

# UK ALL TIME LISTS – MEN

as at 31 December 2024

<b>60 Metres</b>				9.96	Joel Fearon	30 Jul 16	
6.42	Dwain Chambers	7 Mar 09		9.97	Dwain Chambers ¶	22 Aug 99	
6.45 o	Zharnel Hughes	25 Feb 23		9.97	Adam Gemili	7 Jun 15	10
6.46	Jason Gardener	7 Mar 99		9.97	Jeremiah Azu	25 May 24	
6.46	Gardener	15 Feb 04		9.98	Jason Gardener	2 Jul 99	
6.46	Chambers	8 Mar 09		9.99	Nethaneel Mitchell-Blake	13 May 17	
6.47	Linford Christie	19 Feb 95		10.01	Richard Kilty	16 Jul 16	
6.47	James Dasaolu	15 Feb 14		10.02	Romell Glave	3 Sep 23	
6.48	Gardener	16 Feb 00		10.03	Simeon Williamson	12 Jul 08	
6.48	Gardener	15 Feb 04		10.04	Darren Campbell	19 Aug 98	
6.48	Chambers	13 Mar 10		10.04	Mark Lewis-Francis	5 Jul 02	
6.48	Dasaolu	2 Mar 13		10.04	James Ellington	7 Jul 16	
6.49	Colin Jackson	11 Mar 94		10.04	Ojie Edoburun	4 Jun 18	20
6.49	Richard Kilty	8 Mar 14		10.05	Ade Adewale	26 Aug 24	
6.49	Reece Prescod	10 Feb 23		10.06	Marlon Devonish	10 Jul 07	
6.51	Jason Livingston	8 Feb 92		10.06	Tyrone Edgar	31 May 08	
6.51	Darren Braithwaite	10 Mar 95	10	10.06	Nicholas Walsh	13 Aug 23	
6.51	Mark Lewis-Francis	11 Mar 01		10.08	Harry Aikines-Aryeetey	13 Jul 13	
6.53	Simeon Williamson	21 Feb 09		10.09	Jason Livingston ¶	13 Jun 92	
6.53	Chijindu Ujah	1 Feb 15		10.10	Andrew Robertson	23 Aug 14	
6.54	Michael Rosswess	11 Mar 94		10.11	Allan Wells	24 Jul 80	
6.54	Andrew Robertson	27 Feb 16		10.11	Christian Malcolm	5 Aug 01	
6.55	Craig Pickering	27 Jan 07		10.12	Darren Braithwaite	15 Jul 95	30
6.55	Harry Aikines-Aryeetey	13 Feb 10		10.12	Toby Makoyawo	25 Mar 22	
6.55	Sean Safo-Antwi	6 Feb 16		10.12	Oliver Bromby	17 Jun 23	
6.56	Theo Etienne	5 Mar 16		10.14	Craig Pickering	13 Jul 07	
6.56	Ojie Edoburun	25 Feb 18	20	10.14	Danny Talbot	31 May 14	
6.56	Jeremiah Azu	26 Feb 22		10.14	Sean Safo-Antwi	7 Jun 14	
6.56	Adam Thomas	26 Feb 22		10.14	Adam Thomas	13 Aug 23	
6.58	Joseph Dewar	5 Mar 17		10.15	Michael Rosswess	15 Sep 91	
6.59	Marcus Adam	8 Feb 92		10.15	John Regis	29 May 93	
6.59	Jason John	24 Feb 96		10.15	Korede Awe	3 Sep 23	
6.59	Darren Campbell	21 Feb 03		10.16	Rikki Fifton	28 Sep 07	40
6.59	Ryan Scott	13 Feb 08		10.16	Tommy Ramdhan	22 Aug 21	
6.59	Adam Gemili	31 Feb 16		10.17	Ian Mackie	25 Aug 96	
6.59	Kyle de Escofet	4 Feb 17		10.17	Stephen Baffour	18 Aug 24	
6.59	Charlie Dobson	19 Feb 22	30	10.18	Deji Tobais	7 Jun 14	
<b>during 100m</b>				10.18	Kieran Daly	21 Jun 14	
6.41+	Dwain Chambers	22 Aug 99		10.18	Reuben Arthur	17 Jun 17	
6.43+	Linford Christie	25 Aug 91		10.18	John Otugade	20 Apr 24	
6.45+	Christie	15 Aug 93		10.19	Jona Efoloko	26 Aug 24	
<b>100 Metres</b>				10.20	Cameron Sharp	24 Aug 83	
9.83	Zharnel Hughes	24 Jun 23		10.20	Elliot Bunney	14 Jun 86	50
9.87	Linford Christie ¶	15 Aug 93		10.20	Ryan Scott	17 Jul 08	
9.88	Hughes	20 Aug 23		10.20	Josh Swaray (now SEN)	13 Jul 13	
9.91	Christie	23 Aug 94		10.20	Dom Ashwell	5 Jun 19	
9.91	James Dasaolu	13 Jul 13		10.20	Elliot Jones	8 Jun 23	
9.91	Hughes	9 Jun 18		10.21 A	Ainsley Bennett	8 Sep 79	
9.92	Christie	25 Aug 91		10.21	Jamie Henderson	6 Aug 87	
9.93	Hughes	21 Jul 18		10.21	Allyn Condon	14 Aug 99	
9.93	Reece Prescod	31 May 22		10.21	Luke Fagan	15 Sep 11	
9.93	Eugene Amo-Dadzie	16 Jun 23		10.21	Kyle de Escofet	2 Jun 17	
9.93	Hughes	20 Aug 23		10.21	Samuel Osewa	2 Jun 17	60
9.94	Prescod	18 Aug 18		10.21	Joe Ferguson	30 Jun 23	
9.95	Hughes	7 Aug 18		<b>wind assisted</b>			
9.95	Hughes	20 Jul 19		9.84	Louie Hinchliffe	24 May 24	
9.95	Louie Hinchliffe	7 Jun 24		9.88	Reece Prescod	26 May 18	
9.96	Chijindu Ujah	8 Jun 14		9.90	Christie	24 Aug 91	

				<b>200 Metres</b>			
9.90	Harry Aikines-Aryeetey	15 Apr 17					
9.90	Toby Makoyawo	26 Mar 22	19.73	Zharnel Hughes	23 Jul 23		
9.90	Jeremiah Azu	25 Jun 22	19.82	Hughes	8 Sep 23		
9.90	Romell Glave	18 Aug 24	19.87 A	John Regis	31 Jul 94		
9.91	Christie	11 Jun 94	19.94	Regis	20 Aug 93		
9.91	Hughes	25 Jun 22	19.94	Hughes	31 Aug 23		
9.92	Richard Kilty	29 May 16	19.95	Nethaneel Mitchell-Blake	14 May 16		
9.93	Ojie Edoburun	15 Apr 17	19.96	Hughes	11 May 24		
9.94	Prescod	24 May 23	19.97	Adam Gemili	9 Sep 16		
9.94	Prescod	2 Jun 24	19.97	Miguel Francis	21 Jul 19		
9.95	Chijindu Ujah	27 May 17	19.98	Gemili	16 Aug 13		
9.96	James Ellington	25 Jun 16	19.98	Gemili	15 Aug 14		
9.96	Miguel Francis	25 Jun 22	20.08	Christian Malcolm	8 Aug 01		
9.97 †	Mark Lewis-Francis	4 Aug 01	20.09	Linford Christie ¶	28 Sep 88		
9.98	Nethaneel Mitchell-Blake	23 Apr 22	20.13	Darren Campbell	27 Sep 00		
10.00	Ian Mackie	18 Jul 98	20.16	Danny Talbot	7 Aug 17		
10.01	Doug Walker ¶	18 Jul 98	20.18	Julian Golding	19 Sep 98	10	
10.01	Andrew Robertson	13 Jun 21	20.19	Marlon Devonish	29 Jul 02		
10.02	Allan Wells	4 Oct 82	20.19	Charlie Dobson	15 Apr 22		
10.03	Kieran Showler-Davis	3 Aug 16	20.21	Allan Wells	28 Jul 80		
10.03	Andrew Robertson	8 Jun 19	20.22	Chris Clarke	25 Aug 13		
10.04 A	Tyrone Edgar	10 May 03	20.23	Joe Ferguson	26 Jun 22		
10.04	Deji Tobais	23 Aug 14	20.31	Dwain Chambers ¶	22 Jul 01		
10.05	David Morgan-Harrison	26 Jul 23	20.31	James Ellington	30 Apr 16		
10.05	Adam Thomas	29 Jul 23	20.31	Reece Prescod	15 Aug 21		
10.07	Cameron Sharp	4 Oct 82	20.34	Chris Lambert	20 Jul 03		
10.07	John Regis	28 Aug 90	20.34	Richard Kilty	7 Jul 13	20	
10.07	Toby Box	11 Jun 94	20.34	Tommy Ramdhan	30 Aug 21		
10.07	Michael Rosswess	11 Jun 94	20.34	Jeriel Quainoo	20 Apr 24		
10.07	Sean Safo-Antwi	23 Aug 14	20.34	Matthew Hudson-Smith	30 Jun 24		
10.08	Mike McFarlane	27 May 84	20.35	Doug Walker ¶	26 Jul 98		
10.08	Jason John	11 Jun 94	20.36	Todd Bennett	28 May 84		
10.08	Craig Pickering	17 Jun 09	20.37	Toby Sandeman	18 Jul 09		
10.08	Samuel Gordon	14 Jul 19	20.37	Thomas Somers	24 Jul 14		
10.08	Adam Clayton	29 Apr 23	20.38	Jeffrey Lawal-Balogun	28 Jun 09		
10.09 †	Christian Malcolm	4 Aug 01	20.38	Leon Reid	2 Jul 17		
10.09	Elliot Jones	26 Jul 23	20.39	Chijindu Ujah	8 Apr 17	30	
10.10	Donovan Reid	26 Jun 83	20.40	Delano Williams	16 May 15		
10.10	Leevan Yearwood	3 Jul 09	20.41	Marcus Adam	13 Jun 92		
10.10	John Otugade	29 Jul 23	20.42 A	Ainsley Bennett	12 Sep 79		
10.11	Drew McMaster	26 Jun 83	20.42	Michael Ohioze	12 Apr 24		
10.12	Buster Watson	27 May 84	20.43	Mike McFarlane	7 Oct 82		
10.12	Charlie Dobson	23 Aug 20	20.43	Doug Turner	9 Jun 96		
10.12	Jona Efoloko	25 Jun 22	20.43	Leon Baptiste	10 Oct 10		
10.13	Jonathan Barbour	30 Jun 01	20.43	Edmond Amaning	12 May 18		
10.13	Danny Talbot	21 May 17	20.44	Jona Efoloko	20 Apr 24		
10.13	Tommy Ramdhan	25 Jun 22	20.45	James Alaka	13 May 12	40	
10.13	Luke Dorrell	15 Jul 23	20.46	Rikki Fifton	6 Jun 09		
10.13	Korede Awe	3 Sep 23	20.46	Harry Aikines-Aryeetey	3 Jul 11		
† wind gauge faulty - probably windy			20.46	James Hanson	26 Jun 22		
<b>hand timing</b>			20.47	Cameron Sharp	9 Sep 82		
9.9	Zharnel Hughes	22 Apr 23	20.48	Darren Braithwaite	13 May 95		
10.1	David Jenkins	20 May 72	20.49	Alex Nelson	5 Jul 08		
10.1	Brian Green	3 Jun 72	20.49	Adam Clayton	13 May 23		
<b>hand timing - wind assisted</b>			20.50	Terry Williams	24 Aug 94		
10.0	Allan Wells	16 Jun 79	20.50	Tony Jarrett	16 Jul 95		
10.0	Drew McMaster	1 Jun 80	20.50	Solomon Wariso	16 Jul 95	50	
10.1	Dave Roberts	17 Jul 82	20.51	Michael Rosswess	28 Sep 88		
			20.54	Ade Mafe	25 Aug 85		
			20.55	Jake Odey-Jordan	16 Jun 24		
			20.56	Roger Black	4 May 96		

20.56	Shemar Boldizar	21 Jul 19		<b>300 Metres</b>		
20.57	Owusu Dako	16 Jul 95		31.56	Doug Walker ¶	19 Jul 98
20.57	Tim Abeyie	5 Jul 08		31.67	John Regis	17 Jul 92
20.58	Dwayne Grant	10 Aug 03		31.87	Mark Richardson	19 Jul 98
20.60	Luke Fagan	13 Aug 11		31.98	Regis	19 Jun 93
20.60	David Bolarinwa	8 Jun 13	60	31.99	Regis	21 Jun 91
20.61	Deji Tobais	7 Jul 12		32.06	Jamie Baulch	31 May 97
	<b>wind assisted</b>			32.08	Roger Black	8 Aug 86
19.86	Danny Talbot	15 Apr 17		32.14	Todd Bennett	18 Aug 84
19.93	Zharnel Hughes	24 Apr 21		32.14	Delano Williams	7 Jun 15
19.96	Mitchell-Blake	28 May 16		32.23	Solomon Wariso	19 Jul 98
19.99	Charlie Dobson	23 Apr 22		32.26	Mark Hylton	19 Jul 98
20.10	Marcus Adam	1 Feb 90		32.29	Chris Clarke	13 Sep 15
20.11	Allan Wells	20 Jun 80		32.31	Rabah Yousif	7 Sep 14
20.18	Marlon Devonish	14 Jul 02		32.32	Derek Redmond	16 Jul 88
20.18	Joe Ferguson	26 Jun 22		32.36	Iwan Thomas	19 Jul 98
20.26	Ade Mafe	1 Feb 90		32.39	Alex Haydock-Wilson	14 May 23
20.36	Doug Turner	27 Jul 97		32.44	David Jenkins	4 Jul 75
20.37	Edmond Amaning	13 Apr 18			<b>during 400m</b>	
20.38	Dwayne Grant	23 Aug 03		31.35 +	Matthew Hudson-Smith	7 Aug 24
20.40	Ojie Edoburun	28 Apr 17		32.06 +	Roger Black	29 Aug 91
20.46	Andrew Morgan-Harrison	26 Jun 22		32.08 +	Iwan Thomas	5 Aug 97
20.47	Michael Rosswess	9 Sep 90		32.26 +	Derek Redmond	1 Sep 87
20.50	Sam Watts	21 Mar 14		32.35 +	David Grindley	26 Jun 93
20.51	Jason John	2 Jul 93			<b>300 Metres Short Track</b>	
20.54	Luke Dorrell	15 Jul 23		32.7+	Jamie Baulch	23 Feb 97
	<b>hand timing (* 220 yards time less 0.1)</b>			32.7u+	Solomon Wariso	8 Feb 98
20.3	David Jenkins	19 Aug 72		32.7+	Daniel Caines	17 Feb 02
20.4 *	Peter Radford	28 May 60		32.72	Matthew Hudson-Smith	3 Feb 23
20.6	Donovan Reid	1 Jul 84		32.80	Hudson-Smith	14 Jan 22
	<b>hand timing - wind assisted</b>			32.90	Ade Mafe	31 Jan 92
20.4	Buster Watson	11 Aug 85		32.98	John Regis	20 Feb 93
20.5	Roger Black	6 Jul 96			<b>400 Metres</b>	
	<b>200 Metres Short Track</b>			43.44	Matthew Hudson-Smith	7 Aug 24
20.25	Linford Christie	19 Feb 95		43.74	Hudson-Smith	20 Jul 24
20.46	Julian Golding	8 Feb 98		43.96	Hudson-Smith	22 Aug 24
20.48	John Regis	5 Feb 95		44.07	Hudson-Smith	30 May 24
20.49	Nethaneel Mitchell-Blake	11 Feb 17		44.07	Hudson-Smith	6 Aug 24
20.50	Regis	14 Feb 99		44.23	Charlie Dobson	20 Jul 24
20.51	Marlon Devonish	21 Feb 03		44.26	Hudson-Smith	22 Aug 23
20.51	Mitchell-Blake	26 Feb 16		44.31	Hudson-Smith	23 Aug 23
20.53	Allyn Condon	8 Feb 98		44.35	Hudson-Smith	28 May 22
20.53	Mitchell-Blake	27 Feb 16		44.36	Iwan Thomas	13 Jul 97
20.54	Regis	22 Feb 87		44.37	Roger Black	3 Jul 96
20.54	Christian Malcolm	26 Feb 01		44.37	Mark Richardson	9 Jul 98
20.59	Doug Turner	17 Feb 02		44.45	Martyn Rooney	23 Aug 15
20.59	Adam Clayton	25 Feb 23		44.47	David Grindley	3 Aug 92
20.60	Sam Watts	13 Feb 16	10	44.50	Derek Redmond	1 Sep 87
20.62	Daniel Caines	1 Mar 02		44.54	Rabah Yousif	24 Aug 15
20.66	Andrew Morgan-Harrison	16 Feb 20		44.56	Tim Benjamin	9 Sep 05
20.66	Jake Odey-Jordan	10 Mar 24		44.57	Jamie Baulch	3 Jul 96
20.68	Chris Clarke	9 Feb 14		44.66	Du'aine Ladejo	16 Jun 96
20.69	Chris Lambert	6 Mar 05		44.68	Solomon Wariso	26 Jul 98
20.73	Toby Makoyawo	5 Feb 22		44.70	Samuel Reardon	20 Jul 24
20.75	Marcus Adam	29 Jan 92		44.74	Michael Bingham	19 Aug 09
20.78	Tim Benjamin	24 Feb 01		44.93	David Jenkins	21 Jun 75
20.80	Ade Mafe	10 Feb 89		44.93	Kriss Akabusi	7 Aug 88
20.83	Darren Campbell	21 Feb 03	20	44.94	Andrew Steele	18 Aug 08
20.84	Solomon Wariso	28 Jan 95		44.98	Daniel Caines	27 Jul 02
20.84	Jamie Baulch	26 Jan 97				

45.01	Robert Tobin	11 Jun 05	20	45.89	David Grindley	20 Feb 93	
45.06	Conrad Williams	6 Jun 15		45.90	Robert Tobin	12 Feb 06	10
45.08	Alex Haydock-Wilson	20 Jul 22		45.94	Mark Richardson	20 Feb 93	
45.09	Jarryd Dunn	20 Jun 15		45.98	Brian Whittle	6 Mar 88	
45.11	Nigel Levine	7 Jun 12		46.08 A	Jaden Smith	24 Feb 24	
45.20	Sean Baldock	12 Aug 00		46.11	Guy Bullock	9 Feb 97	
45.22	Brian Whittle	25 Sep 88		46.11	Sean Baldock	8 Feb 98	
45.23	Luke Lennon-Ford	2 Jun 12		46.12	Du'aine Ladejo	10 Mar 96	
45.24	Mark Hylton	12 Aug 98		46.16	Luke Lennon-Ford	15 Feb 14	
45.26	Phil Brown	26 May 85		46.16	Edward Faulds	19 Feb 22	
45.27	Todd Bennett	7 Aug 88	30	46.20	Conrad Williams	18 Feb 12	
45.30	Ade Mafe	23 Jul 93		46.22	Richard Strachan	2 Feb 13	
45.33	Paul Sanders	15 Jun 91		46.23	Allyn Condon	14 Feb 99	20
45.34	Dwayne Cowan	20 Aug 17		46.23	Lee Thompson	18 Feb 18	
45.40	Jaden Smith	11 May 24					
45.42	Delano Williams	9 May 15		<b>600 Metres</b>			
45.45	George Caddick	26 May 17		1:14.95	Steve Heard	14 Jul 91	
45.47	David McKenzie	12 Jun 94		1:15.0 +	Sebastian Coe	10 Jun 81	
45.47	Efekemo Okoro	27 Jul 24		1:15.4	Garry Cook	30 Jul 84	
45.48	John Regis	17 Apr 93		1:15.4	Tom McKean	21 Jul 91	
45.48	Richard Strachan	7 Jul 13	40	1:15.6	David Jenkins	3 Aug 74	
45.48	Charlie Carvell	22 May 24		1:15.87	Michael Rimmer	5 Jun 16	
45.49	Glen Cohen	21 May 78		1:15.94	Brian Whittle	28 Jul 92	
45.54	Joseph Brier	10 Jun 23		1:16.0	Steve Overt	15 Aug 79	
45.57	Jared Deacon	16 Jun 02		1:16.0 +	Martin Steele	10 Jul 93	
45.58	Ian Mackie	13 Jul 03		1:16.2	Roger Black	3 Feb 91	
45.59	Chris Clarke	24 Jul 09					
45.60	Malachi Davis	24 Jul 05		<b>600 Metres Short Track</b>			
45.60	Rio Mitcham	10 Jun 23		1:15.31 A	Thomas Staines	1 Feb 19	
45.60	Lewis Davey	25 May 24		1:15.79 A	Yusuf Bizimana	21 Jan 23	
45.61	Richard Buck	2 Jun 12	50	1:16.10	Kyle Langford	15 Feb 17	
45.63	Adrian Patrick	5 Jul 95		1:16.22	Dai Greene	26 Jan 13	
45.63	Ben Jefferies	30 Jun 24		1:16.45	Andrew Osagie	26 Jan 13	
45.64	Paul Harmsworth	7 Aug 88		1:16.46	Callum Dodds	17 Feb 23	
45.64	Cameron Chalmers	18 Jun 17		1:16.48	Guy Learmonth	25 Jan 14	
45.65	Alan Bell	14 Jun 80					
45.67	Roger Hunter	19 May 85		<b>800 Metres</b>			
45.70	Bailey Swift	20 Jul 24		1:41.73"	Sebastian Coe	10 Jun 81	
45.71	Brodie Young	22 May 24		1:42.27	Ben Pattison	12 Jul 24	
45.72	Edward Faulds	16 Jul 21		1:42.33	Coe	5 Jul 79	
45.74	Steve Heard	26 May 85	60	1:42.88	Steve Cram	21 Aug 85	
45.75	Robbie Brightwell	19 Oct 64		1:42.97	Peter Elliott	30 May 90	
	<b>hand timing (* 440 yards time less 0.3)</b>			1:43.07	Coe	25 Aug 85	
45.6 *	Robbie Brightwell	14 Jul 62		1:43.19	Cram	7 Sep 86	
45.7	Adrian Metcalfe	2 Sep 61		1:43.22	Cram	31 Jul 86	
				1:43.38	Coe	29 Aug 89	
				1:43.41	Elliott	1 Sep 87	
				1:43.50	Max Burgin	9 Aug 24	
<b>400 Metres Short Track</b>				1:43.65	Jake Wightman	2 Sep 22	
45.39	Jamie Baulch	9 Feb 97		1:43.77	Andrew Osagie	9 Aug 12	
45.43	Daniel Caines	16 Mar 03		1:43.82	Oliver Dustin	12 Jun 21	
45.45	Baulch	12 Feb 97		1:43.84	Martin Steele	10 Jul 93	
45.56	Todd Bennett	3 Mar 85		1:43.88	Tom McKean	28 Jul 89	10
45.60	Baulch	14 Feb 99		1:43.89	Michael Rimmer	29 Aug 10	
45.61	Caines	18 Feb 01		1:43.95	Daniel Rowden	21 Jul 23	
45.62	Baulch	9 Mar 97		1:43.98	David Sharpe	19 Aug 92	
45.69	Michael Bingham	14 Mar 09		1:44.05	Elliot Giles	4 Jul 21	
45.71	Solomon Wariso	8 Feb 98		1:44.09	Steve Overt	31 Aug 78	
45.71	Nigel Levine	18 Feb 12		1:44.14	Jamie Webb	20 Jun 21	
45.71	Levine	15 Feb 14		1:44.49	Kyle Langford	30 Aug 22	
45.83	Mark Hylton	9 Feb 97		1:44.55	Garry Cook	29 Aug 84	
45.88	Richard Buck	18 Feb 12		1:44.59	Tony Morrell	2 Jul 88	

1:44.65	Ikem Billy	21 Jul 84	20	1:46.02 A	Yusuf Bizimana	11 Mar 23	
1:44.65	Steve Heard	26 Aug 92		1:46.22	Ikem Billy	12 Feb 89	
1:44.65	James McIlroy	28 Aug 05		1:46.22	Tom McKean	4 Mar 90	10
1:44.72	Archie Davis	4 Jul 21		1:46.33	Joe Thomas	23 Feb 12	
1:44.73	Guy Learmonth	22 Jul 18		1:46.36	Guy Learmonth	3 Feb 23	
1:44.75	Alex Botterill	23 Jul 23		1:46.43	Kyle Langford	3 Feb 18	
1:44.79	Callum Dodds	11 May 24		1:46.55	Michael Rimmer	16 Feb 13	
1:44.80	Yusuf Bizimana	20 Jul 24		1:46.57	Brian Whittle	29 Feb 92	
1:44.82	Neil Gourley	18 Jun 22		1:46.58	Mukhtar Mohammed	16 Feb 13	
1:44.88	Thomas Randolph	23 Jul 23		1:46.64	Josh Kerr	11 Feb 22	
1:44.92	Curtis Robb	15 Aug 93	30	1:46.68	James McIlroy	4 Feb 05	
1:44.96	Ethan Hussey	23 Jul 23		1:46.71	Peter Elliott	12 Mar 83	
1:44.98	Gareth Warburton	7 Jun 12		1:46.75	Daniel Rowden	4 Feb 23	20
1:45.05	Matthew Yates	26 Aug 92		<b>1000 Metres</b>			
1:45.10	Richard Hill	10 Jun 06		2:12.18	Sebastian Coe	11 Jul 81	
1:45.12	Andy Carter	14 Jul 73		2:12.88	Steve Cram	9 Aug 85	
1:45.12	Reece Sharman-Newell	22 Jun 24		2:13.40	Coe	1 Jul 80	
1:45.14	Chris McGeorge	28 Jun 83		2:13.88	Jake Wightman	10 Aug 22	
1:45.14	John Gladwin	22 Jul 86		2:14.90	Coe	16 Jul 86	
1:45.28	Thomas Staines	14 Apr 22		2:15.57	James McIlroy	5 Sep 99	
1:45.31	Rob Harrison	21 Jul 84	40	2:15.91	Steve Overt	6 Sep 79	
1:45.35	Kevin McKay	16 Aug 92		2:16.30	Peter Elliott	17 Jan 90	
1:45.35	Josh Kerr	9 Jul 19		2:16.34	Matthew Yates	6 Jul 90	
1:45.37	Justin Davies	21 Aug 24		2:16.82	Graham Williamson	17 Jul 84	
1:45.44	Neil Horsfield	28 Jul 90		2:16.99	Tony Morrell	28 Aug 88	
1:45.47	Brian Whittle	20 Jul 90		2:16.99	Andy Baddeley	7 Aug 07	10
1:45.53	Charlie Da'Vall Grice	22 Jul 16		2:17.13	Michael Rimmer	20 Aug 12	
1:45.58	Tiarnan Crocken	25 May 24		2:17.14	John Gladwin	6 Jul 90	
1:45.6	Graham Williamson	12 Jun 83		2:17.18	Andrew Osagie	10 Jun 18	
1:45.63	Jack Higgins	28 Aug 24		2:17.20	Rob Harrison	18 Aug 84	
1:45.64	Paul Herbert	5 Jun 88	50	2:17.20	Rob Harrison	18 Aug 84	
1:45.64	Paul Forbes	8 Jun 83		2:17.36	Neil Horsfield	9 Aug 91	
1:45.66	Paul Forbes	8 Jun 83		2:17.43	Gareth Brown	18 Aug 84	
1:45.66	Finley McLearn	7 Jun 24		2:17.45	Chris McGeorge	20 Aug 84	
1:45.67	Sam Ellis	10 Jun 06		2:17.45	Chris McGeorge	20 Aug 84	
1:45.67	Mukhtar Mohammed	26 Jul 13		2:17.47	Kyle Langford	15 Jun 19	
1:45.68	Mark Sesay	7 Aug 99		2:17.60	Josh Kerr	17 Jul 20	
1:45.68	Mark Sesay	7 Aug 99		2:17.63	Kevin McKay	14 Jul 89	20
1:45.69	Steve Crabb	17 Aug 88		2:17.63	Tom Lancashire	31 Jul 09	
1:45.69	Craig Winrow	21 Jun 96		2:17.75	Steve Crabb	5 Aug 87	
1:45.70	Ricky Soos	25 Aug 04		2:17.75	Steve Crabb	5 Aug 87	
1:45.71	Andy Hart	19 Sep 98		2:17.79	David Sharpe	31 Aug 92	
1:45.74	Darren St.Clair	13 Aug 10	60	2:17.79	David Sharpe	31 Aug 92	
1:45.74	Darren St.Clair	13 Aug 10	60	2:17.95	Mark Scruton	17 Jul 84	
1:45.76	Frank Clement	10 Jul 76		2:17.96	Ikem Billy	14 Jul 89	
1:45.76	Tom Lancashire	13 May 06		2:18.02	Elliot Giles	15 Jun 24	
1:45.77	Piers Copeland	4 Jul 21		<b>1000 Metres Short Track</b>			
1:45.79	Matthew Stonier	12 Aug 23		2:17.20	Charlie Da'Vall Grice	13 Feb 21	
" photo-cell time				2:17.51	Jake Wightman	25 Jan 20	
<b>800 Metres Short Track</b>				2:17.86	Matthew Yates	22 Feb 92	
1:43.63	Elliot Giles	17 Feb 21		2:18.10	Yusuf Bizimana	12 Jan 24	
1:44.54	Jamie Webb	17 Feb 21		2:18.31	David Strang	30 Jan 93	
1:44.91	Sebastian Coe	12 Mar 83		2:18.55	Richard Peters	2 Mar 14	
1:45.22	Andrew Osagie	15 Feb 14		2:18.56	Andrew Osagie	19 Feb 11	
1:45.42 i	Giles	19 Feb 22		2:18.58	Sebastian Coe	19 Mar 83	
1:45.42 i	Giles	22 Feb 22		2:18.68	Neil Gourley	22 Jan 21	
1:45.43 i	Giles	2 Mar 22		2:18.8	Anthony Whiteman	29 Feb 96	10
1:45.46 i	Giles	2 Mar 18		<b>1500 Metres (+ during 1 mile)</b>			
1:45.49 i	Giles	9 Feb 21		3:27.79	Josh Kerr	6 Aug 24	
1:45.50 i	Giles	21 Jan 21		3:28.81	Mo Farah	19 Jul 13	
1:45.62	Charlie Da'Vall Grice	31 Jan 21		3:28.93	Farah	17 Jul 15	
1:45.72	Tony Morrell	17 Feb 88		3:29.05	Kerr	7 Aug 21	
1:45.91	Finley McLearn	13 Mar 21		3:29.23	Jake Wightman	19 Jul 22	

				<b>1500 Metres Short Track (+ during 1 mile)</b>	
3:29.38	Kerr	23 Aug 23			
3:29.47	Wightman	14 Aug 20	3:32.48	Neil Gourley	25 Feb 23
3:29.64	Kerr	30 Jun 23	3:32.86+	Josh Kerr	27 Feb 22
3:29.67	Steve Cram	16 Jul 85	3:33.86+	George Mills	11 Feb 24
3:29.77	Sebastian Coe	7 Sep 86	3:34.06	Jake Wightman	4 Feb 24
3:30.60	Neil Gourley	23 Jul 23	3:34.20	Peter Elliott	27 Feb 90
3:30.62	Charlie Da'Vall Grice	12 Jul 19	3:34.23	Gourley	3 Mar 23
3:30.77	Steve Ovet	4 Sep 83	3:34.37 +	Adam Fogg	11 Feb 24
3:30.92	Elliot Giles	23 Jul 23	3:34.48	Wightman	13 Feb 21
3:30.95	George Mills	31 Aug 23	10 3:34.58+	Gourley	11 Feb 23
3:31.08	Jake Heyward	4 Aug 22	3:34.93	Kerr	25 Feb 23
3:31.30	Matthew Stonier	23 Jul 23	3:35.32	Gourley	12 Feb 22
3:31.86	John Mayock	22 Aug 97	3:35.48+	Kerr	29 Jan 22
3:32.11	Chris O'Hare	20 Jul 18	3:35.66	Lee Emanuel	21 Feb 15
3:32.34	Anthony Whiteman	16 Aug 97	3:35.93	Elliot Giles	3 Feb 22
3:32.37	Michael East	2 Jul 04	3:36.12	Piers Copeland	19 Feb 22
3:32.69	Peter Elliott	16 Sep 90	3:36.25	John Mayock	18 Feb 01 10
3:33.34	Steve Crabb	4 Jul 87	3:36.40	Chris O'Hare	28 Feb 20
3:33.79	Dave Moorcroft	27 Jul 82	3:36.42	Michael East	20 Feb 04
3:33.83	John Robson	4 Sep 79	20 3:36.93	James West	27 Feb 20
3:33.96	Tom Lancashire	27 Aug 10	3:37.16	Andrew Baddeley	18 Feb 12
3:34.00	Matthew Yates	13 Sep 91	3:37.58+	Andrew Butchart	4 Feb 17
3:34.01	Graham Williamson	28 Jun 83	3:38.00	Charlie Da'Vall Grice	12 Feb 22
3:34.07	James West	25 Sep 20	3:38.03	James Brewer	18 Feb 12
3:34.1 +	Tony Morrell	14 Jul 90	3:38.28	Graham Williamson	10 Feb 82
3:34.36 +	Andrew Baddeley	6 Jun 08	3:38.40	Thomas Keen	4 Feb 24
3:34.44	Adam Fogg	12 Jun 24	3:38.52	Tom Lancashire	18 Feb 17 20
3:34.50	Adrian Passey	4 Jul 87			
3:34.53	Mark Rowland	27 Jul 88			
3:34.59	Kevin McKay	24 Aug 97	30 3:45.34	Josh Kerr	25 May 24
3:34.62	Piers Copeland	9 Jun 21	3:46.32	Steve Cram	27 Jul 85
3:34.76	Gary Lough	9 Sep 95	3:47.33	Sebastian Coe	28 Aug 81
3:34.76	Ross Murray	27 May 12	3:47.65	George Mills	16 Sep 23
3:35.08	Neil Horsfield	10 Aug 90	3:47.74	Neil Gourley	25 May 24
3:35.26	John Gladwin	5 Sep 86	3:47.83	Jake Wightman	25 May 24
3:35.28	Jack Buckner	1 Jul 86	3:48.31	Cram	5 Jul 86
3:35.39	Callum Elson	26 Jul 23	3:48.40	Steve Ovet	26 Aug 81
3:35.53	Andrew Graffin	6 Sep 02	3:48.53	Coe	19 Aug 81
3:35.66	Frank Clement	12 Aug 78	3:48.8	Ovet	1 Jul 80
3:35.74	Rob Harrison	26 May 86	40 3:49.20	Peter Elliott	2 Jul 88
3:35.74	Nick McCormick	22 Jul 05	3:49.34	Dave Moorcroft	26 Jun 82
3:35.80	Thomas Keen	28 Aug 24	3:49.38	Andrew Baddeley	6 Jun 08 10
3:35.93	Marc Scott	21 Jul 20	3:50.32	John Mayock	5 Jul 96
3:35.94	Paul Larkins	10 Jul 87	3:50.48	Adam Fogg	20 Jul 24
3:36.09	Joe Wigfield	24 Jul 24	3:50.64	Graham Williamson	13 Jul 82
3:36.22	James Shane	31 Jul 11	3:51.02	John Gladwin	19 Aug 87
3:36.25	James Gormley	10 Aug 24	3:51.31	Tony Morrell	14 Jul 90
3:36.29	Lee Emanuel	16 May 16	3:51.57	Jack Buckner	29 Aug 84
3:36.53	David Strang	15 Jul 94	3:51.63	Elliot Giles	16 Sep 23
3:36.66	Henry McLuckie	24 Jul 24	50 3:51.76hc	Steve Crabb	14 Aug 87
3:36.76	Archie Davis	3 Sep 23	3:52.20		1 Jul 89
3:36.81	Mike Kearns	26 Jul 77	3:51.90	Anthony Whiteman	16 Jul 98
3:36.92	Joshua Lay	15 Sep 20	3:51.99	Jake Heyward	28 May 22 20
3:36.97	Robbie Fitzgibbon	2 Jun 17	3:52.02	Nick McCormick	29 Jul 05
3:37.06	James Thie	4 Jul 04	3:52.44	John Robson	11 Jul 81
3:37.06	Colin McCourt	10 Jul 10	3:52.50	Michael East	21 Aug 05
3:37.17	James Brewer	14 Aug 09	3:52.64	Charlie Da'Vall Grice	28 May 16
3:37.36	Chris Mulvaney	22 Jul 05	3:52.75	Matthew Yates	10 Jul 93
3:37.45	Tom Marshall	9 Jul 17	3:52.77	Ross Murray	14 Jul 12
3:37.51	David Bishop	29 Apr 12	60 3:52.99	Mark Rowland	10 Sep 86
3:37.55	Colin Reitz	27 Jun 85			

