

Notes

d = decathlon, h = heptathlon, i = indoors, m = mixed competition, p = pentathlon, t = throws pentathlon, T = track walk, u = unofficial intermediate time, x = did not complete competition, * = second-claim or HCC athlete, **=Sutton & District AC athlete competing in composite team (performances for these athletes in other competitions not shown), § = 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, ‡ = multi-terrain.

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 of any errors or omissions.

Women's Track & Field**60 metres**

7.76i	Janine Whitlock	11.08.73	Sheffield	11Feb
8.02i	Sarah Porter*	11.12.79	Sutton	29Jan
8.11i	Jennifer Culley	04.03.75	Eton	8Jan
8.26i	Chrissie Foster	13.07.76	Sutton	11Mar

100 metres

12.24	-0.6	Maiteland Marks USA	19.09.76	Palafrugell ESP	27May
12.33	-1.2	Janine Whitlock	11.08.73	Kingsmeadow	13May
12.48	-0.1	Jennifer Culley	04.03.75	Bedford	19Aug
13.18	1.8	Katryna Euridge*	22.05.83	Bedford	3Jun
13.65	-1.4	Sarah Gailey	11.02.81	Sutton	6Aug

wind assisted

12.41	2.9	Jennifer Culley	04.03.75	Bedford	3Jun
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no wind reading

13.92		Sarah Gailey	11.02.81	Barnet Cophthall	27May
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manual times

12.8		Charlotte Cole**	U17	Crawley	30Apr
12.8		Sophie Nabareth**	U17	Perivale	11Jun
12.8		Kim Le Geyt**	U17	Hemel Hempstead	16Jul
13.1		Natasha Wright**		Guildford	7May
13.3		Caroline Stakalls**	U17	Hemel Hempstead	16Jul
13.4		Lushai Martin**		Guildford	7May
13.7		Caleisha Cole**	U15	Horsham	4Jun
13.9		Emily Barnard**	U17	Hemel Hempstead	13Aug
14.2		Cydney Briggs**	U15	Sutton	25Jun
14.5		F Nash**	U15	Sutton	25Jun
14.6		L McLean	U15	Horsham	4Jun
15.2		Jade Fitzpatrick**		Guildford	7May

75 metres

11.1		Grace King**	U13	Horsham	4Jun
11.3		Jenny Paxton**	U13	Crawley	30Apr
11.3		S McCall**	U13	Sutton	25Jun
11.4		Chloe Lovett**	U13	Crawley	30Apr
11.6		Georgia Shears**	U13	Sutton	25Jun
13.2		Jessica Da Cunha**	U13	Horsham	4Jun

150 metres*wind assisted*

22.77	4.4	Jade Fitzpatrick	U20	Kingsmeadow	19Mar
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manual times

21.6		S McCall**	U13	Sutton	25Jun
21.7		N Sheridan**	U13	Horsham	4Jun
22.7		Georgia Shears**	U13	Crawley	30Apr
23.1		Annabel Mabin**	U13	Crawley	30Apr
23.2		A Chandler**	U13	Sutton	25Jun
25.1		Jessica Da Cunha**	U13	Horsham	4Jun

200 metres

24.45	1.6	Julie Hollman	16.02.77	Bendigo AUS	12Mar
24.62	-1.6	Maiteland Marks USA	19.09.76	Palafrugell ESP	27May
26.55	1.3	Chrissie Foster	13.07.76	Bedford	3Jun
25.56	1.8	Caroline Wilson	U23 14.09.84	Eton	30Jul
26.19	-0.1	Claire Robinson*	18.01.78	Sutton	6Aug
26.38	1.4	Sarah Porter*	11.12.79	Tooting	29Jul

wind assisted

25.12	3.8	Hannah Stares	13.11.78	Bedford	12Aug
25.27	3.2	Jennifer Culley	04.03.75	Bedford	3Jun

no wind reading

25.12		Janine Whitlock	11.08.73	Kingsmeadow	14May
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manual times

24.7		Michelle Carey	20.03.81	Coventry	2Jul
26.0i		Janine Whitlock	11.08.73	Manchester	29Jan
26.0		Charlotte Cole**	U17	Horsham	4Jun
26.2		Kim Le Geyt**	U17	Hemel Hempstead	16Jul
26.9		Sophie Nabareth**	U17	Perivale	11Jun

27.9		Natasha Wright**		Guildford	7May
28.4		Caleisha Cole**	U15	Crawley	30Apr
28.6		Cydney Briggs**	U15	Horsham	4Jun
28.9		Lushai Martin**		Guildford	7May
29.1		Alexandra Chung**	U17	Hemel Hempstead	13Aug
30.2		L McLean**	U15	Sutton	25Jun
32.6		Jade Fitzpatrick**		Guildford	7May

300 metres

38.73i		Michelle Carey IRL	29.03.81	Birmingham	14Feb
42.6		Lauren Atkins**	U17	Horsham	4Jun
43.3		L Webb**	U17	Sutton	25Jun
44.3		Caroline Stakalls**	U17	Horsham	4Jun
44.5		Alexandra Chung**	U17	Crawley	30Apr

400 metres

52.50		Tamsyn Lewis AUS	20.07.78	Melbourne AUS	9Mar
52.67		Michelle Carey IRL	29.03.81	Dublin	23Jul
56.42		Jennifer Culley	04.03.75	Bedford	19Aug
		57.7i		Manchester	29Jan
56.78		Caroline Wilson	U23 14.09.84	Sutton	6Aug
58.24		Susan Bovill*	06.05.82	Tooting	29Jul
58.3		Chrissie Foster	13.07.76	Coventry	2Jul
58.65		Claire Robinson*	18.01.78	Bedford	3Jun
1:00.05		Amy Forsyth	U23 16.10.85	Birmingham	30Apr
1:00.5		Lauren Atkins**		Guildford	7May
1:00.9		Charlotte Cole**	U17	Hemel Hempstead	13Aug
1:01.65		Sarah Gailey	11.02.81	Crystal Palace	17Jun
1:02.3		Nicola Smith**		Guildford	7May
1:05.0		Alexandra Chung**	U17	Guildford	7May
1:04.0		Vicki Goodwin	06.05.77	Parliament Hill	24Jun

800 metres

2:04.23		Claire Robinson*	18.01.78	Manchester SC	27Aug
		2:04.56i		Sheffield	12Feb
2:07.84		Michaela Hutchison*	U23 10.09.84	Solihull	24Jun
		2:08.65i		Birmingham	26Feb
2:13.90		Catherine Bryson	31.12.84	Watford	10Jun
2:16.1		Sarah Gailey	11.02.81	Battersea Pk	12Aug
2:18.11		Chrissie Foster	13.07.76	Crystal Palace	17Jun
2:19.09h		Julie Hollman	16.02.77	Melbourne AUS	22Mar
		2:21.10ip		Prague CZE	12Feb
2:22.04		Hannah Stares	13.11.78	Bedford	13Aug
2:22.29		Caroline Shanklyn	08.10.74	Watford	12Jul
2:31.3		Krystal Galley	U13	Sutton	25Jun
2:31.5		Vicki Goodwin	06.05.77	Barnet Cophthall	27May
2:32.6		Y Adenokun**	U15	Sutton	25Jun
2:35.1		Gemma Williams	U17 23.11.89	Sutton	25Jun
2:39.2		Louise Collier	U20 14.02.88	Perivale	11Jun
2:40.1		A Major	U15	Horsham	11Jun
2:40.2		Emer Kerr**	U15	Crawley	30Apr
2:40.6		Monica Isaac**	U15	Crawley	30Apr
2:42.0		Grace King**	U13	Horsham	4Jun
2:47.9		Charlotte Chambers**	U17	Crawley	30Apr
3:00.83		Maureen Noel	W40 16.08.63	Crawley	13Aug

1200 metres

4:11.6		Krystal Galley	U13	Crawley	30Apr
4:26.2		G King**	U13	Sutton	25Jun
4:30.5		Beth Simikin**	U13	Horsham	4Jun

1500 metres

4:23.43		Catherine Berry	08.10.75	Knoxville TN USA	14Apr
4:25.11		Michaela Hutchison*	U23 10.09.84	Bedford	23Jul
4:38.17		Catherine Bryson	31.12.84	Eton	30Jul
4:42.25		Caroline Shanklyn	08.10.74	Bedford	3Jun
4:56.4		Sarah Murphy	26.07.77	Sutton	6Aug
5:00.70		Christine Bertram	15.11.74	Grangemouth	15Apr
5:18.5		Grace O'Leary**	U15	Sutton	25Jun
5:22.72		Rosie Powell	U23 02.03.84	Ashford	14May
5:25.1		Imogen Ainsworth	U20 24.07.88	Perivale	11Jun
5:27.7		Monica Isaac**	U15	Sutton	25Jun
5:28.7		Hayley Wishart**	U15	Horsham	4Jun
5:30.0		Gemma Williams	U17 23.11.89	Perivale	11Jun

3000 metres

9:26.75		Catherine Berry	08.10.75	Knoxville TN USA	14Apr
10:41.83		Sarah Murphy	26.07.77	Bedford	3Jun
11:05.03		Sarah Gailey	11.02.81	Eton	30Jul
11:12.86i		Christine Bertram	15.11.74	Glasgow	1Nov
11:45.6		Louise Cooper	25.08.75	Sutton	6Aug
12:00.4		Gemma Williams	U17 23.11.89	Tooting	12Jul
12:09.3		Imogen Ainsworth	U20 24.07.88	Perivale	11Jun

5000 metres

19:04.09		Christine Bertram	15.11.74	Birmingham	30Apr
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60 metre Hurdles (84.0cm)

8.52i Julie Hollman 16.02.77 Bratislava SVK 29Jan

70 metre hurdles

14.8 Jessica Da Cunha** U13 Sutton 25Jun

16.0 N Sheridan** U13 Sutton 25Jun

75 metre hurdles

12.4 Cydney Briggs** U15 Sutton 25Jun

13.8 Beth Chaplin-Dewey** U15 Crawley 30Apr

16.3 M Cole** U15 Sutton 25Jun

80 metre hurdles

13.5 Sharon Adongo** U17 Horsham 4Jun

17.6 Alexandra Chung** U17 Sutton 25Jun

100 metre Hurdles (84.0cm)

