

UNDER 7's BOYS AND GIRLS

ID denotes Indoors & OD denotes Outdoors

Event	Date	B/G	Performance	Record Holder	Venue
50 metres ID	09/03/2013	Boys	9.5s	Thomas Creed	Cardiff
	09/03/2013	Girls	11.3s	Jessica Ward	Cardiff
400 metres ID	09/03/2013	Boys	1m 44s	Thomas Creed	Cardiff
	09/03/2013	Girls	1m 47.7s	Jessica Ward	Cardiff
1 Mile	30/04/2013	Boys	8m 19.2s	Tom Creed	Five Acres
	12/09/2017	Girls	8m 33.9s	Lily Morgan	Five Acres
Long Jump ID	09/03/2013	Boys	1.93m	Charlie Wellsted	Cardiff
	09/03/2013	Girls	1.69m	Jessica Ward	Cardiff
Foam Javelin ID	15/12/2012	Boys	6.89m	Charlie Wellsted	Cardiff
		Girls			

Under 9s

ID denotes Indoors & OD denotes Outdoors

Event	Date	B/G	Performance	Record Holder	Venue
50 metres ID	15/12/2012	Boys	9.1s	Harrison Coppen	Cardiff
	09/03/2013	Girls	8.9s	Sophie Harvey	Cardiff
50 metres OD	27/05/2012	Boys	8.58s	Theo Higgs	Oxford
	27/05/2012	Girls	8.9s	Harriet Kearsey	Oxford
75 metres OD	09/03/2013	Boys	12.8s	William Compton	Bristol
		Girls			
150 metres OD	07/04/2011	Boys	26.0s	Jensen Coppen	Newport
		Girls			
400 metres	25/08/2013	Boys	1m 22.07s	Harrison Coppen	Oxford
		Girls			
600 metres OD	9/3/2013 OD	Boys	2m 21.1s	William Compton	Bristol
		Girls			
600 metres ID	9/3/2013 ID	Boys	2m 26.1s	Harrison Coppen	Cardiff
	9/3/2013 ID	Girls	2m 28.4s	Sophie Harvey	Cardiff
800 metres OD	24/05/2011	Boys	3m 05.5s	Jensen Coppen	Oxford
	30/05/2010	Girls	3m 18.4s	Harriet Kearsey	Oxford
1 Mile		Boys			
	18/05/2014	Girls	7m 29.5s	Chloe Morgan	Five Acres
Long Jump OD	09/03/2013	Boys	2.95m	William Compton	Bristol
		Girls			
Long Jump ID		Boys			
	15/12/2012	Girls	2.46m	Sophie Harvey	Cardiff
Standing Triple Jump OD	09/03/2013	Boys	4.68m	William Compton	Bristol
		Girls			
Speed Bounce 20 seconds ID	09/03/2013	Boys	47	William Compton	Bristol
		Girls			
Shot put ID	15/12/2012	Boys	3.73m	Joshua Compton	Cardiff
Shot put OD	07/04/2011	Boys	3.65m	Jensen Coppen	Newport
Foam Javelin ID	09/03/2013	Boys	12.28m	Harrison Coppen	Cardiff
	09/03/2013	Girls	9.72m	Freya Schroder	Cardiff
Vortex Throw OD	25/08/2013	Boys	26.5m	Harrison Coppen	Oxford
	30/05/2010	Girls	15.14m	Harriet Kearsey	Oxford
Soft Hammer 1kg OD	09/03/2013	Boys	18.7m	William Compton	Bristol
		Girls			
Chest Push 1kg OD	09/03/2013	Boys	4.25m	William Compton	Bristol
		Girls			

