

VETERAN MEN(45-54) & WOMEN(45-54)

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
100 metres	01/01/2000 01/01/2000	Male - Female -		Yate Yate
200 metres		Male - Female -		
300 metres		Male - Female -		
400 metres		Male - Female -		
800 metres		Male - Female -		
1500 metres		Male - Female -		
1 mile		Male - Female -		
3000 metres		Male - Female -		
5000 metres		Male - Female -		
5 kilometres road	08/2004	Male - 18m 00s Female -	Martin Green	Sandhurst, Gloucester
5 miles road	05/09/1995 05/11/2006	Male - 27m 36s Female - 37m 06s	Bob Parry Jackie Green	Gloucester Tewkesbury
10,000 metres track		Male - Female -		
10 kilometres road	12/09/1995 10/2006	Male - 34m 28s Female - 47m 41s	Bob Parry Jackie Green	Eldersfield Flintshire
10 miles road	09/01/2006 09/01/2006	Male - 65m 21s Female - 76m	Steve Cunliffe Lynne Park	Epney, Gloucester Epney, Gloucester
Half Marathon road	03/1996 07/2003	Male - 79m 55s Female - 97m 42s	Bob Parry Janice Lightly	Forest of Dean Gloucester
20 miles road	05/03//2006 05/03/2006	Male - 2h 07m 33s Female - 2h 50m 34s	Ian Smith Lynne Park	Gloucester Gloucester
Marathon road	16/04/2006 19/10/2003	Male - 2h 58m 20s Female - 3h 28m 43s	Ian Smith Janice Lightly	Paris Abingdon
100 metres hurdles		Male - n/a Female -		
110 metres hurdles		Male - Female - n/a		
400 metres hurdles		Male - Female -		
High Jump		Male - Female -		
Pole Vault		Male - Female -		
Long Jump		Male - Female -		
Triple Jump		Male - Female -		
Shot Putt		Male - Female -		
Discus		Male - Female -		
Hammer		Male - Female -		
Javelin		Male - Female -		
Heptathlon - Women		Male - Female -		
Decathlon - Men		Male - Female -		

VETERAN MEN(55+) & WOMEN(55+)

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
1 mile		Male - Female -		
5000 metres		Male - Female -		
5 kilometres road		Male - Female -		
5 miles road		Male - Female -		
10,000 metres track		Male - Female -		
10 kilometres road		Male - Female -		
10 miles road		Male - Female -		
Half Marathon road		Male - Female -		
20 miles road	05/03//2006	Male - 3h 22m 30s Female -	Graham Welch(60)	Gloucester Gloucester
Marathon road		Male - Female -		

UNDER 11's BOYS & GIRLS

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
60 metres	06/1998	Boys - 9.20s Girls -	Chris James	Yate
75 metres	08/06/2008 09/2001	Boys - 11.00s Girls - 11.30s	Ashley Evans Danielle Cinderey-Smith	Oxford Yate
80 metres	08/1998	Boys - 12.20s Joint Girls -	A de Camps/C James	Yate
100 metres	04/1998 15/06/2008	Boys - 13.80s Girls - 15.50s	Chris James Phoebe Crawley	Bristol Yate
150 metres	16/07/2008	Boys - 23.10s Girls -	Andrew Evans	Bridgend
200 metres	08/2000	Boys - 33.1s Girls -	Dan James	Sutton Coldfield
400 metres		Boys - Girls - n/a		
600 metres	13/07/2008 09/2001	Boys - 1m 58.3s Girls - 1m 57.3s	Andrew Evans Danielle Cinderey-Smith	Yate Yate
800 metres	04/1998 07/1998	Boys - 2m 26.0s Girls - 2m 54.3s	Andrew de Camps Sarah Rogerson	Bristol Yate
1000 metres		Boys - Girls - n/a		
1 Mile	07/09/2006	Boys - 6m 01s Girls - n/a	Emmett Thompson	Bristol
70 metres hurdles	07/1998	Boys - Girls - 16.10s	Sarah Rogerson	Bristol Yate
75 metres hurdles		Boys - Girls - n/a		
High Jump	01/07/2000 06/1998	Boys - 1.15m Girls - 1.50m	Dan James Sarah Rogerson	Yate Oxford
Long Jump	08/06/2008 06/1999	Boys - 4.16m Girls - 2.79m	Jonathan Evans Alison Freeman	Oxford Yate
Shot Putt	06/1998	Boys - Girls - 4.52m	Sarah Rogerson	Bristol
Discus		Boys - Girls -		
Javelin	07/1998	Boys - Girls - 11.84m	Rachael Rogerson	Yate
Pentathlon		Boys - n/a Girls -		