13.81 1.9 Julie Hollman 16.02.77 Bendigo AUS 12Mar

14.10i 16.02.77 Uxbridge 22Feb

13.79 1.9 Sarah Porter* 11.12.79 Bedford 28May

14.85 2.0 Hannah Stares 13.11.78 Bedford 28May

15.75 -0.8 Jennifer Culley 04.03.75 Sutton 6Aug

wind assisted

14.26 3.1 Hannah Stares 13.11.78 Bedford 12Aug

18.58 2.3 Christine Bertram 15.11.74 Bedford 3Jun

manual times

14.8 -1.1 Hannah Stares 13.11.78 Bedford 19Aug

15.7 Jennifer Culley 04.03.75 Coventry 2Jul

19.7 Jessica Fogerty** Hemel Hempstead 16Jul

20.1 Jade Locke** Guildford 7May

23.0 Alexandra Chung** U17 Hemel Hempstead 16Jul

300 metre Hurdles (76.2cm)

53.0 Alexandra Chung** U17 Horsham 4Jun

400m hurdles (76.2cm)

56.31 Michelle Carey IRL 20.03.81 Loughborough 26Jul

59.60 Hannah Stares 13.11.78 Crystal Palace 17Jun

59.2 Birmingham 24Jun

1:09.96 Jennifer Culley 04.03.75 Manchester SC 27Aug

1:13.07 Vicki Goodwin 06.05.77 Bedford 3Jun

1:14.1 Jessica Fogerty** Hemel Hempstead 16Jul

1:16.3 Gemma Williams U17 23.11.89 Guildford 7May

1:20.4 Alexandra Chung** U17 Perivale 11Jun

High Jump

1.85ip Julie Hollman 16.02.77 Prague CZE 12Feb

1.82h Melbourne AUS 21Mar

1.78 Shani Rainford* 06.07.87 Bedford 23Jul

1.60 Juliet Fielden U20 09.10.88 Sutton 6Aug

1.55 Hannah Stares 13.11.78 Bedford 3Jun

1.50 Michelle Nestor U23 18.02.85 Bedford 3Jun

1.50 E Browne** U15 Horsham 4Jun

1.50 Sarah Wellstead* 22.10.79 Coventry 2Jul

1.45 Sharon Adongo** U17 Perivale 11Jun

1.40 Sally Fox** U17 Crawley 30Apr

1.40 Jade Locke** Perivale 11Jun

1.40i Christine Bertram 15.11.74 Glasgow 1Nov

1.30 Monica Isaac** U15 Horsham 4Jun

1.25 Nicola Smith** Hemel Hempstead 16Jul

Long Jump

6.47ip Julie Hollman 16.02.77 Birmingham 18Feb

6.27h 0.0 Talence FRA 17Sep

6.12 Sarah Wellstead* 22.10.79 Ashford 2Sep

6.11 1.6 Crystal Palace 18Jun

5.90i Vienna AUT 31Jan

5.68 1.1 Shani Rainford* 06.07.87 Birmingham 24Jun

5.51 Juliet Fielden U20 09.10.88 Crawley 13Aug

5.38 2.3 Hannah Stares 13.11.78 Bedford 13Aug

5.38 Kathryn Euridge* 22.05.83 Ashford 2Sep

5.37 Bedford 3Jun

5.31 1.5 Crystal Palace 18Jun

5.22i Uxbridge 22Jan

4.89 Emily Barnard** U17 Hemel Hempstead 13Aug

4.83 Andrea Abrams Bedford 19Aug

4.59 E Browne** U15 Sutton 25Jun

4.59 Caleisha Cole** U15 Sutton 25Jun

4.58 Michelle Nestor U23 18.02.85 Coventry 2Jul

4.31 Alexandra Chung** U17 Hemel Hempstead 13Aug

4.16 Louise Collier U20 14.02.88 Perivale 11Jun

4.06 Jade Locke** Guildford 7May

3.90 Sharon Adongo** U17 Horsham 4Jun

3.25 Jessica Da Cunha** U13 Horsham 4Jun

3.09 Niamh Sheridan** U13 Crawley 30Apr

Triple Jump

12.22 Juliet Fielden U20 09.10.88 Sutton 15Jul

11.52/?w Kingsmeadow 12Aug

11.19/1.8 Bedford 22Jul

11.73w/2.9 Sutton 6Aug

11.95 Sarah Wellstead* 22.10.79 Coventry 2Jul

11.65 -0.6 Sutton 6Aug

11.31i Sutton 11Mar

11.22 Michelle Nestor U23 18.02.85 Coventry 2Jul

10.50 Kathryn Euridge* 22.05.83 Ashford 2Sep

10.09 Emily Barnard** Perivale 11Jun

9.70 H Stewart** U17 Sutton 25Jun

9.14 Sharon Adonga** U17 Sutton 25Jun

Pole Vault

4.35 Janine Whitlock 11.08.73 Crystal Palace 28Jul

4.20i Loughborough 21May

3.80 Tracy Grant 13.09.79 Horsham 20Aug

2.50 Jenny Searle 07.06.76 Bedford 3Jun

2.30 Jayne Anderson W35 30.04.68 Kingsmeadow 27May

Shot (4 Kg)

15.71i Eva Massey 22.12.80 Glasgow 22Jan

15.59 Manchester (SC) 16Jul

12.59i Julie Hollman 16.02.77 Loughborough 14Jan

12.32h Talence FRA 16Sep

9.90 Katrina Euridge* 22.05.83 Bedford 3Jun

9.83 Hannah Stares 13.11.78 Bedford 12Aug

9.27 Diana Holden 12.02.75 Sutton 6Aug

8.43 Belinda Heil 08.03.82 Coventry 2Jul

8.16 Christine Bertram 15.11.74 Bedford 3Jun

7.45 Helen Arbuthnot U23 17.11.84 Bournemouth 20Aug

7.21 Felicity Dickinson** U17 Crawley 30Apr

7.18 Chloe Sanderson U17 22.01.90 Guildford 7May

5.99 Alexandra Chung** U17 Hemel Hempstead 16Jul

5.62 Charlotte Cole** U17 Crawley 30Apr

5.66 Louise Collier U20 14.02.88 Hemel Hempstead 13Aug

5.59 Charlotte Chambers** U17 Crawley 30Apr

Shot (3.25 Kg)

6.76 A Major** U15 Horsham 4Jun

6.56 Emer Kerr** U15 Horsham 4Jun

5.44 Y Adenokun** U15 Sutton 25Jun

Shot (3 Kg)

5.29t Barbara Dunsford* W70 20.09.35 Ewell 23Apr

Shot (2.72 Kg)

8.36 E Richards** U13 Sutton 25Jun

4.24 A Chandler U13 Sutton 25Jun

Discus (1 Kg)

45.70 Eva Massey 22.12.80 Belfast 10Jun

46.60 Jade Lally* U20 30.03.87 Bedford 23Jul

32.80 Diana Holden 12.02.75 Bedford 3Jun

31.33 Felicity Dickinson** U17 Perivale 11Jun

31.17 Belinda Heil 08.03.82 Coventry 2Jul

20:41 Gail Porter 21.09.68 Sutton 6Aug

19.59 Helen Arbuthnot U23 17.11.84 New River 22Apr

18.62 Christine Bertram 15.11.74 Edinburgh 25Jun

15.98 Evelyn Torres** U17 Crawley 30Apr

15.33 Lauren Atkins** Hemel Hempstead 16Jul

14.61 A Major** U15 Sutton 25Jun

14.26 Emer Kerr** U15 Sutton 25Jun

10.09t Barbara Dunsford* W70 20.09.35 Ewell 23Apr

8.48 Sophie Nabareth** U17 Hemel Hempstead 16Jul

Javelin (600 gm)

60.41 Goldie Sayers 16.07.82 Århus DEN 6Jul

42.80h Julie Hollman 16.02.77 Melbourne AUS 22Mar

33.23 Chantelle Evans** Guildford 7May

31.11 Hannah Stares 13.11.78 Coventry 2Jul

29.21 Christine Bertram 15.11.74 Bedford 3Jun

27.64 Gail Porter 21.09.68 Bedford 3Jun

24.48 Felicity Dickinson** U17 Perivale 11Jun

21.65 Helen Arbuthnot U23 17.11.84 Bournemouth 20Aug

20.27 Hazel Mead 14.09.77 Sutton 6Aug

19.19 Chloe Sanderson U17 22.01.90 Guildford 7May

15.67 Hayley Wishart** U15 Sutton 25Jun

13.94 Beth Chaplin-Dewey** U15 Horsham 4Jun

13.10 A Major** U15 Sutton 25Jun

13.09 Evelyn Torres** U17 Crawley 30Apr

12.08 Charlotte Cole** U17 Hemel Hempstead 16Jul

9.63 Louise Collier U20 14.02.88 Hemel Hempstead 16Jul

Javelin (400 gm)