UNDER 11's BOYS & GIRLS

ID denotes Indoors & OD denotes Outdoors

Event	Date	B/G	Performance	Record Holder	Venue
60 metres OD	06/98 + 09/09	Boys	9.20s	Chris James/Jonathan Evans	Yate/Exeter
	28/09/2008	Girls	9.60s	Phoebe Crawley	Exeter
60 metres ID	15/12/2012	Boys	10.70s	Robert Wellsted	Cardiff
	15/12/2012	Girls	10.20s	Amy Dowle	Cardiff
75 metres	08/06/2008	Boys	11.00s	Jonathan Evans	Oxford
	Sep-01	Girls	11.30s	Danielle Cinderey-Smith	Yate
80 metres	23/08/2008	Boys	11.83s	Jonathan Evans	Abingdon
		Girls			
100 metres	Apr-98	Boys	13.80s	Chris James	Bristol
	15/06/2008	Girls	15.50s	Phoebe Crawley	Yate
150 metres	23/08/2008	Boys	22.51s	Jonathan Evans	Abingdon
		Girls			
200 metres	03/07/2013	Boys	32.60s	Jamie Monteith	Cheltenham
	24/07/2013	Girls	33.10s	Lily Crawley	Cheltenham
300 metres	06/04/2014	Boys	59.04s	William Compton	Yate
400 metres		Boys			
		Girls			
600 metres	28/09/2008	Boys	1m 56.3s	Jonathan Evans	Yate
	29/08/2011	Girls	1m 53.9s	Bethan Samuel	Cheltenham
800 metres OD	Apr-98	Boys	2m 26.0s	Andrew de Camps	Bristol
	Jul-98	Girls	2m54.3s	Sarah Rogerson	Yate
800 metres ID	09/03/2013	Boys	3m 02.4s	Jensen Coppen	Cardiff
	15/12/2012	Girls	3m 12.3s	Scarlett Pegler	Cardiff
1 Mile	07/09/2006	Boys	6m 01s	Emmett Thompson	Bristol
	30/04/2013	Girls	6m 46.1s	Lily Crawley	Five acres
60 metres hurdles ID	15/12/2012	Boys	14.4s	William Compton	Cardiff
	15/12/2012	Girls	15.2s	Maisy Harvey	Cardiff
70 metres hurdles	28/09/2008	Boys	13.3s	Jonathan Evans	Exeter
	28/09/2008	Girls	13.7s	Phoebe Crawley	Exeter
75 metres hurdles	06/04/2014	Boys	17.76s	William Compton	Yate
300 metres hurdles	06/04/2014	Boys	1m 02.1s	William Compton	Yate
High Jump OD	01/07/2000	Boys	1.15m	Dan James	Yate
	Jun-98	Girls	1.5m	Sarah Rogerson	Oxford
High Jump ID		Boys			
	15/12/2012	Girls	1.2m	Amy Dowle	Cardiff
Long Jump OD	23/08/2008	Boys	4.18m	Jonathan Evans	Abingdon
	30/05/2011	Girls	3.86m	Bethan Samuel	Cheltenham
Long Jump ID		Boys			
	15/12/2012	Girls	3.45m	Amy Dowle	Cardiff
Standing Long Jump	13/04/2014	Boys	1.83m	William Compton	Yate
	10/07/2016	Girls	1.88m	Alena Jones	Yate
Javelin		Boys			
	22/07/2014	Girls	13.5m	Tillie Westwood	Stoke Gifford
Speed Bounce	24/01/2016	Boys	54	Owen Hall	Bristol
4x 100m Relay	23/08/2015	Boys	73.5	Finley Smith Kieron Morgan Harry Parsons Charlie Wellstead	Gloucester
	23/08/2015	Girls	70.6s	Issy Chapman Sophie Harvey Fiona Chapman Chloe Morgan	Gloucester
4x 200m Relay	23/08/2015	Boys	2m 40.6	Keiron Morgan Owen Hall Josh Compton Matthew Chilton	Gloucester

