

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 HC 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, ‡ = 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**

7.63i Amala Onuora U23 16.03.86 Sutton 28Jan

100 metres

12.76 -2.5 Hannah Douglas 13.11.78 Watford 8Aug

14.43 -0.4 J Fitzpatrick U20 Watford 16May

no wind reading

12.21 Amala Onuora U23 16.03.86 Bedford 6May

hand timed

13.8 Sarah Gailey 11.02.81 Tooting 21Jul

200 metres

25.02h-0.4 Julie Hollman 16.02.77 Szczecin POL 7Jul

25.30 -3.6 Susan Bovill* 06.05.82 Manchester (SC) 29Jul

25.61 0.1 Hannah Douglas 13.11.78 Watford 8Aug

hand timed

24.7 Susan Bovill* 06.05.82 Plymouth 19May

31.3 Vicki Goodwin 06.05.77 Milton Keynes 5Aug

400 metres

54.99 Susan Bovill* 06.05.82 Bedford 10Jun

57.42i Claire Robinson 18.01.78 Lee Valley 21Jan

1:02.10 Sarah Gailey 11.02.81 Wigan 3Jun

1:08.09 Vicki Goodwin 06.05.77 Parliament Hill 30Jun

1:08.49 N Miller Tooting 25Aug

800 metres

2:04.47 Michaela Hutchison* 10.09.84 Manchester (SC) 29Jul

2:09.19i Lee Valley 28Jan

2:11.4i Claire Robinson 18.01.78 Lee Valley 20Jan

2:15.28 Sarah Gailey 11.02.81 Crystal Palace 25Aug

2:15.47 Catherine Bryson 31.12.84 Watford 2May

2:20.43h Julie Hollman 16.02.77 Gotzis AUT 27May

2:22.8 Suzanne Cookson NZL W35 18.02.71 Birmingham 28Jul

2:29.51 Vicki Goodwin 06.05.77 Parliament Hill 30Jun

1000 metres

2:41.73 Michaela Hutchison* 10.09.84 Glasgow 3Jun

1500 metres

4:18.50 Michaela Hutchison* 10.09.84 Solihull 21Jul

4:35.46i Lee Valley 21Jan

4:26.33 Catherine Bryson 31.12.84 Watford 5Sep

4:51.5 Sarah Murphy 26.07.77 Kingsmeadow 15Aug

5:11.42 Megan Evans U15 22.12.92 Kingsmeadow 9Jun

5:16.2 Vicki Goodwin 06.05.77 Mile End 18Aug

5:52.5 Joanna Foxley U15 07.11.93 Crystal Palace 15Apr

3,000 metres

9:52.7 Catherine Bryson 31.12.84 Kingsmeadow 13May

10:10.9i Lee Valley 20Jan

10:03.06 Birhan Dagne 08.04.78 Wigan 10Jun

10:32.9 Sarah Murphy 26.07.77 Kingsmeadow 15Aug

10:36.90i Christine Bertram 15.11.74 Sheffield 11Mar

10:57.7 Milton Keynes 5Aug

11:00.11 Helen Smethurst W40 06.10.64 Parliament Hill 30Jun

13:17.4 Jennifer Beecroft U23 13.01.86 Tooting 4Jul

5,000 metres

19:07.59 Christine Bertram 15.11.74 Saarbrücken GER 22Aug

60 metre Hurdles (84.0cm)

11.58i Christine Bertram 15.11.74 Glasgow 24Feb

100 metre Hurdles (84.0cm)

13.89h 0.9 Julie Hollman 16.02.77 Szczecin POL 7Jul

14.67 -1.5 Hannah Douglas 13.11.78 Bedford 10Jun

no wind reading

14.45 ? Hannah Douglas 13.11.78 Wigan 3Jun

16.60 ? Jodie Favell* 04.11.82 Wigan 3Jun

hand timed

14.6 -2.3 Hannah Douglas 13.11.78 Wigan 3Jun

20.6 -0.1 Christine Bertram 15.11.74 Milton Keynes 5Aug

400m hurdles (76.2cm)

57.10 Michelle Carey IRL 20.03.81 Osaka JPN 27Aug

58.87 Hannah Douglas 13.11.78 Crystal Palace 17Jun

1:06.69 Jodie Favell* 04.11.82 Wigan 3Jun

High Jump

1.80 Julie Hollman 16.02.77 16or17Jun

1.63 Juliet Fielden* U20 09.10.88 Sutton 7Jul

1.55 Hannah Douglas 13.11.78 Wigan 3Jun

1.45 Michelle Nestor U23 12.02.85 Wigan 3Jun

1.30i Christine Bertram 15.11.74 Glasgow 24Feb

Long Jump

6.36 0.3 Julie Hollman 16.02.77 Loughborough 20May

6.15 0.4 Sarah Wellstead* 22.10.79 Crystal Palace 17Jun

5.50 Katryna Euridge* 22.05.83 Sutton 7Jul

5.46 1.1 Crystal Palace 17Jun

5.23 1.9 Juliet Fielden* U20 09.10.88 Portsmouth 12Aug

5.00 Michelle Nestor U23 12.02.85 Milton Keynes 5Aug

4.32i Christine Bertram 15.11.74 Glasgow 24Feb

Triple Jump

11.91 Sarah Wellstead* 22.10.79 Sutton 28Apr

11.56 0.8 Juliet Fielden* U20 09.10.88 Colchester 2Jun

11.65 3.7 Birmingham 30Jun

11.41i Lee Valley 28Jan

10.88 Katryna Euridge* 22.05.83 Milton Keynes 5Aug

10.75i Sutton 28Jan

10.61 Michelle Nestor U23 12.02.85 Milton Keynes 5Aug

Pole Vault

3.90i Tracy Grant 13.09.79 Sutton 3Mar

2.20 Jayne Anderson 30.04.68 Walton 22Apr

Shot (4 Kg)

16.63 Eva Massey 22.12.80 Manchester (SC) 29Jul

14.92i Belfast 17Feb

12.52 Julie Hollman 16.02.77 Loughborough 20May

10.92 Jade Nicholls* U23 30.03.87 Sutton 28Apr

9.64 Katryna Euridge* 22.05.83 Milton Keynes 5Aug

9.54 Belinda Heil 08.03.82 Wigan 3Jun

8.80 Jacqui Loney 17.04.79 Milton Keynes 5Aug

8.10 Helen Arbuthnot 17.11.84 Barnet Copthall 10Jun

7.90i Christine Bertram 15.11.74 Glasgow 24Feb

Shot (3 Kg)

10.71i Vilma Thompson W55 03.10.51 Sutton 18Feb

10.70 Riccione ITA Sep

5.50t Barbara Dunsford* W70 20.09.35 Ewell 24Feb

Discus (1 Kg)

49.28 Jade Nicholls* U23 30.03.87 Bedford 23Jun

36.23 Jacqui Loney 17.04.79 Wood Green 11Aug

29.21 Belinda Heil 08.03.82 Battersea Pk 2May

22.42 Vilma Thompson W55 03.10.51 Kingsmeadow 26May

15.99 Hazel Mead 14.09.77 Milton Keynes 5Aug

9.69t Barbara Dunsford* W70 20.09.35 Ewell 24Feb

Javelin (600 gm)

65.05 Goldie Sayers 16.07.82 Loughborough 20May

38.95 Julie Hollman 16.02.77 Birmingham 1Jul

28.20 Jodie Favell* 04.11.82 Wigan 3Jun

27.52 Christine Bertram 15.11.74 Milton Keynes 5Aug

24.69 Vilma Thompson W55 03.10.51 Riccione ITA Sep

17.69 Hazel Mead 14.09.77 Milton Keynes 5Aug

10.64 Sarah Gailey 11.02.81 Wigan 10Jun

Javelin (400 gm)

