

CoNAC Club Records - at 16th November 2025

New record

Our aim is to update our records annually around the end of the calendar year

UNDER 11 GIRLS RECORDS				
60m	Laura McDonald	King's Lynn	13 February 2005	9.2
75m	Serena Akomah	Norwich	13 May 2017	11.0
80m	Cleio Stephenson	King's Lynn	27 July 2005	11.3
100m	Cleio Stephenson	King's Lynn	24 July 2005	13.8
150m	Matilda Butterworth	Norwich	15 May 2016	23.1
200m	Eva Barton	Lee Valley	19 May 2019	30.13
600m	Connie Easter	Norwich	17 June 2018	1.52.0
800m	Eva Barton	Birmingham	01 July 2019	2.31.41
1500m	Eva Barton	Southend	26 August 2019	5.48.28
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	Phoebe Smith	Great Yarmouth	28 April 2024	6.10
UNDER 11 BOYS RECORDS				
60m	Henry 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	Isaac Unsworth	Great Yarmouth	17 September 2023	1.48.4
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	Thomas Fairhurst	Norwich	29 August 2021	8.13
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	Cleio Stephenson	King's Lynn	18 February 2007	8.3
60m H indoor	Isabelle Mardle	Lee Valley	08 December 2018	9.56
75m	Cleio 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	Cleio Stephenson	Great Yarmouth	12 August 2007	12.8
150m	Cleio Stephenson	Eltham	03 June 2007	19.4
200m	Cleio Stephenson	Great Yarmouth	12 August 2007	26.5
600m	Edith Avowlanu	Lee Valley	21 December 2019	1.46.92
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	Isabelle Mardle	Bury St Edmunds	08 September 2019	11.0
75mH	Isabelle Mardle	Milton Keynes	01 September 2019	12.1
HJ	Talia Stowers	Peterborough	28 September 2025	1.56
LJ	Isabelle Mardle	Bury St Edmunds	08 September 2019	5.02
TJ	Isabelle Mardle	Boston	09 August 2019	10.80
SP	Kayleigh Southgate	Birmingham	03 September 2000	10.72
DT	Eleanor Wright	Bury St Edmunds	01 September 2024	29.79
JT	Laura McDonald	Norwich	14 May 2007	36.13
HT	Megan Thomas	Norwich	06 August 2006	24.81
Pentathlon	Isabelle Mardle	Peterborough	29 September 2019	2808
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
	Ella Stephenson, Laura McDonald, Victoria Mitchell, Cleio Stephenson			
4x200m	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
60mH	Ross Gilbert	Chelmsford	01 March 2009	10.4
60mH	Jaiden Dean	King's Lynn	28 January 2018	10.4
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	Jaiden Dean	Bury St Edmunds	16 September 2018	12.5
	La'Sean Sealey	Hemel Hempstead	02 June 2019	12.5
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	Ethan Rattenbury	Great Yarmouth	11 April 2019	1.47.3
800m	James Senior	Battersea	09 May 2004	2.13.9
1200m	Josh Holland	Norwich	10 April 2002	4.09.0
1500m	Finley Winship	Watford	28 June 2023	4.41.44
3000m	James Senior	Norwich	15 July 2004	10:14.8
75mH	Jaiden Dean	Bury St Edmunds	16 September 2018	11.5
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	La'Sean Sealey	Thurrock	15 September 2019	5.32
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	EYAL	Ipswich	02 September 2019	52.3
UNDER 15 GIRLS RECORDS				
60m	Clieo Stephenson	Birmingham	14 February 2009	7.93
60m Hurdles	Isabelle Mardle	Lee Valley Indoor	09 February 2020	9.12
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
150m	Emily Mace	Great Yarmouth	17 April 2014	20.1
200m	Clieo Stephenson	Bedford	09 August 2009	25.33
