

Men's 400m Event Booklet Updates

DOMESTIC CHAMPIONSHIPS

AAA/NATIONAL CHAMPIONSHIPS

1999	Jamie Baulch 45.36	Solomon Wariso 45.52	Mark Hylton 45.99
2000	Mark Richardson 45.55	Sean Baldock 45.71	Jamie Baulch 46.07
2001	Mark Richardson 45.79	Iwan Thomas 46.00	Mark Hylton 46.36
2002	Tim Benjamin 45.73	Sean Baldock 45.84	Jared Deacon 45.89
2003	Daniel Caines 45.56	Du'aine Ladejo 45.93	Ian Mackie 46.10
2004	Tim Benjamin 45.58	Daniel Caines 45.88	Sean Baldock 46.24
2005	Tim Benjamin 45.52	Malachi Davis 45.84	Graham Hedman 45.88
2006	Tim Benjamin 46.00	Martyn Rooney 46.20	Robert Tobin 46.35
2007	Andrew Steele 45.70	Martyn Rooney 45.93	Richard Buck 46.28
2008	Martyn Rooney 45.31	Robert Tobin 46.18	Michael Bingham 46.28
2009	Robert Tobin 45.84	Conrad Williams 46.13	Set Osho 46.71
2010	Martyn Rooney 44.99	Michael Bingham 45.67	Conrad Williams 45.76
2011	Martyn Rooney 45.44	Chris Clarke 45.61	David Greene 45.82
2012	Martyn Rooney 45.93	Conrad Williams 45.97	Nigel Levine 46.00
2013	Nigel Levine 45.23	Conrad Williams 45.59	Michael Bingham 45.69
2014	Martyn Rooney 45.78	Conrad Williams 45.88	Michael Bingham 46.32
2015	Rabah Yousif 45.01	Jarryd Dunn 45.24	3= Nigel Levine/Martyn Rooney 45.88
2016	Matthew Hudson-Smith 44.88	Rabah Yousif 45.52	Martyn Rooney 46.01
2017	Matthew Hudson-Smith 44.99	Rabah Yousif 45.82	Cameron Chalmers 46.11
2018	Matthew Hudson-Smith 44.68	Rabah Yousif 45.39	Cameron Chalmers 45.79
2019	Matthew Hudson-Smith 45.15	Cameron Chalmers 45.84	Rabah Yousif 46.32

AGE GROUP CHAMPIONS

U23		U20		U17	
1999	David Naismith 46.95	Adam Buckley 47.71	Russell Nicholls 48.73	Craig Erskine 50.01	
2000	Daniel Caines 46.82	Ian Tinsley 48.19	Richard Davenport 49.74	Simon Toye 48.42	
2001	David Naismith 47.13	Robert Tobin 47.3	Richard Buck 47.71	Kris Robertson 47.08	
2002	Ian Lowthian 49.01	Adam Charlton 48.95	Chris Clarke 49.10	Chris Clarke 49.10	
2003	Allan Stuart 46.72	Adam Charlton 46.88	Jordan McGrath 49.17	Jordan McGrath 49.17	
2004	Robert Tobin 46.27	Rabah Yousif SUD 47.51	Nathan Wake 48.44	Nathan Wake 48.44	
2005	Rabah Yousif SUD 46.69	Martyn Rooney 46.44	Ben Sturgess 48.36	Ben Sturgess 48.36	
2006	Richard Buck 46.77	Grant Baker 46.98	Greg Loudon 48.46	Greg Loudon 48.46	
2007	Rabah Yousif SUD 46.04	Nigel Levine 46.69	Jay Younger 48.49	Jay Younger 48.49	
2008	Ben Higgins 47.68	Chris Clarke 47.08	Clovis Asong 47.13	Clovis Asong 47.13	
2009	Nigel Levine 46.30	Chris Clarke 46.55	Ben Snaith 47.92	Ben Snaith 47.92	
2010	Luke Lennon Ford 47.16	Nathan Wake 47.37	Ben Robbins 48.83	Ben Robbins 48.83	
2011	Nigel Levine 45.85	Jarryd Dunn 47.61	Matthew Pagan 49.20	Matthew Pagan 49.20	
2012	Jarryd Dunn 47.10	George Caddick 47.26	Owen Richardson 48.13	Owen Richardson 48.13	
2013	Dan Putnam 47.16	Ben Snaith 47.14	Ellis Greatrex 48.75	Ellis Greatrex 48.75	
2014	Sadam Koumi SUD 46.52	Elliot Rutter 46.39	Ethan Brown 47.82	Ethan Brown 47.82	
2015	David Hall 47.27	Freddie Owsley 48.56	Max Leslie 49.64	Max Leslie 49.64	
2016	Owen Smith 47.22	Cameron Chalmers 46.88	Mario Dobrescu 48.71	Mario Dobrescu 48.71	
2017	Cameron Chalmers 45.64	Owen Richardson 47.24			
2018	Ben Claridge 47.40	Ben Pattison 47.19			
2019	Cameron Chalmers 46.33	Ethan Brown 46.44			

