

UNDER 11 GIRLS RECORDS

60m	Ella Stephenson	King's Lynn	12 February 2006	9.3
75m	Ella Stephenson	Great Yarmouth	12 April 2006	11.6
80m	Cleio Stephenson	King's Lynn	27 July 2005	11.3
100m	Cleio Stephenson	King's Lynn	24 July 2005	13.8
200m	Zoe Banham	Chelmsford	01 July 2001	32.4
600m	Carly Brown	Peterborough	27 August 2001	1.57.0
800m	Carly Brown	Bedford	29 July 2001	2.43.97
1500m	Marie Pring	Colchester	30 August 2004	5.56.6
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	Marie Pring	Bromley	01 August 2004	3.96

UNDER 11 BOYS RECORDS

60m	R Tubb	Norwich	10 April 1999	9.5
	Daniel Griffin	King's Lynn	21 January 2009	9.5
80m	Ross Gilbert	Great Yarmouth	12 May 2007	11.8
100m	Callum Brown	King's Lynn	08 August 2004	15.4
150m	Callum Brown	Bury St Edmunds	12 August 2003	24.5
200m	Andrew Holmes	Luton	22 June 1997	31.9
600m	H Simmons	Bury St Edmunds	17 August 2008	1.50.3
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	Daniel Griffin	Great Yarmouth	17 August 2008	4.30m
SP	Michael Painter	Great Yarmouth	05 June 2005	6m23
JT	Andrew Holmes	Diss	13 July 1997	21.57
DT	Chris Baker	Cambridge	17 June 2001	13.94
HJ	Chris Baker	Norwich	29 April 2001	1.30

UNDER 13 GIRLS RECORDS

60m indoor	Cleio Stephenson	King's Lynn	18 February 2007	8.3
60m H indoor	Victoria Williamson	King's Lynn	12 February 2006	10.2
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	Carly Brown	Great Yarmouth	10 April 2003	1.51.5
800m	Carly Brown	Bury St Edmunds	12 August 2003	2.30.4
1000m	Vicky Pratt	Waltham Forest	29 June 1997	3.20.9
1200m	Kiera Mooney	Thurrock	22 July 2007	3.57.0
1500m	Alice Cheverton	Bury St Edmunds	21 September 2009	5.08.7
70mH	Laura McDonald	Thurrock	22 July 2007	11.1
75mH	Polly Francis	Norwich	14 June 1997	13.5
HJ	Rebecca Bell	Bury St Edmunds	20 September 1998	1.51

LJ	Clieo Stephenson	Cambridge	03 July 2007	4.83
SP	Kayleigh Southgate	Birmingham	03 September 2000	10.72
DT	Julie Chandler	Peterborough	28 September 1997	23.12
JT	Laura McDonald	Norwich	14 May 2007	36.13
Pentathlon	Laura McDonald	Colchester	23 September 2007	2540
Quadrathlon	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
4x200m	Ella Stephenson, Laura McDonald, Victoria Mitchell, Clieo Stephenson	Norfolk County Champs	Norwich	17 July 2006
	Clieo Stephenson, Victoria Mitchell, Laura McDonald, Imogen Gibbs			1.56.6

UNDER 13 BOYS RECORDS

60m	Ross Gilbert	Chelmsford	01 March 2009	8.7
75m	Bradley Aldous	Great Yarmouth	10 April 2008	10.8
	Ross Gilbert	Great Yarmouth	10 April 2008	10.8
80m	J Carter	Norwich	01 April 1998	13.8
100m	Tom Parker	Bury St Edmunds	08 June 2003	12.9
150m	Andrew Holmes	Norwich	10 April 1999	21.3
200m	Tom Parker	Norwich	03 August 2003	26.2
400m	Ian Young	Ipswich	15 June 1997	64.7
600m	Scott Greaves	Great Yarmouth	10 April 2008	1.49.4
800m	James Senior	Battersea	09 May 2004	2.13.9
1200m	Josh Holland	Norwich	10 April 2002	4.09.0
1500m	James Senior	Harrow	18 July 2004	4.46.9
3000m	James Senior	Norwich	15 July 2004	10:14.8
60mH	Ian Young	King's Lynn	02 February 1997	10.7
75mH	Ross Gilbert	Norwich	31 May 2009	11.9
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	James Senior	Harrow	18 July 2004	5.18
SP	Michael Painter	Ipswich	22 July 2007	10.24
DT	Michael Painter	Sandy	29 September 2007	33.80
HT	Michael Painter	Great Yarmouth	12 May 2007	44.21
JT	Oliver Bradfield	Bury St Edmunds	17 August 2008	57.55m
Minithon	Chris Baker	Peterborough	28 September 2003	86pts
4x100m	NYAL	Harrow	18 July 2004	53.9

