

UK ALL TIME LISTS – MEN

as at 23 March 2026

60 Metres				9.96	Joel Fearon	30 Jul 16	
6.42	Dwain Chambers	7 Mar 09		9.97	Dwain Chambers	22 Aug 99	
6.45 o	Zharnel Hughes	25 Feb 23		9.97	Adam Gemili	7 Jun 15	10
6.45	Jeremiah Azu	20 Mar 26		9.97	Jeremiah Azu	25 May 24	
6.46	Jason Gardener	7 Mar 99		9.98	Jason Gardener	2 Jul 99	
6.46	Gardener	15 Feb 04		9.99	Nethaneel Mitchell-Blake	13 May 17	
6.46	Chambers	8 Mar 09		10.00	Romell Glave	26 May 25	
6.46	Azu	20 Mar 26		10.01	Richard Kilty	16 Jul 16	
6.47	Linford Christie	19 Feb 95		10.03	Simeon Williamson	12 Jul 08	
6.47	James Dasaolu	15 Feb 14		10.04	Darren Campbell	19 Aug 98	
6.47	Azu	6 Mar 26		10.04	Mark Lewis-Francis	5 Jul 02	
6.49	Colin Jackson	11 Mar 94		10.04	James Ellington	7 Jul 16	
6.49	Richard Kilty	8 Mar 14		10.04	Ojie Edoburun	4 Jun 18	20
6.49	Reece Prescod	10 Feb 23		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 Jan 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	
during 100m				10.18	Deji Tobais	7 Jun 14	
6.41+	Dwain Chambers	22 Aug 99		10.18	Kieran Daly	21 Jun 14	
6.43+	Linford Christie	25 Aug 91		10.18	Reuben Arthur	17 Jun 17	
6.45+	Christie	15 Aug 93		10.19	Jona Efoloko	26 Aug 24	
100 Metres				10.20	Cameron Sharp	24 Aug 83	50
9.83	Zharnel Hughes	24 Jun 23		10.20	Elliot Bunney	14 Jun 86	
9.87	Linford Christie	15 Aug 93		10.20	Ryan Scott	17 Jul 08	
9.87	Eugene Amo-Dadzie	30 Aug 25		10.20	Josh Swaray (now SEN)	13 Jul 13	
9.88	Hughes	20 Aug 23		10.20	Dom Ashwell	5 Jun 19	
9.91	Christie	23 Aug 94		10.21 A	Ainsley Bennett	8 Sep 79	
9.91	James Dasaolu	13 Jul 13		10.21	Jamie Henderson	6 Aug 87	
9.91	Hughes	9 Jun 18		10.21	Allyn Condon	14 Aug 99	
9.91	Hughes	5 Jul 25		10.21	Luke Fagan	15 Sep 11	
9.92	Christie	25 Aug 91		10.21	Kyle de Escofet	2 Jun 17	
9.93	Hughes	21 Jul 18		10.21	Samuel Osewa	2 Jun 17	60
9.93	Reece Prescod	31 May 22		10.21	Joe Ferguson	30 Jun 23	
9.93	Amo-Dadzie	16 Jun 23		wind assisted			
9.93	Hughes	20 Aug 23		9.84	Louie Hinchliffe	24 May 24	
9.95	Louie Hinchliffe	7 Jun 24		9.87	Hughes	3 May 25	
9.96	Chijindu Ujah	8 Jun 14		9.88	Reece Prescod	26 May 18	

				200 Metres			
9.90	Christie	24 Aug 91					
9.90	Harry Aikines-Aryeetey	15 Apr 17	19.73	Zharnel Hughes	23 Jul 23		
9.90	Toby Makoyawo	26 Mar 22	19.78	Hughes	19 Sep 25		
9.90	Jeremiah Azu	25 Jun 22	19.82	Hughes	8 Sep 23		
9.90	Romell Glave	18 Aug 24	19.87 A	John Regis	31 Jul 94		
9.91	Christie	11 Jun 94	19.90	Hughes	3 Aug 25		
9.91	Hughes	25 Jun 22	19.94	Regis	20 Aug 93		
9.92	Richard Kilty	29 May 16	19.94	Hughes	31 Aug 23		
9.93	Ojie Edoburun	15 Apr 17	19.95	Nethaneel Mitchell-Blake	14 May 16		
9.93	Elliot Jones	22 Jun 25	19.96	Hughes	11 May 24		
9.95	Chijindu Ujah	27 May 17	19.97	Adam Gemili	9 Sep 16		
9.95	Ade Adewale	22 Jun 25	19.97	Miguel Francis	21 Jul 19		
9.96	James Ellington	25 Jun 16	20.08	Christian Malcolm	8 Aug 01		
9.96	Miguel Francis	25 Jun 22	20.09	Linford Christie	28 Sep 88		
9.97 †	Mark Lewis-Francis	4 Aug 01	20.13	Darren Campbell	27 Sep 00		
9.98	Nethaneel Mitchell-Blake	23 Apr 22	20.16	Danny Talbot	7 Aug 17		
10.00	Ian Mackie	18 Jul 98	20.18	Julian Golding	19 Sep 98	10	
10.01	Doug Walker	18 Jul 98	20.19	Marlon Devonish	29 Jul 02		
10.01	Andrew Robertson	13 Jun 21	20.19	Charlie Dobson	15 Apr 22		
10.02	Allan Wells	4 Oct 82	20.21	Allan Wells	28 Jul 80		
10.03	Kieran Showler-Davis	3 Aug 16	20.22	Chris Clarke	25 Aug 13		
10.03	Andrew Robertson	8 Jun 19	20.22	Toby Harries	26 Apr 25		
10.04 A	Tyrone Edgar	10 May 03	20.23	Joe Ferguson	26 Jun 22		
10.04	Deji Tobais	23 Aug 14	20.31	Dwain Chambers	22 Jul 01		
10.05	David Morgan-Harrison	26 Jul 23	20.31	James Ellington	30 Apr 16		
10.05	Adam Thomas	29 Jul 23	20.31	Reece Prescod	15 Aug 21		
10.07	Cameron Sharp	4 Oct 82	20.34	Chris Lambert	20 Jul 03	20	
10.07	John Regis	28 Aug 90	20.34	Richard Kilty	7 Jul 13		
10.07	Toby Box	11 Jun 94	20.34	Tommy Ramdhan	30 Aug 21		
10.07	Michael Rosswess	11 Jun 94	20.34	Jeriel Quainoo	20 Apr 24		
10.07	Sean Safo-Antwi	23 Aug 14	20.34	Matthew Hudson-Smith	30 Jun 24		
10.08	Mike McFarlane	27 May 84	20.35	Doug Walker	26 Jul 98		
10.08	Jason John	11 Jun 94	20.36	Todd Bennett	28 May 84		
10.08	Craig Pickering	17 Jun 09	20.37	Toby Sandeman	18 Jul 09		
10.08	Samuel Gordon	14 Jul 19	20.37	Thomas Somers	24 Jul 14		
10.08	Adam Clayton	29 Apr 23	20.38	Jeffrey Lawal-Balogun	28 Jun 09		
10.09 †	Christian Malcolm	4 Aug 01	20.38	Leon Reid	2 Jul 17	30	
10.10	Donovan Reid	26 Jun 83	20.39	Chijindu Ujah	8 Apr 17		
10.10	Leevan Yearwood	3 Jul 09	20.40	Delano Williams	16 May 15		
10.10	John Otugade	29 Jul 23	20.41	Marcus Adam	13 Jun 92		
10.11	Drew McMaster	26 Jun 83	20.42 A	Ainsley Bennett	12 Sep 79		
10.12	Buster Watson	27 May 84	20.42	Michael Ohioze	12 Apr 24		
10.12	Charlie Dobson	23 Aug 20	20.42	Jona Efoloko	3 Aug 25		
10.12	Jona Efoloko	25 Jun 22	20.43	Mike McFarlane	7 Oct 82		
10.13	Jonathan Barbour	30 Jun 01	20.43	Doug Turner	9 Jun 96		
10.13	Danny Talbot	21 May 17	20.43	Leon Baptiste	10 Oct 10		
10.13	Tommy Ramdhan	25 Jun 22	20.43	Edmond Amaning	12 May 18	40	
10.13	Luke Dorrell	15 Jul 23	20.45	James Alaka	13 May 12		
10.13	Korede Awe	3 Sep 23	20.46	Rikki Fifton	6 Jun 09		
† wind gauge faulty - probably windy			20.46	Harry Aikines-Aryeetey	3 Jul 11		
			20.46	James Hanson	26 Jun 22		
hand timing			20.47	Cameron Sharp	9 Sep 82		
9.9	Zharnel Hughes	22 Apr 23	20.48	Darren Braithwaite	13 May 95		
10.1	David Jenkins	20 May 72	20.49	Alex Nelson	5 Jul 08		
10.1	Brian Green	3 Jun 72	20.49	Adam Clayton	13 May 23		
hand timing - wind assisted			20.50	Terry Williams	24 Aug 94		
10.0	Allan Wells	16 Jun 79	20.50	Tony Jarrett	16 Jul 95	50	
10.0	Drew McMaster	1 Jun 80	20.50	Solomon Wariso	16 Jul 95		
10.1	Dave Roberts	17 Jul 82	20.51	Michael Rosswess	28 Sep 88		
			20.51	Ethan Harbias-Wiltshire	3 Aug 25		
			20.54	Ade Mafe	25 Aug 85		

20.55	Jake Odey-Jordan	16 Jun 24	300 Metres		
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
wind assisted			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	during 400m		
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
hand timing (* 220 yards time less 0.1)			300 Metres Short Track		
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
hand timing - wind assisted			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
200 Metres Short Track			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	400 Metres		
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	Solomon Wariso	8 Feb 98	
44.93	David Jenkins	21 Jun 75	45.71	Nigel Levine	18 Feb 12	
44.93	Kriss Akabusi	7 Aug 88	45.83	Mark Hylton	9 Feb 97	
44.94	Andrew Steele	18 Aug 08	45.82	Jaden Smith	1 Feb 25	
44.98	Daniel Caines	27 Jul 02	20 45.88	Richard Buck	18 Feb 12	10
45.01	Robert Tobin	11 Jun 05	45.89	David Grindley	20 Feb 93	
45.06	Conrad Williams	6 Jun 15	45.90	Robert Tobin	12 Feb 06	
45.08	Alex Haydock-Wilson	20 Jul 22	45.94	Mark Richardson	20 Feb 93	
45.09	Jarryd Dunn	20 Jun 15	45.98	Brian Whittle	6 Mar 88	
45.11	Nigel Levine	7 Jun 12	46.11	Guy Bullock	9 Feb 97	
45.13	Toby Harries	21 Jun 25	46.11	Sean Baldock	8 Feb 98	
45.20	Sean Baldock	12 Aug 00	46.12	Du'aïne Ladejo	10 Mar 96	
45.22	Brian Whittle	25 Sep 88	46.16	Luke Lennon-Ford	15 Feb 14	
45.23	Luke Lennon-Ford	2 Jun 12	46.16	Edward Faulds	19 Feb 22	
45.24	Mark Hylton	12 Aug 98	30 46.20	Conrad Williams	18 Feb 12	20
45.26	Phil Brown	26 May 85	46.22	Richard Strachan	2 Feb 13	
45.27	Todd Bennett	7 Aug 88	46.23	Allyn Condon	14 Feb 99	
45.30	Ade Mafe	23 Jul 93	46.23	Lee Thompson	18 Feb 18	
45.33	Paul Sanders	15 Jun 91				
45.34	Dwayne Cowan	20 Aug 17		600 Metres		
45.34	Brodie Young	19 Jul 25	1:14.95	Steve Heard	14 Jul 91	
45.40	Jaden Smith	11 May 24	1:15.0 +	Sebastian Coe	10 Jun 81	
45.42	Delano Williams	9 May 15	1:15.36	Thomas Staines	23 Aug 25	
45.45	George Caddick	26 May 17	1:15.4	Garry Cook	30 Jul 84	
45.47	David McKenzie	12 Jun 94	40 1:15.4	Tom McKean	21 Jul 91	
45.47	Efekemo Okoro	27 Jul 24	1:15.57 +	Max Burgin	20 Sep 25	
45.48	John Regis	17 Apr 93	1:15.6	David Jenkins	3 Aug 74	
45.48	Richard Strachan	7 Jul 13	1:15.87	Michael Rimmer	5 Jun 16	
45.48	Charlie Carvell	22 May 24	1:15.94	Brian Whittle	28 Jul 92	
45.49	Glen Cohen	21 May 78	1:16.0	Steve Overt	15 Aug 79	
45.54	Joseph Brier	10 Jun 23	1:16.0 +	Martin Steele	10 Jul 93	
45.57	Jared Deacon	16 Jun 02		600 Metres Short Track		
45.58	Ian Mackie	13 Jul 03	1:15.31 A	Thomas Staines	1 Feb 19	
45.58	Lee Thompson	5 Jul 25	1:15.79 A	Yusuf Bizimana	21 Jan 23	
45.59	Chris Clarke	24 Jul 09	50 1:15.81	Callum Dodds	15 Feb 25	
45.60	Malachi Davis	24 Jul 05	1:16.10	Kyle Langford	15 Feb 17	
45.60	Rio Mitcham	10 Jun 23	1:16.22	Dai Greene	26 Jan 13	
45.61	Richard Buck	2 Jun 12	1:16.45	Andrew Osagie	26 Jan 13	
45.63	Adrian Patrick	5 Jul 95	1:16.48	Guy Learmonth	25 Jan 14	
45.63	Ben Jefferies	30 Jun 24		800 Metres		
45.64	Paul Harmsworth	7 Aug 88	1:41.73"	Sebastian Coe	10 Jun 81	
45.64	Cameron Chalmers	18 Jun 17	1:42.27	Ben Pattison	12 Jul 24	
45.65	Alan Bell	14 Jun 80	1:42.29	Max Burgin	20 Sep 25	
45.67	Roger Hunter	19 May 85	1:42.33	Coe	5 Jul 79	
45.70	Bailey Swift	20 Jul 24	60 1:42.36	Burgin	19 Jul 25	
	hand timing (* 440 yards time less 0.3)		1:42.42	Burgin	28 Aug 25	
45.6 *	Robbie Brightwell	14 Jul 62	1:42.88	Steve Cram	21 Aug 85	
	400 Metres Short Track		1:42.97	Peter Elliott	30 May 90	
45.39	Jamie Baulch	9 Feb 97	1:43.07	Coe	25 Aug 85	
45.43	Daniel Caines	16 Mar 03	1:43.19	Cram	7 Sep 86	
45.45	Baulch	12 Feb 97	1:43.65	Jake Wightman	2 Sep 22	
45.46 A	Brodie Young	1 Mar 25	1:43.77	Andrew Osagie	9 Aug 12	
45.54 A	B Young	28 Feb 26	1:43.82	Oliver Dustin	12 Jun 21	
45.56	Todd Bennett	3 Mar 85	1:43.84	Martin Steele	10 Jul 93	
45.59 A	B Young	14 Feb 26	1:43.88	Tom McKean	28 Jul 89	10
45.60	Baulch	14 Feb 99	1:43.89	Michael Rimmer	29 Aug 10	
45.61	Caines	18 Feb 01	1:43.95	Daniel Rowden	21 Jul 23	
45.62	Baulch	9 Mar 97	1:43.98	David Sharpe	19 Aug 92	
45.69	Michael Bingham	14 Mar 09	1:44.05	Elliot Giles	4 Jul 21	
			1:44.09	Steve Overt	31 Aug 78	

1:44.10	Henry Jonas	18 Jul 25	1:45.72	Tony Morrell	17 Feb 88
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	1:46.48	Ethan Hussey	1 Mar 26
1:44.65	James McIlroy	28 Aug 05	1:46.55	Michael Rimmer	16 Feb 13
1:44.72	Archie Davis	4 Jul 21	1:46.56	Thomas Randolph	15 Feb 25
1:44.73	Guy Learmonth	22 Jul 18	1:46.57	Brian Whittle	29 Feb 92 20
1:44.75	Alex Botterill	23 Jul 23 30	1:46.57	Ethan Hussey	8 Feb 26
1:44.80	Yusuf Bizimana	20 Jul 24	1:46.58	Mukhtar Mohammed	16 Feb 13
1:44.82	Neil Gourley	18 Jun 22	1:46.64	Josh Kerr	11 Feb 22
1:44.88	Thomas Randolph	23 Jul 23	1:46.68	James McIlroy	4 Feb 05
1:44.92	Curtis Robb	15 Aug 93	1:46.69	Jack Higgins	15 Feb 25
1:44.98	Gareth Warburton	7 Jun 12	1000 Metres		
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
800 Metres Short Track			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	1000 Metres Short Track		
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	Giles	19 Feb 22	2:17.25	Alex Botterill	15 Feb 25
1:45.42	Giles	22 Feb 22	2:17.51	Jake Wightman	25 Jan 20
1:45.43	Giles	2 Mar 22	2:17.51	Joe Wigfield	15 Feb 25
1:45.46	Giles	2 Mar 18	2:17.86	Matthew Yates	22 Feb 92
1:45.49	Giles	9 Feb 21	2:18.10	Yusuf Bizimana	12 Jan 24
1:45.50	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	3:36.25	James Gormley	10 Aug 24	
1500 Metres (+ during 1 mile)				3:36.29	Lee Emanuel	16 May 16	
3:27.79	Josh Kerr	6 Aug 24		3:36.40	George Couttie	20 May 25	
3:28.36	George Mills	20 Jun 25		3:36.53	David Strang	15 Jul 94	
3:28.81	Mo Farah	19 Jul 13		3:36.81	Mike Kearns	26 Jul 77	
3:28.93	Farah	17 Jul 15		3:36.86	William Paulson	15 Jun 19	
3:29.05	Kerr	7 Aug 21		3:36.92	Joshua Lay	15 Sep 20	
3:29.23	Jake Wightman	19 Jul 22		3:36.97	Robbie Fitzgibbon	2 Jun 17	
3:29.37	Kerr	19 Jul 25		3:37.06	James Thie	4 Jul 04	60
3:29.38	Kerr	23 Aug 23		3:37.06	Colin McCourt	10 Jul 10	
3:29.47	Wightman	14 Aug 20		1500 Metres Short Track (+ during 1 mile)			
3:29.64	Kerr	30 Jun 23		3:32.48	Neil Gourley	25 Feb 23	
3:29.67	Steve Cram	16 Jul 85		3:32.86+	Josh Kerr	27 Feb 22	
3:29.77	Sebastian Coe	7 Sep 86		3:33.18+	Gourley	8 Feb 25	
3:30.60	Neil Gourley	23 Jul 23		3:33.86+	George Mills	11 Feb 24	
3:30.62	Charlie Da'Vall Grice	12 Jul 19		3:34.00 +	Adam Fogg	1 Feb 25	
3:30.77	Steve Overt	4 Sep 83		3:34.06	Jake Wightman	4 Feb 24	
3:30.92	Elliot Giles	23 Jul 23	10	3:34.20	Peter Elliott	27 Feb 90	
3:30.95	George Mills	31 Aug 23		3:34.23	Gourley	3 Mar 23	
3:31.08	Jake Heyward	4 Aug 22		3:34.37 +	Fogg	11 Feb 24	
3:31.30	Matthew Stonier	23 Jul 23		3:34.48	Wightman	13 Feb 21	
3:31.86	John Mayock	22 Aug 97		3:35.12	Thomas Keen	2 Feb 25	
3:32.11	Chris O'Hare	20 Jul 18		3:35.43	Elliot Giles	16 Feb 25	
3:32.34	Anthony Whiteman	16 Aug 97		3:35.60	Jack Higgins	1 Mar 26	
3:32.37	Michael East	2 Jul 04		3:35.66	Lee Emanuel	21 Feb 15	10
3:32.69	Peter Elliott	16 Sep 90		3:36.12	Piers Copeland	19 Feb 22	
3:33.34	Steve Crabb	4 Jul 87		3:36.17	James McMurray	1 Mar 26	
3:33.79	Dave Moorcroft	27 Jul 82		3:36.25	John Mayock	18 Feb 01	
3:33.83	John Robson	4 Sep 79	20	3:36.40	Chris O'Hare	28 Feb 20	
3:33.96	Tom Lancashire	27 Aug 10		3:36.42	Michael East	20 Feb 04	
3:34.00	Matthew Yates	13 Sep 91		3:36.72+	George Couttie	14 Feb 26	
3:34.01	Graham Williamson	28 Jun 83		3:36.93	James West	27 Feb 20	
3:34.07	James West	25 Sep 20		3:37.16	Andrew Baddeley	18 Feb 12	
3:34.1 +	Tony Morrell	14 Jul 90		3:37.52+	Tyler Bilyard	1 Feb 25	
3:34.11	Adam Fogg	20 Aug 25		3:37.58+	Andrew Butchart	4 Feb 17	20
3:34.17	Henry McLuckie	2 Sep 25		3:37.69	Andrew McGill	1 Mar 26	
3:34.28	Cameron Boyek	2 Sep 25		3:37.72	Joe Wigfield	2 Feb 25	
3:34.36 +	Andrew Baddeley	6 Jun 08		3:37.85	Henry Jonas	8 Feb 26	
3:34.50	Adrian Passey	4 Jul 87	30	3:37.85	Charlie Da'Vall Grice	12 Feb 22	
3:34.53	Mark Rowland	27 Jul 88		3:38.00	James Brewer	18 Feb 12	
3:34.59	Kevin McKay	24 Aug 97		1 Mile			
3:34.62	Piers Copeland	9 Jun 21		3:45.34	Josh Kerr	25 May 24	
3:34.76	Gary Lough	9 Sep 95		3:46.32	Steve Cram	27 Jul 85	
3:34.76	Ross Murray	27 May 12		3:47.33	Sebastian Coe	28 Aug 81	
3:34.95	Archie Davis	1 Jun 25		3:47.65	George Mills	16 Sep 23	
3:35.08	Neil Horsfield	10 Aug 90		3:47.74	Neil Gourley	25 May 24	
3:35.22	Thomas Keen	20 Aug 25		3:47.82	Jake Wightman	5 Jul 25	
3:35.26	John Gladwin	5 Sep 86		3:47.82	Wightman	25 May 24	
3:35.28	Jack Buckner	1 Jul 86	40	3:47.83	Cram	5 Jul 86	
3:35.39	Callum Elson	26 Jul 23		3:48.31	Steve Overt	26 Aug 81	
3:35.53	Andrew Graffin	6 Sep 02		3:48.40	Coe	19 Aug 81	
3:35.66	Frank Clement	12 Aug 78		3:48.53	Elliot Giles	12 Jun 25	
3:35.69	Samuel Charig	5 Jul 25		3:49.16	Peter Elliott	2 Jul 88	
3:35.74	Rob Harrison	26 May 86		3:49.20	Dave Moorcroft	26 Jun 82	10
3:35.74	Nick McCormick	22 Jul 05		3:49.34	Andrew Baddeley	6 Jun 08	
3:35.93	Marc Scott	21 Jul 20		3:49.38	John Mayock	5 Jul 96	
3:35.94	Paul Larkins	10 Jul 87		3:50.32	Adam Fogg	20 Jul 24	
3:36.03	Henry Jonas	20 Aug 25		3:50.48	Graham Williamson	13 Jul 82	
3:36.09	Joe Wigfield	24 Jul 24	50	3:50.64	John Gladwin	19 Aug 87	
3:36.22	James Shane	31 Jul 11		3:51.02			