UNDER 13's BOYS & GIRLS

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
80 metres	04/1998	Boys - 12.10s Girls -	Chris James	Swindon
100 metres	01/05/2002 01/07/2005	Boys - 13.30s Girls - 13.50s	Dan James Emma Williams	Cheltenham Cheltenham
200 metres	01/07/2000 16/05/2007	Boys - 27.20s Girls - 29.0s	Chris James Samantha Roberts	Yate Blackbridge, Gloucester
400 metres	05/07/2006	Boys - 1m 47.5s Girls - n/a	Gethin Richards	Cheltenham
600 metres	05/2000	Boys - 67.1s Girls - n/a	Andrew de Camps	Blackbridge, Gloucester
800 metres	07/05/2007 07/2002 01/08/2003	Boys - 2m 24.4s Girls - 2m 28.0s OD Girls - 2m 30.7s ID	Kyran Hale Danielle Cinderey-Smith Danielle Cinderey-Smith	Millfield Cardiff Yate
1500 metres	13/05/2007 10/08/2002	Boys - 5m 01.5s Girls - 5m 09.09s	Kyran Hale Danielle Cinderey-Smith	Cheltenham Bath University
1 Mile	08/09/2007 23/08/2006	Boys - 5m 49.0s Girls - 6m 15.2s	Emmett Thompson Samantha Roberts	Bristol Blackbridge, Gloucester
3000 metres		Boys - Girls - n/a		
70 metres hurdles	04/1999	Boys - n/a Girls - 15.40s	Rachael Rogerson	Yate
75 metres hurdles	01/06/2000 15/08/1999	Boys - 13.10s Girls - 15.30s	Andrew De Camps Sarah Rogerson	Oxford Yate
80 metres hurdles	01/06/2000	Boys - 14.20s Girls - n/a	Andrew De Camps	Cardiff
High Jump	01/07/2000 14/05/1995	Boys - 1.34m Girls - 1.70m	Chris James Emma Boyle	Yate Cheltenham
Pole Vault		Boys - Girls -		
Long Jump	03/05/2000 01/04/2007	Boys - 4.67m Girls - 4.05m	Chris James Jenny Probyn	Cheltenham Stourport
Shot Putt	08/2002 21/09/2003	Boys - 9.60m Girls - 6.29m	Dan James Jade Taylor	Bath University Yate
Discus	15/08/1999 06/1999	Boys - 14.70m Girls - 16.42m	Daniel Cooper Lindsey Martin	Yate Yate
Javelin	07/2000 17/06/2007	Boys - 32.10m Girls - 21.00m	Henry McVitie Holly Wilber	Yate Yate
Pentathlon		Boys - n/a Girls -		
4 x 100m Relays		Boys - 60.80s Girls -	A Jones/A De Camps/G Reynolds/C James	Yate

