

d = decathlon, h = heptathlon, i = indoors, m = mixed competition, p = pentathlon, T = track walk, x = did not complete competition, \* = second-claim or HCC athlete, § = race walking in running race, > = performance recorded shortly before becoming a member (where not previously a member of another club), + = official intermediate time during a longer race.

National rankings down to 100th place for standard events are shown if the athlete has a UK qualification and if such information is available.

For races of 200 metres in distance or less, manual and electric times are separated, as are wind assisted performances and those where no wind reading was taken. For the horizontal jumps, all distances are shown together, even if wind assisted or no wind reading was taken; this is because in club events wind gauges are very rarely used.

Please notify [alan.mead@belgraveharriers.com](mailto:alan.mead@belgraveharriers.com) of any errors or omissions.

## Women's Track & Field

### 60 metres

7.61i	Amala Onuora	U20	16.03.86	Sheffield	26Feb
7.62i	Rachel King		11.05.76	Cardiff	8Jan
7.92ip	Hannah Stares		13.11.78	Bedford	15Jan

National rankings – 15= Amala Onuora (3 U20), 18 Rachel King

### 100 metres

11.96	1.9 Amala Onuora	U20	16.03.86	Glasgow	30Apr
12.73	0.8 Jennifer Culley		04.03.75	Abingdon	31Jul
12.87	1.5 Katryna Euridge *	U23	22.05.83	Abingdon	31Jul
13.10	1.7 Fran Gregory	U20	27.10.86	Crawley	11Jun
13.56	1.6 Shana Kemp	U17	28.11.88	Battersea Pk	20Jul
13.58	0.9 Chrissie Foster		13.07.76	Battersea Pk	18May
15.89	1.6 Maureen Noel	W40	16.08.63	New River	14Aug

### mixed competition

13.50	1.9 Shana Kemp	U17	28.11.88	Battersea Pk	20Jul
13.59	1.3 Sarah Gailey		11.02.81	Battersea Pk	1Jun

### manual times

12.5	Jennifer Culley		04.03.75	Ware	5Jun
12.7	Sarah Porter *		11.12.79	Abingdon	30Apr
12.7	Susan Bovill *		06.05.82	Stevenage	21May
12.9	Fran Gregory	U20	27.10.86	Banbury	24Jul
13.0	Jade Lally *	U20	30.03.87	Bedford	20Aug
14.5	Olivia Ainsworth	U20		Banbury	24Jul
15.1	Milessi Flores	U20	26.08.87	Perivale	19Jun
15.6	Tara Collins	U20		Perivale	19Jun

National rankings - 39= Amala Onuora U20 (12 U20)

### 200 metres

24.50i	Maiteland Marks USA		19.09.76	Sheffield	27Feb
24.73h	1.2 Julie Hollman		16.02.77	Bydgoszcz POL	2Jul
25.46	-1.0 Jennifer Culley		04.03.75	Barnet Cophall	14Aug
25.65	1.1 Amala Onuora	U20	16.03.86	Loughborough	22May
25.73	0.0 Sarah Porter *		11.12.79	Kingsmeadow	15May
26.81	0.6 Ria Lewis	U23	10.10.84	Abingdon	31Jul
27.20	-0.9 Chrissie Foster		13.07.76	Battersea Pk	18May
28.32	-0.9 Sarah Gailey		11.02.81	Battersea Pk	18May
34.04	0.2 Jade Fitzpatrick	U20		Battersea Pk	29Jun

### manual times

25.8	0.7 Hannah Stares		13.11.78	Watford	18May
25.8	Susan Bovill *		06.05.82	Aldershot	29Jun
26.7	Caroline Wilson	U23	14.09.84	Gateshead	24Apr
27.0	Ellie Doel *	U20	25.12.88	Banbury	24Jul
27.0	Chrissie Foster		13.07.76	Stoke	26Jun
27.3	Claire Robinson *		18.01.78	Ware	5Jun
28.7	Louise Collier	U20	14.02.88	Perivale	19Jun
30.8	1.9 Jade Fitzpatrick	U20		Battersea Pk	20Jul
32.5	Milessi Flores	U20	26.08.87	Perivale	19Jun

### no wind reading

24.48	Maiteland Marks USA		19.09.76	Valladolid ESP	15May
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National rankings – 60 Julie Hollman

### 300 metres

38.96i	Michelle Carey IRL		29.03.81	Birmingham	10Feb
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### 400 metres

52.53	Tamsyn Lewis AUS		20.07.78	Melbourne AUS	17Feb
53.64	Michelle Carey IRL		29.03.81	Uden NED	25Jun
	55.61i			Sheffield	26Feb
54.36	Maiteland Marks USA		19.09.76	Alicante ESP	23Apr
56.1	Jennifer Culley		04.03.75	Stoke	26Jun
	57.27i			Birmingham	29Jan
57.41	Claire Robinson *		18.01.78	Barnet Cophall	16Jul
57.71	Susan Bovill *		06.05.82	Kingsmeadow	14May
58.80i	Caroline Wilson	U23	14.09.84	Sheffield	27Feb
59.1	Chrissie Foster		13.07.76	Tooting	22Jun
60.06	Ria Lewis	U23	10.10.84	Abingdon	31Jul
60.6	Sarah Gailey		11.02.81	Stoke	26Jun

64.2	Louise Collier	U20	14.02.88	Derby	16Jul
67.3	Gemma Williams	U17	23.11.89	Barnes	13Jul
69.0	Fran Gregory	U20	27.10.86	Banbury	24Jul
82.4	Milessi Flores	U20	26.08.87	Milton Keynes	22May

National rankings – 59= Jennifer Culley

### 800 metres

2:07.73	Claire Robinson *		18.01.78	Manchester (SC)	9Jul
2:15.4	Chrissie Foster		13.07.76	Stoke	26Jun
2:16.15h	Julie Hollman		16.02.77	Götzis AUT	29May
2:18.90	Sarah Gailey		11.02.81	Abingdon	31Jul
2:19.73ip	Francine Passe-Coutrin	FRA	04.06.81	Madrid ESP	4Mar
2:24.45i	Hannah Stares		13.11.78	Cardiff	13Mar
2:33.6	Gemma Williams	U17	23.11.89	Perivale	19Jun
2:38.2	Sofia Dolfe	U17	16.05.90	Perivale	19Jun
2:38.4m	Jane Searle *	W45	11.06.57	Kingsmeadow	28May
	2:41.9			Battersea Pk	12Jun
2:39.1	Louise Collier	U20	14.02.88	Perivale	24Apr

National rankings – 39 Claire Robinson \*

### 1500 metres

4:20.43	Catherine Berry		08.10.75	Prague CZE	27Jun
4:39.5	Birhan Dagne		08.04.78	Stoke	26Jun
4:56.3	Sarah Murphy		26.07.77	Kingsmeadow	17Aug
5:00.2	Amy Sahely (England) USA		23.07.75	Ware	5Jun
5:00.41	Rosie Powell		02.03.84	Abingdon	31Jul
5:05.1	Imogen Ainsworth	U20	24.07.88	Banbury	24Jul
5:25.7	Gemma Williams	U17	23.11.89	Banbury	24Jul
5:29.15	Vicki Goodwin		06.05.77	Abingdon	31Jul
6:25.2	Louise Collier	U20	14.02.88	Milton Keynes	22May

National rankings – 33 Catherine Berry

### 1 mile

5:16.4	Sarah Murphy		26.07.77	Woodford Green	6Aug
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### 3000 metres

9:07.26	Catherine Berry		08.10.75	Cork IRL	2Jul
9:35.03	Getenesh Tamirat		11.07.77	Cardiff	16Jul
10:26.12	Sarah Murphy		26.07.77	Kingsmeadow	15May
11:02.16i	Rosie Powell		02.03.84	Sheffield	26Feb
11:14.88	Louise Cooper		25.08.75	Watford	13Jul
11:32.26	Amy Sahely (England) USA		23.07.75	Abingdon	31Jul
11:33.2	Sarah Gailey		11.02.81	Stoke	26Jun
12:15.8	Vicki Goodwin		06.05.77	Ware	5Jun
12:17.2	Imogen Ainsworth	U20	24.07.88	Perivale	24Apr
12:38.0	Gemma Williams	U17	23.11.89	Banbury	24Jul
13:20.9	Sofia Dolfe	U17	16.05.90	Perivale	19Jun

National rankings – 7 Catherine Berry, 35 Getenesh Tamirat

### 5000 metres

15:34.47	Catherine Berry		08.10.75	Stanford CA USA	1May
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National rankings – 6 Catherine Berry

### 10000 metres

38:27.80 >	Nikki Neal		30.11.71	Lerwick	11Jun
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National rankings – 32 Nikki Neal

### 60 metres hurdles (84.0cm)

8.28i	Rachel King		11.05.76	Loughborough	15Jan
8.66ip	Julie Hollman		16.02.77	Cardiff	13Mar
8.73ip	Francine Passe-Coutrin	FRA	04.06.81	Madrid ESP	4Mar
8.91ip	Hannah Stares		13.11.78	Bedford	16Jan

National rankings – 3 Rachel King, 19 Julie Hollman

### 100 metres hurdles (84.0cm)

13.67	1.6 Sarah Porter *		11.12.79	Bedford	29May
13.94h	0.0 Julie Hollman		16.02.77	Woerden NED	27Aug
14.80	-0.4 Hannah Stares		13.11.78	Ashford	19Jun

### manual times

14.7	-0.6 Hannah Stares		13.11.78	Stoke	26Jun
19.5	Shana Kemp	U17	28.11.88	Perivale	24Apr
20.6	Tara Collins	U20		Perivale	19Jun
21.1	Imogen Ainsworth	U20	24.07.88	Perivale	19Jun
23.0	Chloe Sanderson	U17	22.01.90	Banbury	24Jul
28.2	Sofia Dolfe	U17	16.05.90	Perivale	24Apr

National rankings – 11 Sarah Porter \*, 17= Julie Hollman, 50 Hannah Stares

### 400 metres hurdles (76.2cm)

57.37	Michelle Carey IRL		29.03.81	Geneva SUI	11Jun
58.09	Maiteland Marks USA		19.09.76	Salamanca ESP	13Jun
59.93	Jennifer Culley		04.03.75	Loughborough	16Jul
60.06	Hannah Stares		13.11.78	Ashford	18Jun
73.2	Gemma Williams	U17	23.11.89	Perivale	19Jun
74.22	Vicki Goodwin		06.05.77	Abingdon	31Jul
77.2	Imogen Ainsworth	U20	24.07.88	Banbury	24Jul
80.0	Sofia Dolfe	U17	16.05.90	Perivale	19Jun
80.8	Shana Kemp	U17	28.11.88	Perivale	24Apr

National rankings – 15 Jennifer Culley, 16 Hannah Stares

**High Jump**

1.81	Julie Hollman	16.02.77	Birmingham	18Jun
1.75ip	Francine Passe-Coutrin FRA	04.06.81	Madrid ESP	4Mar
1.60	Hannah Stares	13.11.78	Stoke	26Jun
1.55	Sarah Wellstead *	22.10.79	Abingdon	30Apr
1.50	Michelle Nestor	U23 18.02.85	Abingdon	31Jul
1.40	Tara Collins	U20	Banbury	24Jul