8.29t Barbara Dunsford* W70 20.09.35 Ewell 24Feb

Hammer (4 Kg)

41.32 Jacqui Loney 17.04.79 Wood Green 11Aug

36.91 Belinda Heil 08.03.82 Tooting 6Jun

33.68 Helen Arbuthnot 17.11.84 Bedford 7May

29.68 Vilma Thompson W55 03.10.51 Kingsmeadow 26May

16.79 Hazel Mead 14.09.77 Milton Keynes 5Aug

Hammer (3 Kg)

18.38t Barbara Dunsford* W70 20.09.35 Ewell 24Feb

Heptathlon

5701 Julie Hollman 16.02.77 Szczecin POL 8Jul

(13.89/0.9, 1.78, 11.28, 25.02/-0.4, 6.06w/2.5, 36.55, 2:22.79)

Throws Pentathlon (HT 3kg, SP 3kg, DT1kg, JT400gm, WT)			
2287	Barbara Dunsford*	W70 20.09.35 Ewell	24Feb
	(18.38, 5.50, 9.69, 8.29, 6.14)		
4 x 100m Relay			
?	Senior Women	Wigan	3Jun
	(J Favell*, H Douglas, M Nestor, S Bovill*)		
4 x 400m Relay			
4:06.5	Senior Women	Wigan	3Jun
	(S Gailley 62.3, J Favell* 64.2, C Bryson 62.4, S Bovill 57.6)		
4:09.5	Senior Women	Milton Keynes	5Aug
	(M Hutchison* 60.3, C Bryson 65.8, C Bertram 67.4, H Douglas 56.0)		

Men's Track & Field

60 metres

6.67i	Darren Chin		30.06.81	Sheffield	11Feb
6.85i	James Ellington	U23	06.09.85	Bratislava SVK	28Jan
6.89i	William Sharman	U23	12.09.84	Lee Valley	28Jan
7.03i	Bernard Yeboah	U23	07.01.86	Brunel	14Jan
7.02i	Idowu Akindele*	U20	27.02.88	Eton	3Feb
7.12ih	Kevin Sempers	U23	24.11.85	Zaragoza ESP	27Jan
7.14i	Tremayne Gilling*	U20	27.07.90	Lee Valley	28Jan
7.16i	Adrian Phillips		29.07.75	Eton	3Feb
7.29i	Luke Sargeant	U20	03.05.88	Sutton	3Mar
7.45i	Kwadjo Adjepong		23.08.71	Sutton	28Jan
7.68i	Michael Peacock RSA		07.12.72	Uxbridge	1Dec
8.66i	Ashley Campbell	U15	20.06.94	Sutton	28Jan

100 metres

10.36	0.0	Chris Lambert	08.04.81	Biberach GER	16Jun	
10.38	2.0	James Ellington	U23	06.09.85	Bedford	23Jun
10.40	2.0	Wade Bennett-Jackson	U23	27.02.87	Bedford	23Jun
10.47	-0.9	Darren Chin		30.06.81	Crystal Palace	25Aug
10.76	0.8	Idowu Akindele*	U20	27.02.88	Loughborough	11Aug
11.00	1.4	Tremayne Gilling*	U20	27.07.90	Bedford	23Jun
11.14	-1.7	Jason Hussain	U23	17.10.86	Bedford	27May
11.38d	1.3	Kevin Sempers	U23	24.11.85	Desenzano ITA	5May
11.57	0.9	Richard Danso		24.12.81	Barnet Copthall	28Apr
11.74	-1.3	Melvyn Anukam	U17	02.11.90	Barnet Copthall	21Jul
14.11	0.5	Richard McMillan		23.11.75	Barnet Copthall	28Apr

no wind reading

10.74		Idowu Akindele*	U20	27.02.88	Tooting	25Aug
10.93		Jason Hussain	U23	17.10.86	Altamonte Spr FL USA	5May

wind assisted

10.74	5.7	Idowu Akindele*	U20	27.02.88	Sutton	18Aug
10.86d	3.8	Kevin Sempers	U23	24.11.85	Stoke	8Sep
10.87	3.0	Jason Hussain	U23	17.10.86	Bedford	23Jun
10.95	2.3	Tremayne Gilling*	U20	27.07.90	Bedford	23Jun
11.07	2.2	Set Osho	U23	28.09.86	Manchester (SC)	2Jun
11.58	2.4	Kwadjo Adjepong		23.08.71	Barnet Copthall	10Jun
12.37	0.4	Michael Peacock RSA		07.12.72	Tooting	21Jul

hand timed

10.6		Darren Chin		30.06.81	Barnet Copthall	5May
10.8		Idowu Akindele*	U20	27.02.88	Tooting	4Jul
11.1		Will Sharman		12.09.84	Barnet Copthall	5May
11.5		Luke Sargeant	U20	03.05.88	Barking	15Apr
	11.8	0.1			Barnet Copthall	5May
11.5		Kwadjo Adjepong		23.08.71	Crawley	4Aug
11.6		Melvyn Anukam	U17	02.11.90	Crawley	4Aug
11.7		Ian Deeth		25.06.79	Horsham	14Jul
11.9		Michael Peacock RSA		07.12.72	Tooting	1Aug
14.0		Richard McMillan		23.11.75	Lea Valley	26May
14.5		Philip Petrovic	U13		Crystal Palace	15Apr

200 metres

20.71	0.0	Chris Lambert	08.04.81	Biberach GER	16Jun	
21.38	-0.9	Wade Bennett-Jackson	U23	27.02.87	Bedford	10Jun
20.95	-0.4	James Ellington	U23	06.09.85	Oordegem BEL	7Jul
		21.95i			Vienna AUT	30Jan
21.11	0.8	Darren Chin		30.06.81	Bangkok THA	13Aug
21.48	0.5	Jason Hussain	U23	17.10.86	Bedford	10Jun
21.55	-0.9	David Gillick IRL		09.07.83	Loughborough	20May
22.14	-0.1	Ryan Thomas	U23	21.03.87	Orlando FL USA	28Apr
22.21	-1.6	Idowu Akindele*	U20	27.02.88	Manchester (SC)	29Jul
22.73	1.6	Luke Sargeant		03.05.88	Barnet Copthall	10Jun
27.80	1.5	Richard McMillan		23.11.75	Barnet Copthall	28Apr

wind assisted

21.12	4.7	David Gillick IRL		09.07.83	Cork	30Jun
21.23	3.5	Darren Chin		30.06.81	Manchester (SC)	2Jun

no wind reading

21.72		Idowu Akindele*	U20	27.02.88	Tooting	25Aug
25.01		Michael Peacock RSA		07.12.72	Walton	22Apr

hand timed

22.3		Phillips Idowu		30.12.78	Lea Valley	26May
22.6		Ryan Dinham	U23	19.08.85	Horsham	14Jul
22.9		Gavin Selway	U23	17.03.87	Crawley	12May
22.2		Idowu Akindele*	U20	27.02.88	Tooting	4Jul
23.5		Melvyn Anukam	U17	02.11.90	Horsham	14Jul
24.1		Kwadjo Adjepong		23.08.71	Walton	23Jun
24.5		Michael Peacock RSA		07.12.72	Tooting	1Aug

300 metres

35.0		Gavin Selway	U23	17.03.87	Tonbridge	11Apr
------	--	--------------	-----	----------	-----------	-------

400 metres

45.23		David Gillick IRL		09.07.83	Berne SUI	29May
		45.52i			Birmingham	3Mar
47.17		Set Osho	U23	28.09.86	Crystal Palace	16Jun
47.85		Ryan Thomas	U23	21.03.87	Manchester (SC)	28Jul

