

# UK ALL TIME LISTS – MEN

as at 31 December 2025

<b>60 Metres</b>				9.95	Louie Hinchliffe	7 Jun 24	
6.42	Dwain Chambers	7 Mar 09		9.96	Chijindu Ujah	8 Jun 14	
6.45 o	Zharnel Hughes	25 Feb 23		9.96	Joel Fearon	30 Jul 16	
6.46	Jason Gardener	7 Mar 99		9.97	Dwain Chambers	22 Aug 99	
6.46	Gardener	15 Feb 04		9.97	Adam Gemili	7 Jun 15	10
6.46	Chambers	8 Mar 09		9.97	Jeremiah Azu	25 May 24	
6.47	Linford Christie	19 Feb 95		9.98	Jason Gardener	2 Jul 99	
6.47	James Dasaolu	15 Feb 14		9.99	Nethaneel Mitchell-Blake	13 May 17	
6.48	Gardener	16 Feb 00		10.00	Romell Glave	26 May 25	
6.48	Gardener	15 Feb 04		10.01	Richard Kilty	16 Jul 16	
6.48	Chambers	13 Mar 10		10.03	Simeon Williamson	12 Jul 08	
6.48	Dasaolu	2 Mar 13		10.04	Darren Campbell	19 Aug 98	
6.49	Colin Jackson	11 Mar 94		10.04	Mark Lewis-Francis	5 Jul 02	
6.49	Richard Kilty	8 Mar 14		10.04	James Ellington	7 Jul 16	
6.49	Reece Prescod	10 Feb 23		10.04	Ojie Edoburun	4 Jun 18	20
6.49	Jeremiah Azu	8 Mar 25		10.04	Elliot Jones	17 Aug 25	
6.51	Jason Livingston	8 Feb 92	10	10.05	Ade Adewale	26 Aug 24	
6.51	Darren Braithwaite	10 Mar 95		10.06	Marlon Devonish	10 Jul 07	
6.51	Mark Lewis-Francis	11 Mar 01		10.06	Tyrone Edgar	31 May 08	
6.52	Jody Smith	6 Dec 25		10.06	Nicholas Walsh	13 Aug 23	
6.53	Simeon Williamson	21 Feb 09		10.08	Harry Aikines-Aryeetey	13 Jul 13	
6.53	Chijindu Ujah	1 Feb 15		10.09	Jason Livingston	13 Jun 92	
6.54	Michael Rosswess	11 Mar 94		10.10	Andrew Robertson	23 Aug 14	
6.54	Andrew Robertson	27 Feb 16		10.11	Allan Wells	24 Jul 80	
6.55	Craig Pickering	27 Jan 07		10.11	Christian Malcolm	5 Aug 01	30
6.55	Harry Aikines-Aryeetey	13 Feb 10		10.12	Darren Braithwaite	15 Jul 95	
6.55	Sean Safo-Antwi	6 Feb 16	20	10.12	Toby Makoyawo	25 Mar 22	
6.56	Theo Etienne	5 Mar 16		10.12	Oliver Bromby	17 Jun 23	
6.56	Ojie Edoburun	25 Feb 18		10.14	Craig Pickering	13 Jul 07	
6.56	Adam Thomas	26 Feb 22		10.14	Danny Talbot	31 May 14	
6.56	Romell Glave	4 Feb 25		10.14	Sean Safo-Antwi	7 Jun 14	
6.58	Joseph Dewar	5 Mar 17		10.14	Adam Thomas	13 Aug 23	
6.59	Marcus Adam	8 Feb 92		10.15	Michael Rosswess	15 Sep 91	
6.59	Jason John	24 Feb 96		10.15	John Regis	29 May 93	
6.59	Darren Campbell	21 Feb 03		10.15	Korede Awe	3 Sep 23	40
6.59	Ryan Scott	13 Feb 08		10.16	Rikki Fifton	28 Sep 07	
6.59	Adam Gemili	31 Feb 16	30	10.16	Tommy Ramdhan	22 Aug 21	
6.59	Kyle de Escofet	4 Feb 17		10.16	Richard Akinyebo	30 Aug 25	
6.59	Charlie Dobson	19 Feb 22		10.17	Ian Mackie	25 Aug 96	
6.59	Eugene Amo-Dadzie	29 Jan 25		10.17	John Otugade	30 Aug 25	
				10.18	Deji Tobais	7 Jun 14	
				10.18	Kieran Daly	21 Jun 14	
				10.18	Reuben Arthur	17 Jun 17	
				10.19	Jona Efoloko	26 Aug 24	
				10.20	Cameron Sharp	24 Aug 83	50
				10.20	Elliot Bunney	14 Jun 86	
				10.20	Ryan Scott	17 Jul 08	
				10.20	Josh Swaray (now SEN)	13 Jul 13	
				10.20	Dom Ashwell	5 Jun 19	
				10.21 A	Ainsley Bennett	8 Sep 79	
				10.21	Jamie Henderson	6 Aug 87	
				10.21	Allyn Condon	14 Aug 99	
				10.21	Luke Fagan	15 Sep 11	
				10.21	Kyle de Escofet	2 Jun 17	
				10.21	Samuel Osewa	2 Jun 17	60
				10.21	Joe Ferguson	30 Jun 23	
				<b>wind assisted</b>			
				9.84	Louie Hinchliffe	24 May 24	

			<b>200 Metres</b>		
9.87	Hughes	3 May 25			
9.88	Reece Prescod	26 May 18	19.73	Zharnel Hughes	23 Jul 23
9.90	Christie	24 Aug 91	19.78	Hughes	19 Sep 25
9.90	Harry Aikines-Aryeetey	15 Apr 17	19.82	Hughes	8 Sep 23
9.90	Toby Makoyawo	26 Mar 22	19.87 A	John Regis	31 Jul 94
9.90	Jeremiah Azu	25 Jun 22	19.90	Hughes	3 Aug 25
9.90	Romell Glave	18 Aug 24	19.94	Regis	20 Aug 93
9.91	Christie	11 Jun 94	19.94	Hughes	31 Aug 23
9.91	Hughes	25 Jun 22	19.95	Nethaneel Mitchell-Blake	14 May 16
9.92	Richard Kilty	29 May 16	19.96	Hughes	11 May 24
9.93	Ojie Edoburun	15 Apr 17	19.97	Adam Gemili	9 Sep 16
9.93	Elliot Jones	22 Jun 25	19.97	Miguel Francis	21 Jul 19
9.95	Chijindu Ujah	27 May 17	20.08	Christian Malcolm	8 Aug 01
9.95	Ade Adewale	22 Jun 25	20.09	Linford Christie	28 Sep 88
9.96	James Ellington	25 Jun 16	20.13	Darren Campbell	27 Sep 00
9.96	Miguel Francis	25 Jun 22	20.16	Danny Talbot	7 Aug 17
9.97 †	Mark Lewis-Francis	4 Aug 01	20.18	Julian Golding	19 Sep 98
9.98	Nethaneel Mitchell-Blake	23 Apr 22	20.19	Marlon Devonish	29 Jul 02
10.00	Ian Mackie	18 Jul 98	20.19	Charlie Dobson	15 Apr 22
10.01	Doug Walker	18 Jul 98	20.21	Allan Wells	28 Jul 80
10.01	Andrew Robertson	13 Jun 21	20.22	Chris Clarke	25 Aug 13
10.02	Allan Wells	4 Oct 82	20.22	Toby Harries	26 Apr 25
10.03	Kieran Showler-Davis	3 Aug 16	20.23	Joe Ferguson	26 Jun 22
10.03	Andrew Robertson	8 Jun 19	20.31	Dwain Chambers	22 Jul 01
10.04 A	Tyrone Edgar	10 May 03	20.31	James Ellington	30 Apr 16
10.04	Deji Tobais	23 Aug 14	20.31	Reece Prescod	15 Aug 21
10.05	David Morgan-Harrison	26 Jul 23	20.34	Chris Lambert	20 Jul 03
10.05	Adam Thomas	29 Jul 23	20.34	Richard Kilty	7 Jul 13
10.07	Cameron Sharp	4 Oct 82	20.34	Tommy Ramdhan	30 Aug 21
10.07	John Regis	28 Aug 90	20.34	Jeriel Quainoo	20 Apr 24
10.07	Toby Box	11 Jun 94	20.34	Matthew Hudson-Smith	30 Jun 24
10.07	Michael Rosswess	11 Jun 94	20.35	Doug Walker	26 Jul 98
10.07	Sean Safo-Antwi	23 Aug 14	20.36	Todd Bennett	28 May 84
10.08	Mike McFarlane	27 May 84	20.37	Toby Sandeman	18 Jul 09
10.08	Jason John	11 Jun 94	20.37	Thomas Somers	24 Jul 14
10.08	Craig Pickering	17 Jun 09	20.38	Jeffrey Lawal-Balogun	28 Jun 09
10.08	Samuel Gordon	14 Jul 19	20.38	Leon Reid	2 Jul 17
10.08	Adam Clayton	29 Apr 23	20.39	Chijindu Ujah	8 Apr 17
10.09 †	Christian Malcolm	4 Aug 01	20.40	Delano Williams	16 May 15
10.10	Donovan Reid	26 Jun 83	20.41	Marcus Adam	13 Jun 92
10.10	Leevan Yearwood	3 Jul 09	20.42 A	Ainsley Bennett	12 Sep 79
10.10	John Otugade	29 Jul 23	20.42	Michael Ohioze	12 Apr 24
10.11	Drew McMaster	26 Jun 83	20.42	Jona Efoloko	3 Aug 25
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	20.45	James Alaka	13 May 12
10.13	Tommy Ramdhan	25 Jun 22	20.46	Rikki Fifton	6 Jun 09
10.13	Tommy Ramdhan	25 Jun 22	20.46	Harry Aikines-Aryeetey	3 Jul 11
10.13	Luke Dorrell	15 Jul 23	20.46	James Hanson	26 Jun 22
10.13	Korede Awe	3 Sep 23	20.46	Cameron Sharp	9 Sep 82
† wind gauge faulty - probably windy			20.47	Darren Braithwaite	13 May 95
<b>hand timing</b>			20.48	Alex Nelson	5 Jul 08
9.9	Zharnel Hughes	22 Apr 23	20.49	Adam Clayton	13 May 23
10.1	David Jenkins	20 May 72	20.49	Terry Williams	24 Aug 94
10.1	Brian Green	3 Jun 72	20.50	Tony Jarrett	16 Jul 95
<b>hand timing - wind assisted</b>			20.50	Solomon Wariso	16 Jul 95
10.0	Allan Wells	16 Jun 79	20.50	Michael Rosswess	28 Sep 88
10.0	Drew McMaster	1 Jun 80	20.51	Ethan Harbias-Wiltshire	3 Aug 25
10.1	Dave Roberts	17 Jul 82	20.51	Ade Mafe	25 Aug 85
			20.54		

20.55	Jake Odey-Jordan	16 Jun 24	<b>300 Metres</b>		
20.56	Roger Black	4 May 96	31.56	Doug Walker	19 Jul 98
20.56	Shemar Boldizar	21 Jul 19	31.67	John Regis	17 Jul 92
20.57	Owusu Dako	16 Jul 95	31.87	Mark Richardson	19 Jul 98
20.57	Tim Abeyie	5 Jul 08	31.98	Regis	19 Jun 93
20.58	Dwayne Grant	10 Aug 03	60 31.99	Regis	21 Jun 91
<b>wind assisted</b>			32.06	Jamie Baulch	31 May 97
19.86	Danny Talbot	15 Apr 17	32.08	Roger Black	8 Aug 86
19.93	Hughes	24 Apr 21	32.14	Todd Bennett	18 Aug 84
19.96	Mitchell-Blake	28 May 16	32.14	Delano Williams	7 Jun 15
19.99	Charlie Dobson	23 Apr 22	32.23	Solomon Wariso	19 Jul 98
20.10	Marcus Adam	1 Feb 90	32.26	Mark Hylton	19 Jul 98
20.11	Allan Wells	20 Jun 80	32.29	Chris Clarke	13 Sep 15
20.18	Marlon Devonish	14 Jul 02	32.31	Rabah Yousif	7 Sep 14
20.18	Joe Ferguson	26 Jun 22	32.32	Derek Redmond	16 Jul 88
20.26	Ade Mafe	1 Feb 90	32.36	Iwan Thomas	19 Jul 98
20.36	Doug Turner	27 Jul 97	32.39	Alex Haydock-Wilson	14 May 23
20.37	Edmond Amaning	13 Apr 18	32.44	David Jenkins	4 Jul 75
20.38	Dwayne Grant	23 Aug 03	<b>during 400m</b>		
20.40	Ojie Edoburun	28 Apr 17	31.35 +	Matthew Hudson-Smith	7 Aug 24
20.46	Andrew Morgan-Harrison	26 Jun 22	32.06 +	Roger Black	29 Aug 91
20.48	Michael Rosswess	9 Sep 90	32.08 +	Iwan Thomas	5 Aug 97
20.50	Sam Watts	21 Mar 14	32.26 +	Derek Redmond	1 Sep 87
20.51	Jason John	2 Jul 93	32.34 +	Charlie Dobson	19 Jul 25
20.54	Luke Dorrell	15 Jul 23	32.35 +	David Grindley	26 Jun 93
<b>hand timing (* 220 yards time less 0.1)</b>			<b>300 Metres Short Track</b>		
20.3	David Jenkins	19 Aug 72	32.7+	Jamie Baulch	23 Feb 97
20.4 *	Peter Radford	28 May 60	32.7u+	Solomon Wariso	8 Feb 98
<b>hand timing - wind assisted</b>			32.7+	Daniel Caines	17 Feb 02
20.4	Buster Watson	11 Aug 85	32.72	Matthew Hudson-Smith	3 Feb 23
20.5	Roger Black	6 Jul 96	32.79 A	Brodie Young	25 Jan 25
<b>200 Metres Short Track</b>			32.80	Hudson-Smith	14 Jan 22
20.25	Linford Christie	19 Feb 95	32.90	Ade Mafe	31 Jan 92
20.46	Julian Golding	8 Feb 98	32.98	John Regis	20 Feb 93
20.48	John Regis	5 Feb 95	<b>400 Metres</b>		
20.49	Nethaneel Mitchell-Blake	11 Feb 17	43.44	Matthew Hudson-Smith	7 Aug 24
20.50	Regis	14 Feb 99	43.74	Hudson-Smith	20 Jul 24
20.51	Marlon Devonish	21 Feb 03	43.96	Hudson-Smith	22 Aug 24
20.51	Mitchell-Blake	26 Feb 16	44.07	Hudson-Smith	30 May 24
20.53	Allyn Condon	8 Feb 98	44.07	Hudson-Smith	6 Aug 24
20.53	Mitchell-Blake	27 Feb 16	44.10	Hudson-Smith	5 Jul 25
20.54	Regis	22 Feb 87	44.14	Charlie Dobson	19 Jul 25
20.54	Christian Malcolm	26 Feb 01	44.23	Dobson	20 Jul 24
20.59	Doug Turner	17 Feb 02	44.26	Hudson-Smith	22 Aug 23
20.59	Adam Clayton	25 Feb 23	44.27	Hudson-Smith	19 Jul 25
20.60	Sam Watts	13 Feb 16	10 44.27	Hudson-Smith	19 Jul 25
20.62	Daniel Caines	1 Mar 02	44.36	Iwan Thomas	13 Jul 97
20.66	Andrew Morgan-Harrison	16 Feb 20	44.37	Roger Black	3 Jul 96
20.66	Jake Odey-Jordan	10 Mar 24	44.37	Mark Richardson	9 Jul 98
20.68	Chris Clarke	9 Feb 14	44.45	Martyn Rooney	23 Aug 15
20.69	Chris Lambert	6 Mar 05	44.47	David Grindley	3 Aug 92
20.73	Toby Makoyawo	5 Feb 22	44.50	Derek Redmond	1 Sep 87
20.75	Marcus Adam	29 Jan 92	44.54	Rabah Yousif	24 Aug 15
20.78	Tim Benjamin	24 Feb 01	44.56	Tim Benjamin	9 Sep 05
20.80	Ade Mafe	10 Feb 89	44.57	Jamie Baulch	3 Jul 96
20.80 A	Brodie Young	28 Feb 25	20 44.60	Samuel Reardon	27 Jun 25
20.83	Darren Campbell	21 Feb 03	44.66	Du'aine Ladejo	16 Jun 96
20.84	Solomon Wariso	28 Jan 95	44.68	Solomon Wariso	26 Jul 98
20.84	Jamie Baulch	26 Jan 97	44.74	Michael Bingham	19 Aug 09
			44.91	Lewis Davey	19 Jul 25

44.93	David Jenkins	21 Jun 75	45.83	Mark Hylton	9 Feb 97
44.93	Kriss Akabusi	7 Aug 88	45.82	Jaden Smith	1 Feb 25
44.94	Andrew Steele	18 Aug 08	45.88	Richard Buck	18 Feb 12 10
44.98	Daniel Caines	27 Jul 02 20	45.89	David Grindley	20 Feb 93
45.01	Robert Tobin	11 Jun 05	45.90	Robert Tobin	12 Feb 06
45.06	Conrad Williams	6 Jun 15	45.94	Mark Richardson	20 Feb 93
45.08	Alex Haydock-Wilson	20 Jul 22	45.98	Brian Whittle	6 Mar 88
45.09	Jarryd Dunn	20 Jun 15	46.11	Guy Bullock	9 Feb 97
45.11	Nigel Levine	7 Jun 12	46.11	Sean Baldock	8 Feb 98
45.13	Toby Harries	21 Jun 25	46.12	Du'aine Ladejo	10 Mar 96
45.20	Sean Baldock	12 Aug 00	46.16	Luke Lennon-Ford	15 Feb 14
45.22	Brian Whittle	25 Sep 88	46.16	Edward Faulds	19 Feb 22
45.23	Luke Lennon-Ford	2 Jun 12	46.20	Conrad Williams	18 Feb 12 20
45.24	Mark Hylton	12 Aug 98 30	46.22	Richard Strachan	2 Feb 13
45.26	Phil Brown	26 May 85	46.23	Allyn Condon	14 Feb 99
45.27	Todd Bennett	7 Aug 88	46.23	Lee Thompson	18 Feb 18
45.30	Ade Mafe	23 Jul 93			
45.33	Paul Sanders	15 Jun 91	<b>600 Metres</b>		
45.34	Dwayne Cowan	20 Aug 17	1:14.95	Steve Heard	14 Jul 91
45.34	Brodie Young	19 Jul 25	1:15.0 +	Sebastian Coe	10 Jun 81
45.40	Jaden Smith	11 May 24	1:15.36	Thomas Staines	23 Aug 25
45.42	Delano Williams	9 May 15	1:15.4	Garry Cook	30 Jul 84
45.45	George Caddick	26 May 17	1:15.4	Tom McKean	21 Jul 91
45.47	David McKenzie	12 Jun 94 40	1:15.57 +	Max Burgin	20 Sep 25
45.47	Efekemo Okoro	27 Jul 24	1:15.6	David Jenkins	3 Aug 74
45.48	John Regis	17 Apr 93	1:15.87	Michael Rimmer	5 Jun 16
45.48	Richard Strachan	7 Jul 13	1:15.94	Brian Whittle	28 Jul 92
45.48	Charlie Carvell	22 May 24	1:16.0	Steve Ovet	15 Aug 79
45.49	Glen Cohen	21 May 78	1:16.0 +	Martin Steele	10 Jul 93
45.54	Joseph Brier	10 Jun 23	<b>600 Metres Short Track</b>		
45.57	Jared Deacon	16 Jun 02	1:15.31 A	Thomas Staines	1 Feb 19
45.58	Ian Mackie	13 Jul 03	1:15.79 A	Yusuf Bizimana	21 Jan 23
45.58	Lee Thompson	5 Jul 25	1:15.81	Callum Dodds	15 Feb 25
45.59	Chris Clarke	24 Jul 09 50	1:16.10	Kyle Langford	15 Feb 17
45.60	Malachi Davis	24 Jul 05	1:16.22	Dai Greene	26 Jan 13
45.60	Rio Mitcham	10 Jun 23	1:16.45	Andrew Osagie	26 Jan 13
45.61	Richard Buck	2 Jun 12	1:16.48	Guy Learmonth	25 Jan 14
45.63	Adrian Patrick	5 Jul 95	<b>800 Metres</b>		
45.63	Ben Jefferies	30 Jun 24	1:41.73"	Sebastian Coe	10 Jun 81
45.64	Paul Harmsworth	7 Aug 88	1:42.27	Ben Pattison	12 Jul 24
45.64	Cameron Chalmers	18 Jun 17	1:42.29	Max Burgin	20 Sep 25
45.65	Alan Bell	14 Jun 80	1:42.33	Coe	5 Jul 79
45.67	Roger Hunter	19 May 85	1:42.36	Burgin	19 Jul 25
45.70	Bailey Swift	20 Jul 24 60	1:42.42	Burgin	28 Aug 25
	<b>hand timing (* 440 yards time less 0.3)</b>		1:42.88	Steve Cram	21 Aug 85
45.6 *	Robbie Brightwell	14 Jul 62	1:42.97	Peter Elliott	30 May 90
	<b>400 Metres Short Track</b>		1:43.07	Coe	25 Aug 85
45.39	Jamie Baulch	9 Feb 97	1:43.19	Cram	7 Sep 86
45.43	Daniel Caines	16 Mar 03	1:43.65	Jake Wightman	2 Sep 22
45.45	Baulch	12 Feb 97	1:43.77	Andrew Osagie	9 Aug 12
45.46 A	Brodie Young	1 Mar 25	1:43.82	Oliver Dustin	12 Jun 21
45.56	Todd Bennett	3 Mar 85	1:43.84	Martin Steele	10 Jul 93
45.60	Baulch	14 Feb 99	1:43.88	Tom McKean	28 Jul 89 10
45.61	Caines	18 Feb 01	1:43.89	Michael Rimmer	29 Aug 10
45.62	Baulch	9 Mar 97	1:43.95	Daniel Rowden	21 Jul 23
45.69	Michael Bingham	14 Mar 09	1:43.98	David Sharpe	19 Aug 92
45.71	Solomon Wariso	8 Feb 98	1:44.05	Elliot Giles	4 Jul 21
45.71	Nigel Levine	18 Feb 12	1:44.09	Steve Ovet	31 Aug 78
45.71	Levine	15 Feb 14	1:44.10	Henry Jonas	18 Jul 25

1:44.14	Jamie Webb	20 Jun 21	1:45.78	Justin Davies	15 Feb 25	
1:44.30	Ethan Hussey	19 Jul 25	1:45.86	Callum Dodds	28 Feb 25	
1:44.35	Justin Davies	10 May 25	1:45.91	Finley McLearn	13 Mar 21	
1:44.48	Tiarnan Crocken	20 Aug 25	20 1:46.02 A	Yusuf Bizimana	11 Mar 23	10
1:44.49	Kyle Langford	30 Aug 22	1:46.22	Ikem Billy	12 Feb 89	
1:44.50	Callum Dodds	15 Jul 25	1:46.22	Tom McKean	4 Mar 90	
1:44.55	Garry Cook	29 Aug 84	1:46.33	Joe Thomas	23 Feb 12	
1:44.59	Tony Morrell	2 Jul 88	1:46.36	Guy Learmonth	3 Feb 23	
1:44.65	Ikem Billy	21 Jul 84	1:46.43	Kyle Langford	3 Feb 18	
1:44.65	Steve Heard	26 Aug 92	1:46.55	Michael Rimmer	16 Feb 13	
1:44.65	James McIlroy	28 Aug 05	1:46.56	Thomas Randolph	15 Feb 25	
1:44.72	Archie Davis	4 Jul 21	1:46.57	Brian Whittle	29 Feb 92	
1:44.73	Guy Learmonth	22 Jul 18	1:46.58	Mukhtar Mohammed	16 Feb 13	
1:44.75	Alex Botterill	23 Jul 23	30 1:46.64	Josh Kerr	11 Feb 22	20
1:44.80	Yusuf Bizimana	20 Jul 24	1:46.68	James McIlroy	4 Feb 05	
1:44.82	Neil Gourley	18 Jun 22	1:46.69	Jack Higgins	15 Feb 25	
1:44.88	Thomas Randolph	23 Jul 23	1:46.71	Peter Elliott	12 Mar 83	
1:44.92	Curtis Robb	15 Aug 93	1:46.75	Daniel Rowden	4 Feb 23	
1:44.98	Gareth Warburton	7 Jun 12				
1:45.01	Josh Kerr	3 May 25	<b>1000 Metres</b>			
1:45.05	Matthew Yates	26 Aug 92	2:12.18	Sebastian Coe	11 Jul 81	
1:45.10	Richard Hill	10 Jun 06	2:12.88	Steve Cram	9 Aug 85	
1:45.12	Andy Carter	14 Jul 73	2:13.40	Coe	1 Jul 80	
1:45.12	Reece Sharman-Newell	22 Jun 24	40 2:13.88	Jake Wightman	10 Aug 22	
1:45.14	Chris McGeorge	28 Jun 83	2:14.90	Coe	16 Jul 86	
1:45.14	John Gladwin	22 Jul 86	2:15.57	James McIlroy	5 Sep 99	
1:45.28	Thomas Staines	14 Apr 22	2:15.91	Steve Ovet	6 Sep 79	
1:45.31	Rob Harrison	21 Jul 84	2:16.30	Peter Elliott	17 Jan 90	
1:45.33	Jack Higgins	26 Jul 25	2:16.34	Matthew Yates	6 Jul 90	
1:45.35	Kevin McKay	16 Aug 92	2:16.82	Graham Williamson	17 Jul 84	
1:45.41	William Rabjohns	12 Jul 25	2:16.99	Tony Morrell	28 Aug 88	
1:45.44	Neil Horsfield	28 Jul 90	2:16.99	Andy Baddeley	7 Aug 07	10
1:45.47	Brian Whittle	20 Jul 90	2:17.13	Michael Rimmer	20 Aug 12	
1:45.53	Charlie Da'Vall Grice	22 Jul 16	50 2:17.14	John Gladwin	6 Jul 90	
1:45.6	Graham Williamson	12 Jun 83	2:17.18	Andrew Osagie	10 Jun 18	
1:45.64	Paul Herbert	5 Jun 88	2:17.20	Rob Harrison	18 Aug 84	
1:45.66	Paul Forbes	8 Jun 83	2:17.36	Neil Horsfield	9 Aug 91	
1:45.66	Finley McLearn	7 Jun 24	2:17.43	Gareth Brown	18 Aug 84	
1:45.66	Benjamin Gardiner	12 Jul 25	2:17.45	Chris McGeorge	20 Aug 84	
1:45.67	Sam Ellis	10 Jun 06	2:17.47	Kyle Langford	15 Jun 19	
1:45.67	Mukhtar Mohammed	26 Jul 13	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
1:45.68	David Race	7 Jun 25	2:17.63	Tom Lancashire	31 Jul 09	
1:45.69	Steve Crabb	17 Aug 88	60 2:17.75	Steve Crabb	5 Aug 87	
1:45.69	Craig Winrow	21 Jun 96	2:17.79	David Sharpe	31 Aug 92	
" photo-cell time			2:17.95	Mark Scruton	17 Jul 84	
			2:17.96	Ikem Billy	14 Jul 89	
			2:18.02	Elliot Giles	15 Jun 24	
<b>800 Metres Short Track</b>			<b>1000 Metres Short Track</b>			
1:43.63	Elliot Giles	17 Feb 21	2:16.74	Neil Gourley	15 Feb 25	
1:44.54	Jamie Webb	17 Feb 21	2:17.20	Charlie Da'Vall Grice	13 Feb 21	
1:44.91	Sebastian Coe	12 Mar 83	2:17.25	Alex Botterill	15 Feb 25	
1:45.22	Andrew Osagie	15 Feb 14	2:17.51	Jake Wightman	25 Jan 20	
1:45.42 i	Giles	19 Feb 22	2:17.51	Joe Wigfield	15 Feb 25	
1:45.42 i	Giles	22 Feb 22	2:17.86	Matthew Yates	22 Feb 92	
1:45.43 i	Giles	2 Mar 22	2:18.10	Yusuf Bizimana	12 Jan 24	
1:45.46 i	Giles	2 Mar 18	2:18.31	David Strang	30 Jan 93	
1:45.49 i	Giles	9 Feb 21	2:18.55	Richard Peters	2 Mar 14	
1:45.50 i	Giles	21 Jan 21	2:18.56	Andrew Osagie	19 Feb 11	10
1:45.62	Charlie Da'Vall Grice	31 Jan 21				
1:45.72	Tony Morrell	17 Feb 88				



3:51.99	Jake Heyward	28 May 22	20	3:55.64	Andrew Baddeley	23 Jan 10	
3:52.02	Nick McCormick	29 Jul 05		3:56.04	Richard Peters	14 Feb 13	
3:52.44	John Robson	11 Jul 81		3:56.29	Andy Keith	22 Jan 94	
3:52.50	Michael East	21 Aug 05		3:56.31	Ricky Stevenson	23 Jan 10	20
3:52.64	Charlie Da'Vall Grice	28 May 16		3:56.47	Charlie Da'Vall Grice	3 Feb 18	
3:52.75	Matthew Yates	10 Jul 93		3:56.53	Tom Dodd	1 Feb 25	
3:52.77	Ross Murray	14 Jul 12		3:56.80	Mark Draper	23 Jan 10	
3:52.99	Mark Rowland	10 Sep 86		3:56.87	Joe Ewing	21 Feb 25	
3:53.20	Ian Stewart II	25 Aug 82					
3:53.34	Chris O'Hare	27 May 17		<b>1 Mile Road</b>			
3:53.36	Thomas Keen	3 Sep 24	30	3:51.3	Elliot Giles	1 Sep 24	
3:53.39	Tom Lancashire	14 Aug 10		<b>2000 Metres</b>			
3:53.64	Kevin McKay	22 Jul 94		4:51.39	Steve Cram	4 Aug 85	
3:53.69	James Gormley	24 Aug 24		4:52.82	Peter Elliott	15 Sep 87	
3:53.82	Gary Staines	12 Aug 90		4:53.06	Jack Buckner	15 Sep 87	
3:53.85	Rob Harrison	15 Jul 86		4:53.69	Gary Staines	15 Sep 87	
3:53.99	Henry McLuckie	30 Aug 25		4:55.20	Cram	28 Aug 88	
3:54.2	Frank Clement	27 Jun 78		4:55.72	Elliott	28 Aug 88	
3:54.27	Archie Davis	13 Jul 21		4:56.23	James West	8 Sep 24	
3:54.30	David Strang	22 Jul 94		4:56.75	John Mayock	30 Jul 99	
3:54.39	Neil Horsfield	8 Jul 86	40	4:57.09	Adam Fogg	8 Sep 24	
3:54.43	Tyler Bilyard	24 Aug 24		4:57.39	Nick McCormick	9 Mar 06	
3:54.53	Tim Hutchings	31 Jul 82		4:57.61	Piers Copeland	19 Aug 20	
3:54.70	Andrew Graffin	23 Aug 02		4:57.71	Steve Ovet	7 Jul 82	10
3:54.73	Piers Copeland	3 Sep 24		4:58.38	Graham Williamson	29 Aug 83	
3:54.75	Lee Emanuel	27 Jul 13		4:58.84	Sebastian Coe	5 Jun 82	
3:54.80	James Brewer	25 Jul 09		4:59.57	Nick Rose	3 Jun 78	
3:54.89	Matthew Stonier	14 May 22		5:00.37	Tim Hutchings	29 Aug 83	
3:54.9	Adrian Passey	20 Aug 89		5:00.73	Neil Gourley	10 Aug 20	
3:54.91	Piers Copeland	14 May 22		5:01.09	Eamonn Martin	19 Jun 84	
3:54.97	Cameron Boyek	30 Aug 25	50	5:01.28	Andrew Graffin	25 Jun 00	
3:55.0	Jim McGuinness	11 Jul 77		5:01.48	Paul Larkins	5 Jun 88	
3:55.20ios	James Young	11 Feb 22		5:01.9 +	Mo Farah	5 Jun 16	
3:55.3	Peter Stewart	10 Jun 72		5:02.01	Lee Emanuel	28 Jun 13	20
3:55.37	Tom Mayo	8 Aug 03		5:02.35	Sean Cahill	4 Aug 85	
3:55.38	Rob Denmark	12 Aug 90		5:02.61	Steve Martin	19 Jun 84	
3:55.41	Colin Reitz	31 Jul 82		5:02.8 a	Frank Clement	10 Sep 78	
3:55.56	Osian Perrin	24 Aug 24		5:02.86	David Moorcroft	19 Jul 86	
3:55.68	Alan Simpson	30 Aug 65		5:02.90	Allen Graffin	25 Jun 00	
				5:02.93	Brendan Foster	4 Jul 75	
<b>1 Mile Short Track</b>				5:02.98	Ian Stewart I	4 Jul 75	
3:48.87	Josh Kerr	27 Feb 22		5:02.98	Gary Lough	11 Aug 96	
3:48.93	George Mills	11 Feb 24		5:02.99	Neil Caddy	11 Aug 96	
3:49.22	Neil Gourley	8 Feb 25		5:03.16	David Bedford	8 Jul 72	30
3:49.46	Gourley	11 Feb 23		5:03.8	Lawrie Spence	26 May 78	
3:49.62	Adam Fogg	11 Feb 24		5:04.11	Rob Denmark	11 Aug 96	
3:49.85	Fogg	1 Feb 25					
3:52.02	Peter Elliott	9 Feb 90		<b>2000 Metres Short Track</b>			
3:52.27	Kerr	29 Jan 22		4:57.09	John Mayock	25 Feb 01	
3:52.73	Tyler Bilyard	1 Feb 25		5:01.71+	Josh Kerr	11 Feb 24	
3:52.84	Gourley	4 Feb 23		5:01.73+	Sam Atkin	27 Jan 23	
3:52.91	Chris O'Hare	20 Feb 16		5:02.9+	Mo Farah	21 Feb 15	
3:53.22	Callum Elson	10 Feb 24		5:04.58	Adam Fogg	8 Feb 25	
3:54.23	Andrew Butchart	4 Feb 17		<b>3000 Metres (+ during 2 Miles)</b>			
3:54.30	Lee Emanuel	25 Jan 14	10	7:32.62	Mo Farah	5 Jun 16	
3:54.42	Piers Copeland	1 Feb 25		7:32.79	Dave Moorcroft	17 Jul 82	
3:54.62	Elliot Giles	4 Feb 25		7:34.66	Farah	24 Jul 15	
3:54.78	Matthew Yates	14 Mar 92		7:35.1	Brendan Foster	3 Aug 74	
3:55.07	John Mayock	15 Feb 01		7:35.15	Farah	9 Jul 17	
3:55.43	David Strang	22 Jan 94		7:35.18	Andrew Butchart	13 Jul 21	
3:55.44	George Couttie	7 Feb 25		7:36.08	Marc Scott	6 Feb 21	

