

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 armed@btinternet.com of any errors or omissions.

Women's Track & Field**100 metres**

12.73	1.9	Lisa Hübner GER	28.02.86	Sutton	3Aug
12.96	2.0	Ruth Hatch	04.07.87	Sutton	3Aug
13.69	-3.1	Evelyn Horn GER	04.08.79	Swansea	8Jun
14.53	1.1	Jade Fitzpatrick	U23 21.11.87	Battersea Pk	30Jun
16.45	-2.7	Vicki Goodwin	06.05.77	Swansea	8Jun
<i>manual time or wind reading not known</i>					
14.3		Jade Fitzpatrick		Battersea Pk	26Jul
14.6		Kate Morrow		Battersea Pk	26Jul

200 metres

25.70	0.0	Susan Bovill*	06.05.82	Liverpool	6Jul
26.02	1.5	Rebecca Pile	12.07.81	Sutton	3Aug
26.38	0.9	Lisa Hübner GER	28.02.86	Battersea Pk	28Jun
28.2	-2.4	Evelyn Horn GER	04.08.79	Swansea	8Jun
29.85	-1.9	Sarah Gailey	11.02.81	Swansea	8Jun
<i>manual time or wind reading not known</i>					
30.2		Jade Fitzpatrick	U23 21.11.87	Battersea Pk	28Jun
30.6		Vicki Goodwin	06.05.77	Tooting	18Jun
34.6		Maureen Noel	W40 16.08.63	Hendon	9Jul

400 metres

56.21		Susan Bovill*	06.05.82	Liverpool	6Jul
57.73		Michaela Hutchison*	10.09.84	Watford	30Jul
57.60		Rebecca Pile	12.07.81	Sutton	3Aug
1:04.7		Vicki Goodwin	06.05.77	Battersea Pk	28Jun
1:06.40		Sarah Gailey	11.02.81	Swansea	8Jun

800 metres

2:07.39		Michaela Hutchison*	10.09.84	Eton	9Aug
		2:09.3 i		Lee Valley	7Dec
2:16.88		Sarah Gailey	11.02.81	Watford	17May
2:24.87		Vicki Goodwin	06.05.77	Sutton	3Aug
2:32.44		Megan Evans	U17 22.12.92	Battersea Pk	20Apr
2:34.7		Zoe Vail		Battersea Pk	28Jun

1500 metres

4:31.14		Michaela Hutchison*	10.09.84	Watford	2Jul
4:43.77		Birhan Dagne	08.04.78	Liverpool	6Jul
5:02.92		Sarah Murphy	26.07.77	Sutton	3Aug
5:06.2		Zoe Vail		Tooting	4Jun
5:09.6		Vicki Goodwin	06.05.77	Tooting	4Jun
5:54.7		Jennifer Beecroft	U23 30.01.86	Tooting	4Jun
6:03.1		Sophia Howard	W40 18.11.67	Battersea Pk	28Jun

3,000m

9:43.95		Catherine Bryson	31.12.84	Brisbane AUS	1Mar
10:03.87		Birhan Dagne	10.03.87	Liverpool	6Jul
10:41.07		Sarah Murphy	26.07.77	Sutton	3Aug
11:13.53		Zoe Vail		Swansea	8Jun
11:37.34		Mathilde Heaton	02.09.74	Sutton	3Aug
11:45.2		Rieko Trees	19.09.77	Tooting	23Jul
12:09.44		Louise Cooper	25.08.75	Liverpool	6Jul
12:38.8		Jennifer Beecroft	U23 30.01.86	Tooting	13Aug
12:02.64		Vicki Goodwin	06.05.77	Battersea Pk	20Apr

100 metre Hurdles (84.0cm)

14.67		Hannah Douglas	13.11.78	Milton Keynes	10May
15.61	1.2	Jodie Favell*	04.11.82	Sutton	3Aug
16.6		Evelyn Horn GER	04.08.79	Battersea Pk	28Jun
23.1		Sophia Howard	W40 18.11.67	Battersea Pk	28Jun

400m hurdles (76.2cm)

56.64		Michelle Carey	20.03.81	Leira POR	21Jun
58.43		Hannah Douglas	13.11.78	Swansea	8Jun
1:05.15		Jodie Favell*	04.11.82	Swansea	8Jun

High Jump

1.55		Hannah Douglas	13.11.78	Sutton	3Aug
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1.50		Juliet Fielden*	U23 09.10.88	Swansea	8Jun
1.50		Sarah Wellstead*	22.10.79	Battersea Pk	28Jun
1.40		Michelle Nestor	18.02.85	Swansea	8Jun
1.20		Sophia Howard	W40 18.11.67	Battersea Pk	28Jun

Long Jump

5.99w	3.0	Sarah Wellstead*	22.10.79	Sutton	3Aug
		5.79i		Vienna AUT	29Jan
5.13		Ruth Hatch	04.07.87	Kingsmeadow	10May
4.86		Michelle Nestor	18.02.85	Liverpool	6Jul
4.61		Juliet Fielden*	U23 09.10.88	Swansea	8Jun
3.77		Sophia Howard	W40 18.11.67	Battersea Pk	28Jun
3.32		Jade Fitzpatrick	U23 21.11.87	Battersea Pk	30Jun

Triple Jump

11.52	1.8	Ruth Hatch	04.07.87	Crystal Palace	14Jun
11.47		Juliet Fielden*	U23 09.10.88	Ashford	10May
11.31		Sarah Wellstead*	22.10.79	Battersea Pk	26Jul
10.83w	3.9	Michelle Nestor	18.02.85	Sutton	6Aug
10.10		Rebecca Pile	12.07.81	Battersea Pk	26Jul
8.57		Vicki Goodwin	06.05.77	Battersea Pk	26Jul

Pole Vault

3.60i		Stephanie Smith	07.12.86	Uxbridge	30Nov
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Shot (4 Kg)

10.29		Rachel Basford	22.07.86	Crawley	11May
10.28		Belinda Heil AUS	08.03.82	Woking	31May
10.33		Evelyn Horn GER	04.08.79	Battersea	26Jul
9.74		Sarah Wellstead*	22.10.79	Battersea Pk	26Jul
6.70		Kate Morrow		Battersea Pk	26Jul
5.84		Susan Bovill*	06.05.82	Liverpool	6Jul
5.55		Cynthia James	W60 20.06.44	Liverpool	6Jul

Shot (3 Kg)

10.90i		Vilma Thompson	W55 03.10.51	Lee Valley	23Feb
		10.80		Battersea Pk	20Apr

Discus (1 Kg)

32.24		Belinda Heil AUS	08.03.82	Woking	31May
26.80		Sarah Wellstead*	22.10.79	Battersea Pk	28Jun
24.55		Vilma Thompson	W55 03.10.51	Kingsmeadow	24Aug
16.88		Vicki Goodwin	06.05.77	Battersea Pk	28Jun
16.29		Rachel Basford	22.07.86	Sutton	3Aug
15.62		Cynthia James	W60 20.06.44	Liverpool	6Jul
14.61		Hazel Mead	14.09.77	Sutton	3Aug

Javelin (600 gm)

65.75		Goldie Sayers	16.07.82	Beijing	21Aug
31.70		Evelyn Horn GER	04.08.79	Battersea Pk	28Jun
31.64		Jodie Favell*	04.11.82	Sutton	3Aug
28.28		Hannah Douglas	13.11.78	Swansea	8Jun
16.06		Lisa Hübner GER	28.02.86	Battersea Pk	26Jul

