

60 Metres Male					60 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Esirhueme Alegeh	1/3/25	Lea Valley	8.47	U/13	Bethany Ibbotson	12/12/09	Lea Valley	8.4
U/15	Akin Akinboh	6/2/2016	Lea Valley	7.52	U/15	Joy Ogunleye	28/2/15	Sheffield	7.70
U/17	Simon Bryant	23/2/92	Birmingham	7.14	U/17	Sarah Claxton	1996	?	7.63
U/20	Simon Bryant	?	Birmingham	7.00	U/20	Angel Wright	02/03/24	Lea Valley	8.20
Snr	Jerome Fronton	2012	Lea Valley	7.42	Snr	Kate Sketchley	19/3/93	Bedford	7.9

100 Metres Male					100 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Joshua Famujuro	26/6	Dagenham	12.28	U/13	Sarah Claxton	31/8/92	Ipswich	12.4
U/15	Simon Bryant	8/6/90	Basildon	11.4	U/15	Sarah Claxton	08/07/94	Telford	11.9
U/17	Simon Bryant	31/8/92	Ipswich	11.1	U/17	Sarah Claxton	28/4/96	Wimbledon	11.7
U/20	Douglas Elam-Ogbodo	6/6/09	Southampton	11.2	U/20	Angle Joseph	14/7/13	Ipswich	12.8
	Emanuel Ogunleye	11/5/17	Bury St Eds	11.2					
Snr	Simon Bryant	2/5/93	Colchester	10.7	Snr	Kate Sketchley	2/5/93	Colchester	12.3
						Sarah Claxton	18/4/99	Bury St Eds	12.3

150 Metres Female				
Age	Name	Date	Venue	Time
U/13	Bethany Ibbotson	2012/09	Lea Valley	20.47
U/17	Lisa Allen	14/3/94	Dagenham	19.3
Snr	Lisa Allen	23/3/97	Dagenham	18.7

200 Metres Male					200 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Sam Shippey	03/07/16	Ipswich	25.6	U/13	Kimberley Shreeve	1988	?	26.6
U/15	Simon Bryant	14/7/90	Derby	23.0	U/15	Joy Ogunleye	11/7/2015	Gateshead	25.03 w
U/17	Simon Bryant	26/6/92	Kings Lynn	22.3	U/17	Joy Ogunleye	14/5 /2017	Chelmsford	24.96
U/20	R Smith	2001	?	22.6	U/20	Angle Joseph	14/7/2013	Ipswich	26.4
Snr	Simon Bryant	1991	Dagenham	22.0	Snr	Nikki Smith	31/8/92	Ipswich	25.4
	Simon Ciarvella		?	22.0		Jo Nicklin	1983	?	25.4

300 Metres Male					300 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	James Ford	?	?	48.5	U/13	Amanda Pisani	?	?	47.8
U/15	Sam Shippey	09/06/18	Chelmsford	37.05	U/15	Joy Ogunleye	9/8	Cambridge	42.3
U/17	Simon Bryant	17/3/91	Havering	37.0	U/17	Ami Fosker	3/8/13	Chelmsford	41.8
Snr	Simon Bryant	14/3/94	Dagenham	35.1	Snr	Denise Morley	?	?	41.4

400 Metres Male					400 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Simon Bryant	Aug 88	Colchester	60.5	U/13	N/A			
U/15	Robert Smith	?	?	52.8	U/15	Naomi Sandercock	13/08/23	Newham	62.68
U/17	Louis Persent	8/7/06	Gateshead	48.33	U/17	Mary Kitson	?	?	58.1
U/20	R Smith	2000	?	49.2	U/20	Tracey Smedley	26/8/14	Colchester	57.8
Snr	Robert Smith	29/04/05	Glasgow	47.55	Snr	Mary Kitson	1984	20/5 84	56.2

600 Metres Male					600 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Sam Shippey	14/04/16	Yarmouth	1.38.0	U/13	Charlotte Taylor	19/6/01	?	1.46.5
U/15	Robert Smith	7/3/99	Havering	1.30.9	U/15	Hayley Cole	1/3/92	Dagenham	1.42.4
U/17	Tom Payn	19/3/95	Havering	1.27.6	U/17	Hayley Cole	14/3/93	Dagenham	1.39.5
Snr	Tom Payn	15/3/98	Havering	1.21.7	Snr	Tracey Smedley	Feb 87	?	1.35