UNDER 15 GIRLS RECORDS

60m	Clieo Stephenson	Birmingham	14 February 2009	7.93
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
	C Stephenson	Gateshead	11 July 2008	12.59
150m	V Mitchell	Great Yarmouth	10 April 2008	20.2
200m	Clieo Stephenson	Bedford	09 August 2009	25.33
300m	Laura Warman	Norwich	17 July 2005	43.7
400m	Holly Cooper	Chelmsford	10 July 2005	61.5

600m	Holly Cooper	Great Yarmouth	07 April 2005	1.42.7
800m	Rachel Stringer	Watford	30 May 2004	2.18.5
1200m	Michelle Perkins	Norwich	10 April 1999	4.04.3
1500m	Claire Pring	Watford	07 May 2006	4.50.51
2000m	Jodie Palmer	King's Lynn	22 March 1998	7.11.4
3000m	Claire Pring	Norwich	17 July 2006	10.31.0
75mH	Maria Garavand	Birmingham	03 September 2000	11.25
HJ	Rebecca Bell	Stoke	05 September 1999	1.67
LJ	Honor De Winton	Sheffield	11 July 2009	5.32
TJ	Laura McDonald	Ashford	24 May 2009	10.87/11.14w
SP	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	Barbara Parker	Derby	20 & 21 Sept 1997	2929
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

100m	Ben Hamblin	Sheffield	08 July 2000	11.51
150m	David Smy	Norwich	10 April 1999	19.4
	C Brown	Great Yarmouth	10 April 2008	19.4
200m	Aaron Pitt	Birmingham	05 September 2009	23.7
400m	Aaron Pitt	Bury St Edmunds	21 September 2009	50.1
600m	Tom Crawshaw	Great Yarmouth	12 April 2006	1.39.6
800m	James Senior	Gateshead	08 July 2006	1.56.71
1200m	Daniel Mann	Norwich	10 April 1999	3.35.7
1500m	James Senior	Birmingham	06 August 2006	4.09.77
3000m	Connor Darby	Watford	23 August 2006	9.19.60
80mH	Ollie Edwards	Derby	21 September 1997	11.59
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	L Smith	Ipswich	21 June 1997	3.10
LJ	Andrew Holmes	Bury St Edmunds	16 June 2001	6.04
TJ	Josh Elder	Colchester	06 August 2006	11.90
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
DT (1.5kg)	D Clayton	Ipswich	23rd August	40.50
JT	Oliver Bradfield	Cambridge	05 July 2009	62.33
Pentathlon	Ollie Edwards	Derby	21 September 1997	2873
Octathlon	Chris Baker	Hemel Hempstead	25 September 2005	3264
4x100m	EYAL	Havering	10 September 2000	47.6
4x200m	Norfolk County Champs	Norwich	12 May 2008	1.46.7
	C Brown, S McGee, J Harrison, M 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	Harriet Lucas	King's Lynn	12 February 2006	8.1
75m	Harriet Lucas	Great Yarmouth	19 April 2007	10.0
80m	Elizabeth Barnes	Peterborough	23 March 2003	11.3
100m	Harriet Lucas	Bedford	11 June 2006	12.18
150m	Harriet Lucas	Great Yarmouth	19 April 2007	19.8
150m	Elizabeth Barnes	Peterborough	23 March 2003	20.6
150m	Sophie Harriman	Great Yarmouth	12 April 2006	20.6
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	Barbara Parker	King's Lynn	22 March 1998	1.41.5
800m	Rachel Stringer	Gateshead	08 July 2006	2.09.98
1500m	Rosie Betts	Watford	10 June 2006	4.41.17
1 Mile	Rachel Brown	Great Yarmouth	27 August 2003	5.51.5
3000m	Claire Pring	Birmingham	14 July 2007	10.03.53
80mH	Hayley G Smith	Haringey	24 May 1998	11.34
100mH	Maria Garavand	Norwich	24 August 2002	14.5
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	Georgina Lake	Thurrock	22 July 2007	2.60
LJ	Emily Parr	Birmingham	07 September 1997	5.47
TJ	Ellen Davies	Copthall	28 April 2002	10.88
SP	Kayleigh Southgate	Milton Keynes	06 June 2004	11.49
HT	J Cannell	Peterborough	31 August 2009	44.89
DT	T Woodley	Sheffield	06 August 2001	33.57
JT	Steph Burt	Cardiff	05 September 2009	44.96
Pentathlon	Rebecca Scotcher	Peterborough	27 September 1998	2928
Heptathlon	Barbara Parker	Bedford	28 September 1999	4154
4x100m	Anglian Schools Harriet Lucas, Sophie Harriman, Laura Warman, Carly Brown	Boston	17 June 2006	50.5
4x200m	Norfolk County Champs Harriet Lucas, Sophie Harriman, Laura Warman, Carly Brown	Norwich	17 July 2006	1.49.1
4x300m	National Young Athletes Harriet Lucas, Rachel Stringer, Holly Cooper, Carly Brown	Norwich	23 July 2006	2.50.5
4x400m	SWL Amy Dungar, Hazel Magrath, Sally Ash, Rebecca Scotcher	Bedford	26 April 1997	4.19.8

