

Poole Athletic Club Records to end September 2025.

Junior Boys and Girls Track and Field

Event	Age	Boy	Perf	Date	Event	Age	Girl	Perf	Date
75m	U13	Jonah Richings	10.0	19/05/2024	75m	U13	Rachel Welch Isla Gouge	both 10.5	03/05/2009 29/06/2025
100m	U13	Samuel Fadoju	12.57	05/07/2025	100m	U13	Gabrielle Rowsell	13.0	09/07/2006
	U15	Matthew Boos	11.2 11.24w 11.38	13/09/2025 20/07/2025 21/06/2025		U15	Gabrielle Rowsell	12.5	15/06/2008
	U17	Alex Hately	10.7	09/07/2011		U17	Olivia Hunter	12.4	16/05/2015
150m	U13	Samuel Fadoju	19.9	29/06/2025	150m	U13	Jaya Collinson Elizabeth Richley	both 20.2 w	both 27/04/2019
200m	U13	Matthew Dear	26.3	18/09/2005	200m	U13	Jaya Collinson	27.38	21/07/2019
	U15	Tom Casson	23.0	12/07/2015		U15	Ashleigh Power	26.2	16/06/2012
	U17	Ronnie Young	22.3	09/07/2011		U17	Ashleigh Power	25.3	19/06/2013 and 01/06/2014
300m	U15	Sam Wheeler	36.49	06/07/2013	300m	U15	Jaya Collinson	42.5	03/07/2021
						U17	Jaya Collinson	40.83	17/06/2023
400m	U13	Peter Mitchell	69.9						
	U15	Matthew Dear	53.1	01/07/2007					
	U17	Alex Lee	51.2	27/06/2009	400m	U17	Jaya Collinson	59.6	06/07/2023
800m	U13	William Rabjohns	2:10.77	28/07/2018	800m	U13	Jemima Chetwood	2:24.18	09/09/2023
	U15	Josh Smith	2:02.41	16/05/2018		U15	Jemima Chetwood	2:13.97	18/05/2025
	U17	Jed Skilton	1:56.62	27/05/2017		U17	Melissa Courtney	2:15.02	24/06/2008
1200m	U13	Noel Slade	3:58.75	03/07/2022	1200m	U13	Elisabeth Hood	3:54.9	18/07/2010
1500m	U13	William Rabjohns	4:23.11	31/07/2018	1500m	U13	Elisabeth Hood	4:55.6	14/08/2010

	U15	William Rabjohns	4:09.46	05/09/2020		U15	Melissa Courtney	4:30.85	27/05/2007	
	U17	William Rabjohns	3:54.89	16/07/2022		U17	Melissa Courtney	4:25.40	05/05/2008	
						1 Mile	U15	Melissa Courtney	4:52.11	21/07/2007
1 Mile	U17	William Rabjohns	4:23.25	28/07/2021		U17	Melissa Courtney	4:53.46	28/06/2008	
3000m	U13	George Atkins	10:35.7	2004						
	U15	Richard Horton	9.21.2	02/09/2007	3000m	U15	Melissa Courtney	10:04.02	04/08/2007	
	U17	Edward Bird	8:25.74	25/09/2021		U17	Melissa Courtney	10:04.51	15/06/2008	
						70mH	U13	Flora Lickiss	11.4	21/06/2009
75mH	U13	Lewis Shepherd	11.88	31/07/2011	75mH	U15	Gabrielle Rowsell	11.7	06/01/2008	
80mH	U15	Lewis Shepherd	11.3 11.41	19/06/2013 01/09/2013	80mH	U17	Olivia Hunter	11.6	13/06/2015	
100mH	U17	Ryan Long	13.2 13.34w 13.38	13/06/2015 18/07/2015 20/09/2015	100mH	U17	Jennifer Sampson	20.0	03/09/2006	
80mH	U13	Charlie Lickiss	13.28	24/07/2005						
						300mH	U17	Gabrielle Rowsell Jaya Collinson	44.1 44.11	06/06/2010 28/08/2022
400mH	U17	Alex Lee	55.4	24/05/2009	400mH	U17	Jaya Collinson	68.3	20/05/2023	
1500mSc	U15	Connor Corbin	5:21.99	20/04/2019	1500mSc	U15	Millie Wicks	6:27.39	29/10/2021	
	U17	Adam Sloan	4:47.6	21/06/2009		U17	Emily Parker	5:14.52	13/07/2019	
1500m Sc 84	U17	Albert Poole	5:43.40	16/07/2023						
2000mSc	U17	Tom Freeman	7:07.2	21/06/2014						
High Jump	U13	Lewis Shepherd	1.51m	24/07/2011	High Jump	U13	Gabrielle Rowsell	1.48m	09/07/2006	
	U15	Marcel Roku-Ali	1.80m	23/06/2024		U15	Jessica Oliver	1.61m	10/06/2006	
	U17	Harry Robson	1.94m	08/06/2024		U17	Gabrielle Rowsell	1.69m	25/07/2010	
Pole Vault	U13	Alex Bourne	2.03m i	08/01/2011	Pole Vault	U13	-	-		