3:51.31	Tony Morrell	14 Jul 90		3:54.62	Elliot Giles	4 Feb 25	
3:51.57	Jack Buckner	29 Aug 84		3:54.78	Matthew Yates	14 Mar 92	
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					
3:53.20	Ian Stewart II	25 Aug 82		1 Mile Road			
3:53.34	Chris O'Hare	27 May 17		3:51.3	Elliot Giles	1 Sep 24	
3:53.36	Thomas Keen	3 Sep 24	30	2000 Metres			
3:53.39	Tom Lancashire	14 Aug 10		4:51.39	Steve Cram	4 Aug 85	
3:53.64	Kevin McKay	22 Jul 94		4:52.82	Peter Elliott	15 Sep 87	
3:53.69	James Gormley	24 Aug 24		4:53.06	Jack Buckner	15 Sep 87	
3:53.82	Gary Staines	12 Aug 90		4:53.69	Gary Staines	15 Sep 87	
3:53.85	Rob Harrison	15 Jul 86		4:55.20	Cram	28 Aug 88	
3:53.99	Henry McLuckie	30 Aug 25		4:55.72	Elliott	28 Aug 88	
3:54.2	Frank Clement	27 Jun 78		4:56.23	James West	8 Sep 24	
3:54.27	Archie Davis	13 Jul 21		4:56.75	John Mayock	30 Jul 99	
3:54.30	David Strang	22 Jul 94		4:57.09	Adam Fogg	8 Sep 24	
3:54.39	Neil Horsfield	8 Jul 86	40	4:57.39	Nick McCormick	9 Mar 06	
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	
				5:02.98	Ian Stewart I	4 Jul 75	
1 Mile Short Track				5:02.98	Gary Lough	11 Aug 96	
3:48.87	Josh Kerr	27 Feb 22		5:02.98	Neil Caddy	11 Aug 96	
3:48.93	George Mills	11 Feb 24		5:02.99	David Bedford	8 Jul 72	30
3:49.22	Neil Gourley	8 Feb 25		5:03.16	Lawrie Spence	26 May 78	
3:49.46	Gourley	11 Feb 23		5:03.8	Rob Denmark	11 Aug 96	
3:49.62	Adam Fogg	11 Feb 24		5:04.11			
3:49.85	Fogg	1 Feb 25		2000 Metres Short Track			
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					
3:54.42	Piers Copeland	1 Feb 25					

3000 Metres (+ during 2 Miles)			7:47.6	Dick Taylor	6 Sep 69
7:32.62	Mo Farah	5 Jun 16	3000 Metres Short Track		
7:32.79	Dave Moorcroft	17 Jul 82	7:27.92	George Mills	2 Feb 25
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	7:35.56	Kerr	21 Mar 26
7:36.81	Henry McLuckie	9 Jul 25	7:35.81	Farah	5 Feb 11
7:37.39	Patrick Dever	13 Jul 21	7:36.74	George Couttie	6 Dec 25
7:38.70	Jack Rowe	20 Jul 24	7:37.13	James West	2 Feb 25
7:38.71	George Mills	28 Aug 25	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
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	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
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	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
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 Cairress	2 Aug 22	2 Miles		
7:44.76	Paul Davies-Hale	20 Jul 85	8:07.85	Mo Farah	24 Aug 14
7:45.2 +	Geoff Turnbull	12 Sep 86	8:13.51	Steve Overt	15 Sep 78
7:45.29	Dennis Coates	9 Sep 77	8:13.68	Brendan Foster	27 Aug 73
7:45.41	Jon Brown	1 Aug 98	8:14.93	Steve Cram	29 Aug 83
7:45.75	Andy Vernon	17 Jul 13	8:15.53	Tim Hutchings	12 Sep 86
7:45.75	Jonathan Davies	21 Aug 20	8:15.98	Geoff Turnbull	12 Sep 86
7:45.81	John Robson	13 Jul 84	8:16.75	Dave Moorcroft	20 Aug 82
7:45.81	Alexander Yee	21 Aug 20	8:17.12	Jack Buckner	12 Sep 86
7:46.39	Adrian Royle	28 Jun 83	8:18.98	Eamonn Martin	16 Jul 88
7:46.40	Ian Hamer	20 Jan 90	8:19.37	Nat Muir	27 Jun 80
7:46.4	David Bedford	21 Jun 72	8:20.28	David James	27 Jun 80
7:46.6+	David Black	14 Sep 73	8:20.66	David Lewis	7 Sep 84
7:46.67	Adam Fogg	3 Jun 23	8:21.09	Barry Smith	27 Jun 80
7:46.83	Ian Stewart I	26 May 76	8:21.86	David Black	14 Sep 73
7:46.95	David James	26 May 80	8:21.97	Rob Denmark	9 Aug 91
7:47.12	Simon Mugglestone	27 Jun 88	8:22.0	Ian Stewart I	14 Aug 72
7:47.20	Harry Wakefield	12 Jul 25	8:22.41	Nick Rose	15 Sep 78
7:47.28	John Mayock	23 Jul 95	8:22.65	Ian Hamer	17 Jul 92
7:47.32	Tomer Tarragano	10 May 25	8:22.98	Geoff Smith	7 Jun 80
7:47.54	Paul Larkins	14 Jul 89	8:23.16	Gary Staines	9 Aug 91
7:47.56	Dick Callan	15 Jul 83			20

2 Miles Short Track				13:20.30	Karl Keska	20 Jul 02		
8:00.67	Josh Kerr	11 Feb 24	13:20.85	Andy Baddeley	4 Mar 10			
8:03.40	Mo Farah	21 Feb 15	13:21.13	David Lewis	4 Jul 85			
8:12.63	Andrew Butchart	11 Feb 17	13:21.14	Barry Smith	7 Jun 81			
8:17.06	John Mayock	17 Feb 02	13:21.2	Tony Simmons	23 May 76			
8:18.4	Nick Rose	17 Feb 78	13:21.60	Paul Davies-Hale	8 Jul 88			
8:20.15	Jake Wightman	1 Feb 26	13:21.73	Geoff Turnbull	5 Sep 86			
8:21.24	Lee Emanuel	31 Jan 15	13:21.83	Mark Rowland	1 Jun 88	50		
8:21.4	Jack Buckner	15 Feb 85	13:21.92	Charles Hicks	15 Jun 24			
8:22.7	Graeme Fell	19 Feb 82	13:22.39	Jon Solly	7 Jul 86			
8:25.13	Adrian Royle	04 Feb 83	10 13:22.54	Dave Clarke	28 Jun 83			
5000 Metres				13:22.85	Ian Stewart I	25 Jul 70		
12:46.59	George Mills	12 Jun 25	13:23.26	Mike McLeod	24 Jun 80			
12:53.11	Mo Farah	22 Jul 11	13:23.26	Richard Nerurkar	10 Aug 90			
12:54.66	Sam Atkin	17 May 24	13:23.48	John Doherty	1 Jun 85			
12:56.98	Farah	2 Jun 12	13:23.52	David Black	29 Jan 74			
12:57.94	Farah	19 Aug 10	13:23.71	Steve Binns	1 Jun 88			
12:59.29	Farah	23 Jul 16	13:23.78	Josh Kerr	15 May 21	60		
13:00.41	Dave Moorcroft	7 Jul 82	5000 Metres Short Track					
13:00.70	Farah	27 May 17	12:57.08	Marc Scott	12 Feb 22			
13:03.30	Farah	20 Aug 16	12:58.68	George Mills	26 Jan 24			
13:05.13	Marc Scott	6 Mar 21	12:58.73	Sam Atkin	26 Jan 24			
13:06.21	Andrew Butchart	20 Jul 19	13:04.05	Patrick Dever	16 Feb 24			
13:09.07	James West	25 May 24	13:04.75	Jack Rowe	16 Feb 24			
13:09.80	Ian Hamer	9 Jun 92	13:04.99	Scott Beattie	21 Feb 25			
13:10.15	Jack Buckner	31 Aug 86	13:09.16	Mo Farah	18 Feb 17			
13:10.24	Rob Denmark	9 Jun 92	10 13:09.38	Charles Hicks	16 Feb 24			
13:10.48	Tom Farrell	18 Jul 15	13:16.24	Neil Gourley	3 Dec 22			
13:11.44	Neil Gourley	26 May 23	13:18.40	David Mullarkey	14 Feb 26	10		
13:11.50	Tim Hutchings	11 Aug 84	13:18.82	James West	14 Feb 25			
13:11.50	Andy Vernon	4 May 14	13:20.17	Charles Wheeler	10 Feb 24			
13:11.51	Chris Thompson	10 Jul 10	13:21.27	Nick Rose	12 Feb 82			
13:13.89	Alexander Yee	9 Aug 25	13:22.17	Geoff Smith	12 Feb 82			
13:14.28	Gary Staines	15 Aug 90	13:22.44	Andy Baddeley	11 Feb 12			
13:14.51	Charles Wheeler	9 Aug 25	13:22.46	Rory Leonard	14 Feb 25			
13:14.6 a	Brendan Foster	29 Jan 74	10000 Metres					
13:14.62	Jack Rowe	9 Aug 25	20 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	30 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	40 27:36.27	David Black	29 Aug 78			
13:20.06	Steve Overt	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			

27:39.14	Steve Jones	9 Jul 83	27:59	Steve Jones	28 Apr 84	
27:39.76	Mike McLeod	4 Sep 79	28:00	Roger Hackney	4 Dec 83	
27:40.03	Richard Nerurkar	10 Jul 93	28:01	Barry Smith	4 Dec 83	
27:42.62	Andy Vernon	2 May 15	20 28:02	Steve Binns	15 Apr 89	
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		course measurement uncertain		
27:58.92	Scott Beattie	31 Mar 23	28:01	Steve Kenyon	21 Sep 86	
27:59.12	Allister Hutton	30 May 86		downhill		
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		short course		
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		10 Miles Road		
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	
10 Kilometres Road						
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				

estimated time				62:07	Kevin Forster	5 Apr 87	40
46:02 +	Steve Jones	8 Jun 86		62:07	Martyn Brewer	20 Sep 87	
course measurement uncertain				62:07	Andrew Pearson	14 Sep 97	
45:37	Barry Smith	22 Mar 81		62:08	Steve Harris	20 Oct 85	
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
20,000 Metres – 1 Hour				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	
Half Marathon				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		course measurement uncertain			
59:56	Patick Dever	15 Mar 26		61:47	Dave Long II	17 Mar 91	
59:59	Farah	26 Mar 16		62:08	Ray Smedley	28 Mar 82	
60:00	Callum Hawkins	5 Feb 17		62:19	Mike Carroll	3 Jun 90	
60:01	Emile Cairess	25 Feb 24		short			
60:17	Jack Rowe	15 Mar 26		60:09	Paul Evans (80m)	15 Jan 95	
60:31	Jake Smith	17 Oct 20		Marathon			
60:39	Marc Scott	12 Sep 20		2:05:11	Mo Farah	7 Oct 18	
60:46	Zakariya Mahamed	15 Feb 26		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	Joe 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	

2:10:35	Steve Brace	21 Jan 96	30	274.480 t	David Dowdle	23 May 82
2:10:37	Tomas Abyu	29 Oct 07		273.375	Chris Kelly	27 Oct 24
2:10:39	Mike O'Reilly	5 Dec 93		273.003	Daniel Lawson	18 Sep 22
2:10:48	Bill Adcocks	8 Dec 68		268.251 t	Donald Ritchie	27 Oct 91
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				
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
2:11:06	Dave Murphy	12 Jun 83		5:22.37	Rowland	16 Sep 90
2:11:18	Dave Murphy	12 Jun 83		5:22.96	Hanlon	16 Sep 90
2:11:19	Marc Scott	21 Apr 24		5:23.56	Tom Buckner	17 Jul 92
2:11:22	Dave Cannon	6 Sep 80		5:23.6	Roger Hackney	10 Jun 82
2:11:25	Paul Davies-Hale	29 Oct 89		5:23.71	Colin Walker	28 Aug 88
2:11:25	Gary Staines	20 Oct 96		5:23.87	Colin Reitz	28 Jun 84
2:11:28	Joshua Griffiths	20 Feb 22		5:24.91	Eddie Wedderburn	19 Aug 86
2:11:33	Luke Caldwell	16 Jan 22		5:25.50	Phil Norman	5 May 24
2:11:36	Malcolm East	20 Apr 81	50	5:26.24	Paul Davies-Hale	26 Aug 85
2:11:36	Kenny Stuart	15 Jan 89		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
short (148m)				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
50 Kilometres						
2:46:09	Alexander Milne	14 Mar 26				
2:47:15	Charlie Davis	14 Mar 26				
2:47:30	Logan Smith	14 Mar 26				
2:48:00	Sean Hogan	14 Mar 26				
2:48:06 t	Jeff Norman	7 Jun 80				
2:48:25	Ronnie Richmond	24 Mar 24				
2:48:32	Henry Hart	14 Mar 26				
2:48:33	Andrew Davies	24 Mar 24				
2:48:52	Keven Campbell	14 Mar 26				
2:49:01	Daniel Nash	1 Sep 19	10			
100 Kilometres						
6:10:20 t	Donald Ritchie	28 Oct 78				
6:19:20	Steven Way	3 May 14				
6:24:05	Simon Pride	15 May 99				
6:25:28 +t	Calvin Woodward	25 Oct 75				
6:32:05	Gareth King	27 Aug 22				
6:33:03	Erik Seedhouse	16 Feb 92				
6:34:28	Dougie Selman	24 Mar 24				
6:34:38	James Turner	24 Mar 24				
6:35:37	Joseph Turner	24 Mar 24				
6:37:18	Henry Hart	3 May 25				
24 Hours						
281.303 t	Matt Field	25 Aug 24				
277.439	Robert Britton	26 Feb 23				
				8:07.96	Mark Rowland	30 Sep 88
				8:12.11	Colin Reitz	5 Sep 86
				8:12.58	Tom Hanlon	3 Aug 91
				8:13.27	Rowland	30 Aug 90
				8:13.50	Reitz	4 Aug 85
				8:13.65	Hanlon	4 Jul 92
				8:13.78	Reitz	21 Jul 84
				8:14.73	Hanlon	15 Jul 92
				8:14.95	Reitz	27 Jul 85
				8:15.16	Graeme Fell	17 Aug 83
				8:15.66	Zak Seddon	9 Aug 25
				8:18.32	Eddie Wedderburn	5 Jul 88
				8:18.65	Phil Norman	30 Jun 24
				8:18.91	Roger Hackney	30 Jul 88
				8:18.95	Dennis Coates	25 Jul 76
				8:20.83	Paul Davies-Hale	10 Jun 84 10
				8:20.83	Mark Pearce	26 May 24
				8:21.83	William Battershill	30 Jun 24
				8:22.42	Rob Mullett	20 May 16
				8:22.48	John Davies II	13 Sep 74
				8:22.76	James Wilkinson	12 Jun 14
				8:22.82	John Bicourt	8 Jun 76
				8:22.95	Andrew Lemoncello	18 Jul 08
				8:23.66	Stuart Stokes	16 Jun 08
				8:23.90	Justin Chaston	18 Jul 94

8:24.64	Spencer Duval	16 Jul 95	20	7.59	Lawrence Clarke	7 Feb 15	
8:25.15	Colin Walker	28 Jun 92		7.60	David Nelson	18 Mar 90	
8:25.37	Christian Stephenson	19 Aug 00		7.60	Ross Baillie	14 Feb 99	
8:25.50	Tom Buckner	28 Aug 92		7.63	David Omoregie	28 Jan 17	
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		110 Metres Hurdles			
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	
				13.04	Jackson	12 Aug 94	
50 Metres Hurdles				13.04	Jackson	12 Aug 95	
6.40	Colin Jackson	5 Feb 99		13.04	Jarrett	25 Aug 99	
6.51	Tony Jarrett	20 Feb 00		13.04	Jackson	1 Jul 17	
6.58	Jon Ridgeon	14 Mar 92		13.14	Andrew Pozzi	1 Jul 17	
				13.16	William Sharman	14 Aug 14	
55 Metres Hurdles				13.19	Joshua Zeller	15 May 22	
7.14A	Tony Jarrett	30 Jan 93		13.22	Andy Turner	30 Jun 11	
				13.22	David Omoregie	3 Sep 16	
60 Metres Hurdles				13.24	Tade Ojora	23 Jun 23	
7.30	Colin Jackson	6 Mar 94		13.26	Jon Ridgeon	15 Jul 87	
7.36	Jackson	12 Feb 94		13.29	Lawrence Clarke	8 Aug 12	10
7.38	Jackson	9 Feb 94		13.31	Robert Newton	31 Jul 03	
7.38	Jackson (h)	26 Feb 94		13.36	David King	8 Jun 21	
7.38	Jackson (f)	26 Feb 94		13.37	David Nelson	27 Aug 91	
7.38	Jackson	5 Mar 99		13.42	Mark Holtom	4 Oct 82	
7.39	Jackson	12 Mar 94		13.43	Hugh Teape	14 Aug 92	
7.39	Jackson	11 Feb 95		13.44	Chris Baillie	21 Mar 06	
7.39	Jackson	12 Feb 95		13.44	Sam Bennett	7 Jun 24	
7.40	Jackson	2 Mar 02		13.45	Cameron Fillery	8 Jun 21	
7.42	Tony Jarrett	19 Feb 95		13.46	James Weaver	8 Jun 21	
7.43	Andrew Pozzi	18 Feb 17		13.47	Andy Tulloch	30 Jun 99	20
7.52	Allan Scott	13 Jan 08		13.49	Nigel Walker	3 Aug 90	
7.53	William Sharman	9 Mar 14		13.51	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		13.53	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			

13.55	Daniel Goriola	30 Jun 24	13.85	Tristan Anthony	17 Jul 04
13.56	Callum Priestley	29 Jul 09	13.87	Jack Sumners	28 Apr 23
13.57	David Hughes	23 Jul 06	hand timing		
13.58	Miguel Perera	17 Aug 22	30 13.2 u	Andy Turner	18 Apr 09
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	hand timing - wind assisted		
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	200 Metres Hurdles		
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	300 Metres Hurdles		
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	400 Metres Hurdles		
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
wind assisted			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	Greene	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 10
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	48.89	Anthony Borsumato	14 Jul 02
13.72	Matt Hudson	30 May 10	48.90	Anthony Borsumato	14 Jul 02
13.72	Julian Adeniran	22 May 11	49.03 A	John Sherwood	15 Oct 68 20
13.80	Sam Talbot	25 Jun 22	49.88	John Sherwood	15 Oct 68 20
13.84	Daniel Davis	30 May 10	49.06	Rick Yates	26 Jul 08

All-Time – Men

49

49.07	Gary Cadogan	22 Jul 94	2.31 i	Samson Oni	4 Mar 10	
49.11	Gary Oakes	26 Jul 80	2.31 i	Tom Parsons	13 Feb 11	10
49.11	Matt Elias	28 Jul 02	2.30	Ben Challenger	13 Jul 99	
49.16	Paul Gray	18 Aug 98	2.30 i	Martyn Bernard	3 Mar 07	
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	2.28 i	Kimani Jack	28 Feb 26	
49.29	Du'aine Ladejo	9 Jun 01	30 2.27	Joel Clarke-Khan	2 Jun 22	
49.36	Tom Burton	6 Jun 15	2.26	James Brierley	3 Aug 96	
49.40	Jacob Paul	17 Aug 22	2.26	Matt Roberts	21 Aug 10	
49.49	Mark Holtom	20 Jul 85	2.26 i	Chris Kandu	21 Feb 15	20
49.54	Dale Garland	15 Aug 09	2.26 i	David Smith	21 Feb 15	
49.57	Ben Sumner	26 May 12	2.25	Floyd Manderson	20 Aug 88	
49.58	David Hughes	8 Aug 10	2.25	Robert Mitchell	28 Jul 01	
49.60	Phil Beattie	28 Jul 86	2.25	Adam Scarr	11 Jun 06	
49.62	Lloyd Gumbs	18 Jul 09	2.25	Mike Edwards	19 Jul 15	
49.65	Bill Hartley	2 Aug 75	2.25	William Grimsey	23 May 21	
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	
hand timing			2.20	Ossie Cham	21 May 89	
49.9	Andy Todd	9 Oct 69	2.20 i	Warren Caswell	10 Mar 90	
High Jump			2.20	Colin Bent	16 Jun 96	50
2.38 i	Steve Smith	4 Feb 94	2.20 i	Stuart Ohrland	1 Feb 97	
2.37	Smith	20 Sep 92	2.20	Stuart Smith	13 Apr 97	
2.37 i	Smith	14 Mar 93	2.20	David Barnetson	3 Aug 97	
2.37	Smith	22 Aug 93	2.20	Dan Turner	28 May 01	
2.37 i	Dalton Grant	13 Mar 94	2.20	Darryl Stone	10 Jul 05	
2.37	Robbie Grabarz	23 Aug 12	2.20	Nick Stanisavljevic	8 Jul 06	
2.36	Grant	1 Sep 91	2.20 i	Ryan Webb	13 May 18	
2.36 i	Smith	5 Feb 93	2.19 i	Otis Poole	23 Feb 25	
2.36 i	Smith	24 Feb 94	2.19	Mike Robbins	3 Feb 96	
2.36 i	Smith	10 Feb 96	2.19	Jamie Russell	18 May 02	60
2.36 i	Smith	8 Feb 98	2.19 i	Akin Coward	21 May 23	
2.36	Smith	27 Jun 99	2.19 i	Regan Corrin	15 Feb 26	
2.36	Grabarz	9 Jun 12		Pole Vault		
2.36 i	Chris Baker	13 Feb 16	5.85	Harry Coppell	4 Sep 20	
2.34	Germaine Mason	19 Aug 08	5.83 i	Luke Cutts	25 Jan 14	
2.33 i	Tom Gale	8 Feb 20	5.82	Steve Lewis	21 Jul 12	
2.32 i	Brendan Reilly	24 Feb 94	5.81 i	Nick Buckfield	8 Feb 02	
2.31	Geoff Parsons	26 Aug 94	5.80	Buckfield	27 May 98	