UNDER 13's BOYS & GIRLS

ID denotes Indoors & OD denotes Outdoors

Event	Date	G/B	Performance	Record Holder	Venue
60 metres OD	06/09/2015	Boys	10.03	William Compton	Yate
60 metres ID	15/12/2012	Boys	9.2s	Drew Dixon	Cardiff
75 metres	19/06/2016	Girls	11.1s	Zea Levy	Stoke Gifford
80 metres	Apr-98	Boys	12.1s	Chris James	Swindon
	18/04/2010	Girls	12.4s	Amber Probyn	Stourport
100 metres	01/05/2002	Boys	13.3s	Dan James	Cheltenham
	01/07/2005	Girls	13.5s	Emma Williams	Cheltenham
150 metres		Boys			
	04/07/2015	Girls	20.0s	Lily Crawley	Hereford
200 metres	01/07/2000	Boys	27.2s	Chris James	Yate
	16/05/2007	Girls	29.0s	Samantha Roberts	Blackbridge, Gloucester
300 metres		Boys			
	18/07/2012	Girls	43.7s	Katie Kearsley	Cheltenham
400 metres	05/07/2006	Boys	1m 47.5s	Gethin Richards	Cheltenham
		Girls			
600 metres	01/05/2000	Boys	1m 47.1s	Andrew de Camps	Blackbridge, Gloucester
	04/06/2012	Girls	1m 01s	Beth Samuel	Cheltenham
800 metres OD	07/05/2007	Boys	2m 24.4s	Kyran Hale	Millfield
	Jul-02	Girls	2m 28.0s	Danielle Cinderey-Smith	Cardiff
800 metres ID	01/08/2003	Boys	2m 52.2s	Freddie Moir	Cardiff
	15/12/2012	Girls	2m 30.7s	Danielle Cinderey-Smith	Yate
1200 metres		Boys			
	10/07/2016	Girls	4m 21.5s	Maddie Francis	Yate
1500 metres	18/07/2007	Boys	4m 54.0s	Kyran Hale	Cheltenham
	10/08/2002	Girls	5m 09.09s	Danielle Cinderey-Smith	Bath University
1 Mile	13/09/2008	Boys	5m 36.0s	Emmett Thompson	Bristol
	22/07/2009	Girls	5m 52.8s	Fenella Madley	Cheltenham
60 metres Hurdles	15/12/2012	Boys	13.1s	Oliver Rennison	Cardiff
	15/12/2012	Girls	11.6s	Emma Williams	Cardiff
70 metres hurdles	10/05/2015	Girls	13.3s	Lily Crawley	Yate
	19/06/2016			Westwood	Gifford
75 metres hurdles	01/06/2000	Boys	13.10s	Andrew De Camps	Oxford
	15/08/1999	Girls	15.30s	Sarah Rogerson	Yate
80 metres hurdles	01/06/2000	Boys	14.2s	Andrew De Camps	Cardiff
300 meters hurdles	06/09/2015	Boys	64.55	William Compton	Yate
High Jump	21/08/2016	Boys	1.40m	Cameron Francis	Yate
	12/12/2015	Girls	1.50m	Lily Crawley	Cardiff
Long Jump OD	03/05/2000	Boys	4.67m	Chris James	Cheltenham
	24/04/2010	Boys		Huw Gilchrist	Yate
	19/07/2015	Girls		Lily Crawley	Exeter
Long Jump ID	15/12/2012	Boys	3.71m	Drew Dixon	Cardiff
	12/12/2015	Girls	4.03m	Lily Crawley	Cardiff
Shot Putt OD	Aug-02	Boys	9.6m	Dan James	Bath University
	18/06/2017	Girls	8.46m	Lauren Bennett	Newport
Shot Putt ID	15/12/2012	Boys	7.1m	Drew Dixon	Cardiff
	09/01/2016	Girls	6.26m	Tillie Westwood	Cardiff
Hammer 3kg	13/05/2015	Boys	14.31m	William Compton	Cheltenham
	14/05/2016	Girls	18.81m	Tillie Westwood	Gloucester
Discus 1kg	14/07/2010	Boys	21.95m	Jonathan Evans	Cheltenham
Discus 0.75kg	29/05/2016	Girls	21.22m	Tillie Westwood	Oxford
Javelin 400g	14/07/2010	Boys	34.60m	Jonathan Evans	Cheltenham
	20/07/2016	Girls	29.25m	Tillie Westwood	Cheltenham
Vortex throw	06/05/2013	Boys	34.31m	Ellis Peacey	Cheltenham
	12/06/2016	Girls	35.00m	Tillie Westwood	Cheltenham
4x 110 Yards	22/08/2012	Boys	74.1s	Charlie Moir Oliver Rennison Jensen Coppen Harry Fleet	Five Acres
	22/08/2012	Girls	64.4s	Melissa Kolic Megan Creed Bethan Samuel Selbe Hopkin-Creed	Five Acres
4x 100m Relay	26/08/2009	Boys	58.80s	A Evans K Gresty C Reed J Evans	Cheltenham
	19/06/2016	Girls	60.90s	Zea Levy Tillie Westwood Izzy Worgan Leigh Phillips	Stoke Gifford
4x 200m Relay	23/05/2015	Boys	2m 16.7s	Rueben Arnison Robert Wellstead Cameron Francis Jamie Monteith	Gloucester
	23/05/2015	Girls	2m 16.7s	Maddie Francis Grace Clarke Tillie Westwood Lily Crawley	Gloucester
3k Road	18/09/2016	Boys	12m 33s	Cameron Francis	Swansea
	18/09/2016	Girls	13m 18s	Maddie Francis	Swansea