Javelin (600 gm)

24.62		Vilma Thompson	W55 03.10.51	Battersea Pk	19Jul
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Hammer (4 Kg)

46.51		Rachel Basford	22.07.86	Crawley	10May
41.98		Belinda Heil AUS	08.03.82	Battersea Pk	7May
16.55		Hazel Mead	14.09.77	Sutton	3Aug

Hammer (3 Kg)

30.10		Vilma Thompson	W55 03.10.51	Kingsmeadow	24Aug
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4 x 100m Relay

50.90		Senior Women		Sutton	3Aug
		(Jodie Favell*, Hannah Douglas, Rebecca Pile, Lisa Hübner GER)			
51.8		Senior Women		Swansea	8Jun
		(Jodie Favell*, Hannah Douglas, Juliet Fielden*, Michelle Nestor)			
54.1		Senior Women		Battersea Pk	26Jul
		(Kate Morrow, Lisa Hübner GER, Evelyn Horn GER, Jade Fitzpatrick)			
55.0		Senior Women		Battersea Pk	

4 x 400m Relay

3:56.92		Senior Women		Sutton	3Aug
		(Michaela Hutchison* 57.5, Jodie Favell 61.8, Hannah Douglas 58.8, Rebecca Pile 58.9)			
3:57.23		Senior Women		Swansea	8Jun
		(Michaela Hutchison*, Hannah Douglas, Jodie Favell*, Susan Bovill*)			
3:58.06		Senior Women		Liverpool	6Jul
		(Rebecca Pile, Jodie Favell*, Hannah Douglas, Susan Bovill*)			
4:31.3		Senior Women		Battersea Pk	26Jul
		(Vicki Goodwin 65.1, Evelyn Horn GER 70.0, Lisa Hübner GER 65.6, Kate Morrow 70.6)			

Men's Track & Field**60m**

6.54i	Dwain Chambers	05.04.78	Valencia ESP	7Mar
6.84i	Wade Bennett-Jackson	U23 27.02.87	Sheffield	10Feb
6.95i	Idowu Akindele*	U23 27.02.88	Uxbridge	26Jan
6.95i	Tremayne Gilling*	U20 27.07.90	Sutton	1Mar
6.99ih	Kevin Sempers	24.11.85	Sheffield	2Feb
7.06i	Gary Wilson	18.09.85	Uxbridge	26Jan
7.04i	Kola Adedoyin*	U20 08.04.91	Sutton	1Mar
7.16ih	Louis Eving-Jones	20.06.83	Sheffield	12Jan
7.17i	Jason Hussain	U23 17.10.86	Uxbridge	26Jan
7.26i	Kwadjo Adjepong	23.08.71	Lee Valley	23Feb
7.31i	Chris Minn*	03.06.81	Sutton	1Mar
7.73i	Michael Peacock RSA	M35 07.12.72	Manchester	
8.53i	Robert Murkin	M40 17.02.66	Sutton	2Mar

100m

10.00	1.6	Dwain Chambers	05.04.78	Birmingham	12Jul
10.44	1.1	Wade Bennett-Jackson	U23 27.02.87	Biberach GER	28Jun
10.47	0.2	James Ellington	U23 06.09.85	Bedford	1Jun
10.60	1.4	Martin Blencowe	U23 11.04.86	Long Beach CA USA	18Apr
10.80	-3.6	Chris Lambert	08.04.81	Belgrade SRB	27May
10.80	0.7	Idowu Akindele*	U23 27.02.88	Birmingham	11Jul
10.87	1.5	Jason Hussain	U23 17.10.86	Birmingham	8Jun
11.00d	1.8	Louis Eving-Jones	20.06.83	Birmingham	31May
11.20	-1.0	Tremayne Gilling*	U20 27.07.90	Bedford	1Jun
11.47	0.8	Melvyn Anukam	U20 02.11.90	Tooting	23Aug
11.68	0.7	Seun Marcus	07.06.86	Watford	13Aug
11.69	0.3	Pierre Walker	U20	Tooting	23Aug
11.69d-1.9		Kyle McCarthy AUS	23.01.82	Kladno CZE	18Jun
12.03	-0.4	Michael Peacock RSA	M35 07.12.72	Ljubjiana SLO	25Jul
12.38	0.2	Andrew Huntley		Battersea Pk	20Apr
12.44	1.3	Chris Harwin AUS	05.05.82	Battersea Pk	20Apr
12.69d-0.2		Peter Mayfield	16.11.75	Horsham	13Sep
13.93	0.6	Robert Murkin	M40 17.02.66	Tooting	23Aug

wind assisted

10.59	2.6	Martin Blencowe	U23 11.04.86	Long Beach CA USA	19Apr
11.40d	3.6	Kyle McCarthy AUS	23.01.82	Arles FRA	7Jun

manual time or wind reading not known

10.8		Jason Hussain	U23 17.10.86	Tooting	18Jun
11.3		Melvyn Anukam	U20 02.11.90	Grays	7Jun
11.3		Chris Minn*	03.06.81	Tooting	2Jul
11.67		Kola Adedoyin*	U20 08.04.91	Battersea Pk	19Jul
11.7		Ian Deeth	25.06.79	Battersea Pk	28Jun
11.9		Kwadjo Adjepong	M35 23.08.71	Tooting	4Jun
12.3		Ben Davies	29.07.79	Grays	7Jun
13.65		Robert Murkin	M40 17.02.66	Watford	9Apr

200m

20.90	0.5	Chris Lambert	08.04.81	Geneva SUI	31May
21.07	0.7	Dwain Chambers	05.04.78	Haniá GRE	4Jun
21.32i		Jason Hussain	U23 17.10.86	Sheffield	17Feb
		21.47 1.9		Crystal Palace	15Jun
21.36	0.8	Wade Bennett-Jackson	U23 27.02.87	Eton	5Jul
21.37	0.0	James Ellington	U23 06.09.85	Bedford	1Jun
22.06	0.6	Idowu Akindele*	U23 27.02.88	Crystal Palace	15Jun
22.11i		Ryan Thomas	U23 21.03.87	Lee Valley	20Jan
		22.14 1.9		Kingsmeadow	10May
22.25	-3.2	William Sharman	12.09.84	Barnet Copthall	16Aug
22.95	1.2	Melvyn Anukam	U20 02.11.90	Tooting	23Aug
23.98		Sean Reidy*	27.01.81	Watford	17Jul
24.21	1.4	Michael Peacock RSA	M35 07.12.72	Ljubjiana SLO	31Jul
		24.72i		Lee Valley	23Feb
24.72	0.1	Andrew Huntley		Battersea Pk	20Apr
24.81	0.6	Seun Marcus	07.06.86	Crystal Palace	15Jun
24.97	0.0	Chris Harwin AUS	05.05.82	Battersea Pk	20Apr
26.56	1.3	Rob Poulter	M40 05.02.67	Barnet Copthall	26Jul
28.15i		Robert Murkin	M40 17.02.66	Lee Valley	23Feb

wind assisted

21.06	2.5	James Ellington	U23 06.09.85	Crystal Palace	15Jun
21.38	2.5	Jason Hussain	U23 17.10.86	Crystal Palace	15Jun
21.80	3.0	Idowu Akindele*	U23 27.02.88	Eton	5Jul

manual time or wind reading not known

21.77		Idowu Akindele*	U23 27.02.88	Crystal Palace	15Jun
22.57		Set Osho	U23 28.09.86	Watford	2Jul
22.9		Melvyn Anukam	U20 02.11.90	Finsbury Pk	24Aug
23.0		Chris Minn*	03.06.81	Tooting	4Jun
23.3		Ian Deeth	25.06.79	Battersea Pk	28Jun
24.2		Pierre Walker	U20	Tooting	23Jul
24.6		Michael Peacock RSA	M35 07.12.72	Battersea Pk	3May
24.1		Kwadjo Adjepong	M35 23.08.71	Battersea Pk	28Jun
24.8		Ben Davies	29.07.79	Grays	7Jun
27.4		Rob Poulter	M40 05.02.67	Battersea Pk	3May
28.04		Robert Murkin	M40 17.02.66	Watford	9Apr
32.2		Richard McMillan	23.11.75	Tooting	23Jul