			Long Jump			
5.80	Lewis	23 Aug 12				
5.80 i	Coppell	8 Feb 20	8.51	Greg Rutherford	24 Apr 14	
5.80 i	Coppell	21 Feb 20	8.41	Rutherford	25 Aug 15	
5.80	Coppell	3 Aug 21	8.35	Chris Tomlinson	8 Jul 11	
5.77 i	Lewis	2 Mar 12	8.35	Rutherford	3 May 12	
5.71	Charlie Myers	15 Jun 19	8.35	Rutherford	7 Jun 15	
5.71 i	Owen Heard	8 Mar 26	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	
5.64 i	Max Eaves	5 Mar 16	10 8.31	Rutherford	2 Jun 16	
5.61	Kevin Hughes	28 Jul 99	8.26	Nathan Morgan	20 Jul 03	
5.60	Neil Winter	19 Aug 95	8.23	Lynn Davies	30 Jun 68	
5.59	Brian Hooper	6 Sep 80	8.21	Daniel Bramble	18 Apr 15	
5.55	Paul Williamson	13 May 00	8.20	Jacob Fincham-Dukes	26 Apr 24	
5.55	Tim Thomas	6 Jun 04	8.16	Bradley Pickup	2 Aug 14	
5.55 i	Andrew Sutcliffe	11 Feb 12	8.15	Stewart Faulkner	16 Jul 90	
5.52	Mike Edwards	13 May 93	8.14	Mark Forsythe	7 Jul 91	
5.52	Joel Leon Benitez	18 Jul 18	8.11	JJ Jegede	13 Jul 12	10
5.50 i	Ashley Swain	8 Feb 04	8.10	Fred Salle	9 Sep 94	
5.47 i	Keith Higham	4 Feb 06	20 8.08	Roy Mitchell	27 Sep 80	
5.45 i	Andy Ashurst	16 Feb 92	8.08	Julian Reid	25 Jun 11	
5.45	Mike Barber	27 Jul 97	8.05 i	Barrington Williams	11 Feb 89	
5.45 i	Paul Walker	2 Mar 14	8.05	Feron Sayers	9 Jun 18	
5.45	Gregor MacLean	10 May 14	8.04	Reynold Banigo	10 May 22	
5.42 i	Scott Simpson	10 Mar 07	8.03	Steve Phillips	5 Aug 98	
5.42	Nick Cruchley	3 Jul 11	8.03	Jonathan Moore	18 May 02	
5.40 A	Jeff Gutteridge	23 Apr 80	8.03	Tim Duckworth	6 Apr 18	
5.40 i	Matt Belsham	10 Feb 96	8.01	Daley Thompson	8 Aug 84	20
5.40	Ben Flint	25 Jul 99	8.01	Darren Ritchie	16 Jun 01	
5.40	Joe Ive	23 Jun 07	30 8.01	Alexander Farquharson	7 Aug 21	
5.40 i	Daniel Gardner	22 Feb 14	8.00	Derrick Brown	7 Aug 85	
5.36 i	Ethan Walsh	11 Jan 20	8.00	Alessandro Schenini	13 Aug 23	
5.35	Ian Tullett	26 Jul 98	7.98	Alan Lerwill	29 Jun 74	
5.35	Mark Beharrell	29 Jun 03	7.96	Daniel Gardiner	31 Jul 16	
5.35 i	Matt Devereux	17 Feb 13	7.94 i	Paul Johnson	10 Mar 89	
5.33 i	Mark Mellor	9 Jan 26	7.94 i	Matthew Burton	9 Feb 13	
5.32 i	Reuben Nairne	14 Jan 23	7.93	Chris Kirk	12 Jul 08	
5.30	Dean Mellor	17 Jun 95	7.92	Samuel Khogali	25 May 24	30
5.30	Christian North	25 Jul 99	7.92	Stephen MacKenzie	18 Aug 24	
5.30	Andrew Marsh	26 Jun 11	40 7.91	John King	26 Sep 87	
5.30	Lazarus Benjamin	25 Jun 22	7.90	Ian Simpson	3 Jun 89	
5.30 i	Thomas Walley	1 Feb 26	7.90	Chris Davidson	19 Jun 99	
5.27	Jacob Clark	19 Apr 24	7.89	George Audu	12 Aug 00	
5.26	Mark Johnson	31 Aug 91	7.88	Allan Hamilton	15 Apr 16	
5.26 i	Tim Duckworth	11 Mar 17	7.87	Keith Fleming	7 Jun 87	
5.26	Scott Huggins	13 May 17	7.87 iA	Jake Burkey	24 Feb 23	
5.25	Mike Bull	22 Sep 73	7.87	Archie Yeo	28 Jun 25	
5.25	Allan Williams	29 Aug 77	7.86	James McLachlan	19 Apr 13	40
5.25	Daley Thompson	15 Jun 86	7.86	Elliot Safo	19 Jul 13	
5.25	Tom Richards	8 Aug 99	50 7.85	James Lelliott	9 Aug 20	
5.25	Mark Christie	7 Jun 08	7.84	Wayne Griffith	25 Aug 89	
5.25	Rowan May	20 Jul 13	7.83	Phillips Idowu	25 Jul 00	
5.25 i	Jack Phipps	5 Feb 17	7.83	Jack Roach	9 Aug 20	
5.25	George Turner	17 Jul 21	7.81	Murray Fotheringham	15 Jun 24	
5.22	Richard Hurren	29 May 10	7.80	Nick Newman	4 Feb 12	
5.22	Sam Tremelling	22 May 25	7.80	Daniel Emegbor	11 Jul 25	
5.21	Graham Eggleton	10 Jul 82	7.80	Samuel Ebonine	2 Aug 25	
5.21 i	Christian Linskey	20 Feb 99	7.79	John Morbey	11 Jul 64	50
			7.79	Geoff Hignett	31 May 71	

7.79	Don Porter	13 Jul 75	16.61	Kola Adedoyin	26 Apr 14	20
7.79	Paul Ogun	31 Jul 16	16.50	Michael Puplampu	3 Aug 19	
7.79 i	Ashley Bryant	28 Jan 17	16.49 i	Nick Thomas	11 Feb 06	
7.79	Jack Turner	15 Apr 23	16.46	Fred Alsop	16 Oct 64	
7.78	Oliver Newport	14 May 16	16.45	Nonso Okolo	13 May 17	
7.78	Shandell Taylor	13 Jul 18	16.43	Jonathan Moore	22 Jul 01	
wind assisted			16.38	Sam Trigg	27 May 17	
8.45	Jacob Fincham-Dukes	26 Mar 22	16.38	Ade Mason	7 Jun 19	
8.36	Rutherford	14 May 16	16.33	Gary White	15 Jul 07	
8.32	Rutherford	4 Jun 11	16.32	Tayo Erogbogbo	21 Aug 95	
8.19	Tim Duckworth	12 May 18	16.31 i	Daniel Lewis	8 Feb 14	30
8.17	Mark Forsythe	11 Jun 89	16.30	Femi Abejide	26 Jul 03	
8.16	Roy Mitchell	26 Jun 76	16.29 i	David Johnson	1 Mar 78	
8.15	Alan Lerwill	29 May 72	16.28	Jonathan Ilori	10 Jun 18	
8.12	Derrick Brown	14 Jun 86	16.28	Jude Bright-Davies	21 May 23	
8.12	Jonathan Moore	16 Aug 08	16.26	Joe Sweeney	3 Aug 91	
8.11	Daley Thompson	7 Aug 78	16.22	Derek Boosey	15 Jun 68	
8.08	Darren Ritchie	29 Jun 03	16.22	Efe Uwaifo	30 Jun 24	
8.07	Steve Phillips	11 Jul 99	16.20	Rez Cameron	5 Jun 88	
8.04	Ian Simpson	3 Jun 89	16.18	Tony Wadhams	6 Jul 69	
7.96	Colin Jackson	17 May 86	16.17	John Mackenzie	17 Sep 94	40
7.94	John Herbert	25 Jul 82	16.16	Conroy Brown	19 Sep 81	
7.94	John King	20 Jun 86	16.16	Elliot O'Neill	4 Aug 07	
7.94	Chris Davidson	21 Jun 97	16.15	Wayne Green	10 Jul 88	
7.93	David Burgess	15 Jun 86	16.15	Michael Brown	23 Jul 89	
7.92	Jake Burkey	12 May 23	16.15 i	Montel Nevers	21 Feb 16	
7.91	Steve Ingram	18 Jun 94	16.13	Steven Anderson	11 Jun 83	
7.89	John Shepherd	20 Jun 86	16.13i	Seun Okome	26 Feb 22	
7.88	Jack Roach	26 Jun 22	16.10	Alan Lerwill	28 Aug 71	
7.85	Efe Uwaifo	6 May 17	16.09	Courtney Charles	17 Jun 90	
Triple Jump			16.08	Craig Duncan	21 Jun 86	50
18.29	Jonathan Edwards	7 Aug 95	16.07 i	Babatunde Amosu	28 Feb 15	
18.01	Edwards	9 Jul 98	16.06	Mike McKernan	29 Jul 07	
18.00	Edwards	27 Aug 95	16.02	Peter Akwaboah	15 Jun 89	
17.99	Edwards	23 Aug 98	16.02	Archie Yeo	21 May 23	
17.98	Edwards	18 Jul 95	16.01 i	Lawrence Davis	19 Feb 17	
17.92	Edwards	6 Aug 01	16.01 i	Tito Odunaike	7 Feb 26	
17.88	Edwards	27 Jul 96	wind assisted			
17.86	Edwards	28 Jul 02	18.43	Jonathan Edwards	25 Jun 95	
17.82	Edwards	25 Jun 96	18.08	Edwards	23 Jul 95	
17.81	Phillips Idowu	29 Jul 10	18.03	Edwards	2 Jul 95	
17.64	Nathan Douglas	10 Jul 05	17.81	Keith Connor	9 Oct 82	
17.57 A	Keith Connor	5 Jun 82	17.31	Larry Achike	15 Jul 00	
	17.31 i	13 Mar 81	17.30	Tosi Fasinro	12 Jun 93	
			17.29 A	Francis Agyepong	29 Jul 95	
17.41	John Herbert	2 Sep 85	17.24		2 Jul 95	
17.30	Larry Achike	23 Sep 00	17.02	Aston Moore	14 Jun 81	
17.27	Ben Williams	25 Aug 19	17.00	Steven Shalders	10 Jul 05	
17.21	Tosi Fasinro	27 Jul 93	16.96	Julian Reid	28 May 16	
17.18	Francis Agyepong	7 Jul 95	16.82	Vernon Samuels	24 Jun 89	
17.06	Julian Golley	10 Sep 94	16.65	Fred Alsop	13 Aug 65	
17.01	Eric McCalla	3 Aug 84	16.59	Michael Puplampu	10 Jun 12	
16.95	Julian Reid	4 Jul 15	16.50	Jude Bright-Davies	22 Jul 23	
16.87	Mike Makin	2 Aug 86	16.49	Tony Wadhams	16 Sep 69	
16.86	Aston Moore	16 Aug 81	16.44	Tayo Erogbogbo	31 May 97	
16.86	Tosin Oke	3 Aug 07	16.38	Femi Abejide	10 Jun 89	
16.81	Nathan Fox	13 May 17	16.38	Courtney Charles	22 Jul 90	
16.75	Vernon Samuels	7 Aug 88	16.38	David Johnson	28 May 78	
16.71	Steven Shalders	3 Sep 05	16.33	Craig Duncan	20 Jun 87	
16.63 A	Femi Akinsanya	10 Apr 99	16.32	Rez Cameron	21 May 89	
	16.58	15 Jun 96	16.32	Efe Uwaifo	25 Aug 19	
			16.31			

16.21	Alan Lerwill	28 Aug 71	17.79 i	George Evans	27 Feb 21
16.17	Chris Colman	15 Jul 78	17.78	Steve Whyte	11 Feb 89
16.15	Babatunde Amosu	17 May 15	17.71	Sam Westlake-Cann	11 Aug 07
			17.69 i	David Readle	24 Feb 01
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	65.08	Robert Weir	19 Aug 00
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	61.10	Kevin Brown	30 Aug 97
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	59.76	John Hillier	27 Jul 74
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	58.36	Paul Reed	11 Jul 99
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	57.09	Leslie Richards	21 Aug 10

57.07	Curtis Griffith-Parker	19 Jun 10	69.13	Callum Brown	30 Jul 17
57.00	Gerry Carr	17 Jul 65	68.69	Simon Bown	6 Sep 09
56.97	Matthew Brown	26 Apr 08	68.64	Shaun Pickering	7 Apr 84
56.79	Alexander Parkinson	11 Feb 17	68.18	Ron James	2 Jun 82
56.71	Roy Hollingsworth	14 Sep 63	68.10	Edward Jeans	8 Jun 22
56.66	Gary Herrington	15 Jun 96	67.96	Ruben Banks	18 Jun 23
56.58	Rhys Allen	22 Mar 25	67.85	Nicholas Percy	7 May 16 50
56.50	David Coleman	9 Jul 11	67.82	Steve Whyte	15 Apr 89
56.45	Nick Wedderman	29 Jun 24	67.74	Thomas Head	29 Jul 23
56.42	Paul Buxton	6 Aug 76 60	67.73	Alex Bernstein	16 Mar 24
			67.68	Tom Parker	26 Mar 21
			67.59	Shaun Kerry	20 Apr 24
			67.45	Steve Pearson	27 Jun 98
			67.42	Harry Weintraub	6 Mar 26
			67.33	Ciaran Wright	6 Aug 19
			67.32	Gareth Cook	1 Jun 91
Hammer					
80.26	Nick Miller	8 Apr 18			
78.39	Miller	12 Jun 19			
78.29	Miller	30 Mar 18			
78.23	Taylor Campbell	5 Jun 21			
78.15	Miller	4 Aug 21			
78.07	Miller	29 May 21			
77.92	Kenneth Ikeji	7 Jun 23	24.39 i	Kenneth Ikeji	24 Feb 24
77.89	Miller	9 Sep 19	24.07 i	Joseph Ellis	11 Feb 22
77.88	Miller	16 Jun 19	23.88 i	Ruben Banks	9 Feb 24
77.72	Miller	9 Jun 19	23.64 i	Robert Weir	9 Jan 83
77.54	Martin Girvan	12 May 84	23.08	Matt Mileham	16 Feb 85
77.37	Jake Norris	22 May 24	23.07 i	Nick Miller	14 Mar 14
77.30	Dave Smith I	13 Jul 85	22.03 i	Adam Phillips	1 Mar 26
77.02	Matt Mileham	11 May 84	21.92 i	Jake Norris	29 Jan 21
76.93	Mark Dry	17 May 15	21.69 i	Nicholas Percy	20 Feb 18
76.45	Chris Bennett	18 Jun 16	21.68	Shaun Pickering	18 Jan 86 10
76.43	Mick Jones	2 Jun 01 10	21.65 i	Alex Bernstein	9 Feb 24
75.63	Alex Smith	3 Mar 12			
75.40	Chris Black	23 Jul 83			
75.10	Dave Smith II	27 May 96	91.46	Steve Backley	25 Jan 92
75.08	Robert Weir	3 Oct 82	90.81	Backley	22 Jul 01
74.52	Joseph Ellis	19 May 22	89.89	Backley	19 Jul 98
74.02	Paul Head	30 Aug 90	89.85	Backley	23 Sep 00
73.89	Osian Jones	25 Aug 19	89.72	Backley	23 Aug 98
73.86	Barry Williams	1 Jul 76	89.58	Backley	2 Jul 90
73.80	Jason Byrne	19 Sep 92	89.22	Backley	11 Jun 98
73.64	Craig Murch	3 Aug 19 20	89.02	Backley	30 May 97
73.20	Paul Dickenson	22 May 76	88.80	Backley	2 Aug 98
72.79	Bill Beauchamp	25 Aug 03	88.71	Backley	13 Sep 98
72.79	Andy Frost	22 May 11	86.94	Mick Hill	13 Jun 93
72.45	Mike Floyd	20 Aug 11	85.67	Mark Roberson	19 Jul 98
71.79	Jack Paget	2 Jul 25	85.09	Nick Nieland	13 Aug 00
71.75	Peter Smith	15 Apr 12	83.84	Roald Bradstock	2 May 87
71.70	Matt Lambley	23 May 10	83.52	Mervyn Luckwell	25 Sep 11
71.60	Shane Peacock	24 Jun 90	82.38	Colin Mackenzie	7 Aug 93
71.28	Peter Vivian	25 Jun 95	81.70	Nigel Bevan	28 Jun 92
71.01	Amir Williamson	21 Jul 13 30	80.98	Dave Ottley	24 Sep 88
71.00	Ian Chipchase	17 Aug 74	80.38	James Campbell	18 Jul 10 10
70.90	Michael Bomba	6 Apr 13	80.32	Harry Hughes	19 May 19
70.88	Howard Payne	29 Jun 74	79.72	Lee Doran	23 Jun 12
70.82	James Bedford	19 May 13	79.55	Michael Allen	10 Jun 06
70.33	John Pearson	30 Jul 00	79.53	Joe Harris	15 May 22
70.30	Stewart Rogerson	14 Aug 88	79.26	James Whiteaker	29 Aug 22
70.28	Paul Buxton	19 May 79	78.54	Gary Jenson	17 Sep 89
70.18	Chris Shorthouse	8 Aug 15	78.48	Michael Allison	2 Aug 25
70.15	Bayley Campbell	13 May 22	78.33	David Parker	24 Mar 01
70.08	Ben Hawkes	9 Jul 23 40	77.84	Peter Yates	21 Feb 87
70.01	Jac Lloyd Palmer	14 Jul 19	77.47	Matti Mortimore	31 Mar 17 20
69.74	Iain Park	7 Sep 03	77.40	Benjamin East	2 Aug 25
69.52	Jim Whitehead	23 Sep 79	76.92	Chris Hughff	4 May 09

76.86	Daniel Bainbridge	2 Aug 25	7889	Eugene Gilkes	18 May 86
76.77	Matthew Hunt	1 May 11	7882	Ben Gregory	14 Apr 16
76.66 i	Stuart Faben	3 Mar 96	7874	Colin Boreham	23 May 82
76.17		30 Mar 02	7861	Anthony Brannen	30 Apr 95
76.13	Joe Dunderdale	18 May 14	7857 w	Liam Ramsay	19 Jul 15
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			
71.83	Brett Byrd	19 Jun 10	7597	Osman Muskwe	30 Aug 15 40
71.79	Philip Sharpe	27 Aug 00	7596	Mike Corden	27 Jun 76
71.60	Stuart Harvey	22 Jun 08	7594	Mark Bishop	3 Sep 89
71.00	Michael Tarran	30 Jun 02	7594	Andrew Murphy	7 Jul 19
			7579	Mark Luscombe	8 May 88
			7571	Alexis Sharp	17 Apr 98
Decathlon (1984 Tables)					
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		Heptathlon (Short Track)	
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
			5877	Anthony Brannen	5 Feb 95

5849	Sammy Ball	1 Mar 26	11:54.96	Martin Bell	13 Feb 93
5834	Ben Gregory	5 Mar 17	11:56.4	Steve Johnson	11 Apr 87
5832	Liam Ramsay	8 Jan 17	12:00.99	Dominic King	2 Feb 02
5831	Lewis Church	16 Feb 25	10 12:08.57	Matthew Hales	27 Jan 01
5823	Sam Talbot	8 Jan 23	12:10.08	Andy Penn	29 Jan 00
5805	Richard Reeks	26 Jan 14	12:16.10	Martin Young	11 Feb 96
5783	Daniel Awde	7 Mar 10	12:22.0	Roger Mills	13 Mar 76
5751	Ollie Thorner	24 Feb 24			20
5749	Kevin Sempers	3 Feb 08		5000 Metres Track Walk	
5731	Callum Newby	1 Mar 26	18:41.23	Callum Wilkinson	25 Aug 19
5722	Edward Dunford	13 Jan 08	18:43.28	Tom Bosworth	2 Jul 17
5672	Philip Kastner	18 Jan 25	18:56.96	Wilkinson	2 Jul 17
5663	Louis Evling-Jones	12 Feb 06	19:00.73	Bosworth	5 Jul 15
5662	Andrew Murphy	17 Feb 19	20 19:01.20	Bosworth	1 Jul 18
5640	Jamie Quarry	14 Feb 99	19:27.39	Alex Wright	14 Jun 13
5637	Barry Thomas	5 Feb 95	19:35.0	Darrell Stone	16 May 89
5626	Francis Baker	30 Jan 11	19:40.10	Cameron Corbishley	15 Jun 24
5780os	Jami Schlueter	1 Feb 25	19:55.8 +	Ian McCombie	4 Jun 89
			19:57.91	Dominic King	24 Jul 04
			19:57.95	Daniel King	24 Jul 04
3000 Metres Track Walk					
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
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	10 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
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			
11:50.26	Luke Finch	31 May 10		5000 Metres Walk Short Track	
11:50.55	Nick Ball	29 May 06	18:20.97	Tom Bosworth	23 Feb 20
11:51.1	Paul Nihill	5 Jun 71	18:28.70	Bosworth	18 Feb 18
			18:39.47	Bosworth	12 Feb 17
			18:50.14	Callum Wilkinson	12 Feb 23
3000 Metres Walk Short Track					
10:30.28	Tom Bosworth	25 Feb 18	18:54.18	Bosworth	31 Jan 16
10:52.77	Callum Wilkinson	25 Feb 18	19:20.83	Wilkinson	29 Jan 17
10:58.21	Bosworth	28 Feb 16	19:22.29	Martin Rush	8 Feb 92
11:00.98	Wilkinson	19 Feb 23	19:22.56	Bosworth	10 Feb 19
11:12.44	Wilkinson	23 Feb 25	19:28.20	Andi Drake	13 Feb 91
11:15.81	Bosworth	10 Jan 16	19:36.92	Drake	3 Feb 91
11:18.00	Bosworth	5 Jan 20	19:42.90	Tim Berrett	23 Feb 90
11:23.99	Alex Wright	27 Jan 13	19:46.20	Darrell Stone	8 Feb 92
11:29.6	Tim Berrett	21 Jan 90	19:49.23	Cameron Corbishley	27 Jan 19
11:30.35	Bosworth	15 Feb 15	20:01.65	Mark Easton	23 Feb 90
11:38.51	Cameron Corbishley	19 Jan 25	20:08.04	Steve Barry	5 Mar 83
11:39.0+	Martin Rush	8 Feb 92	20:13.26	Steve Partington	8 Feb 92
11:43.57	Mark Easton	3 Mar 91	20:24.04	Daniel King	15 Feb 04
11:44.0+	Andi Drake	13 Feb 91	20:26.36	Martin Bell	10 Mar 89
11:45.68	Christopher Snook	18 Feb 24	20:30.62	Phil Vesty	16 Feb 85
11:47.12	Philip King	26 Feb 95	10 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

