

Pooler Runners Track and Field Club Records

| Men | Athlete | Performance | Date | Venue | Women | Athlete | Performance | Date | Venue |
|----------------|---|-------------|-------------|---------------------------|----------------|---|-------------|-------------|---------------------|
| 60m | Neil Chivers | 7.29i | 8-Dec-2007 | Bath | 60m | Lauren Cooper | 8.14i | 24-Jan-2015 | Lee Valley |
| 100m | Alex Rowberry | 11.1 | 12-Jun-2005 | Exeter | 100m | Lauren Cooper | 12.6 | 24-May-2014 | Bournemouth |
| | Neil Chivers | | 07-Jun-2008 | Southampton | | | | | |
| | Liam Fraser | | 26-Jul-2009 | Portsmouth | | | | | |
| 200m | Joe Astlev | | 30-Jul-2011 | Sutton Valence | 200m | Lauren Cooper | 26.1 | 25-May-2014 | Bournemouth |
| | Joe Astley | 22.4 | 15-May-2011 | Bournemouth | | | | | |
| 400m | Joe Astley | 49.1 | 01/05/2010 | Hemel Hempstead | 400m | Lizzie Harris | 60.16 | 15-Jul-2012 | Exeter |
| 800m | Paul Green | 1.54.23 | 29-May-2012 | Exeter | 800m | Verity Ockenden | 2.08.28 | 19-Jul-2014 | Oxford |
| 1500m | Jack Partridge | 3.53.70 | 30-May-2012 | Watford | 1500m | Verity Ockenden | 4.19.95 | 30-May-2015 | Austin TX, USA |
| Mile | James Share | 4.19.11 | 13-Jul-2019 | Oxford | Mile | Verity Ockenden | 4.46.74i | 30-Jan-2015 | Seattle WA, USA |
| 3000m | Daniel Mulryan | 8.25.35 | 30-May-2018 | Watford | 3000m | Verity Ockenden | 9.49.42i | 17-Feb-2015 | Birmingham, AL, USA |
| 5000m | Daniel Mulryan | 14.37.67 | 9-May-2018 | Lee Valley | 5000m | Serena O'Connor | 17.32.4 | 14-May-2016 | Bournemouth |
| 10,000m | Mike Grist | 32.34.8 | 15-May-2005 | Bournemouth | 10,000m | Vicki Ingham | 35:26.47 | 20-May-2023 | Parliament Hill |
| 60mH 106.7cm | - | | | | 60mH 83.8cm | - | | | |
| 110mH 106.7cm | Alex Rowberry | 15.2 | 13-May-2006 | Bournemouth | 100mH 83.8cm | Maria Seager | 16.7 | 12-May-2007 | Bournemouth |
