

# UK ALL TIME LISTS – MEN

(S) = Scottish record, (W)= Welsh record

YES/NO at the top of some events indicates those that are now included/excluded and the performances are included as they are often superior to those in the replacement event

## UNDER 18 MEN (as per UKA Rules)

as at 18 March 2026

### 60 Metres

6.67	Mark Lewis-Francis	4 Mar 00
6.68	Divine IHEME	7 Feb 26
6.70	Dwain Chambers	29 Jan 95
6.70	Gerald Phiri	13 Feb 05
6.70	Jordan Huggins	23 Feb 08
6.70	Teddy Wilson	10 Feb 24
6.73	Joel Pascall-Menzie	8 Feb 20
6.73	Joel Masters	10 Feb 24
6.75	Farrell Fabusiwa	12 Jan 25
6.75	Haniel Sloley	7 Feb 26
6.76	Martin Giraud	19 Feb 95
6.76	Andrew Robertson	23 Feb 08
6.76	Theo Etienne	25 Jan 14
6.76	Jeremiah Azu (W)	14 Jan 18
6.76	Jake Odey-Jordan	21 Feb 25

-----  
6.86 Jamie Henderson (S) 21 Mar 86

### 100 Metres

10.10	Mark Lewis-Francis	5 Aug 00
10.26	Teddy Wilson	24 Jun 23
10.29	David Bolarinwa	29 May 11
10.29	Divine IHEME (U16)	30 Aug 25
10.31	Alex Nelson	18 Jun 05
10.31	Jake Odey-Jordan	19 Jun 25
10.33	Jamie Henderson (S)	14 Jun 86
10.35	Harry Aikines-Aryeetey	14 Jul 05
10.35	Adam Gemili	25 Jun 11
10.35	Ojie Edoburun	11 Jul 13
10.37	Darren Campbell	26 Jul 91

-----  
10.49 Owain Lloyd Hughes(W) 14 Aug 19

### wind assisted

10.23	David Bolarinwa	25 Jun 11
10.23	Adam Gemili	25 Jun 11
10.26	Harry Aikines-Aryeetey	10 Jun 05
10.28	Darren Campbell	26 Jul 91
10.28	Joel Pascall-Menzie	23 Aug 20
10.29	Elliot Bunney (S)	27 May 84
10.29	Jamie Henderson (S)	26 Jul 86
10.29	Trevor Cameron	11 Jul 94

### 200 Metres

20.37	Thomas Somers	24 Jul 14
20.55	Jake Odey-Jordan	16 Jun 24
20.57	Ade Mafe	14 Sep 84
20.69	Alex Nelson	30 Jul 05
20.72	Tim Benjamin (W)	18 Jul 99
20.79	Jamahl Alert-Khan	7 Sep 03
20.86	Julian Thomas	15 Jul 04
20.86	Mayo Alabi	12 Jul 25
20.87	Chris Clarke	10 Aug 07
20.89	Darren Campbell	15 Jun 91

-----

20.94 Cameron Tindle (S) 17 May 15

### wind assisted

20.55	Ade Mafe	6 Aug 84
20.56	Toby Harries	9 Sep 15
20.60	Tim Benjamin (W)	7 Aug 99
20.61	Darren Campbell	11 Aug 91
20.80	Farrell Fabusiwa	30 Aug 25
20.81	Ebuka Nwokeji	2 Jun 24

### 200 Metres Short Track

20.66	Jake Odey-Jordan	10 Mar 24
20.95	Farrell Fabusiwa	8 Feb 26
21.12	Toby Harries	28 Feb 16
21.13	Thomas Somers	2 Mar 14
21.23	Dean Patterson (S)	21 Jan 23
21.34	Ade Mafe	4 Mar 84
21.38	Jona Efoloko	15 Jan 17
21.41	Finlay Coakley-Harding	8 Feb 26
21.46	Joel Pascall-Menzie	23 Feb 20
21.47	Chris Clarke	10 Feb 07
21.48	Liam Clowes	28 Feb 10
21.51	Tim Benjamin (W)	22 Feb 98

### hand timing

21.3 Peter Little 17 Feb 78

### 400 Metres

46.13	Guy Bullock	31 Jul 93
46.29	Wayne McDonald	28 Jul 88
46.37	Mark Hylton	22 Jul 94
46.39	David Grindley	15 Sep 90
46.43	Mark Richardson	28 Jul 88
46.64	Charlie Carvell	8 May 21
46.70	Chris Clarke	24 Jun 07
46.74	Clovis Asong	25 Jul 11
46.78	Peter Crampton	17 Jul 86
46.86	Nathan Wake	9 Jul 09

-----

46.94 Chris Carson (S) 16 Aug 97  
47.62 Joseph Brier (W) 20 Jul 16

### Hand timing

46.5 David Jenkins (S) 14 Sep 69

### 400 Metres Short Track

47.65	Guy Bullock	14 Feb 93
47.76	Ellis Greatrex	26 Feb 17
47.78	Kris Stewart (S)	1 Mar 97
47.84	Stanley Chevous	11 Feb 24
47.89	Jordan McGrath	24 Feb 07
48.11	Joshua Street	27 Feb 11
48.17	Owen Richardson	14 Feb 16
48.18	Chris Clarke	25 Feb 07
48.18	Clovis Asong	4 Feb 12
48.23	Samael Lunt	14 Jan 23