UNDER 15's BOYS & GIRLS

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
100 metres	01/07/2000 07/2002	Boys - 12.10s Girls - 12.50s	Wayne Booth Nicola Raine	Yate Yate
200 metres	01/07/2000 13/06/2005	Boys - 24.76s Girls - 27.70s	Wayne Booth Danielle Cinderey-Smith	Sheffield Yate
300 metres	05/1996	Boys - Girls - 45.40s	Sarah Churchill	Yate
400 metres	01/07/2000	Boys - 55.20s Girls -	Wayne Booth	Yate
800 metres OD	01/07/2005 18/06/2005	Boys - 2m 04.5s Girls - 2m 20.9s	Ethan Cross Danielle Cinderey-Smith	Birmingham Bournemouth
800 metres ID	13/02/2005	Boys - Girls - 2m 25.2s	Danielle Cinderey-Smith	National Indoor Arena
1000 metres	01/05/2006	Boys - 3m 40.0s Girls -	Jordan Fishwick	Cheltenham
1500 metres	01/05/2005 18/05/2005	Boys - 4m 33.7s Girls - 5m 09.7s	Ethan Cross Danielle Cinderey-Smith	Cheltenham Cheltenham
1 Mile	01/05/2004	Boys - 5m 07.0s Girls -	Ethan Cross	Five Acres
3000 metres	07/2005	Boys - 9m 49.1s Girls -	Ethan Cross	Bristol University
75 metres hurdles	04/1999	Boys - Girls - 15.30s	Fran Homer	Yate
80 metres hurdles	15/06/2008 04/1998	Boys - 15.00s Girls - 17.10s	Alfie Thompson Kelly Frowen	Yate Bristol
High Jump	05/1997 15/08/1999	Boys - 1.25m Girls - 1.35m	Matthew Freeman Charlotte Lloyd	Cheltenham Yate
Pole Vault	08/2002	Boys - 2.50m Girls -	Geraint Reynolds	Bath University
Long Jump	15/06/2002 06/1997	Boys - 5.14m Girls - 4.84m	Chris James Emma Boyle	Cheltenham Bournemouth
Triple Jump	01/09/1996	Boys - 10.75m Girls -	Daniel Clarke	Yate
Shot Putt	01/05/2002 05/2001	Boys - 9.94m Girls - 8.43m	Chris James Lindsey Martin	Cheltenham Yate
Discus	14/09/1997 24/06/2001	Boys - 25.20m Girls - 25.10m	Gareth Davies Lindsay Martin	Worcester Cheltenham
Hammer	01/09/1996	Boys - 14.52m Girls -	Daniel Clarke	Yate
Javelin	14/06/1997 05/2001	Boys - 29.90m Girls - 14.31m	Matthew Freeman Lindsay Martin	Yate Cheltenham
Triathlon	01/06/2002	Boys - 808 pts Girls -	Dan James	Oxford

