

Track and Field Records

To count as a club record, the performance must be:

- At an event listed on “Power of 10”
- With a legal wind ($\leq +2.0$ m/s) where relevant and recorded
- With an implement weight appropriate to the age of the thrower (or heavier)

Men

100m	12.3	Duncan Mollison	Swindon	8 Jun 2015
200m	25.4	Duncan Mollison	Horspath	16 May 2016
400m	53.79	Duncan Mollison	Coventry	1 Aug 2018
800m	1:59.00	Duncan Mollison	Kingston	18 Aug 2018
1500m	4:11.73	Duncan Mollison	Aarhus (DK)	30 Jun 2017
1 Mile	4:34.21	Duncan Mollison	Reading	29 Aug 2016
3000m	8:55.22	Mark Worringham	Watford	24 Aug 2016
5000m	15:20.95	Jack Gregory	Eltham	20 Jul 2019
3000m SC	11:42.7	Ryan O'Brien	Reading	22 May 2016
2000m walk	12:33.6	Nigel Hault	Horspath	18 May 2015
Discus (2k)	20.15m	Pete Aked	Abingdon	30 Jun 2014
Javelin (800g)	29.56m	Pete Aked	Abingdon	30 Jun 2014
Shot (6k)	7.09m	Peter Higgs	Bracknell	5 Jun 2017
Hammer (5k)	14.31m	Stephen Wing	Horspath	2 May 2016
Long jump	4.16m	Clive Bate	Bracknell	5 Jun 2017
High jump	1.50m	Pete Aked	Swindon	9 Jun 2014
Triple jump	9.01m	St John Ford	Abingdon	20 May 2019

Women

100m	14.1	Clare Bryant	Swindon	8 Jun 2015
200m	30.5	Clare Bryant	Horspath	11 Jul 2016
400m	71.5	Saba Reeves	Bracknell	10 Jun 2013
800m	2:38.8	Carrie Hoskins	Abingdon	30 Jun 2014
1500m	5:07.7	Sarah Urwin-Mann	Bracknell	20 Jun 2016
1 Mile	6:05.59	Helen Pool	Reading	29 Aug 2016
3000m	10:19.83	Alice Leake	Watford	27 Jul 2016
5000m	18:57.37	Jackie Perrin	Battersea	28 Aug 2011
2000m walk	11:51.1	Jackie Perrin	Abingdon	30 Jun 2014
Discus (1k)	22.39m	Tina Woffington	Abingdon	30 Jun 2014
Javelin (500g)	16.94m	Tina Woffington	Bracknell	4 Jun 2018
Shot (4k)	7.66m	Clare Bryant	Horspath	11 Jul 2016
Hammer (3k)	18.33m	Adele Graham	Horspath	29 Apr 2019
Long jump	4.66m	Clare Bryant	Horspath	5 May 2014
High jump	1.36m	Clare Bryant	Horspath	21 Jun 2015
Triple jump	9.00m	Clare Bryant	Horspath	11 Jul 2016