| 400mH 91cm | Charlie Rowberry | 55.7 | 26-Jun-2010 | Woking | 400mH 76cm | Holly Aldridge | 66.57 | 3-Aug-2014 | Hendon |
| 3000m SC | Jack Partridge | 8.52.79 | 7-May-2012 | Watford (Olympic Stadium) | 2000m SC | Lita Short | 8.03.6 | 19-Aug-2017 | Guildford |
| 3000m Walk | Keith Long | 16.27.03 | 1999 | Bournemouth | Long Jump | Maria Seager | 4.98 | 16-Sep-2007 | Exeter |
| Long Jump | Jonathan Boyle | 6.66 | 27-Aug-2006 | Eton | Triple Jump | Maria Seager | 11.03 | 9-Jun-2007 | Bournemouth |
| Triple Jump | Jonathan Boyle | 13.55 | 11-Jun-2005 | Bournemouth | High Jump | Polly Holmes | 1.55 | 22-Jul-2007 | Bournemouth |
| High Jump | Joe Astley | 1.95 | 26-Apr-2009 | Portsmouth | Pole Vault | Maria Seager | 3.80 | 21-Jun-2008 | Bedford |
| Pole Vault | Iain Kitching | 3.70 | 17-Jun-2006 | Exeter | Shot 4k | Micquella Livermore | 10.14 | 21-May-2011 | Woking |
| Shot 7.26k | Nicolas Phillips | 12.45 | 21-Apr-2012 | Swindon | Javelin 600g | Micquella Livermore | 31.85 | 21-May-2011 | Woking |
| Javelin 800g | Nicolas Phillips | 51.3 | 18-Sep-2005 | Southampton | Discus 1k | Emma Phillips | 26.62 | 6-Jul-2008 | Braunton |
| Discus 2k | Nicolas Phillips | 34.38 | 21-Apr-2012 | Swindon | Hammer 4k | Liana Sims | 37.02 | 13-Sep-2015 | Bournemouth |
| Hammer 7.26k | Nicolas Phillips | 35.84 | 21-Apr-2012 | Swindon | Heptathlon | Maria Seager | 3514 | 16-Sep-2007 | Exeter |
| Decathlon | Nicolas Phillips | 5428 | 25-Sep-2005 | Exeter | 4 x 100m Relay | Jordan Arnold/Lauren | 53.4 | 22-Jul-2012 | Aldershot |
| 4 x 100m Relay | Jack Newland/Liam Fraser/Jon Boyle/Neil Chivers | 45.6 | 31-Jul-2010 | Bournemouth | 4 x 400m Relay | Becky Griffiths/ Nicole Bissett/ Verity Ockenden/ Lizzie Harris | 4.26.6 | 24-Apr-2010 | Horspath |
| 4 x 400m Relay | Joe Astley/Paul Green/ | 3.27.4 | 7-May-2011 | Bexley | | | | | |

