Senior Men (as at 30th September 2020)

100 N	<i>l</i> letres						
1=	10.54	+1.9	Kevin Farrell	31-Oct-77	U23	Birmingham	24th July 1998
1=	10.54	-0.9	Matthew Russell	20-Jan-81		Manchester	10th July 2004
3=	10.6		Francois Du Toit	16-Oct-70		Woking	29th June 1997
3=	10.6	+0.8	Mo Marenah	25-Jan-70	1100	Corby	28th May 1990
5 6	10.66 10.73	+1.8 +1.4	Joshua Olawore	31-Jul-95	U23 U17	Bournemouth	2nd July 2016
7=	10.73	+1.4	Eugene Ayanful Ross Bacchus	14-May-90 6-Jun-81	U20	Birmingham Hornchurch	5th August 2006 9th May 1998
7= 7=	10.8		David Finnegan	20-Sep-75	020	Homenurch	1999
•	10.0		10.81 +1.1	20 COP / C		Bloemfontein	4th Feb 2000
9=	10.9y		Fred Alsop	20-Oct-38		Hornchurch	15th May 1965
9=	10.9		Nick Mayfield			Chelmsford	15th Apr 1973
9=	10.9	-1.9	Brendan Lawlor	28-Feb-67	U20		19th Aug 1986
9=	10.9		Steve Simmons	10-Nov-74	U23		19th Aug 1995
9=	10.9	+1.2	Luke Stott	23-Jan-87	U20	Loughborough	22nd April 2006
0	10.0		11.02 +1.5	00 1 04		Birmingham	29th April 2006
9=	10.9		Nathan Steele	20-Jun-91		Cambridge Lee Valley	4th July 2015
15=	10.93	+1.0	11.03 +0.3 Lewis Bailey	4-Mar-98	U23	Nuneaton	20th July 2016 2nd June 2018
15=	10.93	+0.7	Richard Akinyebo	8-Sep-01	U20	Hornchurch	13th Sep 2020
17	10.94	+1.6	Ayomide Akingbehin	22-Dec-97	U23	Newham	16th June 2019
18=	10.98	-0.2	Joseph Ramie	14-Dec-90		Chelmsford	3rd June 2017
18=	10.98	+1.8	Akeem Akintokun	22-Sep-93		Cambridge	30th June 2019
20=	11.0		Geoff Danswan	15-Mar-46			24th May 1969
20=	11.0		George Dalby	16-Dec-48		Southend	5th June 1971
20=	11.0		Mark Bishop	2-Feb-67	U23	Stoke	7th May 1989
00	11.0		11.05	00 4 77	1100	Brescia, ITA	2nd Sep 1989
20=	11.0		Philip Sadler	22-Apr-77	U23	Eton	5th June 1999
Wind A	Assisted	l Marks					
Wind A	10.5	+3.6	Mo Marenah	25-Jan-70	U23	Kirkby	22nd June 1991
Wind A	10.5 10.59A	+3.6	Francois Du Toit	1-Oct-70		•	22nd June 1997
Wind A	10.5 10.59A 10.61	+3.6	Francois Du Toit Joshua Olawore	1-Oct-70 31-Jul-95	U23 U23	Chelmsford	22nd June 1997 4th June 2016
Wind A	10.5 10.59A 10.61 10.65	+3.6	Francois Du Toit Joshua Olawore David Finnegan	1-Oct-70		Chelmsford Castle Island	22nd June 1997 4th June 2016 11th June 2000
Wind A	10.5 10.59A 10.61 10.65 10.7	+3.6	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield	1-Oct-70 31-Jul-95 20-Sep-75	U23	Chelmsford Castle Island Redhill	22nd June 1997 4th June 2016 11th June 2000 13th May 1972
Wind A	10.5 10.59A 10.61 10.65	+3.6	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott	1-Oct-70 31-Jul-95		Chelmsford Castle Island Redhill Abingdon	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008
Wind A	10.5 10.59A 10.61 10.65 10.7 10.7	+3.6 +2.1 +4.1	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87	U23 U23	Chelmsford Castle Island Redhill	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010