300m

33.44	David Gillick IRL	19.07.83	Loughborough	18May
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400m

45.12	David Gillick IRL	19.07.83	Ville d'Ascq FRA	27Jun
47.79	Set Osho	U23 28.09.86	Bedford	21Jun
47.95d	Louis Eving-Jones	20.06.83	Hexham	12Jul
48.18i	Ryan Thomas	U23 21.03.87	Sheffield	9Feb
	48.60		Crystal Palace	14Jun
48.31	Louis Eving-Jones	20.06.83	Loughborough	18May
48.74	Graeme Oudney	11.04.85	Meadowbank	10May
	49.51i		Manchester (SC)	27Jan
49.0	Ryan Preddy*	30.01.84	Cheltenham	11May
	49.92i		Sheffield	17Feb
49.65	Matt Douglas	26.11.76	Birmingham	8Jun
50.42	Phil Burkart USA	26.08.83	Barnet Copthall	16Aug
50.66	Melvyn Anukam	U20 02.11.90	Kingsmeadow	11May
50.71i	Jason Hussain	U23 17.10.86	Lee Valley	20Jan
50.8	Sean Reidy*	27.01.81	Peterborough	3May
50.95d	Kyle McCarthy AUS	23.01.82	Arles FRA	7Jun
50.99	Chris Minn*	03.06.81	Watford	21May
52.11	Phil Burkart USA	26.08.83	Watford	9Apr
51.7	Jean-Charles Roghi FRA	15.02.80	Parliament Hill	9Aug
53.76	Michael Peacock RSA	M35 07.12.72	Ljubjiana SLO	28Jul
	55.36i		Lee Valley	23Feb
57.2	Ben Davies	29.07.79	Tooting	2Jul
57.7	Robert Norville	25.05.76	Battersea Pk	19Jul
58.35	Rob Poulter	M40 05.02.67	Barnet Copthall	26Jul
58.5	Mark Humphrey	13.10.83	Battersea Pk	28Jun
58.97d-0.2	Peter Mayfield	16.11.75	Horsham	13Sep
1:11.1	Richard McMillan	23.11.75	Battersea Pk	3May

800m

1:48.40	Graeme Oudney	11.04.85	Loughborough	18May
	1:52.25i		Glasgow	12Jan
1:49.19	Neil Speaight	09.09.78	Watford	18Jun
1:49.23	Tim Bayley	04.10.81	Watford	2Jul
1:49.32	Steve Davies	16.02.84	Solihull	28Jun
1:50.89	Jonathan Blackledge	15.09.84	Watford	18Jun
1:51.01	Phil Burkart USA	26.08.83	NED	15Sep
1:52.69	Joe van der Toorn	07.05.87	Watford	30Jul
1:57.3	Matt Douglas	26.11.76	Milton Keynes	10May
2:01.4	Tom Barry	U20 09.08.90	Bournemouth	11May
2:01.8	Sean Reidy*	27.01.81	Tooting	13Aug
2:02.9	Pete Willis	04.05.82	Battersea Pk	3May
2:05.3	Jean-Charles Roghi FRA	15.02.80	Tooting	23Jul
2:05.87	Dave Mason	06.11.83	Kingsmeadow	10May
2:08.4	Mark Humphrey	13.10.83	Grays	7Jun
2:08.3	Robert Norville	25.05.76	Battersea Pk	12Jul
2:17.66	Andrew Sentance	13.04.77	Tooting	23Aug
2:19.6	Frank Ward	M50 8.11.57	Brighton	6Jul

1,000m

2:28.58i	Kris Gauson	U20 29.01.88	Charlestone IL USA	12Dec
2:38.48ih	Louis Eving-Jones	20.06.83	Sheffield	13Jan
2:49.98ih	Kevin Sempers	24.11.85	Sheffield	3Feb

1500m

3:39.56	Neil Speaight	09.09.78	Warsaw POL	15Jun
3:41.46	Steve Davies	16.02.84	Jerez de la Fr.ESP	24Jun
3:43.45	Jonathan Blackledge	15.09.84	Biberach GER	28Jun
3:44.25	Tim Bayley	04.10.81	Solihull	28Jun
	3:48.35i		Sheffield	10Feb
3:44.94	Marty Dent AUS	08.07.79	Sydney AUS	24Jan
3:50.61	Stephen Sharp	31.12.75	Birmingham	8Jun
3:49.16	Darren Gauson	22.03.82	Stretford	20Jul
3:51.67	Mark Pollard	25.02.82	Watford	14Jun
3:53.13i	Richard Ward	05.05.82	Cardiff	2Feb
3:54.60	Nick Goolab	U20 30.01.90	Watford	14Jun
3:55.99	Daniel Mulhare IRL	02.09.85	Santry IRL	19Jul
3:58.33	Phil Burkart USA	26.08.83	Watford	2Jul
	3:59.56i		Sheffield	13Feb
4:03.73	James Fairbourn	U23 26.06.87	Loughborough	11Jun
4:07.54i	Graeme Oudney	11.04.85	Glasgow	12Jan
4:12.4	Peter Willis	04.05.82	Bracknell	11May
4:18.4	Dave Mason	06.11.83	Tooting	2Jul
4:26.2	Mark Humphrey	13.10.83	Tooting	2Jul
4:36.5	Robert Norville	25.05.76	Battersea Pk	12Jul
4:37.49d	Kyle McCarthy AUS	23.01.82	Arles FRA	8Jun
4:38.78d	Louis Eving-Jones	20.06.83	Hexham	12Jul
4:40.5	Rob Poulter	M40 05.02.67	Battersea Pk	28Jun
4:47.6	Terry O'Neill	M55 23.09.52	Tooting	4Jun
4:44.8	Ed Smith	29.01.78	Tooting	2Jul
5:47.11d	Peter Mayfield	16.11.75	Horsham	14Sep