800 Metres Male					800 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Henry Dover	12/08/18	Lee Valley	2.10.51	U/13	Mia Lawes	10/8/24	Walton on Thames	2.25.38
U/15	Henry Dover	15/08/20	Lea Valley	1.58.38	U/15	Hayley Cole	23/8/92	Hayes	2.15.7
U/17	Lloyd Heard	23/6/07	Colchester	1.54.3	U/17	Hayley Cole	1/8/93	W London	2.12.8
U/20	David Gibbon	20/6/09	Watford	1.55.42	U/20	Samantha Redgrave	1/7/11	Gateshead	2.11.03
Snr	Chris Van-Rees	1970s	Crystal Palace	1.48.8	Snr	Mary Kitson	1980 s	?	2.10.8

1000 Metres Male					1000 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	N/A				U/13	Heidi Graham	?	?	3.15.5
U/15	Max Williams	4/12/13	Lea Valley	2.54.93	U/15	Kerry Bailey	?	?	3.10.5
U/17	Tom Payn	10/4/96	Watford	2.35.7	U/17	Kerry Bailey	?	?	3.05.8
Snr	Tom Payn	18/5/97	Loughborough	2.33.01	Snr	N/A			

1200 Metres Male					1200 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/15	Richard Noone	?	?	3.32.0	U/15	Hayley Cole	1/3/92	Dagenham	3.55.8
U/17	Tom Payn	20/4/96	Cambridge	3.13.3	U/17	Hayley Cole	14/3/93	Dagenham	3.47.0

1500 Metres Male					1500 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Henry Dover	12/05/18	Chelmsford	4.34.60	U/13	Mia Lawes	21/7/24	Chelmsford	4.56.7
U/15	Henry Dover	29/08/20	Lea Valley	4.03.05	U/15	Laura Condron	25/06/05	Solihull	4.38.81
U/17	Jordon Rowe	18/8/13	Ashford	4.00.51	U/17	Laura Condron	27/05/07	Ashford	4.41.57
U/20	David Gibbon	28/6/09	Bedford	3.53.23	U/20	Laura Condron	10/5/08	Basildon	4.47.50
Snr	Freddy Richardson	08/06/24	Watford	3.43.96	Snr	Charlotte Goff	?	?	4.36.1

1 Mile Male					1 Mile Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Mason Partridge	29/6/24	Chelmsford	6.06.28					
U/15	Arthur Ballard	6/8/21	Chelmsford	4.48.3	U/15	Sophia Harvey	29/6/24	Chelmsford	5.33.16
U/17	Sam Plummer	24/06/23	Chelmsford	4.28.08	U/17	Naomi Sandercock	29/6/24	Chelmsford	5.18.77
U/20	David Gibbon	25/05/09	Bedford	4.20.54	U/20	N/A			
Snr	Freddy	10/2/24	Boston USA	4.02.30	Snr	N/A			

	Richardson		(Indoors)						
--	------------	--	-----------	--	--	--	--	--	--

3000 Metres Male					3000 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Lee Bright	?	?	10.59.0	U/13	N/A			
U/15	Henry Dover	12/09/20	Norwich	8.58.5	U/15	N/A			
U/17	Adrian Mussett	1980 s	?	8.45.7	U/17	Laura Condron	13/6/07	Watford	10.24.16
U/20	Robert Malseed		?	8.15	U/20	Grace Greenhalgh	1996	?	10.22.22
Snr	Freddy Richardson	14/02/25	Boston USA	8.04.34	Snr	Nicola Rogers	20/9/08	Southend	10.00.04

5000 Metres Male					5000 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/20	Robert Malseed			14.58	U/17	Amy Milburn	23/6/23	Harrow	20.59.17
Snr	Freddy Richardson	15/2/25	Boston USA	13.55.36 I	Snr	Danielle Tatum	11/5/08	Basildon	18.45.62

10,000 Metres Male					10,000 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/17	Andrew Bright	1978	??	33.09					
Snr	Robert Malseed	?		29.32	Snr	Nothing Yet			