Wind A	10.5 10.59A 10.61 10.65 10.7	+3.6	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott	1-Oct-70 31-Jul-95 20-Sep-75	U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008
Wind A	10.5 10.59A 10.61 10.65 10.7 10.7 10.76 10.8 10.85	+3.6 +2.1 +4.1 +2.9 +2.1	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90	U23 U23 U20 U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019
Wind A	10.5 10.59A 10.61 10.65 10.7 10.7 10.8 10.85 10.87	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91	U23 U23 U20	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009
Wind A	10.5 10.59A 10.61 10.65 10.7 10.7 10.7 10.8 10.85 10.87 10.88	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91	U23 U23 U20 U23 U20	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016
Wind A	10.5 10.59A 10.61 10.65 10.7 10.7 10.76 10.8 10.85 10.88 10.88	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97	U23 U23 U20 U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019
Wind A	10.5 10.59A 10.61 10.65 10.7 10.7 10.8 10.85 10.88 10.89 10.9	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67	U23 U23 U20 U23 U20 U20 U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991
Wind A	10.5 10.59A 10.61 10.65 10.7 10.7 10.76 10.8 10.85 10.89 10.9 10.9	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68	U23 U20 U23 U20 U23 U20 U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988
Wind A	10.5 10.59A 10.61 10.65 10.7 10.7 10.8 10.85 10.87 10.88 10.89 10.9 10.9	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98	U23 U23 U20 U23 U20 U20 U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015
Wind A	10.5 10.59A 10.61 10.65 10.7 10.7 10.8 10.85 10.87 10.88 10.89 10.9 10.9 10.90 10.94	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey Leo Barker	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98 26-Dec-78	U23 U20 U23 U20 U23 U20 U23 U20	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading Lee Valley	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015 27th Apr 2011
Wind A	10.5 10.59A 10.61 10.65 10.7 10.7 10.8 10.85 10.87 10.88 10.89 10.9 10.9	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98	U23 U20 U23 U20 U23 U20 U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015
	10.5 10.59A 10.61 10.65 10.7 10.7 10.8 10.85 10.88 10.89 10.9 10.9 10.94 11.0 11.0	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey Leo Barker Shaun Stewart	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98 26-Dec-78 18-Oct-81	U23 U20 U23 U20 U23 U20 U23 U23 U23 U20 U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading Lee Valley Chelmsford	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015 27th Apr 2011 12th May 2001