21:41.47	Christopher Snook	10 Feb 19	1:20:32	Wilkinson	5 Jun 21	
22:08.87	Roger Mills	22 Feb 81	1:20:41	Bosworth	19 Mar 16	
22:11.44	Michael Kemp	28 Feb 98	20 1:20:53	Bosworth	19 May 19	
			1:20:58	Bosworth	1 Apr 17	
			1:21:21	Bosworth	21 May 17	
			1:21:21	Wilkinson	18 Sep 20	
10000 Metres Track Walk						
38:43.91	Callum Wilkinson	30 Jun 24	1:22:03	Ian McCombie	23 Sep 88	
39:05.85	Wilkinson	6 Mar 21	1:22:12	Chris Maddocks	3 May 92	
39:06.28	Wilkinson	7 Aug 22	1:22:50	Cameron Corbishley	16 May 21	
39:52.05	Wilkinson	29 Aug 20	1:22:51	Steve Barry	26 Feb 83	
40:06.65	Ian McCombie	4 Jun 89	1:23:05	Alex Wright	17 Mar 13	
40:12.50	Cameron Corbishley	30 Jun 24	1:23:34	Andy Penn	29 Feb 92	
40:29.32	Wilkinson	6 Apr 19	1:23:34	Martin Rush	29 Feb 92	
40:39.77	McCombie	5 Jun 88	1:23:58	Darrell Stone	24 Feb 96	10
40:41.62	Wilkinson	23 Jul 16	1:24:04	Mark Easton	25 Feb 89	
40:42.53	McCombie	28 Aug 89	1:24:04.0t	Andi Drake	26 May 90	
40:45.38	Tom Bosworth	8 Jun 22	1:24:07.6t	Phil Vesty	1 Dec 84	
40:53.60	Phil Vesty	28 May 84	1:24:09	Steve Partington	24 Sep 94	
40:55.6	Martin Rush	14 Sep 91	1:24:25	Tim Berrett	21 Apr 90	
41:06.57	Chris Maddocks	20 Jun 87	1:24:50	Paul Nihill	30 Jul 72	
41:10.11	Darrell Stone	16 Jul 95	1:25:42	Martin Bell	9 May 92	
41:13.62	Steve Barry	19 Jun 82	1:25:53.6t	Sean Martindale	28 Apr 89	
41:13.65	Martin Bell	22 Jul 95	1:26:02	Jamie Higgins	12 Apr 14	
41:14.3	Mark Easton	5 Feb 89	1:26:08	Dominic King	25 Jun 17	20
41:14.61	Steve Partington	16 Jul 95	1:26:14	Daniel King	28 Feb 04	
41:18.64	Andi Drake	5 Jun 88	1:26:37	Christopher Snook	16 Mar 24	
41:49.06	Sean Martindale	26 Jun 90	1:26:53	Chris Cheeseman	21 Mar 99	
41:55.5	Phil Embleton	14 Apr 71	1:27:00	Roger Mills	30 Jun 80	
41:59.10	Andy Penn	27 Jul 91	1:27:05	Mike Parker	5 Apr 86	
42:06.35	Gordon Vale	2 Aug 81	1:27:16	Les Morton	25 Feb 89	
42:08.57	Paul Blagg	28 Aug 89	1:27:30	Ben Wears	15 May 10	
42:11.42	Christopher Snook	12 Jun 22	20 1:27:35	Olly Flynn	3 Oct 76	
42:17.1	Dominic King	4 May 02	1:27:43	Luke Finch	20 Jun 10	
track short						
40:54.7	Steve Barry	19 Mar 83	1:27:46	Brian Adams	11 Oct 75	30
			1:27:59	Phil Embleton	3 Apr 71	
			1:28:02	Paul Blagg	27 Feb 82	
10 Kilometres Road Walk						
39:10	Tom Bosworth	1 Mar 20	1:28:15	Ken Matthews	23 Jul 60	
39:31	Callum Wilkinson	1 Jun 19	1:28:26	Chris Harvey	29 Sep 79	
39:36	Bosworth	1 Mar 15	1:28:30	Allan King	11 May 85	
39:50 +	Bosworth	13 Aug 17	1:28:34	Chris Smith	11 May 85	
39:52	Wilkinson	5 Aug 20	1:28:34	Steve Hollier	19 Jun 99	
40:17	Chris Maddocks	30 Apr 89	1:28:37	Dave Jarman	30 Jun 80	
40:24	Mark Easton	21 Mar 87	1:28:38	Guy Thomas	3 Jun 17	
40:35 +	Steve Barry	14 May 83	1:28:40	Matt Hales	21 Apr 01	40
40:40	Steve Partington	12 Jan 92	1:28:46	Jimmy Ball	4 Apr 87	
40:45	Darrell Stone	8 Apr 89	1:28:46	Steve Taylor	20 Dec 92	
40:59	Cameron Corbishley	1 Mar 20	1:28:46	Jamie O'Rawe	21 Mar 99	
41:01	Ian McCombie	8 Dec 84	1:28:50	Amos Seddon	3 Aug 74	
41:08 +	Martin Rush	30 Aug 84	10 1:29:07	Philip King	20 Aug 95	
41:24	Alex Wright	3 Feb 13	1:29:19	Stuart Phillips	31 May 92	
41:25 +	Andrew Drake	17 Jun 00	1:29:24	George Nibre	6 Apr 80	
41:28 +	Andy Penn	9 May 92	1:29:27	Graham White	19 Apr 97	
41:28	Martin Bell	24 Apr 99	1:29:29 +	Steve Johnson	16 Apr 89	
41:34 +	Christopher Snook	16 Mar 24	1:29:37	John Warhurst	28 Jul 73	50
during a road running race						
40:48	Ian McCombie	15 Jan 89	no judges			
			1:27:04.0t	Steve Hollier	9 Jan 00	
20 Kilometres Road Walk						
1:19:38	Tom Bosworth	8 Apr 18	35 Kilometres Road Walk			
1:20:13	Bosworth	12 Aug 16	2:31:34	Cameron Corbishley	26 Oct 24	
1:20:27	Callum Wilkinson	19 May 24	2:36:06	Corbishley	18 May 25	
1:20:31	Wilkinson	1 Aug 24	2:36:19	Chris Maddocks	29 Jun 91	

2:37:20	Maddocks	25 Jun 89	4:19:13	Bryan Eley	19 Jul 69	40
2:37:24 +	Corbishley	20 Mar 21	4:19:26	Roger Mills	9 Apr 83	
2:37:27	Les Morton	29 Jun 91	4:19:55	Mick Holmes	4 Aug 73	
2:38:01	Andi Drake	22 Apr 89	4:19:57	Barry Ingarfield	21 Oct 79	
2:38:11	Martin Rush	6 Jun 92	4:20:05	George Chaplin	27 May 72	
2:40:04	Amos Seddon	21 Jun 80	4:20:22	Scott Davis	13 Sep 09	
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	
			4:22:05	Mel McCann	14 Sep 86	50
Marathon Road Walk						
3:13:48	Cameron Corbishley	14 Dec 25	4 x 100 Metres Relay			
			37.36	GBR	5 Oct 19	
			A.Gemili, Z.Hughes, R.Kilty, N.Mitchell-Blake			
			37.47	GBR	12 Aug 17	
			C.J.Ujah, A.Gemili, D.Talbot, N.Mitchell-Blake			
			37.56	GBR	4 Oct 19	
			A.Gemili, Z.Hughes, R.Kilty, N.Mitchell-Blake			
			37.60	GBR	21 Jul 19	
			C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake			
			37.61	GBR	22 Jul 18	
			C.J.Ujah, Z.Hughes, A.Gemili, N.Mitchell-Blake			
			37.61	GBR	9 Aug 24	
			J.Azu, L.Hinchliffe, N.Mitchell-Blake, Z.Hughes			
			37.67	GBR	21 Aug 22	
			J.Azu, Z.Hughes, J.Efoloku, N.Mitchell-Blake			
			37.73	GBR	29 Aug 99	
			Gardener, Campbell, Devonish, Chambers			
			37.76	GBR	12 Aug 17	
			C.J.Ujah, A.Gemili, D.Talbot, N.Mitchell-Blake			
			37.77	GBR	22 Aug 93	10
			C.Jackson, A.Jarrett, J.Regis, L.Christie			
			37.78	GBR	23 Jul 16	
			J.Dasaolu, A.Gemili, J.Ellington, C.J.Ujah			
			37.80	GBR	12 Aug 18	
			C.J.Ujah, Z.Hughes, A.Gemili, Aikines-Aryeetey			
			37.80	GBR	27 Aug 23	
			J.Azu, Z.Hughes, A.Gemili, E.Amo-Dadzie			
			37.81	GBR "B"	23 Jul 16	
			R.Kilty, Aikines-Aryeetey, D.Talbot, O.Edoburun			
			37.83	GBR	23 Jul 22	
			J.Efoloko, Z.Hughes, Mitchell-Blake, R.Prescod			
			37.84	GBR	12 Aug 18	
			C.J.Ujah, Z.Hughes, A.Gemili, N.Mitchell-Blake			
			37.90	GBR	1 Sep 07	
			C.Malcolm, C.Pickering, Devonish, Lewis-Francis			
			37.93	GBR	25 May 14	
			R.Kilty, Aikines-Aryeetey, J.Ellington, D.Talbot			
			37.93	GBR	17 Aug 14	
			J.Ellington, Aikines-Aryeetey, R.Kilty, D.Talbot			
			37.98	GBR	1 Sep 90	20
			D.Braithwaite, J.Regis, M.Adam, L.Christie			
			37.98	GBR	19 Aug 16	
			R.Kilty, Aikines-Aryeetey, J.Ellington, A.Gemili			
			38.00	GBR	23 Jul 23	
			J.Azu, Z.Hughes, J. Efoloko, T.Ramdhan			
			38.01	GBR	25 Aug 23	
			J.Azu, E.Amo-Dadzie, A.Gemili J.Efoloko			
			38.02	GBR	22 Aug 09	
			S.Williamson, T.Edgar, Devonish, Aikines-Aryeetey			
			38.02	England	2 Aug 14	
50 Kilometres Road Walk						
3:51:13	Dominic King	20 Mar 21				
3:51:37	Chris Maddocks	28 Oct 90				
3:53:14	Maddocks	25 Nov 95				
3:53:20	Cameron Corbishley	23 Mar 19				
3:54:15	Corbishley	20 Mar 21				
3:55:48	King	8 Oct 16				
3:56:35	King	23 Mar 19				
3:57:10	Maddocks	12 Mar 00				
3:57:48	Les Morton	30 Apr 89				
3:58:25	Morton	20 Mar 88				
3:59:55	Paul Blagg	5 Sep 87				
4:03:08	Dennis Jackson	16 Mar 86				
4:03:53	Mark Easton	25 Apr 98				
4:04:49	Daniel King	29 Mar 08				
4:06:14	Barry Graham	20 Apr 85				
4:07:18	Steve Hollier	18 Jun 00	10			
4:07:23	Bob Dobson	21 Oct 79				
4:07:49	Chris Cheesman	2 May 99				
4:07:57	Ian Richards	20 Apr 80				
4:08:41	Adrian James	12 Apr 80				
4:09:15un	Don Thompson	10 Oct 65				
		4:12:19	20 Jun 59			
4:09:22	Mike Smith	27 Mar 89				
4:10:23	Darrell Stone	6 May 90				
4:10:42	Amos Seddon	9 Mar 80				
4:11:32	Paul Nihill	18 Oct 64				
4:12:00	Sean Martindale	16 Oct 93	20			
4:12:02	Martin Rush	28 Jul 91				
4:12:37	John Warhurst	27 May 72				
4:12:50	Darren Thorn	6 May 90				
4:13:18	Graham White	27 Jun 98				
4:13:25	Allan King	16 Apr 83				
4:14:03	Tom Misson	20 Jun 59				
4:14:25	Dave Cotton	15 Jul 78				
4:15:14	Shaun Lightman	13 Oct 73				
4:15:22	Brian Adams	17 Sep 78				
4:15:52	Ray Middleton	27 May 72	30			
4:16:30	Karl Atton	20 Apr 97				
4:16:45	Gareth Brown	21 Apr 02				
4:16:47	George Nibre	9 Mar 80				
4:17:24	Andi Drake	18 Oct 87				
4:17:34	Gordon Vale	9 Oct 83				
4:17:40	Steve Partington	26 Jun 05				
4:17:52	Stuart Elms	17 Apr 76				
4:18:30	Peter Ryan	10 Apr 82				
4:19:00	Carl Lawton	17 Jul 71				

A.Gemili, Aikines-Aryeetey, R.Kilty, D.Talbot	2:58.82	GBR	14 Aug 05
38.04 GBR			T.Benjamin, M.Rooney, R.Tobin, M.Davis
J.Azu, L.Hinchliffe, R.Kilty, N.Mitchell-Blake	2:58.86	GBR	6 Sep 87
38.05 GBR			D.Redmond, K.Akabusi, R.Black, P.Brown
J.John, A.Jarrett, D.Braithwaite, L.Christie	2:58.88	GBR	9 Aug 24
38.06 GBR			S.Reardon, Hudson-Smith, T.Harries, C.Dobson
R.Kilty, Aikines-Aryeetey, J.Ellington, C.J.Ujah	2:59.00	GBR	13 Aug 17
38.07 GBR			Hudson-Smith, D.Cowan, R.Yousif, M.Rooney
J.Gardener, D.Campbell, Devonish, Lewis-Francis	2:59.05	GBR	29 Aug 15
Drugs disqualification:			R.Yousif, C.Williams, J.Dunn, M.Rooney
37.51 GBR			2:59.13 GBR
C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake			11 Aug 84
38.02 GBR			K.Akabusi, G.Cook, T.Bennett, P.Brown
C.J.Ujah, Z.Hughes, R.Kilty, N.Mitchell-Blake	2:59.13	GBR	14 Aug 94
4 x 200 Metres Relay			D.McKenzie, B.Whittle, R.Black, D.Ladejo
1:21.29 GBR			2:59.33 GBR
M.Adam, A.Mafe, L.Christie, J.Regis			22 Aug 08
1:21.54 GBR			A.Steele, R.Tobin, M.Bingham, M.Rooney
J.John, M.Adam, D.Braithwaite, J.Regis	2:59.35	GBR	20 Aug 22
1:21.97 GBR			20 Hudson-Smith, C.Dobson, Davey, Haydock-Wilson
L.Christie, J.John, J.Regis, M.Adam	2:59.42	GBR	26 Aug 23
1:22.30 Fast Lane			Davey, C.Dobson, R.Mitcham, Haydock-Wilson
Joselyn & Josephus Thomas, J.Regis, N.Stickings	2:59.46	GBR	22 Jun 97
1:22.42 GBR "B"			R.Black, J.Baulch, I.Thomas, M.Richardson
P.Goedluck, A.Mafe, D.Reid, J.Regis	2:59.49	GBR	31 Aug 91
4 x 200 Metres Relay Short Track			A.Mafe, D.Redmond, M.Richardson, K.Akabusi
1:22.11 i GBR			2:59.53 GBR
L.Christie, D.Braithwaite, A.Mafe, J.Regis			10 Aug 12
1:22.99 GBR			C.Williams, J.Green, D.Greene, M.Rooney
M.Adam, J.Regis, C.Callender, L.Christie	2:59.71 A	GBR	13 Sep 98
1:23.46 GBR			M.Hylton, J.Baulch, S.Baldock, I.Thomas
A.Mafe, D.Reid, M.Adam, J.Ridgeon	2:59.73	GBR	8 Aug 92
1:23.56 GBR			R.Black, D.Grindley, K.Akabusi, J.Regis
M.Adam, M.Richardson, J.Regis, D.Campbell	2:59.84	GBR	31 Aug 86
1:23.93 GBR			D.Redmond, K.Akabusi, B.Whittle, R.Black
W.Fraser, D.Reid, S.Eden, L.Christie	2:59.85	GBR	19 Aug 96
4 x 400 Metres Relay			J.Baulch, M.Hylton, M.Richardson, R.Black
2:55.83 GBR			3:00.10 GBR
Haydock-Wilson, Hudson-Smith, L.Davey, C.Dobson			12 Aug 17
2:56.60 GBR			R.Yousif, L.Cowan, J.Green, M.Rooney
I.Thomas, J.Baulch, M.Richardson, R.Black	3:00.19	GBR	9 Aug 97
2:56.65 GBR			30 M.Hylton, R.Black, J.Baulch, I.Thomas
I.Thomas, R.Black, J.Baulch, M.Richardson			4 x 400 Metres Relay Short Track
2:57.53 GBR			3:03.20 GBR
R.Black, D.Redmond, J.Regis, K.Akabusi			7 Mar 99
2:58.11 GBR			A.Condon, S.Wariso, A.Patrick, J.Baulch
L.Thompson, T.Harries, S.Derbyshire, C.Dobson	3:03.49	GBR	9 Mar 14
2:58.22 GBR			C.Williams, J.Bowie, L.Lennon-Ford, N.Levine
P.Sanders, K.Akabusi, J.Regis, R.Black	3:04.72	GBR	11 Mar 12
2:58.51 GBR			C.Williams, N.Levine, M.Bingham, R.Buck
R.Yousif, C.Williams, J.Dunn, M.Rooney	3:05.08	GBR	4 Mar 18
2:58.68 GBR			O.Smith, G.Plenderleith, J.Rhoden-Stevens, L.Thompson
M.Hylton, J.Baulch, I.Thomas, M.Richardson	3:05.29	GBR	3 Mar 18
2:58.71 GBR			O.Smith, S.Rodger, J.Rhoden-Stevens, G.Plenderleith
Haydock-Wilson, C.Dobson, Davey, R.Mitcham	3:05.49	GBR	9 Mar 25
2:58.79 GBR			A.Haydock-Wilson, E.Okoro, J.Faulds, A.Chalmers
C.Williams, Hudson-Smith, M.Bingham, M.Rooney	3:05.78	GBR	3 Mar 13
2:58.81 GBR			M.Bingham, R.Buck, N.Levine, R.Strachan
A.Steele, R.Tobin, M.Bingham, M.Rooney	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	E.Hartel, C.Ridler, T.Staynings, N.Rose
7:11.62 GBR-B 30 Aug 82	16:21.1 B.M.C. 10 Jul 93
R.Harrison, S.Caldwell, C.McGeorge, G.Williamson	A.Pearson, I.Gillespie, P.Larkins, J.Nuttall
7:14.6y GBR 22 Jun 66	1000 Metres Medley Relay (Swedish)
G.Grant, M.Varah, C.Carter, J.Boulter	1:50.22 GBR [400/300/200/100] 6 Sep 02
7:12.2 GBR 5 Jun 92	A.Fernandez, G.Beasley, D.Chin, D.Plummer
M.Yates, M.Steele, K.McKay, S.Heard	1600 Metres Medley Relay
7:12.66 GBR 5 Jun 93	3:20.8 Wolverhampton & Bilston 1 Jun 75
S.Heard, D.Sharpe, M.Yates, C.Robb	G.Cohen, J.Chivers, J.Aukett, M.Edwards
4 x 1500 Metres Relay	1 Mile Medley Relay
14:54.57 England 4 Sep 09	3:22.7 Eng [440/220/220/880] 2 Aug 58
A.Baddeley, R.Stevenson, N.McCormick, M.Draper	D.Johnson, P.Radford, D.Segal, M.Rawson
14:56.8 B.M.C. 23 Jun 79	one non-GBR athlete
A.Mottershead, G.Cooper, S.Emsen, R.Wood	3:22.5 Thames Valley H 5 Aug 67
15:04.6 GBR 5 May 76	M.Hauck, R.Steane, G.Beckley, K.Colburn USA
J.McGuinness, E.Hartel, A.Weatherhead, G.Grant	4 x 110m Hurdles Shuttle Relay
15:06.6 GBR 2 Oct 71	54.50 GBR 5 Jun 92
R.Young, W.Wilkinson, I.Stewart, A.Weatherhead	A.Jarrett, H.Teape, D.Nelson, C.Jackson
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	