| Under 20 Men | Athlete | Performance | Date | Venue | Under 20 | Athlete | Performance | Date | Venue |
|--------------|----------------|-------------|-------------|-------------|----------|---------------|-------------|-------------|-------------|
| 60m | Neil Chivers | 7.29i | 8-Dec-2007 | Bath | 60m | Amber Stiby | 8.15i | 14-Nov-2018 | Cardiff |
| 100m | Alex Rowberry | 11.1 | 12-Jun-2005 | Exeter | 100m | Lizzie Harris | 13.3 | 30-Jun-2013 | Bournemouth |
| | Neil Chivers | | 07-Jun-2008 | Southampton | | | | | |
| | Liam Fraser | | 26-Jun-2009 | Portsmouth | | | | | |
| 200m | Joe Astley | 22.7 | 2-Aug-2008 | Andover | 200m | Lizzie Harris | 27.4 | 30-Jun-2013 | Bournemouth |
| 400m | Jonathan Boyle | 49.36 | 16-Sep-2006 | Derby | 400m | Lizzie Harris | 60.16 | 15-Jul-2012 | Exeter |

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|------------------|------------------|---------|----------------|-------------|--------------------|-----------------|------------|-------------|--------------|
| 800m | Andrew Smith | 1.55.43 | 24-Aug-2016 | Watford | 800m | Verity Ockenden | 2.19.3 | 9-May-2010 | Bournemouth |
| 1500m | Jack Partridge | 3.53.70 | 30-May-2012 | Watford | 1500m | Verity Ockenden | 4.48.0 | 8-May-2010 | Bournemouth |
| Mile | Andrew Smith | 4.25 | 27-Aug-2015 | Poole | Mile | Verity Ockenden | 5.13.6 | 2-Jul-2009 | Poole |
| 3000m | Ben Wilson | 8.47.11 | 26-Jun-2013 | Watford | 3000m | Verity Ockenden | 10.34.78 i | 11-Dec-2010 | Cardiff |
| 5000m | Sean Hogan | 15.41.9 | 13-May-2006 | Bournemouth | 5000m | Serena O'Connor | 17.32.4 | 14-May-2016 | Bournemouth |
| 10000m | Daniel Mulryan | 33.08.0 | 31-Jul-2015 | Poole | 10000m | Abigail Jones | 38.09.87 | 6-May-2012 | Olympic Park |
| 110mH 91.1cm | Alex Rowberry | 15.09 | 28-Aug-2005 | Abingdon | 100mH 83.8cm | Maria Seager | 16.7 | 12-May-2007 | Bournemouth |
| 400mH 91cm | Charlie Rowberry | 56 | 11-Jul-2009 | Southampton | 400mH 76cm | Holly Aldridge | 66.57 | 3-Aug-2014 | Hendon |
| 2000m SC | Jack Partridge | 5.56.1 | 15-May-2011 | Bournemouth | 1500m SC | - | | | |
| Long Jump | Jonathan Boyle | 6.66 | 27-Aug-2006 | Eton | Long Jump | Maria Seager | 4.98 | 16-Sep-2007 | Exeter |
| Triple Jump | Jonathan Boyle | 13.55 | 11-Jun-2005 | Bournemouth | Triple Jump | Maria Seager | 11.03 | 9-Jun-2007 | Bournemouth |
| High Jump | Joe Astley | 1.95 | 26-Apr-2009 | Portsmouth | High Jump | Maria Seager | 1.46 | 18-Aug-2007 | Bournemouth |
| Pole Vault | Iain Kitching | 3.7 | 17-Jun-2006 05 | Exeter | Pole Vault | Maria Seager | 3.8 | 21-Jun-2008 | Bedford |
| Shot 6k | Nicolas Phillips | 13.95 | 17-Jun-2006 | Exeter | Shot 4k | Hannah McErlane | 8.18 | 8-Jun-2014 | Bournemouth |
| Javelin 800g | Nicolas Phillips | 51.3 | 18-Sep-2005 | Southampton | Javelin 600g | Emma Partridge | 29.04 | 4-Sep-2010 | Bournemouth |
| Discus 1.75k | Nicolas Phillips | 34.93 | 27-Aug-2006 | Eton | Discus 1k | Liana Sims | 22.63 | 21-Apr-2012 | Swindon |
| Hammer 6k | Iain Kitching | 33.99 | 1-Jul-2007 | Yeovil | Hammer 4k | Emma Phillips | 34.69 | 26-Jul-2009 | Portsmouth |
| Heptathlon | - | | | | Pentathlon (indc - | | | | |
| Decathlon Junior | Jonathan Boyle | 6199 | 17-Sep-2006 | Derby | Heptathlon | Maria Seager | 3514 | 16-Sep-2007 | Exeter |