U15

1999	Daniel Petros 51.7
2000	Richard Davenport 51.4
2001	Craig Granville 51.93
2002	Kris Robertson 52.06
2003	Thomas Duffield 50.91
2004	James Peden 51.56
2005	Matthew Lunn 50.77
2006	Matthew Webster 50.07

CAU Champions

Geoff Dearman M'sex 46.05
Mark Brown Essex 47.49
Neil Jennings NE Cos 47.74
Mark Hylton Berks 46.42
Conrad Williams Kent 47.43
Mark Brown Essex 47.49
Graham Hedman Essex 46.37
Conrad Williams Kent 47.46

2007 Thomas Benstead 51.24
 2008 Farren Morgan 51.53
 2009 Omari Carr-Miller 51.22
 2010 Aaron Pitt 49.99
 2011 Stanley Livingstone 49.97
300m from now on for U15s
 2012 Matthew Pagan 35.74
 2013 Joe Milton 36.29
 2014 Uchenna Okoh 35.58
 2015 Adam Bator-Brown 36.28
 2016 Ben Pattison 35.41
 2017 George Sudderick 35.79
 2018 George Sudderick 35.84
 2019 Bayleigh Lawton 36.13

Graham Hedman Essex 47.05
 Rabah Yousif NE Cos/SUD 47.13
 Conrad Williams Kent 46.01
 Conrad Williams Kent 47.49
 Jamie Bowie N Scot 47.63
 Nigel Levine Beds 46.34
 Richard Buck Yorks 46.75
 Ben Snaith Cambs 47.42
 Nigel Levine Beds 45.84
 Conrad Williams Kent 47.11
 Sadam Koumi SUD 46.14
 Sadam Koumi SUD 46.82
 Sadam Koumi SUD 46.21

INDOORS

1999 Allyn Condon 47.14
 2000 Daniel Caines 46.89
 2001 Daniel Caines 45.75
 2002 Robert Daly IRL 47.58
 2003 Daniel Batman AUS 45.93
 2004 Robert Daly IRL 46.68
 2005 David Gillick IRL 46.45
 2006 Robert Tobin 45.90
 2007 Gary Warburton 48.02
 2008 Richard Buck 46.53
 2009 Richard Buck 46.41
 2010 Richard Buck 47.54
 2011 Nigel Levine 46.76
 2012 Nigel Levine 46.68
 2013 Nigel Levine 46.73
 2014 Nigel Levine 46.82
 2015 Nigel Levine 46.86
 2016 Nigel Levine 48.00
 2017 Jarryd Dunn 46.97
 2018 Lee Thompson 46.23
 2019 Cameron Chalmers 46.26
 2020 James Williams 47.24

Daniel Caines 47.31
 Paul Slythe 47.60
 Mark Hylton 46.24
 Tim Benjamin 47.60
 David McCarthy IRL 46.68
 David McCarthy IRL 47.03
 Dale Garland 47.05
 David McCarthy IRL 46.81
 Steven Green 48.04
 Steven Green 46.93
 Mark Brown 47.32
 Nigel Levine 47.73
 Richard Buck 47.30
 Michael Bingham 47.07
 Richard Strachan 46.95
 Richard Buck 46.88
 Jarryd Dunn 47.05
 Cameron Chalmers 48.05
 Cameron Chalmers 47.31
 Sadam Koumi SUD 46.44
 Owen Smith 46.37
 Joe Brier 47.92