-----			<b>3000 Metres</b>		
48.85	Bruce Tasker (W)	29 Feb 04	8:00.80	Luke Dunham	18 Jun 25
<b>800 Metres</b>			8:04.53	James Dargan	10 May 23
1:45.36	Max Burgin	23 Jun 19	8:05.8	Kevin Steere	18 Aug 72
1:46.71	Ben Pattison	23 Jun 19	8:05.83	Steve Cram	17 Sep 78
1:46.84	Matthew McKenna	21 Aug 24	8:06.46	Corey Campbell (S)	10 May 23
1:47.34	Steve Overt	14 Jul 73	8:06.46	Oliver Patton (S)	31 May 24
1:47.54	Chris McGeorge	1 Aug 79	8:08.4	Michael Morton	21 Aug 77
1:47.67	Rafferty Mirfin	10 Jun 25	8:08.64	Steven Halliday	15 Sep 85
1:48.17	Craig Winrow	6 Aug 89	8:09.43	Michael Clark	21 Jun 25
1:48.24	Sean Molloy	9 Jun 12	8:09.63	Richard Callan	14 Jul 73
1:48.30	Mark Sesay	6 Jul 90	-----		
1:48.32	Kyle Langford	13 Jul 13	8:12.7	Neil Horsfield (W)	20 Jun 84
-----			<b>3000 Metres Short Track</b>		
1:48.42	Paul Williams (W)	22 Jul 84	8:13.97	Corey Campbell (S)	6 Jan 23
1:48.63	Joshua Mungin (S)	15 Jul 25	8:20.42	Ben Brown	9 Feb 22
<b>800 Metres Short Track</b>			8:23.76	Evan Grime	15 Dec 24
1:49.74	Archie Davis	3 Feb 16	8:24.24	Kane Elliott	4 Jan 19
1:49.82	Charlie Chambers	8 Feb 26	8:24.44	Oliver Patton	7 Jan 24
1:49.96	Joshua Mungin (S)	9 Mar 25	8:26.38	Oscar Schofield	7 Feb 24
1:50.31	Jordan Bransberg	26 Feb 12	8:26.45	Alex Carter	13 Jan 13
1:51.04	Canaan Solomon	17 Jan 16	8:27.19	Joshua Cowperthwaite	7 Jan 18
1:51.06	Craig Winrow	7 Jan 89	8:28.66	Jamie Dee	4 Feb 15
1:51.37	Mark Mitchell	12 Feb 05	8:29.89	Hamish Armitt	4 Jan 19
1:51.4	Julian Spooner	1 Mar 78	-----		
1:51.44	James Brewer	20 Feb 05	8:31.88	Frank Morgan (W)	19 Dec 21
1:51.60	Mickey Ayling	17 Feb 24	<b>5000 Metres</b>		
1:51.62	Ben Greenwood	1 Mar 15	13:59.66	Jon Richards	27 Jun 81
-----			<b>2000 Metres Steeplechase (83.8cm)</b>		
1:52.94	Piers Copeland (W?)	7 Feb 16	5:40.62	Zak Seddon	8 Jul 11
1:52.96	Elliot Slade (W)	31 Jan 12	5:41.6	David Lewis	22 Jul 79
<b>1500 Metres</b>			5:42.2	Paul Davies-Hale	22 Jul 79
3:40.09	Steve Cram	27 Aug 78	5:42.7	Spencer Newport	14 Jul 84
3:42.86	Charlie Da'Vall Grice	11 Jun 11	5:43.2	Christopher Sly	27 Jul 75
3:43.81	Archie Davis	25 Jun 16	5:44.57	Luke Birdseye	7 Jul 22
3:44.11	Matthew Shirling	7 Aug 12	5:44.89	Paul Coulson	2 Aug 81
3:44.12	Josh Kerr (S)	30 May 15	5:45.3	Richard Schlanker	12 Jul 86
3:44.43	George Mills	9 Aug 16	5:46.0	John Tierney	19 Sep 73
3:44.42	Johan Boakes	28 Aug 85	5:46.6	John Wilson	23 May 76
3:44.47	James Dargan	7 Jun 23	-----		
3:44.49	Neil Horsfield (W)	15 Sep 84	5:49.17	Iwan Thomas (W)	16 Jun 24
3:44.52	Jack Crabtree	12 Jul 14	22 (not 23) barriers		
<b>1500 Metres Short Track</b>			5:38.2	John Tierney	4 Aug 73
3:48.63	Archie Davis	7 Feb 16	<b>3000 Metres Steeplechase</b>		
3:49.47	Evan Grime	19 Jan 25	8:54.96	Zak Seddon	31 Jul 11
3:50.98	Kane Elliott (S)	26 Jan 19	8:57.34	Jack Jibb	13 Jun 15
3:51.39 +	Corey Campbell	4 Feb 23	9:00.4	Paul Davies-Hale	18 Aug 79
Not confident from here			9:03.27	Colin Reitz	18 Jun 77
3:52.10	Adam Scott	12 Feb 17	<b>60 Metres Hurdles (91.4cm)</b>		
3:52.48	Ben Reynolds (W)	19 Jan 20	7.76	Jaiden Dean	13 Feb 22
3:52.53	Oliver Schofield	8 Jan 23	7.82	Jadon Durotoye	8 Feb 26
3:53.26	Ben Greenwood	5 Mar 16	7.84	Noah Hanson	13 Feb 22
3:53.49	Joshua Mungin	2 Feb 25	7.89	Jack Meredith	23 Feb 08
3:53.81	Kyran Roberts	29 Jan 13	7.90	Tre Thomas	14 Feb 16
<b>1 Mile</b>			7.92	Brett St. Louis	17 Mar 85
3:57.42	Steve Cram	2 Jul 78	7.92	Jack Sumners	5 Mar 17
4:00.0	Steve Overt	25 Jul 73	7.94	Andrew Pozzi	23 Feb 08
			7.94	David Omoregie (W)	4 Nov 12

7.94	Jack Kirby	24 Feb 13	<b>Pole Vault</b>		
<b>hand timing</b>			5.35	Adam Hague	6 Jul 14
7.9	Damien Greaves	30 Jan 94	5.25	Harry Coppell	14 Jul 13
7.9	Matthew Clements	30 Jan 94	5.20	Warren Siley	4 Aug 90
<b>110 Metres Hurdles (91.4cm)</b>			5.20	Neil Winter (W)	2 Sep 90
13.19	Sam Bennett	7 Jul 18	5.15	Christian Linskey	23 Aug 96
13.20	Noah Hanson	9 Aug 23	5.10	Joel Leon Benitez	28 Jun 15
13.33	Jack Meredith	10 Jul 09	5.05	Steven Lewis	12 Jul 03
13.45	Jason Nicholson	16 Jul 16	5.05	Lazarus Benjamin	19 Jun 21
13.47	Toby Wright	19 Jul 24	5.01	Matthew Belsham	17 Jun 89
13.48	Gianni Frankis	14 Jul 05	5.00	Ben Flint	6 Jul 96
13.48	Euan Dickson-Earle	12 Jul 13	5.00	Keith Higham	2 Aug 03
13.51	Jack Sumners	27 May 17	5.00	Charlie Myers	12 Jul 14
13.53	Ethan Akanni	16 Jul 16	-----		
13.61	Andrew Pozzi	9 Jul 09	4.81 i	Reuben Nairne (S)	29 Feb 20
-----			<b>Long Jump</b>		
13.77	Tomos Slade (W)	20 Jun 18	7.98	Jonathan Moore	29 Jul 01
<b>wind assisted</b>			7.80	Daniel Emegbor	11 Jul 25
13.15	Sam Bennett	6 Jul 18	7.70	Kevin Liddington	27 Aug 88
13.40	Daniel Goriola	4 Jul 22	7.70	Oliver Newport	2 Jun 12
13.54	Tre Thomas	1 Apr 17	7.69 i	Michael Maguire	8 Feb 26
<b>hand timing</b>			7.66 i	Dominic Ogbechie	3 Mar 19
13.6	Jon Ridgeon	16 Jul 83	7.65	Jason Canning	10 Jul 87
<b>400 Metres Hurdles (83.8cm)</b>			7.64	Chris Kirk	28 Jun 03
50.90	Karl Johnson	8 Jul 18	7.63	Stewart Faulkner	24 Aug 86
51.22	Alastair Chalmers	23 Jul 17	7.61	Patrick Sylla	11 Jun 16
51.55	Samael Lunt	16 Jul 22	7.61	Jacob Fincham-Dukes	21 Jun 14
51.97	Toby Ulm	2 Jul 06	-----		
51.98	Michael Baker	14 Jul 07	7.45	Angus McKenzie (S)	19 Aug 72
52.00	Seamus Derbyshire	23 Jul 17	7.36 i	Luca Phillips (W)	4 Feb 24
52.15	Nathan Woodward	10 Sep 06	<b>Triple Jump</b>		
52.20	Tristan Anthony	18 Jul 99	16.43	Jonathan Moore	22 Jul 01
52.22	Oliver Parker	17 Jun 23	16.09	Ben Williams	26 Aug 09
52.55	Jake Minshull	25 Sep 21	16.01 i	Tito Odunaike	7 Feb 26
-----			15.97	Larry Achike	9 Aug 92
52.63	Mark Rowlands (W)	13 Jul 95	15.94	Vernon Samuels	27 Jun 82
52.67	Ben Heron (S)	16 Jul 22	15.92	Lawrence Lynch	13 Jul 85
<b>400 Metres Hurdles (91cm)</b>			15.90 i	Daniel Falode	2 Feb 20
50.89	Samael Lunt	10 Aug 23	15.75 i	Harley Henry	7 Feb 26
50.95	Onyea Okoh	4 Aug 22	15.74	Steven Shalders (W)	19 Jun 99
51.32	Noel Levy	14 Jun 92	15.65	Megarry Effiong	30 Jul 77
51.50	Nathan Woodward	20 May 07	15.63	Craig Duncan (S)	21 May 83
51.69	Karl Johnson	14 Jul 18	<b>wind assisted</b>		
51.72	Jack Green	17 May 09	16.07	Vernon Samuels	14 Aug 82
<b>High Jump</b>			15.68	Steven Anderson	1 Aug 82
2.27	Brendan Reilly	27 May 90	15.64	Julian Golley	21 May 89
2.25	Steve Smith	17 Aug 90	<b>Shot (5kg)</b>		
2.23	Mark Lakey	29 Aug 82	21.20	Carl Myerscough	22 Sep 96
2.22	Robbie Grabarz	19 Jun 05	19.57	Curtis Griffith-Parker	10 Jun 07
2.22 i	Dominic Ogbechie	24 Feb 18	19.45	Kai Jones	27 Apr 13
2.21	Martyn Bernard	6 Jul 02	19.45	Lewis Byng	25 Aug 18
2.20 i	Otis Poole	23 Feb 25	19.42	Isaac Delaney	16 Apr 22
2.18	Ossie Cham	14 Jun 80	19.22	Chris Ellis	4 Jun 82
2.18	Chuka Enih-Snell (W)	21 Apr 01	19.07 i	Michael Wheeler	15 Dec 07
2.18	Chris Kandu	16 Jun 13	18.92 i	Matthew Simson	28 Feb 87
2.18	Tom Gale	22 Jul 16	18.91	Greg Beard	19 Sep 99
-----			18.90	Neal Brunning	6 Sep 87
2.15	Colin McMaster (S)	9 Aug 97	18.89	George Hyde	17 Jun 18
			-----		