3:53.20	Ian Stewart II	25 Aug 82	4:53.06	Jack Buckner	15 Sep 87	
3:53.34	Chris O'Hare	27 May 17	4:53.69	Gary Staines	15 Sep 87	
3:53.36	Thomas Keen	3 Sep 24	30 4:55.20	Cram	28 Aug 88	
3:53.39	Tom Lancashire	14 Aug 10	4:55.72	Elliott	28 Aug 88	
3:53.64	Kevin McKay	22 Jul 94	4:56.23	James West	8 Sep 24	
3:53.69	James Gormley	24 Aug 24	4:56.75	John Mayock	30 Jul 99	
3:53.82	Gary Staines	12 Aug 90	4:57.09	Adam Fogg	8 Sep 24	
3:53.85	Rob Harrison	15 Jul 86	4:57.39	Nick McCormick	9 Mar 06	
3:54.2	Frank Clement	27 Jun 78	4:57.61	Piers Copeland	19 Aug 20	
3:54.27	Archie Davis	13 Jul 21	4:57.71	Steve Ovet	7 Jul 82	10
3:54.30	David Strang	22 Jul 94	4:58.38	Graham Williamson	29 Aug 83	
3:54.39	Neil Horsfield	8 Jul 86	4:58.84	Sebastian Coe	5 Jun 82	
3:54.43	Tyler Bilyard	24 Aug 24	40 4:59.57	Nick Rose	3 Jun 78	
3:54.48	Henry McLuckie	24 Aug 24	5:00.37	Tim Hutchings	29 Aug 83	
3:54.53	Tim Hutchings	31 Jul 82	5:00.73	Neil Gourley	10 Aug 20	
3:54.70	Andrew Graffin	23 Aug 02	5:01.09	Eamonn Martin	19 Jun 84	
3:54.73	Piers Copeland	3 Sep 24	5:01.28	Andrew Graffin	25 Jun 00	
3:54.75	Lee Emanuel	27 Jul 13	5:01.48	Paul Larkins	5 Jun 88	
3:54.80	James Brewer	25 Jul 09	5:01.9 +	Mo Farah	5 Jun 16	
3:54.89	Matthew Stonier	14 May 22	5:02.01	Lee Emanuel	28 Jun 13	20
3:54.9	Adrian Passey	20 Aug 89	5:02.35	Sean Cahill	4 Aug 85	
3:54.91	Piers Copeland	14 May 22	5:02.61	Steve Martin	19 Jun 84	
3:55.0	Jim McGuinness	11 Jul 77	50 5:02.8 a	Frank Clement	10 Sep 78	
3:55.20ios	James Young	11 Feb 22	5:02.86	David Moorcroft	19 Jul 86	
3:55.3	Peter Stewart	10 Jun 72	5:02.90	Allen Graffin	25 Jun 00	
3:55.37	Tom Mayo	8 Aug 03	5:02.93	Brendan Foster	4 Jul 75	
3:55.38	Rob Denmark	12 Aug 90	5:02.98	Ian Stewart I	4 Jul 75	
3:55.41	Colin Reitz	31 Jul 82	5:02.98	Gary Lough	11 Aug 96	
3:55.56	Osian Perrin	24 Aug 24	5:02.99	Neil Caddy	11 Aug 96	
3:55.68	Alan Simpson	30 Aug 65	5:03.16	David Bedford	8 Jul 72	30
<b>1 Mile Short Track</b>			5:03.8	Lawrie Spence	26 May 78	
3:48.87	Josh Kerr	27 Feb 22	5:04.11	Rob Denmark	11 Aug 96	
3:48.93	George Mills	11 Feb 24	<b>2000 Metres Short Track</b>			
3:49.46	Neil Gourley	11 Feb 23	4:57.09	John Mayock	25 Feb 01	
3:49.62	Adam Fogg	11 Feb 24	5:01.73+	Sam Atkin	27 Jan 23	
3:52.02	Peter Elliott	9 Feb 90	5:02.9+	Mo Farah	21 Feb 15	
3:52.27	Kerr	29 Jan 22	5:05.20	John Gladwin	15 Mar 87	
3:52.84	Gourley	4 Feb 23	<b>3000 Metres (+ during 2 Miles)</b>			
3:52.91	Chris O'Hare	20 Feb 16	7:32.62	Mo Farah	5 Jun 16	
3:52.98	O'Hare	16 Feb 13	7:32.79	Dave Moorcroft	17 Jul 82	
3:53.22	Callum Elson	10 Feb 24	7:34.66	Farah	24 Jul 15	
3:54.23	Andrew Butchart	4 Feb 17	7:35.1	Brendan Foster	3 Aug 74	
3:54.30	Lee Emanuel	25 Jan 14	7:35.15	Farah	9 Jul 17	
3:54.78	Matthew Yates	14 Mar 92	10 7:35.18	Andrew Butchart	13 Jul 21	
3:55.07	John Mayock	15 Feb 01	7:35.18	Andrew Butchart	13 Jul 21	
3:55.43	David Strang	22 Jan 94	7:36.08	Marc Scott	6 Feb 21	
3:55.64	Andrew Baddeley	23 Jan 10	7:36.40	John Nuttall	10 Jul 96	
3:56.04	Richard Peters	14 Feb 13	7:37.39	Patrick Dever	13 Jul 21	
3:56.29	Andy Keith	22 Jan 94	7:38.70	Jack Rowe	20 Jul 24	
3:56.31	Ricky Stevenson	23 Jan 10	7:38.73	Tom Mortimer	13 Jul 21	
3:56.47	Charlie Da'Vall Grice	3 Feb 18	7:39.55	Rob Denmark	1 Aug 93	10
3:56.80	Mark Draper	23 Jan 10	7:39.71	Sam Atkin	13 Jul 21	
3:57.00	Tom Dodd	12 Mar 21	7:39.86	Andy Baddeley	25 May 12	
3:57.24	Jake Wightman	28 Jan 17	20 7:39.87	James West	6 Sep 23	
<b>1 Mile Road</b>			7:40.4	Nick Rose	27 Jun 78	
3:51.3	Elliot Giles	1 Sep 24	7:40.43	Jack Buckner	5 Jul 86	
<b>2000 Metres</b>			7:40.94	Eamonn Martin	9 Jul 83	
4:51.39	Steve Cram	4 Aug 85	7:41.3	Steve Ovet	23 Sep 77	
4:52.82	Peter Elliott	15 Sep 87	7:41.79	Gary Staines	14 Jul 90	
			7:42.22	Nick Goolab	9 Jul 17	

7:42.26	Graeme Fell	9 Jul 83	20	7:46.22	Mark Rowland	27 Feb 90	
7:42.43	Charles Wheeler	27 Jul 24		7:46.7	Nick Rose	25 Feb 79	
7:42.47	David Lewis	9 Jul 83		7:46.73	Jonathan Mellor	15 Feb 14	
7:42.77	Billy Dee	18 Jul 92		7:46.85	Ricky Wilde	15 Mar 70	
7:42.78	Scott Beattie	20 Jul 24		7:46.92	Euan Makepeace	30 Jan 22	
7:43.03	Tim Hutchings	14 Jul 89		7:47.22	Scott Beattie	3 Feb 24	
7:43.1 +	Steve Cram	29 Aug 83		7:47.39	Charles Wheeler	3 Feb 24	
7:43.34	Chris Thompson	13 Aug 10		7:47.78	Chris O'Hare	26 Jan 19	
7:43.61	Anthony Whiteman	27 Jun 98					
7:43.84ios	Charles Hicks	26 Feb 22		<b>2 Miles</b>			
7:43.90	Ian Stewart II	26 Jun 82	30	8:07.85	Mo Farah	24 Aug 14	
7:44.40	Colin Reitz	9 Jul 83		8:13.51	Steve Ovet	15 Sep 78	
7:44.74	Emile Caires	2 Aug 22		8:13.68	Brendan Foster	27 Aug 73	
7:44.76	Paul Davies-Hale	20 Jul 85		8:14.93	Steve Cram	29 Aug 83	
7:45.2 +	Geoff Turnbull	12 Sep 86		8:15.53	Tim Hutchings	12 Sep 86	
7:45.29	Dennis Coates	9 Sep 77		8:15.98	Geoff Turnbull	12 Sep 86	
7:45.41	Jon Brown	1 Aug 98		8:16.75	Dave Moorcroft	20 Aug 82	
7:45.75	Andy Vernon	17 Jul 13		8:17.12	Jack Buckner	12 Sep 86	
7:45.75	Jonathan Davies	21 Aug 20		8:18.98	Eamonn Martin	16 Jul 88	
7:45.81	John Robson	13 Jul 84		8:19.37	Nat Muir	27 Jun 80	10
7:45.81	Alexander Yee	21 Aug 20	40	8:20.28	David James	27 Jun 80	
7:46.39	Adrian Royle	28 Jun 83		8:20.66	David Lewis	7 Sep 84	
7:46.40	Ian Hamer	20 Jan 90		8:21.09	Barry Smith	27 Jun 80	
7:46.4	David Bedford	21 Jun 72		8:21.86	David Black	14 Sep 73	
7:46.6+	David Black	14 Sep 73		8:21.97	Rob Denmark	9 Aug 91	
7:46.67	Adam Fogg	3 Jun 23		8:22.0	Ian Stewart I	14 Aug 72	
7:46.83	Ian Stewart I	26 May 76		8:22.41	Nick Rose	15 Sep 78	
7:46.95	David James	26 May 80		8:22.65	Ian Hamer	17 Jul 92	
7:47.12	Simon Mugglestone	27 Jun 88		8:22.98	Geoff Smith	7 Jun 80	
7:47.18ios	Henry McLuckie	26 Jan 24		8:23.16	Gary Staines	9 Aug 91	20
7:47.28	John Mayock	23 Jul 95	50	<b>2 Miles Short Track</b>			
7:47.54	Paul Larkins	14 Jul 89		8:00.67	Josh Kerr	11 Feb 24	
7:47.56	Dick Callan	15 Jul 83		8:03.40	Mo Farah	21 Feb 15	
7:47.6	Dick Taylor	6 Sep 69		8:12.63	Andrew Butchart	11 Feb 17	
				8:17.06	John Mayock	17 Feb 02	
<b>3000 Metres Short Track</b>				8:18.4	Nick Rose	17 Feb 78	
7:30.14+	Josh Kerr	11 Feb 24		8:21.24	Lee Emanuel	31 Jan 15	
7:31.97	Sam Atkin	27 Jan 23		8:21.4	Jack Buckner	15 Feb 85	
7:33.1+	Mo Farah	21 Feb 15		8:22.7	Graeme Fell	19 Feb 82	
7:33.47	Kerr	11 Feb 23		8:25.13	Adrian Royle	04 Feb 83	
7:34.47	Farah	21 Feb 09		8:26.01	Thomas Farrell	21 Feb 15	10
7:35.81	Farah	5 Feb 11					
7:37.40+	Farah	18 Feb 12		<b>5000 Metres</b>			
7:37.42	Andrew Butchart	6 Feb 22		12:53.11	Mo Farah	22 Jul 11	
7:37.81	Jake Wightman	6 Feb 22		12:54.66	Sam Atkin	17 May 24	
7:38.35	Jack Rowe	26 Jan 24		12:56.98	Farah	2 Jun 12	
7:40.97	Tom Mortimer	6 Feb 22		12:57.94	Farah	19 Aug 10	
7:41.09	John Mayock	6 Feb 02		12:59.29	Farah	23 Jul 16	
7:42.02	Marc Scott	20 Mar 22		13:00.41	Dave Moorcroft	7 Jul 82	
7:42.47	Thomas Farrell	5 Feb 16	10	13:00.70	Farah	27 May 17	
7:42.89	James West	4 Feb 23		13:03.30	Farah	20 Aug 16	
7:42.89	David Mullarkey	26 Jan 24		13:05.13	Marc Scott	6 Mar 21	
7:43.57	Patrick Dever	30 Jan 22		13:06.21	Andrew Butchart	20 Jul 19	
7:43.90	Rob Denmark	10 Mar 91		13:09.07	James West	25 May 24	
7:44.14	Adam Fogg	27 Jan 23		13:09.80	Ian Hamer	9 Jun 92	
7:44.48	Lee Emanuel	7 Mar 15		13:10.15	Jack Buckner	31 Aug 86	
7:44.65	Jamaine Coleman	30 Jan 22		13:10.24	Rob Denmark	9 Jun 92	
7:45.10	Andy Baddeley	26 Jan 08		13:10.48	Tom Farrell	18 Jul 15	10
7:45.49	Andy Vernon	7 Mar 14		13:11.44	Neil Gourley	26 May 23	
7:45.87	Thomas Keen	4 Jan 25	20	13:11.50	Tim Hutchings	11 Aug 84	
7:46.1+	Jack Buckner	15 Feb 85		13:11.50	Andy Vernon	4 May 14	



13:11.51	Chris Thompson	10 Jul 10		13:22.17	Geoff Smith	12 Feb 82	
13:14.28	Gary Staines	15 Aug 90		13:22.44	Andy Baddeley	11 Feb 12	
13:14.6 a	Brendan Foster	29 Jan 74		13:26.23	Jamaine Coleman	12 Feb 22	
13:15.59	Julian Goater	11 Sep 81		<b>10000 Metres</b>			
13:16.66	Jonathan Davies	6 May 23		26:46.57	Mo Farah	3 Jun 11	
13:16.70	John Nuttall	8 Jun 95		26:49.51	Farah	4 Aug 17	
13:17.08	Adam Fogg	3 Sep 24	20	26:50.97	Farah	29 May 15	
13:17.21	Dave Bedford	14 Jul 72		26:53.71	Farah	27 May 16	
13:17.21	Keith Cullen	19 Jul 97		27:01.13	Farah	22 Aug 15	
13:17.84	Eamonn Martin	14 Jul 89		27:05.17	Farah	13 Aug 16	
13:17.9	Nat Muir	15 Jul 80		27:08.81	Patrick Dever	16 Mar 24	
13:18.06	Ian Gillespie	19 Jul 97		27:10.41	Marc Scott	20 Feb 21	
13:18.33	George Mills	10 Jun 23		27:12.09	Farah	28 Jun 17	
13:18.6	Steve Jones	10 Jun 82		27:14.07	Farah	28 Aug 11	
13:18.81	Nick McCormick	7 Jun 12		27:18.14	Jon Brown	28 Aug 98	
13:18.91	Nick Rose	28 Jun 84		27:23.06	Eamonn Martin	2 Jul 88	
13:19.03	Jon Brown	5 Aug 98	30	27:26.58	Sam Atkin	5 Dec 20	
13:19.41	Scott Beattie	6 Jul 24		27:27.36	Chris Thompson	1 May 11	
13:19.43	John Mayock	31 Jul 02		27:30.3	Brendan Foster	23 Jun 78	
13:19.45	Sam Haughian	31 Jul 02		27:30.80	Dave Bedford	13 Jul 73	
13:19.47	Ben Connor	20 Jul 19		27:31.19	Nick Rose	9 Jul 83	10
13:19.66	Ian McCafferty	14 Jul 72		27:33.58	Charles Hicks	16 Mar 24	
13:19.66	Will Barnicoat	6 Jul 24		27:34.08	Emile Cairess	14 May 22	
13:19.85	Patrick Dever	11 Jun 21		27:34.58	Julian Goater	26 Jun 82	
13:20.00	Jack Rowe	26 May 23		27:36.27	David Black	29 Aug 78	
13:20.06	Steve Ovet	30 Jun 86		27:36.77	Andrew Butchart	6 Mar 22	
13:20.09	Adrian Passey	19 Jul 97	40	27:38.39	Rory Leonard	18 May 24	
13:20.30	Karl Keska	20 Jul 02		27:39.14	Steve Jones	9 Jul 83	
13:20.79	Charles Wheeler	12 Jul 24		27:39.76	Mike McLeod	4 Sep 79	
13:20.85	Andy Baddeley	4 Mar 10		27:40.03	Richard Nerurkar	10 Jul 93	
13:21.13	David Lewis	4 Jul 85		27:42.62	Andy Vernon	2 May 15	20
13:21.14	Barry Smith	7 Jun 81		27:43.03	Ian Stewart I	9 Sep 77	
13:21.2	Tony Simmons	23 May 76		27:43.59	Tony Simmons	30 Jun 77	
13:21.60	Paul Davies-Hale	8 Jul 88		27:43.74	Bernie Ford	9 Sep 77	
13:21.73	Geoff Turnbull	5 Sep 86		27:43.76	Geoff Smith	13 Jun 81	
13:21.83	Mark Rowland	1 Jun 88		27:44.09	Karl Keska	25 Sep 00	
13:21.92	Charles Hicks	15 Jun 24	50	27:46.55	Zakariya Mahamed	18 May 24	
13:22.39	Jon Solly	7 Jul 86		27:47.16	Adrian Royle	10 Apr 82	
13:22.54	Dave Clarke	28 Jun 83		27:47.79	Paul Evans	5 Jul 93	
13:22.85	Ian Stewart I	25 Jul 70		27:48.73	Gary Staines	6 Jul 91	
13:23.26	Mike McLeod	24 Jun 80		27:50.33	Keith Cullen	10 Apr 99	30
13:23.26	Richard Nerurkar	10 Aug 90		27:51.76	Jon Solly	20 Jun 86	
13:23.48	John Doherty	1 Jun 85		27:51.82	Ben Connor	14 May 22	
13:23.52	David Black	29 Jan 74		27:51.94	Alexander Yee	19 May 18	
13:23.71	Steve Binns	1 Jun 88		27:54.55	Jack Rowe	16 Mar 24	
13:23.78	Josh Kerr	15 May 21		27:55.06	Ross Millington	11 Jun 16	
13:24.07	Rory Fraser	19 Apr 13	60	27:55.66	Steve Binns	9 Jul 83	
13:24.44	Michael Openshaw	14 Jul 01		27:55.77	Dave Clarke	25 May 82	
<b>5000 Metres Short Track</b>				27:57.23	Andrew Lemoncello	24 Apr 09	
12:57.08	Marc Scott	12 Feb 22		27:57.77	Ian Hamer	13 Sep 91	
12:58.68	George Mills	26 Jan 24		27:58.92	Scott Beattie	31 Mar 23	40
12:58.73	Sam Atkin	26 Jan 24		27:59.12	Allister Hutton	30 May 86	
13:04.05	Patrick Dever	16 Feb 24		27:59.24	Carl Thackery	16 Jul 87	
13:04.75	Jack Rowe	16 Feb 24		27:59.33	Steve Harris	22 Jul 86	
13:09.16	Mo Farah	18 Feb 17		28:00.50	Andres Jones	22 Jul 00	
13:09.38	Charles Hicks	16 Feb 24		28:00.62	Jim Brown	1 Aug 75	
13:16.24	Neil Gourley	3 Dec 22		28:00.64	Billy Dee	13 Sep 91	
13:19.98	James West	10 Feb 24		28:01.05	Jake Smith	14 May 22	
13:20.17	Charles Wheeler	10 Feb 24	10	28:03.31	Rob Denmark	22 Jul 00	
13:21.27	Nick Rose	12 Feb 82		28:04.04	Andy Bristow	17 Aug 90	



61:54	Adam Clarke	4 Feb 24	2:09:54	Tony Milovsorov	23 Apr 89	
61:56	Mark Flint	22 Aug 93	2:10:12	Gerry Helme	17 Apr 83	
61:57	Gary Staines	14 Sep 97	2:10:30	Dave Long II	21 Apr 91	
61:57	Luke Traynor	11 Feb 18	2:10:35	Steve Brace	21 Jan 96	
61:59	Jonathan Mellor	1 Oct 23	2:10:37	Tomas Abyu	29 Oct 07	
62:00	Tom Anderson	27 Oct 24 30	2:10:39	Mike O'Reilly	5 Dec 93	
62:07	Kevin Forster	5 Apr 87	2:10:48	Bill Adcocks	8 Dec 68	
62:07	Martyn Brewer	20 Sep 87	2:10:50	Eamonn Martin	18 Apr 93	
62:07	Andrew Pearson	14 Sep 97	2:10:51	Bernie Ford	2 Dec 79 30	
62:07	Zakariya Mahamed	27 Oct 24	2:10:52	Kevin Forster	17 Apr 88	
62:08	Steve Harris	20 Oct 85	2:10:52	Chris Thompson	26 Mar 21	
62:11	Dave Clarke	5 Apr 92	2:10:55 dh	Chris Bunyan	18 Apr 83	
62:11	Keith Cullen	20 Aug 00	2:10:55	Scott Overall	25 Sep 11	
62:15	Dave Murphy	16 Sep 84	2:11:00	Jake Smith	25 Apr 21	
62:15	Andrew Butchart	3 Sep 23	2:11:06	Dave Buzza	31 Oct 93	
62:16	Jim Haughey	20 Sep 87 40	2:11:18	Dave Murphy	12 Jun 83	
62:19	Dave Long I	11 Dec 81	2:11:19	Marc Scott	21 Apr 24	
62:22	Colin Moore	26 May 85	2:11:19	George James	27 Oct 24	
62:23	Mark Steinle	10 Oct 99	2:11:20	Ben Connor	4 Oct 20 40	
62:24	Jimmy Ashworth	8 Jun 86	2:11:22	Dave Cannon	6 Sep 80	
62:25	Barry Royden	18 Sep 94	2:11:25	Paul Davies-Hale	29 Oct 89	
62:28	Terry Greene	12 Apr 86	2:11:25	Gary Staines	20 Oct 96	
62:28	Allister Hutton	21 Jun 87	2:11:28	Joshua Griffiths	20 Feb 22	
62:28	Andy Coleman	22 Oct 00	2:11:33	Luke Caldwell	16 Jan 22	
62:28	Mohamud Aadan	22 Aug 21	2:11:36	Malcolm East	20 Apr 81	
62:30	Tony Milovsorov	21 Jun 87 50	2:11:36	Kenny Stuart	15 Jan 89	
<b>course measurement uncertain</b>				2:11:38	Ross Millington	3 Apr 22
61:47	Dave Long II	17 Mar 91	2:11:40	Steve Kenyon	13 Jun 82	
62:08	Ray Smedley	28 Mar 82	2:11:43	Jimmy Ashworth	29 Sep 85 50	
62:19	Mike Carroll	3 Jun 90	2:11:44	Jim Dingwall	17 Apr 83	
<b>short</b>				2:11:50	Fraser Clyne	2 Dec 84
60:09	Paul Evans (80m)	15 Jan 95	2:11:54	Martin McCarthy	17 Apr 83	
				2:11:58	Mark Hudspith	2 Apr 95
<b>Marathon</b>				<b>short (148m)</b>		
2:05:11	Mo Farah	7 Oct 18	2:11:10	Nick Brawn	25 Oct 81	
2:05:39	Farah	28 Apr 19				
2:06:21	Farah	22 Apr 18				
2:06:46	Emile Cairess	21 Apr 24				
2:07:05	Mahamed Mahamed	21 Apr 24				
2:07:13	Steve Jones	20 Oct 85				
2:07:29	Cairess	10 Aug 24				
2:08:04	Philip Sesemann	18 Feb 24				
2:08:05	Jones	21 Oct 84				
2:08:07	Cairess	23 Apr 23				
2:08:14	Callum Hawkins	28 Apr 19				
2:08:33	Charlie Spedding	21 Apr 85				
2:08:36	Richard Nerurkar	13 Apr 97				
2:08:52	Paul Evans	20 Oct 96				
2:09:08	Geoff Smith	23 Oct 83 10				
2:09:09	Jonathan Mellor	18 Feb 24				
2:09:12	Ian Thompson	31 Jan 74				
2:09:16	Allister Hutton	21 Apr 85				
2:09:17	Mark Steinle	14 Apr 02				
2:09:24	Hugh Jones	9 May 82				
2:09:28	Ron Hill	23 Jul 70				
2:09:28	John Graham	23 May 81				
2:09:31	Jon Brown	17 Apr 05				
2:09:43	Mike Gratton	17 Apr 83				
2:09:49	Dewi Griffiths	29 Oct 17 20				
2:09:50	Weynay Ghebresilasie	24 Sep 23				
				<b>50 Kilometres</b>		
				2:48:06 t	Jeff Norman	7 Jun 80
				2:48:25	Ronnie Richmond	24 Mar 24
				2:48:33	Andrew Davies	24 Mar 24
				2:49:01	Daniel Nash	1 Sep 19
				2:50:30 t	Donald Ritchie	10 Mar 79
				2:50:35	Henry Hart	1 Dec 24
				2:51:25	Alexander Milne	3 Dec 23
				2:51:26	Oliver Garrod	12 Feb 23
				2:52:22	Matthew Dickinson	17 Sep 23
				2:53:23	William Mycroft	8 Oct 22 10
				<b>100 Kilometres</b>		
				6:10:20 t	Donald Ritchie	28 Oct 78
				6:19:20	Steven Way	3 May 14
				6:24:05	Simon Pride	15 May 99
				6:25:28 +t	Calvin Woodward	25 Oct 75
				6:32:05	Gareth King	27 Aug 22
				6:33:03	Erik Seedhouse	16 Feb 92
				6:34:28	Dougie Selman	24 Mar 24
				6:34:38	James Turner	24 Mar 24
				6:35:37	Joseph Turner	24 Mar 24
				6:37:19	Jarlath McKenna	2 Apr 23 10

**24 Hours**

8:22.95	Andrew Lemoncello	18 Jul 08	
281.303 t	Matt Field	25 Aug 24	
8:23.66	Stuart Stokes	16 Jun 08	
277.439	Robert Britton	26 Feb 23	
8:23.90	Justin Chaston	18 Jul 94	
274.480 t	David Dowdle	23 May 82	
8:24.64	Spencer Duval	16 Jul 95	
273.375	Chris Kelly	27 Oct 24	
8:25.15	Colin Walker	28 Jun 92	
273.003	Daniel Lawson	18 Sep 22	
8:25.37	Christian Stephenson	19 Aug 00	
268.251 t	Donald Ritchie	27 Oct 91	
8:25.50	Tom Buckner	28 Aug 92	
265.302	Paul Maskell	18 Sep 22	
8:26.05	Keith Cullen	21 Aug 95	
265.302	Daniel Hawkins	18 Sep 22	
8:26.33	Rob Hough	6 Jul 96	
263.466 t	Mark Pickard	11 Oct 81	
8:26.4	Andy Holden	15 Sep 72	
262.916 t	Damian Carr	4 Sep 21	
10	8:26.6	Gordon Rimmer	4 Jun 80
	8:27.01	Jamaine Coleman	25 Jun 22

**2000 Metres Steeplechase**

8:27.21	Tony Staynings	15 Jun 80	
5:19.86	Mark Rowland	28 Aug 88	
8:27.21	Steve Hollings	5 Aug 73	
5:20.56	Rowland	17 Aug 90	
8:27.8	Peter McColgan	25 Jun 91	
5:21.77	Tom Hanlon	11 Jun 92	
8:27.93	Adam Bowden	22 Jul 06	
5:22.37	Rowland	16 Sep 90	
8:28.43	Luke Gunn	28 Jun 08	
5:22.96	Hanlon	16 Sep 90	
8:28.48	Luke Gunn	28 Jun 08	
5:23.56	Tom Buckner	17 Jul 92	
8:28.6	Dave Bedford	10 Sep 71	
5:23.6	Roger Hackney	10 Jun 82	
8:29.46	Julian Marsay	14 Jul 79	
5:23.71	Colin Walker	28 Aug 88	
8:29.72	David Lewis	29 May 83	
5:23.87	Colin Reitz	28 Jun 84	
8:30.16	Ieuan Thomas	9 Jun 18	
5:24.91	Eddie Wedderburn	19 Aug 86	
8:30.41	Jermaine Mays	13 Jun 07	
5:25.50	Phil Norman	5 May 24	
8:30.52	Jonathan Hopkins	26 May 18	
5:26.24	Paul Davies-Hale	26 Aug 85	
8:30.6 a	Peter Griffiths	17 Jul 77	
5:26.64	Nick Peach	19 Aug 86	
10	8:30.8	Gerry Stevens	1 Sep 69
5:26.82 "	David Lewis	12 Jun 83	
8:31.09	Ian Gilmour	16 Jul 78	
5:26.91	William Battershill	11 Sep 22	
8:31.22	Dave Lee	19 Jun 92	
5:30.6	Dennis Coates	23 Apr 78	
8:31.40	Frank Tickner	13 Jun 07	
5:30.86	Tony Staynings	26 May 76	
8:32.00	Steve Jones	8 Aug 80	
5:31.04	John Hartigan	17 Aug 90	
8:32.06	David Camp	10 Aug 74	
5:31.09	Peter McColgan	5 Aug 86	
8:32.13	Barry Knight	25 Jul 82	
5:31.43	John Bicourt	26 May 76	
8:32.4 a	Maurice Herriott	17 Oct 64	
5:31.59	Mick Hawkins	20 Jan 90	
8:32.68	Ben Whitby	15 Jul 01	
5:32.45	Neil Smart	17 Aug 90	
8:33.0	John Jackson	13 Aug 69	
5:32.52	Mark Pearce	3 Sep 24	
20	<b>50 Metres Hurdles</b>		
5:33.09	Spencer Duval	17 Jul 92	
6.40	Colin Jackson	5 Feb 99	
6.51	Tony Jarrett	20 Feb 00	
6.58	Jon Ridgeon	14 Mar 92	

**3000 Metres Steeplechase**

8:07.96	Mark Rowland	30 Sep 88	
8:12.11	Colin Reitz	5 Sep 86	
8:12.58	Tom Hanlon	3 Aug 91	
8:13.27	Rowland	30 Aug 90	
8:13.50	Reitz	4 Aug 85	
8:13.65	Hanlon	4 Jul 92	
8:13.78	Reitz	21 Jul 84	
8:14.73	Hanlon	15 Jul 92	
8:14.95	Reitz	27 Jul 85	
8:15.16	Graeme Fell	17 Aug 83	
8:18.32	Eddie Wedderburn	5 Jul 88	
8:18.65	Phil Norman	30 Jun 24	
8:18.91	Roger Hackney	30 Jul 88	
8:18.95	Dennis Coates	25 Jul 76	
8:20.77	Zak Seddon	17 May 24	
8:20.83	Paul Davies-Hale	10 Jun 84	
10	8:20.83	Mark Pearce	26 May 24
8:21.83	William Battershill	30 Jun 24	
8:22.42	Rob Mullett	20 May 16	
8:22.48	John Davies II	13 Sep 74	
8:22.76	James Wilkinson	12 Jun 14	
8:22.82	John Bicourt	8 Jun 76	
7.14A	Tony Jarrett	30 Jan 93	
<b>55 Metres Hurdles</b>			
<b>60 Metres Hurdles</b>			
7.30	Colin Jackson	6 Mar 94	
7.36	Jackson	12 Feb 94	
7.38	Jackson	9 Feb 94	
7.38	Jackson (h)	26 Feb 94	
7.38	Jackson (f)	26 Feb 94	
7.38	Jackson	5 Mar 99	
7.39	Jackson	12 Mar 94	
7.39	Jackson	11 Feb 95	
7.39	Jackson	12 Feb 95	
7.40	Jackson	2 Mar 02	
7.42	Tony Jarrett	19 Feb 95	
7.43	Andrew Pozzi	18 Feb 17	
7.52	Allan Scott	13 Jan 08	
7.53	William Sharman	9 Mar 14	
7.53	Tade Ojora	11 Feb 23	
7.55	Andy Tulloch	1 Mar 98	
7.55	Andrew Turner	11 Feb 07	
7.56	Jon Ridgeon	28 Feb 88	

7.57	David King	2 Mar 22	10	13.55	Daniel Goriola	30 Jun 24	
7.59	Lawrence Clarke	7 Feb 15		13.56	Callum Priestley ¶	29 Jul 09	
7.60	David Nelson	18 Mar 90		13.57	David Hughes	23 Jul 06	
7.60	Ross Baillie	14 Feb 99		13.58	Miguel Perera	17 Aug 22	30
7.63	David Omoregie	28 Jan 17		13.59	Khai Riley-La Borde	21 May 17	
7.65	Nigel Walker	22 Feb 87		13.60	Wilbert Greaves	21 Aug 85	
7.67	Gianni Frankis	29 Jan 13		13.60	Neil Owen	28 Jun 95	
7.67	Joshua Zeller	26 Feb 22		13.64	Richard Alleyne	2 Jun 12	
7.68	Damien Greaves	26 Feb 00		13.64	Joseph Hylton	24 Jun 12	
7.68	Mo. Sillah-Freckleton	7 Feb 04		13.64	Gabriel Odujobi	14 May 16	
7.69	Mark Holtom	19 Feb 83	20	13.66	Ross Baillie	20 Feb 99	
7.69	Hugh Teape	8 Feb 92		13.67	Thomas Wilcock	15 Jul 23	
7.69	Robert Newton	7 Feb 04		13.68	Jake Porter	26 Jul 17	
7.71	David Hughes	9 Feb 08		13.69	Berwyn Price	18 Aug 73	40
7.71	Richard Alleyne	9 Feb 08		13.71	James Gladman	30 Jun 13	
7.71	Julien Adeniran	18 Feb 12		13.72	David Hemery	1 Aug 70	
7.72	Neil Owen	24 Feb 96		13.72	Nick Gayle	29 Jun 13	
7.72	Nick Gayle	29 Jan 13		13.74	Julien Adeniran	11 Aug 11	
7.72	Daniel Goriola	23 Feb 24		13.75	Lloyd Cowan	17 Jul 94	
7.74	Chris Baillie	26 Jan 08		13.75	Ben Reynolds	29 Jun 11	
7.74	Khai Riley-La Borde	3 Jan 16	30	13.76	Duncan Malins	15 Aug 04	
				13.77	Edirin Okoro	29 Jun 14	
				13.77	William Ritchie-Moulin	9 Jun 24	
				13.78	Dominic Girdler	5 Jul 03	50
				13.79	Alan Pascoe	17 Jun 72	
				13.79	Mo. Sillah-Freckleton	31 Jul 03	
				13.82	Mensah Elliott	30 Jul 00	
				13.83	Dominic Bradley	14 Jul 01	
				13.86	Ken Campbell	23 Aug 94	
				13.86	Matt Hudson	27 Jun 10	
				13.87	Yannick Budd	18 May 14	
				13.89	David Feeney	31 May 15	
				13.93	Tristan Anthony	30 May 04	
				13.94	David Guest	5 May 13	60
					<b>wind assisted</b>		
				12.94 A	Jackson	31 Jul 94	
				12.95	Jackson	10 Sep 89	
				12.99	Jackson	23 Jun 89	
				13.01	Jackson	2 Jul 93	
				13.13	Andrew Pozzi	15 Apr 17	
				13.14	Lawrence Clarke	7 Jul 12	
				13.16	Tade Ojora	9 Jul 23	
				13.38	Gabriel Odujobi	15 Apr 17	
				13.39	Sam Bennett	30 Mar 24	
				13.41	Allan Scott	17 Jul 08	
				13.48	Thomas Wilcock	9 Jul 23	
				13.49	Nigel Walker	3 Jun 89	
				13.50	Damien Greaves	17 Jul 04	
				13.53	Gianni Frankis	7 Jul 13	
				13.56	David Hughes	17 Jul 05	
				13.64	Mo. Sillah-Freckleton	30 May 04	
				13.65	Berwyn Price	25 Aug 75	
				13.66	David Hemery	18 Jul 70	
				13.68	Duncan Malins	21 Aug 04	
				13.69	Mensah Elliott	19 Aug 00	
				13.69	Yannick Budd	29 Jun 14	
				13.72	Matt Hudson	30 May 10	
				13.72	Julian Adeniran	22 May 11	
				13.79	Sam Talbot	25 Jun 22	
				13.84	Daniel Davis	30 May 10	
<b>110 Metres Hurdles</b>							
12.91	Colin Jackson	20 Aug 93					
12.97 A	Jackson	28 Jul 93					
12.98	Jackson	15 Sep 94					
12.99	Jackson	3 Sep 93					
12.99	Jackson	6 Sep 94					
13.00	Tony Jarrett	20 Aug 93					
13.02	Jackson	30 Aug 94					
13.02	Jackson (sf)	22 Aug 98					
13.02	Jackson (final)	22 Aug 98					
13.03	Jackson	4 Sep 94					
13.04	Jackson	16 Aug 92					
13.04	Jackson	12 Aug 94					
13.04	Jarrett	12 Aug 95					
13.04	Jackson	25 Aug 99					
13.14	Andrew Pozzi	1 Jul 17					
13.16	William Sharman	14 Aug 14					
13.19	Joshua Zeller	15 May 22					
13.22	Andy Turner	30 Jun 11					
13.24	David Omoregie	3 Sep 16					
13.26	Tade Ojora	23 Jun 23					
13.29	Jon Ridgeon	15 Jul 87					
13.31	Lawrence Clarke	8 Aug 12	10				
13.36	Robert Newton	31 Jul 03					
13.37	David King	8 Jun 21					
13.42	David Nelson	27 Aug 91					
13.43	Mark Holtom	4 Oct 82					
13.44	Hugh Teape	14 Aug 92					
13.44	Chris Baillie	21 Mar 06					
13.45	Sam Bennett	7 Jun 24					
13.46	Cameron Fillery	8 Jun 21					
13.47	James Weaver	8 Jun 21					
13.49	Andy Tulloch	30 Jun 99	20				
13.51	Nigel Walker	3 Aug 90					
13.53	Paul Gray	22 Aug 94					
13.53	Allan Scott	17 Jul 08					
13.54	Damien Greaves	13 Jul 02					
13.54	Gianni Frankis	26 Jun 13					
13.54	Alex Al-Ameen	26 Apr 14					