UNDER 17's BOYS & GIRLS

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
60 metres ID	02/1996 02/2004	Boys - 8.20s Girls - 8.52s	Damon Edmunds Nicola Raine	Cardiff Sheffield
100 metres	07/2002 01/06/1994	Boys - 11.20s Girls - 13.00s	Wayne Booth Sarah Rossiter	Yate Cheltenham
200 metres OD	08/2002 01/06/1994	Boys - 23.30s Girls - 26.90s	Wayne Booth Sarah Rossiter	Bath University Cheltenham
200 metres ID	01/1996	Boys - Girls - 26.71s	Sarah Churchill	National Indoor Arena
300 metres ID	02/1996 01/01/2005	Boys - 45.40s Girls - 43.83s	Damon Edmunds Alison Drew	Cardiff Cardiff
300 metres OD	04/1996	Boys - Girls - 43.80s	Sarah Churchill	Bath University
400 metres OD	07/2002 06/2000	Boys - 50.44s Girls - 69.0s	Wayne Booth Nicola Craven	English Schools Newport
400 metres ID	07/2002	Boys - 53.19s Girls -	Nico Constantini	Cardiff Indoor Arena
600 metres OD	01/07/2004 01/07/2004	Boys - 1m 31.2s Girls - 1m 42.6s	Andrew De Camps	Redditch Cheltenham
600 metres ID	02/1996	Boys - 1m 36.20s Girls -	Damon Edmunds	Cardiff
800 metres OD	01/07/2005 01/07/2005	Boys - 1m 58.3s Girls - 2m 18.4s	Andrew De Camps Danielle Cinderery-Smith	Cardiff Exeter
800 metres ID	03/2006 01/2005	Boys - 2m 05.80s Girls - 2m 22.8s	Nico Constantini Alison Drew	National Indoor Arena National Indoor Arena
1500 metres	01/06/2006 01/06/2006	Boys - 4m 27.8s Girls - 4m 51.9s	Richard De Camps Danielle Cinderey-Smith	Birmingham Yate
3000 metres OD	07/2001 14/06/1997	Boys - 9m 49.1s Girls - 11m 25.0s	Darryl Reynolds Kelly Preest	Leckwith Stadium, Cardiff Yate
3000 metres ID	01/01/2006	Boys - 9m 38.8s Girls -	Ethan Cross	Cardiff
1500 metres SC	01/04/2006	Boys - 5m 08.9s Girls -	Ethan Cross	Abingdon
2000 metres SC	12/08/2006	Boys - 7m 16.0s Girls -	Richard de Camps	Cheltenham
5k Road	09/2001	Boys - 17m 19s Girls -	Darryl Reynolds	Newport
5 Miles Road	05/09/1995	Boys - Girls - 28m 45s	Kelly Preest	Gloucester
80 metres hurdles	02/07/2006	Boys - Girls - 13.69s	Fiona Hunter-Johnson	Carmarthen
100 metres hurdles	10/08/2002	Boys - 20.90s Girls -	Darryl Reynolds	Bath University
400 metres hurdles	01/09/1996	Boys - 72.50s Girls -	Damon Edmunds	Yate
High Jump	07/06/1997 02/07/2006	Boys - 1.50m Girls - 1.48m	Daniel Clark Fiona Hunter-Johnstone	Yate Carmarthen
Pole Vault	4/07/2004 01/2004	Boys - 3.20m OD Boys - 3.10m ID Girls -	Geraint Reynolds Geraint Reynolds	Cardiff, Leckwith Stadium Cardiff Indoor Arena
Long Jump	20/08/2006 01/05/2006 02/2006	Boys - 5.41m Girls - 5.38m OD Girls - 5.09m ID	Daniel Brassington Fiona Hunter-Johnstone Fiona Hunter-Johnstone	Yate Cheltenham Cardiff Indoor Arena
Triple Jump	05/1997 08/2003 02/2004	Boys - 11.20m Girls - 10.59m OD Girls - 10.28m ID	Kevin Brain Nicola Raine Nicola Raine	Cheltenham Yate Sheffield
Shot Putt	11/05/2008 02/07/2006	Boys - 11.26m Girls - 8.89m	Ashley Andrews Fiona Hunter-Johnson	Cheltenham Carmarthen
Discus	15/06/2008 09/2002	Boys - 34.03m Girls - 16.48m	Ashley Andrews Grace Johnson	Exeter Abingdon
Hammer	16/07/2008 07/1997	Boys - 45.99m Girls - 7.62m	Ashley Andrews Laura Freeman	Cheltenham Cheltenham
Javelin	01/06/1998 07/2006	Boys - 34.27m Girls - 26.79m	Matthew Burns Fiona Hunter-Johnstone	Yate Stoke-on-Trent
Heptathlon	07/2006	Boys - Girls - 3743 points	Fiona Hunter-Johnstone	Stoke-on-Trent
Pentathlon	07/2006	Boys - Girls - 2773 points	Fiona Hunter-Johnstone	Carmarthen
4 x 100m Relays	23/08/2006	Boys - 48.4s	B Jones/R de Camps/E Cross/N Constantini	Blackbridge, Gloucester
4 x 400m Relays	23/08/2006	Boys - 3m 40.1s	B Jones/R de Camps/E Cross/N Constantini	Blackbridge, Gloucester

