

RECORDS - MEN

as at 31 December 2025

W = World, E = European, C = Commonwealth, A = UK All-Comers, N = UK, J = Junior
 * = events without record status (best performances), ^ event recognised for UK,
 o - outdoor performance for events usually contested indoors
 note that Commonwealth records are not ratified by any official body; # - unrated record

60m	W	6.34	A	Christian Coleman	USA	18 Feb 18	Albuquerque
	A	6.37		Christian Coleman	USA	3 Mar 18	Birmingham
	E	6.41		Lamont Marcell Jacobs	ITA	19 Mar 22	Belgrade
	C,N	6.42		Dwain Chambers	Eng	7 Mar 09	Turin
	WJ,EJ,NJ	6.51		Mark Lewis-Francis		11 Mar 01	Lisbon
	WJ	6.51	#	Israel Okron		28 Feb 25	College Station
100m	W,C	9.58		Usain Bolt	JAM	16 Aug 09	Berlin
	A	9.63		Usain Bolt	JAM	5 Aug 12	London (OS)
	E	9.80		Lamont Marcell Jacobs	ITA	1 Aug 21	Tokyo
	N	9.83		Zharnel Hughes		24 Jun 23	New York (RI)
	WJ	9.91		Letsile Tebogo	BOT	2 Aug 22	Cali
	EJ	10.04		Christophe Lemaitre	FRA	24 Jul 09	Novi Sad
	NJ	10.05		Adam Gemili		11 Jul 12	Barcelona
200m	W,C	19.19		Usain Bolt	JAM	20 Aug 09	Berlin
	A	19.32		Usain Bolt	JAM	9 Aug 12	London (OS)
	E	19.72	A	Pietro Mennea	ITA	12 Sep 79	Mexico City
	N	19.73		Zharnel Hughes		23 Jul 23	London (OS)
	WJ	19.49		Erriyon Knighton	USA	30 Apr 22	Baton Rouge
	EJ	19.96		Blessing Afrifah	ISR	4 Aug 22	Cali
	NJ	20.29		Christian Malcolm		19 Sep 98	Kuala Lumpur
200m short track	W,C	19.92		Frankie Fredericks	NAM	18 Feb 96	Liévin
	E,N	20.25		Linford Christie		19 Feb 95	Liévin
	A	20.30		Shawn Crawford	USA	17 Feb 02	Birmingham
	WJ	20.37		Walter Dix	USA	12 Mar 05	Fayetteville
	EJ	20.57		Ralf Lübke	GER	11 Feb 84	Stuttgart
	NJ	20.66		Jake Odey-Jordan		7 Mar 24	Boston (A)
300m*	W,C	30.69		Letsile Tebogo	BOT	17 Feb 24	Pretoria
	E,A,N	31.56		Doug Walker		19 Jul 98	Gateshead
	WJ	31.61		Clarence Munyai	RSA	28 Jun 17	Ostrava
	EJ,NJ	32.53		Mark Richardson		14 Jul 91	London (Ha)
400m	W,C	43.03		Wayde van Niekerk	RSA	14 Aug 16	Rio de Janeiro
	E,N	43.44		Matthew Hudson-Smith		7 Aug 24	Paris (SF)
	A	43.74		Matthew Hudson-Smith		20 Jul 24	London (OS)
	WJ	43.87		Steve Lewis	USA	28 Sep 88	Seoul
	EJ	44.56	#	Aleksey Danilov	RUS	21 Jul 25	Brest
	EJ	45.01		Thomas Schönlebe	GER	15 Jul 84	Berlin
	NJ	45.35		Martyn Rooney		21 Mar 06	Melbourne
400m short track	W,C	44.49	#	Christopher Williams	CAN	24 Feb 24	Fayetteville
	W	44.52	#	Michael Norman	USA	10 Mar 18	College Station
	W	44.57		Kerron Clement	USA	12 Mar 05	Fayetteville
	C,WJ	44.80		Kirani James	GRN	27 Feb 11	Fayetteville
	E	45.05		Thomas Schönlebe	GER	5 Feb 88	Sindelfingen
	E,A	45.05		Karsten Warholm	NOR	2 Mar 19	Glasgow (CA)
	N	45.39		Jamie Baulch		9 Feb 97	Birmingham
	EJ	45.96	#	Serafim Solodovnikov	RUS	10 Feb 24	St. Petersburg
	EJ,NJ	46.16		Edward Faulds		19 Feb 22	Birmingham
600m*	W	1:12.81		Johnny Gray	USA	24 May 86	Santa Monica
	C,A	1:13.10		David Rudisha	KEN	5 Jun 16	Birmingham
	E	1:13.21		Pierre-Ambroise Bosse	FRA	5 Jun 16	Birmingham
	N	1:14.95		Steve Heard		14 Jul 91	London (Ha)
	WJ	1:14.4	A	Timothy Kitum	KEN	1 Mar 12	Nairobi
		1:14.79		Mohamed Ali Gouaned	ALG	26 Mar 21	Algiers
	NJ	1:16.79		Andrew Lill		24 Jul 90	Mansfield

800m	W,C,A	1:40.91	David Rudisha	KEN	9 Aug 12	London (OS)
	E	1:41.11	Wilson Kipketer	DEN	24 Aug 97	Cologne
	N	1:41.73 "	Sebastian Coe		10 Jun 81	Florence
	WJ	1:41.73	Nijel Amos	BOT	9 Aug 12	London (OS)
	EJ,NJ	1:44.14	Max Burgin		19 May 21	Ostrava
800m short track	W,E	1:42.67	Wilson Kipketer	DEN	9 Mar 97	Paris (B)
	C,N	1:43.63	Elliot Giles	Eng	17 Feb 21	Torun
	A	1:44.52	Mohammed Aman	ETH	15 Feb 14	Birmingham
	WJ,EJ	1:44.35	Yuriy Borzakovskiy	RUS	30 Jan 00	Dortmund
	NJ	1:48.53	David Sharpe		8 Feb 86	Cosford
1000m	W,C	2:11.96	Noah Ngeny	KEN	5 Sep 99	Rieti
	E,N	2:12.18	Sebastian Coe		11 Jul 81	Oslo
	A	2:12.88	Steve Cram		9 Aug 85	Gateshead
	WJ	2:13.93 #	Abubaker Kaki	SUD	22 Jul 08	Stockholm
	WJ,EJ	2:14.37	Niels Laros	NED	7 Jul 24	Hengelo
	NJ	2:18.98	David Sharpe		19 Aug 86	Birmingham
1000m short track	W	2:14.20	Ayanleh Souleiman	DJI	17 Feb 16	Stockholm
	E,A	2:14.96	Wilson Kipketer	DEN	20 Feb 00	Birmingham
	C	2:14.74	Marco Arop	CAN	4 Feb 24	Boston (NB)
	N	2:16.74	Neil Gourley		15 Feb 25	Birmingham
	WJ	2:15.77	Abubaker Kaki	SUD	21 Feb 08	Stockholm
	EJ,NJ	2:20.36	David Sharpe		8 Mar 86	Cosford
1500m	W	3:26.00	Hicham El Guerrouj	MAR	14 Jul 98	Rome
	C	3:26.34	Bernard Lagat	KEN	24 Aug 01	Brussels
	E	3:26.73	Jakob Ingebrigtsen	NOR	12 Jul 24	Monaco
	N	3:27.79	Josh Kerr		6 Aug 24	Paris (SF)
	A	3:28.82	Phanuel Koech	KEN	19 Jul 25	London (OS)
	WJ	3:27.72	Phanuel Koech	KEN	20 Jun 25	Paris (Ch)
	EJ	3:29.54	Niels Laros	NED	6 Aug 24	Paris (SF)
	NJ	3:36.6	Graham Williamson		17 Jul 79	Oslo
1500m short track	W,E	3:29.63 +	Jakob Ingebrigtsen	NOR	13 Feb 25	Liévin
	A	3:31.04	Samuel Tefera	ETH	16 Feb 19	Birmingham
	C	3:32.11	Laban Rotich	KEN	1 Feb 98	Stuttgart
	N	3:32.48	Neil Gourley		25 Feb 23	Birmingham
	WJ	3:32.67 +	Cameron Myers	AUS	8 Feb 25	New York (A)
	EJ	3:36.02	Jakob Ingebrigtsen	NOR	20 Feb 19	Dusseldorf
	NJ	3:41.44	Thomas Keen		1 Feb 20	Vienna
1 Mile	W	3:43.13	Hicham El Guerrouj	MAR	7 Jul 99	Rome
	C	3:43.40	Noah Ngeny	KEN	7 Jul 99	Rome
	E	3:43.73	Jakob Ingebrigtsen	NOR	16 Sep 23	Eugene
	N	3:45.34	Josh Kerr		25 May 24	Eugene
	A	3:45.96	Hicham El Guerrouj	MAR	5 Aug 00	London (CP)
	WJ	3:47.48 i	Cameron Myers	AUS	8 Feb 25	New York (A)
	EJ	3:48.93	Niels Laros	NED	16 Sep 23	Eugene
	NJ	3:53.15	Graham Williamson		17 Jul 79	Oslo
1 Mile short track	W,E	3:45.14	Jkob Ingebrigtsen	NOR	3 Feb 25	Liévin
	C,WJ	3:47.48	Cameron Myers	AUS	8 Feb 25	New York (A)
	N	3:48.87	Josh Kerr		27 Feb 22	Boston (A)
	A	3:50.70	Noureddine Morceli	ALG	20 Feb 93	Birmingham
	EJ	3:56.40	Nicholas Griggs	IRL	10 Mar 22	Abbotstown
	NJ	4:02.34	Robbie Farnham-Rose		24 Feb 13	Fayetteville
2000m	W,E	4:43.13	Jakob Ingebrigtsen	NOR	8 Sep 23	Brussels
	C,WJ*	4:48.14	Reynold Cheruiyot	KEN	8 Sep 23	Brussels
	A	4:48.36	Hicham El Guerrouj	MAR	19 Jul 98	Gateshead
	EJ*	4:49.68	Niels Laros	NED	8 Sep 23	Brussels
	N	4:51.39	Steve Cram		4 Aug 85	Budapest
	NJ*	5:06.56	Jon Richards		7 Jul 82	Oslo

3000m	W,E	7:17.55	Jakob Ingebrigtsen	NOR	25 Aug 24	Chorzow
	C	7:20.67	Daniel Komen	KEN	1 Sep 96	Rieti
	A	7:26.69	Kenenisa Bekele	ETH	15 Jul 07	Sheffield
	N	7:27.92 i	George Mills		2 Feb 25	Val-de-Reuil
	WJ	7:28.19	Yomif Kejelcha	ETH	27 Aug 16	Paris (SF)
	EJ	7:43.20	Ari Paunonen	FIN	22 Jun 77	Cologne
	NJ	7:48.28	Jon Richards		9 Jul 83	Oslo
3000m short track	W	7:22.91	Grant Fisher	USA	8 Feb 25	New York (A)
	E	7:24.68	Mohamed Katir	ESP	15 Feb 23	Liévin
	C	7:24.90	Daniel Komen	KEN	6 Feb 98	Stuttgart
	N	7:27.92	George Mills		2 Feb 25	Val-de-Reuil
	A	7:32.43	Bernard Lagat	KEN	17 Feb 07	Birmingham
	WJ	7:29.99	Biniam Mehary	ETH	13 Feb 25	Liévin
	EJ	7:47.98	Alex Pintado	ESP	7 Feb 25	Valencia
NJ	7:53.14	Edward Bird		7 Dec 24	Boston	
2 Miles*	W,E	7:54.10	Jakob Ingebrigtsen	NOR	9 Jun 23	Paris (Ch)
	C	7:58.61	Daniel Komen	KEN	19 Jul 97	Hechtel
	N	8:00.67 i	Josh Kerr		11 Feb 24	New York (A)
	A	8:01.72	Haile Gebrselassie	ETH	7 Aug 99	London (CP)
	WJ	8:08.69	Selemon Barega	ETH	30 Jun 19	Stanford
	EJ,NJ	8:28.31	Steve Binns		31 Aug 79	London (CP)
5000m	W,C	12:35.36	Joshua Cheptegei	UGA	14 Aug 20	Monaco
	E	12:44.27	Andreas Almgren	SWE	15 Jun 25	Stockholm
	N	12:46.59	George Mills		12 Jun 25	Oslo
	A	12:49.60 i#	Kenenisa Bekele	ETH	20 Feb 04	Birmingham
	WJ	12:43.02	Selemon Barega	ETH	31 Aug 18	Brussels
	EJ	13:02.03	Jakob Ingebrigtsen	NOR	20 Jul 19	London (OS)
	NJ	13:27.04	Steve Binns		14 Sep 79	London (CP)
5000m short track	W	12:44.09	Grant Fisher	USA	14 Feb 25	Boston (A)
	A	12:49.60	Kenenisa Bekele	ETH	20 Feb 04	Birmingham
	C	12:51.48	Daniel Komen	KEN	19 Feb 98	Stockholm
	E	12:54.92	Jimmy Gressier	FRA	14 Feb 25	Boston (A)
	N	12:57.08	Marc Scott		12 Feb 22	Boston (A)
	WJ	12:53.29	Isiah Koech	KEN	11 Feb 11	Dusseldorf
	EJ	13:42.8	Leonid Shumskiy	URS	9 Mar 77	Voroshilovgrad
NJ	13:51.24	Joseph O'Brien		2 Dec 23	Boston (A)	
10000m	W,C	26:11.00	Joshua Cheptegei	UGA	7 Oct 20	Valencia
	E,N	26:46.57	Mo Farah		3 Jun 11	Eugene
	A	26:49.51	Mo Farah		4 Aug 17	London (OS)
	WJ	26:37.93	Biniam Mehary	ETH	14 Jun 24	Nerja
	EJ	28:11.71	Abdullahi Dahir Rabi	NOR	13 Apr 22	Oslo
	NJ	29:21.9	Jon Brown		21 Apr 90	Walnut
1 Hour	WECN	21,330 m	Mo Farah	Eng	4 Sep 20	Brussels
	A	20,472 m	Ron Hill		9 Nov 68	Leicester
	NJ*	18,221 m	Eddie Twohig		16 Jun 81	Leamington
1 Mile Rd	W,E,C,N	3:51.3	Elliot Giles	Eng	1 Sep 24	Düsseldorf
5km Road	W	12:49	Berihu Aregawi	ETH	31 Dec 21	Barcelona
	C	12:51	Joshua Cheptegei	KEN	16 Feb 20	Monaco
	E	12:57	Jimmy Gressier	FRA	16 Mar 25	Lille
	N	13:16	Sam Atkin		19 Mar 23	Lille
	A	13:20	Marc Scott		8 Aug 20	Barrowford
	WJ*	12:58	Kuma Girma	ETH	14 Dec 24	Khobar
	EJ*	13:26	Niels Laros	NED	11 Feb 24	Monaco
	NJ*	13:54	Simon Mugglestone		27 Sep 87	Exeter

10km Road	W,C	26:24	Rhonex Kipruto	KEN	12 Jan 20	Valencia
	E	26:53	Andreas Almgren	SWE	12 Jan 25	Valencia
	A	27:21	Micah Kogo	KEN	20 May 07	Manchester
	N	27:34 #	Nick Rose		1 Apr 84	New Orleans
	N	27:38	Rory Leonard		12 Jan 25	Valencia
	WJ*	26:46	Rhonex Kipruto	KEN	8 Sep 18	Prague
	EJ*	27:54	Jakob Ingebrigtsen	NOR	19 Oct 19	Hole
	NJ*	29:33	James Knockton		5 Mar 23	Partington
Half Marathon	W,C	56:42	Jacob Kiplimo	UGA	16 Feb 25	Barcelona
	E	58:41	Andreas Almgren	SWE	26 Oct 25	Valencia
	N	59:07 #	Mo Farah		8 Sep 19	South Shields
	N	59:32	Mo Farah		22 Mar 15	Lisbon
	A	58:36	Daniel Mateiko	KEN	27 Aug 23	Larne
	WJ*	59:16	Samuel Wanjiru	KEN	11 Sep 05	Rotterdam
	EJ*	62:53	Emil Millan de la Oliva	SWE	17 Oct 20	Gdynia
	NJ*	65:49	Simon Lawson		15 Mar 09	Bath
Marathon	W,C	2:00:35	Kelvin Kiptum	KEN	8 Oct 23	Chicago
	A	2:01:25	Kelvin Kiptum	KEN	23 Apr 23	London
	E	2:03:36	Bashir Abdi	BEL	24 Oct 21	Rotterdam
	N	2:05:11	Mo Farah		7 Oct 18	Chicago
	WJ	2:04:32	Tsegaye Mekonnen	ETH	24 Jan 14	Dubai
	NJ*	2:23:28	Eddie Twohig		28 Mar 82	Wolverhampton
50k Road	W	2:38:43	C.J. Albertson	USA	8 Oct 22	San Francisco
	C	2:40:13	Stephen Mokoka	RSA	6 Mar 22	Gqeberha
	E	2:47:42	Iraitz Arrospe Garro	ESP	1 Sep 19	Brasov
	N*	2:48:25	Ronnie Richmond		24 Mar 24	Perth, GBR
100k Road	W,E	6:05:35	Aleksandr Sorokin	LTU	14 May 23	Vilnius
	C,N	6:19:20	Stephen Way	Eng	3 May 14	Gravesend
100k Track	W,E	6:05:41	Aleksandr Sorokin	LTU	23 Apr 22	Bedford
	C,N	6:10:20	Don Ritchie		28 Oct 78	London (CP)
24 Hours*	W,E	319,614m	Aleksandr Sorokin	LTU	18 Sep 22	Verona
	N	281,303m t	Matt Field		25 Aug 24	Gloucester
	N	277,439m	Robert Britton		26 Feb 23	Turin
2000m Steeple-chase*	W,E	5:10.68	Mahiedine Mekhissi-Benabbab	FRA	30 Jun 10	Reims
	C	5:14.43	Julius Kariuki	KEN	21 Aug 90	Rovereto
	A	5:19.68	Samson Obwocha	KEN	19 Jul 86	Birmingham
	N	5:19.86	Mark Rowland		28 Aug 88	London (CP)
	WJ	5:19.99	Meresa Kahsay	ETH	12 Jul 13	Donetsk
	EJ	5:25.01	Arsenios Tsiminos	GRE	2 Oct 80	Athens
	NJ	5:29.61	Colin Reitz		18 Aug 79	Bydgoszcz
3000m Steeple-chase	W	7:52.11	Lamecha Girma	ETH	9 Jun 23	Paris (Ch)
	C	7:53.64	Brimin Kipruto	KEN	22 Jul 11	Monaco
	E	8:00.09	Mahiedine Mekhissi-Benabbad	FRA	6 Jul 13	Paris (SF)
	A	8:00.12	Conselus Kipruto	KEN	5 Jun 16	Birmingham
	N	8:07.96	Mark Rowland		30 Sep 88	Seoul
	WJ	7:58.66	Stephen Cherono (later Saif Saeed Shaheen)	KEN	24 Aug 01	Brussels
	EJ	8:26.81	Jakob Ingebrigtsen	NOR	8 Jul 17	Kortrijk
	NJ	8:29.85	Paul Davies-Hale		31 Aug 81	London (CP)
60m Hurdles	W	7.27	Grant Holloway	USA	16 Feb 24	Albuquerque
	E,C,N	7.30	Colin Jackson	Wal	6 Mar 94	Sindelfingen
	A	7.29	Grant Holloway	USA	2 Mar 24	Glasgow (CA)
	WJ	7.55	Liu Xiang	CHN	10 Feb 02	Ghent
	WJ	7.55	Leonard Mustari	USA	11 Feb 22	Clemson
	EJ*,NJ	7.68	Jon Ridgeon		3 Mar 85	Piraeus