18.30 i	George Evans (S)	4 Feb 15	22:04	Gareth Holloway (W)	14 Sep 86
17.76	Dafydd Pawlett (W)	18 Aug 21	22:05	Karl Atton	19 Mar 88
<b>Discus (1.5kg)</b>			<b>5000 Metres Walk Short Track</b>		
63.48	James Tomlinson (W)	21 May 17	21:25.17	Dominic King	4 Mar 00
62.96	Nicolas Percy (S)	10 Sep 11	22:23.45	Lloyd Finch	4 Mar 00
62.36	Moyo Stumpenhusen	1 Jun 25	22:23.53	Stuart Monk	25 Feb 95
62.22	Emeka Udechuku	10 Jul 95	<b>10000 Metres Track Walk</b>		
61.35	George Evans	20 Jun 15	42:47.7	Philip King	2 May 92
60.62	George Armstrong	30 Aug 14	43:31.98	Gordon Vale (W)	16 Aug 79
59.76	Matthew Blandford	18 Aug 12	44:29.4	Lloyd Finch	1 Jul 01
58.25	Curtis Griffith-Parker	13 Jul 07	45:04.37	Ian Ashforth	3 Aug 85
58.14	Carl Myerscough	12 May 96	45:09.60	Phil Vesty	3 Aug 80
58.14	Mikun Adeniran	31 Jul 23	45:30.02	Scott Davis	26 Jul 92
<b>Hammer (5kg)</b>			45:36.24	Nick Ball	3 Jul 05
79.20	Jake Norris	15 Jul 16	45:50.08	Nathan Kavanagh	28 May 84
78.32	Alex Smith	2 Jul 05	45:56.16	Thomas Taylor	5 Jul 98
76.28	Andrew Tolputt	11 Aug 84	<b>10k Road - where superior to track time</b>		
75.02	Peter Smith	5 Aug 06	43:02	Luke Finch	1 Dec 02
73.92	Kenneth Ikeji	6 Aug 19	43:38 hc	Lloyd Finch	20 Nov 99
73.90	Paul Head	29 Aug 81	43:49		9 Sep 01
73.86	Callum Brown	4 Jun 11	44:05	Nick Ball	16 Apr 05
73.76	Matthew Sutton	14 Jun 98	44:16	Ben Wears	17 Mar 07
73.53	Bayley Campbell	9 Apr 17	44:23	Christopher Snook	21 May 17
73.27	Thomas Williams (W)	24 Mar 24	12:47.41	Nicholas Ball	29 Feb 04
<b>Javelin (700g)</b>			12:49.05	Cameron Corbishley	5 Jan 14
76.17	Max Law	3 Aug 19	12:51.49	Luke Finch	20 Jan 02
74.06	Tom Hewson (W)	5 Aug 17	<b>5000 Metres Track Walk</b>		
73.56	David Parker	20 Jul 96	20:46.5	Philip King	29 Sep 91
73.45	James Whiteaker	4 Sep 15	20:47.23	Lloyd Finch	14 Jul 01
	77.12 (U16)	12 Jul 14	20:52.24	Callum Wilkinson	20 Sep 14
73.04	Benjamin East	15 Aug 20	21:28.26	Nick Ball	11 Jul 04
72.77	Harry Hughes (U16)	4 Aug 13	21:31.27	Christopher Snook	16 Sep 17
72.48	Gary Jenson	3 Jul 83	21:45.21	Luke Finch	5 Jul 03
72.41	Daniel Bainbridge	26 Jun 16	21:49.66	Ben Wears	16 Sep 06
72.19	James Campbell (S)	9 Apr 05	21:52.7	Stuart Monk	22 Jul 95
72.18	Steve Backley	6 Jun 86	22:07.48	Cameron Corbishley	20 Sep 14
71.68	Dan Pembroke	22 Apr 07	22:11.85	Ben Wears	29 Jul 07
<b>Decathlon (U17 Implements)</b>			12:32.98	Tim Berrett	24 Jul 82
6860 W	David Guest	9 Sep 07	12:33.31	Dominic King	2 Jul 00
	6530	19 Aug 07	12:33.7	Gareth Holloway	19 Sep 87
6858	Edward Dunford	2 Sep 01	<b>3000 Metres Walk Short Track</b>		
6781	Joel McFarlane	2 Jul 17	12:26.0	Lloyd Finch	10 Mar 01
6706	David Bigham	28 Jun 87	12:43.33	Stuart Monk	18 Feb 96
<b>Decathlon (IAAF)</b>			12:46.13	Cameron Smith (W)	25 Feb 01
7035	Sam Talbot	15 May 16	12:25.73	Christopher Snook	16 Aug 17
7034	Jack Turner	27 May 18	12:29.3	Ian Ashforth	19 May 85
	7258w	8 Jul 18	12:29.90	Andy Parker	2 Jul 00
7032	Oliver Thorner	17 Jun 18	12:30.14	Luke Finch	1 Sep 02
<b>Octathlon</b>			12:14.18	Callum Wilkinson	24 Aug 14
5930	Lewis Robson	14 Jul 05	12:23.08	Nick Ball	14 May 05
<b>Heptathlon Short Track</b>			<b>3000 Metres Track Walk</b>		
<b>5k Road - where superior to track time</b>			12:02.0	Philip King	12 May 92
21:26	Luke Finch	2 Nov 02			
21:33	Jon Vincent	1 Nov 86			
21:47	Lloyd Finch (U16)	20 Jun 99			

# UK ALL TIME LISTS – UNDER 16 BOYS

as at 18 March 2026

## 60 Metres

6.71	Divine Iheme	5 Feb 25	21.97	Owin Sinclair	24 Feb 13
6.79	Mark Lewis-Francis	21 Feb 98	22.00	Max Evans	11 Feb 24
6.85	Jona Efoloko	28 Feb 15	22.02	Tristian Anthony	28 Feb 98
6.89	Piers Spencer-Simms	10 Jan 26	22.04	Farrell Fabusiwa	11 Feb 24
6.90	Teddy Wilson	29 Jan 22	22.11	Tony Corrigan	4 Mar 06
6.93	Kesi Oludoyi	2 Feb 14	22.16	Josh Platt	27 Feb 11
6.94	Andrew Watkins (W)	5 Jan 03	22.18	Rhion Samuel	25 Feb 07
6.95	Craig Pickering	23 Feb 02	-----		
6.95	Tyrese Johnson-Fisher	14 Feb 15	22.43	Michael Olsen (S)	16 Feb 14
6.95	Farrell Fabusiwa	10 Mar 24			

-----

7.03 Michael Olsen (S) 1 Mar 14

## 100 Metres

10.29	Divine Iheme	30 Aug 25	34.61	Mario Dobrescu	11 Aug 19
10.47	David Ezeama-Riok	26 Aug 24	34.81	Amir Sultan-Edwards	14 Jul 18
10.49	Mark Lewis-Francis	16 Aug 98	35.12	George Sudderick	14 Jul 18
10.53	Teddy Wilson	4 Jul 22	35.2	Joshua Pearson	1 Apr 17
10.54	Farrell Fabusiwa	10 Aug 24	35.21	Joseph Massimo	12 Jul 14
10.60	Jona Efoloko	29 Aug 15	35.29	Zico Jones (W)	11 Jul 21
10.63	Alex Nelson	11 Jul 03	35.36	Farrell Fabusiwa	26 Aug 23
10.65	Bronson Hearn-Smith	1 Jun 25	35.37	Tobenna Okoro	23 Mar 24
10.68	Max Evans (W)	7 Jul 24	35.4	Ade Mafe	4 Nov 81
10.69	James Beecroft	26 Aug 23	35.41	Ben Pattison	27 Aug 16