UNDER 20's MALE & FEMALE

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
60 metres ID	02/1998 02/1998	Boys - 8.18s Girls - 8.05s	Damon Edmunds Sarah Rossiter	National Indoor Arena National Indoor Arena
100 metres	09/05/2007 01/06/2005	Boys - 11.60s Girls - 12.38s W	Daniel Brassington Sarah Rossiter	Cheltenham Cheltenham
200 metres OD	01/04/2006 01/06/2005	Boys - 23.60s Girls - 25.00s	Andrew de Camps Sarah Rossiter	Abingdon Gloucester
200 metres ID	01/1996	Boys - Girls - 25.20s	Sarah Rossiter	National Indoor Arena
300 metres	05/996	Boys - Girls - 40.80s	Sarah Rossiter	Cheltenham
400 metres OD	01/06/2006 07/1997	Boys - 50.30s Girls - 55.97s	Andrew De Camps Sarah Rossiter	Birmingham Birmingham
400 metres ID	20/01/2008 02/1997	Boys - 50.82s Girls - 56.05s	Nico Constantini Sarah Rossiter	National Indoor Arena National Indoor Arena
600 metres	07/05/2007 05/07/2006	Boys - 1m 24.3s Girls - 1m 41.9s	Nico Constantini Alison Drew	Cheltenham Cheltenham
800 metres OD	14/07/2007 01/05/2006	Boys - 1m 53.15s Girls - 2m 21.49s	Andrew de Camps Alison Drew	Cwmbran Millfield
800 metres ID	18/02/2007	Boys - 1m 55.60s Girls -	Andrew De Camps	National Indoor Arena
1500 metres	10/09/2006 29/05/2007	Boys - 4m 12.0s Girls - 5m 13.0s	Andrew de Camps Alison Drew	Yate Birmingham
1500 metres ID	03/03/2007	Boys - 4m 04.12s Girls -	Andrew de Camps	Cardiff Indoor Arena
3000 metres	01/08/1995 06/2001	Boys - 10m 2.0s Girls - 11m 59s	Barry Powell Aly Rowell	Yate Leckwith Stadium, Cardiff
5000 metres	17/05/1998	Male - 16m 52s Female -	Joe Charles	Birmingham
5 kilometres road	18/05/2000	Male - 16m 27s Female -	Joe Charles	Sandhurst, Gloucester
10,000 metres track	07/2003	Male - 40m 35s Female -	Martin Joyce	Cheltenham
10 kilometres road	03/05/1998	Male - 37m 44s Female -	Joe Charles	Blaisdon, Forest of Dean
Half Marathon Road	03/1998	Boys - 1h 25m 10s Girls -	Joe Charles	Forest of Dean
60 metres hurdles		Male - Female -		
100 metres hurdles		Male - n/a Female -	n/a	
110 metres hurdles		Male - Female - n/a	n/a	
400 metres hurdles		Male - Female -		
High Jump	05/1997 11/05/2008	Boys - 1.60m Girls - 1.40m	Daniel Richards Fiona Hunter-Johnstone	Cheltenham Cheltenham
Pole Vault	29/08/2005	Male - 3.80m Female -	Geraint Reynolds	Newport
Long Jump	05/1996 07/1998	Male - 5.20m Female - 5.26m	Barry Powell Sarah Rossiter	Yate Woking
Triple Jump	11/05/2008 16/06/2008	Boys - 11.46m Girls - 11.55m	Daniel Brassington Fiona Hunter-Johnstone	Cheltenham Birmingham
Shot Putt	18/05/2007	Boys - Girls - 8.66m	Fiona Hunter-Johnstone	Cheltenham
Discus	01/05/1983	Male - 23.14m Female -	Mark Reeks	Five Acres
Hammer		Male - Female -		
Javelin	14/06/1997 07/05/2007	Male - 26.90m Female - 26.33m	Daniel Richards Fiona Hunter-Johnstone	Yate Cheltenham
Heptathlon - Women		Male - Female -		
Pentathlon - Men	01/08/2005	Male - 2303pts Female -	Chris James	Yate

SENIOR MALE(21-39) & FEMALE(21-34)