	U15	James Wright	2.90m	18/05/2008		U15	-	-	
	U17	Adam Carpenter	4.40m	06/09/2009		U17	Jennifer Sampson	2.35m	15/06/2006
Long Jump	U13	Jonah Richings	5.21m	28/07/2024	Long Jump	U13	Gabrielle Rowsell	5.14m	09/07/2006
	U15	Zachary Richings	5.88m	23/04/2023		U15	Gabrielle Rowsell	5.53m	11/05/2008
	U17	Ryan Long	6.76m	13/06/2015		U17	Gabrielle Rowsell	5.66m w 5.49m	12/09/2010 19/09/2010
Triple Jump	U15	Zachary Richings	12.97m	10/09/2023	Triple Jump	U15	Samantha Cash	10.61m	18/08/2013
	U17	Zachary Richings	14.54m	12/07/2025		U17	Megan Mowbray	11.16m	17/06/2023
Shot Put 3kg (New)	U13	Samuel Fadoju	7.89m	14/06/2025	Shot Put 2.72k Shot Put 2.72k	U13	Lumen Myers	9.47m	28/07/2024
3.25kg (Old)	U13	Daniel Lambeth	10.48m	2004/2005					
4kg	U15	Lewis Shepherd	13.08m	16/06/2013	New weight 3kg (2014)	U15	Lumen Myers	11.18m	08/06/2025
					3.25kg (Old)	U15	Ashleigh Power	11.16m	06/07/2012
5kg	U17	Cameron Cooke	13.21m	17/07/2016	New weight 3kg (2014)	U17	Bobbie- Louise Gannon	11.91m	28/06/2015
					4kg (Old)	U17	Ellie Ofei-Kwatia	9.65m	19/06/2010
Discus 1kg	U13	Bill Godden	28.36m	08/09/2019	Discus 0.75kg	U13	Lumen Myers	26.54m	29/09/2024
1.25kg	U15	Bill Godden	39.48m	31/07/2021	1kg	U15	Caitlin Batcheldor	33.85m	07/08/2016
1.5kg	U17	Nicholas Percy	44.66m	06/06/2010	1kg	U17	Hayley Bryan	34.17m	
Hammer 4kg	U15	Andrew Elkins	49.34m	01/07/2007	Hammer 3kg	U15	Ashleigh Power	51.49m	09/09/2012
5kg	U17	Andrew Elkins	59.55m	07/09/2008	New weight 3kg (2014)	U17	Ashleigh Power	54.75m	16/08/2014
					4kg (Old)	U17	Ashleigh Power	46.38m	20/08/2013

Javelin 400g	U13	Jack Howlett	34.28m	02/09/2012	Javelin 400g	U13	Lumen Myers	32.76m	27/06/2024
600g	U15	Ziggy Capon	51.43m	13/09/2025	New weight 500g (2014)	U15	Lumen Myers	40.83m	09/08/2025
					600g	U15	Lucy Waller	34.38m	2004
700g	U17	Harry Midgley	52.78m	13/06/2021	New weight 500g (2014)	U17	Imogen Davis	37.73m	26/05/2019
					600g	U17	Emma Carpenter	30.51m	15/06/2013
					2000m Walk	U17	Jennifer Sampson	12:39.01	
					2500m Walk	U15	Claire Rafferty	16:23.4	13/05/2006
3000m Walk	U15	David Holmes-Evans	10:05.8		3000m Walk	U17	Jennifer Sampson	18:15.64	
Quadrathlon	U13	James Rafferty	619	30/04/2006	Quadrathlon	U13	Flora Lickiss	777	26/04/2009
Pentathlon	U15	Antony Fitch	2722	20/09/2008	Pentathlon	U15	Gabrielle Rowsell	3124	21/09/2008
Heptathlon	U17	Zachary Richings	4127i	14-15/12/2024	Heptathlon	U17	Gabrielle Rowsell	4237	18-19/09/2010
Octathlon	U17	Zachary Richings	5044	20-21/09/2025					
Decathlon	U17	Ryan Long	6198	08-09/08/2015					

