker	Stoke	10 June 2006	6580
4x100m	National Junior League	Eton	14 June 2009	44.0
	James McLachlan	Michael Fraser	De La Rey Veenendaal	Jon Brown
4x400m	National Junior League	Copthall	07 September 2008	3.25.4
	Daryl Martin, Michael Fraser, Ben Tuck, Rick Ward			

SENIOR WOMEN RECORDS

100m	Clloe Stephenson	Bedford	03 May 2015	11.88
200m	Emily Symonds	Rugby	22 July 2000	25.1
400m	Emily Symonds	Rugby	03 June 2001	55.5
800m	Sarah Knights	Loughborough	20 May 2001	2.06.2
1500m	Barbara Parker	Solihull	21 July 2012	4.11.52
Mile	Barbara Parker	Albuquerque NM USA	07 May 2011	4.30.51
3000m	Barbara Parker	Boston MA USA	06 February 2010	8.52.90
5000m	Barbara Parker	Olympic Park	07 August 2012	15.12.81
10000m	Ruth Senior	Eugene OR USA	26 May 2011	33.33.23
100mH	Roz Gonse	Bedford	03 May 2003	14.49
400mH	Cecily Hall	Bedford	25 May 1998	61.81
1500m S/C	Iona Lake	Norwich	19 April 2014	5.04.6
2000mS/C	Barbara Parker	Bedford	28 June 2003	6.36.5
3000mS/C	Barbara Parker	Eugene OR USA	02 June 2012	9.24.24
HJ	Claire Everett	Newport	04 July 2004	1.65
PV	J Hughes	Eton	04 August 2002	2.90
LJ	Claire Everett	Tidworth	18 May 2003	5.50
TJ	Sally Ash	Bedford	20 May 2001	11.19
SP	Claire Everett	Eton	04 August 2002	12.66

HT	Gemma Vickery	Chelmsford	22 May 2016	46.62
DT	Lorraine Henry	Grimsby	11 July 1999	40.64
JT	C Head	Great Yarmouth	??/??/00	43.76
Heptathlon	Claire Everett	Bedford	14-15/07/01	4616
4x100m	Southern Womens League	Norwich	17 May 1997	50.3
4x400m	UK Womens League	Rugby	03 June 2001	3.48.5
	Sarah Knights, Rachel Buller, Melanie Brown, R Buller			

SENIOR MEN RECORDS

100m	Mark Woodhouse	Loughborough	26 April 1997	10.6
150m	Ben Watkins	Peterborough	08 March 1998	16.7
200m	Kent Ulyatt	Bedford	27 July 1997	21.04
300m	Ben Watkins	Peterborough	01 April 2001	36.5
400m	Kent Ulyatt	Birmingham	12 July 1997	46.78
800m	Paul Godall	Kessel-Lo BEL	09 August 2014	1.48.19
600m	Paul Higham	Great Yarmouth	11 April 2002	1.31.1
1500m	Mitch Goose	Swarthmore PA USA	12 May 2014	3.43.18
Mile	Mitch Goose	New York NY USA	17 February 2012	3.59.26
3000m	Mitch Goose	Seattle WA USA	11 February 2012	7.51.75
5000m	Mitch Goose	Palo Alto CA USA	29 April 2012	13.34.41
10000m	Nick Earl	Geelong AUS	17 December 2016	29.34.11
60mH	Nigel Taylor	Birmingham	29 January 2000	8.69
110mH	C Roberts	Peterborough	07 July 2001	14.7
300mH	G Ingram	King's Lynn	22 March 1998	40.3
400mH	Chris Marshall	Abingdon	17 May 2014	54.92
3000mS/C	Ethan Haywood	Glendale AUS	30 January 1016	8.40.66
HJ	Denis Costello	Derby	05 July 1997	1.95
PV	G Chiles	Peterborough	03 May 1997	4.20
LJ	James Mclachlan	Walnut CA USA	19 April 2013	7.86
TJ	James Mclachlan	Cedar Falls CA USA	01 March 2015	15.91
SP	Michael Painter	Cambridge	16 May 2015	14.53
HT	Callum Brown	Colchester	25 April 2015	67.31
DT	Michael Painter	Cambridge	16 May 2015	47.29
JT	Tim Newenham	Great Yarmouth	09 May 1999	55.91
4x100m	British League	Sheffield	16 May 1998	42.3
	James Shipp, Nick Budden, Ben Watkins, Mark Woodhouse			
4x400m	Gold Cup	Enfield	19 July 1998	3.15.37
	Mark Woodhouse, Tommy Roe, Nik Davy, Nick Budden			