13.85	Tristan Anthony	17 Jul 04	49.16	Christopher McAlister	4 Jul 21	
13.87	Jack Sumners	28 Apr 23	49.19	Seb Rodger	13 Jul 13	
<b>hand timing</b>			49.23	Tyri Donovan	1 Jun 24	
13.2 u	Andy Turner	18 Apr 09	49.24	Joshua Faulds	26 May 24	
13.5	Berwyn Price	1 Jul 73	49.25	Max Robertson	28 Aug 90	
13.6	David Hemery	5 Jul 69	49.26	Peter Crampton	8 Aug 94	
13.7	Alan Pascoe	5 Jul 69	49.29	Du'aine Thorne-Ladejo	9 Jun 01	
13.7	C.J. Kirkpatrick	29 Jun 74	49.29	Seamus Derbyshire	10 Jun 23	
13.7	Mensah Elliott	2 Sep 00	49.36	Tom Burton	6 Jun 15	30
13.8	Martin Nicholson	25 Jun 94	49.40	Jacob Paul	17 Aug 22	
<b>hand timing - wind assisted</b>			49.49	Mark Holtom	20 Jul 85	
12.8	Colin Jackson	10 Jan 90	49.54	Dale Garland	15 Aug 09	
12.9	William Sharman	2 Jul 10	49.57	Ben Sumner	26 May 12	
13.0	Jarrett	2 Jun 96	49.58	David Hughes	8 Aug 10	
13.4	Berwyn Price	7 Jul 76	49.60	Phil Beattie	28 Jul 86	
13.5	Neil Owen	2 Jun 96	49.62	Lloyd Gumbs	18 Jul 09	
13.7	Lloyd Cowan	27 Apr 95	49.65	Bill Hartley	2 Aug 75	
<b>200 Metres Hurdles</b>			49.66	Jake Minshull	8 Sep 24	
22.63	Colin Jackson	1 Jun 91	49.76	Richard Davenport	30 Jul 11	40
22.77	Nigel Walker	1 Jun 91	49.78	Thomas Phillips	26 Jun 11	
22.79	John Regis	1 Jun 91	49.82	Martin Gillingham	14 Aug 87	
22.77w	Tony Jarrett	14 Jul 91	49.82	Gary Jennings	27 Jun 95	
<b>300 Metres Hurdles</b>			49.86	Martin Briggs	6 Jun 84	
34.48	Chris Rawlinson	30 Jun 02	49.95	Steve Sole	24 Jul 83	
35.25	Matt Douglas	30 Jul 00	49.96	Tony Williams	24 Jul 99	
35.35	Alastair Chalmers	12 Jul 20	50.00	Samael Lunt	30 Aug 24	
34.6 h	David Hemery	15 Sep 72	50.01	Phil Harries	5 Jun 88	
<b>400 Metres Hurdles</b>			50.04	Jack Lawrie	23 Jul 23	
47.82	Kriss Akabusi	6 Aug 92	50.05	Lawrence Lynch	15 Jun 96	50
47.84	Dai Greene	6 Jul 12	50.05	Maranga Mokaya	8 Aug 23	
47.86	Akabusi	27 Aug 91	50.08	Bayley Stickings	23 Jul 22	
47.88	Greene	4 Sep 10	50.1 a	John Cooper	16 Oct 64	
47.91	Akabusi	26 Aug 91	50.12	Ryan Dinham	2 Jul 06	
47.92	Akabusi	29 Aug 90	50.12	Steve Green	2 Aug 08	
48.01	Akabusi	5 Aug 92	50.15	Craig Saddler II	5 Jun 24	
48.10	Greene	13 Jul 12	50.16	Paul Thompson	17 May 96	
48.12 A	David Hemery	15 Oct 68	50.16	Steve Surety	16 Jun 02	
48.52		2 Sep 72	50.19	Steve Coupland	12 Jun 94	
48.12	Greene	31 Jul 10	50.23	Toby Ulm	30 May 09	60
48.14	Chris Rawlinson	11 Aug 99	<b>hand timing</b>			
48.54	Matt Douglas	28 Aug 03	49.9	Andy Todd	9 Oct 69	
48.54	Alastair Chalmers	30 Jun 24	<b>High Jump</b>			
48.59	Alan Pascoe	30 Jun 75	2.38 i	Steve Smith	4 Feb 94	
48.60	Jack Green	13 Jul 12	2.37	Smith	20 Sep 92	
48.71	Nathan Woodward	3 Jul 11	2.37 i	Smith	14 Mar 93	
48.73	Jon Ridgeon	6 Sep 92	2.37	Smith	22 Aug 93	
48.76	Alastair Chalmers	10 Jun 24	2.37 i	Dalton Grant	13 Mar 94	
48.80	Niall Flannery	17 Jun 14	2.37	Robbie Grabarz	23 Aug 12	
48.84	Rhys Williams	17 Jul 13	2.36	Grant	1 Sep 91	
48.89	Alex Knibbs	14 Jul 24	2.36 i	Smith	5 Feb 93	
48.89	Efekemo Okoro	24 Aug 24	2.36 i	Smith	24 Feb 94	
48.90	Anthony Borsumato	14 Jul 02	2.36 i	Smith	10 Feb 96	
49.03 A	John Sherwood	15 Oct 68	2.36 i	Smith	8 Feb 98	
49.88		13 Aug 69	2.36	Smith	27 Jun 99	
49.06	Rick Yates	26 Jul 08	2.36	Grabarz	9 Jun 12	
49.07	Gary Cadogan ¶	22 Jul 94	2.36 i	Chris Baker	13 Feb 16	
49.11	Gary Oakes	26 Jul 80	2.34	Germaine Mason	19 Aug 08	
49.11	Matt Elias	28 Jul 02	2.33 i	Tom Gale	8 Feb 20	
49.16	Paul Gray	18 Aug 98	2.32 i	Brendan Reilly	24 Feb 94	
			2.31	Geoff Parsons	26 Aug 94	

2.31 i	Samson Oni	4 Mar 10	5.71	Charlie Myers	15 Jun 19	
2.31 i	Tom Parsons	13 Feb 11	10 5.65	Keith Stock	7 Jul 81	
2.30	Ben Challenger	13 Jul 99	5.65	Jax Thoires	16 May 15	
2.30 i	Martyn Bernard	3 Mar 07	5.65 i	Adam Hague	18 Feb 18	
2.29 i	Allan Smith	15 Feb 15	5.64 i	Max Eaves	5 Mar 16	
2.28 i	John Holman	28 Jan 89	5.61	Kevin Hughes	28 Jul 99	10
2.28	Ray Bobrownicki	13 Jul 14	5.60	Neil Winter	19 Aug 95	
2.27	Joel Clarke-Khan	2 Jun 22	5.60	Owen Heard	13 Jul 24	
2.26	James Brierley	3 Aug 96	5.59	Brian Hooper	6 Sep 80	
2.26	Matt Roberts	21 Aug 10	5.55	Paul Williamson	13 May 00	
2.26 i	Chris Kandu	21 Feb 15	5.55	Tim Thomas	6 Jun 04	
2.26 i	David Smith	21 Feb 15	20 5.55 i	Andrew Sutcliffe	11 Feb 12	
2.25	Floyd Manderson	20 Aug 88	5.52	Mike Edwards	13 May 93	
2.25	Robert Mitchell	28 Jul 01	5.52	Joel Leon Benitez	18 Jul 18	
2.25	Adam Scarr	11 Jun 06	5.50 i	Ashley Swain	8 Feb 04	
2.25	Mike Edwards	19 Jul 15	5.47 i	Keith Higham	4 Feb 06	20
2.25	William Grimsey	23 May 21	5.45 i	Andy Ashurst	16 Feb 92	
2.24	Mark Naylor	28 Jun 80	5.45	Mike Barber	27 Jul 97	
2.24	John Hill	23 Aug 85	5.45 i	Paul Walker	2 Mar 14	
2.24	Phil McDonnell	26 Aug 85	5.45	Gregor MacLean	10 May 14	
2.23	Mark Lakey	29 Aug 82	5.42 i	Scott Simpson	10 Mar 07	
2.23 i	David Abrahams	12 Mar 83	30 5.42	Nick Cruchley	3 Jul 11	
2.22	Danny Graham	20 May 00	5.40 A	Jeff Gutteridge ¶	23 Apr 80	
2.22 i	Luke Crawley	1 Mar 03	5.40 i	Matt Belsham	10 Feb 96	
2.22 i	Dominic Ogbechie	24 Feb 18	5.40	Ben Flint	25 Jul 99	
2.22 i	Kelechi Aguocha	8 Feb 20	5.40	Joe Ive	23 Jun 07	30
2.21	Fayyaz Ahmed	29 Jun 86	5.40 i	Daniel Gardner	22 Feb 14	
2.21	Steve Chapman	30 Jul 89	5.36 i	Ethan Walsh	11 Jan 20	
2.21 i	Martin Lloyd	28 Jan 07	5.35	Ian Tullett	26 Jul 98	
2.21	Brian Hall	25 Aug 07	5.35	Mark Beharrell	29 Jun 03	
2.21	Alan McKie	1 Jun 08	5.35 i	Matt Devereux	17 Feb 13	
2.20	Brian Burgess	11 Jun 78	40 5.32i	Reuben Nairne	14 Jan 23	
2.20	Trevor Llewelyn	15 Jul 83	5.30	Dean Mellor	17 Jun 95	
2.20	Byron Morrison	14 Jul 84	5.30	Christian North	25 Jul 99	
2.20 i	Henderson Pierre	10 Jan 87	5.30	Andrew Marsh	26 Jun 11	
2.20	Alex Kruger	18 Jun 88	5.30	Lazarus Benjamin	25 Jun 22	40
2.20	Ossie Cham	21 May 89	5.27	Jacob Clark	19 Apr 24	
2.20 i	Warren Caswell	10 Mar 90	5.26	Mark Johnson	31 Aug 91	
2.20	Colin Bent	16 Jun 96	5.26 i	Tim Duckworth	11 Mar 17	
2.20 i	Stuart Ohrland	1 Feb 97	5.26	Scott Huggins	13 May 17	
2.20	Stuart Smith	13 Apr 97	5.25	Mike Bull	22 Sep 73	
2.20	David Barnetson	3 Aug 97	50 5.25	Allan Williams	29 Aug 77	
2.20	Dan Turner	28 May 01	5.25	Daley Thompson	15 Jun 86	
2.20	Darryl Stone	10 Jul 05	5.25	Tom Richards	8 Aug 99	
2.20	Nick Stanisavljevic	8 Jul 06	5.25	Mark Christie	7 Jun 08	
2.20	Ryan Webb	13 May 18	5.25	Rowan May	20 Jul 13	50
2.19 i	Mike Robbins	3 Feb 96	5.25 i	Jack Phipps	5 Feb 17	
2.19	Jamie Russell	18 May 02	5.25	George Turner	17 Jul 21	
2.19	Akin Coward	21 May 23	5.22	Richard Hurren	29 May 10	
			5.22	Thomas Walley	19 Aug 23	
			5.21	Graham Eggleton	10 Jul 82	
			5.21 i	Christian Linskey	20 Feb 99	
<b>Pole Vault</b>						
5.85	Harry Coppel	4 Sep 20				
5.83 i	Luke Cutts	25 Jan 14		<b>Long Jump</b>		
5.82	Steve Lewis	21 Jul 12	8.51	Greg Rutherford	24 Apr 14	
5.81 i	Nick Buckfield	8 Feb 02	8.41	Rutherford	25 Aug 15	
5.80	Buckfield	27 May 98	8.35	Chris Tomlinson	8 Jul 11	
5.80	Lewis	23 Aug 12	8.35	Rutherford	3 May 12	
5.80 i	Coppel	8 Feb 20	8.35	Rutherford	7 Jun 15	
5.80 i	Coppel	21 Feb 20	8.34	Rutherford	30 Jul 15	
5.80	Coppel	3 Aug 21	8.32	Rutherford	31 May 12	
5.77 i	Lewis	2 Mar 12	8.32	Rutherford	3 Sep 15	

8.31	Rutherford	4 Aug 12	8.16	Roy Mitchell	26 Jun 76
8.31	Rutherford	2 Jun 16	8.15	Alan Lerwill	29 May 72
8.26	Nathan Morgan	20 Jul 03	8.12	Derrick Brown	14 Jun 86
8.23	Lynn Davies	30 Jun 68	8.12	Jonathan Moore	16 Aug 08
8.21	Daniel Bramble	18 Apr 15	8.11	Daley Thompson	7 Aug 78
8.20	Jacob Fincham-Dukes	26 Apr 24	8.08	Darren Ritchie	29 Jun 03
8.16	Bradley Pickup	2 Aug 14	8.07	Steve Phillips	11 Jul 99
8.15	Stewart Faulkner	16 Jul 90	8.04	Ian Simpson	3 Jun 89
8.14	Mark Forsythe	7 Jul 91	7.96	Colin Jackson	17 May 86
8.11	JJ Jegede	13 Jul 12	10 7.94	John Herbert	25 Jul 82
8.10	Fred Salle	9 Sep 94	7.94	John King	20 Jun 86
8.08	Roy Mitchell	27 Sep 80	7.94	Chris Davidson	21 Jun 97
8.08	Julian Reid	25 Jun 11	7.93	David Burgess	15 Jun 86
8.05 i	Barrington Williams	11 Feb 89	7.92	Jake Burkey	12 May 23
8.05	Feron Sayers	9 Jun 18	7.91	Steve Ingram	18 Jun 94
8.04	Reynold Banigo	10 May 22	7.89	John Shepherd	20 Jun 86
8.03	Steve Phillips	5 Aug 98	7.88	Jack Roach	26 Jun 22
8.03	Jonathan Moore	18 May 02	7.85	Efe Uwaifo	6 May 17
8.03	Tim Duckworth	6 Apr 18		<b>Triple Jump</b>	
8.01	Daley Thompson	8 Aug 84	20 18.29	Jonathan Edwards	7 Aug 95
8.01	Darren Ritchie	16 Jun 01	18.01	Edwards	9 Jul 98
8.01	Alexander Farquharson	7 Aug 21	18.00	Edwards	27 Aug 95
8.00	Derrick Brown	7 Aug 85	17.99	Edwards	23 Aug 98
8.00	Alessandro Schenini	13 Aug 23	17.98	Edwards	18 Jul 95
7.98	Alan Lerwill	29 Jun 74	17.92	Edwards	6 Aug 01
7.96	Daniel Gardiner	31 Jul 16	17.88	Edwards	27 Jul 96
7.94 i	Paul Johnson	10 Mar 89	17.86	Edwards	28 Jul 02
7.94 i	Matthew Burton	9 Feb 13	17.82	Edwards	25 Jun 96
7.93	Chris Kirk	12 Jul 08	17.81	Phillips Idowu	29 Jul 10
7.92	Samuel Khogali	25 May 24	30 17.64	Nathan Douglas	10 Jul 05
7.92	Stephen MacKenzie	18 Aug 24	17.57 A	Keith Connor	5 Jun 82
7.91	John King	26 Sep 87		17.31 i	13 Mar 81
7.90	Ian Simpson	3 Jun 89	17.41	John Herbert	2 Sep 85
7.90	Chris Davidson	19 Jun 99	17.30	Larry Achike	23 Sep 00
7.89	George Audu	12 Aug 00	17.27	Ben Williams	25 Aug 19
7.88	Allan Hamilton	15 Apr 16	17.21	Tosi Fasinro	27 Jul 93
7.87	Keith Fleming	7 Jun 87	17.18	Francis Agyepong	7 Jul 95
7.87 iA	Jake Burkey	24 Feb 23	17.06	Julian Golley	10 Sep 94 10
7.86	James McLachlan	19 Apr 13	17.01	Eric McCalla	3 Aug 84
7.86	Elliot Safo	19 Jul 13	40 16.95	Julian Reid	4 Jul 15
7.85	James Lelliott	9 Aug 20	16.87	Mike Makin	2 Aug 86
7.84	Wayne Griffith	25 Aug 89	16.86	Aston Moore	16 Aug 81
7.83	Phillips Idowu	25 Jul 00	16.86	Tosin Oke	3 Aug 07
7.83	Jack Roach	9 Aug 20	16.81	Nathan Fox	13 May 17
7.81	Murray Fotheringham	15 Jun 24	16.75	Vernon Samuels	7 Aug 88
7.80	Nick Newman	4 Feb 12	16.71	Steven Shalders	3 Sep 05
7.79	John Morbey	11 Jul 64	16.63 A	Femi Akinsanya	10 Apr 99
7.79	Geoff Hignett	31 May 71		16.58	15 Jun 96
7.79	Don Porter	13 Jul 75	16.61	Kola Adedoyin	26 Apr 14 20
7.79	Paul Ogun	31 Jul 16	50 16.50	Michael Puplampu	3 Aug 19
7.79 i	Ashley Bryant	28 Jan 17	16.49 i	Nick Thomas	11 Feb 06
7.79	Jack Turner	15 Apr 23	16.46	Fred Alsop	16 Oct 64
7.78	Oliver Newport	14 May 16	16.45	Nonso Okolo	13 May 17
7.78	Shandell Taylor	13 Jul 18	16.43	Jonathan Moore	22 Jul 01
			16.38	Sam Trigg	27 May 17
<b>wind assisted</b>			16.38	Ade Mason	7 Jun 19
8.45	Jacob Fincham-Dukes	26 Mar 22	16.33	Gary White	15 Jul 07
8.36	Rutherford	14 May 16	16.32	Tayo Erogbogbo	21 Aug 95
8.32	Rutherford	4 Jun 11	16.31 i	Daniel Lewis	8 Feb 14 30
8.19	Tim Duckworth	12 May 18	16.30	Femi Abejide	26 Jul 03
8.17	Mark Forsythe	11 Jun 89	16.29 i	David Johnson	1 Mar 78



16.28	Jonathan Ilori	10 Jun 18	21.31	Scott Lincoln	28 May 24
16.28	Jude Bright-Davies	21 May 23	20.88	Mark Edwards ¶¶	7 Jun 08
16.26	Joe Sweeney	3 Aug 91	20.85 i	Mark Proctor	25 Jan 98
16.22	Derek Boosey	15 Jun 68	20.45	Shaun Pickering	17 Aug 97
16.22	Efe Uwaifo	30 Jun 24	20.43	Mike Winch	22 May 74
16.20	Rez Cameron	5 Jun 88	20.33	Paul Edwards ¶¶	9 Jul 91
16.18	Tony Wadhams	6 Jul 69	19.56	Arthur Rowe	7 Aug 61
16.17	John Mackenzie	17 Sep 94	40 19.49	Matt Simson	28 Aug 94
16.16	Conroy Brown	19 Sep 81	19.44 i	Simon Williams	28 Jan 89
16.16	Elliot O'Neill	4 Aug 07	19.43	Bill Tancred	18 May 74
16.15	Wayne Green	10 Jul 88	19.42	Zane Duquemin	27 Jul 13
16.15	Michael Brown	23 Jul 89	19.18	Jeff Teale ¶¶	7 Aug 68
16.15 i	Montel Nevers	21 Feb 16	19.04	Youcef Zatat	23 Jul 23
16.13	Steven Anderson	11 Jun 83	19.02 i	Kieren Kelly ¶¶	21 Feb 09
16.13i	Seun Okome	26 Feb 22	19.01	Billy Cole	21 Jun 86
16.10	Alan Lerwill	28 Aug 71	18.97	Scott Rider	4 Jun 05
16.09	Courtney Charles	17 Jun 90	18.97	Emeka Udechuku	24 Jun 06
16.08	Craig Duncan	21 Jun 86	50 18.94	Bob Dale	12 Jun 76
16.07 i	Babatunde Amosu	28 Feb 15	18.93	Paul Buxton	13 May 77
16.06	Mike McKernan	29 Jul 07	18.85	Lee Newman	2 Jun 96
16.02	Peter Akwaboah	15 Jun 89	18.79	Steph Hayward	6 Sep 00
16.02	Archie Yeo	21 May 23	18.66 i	Ryan Spencer-Jones	15 Dec 13
16.01 i	Lawrence Davis	19 Feb 17	18.62	Martyn Lucking	2 Oct 62
<b>wind assisted</b>			18.59 i	Alan Carter	11 Apr 65
18.43	Jonathan Edwards	25 Jun 95	18.59 i	Greg Beard	13 Jan 13
18.08	Edwards	23 Jul 95	18.56	Lewis Byng	16 Aug 20
18.03	Edwards	2 Jul 95	18.50	Mike Lindsay	2 Jul 63
17.81	Keith Connor	9 Oct 82	18.46	Roger Kennedy	22 May 77
17.31	Larry Achike	15 Jul 00	18.46 i	Simon Rodhouse	20 Feb 82
17.30	Tosi Fasinro	12 Jun 93	18.35	Peter Tancred	9 Jul 74
17.29 A	Francis Agyepong	29 Jul 95	18.34	Richard Slaney	3 Jul 83
17.24		2 Jul 95	18.33 i	Patrick Swan	18 Feb 24
17.02	Aston Moore	14 Jun 81	18.29 i	Jamie Williamson	13 Jan 13
17.00	Steven Shalders	10 Jul 05	18.14 i	Neal Brunning ¶¶	26 Jan 92
16.96	Julian Reid	28 May 16	18.07	Gareth Winter	23 May 15
16.82	Vernon Samuels	24 Jun 89	18.05	John Watts	19 Aug 72
16.65	Fred Alsop	13 Aug 65	18.04	Andy Vince	30 Apr 83
16.59	Michael Puplampu	10 Jun 12	17.96	Nigel Spratley	28 Aug 94
16.50	Jude Bright-Davies	22 Jul 23	17.95	Graham Savory	4 Jun 88
16.49	Tony Wadhams	16 Sep 69	17.95	Piers Cameron	5 Apr 24
16.44	Tayo Erogbogbo	31 May 97	17.92	Nick Tabor	9 Apr 83
16.38	Femi Abejide	10 Jun 89	17.90	Chris Gearing	26 May 07
16.38	Courtney Charles	22 Jul 90	17.90	Carl Fletcher ¶¶	18 Aug 09
16.33	David Johnson	28 May 78	17.87	Bill Fuller	15 Jul 72
16.32	Craig Duncan	20 Jun 87	17.87 i	Ian Lindley	15 Mar 81
16.32	Rez Cameron	21 May 89	17.87 i	Antony Zaidman	22 Jan 83
16.31	Efe Uwaifo	25 Aug 19	17.85	Gary Sollitt	4 Jun 82
16.21	Alan Lerwill	28 Aug 71	17.85	Jamie Stevenson	28 Jun 09
16.17	Chris Colman	15 Jul 78	17.85	John Alderson	31 Jul 74
16.15	Babatunde Amosu	17 May 15	17.79	George Evans	27 Feb 21
			17.79 i	Steve Whyte	11 Feb 89
			17.78	Sam Westlake-Cann	11 Aug 07
			17.71	David Readle	24 Feb 01
			17.69 i		
<b>Shot</b>					
21.92	Carl Myerscough ¶¶	13 Jun 03			
21.68	Geoff Capes	18 May 80	<b>Discus</b>		
21.55	Capes	28 May 76	68.24	Lawrence Okoye	19 May 12
21.55	Myerscough	27 Jul 03	67.73	Nicholas Percy	6 Apr 24
21.50	Capes	24 May 80	67.63	Okoye	9 Jul 11
21.50	Myerscough	8 Aug 03	67.25	Okoye	4 Sep 12
21.49 i	Myerscough	15 Mar 03	67.14	Okoye	19 Aug 22
21.37	Capes	10 Aug 74	67.13	Okoye	11 Jun 21
21.36	Capes	19 Jun 76	67.05	Okoye	8 Sep 24
21.35	Capes	5 Jun 80	66.89	Okoye	24 Aug 21
			66.84	Brett Morse	30 Jun 13

66.67	Okoye	20 Apr 12	78.23	Taylor Campbell	5 Jun 21
66.64	Perriss Wilkins ¶	6 Jun 98	78.15	Miller	4 Aug 21
65.56	Gregory Thompson	27 Apr 19	78.07	Miller	29 May 21
65.44	Abdul Buhari	9 Jul 11	77.92	Kenneth Ikeji	7 Jun 23
65.24	Carl Myerscough ¶	9 Jun 12	77.89	Miller	9 Sep 19
65.16	Richard Slaney	1 Jul 85	77.88	Miller	16 Jun 19
65.11	Glen Smith	18 Jul 99	77.72	Miller	9 Jun 19
65.08	Robert Weir	19 Aug 00	77.54	Martin Girvan	12 May 84
64.94	Bill Tancred	21 Jul 74	77.37	Jake Norris	22 May 24
64.93	Emeka Udechuku	17 Jul 04	77.30	Dave Smith I	13 Jul 85
63.76	Zane Duquemin	26 Jun 22	77.02	Matt Mileham	11 May 84
63.00	Chris Scott	9 Jul 11	76.93	Mark Dry ¶	17 May 15
62.36	Peter Tancred	8 May 80	76.45	Chris Bennett	18 Jun 16
61.86	Paul Mardle	13 Jun 84	76.43	Mick Jones	2 Jun 01
61.62	Peter Gordon ¶	15 Jun 91	75.63	Alex Smith	3 Mar 12
61.21	George Armstrong	11 Apr 19	75.40	Chris Black	23 Jul 83
61.14	Simon Williams	18 Apr 92	75.10	Dave Smith II	27 May 96
61.10	Kevin Brown	30 Aug 97	75.08	Robert Weir	3 Oct 82
61.00	Allan Seatory	6 Oct 74	74.52	Joseph Ellis	19 May 22
60.92	Graham Savory	10 May 86	74.02	Paul Head	30 Aug 90
60.81	Chukwuemeka Osammor	26 Jun 22	73.89	Osian Jones	25 Aug 19
60.48	Lee Newman	10 May 97	73.86	Barry Williams	1 Jul 76
60.42	Mike Cushion	16 Aug 75	73.80	Jason Byrne	19 Sep 92
60.08	Abi Ekoku	16 May 90	73.80	Craig Murch	3 Aug 19
59.98	Tom Norman	18 Jun 11	73.64	Paul Dickenson	22 May 76
59.84	Colin Sutherland ¶	10 Jun 78	73.20	Bill Beauchamp	25 Aug 03
59.84	George Evans	6 Apr 19	72.79	Andy Frost	22 May 11
59.76	John Hillier	27 Jul 74	72.79	Mike Floyd	20 Aug 11
59.70	John Watts	14 Jul 72	72.45	Peter Smith	15 Apr 12
59.58	Jamie Williamson	30 Jun 12	71.75	Matt Lambley	23 May 10
59.33	Alan Toward	26 Feb 17	71.70	Shane Peacock	24 Jun 90
58.84	Simon Cooke	16 Jun 12	71.60	Peter Vivian	25 Jun 95
58.77	Angus McInroy	10 Jul 10	71.28	Amir Williamson	21 Jul 13
58.71	Samuel Woodley	9 Apr 21	71.01	Ian Chipchase	17 Aug 74
58.69	Marcus Gouldbourne	25 Jul 06	71.00	Michael Bomba	6 Apr 13
58.64	Steve Casey	19 May 91	70.90	Howard Payne	29 Jun 74
58.58	Darrin Morris	22 Jun 91	70.88	James Bedford	19 May 13
58.36	Paul Reed	11 Jul 99	70.82	John Pearson	30 Jul 00
58.34	Geoff Capes	29 Sep 73	70.33	Stewart Rogerson	14 Aug 88
58.08	Mike Winch	7 Sep 75	70.30	Paul Buxton	19 May 79
57.58	Arthur McKenzie	17 Aug 69	70.28	Chris Shorthouse	8 Aug 15
57.39	Adam Damadzic	5 May 18	70.18	Bayley Campbell	13 May 22
57.30	James Tomlinson	25 Jun 23	70.15	Ben Hawkes	9 Jul 23
57.14	Mark Proctor	24 Jun 00	70.08	Jac Lloyd Palmer	14 Jul 19
57.12	Paul Edwards ¶	10 Aug 88	70.01	Iain Park	7 Sep 03
57.10	Dennis Roscoe	3 May 80	69.74	Jim Whitehead	23 Sep 79
57.09	Leslie Richards	21 Aug 10	69.52	Jack Paget	14 Jul 24
57.07	Curtis Griffith-Parker	19 Jun 10	69.52	Callum Brown	30 Jul 17
57.00	Gerry Carr	17 Jul 65	69.13	Simon Bown	6 Sep 09
56.97	Matthew Brown	26 Apr 08	68.69	Shaun Pickering	7 Apr 84
56.79	Alexander Parkinson	11 Feb 17	68.64	Ron James	2 Jun 82
56.71	Roy Hollingsworth	14 Sep 63	68.18	Edward Jeans	8 Jun 22
56.66	Gary Herrington	15 Jun 96	68.10	Ruben Banks	18 Jun 23
56.50	David Coleman	9 Jul 11	67.96	Nicholas Percy	7 May 16
56.45	Nick Wedderman	29 Jun 24	67.85	Steve Whyte	15 Apr 89
56.42	Paul Buxton	6 Aug 76	67.82	Thomas Head	29 Jul 23
56.40	Guy Dirkin	1 Aug 75	67.74	Alex Bernstein	16 Mar 24
56.34	Rhys Allen	6 Apr 24	67.73	Tom Parker	26 Mar 21
			67.68	Shaun Kerry	20 Apr 24
<b>Hammer</b>	Nick Miller	8 Apr 18	67.59	Steve Pearson	27 Jun 98
80.26	Miller	12 Jun 19	67.45	Ciaran Wright	6 Aug 19
78.39	Miller	30 Mar 18	67.33		

67.32	Gareth Cook	1 Jun 91	74.64	Bonne Buwembo	24 Aug 14
<b>35 Lb Weight</b>			74.62	Alex van der Merwe	29 Mar 08
24.39 i	Kenneth Ikeji	24 Feb 24	73.89	Jonathan Engelking	11 May 18
24.07 i	Joseph Ellis	11 Feb 22	73.56	Dan Carter	16 Sep 00 40
23.88 i	Ruben Banks	9 Feb 24	73.41	Neil Crossley	6 May 13
23.64 i	Bob Weir	9 Jan 83	73.26	David Messom	25 Apr 87
23.08	Matt Mileham	16 Feb 85	73.24	Charlie Evans	11 May 24
23.07 i	Nick Miller	14 Mar 14	72.92	Stefan Baldwin	8 May 93
21.92 i	Jake Norris	29 Jan 21	72.73	Freddie Curtis	7 Jun 15
21.69 i	Nicholas Percy	20 Feb 18	72.52	Richard Shuttleworth	25 Sep 11
21.68	Shaun Pickering	18 Jan 86	72.41	Steven Turnock	15 Apr 17
21.65 i	Alex Bernstein	9 Feb 24 10	72.35	Anthony Lovett	24 Jul 04
21.61 i	Adam Phillips	19 Jan 24	72.26	Felix Hatton	2 Jul 11
<b>Javelin</b>			71.90	Greg Millar	26 Jun 21 50
91.46	Steve Backley	25 Jan 92	71.86	Tony Hatton	3 May 93
90.81	Backley	22 Jul 01	71.83	Brett Byrd	19 Jun 10
89.89	Backley	19 Jul 98	71.79	Philip Sharpe	27 Aug 00
89.85	Backley	23 Sep 00	71.60	Stuart Harvey	22 Jun 08
89.72	Backley	23 Aug 98	71.00	Michael Tarran	30 Jun 02
89.58	Backley	2 Jul 90	<b>Decathlon (1984 Tables)</b>		
89.22	Backley	11 Jun 98	8847	Daley Thompson	9 Aug 84
89.02	Backley	30 May 97	8811	Thompson	28 Aug 86
88.80	Backley	2 Aug 98	8774	Thompson	8 Sep 82
88.71	Backley	13 Sep 98	8730	Thompson	23 May 82
86.94	Mick Hill	13 Jun 93	8714	Thompson	13 Aug 83
85.67	Mark Roberson	19 Jul 98	8667	Thompson	18 May 86
85.09	Nick Nieland	13 Aug 00	8663	Thompson	28 Jul 86
83.84	Roald Bradstock	2 May 87	8648	Thompson	18 May 80
83.52	Mervyn Luckwell	25 Sep 11	8603	Dean Macey	7 Aug 01
82.38	Colin Mackenzie	7 Aug 93	8567	Macey	28 Sep 00
81.70	Nigel Bevan	28 Jun 92	8336	Tim Duckworth	7 Jun 18
80.98	Dave Ottley	24 Sep 88	8163	Ashley Bryant	28 May 17
80.38	James Campbell	18 Jul 10 10	8131	Alex Kruger	2 Jul 95
80.32	Harry Hughes	19 May 19	8102	Daniel Awde	27 May 12
79.72	Lee Doran	23 Jun 12	8011 w	Jack Turner	12 May 23
79.55	Michael Allen	10 Jun 06		7963	6 Jun 24
79.53	Joe Harris	15 May 22	7980	Simon Shirley	24 Aug 94
79.26	James Whiteaker	29 Aug 22	7965	John Lane	13 Apr 17
78.54	Gary Jenson	17 Sep 89	7922 W	Brad McStravick	28 May 84 10
78.33	David Parker	24 Mar 01		7885	6 May 84
77.84	Peter Yates	21 Feb 87	7913	Sammy Ball	15 Sep 24
77.47	Matti Mortimore	31 Mar 17	7904	David Bigham	28 Jun 92
76.97	Michael Allison	17 Jun 23 20	7901 h	Peter Gabbett	22 May 72
76.92	Chris Hughff	4 May 09	7889	Eugene Gilkes	18 May 86
76.77	Matthew Hunt	1 May 11	7882	Ben Gregory	14 Apr 16
76.66 i	Stuart Faben	3 Mar 96	7874	Colin Boreham	23 May 82
	76.17	30 Mar 02	7861	Anthony Brannen	30 Apr 95
76.13	Joe Dunderdale	18 May 14	7857	Liam Ramsay	19 Jul 15
76.10	Keith Beard	18 May 91	7852	Lewis Church	30 Jun 24
75.89	Dan Pembroke	12 Jun 11	7843	Harry Kendall	29 May 22 20
75.85	Benjamin East	4 May 24	7787	Brian Taylor	30 May 93
75.52	Marcus Humphries	25 Jul 87	7766	Barry Thomas	2 Sep 95
75.32	Steve Harrison	9 Jul 95	7761 w	Ollie Thorner	13 May 23
75.28	Nigel Stainton	5 Aug 89 30		7641	8 Jun 23
74.92	Neil McLellan	22 Jun 07	7748	Eric Hollingsworth	30 May 93
74.90	Daryl Brand	27 Jun 86	7740	Greg Richards	7 Jun 87
74.73	Daniel Bainbridge	22 May 22	7739	Jamie Quarry	30 May 99
74.72	Chris Crutchley	13 Jul 86	7739	Jami Schlueter	6 Jun 24
74.71	Benji Pearson	26 Apr 14	7734	Edward Dunford	9 Sep 07
74.70	Myles Cottrell	16 May 92	7727	David Guest	6 Jun 10



