

400 METRES

A Statistical Survey of British Running

By Peter Matthews



***Godfrey Brown (left) and Archie Williams finishing
the 400m at the 1936 Berlin Olympics***

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BRITISH ATHLETICS – MEN'S 400 METRES

By Peter Matthews

This booklet presents a very comprehensive collection of statistics for one event – certainly one of Britain's most successful – the men's 400 metres.

My work in compiling this booklet has been aided by important contributions from Ian Buchanan, Tim Lynch-Staunton, Peter Lovesey, Martin Rix, Bob Sparks, Dave Terry, Rob Whittingham, Clive Williams – and many other NUTS and ATFS colleagues over many years. I have also consulted many publications, such as UK and ATFS Annuals, the splendid series of ATFS Track & Field Performances Throughout the Years, the histories of Scottish Athletics and Birchfield Harriers and many others. The works of Harold Abrahams, Ian Buchanan, Norris McWhirter and Mel Watman have also been invaluable, as have the magazines *Athletics Today*, *Athletics Weekly* and *Athletics World*.

Introduction by David Thurlow

WHEN Wyndham Halswelle, a 26-year-old Scot and Boer War veteran, won the 1908 Olympic Games he started a tradition in major championships – the Olympics, British Empire (British Commonwealth and now Commonwealth) and European – that exists to this day. Indeed, Halswelle, who won a silver in the 1906 Games, was following in the footsteps of the Rev Lenox Tindall, who ran a world's best of 48.5 for the 440y in 1889.

The quarter mile, whether in yards or metres, has been the British stronghold in the history of the sport. True, we have had more Olympic triumphs in the 800 and 1500m, but those glory days are in the past and are unlikely to be repeated until the might (and fear of) the Africans is overcome.

In the 440 yards/400 metres we have had two Olympic champions and three silver medallists, three in the Empire under its different names and distances, and nine in the European championships. Last year produced a double with Welshman Iwan Thomas winning both the Commonwealth and European titles, a worthy successor to Roger Black who won silver in the 1996 Olympics in Atlanta on top of one Commonwealth and two European titles in his career.

Halswelle's win (in a bumping and boring race with three Americans which resulted in a solitary race-over because the two non-disqualified Americans refused to run) was followed by Eric Liddell's win in 1924 (celebrated in the film *Chariots of Fire*) when he ran away from the Americans and fellow Britain Guy Butler – second in 1920, third 1924 – in record time. The deeply religious Scot who refused to run in the 100m because it was held on a Sunday (and won by fellow Briton Harold Abrahams) followed his father as a missionary and died in a Japanese internment camp in 1945. Britain has not won an Olympic gold since, but we have come close. Godfrey Brown, a bespectacled schoolmaster and world class from 100y to 880y, came within a stride in 1936, misjudging the race but later, with Bill Roberts, 1938 Empire champion and a stride behind Brown in fourth at the Olympics, Godfrey Rampling, Empire Gaines champion 1934 and father of film star Charlotte Rampling, and Frederick Wolff, taking the gold in the 4x400m relay, a metal one better than 1932.

The best since was Roger Black's silver in 1992 although we have regularly had Olympic finalists.

The same has been true in the Empire/Commonwealth and the European and in the World Championships (from 1983) where, again, Black has been closest with second in 1991.

The first Empire Games were in 1930 in Hamilton, Canada, and England's first winner was Rampling, his chances in the 1932 Olympics ruined by a virus he picked up on active service, breaking the record of the Rev Tindall, a relative of former world 800m, 880y, 3/4 mile and mile record holder Sydney Wooderson, in 1934, followed by Bill Roberts on the oval grass track on Sydney, Australia, Cricket Ground and then Black in 1986, Du'aine Ladejo second in 1994 and Thomas last year.

The European championships began in 1934 but Britain did not send a team, the authorities believing that an Empire Games in London and international matches were enough for our athletes that year. How times have changed with top class races once if not twice and three times a week in high season before, around and after the various major championships.

We did send a team in 1938 and Godfrey Brown set the winning pace, followed in 1950 by Derek Pugh, whose career was cut short by polio, after being third four years earlier, in 1958 John Wrigton with John Salisbury second, and in 1962 Robbie Brightwell, who ran his heart out in the 1964 Olympics to finish a miserable fourth and then being provided with consolation by his fiancée Ann Packer, who created one of the Olympic surprises of all-time by winning the women's 800m, only running for his sake. Scotsman David Jenkins came next, winning in 1969 and taking the silver in 1974 but never repeating such form in the Olympics, and then Roger Black twice plus a silver to yet another winner Du'aine Ladejo in 1994 and Thomas in 1998.

As in the past we now have an abundance of young international-class talent fighting for places both as individuals and for the relay teams – which have had comparable success and several times even better than the individual performances – but that is another story (although Peter has included a list of fastest relay splits).

UK 400 Metres Statistics Over the Years

Converting from 440 yards as necessary

Converting from 440 yards as necessary			British.....			No. under...			No. in World Top		
Year	Best		10th	50th	100th	46.0	47.0	48.0	49.0	25	100
1998	44.37	Mark Richardson	46.12	48.11	48.9	9	20	45	103	5	8
1997	44.36	Iwan Thomas	46.11	48.00	48.9	9	23	49	104	4	9
1996	44.37	Roger Black	46.06	48.08	48.9	8	21	46	102	5	8
1995	44.59	Roger Black	46.31	48.19	48.8	8	17	46	116	3	8
1994	44.78	Roger Black	46.39	47.9	48.7	5	19	52	117	2	5
1993	44.50	David Grindley	46.35	48.1	48.8	7	15	44	117	2	7
1992	44.47	David Grindley	46.42	48.24	49.0	7	18	42	98	3	7
1991	44.62	Roger Black	46.7	48.24	48.89	7	15	38	104	2	7
1990	44.91	Roger Black	46.66	48.19	48.88	2	16	42	110	2	5
1989	45.54	Derek Redmond	46.59	48.25	48.96	2	13	37	101	0	3
1988	44.67	Derek Redmond	46.43	48.1	48.98	5	14	41	100	2	5
1987	44.50	Derek Redmond	46.37	48.2	49.0	5	14	40	95	2	5
1986	44.59	Roger Black	46.39	48.0	48.63	6	13	48	119	1	6
1985	44.82	Derek Redmond	46.60	48.2	48.81	7	16	41	111	1	7
1984	45.43	Kriss Akabusi	46.84	48.1	48.70	3	17	41	124	0	3
1983	45.58	Todd Bennett	46.97	48.16	48.95	2	10	41	103	0	4
1982	45.45	Phil Brown	46.8	48.14	49.0	3	16	37	97	1	3
1981	45.86	David Jenkins	47.03	48.4	49.0	1	9	31	90	0	4
1980	45.29	David Jenkins	46.56	48.5	49.2	4	13	31	74	2	9
1979	45.97	Steve Scutt	46.94	48.60	49.3	1	12	29	67	0	1
1978	45.49	Glen Cohen	47.05	48.68	49.4	2	9	25	70	1	5
1977	45.89	Glen Cohen	47.5	48.7	49.5	2	4	19	60	0	3
1976	45.20	David Jenkins	47.10	49.1	49.7	1	6	20	46	1	4
1975	44.93	David Jenkins	47.53	49.1	49.9	1	5	14	40	1	4
1974	45.18	David Jenkins	47.4	49.3	49.9	1	6	16	43	1	1
1973	45.2	David Jenkins	47.54	49.1	50.0	1	5	17	45	1	3
1972	45.3	David Jenkins	47.5	49.0	49.9	1	5	16	43	1	4
1971	45.5	David Jenkins	47.4	49.2	49.9	1	3	18	41	1	2
1970	46.6	Martin Bilham	47.4	49.0	49.8	-	5	13	47	-	3
1969	46.5	David Jenkins	47.4	49.0	49.5	-	6	19	49	-	6
1968	45.9	Colin Campbell	47.2	48.7	49.5	2	4	21	65	-	3
1967	46.3*	Tim Graham	47.5	49.0	49.5	-	3	15	49	-	3
1966	46.7	Tim Graham	47.6	48.9	49.6	-	2	15	50	-	5
1965	46.9	Yardley, C Campbell, P Warden	47.8	49.2	49.8	-	3	11	42	-	4
1964	45.7	Robbie Brightwell	47.8	48.9	49.7	1	3	14	50	2	3
1963	46.2	A Metcalfe, R Brightwell	47.9	49.1	49.9e	-	2	11	39	2	4
1962	45.6*	Robbie Brightwell	47.9	49.2	50.0e	1	4	10	35	2	4
1961	45.7	Adrian Metcalfe	47.8	49.2	50.0e	2	2	11	43	2	6
1960	46.1	Robbie Brightwell	47.9	49.3	49.8	-	3	10	35	1	5
1959	46.9*	John Wrighton	48.1	49.5	50.1	-	1	8	30	-	5
1958	46.3	John Wrighton	48.3	49.7	-	-	3	7	20	3	5
1957	47.1	John Wrighton	48.2	49.8	-	-	-	8	17	-	6

[illegible]

Britain's Improving Standards

The figures on the preceding page show just how strong Britain is currently at 400m running. Notice particularly the final two columns, which show the number of British athletes included in the world top 25 and the world top 100 (for the years 1921 to 1956, when such deep world lists were not prepared, I show numbers in the world top 25 and 50). At no time during the past 80 years has Britain had as many athletes in the world 25 as in the years 1996-8.

The four preceding columns show the number of British athletes each year running sub-46.0, 47.0, 48.0 and 49.0. 46 seconds was a barrier first broken by a British athlete when Adrian Metcalfe ran 45.8 in 1961 – and a record number of nine men ran such times in both 1997 and 1998. Note, however, after rapid growth for many years, that the number of men under 49.0, roughly the 100th best level, has stagnated or indeed declined since the peak years of 1984 and 1986. This is typical of most events in British athletics; indoor in longer distance events there has been a sharp decline. The middle columns show the time achieved by 10th, 50th and 100th best British performer each year. Up to 1956 I show just the best and 10th best marks – but I do not have figures for the latter for the years 1923-36.

PROGRESSIVE UK RECORDS at 400 METRES

For further details on these records see the *Track Stats Special – Progressive British records Part 3: Men's Track Events*, published November 1994.

See superior 440 yards times 1856-1908, but note that the best actually recorded in 400m races in this period were:

Time	Name	Born	Pos	Meet	Venue	Date
51 4/5	Charles Wood	20.3.1861	1		Paris	1 Nov 1886
49 4/5	Edgar Bredin	1866	1		Paris	9 Jul 1892
49 2/5	Wyndham Halswelle	30.5.1882	1h15OG		London (WC)	21 Jul 1908

400m records

48 2/5	Wyndham Halswelle	30.5.1892	1q2	OG	London (WC)	22 Jul 1908
48.0 #	Guy Butler	25.8.1899	2s1	OG	Colombes	11 Jul 1924
47.6 #	Eric Liddell	16.1.02	1	OG	Colombes	11 Jul 1924

Auto

Note: # 500m track

47.3	47.31	Godfrey Brown	21.2.15	2s2	OG	Berlin	7 Aug 1936
46.7	46.68	Godfrey Brown	21.2.15	2	OG	Berlin	7 Aug 1936
46.3		John Wrighton	10.3.33	1	EC	Stockholm	21 Aug 1958
46.2	46.31	Robbie Brightwell	27.10.39	2q3	OG	Rome	3 Sep 1960
46.1	46.25	Robbie Brightwell	27.10.39	4s1	OG	Rome	5 Sep 1960
45.8		Adrian Metcalfe	2.3.42	1		Oslo	7 Jul 1961
45.7		Adrian Metcalfe	2.3.42	1	vFRG	Dortmund	2 Sep 1961
45.7	45.79	Robbie Brightwell	27.10.39	1s1	OG	Tokyo	18 Oct 1964
45.7	45.75	Robbie Brightwell	27.10.39	4	OG	Tokyo	19 Oct 1964
45.5	45.45	David Jenkins	25.5.52	1	EC	Helsinki	13 Aug 1971
45.3		David Jenkins	25.5.52	1	v2N	Athens	27 Jun 1972
45.2		David Jenkins	25.5.52	1	ECp sf	Oslo	4 Aug 1973

from 45.18 see automatic timing list

Fully-automatic timing

48.35	Godfrey	Brown	21.2.15	2q2	OG	Berlin	6 Aug 1936	
47.31	Godfrey	Brown	21.2.15	2s2	OG	Berlin	7 Aug 1936	
46.68	46.7	Godfrey	21.2.15	2	OG	Berlin	7 Aug 1936	
46.64*	46.90y	Edward	2.12.35	1q1	CG	Cardiff (AP)	22 Jul 1958	
46.31	46.2	Robbie	27.10.39	2q3	OG	Rome	3 Sep 1960	
46.25	46.1	Robbie	27.10.39	4s1	OG	Rome	5 Sep 1960	
46.13		Robbie	27.10.39	2h1	OG	Tokyo	17 Oct 1964	
45.79		Robbie	27.10.39	1s1	OG	Tokyo	18 Oct 1964	
45.75		Robbie	27.10.39	4	OG	Tokyo	19 Oct 1964	
45.45		David	Jenkins	25.5.52	1	EC	Helsinki	13 Aug 1971
45.39		David	Jenkins	25.5.52	1	AAA	London (CP)	15 Jul 1972
45.18		David	Jenkins	25.5.52	2	WK	Zürich	16 Aug 1974
44.93		David	Jenkins	25.5.52	1	AAU	Eugene	21 Jun 1975
44.82		Derek	Redmond	3.9.65	1	Bisl	Oslo	27 Jul 1985
44.59		Roger	Black	31.3.66	1	EC	Stuttgart	29 Aug 1986
44.50		Derek	Redmond	3.9.65	1s2	WC	Rome	1 Sep 1987
44.47		David	Grindley	29.10.72	4s2	OG	Barcelona	3 Aug 1992
44.39		Roger	Black	31.3.66	1	AAA	Birmingham	16 Jun 1996
44.37		Roger	Black	31.3.66	2	Athl	Lausanne	3 Jul 1996
44.36		Iwan	Thomas	5.1.74	1	UK	Birmingham	13 Jul 1997

PROGRESSIVE UK RECORDS at 440 YARDS

Time	Name	Born	Pos	Meet	Venue	Date
54.0	George Wade		1		Rugby	7 Oct 1856
51.0 p	John Nuttall		1		Manchester	19 Dec 1859
51.0 p	Siah Albison		2		Manchester	19 Dec 1859
53 1/2	Edward Hunt (IRE)		1		Dublin	17 May 1865
52.0	Guy Pym	11.2.1841	1		London (BH)	4 Nov 1865
50 1/4 u	Guy Pym	11.2.1841	1		London (BH)	11 Nov 1865
Private match v Percy Thornton. Some accounts gave 50 1/2. Disregarded as a record.						
53 1/5	Charles Fell	c1845	1		London (BH)	17 Feb 1866
51 1/2	Charles Montague Knight	c1845	1	OU Sp	Oxford	23 Mar 1867
51.0	John Ridley	23.6.1848	1	OvC	London (BH)	3 Apr 1868
51.0	Henry Chinnery	1847	1		Wimbledon	30 May 1868
50 1/4 u	Edward Colbeck	21.12.1847	1		London (BH)	17 Jun 1868
Private match v Arthur King receiving 28 yards. Disregarded as a record.						
50 2/5	Edward Colbeck	21.12.1847	1	AAC	London (BH)	20 Jun 1868
48 1/4 p u	Richard Buttery	1845	1hpc		Gateshead	4 Oct 1873
Handicap from scratch. Pistol start						
50 2/5	Jack Shearman	6.8.1855	1	AAC	London (LB)	7 Jun 1877
50 1/5	Henry Ball	10.4.1859	1	AAA	Stoke-on-Trent	1 Jul 1882
50 1/5	Henry Ball	10.4.1859	1		Windsor	29 Jul 1882
50 1/5	William Phillips	5.8.1858	1		London (SB)	28 Oct 1882
50 1/5	James Cowie	21.9.1859	1hpc		London (CP)	1 Jun 1885
49 4/5	Charles Wood	20.3.1861	1	AAA	London (SB)	3 Jul 1886
49 2/5	Francis Cross	14.11.1865	1hpc		Oxford	4 Dec 1888
48 1/2	Henry Lenox Tindall	4.2.1863	1	AAA	London (SB)	29 Jun 1889
48 1/2	Edgar Bredin	1866	1hpc		London (SB)	22 Jun 1895
47 4/5 p	Beauchamp Day (IRE)	1882	1		Perth, WA	1 Apr 1907
48 2/5	Wyndham Halswelle	30.5.1882	1hpc		Glasgow (IP)	1 Jul 1908
48.0	Godfrey Rampling	14.5.09	1	CG	London (WC)	7 Aug 1934
47.7	Godfrey Brown	21.2.15	1	OCvHY	Cambridge, MA	10 Jul 1937
47.6	Godfrey Brown	21.2.15	1	BG	London (WC)	1 Aug 1938
47.5	Peter Higgins	16.11.28	1	CAU	London (WC)	21 May 1956
47.5	John Salisbury	26.1.34	1	IA	Wolverhampton	14 Jun 1958
47.3	John Wrighton	10.3.33	1	South	Uxbridge	21 Jun 1958
47.2	John Salisbury	26.1.34	1	AAA	London (WC)	12 Jul 1958
46.8 46.90a	Edward Sampson	2.12.35	1q1	CG	Cardiff (AP)	22 Jul 1958
46.4	Adrian Metcalfe	2.3.42	2	vUSA	London (WC)	21 Jul 1961
45.9	Robbie Brightwell	27.10.39	1	AAA	London (WC)	14 Jul 1962

Downhill: The following marks made on tracks with favourable inclines were disregarded at the time as records:

54.0	Francis Pelham	18.10.1844	1		Cambridge (F)	17 Mar 1865
52.0	Edward Pitman	11.2.1845	1		Cambridge (F)	21 Mar 1867
51 1/2	Thomas Little	15.2.1845	1		Cambridge (F)	25 Mar 1867
51 2/5	Francis Pelham	18.10.1844	1		Cambridge (F)	28 Mar 1867
49 3/4	Robert Philpot	12.6.1850	1		Cambridge (F)	7 Mar 1871
50 2/5	William Churchill	9.4.1855	1		Cambridge (F)	19 Nov 1878
49 1/5	William Phillips	5.8.1858	2		Birmingham	16 Jul 1881

PROGRESSIVE BRITISH INDOOR RECORDS – 400 METRES

* converted from 440yd time

49.3	John Wrighton	10.3.33	2		Dortmund	30 Jan 60
49.2	Barry Jackson	22.8.41	1		Berlin	26 Feb 61
48.8	Brian Morris	14.12.35	2	v FRG	Stuttgart	23 Mar 63
48.6	Nick Overhead	2.11.42	1		Tampere	10 Apr 65
48.2*	Nick Overhead	2.11.42	2	AAA	Cosford	26 Feb 66
47.8	Colin Campbell	20.6.46	1		Cosford	27 Jan 68
47.7	Colin Campbell	20.6.46	1h2	EI	Madrid	9 Mar 68
47.6	Colin Campbell	20.6.46	4	EI	Madrid	10 Mar 68
47.6	Richard Green	29.9.48	1		Cosford	20 Apr 68
47.4	Colin Campbell	20.6.46	2h2	EI	Belgrade	9 Mar 69
47.07	Glen Cohen	22.4.54	2s1	EI	San Sebastián	12 Mar 77

46.56	Glen	Cohen	22.4.54	1		Boston	2 Mar 80
46.43	Ainsley	Bennett	22.7.54	2	EI	Budapest	6 Mar 83
45.97	Todd	Bennett	6.7.62	2	WI	Paris	19 Jan 85
45.56	Todd	Bennett	6.7.62	1	EI	Piraeus	3 Mar 85
45.39	Jamie	Baulch	3.5.73	1	WT	Birmingham	9 Feb 97

PROGRESSIVE UK JUNIOR RECORDS

* 440 yards time less 0.3 sec

54.3*	John	Ridley	23.6.48	1	OvC	Lodnon (BH)	23 Mar 1866
53.7*	Edward	Colbeck	21.12.47	1		London (WB)	3 Nov 1866
52.5* 52 3/4	John	Ridley	23.6.48	1	AAC	London (BH)	15 Apr 1867
52.2*	John	Ridley	23.6.48	1		Cambridge	27 Nov 1867
51.7*	George	Templar	22.12.51	1	CU Sp	Cambridge	16 Nov 1870
51.7*	Frederick	Wignall	24.9.72	1	Sch Sp	Eton	1890
50.7*	John	Churchill	8.11.81	1h	Sch Sp	Eton	24 Mar 00
50.3*	John	Churchill	8.11.81	1	Sch Sp	Eton	24 Mar 00
49.1*	Beauchamp	Day (IRE)	.82			Dublin	14 Jul 00
49.5*	Francis	Black	.92	1	OC v HY	London (QC)	11 Jul 11
49.3* ?	Godfrey	Brown	21.2.15			Warwick	32
49.3*	Alan	Pennington	4.4.16	1	OU Fr	Oxford	2 Nov 35
49.2*	Derek	Johnson	5.1.33	1	Sth J	London (Ch)	8 Jul 50
48.5*	Derek	Johnson	5.1.33	1	AAA-J	Port Sunlight	29 Jul 50
48.3*	Malcolm	Yardley	23.12.40	2	AAA Tri	Uxbridge	16 Aug 58
48.2	Malcolm	Yardley	23.12.40	2	inv	London (WC)	27 Sep 58
47.8*	Malcolm	Yardley	23.12.40	1	AAAVOU	Oxford	30 Apr 59
47.7* 47.91y	Malcolm	Yardley	23.12.40	2	CAU	London (WC)	18 May 59
47.7*	Malcolm	Yardley	23.12.40	2s2	AAA	London (WC)	10 Jul 59
47.5*	Malcolm	Yardley	23.12.40	2	AAA	London (WC)	11 Jul 59
47.3* 47.51y	Malcolm	Yardley	23.12.40	3	vFRG	London (WC)	1 Aug 59
47.2	Malcolm	Yardley	23.12.40	2	vUSSR	Moscow	5 Sep 59
47.2* 47.46y	Barry	Jackson	22.8.41	5	AAA	London (WC)	16 Jul 60
47.0	Barry	Jackson	22.8.41	3		London (WC)	1 Aug 60
47.0*	Adrian	Metcalfe	2.3.42	1		Hamilton	17 Jun 61
45.8	Adrian	Metcalfe	2.3.42	1		Oslo	7 Jul 61
45.7	Adrian	Metcalfe	2.3.42	1	vFRG	Dortmund	2 Sep 61

Automatic timing

46.46	Adrian	Metcalfe	2.3.42	1	E vRUS	London (WC)	19 Sep 61
46.21	David	Jenkins	25.5.52	2s2	EC	Helsinki	12 Aug 71
45.45	David	Jenkins	25.5.52	1	EC	Helsinki	13 Aug 71
45.36	Roger	Black	31.3.66	1	EJ	Cottbus	24 Aug 85

Partly downhill

50.9*	John	Lloyd	17.11.74	1	Sch Sp	Harrow	1892
49.5*	John	Lloyd	17.11.74	1	Sch Sp	Harrow	1893

Doubtful

50.5* 50 3/4	Edward	Hamley	2.55		Sch Sp	Framlingham	Mar 1873
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BESTS BY AGE

12	52.24	Daniel Petros	10.7.98	28	44.78	Roger Black	28.8.94
13	51.41	Ryan Preddy	16.8.97	29	44.59	Roger Black	5.7.95
14	49.38	Adrian Patrick	11.6.88	30	44.37	Roger Black	3.7.96
15	47.32	Mark Richardson	19.6.88	31	44.68	Solomon Wariso	26.7.98
16	46.43	Mark Richardson	28.7.88	32	44.71	Roger Black	26.7.98
17	46.13	Guy Bullock	31.7.93	33	47.74	Kermitt Bentham	1.8.93
18	45.41	David Grindley	10.8.91	34	46.35	Kriss Akabusi	13.6.93
19	44.47	David Grindley	3.8.92	35	48.08	Bill Hartley	11.8.85
20	44.50	David Grindley	4.8.93	36	48.31	Kermitt Bentham	18.8.96
21	44.50	Derek Redmond	1.9.87	37	48.20	Kermitt Bentham	16.8.97
22	44.66A	Iwan Thomas	14.4.96	38	48.82	Kermitt Bentham	16.5.98
	44.67	Derek Redmond	17.8.88	39	50.2	Kermitt Bentham	8.5.99
23	44.36	Iwan Thomas	13.7.97	40	51.0	Fred Smith	6.7.74
24	44.38	Iwan Thomas	8.8.98	41	49.7	Jim Dixon	22.6.73
25	44.37	Mark Richardson	9.7.98	45	50.5	Jim Dixon	
26	44.72	Roger Black	3.8.92	50	51.8	Ron Taylor	
27	45.65	Kriss Akabusi	26.5.86				

UK 400 METRES ALL-TIME LIST

As at 1 April 1999 – final five columns show number of performances under 46.0, 46.5 and 47.0, then the average of each athlete's ten best times and finally their position based on that average.

						46	46.5	47	Average	Av.10
44.36	Iwan Thomas	5.1.74	1	Birmingham	13 Jul 97	68	76	82	44.48	1
44.37	Roger Black	31.3.66	2	Lausanne	3 Jul 96	116	128	138	44.57	3
44.37	Mark Richardson	26.7.72	1	Oslo	9 Jul 98	69	89	104	44.52	2
44.47	David Grindley	29.10.72	4s2	Barcelona	3 Aug 92	23	34	47	44.85	4
44.50	Derek Redmond	3.9.65	1s2	Rome	1 Sep 87	55	75	84	44.89	5
44.57	Jamie Baulch	3.5.73	3r8	Lausanne	3 Jul 96	46	65	80	44.90	6
44.66	Du'aïne Ladejo	14.2.71	2	Birmingham	16 Jun 96	39	61	83	45.08	7
44.68	Solomon Wariso	11.11.66	3	Birmingham	26 Jul 98	5	10	14	45.82	15
44.93	David Jenkins	25.5.52	1	Eugene	21 Jun 75	52	80	104	45.23	8
44.93	Kriss Akabusi (10)	28.11.58	1	Birmingham	7 Aug 88	16	34	52	45.53	10
45.22	Brian Whittle	24.4.64	3q1	Seoul	25 Sep 88	13	31	63	45.61	12
45.24	Mark Hylton	24.9.76	1r8	Zürich	12 Aug 98	12	32	59	45.62	13
45.26	Phil Brown	6.1.62	1	Antrim	26 May 85	15	54	85	45.60	11
45.27	Todd Bennett	6.7.62	3	Birmingham	7 Aug 88	19	46	72	45.48	9
45.30	Ade Mafe	12.11.66	5	London (CP)	23 Jul 93	6	20	34	45.80	14
45.33	Paul Sanders	11.1.62	1	Dijon	15 Jun 91	2	10	28	46.09	19
45.42	Sean Baldock	3.12.76	4	Birmingham	13 Jul 97	4	11	18	45.98	17
45.47	David McKenzie	3.9.70	4	Sheffield	12 Jun 94	3	21	49	46.07	18
45.48	John Regis	13.10.66	1	Walnut	17 Apr 93	2	2	3	-	-
45.49	Glen Cohen (20)	22.4.54	1	Philadelphia	21 May 78	3	13	31	46.14	22
45.6*	Robbie Brightwell	27.10.39	1	London (WC)	14 Jul 62	5	20	39	45.94	16
45.63	Adrian Patrick	28.6.73	7	Tokyo	19 Oct 64					
				Lausanne	5 Jul 95	1	17	36	46.10	20
45.64	Paul Harmsworth	28.9.63	5	Birmingham	7 Aug 88	1	8	24	46.27	27
45.65	Alan Bell	10.6.57	1h2	London (CP)	14 Jun 80	3	7	20	46.21	23
45.67	Roger Hunter	4.4.65	2	Evanston	19 May 85	1	5	8	46.50	37
45.7	Adrian Metcalfe	2.3.42	1	Dortmund	2 Sep 61	2	7	16	46.25	=24
45.74	Steve Heard	29.4.62	3	London (WC)	19 Sep 61					
45.76	Guy Bullock	15.10.75	7	Antrim	26 May 85	1	6	15	46.38	32
45.81	Terry Whitehead	10.1.57	2h2	Birmingham	16 Jun 96	2	14	29	46.13	21
45.84	Richard Knowles (30)	12.11.75	1r8	London (CP)	14 Jun 80	1	4	17	46.43	35
45.85	Paul McBumey	14.3.72	5	Loughborough	18 May 97	2	4	11	46.47	36
45.88	Wayne 'Ali' McDonald	5.10.70	1	Birmingham	13 Jul 97	2	8	18	46.31	28
45.9	Colin Campbell	20.6.46	1	Vigo	17 Aug 91	1	6	28	46.32	29
46.35A				Zürich	2 Jul 68	1	4	11	46.52	=38
46.82*				Mexico City	17 Oct 68					
45.91A	Martin Winbolt-Lewis	14.11.46	6q1	London (WC)	13 Jul 68					
46.6				Mexico City	17 Oct 68	1	2	12	46.58	44
46.62*				Zürich	2 Jul 68					
45.92	Mark Thomas	12.5.65	1	London (WC)	13 Jul 68					
45.94	Jared Deacon	15.10.75	6	Wigan	27 Jun 87	1	12	44	46.25	=24
45.94	Paul Slythe	5.9.74	7	Birmingham	13 Jul 97	1	12	20	46.25	=24
45.97	Steve Scutt	18.3.56	1	Birmingham	26 Jul 98	1	5	12	46.42	=33
46.0	Garry Cook	10.1.58	1	London (CP)	14 Sep 79	1	9	45	46.35	30
46.18				Birmingham	20 May 81					
46.03	Peter Crampton (40)	4.6.69	1	London (CP)	14 Jun 80					
46.04	Alan Slack	8.2.60	3	Birmingham	8 Aug 87					
46.08	Tim Graham	31.5.39	6	Oslo	27 Jun 85	6	16	46.62	=45	
46.08	Rod Milne	15.3.57	4	Tokyo	19 Oct 64	2	14	46.62	=45	
46.10	Peter Gabbett	19.11.41	1D	London (CP)	15 Jun 80	3	7	46.66	47	
46.11	Martin Reynolds	22.2.49	4q1	Munich	7 Sep 72	2	2	47.02	67	
46.15	Ainsley Bennett	22.7.54	2	Munich	4 Sep 72	4	7	(9 races)		
46.16	Gary Armstrong	9.4.52	2	London (CP)	29 Aug 75	5	12	46.53	41	
46.16	Claude Moseley	30.8.61	1	London (CP)	15 Jul 72	2	3	47.12	74	
46.19	Roy Dickens	18.4.61	2	Birmingham	1 Jul 83	3	7	46.69	=49	
46.20	David Nolan (50)	25.7.69	2	Cwmbrân	28 May 84	5	27	46.42	=33	
				Tallinn	9 Jun 96	5	17	46.52	=38	

46.22	Mark	Sesay	13.12.72	2	Bedford	25 May 97	2	3	47.37	
46.23i	Allyn	Condon	24.8.74	3rA	Birmingham	14 Feb 99	1	3	47.51	
	46.8			1	Stretford	1 Sep 98				
46.24	Melvin	Fowell	2.8.60	6	London (CP)	15 Jun 80	1	6	46.87	=56
46.27	Richard	Ashton	9.12.55	1q2	Edmonton	6 Aug 78	5	10	46.57	43
46.3	John	Wrighton	10.3.33	1	Stockholm	21 Aug 58	2	11	46.68	48
	46.46			1	London (WC)	27 Sep 58				
46.3	John	Wilson	11.10.48	3	Leipzig	30 Jun 73	1	4	46.97	64
	46.91			3	London (CP)	27 May 74				
46.31	Neil	Jackson	13.8.60	4h2	London (CP)	14 Jun 80	1	2	47.48	
46.31	Kent	Ulyatt	10.4.72	1	Stoke-on-Trent	10 Sep 95	1	5	46.87	=56
46.34	Tim	O'Dell	29.5.70	1	Enfield	19 Aug 95	5	17	46.54	42
46.34	Nick	Budden (60)	17.11.75	6s1	Birmingham	15 Jun 96	2	5	46.91	=58
46.37	Gary	Cadogan	8.10.66	1	London (CP)	27 Jun 87	1	2	47.04	69
46.39	Danny	Laing	1.4.49	2	Tokyo, Jap	25 Sep 78	1	6	46.92	=60
46.39	Alex	Fugallo	28.1.70	6	Sheffield	12 Jun 94	1	2	47.34	=95
46.42	Nigel	Will	18.10.67	6	Cwmbrân	12 Jul 92	1	8	46.80	52
46.44A	Mark	Smith	18.11.71	5	Nairobi	27 May 95	1	9	46.81	53
	46.60			1r2	London (CP)	7 Jul 95				
46.46	Geoff	Dearman	4.8.77	1	Dessau	1 Aug 98				
46.49	Roger	Jenkins	30.9.55	1	London (CP)	6 Sep 75	1	12	46.70	51
46.49	Mark	Bishop	12.2.67	1D	Tønsberg	15 Jul 89	1	2	47.39	
46.50	Calvin	Henry	5.10.68	2h5	Cardiff	8 Jun 91		9	46.69	=49
46.50	Cori	Henry (70)	9.12.76	1	Sheffield	13 Jul 96		3		
46.5	John	Salisbury	26.1.34	2	Stockholm	21 Aug 58	4		46.98	65
	46.89*			4	Cardiff	23 Jul 58				
46.5	Barry	Jackson	22.8.41	2sf	Belgrade	13 Sep 62		5	46.91	=58
	47.20*			5	London (WC)	16 Jul 60				
46.53	Steve	Wymark	6.3.59	2h1	London (CP)	13 Jul 79		3	47.08	=72
46.53	Lewis	Samuel	12.02.66	1h5	Birmingham	3 Aug 90		5	46.95	=62
46.54	Michael	Parper	20.5.78	1	Bad Homburg	7 Jun 97		1	47.56	
46.57	Kermitt	Bentham	16.4.60	2	London (CP)	27 Jun 87		1	47.08	=72
46.58	Clayton	Archer	29.5.76	2	London (CP)	22 Jun 97		5	47.13	75
46.59	Jim	Aukett	15.4.49	1	London (CP)	27 May 74		8	46.82	=54
46.59	Carl	Southam	11.1.74	2s1	Seoul	17 Sep 92		9	46.82	=54
46.60	John	Robertson (80)	22.2.42	2	London (CP)	30 Aug 69		4	46.92	=60
46.6	Malcolm	Yardley	23.12.40	1	London (WC)	13 Aug 60		5	46.95	=62
	46.96			1	London	13 Aug 65				
46.64*	Ted	Sampson	2.12.35	1q1	Cardiff	22 Jul 58		1	47.50	
46.64	Gary	Jennings	21.2.72	2rB	Loughborough	18 May 97		2		
46.64	Alloy	Wilson	25.1.80	7	Annecy	31 Jul 98		3	47.38	
46.65	Martin	Bilham	3.12.46	1	London (WC)	8 Aug 70		5	47.07	=70
46.65	Darren	Bernard	15.6.69	5	Azusa	20 May 88		2	47.29	88
46.68	Godfrey	Brown	21.2.15	2	Berlin	7 Aug 36		2	47.28	=85
46.69	Stephen	McGilchrist	18.1.59	1	Sandnes	23 Aug 87		2	47.33	=92
46.7	Steve	Hawkins	4.03.67	1	Birmingham	15 Jul 90		2		
	46.97			1r3	Auckland (NS)	23 Jan 90				
46.72*	Howard	Davies (90)	5.8.44	2	London (WC)	13 Jul 68		3	47.23	=79
46.74	Steve	Marlow	21.11.53	2	London (CP)	27 May 74		1	47.45	
46.74	Jeff	Griffiths	20.3.57	1	Cwmbrân	29 May 78		2	47.23	=79
46.75	Michael	Hauck	5.3.45	3q1	Edinburgh	22 Jul 70		2	47.31	=90
46.75	Jon	Ridgeon	14.2.67	1r1	London (Nh)	23 Aug 92		1		
46.76	Peter	Hoffmann	1.7.56	4	London (CP)	12 Jun 76		1	47.26	82
46.77	Gwynne	Griffiths	31.7.45	1	London (WC)	2 Aug 69		1	47.33	=92
46.77	Paul	Dunn	15.2.63	2s1	Cwmbrân	31 May 82		3	47.27	=83
46.77	Mark	Morris	29.12.65	1	London (CP)	26 Jun 94		5	47.00	66
46.8*	Kenneth	Wilcock	28.12.34	2	St Helens	21 Jul 62		2	47.44	
46.8	John	Sherwood (100)	4.6.45	1	London (CP)	23 Aug 69		1	47.28	=85
46.8	Steve	Sole	18.11.59	1	Kirkby	15 Aug 82		1	47.42	
	47.37			1	Nadderud	27 Jun 83				
46.8	Vaughan	Esprey	24.10.61	2	Birmingham	2 Jul 83		1	47.74	
	47.00			3h2	London (CP)	23 Jul 83				
46.83*	John	Adey	21.10.43	7	Kingston	11 Aug 66			47.21	78

46.83	Alan	Pascoe	11.10.47	3	London (CP)	14 Sep 73	1	-
46.84	Eddie	Williams	1.10.70	1	London (WL)	2 Jul 94	1	47.34 =95
46.84	Brian	Forbes	6.9.74	2	Coimbra	20 Jul 97	1	47.35 =97
46.86	Daley	Thompson	30.7.58	1D	Götzis	22 May 82	2	47.23 =79
46.87	William	Roberts	5.4.12	4	Berlin	7 Aug 36	1	47.70
46.87	Sebastian	Coe	29.9.56	2	London (CP)	14 Jul 79	3	47.52
46.87	Nigel	Kitchen (110)	10.6.61	3s2	Cwmbrân	31 May 82	4	47.03 68
46.89	Blair	Young	5.4.71	2	Brisbane	15 Feb 98	1	
46.90	Eugene	Gilkes	5.3.62	1	London (CP)	2 Jun 84	2	47.17 76
46.90	Brian	Dickens	30.3.58	4	London (CP)	15 Jun 85	1	47.54
46.9	Peter	Warden	7.7.41	1	Siena	25 Jul 65	1	47.35 =97
46.9	Len	Walters	27.1.47	2	Motspur Park	27 Jun 70	1	47.27 =83
	47.21			2	London (CP)	24 Jul 71		
46.9	Andrew	Williams	12.2.49	1	London (CP)	24 Jun 72	1	47.28 =85
	46.95			4r1	London (CP)	5 Aug 72		
46.9	Walcott	Taylor	16.3.54	1	Helmstedt	2 Jun 79	2	47.30 89
	47.09			3h2	London (CP)	13 Jul 79		
46.9	Kenneth	Worrall	17.9.59	1	Cudworth	11 May 80	1	
46.9	Mark	Davidson	15.11.68	1	East Kilbride	29 Jul 89	1	
	47.14			3	Kapfenberg	24 Jun 90		
46.91	Mark	Tyler (120)	29.9.67	2	Swansea	28 Jun 86	2	47.38
46.92	Michael	Delaney	27.5.47	2	Cwmbrân	8 Jul 78	1	47.41
46.92	Mark	McMahon	18.3.64	1	Flora	8 Sep 85	3	47.20 77
46.92	Anthony	Borsumato	13.12.73	1	Birmingham	6 Jun 98	1	
46.93	Carl	Hamilton	20.11.56	6	London (CP)	20 Aug 82	1	47.07 =70
46.93	Anders	Lustgarten	9.2.74	3	Sheffield	6 May 96	1	47.35 =97
46.94	Chris	Carson	26.10.79	2	London (CP)	16 Aug 97	1	
46.95	Iain	Cuthbertson	7.4.61	3s1	Bydgoszcz	17 Aug 79	1	
46.95	Doug	Walker	28.7.73	1	Edinburgh	11 May 96	1	
46.96	Earl	Tulloch	13.9.57	8	Bremen	23 Jun 79	1	47.39
46.97	Martin	Johnston (130)	28.7.64	1	Edinburgh	25 May 85	1	47.41
46.99	John	Weston	8.12.63	1	London (CP)	27 Jun 82	1	47.47
46.99	Justin	Sleath	9.2.67	3	London (CP)	15 Jun 91	1	
47.0	Michael	Fitzgerald	14.9.45	2	London (WC)	30 Jul 65		47.39
	47.43			3	London (WC)	13 Aug 65		
47.0	Ralph	Banthorpe	6.2.49	1	Paris	13 Jun 68		47.59
47.0	Andrew	Walker	4.3.62	1	Luton	9 May 87		47.36
	47.13			1	Edinburgh	18 Jul 87		
47.01	Kerry	Blackburn	12.7.60	3s1	Cwmbrân	31 May 82		47.47
47.01	Martin	Gillingham	9.9.63	4	London (CP)	27 Jun 88		
47.02	Gary	Patterson	16.1.68	1	Göttingen	16 Aug 86		
47.02	Michael	Guegan	19.9.66	4	Indianapolis	7 May 88		
47.02	Lawrence	Lynch (140)	1.11.67	4	Sheffield	30 Aug 93		
47.04	Simon	Grant	19.5.64	2	London (CP)	17 Jun 89		47.56
47.06	Maurice	Ducasse	2.12.58	4s1	Cwmbrân	31 May 82		47.31 =90
47.07	Bill	Hartley	27.6.50	4	London (CP)	14 Sep 73		47.91
47.08	Raymond	Hearn	24.12.47	4	London (CP)	14 Jul 73		47.38
47.08	Trevor	Painter	10.8.71	2	Liverpool	20 Jun 98		
47.10	Brian	Jones	21.1.56	7	London (CP)	12 Jun 76		
47.10	Dave	Deacon	19.3.65	2	Hull	26 Jun 93		
47.1	Peter	Higgins	16.9.28	1	London (WC)	12 Sep 56		47.35 =97
	47.43			3q2	Melbourne	28 Nov 56		
47.1	David	Hemery	18.7.44	1	Kirkby	1 Jul 72		
47.1	Joseph	Chivers (150)	16.3.51	4	Wolverhampton	19 Jul 75		47.48
	47.34			5	London (CP)	14 Jul 73		
47.1	Steve	Coupland	15.6.65	1	Loughborough	26 Jun 94		
47.1	Ian	Horsburgh	10.1.78	1	Dumfries	23 Aug 97		
	47.20			1	Grangemouth	16 Aug 97		
47.11	Peter	Beaven	22.5.53	1	Colombes	12 Sep 70		47.95
47.11	James	Nicoll	21.2.65	1s1	Edinburgh	14 Jun 86		
47.11	David	Naismith	15.12.79	2	Ljubljana	25 Jul 97		
47.12	Donovan	Reid	31.8.63	3	Cayenne	29 Apr 89		
47.12	David	Savage	13.11.72	4	Birmingham	20 Jul 96		