Sprint Hurdles Male					Female						
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time		
U/13	75 H	Joshua Harvey	25/7/10	Kingston	12.52	u/13	60 H	Chloe Allam	2/3/24	Lea Valley	10.58
	80 H	Matthew Lewis	1987	?	13.1		70 H	Sarah Claxton	14/6/92	Ipswich	11.1
U/15	60H	Thomas Cuninghame-F	12/3/11	Lea Valley	9.17		75 H	Angela Rothwell	1975	Crystal P	11.5
	80 H	Damon Bainbridge	?	?	11.6		80 H	M Pime	?		12.1
	100 H	Damon Bainbridge	?	?	15.3	U/15	60 H	Isobel Duah	2012	Lea Valley	9.97
U/17	60 H	Louis Persent	27/2/05	Birmingham	8.68		75 H	Nina Thompson	1987	?	10.9
	100 H	Damon Bainbridge	9/7/88	Yeovil	13.3		80 H	Faye Manning	1987	?	12.0
U/20	110 H	Damon Bainbridge	13/6/89	Harrow	15.0	U/17	80 H	Nina Thompson	1989	?	11.3
Snr	110 H	Damon Bainbridge	29/6/90	?	15.55		100 H	Sarah Claxton	15/9/96	Cambridge	14.7
						U/20	100 H	Sarah Claxton	1997	?	13.65
						Snr	100 H	Kate Sketchley	12/6/93	Crystal P	14.44

400 Hurdles Male					Hurdles Female					
Age	Name	Date	Venue	time	Age	Name	Date	Venue	time	
U/17	Danny Corcos	Jul 71	Colchester	55.7	U/17	300 H	Sarah Granville	28/7/07	Chelmsford	47.9
U/20	Danny Corcos	9/5/73	C Palace	54.2		400 H	Sian Sanders	?	?	66.5
Snr	Danny Corcos	1/6/74	C Palace	53.6	Snr	400 H	Jo Nicklin	1993	Norwich	62.2

High Jump Male					High jump Female				
Age	Name	Date	Venue	Height	Age	Name	Date	Venue	Height
U/13	Anthony Osbourne	?	?	1.51	U/13	Jane Falconer	1980s	?	1.65
U/15	Neil Pilgrim	27/5/90	?	1.85	U/15	Jane Falconer	10/6/89	?	1.75
U/17	Jakub Walecki	25/9/21	Derby	2.03	U/17	Jane Falconer	1990	?	1.76
U/20	Jakub Walecki	10/08/23	Jerusalem	2.15	U/20	Kate Sketchley	17/5/92	Walthamstow	1.58
Snr	Dimitri Solomonov	2016	Ashford	1.85	Snr	C Mann	?	?	1.66

Long Jump Male					Long jump Female				
Age	Name	Date	Venue	Dis time	Age	Name	Date	Venue	Dis time
U/13	Paul Beaumont	?	?	4.90	U/13	Sarah Claxton	31/8/92	Ipswich	4.88
U/15	Craig Beecham	1987	?	6.41	U/15	Sarah Claxton	28/8/94	Colchester	5.68
U/17	Craig Beecham	25/6/88	Stoke	6.70	U/17	Sarah Claxton	16/6/96	Germany	6.27
U/20	Arron Bollu	?	Ipswich	6.75	U/20	Sarah Claxton	5/9/97	Sheffield	6.53
Snr	Craig Beecham	1990s	?	6.82	Snr	Sarah Claxton	As U/20		

Triple Jump Male					Triple jump Female				
Age	Name	Date	Venue	Dis	Age	Name	Date	Venue	Dis
U/15	Craig Beecham	?	?	12.39	U/15	Courtney Bland	27/8/12	Southend	8.62
U/17	Nick Leach	July 78	Chesterfield	14.84	U/17	Jane Falconer	16/8/90	?	10.64
U/20	Arron Bollu	?	Cambridge	13.88	U/20	Jane Falconer	1990	?	12.10
Snr	Arron Bollu		Bury St E	13.84	Snr	Jane Falconer	31/8/93	Colchester	12.37

Pole Vault Male					Pole Vault Female				
-----------------	--	--	--	--	-------------------	--	--	--	--