20:09.0	Steve Partington	11 Mar 92	41:14.3	Mark Easton	5 Feb 89
20:13.0	Martin Bell	2 May 92	41:14.61	Steve Partington	16 Jul 95
20:13.50	Sean Martindale	22 Jul 90	41:18.64	Andi Drake	5 Jun 88
20:14.2	Paul Nihill	12 Jul 72	41:49.06	Sean Martindale	26 Jun 90
20:16.0	Andy Penn	3 Sep 88	41:55.5	Phil Embleton	14 Apr 71
20:17.47	Paul Blagg	22 Jul 90	41:59.10	Andy Penn	27 Jul 91
20:20.0	Chris Maddocks	15 Aug 87	42:06.35	Gordon Vale	2 Aug 81
20:20.0	Andi Drake	5 Sep 87	42:08.57	Paul Blagg	28 Aug 89
20:22.0+	Steve Barry	20 Mar 82	42:11.42	Christopher Snook	12 Jun 22 20
20:24.0+	Phil Vesty	28 May 84	20 42:17.1	Dominic King	4 May 02
20:26.7	Mike Parker	22 Dec 85	<b>track short</b>		
20:28.40	Steve Johnson	9 Jul 88	40:54.7	Steve Barry	19 Mar 83
20:29.0	Les Morton	19 Aug 90	<b>10 Kilometres Road Walk</b>		
20:31.57	Christopher Snook	30 Jun 24	39:10	Tom Bosworth	1 Mar 20
<b>5000 Metres Walk Short Track</b>			39:31	Callum Wilkinson	1 Jun 19
18:20.97	Tom Bosworth	23 Feb 20	39:36	Bosworth	1 Mar 15
18:28.70	Bosworth	18 Feb 18	39:50 +	Bosworth	13 Aug 17
18:39.47	Bosworth	12 Feb 17	39:52	Wilkinson	5 Aug 20
18:50.14	Callum Wilkinson	12 Feb 23	40:17	Chris Maddocks	30 Apr 89
18:54.18	Bosworth	31 Jan 16	40:24	Mark Easton	21 Mar 87
19:20.83	Wilkinson	29 Jan 17	40:35 +	Steve Barry	14 May 83
19:22.29	Martin Rush	8 Feb 92	40:40	Steve Partington	12 Jan 92
19:22.56	Bosworth	10 Feb 19	40:45	Darrell Stone	8 Apr 89
19:28.20	Andi Drake	13 Feb 91	40:59	Cameron Corbishley	1 Mar 20
19:36.92	Drake	3 Feb 91	41:01	Ian McCombie	8 Dec 84
19:42.90	Tim Berrett	23 Feb 90	41:08 +	Martin Rush	30 Aug 84 10
19:46.20	Darrell Stone	8 Feb 92	41:24	Alex Wright	3 Feb 13
19:49.23	Cameron Corbishley	27 Jan 19	41:25 +	Andrew Drake	17 Jun 00
20:01.65	Mark Easton	23 Feb 90	41:28 +	Andy Penn	9 May 92
20:08.04	Steve Barry	5 Mar 83	41:28	Martin Bell	24 Apr 99
20:13.26	Steve Partington	8 Feb 92	10 41:34 +	Christopher Snook	16 Mar 24
20:24.04	Daniel King	15 Feb 04	<b>during a road running race</b>		
20:26.36	Martin Bell	10 Mar 89	40:48	Ian McCombie	15 Jan 89
20:30.62	Phil Vesty	16 Feb 85	<b>20 Kilometres Road Walk</b>		
20:32.05	Andy Penn	3 Feb 91	1:19:38	Tom Bosworth	8 Apr 18
20:33.20	Ian McCombie	16 Feb 85	1:20:13	Bosworth	12 Aug 16
20:57.30	Philip King	26 Feb 94	1:20:27	Callum Wilkinson	19 May 24
21:25.17	Dominic King	4 Mar 00	1:20:31	Wilkinson	1 Aug 24
21:41.47	Christopher Snook	10 Feb 19	1:20:32	Wilkinson	5 Jun 21
22:08.87	Roger Mills	22 Feb 81	1:20:41	Bosworth	19 Mar 16
22:11.44	Michael Kemp	28 Feb 98	20 1:20:53	Bosworth	19 May 19
<b>10000 Metres Track Walk</b>			1:20:58	Bosworth	1 Apr 17
38:43.91	Callum Wilkinson	30 Jun 24	1:21:21	Bosworth	21 May 17
39:05.85	Wilkinson	6 Mar 21	1:21:21	Wilkinson	18 Sep 20
39:06.28	Wilkinson	7 Aug 22	1:22:03	Ian McCombie	23 Sep 88
39:52.05	Wilkinson	29 Aug 20	1:22:12	Chris Maddocks	3 May 92
40:06.65	Ian McCombie	4 Jun 89	1:22:50	Cameron Corbishley	16 May 21
40:12.50	Cameron Corbishley	30 Jun 24	1:22:51	Steve Barry	26 Feb 83
40:29.32	Wilkinson	6 Apr 19	1:23:05	Alex Wright	17 Mar 13
40:39.77	McCombie	5 Jun 88	1:23:34	Andy Penn	29 Feb 92
40:41.62	Wilkinson	23 Jul 16	1:23:34	Martin Rush	29 Feb 92
40:42.53	McCombie	28 Aug 89	1:23:58	Darrell Stone	24 Feb 96 10
40:45.38	Tom Bosworth	8 Jun 22	1:24:04	Mark Easton	25 Feb 89
40:53.60	Phil Vesty	28 May 84	1:24:04.0t	Andi Drake	26 May 90
40:55.6	Martin Rush	14 Sep 91	1:24:07.6t	Phil Vesty	1 Dec 84
41:06.57	Chris Maddocks	20 Jun 87	1:24:09	Steve Partington	24 Sep 94
41:10.11	Darrell Stone	16 Jul 95	1:24:25	Tim Berrett	21 Apr 90
41:13.62	Steve Barry	19 Jun 82	1:24:50	Paul Nihill	30 Jul 72
41:13.65	Martin Bell	22 Jul 95	10 1:25:42	Martin Bell	9 May 92
			1:25:53.6t	Sean Martindale	28 Apr 89

1:26:02	Jamie Higgins	12 Apr 14	4:03:08	Dennis Jackson	16 Mar 86	
1:26:08	Dominic King	25 Jun 17	20 4:03:53	Mark Easton	25 Apr 98	
1:26:14	Dan King	28 Feb 04	4:04:49	Daniel King	29 Mar 08	
1:26:37	Christopher Snook	16 Mar 24	4:06:14	Barry Graham	20 Apr 85	
1:26:53	Chris Cheesman	21 Mar 99	4:07:18	Steve Hollier	18 Jun 00 10	
1:27:00	Roger Mills	30 Jun 80	4:07:23	Bob Dobson	21 Oct 79	
1:27:05	Mike Parker	5 Apr 86	4:07:49	Chris Cheesman	2 May 99	
1:27:16	Les Morton	25 Feb 89	4:07:57	Ian Richards	20 Apr 80	
1:27:30	Ben Wears	15 May 10	4:08:41	Adrian James	12 Apr 80	
1:27:35	Olly Flynn	3 Oct 76	4:09:15un	Don Thompson	10 Oct 65	
1:27:43	Luke Finch	20 Jun 10	4:12:19		20 Jun 59	
1:27:46	Brian Adams	11 Oct 75	30 4:09:22	Mike Smith	27 Mar 89	
1:27:59	Phil Embleton	3 Apr 71	4:10:23	Darrell Stone	6 May 90	
1:28:02	Paul Blagg	27 Feb 82	4:10:42	Amos Seddon	9 Mar 80	
1:28:15	Ken Matthews	23 Jul 60	4:11:32	Paul Nihill	18 Oct 64	
1:28:26	Chris Harvey	29 Sep 79	4:12:00	Sean Martindale	16 Oct 93 20	
1:28:30	Allan King	11 May 85	4:12:02	Martin Rush	28 Jul 91	
1:28:34	Chris Smith	11 May 85	4:12:37	John Warhurst	27 May 72	
1:28:34	Steve Hollier	19 Jun 99	4:12:50	Darren Thorn	6 May 90	
1:28:37	Dave Jarman	30 Jun 80	4:13:18	Graham White	27 Jun 98	
1:28:38	Guy Thomas	3 Jun 17	4:13:25	Allan King	16 Apr 83	
1:28:40	Matt Hales	21 Apr 01	40 4:14:03	Tom Misson	20 Jun 59	
1:28:46	Jimmy Ball	4 Apr 87	4:14:25	Dave Cotton	15 Jul 78	
1:28:46	Steve Taylor	20 Dec 92	4:15:14	Shaun Lightman	13 Oct 73	
1:28:46	Jamie O'Rawe	21 Mar 99	4:15:22	Brian Adams	17 Sep 78	
1:28:50	Amos Seddon	3 Aug 74	4:15:52	Ray Middleton	27 May 72 30	
1:29:07	Philip King	20 Aug 95	4:16:30	Karl Atton	20 Apr 97	
1:29:19	Stuart Phillips	31 May 92	4:16:45	Gareth Brown	21 Apr 02	
1:29:24	George Nibre	6 Apr 80	4:16:47	George Nibre	9 Mar 80	
1:29:27	Graham White	19 Apr 97	4:17:24	Andi Drake	18 Oct 87	
1:29:29 +	Steve Johnson	16 Apr 89	4:17:34	Gordon Vale	9 Oct 83	
1:29:37	John Warhurst	28 Jul 73	50 4:17:40	Steve Partington	26 Jun 05	
<b>no judges</b>				4:17:52	Stuart Elms	17 Apr 76
1:27:04.0t	Steve Hollier	9 Jan 00	4:18:30	Peter Ryan	10 Apr 82	
<b>35 Kilometres Road Walk</b>				4:19:00	Carl Lawton	17 Jul 71
2:31:34	Cameron Corbishley	26 Oct 24	4:19:13	Bryan Eley	19 Jul 69 40	
2:37:24 +	Corbishley	20 Mar 21	4:19:26	Roger Mills	9 Apr 83	
2:36:19	Chris Maddocks	29 Jun 91	4:19:55	Mick Holmes	4 Aug 73	
2:37:20	Maddocks	25 Jun 89	4:19:57	Barry Ingarfield	21 Oct 79	
2:37:24 +	Corbishley	20 Mar 21	4:20:05	George Chaplin	27 May 72	
2:37:27	Les Morton	29 Jun 91	4:20:22	Scott Davis	13 Sep 09	
2:38:01	Andi Drake	22 Apr 89	4:20:43	Tim Watt	8 Oct 95	
2:38:11	Martin Rush	6 Jun 92	4:20:48	Andrew Trigg	1 May 88	
2:40:04	Amos Seddon	21 Jun 80	4:20:51	Murray Lambden	18 Jul 82	
2:40:37	Mike Smith	22 Apr 89	4:21:02	Ron Wallwork	17 Jul 71	
2:40:41 +	Dominic King	20 Mar 21	4:22:05	Mel McCann	14 Sep 86 50	
2:40:49	Darrell Stone	11 Jun 95	<b>4 x 100 Metres Relay</b>			
2:41:03	Dennis Jackson	15 Jun 85	10 37.36	GBR	5 Oct 19	
<b>50 Kilometres Road Walk</b>				A.Gemili, Z.Hughes, R.Kilty, N.Mitchell-Blake		
3:51:13	Dominic King	20 Mar 21	37.47	GBR	12 Aug 17	
3:51:37	Chris Maddocks	28 Oct 90	C.J.Ujah, A.Gemili, D.Talbot, N.Mitchell-Blake			
3:53:14	Maddocks	25 Nov 95	37.56	GBR	4 Oct 19	
3:53:20	Cameron Corbishley	23 Mar 19	A.Gemili, Z.Hughes, R.Kilty, N.Mitchell-Blake			
3:54:15	Corbishley	20 Mar 21	37.60	GBR	21 Jul 19	
3:55:48	King	8 Oct 16	C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake			
3:56:35	King	23 Mar 19	37.61	GBR	22 Jul 18	
3:57:10	Maddocks	12 Mar 00	C.J.Ujah, Z.Hughes, A.Gemili, N.Mitchell-Blake			
3:57:48	Les Morton	30 Apr 89	37.61	GBR	9 Aug 24	
3:58:25	Morton	20 Mar 88	J.Azu, L.Hinchliffe, N.Mitchell-Blake, Z.Hughes			
3:59:55	Paul Blagg	5 Sep 87	37.67	GBR	21 Aug 22	

J.Azu, Z.Hughes, J.Efoloko, N.Mitchell-Blake	P.Goedluck, A.Mafe, D.Reid, J.Regis
37.73 GBR 29 Aug 99	
Gardener, Campbell, Devonish, Chambers ¶	<b>4 x 200 Metres Relay Short Track</b>
37.76 GBR 12 Aug 17	1:22.11 i GBR 3 Mar 91
C.J.Ujah, A.Gemili, D.Talbot, N.Mitchell-Blake	L.Christie, D.Braithwaite, A.Mafe, J.Regis
37.77 GBR 22 Aug 93 10	1:22.99 GBR 23 Feb 90
C.Jackson, A.Jarrett, J.Regis, L.Christie ¶	M.Adam, J.Regis, C.Callender, L.Christie
37.78 GBR 23 Jul 16	1:23.46 GBR 28 Jan 89
J.Dasaolu, A.Gemili, J.Ellington, C.J.Ujah	A.Mafe, D.Reid, M.Adam, J.Ridgeon
37.80 GBR 12 Aug 18	1:23.56 GBR 13 Feb 93
C.J.Ujah, Z.Hughes, A.Gemili, Aikines-Aryeetey	M.Adam, M.Richardson, J.Regis, D.Campbell
37.80 GBR 27 Aug 23	1:23.93 GBR 6 Feb 88
J.Azu, Z.Hughes, A.Gemili, E.Amo-Dadzie	W.Fraser, D.Reid, S.Eden, L.Christie
37.81 GBR "B" 23 Jul 16	<b>4 x 400 Metres Relay</b>
R.Kilty, Aikines-Aryeetey, D.Talbot, O.Edoburun	2:55.83 GBR 10 Aug 24
37.83 GBR 23 Jul 22	Haydock-Wilson, Hudson-Smith, L.Davey, C.Dobson
J.Efoloko, Z.Hughes, Mitchell-Blake, R.Prescod	2:56.60 GBR 3 Aug 96
37.84 GBR 12 Aug 18	I.Thomas, J.Baulch, M.Richardson, R.Black
C.J.Ujah, Z.Hughes, A.Gemili, N.Mitchell-Blake	2:56.65 GBR 10 Aug 97
37.90 GBR 1 Sep 07	I.Thomas, R.Black, J.Baulch, M.Richardson
C.Malcolm, C.Pickering, Devonish, Lewis-Francis	2:57.53 GBR 1 Sep 91
37.93 GBR 25 May 14	R.Black, D.Redmond, J.Regis, K.Akabusi
R.Kilty, Aikines-Aryeetey, J.Ellington, D.Talbot	2:58.22 GBR 1 Sep 90
37.93 GBR 17 Aug 14	P.Sanders, K.Akabusi, J.Regis, R.Black
J.Ellington, Aikines-Aryeetey, R.Kilty, D.Talbot	2:58.51 GBR 30 Aug 15
37.98 GBR 1 Sep 90 20	R.Yousif, C.Williams, J.Dunn, M.Rooney
D.Braithwaite, J.Regis, M.Adam, L.Christie ¶	2:58.68 GBR 23 Aug 98
37.98 GBR 19 Aug 16	M.Hylton, J.Baulch, I.Thomas, M.Richardson
R.Kilty, Aikines-Aryeetey, J.Ellington, A.Gemili	2:58.71 GBR 27 Aug 23
38.00 GBR 23 Jul 23	Haydock-Wilson, C.Dobson, Davey, R.Mitcham
J.Azu, Z.Hughes, J. Efoloko, T.Ramdhan	2:58.79 GBR 17 Aug 14
38.01 GBR 25 Aug 23	C.Williams, Hudson-Smith, M.Bingham, M.Rooney
J.Azu, E.Amo-Dadzie, A.Gemili J.Efoloko	2:58.81 GBR 23 Aug 08 10
38.02 GBR 22 Aug 09	A.Steele, R.Tobin, M.Bingham, M.Rooney
S.Williamson, T.Edgar, Devonish, Aikines-Aryeetey	2:58.82 GBR 14 Aug 05
38.02 England 2 Aug 14	T.Benjamin, M.Rooney, R.Tobin, M.Davis
A.Gemili, Aikines-Aryeetey, R.Kilty, D.Talbot	2:58.86 GBR 6 Sep 87
38.04 GBR 8 Aug 24	D.Redmond, K.Akabusi, R.Black, P.Brown
J.Azu, L.Hinchliffe, R.Kilty, N.Mitchell-Blake	2:58.88 GBR 9 Aug 24
38.05 GBR 21 Aug 93	S.Reardon, Hudson-Smith, T.Harries, C.Dobson
J.John, A.Jarrett, D.Braithwaite, L.Christie ¶	2:59.00 GBR 13 Aug 17
38.06 GBR 18 Aug 16	Hudson-Smith, D.Cowan, R.Yousif, M.Rooney
R.Kilty, Aikines-Aryeetey, J.Ellington, C.J.Ujah	2:59.05 GBR 29 Aug 15
38.07 GBR 28 Aug 04 30	R.Yousif, C.Williams, J.Dunn, M.Rooney
J.Gardener, D.Campbell, Devonish, Lewis-Francis	2:59.13 GBR 11 Aug 84
<b>Drugs disqualification:</b>	K.Akabusi, G.Cook, T.Bennett, P.Brown
37.51 GBR 6 Aug 21	2:59.13 GBR 14 Aug 94
C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake	D.McKenzie, B.Whittle, R.Black, D.Ladejo
38.02 GBR 5 Aug 21	2:59.33 GBR 22 Aug 08
C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake	A.Steele, R.Tobin, M.Bingham, M.Rooney
<b>4 x 200 Metres Relay</b>	2:59.35 GBR 20 Aug 22
1:21.29 GBR 23 Jun 89	Hudson-Smith, C.Dobson, Davey, Haydock-Wilson
M.Adam, A.Mafe, L.Christie, J.Regis	2:59.42 GBR 26 Aug 23 20
1:21.54 GBR 5 Jun 93	Davey, C.Dobson, R.Mitcham, Haydock-Wilson
J.John, M.Adam, D.Braithwaite, J.Regis	2:59.46 GBR 22 Jun 97
1:21.97 GBR 5 Jun 92	R.Black, J.Baulch, I.Thomas, M.Richardson
L.Christie, J.John, J.Regis, M.Adam	2:59.49 GBR 31 Aug 91
1:22.30 Fast Lane 19 Apr 98	A.Mafe, D.Redmond, M.Richardson, K.Akabusi
Joselyn & Josephus Thomas, J.Regis, N.Stickings	2:59.53 GBR 10 Aug 12
1:22.42 GBR "B" 16 Jul 88	C.Williams, J.Green, D.Greene, M.Rooney
	2:59.71 A GBR 13 Sep 98

M.Hylton, J.Baulch, S.Baldock, I.Thomas  
 2:59.73 GBR 8 Aug 92  
 R.Black, D.Grindley, K.Akabusi, J.Regis  
 2:59.84 GBR 31 Aug 86  
 D.Redmond, K.Akabusi, B.Whittle, R.Black  
 2:59.85 GBR 19 Aug 96  
 J.Baulch, M.Hylton, M.Richardson, R.Black  
 3:00.10 GBR 12 Aug 17  
 R.Yousif, L.Cowan, J.Green, M.Rooney  
 3:00.19 GBR 9 Aug 97  
 M.Hylton, R.Black, J.Baulch, I.Thomas  
 3:00.25 GBR 27 Jun 93 30  
 D.Ladejo, K.Akabusi, J.Regis, D.Grindley

**4 x 400 Metres Relay Short Track**

3:03.20 GBR 7 Mar 99  
 A.Condon, S.Wariso, A.Patrick, J.Baulch  
 3:03.49 GBR 9 Mar 14  
 C.Williams, J.Bowie, L.Lennon-Ford, N.Levine  
 3:04.72 GBR 11 Mar 12  
 C.Williams, N.Levine, M.Bingham, R.Buck  
 3:05.08 GBR 4 Mar 18  
 O.Smith, G.Plenderleith, J.Rhoden-Stevens,  
 L.Thompson  
 3:05.29 GBR 3 Mar 18  
 O.Smith, S.Rodger, J.Rhoden-Stevens,  
 G.Plenderleith  
 3:05.78 GBR 3 Mar 13  
 M.Bingham, R.Buck, N.Levine, R.Strachan  
 3:06.09 GBR 8 Mar 14  
 C.Williams, M.Bingham, J.Bowie, L.Lennon-Ford  
 3:06.12 GBR 16 Mar 03  
 J.Baulch, T.Benjamin, C.Henry, D.Caines  
 3:06.27 GBR 25 Jan 14  
 L.Lennon-Ford, R.Buck, C.Williams, N.Levine  
 3:06.34 GBR 6 Mar 99 10  
 A.Condon, S.Baldock, A.Patrick, S.Wariso

**4 x 800 Metres Relay**

7:03.89 GBR 30 Aug 82  
 P.Elliott, G.Cook, S.Cram, S.Coe  
 7:11.62 GBR-B 30 Aug 82  
 R.Harrison, S.Caldwell, C.McGeorge, G.Williamson  
 7:14.6y GBR 22 Jun 66  
 G.Grant, M.Varah, C.Carter, J.Boulter  
 7:12.2 GBR 5 Jun 92  
 M.Yates, M.Steele, K.McKay, S.Heard

7:12.66 GBR 5 Jun 93  
 S.Heard, D.Sharpe, M.Yates, C.Robb

**4 x 1500 Metres Relay**

14:54.57 England 4 Sep 09  
 A.Baddeley, R.Stevenson, N.McCormick, M.Draper  
 14:56.8 B.M.C. 23 Jun 79  
 A.Mottershead, G.Cooper, S.Emson, R.Wood  
 15:04.6 GBR 5 May 76  
 J.McGuinness, E.Hartel, A.Weatherhead, G.Grant  
 15:06.6 GBR 2 Oct 71  
 R.Young, W.Wilkinson, I.Stewart, A.Weatherhead  
 15:06.6 GBR 5 Jun 92  
 N.Horsfield, J.Mayock, S.Cram, R.Denmark

**4 x 1 Mile Relay**

16:17.4 Western Kentucky University/  
 Bristol AC 25 Apr 75  
 E.Hartel, C.Ridler, T.Staynings, N.Rose  
 16:21.1 B.M.C. 10 Jul 93  
 A.Pearson, I.Gillespie, P.Larkins, J.Nuttall

**1000 Metres Medley Relay (Swedish)**

1:50.22 GBR [400/300/200/100] 6 Sep 02  
 A.Fernandez, G.Beasley, D.Chin, D.Plummer  
 1:50.79 GBR [100/200/300/400] 5 Jun 92  
 L.Paul, M.Adam, A.Mafe, D.Grindley

**1600 Metres Medley Relay**

3:20.8 Wolverhampton & Bilston 1 Jun 75  
 G.Cohen, J.Chivers, J.Aukett, M.Edwards

**1 Mile Medley Relay**

3:22.7 Eng [440/220/220/880] 2 Aug 58  
 D.Johnson, P.Radford, D.Segal, M.Rawson

**one non-GBR athlete**

3:22.5 Thames Valley H 5 Aug 67  
 M.Hauck, R.Steane, G.Beckley, K.Colburn USA

**4 x 110m Hurdles Shuttle Relay**

54.50 GBR 5 Jun 92  
 A.Jarrett, H.Teape, D.Nelson, C.Jackson  
 54.67 GBR 5 Jun 93  
 A.Jarrett, A.Tulloch, D.Nelson, C.Jackson



**UNDER 23****60 Metres**

6.51	Jason Livingston ¶	8 Feb 92
6.53	Mark Lewis-Francis	3 Feb 02
6.53	Chijindu Ujah	1 Feb 15
6.55	Jason Gardener	27 Jan 96
6.55	Dwain Chambers ¶	11 Feb 00
6.55	Craig Pickering	27 Jan 07
6.55	Harry Aikines-Aryeetey	13 Feb 10
6.56	Theo Etienne	5 Mar 16
6.56	Ojie Edoburun	25 Feb 18
6.56	Jeremiah Azu	26 Feb 22
6.57	Simeon Williamson	16 Feb 08
6.58	Joseph Dewar	5 Mar 17
6.59	Ryan Scott	13 Feb 08
6.59	Kyle de Escofet	4 Feb 17

**100 Metres**

9.94	Reece Prescod	18 Aug 18
9.95	Louie Hinchliffe	7 Jun 24
9.96	Chijindu Ujah	8 Jun 14
9.97	Dwain Chambers ¶	22 Aug 99
9.97	Adam Gemili	7 Jun 15
10.03	Simeon Williamson	12 Jul 08
10.04	Mark Lewis-Francis	5 Jul 02
10.04	Ojie Edoburun	4 Jun 18
10.04	Jeremiah Azu	13 Jul 23
10.09	Jason Livingston ¶	13 Jun 92
10.09	James Dasaolu	6 Jun 09
10.09	Nethaneel Mitchell-Blake	16 Apr 16
10.10	Harry Aikines-Aryeetey	7 Sep 08
10.10	Zharnel Hughes	16 Apr 16
10.11	Christian Malcolm	5 Aug 01
10.12	Toby Makoyawo	25 Mar 11

**wind assisted**

9.84	Louie Hinchliffe	24 May 24
9.88	Reece Prescod	26 May 18
9.90	Toby Makoyawo	26 Mar 22
9.90	Jeremiah Azu	25 Jun 22
9.93	Ojie Edoburun	15 Apr 17
9.97	Mark Lewis-Francis	30 Jun 02
9.97	Romell Glave	24 Jul 21
10.04	Tyrone Edgar	10 May 03

**200 Metres**

19.95	Nethaneel Mitchell-Blake	14 May 16
19.98	Adam Gemili	16 Aug 13
20.02	Zharnel Hughes	27 Aug 15
20.08	Christian Malcolm	8 Aug 01
20.18	John Regis	3 Sep 87
20.23	Joe Ferguson	26 Jun 22
20.34	Chris Lambert	20 Jul 03
20.34	Jeriel Quainoo	20 Apr 24
20.36	Todd Bennett	28 May 84
20.37	Toby Sandeman	18 Jul 09
20.38	Julian Golding	24 Aug 97
20.38	Reece Prescod	25 Aug 16
20.40	Delano Williams	16 May 15
20.43	Mike McFarlane	7 Oct 82
20.44	Miguel Francis	15 Apr 17

20.45 Danny Talbot 1 Jun 13

**wind assisted**

20.10	Marcus Adam	1 Feb 90
20.18	Joe Ferguson	26 Jun 22

**hand timing**

20.3	David Jenkins	19 Aug 72
------	---------------	-----------

**200 Metres short track**

20.51	Nethaneel Mitchell-Blake	26 Feb 16
20.54	John Regis	22 Feb 87
20.54	Christian Malcolm	26 Feb 00
20.66	Andrew Morgan-Harrison	16 Feb 20
20.73	Toby Makoyawo	5 Feb 22
20.86	Adam Clayton	18 Feb 22
20.89	Julian Golding	23 Feb 97
20.89	Danny Talbot	13 Feb 11
20.93	Tim Abeyie	20 Feb 04
20.94	Connor Wood	10 Feb 19

**300 Metres**

32.08	Roger Black	8 Aug 86
-------	-------------	----------

**300 Metres short track**

32.8+	Daniel Caines	18 Feb 01
-------	---------------	-----------

**400 Metres**

44.47	David Grindley	3 Aug 92
44.48	Matthew Hudson-Smith	13 Aug 16
44.50	Derek Redmond	1 Sep 87
44.59	Roger Black	29 Aug 86
44.60	Martyn Rooney	19 Aug 08
44.66 A	Iwan Thomas	14 Apr 96
44.69		16 Jun 96
44.70	Samuel Reardon	20 Jul 24
45.01	Robert Tobin	11 Jun 05
45.04	Tim Benjamin	30 Jul 04
45.09	Mark Richardson	10 Jul 92
45.14	Jamie Baulch	23 Aug 95
45.18	David Jenkins	16 Aug 74
45.2	Du-aine Ladejo	1 May 93
45.25		3 Jun 92
45.24	Mark Hylton	12 Aug 98
45.37	Daniel Caines	23 Sep 00
45.38	Brian Whittle	26 May 86

**400 Metres short track**

45.61	Daniel Caines	18 Feb 01
45.83	Mark Hylton	9 Feb 97
45.89	David Grindley	20 Feb 93
45.94	Mark Richardson	20 Feb 93
46.11	Guy Bullock	9 Feb 97
46.11	Sean Baldock	8 Feb 98
46.17	Nigel Levine	19 Feb 11
46.23	Lee Thompson	18 Feb 18
46.26	Cameron Chalmers	10 Feb 19
46.34	Richard Buck	16 Feb 08

**800 Metres**

1:43.50	Max Burgin	9 Aug 24
1:43.82	Oliver Dustin	12 Jun 21
1:43.97	Sebastian Coe	15 Sep 78
1:43.98	Peter Elliott	23 Aug 83

1:44.02	Ben Pattison	23 Jul 23	3:50.64	Graham Williamson	13 Jul 82
1:44.45	Steve Cram	17 Jul 82	3:52.15	Jake Heyward	21 Aug 21
1:44.65	Ikem Billy	21 Jul 84	3:52.74	John Robson	17 Jul 79
1:44.68	Michael Rimmer	29 Jul 08	3:52.77	Ross Murray	14 Jul 12
1:44.92	Curtis Robb	15 Aug 93	3:53.20	Ian Stewart II	25 Aug 82
1:44.96	Ethan Hussey	23 Jul 23	10 3:53.44	Jack Buckner	13 Jul 82
1:44.97	Daniel Rowden	22 Jul 18	3:53.88	Josh Kerr	21 Jul 19
1:44.98	Thomas Randolph	19 Aug 21	3:54.20	Jake Wightman	22 Jul 16
1:45.10	Richard Hill	10 Jun 06	3:54.36	Steve Crabb	21 Jul 84
1:45.12	Reece Sharman-Newell	22 Jun 24	3:54.39	Neil Horsfield	8 Jul 86
1:45.14	Chris McGeorge	28 Jun 83	3:54.48	Henry McLuckie	24 Aug 24
1:45.16	Kyle Langford	12 Apr 18	3:54.61	Charlie Grice	27 Jul 13
			3:54.69	Steve Ovet	26 Jun 77
			3:54.80	James Brewer	25 Jul 09
			3:54.89	Matthew Stonier	14 May 22
<b>800 Metres short track</b>			<b>1 Mile short track</b>		
1:45.91	Finley McLearn	13 Mar 21	3:53.65	Josh Kerr	9 Feb 19
1:46.02 A	Yusuf Bizimana	11 Mar 23	3:56.31	Ricky Stevenson	23 Jan 10
1:46.43	Kyle Langford	3 Feb 18	3:56.48	Chris O'Hare	11 Feb 11
1:46.54	Sebastian Coe	13 Mar 77	3:57.7	Andy Keith	11 Dec 93
1:46.71	Peter Elliott	12 Mar 83	3:57.81	Yusuf Bizimana	12 Feb 21
1:47.21	Piers Copeland	23 Feb 20	3:57.83	Richard Peters	11 Feb 12
1:47.23	Thomas Staines	10 Mar 18	3:57.88	Clifton Bradeley	9 Mar 85
1:47.24	Andrew Lill	22 Feb 92	3:58.19	Liam Dee	26 Feb 17
1:47.32	David Sharpe	20 Feb 88	3:58.20	Tom Farrell	26 Jan 13
1:47.40	Andrew Osagie	12 Mar 10	10 3:58.42	Jason Dullforce	14 Mar 92
<b>1000 Metres</b>			<b>2000 Metres</b>		
2:15.12	Steve Cram	17 Sep 82	4:57.61	Piers Copeland	19 Aug 20
2:16.34	Matthew Yates	6 Jul 90	5:01.90	Jack Buckner	29 Aug 83
<b>1000 Metres short track</b>			5:02.67	Gary Staines	4 Aug 85
2:20.27	Andy Keith	1 Feb 92	5:02.99	Neil Caddy	11 Aug 96
<b>1500 Metres</b>			<b>3000 Metres</b>		
3:31.30	Matthew Stonier	23 Jul 23	7:38.73	Tom Mortimer	13 Jul 21
3:32.52	Josh Kerr	6 Oct 19	7:41.3	Steve Ovet	23 Sep 77
3:32.82	Jake Heyward	5 Aug 21	7:42.47	David Lewis	9 Jul 83
3:33.66	Steve Cram	18 Aug 82	7:43.84ios	Charles Hicks	26 Feb 22
3:33.83	John Robson	4 Sep 79	7:43.90	Ian Stewart II	26 Jun 82
3:34.00	Matthew Yates	13 Sep 91	7:45.45	Paul Davies-Hale	13 Jul 84
3:34.45	Steve Ovet	3 Sep 77	7:45.81	Alexander Yee	21 Aug 20
3:34.76	Ross Murray	27 May 12	7:46.6 +	David Black	14 Sep 73
3:35.16	Steve Crabb	28 Jun 84	7:47.12	Simon Mugglestone	27 Jun 88
3:35.29	Charlie Grice	18 Jul 15	10 7:47.18 ios	Henry McLuckie	27 Jan 24
3:35.32	Piers Copeland	25 Sep 20	7:47.82	Steve Cram	26 Jul 81
3:35.49	Jake Wightman	12 Jul 14	7:48.12	Will Barnicoat	20 Jul 24
3:35.72	Graham Williamson	15 Jul 80	7:48.6 +	Nat Muir	27 Jun 80
3:36.22	James Shane	31 Jul 11	7:49.45	Paul Lawther	9 Sep 77
3:36.31	George Mills	9 Jun 21	7:51.23 ios	James West	10 Feb 18
<b>1500 Metres short track</b>			7:51.57	Chris Thompson	12 Jul 03
3:35.72	Josh Kerr	16 Feb 19	<b>3000 Metres short track</b>		
3:38.28	Graham Williamson	10 Feb 82	7:48.47	John Mayock	1 Mar 92
3:38.81	Piers Copeland	15 Feb 20	7:48.99	Thomas Keen	4 Feb 03
3:39.25	George Mills	15 Feb 20	7:50.86	Osian Perrin	19 Feb 23
3:39.43	Charlie Grice	8 Mar 15	7:51.12	Matthew Stonier	28 Jan 23
3:40.02	Andy Keith	29 Feb 92	7:52.38	Tom Farrell	28 Jan 12
3:40.62+	Chris O'Hare	11 Feb 12	7:52.56	Tom Hanlon	12 Feb 89
3:41.1+	Ricky Stevenson	23 Jan 10	7:53.28	Colin Reitz	30 Jan 82
3:41.18	Archie Davis	1 Feb 20	7:53.90	Charles Hicks	28 Jan 23
3:41.7	Jack Buckner	8 Jan 83	10 7:54.08	Mo Farah	5 Mar 05
<b>1 Mile</b>					
3:49.90	Steve Cram	13 Jul 82			

7:54.41	Rob Denmark	10 Mar 90	10	2:16:21	Norman Wilson	10 Sep 77
<b>2 Miles</b>				2:16:47	Ieuan Ellis	19 Sep 82
8:19.37	Nat Muir	27 Jun 80		<b>3000 Metres Steeplechase</b>		
<b>5000 Metres</b>				8:16.52	Tom Hanlon	23 Aug 89
13:15.31	Tom Farrell	29 Apr 12		8:18.80	Colin Reitz	6 Jul 82
13:17.9	Nat Muir	15 Jul 80		8:20.83	Paul Davies-Hale	10 Jun 84
13:19.66	Will Barnicoat	6 Jul 24		8:22.48	John Davies	13 Sep 74
13:19.78	Jon Brown	2 Jul 93		8:28.6	Dave Bedford	10 Sep 71
13:22.2	Dave Bedford	12 Jun 71		8:29.72	David Lewis	29 May 83
13:22.85	Ian Stewart I	25 Jul 70		8:29.86	Tony Staynings	2 Aug 75
13:23.52	David Black	29 Jan 74		8:30.64	Dennis Coates	2 Aug 75
13:23.94	Jonathan Davies	28 May 16		8:31.72	Keith Cullen	28 Jun 92
13:24.58	Charles Hicks	1 Apr 22		8:31.80	Graeme Fell	8 Aug 81
13:24.59	Paul Davies-Hale	1 Jun 84	10	8:32.77	Eddie Wedderburn	23 Jun 81
13:25.0	Steve Overt	30 Jul 77		8:32.87	Luke Gunn	17 Aug 05
13:26.97	John Mayock	9 Jun 92		8:32.97	Roger Hackney	14 Jul 79
13:28.12	Tom Mortimer	29 May 21		8:33.09	Zak Seddon	1 Apr 16
13:28.29	Simon Mugglestone	8 Jul 88		8:34.00	James Wilkinson	7 Jun 12
13:28.66	Josh Kerr	16 May 19		<b>60 Metres Hurdles</b>		
13:29.18	Alexander Yee	20 Jul 19		7.41	Colin Jackson	26 Feb 89
<b>5000 Metres short track</b>				7.50	Tony Jarrett	18 Mar 90
13:22.05	Charles Hicks	10 Feb 23		7.53	Andrew Pozzi	9 Mar 14
13:29.28	Steve Binns	12 Feb 82		7.56	Jon Ridgeon	28 Feb 88
13:42.93	Jon Brown	13 Mar 92		7.60	Ross Baillie	14 Feb 99
13:44.31	Joseph O'Brien	7 Dec 24		7.63	David Omoregie	28 Jan 17
13:44.70	Adam Bitchell	13 Dec 13		7.66	David King	13 Feb 16
13:46.36	Johnny Livingstone	7 Dec 24		7.67	David Nelson	21 Jan 89
13:46.44	Luke Caldwell	8 Mar 13		7.67	Lawrence Clarke	28 Jan 12
<b>10000 Metres</b>				7.67	Joshua Zeller	26 Feb 22
27:40.16	Charles Hicks	29 Apr 22		<b>110 Metres Hurdles</b>		
27:47.0	Dave Bedford	10 Jul 71		13.11 A	Colin Jackson	11 Aug 88
27:48.49	David Black	25 Jan 74		13.11		14 Jul 89
27:51.94	Alexander Yee	19 May 18		13.19	Joshua Zeller	15 May 22
28:09.95	Bernie Ford	6 Oct 73		13.21	Tony Jarrett	31 Aug 90
28:12.42	Dave Murphy	13 Jul 79		13.24	David Omoregie	3 Sep 16
28:14.08	Jon Richards	20 Jun 86		13.29	Jon Ridgeon	15 Jul 87
28:18.8	Nicky Lees	7 May 79		13.31	Lawrence Clarke	8 Aug 12
28:19.6	Jon Brown	17 Apr 92		13.34	Andrew Pozzi	13 Jul 12
28:20.71	Jim Brown	12 Jul 74	10	13.36	Rob Newton	31 Jul 03
28:20.76	Steve Binns	27 Aug 82		13.38	Tade Ojora	26 Jun 21
28:21.30	Rory Leonard	31 Mar 23		13.49	William Sharman	23 Jul 06
28:24.01	Jack Lane	10 Aug 71		13.54	David King	22 May 16
28:30.33	Marc Scott	3 Apr 15		13.54	Cameron Fillery	18 Aug 19
28:32.45	Terry Thornton	6 Jul 89		13.56	Callum Priestley	29 Jul 09
<b>10km Road</b>				13.57	David Nelson	11 Aug 89
27:56	Steve Harris	4 Dec 83		13.57	David Hughes	23 Jul 06
28:03	Jon Solly	5 Apr 86		13.57	Gianni Frankis	18 Jul 09
28:05	Jon Brown	17 Oct 93		<b>wind assisted</b>		
28:10	Zakariya Mahamed	14 Jan 24		12.95	Colin Jackson	10 Sep 89
28:11	Jon Richards	5 May 85		13.14	Lawrence Clarke	7 Jul 12
28:13	Jack Buckner	13 Apr 85		13.45	William Sharman	15 Jul 06
28:14	Emile Cairess	4 Aug 21		13.46	Sam Bennett	9 Jul 23
<b>Half Marathon</b>				13.48	Tom Wilcock	9 Jul 23
60:31	Jake Smith	17 Oct 20		<b>hand timing</b>		
<b>Marathon</b>				13.4	David King	6 Jun 16
2:12:19	Don Faircloth	23 Jul 70		13.5	Berwyn Price	1 Jul 73
2:16:04	Ian Ray	27 Oct 79		<b>400 Metres Hurdles</b>		
				48.60	Jack Green	13 Jul 12

