

# UK ALL TIME LISTS – MEN

as at 22 February 2026

<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	
6.51	Romell Glave	22 Jan 26		10.06	Nicholas Walsh	13 Aug 23	
6.52	Jody Smith	6 Dec 25		10.08	Harry Aikines-Aryeetey	13 Jul 13	
6.53	Simeon Williamson	21 Feb 09		10.09	Jason Livingston	13 Jun 92	
6.53	Chijindu Ujah	1 Feb 15		10.10	Andrew Robertson	23 Aug 14	
6.54	Michael Rosswess	11 Mar 94		10.11	Allan Wells	24 Jul 80	
6.54	Andrew Robertson	27 Feb 16		10.11	Christian Malcolm	5 Aug 01	30
6.55	Craig Pickering	27 Jan 07		10.12	Darren Braithwaite	15 Jul 95	
6.55	Harry Aikines-Aryeetey	13 Feb 10	20	10.12	Toby Makoyawo	25 Mar 22	
6.55	Sean Safo-Antwi	6 Feb 16		10.12	Oliver Bromby	17 Jun 23	
6.56	Theo Etienne	5 Mar 16		10.14	Craig Pickering	13 Jul 07	
6.56	Ojie Edoburun	25 Feb 18		10.14	Danny Talbot	31 May 14	
6.56	Adam Thomas	26 Feb 22		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		19.73	Zharnel Hughes	23 Jul 23	
9.88	Reece Prescod	26 May 18		19.78	Hughes	19 Sep 25	
9.90	Christie	24 Aug 91		19.82	Hughes	8 Sep 23	
9.90	Harry Aikines-Aryeetey	15 Apr 17		19.87 A	John Regis	31 Jul 94	
9.90	Toby Makoyawo	26 Mar 22		19.90	Hughes	3 Aug 25	
9.90	Jeremiah Azu	25 Jun 22		19.94	Regis	20 Aug 93	
9.90	Romell Glave	18 Aug 24		19.94	Hughes	31 Aug 23	
9.91	Christie	11 Jun 94		19.95	Nethaneel Mitchell-Blake	14 May 16	
9.91	Hughes	25 Jun 22		19.96	Hughes	11 May 24	
9.92	Richard Kilty	29 May 16		19.97	Adam Gemili	9 Sep 16	
9.93	Ojie Edoburun	15 Apr 17		19.97	Miguel Francis	21 Jul 19	
9.93	Elliot Jones	22 Jun 25		20.08	Christian Malcolm	8 Aug 01	
9.95	Chijindu Ujah	27 May 17		20.09	Linford Christie	28 Sep 88	
9.95	Ade Adewale	22 Jun 25		20.13	Darren Campbell	27 Sep 00	
9.96	James Ellington	25 Jun 16		20.16	Danny Talbot	7 Aug 17	
9.96	Miguel Francis	25 Jun 22		20.18	Julian Golding	19 Sep 98	10
9.97 †	Mark Lewis-Francis	4 Aug 01		20.19	Marlon Devonish	29 Jul 02	
9.98	Nethaneel Mitchell-Blake	23 Apr 22		20.19	Charlie Dobson	15 Apr 22	
10.00	Ian Mackie	18 Jul 98		20.21	Allan Wells	28 Jul 80	
10.01	Doug Walker	18 Jul 98		20.22	Chris Clarke	25 Aug 13	
10.01	Andrew Robertson	13 Jun 21		20.22	Toby Harries	26 Apr 25	
10.02	Allan Wells	4 Oct 82		20.23	Joe Ferguson	26 Jun 22	
10.03	Kieran Showler-Davis	3 Aug 16		20.31	Dwain Chambers	22 Jul 01	
10.03	Andrew Robertson	8 Jun 19		20.31	James Ellington	30 Apr 16	
10.04 A	Tyrone Edgar	10 May 03		20.31	Reece Prescod	15 Aug 21	
10.04	Deji Tobais	23 Aug 14		20.34	Chris Lambert	20 Jul 03	20
10.05	David Morgan-Harrison	26 Jul 23		20.34	Richard Kilty	7 Jul 13	
10.05	Adam Thomas	29 Jul 23		20.34	Tommy Ramdhan	30 Aug 21	
10.07	Cameron Sharp	4 Oct 82		20.34	Jeriel Quainoo	20 Apr 24	
10.07	John Regis	28 Aug 90		20.34	Matthew Hudson-Smith	30 Jun 24	
10.07	Toby Box	11 Jun 94		20.35	Doug Walker	26 Jul 98	
10.07	Michael Rosswess	11 Jun 94		20.36	Todd Bennett	28 May 84	
10.07	Sean Safo-Antwi	23 Aug 14		20.37	Toby Sandeman	18 Jul 09	
10.08	Mike McFarlane	27 May 84		20.37	Thomas Somers	24 Jul 14	
10.08	Jason John	11 Jun 94		20.38	Jeffrey Lawal-Balogun	28 Jun 09	
10.08	Craig Pickering	17 Jun 09		20.38	Leon Reid	2 Jul 17	30
10.08	Samuel Gordon	14 Jul 19		20.39	Chijindu Ujah	8 Apr 17	
10.08	Adam Clayton	29 Apr 23		20.40	Delano Williams	16 May 15	
10.09 †	Christian Malcolm	4 Aug 01		20.41	Marcus Adam	13 Jun 92	
10.10	Donovan Reid	26 Jun 83		20.42 A	Ainsley Bennett	12 Sep 79	
10.10	Leevan Yearwood	3 Jul 09		20.42	Michael Ohioze	12 Apr 24	
10.10	John Otugade	29 Jul 23		20.42	Jona Efoloko	3 Aug 25	
10.11	Drew McMaster	26 Jun 83		20.43	Mike McFarlane	7 Oct 82	
10.12	Buster Watson	27 May 84		20.43	Doug Turner	9 Jun 96	
10.12	Charlie Dobson	23 Aug 20		20.43	Leon Baptiste	10 Oct 10	
10.12	Jona Efoloko	25 Jun 22		20.43	Edmond Amaning	12 May 18	40
10.13	Jonathan Barbour	30 Jun 01		20.45	James Alaka	13 May 12	
10.13	Danny Talbot	21 May 17		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		20.47	Cameron Sharp	9 Sep 82	
† wind gauge faulty - probably windy				20.48	Darren Braithwaite	13 May 95	
<b>hand timing</b>				20.49	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		20.50	Terry Williams	24 Aug 94	
10.1	Brian Green	3 Jun 72		20.50	Tony Jarrett	16 Jul 95	50
<b>hand timing - wind assisted</b>				20.50	Solomon Wariso	16 Jul 95	
10.0	Allan Wells	16 Jun 79		20.51	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		20.54	Ade Mafe	25 Aug 85	

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	32.64	Jake Odey-Jordan	17 Jan 26
20.4 *	Peter Radford	28 May 60	32.7+	Jamie Baulch	23 Feb 97
<b>hand timing - wind assisted</b>			32.7u+	Solomon Wariso	8 Feb 98
20.4	Buster Watson	11 Aug 85	32.7+	Daniel Caines	17 Feb 02
20.5	Roger Black	6 Jul 96	32.72	Matthew Hudson-Smith	3 Feb 23
<b>200 Metres Short Track</b>			32.79 A	Brodie Young	25 Jan 25
20.25	Linford Christie	19 Feb 95	32.80	Hudson-Smith	14 Jan 22
20.46	Julian Golding	8 Feb 98	32.90	Ade Mafe	31 Jan 92
20.48	John Regis	5 Feb 95	32.98	John Regis	20 Feb 93
20.49	Nethaneel Mitchell-Blake	11 Feb 17	<b>400 Metres</b>		
20.50	Regis	14 Feb 99	43.44	Matthew Hudson-Smith	7 Aug 24
20.51	Marlon Devonish	21 Feb 03	43.74	Hudson-Smith	20 Jul 24
20.51	Mitchell-Blake	26 Feb 16	43.96	Hudson-Smith	22 Aug 24
20.53	Allyn Condon	8 Feb 98	44.07	Hudson-Smith	30 May 24
20.53	Mitchell-Blake	27 Feb 16	44.07	Hudson-Smith	6 Aug 24
20.54	Regis	22 Feb 87	44.10	Hudson-Smith	5 Jul 25
20.54	Christian Malcolm	26 Feb 01	44.14	Charlie Dobson	19 Jul 25
20.59	Doug Turner	17 Feb 02	44.23	Dobson	20 Jul 24
20.59	Adam Clayton	25 Feb 23	44.26	Hudson-Smith	22 Aug 23
20.60	Sam Watts	13 Feb 16	10 44.26	Hudson-Smith	19 Jul 25
20.62	Daniel Caines	1 Mar 02	44.27	Hudson-Smith	19 Jul 25
20.66	Andrew Morgan-Harrison	16 Feb 20	44.36	Iwan Thomas	13 Jul 97
20.66	Jake Odey-Jordan	10 Mar 24	44.37	Roger Black	3 Jul 96
20.68	Chris Clarke	9 Feb 14	44.37	Mark Richardson	9 Jul 98
20.69	Chris Lambert	6 Mar 05	44.45	Martyn Rooney	23 Aug 15
20.73	Toby Makoyawo	5 Feb 22	44.47	David Grindley	3 Aug 92
20.75	Marcus Adam	29 Jan 92	44.50	Derek Redmond	1 Sep 87
20.77	Jeremiah Azu	15 Feb 26	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	20 44.57	Jamie Baulch	3 Jul 96
20.80 A	Brodie Young	28 Feb 25	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	45.71	Levine	15 Feb 14
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'aïne 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
			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 10
1:44.48	Tiarnan Crocken	20 Aug 25 20	1:46.02 A	Yusuf Bizimana	11 Mar 23
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	1:46.57	Ethan Hussey	8 Feb 26 20
1:44.75	Alex Botterill	23 Jul 23 30	1:46.58	Mukhtar Mohammed	16 Feb 13
1:44.80	Yusuf Bizimana	20 Jul 24	1:46.64	Josh Kerr	11 Feb 22
1:44.82	Neil Gourley	18 Jun 22	1:46.68	James McIlroy	4 Feb 05
1:44.88	Thomas Randolph	23 Jul 23	1:46.69	Jack Higgins	15 Feb 25
1:44.92	Curtis Robb	15 Aug 93	1:46.71	Peter Elliott	12 Mar 83
1:44.98	Gareth Warburton	7 Jun 12	<b>1000 Metres</b>		
1:45.01	Josh Kerr	3 May 25	2:12.18	Sebastian Coe	11 Jul 81
1:45.05	Matthew Yates	26 Aug 92	2:12.88	Steve Cram	9 Aug 85
1:45.10	Richard Hill	10 Jun 06	2:13.40	Coe	1 Jul 80
1:45.12	Andy Carter	14 Jul 73	2:13.88	Jake Wightman	10 Aug 22
1:45.12	Reece Sharman-Newell	22 Jun 24 40	2:14.90	Coe	16 Jul 86
1:45.14	Chris McGeorge	28 Jun 83	2:15.57	James McIlroy	5 Sep 99
1:45.14	John Gladwin	22 Jul 86	2:15.91	Steve Ovet	6 Sep 79
1:45.28	Thomas Staines	14 Apr 22	2:16.30	Peter Elliott	17 Jan 90
1:45.31	Rob Harrison	21 Jul 84	2:16.34	Matthew Yates	6 Jul 90
1:45.33	Jack Higgins	26 Jul 25	2:16.82	Graham Williamson	17 Jul 84
1:45.35	Kevin McKay	16 Aug 92	2:16.99	Tony Morrell	28 Aug 88
1:45.41	William Rabjohns	12 Jul 25	2:16.99	Andy Baddeley	7 Aug 07 10
1:45.44	Neil Horsfield	28 Jul 90	2:17.13	Michael Rimmer	20 Aug 12
1:45.47	Brian Whittle	20 Jul 90	2:17.14	John Gladwin	6 Jul 90
1:45.53	Charlie Da'Vall Grice	22 Jul 16 50	2:17.18	Andrew Osagie	10 Jun 18
1:45.6	Graham Williamson	12 Jun 83	2:17.20	Rob Harrison	18 Aug 84
1:45.64	Paul Herbert	5 Jun 88	2:17.36	Neil Horsfield	9 Aug 91
1:45.66	Paul Forbes	8 Jun 83	2:17.43	Gareth Brown	18 Aug 84
1:45.66	Finley McLearn	7 Jun 24	2:17.45	Chris McGeorge	20 Aug 84
1:45.66	Benjamin Gardiner	12 Jul 25	2:17.47	Kyle Langford	15 Jun 19
1:45.67	Sam Ellis	10 Jun 06	2:17.60	Josh Kerr	17 Jul 20
1:45.67	Mukhtar Mohammed	26 Jul 13	2:17.63	Kevin McKay	14 Jul 89 20
1:45.68	Mark Sesay	7 Aug 99	2:17.63	Tom Lancashire	31 Jul 09
1:45.68	David Race	7 Jun 25	2:17.75	Steve Crabb	5 Aug 87
1:45.69	Steve Crabb	17 Aug 88 60	2:17.79	David Sharpe	31 Aug 92
1:45.69	Craig Winrow	21 Jun 96	2:17.95	Mark Scruton	17 Jul 84
" photo-cell time			2:17.96	Ikem Billy	14 Jul 89
<b>800 Metres Short Track</b>			2:17.96ios	Tyler Bilyard	17 Jan 26
1:43.63	Elliot Giles	17 Feb 21	2:18.02	Elliot Giles	15 Jun 24
1:44.54	Jamie Webb	17 Feb 21	<b>1000 Metres Short Track</b>		
1:44.91	Sebastian Coe	12 Mar 83	2:16.74	Neil Gourley	15 Feb 25
1:45.22	Andrew Osagie	15 Feb 14	2:17.20	Charlie Da'Vall Grice	13 Feb 21
1:45.42 i	Giles	19 Feb 22	2:17.25	Alex Botterill	15 Feb 25
1:45.42 i	Giles	22 Feb 22	2:17.51	Jake Wightman	25 Jan 20
1:45.43 i	Giles	2 Mar 22	2:17.51	Joe Wigfield	15 Feb 25
1:45.46 i	Giles	2 Mar 18	2:17.86	Matthew Yates	22 Feb 92
1:45.49 i	Giles	9 Feb 21	2:18.10	Yusuf Bizimana	12 Jan 24
1:45.50 i	Giles	21 Jan 21	2:18.31	David Strang	30 Jan 93
1:45.53	Ben Pattison	1 Feb 25	2:18.53	George Couttie	7 Feb 26
1:45.62	Charlie Da'Vall Grice	31 Jan 21	2:18.55	Richard Peters	2 Mar 14 10
1:45.72	Tony Morrell	17 Feb 88			

**1500 Metres (+ during 1 mile)**

3:27.79	Josh Kerr	6 Aug 24
3:28.36	George Mills	20 Jun 25
3:28.81	Mo Farah	19 Jul 13
3:28.93	Farah	17 Jul 15
3:29.05	Kerr	7 Aug 21
3:29.23	Jake Wightman	19 Jul 22
3:29.37	Kerr	19 Jul 25
3:29.38	Kerr	23 Aug 23
3:29.47	Wightman	14 Aug 20
3:29.64	Kerr	30 Jun 23
3:29.67	Steve Cram	16 Jul 85
3:29.77	Sebastian Coe	7 Sep 86
3:30.60	Neil Gourley	23 Jul 23
3:30.62	Charlie Da'Vall Grice	12 Jul 19
3:30.77	Steve Overt	4 Sep 83
3:30.92	Elliot Giles	23 Jul 23 10
3:30.95	George Mills	31 Aug 23
3:31.08	Jake Heyward	4 Aug 22
3:31.30	Matthew Stonier	23 Jul 23
3:31.86	John Mayock	22 Aug 97
3:32.11	Chris O'Hare	20 Jul 18
3:32.34	Anthony Whiteman	16 Aug 97
3:32.37	Michael East	2 Jul 04
3:32.69	Peter Elliott	16 Sep 90
3:33.34	Steve Crabb	4 Jul 87
3:33.79	Dave Moorcroft	27 Jul 82
3:33.83	John Robson	4 Sep 79 20
3:33.96	Tom Lancashire	27 Aug 10
3:34.00	Matthew Yates	13 Sep 91
3:34.01	Graham Williamson	28 Jun 83
3:34.07	James West	25 Sep 20
3:34.1 +	Tony Morrell	14 Jul 90
3:34.11	Adam Fogg	20 Aug 25
3:34.17	Henry McLuckie	2 Sep 25
3:34.28	Cameron Boyek	2 Sep 25
3:34.36 +	Andrew Baddeley	6 Jun 08
3:34.50	Adrian Passey	4 Jul 87 30
3:34.53	Mark Rowland	27 Jul 88
3:34.59	Kevin McKay	24 Aug 97
3:34.62	Piers Copeland	9 Jun 21
3:34.76	Gary Lough	9 Sep 95
3:34.76	Ross Murray	27 May 12
3:34.95	Archie Davis	1 Jun 25
3:35.08	Neil Horsfield	10 Aug 90
3:35.22	Thomas Keen	20 Aug 25
3:35.26	John Gladwin	5 Sep 86
3:35.28	Jack Buckner	1 Jul 86 40
3:35.39	Callum Elson	26 Jul 23
3:35.53	Andrew Graffin	6 Sep 02
3:35.66	Frank Clement	12 Aug 78
3:35.69	Samuel Charig	5 Jul 25
3:35.74	Rob Harrison	26 May 86
3:35.74	Nick McCormick	22 Jul 05
3:35.93	Marc Scott	21 Jul 20
3:35.94	Paul Larkins	10 Jul 87
3:36.03	Henry Jonas	20 Aug 25
3:36.09	Joe Wigfield	24 Jul 24 50
3:36.22	James Shane	31 Jul 11
3:36.25	James Gormley	10 Aug 24
3:36.29	Lee Emanuel	16 May 16

3:36.40	George Couttie	20 May 25
3:36.53	David Strang	15 Jul 94
3:36.81	Mike Kearns	26 Jul 77
3:36.86	William Paulson	15 Jun 19
3:36.92	Joshua Lay	15 Sep 20
3:36.97	Robbie Fitzgibbon	2 Jun 17
3:37.06	James Thie	4 Jul 04 60
3:37.06	Colin McCourt	10 Jul 10

**1500 Metres Short Track (+ during 1 mile)**

3:32.48	Neil Gourley	25 Feb 23
3:32.86+	Josh Kerr	27 Feb 22
3:33.18+	Gourley	8 Feb 25
3:33.86+	George Mills	11 Feb 24
3:34.00 +	Adam Fogg	1 Feb 25
3:34.06	Jake Wightman	4 Feb 24
3:34.20	Peter Elliott	27 Feb 90
3:34.23	Gourley	3 Mar 23
3:34.37 +	Fogg	11 Feb 24
3:34.48	Wightman	13 Feb 21
3:35.12	Thomas Keen	2 Feb 25
3:35.43	Elliot Giles	16 Feb 25
3:35.66	Lee Emanuel	21 Feb 15
3:36.12	Piers Copeland	19 Feb 22 10
3:36.25	John Mayock	18 Feb 01
3:36.40	Chris O'Hare	28 Feb 20
3:36.42	Michael East	20 Feb 04
3:36.72+	George Couttie	14 Feb 26
3:36.93	James West	27 Feb 20
3:37.16	Andrew Baddeley	18 Feb 12
3:37.52+	Tyler Bilyard	1 Feb 25
3:37.58+	Andrew Butchart	4 Feb 17
3:37.72	Joe Wigfield	2 Feb 25
3:37.85	Henry Jonas	8 Feb 26 20
3:38.00	Charlie Da'Vall Grice	12 Feb 22
3:38.03	James Brewer	18 Feb 12
3:38.12	Jack Higgins	15 Feb 26
3:38.28	Graham Williamson	10 Feb 82
3:38.36	James McMurray	15 Feb 26

**1 Mile**

3:45.34	Josh Kerr	25 May 24
3:46.32	Steve Cram	27 Jul 85
3:47.33	Sebastian Coe	28 Aug 81
3:47.65	George Mills	16 Sep 23
3:47.74	Neil Gourley	25 May 24
3:47.82	Jake Wightman	5 Jul 25
3:47.83	Wightman	25 May 24
3:48.31	Cram	5 Jul 86
3:48.40	Steve Overt	26 Aug 81
3:48.53	Coe	19 Aug 81
3:49.16	Elliot Giles	12 Jun 25
3:49.20	Peter Elliott	2 Jul 88
3:49.34	Dave Moorcroft	26 Jun 82 10
3:49.38	Andrew Baddeley	6 Jun 08
3:50.32	John Mayock	5 Jul 96
3:50.48	Adam Fogg	20 Jul 24
3:50.64	Graham Williamson	13 Jul 82
3:51.02	John Gladwin	19 Aug 87
3:51.31	Tony Morrell	14 Jul 90
3:51.57	Jack Buckner	29 Aug 84

3:51.76hc	Steve Crabb	14 Aug 87	3:55.07	John Mayock	15 Feb 01	
	3:52.20	1 Jul 89	3:55.43	David Strang	22 Jan 94	
3:51.90	Anthony Whiteman	16 Jul 98	3:55.64	Andrew Baddeley	23 Jan 10	
3:51.99	Jake Heyward	28 May 22	20	3:55.85	Alex Riley	31 Jan 26
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	20
3:52.50	Michael East	21 Aug 05	3:56.29	Bradley Giblin	31 Jan 26	
3:52.64	Charlie Da'Vall Grice	28 May 16	3:56.31	Ricky Stevenson	23 Jan 10	
3:52.75	Matthew Yates	10 Jul 93	3:56.47	Charlie Da'Vall Grice	3 Feb 18	
3:52.77	Ross Murray	14 Jul 12	3:56.53	Tom Dodd	1 Feb 25	
3:52.99	Mark Rowland	10 Sep 86	<b>1 Mile Road</b>			
3:53.20	Ian Stewart II	25 Aug 82	3:51.3	Elliot Giles	1 Sep 24	
3:53.34	Chris O'Hare	27 May 17	<b>2000 Metres</b>			
3:53.36	Thomas Keen	3 Sep 24	30	4:51.39	Steve Cram	4 Aug 85
3:53.39	Tom Lancashire	14 Aug 10	4:52.82	Peter Elliott	15 Sep 87	
3:53.64	Kevin McKay	22 Jul 94	4:53.06	Jack Buckner	15 Sep 87	
3:53.69	James Gormley	24 Aug 24	4:53.69	Gary Staines	15 Sep 87	
3:53.82	Gary Staines	12 Aug 90	4:55.20	Cram	28 Aug 88	
3:53.85	Rob Harrison	15 Jul 86	4:55.72	Elliott	28 Aug 88	
3:53.99	Henry McLuckie	30 Aug 25	4:56.23	James West	8 Sep 24	
3:54.2	Frank Clement	27 Jun 78	4:56.75	John Mayock	30 Jul 99	
3:54.27	Archie Davis	13 Jul 21	4:57.09	Adam Fogg	8 Sep 24	
3:54.30	David Strang	22 Jul 94	4:57.39	Nick McCormick	9 Mar 06	
3:54.39	Neil Horsfield	8 Jul 86	40	4:57.61	Piers Copeland	19 Aug 20
3:54.43	Tyler Bilyard	24 Aug 24	4:57.61	Piers Copeland	19 Aug 20	
3:54.53	Tim Hutchings	31 Jul 82	4:57.71	Steve Overt	7 Jul 82	10
3:54.70	Andrew Graffin	23 Aug 02	4:58.38	Graham Williamson	29 Aug 83	
3:54.73	Piers Copeland	3 Sep 24	4:58.84	Sebastian Coe	5 Jun 82	
3:54.75	Lee Emanuel	27 Jul 13	4:59.57	Nick Rose	3 Jun 78	
3:54.80	James Brewer	25 Jul 09	5:00.37	Tim Hutchings	29 Aug 83	
3:54.89	Matthew Stonier	14 May 22	5:00.73	Neil Gourley	10 Aug 20	
3:54.9	Adrian Passey	20 Aug 89	5:01.09	Eamonn Martin	19 Jun 84	
3:54.91	Piers Copeland	14 May 22	5:01.28	Andrew Graffin	25 Jun 00	
3:54.97	Cameron Boyek	30 Aug 25	50	5:01.48	Paul Larkins	5 Jun 88
3:55.0	Jim McGuinness	11 Jul 77	5:01.9 +	Mo Farah	5 Jun 16	
3:55.20ios	James Young	11 Feb 22	5:02.01	Lee Emanuel	28 Jun 13	20
3:55.3	Peter Stewart	10 Jun 72	5:02.35	Sean Cahill	4 Aug 85	
3:55.37	Tom Mayo	8 Aug 03	5:02.61	Steve Martin	19 Jun 84	
3:55.38	Rob Denmark	12 Aug 90	5:02.8 a	Frank Clement	10 Sep 78	
3:55.41	Colin Reitz	31 Jul 82	5:02.86	David Moorcroft	19 Jul 86	
3:55.56	Osian Perrin	24 Aug 24	5:02.90	Allen Graffin	25 Jun 00	
3:55.68	Alan Simpson	30 Aug 65	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	<b>2000 Metres Short Track</b>			
3:52.02	Peter Elliott	9 Feb 90	4:53.69	Jake Wightman	24 Jan 26	
3:52.02	George Couttie	14 Feb 26	4:57.09	John Mayock	25 Feb 01	
3:52.27	Kerr	29 Jan 22	4:57.81	George Couttie	23 Jan 26	
3:52.73	Tyler Bilyard	1 Feb 25	5:01.71+	Josh Kerr	11 Feb 24	
3:52.91	Chris O'Hare	20 Feb 16	5:01.73+	Sam Atkin	27 Jan 23	
3:53.22	Callum Elson	10 Feb 24	5:02.9+	Mo Farah	21 Feb 15	
3:54.23	Andrew Butchart	4 Feb 17	10	5:04.58	Adam Fogg	8 Feb 25
3:54.30	Lee Emanuel	25 Jan 14	<b>3000 Metres (+ during 2 Miles)</b>			
3:54.42	Piers Copeland	1 Feb 25	7:32.62	Mo Farah	5 Jun 16	
3:54.62	Elliot Giles	4 Feb 25	7:32.79	Dave Moorcroft	17 Jul 82	
3:54.78	Matthew Yates	14 Mar 92				