9.64t Barbara Dunsford* W70 20.09.35 Ewell 23Apr

Hammer (4 Kg)							
48.26	Diana Holden	12.02.75	Sutton	6Aug	4:22.3	Claire Robinson** 57.9	
36.46	Helen Arbutnot	U23 17.11.84	Bournemouth	13May		U20 Women**	Guildford 7May
36.45	Belinda Heil	08.03.82	Coventry	2Jul		(Nicola Smith** 65.8, Alex Chung** 65.4, Caroline Stakalls** 67.2, Lauren Atkins** 64.0)	
23.35	Gail Porter	21.09.68	Bedford	3Jun	4:22.4	U20 Women**	Guildford 7May
16.95	Hazel Mead	14.09.77	Coventry	2Jul		(Nicola Smith** 64.3, Michaela Powell** 72.4, Lauren Atkins** 60.6, Alex Chung** 65.1)	
Hammer (3 Kg)					4:24.0	U20 Women**	Hemel Hempstead 16Jul
17.58t	Barbara Dunsford*	W70 20.09.35	Ewell	23Apr		(Nicola Smith** 65.9, Caroline Stakalls** 68.4, Jessica Fogerty** 66.4, Lauren Atkins** 63.3)	
Pentathlon							
4498i	Julie Hollman	16.02.77	Prague CZE	12Feb			
	(8.53, 1.85, 12.23, 6.36, 2:21.10)						
Heptathlon							
6002	Julie Hollman	16.02.77	Melbourne AUS	22Mar			
	(13.85/0.5, 1.82, 11.63, 24.82/0.6, 6.17/-1.8, 42.80, 2:19.09)						
4909	Hannah Stares	13.11.78	Bedford	13Aug			
	(14.26w/3.1, 1.53, 9.83, 25.12w/3.8, 5.38w/2.3, 28.94, 2:22.04)						
Throws Pentathlon (HT, SP, DT, JT, WT – Senior implements)							
1848	Helen Arbutnot	U23 17.11.84	Bournemouth	20Aug			
	(34.74, 7.45, 18.15, 21.65, 7.19)						
Throws Pentathlon (HT 3kg, SP 3kg, DT1kg, JT400gm, WT)							
2276	Barbara Dunsford*	W70 20.09.35	Ewell	23Apr			
	(17.27, 5.29, 10.09, 9.64, 6.08)						
4 x 100 metres relay							
48.8	Senior Women*		Coventry	2Jul			
	(Jennifer Culley, Hannah Stares, Sarah Wellstead**, Michelle Carey)						
48.93	Senior Women*		Bedford	3Jun			
	(Jennifer Culley, Katrina Euridge**, Sarah Wellstead**, Janine Whitlock)						
49.25	Senior Women*		Sutton	6Aug			
	(Caroline Wilson, Hannah Stares, Sarah Wellstead**, Janine Whitlock)						
49.7	Senior Women		Bedford	19Aug			
	(Sarah Gailey, Jennifer Culley, Hannah Stares, Caroline Wilson)						
49.78	Senior Women		Eton	30Jul			
	(Chrissie Foster, Caroline Wilson, Hannah Stares, Jennifer Culley)						
50.7	U17 Women**		Sutton	25Jun			
	(Team not known)						
52.2	U20 Women**		Hemel Hempstead	16Jul			
	(Kim Le Geyt**, Sophie Nazareth**, Louise Collier, Charlotte Cole U17**)						
52.7	U20 Women**		Guildford	7May			
	(Team not known)						
52.8	U17 Women**		Crawley	30Apr			
	(Kim Le Geyt**, Sophie Day**, Sophie Nabareth**, Charlotte Cole**)						
52.8	U15 Girls**		Horsham	4Jun			
	(Team not known)						
52.8	U20 Women**		Hemel Hempstead	13Aug			
	(Emily Barnard** U17, Alexandra Chung** U17, Charlotte Chambers**, Charlotte Cole** U17)						
54.2	U20 Women**		Perivale	11Jun			
	(Emily Barnard** U17, Natasha Wright**, Louise Collier, Sophie Nazareth**)						
54.4	U15 Girls**		Sutton	25Jun			
	(Team not known)						
55.3	U15 Girls**		Horsham	4Jun			
	(Team not known)						
56.0	U15 Girls**		Crawley	30Apr			
	(Beth Chaplin-Dewey**, Cydney Briggs**, Grace O'Leary**, Caleisha Cole**)						
59.6	U13 Girls**		Crawley	30Apr			
	(Stephanie McCall**, Georgia Shears**, Chloe Lovett**, Jenny Paxton**)						
58.1	U13 Girls**		Sutton	25Jun			
	(Team not known)						
4 x 300 metres relay							
2:59.6	U17 Women**		Horsham	4Jun			
	(Team not known)						
3:06.1	U17 Women**		Crawley	30Apr			
	(Sophie Day**, Michaela Powell**, Alexandra Chung**, Lauren Atkins**)						
3:14.0	U17 Women**		Sutton	25Jun			
	(Team not known)						
4 x 400 metres relay							
3:51.80	Senior Women		Eton	30Jul			
	(Chrissie Foster 60.0, Hannah Stares 58.3, Caroline Wilson 56.9, Jennifer Culley 56.7)						
3:54.2	Senior Women		Bedford	19Aug			
	(Caroline Wilson 57.9, Sarah Gailey 59.7, Hannah Stares 59.1, Jennifer Culley 57.5)						
3:55.5	Senior Women*		Sutton	6Aug			
	(Claire Robinson 58.0, Chrissie Foster 59.1, Sarah Gailey 59.7, Jennifer Culley 58.7)						
3:58.78	Senior Women**		Bedford	3Jun			
	(Chrissie Foster 60.5, Sarah Gailey 60.5, Hannah Stares 58.7, Claire Robinson** 59.1)						
4:04.0	Senior Women**		Coventry	2Jul			
	(Chrissie Foster 60.9, Vicki Goodwin 64.2, Michaela Hutchison 61.0,						

Men's Track & Field

60 metres

6.67i	Harry Aikines-Ayretey*	U20	29.08.88	Birmingham	5Mar
6.72i	James Ellington	U23	06.09.85	Uxbridge	21Jan
6.74i	Darren Chin		30.06.81	Sheffield	11Feb
6.77i	Wade Bennett-Jackson	U20	27.02.87	Sheffield	11Feb
7.05i	Dominic Girdler		06.03.82	Loughborough	14Jan
7.08i	Philip Doorgachurn	U23	03.03.86	Birmingham	19Feb
7.10i	Ryan Thomas	U20	21.03.87	Sutton	29Jan
7.12ih	Louis Evling-Jones		20.06.83	Sheffield	14Jan
7.21i	Gary Wilson	U23	18.09.85	Uxbridge	14Jan
7.20i	Jason Hussain	U23	17.10.86	Uxbridge	21Jan
7.20i	Adam Mohammed	U17	01.04.90	Sutton	12Mar
7.21ih	Kevin Sempers	U23	24.11.85	Eaubonne FRA	25Feb
7.22i	Set Osho	U23	28.09.86	Uxbridge	22Feb
7.32i	Miles Debrah	U20	31.12.87	Sutton	29Jan
7.36i	Luke Sargeant	U20	03.05.88	Sutton	29Jan
7.45i	Kwadjo Adjepong		23.08.71	Sutton	29Jan
8.85i	Ashley Campbell	U13	20.06.94	Sutton	12Mar

100 metres

10.07	1.5 Dwain Chambers		05.04.78	Gateshead	11Jun
10.33	1.0 Wade Bennett-Jackson	U20	27.02.87	Beijing CHN	15Aug
10.37	-0.5 Harry Aikines-Ayretey*	U20	29.08.88	Beijing CHN	16Aug
10.45	-0.6 James Ellington	U23	06.09.85	Crystal Palace	17Jun
10.51	-0.5 Darren Chin		30.06.81	Crystal Palace	17Jun
10.60	1.4 Phillips Idowu		30.12.78	Ballarat AUS	25Feb
10.65	-0.2 Chris Lambert		08.04.81	Rehlingen GER	5Jun
10.90	0.6 William Sharman	U23	12.09.84	Barnet Cophall	6May
11.01	?? Idowu Akindele**	U20		Bedford	19Aug
11.04	0.0 Daniel Davis*	U20	12.12.87	Tooting	26Aug
11.10d-0.7	Kevin Sempers	U23	24.11.85	Berne SU1	22Jul
11.12	1.2 Set Osho	U23	28.09.86	Crawley	13Aug
11.17	-0.2 Bernard Yeboah	U23	07.01.86	Battersea Pk	19Jul
11.19	0.4 Jason Hussain	U23	17.10.86	Battersea Pk	17May
11.20	0.9 Richard Danso		24.12.81	Kingsmeadow	14May
11.30	1.9 Adam Mohammed	U17	01.04.90	Gateshead	7Jul
11.63	-1.3 Luke Sargeant	U20	03.05.88	Battersea Pk	19Jul
11.69	1.1 Kwadjo Adjepong		23.08.71	Kingsmeadow	14May
13.97	1.9 Ashley Campbell	U13	20.06.94	Tooting	29Jul

wind assisted

10.26	6.2 Harry Aikines-Ayretey*	U20	29.08.88	Abingdon	3Sep
10.37	2.4 James Ellington	U23	06.09.85	Bedford	22Jul
10.39	3.3 Darren Chin		30.06.81	Manchester (SC)	15Jul
10.39	3.1 Wade Bennett-Jackson	U20	27.02.87	Bedford	22Jul
10.70	4.6 Jason Hussain	U23	17.10.86	Bedford	28May
10.84d	7.7 Louis Evling-Jones		20.06.83	Arles FRA	3Jun
10.91	4.7 Idowu Akindele**	U20		Battersea Pk	2Aug
10.97d	7.7 Kevin Sempers	U23	24.11.85	Arles FRA	3Jun

no wind reading

11.52	Chris Minn		03.06.81	Watford	9Aug
11.59	Ian Deeth		25.06.79	Barnet Cophall	27May
11.67	Luke Sargeant	U20	03.05.88	Battersea Pk	7Jun

manual times

10.8	Jason Hussain	U23	17.10.86	Brighton	16Aug
11.0	Daniel Davis*	U20	12.12.87	Tooting	16Aug
11.1	Ryan Dinham	U23	19.08.85	Tonbridge	2May
11.1	Set Osho	U23	28.09.86	Brighton	16Aug
11.2	Adam Mohammed	U17	01.04.90	Battersea Pk	10Jun
11.2	Tremayne Gilling**			Hemel Hempstead	16Jul
11.3	Daniel Davis*	U20	12.12.87	Hemel Hempstead	16Jul
11.4	Rab Babataher**	U17		Crawley	30Apr
11.6	Luke Sargeant	U20	03.05.88	Hemel Hempstead	16Jul
12.2	Miles Debrah	U20	31.12.87	Battersea Pk	17May
12.3	Ben Osonaika**	U17		Perivale	11Jun
12.4	Niall Lapper**	U15		Crawley	30Apr
12.5	Jed Casco**	U15		Sutton	25Jun
12.7	Chris Baxter-Derrington**	U17		Horsham	4Jun
13.0	Rob Poulter		05.02.67	Battersea Pk	12Aug
13.6	B Ogunsina	U13		Sutton	25Jun
13.8	Ashley Campbell	U13	20.06.94	Tooting	17Jun
14.4	J Atille	U13		Sutton	25Jun
14.7	C Murphy**	U13		Horsham	4Jun
14.9	Jack Wills**	U13		Crawley	30Apr
16.1	Edward Kelly**	U13		Crawley	30Apr