1 mile

4:02.7	Steve Davies	16.02.84	Peterborough	13Aug	1.50	Ryan Dinham	19.08.85	Barnet Copthall	16Aug
4:03.2	Neil Speaight	09.09.78	Peterborough	13Aug	1.45	Ian Deeth	25.06.79	Battersea Pk	28Jun
4:09.9	Jonathan Blackledge	15.09.84	Peterborough	13Aug	1.35	Dave Mason	06.11.83	Tooting	4Jun
4:16.70i	Greg Billington	U20 30.05.89	NC USA	18Jan	1.00	Paul Beaumont	M45 27.03.63	Battersea Pk	28Jun
4:47.92	Rowan Crichton	U23 11.03.87	Providence RI USA	12Apr	Long Jump				
3,000m					7.38w 3.7	Louis Evling-Jones	20.06.83	Birmingham	8Jun
8:04.53	Daniel Mulhare	02.09.85	Cork	12Jul		7.23/0.6		Loughborough	17Jul
8:07.9	Stephen Sharp	31.12.75	Twickenham	4Jun		7.14ih		Sheffield	12Jan
8:10.28i	Tim Bayley	04.10.81	Seattle WA USA	19Jan	7.18ih	Kevin Sempers	24.11.85	Sheffield	2Feb
8:24.77	Nick Goolab	U20 30.01.90	Watford	17May	7.28i	Bernard Yeboah	U23 07.01.86	Uxbridge	27Jan
8:25.19i	Greg Billington	U20 30.05.89	Akron OH USA	1Feb	7.06 0.0	Gary Wilson	18.09.85	Azusa CA USA	19Apr
8:29.63	Mark Pollard	25.02.82	Stretford	6May	6.98wd5.3	Kyle McCarthy AUS	23.01.82	Arles FRA	7Jun
8:32.84i	Jonathan Blackledge	15.09.84	Sheffield	9Feb		6.73/0.7 d		Kladno CZE	18Jun
8:52.86	Mike Trees	M45 26.09.62	Watford	30Jul	7.03w	Adrian Phillips	29.07.75	Woodford Gn	21Jun
8:59.17	James Fairbourn	U23 26.06.87	Stretford	26Aug		6.83 0.0		Crystal Palace	14Jun
9:05.3	Will Cockerell	19.11.73	Tooting	2Jul	6.78 0.9	Andrew Nicholson*	U23 25.03.86	Crawley	10May
9:06.89	Paul Freary	M40 03.04.68	Stretford	17Jun	6.74	David Wellstead	17.12.82	Kingsmeadow	10May
9:10.28	Phil Burkart USA	26.08.83	Watford	9Apr		6.52i		Sutton	2Mar
9:23.5	Alex Bodin	U23 17.08.88	Tooting	26Jul	6.66 -0.4	Kola Adedoyin*	U20 08.04.91	Crystal Palace	15Jun
5,000 metres					5.00d -0.2	Peter Mayfield	16.11.75	Horsham	13Sep
13:41.78	Marty Dent AUS	08.07.79	Melbourne AUS	21Feb	3.97	Chris Privett	M45 09.01.60	Grays	7Jun
13:59.67	Tim Bayley	04.10.81	Stanford CA USA	4Apr	3.68	Robert Murkin	M40 17.02.66	Battersea Pk	3May
14:11.78	Simon Jones	29.11.83	Eton	9Aug	Triple Jump				
14:28.97	Greg Billington	U20 30.05.89	Wins-Salem NC USA	29Mar	17.75i	Phillips Idowu	30.12.78	Valencia ESP	9Mar
	14:43.99i		Chapel Hill NC USA	3 Mar		17.62/0.9		Beijing	21Aug
14:41.46	Mark Pollard	25.02.82	Meadowbank	10May	16.68 0.0	Julien Kapek FRA	12.01.79	Jerez de la Fr.ESP	24Jun
14:45.32	James Kelly	29.08.83	Oxford	17May	15.03	Farel Mepandy CGO	27.06.78	Loughborough	18May
14:45.54	Daniel Mulhare IRL	02.09.85	Rimini ITA	4Jul	15.13 1.4	Gary Wilson	18.09.85	Crystal Palace	15Jun
15:26.3	James Fairbourn	U23 26.06.87	Birmingham Uni	12Jul	14.57 1.7	David Wellstead	17.12.82	Crystal Palace	15Jun
15:30.3	Alaster Stewart	05.10.72	Battersea Pk	20Apr	14.50w4.9	Kola Adedoyin*	U20 08.04.91	Bedford	22Jun
2,000 metres Steeplechase						13.99/1.1		Kingsmeadow	10Aug
5:37.80	Marty Dent AUS	08.07.79	Canberra AUS	19Jan	11.80	Tom Gardner*	U20 24.04.92	Tooting	23Aug
6:42.1	Dave Mason	06.11.83	Tooting	23Jul	11.10	Dave Mason	06.11.83	Tooting	4Jun
3,000 metres Steeplechase					10.92	Andrew Sentance	13.04.77	Tooting	23Aug
8:27.00	Marty Dent AUS	08.07.79	Sydney AUS	16Feb	7.46	Chris Privett	M45 09.01.60	Battersea Pk	28Jun
9:46.67	Graeme Hyett	20.01.83	Grangemouth	13Jul	Pole Vault				
10:13.07	Alex Bodin	U23 17.08.88	Birmingham	8Jun	5.10	Joe Ive	U23 12.05.87	Kingsmeadow	10May
10:22.19	Will Cockerell	19.11.73	Barnet Copthall	16Aug	4.70ih	Kevin Sempers	24.11.85	Sheffield	3Feb
10:24.45	Rowan Crichton	U23 11.03.87	New York USA	19Apr	4.55d	Kyle McCarthy AUS	23.01.82	Arles FRA	8Jun
10:41.11	Dave Mason	06.11.83	Birmingham	8Jun	4.50d	Louis Evling-Jones	20.06.83	Hexham	12Jul
60m Hurdles (106.7cm)						4.45ih		Sheffield	13Jan
7.80i	William Sharman	12.09.84	Birmingham	3Feb	4.60	Cameron Johnston	22.10.82	Barnet Copthall	16Aug
8.14ih	Kevin Sempers	24.11.85	Sheffield	3Feb	4.60	Sam Colgate	U20 01.06.89	Barnet Copthall	16Aug
8.33ih	Louis Evling-Jones	20.06.83	Sheffield	13Jan	3.30i	Nick Phipps	M55 08.04.52	Lee Valley	23Feb
8.95i	Chris Minn*	03.06.81	Lee Valley	19Jan	2.90d	Peter Mayfield	16.11.75	Horsham	14Sep
110m Hurdles (106.7cm)					2.60i	Robert Murkin	M40 17.02.66	Sutton	2Mar
13.67 0.6	William Sharman	12.09.84	Eton	9Aug	2.60	James Everard	16.05.81	Tooting	2Jul
14.82d 1.2	Louis Evling-Jones	20.06.83	Birmingham	1Jun	Shot (7.26 Kg)				
15.74d-0.1	Kyle McCarthy AUS	23.01.82	Kladno CZE	19Jun	16.44i	Scot Thompson	10.08.81	Loughborough	20Jan
16.20 1.9	Chris Minn*	03.06.81	Tullamore IRL	27Jul		15.92		Eton	5Jul
22.56d-0.5	Peter Mayfield	16.11.75	Horsham	14Sep	15.75	Brett Morse*	U20 11.02.89	Bedford	22Jun
<i>wind assisted</i>						15.56i		Cardiff	26Jan
13.59 2.2	William Sharman	12.09.84	Loughborough	17Jul	15.45	Mark Allen	09.07.85	Eton	5Jul
14.49 3.2	Louis Evling-Jones	20.06.83	Birmingham	8Jun	14.38d	Kyle McCarthy AUS	23.01.82	Kladno CZE	18Jun
15.30d 2.4	Kyle McCarthy AUS	23.01.82	Arles FRA	8Jun	13.76	Abi Ekoku	M40 13.04.66	Barnet Copthall	16Aug
<i>manual time or wind reading not known</i>					13.32ih	Louis Evling-Jones	20.06.83	Sheffield	12Jan
13.6	William Sharman	12.09.84	Corby	25Jun		12.86d		Birmingham	31May
16.0	Chris Minn*	03.06.81	Tooting	13Aug	12.93ih	Kevin Sempers	24.11.85	Sheffield	12Jan
17.16 -3.9	Ryan Dinham	19.08.85	Barnet Copthall	16Aug	12.14	Roy Collier	11.03.87	Tooting	13Aug
	Paul Beaumont	M45 27.03.63	Battersea Pk	28Jun	10.84	Chris Privett	M45 09.01.60	Battersea Pk	28Jun
400 metre Hurdles (91.4cm)					10.65	Peter Mayfield	16.11.75	Kingsmeadow	10May
53.35	Matt Douglas	26.11.76	Birmingham	8Jun	9.50	James Everard	16.05.81	Tooting	18Jun
53.70	Sean Reidy*	27.01.81	Birmingham	12Jul	7.52	Robert Murkin	M40 17.02.66	Tooting	23Aug
54.17	Jean-Charles Roghi FRA	15.02.80	Anthony FRA	29Jun		7.13i		Lee Valley	23Feb
55.98	Chris Minn*	03.06.81	Bedford	2Aug	6.64	Paul Beaumont	M45 27.03.63	Battersea Pk	28Jun
67.7	Dave Mason	06.11.83	Tooting	18Jun	Shot (6 Kg)				
72.3	Paul Beaumont	M45 27.03.63	Battersea Pk	28Jun	17.15	Brett Morse*	U20 11.02.89	Cardiff	10May
High Jump					Shot (5 Kg)				
2.30i	Samson Oni	25.06.81	Sheffield	9Feb	10.35	Tom Gardner*	U20 24.04.92	Tooting	23Aug
	2.30		Birmingham	8Jun	Discus (2 Kg)				
2.25i	Darvin Edwards LCA	U23 11.09.86	Uxbridge	27Jan	56.87	Brett Morse*	11.02.89	Loughborough	18May
2.08ih	Kevin Sempers	24.11.85	Sheffield	12Jan	54.12	Scot Thompson	10.08.81	Eton	5Jul
2.00i	Louis Evling-Jones	20.06.83	Sheffield	10Feb	49.97	Leith Marar*	07.11.68	Birmingham	8Jun
	1.94d		Birmingham	31May	47.02	Mark Allen	09.07.85	Eton	5Jul
1.98d	Kyle McCarthy AUS	23.01.82	Kladno CZE	18Jun	46.61	Abi Ekoku	M40 13.04.66	Barnet Copthall	16Aug
1.95	Tom Gardner*	U20 24.04.92	Woking	7Sep	41.13d	Kyle McCarthy AUS	23.01.82	Arles FRA	8Jun
1.80	Mark Allen	09.07.85	Eton	5Jul	40.39d	Louis Evling-Jones	20.06.83	Hexham	12Jul
1.65	Peter Mayfield	16.11.75	Tooting	23Jul	34.93	Chris Privett	M45 09.01.60	Kingsmeadow	10Aug
1.50	James Everard	16.05.81	Eton	5Jul	32.33d	Peter Mayfield	16.11.75	Horsham	14Sep
					27.28	Michael Peacock RSA	07.12.72	Battersea Pk	28Jun
					20.10	Rob Poulter	M40 05.02.67	Battersea Pk	28Jun