7:36.40	John Nuttall	10 Jul 96	7:37.13	James West	2 Feb 25	
7:36.81	Henry McLuckie	9 Jul 25	7:37.40+	Farah	18 Feb 12	
7:37.39	Patrick Dever	13 Jul 21	7:37.42	Andrew Butchart	6 Feb 22	
7:38.70	Jack Rowe	20 Jul 24	7:37.81	Jake Wightman	6 Feb 22	
7:38.71	George Mills	28 Aug 25	10 7:38.35	Jack Rowe	26 Jan 24	
7:38.73	Tom Mortimer	13 Jul 21	7:40.84	Adam Fogg	8 Feb 25	10
7:39.55	Rob Denmark	1 Aug 93	7:40.97	Tom Mortimer	6 Feb 22	
7:39.71	Sam Atkin	13 Jul 21	7:41.09	John Mayock	6 Feb 02	
7:39.86	Andy Baddeley	25 May 12	7:41.97	Henry McLuckie	1 Feb 25	
7:39.87	James West	6 Sep 23	7:42.02	Marc Scott	20 Mar 22	
7:40.4	Nick Rose	27 Jun 78	7:42.47	Thomas Farrell	5 Feb 16	
7:40.43	Jack Buckner	5 Jul 86	7:42.89	David Mullarkey	26 Jan 24	
7:40.94	Eamonn Martin	9 Jul 83	7:43.57	Patrick Dever	30 Jan 22	
7:41.21ios	David Mullarkey	14 Feb 25	7:43.90	Rob Denmark	10 Mar 91	
7:41.3	Steve Overt	23 Sep 77	20 7:44.48	Lee Emanuel	7 Mar 15	
7:41.79	Gary Staines	14 Jul 90	7:44.65	Jamaine Coleman	30 Jan 22	20
7:42.22	Nick Goolab	9 Jul 17	7:44.68	Charles Wheeler	2 Feb 25	
7:42.26	Graeme Fell	9 Jul 83	7:45.10	Andy Baddeley	26 Jan 08	
7:42.43	Charles Wheeler	27 Jul 24	7:45.49	Andy Vernon	7 Mar 14	
7:42.47	David Lewis	9 Jul 83	7:45.87	Thomas Keen	4 Jan 25	
7:42.77	Billy Dee	18 Jul 92	7:46.1+	Jack Buckner	15 Feb 85	
7:42.78	Scott Beattie	20 Jul 24	7:46.22	Mark Rowland	27 Feb 90	
7:43.03	Tim Hutchings	14 Jul 89	7:46.7	Nick Rose	25 Feb 79	
7:43.1 +	Steve Cram	29 Aug 83	7:46.73	Jonathan Mellor	15 Feb 14	
7:43.34	Chris Thompson	13 Aug 10	30 7:46.85	Ricky Wilde	15 Mar 70	
7:43.61	Anthony Whiteman	27 Jun 98	7:46.92	Euan Makepeace	30 Jan 22	30
7:43.84ios	Charles Hicks	26 Feb 22	7:47.22	Scott Beattie	3 Feb 24	
7:43.90	Ian Stewart II	26 Jun 82	7:47.78	Chris O'Hare	26 Jan 19	
7:44.40	Colin Reitz	9 Jul 83				
7:44.74	Emile Cairess	2 Aug 22	<b>2 Miles</b>			
7:44.76	Paul Davies-Hale	20 Jul 85	8:07.85	Mo Farah	24 Aug 14	
7:45.2 +	Geoff Turnbull	12 Sep 86	8:13.51	Steve Overt	15 Sep 78	
7:45.29	Dennis Coates	9 Sep 77	8:13.68	Brendan Foster	27 Aug 73	
7:45.41	Jon Brown	1 Aug 98	8:14.93	Steve Cram	29 Aug 83	
7:45.75	Andy Vernon	17 Jul 13	40 8:15.53	Tim Hutchings	12 Sep 86	
7:45.75	Jonathan Davies	21 Aug 20	8:15.98	Geoff Turnbull	12 Sep 86	
7:45.81	John Robson	13 Jul 84	8:16.75	Dave Moorcroft	20 Aug 82	
7:45.81	Alexander Yee	21 Aug 20	8:17.12	Jack Buckner	12 Sep 86	
7:46.39	Adrian Royle	28 Jun 83	8:18.98	Eamonn Martin	16 Jul 88	
7:46.40	Ian Hamer	20 Jan 90	8:19.37	Nat Muir	27 Jun 80	10
7:46.4	David Bedford	21 Jun 72	8:20.28	David James	27 Jun 80	
7:46.6+	David Black	14 Sep 73	8:20.66	David Lewis	7 Sep 84	
7:46.67	Adam Fogg	3 Jun 23	8:21.09	Barry Smith	27 Jun 80	
7:46.83	Ian Stewart I	26 May 76	8:21.86	David Black	14 Sep 73	
7:46.95	David James	26 May 80	50 8:21.97	Rob Denmark	9 Aug 91	
7:47.12	Simon Mugglestone	27 Jun 88	8:22.0	Ian Stewart I	14 Aug 72	
7:47.20	Harry Wakefield	12 Jul 25	8:22.41	Nick Rose	15 Sep 78	
7:47.28	John Mayock	23 Jul 95	8:22.65	Ian Hamer	17 Jul 92	
7:47.32	Tomer Tarragano	10 May 25	8:22.98	Geoff Smith	7 Jun 80	
7:47.54	Paul Larkins	14 Jul 89	8:23.16	Gary Staines	9 Aug 91	20
7:47.56	Dick Callan	15 Jul 83				
7:47.6	Dick Taylor	6 Sep 69				
			<b>2 Miles Short Track</b>			
<b>3000 Metres Short Track</b>			8:00.67	Josh Kerr	11 Feb 24	
7:27.92	George Mills	2 Feb 25	8:03.40	Mo Farah	21 Feb 15	
7:30.14+	Josh Kerr	11 Feb 24	8:12.63	Andrew Butchart	11 Feb 17	
7:31.97	Sam Atkin	27 Jan 23	8:17.06	John Mayock	17 Feb 02	
7:33.1+	Mo Farah	21 Feb 15	8:18.4	Nick Rose	17 Feb 78	
7:33.47	Kerr	11 Feb 23	8:21.24	Lee Emanuel	31 Jan 15	
7:34.47	Farah	21 Feb 09	8:21.4	Jack Buckner	15 Feb 85	
7:35.81	Farah	5 Feb 11	8:22.7	Graeme Fell	19 Feb 82	
7:36.74	George Couttie	6 Dec 25	8:25.13	Adrian Royle	04 Feb 83	
			8:26.01	Thomas Farrell	21 Feb 15	10

5000 Metres				13:23.26	Mike McLeod	24 Jun 80
12:46.59	George Mills	12 Jun 25		13:23.26	Richard Nerurkar	10 Aug 90
12:53.11	Mo Farah	22 Jul 11		13:23.48	John Doherty	1 Jun 85
12:54.66	Sam Atkin	17 May 24		13:23.52	David Black	29 Jan 74
12:56.98	Farah	2 Jun 12		13:23.71	Steve Binns	1 Jun 88
12:57.94	Farah	19 Aug 10		13:23.78	Josh Kerr	15 May 21
12:59.29	Farah	23 Jul 16				60
13:00.41	Dave Moorcroft	7 Jul 82		5000 Metres Short Track		
13:00.70	Farah	27 May 17		12:57.08	Marc Scott	12 Feb 22
13:03.30	Farah	20 Aug 16		12:58.68	George Mills	26 Jan 24
13:05.13	Marc Scott	6 Mar 21		12:58.73	Sam Atkin	26 Jan 24
13:06.21	Andrew Butchart	20 Jul 19		13:04.05	Patrick Dever	16 Feb 24
13:09.07	James West	25 May 24		13:04.75	Jack Rowe	16 Feb 24
13:09.80	Ian Hamer	9 Jun 92		13:04.99	Scott Beattie	21 Feb 25
13:10.15	Jack Buckner	31 Aug 86		13:09.16	Mo Farah	18 Feb 17
13:10.24	Rob Denmark	9 Jun 92	10	13:09.38	Charles Hicks	16 Feb 24
13:10.48	Tom Farrell	18 Jul 15		13:16.24	Neil Gourley	3 Dec 22
13:11.44	Neil Gourley	26 May 23		13:18.82	James West	14 Feb 25
13:11.50	Tim Hutchings	11 Aug 84		13:20.17	Charles Wheeler	10 Feb 24
13:11.50	Andy Vernon	4 May 14		13:21.27	Nick Rose	12 Feb 82
13:11.51	Chris Thompson	10 Jul 10		13:22.17	Geoff Smith	12 Feb 82
13:13.89	Alexander Yee	9 Aug 25		13:22.44	Andy Baddeley	11 Feb 12
13:14.28	Gary Staines	15 Aug 90		13:22.46	Rory Leonard	14 Feb 25
13:14.51	Charles Wheeler	9 Aug 25		13:23.75	David Mullarkey	1 Feb 25
13:14.6 a	Brendan Foster	29 Jan 74		13:26.23	Jamaine Coleman	12 Feb 22
13:14.62	Jack Rowe	9 Aug 25	20	10000 Metres		
13:15.59	Julian Goater	11 Sep 81		26:46.57	Mo Farah	3 Jun 11
13:16.66	Jonathan Davies	6 May 23		26:49.51	Farah	4 Aug 17
13:16.70	John Nuttall	8 Jun 95		26:50.97	Farah	29 May 15
13:17.08	Adam Fogg	3 Sep 24		26:53.71	Farah	27 May 16
13:17.21	Dave Bedford	14 Jul 72		27:01.13	Farah	22 Aug 15
13:17.21	Keith Cullen	19 Jul 97		27:05.17	Farah	13 Aug 16
13:17.84	Eamonn Martin	14 Jul 89		27:08.81	Patrick Dever	16 Mar 24
13:17.9	Nat Muir	15 Jul 80		27:10.41	Marc Scott	20 Feb 21
13:18.06	Ian Gillespie	19 Jul 97		27:12.09	Farah	28 Jun 17
13:18.6	Steve Jones	10 Jun 82	30	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		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		27:27.95	Emile Cairess	14 Jun 25
13:19.45	Sam Haughian	31 Jul 02		27:30.3	Brendan Foster	23 Jun 78
13:19.47	Ben Connor	20 Jul 19		27:30.80	Dave Bedford	13 Jul 73
13:19.66	Ian McCafferty	14 Jul 72		27:31.19	Nick Rose	9 Jul 83
13:19.66	Will Barnicoat	6 Jul 24		27:33.58	Charles Hicks	16 Mar 24
13:19.85	Patrick Dever	11 Jun 21	40	27:34.58	Julian Goater	26 Jun 82
13:20.06	Steve Ovet	30 Jun 86		27:36.27	David Black	29 Aug 78
13:20.09	Adrian Passey	19 Jul 97		27:36.77	Andrew Butchart	6 Mar 22
13:20.30	Karl Keska	20 Jul 02		27:38.39	Rory Leonard	18 May 24
13:20.85	Andy Baddeley	4 Mar 10		27:39.14	Steve Jones	9 Jul 83
13:21.13	David Lewis	4 Jul 85		27:39.76	Mike McLeod	4 Sep 79
13:21.14	Barry Smith	7 Jun 81		27:40.03	Richard Nerurkar	10 Jul 93
13:21.2	Tony Simmons	23 May 76		27:42.62	Andy Vernon	2 May 15
13:21.60	Paul Davies-Hale	8 Jul 88		27:43.03	Ian Stewart I	9 Sep 77
13:21.73	Geoff Turnbull	5 Sep 86		27:43.15	Ellis Cross	29 Mar 25
13:21.83	Mark Rowland	1 Jun 88	50	27:43.59	Tony Simmons	30 Jun 77
13:21.92	Charles Hicks	15 Jun 24		27:43.74	Bernie Ford	9 Sep 77
13:22.39	Jon Solly	7 Jul 86		27:43.76	Geoff Smith	13 Jun 81
13:22.54	Dave Clarke	28 Jun 83		27:44.09	Karl Keska	25 Sep 00
13:22.85	Ian Stewart I	25 Jul 70		27:46.55	Zakariya Mahamed	18 May 24
				27:47.16	Adrian Royle	10 Apr 82
						10

27:47.79	Paul Evans	5 Jul 93		28:10	Dave Clarke	5 May 85	
27:48.73	Gary Staines	6 Jul 91	30	28:10	Ben Connor	12 Jan 20	
27:50.33	Keith Cullen	10 Apr 99		28:10	Zakariya Mahamed	14 Jan 24	30
27:51.76	Jon Solly	20 Jun 86		28:10	Phil Sesemann	12 Jan 25	
27:51.80	David Mullarkey	4 Apr 25		28:11	Jon Richards	5 May 85	
27:51.82	Ben Connor	14 May 22		28:12	Dave Murphy	19 May 85	
27:51.94	Alexander Yee	19 May 18		28:13	Allister Hutton	28 Apr 84	
27:54.55	Jack Rowe	16 Mar 24		28:13	Tony Power	1 Jan 85	
27:55.06	Ross Millington	11 Jun 16		28:13	Paul Evans	8 Jan 95	
27:55.66	Steve Binns	9 Jul 83			<b>course measurement uncertain</b>		
27:55.77	Dave Clarke	25 May 82		28:01	Steve Kenyon	21 Sep 86	
27:57.23	Andrew Lemoncello	24 Apr 09	40		<b>downhill</b>		
27:57.77	Ian Hamer	13 Sep 91		27:20	Jon Brown (101m)	24 Sep 95	
27:58.92	Scott Beattie	31 Mar 23		27:57	Malcolm East (130m)	25 Sep 82	
27:59.12	Allister Hutton	30 May 86			<b>short course</b>		
27:59.24	Carl Thackery	16 Jul 87		27:50	Mark Scrutton (50m)	6 Dec 81	
27:59.33	Steve Harris	22 Jul 86		27:53	Mike O'Reilly	19 Oct 86	
28:00.50	Andres Jones	22 Jul 00		28:02	Chris Thompson	7 Mar 10	
28:00.62	Jim Brown	1 Aug 75			<b>10 Miles Road</b>		
28:00.64	Billy Dee	13 Sep 91		45:13	Ian Stewart I	8 May 77	
28:01.05	Jake Smith	14 May 22		45:14 +	Mo Farah	9 Sep 18	
28:03.31	Rob Denmark	22 Jul 00	50	45:14	Charles Hicks (USA?)	6 Apr 25	
28:04.04	Andy Bristow	17 Aug 90		45:57	Emile Cairess	4 Mar 23	
28:04.2	Ian Robinson	20 Apr 96		46:02	Richard Nerurkar	17 Oct 93	
28:04.48	Mark Steinle	22 Jul 00		46:05	Patrick Dever	6 Apr 25	
28:04.89	Charles Wheeler	18 May 24		46:10 +	Paul Evans	14 Sep 97	
28:05.2	Dave Murphy	10 Apr 81		46:11	Gary Staines	10 Oct 93	
28:06.13	Barry Smith	7 Aug 81		46:19	Nerurkar	23 Jul 95	
28:06.26	Thomas George	6 May 23		46:21 +	Nigel Adams	15 Sep 91	
28:06.6	Dick Taylor	22 Jun 69		46:21 +	Carl Thackery	15 Sep 91	10
28:07.43	John Nuttall	25 Aug 95		46:26		7 Apr 91	
28:07.57	Tim Hutchings	7 Jul 90	60	46:23	Ben Connor	21 Sep 25	
	<b>10 Kilometres Road</b>			46:41	Roger Hackney	6 Apr 86	
27:34#	Nick Rose	1 Apr 84		46:41	Zakariya Mahamed	15 Aug 23	
27:38	Rory Leonard	12 Jan 25		46:42	Dave Murphy	28 Apr 84	
27:42	Charles Wheeler	12 Jan 25		46:43	Steve Kenyon	21 Aug 82	
27:44	Mo Farah	31 May 10		46:43	Nick Rose	25 Apr 87	
27:44	Emile Cairess	9 Jan 22		46:44	Callum Hawkins	14 Sep 25	
27:44	Patrick Dever	2 Aug 25		46:47	Martyn Brewer	25 Apr 87	
27:49	David Mullarkey	16 Nov 25		46:49	Steve Jones	2 Apr 89	
27:55	Mark Scrutton	5 Mar 84		46:56	Chris Thompson	21 Oct 18	20
27:56	Steve Harris	4 Dec 83		46:57	Tom Anderson	2 Oct 22	
27:56	John Doherty	4 Jul 86	10	46:58	Marc Scott	20 Oct 19	
27:59	Steve Jones	28 Apr 84		47:00	Paul Davies-Hale	10 Oct 93	
28:00	Roger Hackney	4 Dec 83			<b>estimated time</b>		
28:01	Barry Smith	4 Dec 83		46:02 +	Steve Jones	8 Jun 86	
28:02	Steve Binns	15 Apr 89			<b>course measurement uncertain</b>		
28:02	Callum Hawkins	12 Jan 20		45:37	Barry Smith	22 Mar 81	
28:02	Jack Rowe	15 Dec 24		45:44	Mike McLeod	9 Apr 78	
28:03	Jon Solly	5 Apr 86		46:03	Colin Moore	29 Aug 83	
28:03	Jack Buckner	28 Feb 87		46:08	Nick Rose	26 Apr 81	
28:03	Marc Scott	26 Sep 21		46:11	Steve Kenyon	20 Jun 81	
28:05	Jon Brown	17 Oct 93	20	46:14	Charlie Spedding	12 Oct 86	
28:05	Andrew Butchart	26 Sep 21		46:17	Brendan Foster	9 Apr 78	
28:06	Geoff Smith	2 Mar 85		46:05 dh	Allister Hutton	3 Apr 82	
28:07	Colin Reitz	28 Apr 84			<b>20,000 Metres – 1 Hour</b>		
28:07	Peter Whitehead	4 Jul 96		56:20.30	21,330m Mo Farah	4 Sep 20	
28:07	Alexander Yee	12 Jan 25		57:28.7	20,865 Carl Thackery	31 Mar 90	
28:09	Dave Moorcroft	16 May 82		58:39.0	20,471 Ron Hill	9 Nov 68	
28:10	Adrian Leek	10 Mar 84					

**Half Marathon**

59:07	Mo Farah	8 Sep 19	
59:22	Farah	13 Sep 15	
59:27	Farah	9 Sep 18	
59:32	Farah	22 Mar 15	
59:59	Farah	26 Mar 16	
60:00	Callum Hawkins	5 Feb 17	
60:01	Emile Cairaess	25 Feb 24	
60:11	Patick Dever	19 Jan 25	
60:31	Jake Smith	17 Oct 20	
60:39	Marc Scott	12 Sep 20	
60:53	Jack Rowe	14 Sep 25	
60:55	Ben Connor	12 Sep 20	
60:59	Steve Jones	8 Jun 86	
61:00	Chris Thompson	16 Sep 12	10
61:03	Nick Rose	15 Sep 85	
61:04	Carl Thackery	12 Apr 87	
61:06	Richard Nerurkar	14 Apr 96	
61:16	Mahamed Mahamed	3 Sep 23	
61:17	David Lewis	20 Sep 92	
61:18	Paul Evans	14 Sep 97	
61:21	Paulos Surafel	10 Mar 24	
61:21	Tom Anderson	19 Jan 25	
61:22	Philip Sesemann	24 Aug 25	
61:25	Scott Overall	18 Mar 12	20
61:26	Alfie Manthorpe	26 Oct 25	
61:28	Steve Brooks	23 Mar 97	
61:28	Charles Wheeler	26 Oct 25	
61:29	Alexander Yee	26 Oct 25	
61:31	Steve Kenyon	8 Jun 86	
61:33	Dewi Griffiths	1 Oct 17	
61:39	Geoff Smith	25 Sep 83	
61:39	Paul Davies-Hale	15 Sep 91	
61:43	Zakariya Mahamed	16 Feb 25	
61:49	Jon Brown	14 Sep 97	30
61:53	Nigel Adams	15 Sep 91	
61:54	Adam Clarke	4 Feb 24	
61:56	Mark Flint	22 Aug 93	
61:57	Gary Staines	14 Sep 97	
61:57	Luke Traynor	11 Feb 18	
61:59	Jonathan Mellor	1 Oct 23	
62:04	Joe Wigfield	12 Oct 25	
62:07	Kevin Forster	5 Apr 87	
62:07	Martyn Brewer	20 Sep 87	
62:07	Andrew Pearson	14 Sep 97	40
62:08	Steve Harris	20 Oct 85	
62:11	Dave Clarke	5 Apr 92	
62:11	Keith Cullen	20 Aug 00	
62:15	Dave Murphy	16 Sep 84	
62:15	Andrew Butchart	3 Sep 23	
62:16	Jim Haughey	20 Sep 87	
62:19	Dave Long I	11 Dec 81	
62:22	Colin Moore	26 May 85	
62:23	Mark Steinle	10 Oct 99	
62:24	Jimmy Ashworth	8 Jun 86	50
62:25	Barry Royden	18 Sep 94	
62:28	Terry Greene	12 Apr 86	
62:28	Allister Hutton	21 Jun 87	
62:28	Andy Coleman	22 Oct 00	
62:28	Mohamud Aadan	22 Aug 21	
62:30	Tony Milovsorov	21 Jun 87	

**course measurement uncertain**

61:47	Dave Long II	17 Mar 91	
62:08	Ray Smedley	28 Mar 82	
62:19	Mike Carroll	3 Jun 90	
	<b>short</b>		
60:09	Paul Evans (80m)	15 Jan 95	
	<b>Marathon</b>		
2:05:11	Mo Farah	7 Oct 18	
2:05:39	Farah	28 Apr 19	
2:06:21	Farah	22 Apr 18	
2:06:38	Alexander Yee	7 Dec 25	
2:06:46	Emile Cairaess	21 Apr 24	
2:07:05	Mahamed Mahamed	21 Apr 24	
2:07:11	Philip Sesemann	7 Dec 25	
2:07:13	Steve Jones	20 Oct 85	
2:07:18	Sesemann	19 Oct 25	
2:07:29	Cairaess	10 Aug 24	
2:08:14	Callum Hawkins	28 Apr 19	
2:08:33	Charlie Spedding	21 Apr 85	
2:08:36	Richard Nerurkar	13 Apr 97	
2:08:45	Jonathan Mellor	7 Dec 25	10
2:08:52	Paul Evans	20 Oct 96	
2:08:58	Patrick Dever	2 Nov 25	
2:09:08	Geoff Smith	23 Oct 83	
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	20
2:09:43	Mike Gratton	17 Apr 83	
2:09:49	Dewi Griffiths	29 Oct 17	
2:09:50	Weynay Ghebresilasie	24 Sep 23	
2:09:54	Tony Milovsorov	23 Apr 89	
2:10:00	Tewelde Menges	7 Dec 25	
2:10:10	George James	13 Apr 25	
2:10:12	Gerry Helme	17 Apr 83	
2:10:30	Dave Long II	21 Apr 91	
2:10:35	Steve Brace	21 Jan 96	
2:10:37	Tomas Abyu	29 Oct 07	30
2:10:39	Mike O'Reilly	5 Dec 93	
2:10:48	Bill Adcocks	8 Dec 68	
2:10:49	Ben Connor	7 Dec 25	
2:10:50	Eamonn Martin	18 Apr 93	
2:10:51	Bernie Ford	2 Dec 79	
2:10:52	Kevin Forster	17 Apr 88	
2:10:52	Chris Thompson	26 Mar 21	
2:10:55 dh	Chris Bunyan	18 Apr 83	
2:10:55	Scott Overall	25 Sep 11	
2:11:00	Jake Smith	25 Apr 21	40
2:11:06	Dave Buzza	31 Oct 93	
2:11:18	Dave Murphy	12 Jun 83	
2:11:19	Marc Scott	21 Apr 24	
2:11:22	Dave Cannon	6 Sep 80	
2:11:25	Paul Davies-Hale	29 Oct 89	
2:11:25	Gary Staines	20 Oct 96	
2:11:28	Joshua Griffiths	20 Feb 22	
2:11:33	Luke Caldwell	16 Jan 22	
2:11:36	Malcolm East	20 Apr 81	
2:11:36	Kenny Stuart	15 Jan 89	50

2:11:38	Ross Millington	3 Apr 22	5:30.86	Tony Staynings	26 May 76
2:11:40	Steve Kenyon	13 Jun 82	5:31.04	John Hartigan	17 Aug 90
2:11:43	Jimmy Ashworth	29 Sep 85	5:31.09	Peter McColgan	5 Aug 86
2:11:44	Jim Dingwall	17 Apr 83	5:31.43	John Bicourt	26 May 76
2:11:50	Fraser Clyne	2 Dec 84	5:31.59	Mike Hawkins	20 Jan 90
2:11:54	Martin McCarthy	17 Apr 83	5:32.45	Neil Smart	17 Aug 90
2:11:58	Mark Hudspith	2 Apr 95	5:32.52	Mark Pearce	3 Sep 24 20
<b>short (148m)</b>			5:33.09	Spencer Duval	17 Jul 92
2:11:10	Nick Brawn	25 Oct 81	<b>3000 Metres Steeplechase</b>		
<b>50 Kilometres</b>			8:07.96	Mark Rowland	30 Sep 88
2:48:06 t	Jeff Norman	7 Jun 80	8:12.11	Colin Reitz	5 Sep 86
2:48:25	Ronnie Richmond	24 Mar 24	8:12.58	Tom Hanlon	3 Aug 91
2:48:33	Andrew Davies	24 Mar 24	8:13.27	Rowland	30 Aug 90
2:49:01	Daniel Nash	1 Sep 19	8:13.50	Reitz	4 Aug 85
2:50:30 t	Donald Ritchie	10 Mar 79	8:13.65	Hanlon	4 Jul 92
2:50:33	Henry Hart	1 Dec 24	8:13.78	Reitz	21 Jul 84
2:51:25	Alexander Milne	3 Dec 23	8:14.73	Hanlon	15 Jul 92
2:51:26	Oliver Garrod	12 Feb 23	8:14.95	Reitz	27 Jul 85
2:52:22	Matthew Dickinson	17 Sep 23	8:15.16	Graeme Fell	17 Aug 83
2:53:23	William Mycroft	8 Oct 22 10	8:15.66	Zak Seddon	9 Aug 25
<b>100 Kilometres</b>			8:18.32	Eddie Wedderburn	5 Jul 88
6:10:20 t	Donald Ritchie	28 Oct 78	8:18.65	Phil Norman	30 Jun 24
6:19:20	Steven Way	3 May 14	8:18.91	Roger Hackney	30 Jul 88
6:24:05	Simon Pride	15 May 99	8:18.95	Dennis Coates	25 Jul 76
6:25:28 +t	Calvin Woodward	25 Oct 75	8:20.83	Paul Davies-Hale	10 Jun 84 10
6:32:05	Gareth King	27 Aug 22	8:20.83	Mark Pearce	26 May 24
6:33:03	Erik Seedhouse	16 Feb 92	8:21.83	William Battershill	30 Jun 24
6:34:28	Dougie Selman	24 Mar 24	8:22.42	Rob Mullett	20 May 16
6:34:38	James Turner	24 Mar 24	8:22.48	John Davies II	13 Sep 74
6:35:37	Joseph Turner	24 Mar 24	8:22.76	James Wilkinson	12 Jun 14
6:37:18	Henry Hart	3 May 25	8:22.82	John Bicourt	8 Jun 76
<b>24 Hours</b>			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 20
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
<b>2000 Metres Steeplechase</b>			8:27.01	Jamaine Coleman	25 Jun 22
5:19.86	Mark Rowland	28 Aug 88	8:27.21	Tony Staynings	15 Jun 80
5:20.56	Rowland	17 Aug 90	8:27.8	Steve Hollings	5 Aug 73 30
5:21.77	Tom Hanlon	11 Jun 92	8:27.93	Peter McColgan	25 Jun 91
5:22.37	Rowland	16 Sep 90	8:28.43	Adam Bowden	22 Jul 06
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 40
5:26.64	Nick Peach	19 Aug 86 10	8:30.65	Kristian Imroth	11 Jun 25
5:26.82 "	David Lewis	12 Jun 83	8:30.8	Gerry Stevens	1 Sep 69
5:26.91	William Battershill	11 Sep 22	8:31.09	Ian Gilmour	16 Jul 78
5:30.6	Dennis Coates	23 Apr 78	8:31.22	Dave Lee	19 Jun 92
			8:31.40	Frank Tickner	13 Jun 07
			8:32.00	Steve Jones	8 Aug 80

8:32.06	David Camp	10 Aug 74	13.02	Jackson	30 Aug 94	
8:32.13	Barry Knight	25 Jul 82	13.02	Jackson (sf)	22 Aug 98	
8:32.4 a	Maurice Herriott	17 Oct 64	13.02	Jackson (final)	22 Aug 98	
8:32.66	Thomas Chaston	31 May 25	50 13.03	Jackson	4 Sep 94	
8:32.68	Ben Whitby	15 Jul 01	13.04	Jackson	16 Aug 92	
8:33.0	John Jackson	13 Aug 69	13.04	Jackson	12 Aug 94	
			13.04	Jarrett	12 Aug 95	
<b>50 Metres Hurdles</b>			13.04	Jackson	25 Aug 99	
6.40	Colin Jackson	5 Feb 99	13.14	Andrew Pozzi	1 Jul 17	
6.51	Tony Jarrett	20 Feb 00	13.16	William Sharman	14 Aug 14	
6.58	Jon Ridgeon	14 Mar 92	13.19	Joshua Zeller	15 May 22	
<b>55 Metres Hurdles</b>			13.22	Andy Turner	30 Jun 11	
7.14A	Tony Jarrett	30 Jan 93	13.24	David Omoregie	3 Sep 16	
<b>60 Metres Hurdles</b>			13.26	Tade Ojora	23 Jun 23	
7.30	Colin Jackson	6 Mar 94	13.29	Jon Ridgeon	15 Jul 87	
7.36	Jackson	12 Feb 94	13.31	Lawrence Clarke	8 Aug 12	10
7.38	Jackson	9 Feb 94	13.36	Robert Newton	31 Jul 03	
7.38	Jackson (h)	26 Feb 94	13.37	David King	8 Jun 21	
7.38	Jackson (f)	26 Feb 94	13.42	David Nelson	27 Aug 91	
7.38	Jackson	5 Mar 99	13.43	Mark Holtom	4 Oct 82	
7.39	Jackson	12 Mar 94	13.44	Hugh Teape	14 Aug 92	
7.39	Jackson	11 Feb 95	13.44	Chris Baillie	21 Mar 06	
7.39	Jackson	12 Feb 95	13.45	Sam Bennett	7 Jun 24	
7.40	Jackson	2 Mar 02	13.46	Cameron Fillery	8 Jun 21	
7.42	Tony Jarrett	19 Feb 95	13.47	James Weaver	8 Jun 21	
7.43	Andrew Pozzi	18 Feb 17	13.49	Andy Tulloch	30 Jun 99	20
7.52	Allan Scott	13 Jan 08	13.51	Nigel Walker	3 Aug 90	
7.53	William Sharman	9 Mar 14	13.53	Paul Gray	22 Aug 94	
7.53	Tade Ojora	11 Feb 23	13.53	Allan Scott	17 Jul 08	
7.55	Andy Tulloch	1 Mar 98	13.54	Damien Greaves	13 Jul 02	
7.55	Andrew Turner	11 Feb 07	13.54	Gianni Frankis	26 Jun 13	
7.56	Jon Ridgeon	28 Feb 88	13.54	Alex Al-Ameen	26 Apr 14	
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	
7.66	Sam Bennett	14 Feb 25	13.60	Neil Owen	28 Jun 95	
7.67	Gianni Frankis	29 Jan 13	13.64	Richard Alleyne	2 Jun 12	
7.67	Joshua Zeller	26 Feb 22	13.64	Joseph Hylton	24 Jun 12	
7.68	Damien Greaves	26 Feb 00	13.64	Gabriel Odujobi	14 May 16	
7.68	Mo. Sillah-Freckleton	7 Feb 04	20 13.66	Ross Baillie	20 Feb 99	
7.69	Mark Holtom	19 Feb 83	13.67	Thomas Wilcock	15 Jul 23	
7.69	Hugh Teape	8 Feb 92	13.68	Jake Porter	26 Jul 17	
7.69	Robert Newton	7 Feb 04	13.69	Berwyn Price	18 Aug 73	40
7.71	David Hughes	9 Feb 08	13.71	James Gladman	30 Jun 13	
7.71	Richard Alleyne	9 Feb 08	13.72	David Hemery	1 Aug 70	
7.71	Julien Adeniran	18 Feb 12	13.72	Nick Gayle	29 Jun 13	
7.72	Neil Owen	24 Feb 96	13.74	Julien Adeniran	11 Aug 11	
7.72	Nick Gayle	29 Jan 13	13.75	Lloyd Cowan	17 Jul 94	
7.72	Daniel Goriola	23 Feb 24	13.75	Ben Reynolds	29 Jun 11	
7.74	Chris Baillie	26 Jan 08	30 13.75	William Ritchie-Moulin	12 Jul 25	
7.74	Khai Riley-La Borde	3 Jan 16	13.76	Duncan Malins	15 Aug 04	
			13.77	Edirin Okoro	29 Jun 14	
<b>110 Metres Hurdles</b>			13.78	Dominic Girdler	5 Jul 03	50
12.91	Colin Jackson	20 Aug 93	13.78	Charlie Staddon	19 Apr 25	
12.97 A	Jackson	28 Jul 93	13.79	Alan Pascoe	17 Jun 72	
12.98	Jackson	15 Sep 94	13.79	Mo. Sillah-Freckleton	31 Jul 03	
12.99	Jackson	3 Sep 93	13.82	Mensah Elliott	30 Jul 00	
12.99	Jackson	6 Sep 94	13.83	Dominic Bradley	14 Jul 01	
13.00	Tony Jarrett	20 Aug 93				