WOMEN MASTERS RECORDS

60m	Melanie Brown (40+)	King's Lynn	29 January 2012	8.7
100m	Melanie Brown (40+)	Ashford	30 April 2011	12.8
200m	Carole Filer (40+)	King's Lynn	08 June 1997	27.2
400m	Sarah Knights (35+)	Wakefield	07 July 2002	59.2
800m	Claire Forbes (35+)	Ljobljana, Slovakia	02 August 2008	2.15.17
1500m	Claire Forbes (35+)	Birmingham	06 July 2008	4.38.70
Mile	Claire Forbes (35+)	St Peter Port	31 August 2008	5.00.44
3000m	Claire Forbes (35+)	Watford	07 May 2008	10.10.13
5000m	Claire Forbes (35+)	Ljobljana, Slovakia	02 August 2008	17.22.20
10000m	Lynn Emmett (35+)	Birmingham	29 July 2009	40.10.31
80mH	Carole Filer (40+)	Solihull	10 August 1997	12.4
100mH	Carole Filer (40+)	Norwich	30 May 1998	16.3
300mH	Carole Filer (50+)	Sacramento CA USA	11 July 2011	52.85
400mH	Carole Filer (40+)	Eton	22 June 2001	67.9

1500m S/C	Gilliam Loughlin (45+)	Ashford	30 May 2011	7.22.8
Mile Walk	Kathy Schuil (45+)	King's Lynn	06 August 1997	9.51.7
2k Walk	Hazel Goodall (35+)	Norwich	13 May 2001	12.30.2
HJ	C Filer (40+)	Bath	05 July 1998	1.50
PV	C Filer (40+)	Bath	05 July 1998	2.10
LJ	Julie Zulu (35+)	Birmingham	25 June 2011	5.56
TJ	C Filer (40+)	Bedford	18 October 1997	10.28
SP	Lorraine Henry (35+)	Tidworth	18 May 2003	11.27
HT	Lorraine Henry (35+)	Tidworth	18 May 2003	32.95
DT	Lorraine Henry (35+)	Great Yarmouth	16 May 2004	36.21
JT	Maria Cann (40+)	Norwich	20 August 2016	28.88
Pentathlon	Carole Filer (60+)	Lee Valley	28 February 2016	4568
4x100m	County	Great Yarmouth	09 May 1999	58.3
Relay - 200m, 200m, 400m, 800m	Eastern Vets (35-44)	Cambridge	01 July 1998	4.44.3
	Yvonne Newton, Cherry Collins, Carole Filer, Celia Duncan			
Relay - 400m, 200m, 200m, 400m	Eastern Vets (35-44)	King's Lynn	05 August 1998	3.18.0
	Carole Filer, Tessa Pike, Yvonne Newton, Celia Duncan			

MEN MASTERS RECORDS

60m	Ian Foster (55+)	Birmingham		7.80i
100m	Ian Wells (40+)	Ipswich	01 May 2002	12.1
150m	William Young (45+)	Great Yarmouth	23 April 2015	19.8
200m	Ian Wells (40+)	Bedford	05 September 2004	25.0
300m	Gordon Slater	Hornchurch	30 March 2009	43.6
400m	Ian Wells (40+)	Great Yarmouth	31 August 2002	57.0
800m	Guy Amos (40+)	Great Yarmouth	16 May 2004	1.57.7
1500m	Guy Amos (35+)	Peterborough	07 July 2001	3.56.2
3000m	Guy Amos (35+)	Birmingham	30 June 2001	8.23.04
5000m	Guy Amos (35+)	Solihull	23 June 2001	13.56.44
10000m	Matthew Bidwell (45+)	Higate	21 May 2016	32.17.17
100mH	Glyn Long (50+)	Bedford	18 October 1997	17.0
110mH	Ian Wells (40+)	Bedford	07 September 2002	15.7
400mH	Ian Wells (40+)	Great Yarmouth	07 August 2002	57.0
3000mS/C	Iain Bailey (40+)	Norwich	30 August 2004	10.24.3
Mile Walk	Roger Hanks (50+)	Bury St Edmunds	11 August 1999	8.07.5
2k Walk	RogerHanks (50+)	Cambridge	01 July 1998	10.24.1
HJ	Denis Costello (40+)	Chelmsford	06 July 2002	1.75
PV	Rick Morris (50+)	Bedford	09 September 2000	3.25
LJ	Denis Costello (40+)	Ipswich	01 May 2002	5.71
TJ	Denis Costello (40+)	Bedford	07 September 2002	13.11
SP	Jon Painter (40+)	Norwich	05 May 1999	14.11
DT	Jon Painter (50+)	Peterborough	05 April 2009	42.72
HT	Malcolm Fenton (40+)	Bedford	07 September 2002	57.71
JT	Tim Newenham (40+)	Bedford	11 April 2009	53.83
4x400m	Norfolk County Champs	Norwich	11 May 1999	4.15.3
Relay - 200m, 200m, 400m, 800m	Eastern Vets 40-49	Norwich	05 May 1999	4.10.3
Relay - 400m, 200m, 200m, 400m	Eastern Vets 40-49	Norwich	04 June 2003	2.53.1