Discus (1.75 Kg)						(Pete Willis 57.3, Melvyn Anukam U20 51.4, Mark Humphrey 57.1, Michael Peacock M35 54.8)
60.46	Brett Morse*	11.02.89	Halle GER	25May	3:41.4	Senior Men Grays 7Jun (Mark Humphrey 56.7, Ben Davies 57.4, Michael Peacock M35 56.0, Melvyn Anukam U20 51.0)
Javelin (800gm)						
72.74	Gerbrand Grobler RSA	26.01.83	Desau GER	30May		
63.01	James Everard	16.05.81	Barking	5Apr		
60.81	Tom Dobbing	05.02.73	Portsmouth	16Jul		
59.24d	Kyle McCarthy AUS	23.01.82	Kladno CZE	19Jun		
53.02d	Louis Evling-Jones	20.06.83	Birmingham	1Jun		
52.97	Wesley Smith	26.02.79	Barnet Cophthall	16Aug		
47.74	Scot Thompson	10.08.81	Birmingham	8Jun		
41.93	David Wellstead	17.12.82	Tooting	18Jun		
41.59	Peter Mayfield	16.11.75	Tooting	2Jul		
40.70	Michael Peacock RSA	07.12.72	Hendon	10May		
38.51	Chris Privett	M45 09.01.60	Grays	7Jun		
22.72	Robert Murkin	M40 17.02.66	Battersea Pk	3May		
Hammer (7.26 Kg)						
66.76	Mick Jones	M40 23.07.63	Crawley	10May		
	62.16	M45	Barnet Cophthall	16Aug		
59.54	Mark Allen	09.07.85	Eton	5Jul		
57.46	John Osazuwa NGR	04.05.81	Birmingham	8Jun		
57.27	Matthew Richards*	U23 10.05.86	Swansea	15Jun		
46.95	Chris Privett	M45 09.01.60	Worthing	19Apr		
20.97	Michael Peacock RSA	07.12.72	Kingsmeadow	10Aug		
Heptathlon (60m, LJ, SP, HJ, 60mH, PV, 1000m)						
5749i	Kevin Sempers	24.11.85	Sheffield	3Feb		
	(6.99, 7.18, 12.90, 2.08, 8.14, 4.70, 2:49.98)					
5663i	Louis Evling-Jones	20.06.83	Sheffield	13Jan		
	(7.16, 7.14, 13.32, 1.96, 8.33, 4.45, 2:38.48)					
Decathlon						
7492w	Kyle McCarthy AUS	23.01.82	Aries FRA	8Jun		
	(11.40/3.6, 6.98w/5.3, 13.95, 1.96, 50.95, 15.30/2.4, 41.13, 4.55, 55.67, 4:37.49)					
	7311		Kladno CZE	19Jun		
	(11.69/-1.9, 6.73/0.7, 14.38, 1.98, 51.02, 15.74/-0.1, 40.50, 4.55, 55.67, 4:47.43)					
7469	Louis Evling-Jones	20.06.83	Hexham	12Jul		
	(11.13/-2.3, 6.97w/2.3, 12.73, 1.86, 47.95, 14.86/-1.8, 40.39, 4.45, 59.24, 4:38.78)					
4112	Peter Mayfield	16.11.75	Horsham	14Sep		
	(12.69/-0.2, 5.00/1.9, 10.27, 1.59, 58.97, 22.56/-0.5, 32.33, 2.90, 41.28, 5:47.11)					
Weight Pentathlon (DT, HT, JT, Wt, SP)						
3175	Chris Privett	M45 09.01.60	Ewell	5Apr		
	(32.73, 46.17, 36.63, 13.40, 10.37)					
4 x 100m Relay						
40.37	Senior Men		Birmingham	8Jun		
	(Dwain Chambers, James Ellington, Jason Hussain, Wade Bennett-Jackson)					
41.26	Senior Men		Eton	5Jul		
	(Wade Bennett-Jackson, Idowu Akindele, Louis Evling-Jones, Will Sharman)					
41.75	Senior Men		Barnet Cophthall	16Aug		
	(Wade Bennett-Jackson, Will Sharman, Ryan Thomas, Gary Wilson)					
47.8	Senior Men		Grays	7Jun		
	(Ben Davies, Mark Humphrey, Michael Peacock, Melvyn Anukam)					
51.9	Senior Men		Battersea Pk	3May		
	(Chris Harwin, Pete Willis, Richard McMillan, Melvyn Anukam)					
52.1	Senior Men		Battersea Pk	28Jun		
	(Ian Deeth, Kwadjo Adjepong, Paul Beaumont, Mark Humphrey)					
4 x 200m Relay						
1:36.3	Senior Men		Tooting	4Jun		
	(Ben Davies, Mark Humphrey, Chris Minn, Melvyn Anukam U20)					
1:36.4	Senior Men		Tooting	23Jul		
	(Ben Davies, Mark Humphrey, Pierre Walker, Melvyn Anukam U20)					
1:36.8	Senior Men		Tooting	13Aug		
	(Ben Davies, Pierre Walker U20, Sean Reidy*, Melvyn Anukam U20)					
1:43.3	Senior Men		Tooting	2Jul		
	(Dave Mason, Mark Humphrey, Robert Norville, Ben Davies)					
1:44.9	Senior Men		Tooting	18Jun		
	(Peter Mayfield, Roy Collier, James Everard, Melvyn Anukam U20)					
4 x 400m Relay						
3:16.09	Senior Men		Birmingham	8Jun		
	(Louis Evling-Jones 48.3, Ryan Thomas 48.8, Matt Douglas 49.1, Will Sharman 49.9)					
3:19.82	Senior Men		Barnet Cophthall	16Aug		
	(Phil Burkart 50.9, Neil Speaight 50.1, Melvyn Anukam U20 50.2, Ryan Thomas 48.6)					
3:20.28	Senior Men		Eton	5Jul		
	(Phil Burkart 51.4, Ryan Thomas, Neil Speaight 50.3, Set Osho)					
3:40.6	Senior Men		Battersea Pk	3May		