47.13	Daniel	Caines	15.5.79	1	London (He)	9 Aug 98	
47.14	John	Probett	16.1.64	2	London (CP)	27 Jun 82	
47.14	Dapo	Laifa	16.3.62	5	London (CP)	15 Jun 85	
47.15	Ian	Saunders	24.7.50	2	London (CP)	3 Jul 76	47.41
47.15	Steve	Thomas	10.10.63	7	Birmingham	13 Aug 89	47.33 =92
47.15	Alex	Francis	15.7.74	1	Loughborough	19 May 96	
47.16	James	Stevenson	31.12.71	1D	Stadthagen	23 Jun 90	
47.17	Paul	Dennis	27.3.68	1	Bolton	17 Jun 89	
47.18	Jon	English	11.6.50	5	London (CP)	15 Jul 72	47.68
47.19	Ian	McGurk	17.10.71	1	Edinburgh	26 Apr 98	
47.20*	Norman	Futter	8.7.39	1s2	London (WC)	14 Jul 61	47.96
47.20	Dan	Donovan	8.10.70	6	Nivelles	16 Aug 97	
47.2*	John D.	Cooper	1.3.39	1	Motspur Park	24 Jun 61	
47.2*	Paul	Charles	13.5.39	1	Southend	10 Sep 66	47.66
47.2	Ricky	Taylor	8.11.50	2	Edinburgh	13 Jun 70	
47.2*	David	Walker	11.2.45		Chico, Cal	20 Mar 71	
47.2	Peter	Howe	29.1.48		, USA	May 71	
	unconfirmed	47.0					
47.2	Stuart	Bell	29.8.46	2	Koblentz	5 Jul 72	
47.2	Peter	Maitland	21.1.73	1r1	Crawley	1 Jul 95	
	47.29			3	Cwmbrân	9 Jul 95	
47.2	Lee	Fairclough	23.6.70	1	Portsmouth	21 Jul 96	
	47.30			1	Birmingham	19 Jul 97	
47.22*	John	MacIsaac	6.6.37	2q4	Cardiff	22 Jul 58	
47.24	James	Hilton	25.2.79	4rB	Loughborough	18 May 97	
47.28	Colin	O'Neill	14.8.48	3	London (CP)	3 Jul 76	Average of 25 best marks
47.29	Vince	Rose	21.8.71	4	London (CP)	26 Jun 94	Iwan Thomas 44.66
47.30	Chas	McCaw	21.1.72	2	Edinburgh	8 May 95	Roger Black 44.72
47.3	Alan	Pennington	4.4.16	2	Cologne	20 Aug 39	Mark Richardson 44.77
47.3	Derek	Pugh	8.2.26	1	Brussels	25 Aug 50	Jamie Ba Ich 45.14
47.3	Mike	Rawson	26.5.34	2	Bordeaux	30 Jun 57	Derek Redmond 45.15
47.3	Anthony	Harper	6.12.38	1	Port of Spain	4 May 66	Du'aïne Ladejo 45.33
47.3	Derek	Price	23.1.52	2	London (CP)	9 Aug 69	David Grindley 45.37
	47.32			3	London (CP)	24 Jul 71	David Jenkins 45.41
47.3	Chris	Thompson	28.9.64	1	Birmingham	10 Jul 82	Todd Bennett 45.72
47.3	Steven	Garrett	9.12.64	1	London (CP)	6 May 85	Kriss Akabusi 45.85
	47.40			7	Antrim	26 May 85	Phil Brown 45.85
47.3	Bob	Brown	3.10.69	1r1	Enfield	11 Jun 89	Brian Whittle 45.92
47.3	Julian	Thompson	28.12.66	1	Oxford	19 May 90	Mark Hyton 45.94
47.3	David	Simpson	18.1.73	2	London (Col)	14 Aug 91	Ade Mafe 46.17
47.31	Gary	Oakes	21.9.58	3h2	London (CP)	24 Jul 82	Robbie Brightwell 46.19
47.31	Kris	Stewart	11.4.80	1	Lisbon	21 Jul 97	David McKenzie 46.30
47.33	Boiaji	Odunsi	20.6.63	1	London (Ha)	10 Aug 86	Adrian Patrick 46.36
47.33	Richard	Hill	20.4.68	1h1	Derby	24 May 87	Paul Sanders 46.47
47.33	Simon	Ciaravella	24.11.73	1h2	London (CP)	26 Jun 93	
47.38	Gareth	Bakewell	15.9.68	2	Wigan	27 Jun 87	Sequence of athletes under 47.0
47.38	Steve	Baggaley	15.4.61	1	Stoke-on-Trent	28 Jun 87	<i>or under 47.3 for 440y</i>
47.38	Paul	Hibbert (200)	31.3.65	6	Cork	22 Jun 96	Godfrey Brown 7.8.36
47.39	Gareth	Davies	2.10.72	1r1	Tel Aviv	26 May 93	William Roberts 7.8.36
47.39	Martin	Blade	30.5.68	6	London (CP)	2 Jun 96	Ted Sampson 22.7.58
47.40 *	Derek	Johnson	5.1.33	4q4	Cardiff	22 Jul 58	John Wrighton 21.8.58
47.4 *	Peter	Fryer	2.7.28	1	London (WC)	16 Jul 55	John Salisbury 21.8.58
47.4 *	Michael	Wheeler	14.2.35	2	London (WC)	16 Jul 55	Robbie Brightwell 19.6.60
	47.4			2	Moscow	11 Sep 55	Malcolm Yardley 1.8.60
47.4 *	Chris	Lindsay	28.8.33	2	Motspur Park	20 Jun 59	Adrian Metcalfe 7.7.61
47.4 *	Robert	Setti	31.10.38	4	London (WC)	14 Jul 62	Barry Jackson 1.7.62
47.4	James	Barry	18.9.42	6	Tokyo	31 Aug 67	Kenneth Wilcock 14.7.62
47.4 a*	Richard	Green	29.9.48	3s	London (WC)	12 Jul 68	Tim Graham 17.6.64
47.4	John	Williams	1.4.48	1	Cardiff	20 Jul 71	Colin Campbell 29.6.65
47.4	Ikem	Billy	25.1.64	1	Warrington	11 Aug 84	<i>Now 132 men have done</i>
	47.51			1	Loughborough	12 Jun 88	
47.4	Martin	Briggs	4.1.64	1	Loughborough	29 Jun 88	
47.4	Martin	Steele	30.9.62	1	Sheffield	20 May 90	

47.4	Richard	Rubenis	10.11.73	1r1	Cannock	11 Sep 94	Sequence of athletes under 46.0
47.4	Nick	Buckfield	5.6.73	2	Stoke-on-Trent	17 Aug 96	
47.4	Paul	Gray	25.5.69	1	London (Ha)	5 Jul 97	Adrian Metcalfe 7.7.61
	47.49			2	Cwmbrân	20 Jun 98	Robbie Brightwell 2.9.61
47.41	Gregor	McMillan	4.4.70	5	Ulm	4 Jul 92	Colin Campbell 2.7.68
47.42	Lloyd	Cowan	8.7.62	3	London (CP)	7 Jun 86	Martin Winbolt Lewis
47.42	Paul	Herbert	20.12.66	1	Loughborough	7 Jun 87	17.10.68
47.42	Adrian	Bryan	17.5.72	2	Birmingham	3 Aug 97	David Jenkins 13.8.71
47.43	Steve	McHardy	8.1.76	4h2	Birmingham	14 Jun 96	Glen Cohen 28.8.77
47.43	Matthew	Lewis	11.11.75	1rB	Birmingham	6 Jun 98	Steve Scott 14.9.79
47.44	Barry	Middleton	10.3.75	3s1	Birmingham	25 Jan 97	Alan Bell 14.6.80
47.44	Lee	Black	26.11.78	2	Sheffield	12 Jul 97	Terry Whitehead 14.6.80
47.44	Peter	Brend	2.2.77	1h3	Watford	21 Jun 98	Phil Brown 26.6.82
47.46	Neil	Jennings	18.9.77	2	Gateshead	9 May 98	Todd Bennett 4.10.82
47.47	Graham	Healy	27.4.70	1	London (WL)	7 Jul 91	Kriss Akabusi 6.6.84
47.49	Mark	Holtom	6.2.58	1	London (He)	15 Jun 86	Now 38 men have done
47.50	Wayne	Ellwood	26.9.74	2	Birmingham	19 Jul 97	so
47.5 *	Nicholas	Overhead	2.11.42	5	London (WC)	14 Jul 62	Sequence of athletes under 45.0
	47.51 *			5	London (WC)	13 Jul 63	David Jenkins 21.6.75
47.5 *	Patrick	Jones	23.1.38	1	Ilford	10 Jun 65	Derek Redmond 27.7.85
	47.59 *			4	London (WC)	10 Jul 65	Roger Black 29.8.86
47.5 *	Andrew	Wood	11.7.44	1	Grangemouth	22 Jun 68	Kriss Akabusi 7.8.88
	47.5			4	London (WC)	8 Aug 70	David Grindley 2.8.92
47.5	David	Scharer	15.10.42	1	Kirkby	3 Jul 71	Du'aïne Ladejo 2.8.94
47.5	Steve	Ovett	9.10.55	1	London (CP)	15 Jun 74	Mark Richardson 28.5.95
47.5	Postal	Nelson	2.9.61	1	Brighton	7 Jul 84	Iwan Thomas 16.6.96
47.5	Roger	Barrett	1.3.60	2	Swansea	25 Aug 84	Jamie Baulch 16.6.96
47.5	Steve	Fletcher	16.12.68	1	Derby	10 Aug 91	Solomon Wariso 26.7.98
47.5	Sam	Kabiswa	28.10.66	1r1	Portsmouth	6 Aug 94	
47.5	Brian	Darby	14.10.72	1	Cheltenham	9 Aug 97	
	47.56			3	Birmingham	3 Aug 97	
47.5	Matt	Douglas	26.11.76	1	Loughborough	13 May 98	
47.5	Roger	Jordan (241)	26.5.72	1	London (TB)	25 Jul 98	

* 440 yards less 0.26 seconds auto times, less 0.3 seconds hand times

Ex UK

46.17	Allan	Ellsworth HOL	10.6.64	4	Helsinki	4 Jul 84
46.7	Richard	Simonsen NOR	20.8.45	1	Zürich	26 Jul 70
47.42	Quincy	Douglas NOR	7.9.75	2	Lillehammer	19 Aug 95

Best Performances

Iwan Thomas (5.1.74) 27 under 45.0, 56 under

45.5, 50th best 45.37

44.36	1	Birmingham	13 Jul 97	44.90	1	Berlin	26 Aug 97
44.38	4	Monaco	8 Aug 98	44.94	1	Gateshead	30 Jun 96
44.46	2	Lausanne	2 Jul 97	44.95	3	Brussels	28 Aug 98
44.49	1	Sheffield	29 Jun 97	44.96	3	Moscow	5 Sep 98
44.50	2	Oslo	9 Jul 98	44.98 A	1	Pretoria	8 Apr 96
44.50	1	Birmingham	26 Jul 98	44.98	2q1	Athens	3 Aug 97
44.52	6	Athens	5 Aug 97	45.00 A	1	Pretoria	2 Apr 97
44.52	1	Budapest	21 Aug 98	45.01	4s2	Atlanta	28 Jul 96
44.52	1	Kuala Lumpur	18 Sep 98	45.02	1	Bratislava	10 Jun 97
44.54	5	Zürich	12 Aug 98	45.04	2q4	Atlanta	27 Jul 96
44.61	4s2	Athens	4 Aug 97	45.08	3	London (CP)	12 Jul 96
44.61	1s2	Kuala Lumpur	17 Sep 98	45.08	2	Helsinki	18 Jun 97
44.66 A	1	Johannesburg	14 Apr 96	45.13 A	4	Roodepoort	16 Mar 98
44.69	3	Birmingham	16 Jun 96	45.13	1	Glasgow	30 Aug 98
44.69	1	London (CP)	17 Aug 97	45.14 A	1	Pietersburg	3 Apr 96
44.70	5	Atlanta	29 Jul 96	45.14	1	Helsinki	25 Jun 96
44.71	6	Lausanne	3 Jul 96	45.2 A	4	Pietersburg	11 Mar 98
44.77	5	Rome	14 Jul 98	45.22 A	1	Pretoria	3 Feb 96
44.82	1s2	Budapest	20 Aug 98	45.22	2h8	Atlanta	26 Jul 96
44.86	2	Kingston	19 Sep 97	45.22	2	Sheffield	2 Aug 98
44.90 A	1	Pietersburg	27 Mar 97	45.23	3	Rieti	1 Sep 96
				45.26	1q3	Kuala Lumpur	16 Sep 98

45.27	2s2	Birmingham	15 Jun 96	44.98	1	Sheffield	15 Sep 91
45.29	1	Ljubljana	31 May 98	44.99	2	Prague	27 Jun 87
45.31	1	Cape Town	8 Apr 97	45.00	7rC	Zürich	13 Aug 86
45.33 A	1	Johannesburg	12 Sep 98	45.01	3q1	Gothenburg	6 Aug 95
45.35	1	Tallinn	9 Jun 96	45.02	1s1	Birmingham	15 Jun 96
45.37	6	Atlanta	18 May 96	45.03	2	Nice	15 Jul 91
45.37	1	Budapest	5 Jul 98	45.04	1	Brussels	13 Sep 91
45.44	2s2	Birmingham	25 Jul 98	45.05	5r1	Zürich	15 Aug 90
45.44	2h2	Budapest	19 Aug 98	45.05	1	Sheffield	25 Aug 96
45.45	6	Milan	7 Sep 96	45.07	1	Madrid	20 Jun 95
45.45	1	Cwmbrân	20 Jun 98	45.07	4	Zürich	13 Aug 97
45.47 A	1	Pretoria	1 Feb 97	45.08	1	Split	30 Aug 90
45.48	1	Riga	30 May 97	45.08	2	Bratislava	1 Jun 92
45.53	3	Cape Town	20 Mar 98	45.08	1	Birmingham	25 Jun 94
45.56	1	Cape Town	12 Apr 96	45.08	4	Monaco	2 Aug 94
45.58	2	Bellinzona	20 Jun 95	45.09	3	Berlin	30 Aug 94
45.58 A	1	Rodepoort	26 Jan 96	45.10	3	London (CP)	15 Jul 94
45.59	1s2	Birmingham	12 Jul 97	45.12	1	Edinburgh	19 Jun 92
45.61	3	Rovereto	20 Aug 97	45.13	2	Gateshead	17 Aug 90
45.62	1h4	Athens	3 Aug 97	45.14	2r1	London (CP)	12 Jul 91
45.64	2	Gateshead	7 Sep 97	45.15	1	Nice	15 Jul 92
45.70	3	Bratislava	9 Jun 98	45.15	1	Granada	27 May 95
45.73	1	Ljubljana	21 May 95	45.16	2	London (CP)	21 Jun 86
45.77	5	Sheffield	25 Aug 96	45.16	2r1	London (CP)	7 Jul 95
45.98	7s2	Victoria	23 Aug 94	45.17	4	Zürich	17 Aug 94
46.03	3	Helsinki	28 Jun 95	45.18	3	London (CP)	11 Jul 86
46.14	1h2	Birmingham	14 Jun 96	45.18	2	London (CP)	27 Aug 95
46.24	1h3	Birmingham	24 Jul 98	45.18	7	Rome	14 Jul 98
46.34	1	Wrexham	3 Jul 94	45.19	1	Gateshead	9 Aug 91
46.37	3q1	Victoria	22 Aug 94	45.19	4r1	London (CP)	10 Jul 92
46.40	1	Newport	17 Jun 95	45.20	2	Edinburgh	6 Jul 90
46.46	1h8	Victoria	22 Aug 94	45.20	2	Helsinki	11 Aug 94
46.47	1h1	Birmingham	11 Jul 97	45.20	4	Gateshead	21 Aug 95
Roger Black (31.3.66) 30 under 45.0, 91 under				45.20	2	Helsinki	13 Jun 98
45.5, 50th best 45.15, 100th best 45.61				45.22	1	La Chaux de Fonds	24 Aug 97
44.37	2	Lausanne	3 Jul 96	45.23	4	Berlin	1 Sep 95
44.39	1	Birmingham	16 Jun 96	45.25	3	Granada	26 May 90
44.41	2	Atlanta	29 Jul 96	45.28	3q1	Barcelona	2 Aug 92
44.59	1	Stuttgart	29 Aug 86	45.28	7	Gothenburg	8 Aug 95
44.59	3	Lausanne	5 Jul 95	45.28	1h1	Atlanta	26 Jul 96
44.62	2	Tokyo	29 Aug 91	45.30	2	Gateshead	1 Jul 94
44.64	1s2	Tokyo	27 Aug 91	45.30	4	London (CP)	17 Aug 97
44.64	1	Gateshead	19 Aug 96	45.32	4s1	Gothenburg	7 Aug 95
44.69	1s1	Atlanta	28 Jul 96	45.33	1s1	Stuttgart	28 Aug 86
44.71	1	Malmö	5 Aug 91	45.33	4	Monaco	11 Aug 92
44.71	4	Birmingham	26 Jul 98	45.33	1	Tokyo	16 Sep 96
44.72	5s2	Barcelona	3 Aug 92	45.36	1	Cottbus	24 Aug 85
44.72	1q2	Atlanta	27 Jul 96	45.36	5	Seville	30 May 90
44.77	2	Eugene	26 May 96	45.36	1	Bratislava	9 Jun 98
44.78	1	Rieti	28 Aug 94	45.38	1s1	Birmingham	25 Jul 98
44.79	1	Granada	25 May 91	45.39	3q3	Tokyo	26 Aug 91
44.81	3	Atlanta	18 May 96	45.39	4	Paris	3 Sep 94
44.83	4	Zürich	14 Aug 96	45.40	1h1	Stuttgart	27 Aug 86
44.84	1	Sheffield	7 Jun 92	45.41	2	Malmö	7 Aug 90
44.85	2	Berlin	10 Sep 91	45.42	2	Rieti	5 Sep 95
44.87	3	Monaco	3 Aug 91	45.42	5	Milan	7 Sep 96
44.88	2	London (CP)	12 Jul 96	45.43	3	Stockholm	2 Jul 92
44.91	4	Brussels	10 Aug 90	45.46	1	Madrid	4 Jun 86
44.91	1	London (CP)	19 Jun 91	45.46	1	Seville	28 May 87
44.91	1	Frankfurt	29 Jun 91	45.46	1s1	Split	29 Aug 90
44.94	1	Sheffield	12 Jun 94	45.47	1	Sheffield	16 Sep 90
44.96	4	Seville	30 May 91	45.48	3	Cwmbrân	26 May 86
44.97	1	Barcelona	20 Sep 91	45.48	1	La Coruna	26 Jul 90

45.51	3	Sheffield	2 Aug 98	45.09	1r2	London (CP)	10 Jul 92
45.53	1h1	Split	28 Aug 90	45.10	3	London (CP)	17 Aug 97
45.54	2	Sheffield	23 Jul 95	45.14	3	Budapest	21 Aug 98
45.55	1	Portsmouth	20 Jun 87	45.15	3	Gateshead	19 Aug 96
45.56	1r1	Auckland (NS)	23 Jan 90	45.17	1	Cottbus	27 May 98
45.57	1	Edinburgh	27 Jul 86	45.22	4	Lausanne	25 Aug 98
45.58	1	Birmingham	17 Jul 87	45.26	1	Koblenz	26 Aug 92
45.58	3	Berlin	26 Aug 97	45.27	1	Padua	8 Jun 97
45.61	1	Gateshead	29 Jun 90	45.30	2q3	Gothenburg	6 Aug 95
45.63	1	Cardiff	3 Jun 90	45.30	1	Eugene	25 May 97
45.63	2	Villeneuve d'Ascq	6 Jul 92	45.30	2	Berlin	26 Aug 97
45.63	1	Munich	21 Jun 97	45.31	3s1	Birmingham	15 Jun 96
45.70	7	Sheffield	29 Jun 97	45.33	5	Birmingham	16 Jun 96
45.79	1h1	Sheffield	6 Jun 92	45.34	5	London (CP)	12 Jul 96
45.79	1s2	Helsinki	9 Aug 94	45.35	1	Hania	4 Jun 95
45.79	1	Long Beach	31 May 97	45.35	1s1	Birmingham	12 Jul 97
45.81	1h1	Gothenburg	5 Aug 95	45.36	3	Kingston, JAM	19 Sep 97
45.83	1s2	Sheffield	11 Jun 94	45.38	2	Sheffield	25 Aug 96
45.86	6	New York	22 May 93	45.39	3	London (CP)	27 Aug 95
45.88	1h1	Helsinki	8 Aug 94	45.40	1s2	Birmingham	25 Jul 98
45.90	2	Walnut	22 Apr 90	45.41	2s1	Budapest	20 Aug 98
45.91	1	London (CP)	15 Jun 85	45.42	4s2	Gothenburg	7 Aug 95
45.92	4	London (CP)	2 Aug 87	45.42	1	Rhede	24 May 96
45.94	2h9	Barcelona	1 Aug 92	45.43	3	Rieti	6 Sep 92
45.97	2	Portsmouth	22 Jun 90	45.43	1	Villeneuve d'Ascq	24 Jun 95
46.02	2	Nanking	11 Sep 85	45.44	4	Gateshead	30 Jun 96
46.02	3h5	Tokyo	25 Aug 91	45.44	2h6	Athens	3 Aug 97
46.05	4	Antrim	26 May 85	45.47	1	Gateshead	7 Sep 97
46.05	1h1	Birmingham	14 Jun 96	45.53	2	Thessaloniki	10 Aug 91
46.10	1	London (He)	31 Aug 85	45.53	6	Brussels	25 Aug 95
46.13	5	Rome	22 Jul 87	45.54	2q2	Kuala Lumpur	16 Sep 98
46.14	2h6	London (CP)	13 Jul 85	45.55	1	Stanford	17 May 97
46.2	1	Jersey	16 Sep 89	45.59	2	Sheffield	7 Jun 92
46.22	1h4	London (CP)	1 Aug 87	45.60	5	Birmingham	28 Jun 92
46.30	2	Beijing	8 Sep 85	45.61	1h3	Gothenburg	5 Aug 95
46.34	6	London (CP)	14 Jul 85	45.67	8	Brussels	23 Aug 96
46.42	3	London (CP)	19 Jul 85	45.72	1	Stoke-on-Trent	30 Jun 91
<u>Mark Richardson</u> (26.7.72) 19 under 45.0, 52				45.72	7r1	Gateshead	17 Jul 92
under 45.5, 50 th best 45.44				45.81	1	St. Petersburg	27 Jun 98
44.37	1	Oslo	9 Jul 98	45.82	2	Gateshead	2 Jul 95
44.37	3	Monaco	8 Aug 98	45.86	2	Havana	26 Sep 92
44.47	4	Athens	5 Aug 97	45.88	3	Dijon	13 Jun 92
44.48	4	Zürich	12 Aug 98	45.94 i	3	Birmingham	20 Feb 93
44.52	2rB	Lausanne	3 Jul 96	45.95	1	Corby	21 Jun 92
44.53	1	Helsinki	13 Jun 98	45.95	1s2	Birmingham	15 Jul 95
44.60	2	Kuala Lumpur	18 Sep 98	46.05	1h4	Budapest	19 Aug 98
44.62	2s1	Athens	4 Aug 97	46.08	2	Birmingham	27 Jul 91
44.62	2	Rome	14 Jul 98	46.10	4	Sheffield	15 Sep 91
44.62	2	Birmingham	26 Jul 98	46.10	4	Dijon	26 May 96
44.70	4	Lausanne	2 Jul 97	46.11 i	1	Glasgow	29 Jan 94
44.81	5	Gothenburg	9 Aug 95	46.15	2	Modesto	11 May 96
44.84	2	Birmingham	13 Jul 97	46.18	1	Belfast	31 Aug 92
44.88	2	Sheffield	29 Jun 97	46.19	1h6	Kuala Lumpur	16 Sep 98
44.88	1	Moscow	5 Sep 98	46.21 i	2	Glasgow	12 Feb 94
44.91	1	Helsinki	18 Jun 97	46.30	1h3	Birmingham	26 Jul 91
44.92	1r1	Dijon	28 May 95	46.3	1	Watford	29 May 96
44.94	1	Birmingham	16 Jul 95	46.33	3	Plovdiv	10 Aug 90
44.97	5	Zürich	14 Aug 96	46.34	2s1	Plovdiv	9 Aug 90
45.00	2	Gateshead	21 Aug 95	46.36	1h2	Birmingham	15 Jul 95
45.03	1s1	Kuala Lumpur	17 Sep 98	46.38	1h5	Cardiff	8 Jun 91
45.05	2q4	Athens	3 Aug 97	46.43	2s1	Sudbury	28 Jul 88
45.05	1	Sheffield	2 Aug 98	46.43	1h3	Birmingham	27 Jun 92
45.06	3	Oslo	21 Jul 95	46.46	8r1	London (CP)	12 Jul 91

46.46	5	Birmingham	17 Jul 93	45.47	5	London (CP)	10 Jul 87
46.48	1h4	Sheffield	6 Jun 92	45.48	4	Brussels	11 Sep 87
<u>David Grindley</u> (29.10.72) 7 under 45.0, 14 under 45.5				45.52	2	London (CP)	14 Jul 85
44.47	4s2	Barcelona	3 Aug 92	45.52	3	London (CP)	12 Sep 86
44.50	2	Zürich	4 Aug 93	45.54	1	Birmingham	17 Jun 89
44.53	1	Lausanne	7 Jul 93	45.55	6	Brussels	5 Sep 86
44.75	6	Barcelona	5 Aug 92	45.56	3	Oslo	2 Jul 88
44.75	1	Rome	26 Jun 93	45.56	1	London (CP)	28 Aug 88
44.81	1	London (CP)	10 Sep 93	45.56	5r1	London (CP)	10 Jul 92
44.91	2q3	Barcelona	2 Aug 92	45.61	2	Gateshead	5 Aug 86
45.20	8	Zürich	19 Aug 92	45.63	4	London (CP)	8 Aug 86
45.26	4	London (CP)	23 Jul 93	45.64	1h4	Birmingham	27 Jun 92
45.35	3	Oslo	10 Jul 93	45.66	2	Antrim	26 May 85
45.41	1	Thessaloniki	10 Aug 91	45.66	4q2	Tokyo	26 Aug 91
45.41	3	Birmingham	28 Jun 92	45.67	7s1	Tokyo	27 Aug 91
45.43	1	Edinburgh	2 Jul 93	45.68	2	London (Ha)	5 Jul 92
45.44	2	Rome	9 Jun 93	45.70	4r2	London (CP)	19 Jul 85
45.57	1	Gateshead	18 Jul 92	45.73	1h5	London (CP)	1 Aug 87
45.62	2	Dijon	13 Jun 92	45.75	1h3	Stuttgart	27 Aug 86
45.66	1	Dijon	26 May 96	45.77	2	Birmingham	17 Jul 87
45.70	1	Salamanca	20 Jul 91	45.77	1	Gateshead	10 Aug 91
45.73	7	Brussels	3 Sep 93	45.78	2h3	Tokyo	25 Aug 91
45.79	2h5	Barcelona	1 Aug 92	45.79	1h3	London (CP)	13 Jul 85
45.85	1	Port Elizabeth	8 Mar 96	45.8	1r1	London (Ha)	7 Sep 91
45.89	i 2	Birmingham	20 Feb 93	45.81	1	Warley	4 Jul 87
45.90	3	Sheffield	7 Jun 92	45.84	2r2	Berlin	4 Jul 90
46.06	1h6	Birmingham	27 Jun 92	45.86	5	Brussels	13 Sep 91
46.13	5	Edinburgh	19 Jun 92	45.88	1	Beijing	8 Sep 85
46.15	5s2	Fukuoka	1 Sep 95	45.88	1	Nanking	11 Sep 85
46.26	2	Stoke-on-Trent	30 Jun 91	45.92	3	Sheffield	15 Sep 91
46.26	5	Copenhagen	25 Aug 92	45.96	1s1	Stoke-on-Trent	13 Jun 92
46.33	1	Stoke-on-Trent	13 Jul 91	46.1	1	Irving	30 Apr 89
46.35	2	Stellenbosch	1 Mar 96	46.04	3	Birmingham	6 Jul 85
46.39	1	Jablonec	15 Sep 90	46.05	1	Los Angeles	17 May 87
46.39	1	Blackburn	15 May 96	46.07	1	Birmingham	27 Jul 91
46.45	6rB	Lausanne	2 Jul 97	46.13	2	Portsmouth	20 Jun 87
46.48	5	Bratislava	29 May 96	46.15	2	Corby	21 Jun 92
<u>Derek Redmond</u> (3.9.65) 5 under 45.0, 26 under 45.5, 50 th best 45.84				46.19	1h1	Birmingham	5 Aug 88
44.50	1s2	Rome	1 Sep 87	46.26	4	Modesto	9 May 87
44.67	1r2	Zürich	17 Aug 88	46.26	1h4	Birmingham	26 Jul 91
44.71	2r3	Zürich	19 Aug 87	46.30	3	Oslo	14 Jul 90
44.82	1	Oslo	27 Jul 85	46.32	2	Jarrow	9 Sep 84
44.89	3	London (CP)	14 Aug 87	46.32	2	Birmingham	15 Jun 85
45.02	1q2	Barcelona	2 Aug 92	46.33	5	Oslo	1 Jul 89
45.03	1q1	Rome	31 Aug 87	46.34	1	Edinburgh	4 Aug 84
45.03	1h1	Barcelona	1 Aug 92	46.35	1	Birmingham	11 Aug 84
45.06	5	Rome	3 Sep 87	46.38 A	4	Sestriere	31 Jul 91
45.14	2	Birmingham	28 Jun 92	46.40	1	Haugesund	29 Jul 84
45.17	2	London (CP)	2 Aug 87	46.40	7	Birmingham	19 Aug 86
45.23	2	Birmingham	7 Aug 88	46.41	3	Gateshead	29 Jun 85
45.25	4	Stuttgart	29 Aug 86	46.45	1	Karlovac	15 Sep 84
45.25	1s1	Birmingham	6 Aug 88	46.5	5	London (CP)	13 Jul 84
45.26	2	Brussels	19 Aug 88	<u>Jamie Baulch</u> (3.5.73) 6 under 45.0, 24 under 45.5, 50 th best 46.11			
45.28	1	London (CP)	20 Jul 90	44.57	3rB	Lausanne	3 Jul 96
45.31	1r1	Cwmbrán	12 Jul 92	44.69	3s1	Athens	4 Aug 97
45.33	1h5	Rome	30 Aug 87	44.72	4	Birmingham	16 Jun 96
45.33	1	Gateshead	14 Aug 88	44.83	2s2	Kuala Lumpur	17 Sep 98
45.35	3	Moscow	17 Aug 85	44.95	1	Bellinzona	18 Aug 97
45.35	1s2	Stuttgart	28 Aug 86	44.97	1	Nuremberg	7 Jun 96
45.38	3	Rome	22 Jul 87	45.02	3	Birmingham	13 Jul 97
45.41	2	London (CP)	13 Sep 87	45.06	3	Gateshead	30 Jun 96
45.45	2	London (CP)	8 Jul 88	45.06	1q2	Athens	3 Aug 97

45.08	5	Brussels	23 Aug 96	45.09	1	Helsinki	11 Aug 94
45.13	1rB	Zürich	14 Aug 96	45.11	2	Victoria	23 Aug 94
45.14	2	Copenhagen	23 Aug 95	45.16	1	Edinburgh	8 Jul 94
45.15	3	Gateshead	21 Aug 95	45.19	2	Helsinki	25 Jun 96
45.21	3	Bratislava	10 Jun 97	45.2	1	College Station	1 May 93
45.22	1s2	Birmingham	15 Jun 96	45.21	2	St. Petersburg	24 Jul 94
45.22	8	Athens	5 Aug 97	45.23	1s2	Victoria	23 Aug 94
45.26	1	Nuremberg	13 Jun 97	45.25	2h1	Austin	3 Jun 92
45.29	2	Lucerne	25 Jun 96	45.29	2s1	Birmingham	15 Jun 96
45.30	4	Kuala Lumpur	18 Sep 98	45.36	2	Sheffield	12 Jun 94
45.37	4	Rome	5 Jun 96	45.37	3	Austin	9 May 92
45.39 i	1	Birmingham	9 Feb 97	45.37	5s2	Austin	5 Jun 92
45.40	1	Narbonne	29 Jul 95	45.44	2	London (CP)	10 Sep 94
45.45 i	1r1	Ghent	12 Feb 97	45.50	5	Gateshead	30 Jun 96
45.48	2s1	Birmingham	12 Jul 97	45.53	4	Birmingham	28 Jun 92
45.50	6	London (CP)	12 Jul 96	45.57	2	Bratislava	29 May 96
45.50	4	Sheffield	25 Aug 96	45.61	2	Gateshead	20 Jul 94
45.51	5	Sheffield	29 Jun 97	45.62	6q3	Atlanta	27 Jul 96
45.57	5	London (CP)	27 Aug 95	45.63	6	Austin	6 Jun 92
45.60 i	1	Birmingham	14 Feb 99	45.65 A	3	Pretoria	3 Feb 96
45.62 i	2	Paris	9 Mar 97	45.67	1	Istanbul	18 May 96
45.62	3rB	Lausanne	2 Jul 97	45.70	2r2	Walnut	18 Apr 92
45.63	3	Lucerne	24 Jun 97	45.70	1s1	Helsinki	9 Aug 94
45.64	1q1	Kuala Lumpur	16 Sep 98	45.72	2	Madrid	1 Jun 96
45.66	1	Brisbane	14 Mar 96	45.74	4	Gateshead	1 Jul 94
45.67	7	Lausanne	25 Aug 98	45.74	2	Ljubljana	21 May 95
45.71	1	Melbourne	8 Mar 96	45.74	1	Ljubljana	26 May 96
45.73 i	1	Maebashi	7 Mar 99	45.80	7	Paris	3 Sep 94
45.74 i	1	Birmingham	23 Feb 97	45.82	3	College Station	2 May 92
45.74	4	Doha	24 Apr 97	45.82	1s1	Sheffield	11 Jun 94
45.78	6	London (CP)	17 Aug 97	45.92 A	5	Sestriere	28 Jul 93
45.85 i	1r2	Lievin	16 Feb 97	45.95	7r1	London (CP)	10 Jul 92
45.85	1h1	Athens	3 Aug 97	45.95	1	Long Beach	25 May 94
45.88	4s2	Birmingham	25 Jul 98	45.97	1	Azusa	22 Apr 95
45.93	1	Stoke-on-Trent	9 Sep 95	45.98	6	New Orleans	5 Jun 93
45.93	4	Bratislava	9 Jun 98	45.99	1	Budapest	3 Jun 94
45.97	1h2	Melbourne	7 Mar 96	46.12 i	1	Stockholm	10 Mar 96
46.02 i	1s1	Paris	8 Mar 97	46.12	1D	Kuala Lumpur	17 Sep 98
46.08	1	Cardiff	25 May 96	46.13	2h2	Birmingham	27 Jun 92
46.08	3	Doha	7 May 98	46.14	1h4	New Orleans	3 Jun 93
46.11	5	Helsinki	13 Jun 98	46.14	1	London (CP)	13 Jun 93
46.12	4	Salamanca	5 Jul 96	46.15	1	Austin	25 Mar 92
46.13 i	1r4	Stuttgart	2 Feb 97	46.17	5h1	Stuttgart	14 Aug 93
46.14	2h5	Kuala Lumpur	16 Sep 98	46.18	1	Ostrava	1 Jun 95
46.14 i	1s3	Maebashi	6 Mar 99	46.26 i	1s1	Paris	12 Mar 94
46.15	4	Bratislava	29 May 96	46.26	1q3	Victoria	22 Aug 94
46.17	8	Birmingham	26 Jul 98	46.27 i	3	Birmingham	26 Feb 94
46.18	1h3	Birmingham	11 Jul 97	46.27	3h4	Atlanta	26 Jul 96
46.21	1h5	Birmingham	14 Jun 96	46.32 i	1	South Bend	29 Feb 92
46.24 i	1rA	Stuttgart	7 Feb 99	46.33	7s1	Stuttgart	16 Aug 93
46.32	3	Melbourne	29 Feb 96	46.35	2r2	Gateshead	17 Jul 92
46.36 i	1s1	Glasgow	19 Jan 97	46.38	5	Sheffield	14 Aug 92
46.45	5q4	Victoria	22 Aug 94	46.39 i	1	Glasgow	24 Feb 96
46.46	2	Perth	28 Jan 96	46.43 i	4	Glasgow	12 Feb 94
46.46 i	1h4	Maebashi	5 Mar 99	46.45 i	2r2	Indianapolis	13 Mar 92
46.47	2	Wrexham	3 Jul 94	46.47	6	Edinburgh	2 Jul 93
46.50	2	Sheffield	30 Aug 93	46.48 i	3	Birmingham	10 Feb 96
46.50	5	Glasgow	30 Aug 98	46.49	1	Austin	14 Apr 93
Du'aine Ladejo (14.2.71) 2 under 45.0, 16 under 45.5, 50 ^m best 46.27				46.50	1h3	Sheffield	11 Jun 94
44.66	2	Birmingham	16 Jun 96	46.50	1h2	Helsinki	8 Aug 94
44.94	3	Monaco	2 Aug 94	Solomon Wariso (11.11.66)			
45.00	2	London (CP)	15 Jul 94	44.68	3	Birmingham	26 Jul 98
				45.23	3	Stockholm	5 Aug 98

45.59	4s2	Budapest	20 Aug 98	46.0	4	Houston	3 May 80
45.70	3s2	Birmingham	25 Jul 98	46.02	2	London (CP)	28 Aug 77
45.71 i	1	Birmingham	8 Feb 98	46.03	1	Stockholm	25 Jul 73
46.11	3q4	Kuala Lumpur	16 Sep 98	46.03	1	Oulu	9 Jul 77
46.19 i	2	Birmingham	14 Feb 99	46.04	4	Zürich	18 Aug 76
46.27	4h1	Budapest	19 Aug 98	46.09	1	London (CP)	14 Sep 73
46.27 i	2	Liévin	21 Feb 99	46.1 a	1s	Moscow	17 Aug 73
46.46 i	2	Birmingham	15 Feb 98	46.11	1	London (CP)	13 Jul 74
<u>David Jenkins</u> (25.5.52) 14 under 45.5, 50 th best				46.13	2h2	Athens	7 Sep 82
			45.97	46.15	1h1	Munich	3 Sep 72
44.93	1	Eugene	21 Jun 75	46.16	1	London (CP)	25 Sep 74
45.1	2	Brussels	26 Jun 76	46.18	2q4	Montreal	26 Jul 76
45.18	2	Zürich	16 Aug 74	46.19	1	Milan	1 May 75
45.20	2s2	Montreal	28 Jul 76	46.2	1	Thurrock	19 Sep 82
45.2	1	Oslo	4 Aug 73	46.21	4r1	Brussels	18 Aug 78
45.29	1	London (CP)	15 Jun 80	46.22	2s2	Helsinki	12 Aug 71
45.3	1	Athens	27 Jun 72	46.26	1	London (CP)	16 Jul 77
45.3	1	Formia	25 Aug 74	46.32	4	London (CP)	17 Sep 82
45.39	1	London (CP)	15 Jul 72	46.33	2	London (CP)	24 Jun 78
45.4	1	Helsinki	25 Jul 72	46.34	1	Edinburgh	6 Aug 76
45.42	1h2	Eugene	20 Jun 75	46.34	2	London (CP)	23 Jul 77
45.44	1h1	London (CP)	14 Jun 80	46.35	7r1	Brussels	28 Aug 81
45.45	1	Helsinki	13 Aug 71	46.39	3	Moscow	18 Aug 73
45.46	1s1	London (CP)	14 Jul 72	46.40	4	Helsinki	13 Aug 77
45.50	1	London (CP)	12 Jun 76	46.4	1	Edinburgh	1 May 71
45.5	1	Warsaw	29 Jun 74	46.42	1	London (CP)	14 Jul 73
45.5	1	Gateshead	26 Jul 75	46.46	4	Christchurch	26 Jan 74
45.52	1	Nice	16 Aug 75	46.5	1	Herford	14 Sep 69
45.56	7	Moscow	30 Jul 80	46.5	1	Portsmouth	10 Jul 71
45.57	7	Montreal	29 Jul 76	46.5	2	London (CP)	15 Sep 72
45.58	1	Stockholm	30 Jul 74	<u>Kriss Akabusi</u> (28.11.58) 3 under 45.5			
45.59	1	Zürich	20 Aug 75	44.93	1	Birmingham	7 Aug 88
45.59	2	Eugene	5 Jun 76	45.43	3q1	Los Angeles	5 Aug 84
45.59	3s1	Moscow	28 Jul 80	45.49	2s1	Birmingham	6 Aug 88
45.64	1	London (CP)	29 Aug 75	45.55	1h5	London (CP)	13 Jul 85
45.65	2	London (CP)	3 Jul 76	45.56	1	Madrid	4 Jun 85
45.67	2	Rome	4 Sep 74	45.62	1h4	Birmingham	5 Aug 88
45.67	2	Nice	16 Aug 76	45.64	1h10	Los Angeles	4 Aug 84
45.69	1	London (CP)	12 Jul 75	45.65	4	Cwmbrán	26 May 86
45.72	1	London (CP)	13 Sep 74	45.69	7s1	Los Angeles	6 Aug 84
45.72	1	Brussels	19 Sep 74	45.74	1	Walnut	27 Apr 86
45.79	1	London (CP)	24 Aug 75	45.85	3	London (CP)	6 Jun 84
45.8	1	Leipzig	30 Jun 73	45.86	4	Birmingham	21 Jun 85
45.8	1	Athens	19 Jul 73	45.92	4	Oslo	27 Jul 85
45.84	1	London (CP)	20 Jun 74	45.93	7	London (CP)	19 Jul 85
45.86	1	London (CP)	14 Aug 76	45.97	4	Helsinki	4 Jul 85
45.86	4	Zagreb	15 Aug 81	45.99	2h2	London (CP)	1 Aug 87
45.87	1	London (CP)	2 Aug 75	46.08	3	London (CP)	21 Jun 86
45.88	1s2	Christchurch	26 Jan 74	46.10	1	Oslo	23 Aug 83
45.88	1r1	Paris	17 Jul 80	46.10	1	Cwmbrán	28 May 84
45.89	1s1	London (CP)	24 Jul 82	46.13	5	London (CP)	2 Aug 87
45.90	3	Cologne	1 Sep 76	46.15	2	Byrkjelo	1 Jul 84
45.9	2	Dortmund	18 May 75	46.16	1	Birmingham	24 Jun 88
45.91	5s1	Munich	4 Sep 72	46.18	5	London (CP)	14 Jul 85
45.93	1s2	Rome	3 Sep 74	46.21	8	London (CP)	8 Aug 86
45.93	2	London (CP)	25 Jul 82	46.22	5	Helsinki	7 Jul 86
45.94	2	Louvain	11 Jul 80	46.26	5	Oslo	28 Jun 84
45.95	6	Brussels	16 Aug 77	46.30	5	Birmingham	6 Jul 85
45.96	1	Rieti	29 Aug 76	46.3	1	Woking	2 Jul 89
45.97	3	London (CP)	23 Aug 78	46.31	4	London (CP)	7 Sep 84
45.99	1q3	Munich	4 Sep 72	46.35	2	London (CP)	13 Jun 93
45.99	1q4	Moscow	28 Jul 80	46.36	1h2	London (CP)	12 Jun 93
46.00	2	Edinburgh	8 Sep 73	46.43	1h3	Cwmbrán	25 May 86

46.47	5	Walnut	26 Apr 87	46.42	1	Namur	14 Aug 97
46.48	5	Gateshead	27 Jun 86	46.44	5	Dijon	28 May 95
<u>Brian Whittle (26.4.64)</u>				46.45 i	1	Birmingham	4 Feb 96
45.22	3q1	Seoul	25 Sep 88	46.49 i	4	Birmingham	10 Feb 96
45.38	2	Cwmbrân	26 May 86	46.49	3	Turin	24 Jun 97
45.45	1	Portsmouth	19 Jun 88	<u>Phil Brown (6.1.62)</u> 50 th best 46.44			
45.46	3	Sheffield	12 Jun 94	45.26	1	Antrim	26 May 85
45.48	6	Athens	3 Sep 88	45.29	1	Cwmbrân	26 May 86
45.59	4	Birmingham	7 Aug 88	45.35	3	Helsinki	7 Jul 86
45.72	2	Gateshead	14 Aug 88	45.45	4	Athens	9 Sep 82
45.91	2	Rieti	31 Aug 88	45.73	3	London (CP)	2 Aug 87
45.92	2	Helsinki	29 Jun 89	45.75	5	London (CP)	15 Jul 83
45.96	1s2	Birmingham	6 Aug 88	45.76	2	London (CP)	6 Jun 84
45.98 i	2	Budapest	6 Mar 88	45.77	3	Birmingham	21 Jun 85
45.98	2	London (CP)	28 Jul 89	45.80	2q1	Helsinki	8 Aug 83
46.00	4	London (CP)	8 Jul 88	45.83	2	Oslo	26 Jun 82
46.0	1	Milan	8 Jun 88	45.84	1	Lisbon	31 May 86
46.07	1h2	Seoul	24 Sep 88	45.90	2	London (CP)	7 Sep 84
46.07	8s2	Seoul	26 Sep 88	45.94	4	London (CP)	22 Aug 87
46.08	1	Derby	5 Jun 88	45.96	2	Gateshead	27 Jun 86
46.14	7	Helsinki	27 Jun 91	45.97	1	Gateshead	29 Jun 85
46.15	6	Gateshead	1 Jul 94	46.00	2	London (CP)	9 Sep 83
46.16	6r2	Zürich	16 Aug 89	46.00	1h2	Stuttgart	27 Aug 86
46.19	5	Gateshead	5 Aug 89	46.05	3	London (CP)	20 Aug 82
46.21	5	London (CP)	21 Jun 86	46.06	4	London (CP)	13 Sep 87
46.22	6	London (CP)	14 Jul 89	46.08	4h6	Rome	30 Aug 87
46.24	1	Dublin (S)	12 Jul 88	46.09	1	Birmingham	16 Aug 87
46.30	6	Edinburgh	8 Jul 94	46.1	3	London (CP)	13 Jul 84
46.31	6	London (CP)	22 Aug 87	46.1	1	Birmingham	15 May 85
46.36	5	Gateshead	5 Aug 86	46.11	2	Oslo	23 Aug 83
46.39	7	London (CP)	10 Jul 87	46.14	2s2	Athens	8 Sep 82
46.42	5	Birmingham	19 Jul 86	46.15	6	Birmingham	7 Aug 88
46.47	1	Glasgow	22 Jul 89	46.16	4	Gateshead	26 Jul 87
46.49 i	2	The Hague	19 Feb 89	46.18	4	Birmingham	19 Jul 86
46.50	2s1	Sheffield	11 Jun 94	46.20	1	Cwmbrân	31 May 82
<u>Mark Hyton (24.9.76)</u>				46.20	1	London (CP)	9 Jun 82
45.24	1rB	Zürich	12 Aug 98	46.20	4	London (CP)	25 Jul 82
45.30	5	Birmingham	26 Jul 98	46.22	2	Birmingham	1 Jul 83
45.54	5s1	Kuala Lumpur	17 Sep 98	46.24	1	Jarrow	9 Sep 84
45.57	6	Birmingham	16 Jun 96	46.24	6	Birmingham	19 Aug 86
45.63	3s1	Birmingham	25 Jul 98	46.26	3h5	Los Angeles	4 Aug 84
45.71	1	Turku	12 Jul 97	46.26	1	Birmingham	15 Jun 85
45.75	4	Glasgow	30 Aug 98	46.26	8	London (CP)	11 Jul 86
45.76	4s1	Birmingham	15 Jun 96	46.26	1	Birmingham	13 Aug 89
45.83	2	Birmingham	16 Jul 95	46.28	5	London (CP)	20 Aug 83
45.83 i	2	Birmingham	9 Feb 97	46.28	3	Oslo	4 Jul 87
45.97	1	Nyiregyhaza	28 Jul 95	46.29	8	Brussels	11 Sep 87
45.97	4q1	Kuala Lumpur	16 Sep 98	46.3	1	London (Ha)	19 Aug 84
46.04	6	London (CP)	27 Aug 95	46.31	3	Helsinki	2 Jul 87
46.04	7	London (CP)	17 Aug 97	46.37	3s1	London (CP)	24 Jul 82
46.06	5	Bratislava	9 Jun 98	46.37	3s2	Birmingham	6 Aug 88
46.11	2	Geneva	28 Jun 97	46.38	2	Edinburgh	17 Jul 84
46.12 i	1r2	Ghent	12 Feb 97	46.40	5	Brussels	26 Aug 83
46.13	5	Sheffield	2 Aug 98	46.42	3	London (CP)	15 Sep 89
46.19 i	3s2	Paris	8 Mar 97	46.43	4	Birmingham	17 Jul 87
46.24	6	Sheffield	25 Aug 96	46.44	1	Birmingham	2 Sep 84
46.24 i	1	Birmingham	26 Jan 97	46.45	1s2	Brisbane	4 Oct 82
46.25 i	1s1	Turku	11 Jul 97	46.45	5r1	Koblenz	31 Aug 83
46.26	1	Nottingham	8 Jul 95	46.49	7q4	Rome	31 Aug 87
46.30	4	Seville	29 May 97	46.50	1	Birmingham	10 May 86
46.37	4	Lisbon	22 Jul 94	<u>Todd Bennett (6.7.62)</u>			
46.39	3rB	Dijon	26 May 96	45.27	3	Birmingham	7 Aug 88
46.39	4	Lucerne	2 Jul 98	45.35	2rB	London (CP)	19 Jul 85