Under-20 Men and Women Track and Field

Event	Age	Men	Perf	Date	Event	Age	Women	Perf	Date
100m	U20	Alex Hately	10.7	16/09/2012	100m	U20	Steffi Wilson (Bennett)	11.77	16/06/2012
200m	U20	Alex Hately	21.60w (21.82)	07/09/2012 06/09/2012	200m	U20	Steffi Wilson (Bennett)	24.13	17/06/2012
300m	U20	Adam Booth	35.2	04/08/2020					
400m	U20	Adam Booth	48.01	06/06/2021	400m	U20	Jaya Collinson	59.5	17/08/2024
800m	U20	William Rabjohns	1:45.41	12/07/2025	800m	U20	Emily Parker	2:12.31	29/05/2021
1500m	U20	William Rabjohns	3:41.55	20/08/2025	1500m	U20	Melissa Courtney	4:25.85	28/08/2010

1 Mile	U20	William Rabjohns	4:06.64	06/05/2024	1 Mile	U20	-	-	
3000m	U20	Edward Bird	7:53.14 i	07/12/2024	3000m	U20	Melissa Courtney	9:51.18	19/05/2010
5000m	U20	Edward Bird	13:51.24	29/03/2024	5000m	U20	Africa Mason	19:18.2	12/05/2012
10000m	U20	-	-		10000m	U20	-	-	
110mH	U20	Ryan Long	14.3	10/06/2017	100mH	U20	Olivia Hunter	14.8	27/03/2016 11/06/2016
400mH	U20	Adam Booth	51.38	17/07/2021	400mH	U20	Jaya Collinson	64.08	09/06/2024
					1500m Sc	U20	Emily Parker	4:55.33	09/07/2021
2000m Sc	U20	Adam Sloan	6:01.83	02/07/2011	2000m Sc	U20	Harriet Hughes	07:48.2	20/06/2007
3000m Sc	U20	Adam Sloan	9.53.6	10/07/2010	3000m Sc	U20	Emily Parker	10:58.89	23/05/2021
High Jump	U20	Jack Roach	2.08m	21/06/2014	High Jump	U20	Gabrielle Rowsell	1.69m	30/07/2011
Pole Vault	U20	Adam Carpenter	4.75m	17/04/2011	Pole Vault	U20	Jennifer Sampson	2.40m	01/09/2007
Long Jump	U20	Jack Roach	7.22m	02/08/2014	Long Jump	U20	Gabrielle Rowsell	5.89m	25/05/2013
Triple Jump	U20	William Langridge	14.71m	03/05/2025	Triple Jump	U20	Fleur Mansell	11.82m	04/07/2021
Shot Put	U20	Gabor Palasti	14.99m	11/04/2007	Shot Put	U20	Hayley Bryan	11.91m	19/06/2004
Discus	U20	Gabor Palasti	40.34m	31/03/2007	Discus	U20	Hayley Bryan	37.21m	21/05/2005
Hammer	U20	Andrew Elkins	63.60m	02/09/2012	Hammer	U20	Ashleigh Power U17	46.38m	20/08/2013
Javelin	U20	Harry Midgley	48.69m	07/08/2022	Javelin	U20	Imogen Davis	35.15m	11/09/2022
Heptathlon	U20	Adam Booth	4656i	04-05/01/2020	Heptathlon	U20	Gabrielle Rowsell	4633	30-31/07/2011
Decathlon	U20	Adam Carpenter	6603	07-08/05/2011					

Senior Men and Women Track and Field

Event	Age	Men	Perf	Date	Event	Age	Women	Perf	Date
100m	Sen	Alex Hatley U20	10.7	16/09/2012	100m	Sen	Steffi Wilson (Bennett) U20	11.77	16/06/2012