150 metres

17.15	1.8 Luke Sargeant	U20	03.05.88	Kingsmeadow	19Mar
17.06	3.9 Chris Minn		03.06.81	Kingsmeadow	19Mar
21.98	4.5 Ashley Campbell	U13	20.06.94	Kingsmeadow	19Mar

wind assisted

200 metres

20.67	0.2 Enee Udo-Obong NGR		22.05.82	Melbourne AUS	22Mar
21.07	0.4 Harry Aikines-Ayretey*	U20	29.08.88	Mannheim GER	8Jul
21.11	1.2 Darren Chin		30.06.81	Manchester (SC)	16Jul
21.17	1.6 Chris Lambert		08.04.81	Berne SU1	22Jul
21.18	-1.7 Wade Bennett-Jackson	U20	27.02.87	Eton	26Aug
			21.53i	Birmingham	5Mar
21.30i	James Ellington	U23	06.09.85	Birmingham	26Feb
			21.36 1.3	Crawley	13Aug
21.37i	David Gillick IRL		09.07.83	Sheffield	12Feb
21.44	1.9 Jason Hussain	U23	17.10.86	Bedford	29May
			22.68i	Cardiff	15Jan
21.59	0.9 William Sharman	U23	12.09.84	Geneva SU1	11Jun
21.91	-0.1 Idowu Akindele**	U20		Tooting	26Aug
22.11	0.7 Sean Taylor*	U20	01.10.88	Bedford	29May
22.22	1.7 Set Osho	U23	28.09.86	Bedford	11Jun
22.22	-0.8 Daniel Davis*	U20	12.12.87	Tooting	26Aug
22.30i	Philip Doorgachurn	U23	03.03.86	Manchester (SC)	22Feb
22.82	0.2 Luke Sargeant	U20	03.05.88	Crawley	14May
23.05	-1.6 Kevin Sempers	U23	24.11.85	Birmingham	1May
23.22	-0.1 Chris Minn		03.06.81	Crystal Palace	18Jun
23.65	-0.3 Daniel Campbell	U13	20.06.94	Battersea Pk	7Jun
24.92	0.7 Malachi Kirby	U17	20.09.89	Battersea Pk	19Jul
26.4	Michael Peacock RSA		07.12.72	Watford	6Sep
30.51	-1.2 Ashley Campbell	U13	20.06.94	Kingsmeadow	13May

wind assisted

20.93	4.0 Tim Benjamin		02.05.82	Eton	30Jul
21.60	3.7 David Gillick IRL		09.07.83	Cork IRL	1 Jul
21.89	2.1 Darren Chin		30.06.81	Birmingham	1May

no wind reading

22.37	Idowu Akindele**	U20		Barnet Cophall	27May
24.10	Miles Debrah	U20	31.12.87	Watford	20Apr
24.18	Kwadjo Adjepong		23.08.71	Kingsmeadow	13May
29.21	Richard McMillan		23.11.75	Barnet Cophall	27May
29.99	Paul Coughlan NZL		22.09.72	Canterbury NZL	7Jan

manual times

22.7	Adam Mohammed	U17	01.04.90	Parliament Hill	24Jun
22.7	Tremayne Gilling**	U17		Sutton	25Jun
22.9	-2.1 Andrew Bennett		30.09.82	New River	22Apr
23.5	Rab Babataher**	U17		Crawley	30Apr
24.8	Ben Osonaika**	U17		Perivale	11Jun
24.8	Niall Lapper**	U15		Sutton	25Jun
25.6	Chris Baxter-Derrington**	U17		Horsham	4Jun
26.3	T Blocksidge**	U15		Sharnham	25Jun
26.4	Rob Poulter		05.02.67	Parliament Hill	24Jun
28.3	Richard McMillan		23.11.75	Parliament Hill	24Jun
29.7	Ashley Campbell	U13	20.06.94	Horsham	4Jun
31.4	Jack Wills**	U13		Crawley	30Apr
32.2	J Bourke**	U15		Horsham	4Jun

300 metres

34.9	Ryan Dinham	U23	19.08.85	Tonbridge	2May
37.0	Chris Minn		03.06.81	Tonbridge	2May
37.10	Daniel Campbell	U20	13.03.87	Watford	8Mar
38.11	Chris Minn		03.06.81	Kingsmeadow	19Mar

400 metres

45.38	Tim Benjamin		02.05.82	Crystal Palace	28Jul
45.67	David Gillick IRL		09.07.83	Dublin	23Jul
			47.61i	Moscow RUS	10Mar
47.22	Ryan Thomas	U20	21.03.87	Eton	5Aug
			48.85i	Sheffield	11Feb
47.81	Set Osho	U23	28.09.86	Loughborough	21May
47.88	Ryan Dinham	U23	19.08.85	Ashford	13May
48.02	Louis Evling-Jones		20.06.83	Loughborough	21May
48.87	Graeme Oudney	U23	11.04.85	Linwood	20Aug
49.29i	Ryan Dinham	U23	19.08.85	Sheffield	19Feb
49.51	Gavin Selway	U20	17.03.87	Orlando FL USA	29Apr
			49.21i	Birmingham	5Mar
49.86	Ian Deeth		25.06.79	Barnet Cophall	27May
50.88d	Kevin Sempers	U23	24.11.85	Arles FRA	3Jun
51.38	Daniel Campbell	U20	13.03.87	Kingsmeadow	13May
52.37	Jonathan Blackledge	U23	15.09.84	Watford	31May
51.9	Chris Minn		03.06.81	Parliament Hill	24Jun
53.6	Malachi Kirby	U17	20.09.89	Hemel Hempstead	13Aug
55.5	Roy Collier	U20	11.03.87	Hemel Hempstead	16Jul
56.2	Rob Poulter		05.02.67	Battersea Pk	12Aug
56.4	Edward Baxter-Derrington**	U15		Crawley	30Apr
56.62	Michael Peacock RSA		07.12.72	Watford	20Sep
56.8	Ben Osonaika**	U17		Hemel Hempstead	13Aug
1:02.4	Richard McMillan		23.11.75	Wimbledon Pk	7Jun
1:04.59	Paul Coughlan NZL		22.09.72	Canterbury NZL	14Jan
1:13.2	J Bourke**	U15B		Horsham	4Jun

500 metres

1:03.23i	Tim Bayley		04.10.81	Boston MA USA	11Feb
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600 metres

1:18.36 Graeme Oudney U23 11.04.85 Grangemouth 17Aug

800 metres

1:46.64 Tim Bayley 04.10.81 Sacramento USA 10Jun
 1:50.21i New York NY USA 17Feb
 1:48.67 Graeme Oudney U23 11.04.85 Loughborough 21May
 1:51.74i Sheffield 26Feb
 1:50.45 Kris Gauson U20 29.01.88 Watford 10Jun
 1:50.58i Chris Moss 17.06.79 Cardiff 15Jan
 1:52.4 Jonathan Blackledge U23 15.09.84 Brighton 16Aug
 1:52.58 Joe van der Toorn U20 07.05.87 Solihull 24Jun
 1:53.4 Neil Speaight 09.09.78 Bedford 19Aug
 1:53.49 Shugri Omar U23 20.12.84 Eton 30Jul
 1:53.8 Richard Ashe* 05.10.74 Crawley 5Aug
 1:54.85 Phil Wicks U23 14.03.84 Watford 26Jul
 1:57.00 Richard Ward 05.05.82 Kingsmeadow 13May
 1:58.80 Karl O'Connell NZL 25.09.81 Watford 12Jul
 1:59.78 Tom Barry U17 09.08.90 Watford 14Jun
 2:00.3 Paul Wytch 24Jun
 2:02.71 Rob Poulter 05.02.67 Loughborough 20May
 2:08.26 Terry Lines Kingsmeadow 13May
 2:08.5 T Hart** U17 Sutton 25Jun
 2:10.2 Mark Humphrey 13.10.83 Tooting 21Jun
 2:15.55 Paul Coughlan NZL 22.09.72 Canterbury NZL 10Feb
 2:31.8 Joseph Taylor-Holland U15 21.04.93 Crawley 30Apr
 2:33.6 Jack Haining** U15 Crawley 30Apr
 2:38.6 B Garrity** U13 Horsham 4Jun
 2:42.3 Rory McCall** U13 Crawley 30Apr
 2:44.1 Alex Chapman** U13 Crawley 30Apr
 2:49.8 J Burgess** U13 Horsham 4Jun

1000 metres

2:21.65i Tim Bayley 04.10.81 Boston MA USA 27Jan
 2:22.93 Neil Speaight 09.09.78 Stockholm SWE 2Feb
 2:36.73ih Louis Eving-Jones 20.06.83 Sheffield 15Jan
 2:56.77ih Kevin Sempers U23 24.11.85 Eaubonne FRA 26Feb

1500 metres

3:38.65i Neil Speaight 09.09.78 Birmingham 18Feb
 3:43.17 Birmingham (SC) 16Jul
 3:41.66 Tim Bayley 04.10.81 Stanford CA USA 1Apr
 3:43.10 Kris Gauson U20 29.01.88 Antwerp BEL 26Aug
 3:43.97 Richard Ashe* 05.10.74 Solihull 24Jun
 3:45.33 Stephen Sharp 31.12.75 Watford 10Jun
 3:47.53 Jonathan Blackledge U23 15.09.84 Ninove BEL 29Jul
 3:47.56 Phil Wicks U23 14.03.84 Watford 10Jun
 3:48.21 Richard Ward 05.05.82 Watford 10Jun
 3:51.20i Sheffield 19Feb
 3:48.46 Darren Gauson 22.03.82 Watford 26Jul
 3:48:89i Chris Moss 17.06.79 Cardiff 4Feb
 3:50.23 Shugri Omar U23 20.12.84 Watford 23Aug
 3:57.62 Karl O'Connell NZL 25.09.81 Watford 26Jul
 3:57.96 Joe van der Toorn U20 07.05.87 Watford 3May
 4:01.82 Greg Billington USA U20 30.05.89 Wiesbaden GER 19May
 4:05.29 Alex Bodin* U20 17.06.88 Kingsmeadow 10Jun
 4:10.98 Mark Humphrey 13.10.83 Crawley 13Aug
 4:16.30 Tom Ellacott 20.06.73 Finsbury Pk 2Jul
 4:23.40 Jason Webb 19.08.69 Kingsmeadow 14May
 4:25.27 James Fairbourn U20 26.06.87 Watford 26Jul
 4:26.6 Oliver Dodd U20 25.02.88 Guildford 7May
 4:28.7 Tom Barry U17 09.08.90 Guildford 7May
 4:29.22 Paul Coughlan NZL 22.09.72 Canterbury NZL 14Jan
 4:49.22 Charlie Dickinson M55 26.04.48 Poznan POL 24Jul
 4:56.56d Kevin Sempers U23 24.11.85 Arles FRA 4Jun
 5:10.0 B Garrity** U13 Horsham 4Jun
 5:12.2 Joseph Taylor-Holland U15 21.04.93 Crawley 30Apr
 5:14.7 J Haining** U15 Horsham 4Jun
 5:37.5 Jack Burgess** U13 Crawley 30Apr
 5:38.8 Alex Chapman** U13 Crawley 30Apr
 5:48.4 A Penfold** U13 Horsham 4Jun

1 mile

3:58.49i Neil Speaight 09.09.78 Boston MA USA 28Jan
 4:07.03 Oslo NOR 2Jun
 4:00.56i Tim Bayley 14.10.81 New York NY USA 4Feb
 4:10.48 Jonathan Blackledge U23 15.09.84 Guernsey 27Aug
 4:11.41i Kris Gauson U20 29.01.88 Boston MA USA 28Jan
 4:12.61 Grangemouth 17Aug
 4:15.21 Richard Ward 05.05.82 Bedford 29May
 4:53.07 Mark Humphrey 13.10.83 New River 22Apr