UNDER 15's BOYS & GIRLS

ID denotes Indoors & OD denotes Outdoors

Event	Date		Performance	Record Holder	Venue
100 metres	01/07/2000	Boys	12.10s	Wayne Booth	Yate
	Jul-02	Girls	12.50s	Nicola Raine	Yate
150 metres		Boys			
	26/07/2017	Girls	22.0s	Tillie Westwood	Cheltenham
200 metres	01/07/2000	Boys	24.76s	Wayne Booth	Sheffield
	13/06/2005	Girls	27.70s	Danielle Cinderey-Smith	Yate
300 metres	30/07/2017	Boys	44.5s	Billy Williams	Yate
	May-96	Girls	45.40s	Sarah Churchill	Yate
400 metres	01/07/2000	Boys	55.20s	Wayne Booth	Yate
		Girls			
800 metres OD	01/07/2005	Boys	2m 04.5s	Ethan Cross	Birmingham
	18/06/2005	Girls	2m 20.9s	Danielle Cinderey-Smith	Bournemouth
800 metres ID		Boys			
	13/02/2005	Girls	2m 25.2s	Danielle Cinderey-Smith	National Indoor Arena
1000 metres	01/05/2006	Boys	3m 40.0s	Jordan Fishwick	Cheltenham
		Girls			
1500 metres	01/05/2005	Boys	4m 33.7s	Ethan Cross	Cheltenham
	18/05/2005	Girls	5m 09.7s	Danielle Cinderey-Smith	Cheltenham
1 Mile Track	01/05/2004	Boys	5m 07.0s	Ethan Cross	Five Acres
	Sep-17	Girls	6m 06s	Maddie Francis	Gloucester
3000 metres	Jul-05	Boys	9m 49.1s	Ethan Cross	Bristol University
	May-17	Girls	15m 35s	Tillie Westwood	Cheltenham
75 metres hurdles		Boys			
	09/07/2017	Girls	14.4s	Xenia Bennett	Yate
80 metres hurdles	14/08/2011	Boys	13.45s	Connor Creed	Exeter
	Apr-98	Girls	17.10s	Kelly Frowen	Bristol
High Jump	10/07/2016	Boys	1.55m	Rueben Arnison	Yate
	11/06/2016	Girls	1.54m	Lily Crawley	Cheltenham
Pole Vault	Aug-02	Boys	2.50m	Geraint Reynolds	Bath University
	02/08/2015 26/07/2017	Girls	1.90m	Emma Williams Westwood	Tillie Cheltenham
Long Jump	23/06/2012	Boys	5.57m	Huw Gilchrist	Exeter
	Jun-97	Girls	4.84m	Emma Boyle	Bournemouth
Triple Jump	16/06/2012	Boys	11.32m	Josh Dowle	Cheltenham
		Girls			
Shot Putt	01/05/2002	Boys	9.94m	Chris James	Cheltenham
	Sep-14	Girls	8.79m	Melissa Kolic	Stoke Gifford
Discus	16/09/2012	Boys	40.91m	Jonathan Jones	Hereford
	24/06/2001	Girls	25.10m	Lindsay Martin	Cheltenham
Hammer	26/08/2012	Boys	39.87m	Jonathan Jones	Yate
	20/08/2017	Girls	35.97m	Maisy Harvey	Exeter
Javelin	26/08/2012	Boys	37.79m	Jonathan Evans	Yate
	20/08/2017	Girls	31.66m	Tillie Westwood	Exeter
4x 100m Relay	18/08/2015 18/06/2017	Boys	58.35s	Will Compton -Will Compton George Jelly - Reuben Arnison Oliver Rennison-Cameron Francis Ben Lodder - Billy Williams	Gloucester, Blackridge Newport
	01/09/2017	Girls	57.5s	Eriina Ainsworth Leigh Phillips Maddie Francis Tillie Westwood	Gloucester
4x 110 Yards Relay	22/08/2012	Boys	52.4s	Andrew Evans, Jonathan Evans, Josh Dowle, Hue Gilchrist	Five Acres
	22/08/2012	Girls	57.5s	Amber Probyn, Emily Dowle, Phoebe Crawley, Frankie Morgan	Five Acres
4 x 300m Relay	22/04/2017	Girls	3m 53.0s	Hannah Raynes Tillie Westwood Xenia Bennett Leigh Phillips	Bath
4x 440 Yards Relay	22/08/2012	Boys	4m 13.8s	Andrew Evans, Josh Dowle, Jonathan Evans, Hue Gilchrist	Five Acres
4x 400 Yards Relay	23/08/2015	Boys	5m 18.8s	George Jelly Will Compton Jamie Monteith Oliver Rennison	Gloucester
		Girls			
Triathlon ?	01/06/2002	Boys	808 pts	Dan James	Oxford
		Girls			