National rankings - 9= Julie Hollman

**Long Jump**

6.41h	1.8	Julie Hollman	16.02.77	Woerden NED	28Aug
6.25	2.0	Sarah Wellstead *	22.10.79	Sutton	3Sep
5.92ip		Francine Passe-Coutrin FRA	04.06.81	Lieviv FRA	20Feb
5.62	-0.2	Katryna Euridge *	U23 22.05.83	Kingsmeadow	14May
5.52ip		Hannah Stares	13.11.78	Bedford	15Jan
5.40		Michelle Nestor	U23 18.02.85	Derby	16Jul
4.96i		Jade Lally *	U20 30.03.87	Sutton	5Mar
4.28		Louise Collier	U20 14.02.88	Perivale	19Jun
3.57		Milessi Flores	U20 26.08.87	Banbury	24Jul

National rankings - 4 Julie Hollman, 8= Sarah Wellstead \*, 65= Katryna Euridge \* (42= U23), 93= Hannah Stares

**Triple Jump**

12.11	0.4	Sarah Wellstead *	22.10.79	Sutton	3Sep
11.47		Michelle Nestor	U23 18.02.85	Derby	16Jul
			10.97i	Sutton	5Mar
11.38	0.4	Katryna Euridge *	U23 22.05.83	Cardiff (L)	29Aug
8.96		Tara Collins	U20	Banbury	24Jul
8.29		Milessi Flores	U20 26.08.87	Banbury	24Jul

National rankings - 27 Sarah Wellstead \*, 59 Michelle Nestor, 69 Katryna Euridge

**Pole Vault**

2.80	Jenny Searle	07.06.76	Stoke	26Jun
1.90	Jayne Anderson	W35 30.04.68	Kingsmeadow	28May

National rankings - 80= Jenny Searle

**Shot (4.0kg)**

15.78	Eva Massey	22.12.80	Potchefstroom RSA	28Apr
12.79h	Julie Hollman	16.02.77	Woerden NED	27Aug
12.06i	Francine Passe-Coutrin FRA	04.06.81	Reims FRA	16Jan
10.60	Katryna Euridge *	U23 22.05.83	New River	5Jun
10.43	Laura Fox	U23 25.10.84	Ware	5Jun
10.18i	Jade Lally *	U20 30.03.87	Sutton	5Mar
		10.07	Horsham	21Aug
9.64ip	Hannah Stares	13.11.78	Bedford	15Jan
9.34	Jacqui Loney	17.04.79	New River	2Jul
8.05	Olivia Ainsworth	U20	Banbury	24Jul
6.91	Chloe Sanderson	U17 22.01.90	Perivale	24Apr
5.72	Louise Collier	U20 14.02.99	Milton Keynes	22May
5.09	Gemma Williams	U17 23.11.89	Perivale	24Apr

National rankings - 3 Eva Massey, 20 Julie Hollman

**Shot (3.0kg)**

10.98	Vilma Thompson	W50 03.10.51	San Sebastian ESP	3Sep
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**Discus (1.0kg)**

43.99	Eva Massey	22.12.80	Belfast	15May
42.29	Jade Lally *	U20 30.03.87	Crawley	10Apr
39.77	Laura Fox	U23 25.10.84	Abingdon	31Jul
38.45	Jacqui Loney	17.04.79	Barnet Cophall	28May
30.24	Sarah Wellstead	22.10.79	Stevenage	21May
24.57	Vilma Thompson	W50 03.10.51		5Jul
22.36	Chloe Sanderson	U17 22.01.90	Perivale	24Apr
19.22	Olivia Ainsworth	U20	Banbury	24Jul
18.50	Tara Collins	U20	Perivale	19Jun
16.01	Imogen Ainsworth	U20 24.07.88	Milton Keynes	22May

National rankings - 18 Eva Massey, 28 Jade Lally \* (10 U20), 46 Laura Fox (20 U23), 56 Jacqui Loney

**Javelin (600gm)**

61.45	Goldie Sayers	16.07.82	Loughborough	22May
39.79	Julie Hollman	16.02.77	Birmingham	19Jun
22.66	Jacqui Loney	17.04.79	Tooting	25May
21.18	Chloe Sanderson	U17 22.01.90	Perivale	19Apr
18.58	Hazel Mead	14.09.77	Stoke	26Jun
12.55	Amala Onuora	U20 16.03.86	Perivale	24Apr
11.66	Fran Gregory	U20 27.10.86	Banbury	24Jul
6.55	Milessi Flores	U20 26.08.87	Milton Keynes	22May
3.81	Jade Fitzpatrick	U20	Perivale	19Jun

National rankings - 1 Goldie Sayers (16 World), 39 Julie Hollman

**Javelin (500gm)**

26.95	Vilma Thompson	W50 03.10.51		4Jul
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**Hammer (4.0kg)**

51.39	Diana Holden	12.02.75	Ware	5Jun
43.38	Jacqui Loney	17.04.79	Battersea Pk	11May
37.63	Jade Lally *	U20 30.03.87	Crawley	10Apr
34.76	Eva Massey	22.12.80	Abingdon	31Jul
33.10	Helen Arbuthnot *	U23 17.11.84	Bournemouth	20Aug
17.35	Hazel Mead	14.09.77	Stoke	26Jun
16.83	Tara Collins	U20	Banbury	24Jul
13.79	Imogen Ainsworth	U20 24.07.88	Perivale	19Jun
9.76	Shana Kemp	U17 28.11.88	Perivale	24Apr
9.18	Milessi Flores	U20 26.08.87	Banbury	24Jul

National rankings - 16 Diana Holden, 53 Jacqui Loney

**Hammer (3.0kg)**

32.29	Vilma Thompson	W50 03.10.51	San Sebastian ESP	1Sep
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**Heptathlon**

6090	Julie Hollman	16.02.77	Woerden NED	28Aug
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(13.94/0.0, 1.81, 12.79, 24.75/1.8, 6.41/1.8, 38.54, 2:16.46)

National rankings - 2 Julie Hollman

**Pentathlon (60mH, HJ, SP, LJ, 60m, 800m)**

4119i	Francine Passe-Coutrin FRA	04.06.81	Madrid ESP	4Mar
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(8.73, 1.75, 11.29, 5.82, 2:19.73)

3534i	Hannah Stares	13.11.78	Cardiff	13Mar
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(9.04, 1.59, 9.56, 5.30, 2:24.45)

3419i	Julie Hollman	16.02.77	Cardiff	13Mar
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(8.66, 1.74, 12.21, 6.03, dnf).

**Pentathlon (LJ, 60mH, SP, 60m, HJ)**

3648i	Hannah Stares	13.11.78	Bedford	15Jan
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(5.52, 8.96, 9.64, 7.92, 1.58)

**4 x 100 metres relay**

49.1	Senior Women *	Ware	5Jun
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(Sarah Porter \*, Hannah Stares, Sarah Wellstead \*, Katryna Euridge \*)

54.7	Under 20 Women *	Banbury	24Jul
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(Imogen Ainsworth, Jade Lally \*, Louise Collier, Fran Gregory)

55.0	Under 20 Women	Perivale	24Apr
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(Milessi Flores, Shana Kemp U17, Louise Collier, Amala Onuora)

**4 x 400 metres relay**

3:51.2	Senior Women *	Stoke	26Jun
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(Jennifer Culley 57.4, Ria Lewis 60.2, Claire Robinson \* 57.0, Julie Hollman

56.6)

4:20.8	Under 20 Women	Perivale	19Jun
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(Gemma Williams U17 68.0, Sofia Dolfe U17 67.2, Imogen Ainsworth 65.5, Louise Collier 66.5)

## Men's Track &amp; Field

## 60 metres

6.62i	Darren Chin	30.06.81	Sheffield	13Feb
6.78i	Harry Aikines-Ayretey *U20	29.08.88	Sheffield	13Feb
6.79i	Wade Bennett-Jackson	U20 27.02.87	Birmingham	5Feb
6.90i	Chris Lambert	08.04.81	Ghent BEL	6Feb
6.92i	James Ellington	U23 06.09.85	Birmingham	29Jan
6.99i	Jonathon Regis	U20 07.07.86	New River	23Jan
7.00i	Dominic Girdler	06.03.82	Loughborough	15Jan
7.10i	Louis Eving-Jones	U23 20.06.83	Loughborough	15Jan
7.10ih	William Sharman	U23 12.09.84	Sheffield	15Jan
7.10i	Daniel Davies *	U20 12.12.87	Sutton	5Mar
7.14i	Philip Doorgachurn	U20 03.03.86	Sheffield	27Feb
7.15ih	Kevin Sempers	U23 24.11.85	Valencia ESP	12Feb
7.17i	Kwadjo Adjepong	23.08.71	Sutton	30Jan
7.19ih	Mark Allen	U23 09.07.85	Sheffield	15Jan
7.30i	Adam Mohammed	U17 01.04.90	Sutton	10Dec
7.36i	Richard Danso	24.12.81	Sutton	10Dec
7.50i	Gavin Baksh	21.05.76	Birmingham	29Jan
7.57i	Luke Sargeant	U20 03.05.88	Sutton	30Jan
7.60i	Aaron Abiri	U23 06.10.85	Sutton	30Jan
7.62i	Daniel Campbell	U20 13.03.87	Sutton	30Jan
7.65i	Taka Undre	U20	Sutton	10Dec
7.74i	Miles Debrah	U20 31.12.87	Sutton	30Jan
7.79ip	Roy Collier	U20 11.03.87	Bedford	16Jan
10.0i	Cliff Taylor	M70 22.04.32	Sutton	6Feb

National rankings - 4 Darren Chin, 16= Harry Aikines-Ayretey (3 U20), 18= Wade Bennett-Jackson (4 U20), 39= Chris Lambert, 43= James Ellington (18= U23), 66= Jonathon Regis (15= U20)

## 100 metres

10.34	1.4 Wade Bennett-Jackson	U20 27.02.87	Bedford	2Jul
10.35	0.8 Harry Aikines-Ayretey *U20	29.08.88	Marrakesh MAR	14Jul
10.40	-0.3 James Ellington	U23 06.09.85	Crystal Palace	22Jul
10.46	0.0 Chris Lambert	08.04.81	Dessau GER	27May
10.48	1.8 Graham Beasley	24.10.77	Ashford	18Jun
10.51	1.7 Darren Chin	30.06.81	Manchester (SC)	3Sep
10.72	1.8 Laurence Oboh	U23 14.05.84	Eton	4Jun
10.76	0.8 Seun Ogunkoya NGR	28.12.77	Battersea Pk	29Jun
10.86d	1.3 William Sharman	U23 12.09.84	Woerden NED	27Aug
10.88	1.4 Jason Hussain	U20 17.10.86	Bedford	2Jul
10.92	1.2 Phillips Idowu	30.12.78	Irvine CA USA	30Apr
11.12	0.5 Philip Doorgachurn	U20 03.03.86	Kingsmeadow	14May
11.20	0.6 Set Osho	U20 28.09.86	Horsham	21Aug
11.20d	1.3 Kevin Sempers	U23 24.11.85	Woerden NED	27Aug
11.25	0.6 Gavin Selway	U20 17.03.87	Horsham	21Aug
11.34	1.7 Richard Danso	24.12.81	Battersea Pk	20Jul
11.37	-1.8 Kwadjo Adjepong	23.08.71	Ashford	18Jun
11.40	-0.8 Gary Wilson	U23 18.09.85	Ashford	18Jun
11.46	0.5 Jonathon Regis	U20 07.07.86	Ashford	15May
11.48	-0.8 Richard David	15.09.77	Battersea Pk	18May
11.55	0.5 Adam Mohammed	U17 01.04.90	Kingsmeadow	20Mar
11.63	0.8 Joe Lynch AUS	31.12.75	Battersea Pk	20Jul
11.64	0.5 Luke Sargeant	U20 03.05.88	Battersea Pk	18May
11.71d	0.8 Zé Sandell *	U20 20.11.86	Salanquais FRA	2Jul
11.78	-0.3 Gavin Baksh	21.05.76	Battersea Pk	18May
11.80	2.0 Miles Debrah	U20 31.12.87	Battersea Pk	20Jul
11.86d	1.6 Roy Collier	U20 11.03.87	Exeter	6Aug
12.05	0.5 Daniel Campbell	U20 13.03.87	Kingsmeadow	20Mar
12.16	1.3 Miguel Flores	U17 17.02.90	Battersea Pk	1Jun
12.22	0.5 James Everard	16.05.81	Battersea Pk	18May
12.43	0.3 John Harris	U17	Battersea Pk	18May
13.16	1.9 Darryl Hyde	U17	Battersea Pk	20Jul
13.18	1.9 Jason Onigbogu	U17	Battersea Pk	20Jul
13.75	0.4 Richard McMillan	23.11.75	Battersea Pk	1Jun
14.50d	-0.3 Snowy Brooks	M60 19.08.44	San Sebastian ESP	23Aug
14.76	0.5 Ashley Campbell	U13 20.06.94	Kingsmeadow	20Mar