45.45	5	Koblenz	29 Aug 84	46.45	3	Sheffield	29 Aug 93
45.49	1	Moscow	8 Jun 85	46.46	3	London (CP)	19 Jun 91
45.51	5q3	Los Angeles	5 Aug 84	46.47 i	1	Birmingham	16 Feb 92
45.54	5r2	Zürich	21 Aug 85	<u>Paul Sanders (11.1.62)</u>			
45.54	1	London (CP)	26 Aug 85	45.33	1	Dijon	15 Jun 91
45.56	1	London (CP)	6 Jun 84	45.91	2	London (CP)	19 Jun 91
45.56 i	1	Athens	3 Mar 85	46.06	5s1	Split	29 Aug 90
45.56	3	Rome	7 Sep 85	46.06	1	Edinburgh	19 Jul 91
45.58	3	London (CP)	15 Jul 83	46.07	1h1	Cardiff	8 Jun 91
45.62	2	Fürth	15 Jun 86	46.17	6r1	London (CP)	12 Jul 91
45.66	2	Birmingham	21 Jun 85	46.17	4	Birmingham	27 Jul 91
45.68	3	Brussels	30 Aug 85	46.26	7	Birmingham	7 Aug 88
45.72	2	Tokyo	14 Sep 84	46.38	4h1	Tokyo	25 Aug 91
45.74	1	Oslo	22 May 84	46.48	2h5	Birmingham	27 Jun 92
45.89	2s1	Brisbane	4 Oct 82	<u>Sean Baldock (3.12.76)</u>			
45.96	6q2	Seoul	25 Sep 88	45.42	4	Birmingham	13 Jul 97
45.97 i	2	Paris	19 Jan 85	45.45	2s1	Birmingham	25 Jul 98
46.02	1	Oslo	28 Jun 83	45.50	6	Birmingham	26 Jul 98
46.04	3	Rome	31 Aug 84	45.91	2s2	Birmingham	12 Jul 97
46.06	4s1	Auckland	28 Jan 90	46.11	1	London (CP)	22 Jun 97
46.08	4	Oslo	28 Jun 84	46.11 i	2	Birmingham	8 Feb 98
46.09	3h9	Los Angeles	4 Aug 84	46.21	8	London (CP)	17 Aug 97
46.1	1	Melbourne	13 Oct 82	46.22	1rB	Hexham	14 Jun 97
46.1	4	London (CP)	13 Jul 84	46.38	1	Belgrade	31 May 98
46.11	3	London (CP)	25 Jul 82	46.47	1h4	Birmingham	11 Jul 97
46.11	6s1	Helsinki	9 Aug 83	46.47	1	Jona	12 Jul 98
46.14	3	Dijon	12 Jun 88	<u>David McKenzie (3.9.70)</u>			
46.15	2s2	Birmingham	6 Aug 88	45.47	4	Sheffield	12 Jun 94
46.16	1h4	Athens	7 Sep 82	45.75	3	Birmingham	17 Jul 93
46.17	4	London (CP)	9 Sep 83	45.96	1	Fort-de-France	1 May 95
46.19	3	Budapest	30 Jun 82	46.03	2s2	Sheffield	11 Jun 94
46.22	1	London (He)	18 Jun 83	46.18	5s1	Victoria	23 Aug 94
46.26	8	Lausanne	27 Jun 89	46.20	4	Bellinzona	20 Jun 95
46.26	7	London (CP)	14 Jul 89	46.21	1	Ulm	4 Jul 92
46.33	2	Hengelo	12 Jul 83	46.27	2	Ostrava	1 Jun 95
46.35	4	London (CP)	28 Jul 89	46.28	1	Birmingham	20 Jul 96
46.37	1h1	Seoul	24 Sep 88	46.32	1	Birmingham	21 May 94
46.38	6	London (CP)	14 Aug 87	46.32	2s2	Birmingham	15 Jul 95
46.39	4q4	Helsinki	8 Aug 83	46.35	4	Gateshead	20 Jul 94
46.40	1	London (CP)	18 Jun 82	46.37	1	Birmingham	1 Jul 95
46.40	2	Birmingham	13 Aug 89	46.38	4q4	Victoria	22 Aug 94
46.45 i	1s1	Athens	2 Mar 85	46.39	1h4	Victoria	22 Aug 94
46.48	1h1	Cwmbrân	31 May 82	46.42	6	London (CP)	23 Jul 93
46.48	1h2	London (CP)	6 Jun 84	46.43	1	Bedford	17 Sep 94
46.50	3	London (CP)	9 Jun 82	46.48	1r1	Birmingham	5 Jun 93
<u>Ade Mafe 12.11.66</u>				46.48	1h4	London (CP)	12 Jun 93
45.30	5	London (CP)	23 Jul 93	46.48	1	Sheffield	30 Aug 93
45.64	6	Birmingham	28 Jun 92	46.48	2	Stoke-on-Trent	9 Sep 95
45.64	2	Birmingham	17 Jul 93	<u>John Regis (13.10.66)</u>			
45.65	2r2	London (CP)	12 Jul 91	45.48	1	Walnut	17 Apr 93
45.68	4r2	Zürich	4 Aug 93	45.87	4	Sheffield	14 Aug 92
45.81	1	London (CP)	14 Jun 92	<u>Glen Cohen (22.4.54)</u>			
46.03	6q2	Stuttgart	15 Aug 93	45.49	1	Philadelphia	21 May 78
46.04	4	Edinburgh	19 Jun 92	45.89	1	London (CP)	28 Aug 77
46.09	3	Birmingham	27 Jul 91	45.93	3	London (CP)	15 Jun 80
46.10	2	Gateshead	9 Aug 91	46.11	2	London (CP)	12 Jun 76
46.1	1	London (He)	7 Jul 91	46.22	4s2	Eugene	2 Jun 78
46.15	1h5	Birmingham	27 Jun 92	46.29	1	Colombes	30 May 82
46.25	4h5	Stuttgart	14 Aug 93	46.3	1s	Philadelphia	20 May 78
46.28	1	London (CP)	15 Jun 91	46.34	3r1	London (CP)	27 Jun 80
46.32	1h2	Birmingham	26 Jul 91	46.39	2	Stockholm	25 Jul 77
46.36	5	Edinburgh	2 Jul 93	46.4	2	Wolverhampton	19 Jul 75
46.39	7	Sheffield	12 Jun 94	46.41	5	London (CP)	3 Jul 76

46.44	2	Edinburgh	22 Aug 76	46.20	1	Cwmbrân	18 May 80
46.45	3q3	Edmonton	6 Aug 78	46.30	2	London (CP)	8 Aug 80
46.50	2s1	Philadelphia	24 May 80	46.49	2	Zagreb	5 Jun 80
46.5	1	Kiev	22 May 76	<u>Roger Hunter</u> (4.4.65)			
<u>Robbie Brightwell</u> (27.10.39)				45.67	2	Evanston	19 May 85
45.6 *	1	London (WC)	14 Jul 62	46.02	3	Ann Arbor	22 May 88
45.75	4	Tokyo	19 Oct 64	46.15	2	Indianapolis	7 May 88
45.79	1s1	Tokyo	18 Oct 64	46.47	5h3	Eugene	2 Jun 88
45.9	2	Dortmund	2 Sep 61	46.48	3	Columbus	20 May 84
45.9	1	Belgrade	14 Sep 62	<u>Adrian Metcalfe</u> (2.3.42)			
46.0	2	New Brunswick	28 Jun 64	45.7	1	Dortmund	2 Sep 61
46.0	2	Warsaw	22 Aug 64	45.8	1	Oslo	7 Jul 61
46.1	1s	New Brunswick	27 Jun 64	46.1 *	2	London (WC)	21 Jul 61
46.13	2h1	Tokyo	17 Oct 64	46.2	2s2	Belgrade	13 Sep 62
46.2	1	Moscow	1 Jul 61	46.2	1	Budapest	3 Oct 63
46.2	2	Budapest	3 Oct 63	46.4	1	Colombes	23 Sep 61
46.2 *	1	Loughborough	4 Jun 64	46.4	4	Belgrade	14 Sep 62
46.2	1	Oslo	29 Jul 64	46.46	1	London (WC)	19 Sep 61
46.2	1	London (WC)	14 Aug 64	46.5 *	1	Blackburn	27 Aug 62
46.25	4s1	Rome	5 Sep 60	<u>Steve Heard</u> (29.4.62)			
46.3 *	1	Wolverhampton	30 Jun 62	45.74	3	Antrim	26 May 85
46.31	2q3	Rome	3 Sep 60	46.20	4	London (CP)	21 Jun 86
46.4	1	Budapest	7 Jul 62	46.36	1	Edinburgh	7 Aug 83
46.4	1s1	Belgrade	13 Sep 62	46.37	2	London (CP)	19 Jul 85
46.4	1	Helsinki	23 Jul 64	46.37	2	London (He)	31 Aug 85
46.5	2	London (WC)	1 Aug 60	46.45	6	Gateshead	5 Aug 86
46.5	1	Lagos	7 Oct 60	<u>Guy Bullock</u> (15.10.75)			
46.5 *	4	London (WC)	21 Jul 61	45.76	7	Birmingham	16 Jun 96
46.5 *	1	London (WC)	28 Sep 62	45.90	3s2	Birmingham	15 Jun 96
<u>Adrian Patrick</u> (15.6.73)				46.07	1	Hexham	14 Jul 96
45.63	7	Lausanne	5 Jul 95	46.11 i	3	Birmingham	9 Feb 97
46.02	2	Helsinki	28 Jun 95	46.13	1	San Sebastián	31 Jul 93
46.06	8	Birmingham	16 Jun 96	46.14	2	Zagreb	21 Jun 96
46.10	1	Oslo (Lam)	14 Jun 95	46.20	2rB	Dijon	26 May 96
46.11	5	Sheffield	12 Jun 94	46.30	1	Blackpool	10 Jul 93
46.11	3	Birmingham	16 Jul 95	46.36 i	2	Birmingham	23 Feb 97
46.11	4h4	Gothenburg	5 Aug 95	46.36	1	Liverpool	20 Jun 98
46.27	7q2	Gothenburg	6 Aug 95	46.38	2h5	Birmingham	14 Jun 96
46.29	1	London (CP)	2 Jun 96	46.41	2	Malmö	29 Jun 95
46.31	1h1	Watford	21 Jun 98	46.42 i	2r3	Stuttgart	2 Feb 97
46.31	5s1	Birmingham	25 Jul 98	46.42 i	2	Stockholm	20 Feb 97
46.32	2r1	Zofingen	5 Jun 95	<u>Terry Whitehead</u> (10.1.57)			
46.32	3	Bedford	25 May 97	45.81	2h2	London (CP)	14 Jun 80
46.34	1	Caslav	20 Jun 95	46.21	5	London (CP)	15 Jun 80
46.39	4s2	Birmingham	15 Jun 96	46.23	5	Prague	1 Sep 78
46.43	5	Sheffield	23 Jul 95	46.35	2s1	London (CP)	24 Jul 82
46.44	1h1	Bedford	25 May 97	<u>Richard Knowles</u> (12.11.75)			
46.5	1	Reading	14 Jun 98	45.84	1rB	Loughborough	18 May 97
<u>Paul Harmsworth</u> (28.9.63)				45.90	1	Birmingham	2 Aug 97
45.64	5	Birmingham	7 Aug 88	46.21	3	Jona	20 Jul 97
46.02	5	London (CP)	14 Aug 87	46.48	2	Hexham	14 Jun 97
46.08	3s1	Birmingham	6 Aug 88	46.50	1	London (CP)	16 Aug 97
46.29	5	Cwmbrân	26 May 86	<u>Paul McBurney</u> (14.3.72)			
46.35	2h5	London (CP)	1 Aug 87	45.85	5	Birmingham	13 Jul 97
46.37	4	London (CP)	12 Sep 86	45.90	3q4	Kuala Lumpur	16 Sep 98
46.40	3	Gateshead	16 Jul 88	46.22	3	Königs Wusterhausen	23 Aug 97
46.48	7	London (CP)	22 Aug 87	46.25	5s2	Birmingham	25 Jul 98
46.50	5	Birmingham	17 Jul 87	46.43	3s1	Birmingham	12 Jul 97
<u>Alan Bell</u> (10.6.57)				46.46	1	Bedford	29 Aug 98
45.65	1h2	London (CP)	14 Jun 80	46.49	1h1	Victoria	22 Aug 94
45.78	2r1	London (CP)	27 Jun 80	46.49	1	London (He)	8 Aug 98
45.80	2	London (CP)	15 Jun 80	46.50	7s1	Kuala Lumpur	17 Sep 98
46.17	4q2	Moscow	28 Jul 80	46.5	1	Solihull	5 Jul 97

Wayne 'Ali' McDonald (5.10.70)

45.88	1	Vigo	17 Aug 91
46.15	1h2	Birmingham	16 Jul 93
46.19	2	London (CP)	14 Jun 92
46.22	1	London (CP)	17 Jun 89
46.23	4	Birmingham	17 Jul 93
46.29	1s2	Sudbury	28 Jul 88

Colin Campbell (20.6.46)

45.9	1	Zürich	2 Jul 68
46.3	1	Berne	29 Jun 68
46.35 A	6q1	Mexico City	17 Oct 68
46.4 *	1	Motspur Park	22 Jun 68

Martin Winbolt Lewis (14.11.46)

45.91 A	5q4	Mexico City	17 Oct 68
46.27 A	2h6	Mexico City	16 Oct 68

Mark Thomas (12.5.65)

45.92	1	Wigan	27 Jun 87
46.05 A	1	Boulder	18 May 86
46.18	5	London (CP)	22 Aug 87
46.29	1	Byrkjelo	12 Jul 87
46.30	1r1	Wrexham	28 Jul 90
46.3	1	Ames	3 May 86
46.32	2	Minneapolis	31 May 86
46.37	2h4	London (CP)	1 Aug 87
46.38 A	1h1	Boulder	17 May 86
46.38	4h4	Indianapolis	5 Jun 86
46.44	7	London (CP)	2 Aug 87
46.48	6	London (CP)	21 Jun 86

Jared Deacon (15.10.75)

45.94	6	Birmingham	13 Jul 97
46.02	1	Gateshead	31 Aug 96
46.08	5s1	Birmingham	15 Jun 96
46.12	1	Bedford	25 May 97
46.20	3s2	Birmingham	12 Jul 97
46.21	1	Cork	22 Jun 96
46.25	1	Hexham	14 Jun 97
46.31	1rB	Hechtel	19 Jul 97
46.32	6s2	Birmingham	25 Jul 98
46.38	3	Linz	21 Aug 96
46.45	5s1	Fukuoka	1 Sep 95
46.48	7	Sheffield	2 Aug 98

Paul Slythe (5.9.74)

45.94	7	Birmingham	26 Jul 98
46.17	1	Hechtel	1 Aug 98
46.23	1h1	Birmingham	24 Jul 98
46.26	1	La Chaux de Fonds	16 Aug 98
46.29	4s1	Birmingham	25 Jul 98

Steve Scutt (18.3.56)

45.97	1	London (CP)	14 Sep 79
46.27	6	Sofia	21 Aug 77
46.28	2	London (CP)	23 Jun 81
46.30	2	London (CP)	25 Aug 80
46.37	2r1	Koblentz	27 Aug 80
46.39	4	Koblentz	6 Sep 79
46.42	s	Sofia	20 Aug 77
46.47	2	London (CP)	31 Aug 79
46.49	3	London (CP)	8 Aug 80
46.50	5	London (CP)	25 Jul 82
46.5	1	Leicester	7 Sep 80

Garry Cook (10.1.58)

46.0	1	Birmingham	20 May 81
46.18	3h2	London (CP)	14 Jun 80
46.25	3	London (CP)	8 Aug 81

46.4	1	London (He)	3 Jul 82
46.4	1	Birmingham	11 Jul 82
46.43	3	London (CP)	23 Jun 81

Peter Crampton (4.6.69)

46.03	1	Birmingham	8 Aug 87
46.43	3	Birmingham	13 Aug 89
46.44	4	Sheffield	7 Jun 92
46.46	5	Jena	28 May 92

Alan Slack (8.2.60)

46.04	3	Oslo	27 Jun 85
46.10	2h5	London (CP)	13 Jul 85
46.28	4	London (CP)	6 Jun 84
46.39	6	Cwmbrán	26 May 86
46.45	8	London (CP)	14 Jul 85
46.49	3	Cwmbrán	28 May 84
46.3	1	Derby	15 Jun 85
46.5	2	Birmingham	15 May 85

Tim Graham (31.5.39)

46.08	6	Tokyo	19 Oct 64
46.36 *	1	London (WC)	15 Jul 67

Rod Milne (15.3.57)

46.08	4	London (CP)	15 Jun 80
46.31	1	Birmingham	26 May 80
46.40	1	Athens	31 May 80

Peter Gabbett (19.11.41)

46.10	1D	Munich	7 Sep 72
46.4	1D	Santa Maria	21 May 72

Martin Reynolds (22.2.49)

46.11	4q1	Munich	4 Sep 72
46.36	1	London (CP)	5 Aug 72
46.39	1	Paris	30 Sep 72
46.46	2h7	Munich	3 Sep 72
46.5	1	Viareggio	11 Aug 72

Ainsley Bennett (22.7.54)

46.15	2	London (CP)	29 Aug 75
46.2	1	Wolverhampton	19 Jul 75
46.38	1	Edinburgh	22 Aug 76
46.43 i	2	Budapest	6 Mar 83
46.43	7	London (CP)	24 Jul 83

Garry Armstrong (9.4.52)

46.16	2	London (CP)	15 Jul 72
46.48	5h6	Munich	3 Sep 72

Claude Moseley (30.8.61)

46.16	1	Birmingham	1 Jul 83
46.31	1	Oslo	9 Jul 83
46.38	1	Loughborough	12 Jun 83
46.5	1	Birmingham	2 Jul 83

Roy Dickens (18.4.61)

46.19	2	Cwmbrán	28 May 84
46.25	3	Oslo	11 Jul 81
46.25	3	London (CP)	7 Sep 84
46.35	2	London (CP)	15 Jun 85
46.39	4	London (CP)	11 Sep 81
46.50	1h5	London (CP)	23 Jun 84

Dave Nolan (25.7.69)

46.20	2	Tallinn	9 Jun 96
46.25	1rB	Gateshead	30 Jun 96
46.32	2	Cork	22 Jun 96
46.41	1	Aldershot	5 Jun 96
46.48	2h1	Birmingham	14 Jun 96

Mark Sesav (13.12.72)

46.22	2	Bedford	25 May 97
46.48	2h1	Bedford	25 May 97

<u>Allyn Condon</u> (24.8.74)		
46.23i 3rA Birmingham	14 Feb 99	
<u>Melvin Fowell</u> (2.8.60)		
46.24 6 London (CP)	15 Jun 80	
<u>Richard Ashton</u> (9.12.55)		
46.27 1q2 Edmonton	6 Aug 78	
46.32 4s2 Prague	31 Aug 78	
46.34 6 Prague	1 Sep 78	
46.35 1 Edinburgh	16 Jul 78	
46.41 5 London (CP)	23 Aug 78	
<u>John Wrighton</u> (10.3.33)		
46.3 1 Stockholm	21 Aug 58	
46.46 1 London (WC)	27 Sep 58	
46.5 3 London (WC)	1 Aug 60	
<u>John Wilson</u> (11.10.48)		
46.3 3 Leipzig	30 Jun 73	
<u>Neil Jackson</u> (13.8.60)		
46.31 4h2 London (CP)	14 Jun 80	
<u>Kent Uvatt</u> (10.4.72)		
46.31 1 Stoke-on-Trent	10 Sep 95	
<u>Tim O'Dell</u> (29.5.70)		
46.34 1 Enfield	19 Aug 95	
46.34 7s2 Birmingham	25 Jul 98	
46.40 5s2 Birmingham	15 Jun 96	
46.42 4 Birmingham	16 Jul 95	
46.44 3 Pune	13 Sep 95	
<u>Nick Budden</u> (17.11.75)		
46.34 6s1 Birmingham	15 Jun 96	
46.49 1 Sheffield	6 May 96	

<u>Gary Cadogan</u> (8.10.66)		
46.37 1 London (CP)	27 Jun 87	
<u>Danny Laing</u> (1.4.49)		
46.39 2 Tokyo	25 Sep 78	
<u>Alex Fugallo</u> (28.1.70)		
46.39 6 Sheffield	12 Jun 94	
<u>Nigel Will</u> (18.10.67)		
46.42 6 Cwmbrân	12 Jul 92	
46.47 2h4 Birmingham	27 Jun 92	
<u>Mark Smith</u> (18.11.71)		
46.44 A 5 Nairobi	27 May 95	
<u>Geoff Dearman</u> (4.8.77)		
46.46 1 Dessau	1 Aug 98	
<u>Roger Jenkins</u> (30.9.55)		
46.49 1 London (CP)	6 Sep 75	
<u>Mark Bishop</u> (12.2.67)		
46.49 1D Tønsberg	15 Jul 89	
<u>Calvin Henry</u> (5.10.68)		
46.50 2h5 Cardiff	8 Jun 91	
<u>Corri Henry</u> (9.12.76)		
46.50 1 Sheffield	13 Jul 96	

Greatest depth of times

The championship races at Birmingham on 16 June 1996 (UK) and 26 July 1998 (AAA) each provided four British men running sub-45 secs and seven under 46 secs. There were six sub-46 at Birmingham on 13 July 1997 (AAA).

TOP 440 YARDS PERFORMERS PER DECADE

1851-1880

50.5r P Henry Reed	H Wycombe	Slough (uphill)	19 Sep 53
note that he did sub-50 road runs in 1849 and 1850			
51.0 P John Nuttall	Barnsley	Manchester	19 Dec 59
51.0 P Siah Albison	Bowlee	Manchester	19 Dec 59
51.2reP Charles Westhall	London	Slough	19 Sep 53
52.0 P George Darley	Salford	Manchester	23 Apr 59
52.5 P B. Dawson	Staleybridge	Salford	2 May 59
52.6e P James Hancock	Salford	Manchester	11 Feb 60
53.0 P John Buckley	Middleton	Manchester	20 Nov 58
53.1e P Joseph Hardman	Radcliffe	Manchester	20 Nov 58
54.0r P J.Yardley	Foleshill	Coventry	18 Apr 53
54.0 George Wade	Rugby Sch	Rugby	7 Oct 56
54.0 P Joseph Horrocks	Bury	Sheffield	12 Jan 57
54.0 P John Pomfret	Blackburn	Manchester	12 Jan 58
54.0 P R.Medley	Colne	Manchester	24 Mar 60
54.0 P A.Liversedge	Wath	London (WL)	19 Nov 60

P = professional; r = road run; e = estimated time

1861-1870

50.1a Guy Pym	LAC	London (BH)	11 Nov 65
50.1a Edward Colbeck	LAC	London (BH)	17 Jun 68
50.6e P Frank Hewitt	Millwall	Ballarat, AUS	26 Mar 70
50.7 Robert Somers-Smith	OUAC	London (LB)	7 Apr 70
51.0 Charles Knight	CUAC	Cambridge	25 Mar 67
51.0 John Ridley	CUAC	London (BH)	3 Apr 68
51.0 Henry Chinnery	LAC	Wimbledon	30 May 68
51.0 Charles Corfe	CUAC	Cambridge	8 Mar 69
51.0 James Clegg	Sheffield FC	Nottingham	6 Jun 70
51.0 William Forsyth	Edin Univ AC	Edinburgh	23 Jun 70
51.1e Percy Thornton	CUAC	London (BH)	11 Nov 65
51.2e Abbot Upcher	CUAC	Cambridge	8 Mar 69
51.2e B. Flint	Edin Univ AC	Edinburgh	23 Jun 70

Henry Allen REED

b. March 1825, Uxbridge, d. 6 December 1874
pbs: 48.5y; 1:58.0y.
Known as "the Great H.A.", Reed was undoubtedly the star of the professionals in the mid-nineteenth century. He spanned the period when running transferred from roads to tracks. In a match with George Seward on 25 Jun 49 at Harlington Comer, a famous stretch of road, he set a world best of 48.5. He also ran 49.5 the following February. On a track at Halifax, he covered 880y in 1:58.0 in 1854. His thirteen-year career came to an end in 1859, when he became a sports reporter. After Reed's death in Hanwell Asylum at the age of 49, his main backer revealed that he had twice timed him to beat 47 seconds in trials.

1871-1880

48 ¹ .P	Dick Buttery	Sheffield	Gateshead	4 Oct 73
49 ³ .*	Robert Philpot	CUAC	Cambridge	7 Mar 71
49.9e*	Abbot Upcher	CUAC	Cambridge	7 Mar 71
50.0e	Alfred Powles	SLH	Belfast	3 Jun 75
	50.0		London (LB)	16 Oct 75
50.4*	Arthur Brodie	CUAC	Cambridge	16 Mar 72
50.4	Jack Shearman	LAC	London (LB)	7 Jun 77
50.5	L. Neville	Erith	Erith	15 Jun 72
50.5	John Clegg	Sheffield FC	Sheffield	6 Jul 74
50.6e*	George Templer	CUAC	Cambridge	10 Mar 73
50.6e	Thomas Snow	OUAC	Oxford	20 Nov 77
50.6e	H H Sturt	AAC	London (LB)	7 Jun 77
50.6e	William Churchill	CUAC	Cambridge	9 Nov 78

Note: W. Page's 49.8e at Barnes was made over 400y not 440y

1881-1890

47.6P	Thomas Malone	IRE	Ballarat, AUS	84
48.5	Lenox Tindall	CUAC/LAC	London (SB)	29 Jun 89
49.2e*	William Phillips	LAC	Birmingham	16 Jul 81
49.2e	Ernest Pelling	Ranelagh H	London (SB)	29 Jun 89
49.3e	E.J. Fryer	Wymondham	London (SB)	29 Jun 89
49.4	Francis Cross	OUAC	Oxford	4 Dec 88
49.4	Charles Davison	CUAC	London (SB)	22 Jul 89
49.8	Charles Wood	Blackheath H	London (SB)	3 Jul 86
49.8	William Beach Thomas	OUAC	Oxford	28 Feb 89
50.0	Walter Hughes	OUAC	Oxford	2 Dec 81
50.2	Reginald Macaulay	CUAC	London (LB)	7 Apr 81
50.2	Henry Ball	LAC	Stoke-on-Trent	1 Jul 82
50.2	James Cowie	LAC	London (CP)	1 Jun 85
50.2	Arthur Charles	CUAC	Cambridge	90

1891-1900

48.5	Edgar Bredin	LAC	London (SB)	22 Jun 95
49.1e	Gilbert Jordan	OUAC	New York	21 Sep 95
49.4	Beauchamp Day	IRE	Dublin	14 Jul 00
49.4	Charles Davison	CUAC	London (QC)	22 Jul 99
49.5	Charlton Monypenny	CUAC	Cambridge	23 Apr 92
49.5	William Fitzherbert	CUAC	London (SB)	22 Jun 95
49 ⁵ .P	Alfred Downer	Scotland	Rochdale	1 May 97
49.8e	David Basan	LAC		11 Jul 91
49.8	Alec Nelson	Goldsmith's I	Eastbourne	31 Jul 98
49.8	Charles Lewin	CUAC	New York	5 Oct 95

1901-1910

47.8P	Beauchamp Day	IRE	Perth, AUS	1 Apr 07
48.4	Wyndham Halswelle	Edinburgh H	Glasgow	1 Jul 08
49.8	Reginald Wadsley	Highgate H	Huddersfield	6 Jul 01
49.8e	John George	SLH	London (SB)	7 Jul 06
49.8e	Robert Barclay	CUAC	London (QC)	23 Jul 04
49.9e	Edwin Montague	Surrey AC	London (SB)	4 Jul 08
49.9e	Edward Ryle	CUAC	London (SB)	4 Jul 08
49.9e	Alan Patterson	Salford H		31 May 09
50.0	Kenaham Cornwallis	OUAC	Oxford	4 Mar 06
50.0me	Charles Davies	Poly H	London (WC)	22 Jul 08
50.0	Lionel Reed	SLH	Kennington Oval	4 Sep 09

1911-1920

49.4	Duncan Macmillan	CUAC	London (QC)	23 Mar 12
49.4	George Nicol	Poly H	London (SB)	5 Jul 13
49.5m	Cyril Seedhouse	SLH	London (SB)	18 May 12
	49.6e		London	9 Sep 11
49.6	Guy Butler	CUAC	London (QC)	27 Mar 20
49.8	Francis Black	CUAC	London (QC)	11 Jul 11
49.8	Gordon Davies	CUAC	Cambridge	13
49.8	Ernest Haley	HHH	London (SB)	28 Jun 13
49.8	Gordon Perrot	CUAC	Cambridge	28 Feb 14

Edward John

COLBECK

(London AC)

21 December 1847,
Leamington, d. 18 March
1880, Alexandria, Egypt
pbs: 22³.4; 50¹.4; 2:02.0.
In 1868, Colbeck famously
collided with a sheep (they
were allowed to graze on
the Beaufort House grounds)
so hard that its leg was
broken, yet still completed
the AAC Championship in
a record-breaking 50.4y.
Days before, in a private
match, he recorded 50¹.4. In
his three-year career, he
also set records for 200y
(21.5); 220y (22³.4); 600y
(1:15.6) and 880y (2:02.0).
Later he moved to Egypt
and organized the Alex-
andria AAC. He died there,
from congestion of the
lungs, at the age of 32.

Henry Charles Lenox

TINDALL

(CUAC & LAC)

b. 4 February 1863 Margate,
d. 10 June 1940 Sussex.
pbs: 48.5y; 1:56.4y
At Cambridge, Tindall was
a useful sprinter/quarter-
miler who ran against Oxford
each year without a victory
in the sports until the year
he was President, 1886,
when he was coached by
the old professional, Jack
White. The improvement
was spectacular: victories
in the 100y and 440y and a
British record for 600y
(1:14.5). In 1888 he won
his first AAA title, and
capped it with a double
victory the following year –
a British Record of 48.5 for
440y and championships
best 1:56.4 for 880y. He
also played rugby football
for Rosslyn Park and first-
class cricket for Kent (a
stylish middle-order
batsman and fast bowler)
before becoming a priest,
but continued to support
athletics all his life.

49.9e	Gerard Anderson	OUAC	London (QC)	23 Mar 12
49.9e	S. Usher	Surrey AC	London (SB)	18 May 12
50.2	Percy Hodge	Surrey AC		17
50.2	A.P.Mitchell	SLH		19

From here at 400 Metres (* 440y less 0.3 sec)

1921-1930

47.6	Eric	Liddell	16.1.02	1	Colombes	11 Jul 24
48.0	Guy	Butler	25.8.99	2s1	Colombes	11 Jul 24
48.2		Liddell		1s2	Colombes	11 Jul 24
48.2A*	Roger	Leigh-Wood	16.8.06	2	Johannesburg	7 Sep 29
48.3	John	Rinkel	24.3.05	4	Amsterdam	3 Aug 28
48.5*	Douglas	Lowe	7.8.02	1	London (SB)	4 Jul 27
48.6e		Butler		3	Colombes	11 Jul 24
48.6		Leigh-Wood		3	Hannover	4 Sep 26
48.6		Rinkel		1	Vienna	31 Mar 28
49.1*	John	Hanlon	18.12.05	1	London (SB)	6 Jul 29
49.3*e	Kenneth	Brangwin	11.6.07	2h2	Hamilton	21 Aug 30
49.5*	Cecil	Griffiths	20.1.01	1	Barry Island	16 Jul 21
49.6	Lawrence	Neame	18.8.08	2	Colombes	28 Jul 29
49.3*	Edward	Toms	11.2.99	1hpc	London	14 Jun 24
49.7*				1	Northampton	9 Aug 24
49.7*	Henry	Stallard	9.2.05	1	London (SB)	18 Jul 25
49.7*	(Lord) David	Burghley	9.2.05	4	Colombes	28 Jul 29
49.7*	Godfrey	Rampling	14.5.09	1	Aldershot	26 Jul 30

1931-1940

46.68	Godfrey	Brown	21.2.15	2	Berlin (46.7)	7 Aug 36
46.9	1	Oslo	15 Sep 38			
47.1	1	Milan	11 Sep 38			
47.2	1	Stockholm	7 Sep 37			
47.3*	1	London (WC)	1 Aug 38			
47.31	2s1	Berlin	7 Aug 36			
47.4*	1	Cambridge, MA	10 Jul 37			
47.4	1	Colombes	4 Sep 38			
47.7	1	Helsinki	4 Sep 37			
46.87	William	Roberts	5.4.12	4	Berlin (46.8)	7 Aug 36
47.1	2	Oslo	20 Aug 38			
47.5	1	Colombes	24 Jul 37			
47.6*	1	Sydney	12 Feb 38			
47.7	1	Munich	11 Aug 35			
47.7	1q1	Berlin	6 Aug 36			
47.3	Alan	Pennington	4.4.16	2	Cologne	20 Aug 39
47.61	Godfrey	Rampling	16.5.09	4s2	Berlin (47.5)	7 Aug 36
47.7*	1	London (WC)	7 Aug 34			
48.2	Ronald	Wylde	17.1.13	3	Colombes	27 Aug 37
48.4*e	Crew	Stoneley	9.5.11	3	London (WC)	7 Aug 34
48.4*	John	Barnes	16.5.11	1	Oxford	25 May 37
48.6	Frederick	Wolff	13.10.10	1	Colombes	24 Jul 32
48.6*	Cyril	Emphy		1	East Molesey	24 Jul 37
48.9*e	John	Hanlon	18.12.05	2	Oxford	28 May 31
49.0	Frank	Whittingham		2h	Colombes	16 Jun 35
49.0	J K	Watson		2s1	Colombes	26 Aug 37
49.0*	Sydney	Wooderson	30.8.14	1	Catford Bridge	20 Jul 38
49.1*	Alec	Palmer	20.6.17	1	Cambridge	3 Mar 39
49.1*	Edward	Pack	30.10.12	2	London (WC)	8 Jul 39
1941-1950						
47.3	Derek	Pugh	8.2.26	1	Brussels	25 Aug 50
47.7*	Leslie	Lewis	26.12.24	2	Auckland	11 Feb 50
47.9		Pugh		1	London (WC)	7 Aug 50
47.9		Lewis		2s1	Brussels	24 Aug 50
48.5*	Derek	Johnson	5.1.33	1	Port Sunlight	29 Jul 50
48.5*e	Terence	Higgins	18.1.28	2	Uxbridge	12 Jun 48
48.6*	Martin	Pike	12.7.20	1	Birmingham	23 Jul 49
48.7*	Angus	Scott	16.8.27	1	Cambridge	17 May 49

Eric Henry LIDDELL
b. 16 Jan 1902 Tianjin, China. d. 21 Feb 1945 Weixin, China.

The film *Chariots of Fire* was based on the story of 1924 Olympic gold medalists Eric Liddell and Harold Abrahams. Liddell's gold was at 400m, at which he set an Olympic and European record of 47.6, and this remained the British record until 1936. He had gone into the Games with a best (for 440y) of 49.6, his winning time at the 1924 AAAs, improving to 48.2m in the semi-final. Three days earlier he had taken Olympic bronze at 200m, but had run the 400m rather than the 100m due to the fact that the latter was held on a Sunday. He was Scottish champion at 100y and 220y for five successive years 1921-5, and in 1924 and 1925 also won the 440y; having completed trebles with Edinburgh University's mile relay team 1921-3. He added a fourth success at the mile relay in 1925. He was AAA champion at 100y and 220y in 1923, running his personal best times of 9.7 (which lasted as a British record for 35 years) and 21.6. 1.75m and 70kg, he was a fine all-round sportsman, winning seven caps for Scotland on the wing at rugby football in 1922-3. In 1925 he returned to China to join his father as a missionary and, after running in a few Far Eastern meets, died there in 1945 after two years of internment in a Japanese concentration camp. See also p.58

48.8*	Bernard Elliott	21.11.18	1	Motspur Park	28 Jun 47
48.8*	Thomas Collier	14.7.18	1	London (WC)	4 Aug 47
48.9	David Gracie	26.1.27	3	London (WC)	7 Aug 50
49.0*	John Parlett	19.4.25	1	Motspur Park	10 Jul 48
49.0*	Derek Steel	30.3.26	2	Cambridge	17 May 49
1951-1960					
46.25	Robbie Brightwell	27.10.39	4s1	Rome (46.1)	5 Sep 60
46.31	2q3 Rome (46.2)	3 Sep 60			
46.5	1 London (WC)	1 Aug 60			
46.5	1 Lagos	7 Oct 60			
46.79*	2 London (WC)	16 Jul 60			
46.8*	1 Dublin	19 Jun 60			
46.3	John Wrighton	10.3.33	1	Stockholm	21 Aug 58
46.46	2 London (WC)	27 Sep 58			
46.5	3 London (WC)	1 Aug 60			
46.6	1 Colombes	13 Sep 58			
46.7	1 Budapest	21 Sep 58			
46.7	1 Rome	12 Oct 58			
46.5	John Salisbury	26.1.34	2	Stockholm	21 Aug 58
46.8	1s2 Stockholm	20 Aug 58			
46.89*	4 Cardiff	23 Jul 58			
46.6	Malcolm Yardley	23.12.40	1	London (WC)	13 Aug 60
46.64*	Ted Sampson	2.12.35	1q1	Cardiff (46.8y)	22 Jul 58
47.0	Barry Jackson	22.8.41	3	London (WC)	1 Aug 60
47.1	Peter Higgins	16.9.28	1	London (WC)	12 Sep 56
47.22*	John MacIsaac	6.6.37	2q4	Cardiff	22 Jul 58
47.3	Mike Rawson	26.5.34	2	Bordeaux	30 Jun 57
47.40*	Derek Johnson	5.1.33	4q4	Cardiff	22 Jul 58
47.4*	Peter Fryer	2.7.28	1	London (WC)	16 Jul 55
47.4*	Michael Wheeler	14.2.35	2	London (WC)	16 Jul 55
47.4*	Chris Lindsay	28.8.33	2	Motspur Park	20 Jun 59

UK 400 Metres Runners at Major Championships

Olympic Games

1896	4	Charles Gmelin	55.6e	2h2 60.0
1906	2	Wyndham Halswelle	53.4	1h4 54.8
	7	William Anderson	-	2h1, 1 rep 54.8
	3h3	John Horne	-	
	4h6	Reginald Reed	-	
1908	1	Wyndham Halswelle	50.0w/o	1h15 49.4, 1s2 48.4*
	2s1	Charles Davies	49.8	1h12 50.4
	2s2	Edwin Montague	49.8	1h1 50.2
	3s2	George Nicol	-	1h5 50.8
	3s3	Edward Ryle	-	1h3
	4s1	G W Young	-	1h16 52.4
	2h11	Alan Patterson	50.6	
	2h8	Christopher Chavasse	50.8	
	2h9	Arthur Astley	51.4	
	3h7	Noel Chavasse	51.5	
	2h13	R C Robb IRE	-	
1912	3s1	George Nicol	-	1h12 50.0
	3s5	James Soutter	-	2h10
	6s3	Ernest Henley	-	2h11
	4s4	Ernest Haley	-	hh2 66.6
	2h13	Joseph Wells	-	
	4h15	Alan Patterson	-	
1920	2	Guy Butler	49.9	2h6 52.6, 2q2 50.6, 2s2 50.0
	5	John Ainsworth-Davis	50.1e	2h2 51.8, 2q1 50.4, 3s1
	5s3	Robert Lindsay	-	1h1 52.0
	5q4	Hedges Worthington-Eyre	-	2h9
1924	1	Eric Liddell	47.6*	1h14 50.2, 2q4 49.3e, 1s2 48.2
	3	Guy Butler	48.6	1h16 50.2, 1q3 49.8, 2s1 48.0e

Wyndham HALSWELLE
(Edinburgh H)
30 May 1882 London., d.
31 March 1915 nr. Neuve
Chapelle, France. pbs:
10.2; 23.0; 48.4; 2:00.2.
Although he is remembered mainly for the race that had to be re-run in the 1908 Olympics, Halswelle, an officer commissioned into the Highland Light Infantry in 1901, was an outstanding runner who once won four Scottish titles – at 100, 220, 440 and 880 yards – in the same June afternoon in 1906. That year in the Athens Olympics, he finished second to Paul Pilgrim (USA) in the 400m and third at 800m; took his second AAA title (48.8y) and set Scottish Native Record (parents were Scottish) of 49.6y en route to 1:11.8 for 600y and 49.0y. He missed much of the 1907 season through injury, but came back strongly in 1908. He ran a UK best of 31.2 for 300y on 20 June 08 and a British Record of 48.4y at Ibrox on 1.7.08, and took the AAA title in 49.4 three days later. In the Olympics, he won his heat, 49.4m, and semi-final, 48.4m, an Olympic record. The final, which was not run in lanes, was declared no race after J.C.Carpenter (USA) was seen to obstruct Halswelle and was disqualified. The other two finalists, fellow-Americans, declined to compete in the re-run final, in which Halswelle ran alone in a stringed lane, in 50.0. Under pressure from the Army, he ran no more. Captain Halswelle was killed in action in France and was buried there in 1915.

