

Event	Athlete	Result	Year
100 Metres	N. Glavas	12.16 secs	2000
200 Metres	N. Glavas	25.10 secs	2001
400 Metres	C. Angel	57.10 secs	2002
800 Metres	L. Stanton-Smith	2:09.62 mins / secs	2010
1500 Metres	L. Stanton-Smith	4:27.00 mins / secs	2011
1 Mile	M. Matthews	4:57.68 mins / secs	1992
3000 Metres	M. Matthews	9:34.00 mins / secs	1993
5000 Metres	K. Barnes	17:43.75 mins / secs	1997
10,000 Metres	K. Lucas	36:40.00 mins / secs	1989
100 Metre Hurdles	S. Vathis	15.79 secs	2005
400 Metre Hurdles	H. Ridley	66.58 secs	2003
2000 Metre Steeplechase	S. Kondogonis	7:17.23 mins / secs	2007
3000 Metre Steeplechase	E. Aplin	11:16.72 mins / secs	2013
1500 Metre Walk	C. Bertrand	8:03.24 mins / secs	2009
3000 Metre Walk	L. Drennan	14:44.97 mins / secs	2007
5000 Metre Walk	L. Drennan	25:57.55 mins /secs	2006
Long Jump	S. Vathis	5.80 metres	2007
Triple Jump	E. Anthony	12.02 metres	1994
High Jump	S. Vathis	1.70 metres	2007
Pole Vault	K. Abafalter	3.00 metres	2013
Shot Put	D. Teazis	12.27 metres	2009
Discus	R. Young	45.46 metres	1992
Hammer	J. Nixon	29.40 metres	1996
Javelin	M. Cilione	52.77 metres	2012
Heptathlon	B. Knee	4279 points	2009
4 x 100 Metres	KSB Under 14	50.01 secs	2011
4 x 200 Metres	KSB Under 20	1:49.71 mins / secs	2009
4 x 400 Metres	KSB Open	4:06.80 mins / secs	1992
4 x 800 Metres	KSB Open	9:36.22 mins / secs	2010
4 x 1500 Metres	KSB Open	20:23.77 mins / secs	2009
1600 Metre Medley	KSB Under 16	4:24.83 mins / secs	2002