200 N	10.5 10.59A 10.61 10.65 10.7 10.7 10.76 10.8 10.85 10.89 10.9 10.9 10.90 10.94 11.0 11.0	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0 +3.2 +5.8	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey Leo Barker Shaun Stewart Charlie Moss	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98 26-Dec-78 18-Oct-81 25-Nov-91	U23 U20 U23 U20 U23 U23 U20 U23 U27	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading Lee Valley Chelmsford Abingdon	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015 27th Apr 2011 12th May 2001 28th June 2008
200 N	10.5 10.59A 10.61 10.65 10.7 10.7 10.76 10.8 10.85 10.89 10.9 10.9 10.90 10.94 11.0 11.0	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey Leo Barker Shaun Stewart Charlie Moss Joshua Olawore	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98 26-Dec-78 18-Oct-81 25-Nov-91	U23 U20 U23 U20 U23 U23 U20 U23 U23 U20 U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading Lee Valley Chelmsford Abingdon Chelmsford	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015 27th Apr 2011 12th May 2001 28th June 2008
200 N 1 2=	10.5 10.59A 10.61 10.65 10.7 10.7 10.76 10.8 10.85 10.89 10.9 10.9 10.90 10.94 11.0 11.0	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0 +3.2 +5.8	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey Leo Barker Shaun Stewart Charlie Moss Joshua Olawore Mo Marenah	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98 26-Dec-78 18-Oct-81 25-Nov-91	U23 U20 U23 U20 U23 U20 U23 U20 U23 U23 U17	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading Lee Valley Chelmsford Abingdon Chelmsford Woodford	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015 27th Apr 2011 12th May 2001 28th June 2008 4th June 2016 12th June 1991
200 N	10.5 10.59A 10.61 10.65 10.7 10.7 10.76 10.8 10.85 10.89 10.9 10.9 10.90 10.94 11.0 11.0	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0 +3.2 +5.8	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey Leo Barker Shaun Stewart Charlie Moss Joshua Olawore Mo Marenah Kevin Farrell	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98 26-Dec-78 18-Oct-81 25-Nov-91	U23 U20 U23 U20 U23 U20 U23 U20 U23 U23 U27	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading Lee Valley Chelmsford Abingdon Chelmsford Woodford Barking	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015 27th Apr 2011 12th May 2001 28th June 2008 4th June 2016 12th June 1991 8th Aug 1998
200 N 1 2= 2=	10.5 10.59A 10.61 10.65 10.7 10.7 10.76 10.8 10.85 10.89 10.9 10.9 10.90 10.94 11.0 11.0 11.0	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0 +3.2 +5.8 +0.8 +0.6	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey Leo Barker Shaun Stewart Charlie Moss Joshua Olawore Mo Marenah Kevin Farrell 21.45 -0.4	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98 26-Dec-78 18-Oct-81 25-Nov-91 31-Jul-95 25-Jan-70 31-Oct-77	U23 U20 U23 U20 U23 U20 U23 U20 U23 U23 U17	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading Lee Valley Chelmsford Abingdon Chelmsford Woodford Barking Birmingham	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015 27th Apr 2011 12th May 2001 28th June 2008 4th June 2016 12th June 1991 8th Aug 1998 25th July 1998