	4q1	Edward Toms	-	2h10 49.9e
	5q5	George Renwick	-	2h11 50.3
1928	4	John Rinkel	48.4	1h4 50.2, 2q4, 3s2 49.1
	3q1	William Green	-	2h12
	3q6	Roger Leigh-Wood	-	2h8
	3h15	John Hanlon	-	
1932	4s1	Godfrey Rampling	48.0	2h5 49.5, 2q2 48.8
	5s2	Crew Stoneley	48.6	3h4 49.3, 4q3 49.2
1936	2	Godfrey Brown	46.68	1h3 48.8, 2q2 48.35, 2s2 47.31
	5	Bill Roberts	46.87	1h1 48.1, 1q1 47.7, 2s1 48.0
	4s2	Godfrey Rampling	47.61	2h6 48.6, 2q4 48.0
1948	4q2	Bill Roberts	48.6	2h8 48.9
	5q4	Derek Pugh	48.8	2h11 49.3
	4q1	Leslie Lewis	49.2	1h7 48.9
1952	5q1	Leslie Lewis	49.09	2h1 47.95
	6q3	Alan Dick	49.20	2h9 48.84
	5q4	Terence Higgins	49.22	2h4 48.77
1956	5s2	John Salisbury	47.47	3h5 47.95, 2q1 47.60
	5s1	Peter Higgins	47.65	1h8 47.98, 3q2 47.43
	5q4	Michael Wheeler	48.05	2h4 49.37
1960	4s1	Robbie Brightwell	46.25	2h2 48.58, 2q3 46.31
	6q2	John Wrighton	48.09	3h9 47.60
	6q1	Malcom Yardley	48.93	3h1 47.38
1964	4	Robbie Brightwell	45.75	2h1 46.13, 3q2 47.15, 1s1 45.79
	6	Tim Graham	46.08	4h2 48.4, 3q6 46.83, 4s2 46.53
	5q4	Adrian Metcalfe	47.81	2h3 46.79
1968	5q4	Martin Winbolt Lewis	45.91	2h6 46.27
	6q1	Colin Campbell	46.35	2h8 46.66
	5h4	Howard Davies	47.30	
1972	5s1	David Jenkins	45.91	1h2 46.15, 1q3 45.99
	7s2	Martin Reynolds	46.71	2h7 47.46, 4q1 46.11
	7q4	Gary Armstrong	47.10	5h6 46.48
1976	7	David Jenkins	45.57	1h5 46.60, 2q4 46.18, 3s2 45.20
	7q3	Glen Cohen	47.67	2h6 47.77
1980	7	David Jenkins	45.56	1h1 46.67, 1q4 45.99, 3s1 45.59
	8s2	Alan Bell	48.50	4h8 47.38, 4q2 46.17
	7q3	Glen Cohen	47.35	4h4 48.35
1984	7s1	Kriss Akabusi	45.69	1h10 45.64, 3q1 45.43
	5q3	Todd Bennett	45.51	3h9 46.09
	7q2	Phil Brown	46.63	3h5 46.26
1988	8s2	Brian Whittle	46.07	1h2 46.07, 3q1 45.22
	6q2	Todd Bennett	45.96	1h1 46.37
1992	6	David Grindley	44.75	2h5 45.79, 2q3 44.91, 4s2 44.47
	5s2	Roger Black	44.72	2h9 45.94, 3q1 45.28
	- s1	Derek Redmond	dnf	1h1 45.03, 1q2 45.02
1996	2	Roger Black	44.41	1h1 45.28, 1q2 44.72, 1s1 44.69
	5	Iwan Thomas	44.70	2h8 45.22, 2q4 45.04, 4s2 45.01
	6q3	Du'aïne Ladejo	45.62	3h4 46.27

* Olympic record

World Championships

1983	6s1	Todd Bennett	46.11	2h3 46.58, 4q4 46.39
	8s2	Phil Brown	46.81	3h1 46.60, 2q1 45.80
1987	5	Derek Redmond	45.06	1h5 45.33, 1q1 45.03, 1s2 44.50
	7q4	Phil Brown	46.49	4h6 46.08
	5h2	Todd Bennett	46.58	
1991	2	Roger Black	44.62	3h5 46.02, 3q3 45.39, 1s2 44.64
	7s1	Derek Redmond	45.67	2h3 45.78, 4q2 45.66
	7q4	Paul Sanders	46.59	4h1 46.38
1993	7s1	Du'aïne Ladejo	46.33	5h1 46.17, 4q4 46.51
	6q2	Ade Mafe	46.03	4h5 46.25
1995	5	Mark Richardson	44.81	1h3 45.61, 2q3 45.30, 4s2 45.42
	7	Roger Black	45.28	1h1 45.81, 3q1 45.01, 4s1 45.32

Arthur Godfrey Kilner BROWN

b. 21 Feb 1915 Bankura, India. d. 4 Feb 1995 Coneyhurst, West Sussex.

A highly talented runner at distances from 100y to 880y, Brown set European records twice in the 1936 Olympic 400m. First he ran 47.3 (47.31 auto) in his semi and then ran a brilliant 46.68 in the final for the silver medal just 0.02 behind Archie Williams (USA), whom he just failed to catch after making up 3m over the last 100m. The next day his sister Audrey (later Lady Court) won a sprint relay silver medal and two days later Brown anchored the British team to victory in the 4 x 400m relay, the time a European record 3:09.0. A week later he ran a superb 45.9y relay leg to enable the Empire team to beat the USA at 4x440y. In 1937 he won the World Student Games 400m, adding gold medals at both relays, and at the 1938 European Championships he won the 400m, with silver at 4 x 400m and bronze at 4 x 100m. While at Warwick School he won the Public Schools 880y each year 1932-4 (and long jump in 1933). He won the Varsity match 440y for Cambridge each year 1935-8, adding the 100y in 1937 and 880y in 1938, and was AAA champion at 440y in 1936 and 1938 and at 880y 1939. He was headmaster of Worcester Royal Grammar School 1950-78. Other best times: 100y 9.9 and downhill 9.7 (1936), 220y 22.2 (1936), 880y 1:52.2 (1937). Birchfield H. His brother Ralph (b. 28 Aug 1909, later Sir Ralph Kilner Brown OBE) was 3rd in the 1934 Empire Games 440y hurdles, won the AAA title that year and ran his best time for 400m hurdles, 54.8, when second in the 1933 World Student Games.

7q2	Adrian Patrick	46.27	4h4 46.11
1997 4	Mark Richardson	44.47	2h6 45.44, 2q4 45.05, 2s1 44.62
6	Iwan Thomas	44.52	1h4 45.62, 2q1 44.98, 4s2 44.61
8	Jamie Baugh	45.22	1h1 45.85, 1q2 45.06, 3s1 44.69

World Indoor Games

1985 2	Todd Bennett	45.97	1h4 47.19, 2s2 46.69
5	Phil Brown	47.84	2h5 47.60, 3s1 47.93

World Indoor Championships

1987 5	Paul Harnsworth	46.59	2h1 47.33, 3s2 46.97
1989 5	Brian Whittle	46.78	1h5 46.69, 3s2 46.71
3h3	Todd Bennett	47.35	
1995 5h1	Paul Slythe	47.66	
5h3	Mark Hyllton	50.26 (ill)	
1997 2	Jamie Baugh	45.62	1h1 46.52, 1s1 46.02
3s2	Mark Hyllton	46.19	1h7 47.58
1999 1	Jamie Baugh	45.73	1h4 46.46, 1s3 46.14
5h3	Du'aine Ladejo	47.58	

European Championships

1938 1	Godfrey Brown	47.4	1h1 48.4
3h3	John Horstall	49.5	
1946 3	Derek Pugh	48.9	2h1 48.9
5	Bill Roberts	49.5	2h2 48.5
1950 1	Derek Pugh	47.3	1h2 49.5, 1s2 48.6
5	Leslie Lewis	48.7	1h1 49.8, 2s1 47.9
1954 5s2	Alan Dick	48.3	2h5 48.4
3h3	Peter Fryer	48.0	
1958 1	John Wrighton	46.3	3h4 47.9, 1s1 46.9
2	John Salisbury	46.5	1h1 47.8, 1s2 46.8
1962 1	Robbie Brightwell	45.9	1h5 46.6, 1s1 46.4
4	Adrian Metcalfe	46.4	2h6 47.6, 2s2 46.2
5	Barry Jackson	46.6	2h3 47.7, 2s3 46.5
1966 7	Tim Graham	46.9	2h3 47.0, 4s1 46.7
6s1	Martin Winbolt Lewis	47.0	3h5 47.4
8s2	John Adey	48.0	2h4 47.4
1969 6s1	John Robertson	47.0	3h2 47.8
7s1	Martin Winbolt Lewis	47.2	3h4 46.7
5s2	Colin Campbell	47.2	3h3 46.8
1971 1	David Jenkins	45.45	1h2 46.71, 2s2 46.22
6h4	Martin Bilham	48.18	
7h3	John Robertson	48.25	
1974 2	David Jenkins	45.67	2h3 46.60, 1s2 45.93
8s1	Roger Jenkins	47.30	6h1 46.78
7h2	Stephen Marlow	48.71	
1978 5	Terry Whitehead	46.23	2h4 46.61, 4s1 46.69
6	Richard Ashton	46.34	2h2 46.63, 4s2 46.32
5s1	Glen Cohen	46.91	3h3 47.05
1982 4	Phil Brown	45.45	1h2 46.52, 2s2 46.14
6s1	Todd Bennett	46.84	1h4 46.16
8s2	David Jenkins	47.04	2h1 46.13
1986 1	Roger Black	44.59	1h1 45.40, 1s1 45.33
4	Derek Redmond	45.25	1h3 45.75, 1s2 45.35
8s1	Phil Brown	46.61	1h2 46.00
1990 1	Roger Black	45.08	1h1 45.53, 1s1 45.46
5s1	Paul Sanders	46.06	4h3 46.75
7s2	Lewis Samuel	46.98	4h2 46.74
1994 1	Du'aine Ladejo	45.09	1h2 46.50, 1s1 45.70
2	Roger Black	45.20	1h1 45.88, 1s2 45.79
7s1	David McKenzie	46.65	4h3 46.78
1998 1	Iwan Thomas	44.52	2h2 45.44, 1s2 44.82
3	Mark Richardson	45.14	1h4 46.05, 2s1 45.41
dq	Solomon Wariso	(45.60)	4h1 46.27, 4s2 45.49

Robbie Ian BRIGHTWELL

b. 27 Oct 1939 Rawalpindi, India (now Pakistan).
Birchfield Harriers and
Loughborough. Coached by
Geoff Gowan

His first important titles were at 220y: English Schools intermediate in 1966 and junior in 1967, when he was also AAA junior champion at 200m. He had been a world-class junior sprinter, but. Lacking the blazing speed of the very best, Brightwell moved up to 400m with immediate success in 1960 for 47.6y on his debut in June, 2nd at the AAAs in 47.0y, 46.5m v France and then British records at 46.2 (46.31 automatic timing) and 46.1 (46.25) when 4th in the semi-final at the Olympics. He lost his record to his great rival Adrian Metcalfe in 1961, but set further British records with 45.9 for 440y (also a European record) to win the AAA title in 1962, and when running 45.79 and 45.75 for 400m at the 1964 Olympics. There he had been the favourite, and he was bitterly disappointed by his 4th place behind Mike Larrabee (USA). However that was almost compensated by the marvellous win at 800m of his fiancée Ann Packer (qv) and his own brilliant relay leg of 44.7 in gaining two places in the last 50m and securing for Britain the silver medal behind the USA. Then, and before his 25th birthday he retired; 1.87m tall and weighing 81kg he was superb in full flight and would surely have been able to go on to yet greater feats. He was European champion at 400m in 1962, with a relay silver medal, having been 5th at 200m in 1958. At the Commonwealth Games he was a 220y semi-finalist in 1958 and in 1962 won silver medals at 440y and 4x440y relay. He was AAA 440y champion 1962 and 1964 and awarded the MBE in 1965. Other bests: 100y 9.7 (1958), 9.5w (1964); 100m 10.6 (1959), 200m 20.9 (1962), 880y 1:48.1 (1964). His son Gary (b. 6 Oct 1965) ran 47.90 for 400m in 1984, and Gary's two younger brothers Ian (b. 9 April 1968) and David (b. 7 Jan 1971) became professional footballers with Manchester City, Ian, a midfielder, playing for England Schools, Youths and Under-21s.

European Indoor Championships

1966	4	Nicholas Overhead	49.0	2h2 49.0
1968	4	Colin Campbell	47.6	1h2 47.74
1969	4	Colin Campbell	47.8	2h2 47.4
1973	3h2	Jim Aukett	48.47	
1977	5	Glen Cohen	47.57	2h1 48.34, 2s1 47.07
1981	3h3	Ainsley Bennett	48.23	
1983	2	Ainsley Bennett	46.43	1h3 47.68
1985	1	Todd Bennett	45.56	1h1 46.71, 1s1 46.45
	4s2	Roger Black	49.67	3h3 47.36
1986	3s1	Steve Heard	47.81	2h1 47.64
	2h2	Brian Whittle	48.04	
1987	1	Todd Bennett	46.81	3h2 47.36, 1s1 47.09
	3	Paul Harmsworth	46.92	2h1 47.23, 3s1 47.56
	4h3	Steve Heard	48.04	
1988	2	Brian Whittle	45.98	1h2 46.93, 1s2 46.86
	4h4	Mark Thomas	47.83	
1989	2	Brian Whittle	46.49	1h2 46.75
	4	Todd Bennett	47.16	4h1 47.36
1990	4s2	Todd Bennett	47.23	2h2 47.19
	5s1	Gary Cadogan	47.28	3h3 47.58
1992	3	David Grindley	46.60	3h2 47.42, 3s2 47.03
	6	Ade Mafe	47.33	3h3 48.28, 3s1 46.62
	5h1	Gary Cadogan	49.06	
1994	1	Du'aïne Ladejo	46.53	3h2 47.33, 1s1 46.26
	-	Jamie Baugh	dnf	2h1 47.15, 2s2 46.91
	4s1	Mark Richardson	46.77	2h3 47.31
1996	1	Du'aïne Ladejo	46.12	1h3 47.84, 1s1 46.74
	3s2	Kent Ulyatt	52.05	1h2 47.41
1998	6	Sean Baldock	50.05	1h1 47.26, 3s1 46.59
	4h3	Paul Slythe	47.63	
	3h2	Solomon Wariso	48.41	

Commonwealth Games

440 Yards				
1930	4	Kenneth Brangwin E	-	2h2 49.6e
	3h1	Ian Borland S	-	
	-h1	John Hanlon E	-	
	-h1	George Bird S	-	
1934	1	Godfrey Rampling E	48.0	1h2 49.4, 1s1 49.2
	2	Bill Roberts E	48.5	1h3 50.0, 3s1 -
	3	Crew Stoneley E	48.6	1h4 49.6, 1s2 49.2
	6	Alan Hunter S	-	2h5 51.0e, 3s2 -
	5s1	Rob Wallace S	-	2h4 50.8e
	5s2	Geoffrey Blake E	-	2h1 51.9e
1938	1	Bill Roberts E	47.9	1h3 48.1
	4h2	Brian McCabe E	-	
	5h2	Francis Handley E	-	
	5h1	Edward Pack E	-	
1950	2	Leslie Lewis E	48.0	1h2 48.8, 2s1 48.9
	4	Derek Pugh E	-	2h1 48.9, 3s2 49.4
	4s2	Terence Higgins E	-	1h3 49.0
	4h2	Harry Whittle E	-	
1954	4	Peter Fryer E	48.4	1h5 48.6, 3s2 48.9
	6	Alan Dick E	48.6	1h4 55.4, 1s2 48.8
	6s1	Peter Higgins E	50.3	1h6 49.1
	3h1	Harry Kane E	48.7	
	5h	Peter Phillips W	50.0	
1958	4	John Salisbury E	47.15	2h3 48.7, 2q2 47.28, 2s2 47.56
	5	John Wrighton E	47.24	1h7 49.5, 2q3 47.16, 2s1 47.65
	6	John MacIsaac S	48.82	1h1 48.3, 2q4 47.48, 3s3 48.14
	4s1	Edward Sampson E	48.18	3h2 48.4, 1q1 46.90
	4q4	Derek Johnson E	47.66	2h4 49.0

William ROBERTS

b. 5 April 1912 Salford, Lancashire.
Salford AC.
Bill Roberts's record in international matches has seldom been bettered: he won six of his eight individual races and in the other two was second to his great rival Godfrey Brown in the other two. These were from 1935, when he was British No.1, to 1946 and, having been 4th in the 1936 Games and running a 46.4 relay leg for the gold medal-winning team, he competed at a second Olympics in 1948, when he was the British team captain; at 36 he remains Britain's oldest ever 400m international. His long international career had begun at the 1934 Empire Games, when he was runner-up to Godfrey Rampling at 440y. He did not run in the relay then, but took a silver in 1938 when he was the 440y individual champion and also 6th at 220y. He missed the 1938 European Championships but returned after the War to earn a relay silver in 1946. AAA champion at 440y in 1935 and 1937, he was 2nd in 1946 and 3rd in 1948. He retired to concentrate on his work with the family furniture business.

Godfrey Lionel RAMPLING

b. 14 May 1909 Greenwich, London.
Army, Milocarian AC.
At 27 Rampling was the oldest of the quartet that won gold for Britain in the 1936 Olympic 4x400m relay, when he ran a 46.7 second leg to take Britain into the lead against the USA after Wolff's opening 49.2. Roberts (46.4) and Brown (46.7) finished the job.
Rampling had excelled as a relay runner in his first international season, 1931, when he took Britain to relay victories at both 4x400 and 1600m medley relay with legs of 47.0 and 46.6.
He won gold medals at both 440y (British record 48.0) and 4x440y relay at the 1934 Empire Games and a silver at 4x400m at the 1936 Olympics, but he just missed two Olympic finals, placing 4th in the semis in both 1932 and 1936 at 400m. An army officer in the RA, he retired as a lieutenant colonel in 1958. His daughter Charlotte is the well-known film actress.

AAA 440y champion 1931,
1934. Army champion 440y
and 880y (1930), 220y
(1931). Other pbs: 220y 22.0
(1931), 880y 1:57.8 (1930).

6q3	James Paterson S	48.63	3h3 48.9
4q1	Ronald Thomson S	48.83	3h7 49.7
5h2	Robert Hay S	49.9	
4h4	William Dundas N	51.0	
1962 2	Robbie Brightwell E	46.86	1h1 47.5, 1s1 47.4
- s2	Barry Jackson E	dnf	2h4 47.5
3h3	Adrian Metcalfe E	48.3	
3h2	Nick Overhead E	48.4	
4h5	Peter Harraghy IOM	56.1	
1966 6	Martin Winbolt Lewis E	47.02	1h4 47.6, 4s2 47.6
7	John Adey E	47.09	2h5 47.4, 3s3 47.5
5s1	Tim Graham E	47.6	2h6 47.8
3h4	Howard Davies W	49.0	
400 Metres			
1970 5s2	Michael Hauck E	46.96	2h7 48.71, 3q1 46.75
5q1	Andy Wood S	47.79	4h5 48.06
5q2	Martin Bilham E	48.09	3h1 48.55
7q4	Ray Gordon S	49.19	3h4 50.18
8q3	Gerry Carson N	52.30	6h5 50.06
5h4	Gwynne Griffiths W	50.64	
7h5	Malcolm Yardley E	50.78	
5h1	Brian Cowley IOM	51.34	
1974 4	David Jenkins S	46.46	1h5 47.00, 3s2 45.88
7s2	John Wilson E	47.06	3h5 47.47
4h5	Joseph Chivers N	47.76	
5h1	Michael Delaney W	48.17	
6h2	Ray Hearn E	52.19	
7h5	Steve Higgins IOM	52.91	
1978 5	Glen Cohen E	46.99	2h6 47.15, 3q3 46.45, 2s2 47.00
6	Richard Ashton E	47.32	1h2 47.50, 1q2 46.27, 3s1 46.88
5s1	David Jenkins S	47.37	1h1 47.78, 4q2 46.66
6s2	Terry Whitehead E	47.85	1h3 47.52, 2q1 46.52
5q4	Jeff Griffiths W	47.41	4h1 47.97
7q1	Michael Delaney W	47.41	3h4 47.56
5q3	Roger Jenkins S	47.44	4h5 47.93
6q4	Clive Beattie N	47.77	3h4 47.83
6h3	David Anderson IOM	48.80	
1982 5	Todd Bennett E	47.06	3h5 48.56, 1q2 46.91, 2s1 45.89
6	Phil Brown E	47.11	3h3 48.59, 3q3 47.26, 1s2 46.45
7s1	Steve Scutt E	46.91	3h4 49.32, 4q1 47.61
1986 1	Roger Black E	45.57	3h2 47.27
3	Phil Brown E	46.80	3h1 47.72
4	Kriss Akabusi E	46.83	1h1 47.55
5	Brian Whittle S	47.10	4h2 47.56
5h1	Martin Johnston S	48.57	
6h2	Michael Guegan J	48.80	
6h1	Jim Nicoll S	50.07	
1990 9	Todd Bennett E	46.64	3h3 47.28, 3q3 46.59, 4s1 46.06
7s2	Wayne McDonald E	47.13	2h4 46.87, 2q2 46.82
- s1	Phil Brown E	dnf	3h3 48.24, 2q4 47.09
8q3	David Teece IOM	49.43	6h2 48.99
1994 2	Du'aine Ladejo E	45.11	3h6 47.90, 1q3 46.26, 1s2 45.23
7s2	Iwan Thomas W	45.98	1h8 46.46, 3q1 46.37
5s1	David McKenzie E	46.18	1h4 46.39, 4q4 46.38
5q4	Jamie Baulch W	46.45	4h3 46.93
5q2	Paul McBurney N	46.78	1h1 46.49
5q1	Brian Whittle S	47.00	3h1 47.12
5h1	Alex Fugallo E	47.58	
1998 1	Iwan Thomas W	44.52	2h3 46.76, 1q3 45.26, 1s2 44.61
2	Mark Richardson E	44.60	1h6 46.19, 2q2 45.54, 1s1 45.03
4	Jamie Baulch W	45.30	2h5 46.14, 1q1 45.64, 2s2 44.83
5s1	Mark Hylton E	45.54	2h4 46.63, 4q1 45.97
7s1	Paul McBurney N	46.50	3h1 46.59, 3q4 45.90

David Andrew JENKINS

b. 25 May 1952 Pointe-à-Pitre,
Trinidad. Edinburgh Academy,
Edinburgh University, Gateshead H.

Jenkins showed his awesome talent when becoming the youngest ever European individual event winner in taking the 400m in 1971 at 19 years and 80 days in a British record time of 45.45 from the outside lane. Despite a decade as Britain's outstanding one-lap runner, he never quite fulfilled his potential although he was undoubtedly a great relay runner, and a sad postscript to his career came with his conviction for drugs dealing in the USA in 1987. He later admitted that he had used anabolic steroids himself intermittently from the end of 1975. He improved the British record at 400m four times to 44.95, in winning the American title in 1975, a year in which he also won the European Cup 400m. That set him up as an Olympic favourite for 1976, but he disappointed with 7th, a placing he repeated at the

1980 Games. He had been a semi-finalist in 1972, when he won a relay silver medal. At the Europeans he added 2nd at 400m and relay gold in 1974 and a relay silver in 1982, and at the Commonwealth Games he was 4th at 400m and 7th at 200m in 1974 and won a 4 x 100m gold for Scotland in 1978. Having begun at the high jump (pb 1.79 in 1969), he won AAA youth titles at 220y and 440y in 1968 and the junior 100m and 400m in 1969 followed by a record six senior 400m titles 1971-6. He was also UK 400m champion in 1980. He also set British records at 200m, 20.66 (1973) and hand-timed 20.3 (1972), 300m 32.44 (1975) and 600m 1:15.6 (1974), with a 100m best of 10.1 (1972). In his 36 UK internationals 1969-81 he won a record 44 races (25 individual and 19 relay). His brother Roger, pb 46.49 (1975), was 2nd at the 1975 WSG 400m and won 4x400m bronze at the 1973 European Juniors.

8s2	Solomon Wariso E	47.80	4h1 47.35, 3q4 46.11
7q3	Brian Forbes N	47.41	4h3 47.41

World Student Games

Note separate teams from England and Scotland (S) until 1947

1928	-s	Peter Miller	-	2h3
1930	-s	Douglas Neame	1h2 51.8	
	-s	R N Metcalfe	3h5 53.3	
	4h4	C E D H Goodhart	-	
1933	5s2	Geoffrey Blake	-	2h1 50.8
	6s1	Stanley Skinner	-	3h3 63.4
	5h2	R E Markham	-	
1935	3h1	Geoffrey Blake	51.2	
	4h3	James Small	52.6	
1937	1	Godfrey Brown	47.8	1h1 49.8, 1s1 48.4
	2	John Horsfall (AUS)	48.2	3h4 51.1, 2s2 48.7
	3	Ronald Wylde S/SAI	48.2	1h3 49.7, 1s2 48.3
	5	J K Watson S	49.3	1h2 50.0, 2s1 49.0
1939	2	J A M Robertson S	49.6	2h3 -
	4	Alec Palmer	50.1	2h1 49.8e
	-	Alan Pennington	-	1h2 49.3
	-	Godfrey Brown	-	1h3 49.6
	3h2	W M O Rennie S	-	
	4h1	Brittel S	-	
1947	2	Peter Wallis (SAI)	48.6	1h6 49.4, 1s1 48.5
	4s3	Alan Watts	50.6	2h3 50.3
	3s2	Kenneth Hodgkinson	51.0	2h4 50.7
	5s1	William Conacher S	51.3	3h2 52.3
1951	4	Alan Dick	49.6	1h1 50.3, 2s1 49.8
	5	Harold Steggles	50.3	2h4 51.4, 3s2 50.3
	6s2	D Lyall	51.6	3h2 51.6
1953	2	Keith Whittaker	49.6	1h2 49.5
	3	Peter Phillips	49.7	1h1 49.9
	4h3	Harold Steggles	50.5	
1955	3	John Wrighton	48.9	2h2 51.3, 3s2 50.3
	4s1	Roger Baker	50.7	2h1 50.6
	4h4	James Paterson	50.9	
1957	1	James Paterson	48.4	1h5 48.6, 1s1 48.5
	4s3	Chris Goudge	51.0	1h6 49.3
1959	6	Norman Futter	48.5	3h6 49.6, 2s2 48.7
	5s1	Robert Hay	49.6	2h2 49.5
1961	4h1	Menzies Campbell	49.3	
1963	1	Adrian Metcalfe	46.75	2h3 48.14
	3h2	Menzies Campbell	47.92	
1967	4	Howard Davies	47.0	1h3 47.8
	6	James Barry	47.4	2h2 47.6
1970	6s1	Michael Hauck	47.2	1h3 48.1
	6s2	Jim Aukett	47.5	2h4 47.2
1973	3	David Jenkins	46.39	2h6 47.05, 1s1 46.1
	6s2	Joseph Chivers	47.9	1h2 48.12
1975	2	Roger Jenkins	46.55	1h6 46.75, 1s2 47.46
1977	6	Steve Scutt	46.27	1h5 46.53, 1s2 46.42
	ns s3	Roger Jenkins	-	2h8 48.66
1979	6s2	Alan Bell	46.53	3h2 47.22
1981	3s3	Melvin Fowell	46.94	2h6 47.23
1989	4h	Richard Hill	47.78	
	5h4	Paul Dennis	48.56	
1991	6	Calvin Henry	46.51	2h1 47.69, 3q3 47.29, 4s2 46.60
	7s1	Du'aine Ladejo	47.63	2h4 47.74, 4q2 47.73
1993	7s1	Du'aine Ladejo	46.33	5h1 46.17, 4q4 46.51
	6q2	Ade Male	46.03	4h5 46.25
1995	5s2	David Grindley	46.15	3h1 48.36, 3q3 46.86
	5s1	Jared Deacon	46.45	1h7 47.27, 3q4 46.70

John Derek WRIGHTON

b. 10 March 1933 Ilford. Southgate H, University of London, Royal Navy. A tall (1.89m, 80kg) man, Wrighton ran with a distinctive leaning-forward gait, and ranked as one of Britain's best from 1955 to 1960. His great year was 1958 when he was ranked 6th in the world; he was 5th at the Empire Games in a pb 47.2y, but smashed that with 46.3 when he took the European title from John Salisbury. Together they helped Britain to victory at 4x400m. Two years later he was a 400m quarter-finalist and 5th at 4x400m at the Olympics. He won the Herts junior 100y 1951 and broke through at 440y in 1955 with the Southern title and bronze at the International Student Games. A doctor. Other pbs: 100m 10.9 (1960), 220y 21.6 (1958), 880y 1:55.2 (1960).

Adrian Peter METCALFE

b. 2 March 1942 Bradford. Leeds AC and Oxford University 1960-4. Coached by Lionel Pugh. Metcalfe was English Schools champion at 220y 1959 and 1960. Just one year after making his 440y debut, he ranked number one in the world - aged 19 in 1961. He set British records at 45.8m in Oslo (from a pb of 47.3y!), 46.4y and a world junior record of 45.7m and won the AAA title. 1.88m/79kg, he was described by the American coach 'Jumbo' Elliott as possessing "the greatest potential I've ever seen in an athlete of his age". So the fact that he never recaptured such form and bowed out of competition at the age of 24 was a huge disappointment. He went on to a varied and successful career in television around the world; an ITV commentator for many years and at one time head of sport for Channel 4. He was ill at the 1962 Empire Games, though he won a relay silver medal. Double 400m and 4x400m gold at the 1963 World University Games gave him most pleasure, and he excelled again at the 1964 Olympics. He had been thwarted by injury and only managed the quarter-finals in the individual 400m, but he ran a brilliant 45.5 leg in the 4x400m helping Britain to the European record and silver medals. Other pbs: 100y 9.8 (1961), 9.7w (1962); 100m 10.7 (1961), 220y 21.3 (1962), 21.0w (1961), 880y 1:53.6 (1964)

1997	7s2	Jared Deacon	47.73	3h5 47.75
	6s1	Sean Baldock	48.93	2h7 47.05

World Junior Championships

1986	7	Peter Crampton	47.26	3h6 48.17, 4h3 46.78
	3s2	Mark Tyler	46.95	3h5 47.80
1988	4	Mark Richardson	46.94	2h2 46.63, 2s1 46.43
	5	Wayne McDonald	47.08	2h7 47.58, 1s2 46.29
1990	3	Mark Richardson	46.33	1h5 46.64, 2s1 46.34
	7	Du'aine Ladejo	47.53	2=h4 47.03, 4s2 46.66
1992	5	Carl Southam	46.74	2h3 47.05, 2s1 46.59
	7	Guy Bullock	46.81	5h5 48.27, 2s3 46.74
1994	4	Mark Hylton	46.37	2h2 47.49, 1q3 47.07, 2s2 47.29
	ns qf	Guy Bullock	-	2h6 48.86
1996	3s3	Geoff Dearman	47.40	2h7 47.48
	5h6	Kris Stewart	48.05	
1998	7	Alloy Wilson	46.64	1h4 46.81, 3s2 46.69
	7s1	David Naismith	47.73	4h2 47.47

European Junior Championships

1970	1	Peter Beaven	47.11	1h3 47.59
1973	4	Glen Cohen	46.95	2h3 48.57, 2s2 47.61
	5	Roger Jenkins	47.70	1h2 48.19, 1s1 47.05
1975	2	Peter Hoffmann	47.27	2h1 48.23, 1s2 47.60
	8s1	Brian Jones	50.40	3h2 48.43
1977	3	Steve Wymark	47.50	3h3 48.79, 1s1 47.68
	6	Andrew Kerr	48.10	3h1 49.00, 1s2 48.04
1979	2	Melvin Fowell	46.63	3h4 47.23, 4s2 47.15
	8	Iain Cuthbertson	47.22	2h1 47.78, 3s1 46.95
1981	1	Todd Bennett	47.18	1h1 47.49
	8	John Weston	49.53	4h2 48.51
1983	5s2	Derek Redmond	47.55	4h1 48.16
	5s1	Mark McMahon	47.96	4h3 47.75
1985	1	Roger Black	45.36	1h3 48.11, 1s1 46.98
1987	1	Peter Crampton	46.03	1h3 48.06, 1s1 47.93
	6	Gary Patterson	47.80	3h1 48.00, 4s2 48.37
1989	1	Wayne McDonald	47.27	2h3 48.02, 2s2 47.60
	6h1	Mark Richardson	50.50	
1991	1	David Grindley	45.41	1h1 46.74
	2	Mark Richardson	45.53	1h2 47.04
1993	1	Guy Bullock	46.13	1h3 47.41
	4	Nick Budden	46.89	1h2 47.06
1995	1	Mark Hylton	45.97	1h2 47.38
	4	Geoff Dearman	47.13	2h3 47.28
1997	3	David Naismith	47.11	2h2 47.53
	8	Michael Parper	47.94	1h3 47.65

European Under-23 Championships

1997	1	Mark Hylton	45.71	1h2 47.05, 1s1 46.25
	6	Richard Knowies	46.63	1h3 47.05, 4s2 47.44

European Cup (S – semi-final)

1965	S 1	Michael Fitzgerald	47.0
1965	F 4	Michael Fitzgerald	47.4
1967	S 2	Tim Graham	47.3
1970	S 4	Mike Hauck	47.1
1973	S 1	David Jenkins	45.2
1973	F 2	David Jenkins	46.00
1975	S 1	David Jenkins	45.69
1975	F 1	David Jenkins	45.52
1977	S 1	David Jenkins	46.26
1977	F 4	David Jenkins	46.40
1979	S 4	Glen Cohen	48.09
1979	F 7	Steve Wymark	46.66

1981	S 2	Steve Scutt	46.64
1981	F 4	David Jenkins	45.86
1983	5	Phil Brown	46.28
1985	3	Derek Redmond	45.35
1987	2	Roger Black	45.99
1989	5	Brian Whittle	46.19
1991	1	Roger Black	44.91
1993	1	David Grindley	44.75
1994	1	Roger Black	45.08
1995	1	Mark Richardson	45.43
1996	2	Du'aine Ladejo	45.72
1997	1	Roger Black	45.63
1998	1	Mark Richardson	45.81

Todd Anthony BENNETT
b. 6 July 1962 Southampton.
Coached by Mike Smith.
A small man at 1.71m, Todd Bennett compiled a distinguished record, particularly indoors and with stalwart relay running. He began at 800m and 1500m steeplechase, competing in the latter at the 1977 English Schools. Turning to 400m he was 3rd in the 1980 English Schools, and made rapid progress in 1981, when he won the European Junior title, adding silver at 4x400m. Outdoors he competed at two Olympics, two Worlds and one Europeans, not making an individual final but winning relay medals: Olympic silver 1984, World bronze 1983, European silver 1982. From three Commonwealth Games he won 4x400m relay gold medals in 1982 and 1986, and at the latter was 2nd at 200m. Indoors came the greatest individual triumphs, with European 400m gold in 1985 (in a world indoor best of 45.56) and in 1987, and a World 400m silver in 1985. He ran a pb 20.36 for 200m (then second-best ever by a British athlete) to win the UK title in 1984, and latter that year also won the AAA 200m title. Other pbs: 100m 10.46 (1986), 300m 32.14 (Commonwealth best 1984). 400mh 51.5 (1985), LJ 7.01 (1982). He has stayed in the sport, team managing for Team Solent, and now for the UK Under-23 team.

European Under-23 Cup

1992	1	David Grindley	45.57
1994	3	Adrian Patrick	47.09

World Cup

1989	9	Derek Redmond	46.68
1992	2	Mark Richardson	45.86
1994	2	Du'aine Ladejo	45.44
1998	1	Iwan Thomas	45.33

UK 400m/440y Performances in International matches

y for 440y marks, otherwise at 400m

1921	FRA	2. Cecil Griffiths, 3. Robert Lindsay, 5. Thomas Cushing
1922	FRA	1. Cecil Griffiths 50.8, 2. Thomas Cushing, 5. Edward Toms
1923	FRA	1. Jack Gillis 49.8 (1h2 51.8), 3. Cecil Griffiths (2h2), 3h1. John Major
1925	FRA	1. Richard Ripley 49.8, 4. Guy Butler, 6. Thomas Cushing
1926	FRA	1. John Rinkel 49.4, 2. Kenneth Cobb, 3. Henry Stallard
1927	FRA	1. John Rinkel 50.2, 3. Roger Leigh-Wood 50.7e, 5. Walter Craner
1929	FRA	1. Lawrence Neame 49.6, 4. Lord Burghley, 6. William Green
1930	FRA	1. Kenneth Brangwin 50.8y, 4. John Hanlon, 5. George Bird
1931	FRA	1. Godfrey Rampling 48.0, 2. John Hanlon 49.2, 5. Kenneth Brangwin 50.4
	ITA	1. Godfrey Rampling 48.8, 2. John Hanlon
1933	FRA	1. Frederick Wolff 49.4y, 2. Christopher Ward 50.2y, 6. Roy Moor
	GER	1. Frederick Wolff 49.5y, 4. Denis Rathbone
	ITA	1. Christopher Ward 49.4, 2. John Powell 49.5
1934	FRA	1. Godfrey Rampling 48.2, 2. Alan Hunter 49.4, 3. Geoffrey Blake 49.4
1935	FIN	1. Bill Roberts 48.8y, 2. Alan Hunter
	FRA	1. Bill Roberts 48.5y, 4. John Anderson 50.7y
	GER	1. Bill Roberts 47.7, 2. Godfrey Brown 48.4
1937	FRA	1. Bill Roberts 47.5, 2. Ronald Wylde (SAF) 49.0
	GER	1. Bill Roberts 48.2y, 2. Godfrey Brown 49.2y
	FIN	1. Godfrey Brown 47.7, 4. John Powell 50.8
	NOR	1. Godfrey Brown 47.8, dnf. John Powell
1938	NOR	1. Godfrey Brown 49.2, 2. Bill Roberts
	FRA	1. Godfrey Brown 48.8, 2. Bill Roberts 49.2
1939	GER	2. Alan Pennington 47.3, 4. Godfrey Brown 48.7
1945	FRA	2. John Panton 49.2, 3. Charles Denroche 49.8
1946	FRA	1. Bill Roberts 49.2y, 2. Derek Pugh 49.3y
1947	FRA	3. John Mark 49.5, 4. Thomas Collier 49.6
1949	FRA	1. Derek Pugh 48.5y, 2. Leslie Lewis 49.1y
1950	FRA	1. Leslie Lewis 48.2, 4. Arthur Wint (Jam) 48.7
1951	FRA	1. Arthur Wint (Jam) 47.2y, 2. Derek Pugh 48.0y
	YUG	1. Arthur Wint (Jam) 47.2, 2. Terence Higgins 47.8
	GRE	1. Angus Scott 49.6, 2. Nicholas Stacey 49.7
	TUR	1. Terence Higgins 48.6, 3. Leslie Lewis 50.6
1952	FRA	2. Terence Higgins 47.9, 4. Leslie Lewis 48.3
1953	FRA	1. Len Smith 48.6y, 2. Peter Fryer 48.7y
	FRG	3. Len Smith 48.3, 4. Peter Fryer 49.2
	SWE	1. Peter Fryer 48.3, 2. Len Smith 48.4
1955	FRG	2. Peter Fryer 48.2y, 3. Michael Wheeler 48.8y
	HUN	1. Michael Wheeler 48.3y, 3. Peter Fryer 48.8y
	FRA	1. Michael Wheeler 47.7, 4. Peter Fryer 48.1
	USSR	2. Michael Wheeler 47.4, 3. Peter Fryer 48.1
	CS	390m: 1. Michael Wheeler 45.9, 3. Peter Fryer 46.9
1956	CS	1. Peter Higgins 48.8y, 3. Michael Wheeler 49.0
	HUN	1. Peter Higgins 47.3, 2. John Salisbury 47.8
1957	FRA	1. John Salisbury 48.1y, 2. Peter Higgins 48.3
	USSR	1. Peter Higgins 47.3, 2. John Salisbury 47.7
	POL	3. John Salisbury 47.7, 4. Peter Higgins 48.6
	FRG	1. John Wrighton 47.4, 4. John Salisbury 48.2
1958	Comm	1. John Salisbury 47.8y, 5. John Wrighton 48.4y, 6. Edward Sampson 49.1y
	FRA	1. John Wrighton 46.6, 2. John Salisbury 47.0
1959	FRG	2. John Wrighton 47.34, 3. Malcolm Yardley 47.51

Alan PENNINGTON

b. 4 April 1916 Wallasey, Cheshire,
d. 2 June 1961 Lisburn, N. Ireland.
Wallasey AC, Achilles.

Pennington was the leading Britain and third-ranked European at 400m in 1939, when he ran his pb of 47.3 in 2nd place to the great Rudolf Harbig in the Britain-Germany match. So he was one sportsman who was deprived of potential Olympic success by the War.

He had been a brilliant junior, winning 100y and 220y at the AAA Junior Championships in 1934 and the Public Schools 100y while at Berkhamstead in 1935. For Oxford he scored Varsity match victories at 100y in 1936 and 1938 and 440y in 1939. He made his international debut at the 1936 Olympic Games at 100m, 200m and 4x100m. In 1937 he was 2nd to Cyril Holmes at 100m at the World Student Games and was a member of all three winning relay teams (4x100, 4x400, Medley), and in 1938 was 3rd at 200m and 2nd at 4x400m at the European Championships.

Other pbs: 100y 9.9 (1937), 100m 10.6 (1936), 10.4w (1937); 200m 21.5 (1937), 220ySt 21.3 (1937).

- (1959) POL 1. John Wrighton 47.3y, 4. John Salisbury 48.5y
USSR 1. John Wrighton 47.0, 3. Malcolm Yardley 47.2
FIN 1. John Wrighton 47.2, 4. Malcolm Yardley 48.8
- 1960 FRA 2. Robbie Brightwell 46.5, 3. John Wrighton 46.5
USA 2. Adrian Metcalfe 46.4y, 4. Robbie Brightwell 46.8y
- 1961 HUN 1. Robbie Brightwell 47.0, 2. Adrian Metcalfe 47.2
FRG 1. Adrian Metcalfe 45.7, 2. Robbie Brightwell 45.9
POL 1. Robbie Brightwell 46.7, 3. Adrian Metcalfe 47.2
FRA 1. Adrian Metcalfe 46.4, 2. Robbie Brightwell 46.9
- 1962 FRG i 1. Barry Jackson 51.9y, 4. Norman Futter 52.4y
POL 1. Robbie Brightwell 46.6, 3. Adrian Metcalfe 48.0
- 1963 FRG i 2. Brian Morris 48.8, 4. Frank Martin 49.9
USA 3. Adrian Metcalfe 47.6y, 4. Barry Jackson 48.0y
FRG 1. Adrian Metcalfe 46.9, 4. Nick Overhead 47.9
SWE 1. Robbie Brightwell 46.86, 3. Nick Overhead 48.35
RUS 1. Robbie Brightwell 46.6, 2. Adrian Metcalfe 46.8
HUN 1. Adrian Metcalfe 46.2, 2. Robbie Brightwell 46.2
- 1964 FIN i 1. Nick Overhead 50.6y, 3. Frank Dick 52.0y
FIN 1. Robbie Brightwell 46.4, 2. Tim Graham 46.7
POL 1. Robbie Brightwell 46.2, 3. Tim Graham 47.3
FRA 1. Robbie Brightwell 46.6, 3. Tim Graham 47.1
- 1965 USA i 3. Mike Rawson 51.5y, 4. Nick Overhead 51.6y
FIN i 1. Nick Overhead 48.6, 3. Peter Fuller 49.4
POL 2. Mike Fitzgerald 47.0, 3. John Adey 47.7
HUN 1. Malcolm Yardley 46.96, 3. Mike Fitzgerald 47.43
FRG 3. Mike Fitzgerald 47.8, 4. Malcolm Yardley 48.7
- 1966 USSR 1. John Adey 47.26, 2. Tim Graham 47.36
SWE 1. Colin Campbell 47.6, 4. Hugh Bailie 48.7
FRA, FIN 1. Colin Campbell 47.2, 3. Paul Charles 47.8
- 1967 FRA i 2. Colin Campbell 48.8, 3. Nick Overhead 49.4
HUN 1. Colin Campbell 46.6, 2. Tim Graham 46.6
POL 2. Tim Graham 48.8, 3. Colin Campbell 47.2
USA 3. Colin Campbell 47.56, 4. John Robertson 47.98
FRG 2. Colin Campbell 47.27, 4. Howard Davies 48.14
- 1968 FRG i 1. Colin Campbell 48.6, 2. Martin Bilham 48.9
SWI 1. Colin Campbell 46.3, 3. Gwynne Griffiths 47.6
POL 3. Colin Campbell 47.50, 4. Martin Winbolt Lewis 47.62
- 1969 CS 1. Martin Winbolt Lewis 47.2, 2. Colin Campbell 47.7
USA 3. John Robertson 47.40, 4. Gwynne Griffiths 47.50
ITA, CS 2. Gwynne Griffiths 47.0, 3. John Robertson 47.1
FRA 2. John Robertson 46.60, 4. Colin Campbell 47.06, 6. Martin Winbolt Lewis 47.48
FRG 1. David Jenkins 47.4, 3. John Robertson 47.6
FIN 1. John Robertson 46.8, 2. Ralph Banthorpe 47.2
- 1970 GDR i 2. Gwynne Griffiths 49.2, 3. Ricky Taylor 49.3
GDR 3. Len Walters 47.56, 4. Ricky Taylor 48.28
POL 3. Martin Bilham 47.3, 4. Len Walters 47.7
- 1971 GDR i 2. Ricky Taylor 48.4, 3. Jim Aukett 48.7
FRA i 1. Jim Aukett 48.7, 2. Ricky Taylor 48.8
FRA 1. David Jenkins 46.5, 5. John Robertson 47.9, 6. Martin Bilham 48.0
FRG 2. Peter Gabbett 47.32, 3. Len Walters 47.46
- 1972 SPA i 2. Jim Aukett 49.5, 4. Michael Delaney 49.8
POL 4. Andrew Williams 47.67, 4. Ray Hearn 48.66
GRE, HOL 1. David Jenkins 45.3, 3. Andrew Williams 47.0
FIN, SPA 1. David Jenkins 45.4, 5. Gary Armstrong 47.7
FRA 1. Martin Reynolds 46.36, 4. Peter Gabbett 47.39
- 1973 GDR i 1. Jim Aukett 47.8, 4. Colin O'Neill 48.5
SPA i 1. Jim Aukett 48.3, 3. Colin O'Neill 48.7
GDR 1. David Jenkins 45.8, 3. John Wilson 46.3
GRE, BEL 1. David Jenkins 45.8, 2. John Wilson 46.8
HUN 1. Ray Hearn 47.23, 3. John Wilson 47.82
- 1974 SWE 2. David Jenkins 46.94, 4. Ray Hearn 48.30
SPA i 1. Jim Aukett 48.0, 2. John Wilson 48.4
GDR 1. David Jenkins 45.84, 4. Jim Aukett 46.89

Colin William Ashburner CAMPBELL

b. 20 June 1946 London.