Age	Name	Date	Venue	Height		Age	Name	Date	Venue	Height
U/15	Matt Lewis	25/6/89	Stevenage	2.50		U/15	Kiera Fitzpatrick	27/6/10	Grays	2.00
U/17	Samuel Davis	9/6/07	Chelmsford	3.00		U/17	Amy Milburn	10/7/22	Colchester	1.70
U/20	Samuel Davis	7/7/08	Colchester	3.20		U/20	Amy Milburn	15/6/24	Eaton	1.20
Snr	Liam Flynn	Jul 80	Watford	2.70		Snr	Sarah Kelley	19/8/17	Colchester	2.70

Shot Putt Male					Shot Putt Female				
Age	Name	Date	Venue	Dis	Age	Name	Date	Venue	Dis
U/13	John Stalham	1988	Colchester	9.46	U/13	Emma Blowers		Colchester	9.04
U/15	Peter Pooran	1980s	?	14.18	U/15	Adanna Udechuku	1/3/25	Lea Valley	12.66
U/17	Peter Pooran	1980s	?	14.50	U/17	Rebecca Shreeve	14/7/90	Derby	11.89
U/20	Steve Parsons	?	?	12.68	U/20	Jade Morgan	16/9/06	Derby	10.59
Snr	Ian Blake	8/8/93	Colchester	13.01	Snr	Emma Blowers	1/7/89	?	10.99

Discus Male					Discus Female				
U/13	Lee Fitzgerald		Kingston	26.52	U/13	Valarie Pain	1975	Colchester	33.41
U/15	Steve Parsons	?	?	38.40	U/15	Emma Blowers	?	?	35.02
U/17	Peter Pooran	1989	?	41.44	U/17	Emma Blowers	?	?	39.78
U/20	Steve Parsons	?	Colchester	37.18	U/20	Kundai Matringe	27/6/10	Bedford	19.53

Snr	Emeka Udechuku	11/5/24	Chelmsford	46.65	Snr	Emma Blowers	1/7/89	?	41.14
Hammer Male					Hammer Female				
Age	Name	Date	Venue	Dis	Age	Name	Date	Venue	Dis

U/15	Steve Parsons	?	?	32.06		U/15	Adana Udechuku	21/7/24	Chelmsford	30.51
U/17	M Morseley	?	?	38.95		U/17	Mellisa Clapham	22/8/98	?	23.37
U/20	A Burford	2/8/92	Peterborough	27.78		U/20	Mellisa Clapham	2000	?	38.15
Snr	Neil Clare	27/5/89	?	36.26		Snr	Debbie Castle	09/07/16	Ashford	27.98

Javelin Male					Javelin Female				
Age	Name	Date	Venue	Dis	Age	Name	Date	Venue	Dis
U/13	Justin Diaz	2005	Colchester	30.25	U/13	Fazia Kafala	21/7/20 19	Ipswich	26.97
U/15	Adam Newley	5/9/93	Braintree	51.14	U/15	L McMordie	?	?	29.85
U/17	Eric Hill	1976	Aldershot	58.94	U/17	Hannah Branch	?	?	37.01
U/20	David Sketchley	15/6/95	Colchester	57.46	U/20	K Sketchley	13/5/92	Kingston	32.64
					Snr	Hannah Branch	10/6/89	?	46.88
V 80	Robert Kimber	30/09/2 3	Bury St Ed	8.40					

4 x 100 relay Male					4 x 100 Female				
Age	Name	Date	Venue	Time	Age	Name	Date	Venue	Time
U/13		27/8 /16	Southend	54.0	U/13		?	?	54.3
U/15		8/24	Birmingham	45.91	U/15		?	?	50.8
U/17		27/8 /16	Southend	46.6	U/17		27/8/16	Southend	50.5
Snr		?	?	43.5	Snr		12/9/93	Bedford	49.71

4 x 400 relay Male					4 x 400 Female				
Age	Name	Date	Venue	Time	Age	Name	Date	Venue	Time
U/15		?	?	4.06.5	U/15				
U/17					U/17		?	?	3.52.5
Snr		31/8/91	Wimbledon	3.29.0	Snr		?	?	3.57.4