| Under 17 Men | Athlete | Performance | Date | Venue | Under 17 | Athlete | Performance | Date | Venue |
|--------------|-------------------|-------------|-------------|-------------|--------------|-----------------|-------------|-------------|-------------|
| 60m | Liam Fraser | 7.46i | 29-Jan-2006 | Bath | 60m | Lauren Cooper | 8.14i | 24-Jan-2015 | Lee Valley |
| 100m | Neil Chivers | 11.2 | 12-May-2007 | Bournemouth | 100m | Lauren Cooper | 12.7 | 24-May-2014 | Bournemouth |
| 200m | Neil Chivers | 23.4 | 22-Jul-2007 | Bournemouth | 200m | Lauren Cooper | 26.1 | 25-May-2014 | Bournemouth |
| 400m | Nicolas Phillips | 52.2 | 2003 | | 300m | Lauren Cooper | 42.1 | 1-Jun-2014 | Woking |
| 800m | Paul Green | 1.58.70 | 25-May-2008 | Ashford | 400m | Lizzie Harris | 61.4 | 3-Sep-2011 | Canterbury |
| 1500m | Andrew Smith | 4.10.28 | 6-May-2013 | Street | 800m | Nicole Bissett | 2.18.6 | 3-Aug-2008 | Exeter |
| Mile | Andrew Smith | 4.33 | 01-Aug-2013 | Poole | 1500m | Louise Damen | 4.41.9 | 1999 | |
| 3000m | Matthew Clark | 8:51.65 | 2003 | Birmingham | Mile | Serena O'Connor | 5.29 | 14-Aug-2014 | Poole |
| 5000m | Dominic Willmore | 16.25.6 | 15-Aug-2015 | Bournemouth | 3000m | Serena O'Connor | 10.12.9 | 13-Jun-2015 | Bournemouth |
| 60mH 91.4cm | Nicolas Phillips | 9.54 | 22-Mar-2003 | Sheffield | 60mH 76.2cm | - | | | |
| 100mH 91.4cm | Nicolas Phillips | 14.1 | 2004 | | 80mH 76.2cm | Maria Seager | 12.86 | 28-May-2006 | Street |
| 400mH 84cm | Nicolas Phillips | 56.5 | 2004 | | 300mH | Maria Seager | 50.5 | 9-Apr-2006 | Bournemouth |
| 1500m SC | Jack Partridge | 4.20.76 | 8-Aug-2009 | Bedford | 400mH 76cm | Holly Aldridge | 71.1 | 19-May-2012 | Poole |
| 2000m SC | Jack Partridge | 6.28.2 | 3-Aug-2008 | Exeter | 1500m SC | Lita Short | 5.45.2 | 8-Jul-2017 | Salisbury |
| Long Jump | Nicolas Phillips | 6.32 | 2004 | | 2000m SC | Lita Short | 8.03.6 | 19-Aug-2017 | Guildford |
| Triple Jump | Gavin Newbury | 12.87 | 19-Jun-2010 | Exeter | 3000m Walk | Nikki Selby | 23.39.9 | 2003 | |
| High Jump | William Blackmore | 1.81 | 13-Apr-2025 | Abingdon | Long Jump | Laura Hopkin | 4.89 | 2005 | |
| Pole Vault | Denzil Guy | 3.35 | 17-Jun-2012 | Portsmouth | Triple Jump | Maria Seager | 10.34 | 13-Aug-2006 | Portsmouth |
| Shot 5k | Nicolas Phillips | 13.8 | 2004 | | High Jump | Polly Holmes | 1.55 | 22-Jul-2007 | Bournemouth |
| Javelin 700g | Denzil Guy | 50.26 | 16-Jun-2012 | Poole | Pole Vault | Maria Seager | 3.15 i | 17-Dec-2006 | Bath |
| Discus 1.5k | Dan Shannon | 38.9 | 18-Jun-2011 | Exeter | Shot 3k | Lucy Smith | 8.88 | 13-Apr-2025 | Abingdon |
| Hammer 5k | Sam Leighton | 34.9 | 12-Jun-2010 | Bournemouth | Javelin 500g | Bethany Smith | 28.66 | 23-Jun-2024 | Poole |

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|----------------|---------------------------|---------|-------------|-----------|
| Octathlon | Nicolas Phillips | 4731 | 2004 | |
| Pentathlon | Nicolas Phillips | 2837 | 22-Mar-2003 | Sheffield |
| 4 x 100m Relay | Liam Fraser/David | 47.4 | 2006 | |
| 4 x 400m Relay | Nicolas Phillips/Jonathan | 03:39.4 | 2004 | |

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|----------------|-------------------------|--------|-------------|----------|
| Discus 1k | Emma Phillips | 26.62 | 6-Jul-2008 | Braunton |
| Hammer 3k | - | | | |
| Heptathlon | Micquella Livermore | 3558 | 26-Jun-2011 | |
| 4 x 100m Relay | Laura Hopkin/Stephanie | 55.0 | 2005 | |
| 4 x 400m Relay | Charlotte Ingham/Lauren | 4.41.3 | 2005 | |