300m	Serena Grace	Norwich	20 August 2017	41.8
400m	Holly Cooper	Chelmsford	10 July 2005	61.5
600m	Katie Goldsmith	Great Yarmouth	14 April 2016	1.41.9
800m	Femke Rosbergen	Watford	14 June 2017	2.16.27
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	Isabelle Mardle	Lee Valley	31 May 2021	10.75
HJ	Rebecca Bell	Stoke	05 September 1999	1.67
LJ	Isabelle Mardle	Norwich	07 May 2021	5.54
TJ	Eleanor Brown	Bedford	26 August 2017	11.16
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	Isabelle Mardle	Bedford	09 September 2021	3438
4x100m	English Schools	Gateshead	11 July 2008	49.43
	C Stephenson, L McDonald, V Mitchell, V Williamson			
4x200m	Norfolk County Champs	Norwich	12 May 2008	1.48.4
UNDER 15 BOYS RECORDS				
60m	Jaiden Dean	Lee Valley	11 January 2020	7.37
60m Hurdles	Jaiden Dean	Sheffield	23 February 2020	8.23

100m	La'Sean Sealey	Norwich	01 August 2021	11.3
150m	Jack Hamment-Russell	Great Yarmouth	05 April 2018	18.5
200m	Aaron Pitt	Chelmsford	20 June 2010	23.0
300m	Calvin Smith	Birmingham	06 July 2019	36.33
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	Jaiden Dean	Nuneaton	09 August 2020	11.08
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	Jacob Brown	Bedford	25 August 2018	3.33
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	Conrad Winter	Peterborough	29 September 2019	2953
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
	Callum Brown, S McGee, Jack Harrison, Martainn Ramsey			
4x400m	National Young Athletes	Haringey	04 June 2006	3.44.9
	James Senior, Joel Taylor, Conor Darby, James Jackson			
UNDER 17 WOMEN RECORDS				
60m	Lily Bradley	Sheffield	11 February 2023	7.53
60m Hurdles	Isabelle Mardle	Sheffield	12 February 2022	8.57
75m	Cleo Stephenson	Great Yarmouth	21 April 2011	9.7
	Serena Grace	Norwich	03 April 2019	9.7
80m	Elizabeth Barnes	Peterborough	23 March 2003	11.3
100m	Lily Bradley	Lee Valley	07 May 2023	11.83
150m	Cleo Stephenson	Great Yarmouth	21 April 2011	19.0
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	Katie Goldsmith	Great Yarmouth	05 April 2018	1.39.8
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	Isabelle Mardle	Sportcity	09 July 2022	11.13
100mH	Maria Garavand	Norwich	24 August 2002	14.5
	Isabelle Mardle	Loughborough	22 January 2023	14.50
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	Isabelle Mardle	Norwich	13 May 2023	5.71
TJ	Eleanor Brown	Birmingham	13 July 2018	11.57
SP 4kg	Kayleigh Southgate	Milton Keynes	06 June 2004	11.49
SP 3kg	Isabelle Mardle	Norwich	24 June 2023	12.40
HT 4kg	J Cannell	Peterborough	31 August 2009	44.89
HT 3kg	Poppy Hewitt	Norwich	05 September 2021	42.65
DT	T Woodley	Sheffield	06 August 2001	33.57
JT 600g	Laura McDonald	Hendon	07 August 2010	47.52
JT 500g	Aggie Long	Peterborough	21 June 2025	38.95
Pentathlon	Isabelle Mardle	Emirates Arena	04 December 2021	3687
Heptathlon	Isabelle Mardle	Belfast	04 September 2022	4602

4x100m	Anglian Schools	Boston	17 June 2006	50.5
	Harriet Lucas, Sophie Harriman, Laura Warman, Carly Brown			
4x200m	Norfolk County Champs	Norwich	17 July 2006	1.49.1
	Harriet Lucas, Sophie Harriman, Laura Warman, Carly Brown			
4x300m	National Young Athletes	Norwich	23 July 2006	2.50.5
	Harriet Lucas, Rachel Stringer, Holly Cooper, Carly Brown			