48.71	Nathan Woodward	3 Jul 11	7.94 i	Paul Johnson	10 Mar 89
48.88	Alastair Chalmers	28 May 22	7.94	Reynold Banigo	30 Aug 20
49.06	Rick Yates	26 Jul 08	7.89	John King	26 Jul 85
49.09	Rhys Williams	23 Mar 06	7.87	Keith Fleming	7 Jun 87
49.11	Gary Oakes	26 Jul 80	<b>wind assisted</b>		
49.19	Seb Rodger	13 Jul 13	8.19	Tim Duckworth	12 May 18
49.37	Alex Knibbs	10 Jul 21	8.16	Roy Mitchell	26 Jun 76
49.44	Seamus Derbyshire	28 May 22	8.11	Daley Thompson	7 Aug 78
49.49	Jacob Paul	9 Jul 17	10 8.02	Jacob Fincham-Dukes	15 Apr 17
49.53	Dai Greene	10 Sep 08	<b>Triple Jump</b>		
49.57	Matt Elias	14 Jul 01	17.21	Tosi Fasinro	27 Jul 93
49.62	Lloyd Hanley-Byron	18 Jul 09	17.12	Phillips Idowu	23 Sep 00
49.62	Niall Flannery	30 Jun 13	17.05	John Herbert	8 Jul 83
49.66	Jake Minshull	8 Sep 24	16.95	Julian Golley	10 Jul 92
49.75	Max Robertson	30 Aug 85	16.95	Nathan Douglas	11 Jul 04
<b>High Jump</b>			16.76	Keith Connor	12 Aug 78
2.38 i	Steve Smith	4 Feb 94	16.74	Jonathan Edwards	23 Jul 88
2.33 i	Tom Gale	8 Feb 20	16.71	Vernon Samuels	18 May 86
2.32 i	Brendan Reilly	24 Feb 94	16.69	Aston Moore	12 Aug 78
2.31	Dalton Grant	25 Sep 88	16.65	Tosin Oke	28 Jul 02
2.30 i	Geoff Parsons	25 Jan 86	16.54	Eric McCalla	17 Sep 82
2.30	Ben Challenger	13 Jul 99	16.50 i	Kola Adedoyin	9 Feb 13
2.28 i	John Holman	28 Jan 89	16.47	Mike Makin	1 Jul 84
2.27	Martyn Bernard	31 May 04	16.46	Ben Williams	29 Jun 14
2.27	Robbie Grabarz	1 Jun 08	<b>wind assisted</b>		
2.26	Allan Smith	14 Jul 13	10 17.30	Tosi Fasinro	12 Jun 93
2.26 i	Chris Kandu	21 Feb 15	17.21	Keith Connor	12 Aug 78
2.25	Rob Mitchell	28 Jul 01	16.76	Aston Moore	25 Sep 78
2.25	Adam Scarr	11 Jun 06	16.73	Ben Williams	29 Jun 14
2.24	Tom Parsons	27 Aug 06	16.59	Michael Pupilampu	10 Jun 12
2.23	Phil McDonnell	29 Jul 84	<b>Shot</b>		
2.23 i	Joel Clarke-Khan	21 Feb 21	19.48	Geoff Capes	21 Aug 71
<b>Pole Vault</b>			19.44 i	Simon Williams	28 Jan 89
5.71 i	Steven Lewis	14 Mar 08	19.42	Zane Duquemin	27 Jul 13
5.71	Charlie Myers	15 Jun 19	19.23	Matt Simson	23 May 91
5.70	Nick Buckfield	23 Jul 95	19.01	Billy Cole	21 Jun 86
5.65	Jax Thoires	16 May 15	18.93	Paul Buxton	13 May 77
5.65 i	Adam Hague	18 Feb 18	18.63 i	Carl Myerscough ¶	6 Feb 99
5.62 i	Luke Cutts	18 Jan 09	18.59 i	Alan Carter	11 Apr 65
5.60	Neil Winter	19 Aug 95	18.54	Scott Lincoln	5 Jul 15
5.55 i	Andrew Sutcliffe	11 Feb 12	18.50 i	Lewis Byng	28 Jan 23
5.52	Joel Leon Benitez	18 Jul 18	18.46	Lee Newman	9 Jul 95
5.50	Paul Williamson	6 Jul 96	10 18.45	Kieren Kelly ¶	21 May 08
5.47 i	Keith Higham	4 Feb 06	18.40	Steph Hayward	9 Jun 96
5.45	Owen Heard	3 Jun 22	18.29 i	Emeka Udechuku	14 Jan 01
5.42	Mike Barber	26 Aug 95	18.18	Arthur Rowe	29 Jul 58
5.42	Nick Cruchley	3 Jul 11	<b>Discus</b>		
<b>Long Jump</b>			68.24	Lawrence Okoye	19 May 12
8.27	Chris Tomlinson	13 Apr 02	66.06	Brett Morse	27 Jul 11
8.26	Greg Rutherford	15 Jul 06	63.46	Zane Duquemin	30 Jun 12
8.15	Stewart Faulkner	16 Jul 90	63.38	Nicholas Percy	22 Jul 16
8.11	Nathan Morgan	24 Jul 98	62.07	Emeka Udechuku	19 Aug 00
8.07	Lynn Davies	18 Oct 64	61.86	Paul Mardle	13 Jun 84
8.04	Roy Mitchell	25 Jun 77	61.21	George Armstrong	11 Apr 19
8.03	Tim Duckworth	6 Apr 18	60.81	Chukwuemeka Osammor	26 Jun 22
8.00	Daley Thompson	25 Jul 80	60.48	Robert Weir	13 May 83
8.00	Derrick Brown	7 Aug 85	59.90	Chris Scott	19 Jun 10
8.00	Jacob Fincham-Dukes	5 Jun 19	10 59.84	George Evans	6 Apr 19
7.97	Fred Salle	13 Jul 86			

59.78	Glen Smith	5 Jun 94	7904	David Bigham	28 Jun 92
59.22	Gregory Thompson	10 Jul 16	7822	Liam Ramsay	31 Aug 14
58.71	Samuel Woodley	10 Apr 21	7761 w	Ollie Thorner	13 May 23
58.52	Colin Sutherland ¶	1 May 77	7751	Daniel Awde	29 Jun 08
<b>Hammer</b>			7739	Jami Schlueter	6 Jun 24
77.92	Kenneth Ikeji	7 Jun 23	7723 W	Eugene Gilkes	8 Jul 84
77.55	Nick Miller	22 Jul 15		7660	8 Jul 84
75.10	Dave Smith II	27 May 96	7713	Jim Stevenson	5 Jun 93
75.08	Robert Weir	3 Oct 82	7668	Fidelis Obikwu	5 Oct 82
74.62	David Smith I	15 Jul 84	7651	David Hall	12 Jun 15
74.18	Martin Girvan	31 May 82	7643 W	Tom Leeson	8 Sep 85
73.80	Jason Byrne	19 Sep 92	7616	Barry Thomas	23 Aug 92
73.80	Joseph Ellis	5 Jun 18	<b>3000 Metres Track Walk</b>		
73.40	Taylor Campbell	30 Apr 17	10:52.77 i	Callum Wilkinson	25 Feb 18
72.95	Alex Smith	8 Oct 10	10	10:59.0	14 Aug 19
72.31	Jake Norris	3 Apr 21	11:19.10	Cameron Corbishley	12 Jun 17
71.75	Peter Smith	15 Apr 12	11:28.4	Phil Vesty	9 May 84
71.08	Paul Head	1 Sep 85	<b>5000 Metres Track Walk</b>		
71.00	Ian Chipchase	17 Aug 74	18:41.23	Callum Wilkinson	25 Aug 19
70.81	Mark Dry	1 Aug 09	19:29.87	Tom Bosworth	31 Jul 11
70.15	Bayley Campbell	13 May 22	19:35.0	Darrell Stone	16 May 89
<b>Javelin (1986 Model)</b>			19:48.14	Alex Wright	25 Aug 12
89.58	Steve Backley	2 Jul 90	19:49.53 i	Cameron Corbishley	31 Jan 19
80.92	Mark Roberson	12 Jun 88	19:57.91	Dominic King	24 Jul 04
80.38	James Campbell	18 Jul 10	19:57.95	Daniel King	24 Jul 04
80.32	Harry Hughes	19 May 19	20:05.7	Philip King	29 Jul 95
79.70	Nigel Bevan	3 Feb 90	20:06.66	Matthew Hales	2 Sep 00
78.56	Mick Hill	2 Aug 86	<b>5000 Metres Track Walk short track</b>		
78.54	Gary Jenson	17 Sep 89	19:20.83	Callum Wilkinson	29 Jan 17
78.33	David Parker	24 Mar 01	19:49.53	Cameron Corbishley	31 Jan 19
77.81	James Whiteaker	2 Aug 20	19:50.52	Tom Bosworth	11 Feb 12
76.77	Matthew Hunt	1 May 11	10	<b>10000 Metres Track Walk</b>	
76.66 i	Stuart Faben	3 Mar 96	40:29.32	Callum Wilkinson	23 Jun 19
76.28	Nick Nieland	9 Jul 94	40:53.60	Phil Vesty	28 May 84
76.13	Joe Dunderdale	18 May 14	41:24.7	Martin Rush	6 Jul 86
75.89	Dan Pembroke	12 Jun 11	41:37.44	Cameron Corbishley	18 Jun 17
75.85	Benjamin East	4 May 24	41:51.55	Andi Drake	25 May 87
75.71	Joe Harris	29 Jul 17	41:55.6	Darrell Stone	7 Feb 88
<b>Heptathlon (short track)</b>			42:07.11	Tom Bosworth	6 Aug 11
6188	Tim Duckworth	10 Mar 18	42:24.61	Ian McCombie	29 May 83
5794	Jack Turner	19 Feb 23	42:28.0	Philip King	17 May 95
5783	Daniel Awde	7 Mar 10	43:00.67	Sean Martindale	5 Jun 88
5700	Liam Ramsay	26 Jan 14	<b>10 Kilometres Road Walk</b>		
5650	Ben Gregory	25 Mar 12	39:31	Callum Wilkinson	1 Jun 19
5618	Jami Schlueter	25 Feb 23	40:45	Darrell Stone	8 Apr 89
	5668os	24 Feb 24	41:12	Ian McCombie	10 Dec 83
5604	Oliver McNeillis	2 Mar 08	41:26	Cameron Corbishley	5 Mar 17
5604	Philip Kastner	21 Jan 23	<b>20 Kilometres Road Walk</b>		
5593	David Bigham	8 Mar 92	1:21:34	Callum Wilkinson	6 Apr 19
5582	Adam Hoole	29 Jan 23	10	1:24:07.6t	1 Dec 84
<b>Decathlon (1984 Tables)</b>			1:24:42	Cameron Corbishley	30 Jun 19
8648	Daley Thompson	18 May 80	1:24:49	Tom Bosworth	9 Jun 12
8556	Dean Macey	25 Aug 99	1:24:53	Andi Drake	27 Jun 87
8336	Tim Duckworth	7 Jun 18	1:25:46	Alex Wright	20 Jun 10
8070	Ashley Bryant	12 Jul 13	1:26:02	Jamie Higgins	12 Apr 14
8011 w	Jack Turner	12 May 23	1:26:14	Darrell Stone	27 Mar 89
	7851	8 Jun 23	1:26:18 +	Martin Rush	27 Apr 86
7913	Sammy Ball	15 Sep 24			

1:26:21	Ian McCombie	8 Aug 82	10	39.23	GBR-U23	30 Jul 94
<b>35 Kilometres Road Walk</b>						
2:41:05 +	Cameron Corbishley	23 Mar 19		39.27	GBR-U23	15 Jul 07
2:41:53	Darrell Stone	17 Jun 90		T.Rutherford, T.Box, D.Walker, D.Campbell R.Scott, C.Pickering, R.Fifton, J.Ellington		
<b>50 Kilometres Road Walk</b>						
3:53:20	Cameron Corbishley	23 Mar 19		<b>4 x 400 Metres Relay</b>		
4:10:23	Darrell Stone	6 May 90		3:01.03	GBR-U23	19 Jul 92
4:14:25	David Cotton	15 Jul 78		D.McKenzie, D.Grindley, M.Richardson, D.Ladejo		
<b>4 x 100 Metres Relay</b>						
38.77	GBR-U23	14 Jul 13		3:03.53	GBR-U23	17 Jul 11
D.Tobais, D.Talbot, D.Walker-Khan, A.Gemili						
38.95	GBR-U23	15 Jul 07		N.Levine, T.Phillips, J.Bowie, L.Lennon-Ford		
R.Scott, C.Pickering, R.Fifton, J.Ellington						
38.96	GBR-U23	1 Aug 99		3:03.58	GBR-U23	1 Aug 99
G.Dearman, M.Elias, P.Brend, D.Naismith						
38.99	GBR-U23	13 Jul 97		3:03.65	GBR-U23	16 Jul 17
L.Thompson, B.Snaith, S.Hazell, C.Chalmers						
39.09	GBR-U23	19 Jul 09		3:04.59	GBR-U23	14 Jul 19
Haydock-Wilson, Thompson, J.Brier, C.Chalmers						
39.10	GBR-U23	17 Jul 11		3:04.83	GBR-U23	17 Jul 05
A.Steele, R.Williams, R.Davenport, R.Tobin						
39.11	GBR-U23	16 Jul 17		3:04.90	GBR-U23	29 Jul 95
N.Budden, P.Slythe, P.Maitland, J.Baulch						
39.17	GBR-U23	1 Aug 99		3:04.92	GBR-U23	20 Jul 94
P.McBurney, J.Baulch, P.Slythe, K.Uiyatt						
C.Malcolm, J.Henthorn, J.Stewart, M.Findlay						
A.Robertson, K.Showler-Davis, R.Kilty, D.Talbot						
T.Etienne, K.de Escofet, R.Arthur, O.Edoburun						
D.Naismith, A.Potter, J.Chatt, M.Elias						
L.Davey, E.Brown, A.Leeson, A.Haydock-Wilson						

**UNDER 20****60 Metres**

6.51	Mark Lewis-Francis	11 Mar 01		10.26	Teddy Wilson (U17)	24 Jun 23
6.63	Dwain Chambers	23 Feb 97		10.27	Jeremiah Azu	19 May 19
6.65	Jeremiah Azu	16 Feb 19		10.29	Peter Radford (10.31?)	13 Sep 58
6.66	Jamie Henderson	24 Jan 87		10.29	David Bolarinwa	29 May 11
6.66	Romell Glave	13 Jan 18		10.29	Joel Pascall-Menzie	18 Aug 21
6.67	Jason Livingston	10 Mar 90		10.30	Deji Tobais	3 Jul 10
6.67	Christian Malcolm	1 Mar 97		10.30	Sean Anyaogu	7 Aug 23
6.67	Harry Aikines-Aryeetey	5 Mar 06		10.31	Chris Lambert	21 Aug 99
6.67	Medwin Odamtten	8 Jan 23		10.31	Alex Nelson	18 Jun 05
6.68	Adam Gemili	25 Feb 12	10	10.31	Oliver Bromby	17 Jun 17
6.68	Chijindu Ujah	23 Feb 13		<b>wind assisted</b>		
6.68	Dom Ashwell	13 Jan 18		9.97 †	Mark Lewis-Francis	4 Aug 01
6.68	Toby Makoyawo	8 Feb 20		10.10	Christian Malcolm	18 Jul 98
<b>100 Metres</b>						
10.05	Adam Gemili	11 Jul 12		10.15	Ojie Edoburun	23 Aug 14
10.06	Dwain Chambers	25 Jul 97		10.16	Joel Pascall-Menzie	18 Aug 21
10.10	Mark Lewis-Francis	5 Aug 00		10.17	Tyrone Edgar	30 Jun 01
10.12	Christian Malcolm	29 Jul 98		10.20	Wade Bennett-Jackson	28 Aug 05
10.16	Ojie Edoburun	23 Aug 14		10.20	Joseph Dewar	19 Aug 15
10.21	Jamie Henderson	6 Aug 87		10.20	Jeriel Quainoo	10 Jun 22
10.21	Romell Glave	17 Jun 17		10.22	Lincoln Asquith	26 Jun 83
10.22	Craig Pickering	22 May 05		10.22	Dwayne Grant	30 Jun 01
10.24	Simeon Williamson	2 Jul 05		10.22	Simeon Williamson	21 Aug 05
10.25	Jason Livingston ¶	9 Aug 90	10	10.23	David Bolarinwa	25 Jun 11
10.25	Jason Gardener	21 Jul 94		10.23	Rechmial Miller	25 Jun 16
10.25	Dom Ashwell	11 Jul 18		<b>200 Metres</b>		
10.25	Toby Makoyawo	16 Jul 21		20.29	Christian Malcolm	19 Sep 98
10.26	Leevan Yearwood	26 Aug 07		20.37	Thomas Somers	24 Jul 14
10.26	Chijindu Ujah	25 Aug 12		20.38	Adam Gemili	9 Sep 12
10.26	Jeriel Quainoo	15 Jul 21		20.40	Jeriel Quainoo	26 Jun 22
				20.48	Jona Efoloko	13 Jul 18
				20.53	Charlie Dobson	12 Jul 18

20.54	Ade Mafe	25 Aug 85	46.03	Peter Crampton	8 Aug 87	10
20.55	Jake Odey-Jordan (U17)	16 Jun 24	46.10	Tim Benjamin	25 Aug 01	
20.62	Leon Reid	20 Jul 13	46.13	Guy Bullock	31 Jul 93	
20.62	Nathaneel Mitchell-Blake	20 Jul 13	10 46.22	Wayne McDonald	17 Jun 89	
20.63	Chris Lambert	21 Aug 99	46.31	Nigel Levine	10 Jun 07	
20.64	Dwayne Grant	16 Jun 01	46.32	Derek Redmond	9 Sep 84	
20.67	David Jenkins	4 Sep 71	46.35	Jack Crosby	23 Jul 14	
20.67	Tim Benjamin	17 Jun 01	46.39	Elliott Rutter	22 Jun 14	
20.68	Elliot Powell	28 Jun 15	46.44	Ethan Brown	23 Jun 19	
20.69	Alex Nelson	30 Jul 05	46.46	Adrian Metcalfe	19 Sep 61	
20.69	David Bolarinwa	2 Jun 12	46.47	Richard Buck	21 Aug 05	20
20.70	Reece Prescod	6 Jun 15	46.48	Roger Hunter	20 May 84	
20.71	Cameron Tindle	21 Jul 16	46.49	Owen Richardson	22 Jul 17	
20.72	Derek Kinlock	17 Jul 21	20 46.51	Cameron Chalmers	21 Jul 16	
20.73 A	Ralph Banthorpe	15 Oct 68	46.53	Mark Thomas	15 Sep 84	
20.75	Kieran Showler-Davis	20 Jun 10	46.54	Michael Parper	7 Jun 97	
20.76	Joe Ferguson	30 Jun 19	46.54	Jordan McGrath	18 May 08	
20.78	John Regis	29 Sep 85		<b>hand timing</b>		
20.80	Mike McFarlane	1 Jul 79	45.7	Adrian Metcalfe	2 Sep 61	
20.81	Toby Harries	22 Jul 17		<b>400 Metres Short Track</b>		
<b>wind assisted</b>				46.16	Edward Faulds	19 Feb 22
20.56	Toby Harries (U17)	9 Sep 15	46.56	Mark Hylton	4 Feb 95	
20.57	Tommy Ramdhan	18 Jul 15	46.72	Samuel Reardon	26 Feb 22	
20.60	Tim Benjamin	7 Aug 99	46.80	Robert Tobin	24 Feb 02	
20.61	Darren Campbell	11 Aug 91	46.87y	Roger Hunter	3 Mar 84	
20.68	Chad Miller	16 May 18	47.24	Roger Black	16 Feb 85	
<b>hand timing</b>			47.40	Cameron Chalmers	21 Feb 16	
20.6	David Jenkins	19 Sep 71	47.45	Clovis Asong	24 Feb 13	
<b>hand timing - wind assisted</b>			47.50	Owen Richardson	25 Feb 17	
20.4	Dwayne Grant	1 Jul 01	47.51	Adam Charlton	1 Mar 03	
20.7	Lincoln Asquith	2 Jul 83		<b>600 Metres</b>		
<b>200 Metres Short Track</b>			1:16.30	Kyle Langford	24 Aug 14	
20.66	Jake Odey-Jordan (17)	10 Mar 24	1:16.79	Andrew Lill	24 Jul 90	
20.78	Tim Benjamin	24 Feb 01		<b>600 Metres Short Track</b>		
20.96	Ade Mafe	19 Jan 85	1:17.67	Samael Lunt	22 Dec 24	
20.98	Chris Clarke	9 Feb 08		<b>800 Metres (* 880 yards time less 0.60)</b>		
21.02	Charlie Dobson	25 Feb 18	1:44.14	Max Burgin	19 May 21	
21.07	Dean Patterson	11 Feb 24	1:45.64	David Sharpe	5 Sep 86	
21.08	Nethaneel Mitchell-Blake	9 Feb 13	1:45.77	Steve Ovet	4 Sep 74	
21.12	Toby Harries	28 Feb 16	1:45.78	Kyle Langford	25 Jul 15	
21.13	Thomas Somers	2 Mar 14	1:46.46	John Gladwin	7 Jul 82	
21.14	Cameron Tindle	28 Feb 16	1:46.61	Ethan Hussey	23 Aug 22	
21.17	Wade Bennett-Jackson	13 Feb 05	1:46.63	Curtis Robb	6 Jul 91	
<b>300 Metres</b>			1:46.71	Ben Pattison	23 Jun 19	
32.53	Mark Richardson	14 Jul 91	1:46.75	Henry Jonas	21 Aug 24	
32.85	Ade Mafe	18 Aug 84	1:46.80*	John Davies I	3 Jun 68	10
<b>Intermediate time during 400 metres</b>			1:46.80	Samuel Reardon	5 Aug 22	
32.4 +	David Jenkins	13 Aug 71	1:46.84	Oliver Dustin	29 Jun 19	
<b>400 Metres</b>			1:46.84	Matthew McKenna	21 Aug 24	
45.35	Martyn Rooney	21 Mar 06	1:46.97	Markhim Lonsdale	27 May 17	
45.36	Roger Black	24 Aug 85	1:47.0	Ikem Billy	12 Jun 83	
45.41	David Grindley	10 Aug 91	1:47.02	Chris McGeorge	8 Aug 81	
45.45	David Jenkins	13 Aug 71	1:47.02	Niall Brooks	25 Jul 10	
45.53	Mark Richardson	10 Aug 91	1:47.18	Rick Soos	14 Aug 02	
45.59	Chris Clarke	24 Jul 09	1:47.22	Kevin McKay	5 Jun 88	
45.72	Edward Faulds	16 Jul 21	1:47.22	William Rabjohns	6 Jul 24	20
45.83	Mark Hylton	16 Jul 95	1:47.26	James Brewer	10 Aug 07	
45.92	Charles Carvell	7 Aug 23	1:47.27	Tom Lerwill	22 Aug 96	

1:47.33	Charlie Grice	21 Jul 12	3:42.51	James Gormley	24 Jun 17
1:47.33	Finlay McLearn	23 Jun 19	<b>1500 Metres Short Track</b>		
1:47.34	Andrew Osagie	20 May 07	3:41.44	Thomas Keen	1 Feb 20
1:47.35	Peter Elliott	23 Aug 81	3:42.87	Matthew McLaughlin	27 Jan 13
1:47.46	Jamie Phillips	24 Jul 24	3:43.35	Jake Heyward	25 Feb 18
1:47.53	Graham Williamson	1 Aug 79	3:46.13 +	Corey Campbell	3 Feb 24
1:47.6	Julian Spooner	24 Apr 79	3:46.21	David Sharpe	25 Feb 86
<b>800 Metres Short Track</b>			3:46.79	Jack Patton	5 Feb 22
1:48.53	David Sharpe	8 Feb 86	3:47.19	Robbie Fitzgibbon	1 Feb 15
1:48.58	Guy Learmonth	20 Feb 11	3:47.26	Justin Davies	23 Jan 22
1:48.75	James Brewer	17 Feb 07	3:47.5	Gary Taylor	11 Feb 81
1:48.77	Markhim Lonsdale	26 Feb 17	3:47.77	Matthew Fayers	10 Feb 13
1:48.81	Samuel Reardon	16 Feb 22	<b>1 Mile</b>		
1:48.85	Alex Botterill	26 Jan 19	3:53.15	Graham Williamson	17 Jul 79
1:49.51	Daniel Howells	23 Feb 20	3:57.03	Steve Cram	14 Sep 79
1:49.52	Spencer Thomas	3 Feb 16	3:57.90	Charlie Grice	14 Jul 12
1:49.73	Ben Greenwood	26 Feb 17	3:58.68	Steve Flint	26 May 80
1:49.74	Archie Davis	3 Feb 16	3:59.4	Steve Ovet	17 Jul 74
<b>1000 Metres</b>			4:00.31	Johan Boakes	5 Aug 86
2:18.98	David Sharpe	19 Aug 86	4:00.6	Simon Mugglestone	16 Sep 87
2:19.92	Graham Williamson	8 Jul 79	4:00.62	Jake Wightman	27 Jul 13
2:20.0	Steve Ovet	17 Aug 73	4:00.67	Brian Treacy	22 Aug 90
2:20.02	Darryl Taylor	18 Aug 84	4:01.0	David Sharpe	3 May 86
2:20.37	Johan Boakes	17 Jun 84	<b>1 Mile short track</b>		
2:21.17	Curtis Robb	16 Sep 90	4:02.34	Robbie Farnham-Rose	24 Feb 13
2:21.41	Stuart Paton	17 Sep 82	<b>2000 Metres</b>		
2:21.7 A	David Strang (GBR?)	26 Jan 87	5:06.56	Jon Richards	7 Jul 82
2:21.71	Kevin Glastonbury	18 Jun 77	<b>3000 Metres</b>		
2:22.3	Chris McGeorge	19 Jul 81	7:48.28	Jon Richards	9 Jul 83
<b>1000 Metres short track</b>			7:51.84	Steve Binns	8 Sep 79
2:20.36	David Sharpe	8 Mar 86	7:55.17	Jake Heyward	25 Jul 18
<b>1500 Metres</b>			7:56.28	John Doherty	13 Jul 80
3:36.6 +	Graham Williamson	17 Jul 79	7:57.47	Henry Dover	22 Jun 24
3:36.90	Jake Heyward	22 Jul 18	7:58.68ios	Tom Farrell	13 Feb 10
3:38.62	Niall Brooks	10 Jul 10	7:59.55	Paul Davies-Hale	8 Aug 81
3:39.60	Ethan Hussey	3 Aug 22	8:00.01	Corey Campbell	19 Jun 24
3:39.77	George Couttie	24 Jul 24	8:00.1 a	Micky Morton	11 Jul 78
3:40.09	Steve Cram	27 Aug 78	8:00.7	Graham Williamson	29 Jul 78 10
3:40.65	Kane Elliott	29 May 21	8:00.73	David Black	24 Jul 71
3:40.68	Brian Treacy	24 Jul 90	8:00.8	Steve Anders	1 Aug 78
3:40.72	Gary Taylor	8 Jul 81	8:00.88	Paul Taylor	12 Jun 85
3:40.82	Henry McLuckie	27 May 21 10	8:01.2	Ian Stewart I	7 Sep 68
3:40.90	David Robertson	28 Jul 92	8:01.26	Darius Burrows	21 Aug 94
3:40.95 +	Charlie Grice	14 Jul 12	8:01.43	Nat Muir	28 Aug 77
3:41.08	Josh Kerr	8 Jun 16	8:01.44	Colin Reitz	16 May 79
3:41.33	Adam Cotton	11 Jun 11	8:01.63	Alexander Yee	22 May 16
3:41.38	Joshua Lay	12 Jun 19	8:02.31	Simon Mugglestone	11 Jun 87
3:41.43	Shaun Wyllie	7 Jun 14	8:02.4	John Keyworth	22 Apr 82 20
3:41.59	Chris Sly	22 Jul 77	8:03.14	Steve Cram	14 Jul 79
3:41.6	David Forrester	14 Jun 08	8:03.52	Edward Bird	10 May 23
3:41.71	Tendai Nyabadza	30 Jul 23	<b>3000 Metres Short Track</b>		
3:41.72	Henry Jonas	8 Jun 24 20	7:53.14	Edward Bird	7 Dec 24
3:41.77	Simon Horsfield	15 Aug 09	7:54.41	Osian Perrin	22 Jan 22
3:41.79	William Rabjohns	10 Aug 24	7:56.11	Corey Campbell	10 Feb 24
3:42.2	Paul Wynn	9 Aug 83	8:00.93	Jake Heyward	4 Feb 18
3:42.37	Alex Riley	22 Jun 24	8:01.4	Ian Stewart	24 Feb 68
3:42.48	Tom Lancashire	13 Jul 04	8:02.18	Tom Farrell	23 Jan 10
3:42.5	Colin Reitz	8 Aug 79	8:06.58	Matthew Shirling	26 Feb 14



8:08.0	John Bednarski	7 Dec 68	8:34.42	Zak Seddon	28 Apr 13
8:09.68	Joseph O'Brien	11 Feb 23	8:42.75	Colin Reitz	6 Jun 79
8:10.78	Piers Copeland	11 Dec 16	10 8:43.21	Kevin Nash	2 Jun 96
<b>5000 Metres</b>			8:44.68	Alastair O'Connor	12 Aug 90
13:27.04	Steve Binns	14 Sep 79	8:44.91	Ken Baker	30 May 82
13:35.95	Paul Davies-Hale	11 Sep 81	8:45.65	Spencer Duval	17 Jun 89
13:37.4	David Black	10 Sep 71	8:47.49	Tom Hanlon	8 Jun 86
13:37.60	Alexander Yee	27 May 17	8:47.8	Stephen Murphy	16 Jun 02
13:43.82	Simon Mugglestone	24 May 87	8:48.43	Graeme Fell	16 Jul 78
13:44.64	Julian Goater	14 Jul 72	8:50.14	Dave Long I	13 Jul 73
13:48.74	Jon Richards	28 May 83	8:51.02	Tony Staynings	14 Jul 72
13:48.84	John Doherty	8 Aug 80	8:51.48	Matthew Graham	1 May 10
13:49.1 a	Nat Muir	21 Aug 77	8:51.54	James Wilkinson	26 Jul 09
13:49.26	Osian Perrin	11 Jun 22	10 8:51.93	Mark Buckingham	12 Jun 04
13:51.03	Johnny Livingstone	11 Jun 22	8:51.93	Thomas Bridger	14 May 22
13:51.24	Edward Bird	29 Mar 24	8:52.79	Jack Partridge	7 May 12
13:53.30	Ian Stewart I	3 Aug 68	8:54.15	Stuart Kefford	18 Sep 92
13:53.3 a	Nicky Lees	21 Aug 77	8:54.56	Luke Gunn	12 Jun 04
13:54.2	Mick Morton	1 Jul 78	8:54.6	Micky Morris	7 Sep 75
13:54.52	Keith Cullen	8 Jun 91	8:54.92	Mark Wortley	4 Jun 88
13:56.20	Henry McLuckie	31 Mar 21	8:55.59	Kristian Imroth	29 May 21
13:56.31	Mo Farah	23 Jun 01	8:55.69	Peter Kellie	27 Jul 03
13:57.16	Jonathan Hay	28 May 11	8:55.84	William Battershill	12 May 17
13:57.95	Tom Mortimer	23 Jun 18	20 <b>60 Metres Hurdles (99cm)</b>		
13:58.37	Conan Harper	27 May 23	7.50	David Omoregie	9 Mar 14
13:59.10	Ben Brown	25 May 24	7.58	Noah Hanson	20 Jan 24
14:00.7	Peter Tootell	19 Jun 82	7.63	Euan Dickson-Earle	2 Mar 14
14:00.7	Mike Chorlton	19 Jun 82	7.65	James Gladman	26 Feb 12
14:00.85	Paul Taylor	15 Sep 84	7.66	Khai Riley-Laborde	2 Mar 14
14:01.57	Ben Brown	28 Jun 23	7.66	Daniel Goriola	11 Feb 24
<b>5000 Metres Short Track</b>			7.67	Andrew Pozzi	27 Feb 10
13:51.24	Joseph O'Brien	2 Dec 23	7.70	Joshua Zeller	24 Feb 19
14:07.69	Edward Bird	23 Feb 24	7.71	Jake Porter	26 Feb 12
<b>10000 Metres</b>			7.74	Jaiden Dean	12 Feb 23
29:21.9	Jon Brown	21 Apr 90	<b>60 Metres Hurdles (106.7cm)</b>		
29:38.6	Ray Crabb	18 Apr 73	7.68	Jon Ridgeon	3 Mar 85
29:44.0	Richard Green	27 Sep 75	7.72	Daniel Goriola	23 Feb 24
29:44.8	Jack Lane	23 Sep 69	7.78	Colin Jackson	26 Jan 85
<b>10km Road</b>			7.78	David Omoregie	8 Feb 14
29:33	James Knockton	5 Mar 23	7.83	Lawrence Clarke	15 Mar 09
29:35	Jon Gascoyne	24 Nov 91	7.86	Brett St. Louis	21 Mar 87
29:36	Lewis Hannigan	24 Oct 21	7.87	Gianni Frankis	18 Feb 07
29:37	Joshua Cowperthwaite	29 Dec 19	7.87	Andrew Pozzi	20 Feb 11
29:40	Petros Surafel	11 Dec 16	7.89	Tony Jarrett	13 Mar 87
<b>2000 Metres Steeplechase</b>			7.92	Dominic Girdler	14 Jan 01
5:29.61	Colin Reitz	18 Aug 79	hand timing		
5:31.12	Paul Davies-Hale	22 Aug 81	7.8	Kieran Moore	23 Feb 82
5:32.84	Tom Hanlon	20 Jul 86	<b>110 Metres Hurdles (99cm)</b>		
5:34.76	Micky Morris	24 Aug 75	13.17	David Omoregie	22 Jun 14
5:36.37	Zak Seddon	19 Jun 13	13.22	Daniel Goriola	9 Jun 24
5:38.01	Ken Baker	1 Aug 82	13.26	Joshua Zeller	29 Jun 19
5:38.2	Spencer Duval	8 Jul 89	13.29	Andrew Pozzi	3 Jul 11
5:39.3 a	Graeme Fell	11 Jul 78	13.30	James Gladman	23 Jun 12
5:39.93	Eddie Wedderburn	9 Sep 79	13.32	Jack Meredith	4 Jun 10
5:40.2	Paul Campbell	31 Jul 77	10 13.32	Jason Nicholson	11 Jul 18
5:40.2	John Hartigan	27 Jun 84	13.33	James Weaver	25 Jun 16
<b>3000 Metres Steeplechase</b>			13.37	Lawrence Clarke	25 Jul 09
8:29.85	Paul Davies-Hale	31 Aug 81	13.38	Noah Hanson	22 Jun 24
			13.47	Gianni Frankis	22 Jul 07