-----

10.76 Morro Bajo (S) 22 Jul 12

## wind assisted

10.36	Mark Lewis-Francis	16 Aug 98	35.61	Ryan Gorman	8 Dec 12
10.50	Owin Sinclair	31 Aug 13	35.66	Mario Dobrescu	2 Dec 18
10.52	Farrell Fabusiwa	2 Jun 24	35.91	Owin Sinclair	8 Dec 12
10.62	Jamie Nixon	7 Jul 85	36.18	Thomas Somers	17 Dec 11
10.63	Max Evans (W)	29 May 24	36.22	Joel Vernon	1 Dec 18
10.65	Mike Williams	20 Jun 87	36.33	Piers Spencer-Simms	21 Dec 25
10.65	Kyron Canny	22 Jun 16	36.35	George Sudderick	24 Feb 18
			36.38	Daniel Heald	7 Mar 10
			36.40	Michael Tapa	5 Dec 10
			36.46	James Armstrong	6 Jan 08

## hand timing

10.6 Joe McGrath 25 Aug 13

## 200 Metres

21.12	Jona Efoloko	30 Aug 15	36.71	Michael Massey (S)	7 Mar 26
21.26	Sean Appiah	28 Jul 24	37.50	Zico Jones (W)	23 Feb 22
21.28	Divine Iheme	10 Aug 25	47.55	Chris Clarke	9 Jul 05
21.35	Andrew Watkins (W)	12 Jul 03	48.13	Nathan Wake	26 Aug 07
21.39	Jake Odey-Jordan	18 Jun 23	48.25	Rowan Whittaker	28 Jul 24
21.40	Bronson Hearn-Smith	10 Aug 25	48.3	David McKenzie	21 Sep 86
21.43	Max Evans	20 Jul 24	48.32	Owen Richardson	12 Jul 14
21.45	Ryan Gorman	20 Jul 13	48.34	Richard McNabb	27 Aug 95
21.46	Simon Farenden	7 Jul 01	48.44	Guy Bullock	13 Jul 91
21.48	Farrell Fabusiwa	13 Jul 24	48.5	Wayne McDonald	14 Jun 86
			48.55	Aaron Trim	17 Sep 05
			48.59	Richard Davenport	23 Jul 01
			-----		
21.63	Dean Patterson (S)	25 Sep 21	48.60	Ethan Carr (NI)	21 Jun 25
			48.61	Zico Jones (W)	28 May 22
			48.79	Chris Carson (S)	8 Jul 95

## wind assisted

21.20	Divine Iheme	25 May 25			
21.35	Bronson Hearn-Smith	30 Aug 25			
21.38	Owin Sinclair	1 Sep 13			

## 200 Metres Short Track

21.72	Andrew Watkins (W)	22 Feb 03			
21.76	Ryan Gorman	24 Feb 13			
21.90	Jona Efoloko	18 Jan 15			

## 300 Metres YES

34.61	Mario Dobrescu	11 Aug 19			
34.81	Amir Sultan-Edwards	14 Jul 18			
35.12	George Sudderick	14 Jul 18			
35.2	Joshua Pearson	1 Apr 17			
35.21	Joseph Massimo	12 Jul 14			
35.29	Zico Jones (W)	11 Jul 21			
35.36	Farrell Fabusiwa	26 Aug 23			
35.37	Tobenna Okoro	23 Mar 24			
35.4	Ade Mafe	4 Nov 81			
35.41	Ben Pattison	27 Aug 16			

## 300 Metres Short Track

35.61	Ryan Gorman	8 Dec 12			
35.66	Mario Dobrescu	2 Dec 18			
35.91	Owin Sinclair	8 Dec 12			
36.18	Thomas Somers	17 Dec 11			
36.22	Joel Vernon	1 Dec 18			
36.33	Piers Spencer-Simms	21 Dec 25			
36.35	George Sudderick	24 Feb 18			
36.38	Daniel Heald	7 Mar 10			
36.40	Michael Tapa	5 Dec 10			
36.46	James Armstrong	6 Jan 08			
-----					
36.71	Michael Massey (S)	7 Mar 26			
37.50	Zico Jones (W)	23 Feb 22			

## 400 Metres NO

47.55	Chris Clarke	9 Jul 05			
48.13	Nathan Wake	26 Aug 07			
48.25	Rowan Whittaker	28 Jul 24			
48.3	David McKenzie	21 Sep 86			
48.32	Owen Richardson	12 Jul 14			
48.34	Richard McNabb	27 Aug 95			
48.44	Guy Bullock	13 Jul 91			
48.5	Wayne McDonald	14 Jun 86			
48.55	Aaron Trim	17 Sep 05			
48.59	Richard Davenport	23 Jul 01			
-----					
48.60	Ethan Carr (NI)	21 Jun 25			
48.61	Zico Jones (W)	28 May 22			
48.79	Chris Carson (S)	8 Jul 95			

## 400 Metres Short Track

48.91	Mario Dobrescu	24 Feb 19			
49.35	Owen Richardson	2 Mar 14			
49.49	Richard Davenport	25 Feb 01			
49.57	Rowan Whittaker	11 Feb 24			
49.59	Cephas Howard	23 Feb 92			
49.70	Matthew Chant	25 Feb 12			
49.70	Chenna Okoh Mason	28 Feb 15			

49.81	Thomas Benstead	23 Feb 08	4:04.37	Simon Lawson (W)	27 Feb 05
49.83	Amir Sultan-Edwards	5 Jan 19	4:05.20	Patrick Dever	25 Feb 12
50.06	Dan Putnam	24 Feb 07	4:05.39	Luke Culliton	4 Feb 23
-----					
50.59	Zico Jones (W)	13 Feb 22	<b>1 Mile</b>		
50.64	Ben Sinclair (S)	26 Jan 20	4:05.48	Evan Grime	26 Aug 24
			4:06.96	Alistair Street (S)	24 Aug 24
<b>600 Metres</b>			<b>3000 Metres</b>		
1:19.8	Richard Davenport	31 Jul 01	8:15.02	Mohamed Sharif Ali	1 Aug 18
<b>800 Metres</b>			8:19.46	Jake Meyburgh	1 Jun 24
1:49.42	Max Burgin	27 Jun 17	8:23.08	Ben Dijkstra	22 Jul 14
1:49.69	Evan Grime	28 May 24	8:24.09	Oscar Schofield	28 Aug 22
1:51.49	Ewan Sparey	18 Jun 25	8:24.93	Luke van Oudtshoorn	31 May 17
1:51.60	Sean Molloy	21 Aug 11	8:25.05	Joseph Scanes	22 Jun 24
1:51.6	David Gerard	21 Jul 84	8:26.63	Jack Crabtree	1 May 12
1:51.72	Jack Kinrade	11 Jun 22	8:26.89	Evan Grime	6 Aug 24
1:51.8	Craig Winrow	4 Aug 87	8:28.97	Abdirisak Ahmed	8 Jul 06
1:51.87	Alistair Street (S)	14 May 24	8:29.36	Ethan Hussey	30 Apr 18
1:52.00	Markhim Lonsdale	10 Jun 14	8:29.42	Corey Campbell (S)	25 Sep 21
1:52.05	Peter Elliott	23 Jul 78	-----		
-----			8:33.80	Frank Morgan (W)	15 Sep 20
1:52.43	Jake Heyward (W)	1 Jul 14	<b>1500 Metres Steeplechase (84cm) YES</b>		
<b>800 Metres Short Track</b>			4:19.56	Andrew Baird (S)	15 Jul 23
1:54.79	Paul Burgess	22 Mar 86	4:20.10	Freddie Rowe	31 Aug 24
1:56.43	Evan Grime	29 Dec 23	-----		
1:56.72	George Gilbert	15 Feb 25	4:33.25	Iwan Thomas (W)	16 Jul 22
1:56.73	Sidnie Ward	25 Feb 18	<b>1500 Metres Steeplechase (91cm) NO</b>		
1:56.79	Oscar Nagalingam	11 Feb 24	4:13.6	David Lewis	31 Jul 77
1:56.87	Markhim Lonsdale	16 Feb 14	4:16.84	Zak Seddon	18 Jul 09
1:56.91	Jack Kinrade	12 Feb 22	4:19.0	Spencer Duval	13 Jul 85
1:57.08	Ryan Preddy	10 Jan 99	4:20.8	Kevin Heather	31 Jul 77
1:57.16	Fraser Lupton (S)	4 Feb 23	4:21.0	John Duckett	17 Jun 78
1:57.29	Shaun Devenney	5 Mar 06	4:21.33	Matthew Seddon	2 Jul 11
-----			4:21.42	Alex Felce	13 Jul 02
1:59.60	David Guest (W)	17 Mar 07	4:21.49	Matthew McLaughlin	9 Jul 10
<b>1000 Metres</b>			4:21.6	Brian Brackstone	13 Jul 85
2:26.41	Oscar Nagalingam	14 Aug 24	<b>60 Metres Hurdles (84cm) YES</b>		
<b>1500 Metres</b>			8.20	Daniel Davis	24 Feb 02
3:47.72	Evan Grime	22 Jun 24	8.23	Rhys Williams (W)	13 Dec 08
3:49.86	Joseph Scanes	24 Jul 24	8.23	Jaiden Dean	23 Feb 20
3:50.37	Ethan Hussey	2 Aug 18	8.23	Joseph Harding	10 Nov 17
3:50.59+	Alistair Street (S)	24 Aug 24	8.28	Richard Alexis-Smith	25 Feb 01
3:52.06	Jack Crabtree	21 Jul 12	8.29	Max Price	9 Feb 13
3:52.18	Angus Wilkinson	22 Jun 24	8.30	Matthew Clements	23 Feb 92
3:52.68	James Shane	7 Jul 05	8.30	Jacob Clark Jones	8 Feb 26
3:52.9	Markhim Lonsdale	2 Jun 14	8.31	Michael Massey (S)	7 Mar 26
3:53.06	Matthew Shirling	12 Jul 11	8.38	Chris Musa	25 Feb 01
3:53.08	Max Burgin	29 Aug 17	<b>60 Metres Hurdles (91cm) NO</b>		
-----			8.01	Kayden Thomas	8 Dec 26
3:57.76	Ben Reynolds (W)	18 Aug 18	8.12	Freddie Fraser	5 Jan 19
<b>1500 Metres Short Track</b>			8.13	Matthew Clements	14 Feb 93
3:58.78	Oliver Patton (S)	9 Feb 22	8.14	Daniel Knight	21 Jan 17
4:01.13	Freddie Rowe	11 Feb 24	8.14	Joseph Harding	20 Jan 18
4:01.20	Evan Grime	7 Jan 24	8.15	Sam Bennett	14 Feb 16
4:03.0	David McMeekin	7 Dec 68	8.18	Max Price	1 Feb 14
4:03.26	Markhim Lonsdale	18 Jan 14	8.19	Joshua Buxton	8 Feb 26
4:03.57	Angus Wilkinson	7 Jan 24	-----		
4:03.80	Conor Sweeney	22 Feb 97	8.29	Aidan Angilletta (W)	9 Feb 25
4:04.30	Theo Creed	8 Feb 26			