200m	Sen	Alex Hatley U20	21.60w (21.82)	07/09/2012 06/09/2012	200m	Sen	Steffi Wilson (Bennett) U20	24.13	17/06/2012
400m	Sen	Adam Booth U20	48.01	06/06/2021	400m	Sen	Steffi Wilson (Bennett)	56.6	03/07/2016
800m	Sen	William Rabjohns U20	1:45.41	12/07/2025	800m	Sen	Melissa Courtney	2:07.7 (split)	16/09/2023
1500m	Sen	William Rabjohns U20	3:41.55	20/08/2025	1500m	Sen	Melissa Courtney- Bryant	3:58.01	16/07/2023
1 Mile	Sen	Edward Bird	3:58.18 i	01/02/2025	1 Mile	Sen	Melissa Courtney- Bryant	4:16.38	21/07/2023
					2000m	Sen	Melissa Courtney- Bryant	5:26.08	12/07/2024
3000m	Sen	Edward Bird	7:51.38 i	15/02/2025	3000m	Sen	Melissa Courtney- Bryant	8:28.69 i 8:39.20	02/02/2025 18/08/2018
5000m	Sen	Edward Bird U20	13:51.24	29/03/2024	5000m	Sen	Melissa Courtney- Bryant	14:48.20	24/05/2025
10000m	Sen	Trevor Clark	30:49.70	30/05/1994	10000m	Sen	Lesley Ujvari W35	44:07.1	22/08/2001
110mH	Sen	Richard Reeks	14.00 w 14.2 14.26	05/04/2014 18/04/2010 25/05/2014	100mH	Sen	Olivia Hunter U20	14.8	27/03/2016 11/06/2016
400mH	Sen	Adam Booth U20	51.38	17/07/2021	400mH	Sen	Sarah Kearsy	61.87	24/07/2022
2000m Sc	Sen	Jamie Grose	5:54.75	25/05/2019	2000m Sc	Sen	Emily Parker	6:22.56	05/05/2025
3000m Sc	Sen	Tom Austin	9:07.92	18/06/2016	3000m Sc	Sen	Emily Parker	9:45.64	19/07/2025
3000m W	Sen	Ron Taylor	16:46.4		3000m W	Sen	Teresa Brooker	21:31.0	
5000m W	Sen	Ron Taylor	29:30.7		5000m W	Sen			
High Jump	Sen	Richard Reeks	2.09m i 2.02m	25/01/2014 24/07/2013	High Jump	Sen	Gabrielle Rowsell U17/U20	1.69m	25/07/2010 30/07/2011
Pole Vault	Sen	Adam Carpenter U20	4.75m	17/04/2011	Pole Vault	Sen	Jo Rowland	3.05m	01/09/2013

Long Jump	Sen	Jack Roach U20	7.22m	02/08/2014	Long Jump	Sen	Georgina Stokes	5.94m	06/07/2025
Triple Jump	Sen	William Langridge U20	14.71m	03/05/2025	Triple Jump	Sen	Alison Croad	11.68m	03/07/2005
Shot Put	Sen	Steve Evans	12.52m		Shot Put	Sen	Hayley Bryan U20W	11.91m	19/06/2004
Discus	Sen	Steve Brunsten	43.01m	03/07/2011	Discus	Sen	Jo Rowland	34.50m	01/09/2013
Hammer	Sen	Andrew Elkins	58.93m	21/07/2013	Hammer	Sen	Ashleigh Power U17	46.38m	20/08/2013
Javelin	Sen	Andrew Elkins	53.93m	13/05/2018	Javelin	Sen	Imogen Davis U20	35.15m	11/09/2022
1 hour	Sen	Chris Jager	14.779km		1 hour	Sen	-	-	
					24 hours	Sen	Ros Dwyer	101.5 miles	
Decathlon	Sen	Richard Reeks	7377 points	31/05/2014- 01/06/2014	Heptathlon	Sen			

Masters Men and Women Track and Field

Event	Age	Men	Time/Perf	Date	Event	Age	Women	Time/Perf	Date
100m					100m	W35			
	M40	Paul Ballingall	12.1	26/07/2019		W40			
	M45	Richard Wheeler	12.2	16/09/2012 02/08/2013		W45	Theresa Williams	15.4	06/04/2024
	M50	Richard Wheeler	12.3	11/04/2014		W50	Jane Neal	17.3	
	M55	Richard Wheeler	12.9 13.00w	19/05/2019 02/06/2019					
	M60	Richard Wheeler	13.6 13.65	18/05/2024 30/06/2024		W60	Elizabeth Le Rossignol	17.80	20/06/2021
						W65	Elizabeth Le Rossignol	19.0	09/07/2023
150m	M50	Richard Wheeler	19.3	01/04/2018					
200m					200m	W35			
	M40	Paul Ballingall	24.8	26/07/2019		W40	Sharman Barker	32.5	