Women's Road Running**1 mile**

5:56	Megan Evans	U17	22.12.92	Battersea Pk	21Jul
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2 miles

13:24	Megan Evans	U17	22.12.92	Battersea Pk	9Jun
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5 km

17:02	Birhan Dagne		08.04.78	Norwich	5Jul
17:21	Catherine Bryson		31.12.84	Hyde Pk	7Sep
17:54	Victoria Knight		03.10.76	Dulwich Pk	25Jun
19:08	Helen Smethurst	W40	06.10.64	Hyde Pk	30May
19:14	Louise Cooper		25.08.75	Warrington	5Jul
19:23	Katherine Swanson	W35	19.08.71	London	17Jul
20:42	Vicki Goodwin		06.05.77	Hyde Pk	29Feb
21:11	Maureen Noel	W40	16.08.63	Hyde Pk	30May
20:51	Megan Evans	U17	22.12.92	Dulwich Pk	25Jun
21:30	Nina Anderson	U17	22.05.92	Dulwich Pk	25Jun
22:23	Jennifer Beecroft	U23	30.01.86	Wimbledon	4Oct
27:20 ‡	Jacinta Moore	W45	12.07.58	Bushy Pk	3May
28:41 ‡	Rachel Basford		22.07.86	Cardiff	20Sep

8 km

28:33	Catherine Bryson		31.12.84	Windsor	20Sep
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8 km is 47metres/10secs short of 5 miles

5 miles

30:53»(+11)	Anne Hegvold	W40	05.07.66	Portsmouth	7Dec
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36:20»(+13)	Rieko Trees		19.09.77	Portsmouth	7Dec
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» Course was 50 metres short so times have been increased by the number of seconds shown in brackets.

10 km

33:25	Birhan Dagne		08.04.78	Poole	1Jun
37:51	Nikki Neale	W35	30.11.71	Wymondham	1Jan
37:58	Victoria Knight		03.10.76	Hyde Pk	1Jan
39:55	Helen Smethurst	W40	06.10.64	Clapham	29Jun
40:22	Christine Bertram		15.11.74	Greenock	17Feb
44:03	Kathryn Reynolds		14.02.72	Melbourne AUS	24Mar
58:50	Jennifer Beecroft	U23	30.01.86	Wembley	31Aug

10 miles

57:55	Birhan Dagne		08.04.78	Twickenham	19Oct
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Half marathon

1:13:59	Birhan Dagne		08.04.78	Glasgow	7Sep
1:20:06	Victoria Knight		03.10.76	Reading	2Mar
1:24:16	Sarah Murphy		26.07.77	Helsby	20Jan
1:24:48	Louise Cooper		25.08.75	Wilmslow	30Mar
1:24:58	Erica Fogg		04.12.78	Wokingham	10Feb
1:25:15	Nikki Neale	W35	30.11.71	Reading	2Mar
1:27:06	Helen Smethurst	W40	06.10.64	Glasgow	7Sep
1:40:29	Rieko Trees		19.09.77	Maidenhead	2Nov

Marathon

2:51:35	Victoria Knight		03.10.76	London	13Apr
3:04:44	Erica Fogg		04.12.78	London	13Apr
3:07:23	Nikki Neale	W35	30.11.71	London	13Apr
3:09:52	Helen Smethurst	W40	06.10.64	Berlin GER	28Sep
3:14:08	Katherine Swanson	W35	19.08.71	London	13Apr
3:16:55	Mathilde Heaton		02.09.74	London	13Apr
3:21:28	Louise Cooper		25.08.75	London	13Apr
3:34:09	Maureen Noel	W40	16.08.63	London	13Apr
3:36:21	Kathryn Reynolds	W35	14.02.72	Berlin	28Sep
4:40:44	Rosie Dickinson		10.10.78	London	13Apr

Men's Road Running

1 mile

4:09.5	Neil Speaight	09.09.78	Hamilton BER	18Jan
4:20	Steve Davies	16.02.84	Newcastle	

2 miles

10:54	Mark Humphrey	13.10.83	Battersea Pk	14Jul
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5 km

14:18	Phil Wicks	14.03.84	London	17Jul
14:32	Stephen Sharp	31.12.75	Armagh	21Feb
14:32	Simon Jones	29.11.83	Neuss GER	7Jun
14:37	Stephen Davies	16.02.84	Armagh	21Feb
14:49	Russell Dessaix-Chin AUS	24.05.78	Wimbledon	4Oct
15:02	Graeme Hyett	20.01.83	Greenock	20Sep
15:16 +	Kassa Tadesse	21.08.74	London	13Apr
15:34	Paul Freary	M40 03.04.68	Wythenshawe Pk	10Jul
15:38 ‡	Richard Ward	05.05.82	Brighton	5Jan
15:48 ‡	Richard Stannard	10.04.74	Bushy Pk	12Apr
15:49 ‡	Mike Trees	M45 26.09.62	Bushy Pk	14Jun
15:50 ‡	Alex Bodin	U23 17.08.88	Blackweir Pk	19Apr
15:50	Tim Watson	28.06.73	Portsmouth	2Jul
15:58	Alaster Stewart	05.10.72	London	17Jul
16:08	James Fairbourn	U23 26.06.87	Wimbledon	10Aug
16:16	Pete Willis	04.05.82	Wimbledon	10Aug
16:17 ‡	Will Cockerell	19.11.73	Bushy Pk	12Jul
17:08	Tim Weeks	10.05.79	Wimbledon	10Aug
17:08	Ben Hurley	26.01.75	Wimbledon	4Oct
17:19	Malachi Byansi UGA	20.10.74	Wimbledon	4Oct
17:24	Matt Whiting	21.11.77	Hyde Pk	28Mar
17:30 ‡	Mark Humphrey	13.10.83	Wimbledon	18Oct
17:35	Jason Webb	19.08.69	Wimbledon	4Oct
17:55 ‡	Bruce Barton	M40 02.02.64	Bushy Pk	25Oct
18:06 ‡	Terry O'Neill	M55 23.09.52	Richmond Pk	6Dec
18:08 ‡	Graham Adams	M40 10.06.68	Bushy Pk	30Aug
18:14	Warren Lynch NZL	24.09.68	Dulwich Pk	25Jun
18:27	Alex Luce	M40 18.07.64	Hyde Park	19Dec
18:54 ‡	Robert Norville	25.05.76	Wimbledon	6Sep
19:10	Peter Marsh	M55 30.06.50	Hyde Pk	20Jun
19:30	Peter Cross	M50 11.06.55	Dulwich Pk	25Jun
19:36	Tony Barden*	M40 5.10.60	Wimbledon	10Aug
19:42	Lars Rehn DEN	M45 01.10.62	Hyde Pk	19Dec
20:31 ‡	Matthew Law	12.04.83	Richmond Pk	5Apr
20:58	Robert Mann	M40 23.08.68	Wimbledon	4Oct
21:06	Justin Pritchard	16.11.70	Wimbledon	10Aug
21:11 ‡	Harry Corbett	M50 16.02.58	Wimbledon	12Jul
21:13	Mark Culshaw	M40 27.04.66	Hyde Pk	29Feb
22:15	David McMillan	M60 09.11.47	Wimbledon	4Oct
22:23 ‡	Don Anderson	M50 10.05.55	Bushy Pk	25Oct
24:25	Mick Lesley	M50 12.04.55	Wimbledon	4Oct
26:04	Gerry Collins	M65 23.06.39	Wimbledon	4Oct
31:56	Lionel Mann	M65 21.09.40	Wimbledon	4Oct