7:34.66	Farah	24 Jul 15		7:30.14+	Josh Kerr	11 Feb 24	
7:35.1	Brendan Foster	3 Aug 74		7:31.97	Sam Atkin	27 Jan 23	
7:35.15	Farah	9 Jul 17		7:33.1+	Mo Farah	21 Feb 15	
7:35.18	Andrew Butchart	13 Jul 21		7:33.47	Kerr	11 Feb 23	
7:36.08	Marc Scott	6 Feb 21		7:34.47	Farah	21 Feb 09	
7:36.40	John Nuttall	10 Jul 96		7:35.81	Farah	5 Feb 11	
7:36.81	Henry McLuckie	9 Jul 25		7:36.74	George Couttie	6 Dec 25	
7:37.39	Patrick Dever	13 Jul 21		7:37.13	James West	2 Feb 25	
7:38.70	Jack Rowe	20 Jul 24		7:37.34+	Kerr	1 Feb 16	
7:38.71	George Mills	28 Aug 25	10	7:37.42	Andrew Butchart	6 Feb 22	
7:38.73	Tom Mortimer	13 Jul 21		7:37.81	Jake Wightman	6 Feb 22	
7:39.55	Rob Denmark	1 Aug 93		7:38.35	Jack Rowe	26 Jan 24	
7:39.71	Sam Atkin	13 Jul 21		7:40.84	Adam Fogg	8 Feb 25	10
7:39.86	Andy Baddeley	25 May 12		7:40.97	Tom Mortimer	6 Feb 22	
7:39.87	James West	6 Sep 23		7:41.09	John Mayock	6 Feb 02	
7:40.4	Nick Rose	27 Jun 78		7:41.97	Henry McLuckie	1 Feb 25	
7:40.43	Jack Buckner	5 Jul 86		7:42.02	Marc Scott	20 Mar 22	
7:40.94	Eamonn Martin	9 Jul 83		7:42.47	Thomas Farrell	5 Feb 16	
7:41.21ios	David Mullarkey	14 Feb 25		7:42.89	David Mullarkey	26 Jan 24	
7:41.3	Steve Overt	23 Sep 77	20	7:43.57	Patrick Dever	30 Jan 22	
7:41.79	Gary Staines	14 Jul 90		7:43.90	Rob Denmark	10 Mar 91	
7:42.22	Nick Goolab	9 Jul 17		7:44.48	Lee Emanuel	7 Mar 15	
7:42.26	Graeme Fell	9 Jul 83		7:44.65	Jamaine Coleman	30 Jan 22	20
7:42.43	Charles Wheeler	27 Jul 24		7:44.68	Charles Wheeler	2 Feb 25	
7:42.47	David Lewis	9 Jul 83		7:45.10	Andy Baddeley	26 Jan 08	
7:42.77	Billy Dee	18 Jul 92		7:45.49	Andy Vernon	7 Mar 14	
7:42.78	Scott Beattie	20 Jul 24		7:45.87	Thomas Keen	4 Jan 25	
7:43.03	Tim Hutchings	14 Jul 89		7:46.1+	Jack Buckner	15 Feb 85	
7:43.1 +	Steve Cram	29 Aug 83		7:46.22	Mark Rowland	27 Feb 90	
7:43.34	Chris Thompson	13 Aug 10	30	7:46.7	Nick Rose	25 Feb 79	
7:43.61	Anthony Whiteman	27 Jun 98		7:46.73	Jonathan Mellor	15 Feb 14	
7:43.84ios	Charles Hicks	26 Feb 22		7:46.85	Ricky Wilde	15 Mar 70	
7:43.90	Ian Stewart II	26 Jun 82		7:46.92	Euan Makepeace	30 Jan 22	30
7:44.36ios	James Dargan	14 Feb 26		7:47.22	Scott Beattie	3 Feb 24	
7:44.40	Colin Reitz	9 Jul 83		7:47.78	Chris O'Hare	26 Jan 19	
7:44.74	Emile Cairess	2 Aug 22					
7:44.76	Paul Davies-Hale	20 Jul 85		<b>2 Miles</b>			
7:45.2 +	Geoff Turnbull	12 Sep 86		8:07.85	Mo Farah	24 Aug 14	
7:45.29	Dennis Coates	9 Sep 77		8:13.51	Steve Overt	15 Sep 78	
7:45.41	Jon Brown	1 Aug 98	40	8:13.68	Brendan Foster	27 Aug 73	
7:45.75	Andy Vernon	17 Jul 13		8:14.93	Steve Cram	29 Aug 83	
7:45.75	Jonathan Davies	21 Aug 20		8:15.53	Tim Hutchings	12 Sep 86	
7:45.81	John Robson	13 Jul 84		8:15.98	Geoff Turnbull	12 Sep 86	
7:45.81	Alexander Yee	21 Aug 20		8:16.75	Dave Moorcroft	20 Aug 82	
7:46.39	Adrian Royle	28 Jun 83		8:17.12	Jack Buckner	12 Sep 86	
7:46.40	Ian Hamer	20 Jan 90		8:18.98	Eamonn Martin	16 Jul 88	
7:46.4	David Bedford	21 Jun 72		8:19.37	Nat Muir	27 Jun 80	10
7:46.6+	David Black	14 Sep 73		8:20.28	David James	27 Jun 80	
7:46.67	Adam Fogg	3 Jun 23		8:20.66	David Lewis	7 Sep 84	
7:46.83	Ian Stewart I	26 May 76	50	8:21.09	Barry Smith	27 Jun 80	
7:46.95	David James	26 May 80		8:21.86	David Black	14 Sep 73	
7:47.12	Simon Mugglestone	27 Jun 88		8:21.97	Rob Denmark	9 Aug 91	
7:47.20	Harry Wakefield	12 Jul 25		8:22.0	Ian Stewart I	14 Aug 72	
7:47.28	John Mayock	23 Jul 95		8:22.41	Nick Rose	15 Sep 78	
7:47.32	Tomer Tarragano	10 May 25		8:22.65	Ian Hamer	17 Jul 92	
7:47.54	Paul Larkins	14 Jul 89		8:22.98	Geoff Smith	7 Jun 80	
7:47.56	Dick Callan	15 Jul 83		8:23.16	Gary Staines	9 Aug 91	20
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	

8:12.63	Andrew Butchart	11 Feb 17	13:21.2	Tony Simmons	23 May 76	
8:17.06	John Mayock	17 Feb 02	13:21.60	Paul Davies-Hale	8 Jul 88	
8:18.4	Nick Rose	17 Feb 78	13:21.73	Geoff Turnbull	5 Sep 86	
8:20.15	Jake Wightman	1 Feb 26	13:21.83	Mark Rowland	1 Jun 88	50
8:21.24	Lee Emanuel	31 Jan 15	13:21.92	Charles Hicks	15 Jun 24	
8:21.4	Jack Buckner	15 Feb 85	13:22.39	Jon Solly	7 Jul 86	
8:22.7	Graeme Fell	19 Feb 82	13:22.54	Dave Clarke	28 Jun 83	
8:25.13	Adrian Royle	04 Feb 83	10 13:22.85	Ian Stewart I	25 Jul 70	
			13:23.26	Mike McLeod	24 Jun 80	
<b>5000 Metres</b>			13:23.26	Richard Nerurkar	10 Aug 90	
12:46.59	George Mills	12 Jun 25	13:23.48	John Doherty	1 Jun 85	
12:53.11	Mo Farah	22 Jul 11	13:23.52	David Black	29 Jan 74	
12:54.66	Sam Atkin	17 May 24	13:23.71	Steve Binns	1 Jun 88	
12:56.98	Farah	2 Jun 12	13:23.78	Josh Kerr	15 May 21	60
12:57.94	Farah	19 Aug 10				
12:59.29	Farah	23 Jul 16	<b>5000 Metres Short Track</b>			
13:00.41	Dave Moorcroft	7 Jul 82	12:57.08	Marc Scott	12 Feb 22	
13:00.70	Farah	27 May 17	12:58.68	George Mills	26 Jan 24	
13:03.30	Farah	20 Aug 16	12:58.73	Sam Atkin	26 Jan 24	
13:05.13	Marc Scott	6 Mar 21	13:04.05	Patrick Dever	16 Feb 24	
13:06.21	Andrew Butchart	20 Jul 19	13:04.75	Jack Rowe	16 Feb 24	
13:09.07	James West	25 May 24	13:04.99	Scott Beattie	21 Feb 25	
13:09.80	Ian Hamer	9 Jun 92	13:09.16	Mo Farah	18 Feb 17	
13:10.15	Jack Buckner	31 Aug 86	13:09.38	Charles Hicks	16 Feb 24	
13:10.24	Rob Denmark	9 Jun 92	10 13:16.24	Neil Gourley	3 Dec 22	
13:10.48	Tom Farrell	18 Jul 15	13:18.40	David Mullarkey	14 Feb 26	10
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				
13:14.6 a	Brendan Foster	29 Jan 74	<b>10000 Metres</b>			
13:14.62	Jack Rowe	9 Aug 25	26:46.57	Mo Farah	3 Jun 11	
13:15.59	Julian Goater	11 Sep 81	26:49.51	Farah	4 Aug 17	
13:16.66	Jonathan Davies	6 May 23	26:50.97	Farah	29 May 15	
13:16.70	John Nuttall	8 Jun 95	26:53.71	Farah	27 May 16	
13:17.08	Adam Fogg	3 Sep 24	27:01.13	Farah	22 Aug 15	
13:17.21	Dave Bedford	14 Jul 72	27:05.17	Farah	13 Aug 16	
13:17.21	Keith Cullen	19 Jul 97	27:08.81	Patrick Dever	16 Mar 24	
13:17.84	Eamonn Martin	14 Jul 89	27:10.41	Marc Scott	20 Feb 21	
13:17.9	Nat Muir	15 Jul 80	27:12.09	Farah	28 Jun 17	
13:18.06	Ian Gillespie	19 Jul 97	27:14.07	Farah	28 Aug 11	
13:18.6	Steve Jones	10 Jun 82	27:18.14	Jon Brown	28 Aug 98	
13:18.81	Nick McCormick	7 Jun 12	27:23.06	Eamonn Martin	2 Jul 88	
13:18.91	Nick Rose	28 Jun 84	27:26.58	Sam Atkin	5 Dec 20	
13:19.03	Jon Brown	5 Aug 98	27:27.36	Chris Thompson	1 May 11	
13:19.41	Scott Beattie	6 Jul 24	27:27.95	Emile Cairess	14 Jun 25	
13:19.43	John Mayock	31 Jul 02	27:30.3	Brendan Foster	23 Jun 78	
13:19.45	Sam Haughian	31 Jul 02	27:30.80	Dave Bedford	13 Jul 73	10
13:19.47	Ben Connor	20 Jul 19	27:31.19	Nick Rose	9 Jul 83	
13:19.66	Ian McCafferty	14 Jul 72	27:33.58	Charles Hicks	16 Mar 24	
13:19.66	Will Barnicoat	6 Jul 24	27:34.58	Julian Goater	26 Jun 82	
13:19.85	Patrick Dever	11 Jun 21	27:36.27	David Black	29 Aug 78	
13:20.06	Steve Ovet	30 Jun 86	27:36.77	Andrew Butchart	6 Mar 22	
13:20.09	Adrian Passey	19 Jul 97	27:38.39	Rory Leonard	18 May 24	
13:20.30	Karl Keska	20 Jul 02	27:39.14	Steve Jones	9 Jul 83	
13:20.85	Andy Baddeley	4 Mar 10	27:39.76	Mike McLeod	4 Sep 79	
13:21.13	David Lewis	4 Jul 85	27:40.03	Richard Nerurkar	10 Jul 93	
13:21.14	Barry Smith	7 Jun 81	27:42.62	Andy Vernon	2 May 15	20

27:43.03	Ian Stewart I	9 Sep 77	28:02	Callum Hawkins	12 Jan 20	20
27:43.15	Ellis Cross	29 Mar 25	28:02	Jack Rowe	15 Dec 24	
27:43.59	Tony Simmons	30 Jun 77	28:03	Jon Solly	5 Apr 86	
27:43.74	Bernie Ford	9 Sep 77	28:03	Jack Buckner	28 Feb 87	
27:43.76	Geoff Smith	13 Jun 81	28:03	Marc Scott	26 Sep 21	
27:44.09	Karl Keska	25 Sep 00	28:05	Jon Brown	17 Oct 93	
27:46.55	Zakariya Mahamed	18 May 24	28:06	Geoff Smith	2 Mar 85	
27:47.16	Adrian Royle	10 Apr 82	28:07	Colin Reitz	28 Apr 84	
27:47.79	Paul Evans	5 Jul 93	28:07	Peter Whitehead	4 Jul 96	
27:48.73	Gary Staines	6 Jul 91	30 28:07	Alexander Yee	12 Jan 25	
27:50.33	Keith Cullen	10 Apr 99	28:09	Dave Moorcroft	16 May 82	30
27:51.76	Jon Solly	20 Jun 86	28:10	Adrian Leek	10 Mar 84	
27:51.80	David Mullarkey	4 Apr 25	28:10	Dave Clarke	5 May 85	
27:51.82	Ben Connor	14 May 22	28:10	Ben Connor	12 Jan 20	
27:51.94	Alexander Yee	19 May 18	28:10	Phil Sesemann	12 Jan 25	
27:54.55	Jack Rowe	16 Mar 24	28:11	Jon Richards	5 May 85	
27:55.06	Ross Millington	11 Jun 16	28:12	Dave Murphy	19 May 85	
27:55.66	Steve Binns	9 Jul 83	28:13	Allister Hutton	28 Apr 84	
27:55.77	Dave Clarke	25 May 82	28:13	Tony Power	1 Jan 85	
27:57.23	Andrew Lemoncello	24 Apr 09	40 28:13	Paul Evans	8 Jan 95	
27:57.77	Ian Hamer	13 Sep 91		<b>course measurement uncertain</b>		
27:58.92	Scott Beattie	31 Mar 23	28:01	Steve Kenyon	21 Sep 86	
27:59.12	Allister Hutton	30 May 86		<b>downhill</b>		
27:59.24	Carl Thackery	16 Jul 87	27:20	Jon Brown (101m)	24 Sep 95	
27:59.33	Steve Harris	22 Jul 86	27:57	Malcolm East (130m)	25 Sep 82	
28:00.50	Andres Jones	22 Jul 00		<b>short course</b>		
28:00.62	Jim Brown	1 Aug 75	27:50	Mark Scrutton (50m)	6 Dec 81	
28:00.64	Billy Dee	13 Sep 91	27:53	Mike O'Reilly	19 Oct 86	
28:01.05	Jake Smith	14 May 22	28:02	Chris Thompson	7 Mar 10	
28:03.31	Rob Denmark	22 Jul 00	50			
28:04.04	Andy Bristow	17 Aug 90		<b>10 Miles Road</b>		
28:04.2	Ian Robinson	20 Apr 96	45:13	Ian Stewart I	8 May 77	
28:04.48	Mark Steinle	22 Jul 00	45:14 +	Mo Farah	9 Sep 18	
28:04.89	Charles Wheeler	18 May 24	45:14	Charles Hicks (USA?)	6 Apr 25	
28:05.2	Dave Murphy	10 Apr 81	45:57	Emile Cairess	4 Mar 23	
28:06.13	Barry Smith	7 Aug 81	46:02	Richard Nerurkar	17 Oct 93	
28:06.26	Thomas George	6 May 23	46:05	Patrick Dever	6 Apr 25	
28:06.6	Dick Taylor	22 Jun 69	46:10 +	Paul Evans	14 Sep 97	
28:07.43	John Nuttall	25 Aug 95	46:11	Gary Staines	10 Oct 93	
28:07.57	Tim Hutchings	7 Jul 90	60 46:19	Nerurkar	23 Jul 95	
			46:21 +	Nigel Adams	15 Sep 91	
			46:21 +	Carl Thackery	15 Sep 91	10
				46:26	7 Apr 91	
			46:23	Ben Connor	21 Sep 25	
			46:41	Roger Hackney	6 Apr 86	
			46:41	Zakariya Mahamed	15 Aug 23	
			46:42	Dave Murphy	28 Apr 84	
			46:43	Steve Kenyon	21 Aug 82	
			46:43	Nick Rose	25 Apr 87	
			46:44	Callum Hawkins	14 Sep 25	
			46:47	Martyn Brewer	25 Apr 87	
			46:49	Steve Jones	2 Apr 89	
			46:56	Chris Thompson	21 Oct 18	20
			46:57	Tom Anderson	2 Oct 22	
			46:58	Marc Scott	20 Oct 19	
			47:00	Paul Davies-Hale	10 Oct 93	
				<b>estimated time</b>		
			46:02 +	Steve Jones	8 Jun 86	
				<b>course measurement uncertain</b>		
			45:37	Barry Smith	22 Mar 81	
<b>10 Kilometres Road</b>						
27:34#	Nick Rose	1 Apr 84				
27:38	Rory Leonard	12 Jan 25				
27:38	Joe Wigfield	11 Jan 26				
27:40	Alfie Manthorpe	11 Jan 26				
27:41	Scott Beattie	11 Jan 26				
27:42	Charles Wheeler	12 Jan 25				
27:43	Andrew Butchart	11 Jan 26				
27:44	Mo Farah	31 May 10				
27:44	Emile Cairess	9 Jan 22				
27:44	Patrick Dever	2 Aug 25	10			
27:46	Zakariya Mahamed	11 Jan 26				
27:49	David Mullarkey	16 Nov 25				
27:55	Mark Scrutton	5 Mar 84				
27:56	Steve Harris	4 Dec 83				
27:56	John Doherty	4 Jul 86				
27:59	Steve Jones	28 Apr 84				
28:00	Roger Hackney	4 Dec 83				
28:01	Barry Smith	4 Dec 83				
28:02	Steve Binns	15 Apr 89				

45:44	Mike McLeod	9 Apr 78	62:11	Dave Clarke	5 Apr 92
46:03	Colin Moore	29 Aug 83	62:11	Keith Cullen	20 Aug 00
46:08	Nick Rose	26 Apr 81	62:15	Dave Murphy	16 Sep 84
46:11	Steve Kenyon	20 Jun 81	62:16	Jim Haughey	20 Sep 87
46:14	Charlie Spedding	12 Oct 86	62:19	Dave Long I	11 Dec 81
46:17	Brendan Foster	9 Apr 78	62:21	Scott Nutter	11 Jan 26
46:05 dh	Allister Hutton	3 Apr 82	62:22	Colin Moore	26 May 85 50
<b>20,000 Metres – 1 Hour</b>			62:23	Mark Steinle	10 Oct 99
56:20.30	21,330m Mo Farah	4 Sep 20	62:24	Jimmy Ashworth	8 Jun 86
57:28.7	20,865 Carl Thackery	31 Mar 90	62:25	Barry Royden	18 Sep 94
58:39.0	20,471 Ron Hill	9 Nov 68	62:28	Terry Greene	12 Apr 86
<b>Half Marathon</b>			62:28	Allister Hutton	21 Jun 87
59:07	Mo Farah	8 Sep 19	62:28	Andy Coleman	22 Oct 00
59:22	Farah	13 Sep 15	62:28	Mohamud Aadan	22 Aug 21
59:27	Farah	9 Sep 18	62:30	Tony Milovsorov	21 Jun 87
59:32	Farah	22 Mar 15	<b>course measurement uncertain</b>		
59:59	Farah	26 Mar 16	61:47	Dave Long II	17 Mar 91
60:00	Callum Hawkins	5 Feb 17	62:08	Ray Smedley	28 Mar 82
60:01	Emile Cairess	25 Feb 24	62:19	Mike Carroll	3 Jun 90
60:11	Patick Dever	19 Jan 25	<b>short</b>		
60:31	Jake Smith	17 Oct 20	60:09	Paul Evans (80m)	15 Jan 95
60:39	Marc Scott	12 Sep 20	<b>Marathon</b>		
60:46	Zakariya Mahamed	15 Feb 26	2:05:11	Mo Farah	7 Oct 18
60:53	Jack Rowe	14 Sep 25	2:05:39	Farah	28 Apr 19
60:55	Ben Connor	12 Sep 20	2:06:21	Farah	22 Apr 18
60:59	Steve Jones	8 Jun 86 10	2:06:38	Alexander Yee	7 Dec 25
61:00	Chris Thompson	16 Sep 12	2:06:46	Emile Cairess	21 Apr 24
61:03	Nick Rose	15 Sep 85	2:07:05	Mahamed Mahamed	21 Apr 24
61:04	Carl Thackery	12 Apr 87	2:07:11	Philip Sesemann	7 Dec 25
61:06	Richard Nerurkar	14 Apr 96	2:07:13	Steve Jones	20 Oct 85
61:09	Mahamed Mahamed	15 Feb 26	2:07:18	Sesemann	19 Oct 25
61:17	David Lewis	20 Sep 92	2:07:29	Cairess	10 Aug 24
61:18	Paul Evans	14 Sep 97	2:08:14	Callum Hawkins	28 Apr 19
61:19	Tewelde Menges	15 Feb 26	2:08:33	Charlie Spedding	21 Apr 85
61:19	Joseph Wigfield	15 Feb 26	2:08:36	Richard Nerurkar	13 Apr 97
61:21	Paulos Surafel	10 Mar 24 20	2:08:45	Jonathan Mellor	7 Dec 25 10
61:21	Tom Anderson	19 Jan 25	2:08:52	Paul Evans	20 Oct 96
61:22	Philip Sesemann	24 Aug 25	2:08:58	Patrick Dever	2 Nov 25
61:25	Scott Overall	18 Mar 12	2:09:08	Geoff Smith	23 Oct 83
61:26	Alfie Manthorpe	26 Oct 25	2:09:12	Ian Thompson	31 Jan 74
61:28	Steve Brooks	23 Mar 97	2:09:16	Allister Hutton	21 Apr 85
61:28	Charles Wheeler	26 Oct 25	2:09:17	Mark Steinle	14 Apr 02
61:29	Alexander Yee	26 Oct 25	2:09:24	Hugh Jones	9 May 82
61:31	Steve Kenyon	8 Jun 86	2:09:28	Ron Hill	23 Jul 70
61:33	Dewi Griffiths	1 Oct 17	2:09:28	John Graham	23 May 81
61:39	Geoff Smith	25 Sep 83 30	2:09:31	Jon Brown	17 Apr 05 20
61:39	Paul Davies-Hale	15 Sep 91	2:09:43	Mike Gratton	17 Apr 83
61:45	Andrew Butchart	15 Feb 26	2:09:49	Dewi Griffiths	29 Oct 17
61:49	Jon Brown	14 Sep 97	2:09:50	Weynay Ghebresilasie	24 Sep 23
61:53	Nigel Adams	15 Sep 91	2:09:54	Tony Milovsorov	23 Apr 89
61:54	Adam Clarke	4 Feb 24	2:10:00	Tewelde Menges	7 Dec 25
61:56	Mark Flint	22 Aug 93	2:10:09	Ellis Cross	15 Feb 26
61:57	Gary Staines	14 Sep 97	2:10:10	George James	13 Apr 25
61:57	Luke Traynor	11 Feb 18	2:10:12	Gerry Helme	17 Apr 83
61:59	Jonathan Mellor	1 Oct 23	2:10:30	Dave Long II	21 Apr 91
62:07	Kevin Forster	5 Apr 87 40	2:10:35	Steve Brace	21 Jan 96 30
62:07	Martyn Brewer	20 Sep 87	2:10:37	Tomas Abyu	29 Oct 07
62:07	Andrew Pearson	14 Sep 97	2:10:39	Mike O'Reilly	5 Dec 93
62:08	Steve Harris	20 Oct 85	2:10:48	Bill Adcocks	8 Dec 68

2:10:49	Ben Connor	7 Dec 25	265.302	Paul Maskell	18 Sep 22		
2:10:50	Eamonn Martin	18 Apr 93	265.302	Daniel Hawkins	18 Sep 22		
2:10:51	Bernie Ford	2 Dec 79	263.466 t	Mark Pickard	11 Oct 81		
2:10:52	Kevin Forster	17 Apr 88	262.916 t	Damian Carr	4 Sep 21	10	
2:10:52	Chris Thompson	26 Mar 21					
2:10:55 dh	Chris Bunyan	18 Apr 83		<b>2000 Metres Steeplechase</b>			
2:10:55	Scott Overall	25 Sep 11	40	5:19.86	Mark Rowland	28 Aug 88	
2:11:00	Jake Smith	25 Apr 21		5:20.56	Rowland	17 Aug 90	
2:11:06	Dave Buzza	31 Oct 93		5:21.77	Tom Hanlon	11 Jun 92	
2:11:18	Dave Murphy	12 Jun 83		5:22.37	Rowland	16 Sep 90	
2:11:19	Marc Scott	21 Apr 24		5:22.96	Hanlon	16 Sep 90	
2:11:22	Dave Cannon	6 Sep 80		5:23.56	Tom Buckner	17 Jul 92	
2:11:25	Paul Davies-Hale	29 Oct 89		5:23.6	Roger Hackney	10 Jun 82	
2:11:25	Gary Staines	20 Oct 96		5:23.71	Colin Walker	28 Aug 88	
2:11:28	Joshua Griffiths	20 Feb 22		5:23.87	Colin Reitz	28 Jun 84	
2:11:33	Luke Caldwell	16 Jan 22		5:24.91	Eddie Wedderburn	19 Aug 86	
2:11:36	Malcolm East	20 Apr 81	50	5:25.50	Phil Norman	5 May 24	
2:11:36	Kenny Stuart	15 Jan 89		5:26.24	Paul Davies-Hale	26 Aug 85	
2:11:38	Ross Millington	3 Apr 22		5:26.64	Nick Peach	19 Aug 86	10
2:11:38	Ross Millington	3 Apr 22		5:26.82 "	David Lewis	12 Jun 83	
2:11:40	Steve Kenyon	13 Jun 82		5:26.91	William Battershill	11 Sep 22	
2:11:43	Jimmy Ashworth	29 Sep 85		5:30.6	Dennis Coates	23 Apr 78	
2:11:44	Jim Dingwall	17 Apr 83		5:30.86	Tony Staynings	26 May 76	
2:11:44	Alex Milne	15 Feb 26		5:31.04	John Hartigan	17 Aug 90	
2:11:50	Fraser Clyne	2 Dec 84		5:31.09	Peter McColgan	5 Aug 86	
2:11:53	Dan Nash	15 Feb 26		5:31.43	John Bicourt	26 May 76	
2:11:54	Martin McCarthy	17 Apr 83		5:31.59	Mike Hawkins	20 Jan 90	
2:11:58	Mark Hudspith	2 Apr 95	60	5:32.45	Neil Smart	17 Aug 90	
<b>short (148m)</b>				5:32.52	Mark Pearce	3 Sep 24	20
2:11:10	Nick Brawn	25 Oct 81		5:33.09	Spencer Duval	17 Jul 92	
<b>50 Kilometres</b>				<b>3000 Metres Steeplechase</b>			
2:48:06 t	Jeff Norman	7 Jun 80		8:07.96	Mark Rowland	30 Sep 88	
2:48:25	Ronnie Richmond	24 Mar 24		8:12.11	Colin Reitz	5 Sep 86	
2:48:33	Andrew Davies	24 Mar 24		8:12.58	Tom Hanlon	3 Aug 91	
2:49:01	Daniel Nash	1 Sep 19		8:13.27	Rowland	30 Aug 90	
2:50:30 t	Donald Ritchie	10 Mar 79		8:13.50	Reitz	4 Aug 85	
2:50:33	Henry Hart	1 Dec 24		8:13.65	Hanlon	4 Jul 92	
2:51:25	Alexander Milne	3 Dec 23		8:13.78	Reitz	21 Jul 84	
2:51:26	Oliver Garrod	12 Feb 23		8:14.73	Hanlon	15 Jul 92	
2:52:22	Matthew Dickinson	17 Sep 23		8:14.95	Reitz	27 Jul 85	
2:53:23	William Mycroft	8 Oct 22	10	8:15.16	Graeme Fell	17 Aug 83	
<b>100 Kilometres</b>				8:15.66	Zak Seddon	9 Aug 25	
6:10:20 t	Donald Ritchie	28 Oct 78		8:18.32	Eddie Wedderburn	5 Jul 88	
6:19:20	Steven Way	3 May 14		8:18.65	Phil Norman	30 Jun 24	
6:24:05	Simon Pride	15 May 99		8:18.91	Roger Hackney	30 Jul 88	
6:25:28 +t	Calvin Woodward	25 Oct 75		8:18.95	Dennis Coates	25 Jul 76	
6:32:05	Gareth King	27 Aug 22		8:20.83	Paul Davies-Hale	10 Jun 84	10
6:33:03	Erik Seedhouse	16 Feb 92		8:20.83	Mark Pearce	26 May 24	
6:34:28	Dougie Selman	24 Mar 24		8:21.83	William Battershill	30 Jun 24	
6:34:38	James Turner	24 Mar 24		8:22.42	Rob Mullett	20 May 16	
6:35:37	Joseph Turner	24 Mar 24		8:22.48	John Davies II	13 Sep 74	
6:37:18	Henry Hart	3 May 25		8:22.76	James Wilkinson	12 Jun 14	
<b>24 Hours</b>				8:22.82	John Bicourt	8 Jun 76	
281.303 t	Matt Field	25 Aug 24		8:22.95	Andrew Lemoncello	18 Jul 08	
277.439	Robert Britton	26 Feb 23		8:23.66	Stuart Stokes	16 Jun 08	
274.480 t	David Dowdle	23 May 82		8:23.90	Justin Chaston	18 Jul 94	
273.375	Chris Kelly	27 Oct 24		8:24.64	Spencer Duval	16 Jul 95	20
273.003	Daniel Lawson	18 Sep 22		8:25.15	Colin Walker	28 Jun 92	
268.251 t	Donald Ritchie	27 Oct 91		8:25.37	Christian Stephenson	19 Aug 00	
				8:25.50	Tom Buckner	28 Aug 92	