60m H 99cm	WJ,EJ	7.34	Sasha Zhoya	FRA	22 Feb 20	Miramas
	NJ	7.50	David Omoregie		9 Mar 14	Cardiff
110m Hurdles	W	12.80	Aries Merritt	USA	7 Sep 12	Brussels
	C	12.90	Omar McLeod	JAM	24 Jun 17	Kingston
	E,N	12.91	Colin Jackson		20 Aug 93	Stuttgart
	A	12.92	Aries Merritt	USA	8 Aug 12	London (OS)
	WJ	13.12	Liu Xiang	CHN	2 Jul 02	Lausanne
	EJ*,NJ	13.44	Colin Jackson		19 Jul 86	Athens
110m H 99cm	WJ,EJ	12.72 A	Sasha Zhoya	FRA	21 Aug 21	Nairobi
	NJ	13.17	David Omoregie		22 Jun 14	Bedford
200m H (curve)*	W,E	22.55	Laurent Ottoz	ITA	31 May 95	Milan
	W	22.55	Yoshiro Watanabe	JPN	1 Oct 17	Izumi
	C,A,N	22.63	Colin Jackson	Wal	1 Jun 91	Cardiff
300m H*	W,E	32.67	Karsten Warholm	NOR	12 Jun 25	Oslo
	C,A,N	34.48	Chris Rawlinson	Eng	30 Jun 02	Sheffield
400m Hurdles	W,E	45.94	Karsten Warholm	NOR	3 Aug 21	Tokyo
	C	47.02	Rai Benjamin	ANT	8 Jun 18	Eugene
	A	47.12	Karsten Warholm	NOR	20 Jul 19	London (OS)
	WJ	47.34	Roshawn Clarke	JAM	21 Aug 23	Budapest
	N	47.82	Kriss Akabusi		6 Aug 92	Barcelona
	EJ	48.74	Vladimir Budko	RUS	18 Aug 84	Moscow
	NJ	50.00	Samael Lunt		30 Aug 24	Lima
High Jump	W	2.45	Javier Sotomayor	CUB	27 Jul 93	Salamanca
	E	2.42	Patrik Sjöberg	SWE	30 Jun 87	Stockholm
		2.42 i	Carlo Thränhardt	GER	26 Feb 88	Berlin
		2.42 i#	Ivan Ukhov	RUS	25 Feb 14	Prague
		2.42	Bohdan Bondarenko	UKR	14 Jun 14	New York (RI)
	A	2.41	Javier Sotomayor	CUB	15 Jul 94	London (CP)
	C	2.40	Derek Drouin	CAN	25 Apr 14	Des Moines
	N	2.38 i	Steve Smith		4 Feb 94	Wuppertal
	WJ,EJ	2.37	Dragutin Topic	YUG	12 Aug 90	Plovdiv
	WJ,EJ,NJ	2.37	Steve Smith		20 Sep 92	Seoul
Pole Vault	W,E	6.30	Armand Duplantis	SWE	15 Sep 25	Tokyo
	A	6.18 i	Armand Duplantis	SWE	15 Feb 20	Glasgow (CA)
	C	6.06 i	Steve Hooker	AUS	7 Feb 09	Boston (R)
	A	6.05	Sergey Bubka	UKR	10 Sep 93	London (CP)
	N	5.85	Harry Coppell		4 Sep 20	Manchester (SC)
	WJ,EJ	6.05	Armand Duplantis	SWE	12 Aug 18	Berlin
	NJ	5.60	Adam Hague		28 Mar 15	Austin
Long Jump	W	8.95	Mike Powell	USA	30 Aug 91	Tokyo
	E	8.86 A	Robert Emmiyan	ARM	22 May 87	Tsaghkadzor
	C	8.69	Tajay Gayle	JAM	28 Sep 19	Doha
	A	8.58	Luvo Manyonga	RSA	22 Jul 18	London (OS)
	N	8.51	Greg Rutherford		24 Apr 14	Chula Vista
	WJ,EJ	8.38	Mattia Furlani	ITA	8 Jun 24	Rome
	NJ	8.14	Greg Rutherford		22 Jul 05	Kaunas
Triple Jump	W,E,C,N	18.29	Jonathan Edwards	Eng	7 Aug 95	Gothenburg
	A	18.00	Jonathan Edwards		27 Aug 95	London (CP)
	WJ	17.66	Jaydon Hibbert	JAM	21 Jul 23	Monaco
	EJ	17.50	Volker Mai	GER	23 Jun 85	Erfurt
	NJ	16.58	Tosi Fasinro		15 Jun 91	Espoo
Shot Put	W	23.56	Ryan Crouser	USA	27 May 23	Los Angeles
	A	23.07	Ryan Crouser	USA	23 Jul 23	London (OS)
	E	23.06	Ulf Timmermann	GER	22 May 88	Chania
	C	22.90	Tom Walsh	NZL	5 Oct 19	Doha

	N	21.92	Carl Myerscough		13 Jun 03	Sacramento
	WJ*,EJ*	21.14	Konrad Bukowiecki	POL	9 Jun 16	Oslo
	NJ*	19.46	Carl Myerscough		6 Sep 98	Blackpool
6kg	WJ	23.00	Jacko Gill	NZL	18 Aug 13	Auckland
	EJ	22.94	Konrad Bukowiecki	POL	1 May 16	Bojanowo
	NJ (6.25kg)	21.03	Carl Myerscough		13 May 98	Street
Discus	W,E	75.56	Mykolas Alekna	LTU	13 Apr 25	Ramona
	C	74.78	Matthew Denny	AUS	13 Apr 25	Ramona
	A	71.70	Mykolas Alekna	LTU	19 Jul 25	London (OS)
	N	70.76	Lawrence Okoye		13 Apr 25	Ramona
	WJ*	65.62 #	Werner Reiterer	AUS	15 Dec 87	Melbourne
	WJ*,EJ*	65.31	Mykyta Nesterenko	UKR	3 Jun 08	Tallinn
	NJ*	60.97	Emeka Udechuku		5 Jul 98	Bedford
1.75 kg	WJ,EJ	71.37	Mika Sosna	GER	10 Jun 22	Schönebeck
	NJ	64.35	Emeka Udechuku		21 Jun 98	Bedford
Hammer	W,E	86.74	Yuriy Sedykh	UKR/RUS	30 Aug 86	Stuttgart
	A	85.60	Yuriy Sedykh	UKR/RUS	13 Jul 84	London (CP)
	C	84.70	Ethan Katzberg	CAN	16 Sep 25	Tokyo
	N	80.26	Nick Miller		8 Apr 18	Gold Coast
	WJ*,EJ*	78.33	Olli-Pekka Karjalainen	FIN	5 Aug 99	Seinäjoki
	NJ*	73.24	Jake Norris		6 Jun 18	Eugene
6kg	WJ	85.57	Ashraf Amgad El-Seify	QAT	14 Jul 12	Barcelona
	EJ	84.73	Myhaylo Kokhan	UKR	19 Jul 19	Borås
	NJ	80.65	Jake Norris		13 Jul 18	Tampere
35LB Weight*	W	26.35	Daniel Haugh	USA	16 Feb 24	Albuquerque
	E	25.68	Libor Charfreitag	SVK	5 Mar 05	Sterling
	C	24.72	Scott Russell	CAN	8 Feb 02	Ames
	N	24.39	Kenneth Ikeji		24 Feb 24	Boston (NB)
Javelin	W,E	98.48	Jan Zelezny	CZE	25 May 96	Jena
	A	95.66	Jan Zelezny	CZE	29 Aug 93	Sheffield
	C	93.07	Anderson Peters	GRN	13 May 22	Doha
	N	91.46	Steve Backley		25 Jan 92	Auckland (NS)
	WJ	86.48	Neeraj Chopra	IND	23 Jul 16	Bydgoszcz
	EJ	84.98	György Herczeg	HUN	26 Jul 23	Eisenstadt
	NJ	79.50	Steve Backley		5 Jun 88	Derby
Hept. short track	W	6645	Ashton Eaton	USA	10 Mar 12	Istanbul
	E	6558	Sander Skotheim	NOR	8 Mar 25	Apeldoorn
	C	6489	Damian Warner	CAN	19 Mar 22	Belgrade
	A	6418	Simon Ehammer	SUI	3 Mar 24	Glasgow (CA)
	N	6188	Tim Duckworth		10 Mar 18	College Station
	WJ*	6022	Gunnar Nixon	USA	28 Jan 12	Fayetteville
	EJ*	5984	Eusebio Caceres	ESP	7 Mar 10	San Sebastian
	NJ*	5380	David Bigham		4 Mar 90	Cosford
Junior implements:						
	WJ,EJ	6062	Jante Hauttekeete	BEL	14 Feb 21	Frankfurt
	NJ	5793	David Guest		7 Mar 10	Bompas
Decathlon	W,E	9126	Kevin Mayer	FRA	16 Sep 18	Talence
	C	9018	Damian Warner	CAN	5 Aug 21	Tokyo
	A	8869	Ashton Eaton	USA	9 Aug 12	London (OS)
	N	8847	Daley Thompson		9 Aug 84	Los Angeles
	WJ,EJ	8397	Torsten Voss	GER	7 Jul 82	Erfurt
	NJ	8082	Daley Thompson		31 Jul 77	Sittard
with 1986 Javelin:						
	C,N	8811 #	Daley Thompson		28 Aug 86	Stuttgart
	NJ	7727	David Guest		6 Jun 10	Bedford
Junior implements (where score is higher than with senior implements):						
	WJ,EJ	8514	Hubert Troscianka	POL	8 Aug 25	Tampere
	NJ	7870	Sammy Ball		28 May 23	Manchester (SC)

4x100m	W,C,A	36.84	Jamaica		11 Aug 12	London (OS)
	E,N	37.36	UK National Team		5 Oct 19	Doha
	WJ	38.51 A	South Africa		22 Aug 21	Nairobi
	EJ	38.90 A	Poland		22 Aug 21	Nairobi
	NJ	39.05	UK Junior Team		22 Oct 00	Santiago
4x200m	W,C	1:18.63	Jamaica		24 May 14	Nassau
	E	1:20.66	France		24 May 14	Nassau
	A	1:20.85	USA		11 Jun 89	Portsmouth
	N	1:21.29	UK National Team		23 Jun 89	Birmingham
	NJ*	1:25.40 i#	UK Junior Team		2 Mar 96	Liévin
		1:27.6	Borough of Enfield Harriers		13 Jun 82	London (He)
4x200m short track	WECAN	1:22.11	UK National Team		3 Mar 91	Glasgow (KH)
	WJ, EJ	1:25.36	Germany		2 Mar 96	Liévin
	NJ*	1:25.40	UK Junior Team		2 Mar 96	Liévin
4x400m	W	2:54.29	United States		22 Aug 93	Stuttgart
	C	2:54.53	Botswana		10 Aug 24	Paris (SF)
	E,N	2:55.83	UK National Team		10 Aug 24	Paris (SF)
	A	2:56.72	Bahamas		10 Aug 12	London (OS)
	WJ	2:59.30 A	United States		21 Jul 19	San José, CRC
	EJ,NJ	3:03.80	UK Junior Team		12 Aug 90	Plovdiv
4x400m short track	W	3:01.39 #	Texas A&M	USA	10 Mar 18	College Station
	W	3:01.51	University of Houston	USA	9 Feb 19	Clemson
	E,A	3:01.77	Poland		4 Mar 18	Birmingham
	C	3:02.52	Trinidad & Tobago		4 Mar 18	Birmingham
	N	3:03.20	UK National Team		7 Mar 99	Maebashi
	WJ	3:09.44	Bullis School	USA	16 Mar 25	Boston (NB)
	EJ,NJ	3:13.88	UK Junior Team		28 Feb 98	Birmingham
4x800m	W,C	7:02.43	Kenya		25 Aug 06	Brussels
	E,A,N	7:03.89	UK National Team		30 Aug 82	London (CP)
	WJ*,EJ*,NJ*	7:20.82	British Milers Club Juniors		2 Aug 19	Birmingham (Un)
4x800m short track	W	7:11.30	HOKA NJ/NY TC		25 Feb 18	Boston (A)
	E	7:15.77 #	Moskva Region	RUS	10 Feb 08	Moskva
	E	7:17.8	Soviet Union		14 Mar 71	Sofia
	C	7:23.13	Canada		31 Jan 09	University Park
	N	7:36.1	Murray State Univ (all GBR)		11 Mar 78	Detroit
	WJ*	7:36.99	Albemarle HS	USA	15 Mar 09	Boston (R)
	EJ*,NJ*		none			
4x1500m	W,C	14:22.22	Kenya		25 May 14	Nassau
	E	14:38.8	West Germany		17 Aug 77	Cologne
	N	14:54.57	England		4 Sep 09	Brussels
	A*	15:04.7	Italy		5 Jun 92	Sheffield
	NJ*	15:52.0	British Milers Club Juniors		30 Apr 97	Watford
4x1Mile*	W,E	15:49.08	Irish Republic		17 Aug 85	Dublin (B)
	C	15:59.57	New Zealand		1 Mar 83	Auckland
	N	16:17.4	Bristol A.C./Western Kentucky U		25 Apr 75	Des Moines
	A	16:21.1	BMC National Squad		10 Jul 93	Oxford
	NJ	16:56.8	BMC Junior Squad		10 Jul 93	Oxford
Distance Medley Relay (1200m + 400m + 800m + 1600m) – WR event						
	W	9:14.58	Brooks Beast (USA)		19 Apr 24	Eugene
	C	9:15.56	Kenya		29 Apr 06	Philadelphia
	E	9:24.07 #	Poland		3 May 15	Nassau
	N,A		not established			
Ekiden Road Relay (Marathon distance with 6 stages) – WR event						
	W,C	1:57:06	Kenya		23 Nov 05	Chiba
	E,N*	1:59:41	UK National Team		10 Nov 91	Potsdam

Track Walking

3000m*	WECAN	10:30.28	i	Tom Bosworth	Eng	25 Feb 18	Glasgow (CA)
	WJ,EJ	11:13.2		Jozef Pribilinec	SVK	28 Mar 79	Banská Bystrica
	NJ	11:36.2		Callum Wilkinson		15 May 16	Bury St Edmunds
3000m* short track	WECAN	10:30.28		Tom Bosworth		25 Feb 18	Glasgow (CA)
	WJ,EJ	11:13.2		Jozef Pribilinec	SVK	28 Mar 79	Banská Bystrica
	NJ	11:39.75		Cameron Corbishley		11 Dec 16	Cardiff
5000m	W,E	17:55.65	i#	Francesco Fortunato	ITA	22 Feb 25	Ancona
	W,E	18:02.38		Gabriel Bordier	FRA	10 Jun 25	Montreuil
	A,N,C	18:20.97	i#	Tom Bosworth	Eng	23 Feb 20	Glasgow (CA)
	WJ*,EJ	19:03.16		Diego Garcia	ESP	24 Jun 15	Plasencia
	NJ^	19:35.4		Callum Wilkinson		2 Jul 16	Tamworth
5000m short track	W,E	17:55.65	#	Francesco Fortunato	ITA	22 Feb 25	Ancona
	W,E	18:07.08		Mikhail Shchennikov	RUS	14 Feb 95	Moscow
	C,N,A	18:20.97		Tom Bosworth	Eng	23 Feb 20	Glasgow (CA)
	WJ*,EJ	18:51.9		Vasiliy Mizinov	RUS	6 Jan 16	Chelyabinsk
	NJ	19:39.69		Callum Wilkinson		31 Jan 16	Bratislava
10000m	W,E	37:23.99		Gabriel Bordier	FRA	3 Aug 25	Talence
	C, WJ	38:02.68		Isaac Beacroft	AUS	11 Dec 25	Sydney
	A	38:38.37		Evan Dunfee	CAN	7 Aug 22	Birmingham
	N	38:43.91		Callum Wilkinson		30 Jun 24	Manchester
	EJ	38:46.4		Viktor Burayev	RUS	20 May 00	Moscow
	NJ	40:41.62		Callum Wilkinson		23 Jul 16	Bydgoszcz
20000m	W	1:17:25.6		Bernardo Segura	MEX	7 May 94	Bergen (Fana)
	E	1:18:35.2		Stefan Johansson	SWE	15 May 92	Bergen (Fana)
	C	1:19:48.1		Nathan Deakes	AUS	4 Sep 01	Brisbane
	A	1:23:20.86		Lebogang Shange	RSA	21 Jun 15	Bedford
	N	1:23:26.5		Ian McCombie		26 May 90	Bergen (Fana)
	WJ	1:20:11.72		Li Gaobo	CHN	2 Nov 07	Wuhan
	EJ*	1:21:29.2	#	Victor Burayev	RUS	4 Sep 01	Brisbane
	NJ*	1:31:34.4		Andrey Perlov	RUS	6 Sep 80	Hefei
			Gordon Vale		28 Jun 81	Brighton	
30000m	W,E	2:01:44.1		Maurizio Damilano	ITA	4 Oct 92	Cuneo
	C	2:04:55.7		Guillaume Leblanc	CAN	16 Jun 90	Sept Îles
	A,N	2:11:54	#	Chris Maddocks		31 Dec 89	Plymouth
	A	2:17:26.4		Jorge Llopart	ESP	28 Jun 81	Brighton
	N	2:19:18		Chris Maddocks		22 Sep 84	Birmingham
50000m	W,E	3:35:27.2		Yohan Diniz	FRA	12 Mar 11	Reims
	C	3:43:50.0		Simon Baker	AUS	9 Sep 90	Melbourne
	A	4:03:52		Gerhard Weidner	GER	1 Jun 75	Woodford
	N	4:05:44.6		Paul Blagg		26 May 90	Bergen (Fana)
Road Walking							
10km*	W,E	37:11		Roman Rasskazov	RUS	28 May 00	Saransk
	WJ	37:44		Wang Zhen	CHN	18 Sep 10	Beijing
	EJ	38:16	#	Vladimir Kanaykin	RUS	19 Jun 04	Saransk
	EJ	38:28		Stanislav Yemelyanov	RUS	19 Sep 09	Saransk
	N	39:10		Tom Bosworth		1 Mar 20	Coventry
	NJ	40:30		Callum Wilkinson		7 May 16	Rome
20km	W	1:16:10		Toshikazu Yamanishi	JPN	16 Feb 25	Kobe
	E	1:16:43	#	Sergey Morozov	RUS	8 Jun 08	Saransk
		1:17:02		Yohann Diniz	FRA	8 Mar 15	Arles
	C	1:17:33		Nathan Deakes	AUS	23 Apr 05	Cixi
	A	1:18:46		Chen Ding	CHN	4 Aug 12	London
	N	1:19:38		Tom Bosworth		8 Apr 18	Gold Coast
	WJ*,EJ*	1:17:25	#	Sergey Shirobokov	RUS	9 Jun 18	Cheboksary