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
60 metres ID	02/1996 12/2001	Male - 7.34s Female - 7.92s	Nicholas Walker Sarah Rossiter	Cardiff Cardiff Indoor Arena
80 metres OD	04/1999 04/1999	Male - 11.30s Female - 10.71s	David Morgan Sarah Rossiter	Swindon Swindon
100 metres	17/06/2001 01/06/1996	Male - 12.10s Female - 12.38s	Nicholas Walker Sarah Rossiter	Bath University Cheltenham
200 metres OD	14/05/1995 01/06/1997	Male - 27.20s Female - 25.00s	Mike Olley Sarah Rossiter	Cheltenham Cheltenham
200 metres ID	01/06/1997	Male - Female - 26.80s	Sarah Rossiter	Birmingham
300 metres ID	02/1996	Male - 39.00s Female -	Nicholas Walker	Cardiff
300 metres OD	06/1997 04/1998	Male - 38.60s Female - 42.01s	Nicholas Walker Sarah Rossiter	Cardiff Birmingham
400 metres OD	31/08/1997 01/06/1997	Male - 52.6s Female - 55.97s	Nicholas Walker Sarah Rossiter	Bath University Swindon
400 metres ID	02/2000	Male - Female - 58.20s	Sarah Rossiter	National Indoor Arena
600 metres OD	18/04/2007	Male - 1m 22.9s Female -	Andrew De Camps	Birmingham
600 metres ID	02/1996	Male - 1m 30.7s Female -	Gary Evans	Cardiff
800 metres	14/07/2007 05/1999	Male - 1m 53.15s Female - 2m 32.0s	Andrew de Camps Sarah Rossiter	Cwnbran Stadium Cheltenham
1500 metres OD	19/07/1997 07/2004	Male - 4m 28.3s Female - 4m 58.0s	Clifford Buxton Helen Fines	Blackbridge, Gloucester Cheltenham
1500 metres ID	05/03/2007	Male - 4m 04.12s Female -	Andrew de Camps	Cardiff Arena
1 mile	09/2000	Male - 4m 23.1s Female -	Daniel Randell	Bath University
3000 metres	08/2000 07/2003	Male - 8m 43.1s Female - 10m 33.0s	Daniel Randell Helen Fines	Newport Cheltenham
5000 metres	01/09/1996	Male - 16m 24s Female -	Damon Rodwell	Yate
5 kilometres road	19/08/1999 18/05/2003	Male - 14m 50s Female - 18m 00s	Daniel Randell Helen Fines	Sandhurst, Gloucester Hereford
5 miles road	07/1998 12/2004	Male - 25m 24s Female - 30m 33s	Daniel Randell Helen Fines	Lydney Weston Super Mare
10,000 metres track	07/2003 07/2003	Male - 41m 36s Female - 39m 00s	Charles Harper Helen Fines	Cheltenham Cheltenham
10 kilometres road	06/09/1997 12/2003	Male - 33m 32s Female - 37m 42s	Mark Palmer Helen Fines	Haresfield, Gloucester Telford
10 miles road	19/02/1995 01/2004	Male - 57m 18s Female - 61m 36ss	Martin Green Helen Fines	Monmouth Epney, Gloucester
Half Marathon road	30/10/1988 09/2005	Male - 72m 31s Female - 83m 26s	James Holes Helen Fines	Stroud Nottingham
20 miles road	09/03/1997 07/03/1998	Male - 2h 02m 11s Female - 2h 36m 46s	Martin Green Fiona Turner	Gloucester Hereford
Marathon road	13/04/1997 15/04/2003	Male - 2h 39m 03s Female - 3h 00m 34s	Martin Green Helen Fines	London London
60 metres hurdles		Male - Female -		
100 metres hurdles		Male - n/a Female -	n/a	
110 metres hurdles	06/1998 n/a	Male - 17.01s Female - n/a	Nicholas Walker n/a	Bristol n/a
400 metres hurdles	17/06/2001	Male - 60.9s Female -	Nicholas Walker	Bath University
High Jump	06/09/1998 01/06/2006	Male - 1.60m Female - 1.52m	Nicholas Walker Sarah Rossiter	Bath University Cheltenham
Pole Vault	06/07/1997	Male - 3.65m Female -	Nicholas Walker	Bristol
Long Jump OD	12/07/1998 19/06/2005	Male - 6.07m Female - 6.25m	Nicholas Walker Sarah Rossiter	Bristol Cardiff
Long Jump ID	02/2005	Male - Female - 6.02m	Sarah Rossiter	Sheffield
Triple Jump	13/07/2003 31/07/2002 13/02/2001	Male - 11.41m Female - 11.66m OD Female - 11.35m ID	Nicholas Walker Sarah Rossiter Sarah Rossiter	Yate Birmingham Edinburgh
Shot Putt	04/1998 02/2000 31/07/2006	Male - 10.17m OD Male - 10.81m ID Female - 7.11m	Nicholas Walker Nicholas Walker Sarah Rossiter	Bristol Birmingham Birmingham
Discus	04/1998 07/2000	Male - 36.72m Female - 15.24m	Nicholas Walker Nicola Bullock	Bristol Yate
Hammer	16/072008	Male - 31.06m Female -	Darren Andrews	Cheltenham
Javelin	14/07/2002 14/07/2002	Male - 39.07m Female - 19.00m	Nicholas Walker Sarah Rossiter	Yate Yate
Heptathlon - Women		Male - Female -		
Decathlon - Men		Male - Female -		