<b>100 Metres Hurdles (84cm) YES</b>	7.10	Nick Riley	18 Jun 83
<b>100 Metres Hurdles (91cm) NO</b>	-----		
12.68 Matthew Clements	8 Aug 93	7.07	Murray Fotheringham (S) 31 Aug 18
12.94 David Guest (W)	21 Jul 07	<b>wind assisted</b>	
13.01 Joseph Harding	14 Jul 18	7.33	Dominic Ogbechie 15 Jul 17
13.03 Daniel Knight	27 Aug 17	7.32	Daniel Emegbor 10 Aug 24
13.04 James McLean	10 Sep 06	7.25	Mark Awanah 25 Jul 98
13.05 Jack Sumners	13 Aug 16	7.18	Kevin Hibbins 21 Jul 96
13.06 Brett St Louis	12 Aug 84	7.16	Marcellas Peters 18 Jun 94
13.06 Sam Bennett	8 Jul 16	<b>Triple Jump</b>	
13.06 Oliver Cresswell	13 Aug 16	15.02	Stephen Anderson 3 Aug 80
13.08 Chris Bell-Hartley	1 Sep 13	14.79	Jonathan Moore 9 Jul 99
-----		14.72	Brian Robinson 12 Jul 96
13.34 Allan Scott (S)	19 Jun 98	14.58	Junior Campbell 3 Aug 85
<b>wind assisted</b>		14.53	Hugh Teape 26 Sep 79
12.78 James McLean	6 Aug 06	14.53	Tito Odunaike 13 Jul 24
12.85 Joseph Harding	21 Jul 18	14.52	Ben Williams 25 Aug 07
13.01 Onatade Ojora	10 Jul 15	14.51	Peter Dale 8 Jun 68
<b>hand timing</b>		14.47	Steve Folkard 13 Jun 81
13.3 Allan Scott (S)	7 Jun 98	14.44	Steven Shalders (W) 24 Aug 97
<b>300 Metres Hurdles (84cm) YES</b>		14.44	Nathan Fox 25 Jun 06
<b>High Jump</b>		-----	
2.12 Brendan Reilly	19 Jul 88	13.96	Allan Scott (S) 3 May 98
2.11 Sam Brereton	18 Aug 18	13.96 i	Abraham Lanahan (S) 9 Mar 25
2.10 Mark Lakey	1 Aug 81	<b>wind assisted</b>	
2.07 Byron Morrison	13 Sep 81	15.46	Jonathan Moore 17 Jul 99
2.07 Rory Dwyer	15 Jun 13	15.17	Stephen Anderson 19 Jul 80
2.07 i Dominic Ogbechie	28 Jan 17	14.74	Nathan Fox 10 Jun 06
2.06 Ken McKeown (S)	17 Aug 97	14.65	Ben Williams 25 Aug 07
2.06 Chuka Enih-Snell (W)	22 Aug 99	14.54	Darren Gommersall 13 Jul 84
2.06 Chris Kandou	4 Sep 11	14.50	Vernon Samuels 30 Apr 80
2.06 Taejan Blake	22 Jun 24	-----	
<b>Pole Vault</b>		14.39	Luca Phillips (W) 15 Jul 23
4.81 Christian Linskey	30 Jul 95	14.09	Allan Scott (S) 18 Jul 98
4.80 Neil Winter (W?)	3 Jun 89	<b>Shot (4kg) YES</b>	
4.80 Frankie Johnson	26 Jun 16	19.71	Curtis Griffith-Parker 28 Aug 05
4.65 Adam Hague	12 Aug 12	19.28	Michael Wheeler 3 Sep 06
4.60 Ian Lewis	30 Jun 84	19.15	Lawson Capes 6 Jul 24
4.60 Nikko Hunt	15 Sep 13	18.71	Chris Ellis 14 Jun 80
4.60 Max Merriman	9 Aug 25	18.03	Anthony Oshodi 5 Aug 06
4.45 Richard Smith	18 Aug 96	18.02	Jay Thomas 24 Aug 03
4.45 Chris Type (W)	30 Aug 97	18.01	Kai Jones 21 Aug 11
4.40 Mark Christie	23 Jul 00	17.86 i	Kendrick Onolememen 21 Mar 26
4.40 Andrew Marsh	4 Sep 05	17.36	Mathew Evans (W) 16 Aug 03
4.40 Arthur Reilly	16 Sep 23	17.02 i	Robbie Nairn (S) 4 Mar 12 10
4.40 Liam Nicholls	11 Jul 25	<b>Shot (5kg) NO</b>	
-----		18.99	Curtis Griffith-Parker 3 Sep 06
4.35 Reuben Nairne (S)	11 Aug 18	18.83	Chris Ellis 10 Jul 81
<b>Long Jump</b>		18.53	Lawson Capes 20 Jul 24
7.47 Michael Maguire	7 Sep 25	18.27	Anthony Oshodi 11 Aug 07
7.31 Patrick Sylla	14 Jun 14	18.20	Kai Jones 6 Jul 12
7.22 Dominic Ogbechie	1 Sep 17	<b>Discus (1.25kg) YES</b>	
7.21 Onen Eyong	30 Jul 00	58.66	Kendrick Onolememen (U14) 14 Sep 25
7.20 Feron Sayers	10 Jul 10	57.50	Obinna Aniebo 15 Feb 26
7.19 Oni Onuorah	8 Jul 89	55.39	Curtis Griffith-Parker 13 Aug 05
7.16 Barry Nevison	9 Jul 82	53.26	Chu Ononogbu 26 Jul 24
7.15 Jerel Livingston	1 Sep 19	53.08	Emeka Udechuku 5 Sep 93
7.15 Luca Phillips (W)	15 Jul 23	53.05	Jay Morse (W) 6 Aug 16
		53.03	Logan Cowling (U14) 10 Aug 25