	WJ*,EJ*	1:18:06	Viktor Burayev	RUS	4 Mar 01	Adler
	NJ*	1:26:13	Tim Berrett §		25 Feb 84	Dartford
35km	W,E	2:20:43	Massimo Stano	ITA	18 May 25	Podebrady
	C	2:21:40	Evan Dunfee	CAN	22 Mar 25	Dudince
	A	2:30:58 +	Yohann Diniz	FRA	13 Aug 17	London
	N	2:31:34	Cameron Corbishley		26 Oct 24	Zittau
50km	W,E	3:32:33	Yohann Diniz	FRA	15 Aug 14	Zürich
	A	3:33:12	Yohann Diniz	FRA	13 Aug 17	London
	C	3:35:47	Nathan Deakes	AUS	2 Dec 06	Geelong
	N	3:51:13	Dominic King		20 Mar 21	Dudince
	WJ*	3:41:10	Zhao Jianguo	CHN	16 Apr 06	Wajima
	EJ*	4:07:23	Aleksandr Volgin	RUS	27 Sep 86	Zhytomyr
	NJ*	4:18:18	Gordon Vale		24 Oct 81	Lassing

Men's records set in 2025

60m	WJ	6.51 #	Israel Okron		28 Feb 25	College Station
400m	EJ	44.56 #	Aleksey Danilov	RUS	21 Jul 25	Brest
1000m ST	N	2:16.74	Neil Gourley		15 Feb 25	Birmingham
1500m	WJ	3:27.72	Phanuel Koech	KEN	20 Jun 25	Paris (Ch)
	A	3:28.82	Phanuel Koech	KEN	19 Jul 25	London (OS)
1500m ST	W,E	3:29.63 +	Jakob Ingebrigtsen	NOR	13 Feb 25	Liévin
	WJ	3:32.67 +	Cameron Myers	AUS	8 Feb 25	New York (A)
1 Mile ST	W	3:46.63	Yared Nuguse	USA	8 Feb 25	New York (A)
	WJ	3:53.12	Cameron Myers	AUS	25 Jan 25	New York (A)
	C,WJ	3:47.48	Cameron Myers	AUS	8 Feb 25	New York (A)
	E	3:47.56	Azeddine Habz	FRA	8 Feb 25	New York (A)
	W,E	3:45.14	Jakob Ingebrigtsen	NOR	13 Feb 25	Liévin
3000m ST	W	7:22.91	Grant Fisher	USA	8 Feb 25	New York (A)
	N	7:27.92	George Mills		2 Feb 25	Val-de-Reuil
	WJ	7:29.99	Biniam Mehary	ETH	13 Feb 25	Liévin
	EJ	7:47.98	Alex Pintado	ESP	7 Feb 25	Valencia
5000m	N	12:46.59	George Mills		12 Jun 25	Oslo
	E	12:44.27	Andreas Almgren	SWE	15 Jun 25	Stockholm
5000m ST	W	12:44.09	Grant Fisher	USA	14 Feb 25	Boston (A)
	E	12:54.92	Jimmy Gressier	FRA	14 Feb 25	Boston (A)
5k road	E	12:57	Jimmy Gressier	FRA	16 Mar 25	Lille
10k Road	E	26:53	Andreas Almgren	SWE	12 Jan 25	Valencia
	N	27:38	Rory Leonard		12 Jan 25	Valencia
Half Mar	W,C	56:42	Jacob Kiplimo	UGA	16 Feb 25	Barcelona
	E	58:41	Andreas Almgren	SWE	26 Oct 25	Valencia
300m H	W,E	33.05	Karsten Warholm	NOR	26 Apr 25	Xiamen
	W,E	32.67	Karsten Warholm	NOR	12 Jun 25	Oslo
Pole V	W,E	6.27 i	Armand Duplantis	SWE	28 Feb 25	Clermont-Ferrand
	W,E	6.28	Armand Duplantis	SWE	15 Jun 25	Stockholm
	W,E	6.29	Armand Duplantis	SWE	12 Aug 25	Budapest
	W,E	6.30	Armand Duplantis	SWE	15 Sep 25	Tokyo
Discus	W,E	74.89	Mykolas Alekna	LTU	13 Apr 25	Ramona
	W,E	75.56	Mykolas Alekna	LTU	13 Apr 25	Ramona
	C	72.07	Matthew Denny	AUS	6 Apr 25	Ramona
	C	73.46	Matthew Denny	AUS	10 Apr 25	Ramona
	C	74.25	Matthew Denny	AUS	10 Apr 25	Ramona
	C	74.78	Matthew Denny	AUS	13 Apr 25	Ramona
	A	71.70	Mykolas Alekna	LTU	19 Jul 25	London (OS)
	N	70.76	Lawrence Okoye		13 Apr 25	Ramona
Hammer	C	84.70	Ethan Katzberg	CAN	16 Sep 25	Tokyo
Hep s/t	E	6484	Sander Skotheim	NOR	2 Feb 25	Tallinn
	E	6558	Sander Skotheim	NOR	8 Mar 25	Apeldoorn
Decathlon	WJ,EJ	8514	Hubert Troscianka	POL	8 Aug 25	Tampere
4x400 ST	WJ	3:09.44	Bullis School	USA	16 Mar 25	Boston (NB)
5000mW+STW,E		17:55.65 i#	Francesco Fortunato	ITA	22 Feb 25	Ancona

5000mW	W,E	18:02.38	Gabriel Bordier	FRA	10 Jun 25	Montreuil
10000mW	W,E	37:23.99	Gabriel Bordier	FRA	3 Aug 25	Talence
	WJ	38:44.88	Sohtaroh Osaka	JPN	26 Apr 25	Hiratsuka
	C, WJ	38:02.68	Isaac Beacroft	AUS	11 Dec 25	Sydney
20kmW	W	1:16:10	Toshikazu Yamanishi	JPN	16 Feb 25	Kobe
35kmW	W,C	2:21:40	Evan Dunfee	CAN	22 Mar 25	Dudince
	W,E	2:20:43	Massimo Stano	ITA	18 May 25	Podebrady

NUITS

RECORDS - WOMEN

as at 31 December 2025

wo – road race records for women only races

60m	W,E	6.92	Irina Privalova	RUS	11 Feb 93	Madrid	
	W,E	6.92	Irina Privalova	RUS	9 Feb 95	Madrid	
	C	6.94 A	Julien Alfred	STL	11 Mar 23	Albuquerque	
	A	6.97	Murielle Ahouré	CIV	2 Mar 18	Birmingham	
	N	7.03	Dina Asher-Smith		25 Feb 23	Birmingham	
	WJ	7.02 o	Tina Clayton	JAM	25 Feb 23	Kingston, JAM	
	EJ	7.07	Ewa Swoboda	POL	12 Feb 16	Torun	
	NJ	7.19	Beverly Kinch		6 Mar 83	Budapest	
100m	W	10.49	Florence Griffith-Joyner	USA	16 Jul 88	Indianapolis	
	C	10.54	Elaine Thompson-Herah	JAM	21 Aug 21	Eugene	
	E	10.73	Christine Arron	FRA	19 Aug 98	Budapest	
	A	10.75	Shelly-Ann Fraser-Pryce	JAM	4 Aug 12	London (OS)	
	A	10.75	Marie-Josée Ta Lou	CIV	23 Jul 23	London (OS)	
	N	10.83	Dina Asher-Smith		29 Sep 19	Doha	
		10.83	Dina Asher-Smith		17 Jul 22	Eugene	
	WJ	10.75	Sha'Carri Richardson	USA	8 Jun 19	Austin	
	EJ	10.88	Marlies Oelsner/Göhr	GER	1 Jul 77	Dresden	
	NJ	11.14	Dina Asher-Smith		5 Jul 14	Mannheim	
	200m	W	21.34	Florence Griffith-Joyner	USA	29 Sep 88	Seoul
		C	21.45	Shericka Jackson	JAM	21 Jul 22	Eugene
E		21.63	Dafne Schippers	NED	28 Aug 15	Beijing	
A		21.71	Julien Alfred	LCA	19 Jul 25	London (OS)	
N		21.88	Dina Asher-Smith		2 Oct 19	Doha	
WJ		21.78	Christine Mboma	NAM	9 Sep 21	Zürich	
EJ		22.19	Natalya Bochina	RUS	30 Jul 80	Moscow	
NJ		22.42	Amy Hunt		30 Jun 19	Mannheim	
200m short track		W,C	21.87	Merlene Ottey	JAM	13 Feb 93	Liévin
	E	22.10	Irina Privalova	RUS	19 Feb 95	Liévin	
	A	22.38	Veronica Campbell	JAM	18 Feb 05	Birmingham	
	N	22.60	Amber Anning		26 Jan 24	Fayetteville	
	WJ	22.33	Adaejah Hodge	BVI	12 Mar 23	Boston (NB)	
	EJ	22.58	Grit Breuer	GER	10 Mar 91	Seville	
	NJ	23.15	Dina Asher-Smith		2 Mar 14	Sheffield	
	300m*	W,C	34.41	Shaunae Miller-Uibo	BAH	20 Jun 19	Ostrava
W,E		34.14 +	Marita Koch	GER	6 Oct 85	Canberra	
A,N		35.46	Kathy Cook		18 Aug 84	London (CP)	
A		35.46	Chandra Cheeseborough	USA	18 Aug 84	London (CP)	
WJ,EJ		36.24 +	Grit Breuer	GER	29 Aug 90	Split	
		35.4 +	Christina Brehmer/Lathan	GER	29 Jul 76	Montreal	
NJ		36.46	Linsey Macdonald		13 Jul 80	London (CP)	
		36.2	Donna Murray/Hartley		7 Aug 74	London (CP)	
400m	W,E	47.60	Marita Koch	GER	6 Oct 85	Canberra	
	C	48.36	Shaunae Miller-Uibo	BAH	6 Aug 21	Tokyo	
	A	48.57	Nickisha Pryce	JAM	20 Jul 24	London (OS)	
	N	49.29	Amber Anning		9 Aug 24	Paris (SF)	
	WJ,EJ	49.42	Grit Breuer	GER	27 Aug 91	Tokyo	
	NJ	51.16	Linsey Macdonald		15 Jun 80	London (CP)	
	400m short track	W,E,A	49.17	Femke Bol	NED	2 Mar 24	Glasgow (CA)
C,N		50.02	Nicola Sanders	Eng	3 Mar 07	Birmingham	
WJ		50.36 #	Sydney McLaughlin	USA	10 Mar 18	College Station	
WJ		50.82	Sanya Richards-Ross	USA	13 Mar 04	Fayetteville	
EJ		52.22	Johanna Martin	GER	15 Feb 25	Dortmund	
NJ		53.00	Amber Anning		10 Feb 19	Birmingham	

600m*	W,C	1:21.63	Mary Moraa	KEN	1 Sep 24	Berlin
	E,N,A	1:23.41 #	Keely Hodgkinson		28 Jan 23	Manchester
	WJ,EJ	1:25.12	Audrey Werro	SUI	18 May 23	Langenthal
	NJ	1:27.33	Lorraine Baker		13 Jul 80	London (CP)
800m	W,E	1:53.28	Jarmila Kratochvílová	CZE	26 Jul 83	Munich
	C,WJ	1:54.01	Pamela Jelimo	KEN	29 Aug 08	Zürich
	N,A	1:54.61	Keely Hodgkinson		20 Jul 24	London (OS)
	EJ,NJ	1:55.88	Keely Hodgkinson		3 Aug 21	Tokyo
800m short track	W,E	1:55.82	Jolanda Ceplak	SLO	3 Mar 02	Vienna
	C	1:56.36	Maria Mutola	MOZ	22 Feb 98	Liévin
	N,A	1:57.18	Keely Hodgkinson		25 Feb 23	Birmingham
	WJ	1:58.40	Athing Mu	USA	27 Feb 21	Fayetteville
	EJ,NJ	1:59.03	Keely Hodgkinson		30 Jan 21	Vienna
1000m	W,E	2:28.98	Svetlana Masterkova	RUS	23 Aug 96	Brussels
	C	2:29.15	Faith Kipyegon	KEN	14 Aug 20	Monaco
	N	2:30.82	Laura Muir		14 Aug 20	Monaco
	A	2:32.55	Kelly Holmes		15 Jun 97	Leeds
	WJ,EJ	2:34.89	Audrey Werro	SUI	17 Jun 23	Nice
	NJ	2:38.58	Jo White		9 Sep 77	London (CP)
1000m short track	W,C	2:30.94	Maria Mutola	MOZ	25 Feb 99	Stockholm
	E,N,A	2:31.93	Laura Muir		18 Feb 17	Birmingham
	WJ	2:35.80	Mary Cain	USA	8 Feb 14	Boston (R)
	EJ	2:40.43	Petja Klojcnik	SLO	25 Feb 23	Birmingham
	NJ	2:45.1	Jackie Beasley		19 Nov 83	Cosford
1500m	W,C	3:48.68	Faith Kipyegon	KEN	5 Jul 25	Eugene
	E	3:51.95	Sifan Hassan	NED	5 Oct 19	Doha
	N	3:52.61	Georgia Hunter Bell		10 Aug 24	Paris (SF)
	A	3:57.41 +	Sifan Hassan	NED	22 Jul 18	London (OS)
	WJ	3:51.34	Lang Yinglai	CHN	18 Oct 97	Shanghai
	EJ,NJ	3:59.96	Zola Budd		30 Aug 85	Brussels
1500m short track	W	3:53.09	Gudaf Tsegay	ETH	9 Feb 21	Liévin
	E	3:57.91	Abeba Aregawi	SWE	6 Feb 14	Stockholm
	C,N	3:59.58	Laura Muir	Sco	9 Feb 21	Liévin
	A	4:00.63	Georgia Hunter Bell		15 Feb 25	Birmingham
	WJ	3:58.43 #	Birke Haylom	ETH	4 Feb 24	Boston (NB)
		4:01.57	Lemlem Hailu	ETH	19 Feb 20	Liévin
	EJ	4:08.38	Konstanze Klosterhalfen	GER	6 Feb 16	Karlsruhe
	NJ	4:11.20	Zola Budd		26 Jan 85	Cosford
1 Mile	W,C	4:07.64	Faith Kipyegon	KEN	21 Jul 23	Monaco
	E	4:12.33	Sifan Hassan	NED	12 Jul 19	Monaco
	A	4:11.88	Gudaf Tsegay	ETH	19 Jul 25	London (OS)
	N	4:15.24	Laura Muir		21 Jul 23	Monaco
	WJ	4:17.13 #	Birke Haylom	ETH	15 Jun 23	Oslo
	WJ,EJ,NJ	4:17.57	Zola Budd		21 Aug 85	Zürich
1 Mile short track	W	4:13.31	Genzebe Dibaba	ETH	17 Feb 16	Stockholm
	E	4:17.14	Doina Melinte	ROU	9 Feb 90	East Rutherford
	C,N	4:17.88	Jemma Reekie	Sco	8 Feb 20	New York (A)
	A	4:18.75	Laura Muir		16 Feb 19	Birmingham
	WJ	4:24.10	Kalkidan Gezahegne	ETH	20 Feb 10	Birmingham
	EJ	4:29.31	Sofia Thøgersen	DEN	30 Jan 24	Ostrava
	NJ	4:40.07	Annie Mann		15 Feb 25	Boston (A)
2000m	W,C	5:19.70	Jessica Hull	AUS	12 Jul 24	Monaco
	E,A	5:25.36	Sonia O'Sullivan	IRL	8 Jul 94	Edinburgh
	N	5:26.08	Melissa Courtney-Bryant		12 Jul 24	Monaco
	WJ,NJ*	5:33.15	Zola Budd		13 Jul 84	London (CP)