				<b>400 Metres Hurdles</b>	
13.86	Ken Campbell	23 Aug 94			
13.86	Matt Hudson	27 Jun 10	47.82	Kriss Akabusi	6 Aug 92
13.87	Yannick Budd	18 May 14	47.84	Dai Greene	6 Jul 12
13.89	David Feeney	31 May 15	47.86	Akabusi	27 Aug 91
13.93	Tristan Anthony	30 May 04	60 47.88	Greene	4 Sep 10
<b>wind assisted</b>			47.91	Akabusi	26 Aug 91
12.94 A	Jackson	31 Jul 94	47.92	Akabusi	29 Aug 90
12.95	Jackson	10 Sep 89	48.01	Akabusi	5 Aug 92
12.99	Jackson	23 Jun 89	48.10	Greene	13 Jul 12
13.01	Jackson	2 Jul 93	48.12 A	David Hemery	15 Oct 68
13.13	Andrew Pozzi	15 Apr 17		48.52	2 Sep 72
13.14	Lawrence Clarke	7 Jul 12	48.12	Greene	31 Jul 10
13.16	Tade Ojora	9 Jul 23	48.14	Chris Rawlinson	11 Aug 99
13.38	Gabriel Odujobi	15 Apr 17	48.21	Tyri Donovan	17 Sep 25
13.39	Sam Bennett	30 Mar 24	48.30	Alastair Chalmers	8 Jun 25
13.41	Allan Scott	17 Jul 08	48.42	Seamus Derbyshire	21 Jun 25
13.48	Thomas Wilcock	9 Jul 23	48.54	Matt Douglas	28 Aug 03
13.49	Nigel Walker	3 Jun 89	48.59	Alan Pascoe	30 Jun 75
13.50	Damien Greaves	17 Jul 04	48.59	Joshua Faulds	25 May 25
13.53	Gianni Frankis	7 Jul 13	48.60	Jack Green	13 Jul 12
13.56	David Hughes	17 Jul 05	48.71	Nathan Woodward	3 Jul 11
13.64	Mo. Sillah-Freckleton	30 May 04	48.73	Jon Ridgeon	6 Sep 92
13.65	Berwyn Price	25 Aug 75	48.74	Jake Minshull	9 Aug 25
13.66	David Hemery	18 Jul 70	48.80	Niall Flannery	17 Jun 14
13.68	Duncan Malins	21 Aug 04	48.84	Rhys Williams	17 Jul 13
13.69	Mensah Elliott	19 Aug 00	48.89	Alex Knibbs	14 Jul 24
13.69	Yannick Budd	29 Jun 14	48.89	Efekemo Okoro	24 Aug 24
13.72	Matt Hudson	30 May 10	48.90	Anthony Borsumato	14 Jul 02
13.72	Julian Adeniran	22 May 11	49.03 A	John Sherwood	15 Oct 68
13.80	Sam Talbot	25 Jun 22		49.88	13 Aug 69
13.84	Daniel Davis	30 May 10	49.06	Rick Yates	26 Jul 08
13.85	Tristan Anthony	17 Jul 04	49.07	Gary Cadogan	22 Jul 94
13.87	Jack Sumners	28 Apr 23	49.11	Gary Oakes	26 Jul 80
			49.11	Matt Elias	28 Jul 02
<b>hand timing</b>			49.16	Paul Gray	18 Aug 98
13.2 u	Andy Turner	18 Apr 09	49.16	Christopher McAlister	4 Jul 21
13.5	Berwyn Price	1 Jul 73	49.16	Seb Rodger	13 Jul 13
13.6	David Hemery	5 Jul 69	49.19	Max Robertson	28 Aug 90
13.7	Alan Pascoe	5 Jul 69	49.25	Peter Crampton	8 Aug 94
13.7	C.J. Kirkpatrick	29 Jun 74	49.26	Du'aine Ladejo	9 Jun 01
13.7	Mensah Elliott	2 Sep 00	49.29	Tom Burton	6 Jun 15
13.8	Martin Nicholson	25 Jun 94	49.36	Jacob Paul	17 Aug 22
			49.40	Mark Holtom	20 Jul 85
<b>hand timing - wind assisted</b>			49.49	Dale Garland	15 Aug 09
12.8	Colin Jackson	10 Jan 90	49.54	Ben Sumner	26 May 12
12.9	William Sharman	2 Jul 10	49.57	David Hughes	8 Aug 10
13.0	Jarrett	2 Jun 96	49.58	Phil Beattie	28 Jul 86
13.4	Berwyn Price	7 Jul 76	49.60	Lloyd Gumbs	18 Jul 09
13.5	Neil Owen	2 Jun 96	49.62	Bill Hartley	2 Aug 75
13.7	Lloyd Cowan	27 Apr 95	49.65	Richard Davenport	30 Jul 11
			49.76	Thomas Phillips	26 Jun 11
<b>200 Metres Hurdles</b>			49.78	Martin Gillingham	14 Aug 87
22.63	Colin Jackson	1 Jun 91	49.82	Gary Jennings	27 Jun 95
22.77	Nigel Walker	1 Jun 91	49.82	Martin Briggs	6 Jun 84
22.79	John Regis	1 Jun 91	49.86	Harry Barton	17 May 25
22.77w	Tony Jarrett	14 Jul 91	49.86	Steve Sole	24 Jul 83
			49.87	Tony Williams	24 Jul 99
<b>300 Metres Hurdles</b>			49.95	Samael Lunt	30 Aug 24
34.48	Chris Rawlinson	30 Jun 02	49.96	Phil Harries	5 Jun 88
34.68	Tyri Donovan	16 Jul 25	50.00	Jack Lawrie	23 Jul 23
35.25	Matt Douglas	30 Jul 00	50.01	Lawrence Lynch	15 Jun 96
35.35	Alastair Chalmers	12 Jul 20	50.04		
34.6 h	David Hemery	15 Sep 72	50.05		

## All-Time – Men

49

50.05	Maranga Mokaya	8 Aug 23	2.21	Kimani Jack	28 Jun 25	40
50.08	Bayley Stickings	23 Jul 22	2.20	Brian Burgess	11 Jun 78	
50.1 a	John Cooper	16 Oct 64	2.20	Trevor Llewelyn	15 Jul 83	
50.12	Ryan Dinham	2 Jul 06	2.20	Byron Morrison	14 Jul 84	
50.12	Steve Green	2 Aug 08	2.20 i	Henderson Pierre	10 Jan 87	
50.15	Craig Saddler II	5 Jun 24	2.20	Alex Kruger	18 Jun 88	
50.16	Paul Thompson	17 May 96	2.20	Ossie Cham	21 May 89	
50.16	Steven Surety	16 Jun 02	2.20 i	Warren Caswell	10 Mar 90	
50.19	Steve Coupland	12 Jun 94	60 2.20	Colin Bent	16 Jun 96	
<b>hand timing</b>			2.20 i	Stuart Ohrland	1 Feb 97	
49.9	Andy Todd	9 Oct 69	2.20	Stuart Smith	13 Apr 97	50
<b>High Jump</b>			2.20	David Barnetson	3 Aug 97	
2.38 i	Steve Smith	4 Feb 94	2.20	Dan Turner	28 May 01	
2.37	Smith	20 Sep 92	2.20	Darryl Stone	10 Jul 05	
2.37 i	Smith	14 Mar 93	2.20	Nick Stanisavljevic	8 Jul 06	
2.37	Smith	22 Aug 93	2.20	Ryan Webb	13 May 18	
2.37 i	Dalton Grant	13 Mar 94	2.20 i	Otis Poole	23 Feb 25	
2.37	Robbie Grabarz	23 Aug 12	2.20	Charlie Husbands	28 Jun 25	
2.36	Grant	1 Sep 91	2.20	Divine Duruaku	5 Jul 25	
2.36 i	Smith	5 Feb 93	2.19 i	Mike Robbins	3 Feb 96	
2.36 i	Smith	24 Feb 94	2.19	Jamie Russell	18 May 02	60
2.36 i	Smith	10 Feb 96	2.19	Akin Coward	21 May 23	
2.36 i	Smith	8 Feb 98	<b>Pole Vault</b>			
2.36	Smith	27 Jun 99	5.85	Harry Coppell	4 Sep 20	
2.36	Grabarz	9 Jun 12	5.83 i	Luke Cutts	25 Jan 14	
2.36 i	Chris Baker	13 Feb 16	5.82	Steve Lewis	21 Jul 12	
2.34	Germaine Mason	19 Aug 08	5.81 i	Nick Buckfield	8 Feb 02	
2.33 i	Tom Gale	8 Feb 20	5.80	Buckfield	27 May 98	
2.32 i	Brendan Reilly	24 Feb 94	5.80	Lewis	23 Aug 12	
2.31	Geoff Parsons	26 Aug 94	5.80 i	Coppell	8 Feb 20	
2.31 i	Samson Oni	4 Mar 10	5.80 i	Coppell	21 Feb 20	
2.31 i	Tom Parsons	13 Feb 11	10 5.80	Coppell	3 Aug 21	
2.30	Ben Challenger	13 Jul 99	5.77 i	Lewis	2 Mar 12	
2.30 i	Martyn Bernard	3 Mar 07	5.71	Charlie Myers	15 Jun 19	
2.29 i	Allan Smith	15 Feb 15	5.65	Keith Stock	7 Jul 81	
2.28 i	John Holman	28 Jan 89	5.65	Jax Thoires	16 May 15	
2.28	Ray Bobrownicki	13 Jul 14	5.65 i	Adam Hague	18 Feb 18	
2.27	Joel Clarke-Khan	2 Jun 22	5.65 i	Owen Heard	1 Feb 25	
2.26	James Brierley	3 Aug 96	5.64 i	Max Eaves	5 Mar 16	10
2.26	Matt Roberts	21 Aug 10	5.61	Kevin Hughes	28 Jul 99	
2.26 i	Chris Kandu	21 Feb 15	5.60	Neil Winter	19 Aug 95	
2.26 i	David Smith	21 Feb 15	20 5.59	Brian Hooper	6 Sep 80	
2.25	Floyd Manderson	20 Aug 88	5.55	Paul Williamson	13 May 00	
2.25	Robert Mitchell	28 Jul 01	5.55	Tim Thomas	6 Jun 04	
2.25	Adam Scarr	11 Jun 06	5.55 i	Andrew Sutcliffe	11 Feb 12	
2.25	Mike Edwards	19 Jul 15	5.52	Mike Edwards	13 May 93	
2.25	William Grimsey	23 May 21	5.52	Joel Leon Benitez	18 Jul 18	
2.24	Mark Naylor	28 Jun 80	5.50 i	Ashley Swain	8 Feb 04	
2.24	John Hill	23 Aug 85	5.47 i	Keith Higham	4 Feb 06	20
2.24	Phil McDonnell	26 Aug 85	5.45 i	Andy Ashurst	16 Feb 92	
2.23	Mark Lakey	29 Aug 82	5.45	Mike Barber	27 Jul 97	
2.23 i	David Abrahams	12 Mar 83	30 5.45 i	Paul Walker	2 Mar 14	
2.22	Danny Graham	20 May 00	5.45	Gregor MacLean	10 May 14	
2.22 i	Luke Crawley	1 Mar 03	5.42 i	Scott Simpson	10 Mar 07	
2.22 i	Dominic Ogbechie	24 Feb 18	5.42	Nick Cruchley	3 Jul 11	
2.22 i	Kelechi Aguocha	8 Feb 20	5.40 A	Jeff Gutteridge	23 Apr 80	
2.21	Fayyaz Ahmed	29 Jun 86	5.40 i	Matt Belsham	10 Feb 96	
2.21	Steve Chapman	30 Jul 89	5.40	Ben Flint	25 Jul 99	
2.21 i	Martin Lloyd	28 Jan 07	5.40	Joe Ive	23 Jun 07	30
2.21	Brian Hall	25 Aug 07	5.40 i	Daniel Gardner	22 Feb 14	
2.21	Alan McKie	1 Jun 08	5.36 i	Ethan Walsh	11 Jan 20	

5.35	Ian Tullett	26 Jul 98	7.94 i	Paul Johnson	10 Mar 89	
5.35	Mark Beharrell	29 Jun 03	7.94 i	Matthew Burton	9 Feb 13	
5.35 i	Matt Devereux	17 Feb 13	7.93	Chris Kirk	12 Jul 08	
5.32i	Reuben Nairne	14 Jan 23	7.92	Samuel Khogali	25 May 24	30
5.30	Dean Mellor	17 Jun 95	7.92	Stephen MacKenzie	18 Aug 24	
5.30	Christian North	25 Jul 99	7.91	John King	26 Sep 87	
5.30	Andrew Marsh	26 Jun 11	7.90	Ian Simpson	3 Jun 89	
5.30	Lazarus Benjamin	25 Jun 22	40 7.90	Chris Davidson	19 Jun 99	
5.30	Mark Mellor	18 May 25	7.89	George Audu	12 Aug 00	
5.27	Jacob Clark	19 Apr 24	7.88	Allan Hamilton	15 Apr 16	
5.26	Mark Johnson	31 Aug 91	7.87	Keith Fleming	7 Jun 87	
5.26 i	Tim Duckworth	11 Mar 17	7.87 iA	Jake Burkey	24 Feb 23	
5.26	Scott Huggins	13 May 17	7.87	Archie Yeo	28 Jun 25	
5.25	Mike Bull	22 Sep 73	7.86	James McLachlan	19 Apr 13	40
5.25	Allan Williams	29 Aug 77	7.86	Elliot Safo	19 Jul 13	
5.25	Daley Thompson	15 Jun 86	7.85	James Lelliott	9 Aug 20	
5.25	Tom Richards	8 Aug 99	7.84	Wayne Griffith	25 Aug 89	
5.25	Mark Christie	7 Jun 08	50 7.83	Phillips Idowu	25 Jul 00	
5.25	Rowan May	20 Jul 13	7.83	Jack Roach	9 Aug 20	
5.25 i	Jack Phipps	5 Feb 17	7.81	Murray Fotheringham	15 Jun 24	
5.25	George Turner	17 Jul 21	7.80	Nick Newman	4 Feb 12	
5.25	Thomas Walley	12 Aug 25	7.80	Daniel Emegbor	11 Jul 25	
5.22	Richard Hurren	29 May 10	7.80	Samuel Ebonine	2 Aug 25	
5.22	Sam Tremelling	22 May 25	7.79	John Morbey	11 Jul 64	50
5.21	Graham Eggleton	10 Jul 82	7.79	Geoff Hignett	31 May 71	
5.21 i	Christian Linskey	20 Feb 99	7.79	Don Porter	13 Jul 75	
			7.79	Paul Ogun	31 Jul 16	
			7.79 i	Ashley Bryant	28 Jan 17	
			7.79	Jack Turner	15 Apr 23	
			7.78	Oliver Newport	14 May 16	
			7.78	Shandell Taylor	13 Jul 18	
				<b>wind assisted</b>		
			8.45	Jacob Fincham-Dukes	26 Mar 22	
			8.36	Rutherford	14 May 16	
			8.32	Rutherford	4 Jun 11	
			8.19	Tim Duckworth	12 May 18	
			8.17	Mark Forsythe	11 Jun 89	
			8.16	Roy Mitchell	26 Jun 76	
			8.15	Alan Lerwill	29 May 72	
			8.12	Derrick Brown	14 Jun 86	
			8.12	Jonathan Moore	16 Aug 08	
			8.11	Daley Thompson	7 Aug 78	
			8.08	Darren Ritchie	29 Jun 03	
			8.07	Steve Phillips	11 Jul 99	
			8.04	Ian Simpson	3 Jun 89	
			7.96	Colin Jackson	17 May 86	
			7.94	John Herbert	25 Jul 82	
			7.94	John King	20 Jun 86	
			7.94	Chris Davidson	21 Jun 97	
			7.93	David Burgess	15 Jun 86	
			7.92	Jake Burkey	12 May 23	
			7.91	Steve Ingram	18 Jun 94	
			7.89	John Shepherd	20 Jun 86	
			7.88	Jack Roach	26 Jun 22	
			20 7.85	Efe Uwaifo	6 May 17	
				<b>Triple Jump</b>		
			18.29	Jonathan Edwards	7 Aug 95	
			18.01	Edwards	9 Jul 98	
			18.00	Edwards	27 Aug 95	
			17.99	Edwards	23 Aug 98	
			17.98	Edwards	18 Jul 95	
8.51	Greg Rutherford	24 Apr 14	7.79 i	Ashley Bryant	28 Jan 17	
8.41	Rutherford	25 Aug 15	7.79	Jack Turner	15 Apr 23	
8.35	Chris Tomlinson	8 Jul 11	7.78	Oliver Newport	14 May 16	
8.35	Rutherford	3 May 12	7.78	Shandell Taylor	13 Jul 18	
8.35	Rutherford	7 Jun 15				
8.34	Rutherford	30 Jul 15	8.45	Jacob Fincham-Dukes	26 Mar 22	
8.32	Rutherford	31 May 12	8.36	Rutherford	14 May 16	
8.32	Rutherford	3 Sep 15	8.32	Rutherford	4 Jun 11	
8.31	Rutherford	4 Aug 12	8.19	Tim Duckworth	12 May 18	
8.31	Rutherford	2 Jun 16	8.17	Mark Forsythe	11 Jun 89	
8.26	Nathan Morgan	20 Jul 03	8.16	Roy Mitchell	26 Jun 76	
8.23	Lynn Davies	30 Jun 68	8.15	Alan Lerwill	29 May 72	
8.21	Daniel Bramble	18 Apr 15	8.12	Derrick Brown	14 Jun 86	
8.20	Jacob Fincham-Dukes	26 Apr 24	8.12	Jonathan Moore	16 Aug 08	
8.16	Bradley Pickup	2 Aug 14	8.11	Daley Thompson	7 Aug 78	
8.15	Stewart Faulkner	16 Jul 90	8.08	Darren Ritchie	29 Jun 03	
8.14	Mark Forsythe	7 Jul 91	8.07	Steve Phillips	11 Jul 99	
8.11	JJ Jegede	13 Jul 12	10 8.04	Ian Simpson	3 Jun 89	
8.10	Fred Salle	9 Sep 94	7.96	Colin Jackson	17 May 86	
8.08	Roy Mitchell	27 Sep 80	7.94	John Herbert	25 Jul 82	
8.08	Julian Reid	25 Jun 11	7.94	John King	20 Jun 86	
8.05 i	Barrington Williams	11 Feb 89	7.94	Chris Davidson	21 Jun 97	
8.05	Feron Sayers	9 Jun 18	7.93	David Burgess	15 Jun 86	
8.04	Reynold Banigo	10 May 22	7.92	Jake Burkey	12 May 23	
8.03	Steve Phillips	5 Aug 98	7.91	Steve Ingram	18 Jun 94	
8.03	Jonathan Moore	18 May 02	7.89	John Shepherd	20 Jun 86	
8.03	Tim Duckworth	6 Apr 18	7.88	Jack Roach	26 Jun 22	
8.01	Daley Thompson	8 Aug 84	20 7.85	Efe Uwaifo	6 May 17	
8.01	Darren Ritchie	16 Jun 01				
8.01	Alexander Farquharson	7 Aug 21	18.29	Jonathan Edwards	7 Aug 95	
8.00	Derrick Brown	7 Aug 85	18.01	Edwards	9 Jul 98	
8.00	Alessandro Schenini	13 Aug 23	18.00	Edwards	27 Aug 95	
7.98	Alan Lerwill	29 Jun 74	17.99	Edwards	23 Aug 98	
7.96	Daniel Gardiner	31 Jul 16	17.98	Edwards	18 Jul 95	

17.92	Edwards	6 Aug 01		<b>wind assisted</b>		
17.88	Edwards	27 Jul 96		18.43	Jonathan Edwards	25 Jun 95
17.86	Edwards	28 Jul 02		18.08	Edwards	23 Jul 95
17.82	Edwards	25 Jun 96		18.03	Edwards	2 Jul 95
17.81	Phillips Idowu	29 Jul 10		17.81	Keith Connor	9 Oct 82
17.64	Nathan Douglas	10 Jul 05		17.31	Larry Achike	15 Jul 00
17.57 A	Keith Connor	5 Jun 82		17.30	Tosi Fasinro	12 Jun 93
	17.31 i	13 Mar 81		17.29 A	Francis Agyepong	29 Jul 95
17.41	John Herbert	2 Sep 85		17.24		2 Jul 95
17.30	Larry Achike	23 Sep 00		17.02	Aston Moore	14 Jun 81
17.27	Ben Williams	25 Aug 19		17.00	Steven Shalders	10 Jul 05
17.21	Tosi Fasinro	27 Jul 93		16.96	Julian Reid	28 May 16
17.18	Francis Agyepong	7 Jul 95		16.82	Vernon Samuels	24 Jun 89
17.06	Julian Golley	10 Sep 94	10	16.65	Fred Alsop	13 Aug 65
17.01	Eric McCalla	3 Aug 84		16.59	Michael Puplampu	10 Jun 12
16.95	Julian Reid	4 Jul 15		16.50	Jude Bright-Davies	22 Jul 23
16.87	Mike Makin	2 Aug 86		16.49	Tony Wadhams	16 Sep 69
16.86	Aston Moore	16 Aug 81		16.44	Tayo Erogbogbo	31 May 97
16.86	Tosin Oke	3 Aug 07		16.38	Femi Abejide	10 Jun 89
16.81	Nathan Fox	13 May 17		16.38	Courtney Charles	22 Jul 90
16.75	Vernon Samuels	7 Aug 88		16.33	David Johnson	28 May 78
16.71	Steven Shalders	3 Sep 05		16.32	Craig Duncan	20 Jun 87
16.63 A	Femi Akinsanya	10 Apr 99		16.32	Rez Cameron	21 May 89
	16.58	15 Jun 96		16.31	Efe Uwaifo	25 Aug 19
16.61	Kola Adedoyin	26 Apr 14	20	16.21	Alan Lerwill	28 Aug 71
16.50	Michael Puplampu	3 Aug 19		16.17	Chris Colman	15 Jul 78
16.49 i	Nick Thomas	11 Feb 06		16.15	Babatunde Amosu	17 May 15
16.46	Fred Alsop	16 Oct 64				
16.45	Nonso Okolo	13 May 17		<b>Shot</b>		
16.43	Jonathan Moore	22 Jul 01		21.92	Carl Myerscough	13 Jun 03
16.38	Sam Trigg	27 May 17		21.68	Geoff Capes	18 May 80
16.38	Ade Mason	7 Jun 19		21.55	Capes	28 May 76
16.33	Gary White	15 Jul 07		21.55	Myerscough	27 Jul 03
16.32	Tayo Erogbogbo	21 Aug 95		21.50	Capes	24 May 80
16.31 i	Daniel Lewis	8 Feb 14	30	21.50	Myerscough	8 Aug 03
16.30	Femi Abejide	26 Jul 03		21.49 i	Myerscough	15 Mar 03
16.29 i	David Johnson	1 Mar 78		21.37	Capes	10 Aug 74
16.28	Jonathan Ilori	10 Jun 18		21.36	Capes	19 Jun 76
16.28	Jude Bright-Davies	21 May 23		21.35	Capes	5 Jun 80
16.26	Joe Sweeney	3 Aug 91		21.31	Scott Lincoln	28 May 24
16.22	Derek Boosey	15 Jun 68		20.88	Mark Edwards	7 Jun 08
16.22	Efe Uwaifo	30 Jun 24		20.85 i	Mark Proctor	25 Jan 98
16.20	Rez Cameron	5 Jun 88		20.45	Shaun Pickering	17 Aug 97
16.18	Tony Wadhams	6 Jul 69		20.43	Mike Winch	22 May 74
16.17	John Mackenzie	17 Sep 94	40	20.33	Paul Edwards	9 Jul 91
16.16	Conroy Brown	19 Sep 81		19.56	Arthur Rowe	7 Aug 61
16.16	Elliot O'Neill	4 Aug 07		19.49	Matt Simson	28 Aug 94
16.15	Wayne Green	10 Jul 88		19.44 i	Simon Williams	28 Jan 89
16.15	Michael Brown	23 Jul 89		19.44	Piers Cameron	9 May 25
16.15 i	Montel Nevers	21 Feb 16		19.43	Bill Tancred	18 May 74
16.13	Steven Anderson	11 Jun 83		19.42	Zane Duquemin	27 Jul 13
16.13i	Seun Okome	26 Feb 22		19.18	Jeff Teale	7 Aug 68
16.10	Alan Lerwill	28 Aug 71		19.04	Youcef Zatat	23 Jul 23
16.09	Courtney Charles	17 Jun 90		19.02 i	Kieren Kelly	21 Feb 09
16.08	Craig Duncan	21 Jun 86	50	19.01	Billy Cole	21 Jun 86
16.07 i	Babatunde Amosu	28 Feb 15		18.97	Scott Rider	4 Jun 05
16.06	Mike McKernan	29 Jul 07		18.97	Emeka Udechuku	24 Jun 06
16.02	Peter Akwaboah	15 Jun 89		18.94	Bob Dale	12 Jun 76
16.02	Archie Yeo	21 May 23		18.93	Paul Buxton	13 May 77
16.01 i	Lawrence Davis	19 Feb 17		18.85	Lee Newman	2 Jun 96
				18.79	Steph Hayward	6 Sep 00
				18.66 i	Ryan Spencer-Jones	15 Dec 13

18.62	Martyn Lucking	2 Oct 62	60.48	Lee Newman	10 May 97	
18.59 i	Alan Carter	11 Apr 65	60.42	Mike Cushion	16 Aug 75	
18.59 i	Greg Beard	13 Jan 13	60.08	Abi Ekoku	16 May 90	
18.56	Lewis Byng	16 Aug 20	59.98	Tom Norman	18 Jun 11	
18.50	Mike Lindsay	2 Jul 63	30 59.84	Colin Sutherland	10 Jun 78	
18.46	Roger Kennedy	22 May 77	59.84	George Evans	6 Apr 19	
18.46 i	Simon Rodhouse	20 Feb 82	59.76	John Hillier	27 Jul 74	30
18.35	Peter Tancred	9 Jul 74	59.70	John Watts	14 Jul 72	
18.34	Richard Slaney	3 Jul 83	59.58	Jamie Williamson	30 Jun 12	
18.33 i	Patrick Swan	18 Feb 24	59.33	Alan Toward	26 Feb 17	
18.29 i	Jamie Williamson	13 Jan 13	58.84	Simon Cooke	16 Jun 12	
18.07	Gareth Winter	23 May 15	58.77	Angus McInroy	10 Jul 10	
18.05	John Watts	19 Aug 72	58.71	Samuel Woodley	9 Apr 21	
18.04	Andy Vince	30 Apr 83	58.69	Marcus Gouldbourne	25 Jul 06	
17.96	Nigel Spratley	28 Aug 94	40 58.64	Steve Casey	19 May 91	
17.95	Graham Savory	4 Jun 88	58.58	Darrin Morris	22 Jun 91	
17.92	Nick Tabor	9 Apr 83	58.36	Paul Reed	11 Jul 99	40
17.90	Chris Gearing	26 May 07	58.34	Geoff Capes	29 Sep 73	
17.90	Carl Fletcher	18 Aug 09	58.08	Mike Winch	7 Sep 75	
17.87	Bill Fuller	15 Jul 72	57.92	Michael Jenkins	9 Aug 25	
17.87 i	Ian Lindley	15 Mar 81	57.58	Arthur McKenzie	17 Aug 69	
17.87 i	Antony Zaidman	22 Jan 83	57.39	Adam Damadzic	5 May 18	
17.85	Gary Sollitt	4 Jun 82	57.30	James Tomlinson	25 Jun 23	
17.85	Jamie Stevenson	28 Jun 09	57.14	Mark Proctor	24 Jun 00	
17.79	John Alderson	31 Jul 74	50 57.12	Paul Edwards	10 Aug 88	
17.79 i	George Evans	27 Feb 21	57.10	Dennis Roscoe	3 May 80	
17.78	Steve Whyte	11 Feb 89	57.09	Leslie Richards	21 Aug 10	50
17.71	Sam Westlake-Cann	11 Aug 07	57.07	Curtis Griffith-Parker	19 Jun 10	
17.69 i	David Readle	24 Feb 01	57.00	Gerry Carr	17 Jul 65	
<b>Discus</b>			56.97	Matthew Brown	26 Apr 08	
70.76	Lawrence Okoye	13 Apr 25	56.79	Alexander Parkinson	11 Feb 17	
68.24	Okoye	19 May 12	56.71	Roy Hollingsworth	14 Sep 63	
67.86	Nicholas Percy	17 Apr 25	56.66	Gary Herrington	15 Jun 96	
67.73	Percy	6 Apr 24	56.58	Rhys Allen	22 Mar 25	
67.63	Okoye	9 Jul 11	56.50	David Coleman	9 Jul 11	
67.25	Okoye	4 Sep 12	56.45	Nick Wedderman	29 Jun 24	
67.24	Okoye	19 Jul 25	56.42	Paul Buxton	6 Aug 76	60
67.14	Okoye	19 Aug 22	<b>Hammer</b>			
67.13	Okoye	11 Jun 21	80.26	Nick Miller	8 Apr 18	
67.10	Okoye	13 Mar 25	78.39	Miller	12 Jun 19	
66.84	Brett Morse	30 Jun 13	78.29	Miller	30 Mar 18	
66.64	Perriss Wilkins	6 Jun 98	78.23	Taylor Campbell	5 Jun 21	
65.56	Gregory Thompson	27 Apr 19	78.15	Miller	4 Aug 21	
65.44	Abdul Buhari	9 Jul 11	78.07	Miller	29 May 21	
65.24	Carl Myerscough	9 Jun 12	77.92	Kenneth Ikeji	7 Jun 23	
65.16	Richard Slaney	1 Jul 85	77.89	Miller	9 Sep 19	
65.11	Glen Smith	18 Jul 99	77.88	Miller	16 Jun 19	
65.08	Robert Weir	19 Aug 00	10 77.72	Miller	9 Jun 19	
64.94	Bill Tancred	21 Jul 74	77.54	Martin Girvan	12 May 84	
64.93	Emeka Udechuku	17 Jul 04	77.37	Jake Norris	22 May 24	
63.76	Zane Duquemin	26 Jun 22	77.30	Dave Smith I	13 Jul 85	
63.00	Chris Scott	9 Jul 11	77.02	Matt Mileham	11 May 84	
62.36	Peter Tancred	8 May 80	76.93	Mark Dry	17 May 15	
61.86	Paul Mardle	13 Jun 84	76.45	Chris Bennett	18 Jun 16	
61.62	Peter Gordon	15 Jun 91	76.43	Mick Jones	2 Jun 01	10
61.21	George Armstrong	11 Apr 19	75.63	Alex Smith	3 Mar 12	
61.14	Simon Williams	18 Apr 92	75.40	Chris Black	23 Jul 83	
61.10	Kevin Brown	30 Aug 97	20 75.10	Dave Smith II	27 May 96	
61.00	Allan Seatory	6 Oct 74	75.08	Robert Weir	3 Oct 82	
60.92	Graham Savory	10 May 86	74.52	Joseph Ellis	19 May 22	
60.81	Chukwuemeka Osammor	26 Jun 22	74.02	Paul Head	30 Aug 90	

