

Overall

Event	Record	Name		Venue	Year	Age Group	IAAF score
60m indoors	7.69	Euan	Workman	Sutton	2024	U15	621
60m hurdles indoor	9.2	Simon	Holmes	Bedford	2002	U17	696
100m	11.4	Alex	Baptiste-Wilson	Tooting	2014	U17	772
200m	23.9	Will	Renton-Rose	Horsham	2006	U17	683
300m	37	David	Russell	Tonbridge	1995	SM	746
400m	52.1	David	Russell	Horsham	1995	SM	738
800m	1.49.8	Bruno	Witchalls		1995	SM	1032
1000m indoor	2.25.3	Bruno	Witchalls	Birmingham	1996	SM	963
1 mile	4.03.98	Bruno	Witchalls	Bristol	1997	SM	1026
1500m	3.41.51	Bruno	Witchalls	Birmingham	1995	SM	1086
3000m	8.08.9	Bruno	Witchalls	Loughborough	1997	SM	1004
3000m indoors	8.14.66	Luke	Caldwell	Boise	2013	SM	992
5000m	13.29.94	Luke	Caldwell	Stanford	2013	SM	1102
10000m	28.18.13	Luke	Caldwell	n Juan Capistrano	2022	SM	1104
3000m steeplechase	9.01.19	Bruno	Witchalls	Watford	1998	SM	989
110m hurdles							
400m hurdles	60.6	David	Russell	Pixham	1995	SM	659
4x100m relay	51.1	Hugh	Baker	Crawley	2009	SM	418
		Evan	Erskine-Thomas				
		Greg	Aymes				
		Gavin	Olsson				
4x400m relay	3.42	Luke	Caldwell	Crawley	2008	U20	630
		Evan	Erskine-Thomas				
		Michael	Alwin				
		Hugh	Baker				
High jump	1.93	David	Russell	Pixham	1995	SM	853
Long jump	6.3	Greg	Aymes	Southampton	2009	U17	773
Triple jump	10.62	Alan	Self	Croydon	2004	V40	503
Pole Vault	2.4	Alan	Self	Nescot	2003	V40	312
Javelin	33.1	Clive	Lawrence	Pixham	1995	V40	439
Shot putt	8.53	Alan	Self	Ewell	2002	V40	442
Discus	24.6	Richard	Powell	Pixham	2003	SM	415
Pentathlon	2846	David	Russell	Pixham	1995	SM	
Decathlon							
Road							
5 km	14.05	Luke	Caldwell	Armagh	2018	SM	
10 km	29.14	Luke	Caldwell	London	2015	SM	1029
5 miles	24.23	Charlie	Wyllie	Battersea	2021	SM	
10 miles	48.47	Luke	Caldwell	Portsmouth	2014	SM	999
20 miles	2.01.38	Nick	Hodges	Worthing	2001	SM	
Half Marathon	64.50	Luke	Caldwell	Philadelphia	2021	SM	999
Marathon	2.11.19	George	James	Frankfurt	2024	SM	1138