UNDER 17's BOYS & GIRLS

ID denotes Indoors & OD denotes Outdoors

Event	Date	B/G	Performance	Record Holder	Venue
60 metres ID	Feb-96	Boys	8.20s	Damon Edmunds	Cardiff
	Feb-04	Girls	8.52s	Nicola Raine	Sheffield
100 metres	Jul-02	Boys	11.20s	Wayne Booth	Yate
	01/06/1994	Girls	13.00s	Sarah Rossiter	Cheltenham
200 metres OD	Aug-02	Boys	23.30s	Wayne Booth	Bath University
	01/06/1994	Girls	26.90s	Sarah Rossiter	Cheltenham
200 metres ID	04/02/2012	Boys	24.95s	Emmett Thompson	Birmingham
	Jan-96	Girls	26.71s	Sarah Churchill	National Indoor Arena
300 metres ID	Feb-96	Boys	45.40s	Damon Edmunds	Cardiff
	01/01/2005	Girls	43.83s	Alison Drew	Cardiff
300 metres OD		Boys			
	Apr-96	Girls	43.80s	Sarah Churchill	Bath University
400 metres OD	Jul-02	Boys	50.44s	Wayne Booth	English Schools
	Jun-00	Girls	69.0s	Nicola Craven	Newport
400 metres ID	Jul-02	Boys	53.19s	Nico Constantini	Cardiff Indoor Arena
		Girls -			
600 metres OD	01/07/2004	Boys	1m 31.2s	Andrew De Camps	Redditch
	01/07/2004	Girls	1m 42.6s	????	Cheltenham
600 metres ID	Feb-96	Boys	1m 36.20s	Damon Edmunds	Cardiff
		Girls -			
800 metres OD	01/07/2005	Boys	1m 58.3s	Andrew De Camps	Cardiff
	01/07/2005	Girls	2m 18.4s	Danielle Cinderey-Smith	Exeter
800 metres ID	Mar-06	Boys	2m 05.8s	Nico Constantini	National Indoor Arena
	Jan-05	Girls	2m 22.8s	Alison Drew	National Indoor Arena
1500 metres	01/06/2006	Boys	4m 27.8s	Richard De Camps	Birmingham
	01/06/2006	Girls	4m 51.9s	Danielle Cinderey-Smith	Yate
3000 metres OD	Jul-01	Boys	9m 49.1s	Darryl Reynolds	Leckwith Stadium,Cardiff
	14/06/1997	Girls	11m 25.0s	Kelly Preest	Yate
3000 metres ID	01/01/2006	Boys	9m 38.8s	Ethan Cross	Cardiff
		Girls			
1500 metres SC	01/04/2006	Boys	5m 08.9s	Ethan Cross	Abingdon
		Girls			
2000 metres SC	12/08/2006	Boys	7m 16.0s	Richard de Camps	Cheltenham
		Girls			
5kms Road	21/05/2009	Boys	16m 44s	Freek van Arkel	Sandhurst,Gloucester
		Girls			
1 mile	30/04/2013	Boys	5m 20.8s	Connor Creed	Five Acres
		Girls			
5 Miles Road		Boys	28m 45s	Freek van Arkel	Hellas, Holland
	05/09/1995	Girls			