Polytechnic Harriers and Jersey
AC. Coached by John Le Masurier.

Nine wins in ten international
matches 1966-8 show just how use-
ful a 400m runner he was, and few
British athletes have approached his
range of times from 100y to 1 mile.
Yet he never won a medal at a ma-
jor international championships; his
best being 4th in the 1968 and 1969
European Indoor 400m; nor did he
win a AAA title outdoors (he won
at 800m indoors in 1970).

His breakthrough came in 1965,
when he beat the 1964 Olympic
champion Mike Larrabee in Zürich.
Although he was a Jersey man
(starting with Jersey AC in 1962)
he represented England at 800m at
the Commonwealth Games in 1970
(8th) and 1974.

A bank official, he was ideally built
for the event at 1.85m 77kg.
Other pbs: 100y 10.0 (1965), 100m
10.9 (1967), 200m 21.5 (1968),
800m 1:46.1 (1972), 1000m 2:23.5
(1974), 1500m 3:44.5 (1972), 1M
4:04.4 (1972).

Finalist in junior All-England bad-
minton championship 1963/4.

(1974)	POL, CAN	1. David Jenkins 45.5, 5. Steve Marlow 47.8
	CS	2. Steve Marlow 47.69, 3. John Wilson 47.73
	SWE	1. David Jenkins 45.58, 4. John Wilson 47.46
	NOR, BEN	2. Roger Jenkins 46.7, 4. Glen Cohen 47.5
	FIN	1. David Jenkins 46.16, 3. Roger Jenkins 47.41
1975	BEL i	2. Colin O'Neill 48.5, 3. Joseph Chivers 48.6
	FRA i	1. Joseph Chivers 48.45, 2. Colin O'Neill 48.61
	SPA i	1. Colin O'Neill 48.45, 2. Joseph Chivers 48.45
	GDR	3. Glen Cohen 46.78, 4. Roger Jenkins 47.68
	USSR	1. David Jenkins 45.79, 2. Bob Benn 47.65, 4. Joseph Chivers 47.91
	SWE	1. Roger Jenkins 46.70, 4. Jim Aukett 47.60
1976	GDR i	1. Ainsley Bennett 48.5, 2. Steve Scutt 48.6
	CAN i	3. Ainsley Bennett 50.24, 4. Steve Scutt 50.57
	YUG, GDR	4. Glen Cohen 46.90, 6. Roger Jenkins 48.00
	USSR	1. Glen Cohen 46.5, 2. Ainsley Bennett 46.8, 3. Gary Armstrong 47.0
	CAN, POL	1. David Jenkins 45.65, 5. Glen Cohen 46.41
1977	ITA i	1. Glen Cohen 47.9, 4. Carl Hamilton 48.2
	SPA i	1. Glen Cohen 47.98, 2. Carl Hamilton 48.88
	FRG i	1. Glen Cohen 47.95, 4. Carl Hamilton 48.52
	FRA i	3. Glen Cohen 48.3, 2. Carl Hamilton 48.9
	FIN	1. David Jenkins 46.03, 2. Glen Cohen 46.91
	SWE, POL	2. Glen Cohen 46.39, 4. Danny Laing 46.91
	USSR	1. Danny Laing 47.02, 3. Peter Hoffmann 47.78
	FRG	1. Glen Cohen 45.89, 2. David Jenkins 46.02
1978	FRG i	2. Colin O'Neil 49.0, 3. Carl Hamilton 49.2
	GDR i	2. Carl Hamilton 48.6, 4. Colin O'Neill 49.0
	GDR	2. Jeff Griffiths 47.84, 3. Alan Bell 47.92
	FIN	1. Danny Laing 47.15, 2. Roger Jenkins 47.84
	8-N Tokyo	2. Danny Laing 46.39
1979	FRG i	1. Earl Tulloch 47.67, 3. Andrew Kerr 47.89
	SPA, ITA i	2. Andrew Kerr 48.3, 4. Earl Tulloch 48.4
	GDR i	3. Earl Tulloch 49.3, 3. Andrew Kerr 49.8
	FRG, POL, SWI	6. Glen Cohen 46.86, 8. Earl Tulloch 46.96
	RUS	1. Steve Scutt 47.03, 2. Alan Bell 47.34, 3. Melvin Fowell 47.92
1980	FRG i	1. Garry Cook 48.4, 3. Terry Whitehead 48.6
	GRE, HUN	1. Rod Milne 46.40, 2. Alan Bell 46.60
	SWE	1. Roy Dickens 49.07, 3. Phil Brown 50.45
	8N Tokyo	5. Rod Milne 46.51
	8N Beijing	2. Steve Scutt 46.77
1981	FRG i	3. Carl Hamilton 48.90, 4. Earl Tulloch 50.84
	GDR i	2. Ainsley Bennett 48.4, 4. Carl Hamilton 48.6
	GDR	3. Steve Scutt 47.11, 4. Alan Bell 50.84
	FRG, POL	2. Steve Scutt 46.28, 3. Garry Cook 46.43
	USSR	1. Steve Scutt 46.69, 2. Melvin Fowell 47.15
	FRA, SWI	2. Carl Hamilton 47.62, 5. Nigel Kitchen 48.26
	ITA	3. Carl Hamilton 47.65, 4. John Weston 47.82, 5. Steve Heard 47.96
1982	BEL i	1. Todd Bennett 48.32, 3. Paul Dunn 49.3
	FRG i	3. Terry Whitehead 48.37, 4. Paul Dunn 48.51
	GDR i	3. Terry Whitehead 48.50, 4. Paul Dunn 49.07
	GDR, BEL	1. Todd Bennett 46.40, 2. Steve Scutt 46.68
	SWE	1. Steve Scutt 46.65, 2. Glen Cohen 47.18
1983	FRA i	2. Ainsley Bennett 47.55, 4. Vaughan Esprey 49.09
	FRG i	3. Vaughan Esprey 48.64, 4. Stephen Sole 48.69
	USSR i	1. Ainsley Bennett 47.92, 4. Carl Hamilton 48.92
	USSR	3. Alan Slack 47.61, 4. Kriss Akabusi 47.65
	FIN, SUI	1. Kriss Akabusi 46.70, 2. Alan Slack 46.72
1984	GDR i	3. Terry Whitehead 49.1, 4. Stephen Sole 49.3
	FRA i	3. Terry Whitehead 49.20, 4. Stephen Sole 49.38
	8N Tokyo	2. Todd Bennett 45.72
	YUG	2. Alan Slack 46.70, 4. Nigel Kitchen 47.52
1985	FRG i	1. Todd Bennett 46.93, 2. Ainsley Bennett 48.06
	ITA, YUG i	1B. Roger Black 47.24, 2A. Ainsley Bennett 47.99
	CS, FRA	1. Phil Brown 45.97, 3. Derek Redmond 46.41

(1985)	GDR, JAP	3. Derek Redmond 46.04, 5. Kriss Akabusi 46.30
1986	SPA i	2. Brian Whittle 47.95, 3. Max Robertson 48.67
	HUN i	1. Steve Heard 47.45, 2. Brian Whittle 47.46
	USSR i	dq. Brian Whittle and Max Robertson
	Comm	2. Derek Redmond 45.61, 5. Brian Whittle 46.36, 6. Steve Heard 46.59
1987	HUN i	1. Steve Heard 46.83, 2. Paul Hamsworth 46.87
	CAN, POL	2. Paul Hamsworth 47.01, 4. Steve Heard 47.40
1988	FRA i	1. Brian Whittle 47.03, 3. Mark Thomas 47.91
	BEL, HOL i	2. Mark Thomas 47.48, 4. Kermit Benthall 47.81
	USSR, FRA	1. Brian Whittle 45.45, 6. Phil Brown 46.97
	HUN, IS	1. Derek Redmond 45.33, 2. Brian Whittle 45.72
1989	FRG i	1. Todd Bennett 47.21, 3. Brian Whittle 47.59
	USA, USSR i	2 (1B) Brian Whittle 47.08, 3 (2A) Gary Cadogan 47.64
	HUN, IS	3. Paul Sanders 46.59, 6. Gary Cadogan 47.19
	USA, USSR, FRG	3. Derek Redmond 46.70, 6. Todd Bennett 47.10
	KEN	2. Brian Whittle 45.98, 4. Todd Bennett 46.35, 6. Peter Crampton 46.51
1990	GDR i	2. Brian Whittle 46.52, 4. Todd Bennett 47.17
	USA, USSR i	3 (2A) Todd Bennett 47.77, 4 (2B) Gary Cadogan 47.93
	FIN	1. Paul Sanders 46.57, 2. Todd Bennett 46.80, 3. Phil Brown 47.67
	USA, KEN	2. Roger Black 45.97, 6. Paul Sanders 47.80
	GDR, CAN, UK-B	1. Roger Black 45.61, 3. Paul Sanders 46.67
1991	ITA, YUG i	4. David Grindley 47.61, 6. Calvin Henry 48.17
	6N i	6. David Grindley 47.86
	USA i	3. David Grindley 47.89, 4. Stewart Weathers 47.94
	GER	1. Roger Black 44.91, 2. Paul Sanders 45.91, 3. Ade Mafe 46.46
	USSR	1. Paul Sanders 46.06, 2. Mark Richardson 46.58, 5. Mark Thomas 46.96
1992	USA i	4. Carl Southam 47.94, 5. Gary Cadogan 48.23, 6. Mark Morris 56.87
	KEN	1. Roger Black 45.12, 4. Ade Mafe 46.04, 5. David Grindley 46.13
1993	RUS i	2. David Grindley 46.90, 3. Brian Whittle 47.13
	USA i	1. David Grindley 46.67, 2. Mark Richardson 46.86, 3. Ade Mafe 46.95
	USA	1. David Grindley 45.43, 5. Ade Mafe 46.36, 6. Du'aine Ladejo 46.47
1994	RUS i	1. Mark Richardson 46.11; 2. Du'aine Ladejo 46.61
	USA	2. Du'aine Ladejo 45.61, 5. Brian Whittle 46.69
1995	RUS i	3. Brian Whittle 47.50, 4. Guy Bullock 47.64
	FRA i	1. Mark Hyton 47.06, 3. Brian Whittle 47.60
	USA	2. Mark Richardson 45.00, 3. Jamie Baulch 45.15, 4. Roger Black 45.20
1996	RUS i	1. Mark Hyton 46.96, 2. Guy Bullock 47.05
	FRA i	1. Du'aine Ladejo 46.39, 4. Mark Hyton 48.52
	IS	1. Roger Black 44.64, 3. Mark Richardson 45.15
1997	IS	1. Iwan Thomas 44.69, 3. Mark Richardson 45.10
1998	USA	1. Iwan Thomas 45.13, 4. Mark Hyton 45.75, 5. Jamie Baulch 46.50
1999	6N i	3. Du'aine Ladejo 47.34

UK 'A' or 'B' Internationals

1959	NOR	1. Malcolm Yardley 48.1, 2. Chris Lindsay 48.6
	HOL	1. John Mitchell 48.7, 2. Brian Morris 49.6
1960	BEL	1. Barry Jackson 47.5, 3. Robin Woodland 48.4
1961	SWI	1. Malcolm Yardley 47.2, 3. John D Cooper 48.4
1963	BEN	2. Menzies Campbell 48.2, 3. Robert Setti 48.3
1964	BEN	1. Tim Graham 48.2, 4. Richard Steane 49.6
1967	FRA	1. Len Walters 49.2, 2. John Robertson 49.5, 3. Hugh Baillie 49.7
1970	FRA	1. Martin Winbolt Lewis 47.4, 2. Ricky Taylor 48.1, 6. John Wilson 48.8
1973	FRA	1. Andrew Williams 47.6, 2. Ian Saunders 47.7, 3. Gary Armstrong 48.0
1975	FRA	4. Joseph Chivers 47.94, 5. Bob Benn 48.13, 6. Steve Marlow 49.22
1977	FRA	4. Peter Hoffmann 47.36, 5. Steve Wymark 47.97, 6. Alan Bell 48.87
1979	FRA	1. Richard Ashton 47.34, 2. Rod Milne 47.48, 3. Brian Jones 47.83
1985	FRA	1. Roy Dickens 46.69, 3. Brian Whittle 47.57, 5. Martin Johnston 48.53
1990	GDR, CAN, UK	4. Todd Bennett 47.02, 6. Peter Crampton 47.55

UK Under 23 Internationals

1990	SPA, FRA, FRG	1. David McKenzie 46.79, 6. Wayne McDonald 47.77
1991	SPA, FRA, FRG	1. Wayne McDonald 45.88, 5. Calvin Henry 47.21
1992	GER, CIS	1. David McKenzie 46.21, 5. Gregor McMillan 47.41
1993	GER, RUS	3. Adrian Patrick 47.65, 6. Gareth Davies 48.69

- SPA, FRA, ITA 3. Adrian Patrick 46.99, 4. Mark Smith 47.17
 1995 SUI etc. 2 (2r2) Adrian Patrick 46.33, 3 (1r1) Guy Bullock 46.64
 FRA, ITA, SPA 1. Jamie Baulch 45.40, 3. Jared Deacon 46.98
 1996 GER, RUS 1. Guy Bullock 46.07, 2. Jared Deacon 46.78
 1997 FRA, ITA, BEN i 2 (2r2) Richard Knowles 47.55, 3 (1r1) Sean Baldock 47.73
 1997 FRA, GER 1. Jared Deacon 46.25, 2. Richard Knowles 46.48
 IS, UK 7. Mark Hylton 46.04, 4. Sean Baldock 46.21 (Young Lions team)
 1998 FRA 1. Mark Hylton 46.87, 4. Sean Baldock 47.79
 FRA, GER 1. Geoff Dearman 46.46, 5. Peter Brend 47.70
 1999 FRA i 1. Daniel Caines 47.20, 3. Lawrence Baird 48.01

England Internationals

Not including England teams at Welsh Games etc.

- 1953 HOL 1. Len Smith 49.4y, 2. Peter Fryer 49.4y
 1954 BEL 1. Peter Fryer 48.7, 2. Alan Dick 49.2
 1957 POL 2. John Salisbury 47.7, 3. Peter Higgins 47.7
 1958 FIN 1. John Wrighton 46.46, 3. Edward Sampson 46.97
 1959 GDR 1. John Wrighton 47.8, 3. Edward Sampson 48.3
 1960 ITA 1. John Wrighton 47.48, 2. Malcolm Yardley 47.70
 GDR 1. John Wrighton 48.3, 2. Robbie Brightwell 48.7
 1961 RUS 1. Adrian Metcalfe 46.46, 2. Robbie Brightwell 46.73
 1962 FIN 1. Robbie Brightwell 46.8y, 2. Barry Jackson 47.4
 1963 NOR 1. Adrian Metcalfe 47.3, 2. Barry Jackson 47.7
 ITA 2. Tim Graham 47.78, 4. Graham Thomas 48.93
 1965 IRE 1. Mike Fitzgerald 47.4, 2. John Adey 48.0
 CZE 2. John Adey 47.53, 3. Mike Fitzgerald 47.54
 GDR 1. Mike Fitzgerald 47.6, 3. John Adey 48.0
 1977 ITA, USA 5. Glen Cohen 47.22, 6. Walcott Taylor 47.73
 1979 CAN, KEN 3. Earl Tulloch 47.30, 4. Alan Bell 47.57
 SCO, BEL, NOR 1. Earl Tulloch 47.04, 3. Steve Scutt 47.15
 POL, SWI 1. Steve Scutt 46.89, 6. Terry Whitehead 48.95
 1980 WAL, HUN, HOL 1. Alan Bell 46.20, 4. Steve Scutt 47.29
 SCO, NOR, YUG 1. Phil Brown 46.82, 2. Steve Scutt 46.93
 1981 SCO, ITA, ETH 3. Alan Bell 47.15, 4. Eugene Gilkes 47.51
 SCO, HUN, NOR 2. Roy Dickens 48.09, 8. Steve Scutt 51.61
 NOR, YUG 3. Steve Scutt 46.6, 4. Garry Cook 47.1
 POL, SWI 1. Steve Scutt 46.70, 2. Roy Dickens 47.22
 1982 AUS, CS, YUG 1. Todd Bennett 46.56, 3. Steve Scutt 46.96
 JAP, KEN, SPA 2. Glen Cohen 46.86, 3. Steve Scutt 46.94
 SCO, NOR, POL 2. Steve Scutt 46.95, 3. Terry Whitehead 47.06
 1983 USA i 2. Ainsley Bennett 46.88, 4. Earl Tulloch 49.67
 AUT, BEL, POL 1. Claude Moseley 46.16, 2. Phil Brown 46.22
 HUN, NOR, SCO 1. Phil Brown 46.53, 2. Kriss Akabusi 46.55
 1984 POL i 1. Garry Cook 47.87, 2. Phil Brown 48.32
 USA i 2. Phil Brown 47.76, dq. Ainsley Bennett (47.82)
 SPA, SWE 2. Alan Slack 46.85, 3. Kriss Akabusi 46.87
 HUN, POL 1. Todd Bennett 47.51, 3. Phil Brown 48.12
 1985 USA i 2. Phil Brown 47.28, 3. Roger Black 47.92
 USA 2. Todd Bennett 45.66, 3. Phil Brown 45.77, 4. Kriss Akabusi 45.86
 CS, HUN, POL 1. Todd Bennett 45.54, 6. Alan Slack 46.70
 1986 USA i 3. Roger Black 46.82, 4. Paul Harmsworth 47.46
 USA 2. Phil Brown 45.96, 5. Kriss Akabusi 46.48, 6. Steve Heard 46.76
 BEL, AUS 3. Paul Harmsworth 46.73, 4. Paul Sanders 46.99
 1987 USA i 3. Paul Harmsworth 47.64, 4. Steve Heard 48.66
 CS, ITA 1. Roger Black 45.55, 2. Derek Redmond 46.13
 USA 1. Roger Black 45.58, 2. Derek Redmond 45.77
 1988 USA i 3. Mark Thomas 47.69, 4. Gary Cadogan 48.98
 USA 1. Kriss Akabusi 46.16, 2. Todd Bennett 46.58
 1989 ITA, OCE 2. Peter Crampton 46.55, 3. Phil Brown 46.57
 1990 Comm, IS 2. Roger Black 45.13, 7. Lewis Samuel 46.58
 1991 RUS 1. Calvin Henry 46.72, 2. Nigel Will 47.07, 3. Mark Thomas 47.16
 1992 BEL, RUS i 1. Derek Redmond 47.32, 2. Mark Morris 47.61
 AUS 1. Derek Redmond 46.15, 4. Paul Sanders 46.18

John Edward SALISBURY

b. 26 Jan 1934 Birmingham.
 Loughborough, Birchfield H.
 Sports master. 1.81m, 76kg.
 The 1-2 achieved by John
 Wrighton and John Salisbury at
 400m in 1958 was the first such
 feat ever achieved for Britain at
 the European Championships.
 This run in 46.5 came a month
 after his 4th in the Common-
 wealth Games in 47.15y; both
 times were personal bests as had
 been his earlier 47.2 to win the
 AAA 440y. He also anchored the
 British team to victory in the Eu-
 ropean 4x400 and England to
 4x440y Commonwealth silver.
 He had won the Midland Junior
 440y and was 3rd in the AAA
 Juniors in 1952, before two years
 in the RAF. He improved rapidly
 to make the 1956 Olympic team,
 semi-finalist at 400m and lead-
 ing off the bronze medal-win-
 ning relay team.
 Other pbs: 100y 10.0 (1959),
 220y 21.9 (1959), Dec 4594 pts.
 After retiring from competition
 he has remained an official in
 athletics.

	Comm, IS	2. Derek Redmond 45.68, 6. Nigel Will 47.21
	RUS, KAZ, LIT	1. David McKenzie 46.74, 4. Nigel Will 47.95
1993	BEL i	2. Todd Bennett 48.30, 3. Mark Morris 48.57
	UKR	1. Mark Smith 47.27, 2. Nigel Will 47.33, 4. Eddie Williams 47.61
1994	AUT, CZE i	1. (1r2) Eddie Williams 47.57, 2. (1r1) Mark Morris 47.98
	5N Nitra	1. David McKenzie 46.51, 2. Mark Smith 46.92
1995	AUT, HUN, CZE i	1. (1r1) Guy Bullock 47.30, 6. (3r2) Kent Ulyatt 48.66
1996	AUT etc. i	3. Andy Hart 50.52
1997	AUT etc. i	2? (2r4) Paul Slythe 47.29, 6. (1r1) Sean Baldock 47.56

England Under-23

1984	BEL, YUG	1. Phil Brown 46.49, 2. Todd Bennett 46.75
1987	NOR, BEL	1. Mark Thomas 46.29, 2. Gary Cadogan 46.88
1988	BEL, HOL	1. Mark Morris 47.28, 2. Gary Cadogan 47.60
1989	BEL, GRE	1. Peter Crampton 46.78, 4. Gary Cadogan 47.48
1990	CS, POL	1. David Grindley 46.39, 2. David McKenzie 47.20
1994	AUS, NI	(1. Paul McBurney NI 46.96), 2. Kent Ulyatt 47.23, 3. Adrian Patrick 48.07

UK Junior Internationals

1967	FRA	1. Richard Green 47.7, 2. John Wilson 48.7, 3. Tony Collins 49.2
	SWE	1. John Wilson 48.6, 3. Peter Browne 49.5, 4. Richard Green 49.5
1968	FRG	2. Peter Browne 48.0, 3. Jon English 48.1
1969	FRA	1. Derek Price 47.8, Joe Kirwan 48.1, 5. Jon English 49.2
	FRG	1. David Jenkins 46.5, 3. Derek Price 47.7
1970	FRG	1. David Jenkins 47.3, 2. Peter Beaven 47.8
1971	FRG, SWE	2. Joe Caines 48.5, 5. Desmond Coneys 49.6
1972	FRG, SWE	4. Steve Marlow 48.8, 6. David Price 49.6
1973	SWE	1. Bob Benn 48.6, 2. Chris Van Rees 49.0
1974	SPA, POR	1. Roger Jenkins 46.8, 2. Chris Van Rees 47.9
	FRG	1. Roger Jenkins 47.2, 3. Mark Clark 48.3
1975	FRA, SPA	1. Brian Jones 47.5, 2. Chris Van Rees 47.7, 3. Peter Hoffmann 47.7
1976	FRG, POL	3. Steve Wymark 47.66, 7. Philip Bray 48.37, 8. Danny King 48.72
1977	FRA, SPA	1. Andrew Kerr 48.02, 2. Steve Wymark 48.30
1978	FRG, USA	5. Neil Jackson 48.76, 6. Steve Wymark 49.14
	FRG	1. Roy Dickens 47.88, 2. Neil Jackson 48.18
1979	CAN, ITA	1. Melvin Fowell 48.0, 5. Neil Jackson 49.2
1980	FRG	1. Steve Heard 47.68, 2. Eugene Gilkes 48.25
	ITA	1. Roy Dickens 46.98, 2. Steve Heard 47.45
1981	FRG	1. Todd Bennett 47.14, 2. Steve Heard 47.76
1982	SWE	One junior in senior match: 4. Paul Dunn 47.89
	FRG	1. Chris Thompson 47.89, 3. John Probett 48.30
	HOL, BEL, ISR	1. Paul Dunn 46.96, 4. John Probett 47.79
1983	USSR	One junior in senior match: 6. Mark McMahon 48.51
	FRG	1. Mark McMahon 46.97, dnf. John Probett
1984	FRG, ITA	2. Gary Cadogan 48.1, 5. George Fraser 48.8
	NOR, ITA	1. Derek Redmond 46.80, 3. Roger Hunter 48.71
	YUG	One junior in senior match: 1. Derek Redmond 46.45
1985	FRG	1. Roger Black 46.78, 3. Gary Patterson 47.97
	BEL, HOL	1. Julian Thompson 47.64, 2. Mark Tyler 48.12
1986	SWI, OCE	2. Mark Tyler 46.91, 3. Peter Crampton 47.12
	FRG	1. Gary Patterson 47.02, 2. Peter Crampton 47.64
1987	FRG, POL	1. Peter Crampton 46.75, 3. Gary Patterson 47.53
	FRG, SUI	1. Peter Crampton 47.73, dnf. David McKenzie
1988	CS	1. Mark Richardson 47.32, 3. Paul Roberts 48.20
	IRE, SUI	3. Eddie Williams 49.36, 5. Adrian Patrick 50.09
1989	FRG, SWE	1. Mark Richardson 47.37, 3. David Bigham 48.33
	ITA, HUN	1. Eddie Williams 48.22, 3. Nick Hamilton 48.45
	GRE, HUN	2. Adrian Patrick 48.25, 3. David Simpson 48.55
1990	FRG, FIN	1. James Stevenson 47.47, 2. David Grindley 47.64
	AUS, ITA	1. Du'aine Ladejo 47.15, 3. Adrian Patrick 47.47
	FRA, ITA, FRG	6. Kent Ulyatt 49.61, 7. Alistair Macbeth 50.27
1991	FIN, GER	1. Mark Richardson 46.97, 6. David Simpson 49.15
	8N	1. David Grindley 45.70
	GER, HUN	1. Carl Southam 48.14, 4. Andrew Hart 49.46

1992	ITA, CIS	2. Adrian Patrick 47.75, 5. Guy Bullock 51.30
	FRA, SPA	1. Carl Southam 47.69, 2. Guy Bullock 48.61
1993	GER, RUS	1. Guy Bullock 46.55, 4. Adam Mole 48.29
	ITA, HUN	1. Nick Budden 47.69, 3. Mark Hytton 48.29
1994	POL, GER, RUS	1. Guy Bullock 47.40, 2. Mark Hytton 47.54
	ITA, CZE	1. Mark Hytton 46.79, 2. Stephen McHardy 47.48
1995	GER, RUS i	1. Hugh Kerr 47.69, 2. Stephen McHardy 48.65
	FRA, BEN	1. Geoff Dearman 47.02, 5. Stephen McHardy 48.48
1996	FRA, GER, ITA i	1r1. Geoff Dearman 47.98, 1r2. Neil Jennings 48.96
	ITA, FRA, SPA	2 (2r2) Geoff Dearman 47.0, 3? (1r1) Kris Stewart 47.6
1997	FRA, GER i	1. Kris Stewart 47.78, 3. Mark Rowlands 48.63
	GER	1. Michael Parper 46.54, 2. James Hilston 47.47
1998	FRA, GER i	1 (1r1) Matthew Elias 47.98, 3 (2r2) Alloy Wilson 48.38
	SPA, FRA	1. Alloy Wilson 47.31, 2. David Naismith 47.99
1999	FRA, GER, ITA i	2 (2r1) Alloy Wilson 48.63, 8 (4r2) Ian Lowthian 50.34

Index of UK 400m runners in Championships

Ints = number of full UK international appearances (inc. OG, EC etc, but not CG, WSG or junior matches)

Note that this index is only of individual 400m/440y appearances – not relays.

Name	First names	Born	Died	Ints	Years	pb	Champs
Adey	John Austin	21.10.43		3	1965-6	47.0*	EC 66, CG 66
Ainsworth-Davis	John Creighton	23.4.95	3.1.76	1	1920	50.0	OG 20
Akabusi	Kriss K U C W (see p.61)	28.11.58		3	1983-5	44.93	OG 84, CG 86
Anderson	John Winton	6.3.13	15.12.43	1	1935	49.4*/48.9*u	
Anderson	William Davidson		.1.15	1	1906	54.8	OG 06
Armstrong	Gary	9.4.52		3	1972-6	46.16	OG 72
Ashton	Richard John	9.12.55		1	1978	46.27	EC 78, CG 78
Astley	Arthur		c.16	1	1908	51.4	OG 08
Aukett	James William	15.4.49		9	1971-5	46.59	EI 73, WSG 70
Baillie	Hugh	24.3.47		1	1966	47.7*	
Baker	Roger I	.33				48.7*	WSG 55
Baldock	Sean Michael	3.12.76		1	1998	45.42	EI 98, WSG 97
Banthorpe	Ralph	6.2.49		1	1969	47.0	
Barry	James Nicholson	18.9.42				47.4	WSG 67
Baulch	James Steven 'Jamie'	3.5.73		6	1994-8	44.57	WC 97, WI 97/9, EI 94, CG 94/8
Beaven	Peter Martin	22.5.53				47.11	EJ 70
Bell	Alan Richard	10.6.57		5	1978-81	45.65	OG 80, WSG 79
Benn	Robert J	22.9.55		1	1975	47.53	
Bennett	Ainsley	22.7.54		10	1976-85	46.15	EI 81/3
Bennett	Todd Anthony	6.7.62		20	1980-90	45.27	OG 84/8, WC 83/7, WI 85, EC 82, EI 85/7/9/90, CG 82/90, EJ 81
Bentham	Kermitt Edmund	16.4.60		1	1988	46.57	
Bilham	Martin	3.12.46		4	1968-71	46.6	EC 71, CG 70
Bird	George T			1	1930	50.4*	CG 30
Black	Roger Anthony	31.3.66		18	1985-97	44.37	OG 92/6, WC 91/5, EC 90/4, EI 85, CG 86, EJ 85, ECp 87/91/4/7
Blake	Geoffrey Noel	9.4.14		1	1934	49.4	CG 34, WSG 33/5
Borland	Ian Howie	20.1.07	18.2.87	-		51.5*	CG 30
Brangwin	Kenneth Colin	11.6.07	25.5.83	2	1930-1	49.3*	CG 30
Brightwell	Robbie Ian	27.10.39		16	1960-4	45.6*	OG 60/64, EC 62, CG 62
Brittel							WSG 39
Brown	Arthur Godfrey Kilner	21.2.15	4.2.95	9	1935-9	46.68	OG 36, EC 38, WSG 37
Brown	Philip Andrew	6.1.62		10	1980-90	45.26	OG 84, WC 87, WI 85, EC 82/6, CG 82/6/90, ECp 83
Budden	Nicholas	17.11.75				46.34	EJ 93
Bullock	Guy Ross	15.10.75		2	1995-6	45.76	WJ 92/94, EJ 93
Burghley	(Lord)	9.2.05	22.10.81	1	1929	49.7	
(Cecil)	David George Brownlow						
Butler	Guy Montagu	25.8.99	22.2.81	3	1920-5	48.0	OG 20/4
Cadogan	Gary Anthony	8.10.66		6	1989-92	46.37	EI 90/2
Campbell	Colin William Ashburner	20.6.46		16	1966-9	45.9	OG 68, EC 69, EI 68/9

Campbell	Walter Menzies 'Ming'	22.5.41	-	47.6*	WSG 61/3
Carson	Gerald M	1.1.42		48.7	CG 70
Charles	Paul	13.5.39	1 1966	47.2*	
Chavasse	Christopher Maude	9.11.84	10.3.62 1 1908	50.3*	OG 08
Chavasse	Noel Godfrey	9.11.84	4.8.17 1 1908	50.1*	OG 08
Chivers	Joseph	16.3.51	4 1975	47.1	CG 74, WSG 73
Cobb	Kenneth	27.6.03	27.3.84 1 1926	50.3*	
Cohen	Glendon Howard	22.4.54	19 1974-82	45.49	OG 76/80, EC 78, EI 77, CG 78, EJ 73, ECp 79
Collier	Thomas W	14.7.18	1 1947	48.8*	
Conacher	William				WSG 47
Cook	Garry Peter	10.1.58	2 1980-1	46.0	
Cowley	Brian				CG 70
Crampton	Peter	4.6.69	1 1989	46.03	WJ 86, EJ 87
Crane	Walter William	17.7.06	12.1.87 1 1927	49.8*	
Cushing	Thomas James	21.9.99	20.4.58 3 1921-5	50.9*	
Cuthbertson	Iain	7.4.61		46.95	EJ 79
Davies	Charles C		1 1908	49.8	OG 08
Davies	Howard Granville	5.8.44	2 1967-8	46.7*	OG 68, CG 66, WSG 67
Deacon	Jared Mark	15.10.75		45.94	WSG 95/7
Dearman	Geoffrey	4.8.77		46.46	WJ 96, EJ 95
Delaney	Michael	22.5.47	1 1972	46.92	CG 74/8
Dennis	Paul Anthony	27.3.68		47.17	WSG 89
Denroche	Charles Henry Pentland	17.12.21	1 1945	49.5*	
Dick	Alan	15.4.30	2 1952-4	48.0*	OG 52, EC 54, CG 54, WSG 51
Dick	Frank W	1.5.41	1 1964	49.4*	
Dickens	Roy Alan	18.4.61	1 1980	46.19	
Dundas	William			49.3*	CG 58
Dunn	Paul David	15.2.63	3 1982	46.7	
Esprey	Vaughan Thomas	24.10.61	2 1983	46.8	
Fitzgerald	Michael John	14.9.45	4 1965	47.0	ECp 65
Forbes	Brian	6.9.74		46.84	CG 98
Fowell	William Melvin	2.8.60	2 1979-81	46.24	WSG 81, EJ 79
Fryer	Peter Goodwin	2.7.28	9 1953-5	47.4*	EC 54, CG 54
Fugallo	Alexander	28.1.70		46.39	CG 94
Fuller	Peter R	2.7.45	1 1965	48.3*	
Futter	Norman George	8.7.39	1 1962	47.2*	WSG 59
Gabbett	Peter John	19.11.41	2 1971-2	46.10	
Gillis	John James 'Jack'	24.7.99	1 1923	51.1*	
Gmelin	Charles Henry Stuart	28.5.72	12.10.50 1 1896		OG 1896
Goodhart	C E D H				WSG 30
Gordon	Raymond Anthony Paul	21.6.44		47.6	CG 70
Goudge	Christopher Edward	4.3.35		48.2	WSG 57
Graham	Timothy Joseph Michael	31.5.39	9 1964-7	46.08	OG 64, EC 66, CG 66, ECp 67
Green	Arthur William	27.7.04	19.8.81 2 1928-9	50.3*	OG 28
Griffiths	Cecil Richmond	20.1.01	29.7.73 3 1921-3	49.5*	
Griffiths	David Gwynne	31.7.45	4 1968-70	46.8	CG 70
Griffiths	Jeffrey Stephen	20.3.57	1 1978	46.74	CG 78
Grindley	David Allan	29.10.72	7 1992-3	44.47	OG 92, EI 92, WSG 95, EJ 91, EU 92, ECp 93
Guegan	Michael Gerald	19.9.66		47.02	CG 86
Haley	Ernest William	3.1.85	20.2.75 1 1912	49.5*	OG 12
Halswelle	Wyndham	30.5.82	31.3.15 2 1906-08	48.1*	OG 06/08
Hamilton	Carl	20.11.56	11 1977-83	46.93	
Handley	Francis Richard	31.10.10	31.10.85		CG 38
Hanlon	John Austin Thomas	18.12.05	17.10.83 4 1928-31	48.9*	OG 28, CG 30
Harmsworth	Paul Anthony	28.9.63	4 1987	45.64	WI 87, EI 87
Harraghy	Peter				CG 62
Hauck	Michael Arthur	5.3.45	1 1970	46.75	CG 70, WSG 70, ECp 70
Hay	Robert Lawrie	19.11.38			CG 58, WSG 59
Heard	Steven Philip	29.4.62	6 1981-7	45.74	EI 87

Hearn	Raymond Edward	24.12.47		2	1972-3	47.08	CG 74
Henley	Ernest John	31.3.89	14.3.62	1	1912	50.9*	OG 12
Henry	Calvin	5.10.68		1	1991	46.50	WSG 91
Higgins	Francis Peter	16.11.28	8.9.93	6	1956-7	47.1	OG 56, CG 54
Higgins	Stephen						CG 74
Higgins	Terence Langley	18.1.28		4	1951-2	47.8	OG 52, CG 50
Hill	Richard	20.4.68				47.33	WSG 89
Hodgkinson	Kenneth T	15.9.24				50.5*+	WSG 47
Hoffmann	Peter Roderick William	1.7.56		1	1977	46.76	EJ 75
Home	John William	7.11.77		1	1906	52.9*	OG 06
Horsfall (Aus)	John Campbell	26.2.12	29.8.76	1	1938	48.2	EC 38, WSG 37, CG 34 for AUS
Hunter	Frank Alan Ritchie	.11.13		2	1934-5	49.3*	CG 34
Hylton	Mark David	24.9.76		6	1995-8	45.24	WI 95/97, CG 98, WJ 94, EJ 95, EU 97
Jackson	Barry Douglas	22.8.41		3	1962-3	46.5	EC 62, CG 62
Jenkins	David Andrew	25.5.52		28	1969-82	44.93	OG 72/6/80, EC 71/4/82, CG 74/8, WSG 73, ECp 73/5/7/81
Jenkins	Roger Allan	30.9.55		6	1974-8	46.49	EC 74, CG 78, WSG 75, EJ 73
Johnson	Derek James Neville	5.1.33				47.40*	CG 58
Johnston	Martin Alan	28.7.64				46.97	CG 86
Jones	Brian Raymond	21.1.56				47.10	EJ 75
Kane	Harry	24.5.33		-		48.1	CG 54
Kerr	Andrew Cameron	17.3.59		3	1979	47.64	EJ 77
Kitchen	Nigel Leonard	10.6.61		2	1981-4	46.87	
Knowles	Richard	12.11.75				45.84	EU 97
Ladejo	Du'aine Thome	14.2.71		13	1993-9	44.66	OG 96, WC 93, WI 99, EC 94, EI94/6, CG 94, WSG 91/3, WJ 90, WCp 94, ECp 96
Laing	Danny	1.4.49		4	1977-8	46.39	
Leigh-Wood	Roger	16.8.06	1.3.87	2	1927-8	48.2*A	OG 28
Lewis	Leslie Charles	26.12.24	7.4.86	7	1948-52	47.7*	OG 48/52, EC 50, CG 50
Liddell	Eric Henry	16.1.02	21.2.45	1	1924	47.6	OG 24
Lindsay	Robert Alexander	18.4.90	21.10.58	2	1920-1	50.1*	OG 20
Lyll	D						WSG 51
McBurney	Paul	14.3.72				45.85	CG 98
McCabe	Brian Farmer	9.1.14	30.10.92	-			CG 38
McDonald	Wayne Washington 'Ali'	5.10.70				45.88	CG 90, WJ 88, EJ 89
MacIsaac	John V	6.6.37		-		47.22*	CG 58
McKenzie	David Colin	3.9.70		1	1994	45.47	EC 94, CG 94
McMahon	Mark John	18.3.64				46.92	EJ 83
Mafe	Adeoye Olubunm	12.11.66		6	1991-3	45.30	WC 93, EI 92, WSG 93
Major	John Roland	17.9.02	17.3.81	1	1923	51.3*	
Mark	John William East	16.8.25		1	1947	49.1*	
Markham	R E						WSG 33
Marlow	Stephen Michael	21.11.53		3	1974	46.74	EC 74
Martin	Albert Frank	25.5.43		1	1963	49.0*	
Metcalfe	Adrian Peter	2.3.42		12	1961-4	45.7	OG 64, EC 62, CG 62, WSG 63
Metcalfe	R N						WSG 30
Miller	Peter T						WSG 28
Milne	Roderic Bruce William	15.3.57		2	1980	46.08	
Montagu	Edwin Herbert	13.4.85	28.12.37	1	1908	50.1*	OG 08
Moor	Roy Scarth	9.9.10	14.6.88	1	1933	50.7*	
Morris	Brian F	14.12.35		1	1963	47.7*	
Morris	Mark	29.12.65		1	1992	46.77	
Naismith	David	15.12.79				47.11	WJ 98, EJ 97
Neame	Douglas Mortimer Lewes	9.10.01	13.6.88	-			WSG 30
Neame	Lawrence Beale	18.8.08	19.12.70	1	1929	49.6	
Nicol	George	28.12.86	28.1.67	2	1908-12	49.1*	OG 08/12
Nicoll	Brian James	21.2.65				47.11	CG 86
O'Neill	Colin	14.8.48		6	1973-8	47.28	
Overhead	Nicholas John	2.11.42		7	1963-7	47.5*	EI 66, CG 62

Pack	Henry Edward	30.10.12			49.1*	CG 38
Palmer	Robert Alec	20.6.17			49.1*	WSG 39
Panton	John Bernard	17.3.24	1	1945	49.2	
Parper	Michael	20.5.78			46.54	EJ 97
Paterson	James Veitch	29.3.34			47.9	CG 58, WSG 55/7
Patrick	Adrian Leroy John	15.6.73			45.63	WC 95, EU 94
Patterson	Alan	12.3.86	14.3.16	2	1908-12	50.3* OG 08/12
Patterson	Gary	16.1.68			47.02	EJ 87
Pennington	Alan	4.4.16	2.6.61	1	1939	47.3 WSG 39
Phillips	Peter John	26.4.32			49.3*	CG 54, WSG 53
Powell	John Vincent	2.11.10	27.7.82	3	1933-7	49.5
Pugh	Derek Charles	8.2.26		6	1946-50	47.3 OG 48, EC 46/50, CG 50
Rampling	Godfrey Lionel	14.5.09		5	1931-6	47.61 OG 32/6, CG 34
Rathbone	Denis Lyle	30.5.12		1	1933	49.3*
Rawson	Michael Arthur	26.5.34		1	1965	47.3
Redmond	Derek Anthony	3.9.65		11	1985-92	44.50 OG 92, WC 87/91, EC 86, EJ 83, WCp 89, ECp 85
Reed	Reginald Charles	.83		1	1906	OG 06
Rennie	W M O					WSG 39
Renwick	George Russell	7.8.01	25.7.84	1	1924	50.3 OG 24
Reynolds	Martin Edward	22.2.49		2	1972	46.11 OG 72
Richardson	Mark Austin	26.7.72		13	1991-8	44.37 WC 95/7, EC 98, EI 94, CG 98, WJ 88/90, EJ 89/91, WCp 92, ECp 95/8
Rinkel	John William Joslin	24.3.05	13.3.75	3	1926-8	48.4 OG 28
Ripley	Richard Nicholson	23.6.01		1	1925	49.8
Robb (Ire)	R C			1	1908	OG 08
Robertson	J A M					WSG 39
Robertson	John Wesley Buckland	22.2.42		9	1967-71	46.60 EC 69/71
Robertson	Maximilian	27.12.63		2	1986	47.8
Roberts	William	5.4.12		11	1935-48	46.87 OG 36/48, EC 46, CG 34/8
Ryle	Edward Hewish	1.10.85	5.4.52	1	1908	50.7* OG 08
Salisbury	John Edward	26.1.34		10	1956-9	46.5 OG 56, EC 58, CG 58
Sampson	Edward John	2.12.35		1	1958	46.64* CG 58
Samuel	Lewis John Derek	12.2.66		1	1990	46.53 EC 90
Sanders	Paul David	11.1.62		7	1989-91	45.33 WC 91, EC 90
Scott	Angus Weatherit	16.8.27	16.3.90	1	1950	48.7*
Scutt	Steven	18.3.56		10	1976-82	45.97 CG 82, WSG 77, ECp 81
Skinner	Stanley Hewitt	13.3.11				WSG 33
Slack	Alan	8.2.60		3	1983-4	46.04
Slythe	Paul J	5.9.74		2	1995-8	45.94 WJ 95, EI 98
Small	James					WSG 35
Smith	Leonard Alan	1.6.32		3	1953	48.3*
Sole	Stephen John	18.11.59		3	1983-4	46.8
Southam	Carl	11.1.74		1	1992	46.59 WJ 92
Soutter	James Tindal	1.1.85	8.8.66	1	1912	51.5* OG 12
Stacey	Nicolas David	27.11.27		1	1951	48.4
Stallard	Hyla Bristow 'Henry'	28.4.01	21.10.73	1	1926	49.7* 49.6* WSG 51/3
Steggles	Harold					47.31 WJ 96
Stewart	Kris George	11.4.80				48.7* OG 32, CG 34
Stoneley	Crew Hadlett	9.5.11		1	1932	48.7*
Taylor	William Richard	8.11.50		4	1970-1	47.2
Teece	David H	15.2.68				48.38 CG 90
Thomas	Iwan Gwyn	5.1.74		6	1996-8	44.36 OG 96, WC 97, EC 98, CG 94/8, WCp 98
Thomas	Mark	12.5.65		3	1988	45.92 EI 88
Thomson	Ronald Hew	12.10.36				48.2* CG 58
Toms	Edward James	11.12.99	2.1.71	2	1922-4	49.7* OG 24
Tulloch	Earl George	13.9.57		5	1979-81	46.96
Tyler	Mark Jonathan	29.9.67				46.91 WJ 86
Ulyatt	Kent William	10.4.72		1	1996	46.31 EI 96
Wallace	Robert H					CG 34
Wallis (SAf)	Peter Francis Daintree	15.1.24	21.11.98			48.5 WSG 47
Walters	Leonard Barry	27.1.47		3	1970-1	46.9

Ward	Christopher Lane Cecil	3.7.04	28.8.93	2	1933	49.4	
Wariso	Solomon Christopher	11.11.66		2	1998	44.68	EC 98, EI 98, CG 98
Watson	J K					49.0	WSG 37
Watts	Alan B					49.4*	WSG 47
Weathers	Stewart Kennedy	14.9.65		1	1991	47.73	
Wells	Joseph Algemon	9.9.85	20.10.46	1	1912		OG 12
Weston	John Graham Mark	8.12.63		1	1981	46.99	EJ 81
Wheeler	Michael Keith Valentine	14.2.35		7	1955-6	47.4*	OG 56
Whitaker	Keith Malcolm	2.2.31				49.2*	WSG 53
Whitehead	Robert Terence John	10.1.57		6	1978-84	45.81	EC 78, CG 78
Whittle	Brian	26.4.64		21	1986-95	45.22	OG 88, WI 89, EI 86/8/9, CG 86/94, Ec p 89
Whittle	Harold	2.5.22	11.5.90	-		50.0*	CG 50
Williams	Andrew F	12.2.49		2	1972	46.9	
Wilson	Alloy	25.1.80				46.64	WJ 98
Wilson	John Alan	11.10.48		6	1973-4	46.3	CG 74
Winbolt Lewis	Martin John	14.11.46		6	1968-9	45.91A	OG 68, EC 66/9, CG 66
Wint (Jam)	Arthur Stanley	25.5.20		3	1950-1	46.2	(For JAM)
Wolff	Frederick Ferdinand	13.10.10	26.1.88	2	1933	48.6	
Wood	Andrew Jardine	11.7.44				47.5*	CG 70
Worthington-Eyre	Hedges Eyre (Ire)	.00	22.10.79	1	1920	52.3*	OG 20
Wrighton	John Derek	10.3.33		10	1957-60	46.3	OG 60, EC 58, CG 58, WSG 55
Wylde (SAf)	Ronald Burns	7.1.13	c.70	1	1937	48.2	WSG 37
Wymark	Stephen	6.3.59		1	1979	46.53	EJ 77, Ec p 79
Yardley	Harold Malcolm	23.12.40		5	1959-65	46.6	OG 60, CG 70
Young	G W			1	1908	52.4	OG 08

Youngest International: 17y 125d David Jenkins v FRG 1969

Oldest International: 36y 121 d Bill Roberts OG 1948

AMATEUR ATHLETIC CLUB (AAC) CHAMPIONSHIPS

Venue: Beaufort House, West London 1866-8, Lillie Bridge, West Brompton 1869-79

- 1866 1. John Ridley (Eton C) 55.0, 2. A J Wilkinson 6y, 3. C W Beardsall
1867 1. John Ridley 52³/₄, 2. Robert Vidal 1y, 3. Edward Colbeck 1ft
1868 1. Edward Colbeck (LAC) 50.4, 2. William MacLaren 12y, dnf, Henry Chinnery
1869 1. Edward Colbeck 53.6, 2. Gilbert Grace 10y, 3. Frederick Down 5y
1870 1. Abbot Upcher (CU) 52.6, 2. Edward Colbeck 53.2, 3. A G Clark
1871 1. Abbot Upcher 51.8, 2. W Page 4y, 3. Henry Dalbiac 5y
1872 1. Robert Philpot (CU) 52.8, 2. Arthur Brodie 1¹/₂y, 3. Edmund Loder 4y
1873 1. Abbot Upcher 53.4, 2. Charles Risbee 10y, 3. J G MacLean 5y
1874 1. George Templer (CU) 53³/₄, 2. John Potter 4y, 3. G W Gower 6y
1875 1. Frederick Elborough (LAC) 51.0, 2. Alfred Lewis 5y, 3. John Potter 1ft
1876 1. Frederick Elborough (LAC) 52.4, 2. Alfred Lewis 4y
1877 1. Frederick Elborough (LAC) 51.6, 2. William Churchill 5y, 3. Henry Hill 4y
1878 1. Jack Shearman (LAC) 52.8, 2. Montague Shearman 1y, 3. William Churchill 6y
1879 1. Edgar Storey (CUAC) 51.4, 2. Melville Portal 1ft, 3. F W Fellowes 20y
(LAC) 1. Henry Ball (LAC) 51.8, 2. H Allan 2¹/₂y, 3. H Crossley 1ft (at Stamford Bridge, London)

Edgar Chichester BREDIN

?? Mar 1866 Gibraltar, d. 1939 Canada. London AC

pbs: 440y 48.5 (1895), 880y 1:55.0 (1895)

The slightly built, 10st 4lb Bredin, was exceptionally strong, twice achieving the 440/880y double at the AAA Championships. Starting athletics in 1885 as a Wellington College schoolboy, he left England for Ceylon in 1887, took up tea-planting and did no running for five years. Within weeks of his return in 1892, aged 26, he took the Welsh 440, finished third in the AAA event and won in Paris in 49.8m. During 1893 and 1894 he was virtually unbeatable and won his two doubles. He retained the 880y title in 1895, but finished second in the 440 to William Fitzherbert. The consolation that year was equalling the UK 440y record. He turned professional in 1897 and raced Alf Downer several times. At the age of 34, he achieved a remarkable triple victory in the professional events held at the 1900 Olympic Games, winning the 100m, 400m and 1500m. Ever the adventurer, Bredin went to Canada and joined the mounties.