47.95		Graeme Oudney	U23	11.04.85		17Jun
48.07		Gavin Selway	U23	17.03.87	Crystal Palace	16Jun
		49.59i			Sheffield	14Feb
48.89		Tim Bayley		04.10.81	Lawrence NJ USA	6May
		49.97i			New York USA	16Feb
48.91i		Ryan Dinham	U23	19.08.85	Vienna AUT	30Jan
49.35		Louis Evling-Jones		20.06.83	Loughborough	30May
49.6		Idowu Akindele*	U20	27.02.88	Battersea Pk	5May
49.89		Ian Deeth		25.06.79	Watford	25Jul
50.02d		Kevin Sempers	U23	24.11.85	Stoke	9Jun
50.4		Richard Aspden		15.10.76	Barnet Copthall	5May
52.0		Joe van der Toorn	U23	07.05.87	Crawley	4Aug
52.47		Melvyn Anukam	U17	02.11.90	Wood Green	11Aug
52.9		Chris Minn*		03.06.81	Lea Valley	26May
54.34		Michael Peacock RSA		07.12.72	Barnet Copthall	10Jun
1:02.10		Richard McMillan		23.11.75	Barnet Copthall	28Apr

800 metres

1:47.77		Graeme Oudney	U23	11.04.85	Manchester (SC)	9Jun
		1:50.03i			Cardiff	3Feb
1:48.33		Tim Bayley		04.10.81	Gainesville FL USA	26May
1:51.02		Jonathan Blackledge		15.09.84	Kortrijk BEL	13Jul
1:51.13		Neil Speaight		09.09.78	Watford	11Jul
1:51.18		Philip Burkart USA		26.08.83	NJ USA	9May
1:51.48		Joe van der Toorn	U23	07.05.87	Crystal Palace	25Aug
1:51.50		Paskar Owor UGA		22.12.80	Watford	30May
1:53.83		Shugri Omar		20.12.84	Watford	8Aug
1:55.74		Matt Douglas		26.11.76	Barnet Copthall	10Jun
1:56.8		George Martin	U20	13.10.89	Reading	13May
2:01.1		Pete Willis		04.05.82	Crawley	18Aug
2:02.10		Mark Humphrey		13.10.83	Tooting	25Aug
2:08.7		Tom Ellacott		20.06.73	Battersea Pk	2May
2:26.3		Joseph Taylor-Holland	U15	21.04.93	Crystal Palace	15Apr
2:29.8		Richard McMillan		23.11.75	Horsham	14Jul

1,000 metres

2:22.29i		Tim Bayley		04.10.81	Boston MA USA	27Jan
2:28.25		Graeme Oudney	U23	11.04.85	Manchester (SC)	9Jun
2:51.32ih		Kevin Sempers	U23	24.11.85	Zaragoza ESP	28Jan

1,500 metres

3:38.33		Neil Speaight		09.09.78	Sheffield	15Jul
3:42.80		Tim Bayley		04.10.81	Princeton NJ USA	21Apr
3:43.62		Jonathan Blackledge		15.09.84	Ninove BEL	11Aug
3:43.73		Paskar Owor UGA		22.12.80	Watford	30Jun
3:43.98		Darren Gauson		22.03.82	Solihull	21Jul
3:47.90		Stephen Sharp		31.12.75	Watford	30Jun
3:50.03		Philip Burkart USA		26.08.83	Princeton NJ USA	May
3:50.65		Phil Wicks		14.03.84	Watford	13Jun
3:55.81		Nick Goolab	U20	30.01.90	Crystal Palace	25Aug
3:56.89		Greg Billington	U20	30.05.89	Russelsheim GER	18May
3:58.3		David Anderson		02.10.77	Barnet Copthall	5May
4:00.37	>	James Kelly		29.08.83	Cambridge	19May
		4:04.1			Horsham	14Jul
4:03.44		Pete Willis		04.05.82	Watford	13Jun
4:03.81i		Richard Ward		05.05.82	Lee Valley	21Jan
4:05.32		Alex Bodin	U20	17.06.88	Barnet Copthall	5May
4:05.61		Nick Kay*		18.04.84	Baton Rouge LA USA	21Apr
4:08.36		Conor McGee IRL		14.08.75	Watford	27Jun
4:15.40		James Fairbourn	U23	26.06.87	Watford	8Aug
4:18.6		Mark Humphrey		13.10.83	Eltham	18Jul
4:18.73		Tom Ellacott		20.06.73	Kingsmeadow	13May
4:18.76		Richard Mason		06.11.83	Watford	8Aug
4:20.01		Will Cockerell		19.11.73	Barnet Copthall	10Jun
4:50.60d		Kevin Sempers	U23	24.11.85	Desenzano ITA	6May

1 mile

4:00.24i		Tim Bayley		04.10.81	Washington USA	10Feb
4:01.84		Jonathan Blackledge		15.09.84	Crystal Palace	25Aug
4:07.37i		Darren Gauson		22.03.82	Notre Dame IN USA	3Mar
4:12.9		Philip Burkart USA		26.08.83	Philadelphia PA USA	28Apr
4:46.84		Mark Humphrey		13.10.83	Parliament Hill	30Jun

3,000 metres

8:02.88		Stephen Sharp		31.12.75	Solihull	21Jul
		8:13.24i			Sheffield	11Feb
8:17.55		Neil Speaight		09.09.78	Albufeira POR	27May
8:18.79i		Jonathan Blackledge		15.09.84	Sheffield	11Mar
		8:25.19			Twickenham	6Jun
8:24.26		Mark Miles		24.03.77	Birmingham	21Jun
8:28.12i		Darren Gauson		22.03.82	Bloomington USA	16Feb
8:34.11		James Kelly		29.08.83	Barnet Copthall	21Jul
8:34.16		Greg Billington	U20	30.05.89	Russelsheim GER	19May
8:37.0i		Richard Ward		05.05.82	Lee Valley	20Jan
8:45.8		Simon Jones		29.11.83	Neath	6Jun
8:50.72		Pete Willis		04.05.82	Watford	30May
9:12.7i		David Mason		06.11.83	Lee Valley	20Jan
9:17.90		James Fairbourn	U23	26.06.87	Watford	30May

10:08.01i Mark Humphrey

13.10.83 Sheffield

11Mar

5,000 metres

13:49.62	Marty Dent AUS	08.07.79	Melbourne AUS	2Mar
13:56.50	Phil Wicks	14.03.84	Crystal Palace	25Aug
14:02.30	Stephen Sharp	31.12.75	Barnet Copthall	5May
14:41.30	Simon Jones	29.11.83	Manchester (SC)	2Jun
14:47.57	James Kelly	29.08.83	Crystal Palace	17Jun
15:11.9	Pete Willis	04.05.82	Stretford	28Jul
15:13.7	Richard Stannard	10.04.74	Horsham	14Jul
15:16.91	Conor McGee IRL	14.08.75	Birmingham	7Jul
15:37.33	Pete Willis	04.05.82	Crystal Palace	17Jun
15:38.44	Nick Kay*	18.04.84	Lafayette LA USA	16Mar
16:17.46	Malachi Byansi UGA	20.10.74	Sutton	18Aug

10,000 metres

28:49.73	Marty Dent AUS	08.07.79	Sydney AUS	13Dec
30:15.27	Erwin McRae AUS	20.03.76	Sydney AUS	13Dec
33:19.08	Will Cockerell	19.11.73	Tooting	25Aug
33:43.10	John Charles	24.05.83	Bedford	6May
35:20.52	David Mason	06.11.83	Tooting	25Aug