13.48	Matthew Treston	19 Jun 16	51.31	Gary Oakes	9 Sep 77	
13.48	Robert Sakala	22 Jul 17	51.38	Adam Booth	17 Jul 21	
13.54	Onatade Ojora	14 Jul 18	51.39	Richard McDonald	19 Jun 99 20	
13.57	Chris Baillie	21 Aug 99	51.48	Bob Brown	19 Jun 88	
13.59	Jaiden Dean	9 Jun 94	51.50	Nathan Woodward	20 May 07	
13.62	Callum Priestley	22 Jul 07	51.51	Max Robertson	24 Jul 82	
13.62	Khai Riley-La Borde	18 May 14	51.52	Jack Lawrie	8 Aug 15	
13.62	Jack Hatton	27 Jun 15	51.55	Mark Whitby	26 Aug 83	
13.63	Sam Bennett	14 Jul 18	20	<b>hand timing</b>		
13.64	David King	16 Jun 13	51.0	Richard McDonald	24 Jul 99	
13.65	Euan Dickson-Earle	18 May 14	51.4	Rupert Gardner	29 Jun 03	
13.66	Jack Summers	3 Jul 19	51.5	Max Robertson	10 Jul 82	
13.68	Ethan Akanni	17 Jun 18	51.5	Matt Elias	6 Jun 98	
13.69	Cameron Fillery	21 May 17		<b>High Jump</b>		
13.69	Tre Thomas	29 Apr 18	2.37	Steve Smith	20 Sep 92	
<b>wind assisted</b>			2.30	Tom Gale	29 Jul 17	
13.32	Noah Hanson	2 Jun 24	2.27	Brendan Reilly	27 May 90	
13.36	Lawrence Clarke	3 Jul 09	2.26	James Brierley	3 Aug 96	
13.55	Jack Hatton	21 Jun 15	2.25	Geoff Parsons	9 Jul 83	
13.59	Sam Bennett	6 Apr 19	2.24	John Hill	23 Aug 85	
<b>hand timing</b>			2.24	Chris Kandu	22 Jun 14	
13.5	Jack Sumners	3 Jul 19	2.23	Mark Lakey (U17)	29 Aug 82	
<b>110 Metres Hurdles (106.7cm)</b>			2.23 i	Ben Challenger	1 Mar 97	
13.44	Colin Jackson	19 Jul 86	2.22	Dalton Grant	3 Jul 85 10	
13.46	Jon Ridgeon	23 Aug 85	2.22	Robbie Grabarz	19 Jun 05	
13.53	David Omoregie	26 Jul 14	2.22 i	Dominic Ogbechie (U17)	24 Feb 18	
13.55	Daniel Goriola	30 Jun 24	2.22 i	Kelechi Aguocha	8 Feb 20	
13.72	Tony Jarrett	24 May 87	2.21	Martyn Bernard	6 Jul 02	
13.73	Andrew Pozzi	11 Aug 11	2.20	Byron Morrison	14 Jul 84	
13.84	Chris Baillie	27 Aug 00	2.20	Alan McKie	2 Sep 07	
13.91	David Nelson	21 Jun 86	2.20 i	Joel Khan	25 Feb 18	
13.91	Lawrence Clarke	29 Jul 09	2.18	Ossie Cham	14 Jun 80	
13.95	Robert Newton	27 Aug 00	10	2.18	Alex Kruger	26 Jun 82
13.95	Gianni Frankis	11 Aug 07	2.18	Steve Ritchie	15 Jul 89 20	
<b>wind assisted</b>			2.18	Hopeton Lindo	23 Jul 89	
13.42	Colin Jackson	27 Jul 86	2.18	Chuka Enih-Snell	21 Apr 01	
13.66	Andy Pozzi	11 Aug 11	2.18	Tom Parsons	4 May 03	
13.82	David Nelson	5 Jul 86	2.18	Lionel Owona	5 Sep 21	
13.82	Lawrence Clarke	3 May 09		<b>Pole Vault</b>		
13.89	Callum Priestley	17 Jul 08	5.60	Adam Hague	28 Mar 15	
13.93	Robert Newton	7 Aug 99	5.51	Joel Leon Benitez	12 Jul 17	
<b>400 Metres Hurdles</b>			5.50	Neil Winter	9 Aug 92	
50.00	Samael Lunt	30 Aug 24	5.42	Harry Coppell	6 Jun 15	
50.07	Alastair Chalmers	15 Jun 19	5.40 i	Luke Cutts	24 Feb 07	
50.20	Richard Davenport	15 Jul 04	5.36 i	Andrew Sutcliffe	14 Feb 10	
50.22	Martin Briggs	28 Aug 83	5.35	Steven Lewis	21 Aug 05	
50.49	Jack Green	23 Jul 10	5.30	Matt Belsham	16 Sep 90	
50.57	Alex Knibbs	24 Jun 18	5.30	Charlie Myers	16 Aug 15	
50.70	Noel Levy	8 Jul 94	5.30	Lazarus Benjamin	25 Jun 22 10	
50.71	Jacob Paul	21 Jul 13	5.25	Matt Deveraux	4 Jul 10	
50.86	Seamus Derbyshire	21 Jul 19	5.25	Rowan May	20 Jul 13	
50.95	Onyekachukwu Okoh	4 Aug 22	10	5.21	Andy Ashurst	2 Sep 84
50.96	Steven Green	6 Jul 02	5.21 i	Christian Linskey	20 Feb 99	
50.99	Toby Ulm	21 Jul 07	5.20	Billy Davey	5 Jun 83	
51.07	Philip Beattie	20 Aug 82	5.20	Warren Siley	4 Aug 90	
51.07	Niall Flannery	28 Jun 09	5.20	Nick Buckfield	31 May 92	
51.14	Dai Greene	23 Jul 05	5.20	Ben Flint	2 Aug 97	
51.15 A	Andy Todd	18 Oct 67	5.20	Andrew Marsh	14 Jun 08	
51.15	Rhys Williams	26 Jul 03	5.20 i	Jax Thoires	4 Jul 12 20	

5.20 i	Daniel Gardner	15 May 13	15.86	Phillips Idowu	5 Jul 97	20
5.20	William Lane	21 Jul 24	15.84	Francis Agyepong	29 Sep 84	
5.15 i	Keith Higham	25 Jan 04	15.83	Montel Nevers	21 Jun 15	
5.15	Frankie Johnson	13 Apr 19	15.82	Jon Wallace	11 Jul 98	
5.12	Jacob Clark	24 Apr 21	15.80	David Johnson	14 Jul 72	
5.11	Mark Christie	6 Aug 03	15.79	Paul Johnson	27 Jun 87	
<b>Long Jump</b>			<b>wind assisted</b>			
8.14	Greg Rutherford	22 Jul 05	16.81	Tosi Fasinro	15 Jun 91	
8.03	Jonathan Moore	18 May 02	16.67	Larry Achike	24 Jul 94	
7.98	Stewart Faulkner	6 Aug 88	16.43	Mike Makin	14 Jun 81	
7.91	Steve Phillips	10 Aug 91	16.34	Phillips Idowu	27 Jul 97	
7.90	Nathan Morgan	25 Jul 97	16.31	Aston Moore	9 Aug 75	
7.86	Elliot Safo	19 Jul 13	16.07	Vernon Samuels	14 Aug 82	
7.84	Wayne Griffith	25 Aug 89	16.01	Julian Golley	22 Jul 90	
7.80	Feron Sayers	30 Jun 13	15.98	Montel Nevers	19 Jul 15	
7.78	Shandell Taylor	13 Jul 18	15.96	Paul Johnson	27 Jun 87	
7.76	Carl Howard	31 Jul 93	15.95	Lawrence Lynch	26 May 86	
7.75	Jacob Fincham-Dukes	17 Jul 15				
7.73	Jason Canning	20 Apr 88				
7.72	Daley Thompson	21 May 77				
7.70	Kevin Liddington	27 Aug 88				
7.70	Oliver Newport	2 Jun 12				
7.70	Alexander Farquharson	28 May 16				
7.66	Barry Nevison	7 Jul 85				
7.66 i	Dominic Ogbechie	3 Mar 19				
7.64	Chris Kirk	28 Jun 03				
7.63	James McLachlan	7 May 11				
7.62	Colin Mitchell	11 Jul 78				
7.62	Chris Tomlinson	21 Oct 00				
7.62	Bernard Yeboah	21 Aug 04				
7.61	Darren Gomersall	19 Jul 87				
7.61	Patrick Sylla	11 Jun 16				
<b>wind assisted</b>			<b>Shot (7.26kg)</b>			
8.04	Stewart Faulkner	20 Aug 88	19.46	Carl Myerscough ¶	6 Sep 98	
7.97	Nathan Morgan	13 Jul 96	18.56	Lewis Byng	16 Aug 20	
7.96	Colin Jackson	17 May 86	18.21 i	Matt Simson	3 Feb 89	
7.82	Kevin Liddington	25 Jun 89	17.78 i	Billy Cole	10 Mar 84	
7.72	John Herbert	15 Jun 80	17.38	Chris Gearing	3 Sep 05	
7.70	Andrew Staniland	30 May 05	17.36 i	Chris Ellis	8 Dec 84	
			17.28 i	Jamie Williamson	4 Feb 06	
			17.26 i	Geoff Capes	16 Nov 68	
			17.25	Emeka Udechuku	20 Sep 97	
			17.22	Antony Zaidman	4 Jul 81	10
			16.97	Curtis Griffith-Parker	17 May 09	
			16.78	Kieren Kelly	9 Jul 05	
			16.78	Jamie Stevenson	18 May 08	
			16.78 i	Isaac Delaney	7 Dec 24	
			16.69	Greg Beard	30 Sep 00	
			16.61	Simon Williams	10 Aug 86	
			16.60	Alan Carter	11 May 63	
			16.55	George Hyde	5 Sep 20	
			16.48	Martyn Lucking	24 Aug 57	
			16.47	Paul Buxton	25 May 75	20
			16.38	Zane Duquemin	11 Sep 10	
<b>Triple Jump</b>			<b>Shot (6kg) (E 6.25kg)</b>			
16.58	Tosi Fasinro	15 Jun 91	21.03 E	Carl Myerscough ¶	13 May 98	
16.57	Tosin Oke	8 Aug 99	20.26	Lewis Byng	26 Sep 20	
16.53	Larry Achike	24 Jul 94	19.47 E	Matt Simson	20 May 89	
16.43	Jonathan Moore	22 Jul 01	19.30	Curtis Griffith-Parker	31 May 09	
16.24	Aston Moore	11 Jun 75	19.15 E	Billy Cole	19 May 84	
16.22	Mike Makin	17 May 81	18.98	Chris Gearing	4 Sep 05	
16.13	Steven Anderson	11 Jun 83	18.73	Jamie Williamson	4 Sep 05	
16.09	Ben Williams	26 Aug 09	18.68	Anthony Oshodi	13 Jun 10	
16.03	John Herbert	23 Jun 81	18.66 iE	Simon Williams	15 Nov 86	
15.99	Steven Shalders	20 Oct 00	18.59 i	Jamie Stevenson	10 Feb 08	10
15.95	Keith Connor	30 Aug 76	18.42	Zane Duquemin	15 Aug 10	
15.94	Vernon Samuels	27 Jun 82	18.31	Isaac Delaney	22 Jun 24	
15.93	Tayo Erogbogbo	17 Sep 94	18.26	Gregory Thompson	1 Jun 13	
15.93	Kola Adedoyin	23 May 10	18.23 i	George Hyde	11 Jan 20	
15.92	Lawrence Lynch	13 Jul 85	18.20 iE	Chris Ellis	16 Feb 85	
15.90 i	Daniel Falode	2 Feb 20	18.14	Daniel-James Thomas	10 Mar 19	
15.89	Berachiah Ajala	14 Aug 21	18.11	Kai Jones	18 May 14	
15.88	Julian Golley	28 Jul 90	18.06 E	Greg Beard	2 Sep 01	
15.87	Stewart Faulkner	22 Aug 87	18.05	George Evans	18 Jun 16	

17.96	Kieran Kelly	3 Jul 05	20	65.30	Karl Andrews	2 Jul 94	
17.91	Scott Lincoln	12 May 12		64.89	Alex Smith	21 May 06	10
17.81 E	Antony Zaidman	16 May 81		64.14	Ian Chipchase	25 Sep 71	
17.79	Gareth Winter	10 Aug 11		63.84	Andrew Tolputt	7 Sep 86	
17.74 E	Emeka Udechuku	9 Aug 98		63.72	Gareth Cook	10 Jul 88	
				63.25	Jac Palmer	4 May 15	
				62.82	Mick Jones	29 Aug 82	
<b>Discus (2kg)</b>				<b>Hammer (6kg) (E 6.25kg)</b>			
60.97	Emeka Udechuku	5 Jul 98		80.65	Jake Norris	13 Jul 18	
60.19	Carl Myerscough ¶	8 Aug 98		78.74	Taylor Campbell	20 Jun 15	
56.87	Brett Morse	18 May 08		76.67	Peter Smith	10 Jul 09	
56.44	Nicholas Percy	26 Aug 13		74.92 E	Jason Byrne	17 Dec 89	
55.95	Curtis Griffith-Parker	17 May 09		73.81	Alex Smith	25 Jun 06	
55.10	Glen Smith	31 Aug 91		73.76	Nick Miller	30 Jun 12	
53.42	Paul Mardle	25 Jul 81		73.75	Bayley Campbell	22 Apr 18	
53.40	Robert Weir	10 Aug 80		73.34	Michael Painter	10 Jun 12	
53.32	Paul Buxton	9 Aug 75		73.28 E	Robert Weir	14 Sep 80	
53.13	James Tomlinson	24 Feb 19	10	73.15	Ben Hawkes	22 Jun 19	10
53.02	Simon Williams	16 Aug 86		73.09	Callum Brown	23 Jun 12	
53.00	Gregory Thompson	29 Apr 13		72.66 E	Paul Head	2 Sep 84	
52.98	Samuel Woodley	7 Jul 18		71.84 E	Gareth Cook	28 May 88	
52.94	Lee Newman	29 Aug 92		70.88	Jac Palmer	18 Apr 15	
52.91	Zane Duquemin	12 Sep 09		70.82	James Bedford	17 Jun 07	
52.90	Simon Cooke	13 Jun 04		70.58	Kai Barham	27 May 23	
<b>Discus (1.75kg)</b>				<b>Javelin</b>			
64.35	Emeka Udechuku	21 Jun 98		79.50	Steve Backley	5 Jun 88	
63.92	Lawrence Okoye	20 Jun 10		77.48	David Parker	14 Aug 99	
62.79	Nicholas Percy	23 Jun 13		77.03	James Whiteaker	6 May 17	
62.34	Curtis Griffith-Parker	25 May 08		76.97	Michael Allison	17 Jun 23	
61.81	Carl Myerscough ¶	18 Aug 98		75.46	Harry Hughes	21 May 16	
61.64	James Tomlinson	20 Aug 19		74.54	Gary Jenson	19 Sep 86	
60.76	Glen Smith	26 May 91		74.24	Mark Roberson	18 Jul 86	
60.46	Brett Morse	24 May 08		73.76	Nigel Bevan	29 Aug 87	
60.37	George Evans	15 Apr 17		73.49	Benjamin East	26 Jun 22	
59.21	Gregory Thompson	28 Apr 13	10	73.18	James Campbell	16 Aug 06	10
59.11	Zane Duquemin	15 Aug 10		72.55	Joe Dunderdale	25 Jun 11	
58.80	George Armstrong	25 Jun 16		72.54	Dan Pembroke	12 Jun 10	
57.93	Simon Cooke	27 Jun 04		72.52	Richard Shuttleworth	25 Sep 11	
57.39	Sam Woodley	1 Sep 18		71.90	Matthew Hunt	17 May 09	
57.10	Rhys Allen	31 Jul 23		71.83	Freddie Curtis	5 Jul 14	
56.71	Louis Mascarenhas	16 May 15		71.79	Phill Sharpe	27 Aug 00	
56.64	Jamie Murphy	19 May 90		71.76	Benji Pearson	18 Aug 13	
56.55	Teddy Gannon	22 Jun 24		71.74	Myles Cottrell	29 Jul 89	
56.10	Lee Newman	5 Jul 92		71.14	Dan Carter	11 Jul 98	
56.06	Chukwuemeka Osammor	30 Jun 19	20	70.80	Bonne Buwembo	13 Sep 08	20
56.00	Simon Williams	17 May 86		70.80	Tom Hewson	13 Jul 19	
55.94	Mark Davies	19 Aug 90		70.76	Charlie Evans	17 Jun 23	
55.88	Matthew Blandford	24 May 14		70.70	Thomas Holmes	17 Jul 21	
55.49	Chris Scott	16 May 07		70.60	Matti Mortimore	11 Sep 10	
55.44	Neal Brunning	8 Jul 89		70.16	James Hurrion	19 Jul 91	
55.40	Jay Morse	5 May 19					
<b>Hammer (7.26kg)</b>							
73.24	Jake Norris	6 Jun 18					
69.39	Taylor Campbell	4 May 15					
67.56	Nick Miller	1 Jul 12					
67.48	Paul Head	16 Sep 84					
67.10	Jason Byrne	6 Aug 89					
66.38	Peter Smith	15 Aug 09					
66.27	Bayley Campbell	28 Mar 19					
66.14	Martin Girvan	21 Jul 79					
65.86	Robert Weir	6 Sep 80					

**Decathlon (1984 Tables)**

8082	Daley Thompson	31 Jul 77
7727	David Guest	6 Jun 10
7488	David Bigham	9 Aug 90
7480	Dean Macey	22 Aug 96
7299	Eugene Gilkes	24 May 81
7274	Jim Stevenson	24 Jun 90
7247	Brian Taylor	7 May 89
7194	Ashley Bryant	15 Aug 10
7169	Barry Thomas	5 Aug 90
7156	Tim Duckworth	15 May 15 10
7126	Fidelis Obikwu	16 Sep 79
7115	Liam Ramsay	4 Sep 11
7112	Gavin Sunshine	30 Jul 93
7018	Jamie Quarry	30 Jun 91

**IAAF Junior (E 6.25kg SP)**

7870	Sammy Ball	28 May 23
7691	David Guest	21 Jul 10
7567	Daniel Gardiner	14 Jun 09
7440	David Hall	23 Jul 14
7381	Daniel Awde	23 Jul 06
7377	Sam Talbot	30 Apr 17
7342	Ashley Bryant	6 Jun 10
7320	Jack Andrew	6 Jun 10
7308 W	Liam Ramsay	18 Sep 11
	7233	26 Jun 11
7297 w	Jack Turner	26 May 19 10
	7291	9 Aug 20
7258 w	Joel McFarlane	26 May 19
	7203	20 Jul 19
7257	Nicolas Gerome	24 Jun 18
7232	Guy Stroud	9 Sep 07
7229 w	Ollie Thorner	26 May 19
	7215	27 Sep 20
7205	Conrad Winter	28 Jul 24
7200	Seb Rodger	16 May 10
7160	Tim Duckworth	26 Jun 14
7147	Ben Gregory	14 Jun 09
7134 E	Dean Macey	17 Sep 95
7128	Nicholas Hunt	29 Jun 14 20
7109	Caius Joseph	27 May 18

**Heptathlon Indoor (Senior implements)**

5445os	Ollie Thorner	29 Feb 20
5380	David Bigham	4 Mar 90
5304	Gavin Sunshine	7 Mar 93
5260	Brian Taylor	5 Mar 89
5259	Barry Thomas	10 Mar 91

**Heptathlon Short Track (Junior implements)**

5793	David Guest	7 Mar 10
5774	Murray Fotheringham	9 Jan 22
5602	Sammy Ball	9 Jan 22
5510	Sam Talbot	10 Jan 16
5482	Daniel Gardiner	8 Mar 09
5430	Jack Turner	27 Jan 19
5409	Scott Brindley	2 Feb 20
5392	David Hall	26 Jan 14
5387	Liam Ramsay	6 Mar 11
5381	Ashley Bryant	7 Mar 10

**3000 Metres Track Walk**

11:36.2	Callum Wilkinson	15 May 16
11:50.55	Nick Ball	29 May 06
11:53.08	Cameron Corbishley	15 May 16
11:54.23	Tim Berrett	23 Jun 84
12:02.0	Philip King	12 May 92
12:02.04	Phil Vesty	24 Jul 82
12:03.14	Christopher Snook	15 Aug 18
12:08.12	Guy Thomas	17 Aug 16
12:12.03	Luke Finch	31 May 04
12:16.5	Dave Hucks	5 Aug 84 10
12:19.8	Gordon Vale	11 Mar 81
12:20.46	Daniel King	26 May 02
12:22.3	Dominic King	6 May 02
12:23.2	Martin Rush	18 Sep 83
12:23.53	Darrell Stone	19 Sep 87
12:24.45	Richard Dorman	5 Sep 80

**3000 Metres Walk Short Track**

11:39.75	Cameron Corbishley	11 Dec 16
11:39.87	Callum Wilkinson	10 Jan 16
11:50.34	Guy Thomas	11 Dec 16
12:00.99	Dominic King	2 Feb 02
12:01.89	Philip King	21 Feb 93
12:26.0	Lloyd Finch	10 Mar 01
12:35.60	Cameron Smith	24 Feb 02
12:36.2	Kirk Taylor	11 Apr 87
12:37.0	Gareth Holloway	9 Apr 88
12:37.96	Alexander Eaton	16 Feb 14

**5000 Metres Track Walk**

19:35.4	Callum Wilkinson	2 Jul 16
20:16.40	Philip King	26 Jun 93
20:33.4 +	Darrell Stone	7 Aug 87
20:34.9	Cameron Corbishley	2 Jul 16
20:47.23	Lloyd Finch	14 Jul 01
20:48.1 +	Dominic King	4 May 02
20:55.4	Tim Berrett	9 Jun 84
20:57.15	Jamie Higgins	14 Jul 13
20:58.84	Luke Finch	30 May 04
21:00.5 +	Phil Vesty	19 Jun 82 10
21:02.7	Christopher Snook	23 Mar 19
21:10.5+	Gordon Vale	2 Aug 81
21:14.7+	Guy Thomas	19 Jun 16
21:24.5	Ben Wears	27 Sep 08
21:28.26	Nick Ball	11 Jul 04
21:30.6 +	Martin Rush	29 May 83

**5000 Metres Walk Short Track**

19:39.69	Callum Wilkinson	31 Jan 16
21:25.17	Dominic King	4 Mar 00
21:41.47	Christopher Snook	10 Feb 19
22:11.44	Michael Kemp	28 Feb 98
22:23.45	Lloyd Finch	4 Mar 00
22:23.53	Stuart Monk	25 Feb 95
22:55.51	Scott Davis	26 Feb 94
23:19.09	Steve Hollier	25 Feb 95
23:27.28	Thomas Taylor	28 Feb 98
23:31.82	Cameron Smith	3 Mar 01

**10000 Metres Track Walk**

40:41.62	Callum Wilkinson	23 Jul 16
41:52.13	Darrell Stone	7 Aug 87

42:06.35	Gordon Vale	2 Aug 81	39.30	GBR-U20	19 Aug 06
42:17.1	Dominic King	4 May 02		R.Scott, H.Aikines-Aryeetey, W.Bennett-Jackson, L.Yearwood	
42:18.94	Cameron Corbishley	19 Jun 16			
42:25.06	Jamie Higgins	20 Jul 13	39.40	GBR	26 Sep 92
42:28.20	Guy Thomas	19 Jun 16		A.Condon, D.Campbell, J.Baulch, J.Fergus	
42:46.3	Phil Vesty	20 Mar 82	39.43	GBR-U20	30 Jul 95 10
42:47.7	Philip King	2 May 92		D.Chambers, M.Devonish, D.Money, J.Henthorn	
43:04.09	Tim Berrett	25 Aug 83	10 39.48	GBR-U20	19 Sep 92
43:09.82	Lloyd Finch	18 May 02		A.Condon, D.Campbell, J.Baulch, J.Fergus	
43:42.75	Martin Rush	29 May 83	39.48	GBR-U20	24 Jul 11
43:50.94	Nick Ball	23 Jul 06		D.Walker-Khan, S.Watts, A.Gemili, D.Bolarinwa	
43:54.25	Gareth Brown	7 Aug 87	39.49	GBR-U20	22 Jul 18
44:06.6	Daniel King	4 May 02	39.52	GBR-U20	10 Jun 12
44:22.12	Gareth Holloway	5 Jun 88		J.Street, D.Bolarinwa, C.J.Ujah, A.Gemili	
44:22.4	Jon Vincent	1 Apr 89	39.53	GBR-U20	20 May 18
44:30.0	Andy Penn	15 Mar 86	39.54	GBR (U20?)	10 Jun 01
44:38.0	Ian McCombie	29 Mar 80	39.55	GBR-U20	20 May 01
44:42.0	Luke Finch	23 May 04	20	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis	
44:48.78	George Wilkinson	15 Aug 21	39.57	GBR-U20	23 Jul 16
44:53.0	Michael Kemp	4 Apr 98		Z.Plummer, O.Bromby, R.Gorman, G.Matthew	
<b>10k Road - where superior to track time</b>			39.60	GBR-U20	24 Jul 94
40:30	Callum Wilkinson	7 May 16		J.Gardener, J.Golding, I.Mackie, T.Cameron	
41:47	Darrell Stone	26 Sep 87	39.62	GBR-U20	27 Jul 97 20
41:57	Ben Wears	4 Apr 09		U.Ugono, M.Findlay, C.Malcolm, D.Chambers	
42:29	Steve Hollier	10 Dec 95			
42:39	Martin Rush	7 May 83		<b>4 x 200 Metres Relay Short Track</b>	
42:40	Tim Berrett	18 Feb 84	1:25.40	GBR-U20	2 Mar 96
42:55	Guy Thomas	7 May 16		D.Chambers, I.Horsburgh, R.Baillie, J.Henthorn	
43:02	Luke Finch	1 Dec 02	1:25.53	GBR-U20	1 Mar 97
43:18	Richard Dorman	18 Oct 18		C.Malcolm, M.Findlay, D.Chambers, I.Horsburgh	
<b>20 Kilometres Road Walk</b>				<b>4 x 400 Metres Relay</b>	
1:26:13	Tim Berrett	25 Feb 84	3:03.80	GBR-U20	12 Aug 90
1:29:10	Phil Vesty	18 Jul 82		D.Grindley, A.Patrick, C.Winrow, M.Richardson	
1:29:48	Dominic King	15 Jun 02	3:05.14	GBR-U20	21 Jul 13
1:30:17	Guy Thomas	4 Sep 16		A.Boyce, M.Hudson-Smith, B.Snaith, G.Caddick	
1:30:55	Martin Rush	10 Sep 83	3:05.25	GBR-U20	18 Jul 21
1:31:34.4t	Gordon Vale	28 Jun 81		B.Young, S.Reardon, C.Carvell, E.Faulds	
1:32:38	Ben Wears	1 Mar 08	3:05.49	GBR-U20	20 Aug 06
1:32:46	Graham Morris	26 Feb 77		C.Clarke, G.Baker, K.Robertson, M.Rooney	
1:33:00	Cameron Corbishley	2 Oct 16	3:05.64	GBR-U20	15 Jul 18
<b>50 Kilometres Road Walk</b>				A.Haydock-Wilson, J.Brier, A.Chalmers, A.Knibbs	
4:18:18	Gordon Vale	24 Oct 81	3:05.82	GBR-U20	13 Jul 08
<b>4 x 100 Metres Relay</b>				L.Persent, R.Davis, N.Levine, J.McGrath	
39.05	GBR-U20	22 Oct 00	3:05.89	GBR-U20	20 Jul 86
	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis			G.Patterson, G.Bakewell, P.Crampton, M.Tyler	
39.09	GBR-U20	13 Jul 12	3:06.21	GBR-U20	22 Jul 01
	E.Stepens, C.J.Ujah, T.Holligan, A.Gemili			R.Tobin, R.Nicholls, S.Ellis, T.Benjamin	
39.14	GBR-U20	22 Oct 00	3:06.32	GBR-U20	2 Aug 98
	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis			D.Naismith, D.Caines, C.Carson, A.Wilson	
39.20	GBR-U20	31 Aug 24	3:06.42	GBR-U20	27 Jul 14
	Odey Jordan, J.Masters, D.Patterson, T.Wilson			B.Snaith, T.Somers, E.Rutter, J.Crosby	
39.21	GBR-U20	20 Sep 92	3:06.49	GBR-U20	25 Jul 10 10
	A.Condon, D.Campbell, J.Baulch, J.Fergus			N.Wake, D.Putnam, S.Rodger, J.Green	
39.24	GBR-U20	22 Jul 01	3:06.52	GBR-U20	17 Jul 04
	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis			R.Buck, R.Dinham, M.Rimmer, R.Davenport	
39.24	GBR-U20	20 Aug 06	3:06.59	GBR-U20	24 Jul 94
	R.Pierre, A.Nelson, W.Bennett-Jackson, H.Aikines-Aryeetey			G.Bullock, N.Budden, N.Levy, M.Hylton	
			3:06.67	GBR-U20	24 Jul 05
				R.Buck, S.Osho, R.Strachan, M.Rooney	
			3:06.69	GBR-U20	20 Aug 83

D.Redmond, S.Garrett, A.Ellsworth, M.McMahon	<b>4 x 800 Metres Relay</b>
3:06.76 GBR-U20 25 Aug 96	7:20.82 British Milers Club 2 Aug 19
K.Stewart, T.Lerwill, M.Rowlands, G.Dearman	C.Dodds, Y.Bizimana, F.McClear, J.Lay
3:06.85 GBR-U20 12 Jul 08	<b>4 x 1500 Metres Relay</b>
L.Persent, R.Davis, N.Levine, J.McGrath	15:52.0 British Milers Club 30 Apr 97
3:06.88 GBR-U20 24 Jul 10	R.Fitall, N.Speaight, R.Vint, L.Garrett
N.Wake, D.Putnam, S.Rodger, J.Green	<b>4 x 1 Mile Relay</b>
3:06.89 GBR-U20 13 Aug 23	16:56.8 British Milers Club 10 Jul 93
C.Carvell, J.Minshull, D.Race, S.Lunt	J.Swift-Smith, E.King, S.Saxby, D.Furmidge
3:07.02 GBR-U20 18 Jul 04	<b>1600 Metres Medley Relay</b>
R.Buck, R.Dinham, M.Rimmer, R.Davenport	3:31.6 Cardiff AAC 14 Aug 71
3:07.02 GBR-U20 19 Aug 06 20	P.Evans, A.Bartlett, R.Llewellyn, R.Yarrow
C.Clarke, K.Robertson, L.Sellers, G.Baker	<b>4 x 110 Metres Hurdles</b>
<b>4 x 400 Metres Relay Short Track</b>	63.9 Millfield School 7 May 15
3:13.88 GBR-U20 28 Feb 98	
D.Caines, C.Carson, A.Wilson, M.Elias	

**UNDER 17****60 Metres**

10.47	Owin Sinclair	5 Jul 14
6.69	Mark Lewis-Francis	27 Feb 99
6.70	Gerald Phiri	13 Feb 05
6.71	Divine Iheme	5 Jan 25
6.73	Joel Masters	10 Feb 24
6.76	Divine Iheme	8 Dec 24
6.79	Jake Odey-Jordan	9 Mar 24
6.80	Efosa Imatitikua-Davidson	11 Dec 22
6.81	David Bolarinwa	27 Feb 10
6.81	Teddy Wilson	11 Feb 23
6.82	Dom Ashwell	24 Jan 15
6.82	Joel Ajayi	10 Feb 24 10
6.84	Alex Nelson	31 Jan 04
6.84	Harry Aikines-Aryeetey	31 Jan 04
6.84	Dante Legister	12 Feb 22
6.85	Kieran Showler-Davis	23 Feb 08
6.85	Jona Efoloko	28 Feb 15
6.87	Craig Pickering	1 Mar 03
6.87	Andrew Robertson	24 Feb 07
6.87	Michael Onilogbo	22 Feb 20
6.87	Nathan Hedges	11 Feb 23
6.88	Max Clark	10 Feb 24 20

**hand timing**

6.8	Darren Bills	19 Mar 77
6.8	Alex Nelson	22 Feb 03

**100 Metres**

10.26	Teddy Wilson	24 Jun 23
10.30	Divine Iheme (U15)	26 Aug 24
10.31	Mark Lewis-Francis	21 Aug 99
10.38	Jake Odey-Jordan	14 Jun 24
10.39	David Bolarinwa	4 Aug 10
10.40	Joel Masters	22 Jun 24
10.43	Ebuka Nwokeji	7 Aug 23
10.45	Jordan Huggins	23 Jun 07
10.46	Joel Pascall-Menzie	31 Aug 19
10.47	David Ezeama-Rock	26 Aug 24 10
10.49	Wade Bennett-Jackson	28 Jul 03
10.49	Olufunmi Sobodu	5 Aug 06
10.49	Joel Ajayi	22 Jun 24
10.53	Craig Pickering	11 Jul 03
10.53	Dejaune Lingard	18 Aug 21
10.54	Farrell Fabusiwa	10 Aug 24
10.55	Henry Nwoke	31 Aug 19
10.56	Rikki Fifton	29 Jul 01
10.57	Owin Sinclair	5 Jul 14
10.57	Dom Ashwell	31 May 15 20
10.57	Toby Harries	20 Jun 15
10.58	Deji Tobais	19 Jul 08
10.58	Ronnie Wells	18 Aug 12
10.59	Harry Aikines-Aryeetey	22 Aug 04
10.59	Jona Efoloko	27 Aug 16

**wind assisted**

10.26	Mark Lewis-Francis	5 Aug 99
10.38	Kevin Mark	3 Jul 93
10.38	Joel Ajayi	23 Jun 24
10.39	Joel Pascall-Menzie	31 Aug 19
10.42	Shaun Pearce	31 Aug 13
10.44	Luke Davis	13 Jul 96

**200 Metres**

20.55	Jake Odey-Jordan	16 Jun 24
20.79	Jamahl Alert-Khan	7 Sep 03
20.84	Thomas Somers	14 Jul 13
20.92	Ade Mafe	27 Aug 83
20.92	Toby Harries	19 Jul 15
21.05	Joel Pascall-Menzie	1 Sep 19
21.12	Jona Efoloko	30 Aug 15
21.14	Kieran Showler-Davis	10 May 08
21.16	Chris Clarke	28 Jul 06
21.17	David Bolarinwa	20 Jun 10 10
21.19	Tim Benjamin	31 Jul 98
21.24	Peter Little	21 Aug 77
21.25	Mark Richardson	24 Jul 88
21.26	Dean Patterson	17 Aug 22
21.26	Sean Appiah	28 Jul 24
21.31	Ebuka Nwokeji	27 Aug 23
21.35	Andrew Watkins	12 Jul 03
21.36	Joseph Masimo	7 May 16
21.37	Jermaine Hamilton	9 May 12
21.38	Wade Bennett-Jackson	31 Jul 03 20
21.43	Max Evans	20 Jul 24
21.44	Roger Hunter	2 Aug 81
21.44	Dean Daniel	11 Jul 03
21.44	Roy Ejiakuekwu	21 Aug 11

**wind assisted**

20.56	Toby Harries	9 Sep 15
20.98	Tim Benjamin	18 Jul 98
21.17	Mark Richardson	20 Aug 88
21.25	Trevor Cameron	25 Sep 93
21.25	Dean Patterson	5 Jul 22
21.28	Antonio Infantino	12 Aug 07
21.31	Monu Miah	15 Jul 00
21.32	Graham Beasley	9 Jul 94

**hand timing - wind assisted**

21.0	Peter Little	30 Jul 77
------	--------------	-----------

**200 Metres Short Track**

20.66	Jake Odey-Jordan	10 Mar 24
21.40	Dean Patterson	9 Feb 22
21.46	Toby Harries	1 Mar 15
21.51	Tim Benjamin	22 Feb 98
21.54	Chris Clarke	18 Feb 06
21.57	Gerald Phiri	27 Feb 05
21.59	David Bolarinwa	27 Feb 10
21.67	Jona Efoloko	17 Jan 16
21.72	Andrew Watkins	22 Feb 03
21.72	Joseph Berry	12 Feb 23 10
21.73	Jermaine Hamilton	26 Feb 12



**400 Metres**

46.43	Mark Richardson	28 Jul 88	
46.74	Guy Bullock	17 Sep 92	
46.74	Clovis Asong	25 Jul 11	
47.08	Kris Robertson	15 Aug 04	
47.11	Ben Pattison	20 May 18	
47.18	Chris Clarke	8 Jul 06	
47.29	Richard Davenport	25 May 02	
47.47	Ellis Greatrex	18 Jun 16	
47.71	Richard Buck	17 Aug 03	
47.71	Stanley Chevous	18 Jun 23	10
47.81	Mark Hylton	17 Jul 93	
47.82	Ethan Brown	27 Aug 17	
47.85	Bruce Tasker	15 Aug 04	
47.86	Kris Stewart	13 Jul 96	
47.90	Thomas Evans	18 Jun 17	
47.92	Benjamin Snaith	19 Aug 12	
47.96	Joshua Street	10 Jul 10	
47.99	Ben Sturgess	30 Aug 08	
48.03	Greg Loudon	13 Sep 09	
48.04	Ben Higgins	25 May 03	20

**hand timing**

47.6	Kris Stewart	3 Aug 96	
------	--------------	----------	--

**400 Metres Short Track**

48.15	Guy Bullock	23 Feb 92	
48.34	Richard Davenport	20 Feb 02	
48.39	Clovis Asong	27 Feb 11	
48.44	Daniel Heald	27 Feb 11	
48.47	Ellis Greatrex	16 Jan 16	
48.62	Alex Boyce	28 Feb 10	
48.63	Kris Stewart	29 Feb 96	
48.64	Joshua Street	28 Feb 10	
48.78	Ross McDonald	25 Feb 07	
48.79	Ben Pattison	24 Feb 18	