4 miles

20:13	Paul Freary	M40 03.04.68	Garstang	3Jul
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5 miles

23:03»(+09)	Russell Dessaix-Chin AUS	24.05.78	Portsmouth	7Dec
23:50	Phil Wicks	14.03.84	Alsager	3Feb
24:08	Stephen Sharp	31.12.75	Manchester	28Dec
24:14	Neil Speaight	08.09.78	Alsager	3Feb
24:28	Jonathan Blackledge	15.09.84	Romsey	27Jan
24:45	Mark Pollard	25.02.82	Greenock	3Feb
25:28»(+10)	Hassan Raidi	06.11.76	Portsmouth	7Dec
25:54»(+10)	Mike Trees	M45 26.09.62	Portsmouth	7Dec
26:14	Paul Freary	M40 03.04.68	Wythenshawe Pk	26May
26:23»(+10)	Knut Hegvold NOR	M45 19.09.61	Portsmouth	7Dec
26:44	Tim Watson	28.06.73	Chichester	18Jun
27:30»(+10)	Malachi Byansi UGA	20.10.74	Portsmouth	7Dec
32:21	Peter Cross	M50 11.06.55	Mid-Kent	23Mar
37:06»(+14)	Don Anderson	M50 10.05.55	Portsmouth	7Dec

» Course was 50 metres short so times have been increased by the number of seconds shown in brackets.

6 miles

31:45	Paul Freary	03.04.68	Lostock	24Feb
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10 km

29:38	Marty Dent AUS	08.07.79	Dublin	6Apr
29:38	Russell Dessaix-Chin AUS	24.05.78	Chichester	12Oct
29:41	Simon Jones	29.11.83	Manchester	18May
29:45	Neil Speaight	09.09.78	Trafford	9Mar
29:45	Mark Miles	24.03.77	Trafford	9Mar
30:07	Phil Wicks	14.03.84	Prague CZE	13Sep
30:25	Jonathan Blackledge	15.09.84	Brighton	16Nov
30:31	Stephen Sharp	31.12.75	Brighton	16Nov

30:47	Mark Pollard	25.02.82	Ribble Valley	28Dec
31:09	Kassa Tadesse	21.08.74	Cardiff	7Sep
31:19	Hassan Raidi	06.11.76	Wimbledon	19Oct
32:03	Alaster Stewart	05.10.72	Oxford	18May
32:28	Pete Willis	04.05.82	Ribble Valley	28Dec
32:36	Justin Chaston	04.11.68	Tenby	27Jul
32:51	Knut Hegvold NOR	M45 19.09.61	Brooklands	2Mar
32:53	Paul Freary	M40 03.04.68	Bolton	13Apr
33:04	James Fairbourn	U23 26.06.87	Leeds	23Nov
33:56	Mike Trees	M45 26.09.62	Yately	6Aug
33:49	Tim Watson	28.06.73	Portsmouth	4Jun
34:06	Dave Mason	06.11.83	Eton	9Mar
34:11	Lee Greatorex	16.07.75	Bognor	18May
34:39	John Charles	24.05.83	Devizes	9Mar
34:47	Matt Chaston	M40	Tenby	27Jul
35:49	Mike Webb	M40 04.10.67	Chessington	10Feb
35:51	Matt Whiting	21.11.77	Eastleigh	16Mar
35:51	Mark Humphrey	13.10.83	Beddington	30Nov
36:19	Malachi Byansi UGA	20.10.74	Finsbury Pk	2Nov
39:36	Nigel Stevenson	31/08/71	Brighton	16Nov
40:15	Peter Cross	M50 11.06.55	Brighton	16Nov
40:21	Ed Smith	29.01.78	London	26May
41:36 +	Lars Rehn DEN	M45 01.10.62	Bath	16Mar
43:16	Robert Mann	M40 23.08.68	Nonsuch Pk	2Nov
53:15	Dave Davies	M65 30.05.39	Nonsuch Pk	2Nov
1:08:10	Lionel Mann	M65 21.09.40	Nonsuch Pk	2Nov

15 km

47:13	Simon Jones	29.11.83	Breda NED	4May
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10 miles

50:44	Jonathan Blackledge	15.09.84	Portsmouth	26Oct
53:46	Hassan Raidi	06.11.76	Epsom	16Nov
53:50	Knut Hegvold NOR	M45 19.09.61	Twickenham	19Oct
54:51	Paul Freary	M40 03.04.68	Lytham St.Annes	12Oct
55:47	Lee Greatorex	16.07.75	Dorking	1Jun
56:40	Kevin Gadd	04.10.79	Portsmouth	26Oct
58:34	Mike Trees	M45 26.09.62	Maidenhead	21Mar
59:53	Dave Mason	06.11.83	Lytchett Manor	17Feb
1:01:26	Mike Webb	M40 04.10.67	Dorking	1Jun
1:07:48	Peter Cross	M50 11.06.55	Hurst	19Oct