3,000 metres Steeplechase

8:24.2	Marty Dent AUS	08.07.79	Sydney AUS	17Feb
8:57.42	Justin Chaston	04.11.68	Albufeira POR	27May
9:42.87	Nick Kay*	18.04.84	Baton Rouge LA USA	24Mar
9:37.34	Sam Aldridge*	16.08.80	Barnet Copthall	4Aug
10:08.38	Will Cockerell	19.11.73	Barnet Copthall	5May
10:30.46	David Mason	06.11.83	Crystal Palace	17Jun
11:39.3	Rob Harding		Walton	23Jun

60 metre Hurdles (106.7cm)

7.84i	William Sharman	12.09.84	Sheffield	11Feb
8.19i	Kevin Sempers	U23 24.11.85	Sheffield	14Feb

110 metre Hurdles (106.7cm)

13.68	1.1 William Sharman	12.09.84	Oslo NOR	15Jun
14.91d	1.6 Kevin Sempers	U23 24.11.85	Desenzano ITA	6May
15.18	-2.2 Matt Douglas	26.11.76	Barnet Copthall	12Aug
15.25	1.5 Louis Evling-Jones	20.06.83	Birmingham	7Jul
<i>wind assisted</i>				
14.67	2.4 Kevin Sempers	U23 24.11.85	Manchester (SC)	2Jun
20.46	2.8 Paul Beaumont	M40 27.03.63	Birmingham	7Jul

400 metre Hurdles (91.4cm)

53.02	Ryan Dinham	U23 19.08.85	Barnet Copthall	4Aug
55.69	Matt Douglas	26.11.76	Albufeira POR	26May
56.7	Chris Minn*	03.06.81	Stoke	5May
59.6	Paul Beaumont	M40 27.03.63	Barnet Copthall	5May
69.3	Michael Peacock RSA	07.12.72	Walton	23Jun

High Jump

2.28	Samson Oni	25.06.81	Crystal Palace	25Aug
	2.27i		Birmingham	17Feb
2.21	Darvin Edwards	U23 11.09.86	Bedford	10Jun
2.07d	Kevin Sempers	U23 24.11.85	Stoke	9Jun
	2.02ih		Sheffield	13Jan
2.05	Louis Evling-Jones	20.06.83	Birmingham	7Jul
1.75	James Everard	16.05.81	Birmingham	7Jul
1:60	Matt Douglas	26.11.76	Barnet Copthall	10Jun
1.40	Kwesi Menyah	U23 22.02.87	Crawley	4Aug
1.30	Robert Murkin	M40 17.02.66	Crawley	4Aug
1.00	Richard McMillan	23.11.75	Carshalton	18Aug

Long Jump

7.50i	Bernard Yeboah	U23 07.01.86	Sheffield	17Feb
	7.36/0.5		Sutton	18Aug
7.37w	3.0 Louis Evling-Jones	20.06.83	Barnet Copthall	4Aug
	7.33		Loughborough	11Aug
7.34w	4.6 Darragh O'Farrell	15.06.76	Portsmouth	12May
	7.09 0.7		Albufeira POR	26May
	7.16i		Belfast	17Feb
7.28	0.6 Adrian Phillips	29.07.75	Crystal Palace	16Jun
	6.80i		Lee Valley	20Jan
7.22i	Richard Danso	24.12.81	Sheffield	17Feb
	6.89w 2.8		Barnet Copthall	5May
	6.83 ?w		Barnet Copthall	10Jun
	6.79 0.7		Barnet Copthall	5May
7.12	Phillips Idowu	30.12.78	Bedford	28May
7.09d	0.6 Kevin Sempers	U23 24.11.85	Desenzano ITA	5May
6.88	Gary Wilson	U23 18.09.85	Barnet Copthall	10Jun
	6.78 2.0		Birmingham	7Jul
6.62i	David Wellstead	17.12.82	Bloomington IN USA	16Feb
6.30	Jermain Olasam	U17 01.01.91	Battersea Pk	9Jun
5.06	Kwesi Menyah	U23 22.02.87	Sutton	18Aug
4.97	Louis Samms	14.08.81	Horsham	14Jul
3.86	Philip Petrovic	U13	Crystal Palace	15Apr

Triple Jump

17.56i	Phillips Idowu	30.12.78	Birmingham	3Mar
--------	----------------	----------	------------	------

17.35/0.9				Oslo NOR	15Jun
16.96	1.3 Julien Kapek FRA	12.01.79	Madrid ESP	21Jul	
14.77	1.3 Gary Wilson	U23 18.09.85	Crystal Palace	17Jun	
14.73i	David Wellstead	17.12.82	Johnson City IN USA	8Mar	
12.07	Kwesi Menyah	22.02.87	Horsham	14Jul	
11.92	1.1 James Everard	16.05.81	Barnet Copthall	4Aug	
10.68	3.1 David Mason	06.11.83	Manchester (SC)	10Jun	

Pole Vault

5.40	Joe Ive	U23 12.05.87	Bedford	23Jun
	5.20i		Sutton	3Mar
5.10	Keith Higham	U23 07.11.85	Loughborough	20May
4.60i	Cameron Johnston	22.10.82	Lee Valley	20Jan
	4.60		Woking	9Aug
4.60	Kevin Sempers	U23 24.11.85	Loughborough	16May
	4.40ih		Zaragoza ESP	28Jan
3.00	Louis Samms	14.08.81	Walton	22Apr
2.40	Robert Murkin	M40 17.02.66	Crawley	4Aug
2.30	Michael Peacock RSA	07.12.72	Walton	23Jun

Shot (7.26 Kg)

17.90	Chris Gearing	U23 30.09.86	Albufeira	26May
	17.09i		Sutton	4Mar
17.20	Scot Thompson	10.08.81	Loughborough	28Apr
16.41	Mark Allen	U23 09.07.85	Manchester (SC)	2Jun
15.20	Brett Morse*	U20 11.02.89	Bedford	10Jun
13.88	Louis Evling-Jones	20.06.83	Birmingham	7Jul
12.69	Mike Small*	M50 31.03.54	Barnet Copthall	4Aug
12.67	Abi Ekoku	13.04.66	Barnet Copthall	12Aug
12.61	Leith Marar*	07.11.68	Sutton	18Aug
12.18	Zé Sandell	U23 20.11.86	Bedford	6May
12.07	Roy Collier	U23 11.03.87	Sutton	18Aug
12.05d	Kevin Sempers	U23 24.11.85	Stoke	9Jun
10.69	Chris Privett	M45 09.01.60	Horsham	14Jul
9.71	Michael Peacock RSA	07.12.72	Tooting	21Jul
5.27	Jason Hussain	U23 17.10.86	Barnet Copthall	21Jul

Shot (6 Kg)

15.52	Brett Morse*	U20 11.02.89	Aberdare	8Sep
	15.19i		Cardiff	28Jan
14.74i	Mike Small*	M50 31.03.54	Eton	7Jan
	13.77		Birmingham	29Jul

Discus (2kg)