3000m	W	8:06.11	Wang Junxia	CHN	13 Sep 93	Beijing
	C	8:07.04	Faith Kipyegon	KEN	16 Aug 25	Silesia
	E	8:18.49	Sifan Hassan	NED	30 Jun 19	Stanford
	A	8:21.64	Sonia O'Sullivan	IRL	3 Jul 94	London (CP)
	N	8:22.20	Paula Radcliffe		19 Jul 02	Monaco
	WJ,EJ,NJ	8:28.83	Zola Budd		7 Sep 85	Rome
3000m short track	W	8:16.60	Genzebe Dibaba	ETH	6 Feb 14	Stockholm
	A	8:16.69	Gudaf Tsegay	ETH	25 Feb 23	Birmingham
	C	8:22.68	Beatrice Chepkoech	KEN	2 Mar 24	Glasgow (CA)
	E,N	8:26.41	Laura Muir		4 Feb 17	Karlsruhe
	WJ	8:25.37	Birke Haylom	ETH	13 Feb 25	Liévin
	EJ, NJ	8:40.05	Innes Fitzgerald		4 Feb 25	Ostrava
2 Miles*	W	8:58.58	Meseret Defar	ETH	14 Sep 07	Brussels
	C,E,N	9:04.84	Laura Muir		11 Feb 24	New York (A)
	A	9:11.49	Mercy Cherono	KEN	24 Aug 14	Birmingham
	WJ	9:17.75	Jane Hedengren	USA	8 Jun 25	Renton
	NJ	9:29.6	Zola Budd		26 Aug 85	London (CP)
		10:35.10	Jane Potter		23 May 99	Loughborough
5000m	W,C	13:58.06	Beatrice Chebet	KEN	5 Jul 25	Eugene
	A	14:12.29	Gudaf Tsegay	ETH	23 Jul 23	London (OS)
	E	14:13.42	Sifan Hassan	NED	23 Jul 23	London (OS)
	WJ	14:16.54	Medina Eisa	ETH	23 Jul 23	London (OS)
		14:21.89	Medina Eisa	ETH	14 Sep 24	Brussels
	N	14:28.55	Eilish McColgan		1 Jul 21	Oslo
	EJ,NJ	14:39.56	Innes Fitzgerald		19 Jul 25	London (OS)
5000m short track	W	14:18.86	Genzebe Dibaba	ETH	19 Feb 15	Stockholm
	E	14:30.79	Konstanze Klosterhalfen	GER	27 Feb 20	Boston (A)
	C	14:31.38	Gabriela DeBues-Stafford	CAN	11 Feb 22	Boston (A)
	N,A	14:49.12	Laura Muir		4 Jan 17	Glasgow (CA)
	WJ	14:42.94	Senayet Getachew	ETH	27 Jan 24	Boston (R)
		14:44.79	Jane Hedengren	USA	6 Dec 25	Boston (A)
	EJ	15:41.00	Sarah Collins	IRL	7 Dec 13	Boston (A)
	NJ	16:09.78	Gwenno Goode		7 Dec 24	Boston (A)
10,000m	W,C	28:54.14	Beatrice Chebet	KEN	25 May 24	Eugene
	E	29:06.82	Sifan Hassan	NED	6 Jun 21	Hengelo
	A	29:59.20	Meseret Defar	ETH	11 Jul 09	Birmingham
	N	30:00.86	Eilish McColgan		4 Mar 23	San Juan Capistrano
	WJ	30:26.50	Linet Masai	KEN	15 Aug 08	Beijing
	EJ	31:40.42	Annemari Sandell	FIN	27 Jul 96	Atlanta
	NJ	32:36.75	Charlotte Purdue		14 Aug 10	Tipton
	1 Hour	W,E	18,930 m	Sifan Hassan	NED	4 Sep 20
C		18,904 m	Brigid Kosgei	KEN	4 Sep 20	Brussels
			(disqualified for minor kerb infraction)			
C		18,393 m	Tegla Loroupe	KEN	3 Sep 00	Borgholzhausen
C		18,341 m	Eva Cherono	KEN	4 Sep 20	Brussels
N		17,044 m	Alice Wright		30 Oct 21	Phoenix
NJ*	14,580 m	Paula Simpson		20 Oct 93	Bebington	
1 Mile Rd	W	4:20.98	Diribe Welteji	ETH	1 Oct 23	Riga
	C	4:24.13	Faith Kipyegon	KEN	1 Oct 23	Riga
	E	4:30.3	Marissa Damink	NED	1 Sep 24	Dusseldorf
	N	4:32.6	Alexandra Bell		27 Apr 24	Herzogenaurach
5km Road	W,C	13:54	Beatrice Chebet	KEN	31 Dec 24	Barcelona
	E	14:32	Nadia Battocletti	ITA	3 May 25	Tokyo
	A,N	14:41	Beth Potter		3 Apr 21	Barrowford
	N	14:45	Eilish McColgan		24 Apr 22	Malaga
	WJ*	14:38	Medina Eisa	ETH	27 Apr 24	Herzogenaurach
	EJ, NJ*	15:09	Innes Fitzgerald		6 Apr 25	Bath

10km Road	W,C	28:46	Agnes Ngetich	KEN	14 Jan 24	Valencia
	W,C	29:27	wo Agnes Ngetich	KEN	26 Apr 25	Herzogenaurach
	E	30:05	# Lonah Chemtai Salpeter	ISR	1 Sep 19	Tilburg
	E	30:10	Jana van Lent	BEL	4 Jan 26	Nice
	A	30:15	Hellen Obiri	KEN	22 May 22	Manchester
	N,E(wo)	30:19	Eilish McColgan		22 May 22	Manchester
	WJ*	30:19	dh# Prisca Chesang	UGA	31 Dec 22	Madrid
	WJ	30:23	Asmarech Anley	ETH	16 Nov 24	Lille
	EJ*	31:29	Karoline Grovdal	NOR	3 May 09	Oslo
	NJ*	32:20	Zola Budd		2 Mar 85	Phoenix
Half Marathon	W	62:52	Letesenbet Gidey	ETH	24 Oct 21	Valencia
	C	63:04	Agnes Ngetich	KEN	27 Oct 24	Valencia
	W	65:16	wo Peres Jepchirchir	KEN	17 Oct 20	Gdynia
	E	65:15	Sifan Hassan	NED	16 Sep 18	Copenhagen
	E	65:18	wo Melat Kejeta	GER	17 Oct 20	Gdynia
	N	65:40	# Paula Radcliffe		21 Sep 03	South Shields
	N	65:43	Eilish McColgan		2 Apr 23	Berlin
	A	64:22	Yalemzerf Yehualaw	ETH	28 Aug 22	Larne
	WJ	66:47	Degitu Azimeraw	ETH	9 Feb 18	Ras Al Khaimah
	EJ, NJ*	70:18	Natasha Phillips		27 Oct 24	Valencia
Marathon	W,C	2:09:56	Ruth Chepngetich	KEN	13 Oct 24	Chicago
	E	2:13:44	Sifan Hassan	NED	8 Oct 23	Chicago
	A,N	2:15:25	Paula Radcliffe		13 Apr 03	London
	W	2:15:50	wo Tigist Assefa	ETH	27 Apr 25	London
	N	2:17:42	wo Paula Radcliffe		17 Apr 05	London
	WJ	2:20:59	Shure Demise	ETH	23 Jan 15	Dubai
	NJ*	2:41:01	Eleanor Baker		14 May 23	Leeds
50k Road	W	2:59:54	Desiree Linden	USA	13 Apr 21	Dorena Lake
	C,W	3:04:24	wo Irvette van Zyl	RSA	23 May 21	Port Elizabeth
	E,N	3:07:20	Alyson Dixon		1 Sep 19	Brasov
100k Road	W	6:33:11	Tomoe Abe	JPN	25 Jun 00	Yubetsu
	E,C,N	7:03:40	Sarah Webster	IoM	2 Apr 23	Craigavon
24 Hours*	W,E,N	278,622m	Sarah Webster	IoM	19 Oct 25	Albi
2000m Steeple-chase*	W,C	5:47.42	Beatrice Chepkoech	KEN	10 Sep 23	Zagreb
	E	5:52.80	Gesa Felicitas Krause	GER	1 Sep 19	Berlin
	N,A	6:08.17	Aimee Pratt		14 May 22	Birmingham
	WJ	6:07:01	Fancy Cherono	KEN	1 Sep 19	Berlin
	EJ	6:07.72	Jolanda Kallabis	GER	9 Sep 22	Trier
	NJ	6:32.45	Louise Webb		14 Jul 07	Ostrava
3000m Steeple-chase	W,C	8:44.32	Beatrice Chepkoech	KEN	20 Jul 18	Monaco
	E	8:58.67	Alice Finot	FRA	6 Aug 24	Paris (SF)
	A	9:02.58	Emma Coburn	USA	11 Aug 17	London (OS)
	N	9:04.35	Elizabeth Bird		6 Aug 24	Paris (SF)
	WJ	8:58.78	Celliphine Chespol	KEN	26 May 17	Eugene
	EJ	9:32.68	Anna Emilie Møller	DEN	13 Aug 16	Rio de Janeiro
	NJ	10:06.12	Emily Pidgeon		3 Jul 05	Bedford
60m Hurdles	W,C,A	7.65	Devynne Charlton	BAH	3 Mar 24	Glasgow (CA)
	E	7.67	Ditaji Kambundji	SUI	7 Mar 25	Apeldoorn
	N	7.80	Tiffany Porter		4 Mar 11	Paris (B)
	WJ	7.91	# Grace Stark	USA	29 Feb 20	College Station
	WJ	7.91	# Ackera Nugent	JAM	26 Feb 21	Lubbock
	WJ	7.92	Ackera Nugent	JAM	13 Mar 21	Fayetteville
	EJ	8.00	Klaudia Siciarz	POL	18 Feb 17	Torun
	NJ	8.18	Jessica Duncton		11 Feb 24	Sheffield

Records – Women

15

100m Hurdles	W,C	12.12	Tobi Amusan	NGR	24 Jul 22	Eugene
	A	12.20	Kendra Harrison	USA	22 Jul 16	London (OS)
	E	12.21	Yordanka Donkova	BUL	20 Aug 88	Stara Zagora
	N	12.50	Cindy Sember		24 Jul 22	Eugene
	WJ	12.71	Brittany Anderson	JAM	24 Jul 19	Joensuu
	EJ	12.85	Elvira Herman	BLR	24 Jul 16	Bydgoszcz
	NJ	13.07	Alicia Barrett		18 Jun 17	Bedford
200m H* curve (auto)	W	25.20	Dalilah Muhammad	USA	10 Mar 18	Northridge CA
	E	25.79	Noemi Zbaren	SUI	17 May 14	Basel
	C	25.79	Lauren Boden	AUS	22 Jan 17	Canberra
	N	26.68	Sharon Colyear/Danville		16 Jul 71	London (CP)
300m H*	W,E	36.86	Femke Bol	NED	31 May 22	Ostrava
	C,N	38.84	Jessie Knight	Eng	31 May 22	Ostrava
	NJ	41.05	Arabella Wilson		16 Jul 25	Carshalton
400m Hurdles	W	50.37	Sydney McLaughlin	USA	8 Aug 24	Paris (SF)
	E	50.95	Femke Bol	NED	14 Jul 24	La Chaux-de-Fonds
	A	51.30	Femke Bol	NED	20 Jul 24	London (OS)
	C	52.42	Melaine Walker	JAM	20 Aug 09	Berlin
	N	52.74	Sally Gunnell		19 Aug 93	Stuttgart
	WJ	52.75	Sydney McLaughlin	USA	13 May 18	Knoxville
	EJ	55.26	Ionela Tirlea-Manolache	ROU	12 Jul 95	Nice
	NJ	56.16	Shona Richards		26 Jul 14	Eugene
High Jump	W,E	2.10	Yaroslava Mahuchikh	UKR	7 Jul 24	Paris (Ch)
	C	2.06	Hestrie Cloete	RSA	31 Aug 03	Paris (SF)
	A	2.05	Kajsa Bergqvist	SWE	28 Jul 06	London (CP)
		2.05	Anna Chicherova	RUS	11 Aug 12	London (OS)
	N	2.00	Morgan Lake		27 Aug 25	Zürich
	WJ,EJ	2.04	Yaroslava Mahuchikh	UKR	30 Sep 19	Doha
	NJ	1.94	Morgan Lake		22 Jul 14	Eugene
		1.94 i	Morgan Lake		14 Feb 15	Sheffield
		1.94	Morgan Lake		21 Jun 15	Bedford
		1.94	Morgan Lake		1 Aug 15	Eberstadt
		1.94	Morgan Lake		18 Aug 16	Rio de Janeiro
Pole Vault	W,E	5.06	Yelena Isinbayeva	RUS	28 Aug 09	Zürich
	A	5.00	Yelena Isinbayeva	RUS	22 Jul 05	London (CP)
	C	4.94	Eliza McCartney	NZL	17 Jul 18	Jockgrim
	N	4.92	Molly Caudery		22 Jun 24	Toulouse
	WJ,EJ	4.71 i	Wilma Murto	FIN	31 Jan 16	Zweibrücken
	NJ	4.53	Molly Caudery		23 Jun 18	Mannheim
Long Jump	W,E	7.52	Galina Chistyakova	RUS	11 Jun 88	Saint Petersburg
	C	7.17	Ese Brume	NGR	29 May 21	Chula Vista
	A	7.14	Galina Chistyakova	RUS	24 Jun 89	Birmingham
	N	7.07	Shara Proctor		28 Aug 15	Beijing
	WJ,EJ	7.14	Heike Daute/Drechsler	GER	4 Jun 83	Bratislava
	NJ	6.90	Beverly Kinch		14 Aug 83	Helsinki
Triple Jump	W	15.74 i	Yulimar Rojas	VEN	20 Mar 22	Belgrade
	E	15.50	Inessa Kravets	UKR	10 Aug 95	Gothenburg
	C	15.39	Françoise Mbango	CMR	17 Aug 08	Beijing
	A	15.27	Yamilé Aldama	CUB	8 Aug 03	London (CP)
	N	15.16 i	Ashia Hansen		28 Feb 98	Valencia
	WJ,EJ	14.62	Tereza Marinova	BUL	25 Aug 96	Sydney
	NJ	13.75	Laura Samuel		22 Jul 10	Moncton
Shot Put	W,E	22.63	Natalya Lisovskaya	RUS	7 Jun 87	Moscow
	A	21.95	Natalya Lisovskaya	RUS	29 Jul 88	Edinburgh
	C	21.24	Valerie Adams	NZL	29 Aug 11	Daegu
	N	19.36	Judy Oakes		14 Aug 88	Gateshead
	WJ,EJ	20.54	Astrid Kumbernuss	GER	1 Jul 89	Orimattila
	NJ	17.12	Sophie McKinna		25 May 13	Halle

Discus	W,E	76.80	Gabriele Reinsch	GER	9 Jul 88	Neubrandenburg
	A	73.04	Ilke Wyludda	GER	5 Aug 89	Gateshead
	C	69.64	Dani Stevens	AUS	13 Aug 17	London (OS)
	N	67.48	Meg Ritchie		26 Apr 81	Walnut
	WJ,EJ	74.40	Ilke Wyludda	GER	13 Sep 88	Berlin
	NJ	55.99	Zara Obamakinwa		9 Jul 23	Manchester
Hammer	W,E	82.98	Anita Wlodarczyk	POL	28 Aug 16	Warsaw
	C	80.51	Camryn Rogers	CAN	15 Sep 25	Tokyo
	A	78.74	Anita Wlodarczyk	POL	14 Jul 18	London (OS)
	N	74.54	Sophie Hitchon		15 Aug 16	Rio de Janeiro
	WJ	77.24	Zhang Jiale	CHN	2 Aug 25	Quzhou
	EJ	73.43	Silja Kosonen	FIN	28 Jun 21	Vaasa
	NJ	66.01	Sophie Hitchon		24 Jul 10	Moncton
20LB Weight*	W	26.02	DeAnna Price	USA	17 Feb 23	Albuquerque
	C	25.32	Sade Olatoye	NGR	10 Mar 23	Nashville
	E	24.06	Stamatia Skarvelis	GRE	23 Feb 19	Fayetteville
	N	22.18	Tara Simpson-Sullivan		18 Feb 23	Birmingham, USA
Javelin	W,E	72.28	Barbora Spotáková	CZE	13 Sep 08	Stuttgart
	C	69.35	Sunette Viljoen	RSA	9 Jun 12	New York (RI)
	A	69.55	Barbora Spotáková	CZE	9 Aug 12	London (OS)
	N	66.17	Goldie Sayers		14 Jul 12	London (CP)
	WJ	65.89	Yan Ziyi	CHN	3 Aug 25	Quzhou
	EJ	63.96 #	Elina Tzengko	GRE	1 Aug 20	Ioannina
	EJ	63.52	Adriana Vilagos	SRB	2 Aug 22	Cali
	NJ	55.40	Goldie Sayers		22 Jul 01	Grosseto
Pentathlon short track	W,E	5055	Nafissatou Thiam	BEL	3 Mar 23	Istanbul
	C,N	5000	Katarina Johnson-Thompson Eng		6 Mar 15	Prague
	A	4983	Katarina Johnson-Thompson		1 Mar 19	Birmingham
	WJ	4635 #	Kendell Williams	USA	15 Mar 14	Albuquerque
	WJ,EJ	4556 #	Sofia Yakushina	RUS	27 Feb 25	College Station
	WJ,EJ	4542	Alina Shukh	UKR	4 Feb 17	Tallinn
NJ	4527	Morgan Lake		6 Mar 15	Prague	
Heptathlon	W	7291	Jackie Joyner-Kersey	USA	24 Sep 88	Seoul
	E	7032	Carolina Klüft	SWE	26 Aug 07	Osaka
	C,N	6981	Katarina Johnson-Thompson Eng		4 Oct 19	Doha
	A	6955	Jessica Ennis		4 Aug 12	London (OS)
	WJ,EJ	6542	Carolina Klüft	SWE	10 Aug 02	Munich
	NJ	6267	Katarina Johnson-Thompson		4 Aug 12	London (OS)
Decathlon	W,E	8358	Austra Skujyte	LTU	15 Apr 05	Columbia MO
	C	6915	Margaret Simpson	GHA	19 Apr 07	Réduit, MRI
	A,N	6877	Jessica Taylor		13 Sep 15	Erith
4x100m	W,A	40.82	United States		10 Aug 12	London (OS)
	C	41.02	Jamaica		6 Aug 21	Tokyo
	E	41.37	East Germany (GDR)		6 Oct 85	Canberra
	N	41.55	UK National Team		5 Aug 21	Tokyo
	N	41.55	UK National Team		20 Jul 24	London (OS)
	WJ	42.58 #	Jamaica		17 Apr 22	Kingston, JAM
	WJ	42.59	Jamaica		5 Aug 22	Cali
	EJ	43.27	Germany		23 Jul 17	Grosseto
	NJ	43.78	UK Junior Team		4 Aug 22	Cali
4x200m	W	1:27.46	United States		29 Apr 00	Philadelphia
	E	1:28.15	East Germany		9 Aug 80	Jena
	C	1:29.04	Jamaica		22 Apr 17	Nassau
	N	1:29.61	UK National Team		25 May 14	Nassau
	A	1:31.49	Russia		5 Jun 93	Portsmouth
	NJ*	1:38.34 i#	UK Junior Team		2 Mar 96	Liévin
		1:39.37 i	England U20 Team		3 Feb 08	Cardiff
	1:42.2	London Olympiades AC		19 Aug 72	Bracknell	