3000 metres

8:04.59 Marty Dent AUS 08.07.79 Homebush AUS 11Nov
 8:06.12 Mark Miles 24.03.77 Cardiff 29Jul
 8:11.06 Stephen Sharp 31.12.75 Loughborough 20May
 8:16.07i Sheffield 12Feb
 8:12.90i Alasdair Mclean-Foreman 10.11.81 Boston MA USA 11Feb
 8:18.92i Richard Ward 05.05.82 Birmingham 14Feb
 8:50.6 Croydon 24May
 8:28.67 Darren Gauson 22.03.82 Cardiff 29Jul
 8:38.10 Greg Billington USA U20 30.05.89 Watford 14Jun
 8:47.68 Karl O'Connell NZL 25.09.81 Watford 14Jun
 9:03.48 Alex Bodin* U20 17.06.88 Kingsmeadow 14May
 9:12.1 Tom Ellacott 20.06.73 Wimbledon Pk 7Jun
 9:17.8 Mark Humphrey 13.10.83 Sutcliffe Pk 16Aug
 9:43.6 James Fairbourn U20 26.06.87 Guildford 7May
 10:32.2 Terry O'Neill M50 23.09.62 Tooting 21Jun
 10:39.7 G McGhee Wimbledon Pk 7Jun

5000 metres

14:03.75 Stephen Sharp 31.12.75 Barnet Copthall 6May
 14:05.71 Mark Miles 24.03.77 Bedford 19Aug
 14:06.98 Phil Wicks U23 14.03.84 Solihull 24Jun
 14:38.34 Jonathan Blackledge 15.09.84 Birmingham 1Jul
 14:44.37 Simon Jones 29.11.83 Manchester (SC) 3Jun
 14:51.4 Greg Billington USA U20 30.05.89 Bedford 22Jul
 15:08.65 Will Cockerell 19.11.73 Battersea Pk 19Jul
 16:20.70 Pete Willis 04.05.82 Eton 30Jul
 16:23.23 Malachi Byansi UGA 20.10.74 Battersea Pk 19Jul
 17:38.68 Charlie Dickinson M55 26.04.48 Poznan POL 25Jul

10000 metres

31:00.30 Simon Jones 29.11.83 Bedford 19Aug
 33:33.9 Malachi Byansi UGA 20.10.74 Tooting 26Aug

3000 metres Steeplechase

8:28.98 Marty Dent AUS 08.07.79 Melbourne AUS 24Mar
 8:50.80 Justin Chaston 04.11.68 Eton 5Aug
 10:29.54 Will Cockerell 19.11.73 Barnet Copthall 6May
 10:50.08 Bruce Barton M40 02.02.64 Eton 30Jul
 11:36.82 Mark Humphrey 13.10.83 Birmingham 1Jul
 13:14.60 Paul Beaumont M40 27.03.63 Manchester (SC) 3Jun

60 metre Hurdles (106.7cm)

7.77i William Sharman U23 12.09.84 Sheffield 19Feb
 7.87i Dominic Girdler 06.03.82 Fana NOR 4Feb
 8.33ih Kevin Sempers U23 24.11.85 Eaubonne FRA 26Feb
 8.40ih Louis Eving-Jones 20.06.83 Prague CZE 12Feb
 8.73i Ryan Dinham U23 19.08.85 Manchester 29Jan
 8.97i Chris Minn 03.06.81 Eton 4Feb

110 metre Hurdles (106.7cm)

13.49 0.8 William Sharman U23 12.09.84 Bedford 23Jul
 13.91 1.1 Dominic Girdler 06.03.82 Loughborough 21May
 14.50 1.3 Matt Douglas 26.11.76 Eton 30Jul
 14.65 0.4 Daniel Davis* U20 12.12.87 Loughborough 21May
 14.79d 0.2 Kevin Sempers U23 24.11.85 Berne SUI 23Jul
wind assisted
 13.45 2.7 William Sharman U23 12.09.84 Manchester (SC) 15Jul
 13.90 3.7 Dominic Girdler 06.03.82 Bedford 28May
no wind reading
 19.64 Paul Beaumont M40 27.03.63 Kingsmeadow 13May

110 metres hurdles (99.0cm)

14.29 1.0 Daniel Davis * U20 12.12.87 Bedford 23Jul
wind assisted
 14.28 3.3 Daniel Davis * U20 12.12.87 Bedford 23Jul

80 metre hurdles (84.0cm - U15 Boys)

13.0 Jed Casco** U15 Horsham 4Jun
 14.5 M Vigor** U15 Sutton 25Jun

75 metre hurdles (76.2cm - U13 Boys)

14.3 Edward Kelly** U13 Sutton 25Jun
 15.8 K Wright** U13 Sutton 25Jun

400 metre Hurdles (91.4cm)

50.09 Matt Douglas 26.11.76 Manchester (SC) 16Jul
 50.12 Ryan Dinham U23 19.08.85 Sombathely HUN 2Jul
 55.41 Andrew Bennett 30.09.82 New River 22Apr
 56.01 Chris Minn 03.06.81 Crawley 13Aug
 59.98 Paul Beaumont M40 27.03.63 Kingsmeadow 14May
 1:11.5 Miles Debrah U20 31.12.87 Guildford 7May
 1:18.9 Luke Sargeant U20 03.05.88 Guildford 7May

High Jump

2.24	Samson Oni	25.06.81	Stoke	12Aug
	2.22i		Loughborough	21May
2.20	Darvin Edwards	U23 11.09.86	Eton	30Jul
2.15i	Ben Challenger	07.03.78	Trinek CZE	16Jan
	2.15		Melbourne AUS	22Mar
2.00i	Louis Evling-Jones	20.06.83	Sheffield	14Jan
	1.98d		Arles FRA	3Jun
2.00	William Sharman	U23 12.09.84	Barnet Copthall	6May
1.98d	Kevin Sempers	U23 24.11.85	Berne SUI	22Jul
	1.90i		Cardiff	4Feb
1.90	James Everard	16.05.81	Manchester (SC)	3Jun
	1.87i		Sutton	29Jan
1.80	Roy Collier	U20 11.03.87	Perivale	11Jun
1.75	Tang Fadare**	U15	Horsham	4Jun
1.75	Alex Parry	U20 12.04.89	Hemel Hempstead	16Jul
1.60	Daniel Campbell	U20 13.03.87	Guildford	7May
1.55	Jed Casco**	U15	Horsham	4Jun
1.45	Miles Debrah	U20 31.12.87	Guildford	7May
1.25	Niall Lapper**	U15	Crawley	30Apr
1.18	Edward Kelly**	U13	Crawley	30Apr

Long Jump

7.78w 2.5	Phillips Idowu	30.12.78	Melbourne AUS	11Feb
	7.56 0.3		Gateshead	11Jun
7.45 1.7	Darragh O'Farrell	15.06.76	Birmingham	1Jul
7.44w 2.1	Richard Danso	24.12.81	Birmingham	1Jul
	7.32 1.4		Bedford	19Aug
	7.08i		Uxbridge	22Jan
7.37ih	Louis Evling-Jones	20.06.83	Sheffield	14Jan
	7.26wd 4.6		Arles FRA	3Jun
7.18	Adrian Phillips	29.07.75	Barnet Copthall	6May
	7.11w 3.2		Bedford	29May
	7.05 0.3		Crystal Palace	17Jun
	6.90i		Uxbridge	22Jan
6.96wd 5.5	Kevin Sempers	U23 24.11.85	Arles FRA	3Jun
	6.88d 0.9		Desenzano d G ITA	13May
	6.58ih	24.11.85	Eaubonne FRA	25Feb
6.85i	Gary Wilson	U23 18.09.85	Uxbridge	22Jan
	6.84		Birmingham	1May
	6.77 1.0		Birmingham	1May
6.82	David Wellstead	17.12.82	St Charles MO USA	12May
	6.34 0.4		Crystal Palace	17Jun
5.66	B Tomkins**	U15	Sutton	25Jun
5.42	Malachi Kirby	U17 20.09.89	Hemel Hempstead	16Jul
5.36	Daniel Hudson**	U17	Horsham	4Jun
5.35	Idowu Akindede**	U20	Hemel Hempstead	13Aug
5.18	Adam Mohammed	U17 01.04.90	Guildford	7May
5.15	Tang Fadare**	U15	Horsham	4Jun
5.08	Jed Casco**	U15	Crawley	30Apr
4.89	M Norman**	U15	Sutton	25Jun
4.70	Alex Parry	U20 12.04.89	Perivale	11Jun
4.50	Roy Collier	U20 11.03.87	Perivale	11Jun
4.17	Edward Baxter-Derrington**	U15	Crawley	30Apr
3.91	S Da Cunha**	U13	Sutton	25Jun
3.87	C Murphy**	U13	Horsham	4Jun
3.81	Alex Chapman**	U13	Crawley	30Apr
3.39	Ashley Campbell	U13 20.06.94	Horsham	4Jun
3.21	Alex Penfold**	U13	Crawley	30Apr

Triple Jump

17.50 0.5	Phillips Idowu	30.12.78	Manchester (SC)	16Jul
17.38 -0.1	Julien Kapek FRA	12.01.79	Nancy FRA	22Jul
15.60 1.1	Farel Mepandy CGO	27.06.78	Geneva SUI	11Jun
15.41w 5.1	Seni Majekodunmi	29.01.83	Bedford	28May
	15.38		Bedford	28May
	15.00		Kingsmeadow	16Apr
14.66w 3.1	David Wellstead	17.12.82	Eton	30Jul
	14.63 ?w		Crawley	13Aug
	14.39 1.2		Crystal Palace	18Jun
	14.03i		Bloomington IN USA	14Feb
13.62w 2.4	Gary Wilson	U23 18.09.85	Stoke	12Aug
12.64	Kola Adedaya**	U17	Crawley	30Apr
12.52	James Everard	16.05.81	Manchester (SC)	3Jun
	12.08i		Sutton	29Jan
12.37	Darragh O'Farrell	15.06.76	Barnet Copthall	6May
11.14	Daniel Hudson**	U17	Crawley	30Apr

Pole Vault

5.30	Keith Higham	07.11.85	Budapest HUN	30Jun
5.10	Joe Ive	U20 12.05.87	Crystal Palace	18Jun
	4.85i		Sutton	11Mar
4.60i	Louis Evling-Jones	20.06.83	Prague CZE	12Feb
4.40	Cameron Johnston	22.10.82	Eton	30Jul
4.30d	Kevin Sempers	U23 24.11.85	Arles FRA	4Jun
3.30	Nick Phipps*	M50 08.04.52	Kingsmeadow	27Aug

Shot (7.26 Kg)

