Senior Men

Events	Time Distance	Name	Fixture	Venue	Date
60m	7.02	David Gain	London Indoor Games	Lee Valley	27 January 2013
100m	10.70	Carl Afilaka		Iffley Road	1995
200m	21.39	David Gain	McCain CAU Champs	Bedford	26 August 2012
400m	46.75	Adam Potter	U23 Iner Regional Championships	Derby	29th July 2001
800m	1;50.1	Miles Ravenhill		Kingston	1987
1000m	2;36.85i	Tim Stephens	England Athletics Combined even	Sheffield	08-Jan-17
1500m	3;46.0	Ken Riley		Crystal Palace	1968
1 Mile	4;03.8	Ken Riley		Motspur Park	1968
3000m	8;08.2	Warwick Ewers		Crystal Palace	1977
5000m	14;06.4	Peter Flavel		Iffley Road	1977
10000m	29;15.8	Peter Flavel		Crystal Palace	1975
Half Marathon	1;04.51	Martin McCarthy		Fleet	23-Mar-86
Marathon	2;11.54	Martin McCarthy		London	17.4.1983

110mH 106.7cm	14.16	Mark Hatton		Crystal Palace	1979
400mH 91.4cm	54.32	Andy Tippet	Bedford Int games	Bedford	10 June 2007
2000m S/C	5;34.0	Ron Harris		Crystal Palace	1980
3000m S/C	8;40.8	Ron Harris		Crystal Palace	1980
4 X 100m	42.80	Mark Hatton, Huw Jones, Steve White,Andy Norman		Iffley Road	1978
4 X 400m	3;18.7	Chris Jones, Bill Potter, Steve White, Chris Van Rees		Haringey	1977
1 Mile Medley	3;23.0	Ken Riley, Nick Barton, Frank Martin, Steve Handscombe		Iffley Road	1968
1600m Medley	3;26.0	Chris Peters, Ricci Pinto, Ken Riley, Bill Potter		Bracknell	25.08.73
4 x 880 yds	7;34.6	Derek Perry, Steve Handscombe, Ken Riley, Frank Martin		Wolverhampton	10.08.68
4 x 1500m	17;08.0	Rowley Martin, Robert Wood, Roy Tuttle, Duncan Jenkerson		Bracknell	1970
Long Jump	7.47	Pat Grazette		Haringey	1977
High Jump	2.11	George Robertson		Iffley Road	1978
Triple Jump	17.64	Nathan Douglas	AAA championships	Manchester	09 July 2005
Pole Vault	4.45	Glen Slowly			1988
Shot (7.26Kg)	15.28	Gerry Downes		Iffley Road	1977
Discus (2Kg)	49.88	Matthew Symonds		Derby	1987

Javelin (800g)	66.38	Chris Butterworth		Horspath	1968
Hammer (7.26Kg)	61.90	Bruce Fraser		Crystal Palace	1975
Hep	4726 pts	Tim Stephens	England Athletics Combined even	Sheffield	08-Jan-17
Decathlon	7012 pts	Peter De Villiers		Iffley Road	1969