UNDER 23

60 Metres			20.45	Danny Talbot	1 Jun 13
6.51	Jason Livingston	8 Feb 92	wind assisted		
6.53	Mark Lewis-Francis	3 Feb 02	20.10	Marcus Adam	1 Feb 90
6.53	Chijindu Ujah	1 Feb 15	20.18	Joe Ferguson	26 Jun 22
6.55	Jason Gardener	27 Jan 96	hand timing		
6.55	Dwain Chambers	11 Feb 00	20.3	David Jenkins	19 Aug 72
6.55	Craig Pickering	27 Jan 07	200 Metres short track		
6.55	Harry Aikines-Aryeetey	13 Feb 10	20.51	Nethaneel Mitchell-Blake	26 Feb 16
6.56	Theo Etienne	5 Mar 16	20.54	John Regis	22 Feb 87
6.56	Ojie Edoburun	25 Feb 18	20.54	Christian Malcolm	26 Feb 00
6.56	Jeremiah Azu	26 Feb 22	20.66	Andrew Morgan-Harrison	16 Feb 20
6.57	Simeon Williamson	16 Feb 08	20.73	Toby Makoyawo	5 Feb 22
6.58	Joseph Dewar	5 Mar 17	20.80 A	Brodie Young	28 Feb 25
6.59	Ryan Scott	13 Feb 08	20.86	Adam Clayton	18 Feb 22
6.59	Kyle de Escofet	4 Feb 17	20.89	Julian Golding	23 Feb 97
100 Metres			20.89	Danny Talbot	13 Feb 11
9.94	Reece Prescod	18 Aug 18	20.90	Jaden Smith	18 Jan 25 10
9.95	Louie Hinchliffe	7 Jun 24	20.93	Tim Abeyie	20 Feb 04
9.96	Chijindu Ujah	8 Jun 14	20.94	Connor Wood	10 Feb 19
9.97	Dwain Chambers	22 Aug 99	300 Metres		
9.97	Adam Gemili	7 Jun 15	32.08	Roger Black	8 Aug 86
10.03	Simeon Williamson	12 Jul 08	300 Metres short track		
10.04	Mark Lewis-Francis	5 Jul 02	32.79 A	Brodie Young	25 Jan 25
10.04	Ojie Edoburun	4 Jun 18	32.8+	Daniel Caines	18 Feb 01
10.04	Jeremiah Azu	13 Jul 23	400 Metres		
10.09	Jason Livingston	13 Jun 92	44.47	David Grindley	3 Aug 92
10.09	James Dasaolu	6 Jun 09	44.48	Matthew Hudson-Smith	13 Aug 16
10.09	Nethaneel Mitchell-Blake	16 Apr 16	44.50	Derek Redmond	1 Sep 87
10.10	Harry Aikines-Aryeetey	7 Sep 08	44.59	Roger Black	29 Aug 86
10.10	Zharnel Hughes	16 Apr 16	44.59	Martyn Rooney	19 Aug 08
10.11	Christian Malcolm	5 Aug 01	44.60	Samuel Reardon	27 Jun 25
10.12	Toby Makoyawo	25 Mar 11	44.60	Samuel Reardon	27 Jun 25
wind assisted			44.66 A	Iwan Thomas	14 Apr 96
9.84	Louie Hinchliffe	24 May 24	44.69	Iwan Thomas	14 Apr 96
9.88	Reece Prescod	26 May 18	44.69	Iwan Thomas	14 Apr 96
9.90	Toby Makoyawo	26 Mar 22	45.01	Robert Tobin	11 Jun 05
9.90	Jeremiah Azu	25 Jun 22	45.04	Tim Benjamin	30 Jul 04
9.93	Ojie Edoburun	15 Apr 17	45.09	Mark Richardson	10 Jul 92 10
9.97	Mark Lewis-Francis	30 Jun 02	45.14	Jamie Baulch	23 Aug 95
9.97	Romell Glave	24 Jul 21	45.18	David Jenkins	16 Aug 74
10.04	Tyrone Edgar	10 May 03	45.2	Du-aine Ladejo	1 May 93
200 Metres			45.25	Du-aine Ladejo	1 May 93
19.95	Nethaneel Mitchell-Blake	14 May 16	45.24	Mark Hylton	12 Aug 98
19.98	Adam Gemili	16 Aug 13	45.34	Brodie Young	19 Jul 25
20.02	Zharnel Hughes	27 Aug 15	45.37	Daniel Caines	23 Sep 00
20.08	Christian Malcolm	8 Aug 01	45.38	Brian Whittle	26 May 86
20.18	John Regis	3 Sep 87	400 Metres short track		
20.23	Joe Ferguson	26 Jun 22	45.46 A	Brodie Young	1 Mar 25
20.34	Chris Lambert	20 Jul 03	45.61	Daniel Caines	18 Feb 01
20.34	Jeriel Quainoo	20 Apr 24	45.82	Jaden Smith	1 Feb 25
20.36	Todd Bennett	28 May 84	45.83	Mark Hylton	9 Feb 97
20.37	Toby Sandeman	18 Jul 09	45.89	David Grindley	20 Feb 93
20.38	Julian Golding	24 Aug 97	45.94	Mark Richardson	20 Feb 93
20.38	Reece Prescod	25 Aug 16	46.11	Guy Bullock	9 Feb 97
20.40	Delano Williams	16 May 15	46.11	Sean Baldock	8 Feb 98
20.43	Mike McFarlane	7 Oct 82	46.17	Nigel Levine	19 Feb 11
20.44	Miguel Francis	15 Apr 17	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
800 Metres			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 10
1:44.02	Ben Pattison	23 Jul 23	1 Mile		
1:44.10	Henry Jonas	18 Jul 25	3:49.90	Steve Cram	13 Jul 82
1:44.30	Ethan Hussey	19 Jul 25	3:50.64	Graham Williamson	13 Jul 82
1:44.35	Justin Davies	10 May 25	3:52.15	Jake Heyward	21 Aug 21
1:44.45	Steve Cram	17 Jul 82	3:52.74	John Robson	17 Jul 79
1:44.65	Ikem Billy	21 Jul 84 10	3:52.77	Ross Murray	14 Jul 12
1:44.68	Michael Rimmer	29 Jul 08	3:53.20	Ian Stewart II	25 Aug 82
1:44.92	Curtis Robb	15 Aug 93	3:53.44	Jack Buckner	13 Jul 82
1:44.97	Daniel Rowden	22 Jul 18	3:53.88	Josh Kerr	21 Jul 19
1:44.98	Thomas Randolph	19 Aug 21	3:54.20	Jake Wightman	22 Jul 16
1:45.10	Richard Hill	10 Jun 06	3:54.36	Steve Crabb	21 Jul 84 10
1:45.12	Reece Sharman-Newell	22 Jun 24	3:54.39	Neil Horsfield	8 Jul 86
800 Metres short track			3:54.48	Henry McLuckie	24 Aug 24
1:45.78	Justin Davies	15 Feb 25	3:54.61	Charlie Grice	27 Jul 13
1:45.91	Finley McLear	13 Mar 21	3:54.69	Steve Ovet	26 Jun 77
1:46.02 A	Yusuf Bizimana	11 Mar 23	3:54.80	James Brewer	25 Jul 09
1:46.43	Kyle Langford	3 Feb 18	3:54.89	Matthew Stonier	14 May 22
1:46.54	Sebastian Coe	13 Mar 77	1 Mile short track		
1:46.71	Peter Elliott	12 Mar 83	3:52.02	George Couttie	14 Feb 26
1:46.79	Jamie Phillips	20 Feb 26	3:53.65	Josh Kerr	9 Feb 19
1:47.21	Piers Copeland	23 Feb 20	3:55.85	Alex Riley	31 Jan 26
1:47.23	Thomas Staines	10 Mar 18	3:56.29	Bradley Gibling	31 Jan 26
1:47.24	Andrew Lill	22 Feb 92 10	3:56.31	Ricky Stevenson	23 Jan 10
1:47.32	David Sharpe	20 Feb 88	3:56.48	Chris O'Hare	11 Feb 11
1000 Metres			3:57.7	Andy Keith	11 Dec 93
2:15.12	Steve Cram	17 Sep 82	3:57.81	Yusuf Bizimana	12 Feb 21
2:16.34	Matthew Yates	6 Jul 90	3:57.83	Richard Peters	11 Feb 12
1000 Metres short track			3:57.88	Clifton Bradeley	9 Mar 85 10
2:18.53	George Couttie	7 Feb 26	3:57.99	David Holman	12 Dec 25
1500 Metres			2000 Metres		
3:31.30	Matthew Stonier	23 Jul 23	4:57.61	Piers Copeland	19 Aug 20
3:32.52	Josh Kerr	6 Oct 19	4:57.81 i	George Couttie	23 Jan 26
3:32.82	Jake Heyward	5 Aug 21	5:01.90	Jack Buckner	29 Aug 83
3:33.66	Steve Cram	18 Aug 82	5:02.67	Gary Staines	4 Aug 85
3:33.83	John Robson	4 Sep 79	5:02.99	Neil Caddy	11 Aug 96
3:34.00	Matthew Yates	13 Sep 91	3000 Metres		
3:34.45	Steve Ovet	3 Sep 77	7:38.73	Tom Mortimer	13 Jul 21
3:34.76	Ross Murray	27 May 12	7:41.3	Steve Ovet	23 Sep 77
3:35.16	Steve Crabb	28 Jun 84	7:42.47	David Lewis	9 Jul 83
3:35.29	Charlie Grice	18 Jul 15 10	7:43.84ios	Charles Hicks	26 Feb 22
3:35.32	Piers Copeland	25 Sep 20	7:43.90	Ian Stewart II	26 Jun 82
3:35.49	Jake Wightman	12 Jul 14	7:44.36ios	James Dargan	14 Feb 26
3:35.72	Graham Williamson	15 Jul 80	7:45.45	Paul Davies-Hale	13 Jul 84
3:36.03	Henry Jonas	20 Aug 25	7:45.81	Alexander Yee	21 Aug 20
3:36.22	James Shane	31 Jul 11	7:46.6 +	David Black	14 Sep 73
3:36.31	George Mills	9 Jun 21	7:47.12	Simon Mugglestone	27 Jun 88 10
1500 Metres short track			7:47.18 ios	Henry McLuckie	27 Jan 24
3:35.72	Josh Kerr	16 Feb 19	7:47.82	Steve Cram	26 Jul 81
3:36.72+	George Couttie	14 Feb 26	7:48.12	Will Barnicoat	20 Jul 24
3:37.69	Andrew McGill	1 Mar 26	7:48.6 +	Nat Muir	27 Jun 80
3:37.85	Henry Jonas	8 Feb 26	7:49.45	Paul Lawther	9 Sep 77

3000 Metres short track

7:36.74	George Coultie	6 Dec 25
7:48.47	John Mayock	1 Mar 92
7:48.99	Thomas Keen	4 Feb 03
7:49.99	Edward Bird	13 Feb 26
7:50.81	Thomas Bridger	1 Feb 25
7:50.86	Osian Perrin	19 Feb 23
7:50.90	Bradley Giblin	22 Feb 26
7:51.12	Matthew Stonier	28 Jan 23
7:52.38	Tom Farrell	28 Jan 12
7:52.52	Henry Dover	31 Jan 26 10

2 Miles

8:19.37	Nat Muir	27 Jun 80
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5000 Metres

13:15.31	Tom Farrell	29 Apr 12
13:17.9	Nat Muir	15 Jul 80
13:19.66	Will Barnicoat	6 Jul 24
13:19.78	Jon Brown	2 Jul 93
13:22.2	Dave Bedford	12 Jun 71
13:22.85	Ian Stewart I	25 Jul 70
13:23.52	David Black	29 Jan 74
13:23.94	Jonathan Davies	28 May 16
13:24.58	Charles Hicks	1 Apr 22
13:24.59	Paul Davies-Hale	1 Jun 84 10
13:25.0	Steve Ovet	30 Jul 77
13:26.97	John Mayock	9 Jun 92
13:28.12	Tom Mortimer	29 May 21
13:28.29	Simon Mugglestone	8 Jul 88
13:28.66	Josh Kerr	16 May 19
13:29.18	Alexander Yee	20 Jul 19

5000 Metres short track

13:22.05	Charles Hicks	10 Feb 23
13:29.28	Steve Binns	12 Feb 82
13:38.75	Joseph O'Brien	14 Feb 25
13:42.93	Jon Brown	13 Mar 92
13:44.70	Adam Bitchell	13 Dec 13
13:46.36	Johnny Livingstone	7 Dec 24
13:46.44	Luke Caldwell	8 Mar 13

10000 Metres

27:40.16	Charles Hicks	29 Apr 22
27:47.0	Dave Bedford	10 Jul 71
27:48.49	David Black	25 Jan 74
27:51.94	Alexander Yee	19 May 18
28:09.95	Bernie Ford	6 Oct 73
28:12.42	Dave Murphy	13 Jul 79
28:14.08	Jon Richards	20 Jun 86
28:15.43	Joseph O'Brien	27 Mar 25
28:18.8	Nicky Lees	7 May 79
28:19.6	Jon Brown	17 Apr 92 10
28:20.71	Jim Brown	12 Jul 74
28:20.76	Steve Binns	27 Aug 82
28:21.30	Rory Leonard	31 Mar 23
28:24.01	Jack Lane	10 Aug 71
28:24.77	Johnny Livingstone	4 Apr 25
28:30.33	Marc Scott	3 Apr 15

10km Road

27:56	Steve Harris	4 Dec 83
28:03	Jon Solly	5 Apr 86

28:05	Jon Brown	17 Oct 93
28:10	Zakariya Mahamed	14 Jan 24
28:11	Jon Richards	5 May 85
28:13	Jack Buckner	13 Apr 85
28:14	Emile Cairaess	4 Aug 21

Half Marathon

60:31	Jake Smith	17 Oct 20
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Marathon

2:12:19	Don Faircloth	23 Jul 70
2:16:04	Ian Ray	27 Oct 79
2:16:21	Norman Wilson	10 Sep 77
2:16:47	Ieuan Ellis	19 Sep 82

3000 Metres Steeplechase

8:16.52	Tom Hanlon	23 Aug 89
8:18.80	Colin Reitz	6 Jul 82
8:20.83	Paul Davies-Hale	10 Jun 84
8:22.48	John Davies	13 Sep 74
8:28.6	Dave Bedford	10 Sep 71
8:29.72	David Lewis	29 May 83
8:29.86	Tony Staynings	2 Aug 75
8:30.64	Dennis Coates	2 Aug 75
8:31.72	Keith Cullen	28 Jun 92
8:31.80	Graeme Fell	8 Aug 81 10
8:32.77	Eddie Wedderburn	23 Jun 81
8:32.87	Luke Gunn	17 Aug 05
8:32.97	Roger Hackney	14 Jul 79
8:33.09	Zak Seddon	1 Apr 16
8:34.00	James Wilkinson	7 Jun 12

60 Metres Hurdles

7.41	Colin Jackson	26 Feb 89
7.50	Tony Jarrett	18 Mar 90
7.53	Andrew Pozzi	9 Mar 14
7.56	Jon Ridgeon	28 Feb 88
7.60	Ross Baillie	14 Feb 99
7.63	David Omoregie	28 Jan 17
7.66	David King	13 Feb 16
7.67	David Nelson	21 Jan 89
7.67	Lawrence Clarke	28 Jan 12
7.67	Joshua Zeller	26 Feb 22 10

110 Metres Hurdles

13.11 A	Colin Jackson	11 Aug 88
13.11		14 Jul 89
13.19	Joshua Zeller	15 May 22
13.21	Tony Jarrett	31 Aug 90
13.24	David Omoregie	3 Sep 16
13.29	Jon Ridgeon	15 Jul 87
13.31	Lawrence Clarke	8 Aug 12
13.34	Andrew Pozzi	13 Jul 12
13.36	Rob Newton	31 Jul 03
13.38	Tade Ojora	26 Jun 21
13.49	William Sharman	23 Jul 06 10
13.54	David King	22 May 16
13.54	Cameron Fillery	18 Aug 19
13.56	Callum Priestley	29 Jul 09
13.57	David Nelson	11 Aug 89
13.57	David Hughes	23 Jul 06
13.57	Gianni Frankis	18 Jul 09

wind assisted

12.95	Colin Jackson	10 Sep 89
13.14	Lawrence Clarke	7 Jul 12
13.45	William Sharman	15 Jul 06
13.46	Sam Bennett	9 Jul 23
13.48	Tom Wilcock	9 Jul 23

hand timing

13.4	David King	6 Jun 16
13.5	Berwyn Price	1 Jul 73

400 Metres Hurdles

48.60	Jack Green	13 Jul 12
48.71	Nathan Woodward	3 Jul 11
48.74	Jake Minshull	9 Aug 25
48.88	Alastair Chalmers	28 May 22
49.06	Rick Yates	26 Jul 08
49.09	Rhys Williams	23 Mar 06
49.11	Gary Oakes	26 Jul 80
49.19	Seb Rodger	13 Jul 13
49.37	Alex Knibbs	10 Jul 21
49.44	Seamus Derbyshire	28 May 22 10
49.49	Jacob Paul	9 Jul 17
49.53	Dai Greene	10 Sep 08
49.57	Matt Elias	14 Jul 01
49.62	Lloyd Hanley-Byron	18 Jul 09
49.62	Niall Flannery	30 Jun 13
49.75	Max Robertson	30 Aug 85

High Jump

2.38 i	Steve Smith	4 Feb 94
2.33 i	Tom Gale	8 Feb 20
2.32 i	Brendan Reilly	24 Feb 94
2.31	Dalton Grant	25 Sep 88
2.30 i	Geoff Parsons	25 Jan 86
2.30	Ben Challenger	13 Jul 99
2.28 i	John Holman	28 Jan 89
2.28 i	Kimani Jack	28 Feb 26
2.27	Martyn Bernard	31 May 04
2.27	Robbie Grabarz	1 Jun 08 10
2.26	Allan Smith	14 Jul 13
2.26 i	Chris Kandu	21 Feb 15
2.25	Rob Mitchell	28 Jul 01
2.25	Adam Scarr	11 Jun 06
2.24	Tom Parsons	27 Aug 06

Pole Vault

5.71 i	Steven Lewis	14 Mar 08
5.71	Charlie Myers	15 Jun 19
5.70	Nick Buckfield	23 Jul 95
5.65	Jax Thoires	16 May 15
5.65 i	Adam Hague	18 Feb 18
5.62 i	Luke Cutts	18 Jan 09
5.60	Neil Winter	19 Aug 95
5.55 i	Andrew Sutcliffe	11 Feb 12
5.52	Joel Leon Benitez	18 Jul 18
5.50	Paul Williamson	6 Jul 96 10
5.47 i	Keith Higham	4 Feb 06
5.45	Owen Heard	3 Jun 22
5.42	Mike Barber	26 Aug 95
5.42	Nick Cruchley	3 Jul 11

Long Jump

8.27	Chris Tomlinson	13 Apr 02
8.26	Greg Rutherford	15 Jul 06
8.15	Stewart Faulkner	16 Jul 90
8.11	Nathan Morgan	24 Jul 98
8.07	Lynn Davies	18 Oct 64
8.04	Roy Mitchell	25 Jun 77
8.03	Tim Duckworth	6 Apr 18
8.00	Daley Thompson	25 Jul 80
8.00	Derrick Brown	7 Aug 85
8.00	Jacob Fincham-Dukes	5 Jun 19 10
7.97	Fred Salle	13 Jul 86
7.94 i	Paul Johnson	10 Mar 89
7.94	Reynold Banigo	30 Aug 20
7.89	John King	26 Jul 85
7.87	Keith Fleming	7 Jun 87
7.87	Archie Yeo	28 Jun 25

wind assisted

8.19	Tim Duckworth	12 May 18
8.16	Roy Mitchell	26 Jun 76
8.11	Daley Thompson	7 Aug 78
8.02	Jacob Fincham-Dukes	15 Apr 17

Triple Jump

17.21	Tosi Fasinro	27 Jul 93
17.12	Phillips Idowu	23 Sep 00
17.05	John Herbert	8 Jul 83
16.95	Julian Golley	10 Jul 92
16.95	Nathan Douglas	11 Jul 04
16.76	Keith Connor	12 Aug 78
16.74	Jonathan Edwards	23 Jul 88
16.71	Vernon Samuels	18 May 86
16.69	Aston Moore	12 Aug 78
16.65	Tosin Oke	28 Jul 02 10
16.54	Eric McCalla	17 Sep 82
16.50 i	Kola Adedoyin	9 Feb 13
16.47	Mike Makin	1 Jul 84
16.46	Ben Williams	29 Jun 14

wind assisted

17.30	Tosi Fasinro	12 Jun 93
17.21	Keith Connor	12 Aug 78
16.76	Aston Moore	25 Sep 78
16.73	Ben Williams	29 Jun 14
16.59	Michael Puplampu	10 Jun 12

Shot

19.68 i	Piers Cameron	14 Feb 26
19.48	Geoff Capes	21 Aug 71
19.44 i	Simon Williams	28 Jan 89
19.42	Zane Duquemin	27 Jul 13
19.23	Matt Simson	23 May 91
19.01	Billy Cole	21 Jun 86
18.93	Paul Buxton	13 May 77
18.63 i	Carl Myerscough	6 Feb 99
18.59 i	Alan Carter	11 Apr 65
18.54	Scott Lincoln	5 Jul 15 10
18.50 i	Lewis Byng	28 Jan 23
18.46	Lee Newman	9 Jul 95
18.45	Kieren Kelly	21 May 08
18.40	Steph Hayward	9 Jun 96
18.29 i	Emeka Udechuku	14 Jan 01