	M45	Richard Wheeler	25.1	26/05/2013		W45	Mo Sweetlove	34.3	
	M50	Richard Wheeler	25.2 25.50	24/05/2015 05/07/2015		W50	Clare Stockley	35.67	08/09/2024
	M55	Richard Wheeler	26.5	26/07/2019					
	M60	Richard Wheeler	27.99	30/06/2024		W60	Elizabeth Le Rossignol	37.8	15/05/2022
300m	M50	Richard Wheeler	42.9	01/04/2018		W65	Elizabeth Le Rossignol	39.44 w 39.8 39.92 i	30/06/2024 12/05/2024 02/02/2024
400m					400m	W35	Teresa Brooker	75.8	
	M40	Mike Taylor	64.9			W40	Sharman Barker	71.5	
	M45	Richard Wheeler	59.8	12/05/2013		W45	Jane Rafferty	71.0	
	M50	Richard Wheeler	59.17	05/07/2015		W50	Jane Neal	76.5	
	M55	Richard Wheeler	65.88	04/08/2019					
800m					800m				
	M40	Ian Todd	2:09.0			W40	Sharman Barker	2.28.1	
	M45	Andrew Ridley	2:13.28	03/07/2013		W50	Jane Neal	2.25.6	
	M50	Andrew Ridley	2:04.24	06/09/2015					
	M55	Kevin Roberts	3:03.48	14/05/2023					
	M60	Peter Hammond	3:31.8						
1500m					1500m	W35	Jo Brown	5:49.31	04/08/2019
	M40	Rob Doubleday	4:27.4	18/05/2024		W40	Sharman Barker	5:32.4	
	M45	Chris Jager	5:10.5			W45	Jane Rafferty	5.45.2	
	M50	Andrew Ridley	4:17.53	31/08/2014		W50	Jane Neal	5.41.7	
	M55	Kevin Roberts	5:55.98	14/05/2023					
3000m					3000m	W35	Jo Brown	12:33.09	01/09/2019
	M40	Martyn Fisher	8.59.9			W40	Sharman Barker	11:03.7	

	M45	John Hawkins	9.54.9			W45	Jane Rafferty	12.12.3	07/05/2006
	M50	Paul Newman	11:48.5			W50	Nicola Cornes	15:41.11	01/09/2019
	M55	Andy Oliver	12:40.3	05/04/2025		W55	Nicola Cornes	18:19.32	06/07/2025
5000m					5000m	W35	Emily Hilliar	17:51.8	17/08/2024
	M40	Martyn Fisher	15:19.0			W40	Sharman Barker	18.52.7	
	M45	Martyn Fisher	15.51.5						
	M50	Roy Carr	17.50.8						
10,000m					10,000m	W35	Lesley Ujvari	44:07.1	22/08/2001
	M40	Martyn Fisher	32.06.0			W40			
	M45	Martyn Fisher	32:16.0			W45	Emma Jones	48:00.8	26/07/2019
	M50	Roy Carr	37:48.9	22/08/2001					
	M55	Peter Coutts	38:51.2						
2000mS/C	M45	Peter Cornes	10:41.7	21/07/2013					
	M50	Peter Cornes	14:19.23	07/05/2017	3000mS/C				
3000mS/C	M40	Ian Todd	10:45.8	07/05/2006					
60mH	M40	Colin Hague	11.31		60mH				
	M45	Mark Roach	10.45 i	05/02/2012					
110mH	M40	Mark Roach	20.6	05/06/2010	100mH	W40	Sharman Barker	28.1	
	M45	Mark Roach	21.4	19/05/2012					
100mH	M50	Julian Kennedy	18.2						
400mH	M40				400mH	W40	Sharman Barker	87.2	
	M45	Julian Kennedy	73.1						
	M50	Richard Wheeler	81.18	03/09/2017					
3K walk	M35				3K walk	W35	Teresa Brooker	26:24.0	

	M40	Mike Taylor	20:31.7			W40	Lynne Scott	21:36.0	
	M45	Jack Fido	19.23.2						
	M50	Ron Taylor	16.46.4						
	M55	Ron Taylor	17.43.6						
10K walk	M55	Ron Taylor	1:01:02.2		10K walk				
1hr run	M45	Chris Jager	14.779m		1hr run				
High Jump	M40	James Hind	2.01m i	19/05/2018	High Jump	W40			
	M45	Mark Roach	1.70m	19/03/2011		W45	Theresa Williams	1.35m	06/04/2024
	M50	Colin Hague Mark Roach	1.55m	dd/mm/yyyy 13/05/2018					
	M55	Mark Roach	1.52m	26/09/2020					
	M60	Colin Hague	1.29m	17/02/2019	Long jump	W40	Maxine Maidment	3.08m	
Pole Vault	M40				Pole Vault				
	M45	Julian Kennedy	2.50m						
	M50	Julian Kennedy	2.40m						
	M60	Richard Wheeler	2.20m	02/06/2024					
Long jump	M40	James Hind	5.45m	14/07/2018					
	M45	Colin Hague	4.91m						
	M50	Julian Kennedy	4.77m						
	M55	Richard Wheeler	3.39m	05/06/2022					
	M60	Colin Hague	3.53m	16/06/2019					
Triple Jump	M40	Andy Pape	10.40m		Triple Jump				
	M45	Mark Roach	9.72m	19/05/2012					
	M50	Julian Kennedy	9.65m	2003/2004					
	M55	Mark Roach	7.83m	14/07/2024					
Shot Put 7.26kg					Shot Put	W35	Jennie Sykes	6.79m	
	M40	Mark Roach	9.21m	16/05/2009		W40	Ruth Kerley (Elkins)	9.59m	20/06/2015