## wind assisted

10.20	3.7 Wade Bennett-Jackson	U20 27.02.87	Abingdon	28Aug
10.26	3.6 Harry Aikines-Ayretey *U20	29.08.88	Crystal Palace	10Jun
10.35	2.4 James Ellington	U23 06.09.85	Erfurt GER	16Jul
10.43	3.6 Graham Beasley	24.10.77	Eton	4Jun
10.74d	3.2 William Sharman	U23 12.09.84	Calais FRA	6Aug
10.96	2.4 Daniel Davies *	U20 12.12.87	Kingsmeadow	14May
11.07d	2.9 Kevin Sempers	U23 24.11.85	Woodford Green	28May
11.15	3.1 Richard Danso	24.12.81	New River	2Jul
11.24	3.5 Kwadjo Adjepong	23.08.71	Eton	4Jun
11.48	2.1 Joe Lynch	31.12.75	Battersea Pk	20Jul
11.52	3.1 Adam Mohammed	U17 01.04.90	Battersea Pk	20Jul
11.52	3.1 Luke Sargeant	U20 03.05.88	Battersea Pk	20Jul
11.61d	2.6 Zé Sandell *	U20 20.11.86	Calais FRA	6Aug
12.09d	2.6 Joe Eving White *	U20 03.12.86	Calais FRA	6Aug
12.91	2.7 Jason Onigbogu	U17	Battersea Pk	20Jul
13.15	2.7 Darryl Hyde	U17	Battersea Pk	20Jul

## no wind reading

25.66	Charlie Manning	M75 08.01.28	Battersea Pk	11May
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## manual times

11.0	Set Osho	U20 28.09.86	Withdean	17Aug
11.4	Gary Wilson	U23 18.09.85	Wimbledon Pk	8Jun
11.4	Luke Sargeant	U20 03.05.88	Tooting	27Aug
11.5	Adam Mohammed	U17 01.04.90	Tooting	27Aug
11.7	Daniel Campbell	U20 13.03.87	Tooting	2Jul
11.7	Miles Debrah	U20 31.12.87	Kingsmeadow	17Aug
12.2	Nigel Travers-Griffin	12.02.69	Tooting	22Jun
14.4	Ashley Campbell	U13	Tooting	18Jun
16.6	Cliff Taylor	M70 22.04.32	Tooting	18Jun
23.6	Charlie Manning	M75 08.01.28	Tooting	22Jun

National rankings - 10= Wade Bennett-Jackson (4 U20), 12 Harry Aikines-Ayretey \* (5 U20), 16= James Ellington (8 U23), 21 Chris Lambert, 22= Graham Beasley, 27= Darren Chin, 45= Laurence Oboh (23= U23), 75= William Sharman (37 U23), 85= Jason Hussain (22 U20), 92= Phillips Idowu

## 150 metres

## wind assisted

17.34	2.6 Luke Sargeant	U20 03.05.88	Kingsmeadow	20Mar
17.77	2.6 Daniel Campbell	U20 13.03.87	Kingsmeadow	20Mar

## manual times

16.3	Wade Bennett-Jackson	U20 27.02.87	Peterborough	3Apr
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## 200 metres

20.69i	Chris Lambert	08.04.81	Madrid ESP	6Mar
20.79	1.4		Ulm GER	12Jun
20.91	0.7 Harry Aikines-Ayretey *U20	29.08.88	Marrakesh MAR	17Jul
20.92	0.1 Graham Beasley	24.10.77	Eton	4Jun
21.04	0.6 James Ellington	U23 06.09.85	Castleisland IRL	18Aug
21.17i	Wade Bennett-Jackson	U20 27.02.87	Sheffield	12Feb
			Eton	4Jun
21.22	0.3 Darren Chin	30.06.81	Izmir TUR	17Aug
21.43	0.0 Jason Hussain	U20 17.10.86	Crawley	11Jun
21.60	1.1 Tim Benjamin	02.05.82	Cardiff (L)	29Aug
21.92	1.6 Set Osho	U20 28.09.86	Crystal Palace	10Jun
21.98	-0.8 Matt Douglas	26.11.76	Szombathely HUN	24Jul
22.12	0.0 Ryan Thomas	U20 21.03.87	Kingsmeadow	15May
22.21	0.0 Daniel Davies *	U20 12.12.87	Kingsmeadow	15May
22.38	0.8 Gavin Selway	U20 17.03.87	Horsham	21Aug
22.70	-0.7 Philip Doorgachurn	U20 03.03.86	Bedford	3Jul
22.74	1.8 Jonathon Regis	U20 07.07.86	Ashford	14May
23.12	0.7 Joe Lynch AUS	31.12.75	Battersea Pk	29Jun
23.25	0.5 Luke Sargeant	U20 03.05.88	Battersea Pk	29Jun
23.60	-2.8 Kwadjo Adjepong	23.08.71	Barnet Copthall	28May
24.05i	Gavin Baksh	21.05.76	Birmingham	30Jan
24.10	0.7 Roy Collier	U20 11.03.87	Battersea Pk	20Jul
24.11	1.2 Daniel Campbell	U20 13.03.87	Battersea Pk	20Jul
24.75	0.2 Miguel Flores	U17 17.02.90	Battersea Pk	29Jun
25.91	0.7 Malachi Kirby	U17 20.09.89	Battersea Pk	20Jul
27.63	0.6 Richard McMillan	23.11.75	Battersea Pk	18May

## wind assisted

20.94	2.4 James Ellington	U23 06.09.85	New River	30Jul
21.15	3.6 Wade Bennett-Jackson	U20 27.02.87	Abingdon	28Aug
22.51	4.8 Philip Doorgachurn	U20 03.03.86	Portsmouth	28May
22.08	2.3 Ryan Thomas	U20 21.03.87	Crystal Palace	10Jun
23.18	2.3 Kwadjo Adjepong	23.08.71	New River	2Jul
24.18	3.1 Miles Debrah	U20 31.12.87	Sutton	24Jul

## no wind reading

22.06	Sean Taylor *	U20 01.10.88	Tullamore IRL	16Jul
22.59	Philip Doorgachurn	U20 03.03.86	Portsmouth	28May
23.24	Richard David	15.09.77	Kingsmeadow	14May
24.81	Miles Debrah	U20 31.12.87	Battersea Pk	11May
28.02p	Nick Phipps *	M50 08.04.52	Crawley	10Sep
29.00p	Frank Ward *	M45 08.04.52	Crawley	10Sep

## manual times

22.2	Gavin Selway	U20 17.03.87	Crawley	14May
22.3	-0.7 Andrew Bennett	30.09.82	Crawley	14May
22.9	Joe Lynch	31.12.75	Kingsmeadow	17Aug
23.5	3.1 Miles Debrah	U20 31.12.87	Kingsmeadow	17Aug
23.7	Roy Collier	U20 11.03.87	Barnes	13Jul
23.8	Daniel Campbell	U20 13.03.87	Tooting	2Jul
24.5	Nigel Travers-Griffin	12.02.69	Tooting	22Jun
30.9	Ashley Campbell	U13	Tooting	2Jul
34.2	Cliff Taylor	M70 22.04.32	Tooting	2Jul
70.1	Charlie Manning	M75 08.01.28	Battersea Pk	4Sep

National rankings - 3= Chris Lambert, 8 Harry Aikines-Ayretey \* (3 U20), 9= Graham Beasley, 12 James Ellington (6 U23), 17= Wade Bennett-Jackson (5 U20), 21= Darren Chin, 33 Jason Hussain (8 U20), 40= Tim Benjamin, 85= Set Osho (26 U20), 94= Matt Douglas, Ryan Thomas (38 U20)

## 300 metres

32.5 +	Tim Benjamin	02.05.82	Helsinki FIN	12Aug
38.75	Roy Collier	U20 11.03.87	Kingsmeadow	20Mar
39.78	Luke Sargeant	U20 03.05.88	Kingsmeadow	20Mar

**400 metres**

44.56	Tim Benjamin	02.05.82	Monte Carlo MON	9Sep
45.96	David Gillick IRL	U23 09.07.83	Laira POR	18Jun
47.35	Set Osho	U20 28.09.86	New River	30Jul
48.21	Ryan Thomas	U20 21.03.87	Bedford	12Jun
48.21	Matt Douglas	26.11.76	Manchester (SC)	25Jun
48.37	Gavin Selway	U20 17.03.87	Birmingham	9Jul
48.53d	William Sharman	U23 12.09.84	Woerden NED	27Aug
49.06	Andrew Bennett	30.09.82	Eton	4Jun
49.08	Jason Hussain	U20 17.10.86	Crawley	15May
49.70	Tim Bayley	04.10.81	Sutton	7May
50.1	Joe Lynch	31.12.75	Woodford Green	6Aug
50.28d	Kevin Sempers	U23 24.11.85	Woodford Green	28May
51.0	Wade Bennett-Jackson	U20 27.02.87	Peterborough	3Apr
51.23d	Zé Sandell *	U20 20.11.86	Salanquais FRA	2Jul
51.80i	Chris Watson	U23 22.05.83	Glasgow	15Jan
53.25d	Roy Collier	U20 11.03.87	Crawley	10Sep
53.7	Daniel Campbell	U20 13.03.87	Ashford	22May
53.9	Rafic Ghandour	U20 11.10.87	Ashford	22May
55.01	Paul Beaumont	M40 27.03.63	Watford	7Sep
55.22d	Joe Eving-White *	U20 03.12.86	Calais FRA	6Aug
55.5	Mark Humphrey	U23 13.10.83	Tooting	22Jun
57.0	Malachi Kirby	U17 20.09.89	Ware	19Jun
57.42	Harry Aikines-Ayretey *	U20 29.08.88	Kingsmeadow	14May
62.2	Richard McMillan	23.11.75	Woodford Green	6Aug
66.81d	Snowy Brooks	M60 19.08.44	San Sebastian ESP	23Aug

National rankings – 1 Tim Benjamin (17 World), 23 Set Osho (3 U20), 54= Ryan Thomas (16 U20), 54= Matt Douglas, 63= Gavin Selway, (19 U20), 70= William Sharman (40 U23), Jason Hussain (35 U20)