55.65	Brett Morse*	U20 11.02.89	Barnet Copthall	4Aug
54.26	Leith Marar*	07.11.68	Birmingham	1Jul
52.73	Scot Thompson	10.08.81	Albufeira POR	27May
50.09	Mark Allen	U23 09.07.85	Bedford	23Jun
49.59	Abi Ekoku	13.04.66	Barnet Copthall	12Aug
41.45	Chris Gearing	U23 30.09.86	Birmingham	7Jul
40.41	Mike Small*	M50 31.03.54	Barnet Copthall	4Aug
36.37d	Kevin Sempers	U23 24.11.85	Desenzano ITA	6May
33.76	Roy Collier	U23 11.03.87	Battersea Pk	5May
32.49	Chris Privett	M45 09.01.60	Sutton	18Aug
27.75	James Everard	16.05.81	Horsham	14Jul
26.05	Michael Peacock RSA	07.12.72	Walton	23Jun
18.84	Ryan Dinham	U23 19.08.85	Barnet Copthall	21Jul

Discus (1.75 Kg)

63.30	Brett Morse*	U20 11.02.89	Birmingham	1Jul
-------	--------------	--------------	------------	------

Discus (1.5kg)

47.63	Mike Small*	M50 31.03.54	Birmingham	28Jul
-------	-------------	--------------	------------	-------

Javelin (800 gm)

80.27	Gerbrand Grobler RSA	26.01.83	Dessau GER	1Jun
68.70	Tom Dobbins	05.02.73	Cosford	27Jun
64.97	Wesley Smith	26.02.79	Barnet Copthall	5May
63.82	James Everard	16.05.81	Bedford	8Sep
59.34d	Kevin Sempers	U23 24.11.85	Stoke	9Sep
44.19	Roy Collier	U23 11.03.87	Battersea Pk	5May
43.61	Michael Peacock RSA	07.12.72	Lea Valley	26May
23.10	Robert Murkin	M40 17.02.66	Crawley	4Aug

Javelin (800 gm)

47.92	Mike Small*	M50 31.03.54	Birmingham	28Jul
-------	-------------	--------------	------------	-------

Hammer (7.26 Kg)

66.44	Mick Jones	M40 23.07.63	Manchester (SC)	2Jun
56.98	Matthew Richards*	U23 10.05.86	Cwmbran	14Jul
53.60	Mark Allen	U23 09.07.85	Barnet Copthall	5May
46.22	Chris Privett	M45 09.01.60	Battersea Pk	15Aug
40.87	Mike Small*	M50 31.03.54	Picketts Lock	2Jun
33.09	Adrian Allen	13.04.84	Bedford	6May
27.26	Chris Gearing	U23 30.09.86	Birmingham	7Jul
24.23	Brett Morse*	U20 11.02.89	Cardiff	5May
21.77	Roy Collier	U23 11.03.87	Walton	23Jun
21.31	Michael Peacock RSA	07.12.72	Crawley	4Aug

17.32	Bob Bridges	M55 17.08.49	Battersea Pk	5May
Hammer (6 Kg)				
45.83	Mike Small*	M50 31.03.54	Birmingham	29Jul
Heptathlon (60m, LJ, SP, HJ, 60mH, PV, 1000m)				
5440i	Kevin Sempers	U23 24.11.85	Zaragoza ESP	28Jan
	(7.12, 7.00, 11.93, 2.02, 8.30, 4.40, 2:51.32)			
Decathlon				
7363	Kevin Sempers	U23 24.11.85	Stoke	10Jun
	(11.01/2.3, 6.95/0.9, 12.05, 2.07, 50.02, 15.07/-1.8, 34.12, 4.55, 54.26, 4:53.43)			
4 x 100m Relay				
40.37	Senior Men		Albufeira POR	26May
	(William Sharman, Chris Lambert, Darren Chin, Wade Bennett-Jackson)			
40.82	Senior Men		Barnet Copthall	4Aug
	(Idowu Akindele*, Jason Hussain, Chris Lambert, Wade Bennett-Jackson)			
42.39	Senior Men		Manchester (SC)	2Jun
	(William Sharman, Jason Hussain, Darren Chin, Kevin Sempers)			
43.47	Senior Men		Barnet Copthall	5May
	(William Sharman, Darren Chin, Luke Sargeant, Richard Aspden)			
45.00	Senior Men		Sutton	18Aug
	(Tremayne Gilling* U20, Melvyn Anukam U17, Tom Kennedy*, Idowu Akindele* U20)			
46.4	Senior Men		Horsham	14Jul
	(Melvyn Anukam U17, Ian Deeth, Ryan Dinham, Idowu Akindele* U20)			
48.3	Senior Men		Crawley	4Aug
	(Tom Kennedy*, Joe van der Toorn, Kwesi Menyah, Melvyn Anukam U17)			
4 x 400m Relay				
3:12.13	Senior Men		Manchester (SC)	2Jun
	(Ryan Thomas 49.2, Louis Evling-Jones 48.5, Gavin Selway 47.6, Set Osho 46.9)			
3:18.08	Senior Men		Albufeira POR	27May
	(Matt Douglas 50.4, Graeme Oudney 48.4, Ryan Thomas 48.6, William Sharman 50.7)			
3:24.77	Senior Men		Birmingham	7Jul
	(Louis Evling-Jones 50.1, Gavin Selway 49.4, Jason Hussain 55.2, Ryan Thomas 50.1)			
3:34.3	Senior Men		Horsham	14Jul
	(Andrew Huntley 55.3, Richard McMillan 61.0, Ian Deeth 49.5, Ryan Dinham 48.5)			
3:40.5	Senior Men		Crawley	4Aug
	(Melvyn Anukam U17 52.9, Kwesi Menyah 60.9, Pete Willis 54.5, Joe van der Toorn 52.2)			
Medley Relay (400m, 200m, 200m, 400m)				
2:27.71	Senior Men		Barnet Copthall	21Jun
	(Set Osho, Ian Deeth, Jason Hussain, Ryan Dinham)			
2:28.80	Senior Men		Barnet Copthall	10Jun
	(Matt Douglas, Ian Deeth, Luke Sargeant, Set Osho)			

Women's Road Running

5 km

17:07	Birhan Dagne	08.04.78	Norwich	14Jul
17:24	Catherine Bryson	31.12.84	Norwich	14Jul
18:14	Victoria Clarke	03.10.76	Battersea Pk	14May
19:06	Helen Smethurst	W40 06.10.64	Hyde Pk	26Jan
19:12	Suzanne Cookson NZL	W35 18.02.71	Hyde Pk	27Apr
20:33	Genia Marek	10.05.85	Wimbledon	12Aug
21:05	Megan Evans	U15 22.12.92	Wimbledon	6Oct
21:49	Maureen Noel	W40 16.08.63	Hyde Pk	28Sep
21:28	Vicki Goodwin	06.05.77	Hyde Pk	28Dec
21:30 ‡	Catherine Eastham	10.05.71	Bushy Pk	21Apr
22:15	Jennifer Beecroft	30.01.86	Wimbledon	6Oct
22:24	Sophie Spender	03.07.74	Wimbledon	12Aug

5 miles

32:23	Estl� Viljoen*	W35 08.07.70	Battersea Pk	12Jun
32:47	Rieko Trees	19.09.77	Romsey	28Jan
33:35	Louise Cooper	25.08.75	Bracknell Forest	12Jun

10 km

33:34	Birhan Dagne	08.04.78	Chichester	7Oct
38:13	Victoria Clarke	03.10.76	Battersea Pk	10Feb
38:57	Sarah Murphy	26.07.77	Petersham	24Jun
39:05	Nikki Neale	30.11.71	Wymondham	1Jan
39:47	Erica Fogg	04.12.78	Totton	15Apr
39:52 +	Mathilde Heaton	02.09.74	London	22Apr
40:25	Helen Smethurst	W40 06.10.64	Hyde Pk	1Jan
41:20 +	Louise Cooper	25.08.75	London	22Apr
41:21	Genia Marek	10.05.85	Wimbledon	21Oct
43:58	Catherine Eastham	10.05.71	Wimbledon	21Oct
44:45	Syreeta Stracey	05.07.78	Beckenham	23Sep
50:07 +	Maureen Noel	W40 16.08.63	London	22Apr