UNDER 17 MEN RECORDS

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	Michael Fraser	Great Yarmouth	12 April 2006	38.1

400m	Tom Roe	Peterborough	26 July 1998	49.5
600	Josh Rea	Great Yarmouth	19 April 2007	1.34.4
800m	James Senior	Watford	17 May 2008	1.54.72
	J Taylor	Watford	01 June 2008	1.54.72
1500m	Rick Ward	Birmingham	09 July 2005	4.01.7
Mile	Rick Ward	Ctystal Palace	06 August 2005	4.30.88
3000m	Mitch Goose	Watford	30 May 2005	8.56.15
5000m	Mitch Goose	Abingdon	10 September 2005	15.36.1
100mH	C Roberts	Norwich	01 June 1997	13.5
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	Andrew Holmes	Sheffield	11 July 2003	6.76
TJ	James McLachlan	Dunfermline	02 August 2008	14.08
SP	R Smit	Norwich	09 June 2001	12.63
HT	Sam Coe	Birmingham	06 August 2006	64.81
DT	Danny Clayton	Bury St Edmunds	21 September 2009	41.81
JT	H Newenham	Peterborough	25 August 2008	49.49
Pentathlon	Daryl Martin	Peterborough	24 September 2006	1922
Heptathlon	Ollie Edwards	St Ives	28 June 1998	4275
Octathlon	Francis Baker	Bedford	25 July 2004	4787
Decathlon	Francis Baker	Birmingham	08 August 2004	5315
4x100m	National Young Athletes	Havering	29 June 2003	44.3
	James, Andrew, Stuart, Nathan			
4x400m	National Young Athletes	Barking	24 June 2007	3.29.5
	Michael Fraser, Conor Darby, Joel Taylor, James Senior			

UNDER 20 WOMEN RECORDS

60m	Laura Eagling	Birmingham	20 February 2000	8.09i
75m	Helen Goodall	Great Yarmouth	29 March 2001	9.9
100m	Emily Parr	Basingstoke	25 April 1998	12.2
150m	Helen Goodall	Great Yarmouth	29 March 2001	20.0
200m	L Wells	Eton	23 June 2002	25.9
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	Ruth Senior	Birmingham	23 April 2006	4.55.3
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	Claire Everett	Barnet Copthall	24 August 1997	1.65

PV	E Beck	King'sale	Norwich	14 June 1997	2.85	
LJ	Claire Everett		Norwich	17 May 1997	5.41	
TJ	Sally Ash		St Albans	22 August 1999	11.34	
SP	A-L Howard		Norwich	17 May 1997	12.36	
HT	A-L Howard		Cambridge	10 August 1997	39.26	
DT	K Franklin		Barnet Copthall	24 August 1997	36.94	
JT	Christine Head		Great Yarmouth	10 May 1998	44.38	
Pentathlon	Emily Fitt		Peterborough	27 September 1998	2201	
Heptathlon	Claire Everett		Enfield	03 August 1997	4630	
4x100m	East Anglian League		Bury St Edmunds	16 September 2001	50.9	
4x400m	Laurie McMahon, J Holdsworth, R Allen, Maria Garavand		National Junior League	Copthall	22 June 2003	4.00.6
	Maria Garavand, Debbie Brett, S Smith, Gemme Pike					