8:26.05	Keith Cullen	21 Aug 95	7.65	Nigel Walker	22 Feb 87
8:26.33	Rob Hough	6 Jul 96	7.66	Sam Bennett	14 Feb 25
8:26.4	Andy Holden	15 Sep 72	7.67	Gianni Frankis	29 Jan 13
8:26.6	Gordon Rimmer	4 Jun 80	7.67	Joshua Zeller	26 Feb 22
8:27.01	Jamaine Coleman	25 Jun 22	7.68	Damien Greaves	26 Feb 00
8:27.21	Tony Staynings	15 Jun 80	7.68	Mo. Sillah-Freckleton	7 Feb 04 20
8:27.8	Steve Hollings	5 Aug 73 30	7.69	Mark Holtom	19 Feb 83
8:27.93	Peter McColgan	25 Jun 91	7.69	Hugh Teape	8 Feb 92
8:28.43	Adam Bowden	22 Jul 06	7.69	Robert Newton	7 Feb 04
8:28.48	Luke Gunn	28 Jun 08	7.71	David Hughes	9 Feb 08
8:28.6	Dave Bedford	10 Sep 71	7.71	Richard Alleyne	9 Feb 08
8:29.46	Julian Marsay	14 Jul 79	7.71	Julien Adeniran	18 Feb 12
8:29.72	David Lewis	29 May 83	7.72	Neil Owen	24 Feb 96
8:30.16	Ieuan Thomas	9 Jun 18	7.72	Nick Gayle	29 Jan 13
8:30.41	Jermaine Mays	13 Jun 07	7.72	Daniel Goriola	23 Feb 24
8:30.52	Jonathan Hopkins	26 May 18	7.74	Chris Baillie	26 Jan 08 30
8:30.6 a	Peter Griffiths	17 Jul 77 40	7.74	Khai Riley-La Borde	3 Jan 16
8:30.65	Kristian Imroth	11 Jun 25			
8:30.8	Gerry Stevens	1 Sep 69	<b>110 Metres Hurdles</b>		
8:31.09	Ian Gilmour	16 Jul 78	12.91	Colin Jackson	20 Aug 93
8:31.22	Dave Lee	19 Jun 92	12.97 A	Jackson	28 Jul 93
8:31.40	Frank Tickner	13 Jun 07	12.98	Jackson	15 Sep 94
8:32.00	Steve Jones	8 Aug 80	12.99	Jackson	3 Sep 93
8:32.06	David Camp	10 Aug 74	12.99	Jackson	6 Sep 94
8:32.13	Barry Knight	25 Jul 82	13.00	Tony Jarrett	20 Aug 93
8:32.4 a	Maurice Herriott	17 Oct 64	13.02	Jackson	30 Aug 94
8:32.66	Thomas Chaston	31 May 25 50	13.02	Jackson (sf)	22 Aug 98
8:32.68	Ben Whitby	15 Jul 01	13.02	Jackson (final)	22 Aug 98
8:33.0	John Jackson	13 Aug 69	13.03	Jackson	4 Sep 94
			13.04	Jackson	16 Aug 92
<b>50 Metres Hurdles</b>			13.04	Jackson	12 Aug 94
6.40	Colin Jackson	5 Feb 99	13.04	Jarrett	12 Aug 95
6.51	Tony Jarrett	20 Feb 00	13.04	Jackson	25 Aug 99
6.58	Jon Ridgeon	14 Mar 92	13.14	Andrew Pozzi	1 Jul 17
			13.16	William Sharman	14 Aug 14
<b>55 Metres Hurdles</b>			13.19	Joshua Zeller	15 May 22
7.14A	Tony Jarrett	30 Jan 93	13.22	Andy Turner	30 Jun 11
			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	13.54	Daniel Goriola	30 Jun 24
7.59	Lawrence Clarke	7 Feb 15	13.55	Callum Priestley	29 Jul 09
7.60	David Nelson	18 Mar 90	13.56	David Hughes	23 Jul 06
7.60	Ross Baillie	14 Feb 99	13.57	Miguel Perera	17 Aug 22 30
7.63	David Omoregie	28 Jan 17	13.58		

13.59	Khai Riley-La Borde	21 May 17	13.5	Berwyn Price	1 Jul 73
13.60	Wilbert Greaves	21 Aug 85	13.6	David Hemery	5 Jul 69
13.60	Neil Owen	28 Jun 95	13.7	Alan Pascoe	5 Jul 69
13.64	Richard Alleyne	2 Jun 12	13.7	C.J. Kirkpatrick	29 Jun 74
13.64	Joseph Hylton	24 Jun 12	13.7	Mensah Elliott	2 Sep 00
13.64	Gabriel Odujobi	14 May 16	13.8	Martin Nicholson	25 Jun 94
13.66	Ross Baillie	20 Feb 99	<b>hand timing - wind assisted</b>		
13.67	Thomas Wilcock	15 Jul 23	12.8	Colin Jackson	10 Jan 90
13.68	Jake Porter	26 Jul 17	12.9	William Sharman	2 Jul 10
13.69	Berwyn Price	18 Aug 73	40 13.0	Jarrett	2 Jun 96
13.71	James Gladman	30 Jun 13	13.4	Berwyn Price	7 Jul 76
13.72	David Hemery	1 Aug 70	13.5	Neil Owen	2 Jun 96
13.72	Nick Gayle	29 Jun 13	13.7	Lloyd Cowan	27 Apr 95
13.74	Julien Adeniran	11 Aug 11	<b>200 Metres Hurdles</b>		
13.75	Lloyd Cowan	17 Jul 94	22.63	Colin Jackson	1 Jun 91
13.75	Ben Reynolds	29 Jun 11	22.77	Nigel Walker	1 Jun 91
13.75	William Ritchie-Moulin	12 Jul 25	22.79	John Regis	1 Jun 91
13.76	Duncan Malins	15 Aug 04	22.77w	Tony Jarrett	14 Jul 91
13.77	Edirin Okoro	29 Jun 14	<b>300 Metres Hurdles</b>		
13.78	Dominic Girdler	5 Jul 03	50 34.48	Chris Rawlinson	30 Jun 02
13.78	Charlie Staddon	19 Apr 25	34.68	Tyri Donovan	16 Jul 25
13.79	Alan Pascoe	17 Jun 72	35.25	Matt Douglas	30 Jul 00
13.79	Mo. Sillah-Freckleton	31 Jul 03	35.35	Alastair Chalmers	12 Jul 20
13.82	Mensah Elliott	30 Jul 00	34.6 h	David Hemery	15 Sep 72
13.83	Dominic Bradley	14 Jul 01	<b>400 Metres Hurdles</b>		
13.86	Ken Campbell	23 Aug 94	47.82	Kriss Akabusi	6 Aug 92
13.86	Matt Hudson	27 Jun 10	47.84	Dai Greene	6 Jul 12
13.87	Yannick Budd	18 May 14	47.86	Akabusi	27 Aug 91
13.89	David Feeney	31 May 15	47.88	Greene	4 Sep 10
13.93	Tristan Anthony	30 May 04	60 47.91	Akabusi	26 Aug 91
<b>wind assisted</b>			47.92	Akabusi	29 Aug 90
12.94 A	Jackson	31 Jul 94	48.01	Akabusi	5 Aug 92
12.95	Jackson	10 Sep 89	48.10	Greene	13 Jul 12
12.99	Jackson	23 Jun 89	48.12 A	David Hemery	15 Oct 68
13.01	Jackson	2 Jul 93	48.52		2 Sep 72
13.13	Andrew Pozzi	15 Apr 17	48.12	Greene	31 Jul 10
13.14	Lawrence Clarke	7 Jul 12	48.14	Chris Rawlinson	11 Aug 99
13.16	Tade Ojora	9 Jul 23	48.21	Tyri Donovan	17 Sep 25
13.38	Gabriel Odujobi	15 Apr 17	48.30	Alastair Chalmers	8 Jun 25
13.39	Sam Bennett	30 Mar 24	48.42	Seamus Derbyshire	21 Jun 25
13.41	Allan Scott	17 Jul 08	48.54	Matt Douglas	28 Aug 03
13.48	Thomas Wilcock	9 Jul 23	48.59	Alan Pascoe	30 Jun 75
13.49	Nigel Walker	3 Jun 89	48.59	Joshua Faulds	25 May 25
13.50	Damien Greaves	17 Jul 04	48.60	Jack Green	13 Jul 12
13.53	Gianni Frankis	7 Jul 13	48.71	Nathan Woodward	3 Jul 11
13.56	David Hughes	17 Jul 05	48.73	Jon Ridgeon	6 Sep 92
13.64	Mo. Sillah-Freckleton	30 May 04	48.74	Jake Minshull	9 Aug 25
13.65	Berwyn Price	25 Aug 75	48.80	Niall Flannery	17 Jun 14
13.66	David Hemery	18 Jul 70	48.84	Rhys Williams	17 Jul 13
13.68	Duncan Malins	21 Aug 04	48.89	Alex Knibbs	14 Jul 24
13.69	Mensah Elliott	19 Aug 00	48.89	Efekemo Okoro	24 Aug 24
13.69	Yannick Budd	29 Jun 14	48.90	Anthony Borsumato	14 Jul 02
13.72	Matt Hudson	30 May 10	49.03 A	John Sherwood	15 Oct 68
13.72	Julian Adeniran	22 May 11			20 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
<b>hand timing</b>			49.11	Matt Elias	28 Jul 02
13.2 u	Andy Turner	18 Apr 09	49.16	Paul Gray	18 Aug 98

## All-Time – Men

49

49.16	Christopher McAlister	4 Jul 21	2.29 i	Allan Smith	15 Feb 15
49.19	Seb Rodger	13 Jul 13	2.28 i	John Holman	28 Jan 89
49.25	Max Robertson	28 Aug 90	2.28	Ray Bobrownicki	13 Jul 14
49.26	Peter Crampton	8 Aug 94	2.27	Joel Clarke-Khan	2 Jun 22
49.29	Du'aine Ladejo	9 Jun 01 30	2.26	James Brierley	3 Aug 96
49.36	Tom Burton	6 Jun 15	2.26	Matt Roberts	21 Aug 10
49.40	Jacob Paul	17 Aug 22	2.26 i	Chris Kandu	21 Feb 15
49.49	Mark Holtom	20 Jul 85	2.26 i	David Smith	21 Feb 15 20
49.54	Dale Garland	15 Aug 09	2.25	Floyd Manderson	20 Aug 88
49.57	Ben Sumner	26 May 12	2.25	Robert Mitchell	28 Jul 01
49.58	David Hughes	8 Aug 10	2.25	Adam Scarr	11 Jun 06
49.60	Phil Beattie	28 Jul 86	2.25	Mike Edwards	19 Jul 15
49.62	Lloyd Gumbs	18 Jul 09	2.25	William Grimsey	23 May 21
49.65	Bill Hartley	2 Aug 75	2.25 i	Kimani Jack	10 Jan 26
49.76	Richard Davenport	30 Jul 11 40	2.24	Mark Naylor	28 Jun 80
49.78	Thomas Phillips	26 Jun 11	2.24	John Hill	23 Aug 85
49.82	Martin Gillingham	14 Aug 87	2.24	Phil McDonnell	26 Aug 85
49.82	Gary Jennings	27 Jun 95	2.23	Mark Lakey	29 Aug 82 30
49.86	Martin Briggs	6 Jun 84	2.23 i	David Abrahams	12 Mar 83
49.87	Harry Barton	17 May 25	2.22	Danny Graham	20 May 00
49.95	Steve Sole	24 Jul 83	2.22 i	Luke Crawley	1 Mar 03
49.96	Tony Williams	24 Jul 99	2.22 i	Dominic Ogbechie	24 Feb 18
50.00	Samael Lunt	30 Aug 24	2.22 i	Kelechi Aguocha	8 Feb 20
50.01	Phil Harries	5 Jun 88	2.21	Fayyaz Ahmed	29 Jun 86
50.04	Jack Lawrie	23 Jul 23 50	2.21	Steve Chapman	30 Jul 89
50.05	Lawrence Lynch	15 Jun 96	2.21 i	Martin Lloyd	28 Jan 07
50.05	Maranga Mokaya	8 Aug 23	2.21	Brian Hall	25 Aug 07
50.08	Bayley Stickings	23 Jul 22	2.21	Alan McKie	1 Jun 08 40
50.1 a	John Cooper	16 Oct 64	2.21 i	Charlie Husbands	11 Jan 26
50.12	Ryan Dinham	2 Jul 06	2.21 i	Divine Duruaku	22 Feb 26
50.12	Steve Green	2 Aug 08	2.20	Brian Burgess	11 Jun 78
50.15	Craig Saddler II	5 Jun 24	2.20	Trevor Llewelyn	15 Jul 83
50.16	Paul Thompson	17 May 96	2.20	Byron Morrison	14 Jul 84
50.16	Steven Surety	16 Jun 02	2.20 i	Henderson Pierre	10 Jan 87
50.19	Steve Coupland	12 Jun 94 60	2.20	Alex Kruger	18 Jun 88
<b>hand timing</b>			2.20	Ossie Cham	21 May 89
49.9	Andy Todd	9 Oct 69	2.20 i	Warren Caswell	10 Mar 90
			2.20	Colin Bent	16 Jun 96 50
			2.20 i	Stuart Ohrland	1 Feb 97
<b>High Jump</b>			2.20	Stuart Smith	13 Apr 97
2.38 i	Steve Smith	4 Feb 94	2.20	David Barnetson	3 Aug 97
2.37	Smith	20 Sep 92	2.20	Dan Turner	28 May 01
2.37 i	Smith	14 Mar 93	2.20	Darryl Stone	10 Jul 05
2.37	Smith	22 Aug 93	2.20	Nick Stanisavljevic	8 Jul 06
2.37 i	Dalton Grant	13 Mar 94	2.20	Ryan Webb	13 May 18
2.37	Robbie Grabarz	23 Aug 12	2.20	Otis Poole	23 Feb 25
2.36	Grant	1 Sep 91	2.20 i	Mike Robbins	3 Feb 96
2.36 i	Smith	5 Feb 93	2.19 i	Jamie Russell	18 May 02 60
2.36 i	Smith	24 Feb 94	2.19	Akin Coward	21 May 23
2.36 i	Smith	10 Feb 96	2.19	Regan Corrin	15 Feb 26
2.36 i	Smith	8 Feb 98	2.19 i		
2.36	Smith	27 Jun 99			
2.36	Grabarz	9 Jun 12			
2.36 i	Chris Baker	13 Feb 16	5.85	<b>Pole Vault</b>	
2.34	Germaine Mason	19 Aug 08	5.83 i	Harry Coppell	4 Sep 20
2.33 i	Tom Gale	8 Feb 20	5.82	Luke Cutts	25 Jan 14
2.32 i	Brendan Reilly	24 Feb 94	5.81 i	Steve Lewis	21 Jul 12
2.31	Geoff Parsons	26 Aug 94	5.80	Nick Buckfield	8 Feb 02
2.31 i	Samson Oni	4 Mar 10	5.80	Buckfield	27 May 98
2.31 i	Tom Parsons	13 Feb 11 10	5.80 i	Lewis	23 Aug 12
2.30	Ben Challenger	13 Jul 99	5.80 i	Coppell	8 Feb 20
2.30 i	Martyn Bernard	3 Mar 07	5.80	Coppell	21 Feb 20
				Coppell	3 Aug 21

5.77 i	Lewis	2 Mar 12	8.35	Rutherford	7 Jun 15	
5.71	Charlie Myers	15 Jun 19	8.34	Rutherford	30 Jul 15	
5.65	Keith Stock	7 Jul 81	8.32	Rutherford	31 May 12	
5.65	Jax Thoires	16 May 15	8.32	Rutherford	3 Sep 15	
5.65 i	Adam Hague	18 Feb 18	8.31	Rutherford	4 Aug 12	
5.65 i	Owen Heard	1 Feb 25	8.31	Rutherford	2 Jun 16	
5.64 i	Max Eaves	5 Mar 16	10 8.26	Nathan Morgan	20 Jul 03	
5.61	Kevin Hughes	28 Jul 99	8.23	Lynn Davies	30 Jun 68	
5.60	Neil Winter	19 Aug 95	8.21	Daniel Bramble	18 Apr 15	
5.59	Brian Hooper	6 Sep 80	8.20	Jacob Fincham-Dukes	26 Apr 24	
5.55	Paul Williamson	13 May 00	8.16	Bradley Pickup	2 Aug 14	
5.55	Tim Thomas	6 Jun 04	8.15	Stewart Faulkner	16 Jul 90	
5.55 i	Andrew Sutcliffe	11 Feb 12	8.14	Mark Forsythe	7 Jul 91	
5.52	Mike Edwards	13 May 93	8.11	JJ Jegede	13 Jul 12	10
5.52	Joel Leon Benitez	18 Jul 18	8.10	Fred Salle	9 Sep 94	
5.50 i	Ashley Swain	8 Feb 04	8.08	Roy Mitchell	27 Sep 80	
5.47 i	Keith Higham	4 Feb 06	20 8.08	Julian Reid	25 Jun 11	
5.45 i	Andy Ashurst	16 Feb 92	8.05 i	Barrington Williams	11 Feb 89	
5.45	Mike Barber	27 Jul 97	8.05	Feron Sayers	9 Jun 18	
5.45 i	Paul Walker	2 Mar 14	8.04	Reynold Banigo	10 May 22	
5.45	Gregor MacLean	10 May 14	8.03	Steve Phillips	5 Aug 98	
5.42 i	Scott Simpson	10 Mar 07	8.03	Jonathan Moore	18 May 02	
5.42	Nick Cruchley	3 Jul 11	8.03	Tim Duckworth	6 Apr 18	
5.40 A	Jeff Gutteridge	23 Apr 80	8.01	Daley Thompson	8 Aug 84	20
5.40 i	Matt Belsham	10 Feb 96	8.01	Darren Ritchie	16 Jun 01	
5.40	Ben Flint	25 Jul 99	8.01	Alexander Farquharson	7 Aug 21	
5.40	Joe Ive	23 Jun 07	30 8.00	Derrick Brown	7 Aug 85	
5.40 i	Daniel Gardner	22 Feb 14	8.00	Alessandro Schenini	13 Aug 23	
5.36 i	Ethan Walsh	11 Jan 20	7.98	Alan Lerwill	29 Jun 74	
5.35	Ian Tullett	26 Jul 98	7.96	Daniel Gardiner	31 Jul 16	
5.35	Mark Beharrell	29 Jun 03	7.94 i	Paul Johnson	10 Mar 89	
5.35 i	Matt Devereux	17 Feb 13	7.94 i	Matthew Burton	9 Feb 13	
5.33 i	Mark Mellor	9 Jan 26	7.93	Chris Kirk	12 Jul 08	
5.32 i	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	40 7.90	Ian Simpson	3 Jun 89	
5.30	Lazarus Benjamin	25 Jun 22	7.90	Chris Davidson	19 Jun 99	
5.30 i	Thomas Walley	1 Feb 26	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	50 7.84	Wayne Griffith	25 Aug 89	
5.25	Mark Christie	7 Jun 08	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	
5.22	Richard Hurren	29 May 10	7.80	Daniel Emegbor	11 Jul 25	
5.22	Sam Tremelling	22 May 25	7.80	Samuel Ebonine	2 Aug 25	
5.21	Graham Eggleton	10 Jul 82	7.79	John Morbey	11 Jul 64	50
5.21 i	Christian Linskey	20 Feb 99	7.79	Geoff Hignett	31 May 71	
			7.79	Don Porter	13 Jul 75	
<b>Long Jump</b>			7.79	Paul Ogun	31 Jul 16	
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	16.45	Nonso Okolo	13 May 17	
<b>wind assisted</b>			16.43	Jonathan Moore	22 Jul 01	
8.45	Jacob Fincham-Dukes	26 Mar 22	16.38	Sam Trigg	27 May 17	
8.36	Rutherford	14 May 16	16.38	Ade Mason	7 Jun 19	
8.32	Rutherford	4 Jun 11	16.33	Gary White	15 Jul 07	
8.19	Tim Duckworth	12 May 18	16.32	Tayo Erogbogbo	21 Aug 95	
8.17	Mark Forsythe	11 Jun 89	16.31 i	Daniel Lewis	8 Feb 14	30
8.16	Roy Mitchell	26 Jun 76	16.30	Femi Abejide	26 Jul 03	
8.15	Alan Lerwill	29 May 72	16.29 i	David Johnson	1 Mar 78	
8.12	Derrick Brown	14 Jun 86	16.28	Jonathan Ilori	10 Jun 18	
8.12	Jonathan Moore	16 Aug 08	16.28	Jude Bright-Davies	21 May 23	
8.11	Daley Thompson	7 Aug 78	16.26	Joe Sweeney	3 Aug 91	
8.08	Darren Ritchie	29 Jun 03	16.22	Derek Boosey	15 Jun 68	
8.07	Steve Phillips	11 Jul 99	16.22	Efe Uwaifo	30 Jun 24	
8.04	Ian Simpson	3 Jun 89	16.20	Rez Cameron	5 Jun 88	
7.96	Colin Jackson	17 May 86	16.18	Tony Wadhams	6 Jul 69	
7.94	John Herbert	25 Jul 82	16.17	John Mackenzie	17 Sep 94	40
7.94	John King	20 Jun 86	16.16	Conroy Brown	19 Sep 81	
7.94	Chris Davidson	21 Jun 97	16.16	Elliot O'Neill	4 Aug 07	
7.93	David Burgess	15 Jun 86	16.15	Wayne Green	10 Jul 88	
7.92	Jake Burkey	12 May 23	16.15	Michael Brown	23 Jul 89	
7.91	Steve Ingram	18 Jun 94	16.15 i	Montel Nevers	21 Feb 16	
7.89	John Shepherd	20 Jun 86	16.13	Steven Anderson	11 Jun 83	
7.88	Jack Roach	26 Jun 22	16.13i	Seun Okome	26 Feb 22	
7.85	Efe Uwaifo	6 May 17	16.10	Alan Lerwill	28 Aug 71	
<b>Triple Jump</b>			16.09	Courtney Charles	17 Jun 90	
18.29	Jonathan Edwards	7 Aug 95	16.08	Craig Duncan	21 Jun 86	50
18.01	Edwards	9 Jul 98	16.07 i	Babatunde Amosu	28 Feb 15	
18.00	Edwards	27 Aug 95	16.06	Mike McKernan	29 Jul 07	
17.99	Edwards	23 Aug 98	16.02	Peter Akwaboah	15 Jun 89	
17.98	Edwards	18 Jul 95	16.02	Archie Yeo	21 May 23	
17.92	Edwards	6 Aug 01	16.01 i	Lawrence Davis	19 Feb 17	
17.88	Edwards	27 Jul 96	16.01 i	Tito Odunaike	7 Feb 26	
17.86	Edwards	28 Jul 02	<b>wind assisted</b>			
17.82	Edwards	25 Jun 96	18.43	Jonathan Edwards	25 Jun 95	
17.81	Phillips Idowu	29 Jul 10	18.08	Edwards	23 Jul 95	
17.64	Nathan Douglas	10 Jul 05	18.03	Edwards	2 Jul 95	
17.57 A	Keith Connor	5 Jun 82	17.81	Keith Connor	9 Oct 82	
	17.31 i	13 Mar 81	17.31	Larry Achike	15 Jul 00	
17.41	John Herbert	2 Sep 85	17.30	Tosi Fasinro	12 Jun 93	
17.30	Larry Achike	23 Sep 00	17.29 A	Francis Agyepong	29 Jul 95	
17.27	Ben Williams	25 Aug 19		17.24	2 Jul 95	
17.21	Tosi Fasinro	27 Jul 93	17.02	Aston Moore	14 Jun 81	
17.18	Francis Agyepong	7 Jul 95	17.00	Steven Shalders	10 Jul 05	
17.06	Julian Golley	10 Sep 94	16.96	Julian Reid	28 May 16	10
17.01	Eric McCalla	3 Aug 84	16.82	Vernon Samuels	24 Jun 89	
16.95	Julian Reid	4 Jul 15	16.65	Fred Alsop	13 Aug 65	
16.87	Mike Makin	2 Aug 86	16.59	Michael Puplampu	10 Jun 12	
16.86	Aston Moore	16 Aug 81	16.50	Jude Bright-Davies	22 Jul 23	
16.86	Tosin Oke	3 Aug 07	16.49	Tony Wadhams	16 Sep 69	
16.81	Nathan Fox	13 May 17	16.44	Tayo Erogbogbo	31 May 97	
16.75	Vernon Samuels	7 Aug 88	16.38	Femi Abejide	10 Jun 89	
16.71	Steven Shalders	3 Sep 05	16.38	Courtney Charles	22 Jul 90	
16.63 A	Femi Akinsanya	10 Apr 99	16.33	David Johnson	28 May 78	
	16.58	15 Jun 96	16.32	Craig Duncan	20 Jun 87	
16.61	Kola Adedoyin	26 Apr 14	16.32	Rez Cameron	21 May 89	20
16.50	Michael Puplampu	3 Aug 19	16.31	Efe Uwaifo	25 Aug 19	
16.49 i	Nick Thomas	11 Feb 06	16.21	Alan Lerwill	28 Aug 71	
16.46	Fred Alsop	16 Oct 64	16.17	Chris Colman	15 Jul 78	
			16.15	Babatunde Amosu	17 May 15	