**800 metres**

1:48.54	Tim Bayley	04.10.81	Manchester (SC)	10Jul
1:48.58	Neil Speaight	09.09.78	Crystal Palace	22Jul
1:48.66	Chris Moss	17.06.79	Hilversum NED	4 Sep
1:49.46	Graeme Oudney	U23 11.04.85	Stretford	16Aug
1:49.57	Paskar Owor UGA	22.12.80	Watford	15Jun
1:50.95	Richard Ashe *	05.10.74	Watford	11Jun
1:52.19	Shukri Omar	U23 20.12.84	Watford	27Jul
1:52.28	Darren Gauson	22.03.82	Cardiff	16Jul
1:52.82	Joe Van Der Toorn	U20 07.05.87	Abingdon	28Aug
1:53.67i	Derek Watson	U23 22.05.83	Glasgow	23Jan
1:54.5	Jonathan Blackledge	U23 15.09.84	Derby	16Jul
1:54.89	Alasdair McLean-Foreman	10.11.81	Allston MA USA	9Apr
1:55.14	Richard Ward	05.05.82	Allston MA USA	9Apr
1:55.32	Stephen Sharp	31.12.75	Sutton	7May
1:55.62	Simon Marwood *	06.04.78	Stretford	5Jul
1:58.27	Chris Axe	02.10.74	Watford	1Jun
2:01.6	Tom Barry	U17 09.08.90	Woking	3Aug
2:02.4	Tom Ellacott	20.06.73	Wimbledon Pk	8Jun
2:03.59	Mark Humphrey	U23 13.10.83	Barnet Copthall	30Apr
2:04.5	John Harrison *	U20 01.02.88	Ashford	22May
2:13.?	Frank Ward *	M45 08.04.52	Brighton	4Jul
2:17.24	Tim Watt *	19.09.66	Helsinki FIN	Aug
2:22.68	Luke Sargeant	U20 03.05.88	Mayesbrook Pk	24Apr

National rankings – 12= Tim Bayley, 14 Neil Speaight, 16 Chris Moss, 32 Graeme Oudney (14 U23), 58 Richard Ashe \*, 87 Shukri Omar (42 U23), 91 Darren Gauson, Joe van der Toorn (21 U20)

**1000 metres**

2:23.30i	Neil Speaight	09.09.78	Ostrava CZE	29Jan
2:26.31i	Alasdair McLean-Foreman	10.11.81	Allston MA USA	26Feb
2:39.05ih	Louis Eving-Jones	U23 20.06.83	Valencia ESP	13Feb
2:53.03ih	William Sharman	U23 12.09.84	Aubiere FRA	06Feb
2:55.54ih	Kevin Sempers	U23 24.11.85	Valencia ESP	13Feb

National rankings – 4 Neil Speaight

**1500 metres**

3:40.62	Neil Speaight	09.09.78	Florø NOR	4Jun
3:43.55	Richard Ashe *	05.10.74	Solihull	25Jun
3:44.29	Paskar Owor UGA	22.12.80	Solihull	25Jun
3:44.30	Stephen Sharp	31.12.75	Manchester (SC)	9Jul
3:44.91i	Chris Moss	17.06.79	Sheffield	19Feb
3:45.18	Darren Gauson	22.03.82	Heusden BEL	23Jul
3:48.15	Tim Bayley	04.10.81	Manchester (SC)	25Jun
3:49.18	Shukri Omar	U23 20.12.84	Crystal Palace	6Aug
3:50.20	Jonathan Blackledge	U23 15.09.84	Watford	15Jun
3:50.23	Mark Miles	24.03.77	Watford	27Jul
3:53.08	Phil Wicks	U23 14.03.84	Watford	15Jun
3:53.95i	Richard Ward	05.05.82	Sheffield	27Feb
3:54.57	Graeme Oudney	U23 11.04.85	Glasgow	14May
3:54.58	Chris Watson	U23 22.05.83	Dumfries	19Jun
3:55.26	Alasdair McLean-Foreman	10.11.81	Houston TX USA	01Apr
3:56.76	Derek Watson	U23 22.05.83	Glasgow	01May
3:57.21	Simon Marwood *	06.04.78	Stretford	19Jul
3:59.01	Chris Axe	02.10.74	Watford	24Aug
3:59.38	Joe Van Der Toorn	U20 07.05.87	Watford	15Jun
4:00.70	Kevin Nash	06.02.77	Watford	11Jun

4:02.6	David Anderson	02.10.77	Derby	16Jul
4:05.41	Tom Ellacott	20.06.73	Kingsmeadow	15May
4:07.4	> Karl O'Connell NZL	25.09.81	Tooting	2Jul
4:18.10	Tom Barry	U17 09.08.90	Sutton	24Jul
4:22.6	Mark Humphrey	U23 13.10.83	Kingsmeadow	17Aug
4:25.7	Jason Webb	19.08.69	Tooting	22Jun
4:31.5	Roger Alsop *	M40 16.01.65	Battersea Pk	20Jun
4:32.09d	Zé Sandell *	U20 20.11.86	Salanquais FRA	3Jul
4:36.2	Terry O'Neill	M50 23.09.52	Wimbledon Pk	08Jun
4:39.?	Frank Ward *	M45 08.04.52	Croydon	11Jul
4:45.25d	William Sharman	U23 12.09.84	Woerden NED	28Aug
4:51.00d	Roy Collier	U20 11.03.87	Exeter	7Aug
4:56.72d	Kevin Sempers	U23 24.11.85	Jyväskylä FIN	3Jul
4:58.9	Sam Baxendale	14.01.78	Wimbledon Pk	08Jun
5:10.1	Harry Corbett	M45 16.02.58	Tooting	27Aug
5:47.09p	Nick Phipps *	M50 08.04.52	Crawley	10Sep

National rankings – 10 Neil Speaight, 23= Richard Ashe \*, 26 Stephen Sharp, 28 Chris Moss, 30 Darren Gauson, 52= Tim Bayley, 62 Shukri Omar (24 U23), 71 Jonathan Blackledge (30 U23), 72 Mark Miles

**1 mile**

4:54.60	Mark Humphrey	U23 13.10.83	Barnet Copthall	28May
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**3000 metres**

7:59.8	Mark Miles	24.03.77	Twickenham	11May
8:04.79i	Stephen Sharp	31.12.75	Sheffield	13Feb
8:10.2			Twickenham	11May
8:23.66	Spencer Barden	31.03.73	Loughborough	22May
8:25.79	Jonathan Blackledge	U23 15.09.84	Stretford	30Aug
8:28.10	Tim Watson	28.06.73	Loughborough	18May
8:31.31	Phil Wicks	U23 14.03.84	Cardiff	16Jul
8:37.82	Simon Marwood *	06.04.78	Stretford	2Aug
8:56.06	> Greg Billington USA	U17 30.05.89	Watford	20Apr
9:05.1	John Clarke	30.09.71	Watford ?	10Jul
9:27.05	John Charles	U23 24.05.83	Barnet Copthall	28May
9:37.3	Tony St Leger	M40 24.07.60	Tooting	22Jun
9:39.17	Mark Humphrey	U23 13.10.83	Barnet Copthall	30Apr
9:51.?	Frank Ward *	M45 08.04.52	Crawley	4Sep
10:09.8	Terry O'Neill	M50 23.09.52	Battersea Pk	23May
10:19.9	Charlie Dickinson	M55 26.04.48	Tooting	22Jun

National rankings – 5 Mark Miles, 8 Stephen Sharp, 53 Spencer Barden

**5000 metres**

13:54.97	Mark Miles	24.03.77	Loughborough	22May
14:17.90	Phil Wicks	U23 14.03.84	Crystal Palace	6Aug
14:35.4	Jonathan Blackledge	U23 15.09.84	Withdean	17Aug
14:36.1	David Anderson	02.10.77	Sutton	07May
14:48.46	Kassa Tadesse	21.08.74	Battersea Pk	20Jul
14:51.52	Tim Watson	28.06.73	Bedford	30May
15:19.57	Will Cockerell	19.11.73	Battersea Pk	1Jun
15:25.8	> Greg Billington USA	U17 30.05.89	Brighton	17Aug
15:47.0	Charles Herrington	28.09.71	Alicante ESP	4Jul
15:52.81	John Clarke	30.09.71	Watford	15May
16:08.4	Peter Willis	04.05.82	Bracknell	15May
16:52.1	Tony St Leger	M40 24.07.60	Kingsmeadow	28May
17:06.5	Charlie Dickinson	M55 26.04.48	San Sebastian ESP	26Aug
17:25.?	Frank Ward *	M45 08.04.52	Croydon	11Jul

National rankings – 2 Mark Miles, 31 Phil Wicks U23 (9 U23), 56 Jonathan Blackledge (17 U20), 57 David Anderson, 87 Kassa Tadesse, 95 Tim Watson

**10000 metres**

33:52.9	John Clarke	30.09.71	Derby	16Jul
36:49.05	Charlie Dickinson	M55 26.04.48	San Sebastian ESP	29Aug

**2000 metres Steeplechase**

6:23.4	Martin Marshall *	U20 15.11.87	Kingsmeadow	14May
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**3000 metres Steeplechase**

8:59.57	Kevin Nash	06.02.77	Loughborough	22May
9:12.62	Tim Watson	28.06.73	Bedford	29May
9:16.43	Simon Marwood *	06.04.78	Manchester (SC)	25Jun
10:26.40	Chris Axe	02.10.74	New River	30Jul
10:29.76	Will Cockerell	19.11.73	New River	30Jul
10:38.64	Bruce Barton	M40 02.02.64	Eton	4Jun
14:09.0	Paul Beaumont	M40 27.03.63	Derby	16Jul

National senior ranking – 17= Kevin Nash, 27 Tim Watson, 34 Simon Marwood \*

**60 metres hurdles (106.7cm)**

7.83i	Dominic Girdler	06.03.82	Glasgow	23Jan
8.16ih	William Sharman	U23 12.09.84	Sheffield	16Jan
8.22i	Daniel Davis *	U20 12.12.87	Sutton	30Jan
8.32i	Kevin Sempers	U23 24.11.85	Loughborough	15Jan
8.65ih	Louis Eving-Jones	U23 20.06.83	Valencia ESP	13Feb
8.74ih	Mark Allen	U23 09.07.85	Sheffield	16Jan

National senior ranking – 5 Dominic Girdler, 8 William Sharman (8 U23), 23 Kevin Sempers (10 U23), 22 Daniel Davies \* (2 U20)

**60 metres hurdles** (99.0cm)

8.31i Daniel Davis \* U20 12.12.87 Sutton 6Mar  
10.36ip Roy Collier U20 11.03.87 Bedford 16Jan

**110 metres hurdles** (106.7cm)

13.88 † William Sharman U23 12.09.84 Manchester (SC) 9Jul  
13.90 -1.1 Manchester (SC) 9Jul  
14.02 1.0 Dominic Girdler 06.03.82 Loughborough 18May  
14.41 2.0 Kevin Sempers U23 24.11.85 Loughborough 22May  
14.60 1.2 Daniel Davis \* U20 12.12.87 Bedford 3Jul  
15.71d 1.7 Zé Sandell \* U20 20.11.86 Calais FRA 7Aug  
17.49d 1.7 Joe Eving-White \* U20 03.12.86 Calais FRA 7Aug

† due to an error the wind reading was not recorded

wind assisted

13.72 2.9 William Sharman U23 12.09.84 Erfurt GER 17Jul  
13.84 4.4 Dominic Girdler 06.03.82 Bedford 12Jun  
14.17 2.4 Matt Douglas 26.11.76 New River 30Jul  
14.39 2.6 Daniel Davis U20 12.12.87 Bedford 12Jun