UNDER 20 MEN RECORDS

100m	Ben Watkins		Ipswich	21 June 1997	10.8
200m	Ben Watkins		Sheffield	07 June 1997	22.0
	James Digby		Norwich	08 May 2004	22.0
300m	Michael Fraser		Great Yarmouth	10 April 2008	36.6
400m	Michael Fraser		Malta	25 July 2008	49.1
600m	Daniel Beier		Great Yarmouth	22 March 2002	1.27.4
800m	Rick Ward		Watford	14 June 2008	1.48.06
1000m	Daniel Beier		Crawley	22 July 2002	2.45.7
1500m	Mitch Goose		Watford	14 June 2008	3.46.28
Mile	Steve Cannell		Crystal Palace	06 August 2005	4.30.98
2000m	James O'Neill		King's Lynn	22 March 1998	6.13.0
3000m	Mitch Goose		Crystal Palace	27 July 2008	8.25.44
5000m	Mitch Goose		Loughborough	18 May 2008	14.43.97
10000m	Ben Whitworth		Bedford	20 May 2001	33.43.7
110mH	C Roberts		Norwich	25 July 1999	14.5
110mH 3'6"	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	Joe Collins		Bedford	05 July 1997	9.14.0
HJ	H Butt		King's Lynn	11 June 2003	1.98
PV	Francis Baker		Eaubonne FRA	25 February 2006	4.30
LJ	Tom Roe		Liverpool	05 May 2001	7.19
TJ	James McLachlan		Sheffield	11 July 2009	15.26
SP	James Hunt		Exeter	10 July 1998	13.92
HT	Sam Coe		Gateshead	02 May 2007	60.22
DT	David Dye		Norwich	17 June 2001	39.40
JT	James Wray		BebinGreaton	04 July 1998	54.62
Pentathlon	Ben Frosdick		Peterborough	24 September 2006	2203
Decathlon	Francis Baker		Stoke	10 June 2006	6580
4x100m	National Junior League		Eton	14 June 2009	44.0
4x400m	James McLachlan		Michael Fraser	De La Rey Veenendaal	Jon Brown
	National Junior League		Copthall	07 September 2008	3.25.4
	Daryl Martin, Michael Fraser, Ben Tuck, Rick Ward				

SENIOR WOMEN RECORDS

100m	Emily Symonds	Stoke	06 August 2000	12.2
200m	Emily Symonds	Rugby	22 July 2000	25.1
400m	Emily Symonds	Rugby	03 June 2001	55.5
800m	Sarah Knights	Loughborough	20 May 2001	2.06.2
1500m	Barbara Parker	Tallahassee, USA	10 May 2008	4.12.17
Mile	Barbara Parker	Gainsville USA	24 January 2009	4.36.33
3000m	Barbara Parker	Boston USA	07 February 2009	9.00.20
5000m	Barbara Parker	Walnut, USA	17 April 2008	15.42.16
10000m	Hollie Rowland	Bedford	02 May 2009	36.02.73
100mH	Cecily Hall	Woking	22 August 1998	15.0
400mH	Cecily Hall	Bedford	25 May 1998	61.81
2000mS/C	Barbara Parker	Bedford	28 June 2003	6.36.5
3000mS/C	Barbara Parker	Indianapolis, USA	31 May 2008	9.37.08
HJ	Claire Everett	Stoke	29 July 2000	1.60
PV	J Hughes	Eton	04 August 2002	2.90
LJ	Claire Everett	Stoke	30 July 2000	5.23
TJ	Sally Ash	Bedford	20 May 2001	11.19
SP	Claire Everett	Eton	04 August 2002	12.66
HT	Lorraine Henry	Norwich	22 August 1999	36.56
DT	Lorraine Henry	Grimsby	11 July 1999	40.64
JT	C Head	Great Yarmouth	??/??/00	43.76
Heptathlon	Claire Everett	Bedford	14-15/07/01	4616
4x100m	Southern Womens League	Norwich	17 May 1997	50.3
4x400m	UK Womens League	Rugby	03 June 2001	03:48.5
	Sarah Knights, Rachel Buller, Melanie Brown, R Buller			