52.75	Moyo Stumpenhusen	10 Sep 23	70.02	Benjamin East	28 Apr 19
52.43	Sam Herrington	1 Sep 01	65.68	Tim Eldridge	18 Aug 91
52.24	Alfie Scopes	15 Jun 14			
<b>Discus (1.5kg) NO</b>			<b>Decathlon (Under 15 implements) NO</b>		
57.57	Curtis Griffith-Parker	20 Aug 06	5341	Jamie Quarry	28 Jun 87
56.15	James Tomlinson (W)	4 Jul 15	<b>Octathlon (Under 15 implements) YES</b>		
54.77	George Armstrong	7 Sep 13	4630	Charlie Reilly	10 Aug 25
54.90	Emeka Udechuku	8 Jul 94	4451	Oliver Downs	6 Aug 23
54.12	Neal Brunning	18 May 86	4420	Tristan Lamprecht	18 Aug 24
52.76	Carl Myerscough	24 Jul 95	4407	Joe Stone	29 Aug 21
52.67	Jay Morse	4 Sep 16	4402	Sammy Ball	4 Aug 19
52.33	Moyo Stumpenhusen	9 Jul 24	4364	Joel McFarlane (S)	9 Aug 15
52.28	Paul Mardle	21 Jun 78	<b>Pentathlon (80H,SP,LJ,HJ,800)</b>		
52.24	Lawson Capes	25 Aug 24	3403	Edward Dunford	22 Aug 99
-----			3356	Sammy Ball	21 Sep 19
52.15	Nick Percy (S)	30 Aug 10	3298	Reuben Esien	15 Sep 12
<b>Hammer (4kg) YES</b>			3297	David Guest	23 Sep 06
73.52	Jake Norris	5 Jul 14	3293	Gregor Simey	9 Aug 03
72.13	Thomas Williams (W)	23 Jul 23	3290	Finn O'Neill	27 Sep 20
70.78	Andrew Tolputt	9 Jul 82	3281	Andrae Davis	16 Sep 00
70.61	Ashley Gilder	17 Jun 10	3272	Chris Dack	20 Sep 97
67.24	Peter Vivian	22 Sep 85	3271	Daniel Brown	16 Sep 23
67.15	George Marvell	5 Jul 14	3269	Samuel Wright	18 Sep 21
66.77	Scott Wilson (S)	5 Aug 07	<b>Pentathlon Short Track (60H,LJ,SP,HJ,800)</b>		
65.42	Matthew Sutton	29 Sep 96	3176	Samuel Ball	10 Mar 19
64.77	Ciaran Wright	27 Aug 11	3149	Finn O'Neill	18 Jan 20
64.70	Matt Lambley	3 Jul 02	3132	Joseph Harding	12 Mar 17
64.28	Jason Byrne	22 Sep 85	3104	Reuben Esien	4 Mar 12
<b>Hammer (5kg) NO</b>			3096	Michael Massey (S)	28 Feb 26
71.56	Andrew Tolputt	4 Sep 83	3087	David Guest	7 Jan 06
69.94	Kenneth Ikeji	26 Aug 18	3081	Matthew Dalton	26 Jan 13
69.32	Jake Norris	5 Sep 14	3054	Max Price	3 Mar 13
67.54	Andrew Jordan	7 Jul 07	3029	Theo Adesina	13 Mar 16
67.04	Peter Vivian	7 Sep 86	2957	Harry Sutherland	4 Mar 12
66.74	Matthew Sutton	14 Sep 97	<b>3000 Metres Track Walk YES</b>		
66.72	Tony Kenneally	21 Jul 79	12:34.98	Lloyd Finch	17 Jul 99
66.47	Alex Smith	5 Jul 03	12:56.52	Luke Finch	2 Sep 01
66.00	Jason Byrne	25 May 86	12:59.43	Nick Ball	19 Jul 03
<b>Javelin (600g 1999 Model) YES</b>			12:59.7	Philip King	10 Oct 89
70.66	Benjamin East	16 Sep 18	13:16.93	Cameron Corbishley	21 Jul 12
69.89	Hugo Bucher	12 Jul 25	13:17.4	David Hucks	16 Aug 81
65.87	Oliver Bradfield	12 Jun 10	13:18.67	Christopher Snook	18 Jul 15
65.16	Max Law	24 Sep 16	13:22.96	James Davis	15 Jul 00
64.74	Thomas Peters	21 Aug 10	13:28.72	Martin Young	19 Sep 87
63.87	Tom Rutter	12 Sep 21	13:35.0	Russell Hutchings (W)	7 Sep 85
63.68	Matti Mortimore	26 Aug 07	<b>3k Road - where superior to track time</b>		
61.91	Callum Taylor	26 Jun 19	13:18	Stephen Carridge	27 Sep 97
61.25	Bradley James	14 Jul 18	13:20	Jonathan Deakin	18 Sep 88
60.38	Matthew Blandford	21 Aug 10	13:29	Robert Mecham	20 Apr 92
-----			13:32	Russell Hutchings (W)	10 Nov 84
56.98	Lewie Jones (W)	4 Sep 21	<b>3000 Metres Walk Short Track</b>		
<b>Javelin (600g pre 1999 Model)</b>			13:21.22	Lloyd Finch	22 Feb 98
62.70	Paul Godwin	21 May 89	<b>5000 Metres Track Walk NO</b>		
60.56	David Messom	6 Jul 79	21:58.8	Luke Finch	22 Sep 01
60.56	Clifton Green	3 Jul 94	22:00.83	Philip King	23 May 90
<b>Javelin (700g) NO</b>			22:17.5	Russell Hutchings (W)	27 Sep 86
77.12	James Whiteaker	12 Jul 14	22:19.11	Lloyd Finch	18 Sep 99
72.77	Harry Hughes	4 Aug 13			

# UK ALL TIME LISTS – UNDER 14 BOYS

as at 18 March 2026

## 60 Metres

7.08	Emmanuel Ofori-Manteaw	7 Feb 26	22.68	Andrew Watkins (W)	4 Aug 01
7.18	Piers Spencer-Simms	18 Feb 24	22.71	Alex Leadbeater	13 Jul 19
7.19	Divine Iheme	11 Feb 23	22.77	Farrell Fabusiwa	13 Aug 22
7.21	Owin Sinclair	12 Feb 11	22.77	Anjelho Macabee-Rose	10 Aug 24
7.22	Jaleel Roper	9 Jan 16	22.80	Deji Tobais	14 Aug 05
7.22	Zachary Ononye	7 Feb 26	<b>wind assisted</b>		
7.25	Lawrence Foster	2 Mar 24	22.40	Divine Iheme	27 May 23
7.28	Alex Kiwomya	14 Feb 09	22.48	James Beecroft	29 May 21
7.30	Trey Lindsay	1 Mar 25	22.61	Andrew Watkins (W)	16 Jun 01
7.32	Jahmar Williams	19 Mar 23	<b>hand timing</b>		

-----

7.39 Arthur Powell (W) 10 Feb 18

## 100 Metres

10.86	Divine Iheme	29 Jul 23
10.94	Graig Anya-Joseph	26 Aug 17
10.99	Piers Spencer-Simms	8 Sep 24
11.18	Deji Tobais	13 Aug 05
11.18	Dante Legister	31 Aug 19
11.21	James Beecroft	11 Jul 21
11.23	Jaleel Roper	27 Aug 16
11.24	Owin Sinclair	2 Jul 11
11.26	Zanson Plummer	28 Aug 10
11.27	Louis Appiah-Kubi	8 Jul 16