Shot				Discus			
21.92	Carl Myerscough	13 Jun 03		70.76	Lawrence Okoye	13 Apr 25	
21.68	Geoff Capes	18 May 80		68.24	Okoye	19 May 12	
21.55	Capes	28 May 76		67.86	Nicholas Percy	17 Apr 25	
21.55	Myerscough	27 Jul 03		67.73	Percy	6 Apr 24	
21.50	Capes	24 May 80		67.63	Okoye	9 Jul 11	
21.50	Myerscough	8 Aug 03		67.25	Okoye	4 Sep 12	
21.49 i	Myerscough	15 Mar 03		67.24	Okoye	19 Jul 25	
21.37	Capes	10 Aug 74		67.14	Okoye	19 Aug 22	
21.36	Capes	19 Jun 76		67.13	Okoye	11 Jun 21	
21.35	Capes	5 Jun 80		67.10	Okoye	13 Mar 25	
21.31	Scott Lincoln	28 May 24		66.84	Brett Morse	30 Jun 13	
20.88	Mark Edwards	7 Jun 08		66.64	Perriss Wilkins	6 Jun 98	
20.85 i	Mark Proctor	25 Jan 98		65.56	Gregory Thompson	27 Apr 19	
20.45	Shaun Pickering	17 Aug 97		65.44	Abdul Buhari	9 Jul 11	
20.43	Mike Winch	22 May 74		65.24	Carl Myerscough	9 Jun 12	
20.33	Paul Edwards	9 Jul 91		65.16	Richard Slaney	1 Jul 85	
19.68 i	Piers Cameron	14 Feb 26		65.11	Glen Smith	18 Jul 99	
19.56	Arthur Rowe	7 Aug 61	10	65.08	Robert Weir	19 Aug 00	10
19.49	Matt Simson	28 Aug 94		64.94	Bill Tancred	21 Jul 74	
19.44 i	Simon Williams	28 Jan 89		64.93	Emeka Udechuku	17 Jul 04	
19.43	Bill Tancred	18 May 74		63.76	Zane Duquemin	26 Jun 22	
19.42	Zane Duquemin	27 Jul 13		63.00	Chris Scott	9 Jul 11	
19.18	Jeff Teale	7 Aug 68		62.36	Peter Tancred	8 May 80	
19.04	Youcef Zatat	23 Jul 23		61.86	Paul Mardle	13 Jun 84	
19.02 i	Kieren Kelly	21 Feb 09		61.62	Peter Gordon	15 Jun 91	
19.01	Billy Cole	21 Jun 86		61.21	George Armstrong	11 Apr 19	
18.97	Scott Rider	4 Jun 05		61.14	Simon Williams	18 Apr 92	
18.97	Emeka Udechuku	24 Jun 06	20	61.10	Kevin Brown	30 Aug 97	20
18.94	Bob Dale	12 Jun 76		61.00	Allan Seatory	6 Oct 74	
18.93	Paul Buxton	13 May 77		60.92	Graham Savory	10 May 86	
18.85	Lee Newman	2 Jun 96		60.81	Chukwuemeka Osammor	26 Jun 22	
18.79	Steph Hayward	6 Sep 00		60.48	Lee Newman	10 May 97	
18.66 i	Ryan Spencer-Jones	15 Dec 13		60.42	Mike Cushion	16 Aug 75	
18.62	Martyn Lucking	2 Oct 62		60.08	Abi Ekoku	16 May 90	
18.59 i	Alan Carter	11 Apr 65		59.98	Tom Norman	18 Jun 11	
18.59 i	Greg Beard	13 Jan 13		59.84	Colin Sutherland	10 Jun 78	
18.56	Lewis Byng	16 Aug 20		59.84	George Evans	6 Apr 19	
18.50	Mike Lindsay	2 Jul 63	30	59.76	John Hillier	27 Jul 74	30
18.46	Roger Kennedy	22 May 77		59.70	John Watts	14 Jul 72	
18.46 i	Simon Rodhouse	20 Feb 82		59.58	Jamie Williamson	30 Jun 12	
18.35	Peter Tancred	9 Jul 74		59.33	Alan Toward	26 Feb 17	
18.34	Richard Slaney	3 Jul 83		58.84	Simon Cooke	16 Jun 12	
18.33 i	Patrick Swan	18 Feb 24		58.77	Angus McInroy	10 Jul 10	
18.29 i	Jamie Williamson	13 Jan 13		58.71	Samuel Woodley	9 Apr 21	
18.07	Gareth Winter	23 May 15		58.69	Marcus Gouldbourne	25 Jul 06	
18.05	John Watts	19 Aug 72		58.64	Steve Casey	19 May 91	
18.04	Andy Vince	30 Apr 83		58.58	Darrin Morris	22 Jun 91	
17.96	Nigel Spratley	28 Aug 94	40	58.36	Paul Reed	11 Jul 99	40
17.95	Graham Savory	4 Jun 88		58.34	Geoff Capes	29 Sep 73	
17.92	Nick Tabor	9 Apr 83		58.08	Mike Winch	7 Sep 75	
17.90	Chris Gearing	26 May 07		57.92	Michael Jenkins	9 Aug 25	
17.90	Carl Fletcher	18 Aug 09		57.58	Arthur McKenzie	17 Aug 69	
17.87	Bill Fuller	15 Jul 72		57.39	Adam Damadzic	5 May 18	
17.87 i	Ian Lindley	15 Mar 81		57.30	James Tomlinson	25 Jun 23	
17.87 i	Antony Zaidman	22 Jan 83		57.14	Mark Proctor	24 Jun 00	
17.85	Gary Sollitt	4 Jun 82		57.12	Paul Edwards	10 Aug 88	
17.85	Jamie Stevenson	28 Jun 09		57.10	Dennis Roscoe	3 May 80	
17.79	John Alderson	31 Jul 74	50	57.09	Leslie Richards	21 Aug 10	50
17.79 i	George Evans	27 Feb 21		57.07	Curtis Griffith-Parker	19 Jun 10	
17.78	Steve Whyte	11 Feb 89		57.00	Gerry Carr	17 Jul 65	
17.71	Sam Westlake-Cann	11 Aug 07		56.97	Matthew Brown	26 Apr 08	
17.69 i	David Readle	24 Feb 01		56.79	Alexander Parkinson	11 Feb 17	



76.10	Keith Beard	18 May 91		7822	31 Aug 14		
75.89	Dan Pembroke	12 Jun 11	7843	Harry Kendall	29 May 22	20	
75.52	Marcus Humphries	25 Jul 87	7787	Brian Taylor	30 May 93		
75.32	Steve Harrison	9 Jul 95	30 7766	Barry Thomas	2 Sep 95		
75.28	Nigel Stainton	5 Aug 89	7761 w	Ollie Thorner	13 May 23		
74.92	Neil McLellan	22 Jun 07		7641	8 Jun 23		
74.90	Daryl Brand	27 Jun 86	7748	Eric Hollingsworth	30 May 93		
74.72	Chris Crutchley	13 Jul 86	7740	Greg Richards	7 Jun 87		
74.71	Benji Pearson	26 Apr 14	7739	Jamie Quarry	30 May 99		
74.70	Myles Cottrell	16 May 92	7739	Jami Schlueter	6 Jun 24		
74.64	Bonne Buwembo	24 Aug 14	7734	Edward Dunford	9 Sep 07		
74.62	Alex van der Merwe	29 Mar 08	7727	David Guest	6 Jun 10		
73.89	Jonathan Engelking	11 May 18	7726	Ben Hazell	28 Jun 09	30	
73.56	Dan Carter	16 Sep 00	40 7713	Jim Stevenson	5 Jun 93		
73.41	Neil Crossley	6 May 13	7712	Martin Brockman	8 Oct 10		
73.26	David Messom	25 Apr 87	7708	Fidelis Obikwu	28 May 84		
73.24	Charlie Evans	11 May 24	7692	Sam Talbot	29 May 22		
72.92	Stefan Baldwin	8 May 93	7663	Rafer Joseph	24 Aug 94		
72.91	Oliver Wright	18 May 25	7661 w	Joel McFarlane	12 May 23		
72.73	Freddie Curtis	7 Jun 15		7613	10 May 24		
72.52	Richard Shuttleworth	25 Sep 11	7651	David Hall	13 Jun 15		
72.41	Steven Turnock	15 Apr 17	7643 W	Tom Leeson	8 Sep 85		
72.35	Anthony Lovett	24 Jul 04		7565	11 Aug 85		
72.26	Felix Hatton	2 Jul 11	50 7635 W	Du'aine Ladejo	24 May 98		
71.90	Greg Millar	26 Jun 21		7633	18 Sep 98		
71.86	Tony Hatton	3 May 93		7597	Osman Muskwe	30 Aug 15	40
71.83	Brett Byrd	19 Jun 10	7596	Mike Corden	27 Jun 76		
71.79	Philip Sharpe	27 Aug 00	7594	Mark Bishop	3 Sep 89		
71.60	Stuart Harvey	22 Jun 08	7594	Andrew Murphy	7 Jul 19		
71.00	Michael Tarran	30 Jun 02	7579	Mark Luscombe	8 May 88		
	<b>Decathlon (1984 Tables)</b>		7571	Alexis Sharp	17 Apr 98		
8847	Daley Thompson	9 Aug 84	7571	Kevin Sempers	8 Oct 10		
8811	Thompson	28 Aug 86	7535	Duncan Mathieson	24 Jun 90		
8774	Thompson	8 Sep 82	7520	Stephen Simmons	7 Sep 25		
8730	Thompson	23 May 82	7515	Ken Hayford	9 Jun 85		
8714	Thompson	13 Aug 83	7510 W	John Heanley	6 Jun 04	50	
8667	Thompson	18 May 86		7443	16 May 04		
8663	Thompson	28 Jul 86	7510	Peter Glass	14 Jul 13		
8648	Thompson	18 May 80	7500	Barry King	22 May 72		
8603	Dean Macey	7 Aug 01	7500	Pan Zeniou	2 Aug 81		
8567	Macey	28 Sep 00	7500	Curtis Mathews	17 Sep 17		
8336	Tim Duckworth	7 Jun 18	7496 w	Harry Maslen	6 Apr 18		
8163	Ashley Bryant	28 May 17		7477	6 Apr 18		
8131	Alex Kruger	2 Jul 95					
8102	Daniel Awde	27 May 12		<b>Heptathlon (Short Track)</b>			
8100	Sammy Ball	1 Jun 25	6188	Tim Duckworth	10 Mar 18		
8093	Lewis Church	1 Jun 25	6165	Duckworth	11 Mar 17		
8011 w	Jack Turner	12 May 23	6156	Duckworth	3 Mar 19		
	7963	6 Jun 24	6071	Duckworth	20 Jan 18		
7980	Simon Shirley	24 Aug 94	10 6006	Duckworth	4 Feb 17		
7965	John Lane	13 Apr 17	6000	Jack Turner	27 Jan 24		
7922 W	Brad McStravick	28 May 84	5982	John Lane	26 Jan 14		
	7885	6 May 84	5978	Alex Kruger	12 Mar 95		
7904	David Bigham	28 Jun 92	5975	Ashley Bryant	29 Jan 17		
7901 h	Peter Gabbett	22 May 72	5962	Turner	15 Mar 25		
7889	Eugene Gilkes	18 May 86	5877	Anthony Brannen	5 Feb 95		
7882	Ben Gregory	14 Apr 16	5834	Ben Gregory	5 Mar 17		
7874	Colin Boreham	23 May 82	5832	Liam Ramsay	8 Jan 17		
7861	Anthony Brannen	30 Apr 95	5831	Lewis Church	16 Feb 25		
7857 w	Liam Ramsay	19 Jul 15	5823	Sam Talbot	8 Jan 23	10	
			5805	Richard Reeks	26 Jan 14		

5783	Daniel Awde	7 Mar 10	12:22.0	Roger Mills	13 Mar 76	20
5760	Sammy Ball	16 Feb 25	<b>5000 Metres Track Walk</b>			
5751	Ollie Thorner	24 Feb 24	18:41.23	Callum Wilkinson	25 Aug 19	
5749	Kevin Sempers	3 Feb 08	18:43.28	Tom Bosworth	2 Jul 17	
5722	Edward Dunford	13 Jan 08	18:56.96	Wilkinson	2 Jul 17	
5672	Philip Kastner	18 Jan 25	19:00.73	Bosworth	5 Jul 15	
5663	Louis Evling-Jones	12 Feb 06	19:01.20	Bosworth	1 Jul 18	
5662	Andrew Murphy	17 Feb 19	19:27.39	Alex Wright	14 Jun 13	
5640	Jamie Quarry	14 Feb 99	19:35.0	Darrell Stone	16 May 89	
5637	Barry Thomas	5 Feb 95	19:40.10	Cameron Corbishley	15 Jun 24	
5626	Francis Baker	30 Jan 11	19:55.8 +	Ian McCombie	4 Jun 89	
5780os	Jami Schlueter	1 Feb 25	19:57.91	Dominic King	24 Jul 04	
<b>3000 Metres Track Walk</b>			19:57.95	Daniel King	24 Jul 04	
10:43.84	Tom Bosworth	21 Jul 18	20:05.7	Philip King	29 Jul 95	
10:59.00	Callum Wilkinson	14 Aug 19	20:06.66	Matthew Hales	2 Sep 00	10
11:19.10	Cameron Corbishley	12 Jun 17	20:09.0	Steve Partington	11 Mar 92	
11:24.4	Mark Easton	10 May 89	20:13.0	Martin Bell	2 May 92	
11:28.4	Phil Vesty	9 May 84	20:13.50	Sean Martindale	22 Jul 90	
11:31.0	Andi Drake	22 Jul 90	20:14.2	Paul Nihill	12 Jul 72	
11:32.2	Ian McCombie	20 Jul 88	20:16.0	Andy Penn	3 Sep 88	
11:33.4	Steve Partington	12 Jul 95	20:17.47	Paul Blagg	22 Jul 90	
11:34.62	Daniel King	30 May 05	20:20.0	Chris Maddocks	15 Aug 87	
11:35.5	Andy Penn	10 May 97	20:20.0	Andi Drake	5 Sep 87	
11:38.16	Alex Wright	31 May 10	20:22.0+	Steve Barry	20 Mar 82	
11:44.68	Roger Mills	7 Aug 81	20:24.0+	Phil Vesty	28 May 84	20
11:45.1	Chris Maddocks	9 Aug 87	20:26.7	Mike Parker	22 Dec 85	
11:45.77	Steve Johnson	20 Jun 87	20:28.40	Steve Johnson	9 Jul 88	
11:49.0	Darrell Stone	10 Jul 90	20:29.0	Les Morton	19 Aug 90	
11:49.48	Martin Rush	1 Jul 84	20:31.57	Christopher Snook	30 Jun 24	
11:49.64	Philip King	29 May 95	<b>5000 Metres Walk Short Track</b>			
11:50.26	Luke Finch	31 May 10	18:20.97	Tom Bosworth	23 Feb 20	
11:50.55	Nick Ball	29 May 06	18:28.70	Bosworth	18 Feb 18	
11:51.1	Paul Nihill	5 Jun 71	18:39.47	Bosworth	12 Feb 17	
<b>3000 Metres Walk Short Track</b>			18:50.14	Callum Wilkinson	12 Feb 23	
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	10
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	20
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	

39:06.28	Wilkinson	7 Aug 22	1:22:03	Ian McCombie	23 Sep 88
39:52.05	Wilkinson	29 Aug 20	1:22:12	Chris Maddocks	3 May 92
40:06.65	Ian McCombie	4 Jun 89	1:22:50	Cameron Corbishley	16 May 21
40:12.50	Cameron Corbishley	30 Jun 24	1:22:51	Steve Barry	26 Feb 83
40:29.32	Wilkinson	6 Apr 19	1:23:05	Alex Wright	17 Mar 13
40:39.77	McCombie	5 Jun 88	1:23:34	Andy Penn	29 Feb 92
40:41.62	Wilkinson	23 Jul 16	1:23:34	Martin Rush	29 Feb 92
40:42.53	McCombie	28 Aug 89	1:23:58	Darrell Stone	24 Feb 96 10
40:45.38	Tom Bosworth	8 Jun 22	1:24:04	Mark Easton	25 Feb 89
40:53.60	Phil Vesty	28 May 84	1:24:04.0t	Andi Drake	26 May 90
40:55.6	Martin Rush	14 Sep 91	1:24:07.6t	Phil Vesty	1 Dec 84
41:06.57	Chris Maddocks	20 Jun 87	1:24:09	Steve Partington	24 Sep 94
41:10.11	Darrell Stone	16 Jul 95	1:24:25	Tim Berrett	21 Apr 90
41:13.62	Steve Barry	19 Jun 82	1:24:50	Paul Nihill	30 Jul 72
41:13.65	Martin Bell	22 Jul 95 10	1:25:42	Martin Bell	9 May 92
41:14.3	Mark Easton	5 Feb 89	1:25:53.6t	Sean Martindale	28 Apr 89
41:14.61	Steve Partington	16 Jul 95	1:26:02	Jamie Higgins	12 Apr 14
41:18.64	Andi Drake	5 Jun 88	1:26:08	Dominic King	25 Jun 17 20
41:49.06	Sean Martindale	26 Jun 90	1:26:14	Daniel King	28 Feb 04
41:55.5	Phil Embleton	14 Apr 71	1:26:37	Christopher Snook	16 Mar 24
41:59.10	Andy Penn	27 Jul 91	1:26:53	Chris Cheeseman	21 Mar 99
42:06.35	Gordon Vale	2 Aug 81	1:27:00	Roger Mills	30 Jun 80
42:08.57	Paul Blagg	28 Aug 89	1:27:05	Mike Parker	5 Apr 86
42:11.42	Christopher Snook	12 Jun 22 20	1:27:16	Les Morton	25 Feb 89
42:17.1	Dominic King	4 May 02	1:27:30	Ben Wears	15 May 10
<b>track short</b>			1:27:35	Olly Flynn	3 Oct 76
40:54.7	Steve Barry	19 Mar 83	1:27:43	Luke Finch	20 Jun 10
<b>10 Kilometres Road Walk</b>			1:27:46	Brian Adams	11 Oct 75 30
39:10	Tom Bosworth	1 Mar 20	1:27:59	Phil Embleton	3 Apr 71
39:31	Callum Wilkinson	1 Jun 19	1:28:02	Paul Blagg	27 Feb 82
39:36	Bosworth	1 Mar 15	1:28:15	Ken Matthews	23 Jul 60
39:50 +	Bosworth	13 Aug 17	1:28:26	Chris Harvey	29 Sep 79
39:52	Wilkinson	5 Aug 20	1:28:30	Allan King	11 May 85
40:17	Chris Maddocks	30 Apr 89	1:28:34	Chris Smith	11 May 85
40:24	Mark Easton	21 Mar 87	1:28:34	Steve Hollier	19 Jun 99
40:35 +	Steve Barry	14 May 83	1:28:37	Dave Jarman	30 Jun 80
40:40	Steve Partington	12 Jan 92	1:28:38	Guy Thomas	3 Jun 17
40:45	Darrell Stone	8 Apr 89	1:28:40	Matt Hales	21 Apr 01 40
40:59	Cameron Corbishley	1 Mar 20	1:28:46	Jimmy Ball	4 Apr 87
41:01	Ian McCombie	8 Dec 84	1:28:46	Steve Taylor	20 Dec 92
41:08 +	Martin Rush	30 Aug 84 10	1:28:46	Jamie O'Rawe	21 Mar 99
41:24	Alex Wright	3 Feb 13	1:28:50	Amos Seddon	3 Aug 74
41:25 +	Andrew Drake	17 Jun 00	1:29:07	Philip King	20 Aug 95
41:28 +	Andy Penn	9 May 92	1:29:19	Stuart Phillips	31 May 92
41:28	Martin Bell	24 Apr 99	1:29:24	George Nibre	6 Apr 80
41:34 +	Christopher Snook	16 Mar 24	1:29:27	Graham White	19 Apr 97
<b>during a road running race</b>			1:29:29 +	Steve Johnson	16 Apr 89
40:48	Ian McCombie	15 Jan 89	1:29:37	John Warhurst	28 Jul 73 50
<b>20 Kilometres Road Walk</b>			<b>no judges</b>		
1:19:38	Tom Bosworth	8 Apr 18	1:27:04.0t	Steve Hollier	9 Jan 00
1:20:13	Bosworth	12 Aug 16	<b>35 Kilometres Road Walk</b>		
1:20:27	Callum Wilkinson	19 May 24	2:31:34	Cameron Corbishley	26 Oct 24
1:20:31	Wilkinson	1 Aug 24	2:36:06	Corbishley	18 May 25
1:20:32	Wilkinson	5 Jun 21	2:36:19	Chris Maddocks	29 Jun 91
1:20:41	Bosworth	19 Mar 16	2:37:20	Maddocks	25 Jun 89
1:20:53	Bosworth	19 May 19	2:37:24 +	Corbishley	20 Mar 21
1:20:58	Bosworth	1 Apr 17	2:37:27	Les Morton	29 Jun 91
1:21:21	Bosworth	21 May 17	2:38:01	Andi Drake	22 Apr 89
1:21:21	Wilkinson	18 Sep 20	2:38:11	Martin Rush	6 Jun 92
			2:40:04	Amos Seddon	21 Jun 80

2:40:37	Mike Smith	22 Apr 89		4:20:43	Tim Watt	8 Oct 95
2:40:41 +	Dominic King	20 Mar 21		4:20:48	Andrew Trigg	1 May 88
2:40:49	Darrell Stone	11 Jun 95		4:20:51	Murray Lambden	18 Jul 82
2:41:03	Dennis Jackson	15 Jun 85	10	4:21:02	Ron Wallwork	17 Jul 71
<b>Marathon Road Walk</b>				4:22:05	Mel McCann	14 Sep 86 50
3:13:48	Cameron Corbishley	14 Dec 25		<b>4 x 100 Metres Relay</b>		
<b>50 Kilometres Road Walk</b>				37.36	GBR	5 Oct 19
3:51:13	Dominic King	20 Mar 21		A.Gemili, Z.Hughes, R.Kilty, N.Mitchell-Blake		
3:51:37	Chris Maddocks	28 Oct 90		37.47	GBR	12 Aug 17
3:53:14	Maddocks	25 Nov 95		C.J.Ujah, A.Gemili, D.Talbot, N.Mitchell-Blake		
3:53:20	Cameron Corbishley	23 Mar 19		37.56	GBR	4 Oct 19
3:54:15	Corbishley	20 Mar 21		A.Gemili, Z.Hughes, R.Kilty, N.Mitchell-Blake		
3:55:48	King	8 Oct 16		37.60	GBR	21 Jul 19
3:56:35	King	23 Mar 19		C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake		
3:57:10	Maddocks	12 Mar 00		37.61	GBR	22 Jul 18
3:57:48	Les Morton	30 Apr 89		C.J.Ujah, Z.Hughes, A.Gemili, N.Mitchell-Blake		
3:58:25	Morton	20 Mar 88		37.61	GBR	9 Aug 24
3:59:55	Paul Blagg	5 Sep 87		J.Azu, L.Hinchliffe, N.Mitchell-Blake, Z.Hughes		
4:03:08	Dennis Jackson	16 Mar 86		37.67	GBR	21 Aug 22
4:03:53	Mark Easton	25 Apr 98		J.Azu, Z.Hughes, J.Efoloku, N.Mitchell-Blake		
4:04:49	Daniel King	29 Mar 08		37.73	GBR	29 Aug 99
4:06:14	Barry Graham	20 Apr 85		Gardener, Campbell, Devonish, Chambers		
4:07:18	Steve Hollier	18 Jun 00	10	37.76	GBR	12 Aug 17
4:07:23	Bob Dobson	21 Oct 79		C.J.Ujah, A.Gemili, D.Talbot, N.Mitchell-Blake		
4:07:49	Chris Cheesman	2 May 99		37.77	GBR	22 Aug 93 10
4:07:57	Ian Richards	20 Apr 80		C.Jackson, A.Jarrett, J.Regis, L.Christie		
4:08:41	Adrian James	12 Apr 80		37.78	GBR	23 Jul 16
4:09:15un	Don Thompson	10 Oct 65		J.Dasaolu, A.Gemili, J.Ellington, C.J.Ujah		
4:12:19		20 Jun 59		37.80	GBR	12 Aug 18
4:09:22	Mike Smith	27 Mar 89		C.J.Ujah, Z.Hughes, A.Gemili, Aikines-Aryeetey		
4:10:23	Darrell Stone	6 May 90		37.80	GBR	27 Aug 23
4:10:42	Amos Seddon	9 Mar 80		J.Azu, Z.Hughes, A.Gemili, E.Amo-Dadzie		
4:11:32	Paul Nihill	18 Oct 64		37.81	GBR "B"	23 Jul 16
4:12:00	Sean Martindale	16 Oct 93	20	R.Kilty, Aikines-Aryeetey, D.Talbot, O.Edoburun		
4:12:02	Martin Rush	28 Jul 91		37.83	GBR	23 Jul 22
4:12:37	John Warhurst	27 May 72		J.Efoloko, Z.Hughes, Mitchell-Blake, R.Prescod		
4:12:50	Darren Thorn	6 May 90		37.84	GBR	12 Aug 18
4:13:18	Graham White	27 Jun 98		C.J.Ujah, Z.Hughes, A.Gemili, N.Mitchell-Blake		
4:13:25	Allan King	16 Apr 83		37.90	GBR	1 Sep 07
4:14:03	Tom Misson	20 Jun 59		C.Malcolm, C.Pickering, Devonish, Lewis-Francis		
4:14:25	Dave Cotton	15 Jul 78		37.93	GBR	25 May 14
4:15:14	Shaun Lightman	13 Oct 73		R.Kilty, Aikines-Aryeetey, J.Ellington, D.Talbot		
4:15:22	Brian Adams	17 Sep 78		37.93	GBR	17 Aug 14
4:15:52	Ray Middleton	27 May 72	30	J.Ellington, Aikines-Aryeetey, R.Kilty, D.Talbot		
4:16:30	Karl Atton	20 Apr 97		37.98	GBR	1 Sep 90 20
4:16:45	Gareth Brown	21 Apr 02		D.Braithwaite, J.Regis, M.Adam, L.Christie		
4:16:47	George Nibre	9 Mar 80		37.98	GBR	19 Aug 16
4:17:24	Andi Drake	18 Oct 87		R.Kilty, Aikines-Aryeetey, J.Ellington, A.Gemili		
4:17:34	Gordon Vale	9 Oct 83		38.00	GBR	23 Jul 23
4:17:40	Steve Partington	26 Jun 05		J.Azu, Z.Hughes, J. Efoloko, T.Ramdhan		
4:17:52	Stuart Elms	17 Apr 76		38.01	GBR	25 Aug 23
4:18:30	Peter Ryan	10 Apr 82		J.Azu, E.Amo-Dadzie, A.Gemili J.Efoloko		
4:19:00	Carl Lawton	17 Jul 71		38.02	GBR	22 Aug 09
4:19:13	Bryan Eley	19 Jul 69	40	S.Williamson, T.Edgar, Devonish, Aikines-Aryeetey		
4:19:26	Roger Mills	9 Apr 83		38.02	England	2 Aug 14
4:19:55	Mick Holmes	4 Aug 73		A.Gemili, Aikines-Aryeetey, R.Kilty, D.Talbot		
4:19:57	Barry Ingarfield	21 Oct 79		38.04	GBR	8 Aug 24
4:20:05	George Chaplin	27 May 72		J.Azu, L.Hinchliffe, R.Kilty, N.Mitchell-Blake		
4:20:22	Scott Davis	13 Sep 09		38.05	GBR	21 Aug 93
				J.John, A.Jarrett, D.Braithwaite, L.Christie		
				38.06	GBR	18 Aug 16