AAA CHAMPIONSHIPS

(440y 1880 to 1968, 400m 1969 to date). First held at Lillie Bridge Stadium in London in 1880. The venue varied annually until, after being staged in the Olympic Stadium at the White City, London in 1908, there were regular venues: Stamford Bridge, London (which had been used nine times previously) 1909-31, White City, London 1932-70, Crystal Palace, London 1971-87, Birmingham 1988-93, 1995-9; Sheffield 1994.

Year	1	2	3
1880	Montague Shearman 52.2	William Phillips 4y	T A Lynch IRE 2 ¹ / ₂ y
1881	Lawrence Myers USA 48.6	William Phillips 3y	J H Plant
1882	Henry Ball 50.2	William Phillips 5y	
1883	James Cowie 51.0	William Phillips 2y	J P Muspratt 10y
1884	James Cowie 50.4	Charles Wood 5y	Bill Lock 1ft
1885	Lawrence Myers USA 52.4	James Cowie 4y	A R Hind 1 ¹ / ₂ y
1886	Charles Wood 49.8	W Lyle-Smith 3y	Ernest Robinson 3y
1887	Charles Wood 51.0	Alfred le Maître 7y	A R Hind 5y
1888	Lenox Tindall 51.4	Bill Lock 6y	Ernest Pelling 1y
1889	Lenox Tindall 48.5	Ernest Pelling 49.2e	Ernest Fryer 49.3e
1890	Tom Nicholas 51.8	Thomas Pitman 1 ¹ / ₂ y	Bill Lock 1y
1891	Mortimer Remington USA 51.0	J P Shuter 6y	
1892	Cyril Dickinson IRE 50.4	David Basan ins	Edgar Bredin ins
1893	Edgar Bredin 49.2	Arthur Ovenden 50.6	Osborne Holmden 5y
1894	Edgar Bredin 50.0	Arthur Ovenden 51.6	H S Johnson 2y
1895	William Fitzherbert 49.6	Edgar Bredin 2ft	Philip Blignaut SAF 4-6y
1896	James Creed Meredith IRE 52.0	William Fitzherbert 3y	H D Casey 5y
1897	Sam Elliott 53.2	Harrison Kenyon 1ft	J Donaldson 1 ¹ / ₂ y
1898	William Fitzherbert 50.0	James Meredith IRE 1 ¹ / ₂ y	Charles Davison 1 ¹ / ₂ y
1899	Reginald Wadsley 54.6	Herbert Jones 2ft	Charles Sheppard 5y
1900	Maxie Long USA 49.8	W A Maloney USA 4y	William Welsh 2y
1901	Reginald Wadsley 49.8	Maxie Long USA 2y	William Welsh 1y
1902	George White 50.2	Reginald Wadsley 4y	Gerald Constantine 2y
1903	Charles McLachlan 52.2	George White 3y	Edwin Montague 2y
1904	Robert Watson 51.8	Edwin Montague 1y	E H Kenyon 1y
1905	Wyndham Halswelle 50.8	Georges Malfait FRA 1 ¹ / ₂ -5y	Edwin Montague 3y
1906	Wyndham Halswelle 48.8	John George 49.8e	Jack Densham 4y
1907	Edwin Montague 52.6	Charles Stanfield 2-3 ¹ / ₂ y	Charles Davies 4y
1908	Wyndham Halswelle 49.4	2= Edwin Montague, Edward Ryle 49.9e	
1909	Alan Patterson 51.2	Lionel Reed 4y	Edwin Montague
1910	Lionel Reed 51.0	Edward Ryle 2ft	David Jacobs 3y
1911	Frank Halbhauß CAN 50.8	William Wetenhall 6-8y	T E Adams 1ft-1y
1912	Cyril Seedhouse 49.8	George Patching SAF 4y	Ernest Henley 6-7y
1913	George Nicol 49.4	David Jacobs 6y	Ernest Haley 6-8y
1914	Cyril Seedhouse 50.0	Andrew Mitchell 2 ¹ / ₂ y	Homer Baker USA 1y
1919	Guy Butler 49.2	Nils Engdahl SWE 1y	Cecil Griffiths 50.0e
1920	Bevil Rudd SAF 49.2	Guy Butler 8 ¹ / ₂ y	Cecil Griffiths 12y
1921	Robert Lindsay 50.4	Bevil Rudd SAF 50/4	Cecil Griffiths 51.4
1922	Harry Edward 50.4	Guy Butler 3y	Thomas Cushing 1 ¹ / ₂ y - 4y
1923	William Stevenson USA 49.6	Guy Butler 49.7e	Jack Gillis 49.8e
1924	Eric Liddell 49.6	David Johnson CAN 4y	William Stevenson USA 3y
1925	Henry Stallard 50.0	Thomas Cushing 6y	Richard Ripley 7y
1926	John Rinkel 49.8	Otto Pelzer GER 2ft	Adriaan Paulen HOL
1927	Douglas Lowe 48.8	Alfredo Gargiullo ITA 5y	Roger Leigh-Wood 1y
1928	Douglas Lowe 50.0	John Rinkel 2yd	Roger Leigh-Wood ins
1929	John Hanlon 49.4	László Barsi HUN 6y	Lawrence Neame 4y
1930	Kenneth Brangwin 49.8	John Hanlon 50.1e	George Bird 2 ¹ / ₂ y
1931	Godfrey Rampling 48.6	László Barsi HUN 49.6	Felix Rinner AUT
1932	Crew Stoneley 49.8	Thomas Hampson 50.2e	Thomas Parselle 2 ¹ / ₂ y
1933	Frederick Wolff 49.0	Christopher Ward 8y	Roy Moor 2y
1934	Godfrey Rampling 49.6	Crew Stoneley 3y	Geoffrey Blake 3 ¹ / ₂ y
1935	Bill Roberts 49.0	Raymond Boisset FRA 3y	John Anderson 1 ¹ / ₂ y
1936	Godfrey Brown 48.6	Godfrey Rampling 3y	Bill Roberts 2 ¹ / ₂ y
1937	Bill Roberts 48.2	Ronald Wyld 10y	John Horsfall AUS 1ft
1938	Godfrey Brown 49.2	Alan Pennington 49.3	Bill Roberts 49.4
1939	Alan Pennington 48.8	Edward Pack 49.4	Alan Palmer 49.9
1946	Arthur Wint JAM 48.4	Bill Roberts 48.6	Derek Pugh 2y

<u>19 July 1947</u>				<u>14 July 1956</u>			
1	Jim Reardon	Donore H/IRE	48.3	1	Michael Wheeler	Bournemouth	47.7 ==#
2	Peter Wallis	Achilles/RSA	6 yds	2	Peter Higgins	Southgate	48.5
3	Oskar Hardmeier	SWZ	1 yd	3	John Salisbury	Lough C	48.7
4	John Mark	Achilles		4	John Groves	Walton	48.8
5	Bernard Elliott	London AC		5	Malcolm Chaplin	Achilles	49.5
6	Derek Pugh	SLH		6	Harold Lewis	Willow FT	49.5
<u>3 July 1948</u>				<u>13 July 1957</u>			
1	Morris Curotta	AUS	48.2==#	1	Peter Higgins	Southgate	47.6 #
2	Jim Reardon	Donore H/IRE	6 yds	2	John Salisbury	Birchfield	47.8
3	Bill Roberts	Salford AC	2 yds	3	John Wrighton	Southgate	47.9
4	Leslie Lewis	Walton AC		4	Ted Sampson	Blackheath	48.4
5	Kenneth Crowe	Manchester AC		5	Paul Burt	SLH	48.6
6	Derek Pugh	SLH		6	Robert Solomon	Achilles/AUS	50.2
<u>16 July 1949</u>				<u>12 July 1958</u>			
1	Derek Pugh	SLH	48.5	1	John Salisbury	Birchfield	47.2 #
2	Leslie Lewis	Walton AC	49.1	2	Mal Spence	RSA	47.8
3	Terence Higgins	Heme Hill H	49.3	3	Peter Higgins	Southgate	48.0
4	Martin Pike	Poly H	49.4	4	K Boit	KEN	48.7
5	Kenneth Crowe	Manchester AC	49.7	5	I Okello	UGA	50.3
6	Paul Dolan	Clonliffe H/IRE	49.7	dns Bartonjo Rotich			
<u>15 July 1950</u>				<u>11 July 1959</u>			
1	Leslie Lewis	Walton AC	48.2==#	1	John Wrighton	Southgate	47.5
2	Derek Pugh	SLH	48.5	2	Malcolm Yardley	Birchfield	47.8
3	Paul Dolan	Clonliffe H/IRE	49.1	3	Peter Higgins	Southgate	48.1
4	Angus Scott	Achilles	49.4	4	John Mitchell	Elswick	48.4
5	Martin Pike	Poly H	49.6	5	Norman Futter	QPH	48.6
6	James Hamilton	Victoria Pk	50.4	6	Tim Graham	Southampton	49.2
<u>14 July 1951</u>				<u>16 July 1960</u>			
1	Derek Pugh	SLH (Eng Nat rec)	47.9 #	1	Milkha Singh	INDIA	46.56#
2	Terence Higgins	Heme Hill H	48.6	2	Robbie Brightwell	Birchfield	47.05
3	Leslie Lewis	Walton AC	48.8	3	Malcolm Yardley	Birchfield	47.36
4	Peter Higgins	Stockton H	48.8	4	John Wrighton	Southgate	47.42
5	John Wilkinson	Heme Hill H	49.6	5	Barry Jackson	Lozells	47.46
6	Oskar Hardmeier	Edin S/SWZ	50.5	6	Peter Eldridge	Belgrave H	48.63
<u>21 June 1952</u>				<u>15 July 1961</u>			
1	Arthur Wint	Poly H/JAM	48.1	1	Adrian Metcalfe	Achilles/Leeds	47.49
2	Leslie Lewis	Walton AC	48.6	2	Barry Jackson	Lozells	47.89
3	Terence Higgins	Heme Hill H	49.1	3	Kenneth Wilcock	Sutton H	48.13
4	Alan Dick	Achilles	49.5	4	Brian Morris	Met P/Belgrave	48.38
5	Paul Dolan	IRE	49.5	5	Norman Futter	ULAC/QPH	48.48
6	Edwin Carr	AUS	52.6	6	Brian Davis	RSA	49.04
<u>11 July 1953</u>				<u>14 July 1962</u>			
1	Peter Fryer	London AC	48.9	1	Robbie Brightwell	Lough C (Eur rec)	45.9*
2	Len Smith	C of Rochester	49.4	2	Brian Davis	RSA	46.5
3	David Rawe	Heme Hill H	49.5	3	Kenneth Wilcock	Sutton	47.2
4	M.T Wright	Appleby F	50.0	4	Robert Setti	Heme Hill H	47.7
5	Terence Higgins	Heme Hill H	50.2	5	Nick Overhead	Watford	47.8
6	Peter Phillips	Poly H	50.6	6	Barry Jackson	Lozells	dnf
<u>10 July 1954</u>				<u>13 July 1963</u>			
1	Peter Fryer	Crowland	48.4	1	Adrian Metcalfe	Leeds	47.22
2	Derek Johnson	Woodford Gn	48.6	2	Ron Freeman	USA	47.26
3	Peter Higgins	Southgate	48.7	3	Barry Jackson	Lozells	47.46
4	Terence Higgins	Heme Hill H	49.1	4	Tim Graham	Poly	47.52
5	Alan Dick	Achilles	49.3	5	Nick Overhead	Watford	47.77
6	Roger Baker	Poly H	49.7	6	Graham Thomas	Blackheath	47.97
<u>16 July 1955</u>				<u>11 July 1964</u>			
1	Peter Fryer	London AC (Eng NR)	47.7 #*	1	Robbie Brightwell	Birchfield	47.5
2	Michael Wheeler	London AC	47.7	2	George Kerr	JAM	48.0
3	Peter Higgins	Southgate	48.5	3	Tim Graham	Lough	48.3
4	John Wrighton	Southgate	48.7	4	Graham Plows	Welwyn	48.7
5	Terence Higgins	Heme Hill H	48.8	5	Adrian Metcalfe	Leeds	49.1
6	Michael Orrell-Jones	Achilles	49.5	6	Robert Setti	Heme Hill H	49.5

10 July 1965

1	Mike Larrabee	USA	47.60
2	John Adey	Finchley	47.64
3	Mike Fitzgerald	Norwich & N	47.78
4	Patrick Jones	Ilford	47.85
5	Colin Campbell	Poly	47.94
6	Paul Charles	Southall	48.44

9 July 1966

1	Wendell Motley	Achilles/TRI (comm rec)	45.93*
2	Tim Graham	Poly	47.07
3	John Adey	Finchley	47.40
4=	Adrian Metcalfe	Achilles	47.70
4=	Martin Winbolt Lewis	LAC	47.70
6	Mike Fitzgerald	Norwich & N	48.56

15 July 1967

1	Tim Graham	Poly	46.62
2	Howard Davies	Newport	47.28
3	Colin Campbell	Poly	47.42
4	John Robertson	Barry	47.69
5	John Adey	Hillingdon	47.78
6	Hugh Bailie	Bellahouston	48.40

13 July 1968

1	Martin Winbolt Lewis	CUAC	46.88
2	Howard Davies	unat	46.98
3	Colin Campbell	Poly	47.08
4	Samuel Bugri	GHA	47.44
5	Richard Green	CUAC	47.86
6	Jim Blaisdell	USA	50.16

From this date Championships held at 400m

2 August 1969

1	Gwynne Griffiths	W&B	46.77
2	John Robertson	Barry	46.82
3	Martin Winbolt Lewis	Achilles	47.20
4	Colin Campbell	Poly	47.42
5	Len Walters	TVH	47.87
6	Jan Balachowski	POL	scr.

8 August 1970

1	Martin Bilham	Border	46.65
2	Fanahan McSweeney	IRE	47.08
3	Len Walters	TVH	47.30
4	Andrew Wood	Victoria Pk	47.52
5	Yoshiharu Tomonaga	JAP	47.59
6	Jim Aukett	W&B	47.60

24 July 1971

1	David Jenkins	Edinburgh Un	47.10
2	Len Walters	TVH	47.21
3	Derek Price	Blackburn	47.32
4	Martin Bilham	Haslemere B	47.32
5	John Wilson	BRC	47.46
6	Paul Charles	TVH	47.71
7	Jim Aukett	W&B	48.16
8	Jon English	Lough C	48.62

15 July 1972

1	David Jenkins	Edin Un (45.5# sf)	45.39 #
2	Gary Armstrong	Manchester AC	46.16
3	Robert Ojo	NGR	46.53
4	Andrew Williams	RAF	47.04
5	Jon English	Derby	47.18
6	Mamam Makama	NGR	47.24
7	Ray Hearn	Luton	47.50
8	Taiwo Orungbemi	NGR	47.81

14 July 1973

1	David Jenkins	Edinburgh Un	46.42
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2	Joseph Leserwane	RSA	46.64
3	Erik Carlgren	SWE	46.85
4	Ray Hearn	Luton	47.08
5	Joseph Chivers	Madeley C	47.34
6	Ian Saunders	Sale	47.62
7	Gary Armstrong	Manchester AC	47.91
8	Andrew Williams	Cardiff	48.63

13 July 1974

1	David Jenkins	Edin Un	46.11
2	Steve Marlow	Chelmsford	47.24
3	Fanahan McSweeney	IRE	47.26
4	Glen Cohen	W&B	47.44
5	Michael Delaney	Cardiff	47.70
6	Ian Saunders	Sale	47.88
7	John Wilson	QPH	47.98
8	Danny Laing	SLH	48.42

2 August 1975

1	David Jenkins	Gateshead	45.87
2	Glen Cohen	W&B	46.81
3	Bevan Smith	NZ	46.89
4	Jim Aukett	W&B	47.19
5	Roger Jenkins	Heriot Watt Un	47.21
6	Robert Benn	Croydon	47.53
7	Steve Marlow	Chelmsford	48.24
8	Brian Jones	Liverpool Pem	48.34

14 August 1976

1	David Jenkins	Gateshead	45.86
2	Brian Saunders	CAN	46.67
3	Jeff Griffiths	Swansea	47.07
4	Steve Marlow	Stretford	47.17
5	Philip Bray	Poly	47.51
6	Brian Jones	Liv P	48.06
7	John Gostelow	Hercules W	48.11
8	Daniel King	Victoria Park H	48.14

23 July 1977

1	Tom Andrews	USA	46.00
2	David Jenkins	Gateshead	46.34
3	Mike Solomon	TRI	46.48
4	Ric Mitchell	AUS	46.55
5	Steve Scutt	Lough	47.24
6	Alan Bell	Wakefield	47.48
7	Peter Hoffmann	Edinburgh AC	47.62
8	Brian Jones	Cambridge Un	48.98

24 July 1978

1	Maurice Peoples	USA	45.78
2	David Jenkins	Gateshead	46.33
3	Terry Whitehead	Chelmsford	46.69
4	Roger Jenkins	Racing C de Fra.	46.93
5	Carl Hamilton	Sale	47.05
6	Michael Delaney	Cardiff	47.08
7	Danny Laing	SLH	47.33
8	Alan Bell	Wakefield	47.49

14 July 1979

1	Hassan El Kashief	SUD	45.82
2	Sebastian Coe	Hallamshire	46.87
3	Roger Jenkins	Bardays Bank	47.01
4	Steve Wymark	Hull Spartan	47.01
5	Richard Ashton	Poly	47.08
6	Earl Tulloch	Sale	47.24
7	Glen Cohen	W&B	47.62
8	Danny Laing	SLH	47.81

6 September 1980 (Centenary Championships)

1	Rod Milne	TVH	46.53
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2	Roy Dickens	Shaftesbury	46.56	2	Derek Redmond	Birchfield	45.17
3	Steve Scutt	W&B	46.60	3	Phil Brown	Birchfield	45.73
4	Terry Whitehead	Chelmsford	46.75	4	Roger Black	Team Solent	45.92
5	Carl Hamilton	Sale	47.03	5	Kriss Akabusi	Team Solent	46.13
6	Alan Bell	Wakefield	47.36	6	Howard Burnett	JAM	46.31
7	Maurice Ducasse	W&B	47.61	7	Michael Thomas	Liverpool H	46.44
8	Neil Jackson	W&B	47.91	8	Paul Harmsworth	Team Solent	46.83
<u>8 August 1981</u>				<u>7 August 1988</u>			
1	Tony Darden	USA	45.11 #	1	Kriss Akabusi	Team Solent	44.93 #
2	Walter McCoy	USA	45.42	2	Derek Redmond	Birchfield	45.23
3	Garry Cook	W&B	46.25	3	Todd Bennett	Team Solent	45.27
4	Anthony Ketchum	USA	46.43	4	Brian Whittle	Haringey	45.59
5	Steve Scutt	W&B	46.60	5	Paul Harmsworth	Team Solent	45.64
6	Roy Dickens	Shaftesbury	46.65	6	Phil Brown	Birchfield	46.15
7	Nigel Kitchen	Highgate	47.90	7	Paul Sanders	Team Solent	46.26
8	Bert Cameron	JAM	dnf	8	Michael Thomas	Birchfield	47.01
<u>25 July 1982</u>				<u>13 August 1989</u>			
1	Mike Paul	TRI	45.74	1	Phil Brown	Birchfield	46.26
2	David Jenkins	Gateshead	45.93	2	Todd Bennett	Team Solent	46.40
3	Todd Bennett	S&E	46.11	3	Peter Crampton	Spennborough	46.43
4	Phil Brown	Birchfield	46.20	4	Felix Sandy	SLE	46.71
5	Steve Scutt	W&B	46.50	5	Michael Thomas	Birchfield	46.78
6	Mike Solomon	TRI	46.52	6	Paul Sanders	Team Solent	47.10
7	Susumu Takano	JAP	46.06	7	Steve Thomas	Birchfield	47.15
8	Terry Whitehead	Chelmsford	46.64	8	Cary Cadogan	Haringey	47.61
<u>23 July 1983</u>				<u>4 August 1990</u>			
1	Darren Clark	AUS	45.05 #	1	Howard Burnett	JAM	45.52
2	Eddie Carey	USA	45.52	2	Alvin Daniel	TRI	45.64
3	Walter McCoy	USA	45.56	3	Darren Clark	AUS	46.11
4	Mike Paul	TRI	45.56	4	David Kitur	KEN	46.36
5	Leroy Dixon	USA	45.58	5	Samson Kitur	KEN	46.69
6	Mark Rowe	USA	45.68	6	Lewis Samuel	Shelf	46.73
7	Ainsley Bennett	Birchfield	46.43	7	Paul Sanders	Team Solent	47.40
8	Kriss Akabusi	Army	46.81	dns	Michael Thomas	Birchfield	-
<u>24 June 1984</u>				<u>27 July 1991</u>			
1	Darren Clark	AUS	45.66	1	Derek Redmond	Birchfield	46.07
2	Gabriel Tiacoh	CIV	45.81	2	Mark Richardson	WS&E	46.08
3	Mike Paul	TRI	45.88	3	Ade Mafe	Lon Irish	46.09
4	Alan Slack	Wakefield	46.51	4	Paul Sanders	Team Solent	46.17
5	Phil Brown	Birchfield	46.76	5	Paul Greene	AUS	46.90
6	Roy Dickens	Shaftesbury	46.80	6	Wayne McDonald	Haringey	46.97
7	M Solomon	TRI	47.53	7	Steve Perry	AUS	47.41
scr	F Alfonso	CUB	-	8	Peter Crampton	Spenn	47.63
<u>14 July 1985</u>				<u>28 June 1992</u>			
1	Darren Clark	AUS	45.45	1	Alvin Daniel	TRI	44.84 #
2	Derek Redmond	Birchfield	45.52	2	Derek Redmond	Birchfield	45.14
3	Mark Rowe	USA	45.78	3	David Grindley	Wigan	45.41
4	Willie Caldwell	USA	46.06	4	Du'a'ine Ladejo	Belgrave	45.53
5	Kriss Akabusi	Army	46.18	5	Mark Richardson	WS&E	45.60
6	Roger Black	S&E	46.34	6	Ade Mafe	Lon Irish	45.64
7	Darrell Robinson	USA	46.42	7	Ian Morris	TRI	46.04
8	Alan Slack	Wakefield	46.45	8	Cephas Lemba	ZAM	46.73
<u>21 June 1986</u>				<u>17 July 1993</u>			
1	Darren Clark	AUS	44.94 #	1	Kennedy Ochieng	KEN	45.32
2	Roger Black	S&E (AAA Nat rec)	45.16	2	Ade Mafe	TVH	45.64
3	Kriss Akabusi	Army	46.08	3	David McKenzie	Shaftesbury	45.75
4	Steve Heard	W&B	46.20	4	Wayne McDonald	Haringey	46.23
5	Brian Whittle	Ayr S	46.21	5	Mark Richardson	WS&E	46.46
6	Michael Thomas	Liverpool H	46.48	6	Nigel Will	Enfield H	47.28
7	Alan Slack	Wakefield	46.51	7	Paul Sanders	Team Solent	47.30
8	Mark Tyler	S&NH	47.28	8	Steve Thomas	Birchfield	47.46
<u>2 August 1987</u>				<u>12 June 1994</u>			
1	Gabriel Tiacoh	CIV	45.10	1	Roger Black	Team Solent	44.94

2	Du'aine Ladejo	Belgrave	45.36
3	Brian Whittle	Har/Ayr S	45.46
4	David McKenzie	Shaftesbury	45.47
5	Adrian Patrick	WS&E	46.11
6	Alex Fugallo	Highgate	46.39
7	Ade Mafe	TVH	46.39
8	Mark Smith	Woodford Gn	46.76

16 July 1995

1	Mark Richardson	WS&E	44.94
2	Mark Hyton	WS&E	45.83
3	Adrian Patrick	WS&E	46.11
4	Tim O'Dell	Wooford Gn	46.42
5	Bobang Phiri	RSA	46.65
6	Michael Joubert	AUS	46.76
7	David McKenzie	Shaftesbury	46.99
dnf	Brian Whittle	Haringey/Ayr S	-

16 June 1996

1	Roger Black	Team Solent	44.39 #
2	Du'aine Ladejo	Belgrave	44.66
3	Iwan Thomas	N&EB	44.69
4	Jamie Baulch	Cardiff	44.72
5	Mark Richardson	WS&E	45.33
6	Mark Hyton	WS&E	45.57
7	Guy Bullock	Wigan	45.76
8	Adrian Patrick	WS&E	46.06

25 August 1997

1	Kent Ulyatt	Norwich	46.86
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2	Dan Donovan	Team Solent	47.24
3	David Nolan	Belgrave	47.35
4	Iain McGurk	C of Edinburgh	47.37
5	Ian Horsburgh	C of Edinburgh	47.61
6	Brian Darby	Coventry G	48.01
7	Lawrence Baird	Cleethorpes	48.66
dnf	Trevor Painter	Wigan	-

26 July 1998

1	Iwan Thomas	Newham & EB	44.50
2	Mark Richardson	WS&E	44.62
3	Solomon Wariso	Haringey	44.68
4	Roger Black	Team Solent	44.71
5	Mark Hyton	WS&E	45.30
6	Sean Baldock	Belgrave	45.50
7	Paul Slythe	GEC	45.94
8	Jamie Baulch	Cardiff	46.17

Championship best

Most wins

6	David Jenkins 1971-76
3	Wyndham Halswelle 1905-06, 1908
3	Peter Fryer 1953-55
3	Darren Clarke (AUS) 1983-5

Most First Three Placings

9	David Jenkins 1971-8, 1982
6	Edwin Montague 1903-05, 1907-09
6	Bill Roberts 1935-8, 1946, 1948
6	Peter Higgins 1954-9

AAA JUNIOR CHAMPIONS (Under-20 from 1973)

1931	John Anderson	51.3
1932	Geoffrey Blake	52.4
1933	Richard Wells	52.8
1934	George Nicholls	52.6
1935	Royston Chandler	52.2
1936	Royston Chandler	51.0
1937	Edward Forsyth	52.5
1938	Leslie Hatt	52.2
1939	Martin Pike	50.8
1946	Geoffrey Chester	51.4
1947	Allan Bannister	51.7
1948	Michael Paxton	51.0
1949	Maurice Wright	51.1
1950	Derek Johnson	48.8
1951	Derek Johnson	49.1
1952	Kenneth Chambers	50.3
1953	William Warrington	51.0
1954	Harold Smith	50.1
1955	Harold Smith	50.8
1956	David Jones	51.2
1957	John Holt	49.5

1958	Malcolm Yardley	51.3
1959	Barry Jackson	48.7
1960	Barry Jackson	48.1
1961	Nicholas Overhead	49.3
1962	Michael Hauck	49.6
1963	Edmund Jenkins	48.7
1964	John Sherwood	47.7
1965	Martin Winbolt	48.5
1966	John Wilson	49.1
1967	Richard Green	48.4
1968	Jonathan English	48.5
<u>400 metres</u>		
1969	David Jenkins	47.3
1970	Peter Beaven	48.5
1971	Desmond Coneys	49.1
1972	David Price	49.0
1973	Glen Cohen	47.5
1974	Roger Jenkins	47.3
1975	Brian Jones	47.3
1976	Jeffrey Griffiths	47.2
1977	Andrew Kerr	48.1

1978	Steven Wymark	48.19
1979	Melvin Fowell	48.6
1980	Roy Dickens	46.77
1981	Todd Bennett	46.6
1982	Paul Dunn	47.34
1983	Mark McMahon	47.79
1984	Derek Redmond	46.35
1985	Roger Black	47.33
1986	Gary Patterson	47.54
1987	Gary Patterson	47.80
1988	Wayne McDonald	47.15
1989	Wayne McDonald	46.93
1990	Mark Richardson	47.79
1991	Mark Richardson	45.72
1992	Carl Southam	46.74
1993	Guy Bullock	46.96
1994	Mark Hyton	46.94
1995	Geoff Dearman	47.55
1996	Geoff Dearman	47.55
1997	Michael Parper	47.10
1998	Alloy Wilson	48.04

AAA YOUTH (U-17) CHAMPIONS

1968	David Jenkins	49.0 (440y)
1969	Peter Beaven	48.5
1970	Steve Marlow	50.6
1971	Steve Ovett	49.8
1972	Steve Ovett	49.1
1973	Cecil Moven	49.6
1974	Martin Francis	49.5
1975	Gregory Stewart	49.7
1976	Stephen Houlton	49.9
1977	Augustine Mbanu	50.0

1978	Anthony Morgan	49.91
1979	Malcolm James	50.2
1980	Paul Harmsworth	49.66
1981	Chris Thompson	48.4
1982	Kurt Moreby	49.64
1983	Adrian Hardman	49.09
1984	Mark Tyler	48.41
1985	Gareth Bakewell	49.66
1986	David McKenzie	49.05
1987	Paul Wood	49.32

1988	Adrian Patrick	49.95
1989	David Simpson	49.16
1990	Mark Spoor	51.65
1991	Guy Bullock	48.63
1992	Nick Budden	49.51
1993	Mark Hyton	48.87
1994	Ian Horsburgh	49.2
1995	Richard MacNabb	48.93
1996	David Naismith	48.60
1997	Richard Atlee	49.61
1998	Aaron Evans	49.13

AAA BOYS/U15 CHAMPIONS

1991 Nian Jarvis 51.69
1992 Eoin McKinney 51.78
1993 Ken Elliott 53.20

1994 Marc Newton 51.0
1995 Ian Lowthian 50.65
1996 Aaron Evans 50.88

1997 Michael Snow 51.17
1998 Craig Erskine 51.84

UK CHAMPIONS

1st
1977 Walcott Taylor 47.5
1978 Richard Ashton 46.35
1979 Steve Scutt 47.01
1980 David Jenkins 45.29
1981 Steve Scutt 46.52
1982 Phil Brown 46.20
1983 Alan Slack 46.67
1984 Kriss Akabusi 46.10
1985 Phil Brown 45.26
1986 Phil Brown 45.29
1987 Steve Heard 46.96
1988 Brian Whittle 46.08
1989 Paul Sanders 47.02
1990 Roger Black 45.63
1991 Paul Sanders 47.69
1992 Roger Black 44.84
1993 Du'aine Ladejo 46.14
1997 Iwan Thomas 44.36

2nd
Danny Laing 47.6
Danny Laing 46.97
Terry Whitehead 47.19
Alan Bell 45.80
Paul Dunn 47.87
Todd Bennett 46.54
Kriss Akabusi 46.85
Roy Dickens 46.19
Derek Redmond 45.66
Brian Whittle 45.38
Paul Harmsworth 47.12
Paul Sanders 46.85
Phil Brown 47.19
Paul Sanders 46.75
Kriss Akabusi 47.81
Mark Richardson 45.59
Kriss Akabusi 46.35
Mark Richardson 44.84

3rd
Steve Scutt 47.76
Glen Cohen 47.09
Rod Milne 47.22
Glen Cohen 45.93
Brian Jones 47.99
Terry Whitehead 47.13
Steve Heard 46.98
Alan Slack 46.49
Steve Heard 45.74
Roger Black 45.48
Peter Crampton 47.32
Mark Morris 46.96
Mark Morris 47.58
Mark Richardson 46.88
Mark Richardson 47.97
David Grindley 45.90
David McKenzie 46.62
Jamie Baulch 45.02

Most places:

4 Brown 3 wins, 89-2; 4 Sanders 88-2, 89-1, 90-2, 91-1; 3 Scutt 77-3, 79-1, 81-1; 3 Akabusi 83-2, 84-1, 91-2

TRIALS

1973 England CG Raymond Hearn 47.25
1976 UK Olympic David Jenkins 45.50
1984 UK Olympic Todd Bennett 45.56

Glen Cohen 47.76
Glen Cohen 46.11
Phil Brown 45.76

Steve Marlow 47.95
Ainsley Bennett 46.71
Kriss Akabusi 45.85

ENGLISH CHAMPIONS (440y)

1923 John Major 51.6
1924 Edward Toms 50.0
1925 Richard Ripley 52.0

Thomas Cushing ins
Richard Ripley 2y
Thomas Cushing 3y

Harry Houghton ft
W Hampson 1½y
Arthur Marshall 2y

NATIONAL CHAMPIONS

The first Scottish Championships at 440y were staged in 1883, the first Welsh in 1897 and the first Northern Irish in 1921. Champions have been as follows:

SCOTLAND

440 Yards
1883 William Peterkin 51¾
1884 James Milroy Cowie 51.2
1885 S Henderson 51.8
1886 M C Wright 52.4
1887 C F J Paisley 52.4
1888 T Blair 53.4
1889 T Blair 52.2
1890 T Blair 52.8
1891 D L Anderson 52.8
1892 D R McCulloch 54.0
1893 Alfred Downer 53.4
1894 Alfred Downer 51.8
1895 Alfred Downer 52.4
1895 James Rodger (SAAU) 54.4
1896 G C Thomson 53.0
1896 James Rodger (SAAU) 55.5
1897 J Donaldson 52.8
1898 J Donaldson 52¾
1899 William Welsh 52¼
1900 William Welsh 51.6

Alfred Reynolds DOWNER

b. 23 Jan 1873, Jamaica. d. 8 June 1912, Edinburgh. pbs: 9.8; 22¼; 49.8.
A Scot by parentage, Downer came to this country as a child and was a promising schoolboy sprinter, winning the Inter-Scholastic Sports 100y at Edinburgh in 1886 at the age of 13. At 20, he was given "not a dead dog's chance" by the Glasgow press when he entered three events in the Scottish Championships. After playing billiards until 4 a.m., he caused a sensation by winning the 100, 220 and 440 yards, and went on to repeat the feat in 1894 and 1895. The quarter was always at the top of Downer's range, and his best as an amateur was a Scottish record 51.2. In 1895, he was one of the group of runners suspended by the AAA for infringing the amateur code. As a pro, he competed to the end of the century with outstanding success and improved to 49.8 in defeating Edgar Bredin at Rochdale. Sadly, he later succumbed to alcoholism, and died at 39.

WELSH

First held 1897
R F Leonard 53.5
R F Leonard 52.8
R F Leonard 52.6
not held

SCOTLAND

1901 William Welsh 51.5
 1902 Robert Watson 53.2
 1903 Robert Watson 54.4
 1904 Robert Watson 51.6
 1905 Wyndham Halswelle 51.0
 1906 Wyndham Halswelle 51.4
 1907 J Vallance 53.0
 1908 Wyndham Halswelle 51.0
 1909 I D Dickson 51.6
 1910 Gerard Anderson 53.0
 1911 Robert Lindsay 53.6
 1912 James Soutter 51.8
 1913 Robert Lindsay 53.0
 1914 Robert Lindsay 52.2
 1919 J B Bell 53.6
 1920 George Dallas 52.0
 1921 George Stevenson 51.0
 1922 Gordon McCol 52.0
 1923 Gordon McCol 52.8
 1924 Eric Liddell 51.2
 1925 Eric Liddell 49.2
 1926 J D Hope 52.6
 1927 R B Hooie 52.2
 1928 J N Miller 53.4
 1929 Ian Borland 52.2
 1930 Ian Borland 51.8
 1931 Frederick Reid 57.4
 1932 C M Wells 51.0
 1933 Ronald Wallace 51.0
 1934 Alan Hunter 50.4
 1935 Alan Hunter 50.5
 1936 Hugh Murray 51.0
 1937 Ronald Wyde (SAF) 50.1
 1938 W M O Rennie 51.0
 1939 J Wilkie 50.1
 1940
 1943
 1944
 1945
 1946 John Panton 51.0
 1947 William Conacher 51.0
 1948 John Panton 50.3
 1949 David Gracie 50.2
 1950 James Hamilton 49.5
 1951 David Gracie 50.2
 1952 David Gracie 50.5
 1953 Jimmy Robertson 49.6
 1954 Jimmy Robertson 49.9
 1955 Richard Quinn 49.6
 1956 Richard Quinn 49.8
 1957 James Paterson 48.6
 1958 James Paterson 49.4
 1959 John MacIsaac 48.4
 1960 William Stockton 50.1
 1961 Menzies Campbell 49.0
 1962 Menzies Campbell 48.0
 1963 Menzies Campbell 48.4
 1964 Menzies Campbell 48.4
 1965 Ross Billson 49.0
 1966 Hugh Bailie 48.7
 1967 Ross Billson 48.4
 1968 Andrew Wood 47.8

WALES

R Thomas 53.8
 William Phillips 53.6
 Edward Whale 53.0
 A L Griffiths 53.5
 A L Griffiths 54.0
 H V King 55.0
 J Gorman 54.0
 Harry Uzzell 54.2
 H T Whittaker 55.4
 David Jacobs 54.4
 David Jacobs 55.0
 Ben Uzzell 55.6
 David Jacobs 53.2
 David Jacobs 51.3

not held

Cecil Griffiths 51.4
 Cecil Griffiths 49.8
 Cecil Griffiths 54.4
 Cecil Griffiths 54.0
 Cecil Griffiths 55.0
 Harold Gee 54.4
 Erik Hughes 54.2
 Erik Hughes 54.8
 Erik Hughes 52.0
 Erik Hughes 51.8
 Erik Hughes 51.0
 Erik Hughes 53.4
 W H Witchall 52.4
 T Jones 52.2
 P M G Fraser 50.6
 Ivor Gaylard 52.6
 Ivor Gaylard 51.2
 Ivor Gaylard 52.0
 R N Williams 51.4
 Edward Jones 54.0

Jim Alford 54.0
 J E Bibbs 54.9
 Ernest Harwood 55.0
 Ernest Harwood 52.0
 J E Bibbs 52.0
 Harold Steggles 52.4
 John Collins 51.7
 Harold Steggles 51.3
 Peter Phillips 50.2
 Anthony Ford 50.5
 Anthony Ford 50.6
 David Pulsford 50.3
 David H Jones 50.0
 William Griffiths 50.9
 Patrick Jones 49.8
 Anthony Burgess 48.7
 Allan Skirving 49.3
 Patrick Jones 48.4
 Patrick Jones 49.1
 Patrick Jones 48.4
 Patrick Jones 49.0
 Gwynne Griffiths 48.8
 John Robertson 48.4

Cecil Richmond GRIFFITHS

b, 20 Jan 1901 Worcester, d. 29 Jul 1973.
 Southend H, Surrey AC.
 Five times Welsh champion at 440y, Griffiths is the only British athlete to have won an Olympic gold medal as a junior, aged 19 when he ran a brilliant opening leg for the 4x400m team in 1920, after illness had forced his withdrawal from the individual event. He was 3rd in the AAA 440y each year 1919-21 and was then in the first three at 880y each year 1922-7, winning in 1923 and 1925.
 pbs: 440y 49.8 (1921), 660y 1:21.4 (1921), 880y 1:53.1e (1926)

NORTHERN IRELAND

C A Ogle 53.4

W Hayes

J R Matchett 53.0

J R Matchett 55.0

L R Home 55.4
 P McLaughlin 54.4
 J R Matchett 55.2
 Alfred Baldwin 52.0
 H H Kirk 53.6
 C H J Wilson 51.0
 B Killen 52.6
 D G Hatton 53.0
 A C Darragh 52.0
 W D McKee 52.0
 H J Sloan 59.6
 J M Fyffe 54.0
 A J Cooke 52.0
 D D Rippard 52.8
 Brian Lewis 51.0
 Brian Lewis 54.0
 Bill Dundas 53.2
 Bill Dundas 50.2
 J Williams 53.6
 Bill Dundas 52.4
 Brian Lewis 50.4
 Bill Dundas 50.4
 Bill Dundas 50.5
 Bill Dundas 52.4
 Robert Harvey 51.5
 Colin Graham 50.8
 Nigel Williams 51.1
 Terry McWhinney 50.4
 Stuart Wilson 50.3
 A McMurray 50.8
 Stuart Wilson 49.3
 Gerry Carson 50.3

Until 1968 all championships were held at 440 yards, but from 1969 have been at 400 Metres

SCOTLAND

1969 Ray Gordon 48.6
1970 Ricky Taylor 47.6
1971 David Jenkins 47.0
1972 Stuart Bell 47.5
1973 David Jenkins 48.5
1974 Roger Jenkins 47.7
1975 Peter Hoffmann 48.7
1976 Roger Jenkins 48.0
1977 Peter Hoffmann 47.7
1978 Peter Hoffmann 47.1
1979 Iain Cuthbertson 47.9
1980 Steve Scutt ENG 48.37
1981 William Armstrong ENG 48.80
1982 Tom McKean 47.9
1983 Mark McMahon 47.28
1984 Mark McMahon 46.94
1985 Brian Whittle 46.66
1986 Brian Whittle 46.64
1987 Brian Whittle 46.72
1988 Andrew Walker 47.45
1989 Brian Whittle 46.47
1990 Niels Lindberg DEN 47.61
1991 Michael Joubert AUS 46.53
1992 Gordon Newlands 48.64
1993 Gordon Newlands 49.17
1994 Paul McBurney NI 46.89
1995 Paul McBurney NI 47.16
1996 Anders Lustgarten ENG 47.97
1997 Paul McBurney NI 46.67
1998 Brian Forbes NI 47.56

MIDLAND

1880 all races at 440y
1881 up to 1968
1882
1883

1884
1885
1886
1887
1888
1889
1890
1891
1892
1893
1894 first held 1895
1895 G F Taylor -
1896 F Cox 54.8
1897 *Not contested*
1898 F Cox 53.4
1899 W Beardsley 54.0
1900 W Beardsley -
1901 W Beardsley 53.0
1902 -
1903 H J Cartwright 55.4
1904 John Horne 53.2
1905 H Crowther 52.2
1906 H Crowther 52.8
1907 H Crowther 51.2
1908 T Burdett 54.0

WALES

Gwynne Griffiths 47.3
Haydn Curran 48.5
David Le Masurier 48.9
Gwynne Griffiths 49.2
Michael Delaney 49.0
Michael Delaney 47.7
Colin O'Neill 49.1
Jeff Griffiths 47.1
Andrew Williams 49.1
Jeff Griffiths 47.6
Michael Delaney 49.40
Alan Tinsley 49.40
Jeff Griffiths 48.62
Malcolm James 48.38
Ben Jones 48.8
Roger Barrett 47.84
Mark Thomas 48.1
Mark Thomas 48.15
Roger Barrett 48.83
Roger Barrett 49.5
Phil Harvey 49.11
Paul Roberts 48.3
Shaun Lewis 49.01
Joe Lloyd 48.79
Gareth Davies 47.42
Iwan Thomas 47.09
Iwan Thomas 46.40
Joe Lloyd 48.29
Hugh Bannister 48.10
Iwan Thomas 45.45

NORTHERN

A S Smith 52.8
F W Schofield 55.0
-
Bill Lock 52.8

Lon Myers USA 56.0
-
-
Charles Wood 50.4
T Kinman 54.0
Lenox Tindall 51.6
Tom Nicholas 55.4
H R Hooper 52
T E Messenger 52.2
T E Messenger 53.6
T E Messenger 54.8
S Elliott 53.2
S Elliott 55.4
S Elliott 51.8
F Morrell 53.4
J Donaldson 54.6
E H Kenyon 58
A Burgess 53.4
-
-
H Preston 51.8
George Butterfield 52.6
H H Fleetwood 53.4
Samuel Hurdsfield 53.8

NORTHERN IRELAND

David Bennett 49.9
Gerry Carson 49.1
Gerry Carson 49.8
John McMillan 49.8
Joe Chivers 47.9
Gerry Carson 50.7
Richard Smith 50.2
Richard Smith 50.0
Joe Chivers 47.7
Richard Smith 50.2
Alan Fawcett 50.0
Keith Grant 48.5
Michael Roberts 49.6
Keith Grant 48.6
Keith Grant 48.9
Kenny Thompson 48.9
Kiernan Finn IRE 47.8
Clive Beattie 48.5
Peter Sinclair 47.78
Peter Sinclair 47.72
Peter Sinclair 49.48
Peter Sinclair 48.85
Peter Sinclair 47.7
Peter Sinclair 48.56
Stephen Newman IRE 49.40
Paul McBurney 47.2
Paul McBurney 47.14
Paul McBurney 48.13
Paul McBurney 47.24
Brian Forbes 47.80

Charles George WOOD

b. 20 March 1861 Dereham, d. 28 September 1938. Blackheath Harriers. pbs: 10.8m; 21.6y; 49.8y. This Norfolk gentleman-farmer, a big man by the standards of the time, at 5'10³/₄" and 13st 4lb, was an outstanding sprinter whose best seasons, in 1886-7, brought him English records at 150, 220 and 300 yards in 14⁴/₅, 21¹/₅ and 31²/₅, as well as the AAA Championship for 440 yards both years, in 49.8 and 51.0. He was one of the first British runners to compete over metric distances in Europe, winning in France and Belgium, including a 10.8 100m in Paris in 1887. In 1887 he crossed to America to compete in the AAU and Canadian Championships, but injured himself and did not compete in New York, and broke down in the heats in Canada. After retirement he kept up his interest in the sport and became an official handicapper to the AAA.