National rankings – 6 William Sharman (2 U23), 9 Dominic Girdler, 16= Kevin Sempers (4 U23), 22 Daniel Davis \* (2 U20)

**110 metres hurdles** (99.0cm)

14.41 1.0 Daniel Davis \* U20 12.12.87 Portsmouth 29May  
15.81d-0.1 Zé Sandell \* U20 20.11.86 Southampton 18Sep  
18.60d-3.4 Roy Collier U20 11.03.87 Exeter 7Aug

wind assisted

14.28 2.1 Daniel Davis U20 12.12.87 Sutton 24Jul  
15.30 2.4 Zé Sandell \* U20 20.11.86 Sutton 24Jul  
16.24 4.1 Roy Collier U20 11.03.87 Abingdon 28Aug

no wind reading

17.18d Roy Collier U20 11.03.87 Crawley 11Sep

**100 metres hurdles** (84.0cm)

20.12d-0.2 Snowy Brooks M60 19.08.44 San Sebastian ESP 24Aug

**400 metres hurdles** (91.4cm)

49.89 Matt Douglas 26.11.76 Chauv-de-Fonds SUI 21Aug  
57.2 Zé Sandell \* U20 20.11.86 Ware 19Jun  
57.43 Sutton 24Jul  
57.51 Paul Beaumont M40 27.03.63 Kingsmeadow 15May

National rankings – 5 Matt Douglas

**High Jump**

2.27 Ben Challenger 07.03.78 Manchester (SC) 10Jul  
2.27i Brno CZE 22Feb  
2.20 Samson Oni 25.06.81 Manchester (SC) 10Jul  
2.08d William Sharman U23 12.09.84 Woerden NED 27Aug  
2.06i Richard Aspden 15.10.76 Sheffield 12Feb  
2.06i Kevin Sempers U23 24.11.85 Loughborough 15Jan  
2.05 Woodford Green 28May  
1.95i James Everard 16.05.81 Sutton 30Jan  
1.92ih Mark Allen U23 09.07.85 Sheffield 15Jan  
1.84d Zé Sandell \* U20 20.11.86 25Jun  
1.80ih Louis Eving-Jones U23 20.06.83 Valencia ESP 12Feb  
1.80 Roy Collier U20 11.03.87 Ashford 22May  
1.80d Joe Eving-White \* U20 03.12.86 Calais FRA 6Aug  
1.17i Cliff Taylor M70 22.04.32 Cardiff 20Feb  
1.50 Miguel Flores U17 17.02.90 Wimbledon Pk 08Jun  
1.50 John Harris U17 Ware 19Jun  
1.50 Malachi Kirby U17 20.09.89 Sutton 24Jul  
1.33d Snowy Brooks M60 19.08.44 San Sebastian ESP 23Aug

National rankings – 1 Ben Challenger (42 World), 6= Samson Oni, 20= Will Sharman (12 U23), 25= Richard Aspden, 25= Kevin Sempers (16 U23), 67 James Everard

**Long Jump**

7.53w 4.7 Darragh O'Farrell IRL 15.06.76 Antrim 28May  
7.32 1.4 Belfast 11Jun  
7.43w 2.3 Bernard Yeboah U20 01.01.86 Bedford 12Jun  
7.36 0.7 Loughborough 22May  
7.33 0.9 Adrian Phillips 29.07.75 Ashford 18Jun  
7.15wd2.4 William Sharman U23 12.09.84 Woerden NED 27Aug  
7.08d 0.6 Calais FRA 6Aug  
7.07 1.8 Richard Danso 24.12.81 New River 30Jul  
7.05wd2.2 Kevin Sempers U23 24.11.85 Woerden NED 27Aug  
7.00ih Valencia ESP 12Feb  
6.87d 0.9 Jyväskylä FIN 2Jul  
6.97i Louis Eving-Jones U23 20.06.83 Loughborough 15Jan  
6.94 Belfast 17Sep  
6.88 -1.3 Ezekiel Ewulo \* U20 29.01.86 Kingsmeadow 14May  
6.61ih Mark Allen U23 09.07.85 Sheffield 15Jan  
6.60i David Wellstead 17.12.82 Bloomington IN USA 28Jan  
6.55 Alex Kneller 08.11.73 Ashford 14May  
6.46w 2.7 Gary Wilson U23 18.09.85 Ashford 18Jun  
6.38 1.5 Ashford 18Jun  
6.34i Aaron Abiri U23 06.10.85 Sutton 30Jan  
6.28wd5.1 Zé Sandell \* U20 20.11.86 Woodford Green 28May  
6.27d 1.0Southampton 17Sep

6.14d -1.2 Joe Eving-White \* U20 03.12.86 Calais FRA 6Aug  
5.99d Roy Collier U20 11.03.87 Crawley 10Sep  
5.94 James Tuson Tooting 22Jun  
5.53 Daniel Turner U15 30.10.89 Ware 19Jun  
5.40 E Yeboah Tooting 2Jul  
5.15p Nick Phipps \* M50 08.04.52 Crawley 10Sep  
4.06d 0.0 Snowy Brooks M60 19.08.44 San Sebastian ESP 23Aug  
3.49p Frank Ward \* M45 08.04.52 Crawley 10Sep  
3.34 Cliff Taylor M70 22.04.32 Tooting 25May

National rankings – 12= Bernard Yeboah (3 U20), 19 Adrian Phillips, 33= William Sharman (19= U23), 44= Richard Danso, 47= Kevin Sempers (29 U23), 60= Louis Eving-Jones (38= U23)

**Triple Jump**

17.30i Phillips Idowu 30.12.78 Sheffield 13Feb  
16.96 0.9 Athens 14Jun  
17.06 1.2 Julien Kapek FRA 12.01.79 Angers FRA 16Jul  
15.65w2.8 Farel Mepandy CGO 27.06.78 Manchester (SC) 10Jul  
15.38i Eaubonne FRA 5Feb  
15.19 0.0 Manchester (SC) 10Jul  
15.45 1.5 Seni Majekodunmi U23 29.01.83 Bedford 29May  
14.61 David Wellstead 17.12.82 Withead 17Aug  
14.44 ?w Louisville KY USA 28May  
14.35 0.9 Cardiff (L) 29Aug  
14.41w2.9 Ezekiel Ewulo \* U20 29.01.86 Portsmouth 28May  
14.27i Birmingham 20Feb  
14.16 Ashford 22May  
13.88 0.8 Joe Eving-White \* U20 03.12.86 Birmingham 8Jul  
12.82i James Everard 16.05.81 Sutton 30Jan  
12.58 Barnet Copthall 28May  
12.61 -0.9 Darragh O'Farrell IRL 15.06.76 Sutton 07May  
10.86 -1.5 Kevin Sempers U23 24.11.85 Sutton 07May  
9.28 John Harris U17 Ware 19Jun

National rankings – 2 Phillips Idowu (10 World), Julien Kapek (27 World), 14 Seni Majekodunmi (5 U23), 37= David Wellstead, 46= Ezekiel Ewulo (11 U20)

**Pole Vault**

5.00 Paul Williamson 16.06.74 Manchester (SC) 9Jul  
4.91i Cameron Johnston 22.10.82 Birmingham 5Feb  
4.90 Ashford 19Jun  
4.90 Joe Ive U20 12.05.87 Abingdon 4Sep  
4.40ih Mark Allen U23 09.07.85 Sheffield 16Jan  
4.20ih Louis Eving-Jones U23 20.06.83 Valencia ESP 13Feb  
4.20d Kevin Sempers U23 24.11.85 Jyväskylä FIN 3Jul  
4.00 William Sharman U23 12.09.84 New River 30Jul  
4.00d Zé Sandell \* U20 20.11.86 Southampton 18Sep  
3.43 Roy Collier U20 11.03.87 Exeter 7Aug  
3.35 Joe Eving-White \* U20 03.12.86 Mayesbrook Pk 24Apr  
2.60d Snowy Brooks M60 19.08.44 San Sebastian ESP 24Aug

National rankings – 12 Paul Williamson, 13 Cameron Johnston, 14= Joe Ive (2 U20), 39= Mark Allen (14 U23), 63= Louis Eving-Jones (28= U23), 63= Kevin Sempers (28= U23), 90= William Sharman (46= U23), 90= Zé Sandell \* (26= U20)

**Shot (7.26kg)**

17.38 Chris Gearing U20 30.09.86 Manchester (SC) 3Sep  
17.08i Sutton 30Jan  
15.86 Scot Thompson 10.08.81 Glasgow 15May  
15.31ih Mark Allen U23 09.07.85 Sheffield 15Jan  
15.00 Corby 24Apr  
13.65i Mike Small \* M50 31.03.54 Sutton 6Mar  
13.42 Kingsmeadow 14May  
13.11 John Osazuwa NGR 04.05.81 Aldershot 8Jun  
12.99d William Sharman U23 12.09.84 Calais FRA 6Aug  
12.55i Karim Chester U23 06.11.84 Flagstaff AZ USA 22Jan  
11.80 Darragh O'Farrell 15.06.76 Eton 4Jun  
11.47ih Louis Eving-Jones U23 20.06.83 Valencia ESP 12Feb  
11.44d Kevin Sempers U23 24.11.85 Woerden NED 27Aug  
10.30 Chris Privett M45 09.01.60 Milton Keynes 19Jun  
10.04i James Everard 16.05.81 Sutton 30Jan  
9.96d Zé Sandell \* U20 20.11.86 Woodford Green 28May  
8.55 Adrian Allen U23 13.04.84 Tooting 27Aug

National rankings – 6 Chris Gearing (1 U20), 16 Scott Thompson, 22 Mark Allen (6 U23), 65 M Small \* (1 M50)

**Shot (6.0kg)**

18.98 Chris Gearing U20 30.09.86 Abingdon 4Sep  
15.22i Mike Small \* M50 31.03.54 Cardiff 20Feb  
13.67 Joe Eving-White \* U20 03.12.86 Boston 21May  
13.63 Zé Sandell \* U20 20.11.86 Birmingham 9Jul  
12.46 Chris Scott \* U20 21.03.88 Ware 19Jun  
12.40 Nick Phipps \* M50 08.04.52 Kingsmeadow 28May  
11.65d Roy Collier U20 11.03.87 Exeter 6Aug

National rankings – 1 U20 Chris Gearing

**Shot (5.0kg)**

10.62d Snowy Brooks M60 19.08.44 San Sebastian ESP 23Aug

**Shot (4.0kg)**

10.29	Cliff Taylor	M70	22.04.32	Tooting	18Jun
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**Discus (2.0kg)**

56.20	Kevin Brown JAM	M40	10.09.64	Banbury	28Jul
54.91	Scot Thompson		10.08.81	Bedford	12Jun
53.73	Leith Marar *		07.11.68	Manchester (SC)	9Jul
49.61	Abi Ekoku		13.04.66	Watford	10Aug
44.51A	Karim Chester	U23	06.11.84	Flagstaff AZ USA	23Apr
43.01	Chris Gearing	U20	30.09.86	Ashford	14May
42.28	Mike Small *	M50	31.03.54	Kingsmeadow	14May
42.13	Chris Scott *	U20	21.03.88	Guildford	30Jul
35.00	John Osazuwa NGR		04.05.81	Aldershot	8Jun
34.74d	Kevin Sempers	U23	24.11.85	Woodford Green	29May
32.80d	William Sharman	U23	12.09.84	Woerden NED	28Aug
30.83	Chris Privett	M45	09.01.60	Battersea Pk	23May
21.16	Adrian Allen	U23	13.04.84	Tooting	27Aug
16.49p	Frank Ward *	M45	08.04.52	Crawley	10Sep