10kms Road	27/05/2009	Boys	36m 30s	????	Gloucester
		Girls			
80 metres hurdles	02/07/2006	Girls	13.69s	Fiona Hunter-Johnson	Carmarthen
100 metres hurdles	04/08/2013	Boys	16.30s	Connor Creed	Yate
400 metres hurdles	25/05/2013	Boys	64.50s	Connor Creed	Cheltenham
		Girls			
High Jump	07/06/1997	Boys	1.50m	Daniel Clark	Yate
	02/07/2006	Girls	1.48m	Fiona Hunter-Johnstone	Carmarthen
Pole Vault OD	04/07/2004	Boys	3.2m	Geraint Reynolds	Cardiff,Leckwith Stadium
		Girls			
Pole Vault ID	Jan-04	Boys	3.10m	Geraint Reynolds	Cardiff Indoor Arena
		Girls			
Long Jump OD	08/06/2013	Boys	6.13m	Huw Gilchrist	Cheltenham
	01/05/2006	Girls	5.38m	Fiona Hunter-Johnstone	Cheltenham
Long Jump ID	Feb-06	Boys			
	Feb-06	Girls	5.09m	Fiona Hunter-Johnstone	Cardiff Indoor Arena
Triple Jump OD	25/05/2014	Boys	12.47m	Josh Dowle	Yate
	Aug-03	Girls	10.59m	Nicola Raine	Yate
Triple Jump ID		Boys			
	Feb-04	Girls	10.28m	Nicola Raine	Sheffield
Shot Putt	11/05/2008	Boys	11.26m	Ashley Andrews	Cheltenham
	02/07/2006	Girls	8.89m	Fiona Hunter-Johnson	Carmarthen
Discus	09/08/2014	Boys	46.56m	Jonathan Jones	Dublin (IRE)
	15/05/2016	Girls	20.58m	Melissa Kolic	Gloucester
Hammer 5kg	07/09/2008	Boys	48.75m	Ashley Andrews	Brecon
Hammer 3Kg	11/06/2016	Girls	34.82m	Melissa Kolic	Cheltenham
Hammer 4kg	03/07/2016	Girls	23.33m	Melissa Kolic	Hereford
Javelin	01/06/1998	Boys	34.27m	Matthew Burns	Yate
	Jul-06	Girls	26.79m	Fiona Hunter-Johnstone	Stoke-on-Trent
Heptathlon	Jul-06	Girls	3743 points	Fiona Hunter-Johnstone	Stoke-on-Trent
		Boys			
Pentathlon	Jul-06	Girls	2773 points	Fiona Hunter-Johnstone	Carmarthen
		Boys			
4x 110 Yards Relay	22/08/2012	Boys	57.0s	Connor Creed, Callum Francis, Jack Fleet, Emmett Thompson	Five Acres
4x 440 Yards Relay	22/08/2012	Boys	4m 41.1s	Connor Creed, Callum Francis, Jack Fleet, Emmitt Thompson	Five Acres
4 x 100m Relays	23/08/2006	Boys	48.4s	B Jones Richard De Camps E Cross N Constantini	Blackbridge,Gloucester
4 x 400m Relays	23/08/2006	Boys	3m 40.1s	B Jones Richard De Camps E Cross N Constantini	Blackbridge,Gloucester