200 N 1 2= 2= 4	10.5 10.59A 10.61 10.65 10.7 10.7 10.76 10.8 10.85 10.87 10.99 10.99 10.90 11.0 11.0 11.0 //etres 21.35 21.4 21.5	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0 +3.2 +5.8	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey Leo Barker Shaun Stewart Charlie Moss Joshua Olawore Mo Marenah Kevin Farrell 21.45 -0.4 Francois Du Toit	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98 26-Dec-78 18-Oct-81 25-Nov-91 31-Jul-95 25-Jan-70 31-Oct-77	U23 U20 U23 U20 U23 U20 U23 U20 U23 U17 U23 U23 U23 U23 U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading Lee Valley Chelmsford Abingdon Chelmsford Woodford Barking Birmingham Derby	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015 27th Apr 2011 12th May 2001 28th June 2008 4th June 2016 12th June 1991 8th Aug 1998 25th July 1998 5th July 1997
200 N 1 2= 2=	10.5 10.59A 10.61 10.65 10.7 10.7 10.76 10.8 10.85 10.89 10.9 10.9 10.90 10.94 11.0 11.0 11.0	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0 +3.2 +5.8 +0.8 +0.6	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey Leo Barker Shaun Stewart Charlie Moss Joshua Olawore Mo Marenah Kevin Farrell 21.45 -0.4	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98 26-Dec-78 18-Oct-81 25-Nov-91 31-Jul-95 25-Jan-70 31-Oct-77	U23 U20 U23 U20 U23 U20 U23 U20 U23 U23 U27	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading Lee Valley Chelmsford Abingdon Chelmsford Woodford Barking Birmingham	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015 27th Apr 2011 12th May 2001 28th June 2008 4th June 2016 12th June 1991 8th Aug 1998 25th July 1998
200 N 1 2= 2= 4 5=	10.5 10.59A 10.61 10.65 10.7 10.7 10.7 10.88 10.89 10.9 10.9 10.9 11.0 11.0 11.0 11.0	+3.6 +2.1 +4.1 +2.9 +2.1 +3.5 +2.7 +4.0 +3.2 +5.8 +0.8 +0.6	Francois Du Toit Joshua Olawore David Finnegan Nick Mayfield Luke Stott 10.84 +4.3 Richard Akinyebo Graham Healy Joseph Ramie Richard Morrissey Nathan Steele Ayomide Akingbehin Mark Bishop David Burke Lewis Bailey Leo Barker Shaun Stewart Charlie Moss Joshua Olawore Mo Marenah Kevin Farrell 21.45 -0.4 Francois Du Toit Graham Healy	1-Oct-70 31-Jul-95 20-Sep-75 23-Jan-87 8-Sep-01 24-Apr-70 14-Dec-90 11-Jan-91 20-Jun-91 22-Dec-97 12-Feb-67 13-Sep-68 4-Mar-98 26-Dec-78 18-Oct-81 25-Nov-91 31-Jul-95 25-Jan-70 31-Oct-77 16-Oct-70 27-Apr-70	U23 U20 U23 U20 U23 U20 U23 U20 U23 U17 U23 U23 U23 U23 U23	Chelmsford Castle Island Redhill Abingdon Donnas, ITA Hornchurch Oxford Woodford Hendon Chelmsford Newham Cannock Southend Reading Lee Valley Chelmsford Abingdon Chelmsford Woodford Barking Birmingham Derby Croydon	22nd June 1997 4th June 2016 11th June 2000 13th May 1972 28th June 2008 10th July 2010 20th Sep 2020 21st July 1990 17th Aug 2019 29th Aug 2009 4th June 2016 16th June 2019 7th Sep 1991 7th May 1988 6th June 2015 27th Apr 2011 12th May 2001 28th June 2008 4th June 2016 12th June 1991 8th Aug 1998 25th July 1998 5th July 1997 1st Sept 1991