R.Kilty, Aikines-Aryeetey, J.Ellington, C.J.Ujah  
38.07 GBR 28 Aug 04 30  
J.Gardener, D.Campbell, Devonish, Lewis-Francis

**Drugs disqualification:**

37.51 GBR 6 Aug 21  
C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake  
38.02 GBR 5 Aug 21  
C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake

**4 x 200 Metres Relay**

1:21.29 GBR 23 Jun 89  
M.Adam, A.Mafe, L.Christie, J.Regis  
1:21.54 GBR 5 Jun 93  
J.John, M.Adam, D.Braithwaite, J.Regis  
1:21.97 GBR 5 Jun 92  
L.Christie, J.John, J.Regis, M.Adam  
1:22.30 Fast Lane 19 Apr 98  
Joselyn & Josephus Thomas, J.Regis,  
N.Stickings  
1:22.42 GBR "B" 16 Jul 88  
P.Goedluck, A.Mafe, D.Reid, J.Regis

**4 x 200 Metres Relay Short Track**

1:22.11 i GBR 3 Mar 91  
L.Christie, D.Braithwaite, A.Mafe, J.Regis  
1:22.99 GBR 23 Feb 90  
M.Adam, J.Regis, C.Callender, L.Christie  
1:23.46 GBR 28 Jan 89  
A.Mafe, D.Reid, M.Adam, J.Ridgeon  
1:23.56 GBR 13 Feb 93  
M.Adam, M.Richardson, J.Regis, D.Campbell  
1:23.93 GBR 6 Feb 88  
W.Fraser, D.Reid, S.Eden, L.Christie

**4 x 400 Metres Relay**

2:55.83 GBR 10 Aug 24  
Haydock-Wilson, Hudson-Smith, L.Davey, C.Dobson  
2:56.60 GBR 3 Aug 96  
I.Thomas, J.Baulch, M.Richardson, R.Black  
2:56.65 GBR 10 Aug 97  
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****60 Metres**

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

**100 Metres**

9.94	Reece Prescod	18 Aug 18
9.95	Louie Hinchliffe	7 Jun 24
9.96	Chijindu Ujah	8 Jun 14
9.97	Dwain Chambers	22 Aug 99
9.97	Adam Gemili	7 Jun 15
10.03	Simeon Williamson	12 Jul 08
10.04	Mark Lewis-Francis	5 Jul 02
10.04	Ojie Edoburun	4 Jun 18
10.04	Jeremiah Azu	13 Jul 23
10.09	Jason Livingston	13 Jun 92 10
10.09	James Dasaolu	6 Jun 09
10.09	Nethaneel Mitchell-Blake	16 Apr 16
10.10	Harry Aikines-Aryeetey	7 Sep 08
10.10	Zharnel Hughes	16 Apr 16
10.11	Christian Malcolm	5 Aug 01
10.12	Toby Makoyawo	25 Mar 11

**wind assisted**

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

**200 Metres**

19.95	Nethaneel Mitchell-Blake	14 May 16
19.98	Adam Gemili	16 Aug 13
20.02	Zharnel Hughes	27 Aug 15
20.08	Christian Malcolm	8 Aug 01
20.18	John Regis	3 Sep 87
20.23	Joe Ferguson	26 Jun 22
20.34	Chris Lambert	20 Jul 03
20.34	Jeriel Quainoo	20 Apr 24
20.36	Todd Bennett	28 May 84
20.37	Toby Sandeman	18 Jul 09 10
20.38	Julian Golding	24 Aug 97
20.38	Reece Prescod	25 Aug 16
20.40	Delano Williams	16 May 15
20.43	Mike McFarlane	7 Oct 82
20.44	Miguel Francis	15 Apr 17

20.45 Danny Talbot 1 Jun 13

**wind assisted**20.10 Marcus Adam 1 Feb 90  
20.18 Joe Ferguson 26 Jun 22**hand timing**

20.3 David Jenkins 19 Aug 72

**200 Metres short track**20.51 Nethaneel Mitchell-Blake 26 Feb 16  
20.54 John Regis 22 Feb 87  
20.54 Christian Malcolm 26 Feb 00  
20.66 Andrew Morgan-Harrison 16 Feb 20  
20.73 Toby Makoyawo 5 Feb 22  
20.80 A Brodie Young 28 Feb 25  
20.86 Adam Clayton 18 Feb 22  
20.89 Julian Golding 23 Feb 97  
20.89 Danny Talbot 13 Feb 11  
20.90 Jaden Smith 18 Jan 25 10  
20.93 Tim Abeyie 20 Feb 04  
20.94 Connor Wood 10 Feb 19**300 Metres**

32.08 Roger Black 8 Aug 86

**300 Metres short track**32.79 A Brodie Young 25 Jan 25  
32.8+ Daniel Caines 18 Feb 01**400 Metres**44.47 David Grindley 3 Aug 92  
44.48 Matthew Hudson-Smith 13 Aug 16  
44.50 Derek Redmond 1 Sep 87  
44.59 Roger Black 29 Aug 86  
44.60 Martyn Rooney 19 Aug 08  
44.60 Samuel Reardon 27 Jun 25  
44.66 A Iwan Thomas 14 Apr 96  
44.69 16 Jun 96  
45.01 Robert Tobin 11 Jun 05  
45.04 Tim Benjamin 30 Jul 04  
45.09 Mark Richardson 10 Jul 92 10  
45.14 Jamie Baulch 23 Aug 95  
45.18 David Jenkins 16 Aug 74  
45.2 Du-aine Ladejo 1 May 93  
45.25 3 Jun 92  
45.24 Mark Hylton 12 Aug 98  
45.34 Brodie Young 19 Jul 25  
45.37 Daniel Caines 23 Sep 00  
45.38 Brian Whittle 26 May 86**400 Metres short track**45.46 A Brodie Young 1 Mar 25  
45.61 Daniel Caines 18 Feb 01  
45.82 Jaden Smith 1 Feb 25  
45.83 Mark Hylton 9 Feb 97  
45.89 David Grindley 20 Feb 93  
45.94 Mark Richardson 20 Feb 93  
46.11 Guy Bullock 9 Feb 97  
46.11 Sean Baldock 8 Feb 98  
46.17 Nigel Levine 19 Feb 11  
46.23 Lee Thompson 18 Feb 18 10  
46.26 Cameron Chalmers 10 Feb 19

46.34	Richard Buck	16 Feb 08	3:38.28	Graham Williamson	10 Feb 82
<b>800 Metres</b>			3:38.81	Piers Copeland	15 Feb 20
1:43.50	Max Burgin	9 Aug 24	3:39.25	George Mills	15 Feb 20
1:43.82	Oliver Dustin	12 Jun 21	3:39.43	Charlie Grice	8 Mar 15
1:43.97	Sebastian Coe	15 Sep 78	3:40.02	Andy Keith	29 Feb 92
1:43.98	Peter Elliott	23 Aug 83	3:40.25	Thomas Bridger	27 Jan 25
1:44.02	Ben Pattison	23 Jul 23	3:40.62+	Chris O'Hare	11 Feb 12 10
1:44.10	Henry Jonas	18 Jul 25	3:41.1+	Ricky Stevenson	23 Jan 10
1:44.30	Ethan Hussey	19 Jul 25	3:41.18	Archie Davis	1 Feb 20
1:44.35	Justin Davies	10 May 25	<b>1 Mile</b>		
1:44.45	Steve Cram	17 Jul 82	3:49.90	Steve Cram	13 Jul 82
1:44.65	Ikem Billy	21 Jul 84 10	3:50.64	Graham Williamson	13 Jul 82
1:44.68	Michael Rimmer	29 Jul 08	3:52.15	Jake Heyward	21 Aug 21
1:44.92	Curtis Robb	15 Aug 93	3:52.74	John Robson	17 Jul 79
1:44.97	Daniel Rowden	22 Jul 18	3:52.77	Ross Murray	14 Jul 12
1:44.98	Thomas Randolph	19 Aug 21	3:53.20	Ian Stewart II	25 Aug 82
1:45.10	Richard Hill	10 Jun 06	3:53.44	Jack Buckner	13 Jul 82
1:45.12	Reece Sharman-Newell	22 Jun 24	3:53.88	Josh Kerr	21 Jul 19
<b>800 Metres short track</b>			3:54.20	Jake Wightman	22 Jul 16
1:45.78	Justin Davies	15 Feb 25	3:54.36	Steve Crabb	21 Jul 84 10
1:45.91	Finley McLearn	13 Mar 21	3:54.39	Neil Horsfield	8 Jul 86
1:46.02 A	Yusuf Bizimana	11 Mar 23	3:54.48	Henry McLuckie	24 Aug 24
1:46.43	Kyle Langford	3 Feb 18	3:54.61	Charlie Grice	27 Jul 13
1:46.54	Sebastian Coe	13 Mar 77	3:54.69	Steve Ovet	26 Jun 77
1:46.71	Peter Elliott	12 Mar 83	3:54.80	James Brewer	25 Jul 09
1:46.79	Jamie Phillips	20 Feb 26	3:54.89	Matthew Stonier	14 May 22
1:47.21	Piers Copeland	23 Feb 20	<b>1 Mile short track</b>		
1:47.23	Thomas Staines	10 Mar 18	3:52.02	George Couttie	14 Feb 25
1:47.24	Andrew Lill	22 Feb 92 10	3:53.65	Josh Kerr	9 Feb 19
1:47.32	David Sharpe	20 Feb 88	3:55.85	Alex Riley	31 Jan 26
1:47.40	Andrew Osagie	12 Mar 10	3:56.29	Bradley Giblin	31 Jan 26
<b>1000 Metres</b>			3:56.31	Ricky Stevenson	23 Jan 10
2:15.12	Steve Cram	17 Sep 82	3:56.48	Chris O'Hare	11 Feb 11
2:16.34	Matthew Yates	6 Jul 90	3:57.7	Andy Keith	11 Dec 93
<b>1000 Metres short track</b>			3:57.81	Yusuf Bizimana	12 Feb 21
2:18.53	George Couttie	7 Feb 26	3:57.83	Richard Peters	11 Feb 12
<b>1500 Metres</b>			3:57.88	Clifton Bradeley	9 Mar 85 10
3:31.30	Matthew Stonier	23 Jul 23	3:57.99	David Holman	12 Dec 25
3:32.52	Josh Kerr	6 Oct 19	<b>2000 Metres</b>		
3:32.82	Jake Heyward	5 Aug 21	4:57.61	Piers Copeland	19 Aug 20
3:33.66	Steve Cram	18 Aug 82	4:57.81 i	George Couttie	23 Jan 26
3:33.83	John Robson	4 Sep 79	5:01.90	Jack Buckner	29 Aug 83
3:34.00	Matthew Yates	13 Sep 91	5:02.67	Gary Staines	4 Aug 85
3:34.45	Steve Ovet	3 Sep 77	5:02.99	Neil Caddy	11 Aug 96
3:34.76	Ross Murray	27 May 12	<b>3000 Metres</b>		
3:35.16	Steve Crabb	28 Jun 84	7:38.73	Tom Mortimer	13 Jul 21
3:35.29	Charlie Grice	18 Jul 15 10	7:41.3	Steve Ovet	23 Sep 77
3:35.32	Piers Copeland	25 Sep 20	7:42.47	David Lewis	9 Jul 83
3:35.49	Jake Wightman	12 Jul 14	7:43.84ios	Charles Hicks	26 Feb 22
3:35.72	Graham Williamson	15 Jul 80	7:43.90	Ian Stewart II	26 Jun 82
3:36.03	Henry Jonas	20 Aug 25	7:44.36ios	James Dargan	14 Feb 26
3:36.22	James Shane	31 Jul 11	7:45.45	Paul Davies-Hale	13 Jul 84
3:36.31	George Mills	9 Jun 21	7:45.81	Alexander Yee	21 Aug 20
<b>1500 Metres short track</b>			7:46.6 +	David Black	14 Sep 73
3:35.72	Josh Kerr	16 Feb 19	7:47.12	Simon Mugglestone	27 Jun 88 10
3:36.72+	George Couttie	14 Feb 26	7:47.18 ios	Henry McLuckie	27 Jan 24
3:37.85	Henry Jonas	8 Feb 26	7:47.82	Steve Cram	26 Jul 81
			7:48.12	Will Barnicoat	20 Jul 24

7:48.6 +	Nat Muir	27 Jun 80	<b>10km Road</b>		
7:49.45	Paul Lawther	9 Sep 77	27:56	Steve Harris	4 Dec 83
<b>3000 Metres short track</b>			28:03	Jon Solly	5 Apr 86
7:36.74	George Couttie	6 Dec 25	28:05	Jon Brown	17 Oct 93
7:48.47	John Mayock	1 Mar 92	28:10	Zakariya Mahamed	14 Jan 24
7:48.99	Thomas Keen	4 Feb 03	28:11	Jon Richards	5 May 85
7:49.99	Edward Bird	13 Feb 26	28:13	Jack Buckner	13 Apr 85
7:50.81	Thomas Bridger	1 Feb 25	28:14	Emile Caires	4 Aug 21
7:50.86	Osian Perrin	19 Feb 23	<b>Half Marathon</b>		
7:51.12	Matthew Stonier	28 Jan 23	60:31	Jake Smith	17 Oct 20
7:51.38	Edward Bird	14 Feb 25	<b>Marathon</b>		
7:52.38	Tom Farrell	28 Jan 12	2:12:19	Don Faircloth	23 Jul 70
7:52.52	Henry Dover	31 Jan 26	2:16:04	Ian Ray	27 Oct 79
7:52.56	Tom Hanlon	12 Feb 89	2:16:21	Norman Wilson	10 Sep 77
<b>2 Miles</b>			2:16:47	Ieuan Ellis	19 Sep 82
8:19.37	Nat Muir	27 Jun 80	<b>3000 Metres Steeplechase</b>		
<b>5000 Metres</b>			8:16.52	Tom Hanlon	23 Aug 89
13:15.31	Tom Farrell	29 Apr 12	8:18.80	Colin Reitz	6 Jul 82
13:17.9	Nat Muir	15 Jul 80	8:20.83	Paul Davies-Hale	10 Jun 84
13:19.66	Will Barnicoat	6 Jul 24	8:22.48	John Davies	13 Sep 74
13:19.78	Jon Brown	2 Jul 93	8:28.6	Dave Bedford	10 Sep 71
13:22.2	Dave Bedford	12 Jun 71	8:29.72	David Lewis	29 May 83
13:22.85	Ian Stewart I	25 Jul 70	8:29.86	Tony Staynings	2 Aug 75
13:23.52	David Black	29 Jan 74	8:30.64	Dennis Coates	2 Aug 75
13:23.94	Jonathan Davies	28 May 16	8:31.72	Keith Cullen	28 Jun 92
13:24.58	Charles Hicks	1 Apr 22	8:31.80	Graeme Fell	8 Aug 81
13:24.59	Paul Davies-Hale	1 Jun 84	8:32.77	Eddie Wedderburn	23 Jun 81
13:25.0	Steve Ovet	30 Jul 77	8:32.87	Luke Gunn	17 Aug 05
13:26.97	John Mayock	9 Jun 92	8:32.97	Roger Hackney	14 Jul 79
13:28.12	Tom Mortimer	29 May 21	8:33.09	Zak Seddon	1 Apr 16
13:28.29	Simon Mugglestone	8 Jul 88	8:34.00	James Wilkinson	7 Jun 12
13:28.66	Josh Kerr	16 May 19	<b>60 Metres Hurdles</b>		
13:29.18	Alexander Yee	20 Jul 19	7.41	Colin Jackson	26 Feb 89
<b>5000 Metres short track</b>			7.50	Tony Jarrett	18 Mar 90
13:22.05	Charles Hicks	10 Feb 23	7.53	Andrew Pozzi	9 Mar 14
13:29.28	Steve Binns	12 Feb 82	7.56	Jon Ridgeon	28 Feb 88
13:38.75	Joseph O'Brien	14 Feb 25	7.60	Ross Baillie	14 Feb 99
13:42.93	Jon Brown	13 Mar 92	7.63	David Omoregie	28 Jan 17
13:44.70	Adam Bitchell	13 Dec 13	7.66	David King	13 Feb 16
13:46.36	Johnny Livingstone	7 Dec 24	7.67	David Nelson	21 Jan 89
13:46.44	Luke Caldwell	8 Mar 13	7.67	Lawrence Clarke	28 Jan 12
<b>10000 Metres</b>			7.67	Joshua Zeller	26 Feb 22
27:40.16	Charles Hicks	29 Apr 22	<b>110 Metres Hurdles</b>		
27:47.0	Dave Bedford	10 Jul 71	13.11 A	Colin Jackson	11 Aug 88
27:48.49	David Black	25 Jan 74	13.11		14 Jul 89
27:51.94	Alexander Yee	19 May 18	13.19	Joshua Zeller	15 May 22
28:09.95	Bernie Ford	6 Oct 73	13.21	Tony Jarrett	31 Aug 90
28:12.42	Dave Murphy	13 Jul 79	13.24	David Omoregie	3 Sep 16
28:14.08	Jon Richards	20 Jun 86	13.29	Jon Ridgeon	15 Jul 87
28:15.43	Joseph O'Brien	27 Mar 25	13.31	Lawrence Clarke	8 Aug 12
28:18.8	Nicky Lees	7 May 79	13.34	Andrew Pozzi	13 Jul 12
28:19.6	Jon Brown	17 Apr 92	13.36	Rob Newton	31 Jul 03
28:20.71	Jim Brown	12 Jul 74	13.38	Tade Ojora	26 Jun 21
28:20.76	Steve Binns	27 Aug 82	13.49	William Sharman	23 Jul 06
28:21.30	Rory Leonard	31 Mar 23	13.54	David King	22 May 16
28:24.01	Jack Lane	10 Aug 71	13.54	Cameron Fillery	18 Aug 19
28:24.77	Johnny Livingstone	4 Apr 25	13.56	Callum Priestley	29 Jul 09
28:30.33	Marc Scott	3 Apr 15	13.57	David Nelson	11 Aug 89

13.57	David Hughes	23 Jul 06	5.42	Nick Cruchley	3 Jul 11
13.57	Gianni Frankis	18 Jul 09	<b>Long Jump</b>		
<b>wind assisted</b>			8.27	Chris Tomlinson	13 Apr 02
12.95	Colin Jackson	10 Sep 89	8.26	Greg Rutherford	15 Jul 06
13.14	Lawrence Clarke	7 Jul 12	8.15	Stewart Faulkner	16 Jul 90
13.45	William Sharman	15 Jul 06	8.11	Nathan Morgan	24 Jul 98
13.46	Sam Bennett	9 Jul 23	8.07	Lynn Davies	18 Oct 64
13.48	Tom Wilcock	9 Jul 23	8.04	Roy Mitchell	25 Jun 77
<b>hand timing</b>			8.03	Tim Duckworth	6 Apr 18
13.4	David King	6 Jun 16	8.00	Daley Thompson	25 Jul 80
13.5	Berwyn Price	1 Jul 73	8.00	Derrick Brown	7 Aug 85
<b>400 Metres Hurdles</b>			8.00	Jacob Fincham-Dukes	5 Jun 19 10
48.60	Jack Green	13 Jul 12	7.97	Fred Salle	13 Jul 86
48.71	Nathan Woodward	3 Jul 11	7.94 i	Paul Johnson	10 Mar 89
48.74	Jake Minshull	9 Aug 25	7.94	Reynold Banigo	30 Aug 20
48.88	Alastair Chalmers	28 May 22	7.89	John King	26 Jul 85
49.06	Rick Yates	26 Jul 08	7.87	Keith Fleming	7 Jun 87
49.09	Rhys Williams	23 Mar 06	7.87	Archie Yeo	28 Jun 25
49.11	Gary Oakes	26 Jul 80	<b>wind assisted</b>		
49.19	Seb Rodger	13 Jul 13	8.19	Tim Duckworth	12 May 18
49.37	Alex Knibbs	10 Jul 21	8.16	Roy Mitchell	26 Jun 76
49.44	Seamus Derbyshire	28 May 22 10	8.11	Daley Thompson	7 Aug 78
49.49	Jacob Paul	9 Jul 17	8.02	Jacob Fincham-Dukes	15 Apr 17
49.53	Dai Greene	10 Sep 08	<b>Triple Jump</b>		
49.57	Matt Elias	14 Jul 01	17.21	Tosi Fasinro	27 Jul 93
49.62	Lloyd Hanley-Byron	18 Jul 09	17.12	Phillips Idowu	23 Sep 00
49.62	Niall Flannery	30 Jun 13	17.05	John Herbert	8 Jul 83
49.75	Max Robertson	30 Aug 85	16.95	Julian Golley	10 Jul 92
<b>High Jump</b>			16.95	Nathan Douglas	11 Jul 04
2.38 i	Steve Smith	4 Feb 94	16.76	Keith Connor	12 Aug 78
2.33 i	Tom Gale	8 Feb 20	16.74	Jonathan Edwards	23 Jul 88
2.32 i	Brendan Reilly	24 Feb 94	16.71	Vernon Samuels	18 May 86
2.31	Dalton Grant	25 Sep 88	16.69	Aston Moore	12 Aug 78
2.30 i	Geoff Parsons	25 Jan 86	16.65	Tosin Oke	28 Jul 02 10
2.30	Ben Challenger	13 Jul 99	16.54	Eric McCalla	17 Sep 82
2.28 i	John Holman	28 Jan 89	16.50 i	Kola Adedoyin	9 Feb 13
2.27	Martyn Bernard	31 May 04	16.47	Mike Makin	1 Jul 84
2.27	Robbie Grabarz	1 Jun 08	16.46	Ben Williams	29 Jun 14
2.26	Allan Smith	14 Jul 13 10	<b>wind assisted</b>		
2.26 i	Chris Kandu	21 Feb 15	17.30	Tosi Fasinro	12 Jun 93
2.25	Rob Mitchell	28 Jul 01	17.21	Keith Connor	12 Aug 78
2.25	Adam Scarr	11 Jun 06	16.76	Aston Moore	25 Sep 78
2.25 i	Kimani Jack	10 Jan 26	16.73	Ben Williams	29 Jun 14
2.24	Tom Parsons	27 Aug 06	16.59	Michael Puplampu	10 Jun 12
<b>Pole Vault</b>			<b>Shot</b>		
5.71 i	Steven Lewis	14 Mar 08	19.68 i	Piers Cameron	14 Feb 26
5.71	Charlie Myers	15 Jun 19	19.48	Geoff Capes	21 Aug 71
5.70	Nick Buckfield	23 Jul 95	19.44 i	Simon Williams	28 Jan 89
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
5.42	Mike Barber	26 Aug 95	18.45	Kieren Kelly	21 May 08



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

**UNDER 20**

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

**wind assisted**

9.97 †	Mark Lewis-Francis	4 Aug 01
10.10	Christian Malcolm	18 Jul 98
10.15	Ojie Edoburun	23 Aug 14
10.16	Joel Pascall-Menzie	18 Aug 21
10.17	Tyrone Edgar	30 Jun 01
10.20	Wade Bennett-Jackson	28 Aug 05
10.20	Joseph Dewar	19 Aug 15
10.20	Jeriel Quainoo	10 Jun 22
10.22	Lincoln Asquith	26 Jun 83
10.22	Dwayne Grant	30 Jun 01
10.22	Simeon Williamson	21 Aug 05
10.23	David Bolarinwa	25 Jun 11
10.23	Rechmial Miller	25 Jun 16
10.23	Teddy Wilson	26 May 25

**200 Metres**

20.29	Christian Malcolm	19 Sep 98
20.37	Thomas Somers	24 Jul 14
20.38	Adam Gemili	9 Sep 12
20.40	Jeriel Quainoo	26 Jun 22
20.48	Jona Efoloko	13 Jul 18
20.53	Charlie Dobson	12 Jul 18
20.54	Ade Mafe	25 Aug 85
20.55	Jake Odey-Jordan (U17)	16 Jun 24
20.62	Leon Reid	20 Jul 13
20.62	Nethaneel Mitchell-Blake	20 Jul 13 10
20.63	Chris Lambert	21 Aug 99
20.64	Dwayne Grant	16 Jun 01
20.67	David Jenkins	4 Sep 71
20.67	Tim Benjamin	17 Jun 01
20.68	Elliot Powell	28 Jun 15
20.69	Alex Nelson	30 Jul 05
20.69	David Bolarinwa	2 Jun 12
20.70	Reece Prescod	6 Jun 15
20.70	Teddy Wilson	17 Aug 25
20.71	Cameron Tindle	21 Jul 16 20
20.72	Derek Kinlock	17 Jul 21
20.73 A	Ralph Banthorpe	15 Oct 68
20.75	Kieran Showler-Davis	20 Jun 10
20.76	Joe Ferguson	30 Jun 19
20.78	John Regis	29 Sep 85
20.79	Jamahl Alert-Khan (U17)	7 Sep 03
20.80	Mike McFarlane	1 Jul 79
20.81	Toby Harries	22 Jul 17

**wind assisted**

20.56	Toby Harries (U17)	9 Sep 15
20.57	Tommy Ramdhan	18 Jul 15
20.60	Tim Benjamin	7 Aug 99
20.61	Darren Campbell	11 Aug 91
20.68	Chad Miller	16 May 18