Steeplechase Male					
Age	Name		Date	Venue	Time
U/17	Glynn Thomas	1500 S/C	?	?	4.30.5
U/17	Ben Miller	2000 S/C	2016	Croydon	6.54.1
U/20	Michael Porter	2000 Mt		Cambridge	7.16.1
U/17	Ben Miller	3000 S/C	09/07/16	Ashford	10.32.2
U/20	Andrew Bright	3000 Mt	1979	????	10.21.8
Snr	Robert Malseed	2000 Mt	9/06/90	Basildon	6.08
Snr	Henry Emmerton	3000 Mt	1988	?	9.13.0
Female Steeplechase					
U/17	Lucy Thompson	1500mt	17/8/24	Dartford	5.47.19
U/17	Lucy Thompson	2000mt	09/7/23	Bromley	8.15.15

Pentathlon Male					Pentathlon Female				
Age	Name	Date	Venue	Points	Age	Name	Date	Venue	Points
U/15	Robert Smith	Sep 99	Basildon	2610	U/15	Angela Rothwell	1975	Crystal P	3094
U/17	Louis Persent	Jan 06	Carshalton I	3273	Snr	Kate Sketchley	10/8/91	Haringey	3271

Heptathlon Female				
Age	Name	Date	Venue	Points
U/17	Jo Nicklin	?	?	4277
U/20	Jade Morgan	17/9/06	Derby	4278
Snr	Kate Sketchley	31/5/92	Barnet	4509

Octathlon Male				
Age	Name	Date	Venue	Points
U/17	Louis Persent	25/9/06	Bedford	4799

	Decathlon Male			
Age	Name	Date	Venue	Points
U/20	Tom Payn	19/9/98	Hull	5409

ROAD RUNNING RECORDS

Standard distances only

5 K Road Male					5 K Road Female				
Age	Name	Date	Venue	Time	Age	Name	Date	Venue	Time
U/17	Sam Plummer	11/08/23	Colchester	15.08	U/17	Naomi Sandercock	9/8/24	Colchester	20.37
U/20	Freddy Richardson	13/12/20	Ardingly	14.47					
Snr	Freddy Richardson	09/08/24	Colchester	14.30	Snr	Sarah Stradling	5/7/08	Norwich	17.52

5 Mile Road Male					5 Mile Road Female				
Age	Name	Date	Venue	Time	Age	Name	Date	Venue	Time
U/17	David Gibbon	15/7/06	Gt Bentley	26.57					
U/20	Sam Clayton	20/5/11	Ipswich	27.34	U/20	Danielle Tatum	9/4/04	Sudbury	30.45
Snr	Alex Gladley	07/07/23	Bentley	24.50	Snr	Sarah Stradling	10/7/09	Gt Bentley	29.02

10 K Road Male					10 K Road Female				
Age	Name	Date	Venue	Time	Age	Name	Date	Venue	Time
U/17	Sam Clayton	13/6/10	Bluewater	35.55	U/17	Amy Milburn	14/5/23	Colchester	42.15
U/20	David Gibbon	18/11/07	Chelmsford	33.23	U/20	Danielle Tatum	20/11/05	Chelmsford	39.43
Snr	Andy Girling	?	?	30.22	Snr	Sarah Stradling	15/6/08	Bluewater	35.56

10 Mile Road Male					10 Mile Road Female				
Age	Name	Date	Venue	Time	Age	Name	Date	Venue	Time

Snr	Glynn Thomas	10/10/84	Tipton	49.32		Snr	Sarah Stradling	12/11/06	Stebbing	59.50
-----	--------------	----------	--------	-------	--	-----	-----------------	----------	----------	-------

	Half Marathon Male						Half Marathon Female				
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
Snr	Sam Clayton	03/02/23	Gt Bentley	1.09.29		Snr	Sarah Stradling	29/3/09	Wilmslow	1.17.34	

	20 Mile Male						20 Mile Female				
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
Snr	Edwin Butcher	7/5/66	Colchester	1.51.45		Snr	Margaret Deasy	15/2/04	Chelmsford	2.09.14	

	Marathon Male						Marathon Female				
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
Snr	Gladley Alex	02/10/22	London	2.22.59		Snr	Margaret Deasy	18/4/04	London	2.52.00	

In the course of research, the oldest records i could find both since broken were

Ted Butcher Marathon Derby 2.28.05

Sheila Brown 400mt ? 57.0

Both deceased