_							
7=	21.7		Brendan Lawlor	28-Feb-67	U20	Crystal Palace	3rd Aug 1986
7=	21.7	-0.6	Steve Simmons	10-Nov-74	U23	Sheffield	19th Aug 1995
			21.71 -1.3		U23	Birmingham	16th July 1995
7=	21.7	+1.1	Philip Sadler	22-Apr-77	U23	Southend	9th May 1999
10	21.74	+1.3	David Finnegan	20-Sep-75		Tullamore, IRE	13th Aug 2000
11	21.75	+0.7	Richard Morrissey	11-Jan-91	U23	Claremont, US	14th April 2012
12	21.8	-0.1	Otis Griffith	4-Feb-70		Swansea	8th May 1993
13	21.84	+1.7	Richard Akinyebo	8-Sep-01	U20	Hornchurch	20th Sep 2020
14	21.86	+0.4	Joseph Ramie	14-Dec-90		Woodford	17th Aug 2019
15	21.87		Isaac Ogunlade	28-Oct-91	U23	Mile End	5th Aug 2013
16=	21.9	+0.7	Mark Bishop	12-Feb-67		Cannock	7th Sept 1991
16=	21.9		George Dalby	16-Dec-48	U23	Newham	6th June 1970
18	21.91	-1.4	Eugene Ayanful	14-May-90	U17	Crystal Palace	28th July 2006
19	21.94	+1.6	Luke Stott	23-Jan-87	U23	Birmingham	18th July 2009
20	21.99	+1.7	Lewis Bailey	4-Mar-98	U23	Hornchurch	20th Sep 2020
	Assisted						
_	21.18		Joshua Olawore	31-Jul-95	U23	Bournemouth	2nd July 2016
	21.2		Mo Marenah	25-Jan-70	U23	Ноо	7th July 1990
	21.3	+4.2	Kevin Farrell	31-Oct-77	U23	Bebington	4th July 1998
	21.4	+3.9	Graham Healy	27-Apr-70	020	Cannock	7th Sept 1996
	21.67	+3.3	Isaac Ogunlade	28-Oct-91	U23	Lee Valley	14th Aug 2013
	21.8	+0.0	Luke Stott	23-Jan-87	U23	Abingdon	28th June 2008
	21.0		Luke Stott	25-0an-07	020	Abiligaon	2011 Julie 2000
400 N	/letres						
			Mark Diahan	10 Fab 07	1100	Tanahara NOD	1 5 th 1 1 1 0 0 0
1	46.49		Mark Bishop	12-Feb-67	U23	Tonsberg, NOR	
2	47.10		Richard Morrissey	11-Jan-91	U23	Azusa, USA	20th Apr 2012
3	47.32		David Finnegan	20-Sep-75	1.100	Dublin, IRE	20th Aug 2000
4	47.47		Graham Healy	27-Apr-70	U23	West London	7th July 1991
5	47.50		Thomas Pitkin	15-Jan-98	U23	Bedford	23rd June 2019
6	47.6		Mike Cowing	17-Sep-60		Thurrock	28th July 1985
_			47.76			Crystal Palace	7th June 1986
7	48.35		Isaac Ogunlade	28-Oct-91	U23	Hendon	27th July 2013
8	48.6		Otis Griffith	4-Feb-70		Bournemouth	7th May 1994
9	48.72		Kevin Lidlow	19-May-62	U20	? Dublin, IRE	?30th Aug 1980
10=	48.8y		Sid Purkis	10-May-38	U23		1st Sept 1959
10=	48.8		Tony Osborne	19-Nov-68	U23	Loughboro	27th June 1990
12	48.9		Kevin White	3-Jun-57		Aldershot	14th June 1981
13	49.0		Phil Sadler	22-Nov-77	U23	Liverpool	31st July 1999
14	49.09		Ian Chambers	22-Mar-71	U20	Bratislava	13th June 1989
15	49.40		Andrew Lewis	13-Nov-91	U20	Exeter	4th July 2009
16	49.45		Akeem Akintokun	22-Sep-93		Hendon	16th June 2019
17=	49.6y		Peter Winch	1-Apr-49	U20		28th July 1968
17=	49.6		Matthew Russell	20-Jan-81	U23	Abingdon	13th Sept 2003
19	49.65		Leo Barker	26-Dec-78		Woodford	7th May 2011
20	49.7y		Ian Pearce	2-Sep-43		Woodford?	15th June 1968
	-						