18.18 et	Arthur Rowe	29 Jul 58	5650	Ben Gregory	25 Mar 12
Discus			5604	Oliver McNeillis	2 Mar 08
68.24	Lawrence Okoye	19 May 12	5604	Philip Kastner	21 Jan 23
66.06	Brett Morse	27 Jul 11	5593	David Bigham	8 Mar 92
63.46	Zane Duquemin	30 Jun 12	5582	Adam Hoole	29 Jan 23 10
63.38	Nicholas Percy	22 Jul 16	5668os	Jami Schlueter	24 Feb 24
62.07	Emeka Udechuku	19 Aug 00		Decathlon (1984 Tables)	
61.86	Paul Mardle	13 Jun 84	8648	Daley Thompson	18 May 80
61.21	George Armstrong	11 Apr 19	8556	Dean Macey	25 Aug 99
60.81	Chukwuemeka Osammor	26 Jun 22	8336	Tim Duckworth	7 Jun 18
60.48	Robert Weir	13 May 83	8100	Sammy Ball	1 Jun 25
59.90	Chris Scott	19 Jun 10 10	8070	Ashley Bryant	12 Jul 13
59.84	George Evans	6 Apr 19	8011 w	Jack Turner	12 May 23
59.78	Glen Smith	5 Jun 94		7851	8 Jun 23
59.22	Gregory Thompson	10 Jul 16	7904	David Bigham	28 Jun 92
58.71	Samuel Woodley	10 Apr 21	7822	Liam Ramsay	31 Aug 14
58.52	Colin Sutherland	1 May 77	7761 w	Ollie Thorner	13 May 23
Hammer				7641	8 Jun 23
77.92	Kenneth Ikeji	7 Jun 23	7751	Daniel Awde	29 Jun 08 10
77.55	Nick Miller	22 Jul 15	7739	Jami Schlueter	6 Jun 24
75.10	Dave Smith II	27 May 96	7723 W	Eugene Gilkes	8 Jul 84
75.08	Robert Weir	3 Oct 82		7660	8 Jul 84
74.62	David Smith I	15 Jul 84	7713	Jim Stevenson	5 Jun 93
74.18	Martin Girvan	31 May 82	7668	Fidelis Obikwu	5 Oct 82
73.80	Jason Byrne	19 Sep 92	7651	David Hall	12 Jun 15
73.80	Joseph Ellis	5 Jun 18	7643 W	Tom Leeson	8 Sep 85
73.40	Taylor Campbell	30 Apr 17	7616	Barry Thomas	23 Aug 92
72.95	Alex Smith	8 Oct 10 10		3000 Metres Track Walk	
72.31	Jake Norris	3 Apr 21	10:52.77 i	Callum Wilkinson	25 Feb 18
71.75	Peter Smith	15 Apr 12		10:59.0	14 Aug 19
71.08	Paul Head	1 Sep 85	11:19.10	Cameron Corbishley	12 Jun 17
71.00	Ian Chipchase	17 Aug 74	11:28.4	Phil Vesty	9 May 84
70.81	Mark Dry	1 Aug 09		5000 Metres Track Walk	
70.15	Bayley Campbell	13 May 22	18:41.23	Callum Wilkinson	25 Aug 19
Javelin (1986 Model)			19:29.87	Tom Bosworth	31 Jul 11
89.58	Steve Backley	2 Jul 90	19:35.0	Darrell Stone	16 May 89
80.92	Mark Roberson	12 Jun 88	19:48.14	Alex Wright	25 Aug 12
80.38	James Campbell	18 Jul 10	19:49.53 i	Cameron Corbishley	31 Jan 19
80.32	Harry Hughes	19 May 19	19:57.91	Dominic King	24 Jul 04
79.70	Nigel Bevan	3 Feb 90	19:57.95	Daniel King	24 Jul 04
78.56	Mick Hill	2 Aug 86	20:05.7	Philip King	29 Jul 95
78.54	Gary Jenson	17 Sep 89	20:06.66	Matthew Hales	2 Sep 00
78.48	Michael Allison	2 Aug 25		5000 Metres Track Walk short track	
78.33	David Parker	24 Mar 01	19:20.83	Callum Wilkinson	29 Jan 17
77.81	James Whiteaker	2 Aug 20 10	19:49.53	Cameron Corbishley	31 Jan 19
77.40	Benjamin East	2 Aug 25	19:50.52	Tom Bosworth	11 Feb 12
76.77	Matthew Hunt	1 May 11		10000 Metres Track Walk	
76.66 i	Stuart Faben	3 Mar 96	40:29.32	Callum Wilkinson	23 Jun 19
76.28	Nick Nieland	9 Jul 94	40:53.60	Phil Vesty	28 May 84
76.13	Joe Dunderdale	18 May 14	41:24.7	Martin Rush	6 Jul 86
75.89	Dan Pembroke	12 Jun 11	41:37.44	Cameron Corbishley	18 Jun 17
75.71	Joe Harris	29 Jul 17	41:51.55	Andi Drake	25 May 87
Heptathlon (short track)			41:55.6	Darrell Stone	7 Feb 88
6188	Tim Duckworth	10 Mar 18	42:07.11	Tom Bosworth	6 Aug 11
5849	Sammy Ball	1 Mar 26	42:24.61	Ian McCombie	29 May 83
5794	Jack Turner	19 Feb 23	42:28.0	Philip King	17 May 95
5783	Daniel Awde	7 Mar 10	43:00.67	Sean Martindale	5 Jun 88 10
5700	Liam Ramsay	26 Jan 14			

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

UNDER 20

60 Metres			10.22	Craig Pickering	22 May 05
6.51	Mark Lewis-Francis	11 Mar 01	10.24	Simeon Williamson	2 Jul 05
6.63	Dwain Chambers	23 Feb 97	10.24	Teddy Wilson	26 Jul 25 10
6.64	Jake Odey-Jordan	10 Jan 26	10.25	Jason Livingston	9 Aug 90
6.65	Jeremiah Azu	16 Feb 19	10.25	Jason Gardener	21 Jul 94
6.66	Jamie Henderson	24 Jan 87	10.25	Dom Ashwell	11 Jul 18
6.66	Romell Glave	13 Jan 18	10.25	Toby Makoyawo	16 Jul 21
6.66	Teddy Wilson	19 Jan 25	10.26	Leevan Yearwood	26 Aug 07
6.67	Jason Livingston	10 Mar 90	10.26	Chijindu Ujah	25 Aug 12
6.67	Christian Malcolm	1 Mar 97	10.26	Jeriel Quainoo	15 Jul 21
6.67	Harry Aikines-Aryeetey	5 Mar 06	10 10.27	Jeremiah Azu	19 May 19
6.67	Medwin Odamtten	8 Jan 23	10.29	Peter Radford (10.31?)	13 Sep 58
6.68	Adam Gemili	25 Feb 12	10.29	David Bolarinwa	29 May 11 20
6.68	Chijindu Ujah	23 Feb 13	10.29	Joel Pascall-Menzie	18 Aug 21
6.68	Dom Ashwell	13 Jan 18	10.30	Deji Tobais	3 Jul 10
6.68	Toby Makoyawo	8 Feb 20	10.30	Sean Anyaogu	7 Aug 23
100 Metres			10.31	Chris Lambert	21 Aug 99
10.05	Adam Gemili	11 Jul 12	10.31	Alex Nelson	18 Jun 05
10.06	Dwain Chambers	25 Jul 97	10.31	Oliver Bromby	17 Jun 17
10.10	Mark Lewis-Francis	5 Aug 00	10.31	Jake Odey-Jordan	19 Jun 25
10.12	Christian Malcolm	29 Jul 98	wind assisted		
10.16	Ojie Edoburun	23 Aug 14	9.97 †	Mark Lewis-Francis	4 Aug 01
10.21	Jamie Henderson	6 Aug 87	10.10	Christian Malcolm	18 Jul 98
10.21	Romell Glave	17 Jun 17	10.15	Ojie Edoburun	23 Aug 14

10.16	Joel Pascall-Menzie	18 Aug 21	21.08	Nethaneel Mitchell-Blake	9 Feb 13
10.17	Tyrone Edgar	30 Jun 01	21.12	Toby Harries	28 Feb 16
10.20	Wade Bennett-Jackson	28 Aug 05	21.13	Thomas Somers	2 Mar 14 10
10.20	Joseph Dewar	19 Aug 15	300 Metres		
10.20	Jeriel Quainoo	10 Jun 22	32.53	Mark Richardson	14 Jul 91
10.22	Lincoln Asquith	26 Jun 83	32.85	Ade Mafe	18 Aug 84
10.22	Dwayne Grant	30 Jun 01	Intermediate time during 400 metres		
10.22	Simeon Williamson	21 Aug 05	32.4 +	David Jenkins	13 Aug 71
10.23	David Bolarinwa	25 Jun 11	300 Metres Short Track		
10.23	Rechmial Miller	25 Jun 16	32.64	Jake Odey-Jordan	17 Jan 26
10.23	Teddy Wilson	26 May 25	33.44	Thomas Somers	6 Dec 14
200 Metres					
20.29	Christian Malcolm	19 Sep 98	400 Metres		
20.37	Thomas Somers	24 Jul 14	45.35	Martyn Rooney	21 Mar 06
20.38	Adam Gemili	9 Sep 12	45.36	Roger Black	24 Aug 85
20.40	Jeriel Quainoo	26 Jun 22	45.41	David Grindley	10 Aug 91
20.48	Jona Efoloko	13 Jul 18	45.45	David Jenkins	13 Aug 71
20.53	Charlie Dobson	12 Jul 18	45.53	Mark Richardson	10 Aug 91
20.54	Ade Mafe	25 Aug 85	45.59	Chris Clarke	24 Jul 09
20.55	Jake Odey-Jordan (U17)	16 Jun 24	45.72	Edward Faulds	16 Jul 21
20.62	Leon Reid	20 Jul 13	45.83	Mark Hylton	16 Jul 95
20.62	Nethaneel Mitchell-Blake	20 Jul 13 10	45.92	Charles Carvell	7 Aug 23
20.63	Chris Lambert	21 Aug 99	46.03	Peter Crampton	8 Aug 87 10
20.64	Dwayne Grant	16 Jun 01	46.10	Tim Benjamin	25 Aug 01
20.67	David Jenkins	4 Sep 71	46.13	Guy Bullock	31 Jul 93
20.67	Tim Benjamin	17 Jun 01	46.22	Wayne McDonald	17 Jun 89
20.68	Elliot Powell	28 Jun 15	46.31	Nigel Levine	10 Jun 07
20.69	Alex Nelson	30 Jul 05	46.32	Derek Redmond	9 Sep 84
20.69	David Bolarinwa	2 Jun 12	46.35	Jack Crosby	23 Jul 14
20.70	Reece Prescod	6 Jun 15	46.39	Elliott Rutter	22 Jun 14
20.70	Teddy Wilson	17 Aug 25	46.44	Ethan Brown	23 Jun 19
20.71	Cameron Tindle	21 Jul 16 20	46.46	Adrian Metcalfe	19 Sep 61
20.72	Derek Kinlock	17 Jul 21	46.47	Richard Buck	21 Aug 05 20
20.73 A	Ralph Banthorpe	15 Oct 68	46.48	Roger Hunter	20 May 84
20.75	Kieran Showler-Davis	20 Jun 10	46.48	Stanley Chevous	14 Jun 25
20.76	Joe Ferguson	30 Jun 19	46.49	Owen Richardson	22 Jul 17
20.78	John Regis	29 Sep 85	46.51	Cameron Chalmers	21 Jul 16
20.79	Jamahl Alert-Khan (U17)	7 Sep 03	46.53	Mark Thomas	15 Sep 84
20.80	Mike McFarlane	1 Jul 79	46.54	Michael Parper	7 Jun 97
20.81	Toby Harries	22 Jul 17	46.54	Jordan McGrath	18 May 08
wind assisted					
20.56	Toby Harries (U17)	9 Sep 15	hand timing		
20.57	Tommy Ramdhan	18 Jul 15	45.7	Adrian Metcalfe	2 Sep 61
20.60	Tim Benjamin	7 Aug 99	400 Metres Short Track		
20.61	Darren Campbell	11 Aug 91	46.16	Edward Faulds	19 Feb 22
20.68	Chad Miller	16 May 18	46.56	Mark Hylton	4 Feb 95
hand timing					
20.6	David Jenkins	19 Sep 71	46.72	Samuel Reardon	26 Feb 22
hand timing - wind assisted					
20.4	Dwayne Grant	1 Jul 01	46.80	Robert Tobin	24 Feb 02
20.7	Lincoln Asquith	2 Jul 83	46.87y	Roger Hunter	3 Mar 84
200 Metres Short Track					
20.66	Jake Odey-Jordan (17)	10 Mar 24	46.95	Harry Bradley	8 Feb 26
20.78	Tim Benjamin	24 Feb 01	47.24	Roger Black	16 Feb 85
20.95	Farrell Fabusiwa	8 Feb 26	47.40	Cameron Chalmers	21 Feb 16
20.96	Ade Mafe	19 Jan 85	47.45	Clovis Asong	24 Feb 13
20.98	Chris Clarke	9 Feb 08	47.50	Owen Richardson	25 Feb 17 10
21.02	Charlie Dobson	25 Feb 18	600 Metres		
21.07	Dean Patterson	11 Feb 24	1:16.30	Kyle Langford	24 Aug 14
			1:16.79	Andrew Lill	24 Jul 90
600 Metres Short Track					
			1:17.67	Samael Lunt	22 Dec 24

800 Metres (* 880 yards time less 0.60)				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	10
1:46.61	Ethan Hussey	23 Aug 22	3:40.90	David Robertson	28 Jul 92	
1:46.63	Curtis Robb	6 Jul 91	3:40.95 +	Charlie Grice	14 Jul 12	
1:46.71	Ben Pattison	23 Jun 19	3:41.08	Josh Kerr	8 Jun 16	
1:46.73	Tom Waterworth	25 Jun 25	10 3:41.25	Zachary Dunne	18 Jun 25	
1:46.75	Henry Jonas	21 Aug 24	3:41.33	Adam Cotton	11 Jun 11	
1:46.80*	John Davies I	3 Jun 68	3:41.38	Joshua Lay	12 Jun 19	
1:46.80	Samuel Reardon	5 Aug 22	3:41.43	Shaun Wyllie	7 Jun 14	
1:46.84	Oliver Dustin	29 Jun 19	3:41.55	William Rabjohns	20 Aug 25	
1:46.84	Matthew McKenna	21 Aug 24	3:41.59	Chris Sly	22 Jul 77	
1:46.97	Markhim Lonsdale	27 May 17	3:41.6	David Forrester	14 Jun 08	20
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 McLear	23 Jun 19	1500 Metres Short Track			
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	
800 Metres Short Track				3:46.21	David Sharpe	25 Feb 86
1:47.19	Matthew McKenna	1 Mar 26	3:46.79	Jack Patton	5 Feb 22	
1:48.49	Joshua Mungin	1 Mar 26	3:47.19	Robbie Fitzgibbon	1 Feb 15	
1:48.53	David Sharpe	8 Feb 86	3:47.26	Justin Davies	23 Jan 22	
1:48.58	Guy Learmonth	20 Feb 11	3:47.5	Gary Taylor	11 Feb 81	
1:48.75	James Brewer	17 Feb 07	3:47.77	Matthew Fayers	10 Feb 13	10
1:48.77	Markhim Lonsdale	26 Feb 17	1 Mile			
1:48.81	Samuel Reardon	16 Feb 22	3:53.15	Graham Williamson	17 Jul 79	
1:48.85	Alex Botterill	26 Jan 19	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	10 3:58.68	Steve Flint	26 May 80	
1000 Metres				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	1 Mile short track			
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	2000 Metres			
2:21.71	Kevin Glastonbury	18 Jun 77	5:06.56	Jon Richards	7 Jul 82	
2:22.3	Chris McGeorge	19 Jul 81	3000 Metres			
1000 Metres short track				7:48.28	Jon Richards	9 Jul 83
2:20.36	David Sharpe	8 Mar 86	7:51.84	Steve Binns	8 Sep 79	
1500 Metres				7:55.17	Jake Heyward	25 Jul 18
3:36.6 +	Graham Williamson	17 Jul 79	7:56.28	John Doherty	13 Jul 80	
3:36.90	Jake Heyward	22 Jul 18	7:57.47	Henry Dover	22 Jun 24	
3:38.62	Niall Brooks	10 Jul 10	7:58.68ios	Tom Farrell	13 Feb 10	

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	5000 Metres Short Track			
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	10000 Metres			
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	10km Road (U20 as per WA Rules)			
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	2000 Metres Steeplechase			
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	
3000 Metres Short Track			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	10
8:06.58	Matthew Shirling	26 Feb 14	5:40.2	John Hartigan	27 Jun 84	
8:08.0	John Bednarski	7 Dec 68	3000 Metres Steeplechase			
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	
5000 Metres			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	10
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	20
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	60 Metres Hurdles (99cm)			
13:58.37	Conan Harper	27 May 23	7.50	David Omoregie	9 Mar 14	
13:58.42	Corey Campbell	27 Mar 25	7.58	Noah Hanson	20 Jan 24	
13:59.10	Ben Brown	25 May 24	7.59	Iolo Grant	9 Feb 25	
14:00.7	Peter Tootell	19 Jun 82	7.63	Euan Dickson-Earle	2 Mar 14	
14:00.7	Mike Chorlton	19 Jun 82				

7.65	James Gladman	26 Feb 12	13.72	Tony Jarrett	24 May 87
7.66	Khai Riley-Laborde	2 Mar 14	13.73	Andrew Pozzi	11 Aug 11
7.66	Daniel Goriola	11 Feb 24	13.78	Charlie Staddon	19 Apr 25
7.67	Andrew Pozzi	27 Feb 10	13.84	Chris Baillie	27 Aug 00
7.67	Toby Wright	8 Feb 26	13.91	David Nelson	21 Jun 86
7.70	Joshua Zeller	24 Feb 19	10 13.91	Lawrence Clarke	29 Jul 09
60 Metres Hurdles (106.7cm)			wind assisted		
7.68	Jon Ridgeon	3 Mar 85	13.42	Colin Jackson	27 Jul 86
7.72	Daniel Goriola	23 Feb 24	13.66	Andy Pozzi	11 Aug 11
7.78	Colin Jackson	26 Jan 85	13.82	David Nelson	5 Jul 86
7.78	David Omoregie	8 Feb 14	13.82	Lawrence Clarke	3 May 09
7.83	Lawrence Clarke	15 Mar 09	13.83	Charlie Staddon	22 Mar 25
7.86	Brett St. Louis	21 Mar 87	13.89	Callum Priestley	17 Jul 08
7.87	Gianni Frankis	18 Feb 07	400 Metres Hurdles		
7.87	Andrew Pozzi	20 Feb 11	50.00	Samael Lunt	30 Aug 24
7.89	Tony Jarrett	13 Mar 87	50.07	Alastair Chalmers	15 Jun 19
hand timing			50.20	Richard Davenport	15 Jul 04
7.8	Kieran Moore	23 Feb 82	50.22	Martin Briggs	28 Aug 83
110 Metres Hurdles (99cm)			50.48	Oliver Parker	14 Jun 25
13.17	David Omoregie	22 Jun 14	50.49	Jack Green	23 Jul 10
13.22	Daniel Goriola	9 Jun 24	50.57	Alex Knibbs	24 Jun 18
13.26	Joshua Zeller	29 Jun 19	50.70	Noel Levy	8 Jul 94
13.29	Andrew Pozzi	3 Jul 11	50.71	Jacob Paul	21 Jul 13
13.30	James Gladman	23 Jun 12	50.86	Seamus Derbyshire	21 Jul 19
13.31	Noah Hanson	27 Jul 25	50.95	Onyekachukwu Okoh	4 Aug 22
13.32	Jack Meredith	4 Jun 10	50.96	Steven Green	6 Jul 02
13.32	Jason Nicholson	11 Jul 18	50.99	Toby Ulm	21 Jul 07
13.33	James Weaver	25 Jun 16	51.07	Philip Beattie	20 Aug 82
13.35	Toby Wright	10 Aug 25	10 51.07	Niall Flannery	28 Jun 09
13.37	Lawrence Clarke	25 Jul 09	51.14	Dai Greene	23 Jul 05
13.47	Gianni Frankis	22 Jul 07	51.15 A	Andy Todd	18 Oct 67
13.48	Matthew Treston	19 Jun 16	51.15	Rhys Williams	26 Jul 03
13.48	Robert Sakala	22 Jul 17	51.29	Rayhan Mourtada	29 Jun 25
13.49	Charlie Staddon	27 Jul 25	51.31	Gary Oakes	9 Sep 77
13.54	Onatade Ojora	14 Jul 18	51.38	Adam Booth	17 Jul 21
13.57	Chris Baillie	21 Aug 99	51.39	Richard McDonald	19 Jun 99
13.59	Jaiden Dean	9 Jun 94	51.48	Bob Brown	19 Jun 88
13.62	Callum Priestley	22 Jul 07	51.50	Nathan Woodward	20 May 07
13.62	Khai Riley-La Borde	18 May 14	20	hand timing	
13.62	Jack Hatton	27 Jun 15	51.0	Richard McDonald	24 Jul 99
13.63	Sam Bennett	14 Jul 18	51.4	Rupert Gardner	29 Jun 03
13.64	David King	16 Jun 13	High Jump		
13.65	Euan Dickson-Earle	18 May 14	2.37	Steve Smith	20 Sep 92
13.66	Jack Summers	3 Jul 19	2.30	Tom Gale	29 Jul 17
13.66	Joshua Taylor	14 Jun 25	2.27	Brendan Reilly	27 May 90
13.68	Ethan Akanni	17 Jun 18	2.26	James Brierley	3 Aug 96
13.69	Cameron Fillery	21 May 17	2.25	Geoff Parsons	9 Jul 83
13.69	Tre Thomas	29 Apr 18	2.24	John Hill	23 Aug 85
wind assisted			2.24	Chris Kandu	22 Jun 14
13.36	Lawrence Clarke	3 Jul 09	2.23	Mark Lakey (U17)	29 Aug 82
13.55	Jack Hatton	21 Jun 15	2.23 i	Ben Challenger	1 Mar 97
13.59	Sam Bennett	6 Apr 19	2.22	Dalton Grant	3 Jul 85
hand timing			2.22	Robbie Grabarz	19 Jun 05
13.5	Jack Sumners	3 Jul 19	2.22 i	Dominic Ogbechie (U17)	24 Feb 18
110 Metres Hurdles (106.7cm)			2.22 i	Kelechi Aguocha	8 Feb 20
13.44	Colin Jackson	19 Jul 86	2.21	Martyn Bernard	6 Jul 02
13.46	Jon Ridgeon	23 Aug 85	2.20	Byron Morrison	14 Jul 84
13.53	David Omoregie	26 Jul 14	2.20	Alan McKie	2 Sep 07
13.55	Daniel Goriola	30 Jun 24	2.20 i	Joel Khan	25 Feb 18