4x400m	SWL	Bedford	26 April 1997	4.19.8
	Amy Dungar, Hazel Magrath, Sally Ash, Rebecca Scotcher			
<u>UNDER 17 MEN RECORDS</u>				
60m	Jaiden Dean	Lee Valley	05 December 2021	6.91
60m Hurdles	Jaiden Dean	Sheffield	13 February 2022	7.76
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	Calvin Smith	Bromley	22 August 2020	35.51
400m	Calvin Smith	Lee Valley	01 August 2020	48.88
600m	Tim Bongaerts	Norwich	01 April 2022	1.30.4
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	Michael Clark	Watford	29 June 2024	8.23.98
5000m	Mitch Goose	Abingdon	10 September 2005	15.36.1
100mH	Jaiden Dean	Sportcity	09 July 2022	12.72
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	Charlie Broad	Birmingham	16 February 2025	16.55
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	Ethan Ellis	Sheffield	13 March 2022	4307
Octathlon	Archie Hannent	Corby	29 June 2025	5172
Decathlon	Ethan Ellis	Bedford	18 June 2022	5655
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			
<u>UNDER 20 WOMEN RECORDS</u>				
60m	Lily Bradley	Lee Valley	01/02/2025	7.58
60m Hurdles	Kirsty Sait-Stewart	Lee Valley	08 February 2020	9.19
	Isabelle Mardle	King's Lynn	28/01/2024	9.19
75m	Helen Goodall	Great Yarmouth	29 March 2001	9.9
100m	Cleio Stephenspn	Chelmsford	02 June 2013	11.7
150m	Serena Grace	Kettering	21 August 2021	18.29
200m	Serena Grace	Gillingham	03 September 2022	24.34
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	Hattie Reynolds	Norwich	10 June 2023	4.54.7
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	Daisy Dalrymple	Norwich	12 June 2021	1.70
PV	Sasha Birrell	Chelmsford	18 April 2014	3.20
LJ	Caitlin Bell	Corby	29 June 2025	5.81
TJ	Daisy Dalrymple	Norwich	20 June 2021	11.62
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	Caitlin Bell	Sheffield	18 January 2025	3261
Heptathlon	Caitlin Bell	Corby	29 June 2025	4665
4x100m	National Junior League	Woodford	27 June 2010	49.93
	Laura Green, Sophie Poyner, Victoria Mitchell, Clieo Stephenson			
4x400m	National Junior League	Copthall	22 June 2003	4.00.6
	Maria Garavand, Debbie Brett, S Smith, Gemme Pike			
UNDER 20 MEN RECORDS				
60m	Harry Taylor	Lee Valley	01 December 2019	6.92
60m Hurdles	Francis Baker	Birmingham	05 March 2006	8.19
100m	Jack Dearden	Bedford	31 May 2015	10.68
200m	Harry Taylor	Gillingham	17 August 2019	21.80
300m	Calvin Smith	London CT	03 September 2023	35.8
400m	Elliott Holland	Lee Valley	23 May 2014	48.72
600m	Kai Beadle	Great Yarmouth	11 April 2019	1.25.2
800m	Henry Jonas	Watford	21 August 2024	1.46.75
1000m	Daniel Beier	Crawley	22 July 2002	2.45.7
1500m	Zachary Dunne	Twickenham	18 June 2025	3.41.25
Mile	Mitch Goose	Peterborough	13 August 2008	4.09.4
2000m	James O'Neill	King's Lynn	22 March 1998	6.13.0
3000m	Michael Clark	Loughborough	21 June 2025	8.09.43
5000m	Michael Clark	Battersea	23 May 2025	14.08.97
10000m	Ben Whitworth	Bedford	20 May 2001	33.43.7
110mH	Jaiden Dean	Eton	09 June 2024	13.59
110mH 3'6" (Senior Height)	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	Conrad Winter	Winchester	17 August 2024	4.42
LJ	James McLachlan	Indianapolis IN USA	08 May 2011	7.63
TJ	Wesley Matsuka-Williams	Loughborough	20 May 2018	15.32
SP	Oliver Massingham	Swansea	25 July 2018	14.93
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	Conrad Winter	Peterborough	24 September 2023	3346