73.89	Osian Jones	25 Aug 19	89.58	Backley	2 Jul 90	
73.86	Barry Williams	1 Jul 76	89.22	Backley	11 Jun 98	
73.80	Jason Byrne	19 Sep 92	89.02	Backley	30 May 97	
73.64	Craig Murch	3 Aug 19	88.80	Backley	2 Aug 98	
73.20	Paul Dickenson	22 May 76	88.71	Backley	13 Sep 98	
72.79	Bill Beauchamp	25 Aug 03	86.94	Mick Hill	13 Jun 93	
72.79	Andy Frost	22 May 11	85.67	Mark Roberson	19 Jul 98	
72.45	Mike Floyd	20 Aug 11	85.09	Nick Nieland	13 Aug 00	
71.79	Jack Paget	2 Jul 25	83.84	Roald Bradstock	2 May 87	
71.75	Peter Smith	15 Apr 12	83.52	Mervyn Luckwell	25 Sep 11	
71.70	Matt Lambley	23 May 10	82.38	Colin Mackenzie	7 Aug 93	
71.60	Shane Peacock	24 Jun 90	81.70	Nigel Bevan	28 Jun 92	
71.28	Peter Vivian	25 Jun 95	80.98	Dave Ottley	24 Sep 88	
71.01	Amir Williamson	21 Jul 13	80.38	James Campbell	18 Jul 10	10
71.00	Ian Chipchase	17 Aug 74	80.32	Harry Hughes	19 May 19	
70.90	Michael Bomba	6 Apr 13	79.72	Lee Doran	23 Jun 12	
70.88	Howard Payne	29 Jun 74	79.55	Michael Allen	10 Jun 06	
70.82	James Bedford	19 May 13	79.53	Joe Harris	15 May 22	
70.33	John Pearson	30 Jul 00	79.26	James Whiteaker	29 Aug 22	
70.30	Stewart Rogerson	14 Aug 88	78.54	Gary Jenson	17 Sep 89	
70.28	Paul Buxton	19 May 79	78.48	Michael Allison	2 Aug 25	
70.18	Chris Shorthouse	8 Aug 15	78.33	David Parker	24 Mar 01	
70.15	Bayley Campbell	13 May 22	77.84	Peter Yates	21 Feb 87	
70.08	Ben Hawkes	9 Jul 23	77.47	Matti Mortimore	31 Mar 17	20
70.01	Jac Lloyd Palmer	14 Jul 19	77.40	Benjamin East	2 Aug 25	
69.74	Iain Park	7 Sep 03	76.92	Chris Hughff	4 May 09	
69.52	Jim Whitehead	23 Sep 79	76.86	Daniel Bainbridge	2 Aug 25	
69.13	Callum Brown	30 Jul 17	76.77	Matthew Hunt	1 May 11	
68.69	Simon Bown	6 Sep 09	76.66 i	Stuart Faben	3 Mar 96	
68.64	Shaun Pickering	7 Apr 84	76.17		30 Mar 02	
68.18	Ron James	2 Jun 82	76.13	Joe Dunderdale	18 May 14	
68.10	Edward Jeans	8 Jun 22	76.10	Keith Beard	18 May 91	
67.96	Ruben Banks	18 Jun 23	75.89	Dan Pembroke	12 Jun 11	
67.85	Nicholas Percy	7 May 16	75.52	Marcus Humphries	25 Jul 87	
67.82	Steve Whyte	15 Apr 89	75.32	Steve Harrison	9 Jul 95	30
67.74	Thomas Head	29 Jul 23	75.28	Nigel Stainton	5 Aug 89	
67.73	Alex Bernstein	16 Mar 24	74.92	Neil McLellan	22 Jun 07	
67.68	Tom Parker	26 Mar 21	74.90	Daryl Brand	27 Jun 86	
67.59	Shaun Kerry	20 Apr 24	74.72	Chris Crutchley	13 Jul 86	
67.45	Steve Pearson	27 Jun 98	74.71	Benji Pearson	26 Apr 14	
67.33	Ciaran Wright	6 Aug 19	74.70	Myles Cottrell	16 May 92	
67.32	Gareth Cook	1 Jun 91	74.64	Bonne Buwembo	24 Aug 14	
			74.62	Alex van der Merwe	29 Mar 08	
<b>35 Lb Weight</b>			73.89	Jonathan Engelking	11 May 18	
24.39 i	Kenneth Ikeji	24 Feb 24	73.56	Dan Carter	16 Sep 00	40
24.07 i	Joseph Ellis	11 Feb 22	73.41	Neil Crossley	6 May 13	
23.88 i	Ruben Banks	9 Feb 24	73.26	David Messom	25 Apr 87	
23.64 i	Robert Weir	9 Jan 83	73.24	Charlie Evans	11 May 24	
23.08	Matt Mileham	16 Feb 85	72.92	Stefan Baldwin	8 May 93	
23.07 i	Nick Miller	14 Mar 14	72.91	Oliver Wright	18 May 25	
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	72.35	Anthony Lovett	24 Jul 04	
21.61 i	Adam Phillips	19 Jan 24	72.26	Felix Hatton	2 Jul 11	50
			71.90	Greg Millar	26 Jun 21	
<b>Javelin</b>			71.86	Tony Hatton	3 May 93	
91.46	Steve Backley	25 Jan 92	71.83	Brett Byrd	19 Jun 10	
90.81	Backley	22 Jul 01	71.79	Philip Sharpe	27 Aug 00	
89.89	Backley	19 Jul 98	71.60	Stuart Harvey	22 Jun 08	
89.85	Backley	23 Sep 00	71.00	Michael Tarran	30 Jun 02	
89.72	Backley	23 Aug 98				

Decathlon (1984 Tables)			7571	Kevin Sempers	8 Oct 10
8847	Daley Thompson	9 Aug 84	7535	Duncan Mathieson	24 Jun 90
8811	Thompson	28 Aug 86	7520	Stephen Simmons	7 Sep 25
8774	Thompson	8 Sep 82	7515	Ken Hayford	9 Jun 85
8730	Thompson	23 May 82	7510 W	John Heanley	6 Jun 04 50
8714	Thompson	13 Aug 83		7443	16 May 04
8667	Thompson	18 May 86	7510	Peter Glass	14 Jul 13
8663	Thompson	28 Jul 86	7500	Barry King	22 May 72
8648	Thompson	18 May 80	7500	Pan Zeniou	2 Aug 81
8603	Dean Macey	7 Aug 01	7500	Curtis Mathews	17 Sep 17
8567	Macey	28 Sep 00	7496 w	Harry Maslen	6 Apr 18
8336	Tim Duckworth	7 Jun 18		7477	6 Apr 18
8163	Ashley Bryant	28 May 17	<b>Heptathlon (Short Track)</b>		
8131	Alex Kruger	2 Jul 95	6188	Tim Duckworth	10 Mar 18
8102	Daniel Awde	27 May 12	6165	Duckworth	11 Mar 17
8100	Sammy Ball	1 Jun 25	6156	Duckworth	3 Mar 19
8093	Lewis Church	1 Jun 25	6071	Duckworth	20 Jan 18
8011 w	Jack Turner	12 May 23	6006	Duckworth	4 Feb 17
	7963	6 Jun 24	6000	Jack Turner	27 Jan 24
7980	Simon Shirley	24 Aug 94 10	5982	John Lane	26 Jan 14
7965	John Lane	13 Apr 17	5978	Alex Kruger	12 Mar 95
7922 W	Brad McStravick	28 May 84	5975	Ashley Bryant	29 Jan 17
	7885	6 May 84	5962	Turner	15 Mar 25
7904	David Bigham	28 Jun 92	5877	Anthony Brannen	5 Feb 95
7901 h	Peter Gabbett	22 May 72	5834	Ben Gregory	5 Mar 17
7889	Eugene Gilkes	18 May 86	5832	Liam Ramsay	8 Jan 17
7882	Ben Gregory	14 Apr 16	5831	Lewis Church	16 Feb 25
7874	Colin Boreham	23 May 82	5823	Sam Talbot	8 Jan 23 10
7861	Anthony Brannen	30 Apr 95	5805	Richard Reeks	26 Jan 14
7857 w	Liam Ramsay	19 Jul 15	5783	Daniel Awde	7 Mar 10
	7822	31 Aug 14	5760	Sammy Ball	16 Feb 25
7843	Harry Kendall	29 May 22 20	5751	Ollie Thorner	24 Feb 24
7787	Brian Taylor	30 May 93	5749	Kevin Sempers	3 Feb 08
7766	Barry Thomas	2 Sep 95	5722	Edward Dunford	13 Jan 08
7761 w	Ollie Thorner	13 May 23	5672	Philip Kastner	18 Jan 25
	7641	8 Jun 23	5663	Lewis Evling-Jones	12 Feb 06
7748	Eric Hollingsworth	30 May 93	5662	Andrew Murphy	17 Feb 19
7740	Greg Richards	7 Jun 87	5640	Jamie Quarry	14 Feb 99 20
7739	Jamie Quarry	30 May 99	5637	Barry Thomas	5 Feb 95
7739	Jami Schlueter	6 Jun 24	5626	Francis Baker	30 Jan 11
7734	Edward Dunford	9 Sep 07	5780 os	Jami Schlueter	1 Feb 25
7727	David Guest	6 Jun 10	<b>3000 Metres Track Walk</b>		
7726	Ben Hazell	28 Jun 09 30	10:43.84	Tom Bosworth	21 Jul 18
7713	Jim Stevenson	5 Jun 93	10:59.00	Callum Wilkinson	14 Aug 19
7712	Martin Brockman	8 Oct 10	11:19.10	Cameron Corbishley	12 Jun 17
7708	Fidelis Obikwu	28 May 84	11:24.4	Mark Easton	10 May 89
7692	Sam Talbot	29 May 22	11:28.4	Phil Vesty	9 May 84
7663	Rafer Joseph	24 Aug 94	11:31.0	Andi Drake	22 Jul 90
7661 w	Joel McFarlane	12 May 23	11:32.2	Ian McCombie	20 Jul 88
	7613	10 May 24	11:33.4	Steve Partington	12 Jul 95
7651	David Hall	13 Jun 15	11:34.62	Daniel King	30 May 05
7643 W	Tom Leeson	8 Sep 85	11:35.5	Andy Penn	10 May 97 10
	7565	11 Aug 85	11:38.16	Alex Wright	31 May 10
7635 W	Du'aine Ladejo	24 May 98	11:44.68	Roger Mills	7 Aug 81
	7633	18 Sep 98	11:45.1	Chris Maddocks	9 Aug 87
7597	Osman Muskwe	30 Aug 15 40	11:45.77	Steve Johnson	20 Jun 87
7596	Mike Corden	27 Jun 76	11:49.0	Darrell Stone	10 Jul 90
7594	Mark Bishop	3 Sep 89	11:49.48	Martin Rush	1 Jul 84
7594	Andrew Murphy	7 Jul 19	11:49.64	Philip King	29 May 95
7579	Mark Luscombe	8 May 88	11:50.26	Luke Finch	31 May 10
7571	Alexis Sharp	17 Apr 98			

11:50.55	Nick Ball	29 May 06	18:39.47	Bosworth	12 Feb 17
11:51.1	Paul Nihill	5 Jun 71	20 18:50.14	Callum Wilkinson	12 Feb 23
<b>3000 Metres Walk Short Track</b>					
10:30.28	Tom Bosworth	25 Feb 18	18:54.18	Bosworth	31 Jan 16
10:52.77	Callum Wilkinson	25 Feb 18	19:20.83	Wilkinson	29 Jan 17
10:58.21	Bosworth	28 Feb 16	19:22.29	Martin Rush	8 Feb 92
11:00.98	Wilkinson	19 Feb 23	19:22.56	Bosworth	10 Feb 19
11:12.44	Wilkinson	23 Feb 25	19:28.20	Andi Drake	13 Feb 91
11:15.81	Bosworth	10 Jan 16	19:36.92	Drake	3 Feb 91
11:18.00	Bosworth	5 Jan 20	19:42.90	Tim Berrett	23 Feb 90
11:23.99	Alex Wright	27 Jan 13	19:46.20	Darrell Stone	8 Feb 92
11:29.6	Tim Berrett	21 Jan 90	19:49.23	Cameron Corbishley	27 Jan 19
11:30.35	Bosworth	15 Feb 15	20:01.65	Mark Easton	23 Feb 90
11:38.51	Cameron Corbishley	19 Jan 25	20:08.04	Steve Barry	5 Mar 83
11:39.0+	Martin Rush	8 Feb 92	20:13.26	Steve Partington	8 Feb 92
11:43.57	Mark Easton	3 Mar 91	20:24.04	Daniel King	15 Feb 04
11:44.0+	Andi Drake	13 Feb 91	20:26.36	Martin Bell	10 Mar 89
11:45.68	Christopher Snook	18 Feb 24	20:30.62	Phil Vesty	16 Feb 85
11:47.12	Philip King	26 Feb 95	20:32.05	Andy Penn	3 Feb 91
11:47.36	Steve Partington	3 Mar 91	20:33.20	Ian McCombie	16 Feb 85
11:50.34	Guy Thomas	11 Dec 16	20:57.30	Philip King	26 Feb 94
11:51.04	Darrell Stone	13 Feb 93	21:25.17	Dominic King	4 Mar 00
11:54.96	Martin Bell	13 Feb 93	21:41.47	Christopher Snook	10 Feb 19
11:56.4	Steve Johnson	11 Apr 87	22:08.87	Roger Mills	22 Feb 81
12:00.99	Dominic King	2 Feb 02	22:11.44	Michael Kemp	28 Feb 98
12:08.57	Matthew Hales	27 Jan 01	<b>10000 Metres Track Walk</b>		
12:10.08	Andy Penn	29 Jan 00	38:43.91	Callum Wilkinson	30 Jun 24
12:16.10	Martin Young	11 Feb 96	39:05.85	Wilkinson	6 Mar 21
12:22.0	Roger Mills	13 Mar 76	39:06.28	Wilkinson	7 Aug 22
<b>5000 Metres Track Walk</b>					
18:41.23	Callum Wilkinson	25 Aug 19	39:52.05	Wilkinson	29 Aug 20
18:43.28	Tom Bosworth	2 Jul 17	40:06.65	Ian McCombie	4 Jun 89
18:56.96	Wilkinson	2 Jul 17	40:12.50	Cameron Corbishley	30 Jun 24
19:00.73	Bosworth	5 Jul 15	40:29.32	Wilkinson	6 Apr 19
19:01.20	Bosworth	1 Jul 18	40:39.77	McCombie	5 Jun 88
19:27.39	Alex Wright	14 Jun 13	40:41.62	Wilkinson	23 Jul 16
19:35.0	Darrell Stone	16 May 89	40:42.53	McCombie	28 Aug 89
19:40.10	Cameron Corbishley	15 Jun 24	40:45.38	Tom Bosworth	8 Jun 22
19:55.8 +	Ian McCombie	4 Jun 89	40:53.60	Phil Vesty	28 May 84
19:57.91	Dominic King	24 Jul 04	40:55.6	Martin Rush	14 Sep 91
19:57.95	Daniel King	24 Jul 04	41:06.57	Chris Maddocks	20 Jun 87
20:05.7	Philip King	29 Jul 95	41:10.11	Darrell Stone	16 Jul 95
20:06.66	Matthew Hales	2 Sep 00	41:13.62	Steve Barry	19 Jun 82
20:09.0	Steve Partington	11 Mar 92	41:13.65	Martin Bell	22 Jul 95
20:13.0	Martin Bell	2 May 92	41:14.3	Mark Easton	5 Feb 89
20:13.50	Sean Martindale	22 Jul 90	41:14.61	Steve Partington	16 Jul 95
20:14.2	Paul Nihill	12 Jul 72	41:18.64	Andi Drake	5 Jun 88
20:16.0	Andy Penn	3 Sep 88	41:49.06	Sean Martindale	26 Jun 90
20:17.47	Paul Blagg	22 Jul 90	41:55.5	Phil Embleton	14 Apr 71
20:20.0	Chris Maddocks	15 Aug 87	41:59.10	Andy Penn	27 Jul 91
20:20.0	Andi Drake	5 Sep 87	42:06.35	Gordon Vale	2 Aug 81
20:22.0+	Steve Barry	20 Mar 82	42:08.57	Paul Blagg	28 Aug 89
20:24.0+	Phil Vesty	28 May 84	42:11.42	Christopher Snook	12 Jun 22
20:26.7	Mike Parker	22 Dec 85	42:17.1	Dominic King	4 May 02
20:28.40	Steve Johnson	9 Jul 88	<b>track short</b>		
20:29.0	Les Morton	19 Aug 90	40:54.7	Steve Barry	19 Mar 83
20:31.57	Christopher Snook	30 Jun 24	<b>10 Kilometres Road Walk</b>		
<b>5000 Metres Walk Short Track</b>					
18:20.97	Tom Bosworth	23 Feb 20	39:10	Tom Bosworth	1 Mar 20
18:28.70	Bosworth	18 Feb 18	39:31	Callum Wilkinson	1 Jun 19
			39:36	Bosworth	1 Mar 15
			39:50 +	Bosworth	13 Aug 17
			39:52	Wilkinson	5 Aug 20

40:17	Chris Maddocks	30 Apr 89	1:28:37	Dave Jarman	30 Jun 80	
40:24	Mark Easton	21 Mar 87	1:28:38	Guy Thomas	3 Jun 17	
40:35 +	Steve Barry	14 May 83	1:28:40	Matt Hales	21 Apr 01	40
40:40	Steve Partington	12 Jan 92	1:28:46	Jimmy Ball	4 Apr 87	
40:45	Darrell Stone	8 Apr 89	1:28:46	Steve Taylor	20 Dec 92	
40:59	Cameron Corbishley	1 Mar 20	1:28:46	Jamie O'Rawe	21 Mar 99	
41:01	Ian McCombie	8 Dec 84	1:28:50	Amos Seddon	3 Aug 74	
41:08 +	Martin Rush	30 Aug 84	10 1:29:07	Philip King	20 Aug 95	
41:24	Alex Wright	3 Feb 13	1:29:19	Stuart Phillips	31 May 92	
41:25 +	Andrew Drake	17 Jun 00	1:29:24	George Nibre	6 Apr 80	
41:28 +	Andy Penn	9 May 92	1:29:27	Graham White	19 Apr 97	
41:28	Martin Bell	24 Apr 99	1:29:29 +	Steve Johnson	16 Apr 89	
41:34 +	Christopher Snook	16 Mar 24	1:29:37	John Warhurst	28 Jul 73	50
<b>during a road running race</b>			<b>no judges</b>			
40:48	Ian McCombie	15 Jan 89	1:27:04.0t	Steve Hollier	9 Jan 00	
<b>20 Kilometres Road Walk</b>			<b>35 Kilometres Road Walk</b>			
1:19:38	Tom Bosworth	8 Apr 18	2:31:34	Cameron Corbishley	26 Oct 24	
1:20:13	Bosworth	12 Aug 16	2:36:06	Corbishley	18 May 25	
1:20:27	Callum Wilkinson	19 May 24	2:36:19	Chris Maddocks	29 Jun 91	
1:20:31	Wilkinson	1 Aug 24	2:37:20	Maddocks	25 Jun 89	
1:20:32	Wilkinson	5 Jun 21	2:37:24 +	Corbishley	20 Mar 21	
1:20:41	Bosworth	19 Mar 16	2:37:27	Les Morton	29 Jun 91	
1:20:53	Bosworth	19 May 19	2:38:01	Andi Drake	22 Apr 89	
1:20:58	Bosworth	1 Apr 17	2:38:11	Martin Rush	6 Jun 92	
1:21:21	Bosworth	21 May 17	2:40:04	Amos Seddon	21 Jun 80	
1:21:21	Wilkinson	18 Sep 20	2:40:37	Mike Smith	22 Apr 89	
1:22:03	Ian McCombie	23 Sep 88	2:40:41 +	Dominic King	20 Mar 21	
1:22:12	Chris Maddocks	3 May 92	2:40:49	Darrell Stone	11 Jun 95	
1:22:50	Cameron Corbishley	16 May 21	2:41:03	Dennis Jackson	15 Jun 85	10
1:22:51	Steve Barry	26 Feb 83	<b>Marathon Road Walk</b>			
1:23:05	Alex Wright	17 Mar 13	3:13:48	Cameron Corbishley	14 Dec 25	
1:23:34	Andy Penn	29 Feb 92	<b>50 Kilometres Road Walk</b>			
1:23:34	Martin Rush	29 Feb 92	3:51:13	Dominic King	20 Mar 21	
1:23:58	Darrell Stone	24 Feb 96	10 3:51:37	Chris Maddocks	28 Oct 90	
1:24:04	Mark Easton	25 Feb 89	3:53:14	Maddocks	25 Nov 95	
1:24:04.0t	Andi Drake	26 May 90	3:53:20	Cameron Corbishley	23 Mar 19	
1:24:07.6t	Phil Vesty	1 Dec 84	3:54:15	Corbishley	20 Mar 21	
1:24:09	Steve Partington	24 Sep 94	3:55:48	King	8 Oct 16	
1:24:25	Tim Berrett	21 Apr 90	3:56:35	King	23 Mar 19	
1:24:50	Paul Nihill	30 Jul 72	3:57:10	Maddocks	12 Mar 00	
1:25:42	Martin Bell	9 May 92	3:57:48	Les Morton	30 Apr 89	
1:25:53.6t	Sean Martindale	28 Apr 89	3:58:25	Morton	20 Mar 88	
1:26:02	Jamie Higgins	12 Apr 14	3:59:55	Paul Blagg	5 Sep 87	
1:26:08	Dominic King	25 Jun 17	20 4:03:08	Dennis Jackson	16 Mar 86	
1:26:14	Daniel King	28 Feb 04	4:03:53	Mark Easton	25 Apr 98	
1:26:37	Christopher Snook	16 Mar 24	4:04:49	Daniel King	29 Mar 08	
1:26:53	Chris Cheesman	21 Mar 99	4:06:14	Barry Graham	20 Apr 85	
1:27:00	Roger Mills	30 Jun 80	4:07:18	Steve Hollier	18 Jun 00	10
1:27:05	Mike Parker	5 Apr 86	4:07:23	Bob Dobson	21 Oct 79	
1:27:16	Les Morton	25 Feb 89	4:07:49	Chris Cheesman	2 May 99	
1:27:30	Ben Wears	15 May 10	4:07:57	Ian Richards	20 Apr 80	
1:27:35	Olly Flynn	3 Oct 76	4:08:41	Adrian James	12 Apr 80	
1:27:43	Luke Finch	20 Jun 10	30 4:09:15un	Don Thompson	10 Oct 65	
1:27:46	Brian Adams	11 Oct 75	4:12:19		20 Jun 59	
1:27:59	Phil Embleton	3 Apr 71	4:09:22	Mike Smith	27 Mar 89	
1:28:02	Paul Blagg	27 Feb 82	4:10:23	Darrell Stone	6 May 90	
1:28:15	Ken Matthews	23 Jul 60	4:10:42	Amos Seddon	9 Mar 80	
1:28:26	Chris Harvey	29 Sep 79	4:11:32	Paul Nihill	18 Oct 64	
1:28:30	Allan King	11 May 85	4:12:00	Sean Martindale	16 Oct 93	20
1:28:34	Chris Smith	11 May 85	4:12:02	Martin Rush	28 Jul 91	
1:28:34	Steve Hollier	19 Jun 99				

4:12:37	John Warhurst	27 May 72	C.J.Ujah, Z.Hughes, A.Gemili, N.Mitchell-Blake
4:12:50	Darren Thorn	6 May 90	37.90 GBR 1 Sep 07
4:13:18	Graham White	27 Jun 98	C.Malcolm, C.Pickering, Devonish, Lewis-Francis
4:13:25	Allan King	16 Apr 83	37.93 GBR 25 May 14
4:14:03	Tom Misson	20 Jun 59	R.Kilty, Aikines-Aryeetey, J.Ellington, D.Talbot
4:14:25	Dave Cotton	15 Jul 78	37.93 GBR 17 Aug 14
4:15:14	Shaun Lightman	13 Oct 73	J.Ellington, Aikines-Aryeetey, R.Kilty, D.Talbot
4:15:22	Brian Adams	17 Sep 78	37.98 GBR 1 Sep 90 20
4:15:52	Ray Middleton	27 May 72 30	D.Braithwaite, J.Regis, M.Adam, L.Christie
4:16:30	Karl Atton	20 Apr 97	37.98 GBR 19 Aug 16
4:16:45	Gareth Brown	21 Apr 02	R.Kilty, Aikines-Aryeetey, J.Ellington, A.Gemili
4:16:47	George Nibre	9 Mar 80	38.00 GBR 23 Jul 23
4:17:24	Andi Drake	18 Oct 87	J.Azu, Z.Hughes, J. Efoloko, T.Ramdhan
4:17:34	Gordon Vale	9 Oct 83	38.01 GBR 25 Aug 23
4:17:40	Steve Partington	26 Jun 05	J.Azu, E.Amo-Dadzie, A.Gemili J.Efoloko
4:17:52	Stuart Elms	17 Apr 76	38.02 GBR 22 Aug 09
4:18:30	Peter Ryan	10 Apr 82	S.Williamson, T.Edgar, Devonish, Aikines-Aryeetey
4:19:00	Carl Lawton	17 Jul 71	38.02 England 2 Aug 14
4:19:13	Bryan Eley	19 Jul 69 40	A.Gemili, Aikines-Aryeetey, R.Kilty, D.Talbot
4:19:26	Roger Mills	9 Apr 83	38.04 GBR 8 Aug 24
4:19:55	Mick Holmes	4 Aug 73	J.Azu, L.Hinchliffe, R.Kilty, N.Mitchell-Blake
4:19:57	Barry Ingarfield	21 Oct 79	38.05 GBR 21 Aug 93
4:20:05	George Chaplin	27 May 72	J.John, A.Jarrett, D.Braithwaite, L.Christie
4:20:22	Scott Davis	13 Sep 09	38.06 GBR 18 Aug 16
4:20:43	Tim Watt	8 Oct 95	R.Kilty, Aikines-Aryeetey, J.Ellington, C.J.Ujah
4:20:48	Andrew Trigg	1 May 88	38.07 GBR 28 Aug 04 30
4:20:51	Murray Lambden	18 Jul 82	J.Gardener, D.Campbell, Devonish, Lewis-Francis
4:21:02	Ron Wallwork	17 Jul 71	<b>Drugs disqualification:</b>
4:22:05	Mel McCann	14 Sep 86 50	37.51 GBR 6 Aug 21
<b>4 x 100 Metres Relay</b>			C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake
37.36	GBR	5 Oct 19	38.02 GBR 5 Aug 21
	A.Gemili, Z.Hughes, R.Kilty, N.Mitchell-Blake		C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake
37.47	GBR	12 Aug 17	<b>4 x 200 Metres Relay</b>
	C.J.Ujah, A.Gemili, D.Talbot, N.Mitchell-Blake		1:21.29 GBR 23 Jun 89
37.56	GBR	4 Oct 19	M.Adam, A.Mafe, L.Christie, J.Regis
	A.Gemili, Z.Hughes, R.Kilty, N.Mitchell-Blake		1:21.54 GBR 5 Jun 93
37.60	GBR	21 Jul 19	J.John, M.Adam, D.Braithwaite, J.Regis
	C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake		1:21.97 GBR 5 Jun 92
37.61	GBR	22 Jul 18	L.Christie, J.John, J.Regis, M.Adam
	C.J.Ujah, Z.Hughes, A.Gemili, N.Mitchell-Blake		1:22.30 Fast Lane 19 Apr 98
37.61	GBR	9 Aug 24	Joselyn & Josephus Thomas, J.Regis, N.Stickings
	J.Azu, L.Hinchliffe, N.Mitchell-Blake, Z.Hughes		1:22.42 GBR "B" 16 Jul 88
37.67	GBR	21 Aug 22	P.Goedluck, A.Mafe, D.Reid, J.Regis
	J.Azu, Z.Hughes, J.Efoloko, N.Mitchell-Blake		<b>4 x 200 Metres Relay Short Track</b>
37.73	GBR	29 Aug 99	1:22.11 i GBR 3 Mar 91
	Gardener, Campbell, Devonish, Chambers		L.Christie, D.Braithwaite, A.Mafe, J.Regis
37.76	GBR	12 Aug 17	1:22.99 GBR 23 Feb 90
	C.J.Ujah, A.Gemili, D.Talbot, N.Mitchell-Blake		M.Adam, J.Regis, C.Callender, L.Christie
37.77	GBR	22 Aug 93 10	1:23.46 GBR 28 Jan 89
	C.Jackson, A.Jarrett, J.Regis, L.Christie		A.Mafe, D.Reid, M.Adam, J.Ridgeon
37.78	GBR	23 Jul 16	1:23.56 GBR 13 Feb 93
	J.Dasaolu, A.Gemili, J.Ellington, C.J.Ujah		M.Adam, M.Richardson, J.Regis, D.Campbell
37.80	GBR	12 Aug 18	1:23.93 GBR 6 Feb 88
	C.J.Ujah, Z.Hughes, A.Gemili, Aikines-Aryeetey		W.Fraser, D.Reid, S.Eden, L.Christie
37.80	GBR	27 Aug 23	<b>4 x 400 Metres Relay</b>
	J.Azu, Z.Hughes, A.Gemili, E.Amo-Dadzie		2:55.83 GBR 10 Aug 24
37.81	GBR "B"	23 Jul 16	Haydock-Wilson, Hudson-Smith, L.Davey, C.Dobson
	R.Kilty, Aikines-Aryeetey, D.Talbot, O.Edoburun		2:56.60 GBR 3 Aug 96
37.83	GBR	23 Jul 22	I.Thomas, J.Baulch, M.Richardson, R.Black
	J.Efoloko, Z.Hughes, Mitchell-Blake, R.Prescod		2:56.65 GBR 10 Aug 97
37.84	GBR	12 Aug 18	

I.Thomas, R.Black, J.Baulch, M.Richardson  
2:57.53 GBR 1 Sep 91  
R.Black, D.Redmond, J.Regis, K.Akabusi  
2:58.11 GBR 20 Sep 25  
L.Thompson, T.Harries, S.Derbyshire, C.Dobson  
2:58.22 GBR 1 Sep 90  
P.Sanders, K.Akabusi, J.Regis, R.Black  
2:58.51 GBR 30 Aug 15  
R.Yousif, C.Williams, J.Dunn, M.Rooney  
2:58.68 GBR 23 Aug 98  
M.Hylton, J.Baulch, I.Thomas, M.Richardson  
2:58.71 GBR 27 Aug 23  
Haydock-Wilson, C.Dobson, Davey, R.Mitcham  
2:58.79 GBR 17 Aug 14 10  
C.Williams, Hudson-Smith, M.Bingham, M.Rooney  
2:58.81 GBR 23 Aug 08  
A.Steele, R.Tobin, M.Bingham, M.Rooney  
2:58.82 GBR 14 Aug 05  
T.Benjamin, M.Rooney, R.Tobin, M.Davis  
2:58.86 GBR 6 Sep 87  
D.Redmond, K.Akabusi, R.Black, P.Brown  
2:58.88 GBR 9 Aug 24  
S.Reardon, Hudson-Smith, T.Harries, C.Dobson  
2:59.00 GBR 13 Aug 17  
Hudson-Smith, D.Cowan, R.Yousif, M.Rooney  
2:59.05 GBR 29 Aug 15  
R.Yousif, C.Williams, J.Dunn, M.Rooney  
2:59.13 GBR 11 Aug 84  
K.Akabusi, G.Cook, T.Bennett, P.Brown  
2:59.13 GBR 14 Aug 94  
D.McKenzie, B.Whittle, R.Black, D.Ladejo  
2:59.33 GBR 22 Aug 08  
A.Steele, R.Tobin, M.Bingham, M.Rooney  
2:59.35 GBR 20 Aug 22 20  
Hudson-Smith, C.Dobson, Davey, Haydock-Wilson  
2:59.42 GBR 26 Aug 23  
Davey, C.Dobson, R.Mitcham, Haydock-Wilson  
2:59.46 GBR 22 Jun 97  
R.Black, J.Baulch, I.Thomas, M.Richardson  
2:59.49 GBR 31 Aug 91  
A.Mafe, D.Redmond, M.Richardson, K.Akabusi  
2:59.53 GBR 10 Aug 12  
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 30  
M.Hylton, R.Black, J.Baulch, I.Thomas

**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  
3:05.49 GBR 9 Mar 25  
A.Haydock-Wilson, E.Okoro, J.Faulds, A.Chalmers  
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 10  
L.Lennon-Ford, R.Buck, C.Williams, N.Levine