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		wind assisted	
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
Pole Vault					
5.60	Adam Hague	28 Mar 15		Triple Jump	
5.51	Joel Leon Benitez	12 Jul 17	16.58	Tosi Fasinro	15 Jun 91
5.50	Neil Winter	9 Aug 92	16.57	Tosin Oke	8 Aug 99
5.42	Harry Coppell	6 Jun 15	16.53	Larry Achike	24 Jul 94
5.40 i	Luke Cutts	24 Feb 07	16.43	Jonathan Moore	22 Jul 01
5.36 i	Andrew Sutcliffe	14 Feb 10	16.24	Aston Moore	11 Jun 75
5.35	Steven Lewis	21 Aug 05	16.22	Mike Makin	17 May 81
5.30	Matt Belsham	16 Sep 90	16.13	Steven Anderson	11 Jun 83
5.30	Charlie Myers	16 Aug 15	16.09	Ben Williams	26 Aug 09
5.30	Lazarus Benjamin	25 Jun 22	10 16.03	John Herbert	23 Jun 81
5.25	Matt Deveraux	4 Jul 10	16.01 i	Tito Odunaike	7 Feb 26
5.25	Rowan May	20 Jul 13	15.99	Steven Shalders	20 Oct 00
5.21	Andy Ashurst	2 Sep 84	15.95	Keith Connor	30 Aug 76
5.21 i	Christian Linskey	20 Feb 99	15.94	Vernon Samuels	27 Jun 82
5.20	Billy Davey	5 Jun 83	15.93	Tayo Erogbogbo	17 Sep 94
5.20	Warren Siley	4 Aug 90	15.93	Kola Adedoyin	23 May 10
5.20	Nick Buckfield	31 May 92	15.92	Lawrence Lynch	13 Jul 85
5.20	Ben Flint	2 Aug 97	15.90 i	Daniel Falode	2 Feb 20
5.20	Andrew Marsh	14 Jun 08	15.89	Berachiah Ajala	14 Aug 21
5.20 i	Jax Thoires	4 Jul 12	20 15.88	Julian Golley	28 Jul 90
5.20 i	Daniel Gardner	15 May 13	15.87	Stewart Faulkner	22 Aug 87
5.20	William Lane	21 Jul 24	15.86	Phillips Idowu	5 Jul 97
5.15 i	Keith Higham	25 Jan 04	15.84	Francis Agyepong	29 Sep 84
5.15	Frankie Johnson	13 Apr 19	15.83	Montel Nevers	21 Jun 15
5.12	Jacob Clark	24 Apr 21	15.82	Jon Wallace	11 Jul 98
5.11	Mark Christie	6 Aug 03	15.80	David Johnson	14 Jul 72
Long Jump					
8.14	Greg Rutherford	22 Jul 05	16.81	Tosi Fasinro	15 Jun 91
8.03	Jonathan Moore	18 May 02	16.67	Larry Achike	24 Jul 94
7.98	Stewart Faulkner	6 Aug 88	16.43	Mike Makin	14 Jun 81
7.91	Steve Phillips	10 Aug 91	16.34	Phillips Idowu	27 Jul 97
7.90	Nathan Morgan	25 Jul 97	16.31	Aston Moore	9 Aug 75
7.86	Elliot Safo	19 Jul 13	16.07	Vernon Samuels	14 Aug 82
7.84	Wayne Griffith	25 Aug 89	16.01	Julian Golley	22 Jul 90
7.80	Feron Sayers	30 Jun 13	15.98	Montel Nevers	19 Jul 15
7.80	Daniel Emegbor (U17)	11 Jul 25	15.96	Paul Johnson	27 Jun 87
7.78	Shandell Taylor	13 Jul 18	10 15.95	Lawrence Lynch	26 May 86
7.76	Carl Howard	31 Jul 93		Shot (7.26kg)	
7.75	Jacob Fincham-Dukes	17 Jul 15	19.46	Carl Myerscough	6 Sep 98
7.73	Jason Canning	20 Apr 88	18.56	Lewis Byng	16 Aug 20
7.72	Daley Thompson	21 May 77	18.21 i	Matt Simson	3 Feb 89
7.70	Kevin Liddington	27 Aug 88	17.78 i	Billy Cole	10 Mar 84
7.70	Oliver Newport	2 Jun 12	17.38	Chris Gearing	3 Sep 05
7.70	Alexander Farquharson	28 May 16	17.36 i	Chris Ellis	8 Dec 84
7.69 i	Michael Maguire (U17)	8 Feb 26	17.28 i	Jamie Williamson	4 Feb 06
7.66	Barry Nevison	7 Jul 85	17.26 i	Geoff Capes	16 Nov 68
7.66 i	Dominic Ogbechie	3 Mar 19	20 17.25	Emeka Udechuku	20 Sep 97
7.64	Chris Kirk	28 Jun 03	17.22	Antony Zaidman	4 Jul 81
7.63	James McLachlan	7 May 11	16.97	Curtis Griffith-Parker	17 May 09

16.78	Kieren Kelly	9 Jul 05	61.64	James Tomlinson	20 Aug 19	
16.78	Jamie Stevenson	18 May 08	61.34	Mikun Adeniran	17 Apr 25	
16.78 i	Isaac Delaney	7 Dec 24	60.76	Glen Smith	26 May 91	
16.69	Greg Beard	30 Sep 00	60.46	Brett Morse	24 May 08	
16.61	Simon Williams	10 Aug 86	60.37	George Evans	15 Apr 17	
16.60	Alan Carter	11 May 63	59.21	Gregory Thompson	28 Apr 13	
16.55	George Hyde	5 Sep 20	59.11	Zane Duquemin	15 Aug 10	
16.48	Martyn Lucking	24 Aug 57	58.80	George Armstrong	25 Jun 16	
16.47	Paul Buxton	25 May 75	20 58.02	Jacob Foord	24 Jun 25	
16.38	Zane Duquemin	11 Sep 10	57.93	Simon Cooke	27 Jun 04	
Shot (6kg) (E 6.25kg)				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	
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	Hammer (7.26kg)			
18.23 i	George Hyde	11 Jan 20	73.24	Jake Norris	6 Jun 18	
18.20 iE	Chris Ellis	16 Feb 85	69.39	Taylor Campbell	4 May 15	
18.14	Daniel-James Thomas	10 Mar 19	67.56	Nick Miller	1 Jul 12	
18.11	Kai Jones	18 May 14	67.48	Paul Head	16 Sep 84	
18.06 E	Greg Beard	2 Sep 01	67.10	Jason Byrne	6 Aug 89	
18.05	George Evans	18 Jun 16	66.38	Peter Smith	15 Aug 09	
17.96	Kieran Kelly	3 Jul 05	20 66.27	Bayley Campbell	28 Mar 19	
17.91	Scott Lincoln	12 May 12	66.14	Martin Girvan	21 Jul 79	
17.81 E	Antony Zaidman	16 May 81	66.08	Jabez Berry	5 May 25	
17.79	Gareth Winter	10 Aug 11	65.86	Robert Weir	6 Sep 80	
17.74 E	Emeka Udechuku	9 Aug 98	65.30	Karl Andrews	2 Jul 94	
Discus (2kg)				64.89	Alex Smith	21 May 06
60.97	Emeka Udechuku	5 Jul 98	64.14	Ian Chipchase	25 Sep 71	
60.19	Carl Myerscough	8 Aug 98	63.84	Andrew Tolputt	7 Sep 86	
56.87	Brett Morse	18 May 08	63.72	Gareth Cook	10 Jul 88	
56.44	Nicholas Percy	26 Aug 13	63.25	Jac Palmer	4 May 15	
55.95	Curtis Griffith-Parker	17 May 09	62.82	Mick Jones	29 Aug 82	
55.10	Glen Smith	31 Aug 91	Hammer (6kg) (E 6.25kg)			
53.63	Mikun Adeniran	12 Apr 25	80.65	Jake Norris	13 Jul 18	
53.42	Paul Mardle	25 Jul 81	78.74	Taylor Campbell	20 Jun 15	
53.40	Robert Weir	10 Aug 80	76.67	Peter Smith	10 Jul 09	
53.32	Paul Buxton	9 Aug 75	10 74.92 E	Jason Byrne	17 Dec 89	
53.13	James Tomlinson	24 Feb 19	74.74	Jabez Berry	28 Jun 25	
53.02	Simon Williams	16 Aug 86	73.81	Alex Smith	25 Jun 06	
53.00	Gregory Thompson	29 Apr 13	73.76	Nick Miller	30 Jun 12	
52.98	Samuel Woodley	7 Jul 18	73.75	Bayley Campbell	22 Apr 18	
52.94	Lee Newman	29 Aug 92	73.34	Michael Painter	10 Jun 12	
52.91	Zane Duquemin	12 Sep 09	73.28 E	Robert Weir	14 Sep 80	
52.90	Simon Cooke	13 Jun 04	73.15	Ben Hawkes	22 Jun 19	
Discus (1.75kg)				73.09	Callum Brown	23 Jun 12
64.35	Emeka Udechuku	21 Jun 98	72.66 E	Paul Head	2 Sep 84	
63.92	Lawrence Okoye	20 Jun 10	71.84 E	Gareth Cook	28 May 88	
62.79	Nicholas Percy	23 Jun 13	70.88	Jac Palmer	18 Apr 15	
62.34	Curtis Griffith-Parker	25 May 08	70.82	James Bedford	17 Jun 07	
61.81	Carl Myerscough	18 Aug 98	70.58	Kai Barham	27 May 23	
			70.50	Owen Merrett	2 Aug 22	

70.36 E	Andrew Tolputt	21 Sep 86	7308 W	Liam Ramsay	18 Sep 11	
70.11	Shaun Kerry	6 Sep 20	20	7233	26 Jun 11	
69.53	Nicholas Percy	28 Jul 13	7297 w	Jack Turner	26 May 19	10
69.39	Sam Gaskell	13 Oct 19		7291	9 Aug 20	
69.10 E	Karl Andrews	3 Aug 94	7287	Kieran Bouwmeester-Reid	7 Sep 25	
69.10	Andrew Elkins	29 Apr 12	7258 w	Joel McFarlane	26 May 19	
68.97	Amir Williamson	18 Jun 06		7203	20 Jul 19	
68.96	Wyatt Larkins	19 Jul 25	7257	Nicolas Gerome	24 Jun 18	
68.83	Andrew Jordon	27 Jun 10	7232	Guy Stroud	9 Sep 07	
			7229 w	Ollie Thorner	26 May 19	
				7215	27 Sep 20	
			7205	Conrad Winter	28 Jul 24	
			7200	Seb Rodger	16 May 10	
			7160	Tim Duckworth	26 Jun 14	
			7147	Ben Gregory	14 Jun 09	
			7134 E	Dean Macey	17 Sep 95	20
			7128	Nicholas Hunt	29 Jun 14	
			7109	Caius Joseph	27 May 18	
				Heptathlon Indoor (Senior implements)		
			5454os	Tim Duckworth	24 Jan 15	
			5445os	Ollie Thorner	29 Feb 20	
			5380	David Bigham	4 Mar 90	
			5304	Gavin Sunshine	7 Mar 93	
			5260	Brian Taylor	5 Mar 89	
			5259	Barry Thomas	10 Mar 91	
				Heptathlon Short Track (Junior implements)		
			5793	David Guest	7 Mar 10	
			5774	Murray Fotheringham	9 Jan 22	
			5602	Sammy Ball	9 Jan 22	
			5510	Sam Talbot	10 Jan 16	
			5482	Daniel Gardiner	8 Mar 09	
			5430	Jack Turner	27 Jan 19	
			5409	Scott Brindley	2 Feb 20	
			5392	David Hall	26 Jan 14	
			5387	Liam Ramsay	6 Mar 11	
			5381	Ashley Bryant	7 Mar 10	
				Decathlon (1984 Tables)		
8082	Daley Thompson	31 Jul 77				
7727	David Guest	6 Jun 10				
7488	David Bigham	9 Aug 90				
7480	Dean Macey	22 Aug 96				
7299	Eugene Gilkes	24 May 81				
7274	Jim Stevenson	24 Jun 90				
7247	Brian Taylor	7 May 89				
7194	Ashley Bryant	15 Aug 10				
7169	Barry Thomas	5 Aug 90				
7156	Tim Duckworth	15 May 15	10			
7126	Fidelis Obikwu	16 Sep 79				
7115	Liam Ramsay	4 Sep 11				
7112	Gavin Sunshine	30 Jul 93				
7018	Jamie Quarry	30 Jun 91				
				3000 Metres Track Walk		
			11:36.2	Callum Wilkinson	15 May 16	
			11:50.55	Nick Ball	29 May 06	
			11:53.08	Cameron Corbishley	15 May 16	
			11:54.23	Tim Berrett	23 Jun 84	
			12:02.0	Philip King	12 May 92	
			12:02.04	Phil Vesty	24 Jul 82	
			12:03.14	Christopher Snook	15 Aug 18	
			12:08.12	Guy Thomas	17 Aug 16	
			12:12.03	Luke Finch	31 May 04	
			12:16.5	Dave Hucks	5 Aug 84	10
			12:19.8	Gordon Vale	11 Mar 81	
			12:20.46	Daniel King	26 May 02	
			12:22.3	Dominic King	6 May 02	
			12:23.2	Martin Rush	18 Sep 83	
			12:23.53	Darrell Stone	19 Sep 87	
			12:24.45	Richard Dorman	5 Sep 80	
				3000 Metres Walk Short Track		
			11:39.75	Cameron Corbishley	11 Dec 16	
			11:39.87	Callum Wilkinson	10 Jan 16	
			11:50.34	Guy Thomas	11 Dec 16	
			12:00.99	Dominic King	2 Feb 02	
			12:01.89	Philip King	21 Feb 93	
				IAAF Junior (E 6.25kg SP)		
7870	Sammy Ball	28 May 23				
7691	David Guest	21 Jul 10				
7567	Daniel Gardiner	14 Jun 09				
7440	David Hall	23 Jul 14				
7381	Daniel Awde	23 Jul 06				
7377	Sam Talbot	30 Apr 17				
7342	Ashley Bryant	6 Jun 10				
7320	Jack Andrew	6 Jun 10				

12:26.0	Lloyd Finch	10 Mar 01	41:57	Ben Wears	4 Apr 09
12:35.60	Cameron Smith	24 Feb 02	42:29	Steve Hollier	10 Dec 95
12:36.2	Kirk Taylor	11 Apr 87	42:39	Martin Rush	7 May 83
12:37.0	Gareth Holloway	9 Apr 88	42:40	Tim Berrett	18 Feb 84
12:37.96	Alexander Eaton	16 Feb 14	42:55	Guy Thomas	7 May 16
5000 Metres Track Walk			43:02	Luke Finch	1 Dec 02
19:35.4	Callum Wilkinson	2 Jul 16	43:18	Richard Dorman	18 Oct 18
20:16.40	Philip King	26 Jun 93	20 Kilometres Road Walk		
20:33.4 +	Darrell Stone	7 Aug 87	1:26:13	Tim Berrett	25 Feb 84
20:34.9	Cameron Corbishley	2 Jul 16	1:29:10	Phil Vesty	18 Jul 82
20:47.23	Lloyd Finch	14 Jul 01	1:29:48	Dominic King	15 Jun 02
20:48.1 +	Dominic King	4 May 02	1:30:17	Guy Thomas	4 Sep 16
20:55.4	Tim Berrett	9 Jun 84	1:30:55	Martin Rush	10 Sep 83
20:57.15	Jamie Higgins	14 Jul 13	1:31:34.4t	Gordon Vale	28 Jun 81
20:58.84	Luke Finch	30 May 04	1:32:38	Ben Wears	1 Mar 08
21:00.5 +	Phil Vesty	19 Jun 82	10 1:32:46	Graham Morris	26 Feb 77
21:02.7	Christopher Snook	23 Mar 19	1:33:00	Cameron Corbishley	2 Oct 16
21:10.5+	Gordon Vale	2 Aug 81	50 Kilometres Road Walk		
21:14.7+	Guy Thomas	19 Jun 16	4:18:18	Gordon Vale	24 Oct 81
21:24.5	Ben Wears	27 Sep 08	4 x 100 Metres Relay		
21:28.26	Nick Ball	11 Jul 04	39.05	GBR-U20	22 Oct 00
21:30.6 +	Martin Rush	29 May 83	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis		
5000 Metres Walk Short Track			39.09	GBR-U20	13 Jul 12
19:39.69	Callum Wilkinson	31 Jan 16	E.Stephens, C.J.Ujah, T.Holligan, A.Gemili		
21:25.17	Dominic King	4 Mar 00	39.14	GBR-U20	22 Oct 00
21:41.47	Christopher Snook	10 Feb 19	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis		
22:11.44	Michael Kemp	28 Feb 98	39.20	GBR-U20	31 Aug 24
22:23.45	Lloyd Finch	4 Mar 00	Odey Jordan, J.Masters, D.Patterson, T.Wilson		
22:23.53	Stuart Monk	25 Feb 95	39.21	GBR-U20	20 Sep 92
22:55.51	Scott Davis	26 Feb 94	A.Condon, D.Campbell, J.Baulch, J.Fergus		
23:19.09	Steve Hollier	25 Feb 95	39.24	GBR-U20	22 Jul 01
23:27.28	Thomas Taylor	28 Feb 98	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis		
23:31.82	Cameron Smith	3 Mar 01	39.24	GBR-U20	20 Aug 06
10000 Metres Track Walk			R.Pierre, A.Nelson, W.Bennett-Jackson, H.Aikines-Aryeetey		
40:41.62	Callum Wilkinson	23 Jul 16	39.30	GBR-U20	19 Aug 06
41:52.13	Darrell Stone	7 Aug 87	R.Scott, H.Aikines-Aryeetey, W.Bennett-Jackson, L.Yearwood		
42:06.35	Gordon Vale	2 Aug 81	39.34	GBR-U20	29 Jun 25
42:17.1	Dominic King	4 May 02	E, Franklin, T.Wilson, D.Patterson, D.Williams		
42:18.94	Cameron Corbishley	19 Jun 16	39.40	GBR	26 Sep 92
42:25.06	Jamie Higgins	20 Jul 13	A.Condon, D.Campbell, J.Baulch, J.Fergus		
42:28.20	Guy Thomas	19 Jun 16	39.43	GBR-U20	30 Jul 95
42:46.3	Phil Vesty	20 Mar 82	D.Chambers, M.Devonish, D.Money, J.Henthorn		
42:47.7	Philip King	2 May 92	39.48	GBR-U20	19 Sep 92
43:04.09	Tim Berrett	25 Aug 83	A.Condon, D.Campbell, J.Baulch, J.Fergus		
43:09.82	Lloyd Finch	18 May 02	39.48	GBR-U20	24 Jul 11
43:42.75	Martin Rush	29 May 83	D.Walker-Khan, S.Watts, A.Gemili, D.Bolarinwa		
43:50.94	Nick Ball	23 Jul 06	39.49	GBR-U20	22 Jul 18
43:54.25	Gareth Brown	7 Aug 87	39.52	GBR-U20	10 Jun 12
44:06.6	Daniel King	4 May 02	J.Street, D.Bolarinwa, C.J.Ujah, A.Gemili		
44:22.12	Gareth Holloway	5 Jun 88	39.53	GBR-U20	20 May 18
44:22.4	Jon Vincent	1 Apr 89	39.54	GBR (U20?)	10 Jun 01
44:30.0	Andy Penn	15 Mar 86	39.54	GBR-U20	18 May 25
44:38.0	Ian McCombie	29 Mar 80	39.55	GBR-U20	20 May 01
44:42.0	Luke Finch	23 May 04	T.Edgar, D.Grant, T.Benjamin, M.Lewis-Francis		
44:48.78	George Wilkinson	15 Aug 21	39.57	GBR-U20	23 Jul 16
44:53.0	Michael Kemp	4 Apr 98	Z.Plummer, O.Bromby, R.Gorman, G.Matthew		
10k Road - where superior to track time					
40:30	Callum Wilkinson	7 May 16			
41:47	Darrell Stone	26 Sep 87			

4 x 200 Metres Relay Short Track

1:25.40 GBR-U20 2 Mar 96
D.Chambers, I.Horsburgh, R.Baillie, J.Henthorn
1:25.53 GBR-U20 1 Mar 97
C.Malcolm, M.Findlay, D.Chambers, I.Horsburgh

4 x 400 Metres Relay

3:03.80 GBR-U20 12 Aug 90
D.Grindley, A.Patrick, C.Winrow, M.Richardson
3:05.14 GBR-U20 21 Jul 13
A.Boyce, M.Hudson-Smith, B.Snaith, G.Caddick
3:05.25 GBR-U20 18 Jul 21
B.Young, S.Reardon, C.Carvell, E.Faulds
3:05.49 GBR-U20 20 Aug 06
C.Clarke, G.Baker, K.Robertson, M.Rooney
3:05.64 GBR-U20 15 Jul 18
A.Haydock-Wilson, J.Brier, A.Chalmers, A.Knibbs
3:05.82 GBR-U20 13 Jul 08
L.Persent, R.Davis, N.Levine, J.McGrath
3:05.89 GBR-U20 20 Jul 86
G.Patterson, G.Bakewell, P.Crampton, M.Tyler
3:06.21 GBR-U20 22 Jul 01
R.Tobin, R.Nicholls, S.Ellis, T.Benjamin
3:06.32 GBR-U20 2 Aug 98
D.Naismith, D.Caines, C.Carson, A.Wilson
3:06.42 GBR-U20 27 Jul 14
B.Snaith, T.Somers, E.Rutter, J.Crosby
3:06.49 GBR-U20 25 Jul 10 10
N.Wake, D.Putnam, S.Rodger, J.Green
3:06.52 GBR-U20 17 Jul 04
R.Buck, R.Dinham, M.Rimmer, R.Davenport
3:06.59 GBR-U20 24 Jul 94
G.Bullock, N.Budden, N.Levy, M.Hylton
3:06.67 GBR-U20 24 Jul 05
R.Buck, S.Osho, R.Strachan, M.Rooney

3:06.69 GBR-U20 20 Aug 83
D.Redmond, S.Garrett, A.Ellsworth, M.McMahon
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
3:06.88 GBR-U20 24 Jul 10
N.Wake, D.Putnam, S.Rodger, J.Green
3:06.89 GBR-U20 13 Aug 23
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