	M45	Mark Roach	10.20m	01/05/2010		W45	Ruth Elkins	8.14m	01/09/2019
	M50	Julian Kennedy	10.50m						
	M55	Mark Roach	7.90m	25/09/2021		W55	Nicola Cornes	4.69m	03/05/2025
	M60	Richard Wheeler	8.06m	02/06/2024					
Discus 2kg					Discus	W35	Jennie Sykes	20.67m	
	M40	James Hind	28.03m	18/08/2018		W40	Ruth Kerley (Elkins)	26.46m	12/07/2014
	M45	Mark Roach	29.45m	19/05/2012					
	M50	Richard Wheeler	30.53m	21/06/2015		W50	Clare Stockley	13.64m	17/05/2025
	M55	Richard Wheeler	25.63m	02/06/2019					
	M60	Richard Wheeler	25.58m	05/05/2024					
Hammer 7.26kg					Hammer	W35	Jennie Sykes	25.87m	
	M40	Bill Honeyman	26.06m			W40	Ruth Kerley (Elkins)	40.11m	14/05/2017
	M45	Mark Roach	27.08m	12/07/2014		W45	Ruth Elkins	36.17m	01/09/2019
	M50	Richard Wheeler	25.73m	23/06/2018					
	M55	Richard Wheeler	25.27m	13/07/2019					
	M60	Richard Wheeler	24.69m	27/02/2025					
Javelin 800g					Javelin	W35	Jennie Sykes	12.49m	
	M40	Michael Jackson	32.67m			W40	Ruth Kerley (Elkins)	22.14m	23/05/2015
	M45	Julian Kennedy	35.10m			W45	Sue Wilson	20.27m	
	M50	Julian Kennedy	38.16m						
	M55	Richard Wheeler	28.61m	19/05/2019					
	M60	Richard Wheeler	27.08m	02/06/2024					

Pentathlon	M40								
	M45	Colin Hague	2500 i	23/01/2005					
	M50								
Weight Throw	M40				Weight Throw (9.08kg)	W40	Ruth Kerley (Elkins)	10.38m	02/09/2017
Weight Throw (11.34kg)	M50	Richard Wheeler	10.64m	25/03/2018					
	M55	Richard Wheeler	11.29m	27/03/2022					
Weight Throw (9.08kg)	M60	Richard Wheeler	11.84m	24/03/2024					
Throws Pentathlon	M40				Throws Pentathlon	W40	Ruth Kerley (Elkins)	2561	02-03/09/2017
	M50	Richard Wheeler	2269	25/03/2018					
	M55	Richard Wheeler	2425	27/03/2022					
	M60	Richard Wheeler	2391	24/03/2024					

Men and Women Indoors

Event	Age	Men	Perf	Date	Event	Age	Women	Perf	Date
60m	U13	Jonah Richings	8.56	13/01/2024	60m	U13			
	U15	Daniel Sanchez	7.39	12/01/2019		U15	Beatrice Hamblin	8.86	20/02/2022
	U17	Tom Casson	7.30	01/01/2017		U17	Olivia Hunter	8.04	07/12/2014
	U20	Alex Hatley	7.00	03/12/2014		U20	Steffi Wilson (Bennett)	7.61	25/02/2012
	Sen	Richard Reeks	7.01	25/01/2014		Sen	Rosey Smythe	8.20	02/02/2022
	M50	Richard Wheeler	8.08	08/03/2015					
	M55	Richard Wheeler	8.45	05/01/2020					