800 N	/letres						
1	1:48.4		Des English	6-Jun-67		Cork, IRE	5th July 1991
2	1:48.8		Sid Purkis	10-May-38		Welwyn	18th June 1960
3	1:50.7		lan Pearce	2-Sep-43		Crystal Palace	26th Aug 1974
4	1:51.2		Roy Young	24-Jun-46		Crystal Palace	19th May 1971
5	1:51.6		Gavin Maley	19-May-78		Blackpool	3rd Aug 2002
6	1:52.2		Gary Robbins	16-Feb-68	U20	Newham	19th July 1987
7	1:52.37	7	Ross Clarke	20-Sep-88	U23	Watford	2nd July 2008
8	1:52.49		Russell Middleton	23-Jan-68		Crystal Palace	13th June 1992
9	1:52.7	-	Pat Gahagan	26-Jul-61		Parliament Hill	15th Aug 1984
10	1:53.46	3	Paul Grange	17-May-79	V35	Chelmsford	4th June 2016
11	1:53.7	-	Mark Blackburn	26-Dec-61		Woodford	28th May 1984
12	1:53.8		Keith Evans	22-Oct-59	U20	Crystal Palace	15th July 1978
13	1:53.81	1	Finn Hutton	11-Nov-98	U23	Nuneaton	2nd June 2018
14	1:54.2	•	Michael Boxall	26-Sep-50	U20	· tanoaton	31st Aug 196812
17	1.0-7.∠		Mondor Doxull	_0 Cop 00	020		5 15t / tag 150012

15 16 17 18= 18= 20	1:54.25 1:54.33 1:54.6 1:54.7y 1:54.7 1:54.8y	Glen Coppin Thomas Keevil Russell Bailey Michael Creedon Nigel Tyler Brian Turner	16-Jan-83 22-Sep-00 7-Oct-61 17-Apr-59 10-Mar-38	U20 U20 U17	Sheffield Eltham Crystal Palace Cranwell	8th July 2000 15th Aug 2018 15th July 1978 3rd July 1968 15th June 1986 11th June 1958
		Shan rame.	10 Mai 00	020	oranii on	Transdand reco
1 1 2 3	Metres 3:41.13 3:41.9 * 3:45.3 3:49.12	Des English Roy Young Nigel Tyler 3:45.36 Ross Clarke	6-Jun-67 24-Jun-46 17-Apr-59 20-Sep-88	U23	Ljubjana, SLO Motspur Park Harlow Crystal Palace Watford	27th May 1996 14th July 1971 19th May 1985 15th June 1985 30th July 2008
5 6 7	3:50.0 3:50.4 3:51.7	Matthew Bland Paul Bettridge Pat Gahagan	9-Feb-67 27-Feb-57 26-Jul-61	020	Hornchurch Crystal Palace Edinburgh	20th July 1991 11th Aug 1982 30th June 1984
8 9 10 11	3:51.7 3:51.8 3:52.1 3:52.3 3:52.61	Richard Bolam Gary Robbins Michael Creedon Martin Kearns	18-Jun-56 16-Feb-68 6-Apr-73	U20 U20	Crystal Palace Thurrock	15th June 1974 19th Sept 1986 30th June 1968 9th June 1999
12 13 14	3:53.0 * 3:53.41 3:53.7 *	Brian Turner Gavin Maley Sid Purkis	10-Mar-38 19-May-78 10-May-38	U23	White City Barking	11th July 1958 15th May 2005 1965
15 16 17 18	3:54.2 3:54.4 3:54.6 3:55.6	Les Stock Adrian Murphy Ian Pearce Mark Shaw	14-Jul-57 2-Sep-43 6-Jan-65	U20	Hornchurch Crystal Palace Hornchurch	16th May 1970 7th Aug 1975 22nd July 1972 7th Aug 1991
19 20	3:57.0 3:57.3	Colin Tilley Andy Coleman time less 17.5 seconds	16-Dec-50	U23		18th Aug 1971 8th Sept 1990
5 000) Metres					
1 2 3 4 5	14:13.0 14:14.51 14:18.6 14:21.00 14:44.8	Roy Young Nigel Tyler Paul Bettridge Mark Shaw Adrian Murphy	24-Jun-46 17-Apr-59 27-Feb-57 6-Jan-65 14-Jul-57	U20	Southend Crystal Palace Ipswich Hornchurch Kirkby	5th June 1971 7th June 1986 3rd July 1982 20th July 1991 26th July 1975