VETERAN MEN(40-45) & WOMEN(35-44)

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
100 metres	01/01/2000	Male - 12.0s	Nicholas Walker	Yate
	01/01/2000	Female - 15.5s	Carol Jones	Yate
200 metres	17/08/2004	Male - 25.9s	Nicholas Walker	Yate
		Female -		
300 metres		Male -		
		Female -		
400 metres	10/07/2005	Male - 56.3s	Nicholas Walker	Yate
	13/06/2005	Female - 75.0s	Joyce Barrus	Yate
800 metres	09/1997	Male - 2m 27.2s	Mike Olley	Yate
		Female -		
1500 metres	13/06/2005	Male -		
		Female - 5m 25.5s	Joyce Barrus	Yate
1 mile		Male -		
		Female -		
3000 metres	09/1997	Male - 10m 38.1s	Mike Olley	Yate
	07/2002	Female - 11m 44.8s	Fiona Turner	Yate
5000 metres	17/04/1998	Male - 16m 49s	Martin Green	Blackbridge, Gloucester
		Female -		
5 kilometres road	20/08/1998	Male - 16m 27s	Martin Green	Sandhurst, Gloucester
	16/04/2001	Female - 17m 37s	Ann Nixon	Hereford
5 miles road	23/05/1998	Male - 27m 23s	Martin Green	Sandhurst, Gloucester
	05/1996	Female - 34m 22s	Carol Jones	Sandhurst, Gloucester
10,000 metres track		Male -		
		Female -		
10 kilometres road	08/05/1995	Male - 35m 02s	Bob Parry	Blaisdon
	07/2000	Female - 39m 09s	Ann Nixon	Newport
10 miles road	25/05/1995	Male -		
		Female - 72m 09s	Carol Jones	Dursley
Half Marathon road	09/1995	Male -		
		Female - 1h 34m 50s	Carol Jones	Lake Vrnwy
20 miles road	3/03/2002	Male - 2h 03m 10s	Ian Smith	Gloucester
	03/1996	Female - 2h 40m 00s	Carol Jones	Hereford
Marathon road	26/04/1998	Male - 2h 40m 57s	Martin Green	London
	24/10/1997	Female - 3h 36m 12s	Carol Jones	Manchester
100 metres hurdles		Male - n/a	n/a	
		Female -		
110 metres hurdles	13/06/2005	Male - 18.8s	Nicholas Walker	Yate
		Female - n/a	n/a	
400 metres hurdles		Male -		
		Female -		
High Jump	15/08/1999	Male -		
		Female - 0.95m	Jenny Hanger	Yate
Pole Vault	19/06/2005	Male - 3.60m OD	Nicholas Walker	Yate
	03/2005	Male - 3.40m ID	Nicholas Walker	Cardiff Indoor Arena
Female -		Female -		
Long Jump	15/08/1999	Male - 3.76m	Martin Green	Yate
	06/1999	Female - 2.99m	Jenny Hanger	Yate
Triple Jump	01/06/2005	Male - 11m 21cm	Nicholas Walker	Austria
		Female -		
Shot Putt	14/08/2005	Male - 10.50m	Nicholas Walker	Yate
	07/2000	Female - 5.31m	Jackie Green	Yate
Discus	14/08/2005	Male - 32.69m	Nicholas Walker	Yate
	07/2000	Female - 13.59m	Jenny Hanger	Yate
Hammer	06/2005	Male - 27.48m	Nicholas Walker	Austria
		Female -		
Javelin	18/07/2004	Male - 40.24m	Nicholas Walker	Bristol
	08/2000	Female - 11.12m	Linda James	Yate
Heptathlon - Women		Male -		
		Female -		
Decathlon - Men		Male -		
		Female -		

VETERAN MEN(45-54) & WOMEN(45-54)