4x200m short track	W,E,A	1:32.41	Russia		29 Jan 05	Glasgow (KH)
	C,N	1:33.96	UK National Team	Eng	23 Feb 90	Glasgow (KH)
	WJ	1:35.86	Long Beach Poly	USA	16 Mar 03	New York (A)
	NJ*	1:38.34	UK Junior Team		2 Mar 96	Liévin
4x400m	W,E	3:15.17	U.S.S.R.		1 Oct 88	Seoul
	A	3:16.87	United States		11 Aug 12	London (OS)
	C	3:18.71	Jamaica		3 Sep 11	Daegu
	N	3:19.72	UK National Team		10 Aug 24	Paris (SF)
	WJ	3:24.04 A	United States		21 Jul 19	San José, CRC
	EJ	3:28.39	East Germany		31 Jul 88	Sudbury
	NJ	3:30.46	UK Junior Team		21 Jul 02	Kingston, JAM
4x400m short track	W,E,A	3:23.37	Russia		28 Jan 06	Glasgow (KH)
	C,N	3:24.89	UK National Team	Eng	9 Mar 25	Apeldoorn
	WJ	3:38.91	Long Beach Poly	USA	14 Mar 04	New York (A)
	EJ					
	NJ*	3:44.28	UK Junior Team		4 Mar 00	Neubrandenburg
4x800m	W,E	7:50.17	U.S.S.R.		5 Aug 84	Moscow
	A	7:57.08	Russia		5 Jun 93	Portsmouth
	C	8:04.28	Kenya		25 May 14	Nassau
	N	8:13.46	UK National Team		27 Apr 13	Philadelphia
	NJ*	8:38.22	Kelly's Camp		7 Jun 06	Twickenham
4x800m short track	W	8:05.89	United States		3 Feb 18	New York (A)
	E	8:06.24	Moscow Region		18 Feb 11	Moscow
	C	8:17.75	Jamaica		3 Feb 18	New York (A)
	WJ	8:59.37	Suffern HS	USA	12 Mar 06	New York (A)
	N,NJ*		none			
4x1500m	W	16:27.02	Nike/Bowerman TC	USA	31 Jul 20	Portland
	C	16:33.58	Kenya		24 May 14	Nassau
	A	17:09.75	Australia		25 Jun 00	London (BP)
	E	17:19.09	Irish Republic		25 Jun 00	London (BP)
	N*	17:34.58	Scotland		17 Aug 06	Grangemouth
	NJ*	18:17.40	BMC Junior Squad		17 Aug 06	Grangemouth
4x1Mile*	W	18:39.58	University of Oregon	USA	3 May 85	Eugene
	E,C,A,N	19:17.3	BMC National Squad	Eng	10 Jul 93	Oxford
	NJ	20:16.2	BMC Junior Squad		11 Jun 97	Watford
Distance Medley Relay (1200m + 400m + 800m + 1600m) – WR event						
	W	10:33.85 i	New Balance All-Stars (USA)		15 Apr 22	Boston (NB)
	C	10:43.35	Kenya		2 May 15	Nassau
	E	10:45.32	Poland		2 May 15	Nassau
	N*	11:18.34	University of Birmingham		28 Apr 07	Philadelphia
Ekiden Road Relay	W	2:11:41	China		28 Feb 98	Beijing
	C	2:13:35	Kenya		23 Nov 06	Chiba
	E	2:14:51	Russia		23 Nov 06	Chiba
	N*	2:17:31	UK National Team		23 Feb 92	Yokohama
Track Walking						
3000m*	W,E,A	11:35.34 i#	Gillian O'Sullivan	IRL	15 Feb 03	Belfast
	C	11:51.26	Kerry Saxby-Junna	AUS	7 Feb 91	Melbourne
	N	12:22.62 +	Jo Jackson		14 Feb 09	Sydney
	A	12:32.37	Yelena Nikolayeva	RUS	19 Jun 88	Portsmouth
	WJ	12:10.31 #	Chen Zhou	CHN	28 Aug 05	Zhengzhou
	EJ	12:24.47	Claudia Iovan	ROU	24 Jul 97	Ljubljana
	NJ	13:03.4	Vicky Lupton/White		18 May 91	Sheffield
3000m short track	W,E,A	11:35.34 #	Gillian O'Sullivan	IRL	15 Feb 03	Belfast
	W,E	11:40.33	Claudia Iovan	ROU	30 Jan 99	Bucharest
	C	11:53.82	Kerry Saxby-Junna	AUS	13 Mar 93	Toronto
	N	12:35.87	Bethan Davies		11 Dec 16	Cardiff
	WJ*,EJ*	12:05.1	Anastasiya Kolchina	RUS	24 Sep 23	Saransk

	EJ	12:24.47	Claudia Iovan	ROU	24 Jul 97	Ljubljana
	NJ*	13:29.19	Emma Achurch		15 Feb 15	Sheffield
5000m	W,E	20:01.80	Eleonora Giorgi	ITA	18 May 14	Misterbianco
	C	20:03.00	Kerry Saxby-Junna	AUS	11 Feb 96	Sydney
	N^	20:46.58	Jo Jackson		14 Feb 09	Sydney
	A	21:08.65	Yelena Nikolayeva	RUS	19 Jun 88	Portsmouth
	WJ,EJ	20:28.05	Tatyana Kalmykova	RUS	12 Jul 07	Ostrava
	NJ^	22:36.81	Vicky Lupton/White		15 Jun 91	Espoo
5k (Road)*	WJ,EJ	20:24	Lyudmila Yefimkina	RUS	28 May 00	Saransk
5000m short track	W,E	20:10.3	Vera Sokolova	RUS	30 Dec 11	Saransk
	C,A,N	21:25.37	Bethan Davies	Wal	18 Feb 18	Birmingham
	WJ*,EJ*	21:30.1	Vera Sokolova	RUS	6 Jan 05	Chelyabinsk
	NJ^	26:43.74	Pagen Spooner		10 Feb 19	Birmingham
10000m*	W,E	40:59.93 #	Elvira Khasanova	RUS	15 Aug 24	Yekaterinburg
	W	41:37.9 #	Gao Hongmiao	CHN	7 Apr 94	Beijing
	E	41:42.5 #	Lyudmyla Olyanovska	UKR	1 Nov 14	Mukachevo
	E,WJ	41:45.84 #	Elvira Khasanova	RUS	3 Aug 19	Cheboksary
	W,E	41:56.23	Nadezhda Ryashkina	RUS	24 Jul 90	Seattle
	C	41:57.22	Kerry Saxby-Junna	AUS	24 Jul 90	Seattle
	A	42:34.30	Jemima Montag	AUS	6 Aug 22	Birmingham
	N	45:09.19	Heather Lewis		6 Aug 22	Birmingham
	WJ,EJ	42:47.25	Anezka Drahotová	CZE	23 Jul 14	Eugene
	NJ	47:04	Vicky Lupton		30 Mar 91	Sheffield (W)
20000m	W,E	1:26:52.3	Olimpiada Ivanova	RUS	6 Sep 01	Brisbane
	C	1:33:40.2	Kerry Saxby-Junna	AUS	6 Sep 01	Brisbane
	A,N	1:36:39.70	Bethan Davies		21 Jun 15	Bedford
	WJ*	1:29:32.4 #	Song Hongjuan	CHN	24 Oct 03	Changsha
		1:37:33.9	Gao Kelian	CHN	18 Sep 99	Xian
	EJ*	1:39:20.5	Vera Santos	POR	4 Aug 00	Almada
Road Walking						
10km*	W,E	41:04	Yelena Nikolayeva	RUS	20 Apr 96	Sochi
	C	41:30	Kerry Saxby-Junna	AUS	27 Aug 88	Canberra
	A	43:39	Kjersti Tysse Plätzer	NOR	14 Sep 02	Leamington
	N	43:52	Jo Jackson		14 Mar 10	Coventry
	WJ,EJ	41:52	Tatyana Mineyeva	RUS	5 Sep 09	Penza
	NJ	47:30	Vicky Lupton		17 Mar 91	Sheffield
20km	W,E	1:23:39 #	Yelena Lashmanova	RUS	9 Jun 18	Cheboksary
	W	1:23:49	Yang Jiayu	CHN	20 Mar 21	Huangshan
	E	1:24:31 #	Elvira Chepareva	RUS	27 Feb 24	Sochi
	E	1:25:08	Vera Sokolova	RUS	26 Feb 11	Sochi
	A	1:25:16	Qieyang Shenjie	CHN	11 Aug 12	London (OS)
	C	1:27:09	Jemima Montag	AUS	11 Feb 24	Adelaide
	N	1:30:41	Jo Jackson		19 Jun 10	La Coruña
	WJ*	1:25:29	Glenda Morejon	ECU	8 Jun 19	La Coruña
	EJ*	1:25:30	Anisya Kirdyakpina	RUS	23 Feb 08	Adler
	NJ*	1:43:26	Emma Achurch		2 Oct 16	Hayes
35km	W	2:37:11 #	Klavdiya Afanasyeva	RUS	20 May 23	Saransk
	W,E	2:37:15	Mária Pérez	ESP	21 May 23	Podebrady
	C	2:42:40	Olivia Sandery	AUS	16 Mar 25	Nomi
	N	2:58:48	Bethan Davies		23 Apr 22	Dudince
50km	W,E	3:50:42 #	Yelena Lashmanova	RUS	6 Sep 20	Voronovsky
	W	3:59.15	Hong Liu	CHN	9 Mar 19	Huangshan
	E	4:04:50	Eleonora Giorgi	ITA	19 May 19	Alytus
	A	4:05.56	Ines Henriques	POR	13 Aug 17	London
	C	4:09:33	Claire Tallent	AUS	5 May 18	Taicang
	N	4:50:51	Sandra Brown		13 Jul 91	Basildon

Women's records set in 2025/6

200m	A	21.71	Julien Alfred	LCA	19 Jul 25	London (OS)
400m ST	EJ	52.22	Johanna Martin	GER	15 Feb 25	Dortmund
1500m	W,C	3:48.68	Faith Kipyegon	KEN	5 Jul 25	Eugene
1500m ST	A	4:00.63	Georgia Hunter Bell	Eng	15 Feb 25	Birmingham
1 Mile	A	4:11.88	Gudaf Tsegay	ETH	19 Jul 25	London (OS)
1 Mile ST	NJ	4:40.07	Annie Mann		15 Feb 25	Boston (A)
3000m	C	8:11.56	Beatrice Chebet	KEN	25 May 25	Rabat
	C	8:07.04	Faith Kipyegon	KEN	16 Aug 25	Silesia
3000 ST	WJ	8:25.37	Birke Haylom	ETH	13 Feb 25	Liévin
	EJ, NJ	8:40.05	Innes Fitzgerald		4 Feb 25	Ostrava
2 Miles	WJ	9:17.75	Jane Hedengren	USA	8 Jun 25	Renton
5000m	C	14:03.69	Beatrice Chebet	KEN	6 Jun 25	Rome
	W,C	13:58.06	Beatrice Chebet	KEN	5 Jul 25	Eugene
	EJ,NJ	14:39.56	Innes Fitzgerald		19 Jul 25	London (OS)
5000m S/T	WJ	14:44.79	Jane Hedengren	USA	6 Dec 25	Boston (A)
5kR	E	14:39	Diane van Es	NED	9 Feb 25	Monaco
	E	14:32	Nadia Battocletti	ITA	3 May 25	Tokyo
10kR	W,C	29:27	wo Agnes Ngetich	KEN	26 Apr 25	Herzogenaurach
	E	30:10	Jana van Lent	BEL	4 Jan 26	Nice
Marathon	W	2:15:50	wo Tigist Assefa	ETH	27 Apr 25	London
24 hours	C,N	243,393m t	Sarah Webster		13 Apr 25	Crawley
24 Hours*	W,E,N	278,622m	Sarah Webster	IoM	19 Oct 25	Albi
60mH	E	7.67	Ditaji Kambundji	SUI	7 Mar 25	Apeldoorn
300H	NJ	41.05	Arabella Wilson		16 Jul 25	Carshalton
High Jump	N	2.00	Morgan Lake		27 Aug 25	Zürich
Hammer	C	78.88	Camryn Rogers	CAN	5 Jul 25	Eugene
	C	80.51	Camryn Rogers	CAN	15 Sep 25	Tokyo
	WJ	75.14	Zhang Jiale	CHN	8 Jun 25	Frankish-Crumbach
	WJ	77.24	Zhang Jiale	CHN	2 Aug 25	Quzhou
Javelin	WJ	64.83 #	Yan Ziyi	CHN	28 Mar 25	Chengdu
	WJ	65.89	Yan Ziyi	CHN	3 Aug 25	Quzhou
Pent	WJ,EJ	4556 #	Sofia Yakushina	RUS	27 Feb 25	College Station
4X400 S/T	C,N	3:24.89	UK National Team	Eng	9 Mar 25	Apeldoorn
35kW	C	2:42.40	Olivia Sandery	AUS	16 Mar 25	Nomi

MIXED RELAY RECORDS

Mixed	W,C	40.30	Canada		11 May 25	Guangzhou
4x100m*	E,N	40.88	UK National Team		11 May 25	Guangzhou
Mixed	W	3:07.41	USA		2 Aug 24	Paris (SF)
4x400m	E	3:07.43	Netherlands		3 Aug 24	Paris (SF)
	C,N	3:08.01	UK National Team		3 Aug 24	Paris (SF)
	A	3:41.36	Thames Valley Harriers		13 Jul 19	Bromley
	WJ	3:17.69	USA		2 Aug 22	Cali
	NJ	3:21.03	UK National Junior Team		3 Aug 22	Cali
4x400 ST	W,E	3:15.63	Netherlands		6 Mar 25	Apeldoorn
	N	3:16.49	UK National Team		6 Mar 25	Apeldoorn

Mixed relay records set in 2025

4x100m	W,C	40.30	Canada		11 May 25	Guangzhou
	E,N	40.88	UK National Team		11 May 25	Guangzhou
4x400 ST	W,E	3:15.63	Netherlands		6 Mar 25	Apeldoorn
	N	3:16.49	UK National Team		6 Mar 25	Apeldoorn

NATIONAL RECORDS OF THE UK - MEN

as at 31 December 2025

These are the best authentic performances for the four home countries of the U.K.

E = England S = Scotland W = Wales NI = Northern Ireland

60m	E	6.42	Dwain Chambers	7 Mar 09	Turin, ITA
	W	6.49	Colin Jackson	11 Mar 94	Paris (B), FRA
	W	6.49	Jeremiah Azu	8 Mar 25	Apeldoorn, NED
	W	6.49	Jeremiah Azu	21 Mar 25	Nanjing, CHN
	S	6.56	Adam Thomas	26 Feb 22	Birmingham
	NI	6.68	Leon Reid (IRL per IAAF)	21 Feb 21	Abbotstown, IRL
100m	E	9.83	Zharnel Hughes	24 Jun 23	New York (RI), USA
	W	9.97	Jeremiah Azu	25 May 24	Leverkusen, GER
	S	10.11	Allan Wells	24 Jul 80	Moscow, RUS
	NI	10.22	Jason Smyth (IRL)	21 May 11	Clermont, USA
200m	E	19.73	Zharnel Hughes	23 Jul 23	London (OS)
	W	20.08	Christian Malcolm	8 Aug 01	Edmonton, CAN
	S	20.21	Allan Wells	28 Jul 80	Moscow, RUS
	NI	20.27	Leon Reid (IRL)	1 Jul 18	Birmingham
200m Short Track	E	20.25	Linford Christie	19 Feb 95	Liévin, FRA
	W	20.54	Christian Malcolm	26 Feb 01	Ghent, BEL
	S	20.59 #	Adam Clayton	25 Feb 23	Lubbock, USA
	S	20.80 A	Brodie Young	28 Feb 25	Albuquerque, USA
	NI	20.75	Paul Brizzel (IRL)	2 Mar 03	Birmingham
300m	E	31.35 +	Matthew Hudson-Smith	7 Aug 24	Paris (SF), FRA
	S	31.56	Doug Walker	19 Jul 98	Gateshead
	W	32.06	Jamie Baulch	31 May 97	Cardiff
	NI	33.33	Paul McKee (IRL)	12 Jun 08	Ostrava, CZE
300m Short Track	W	32.7+	Jamie Baulch	23 Feb 97	Birmingham
	E	32.7+	Daniel Caines	17 Feb 02	Birmingham
	S	32.79 A	Brodie Young	25 Jan 25	Albuquerque, USA
	NI	34.12	Matt Douglas	25 Feb 98	Birmingham
400m	E	43.44	Matthew Hudson-Smith	7 Aug 24	Paris (SF), FRA
	W	44.36	Iwan Thomas	13 Jul 97	Birmingham
	S	44.93	David Jenkins	21 Jun 75	Eugene, USA
	NI	45.58	Paul McKee (IRL)	14 Jul 02	Dublin (S), IRL
400m Short Track	W	45.39	Jamie Baulch	9 Feb 97	Birmingham
	E	45.43	Daniel Caines	16 Mar 03	Birmingham
	S	45.46 A	Brodie Young	1 Mar 25	Albuquerque, USA
	NI	45.99	Paul McKee (IRL)	16 Mar 03	Birmingham
600m	E	1:14.95	Steve Heard	14 Jul 91	London (Ha)
	S	1:15.4	Tom McKean	21 Jul 91	Grangemouth
	NI	1:16.52 A	James McIlroy	24 Jan 05	Potchefstroom, RSA
	W	1:16.22i	Dai Greene	26 Jan 12	Glasgow (CA)
600m Short Track	E	1:15.31 A	Thomas Staines	1 Feb 19	Albuquerque, USA
	W	1:16.22	Dai Greene	26 Jan 13	Glasgow (CA)
	S	1:16.48	Guy Learmonth	25 Jan 14	Glasgow (CA)
	NI	1:18.20	James McIlroy	13 Feb 05	Sheffield
800m	E	1:41.73 "	Sebastian Coe	10 Jun 81	Florence, ITA
	S	1:43.65	Jake Wightman	2 Sep 22	Brussels, BEL
	W	1:44.35	Justin Davies	10 May 25	Belfast
	NI	1:44.65	James McIlroy	28 Aug 05	Rieti, ITA
800m Short Track	E	1:43.63	Elliot Giles	17 Feb 21	Toruń, POL
	W	1:45.78	Justin Davies	15 Feb 25	Birmingham
	S	1:46.22	Tom McKean	4 Mar 90	Glasgow (KH)
	NI	1:46.68	James McIlroy	4 Feb 05	Erfurt, GER
1000m	E	2:12.18	Sebastian Coe	11 Jul 81	Oslo, NOR