**hand timing**

20.6	David Jenkins	19 Sep 71
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**hand timing - wind assisted**

20.4	Dwayne Grant	1 Jul 01
20.7	Lincoln Asquith	2 Jul 83

**200 Metres Short Track**

20.66	Jake Odey-Jordan (17)	10 Mar 24
20.78	Tim Benjamin	24 Feb 01
20.95	Farrell Fabusiwa	8 Feb 26

20.96	Ade Mafe	19 Jan 85
20.98	Chris Clarke	9 Feb 08
21.02	Charlie Dobson	25 Feb 18
21.07	Dean Patterson	11 Feb 24
21.08	Nethaneel Mitchell-Blake	9 Feb 13
21.12	Toby Harries	28 Feb 16
21.13	Thomas Somers	2 Mar 14 10

**300 Metres**

32.53	Mark Richardson	14 Jul 91
32.85	Ade Mafe	18 Aug 84

**Intermediate time during 400 metres**

32.4 +	David Jenkins	13 Aug 71
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**300 Metres Short Track**

32.64	Jake Odey-Jordan	17 Jan 26
33.44	Thomas Somers	6 Dec 14

**400 Metres**

45.35	Martyn Rooney	21 Mar 06
45.36	Roger Black	24 Aug 85
45.41	David Grindley	10 Aug 91
45.45	David Jenkins	13 Aug 71
45.53	Mark Richardson	10 Aug 91
45.59	Chris Clarke	24 Jul 09
45.72	Edward Faulds	16 Jul 21
45.83	Mark Hylton	16 Jul 95
45.92	Charles Carvell	7 Aug 23
46.03	Peter Crampton	8 Aug 87 10
46.10	Tim Benjamin	25 Aug 01
46.13	Guy Bullock	31 Jul 93
46.22	Wayne McDonald	17 Jun 89
46.31	Nigel Levine	10 Jun 07
46.32	Derek Redmond	9 Sep 84
46.35	Jack Crosby	23 Jul 14
46.39	Elliott Rutter	22 Jun 14
46.44	Ethan Brown	23 Jun 19
46.46	Adrian Metcalfe	19 Sep 61
46.47	Richard Buck	21 Aug 05 20
46.48	Roger Hunter	20 May 84
46.48	Stanley Chevous	14 Jun 25
46.49	Owen Richardson	22 Jul 17
46.51	Cameron Chalmers	21 Jul 16
46.53	Mark Thomas	15 Sep 84
46.54	Michael Parper	7 Jun 97
46.54	Jordan McGrath	18 May 08

**hand timing**

45.7	Adrian Metcalfe	2 Sep 61
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**400 Metres Short Track**

46.16	Edward Faulds	19 Feb 22
46.56	Mark Hylton	4 Feb 95
46.72	Samuel Reardon	26 Feb 22
46.80	Robert Tobin	24 Feb 02
46.87y	Roger Hunter	3 Mar 84
46.95	Harry Bradley	8 Feb 26
47.24	Roger Black	16 Feb 85
47.40	Cameron Chalmers	21 Feb 16
47.45	Clovis Asong	24 Feb 13
47.50	Owen Richardson	25 Feb 17 10

**600 Metres**

1:16.30	Kyle Langford	24 Aug 14
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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 Wylie	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
1:48.20	Matthew McKenna	31 Jan 26		3:46.79	Jack Patton	5 Feb 22
1:48.53	David Sharpe	8 Feb 86		3:47.19	Robbie Fitzgibbon	1 Feb 15
1:48.58	Guy Learmonth	20 Feb 11		3:47.26	Justin Davies	23 Jan 22
1:48.75	James Brewer	17 Feb 07		3:47.5	Gary Taylor	11 Feb 81
1:48.77	Markhim Lonsdale	26 Feb 17		3:47.77	Matthew Fayers	10 Feb 13
1:48.81	Samuel Reardon	16 Feb 22		<b>1 Mile</b>		
1:48.85	Alex Botterill	26 Jan 19		3:53.15	Graham Williamson	17 Jul 79
1:49.14	Joshua Mungin	31 Jan 26		3:57.03	Steve Cram	14 Sep 79
1:49.51	Daniel Howells	23 Feb 20		3:57.90	Charlie Grice	14 Jul 12
1:49.52	Spencer Thomas	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	13:58.42	Corey Campbell	27 Mar 25	
7:56.28	John Doherty	13 Jul 80	13:59.10	Ben Brown	25 May 24	
7:57.47	Henry Dover	22 Jun 24	14:00.7	Peter Tootell	19 Jun 82	
7:58.68ios	Tom Farrell	13 Feb 10	14:00.7	Mike Chorlton	19 Jun 82	
7:58.92ios	Oliver Macdonald	17 Jan 26	14:00.85	Paul Taylor	15 Sep 84	
7:59.55	Paul Davies-Hale	8 Aug 81	<b>5000 Metres Short Track</b>			
8:00.01	Corey Campbell	19 Jun 24	13:51.24	Joseph O'Brien	2 Dec 23	
8:00.1 a	Micky Morton	11 Jul 78	10	14:07.69	Edward Bird	23 Feb 24
8:00.7	Graham Williamson	29 Jul 78	<b>10000 Metres</b>			
8:00.73	David Black	24 Jul 71	29:21.9	Jon Brown	21 Apr 90	
8:00.80	Luke Dunham	18 Jun 25	29:38.6	Ray Crabb	18 Apr 73	
8:00.8	Steve Anders	1 Aug 78	29:44.0	Richard Green	27 Sep 75	
8:00.88	Paul Taylor	12 Jun 85	29:44.8	Jack Lane	23 Sep 69	
8:00.98ios	Liam Conway	17 Jan 26	<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	20	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	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	
<b>3000 Metres Short Track</b>			5:32.84	Tom Hanlon	20 Jul 86	
7:53.14	Edward Bird	7 Dec 24	5:34.76	Micky Morris	24 Aug 75	
7:54.41	Osian Perrin	22 Jan 22	5:36.37	Zak Seddon	19 Jun 13	
7:56.11	Corey Campbell	10 Feb 24	5:38.01	Ken Baker	1 Aug 82	
7:58.66	Oliver Macdonald	15 Feb 26	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	8:51.48	Matthew Graham	1 May 10	
13:49.26	Osian Perrin	11 Jun 22	10	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				
13:58.37	Conan Harper	27 May 23				

**60 Metres Hurdles (99cm)**

7.50	David Omoregie	9 Mar 14	
7.58	Noah Hanson	20 Jan 24	
7.59	Iolo Grant	9 Feb 25	
7.63	Euan Dickson-Earle	2 Mar 14	
7.65	James Gladman	26 Feb 12	
7.66	Khai Riley-Laborde	2 Mar 14	
7.66	Daniel Goriola	11 Feb 24	
7.67	Andrew Pozzi	27 Feb 10	
7.67	Toby Wright	8 Feb 26	
7.70	Joshua Zeller	24 Feb 19	10

**60 Metres Hurdles (106.7cm)**

7.68	Jon Ridgeon	3 Mar 85	
7.72	Daniel Goriola	23 Feb 24	
7.78	Colin Jackson	26 Jan 85	
7.78	David Omoregie	8 Feb 14	
7.83	Lawrence Clarke	15 Mar 09	
7.86	Brett St. Louis	21 Mar 87	
7.87	Gianni Frankis	18 Feb 07	
7.87	Andrew Pozzi	20 Feb 11	
7.89	Tony Jarrett	13 Mar 87	

hand timing

7.8	Kieran Moore	23 Feb 82	
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**110 Metres Hurdles (99cm)**

13.17	David Omoregie	22 Jun 14	
13.22	Daniel Goriola	9 Jun 24	
13.26	Joshua Zeller	29 Jun 19	
13.29	Andrew Pozzi	3 Jul 11	
13.30	James Gladman	23 Jun 12	
13.31	Noah Hanson	27 Jul 25	
13.32	Jack Meredith	4 Jun 10	
13.32	Jason Nicholson	11 Jul 18	
13.33	James Weaver	25 Jun 16	
13.35	Toby Wright	10 Aug 25	10
13.37	Lawrence Clarke	25 Jul 09	
13.47	Gianni Frankis	22 Jul 07	
13.48	Matthew Treston	19 Jun 16	
13.48	Robert Sakala	22 Jul 17	
13.49	Charlie Staddon	27 Jul 25	
13.54	Onatade Ojora	14 Jul 18	
13.57	Chris Baillie	21 Aug 99	
13.59	Jaiden Dean	9 Jun 94	
13.62	Callum Priestley	22 Jul 07	
13.62	Khai Riley-La Borde	18 May 14	20
13.62	Jack Hatton	27 Jun 15	
13.63	Sam Bennett	14 Jul 18	
13.64	David King	16 Jun 13	
13.65	Euan Dickson-Earle	18 May 14	
13.66	Jack Summers	3 Jul 19	
13.66	Joshua Taylor	14 Jun 25	
13.68	Ethan Akanni	17 Jun 18	
13.69	Cameron Fillery	21 May 17	
13.69	Tre Thomas	29 Apr 18	

wind assisted

13.36	Lawrence Clarke	3 Jul 09	
13.55	Jack Hatton	21 Jun 15	
13.59	Sam Bennett	6 Apr 19	

hand timing

13.5	Jack Summers	3 Jul 19	
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**110 Metres Hurdles (106.7cm)**

13.44	Colin Jackson	19 Jul 86	
13.46	Jon Ridgeon	23 Aug 85	
13.53	David Omoregie	26 Jul 14	
13.55	Daniel Goriola	30 Jun 24	
13.72	Tony Jarrett	24 May 87	
13.73	Andrew Pozzi	11 Aug 11	
13.78	Charlie Staddon	19 Apr 25	
13.84	Chris Baillie	27 Aug 00	
13.91	David Nelson	21 Jun 86	
13.91	Lawrence Clarke	29 Jul 09	10

wind assisted

13.42	Colin Jackson	27 Jul 86	
13.66	Andy Pozzi	11 Aug 11	
13.82	David Nelson	5 Jul 86	
13.82	Lawrence Clarke	3 May 09	
13.83	Charlie Staddon	22 Mar 25	
13.89	Callum Priestley	17 Jul 08	

**400 Metres Hurdles**

50.00	Samael Lunt	30 Aug 24	
50.07	Alastair Chalmers	15 Jun 19	
50.20	Richard Davenport	15 Jul 04	
50.22	Martin Briggs	28 Aug 83	
50.48	Oliver Parker	14 Jun 25	
50.49	Jack Green	23 Jul 10	
50.57	Alex Knibbs	24 Jun 18	
50.70	Noel Levy	8 Jul 94	
50.71	Jacob Paul	21 Jul 13	
50.86	Seamus Derbyshire	21 Jul 19	10
50.95	Onyekachukwu Okoh	4 Aug 22	
50.96	Steven Green	6 Jul 02	
50.99	Toby Ulm	21 Jul 07	
51.07	Philip Beattie	20 Aug 82	
51.07	Niall Flannery	28 Jun 09	
51.14	Dai Greene	23 Jul 05	
51.15 A	Andy Todd	18 Oct 67	
51.15	Rhys Williams	26 Jul 03	
51.29	Rayhan Mourtada	29 Jun 25	
51.31	Gary Oakes	9 Sep 77	20
51.38	Adam Booth	17 Jul 21	
51.39	Richard McDonald	19 Jun 99	
51.48	Bob Brown	19 Jun 88	
51.50	Nathan Woodward	20 May 07	

hand timing

51.0	Richard McDonald	24 Jul 99	
51.4	Rupert Gardner	29 Jun 03	

**High Jump**

2.37	Steve Smith	20 Sep 92	
2.30	Tom Gale	29 Jul 17	
2.27	Brendan Reilly	27 May 90	
2.26	James Brierley	3 Aug 96	
2.25	Geoff Parsons	9 Jul 83	
2.24	John Hill	23 Aug 85	
2.24	Chris Kandu	22 Jun 14	
2.23	Mark Lakey (U17)	29 Aug 82	
2.23 i	Ben Challenger	1 Mar 97	
2.22	Dalton Grant	3 Jul 85	10
2.22	Robbie Grabarz	19 Jun 05	
2.22 i	Dominic Ogbechie (U17)	24 Feb 18	

2.22 i	Kelechi Aguocha	8 Feb 20	7.69 i	Michael Maguire (U17)	8 Feb 26
2.21	Martyn Bernard	6 Jul 02	7.66	Barry Nevison	7 Jul 85
2.20	Byron Morrison	14 Jul 84	7.66 i	Dominic Ogbechie	3 Mar 19 20
2.20	Alan McKie	2 Sep 07	7.64	Chris Kirk	28 Jun 03
2.20 i	Joel Khan	25 Feb 18	7.63	James McLachlan	7 May 11
2.20 i	Otis Poole	23 Feb 25	7.62	Colin Mitchell	11 Jul 78
2.19 i	Regan Corrin	15 Feb 26	7.62	Chris Tomlinson	21 Oct 00
2.18	Ossie Cham	14 Jun 80	20 7.62	Bernard Yeboah	21 Aug 04
2.18	Alex Kruger	26 Jun 82		<b>wind assisted</b>	
2.18	Steve Ritchie	15 Jul 89	8.04	Stewart Faulkner	20 Aug 88
2.18	Hopeton Lindo	23 Jul 89	7.97	Nathan Morgan	13 Jul 96
2.18	Chuka Enih-Snell	21 Apr 01	7.96	Colin Jackson	17 May 86
2.18	Tom Parsons	4 May 03	7.82	Kevin Liddington	25 Jun 89
2.18	Lionel Owona	5 Sep 21	7.72	John Herbert	15 Jun 80
			7.70	Andrew Staniland	30 May 05
<b>Pole Vault</b>			<b>Triple Jump</b>		
5.60	Adam Hague	28 Mar 15	16.58	Tosi Fasinro	15 Jun 91
5.51	Joel Leon Benitez	12 Jul 17	16.57	Tosin Oke	8 Aug 99
5.50	Neil Winter	9 Aug 92	16.53	Larry Achike	24 Jul 94
5.42	Harry Coppell	6 Jun 15	16.43	Jonathan Moore	22 Jul 01
5.40 i	Luke Cutts	24 Feb 07	16.24	Aston Moore	11 Jun 75
5.36 i	Andrew Sutcliffe	14 Feb 10	16.22	Mike Makin	17 May 81
5.35	Steven Lewis	21 Aug 05	16.13	Steven Anderson	11 Jun 83
5.30	Matt Belsham	16 Sep 90	16.09	Ben Williams	26 Aug 09
5.30	Charlie Myers	16 Aug 15	16.03	John Herbert	23 Jun 81
5.30	Lazarus Benjamin	25 Jun 22	10 16.01 i	Tito Odunaike	7 Feb 26 10
5.25	Matt Deveraux	4 Jul 10	15.99	Steven Shalders	20 Oct 00
5.25	Rowan May	20 Jul 13	15.95	Keith Connor	30 Aug 76
5.21	Andy Ashurst	2 Sep 84	15.94	Vernon Samuels	27 Jun 82
5.21 i	Christian Linskey	20 Feb 99	15.93	Tayo Erogbogbo	17 Sep 94
5.20	Billy Davey	5 Jun 83	15.93	Kola Adedoyin	23 May 10
5.20	Warren Siley	4 Aug 90	15.92	Lawrence Lynch	13 Jul 85
5.20	Nick Buckfield	31 May 92	15.90 i	Daniel Falode	2 Feb 20
5.20	Ben Flint	2 Aug 97	15.89	Berachiah Ajala	14 Aug 21
5.20	Andrew Marsh	14 Jun 08	15.88	Julian Golley	28 Jul 90
5.20 i	Jax Thoires	4 Jul 12	20 15.87	Stewart Faulkner	22 Aug 87 20
5.20 i	Daniel Gardner	15 May 13	15.86	Phillips Idowu	5 Jul 97
5.20	William Lane	21 Jul 24	15.84	Francis Agyepong	29 Sep 84
5.15 i	Keith Higham	25 Jan 04	15.83	Montel Nevers	21 Jun 15
5.15	Frankie Johnson	13 Apr 19	15.82	Jon Wallace	11 Jul 98
5.12	Jacob Clark	24 Apr 21	15.80	David Johnson	14 Jul 72
5.11	Mark Christie	6 Aug 03		<b>wind assisted</b>	
<b>Long Jump</b>			16.81	Tosi Fasinro	15 Jun 91
8.14	Greg Rutherford	22 Jul 05	16.67	Larry Achike	24 Jul 94
8.03	Jonathan Moore	18 May 02	16.43	Mike Makin	14 Jun 81
7.98	Stewart Faulkner	6 Aug 88	16.34	Phillips Idowu	27 Jul 97
7.91	Steve Phillips	10 Aug 91	16.31	Aston Moore	9 Aug 75
7.90	Nathan Morgan	25 Jul 97	16.07	Vernon Samuels	14 Aug 82
7.86	Elliot Safo	19 Jul 13	16.01	Julian Golley	22 Jul 90
7.84	Wayne Griffith	25 Aug 89	15.98	Montel Nevers	19 Jul 15
7.80	Feron Sayers	30 Jun 13	15.96	Paul Johnson	27 Jun 87
7.80	Daniel Emegbor (U17)	11 Jul 25	10 15.95	Lawrence Lynch	26 May 86
7.78	Shandell Taylor	13 Jul 18		<b>Shot (7.26kg)</b>	
7.76	Carl Howard	31 Jul 93	19.46	Carl Myerscough	6 Sep 98
7.75	Jacob Fincham-Dukes	17 Jul 15	18.56	Lewis Byng	16 Aug 20
7.73	Jason Canning	20 Apr 88	18.21 i	Matt Simson	3 Feb 89
7.72	Daley Thompson	21 May 77	17.78 i	Billy Cole	10 Mar 84
7.70	Kevin Liddington	27 Aug 88	17.38	Chris Gearing	3 Sep 05
7.70	Oliver Newport	2 Jun 12	17.36 i	Chris Ellis	8 Dec 84
7.70	Alexander Farquharson	28 May 16			

17.28 i	Jamie Williamson	4 Feb 06		<b>Discus (1.75kg)</b>			
17.26 i	Geoff Capes	16 Nov 68		64.35	Emeka Udechuku	21 Jun 98	
17.25	Emeka Udechuku	20 Sep 97		63.92	Lawrence Okoye	20 Jun 10	
17.22	Antony Zaidman	4 Jul 81	10	62.79	Nicholas Percy	23 Jun 13	
16.97	Curtis Griffith-Parker	17 May 09		62.34	Curtis Griffith-Parker	25 May 08	
16.78	Kieren Kelly	9 Jul 05		61.81	Carl Myerscough	18 Aug 98	
16.78	Jamie Stevenson	18 May 08		61.64	James Tomlinson	20 Aug 19	
16.78 i	Isaac Delaney	7 Dec 24		61.34	Mikun Adeniran	17 Apr 25	
16.69	Greg Beard	30 Sep 00		60.76	Glen Smith	26 May 91	
16.61	Simon Williams	10 Aug 86		60.46	Brett Morse	24 May 08	
16.60	Alan Carter	11 May 63		60.37	George Evans	15 Apr 17	10
16.55	George Hyde	5 Sep 20		59.21	Gregory Thompson	28 Apr 13	
16.48	Martyn Lucking	24 Aug 57		59.11	Zane Duquemin	15 Aug 10	
16.47	Paul Buxton	25 May 75	20	58.80	George Armstrong	25 Jun 16	
16.38	Zane Duquemin	11 Sep 10		58.02	Jacob Foord	24 Jun 25	
				57.93	Simon Cooke	27 Jun 04	
<b>Shot (6kg) (E 6.25kg)</b>				57.39	Sam Woodley	1 Sep 18	
21.03 E	Carl Myerscough	13 May 98		57.10	Rhys Allen	31 Jul 23	
20.26	Lewis Byng	26 Sep 20		56.71	Louis Mascarenhas	16 May 15	
19.47 E	Matt Simson	20 May 89		56.64	Jamie Murphy	19 May 90	
19.30	Curtis Griffith-Parker	31 May 09		56.55	Teddy Gannon	22 Jun 24	20
19.15 E	Billy Cole	19 May 84		56.10	Lee Newman	5 Jul 92	
18.98	Chris Gearing	4 Sep 05		56.06	Chukwuemeka Osammor	30 Jun 19	
18.73	Jamie Williamson	4 Sep 05		56.00	Simon Williams	17 May 86	
18.68	Anthony Oshodi	13 Jun 10		55.94	Mark Davies	19 Aug 90	
18.66 iE	Simon Williams	15 Nov 86		55.88	Matthew Blandford	24 May 14	
18.59 i	Jamie Stevenson	10 Feb 08	10	55.49	Chris Scott	16 May 07	
18.42	Zane Duquemin	15 Aug 10		55.44	Neal Brunning	8 Jul 89	
18.31	Isaac Delaney	22 Jun 24		55.40	Jay Morse	5 May 19	
18.26	Gregory Thompson	1 Jun 13					
18.23 i	George Hyde	11 Jan 20		<b>Hammer (7.26kg)</b>			
18.20 iE	Chris Ellis	16 Feb 85		73.24	Jake Norris	6 Jun 18	
18.14	Daniel-James Thomas	10 Mar 19		69.39	Taylor Campbell	4 May 15	
18.11	Kai Jones	18 May 14		67.56	Nick Miller	1 Jul 12	
18.06 E	Greg Beard	2 Sep 01		67.48	Paul Head	16 Sep 84	
18.05	George Evans	18 Jun 16		67.10	Jason Byrne	6 Aug 89	
17.96	Kieran Kelly	3 Jul 05	20	66.38	Peter Smith	15 Aug 09	
17.91	Scott Lincoln	12 May 12		66.27	Bayley Campbell	28 Mar 19	
17.81 E	Antony Zaidman	16 May 81		66.14	Martin Girvan	21 Jul 79	
17.79	Gareth Winter	10 Aug 11		66.08	Jabez Berry	5 May 25	
17.74 E	Emeka Udechuku	9 Aug 98		65.86	Robert Weir	6 Sep 80	
				65.30	Karl Andrews	2 Jul 94	10
				64.89	Alex Smith	21 May 06	
				64.14	Ian Chipchase	25 Sep 71	
				63.84	Andrew Tolputt	7 Sep 86	
				63.72	Gareth Cook	10 Jul 88	
				63.25	Jac Palmer	4 May 15	
				62.82	Mick Jones	29 Aug 82	
				<b>Hammer (6kg) (E 6.25kg)</b>			
60.97	Emeka Udechuku	5 Jul 98		80.65	Jake Norris	13 Jul 18	
60.19	Carl Myerscough	8 Aug 98		78.74	Taylor Campbell	20 Jun 15	
56.87	Brett Morse	18 May 08		76.67	Peter Smith	10 Jul 09	
56.44	Nicholas Percy	26 Aug 13		74.92 E	Jason Byrne	17 Dec 89	
55.95	Curtis Griffith-Parker	17 May 09		74.74	Jabez Berry	28 Jun 25	
55.10	Glen Smith	31 Aug 91		73.81	Alex Smith	25 Jun 06	
53.63	Mikun Adeniran	12 Apr 25		73.76	Nick Miller	30 Jun 12	
53.42	Paul Mardle	25 Jul 81		73.75	Bayley Campbell	22 Apr 18	
53.40	Robert Weir	10 Aug 80		73.34	Michael Painter	10 Jun 12	
53.32	Paul Buxton	9 Aug 75	10	73.28 E	Robert Weir	14 Sep 80	10
53.13	James Tomlinson	24 Feb 19		73.15	Ben Hawkes	22 Jun 19	
53.02	Simon Williams	16 Aug 86		73.09	Callum Brown	23 Jun 12	
53.00	Gregory Thompson	29 Apr 13					
52.98	Samuel Woodley	7 Jul 18					
52.94	Lee Newman	29 Aug 92					
52.91	Zane Duquemin	12 Sep 09					
52.90	Simon Cooke	13 Jun 04					





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
			K.Stewart, T.Lerwill, M.Rowlands, G.Dearman
			3:06.85 GBR-U20 12 Jul 08
			L.Persent, R.Davis, N.Levine, J.McGrath
1:25.40	GBR-U20	2 Mar 96	3:06.88 GBR-U20 24 Jul 10
	D.Chambers, I.Horsburgh, R.Baillie, J.Henthorn		N.Wake, D.Putnam, S.Rodger, J.Green
1:25.53	GBR-U20	1 Mar 97	3:06.89 GBR-U20 13 Aug 23
	C.Malcolm, M.Findlay, D.Chambers, I.Horsburgh		C.Carvell, J.Minshull, D.Race, S.Lunt
			3:07.02 GBR-U20 18 Jul 04
			R.Buck, R.Dinham, M.Rimmer, R.Davenport
			3:07.02 GBR-U20 19 Aug 06 20
			C.Clarke, K.Robertson, L.Sellers, G.Baker
			<b>4 x 400 Metres Relay Short Track</b>
			3:13.88 GBR-U20 28 Feb 98
			D.Caines, C.Carson, A.Wilson, M.Elias
			<b>4 x 800 Metres Relay</b>
			7:20.82 British Milers Club 2 Aug 19
			C.Dodds, Y.Bizimana, F.McClear, J.Lay
			<b>4 x 1500 Metres Relay</b>
			15:52.0 British Milers Club 30 Apr 97
			R.Fitall, N.Speaight, R.Vint, L.Garrett
			<b>4 x 1 Mile Relay</b>
			16:56.8 British Milers Club 10 Jul 93
			J.Swift-Smith, E.King, S.Saxby, D.Furmidge
			<b>1600 Metres Medley Relay</b>
			3:31.6 Cardiff AAC 14 Aug 71
			P.Evans, A.Bartlett, R.Llewellyn, R.Yarrow
			<b>4 x 110 Metres Hurdles</b>
			63.9 Millfield School 7 May 15