**800 Metres**

1:47.36	Max Burgin	8 Jul 18	
1:48.24	Sean Molloy	9 Jun 12	
1:49.69	Evan Grime	28 May 24	
1:49.78	Ethan Hussey	23 Jul 19	
1:49.87	Joshua Mungin	14 May 24	
1:49.89	Mickey Ayling	29 Jul 23	
1:49.9	Mark Sesay	18 Jul 89	
1:50.38	Grant Baker	17 Jul 04	
1:50.42	Ben Greenwood	9 Sep 15	
1:50.42	Daniel Joyce	3 Aug 19	10
1:50.48	James Brewer	17 Jul 04	
1:50.55	Michael Rimmer	6 Aug 02	
1:50.55	George Mills	17 Jun 15	
1:50.58	Markhim Lonsdale	22 Aug 15	
1:50.61	Charlie Grice	21 Jul 10	
1:50.7	Peter Elliott	16 Sep 79	
1:50.90	Craig Winrow	21 Aug 88	
1:50.90	Mark Mitchell	15 Aug 04	
1:51.0	Chris McGeorge	1 Jul 78	
1:51.05	Mal Edwards	20 Sep 74	20
1:51.06	Rikkie Letch	3 Jun 09	
1:51.06	Matt McLaughlin	7 Sep 11	
1:51.06	Jake Minshall	12 Jun 21	

**800 Metres Short Track**

1:51.62	Ben Greenwood	1 Mar 15	
1:52.11	Evan Grime	29 Dec 24	
1:52.79	Richard Davenport	19 Jan 02	
1:53.86	Craig Winrow	19 Mar 88	
1:54.01	Mark Sesay	19 Mar 89	
1:54.46	Joshua Mungin	7 Jan 24	
1:54.79	Paul Burgess	22 Mar 86	
1:54.80	Matt McLaughlin	27 Feb 11	
1:55.11	Lewis Watt	26 Jan 20	
1:55.19	Dominic Chambers	26 Feb 12	
1:55.28	Hugo Fleming	27 Feb 11	
1:55.28	Archie Davis	24 Jan 15	

**1000 Metres**

2:20.37	Johan Boakes	17 Jun 84	
---------	--------------	-----------	--

**1500 Metres**

3:44.11	Matthew Shirling	7 Aug 12	
3:45.85	Ethan Hussey	10 Aug 19	
3:46.51	James McMurray	10 Jul 11	
3:46.84	Kane Elliott	12 Jun 18	
3:47.20	Jack Crabtree	6 Aug 13	
3:47.70	Max Burgin	24 Jul 18	
3:47.7	Steve Cram	14 May 77	
3:47.72	Evan Grime	22 Jun 24	
3:48.17	Alex Lennon	22 Jun 24	
3:48.49	Johan Boakes	28 Jun 84	10
3:48.49	Corey Campbell	28 May 22	
3:48.70	Charlie Grice	30 Jun 10	
3:48.83	Harvey Dixon	30 Jun 10	
3:48.92	Markhim Lonsdale	30 May 15	
3:48.97	Archie Davis	30 May 15	
3:49.31	Matthew Clark	22 Jun 24	
3:49.40	Anthony Moran	23 Jul 02	
3:49.70	Luke Duffy	20 Jul 17	
3:49.86	Joseph Scanes	24 Jul 24	
3:49.9	Kelvin Newton	20 Jun 79	
3:49.92	Scott Halsted	19 Aug 12	20
3:50.01	Ross Millington	8 Aug 06	
3:50.10	Liam Dee	25 Jul 12	
3:50.19	Ben Reynolds	20 Aug 19	

**1500 Metres Short Track**

3:52.53	Oscar Schofield	8 Jan 23	
3:55.5	Ben Greenwood	17 Jan 15	
3:55.90	Corey Campbell	9 Feb 22	
3:56.72	Oliver Patton	4 Feb 23	
3:56.82	Archie Davis	11 Jan 15	
3:57.31	Jake Heyward	15 Feb 15	
3:57.65	Andrew Monaghan	28 Feb 10	
3:57.91	Henry Johnson	6 Jan 19	
3:58.12	Mohamed Sharif Ali	20 Feb 19	
3:58.31	Luke Carroll	28 Feb 10	

**1 Mile**

4:05.48	Evan Grime	26 Aug 24	
4:05.77	Corey Campbell	20 May 22	

**2000 Metres**

5:28.2 +	Kevin Steere	10 Jul 71	
----------	--------------	-----------	--

<b>3000 Metres</b>			5:55.0	David Lewis	20 Aug 78
8:09.02	Corey Campbell	5 Aug 22			
8:13.42	Barrie Moss	15 Jul 72			
8:15.02	Mohamed Sharif Ali	1 Aug 18			
8:15.34	Kevin Steere	30 Aug 71			
8:15.36	Henry Dover	10 Aug 22			
8:16.18	Mo Farah	21 Aug 99			
8:18.26	Simon Horsfield	27 Jun 06			
8:19.08	Darren Mead	26 Aug 85			
8:19.38	Johan Boakes	24 Jun 84			
8:19.46	Jake Meyburgh	1 Jun 24	10		
8:20.17	Oliver Patton	20 Apr 23			
8:21.00	James Dargan	4 May 22			
8:21.01	Ben Dijkstra	1 Jul 15			
8:21.39	Gus Cockle	29 May 13			
8:22.21	Ethan Hussey	29 Apr 19			
8:22.46	Jack Crabtree	1 May 13			
8:22.60	Alex Melloy	10 Sep 20			
8:22.71	Matthew Shirling	26 Aug 12			
8:22.78	Luke van Oudtshoorn	13 May 18			
8:22.82	Jamie Dee	10 Sep 14	20		
8:22.98	Will Barnicoat	20 Jul 19			
<b>3000 Metres Steeplechase</b>					
			9:16.6	Colin Reitz	19 Sep 76
<b>60 Metres Hurdles (91.4cm)</b>					
			7.76	Jaiden Dean	13 Feb 22
			7.84	Noah Hanson	13 Feb 22
			7.89	Jack Meredith	23 Feb 08
			7.90	Tre Thomas	14 Feb 16
			7.92	Brett St. Louis	17 Mar 85
			7.92	Jack Sumners	5 Mar 17
			7.94	Andrew Pozzi	23 Feb 08
			7.94	Jack Kirby	24 Feb 13
			7.97	Daniel Davis	29 Feb 04
			7.97	Oliver McNeillis	29 Feb 04
			7.98	James McLean	24 Feb 07
			7.99	Richard Dunn	16 Mar 91
			7.99	Damien Greaves	12 Feb 94
<b>hand timing</b>					
			7.9	Damien Greaves	30 Jan 94
			7.9	Matthew Clements	30 Jan 94
<b>100 Metres Hurdles (91.4cm)</b>					
			12.60	Tristan Anthony	14 Aug 99
			12.61	Noah Hanson	3 Sep 22
			12.68	Matthew Clements	8 Aug 93
			12.69	Joseph Harding	8 Jun 19
			12.69	Jaiden Dean	8 Jul 22
			12.70	Jack Meredith	12 Jul 08
			12.70	Mayowa Osunsami	28 Aug 16
			12.75	James McLean	14 Jul 07
			12.76	Jordan Auburn	21 Aug 11
			12.76	Sam Bennett	27 Aug 17
			12.83	Jordan Ricketts	11 Aug 18
			12.84	Tre Thomas	17 Apr 16
			12.84	Hayden Christian	18 Sep 22
			12.85	Jack Kirby	1 Sep 13
			12.85	Jack Sumners	14 May 17
			12.88	Julian Adeniran	8 Jul 05
			12.90	Steve Markham	17 Aug 91
			12.91	Allan Scott	14 Aug 99
			12.91	Jacob Blanc	10 Jul 21
<b>wind assisted</b>					
			12.47	Matthew Clements	9 Jul 94
			12.48	Joseph Harding	1 Sep 19
			12.70	Damien Greaves	9 Jul 94
			12.70	Rory Dwyer	31 Aug 14
			12.74	Jack Kirby	1 Sep 13
			12.75	Kertis Beswick	19 Aug 12
			12.75	Matthew Griffin	12 Aug 19
<b>hand timing</b>					
			12.8	Brett St Louis	28 Jul 85
			12.8	Richard Dunn	29 Jun 91
			12.8	Jack Kirby	12 May 13
			12.8	Tre Thomas	1 May 16
			12.8	Jack Sumners	3 Jun 17
<b>hand timing - wind assisted</b>					
			12.6	Brett St Louis	20 Jul 85
<b>2000 Metres Steeplechase</b>					
5:52.06	Noel Collins	23 Jul 07			
5:52.13	Zak Seddon	23 Aug 10			
5:52.78	Oliver Patton	4 Jun 22			
5:55.0	John Wilson	23 Aug 75			
<b>110 Metres Hurdles (91.4cm)</b>					
			13.51	Jack Sumners	27 May 17

13.60	Sam Bennett	27 May 17	2.10	Joel Khan	27 Aug 16
13.71	Matthew Clements	19 May 94	2.10	Luke Ball	28 Aug 21
13.79	Sam Talbot	16 Jul 15	<b>Pole Vault</b>		
13.82	James McLean	23 Jul 07	5.20	Neil Winter	2 Sep 90
13.95	Matthew Treston	21 Jun 15	5.15	Christian Linskey	23 Aug 96
13.95	Jaiden Dean	28 May 22	5.00	Adam Hague	21 Apr 13
<b>wind assisted</b>			4.93	Harry Coppell	21 Jul 12
13.65	Jaiden Dean	19 Jun 22	4.92	Rowan May	6 Aug 11
<b>hand timing</b>			4.92 i	Frankie Johnson	5 Feb 17
13.6	Jon Ridgeon	16 Jul 83	4.90	Warren Siley	8 Sep 89
<b>110 Metres Hurdles (99cm)</b>			4.90	Andrew Marsh	3 Sep 06
14.18	Andrew Pozzi	15 Jun 08	4.82 i	Joel Leon Benitez	1 Mar 14
14.19	Rory Dwyer	1 Jun 14	4.80	Billy Davey	14 Sep 80 10
<b>wind assisted</b>			4.80	Keith Higham	25 May 02
13.92	Matthew Clements	27 Aug 94	4.76	Nick Buckfield	11 Jun 89
<b>110 Metres Hurdles (106.7cm)</b>			4.72	Ian Lewis	24 Aug 85
14.89	Tristan Anthony	4 Jul 99	4.72	Reuben Nairne	1 Sep 19
<b>400 Metres Hurdles (84cm)</b>			4.71	Chris Tremayne	27 Aug 01
51.55	Samael Lunt	16 Jul 22	4.70	Richard Smith	7 Jun 97
52.15	Nathan Woodward	10 Sep 06	4.70	Mark Christie	25 Aug 01
52.20	Tristan Anthony	18 Jul 99	4.70	Luke Cutts	5 Sep 04
52.55	Jake Minshull	25 Sep 21	4.70	Ethan Walsh	5 Jun 13
52.57	Niall Flannery	26 Aug 07	4.70	Nikko Hunt	24 Aug 14 20
52.67	Ben Heron	16 Jul 22	4.70	Jacob Clark	8 Jul 18
52.69	Jeffrey Christie	18 Jul 99	<b>Long Jump</b>		
52.70	Mike Baker	15 Jul 06	7.53	Brian Robinson	21 Jul 97
52.72	Jacob Paul	16 Jul 11	7.53 i	Dominic Ogbechie	25 Feb 18
52.81	Richard McDonald	10 Aug 96 10	7.50	Oliver McNeillis	17 Jul 04
52.83	Hayden Christian	16 Jul 22	7.47	Bernard Yeboah	13 Jul 02
52.86	Alastair Chalmers	14 May 16	7.46	Jonathan Moore	30 Jul 00
52.88	Joe Fuggle	30 Aug 15	7.46	Onen Eyong	9 Sep 01
52.89	Demari Gumbs	3 Sep 22	7.45	Archie Yeo	1 Jun 19
52.94	Oliver Parker	27 Aug 22	7.41 i	Jerel Livingston	11 Jan 20
52.98	Jack Green	24 May 08	7.36	Toby Adeniyi	5 Jul 13
52.98	Ben Lloyd	27 Aug 17	7.36	D'mitri Varlack	18 Jun 23 10
53.01	Lloyd Hanley-Byron	17 Jul 04	7.36 i	Luca Phillips	4 Feb 24
53.08	Richard Davenport	11 Aug 02	7.35	Kadeem Greenidge-Smith	26 Aug 07
53.11	David Martin	14 Aug 05 20	7.33	Patrick Sylla	24 May 15
<b>400 Metres Hurdles (91cm)</b>			7.32	Kevin Liddington	16 May 87
53.06	Phil Beattie	2 Aug 80	7.25	Alan Slack	12 Jun 76
<b>High Jump</b>			7.25	Feron Sayers	25 Jun 11
2.23	Mark Lakey	29 Aug 82	7.24	Elliot Safo	11 Apr 10
2.22 i	Dominic Ogbechie	24 Feb 18	7.21	Hugh Teape	17 May 80
2.16	Rory Dwyer	22 Jun 14	7.21	Jordan Lau	8 Jul 00
2.15	Ossie Cham	14 Jul 79	7.21	Murray Fotheringham	10 Aug 19 20
2.15	Brendan Reilly	7 May 89	7.21	Samuel Wright	18 Jun 23
2.15	Stanley Osuide	1 Sep 91	<b>wind assisted</b>		
2.15	Chuka Enih-Snell	10 Sep 00	7.60	Brian Robinson	21 Jul 97
2.14	Samuel Brereton	7 Sep 19	7.49	Archie Yeo	1 Sep 19
2.12	Femi Abejide	11 Jul 81	7.47	Onen Eyong	2 Sep 01
2.11	Leroy Lucas	6 Aug 83 10	7.40	Matthew John	10 May 86
2.11 i	Ken McKeown	12 Jul 98	7.40	D'mitri Varlack	27 Aug 23
2.10	Dalton Grant	18 Sep 82	7.34	Murray Fotheringham	18 Aug 19
2.10	Tim Blakeway	29 Aug 87	7.33	Dominic Ogbechie	15 Jul 17
2.10	James Brierley	16 May 93	7.31	Elliot Safo	29 May 10
2.10	Martin Lloyd	28 Sep 96	7.31	Feron Sayers	25 Jun 11
2.10	Martin Aram	23 Jul 00	<b>Triple Jump</b>		
2.10	Sam Bailey	27 Sep 08	16.02	Jonathan Moore	13 Aug 00

15.72	Ben Williams	11 Jul 08	48.96	Emeka Udechuku	19 Aug 95
15.65	Vernon Samuels	18 Jul 81	<b>Discus (1.75kg)</b>		
15.50	Junior Campbell	18 May 86	54.70	Emeka Udechuku	18 Jun 95
15.49	Daniel Falode	23 Jun 19	52.50	Paul Mardle	7 Jul 79
15.45	Steven Anderson	2 Aug 81	<b>Discus (1.5kg)</b>		
15.32	Wesley Matsuka-Williams	16 Jul 16	62.96	Nicolas Percy	10 Sep 11
15.28	Larry Achike	22 Jun 91	62.22	Emeka Udechuku	10 Jul 95
	note resident but not British citizen at this time				
15.22	Babatunde Amosu	31 Aug 08	60.62	George Armstrong	30 Aug 14
15.22	Efe Uwaifo	3 Sep 11	59.76	Matthew Blandford	18 Aug 12
15.14	Marvin Bramble	8 Aug 93	59.13	James Tomlinson	31 Jul 16
15.14	Steven Shalders	18 Jul 98	58.25	Curtis Griffith-Parker	13 Jul 07
15.11	Nathan Fox	24 Jul 07	58.14	Carl Myerscough ¶	12 May 96
15.11	Teepee Princewill	2 Sep 16	56.70	Sam Herrington	18 May 03
15.08	Kola Adedoyin	27 May 07	56.64	Alfie Scopes	24 Jul 16
15.02	Lanri Ali-Balogun	17 Jul 04	56.43	Timi Babatunde	4 Sep 22
14.94	Hughie Teape	17 May 80	56.38	Owen Garrett	15 Jun 24
14.93	Mark Whitehead	26 Aug 85	56.16	Matthew Baptiste	2 Sep 07
14.90	Lawrence Lynch	21 Jul 84	56.14	Chris Symonds	6 Sep 87
14.86	Jimi Tele	10 Jul 10	55.97	Joshua Douglas	25 Aug 18
			55.94	Simon Williams I	9 Sep 84
			55.90	Guy Litherland	14 Sep 85
<b>wind assisted</b>			55.72	Keith Homer	27 Jun 82
15.78	Ben Williams	19 Jul 08	55.52	Glen Smith	14 May 88
15.43	Wesley Matsuka-Williams	16 Jul 16	55.40	Teddy Gannon	9 Jul 22
15.40	Steven Shalders	18 Jul 98	55.36	Neal Brunning	7 Jun 87
15.26	Babatunde Amosu	19 Jul 08	55.32	George Evans	23 Aug 14
15.25	Marvin Bramble	3 Jul 93			
15.08	Lawrence Lynch	29 Apr 84	<b>Hammer (7.26kg)</b>		
15.06	Craig Duncan	7 Aug 82	59.94	Andrew Tolputt	30 Sep 84
			59.07	Alex Smith	8 Aug 04
<b>Shot (7.26kg)</b>			<b>Hammer (6.25kg)</b>		
17.30	Carl Myerscough ¶	3 Aug 96	66.70	Andrew Tolputt	2 Sep 84
<b>Shot (6.25kg)</b>			64.00	Matthew Sutton	22 Aug 98
16.88	Greg Beard	29 Aug 99	<b>Hammer (6kg)</b>		
<b>Shot (6kg)</b>			66.85	Alex Smith	8 Aug 04
18.07	Kai Jones	1 May 13	<b>Hammer (5kg)</b>		
<b>Shot (5kg)</b>			76.52	Alex Smith	17 Jul 04
21.20	Carl Myerscough ¶	22 Sep 96	76.28	Andrew Tolputt	11 Aug 84
19.57	Curtis Griffith-Parker	10 Jun 07	75.02	Peter Smith	5 Aug 06
19.45	Kai Jones	27 Apr 13	74.17	Jake Norris	25 Apr 15
19.45	Lewis Byng	25 Aug 18	73.92	Kenneth Ikeji	6 Aug 19
19.22	Chris Ellis	4 Jun 82	73.90	Paul Head	29 Aug 81
19.07 i	Michael Wheeler	15 Dec 07	73.76	Matthew Sutton	14 Jun 98
18.91	Greg Beard	19 Sep 99	73.76	Thomas Williams (now IRL)	24 Mar 24
18.90	Neal Brunning ¶	6 Sep 87	73.27	Nick Steinmetz	17 Jul 93
18.82	Anthony Oshodi	16 Sep 08	73.00	Ben Hawkes	13 May 17
18.70	Chris Gearing	10 Jul 03	71.97	Kai Barham	2 Jun 22
18.59	Daniel Cartwright	9 Sep 15	71.39	Tony Kenneally	7 Sep 80
18.53	Isaac Delaney	5 Sep 21	71.34	Michael Painter	28 Jul 11
18.53	Lawson Capes	20 Jul 24	70.85	Jason Byrne	20 Jun 87
18.44	Matt Simson	27 Jul 86	70.82	Bayley Campbell	24 Jul 16
18.43	Emeka Udechuku	28 May 95	69.84	Taylor Campbell	7 Jun 12
18.25	Billy Cole	1 Aug 81	69.47	Andrew Jordon	7 Sep 08
18.08	Jay Thomas	2 Jul 05	69.28	Owen Merrett	15 Aug 20
17.99	Reece Thomas	19 Jul 08	69.17	Sam Gaskell	13 Jul 18
17.91	Antony Zaidman	28 May 78	68.75	Peter Vivian	16 May 87
17.76	George Brocklebank	22 Jul 79	68.62		
17.76	Dafydd Pawlett	18 Aug 21			
			<b>Javelin (800g - 1986 model)</b>		
<b>Discus (2kg)</b>			68.26	David Parker	19 May 96
50.60	Carl Myerscough ¶	28 Jul 96	64.38	Max Law	16 Sep 18

62.63	Huw Bevan	17 Apr 11	5423	Leo Barker	17 Sep 95
62.30	Harry Hughes	7 Sep 13	5423	Ben Gregory	16 Sep 07
62.21	Thomas Peters	16 Jun 12	5409 D	Joel McFarlane	2 Jul 17
<b>Javelin (800g Original model)</b>			5392 D	David Bigham	28 Jun 87
72.78	Gary Jenson	10 Sep 83	5380	David Guest	30 Sep 07
69.84	Colin Mackenzie	12 May 79	5378	Matthew Lewis	20 Sep 92
66.14	David Messom	14 May 81	5359	Linton Gardiner	22 Sep 13
65.32	Marcus Humphries	26 Aug 78	5353	Michael Downie	16 Aug 09 20
64.80	Paul Bushnell	1 Sep 85	5353	Samuel Newton	22 Sep 24
64.34	Steve Backley	1 Sep 85	<b>with 1000m &amp; 110mH</b>		
63.44	Michael Williams	16 Sep 79	5626	Ashley Bryant	20 May 07
<b>Javelin (700g)</b>			<b>with 100m</b>		
77.12	James Whiteaker	12 Jul 14	5531	Jim Stevenson	18 Sep 88
75.30	Max Law	7 Jul 18	<b>Heptathlon Short Track</b>		
74.06	Tom Hewson	5 Aug 17	5086	Scott Brindley	11 Mar 18
73.56	David Parker	20 Jul 96	5017	Samuel Wright	12 Mar 23
73.04	Benjamin East	15 Aug 20	4967	Murray Fotheringham	10 Mar 19
72.77	Harry Hughes	4 Aug 13	4948	Joel McFarlane	12 Mar 17
72.48	Gary Jenson	3 Jul 83	4939	Sam Talbot	15 Mar 15
71.68	Dan Pembroke	22 Apr 07	4903	Ben Hillman	10 Mar 19
70.30	Colin Mackenzie	6 Jul 79	4902	Finn O'Neill	13 Mar 22
70.07	George Davies	19 Jul 14 10	4827	Jack Andrew	9 Mar 08
69.60	Huw Bevan	21 Aug 11	4756	Ruben Stovell	10 Mar 24
69.59	Theo Spurrell	25 Sep 21	4745	Max Price	15 Mar 15 10
68.88	Phill Sharpe	19 Jul 97	<b>Pentathlon Short Track (60H,LJ,SP,HJ,800)</b>		
68.88	Matti Mortimore	7 Jun 09	3758	David Guest	17 Mar 07
68.34	James Campbell	29 Aug 04	3710	Edward Dunford	21 Jan 01
68.26	Ian Marsh	30 Jul 77	3670	Andrae Davis	10 Mar 02
68.18	James Hurrion	3 Jun 90	3611	John McCafferty	16 Feb 08
67.54	Tom Rutter	10 Aug 23	3582	Blade Ashby	10 Jan 10
67.31	Lee Doran	21 Jul 01	3556	Oliver McNeillis	21 Mar 04
66.93	Sam Taylor-Outridge	6 Sep 09 20	3527	Finn O'Neill	4 Dec 21
<b>Decathlon (Senior Implements)</b>			3499	Robert Hollinger	2 Feb 97
6484	David Bigham	27 Sep 87	3497	Marc Newton	3 Mar 96
6299	Tom Leeson	21 Sep 80	3486	Ashley Bryant	7 Jan 07
<b>Decathlon (Junior Implements)</b>			<b>Pentathlon Short Track (60H,SP,200,LJ,800)</b>		
6554	Jim Stevenson	25 Sep 88	3856	David Guest	8 Dec 07
6316	Jack Andrew	27 Aug 08	3640	Sam Talbot	13 Dec 14
6093	Robert Hughes	28 May 89	3550	David Omoregie	3 Dec 11
<b>Decathlon (U17 Implements)</b>			3549	Allen Scott	12 Dec 98
6860 W	David Guest	9 Sep 07	3547	Oliver McNellis	13 Dec 03
	6530	19 Aug 07	3545	Edward Dunford	9 Dec 00
6858	Edward Dunford	2 Sep 01	3527	Finn O'Neill	4 Dec 21
6781	Joel McFarlane	2 Jul 17	3485	Ashley Bryant	9 Dec 06
6706	David Bigham	28 Jun 87	3482	Tadgh Healy	6 Feb 11
<b>Octathlon (D during decathlon)</b>			3452	Lewis Robson	13 Dec 03
5820	Sammy Ball	19 Sep 21	<b>Pentathlon (60H,60,HJ,SP,LJ)</b>		
5800 D	Edward Dunford	2 Sep 01	3413	Lanre Ali-Balogan	11 Jan 04
	5741	17 Jun 01	<b>3000 Metres Track Walk</b>		
5786	Nicholas Hunt	1 Jul 12	12:04.9	Philip King	18 May 91
5690	Oliver McNeillis	19 Sep 04	12:25.1	Nick Ball	15 May 04
5559	Ashley Bryant	16 Sep 07	12:29.90	Andy Parker	2 Jul 00
5550	Dominic Girdler	20 Sep 98	12:30.14	Luke Finch	1 Sep 02
5494	Kristian Brown	20 Sep 15	12:34.98	Lloyd Finch	17 Jul 99
5481	Rory Howorth	16 Sep 18	12:35.94	David Hucks	30 Aug 82
5468	Ben Gibb	24 Jun 07	12:45.38	Ben Wears	28 May 06
5435	Samuel Wright	17 Sep 23 10	12:50.9	Jon Vincent	8 Jul 87
5426	John Holtby	20 Sep 98			
5425	Andrae Davis	22 Sep 02			

12:52.9	Stuart Monk	12 Jul 95	41.25	London Schools	3 Sep 10
12:53.1	Christopher Snook	14 May 16	10	T.Judun, A.Gemili, E.Amaning, D.Bolarinwa	
<b>3000 Metres Walk Short Track</b>					
12:47.41	Nicholas Ball	29 Feb 04	41.50	England Schools	16 Jul 16
12:48.19	Lloyd Finch	6 Feb 00		R.Glave, T.Ojora, S.Bennett, K.Chambers-Brown	
12:50.67	Stuart Monk	18 Feb 95	41.54	England Schools	21 Jul 18
12:51.49	Luke Finch	20 Jan 02	41.56	South East England Sch	9 May 12
13:01.40	Andy Parker	6 Feb 00		J.Dewar, J.Hamilton, B.Snaith, R.Arthur	
			41.58	Essex Schools	12 Jul 19
				..., J.Pascall-Menzie	10
<b>5000 Metres Track Walk</b>					
20:46.5	Philip King	29 Sep 91	41.60	Wales Schools	25 Sep 21
21:28.26	Nick Ball	11 Jul 04		C.Webb, D.Morgan, J.Patterson, J.Berry	
21:49.66	Ben Wears	16 Sep 06	41.62	England Schools	18 Jul 15
21:52.7	Stuart Monk	22 Jul 95		C.Hilliard, P.Sylla, J.Efoloko, C.Lytle	
21:58.8	Luke Finch	22 Sep 01	41.70	Croydon H	20 Jul 24
22:17.5	Russell Hutchings	27 Sep 86		F.Fabusiwa, E.Cort, N.Burrell, M.Eloundou-A	
22:19.11	Lloyd Finch	18 Sep 99	41.72	England Schools	20 Jul 13
22:31.62	Christopher Snook	17 Sep 16	41.76	East of England Sch	25 Aug 07
22:32.5	Gareth Holloway	27 Sep 86		A.Infantino anchor	
22:35.0	Ian Ashforth	6 Jun 84	10	41.77	England Schools
22:36.02	Cameron Corbishly	14 Jul 13			4 Jul 81
22:37.0	Jon Bott	27 Sep 86	<b>4 x 200 Metres Relay</b>		
22:42.0	Martin Young	20 Aug 88	1:31.1	Cambridge H	12 Sep 21
22:42.19	Jon Vincent	6 Jun 86		S.Fernandez-Folkes, D.Akinlolu, D.Lingard, D.Legister	
22:48.91	Andy Parker	30 Jul 00	1:31.3	Belgrave Harriers	2 Aug 95
22:50.51	Dominic King	18 Sep 99		S.Scott, G.Ojok, J.Panton, J.Hilston	
<b>5k Road - where superior to track time</b>					
21:33	Jon Vincent	1 Nov 86	<b>4 x 200 Metres Relay Short Track</b>		
21:47	Lloyd Finch	20 Jun 99	1:31.24	Giffnock North AAC	4 Mar 17
22:04	Gareth Holloway	14 Sep 86		J.Connelly, K.McLean, M.Forbes, A.Clayton	
22:05	Karl Atton	19 Mar 88	<b>4 x 400 Metres Relay</b>		
22:30	Gordon Vale	15 Oct 77	3:14.4	England Schools	20 Jul 96
22:31	Jon Bott	3 May 86		R.McNabb, J.Heggie, C.McMullen, D.Naismith	
22:39	Matthew Hales	23 Jun 96	3:14.5	Scotland Schools	20 Jul 96
22:41	Thomas Taylor	26 Apr 97		C.Carson, J.Shenava, R.McDonald, K.Stewart	
<b>5000 Metres Walk Short Track</b>					
22:23.45	Lloyd Finch	4 Mar 00	3:17.11	Manchester Schools	4 Sep 10
22:23.53	Stuart Monk	25 Feb 95		C.Asong, T.Guy, G.Caddick, A.Boyce	
<b>10000 Metres Track Walk</b>					
43:56.5	Philip King	2 Feb 91	3:18.13	England Schools	18 Jul 15
45:47.0	Ian Ashforth	12 Sep 84		E.Greatrex, A.Knibbs, C.Solomon, Roberts-Nash	
45:52.39	Lloyd Finch	4 Jul 99	3:18.32	England Schools	16 Jul 11
46:11.0	Jon Vincent	20 May 87		L.Oluwole-Ojo, J.Paul, D.Heald, C.Asong	
<b>10k Road - where superior to track time</b>					
43:38 hc	Lloyd Finch	20 Nov 99	3:18.38	England Schools	19 Jul 14
	44:21	13 Nov 99		O.Richardson, B.Claridge, R.Cole, M.Pagan	
43:49	Philip King	29 Jun 91	3:18.72	England Schools	20 Jul 19
45:19	Luke Finch	31 Aug 02		A.Cooper, O.Briars, E.Hussey, D.Joyce	
<b>4 x 100 Metres Relay</b>					
40.75	England Schools	20 Jul 19	3:18.82	England Schools	17 Jul 04
	J.Menzie, J.Quainoo, J.Harding, H.Nwoke			A.Daish [3]	
41.04	Essex Schools	13 Jul 19	3:18.96	Scotland Schools	6 Sep 09
	..., J.Pascall-Menzie			A.Young, M.Paterson, R.Matheson, G.Louden	
41.20	England Schools	15 Jul 23	3:19.07	England Schools	15 Jul 17
	M.Smart, E.Nwokeji, D.Ellington, M.Ajayi			L.Davey, B.Lloyd, K.Johnson, E.Brown	10
41.20	BFT Track Academy	23 Jul 23	3:19.17	England North Schools	1 Sep 18
	A.Fatoki, E.Imatitikua-Davidson, P.Ogbonmwan, D.Williams			D.Joyce, C.Inman, M.Burgin, A.Mamman	
41.23	Shaftesbury Barnet H	23 Jul 23	3:19.30	South of England Sch	1 Sep 17
	Z.Jones, J.Wheeler-Henry, B.Kufazvinei, E.Nwokeji			C.Dodds, B.Pattison, B.Lloyd, E.Brown	
			3:19.32	England Schools	15 Jul 23
				S.Chevous, T.Waterworth, N.Maczugowski, M.Ayling	
			3:19.37	Scotland Schools	17 Jul 04
			3:19.4	England Schools	16 Jul 88

**3 x 800 Metres Relay**

5:56.2	Norfolk Olympiads AC	7 Sep 88
6:05.14	Basildon AC	29 Jun 18
6:05.5	Lincoln Wellington AC	4 Sep 97
	I.Smith, D.Johnson, C.Bertins	
6:06.47	Edinburgh AC	15 Jun 14

**4 x 800 Metres Relay**

7:52.1	Clydebank AC	29 Aug 87
	A.Russell, M.McBride, J.Divers, G.Stewart	

RESULTS

**UNDER 15****60 Metres**

6.94	Divine Iheme	10 Feb 24
7.00	Piers Spencer-Simms	8 Dec 24
7.01	Dante Legister	1 Mar 20
7.05	Alex Kiwomya	27 Feb 10
7.06	Andrew Watkins	23 Feb 02
7.07	Farrell Fabusiwa	8 Jan 23
7.08	Richard Hodgson	23 Feb 08
7.08	Jona Efoloko	1 Mar 14
7.08	Graig Anya-Joseph	3 Feb 18
7.09	Jaleel Roper	25 Feb 17
7.10	Owin Sinclair	17 Dec 11

**100 Metres**

10.30	Divine Iheme	26 Aug 24
10.78	Teddy Wilson	7 Aug 21
10.83	Kesi Oludoyi	31 Jul 13
10.84	Graig Anya-Joseph	9 Jun 18
10.89	Jona Efoloko	17 May 14
10.89	David Ezeama-Riok	20 Aug 23
10.90	Kaie Chambers-Brown	30 Aug 14
10.90	James Beecroft	11 Jun 22
10.91	Tyrese Johnson-Fisher	12 Jul 14
10.92	Owin Sinclair	7 Jul 12
10.93	Mark Lewis-Francis	12 Jul 97
10.97	Jaleel Roper	26 Aug 17
10.98	Alex Kiwomya	21 Aug 10
10.98	Kyle Reynolds-Warmington	27 Aug 16
10.99	Andrew Watkins	20 Jul 02
10.99	Deji Tobais	26 Aug 06
10.99	Bronson Hearn-Smith	8 Jun 24
10.99	Piers Spencer-Simms	8 Sep 24

**wind assisted**

10.77	Kesi Oludoyi	31 Jul 13
10.80	Camron Lyttle	31 Aug 13
10.80	Farrell Fabusiwa	29 Jul 23
10.83	Owin Sinclair	18 Aug 12
10.84	Remi Jokosenumi	25 Aug 18
10.91	Deji Tobias	28 Aug 05
10.92	Joshua Oshunrinde	3 Sep 16
10.93	Ryan Gorman	18 Aug 12
10.96	Dijon Archer	7 Jul 06

**hand timing**

10.9	Tommy Ramdhan	18 Jun 11
10.9	Owin Sinclair	12 May 12
10.9	Farrell Fabusiwa	8 Jul 23

**200 Metres**

21.63	Divine Iheme	28 Jul 24
21.91	Farrell Fabusiwa	29 Jul 23
21.99	Remi Jokosenumi	14 Jul 18
22.00	Mario Dobrescu	24 Jun 18
22.03	Sean Appiah	10 Jun 23
22.13	Andrew Watkins	6 Jul 02
22.13	Jaleel Roper	27 Aug 17
22.14	Jona Efoloko	18 May 14
22.20	Owin Sinclair	19 Aug 12
22.21	Rhion Samuel	6 Aug 06
22.23	Zico Jones	8 Aug 21

22.25	Deji Tobais	6 Aug 06
22.28	Cameron Sprague	11 Jul 15
22.30	Jamie Nixon	29 Sep 84
22.31	Mike Williams II	10 Aug 86
22.32	Teddy Wilson	26 Jun 21

**wind assisted**

22.03	Julian Thomas	7 Jul 01
22.14	Owin Sinclair	21 Apr 12
22.19	Joseph Massimo	31 Aug 14
22.26	Steven Daly	9 Jul 94
22.26	Simon Farenden	8 Jul 00
22.26	Dean Patterson	30 Aug 20
22.28	Jamahl Alert-Khan	7 Jul 01

**hand timing**

22.0	Amir Sultan-Edwards	30 Jun 18
22.2	Mike Williams II	12 Jul 86

**hand timing - wind assisted**

21.9	Tony Cairns	21 Jun 86
------	-------------	-----------

**200 Metres Short Track**

22.19	Alex Kiwomya	28 Feb 10
22.25	Jona Efoloko	2 Mar 14
22.30	Owin Sinclair	26 Feb 12
22.43	Max Evans	12 Feb 23
22.51	Remi Jokosenumi	25 Feb 18
22.57	Andrew Watkins	24 Feb 02
22.58	George Sudderick	25 Feb 18
22.58	Dean Patterson	23 Feb 20
22.62	Jaleel Roper	26 Feb 17
22.74	Julian Thomas	24 Feb 01

**300 Metres**

34.81	Amir Sultan-Edwards	14 Jul 18
35.12	George Sudderick	14 Jul 18
35.21	Joseph Massimo	12 Jul 14
35.29	Zico Jones	11 Jul 21
35.31	Mario Dobrescu	31 May 18
35.36	Farrell Fabusiwa	26 Aug 23
35.41	Ben Pattison	27 Aug 16
35.44	Tobenna Okoro	30 Jun 23
35.58	Chenna Okoh Mason	31 Aug 14
35.59	Gabriel Oguagwu	28 Jul 24
35.69	Tom Evans	11 Jul 15
35.70	Joe Milton	6 Jul 13
35.73	Simon Bordewich	28 Jul 24
35.74	Matthew Pagan	19 Aug 12
35.78	Lino Goodwin	28 Jul 24
35.84	Evan Blackman	13 Sep 16
35.85	Owin Sinclair	19 Aug 12
35.91	William Andoh	9 Jul 16