| Under 15 Boys | Athlete | Performance | Date | Venue |
|----------------|--------------------------|-------------|-------------|----------------|
| 60m | Charlie Shorthouse | 7.9 | 26-Jan-2025 | Lee Valley |
| 100m | Verna Asom | 11.35 | 8-Aug-2024 | Stratford (CT) |
| 200m | Verna Asom | 23.23 | 10-Aug-2024 | Walton |
| 300m | Verna Asom | 36.83 | 28-Jul-2024 | Exeter |
| 800m | Nicolas Phillips | 02:06.8 | 12-May-2002 | Bournemouth |
| 1500m | Andrew Smith | 4.12.88 | 1-Jul-2011 | Gateshead |
| Mile | Andrew Smith | 4.43 | 1-Sep-2011 | Poole |
| 3000m | Andrew Smith | 9.18.86 | 26-Jul-2011 | Exeter |
| 60mH 83.8cm | Nicolas Phillips | 9.81 | 9-Mar-2002 | Cardiff |
| 80mH 83.8cm | Harry Jackson | 12.21 | 15-Sep-2012 | Bedford |
| 3000m Walk | James McGeehan | 20.44.7 | 24-May-2014 | Bournemouth |
| Long Jump | Nicolas Phillips | 5.45 | 2002 | |
| Triple Jump | Gavin Newbury | 12.19 | 10-Jul-2009 | Sheffield |
| High Jump | Will Blackmore | 1.77 | 11-Aug-2024 | Walton |
| Pole Vault | Andrew Lees | 2.85 | 22-Jun-2008 | Guildford |
| Shot 4k | Nicolas Phillips | 13.64 | 2002 | |
| Javelin 600g | Nicolas Phillips | 39.46 | 2002 | |
| Discus 1.25k | Dan Shannon | 31.01 | 12-Jul-2009 | Poole |
| Hammer 4k | Shane Munford | 30.08 | 2005 | |
| Pentathlon | Nicolas Phillips | 2769 | 2002 | |
| Pentathlon | Nicolas Phillips | 2568 | 9-Mar-2002 | Cardiff |
| 4 x 100m Relay | Charlie Shorthouse/Oscar | 48.4 | 7-Jul-2024 | Poole |
| 4 x 300m Relay | - | | | |
| 4 x 400m Relay | Paul Roots/Leif | 4.00.2 | 2006 | |

| Under 15 Girls | Athlete | Performance | Date | Venue |
|----------------|----------------------|-------------|-------------|-------------------|
| 60m | Antonia Hancock | 8.4 | 27-Mar-2011 | Lee Valley |
| 100m | Lauren Cooper | 12.9 | 11-Aug-2012 | Wrexham |
| 200m | Lauren Cooper | 26.28 | 15-Jun-2013 | Exeter |
| 300m | Grace Harrison | 42.9 | 13-Apr-2025 | Abingdon |
| 800m | Lizzie Harris | 2.22.3 | 20-Jun-2009 | ExeterSouthampton |
| 1500m | Matilda Bengtsson | 04:50.7 | 18-Jul-2021 | Exeter |
| Mile | Matilda Bengtsson | 05:20.4 | 21-Jul-2022 | Poole |
| 3000m | Matilda Bengtsson | 10:27.88 | 4-Sep-2022 | Exeter |
| 60mH 76.2cm | Ruby-Mae Phelps | 9.91 | 28-Dec-2024 | Eltham |
| 75mH 76.2cm | Ruby-Mae Phelps | 12.0 | 8-Jun-2024 | Bournemouth |
| 2500m Walk | Phillipa Selby | 23.56.8 | | Bournemouth |
| Long Jump | Laurny Cunningham | 4.67 | | |
| Triple Jump | Isabella Watson | 9.13 | 1-Dec-2024 | Cardiff |
| High Jump | Laurny Cunningham | 1.52 | | |
| Pole Vault | Bethan Morris | 1.60 | | |
| Shot 3k | Bethany Smiith | 8.29 | 25-Jun-2023 | Poole |
| Javelin 500g | Lucy Smith | 25.44 | 6-Apr-2024 | Poole |
| Discus 1k | Isla Marsh | 25.88 | 14-Jun-2008 | Bournemouth |
| Hammer 3k | Emma Phillips | 33.60 | 9-Aug-2006 | Poole |
| Pentathlon | Micquella Livermore | 2362 | 26-Jun-2010 | Street |
| Pentathlon | - | | | |
| 4 x 100m Relay | Jordan Arnold/Lauren | 53.4 | 22-Jul-2012 | Aldershot |
| 4 x 300m Relay | - | | | |