	M60	Richard Wheeler	8.53	18/02/2024		W60	Elizabeth Le Rossignol	10.85	02/01/2023
						W65	Elizabeth Le Rossignol	11.63	18/02/2024
200m	U13	Harley Taylor	32.62	01/12/2019	200m	U13	Ashia Wilson	32.80	04/01/2015
	U15	Tom Casson	23.61	01/03/2015					
	U17	Ryan Long	23.45	12/12/2015					
	U20	Alex Hately	23.00	24/02/2013		U20	Steffi Wilson (Bennett)	25.26	10/02/2013
						Sen	Rosey Smythe	28.23	22/01/2022
	M50	Richard Wheeler	26.82	25/02/2018					
						W60	Elizabeth Le Rossignol	37.95	05/03/2022
						W65	Elizabeth Le Rossignol	39.92	17/02/2024
300m	U15	Tom Casson	37.96	28/02/2015	300m	U15			
						U17	Olivia Hunter	43.23	24/01/2015
	U20	Adam Booth	35.93	19/12/2021					
400m	U17	Liam Nixon	53.99	01/12/2019					
	U20	Adam Booth	50.75	22/02/2020					
	Sen	George Walker	54.22	01/01/2017					
800m	U13				800m	U13	Ashia Wilson	2:44.99	04/01/2015
	U15					U15	Gabrielle Rowsell	2:31.20	13/12/2008
	U17	Henry Cornish	2:02.50	02/01/2023		U17	Ashia Wilson	2:23.34	05/01/2019
	U20	Jed Skilton	1:57.76	04/02/2018		U20	Melissa Courtney	2:17.89	10/01/2010
	Sen	Guy Perkins	2:01.69	30/01/2019					
1000m	U17	Zachary Richings	2:57.85	15/12/2024					
	U20	Adam Carpenter	2:46.57	10/01/2010					
	Sen	Richard Reeks	2:48.26	26/01/2014					
	M45	Colin Hague	4:04.56	22/03/2007					
	M50	Colin Hague	3:39.12	22/02/2009					

1500m	U20	William Rabjohns	3:48.03	27/01/2025					
					1500m	Sen	Melissa Courtney-Bryant	4:04.79	09/02/2021
1 Mile	U20	Edward Bird	4:08.97	13/01/2024					
	Sen	Edward Bird	3:58.18	01/02/2025					
3000m	U20	Edward Bird	7:53.14	07/12/2024	3000m	U20	Matilda Bengtsson	10:17.22	12/01/2025
	Sen	Edward Bird	7:51.38	15/02/2025		Sen	Melissa Courtney-Bryant	8:37.74	04/02/2024
5000m	U20	Edward Bird	14:07.69	23/02/2024					
60mH	U15				60mH	U15	Gabrielle Rowsell	9.56	29/11/2008
	U17	Ryan Long	8.23	12/12/2015		U17	Olivia Hunter	9.12	04/01/2015
	U20	Adam Booth	8.31	01/12/2019		U20	Olivia Hunter	8.98	26/02/2017
	Sen	Richard Reeks	8.00	26/01/2014					
	M45	Mark Roach	10.45	05/02/2012					
High Jump	U15				High Jump	U15			
	U17	Zachary Richings	1.77m	14/12/2024		U17	Jessica Oliver	1.60m	08/12/2007
	U20	Jack Roach	2.05m	21/02/2013		U20	Gabrielle Rowsell	1.60m	26/02/2012
	Sen	Richard Reeks	2.09m	25/01/2014					
	M40	James Hind	2.01m	19/03/2018					
	M45	Mark Roach	1.70m	19/03/2011					
	M50	Mark Roach	1.50m	08/03/2020					
	M55	Mark Roach	1.40m	18/02/2024 23/02/2025					
Pole Vault	U13	Alex Bourne	2.30m	24/06/2011 22/07/2011					
	U15	Alex Bourne	2.44m	25/03/2012					
	U17	Adam Carpenter	4.26m	12/12/2009					
	U20	Adam Carpenter	4.60m	27/02/2010					

	Sen	Richard Reeks	4.57m	05/01/2014					
Long Jump	U15	Jonah Richings	5.13m	12/01/2025	Long Jump	U15	Gabrielle Rowsell	5.14m	26/01/2008
	U17	Zachary Richings	6.34m	14/12/2024		U17	Gabrielle Rowsell	5.43m	13/12/2008
	U20	Jack Roach	7.11m	19/11/2015		U20	Gabrielle Rowsell	5.22m	25/02/2012
	Sen	Richard Reeks	7.15m	04/01/2014					
	M45	Mark Roach	4.90m	05/02/2012					
Triple Jump	U15	Jonah Richings	10.40m	12/01/2025	Triple Jump	U15			
	U17	Zachary Richings	13.35m	12/01/2025		U17			
	U20					U20	Lizzy Gourlay (Grose)	8.05m	12/12/2009
Shot (5kg)	U17	George Walker	11.22m	02/03/2013					
Shot (6kg)	U20	George Walker	11.36m	10/01/2015					
Shot (7.26kg)	Sen	Richard Reeks	13.23m	04/01/2014					
Shot (7.26kg)	M45	Mark Roach	9.29m	05/02/2012					
Shot (6kg)	M50	Richard Wheeler	9.47m	02/12/2018					
Pentathlon	U17	Ryan Long	3350	12/12/2015					
	M45	Colin Hague	2663						
	M50	Colin Hague	2504	22/03/2007					
Heptathlon	U17	Adam Booth	3655	10-11/03/2018					
	U20	Adam Booth	4656	04-05/01/2020					
	Sen	Richard Reeks	5805	25-26/01/2014					