**during 400m**

35.7 +	Richard Davenport	23 Aug 00
--------	-------------------	-----------

**Hand timing**

35.8	Ewan Blackman	13 Sep 16
------	---------------	-----------

**300 Metres Short Track**

36.35	George Sudderick	24 Feb 18
36.56	Chennah Okoh	1 Mar 14
36.64	Fabian Powell	23 Feb 20
36.85	Mubarrak Salih	1 Jan 20



36.87	Owen Richardson	23 Feb 13	2:00.90	Alistair Street	18 Feb 23
36.99	Sam Steadman	11 Feb 24	2:01.27	Oscar Logan	7 Feb 19
37.06	Joseph Massimo	1 Mar 14	2:01.31	Calum Dick	31 Jan 23
37.24	Thomas Niewczasinski	12 Feb 12	2:01.37	Michael Cole	29 Feb 04
37.32	Josh Platt	7 Mar 10	2:01.40	Nathan Woodward	29 Feb 04
37.40	Edward Sheffield	13 Feb 16	10		
<b>400 Metres</b>			<b>1000 Metres</b>		
48.86	Clovis Asong	11 Jul 09	2:35.4	Alex Felce	25 Jul 01
49.41	Mario Dobrescu	23 Jul 18	<b>1500 Metres</b>		
49.74	Richard Davenport	23 Aug 00	3:53.70+	Angus Wilkinson	26 Aug 23
49.79	Daniel Gray	2 Jul 11	3:55.25		28 Jul 23
49.96	Craig Erskine	18 Jul 98	3:54.36	Evan Grime	5 Jun 23
49.97	David McKenzie	23 Jun 85	3:58.02	Alistair Street	1 Sep 23
49.97	Stanley Livingstone	21 Aug 11	3:59.20	Ben Greenwood	21 Jun 13
49.98	Ryan Preddy	11 Jul 98	4:00.13	Jack Crabtree	27 Jul 11
49.99	Aaron Pitt	22 Aug 10	4:00.20	Ethan Hussey	19 Aug 17
50.05	Will Grist	12 Jul 08	4:00.29	Calum Dick	23 Jun 23
<b>hand timing</b>			4:00.53	Joseph Scanes	12 Sep 23
49.0	Alex Kiwomya	27 Jun 10	4:01.0	Luke Carroll	9 Sep 08
49.8	Mark Tyler	25 Aug 82	4:01.62	Ewan Withnall	7 Aug 24
49.9	David McKenzie	11 Aug 85	4:02.45	Alex Lennon	20 Jul 22
50.0	Simon Heaton	7 Jul 79	4:02.97	Freddie Rowe	16 Aug 23
<b>400 Metres Short Track</b>			4:03.0	Glen Stewart	28 Aug 85
50.72	Ryan Preddy	21 Feb 98	4:03.0	Scott West	28 Aug 90
51.01	Aaron Pitt	28 Feb 10	4:03.05	Henry Dover	29 Aug 20
51.36	Ben Robbins	27 Feb 11	4:03.29	Canaan Solomon	26 Jun 13
51.38	Craig Glanville	24 Feb 01	<b>1500 Metres Short Track</b>		
51.8	Cephas Howard	8 Dec 90	4:05.51	Angus Wilkinson	1 Feb 23
51.95	Stanley Livingstone	27 Feb 11	4:05.58	Calum Dick	1 Feb 23
52.23	Paul Twidale	24 Feb 01	4:09.29	Mohamed Sharif Ali	15 Feb 17
52.24	Gerwyn Morgan	25 Feb 07	4:12.08	Connor Bell	5 Feb 20
52.32	Thomas Benstead	25 Feb 07	4:12.33	Adam Scott	6 Feb 14
52.39	Daniel Petros	6 Feb 99	4:13.51	Jamie Dee	4 Mar 12
<b>600 Metres</b>			4:14.81	Alistair Street	21 Jan 23
1:23.6	Chris Davies	26 Jul 00	4:15.61	Elliott Hardee	3 Feb 08
<b>800 Metres</b>			4:16.18	Patrick Monaghan	3 Feb 08
1:53.1	Max Burgin	25 Jul 16	4:16.92	Jake Heyward	27 Jan 13
1:54.08	Evan Grime	13 Jun 23	<b>1 Mile</b>		
1:54.52	Ben Pattison	2 May 16	4:11.20	Angus Wilkinson	26 Aug 23
1:54.72	Jordon West	23 Jul 03	<b>2000 Metres</b>		
1:55.36	Oliver Carvell	26 Jul 16	5:45.8	Richard Slater	16 Jun 74
1:55.56	Michael Rimmer	25 Jul 00	<b>3000 Metres</b>		
1:55.56	Ewan Withnall	17 Jul 24	8:35.47	Angus Wilkinson	29 Aug 23
1:55.69	Luke Carroll	2 Aug 08	8:38.88	Freddie Rowe	6 Sep 23
1:55.70	Angus Wilkinson	2 Jun 23	8:44.61	Mohamed Sharif Ali	22 Jul 17
1:55.8	Markhim Lonsdale	3 Jun 13	8:46.24	Jack Crabtree	24 Aug 11
1:55.88	Alden Collier	4 Aug 21	8:47.0	Ben Mabon	16 Jul 85
1:55.89	Rikki Letch	27 Jun 07	8:47.48	Mohammed Farah	5 Jul 97
1:55.98	Jordan Bransberg	29 Jul 09	8:48.7	Archie Lane	15 Jul 23
1:56.00	Findlay McLaren	30 Jun 23	8:48.8	Dale Smith	14 Aug 85
1:56.04	Daniel Joyce	27 Aug 17	8:49.06	Robert Price	28 Aug 21
1:56.1	Craig Winrow	12 Jul 86	8:49.59	Tommy Dawson	26 Jun 17
<b>800 Metres Short Track</b>			8:49.91	Myles Fraser	6 Sep 22
1:59.05	Richard Dowse	20 Feb 99	8:50.1	Benjamin Peck	12 Sep 20
1:59.65	Ben Greenwood	23 Feb 13	8:50.43	Matthew Drummond Clark	6 Sep 22
2:00.19	Markhim Lonsdale	23 Feb 13	8:51.04	Alden Collier	8 Sep 21
2:00.33	Murray Fotheringham	26 Mar 17	8:51.1	Mark Slowikowski	4 Jun 80
2:00.52	Josh Kerr	9 Feb 12			

<b>60 Metres Hurdles (84cm)</b>			4.31	Richard Smith	28 Aug 95
8.20	Daniel Davis	24 Feb 02	4.30	Neil Winter	2 Jul 88
8.23	Jaiden Dean	23 Feb 20	4.30	Christian Linskey	18 Jun 94
8.25	Joseph Harding	12 Mar 17	4.20	Tony Hillier	18 Sep 05
8.28	Richard Alexis-Smith	25 Feb 01	4.20	Adam Hague	11 Sep 11
8.29	Max Price	9 Feb 13	4.18	Ian Lewis	24 May 83
8.30	Matthew Clements	23 Feb 92	4.15 i	William Trott	10 Sep 19
8.38	Chris Musa	25 Feb 01	4.08	Max Merriman	15 Sep 24 10
8.39	James McLean	16 Jan 05	4.02 i	Tom Gibson	10 Mar 07
8.41	Hans Nmaju	18 Mar 23	4.01	Lazarus Benjamin	25 Aug 18
8.42	Max Roe	8 Feb 20 10	4.00	Jimmy Lewis	9 Sep 79
8.42	Aidan Angilletta	11 Feb 24	4.00	Andrew Marsh	4 Sep 04
<b>80 Metres Hurdles (84cm)</b>			3.97	Joshua High	26 Jul 24
10.50	Joseph Harding	8 Jul 17	3.95 i	Mark Mellor	1 Sep 16
10.71	Matthew Clements	15 Aug 92	3.91	Glen Quayle	27 Aug 16
10.75	Daniel Davis	13 Jul 02	3.91	Dan Dearden	30 Sep 18
10.81	Adeyinka Adeniran	31 Aug 14	<b>Long Jump</b>		
10.82	Richard Alexis-Smith	12 Aug 01	7.03	Feron Sayers	19 Sep 09
10.87	Daniel Maynard	11 Aug 02	6.93	Rowan Powell	17 Aug 13
10.90	Freddie Clemons	13 Jul 19	6.90	Mario Dobrescu	1 Jul 18
10.91	James McLean	14 Aug 05	6.88	Patrick Sylla	14 Apr 13
10.91	Freddie Fraser	26 Aug 18	6.81	Dominic Ogbechie	5 Jun 16
10.95	Chris Musa	7 Jul 01 10	6.79	Oni Onuorah	17 Sep 88
10.95	Onatade Ojora	11 Jul 14	6.78	Brandon McCarthy	7 Jul 13
10.98	Max Price	1 Sep 13	6.77	Barry Nevison	30 Aug 81
10.98	Daniel Knight	28 Aug 16	6.76	Joseph Harding	13 May 17
10.99	Edward Dunford	14 Aug 99	6.76	Jerel Livingston	13 Jul 18 10
10.99	Sam Bennett	10 Jul 15	6.74	Kevin Hibbins	17 Jun 95
<b>wind assisted</b>			6.71	Mark Awanah	17 Aug 97
10.68	Richard Alexis-Smith	12 Aug 01	6.69	Luke Thomas	14 Jun 03
10.73	Chris Musa	7 Jul 01	6.68	Onew Eyong	9 Jul 99
10.84	Freddie Fraser	14 Jul 18	6.67	Gary Wilson	27 Aug 00
10.88	James McLean	28 Aug 05	<b>wind assisted</b>		
<b>100 Metres Hurdles (91cm)</b>			7.12	Oni Onuorah	17 Sep 88
13.3	Matthew Clements	23 Aug 92	6.89	James Dunford	30 Jul 00
<b>400 Metres Hurdles (76.2cm)</b>			6.87	Joseph Harding	16 Sep 17
56.59	Stanley Livingstone	26 May 11	6.84	Dominic Ogbechie	27 Aug 16
<b>High Jump</b>			<b>downhill</b>		
2.04	Ross Hepburn	22 Aug 76	6.77	Eric Wood	25 Aug 58
2.01	Ken McKeown	10 Aug 96	<b>Triple Jump</b>		
2.00	Samuel Brereton	17 Jun 17	14.26	Jomiloju Hughes	12 Jul 24
1.99	David Bazuaye	1 Sep 18	14.11	Nathan Fox	14 Aug 05
1.97	Andrew Lynch	29 Aug 88	13.89	Melchisedec Berkoh-Gyamfi	30 Jul 23
1.97	Wayne Gray	3 Sep 95	13.86	Jamie Quarry	10 Jul 87
1.97	Richard Byers	4 Sep 05	13.79	Paul Dundas	11 Jun 88
1.97	Miles Keller-Jenkins	17 Jun 12	13.77	Eugene Hechevarria	16 Sep 78
1.96	Chuka Enih-Snell	29 Aug 98	13.71	Larry Achike	10 Jun 89
1.96	Dominic Ogbechie	28 Aug 16 10	note resident but not British citizen at this time		
1.96	Luke Ball	15 Sep 19	13.69	Vernon Samuels	25 Aug 79
1.96	Murray Taylor	31 Aug 24	13.67	Dwyte Smith	6 Aug 06
1.95	Mark Lakey	14 Sep 80	13.67	Rahman Odugbayi	27 Aug 23 10
1.95	Mark Bidwell	26 Sep 99	13.64	Jimi Tele	11 Jul 08
1.95	Feron Sayers	20 Jun 09	13.63	Miraj Ahmed	28 Aug 16
1.95	Joshua Akintolu	27 May 24	13.61	Patrick Sylla	26 May 13
1.94	Brian Hall	16 Aug 97	13.60	Steven Anderson	9 Jun 79
<b>Pole Vault</b>			13.60	Steve Folkard	11 Jul 80
4.33	Charlie Platt	28 Aug 23	13.59	Kevin Metzger	19 Aug 12
4.32	Frankie Johnson	21 Jun 15			

<b>wind assisted</b>			63.16	Tony Kenneally	29 May 78
13.92	Eugene Hechevarria	7 Jul 78	62.97	Rafal Morawski	30 Aug 10
13.87	Vernon Samuels	20 Sep 79	<b>Javelin (700g)</b>		
13.83	Chris Tomlinson	12 Jul 96	61.81	Matti Mortimore	8 Sep 07
13.73	Donovan Fraser	6 Jul 79	<b>Javelin (600g 1999 Model)</b>		
<b>Shot (5kg)</b>			70.66	Benjamin East	16 Sep 18
16.62	Michael Wheeler	29 Jul 06	65.87	Oliver Bradfield	12 Jun 10
<b>Shot (4kg)</b>			65.16	Max Law	24 Sep 16
19.71	Curtis Griffith-Parker	28 Aug 05	64.74	Thomas Peters	21 Aug 10
19.28	Michael Wheeler	3 Sep 06	63.87	Tom Rutter	12 Sep 21
18.71	Chris Ellis	14 Jun 80	63.68	Matti Mortimore	26 Aug 07
18.45	Lawson Capes	23 Sep 23	61.25	Bradley James	14 Jul 18
18.03	Anthony Oshodi	5 Aug 06	60.38	Matthew Blandford	21 Aug 10
18.02	Jay Thomas	24 Aug 03	59.97	Harry Hughes	13 May 12
18.01	Kai Jones	21 Aug 11	59.97	Liam Cawley	14 Sep 19 10
17.36	Mathew Evans	16 Aug 03	59.23	James Whiteaker	17 Jul 13
16.86	Reece Thomas	9 Sep 06	58.91	Travis Harfield	31 Jul 21
16.59	William Adeyeye	19 Sep 15 10	58.36	George Davies	14 Jul 12
16.54	Geoff Hodgson	7 Jul 72	58.27	Mark Lindsay	30 Aug 99
16.50	Carl Siggers	14 Jul 98	58.09	Pedro Gleadall	27 Aug 16
16.47	Joshua Newman	10 Aug 08	<b>Javelin (600g pre 1999 Model)</b>		
16.45	Harry Beard	27 Aug 23	62.70	Paul Godwin	21 May 89
16.40	Shane Birch	11 Sep 02	60.56	David Messom	6 Jul 79
<b>Discus (1.5kg)</b>			60.56	Clifton Green	3 Jul 94
51.55	Curtis Griffith-Parker	14 Aug 05	<b>Decathlon (Under 15 implements)</b>		
<b>Discus (1.25kg)</b>			5341	Jamie Quarry	28 Jun 87
55.39	Curtis Griffith-Parker	13 Aug 05	<b>Octathlon (Under 15 implements)</b>		
53.26	Chu Ononogbu	26 Jul 24	4451	Oliver Downs	6 Aug 23
53.08	Emeka Udechuku	5 Sep 93	4420	Tristan Lamprecht	18 Aug 24
52.75	Moyo Stumpenhusen	10 Sep 23	4407	Joe Stone	29 Aug 21
52.43	Sam Herrington	1 Sep 01	4402	Sammy Ball	4 Aug 19
52.24	Alfie Scopes	15 Jun 14	4364	Joel McFarlane	9 Aug 15
51.86	Lawson Capes	13 Aug 23	<b>Pentathlon (80H,SP,LJ,HJ,800)</b>		
50.85	Shane Birch	12 Jul 02	3403	Edward Dunford	22 Aug 99
50.80	Paul Mardle	3 Sep 77	3356	Sammy Ball	21 Sep 19
50.50	James Tomlinson	27 Sep 14 10	3298	Reuben Esien	15 Sep 12
50.48	Anthony Oshodi	26 Aug 06	3297	David Guest	23 Sep 06
50.46	Teddy Gannon	12 Sep 20	3293	Gregor Simey	9 Aug 03
50.32	Chris Symonds	23 Jul 85	3290	Finn O'Neill	27 Sep 20
50.24	Liam Biddlecombe	16 Sep 07	3281	Andrae Davis	16 Sep 00
50.11	Matthew Williams	10 Sep 11	3272	Chris Dack	20 Sep 97
50.04	Keith Homer	11 Jul 80	3271	Daniel Brown	16 Sep 23
<b>Hammer (5kg)</b>			3269	Samuel Wright	18 Sep 21 10
60.10	Andrew Tolputt	5 Sep 82	3260	Joseph Connolly	19 Sep 15
<b>Hammer (4kg)</b>			3258	Joseph Harding	16 Sep 17
70.78	Andrew Tolputt	9 Jul 82	3253	Harry Sutherland	15 Sep 12
68.15	Jake Norris	14 Sep 13	3243	Jake Minshull	21 Sep 19
67.24	Peter Vivian	22 Sep 85	3208	Dominic Ogbechie	17 Sep 16
66.48	Ashley Gilder	5 Sep 09	<b>(100,SP,LJ,HJ,800)</b>		
65.42	Matthew Sutton	29 Sep 96	3199	Onochie Onuorah	17 Sep 88
64.77	Ciaran Wright	27 Aug 11	<b>Pentathlon Short Track (60H,LJ,SP,HJ,800)</b>		
64.70	Matt Lambley	3 Jul 02	3176	Samuel Ball	10 Mar 19
64.66	George Marvell	17 Aug 13	3149	Finn O'Neill	18 Jan 20
64.28	Jason Byrne	22 Sep 85	3132	Joseph Harding	12 Mar 17
64.16	Andrew Jordon	8 Jul 06 10	3104	Reuben Esien	4 Mar 12
63.68	Paul Binley	29 Sep 85	3104	Reuben Esien	4 Mar 12
63.60	Richard Fedder	26 Aug 79	3087	David Guest	7 Jan 06
63.57	Michael Painter	15 Aug 09	3081	Matthew Dalton	26 Jan 13

3054	Max Price	3 Mar 13	1:36.0	Bexley AC	16 Sep 18
3029	Theo Adesina	13 Mar 16		H.Baldock, R.Ahmed, Adah-Jahs, M.Kinsambwe	
2957	Harry Sutherland	4 Mar 12			
2953	Dante Clarke	15 Mar 20			
<b>Pentathlon Short Track (60H,LJ,200,SP,800)</b>					
3198	Max Price	1 Dec 12			
<b>Pentathlon Indoor (60H,HJ,LJ,SP,60)</b>					
3053	Joe Halpin	22 Mar 15			
<b>3000 Metres Track Walk</b>					
12:44.64	Lloyd Finch	24 May 98			
13:19.57	Philip King	29 May 89			
13:35.0	Russell Hutchings	7 Sep 85			
13:45.0	John Murphy	14 May 95			
13:45.05	Cameron Corbishley	21 Aug 11			
13:51.0	Robert Mecham	12 May 92			
13:57.06	James Davis	29 Aug 99			
13:58.0	Jon Vincent	7 Sep 85			
14:03.0	Neil Simpson	1 Apr 89			
14:03.5	Nathan Kavanagh	20 Sep 81	10		
<b>3k Road - where superior to track time</b>					
13:20	Jonathan Deakin	18 Sep 88			
13:29	Robert Mecham	20 Apr 92			
13:32	Russell Hutchings	10 Nov 84			
13:34	Nick Ball	30 Jun 02			
13:39	Neil Simpson	6 May 89			
<b>3000 Metres Walk Short Track</b>					
13:21.22	Lloyd Finch	22 Feb 98			
<b>5000 Metres Track Walk</b>					
22:54.0	Lloyd Finch	15 Jul 98			
<b>4 x 100 Metres Relay</b>					
43.46	London Schools	8 Jul 16			
	K.Reynolds-Warmington, C.Mbatika, J.Roper, I.Olusanya (order?)				
43.51	Surrey Schools	9 Jul 05			
43.51	London Schools	9 Jul 16			
	team as above				
43.63	Essex Schools	14 Jul 18			
43.78	Middlesex Schools	14 Jul 18			
43.85	Essex Schools	11 Jul 15			
43.87	Hertfordshire Schools	5 Jul 13			
	..., K.Oludoyi				
43.91	Essex Schools	11 Jul 15			
44.01	Surrey Schools	8 Jul 17			
44.02	Middlesex Schools	13 Jul 19			
44.03	London Schools	11 Jul 15			
44.05	London Schools	2 Jul 11			
44.06	Shaftesbury Barnet H	22 Jul 18			
	C.Onuora, R.Jokosenumi, N.Savva, K.Owusu				
<b>4 x 200 Metres Relay</b>					
1:34.7	Bexley AC	22 Sep 19			
	R.Ahmed, D.Goriola, J.Gordon, J.Adeogun				
1:35.6	Cambridge Harriers	22 Sep 19			
	D.Lingard, Fernandez-Folkes, M.Salih, D.Legister				
<b>4 x 300 Metres Relay</b>					
2:33.4	Sale Harriers	18 Jun 17			
	B.Morgan, T.Allen, A.Fobil, S.Worthington				
2:33.42	Blackheath & Bromley	15 Jul 17			
	H.Whichello, Sultan-Edwards, A.Afolabi, K.Morgan				
2:33.5	Blackheath & Bromley	18 Sep 16			
	P.Guy, J.Gbagbo, R.Suckling, T.Mills				
2:33.72	Hallamshire Harriers	17 Jun 18			
	L.Davis, N.Dyas, E.Lawal, J.Vernon				
2:34.01	Blackheath & Bromley	25 Aug 24			
	K.Farrell, T.Vallins, J.Adegbola, A.D'Cruz				
2:34.26	Blackheath & Bromley	2 Sep 17			
	K.Morgan, H.Whichello, A.Afolabi, O.Briars				
2:34.65	Hercules Wimbledon AC	4 Sep 22			
	J.Blake, C.Cammock, J.Sarkodee, E.Turbin				
2:34.72	Team Dorset	25 Aug 24			
	R.Brookes, W.Blackmore, E.Trickey, V.Asom				
2:34.78	Edinburgh AC	2 Sep 12			
	S.Marcantonio, J.Kerr, J.Roulstone, A.Wilson				
2:34.87	Southampton AC	15 Jul 17	10		
	J.McDonald, C.Gregson, R.Woodman, F.Ryves				
2:35.0	Reading AC	21 Jul 18			
	S.Ball, M.Kirk, R.Henry-Daire, J.Frew				
2:35.09	Tonbridge AC	25 Aug 24			
	L.Bowen, H.Wrigley, S.Foster, S.Reynolds				
<b>4 x 400 Metres Relay</b>					
3:31.6	Shaftesbury Barnet H	26 Jul 88			
	P.Mitchell, L.Scott, N.Gillingham, B.White				
3:35.1	Derby & County AC	12 May 91			
3:35.4	Exeter Harriers	21 Jul 91			
3:36.3	Blackheath Harriers	8 Jun 86			
3:37.3	Leeds City AC	29 Jun 86			
3:37.7	Gloucester AC	26 Jun 98			
3:37.9	Clydebank AC	29 Aug 87			
	M.Docherty, N.Frier, P.McLachlan, D.Hill				
3:37.9	Medway AC	8 Sep 91			
	J.Ryan, A.Peters, L.Newby, M.Cameron				
3:38.0	Middlesbrough & CAC	29 Aug 87			
3:38.0	Liverpool Pembroke & Sefton H & AC	20 May 01			
<b>3 x 800 Metres Relay</b>					
6:21.99	Giffnock North AAC	15 Jun 08			
	J.Walker, G.Muir, M.Lott				
6:23.7	Basildon AC	7 Sep 88			
	M.Lammin, I.Branks, C.Tisbury				
6:23.95	Giffnock North AAC	14 Apr 18			
	H.Paterson, T.O'Brien, J.Luc				
<b>4 x 800 Metres Relay</b>					
8:16.8	Shaftesbury Harriers	14 Sep 88			
	B.White, L.Scott, N.Gillingham, P.Mitchell				
8:19.5	Bournemouth AC	16 Sep 81			
	R.Christopher, M.Doble, R.Simmons, M.Adlem				

## UNDER 13

<b>60 Metres</b>			42.1	Gerwyn Morgan	7 Aug 05
7.52	Jaleel Roper	14 Feb 15	<b>400 Metres</b>		
7.59	William Andoh	16 Feb 14	55.1	Cephas Howard	2 Jul 89
7.60	Jayden Twum	29 Aug 22	56.5	Craig Erskine	22 Sep 96
7.67	Ricardo Sutherland	6 Jan 18	56.5	Matthew Lumm	1 Jul 03
7.68	Trey Lindsay	9 Mar 24	<b>800 Metres</b>		
<b>100 Metres</b>			2:04.1	Ben Mabon	8 Jul 83
11.57	Tristan Suberu	30 Sep 23	2:04.53	Jack Baranowski	6 Aug 23
11.63	Jaleel Roper	2 Sep 15	2:05.4	Eric Kimani	28 Jul 79
11.68	Jahmar Williams	29 Aug 22	2:06.35	Jaden Kennedy	10 Aug 16
11.71	Owin Sinclair	1 Aug 10	2:06.76	Aiden Collier	4 Sep 19
11.75	Divine Iheme	17 Sep 22	2:07.48	Ben Pattison	16 Jul 14
11.75	Trey Lindsay	12 May 24	2:07.74	Sidnie Ward	15 Jul 15
11.84	Emmanuel Famokun	14 Sep 24	2:07.89	Calum Dick	8 Sep 21
11.86	Chris Julien	3 Sep 00	2:08.09	Finn O'Neill	14 Jul 18
11.86	James Beecroft	12 Sep 20	2:08.96	Joseph Scanes	13 Aug 21 10
11.89	Kareem Jerome	9 Aug 15 10	<b>800 Metres Short Track</b>		
11.90	Piers Spencer-Simms	25 May 23	2:14.14	Thomas Thake	27 Mar 22
11.91	Nathanael Thomas	2 Sep 12	<b>1500 Metres</b>		
<b>wind assisted</b>			4:17.7	Jack Baranowski	15 Jul 23
11.70	James Beecroft	29 Aug 20	4:18.4	Eric Kimani	26 Sep 79
11.76	Piers Spencer-Simms	24 Apr 23	4:19.03	Aiden Collier	21 Aug 19
11.79	Rhys Ofori	15 Aug 18	4:20.5	Ben Mabon	18 Jun 83
11.79	Lawrence Foster	29 Jul 23	4:20.62	Rowan Fuss	26 Aug 15
11.83	Jayden Twum	29 Aug 22	4:21.61	Jaden Kennedy	3 Aug 16
11.84	Ossari Acquah	29 Aug 18	4:22.01	Fred Jones	6 Jul 22
<b>hand timing</b>			4:22.3	David Gerard	12 Aug 81
11.6	Owin Sinclair	12 Jun 10	4:22.73	Thomas Thake	10 Sep 22
11.6	William Andoh	17 Jun 14	4:22.74	Rory Howorth	27 Aug 14 10
11.6	Jaleel Roper	16 Jun 15	<b>1500 Metres Short Track</b>		
11.7	Kareem Jerome	2 Aug 15	4:39.09	Rowan Fuss	18 Feb 15
<b>200 Metres</b>			<b>3000 Metres</b>		
23.35	Jaleel Roper	2 Sep 15	9:31.4	Ben Mabon	24 Jul 83
23.50	Divine Iheme	17 Sep 22	9:41.4	Mark Slowikowski	21 May 78
23.60	Nathanael Thomas	2 Sep 12	9:47.99	Robert Pickering	25 Jun 00
23.63	Tristan Suberu	10 Jul 23	9:49.5	John Tilley	9 Jul 86
23.83	Trey Lindsay	23 Jun 24	9:50.45	Adam Hickey	30 Aug 00
23.92	Owin Sinclair	30 Aug 10	<b>60 Metres Hurdles (76.2cm)</b>		
24.06	Al-Ameen Salaam	3 Jul 19	9.41	Thierry Kerr	9 Dec 23
24.07	Peter Ogbonmwan	18 Aug 19	9.42	Reuben Nairne	8 Feb 15
24.16	Jona Efoloko	2 Sep 12	9.49	Daniel Niewczasinski-K	25 Mar 23
24.29	Charles Hagan	27 Jul 14 10	<b>75 Metres Hurdles (76.2cm)</b>		
<b>wind assisted</b>			11.15	Reggie Lucas-Merry	17 Jun 18
24.02	James Beecroft	12 Sep 20	11.43	Karl Johnson	28 Jul 13
24.28	Chris Julien	3 Sep 00	11.48	Samuel Ball	29 Jul 17
<b>hand timing</b>			11.5	Stanley Livingstone	13 Sep 09
23.4	Owin Sinclair	13 May 10	11.66		26 Jul 09
24.0	Stephen Buttler	26 Jul 87	11.5	Jaiden Dean	16 Sep 18
24.0	Alex Kiwomya	25 Aug 08	11.5	Daniel Niewczasinski-Kirkland	8 Jul 23
24.1	Tristan Anthony	30 Jul 95	11.65		24 Jun 23
24.2	Kareem Jerome	2 Aug 15	11.51	Al-Ameen Salaam	29 Sep 19
24.2	Remi Jokosenumi	18 Sep 16	11.6	James McLean	14 Jun 03
<b>200 Metres Short Track</b>			11.6	Max Roe	16 Sep 18
24.69	Jaleel Roper	25 Jan 15	11.65	William Adeyeye	29 Sep 13 10
<b>300 Metres</b>			<b>wind assisted</b>		
41.8	Dominic Jones	5 Jul 97	11.42	Karl Johnson	8 Jun 13
42.0	Theseus Ricketts	21 Jul 13			

11.45	Daniel Niewczasinski-Kirkland	29 Jul 23	13.92	Harry Sutherland	4 Sep 10
11.54	Kai Rogan	18 Sep 22	13.56	Reece Thomas	11 Sep 04
<b>80 Metres Hurdles (76.2cm)</b>			<b>Shot (3kg)</b>		
11.9	Matthew Clements	27 Aug 90	15.83	Logan Cowling	11 Aug 24
12.1	Sean Ashton	27 May 98	15.05	Lawson Capes	25 Sep 21
12.4	Jon Crawshaw	14 Aug 94	14.52	Kendrick Onolememen	14 Sep 24
<b>80 Metres Hurdles (84cm)</b>			14.00	Sebastian Seldon	3 Jul 23
12.92	Sam Allen	18 Aug 91	13.44	Travis Scottow	12 Aug 18
<b>hand timing</b>			<b>Discus (1.25kg)</b>		
12.4	Stanley Livingstone	12 Sep 09	36.98	Sam Herrington	5 Sep 99
12.6	James Dunford	27 Sep 98	<b>Discus (1kg)</b>		
<b>High Jump</b>			48.60	Logan Cowling	28 Sep 24
1.73	Max Price	14 Aug 11	42.94	Luke Bowen-Price	31 Jul 12
1.70	Adrian Pettigrew	22 Jun 99	42.50	Sam Herrington	12 Sep 99
1.69	Patrick O'Connor	7 Sep 08	42.46	Tobi Adeniran	16 Aug 24
1.68	Sam Allen	22 Sep 91	42.38	Ben Barnes	1 Sep 91
1.68	James Dunford	29 Sep 98	41.49	Archie Oates	29 Jul 23
1.67	Glen Carpenter	3 Jul 83	40.18	Alfred Mawdsley	25 Aug 13
1.67	Jamie Dalton	28 Jun 92	38.92	Chris Hughes	28 Jul 91
1.67	Alex Cox	17 Sep 06	38.58	Carl Saggars	15 Sep 96
1.67	Adam Robinson	11 Sep 16	38.44	Travis Scottow	16 Sep 18
1.67	Kehinde Ashaolu	5 Jul 17	38.39	Harry Sutherland	4 Sep 10
1.67	Travis Scottow	12 Jul 18	38.30	Liam Walsh	13 Aug 94
1.67	Eli Adams	17 Sep 22	<b>Hammer (4kg)</b>		
<b>Pole Vault</b>			41.64	Michael Painter	24 Jun 07
3.40	Neil Winter	27 Jul 86	<b>Hammer (3.25kg)</b>		
3.20	Ian Lewis	8 Sep 81	48.18	Kieran Phillips	20 Sep 09
3.10	Charlie Platt	7 Sep 21	46.52	Sam Foster	7 Sep 06
3.01	Frankie Johnson	4 Aug 13	45.60	Ciaran Wright	8 Sep 09
3.01 i	Jack Harris	29 Sep 13	44.86	Michael Painter	5 Aug 07
<b>Long Jump</b>			44.38	Ross Thompson	4 Sep 94
5.95	Tristan Suberu	30 Sep 13	<b>Javelin (600g 1999 Model)</b>		
5.90	Dante Clarke	25 Aug 18	47.86	Oliver Bradfield	28 Sep 08
5.86	Owin Sinclair	13 May 10	<b>Javelin (400g)</b>		
5.82	William Adeyeye	29 Sep 13	57.55	Oliver Bradfield	17 Aug 08
5.80	Joseph Harding	23 May 15	51.19	Tom Rutter	7 Jul 19
5.76	Bronson Hearn-Smith	14 Aug 22	50.35	Benjamin East	24 Sep 16
5.72	Samuel Ball	28 Aug 17	49.84	Max Law	14 Sep 14
5.71	Kieran Showler-Davis	25 Jul 04	49.73	Travis Harfield	21 Sep 19
5.65	Sam Allen	14 Sep 91	48.59	Joshua Roberts	29 Sep 18
5.65	Deji Ogunnowo/Tobais	1 Aug 04	48.28	Archie Goodliff	18 Jul 15
<b>wind assisted</b>			48.16	Thomas Peters	23 Aug 08
5.88	Ian Tobin	4 Aug 02	46.20	Jonah McCafferty	26 Sep 15
5.76	Seamas Cassidy	5 Sep 99	46.03	Blaine Lynch	24 Jul 18
5.74	Edward Dunford	21 Sep 97	45.22	Matthew Blandford	28 Sep 08
<b>Triple Jump</b>			<b>U15 Pentathlon (80H,SP,LJ,HJ,800)</b>		
12.57	Rigsby Agoreyo	9 Aug 69	2444	James Dunford	27 Sep 98
11.78	Edward Dunford	27 Sep 97	<b>with 100 metres</b>		
11.75	Alain Kacon	15 Sep 01	2390	Sam Allen	22 Sep 91
<b>Shot (4kg)</b>			<b>Pentathlon (75H,SP,LJ,HJ,800)</b>		
12.65	Matthew Evans	12 Aug 01	2562	Edward Dunford	28 Sep 97
<b>Shot (3.25kg)</b>			2534	Finn O'Neill	25 Aug 18
14.64	Sebastian Dickens	10 Sep 14	2463	James Dunford	2 Aug 98
14.48	Luke Bowen-Price	26 Jun 12	2380	William Adeyeye	26 Aug 13
14.47	Matthew Evans	22 Jul 01	2362	Al-Ameen Salaam	29 Sep 19
14.22	Khahul Njoya	9 Sep 06	<b>Pentathlon (60H,SP,LJ,HJ,800) Short Track</b>		
13.94	Michael Wheeler	21 Aug 04	1945	Jake Minshull	26 Mar 17
13.93	Jack Halpin	11 Sep 16	1895	Karl Johnson	31 Mar 13

1862	Scott Connal	19 Feb 12
2197	David Guest ???	25 Sep 04

**2000 Metres Track Walk**

9:40.0	Luke Finch	12 Nov 97
9:40.3	Thomas Taylor	19 Jun 93
9:51.0	Lloyd Finch	11 Aug 96
9:57.0	Jamie Nunn	7 Feb 88
9:57.2	Michael Silvester	9 May 05
10:06.0	Grant Ringshaw	23 Jul 78

**2k Road - where superior to track time**

9:16	Lloyd Finch	28 Sep 96
9:38	Luke Finch	12 Sep 98
9:52	Matthew Halliday	6 Mar 04
9:55 hc	Nick Ball	5 Sep 00
9:56	Grant Ringshaw	27 Oct 79

**3000 Metres Track Walk**

15:02.62	Lloyd Finch	21 Sep 96
15:15.5	Robert Mecham	25 Jul 89

**3k Road - where superior to track time**

14:44	Martin Young	22 Sep 84
-------	--------------	-----------

**4 x 100 Metres Relay**

48.70	N'ham & Essex Beagles	22 Jul 18
49.68	Croydon Harriers	22 Jul 18
	H.Thomas, I.Akintola, J.Richards, F.Labinjo	
49.70	Surrey AA	26 Jul 15
	J.Roper, T.Inniss, M.Ayoola, A.Gbeye	
49.8	N'ham & Essex Beagles	29 Jun 18
49.81	Team Hounslow AC	24 Jul 15
	Edwards-Lane, J.Awuah, J.Wilson, E.Imarayiosa	
49.83	Middlesex AA	31 Jul 11
49.85	Essex AA	29 Jul 23
49.9	Essex AA	18 Sep 77
49.90	Enfield & Haringey AC	6 Sep 09
	D.Edwards, D.Anthony, McKinson-English, R.Arthur	
49.91	Shaftesbury Barnet H	22 Jul 18
	S.Ojo, Z.Jones, M.Amadi, J.Merchan-Nicholls	

**4 x 200 Metres Relay**

1:47.1	Hercules Wimbledon AC	12 Jul 15
	M.Ayoola, R.Philpott, N.Pongolati, J.Roper	

**4 x 400 Metres Relay**

3:55.6	South East	18 Sep 77
4:04.5	Blackheath Harriers	12 Sep 93
	N.Daniel, L.Connike, S.Holmes, A.Madar	
4:06.2	Blackheath Harriers	25 Jul 93
	N.Daniel, L.Connike, S.Holmes, A.Madar	
4:06.8	Medway AC	17 Sep 89
	J.Ryan, L.Newby, A.Peters, M.Cameron	

**3 x 800 Metres Relay**

6:59.6	Sale Harriers	15 Jul 84
	L.Buckley, J.Stockdale, G.Murphy	

**4 x 800 Metres Relay**

9:29.8	Sale Harriers	28 Jun 88
9:29.9	Clydebank AC	16 Aug 87
	C.Hodgins, D.Fotheringham, A.Bruce, C.Young	