6 7 8 9 10	14:47.6 14:48.69 14:50.0 14:50.78 14:51.3	Peter Richardson Ross Clarke Tim Pailthorpe Grant Twist John Barker	10-Oct-47 20-Sep-88 20-Nov-38 15-Oct-90 21-Jun-65	U23	Hornchurch Bedford Hornchurch Bedford 10th Ju	8th Sept 1990
11 12 13	14:57.0 14:59.0 15:01.5	Paul Bryan Michael Theobald James Connor 15:10.79	29-Apr-47 14-May-45 21-Mar-83	V35 V35	Redhill Maidenhead Chelmsford Kingston	13th May 1972 3rd June 1972 15th June 2019 6th July 2019
14 15 16 17	15:07.0 15:07.65 15:09.0 15:09.4	Terry Edwards Trevor Keys Richard Thurston John Halliday	29-Feb-76 5-Feb-49	V 33	Chelmsford	13th May 1961 15th May 2004 20th May 1978 31st May 1975
18 19 20	15:14.0 15:15.6 15:16.78	Colin Tilley Matthew Bland Martin Kearns	16-Dec-50 9-Feb-67 6-Apr-73	U23	Barking	1st Sept 1971 4th May 1996 16th July 1999
10 00	00 Metres					
1 2 3 4 5 6	29:22.4 30:14.4 30:42.4 30:48.0 31:19.7 31:29.38	Roy Young Nigel Tyler Mark Shaw Peter Richardson John Barker Grant Twist	24-Jun-46 17-Apr-59 6-Jan-65 10-Oct-47 21-Jun-65 15-Oct-90		Crystal Palace Basildon Hornchurch Highgate	17th Apr 1974 26th Apr 1987 2nd June 1991 16th Apr 1975 28th July 1996 19th May 2018

7	31:39.1	Paul Bettridge	27-Feb-57		Walthamstow	21st May 1989
8 9	32:01.0 32:22.8	Bill Stowe	20 Apr 47	V35		6th June 1971
10	32:25.8	Paul Bryan Richard Thurston	29-Apr-47 5-Feb-49	VSS		17th June 1983 5th May 1980
11	32:41.2	Len Parrott	7-Aug-35	V40	Hendon	16th Jul 1977
12	32:57.2	Barry Diss	. riug cc			10th May 1981
13	33:02.3	Andy Coleman				31st May 1992
14	33:03.6	Robert Warner	30-May-81		Braintree	11th July 2018
15	33:34.7	Matthew Bland	9-Feb-67		Hendon	18th July 2004
16	34:40.0	Edward Andrews	-32	V45		19th Apr 1978
17 18	34:46.6	Mark Taylor				9th May 1987
19	34:48.8 34:15.3	Jim Chellew Sean Reuby	7-Jun-67			19th June 1994 June 1999
20	36:01.0	Gary Howard	9-Jan-61	V35		14th June 1998
20	00.01.0	dary rioward	o dan on	*00		Titir dano 1000
Mara	thon					
1	2:21.15	Paul Bettridge	27-Feb-57		London	12th Apr 1992
2	2:22.07	James Connor	21-Mar-83	V35		27th Oct 2019
3	2:22.38	Paul Bryan	29-Apr-47		Middlesboro	12th Oct 1980
4	2:25.08	Peter Richardson	10-Oct-47		Harlow	27th Oct 1979
5	2:31.21	Tim Pailthorpe	20-Nov-38		Chiswick	12th June 1965
6 7	2:33.32 2:35.53	Barry Diss David Cooper	-46		Canvey Island Chiswick	23rd Aug 1980 13th June 1964
8	2:37.13	Richard Thurston	5-Feb-49		CHISWICK	1982
9	2:38.42	Simon Hart	25-Apr-64	V50	Edinburgh	25th May 2014
10	2:39.46	John Barker	21-Jun-65		London	18th Apr 1993
11	2:41.41	Mick Robinson			Chiswick	13th June 1964
12	2:44.37	Len Parrott	7-Aug-35		Harlow	25th Oct 1969
13	2:44.43	Sean Reuby	7-Jun-67		London	26th Apr 1998
14	2:46.27	Jason Lendon	17-Mar-75		London	17th Apr 2005
15	2:47.09	Edward Andrews	-32	V35	Harlow	25th Oct 1969
16 17	2:50.00 2:50.59	Richard Heath Glen Hill	13-Sep-73 15-May-86	V40	London London	26th Apr 2015 17th Apr 2011
18	2:51.39	Jason Crispin	12-Jun-79	V35	London	26th Apr 2015