*National rankings – 4 Scot Thompson, 8 Leith Marar, 18 Abi Ekoku, 43 Karim Chester (12 U23), 62 Chris Gearing (5 U20, 74 Mike Small (3 M50), 77 Chris Scott (8 U20)*

**Discus (1.75kg)**

48.08	Chris Scott *	U20	21.03.88	Ashford	22May
46.90	Chris Gearing	U20	30.09.86	Sutton	3Apr
36.33	Zé Sandell *	U20	20.11.86	Calais FRA	7Aug
34.10d	Roy Collier	U20	11.03.87	Crawley	11Sep
30.5d8	Joe Eving-White *	U20	03.12.86	Calais FRA	7Aug

*National rankings – 7 U20 Chris Scott, 9 U20 Chris Gearing*

**Discus (1.5kg)**

50.96	Mike Small *	M50	31.03.54	Milton Keynes	19Jun
38.17p	Nick Phipps *	M50	08.04.52	Crawley	10Sep

**Javelin (800gm)**

70.44	Tom Dobbing		05.02.73	Herentals BEL	8Jun
64.06	Wesley Smith		26.02.79	New River	30Jul
58.93	James Everard		16.05.81	Eton	4Jun
55.71d	Kevin Sempers	U23	24.11.85	Jyväskylä FIN	3Jul
53.33	Darragh O'Farrell IRL		15.06.76	Manchester (SC)	25Jun
51.10	Scot Thompson		10.08.81	Sutton	7May
43.45d	William Sharman	U23	12.09.84	Woerden NED	28Aug
43.41d	Zé Sandell *	U20	20.11.86	Hexham	12Jun
39.78	Mike Small *	M50	31.03.54	Norman Pk	30Jul
37.95	Roy Collier	U20	11.03.87	Kingsmeadow	15May
37.28	Chris Privett	M45	09.01.60	Milton Keynes	19Jun
37.14	Joe Eving-White *	U20	03.12.86	Mayesbrook Pk	24Apr
35.77	Chris Privett	M45	09.01.60	Battersea Pk	23May
15.04p	Frank Ward *	M45	08.04.52	Crawley	10Sep

*National rankings – 8 Tom Dobbing, 21 Wesley Smith, 48 James Everard, 68 Kevin Sempers (30 U23)*

**Javelin (700gm)**

44.02	Mike Small *	M50	31.03.54	Milton Keynes	19Jun
37.10p	Nick Phipps *	M50	08.04.52	Crawley	10Sep

**Javelin (600gm)**

32.94d	Snowy Brooks	M60	19.08.44	San Sebastian ESP	24Aug
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**Javelin (500gm)**

24.10	Cliff Taylor	M70	22.04.32	Tooting	2Jul
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**Hammer (7.26kg)**

70.54	Mike Jones	M40	23.07.63	Crawley	20Jul
66.95A	Karim Chester	U23	06.11.84	Flagstaff AZ USA	23Apr
	63.53			Eugene OR USA	28May
62.25	John Osazuwa NGR		04.05.81	Aldershot	30Jun
46.00	Scot Thompson		10.08.81	Sutton	7May
42.92	Mike Small *	M50	31.03.54	Norman Pk	30Jul
42.22	Chris Privett	M45	09.01.60	Barnet Copthall	30Apr
32.52	Adrian Allen	U23	13.04.84	Woodford Green	6Aug
18.09	Bob Bridges	M50	17.08.49	Derby	16Jul

*National rankings – 2 Mike Jones (1 M40), 6 Karim Chester (1 U23), 81 Scot Thompson*

**Hammer (6.0kg)**

53.44	Chris Scott *	U20	21.03.88	Crawley	24Sep
49.67	Mike Small *	M50	31.03.54	Ewell	24Mar
19.11	Paul Cowling	U20	05.10.86	Mayesbrook Pk	24Apr
15.26	John Harris	U17		Ware	19Jun

*National rankings – 13 U20 Chris Scott \**

**Hammer (4.0kg)**

26.75	Cliff Taylor	M70	22.04.32	Tooting	25May
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**Weight Throw (25lbs)**

21.31i	Karim Chester	U23	06.11.84	Fayetteville AR USA	11Mar
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18.34	Mike Small *	M50	31.03.54	Battersea Pk	27Apr
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**Decathlon**

7384	William Sharman	U23	12.09.84	Woerden NED	28Aug
	(10.86/1.3, 7.15w/2.4, 12.75, 2.08, 48.53, 14.18/0.0, 32.80, 4.00, 43.45, 4:45.25)				
7086w	Kevin Sempers	U23	24.11.85	Woodford Green	29May
	(11.07w/2.9, 7.03w/7.9, 10.96, 2.05, 50.28, 14.63w/1.7, 34.74, 4.18, 48.26, 5:03.20)				
7074				Woodford Green	29May
	(as above except LJ 6.98w/3.6)				
5651w	Zé Sandell *	U20	20.11.86	Woodford Green	29May
	(11.78w/3.4, 6.28w/5.1, 9.96, 1.66, 52.83, 17.73/0.0, 26.54, 3.88, 45.19, 4:57.26)				

*National rankings – 1 William Sharman (1 U23), 6 Kevin Sempers (4 U23), 34 Zé Sandell \* (4 U20)*

**Decathlon (SP 6 kg, DT 1.75 kg, 110mH 106.7 cm)**

6325	Zé Sandell *	U20	20.11.86	Calais FRA	7Aug
	(11.61w/2.6, 6.13/-2.1, 12.34, 1.80, 51.67, 15.71/1.7, 36.33, 3.60, 39.20, 4:38.30)				

*National rankings – 4 U20 Zé Sandell \**

**Decathlon (SP 6 kg, DT 1.75 kg, 110mH 99.0 cm)**

6432	Zé Sandell *	U20	20.11.86	Southampton	18Sep
	(11.65w/2.4, 6.27/1.0, 12.17, 1.80, 51.39, 15.81/-0.1, 33.95, 4.00, 40.44, 4:35.79)				
5677	Roy Collier	U20	11.03.87	Crawley	11Sep
	(11.87, 5.99, 11.04, 1.80, 53.25, 17.18, 34.10, 3.40, 36.98, 4:59.53)				

*National rankings – 3 U20 Zé Sandell \**

**Heptathlon (60m, LJ, SP, HJ, 60mH, PV, 1000m)**

5278i	Kevin Sempers	U23	24.11.85	Valencia ESP	13Feb
	(7.15, 7.00, 10.96, 2.01, 8.35, 4.20, 2:55.54)				
5278i	William Sharman	U23	12.09.84	Sheffield	16Jan
	(7.10, 6.90, 12.07, 2.01, 8.16, 3.80, 2:55.14)				
5121i	Louis Eving-Jones	U23	20.06.83	Valencia ESP	13Feb
	(7.22, 6.65, 11.46, 1.80, 8.65, 4.20, 2:39.05)				
4614ix	Mark Allen	U23	09.07.85	Sheffield	16Jan
	(7.19, 6.61, 15.31, 1.92, 8.74, 4.40, dnf)				

**Pentathlon (U20 implements – 60mH, LJ, SP, 60m, HJ)**

2693i	Roy Collier	U20	11.03.87	Bedford	16Jan
	(10.36, 5.73, 10.07, 7.79, 1.74)				

**Pentathlon M50 implements (LJ, JT, 200m, DT, 1500m)**

3125	Nick Phipps	M50	08.04.52	Crawley	10Sep
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**Weight Pentathlon (Senior Men's implements – HT, DT, SP, JT, Weight)**

2656	Chris Privett	M45	09.01.60	Milton Keynes	19Jun
	(34.69, 10.30, 23.64, 37.28, 11.70)				

**Weight Pentathlon (M50 implements – HT, DT, SP, JT, Weight)**

4264	Mike Small *	M50	31.03.54	Milton Keynes	19Jun
	(48.41, 15.22, 50.96, 44.02, 17.13)				

**4x100 metres Relay**

40.44	Senior Men *			New River	30Jul
	(Darren Chin, Graham Beasley, James Ellington, Harry Aikines-Aryeetey *)				
41.94	Senior Men			Eton	4Jun
	(Dominic Girdler, Graham Beasley, Kevin Sempers, Wade Bennett-Jackson)				
45.18	Under 20 Men			Mayesbrook Pk	24Apr
	(Jonathon Regis, Set Osho, Luke Sargeant, Jason Hussain)				

**4x200 metres Relay**

1:38.03	Under 20 Men			Battersea Pk	11May
	(Daniel Campbell, Roy Collier, Miguel Flores, Luke Sargeant)				

**4x400 metres Relay**

3:14.26	Senior Men			New River	30Jul
	(Matt Douglas 48.4, Graeme Oudney 50.3, Set Osho U20 47.6, Gavin Selway U20 48.0)				
3:23.51	Under 20 Men *			Mayesbrook Pk	24Apr
	(Harry Aikines-Aryeetey * 52.3, Gavin Selway, 50.5, Jason Hussain 50.7, Set Osho 50.0)				

**Women's Road Running****2 miles**

11:44	Helen Smethurst	W40 06.10.64	Battersea Pk	1Aug
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**5 km**

16:34	Birhan Dagne	08.04.78	Horwich	26Jun
18:26	Mathilde Heaton	02.09.74	Wimbledon	14Aug
18:34	Helen Smethurst	W40 06.10.64	Hyde Pk	28Oct
18:44	Victoria Clarke.	03.10.76	Dulwich Pk	22Jun
19:26	Caroline Shanklyn	08.10.74	Hyde Pk	29Dec
19:53	Amy Sahely (England) USA	23.07.75	Hyde Pk	30Dec
20:00	Louise Cooper	25.08.75	Dulwich Pk	26Jun
20:15	Heidi Cayzer	17.05.75	Wimbledon	14Aug
23:44	Catherine Eastham	10.05.71	Wimbledon	14Aug
27:02	Liz Lucas	05.10.71	Wimbledon	14Aug

*National rankings – 8 Birhan Dagne***5 miles**

28:01	Birhan Dagne	08.04.78	Portsmouth	4Dec
30:03	Juliette Clark	W40 22.04.64	Brighton	18Sep

**10 km**

33:43	Birhan Dagne	08.04.78	Chichester	6Feb
37:24	Mathilde Heaton	02.09.74	Elmbridge	24Jul
38:12 +	Victoria Clarke.	03.10.76	London	17Apr
38:31	Sarah Murphy	26.07.77	Dewsbury	6Feb
38:59	Helen Smethurst	W40 06.10.64	Battersea Pk	27Apr
39:15	Claire Robinson *	18.01.78	Poole	26Dec
40:00	Erica Fogg	04.12.78	Petersham	26Jun
40:37 +	Louise Cooper	25.08.75	London	17Apr
44:01	Catherine Eastham	10.05.71	West Ewell	18Dec
44:39	Maria Sharp	08.12.73	Brands Hatch	27May
46:31	Olivia Cameron	06.01.76	Wimbledon	2May
53:46	Jacinta Moore	W45 12.07.58	Staines	15May
56:41	Liz Lucas	05.10.71	Elmbridge	24Jul
58:54	Heather Wilson	W45 12.01.58	Chessington	13Feb