MIDLAND

1909 F Warwick 54.4
 1910 C E Day 54.0
 1911 H Cunningham 53.8
 1912 G F Sansom 55.2
 1913 Freddie Hulford 50.8
 1914 H Johnson 52.6
 1919 A E Humphreys 52.6
 1920 L Pepper 53.6
 1921 L Pepper 53.8
 1922 Harry Houghton 51.8
 1923 Harry Houghton 52.2
 1924 Harry Houghton 51.0
 1925 Harry Houghton 51.0
 1926 Harry Houghton 52.0
 1927 Harry Houghton 54.2
 1928 William Green 50.6
 1929 P Jeavons 52.6
 1930 William Green 51.6
 1931 William Green 51.6
 1932 Thomas Dickens 52.2
 1933 Thomas Dickens 51.2
 1934 Ralph Scott 52.6
 1935 H Green 51.6
 1936 Godfrey Brown 49.8
 1937 F R March 51.6
 1938 John Barnes 50.5
 1939 F E Neil 51.0
 1946 Thomas Collier 51.6
 1947 Thomas Collier 50.1
 1948 Thomas Collier 50.0
 1949 Thomas Collier 51.0
 1950 G E Green 50.5
 1951 Albert Webster 50.8
 1952 Albert Webster 50.7
 1953 Peter Fryer 50.3
 1954 A W Thomas 51.0
 1955 Harold Smith 51.3
 1956 John Salisbury 48.9
 1957 John Salisbury 48.6
 1958 John Salisbury 48.5
 1959 Anthony Cope 50.4
 1960 Barry Jackson 48.0
 1961 Barry Jackson 48.4
 1962 Barry Jackson 48.4
 1963 Barry Jackson 47.4
 1964 John H Cooper 49.0
 1965 John H Cooper 48.5
 1966 Brian Capell 49.5
 1967 David Cowley 49.3
 1968 Brian Capell 49.2
 400 Metres
 1969 Ralph Banthorpe 47.1
 1970 Jim Aukett 47.7
 1971 Joseph Caines 48.2
 1972 Trevor Rodwell 48.1
 1973 Jim Aukett 47.0
 1974 Cecil Moven 48.8
 1975 Ainsley Bennett 46.2
 1976 Keith O'Meally 49.4
 1977 Neil Jackson 47.7
 1978 Colin Szwed 47.9
 1979 Melvin Fowell 48.0

NORTHERN

Arthur Astley 53.2
 Arthur Astley 52.8
 J C Brooks 51.8
 Arthur Astley 52.6
 George Gray 52.0
 George Gray 55.8
 G L Morgan 54.6
 G L Morgan 52.6
 G L Morgan 53.0
 Richard Ripley 52.6
 Richard Ripley 53.8
 Richard Ripley 52.0
 Richard Ripley 52.0
 Richard Ripley 51.0
 Richard Ripley 52.0
 Richard Ripley 51.2
 A Hobson 52.8
 T S Dixon 52.2 ?
 T S Dixon 52.4
 E H Pilling 51.6
 John Anderson 52.6
 John Anderson 50.6
 Bill Roberts 49.3
 Bill Roberts 48.3
 Bill Roberts 49.4
 J Byrne 51.1
 F A Thornley 51.5
 E Holderness 50.4
 Kenneth Crowe 50.9
 E Holderness 50.1
 J F Grant 51.0
 Peter Higgins 49.2
 M T Wright 49.9
 Peter Higgins 50.0
 Peter Higgins 49.7
 Peter Higgins 49.1
 Peter Higgins 48.3
 Peter Higgins 49.3
 Kenneth Wilcock 49.3
 John Mitchell 48.5
 Kenneth Wilcock 48.8
 Kenneth Wilcock 48.1
 Kenneth Wilcock 48.0
 Michael Airey 48.7
 Michael Gilbert 49.4
 Peter Warden 47.8
 Peter Warden 47.7
 John Henson 48.5
 Andrew Wallace 49.7
 Derek Price 47.8
 Jonathan English 48.1
 Gary Armstrong 48.1
 Jonathan English 47.8
 William Hartley 47.8
 Ian Saunders 47.8
 Brian Jones 48.5
 Brian Jones 48.9
 Alan Bell 48.4
 Carl Hamilton 47.2
 Alan Bell 47.1

SOUTHERN

Robert Lindsay 52.4
 Edward Toms 51.8
 Jack Gillis 53.4
 Arthur Marshall 51.8
 Douglas Lowe 49.8
 Douglas Lowe 50.4
 Douglas Lowe 49.4
 John Hanlon 52.0
 Eric Hughes 51.4
 John Hanlon 50.6
 Godfrey Rampling 49.8
 A W Spiers 51.0
 Geoffrey Blake 50.0
 T A Warren 50.1
 Godfrey Rampling 48.4
 P J Halford 50.1
 Edward Pack 50.7
 Edward Pack 50.4
 Bernard Elliott 49.8
 Bernard Elliott 49.1
 Leslie Lewis 48.5
 Leslie Lewis 49.4
 S R Meadows 51.0
 Grahur Wint JAM 48.8
 Leslie Lewis 49.4
 Len Smith 48.8
 Terence Higgins 49.4
 John Wrighton 48.9
 Michael Wheeler 49.7
 John Wrighton 48.5
 John Wrighton 47.3
 Edward Sampson 47.7
 John Wrighton 47.3
 John D Cooper 47.5
 Norman Futter 48.1
 Nicholas Overhead 48.1
 Graham Plows 48.7
 Colin Campbell 47.7
 Colin Campbell 48.0
 Colin Campbell 47.4
 Colin Campbell 46.7
 Martin Winbolt-Lewis 46.8
 Martin Bilham 46.9
 John Robertson 47.0
 Andrew Williams 46.9
 Raymond Hearn 47.9
 John Wilson 46.9
 Stephen Marlow 47.6
 Philip Bray 47.91
 Mark Clark 47.82
 Danny Laing 46.99
 Terry Whitehead 46.90

MIDLAND

1980 Maurice Ducasse 49.09
1981 Melvin Fowell 47.25
1982 Melvin Fowell 47.83
1983 Steve Thomas 47.89
1984 Neil Thompson 48.36
1985 Phil Brown 46.26
1986 Steve Bagdaley 49.58
1987 Steve Bagdaley 47.38
1988 Steve Thomas 47.90
1989 Derek Redmond 45.54
1990 Steve Thomas 47.47
1991 Mark Thomas 48.59
1992 Martin Waldron 48.31
1993 Derek Shepherd 48.52
1994 Adrian Bryan 47.58
1995 Steve McHardy 48.21
1996 Nick Budden 47.34
1997 Richard Knowles 45.90
1998 Danny Bruce 49.22

NORTHERN

Carl Hamilton 47.0
Brian Jones 49.0
Alan Bell 47.0
Carl Hamilton 47.7
Steve Sole 47.2
Alan Slack 46.3
Carl Hamilton 47.90
Mark Thomas 45.92
Paul Dennis 47.60
Paul Dennis 47.17
Lewis Samuel 47.70
David Grindley 47.59
Guy Bullock 47.97
Peter Crampton 46.59
David Deacon 48.10
David Nolan 46.75
David Nolan 47.03
Lawrence Baird 48.83
Guy Bullock 46.36

SOUTHERN

Danny Laing 47.7
Roy Dickens 46.98
Steve Heard 47.32
Todd Bennett 46.22
Eugene Gilkes 46.90
Roger Black 45.91
Steve Heard 46.53
Gary Cadogan 46.37
Steve Heard 47.08
Wayne McDonald 46.22
Mark Richardson 46.64
Ade Mafe 46.28
Ade Mafe 45.81
Wayne McDonald 46.90
Mark Morris 46.77
Nigel Will 47.04
Adrian Patrick 46.29
Sean Baldock 46.11
Adrian Patrick 46.78

CAU (INTER-COUNTIES) CHAMPIONSHIP

1934 Roy Moor (Middx) 50.6 – 440y
1935 Frank Whittingham (Surrey) 50.6
1936 Godfrey Rampling (Kent) 50.2
1937 Godfrey Brown (Warwicks) 49.7
1938 Cyril Emphy (Herts) 50.6
1939 Edward Pack (Middlesex) 50.6
1947 Tom Collier (Warwicks) 49.1
1948 Derek Pugh (Surrey) 49.8
1949 Derek Pugh (Surrey) 49.3
1950 Arthur Wint (Middlesex) 48.4
1951 Arthur Wint (Middlesex) 48.7
1952 Terry Higgins (Surrey) 49.0
1953 Peter Fryer (Northants) 48.1
1954 Alan Dick (N & D) 48.6
1955 Derek Johnson (Essex) 48.4
1956 Peter Higgins (N & D) 47.5
1957 John Salisbury (Warwicks) 48.6
1958 John Salisbury (Warwicks) 47.7
1959 John Wrighton (Essex) 47.86
1960 Brian Jackson (Warwicks) 47.7
1961 Brian Jackson (Warwicks) 47.8
1962 David Brown (Yorkshire) 48.51
1963 Patrick Jones (Essex) 48.3
1964 Tim Graham (Middlesex) 48.5
1965 Malcolm Yardley (Leics) 47.2
1966 John Adey (Middlesex) 47.7
1967 Colin Campbell (Hampshire) 47.8
1968 Gwynne Griffiths (W Wales) 47.9
400 Metres
1969 Gwynne Griffiths (W Wales) 47.4
1970 Mike Hauck (Middlesex) 48.0
1971 Martin Bilham (Sussex) 46.7
1972 Gary Armstrong (Lancashire) 48.1
1973 Jim Aukett (Staffs & Wks) 46.7
1974 Jim Aukett (Staffs & Wks) 46.59
1975 Steve Marlow (Essex) 48.55
1976 Danny Laing (Surrey) 47.40
1977 Steve Wymark (Yorkshire) 47.70
1978 Jeff Griffiths (W Glamorgan) 46.74
1979 Rod Milne (Surrey) 47.75
1980 Rod Milne (Surrey) 46.31
1981 Carl Hamilton (Lancashire) 47.09

Derek Charles PUGH

b. 8 February 1926 Tooting, London. South London Harriers.
At the age of 20 Derek Pugh made an immediate mark in the first post-War season, when he won the Universities AU title in 49.0y (to equal the championship record set by Godfrey Brown in 1938), before going on to third places in the AAAs and an unexpected bronze at the European Championships in Oslo, where he added a silver medal in the relay. An Olympic quarter-finalist in 1948, he did not improve until 1949 when he won the AAAs in a pb 48.5. In 1950 he was 4th at the Empire Games, two places behind his compatriot Leslie Lewis and took a silver medal in the relay. Then he was 2nd to Lewis (48.5 to 48.2) at the AAAs, a week after he had reduced his 440y pb to 48.1. Rounding into top form he won the Triangular International in 47.9m and then produced a driving finish to take the European title in Brussels, smashing his best ever time with 47.3. The following day he anchored the British team with a storming leg of 46.2 to ensure a 5m victory in the 4x400m relay. In 1951 Pugh ran a English native record time of 47.9 to take the AAA title in his final season. He had won the Southern 440y in 1944 and was an engineering graduate of London University.

Timothy Joseph Michael GRAHAM

b. 31 May 1939 Madras, India. Loughborough, Southampton AC, Polytechnic Harriers. Schoolmaster.
Graham had a superb Olympic Games in 1964. Going to Tokyo with a pb of 46.7, he excelled to run 46.53 for 4th in his semi, and then take 6th in the final in 46.08. Then he gave the 4 x 400m relay team a magnificent start with an opening leg of 45.9, so that Metcalfe, Cooper and Brightwell brought home the team to silver medals. Two years later he ran the anchor 440y leg in 45.5 when the England team broke the European record for 4 x 440y in winning bronze at the Commonwealth Games and he ran another fine anchor (45.4) when the British team was 5th in the European 4x400m (he was 7th in the individual 400m).
Having run 49.7y at 18 and 48.2y at 21, Graham's breakthrough came in 1963 when he improved to 47.5y for 4th at the AAAs and ran a first leg (47.1m) in the great international against Russia. He began at 1500m (4:11.0 in 1956); other pbs: 100y 10.0, 220y 21.6 (1964), 880y 1:50.2 (1964), TJ 13.26 (1959).

1982 Roy Dickens (Surrey) 46.82
 1983 Roy Dickens (Surrey) 47.30
 1984 Alan Bell (Yorkshire) 46.88
 1985 Alan Slack (Yorkshire) 47.2
 1986 Paul Sanders (Hampshire) 47.2
 1987 Steve McGilchrist (Middlesex) 47.2
 1988 Gary Cadogan (Middlesex) 47.4
 1989 Richard Hill (Humberside) 47.9
 1990 Richard Hill (Humberside) 47.8
 1991 Eddie Williams (Middlesex) 47.8
 1992 Carl Southam (Leicester) 46.91
 1993 David McKenzie (Surrey) 46.7
 1994 Ade Mafe (Middlesex) 46.72
 1995 David Nolan (Yorkshire) 47.74
 1996 Adrian Patrick (Berks) 46.89
 1997 Jared Deacon (North East) 46.12
 1998 Jared Deacon (North East) 46.70
Most wins: 2 ten men

Oxford v Cambridge

From the first Varsity match in 1864, the match record has progressed as follows:
 440 yards

1864 B S Darbyshire (O) 56.0
 1865 Francis Pelham (C) 55.2
 1866 Francis Pelham (C) 54.4
 1867 Edward Pitman (C) 52.0
 1868 John Ridley (C) 51.0
 1871 Robert Philpot (C) 50.2
 1881 Reginald Macaulay (C) 50.2
 1890 W B Thomas (O) 50.2
 1892 Charlton Monypenny (C) 49.8
 1896 William Fitzherbert (C) 49.6
 1912 Duncan Macmillan (C) 49.4
 1935 Godfrey Brown (C) 49.0
 1937 Godfrey Brown (C) 48.4
 1961 Adrian Metcalfe (O) 48.1
 1962 Adrian Metcalfe (O) 47.0
 1965 Wendell Mottley (C, Tri) 46.3
 1966 Wendell Mottley (C, Tri) 46.0
Most wins: 4 Godfrey Brown 1935-8, Adrian Metcalfe 1961-4, Brian Jones (C) 1976-9
Metcalfe also 3wins at 220y, 2 at 100y

Adeoye MAFE

b. 12 November 1966 Isleworth, Middlesex 1.85m 77kg.
 London Irish, Thames Valley Harriers.

Mafe was a prodigious talent. He first emerged with a UK age-13 record for 200m and he set a UK junior 200m record to reach the 1984 Olympic final, at 17 Britain's youngest ever male Olympic finalist. He went on win a silver in the 1985 World Indoor Games 200m and double gold (200m and 4 x 400m) at the 1985 European Junior Championships. He pulled a hamstring on the very tight turns in the 200m at the 1986 European Indoors in Madrid, and could not regain his form thereafter for three years. In 1988 he left his former coach Ken Seddington and, now helped by Ron Roddan, returned in style at 200m in 1989 to take gold at the European Indoors and silver at the World Indoors. In 1990 he won a Commonwealth bronze at 200m and a year later made a move up to 400m, which he had run in 50.1 as a 14 year-old. He won the AAA indoor and Southern titles and was 3rd in the AAAs outdoors before gaining a World Champs gold medal as relay reserve (46.0 opening leg in the heats). His best 400m time of 45.30 came in 1993, prior to making the quarter-finals at the World Championships.

Indoors at 200m he also won a silver at the Europeans in 1984 and bronze at the Worlds in 1991. He was AAA champion at 200m 1985, and indoors at 200m 1984 and 1986 and 400m 1991-2. UK 200m champion 1986.

Other pbs: 100m 10.56 (1986), 200m 20.54 (1985), 20.26w (1990), 300m 32.75 (1988).

John Hilton RIDLEY (Eton & CUAC)

b. 23 January 1848, d. 8 April 1904. pbs: 10'4; 51.0.

Ridley was a seventeen-year-old schoolboy when he won the inaugural AAC Championship in 1866, with 55.0. The following year, while still at Eton, he retained the title in 52'4 and also added the 100 yards championship. "He must have been a phenomenon," wrote Montague Shearman in the *Badminton Athletics*. "The times can show nothing of his real ability." In 1868, while at Cambridge, Ridley won the Inter-University title "in the easiest manner possible" in 51.0. Still only 20, he retired from athletics to concentrate on rowing, and was in the Cambridge boat in 1869 and 1870.

AAA INDOOR CHAMPIONSHIPS

AAA Indoor Championships were first staged at Wembley in 1935-9, and then revived there in 1962-4, but the 440 yards was not included until the championships moved in 1965 to RAF Cosford, where they were held annually until 1991, and at Birmingham since then.

440 Yards 1st

1965 Michael Rawson 49.6
 1966 Wendell Mottley TRI 47.3
 1967 Colin Campbell 49.8

400 Metres

1968 Colin Campbell 47.9
 1969 Gwynne Griffiths 48.9
 1970 Gwynne Griffiths 49.0
 1971 Jim Aukett 48.2
 1972 Jim Aukett 48.9
 1973 Jim Aukett 47.9
 1974 Jim Aukett 47.9
 1975 Joseph Chivers 48.4
 1976 Steve Scutt 49.0

2nd

Peter Fuller 50.0
 Nick Overhead 48.5
 Colin O'Neill 51.0

Martin Bilham 48.8
 Andrew Wood 49.9
 Ricky Taylor 49.0
 Ricky Taylor 48.7
 Mike Delaney 49.4
 Colin O'Neill 48.6
 Fanahan McSweeney IRE 48.3
 Colin O'Neill 48.6
 Colin O'Neill 49.0

3rd

Joseph Foster 50.5
 Peter McMahon 49.0
 Nick Overhead 51.2

Gwynne Griffiths 49.4
 Colin Campbell 50.0
 Ian Saunders 49.1
 Jonathan English 48.7
 Ian Saunders 50.0
 Glen Cohen 48.8
 Ian Saunders 49.0
 Glen Cohen 48.7
 Derek Price 49.9

1977 Carl Hamilton 49.3
 1978 Carl Hamilton 49.3
 1979 Ainsley Bennett 48.3
 1980 Terry Whitehead 48.4
 1981 Ainsley Bennett 47.6
 1982 Paul Dunn 48.11
 1983 Ainsley Bennett 47.06
 1984 Walter McCoy USA 48.23
 1985 Todd Bennett 46.83
 1986 Roger Black 47.22
 1987 Todd Bennett 47.12
 1988 Mark Thomas 47.34
 1989 Phil Brown 47.64
 1990 Danny Harris USA 46.73
 1991 Ade Mafe 47.18
 1992 Ade Mafe 46.47
 1993 Sunday Bada NGR 46.34
 1994 Du'aine Ladejo 46.54
 1995 Mark Hylton 46.56
 1996 Mark Hylton 46.45
 1997 Mark Hylton 46.24
 1998 Solomon Wariso 45.71
 1999 Allyn Condon 47.14

Steve Scutt 49.6
 Colin O'Neill 49.3
 Andrew Kerr 49.4
 Garry Cook 48.6
 Carl Hamilton 47.9
 Todd Bennett 48.20
 Zeljko Knapic YUG 48.16
 Terry Whitehead 48.65
 Ainsley Bennett 47.65
 Brian Whittle 47.56
 Paul Harmsworth 47.61
 Brian Whittle 47.53
 Gary Cadogan 47.92
 Gary Cadogan 47.50
 Roddie Haley USA 47.55
 Chip Jenkins USA 46.47
 Willie Caldwell USA 47.38
 Jamie Baulch 46.75
 Brian Whittle 47.26
 Kent Ulyatt 47.04
 Sean Baldock 46.71
 Sean Baldock 46.11
 Daniel Caines 47.31

Nigel Edge 49.7
 Earl Tulloch 49.5
 Charles Beaumont 49.8
 Iain Cuthbertson 48.6
 Earl Tulloch 48.1
 Terry Whitehead 48.53
 Carl Hamilton 48.74
 Carl Hamilton 48.85
 Roger Black 47.86
 Steve Heard 48.32
 Innocent Egbunike NGR 47.66
 Kermit Bentham 48.45
 Paul Harmsworth 48.07
 Kermit Bentham 48.46
 Calvin Henry 48.97
 Patrick O'Connor JAM 46.85
 Mark Morris 47.89
 Iwan Thomas 47.25
 Jacques Farraudière FRA 47.28
 Graham Healy 48.12
 Adrian Patrick 46.85
 Paul Slythe 47.48
 Tim Odell 47.38

Most wins: 4 Jim Aukett 1971-4; 3 Ainsley Bennett 1979, 1981, 1983; 3 Mark Hylton 1995-7

Most places: 5 Carl Hamilton 1977-8, 1981, 1983-4

AAA JUNIOR (U20) INDOOR CHAMPIONS

440 Yards
 1962 Dennis Osborne 53.6
 1963 Mike Hauck 54.5
 1964 Peter Fuller 52.6
 400 Metres
 1969 Ricky Taylor 49.8
 1970 Gary Armstrong 51.3
 1971 Norman Gregor 51.9
 1972 Stephen Ware 50.0
 1973 Glen Cohen 49.6
 1974 Brian Jones 49.1
 1975 Peter Hoffmann 49.5

1976 Martin Francis 49.7
 1977 Andrew Kerr 49.5
 1978 Neil Jackson 49.7
 1979 Neil Jackson 48.3
 1980 Roy Dickens 49.1
 1981 Eugene Gilkes 48.5
 1982 John Weston 49.2
 1983 Chris Thompson 49.0
 1984 Neil Thompson 49.09
 1985 Roger Black 48.19
 1986 Gary Patterson 49.33
 1987 Gary Patterson 48.80

1988 Jason Walbyoff 49.89
 1989 Craig Winrow 49.50
 1990 Kent Ulyatt 48.95
 1991 Kent Ulyatt 49.02
 1992 Carl Southam 47.84
 1993 Guy Bullock 47.65
 1994 Matthew Douglas 48.39
 1995 Hugh Kerr 48.39
 1996 Neil Jennings 48.9
 1997 Kris Stewart 48.12
 1998 Alloy Wilson 47.84
 1999 Alloy Wilson 48.15

AAA YOUTH (U17) INDOOR CHAMPIONS

400 Metres
 1969 Bob Munns 55.8
 1970 Bob Munns 53.1
 1971 Paul Sankey 52.8
 1972 Phillip Grimshaw 51.0
 1973 Wayne Tarquini 51.8
 1974 Dale Bluemink 51.4
 1975 Robert Bishop 51.2
 1976 Kenneth Worrall 51.9
 1977 Wayne Gibson 51.9
 1978 Sidique Ahmed 50.9

1979 Philip Harvey 50.7
 1980 John Weston 50.7
 1981 Chris Thompson 51.0
 1982 Ade Mafe 50.3
 1983 Ade Mafe 49.8
 1984 Mark Tyler 50.41
 1985 Roger Henton 50.74
 1986 Graeme Fell 51.24
 1987 Paul Wood 51.03
 1988 Craig Winrow 50.28
 1989 Robert Yates 51.70

1990 Simon McCullough 52.70
 1991 Steven McHardy 49.79
 1992 Guy Bullock 48.15
 1993 Mark Hylton 49.62
 1994 Dean Park 50.10
 1995 Nizamul Hoque 50.88
 1996 Kris Stewart 49.2
 1997 John Shenava 50.17
 1998 Gary Ankers 50.45
 1999 Michael Snow 50.52

AAA U15 INDOOR CHAMPION: 1998 Ryan Preddy 50.72

World Merit Rankings

British athletes included in the *Track and Field News* world rankings published annually since 1947 have been: (with, from 1989, Peter Matthews' as published in the International Athletics Annual in brackets):

John Wrighton 58-6
 John Salisbury 58-8
 Adrian Metcalfe 61-1, 63-8
 Robbie Brightwell 61-4, 62-2, 63-10, 64-4
 Tim Graham 64-9
 David Jenkins 71-5, 72-9, 73-7, 74-4, 75-1, 76-9
 Todd Bennett 85-8

Roger Black 86-5, 90-7 (7), 91-3 (3), 92-9 (10), 94-4 (8), 95-8 (8), 96-3 (2)
 Derek Redmond 87-6
 David Grindley 92- (9), 93-3 (4)
 Du'aine Ladejo 94-6 (5)
 Mark Richardson 95-6 (6), 97-6 (6), 98-2 (3)
 Iwan Thomas 96-10 (9), 97-3 (3), 98-3 (2)

British Merit Rankings

Athletics World published top six ranking 1951-5, Andrew Huxtable's rankings for 1960 were published in *Modern Athletics*. In 1968 Andrew Huxtable and I produced a top 10, and from 1969 I have produced annual top 12 rankings. A summary of the most successful athletes in this 31-year span shows, ranked by points (12 for 1st down to 1 for 12th) the following, with the columns indicating 1. points, 2. years ranked first, 3. years in top 12

Name	Pts	Top	Years	Rankings
David Jenkins	149	10	13	69-1, 70-5, 71-1, 72-1, 73-1, 74-1, 75-1, 76-1, 77-1, 78-2, 80-1, 81-1, 82-3
Roger Black	128	4	13	85-5, 86-1, 87-2, 89-11, 90-1, 91-1, 92-2, 93-6, 94-2, 95-2, 96-1, 97-4, 98-3
Derek Redmond	97	3	9	84-6, 85-1, 86-2, 87-1, 88-1, 89-2, 90-2, 91-2, 92-3
Todd Bennett	90.5	2*	10	81-5, 82-2, 83-1=, 84-1, 85-2, 86-6, 87-9, 88-4, 89-4, 90-5
Phil Brown	83	2*	10	80-12=, 82-1, 83-1=, 84-3, 85-3, 86-3, 87-3, 88-6, 89-3, 90-11
Glen Cohen	82	1	9	73-6, 74-3, 75-3, 76-2, 77-2, 78-1, 79-8, 80-4, 82-6
Mark Richardson	78	1	9	90-4, 91-4, 92-4, 93-10, 95-1, 96-4, 97-2, 98-2
Kriss Akabusi	69	-	9	83-4, 84-2, 85-4, 86-4, 87-4, 88-2, 89-9, 91-10, 93-9
Iwan Thomas	50	2	5	94-5, 95-6, 96-2, 97-1, 98-1
Steve Scutt	49	1	5	77-3, 79-1, 80-6, 81-2, 82-4,
Du'aïne Ladejo	48.5	1	6	90-8, 92-5, 93-3=, 94-1, 95-7, 96-5
Brian Whittle	48	1	6	85-9, 86-5, 87-8, 88-3, 89-1, 94-4
David Grindley	47	2	6	90-9, 91-3, 92-1, 93-1, 95-10, 96-7
Roger Jenkins	44.5	-	7	73-9, 74-2, 75-4, 76-5, 77-8=, 78-6=, 79-11
Jamie Baulch	44	-	5	94-7, 95-3, 96-3, 97-3, 98-5
Alan Bell	42	-	7	77-6=, 78-10, 79-4=, 80-2, 81-8, 82-11, 84-7
Mark Thomas	40	-	8	84-8, 85-10, 86-8, 87-5, 88-10, 89-7, 90-7, 91-9
Ainsley Bennett	39	-	6	74-9, 75-2, 76-3, 81-9, 83-5, 85-11
Roy Dickens	39	-	6	80-7, 81-4, 82-8, 83-8, 84-4, 85-8
Terry Whitehead	37	-	5	78-4, 79-4=, 80-5, 82-5, 84-9=
Mark Hyton	36	-	5	94-8, 95-4, 96-6, 97-5, 98-6
Jim Aukett	33	-	6	70-11, 71-10, 73-2, 74-4=, 75-5, 76-11=
Ade Mafe	33	-	4	91-5, 92-6, 93-2, 94-6
John Wilson	32.5	-	5	68-9, 71-4=, 72-11, 73-3, 74-4=
Paul Sanders	32	-	6	88-7, 89-8, 90-3, 91-6, 92-11, 93-11
Danny Laing	30	-	5	74-10, 76-4, 77-4, 78-5, 79-12
David McKenzie	29.5	-	5	92-9, 93-3=, 94-3, 95-8, 96-12
Martin Winbolt Lewis	29	-	4+	68-2, 69-5, 70-6, 72-10
Wayne McDonald	27	-	6	88-9, 89-5, 90-10, 91-8, 92-12, 93-7
John Robertson	27	-	5+	68-4, 69-4, 70-12, 71-6, 72-12
Len Walters	26	-	4+	68-10, 69-9, 70-4, 71-3
Colin Campbell	25	1	3+	68-1, 69-6, 70-7
Martin Bilham	25	1	3	69-11, 70-1, 71-2
Alan Slack	25	-	4	83-6, 84-5, 85-7, 86-9
Steve Heard	22	-	4	83-7, 85-6, 86-7, 87-10
Garry Cook	21	-	4	80-10, 81-3, 82-7, 84-11
Peter Crampton	20	-	5	86-11, 87-7, 89-6, 91-11, 92-10
Adrian Patrick	20	-	6	93-12, 94-9, 95-5, 96-10, 97-11, 98-11
Peter Hoffmann	19.5	-	4	75-8, 76-6, 77-6=, 78-12
Ian Saunders	18.5	-	4	71-9, 73-10=, 74-7, 76-7
Richard Ashton	18	-	3	78-3, 79-9, 80-9
Melvin Fowell	18	-	3	79-7, 80-8, 81-6
Paul Harnsworth	18	-	3	86-10, 87-6, 88-5
Alan Pascoe	17	-	3	73-4, 75-6, 76-11=
Steve Marlow	16.5	-	4	73-10=, 74-4=, 75-11, 76-9
Gwynne Griffiths	16	-	2	68-7, 69-3
Carl Hamilton	15.5	-	4	78-6=, 80-11, 81-7, 82-12
Raymond Hearn	15	-	2	72-6, 73-5

+ indicates athletes who would also have ranked prior to 1968, * a tie for first

From 1968 to 1998 there have been 117 athletes ranked, with 14 men at number one.

Greatest span: 13 years David Jenkins 1969-82, Roger Black 1985-98

Fastest 400m relay Legs

1st Leg								
44.7	Black	1.9.91	44.66	Baulch	23.8.98	43.96	Black	1.9.90
44.8	Thomas	10.8.97	44.68	Akabusi	7.8.92	44.0	D Jenkins	10.9.72
44.92	Thomas	3.8.96	44.7	Akabusi	30.6.91	44.0	Thomas	21.9.98
45.2	Redmond	6.9.87	44.7	Patrick	25.6.95	44.16	Black	28.6.87
45.20	Black	8.8.92	44.7	Baulch	21.9.98	44.16	Mafe	21.8.93
45.42	Hylton	23.8.98	44.74	Cook	11.8.84	44.16A	Thomas	13.9.98
45.45	Redmond	31.8.86	44.8	Akabusi	17.7.87	44.19	Ladejo	14.8.94
45.5	Black	22.6.97	44.8	Akabusi	1.10.88	44.2	Akabusi	31.8.91
45.57	Black	28.6.98	44.8	Akabusi	24.6.89	44.2	Richardson	27.9.92
45.70	Whittle	1.10.88	44.81A	Baulch	13.9.98	44.2	Ladejo	28.8.94
45.7	McKenzie	14.8.94	3rd Leg			44.2	Thomas	20.9.98
45.7	Hylton	22.8.98	43.62	Richardson	3.8.96	44.29	Richardson	12.8.95
45.77A	Hylton	13.9.98	43.93	Regis	1.9.90	44.3e	D Jenkins	15.8.71
45.78	Thomas	2.8.96	43.96	Black	14.8.94	44.3	D Jenkins	8.9.74
45.8	Sanders	30.6.91	44.08	Baulch	10.8.97	44.33	Thomas	17.8.97
45.8	Ladejo	27.6.93	44.17	T Bennett	11.8.84	44.34	Brown	6.9.87
45.8	Ladejo	27.6.94	44.21	Thomas	23.8.98	44.34	Baulch	29.7.95
45.8	Baulch	19.8.96	44.22	Regis	1.9.91	44.35	Brown	11.8.84
45.85	Sanders	1.9.90	44.47	Thomas	22.6.97	44.35	Black	19.8.96
45.87	Akabusi	11.8.84	44.5	Richardson	19.8.96	44.39	Richardson	23.8.98
2nd Leg			44.53	Baulch	9.8.97	44.4	T Bennett	27.6.86
44.0	Redmond	1.9.91	44.67	Black	7.8.92	44.4	Richardson	12.8.96
44.14	Baulch	21.8.95	44.7	Regis	27.6.93	44.4	Richardson	21.9.98
44.19	Baulch	3.8.96	44.75	Richardson	25.6.95	44.5	D Jenkins	9.9.72
44.2	Akabusi	18.8.85	44.8A	Hemery	20.10.68	44.5	D Jenkins	17.8.75
44.2	Black	10.8.97	(44.6?)			44.5	Brown	11.9.82
44.3	Black	26.4.87	44.8	Hemery	9.9.72	44.5	T Bennett	7.7.85
44.3	Baulch	22.6.97	44.8	T Bennett	11.9.82	44.5	Akabusi (44.60?)	6.9.87
44.3	Baulch	20.9.98	44.8	Richardson	31.8.91	44.5	Grindley	27.6.93
44.33	Black	9.8.97	44.8	Richardson	19.7.92	44.57	Black	11.9.94
44.48	Akabusi	1.9.90	44.8	Baulch	17.8.97	44.59	Akabusi	1.9.91
44.5	Akabusi	6.9.87	44.81	Black	6.9.87	44.6	D Jenkins	26.7.72
44.5	Redmond	31.8.91	44.82	Thomas	28.6.98	44.6	D Jenkins	7.9.74
44.6A?	C Campbell	19.10.68	44.85	T Bennett	28.6.87	44.6 dq	Ashton	12.8.78
44.6	Grindley	19.7.92	4th Leg			44.6	Black	30.6.91
44.65	Grindley	8.8.92	43.57	Richardson	10.8.97	44.6	Black	26.6.94
44.66	Black	5.8.96	43.87	Black	3.8.96	44.69	Richardson	2.8.96
44.66	Baulch	2.8.96	43.95	Black	31.8.86			

Philip Andrew BROWN

b. 6 January 1962 Birmingham.
1.80m 73kg. Birchfield Harriers.
Brown was a highly talented runner, who excelled with many brilliant runs on the anchor relay leg for British teams. He won AAA titles at all age groups, from the 1978 Youth 200m and 1980 Junior 200m to senior 400m 1989 as well as indoor 200m 1979-80 and 400m 1989; adding three UK 400m titles. He won English Schools 200m titles for Inters 1978 and Seniors 1979. He joined Birchfield at 14 and was coached there by Tony Hadley, who he beat into third place when he won the AAA indoor 200m title at the age of 17. At the European Junior Championships, Brown won a silver medal at 4x100m in 1979 and

was 5th at 200m in 1981. He had run 400m as a junior international in 1980, but really moved up from 200m in 1982, when he jumped straight into the rankings as the British number one, winning the UK title in 45.83 and improving to 45.45 for 4th in the European Championships. That remained probably his outstanding individual performance, although he took a Commonwealth bronze in 1986 and ran his fastest times to win UK titles - 45.26 in 1985 and 45.29 in 1986. He tied with Todd Bennett for top ranking in 1983, and thereafter was number three five times in six years. His genius at relay running was displayed time and again - a 44.5 to ensure 2nd at the 1982 Europeans,

44.35 in moving Britain from 4th to 2nd at the 1984 Olympics in a European and Commonwealth record time, a 44.34 in beating that record with another silver at the 1987 Worlds; and a beautifully judged final leg which ensured that Britain beat the GDR at the 1989 World Cup. Add to that two Commonwealth relay gold medals and World relay bronze in 1983. Sadly he tore a hamstring in his final major event - in the 1990 Commonwealth Games 400m semi - and never managed to achieve a sub-45 time without a baton in hand. pbs: 100m 10.6 (1978), 200m 20.88/20.85w (1984), 300m 32.84 (1982), 400m 45.26 (1985), 400mh 51.34 (1990).

Francis Peter HIGGINS

b. 16 November 1928 Stockton-on-Tees, d. 8 September 1993. Southgate Harriers. 1.79m 67kg. Higgins won a bronze medal at 4x400m, running a 46.3 third leg (Britain's fastest of the race), and was a semi-finalist at 400m at the 1956 Olympics, having run a pb 47.42 in his quarter-final. He was placed in the first three in the AAA 440y each year 1954-9, winning in 1957, and won a gold medal at 4x440y relay at the 1954 Commonwealth Games, when he was a semi-finalist at 440y.

He had started running at cross-country while serving in the RAF in 1947, and first broke 50 seconds for 440y when winning the Northumberland and Durham title in 1950. He was six times Northern 440y champion and broke the English native record with 47.5 when he won the CAU title in 1956. Having studied at West Harlepool Art College and Trent Park Teachers' Training College, he became a schoolmaster. He had five uncles who had been professional sprinters.

Derek James Neville JOHNSON

b. 5 January 1933 London. Woodford Green AC, Oxford University. 1.76m, 66kg. Johnson was a teenage prodigy. He won the English School intermediate boys 440y in 1949 in 50.6, which time remained the championship record until 1960 and the senior title in 1951 in 49.1, a time unbeaten until 1963. In 1950 he set British junior records of 49.5 to win the Southern Junior title and 48.8 to win the AAA Junior title at the age of 17; a time not bettered by any junior for eight years. 1954 was his best year for the one lap, as he ran an English native record 47.9y and ran 46.9y and 46.2 relay legs on gold medal winning teams at Empire Games and Europeans. He improved his pb to 47.66 in 1958 (qf CG), but it was at 800m that he achieved his greatest distinction. In 1954 he won the Empire Games 880y, and set a British record of 1:47.4 when 4th in the European 800m. In 1956 he took the Olympic silver medal when narrowly beaten in a great 800m race by Tom Courtney (USA), and he further improved the British record to 1:46.9 and 1:46.6 in 1957. In 1958 he won a silver medal on the English 4 x 440y team at the Empire Games, but after running 3:42.9 for 1500m in 1959 contracted tuberculosis and spent a year in a sanatorium. He displayed great tenacity in shaking off the illness and returning to run 800m in 1:50.0 in 1963.

For Oxford University he won both the 440y and 880y each year 1954-6 and then won the 1 mile in 1957. He became a leading figure in the International Athletics Club and the South of England AAA.

Other pbs: 1000m 2:20.4 (1956), 1 mile 4:05.0 (1957), 440yh 53.7 (1956), 3000mSt 9:16.8 (1957).

Michael Keith Valentine WHEELER

b. 14 February 1935 Watford. Bournemouth AC. 1.87m 76kg.

When researching these biographies one is struck by how many great talents left the sport before they could realise their full potential. Mike Wheeler was just such

a man, for he retired at the age of 21 after competing at the 1956 Olympic Games, where he won a relay bronze medal (46.8 2nd leg, after 46.2 in heat) and was a 400m quarter-finalist. While at Taunton School he won the Public Schools 440y in 1952 (51.1) and in 1953 (record 50.0) as well as the 100y in 1953. After 49.0y in 1954 he improved when 2nd in the AAAs in 1955 as both he and the winner Peter Fryer set an English native record time of 47.7y. Also that year he was credited with 45.9 when winning for Britain against Czechoslovakia, a full second ahead of Fryer—but the distance was then found to be 390m! He was AAA champion in 1956.

Showing a glimpse of what might have been, after nearly a decade as Wheeler, a schoolmaster, returned to run 47.8y in 1965.

Other pbs: 100y 9.8w (1956), 10.0 (1958); 220y 21.8 (1956), 300y 30.7 (1955), 880y 1:56.8 (1964).

Martin John WINBOLT LEWIS

b. 14 November 1946 Haslemere. Surrey. London AC, Cambridge University. 1.85m 73kg. Winbolt Lewis was English Schools and AAA Junior champion while at Marlborough in 1965 and a year later, at the age of 19, won a Commonwealth Games bronze medal at 4 x 440y in a European record time after being first Englishman home in the 440y final (6th). He was also a semi-finalist and on the 5th-placed relay team at the European Championships that year. He was AAA 440y champion in 1968 and for Cambridge was a Varsity match winner for three successive years, 440 1967-9 and 880y 1969. His personal best 400m of 45.91 came when 5th in the quarter-finals of the 1968 Olympic Games, and he had a good year at 800m in 1970, when he was 7th at the Commonwealth Games and 2nd at the World Student Games, but he never quite lived up to his youthful promise. He became a clergyman. Other pbs: 100y 9.9 (1968), 100m 10.7 (1968), 200m 21.0 (1968), 800m 1:47.5 (1970), 1M 4:13.4 (1971).