**UNDER 17**

<b>60 Metres</b>			10.48	Henry Nwoke	31 Aug 19
6.68	Divine Iheme	7 Feb 26	10.51	Tim Benjamin	4 Jul 98
6.69	Mark Lewis-Francis	27 Feb 99	10.52	Dom Ashwell	31 May 15
6.70	Gerald Phiri	13 Feb 05	10.52	Toby Harries	31 May 15
6.73	Joel Masters	10 Feb 24	10.54	Rechmial Miller	30 Aug 14
6.75	Farrell Fabusiwa	11 Jan 25	10.55	Antonio Infantino	11 Aug 07
6.75	Haneil Sloley	7 Feb 26	10.55	Daniel Afolabi	17 Jun 17
6.79	Jake Odey-Jordan	9 Mar 24			
6.80	Efosa Imatitkua-Davidson	11 Dec 22	<b>200 Metres</b>	Jake Odey-Jordan	16 Jun 24
6.81	David Bolarinwa	27 Feb 10	20.55	Jamahl Alert-Khan	7 Sep 03
6.81	Teddy Wilson	11 Feb 23	20.79	Thomas Somers	14 Jul 13
6.81	Bronson Hearn-Smith	10 Jan 26	20.84	Ade Mafe	27 Aug 83
6.82	Dom Ashwell	24 Jan 15	20.92	Toby Harries	19 Jul 15
6.82	Joel Ajayi	10 Feb 24	20.92	Joel Pascall-Menzie	1 Sep 19
6.83	Sean Appiah	1 Mar 25	21.05	Farrell Fabusiwa	14 Sep 25
6.84	Alex Nelson	31 Jan 04	21.08	Jona Efoloko	30 Aug 15
6.84	Harry Aikines-Aryeetey	31 Jan 04	21.12	Kieran Showler-Davis	10 May 08
6.84	Dante Legister	12 Feb 22	21.14	Chris Clarke	28 Jul 06
6.84	Aidan John	7 Feb 26	21.16	David Bolarinwa	20 Jun 10
6.84	Kieran Showler-Davis	23 Feb 08	21.17	Tim Benjamin	31 Jul 98
6.85	Jona Efoloko	28 Feb 15	21.19	Oluwatobi Ogundeko	17 Aug 25
hand timing			21.21	Peter Little	21 Aug 77
6.8	Darren Bills	19 Mar 77	21.24	Mark Richardson	24 Jul 88
6.8	Alex Nelson	22 Feb 03	21.25	Dean Patterson	17 Aug 22
<b>100 Metres</b>			21.26	Sean Appiah	28 Jul 24
10.26	Teddy Wilson	24 Jun 23	21.26	Divine Iheme	10 Aug 25
10.29	Divine Iheme	30 Aug 25	21.28	Ebuka Nwokeji	27 Aug 23
10.31	Mark Lewis-Francis	21 Aug 99	21.31	Andrew Watkins	12 Jul 03
10.38	Jake Odey-Jordan	14 Jun 24	21.35	Joseph Massimo	7 May 16
10.39	David Bolarinwa	4 Aug 10	21.36	Jermaine Hamilton	9 May 12
10.40	Joel Masters	22 Jun 24	21.37	Wade Bennett-Jackson	31 Jul 03
10.43	Ebuka Nwokeji	7 Aug 23	21.38	Bronson Hearn-Smith	10 Aug 25
10.45	Jordan Huggins	23 Jun 07	21.40		
10.46	Joel Pascall-Menzie	31 Aug 19	<b>wind assisted</b>		
10.47	David Ezeama-Rock	26 Aug 24	20.56	Toby Harries	9 Sep 15
10.47	Farrell Fabusiwa	30 Aug 25	20.80	Farrell Fabusiwa	30 Aug 25
10.49	Wade Bennett-Jackson	28 Jul 03	20.98	Tim Benjamin	18 Jul 98
10.49	Olufunmi Sobodu	5 Aug 06	21.06	Owen Keenlyside	30 Aug 25
10.49	Joel Ajayi	22 Jun 24	21.17	Mark Richardson	20 Aug 88
10.53	Craig Pickering	11 Jul 03	21.20	Divine Iheme	25 May 25
10.53	Dejaune Lingard	18 Aug 21	21.25	Trevor Cameron	25 Sep 93
10.55	Henry Nwoke	31 Aug 19	21.25	Dean Patterson	5 Jul 22
10.56	Rikki Fifton	29 Jul 01	21.28	Antonio Infantino	12 Aug 07
10.57	Owin Sinclair	5 Jul 14	21.31	Monu Miah	15 Jul 00
10.57	Dom Ashwell	31 May 15	21.32	Graham Beasley	9 Jul 94
10.57	Toby Harries	20 Jun 15	<b>hand timing - wind assisted</b>		
10.58	Deji Tobais	19 Jul 08	21.0	Peter Little	30 Jul 77
10.58	Ronnie Wells	18 Aug 12	<b>200 Metres Short Track</b>		
<b>wind assisted</b>			20.66	Jake Odey-Jordan	7 Mar 24
10.26	Mark Lewis-Francis	5 Aug 99	21.40	Dean Patterson	9 Feb 22
10.38	Kevin Mark	3 Jul 93	21.46	Toby Harries	1 Mar 15
10.38	Joel Ajayi	23 Jun 24	21.50	Farrell Fabusiwa	9 Feb 25
10.39	Joel Pascall-Menzie	31 Aug 19	21.51	Tim Benjamin	22 Feb 98
10.40	Farrell Fabusiwa	30 Aug 25	21.54	Chris Clarke	18 Feb 06
10.42	Shaun Pearce	31 Aug 13	21.57	Gerald Phiri	27 Feb 05
10.44	Luke Davis	13 Jul 96	21.59	David Bolarinwa	27 Feb 10
10.47	Owin Sinclair	5 Jul 14	21.67	Jona Efoloko	17 Jan 16
10.47	Owen Keenlyside	30 Aug 25	21.67	Sean Appiah	2 Mar 25

**400 Metres**

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

**hand timing**

47.6	Kris Stewart	3 Aug 96	
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**400 Metres Short Track**

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

**800 Metres**

1:47.36	Max Burgin	8 Jul 18	
1:48.24	Sean Molloy	9 Jun 12	
1:49.08	Evan Grime	24 Aug 25	
1:49.78	Ethan Hussey	23 Jul 19	
1:49.87	Joshua Mungin	14 May 24	
1:49.89	Mickey Ayling	29 Jul 23	
1:49.9	Mark Sesay	18 Jul 89	
1:49.97	Charlie Chambers	18 Jun 25	
1:50.14	Magnus Riddell	20 Aug 25	
1:50.38	Grant Baker	17 Jul 04	10
1:50.42	Ben Greenwood	9 Sep 15	
1:50.42	Daniel Joyce	3 Aug 19	
1:50.48	James Brewer	17 Jul 04	
1:50.55	Michael Rimmer	6 Aug 02	
1:50.55	George Mills	17 Jun 15	
1:50.58	Markhim Lonsdale	22 Aug 15	
1:50.61	Charlie Grice	21 Jul 10	
1:50.7	Peter Elliott	16 Sep 79	
1:50.90	Craig Winrow	21 Aug 88	
1:50.90	Mark Mitchell	15 Aug 04	20
1:51.0	Chris McGeorge	1 Jul 78	
1:51.05	Mal Edwards	20 Sep 74	
1:51.05	Freddie Rowe	12 Apr 25	
1:51.06	Rikkie Letch	3 Jun 09	

1:51.06	Matt McLaughlin	7 Sep 11	
1:51.06	Jake Minshull	12 Jun 21	

**800 Metres Short Track**

1:51.62	Ben Greenwood	1 Mar 15	
1:52.11	Evan Grime	29 Dec 24	
1:52.79	Richard Davenport	19 Jan 02	
1:53.35	Ewan Sparey	25 Jan 26	
1:53.48	Magnus Riddell	9 Feb 25	
1:53.86	Craig Winrow	19 Mar 88	
1:54.01	Mark Sesay	19 Mar 89	
1:54.08	Alistair Street	15 Feb 25	
1:54.46	Joshua Mungin	7 Jan 24	
1:54.63	Charlie Chambers	9 Feb 25	10

**1000 Metres**

2:20.37	Johan Boakes	17 Jun 84	
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**1500 Metres**

3:44.11	Matthew Shirling	7 Aug 12	
3:44.62	Freddie Rowe	18 Jun 25	
3:45.85	Ethan Hussey	10 Aug 19	
3:46.28	Evan Grime	23 Jul 25	
3:46.51	James McMurray	10 Jul 11	
3:46.84	Kane Elliott	12 Jun 18	
3:47.20	Jack Crabtree	6 Aug 13	
3:47.70	Max Burgin	24 Jul 18	
3:47.7	Steve Cram	14 May 77	
3:48.17	Alex Lennon	22 Jun 24	10
3:48.49	Johan Boakes	28 Jun 84	
3:48.49	Corey Campbell	28 May 22	
3:48.70	Charlie Grice	30 Jun 10	
3:48.83	Harvey Dixon	30 Jun 10	
3:48.92	Markhim Lonsdale	30 May 15	
3:48.97	Archie Davis	30 May 15	
3:49.16	Joseph Scanes	9 Aug 25	
3:49.31	Matthew Clark	22 Jun 24	
3:49.40	Anthony Moran	23 Jul 02	
3:49.70	Luke Duffy	20 Jul 17	20
3:49.9	Kelvin Newton	20 Jun 79	
3:49.92	Scott Halsted	19 Aug 12	

**1500 Metres Short Track**

3:49.47	Evan Grime	19 Jan 25	
3:52.53	Oscar Schofield	8 Jan 23	
3:55.5	Ben Greenwood	17 Jan 15	
3:55.90	Corey Campbell	9 Feb 22	
3:56.72	Oliver Patton	4 Feb 23	
3:56.82	Archie Davis	11 Jan 15	
3:57.20	Alistair Street	9 Mar 25	
3:57.31	Jake Heyward	15 Feb 15	
3:57.38	Finn MacLennan	18 Jan 26	
3:57.65	Andrew Monaghan	28 Feb 10	

**1 Mile**

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

**2000 Metres**

5:28.2 +	Kevin Steere	10 Jul 71	
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**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		<b>60 Metres Hurdles (91.4cm)</b>		
8:15.34	Kevin Steere	30 Aug 71		7.76	Jaiden Dean	13 Feb 22
8:15.36	Henry Dover	10 Aug 22		7.82	Jordan Durotoye	8 Feb 26
8:16.18	Mo Farah	21 Aug 99		7.84	Noah Hanson	13 Feb 22
8:18.26	Simon Horsfield	27 Jun 06		7.89	Jack Meredith	23 Feb 08
8:19.08	Darren Mead	26 Aug 85		7.90	Tre Thomas	14 Feb 16
8:19.38	Johan Boakes	24 Jun 84		7.92	Brett St. Louis	17 Mar 85
8:19.46	Jake Meyburgh	1 Jun 24	10	7.92	Jack Sumners	5 Mar 17
8:20.17	Oliver Patton	20 Apr 23		7.94	Andrew Pozzi	23 Feb 08
8:21.00	James Dargan	4 May 22		7.94	Jack Kirby	24 Feb 13
8:21.01	Ben Dijkstra	1 Jul 15		7.95	Hans Nmaju	9 Feb 25
8:21.39	Gus Cockle	29 May 13		7.95	Emile Morti	8 Feb 26
8:22.21	Ethan Hussey	29 Apr 19			<b>hand timing</b>	
8:22.46	Jack Crabtree	1 May 13		7.9	Damien Greaves	30 Jan 94
8:22.60	Alex Melloy	10 Sep 20		7.9	Matthew Clements	30 Jan 94
8:22.71	Matthew Shirling	26 Aug 12			<b>100 Metres Hurdles (91.4cm)</b>	
8:22.78	Luke van Oudtshoorn	13 May 18		12.60	Tristan Anthony	14 Aug 99
8:22.82	Jamie Dee	10 Sep 14	20	12.61	Noah Hanson	3 Sep 22
8:22.98	Will Barnicoat	20 Jul 19		12.68	Matthew Clements	8 Aug 93
	<b>3000 Metres Short Track</b>			12.69	Joseph Harding	8 Jun 19
8:23.76	Evan Grime	15 Dec 24		12.69	Jaiden Dean	8 Jul 22
8:23.94	Corey Campbell	18 Feb 22		12.70	Jack Meredith	12 Jul 08
8:33.73	Jack Crabtree	6 Jan 13		12.70	Mayowa Osunsami	28 Aug 16
8:33.80	Oliver Patton	18 Feb 22		12.73	Hans Nmaju	10 Aug 25
8:38.01	Gavin McArdle	9 Feb 13		12.75	James McLean	14 Jul 07
8:42.34	Iwan Thomas	18 Dec 22		12.76	Jordan Auburn	21 Aug 11
8:45.98	Alex Carter	11 Feb 12		12.76	Sam Bennett	27 Aug 17
8:46.33	Simon Lawson	17 Dec 05		12.78	Hugo Douglas-Reeves	10 Aug 25
8:48.25	Adam Scott	3 Jan 16		12.83	Jordan Ricketts	11 Aug 18
8:48.80	Osian Perrin	16 Dec 18		12.84	Tre Thomas	17 Apr 16
8:48.85	Jamie Connor	6 Jan 23		12.84	Hayden Christian	18 Sep 22
	<b>5000 Metres</b>			12.85	Jack Kirby	1 Sep 13
14:41.8	Nicky Lees	24 Aug 74		12.85	Jack Sumners	14 May 17
	<b>1500 Metres Steeplechase</b>			12.88	Julian Adeniran	8 Jul 05
4:11.2	Steve Evans	15 Jul 74		12.90	Steve Markham	17 Aug 91
4:12.3	Chris Sly	15 Jul 74		12.91	Allan Scott	14 Aug 99
4:13.1	John Crowley	15 Jul 74		12.91	Jacob Blanc	10 Jul 21
4:13.2	David Lewis	1 Jul 78			<b>wind assisted</b>	
4:13.66	Zak Seddon	9 Jul 10		12.47	Matthew Clements	9 Jul 94
4:13.7	Danny Fleming	31 Jul 77		12.48	Joseph Harding	1 Sep 19
4:13.9	Eddie Wedderburn	31 Jul 77		12.70	Damien Greaves	9 Jul 94
4:14.0	Dave Robertson	8 Jul 89		12.70	Rory Dwyer	31 Aug 14
4:14.4	Stephen Arnold	7 Sep 85		12.74	Jack Kirby	1 Sep 13
4:15.0	David Caton	9 Jun 84	10	12.75	Kertis Beswick	19 Aug 12
4:15.0	Spencer Duval	12 Jul 86		12.75	Matthew Griffin	12 Aug 19
4:15.2	Garrie Richardson	8 Jul 89			<b>hand timing</b>	
4:15.3	John Wilson	26 Jul 75		12.8	Brett St Louis	28 Jul 85
4:15.38	William Battershill	5 Sep 14		12.8	Richard Dunn	29 Jun 91
4:16.6	Adrian Green	9 Jun 84		12.8	Jack Kirby	12 May 13
4:16.65	Jamie Crompton	18 Jul 09		12.8	Tre Thomas	1 May 16
	<b>2000 Metres Steeplechase</b>			12.8	Jack Sumners	3 Jun 17
5:52.06	Noel Collins	23 Jul 07			<b>hand timing - wind assisted</b>	
5:52.13	Zak Seddon	23 Aug 10		12.6	Brett St Louis	20 Jul 85
5:52.78	Oliver Patton	4 Jun 22			<b>110 Metres Hurdles (91.4cm)</b>	
5:55.0	John Wilson	23 Aug 75		13.51	Jack Sumners	27 May 17
5:55.0	David Lewis	20 Aug 78		13.60	Sam Bennett	27 May 17
	<b>3000 Metres Steeplechase</b>			13.71	Matthew Clements	19 May 94
9:16.6	Colin Reitz	19 Sep 76		13.79	Sam Talbot	16 Jul 15
				13.82	James McLean	23 Jul 07

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>						
13.65	Jaiden Dean	19 Jun 22	4.93	Harry Coppell	21 Jul 12	
<b>hand timing</b>						
13.6	Jon Ridgeon	16 Jul 83	4.92	Rowan May	6 Aug 11	
<b>110 Metres Hurdles (99cm)</b>						
14.18	Andrew Pozzi	15 Jun 08	4.92 i	Frankie Johnson	5 Feb 17	
14.19	Rory Dwyer	1 Jun 14	4.90	Warren Siley	8 Sep 89	
<b>wind assisted</b>						
13.92	Matthew Clements	27 Aug 94	4.90	Andrew Marsh	3 Sep 06	
<b>110 Metres Hurdles (106.7cm)</b>						
14.89	Tristan Anthony	4 Jul 99	4.82 i	Joel Leon Benitez	1 Mar 14	
<b>400 Metres Hurdles (84cm)</b>						
51.55	Samael Lunt	16 Jul 22	4.80	Billy Davey	14 Sep 80	10
52.15	Nathan Woodward	10 Sep 06	4.80	Keith Higham	25 May 02	
52.20	Tristan Anthony	18 Jul 99	4.76	Nick Buckfield	11 Jun 89	
52.55	Jake Minshull	25 Sep 21	4.72	Ian Lewis	24 Aug 85	
52.57	Niall Flannery	26 Aug 07	4.72	Reuben Nairne	1 Sep 19	
52.67	Ben Heron	16 Jul 22	4.71	Chris Tremayne	27 Aug 01	
52.69	Jeffrey Christie	18 Jul 99	4.70	Richard Smith	7 Jun 97	
52.70	Mike Baker	15 Jul 06	4.70	Mark Christie	25 Aug 01	
52.72	Jacob Paul	16 Jul 11	4.70	Luke Cutts	5 Sep 04	
52.76	Elijah Olaleye	6 Jul 25	4.70	Ethan Walsh	5 Jun 13	
52.81	Richard McDonald	10 Aug 96	4.70	Nikko Hunt	24 Aug 14	20
52.83	Hayden Christian	16 Jul 22	4.70	Jacob Clark	8 Jul 18	
52.86	Alastair Chalmers	14 May 16	<b>Long Jump</b>			
52.88	Joe Fuggle	30 Aug 15	7.80	Daniel Emegbor	11 Jul 25	
52.89	Demari Gumbs	3 Sep 22	7.69 i	Michael Maguire	8 Feb 26	
52.94	Oliver Parker	27 Aug 22	7.53	Brian Robinson	21 Jul 97	
52.98	Jack Green	24 May 08	7.53 i	Dominic Ogbechie	25 Feb 18	
52.98	Ben Lloyd	27 Aug 17	7.50	Oliver McNeillis	17 Jul 04	
53.01	Lloyd Hanley-Byron	17 Jul 04	7.47	Bernard Yeboah	13 Jul 02	
53.08	Richard Davenport	11 Aug 02	7.46	Jonathan Moore	30 Jul 00	
<b>400 Metres Hurdles (91cm)</b>						
53.06	Phil Beattie	2 Aug 80	7.46	Onen Eyong	9 Sep 01	
<b>High Jump</b>						
2.23	Mark Lakey	29 Aug 82	7.45	Archie Yeo	1 Jun 19	
2.22 i	Dominic Ogbechie	24 Feb 18	7.41 i	Jerel Livingston	11 Jan 20	10
2.16	Rory Dwyer	22 Jun 14	7.36	Toby Adeniyi	5 Jul 13	
2.15	Ossie Cham	14 Jul 79	7.36	D'mitri Varlack	18 Jun 23	
2.15	Brendan Reilly	7 May 89	7.36 i	Luca Phillips	4 Feb 24	
2.15	Stanley Osuide	1 Sep 91	7.35	Kadeem Greenidge-Smith	26 Aug 07	
2.15	Chuka Enih-Snell	10 Sep 00	7.33	Patrick Sylla	24 May 15	
2.14	Samuel Brereton	7 Sep 19	7.32	Kevin Liddington	16 May 87	
2.12	Femi Abejide	11 Jul 81	7.25	Alan Slack	12 Jun 76	
2.11	Leroy Lucas	6 Aug 83	7.25	Feron Sayers	25 Jun 11	
2.11 i	Ken McKeown	12 Jul 98	7.24	Elliot Safo	11 Apr 10	
2.10	Dalton Grant	18 Sep 82	7.21	Hugh Teape	17 May 80	20
2.10	Tim Blakeway	29 Aug 87	7.21	Jordan Lau	8 Jul 00	
2.10	James Brierley	16 May 93	7.21	Murray Fotheringham	10 Aug 19	
2.10	Martin Lloyd	28 Sep 96	7.21	Samuel Wright	18 Jun 23	
2.10	Martin Aram	23 Jul 00	<b>wind assisted</b>			
2.10	Sam Bailey	27 Sep 08	7.60	Brian Robinson	21 Jul 97	
2.10	Joel Khan	27 Aug 16	7.49	Archie Yeo	1 Sep 19	
2.10	Luke Ball	28 Aug 21	7.47	Onen Eyong	2 Sep 01	
<b>Pole Vault</b>						
5.20	Neil Winter	2 Sep 90	7.40	Matthew John	10 May 86	
			7.40	D'mitri Varlack	27 Aug 23	
			7.34	Murray Fotheringham	18 Aug 19	
			7.33	Dominic Ogbechie	15 Jul 17	
			7.31	Elliot Safo	29 May 10	
			7.31	Feron Sayers	25 Jun 11	
			<b>Triple Jump</b>			
			16.02	Jonathan Moore	13 Aug 00	
			15.72	Ben Williams	11 Jul 08	
			15.65	Vernon Samuels	18 Jul 81	
			15.65	Tito Odunaike	12 Jul 25	



**Javelin (800g Original model)**

72.78	Gary Jenson	10 Sep 83
69.84	Colin Mackenzie	12 May 79
66.14	David Messom	14 May 81
65.32	Marcus Humphries	26 Aug 78
64.80	Paul Bushnell	1 Sep 85
64.34	Steve Backley	1 Sep 85

**Javelin (700g)**

77.12	James Whiteaker	12 Jul 14
75.30	Max Law	7 Jul 18
74.06	Tom Hewson	5 Aug 17
73.56	David Parker	20 Jul 96
73.04	Benjamin East	15 Aug 20
72.77	Harry Hughes	4 Aug 13
72.48	Gary Jenson	3 Jul 83
71.68	Dan Pembroke	22 Apr 07
70.30	Colin Mackenzie	6 Jul 79
70.07	George Davies	19 Jul 14 10
69.60	Huw Bevan	21 Aug 11
69.59	Theo Spurrell	25 Sep 21
68.88	Phill Sharpe	19 Jul 97
68.88	Matti Mortimore	7 Jun 09
68.34	James Campbell	29 Aug 04
68.26	Ian Marsh	30 Jul 77
68.18	James Hurrion	3 Jun 90
67.54	Tom Rutter	10 Aug 23
67.31	Lee Doran	21 Jul 01
66.98	Ned Scott	28 Sep 25 20

**Decathlon (Senior Implements)**

6484	David Bigham	27 Sep 87
6299	Tom Leeson	21 Sep 80

**Decathlon (Junior Implements)**

6554	Jim Stevenson	25 Sep 88
6316	Jack Andrew	27 Aug 08
6093	Robert Hughes	28 May 89

**Decathlon (U17 Implements)**

6860 W	David Guest	9 Sep 07
6858	Edward Dunford	2 Sep 01
6781	Joel McFarlane	2 Jul 17
6759	Oliver Downs	10 Aug 25
6706	David Bigham	28 Jun 87

**Octathlon (D during decathlon)**

5881	Oliver Downs	29 Jun 25
5820	Sammy Ball	19 Sep 21
5800 D	Edward Dunford	2 Sep 01
	5741	17 Jun 01
5786	Nicholas Hunt	1 Jul 12
5690	Oliver McNeillis	19 Sep 04
5559	Ashley Bryant	16 Sep 07
5550	Dominic Girdler	20 Sep 98
5494	Kristian Brown	20 Sep 15
5481	Rory Howorth	16 Sep 18
5468	Ben Gibb	24 Jun 07 10
5435	Samuel Wright	17 Sep 23
5433w	Toby Gwinnell	21 Sep 25
	5390	21 Sep 25
5426	John Holtby	20 Sep 98
5425	Andrae Davis	22 Sep 02
5423	Leo Barker	17 Sep 95

5423	Ben Gregory	16 Sep 07
5418	Edward Moore	21 Sep 25
5409 D	Joel McFarlane	2 Jul 17
5392 D	David Bigham	28 Jun 87
5380	David Guest	30 Sep 07 20

**with 1000m & 110mH**

5626	Ashley Bryant	20 May 07
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**with 100m**

5531	Jim Stevenson	18 Sep 88
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**Heptathlon Short Track**

5086	Scott Brindley	11 Mar 18
5017	Samuel Wright	12 Mar 23
4967	Murray Fotheringham	10 Mar 19
4948	Joel McFarlane	12 Mar 17
4941	Douglas Knox	9 Mar 25
4939	Sam Talbot	15 Mar 15
4903	Ben Hillman	10 Mar 19
4902	Finn O'Neill	13 Mar 22
4827	Jack Andrew	9 Mar 08
4822	Oliver Downs	9 Mar 25 10

**Pentathlon Short Track (60H,LJ,SP,HJ,800)**

3758	David Guest	17 Mar 07
3710	Edward Dunford	21 Jan 01
3670	Andrae Davis	10 Mar 02
3611*	John McCafferty	16 Feb 08
3582*	Blade Ashby	10 Jan 10
3556	Oliver McNeillis	21 Mar 04
3499	Robert Hollinger	2 Feb 97
3497	Marc Newton	3 Mar 96
3486	Ashley Bryant	7 Jan 07

\* with 1000m \*\* with 200m

**Pentathlon Short Track (60H,SP,200,LJ,800)**

3860	Caleb Green	6 Dec 25
3856	David Guest	8 Dec 07
3659	Joel McFarlane	10 Dec 16
3640	Sam Talbot	13 Dec 14
3606	Douglas Knox	16 Nov 24
3593	Luca Phillips	2 Dec 23
3588	Toby Gwinnell	6 Dec 25
3550	David Omoregie	3 Dec 11
3549	Allen Scott	12 Dec 98
3547	Oliver McNellis	13 Dec 03

**Pentathlon (60H,60,HJ,SP,LJ)**

3413	Lanre Ali-Balogan	11 Jan 04
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**3000 Metres Track Walk**

12:04.9	Philip King	18 May 91
12:25.1	Nick Ball	15 May 04
12:29.90	Andy Parker	2 Jul 00
12:30.14	Luke Finch	1 Sep 02
12:34.98	Lloyd Finch	17 Jul 99
12:35.94	David Hucks	30 Aug 82
12:45.38	Ben Wears	28 May 06
12:50.9	Jon Vincent	8 Jul 87
12:52.9	Stuart Monk	12 Jul 95
12:53.1	Christopher Snook	14 May 16 10

