

Event	Specification	Name	Age Group	Performance	Location	Date	Other info
60mH	Senior (1.07m)	Kanya Mtshweni	Snr	8.63	Cardiff	5th February	2nd best club indoor age group performance
		Daniel Thomas	U20	8.89	Eton	1st December	3rd best club indoor age group performance
	U20/V35-49 (99cm)	Daniel Thomas	U20	8.77	Lee Valley	15th December	
	U17/V50-59 (91cm)	Ed Fillbrook	U17	8.88	Lee Valley	1st December	3rd best club indoor age group performance
	U15/V60-69 (84cm)						
	U13/V70-79 (76cm)						
	U11/V80 & over (69cm)						
60m		Ben Thomas	U20	7.37	Lee Valley	4th December	
		Daniel Thomas	U20	7.39	Lee Valley	14th December	
		Michael Nickells	Snr	7.54	Eton	2nd February	
		Dave Roberts	V50	9.04	Lee Valley	16th February	Club Record
200m		Michael Nickells	Snr	23.74	Sheffield	16th February	
300m		Ed Fillbrook	U17	40.45	Lee Valley	1st December	
400m							
600m							
800m		Ben Ringrose-Voase	U20	2.03.39	Sheffield	14th February	Club Record
1000m		Daniel Thomas	U20	2.57.39	Lee Valley	15th December	
1500m							
Mile							
3000m							
5000m							
10000m							
High Jump		Daniel Thomas	U20	1.56m	Lee Valley	14th December	
Long Jump		Ben Thomas	U20	6.42m	Lee Valley	4th December	3rd best club indoor age group performance
		Daniel Thomas	U20	5.92m	Lee Valley	14th December	
		Ed Fillbrook	U17	5.40m	Lee Valley	1st December	
		Dave Roberts	V50	4.29m	Lee Valley	16th February	Club Record
Triple Jump		Dave Roberts	V50	9.72m	Lee Valley	16th February	Club Record
Pole Vault		Daniel Thomas	U20	2.53m	Lee Valley	15th December	
Shot putt	Senior/V35-49 (7.26kg)	Alexander Miles	U20	9.03m	Lee Valley	4th December	
	U20/V50-59 (6kg)	Daniel Thomas	U20	8.81m	Lee Valley	14th December	
	U17/V60-69 (5kg)						
	U15/V70-79 (4kg)						
	U13/V80 & over (3kg)						
	U11 (2kg)						
Pentathlon	U15 (hurdles & shot)						
	U13 (hurdles & shot)						
	Masters (various)						
Heptathlon	U20 (hurdles & shot)	Daniel Thomas	U20	3901 points	Lee Valley	15th December	2nd best club indoor age group performance
	U17 (hurdles & shot)						