-----

11.29 Andrew Watkins (W) 4 Aug 01

11.48 Michael Olsen (S) 18 Aug 12

## wind assisted

10.91	Deji Tobais	28 Aug 05
11.11	Jaleel Roper	3 Aug 16
11.14	Yaw Afirifah-Mensah	10 Aug 19
11.16	Alex Nelson	7 Jul 01
11.17	Theo Wedderburn	12 May 01
11.17	Fabian Powell	10 Aug 19
11.19	Andrew Watkins (W)	17 Jun 01
11.20	Russell Johnson	9 Jul 94
11.20	Owin Sinclair	21 Aug 11
11.23	Michael Tietz	12 Jul 91
11.24	Tristan Suberu	11 May 24
11.26	Kesi Oludoyi	6 Jul 12

-----

11.36 Michael Olsen (S) 18 Aug 12

## hand timing

11.0w	Matthew Clements	15 Sep 91
11.1	Alex Kiwomya	31 Aug 09
11.1	Owin Sinclair	11 Jun 11
11.1	Dejan Best-O'Connor	17 Jun 14
11.2	Stephen Buttler	2 Jul 88
11.2	Jona Efoloko	22 Jun 13
11.2	Farrell Fabusiwa	3 Jul 22

## 150 Metres

none

## 200 Metres

22.43	Piers Spencer-Simms	10 Aug 24
22.59	James Beecroft	26 Jun 21
22.64	Jona Efoloko	6 Jul 13
22.66	Alex Kiwomya	11 Jul 09
22.66	Owin Sinclair	21 Aug 11

22.68	Andrew Watkins (W)	4 Aug 01
22.71	Alex Leadbeater	13 Jul 19
22.77	Farrell Fabusiwa	13 Aug 22
22.77	Anjelho Macabee-Rose	10 Aug 24
22.80	Deji Tobais	14 Aug 05

## wind assisted

22.40	Divine Iheme	27 May 23
22.48	James Beecroft	29 May 21
22.61	Andrew Watkins (W)	16 Jun 01

## hand timing

22.4	Divine Iheme	25 Jun 23
------	--------------	-----------

## 200 Metres Short Track

23.00	Owin Sinclair	27 Feb 11
23.12	Emmanuel Ofori-Manteaw	11 Jan 26
23.33	Alex Kiwomya	15 Feb 09
23.40	Divine Iheme	12 Feb 23
23.52	Alex Foster	13 Feb 22
23.52	Piers Spencer-Simms	28 Jan 24
23.64	Tristian Anthony	18 Feb 96
23.83	James Armstrong	4 Mar 06
23.85	Jona Efoloko	24 Feb 13
23.85	George Sudderick	26 Feb 17

-----

24.17 Jacob Barnes (W) 9 Feb 25

24.20 Ben Robbins (S) 14 Mar 10

## 800 Metres

1:58.75	Jack Baranowski	6 Aug 24
1:59.00	Ben Pattison	6 Jun 15
2:00.19	Evan Grime	9 Jul 22
2:00.46	Thomas Kendrick	7 Aug 13
2:00.73	Aaron Pitt	30 Aug 09
2:00.96	Ben Greenwood (S)	26 Aug 12
2:01.01	Michael Emmanuel	14 Sep 25
2:01.1	Alex Spencer	12 Jul 97
2:01.28	Angus Wilkinson	30 Aug 22
2:01.30	James Fradley	4 Sep 12
2:01.3	Daniel Joyce	25 Jul 16

-----

2:03.08 Daniel Chesworth (W) 4 Aug 07

## 800 Metres Short Track

2:04.49	Thomas Thake	5 Feb 23
2:05.24	Blake Burchill (S)	5 Feb 26
2:07.86	Ben Greenwood	4 Mar 12
2:08.62	Calum Dick	19 Feb 22
2:08.72	Ben Coldray	26 Feb 05
2:08.95	Nikita Neary (W)	23 Jan 11
2:08.97	Markhim Lonsdale	4 Mar 12
2:09.29	Finn O'Neill	31 Mar 19
2:09.66	Roman Hodgson	14 Feb 18
2:09.79	Rhuairdh Laing	31 Jan 23

## 1200 Metres

none

## 1200 Metres Short Track

3:42.33 i	Louis Reid (S)	5 Feb 26
-----------	----------------	----------

## 1500 Metres

4:01.49	Angus Wilkinson (S)	2 Sep 22
4:08.1	Ahmed Ali	9 Jul 99

4:08.46	Ewan Withnall	9 Aug 23	11.40	Max Roe	1 Sep 19
4:08.70	Thomas Kendrick	24 Jul 13	11.43	Chris Musa	20 Aug 00
4:09.12	Zakariya Rush	30 Jul 25	11.45	Edward Dunford	15 Aug 98
4:09.77	Jake Meyburgh	9 Jul 22	11.46	William Adeyeye	20 Sep 14
4:10.51	Jack Baranowski	11 Jun 24	-----		
4:10.90	Calum Dick	27 Aug 22	11.48	Cameron Goodall (S)	8 Jul 07
4:11.20	Ahmed Osman	20 Aug 03	hand timing		
4:11.36	Ben Greenwood	16 Sep 12	10.9w	Matthew Clements	22 Sep 91
-----				11.4	8 Sep 91
4:16.51	Macsen Watts (W)	27 Aug 24	11.3	Max Roe	7 Jul 19
			11.5	Harry Hillman (W)	29 Jul 12
<b>1500 Metres Short Track</b>					
4:19.90	Angus Wilkinson (S)	9 Feb 22	<b>High Jump</b>		
4:25.9	Elliott Hardee (W)	3 Feb 07	1.88	Ross Hepburn (S)	21 Sep 75
4:26.2	Daniel Chesworth	3 Feb 07	1.88	Alex Cox	12 Aug 07
4:27.52	Lewis Dow	5 Mar 16	1.87	Feron Sayers	12 Jul 08
<b>3000 Metres</b>					
8:56.32	Jake Meyburgh	27 Aug 22	1.86	Edward Dunford	19 Sep 98
8:58.68	Angus Wilkinson (S)	3 Jun 22	1.85	Ken McKeown	9 Jul 95
8:58.83	Noah Homer	26 Jul 23	1.85	Mark Bidwell	9 Aug 98
9:02.45	George Watkins	9 Aug 23	1.84	Lee Pursglove	6 Jul 01
9:04.85	Mohamed Ali	7 Sep 16	1.84	Luke Ball	19 May 18
9:07.08	Henry Dover	24 Jul 19	1.82	Matt Paice	21 Jul 96
9:08.61	Theo Creed	12 Jun 24	1.82	David Guest (W)	23 Jul 05
9:08.9	Zakariya Rush	4 Sep 25	1.82	Luke Cressey	27 Jun 15
9:09.52	Benjamin Peck	9 Jul 19	<b>Pole Vault</b>		
9:10.68	Jack Crabtree	8 Sep 10	4.00	Neil Winter (W)	6 Jul 87
-----			3.90	Christian Linskey	31 Jul 93
9:18.03	Matthew Willis (W)	31 Jul 13	3.90	Charlie Platt	11 Jun 22
<b>60 Metres Hurdles (76.2cm) YES</b>					
9.41	Thierry Kerr	9 Dec 23	3.70	Richard Smith	29 Aug 94
9.42	Reuben Nairne	8 Feb 15	3.62 i	Frankie Johnson	21 Sep 14
9.49	Daniel Niewczasinski-K	25 Mar 23	3.60	Noah Van Den Bergh	8 Sep 24
<b>60 Metres Hurdles (83.8cm) NO</b>					
8.83	Benjamin Yeo	8 Feb 26	3.54	William Trott	23 Jun 18
8.87	Max Roe	24 Feb 19	3.50	Andrew Marsh	10 May 03
8.98	Kai Rogan	18 Mar 23	3.50	Tom Gibson	10 Sep 06
8.99	Jacob Clark Jones	9 Feb 25	3.40	Mitch Etheridge	24 Aug 08
9.00	Sammy Ball	11 Mar 18	3.40	Andrew Douglas	18 Aug 12
9.00	Reggie Lucas-Merry	2 Feb 19	3.40	Harry Hughes	14 Sep 25
9.01	Cameron Goodall (S)	8 Feb 07	-----		
9.04	Freddie Fraser	26 Feb 17	3.25	Reuben Nairne (S)	19 Jun 16
9.05	Jaiden Dean	5 Jan 19	<b>Long Jump</b>		
9.11	William Adeyeye	8 Feb 14	6.57	Joseph Lanahan (S)	6 Sep 25
9.11	Reuben Nairne	4 Feb 16	6.55	Emmanuel Famokun	21 Jun 25
-----			6.48	Joseph Harding	27 Aug 16
9.19	Harry Hillman (W)	6 Nov 11	6.33	Jermaine Bernard	16 Aug 98
<b>hand timing</b>					
8.9	William Adeyeye	16 Mar 14	6.32	Courage Edo	3 Aug 91
<b>80 Metres Hurdles (76.2cm) YES</b>					
11.15	James McLean	3 Jul 04	6.30	Edward Dunford	19 Sep 98
11.5	Oscar Barret	8 Jul 23	6.30	Ashley Wren	23 Sep 07
11.6	Kai Rogan	8 Jul 23	6.29	Onochie Onuorah	13 Jun 87
<b>80 Metres Hurdles (84cm) NO</b>					
11.04	Joseph Harding	17 Sep 16	6.28	Patrick Sylla	16 Sep 12
11.16	James McLean	8 Aug 04	6.23	David Gilkes	17 Aug 91
11.21	Richard Alexis-Smith	30 Jul 00	-----		
11.33	Kai Rogan	1 Jul 23	6.18	Jamie Jones (W)	21 Jun 03
11.37	Daniel Maynard	7 Jul 01	<b>wind assisted</b>		
11.39	Jacob Clark Jones	9 Aug 25	6.30	David Gilkes	17 Aug 91
			6.26	William Launder	18 Jun 22
<b>Triple Jump</b>					
			13.34	Jomiloju Hughes	30 Jun 23
			13.20	Melchisede Berkoh-Gyamfi	28 Aug 22
			12.98	Nathan Fox	10 Jul 04
			12.92	Patrick Sylla	16 Sep 12