17.89i	Chris Gearing	U23 30.09.86	Manchester	29Jan
	17.17		Birmingham	29Jul
16.88	Mark Allen	U23 09.07.85	Bedford	23Jul
15.58	Scot Thompson	10.08.81	Glasgow	13Aug
13.30	Mike Small*	M50 31.03.54	Bedford	3Jun
12.70ih	Louis Evling-Jones	20.06.83	Sheffield	14Jan
	11.89d		Arles FRA	3Jun
12.03	Zé Sandell*	U23 20.11.86	Birmingham	30Apr
11.99d	Kevin Sempers	U23 24.11.85	Berne SUI	22Jul
	11.87ih		Eaubonne FRA	25Feb
10.10	James Everard	16.05.81	Tooting	21Jun
9.90t	Chris Privett	M45 09.01.60	Milton Keynes	18Jun

Shot (6 Kg)

14.74i	Mike Small*	M50 31.03.54	Sutton	29Jan
	14.38		Milton Keynes	18Jun
13.25	Roy Collier	U20 11.03.87	Guildford	7May
9.94	Tremayne Gilling**		Hemel Hempstead	13Aug
8.37	Malachi Kirby	U17 11.03.87	Hemel Hempstead	16Jul
7.39	Daniel Campbell	U20 13.03.87	Guildford	7May

Shot (4 Kg)

8.11	Ross Norton**	U15	Sutton	25Jun
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Shot (3.25 Kg)

5.52	G Shaw**	U13	Sutton	25Jun
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Discus (2 Kg)

52.71	Leith Marar*	07.11.68	Bedford	28May
51.10	Scot Thompson	10.08.81	Glasgow	13Aug
48.53i	Kevin Brown	M40 10.09.64	Linz AUT	19Mar
47.30	Mark Allen	U23 09.07.85	Bedford	11Jun
42.30	Chris Gearing	U23 30.09.86	Birmingham	24Jun
42.25	Mike Small	M50 31.03.54	Bedford	3Jun
37.55d	Kevin Sempers	U23 24.11.85	Berne SUI	23Jul
33.33	Zé Sandell*	U23 20.11.86	Birmingham	29Apr
26.38t	Chris Privett	M45 09.01.60	Milton Keynes	18Jun
21.70	Adrian Allen	U23 13.04.84	Parliament Hill	24Jun

Discus (1.75 Kg)

35.44	Roy Collier	U20 11.03.87	Perivale	11Jun
22.65	Malachi Kirby	U17 11.03.87	Guildford	7May
21.18	Alex Parry	U20 12.04.89	Perivale	11Jun

Discus (1.5 Kg)

50.36	Mike Small*	M50 31.03.54	Kingsmeadow	27Aug
34.61	Nick Phipps*	M50 08.04.52	Kingsmeadow	27Aug

Discus 1.25 Kg)

26.57	Ross Norton**	U15	Crawley	30Apr
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Javelin (800 gm)

63.21	James Everard	16.05.81	Bedford	11Jun
60.73	Tom Dobbings	05.02.73	Bedford	19Aug
60.70	Wesley Smith	26.02.79	Manchester (SC)	3Jun
54.41d	Kevin Sempers	U23 24.11.85	Berne SUI	23Jul
52.76	Scot Thompson	10.08.81	Birmingham	1Jul
51.43	Zé Sandell*	U23 20.11.86	Birmingham	1May
49.78	Darragh O'Farrell	15.06.76	Dublin	23Jul
43.27	Roy Collier	U20 11.03.87	Guildford	7May
40.92	Mike Small*	M50 31.03.54	Horsham	20Aug
40.28t	Chris Privett	M45 09.01.60	Milton Keynes	18Jun

Javelin (700 gm)

43.29t	Mike Small*	M50 31.03.54	Poznan POL	Jul
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Javelin (600 gm)

41.61	Ross Norton**	U15	Sutton	25Jun
17.45	Edward Baxter-Derrington**	U15	Crawley	30Apr

Hammer (7.26 Kg)

70.19	Mike Jones	M40 23.07.63	Sandown	18Feb
62.71	John Osazuwa NGR	04.05.81	Melbourne AUS	24Mar
61.38	Karim Chester	06.11.84	Birmingham	30Apr
45.45t	Chris Privett	M45 09.01.60	Battersea Pk	22May
45.23	Mike Small*	M50 31.03.54	Kingsmeadow	7Jun
41.98	Mark Allen	09.07.85	Eton	5Aug
34.91	Adrian Allen	U23 13.04.84	Loughborough	17May

Hammer (6.0 Kg)

49.74t	Mike Small*	M50 31.03.54	Milton Keynes	18Jun
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Hammer (4 Kg)

16.36	Ross Norton**	U15	Crawley	30Apr
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Heptathlon (60m, LJ, SP, HJ, 60mH, PV, 1000m)

5663i	Louis Evling-Jones	20.06.83	Prague CZE	12Feb
	(7.14, 7.09, 12.27, 1.99, 8.40, 4.60, 2:37.26)			
5016i	Kevin Sempers	U23 24.11.85	Eaubonne FRA	26Feb
	(7.21, 6.58, 11.87, 1.86, 8.33, 4.00, 2:56.77)			

Decathlon

7158	Kevin Sempers	U23 24.11.85	Yalta UKR	2Jul
	(11.26/-0.3, 7.07/0.4, 12.39, 1.92, 50.25 15.01/-1.7, 35.60, 4.30, 57.46, 5:04.54)			

4 x 100 metres relay

41.10	Senior Men	Birmingham	1Jul
	(William Sharman, Jason Hussain, Darren Chin, Wade Bennett-Jackson)		
41.20	Senior Men	Eton	5Aug
	(Dominic Girdler, Jason Hussain, Darren Chin, James Ellington)		
41.32	Senior Men	Manchester (SC)	3Jun
	(William Sharman, Jason Hussain, Darren Chin, Wade Bennett-Jackson)		
41.50	Senior Men*	Barnet Copthall	6May
	(William Sharman, Harry Aikines-Aryeetey*, James Ellington, Darren Chin)		
41.75	Senior Men	Eton	30Jul
	(Ian Deeth, Jason Hussain, Darren Chin, Tim Benjamin)		
42.2	Senior Men	Bedford	19Aug
	(Dominic Girdler, Matt Douglas, Ryan Thomas U20, Darren Chin)		
45.3	U20 Men**	Hemel Hempstead	16Jul
	(Adam Mohammed, Tremayne Gilling**, Daniel Davis*, Idowu Akindele**)		
45.7	U20 Men**	Guildford	7May
	(Team not known)		
45.8	U20 Men**	Hemel Hempstead	13Aug
	(Ben Osonaike** U17, Tremayne Gilling** U17, Malachi Kirby U17, Idowu Akindele)		
47.7	U17 Men**	Sutton	25Jun
	(Team not known)		
50.6	U15 Boys**	Sutton	25Jun
	(Team not known)		
52.2	U15 Boys**	Crawley	30Apr
	(Jed Casco**, Edward Baxter-Derrington**, Ross Norton**, Niall Lapper**)		
54.8	U15 Boys**	Horsham	4Jun
	(Team not known)		
56.1	U13 Boys**	Sutton	25Jun
	(Team not known)		

4 x 400 metres relay

3:17.67	Senior Men	Eton	5Aug
	(Ryan Thomas 48.5, Kris Gauson 50.1, Jason Hussain 50.9, Graeme Oudney 48.2)		
3:19.42	Senior Men	Manchester (SC)	3Jun
	(Chris Minn 51.0, Ian Deeth 50.3, Darren Chin 49.6, Graeme Oudney 48.3)		
3:19.83	Senior Men	Barnet Copthall	6May
	(Chris Minn 52.5, Set Osho 47.6, Kevin Sempers 50.4, James Ellington 49.4)		
3:21.02	Senior Men	Birmingham	1Jul
	(Chris Minn 53.8, Ryan Thomas 49.2, Jason Hussain 50.2, Graeme Oudney 47.8)		
3:41.0	U20 Men**	Guildford	7May
	(Daniel Campbell 53.6, Roy Collier 57.1, Malachi Kirby 58.1, Tremayne Gilling** 52.2)		
3:43.1	U20 Men**	Perivale	11Jun
	(Alex Parry 57.6, Roy Collier 56.3, Luke Sargeant 55.7, Malachi Kirby 54.2)		
3:47.9	U20 Men	Hemel Hempstead	16Jul
	(Alex Parry 61.7, Roy Collier 54.9, Ben Osonaike** 56.8, Malachi Kirby 53.8)		

Women's Road Running

5 km

18:16	Catherine Bryson	31.12.84	Wimbledon	13Aug
19:00	Helen Smethurst	W40 06.10.64	Hyde Pk	27Oct
19:53 ‡	Sarah Gailey	11.02.81	Bushy Pk	23Sep
19:59 ‡	Estlé Viljoen*	W35 08.07.70	Bushy Pk	30Sep
20:20	Mathilde Heaton	02.09.74	Wimbledon	13Aug
20:32 ‡	Catherine Eastham	10.05.71	Bushy Pk	6May
21:35	Maureen Noel	W40 16.08.63	Hyde Pk	24Feb
25:50	Liz Lucas	05.10.71	Dulwich	21Jun
26:06 ‡	Jacinta Moore	W45 12.07.58	Bushy Pk	28Oct

5 miles

34:32	Caroline Edis	11.08.79	Wimbledon	1May
35:08	Maureen Noel	W40 16.08.63	Battersea Pk	19Apr

10 km

34:23	Birhan Dagne	08.04.78	Regents Pk	29Oct
34:50	Jane Njeri Kang'ara KEN	29.04.80	Regents Pk	29Oct
37:15	Victoria Clarke	03.10.76	Battersea Pk	11Feb
37:45	Sarah Murphy	26.07.77	Epsom	17Dec
37:57	Juliette Clark	W40 22.04.64	Chichester	5Feb
38:58	Mathilde Heaton	02.09.74	Chichester	5Feb
39:03	Helen Smethurst	W40 06.10.64	Battersea	26Apr
39:05	Nikki Neale	30.11.71	Elmbridge	23Jul
39:48	Louise Cooper	25.08.75	Highclere Castle	1Oct
40:07	Erica Fogg	04.12.78	Ropley	28May
42:52	Catherine Eastham	10.05.71	Chessington	12Feb
44:28	Caroline Edis	11.08.79	Petersham	25Jun
45:52 +	Maureen Noel	W40 16.08.63	London	23Apr
54:06	Jacinta Moore	W45 12.07.58	Staines	21May
54:44	Nina Christou	W35 18.12.69	Hyde Pk	1Jan

+ intermediate time during marathon

8 miles

58:50 †	Catherine Eastham	10.05.71	Kingston	2Apr
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† 8.2 miles

10 miles

56:06	Birhan Dagne	08.04.78	Twickenham	15Oct
1:06:19	Helen Smethurst	W40 06.10.64	Sidcup	12Feb
1:06:46	Mathilde Heaton	02.09.74	Dorking	4Jun
1:07:44	Tanya O'Connor	12.03.76	Dorking	4Jun
1:08:23	Angela Walker	W35 29.08.69	Canterbury	22Jan
1:38:46	Liz Lucas	05.10.71	Sidcup	12Feb

