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| **Senior Men** |
| 60m | Elliot Bunney | 6.62 | Cosford | 24 Jan1987 |
| 60mH | David Wilson | 7.99 | Cosford | 26 Jan 1980 |
| 200m | Cameron Tindle | 21.14 NR | Sheffield | 28 Feb 2016 |
| 300m | Brett Rund | 34.21 | Kelvin Hall | 26 Jan 2003 |
| 400m | Dougie Walker | 47.33 | Kelvin Hall | 15 Jan 1995 |
| 800m | Paul Forbes | 1.47.55 | Dortmund (GER) | 19 Feb 1983 |
| **1000** | **Jake Wightman** | **2.17.51 NR** | **Roxbury (USA)** | **25 Jan 2020** |
| 1500m | Josh Kerr | 3.35.72 NR | Birmingham | 16 Feb 2019 |
| 1 Mile | Chris O’Hare | 3:52.91 NR | New York (USA) | 20 Feb 2016 |
| 3000m | Chris O’Hare | 7:47.78 | Boston (USA) | 26 Jan 2019 |
| Long Jump | David Clerihew | 7.38 | Lievin (FRA) | 02 Mar 1996 |
|  | David Walker | 7.38 | Seattle (USA) | 07 Feb 1970 |
| Triple Jump | Craig Duncan | 15.71 | Cosford | 08 Feb 1986 |
| High Jump | David Barnetson | 2.20 | Kelvin Hall | 25 Jan 1998 |
| Pole Vault | Martin Smith | 4.60 |  | 29 Feb 1992 |
|  | Richard Williamson | 4.60 |  | 27 Jan 1979 |
| Shot Put | Paul Buxton | 18.73 NR | Pullman (USA) | 19 Feb 1977 |
| Heptathlon | Howard Bell | 5312 | Sheffield | 06 Jan 2019 |
| 4 x 200m |  | 1:29.55 |  | 06 Mar 2011 |
| NR = National Record |

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| **Senior Women** |
| **60** | **Alisha Rees** | **7.33 NR** | **Emirates** | **26 Jan 2020** |
| 60mH | Elaine Davidson | 8.54 |  | 27 Jan 1979 |
| 200m | Alisha Rees | 23.79 | Sheffield | 26 Feb 2017 |
| 300m | Susan Deacon  | 38.15 | Kelvin Hall | 06 Mar 2004 |
| 400m | Sinead Dudgeon | 52.47 | Birmingham | 27 Jan 2001 |
| 800m | Lynsey Sharp | 2:00.30 | Boston (USA) | 12 Feb 2016 |
| 1500m | Yvonne Murray | 4:09.15 | Stuttgart (GER) | 01 Feb 1987 |
| 1 Mile | Yvonne Murray | 4:32.00 | Birmingham | 13 Feb 1993 |
| 3000m | Yvonne Murray | 8:46.06 | Lievin (FRA) | 22 Feb 1987 |
| Long Jump | Gillian Cooke | 6.43 NR | Cardiff | 03 Feb 2008 |
| Triple Jump | Gillian Kerr | 13.05 | Kelvin Hall | 23 Feb 2008 |
| High Jump | Emma Nuttall | 1.88 | Edmonton (CAN) | 08 Mar 2014 |
| Pole Vault | Kirsty Maguire | 4.15 | Kelvin Hall | 24 Feb 2007 |
| Shot Put | Margaret Ritchie | 17.85 NR | Princeton (USA) | 24 Feb 1984 |
| Pentathlon | Emma Lindsay | 3957 | Kelvin Hall | 18 Feb 1996 |
| 4 x 200m | Siobhan Kingham, Jazmine Tomlinson, Sarah Malone, Stacey Downie | 1.40.95 | Emirates | 04 Mar 2017 |
| NR = National Record |