	S	2:13.88	Jake Wightman	10 Aug 22	Monaco, MON
	W	2:17.36	Neil Horsfield	9 Aug 91	Gateshead
	NI	2:15.57	James McIlroy	5 Sep 99	Rieti, ITA
1000m	S	2:16.74	Neil Gourley	15 Feb 25	Birmingham
Short	E	2:17.20	Charlie Da'Vall Grice	13 Feb 21	New York (SI), USA
Track	W	2:19.73	Piers Copeland	15 Feb 25	Birmingham
	NI	2:19.49	James McIlroy	29 Jan 05	Stuttgart, GER
1500m	S	3:27.79	Josh Kerr	6 Aug 24	Paris (SF), FRA
	E	3:28.36	George Mills	20 Jun 25	Paris (Ch), FRA
	W	3:31.08	Jake Heyward	6 Aug 22	Birmingham
	NI	3:34.76	Gary Lough	9 Sep 95	Monaco, MON
1500m	S	3:32.48	Neil Gourley	25 Feb 23	Birmingham
Short	E	3:33.86 +	George Mills	11 Feb 24	New York (A), USA
Track	W	3:36.12	Piers Copeland	19 Feb 22	Birmingham
	NI	3:39.73	James McIlroy	16 Feb 08	Birmingham
1 Mile	S	3:45.34	Josh Kerr	25 May 24	Eugene, USA
	E	3:46.32	Steve Cram	27 Jul 85	Oslo, NOR
	W	3:51.99	Jake Heyward	28 May 22	Eugene, USA
	NI	3:52.42	Nicholas Griggs (IRL)	11 Jul 25	Dublin, IRL
1 Mile	S	3:48.87	Josh Kerr	27 Feb 22	Boston (A), USA
Short	E	3:48.93	George Mills	11 Feb 24	New York (A), USA
Track	W	3:54.42	Piers Copeland	1 Feb 25	Boston (A), USA
	NI	3:56.40	Nicholas Griggs (IRL)	10 Mar 22	Dublin, IRL
2000m	E	4:51.39	Steve Cram	4 Aug 85	Budapest, HUN
	S	4:58.38	Graham Williamson	29 Aug 83	London (CP)
	NI	5:01.98 i	Nicholas Griggs (IRL)	10 Feb 24	Lievin, FRA
	NI	5:02.61	Steve Martin	9 Jun 84	Belfast
	W	5:05.32	Tony Simmons	4 Jul 75	London (CP)
2000m	E	4:57.09	John Mayock	25 Feb 01	Liévin, FRA
Short	S	5:05.71 +	Neil Gourley	2 Feb 25	Boston (A), USA
Track	NI	5:01.98	Nicholas Griggs (IRL)	10 Feb 24	Lievin, FRA
	W	5:09.60	James Thie	14 Mar 04	Cardiff
3000m	E	7:27.92 i	George Mills	2 Feb 25	Val-de-Reuil, FRA
	S	7:30.14 i+	Josh Kerr	11 Feb 24	New York (A), USA
	E	7:32.62	Mo Farah	5 Jun 16	Birmingham
	NI	7:36.59	Nicholas Griggs (IRL)	20 Jul 24	London (OS)
	W	7:46.40	Ian Hamer	20 Jan 90	Auckland, NZL
3000m	E	7:27.92	George Mills	2 Feb 25	Val-de-Reuil, FRA
Short	S	7:30.14 +	Josh Kerr	11 Feb 24	New York (A), USA
Track	W	7:48.83	Jake Heyward	11 Feb 22	Spokane, USA
	NI	7:45.57	Nicholas Griggs (IRL)	3 Feb 24	Metz, FRA
2 Miles	S	8:00.67 i#	Josh Kerr	11 Feb 24	New York (A), USA
	E	8:03.40 i#	Mo Farah	21 Feb 15	Birmingham
	E	8:07.85	Mo Farah	24 Aug 14	Birmingham
	S	8:19.37	Nat Muir	27 Jun 80	London (CP)
	W	8:20.28	David James	27 Jun 80	London (CP)
	NI	8:30.6	Paul Lawther	28 May 77	Belfast
2 Miles	S	8:00.67	Josh Kerr	11 Feb 24	New York (A), USA
Short	E	8:03.40	Mo Farah	21 Feb 15	Birmingham
Track	W	8:30.80	David James	13 Feb 81	Inglewood, USA
	NI	8:42.39	Peter McColgan	15 Mar 87	Cosford
5000m	E	12:46.59	George Mills	12 Jun 25	Oslo, NOR
	S	13:06.21	Andrew Butchart	20 Jul 19	London (OS)
	W	13:09.80	Ian Hamer	9 Jun 92	Rome, ITA
	NI	13:05.75	Nicholas Griggs (IRL)	9 Aug 25	Oordegem, BEL

5000m	E	12:57.08	Marc Scott	12 Feb 22	Boston (A), USA
Short Track	S	13:16.24	Neil Gourley	3 Dec 22	Boston (A), USA
	NI	13:42.4	John Doherty	20 Jan 88	Providence, USA
	W	13:44.70	Adam Bitchell	13 Dec 13	Bloomington, USA
10000m	E	26:46.57	Mo Farah	3 Jun 11	Eugene, USA
	S	27:36.77	Andrew Butchart	6 Mar 22	San Juan Capistrano
	W	27:39.14	Steve Jones	9 Jul 83	Oslo, NOR
	NI	28:32.15	Dermot Donnelly (IRL)	10 Apr 99	Barakaldo, ESP
1 Hour	E	21,330 m	Mo Farah	4 Sep 20	Brussels, BEL
	S	20,201 m	Jim Alder	9 Nov 68	Leicester
	W	18,898 m	Mike Rowland	7 Aug 73	Stockholm, SWE
	NI	18,354 m	Dave Smyth	19 Sep 65	Bristol (?)
10km Road	E	27:34 #	Nick Rose	1 Apr 84	New Orleans, USA
	E	27:38	Rory Leonard	12 Jan 25	Valencia, ESP
	NI	27:56	John Doherty	4 Jul 86	Atlanta, USA
	W	27:59	Steve Jones	28 Apr 84	Birmingham
	S	28:02	Callum Hawkins	12 Jan 20	Valencia, ESP
Half Marathon	E	59:07	Mo Farah	8 Sep 19	South Shields
	S	60:00	Callum Hawkins	5 Feb 17	Marugame, JPN
	W	60:31	Jake Smith	17 Oct 20	Gdynia, POL
	NI	61:08	Stephen Scullion (IRL)	13 Sep 20	Larne
Marathon	E	2:05:11	Mo Farah	7 Oct 18	Chicago, USA
	W	2:07:13	Steve Jones	20 Oct 85	Chicago, USA
	S	2:08:14	Callum Hawkins	28 Apr 19	London
	NI	2:09:49	Stephen Scullion (IRL)	4 Oct 20	London
2000m SC	E	5:19.86	Mark Rowland	28 Aug 88	London (CP)
	S	5:21.77	Tom Hanlon	11 Jun 92	Caserta, ITA
	W	5:23.6	Roger Hackney	10 Jun 82	Birmingham
	NI	5:31.09	Peter McColgan	5 Aug 86	Gateshead
3000m SC	E	8:07.96	Mark Rowland	30 Sep 88	Seoul, KOR
	S	8:12.58	Tom Hanlon	3 Aug 91	Monaco, MON
	W	8:18.91	Roger Hackney	30 Jul 88	Hechtel, BEL
	NI	8:27.93	Peter McColgan	25 Jun 91	Hengelo, HOL
60m H	W	7.30	Colin Jackson	6 Mar 94	Sindelfingen, GER
	E	7.42	Tony Jarrett	13 Feb 95	Liévin, FRA
	S	7.52	Allan Scott	13 Jan 08	Glasgow (KH)
	NI	7.73	Ben Reynolds (IRL)	28 Feb 16	Athlone, IRL
110m H	W	12.91	Colin Jackson	20 Aug 93	Stuttgart, GER
	E	13.00	Tony Jarrett	20 Aug 93	Stuttgart, GER
	S	13.44	Chris Baillie	21 Mar 06	Melbourne, AUS
	NI	13.48	Ben Reynolds (IRL)	1 Aug 15	Bedford
200m H	W	22.63	Colin Jackson	1 Jun 91	Cardiff
	E	22.79	John Regis	1 Jun 91	Cardiff
	S	23.76	Angus McKenzie	22 Aug 81	Edinburgh
	NI	24.81	Terry Price	31 Aug 92	Belfast
400m H	E	47.82	Kriss Akabusi	6 Aug 92	Barcelona, ESP
	W	47.84	Dai Greene	6 Jul 12	Saint Denis, FRA
	NI	49.60	Phil Beattie	28 Jul 86	Edinburgh
	S	50.04	Jack Lawrie	23 Jul 23	Chelmsford
High Jump	E	2.38	Steve Smith	4 Feb 94	Wuppertal, GER
	S	2.31	Geoff Parsons	26 Aug 94	Victoria, CAN
	W	2.25	Robert Mitchell	28 Jul 01	Bedford
	NI	2.20	Floyd Manderson	14 Jul 85	London (CP)
		2.20	Floyd Manderson	21 Jun 86	London (CP)
		2.20	Floyd Manderson	16 Aug 86	Leiden, HOL

Pole Vault	E	5.85	Harry Coppel	4 Sep 20	Manchester (SC)
	S	5.65	Jax Thoires	16 May 15	Los Angeles, USA
		5.65 i	Jax Thoires	1 Jul 15	Grangemouth
	W	5.60	Neil Winter	19 Aug 95	Enfield
	NI	5.25	Mike Bull	22 Sep 73	London (CP)
Long Jump	E	8.51	Greg Rutherford	24 Apr 14	Chula Vista, USA
	W	8.23	Lynn Davies	30 Jun 68	Berne, SUI
	NI	8.14	Mark Forsythe	7 Jul 91	Rhede, GER
	S	8.01	Darren Ritchie	16 Jun 04	Guadalajara, ESP
Triple Jump	E	18.29	Jonathan Edwards	7 Aug 95	Gothenburg, SWE
	W	16.71	Steven Shalders	3 Sep 05	Manchester
	S	16.17	John Mackenzie	17 Sep 94	Bedford
	NI	15.78	Michael McDonald	31 Jul 94	Corby
Shot Put	E	21.92	Carl Myerscough	13 Jun 03	Sacramento, USA
	W	20.45	Shaun Pickering	17 Aug 97	London (CP)
	NI	20.16	John Kelly (IRL)	5 Jul 22	Cork, IRL
	S	18.93	Paul Buxton	13 May 77	Los Angeles (Ww)
Discus	E	70.76	Lawrence Okoye	13 Apr 25	Ramona, USA
	S	67.86	Nicholas Percy	17 Apr 25	Ramona, USA
	W	66.84	Brett Morse	30 Jun 13	Cardiff
	NI	51.76	John Moreland	1 Jul 95	Antrim
Hammer	E	80.26	Nick Miller	8 Apr 18	Gold Coast, AUS
	NI	77.54	Martin Girvan	12 May 84	Wolverhampton
	S	76.93	Mark Dry	17 May 15	Loughborough
	W	73.89	Osian Jones	25 Aug 19	Birmingham
Javelin	E	91.46	Steve Backley	25 Jan 92	Auckland (NS), NZL
	W	81.70	Nigel Bevan	28 Jun 92	Birmingham
	S	80.38	James Campbell	18 Jul 10	Dunfermline
	NI	79.55	Michael Allen	10 Jun 06	Belfast
Decathlon	E	8847	Daley Thompson	9 Aug 84	Los Angeles, USA
	S	7885 #h	Brad McStravick	6 May 84	Birmingham
		7856 #	Brad McStravick	28 May 84	Cwmbran
	W	7882	Ben Gregory	14 Apr 16	Azusa, USA
	NI	7874	Colin Boreham	23 May 82	Götzis, AUT
(with 1986 Javelin)	E	8811 #	Daley Thompson	28 Aug 86	Stuttgart, GER
	S	7739	Jamie Quarry	30 May 99	Arles, FRA
	NI	7510	Peter Glass	14 Jul 13	Grangemouth
Heptathlon short track	E	6188	Tim Duckworth	10 Mar 18	College Station, USA
	W	5834	Ben Gregory	5 Mar 17	Glasgow (CA)
	S	5662	Andrew Murphy	17 Feb 19	Glasgow (CA)
	NI	5450	Paul Tohill	29 Feb 04	Mondeville, FRA
4x100m	E	37.36	A. Gemili, Z. Hughes, (UK) R. Kilty, N. Mitchell-Blake	12 Aug 19	Doha, QAT
	W	38.73	K. Williams, D. Turner, C. Malcolm, J. Henthorn	21 Sep 98	Kuala Lumpur, MAS
	S	39.24	D. Jenkins, A. Wells, C. Sharp, A. McMaster	12 Aug 78	Edmonton, CAN
	NI	40.35	J. Smyth, L. Reid, D. Adams, C. Robinson	9 Jul 17	London (OS)
4x400m	E	2:55.83	A.Haydock-Wilson, M.Hudson-Smith, L. Davey, C. Dobson (UK)	10 Aug 24	Paris (SF), FRA
	W	3:00.41	T. Benjamin, I. Thomas, J. Baulch, M. Elias	31 Jul 02	Manchester (C)
	S	3:03.94	K. Robertson, J. Bowie, G. Loudon, G. Plenderleith	1 Aug 14	Glasgow (HP)
	NI	3:07.27	B. Forbes, M. Douglas, E. King, P. McBurney	21 Sep 98	Kuala Lumpur, MAS

Track Walking

3000m	E	10:30.28 i	Tom Bosworth	25 Feb 18	Glasgow (CA)
		10:43.84	Tom Bosworth	21 Jul 18	London (OS)
	W	11:45.77	Steve Johnson	20 Jun 87	Cwmbran
	S	11:53.3 #	Martin Bell	9 Aug 95	Birmingham
	NI	11:54.96 i	Martin Bell	13 Feb 93	Birmingham
	13:15.0	David Smyth	5 Sep 70	Plymouth	
3000m short track	E	10:30.28	Tom Bosworth	25 Feb 18	Glasgow (CA)
	S	11:54.96	Martin Bell	13 Feb 93	Birmingham
	W	11:56.4	Steve Johnson	11 Apr 87	St. Athan
	NI				
5000m	E	18:20.97 i	Tom Bosworth	23 Feb 20	Glasgow (CA)
		18:41.23	Callum Wilkinson	25 Aug 19	Birmingham
	W	20:08.04 i	Steve Barry	5 Mar 83	Budapest, HUN
		20:22.0	Steve Barry	20 Mar 82	London (WL)
	S	20:13.0	Martin Bell	2 May 92	Enfield
NI	23:50.0	Jimmy Todd	28 Aug 68	Ballyclare	
5000m short track	E	18:20.97	Tom Bosworth	23 Feb 20	Glasgow (CA)
	W	20:08.04	Steve Barry	5 Mar 83	Budapest, HUN
	S	20:26.36	Martin Bell	10 Mar 89	Glasgow (KH)
	NI				
10000m	E	38:43.91	Callum Wilkinson	30 Jun 24	Manchester
	W	41:13.62	Steve Barry	19 Jun 82	London (CP)
	S	41:13.65	Martin Bell	22 Jul 95	Cardiff
	NI	47:37.6	David Smyth	26 Apr 70	Bournemouth
1 Hour	E	14,324 m #	Ian McCombie	7 Jul 85	London (SP)
		14,158 m	Mark Easton	12 Sep 87	Woodford
	W	13,987 m	Steve Barry	28 Jun 81	Brighton
	S	13,393 m	Bill Sutherland	27 Sep 69	London (He)
	NI	12,690 m #	David Smyth	26 Apr 70	Bournemouth
	12,646 m	David Smyth	23 Sep 67	London (PH)	
20000m	E	1:23:26.5	Ian McCombie	26 May 90	Bergen (Fana), NOR
	W	1:26:22.0	Steve Barry	28 Jun 81	Brighton
	S	1:38:53.6	Alan Buchanan	6 Jul 75	Brighton