4 x 400 Metres Relay Short Track

3:13.88 GBR-U20 28 Feb 98
D.Caines, C.Carson, A.Wilson, M.Elias

4 x 800 Metres Relay

7:20.82 British Milers Club 2 Aug 19
C.Dodds, Y.Bizimana, F.McClear, J.Lay

4 x 1500 Metres Relay

15:52.0 British Milers Club 30 Apr 97
R.Fitall, N.Speaight, R.Vint, L.Garrett

4 x 1 Mile Relay

16:56.8 British Milers Club 10 Jul 93
J.Swift-Smith, E.King, S.Saxby, D.Furmidge

1600 Metres Medley Relay

3:31.6 Cardiff AAC 14 Aug 71
P.Evans, A.Bartlett, R.Llewellyn, R.Yarrow

4 x 110 Metres Hurdles

63.9 Millfield School 7 May 15

UNDER 17

60 Metres			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	200 Metres	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
100 Metres			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	wind assisted		
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	hand timing - wind assisted		
10.58	Deji Tobais	19 Jul 08	21.0	Peter Little	30 Jul 77
10.58	Ronnie Wells	18 Aug 12	200 Metres Short Track		
wind assisted			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		60 Metres Hurdles (91.4cm)	
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		hand timing	
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		100 Metres Hurdles (91.4cm)	
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
			12.69	Joseph Harding	8 Jun 19
3000 Metres Short Track			12.69	Jaiden Dean	8 Jul 22
8:23.76	Evan Grime	15 Dec 24	12.69	Jack Meredith	12 Jul 08
8:23.94	Corey Campbell	18 Feb 22	12.70	Mayowa Osunsami	28 Aug 16
8:33.73	Jack Crabtree	6 Jan 13	12.70	Hans Nmaju	10 Aug 25
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
			12.85	Jack Kirby	1 Sep 13
5000 Metres			12.85	Jack Sumners	14 May 17
14:41.8	Nicky Lees	24 Aug 74	12.88	Julian Adeniran	8 Jul 05
			12.90	Steve Markham	17 Aug 91
1500 Metres Steeplechase			12.91	Allan Scott	14 Aug 99
4:11.2	Steve Evans	15 Jul 74	12.91	Jacob Blanc	10 Jul 21
4:12.3	Chris Sly	15 Jul 74			
4:13.1	John Crowley	15 Jul 74		wind assisted	
4:13.2	David Lewis	1 Jul 78	12.47	Matthew Clements	9 Jul 94
4:13.66	Zak Seddon	9 Jul 10	12.48	Joseph Harding	1 Sep 19
4:13.7	Danny Fleming	31 Jul 77	12.70	Damien Greaves	9 Jul 94
4:13.9	Eddie Wedderburn	31 Jul 77	12.70	Rory Dwyer	31 Aug 14
4:14.0	Dave Robertson	8 Jul 89	12.74	Jack Kirby	1 Sep 13
4:14.4	Stephen Arnold	7 Sep 85	12.75	Kertis Beswick	19 Aug 12
4:15.0	David Caton	9 Jun 84	10 12.75	Matthew Griffin	12 Aug 19
4:15.0	Spencer Duval	12 Jul 86		hand timing	
4:15.2	Garrie Richardson	8 Jul 89	12.8	Brett St Louis	28 Jul 85
4:15.3	John Wilson	26 Jul 75	12.8	Richard Dunn	29 Jun 91
4:15.38	William Battershill	5 Sep 14	12.8	Jack Kirby	12 May 13
4:16.6	Adrian Green	9 Jun 84	12.8	Tre Thomas	1 May 16
4:16.65	Jamie Crompton	18 Jul 09	12.8	Jack Sumners	3 Jun 17
				hand timing - wind assisted	
2000 Metres Steeplechase			12.6	Brett St Louis	20 Jul 85
5:52.06	Noel Collins	23 Jul 07		110 Metres Hurdles (91.4cm)	
5:52.13	Zak Seddon	23 Aug 10	13.51	Jack Sumners	27 May 17
5:52.78	Oliver Patton	4 Jun 22	13.60	Sam Bennett	27 May 17
5:55.0	John Wilson	23 Aug 75	13.71	Matthew Clements	19 May 94
5:55.0	David Lewis	20 Aug 78	13.79	Sam Talbot	16 Jul 15
			13.82	James McLean	23 Jul 07
3000 Metres Steeplechase					
9:16.6	Colin Reitz	19 Sep 76			

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
wind assisted					
13.65	Jaiden Dean	19 Jun 22	4.93	Harry Coppell	21 Jul 12
hand timing					
13.6	Jon Ridgeon	16 Jul 83	4.92	Rowan May	6 Aug 11
110 Metres Hurdles (99cm)					
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
wind assisted					
13.92	Matthew Clements	27 Aug 94	4.90	Andrew Marsh	3 Sep 06
110 Metres Hurdles (106.7cm)					
14.89	Tristan Anthony	4 Jul 99	4.82 i	Joel Leon Benitez	1 Mar 14
400 Metres Hurdles (84cm)					
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 10	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	Long Jump		
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 20	7.46	Jonathan Moore	30 Jul 00
400 Metres Hurdles (91cm)					
53.06	Phil Beattie	2 Aug 80	7.46	Onen Eyong	9 Sep 01
High Jump					
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 10	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	wind assisted		
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
Pole Vault					
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
			Triple Jump		
			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

15.50	Junior Campbell	18 May 86	52.50	Paul Mardle	7 Jul 79	
15.49	Daniel Falode	23 Jun 19	Discus (1.5kg)			
15.45	Steven Anderson	2 Aug 81	62.96	Nicolas Percy	10 Sep 11	
15.32	Wesley Matsuka-Williams	16 Jul 16	62.36	Moyo Stumpenhuisen	1 Jun 25	
15.28	Larry Achike	22 Jun 91	62.22	Emeka Udechuku	10 Jul 95	
	note resident but not British citizen at this time		60.62	George Armstrong	30 Aug 14	
15.28	Harley Henry	12 Jul 25	10 59.76	Matthew Blandford	18 Aug 12	
15.22	Babatunde Amosu	31 Aug 08	59.13	James Tomlinson	31 Jul 16	
15.22	Efe Uwaifo	3 Sep 11	58.25	Curtis Griffith-Parker	13 Jul 07	
15.15	Sean-Connor Atafo	14 Jun 25	58.14	Carl Myerscough	12 May 96	
15.14	Marvin Bramble	8 Aug 93	56.70	Sam Herrington	18 May 03	
15.14	Steven Shalders	18 Jul 98	56.64	Alfie Scopes	24 Jul 16	10
15.11	Nathan Fox	24 Jul 07	56.43	Timi Babatunde	4 Sep 22	
15.11	Teepee Princewill	2 Sep 16	56.38	Owen Garrett	15 Jun 24	
15.08	Kola Adedoyin	27 May 07	56.16	Matthew Baptiste	2 Sep 07	
15.02	Lanri Ali-Balogun	17 Jul 04	56.14	Chris Symonds	6 Sep 87	
14.94	Hughie Teape	17 May 80	20 55.97	Joshua Douglas	25 Aug 18	
wind assisted			55.94	Simon Williams I	9 Sep 84	
15.78	Ben Williams	19 Jul 08	55.90	Guy Litherland	14 Sep 85	
15.43	Wesley Matsuka-Williams	16 Jul 16	55.72	Keith Homer	27 Jun 82	
15.40	Steven Shalders	18 Jul 98	55.52	Glen Smith	14 May 88	
15.26	Babatunde Amosu	19 Jul 08	55.40	Teddy Gannon	9 Jul 22	20
15.25	Marvin Bramble	3 Jul 93	Hammer (7.26kg)			
15.08	Lawrence Lynch	29 Apr 84	59.94	Andrew Tolputt	30 Sep 84	
15.06	Craig Duncan	7 Aug 82	59.07	Alex Smith	8 Aug 04	
Shot (7.26kg)			Hammer (6.25kg)			
17.30	Carl Myerscough	3 Aug 96	66.70	Andrew Tolputt	2 Sep 84	
Shot (6.25kg)			64.00	Matthew Sutton	22 Aug 98	
16.88	Greg Beard	29 Aug 99	Hammer (6kg)			
Shot (6kg)			66.85	Alex Smith	8 Aug 04	
18.07	Kai Jones	1 May 13	Hammer (5kg)			
Shot (5kg)			76.52	Alex Smith	17 Jul 04	
21.20	Carl Myerscough	22 Sep 96	76.28	Andrew Tolputt	11 Aug 84	
19.57	Curtis Griffith-Parker	10 Jun 07	75.02	Peter Smith	5 Aug 06	
19.45	Kai Jones	27 Apr 13	74.17	Jake Norris	25 Apr 15	
19.45	Lewis Byng	25 Aug 18	73.92	Kenneth Ikeji	6 Aug 19	
19.22	Chris Ellis	4 Jun 82	73.90	Paul Head	29 Aug 81	
19.07 i	Michael Wheeler	15 Dec 07	73.76	Matthew Sutton	14 Jun 98	
18.91	Greg Beard	19 Sep 99	73.27	Thomas Williams (now IRL)	24 Mar 24	
18.90	Neal Brunning	6 Sep 87	73.00	Nick Steinmetz	17 Jul 93	
18.82	Anthony Oshodi	16 Sep 08	71.97	Ben Hawkes	13 May 17	10
18.70	Chris Gearing	10 Jul 03	10 71.39	Kai Barham	2 Jun 22	
18.59	Daniel Cartwright	9 Sep 15	71.34	Tony Kenneally	7 Sep 80	
18.59 i	Lawson Capes	9 Feb 25	70.85	Michael Painter	28 Jul 11	
18.53	Isaac Delaney	5 Sep 21	70.82	Jason Byrne	20 Jun 87	
18.44	Matt Simson	27 Jul 86	69.84	Bayley Campbell	24 Jul 16	
18.43	Emeka Udechuku	28 May 95	69.47	Taylor Campbell	7 Jun 12	
18.25	Billy Cole	1 Aug 81	69.28	Andrew Jordon	7 Sep 08	
18.08	Jay Thomas	2 Jul 05	69.17	Owen Merrett	15 Aug 20	
17.99	Reece Thomas	19 Jul 08	68.75	Sam Gaskell	13 Jul 18	
17.91	Antony Zaidman	28 May 78	68.62	Peter Vivian	16 May 87	20
17.76	George Brocklebank	22 Jul 79	20	Javelin (800g - 1986 model)		
17.76	Dafydd Pawlett	18 Aug 21	68.26	David Parker	19 May 96	
Discus (2kg)			64.38	Max Law	16 Sep 18	
50.60	Carl Myerscough	28 Jul 96	62.63	Huw Bevan	17 Apr 11	
48.96	Emeka Udechuku	19 Aug 95	62.30	Harry Hughes	7 Sep 13	
Discus (1.75kg)			62.21	Thomas Peters	16 Jun 12	
54.70	Emeka Udechuku	18 Jun 95				

Javelin (800g Original model)			5423	Ben Gregory	16 Sep 07
72.78	Gary Jenson	10 Sep 83	5418	Edward Moore	21 Sep 25
69.84	Colin Mackenzie	12 May 79	5409 D	Joel McFarlane	2 Jul 17
66.14	David Messom	14 May 81	5392 D	David Bigham	28 Jun 87
65.32	Marcus Humphries	26 Aug 78	5380	David Guest	30 Sep 07 20
64.80	Paul Bushnell	1 Sep 85	with 1000m & 110mH		
64.34	Steve Backley	1 Sep 85	5626	Ashley Bryant	20 May 07
Javelin (700g)			with 100m		
77.12	James Whiteaker	12 Jul 14	5531	Jim Stevenson	18 Sep 88
75.30	Max Law	7 Jul 18	Heptathlon Short Track		
74.06	Tom Hewson	5 Aug 17	5086	Scott Brindley	11 Mar 18
73.56	David Parker	20 Jul 96	5017	Samuel Wright	12 Mar 23
73.04	Benjamin East	15 Aug 20	4999	Caleb Green	8 Mar 26
72.77	Harry Hughes	4 Aug 13	4967	Murray Fotheringham	10 Mar 19
72.48	Gary Jenson	3 Jul 83	4948	Joel McFarlane	12 Mar 17
71.68	Dan Pembroke	22 Apr 07	4941	Douglas Knox	9 Mar 25
70.30	Colin Mackenzie	6 Jul 79	4939	Sam Talbot	15 Mar 15
70.07	George Davies	19 Jul 14 10	4903	Ben Hillman	10 Mar 19
69.60	Huw Bevan	21 Aug 11	4902	Finn O'Neill	13 Mar 22
69.59	Theo Spurrell	25 Sep 21	4880	Alexander Giles	8 Mar 26 10
68.88	Phill Sharpe	19 Jul 97	Pentathlon Short Track (60H,LJ,SP,HJ,800)		
68.88	Matti Mortimore	7 Jun 09	3758	David Guest	17 Mar 07
68.34	James Campbell	29 Aug 04	3710	Edward Dunford	21 Jan 01
68.26	Ian Marsh	30 Jul 77	3670	Andrae Davis	10 Mar 02
68.18	James Hurrion	3 Jun 90	3611*	John McCafferty	16 Feb 08
67.54	Tom Rutter	10 Aug 23	3582*	Blade Ashby	10 Jan 10
67.31	Lee Doran	21 Jul 01	3556	Oliver McNeillis	21 Mar 04
66.98	Ned Scott	28 Sep 25 20	3499	Robert Hollinger	2 Feb 97
Decathlon (Senior Implements)			3497	Marc Newton	3 Mar 96
6484	David Bigham	27 Sep 87	3486	Ashley Bryant	7 Jan 07
6299	Tom Leeson	21 Sep 80	* with 1000m ** with 200m		
Decathlon (Junior Implements)			Pentathlon Short Track (60H,SP,200,LJ,800)		
6554	Jim Stevenson	25 Sep 88	3860	Caleb Green	6 Dec 25
6316	Jack Andrew	27 Aug 08	3856	David Guest	8 Dec 07
6093	Robert Hughes	28 May 89	3659	Joel McFarlane	10 Dec 16
Decathlon (U17 Implements)			3640	Sam Talbot	13 Dec 14
6860 W	David Guest	9 Sep 07	3606	Douglas Knox	16 Nov 24
6858	Edward Dunford	2 Sep 01	3593	Luca Phillips	2 Dec 23
6781	Joel McFarlane	2 Jul 17	3588	Toby Gwinnell	6 Dec 25
6759	Oliver Downs	10 Aug 25	3550	David Omoregie	3 Dec 11
6706	David Bigham	28 Jun 87	3549	Allen Scott	12 Dec 98
Octathlon (D during decathlon)			3547	Oliver McNellis	13 Dec 03
5881	Oliver Downs	29 Jun 25	Pentathlon (60H,60,HJ,SP,LJ)		
5820	Sammy Ball	19 Sep 21	3413	Lanre Ali-Balogan	11 Jan 04
5800 D	Edward Dunford	2 Sep 01	3000 Metres Track Walk		
	5741	17 Jun 01	12:04.9	Philip King	18 May 91
5786	Nicholas Hunt	1 Jul 12	12:25.1	Nick Ball	15 May 04
5690	Oliver McNeillis	19 Sep 04	12:29.90	Andy Parker	2 Jul 00
5559	Ashley Bryant	16 Sep 07	12:30.14	Luke Finch	1 Sep 02
5550	Dominic Girdler	20 Sep 98	12:34.98	Lloyd Finch	17 Jul 99
5494	Kristian Brown	20 Sep 15	12:35.94	David Hucks	30 Aug 82
5481	Rory Howorth	16 Sep 18	12:45.38	Ben Wears	28 May 06
5468	Ben Gibb	24 Jun 07 10	12:50.9	Jon Vincent	8 Jul 87
5435	Samuel Wright	17 Sep 23	12:52.9	Stuart Monk	12 Jul 95
5433w	Toby Gwinnell	21 Sep 25	12:53.1	Christopher Snook	14 May 16 10
	5390	21 Sep 25	3000 Metres Walk Short Track		
5426	John Holtby	20 Sep 98	12:47.41	Nicholas Ball	29 Feb 04
5425	Andrae Davis	22 Sep 02			
5423	Leo Barker	17 Sep 95			

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	
5000 Metres Track Walk					
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	4 x 200 Metres Relay		
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	4 x 200 Metres Relay Short Track		
22:50.51	Dominic King	18 Sep 99	1:31.24	Giffnock North AAC	4 Mar 17
5k Road - where superior to track time					
21:33	Jon Vincent	1 Nov 86		J.Connelly, K.McLean, M.Forbes, A.Clayton	
21:47	Lloyd Finch	20 Jun 99	4 x 400 Metres Relay		
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	
5000 Metres Walk Short Track					
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	
10000 Metres Track Walk					
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	
10k Road - where superior to track time					
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	
		13 Nov 99	3:18.72	England Schools	20 Jul 19
43:49	Philip King	29 Jun 91		A.Cooper, O.Briars, E.Hussey, D.Joyce	
45:19	Luke Finch	31 Aug 02	3:18.82	England Schools	17 Jul 04
4 x 100 Metres Relay					
40.75	England Schools	20 Jul 19		A.Daish [3]	
	J.Menzie, J.Quainoo, J.Harding, H.Nwoke		3:18.96	Scotland Schools	6 Sep 09 10
41.04	Essex Schools	13 Jul 19		A.Young, M.Paterson, R.Matheson, G.Louden	
	..., J.Pascall-Menzie		3 x 800 Metres Relay		
41.20	England Schools	15 Jul 23	5:56.2	Norfolk Olympiads AC	7 Sep 88
	M.Smart, E.Nwokeji, D.Ellington, M.Ajayi		6:05.14	Basildon AC	29 Jun 18
4 x 800 Metres Relay					
			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
36.88	Stanley Wilkinson	22 Mar 26
36.99	Sam Steadman	11 Feb 24
37.06	Joseph Massimo	1 Mar 14
37.24	Thomas Niewczasinski	12 Feb 12 10
37.24	Arthur Woyton	7 Feb 26

400 Metres

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

hand timing

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

400 Metres Short Track

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

600 Metres

1:23.6	Chris Davies	26 Jul 00
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800 Metres

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

800 Metres Short Track

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

1000 Metres

2:35.4	Alex Felce	25 Jul 01
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1500 Metres

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

1500 Metres Short Track

4:05.51	Angus Wilkinson	1 Feb 23
4:05.58	Calum Dick	1 Feb 23
4:09.29	Mohamed Sharif Ali	15 Feb 17
4:12.08	Connor Bell	5 Feb 20
4:12.33	Adam Scott	6 Feb 14
4:12.99	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		
60 Metres Hurdles (84cm)							
8.20	Daniel Davis	24 Feb 02		Pole Vault			
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		
80 Metres Hurdles (84cm)							
10.50	Joseph Harding	8 Jul 17		Long Jump			
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			wind assisted		
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	
wind assisted							
10.68	Richard Alexis-Smith	12 Aug 01		downhill			
10.73	Chris Musa	7 Jul 01		6.77	Eric Wood	25 Aug 58	
10.84	Freddie Fraser	14 Jul 18		Triple Jump			
10.88	James McLean	28 Aug 05		14.26	Jomiloju Hughes	12 Jul 24	
100 Metres Hurdles (91cm)							
13.3	Matthew Clements	23 Aug 92		14.11	Nathan Fox	14 Aug 05	
400 Metres Hurdles (76.2cm)							
56.59	Stanley Livingstone	26 May 11		13.89	Melchisedec Berkoh-Gyamfi	30 Jul 23	
High Jump							
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		Hammer (4kg)		
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
	wind assisted			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
	Shot (5kg)			63.16	Tony Kenneally	29 May 78
16.62	Michael Wheeler	29 Jul 06		62.97	Rafal Morawski	30 Aug 10
	Shot (4kg)				Javelin (700g)	
19.71	Curtis Griffith-Parker	28 Aug 05		61.81	Matti Mortimore	8 Sep 07
19.28	Michael Wheeler	3 Sep 06			Javelin (600g 1999 Model)	
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
17.86 i	Kendrick Onolememen	21 Mar 26		63.87	Tom Rutter	12 Sep 21
17.36	Mathew Evans	16 Aug 03		63.68	Matti Mortimore	26 Aug 07
16.86	Reece Thomas	9 Sep 06	10	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
	Discus (1.5kg)			58.09	Pedro Gleadall	27 Aug 16
51.55	Curtis Griffith-Parker	14 Aug 05			Javelin (600g pre 1999 Model)	
	Discus (1.25kg)			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			Decathlon (Under 15 implements)	
53.26	Chu Ononogbu	26 Jul 24		5341	Jamie Quarry	28 Jun 87
53.08	Emeka Udechuku	5 Sep 93			Octathlon (Under 15 implements)	
53.03	Logan Cowling	10 Aug 25		4630	Charlie Reilly	10 Aug 25
52.75	Moyo Stumpenhuisen	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			Pentathlon (80H,SP,LJ,HJ,800)	
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
	Hammer (5kg)			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				
(100,SP,LJ,HJ,800)						
3199	Onochie Onuorah	17 Sep 88				
Pentathlon Short Track (60H,LJ,SP,HJ,800)						
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				
Pentathlon Short Track (60H,LJ,200,SP,800)						
3198	Max Price	1 Dec 12				
Pentathlon Indoor (60H,HJ,LJ,SP,60)						
3053	Joe Halpin	22 Mar 15				
3000 Metres Track Walk						
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			
3k Road - where superior to track time						
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				
3000 Metres Walk Short Track						
13:21.22	Lloyd Finch	22 Feb 98				
5000 Metres Track Walk						
22:54.0	Lloyd Finch	15 Jul 98				
4 x 100 Metres Relay						
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				
4 x 200 Metres Relay						
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					
4 x 300 Metres Relay						
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					
4 x 400 Metres Relay						
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				
3 x 800 Metres Relay						
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					
4 x 800 Metres Relay						
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	4 x 800 Metres Relay		
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
Pentathlon (60H,SP,LJ,HJ,800) Short Track			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			
2000 Metres Track Walk					
9:40.0	Luke Finch	12 Nov 97			
9:40.3	Thomas Taylor	19 Jun 93			
9:51.0	Lloyd Finch	11 Aug 96			
9:57.0	Jamie Nunn	7 Feb 88			
9:57.2	Michael Silvester	9 May 05			
10:06.0	Grant Ringshaw	23 Jul 78			
2k Road - where superior to track time					
9:16	Lloyd Finch	28 Sep 96			
9:38	Luke Finch	12 Sep 98			
9:52	Matthew Halliday	6 Mar 04			
9:55 hc	Nick Ball	5 Sep 00			
9:56	Grant Ringshaw	27 Oct 79			
3000 Metres Track Walk					
15:02.62	Lloyd Finch	21 Sep 96			
15:15.5	Robert Mecham	25 Jul 89			
3k Road - where superior to track time					
14:44	Martin Young	22 Sep 84			
4 x 100 Metres Relay					
48.70	N'ham & Essex Beagles	22 Jul 18			
49.68	Croydon Harriers	22 Jul 18			
H.Thomas, I.Akintola, J.Richards, F.Labinjo					
49.70	Surrey AA	26 Jul 15			
J.Roper, T.Inniss, M.Ayoola, A.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					
4 x 200 Metres Relay					
1:47.1	Hercules Wimbledon AC	12 Jul 15			
M.Ayoola, R.Philpott, N.Pongolati, J.Roper					
4 x 400 Metres Relay					
3:55.6	South East	18 Sep 77			
4:04.5	Blackheath Harriers	12 Sep 93			
N.Daniel, L.Connike, S.Holmes, A.Madar					
4:06.2	Blackheath Harriers	25 Jul 93			
N.Daniel, L.Connike, S.Holmes, A.Madar					
4:06.8	Medway AC	17 Sep 89			
J.Ryan, L.Newby, A.Peters, M.Cameron					
3 x 800 Metres Relay					
6:59.6	Sale Harriers	15 Jul 84			
L.Buckley, J.Stockdale, G.Murphy					