| Under 13 Boys | Athlete | Performance | Date | Venue |
|---------------|--------------------|-------------|-------------|-------------|
| 60m | George Talbot | 9.56 | 26-Jan-2025 | Lee Valley |
| 75m | Charlie Shorthouse | 9.96 | 22-Jul-2023 | Tonbridge |
| 100m | Charlie Shorthouse | 12.7 | 10-Jun-2023 | Bournemouth |
| 150m | Kevin Dapaah | 19.21 | 30-Jul-2022 | Eton |
| 200m | Charlie Shorthouse | 26.3 | 26-Jun-2023 | Exeter |
| 600m | Nicolas Phillips | 01:42.5 | 2000 | |
| 800m | Tom East | 2.18.71 | 6-Sep-2009 | Yeovil |
| 1200m | Harry Samways | 3:43.46 | 21-Jul-2024 | Guildford |
| 1500m | Harry Samways | 4:43.51 | 27-Aug-2024 | Exeter |

| Under 13 Girls | Athlete | Performance | Date | Venue |
|----------------|---------------|-------------|-------------|-------------|
| 60m | Sophie Oliver | 8.85 | 4-Dec-2022 | Lee Valley |
| 75m | Emma Hayward | 10.2 | 5-Jun-2005 | Bournemouth |
| 100m | Lauren Cooper | 13.2 | 11-Sep-2011 | Bournemouth |
| 150m | Lauren Cooper | 20.5 | 5-Jun-2011 | Bournemouth |
| 200m | Lauren Cooper | 27.4 | 24-Jul-2011 | Guildford |
| 600m | Natalie Real | 1.53.8 | 2000 | |
| 800m | Bess Bickel | 2.34.22 | 31-Jul-2012 | Exeter |
| 1200m | Bess Bickel | 4.07.1 | 20-May-2012 | Guildford |
| 1500m | Bess Bickel | 5.09.03 | 26-Jun-2012 | Exeter |

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|----------------|-----------------------|---------|-------------|-----------------|
| Mile | Tom East | 5.13 | 02-Jul-2009 | Poole |
| 3000m | Daniel Cheney | 10:42.7 | 1999 | |
| 60mH 76.2cm | Charlie Talbot | 11.13 | 28-Jan-2024 | Lee Valley |
| 75mH 76.2cm | Charlie Talbot | 12.70 | 11 Aug 2024 | WaltonTonbridge |
| Pole Vault | Sam Harris | 1.8 | 11-May-2008 | Bournemouth |
| Long Jump | George Fleurie | 4.71 | 11-May-2019 | Bournemouth |
| High Jump | Charlie Talbot | 1.52 | 26-Aug-2024 | Tonbridge |
| Shot 3k | Charlie Shorthouse | 9.54 | 3-Jun-2023 | Poole |
| Javelin 400g | Denzil Guy | 32.67 | 15-Jun-2008 | Bournemouth |
| Discus 1k | Connor Ozanne | 17.75 | 2005 | |
| Hammer 3k | Fintan Higgins | 20.93 | 8-Sep-2024 | Bournemouth |
| Pentathlon | Charlie Talbot | 1689 | 26-Aug-2024 | Tonbridge |
| 4 x 100m Relay | Alex Mitchell/Charlie | 55.1 | 23-Jun-2024 | Poole |

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|----------------|--------------------|-------|-------------|-------------|
| Mile | Alex Phillips | 5.54 | 1-Jul-2010 | Poole |
| 60mH 68.6cm | Ruby-Mae Phelps | 10.37 | 29-Jan-2023 | Lee Valley |
| 70mH 68.6cm | Hester Griffin | 11.7 | 04-Jul-2010 | Andover |
| Long Jump | Lauryn Cunningham | 4.31 | 2001 | |
| High Jump | Laura Seibold | 1.40 | 9-Jun-2018 | Bournemouth |
| Shot 2.72K | Sophie Rogers | 8.21 | 18-Jul-2010 | Hendon |
| Javelin 400g | Sophie Rogers | 21.65 | 4-Jul-2010 | Andover |
| Discus 750g | Charlotte Phillips | 18.38 | 23-Aug-2008 | Bournemouth |
| Hammer 3k | - | | | |
| Pentathlon | Isabella Watson | 1905 | 15-Sep-2024 | Carshalton |
| 4 x 100m Relay | Emilia Helm/Grace | 56.1 | 4-Jun-2023 | Salisbury |