Half Marathon

1:14:45	Birhan Dagne	08.04.78	Newcastle	1Oct
1:16:11	Catherine Berry	08.10.75	Nashville TN USA	18Mar
1:19:35	Jane Njeri Kang'ara KEN	29.04.80	Stevenage	5Nov
1:24:05	Nikki Neal	30.11.71	Fleet	19Mar
1:24:41	Juliette Clark	W40 22.04.64	Bath	19Mar
1:25:30 +	Victoria Clarke	03.10.76	London	23Apr
1:25:40	Helen Smethurst	W40 06.10.64	Bath	19Mar
1:26:10	Louise Cooper	25.08.75	Reading	9Apr
1:36:45 +	Mathilde Heaton	02.09.74	London	23Apr
1:38:54	Catherine Eastham	10.05.71	Reading	9Apr
1:39:20 +	Maureen Noel	W40 16.08.63	London	23Apr

+ intermediate time during marathon

16 miles

1:47:50 >	Tanya O'Connor	12.03.76	Kingston	2Apr
1:50:42	Erica Fogg	04.12.78	Kingston	2Apr

20 miles

2:18:07	Helen Smethurst	W40 06.10.64	Bramley	19Feb
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Marathon

2:49:48	Birhan Dagne	08.04.74	London	23Apr
2:54:19	Nikki Neale	30.11.71	London	23Apr
2:59:19	Victoria Clarke	03.10.76	London	23Apr
3:00:55	Louise Cooper	25.08.75	London	23Apr
3:06:47 >	Tanya O'Connor	12.03.76	London	23Apr
3:08:42	Helen Smethurst	W40 06.10.64	Vienna AUT	7May
3:12:08	Mathilde Heaton	02.09.74	London	23Apr
3:29:42	Maureen Noel	W40 16.08.63	London	23Apr

50 km

3:46:38	Louise Cooper	25.08.75	Boddington	13Aug
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Men's Road Running

2 miles

10:17	Mark Humphrey	13.10.83	Battersea Pk	31Jul
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3 miles

15:05	Mark Humphrey	13.10.83	Woking	6Sep
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5 km

14:10	Martin Dent AUS	08.07.79	Noosa AUS	29Oct
14:14	Mark Miles	24.03.77	Horwich	18Jun
14:21	Simon Jones	29.11.83	Armagh NI	2Mar
14:29	Stephen Sharp	31.12.75	Armagh NI	2Mar
14:30	Jonathan Blackledge	U23 15.09.84	Portsmouth	Aug
14:51	Paul Freary	03.04.68	Radcliffe	5Aug
15:01	Richard Ward	05.05.82	Horwich	18Jun
15:44	Hassan Raidi	06.11.76	Hyde Pk	25Aug
15:50	Mark Humphrey	13.10.83	Crystal Palace	5Sep
15:53	Peter Fallenius SWE	M40 03.07.64	Hyde Pk	28Jul
16:07	Alex Bodin*	U20 17.08.88	Morden Pk	4May
16:07 ‡	Lee Greatorex	16:07.75	Bushy Pk	13May
16:07 ‡	Richard Stannard	10.04.74	Bushy Pk	28Oct
16:10 ‡	Will Cockerell	19.11.73	Bushy Pk	27May
16:14	Peter Willis	04.05.82	Alexandra Pk	6Aug
16:27	Tom Hadfield	17.10.72	Hyde Pk	27Jan
16:28	Padraic Buckley IRL	20.11.75	Wimbledon	13Aug
16:15	Karl O'Connell NZL	25.09.81	Hyde Pk	24Feb
16:44	Jason Webb	19.08.69	Hyde Pk	24Feb
16:45	Malachi Byansi UGA	20.10.74	Wimbledon	13Aug
16:52	Knut Hegvold NOR	M45 19.09.61	Wimbledon	13Aug
17:10	James Fairbourn	U20 26.06.87	Wimbledon	13Aug
17:27	Charlie Dickinson	M55 26.04.48	Hyde Pk	25Aug
17:54	Warren Lynch	24.09.68	Dulwich	21Jun
18:27	Terry O'Neill	M50 23.09.62	Hyde Pk	27Oct
19:49	Lars Rehn DEN	M40 01.10.62	Hyde Pk	27Oct
20:06	Harry Corbett	M45 16.02.58	Hyde Pk	30Jun
20:41	Peter Cross	M50 11.06.55	Dulwich	21Jun
20:46	Carl Moynihan		Barking	29Aug
21:02	Justin Pritchard	16.11.70	Wimbledon	13Aug
21:40	Stephen West	M40	Dulwich	21Jun

4 miles

19:41	Paul Freary	03.04.68	Astley	2Aug
19:51	Darren Gauson	22.03.82	Edinburgh	1Jan
20:39	Roger Alsop*	M40 16.01.65	Edinburgh	1Jan
21:48	Peter Willis	04.05.82	Arnccliffe	12Aug

5 miles

24:07 +	Phil Wicks	U23 14.03.84	Maidenhead	14Apr
25:10	Kevin Nash	06.02.77	Romsey	29Jan
25:11	Paul Freary	03.04.68	Rivington	9Aug
25:31 ‡	Neil Speaight	09.09.78	Peterborough	12Nov
25:35	Greg Billington	U20 30.05.89	Kirton	26May
25:41	Mike Trees	M40 26.09.62	Romsey	29Jan
26:43	Peter Willis	04.05.82	Leeds	19Mar
26:49	John Kimaiyo KEN	21.08.74	Milton Keynes	25Nov
26:49	Malachi Byansi UGA	20.10.74	Portsmouth	3Dec
27:55	Knut Hegvold NOR	M45 19.09.61	Portsmouth	3Dec
28:02	Mark Humphrey	13.10.83	Finsbury Pk	5Mar
28:52	David Mason	06.11.83	Portsmouth	3Dec
29:02	Stephen Zealey	M40 26.11.65	Coombe Hill	14May
33:51	Lars Rehn DEN	M40 01.10.62	Coombe Hill	14May

+ intermediate time during 10 mile race

10 km

30:02	Phil Wicks	U23 14.03.84	Eastleigh	19Mar
30:09	Stephen Sharp	31.12.75	Chichester	5Feb
30:31	Jonathan Blackledge	U23 15.09.84	Eastleigh	19Mar
30:43	Tim Watson	28.06.73	Eastleigh	19Mar
30:47	Paul Freary	03.04.68	Trafford	10Sep
31:25	Richard Ward	05.05.82	Chessington	12Feb
31:28	Hassan Raidi	06.11.76	Eastleigh	19Mar
32:08	Malachi Byansi UGA	20.10.74	Regent's Park	29Oct
32:18	John Kimaiyo KEN	21.08.74	Croydon	22Oct
32:36	Neil Speaight	09.09.78	Ely	31Dec
33:08	Will Cockerell	19.11.73	Hyde Pk	1Jan
33:10	Pete Willis	04.05.82	Leeds	26Nov
33:27	Karl O'Connell NZL	25.09.81	Chichester	5Feb
33:42	Shugri Omar	U23 20.12.84	Ealing	11Jun
33:45 +	Lee Greatorex	16:07.75	London	23Apr
34:10	Peter Fallenius SWE	M40 03.07.64	Regent's Pk	5Feb
34:14	Mark Humphrey	13.10.83	Rye	15Sep
34:39 +	Joachim Wolf SWE	26.08.72	London	23Apr
35:05 +	John Clarke	30.09.71	London	23Apr
35:28	Matt Whiting	21.11.77	Leeds	26Nov
35:38 +	Simon Jones	29.11.83	London	23Apr
35:51 +	Tom Hadfield	17.10.72	London	23Apr