**3000 Metres Walk Short Track**

12:47.41	Nicholas Ball	29 Feb 04
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12:48.19	Lloyd Finch	6 Feb 00	41.20	BFT Track Academy	23 Jul 23
12:50.67	Stuart Monk	18 Feb 95		A.Fatoki, E.Imatitikua-Davidson, P.Ogbonmwan, D.Williams	
12:51.49	Luke Finch	20 Jan 02	41.23	Shaftesbury Barnet H	23 Jul 23
13:01.40	Andy Parker	6 Feb 00		Z.Jones, J.Wheeler-Henry, B.Kufazvinei, E.Nwokeji	
<b>5000 Metres Track Walk</b>					
20:46.5	Philip King	29 Sep 91	41.25	London Schools	3 Sep 10
21:28.26	Nick Ball	11 Jul 04		T.Judun, A.Gemili, E.Amaning, D.Bolarinwa	
21:49.66	Ben Wears	16 Sep 06	41.50	England Schools	16 Jul 16
21:52.7	Stuart Monk	22 Jul 95		R.Glave, T.Ojora, S.Bennett, K.Chambers-Brown	
21:58.8	Luke Finch	22 Sep 01	41.54	England Schools	21 Jul 18
22:17.5	Russell Hutchings	27 Sep 86	41.56	South East England Sch	9 May 12
22:19.11	Lloyd Finch	18 Sep 99		J.Dewar, J.Hamilton, B.Snaith, R.Arthur	
22:31.62	Chistopher Snook	17 Sep 16	41.58	Essex Schools	12 Jul 19 10
22:32.5	Gareth Holloway	27 Sep 86		..., J.Pascall-Menzie	
22:35.0	Ian Ashforth	6 Jun 84	<b>4 x 200 Metres Relay</b>		
22:36.02	Cameron Corbishly	14 Jul 13	1:31.1	Cambridge H	12 Sep 21
22:37.0	Jon Bott	27 Sep 86		S.Fernandez-Folkes, D.Akinlolu, D.Lingard, D.Legister	
22:42.0	Martin Young	20 Aug 88	1:31.3	Belgrave Harriers	2 Aug 95
22:42.19	Jon Vincent	6 Jun 86		S.Scott, G.Ojok, J.Panton, J.Hilston	
22:48.91	Andy Parker	30 Jul 00	<b>4 x 200 Metres Relay Short Track</b>		
22:50.51	Dominic King	18 Sep 99	1:31.24	Giffnock North AAC	4 Mar 17
<b>5k Road - where superior to track time</b>					
21:33	Jon Vincent	1 Nov 86		J.Connelly, K.McLean, M.Forbes, A.Clayton	
21:47	Lloyd Finch	20 Jun 99	<b>4 x 400 Metres Relay</b>		
22:04	Gareth Holloway	14 Sep 86	3:14.4	England Schools	20 Jul 96
22:05	Karl Atton	19 Mar 88		R.McNabb, J.Heggie, C.McMullen, D.Naismith	
22:30	Gordon Vale	15 Oct 77	3:14.5	Scotland Schools	20 Jul 96
22:31	Jon Bott	3 May 86		C.Carson, J.Shenava, R.McDonald, K.Stewart	
22:39	Matthew Hales	23 Jun 96	3:17.11	Manchester Schools	4 Sep 10
22:41	Thomas Taylor	26 Apr 97		C.Asong, T.Guy, G.Caddick, A.Boyce	
<b>5000 Metres Walk Short Track</b>					
22:23.45	Lloyd Finch	4 Mar 00	3:17.29	England Schools	19 Jul 25
22:23.53	Stuart Monk	25 Feb 95		C.Tong, R.Whittaker, M.Riddell, E.Olalaye	
<b>10000 Metres Track Walk</b>					
43:56.5	Philip King	2 Feb 91	3:18.13	England Schools	18 Jul 15
45:47.0	Ian Ashforth	12 Sep 84		E.Greatrex, A.Knibbs, C.Solomon, Roberts-Nash	
45:52.39	Lloyd Finch	4 Jul 99	3:18.32	England Schools	16 Jul 11
46:11.0	Jon Vincent	20 May 87		L.Oluwole-Ojo, J.Paul, D.Heald, C.Asong	
<b>10k Road - where superior to track time</b>					
43:38 hc	Lloyd Finch	20 Nov 99	3:18.38	England Schools	19 Jul 14
		44:21		O.Richardson, B.Claridge, R.Cole, M.Pagan	
43:49	Philip King	29 Jun 91	3:18.72	England Schools	20 Jul 19
45:19	Luke Finch	31 Aug 02		A.Cooper, O.Briars, E.Hussey, D.Joyce	
<b>4 x 100 Metres Relay</b>					
40.75	England Schools	20 Jul 19	3:18.82	England Schools	17 Jul 04
	J.Menzie, J.Quainoo, J.Harding, H.Nwoke			A.Daish [3]	
41.04	Essex Schools	13 Jul 19	3:18.96	Scotland Schools	6 Sep 09 10
	..., J.Pascall-Menzie			A.Young, M.Paterson, R.Matheson, G.Louden	
41.20	England Schools	15 Jul 23	<b>3 x 800 Metres Relay</b>		
	M.Smart, E.Nwokeji, D.Ellington, M.Ajayi		5:56.2	Norfolk Olympiads AC	7 Sep 88
			6:05.14	Basildon AC	29 Jun 18
			<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****60 Metres**

6.94	Divine IHEME	10 Feb 24
6.97	Piers Spencer-Simms	16 Feb 25
7.01	Dante Legister	1 Mar 20
7.05	Alex Kiwomya	27 Feb 10
7.06	Andrew Watkins	23 Feb 02
7.07	Farrell Fabusiwa	8 Jan 23
7.08	Richard Hodgson	23 Feb 08
7.08	Jona Efoloko	1 Mar 14
7.08	Graig Anya-Joseph	3 Feb 18
7.08	Emmanuel Ofori-Manteaw	7 Feb 26 10

**100 Metres**

10.30	Divine IHEME	26 Aug 24
10.77	Grindan Abrahams	9 Aug 25
10.78	Teddy Wilson	7 Aug 21
10.78	Piers Spencer-Simms	30 Aug 25
10.83	Kesi Oludoyi	31 Jul 13
10.84	Graig Anya-Joseph	9 Jun 18
10.89	Jona Efoloko	17 May 14
10.89	David Ezeama-Riok	20 Aug 23
10.90	Kaie Chambers-Brown	30 Aug 14
10.90	James Beecroft	11 Jun 22 10
10.91	Tyrese Johnson-Fisher	12 Jul 14
10.92	Owin Sinclair	7 Jul 12
10.93	Mark Lewis-Francis	12 Jul 97
10.97	Jaleel Roper	26 Aug 17
10.98	Alex Kiwomya	21 Aug 10
10.98	Kyle Reynolds-Warmington	27 Aug 16
10.99	Andrew Watkins	20 Jul 02
10.99	Deji Tobais	26 Aug 06
10.99	Bronson Hearn-Smith	8 Jun 24

**wind assisted**

10.77	Kesi Oludoyi	31 Jul 13
10.80	Camron Lyttle	31 Aug 13
10.80	Farrell Fabusiwa	29 Jul 23
10.83	Owin Sinclair	18 Aug 12
10.84	Remi Jokosenumi	25 Aug 18
10.91	Deji Tobias	28 Aug 05
10.92	Joshua Oshunrinde	3 Sep 16
10.93	Ryan Gorman	18 Aug 12
10.94	Tristan Suberu	5 May 25

**hand timing**

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

**200 Metres**

21.63	Divine IHEME	28 Jul 24
21.77	Grindan Abrahams	10 Aug 25
21.91	Farrell Fabusiwa	29 Jul 23
21.99	Remi Jokosenumi	14 Jul 18
22.00	Mario Dobrescu	24 Jun 18
22.03	Sean Appiah	10 Jun 23
22.04	Piers Spencer-Simms	11 May 25
22.13	Andrew Watkins	6 Jul 02
22.13	Jaleel Roper	27 Aug 17
22.14	Jona Efoloko	18 May 14 10
22.20	Owin Sinclair	19 Aug 12

22.21	Rhion Samuel	6 Aug 06
22.23	Zico Jones	8 Aug 21
22.25	Deji Tobais	6 Aug 06
22.26	Anjelho Macabee-Rose	7 Jun 25
22.28	Cameron Sprague	11 Jul 15
22.30	Jamie Nixon	29 Sep 84
22.31	Mike Williams II	10 Aug 86
22.32	Teddy Wilson	26 Jun 21

**wind assisted**

22.03	Julian Thomas	7 Jul 01
22.14	Owin Sinclair	21 Apr 12
22.19	Joseph Massimo	31 Aug 14
22.24	Anjelho Macabee-Rose	30 Aug 25
22.26	Steven Daly	9 Jul 94
22.26	Simon Farenden	8 Jul 00
22.26	Dean Patterson	30 Aug 20
22.28	Jamahl Alert-Khan	7 Jul 01

**hand timing**

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

**hand timing - wind assisted**

21.9	Tony Cairns	21 Jun 86
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**200 Metres Short Track**

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

**300 Metres**

34.81	Amir Sultan-Edwards	14 Jul 18
35.12	George Sudderick	14 Jul 18
35.21	Joseph Massimo	12 Jul 14
35.29	Zico Jones	11 Jul 21
35.31	Mario Dobrescu	31 May 18
35.36	Farrell Fabusiwa	26 Aug 23
35.41	Ben Pattison	27 Aug 16
35.44	Tobenna Okoro	30 Jun 23
35.58	Chenna Okoh Mason	31 Aug 14
35.59	Gabriel Oguagwu	28 Jul 24 10
35.69	Tom Evans	11 Jul 15
35.70	Joe Milton	6 Jul 13
35.73	Simon Bordewich	28 Jul 24
35.74	Matthew Pagan	19 Aug 12
35.76	Tommaso Crosara	11 Jul 25
35.78	Lino Goodwin	28 Jul 24
35.84	Evan Blackman	13 Sep 16
35.85	Owin Sinclair	19 Aug 12
35.91	William Andoh	9 Jul 16

**during 400m**

35.7 +	Richard Davenport	23 Aug 00
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**Hand timing**

35.8	Ewan Blackman	13 Sep 16
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**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
37.24	Arthur Woyton	7 Feb 26 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	Jordan 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
4:12.99	Lewis Durston	8 Feb 26
4:13.50	Ethan Gibbs	8 Feb 26
4:13.51	Jamie Dee	4 Mar 12
4:14.81	Alistair Street	21 Jan 23
4:15.61	Elliott Hardee	3 Feb 08 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		
8.30	Jacob Clark Jones	8 Feb 26	4.20	Tony Hillier	18 Sep 05		
8.38	Chris Musa	25 Feb 01	4.20	Adam Hague	11 Sep 11		
8.39	James McLean	16 Jan 05	4.18	Ian Lewis	24 May 83		
8.39	Daniel Niewczasinski-K	9 Feb 25	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		6.99 i	Joseph Lanahan	11 Jan 26	
10.81	Adeyinka Adeniran	31 Aug 14		6.93	Rowan Powell	17 Aug 13	
10.82	Richard Alexis-Smith	12 Aug 01		6.90	Mario Dobrescu	1 Jul 18	
10.86	Fabian Nayan	14 Jun 25		6.88	Patrick Sylla	14 Apr 13	
10.87	Daniel Maynard	11 Aug 02		6.81	Dominic Ogbechie	5 Jun 16	
10.87	Daniel Niewczasinski-K	14 Jun 25		6.79	Oni Onuorah	17 Sep 88	
10.90	Freddie Clemons	13 Jul 19		6.78	Brandon McCarthy	7 Jul 13	
10.90	Kayden Thomas	9 Aug 25	10 6.93	6.77	Barry Nevison	30 Aug 81	
10.90	Charles Reilly	10 Aug 25		6.76	Joseph Harding	13 May 17	10
10.91	James McLean	14 Aug 05		6.76	Jerel Livingston	13 Jul 18	
10.91	Freddie Fraser	26 Aug 18		6.74	Kevin Hibbins	17 Jun 95	
10.95	Chris Musa	7 Jul 01		6.71	Mark Awanah	17 Aug 97	
10.95	Onatade Ojora	11 Jul 14		6.69	Luke Thomas	14 Jun 03	
10.98	Max Price	1 Sep 13		6.68	Onew Eyong	9 Jul 99	
10.98	Daniel Knight	28 Aug 16		6.67	Gary Wilson	27 Aug 00	
10.99	Edward Dunford	14 Aug 99		<b>wind assisted</b>			
10.99	Sam Bennett	10 Jul 15		7.12	Oni Onuorah	17 Sep 88	
10.99	Joshua Buxton	9 Aug 25	20 6.71	6.89	James Dunford	30 Jul 00	
				6.87	Joseph Harding	16 Sep 17	
				6.84	Dominic Ogbechie	27 Aug 16	
<b>wind assisted</b>							
10.68	Richard Alexis-Smith	12 Aug 01		<b>downhill</b>			
10.73	Chris Musa	7 Jul 01		6.77	Eric Wood	25 Aug 58	
10.84	Freddie Fraser	14 Jul 18		<b>Triple Jump</b>			
10.88	James McLean	28 Aug 05		14.26	Jomiloju Hughes	12 Jul 24	
<b>100 Metres Hurdles (91cm)</b>							
13.3	Matthew Clements	23 Aug 92		14.11	Nathan Fox	14 Aug 05	
<b>400 Metres Hurdles (76.2cm)</b>							
56.59	Stanley Livingstone	26 May 11		13.89	Melchisedec Berkoh-Gyamfi	30 Jul 23	
<b>High Jump</b>							
2.04	Ross Hepburn	22 Aug 76		13.86	Jamie Quarry	10 Jul 87	
2.01	Ken McKeown	10 Aug 96		13.79	Paul Dundas	11 Jun 88	
2.00	Samuel Brereton	17 Jun 17		13.77	Eugene Hechevarria	16 Sep 78	
1.99	David Bazuaye	1 Sep 18		13.71	Larry Achike	10 Jun 89	
1.97	Andrew Lynch	29 Aug 88		note resident but not British citizen at this time			
1.97	Wayne Gray	3 Sep 95					
1.97	Richard Byers	4 Sep 05					
1.97	Miles Keller-Jenkins	17 Jun 12					
1.96	Chuka Enih-Snell	29 Aug 98					

13.69	Vernon Samuels	25 Aug 79	<b>Hammer (4kg)</b>		
13.67	Dwyte Smith	6 Aug 06	70.78	Andrew Tolputt	9 Jul 82
13.67	Rahman Odugbayi	27 Aug 23	10 68.15	Jake Norris	14 Sep 13
13.64	Jimi Tele	11 Jul 08	67.24	Peter Vivian	22 Sep 85
13.63	Miraj Ahmed	28 Aug 16	66.48	Ashley Gilder	5 Sep 09
13.61	Patrick Sylla	26 May 13	65.42	Matthew Sutton	29 Sep 96
13.60	Steven Anderson	9 Jun 79	64.77	Ciaran Wright	27 Aug 11
13.60	Steve Folkard	11 Jul 80	64.70	Matt Lambley	3 Jul 02
13.59	Kevin Metzger	19 Aug 12	64.66	George Marvell	17 Aug 13
	<b>wind assisted</b>		64.28	Jason Byrne	22 Sep 85
13.92	Eugene Hechevarria	7 Jul 78	64.16	Andrew Jordon	8 Jul 06
13.87	Vernon Samuels	20 Sep 79	63.68	Paul Binley	29 Sep 85
13.83	Chris Tomlinson	12 Jul 96	63.60	Richard Fedder	26 Aug 79
13.73	Donovan Fraser	6 Jul 79	63.57	Michael Painter	15 Aug 09
	<b>Shot (5kg)</b>		63.16	Tony Kenneally	29 May 78
16.62	Michael Wheeler	29 Jul 06	62.97	Rafal Morawski	30 Aug 10
	<b>Shot (4kg)</b>		<b>Javelin (700g)</b>		
19.71	Curtis Griffith-Parker	28 Aug 05	61.81	Matti Mortimore	8 Sep 07
19.28	Michael Wheeler	3 Sep 06	<b>Javelin (600g 1999 Model)</b>		
18.71	Chris Ellis	14 Jun 80	70.66	Benjamin East	16 Sep 18
18.45	Lawson Capes	23 Sep 23	69.89	Hugo Bucher	12 Jul 25
18.03	Anthony Oshodi	5 Aug 06	65.87	Oliver Bradfield	12 Jun 10
18.02	Jay Thomas	24 Aug 03	65.16	Max Law	24 Sep 16
18.01	Kai Jones	21 Aug 11	64.74	Thomas Peters	21 Aug 10
17.36	Mathew Evans	16 Aug 03	63.87	Tom Rutter	12 Sep 21
16.86	Reece Thomas	9 Sep 06	63.68	Matti Mortimore	26 Aug 07
16.77	Kendrick Onolememen	14 Sep 25	61.25	Bradley James	14 Jul 18
16.61 i	Logan Cowling	8 Feb 26	60.38	Matthew Blandford	21 Aug 10
16.59	William Adeyeye	19 Sep 15	59.97	Harry Hughes	13 May 12
16.54	Geoff Hodgson	7 Jul 72	59.97	Liam Cawley	14 Sep 19
16.54	Johnny Jones	8 Aug 25	59.23	James Whiteaker	17 Jul 13
16.50	Carl Saggars	14 Jul 98	58.91	Travis Harfield	31 Jul 21
16.47	Joshua Newman	10 Aug 08	58.36	George Davies	14 Jul 12
16.45	Harry Beard	27 Aug 23	58.27	Mark Lindsay	30 Aug 99
	<b>Discus (1.5kg)</b>		58.09	Pedro Gleadall	27 Aug 16
51.55	Curtis Griffith-Parker	14 Aug 05	<b>Javelin (600g pre 1999 Model)</b>		
	<b>Discus (1.25kg)</b>		62.70	Paul Godwin	21 May 89
58.66	Kendrick Onolememen	14 Sep 25	60.56	David Messom	6 Jul 79
55.54	Obinna Aniebo	6 Sep 25	60.56	Clifton Green	3 Jul 94
55.39	Curtis Griffith-Parker	13 Aug 05	<b>Decathlon (Under 15 implements)</b>		
53.26	Chu Ononogbu	26 Jul 24	5341	Jamie Quarry	28 Jun 87
53.08	Emeka Udechuku	5 Sep 93	<b>Octathlon (Under 15 implements)</b>		
53.03	Logan Cowling	10 Aug 25	4630	Charlie Reilly	10 Aug 25
52.75	Moyo Stumpenhusen	10 Sep 23	4451	Oliver Downs	6 Aug 23
52.43	Sam Herrington	1 Sep 01	4420	Tristan Lamprecht	18 Aug 24
52.24	Alfie Scopes	15 Jun 14	4407	Joe Stone	29 Aug 21
51.86	Lawson Capes	13 Aug 23	10 4402	Sammy Ball	4 Aug 19
50.85	Shane Birch	12 Jul 02	4364	Joel McFarlane	9 Aug 15
50.80	Paul Mardle	3 Sep 77	<b>Pentathlon (80H,SP,LJ,HJ,800)</b>		
50.50	James Tomlinson	27 Sep 14	3403	Edward Dunford	22 Aug 99
50.48	Anthony Oshodi	26 Aug 06	3356	Sammy Ball	21 Sep 19
50.46	Teddy Gannon	12 Sep 20	3298	Reuben Esien	15 Sep 12
50.32	Chris Symonds	23 Jul 85	3297	David Guest	23 Sep 06
50.24	Liam Biddlecombe	16 Sep 07	3293	Gregor Simey	9 Aug 03
50.11	Matthew Williams	10 Sep 11	3290	Finn O'Neill	27 Sep 20
50.04	Keith Homer	11 Jul 80	3281	Andrae Davis	16 Sep 00
	<b>Hammer (5kg)</b>		3272	Chris Dack	20 Sep 97
60.10	Andrew Tolputt	5 Sep 82	3271	Daniel Brown	16 Sep 23

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				
43.76	Essex Schools	11 Jul 25				
43.78	Middlesex 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.Branks, C.Tisbury					
6:23.95	Giffnock North AAC	14 Apr 18				
	H.Paterson, T.O'Brien, J.Luc					
<b>4 x 800 Metres Relay</b>						
8:16.8	Shaftesbury Harriers	14 Sep 88				
	B.White, L.Scott, N.Gillingham, P.Mitchell					
8:19.5	Bournemouth AC	16 Sep 81				
	R.Christopher, M.Doble, R.Simmons, M.Adlem					

## UNDER 13

**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
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

**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
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**300 Metres**

41.8	Dominic Jones	5 Jul 97
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**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

**800 Metres Short Track**

2:11.62	Blake Burchill	2 Mar 25
2:12.63	Rowan Carson	18 Jan 26
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

**1500 Metres Short Track**

4:39.09	Rowan Fuss	18 Feb 15
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**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		26 Jul 09
11.5	Jaiden Dean	16 Sep 18
11.5	Daniel Niewczasinski-Kirkland	8 Jul 23
11.65		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

**wind assisted**

11.42	Karl Johnson	8 Jun 13
11.45	Daniel Niewczasinski-Kirkland	29 Jul 23
11.54	Kai Rogan	18 Sep 22

**80 Metres Hurdles (76.2cm)**

11.9	Matthew Clements	27 Aug 90
12.1	Sean Ashton	27 May 98
12.4	Jon Crawshaw	14 Aug 94

**80 Metres Hurdles (84cm)**

12.92	Sam Allen	18 Aug 91
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**hand timing**

12.4	Stanley Livingstone	12 Sep 09
12.6	James Dunford	27 Sep 98

**High Jump**

1.75	Oladesire Ayinla	7 Sep 25
1.73	Max Price	14 Aug 11
1.70	Adrian Pettigrew	22 Jun 99
1.70	Blake Edwards	25 Jun 25
1.69	Patrick O'Connor	7 Sep 08
1.68	Sam Allen	22 Sep 91
1.68	James Dunford	29 Sep 98
1.67	Glen Carpenter	3 Jul 83
1.67	Jamie Dalton	28 Jun 92
1.67	Alex Cox	17 Sep 06 10
1.67	Adam Robinson	11 Sep 16
1.67	Kehinde Ashaolu	5 Jul 17
1.67	Travis Scottow	12 Jul 18
1.67	Eli Adams	17 Sep 22
1.67	Duncan Williams	11 May 25

**Pole Vault**

3.40	Neil Winter	27 Jul 86
3.20	Ian Lewis	8 Sep 81
3.10	Charlie Platt	7 Sep 21
3.01	Frankie Johnson	4 Aug 13
3.01 i	Jack Harris	29 Sep 13

**Long Jump**

6.18	Duncan Williams	3 Aug 25
5.95	Tristan Suberu	30 Sep 13
5.90	Dante Clarke	25 Aug 18
5.86	Owin Sinclair	13 May 10
5.82	William Adeyeye	29 Sep 13
5.80	Joseph Harding	23 May 15
5.76	Bronson Hearn-Smith	14 Aug 22
5.72	Samuel Ball	28 Aug 17
5.71	Kieran Showler-Davis	25 Jul 04
5.65	Sam Allen	14 Sep 91 10
5.65	Deji Ogunnowo/Tobais	1 Aug 04

**wind assisted**

5.88	Ian Tobin	4 Aug 02
5.76	Seamas Cassidy	5 Sep 99
5.74	Edward Dunford	21 Sep 97

**Triple Jump**

12.57	Rigsby Agoreyo	9 Aug 69
11.78	Edward Dunford	27 Sep 97
11.75	Alain Kacon	15 Sep 01

**Shot (4kg)**

12.65	Matthew Evans	12 Aug 01
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**Shot (3.25kg)**

14.64	Sebastian Dickens	10 Sep 14
14.48	Luke Bowen-Price	26 Jun 12
14.47	Matthew Evans	22 Jul 01
14.22	Khoul Njoya	9 Sep 06
13.94	Michael Wheeler	21 Aug 04
13.93	Jack Halpin	11 Sep 16
13.92	Harry Sutherland	4 Sep 10
13.56	Reece Thomas	11 Sep 04

**Shot (3kg)**

15.83	Logan Cowling	11 Aug 24
15.05	Lawson Capes	25 Sep 21
14.52	Kendrick Onolememen	14 Sep 24
14.00	Sebastian Seldon	3 Jul 23
13.44	Travis Scottow	12 Aug 18

**Discus (1.25kg)**

36.98	Sam Herrington	5 Sep 99
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**Discus (1kg)**

48.60	Logan Cowling	28 Sep 24
42.94	Luke Bowen-Price	31 Jul 12
42.50	Sam Herrington	12 Sep 99
42.46	Tobi Adeniran	16 Aug 24
42.38	Ben Barnes	1 Sep 91
41.49	Archie Oates	29 Jul 23
40.18	Alfred Mawdsley	25 Aug 13
38.92	Chris Hughes	28 Jul 91
38.58	Carl Saggars	15 Sep 96
38.44	Travis Scottow	16 Sep 18 10
38.39	Harry Sutherland	4 Sep 10
38.30	Liam Walsh	13 Aug 94

**Hammer (4kg)**

41.64	Michael Painter	24 Jun 07
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**Hammer (3.25kg)**

48.18	Kieran Phillips	20 Sep 09
46.52	Sam Foster	7 Sep 06
45.60	Ciaran Wright	8 Sep 09
44.86	Michael Painter	5 Aug 07
44.38	Ross Thompson	4 Sep 94

**Javelin (600g 1999 Model)**

47.86	Oliver Bradfield	28 Sep 08
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**Javelin (400g)**

57.55	Oliver Bradfield	17 Aug 08
51.19	Tom Rutter	7 Jul 19
50.35	Benjamin East	24 Sep 16
49.84	Max Law	14 Sep 14
49.73	Travis Harfield	21 Sep 19
48.59	Joshua Roberts	29 Sep 18
48.28	Archie Goodliff	18 Jul 15
48.16	Thomas Peters	23 Aug 08
46.20	Jonah McCafferty	26 Sep 15
46.03	Blaine Lynch	24 Jul 18 10
45.22	Matthew Blandford	28 Sep 08

**U15 Pentathlon (80H,SP,LJ,HJ,800)**

2444	James Dunford	27 Sep 98
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**with 100 metres**

2390	Sam Allen	22 Sep 91
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**Pentathlon (75H,SP,LJ,HJ,800)**

2562	Edward Dunford	28 Sep 97
2534	Finn O'Neill	25 Aug 18

2463	James Dunford	2 Aug 98	<b>4 x 800 Metres Relay</b>		
2380	William Adeyeye	26 Aug 13	9:29.8	Sale Harriers	28 Jun 88
2362	Al-Ameen Salaam	29 Sep 19	9:29.9	Clydebank AC	16 Aug 87
<b>Pentathlon (60H,SP,LJ,HJ,800) Short Track</b>			C.Hodgins, D.Fotheringham, A.Bruce, C.Young		
2014	Blake Burchill	8 Feb 25			
1945	Jake Minshull	26 Mar 17			
1895	Karl Johnson	31 Mar 13			
1862	Scott Connal	19 Feb 12			
2197	David Guest ???	25 Sep 04			
<b>2000 Metres Track Walk</b>					
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			
<b>2k Road - where superior to track time</b>					
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			
<b>3000 Metres Track Walk</b>					
15:02.62	Lloyd Finch	21 Sep 96			
15:15.5	Robert Mecham	25 Jul 89			
<b>3k Road - where superior to track time</b>					
14:44	Martin Young	22 Sep 84			
<b>4 x 100 Metres Relay</b>					
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.Gbeyo				
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				
<b>4 x 200 Metres Relay</b>					
1:47.1	Hercules Wimbledon AC	12 Jul 15			
	M.Ayoola, R.Philpott, N.Pongolati, J.Roper				
<b>4 x 400 Metres Relay</b>					
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				
<b>3 x 800 Metres Relay</b>					
6:59.6	Sale Harriers	15 Jul 84			
	L.Buckley, J.Stockdale, G.Murphy				