

SURREY INDOOR RECORDS

Compiled by David Cocksedge

50m	5.76	Selwyn Clarke (Herne Hill H)	Dortmund, GER	19.02.83
60m	6.51	Jason Livingston (Shaftesbury B)	Glasgow	08.02.92
200m	20.69	Chris Lambert (Belgrave H)	Madrid, ESP	06.03.05
300m	33.96	Paul Harmsworth (Team Solent)	Cosford	15.03.87
400m	46.59	Paul Harmsworth (Team Solent)	Indianapolis, USA	07.03.87
600m	1:17.7	Martin Bilham (Haslemere B)	Cosford	20.12.69
800m	1:48.39	Philip Norgate (Epsom & Ewell H)	Goteborg, SWE	04.03.84
1000m	2:20.97	Matthew Yates (Belgrave H)	Birmingham	10.02.96
1500m	3:42.58	David Swain (Belgrave H)	Fayetteville, USA	27.02.85
Mile	3:59.54	John Gladwin (Belgrave H)	Cosford	13.03.87
2000m	5:05.20	John Gladwin (Belgrave H)	Cosford	15.03.87
3000m	7:54.68	David Swain (Belgrave H)	Syracuse, USA	09.03.86
5000m	13:56.2	Ron Martin (Walton)	New York, USA	30.01.76
2km/SC	5:33.2	Peter Barratt (Ealing & Southall)	Cosford	30.01.82
60mH	7.72	Neil Owen (Belgrave H)	Birmingham	20.02.96
110mH	13.83	Neil Owen (Belgrave H)	Tampere, FIN	12.02.96
High Jump	2.30m	Samson Oni (Belgrave H)	Sheffield	09.02.08
Pole Vault	5.50m	Brian Hooper (Woking AC)	Carn Brea	28.02.81
Long Jump	7.69m	Roy Mitchell (Enfield H)	Cosford	24.01.76
Triple Jump	15.50m	Joe Sweeney (South London H)	Cosford	15.03.87
Shot	19.53m	Mike Winch (Blackheath H)	Cosford	13.03.82
3km Walk	11:43.57	Mark Easton (Surrey WC)	Glasgow	03.03.91
5km Walk	20:01.65	Mark Easton (Surrey WC)	Cosford	23.02.90
Heptathlon	5542pts	John Heanley (WSEH)	Zuidbroek, NED	30.01/01.02.04

(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	04.02.79
60m	7.13	Beverley Kinch (Hounslow)	Cosford	23.02.86
200m	22.96	Donna Fraser (Croydon H)	Birmingham	23.02.97
400m	54.44	Susan Williams (Birchfield H)	Birmingham	15.02.04
600m	1:31.1	Jo White (Mitcham)	Blacksburg, USA	21.02.82
800m	2:04.71	Shireen Bailey (Bromley)	Cosford	23.02.90
1000m	2:42.9	Jo White (Mitcham)	Richmond, USA	20.02.81
1500m	4:12.39	Jo White (Mitcham)	Birmingham	09.03.91
Mile	4:31.24	Jo White (Mitcham)	Dallas, USA	05.03.83
3000m	9:15.32	Zahara Hyde (Woking)	Birmingham	15.02.92
50mH	7.10	Lorna Boothe (Hounslow)	Rosemont, USA	29.01.84
60mH	8.11	Samantha Farquharson (Croydon H)	Birmingham	13.03.94
High Jump	1.95m	Debbie Marti (Bromley)	Birmingham	23.02.97
Pole Vault	4.20m	Ellie Spain (Belgrave H)	Lee Valley	21.02.07
Long Jump	6.52m	Jade Johnson (Herne Hill H)	NIA, Birmingham	18.02.05
Triple Jump	13.42m	Mary Agyepong (Shaftesbury B)	Birmingham	20.02.93
Shot	18.56m	Judith Oakes (Croydon H)	Crystal Palace	14.02.98
Pentathlon	4297	Julia Bennett (Epsom & Ewell H)	Birmingham	08.02.98

(60H 8.83; HJ 1.84m; SP 11.91m; LJ 6.03m; 800m 2:21.13)

Additions/amendments to David Cocksedge at davidcox@loxinfo.co.th