Half Marathon

1:03:35	Marty Dent AUS	08.07.79	Gold Coast AUS	6Jul
1:04:47	Mark Miles	24.03.77	Reading	2Mar
1:07:31	Simon Jones	29.11.83	Newcastle	5Oct
1:08:22	John Kimaiyo KEN	21.08.74	Sichlo, THA	9Mar
1:09:14	Kassa Tadesse	21.08.74	Sheffield	27Apr
1:11:08	Hassan Raidi	06.11.76	London	5Oct
1:13:47	Lee Greatorex	16.07.75	Reading	2Mar
1:14:30	Knut Hegvold NOR	M45 19.09.61	London	5Oct
1:14:37	Will Cockerell	19.11.73	London	5Oct
1:14:46	Alaster Stewart	05.10.72	Burnham Beeches	17Aug
1:15:57	Mike Trees	M45 26.09.62	Maidenhead	2Nov
1:16:13	Warren Lynch NZL	24.09.68	Reading	2Mar
1:16:18	Pete Willis	04.05.82	Maidenhead	2Nov
1:16:57	Kevin Gadd	04.10.79	Bristol	14Sep
1:20:19	Tom Hadfield	17.10.72	Sussex Beacon	17Feb
1:21:22	Sean Ryan AUS	19.07.75	Wokingham	10Feb
1:21:22	Andrew Sentence	13.04.77	Milan	6Apr
1:23:52	Matt Whiting	21.11.77	Maidenhead	2Nov
1:27:45	Richard Merrick	02.12.72	Frinton	11May
1:29:00	Lars Rehn DEN	M45 01.10.62	Bath	16Mar
1:30:18	Peter Cross	M50 11.06.55	Southend	8Jun
1:45:59	Charles Hobbs	30.07.81	Reading	2Mar
1:48:12	David McMillan	M60 09.11.47	Hastings	16Mar

Marathon

2:14:46	Marty Dent AUS	08.07.79	Fukuoka JPN	7Dec
2:24:49	Brad Poore	27.07.78	Austin TX USA	17Feb
2:27:08	Kassa Tadesse	21.08.74	Berlin	28Sep
2:29:12	Will Cockerell	19.11.73	London	13Apr
2:34:53	Tom Ellacott	20.06.73	London	13Apr
2:50:06	Tom Hadfield	17.10.72	London	13Apr
2:56:16	Junior Galley	M45 24.05.62	London	13Apr
2:58:47	George Dunn	05.09.82	London	13Apr
3:10:19	Martin Price	12.02.77	London	13Apr
3:23:28	Peter Cross	M50 11.06.55	London	13Apr
3:30:19	Lars Rehn DEN	M45 01.10.62	London	13Apr
4:56:51	Paul King	M55 04.02.51	London	13Apr
5:01:01	Dave Davies	M65 30.05.39	London	13Apr
6:30:00 §	George Beecham	M75 26.02.31	London	13Apr
8:16:04	Terry Newell	M70 26.06.35	London	13Apr

Women's Race Walking

3,000m					
17:53.37	t	Maureen Noel	W40 16.08.63	Hendon	10May
5 km					
30:12		Maureen Noel	W40 16.08.63	Birmingham	24Sep
5 miles					
42:20		Estlé Viljoen*	W35 08.07.70	Battersea Pk	24Jun
49:10		Maureen Noel	W45 16.08.63	Enfield	29Nov
10 km					
1:02:14		Maureen Noel	W40 16.08.63	Victoria Pk	2Feb
7 miles					
1:00:41		Estlé Viljoen*	W35 08.07.70	Wimbledon	22Nov
1:08:35		Maureen Noel	W45 16.08.63	Wimbledon	22Nov
10 miles					
1:38:31		Maureen Noel	W40 16.08.63	Pickett's Lock	16Feb
20 km					
2:05:20		Maureen Noel	W40 16.08.63	Earls Colne	6Apr
2:07:46			W45	Northampton	23Aug
30 km					
3:15:22		Maureen Noel	W40 16.08.63	Northampton	23Aug
50 km					
5:44:08		Maureen Noel	W40 16.08.63	Stockton-on-Tees	27Apr

Men's Race Walking

3,000m					
13:12.34	t	Alex Wright	U20 19.12.90	Barnet Copthall	26Jul
14:26.6	t	Andrew Goudie	04.10.78	Tonbridge	24Mar
14:56.54i	t	John Hall	M55 18.01.49	Lee Valley	24Feb
15:12.56	t			Barnet Copthall	26Jul
16:06.7	t	Carl Lawton	M60 20.01.48	Kingsmeadow	24Aug
16:58.94	t	Mark Culshaw	M40 27.04.66	Kingsmeadow	10Aug
19:20.89	t	Doug Fotheringham	M75 18.04.30	Hendon	10May
19:27				Enfield	12Apr
5 km					
22:40.30	t	Alex Wright	U20 19.12.90	Birmingham	20Sep
22:26				Horsham	20Dec
26:04		John Hall	M55 18.01.49	Lee Valley	26Dec
27:52		Carl Lawton	M60 20.01.48	Bexley	6Dec
29:15		Mark Culshaw	M40 27.04.66	Enfield	11Oct
29:46		Paul King	M55 04.02.51	Bexley	1Mar
33:42		Doug Fotheringham	M75 18.04.30	Perry Pk	13Dec
4 miles					
38:18		Carl Lawton	M60 20.01.48	Monk's Hill	4Oct
39:07		Paul King	M55 04.02.51	Monk's Hill	4Oct
5 miles					
42:05		John Hall	M55 18.01.49	Battersea Pk	24Jun
45:27		Carl Lawton	M60 20.01.48	Battersea Pk	12Aug
46:52		Mike Scamell	M50 16.08.54	Battersea Pk	29Jul
47:35		Mark Culshaw	M40 27.04.66	Enfield	15Mar
48:54		Paul King	M55 04.02.51	Enfield	15Mar
53:27		Doug Fotheringham	M75 18.04.30	Enfield	15Mar
54:22		Mick Graham	M60 08.04.48	Moulton	14Jun
56:59		Eric Hall	M75 05.09.32	Canvey Island	20Apr
1:07:47		George Beecham	M75 26.02.31	Canvey Island	20Apr
10 km					
49:07	t	Alex Wright	U20 19.12.90	Steyning	29Mar
49:09				Earls Colne	6Apr
53:19		John Hall	M55 18.01.49	Birmingham	24Sep
53:58.80	t			Oxford	25May
58:01		Mark Culshaw	M40 27.04.66	Victoria Pk	2 Feb
59:14		Carl Lawton	M55 20.01.48	Monk's Hill	12Jan
59:48	t			Steyning	29Mar
1:00:17		Paul King	M55 04.02.51	Victoria Pk	2 Feb
1:08:26.3	t	Doug Fotheringham	M75 18.04.30	Battersea Pk	30Apr
7 miles					
54:55		Alex Wright	U20 19.12.90	Wimbledon	22Nov
1:01:48		John Hall	M55 18.01.49	Wimbledon	22Nov
1:05:12		Carl Lawton	M60 20.01.48	Wimbledon	22Nov
1:06:30		Paul King	M55 04.02.51	Wimbledon	22Nov
15 km					
1:31:37		Carl Lawton	M60 20.01.48	Steyning	27Jan
10 miles					
1:25:58		John Hall	M55 18.01.49	Pickett's Lock	16Feb
1:34:33		Mark Culshaw	M40 27.04.66	Pickett's Lock	16Feb
1:35:15		Carl Lawton	M60 20.01.48	Pickett's Lock	16Feb
1:38:08		Paul King	M55 04.02.51	Pickett's Lock	16Feb
20 km					
1:56:54		John Hall	M55 18.01.49	Basildon	28Jun
2:00:14		Mark Culshaw	M40 27.04.66	Earls Colne	6Apr
2:06:32		Paul King	M55 04.02.51	Earls Colne	6Apr
30 km					
3:02:42		John Hall	M55 18.01.49	Northampton	23Aug
20 miles					
3:36:42	§	Mark Culshaw	M40 27.04.66	Finchley	9Mar
50 km					
5:35:04		Mark Culshaw	M40 27.04.66	Stockton-on-Tees	27Apr
5:37:19		John Hall	M55 18.01.49	Stockton-on-Tees	27Apr
5:40:17		Paul King	M55 04.02.51	Stockton-on-Tees	27Apr