10 miles

56:20	Birhan Dagne	08.04.78	Twickenham	14Oct
1:07:09	Helen Smethurst	W40 06.10.64	Twickenham	14Oct
1:08:35	Suzanne Cookson NZL	W35 18.02.71	Hadleigh	25Nov
1:17:21	Catherine Eastham	10.05.71	Bramley	25Feb

Half Marathon

1:14:12	Birhan Dagne	08.04.78	Newcastle	30Sep
1:20:55	Catherine Bryson	31.12.84	Newcastle	30Sep
1:23:30	Mathilde Heaton	02.09.74	Reading	25Mar
1:23:38	Sarah Murphy	26.07.77	Reading	25Mar
1:23:48	Victoria Clarke	03.10.76	Southend	10Jun
1:25:55	Louise Cooper	25.08.75	Helsby	25Mar
1:26:29	Helen Smethurst	W40 06.10.64	Bath	25Mar
1:28:15 +	Nikki Neale	30.11.71	London	22Apr
1:30:48	Rieko Trees	19.09.77	Wokingham	11Feb
1:31:26	Erica Fogg	04.12.78	Burnh'm Beeches	19Aug
1:44:29	Catherine Eastham	10.05.71	Reading	25Mar
1:47:02 +	Maureen Noel	W40 16.08.63	London	22Apr
1:48:13	Liz Horrobin	21.09.80	Newcastle	30Sep
1:48:41	Sophie Spender	03.07.74	Canterbury	27May

20 miles

2:18:28	Helen Smethurst	W40 06.10.64	Bramley	25Feb
---------	-----------------	--------------	---------	-------

Marathon

2:54:16	Victoria Knight	30.11.71	Dublin	28Oct
2:54:56	Mathilde Heaton	02.09.74	London	22Apr
2:59:58 *	Chrissie Wellington	18.02.77	Hawaii	14Oct
3:05:00	Nikki Neale	30.11.71	London	22Apr
3:08:18	Louise Cooper	25.08.75	London	22Apr
3:18:51	Sarah Murphy	26.07.77	London	22Apr
3:20:39	Erica Fogg	04.12.78	New Forest	18Oct
3:44:40	Maureen Noel	W40 16.08.63	London	22Apr
6:41:59	Sarah Parkes	03.05.87	London	22Apr

* set in World Ironman Triathlon after 2.4 mile swim and 112 mile bike

30 miles

3:41:56 +	Louise Cooper	25.08.75	Draycote Water	18Feb
-----------	---------------	----------	----------------	-------

50 km

3:49:57 +	Louise Cooper	25.08.75	Draycote Water	18Feb
-----------	---------------	----------	----------------	-------

35 miles

4:21:59	Louise Cooper	25.08.75	Draycote Water	18Feb
---------	---------------	----------	----------------	-------

100 km

9:21:38	Louise Cooper	25.08.75	Edinburgh	20May
---------	---------------	----------	-----------	-------

Men's Road Running

1 mile

4:08	Jonathan Blackledge	15.09.84	Oxford	12May
4:09	Phil Wicks	14.03.84	Oxford	12May

2 miles

10:36	Mark Humphrey	13.10.83	Battersea Pk	4Jun
-------	---------------	----------	--------------	------

5 km

14:06	Phil Wicks	14.03.84	London	19Jul
14:18.2	Stephen Sharp	31.12.75	Armagh	1Feb
14:21	Mark Miles	24.03.77	Horwich	24Jun
14:25.2	Jonathan Blackledge	15.09.84	Armagh	1Feb
14:27	Paskar Owor UGA	22.12.80	Sandhurst	21Jun
14:32	Simon Jones	29.11.83	Gloucester	19Jul
14:59	Neil Speaight	09.09.78	Cardiff	4Feb
15:22 ‡	Paul Freary	03.04.68	Radcliffe	2Aug
15:30	Alex Bodin	U20 17.08.88	Morden Pk	3May
15:34 ‡	Richard Stannard	10.04.74	Bushy Pk	14Apr
15:47	Padraic Buckley IRL	20.11.75	Morden Pk	3May
16:00	Malachi Byansi UGA	20.10.74	Wimbledon	12Aug
16:05	Hassan Raidi	06.11.76	Hyde Pk	27Apr
16:08 ‡	Richard Ward	05.05.82	Banstead	8Dec
16:10	John Charles	24.05.83	Poole	2Nov
16:13 ‡	Will Cockerell	19.11.73	Bushy Pk	21Jul
16:15	Mark Humphrey	13.10.83	Battersea Pk	16Jul
16:25	James Fairbourn	U23 26.06.87	Wimbledon	12Aug
16:33	David Mason	06.11.83	Wimbledon	12Aug
16:34	Kassa Tadesse	21.08.74	Battersea Pk	12Aug
16:38 ‡	Joachim Wolf SWE	26.08.72	Banstead	11Aug
16:52 ‡	Mike Trees	M45 26.09.62	Bushy Pk	20Oct
17:05 ‡	Alex Wright	U17 19.12.90	Wimbledon	27Oct
17:06	Matt Whiting	21.11.77	Hyde Pk	23Feb
17:56	Charlie Dickinson	M55 26.04.48	Hyde Pk	31Aug
17:58 ‡	Sean Ryan AUS	19.07.75	Wimbledon	24Mar
18:10 ‡	Alex Marek	05.06.82	Wimbledon	3Feb
18:10	Warren Lynch	24.09.68	Bath	20Jun
18:11 ‡	Graham Adams	10.06.68	Wimbledon	1Dec
18:14 ‡	Harry Corbett	M45 16.02.58	Wimbledon	19May
18:16	Frank Ward	M45 18.11.57	Wimbledon	6Oct
18:35	Robert Norville	25.05.76	Wimbledon	6Oct
19:27 ‡	Noel Levy	22.06.75	Bushy Pk	22Sep
19:36	Lars Rehn DEN	M40 01.10.62	Hyde Pk	28Dec
20:06	Justin Pritchard	16.11.70	Wimbledon	12Aug
20:20 ‡	Don Anderson	M50 10.05.55	Wimbledon	3Feb
20:34	Peter Cross	M50 11.06.55	Dulwich	20Jun
21:19	David McMillan	M55 09.11.47	Wimbledon	6Oct
23:19	Michael Peacock RSA	07.12.72	Wimbledon	12Aug
23:58	Chris Taplin	M55 11.02.51	Wimbledon	6Oct
24:07	Mick Lesley	M50 12.04.55	Wimbledon	6Oct
25:09	Gerald Collins	M65 23.06.39	Wimbledon	6Oct
25:53	Tony Stone	M65 09.12.40	Wimbledon	6Oct
26:55	Charles Henn	M75 11.07.31	Wimbledon	6Oct
27:42	Keith Duckett	M60 03.06.44	Wimbledon	6Oct
28:50	Terry Lawton	M65 27.05.41	Wimbledon	6Oct

4 miles

19:48	Paul Freary	03.04.68	Chorley	2May
-------	-------------	----------	---------	------