**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

**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

**UNDER 23**

<b>60 Metres</b>			20.45	Danny Talbot	1 Jun 13
6.51	Jason Livingston	8 Feb 92	<b>wind assisted</b>		
6.53	Mark Lewis-Francis	3 Feb 02	20.10	Marcus Adam	1 Feb 90
6.53	Chijindu Ujah	1 Feb 15	20.18	Joe Ferguson	26 Jun 22
6.55	Jason Gardener	27 Jan 96	<b>hand timing</b>		
6.55	Dwain Chambers	11 Feb 00	20.3	David Jenkins	19 Aug 72
6.55	Craig Pickering	27 Jan 07	<b>200 Metres short track</b>		
6.55	Harry Aikines-Aryeetey	13 Feb 10	20.51	Nethaneel Mitchell-Blake	26 Feb 16
6.56	Theo Etienne	5 Mar 16	20.54	John Regis	22 Feb 87
6.56	Ojie Edoburun	25 Feb 18	20.54	Christian Malcolm	26 Feb 00
6.56	Jeremiah Azu	26 Feb 22	20.66	Andrew Morgan-Harrison	16 Feb 20
6.57	Simeon Williamson	16 Feb 08	20.73	Toby Makoyawo	5 Feb 22
6.58	Joseph Dewar	5 Mar 17	20.80 A	Brodie Young	28 Feb 25
6.59	Ryan Scott	13 Feb 08	20.86	Adam Clayton	18 Feb 22
6.59	Kyle de Escofet	4 Feb 17	20.89	Julian Golding	23 Feb 97
<b>100 Metres</b>			20.89	Danny Talbot	13 Feb 11
9.94	Reece Prescod	18 Aug 18	20.90	Jaden Smith	18 Jan 25
9.95	Louie Hinchliffe	7 Jun 24	20.93	Tim Abeyie	20 Feb 04
9.96	Chijindu Ujah	8 Jun 14	20.94	Connor Wood	10 Feb 19
9.97	Dwain Chambers	22 Aug 99	<b>300 Metres</b>		
9.97	Adam Gemili	7 Jun 15	32.08	Roger Black	8 Aug 86
10.03	Simeon Williamson	12 Jul 08	<b>300 Metres short track</b>		
10.04	Mark Lewis-Francis	5 Jul 02	32.79 A	Brodie Young	25 Jan 25
10.04	Ojie Edoburun	4 Jun 18	32.8+	Daniel Caines	18 Feb 01
10.04	Jeremiah Azu	13 Jul 23	<b>400 Metres</b>		
10.09	Jason Livingston	13 Jun 92	44.47	David Grindley	3 Aug 92
10.09	James Dasaolu	6 Jun 09	44.48	Matthew Hudson-Smith	13 Aug 16
10.09	Nethaneel Mitchell-Blake	16 Apr 16	44.50	Derek Redmond	1 Sep 87
10.10	Harry Aikines-Aryeetey	7 Sep 08	44.59	Roger Black	29 Aug 86
10.10	Zharnel Hughes	16 Apr 16	44.60	Martyn Rooney	19 Aug 08
10.11	Christian Malcolm	5 Aug 01	44.60	Samuel Reardon	27 Jun 25
10.12	Toby Makoyawo	25 Mar 11	44.60	Samuel Reardon	27 Jun 25
<b>wind assisted</b>			44.66 A	Iwan Thomas	14 Apr 96
9.84	Louie Hinchliffe	24 May 24	44.69	Iwan Thomas	16 Jun 96
9.88	Reece Prescod	26 May 18	45.01	Robert Tobin	11 Jun 05
9.90	Toby Makoyawo	26 Mar 22	45.04	Tim Benjamin	30 Jul 04
9.90	Jeremiah Azu	25 Jun 22	45.09	Mark Richardson	10 Jul 92
9.93	Ojie Edoburun	15 Apr 17	45.14	Jamie Baulch	23 Aug 95
9.97	Mark Lewis-Francis	30 Jun 02	45.18	David Jenkins	16 Aug 74
9.97	Romell Glave	24 Jul 21	45.2	Du-aine Ladejo	1 May 93
10.04	Tyrone Edgar	10 May 03	45.25	Du-aine Ladejo	3 Jun 92
<b>200 Metres</b>			45.24	Mark Hylton	12 Aug 98
19.95	Nethaneel Mitchell-Blake	14 May 16	45.34	Brodie Young	19 Jul 25
19.98	Adam Gemili	16 Aug 13	45.37	Daniel Caines	23 Sep 00
20.02	Zharnel Hughes	27 Aug 15	45.38	Brian Whittle	26 May 86
20.08	Christian Malcolm	8 Aug 01	<b>400 Metres short track</b>		
20.18	John Regis	3 Sep 87	45.46 A	Brodie Young	1 Mar 25
20.23	Joe Ferguson	26 Jun 22	45.61	Daniel Caines	18 Feb 01
20.34	Chris Lambert	20 Jul 03	45.82	Jaden Smith	1 Feb 25
20.34	Jeriel Quainoo	20 Apr 24	45.83	Mark Hylton	9 Feb 97
20.36	Todd Bennett	28 May 84	45.89	David Grindley	20 Feb 93
20.37	Toby Sandeman	18 Jul 09	45.94	Mark Richardson	20 Feb 93
20.38	Julian Golding	24 Aug 97	46.11	Guy Bullock	9 Feb 97
20.38	Reece Prescod	25 Aug 16	46.11	Sean Baldock	8 Feb 98
20.40	Delano Williams	16 May 15	46.17	Nigel Levine	19 Feb 11
20.43	Mike McFarlane	7 Oct 82	46.23	Lee Thompson	18 Feb 18
20.44	Miguel Francis	15 Apr 17	46.26	Cameron Chalmers	10 Feb 19

46.34	Richard Buck	16 Feb 08	3:39.43	Charlie Grice	8 Mar 15
<b>800 Metres</b>			3:40.02	Andy Keith	29 Feb 92
1:43.50	Max Burgin	9 Aug 24	3:40.05 +	George Couttie	7 Feb 25
1:43.82	Oliver Dustin	12 Jun 21	3:40.25	Thomas Bridger	27 Jan 25
1:43.97	Sebastian Coe	15 Sep 78	3:40.62+	Chris O'Hare	11 Feb 12
1:43.98	Peter Elliott	23 Aug 83	3:41.1+	Ricky Stevenson	23 Jan 10 10
1:44.02	Ben Pattison	23 Jul 23	3:41.18	Archie Davis	1 Feb 20
1:44.10	Henry Jonas	18 Jul 25	<b>1 Mile</b>		
1:44.30	Ethan Hussey	19 Jul 25	3:49.90	Steve Cram	13 Jul 82
1:44.35	Justin Davies	10 May 25	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 10	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
1:44.97	Daniel Rowden	22 Jul 18	3:53.44	Jack Buckner	13 Jul 82
1:44.98	Thomas Randolph	19 Aug 21	3:53.88	Josh Kerr	21 Jul 19
1:45.10	Richard Hill	10 Jun 06	3:54.20	Jake Wightman	22 Jul 16
1:45.12	Reece Sharman-Newell	22 Jun 24	3:54.36	Steve Crabb	21 Jul 84 10
<b>800 Metres short track</b>			3:54.39	Neil Horsfield	8 Jul 86
1:45.78	Justin Davies	15 Feb 25	3:54.48	Henry McLuckie	24 Aug 24
1:45.91	Finley McLearn	13 Mar 21	3:54.61	Charlie Grice	27 Jul 13
1:46.02 A	Yusuf Bizimana	11 Mar 23	3:54.69	Steve Ovet	26 Jun 77
1:46.43	Kyle Langford	3 Feb 18	3:54.80	James Brewer	25 Jul 09
1:46.54	Sebastian Coe	13 Mar 77	3:54.89	Matthew Stonier	14 May 22
1:46.71	Peter Elliott	12 Mar 83	<b>1 Mile short track</b>		
1:47.21	Piers Copeland	23 Feb 20	3:53.65	Josh Kerr	9 Feb 19
1:47.23	Thomas Staines	10 Mar 18	3:55.44	George Couttie	7 Feb 25
1:47.24	Andrew Lill	22 Feb 92	3:56.31	Ricky Stevenson	23 Jan 10
1:47.32	David Sharpe	20 Feb 88 10	3:56.48	Chris O'Hare	11 Feb 11
1:47.40	Andrew Osagie	12 Mar 10	3:57.7	Andy Keith	11 Dec 93
<b>1000 Metres</b>			3:57.81	Yusuf Bizimana	12 Feb 21
2:15.12	Steve Cram	17 Sep 82	3:57.83	Richard Peters	11 Feb 12
2:16.34	Matthew Yates	6 Jul 90	3:57.88	Clifton Bradeley	9 Mar 85
<b>1000 Metres short track</b>			3:57.99	David Holman	12 Dec 25
2:20.01	George Couttie	24 Jan 25	3:58.18	Edward Bird	1 Feb 25 10
<b>1500 Metres</b>			<b>2000 Metres</b>		
3:31.30	Matthew Stonier	23 Jul 23	4:57.61	Piers Copeland	19 Aug 20
3:32.52	Josh Kerr	6 Oct 19	5:01.90	Jack Buckner	29 Aug 83
3:32.82	Jake Heyward	5 Aug 21	5:02.67	Gary Staines	4 Aug 85
3:33.66	Steve Cram	18 Aug 82	5:02.99	Neil Caddy	11 Aug 96
3:33.83	John Robson	4 Sep 79	<b>3000 Metres</b>		
3:34.00	Matthew Yates	13 Sep 91	7:38.73	Tom Mortimer	13 Jul 21
3:34.45	Steve Ovet	3 Sep 77	7:41.3	Steve Ovet	23 Sep 77
3:34.76	Ross Murray	27 May 12	7:42.47	David Lewis	9 Jul 83
3:35.16	Steve Crabb	28 Jun 84	7:43.84ios	Charles Hicks	26 Feb 22
3:35.29	Charlie Grice	18 Jul 15 10	7:43.90	Ian Stewart II	26 Jun 82
3:35.32	Piers Copeland	25 Sep 20	7:45.45	Paul Davies-Hale	13 Jul 84
3:35.49	Jake Wightman	12 Jul 14	7:45.81	Alexander Yee	21 Aug 20
3:35.72	Graham Williamson	15 Jul 80	7:46.6 +	David Black	14 Sep 73
3:36.03	Henry Jonas	20 Aug 25	7:47.12	Simon Mugglestone	27 Jun 88
3:36.22	James Shane	31 Jul 11	7:47.18 ios	Henry McLuckie	27 Jan 24 10
3:36.31	George Mills	9 Jun 21	7:47.82	Steve Cram	26 Jul 81
<b>1500 Metres short track</b>			7:48.12	Will Barnicoat	20 Jul 24
3:35.72	Josh Kerr	16 Feb 19	7:48.6 +	Nat Muir	27 Jun 80
3:38.28	Graham Williamson	10 Feb 82	7:49.45	Paul Lawther	9 Sep 77
3:38.81	Piers Copeland	15 Feb 20	7:51.23 ios	James West	10 Feb 18
3:39.25	George Mills	15 Feb 20	7:51.57	Chris Thompson	12 Jul 03

<b>3000 Metres short track</b>			<b>10km Road</b>		
7:36.74	George Coultie	6 Dec 25	27:56	Steve Harris	4 Dec 83
7:48.47	John Mayock	1 Mar 92	28:03	Jon Solly	5 Apr 86
7:48.99	Thomas Keen	4 Feb 03	28:05	Jon Brown	17 Oct 93
7:50.81	Thomas Bridger	1 Feb 25	28:10	Zakariya Mahamed	14 Jan 24
7:50.86	Osian Perrin	19 Feb 23	28:11	Jon Richards	5 May 85
7:51.12	Matthew Stonier	28 Jan 23	28:13	Jack Buckner	13 Apr 85
7:51.38	Edward Bird	14 Feb 25	28:14	Emile Cairress	4 Aug 21
7:52.38	Tom Farrell	28 Jan 12	<b>Half Marathon</b>		
7:52.56	Tom Hanlon	12 Feb 89	60:31	Jake Smith	17 Oct 20
7:53.28	Colin Reitz	30 Jan 82	<b>Marathon</b>		
7:53.90	Charles Hicks	28 Jan 23	2:12:19	Don Faircloth	23 Jul 70
7:54.08	Mo Farah	5 Mar 05	2:16:04	Ian Ray	27 Oct 79
<b>2 Miles</b>			2:16:21	Norman Wilson	10 Sep 77
8:19.37	Nat Muir	27 Jun 80	2:16:47	Ieuan Ellis	19 Sep 82
<b>5000 Metres</b>			<b>3000 Metres Steeplechase</b>		
13:15.31	Tom Farrell	29 Apr 12	8:16.52	Tom Hanlon	23 Aug 89
13:17.9	Nat Muir	15 Jul 80	8:18.80	Colin Reitz	6 Jul 82
13:19.66	Will Barnicoat	6 Jul 24	8:20.83	Paul Davies-Hale	10 Jun 84
13:19.78	Jon Brown	2 Jul 93	8:22.48	John Davies	13 Sep 74
13:22.2	Dave Bedford	12 Jun 71	8:28.6	Dave Bedford	10 Sep 71
13:22.85	Ian Stewart I	25 Jul 70	8:29.72	David Lewis	29 May 83
13:23.52	David Black	29 Jan 74	8:29.86	Tony Staynings	2 Aug 75
13:23.94	Jonathan Davies	28 May 16	8:30.64	Dennis Coates	2 Aug 75
13:24.58	Charles Hicks	1 Apr 22	8:31.72	Keith Cullen	28 Jun 92
13:24.59	Paul Davies-Hale	1 Jun 84	8:31.80	Graeme Fell	8 Aug 81
13:25.0	Steve Ovet	30 Jul 77	8:32.77	Eddie Wedderburn	23 Jun 81
13:26.97	John Mayock	9 Jun 92	8:32.87	Luke Gunn	17 Aug 05
13:28.12	Tom Mortimer	29 May 21	8:32.97	Roger Hackney	14 Jul 79
13:28.29	Simon Mugglestone	8 Jul 88	8:33.09	Zak Seddon	1 Apr 16
13:28.66	Josh Kerr	16 May 19	8:34.00	James Wilkinson	7 Jun 12
13:29.18	Alexander Yee	20 Jul 19	<b>60 Metres Hurdles</b>		
<b>5000 Metres short track</b>			7.41	Colin Jackson	26 Feb 89
13:22.05	Charles Hicks	10 Feb 23	7.50	Tony Jarrett	18 Mar 90
13:29.28	Steve Binns	12 Feb 82	7.53	Andrew Pozzi	9 Mar 14
13:38.75	Joseph O'Brien	14 Feb 25	7.56	Jon Ridgeon	28 Feb 88
13:42.93	Jon Brown	13 Mar 92	7.60	Ross Baillie	14 Feb 99
13:44.70	Adam Bitchell	13 Dec 13	7.63	David Omoregie	28 Jan 17
13:46.36	Johnny Livingstone	7 Dec 24	7.66	David King	13 Feb 16
13:46.44	Luke Caldwell	8 Mar 13	7.67	David Nelson	21 Jan 89
<b>10000 Metres</b>			7.67	Lawrence Clarke	28 Jan 12
27:40.16	Charles Hicks	29 Apr 22	7.67	Joshua Zeller	26 Feb 22
27:47.0	Dave Bedford	10 Jul 71	<b>110 Metres Hurdles</b>		
27:48.49	David Black	25 Jan 74	13.11 A	Colin Jackson	11 Aug 88
27:51.94	Alexander Yee	19 May 18	13.11		14 Jul 89
28:09.95	Bernie Ford	6 Oct 73	13.19	Joshua Zeller	15 May 22
28:12.42	Dave Murphy	13 Jul 79	13.21	Tony Jarrett	31 Aug 90
28:14.08	Jon Richards	20 Jun 86	13.24	David Omoregie	3 Sep 16
28:15.43	Joseph O'Brien	27 Mar 25	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	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
28:24.77	Johnny Livingstone	4 Apr 25	13.54	Cameron Fillery	18 Aug 19
28:30.33	Marc Scott	3 Apr 15	13.56	Callum Priestley	29 Jul 09
			13.57	David Nelson	11 Aug 89

13.57	David Hughes	23 Jul 06	5.42	Mike Barber	26 Aug 95
13.57	Gianni Frankis	18 Jul 09	5.42	Nick Cruchley	3 Jul 11
<b>wind assisted</b>			<b>Long Jump</b>		
12.95	Colin Jackson	10 Sep 89	8.27	Chris Tomlinson	13 Apr 02
13.14	Lawrence Clarke	7 Jul 12	8.26	Greg Rutherford	15 Jul 06
13.45	William Sharman	15 Jul 06	8.15	Stewart Faulkner	16 Jul 90
13.46	Sam Bennett	9 Jul 23	8.11	Nathan Morgan	24 Jul 98
13.48	Tom Wilcock	9 Jul 23	8.07	Lynn Davies	18 Oct 64
<b>hand timing</b>			8.04	Roy Mitchell	25 Jun 77
13.4	David King	6 Jun 16	8.03	Tim Duckworth	6 Apr 18
13.5	Berwyn Price	1 Jul 73	8.00	Daley Thompson	25 Jul 80
<b>400 Metres Hurdles</b>			8.00	Derrick Brown	7 Aug 85
48.60	Jack Green	13 Jul 12	8.00	Jacob Fincham-Dukes	5 Jun 19 10
48.71	Nathan Woodward	3 Jul 11	7.97	Fred Salle	13 Jul 86
48.74	Jake Minshull	9 Aug 25	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	7.87	Archie Yeo	28 Jun 25
49.19	Seb Rodger	13 Jul 13	<b>wind assisted</b>		
49.37	Alex Knibbs	10 Jul 21	8.19	Tim Duckworth	12 May 18
49.44	Seamus Derbyshire	28 May 22 10	8.16	Roy Mitchell	26 Jun 76
49.49	Jacob Paul	9 Jul 17	8.11	Daley Thompson	7 Aug 78
49.53	Dai Greene	10 Sep 08	8.02	Jacob Fincham-Dukes	15 Apr 17
49.57	Matt Elias	14 Jul 01	<b>Triple Jump</b>		
49.62	Lloyd Hanley-Byron	18 Jul 09	17.21	Tosi Fasinro	27 Jul 93
49.62	Niall Flannery	30 Jun 13	17.12	Phillips Idowu	23 Sep 00
49.75	Max Robertson	30 Aug 85	17.05	John Herbert	8 Jul 83
<b>High Jump</b>			16.95	Julian Golley	10 Jul 92
2.38 i	Steve Smith	4 Feb 94	16.95	Nathan Douglas	11 Jul 04
2.33 i	Tom Gale	8 Feb 20	16.76	Keith Connor	12 Aug 78
2.32 i	Brendan Reilly	24 Feb 94	16.74	Jonathan Edwards	23 Jul 88
2.31	Dalton Grant	25 Sep 88	16.71	Vernon Samuels	18 May 86
2.30 i	Geoff Parsons	25 Jan 86	16.69	Aston Moore	12 Aug 78
2.30	Ben Challenger	13 Jul 99	16.65	Tosin Oke	28 Jul 02 10
2.28 i	John Holman	28 Jan 89	16.54	Eric McCalla	17 Sep 82
2.27	Martyn Bernard	31 May 04	16.50 i	Kola Adedoyin	9 Feb 13
2.27	Robbie Grabarz	1 Jun 08	16.47	Mike Makin	1 Jul 84
2.26	Allan Smith	14 Jul 13 10	16.46	Ben Williams	29 Jun 14
2.26 i	Chris Kandu	21 Feb 15	<b>wind assisted</b>		
2.25	Rob Mitchell	28 Jul 01	17.30	Tosi Fasinro	12 Jun 93
2.25	Adam Scarr	11 Jun 06	17.21	Keith Connor	12 Aug 78
2.24	Tom Parsons	27 Aug 06	16.76	Aston Moore	25 Sep 78
2.23	Phil McDonnell	29 Jul 84	16.73	Ben Williams	29 Jun 14
2.23 i	Joel Clarke-Khan	21 Feb 21	16.59	Michael Pupilampu	10 Jun 12
<b>Pole Vault</b>			<b>Shot</b>		
5.71 i	Steven Lewis	14 Mar 08	19.48	Geoff Capes	21 Aug 71
5.71	Charlie Myers	15 Jun 19	19.44 i	Simon Williams	28 Jan 89
5.70	Nick Buckfield	23 Jul 95	19.44	Piers Cameron	9 May 25
5.65	Jax Thoires	16 May 15	19.42	Zane Duquemin	27 Jul 13
5.65 i	Adam Hague	18 Feb 18	19.23	Matt Simson	23 May 91
5.62 i	Luke Cutts	18 Jan 09	19.01	Billy Cole	21 Jun 86
5.60	Neil Winter	19 Aug 95	18.93	Paul Buxton	13 May 77
5.55 i	Andrew Sutcliffe	11 Feb 12	18.63 i	Carl Myerscough	6 Feb 99
5.52	Joel Leon Benitez	18 Jul 18	18.59 i	Alan Carter	11 Apr 65
5.50	Paul Williamson	6 Jul 96 10	18.54	Scott Lincoln	5 Jul 15 10
5.47 i	Keith Higham	4 Feb 06	18.50 i	Lewis Byng	28 Jan 23
5.45	Owen Heard	3 Jun 22	18.46	Lee Newman	9 Jul 95

18.45	Kieren Kelly	21 May 08	5783	Daniel Awde	7 Mar 10
18.40	Steph Hayward	9 Jun 96	5760	Sammy Ball	16 Feb 25
18.29 i	Emeka Udechuku	14 Jan 01	5700	Liam Ramsay	26 Jan 14
18.18 et	Arthur Rowe	29 Jul 58	5650	Ben Gregory	25 Mar 12
<b>Discus</b>			5604	Oliver McNeillis	2 Mar 08
68.24	Lawrence Okoye	19 May 12	5604	Philip Kastner	21 Jan 23
66.06	Brett Morse	27 Jul 11	5593	David Bigham	8 Mar 92
63.46	Zane Duquemin	30 Jun 12	5582	Adam Hoole	29 Jan 23 10
63.38	Nicholas Percy	22 Jul 16	5668os	Jami Schlueter	24 Feb 24
62.07	Emeka Udechuku	19 Aug 00	<b>Decathlon (1984 Tables)</b>		
61.86	Paul Mardle	13 Jun 84	8648	Daley Thompson	18 May 80
61.21	George Armstrong	11 Apr 19	8556	Dean Macey	25 Aug 99
60.81	Chukwuemeka Osammor	26 Jun 22	8336	Tim Duckworth	7 Jun 18
60.48	Robert Weir	13 May 83	8100	Sammy Ball	1 Jun 25
59.90	Chris Scott	19 Jun 10 10	8070	Ashley Bryant	12 Jul 13
59.84	George Evans	6 Apr 19	8011 w	Jack Turner	12 May 23
59.78	Glen Smith	5 Jun 94		7851	8 Jun 23
59.22	Gregory Thompson	10 Jul 16	7904	David Bigham	28 Jun 92
58.71	Samuel Woodley	10 Apr 21	7822	Liam Ramsay	31 Aug 14
58.52	Colin Sutherland	1 May 77	7761 w	Ollie Thorner	13 May 23
<b>Hammer</b>			7751	Daniel Awde	29 Jun 08 10
77.92	Kenneth Ikeji	7 Jun 23	7739	Jami Schlueter	6 Jun 24
77.55	Nick Miller	22 Jul 15	7723 W	Eugene Gilkes	8 Jul 84
75.10	Dave Smith II	27 May 96		7660	8 Jul 84
75.08	Robert Weir	3 Oct 82	7713	Jim Stevenson	5 Jun 93
74.62	David Smith I	15 Jul 84	7668	Fidelis Obikwu	5 Oct 82
74.18	Martin Girvan	31 May 82	7651	David Hall	12 Jun 15
73.80	Jason Byrne	19 Sep 92	7643 W	Tom Leeson	8 Sep 85
73.80	Joseph Ellis	5 Jun 18	7616	Barry Thomas	23 Aug 92
73.40	Taylor Campbell	30 Apr 17	<b>3000 Metres Track Walk</b>		
72.95	Alex Smith	8 Oct 10 10	10:52.77 i	Callum Wilkinson	25 Feb 18
72.31	Jake Norris	3 Apr 21		10:59.0	14 Aug 19
71.75	Peter Smith	15 Apr 12	11:19.10	Cameron Corbishley	12 Jun 17
71.08	Paul Head	1 Sep 85	11:28.4	Phil Vesty	9 May 84
71.00	Ian Chipchase	17 Aug 74	<b>5000 Metres Track Walk</b>		
70.81	Mark Dry	1 Aug 09	18:41.23	Callum Wilkinson	25 Aug 19
70.15	Bayley Campbell	13 May 22	19:29.87	Tom Bosworth	31 Jul 11
<b>Javelin (1986 Model)</b>			19:35.0	Darrell Stone	16 May 89
89.58	Steve Backley	2 Jul 90	19:48.14	Alex Wright	25 Aug 12
80.92	Mark Roberson	12 Jun 88	19:49.53 i	Cameron Corbishley	31 Jan 19
80.38	James Campbell	18 Jul 10	19:57.91	Dominic King	24 Jul 04
80.32	Harry Hughes	19 May 19	19:57.95	Daniel King	24 Jul 04
79.70	Nigel Bevan	3 Feb 90	20:05.7	Philip King	29 Jul 95
78.56	Mick Hill	2 Aug 86	20:06.66	Matthew Hales	2 Sep 00
78.54	Gary Jenson	17 Sep 89	<b>5000 Metres Track Walk short track</b>		
78.48	Michael Allison	2 Aug 25	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 10	19:50.52	Tom Bosworth	11 Feb 12
77.40	Benjamin East	2 Aug 25	<b>10000 Metres Track Walk</b>		
76.77	Matthew Hunt	1 May 11	40:29.32	Callum Wilkinson	23 Jun 19
76.66 i	Stuart Faben	3 Mar 96	40:53.60	Phil Vesty	28 May 84
76.28	Nick Nieland	9 Jul 94	41:24.7	Martin Rush	6 Jul 86
76.13	Joe Dunderdale	18 May 14	41:37.44	Cameron Corbishley	18 Jun 17
75.89	Dan Pembroke	12 Jun 11	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

43:00.67	Sean Martindale	5 Jun 88	10	39.09	GBR-U23	19 Jul 09	R.Scott, T.Sandeman, R.Pierre, L.Yearwood
<b>10 Kilometres Road Walk</b>				39.10	GBR-U23	17 Jul 11	A.Robertson, K.Showler-Davis, R.Kilty, D.Talbot
39:31	Callum Wilkinson	1 Jun 19		39.11	GBR-U23	16 Jul 17	T.Etienne, K.de Escofet, R.Arthur, O.Edoburun
40:45	Darrell Stone	8 Apr 89		39.17	GBR-U23	1 Aug 99	C.Malcolm, J.Henthorn, J.Stewart, M.Findlay
41:12	Ian McCombie	10 Dec 83		39.23	GBR-U23	30 Jul 94	T.Rutherford, T.Box, D.Walker, D.Campbell
41:26	Cameron Corbishley	5 Mar 17		39.27	GBR-U23	15 Jul 07	R.Scott, C.Pickering, R.Fifton, J.Ellington
<b>20 Kilometres Road Walk</b>				<b>4 x 400 Metres Relay</b>			
1:21:34	Callum Wilkinson	6 Apr 19		3:01.03	GBR-U23	19 Jul 92	D.McKenzie, D.Grindley, M.Richardson, D.Ladejo
1:24:07.6t	Phil Vesty	1 Dec 84		3:03.53	GBR-U23	17 Jul 11	N.Levine, T.Phillips, J.Bowie, L.Lennon-Ford
1:24:42	Cameron Corbishley	30 Jun 19		3:03.58	GBR-U23	1 Aug 99	G.Dearman, M.Elias, P.Brend, D.Naismith
1:24:49	Tom Bosworth	9 Jun 12		3:03.65	GBR-U23	16 Jul 17	L.Thompson, B.Snaith, S.Hazell, C.Chalmers
1:24:53	Andi Drake	27 Jun 87		3:04.59	GBR-U23	14 Jul 19	Haydock-Wilson, Thompson, J.Brier, C.Chalmers
1:25:46	Alex Wright	20 Jun 10		3:04.83	GBR-U23	17 Jul 05	A.Steele, R.Williams, R.Davenport, R.Tobin
1:26:02	Jamie Higgins	12 Apr 14		3:04.90	GBR-U23	29 Jul 95	N.Budden, P.Slythe, P.Maitland, J.Baulch
1:26:14	Darrell Stone	27 Mar 89		3:04.92	GBR-U23	20 Jul 94	P.McBurney, J.Baulch, P.Slythe, K.Ulyatt
1:26:18 +	Martin Rush	27 Apr 86		3:05.42	GBR-U23	15 Jul 01	D.Naismith, A.Potter, J.Chatt, M.Elias
1:26:21	Ian McCombie	8 Aug 82	10	3:05.42	GBR-U23	11 Jul 21	L.Davey, E.Brown, A.Leeson, A.Haydock-Wilson
<b>35 Kilometres Road Walk</b>							
2:41:05 +	Cameron Corbishley	23 Mar 19					
2:41:53	Darrell Stone	17 Jun 90					
<b>50 Kilometres Road Walk</b>							
3:53:20	Cameron Corbishley	23 Mar 19					
4:10:23	Darrell Stone	6 May 90					
4:14:25	David Cotton	15 Jul 78					
<b>4 x 100 Metres Relay</b>							
38.77	GBR-U23	14 Jul 13					
	D.Tobais, D.Talbot, D.Walker-Khan, A.Gemili						
38.95	GBR-U23	15 Jul 07					
	R.Scott, C.Pickering, R.Fifton, J.Ellington						
38.96	GBR-U23	1 Aug 99					
	C.Malcolm, J.Henthorn, J.Stewart, M.Findlay						
38.99	GBR-U23	13 Jul 97					
	D.Money, M.Devonish, J.Henthorn, J.Golding						

**UNDER 20**

<b>60 Metres</b>				10.21	Romell Glave	17 Jun 17	
6.51	Mark Lewis-Francis	11 Mar 01		10.22	Craig Pickering	22 May 05	
6.63	Dwain Chambers	23 Feb 97		10.24	Simeon Williamson	2 Jul 05	
6.65	Jeremiah Azu	16 Feb 19		10.24	Teddy Wilson	26 Jul 25	10
6.66	Jamie Henderson	24 Jan 87		10.25	Jason Livingston	9 Aug 90	
6.66	Romell Glave	13 Jan 18		10.25	Jason Gardener	21 Jul 94	
6.66	Teddy Wilson	19 Jan 25		10.25	Dom Ashwell	11 Jul 18	
6.67	Jason Livingston	10 Mar 90		10.25	Toby Makoyawo	16 Jul 21	
6.67	Christian Malcolm	1 Mar 97		10.26	Leevan Yearwood	26 Aug 07	
6.67	Harry Aikines-Aryeetey	5 Mar 06		10.26	Chijindu Ujah	25 Aug 12	
6.67	Medwin Odamtten	8 Jan 23	10	10.26	Jeriel Quainoo	15 Jul 21	
6.68	Adam Gemili	25 Feb 12		10.27	Jeremiah Azu	19 May 19	
6.68	Chijindu Ujah	23 Feb 13		10.29	Peter Radford (10.31?)	13 Sep 58	
6.68	Dom Ashwell	13 Jan 18		10.29	David Bolarinwa	29 May 11	20
6.68	Toby Makoyawo	8 Feb 20		10.29	Joel Pascall-Menzie	18 Aug 21	
<b>100 Metres</b>				10.30	Deji Tobais	3 Jul 10	
10.05	Adam Gemili	11 Jul 12		10.30	Sean Anyaogu	7 Aug 23	
10.06	Dwain Chambers	25 Jul 97		10.31	Chris Lambert	21 Aug 99	
10.10	Mark Lewis-Francis	5 Aug 00		10.31	Alex Nelson	18 Jun 05	
10.12	Christian Malcolm	29 Jul 98		10.31	Oliver Bromby	17 Jun 17	
10.16	Ojie Edoburun	23 Aug 14		10.31	Jake Odey-Jordan	19 Jun 25	
10.21	Jamie Henderson	6 Aug 87		<b>wind assisted</b>			
				9.97 †	Mark Lewis-Francis	4 Aug 01	