Tim Odell 47.38
 Adrian Patrick 47.90
 Matthew Elias 46.91
 James Chatt 48.67
 Cori Henry/M Hylton 47.20
 Jamie Baulch 47.70
 Rabah Yousif SUD 47.64
 Conrad Williams 47.68
 Brian Doyle 48.28
 Richard Strachan 47.99
 John Kelley 47.63
 Luke Lennon Ford 48.16
 Nick Leavey 47.72
 Richard Buck 47.10
 Michael Bingham 47.04
 Daniel Awde 46.90
 Jamie Bowie 47.18
 Alex Boyce 48.07
 Lee Thompson 47.87
 Jamal Rhoden-Stevens 47.14
 Alex Haydock-Wilson 47.29
 Krishawn Aiken 48.00

U20

1999 Alloy Wilson 48.15
 2000 Sam Ellis 49.1
 2001 Adam Rogers 48.11
 2002 David McCarthy IRE 46.66
 2003 Adam Charlton 48.09
 2004 Philip Taylor 48.47
 2005 Bruce Tasker 48.86
 2006 Bruce Tasker 47.74
 2007 Robert Davis 47.90
 2008 Jordan McGrath 47.67
 2009 Ross McDonald 48.53
 2010 Jack Green 48.01
 2011 Joshua Street 48.11
 2012 Alex Boyce 47.82
 2013 Clovis Asong 47.45
 2014 Elliot Rutter 47.53
 2015 Nick Petrou 47.99
 2016 Cameron Chalmers 48.01
 2017 Owen Richardson 47.61

U17

Michael Snow 50.52
 Craig Erskine 50.24
 Richard Davenport 49.49
 Richard Davenport 48.58
 Ryan Thomas 49.45
 Bruce Tasker 48.85
 Christopher Smith 50.12
 Tom Miller 49.26
 Ross McDonald 48.78
 Thomas Hinton 49.94
 Paul Scanlan 49.17
 Alex Boyce 48.62
 Clovis Asong 48.39
 Dereece O'Callaghan 49.52
 Ben Robbins 48.91
 Ashley Sandall 49.14
 Joe Milton 49.70
 Blaine Lewis-Shallow 49.80
 Ben Higgins 48.99

U15

Craig Glanville 51.38
 Lewis Robson 52.67
 Precious Ojighoro 54.76
 Precious Ojighoro 53.71
 James Peden 53.24
 Dan Putnam 52.42
 Gerwyn Morgan 52.24
 Tom Holligan 52.86
 Matthew Hudson-Smith 52.78
 Aaron Pitt 51.01
 Ben Robbins 51.36
 Ashley Sandall 52.92
(300m for U15 from now on)
 Owen Richardson 36.87
 Uchenna Okoh 36.56
 Ben Griffin 37.54
 Edward Sheffield 37.40
 George Sudderick 37.76