35:23	Mike Webb	04.10.67	Epsom	17Dec	1:53:14 +	Mark Barren	18.04.68	London	23Apr
36:08	Charlie Dickinson	M55 26.04.48	Swansea	24Sep	2:04:07	Alan Lane	M70 01.07.34	Barns Green	29Oct
36:23	James Fairbourn	U20 26.06.87	Hyde Pk	11Jun	<i>+ intermediate time during marathon</i>				
37:04	Carl Moynihan			1Oct	16 miles				
37:54	Graeme Reid	M40 05.11.60	Epsom	21May	1:39:52	Malachi Byansi UGA	20.10.74	Kingston	2Apr
38:01	Richard St. Clair	M40 04.09.61	Beddington Pk	7May	1:43:26	Steve Zealey	M40 26.11.65	Kingston	2Apr
39:11	Peter Cross	M50 11.06.55	Brighton	19Nov	1:43:38	Tim Weeks	10.05.79	Kingston	2Apr
39:19 +	Tim Weeks	10.05.79	London	23Apr	2:03:08	Lars Rehn DEN	M40 01.10.62	Kingston	2Apr
39:19 +	Bruce Barton	M40 02.02.64	London	23Apr	2:10:01	Dirk Wilkinson	26.06.69	Kingston	2Apr
39:40 +	Stephen Zealey	M40 26.11.65	London	23Apr	20 miles				
41:45	Rex Bale*	M60 29.11.45	Eastleigh	19Mar	1:55:12	Tom Hadfield	17.10.72	Bramley	19Feb
41:50	Ryan Dinham	U23 19.08.85	Eastleigh	19Mar	2:01:13	Joachim Wolf SWE	26.08.72	Bramley	19Feb
40:49 +	Dee Patel*	M40 22.04.59	London	23Apr	Marathon				
42:13	Justin Pritchard	16.11.70	Croydon	9Apr	2:21:51	Brad Poore	27.07.78	Sacramento USA	3 Dec
42:19	Lars Rehn DEN	M40 01.10.62	Brighton	19Nov	2:30:31	John Clarke	30.09.71	London	23Apr
43:25 +	Sean Connor	13.08.70	London	23Apr	2:33:04	Simon Jones	29.11.83	London	23Apr
51:59	David Davies	M65 30.05.39	Epsom	17Dec	2:34:09	Peter Fallenius SWE	M40 03.07.64	Valencia ESP	19Feb
53:19 +	Mark Barren	18.04.68	London	23Apr	2:37:33	Joachim Wolf SWE	26.08.72	London	23Apr
53:31 +	Eric Asiedu	M40 06.06.64	London	23Apr	2:38:18	Malachi Byansi UGA	20.10.74	London	23Apr
54:16	Charles Henn	M70 11.07.31	Petersham	25Jun	2:39:30	Tom Hadfield	17.10.72	London	23Apr
57:18 +	Andrew Porteous	23.04.70	London	23Apr	2:53:17	Bruce Barton	M40 02.02.64	London	23Apr
<i>+ intermediate time during marathon</i>					2:54:04	Richard St. Clair	M40 04.09.61	London	23Apr
7 miles					2:57:40	Stephen Zealey	M40 26.11.65	London	23Apr
37:10	Paul Freary	03.04.68	Longridge	17Dec	3:00:40	Dee Patel*	M40 22.04.59	London	23Apr
8 miles					3:26:28	Lars Rehn DEN	M40 01.10.62	London	23Apr
40:15 †	Phil Wicks	U23 14.03.84	Kingston	2Apr	3:33:41	Peter Cross	M50 11.06.55	London	23Apr
45:06 †	Lee Greatorex	16.07.75	Kingston	2Apr	3:34:09	Tim Weeks	10.05.79	London	23Apr
<i>† 8.2 miles</i>					3:48:45	Sean Connor	13.08.70	London	23Apr
10 miles					4:04:30	Andrew Porteous	23.04.70	London	23Apr
48:34	Phil Wicks	U23 14.03.84	Maidenhead	14Apr	4:17:34	Eric Asiedu	M40 06.06.64	London	23Apr
52:16	Paul Freary	03.04.68	Chorley	28May	4:08:10	Mark Barren	18.04.68	London	23Apr
52:30	Simon Jones	29.11.83	Witney	10Sep	4:44:06	Paul King	M55 04.02.51	London	23Apr
53:24	Malachi Byansi UGA	20.10.74	Twickenham	15Oct	5:36:31	Mick Graham	M55 08.04.48	London	23Apr
54:55	Mike Trees	M40 26.09.62	Maidenhead	14Apr	6:01:04	Terry Newell	M70 26.06.35	London	23Apr
55:05u	Lee Greatorex	16.07.75	London	23Apr	6:03:43	George Beecham	M75 26.02:31	London	23Apr
55:21	Joachim Wolf SWE	26.08.72	Maidenhead	14Apr					
56:18	Peter Willis	04.05.82	Burnsall	19Aug					
59:36	Craig McMillan	13.01.71	Tadworth	8Jan					
1:00:39	Mike Webb	04.10.67	Dorking	4Jun					
1:00:55	Michael Kazimierski	06.05.70	Canterbury	22Jan					
1:03:59	George Dunn	05.09.82	Dorking	4Jun					
1:04:45	Mark Humphrey	13.10.83	Dorking	4Jun					
1:06:44	Peter Cross	M50 11.06.55	Thanet	3Dec					
1:13:35	Richard St. Clair	M40 04.09.61	Tadworth	8Jan					
1:15:15	Lars Rehn DEN	M40 01.10.62	Dorking	4Jun					
1:17:01	Justin Pritchard	16.11.70	Tadworth	8Jan					
1:23:24	David McMillan	M55 09.11.47	Tadworth	8Jan					
1:33:36	David Davies	M65 30.05.39	Tadworth	8Jan					
Half Marathon									
1:02:57	Martin Dent AUS	08.07.79	Gold Coast AUS	2Jul					
1:05:48	Mark Miles	24.03.77	Bristol	17Sep					
1:06:27	Simon Jones	29.11.83	Wokingham	12Feb					
1:08:21	Paul Freary	03.04.68	Helsby	22Jan					
1:09:19	Brad Poore	27.07.78	San Francisco USA	5Nov					
1:09:28	Hassan Raidi	06.11.76	Newark	13Aug					
1:10:03	John Kimaiyo KEN	21.08.74	Cumbria	15Oct					
1:10:13	Malachi Byansi UGA	20.10.74	Stevenage	5Nov					
1:10:34	Tim Watson	28.06.73	Plymouth	28May					
1:10:50	Andrew Swearman	01.02.79	Milton Keynes	12Mar					
1:11:20	John Clarke	30.09.71	Brentwood	12Mar					
1:12:54	Will Cockerell	19.11.73	Silverstone	19Mar					
1:12:58 +	Lee Greatorex	16.07.75	London	23Apr					
1:13:29	Tom Hadfield	17.10.72	Watford	5Feb					
1:14:06	Joachim Wolf SWE	26.08.72	Silverstone	19Mar					
1:14:45	Warren Lynch	24.09.68	Silverstone	19Mar					
1:15:21	Mike Trees	M40 26.09.62	Marlow	5Nov					
1:17:14	Mark Humphrey	13.10.83	Brentwood	12Mar					
1:21:30	Graeme Reid	M40 05.11.60	Richmond	14May					
1:21:52	Richard St. Clair	M40 04.09.61	Richmond	14May					
1:23:32 +	Bruce Barton	M40 02.02.64	London	23Apr					
1:24:20 +	Tim Weeks	10.05.79	London	23Apr					
1:24:38 +	Stephen Zealey	M40 26.11.65	London	23Apr					
1:27:25 +	Dee Patel*	M40 22.04.59	London	23Apr					
1:28:27	Andrew Porteous	23.04.70	Brighton	19Feb					
1:29:09	Peter Cross	M50 11.06.55	Stevenage	5Nov					
1:30:26	Matthew Taylor	M40 05.12.60	Bracknell	7May					
1:34:59	Carl Moynihan		Robin Hood	10Sep					
1:35:22 +	Sean Connor	13.08.70	London	23Apr					
1:37:24 +	Lars Rehn DEN	M40 01.10.62	London	23Apr					
1:40:20	Justin Pritchard	16.11.70	Barns Green	29Oct					
1:45:41	David McMillan	M55 09.11.47	Brighton	19Feb					
1:46:59	Frank Gander	M70 18.04.34	Barns Green	29Oct					
1:51:15	Charles Henn	M70 11.07.31	Richmond	14May					
1:53:09 +	Eric Asiedu	M40 06.06.64	London	23Apr					

Women's Race Walking

3 km

15:30.2	T	Estlé Viljoen*	W35 08.07.70	Kingsmeadow	27May
16:17.6	T	Veronique Warburton	27.02.74	Battersea Pk	12Aug
17:29.37	T	Maureen Noel	W40 16.08.63	Barnet Copthall	13May
18:35.2	T	Caroline Bone	W55	Battersea Pk	12Aug

5 km

25:53		Estlé Viljoen*	W35 08.07.70	Victoria Pk	5Feb
29:38		Lada Leyens ESP	U20 28.07.87	Victoria Pk	5Feb
29:59.38	T	Maureen Noel	W40 16.08.63	Birmingham	8Jul
30:41				Enfield	7Oct

5 miles

44:07		Estlé Viljoen*	W35 08.07.70	Battersea Pk	16May
48:29		Maureen Noel	W40 16.08.63	Enfield	11Mar

10 km

51:39		Estlé Viljoen*	W35 08.07.70	Imber Court	8Jan
62:09		Maureen Noel	W40 16.08.63	Ilford	18Dec
62:38t				Battersea Pk	26Apr

7 miles

1:08:30		Maureen Noel	W40 16.08.63	Wimbledon	25Nov
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15 km

1:17:45		Estlé Viljoen*	W35 08.07.70	Steyning	21Jan
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10 miles

1:41:23		Maureen Noel	W40 16.08.63	Chigwell	19Feb
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20 km

2:07:16		Maureen Noel	W40 16.08.63	Imber Court	25Mar
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Men's Race Walking

2 km

10:30.0	T	Carl Lawton	M55 20.01.48	Croydon	15May
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3 km

14:12.54	T	Andrew Goudie	04.10.78	Ashford	14May
14:33.0	T	Tim Watt*	19.09.66	Battersea Pk	12Aug
14:40.2	T	John Hall	M55 18.01.49	Crawley	13Aug
14:45.36i				Linz AUT	17Mar
16:01.71	T	Carl Lawton	M55 20.01.48	Barnett Copthall	13May
16:01.7	T			Kingsmeadow	27May
17:47.13	T	Paul Warburton	M50 20.01.52	Barnet Copthall	27May
18:48.80	T	Doug Fotheringham	M75 18.04.30	Birmingham	8Jul
19:00.56i				Linz AUT	17Mar

5 km

24:25.96	T	Andrew Goudie	04.10.78	Bedford	13Aug
25:39.11	T	John Hall	M55 18.01.49	Birmingham	9Jul
25:44				Hyde Pk	27Jan
27:14		Carl Lawton	M55 20.01.48	Bexley	11Feb
28:14		Paul King	M55 04.02.51	Bexley	11Feb

4 miles

34:33		Tim Watt*	19.09.66	Monk's Hill	7Oct
37:01		Carl Lawton	M55 20.01.48	Monk's Hill	7Oct
37:47		Paul King	M55 04.02.51	Monk's Hill	7Oct

5 miles

41:35		John Hall	M55 18.01.49	Enfield	11Mar
45:05		Carl Lawton	M55 20.01.48	Canvey Island	30Apr
46:42		Paul King	M50 04.02.51	Enfield	28Jan
56:21		Eric Hall	M70 15.09.32	Canvey Island	30Apr
61:56		George Beecham	M75 26.02.31	Canvey Island	30Apr

9 km

50:09		Carl Lawton	M55 20.01.48	Blackheath	2Apr
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10 km

52:29		Andrew Goudie	04.10.78	Imber Court	8Jan
54:32		John Hall	M55 18.01.49	Enfield	6Sep
55:27		Carl Lawton	M55 20.01.48	Imber Court	8Jan
56:38T				Battersea Pk	26Apr
57:49		Paul King	M55 04.02.51	Victoria Pk	5Feb
1:01:08		Mark Culshaw	M40 22.04.66	Ilford	18Dec
1:05:38T		Doug Fotheringham	M75 18.04.30	Battersea Pk	26Apr

7 miles

1:03:36		Tim Watt*	19.09.66	Wimbledon	25Nov
1:05:15		Carl Lawton	M55 20.01.48	Wimbledon	25Nov
1:06:27		Paul King	M55 04.02.51	Wimbledon	25Nov

15 km

1:24:02		Carl Lawton	M55 20.01.48	Steyning	21Jan
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10 miles

1:29:32		John Hall	M55 18.01.49	Chigwell	19Feb
1:34:28		Carl Lawton	M55 20.01.48	Chigwell	19Feb
1:36:36		Paul King	M50 04.02.51	Monk's Hill	14Jan

20 km

1:50:18		John Hall	M55 18.01.49	Imber Court	25Mar
1:58:53		Carl Lawton	M55 20.01.48	Imber Court	25Mar
2:01:01		Paul King	M55 04.02.51	Imber Court	25Mar

1 Hour

11,649m		Tim Watt*	19.09.66	Dartford	6May
11,515m		Andrew Goudie	04.10.78	Dartford	6May
10,622m		Carl Lawton	M55 20.01.48	Dartford	6May
9,860m		Paul King	M50 04.02.51	Dartford	6May