Men and Women Relays

Event	Age	Men	Perf	Date	Event	Age	Women	Perf	Date
4 x 100m	U13	Jack Howlett	56.21	02/09/2012	4 x 100m	U13	Natasha Pestonji	56.6	19/09/2021

		Michael Cornes					Beatrice Hamblin		
		Matt Brett					Polly Evans		
		Chris Mcintosh					Seni Purnell		
	U15	Lewis Shepherd	48.8	07/07/2013		U15	Amber Lench	54.0	16/06/2013
		Tom Meader					Sarah Naptin		
		Chris McIntosh					Bobbie-Louise Gannon		
		Sam Wheeler					Amelia Davis		
	U17	Ryan Long	45.7	06/07/2014		U17	Mia Hagan	52.34	02/06/2024
		Lewis Shepherd					Beatrice Hamblin		
		Max Hammett					Lexie Lewin		
		Sam Wheeler					Lucy Lucas		
	U20	Ryan Long	44.05	04/09/2016		U20	Shannon Pape U17	52.5	
		Sam Wheeler					Lizzie Nation-Grainger U17		
		George Walker					Jennie Tilsed		
		Scott Rutter					Sarah Elliott		
	Sen	Adam Carpenter	43.19	01/09/2013		Sen	Steffi Wilson	49.87	06/09/2015
		Adam Lee					Olivia Hunter U20		
		Alex Hatley					Ashleigh Power U20		
		Charlie Patrick					Iona Sheerin		
	M40	Steve Payne M40	56.9			W40	-		
		John Pickup M40							
		Peter Preston M40							

		Phil Croad M50							
4 x 300m	U15	Johannes Ludick	2:45.07	05/07/2015	4 x 300m	U15	?	3:04.73	04/08/2019
		Jake Newnham					?		
		Lloyd Arnold					?		
		Tom Casson					?		
						U17	Africa Mason	2:55.5	20/06/2010
						(as Team Dorset)	Grace Howie		
							Gabrielle Rowsell		
							Ella Ofei-Kwatia		
4 x 400m	U13	Bradley Pickup	4:57.2						
		David Hodgson							
		Tom Grevatt							
		Peter Mitchell							
	U15	Ben Salt	3:59.6	03/07/2011	4 x 400m	U15	?	4:48.7	21/07/2013
		Alec Bell					?		
		George Walker					?		
		Alex Martin					?		
	U17	Alex Lee	3:42.3	31/05/2009		U17	Becky Neal	4:25.0	2006
	(as Team Dorset)	Alex Sampson					Jennifer Sampson		
		Adam Sloan					Sarah Elliott		
		Adam Carpenter					Vicky Grey		
	U20	Oscar Borton	3:40.4	17/04/2011		U20	Emma Martin	4:16.15	05/07/2015
		Adam Carpenter					Alex Phillips		
		Tom Austin					Holly Aldridge		
		Alex Lee					Amelia Davis U17		

	Sen	Karl Welch	3:28.1	18/04/2010		Sen	Amelia Davis U17	4:11.24	08/05/2016
		Adam Carpenter					Steffi Wilson		
		Charlie Patrick					Olivia Hunter U20		
		Richard Reeks					Alex Phillips U20		
Mixed	Sen	Alexandra Bryant			Adam Booth			3:41.7	08/09/2019
		Steffi Bennett			Ciaron Dunnion				

Under-11 Boys and Girls Track and Field

Event	Age	Boys	Perf	Date	Event	Age	Girls	Perf	Date
75m	U11	Jonah Richings	10.8	18/09/2022	75m	U11	Flora Lickiss	10.8	20/06/2007
150m	U11	William Rabjohns	22.3	12/08/2016	150m	U11	Jemima Chetwood	22.49	25/09/2021
					200m	U11	Seni Purnell	31.42	06/09/2020
600m	U11	William Rabjohns	1:47.2	17/07/2016	600m	U11	Seni Purnell	1:52.08	05/09/2020
800m	U11	William Rabjohns	2:32.13	02/05/2016	800m	U11	Ashia Wilson	2:45.88	05/05/2014
Long Jump	U11	Jonah Richings	4.41m	10/07/2022	Long Jump	U11	Mali Ballingal	3.77m	26/09/2020
Howler	U11	Ethan Crowley	46.02m	30/06/2019	Howler	U11	Lumen Myers	34.86m	10/07/2022
Quadkids Competition	U11	Edwin Langley	290	15/07/2018	Quadkids Competition	U11	Jemima Chetwood	243	19/09/2021