2018	Alex Haydock-Wilson 48.05	Ben Pattison 48.79	George Sudderick 36.35
2019	Michael Fagbenle 49.25	Mario Dobrescu ROU 48.91	Calvin Smith 38.57
2020	Edward Faulds 48.74	Nathaniel Dyas 49.95	Fabian Powell 36.64
	Scot	N Ireland	Welsh
1999	Paul McBurney IRE 46.83	Paul McKee IRE 47.77	Matt Elias 49.1
2000	Paul Slythe 47.71	Paul McBurney IRE 47.69	Jamie Baulch 46.35
2001	Kris Stewart 47.53	Paul McKee IRE 47.34	Matt Elias 46.9
2002	Allan Stuart 47.27	Robert Daley IRE 46.71	Matt Elias 46.59
2003	Alan Stuart 47.60	David McCarthy IRE 46.94	James Nasrat 48.52
2004	Jared Deacon 46.96	Richard Girvan 50.58	Gareth Warburton 48.61
2005	Conrad Williams 47.04	James McIlroy 48.50	Iwan Thomas 47.40
2006	Mark Berridge 47.73	Brett Rund 47.88	Gareth Warburton 46.86
2007	Alleyne Francique GRN 46.95	Simon Taggart IRE 49.9	Ade Ademuyemo 48.01
2008	Kris Robertson 46.79	Jason Harvey IRE 49.2	James Nasrat 48.59
2009	Kris Robertson 47.82	John Houston 50.31	Rhys Smith 47.65
2010	Kris Robertson 47.07	Darragh Kervick IRE 48.43	David Greene 46.38
2011	Patrick Swan 47.90	Craig Lynch IRE 49.53	Joe Thomas 47.25
2012	Guy Learmonth 48.00	John Houston 48.96	Daniel Dell 50.02
2013	Kris Robertson 47.48	Adam McComb 48.44	Paul Bennett 47.92
2014	Adam McComb 48.73	Adam McComb 48.14	Owen Smith 47.73
2015	Grant Plenderleith 47.50	Adam McComb 48.78	Adebowale Ademuyemo 47.63
2016	Greg Loudon 47.89	Andrew Mellon IRE 47.88	Joseph Brier 47.91
2017	Krishawn Aikin 48.11	Craig Newell IRE 47.31	Owen Smith 47.41
2018	Sadam Koumi SUD 47.30	Theo Campbell 47.03	Owen Smith 47.32
2019	Grant Plenderleith 47.99	Andrew Mellon IRE 47.94	Owen Smith 47.57
	England		
2010	Nick Leavey 46.52		
2011	Robert Tobin 46.50		
2012	Lawrence Wooldridge 47.43		
2017	Ben Snaith 46.21		
2019	Niclas Baker 46.46		
	South	Midland	North
1999	Mark Brown 47.2	Matthew Lewis 48.11	Neil Jennings 47.88
2000	Sean Baldock 45.91	Bradley Yiend 48.74	Geoffrey Djan 47.93
2001	Mark Hylton 46.8	Cori Henry 47.41	Jared Deacon 47.47
2002	Sean Baldock 46.51	Cori Henry 46.46	Ian Lowthian 47.48
2003	Robert Tobin 47.02	James Marshall 48.55	Ian Lowthian 47.74
2004	Graham Hedman 46.55	Ryan Preddy 47.44	Richard Buck 48.57
2005	Conrad Williams 47.06	Daniel Cossins 48.06	Richard Strachan 47.69
2006	Mark Berridge 47.90	Matt Dewsberry 48.69	Richard Buck 46.59
2007	Conrad Williams 46.63	Grant Baker 48.0	Richard Buck 47.12
2008	Robert Tobin 46.57	Andrew Dean Young 50.14	Richard Buck 46.23
2009	Set Osho 46.70	Luke Lennon-Ford 48.6	John Kelley 48.25
2010	Nick Leavey 47.25	Paul Judson 48.58	Matthew Quine 47.55
2011	Tom Druce 46.95	Jordan McGrath 48.43	Harry Doran 47.51
2012		Michael Warner 47.54	Alex Boyce 48.22
2013	Nicholas Atwell 48.22	Jack Houghton 47.14	Tim Burn 47.72
2014	Peter Phillips 47.65	Matthew Hudson-Smith 46.63	Adam Harvey 47.84
2015	Nicholas Atwell 48.00	Freddie Owsley 47.76	Tim Burn 47.40
2016	Oliver Smith 47.88	Christian Byron 47.41	Alex Boyce 48.05
2017	Jamal Rhoden-Stevens 47.89	Christian Byron 47.43	Lee Thompson 47.72
2018	Nicholas Atwell 47.05	Jack Hocking 48.66	Adam Walker-Khan 47.39
2019	Dan Putnam 47.32	Oliver Biddle 48.33	Lee Thompson 46.62

