

RECORDS MEN SENIOR (AND MIXED RELAY)

60m	Justin Bailey	7.17	Lee Valley	26.08.24
60m (i)	James Chatt	6.90	Glasgow	19.02.01
80m	James Chatt	9.2	Crawley	24.03.01
100m	Kevin Marriner	10.5	Crystal Palace	16.05.92
150m	Kevin Marriner	16.2	Havering	15.03.92
	Mike Barrett	16.2	Tonbridge	19.04.92
200m	James Chatt	21.2	Bedford	01.07.01
200m (i)	James Chatt	22.25	Birmingham	28.01.01
300m	Kevin Marriner	34.4	Havering	15.03.92
400m	David Hall	46.46	Florence, Italy	15.05.15
400m (i)	David Hall	46.91	Sheffield	22.02.15
600m	Jason Thompson	1:19.8	Eltham	20.04.96
800m	Jason Thompson	1:50.1	Watford	14.07.96
800m (i)	Rob Kettle	1:50.82	Birmingham	15.02.92
1000m	Jason Thompson	2:25.07	Loughborough	18.05.97
1500m	Geoff Wightman	3:47.2	Crawley	17.09.88
1500m(i)	Sam Coombes	4:01.3	Lee Valley	18.01.15
1 mile	Geoff Wightman	4:00.6	Thurrock	09.09.88
3000m	Geoff Wightman	7:59.3	Swindon	10.07.86
3000m (i)	Geoff Wightman	8:08.42	Cosford	24.01.87
2 miles	Geoff Wightman	3:40.48	Crystal Palace	17.09.82
5000m	Geoff Wightman	13:42.8	Essen	02.09.82
10000m	Geoff Wightman	29:17.88	Birmingham	23.06.89
60mH (i)	David Hall	8.37	Nogent, France	25.01.15
110mH	David Hall	14.98	Kladno, Czechoslovakia	13.06.15
200mH	Lee Capon	32.4	Dartford	28.09.08
300mH	Terry Gibbs	42.5	Crawley	20.03.99
400mH	Steve Munday	54.82	Crystal Palace	26.06.81
3000mSC	Geoff Wightman	8:56.9	Bournemouth	31.08.86
HJ	Thomas Howlett	2.03	Ashford	24.05.15
HJ (i)	Thomas Howlett	2.08	Eton	06.12.15
LJ	Roland Walker	6.96	Dartford	10.05.87
LJ (i)	Casey Johnson	6.78	Lee Valley	17.03.18
TJ	Roland Walker	15.43	Dartford	10.05.87
TJ (i)	Jack Fox	12.61	Lee Valley	19.03.17
PV	David Hall	4.50	Eton	09.05.15
PV (i)	David Hall	4.32	Reims, France	31.01.16
DT	Malcolm Willden	40.94	Eltham	28.06.80
HT	Kai Barham	63.80	Berkeley, California	20.03.26
JT	John Fenton	60.46	Peterborough	13.08.88
SP	Malcolm Willden	13.01	Bournemouth	06.06.81
SP (i)	Thomas Howlett	13.26	Sheffield	10.01.15
Heptathlon (i)	David Hall	5420	Nogent, France	24.01.15
Decathlon	David Hall	7651	Florence	15.05.15

(The 4 x 100 & 4 x 200 records have been reinstated as the new records, dated 10.9.23, included two U20 runners who aren't eligible to hold a senior record.)

4x100m	Darren Bruce, Sean Reilly, Mike Barrett, Kevin Marriner	42.9	Tonbridge	08.09.92
4x200	Ademola Odunowo, Adam Bernard, Abass Jah, Trey McPherson	1:34.9	Erith	12.09.21
4x400	Jason Thompson, Sean Reilly, Kevin Marriner, Darren Bruce	3:17.3	Tonbridge	08.09.92
Medley	Paul Oakes,	3.29.3	Bromley	18.09.88
4x400 Mixed	Adam Bernard, Kat Sutton, Maisy Rose, Trey McPherson	3.47.3	Dartford	11.07.21