5 miles

24:07	Neil Speaight	09.09.78	Alsager	4Feb
25:11	Conor McGee IRL	14.08.75	Raheny IRL	28Jan
25:19	Paul Freary	03.04.68	Chester	4Apr
26:34	Mike Trees	M40 26.09.62	Romsey	28Jan
26:41	Padraic Buckley IRL	20.11.75	Finsbury Pk	4Mar
27:06	Malachi Byansi UGA	20.10.74	Wimbledon	7May
29:20	David Mason	06.11.83	Wimbledon	7May
29:20	Matt Whiting	21.11.77	Portsmouth	2Dec
32:05	Graeme Reid	M45 05.11.60	Wimbledon	7May
32:51	Peter Cross	M50 11.06.55	Canvey Island	29Apr

6 miles

30:37	Paul Freary	03.04.68	Horwich	25Feb
-------	-------------	----------	---------	-------

10 km

29:33	Phil Wicks	14.03.84	London	1Jul
29:40	Mark Miles	24.03.77	Partington	4Mar
29:46	Simon Jones	29.11.83	Chichester	7Oct
29:51	Stephen Sharp	31.12.75	Chichester	7Oct
30:15	Jonathan Blackledge	15.09.84	Chichester	7Oct
30:53	James Kelly	29.08.83	Chichester	7Oct
30:54	Paul Freary	03.04.68	Manchester	20May
31:02	Neil Speaight	09.09.78	Guernsey	6Apr
32:03	Hassan Raidi	06.11.76	Stubbington Grn	14Jan
33:03	Malachi Byansi UGA	20.10.74	Crouch End	20May
33:09	Knut Hegvold NOR	M40 19.09.61	Emberton Cty Pk	2Jun

32:51	Will Cockerell	19.11.73	Manchester	20May
32:57	Kassa Tadesse	21.08.74	Port Soif	6Apr
33:17 +	Conor McGee IRL	14.08.75	Bath	25Feb
33:20	Peter Willis	04.05.82	Dorney	30Jun
33:55	John Kimaiyo KEN	21.08.74	Dunsfold	15Apr
33:59	Alex Bodin	U20 17.08.88	Cardiff	29Jul
34:01	Lee Greatorex	16.07.75	Wimbledon	21Oct
34:26	Matt Kinane*	01.11.68	London	15Jul
35:03	David Mason	06.11.83	Chichester	7Oct
35:05	James Fairbourn	U23 26.06.87	Beddington	6May
35:12	Mark Humphrey	13.10.83	Beckenham	25Mar
35:33	Mike Webb	04.10.67	Nonsuch Pk	4Nov
35:45 +	Warren Lynch	24.09.68	London	22Apr
35:46	Joachim Wolf SWE	26.08.72	Reigate	12Jul
35:49	Tom Fordyce	05.12.73	Petersham	24Jun
35:53	Jason Webb	19.08.69	Petersham	24Jun
36:12	Tim Weeks	10.05.79	Beddington	6May
37:22	Stephen Zealey	M40 26.11.65	Wimbledon	21Oct
37:38	Michael Kazimierski POL	06.05.70	Dunsfold	15Apr
38:20	Graeme Reid	M45 05.11.60	Wimbledon	11Mar
39:50	Peter Cross	M50 11.06.55	Wimbledon	21Oct
40:32	Charles Hobbs	30.07.81	Wimbledon	11Mar
42:41	Lars Rehn DEN	M40 01.10.62	Brighton	18Nov
44:30	Rex Bale	M60 29.11.45	Eastleigh	25Mar
47:19 +	Matthew Taylor	M45 05.12.60	London	22Apr
49:24 +	Sam Baxendale	14.01.78	London	22Apr
54:39	Dave Davies	M65 30.05.39	Oxshott	28Oct
55:11	Charles Henn	M75 11.07.31	Petersham	24Jun
56:16 +	Eric Asiedu	M40 08.06.64	London	22Apr

7 miles

39:42	Joachim Wolf SWE	26.08.72	Elmore	15Jul
48:51	Peter Cross	M50 11.06.55	High Wycombe	17Jun

8 miles

43:49	Will Cockerell	19.11.73	Thames Ditton	1Jul
-------	----------------	----------	---------------	------

15 km

49:58 ‡	Paul Freary	03.04.68	Waterloo	7May
---------	-------------	----------	----------	------

10 miles

49:06	Phil Wicks	14.03.84	Portsmouth	28Oct
50:58	Jonathan Blackledge	15.09.84	Portsmouth	28Oct
52:04	Paul Freary	03.04.68	Leyland	27May
54:18	Kassa Tadesse	21.08.74	Twickenham	14Oct
57:06	Will Cockerell	19.11.73	Dorking	3Jun
57:07	James Fairbourn	U23 26.06.87	Maidenhead	6Apr
58:29	Alex Bodin	U20 17.08.88	Tadworth	7Jan
1:02:37	Michael Kazimierski POL	06.05.70	Canterbury	28Jan
1:07:18	Peter Cross	M50 11.06.55	Canterbury	28Jan
1:12:25	Lars Rehn DEN	M45 01.10.72	Portsmouth	28Oct
1:26:21	Dave Davies	M65 30.05.39	Maidenhead	6Apr
1:33:50	Alan Lane	M70 01.07.34	Epsom Downs	17Nov

Half Marathon

1:04:29	Mark Miles	24.03.77	Reading	25Mar
1:04:43	Phil Wicks	14.03.84	Bristol	9Sep
1:05:58	Simon Jones	29.11.83	Bristol	9Sep
1:08:57	Malachi Byansi UGA	20.10.74	Wokingham	11Feb
1:09:02	Paul Freary	03.04.68	Helsby	21Jan
1:09:08	Conor McGee IRL	14.08.75	Bath	25Feb
1:09:12	Hassan Raidi	06.11.76	Watford	4Feb
1:09:43	Richard Ashe*	05.10.74	Reading	25Mar
1:10:53	Kassa Tadesse	21.08.74	St. Peter Port	9Apr
1:10:55	Will Cockerell	19.11.73	Bristol	9Sep
1:11:50	Padraic Buckley IRL	20.11.75	Petersham	13May
1:12:43	Mike Trees	M40 26.09.62	Wokingham	11Feb
1:14:46	Tom Ellacott	20.06.73	Barnes Green	28Oct
1:14:57	Lee Greatorex	16.07.75	Reading	25Mar
1:15:00	Eliot Lyne	21.01.72	Great Bentley	4Feb
1:15:00	Warren Lynch	24.09.68	Bath	25Mar
1:21:08 +	Michael Kazimierski POL	06.05.70	London	22Apr
1:24:02	Graeme Reid	M45 05.11.60	Petersham	13May
1:23:57	Mark Clayton	31.10.75	Burnh'm Beeches	19Aug
1:24:54	Richard St. Clair	M40 04.09.61	Reading	25Mar
1:26:38	Charles Hobbs	30.07.81	Bath	25Mar
1:27:02	Matthew White	23.09.82	Southend	10Jun
1:27:09	Peter Cross	M50 11.06.55	Brighton	18Feb
1:35:25	Justin Pritchard	16.11.70	Barnes Green	28Oct
1:36:45 +	Matthew Taylor	M45 05.12.60	London	22Apr
1:37:22	Lars Rehn DEN	M40 01.10.62	Bath	25Mar
1:42:53	Carl Moynihan		Brighton	18Feb
1:46:55	David McMillan	M55 09.11.47	Petersham	13May
1:49:32 +	Sam Baxendale	14.01.78	London	22Apr
1:54:35	Charles Henn	M75 11.07.31	Petersham	13May
1:58:59 +	Eric Asiedu	M40 08.06.64	London	22Apr

20 miles

1:55:22	Simon Jones	29.11.83	Merthyr Tydfil	1Apr
1:56:24	Will Cockerell	19.11.73	Ruislip	18Mar
1:59:05	Lee Greatorex	16.07.75	Bramley	25Feb