*National rankings – 10= Birhan Dagne***10 miles**

55:50	Birhan Dagne	08.04.78	Portsmouth	9Oct
1:04:40	Mathilde Heaton	02.09.74	Dorking	5Jun
1:04:48	Louise Cooper	25.08.75	Bangor	17Sep
1:06:17	Erica Fogg	04.12.78	Alton	8May
1:07:23	Helen Smethurst	W40 06.10.64	Hook	15May
1:07:57	Angela Walker	W35 29.08.69	Canterbury	30Jan
1:44:08	Liz Lucas	05.10.71	Dorking	5Jun

*National rankings – 10 Birhan Dagne***Half Marathon**

1:12:53	Birhan Dagne	08.04.78	Bristol	2Oct
1:22:33	Victoria Clarke.	03.10.76	Reading	6Mar
1:23:23	Mathilde Heaton	02.09.74	Fleet	20Mar
1:23:47	Helen Smethurst	W40 06.10.64	Bath	20Mar
1:24:03	Louise Cooper	25.08.75	Reading	6Mar
1:26:41 >	Nikki Neal	30.11.71	Jersey	22May
1:28:53	Angela Walker	W35 29.08.69	Paddock Wood	3Apr

*National rankings – 5 Birhan Dagne***16 miles**

1:47:41	Heidi Cayzer	17.05.75	Kingston	9Oct
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**20 miles**

2:19:14	Helen Smethurst	W40 06.10.64	Bramley	20Feb
2:19:18	Louise Cooper	25.08.75	Bramley	20Feb
2:42:14	Maureen Noel	W40 16.08.63	Finchley	13Mar

*National rankings – 34 Helen Smethurst, 35 Louise Cooper***Marathon**

2:41:54	Birhan Dagne	08.04.78	Dublin	31Oct
2:56:30	Louise Cooper	25.08.75	London	17Apr
2:56:46	Mathilde Heaton	02.09.74	London	17Apr
3:01:29	Victoria Clarke.	03.10.76	London	17Apr
3:10:09	Helen Smethurst	W40 06.10.64	London	17Apr
3:22:20	Olivia Cameron	06.01.76	Berlin GER	25Sep
3:29:36	Maureen Noel	W40 16.08.63	London	17Apr
3:38:28	Victoria Edwards	27.09.71	Berlin GER	25Sep

*National rankings – 14 Birhan Dagne, 57 Louise Cooper, 60 Mathilde Heaton*

## Men's Road Running

## 1 mile

4:17.9 Neil Speaight 09.09.78 Newcastle 17Sep

## 2 miles

11:22 Andrew Porteous 23.04.70 Battersea Pk 13Jun

## 5 km

13:58 Mark Miles 24.03.77 Horwich 26Jun  
 14:30 David Anderson 02.10.77 Horwich 26Jun  
 14:32 Alasdair McLean-Foreman 10.11.81 Eliot ME USA 24Sep  
 14:39 Brad Poore 27.07.78 San Francisco USA 18Sep  
 14:43 Jonathan Blackledge U23 15.09.84 Horwich 26Jun  
 15:04 Kassa Tadesse 21.08.74 Horwich 26Jun  
 15:07 Tim Watson 28.06.73 Carmarthen 28Mar  
 15:09 Phil Wicks U23 14.03.84 Wimbledon 14Aug  
 15:12 Adam Zawadski 19.12.74 Gloucester 10Aug  
 15:21 Erwin McRae AUS 20.03.76 Hyde Pk 29Jul  
 15:25A Justin Chaston 04.11.68 Colorado Sp CO USA 18Jun  
 15:44 Paul Freary 03.04.68 Manchester 11Aug  
 15:45 Will Cockerell 19.11.73 Hyde Pk 25Mar  
 15:48 Hassan Raidi 06.11.76 Hyde Pk 14Aug  
 15:48 Richard Ward 05.05.82 Hyde Pk 30Dec  
 15:59 John Charles U23 24.05.83 Hyde Pk 25Mar  
 16:01 Charles Herrington 28.09.71 Markeaton Pk 20Mar  
 16:13 Lee Greatorex 16.07.75 Wimbledon 14Aug  
 16:14 Peter Fallenius SWE M40 03.07.64 Hyde Pk 28Oct  
 16:16 Mike Trees M40 26.09.62 Maidenhead 28Jun  
 16:18 Knut Hegvold NOR M40 19.09.61 Wimbledon 14Aug  
 16:21 Roger Alsop \* M40 16.01.65 Wimbledon 14Aug  
 16:22 Tom Hadfield 17.10.72 Hyde Pk 24Jun  
 16:34 Mark Humphrey U23 13.10.83 Hyde Pk 28Oct  
 16:58 Bruce Barton M40 02.02.64 Dulwich Pk 22Jun  
 16:59 James Browne 04.11.77 Dulwich Pk 22Jun  
 16:59 Paul Coughlan NZL 22.09.72 Christchurch NZL 28May  
 17:14 Charlie Dickinson M55 26.04.48 Wimbledon 14Aug  
 17:16 Matt Whiting 21.11.77 Wimbledon 14Aug  
 17:19 Stephen Zealey 26.11.65 Dulwich Pk 22Jun  
 17:21 Tony St Leger M45 24.07.60 Hyde Pk 25Feb  
 17:47 Terry O'Neill M40 23.09.62 Hyde Pk 25Mar  
 18:02 Graeme Reid M45 05.11.60 Wimbledon 14Aug  
 18:08 Rob Poulter \* 05.02.67 Hyde Pk 25Mar  
 18:11 Jason Webb 19.08.69 Hyde Pk 25Mar  
 18:31 Dee Patel \* M45 22.05.59 Dulwich Pk 22Jun  
 19:28 Harry Corbett M45 16.02.58 Hyde Pk 25Mar  
 21:13 Lars Rehn DEN M40 01.10.62 Wimbledon 14Aug  
 24:23 Carl Cross M65 03.11.35 Wimbledon 14Aug

National rankings – 2 Mark Miles, 15 David Anderson, 17= Alasdair McLean-Foreman, 23 Brad Poore, 31= Jonathan Blackledge (7= U23), 81 Kassa Tadesse, 90 Tim Watson, 99 Phil Wicks (23 U23)

## 4 miles

18:45 Stephen Sharp 31.12.75 Dunboyne IRL 27Mar  
 20:04 Paul Freary 03.04.68 Chorley 1Jun

## 5 miles

24:03 Mark Miles 24.03.77 Alsager 6Feb  
 24:22 Phil Wicks U23 14.03.84 Portsmouth 4Dec  
 25:08 Paul Freary 03.04.68 Hale 11Dec  
 26:12 Andrew Swearman 01.02.79 Roundhay 20Nov  
 26:28 Erwin McRae AUS 20.03.76 Finsbury Pk 6Mar  
 26:41 Alaster Stewart 05.10.72 Pednor 2May  
 26:49 Roger Alsop M40 16.01.65 Alsager 6Feb  
 27:31 Joachim Wolf SWE 26.08.72 Amersham 18Sep  
 29:00 James Fairbourn U20 26.06.87 Portsmouth 4Dec  
 29:55 Michael Nouch M50 20.06.54 Battersea Pk 11May

8 km (47metres/9secs short of 5 miles)

24:20 Brad Poore 27.07.78 Sacramento CA USA 25Jun  
 National rankings – 12 Mark Miles, 22 Phil Wicks (5 U23), 65 Paul Freary

## 6 miles

29:21 Brad Poore 27.07.78 Santa Cruz CA USA 24Jul

## 10 km

28:38 Kassa Tadesse 21.08.74 Carouge SUI 24Sep  
 29:11 Mark Miles 24.03.77 Eastleigh 13Mar  
 30:05 Stephen Sharp 31.12.75 Leeds 27Nov  
 30:09 Spencer Barden 31.03.73 Edinburgh 8May  
 30:29 Phil Wicks U23 14.03.84 Wimbledon 10Apr  
 31:09 David Anderson 02.10.77 Manchester 22May  
 31:11 Tim Watson 28.06.73 Bishop Auckland 21Aug  
 31:11 Alaster Stewart 05.10.72 Leeds 27Nov  
 31:13 Erwin McRae AUS 20.03.76 London 3Jul  
 31:20 Paul Freary 03.04.68 Clitheroe 27Dec  
 31:22 Hassan Raidi 06.11.76 Swansea 25Sep  
 31:54 Andrew Swearman 01.02.79 Elloughton 7Aug

32:12 Richard Ward 05.05.82 West Ewell 18Dec  
 32:34 Kevin Nash 06.02.77 Yateley 6Jul  
 32:38 Brad Poore 27.07.78 Kenwood CA USA 4Jul  
 32:50 Alasdair McLean-Foreman 10.11.81 Medford MA USA 21Aug  
 32:52 Peter Fallenius SWE M40 03.07.64 Croydon 16Oct  
 32:54 Will Cockerell 19.11.73 Petersham 26Jun  
 32:56 John Clarke 30.09.71 Bishops Stortford 30May  
 33:07 John Charles U23 24.05.83 Epsom 12Jun  
 33:14 Knut Hegvold NOR M40 19.09.61 Beddington Pk 1May  
 33:17 Tom Ellacott 20.06.73 Clitheroe 27Dec  
 33:22 Malachi Byansi UGA 20.10.74 Hyde Pk 1Jan  
 33:26 Tom Hadfield 17.10.72 Victoria Pk 11Sep  
 34:08 Lee Greatorex 16.07.75 Elmbridge 24Jul  
 34:13 Paul Coughlan NZL 22.09.72 Christchurch NZL 4Sep  
 34:58 Martin Marshall \* U20 15.11.87 Epsom 12Jun  
 35:10 + Warren Lynch 24.09.68 London 17Apr  
 35:21 + Craig McMillan 13.01.71 London 17Apr  
 35:36 Mike Webb 04.10.67 West Ewell 18Dec  
 36:06 Stephen Zealey 26.11.45 Wimbledon 10Apr  
 36:45 Graeme Reid M40 05.11.60 Elmbridge 24Jul  
 37:35 Charles Dunkley M45 24.10.58 Chessington 13Feb  
 37:55 + Michael Kazimierski POL 06.05.70 London 17Apr  
 38:11 Dee Patel \* M45 22.05.59 Petersham 26Jun  
 39:35 Peter Cross M50 11.06.55 Hackney 31Jul  
 42:03 Rex Bale M60 29.11.45 Poole 11Dec  
 43:14 Lars Rehn DEN M40 01.10.62 Brighton 20Nov  
 44:31 Justin Pritchard 16.11.70 Croydon 16Oct  
 45:37 David McMillan M55 09.11.47 Oxford 15May  
 50:01 David Davies M65 30.05.39 Brighton 20Nov

National rankings – 2 Kassa Tadesse, 6 Mark Miles, 30 Stephen Sharp, 35 Spencer Barden, 61 Phil Wicks (3 U23)

## 7 miles

38:00 Paul Freary 03.04.68 Bumley 2Oct

## 8 miles

41:14 † Phil Wicks U23 14.03.84 Kingston 9Oct  
 41:49 ‡ Kevin Nash 06.02.77 Guildford 11Dec  
 45:58 † Tim Weeks 10.05.79 Kingston 9Oct  
 48:49 Graeme Reid M40 05.11.60 Thames Ditton 3Jul  
 50:40 Dee Patel \* M45 22.05.59 Thames Ditton 3Jul  
 ‡ 8.1 miles, † 8.2 miles