Road Walking

10km	E	39:10	Tom Bosworth	1 Mar 20	Coventry
	W	40:35	Steve Barry	14 May 83	Southport
	S	41:28	Martin Bell	24 Apr 99	Sheffield
	NI	44:49 #	David Smyth	20 Jun 70	Clevedon
		51:53	Arthur Agnew	6 Aug 80	Helsinki, FIN
	51:53	G. Smyth	6 Aug 80	Helsinki, FIN	
20km	E	1:19:38	Tom Bosworth	8 Apr 18	Gold Coast, AUS
	W	1:22:51	Steve Barry	26 Feb 83	Douglas IOM
	S	1:25:42	Martin Bell	9 May 92	Lancaster
	NI	1:39:01	David Smyth	Jul 67	Cardiff
30km	E	2:07:56	Ian McCombie	27 Apr 86	Edinburgh
	W	2:10:16	Steve Barry	7 Oct 82	Brisbane, AUS
	S	2:22:21	Martin Bell	8 May 94	Cardiff
	NI	2:41:15	David Smyth	26 Apr 69	Winterbourne
35km	E	2:31:34	Cameron Corbishley	26 Oct 24	Zittau, GER
	W	2:48:30	Bob Dobson	20 Jun 81	York
	S	2:48:50	Graham White	12 Jun 94	Livorno
50km	E	3:51:13	Dominic King	20 Mar 21	Dudince, SVK
	W	4:11:59	Bob Dobson	22 Oct 81	Lassing, AUT
	S	4:13:18	Graham White	27 Jun 98	Stockport
	NI	4:45:48	David Smyth	3 May 69	Bristol

NATIONAL RECORDS OF THE UK - WOMEN

as at 31 December 2025

60m	E	7.03	Dina Asher-Smith	25 Feb 23	Birmingham
	W	7.24	Rachel Johncock	21 Feb 15	Birmingham
	NI	7.27	Amy Foster (IRL)	18 Feb 18	Abbotstown, IRL
	S	7.27	Alisha Rees	8 Jan 23	London (LV)
100m	E	10.83	Dina Asher-Smith	29 Sep 19	Doha, QAT
		10.83	Dina Asher-Smith	17 Jul 22	Eugene, USA
	W	11.26	Hannah Brier	17 Aug 25	London (Str)
	S	11.30	Alisha Rees	17 Jul 22	London (Nh)
	NI	11.40	Amy Foster (IRL)	10 May 14	Clermont, USA
200m	E	21.88	Dina Asher-Smith	2 Oct 19	Doha, QAT
	S	22.50	Beth Dobbin	20 Jul 19	London (OS)
	W	22.80	Michelle Scutt	12 Jun 82	Antrim
	NI	23.27	Lauren Roy (IRL)	18 Apr 25	Waco, USA
200m short track	E	22.60	Amber Anning	26 Jan 24	Fayetteville, USA
	S	23.12	Alyson Bell	23 Feb 25	Birmingham
	W	23.35	Catherine Murphy	28 Jan 01	Birmingham
	NI	23.54	Lauren Roy (IRL)	1 Mar 25	Spokane, USA
300m	E	35.46	Kathy Cook	18 Aug 84	London (CP)
	W	36.01	Michelle Probert/Scutt	13 Jul 80	London (CP)
	S	36.46	Linsey Macdonald	13 Jul 80	London (CP)
	NI	38.20	Linda McCurry	2 Aug 78	Edmonton, CAN
300m short track	E	36.0+	Nicola Sanders	3 Mar 07	Birmingham
	S	36.80	Nicole Yeargin	10 Feb 23	Fayetteville, USA
	W	37.1+	Catherine Murphy	17 Feb 02	Birmingham
	NI	39.2	Katie Kirk (IRL)	27 Feb 10	Birmingham
400m	E	49.29	Amber Anning	9 Aug 24	Paris (SF), FRA
	W	50.63	Michelle Scutt	31 May 82	Cwmbran
	S	50.71	Allison Curbishley	18 Sep 98	Kuala Lumpur, MAS
	NI	52.54	Stephanie Llewellyn	9 Jul 95	Cwmbran
		52.4	Stephanie Llewellyn	1 Jul 95	London (He)
400m short track	E	50.02	Nicola Sanders	3 Mar 07	Birmingham
	S	51.02	Nicole Yeargin	28 Jan 23	Fayetteville, USA
	W	51.60	Seren Bundy-Davies	30 Jan 16	Vienna, AUT
	NI	53.04	Vicki Jamison	8 Feb 98	Birmingham
600m	E	1:23.41	i# Keely Hodgkinson	28 Jan 23	Manchester (SC)
	E	1:24.36	Marilyn Okoro	5 Jul 12	Liège (NX), BEL
	S	1:25.8	+ Jemma Reekie	20 Jul 24	London (OS)
	W	1:26.5	Kirsty McDermott/Wade	21 Aug 85	Zürich, SUI
	NI	1:29.46	Jo Latimer	19 May 93	Birmingham
600m short track	E	1:23.41	Keely Hodgkinson	28 Jan 23	Manchester (SC)
	S	1:26.22	Kirsten McAslan	4 Jan 15	Monaco, MON
	W	1:28.11	Seren Bundy-Davies	6 Dec 14	Sheffield
	NI	1:33.0	Pamela Reece	14 Dec 74	Cosford
800m	E	1:54.61	Keely Hodgkinson	20 Jul 24	London (OS)
	S	1:55.61	Jemma Reekie	20 Jul 24	London (OS)
	W	1:57.42	Kirsty McDermott/Wade	24 Jun 85	Belfast
	NI	1:58.51	Ciara Mageean (IRL)	25 May 24	Manchester
800m short track	E	1:57.18	Keely Hodgkinson	25 Feb 23	Birmingham
	S	1:57.91	Jemma Reekie	1 Feb 20	Glasgow (CA)
	W	2:01.52	Hayley Tullett	15 Feb 98	Birmingham
	NI	2:03.58	Katie Kirk (IRL)	26 Feb 18	Athlone, IRL
1000m	S	2:30.82	Laura Muir	14 Aug 20	Monaco, MON
	NI	2:31.06	Ciara Mageean (IRL)	14 Aug 20	Monaco, MON

	E	2:32.55	Kelly Holmes	15 Jun 97	Leeds
	W	2:33.70	Kirsty McDermott/Wade	9 Aug 85	Gateshead
1000m short track	S	2:31.93	Laura Muir	18 Feb 17	Birmingham
	E	2:32.96	Kelly Holmes	20 Feb 04	Birmingham
	W	2:38.95	Kirsty McDermott/Wade	1 Feb 87	Stuttgart, GER
	NI				
1500m	E	3:52.61	Georgia Hunter Bell	10 Aug 24	Paris (SF), FRA
	S	3:53.37	Laura Muir	10 Aug 24	Paris (SF), FRA
	NI	3:55.87	Ciara Mageean (IRL)	8 Sep 23	Brussels, BEL
	W	3:58.01	Melissa Courtney-Bryant	16 Jul 23	Chorzow, POL
1500m short track	S	3:59.58	Laura Muir	9 Feb 21	Liévin, FRA
	E	3:59.84	Georgia Hunter Bell	23 Mar 25	Nanjing, CHN
	W	4:04.79	Melissa Courtney-Bryant	9 Feb 21	Liévin, FRA
	NI	4:06.42	Ciara Mageean (IRL)	25 Jan 20	Boston (R), USA
1 Mile	NI	4:14.58	Ciara Mageean (IRL)	21 Jul 23	Monaco, MOL
	S	4:15.24	Laura Muir	21 Jul 23	Monaco, MON
	W	4:16.38	Melissa Courtney-Bryant	21 Jul 23	Monaco, MON
	E	4:17.57	Zola Budd	21 Aug 85	Zürich, SUI
1 Mile short track	S	4:17.88	Jemma Reekie	8 Feb 20	New York (A), USA
	E	4:21.19	Katy Snowden	11 Feb 23	New York (A), USA
	W	4:23.86	Kirsty Wade	5 Feb 88	New York (A), USA
	NI	4:28.31	Ciara Mageean (IRL)	26 Jan 19	Boston (R), USA
2000m	W	5:26.08	Melissa Courtney-Bryant	12 Jul 24	Monaco, MON
	S	5:26.93	Yvonne Murray	8 Jul 94	Edinburgh
	E	5:30.19	Zola Budd	11 Jul 86	London (CP)
	NI	5:43.06	Ciara Mageean	12 Jul 24	Monaco, MON
2000m short track	S	5:38.41 +	Laura Muir	2 Mar 24	Glasgow
	E	5:41.2+	Joanne Pavey	3 Feb 07	Stuttgart, GER
	W	5:43.71	Melissa Courtney-Bryant	4 Feb 23	Boston (NB), USA
	NI				
3000m	E	8:22.20	Paula Radcliffe	19 Jul 02	Monaco, MON
	S	8:26.41 i#	Laura Muir	4 Feb 17	Karlsruhe, GER
		8:29.02	Yvonne Murray	25 Sep 88	Seoul, KOR
	W	8:28.69 i	Melissa Courtney-Bryant	2 Feb 25	Boston (NB), USA
		8:39.20	Melissa Courtney-Bryant	18 Aug 18	Birmingham
	NI	8:47.23 i#	Ciara Mageean (IRL)	22 Jan 22	Manchester (SC)
		8:55.38	Roisin Smyth (IRL)	29 Jun 90	Lille (VA), FRA
3000m short track	S	8:26.41	Laura Muir	4 Feb 17	Karlsruhe, GER
	W	8:28.69	Melissa Courtney-Bryant	2 Feb 25	Boston (NB), USA
	E	8:31.50	Joanne Pavey	3 Feb 07	Stuttgart, GER
	NI	8:47.23	Ciara Mageean (IRL)	22 Jan 22	Manchester (SC)
2 Miles	E	9:17.4 +e	Paula Radcliffe	20 Jun 04	Bydgoszcz, POL
		9:21.98	Amy-Eloise Neale	20 Aug 21	Eugene
	S	9:04.84 i#	Laura Muir	11 Feb 24	New York (A), USA
		9:49.75	Laura Whittle	24 Aug 14	Birmingham
	W	9:49.73	Hayley Tullett	23 May 99	Loughborough
2 Miles short track	S	9:04.84	Laura Muir	11 Feb 24	New York (A), USA
	E	9:30.69	Amy-Eloise Neale	13 Feb 21	New York (SI), USA
	W				
	NI	9:36.70	Roisin Flanagan	11 Feb 23	New York (A), USA
5000m	S	14:28.55	Eilish McColgan	1 Jul 21	Oslo, NOR
	E	14:29.11	Paula Radcliffe	20 Jun 04	Bydgoszcz, POL
	W	14:48.20	Melissa Courtney-Bryant	24 May 25	Los Angeles, USA
	NI	15:24.71	Hannah Irwin	23 Aug 25	Tonypany

5000m short track	S	14:49.12	Laura Muir	4 Jan 17	Glasgow (CA)
	E	14:55.68	Calli Hauger-Thackery	15 Feb 25	Boston (A), USA
	W	15:10.19	Jennifer Nesbitt	9 Feb 24	Boston (A), USA
	NI	15:33.37	Eilish Flanagan (IRL)	10 Feb 23	Boston (A), USA
10000m	S	30:00.86	Eilish McColgan	4 Mar 23	San Juan Capistrano
	E	30:01.09	Paula Radcliffe	6 Aug 02	Munich, GER
	W	31:55.30	Angela Tooby	4 Sep 87	Rome, ITA
	NI	32:25.34	Hannah Irwin	14 May 22	London (PH)
1 Hour	E	17,044 m	Alice Wright	30 Oct 21	Phoenix, USA
	W	16,460 m i#	Bronwen Cardy-Wise	8 Mar 92	Birmingham
		14,400 m	Ann Franklin	5 Mar 89	Barry
	S	12,800 m	Leslie Watson	12 Mar 83	London (He)
10km Rd	S	30:19	Eilish McColgan	22 May 22	Manchester
	E	30:21	Paula Radcliffe	23 Feb 03	San Juan, PUR
	W	31:28	Charlotte Arter	6 Mar 22	Partington
	NI	31:44	Hannah Irwin	14 Dec 25	Telford
Half Marathon	E	65:40 dh	Paula Radcliffe	22 Sep 03	South Shields
		66:47	Paula Radcliffe	07 Oct 01	Bristol
	S	65:43	Eilish McColgan	2 Apr 23	Berlin, GER
	W	69:00	Clara Evans	27 Oct 24	Valencia, ESP
	NI	70:49	Hannah Irwin	27 Oct 24	Valencia, ESP
Marathon	E	2:15:25	Paula Radcliffe	13 Apr 03	London
	W	2:24:21	Natasha Cockram/Wilson	7 Dec 25	Valencia, ESP
	S	2:24:25	Eilish McColgan	27 Apr 25	London
	NI	2:29:34	Ann Marie McGlynn (IRL)	25 Apr 21	Pulford
2000mSC	E	6:08.17	Aimee Pratt	14 May 22	Birmingham (Un)
	NI	6:13.50	Eilish Flanagan (IRL)	13 Jun 21	Dublin (S), IRL
	S	6:21.31	Lennie Waite	1 Jun 17	Houston, USA
	W	6:36.57	Kate Seary	22 Jun 25	New Jersey, USA
3000mSC	E	9:04.35	Elizabeth Bird	6 Aug 24	Paris (SF), FRA
	S	9:18.66	Sarah Tait	9 Aug 25	Oordegem, BEL
	NI	9:34.86	Eilish Flanagan (IRL)	1 Aug 21	Tokyo, JPN
	W	9:41.66	Cari Hughes	2 Aug 25	Birmingham
60m H	E	7.80	Tiffany Porter	4 Mar 11	Paris (B), FRA
	W	8.09	Abigail Pawlett	22 Feb 25	Birmingham
	NI	8.12	Megan Marrs	13 Feb 21	Loughborough
	S	8.28	Heather Paton	11 Jan 20	Loughborough
100m H	E	12.50	Cindy Sember	24 Jul 22	Eugene, USA
	W	12.91	Kay Morley-Brown	2 Feb 90	Auckland, NZL
	S	13.22	Heather Paton	31 Aug 19	London (He)
	NI	13.29	Mary Peters	2 Sep 72	Munich, GER
400m H	E	52.74	Sally Gunnell	19 Aug 93	Stuttgart, GER
	S	54.09	Eilidh Doyle	15 Jul 16	Monaco, MON
	NI	55.91	Elaine McLaughlin	26 Sep 88	Seoul, KOR
	W	56.43	Alyson Layzell	16 Jun 96	Birmingham
High Jump	E	2.00	Morgan Lake	27 Aug 25	Zürich, SUI
	S	1.93 i	Nikki Manson	8 Feb 20	Hustopece, CZE
	NI	1.92	Janet Boyle	29 Sep 88	Seoul, KOR
	W	1.90 i	Julie Crane	28 Feb 04	Otterberg, GER
Pole Vault	E	4.92	Molly Caudery	22 Jun 24	Toulouse, FRA
	NI	4.45	Zoe Brown (IRL)	15 Jul 14	Cardiff

	W	4.42 i	Sally Peake	18 Feb 12	Nevers, FRA
	S	4.35	Henrietta Paxton	26 Jun 10	Birmingham
Long Jump	E	7.07	Shara Proctor	28 Aug 15	Beijing, CHN
	W	6.54	Rebecca Chapman	2 Jul 17	Birmingham
	S	6.47	Jade Nimmo	14 Apr 12	Bowling Green, USA
	NI	6.32 i	Kate O'Connor	21 Mar 25	Nanjing, CHN
Triple Jump	E	15.16 i	Ashia Hansen	28 Feb 98	Valencia, SPA
	S	13.62	Nony Mordi	5 Jul 08	Manchester (SC)
	W	12.95	Hannah Frankson	9 Jun 13	Alphen, NED
	NI	12.10	Mary Devlin	26 Apr 03	Marsa, MLT
Shot Put	E	19.36	Judy Oakes	14 Aug 88	Gateshead
	W	19.06 i	Venissa Head	7 Apr 84	St Athan
	S	18.99	Meg Ritchie	7 May 83	Tucson, USA
	NI	16.63	Eva Massey	20 May 07	Loughborough
Discus	S	67.48	Meg Ritchie	26 Apr 81	Walnut, USA
	E	65.10	Jade Lally	27 Feb 16	Sydney, AUS
	W	64.68	Venissa Head	18 Jul 83	Athens, GRE
	NI	60.72	Jackie McKernan	18 Jul 93	Buffalo, USA
Hammer	E	74.54	Sophie Hitchon	15 Aug 16	Rio de Janeiro, BRA
	W	70.21	Amber Simpson	13 Apr 24	Champaign, USA
	S	67.58	Shirley Webb	16 Jul 05	Loughborough
	NI	59.57	Hayley Murray	18 Jul 17	Cork, IRL
Javelin	E	66.17	Goldie Sayers	14 Aug 12	London (CP)
	S	57.19	Lorna Jackson	9 Jul 00	Peterborough
	W	56.53	Freya Jones	3 Aug 25	Birmingham
	NI	53.06	Kate O'Connor (IRL)	20 Sep 25	Tokyo, JPN
Hept.	E	6981	Katarina Johnson-Thompson	3 Oct 19	Doha, QAT
	NI	6714	Kate O'Connor (IRL)	20 Sep 25	Tokyo, JPN
	W	6320	Abigail Pawlett	20 Jul 25	Bergen, NOR
	S	5803	Jayne Barnetson	20 Aug 89	Kiev, UKR
(with 1999 Javelin)	S	5552	Laura Redmond	8 Jun 03	Arles, FRA
Pent. short track	E	5000	Katarina Johnson-Thompson	6 Mar 15	Prague, CZE
	NI	4781	Kate O'Connor (IRL)	9 Mar 25	Apeldoorn, NED
	W	4287	Abigail Pawlett	1 Mar 24	Glasgow
	S	4177	Alix Still	23 Feb 23	Louisville, USA
4x100m	E	41.55	A. Philip, I. Lansiquot, (UK) D. Asher-Smith, D. Neita	5 Aug 21	Tokyo, JPN
	E	41.55	D. Asher-Smith, I. Lansiquot, (UK) A. Hunt, D. Neita	20 Jul 24	London (OS)
	W	44.51	H. Brier, H. Thomas M. Moore, R. Johncock	2 Aug 14	Glasgow (HP)
	S	44.56	R.Matheson, A.Bell, S.Malone, G.Adam	10 Jun 23	Geneva, SUI
	NI	46.36	K. Graham, H. Gourley, J. Rodgers, R. Gaylor	31 Aug 85	Tel Aviv, ISR
	4x400m	E	3:22.01	L. Hanson, P. Smith, (UK) S. Gunnell, L. Staines	1 Sep 91
S	3:29.18	Z. Clark, K. McAslan, L. Sharp, E. Doyle	14 Apr 18	Gold Coast, AUS	
W	3:35.60	C. Smart, K. Wade, D. Fryar, M. Scutt	4 Jul 82	Dublin (S), IRL	
NI	3:40.12	Z. Arnold, V. Jamison, J. Latimer, S. Llewellyn	22 Jun 96	Belfast	