10.10	Christian Malcolm	18 Jul 98	21.07	Dean Patterson	11 Feb 24
10.15	Ojie Edoburun	23 Aug 14	21.08	Nethaneel Mitchell-Blake	9 Feb 13
10.16	Joel Pascall-Menzie	18 Aug 21	21.12	Toby Harries	28 Feb 16
10.17	Tyrone Edgar	30 Jun 01	21.13	Thomas Somers	2 Mar 14
10.20	Wade Bennett-Jackson	28 Aug 05	21.14	Cameron Tindle	28 Feb 16
10.20	Joseph Dewar	19 Aug 15	21.17	Wade Bennett-Jackson	13 Feb 05
10.20	Jeriel Quainoo	10 Jun 22			
10.22	Lincoln Asquith	26 Jun 83	<b>300 Metres</b>		
10.22	Dwayne Grant	30 Jun 01	32.53	Mark Richardson	14 Jul 91
10.22	Simeon Williamson	21 Aug 05	32.85	Ade Mafe	18 Aug 84
10.23	David Bolarinwa	25 Jun 11			
10.23	Rechmial Miller	25 Jun 16	<b>Intermediate time during 400 metres</b>		
10.23	Teddy Wilson	26 May 25	32.4 +	David Jenkins	13 Aug 71
			<b>300 Metres Short Track</b>		
<b>200 Metres</b>			33.44	Thomas Somers	6 Dec 14
20.29	Christian Malcolm	19 Sep 98	33.49	Jake Odey-Jordan	17 Jan 25
20.37	Thomas Somers	24 Jul 14	<b>400 Metres</b>		
20.38	Adam Gemili	9 Sep 12	45.35	Martyn Rooney	21 Mar 06
20.40	Jeriel Quainoo	26 Jun 22	45.36	Roger Black	24 Aug 85
20.48	Jona Efoloko	13 Jul 18	45.41	David Grindley	10 Aug 91
20.53	Charlie Dobson	12 Jul 18	45.45	David Jenkins	13 Aug 71
20.54	Ade Mafe	25 Aug 85	45.53	Mark Richardson	10 Aug 91
20.55	Jake Odey-Jordan (U17)	16 Jun 24	45.59	Chris Clarke	24 Jul 09
20.62	Leon Reid	20 Jul 13	45.72	Edward Faulds	16 Jul 21
20.62	Nethaneel Mitchell-Blake	20 Jul 13	45.83	Mark Hylton	16 Jul 95
20.63	Chris Lambert	21 Aug 99	45.92	Charles Carvell	7 Aug 23
20.64	Dwayne Grant	16 Jun 01	46.03	Peter Crampton	8 Aug 87
20.67	David Jenkins	4 Sep 71	46.10	Tim Benjamin	25 Aug 01
20.67	Tim Benjamin	17 Jun 01	46.13	Guy Bullock	31 Jul 93
20.68	Elliot Powell	28 Jun 15	46.22	Wayne McDonald	17 Jun 89
20.69	Alex Nelson	30 Jul 05	46.31	Nigel Levine	10 Jun 07
20.69	David Bolarinwa	2 Jun 12	46.32	Derek Redmond	9 Sep 84
20.70	Reece Prescod	6 Jun 15	46.35	Jack Crosby	23 Jul 14
20.70	Teddy Wilson	17 Aug 25	46.39	Elliott Rutter	22 Jun 14
20.71	Cameron Tindle	21 Jul 16	46.44	Ethan Brown	23 Jun 19
20.72	Derek Kinlock	17 Jul 21	46.46	Adrian Metcalfe	19 Sep 61
20.73 A	Ralph Banthorpe	15 Oct 68	46.47	Richard Buck	21 Aug 05
20.75	Kieran Showler-Davis	20 Jun 10	46.48	Roger Hunter	20 May 84
20.76	Joe Ferguson	30 Jun 19	46.48	Stanley Chevous	14 Jun 25
20.78	John Regis	29 Sep 85	46.49	Owen Richardson	22 Jul 17
20.79	Jamahl Alert-Khan (U17)	7 Sep 03	46.51	Cameron Chalmers	21 Jul 16
20.80	Mike McFarlane	1 Jul 79	46.53	Mark Thomas	15 Sep 84
20.81	Toby Harries	22 Jul 17	46.54	Michael Parper	7 Jun 97
			46.54	Jordan McGrath	18 May 08
<b>wind assisted</b>			<b>hand timing</b>		
20.56	Toby Harries (U17)	9 Sep 15	45.7	Adrian Metcalfe	2 Sep 61
20.57	Tommy Ramdhan	18 Jul 15	<b>400 Metres Short Track</b>		
20.60	Tim Benjamin	7 Aug 99	46.16	Edward Faulds	19 Feb 22
20.61	Darren Campbell	11 Aug 91	46.56	Mark Hylton	4 Feb 95
20.68	Chad Miller	16 May 18	46.72	Samuel Reardon	26 Feb 22
<b>hand timing</b>			46.80	Robert Tobin	24 Feb 02
20.6	David Jenkins	19 Sep 71	46.87y	Roger Hunter	3 Mar 84
<b>hand timing - wind assisted</b>			47.24	Roger Black	16 Feb 85
20.4	Dwayne Grant	1 Jul 01	47.40	Cameron Chalmers	21 Feb 16
20.7	Lincoln Asquith	2 Jul 83	47.45	Clovis Asong	24 Feb 13
<b>200 Metres Short Track</b>			47.50	Owen Richardson	25 Feb 17
20.66	Jake Odey-Jordan (17)	10 Mar 24	47.51	Adam Charlton	1 Mar 03
20.78	Tim Benjamin	24 Feb 01	<b>600 Metres</b>		
20.96	Ade Mafe	19 Jan 85	1:16.30	Kyle Langford	24 Aug 14
20.98	Chris Clarke	9 Feb 08			
21.02	Charlie Dobson	25 Feb 18			

1:16.79	Andrew Lill	24 Jul 90	<b>1500 Metres</b>	3:36.6 +	Graham Williamson	17 Jul 79
<b>600 Metres Short Track</b>				3:36.90	Jake Heyward	22 Jul 18
1:17.67	Samael Lunt	22 Dec 24		3:38.62	Niall Brooks	10 Jul 10
<b>800 Metres (* 880 yards time less 0.60)</b>				3:39.60	Ethan Hussey	3 Aug 22
1:44.14	Max Burgin	19 May 21		3:39.77	George Couttie	24 Jul 24
1:45.41	William Rabjohns	12 Jul 25		3:40.09	Steve Cram	27 Aug 78
1:45.64	David Sharpe	5 Sep 86		3:40.65	Kane Elliott	29 May 21
1:45.77	Steve Ovet	4 Sep 74		3:40.68	Brian Treacy	24 Jul 90
1:45.78	Kyle Langford	25 Jul 15		3:40.72	Gary Taylor	8 Jul 81
1:46.46	John Gladwin	7 Jul 82		3:40.82	Henry McLuckie	27 May 21
1:46.61	Ethan Hussey	23 Aug 22		3:40.90	David Robertson	28 Jul 92
1:46.63	Curtis Robb	6 Jul 91		3:40.95 +	Charlie Grice	14 Jul 12
1:46.71	Ben Pattison	23 Jun 19		3:41.08	Josh Kerr	8 Jun 16
1:46.73	Tom Waterworth	25 Jun 25	10	3:41.25	Zachary Dunne	18 Jun 25
1:46.75	Henry Jonas	21 Aug 24		3:41.33	Adam Cotton	11 Jun 11
1:46.80*	John Davies I	3 Jun 68		3:41.38	Joshua Lay	12 Jun 19
1:46.80	Samuel Reardon	5 Aug 22		3:41.43	Shaun Wyllie	7 Jun 14
1:46.84	Oliver Dustin	29 Jun 19		3:41.55	William Rabjohns	20 Aug 25
1:46.84	Matthew McKenna	21 Aug 24		3:41.59	Chris Sly	22 Jul 77
1:46.97	Markhim Lonsdale	27 May 17		3:41.6	David Forrester	14 Jun 08
1:47.0	Ikem Billy	12 Jun 83		3:41.71	Tendai Nyabadza	30 Jul 23
1:47.02	Chris McGeorge	8 Aug 81		3:41.72	Henry Jonas	8 Jun 24
1:47.02	Niall Brooks	25 Jul 10		3:41.77	Simon Horsfield	15 Aug 09
1:47.18	Ricky Soos	14 Aug 02	20	3:42.2	Paul Wynn	9 Aug 83
1:47.22	Kevin McKay	5 Jun 88		3:42.37	Alex Riley	22 Jun 24
1:47.26	James Brewer	10 Aug 07		3:42.48	Tom Lancashire	13 Jul 04
1:47.27	Tom Lerwill	22 Aug 96		3:42.5	Colin Reitz	8 Aug 79
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
<b>800 Metres Short Track</b>				3:46.21	David Sharpe	25 Feb 86
1:48.53	David Sharpe	8 Feb 86		3:46.79	Jack Patton	5 Feb 22
1:48.58	Guy Learmonth	20 Feb 11		3:47.19	Robbie Fitzgibbon	1 Feb 15
1:48.75	James Brewer	17 Feb 07		3:47.26	Justin Davies	23 Jan 22
1:48.77	Markhim Lonsdale	26 Feb 17		3:47.5	Gary Taylor	11 Feb 81
1:48.81	Samuel Reardon	16 Feb 22		3:47.77	Matthew Fayers	10 Feb 13
1:48.85	Alex Botterill	26 Jan 19		<b>1 Mile</b>		
1:49.51	Daniel Howells	23 Feb 20		3:53.15	Graham Williamson	17 Jul 79
1:49.52	Spencer Thomas	3 Feb 16		3:57.03	Steve Cram	14 Sep 79
1:49.73	Ben Greenwood	26 Feb 17		3:57.90	Charlie Grice	14 Jul 12
1:49.74	Archie Davis	3 Feb 16		3:58.68	Steve Flint	26 May 80
<b>1000 Metres</b>				3:59.4	Steve Ovet	17 Jul 74
2:18.98	David Sharpe	19 Aug 86		4:00.31	Johan Boakes	5 Aug 86
2:19.92	Graham Williamson	8 Jul 79		4:00.6	Simon Mugglestone	16 Sep 87
2:20.0	Steve Ovet	17 Aug 73		4:00.62	Jake Wightman	27 Jul 13
2:20.02	Darryl Taylor	18 Aug 84		4:00.67	Brian Treacy	22 Aug 90
2:20.37	Johan Boakes (U17)	17 Jun 84		4:01.0	David Sharpe	3 May 86
2:21.17	Curtis Robb	16 Sep 90		<b>1 Mile short track</b>		
2:21.41	Stuart Paton	17 Sep 82		4:02.34	Robbie Farnham-Rose	24 Feb 13
2:21.7 A	David Strang (GBR?)	26 Jan 87		<b>2000 Metres</b>		
2:21.71	Kevin Glastonbury	18 Jun 77		5:06.56	Jon Richards	7 Jul 82
2:22.3	Chris McGeorge	19 Jul 81		<b>3000 Metres</b>		
<b>1000 Metres short track</b>				7:48.28	Jon Richards	9 Jul 83
2:20.36	David Sharpe	8 Mar 86		7:51.84	Steve Binns	8 Sep 79

7:55.17	Jake Heyward	25 Jul 18	14:00.7	Peter Tootell	19 Jun 82
7:56.28	John Doherty	13 Jul 80	14:00.7	Mike Chorlton	19 Jun 82
7:57.47	Henry Dover	22 Jun 24	14:00.85	Paul Taylor	15 Sep 84
7:58.68ios	Tom Farrell	13 Feb 10	<b>5000 Metres Short Track</b>		
7:59.55	Paul Davies-Hale	8 Aug 81	13:51.24	Joseph O'Brien	2 Dec 23
8:00.01	Corey Campbell	19 Jun 24	14:07.69	Edward Bird	23 Feb 24
8:00.1 a	Micky Morton	11 Jul 78	<b>10000 Metres</b>		
8:00.7	Graham Williamson	29 Jul 78	10	29:21.9	Jon Brown 21 Apr 90
8:00.73	David Black	24 Jul 71	29:38.6	Ray Crabb	18 Apr 73
8:00.80	Luke Dunham	18 Jun 25	29:44.0	Richard Green	27 Sep 75
8:00.8	Steve Anders	1 Aug 78	29:44.8	Jack Lane	23 Sep 69
8:00.88	Paul Taylor	12 Jun 85	<b>10km Road (U20 as per WA Rules)</b>		
8:01.2	Ian Stewart I	7 Sep 68	29:33	James Knockton	5 Mar 23
8:01.26	Darius Burrows	21 Aug 94	29:35	Jon Gascoyne	24 Nov 91
8:01.43	Nat Muir	28 Aug 77	29:36	Lewis Hannigan	24 Oct 21
8:01.44	Colin Reitz	16 May 79	29:37	Joshua Cowperthwaite	29 Dec 19
8:01.63	Alexander Yee	22 May 16	20	29:40	Petros Surafel 11 Dec 16
8:02.31	Simon Mugglestone	11 Jun 87	29:40	Jacob Deacon	15 Dec 24
8:02.4	John Keyworth	22 Apr 82	<b>2000 Metres Steeplechase</b>		
8:03.14	Steve Cram	14 Jul 79	5:29.61	Colin Reitz	18 Aug 79
8:03.52	Edward Bird	10 May 23	5:31.12	Paul Davies-Hale	22 Aug 81
8:03.90	Oliver Macdonald	14 Jun 25	5:32.84	Tom Hanlon	20 Jul 86
<b>3000 Metres Short Track</b>			5:34.76	Micky Morris	24 Aug 75
7:53.14	Edward Bird	7 Dec 24	5:36.37	Zak Seddon	19 Jun 13
7:54.41	Osian Perrin	22 Jan 22	5:38.01	Ken Baker	1 Aug 82
7:56.11	Corey Campbell	10 Feb 24	5:38.2	Spencer Duval	8 Jul 89
8:00.93	Jake Heyward	4 Feb 18	5:39.3 a	Graeme Fell	11 Jul 78
8:01.4	Ian Stewart I	24 Feb 68	5:39.93	Eddie Wedderburn	9 Sep 79
8:02.18	Tom Farrell	23 Jan 10	5:40.2	Paul Campbell	31 Jul 77
8:06.58	Matthew Shirling	26 Feb 14	5:40.2	John Hartigan	27 Jun 84
8:08.0	John Bednarski	7 Dec 68	<b>3000 Metres Steeplechase</b>		
8:09.68	Joseph O'Brien	11 Feb 23	8:29.85	Paul Davies-Hale	31 Aug 81
8:10.57	Oliver Patton	1 Mar 25	10	8:34.42	Zak Seddon 28 Apr 13
8:10.78	Piers Copeland	11 Dec 16	8:42.75	Colin Reitz	6 Jun 79
<b>5000 Metres</b>			8:43.21	Kevin Nash	2 Jun 96
13:27.04	Steve Binns	14 Sep 79	8:44.68	Alastair O'Connor	12 Aug 90
13:35.95	Paul Davies-Hale	11 Sep 81	8:44.91	Ken Baker	30 May 82
13:37.4	David Black	10 Sep 71	8:45.65	Spencer Duval	17 Jun 89
13:37.60	Alexander Yee	27 May 17	8:47.49	Tom Hanlon	8 Jun 86
13:43.82	Simon Mugglestone	24 May 87	8:47.8	Stephen Murphy	16 Jun 02
13:44.64	Julian Goater	14 Jul 72	8:48.43	Graeme Fell	16 Jul 78
13:48.74	Jon Richards	28 May 83	8:50.14	Dave Long I	13 Jul 73
13:48.84	John Doherty	8 Aug 80	8:51.02	Tony Staynings	14 Jul 72
13:49.1 a	Nat Muir	21 Aug 77	10	8:51.48	Matthew Graham 1 May 10
13:49.26	Osian Perrin	11 Jun 22	8:51.54	James Wilkinson	26 Jul 09
13:51.03	Johnny Livingstone	11 Jun 22	8:51.93	Mark Buckingham	12 Jun 04
13:51.24	Edward Bird	29 Mar 24	8:51.93	Thomas Bridger	14 May 22
13:53.30	Ian Stewart I	3 Aug 68	8:52.79	Jack Partridge	7 May 12
13:53.3 a	Nicky Lees	21 Aug 77	8:54.15	Stuart Kefford	18 Sep 92
13:54.2	Mick Morton	1 Jul 78	8:54.56	Luke Gunn	12 Jun 04
13:54.52	Keith Cullen	8 Jun 91	8:54.6	Micky Morris	7 Sep 75
13:56.20	Henry McLuckie	31 Mar 21	8:54.92	Mark Wortley	4 Jun 88
13:56.31	Mo Farah	23 Jun 01	8:55.59	Kristian Imroth	29 May 21
13:57.16	Jonathan Hay	28 May 11	20	8:55.69	Peter Kellie 27 Jul 03
13:57.47	William Beardsley	27 Mar 25	8:55.84	William Battershill	12 May 17
13:57.95	Tom Mortimer	23 Jun 18	<b>60 Metres Hurdles (99cm)</b>		
13:58.37	Conan Harper	27 May 23	7.50	David Omoregie	9 Mar 14
13:58.42	Corey Campbell	27 Mar 25	7.58	Noah Hanson	20 Jan 24
13:59.10	Ben Brown	25 May 24			

7.59	Iolo Grant	9 Feb 25	<b>110 Metres Hurdles (106.7cm)</b>		
7.63	Euan Dickson-Earle	2 Mar 14	13.44	Colin Jackson	19 Jul 86
7.65	James Gladman	26 Feb 12	13.46	Jon Ridgeon	23 Aug 85
7.66	Khai Riley-Laborde	2 Mar 14	13.53	David Omoregie	26 Jul 14
7.66	Daniel Goriola	11 Feb 24	13.55	Daniel Goriola	30 Jun 24
7.67	Andrew Pozzi	27 Feb 10	13.72	Tony Jarrett	24 May 87
7.70	Joshua Zeller	24 Feb 19	13.73	Andrew Pozzi	11 Aug 11
7.71	Jake Porter	26 Feb 12	10 13.78	Charlie Staddon	19 Apr 25
7.71	Joshua Taylor	9 Feb 25	13.84	Chris Baillie	27 Aug 00
			13.91	David Nelson	21 Jun 86
<b>60 Metres Hurdles (106.7cm)</b>			13.91	Lawrence Clarke	29 Jul 09 10
7.68	Jon Ridgeon	3 Mar 85		<b>wind assisted</b>	
7.72	Daniel Goriola	23 Feb 24	13.42	Colin Jackson	27 Jul 86
7.78	Colin Jackson	26 Jan 85	13.66	Andy Pozzi	11 Aug 11
7.78	David Omoregie	8 Feb 14	13.82	David Nelson	5 Jul 86
7.83	Lawrence Clarke	15 Mar 09	13.82	Lawrence Clarke	3 May 09
7.83	Iolo Grant	22 Feb 25	13.83	Charlie Staddon	22 Mar 25
7.86	Brett St. Louis	21 Mar 87	13.89	Callum Priestley	17 Jul 08
7.87	Gianni Frankis	18 Feb 07		<b>400 Metres Hurdles</b>	
7.87	Andrew Pozzi	20 Feb 11	50.00	Samael Lunt	30 Aug 24
7.89	Tony Jarrett	13 Mar 87	50.07	Alastair Chalmers	15 Jun 19
hand timing			50.20	Richard Davenport	15 Jul 04
7.8	Kieran Moore	23 Feb 82	50.22	Martin Briggs	28 Aug 83
<b>110 Metres Hurdles (99cm)</b>			50.48	Oliver Parker	14 Jun 25
13.17	David Omoregie	22 Jun 14	50.49	Jack Green	23 Jul 10
13.22	Daniel Goriola	9 Jun 24	50.57	Alex Knibbs	24 Jun 18
13.26	Joshua Zeller	29 Jun 19	50.70	Noel Levy	8 Jul 94
13.29	Andrew Pozzi	3 Jul 11	50.71	Jacob Paul	21 Jul 13
13.30	James Gladman	23 Jun 12	50.86	Seamus Derbyshire	21 Jul 19 10
13.31	Noah Hanson	27 Jul 25	50.95	Onyekachukwu Okoh	4 Aug 22
13.32	Jack Meredith	4 Jun 10	50.96	Steven Green	6 Jul 02
13.32	Jason Nicholson	11 Jul 18	50.99	Toby Ulm	21 Jul 07
13.33	James Weaver	25 Jun 16	10 51.07	Philip Beattie	20 Aug 82
13.35	Toby Wright	10 Aug 25	51.07	Niall Flannery	28 Jun 09
13.37	Lawrence Clarke	25 Jul 09	51.14	Dai Greene	23 Jul 05
13.47	Gianni Frankis	22 Jul 07	51.15 A	Andy Todd	18 Oct 67
13.48	Matthew Treston	19 Jun 16	51.15	Rhys Williams	26 Jul 03
13.48	Robert Sakala	22 Jul 17	51.29	Rayhan Mourtada	29 Jun 25
13.49	Charlie Staddon	27 Jul 25	51.31	Gary Oakes	9 Sep 77 20
13.54	Onatade Ojora	14 Jul 18	51.38	Adam Booth	17 Jul 21
13.57	Chris Baillie	21 Aug 99	51.39	Richard McDonald	19 Jun 99
13.59	Jaiden Dean	9 Jun 94	51.48	Bob Brown	19 Jun 88
13.62	Callum Priestley	22 Jul 07	20 51.50	Nathan Woodward	20 May 07
13.62	Khai Riley-La Borde	18 May 14		<b>hand timing</b>	
13.62	Jack Hatton	27 Jun 15	51.0	Richard McDonald	24 Jul 99
13.63	Sam Bennett	14 Jul 18	51.4	Rupert Gardner	29 Jun 03
13.64	David King	16 Jun 13		<b>High Jump</b>	
13.65	Euan Dickson-Earle	18 May 14	2.37	Steve Smith	20 Sep 92
13.66	Jack Summers	3 Jul 19	2.30	Tom Gale	29 Jul 17
13.66	Joshua Taylor	14 Jun 25	2.27	Brendan Reilly	27 May 90
13.68	Ethan Akanni	17 Jun 18	2.26	James Brierley	3 Aug 96
13.69	Cameron Fillery	21 May 17	2.25	Geoff Parsons	9 Jul 83
13.69	Tre Thomas	29 Apr 18	2.24	John Hill	23 Aug 85
<b>wind assisted</b>			2.24	Chris Kandu	22 Jun 14
13.36	Lawrence Clarke	3 Jul 09	2.23	Mark Lakey (U17)	29 Aug 82
13.55	Jack Hatton	21 Jun 15	2.23 i	Ben Challenger	1 Mar 97
13.59	Sam Bennett	6 Apr 19	2.22	Dalton Grant	3 Jul 85 10
<b>hand timing</b>			2.22	Robbie Grabarz	19 Jun 05
13.5	Jack Sumners	3 Jul 19	2.22 i	Dominic Ogbechie (U17)	24 Feb 18

2.22 i	Kelechi Aguocha	8 Feb 20	7.66 i	Dominic Ogbechie	3 Mar 19
2.21	Martyn Bernard	6 Jul 02	7.64	Chris Kirk	28 Jun 03 20
2.20	Byron Morrison	14 Jul 84	7.63	James McLachlan	7 May 11
2.20	Alan McKie	2 Sep 07	7.62	Colin Mitchell	11 Jul 78
2.20 i	Joel Khan	25 Feb 18	7.62	Chris Tomlinson	21 Oct 00
2.20 i	Otis Poole	23 Feb 25	7.62	Bernard Yeboah	21 Aug 04
2.18	Ossie Cham	14 Jun 80	7.61	Darren Gomersall	19 Jul 87
2.18	Alex Kruger	26 Jun 82 20	7.61	Patrick Sylla	11 Jun 16
2.18	Steve Ritchie	15 Jul 89	<b>wind assisted</b>		
2.18	Hopeton Lindo	23 Jul 89	8.04	Stewart Faulkner	20 Aug 88
2.18	Chuka Enih-Snell	21 Apr 01	7.97	Nathan Morgan	13 Jul 96
2.18	Tom Parsons	4 May 03	7.96	Colin Jackson	17 May 86
2.18	Lionel Owona	5 Sep 21	7.82	Kevin Liddington	25 Jun 89
<b>Pole Vault</b>			7.72	John Herbert	15 Jun 80
5.60	Adam Hague	28 Mar 15	7.70	Andrew Staniland	30 May 05
5.51	Joel Leon Benitez	12 Jul 17	<b>Triple Jump</b>		
5.50	Neil Winter	9 Aug 92	16.58	Tosi Fasinro	15 Jun 91
5.42	Harry Coppel	6 Jun 15	16.57	Tosin Oke	8 Aug 99
5.40 i	Luke Cutts	24 Feb 07	16.53	Larry Achike	24 Jul 94
5.36 i	Andrew Sutcliffe	14 Feb 10	16.43	Jonathan Moore	22 Jul 01
5.35	Steven Lewis	21 Aug 05	16.24	Aston Moore	11 Jun 75
5.30	Matt Belsham	16 Sep 90	16.22	Mike Makin	17 May 81
5.30	Charlie Myers	16 Aug 15	16.13	Steven Anderson	11 Jun 83
5.30	Lazarus Benjamin	25 Jun 22 10	16.09	Ben Williams	26 Aug 09
5.25	Matt Deveraux	4 Jul 10	16.03	John Herbert	23 Jun 81
5.25	Rowan May	20 Jul 13	15.99	Steven Shalders	20 Oct 00 10
5.21	Andy Ashurst	2 Sep 84	15.95	Keith Connor	30 Aug 76
5.21 i	Christian Linskey	20 Feb 99	15.94	Vernon Samuels	27 Jun 82
5.20	Billy Davey	5 Jun 83	15.93	Tayo Erogbogbo	17 Sep 94
5.20	Warren Siley	4 Aug 90	15.93	Kola Adedoyin	23 May 10
5.20	Nick Buckfield	31 May 92	15.92	Lawrence Lynch	13 Jul 85
5.20	Ben Flint	2 Aug 97	15.90 i	Daniel Falode	2 Feb 20
5.20	Andrew Marsh	14 Jun 08	15.89	Berachiah Ajala	14 Aug 21
5.20 i	Jax Thoires	4 Jul 12 20	15.88	Julian Golley	28 Jul 90
5.20 i	Daniel Gardner	15 May 13	15.87	Stewart Faulkner	22 Aug 87
5.20	William Lane	21 Jul 24	15.86	Phillips Idowu	5 Jul 97 20
5.15 i	Keith Higham	25 Jan 04	15.84	Francis Agyepong	29 Sep 84
5.15	Frankie Johnson	13 Apr 19	15.83	Montel Nevers	21 Jun 15
5.12	Jacob Clark	24 Apr 21	15.82	Jon Wallace	11 Jul 98
5.11	Mark Christie	6 Aug 03	15.80	David Johnson	14 Jul 72
<b>Long Jump</b>			15.79	Paul Johnson	27 Jun 87
8.14	Greg Rutherford	22 Jul 05	<b>wind assisted</b>		
8.03	Jonathan Moore	18 May 02	16.81	Tosi Fasinro	15 Jun 91
7.98	Stewart Faulkner	6 Aug 88	16.67	Larry Achike	24 Jul 94
7.91	Steve Phillips	10 Aug 91	16.43	Mike Makin	14 Jun 81
7.90	Nathan Morgan	25 Jul 97	16.34	Phillips Idowu	27 Jul 97
7.86	Elliot Safo	19 Jul 13	16.31	Aston Moore	9 Aug 75
7.84	Wayne Griffith	25 Aug 89	16.07	Vernon Samuels	14 Aug 82
7.80	Feron Sayers	30 Jun 13	16.01	Julian Golley	22 Jul 90
7.80	Daniel Emegbor (U17)	11 Jul 25	15.98	Montel Nevers	19 Jul 15
7.78	Shandell Taylor	13 Jul 18 10	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	<b>Shot (7.26kg)</b>		
7.73	Jason Canning	20 Apr 88	19.46	Carl Myerscough	6 Sep 98
7.72	Daley Thompson	21 May 77	18.56	Lewis Byng	16 Aug 20
7.70	Kevin Liddington	27 Aug 88	18.21 i	Matt Simson	3 Feb 89
7.70	Oliver Newport	2 Jun 12	17.78 i	Billy Cole	10 Mar 84
7.70	Alexander Farquharson	28 May 16	17.38	Chris Gearing	3 Sep 05
7.66	Barry Nevison	7 Jul 85	17.36 i	Chris Ellis	8 Dec 84



72.66 E	Paul Head	2 Sep 84	7567	Daniel Gardiner	14 Jun 09
71.84 E	Gareth Cook	28 May 88	7440	David Hall	23 Jul 14
70.88	Jac Palmer	18 Apr 15	7381	Daniel Awde	23 Jul 06
70.82	James Bedford	17 Jun 07	7377	Sam Talbot	30 Apr 17
70.58	Kai Barham	27 May 23	7342	Ashley Bryant	6 Jun 10
70.50	Owen Merrett	2 Aug 22	7320	Jack Andrew	6 Jun 10
70.36 E	Andrew Tolputt	21 Sep 86	7308 W	Liam Ramsay	18 Sep 11
70.11	Shaun Kerry	6 Sep 20	20	7233	26 Jun 11
69.53	Nicholas Percy	28 Jul 13	7297 w	Jack Turner	26 May 19
69.39	Sam Gaskell	13 Oct 19		7291	9 Aug 20
69.10 E	Karl Andrews	3 Aug 94	7287	Kieran Bouwmeester-Reid	7 Sep 25
69.10	Andrew Elkins	29 Apr 12	7258 w	Joel McFarlane	26 May 19
68.97	Amir Williamson	18 Jun 06		7203	20 Jul 19
68.96	Wyatt Larkins	19 Jul 25	7257	Nicolas Gerome	24 Jun 18
68.83	Andrew Jordon	27 Jun 10	7232	Guy Stroud	9 Sep 07
			7229 w	Ollie Thorner	26 May 19
				7215	27 Sep 20
<b>Javelin</b>				7205	28 Jul 24
79.50	Steve Backley	5 Jun 88		7200	16 May 10
77.48	David Parker	14 Aug 99		7160	26 Jun 14
77.03	James Whiteaker	6 May 17		7147	14 Jun 09
76.97	Michael Allison	17 Jun 23		7134 E	17 Sep 95
75.46	Harry Hughes	21 May 16		7128	29 Jun 14
74.54	Gary Jenson	19 Sep 86		7109	27 May 18
74.24	Mark Roberson	18 Jul 86			
73.76	Nigel Bevan	29 Aug 87			
73.49	Benjamin East	26 Jun 22			
73.18	James Campbell	16 Aug 06	10	<b>Heptathlon Indoor (Senior implements)</b>	
72.55	Joe Dunderdale	25 Jun 11	5445os	Ollie Thorner	29 Feb 20
72.54	Dan Pembroke	12 Jun 10	5380	David Bigham	4 Mar 90
72.52	Richard Shuttleworth	25 Sep 11	5304	Gavin Sunshine	7 Mar 93
71.90	Matthew Hunt	17 May 09	5260	Brian Taylor	5 Mar 89
71.83	Freddie Curtis	5 Jul 14	5259	Barry Thomas	10 Mar 91
71.79	Phill Sharpe	27 Aug 00		<b>Heptathlon Short Track (Junior implements)</b>	
71.76	Benji Pearson	18 Aug 13	5793	David Guest	7 Mar 10
71.74	Myles Cottrell	29 Jul 89	5774	Murray Fotheringham	9 Jan 22
71.14	Dan Carter	11 Jul 98	5602	Sammy Ball	9 Jan 22
70.80	Bonne Buwembo	13 Sep 08	20	5510	10 Jan 16
70.80	Tom Hewson	13 Jul 19	5482	Sam Talbot	10 Jan 16
70.76	Charlie Evans	17 Jun 23	5430	Daniel Gardiner	8 Mar 09
70.70	Thomas Holmes	17 Jul 21	5409	Jack Turner	27 Jan 19
70.60	Matti Mortimore	11 Sep 10	5392	Scott Brindley	2 Feb 20
70.16	James Hurrion	19 Jul 91	5387	David Hall	26 Jan 14
			5381	Liam Ramsay	6 Mar 11
				Ashley Bryant	7 Mar 10
<b>Decathlon (1984 Tables)</b>				<b>3000 Metres Track Walk</b>	
8082	Daley Thompson	31 Jul 77	11:36.2	Callum Wilkinson	15 May 16
7727	David Guest	6 Jun 10	11:50.55	Nick Ball	29 May 06
7488	David Bigham	9 Aug 90	11:53.08	Cameron Corbishley	15 May 16
7480	Dean Macey	22 Aug 96	11:54.23	Tim Berrett	23 Jun 84
7299	Eugene Gilkes	24 May 81	12:02.0	Philip King	12 May 92
7274	Jim Stevenson	24 Jun 90	12:02.04	Phil Vesty	24 Jul 82
7247	Brian Taylor	7 May 89	12:03.14	Christopher Snook	15 Aug 18
7194	Ashley Bryant	15 Aug 10	12:08.12	Guy Thomas	17 Aug 16
7169	Barry Thomas	5 Aug 90	12:12.03	Luke Finch	31 May 04
7156	Tim Duckworth	15 May 15	10	12:16.5	5 Aug 84
7126	Fidelis Obikwu	16 Sep 79	12:19.8	Dave Hucks	5 Aug 84
7115	Liam Ramsay	4 Sep 11	12:20.46	Gordon Vale	11 Mar 81
7112	Gavin Sunshine	30 Jul 93	12:22.3	Daniel King	26 May 02
7018	Jamie Quarry	30 Jun 91	12:23.2	Dominic King	6 May 02
			12:23.53	Martin Rush	18 Sep 83
<b>IAAF Junior (E 6.25kg SP)</b>			12:24.45	Darrell Stone	19 Sep 87
7870	Sammy Ball	28 May 23		Richard Dorman	5 Sep 80
7691	David Guest	21 Jul 10			