Decathlon	Conrad Winter	Birmingham	28 July 2024	7205
4x100m	Southern Athletics League	Gillingham	17 August 2019	43.66
	Harry Taylor, Jack Hamment Russell, Louis Albrow, Louis Palmer			
4x400m	National Junior League	Copthall	07 September 2008	3.25.4
	Daryl Martin, Michael Fraser, Ben Tuck, Rick Ward			
SENIOR WOMEN RECORDS				
60m	Serena Grace	Birmingham	18 February 2023	7.59
100m	Serena Grace	London ct	16 July 2023	11.69
200m	Serena Grace	London ct	16 July 2023	24.1
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	Meg Willis	Cardiff	29 June 2025	60.37
1500m S/C	Iona Lake	Crawley	19 May 2019	5.04.35
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	Sasha Birrell	Chelmsford	15 July 2023	3.40
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	Eton	06 July 2019	53.66
DT	Lorraine Henry	Grimsby	11 July 1999	40.64
JT	Elspeth Jamieson	Bedford	17 June 2018	45.44
Heptathlon	Hannah Pain	Corby	29 June 2025	4620
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				
60m	James Mclachlan	Cedar Falls CA USA	01 March 2015	6.79
60mH	Liam Hunt	Birmingham	10 February 2019	8.40
100m	Harry Taylor	Bedford	12 June 2021	10.48
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	Henry Jonas	Bergen NOR	18 July 2025	1.44.10
600m	Paul Higham	Great Yarmouth	11 April 2002	1.31.1
1500m	Henry Jonas	Tooting	20 August 2025	3.36.03
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
110mH	C Roberts	Peterborough	07 July 2001	14.7
300mH	G Ingram	King's Lynn	22 March 1998	40.3
400mH	James Greenhalgh	Sheffield	09 June 2021	53.76
2000mS/C	James Senior	Bmomley	26 July 2009	5.53.8
3000mS/C	Nick Earl	Albert Park AUS	25 February 2017	9.06.80
HJ	Matthew Grapes	Scotstoun	19 May 2019	2.00
PV	Conrad Winter	Emirates Arena	09 February 2025	4.67
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	Bedford	30 July 2017	69.13
DT	Michael Painter	Cambridge	16 May 2015	47.29
JT	Tim Newenham	Great Yarmouth	09 May 1999	55.91
Decathlon	Conrad Winter	Nantes FRA	25 May 2025	7140
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
60m	Steph Pain (40+)	Lee Valley	01 January 2017	8.7
60m Hurdles	Carole Filer (40+)	Glasgow	16 March 2002	9.6
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+)	Ljubljana, 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	Steph Pain (40+)	Milton Keynes	22 September 2019	2.65
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 Brown (55+)	Great Yarmouth	04 June 2023	34.34
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	Charlie Williams (50+)	King's Lynn	27 January 2019	8.6
60m Hurdles	Mark Wyndham-Jones	Lee Valley	25 February 2018	12.49
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	Glen Richardson (35+)	Watford	12 July 2017	56.05
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	Nick Earl (35+)	Albert Part AUS	26 January 2022	30.05.12
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	Nick Earl (35+)	Hobart AUS	20 February 2021	9.42.68
Mile Walk	Roger Hanks (50+)	Bury St Edmunds	11 August 1999	8.07.5
2k Walk	Roger Hanks (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
Pentathlon	Mark Wyndham-Jones (70+)	Horspath	27 June 2021	3377
Decathlon	Mark Wyndham-Jones (65+)	Sheffield	15 July 2018	5532
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