

SURREY INDOOR RECORDS

Compiled by David Cocksedge

Men

50m	5.76	Selwyn Clarke (Herne Hill H)	Dortmund, GER	19.02.1983
60m	6.51	Jason Livingston (Shaftesbury B)	Glasgow	08.02.1992
200m	20.69	Chris Lambert (Belgrave H)	Madrid, ESP	06.03.2005
300m	33.96	Paul Harmsworth (Team Solent)	Cosford	15.03.1987
400m	46.59	Paul Harmsworth (Team Solent)	Indianapolis, USA	07.03.1987
600m	1:17.7	Martin Bilham (Haslemere B)	Cosford	20.12.1969
800m	1:48.39	Philip Norgate (Epsom & Ewell H)	Göteborg, SWE	04.03.1984
1000m	2:20.97	Matthew Yates * (Belgrave H)	Birmingham	10.02.1996
1500m	3:42.58	David Swain (Belgrave H)	Fayetteville, USA	27.02.1985
Mile	3:59.54	John Gladwin (Belgrave H)	Cosford	13.03.1987
2000m	5:05.20	John Gladwin (Belgrave H)	Cosford	15.03.1987
3000m	7:54.68	David Swain (Belgrave H)	Syracuse, USA	09.03.1986
5000m	13:56.2	Ron Martin (Walton)	New York, USA	30.01.1976
2km/SC	5:33.2	Peter Barratt (Ealing & Southall)	Cosford	30.01.1982
60mH	7.72	Neil Owen (Belgrave H)	Birmingham	20.02.1996
110mH	13.83	Neil Owen (Belgrave H)	Tampere, FIN	12.02.1996
High Jump	2.31m	Samson Oni (Belgrave H)	Banska Bystrica, SVK	04.03.2010
Pole Vault	5.50m	Brian Hooper (Woking AC)	Carn Brea	28.02.1981
Long Jump	7.69m	Roy Mitchell (Enfield H)	Cosford	24.01.1976
Triple Jump	15.57m	Kola Adedoyin (Newham & Essex B)	Bratislava, SVK	31.01.2010
Shot	19.53m	Mike Winch (Blackheath H)	Cosford	13.03.1982
3km Walk	11:43.57	Mark Easton (Surrey WC)	Glasgow	03.03.1991
5km Walk	20:01.65	Mark Easton (Surrey WC)	Cosford	23.02.1990
Heptathlon	5542pts	John Heanley (WSEH)	Zuidbroek, NED	30.01/01.02.2004
		(60M 7.22; LJ 6.91m; SP 11.38m; HJ 1.99m; 60H 8.36; PV 4.55m; 1000m 2:36.45)		

Women

50m	6.43	Eleanor Thomas (Hounslow)	Berlin, GER	04.02.1979
60m	7.17	Andrea Lynch (Mitcham)	Gothenburg	10.03.1974
100m	11.57	Joice Maduaka (WG&EL)	Floro, NOR	27.02.2010
200m	22.96	Donna Fraser (Croydon H)	Birmingham	23.02.1997
400m	52.83	Donna Fraser (Croydon H)	Sheffield	15.02.2009
600m	1:31.1	Jo White (Mitcham)	Blacksburg, USA	21.02.1982
800m	2:04.39	Danielle Christmas (Crawley)	Birmingham	19.02.2011
1000m	2:42.9	Jo White (Mitcham)	Richmond, USA	20.02.1981
1500m	4:12.39	Jo White (Mitcham)	Birmingham	09.03.1991
Mile	4:31.24	Jo White (Mitcham)	Dallas, USA	05.03.1983
3000m	9:15.32	Zahara Hyde (Woking)	Birmingham	15.02.1992
50mH	7.10	Lorna Boothe (Hounslow)	Rosemont, USA	29.01.1984
60mH	8.11	Samantha Farquharson (Croydon H)	Birmingham	13.03.1994
High Jump	1.95m	Debbie Marti (Bromley)	Birmingham	23.02.1997
Pole Vault	4.26m	Ellie Spain (Shaftesbury B)	Vienna, AUT	30.01.2007
Long Jump	6.52m	Jade Johnson (Herne Hill H)	NIA, Birmingham	18.02.2005
Triple Jump	13.42m	Mary Agyepong (Shaftesbury B)	Birmingham	20.02.1993
Shot	18.72m	Judith Oakes (Croydon H)	Stockholm, SWE	09.03.1996
Pentathlon	4297pts	Julia Bennett (Epsom & Ewell H)	Birmingham	08.02.1998
		(60H 8.83; HJ 1.84m; SP 11.91m; LJ 6.03m; 800m 2:21.13)		

* Surrey status uncertain