**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
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
42:17.1	Dominic King	4 May 02
42:18.94	Cameron Corbishley	19 Jun 16
42:25.06	Jamie Higgins	20 Jul 13
42:28.20	Guy Thomas	19 Jun 16
42:46.3	Phil Vesty	20 Mar 82
42:47.7	Philip King	2 May 92
43:04.09	Tim Berrett	25 Aug 83
43:09.82	Lloyd Finch	18 May 02
43:42.75	Martin Rush	29 May 83
43:50.94	Nick Ball	23 Jul 06
43:54.25	Gareth Brown	7 Aug 87
44:06.6	Daniel King	4 May 02
44:22.12	Gareth Holloway	5 Jun 88
44:22.4	Jon Vincent	1 Apr 89
44:30.0	Andy Penn	15 Mar 86
44:38.0	Ian McCombie	29 Mar 80

44:42.0	Luke Finch	23 May 04	20
44:48.78	George Wilkinson	15 Aug 21	
44:53.0	Michael Kemp	4 Apr 98	

**10k Road - where superior to track time**

40:30	Callum Wilkinson	7 May 16
41:47	Darrell Stone	26 Sep 87
41:57	Ben Wears	4 Apr 09
42:29	Steve Hollier	10 Dec 95
42:39	Martin Rush	7 May 83
42:40	Tim Berrett	18 Feb 84
42:55	Guy Thomas	7 May 16
43:02	Luke Finch	1 Dec 02
43:18	Richard Dorman	18 Oct 18

**20 Kilometres Road Walk**

1:26:13	Tim Berrett	25 Feb 84
1:29:10	Phil Vesty	18 Jul 82
1:29:48	Dominic King	15 Jun 02
1:30:17	Guy Thomas	4 Sep 16
1:30:55	Martin Rush	10 Sep 83
1:31:34.4t	Gordon Vale	28 Jun 81
1:32:38	Ben Wears	1 Mar 08
1:32:46	Graham Morris	26 Feb 77
1:33:00	Cameron Corbishley	2 Oct 16

**50 Kilometres Road Walk**

4:18:18	Gordon Vale	24 Oct 81
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**4 x 100 Metres Relay**

39.05	GBR-U20	22 Oct 00	
	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis		
39.09	GBR-U20	13 Jul 12	
	E.Stephens, C.J.Ujah, T.Holligan, A.Gemili		
39.14	GBR-U20	22 Oct 00	
	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis		
39.20	GBR-U20	31 Aug 24	
	Odey Jordan, J.Masters, D.Patterson, T.Wilson		
39.21	GBR-U20	20 Sep 92	
	A.Condon, D.Campbell, J.Baulch, J.Fergus		
39.24	GBR-U20	22 Jul 01	
	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis		
39.24	GBR-U20	20 Aug 06	
	R.Pierre, A.Nelson, W.Bennett-Jackson, H.Aikines-Aryeetey		
39.30	GBR-U20	19 Aug 06	
	R.Scott, H.Aikines-Aryeetey, W.Bennett-Jackson, L.Yearwood		
39.34	GBR-U20	29 Jun 25	
	E.Franklin, T.Wilson, D.Patterson, D.Williams		
39.40	GBR	26 Sep 92	10
	A.Condon, D.Campbell, J.Baulch, J.Fergus		
39.43	GBR-U20	30 Jul 95	
	D.Chambers, M.Devonish, D.Money, J.Henthorn		
39.48	GBR-U20	19 Sep 92	
	A.Condon, D.Campbell, J.Baulch, J.Fergus		
39.48	GBR-U20	24 Jul 11	
	D.Walker-Khan, S.Watts, A.Gemili, D.Bolarinwa		
39.49	GBR-U20	22 Jul 18	
39.52	GBR-U20	10 Jun 12	
	J.Street, D.Bolarinwa, C.J.Ujah, A.Gemili		
39.53	GBR-U20	20 May 18	

39.54	GBR (U20?)	10 Jun 01	G.Bullock, N.Budden, N.Levy, M.Hylton
39.54	GBR-U20	18 May 25	3:06.67 GBR-U20 24 Jul 05
39.55	GBR-U20	20 May 01	R.Buck, S.Osho, R.Strachan, M.Rooney
	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis		3:06.69 GBR-U20 20 Aug 83
39.57	GBR-U20	23 Jul 16 20	D.Redmond, S.Garrett, A.Ellsworth, M.McMahon
	Z.Plummer, O.Bromby, R.Gorman, G.Matthew		3:06.76 GBR-U20 25 Aug 96
<b>4 x 200 Metres Relay Short Track</b>			
1:25.40	GBR-U20	2 Mar 96	K.Stewart, T.Lerwill, M.Rowlands, G.Dearman
	D.Chambers, I.Horsburgh, R.Baillie, J.Henthorn		3:06.85 GBR-U20 12 Jul 08
1:25.53	GBR-U20	1 Mar 97	L.Persent, R.Davis, N.Levine, J.McGrath
	C.Malcolm, M.Findlay, D.Chambers, I.Horsburgh		3:06.88 GBR-U20 24 Jul 10
<b>4 x 400 Metres Relay</b>			
3:03.80	GBR-U20	12 Aug 90	N.Wake, D.Putnam, S.Rodger, J.Green
	D.Grindley, A.Patrick, C.Winrow, M.Richardson		3:06.89 GBR-U20 13 Aug 23
3:05.14	GBR-U20	21 Jul 13	C.Carvell, J.Minshull, D.Race, S.Lunt
	A.Boyce, M.Hudson-Smith, B.Snaith, G.Caddick		3:07.02 GBR-U20 18 Jul 04
3:05.25	GBR-U20	18 Jul 21	R.Buck, R.Dinham, M.Rimmer, R.Davenport
	B.Young, S.Reardon, C.Carvell, E.Faulds		3:07.02 GBR-U20 19 Aug 06 20
3:05.49	GBR-U20	20 Aug 06	C.Clarke, K.Robertson, L.Sellers, G.Baker
	C.Clarke, G.Baker, K.Robertson, M.Rooney		<b>4 x 400 Metres Relay Short Track</b>
3:05.64	GBR-U20	15 Jul 18	3:13.88 GBR-U20 28 Feb 98
	A.Haydock-Wilson, J.Brier, A.Chalmers, A.Knibbs		D.Caines, C.Carson, A.Wilson, M.Elias
3:05.82	GBR-U20	13 Jul 08	<b>4 x 800 Metres Relay</b>
	L.Persent, R.Davis, N.Levine, J.McGrath		7:20.82 British Milers Club 2 Aug 19
3:05.89	GBR-U20	20 Jul 86	C.Dodds, Y.Bizimana, F.McClear, J.Lay
	G.Patterson, G.Bakewell, P.Crampton, M.Tyler		<b>4 x 1500 Metres Relay</b>
3:06.21	GBR-U20	22 Jul 01	15:52.0 British Milers Club 30 Apr 97
	R.Tobin, R.Nicholls, S.Ellis, T.Benjamin		R.Fitall, N.Speaight, R.Vint, L.Garrett
3:06.32	GBR-U20	2 Aug 98	<b>4 x 1 Mile Relay</b>
	D.Naismith, D.Caines, C.Carson, A.Wilson		16:56.8 British Milers Club 10 Jul 93
3:06.42	GBR-U20	27 Jul 14	J.Swift-Smith, E.King, S.Saxby, D.Furmidge
	B.Snaith, T.Somers, E.Rutter, J.Crosby		<b>1600 Metres Medley Relay</b>
3:06.49	GBR-U20	25 Jul 10 10	3:31.6 Cardiff AAC 14 Aug 71
	N.Wake, D.Putnam, S.Rodger, J.Green		P.Evans, A.Bartlett, R.Llewellyn, R.Yarrow
3:06.52	GBR-U20	17 Jul 04	<b>4 x 110 Metres Hurdles</b>
	R.Buck, R.Dinham, M.Rimmer, R.Davenport		63.9 Millfield School 7 May 15
3:06.59	GBR-U20	24 Jul 94	

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

			10.47
6.69	Mark Lewis-Francis	27 Feb 99	10.47
6.70	Gerald Phiri	13 Feb 05	10.48
6.71	Divine Iheme	5 Jan 25	10.51
6.73	Joel Masters	10 Feb 24	10.52
6.75	Farrell Fabusiwa	11 Jan 25	10.52
6.79	Jake Odey-Jordan	9 Mar 24	10.54
6.80	Efosa Imatitikua-Davidson	11 Dec 22	10.55
6.81	David Bolarinwa	27 Feb 10	10.55
6.81	Teddy Wilson	11 Feb 23	
6.82	Dom Ashwell	24 Jan 15	10
6.82	Joel Ajayi	10 Feb 24	
6.83	Sean Appiah	1 Mar 25	
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	20
6.87	Nathan Hedges	11 Feb 23	
6.88	Max Clark	10 Feb 24	
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	
10.29	Divine Iheme	30 Aug 25	
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
10.47	Farrell Fabusiwa	30 Aug 25	
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	
10.55	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	

**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	
10.40	Farrell Fabusiwa	30 Aug 25	
10.42	Shaun Pearce	31 Aug 13	
10.44	Luke Davis	13 Jul 96	

Owin Sinclair	5 Jul 14
Owen Keenlyside	30 Aug 25
Henry Nwoke	31 Aug 19
Tim Benjamin	4 Jul 98
Dom Ashwell	31 May 15
Toby Harries	31 May 15
Rechmial Miller	30 Aug 14
Antonio Infantino	11 Aug 07
Daniel Afolabi	17 Jun 17

**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	
21.08	Farrell Fabusiwa	14 Sep 25	
21.12	Jona Efoloko	30 Aug 15	
21.14	Kieran Showler-Davis	10 May 08	
21.16	Chris Clarke	28 Jul 06	10
21.17	David Bolarinwa	20 Jun 10	
21.19	Tim Benjamin	31 Jul 98	
21.21	Oluwatobi Ogundeko	17 Aug 25	
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	
21.28	Divine Iheme	10 Aug 25	
21.31	Ebuka Nwokeji	27 Aug 23	
21.35	Andrew Watkins	12 Jul 03	20
21.36	Joseph Massimo	7 May 16	
21.37	Jermaine Hamilton	9 May 12	
21.38	Wade Bennett-Jackson	31 Jul 03	
21.40	Bronson Hearn-Smith	10 Aug 25	

**wind assisted**

20.56	Toby Harries	9 Sep 15	
20.80	Farrell Fabusiwa	30 Aug 25	
20.98	Tim Benjamin	18 Jul 98	
21.06	Owen Keenlyside	30 Aug 25	
21.17	Mark Richardson	20 Aug 88	
21.20	Divine Iheme	25 May 25	
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	
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**200 Metres Short Track**

20.66	Jake Odey-Jordan	7 Mar 24	
21.40	Dean Patterson	9 Feb 22	
21.46	Toby Harries	1 Mar 15	
21.50	Farrell Fabusiwa	9 Feb 25	
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	



**2000 Metres**

5:28.2 + Kevin Steere 10 Jul 71

5:52.78 Oliver Patton 4 Jun 22

5:55.0 John Wilson 23 Aug 75

5:55.0 David Lewis 20 Aug 78

**3000 Metres**

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

**3000 Metres Steeplechase**

9:16.6 Colin Reitz 19 Sep 76

**60 Metres Hurdles (91.4cm)**

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

7.95 Hans Nmaju 9 Feb 25

7.97 Daniel Davis 29 Feb 04 10

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

**hand timing**

7.9 Damien Greaves 30 Jan 94

7.9 Matthew Clements 30 Jan 94

**100 Metres Hurdles (91.4cm)**

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

12.73 Hans Nmaju 10 Aug 25

12.75 James McLean 14 Jul 07

12.76 Jordan Auburn 21 Aug 11 10

12.76 Sam Bennett 27 Aug 17

12.78 Hugo Douglas-Reeves 10 Aug 25

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 20

12.91 Jacob Blanc 10 Jul 21

**wind assisted**

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

**hand timing**

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

**3000 Metres Short Track**

8:23.76 Evan Grime 15 Dec 24

8:23.94 Corey Campbell 18 Feb 22

8:33.73 Jack Crabtree 6 Jan 13

8:33.80 Oliver Patton 18 Feb 22

8:38.01 Gavin McArdle 9 Feb 13

8:42.34 Iwan Thomas 18 Dec 22

8:45.98 Alex Carter 11 Feb 12

8:46.33 Simon Lawson 17 Dec 05

8:48.25 Adam Scott 3 Jan 16

8:48.80 Osian Perrin 16 Dec 18

8:48.85 Jamie Connor 6 Jan 23

**5000 Metres**

14:41.8 Nicky Lees 24 Aug 74

**1500 Metres Steeplechase**

4:11.2 Steve Evans 15 Jul 74

4:12.3 Chris Sly 15 Jul 74

4:13.1 John Crowley 15 Jul 74

4:13.2 David Lewis 1 Jul 78

4:13.66 Zak Seddon 9 Jul 10

4:13.7 Danny Fleming 31 Jul 77

4:13.9 Eddie Wedderburn 31 Jul 77

4:14.0 Dave Robertson 8 Jul 89

4:14.4 Stephen Arnold 7 Sep 85

4:15.0 David Caton 9 Jun 84 10

4:15.0 Spencer Duval 12 Jul 86

4:15.2 Garrie Richardson 8 Jul 89

4:15.3 John Wilson 26 Jul 75

4:15.38 William Battershill 5 Sep 14

4:16.6 Adrian Green 9 Jun 84

4:16.65 Jamie Crompton 18 Jul 09

**2000 Metres Steeplechase**

5:52.06 Noel Collins 23 Jul 07

5:52.13 Zak Seddon 23 Aug 10

12.8	Jack Sumners	3 Jun 17	2.10	Tim Blakeway	29 Aug 87	
<b>hand timing - wind assisted</b>			2.10	James Brierley	16 May 93	
12.6	Brett St Louis	20 Jul 85	2.10	Martin Lloyd	28 Sep 96	
<b>110 Metres Hurdles (91.4cm)</b>			2.10	Martin Aram	23 Jul 00	
13.51	Jack Sumners	27 May 17	2.10	Sam Bailey	27 Sep 08	
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	
<b>Long Jump</b>			7.80	Daniel Emegbor	11 Jul 25	
52.69	Jeffrey Christie	18 Jul 99	7.53	Brian Robinson	21 Jul 97	
52.70	Mike Baker	15 Jul 06	7.53 i	Dominic Ogbechie	25 Feb 18	
52.72	Jacob Paul	16 Jul 11	7.50	Oliver McNeillis	17 Jul 04	
52.76	Elijah Olaleye	6 Jul 25	7.47	Bernard Yeboah	13 Jul 02	10
52.81	Richard McDonald	10 Aug 96	7.47	Michael Maguire	7 Sep 25	
52.83	Hayden Christian	16 Jul 22	7.47	Jonathan Moore	30 Jul 00	
52.86	Alastair Chalmers	14 May 16	7.46	Onen Eyong	9 Sep 01	
52.88	Joe Fuggle	30 Aug 15	7.46	Archie Yeo	1 Jun 19	
52.89	Demari Gumbs	3 Sep 22	7.45	Jerel Livingston	11 Jan 20	10
52.94	Oliver Parker	27 Aug 22	7.41 i	Toby Adeniyi	5 Jul 13	
52.98	Jack Green	24 May 08	7.36	D'mitri Varlack	18 Jun 23	
52.98	Ben Lloyd	27 Aug 17	7.36	Luca Phillips	4 Feb 24	
53.01	Lloyd Hanley-Byron	17 Jul 04	7.36 i	Kadeem Greenidge-Smith	26 Aug 07	
53.08	Richard Davenport	11 Aug 02	7.35	Patrick Sylla	24 May 15	
<b>400 Metres Hurdles (91cm)</b>			7.33	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	20
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	
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	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	17.99	Reece Thomas	19 Jul 08	
7.33	Dominic Ogbechie	15 Jul 17	17.91	Antony Zaidman	28 May 78	
7.31	Elliot Safo	29 May 10	17.76	George Brocklebank	22 Jul 79	20
7.31	Feron Sayers	25 Jun 11	17.76	Dafydd Pawlett	18 Aug 21	
<b>Triple Jump</b>						
16.02	Jonathan Moore	13 Aug 00	50.60	Carl Myerscough	28 Jul 96	
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>			
15.65	Tito Odunaike	12 Jul 25	54.70	Emeka Udechuku	18 Jun 95	
15.50	Junior Campbell	18 May 86	52.50	Paul Mardle	7 Jul 79	
15.49	Daniel Falode	23 Jun 19	<b>Discus (1.5kg)</b>			
15.45	Steven Anderson	2 Aug 81	62.96	Nicolas Percy	10 Sep 11	
15.32	Wesley Matsuka-Williams	16 Jul 16	62.36	Moyo Stumpenhusen	1 Jun 25	
15.28	Larry Achike	22 Jun 91	62.22	Emeka Udechuku	10 Jul 95	
	note resident but not British citizen at this time					
15.28	Harley Henry	12 Jul 25	60.62	George Armstrong	30 Aug 14	10
15.22	Babatunde Amosu	31 Aug 08	59.76	Matthew Blandford	18 Aug 12	
15.22	Efe Uwaifo	3 Sep 11	59.13	James Tomlinson	31 Jul 16	
15.15	Sean-Connor Atafo	14 Jun 25	58.25	Curtis Griffith-Parker	13 Jul 07	
15.14	Marvin Bramble	8 Aug 93	58.14	Carl Myerscough	12 May 96	
15.14	Steven Shalders	18 Jul 98	56.70	Sam Herrington	18 May 03	
15.11	Nathan Fox	24 Jul 07	56.64	Alfie Scopes	24 Jul 16	10
15.11	Teepee Princewill	2 Sep 16	56.43	Timi Babatunde	4 Sep 22	
15.08	Kola Adedoyin	27 May 07	56.38	Owen Garrett	15 Jun 24	
15.02	Lanri Ali-Balogun	17 Jul 04	56.16	Matthew Baptiste	2 Sep 07	
14.94	Hughie Teape	17 May 80	56.14	Chris Symonds	6 Sep 87	20
<b>wind assisted</b>						
15.78	Ben Williams	19 Jul 08	55.97	Joshua Douglas	25 Aug 18	
15.43	Wesley Matsuka-Williams	16 Jul 16	55.94	Simon Williams I	9 Sep 84	
15.40	Steven Shalders	18 Jul 98	55.90	Guy Litherland	14 Sep 85	
15.26	Babatunde Amosu	19 Jul 08	55.72	Keith Homer	27 Jun 82	
15.25	Marvin Bramble	3 Jul 93	55.52	Glen Smith	14 May 88	
15.08	Lawrence Lynch	29 Apr 84	55.40	Teddy Gannon	9 Jul 22	20
15.06	Craig Duncan	7 Aug 82	<b>Hammer (7.26kg)</b>			
<b>Shot (7.26kg)</b>						
17.30	Carl Myerscough	3 Aug 96	59.94	Andrew Tolputt	30 Sep 84	
<b>Shot (6.25kg)</b>						
16.88	Greg Beard	29 Aug 99	59.07	Alex Smith	8 Aug 04	
<b>Shot (6kg)</b>						
18.07	Kai Jones	1 May 13	<b>Hammer (6.25kg)</b>			
<b>Shot (5kg)</b>						
21.20	Carl Myerscough	22 Sep 96	66.70	Andrew Tolputt	2 Sep 84	
19.57	Curtis Griffith-Parker	10 Jun 07	64.00	Matthew Sutton	22 Aug 98	
19.45	Kai Jones	27 Apr 13	<b>Hammer (6kg)</b>			
19.45	Lewis Byng	25 Aug 18	66.85	Alex Smith	8 Aug 04	
19.22	Chris Ellis	4 Jun 82	<b>Hammer (5kg)</b>			
19.07 i	Michael Wheeler	15 Dec 07	76.52	Alex Smith	17 Jul 04	
18.91	Greg Beard	19 Sep 99	76.28	Andrew Tolputt	11 Aug 84	
18.90	Neal Brunning	6 Sep 87	75.02	Peter Smith	5 Aug 06	
18.82	Anthony Oshodi	16 Sep 08	74.17	Jake Norris	25 Apr 15	
18.70	Chris Gearing	10 Jul 03	73.92	Kenneth Ikeji	6 Aug 19	
18.59	Daniel Cartwright	9 Sep 15	73.90	Paul Head	29 Aug 81	
18.59 i	Lawson Capes	9 Feb 25	73.76	Matthew Sutton	14 Jun 98	
18.53	Isaac Delaney	5 Sep 21	73.76	Thomas Williams (now IRL)	24 Mar 24	
18.44	Matt Simson	27 Jul 86	73.27	Nick Steinmetz	17 Jul 93	
18.43	Emeka Udechuku	28 May 95	73.00	Ben Hawkes	13 May 17	10
18.25	Billy Cole	1 Aug 81	71.97	Kai Barham	2 Jun 22	
18.08	Jay Thomas	2 Jul 05	71.39	Tony Kenneally	7 Sep 80	
			71.34	Michael Painter	28 Jul 11	
			70.85	Jason Byrne	20 Jun 87	
			70.82	Bayley Campbell	24 Jul 16	
			69.84	Taylor Campbell	7 Jun 12	
			69.47	Andrew Jordon	7 Sep 08	
			69.28	Owen Merrett	15 Aug 20	
			69.17			

68.75	Sam Gaskell	13 Jul 18	5550	Dominic Girdler	20 Sep 98
68.62	Peter Vivian	16 May 87	20 5494	Kristian Brown	20 Sep 15
<b>Javelin (800g - 1986 model)</b>			5481	Rory Howorth	16 Sep 18
68.26	David Parker	19 May 96	5468	Ben Gibb	24 Jun 07
64.38	Max Law	16 Sep 18	5435	Samuel Wright	17 Sep 23
62.63	Huw Bevan	17 Apr 11	5433	Toby Gwinnell	21 Sep 25
62.30	Harry Hughes	7 Sep 13	5426	John Holtby	20 Sep 98
62.21	Thomas Peters	16 Jun 12	5425	Andrae Davis	22 Sep 02
<b>Javelin (800g Original model)</b>			5423	Leo Barker	17 Sep 95
72.78	Gary Jenson	10 Sep 83	5423	Ben Gregory	16 Sep 07
69.84	Colin Mackenzie	12 May 79	5418	Edward Moore	21 Sep 25
66.14	David Messom	14 May 81	5409 D	Joel McFarlane	2 Jul 17
65.32	Marcus Humphries	26 Aug 78	5392 D	David Bigham	28 Jun 87
64.80	Paul Bushnell	1 Sep 85	5380	David Guest	30 Sep 07
64.34	Steve Backley	1 Sep 85	<b>with 1000m &amp; 110mH</b>		
<b>Javelin (700g)</b>			5626	Ashley Bryant	20 May 07
77.12	James Whiteaker	12 Jul 14	<b>with 100m</b>		
75.30	Max Law	7 Jul 18	5531	Jim Stevenson	18 Sep 88
74.06	Tom Hewson	5 Aug 17	<b>Heptathlon Short Track</b>		
73.56	David Parker	20 Jul 96	5086	Scott Brindley	11 Mar 18
73.04	Benjamin East	15 Aug 20	5017	Samuel Wright	12 Mar 23
72.77	Harry Hughes	4 Aug 13	4967	Murray Fotheringham	10 Mar 19
72.48	Gary Jenson	3 Jul 83	4948	Joel McFarlane	12 Mar 17
71.68	Dan Pembroke	22 Apr 07	4941	Douglas Knox	9 Mar 25
70.30	Colin Mackenzie	6 Jul 79	4939	Sam Talbot	15 Mar 15
70.07	George Davies	19 Jul 14	10 4903	Ben Hillman	10 Mar 19
69.60	Huw Bevan	21 Aug 11	4902	Finn O'Neill	13 Mar 22
69.59	Theo Spurrell	25 Sep 21	4827	Jack Andrew	9 Mar 08
68.88	Phill Sharpe	19 Jul 97	4822	Oliver Downs	9 Mar 25
68.88	Matti Mortimore	7 Jun 09	<b>Pentathlon Short Track (60H,LJ,SP,HJ,800)</b>		
68.34	James Campbell	29 Aug 04	3758	David Guest	17 Mar 07
68.26	Ian Marsh	30 Jul 77	3710	Edward Dunford	21 Jan 01
68.18	James Hurrion	3 Jun 90	3670	Andrae Davis	10 Mar 02
67.54	Tom Rutter	10 Aug 23	3611	John McCafferty	16 Feb 08
67.31	Lee Doran	21 Jul 01	3582	Blade Ashby	10 Jan 10
66.98	Ned Scott	28 Sep 25	20 3556	Oliver McNeillis	21 Mar 04
<b>Decathlon (Senior Implements)</b>			3527	Finn O'Neill	4 Dec 21
6484	David Bigham	27 Sep 87	3499	Robert Hollinger	2 Feb 97
6299	Tom Leeson	21 Sep 80	3497	Marc Newton	3 Mar 96
<b>Decathlon (Junior Implements)</b>			3486	Ashley Bryant	7 Jan 07
6554	Jim Stevenson	25 Sep 88	<b>Pentathlon Short Track (60H,SP,200,LJ,800)</b>		
6316	Jack Andrew	27 Aug 08	3860	Caleb Green	6 Dec 25
6093	Robert Hughes	28 May 89	3856	David Guest	8 Dec 07
<b>Decathlon (U17 Implements)</b>			3640	Sam Talbot	13 Dec 14
6860 W	David Guest	9 Sep 07	3606	Douglas Knox	16 Nov 24
	6530	19 Aug 07	3593	Luca Phillips	2 Dec 23
6858	Edward Dunford	2 Sep 01	3588	Toby Gwinnell	6 Dec 25
6781	Joel McFarlane	2 Jul 17	3550	David Omoregie	3 Dec 11
6759	Oliver Downs	10 Aug 25	3549	Allen Scott	12 Dec 98
6706	David Bigham	28 Jun 87	3547	Oliver McNellis	13 Dec 03
<b>Octathlon (D during decathlon)</b>			3545	Edward Dunford	9 Dec 00
5881	Oliver Downs	29 Jun 25	<b>Pentathlon (60H,60,HJ,SP,LJ)</b>		
5820	Sammy Ball	19 Sep 21	3413	Lanre Ali-Balogan	11 Jan 04
5800 D	Edward Dunford	2 Sep 01	<b>3000 Metres Track Walk</b>		
	5741	17 Jun 01	12:04.9	Philip King	18 May 91
5786	Nicholas Hunt	1 Jul 12	12:25.1	Nick Ball	15 May 04
5690	Oliver McNeillis	19 Sep 04	12:29.90	Andy Parker	2 Jul 00
5559	Ashley Bryant	16 Sep 07			

12:30.14	Luke Finch	1 Sep 02	41.04	Essex Schools	13 Jul 19
12:34.98	Lloyd Finch	17 Jul 99	...	J.Pascall-Menzie	
12:35.94	David Hucks	30 Aug 82	41.20	England Schools	15 Jul 23
12:45.38	Ben Wears	28 May 06		M.Smart, E.Nwokeji, D.Ellington, M.Ajayi	
12:50.9	Jon Vincent	8 Jul 87	41.20	BFT Track Academy	23 Jul 23
12:52.9	Stuart Monk	12 Jul 95		A.Fatoki, E.Imatitikua-Davidson,	
12:53.1	Christopher Snook	14 May 16	10	P.Ogbonmwan, D.Williams	
<b>3000 Metres Walk Short Track</b>					
12:47.41	Nicholas Ball	29 Feb 04	41.23	Shaftesbury Barnet H	23 Jul 23
12:48.19	Lloyd Finch	6 Feb 00		Z.Jones, J Wheeler-Henry, B.Kufazvinei, E.Nwokeji	
12:50.67	Stuart Monk	18 Feb 95	41.25	London Schools	3 Sep 10
12:51.49	Luke Finch	20 Jan 02		T.Judun, A.Gemili, E.Amaning, D.Bolarinwa	
13:01.40	Andy Parker	6 Feb 00	41.50	England Schools	16 Jul 16
<b>5000 Metres Track Walk</b>					
20:46.5	Philip King	29 Sep 91	41.54	England Schools	21 Jul 18
21:28.26	Nick Ball	11 Jul 04	41.56	South East England Sch	9 May 12
21:49.66	Ben Wears	16 Sep 06	41.58	Essex Schools	12 Jul 19
21:52.7	Stuart Monk	22 Jul 95	...	J.Pascall-Menzie	10
21:58.8	Luke Finch	22 Sep 01	<b>4 x 200 Metres Relay</b>		
22:17.5	Russell Hutchings	27 Sep 86	1:31.1	Cambridge H	12 Sep 21
22:19.11	Lloyd Finch	18 Sep 99		S.Fernandez-Folkes, D.Akinlolu, D.Lingard, D.Legister	
22:31.62	Chistopher Snook	17 Sep 16	1:31.3	Belgrave Harriers	2 Aug 95
22:32.5	Gareth Holloway	27 Sep 86		S.Scott, G.Ojok, J.Panton, J.Hilston	
22:35.0	Ian Ashforth	6 Jun 84	10	<b>4 x 200 Metres Relay Short Track</b>	
22:36.02	Cameron Corbishly	14 Jul 13	1:31.24	Giffnock North AAC	4 Mar 17
22:37.0	Jon Bott	27 Sep 86		J.Connelly, K.McLean, M.Forbes, A.Clayton	
22:42.0	Martin Young	20 Aug 88	<b>4 x 400 Metres Relay</b>		
22:42.19	Jon Vincent	6 Jun 86	3:14.4	England Schools	20 Jul 96
22:48.91	Andy Parker	30 Jul 00		R.McNabb, J.Heggie, C.McMullen, D.Naismith	
22:50.51	Dominic King	18 Sep 99	3:14.5	Scotland Schools	20 Jul 96
<b>5k Road - where superior to track time</b>					
21:33	Jon Vincent	1 Nov 86	3:17.11	Manchester Schools	4 Sep 10
21:47	Lloyd Finch	20 Jun 99		C.Asong, T.Guy, G.Caddick, A.Boyce	
22:04	Gareth Holloway	14 Sep 86	3:17.29	England Schools	19 Jul 25
22:05	Karl Atton	19 Mar 88		C.Tong, R.Whittaker, M.Riddell, E.Olalaye	
22:30	Gordon Vale	15 Oct 77	3:18.13	England Schools	18 Jul 15
22:31	Jon Bott	3 May 86		E.Greatrex, A.Knibbs, C.Solomon, Roberts-Nash	
22:39	Matthew Hales	23 Jun 96	3:18.32	England Schools	16 Jul 11
22:41	Thomas Taylor	26 Apr 97		L.Oluwole-Ojo, J.Paul, D.Heald, C.Asong	
<b>5000 Metres Walk Short Track</b>					
22:23.45	Lloyd Finch	4 Mar 00	3:18.38	England Schools	19 Jul 14
22:23.53	Stuart Monk	25 Feb 95		O.Richardson, B.Claridge, R.Cole, M.Pagan	
<b>10000 Metres Track Walk</b>					
43:56.5	Philip King	2 Feb 91	3:18.72	England Schools	20 Jul 19
45:47.0	Ian Ashforth	12 Sep 84		A.Cooper, O.Briars, E.Hussey, D.Joyce	
45:52.39	Lloyd Finch	4 Jul 99	3:18.82	England Schools	17 Jul 04
46:11.0	Jon Vincent	20 May 87		A.Daish [3]	
<b>10k Road - where superior to track time</b>					
43:38 hc	Lloyd Finch	20 Nov 99	3:18.96	Scotland Schools	6 Sep 09
		44:21		A.Young, M.Paterson, R.Matheson, G.Louden	10
		44:21			
43:49	Philip King	29 Jun 91	<b>3 x 800 Metres Relay</b>		
45:19	Luke Finch	31 Aug 02	5:56.2	Norfolk Olympiads AC	7 Sep 88
<b>4 x 100 Metres Relay</b>					
40.75	England Schools	20 Jul 19	6:05.14	Basildon AC	29 Jun 18
	J.Menzie, J.Quainoo, J.Harding, H.Nwoke		<b>4 x 800 Metres Relay</b>		
			7:52.1	Clydebank AC	29 Aug 87
				A.Russell, M.McBride, J.Divers, G.Stewart	