Track Walking

3000m	E	12:22.62	Jo Jackson	14 Feb 09	Sydney, AUS
	W	12:24.70	Bethan Davies	11 Jun 16	Cardiff
	S	13:16.23	Verity Snook	27 May 96	Bedford
	NI	14:07.81	Emma Doherty (IRL)	24 Jul 10	Tullamore, IRL
3000m short track	W	12:35.87	Bethan Davies	11 Dec 16	Cardiff
	E	13:08.64	Niobe Menendez	2 Feb 02	Cardiff
	S	13:31.32	Verity Snook	13 Feb 93	Birmingham
	NI				
5000m	E	20:46.58	Jo Jackson	14 Feb 09	Sydney, AUS
	W	21:21.52	Bethan Davies	2 Jul 17	Birmingham
	S	23:22.52	Verity Snook	19 Jun 94	Horsham
	NI	25:15.23	Emma Doherty (IRL)	12 Jul 09	Birmingham
5000m short track	W	21:25.37	Bethan Davies	18 Feb 18	Birmingham
	E	22:48.29	Gemma Bridge	18 Feb 18	Birmingham
	S		none recorded		
10000m	W	45:09.19	Heather Lewis	6 Aug 22	Birmingham
	E	45:09.57	Lisa Kehler	13 Aug 00	Birmingham
	S	47:10.07	Verity Larby/Snook	19 Jun 93	Horsham
	NI	52:15.26	Emma Doherty (IRL)	20 Jun 10	Bedford
1 Hour	E	11,590 m	Lisa Langford/Kehler	13 Sep 86	Woodford
	S	10,688 m	Diane Bradley	31 May 08	Dartford
20000m	W	1:36:39.70	Bethan Davies	21 Jun 15	Bedford
	E	1:47:50.23	Abigail Jennings	10 Jun 23	Leeds
Road Walking					
10km	E	43:52	Jo Jackson	14 Mar 10	Coventry
	W	44:56	Heather Lewis	30 Apr 22	Leeds
	S	46:06	Verity Snook	25 Aug 94	Victoria, CAN
	NI	51:26	Emma Doherty (IRL)	5 Dec 09	Dublin, IRL
20km	E	1:30:41	Jo Jackson	19 Jun 10	La Coruna, ESP
	W	1:31:53	Bethan Davies	11 Mar 18	Lugano, SUI
	S	1:36:40	Sara-Jane Cattermole	4 Mar 00	Perth, AUS
35km	W	2:58:48	Bethan Davies	23 Apr 22	Dudince, SVK
	E	3:26:29	Molly Davey	28 Jan 18	Grosseto, ITA
50km	E	4:50:51	Sandra Brown	13 Jul 91	Basildon

UK UNDER 23 RECORDS

as at 31 December 2025

All listed events have official U23 record status for UKA, apart from those marked with *

MEN

60m	6.51	Jason Livingston	8 Feb 92	Glasgow
100m	9.94	Reece Prescod	18 Aug 18	Birmingham
200m	19.95	Nethaneel Mitchell-Blake	14 May 16	Tuscaloosa, USA
200m s/track	20.51	Nethaneel Mitchell-Blake	26 Feb 16	Fayetteville, USA
400m	44.47	David Grindley	3 Aug 92	Barcelona, ESP
400m s/track	45.46 A	Brodie Young	1 Mar 25	Albuquerque, USA
400m s/track	45.61	Daniel Caines	18 Feb 01	Birmingham
800m	1:43.50	Max Burgin	9 Aug 24	Paris (SF), FRA
800m s/track	1:45.78	Justin Davies	15 Feb 25	Birmingham
1000m	2:15.12	Steve Cram	17 Sep 82	London (CP)
1000m s/track	2:20.01	George Couttie	24 Jan 25	Blacksburg, USA
1500m	3:31.30	Matthew Stonier	23 Jul 23	London (OS)
1500m s/track	3:35.72	Josh Kerr	16 Feb 19	Birmingham
1 Mile	3:49.90	Steve Cram	13 Jul 82	Cork, IRL
1 Mile s/track	3:53.65	Josh Kerr	9 Feb 19	New York (A), USA
3000m	7:38.73	Tom Mortimer	13 Jul 21	Gateshead
3000m s/track	7:36.74	George Couttie	6 Dec 25	Boston (A), USA
5000m	13:15.31	Tom Farrell	29 Apr 12	Stanford, USA
5000m s/track	13:22.05	Charles Hicks	11 Feb 23	Chicago, USA
10,000m	27:40.16	Charles Hicks	29 Apr 22	Stanford, USA
10k Road	27:56	Steve Harris	4 Dec 83	London (BP)
Half Marathon	60:31	Jake Smith	17 Oct 20	Gdynia, POL
Marathon	2:12:19	Don Faircloth	23 Jul 70	Edinburgh
3000m S'chase	8:16.52	Tom Hanlon	23 Aug 89	Koblenz, GER
60m Hurdles	7.41	Colin Jackson	26 Feb 89	Sindelfingen, GER
110m Hurdles	13.11 A	Colin Jackson	11 Aug 88	Sestriere, ITA
	13.11	Colin Jackson	14 Jul 89	London (CP)
400m Hurdles	48.60	Jack Green	13 Jul 12	London (CP)
High Jump	2.38 i	Steve Smith	4 Feb 94	Wuppertal, GER
Pole Vault	5.71 i#	Steven Lewis	14 Mar 08	Tsaotun, TPE
	5.71	Steven Lewis	1 Jul 08	Bydgoszcz, POL
	5.71	Charlie Myers	15 Jun 19	Geneva, SUI
Long Jump	8.27	Chris Tomlinson	13 Apr 02	Tallahassee, USA
Triple Jump	17.21	Tosi Fasinro	27 Jul 93	Salamanca, ESP
Shot Put	19.48	Geoff Capes	21 Aug 71	Edinburgh
Discus	68.24	Lawrence Okoye	19 May 12	Halle, GER
Hammer	77.92	Kenneth Ikeji	7 Jun 23	Austin, USA
35lb Weight*	23.64	Robert Weir	9 Jan 83	Hanover, USA
Javelin	89.58	Steve Backley	2 Jul 90	Stockholm, SWE
Heptathlon s/track	6188	Tim Duckworth	10 Mar 18	College Station, USA
Decathlon	8648	Daley Thompson	18 May 80	Götzis, AUT
with new javelin	8556	Dean Macey	25 Aug 99	Seville, ESP
5000m Walk	18:41.23	Callum Wilkinson	25 Aug 19	Birmingham
5000m Walk s/track	19:20.83	Callum Wilkinson	29 Jan 17	Bratislava, SVK
10,000m Walk	40:29.32	Callum Wilkinson	23 Jun 19	Bedford
10km Road Walk	39:31	Callum Wilkinson	1 Jun 19	Borsky Mikulas, SVK
20km Road Walk	1:21:34	Callum Wilkinson	6 Apr 19	Podebrady, CZE
35km Road Walk	2:41:05 +	Cameron Corbishley	23 Mar 19	Dudince, SVK
50km Road Walk	3:53:20	Cameron Corbishley	23 Mar 19	Dudince, SVK
4x100m Relay	38.77	National U23 Team	14 Jul 13	Tampere, FIN
4x400m Relay	3:01.03	National U23 Team	19 Jul 92	Gateshead

WOMEN

60m	7.08	Dina Asher-Smith	8 Mar 15	Prague, CZE
100m	10.99	Dina Asher-Smith	25 Jul 15	London (OS)
200m	22.07	Dina Asher-Smith	28 Aug 15	Beijing, CHN
200m s/track	23.00	Katharine Merry	12 Feb 94	Glasgow
400m	50.28	Christine Ohuruogu	21 Mar 06	Melbourne, AUS
400m s/track	51.60	Seren Bundy-Davies	30 Jan 16	Vienna, AUT

800m	1:54.61	Keely Hodgkinson	20 Jul 24	London (OS)
800m s/track	1:57.18	Keely Hodgkinson	25 Feb 23	Birmingham
1000m	2:31.11	Jemma Reekie	14 Aug 20	Monaco, MON
1000m s/track	2:38.25	Isabelle Boffey	19 Feb 22	Birmingham
1500m	3:58.66	Laura Muir	17 Jul 15	Monaco, MON
1500m s/track	4:00.52 +	Jemma Reekie	8 Feb 20	New York (A), USA
1 Mile	4:23.08	Yvonne Murray	5 Sep 86	Brussels, BEL
1 Mile s/track	4:17.88 #	Jemma Reekie	8 Feb 20	New York (A), USA
3000m	8:34.43	Zola Budd	30 Jun 86	Belfast
3000m s/track	8:39.79	Zola Budd	8 Feb 86	Cosford
5000m	14:43.24	Megan Keith	27 Apr 24	Suzhou, CHN
5000m s/track	15:33.96	Phoebe Anderson	17 Feb 24	Winston-Salem, USA
10,000m	30:36.84	Megan Keith	16 Mar 24	San Juan Capistrano
10k Road	31:22	Megan Keith	14 Jan 24	Valencia, ESP
Half Marathon	70:59	Liz Lynch/McColgan	12 Oct 86	Dundee
Marathon	2:29:06	Becky Briggs	3 Apr 22	Manchester
60m Hurdles	7.89	Cindy Ofili	12 Mar 16	Birmingham, USA
100m Hurdles	12.60	Cindy Ofili	13 Jun 15	Eugene, USA
400m Hurdles	54.03	Sally Gunnell	28 Sep 88	Seoul, KOR
3000m S'chase	9:32.42	Elise Thorner	29 Apr 22	Stanford, USA
High Jump	1.97 i#	Katarina Johnson-Thompson	14 Feb 15	Sheffield
	1.97	Morgan Lake	30 Jun 18	Birmingham
Pole Vault	4.87 i	Holly Bleasdale/Bradshaw	21 Jan 12	Villeurbanne, FRA
Long Jump	6.93 i	Katarina Johnson-Thompson	21 Feb 15	Birmingham
Triple Jump	14.15	Naomi Ogbeta	7 Aug 18	Berlin, GER
Shot Put	18.19	Myrtle Augee	14 Aug 87	London (CP)
Discus	60.00	Philippa Roles	9 May 99	Neath
Hammer	72.97	Sophie Hitchon	23 Jun 13	Gateshead
20lb Weight*	22.15	Tara Simpson-Sullivan	19 Feb 22	Birmingham, USA
Javelin	64.87	Kelly Morgan	14 Jul 02	Birmingham
Pentathlon s/track	5000	Katarina Johnson-Thompson	6 Mar 15	Prague, CZE
Heptathlon	6682	Katarina Johnson-Thompson	1 Jun 14	Götzis, AUT
Decathlon	6522	Julie Hollman	21 Jul 97	Ahlen, GER
5000m Walk	22:03.65	Johanna Jackson	29 Jul 07	Manchester (SC)
5000m Walk s/track	25:28.46	Abigail Jennings	23 Feb 20	Glasgow (CA)
10,000m Walk	45:53.9	Julie Drake	26 May 90	Bergen (Fana), NOR
10km Road Walk	45:42	Lisa Langford	3 May 87	New York, USA
20km Road Walk	1:36:28	Johanna Jackson	13 Jul 07	Debrecen, HUN
35km Road Walk	3:26:29	Molly Davey	28 Jan 18	Grosseto, ITA
50km Road Walk*	5:08:17	Molly Davey	24 Mar 18	Dudince, SVK
4x100m Relay	42.80	National Team	24 Jul 15	London (OS)
4x400m Relay	3:26.52	National U23 Team	20 Jul 25	Bergen, NOR

UK UNDER 18 BEST PERFORMANCES as at 31 December 2025

* - events without official U18 record status per UKA rules (but some listed by UKA)

MEN

60m	6.69	Mark Lewis-Francis	27 Feb 99	Nogent-sur-Oise, FRA
100m	10.26	Teddy Wilson	24 Jun 23	Mannheim, GER
200m	20.37	Thomas Somers	24 Jul 14	Eugene, USA
200m s/track	20.66	Jake Odey-Jordan	7 Mar 24	Boston (A), USA
400m	46.43	Mark Richardson	28 Jul 88	Sudbury, CAN
400m s/track	47.78	Kris Stewart	1 Mar 97	Chemnitz, GER
800m	1:45.36	Max Burgin	23 Jun 19	Bedford
800m s/track	1:49.96	Joshua Mungin	9 Mar 25	Glasgow
1000m	2:20.37	Johan Boakes	17 Jun 84	Loughborough
1500m	3:44.11	Matthew Shirling	7 Aug 12	Manchester (Str)
1500m s/track	3:49.47	Evan Grime	19 Jan 25	Sheffield
1 Mile	4:05.48	Evan Grime	26 Aug 24	Bury
3000m	8:00.80	Corey Campbell	18 Jun 25	Twickenham
3000m s/track	8:13.97	Corey Campbell	6 Jan 23	Glasgow (CA)

5000m*	13:59.66	Jon Richards	27 Jun 81	London (CP)
2000m S'chase	5:40.62	Zak Seddon	8 Jul 11	Lille (VA), FRA
60mH (91.4cm)	7.76	Jaiden Dean	13 Feb 22	Sheffield
110mH (91.4cm)	13.19	Sam Bennett	7 Jul 18	Győr, HUN
400mH (84cm)	50.90	Karl Johnson	8 Jul 18	Győr, HUN
High Jump	2.25	Steve Smith	17 Aug 90	Gateshead
Pole Vault	5.46i	Adam Hague	21 Dec 14	Manchester (SC)
Long Jump	7.98	Jonathan Moore	29 Jul 01	Dole, FRA
Triple Jump	16.43	Jonathan Moore	22 Jul 01	Grosseto, ITA
Shot Put (5kg)	21.20	Carl Myerscough	22 Sep 96	Blackpool
Discus (1.5kg)	63.48	James Tomlinson	21 May 17	Loughborough
Hammer (5kg)	79.20	Jake Norris	15 Jul 16	Tbilisi, GEO
Javelin (700g)	77.12	James Whiteaker	12 Jul 14	Birmingham
Hept s/track	5086	Scott Brindley	11 Mar 18	Sheffield
Oct (IAAF)*	5930	Lewis Robson	14 Jul 05	Marrakesh, MAR
Dec (IAAF)	7035	Sam Talbot	15 May 16	Bedford
5000m Walk	20:46.5	Philip King	29 Sep 91	Brierley Hill
5000m Walk s/track	21:25.17	Dominic King	4 Mar 00	Neubrandenburg, GER
10,000m Walk	43:31.98	Gordon Vale	16 Aug 79	Bydgoszcz, POL
4x100m Relay*	40.68	National Team	12 Jul 95	Bath
Medley Relay*	1:52.38	National Team	21 Jul 24	Banka Bystrica, SVK
4x400m Relay*	3:14.4	England Schools Team	20 Jul 96	Stoke-on-Trent

WOMEN

60m	7.28	Nia Wedderburn-Goodison	12 Dec 21	London (LV)
100m	11.24	Jodie Williams	31 May 10	Bedford
200m	22.42	Amy Hunt	30 Jun 19	Mannheim, GER
200m s/track	23.44	Amy Spencer	27 Jan 02	Birmingham
400m	51.16	Linsey Macdonald	15 Jun 80	London (CP)
400m s/track	54.07	Kara Dacosta	11 Feb 24	Sheffield
800m	1:57.86	Phoebe Gill	11 May 24	Belfast
800m s/track	2:03.57	Shaikira King	19 Jan 25	Sheffield
1000m	2:38.58	Jo White	9 Sep 77	London (CP)
1500m	4:09.93	Jessica Warner-Judd	15 Jul 12	Barcelona, ESP
1500m s/track	4:19.9	Sandra Arthurton	28 Feb 79	Cosford
1 Mile	4:40.3	Sandra Arthurton	1 Jul 79	Cleckheaton
3000m	8:59.67	Innes Fitzgerald	16 Jul 22	Belfast
3000m s/track	9:06.26	Innes Fitzgerald	17 Dec 23	Cardiff
5000m*	15:41.00	Emily Pidgeon	24 Jun 06	Solihull
2000m S'chase	6:32.45	Louise Webb	14 Jul 07	Ostrava, CZE
60mH (76.2cm)	8.39	Thea Brown	12 Feb 23	Sheffield
100mH (76.2cm)	13.05	Mia McIntosh	5 Jul 22	Jerusalem, ISR
400mH	58.09	Ophelia Pye	7 Jul 22	Jerusalem, ISR
High Jump	1.94	Morgan Lake	22 Jul 14	Eugene, USA
Pole Vault	4.35	Molly Caudery	22 Jul 17	Grosseto, ITA
Long Jump	6.63	Yinka Idowu	21 May 89	Oxford
Triple Jump	12.98	Naomi Ogbeta	20 Jun 15	Bedford
Shot Put (3kg)	17.39	Cleo Agyepong	5 Jul 22	Jerusalem, ISR
Discus	52.19	Claire Smithson	7 Oct 00	Grosseto, ITA
Hammer (3kg)	67.99	Charlotte Payne	3 Aug 19	Dublin (S), IRL
Javelin (500g)	57.14	Emma Hamplott	1 Jun 14	Loughborough
Pentathlon s/track	4058	Eden Robinson	2 Dec 23	Cardiff
Hept (senior)*	6148	Morgan Lake	23 Jul 14	Eugene, USA
(IAAF)	5919	Niamh Emerson	15 Jul 16	Tbilisi, GEO
3000m Walk s/track	14:01.67	Rebecca Mersh	29 Feb 04	Birmingham
5000m Walk	23:36.03	Gracie Griffiths	25 Aug 23	Cardiff
10,000m Walk	51:00.0	Karen Nipper	21 Feb 81	Leicester
4x100m Relay*	45.63	England	2 Dec 04	Bendigo, AUS
Medley Relay*	2:05.90	National Team	21 Jul 24	Banka Bystrica, SVK
4x400m Relay*	3:36.98	National U19 Team	26 Aug 73	Duisburg, GER