

EVENT	RECORD	HOLDER	EVENT	VENUE	DATE
<b>TRACK</b>					
100m	10.30	Deji Tobais	Bauhaus Junior Gala	Mannheim GER	03/07/2010
200m	21.02	Mark Richardson	International Meeting	Horsham	28/07/1990
400m	45.53	Mark Richardson	European Junior Championships	Thessalaniki GRE	10/08/1991
800m	1.48.8	Chris Sly	AAA Under 20 Championships	Aldershot	31/07/1977
1500m	3.40.72	Gary Taylor	INV	Milan ITA	08/07/1981
3000m	8.09.24	Mohammed Farah		Loughborough	20/05/2001
5000m	13.56.31	Mohammed Farah	BMC	Solihull	23/06/2001
2000m S/C	5.43.2	Chris Sly	AAA Under 20 Championships	Kirby	27/07/1975
3000m S/C	8.59.09	Ben Whitby	AAA Under 20 Championships	Bedford	27/07/1996
110m Hurdles	13.36	Lawrence Clarke	Bislett Games	Oslo, Norway	03/07/2009
400m Hurdles	50.71	Jacob Paul	European Junior Championships	Rieti, Italy	21/07/2013
<b>FIELD</b>					
High Jump	2.20m	Alan McKie	U20 Inter-Territorial match	Hendon	02/09/2007
Long Jump	7.40m (w)	Ben Fisher	Northern Ireland Senior Championships	Belfast	10/06/2017
Triple Jump	15.95m	Keith Connor	British Grand Prix	Crystal Palace	30/08/1976
Pole Vault	4.96m	Jeff Gutteridge	LFB	Crystal Palace	24/09/1975
Shot (6.Kg)	17.51m Indoors	Joseph Watson	North Yorkshire Open	Sheffield	21/12/2014
Discus (1.75Kg)	54.94m	Steve Watson	National Under 20 Championships	Bedford	20/06/2010
Javelin (800g)	72.54m	Dan Pembroke	Southern Under 20 Championships	Crystal Palace	12/06/2010
Hammer (6.25Kg)	74.92m	Jason Byrne	West London Hammer School	Wormwood Scrubs	17/12/1989
Hammer (6Kg)	80.65m	Jake Norris	World U20 Champs	Tampere, Finland	13/07/2018
<b>MULTI-EVENTS</b>					
Decathlon	7342 points	Ashley Bryant	National Combined Events Championships	Bedford	5-6/06/2010
		Day 1: 100m 11.34, LJ 6.98m, SP 13.96m, HJ 1.83m, 400m 49.64			
		Day 2: 110mH 14.62, DT 34.37m, PV 4.16m, JT 62.27m, 1500m 4:43.92			
<b>RELAYS</b>					
4 x 100m Relay	41.16	Rion Pierre, Adam Butler, Fahad Khan, Liam Freemantle.	National Junior League	Derby	11/09/2005
4 x 400m Relay	3.19.84	Lolu Oluwole-Ojo, James Tidd Jacob Paul, Zak Curran	National Junior League	Hendon	12/08/2012
<b>BEST PERFORMANCES</b>					
60m	6.68 Ind	Toby Makoyawo	International GUGI Meeting	Linz, AUT	08/02/2020
60m Hurdles	7.78	Lawrence Clarke	Celtic International	Cardiff	22/02/2009
Heptathlon	5381 points	Ashley Bryant	Combined Events International	Bompas, France	6-7/03/2010