| Under 11 Boys | Athlete | Performance | Date | Venue |
|---------------|-----------------|-------------|-------------|----------|
| 75m | Jack Mitchell | 11.1 | 23-Jun-2024 | Poole |
| 600m | Ryan Symington | 1.51.1 | 7-Jul-2013 | Swindon |
| Long Jump | Bradley Jarrard | 4.08 | 2000 | |
| Howler Throw | Kai Harding | 38.61 | 15-Apr-2012 | Poole |
| QuadKids | Charlie Talbot | 261 | 18-Sep-2022 | Abingdon |

| Under 11 Girls | Athlete | Performance | Date | Venue |
|----------------|------------------------|-------------|-------------|----------|
| 75m | Bethany Smith | 11.1 | 7-Apr-2019 | Poole |
| 600m | Kamila Sofiyat Olateju | 1:59.1 | 13-Apr-2025 | Abingdon |
| Long Jump | Sarah Meaker | 3.70 | 1999 | |
| Howler Throw | Ella Saunders | 23.50 | 12-Jul-2015 | Poole |
| QuadKids | Bethany Smith | 197 | 14-Jul-2019 | Sandown |

If you have a club record that is not listed, or you know of a club record that is not listed, please contact

Events which are no longer competed at in age groups or weight specifications have subsequently changed:

| Age group | Event | Athlete | Performance | Date | Venue |
|----------------|---------------|---------------------|-------------|-------------|---------|
| Under 17 | Shot 4k* | Micquella Livermore | 10.14 | 21-May-2011 | Woking |
| Under 17 | Javelin 600g* | Micquella Livermore | 31.85 | 21-May-2011 | Woking |
| Under 17 | Hammer 4k* | Emma Phillips | 36.52 | 27-Jul-2008 | Exeter |
| Under 15 Boys | 400m | Nicolas Phillips | 53.9 | 2002 | |
| Under 15 Girls | Shot 3.25k* | Micquella | 9.87 | 26-Jun-2010 | Street |
| Under 15 Girls | Javelin 600g* | Micquella | 26.30 | 4-Jul-2010 | Andover |
| Under 13 Boys | Shot 3.25k* | Nicolas Phillips | 11.40 | 2001 | |
| Under 11 Boys | 60m | Thomas Turner | 9.2 | 1999 | |
| Under 11 Boys | 80m | Joe Astley | 11.5 | 2000 | |
| Under 11 Boys | 100m | David Johnston | 14.7 | 1999 | |
| Under 11 Boys | 150m | Charlie Grindley | 22.1 | 2006 | |
| Under 11 Boys | 800m | Joe Astley | 2.37.9 | 1999 | |
| Under 11 Boys | 70mH 55cm | Joe Astley | 12.1 | 2000 | |
| Under 11 Boys | High Jump | Joe Astley | 1.23 | 2000 | |
| Under 11 Boys | Shot 3.25k | Jonathan Boyle | 6.00 | 1999 | |
| Under 11 Girls | 60m | Denise Cracknell | 9.9 | 1998 | |
| Under 11 Girls | 80m | Anna Turner | 12.7 | 2001 | |

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|----------------|------------|----------------|---------|------|
| Under 11 Girls | 100m | Sarah Meaker | 15.1 | 1999 |
| Under 11 Girls | 150m | Heidi Burton | 24.3 | 1999 |
| Under 11 Girls | 800m | Natalie Real | 02:54.8 | 1998 |
| Under 11 Girls | 70mH 55cm | Sarah Meaker | 13.0 | 2001 |
| Under 11 Girls | High Jump | Sarah Meaker | 1.23 | 1999 |
| Under 11 Girls | Shot 2.72k | Alice Lockwood | 4.97 | 1998 |