Harold Malcolm YARDLEY

b. 23 December 1940 Oldham. Birchfield H, Walton AC.

No 400m runner can match Malcolm Yardley's eight British junior records as he took that mark from 48.5 to 47.2 (also a European Junior record) in 1958-9. He was still only 19 when he moved to fifth on the British all-time list with 46.6 in 1960 just prior to the Olympic Games, where he made the 400m quarter-finals and led off the 5th-placed 4x400m team. That remained his pb, although he nearly matched it when ranked 3rd in Britain ten years later at 46.7 in 1970. He was Northern 200m champion in 1959.

Short and compact at 1.70m, 63kg, he was coached by Jim Sharlott, whom he met when he studied at Leicester College of Art & Technology. Yardley had first come to prominence with English Schools intermediate titles in 1956 and 1957 and LAC Schools wins each year 1956-8.

Other pbs: 100y 9.6 (1968), 100m 10.5 (1969), 200m 21.0 (1969), 800m 1:53.4 (1959).

UK Athletes Progress at 400 Metres

Year	Guy <u>BUTLER</u>	Eric <u>LIDDELL</u>	Cecil <u>GRIFFITHS</u>						
1918			49.9*						
1919	48.9*								
1920	49.3*		49.7*						
1921	49.5*		49.5*						
1922	49.9*	52.3*	50.4	Douglas	John				
1923	49.4*	49.9*	50.2	<u>LOWE</u>	<u>RINKEL</u>				
1924	48.0	47.6	50.3*						
1925		48.9*							
1926	49.9*	(49.1/1929)		48.8*	49.3				
1927	49.5*		Godfrey	48.5*	49.7*				
1928		Fred	RAMP-	49.1*	48.3				
1929		<u>WOLFF</u>	<u>LING</u>			Crew			
1930			49.7*	Godfrey	Bill	<u>STONELEY</u>			
1931			48.0	<u>BROWN</u>	<u>ROBERTS</u>				
1932	Alan	48.6	48.0			48.6			
1933	<u>PENN-</u>	48.7*	-	49.3*?					
1934	<u>INGTON</u>		47.7*		48.3*	48.4*			
1935	49.3*		49.1*	47.8*	47.7	48.8			
1936	48.8*	48.6*	47.61	46.68	46.87				
1937	48.7*	49.5*		47.2	47.5				
1938	48.3*			46.9	47.6*				
1939	47.3			47.8*					
1940	50.1*			(49.7*/1947)					
1942	48.4*								
1944		Terence	Derek	Leslie					
1945		<u>HIGGINS</u>	<u>PUGH</u>	<u>LEWIS</u>					
1946	Peter		48.7*	49.4	48.3*				
1947	<u>HIGGINS</u>	50.9*	48.9*	49.1	48.9				
1948		48.5*	48.8	48.2*	48.5				
1949	50.1*	49.0*	48.2*	48.38					
1950	49.3*	48.7*	47.3	47.7*					
1951	48.5*	47.8	47.6*	48.5*	Michael	John			
1952	48.9*	47.9	Malcolm	47.8	<u>WHEELER</u>	<u>WRIGH-</u>			
1953		49.6*	<u>YARDLEY</u>		50.8*	<u>TON</u>			
1954	48.4*	48.7*	57.6*		49.7*	51.4*			
1955	48.2	48.5*	52.4*		47.4	48.4*			
1956	47.1	49.1*	51.1*		47.4*	47.6			
1957	47.2		49.1*			47.1			
1958	47.7*		48.2		(48.8*/64)	46.3			
1959	47.8*		47.2	Martin	(47.5*/65)	46.9*	Adrian		
1960	47.8*		46.6	WINBOLT	(47.8*/66)	46.5	<u>METCALFE</u>		
1961			47.2	<u>LEWIS</u>	-	48.9			
1962			47.9*	53.5*					
1963	49.7*		47.5*	51.3*					
1964		Howard	48.6*	48.9*					
1965	Martin	<u>DAVIES</u>	46.9*	48.0	Martin	<u>GRIFFITHS</u>			
1966	<u>REYNOLDS</u>	48.4*	-	46.84	<u>BILHAM</u>	-			
1967	50.0	46.9	-	47.4*	48.6*	47.9*	47.44*		
1968	-	46.7*	-	45.91A	48.5*	47.6*			
1969	48.3		47.5	46.7	47.7	46.8	Roger		
1970	-		46.7	47.4	46.6	49.0i	<u>JENKINS</u>		
1971	46.9	Alan			46.7	48.9i	53.3		
1972	46.1	<u>PASCOE</u>		47.5		48.0	-		
1973		46.8				48.45			
1974		47.8					47.1		
1975		47.0					46.7		
1976		47.35					46.49		

1954		Tim		
1955		<u>GRAHAM</u>	Barry	John
1956	Robbie	50.8*	<u>JACKSON</u>	<u>ROBERTSON</u>
1957	BRIGHT-	50.4*	50.6*	56.8*
1958	<u>WELL</u>	50.5*	49.6*	52.7*
1959	47.9 ft	48.1*	48.3*	51.8*
1960	46.25	47.9*	47.0	48.9*
1961	45.9	49.8*	47.3*	48.3*
1962	45.6*	-	46.5	48.4*
1963	46.2	47.2*	47.1*	48.8*
1964	45.75	46.08	48.9*	47.8*
1965	David	-	-	Jim <u>AUKETT</u>
1966	<u>JENKINS</u>	46.7		49.1*
1967	53.4	46.36*		51.1
1968	48.7*	Glen		51.0
1969	46.5	<u>COHEN</u>		48.2
1970	46.9	60.0	Richard	47.2
1971	45.45	52.8	<u>ASHTON</u>	47.5
1972	45.3	48.8	50.7	47.8
1973	45.2	47.0		46.7
1974	45.18	46.6	49.0	46.59
1975	44.93	46.4	48.84	46.6
1976	45.1	46.11		47.09
1977	45.95	45.89	48.1	49.7/8*
1978	45.97	45.49	46.27	49.58
1979	-	46.6	47.08	49.8/8*
1980	45.29	45.93	46.61	<u>MAFE</u>
1981	45.86	47.05		50.1
1982	45.89	46.29	Paul	50.3i
1983	-	-	<u>SANDERS</u>	49.8i
1984	47.15	47.09	47.9	David <u>MCKENZIE</u>
1985			47.76	51.88
1986		David	46.99	49.9
1987	Jamie	<u>GRINDLEY</u>	47.34	48.3
1988	<u>BAULCH</u>	49.6	46.29	48.8
1989	49.5	50.1	46.59	47.8
1990	-	46.39	46.06	48.1
1991	-	45.41	45.33	46.79
1992	-	44.47	46.48	45.65
1993	46.50	44.50	46.95	45.64
1994	46.45	-	47.23	46.21
1995	45.14	46.15		45.75
1996	44.57	45.66		45.47
1997	44.69	46.45		45.96
1998	44.83	-		46.28
				48.54

Glendon Howard COHEN

b. 22 April 1954. St Catherine, Jamaica. Wolverhampton & Bilston AC. Coached by Charles Taylor.

For ten seasons from 1973, Glen Cohen was one of Britain's top 400m runners, reaching his peak in 1978, when he ranked UK No.1 and ran his personal best of 45.49 in winning the IC4A title for Boston University, USA. He was a gold medallist at 4x400m at the 1974 European Championship, a year after he was 4th at 400m and bronze medallist at 4x400m at the European Juniors. He reached the quarter finals at 400m at the 1976 and 1980 Olympics. He was 2nd in the 1972 English Schools 400m and AAA Junior champion at 400m in 1973, but his only senior national title was the AAA indoor 200m in 1977. Other pbs: 100m 10.6/10.74 (1982/3), 10.3w (1980); 200m 20.90 (1976), 300m 33.44 (1980). He married Eleanor Thomas, who was a British international sprinter 1978-87.

Barry Douglas JACKSON

b. 22 Aug 1941 Birmingham. Lozells Harriers. Coached by Lionel Pugh, Jackson was the 1956 English Schools junior 220y champion and went on to win the AAA junior title at 440y in 1959 and 1960 before making his international debut when just 19 at the 1960 Olympic Games (5th 4x400m). He ran his 400m pb of 46.5 in the semi-final of the 1962 Europeans before 5th in the final, with a relay silver medal. Another relay silver came for England at the Commonwealth Games in 1962, but he was injured in his 440y semi-final.
Other pbs: 100y 9.9/9.8w (1962), 100m 10.7 (1962), 200m 21.4 (1962). 1.78m, 73kg.

Kriss			Steve
<u>KABUSI</u>			<u>SCUTT</u>
52.4	Phil	Todd	48.8
49.1	<u>BROWN</u>	<u>BENNETT</u>	48.07
50.2	49.7	50.9	47.2
48.7		48.8	45.97
48.0	46.82	47.54	46.30
48.0		46.6	46.28
48.0	45.45	45.89	46.50
46.10	45.75	45.58	47.9
45.43	45.76	45.45	48.15
45.55	45.26	45.35	
45.65	45.29	45.62	
45.99	45.73	46.38	
44.93	46.15	45.27	
46.3	46.26	46.26	
47.1	46.7	46.06	
46.97		48.06	
47.82H		47.65	
46.35		48.30i	

Lesli e Charles LEWIS

b. 26 December 1924, d. 7 April 1986. 1.74m, 68kg
Lewis first came to the fore in 1946 when in the RAF, and he made his international debut a year later. He was Southern 440y champion in 1948-9 and won the AAAs in 1950 after 2nd at the Empire Games, just 0.01 behind Edwin Carr (Aus). He led off the silver medal-winning England team there and contributed a 47.2 second leg to the winning British team at the Europeans that year, but was a well-beaten 5th behind team-mate Derek Pugh in the individual event. He retired after qf 400m and 5th in the relay at the 1952 Olympics. Lewis became a schoolmaster after attending both those hothouses of athletic talent – Borough Road and Loughborough Colleges. Member of Walton AC.
Other pbs: 100y 9.9 (1950), 200m 21.7 (1950), 220v straight 21.5w (1951), 300v 31.1 (1949).

1975	Alan								
1976	<u>BELL</u>								
1977	47.48								
1978	46.96								
1979	46.53			Derek			Paul		
1980	45.65			<u>REDMOND</u>			<u>HARMSWORTH</u>		
1981	46.93			53.6	Brian		49.66		
1982	46.84			52.8	<u>WHITTLE</u>		48.5		
1983	47.6	Roger		49.5	50.3		47.68		
1984	46.88	<u>BLACK</u>		47.55	48.16				
1985		47.7	Mark	46.32	47.54				
1986		45.36	<u>RICHARD-</u>	44.82	46.60		47.41	Adrian	
1987		44.59	<u>SON</u>	45.25	45.38		46.29	<u>PATRICK</u>	
1988		44.99	50.8	44.50	46.31		46.02	52.6	
1989		-	46.43	44.67	45.22		45.64	49.2	
1990		46.2	47.13	45.54	45.92	Mark	Du'aine		
1991		44.91	46.33	45.28	46.52i	<u>HYLTON</u>	<u>LADEJO</u>	48.07i	48.25
1992		44.62	45.53	45.66	46.14	52.09	46.66		47.47
1993	47.32	44.72	45.09	45.02	46.67	50.04	46.97		48.04
1994	47.94i	45.86	45.94i		47.13i	47.81	45.25		47.25
1995	45.58	44.78	46.11i		45.46	46.37	44.94	Sean	46.79
1996	45.98	44.59	44.81		47.01	45.83	44.79	<u>BALDOCK</u>	46.11
1997	44.66A	44.37	44.74	Solomon	-	45.57	44.66	48.79	45.63
1998	44.36	45.07	44.47	<u>WARISO</u>	48.7	45.71	-	46.80	46.06
1999	44.38	44.71	44.37	44.68	-	45.24	46.12	45.42	46.32
								45.45	46.31

Eric Liddell's Career at 400m and 440y

To win the Olympic title and to set a world record in the process must represent the supreme triumph. Eric Liddell did just that – and his feat has long been lauded, not least in the remarkable film *Chariots of Fire*. Some licence with the facts is shown in that work without detracting from the essence of the story. What is perhaps not so well known is just how little Liddell raced at this distance, and he is one of the very few athletes to go through his career undefeated at a particular event. Or at least Liddell was in any final at 400m or 440y from 1922 to 1925. We do not know how many times he may have run later, although one doubts that he would have spared much time from his missionary work in China, but a 400m win in Tientsin in 49.1 was reported for 25 Nov 1929. These were his 440y races (m = 400m) from his debut at 440y in 1922:

27 May 22	Edinburgh University Sports	Edinburgh (C)	52.6
26 May 23	Edinburgh University Sports	Edinburgh (C)	52.8
16 Jun 23	Scottish Universities	Edinburgh (C)	50.2
14 Jul 23	Triangular International	Stoke-on-Trent	51.2
28 May 24	Edinburgh University Sports	Edinburgh (C)	51.5
31 May 24	Scottish Universities	Glasgow	51.2
14 Jun 24	Scottish Champs	Glasgow	51.2
20 Jun 24	AAA Champs – ht	London (SB)	51.0
20 Jun 24	AAA Champs – sf	London (SB)	49.6
20 Jun 24	AAA Champs	London (SB)	49.6
10 Jul 24	Olympics – ht	Paris	50.2m
10 Jul 24	Olympics – qf	Paris (2nd)	49.3m
11 Jul 24	Olympics – sf	Paris	48.2m
11 Jul 24	Olympics	Paris	47.6m
26 Jul 24	Scotland v Canada	Greenock	51.2
2 Aug 24	Rangers FC Sports	Glasgow	49.6 hcp
16 Aug 24	Gala Harriers Sports	Galashiels	54.0
20 May 25	Edinburgh University Sports	Edinburgh (C)	51.4
31 May 25	Scottish Universities	St Andrews	55.8
6 Jun 25	Queens Park FC Sports	Glasgow	50.2 hcp
13 Jun 25	Corstorphine AAC Sports	Edinburgh	53.5
27 Jun 25	Scottish Champs	Glasgow	49.2

Note that in each of his first seven races and in the first two and last in 1925, he also won the 100y and the 220y on the same day, and many of these races were on poor tracks. At Stoke, in the Triangular International in 1923, he won despite being knocked off the track by the English runner, Jack Gillis and losing some 20y before he got going again.

The only man ever to finish ahead of him was the Dutchman Adriaan Paulen, later president of the IAAF, who won his Olympic quarter-final in 49.0. (C) Craiglockhart, hcp = won handicap race from scratch.

Depth of times in the first half of the century

In the May 1952 issue of *Athletics World* Norris and Ross McWhirter published a deep list of British all-time performances. In a concluding table they gave the men with the most times under 49 seconds as follows (in brackets times to 47.9m or 48.2y) to the end of 1951:

Godfrey Brown	28 (13)	Leslie Lewis	13 (2)	Alan Pennington	6 (3)
William Roberts	22 (8)	Godfrey Rampling	10 (2)		
Derek Pugh	22 (5)	Terence Higgins	8 (1)		

Great Rivalries

Godfrey Brown v Bill Roberts

Date	Meet	Venue	Brown	Roberts
11 Aug 35	vGER	Munich	2 - 48.4	1 - 47.7
11 Jul 36	AAA	London (WC)	1 - 48.6y	3 -
7 Aug 36	OG	Berlin	2 - 46.68	4 - 46.87
14 Aug 37	vGER	London (WC)	2 - 49.2y	1 - 48.2y
9 Jul 38	vNOR	London (WC)	1 - 49.2	2 -
16 Jul 38	AAA	London (WC)	1 - 49.2	3 - 49.4
13 Aug 38	vFRA	London (WC)	1 - 48.8	2 - 49.2

Overall: Brown 5-2 v Roberts

Robbie Brightwell v Adrian Metcalfe

Date	Meet	Venue	Brightwell	Metcalfe
21 Jul 61	vUSA	London (WC)	4 - 46.8y	2 - 46.4y
5 Aug 61	vHUN	London (WC)	1 - 47.0	2 - 47.2
2 Sep 61	vFRG	Dortmund	2 - 46.2	1 - 45.7
6 Sep 61	vPOL	Warsaw	1 - 46.7	3 - 47.2
19 Sep 61	EvRUS	London (WC)	2 - 46.7	1 - 46.5
23 Sep 61	vFRA	Colombes	2 - 46.9	1 - 46.4
30 Sep 61		Birmingham	2 - 47.5y	1 - 47.4y
4 Aug 62	vPOL	London (WC)	1 - 46.6	3 - 48.0
14 Sep 62	Eur Ch	Belgrade	1 - 45.9	4 - 46.4
28 Sep 63	vRUS	Volgograd	1 - 46.6	2 - 46.8
3 Oct 63	vHUN	Budapest	2 - 46.2	1 - 46.2
11 Jul 64	AAA	London (WC)	1 - 47.5y	5 - 49.1
22 Aug 64	Kusocinski	Warsaw	2 - 46.0	6 - 47.6

Metcalfe 5-2 in 1961, Brightwell 2-0 in 1962, 2-0 in 1964; 1-1 in 1963

Mark Richardson v Iwan Thomas

Date	Meet	Venue	Richardson	Thomas
16 Jul 93	AAA h1	Birmingham	1 - 46.92	5 - 48.36
16 Jun 96	AAA	Birmingham	5 - 45.33	3 - 44.69
30 Jun 96	BUPA	Gateshead	4 - 45.44	1 - 44.94
12 Jul 96	BrGP	London (CP)	5 - 45.34	3 - 45.08
25 Aug 96	McD	Sheffield	2 - 45.38	5 - 45.77
18 Jun 97		Helsinki	1 - 44.91	2 - 45.08
29 Jun 97	BrGP	Sheffield	2 - 44.88	1 - 44.49
13 Jul 97	UK Ch	Birmingham	2 - 44.84	1 - 44.36
5 Aug 97	Athens	World Ch	4 - 44.47	6 - 44.52
17 Aug 97	Spar	London (CP)	3 - 45.10	1 - 44.69
26 Aug 97	ISTAF	Berlin	2 - 45.30	1 - 44.90
7 Sep 97		Gateshead	1 - 45.47	2 - 45.64
19 Sep 97		Kingston	3 - 45.36	2 - 44.86
9 Jul 98	Bisl	Oslo	1 - 44.37	2 - 44.50
14 Jul 98	GGala	Rome	2 - 44.62	5 - 44.77
26 Jul 98	AAA	Birmingham	2 - 44.62	1 - 44.50
2 Aug 98	BrGP	Sheffield	1 - 45.05	2 - 45.22
8 Aug 98	Herc	Monaco	3 - 44.37	4 - 44.38
12 Aug 98	WK	Zürich	4 - 44.48	5 - 44.54
21 Aug 98	Eur Ch	Budapest	3 - 45.14	1 - 44.52
5 Sep 98	GPF	Moscow	1 - 44.88	3 - 44.96
18 Sep 98	CG	Kuala Lumpur	2 - 44.60	1 - 44.52

1993 Richardson 1-0, 1994/5 - no meetings, 1996 Thomas 3-1, 1997

Thomas 5-3, 1998 Richardson 6-3

'Ming' Campbell must be Britain's fastest top politician at this event, running 47.9y in 1965 to add to his British record 10.2 for 100m and 20.8 for 220y, but the fastest Cabinet Minister is Cecil Parkinson, a Cambridge University 'blue', who had a best of 49.4y in 1954.

Terence Higgins, pb 47.8m, and a 1950 Commonwealth silver medallist at 4x440y, was also a Conservative MP.

The Master Coach

In looking through the careers of our top quarter-milers one notices the names of many distinguished coaches, and these men have played notable roles in developing our talented athletes. But one man stands out way ahead of the rest. For nobody in British athletics, and surely few anywhere in the world can have helped so many outstanding 400m runners to come to the fore as the remarkable former school-master Mike Smith.

Mike was a club athlete, who started with Trowbridge and represented Wiltshire before he started teaching. That took him to Southampton where he has lived ever since. His first prominent athletes were sprinter David Dear and then Donna Murray, who he coached from the age of 13 through to her golden girl successes at 400m. Todd Bennett was his first top 400m man, but see how the production line has rolled on since then - Kriss Akabusi, Roger Black, Paul Sanders, Paul Harnsworth and now the rest of many others - Iwan Thomas.

And just look at the results of the AAAs or British Trials in recent years and see how, year after year, his athletes produce their best when it really matters.

BRITISH 400m STARS OF THE CURRENT ERA

Roger Anthony BLACK

b. 31 March 1966 Portsmouth. Southampton & Eastleigh, Team Solent.

A powerfully built runner (1.90m, 79kg), Black made a brilliant start to his international career with six gold medals, both 400m and 4 x 400m relay, in three international championships: European Juniors 1985 and European Championships and Commonwealth Games in 1986. His first notable performance had been 3rd in the 1983 English Schools 200m. In 1987, after a close 2nd to Thomas Schönlebe (GDR) in the European Cup, he had to miss the individual 400m at the World Championships, but won a silver medal in the relay.

He abandoned his medical studies to concentrate on athletics, but his career was blighted by foot injuries. He proved, however, to be highly resilient. After two years out of competition he returned to earn a place on England's 1990 Commonwealth Games team, but he was denied the chance of a relay medal by officious disqualification. That summer he again won gold medals at the European 400m and 4 x 400m and in 1991 he won the silver medal at 400m and helped the British team to a brilliant win over the USA in the relay at the World Championships.

A serious foot injury and a virus illness further affected his career, but he came back again in 1994 to add another European relay gold after being thwarted by Du'aine Ladejo in his bid to win a third successive 400m title; his five European gold medals equals the men's record of Harald Schmid (Ger). He also won the European Cup 400m in 1991 and 1994, and UK titles at 200m 1987 and 400m 1990. He won the AAA 400m in 1994 and again in 1996, when he ran superbly for a time of 44.39 that regained the British record ten years after his previous record of 44.59. He improved again to 44.37 in Lausanne and then took Olympic silver in Atlanta behind Michael Johnson in the individual event and with a 43.87 anchor leg for the British team that set European and Commonwealth records. In 1997, after a viral illness, he ran just the relay at the World Championships, helping Britain to a silver medal. There had been some controversy about his non-selection for the individual 400m in 1997; criticism then was probably unjustified, but it most certainly was not when Solomon Wariso was preferred for the 1998 Europeans. Wariso had beaten him, 44.68 to 44.71 for 3rd at the Trials, but such a time showed that Black, with his superb competitive record in major events would have been a strong challenger for a medal. Black announced his immediate retirement, not taking up his relay place. It was a sad way to bow out, particularly as Wariso flopped, but Black could look back on a superb career, a triumph against repeated illness and injury, valuing above all his 1996 Olympic silver. He was awarded the MBE in 1992.

Best times: 100m 10.48 (1996), 200m 20.56 (1996), 300m 32.08 (1986), 400m 44.37 (1996), 600m 1:16.2 (1991), 800m 1:52.1 (1990).

David Allan GRINDLEY

b. 29 October 1972 Wigan 1.88m 78kg. Wigan H. Studied accountancy at Manchester Metropolitan University.

Grindley made dramatic improvement as a 17 year-old in 1990, starting with nearly two seconds off his 400m pb with 48.0 and further with international wins in 47.52, 47.26 and 46.39, adding a 46.4 opening leg on Britain's silver-medal winning 4x400m team at the Worlds Juniors. In 1991 he won double European Junior gold and in 1992 after a European Indoor bronze, broke the British record to make the Olympic final in which he placed 6th before taking a bronze medal in the relay. Still only 20, he had some good wins in 1993, including at the European Cup and Grand Prix Final, but he had to miss the World Championships through injury. Her missed the whole of the 1994 season through ligament damage to his left foot, but although making a steady comeback in 1995, when he won a World Student Games relay bronze and 1996, such injuries have meant that he has not been able to fulfil his immense potential.

Other bests: pbs: 200m 21.50 (1992), 20.89w (1993); 300m 32.45 (1993), 600m 1:17.1 (1991), 800m 1:52.7 (1991).

Du'aine LADEJO

b. 14 February 1971 Paddington, London. Belgrave H. Graduate of University of Texas, USA.

Having competed as a youth in the English Schools high jump and won Public Schools 100m & 200m titles, Ladejo went on a sports scholarship to high school in Ohio. He spent eight years in the USA, where he played American Football and, having originally gone for basketball coaching, turned to track at university.

He was 7th in the World Junior 400m and won an Olympic relay bronze in 1992 when he ran in the heats. A World Championships semi-finalist in 1993, he leapt into world class at 400m in 1994, when he became European champion indoors and out. He presented his own programme *Du'aine's World* on ITV in 1995. In 1996 he retained his European Indoor 400m title, won at the European Cup and set a pb of 44.66 for 2nd to Roger Black at the AAAs. However, he went out in the quarter-finals at the Olympics, although he won a silver medal after running in the heat and semi of the 4x400m. Having long had the target of trying to be a supreme all-round athlete, he failed to finish his first decathlon in 1997, but broke through in his next with 7635 in May 1998, and, now coached by Bruce Longden, is making excellent progress in his multi-event ambitions, winning the AAA indoor heptathlon title in 1999. Other pbs: 60m 6.68i (1997), 100m 10.45/10.2w (1998), 200m 20.96 (1993), 300m 32.73 (1994), 1500m 4:28.86 (1998), 60mh 8.26i (1999), 110mh 14.63/14.6 (1998), HJ 2.04 (1998), PV 3.95 (1998), LJ 7.16/7.34w (1998), SP 14.03 (1998), DT 41.64 (1998), JT 50.20 (1998), Dec 7635w/7633 (1998).

Kriss Kezie Uche Chukwu Duru-AKABUSI

b. 28 November 1958 Paddington, London.

Akabusi gave marvellous service to British athletics for a decade from his international debut in 1983, although that, at the age of 24, was quite a late start after several years at 48-second 400m standard in Army athletics. He became an invaluable member of 4 x 400m relay teams, with silver at the 1984 Olympics, and gold medals at the Europeans of 1986 and 1990, Commonwealth 1986 and the 1991 Worlds, when he anchored the British team to an epic victory over the Americans. At the end of that year he was voted the British Sports Writers' male sportsman of the year. He also won a relay bronze at the 1987 Worlds and ran on three successive British European Cup winning relay teams 1987-91. Not quite making the very highest level at 400m, with a best time of 44.93 in 1988, and a 4th place at the 1986 Commonwealth Games, he turned to 400m hurdling in 1987, and reached world class very rapidly. He was 7th at the 1987 Worlds and 6th at the 1988 Olympics before, in 1990, after winning the Commonwealth title, he finally smashed David Hemery's 22-year-old UK and ex-world record of 48.12 when he ran 47.92 to win the European title. Akabusi set three more British records: two in the 1991 World Championships, with 47.91 in his semi-final and 47.86 for 3rd in the final, and 47.82 for the Olympic bronze in 1992. He also won the 400m hurdles at the 1989 and 1991 European Cup, was UK champion at 400m 1984 and 400m hurdles 1987 (tie) and 1990; and won the AAA 400m 1988 and 400m hurdles 1992. He left the Army, where he was a warrant officer PT instructor, after 15 years service in 1990. He was awarded the MBE in 1991 and retired in 1993; he is now making a career as a television personality.

Other bests: 100m 10.7 (1983), 200m 21.22 (1991) and 21.1 (1990), 300m 32.59 (1991), 600m 1:17.1 (1991), 800m 1:48.2 (1985), 110mh 14.6 (1989).

James Stephen 'Jamie' BAULCH

b. 3 May 1973 Nottingham. Cardiff AAC.

Having sparkled as a junior at 200m, Jamie has progressed to world class at 400m despite his small stature (1.76m). In 1991 he was 7th at 200m and 2nd 4x100m at the European Juniors and in 1992 4th at 200m and 1st at 4x100m at the World Juniors, making his senior international debut in the World Cup (4th at 4x100m). In 1993 he ran a Welsh record 46.50 at Sheffield in his first individual race at the distance since 1990, and in 1994 ran on the winning British 4x400m team at the World Cup. He made a breakthrough in 1995 when he progressed to 45.14, and in 1996 he ran a 44.19 second leg for Britain's Olympic silver medal team that set a Commonwealth and European record. He also set his fifth Welsh record with 44.57 in Lausanne. In 1997 he set Welsh indoor records at 46.36 and 46.13 before smashing Todd Bennett's 12-year-old UK indoor record of 45.56 with 45.39 at the UK Trials and then took the World Indoor silver behind Sunday Bada (Nigeria). Later he made the World final outdoors with a season's

best 44.69 in the semis and ran a 44.08 third leg on the British silver-medal relay team. After a slow start to the 1998 season he was back in good form at the Commonwealth Games, and had a super start to 1999 with the World Indoor gold medal (adding a relay bronze in a Commonwealth record time). Long coached by Jim Anderson, he is now guided by Linford Christie and has a four-year old son Jay.

Other pbs: 60m 6.76i (1997), 100m 10.51 (1995), 200m 20.84 (1994), 300m 32.25 (1996).

He was second at Welsh Schools trampolines in 1991.

Mark David HYLTON

b. 24 September 1976 Slough. Windsor, Slough & Eton. Coached by Tony Lester.

It is tough to make it to the top of British 400m running these days, but Hylton is steadily improving, and in 1998 improved his best time for 400m to 45.30 for 5th in the AAAs and then 45.24 in winning the B race in Zürich. He led off the gold-medal winning 4x400m team at the Europeans with a 45.42 leg and later had relay 2nd places at the World Cup and Commonwealth Games. He had also won silver medals as a relay reserve at the 1996 Olympics and 1997 Worlds.

Another brilliant junior, Hylton won five English Schools titles: junior 200m 1991, intermediate 400m 1993 and senior 400m 1994-5; and seven AAA titles: outdoors: junior 400m 1994 and 200m 1995; indoors at 400m: U17 1993, U 20 1994 and senior 1995-7.

After 4th at 400m and a relay bronze at the 1994 World Juniors, he won double gold at the 1995 European Juniors and two years later won the European Under-23 400m. Other pbs: 200m 21.09 (1995), 21.04i (1997); 300m 32.26 (1998).

Derek Anthony REDMOND

b. 3 September 1965 Bletchley. Birchfield H.

Coached by Tony Hadley.

One of the most poignant moments in the history of our sport was when Jim Redmond, Derek's dad, leapt onto the track in Barcelona in 1992, after his son had broken down with a torn hamstring in the semi-final of the Olympic 400m, and accompanied his son as he limped down the finishing straight. Redmond had looked to be back as a contender after season's bests to win heat in 45.03 and semi in 45.02, but he was never to race competitively again; a desperate way to end a career full of accomplishments and yet so blighted by injury.

English Schools champion at 100m in 1983, after a splendidly consistent season in 1984, when he won the AAA Junior title, he progressed impressively to senior international status in 1985. Then, following second places in the UK and AAA Championships, he broke the David Jenkins's ten-year-old British 400m record with 44.82 in Oslo and was third in the European Cup Final. Recurring injuries caused him to miss the 1986 and 1990 Commonwealth Games, the 1987 European Cup, the 1988 Olympics and much of the 1989 season. However, he set a British record 44.50 in the semis and

attained fifth place in Rome at the 1987 World Championships, adding a relay silver medal. In 1990 he had some bone removed from his left foot in January and surgery on both Achilles in November. He ran consistently at the end of 1991 and ran the fastest leg, 44.15, on the British gold medal relay in Tokyo.

Other pbs: 100m 10.2 '87, 10.78 '88; 200m 21.06 '90, 21.0w '85; 300m 32.32 '88, 800m 1:55.3 '84.

Mark Austin RICHARDSON

b. 26 July 1972 Slough. Windsor, Slough & Eton.

Sports science degree from Loughborough University.

A brilliant junior, Richardson has been through some seasons marred by injury to mature into a consistent world class 400m runner, 5th in 1995 and 4th in 1997 at World Championships (pbs in both finals), 3rd in the Europeans and 2nd Commonwealth Games in 1998.

He had a sensational start to the 1988 season when he set a UK age-15 best for 400m of 47.57 to win the Southern Junior title, improving to 47.32 on his junior international debut, and then age-16 bests of 46.63 and 46.43 in the heats and semis of the World Juniors (4th in final). He also ran a UK age-15 200m best of 21.47 when he won the AAA Youths title. His 1989 season was ruined by injury and he also missed most the 1993 and 1994 summer seasons due to a fractured hip. After 3rd (2nd relay) at the 1990 World Juniors and 2nd (with silver and gold at the two relays) at the 1991 European Juniors he won relay medals as a reserve, running heats not finals: World gold 1991 and Olympic bronze 1992. He ended 1992 with a fine 2nd at the World Cup.

From injury-troubled years he returned in great form in 1995, but after individual 5th could not run the World Champs relay final through illness. At the 1996 Olympics his 43.62 for the 3rd leg in the final was the fastest split at the Games and the fastest ever run by a British runner, and further silver medals at 4x400m have come at the 1997 Worlds and 1998 Commonwealth, with gold in the 1998 Europeans. He has individual wins in 1995 and 1998 and relay first places each year 1995-8 at the European Cup. In 1998 he missed the British record by just 0.01 in beating Michael Johnson in 44.37 at the Bislett Games, and later equalled that time in Monaco, but could not quite get that elusive record despite a series of fast times and a fine in the Grand Prix Final. He beat Iwan Thomas 6-3 overall in 1998, but those three losses came in the Championships: AAA, European and Commonwealth.

Other pbs: 100m 10.35 (1998), 200m 20.62 (1997), 20.6w (1996); 300m 31.87 (1998), 800m 1:55.9 (1997).

Iwan Gwyn THOMAS

b. 5 January 1974 Farnborough, Kent. Newham & Essex Beagles. Studied sports management at West London Institute.

A later starter in the sport than most of his rivals, Thomas has become, so far, the top British 400m runner of his generation. He had a superb season in 1998, when he won his event at the AAAs, Europeans, World Cup and Commonwealth Games, adding relay gold in

Budapest and silver in Kuala Lumpur.

Thomas started athletics in 1992, after being ranked fourth in Europe at BMX cycle racing, and made the British team for the World Juniors, helping them to 5th in the 4x400m relay. He set the first of nine (to 1997) Welsh records at 46.34 in 1994 and then improved to 45.98 in the Commonwealth Games semi-finals. He made further progress to 45.58 in 1995, when he made the British 4x400m team that won at the European Cup, and then broke into world class in 1996. Ideally built for the event at 1.88m and 80kg, and guided by 400m-master-coach Mike Smith, he is compiling a formidable record with 1996 Olympic 5th and 1997 World 6th before his successes in 1998. At Lausanne in 1997 he took the British record with 44.46, improving by 0.10 when he won at the Trials in Birmingham.

Relay medals: gold 1998 Europeans; silver 1996 Olympics and 1997 Worlds; bronze 1998 Commonwealth Games for Wales.

Other pbs: 200m 20.87 (1997), 300m 32.08 (1997).

Brian WHITTLE

b. 24 April 1964 Ayr 1.90m 77kg. Haringey and Ayr Seaforth. Qualified chemist, later athletics development organiser for Glasgow. Coached by Hugh Muir.

Whittle will long be celebrated for running his relay leg at the 1986 European Championships with one shoe, and yet he still ran 45.09 on the third leg, passing to Roger Black, who took the team to gold medals. He ran his fastest ever 400m, 45.22, in the quarter-finals of the 1988 Olympics, but did not progress beyond the semis. He turned to 800m running in 1989, when, with others sidelined by injury, he ranked as British number one at 400m for the first time, and ran that event in the European Cup (5th). However he missed the World Cup through a broken nose, and also missed selection at 800m for the 1990 Europeans after placing seventh at the AAAs.

A powerful runner (1.90m, 77kg), his best results at 400m were silver medals in the 1988 and 1989 European Indoor Championships and he was 5th in the 1989 World Indoors. At the Commonwealth Games he was 5th at 400m in 1986 and 4th at 800m in 1990. He won a second European 4x400m relay gold in 1994 and has three times run on a winning British 4x400m team at the European Cup.

Won UK 400m 1988; Scottish 200m 1988, 400m 1985-7, 1989. Still running competitively in 1999, he is a 6-handicap golfer.

Other pbs: 100m 10.6/10.76w (1986), 200m 21.34/21.0w (1986), 300m 32.61 (1988), 600m 1:15.94 (1992), 800m 1:45.47 (1990), 400mh 50.91 (1993), HJ 1.98 (1984).

More STARS OF YESTERYEAR

Guy Montagu BUTLER (London AC)

b. 25 August 1899 Harrow, Middlesex, d. 22 February 1981 St Neots, Cambridgeshire.

Guy Butler had an unusually long career for an athlete of his era, competing at three Olympic Games, 1920-8, and with four medals (gold 4x400m and silver 400m in 1920, and bronze at each in 1924) he set a British record for athletics since matched only by Sebastian Coe. He won the Public Schools 100y, 440y and long jump for Harrow in 1917 and two years later won the AAA 440y title at the age of 19. He was subsequently 2nd three times, but his only other AAA title was at 220y in 1926. At Cambridge University 1919-22, he won the 440y in the Varsity match in 1921 and 1922 after dead-heating with Bevil Rudd (South Africa) in 1920. Rudd went on to beat Butler into second place at the AAAs and at the Olympic Games that year. His 48.0 in the semis of the 1924 Olympics was a European record. A schoolmaster in the 1920s, he became an athletics journalist and coach and was a leading pioneer of filming athletes in action. Other pbs: 220y 21.8e (1927), 300y 30.6 (World record, 1926).

Beauchamp R. DAY (Ireland)

b. 1882, Kingstown, now Dun Laoghaire, Dublin. pbs: 21.7y, 47.8y.

At eighteen, B.R. Day, competing in the Dublin Metropolitan Police meeting, amazed the timekeepers by getting well inside the Irish record of 51.0, with 49.4. The time was thought to be so outrageous that it would stand a better chance of being ratified if it was officially returned as 50.8. In the same year, Day confirmed his talent by winning the Irish AAA titles for 220y and 440y. He turned professional in 1901 and won the Powderhall New Year sprint from one of the back marks in 1902. His best time for 440y (47.8) was achieved in Perth, Australia, in 1907. He returned to England and had notable victories at Oldham, over W. Grocott (21.7) in 1908; and Salford (49.2) over Arthur Postle in 1909. Day served with distinction in the 1914-8 war, and later became a bookie, in Blackpool (1939) and was last traced alive in 1946.

Douglas Gordon Arthur LOWE

b. 7 August 1902 Manchester, d. 30 March 1981 Cranbrook, Kent, Achilles, London AC

Lowe was best known as an 800m runner, Olympic champion in 1924 and 1928, on both occasions setting British records at 1:52.4 and 1:51.8 respectively. After the 1928 Games he improved that record to 1:51.2. He was also 4th at 1500m in 1924. However, he was also a fine 400m runner, AAA champion at both 440y and 880y in 1927 and 1928, and anchored the British 4 x 400m team that was 5th at the 1928 Olympics. He set a world record for 600y with 1:10.4 in 1926. While at Pembroke College, Cambridge he won a Blue for soccer and won the Varsity match 880y 1922-4 and mile 1924. He was Hon. Secretary of the AAA from 1931-8, and became a leading barrister and QC (1964).

Other best times: 440y 48.8 (1927), 1500m 3:57.0 (1924), 1 mile 4:21.0 (1925).

Thomas Michael MALONE (Ireland)

b. 1857, Milltown Malbay, Co. Clare, d.?? December 1919, Sydney, Australia.

pbs: 9.6y, 21.5y, 47.6y, 1:53.5y, 2:14.4 (1000y), 17.2 (120yh); 6'0"2"; 23'4"2"; 48'6" (TJ); 42'1" (SP). "Peerless Tom", as he was known, was indisputably the finest all-round athlete of his century (writes Peter Lovesey). After a short amateur career in which he ran 100 yards in even time, he set an Irish record of 51.2 (2 Jun 79), won the AAA long jump (1882 - he was second in 1881) and was second in the shot (1882) and third in the 100y (1882), he left for Australia and lived there to the end of his life. As a professional in the warm conditions, he set world-class marks in a variety of events. His 47.6 for 440y was run at Ballarat in 1884. Frank Hewitt, the English professional, said of him, "I think Malone was one of the greatest runners the world has ever seen or ever will see." Harry Hutchens, who beat him over 250y by a short yard in 25'4 secs, always said Malone was the greatest sprinter he met.

William Page PHILLIPS (London AC)

b. 5 August 1858 Hendon, d. 26 March 1884 Woodbridge, Suffolk

pbs: 10.0y; 22.0y; 49.0y (50.2y on a level track) This Old Etonian oarsman and footballer was one of the few nineteenth century quarter-milers who would have looked the part to modern eyes. At 6ft 2'1zin (1.89m) and over 12st (76kg), he towered over Laurence Myers (USA) when they met in the AAA 440y at Aston in 1881. Phillips was an excellent sprinter, the winner of the first three AAA 100y titles, but he is remembered best for the close race he gave the talented Myers, finishing second, four-tenths down, in 49.0, on a track that admittedly gave some assistance. Four times he was runner-up in the Championships (1880-3). He joined the army and became a Lieutenant in the West Suffolk Militia. One morning late in 1883, his death was announced in the press, and he wrote to the paper pointing out that he was in the best of health. Four months later, however, he was dead of quinsy, aged only 25.

Charles Guy PYM (London AC)

b. 11 Feb 1841, Willian, Herts, d. 12 Nov 1918.

Occasionally in the early days of amateur athletics private matches were arranged. In 1865, Guy Pym, trained by the famous pedestrian, Charles Westhall, showed remarkable form in an 880y, running the first quarter in 52.0, so fast that his opponent retired. A week later, on 11 Nov 65, in a match with Percy Thornton "for a piece of plate" at Beaufort House, Pym won by eight yards in 50'4 secs, which may well have been the fastest ever achieved on a track, by amateurs or professionals, to that date. A civil servant, Pym later became MP for Bedford (1895-1906) and High Sheriff for the County of London (1911).

SUBJECT INDEX

AAA Championships	41	Junior records	5
AAA Indoor Championships	51	Eric Liddell's career	58
AAA Indoor U15/U17 champions	52	The Master Coach	59
AAA Junior Champions	45	Merit Rankings	53
AAA U17 Champions	45	Midland champions	48
AAA U15 Champions	46	Northern champions	48
AAC Championships	40	Northern Ireland champions	47
Age bests	5	Olympic Games	23
All-time list	6	Oxford v Cambridge	51
Average 25 best times	9	Progressions	56
Best performances	10	Records	3
British stars of the current era	60	Relay legs	54
CAU champions	50	Rivalries	59
Commonwealth Games	26	Brown v Roberts, Brightwell v Metcalfe	
Depth of times	20	Richardson v Thomas	
England internationals	34	Scottish champions	46
English champions	46	Sequence of sub 47, 46, 45 times	9
European Championships	25	Trials	46
European Cup	29	UK A/B/U23 internationals	33
European Indoor Championships	26	UK Champions	46
European Junior Championships	29	UK records	3
European U23 Championships	29	Welsh champions	46
European U23 Cup	30	World Championships	24
Fastest 400m relay legs	54	World Cup	30
Index of UK internationals	36	World Indoor Championships	25
Indoor records	4	World Junior Championships	29
Inter-counties champions	50	World merit rankings	52
International matches	30	World Student Games	28
Junior internationals	35	Yearly bests	2

INDEX of BIOGRAPHIES

Kriss Akabusi	61	Wyndham Halswelle	23	Godfrey Rampling	26
Jamie Baugh	61	Peter Higgins	55	Derek Redmond	61
Todd Bennett	29	Mark Hylton	61	Henry Reed	20
Roger Black	60	Barry Jackson	57	Mark Richardson	62
Edgar Bredin	40	David Jenkins	27	John Ridley	51
Robbie Brightwell	25	Derek Johnson	55	John Rinkel	56
Godfrey Brown	24	Du'aine Ladejo	60	William Roberts	26
Phil Brown	54	Leslie Lewis	57	John Salisbury	34
Guy Butler	63	Eric Liddell	22, 58	Iwan Thomas	62
Colin Campbell	31	Douglas Lowe	63	Lenox Tindall	21
Glen Cohen	57	Ade Mafe	51	Michael Wheeler	55
Edward Colbeck	41	Thomas Malone	63	Brian Whittle	62
Beauchamp Day	63	Adrian Metcalfe	28	Martin Winbolt Lewis	55
Alfred Downer	46	Alan Pennington	30	Charles Wood	48
Tim Graham	50	William Phillips	63	John Wrighton	28
Cecil Griffiths	47	Derek Pugh	50	Malcolm Yardley	55
David Grindley	60	Guy Pym	63		

And who is the Greatest?

Well, I was going to run a poll of leading NUTS experts – but then I thought that rather than let subjectivity play more of a part than it need, perhaps even the greatest experts might find it useful to refresh their memories with the facts. And in this booklet I hope that I have provided them. So now - who is the greatest? Please let me have your votes - ranking the top ten men in order. If I get a sufficient response I will publish the results in *Track Stats*. But, having just completed this compilation, I will give you my No. 1 – Roger Black.

Corrections to the contents of this book will be welcomed by the author:

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The *Track Stats* Special on the British men at the 800m/880y was published in 1988.

Further issues – probably next 1500m/1M will follow soon, with at least two events per year planned.

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