at 31 December 2019

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| **Senior Men** | | | | |
| 100m | Allan Wells | 10.11 NR | Moscow (RUS) | 24 Jul 1980 |
| 200m | Allan Wells | 20.21 NR | Moscow (RUS) | 28 Jul 1980 |
| 400m | Roger Jenkins | 46.49 | Crystal Palace | 06 Sep 1975 |
| 800m | Jake Wightman | 1:44.61 | Olympic Park | 22 Jul 2018 |
| 1500m | Jake Wightman | 3:31.87 NR | Doha (QAT) | 06 Oct 2019 |
| 1 Mile | Jake Wightman | 3:52.02 | Olympic Park | 21 Jul 2019 |
| 3000m | John Robson | 7:45.81 | Crystal Palace | 13 Jul 1984 |
| 5000m | Josh Kerr | 13:28.66 | Los Angeles (USA) | 16 May 2019 |
| 10000m | Allister Hutton | 27:59.12 | Aachen (GER) | 30 May 1986 |
| 110mH | David Wilson | 13.9 | Warsaw (POL) | 29 Jun 1974 |
| 400mH | Blair Young | 50.48 |  | 10 Nov 1999 |
| 3000 S/C | Tom Hanlon | 8:12.58 NR | Monte Carlo (MON) | 03 Aug 1991 |
| Long Jump | Allan Hamilton | 7.88 | Azusa (USA) | 15 Apr 2016 |
| Triple Jump | Willie Clark | 15.78 | Crystal Palace | 12 Jul 1974 |
| High Jump | Brian Burgess | 2.20 | Crystal Palace | 11 Jun 1978 |
| Pole Vault | Richard Williamson | 4.98 | El Paso (USA) | 17 Apr 1978 |
| Shot | Paul Buxton | 18.93 NR | Los Angeles (USA) | 13 May 1977 |
| Discus | Paul Buxton | 56.42 | Meadowbank | 06 Aug 1976 |
| Hammer | Chris Black | 75.40 | Crystal Palace | 23 Jul 1983 |
| Javelin | John Guthrie | 67.44 | Grangemouth | 17 May 1989 |
| Decathlon | Stewart McCallum | 7335 | Moscow (RUS) | 19Aug 1973 |
| 4 x 100m | Allan Wells,  Dave Clark,  Jamie Henderson,  Elliot Bunney | 40.19 NR | Haringey | 20 Aug 1988 |
| 4 x 400m | Peter Hoffman,  Paul Forbes,  Norman Gregor,  Roger Jenkins | 3:08.93 NR | Crystal Palace | 06 Sep 1975 |
| Road Racing : | | | | |
| 1 Mile | Chris O’Hare | 3:51.7 | New York (USA) | 08 Sep 2019 |
| 5K | John Robson | 13.36 | Newcastle | 27 Mar 1985 |
| 5 Mile | Neil Tennant | 22.48 | Ruislip | 19 Feb 1989 |
| 10K | Allister Hutton | 28.13 | Birmingham | 28 Apr 1984 |
| 10 Mile | Allister Hutton | 46.05 | Motherwell | 03 Apr 1982 |
| Half Marathon | Allister Hutton | 1:02.28 | Newcastle | 21 Jun 1987 |
| Marathon | Allister Hutton | 2:09.16 | London | 21 Apr 1985 |
| 100K | Robert Turner | 7:00.30 | Redwick | 31 Mar 2018 |
| NR = National Record | | | | | |