**UNDER 15**

<b>60 Metres</b>				22.21	Rhion Samuel	6 Aug 06	
6.94	Divine Iheme	10 Feb 24		22.23	Zico Jones	8 Aug 21	
6.97	Piers Spencer-Simms	16 Feb 25		22.25	Deji Tobais	6 Aug 06	
7.01	Dante Legister	1 Mar 20		22.26	Anjelho Macabee-Rose	7 Jun 25	
7.05	Alex Kiwomya	27 Feb 10		22.28	Cameron Sprague	11 Jul 15	
7.06	Andrew Watkins	23 Feb 02		22.30	Jamie Nixon	29 Sep 84	
7.07	Farrell Fabusiwa	8 Jan 23		22.31	Mike Williams II	10 Aug 86	
7.08	Richard Hodgson	23 Feb 08		22.32	Teddy Wilson	26 Jun 21	
7.08	Jona Efoloko	1 Mar 14		<b>wind assisted</b>			
7.08	Graig Anya-Joseph	3 Feb 18		22.03	Julian Thomas	7 Jul 01	
7.09	Jaleel Roper	25 Feb 17	10	22.14	Owin Sinclair	21 Apr 12	
<b>100 Metres</b>				22.19	Joseph Massimo	31 Aug 14	
10.30	Divine Iheme	26 Aug 24		22.24	Anjelho Macabee-Rose	30 Aug 25	
10.77	Grindan Abrahams	9 Aug 25		22.26	Steven Daly	9 Jul 94	
10.78	Teddy Wilson	7 Aug 21		22.26	Simon Farenden	8 Jul 00	
10.78	Piers Spencer-Simms	30 Aug 25		22.26	Dean Patterson	30 Aug 20	
10.83	Kesi Oludoyi	31 Jul 13		22.28	Jamahl Alert-Khan	7 Jul 01	
10.84	Graig Anya-Joseph	9 Jun 18		<b>hand timing</b>			
10.89	Jona Efoloko	17 May 14		22.0	Amir Sultan-Edwards	30 Jun 18	
10.89	David Ezeama-Riok	20 Aug 23		22.2	Mike Williams II	12 Jul 86	
10.90	Kaie Chambers-Brown	30 Aug 14		<b>hand timing - wind assisted</b>			
10.90	James Beecroft	11 Jun 22	10	21.9	Tony Cairns	21 Jun 86	
10.91	Tyrese Johnson-Fisher	12 Jul 14		<b>200 Metres Short Track</b>			
10.92	Owin Sinclair	7 Jul 12		22.19	Alex Kiwomya	28 Feb 10	
10.93	Mark Lewis-Francis	12 Jul 97		22.25	Jona Efoloko	2 Mar 14	
10.97	Jaleel Roper	26 Aug 17		22.30	Owin Sinclair	26 Feb 12	
10.98	Alex Kiwomya	21 Aug 10		22.43	Max Evans	12 Feb 23	
10.98	Kyle Reynolds-Warmington	27 Aug 16		22.51	Remi Jokosenumi	25 Feb 18	
10.99	Andrew Watkins	20 Jul 02		22.57	Andrew Watkins	24 Feb 02	
10.99	Deji Tobais	26 Aug 06		22.58	George Sudderick	25 Feb 18	
10.99	Bronson Hearn-Smith	8 Jun 24		22.58	Dean Patterson	23 Feb 20	
<b>wind assisted</b>				22.62	Jaleel Roper	26 Feb 17	
10.77	Kesi Oludoyi	31 Jul 13		22.74	Julian Thomas	24 Feb 01	10
10.80	Camron Lyttle	31 Aug 13		<b>300 Metres</b>			
10.80	Farrell Fabusiwa	29 Jul 23		34.81	Amir Sultan-Edwards	14 Jul 18	
10.83	Owin Sinclair	18 Aug 12		35.12	George Sudderick	14 Jul 18	
10.84	Remi Jokosenumi	25 Aug 18		35.21	Joseph Massimo	12 Jul 14	
10.91	Deji Tobias	28 Aug 05		35.29	Zico Jones	11 Jul 21	
10.92	Joshua Oshunrinde	3 Sep 16		35.31	Mario Dobrescu	31 May 18	
10.93	Ryan Gorman	18 Aug 12		35.36	Farrell Fabusiwa	26 Aug 23	
10.94	Tristan Suberu	5 May 25		35.41	Ben Pattison	27 Aug 16	
<b>hand timing</b>				35.44	Tobenna Okoro	30 Jun 23	
10.9	Tommy Ramdhan	18 Jun 11		35.58	Chenna Okoh Mason	31 Aug 14	
10.9	Owin Sinclair	12 May 12		35.59	Gabriel Oguagwu	28 Jul 24	10
10.9	Farrell Fabusiwa	8 Jul 23		35.69	Tom Evans	11 Jul 15	
<b>200 Metres</b>				35.70	Joe Milton	6 Jul 13	
21.63	Divine Iheme	28 Jul 24		35.73	Simon Bordewich	28 Jul 24	
21.77	Grindan Abrahams	10 Aug 25		35.74	Matthew Pagan	19 Aug 12	
21.91	Farrell Fabusiwa	29 Jul 23		35.76	Tommaso Crosara	11 Jul 25	
21.99	Remi Jokosenumi	14 Jul 18		35.78	Lino Goodwin	28 Jul 24	
22.00	Mario Dobrescu	24 Jun 18		35.84	Evan Blackman	13 Sep 16	
22.03	Sean Appiah	10 Jun 23		35.85	Owin Sinclair	19 Aug 12	
22.04	Piers Spencer-Simms	11 May 25		35.91	William Andoh	9 Jul 16	
22.13	Andrew Watkins	6 Jul 02		<b>during 400m</b>			
22.13	Jaleel Roper	27 Aug 17		35.7 +	Richard Davenport	23 Aug 00	
22.14	Jona Efoloko	18 May 14	10	<b>Hand timing</b>			
22.20	Owin Sinclair	19 Aug 12		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
36.68	Emil Friedrich	8 Feb 25
36.85	Mubarrak Salih	1 Jan 20
36.87	Owen Richardson	23 Feb 13
36.99	Sam Steadman	11 Feb 24
37.06	Joseph Massimo	1 Mar 14
37.24	Thomas Niewczasinski	12 Feb 12
37.32	Josh Platt	7 Mar 10 10

**400 Metres**

48.86	Clovis Asong	11 Jul 09
49.41	Mario Dobrescu	23 Jul 18
49.74	Richard Davenport	23 Aug 00
49.79	Daniel Gray	2 Jul 11
49.96	Craig Erskine	18 Jul 98
49.97	David McKenzie	23 Jun 85
49.97	Stanley Livingston	21 Aug 11
49.98	Ryan Preddy	11 Jul 98
49.99	Aaron Pitt	22 Aug 10
50.05	William Grist	12 Jul 08 10

**hand timing**

49.0	Alex Kiwomya	27 Jun 10
49.8	Mark Tyler	25 Aug 82
49.9	David McKenzie	11 Aug 85
50.0	Simon Heaton	7 Jul 79

**400 Metres Short Track**

50.72	Ryan Preddy	21 Feb 98
51.01	Aaron Pitt	28 Feb 10
51.36	Ben Robbins	27 Feb 11
51.38	Craig Glanville	24 Feb 01
51.8	Cephas Howard	8 Dec 90
51.95	Stanley Livingston	27 Feb 11
52.23	Paul Twidale	24 Feb 01
52.24	Gerwyn Morgan	25 Feb 07
52.32	Thomas Benstead	25 Feb 07
52.39	Daniel Petros	6 Feb 99 10

**600 Metres**

1:23.6	Chris Davies	26 Jul 00
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**800 Metres**

1:53.1	Max Burgin	25 Jul 16
1:54.08	Evan Grime	13 Jun 23
1:54.52	Ben Pattison	2 May 16
1:54.72	Jordon West	23 Jul 03
1:55.36	Oliver Carvell	26 Jul 16
1:55.56	Michael Rimmer	25 Jul 00
1:55.69	Ewan Withnall	17 Jul 24
1:55.70	Luke Carroll	2 Aug 08
1:55.80	Angus Wilkinson	2 Jun 23
1:55.8	Markhim Lonsdale	3 Jun 13 10
1:55.88	Alden Collier	4 Aug 21
1:55.89	Rikki Letch	27 Jun 07
1:55.98	Jordan Bransberg	29 Jul 09
1:56.00	Findlay McLaren	30 Jun 23
1:56.04	Daniel Joyce	27 Aug 17
1:56.1	Craig Winrow	12 Jul 86

**800 Metres Short Track**

1:59.05	Richard Dowse	20 Feb 99
1:59.65	Ben Greenwood	23 Feb 13
2:00.19	Markhim Lonsdale	23 Feb 13
2:00.33	Murray Fotheringham	26 Mar 17
2:00.51	Emil Friedrich	9 Mar 25
2:00.52	Josh Kerr	9 Feb 12
2:00.90	Alistair Street	18 Feb 23
2:01.27	Oscar Logan	7 Feb 19
2:01.31	Calum Dick	31 Jan 23
2:01.37	Michael Cole	29 Feb 04 10

**1000 Metres**

2:35.4	Alex Felce	25 Jul 01
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**1500 Metres**

3:53.70+	Angus Wilkinson	26 Aug 23
3:55.25		28 Jul 23
3:54.36	Evan Grime	5 Jun 23
3:58.02	Alistair Street	1 Sep 23
3:59.20	Ben Greenwood	21 Jun 13
4:00.13	Jack Crabtree	27 Jul 11
4:00.20	Ethan Hussey	19 Aug 17
4:00.29	Calum Dick	23 Jun 23
4:00.53	Joseph Scanes	12 Sep 23
4:01.0	Luke Carroll	9 Sep 08
4:01.62	Ewan Withnall	7 Aug 24 10
4:02.45	Alex Lennon	20 Jul 22
4:02.97	Freddie Rowe	16 Aug 23
4:03.0	Glen Stewart	28 Aug 85
4:03.0	Scott West	28 Aug 90
4:03.05	Henry Dover	29 Aug 20
4:03.29	Canaan Solomon	26 Jun 13

**1500 Metres Short Track**

4:05.51	Angus Wilkinson	1 Feb 23
4:05.58	Calum Dick	1 Feb 23
4:09.29	Mohamed Sharif Ali	15 Feb 17
4:12.08	Connor Bell	5 Feb 20
4:12.33	Adam Scott	6 Feb 14
4:13.51	Jamie Dee	4 Mar 12
4:14.81	Alistair Street	21 Jan 23
4:15.61	Elliott Hardee	3 Feb 08
4:16.18	Patrick Monaghan	3 Feb 08
4:16.92	Jake Heyward	27 Jan 13 10

**1 Mile**

4:11.20	Angus Wilkinson	26 Aug 23
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**2000 Metres**

5:45.8	Richard Slater	16 Jun 74
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**3000 Metres**

8:35.47	Angus Wilkinson	29 Aug 23
8:38.88	Freddie Rowe	6 Sep 23
8:44.61	Mohamed Sharif Ali	22 Jul 17
8:44.83	Jake Summers	6 Aug 25
8:45.34	Byron Roberts	25 Jun 25
8:46.24	Jack Crabtree	24 Aug 11
8:47.0	Ben Mabon	16 Jul 85
8:47.48	Mohammed Farah	5 Jul 97
8:48.7	Archie Lane	15 Jul 23
8:48.8	Dale Smith	14 Aug 85 10

8:49.06	Robert Price	28 Aug 21	1.96	Dominic Ogbechie	28 Aug 16	10
8:49.59	Tommy Dawson	26 Jun 17	1.96	Luke Ball	15 Sep 19	
8:49.91	Myles Fraser	6 Sep 22	1.96	Murray Taylor	31 Aug 24	
8:50.1	Benjamin Peck	12 Sep 20	1.95	Mark Lakey	14 Sep 80	
8:50.43	Matthew Drummond Clark	6 Sep 22	1.95	Mark Bidwell	26 Sep 99	
8:51.04	Alden Collier	8 Sep 21	1.95	Feron Sayers	20 Jun 09	
8:51.1	Mark Slowikowski	4 Jun 80	1.95	Joshua Akintolu	27 May 24	
			1.94	Brian Hall	16 Aug 97	
<b>60 Metres Hurdles (84cm)</b>						
8.20	Daniel Davis	24 Feb 02		<b>Pole Vault</b>		
8.23	Jaiden Dean	23 Feb 20	4.33	Charlie Platt	28 Aug 23	
8.25	Joseph Harding	12 Mar 17	4.32	Frankie Johnson	21 Jun 15	
8.28	Richard Alexis-Smith	25 Feb 01	4.31	Richard Smith	28 Aug 95	
8.29	Max Price	9 Feb 13	4.30	Neil Winter	2 Jul 88	
8.30	Matthew Clements	23 Feb 92	4.30	Christian Linskey	18 Jun 94	
8.38	Chris Musa	25 Feb 01	4.20	Tony Hillier	18 Sep 05	
8.39	James McLean	16 Jan 05	4.20	Adam Hague	11 Sep 11	
8.39	Daniel Niewczasinski-K	9 Feb 25	4.18	Ian Lewis	24 May 83	
8.41	Hans Nmaju	18 Mar 23	10 4.15 i	William Trott	10 Sep 19	
			4.08	Max Merriman	15 Sep 24	10
			4.03	Milo Hilborne	20 Sep 25	
			4.02 i	Tom Gibson	10 Mar 07	
			4.02	Noah Van Den Bergh	15 Jun 25	
			4.01	Lazarus Benjamin	25 Aug 18	
			4.00	Jimmy Lewis	9 Sep 79	
			4.00	Andrew Marsh	4 Sep 04	
<b>80 Metres Hurdles (84cm)</b>						
10.50	Joseph Harding	8 Jul 17		<b>Long Jump</b>		
10.71	Matthew Clements	15 Aug 92	7.03	Feron Sayers	19 Sep 09	
10.75	Daniel Davis	13 Jul 02	6.93	Rowan Powell	17 Aug 13	
10.81	Adeyinka Adeniran	31 Aug 14	6.90	Mario Dobrescu	1 Jul 18	
10.82	Richard Alexis-Smith	12 Aug 01	6.88	Patrick Sylla	14 Apr 13	
10.86	Fabian Nayan	14 Jun 25	6.81	Dominic Ogbechie	5 Jun 16	
10.87	Daniel Maynard	11 Aug 02	6.79	Oni Onuorah	17 Sep 88	
10.87	Daniel Niewczasinski-K	14 Jun 25	6.78	Brandon McCarthy	7 Jul 13	
10.90	Freddie Clemons	13 Jul 19	6.78	Brandon McCarthy	7 Jul 13	
10.90	Kayden Thomas	9 Aug 25	10 6.77	Barry Nevison	30 Aug 81	
10.90	Charles Reilly	10 Aug 25	6.76	Joseph Harding	13 May 17	
10.91	James McLean	14 Aug 05	6.76	Jerel Livingston	13 Jul 18	10
10.91	Freddie Fraser	26 Aug 18	6.74	Kevin Hibbins	17 Jun 95	
10.95	Chris Musa	7 Jul 01	6.74 i	Joseph Lanahan	6 Dec 25	
10.95	Onatade Ojora	11 Jul 14	6.71	Mark Awanah	17 Aug 97	
10.98	Max Price	1 Sep 13	6.69	Luke Thomas	14 Jun 03	
10.98	Daniel Knight	28 Aug 16	6.68	Onew Eyong	9 Jul 99	
10.99	Edward Dunford	14 Aug 99	6.67	Gary Wilson	27 Aug 00	
10.99	Sam Bennett	10 Jul 15	20 6.71	<b>wind assisted</b>		
10.99	Joshua Buxton	9 Aug 25	6.89	Oni Onuorah	17 Sep 88	
			6.87	James Dunford	30 Jul 00	
			6.84	Joseph Harding	16 Sep 17	
			6.84	Dominic Ogbechie	27 Aug 16	
<b>wind assisted</b>						
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	7.12	Oni Onuorah	17 Sep 88	
<b>100 Metres Hurdles (91cm)</b>						
13.3	Matthew Clements	23 Aug 92	6.89	James Dunford	30 Jul 00	
<b>400 Metres Hurdles (76.2cm)</b>						
56.59	Stanley Livingstone	26 May 11	6.87	Joseph Harding	16 Sep 17	
			6.84	Dominic Ogbechie	27 Aug 16	
<b>High Jump</b>						
2.04	Ross Hepburn	22 Aug 76		<b>downhill</b>		
2.01	Ken McKeown	10 Aug 96	6.77	Eric Wood	25 Aug 58	
2.00	Samuel Brereton	17 Jun 17		<b>Triple Jump</b>		
1.99	David Bazuaye	1 Sep 18	14.26	Jomiloju Hughes	12 Jul 24	
1.97	Andrew Lynch	29 Aug 88	14.11	Nathan Fox	14 Aug 05	
1.97	Wayne Gray	3 Sep 95	13.89	Melchisedec Berkoh-Gyamfi	30 Jul 23	
1.97	Richard Byers	4 Sep 05	13.86	Jamie Quarry	10 Jul 87	
1.97	Miles Keller-Jenkins	17 Jun 12	13.79	Paul Dundas	11 Jun 88	
1.96	Chuka Enih-Snell	29 Aug 98	13.77	Eugene Hechevarria	16 Sep 78	
			13.71	Larry Achike	10 Jun 89	
				note resident but not British citizen at this time		

13.69	Vernon Samuels	25 Aug 79	<b>Hammer (5kg)</b>	
13.67	Dwyte Smith	6 Aug 06	60.10	Andrew Tolputt 5 Sep 82
13.67	Rahman Odugbayi	27 Aug 23	10 <b>Hammer (4kg)</b>	
13.64	Jimi Tele	11 Jul 08	70.78	Andrew Tolputt 9 Jul 82
13.63	Miraj Ahmed	28 Aug 16	68.15	Jake Norris 14 Sep 13
13.61	Patrick Sylla	26 May 13	67.24	Peter Vivian 22 Sep 85
13.60	Steven Anderson	9 Jun 79	66.48	Ashley Gilder 5 Sep 09
13.60	Steve Folkard	11 Jul 80	65.42	Matthew Sutton 29 Sep 96
13.59	Kevin Metzger	19 Aug 12	64.77	Ciaran Wright 27 Aug 11
	<b>wind assisted</b>		64.70	Matt Lambley 3 Jul 02
13.92	Eugene Hechevarria	7 Jul 78	64.66	George Marvell 17 Aug 13
13.87	Vernon Samuels	20 Sep 79	64.28	Jason Byrne 22 Sep 85
13.83	Chris Tomlinson	12 Jul 96	64.16	Andrew Jordon 8 Jul 06 10
13.73	Donovan Fraser	6 Jul 79	63.68	Paul Binley 29 Sep 85
	<b>Shot (5kg)</b>		63.60	Richard Fedder 26 Aug 79
16.62	Michael Wheeler	29 Jul 06	63.57	Michael Painter 15 Aug 09
	<b>Shot (4kg)</b>		63.16	Tony Kenneally 29 May 78
19.71	Curtis Griffith-Parker	28 Aug 05	62.97	Rafal Morawski 30 Aug 10
19.28	Michael Wheeler	3 Sep 06		<b>Javelin (700g)</b>
18.71	Chris Ellis	14 Jun 80	61.81	Matti Mortimore 8 Sep 07
18.45	Lawson Capes	23 Sep 23		<b>Javelin (600g 1999 Model)</b>
18.03	Anthony Oshodi	5 Aug 06	70.66	Benjamin East 16 Sep 18
18.02	Jay Thomas	24 Aug 03	69.89	Hugo Bucher 12 Jul 25
18.01	Kai Jones	21 Aug 11	65.87	Oliver Bradfield 12 Jun 10
17.36	Mathew Evans	16 Aug 03	65.16	Max Law 24 Sep 16
16.86	Reece Thomas	9 Sep 06	64.74	Thomas Peters 21 Aug 10
16.77	Kendrick Onolememen	14 Sep 25	63.87	Tom Rutter 12 Sep 21
16.59	William Adeyeye	19 Sep 15	63.68	Matti Mortimore 26 Aug 07
16.54	Geoff Hodgson	7 Jul 72	61.25	Bradley James 14 Jul 18
16.54	Johnny Jones	8 Aug 25	60.38	Matthew Blandford 21 Aug 10
16.50	Carl Saggars	14 Jul 98	59.97	Harry Hughes 13 May 12 10
16.47	Joshua Newman	10 Aug 08	59.97	Liam Cawley 14 Sep 19
16.45	Harry Beard	27 Aug 23	59.23	James Whiteaker 17 Jul 13
16.40	Shane Birch	11 Sep 02	58.91	Travis Harfield 31 Jul 21
16.40	Obinna Aniebo	14 Sep 25	58.36	George Davies 14 Jul 12
	<b>Discus (1.5kg)</b>		58.27	Mark Lindsay 30 Aug 99
51.55	Curtis Griffith-Parker	14 Aug 05	58.09	Pedro Gleadall 27 Aug 16
	<b>Discus (1.25kg)</b>			<b>Javelin (600g pre 1999 Model)</b>
58.66	Kendrick Onolememen	14 Sep 25	62.70	Paul Godwin 21 May 89
55.54	Obinna Aniebo	6 Sep 25	60.56	David Messom 6 Jul 79
55.39	Curtis Griffith-Parker	13 Aug 05	60.56	Clifton Green 3 Jul 94
53.26	Chu Ononogbu	26 Jul 24		<b>Decathlon (Under 15 implements)</b>
53.08	Emeka Udechuku	5 Sep 93	5341	Jamie Quarry 28 Jun 87
53.03	Logan Cowling	10 Aug 25		<b>Octathlon (Under 15 implements)</b>
52.75	Moyo Stumpenhuisen	10 Sep 23	4630	Charlie Reilly 10 Aug 25
52.43	Sam Herrington	1 Sep 01	4451	Oliver Downs 6 Aug 23
52.24	Alfie Scopes	15 Jun 14	4420	Tristan Lamprecht 18 Aug 24
51.86	Lawson Capes	13 Aug 23	4407	Joe Stone 29 Aug 21
50.85	Shane Birch	12 Jul 02	4402	Sammy Ball 4 Aug 19
50.80	Paul Mardle	3 Sep 77	4364	Joel McFarlane 9 Aug 15
50.50	James Tomlinson	27 Sep 14		<b>Pentathlon (80H,SP,LJ,HJ,800)</b>
50.48	Anthony Oshodi	26 Aug 06	3403	Edward Dunford 22 Aug 99
50.46	Teddy Gannon	12 Sep 20	3356	Sammy Ball 21 Sep 19
50.32	Chris Symonds	23 Jul 85	3298	Reuben Esien 15 Sep 12
50.24	Liam Biddlecombe	16 Sep 07	3297	David Guest 23 Sep 06
50.11	Matthew Williams	10 Sep 11	3293	Gregor Simey 9 Aug 03
50.04	Keith Homer	11 Jul 80	3290	Finn O'Neill 27 Sep 20
			3281	Andrae Davis 16 Sep 00

3272	Chris Dack	20 Sep 97	43.76	Essex Schools	11 Jul 25
3271	Daniel Brown	16 Sep 23	43.78	Middlesex Schools	14 Jul 18
3269	Samuel Wright	18 Sep 21 10	43.85	Essex Schools	11 Jul 15
3260	Joseph Connolly	19 Sep 15	43.86	Kent Schools	11 Jul 25
3258	Joseph Harding	16 Sep 17	43.87	Hertfordshire Schools	5 Jul 13
3253	Harry Sutherland	15 Sep 12			
3243	Jake Minshull	21 Sep 19			
3208	Dominic Ogbechie	17 Sep 16			
<b>(100,SP,LJ,HJ,800)</b>					
3199	Onochie Onuorah	17 Sep 88			
<b>Pentathlon Short Track (60H,LJ,SP,HJ,800)</b>					
3176	Samuel Ball	10 Mar 19			
3149	Finn O'Neill	18 Jan 20			
3132	Joseph Harding	12 Mar 17			
3104	Reuben Esien	4 Mar 12			
3087	David Guest	7 Jan 06			
3081	Matthew Dalton	26 Jan 13			
3054	Max Price	3 Mar 13			
3039	Emil Friedrich	9 Mar 25			
3029	Theo Adesina	13 Mar 16			
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>					
43.33	Surrey Schools	11 Jul 25			
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			
<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				
1:36.0	Bexley AC	16 Sep 18			
	H.Baldock, R.Ahmed, Adah-Jahs, M.Kinsambwe				
<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				
<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.Brankin, 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****60 Metres**

7.52 Jaleel Roper 14 Feb 15  
 7.59 William Andoh 16 Feb 14  
 7.60 Jayden Twum 29 Aug 22  
 7.62 Max Cheetham 30 Aug 25  
 7.65 Duncan Williams 26 Jan 25  
 7.67 Ricardo Sutherland 6 Jan 18  
 7.68 Trey Lindsay 9 Mar 24

**100 Metres**

11.36 Emmanuel Ofori-Manteaw 30 Aug 25  
 11.48 Duncan Williams 7 Jun 25  
 11.57 Tristan Suberu 30 Sep 23  
 11.63 Jaleel Roper 2 Sep 15  
 11.68 Jahmar Williams 29 Aug 22  
 11.71 Owin Sinclair 1 Aug 10  
 11.75 Divine IHEME 17 Sep 22  
 11.75 Trey Lindsay 12 May 24  
 11.84 Emmanuel Famokun 14 Sep 24  
 11.86 Chris Julien 3 Sep 00 10  
 11.86 James Beecroft 12 Sep 20

**wind assisted**

11.44 Duncan Williams 3 Aug 25  
 11.70 James Beecroft 29 Aug 20  
 11.76 Piers Spencer-Simms 24 Apr 23  
 11.79 Rhys Ofori 15 Aug 18  
 11.79 Lawrence Foster 29 Jul 23  
 11.83 Jayden Twum 29 Aug 22  
 11.84 Ossari Acquah 29 Aug 18

**hand timing**

11.6 Owin Sinclair 12 Jun 10  
 11.6 William Andoh 17 Jun 14  
 11.6 Jaleel Roper 16 Jun 15  
 11.7 Kareem Jerome 2 Aug 15

**200 Metres**

23.35 Jaleel Roper 2 Sep 15  
 23.50 Divine IHEME 17 Sep 22  
 23.60 Nathanael Thomas 2 Sep 12  
 23.63 Tristan Suberu 10 Jul 23  
 23.72 Duncan Williams 11 May 25  
 23.83 Trey Lindsay 23 Jun 24  
 23.89 Emmanuel Ofori-Manteaw 8 Jun 25  
 23.92 Owin Sinclair 30 Aug 10  
 24.06 Al-Ameen Salaam 3 Jul 19  
 24.07 Peter Ogbonmwan 18 Aug 19 10

**wind assisted**

23.28 Duncan Williams 3 Aug 25  
 23.95 Aubrey Christon 3 Aug 25  
 24.02 James Beecroft 12 Sep 20

**hand timing**

23.4 Owin Sinclair 13 May 10  
 24.0 Stephen Buttler 26 Jul 87  
 24.0 Alex Kiwomya 25 Aug 08

**200 Metres Short Track**

24.69 Jaleel Roper 25 Jan 15

**300 Metres**

41.8 Dominic Jones 5 Jul 97

**400 Metres**

55.1 Cephas Howard 2 Jul 89  
 56.5 Craig Erskine 22 Sep 96  
 56.5 Matthew Lumm 1 Jul 03

**800 Metres**

2:04.1 Ben Mabon 8 Jul 83  
 2:04.53 Jack Baranowski 6 Aug 23  
 2:05.4 Eric Kimani 28 Jul 79  
 2:06.35 Jaden Kennedy 10 Aug 16  
 2:06.76 Aiden Collier 4 Sep 19  
 2:07.48 Ben Pattison 16 Jul 14  
 2:07.74 Sidnie Ward 15 Jul 15  
 2:07.89 Calum Dick 8 Sep 21  
 2:08.09 Finn O'Neill 14 Jul 18  
 2:08.96 Joseph Scanes 13 Aug 21 10

**800 Metres Short Track**

2:11.62 Blake Burchill 2 Mar 25  
 2:14.14 Thomas Thake 27 Mar 22

**1500 Metres**

4:17.7 Jack Baranowski 15 Jul 23  
 4:18.4 Eric Kimani 26 Sep 79  
 4:19.03 Aiden Collier 21 Aug 19  
 4:20.5 Ben Mabon 18 Jun 83  
 4:20.62 Rowan Fuss 26 Aug 15  
 4:21.61 Jaden Kennedy 3 Aug 16  
 4:22.01 Fred Jones 6 Jul 22  
 4:22.29 Noah Penfold 23 Jul 25  
 4:22.3 David Gerard 12 Aug 81  
 4:22.73 Thomas Thake 10 Sep 22 10

**1500 Metres Short Track**

4:39.09 Rowan Fuss 18 Feb 15

**3000 Metres**

9:31.4 Ben Mabon 24 Jul 83  
 9:41.4 Mark Slowikowski 21 May 78  
 9:47.99 Robert Pickering 25 Jun 00  
 9:49.5 John Tilley 9 Jul 86  
 9:50.45 Adam Hickey 30 Aug 00

**60 Metres Hurdles (76.2cm)**

9.41 Thierry Kerr 9 Dec 23  
 9.42 Reuben Nairne 8 Feb 15  
 9.49 Daniel Niewczasinski-K 25 Mar 23

**75 Metres Hurdles (76.2cm)**

11.15 Reggie Lucas-Merry 17 Jun 18  
 11.43 Karl Johnson 28 Jul 13  
 11.48 Samuel Ball 29 Jul 17  
 11.5 Stanley Livingstone 13 Sep 09  
 11.66 Jaiden Dean 26 Jul 09  
 11.5 Jaiden Dean 16 Sep 18  
 11.5 Daniel Niewczasinski-Kirkland 8 Jul 23  
 11.65 Al-Ameen Salaam 24 Jun 23  
 11.51 Al-Ameen Salaam 29 Sep 19  
 11.6 James McLean 14 Jun 03  
 11.6 Max Roe 16 Sep 18

11.65	William Adeyeye	29 Sep 13	10	<b>Shot (3.25kg)</b>		
<b>wind assisted</b>				14.64	Sebastian Dickens	10 Sep 14
11.42	Karl Johnson	8 Jun 13		14.48	Luke Bowen-Price	26 Jun 12
11.45	Daniel Niewczasinski-Kirkland	29 Jul 23		14.47	Matthew Evans	22 Jul 01
11.54	Kai Rogan	18 Sep 22		14.22	Khaul Njoya	9 Sep 06
<b>80 Metres Hurdles (76.2cm)</b>				13.94	Michael Wheeler	21 Aug 04
11.9	Matthew Clements	27 Aug 90		13.93	Jack Halpin	11 Sep 16
12.1	Sean Ashton	27 May 98		13.92	Harry Sutherland	4 Sep 10
12.4	Jon Crawshaw	14 Aug 94		13.56	Reece Thomas	11 Sep 04
<b>80 Metres Hurdles (84cm)</b>				<b>Shot (3kg)</b>		
12.92	Sam Allen	18 Aug 91		15.83	Logan Cowling	11 Aug 24
<b>hand timing</b>				15.05	Lawson Capes	25 Sep 21
12.4	Stanley Livingstone	12 Sep 09		14.52	Kendrick Onolememen	14 Sep 24
12.6	James Dunford	27 Sep 98		14.00	Sebastian Seldon	3 Jul 23
<b>High Jump</b>				13.44	Travis Scottow	12 Aug 18
1.75	Oladesire Ayinla	7 Sep 25		<b>Discus (1.25kg)</b>		
1.73	Max Price	14 Aug 11		36.98	Sam Herrington	5 Sep 99
1.70	Adrian Pettigrew	22 Jun 99		<b>Discus (1kg)</b>		
1.70	Blake Edwards	25 Jun 25		48.60	Logan Cowling	28 Sep 24
1.69	Patrick O'Connor	7 Sep 08		42.94	Luke Bowen-Price	31 Jul 12
1.68	Sam Allen	22 Sep 91		42.50	Sam Herrington	12 Sep 99
1.68	James Dunford	29 Sep 98		42.46	Tobi Adeniran	16 Aug 24
1.67	Glen Carpenter	3 Jul 83		42.38	Ben Barnes	1 Sep 91
1.67	Jamie Dalton	28 Jun 92		41.49	Archie Oates	29 Jul 23
1.67	Alex Cox	17 Sep 06	10	40.18	Alfred Mawdsley	25 Aug 13
1.67	Adam Robinson	11 Sep 16		38.92	Chris Hughes	28 Jul 91
1.67	Kehinde Ashaolu	5 Jul 17		38.58	Carl Saggars	15 Sep 96
1.67	Travis Scottow	12 Jul 18		38.44	Travis Scottow	16 Sep 18
1.67	Eli Adams	17 Sep 22		38.39	Harry Sutherland	4 Sep 10
1.67	Duncan Williams	11 May 25		38.30	Liam Walsh	13 Aug 94
<b>Pole Vault</b>				<b>Hammer (4kg)</b>		
3.40	Neil Winter	27 Jul 86		41.64	Michael Painter	24 Jun 07
3.20	Ian Lewis	8 Sep 81		<b>Hammer (3.25kg)</b>		
3.10	Charlie Platt	7 Sep 21		48.18	Kieran Phillips	20 Sep 09
3.01	Frankie Johnson	4 Aug 13		46.52	Sam Foster	7 Sep 06
3.01 i	Jack Harris	29 Sep 13		45.60	Ciaran Wright	8 Sep 09
<b>Long Jump</b>				44.86	Michael Painter	5 Aug 07
6.18	Duncan Williams	3 Aug 25		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	10	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
				2534	Finn O'Neill	25 Aug 18

2463	James Dunford	2 Aug 98
2380	William Adeyeye	26 Aug 13
2362	Al-Ameen Salaam	29 Sep 19

**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
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**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	