UNDER 20's MALE & FEMALE

ID denotes Indoors & OD denotes Outdoors

Event	Date	M/F	Performance	Record Holder	Venue
60 metres ID	Feb-98	Male	8.18s	Damon Edmunds	National Indoor Arena
	Feb-98	Female	8.05s	Sarah Rossiter	National Indoor Arena
100 metres	09/05/2007	Male	11.60s	Daniel Brassington	Cheltenham
	01/06/2005	Female	12.38s	Sarah Rossiter	Cheltenham
200 metres OD	01/04/2006	Male	23.60s	Andrew de Camps	Abingdon
	01/06/2005	Female	25.00s	Sarah Rossiter	Gloucester
200 metres ID		Male			
	Jan-96	Female	25.20s	Sarah Rossiter	National Indoor Arena
300 metres		Male			
	May-96	Female	40.80s	Sarah Rossiter	Cheltenham
400 metres OD	01/06/2006	Male	50.30s	Andrew De Camps	Birmingham
	Jul-97	Female	55.97s	Sarah Rossiter	Birmingham
400 metres ID	20/01/2008	Male	50.82s	Nico Constantini	National Indoor Arena
	Feb-97	Female	56.05s	Sarah Rossiter	National Indoor Arena
600 metres	07/05/2007	Male	1m 24.3s	Nico Constantini	Cheltenham
	05/07/2006	Female	1m 41.9s	Alison Drew	Cheltenham
800 metres OD	14/07/2007	Male	1m 53.15s	Andrew de Camps	Cwmbran
	01/05/2006	Female	2m 21.49s	Alison Drew	Millfield
800 metres ID	18/02/2007	Male	1m 55.60s	Andrew De Camps	National Indoor Arena
		Female			
1500 metres	10/09/2006	Male	4m 12.0s	Andrew de Camps	Yate
	29/05/2007	Female	5m 13.0s	Alison Drew	Birmingham
1500 metres ID	03/03/2007	Male	4m 04.12s	Andrew de Camps	Cardiff Indoor Arena
	31/03/2012	Female	5m 24.39s	Elana Dimmer	Abingdon
1 mile	13/09/2016	Male	5m 02.9s	Alex Lindfield	Five Acres
	12/09/2017	Female	5m 56.6s	Chloe Wheeler	Five Acres
2000m S/C	14/05/2014	Male	7m 27.6s	Connor Creed	Gloucester
3000 metres	16/05/2012	Male	9m 12.01s	Freek Van Arkel	Cheltenham
	Jun-01	Female	11m 59s	Aly Rowell	Leckwith Stadium, Cardiff
5000 metres	17/05/1998	Male	16m 52s	Joe Charles	Birmingham
		Female			
5 kilometres road	18/05/2000	Male	16m 27s	Joe Charles	Sandhurst, Gloucester
		Female			
10,000 metres track	Jul-03	Male	40m 35s	Martin Joyce	Cheltenham
		Female			
8 miles	27/01/2012	Male	50m 49s	Marcus Bennetto	Newport
		Female			
10 kilometres road	25/07/2017	Male	36m 45s	Alex Lindfield	Blaisdon, Forest of Dean
		Female			
Half Marathon Road	Mar-98	Male	1h 25m 10s	Joe Charles	Forest of Dean
		Female			
Half Marathon Trail	Mar-17	Male	1h 18m 35s	Alex Lindfield	Forest of Dean
		Female			
60 metres hurdles		Male			
		Female			
100 metres hurdles		Female			
110 metres hurdles		Male			
400 metres hurdles	18/05/2014	Male	1m 02.4s	Connor Creed	Gloucester
		Female			
High Jump	May-97	Male	1.60m	Daniel Richards	Cheltenham
	11/05/2008	Female	1.40m	Fiona Hunter-Johnstone	Cheltenham
Pole Vault	29/08/2005	Male	3.80m	Geraint Reynolds	Newport
		Female			
Long Jump	14/04/2013	Male	6.24m	Luke Barnes	Bath
	???	Female	5.29m	Fiona Hunter-Johnstone	Cheltenham
Triple Jump	14/04/2013	Male	13.39m	Luke Barnes	Bath
	16/06/2008	Female	11.55m	Fiona Hunter-Johnstone	Birmingham
Shot Putt 6kg	15/05/2010	Male	11.33m	Ashley Andrews	Deeside, Clwyd
Shot Putt 4kg	18/05/2007	Female	8.66m	Fiona Hunter-Johnstone	Cheltenham
Discus 1.75kg	15/05/2010	Male	33.35m	Ashley Andrews	Deeside, Clwyd
Discus 1kg		Female			
Hammer 6.0kg	21/05/2011	Male	58.67m	Ashley Andrews	Wrexham
	31/07/2011	Male	48.44m	Ashley Andrews	Yate
		Female			
Javelin	25/05/2014	Male	28.61m	Connor Creed	Yate
	07/05/2007	Female	26.33m	Fiona Hunter-Johnstone	Cheltenham
4 x 100m relay	21/08/2013	Male	48.0s	Jake Fishwake	Gloucester
				Emmett Thompson Josh Dowle Joe Akers	
4 x 400m relay	23/08/2015	Male	3m 39.6s	Connor Creed	Gloucester
				Huw Gilchrist Josh Dowle Emmett Thompson	
Heptathlon - Women		Female			
Pentathlon - Men	01/08/2005	Male	2303 points	Chris James	Yate