SENIOR MEN RECORDS

100m	Mark Woodhouse	Loughborough	26 April 1997	10.6
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	Nik Davy	Watford	11 August 1999	1.51.9
600m	Paul Higham	Great Yarmouth	11 April 2002	1.31.1
1500m	Mitch Goose	Solihull	18 July 2009	3.44.4
Mile	Daniel Beier	Bedford	28 May 2006	4.21.09
3000m	Mitch Goose	Loughborough	17 May 2009	8.19.82
5000m	Guy Amos	Solihull	23 June 2001	13.56.4
10000m	Richard Sales	Enfield	19 July 1998	33.43.5
60mH	Nigel Taylor	Birmingham	29 January 2000	8.69
110mH	C Roberts	Peterborough	07 July 2001	14.7
300mH	G Ingram	King's Lynn	22 March 1998	40.3
400mH	Daniel Everett	Birmingham	19 June 2007	55.24
3000mS/C	Ashley Harrell	Abingdon	20 September 2009	9.08.10
HJ	Denis Costello	Derby	05 July 1997	1.95
PV	G Chiles	Peterborough	03 May 1997	4.20
LJ	Jon French	King's Lynn	18 April 1999	7.38
TJ	Denis Costello	Peterborough	03 May 1997	14.69
	Jon French	Sheffield	05 June 1999	14.69

SP	Jon Painter	Great Yarmouth	02 August 1998	13.77
HT	Sam Coe	King's Lynn	01 August 2009	60.47
DT	Jon Painter	Great Yarmouth	09 May 1998	41.51
JT	Tim Newenham	Great Yarmouth	09 May 1999	55.91
4x100m	British League	Sheffield	16 May 1998	42.3
4x400m	James Shipp, Nick Budden, Ben Watkins, Mark Woodhouse			
	Gold Cup	Enfield	19 July 1998	
	Mark Woodhouse, Tommy Roe, Nik Davy, Nick Budden			

WOMEN MASTERS RECORDS

60m	Yvonne Newton (45+)	Birmingham	26 February 2000	8.77i
100m	Carole Filer (40+)	Bedford	18 October 1997	13.2
200m	Carole Filer (40+)	King's Lynn	08 June 1997	27.2
400m	Sarah Knights (35+)	Wakefield	07 July 2002	59.2
800m	Sarah Knights (35+)	Great Yarmouth	12 May 2002	2.16.8
1500m	Jane Clarke (45+)	King's Lynn	15 August 2008	4.48.5
Mile	Jane Clarke (45+)	Peterborough	13 August 2008	5.19.1
3000m	Jane Clarke (45+)	Cambridge	06 August 2008	10.24.7
5000m	Maria Holland (40+)	Norwich	11 May 2003	18.24.5
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+)	Ljobljana, Slovakia	27 July 2008	53.66
400mH	Carole Filer (40+)	Eton	22 June 2001	67.9
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	C Filer (40+)	Bath	05 July 1998	2.10
LJ	C Filer (40+)	Harrow	18 July 1998	5.30
TJ	C Filer (40+)	Bedford	18 October 1997	10.28
SP	Lorraine Henry (35+)	Tidworth	18 May 2003	11.27
HT	Lorraine Henry (35+)	Tidworth	18 May 2003	32.95
DT	Lorraine Henry (35+)	Great Yarmouth	16 May 2004	36.21
JT	Lorraine Brown (40+)	Norwich	19 April 2009	24.73
Pentathlon	Carole Filer (40+)	Solihull	08 August 1998	3783
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	Ian Foster (55+)	Birmingham		7.80i
100m	Ian Wells (40+)	Ipswich	01 May 2002	12.1
150m	Gordon Slater	Great Yarmouth	09 April 2009	20.3
200m	Ian Wells (40+)	Bedford	05 September 2004	25.0
300m	Gordon Slater	Hornchurch	30 March 2009	43.6

400m	Ian Wells (40+)	Great Yarmouth	31 August 2002	57.0
800m	Guy Amos (40+)	Great Yarmouth	16 May 2004	1.57.7
1500m	Guy Amos (40+)	Great Yarmouth	16 May 2004	4.01.4
3000m	Guy Amos (45+)	Watford	30 July 2008	8.38.35
5000m	Guy Amos (40+)	Norwich	16 May 2004	14.42.2
10000m	Nigel Arnold (40+)	Newport	11 July 1998	32.42.5
100mH	Glyn Long (50+)	Bedford	18 October 1997	17.0
110mH	Ian Wells (40+)	Ipswich	01 May 2002	15.9
400mH	Ian Wells (40+)	Great Yarmouth	07 August 2002	57.0
3000mS/C	Iain Bailey (40+)	Norwich	30 August 2004	10.24.3
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
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