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| **Senior Women** | | | | |
| 100m | Helen Golden | 11.40 NR | Crystal Palace | 20 Jul 1974 |
| 200m | Beth Dobbin | 22.50 NR | Olympic Park | 20 Jul 2019 |
| 400m | Allison Curbishley | 50.71 NR | Kuala Lumpur (MAS) | 18 Sep 1998 |
| 800m | Lynsey Sharp | 1:57.69 NR | Rio de Janeiro (BRA) | 20 Aug 2016 |
| 1500m | Yvonne Murray | 4:01.20 | Oslo (NOR) | 04 Jul 1987 |
| 1 Mile | Yvonne Murray | 4:22.64 | Oslo (NOR) | 22 Jul 1994 |
| 3000m | Yvonne Murray | 8:29.02 NR | Seoul (KOR) | 25 Sep 1988 |
| 5000m | Yvonne Murray | 14:56.94 | Crystal Palace | 07 Jul 1995 |
| 10000m | Yvonne Murray | 31:56.97 | Victoria (CAN) | 24 Aug 1994 |
| 100mH | Elaine McMaster | 13.60 | Brisbane (AUS) | 07 Oct 1982 |
|  | Elaine McMaster | 13.48 (w) | Antrim | 12 Jun 1982 |
| 400mH | Sineadh Dudgeon | 55.24 | Birmingham | 24 July 1999 |
| 2Km S/C | Emily Stewart | 6:36.45 | Bedford | 06 May 2013 |
| 3Km S/C | Emily Stewart | 9:51.42 | Ninove (BEL) | 27 Jul 2013 |
| Long Jump | Sarah Warnock | 6.42 | Birmingham | 29 Jun 2014 |
|  | Moira Maguire | 6.48 (w) | The Hague (NED) | 17 May 1970 |
| Triple Jump | Gillian Kerr | 13.25 | Birmingham | 30 Jun 2007 |
|  | Gillian Kerr | 13.42 (w) | Birmingham | 30 Jun 2007 |
| High Jump | Emma Nuttall | 1.87 | Birmingham | 13 Jul 2013 |
|  | Moira Maguire | 1.87 | Meadowbank | 11 May 1980 |
| Pole Vault | Courtney MacGuire | 4.18 | Birmingham | 03 Aug 2019 |
| Shot | Margaret Ritchie | 18.99 NR | Tucson (USA) | 07 May 1983 |
| Discus | Margaret Ritchie | 67.48 NR | Walnut (USA) | 26 Apr 1981 |
| Hammer | Shirley Webb | 67.58 NR | Loughborough | 15 Jul 2005 |
| Javelin | Lorna Jackson | 57.19 NR | Peterborough | 09 Jul 2000 |
| Heptathlon | Holly McArthur | 5687 | Grosseto (ITA) | 21 Jul 2017 |
| 4 x 100m | Alison Robb,  Sheila Pringle,  Helen Golden,  Liz Sutherland | 45.2 NR | Crystal Palace | 27 Jun 1970 |
| 4 x 400m | Mary Munro  Elaine Douglas,  Anne Clarkson  Anne Littlejohn | 3:39.3 NR | Crystal Palace | 21Sep 1974 |
| Road Racing : | | | | |
| 5K | Yvonne Murray | 15.20 | Aberdeen | 22 May 1993 |
| 5 Mile | Yvonne Murray | 25.54 | Haddington | 31 May 1984 |
| 10K | Yvonne Murray | 32.24 | Barnsley | 02 Apr 1997 |
| 10 Mile | Freya Murray/Ross | 52.27 | Portsmouth | 24 Oct 2010 |
| Half Marathon | Lorna Irving | 1:11.44 | Ayr | 06 Sep 1987 |
| Marathon | Freya Murray | 2:28.10 | London | 22 Apr 2012 |
| 100K | Natalie Christie | 8:50.41 | Boddington | 19 Jun 2010 |
| NR = National Record | | | | | |

Other men records:

1000m Jake Wightman 2:16.27 Stockholm (SWE), 10 Jun 2018

Javelin (old version) John Guthrie 72.62 29 Jul 1985

4 x 200m Peter Hoffman, 1:27.6 28 Jul 1974

Keith Ridley,

Norman Gregor,

Roger Jenkins

Other women records:

Pentathlon Moira Maguire 4309 01 Sep 1979

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| 1000m Walk | Sara-Jane Cattermole | 4:19.0 | 06 Jul 2004 |
| 1500m Walk | Sara-Jane Cattermole | 6:35.2 | 16 Dec 2000 |
| 3000m Walk | Sara-Jane Cattermole | 13:52.6 | 01 Mar 2002 |
| 5000m Walk | Sara-Jane Cattermole | 23:44.0 | 23 Jun 2002 |
| 9000m Walk | Sara-Jane Cattermole | 43:30.0 | 07 Apr 2002 |
| 10000m Walk | Sara-Jane Cattermole | 47.05.0 | 15 Jul 2001 |
| 15000m Walk | Sara-Jane Cattermole | 76:00.0 | 01 Aug 2004 |
| 20000m Walk | Sara-Jane Cattermole | 96:40 (NR) | Perth (AUS), 04 Mar 2000 |