## 9 miles

45:27 Alaster Stewart 05.10.72 Rickmansworth 30Oct

## 10 miles

49:03 Kassa Tadesse 21.08.74 Twickenham 16Oct  
 50:48 Phil Wicks U23 14.03.84 Maidenhead 25Mar  
 50:52 Jonathan Blackledge U23 15.09.84 Portsmouth 9Oct  
 51:19 Tim Watson 28.06.73 Portsmouth 9Oct  
 51:33 Paul Freary 03.04.68 Preston 20Nov  
 54:37 Will Cockerell 19.11.73 Dorking 5Jun  
 55:32 John Clarke 30.09.71 Portsmouth 9Oct  
 57:51 Tom Hadfield 17.10.72 Dorking 5Jun  
 58:16 Eliot Lyne 21.01.72 Dorking 5Jun  
 58:17 Warren Lynch 24.09.68 Dorking 5Jun  
 1:01:02 Michael Kazimierski POL 06.05.70 Chiswick 3Apr  
 1:01:32 Mike Webb 04.10.67 Dorking 5Jun  
 1:02:15 Stephen Zealey 26.11.45 Epsom 13Nov  
 1:02:44 Graeme Reid M40 05.11.60 Dorking 5Jun  
 1:03:55 Dee Patel \* M45 22.05.59 Dorking 5Jun  
 1:07:41 Peter Cross M50 11.06.55 Dartford 16Jan  
 1:22:38 Justin Pritchard 16.11.70 Tadworth 2Jan  
 1:26:38 David McMillan M55 09.11.47 Tadworth 2Jan  
 1:27:23 David Davies M65 30.05.39 Epsom 13Nov  
 1:30:17 Gerald Collins M65 23.06.39 Tadworth 2Jan

National rankings – 6 Kassa Tadesse, 28 Phil Wicks (1 U23), =29 Jonathan Blackledge (2 U23), 41 Tim Watson, 46 Paul Freary

## Half Marathon

1:04:22 Kassa Tadesse 21.08.74 Newcastle 18Sep  
 1:06:22 Spencer Barden 31.03.73 Newcastle 18Sep  
 1:06:55 Hassan Raidi 06.11.76 Newcastle 18Sep  
 1:07:06 Brad Poore 27.07.78 Weott CA USA 16Oct  
 1:08:37 Erwin McRae AUS 20.03.76 Stuttgart GER 5Jun  
 1:11:15 Eliot Lyne 21.01.72 Guildford 27Feb  
 1:11:43 Knut Hegvold NOR M40 19.09.61 Reading 6Mar  
 1:11:56 Will Cockerell 19.11.73 Hastings 13Mar  
 1:11:57 Alaster Stewart 05.10.72 Wycombe 10Jul  
 1:13:18 Warren Lynch 24.09.68 Guildford 27Feb  
 1:13:33 John Clarke 30.09.71 Fleet 20Mar  
 1:14:08 Tom Hadfield 17.10.72 Reading 6Mar  
 1:15:18 + Craig McMillan 13.01.71 London 17Apr  
 1:15:52 Lee Greatorex 16.07.75 Brussels BEL 28Aug  
 1:17:24 Junior Galley M40 24.05.62 Fleet 20Mar  
 1:18:48 Bruce Barton M40 02.02.64 Downton 27Nov  
 1:20:09 Roger Browne M40 31.07.65 Fleet 20Mar

1:20:47	Fabien Bernard-Gaudin	FRA	29.03.82	Fleet	20Mar	
1:21:31 +	Michael Kazimierski	POL	06.05.70	London	17Apr	
1:22:27	Stephen Zealey		26.11.65	Fleet	20Mar	
1:24:10	Paul Coughlan	NZL	22.09.72	Westport NZL	12Feb	
1:23:56	Graeme Reid	M45	05.11.60	Fleet	20Mar	
1:28:05	Peter Cross	M50	11.06.55	Guildford	27Feb	
1:33:10	Steve Brewer		23.09.76	Fleet	20Mar	
1:40:04	David McMillan	M55	09.11.47	Brighton	20Feb	
1:44:50	Justin Pritchard		16.11.70	Barns Green	30Oct	
1:46:22	Eric Asiedu	M40	08.06.64	Hastings	13Mar	
1:48:10	Lars Rehn	DEN	M40	01.10.62	Fleet	20Mar
1:48:51	David Davies	M65	30.05.39	Reading	6Mar	
1:50:10	Charles Henn	M70	11.07.31	Richmond	15May	
2:03:22	Alan Lane	M70	01.07.34	Barns Green	30Oct	

*National rankings – 4 Kassa Tadesse, 26= Spencer Barden, 36 Hassan Raidi, 41= Brad Poore*

**16 miles**

1:34:53	Craig McMillan		13.01.71	Kingston	9Oct
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**Marathon**

2:15:09	Kassa Tadesse		21.08.74	London	17Apr
2:24:51	Erwin McRae	AUS	20.03.76	Berlin GER	25Sep
2:32:44	Warren Lynch		24.09.68	London	17Apr
2:35:06	John Clarke		30.09.71	Dublin IRL	30Oct
2:35:49	Tom Hadfield		17.10.72	Berlin GER	25Sep
2:37:03	Craig McMillan		13.01.71	London	17Apr
2:46:50	Michael Kazimierski	POL	06.05.70	London	17Apr
2:48:00	Dee Patel *	M45	22.05.59	Chicago USA	9Oct
2:51:19 >	James Fairbourn	U20	26.06.87	Chicago USA	9Oct
2:55:21	Roger Browne	M40	31.07.65	London	17Apr
2:58:46	Junior Galley	M40	24.05.62	London	17Apr
3:09:25	Steve Brewer		23.09.76	London	17Apr
3:19:35	Peter Cross	M50	11.06.55	London	17Apr
4:09:42	Alan Lane	M70	01.07.34	London	17Apr
4:24:00	David McMillan	M55	09.11.47	London	17Apr
4:32:36	John Hall	M55	18.01.49	London	17Apr
5:58:30	George Beecham	M70	26.02.31	London	17Apr
6:07:17	Terry Newell	M70	26.06.35	London	17Apr

*National rankings – 4 Kassa Tadesse, 71 Warren Lynch, 100 John Clarke*

**Women's Race Walking**

<b>1 mile</b>				
9:24	Maureen Noel	W40 16.08.63	Battersea Pk	27Apr
<b>3 km</b>				
14:14.24 T	Estle Viljoen * RSA	W35 08.07.70	Bedford	30May
16:09.11 T	Veronique Lauer FRA	27.02.74	New River	2Jul
17:31.5 T	Maureen Noel	W40 16.08.63	New River	14May
<i>National rankings – 48 Maureen Noel (5 W40)</i>				
<b>5 km</b>				
24:19.82 T	Estle Viljoen * RSA	W35 08.07.70	Manchester (SC)	10Jul
30:19.72 T	Maureen Noel	W40 16.08.63		5Jul
<b>5 miles</b>				
40:56	Estle Viljoen * RSA	W35 08.07.70	Enfield	9Apr
48:03	Maureen Noel	W40 16.08.63	Enfield	29Jan
<b>10 km</b>				
50:40	Estle Viljoen * RSA	W35 08.07.70	Abbey Pk Leics.	10Sep
51:21.8 T			Grays	24Sep
59:57.6 T	Maureen Noel	W40 16.08.63	Battersea Pk	27Apr
<b>7 miles</b>				
58:11	Estle Viljoen * RSA	W35 08.07.70	Wimbledon	26Nov
1:08:30	Maureen Noel	W40 16.08.63	Wimbledon	26Nov
<b>10 miles</b>				
1:37:22	Maureen Noel	W40 16.08.63	Ilford	20Feb
<b>20 km</b>				
1:47:20	Estle Viljoen * RSA	W35 08.07.70	Earls Colne	4Sep
2:03:14	Maureen Noel	W40 16.08.63	Imber Court	26Feb
<b>50 km</b>				
6:02:53	Maureen Noel	W40 16.08.63	Earls Colne	4Sep

**Men's Race Walking**

<b>3000m</b>				
14:31.56 T	John Hall	M55 18.01.49	Bedford	30May
14:41.96 T	Tim Watt *	19.09.66	New River	14Aug
16:09.12 T	Carl Lawton	M55 20.01.48	New River	14Aug
17:12.78 T	Paul Warburton	M50 20.01.52	New River	2Jul
18:17.92 T	Mick Graham	M55 08.04.48		4Jul
18:33.2 T	Doug Fotheringham	M75 18.04.30	New River	14May
<b>5 km</b>				
23:58	Andrew Goudie	04.10.78	Bexley	10Dec
25:17	John Hall	M55 18.01.49	Enfield	26Dec
26:50	Carl Lawton	M55 20.01.48	Bexley	10Dec
28:16	Paul King	M50 04.02.51	Bexley	12Feb
30:47.25 T	Doug Fotheringham	M75 15.09.32	San Sebastian ESP	5Sep
30:52.70 T	Mick Graham	M55 08.04.48	San Sebastian ESP	5Sep
<b>5 miles</b>				
41:15	Tim Watt *	19.09.66	Enfield	19Mar
41:50	John Hall	M55 18.01.49	Enfield	29Jan
44:15	Carl Lawton	M55 20.01.48	Enfield	8Jan
46:18	Paul King	M50 04.02.51	Battersea Pk	26Apr
50:07	Doug Fotheringham	M75 18.04.30	Enfield	29Jan
53:05	Eric Hall	M70 15.09.32	Enfield	29Jan
<b>9 km</b>				
50:25	Carl Lawton	M55 20.01.48	Blackheath	11Sep
55:33	Mike Scammell	M50 16.08.54	Blackheath	11Sep
55:51	Paul Warburton	M50 20.01.52	Blackheath	11Sep
57:50	Mick Graham	M55 08.04.48	Blackheath	1May
58:12	Doug Fotheringham	M75 18.04.30	Blackheath	11Sep
<b>7 miles</b>				
57:24	Tim Watt *	19.09.66	Enfield	24Nov
59:16	John Hall	M55 18.01.49	Wimbledon	26Nov
1:02:02	Carl Lawton	M55 20.01.48	Enfield	12Nov
1:05:08	Paul King	M50 04.02.51	Wimbledon	26Nov
1:13:21	Doug Fotheringham	M75 18.04.30	Enfield	12Nov
<b>10 km</b>				
46:54	Andrew Goudie	04.10.78	Imber Court	9Jan
50:52	Tim Watt *	19.09.66	Imber Court	9Jan
52:48.2 T	John Hall	M55 18.01.49	Battersea Pk	27Apr
53:34	Carl Lawton	M55 20.01.48	Imber Court	9Jan
57:23	Paul King	M50 04.02.51	Bexley	5Mar
1:04:10	Doug Fotheringham	M75 18.04.30	Abbey Pk Leics.	10Sep
<i>National rankings – 10 Andrew Goudie</i>				
<b>10 miles</b>				
1:25:34	John Hall	M55 18.01.49	Ilford	20Feb
1:34:01	Paul King	M50 04.02.51	Monk's Hill	22Jan
<b>20 km</b>				
1:54:00	John Hall	M55 18.01.49	Imber Court	26Feb
1:59:58	Paul King	M50 04.02.51	Imber Court	26Feb
2:00:42	Carl Lawton	M55 20.01.48	Imber Court	26Feb
2:17:37	Doug Fotheringham	M75 18.04.30	San Sebastian ESP	30Aug
<b>50 km</b>				
5:38:28	Paul King	M50 04.02.51	Earls Colne	4Sep
5:54:51	John Hall	M55 18.01.49	Earls Colne	4Sep