CAREER MARKS

TIM BENJAMIN: 1997: 48.9, 1998: 48.5

	ROBERT TOBIN	MARTYN ROONEY	TIM BENJAMIN	CONRAD WILLIAMS	RICHARD STRACHAN	GRAHAM HEDMAN	RICHARD BUCK	MALACHI DAVIS	MICHAEL BINGHAM
1999	49.05		48.88i			48.1			
2000	48.22					48.27			
2001	47.10		46.10		52.96	47.63	52.32		
2002	46.80		45.73	47.48	50.27	46.37	49.17		
2003	46.97	49.4	45.27	47.01	48.47	46.47	47.71		
2004	45.89	47.49	45.04	46.83	48.3	46.39	47.00	45.52	
2005	45.01	46.44	44.56	46.73	47.69	45.88	46.47	45.60 47.01	
2006	45.74	45.35	45.38	47.56	46.33	45.84	46.59	47.31 46.13	
2007	45.90	45.47	45.28	46.35	46.28	46.31	46.13	46.60 45.57	
2008	46.17	44.60	47.94	46.37	46.33	46.58	46.23	46.82 45.71	
2009	45.15	45.35	45.51	45.63	45.74	46.12	46.22i	44.74	
2010	45.56	44.99		45.45	47.85	46.17	46.23	44.84	
2011	45.72	45.30		45.63	45.70	46.30	45.99	45.42	
2012	45.47	44.92		45.08	46.08	46.15	45.61	47.98 45.87	
2013		45.05		45.59	45.48		45.88	45.37	
2014		44.71		45.46	46.59		46.09i	45.13	
2015		44.45		45.06	47.93		45.99	45.63	
2016		45.04		46.02					
2017		45.65		46.54	48.63				
2018		45.73		48.27i	48.45i				
2019		46.42							

	ANDREW STEELE	DANIEL CAINES	IWAN THOMAS	JAMIE BAULCH	MARK HYLTON	SEAN BALDOCK	JARED DEACON	DU'AINE LADEJO	MARK RICHARDSON
1999	51.4	47.29i		44.82	45.99	46.17	44.88	45.93	44.47
2000		45.37	45.82	45.06	46.24	45.20	45.69		44.72
2001	48.62	45.58	45.70	46.15	46.09	46.35	46.56		45.14
2002	47.36	44.98	46.48	46.01	46.18	45.71	45.57	46.05	
2003	47.67	45.29	45.58	45.99i	47.07i	45.87	46.39	45.93	46.93
2004	46.46A	45.29	46.12	45.69	46.82	45.92	45.86	46.14	
2005	46.36	46.58	46.68		47.04	48.02	46.87		NIGEL LEVINE
2006	46.21	46.51i						48.52	46.31
2007	45.31	45.99		JARRYD DUNN	DWAYNE COWAN	GEORGE CADDICK	LEE THOMPSON	CAMERON CHALMERS	46.40
2008	44.94		47.28						45.78
2009				48.32		49.59	67.9		46.45
2010	45.99			46.88		47.83	58.8		45.85
2011	45.94			46.00		47.05	55.1	54.97	45.11
2012	45.83			46.91	47.28	46.77	52.0	50.29	45.23
2013	46.25			46.18	46.52	46.73i	48.95	50.77i	45.68
2014	45.69			45.09	46.25	45.90	47.5/48.12	48.03	45.84
2015	45.90			46.00	46.02	46.18	47.32	46.51	45.86
2016	47.35			46.58	45.34	45.45	47.01	45.64	
2017				47.11	45.45	46.88	46.23i	45.75	
2018				48.05i	45.77	46.80	46.40	45.84	
2019									

	CHRIS CLARKE	LUKE LENNON-	DAI GREENE	JAMIE BOWIE	LOUIS PERSENT	MATTHEW HUDSON-SMITH	RABAH YOUSIF
2004	51.1	FORD	47.56	JACK GREEN	50.86		46.36 (Sudan)
2005	47.55	48.90	47.13	51.86	51.02	48.33	46.33
2006	47.18	49.00	46.81	49.2	48.79	47.64	46.89
2007	46.70	48.61		49.7	48.86	46.71	45.72
2008	46.93	47.11		47.8	47.26	46.73	47.13
2009	45.59	46.70	46.38	47.94	47.24	46.56	45.15
2010	46.31	45.56	45.82	46.91i	46.78	47.11	52.09 45.18A
2011	45.61	45.23		45.99	46.94	45.77	45.13
2012	46.02	45.90		46.46	46.06	47.66	45.13
2013		46.16i			46.18		46.06 (UK)
2014		47.24i			46.38	48.81	44.75 45.41
2015	47.37	47.75		46.97	46.21	44.48	45.09 44.54
2016	48.03i	47.07i (IRE)		47.42i	47.43i	44.74	44.48 45.45
2017		47.66i				44.63	44.74 45.58
2018						45.15	44.63 45.30
2019	50.4						45.15 45.15