12.81	Joshua Ogunfolaju	19 Aug 17	38.92	Chris Hughes (W)	28 Jul 91
12.73	Joseph Lanahan (S)	19 Jul 25	<b>Hammer (4kg) NO</b>		
12.65	Jonathan Moore	11 Jul 97	54.10	Peter Vivian	14 Jul 84
12.64	Jermaine Graham	1 Jul 11	53.46	Matthew Sutton	10 Sep 95
12.60	Darren Yeo (W)	29 Aug 88	52.40	Carl Saggars	7 Sep 97
12.57	Rigsby Agoreyo	9 Aug 69	52.14	Michael Painter	21 Sep 08
<b>wind assisted</b>			51.74	Paul Binley	2 Sep 84
13.07	Nathan Fox	15 Aug 04	51.56	Adam Brogan	13 Sep 89
12.82	Charlie Reilly	12 Jul 24	51.27	Ashley Gilder	20 Sep 08
<b>Shot (4kg) NO</b>			51.15	Andrew Jordan	14 Aug 05
16.77	Kendrick Onolememen	14 Sep 25	51.14	Neil Curtis	6 Sep 87
16.54	Johnny Jones	8 Aug 25	50.98	Kieran Phillips	28 Aug 10
16.25	Logan Cowling	11 Jul 25	-----		
16.14	Carl Saggars	25 Aug 97	49.44	Ryan Stewart (S)	14 May 05
16.02	Michael Wheeler	27 Jul 05	47.16	Thomas Williams (W)	14 Aug 21
15.78	Harry Sutherland	21 Aug 11	<b>Hammer (3.25kg) NO</b>		
15.65	Jay Thomas	28 Sep 02	54.52	Alexander Reynolds	18 Jun 12
15.63	Mathew Evans (W)	3 Aug 02	<b>Hammer (3kg) YES</b>		
15.60	Lawson Capes	10 Sep 22	52.77	Alexander Reynolds	30 Jun 12
15.57	Max Price	19 Aug 12	52.53	Ciaran Wright	24 Jul 10
<b>Shot (3.25kg) NO</b>			49.99	Christopher Scrivens	4 Jul 15
15.27	William Adeyeye	16 Jun 14	48.41	Michael Painter	6 Oct 07
14.65	Harry Sutherland	4 Jul 11	48.18	Kieran Phillips	20 Sep 09
14.64	Sebastian Dickens	10 Sep 14	47.73	Taseen Ahmed	5 Jul 25
14.57	James Pearson	18 Jun 12	47.33	Alex Brigden	2 Jul 22
14.48	Luke Bowen-Price	26 Jun 12	46.73	Dylan Egan	8 Jul 23
14.47	Mathew Evans (W)	22 Jul 01	46.52	Sam Foster	7 Sep 06
<b>Shot (3kg) YES</b>			46.32	Brian Kasanda	5 Jul 14
15.97	Lawson Capes	2 Jul 22	-----		
15.83	Logan Cowling	11 Aug 24	30.54	Thomas Williams (W)	17 Aug 19
14.78	Kierath Dhillon	8 Jul 23	<b>Javelin (600g) (1999 model) NO</b>		
14.59	Kendrick Onolememen	5 Jul 25	62.33	Oliver Bradfield	5 Jul 09
-----			56.80	Max Law	26 Sep 15
14.53	Ethan Witchell (W)	19 Jun 19	56.80	Archie Goodliff	27 Aug 16
<b>Discus (1.25kg) NO</b>			55.31	Tom Rutter	15 Aug 20
58.66	Kendrick Onolememen	14 Sep 25	54.88	Benjamin East	23 Sep 17
53.03	Logan Cowling	10 Aug 25	53.96	Travis Harfield	30 Aug 20
48.92	Anthony Oshodi	31 Jul 05	53.12	Jonathan Pownall	4 Sep 11
47.74	Tobi Adeniran	14 Jul 25	52.13	Matthew Blandford	31 Aug 09
47.55	Alfie Scopes	1 Sep 13	51.93	Ashley Bryant	8 Aug 04
46.35	Simon Bissell	5 Sep 99	51.92	Thomas Peters	29 Aug 09
46.33	Chu Ononogbu	30 Jun 23	<b>Javelin (500g) YES</b>		
46.11	Liam Biddlecombe	25 Jun 06	<b>none</b>		
45.08	Sam Herrington	8 Jul 00	<b>Javelin (400g) NO</b>		
44.18	Carl Saggars	3 Jul 97	57.55	Oliver Bradfield	17 Aug 08
-----			51.19	Tom Rutter	7 Jul 19
41.63	James Rollo (S)	19 Aug 18	50.35	Benjamin East	24 Sep 16
39.70	Liam Walsh (W)	1 Jul 95	<b>U15 Pentathlon (80H,SP,LJ,HJ,800)</b>		
<b>Discus (1kg) YES</b>			2444	James Dunford	27 Sep 98
52.64	Samar Plaha	5 Jul 25	<b>with 100 metres</b>		
48.60	Logan Cowling	28 Sep 24	2390	Sam Allen	22 Sep 91
43.39	Alfie Scopes	29 Jun 13	<b>Pentathlon (75H,SP,LJ,HJ,800)</b>		
42.94	Luke Bowen-Price	31 Jul 12	2562	Edward Dunford	28 Sep 97
42.50	Sam Herrington	12 Sep 99	2534	Finn O'Neill	25 Aug 18
42.46	Tobi Adeniran	16 Aug 24	2463	James Dunford	2 Aug 98
42.38	Ben Barnes	1 Sep 91	2380	William Adeyeye	26 Aug 13
42.02	Joshua Schrijver	3 Jul 18	2362	Al-Ameen Salaam	29 Sep 19
41.70	Dillon Claydon	1 Jul 17	<b>Pentathlon (60H,SP,LJ,HJ,800) Short Track</b>		
41.65	William McGahey	2 Jul 07	1945	Jake Minshull	26 Mar 17
-----					

1895	Karl Johnson	31 Mar 13
1862	Scott Connal	19 Feb 12
2197	David Guest (W) ???	25 Sep 04

**2000 Metres Track Walk**

9:32.1	Lloyd Finch	13 Oct 96
9:40.0	Luke Finch	12 Nov 97
9:40.3	Thomas Taylor	19 Jun 93
9:48.0	Gareth Brown	25 Oct 80
9:48.0	Robert Mecham	16 Dec 90

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

9:16	Lloyd Finch	28 Sep 96
9:38	Luke Finch	12 Sep 98

RESULTS