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
100 metres	01/01/2000 01/01/2000	Male - Female -		Yate Yate
200 metres		Male - Female -		
300 metres		Male - Female -		
400 metres		Male - Female -		
800 metres		Male - Female -		
1500 metres		Male - Female -		
1 mile		Male - Female -		
3000 metres		Male - Female -		
5000 metres		Male - Female -		
5 kilometres road	08/2004	Male - 18m 00s Female -	Martin Green	Sandhurst, Gloucester
5 miles road	05/09/1995 05/11/2006	Male - 27m 36s Female - 37m 06s	Bob Parry Jackie Green	Gloucester Tewkesbury
10,000 metres track		Male - Female -		
10 kilometres road	12/09/1995 10/2006	Male - 34m 28s Female - 47m 41s	Bob Parry Jackie Green	Eldersfield Flintshire
10 miles road	09/01/2006 09/01/2006	Male - 65m 21s Female - 76m	Steve Cunliffe Lynne Park	Epney, Gloucester Epney, Gloucester
Half Marathon road	03/1996 07/2003	Male - 79m 55s Female - 97m 42s	Bob Parry Janice Lightly	Forest of Dean Gloucester
20 miles road	05/03//2006 05/03/2006	Male - 2h 07m 33s Female - 2h 50m 34s	Ian Smith Lynne Park	Gloucester Gloucester
Marathon road	16/04/2006 19/10/2003	Male - 2h 58m 20s Female - 3h 28m 43s	Ian Smith Janice Lightly	Paris Abingdon
100 metres hurdles		Male - n/a Female -		
110 metres hurdles		Male - Female - n/a		
400 metres hurdles		Male - Female -		
High Jump		Male - Female -		
Pole Vault		Male - Female -		
Long Jump		Male - Female -		
Triple Jump		Male - Female -		
Shot Putt		Male - Female -		
Discus		Male - Female -		
Hammer		Male - Female -		
Javelin		Male - Female -		
Heptathlon - Women		Male - Female -		
Decathlon - Men		Male - Female -		

VETERAN MEN(55+) & WOMEN(55+)

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
1 mile		Male - Female -		
5000 metres		Male - Female -		
5 kilometres road		Male - Female -		
5 miles road		Male - Female -		
10,000 metres track		Male - Female -		
10 kilometres road		Male - Female -		
10 miles road		Male - Female -		
Half Marathon road		Male - Female -		
20 miles road	05/03//2006	Male - 3h 22m 30s Female -	Graham Welch(60)	Gloucester Gloucester
Marathon road		Male - Female -		

UNDER 11's BOYS & GIRLS

ID denotes Indoors & OD denotes Outdoors

Event	Date	Performance	Record Holder	Venue
60 metres	06/1998	Boys - 9.20s Girls -	Chris James	Yate
75 metres	08/06/2008 09/2001	Boys - 11.00s Girls - 11.30s	Ashley Evans Danielle Cinderey-Smith	Oxford Yate
80 metres	08/1998	Boys - 12.20s Joint Girls -	A de Camps/C James	Yate
100 metres	04/1998 15/06/2008	Boys - 13.80s Girls - 15.50s	Chris James Phoebe Crawley	Bristol Yate
150 metres	16/07/2008	Boys - 23.10s Girls -	Andrew Evans	Bridgend
200 metres	08/2000	Boys - 33.1s Girls -	Dan James	Sutton Coldfield
400 metres		Boys - Girls - n/a		
600 metres	13/07/2008 09/2001	Boys - 1m 58.3s Girls - 1m 57.3s	Andrew Evans Danielle Cinderey-Smith	Yate Yate
800 metres	04/1998 07/1998	Boys - 2m 26.0s Girls - 2m 54.3s	Andrew de Camps Sarah Rogerson	Bristol Yate
1000 metres		Boys - Girls - n/a		
1 Mile	07/09/2006	Boys - 6m 01s Girls - n/a	Emmett Thompson	Bristol
70 metres hurdles	07/1998	Boys - Girls - 16.10s	Sarah Rogerson	Bristol Yate
75 metres hurdles		Boys - Girls - n/a		
High Jump	01/07/2000 06/1998	Boys - 1.15m Girls - 1.50m	Dan James Sarah Rogerson	Yate Oxford
Long Jump	08/06/2008 06/1999	Boys - 4.16m Girls - 2.79m	Jonathan Evans Alison Freeman	Oxford Yate
Shot Putt	06/1998	Boys - Girls - 4.52m	Sarah Rogerson	Bristol
Discus		Boys - Girls -		
Javelin	07/1998	Boys - Girls - 11.84m	Rachael Rogerson	Yate
Pentathlon		Boys - n/a Girls -		