Marathon

2:24:20	Mark Miles	24.03.77	London	22Apr
2:29:14	Brad Poore	27.07.78	New York USA	3Nov
2:29:40	Malachi Byansi UGA	20.10.74	London	22Apr
2:30:39	Will Cockerell	19.11.73	London	22Apr
2:35:35	Warren Lynch	24.09.68	London	22Apr
2:49:50	Eliot Lyne	21.01.72	London	22Apr
2:54:07	Michael Kazimierski POL	06.05.70	London	22Apr
2:57:23	Jason Webb	19.08.69	Berlin	30Sep
3:02:26	Paul Coughlan NZL	22.09.72	Westport NZL	10Feb
3:28:49	Peter Cross	M50 11.06.55	London	22Apr
3:28:52	Matthew Taylor	M45 05.12.60	London	22Apr
3:37:59	Lars Rehn DEN	M40 01.10.62	Berlin	30Sep
4:01:27	Sam Baxendale	14.01.78	London	22Apr
4:27:33	Eric Asiedu	M40 08.06.64	London	22Apr
4:37:12	John Walsh		London	22Apr
4:51:09	Peter Coughlan NZL	M60 18.01.45	London	22Apr
5:04:14	Dave Davies	M65 30.05.39	London	22Apr
6:44:19	Terry Newell	M70 26.06.35	London	22Apr

Women's Race Walking

3 km

14:48.96 t Estlé Viljoen* W35 08.07.70 Kingsmeadow 12May
17:57.09 t Maureen Noel W40 16.08.63 Bedford 27May

5 km

25:03 Estlé Viljoen* W35 08.07.70 Victoria Pk 4Feb
25:03.84 t Manchester (SC) 29Jul
30:11 + Maureen Noel W40 16.08.63 Victoria Pk 4Feb

5 miles

41:11 Estlé Viljoen* W35 08.07.70 Enfield 27Jan
48:48 Maureen Noel W40 16.08.63 Enfield 27Jan

10 km

50:53 Estlé Viljoen* W35 08.07.70 Coventry 17Mar
51:48.6 t Battersea Pk 25Apr
1:01:10 Maureen Noel W40 16.08.63 Victoria Pk 4Feb
1:02:44.9 t Battersea Pk 25Apr

7 miles

1:09:55 Maureen Noel W40 16.08.63 Wimbledon 24Nov

10 miles

1:41:05 Maureen Noel W40 16.08.63 Chigwell 18Feb

20 km

2:06:22 Maureen Noel W40 16.08.63 Bexley 24Feb

50 km

5:52:02 Maureen Noel W40 16.08.63 ? 28Jul

30 miles

7:28.10 Maureen Noel W40 16.08.63 Leatherhead 1Jul

Men's Race Walking

2 km

10:00.0 t Tim Watt* M40 19.09.66 Abingdon 16Jul
10:51 t Mark Culshaw M40 22.04.66 Barnet Copthall 2May

3 km

14:02.1 t Andrew Goudie 04.10.78 Portsmouth 12Aug
14:15.85 t Alex Wright U17 19.12.90 Copthall Barnet 25Sep
14:50.56 t John Hall M55 18.01.49 Helsinki FIN 24Mar
15:36.22 t Tim Watt* M40 19.09.66 Bedford 27May
15:52.55 t Mark Culshaw M40 22.04.66 Lea Valley 4Mar
16:18.09 t Carl Lawton M55 20.01.48 Barnet Copthall 28Apr
18:13.43 t David Mason 06.11.83 Kingsmeadow 12May
18:22.67 t Doug Fotheringham M75 18.04.30 Helsinki FIN 24Mar
19:54.88 t Mick Graham M55 08.04.48 Birmingham 28Jul

5 km

23:32 Andrew Goudie 04.10.78 Bexley 10Mar
23:39.89 t Alex Wright U17 19.12.90 Exeter 15Sep
24:59.0 t John Hall M55 18.01.49 Helsinki FIN 22Mar
27:27 Carl Lawton M55 20.01.48 Bexley 10Mar
27:57 Mark Culshaw M40 22.04.66 Alexandra Pk 1Apr
29:16 Paul King M50 04.02.51 Bexley 10Mar
29:40.60 t Doug Fotheringham M75 18.04.30 Riccione ITA 6Sep
33:46.80 t Mick Graham M55 08.04.48 Riccione ITA 6Sep

4 miles

39:40 Paul King M50 04.02.51 Monks Hill 6Oct

5 miles

42:53 Alex Wright U17 19.12.90 Enfield 7Apr
42:54 John Hall M55 18.01.49 Enfield 17Mar
46:07 Carl Lawton M55 20.01.48 Enfield 27Jan
46:34 Mark Culshaw M40 22.04.66 Enfield 7Apr
48:15 Paul King M50 04.02.51 Enfield 7Apr
50:48 Mick Graham M55 08.04.48 Enfield 7Apr
52:32 Doug Fotheringham M75 18.04.30 Enfield 27Jan
56:35 Eric Hall M70 15.09.32 Canvey Island 29Apr
1:04:57 George Beecham M75 26.02.31 Canvey Island 29Apr

9 km

45:51 Andrew Goudie 04.10.78 Blackheath 24Jun
49:24 Mike Scamell M50 16.08.54 Blackheath 2Sep
51:32 Carl Lawton M55 20.01.48 Blackheath 18Mar
54:17 Mark Culshaw M40 22.04.66 Blackheath 12Aug
59:12 Doug Fotheringham M75 18.04.30 Blackheath 24Jun

10 km

49:25 Andrew Goudie 04.10.78 Horsham 17Feb
52:55 John Hall M55 18.01.49 Leicester 1Sep
57:05 Carl Lawton M55 20.01.48 Coventry 17Mar
58:02 Mark Culshaw M40 22.04.66 Victoria Pk 4Feb
1:00:34 Paul King M55 04.02.51 Chigwell Row 16Dec
1:01:44.8 t Battersea Pk 25Apr
1:06:10 Doug Fotheringham M75 18.04.30 Birmingham 18Sep

7 miles

1:02:44 John Hall M55 18.01.49 Wimbledon 24Nov
1:05:22 Mark Culshaw M40 22.04.66 Wimbledon 24Nov
1:07:42 Paul King M55 04.02.51 Wimbledon 24Nov
1:08:33 Tim Watt* M40 19.09.66 Wimbledon 24Nov
1:12:34 Carl Lawton M55 20.01.48 Monks Hill 3Nov

15 km

1:15:09 Andrew Goudie 04.10.78 Steyning 20Jan
1:30:26 Carl Lawton M55 20.01.48 Steyning 20Jan

10 miles

1:33:02 John Hall M55 18.01.49 Chigwell 18Feb
1:36:34 Carl Lawton M55 20.01.48 Monk's Hill 13Jan
1:36:47 Mark Culshaw M40 22.04.66 Chigwell 18Feb
1:38:26 Paul King M50 04.02.51 Monk's Hill 13Jan

20 km

1:52:20 John Hall M55 18.01.49 Riccione ITA 14Sep
1:58:09 Mark Culshaw M40 22.04.66 Bexley 24Feb
2:01:06 Carl Lawton M55 20.01.48 Bexley 24Feb
2:03:06 Paul King M50 04.02.51 Bexley 24Feb
2:21:50 Mick Graham M55 08.04.48 Riccione ITA 14Sep

15 miles

2:37:07 Tim Watt* M40 19.09.66 Steyning 9Apr

30 miles

7:28.10 Mark Culshaw M40 22.04.66 Leatherhead 1Jul
7:28.10 John Hall M55 18.01.49 Leatherhead 1Jul