19	2:52.32	Robert Dickenson	21-Mar-79	•00	London	23rd Apr 2006
20	2:52.39	Graham Pritchard	27-Mar-76		London	13th Apr 2008
						•
_	letres Hurdle					
1	14.19 +0.9	Francois Du Toit	16-Oct-70		Haringey	27th July 1997
2 3	14.35 +0.5 14.4	Paul Conroy	24-Aug-71 12-Feb-67		Dublin Woodford	20th Aug 2000
3	14.4	Mark Bishop 14.48 +1.4	12-Feb-67		Walthamstow	18th May 1991 26th Aug 1989
4	14.9	Mark Perman	6-Jan-68		Barking	17th Aug 1996
5	15.1	Leo Barker	26-Dec-78	U23	Woodford	25th Apr 1998
		15.96 -0.1			Winchester	31st July 2010
6	15.2	John Crossman	8-Dec-46	U23		14th May 1967
7	15.3	Peter Akwaboah	16-Jul-69	U23	Tooting	5th Aug 1989
8	15.3	Joe Naughton	17-Oct-74		Walton	8th June 2002
0	15 /	15.34 +1.5	10 Oct 05	1100	Dublin, IRE	25th July 1999
9	15.4	George Hadler 15.55 +0.1	10-Oct-95	U23 U20	Cambridge Par	4th July 2015 5th July 2014
10	15.68	Brett Heath	6-Jan-75	U20	Hendon	21st Aug 1994
11	15.8y	Bill Peaty	5 0411 70	U20	. 10114011	29th June 1957
12=	15.9 ?w	Kevin Lidlow	19-May-62	U20		5th May 1980
12=	15.9	Simon Kilminster	5-Aug-64		Walthamstow	2nd Sept 1990
14	15.93	Jack Edgar-Hill	18-Feb-93	U23	Bromley	18th May 2013
15	15.98 -0.3	Anthony Williams	7-Aug-89	U23	Winchester	31st July 2010
16	16.14 +0.6	Karl Tucker	5-Jan-96	U23	Bournemouth	4th Aug 2018
17 18	16.16 -0.5 16.2 +0.4	Jeremy Watson Kevin Benton	16-Apr-88 23-Dec-79	U23	Swansea Eton	18th Aug 2012 5th June 1999
10 19=	16.2 +0.4	Michael Sampson	20-D60-18	U23 U20	LIUII	22nd Aug 1993
13=	10.0	wiichaei Gampson		020		LEIN AUG 1333

19=	16.3		Paul Dunston	12-Mar-65	U20		1st May 1982
19= 19=	16.3 16.3 -0	0.4	Richard Oates Stephen Kearns	12-May-75		Chelmsford	5th May 1984 6th July 2002
			Otephen Reams	12-iviay-75		Oneimsioid	oth duly 2002
Wind	Assisted M 14.2 +	larks 4.8	Mark Bishop	12-Feb-67	U23	Liverpool	22nd June 1991
		7.0 2.1	Mark Perman	6-Jan-68	020	Hendon	31st Aug 1996
		3.2	Leo Barker	26-Dec-78	U23	Bebington	4th July 1998
		4.8	George Hadler	10-Oct-95	U23	Bedford21st Ju	
		2.9	Jack Edgar-Hill	18-Feb-93	U23	Chelmsford	25th May 2013
	16.00 +	2.2	Karl Tucker	5-Jan-96	U23	Nuneaton	2nd June 2018
400 N	Metres Hu	ırdle	es				
1	51.28		Mark Bishop	12-Feb-67	U23	Birmingham	11th Aug 1989
2	52.23		Isaac Ogunlade	28-Oct-91	U23	Swansea	18th Aug 2012
3	52.81		Kevin Lidlow	19-May-62	U20	Antrim	25th May 1981
4 5	53.8 54.61		Paul Conroy Darren Matthews	24-Aug-71 14-Feb-66		Enfield Gateshead	6th June 1998 19th Aug 1990
6	54.8y		Fred Alsop	20-Oct-38	U23	White City	16th May 1959
7	55.11		George Hadler	10-Oct-95	U20	Chelmsford	26th May 2013
8	55.12		Leroy Groves	5-Feb-71	U20	Crystal Palace	15th June 1988
9	55.13		Thomas Pitkin	15-Jan-98	U20	Loughborough	22nd Apr 2017
10	55.57		Adam McCarthy	6-Dec-91	U23	Cambridge	5th Sept 2011
11	55.8		Tony Osborne	11-Nov-68		0 1	9th May 1992
12	56.0		Otis Griffith	4-Feb-70		Cannock	7th Sept 1996
13= 13=	56.1 56.1		Richard Oates Kevin Benton	23-Dec-79	U23	Hornchurch Rugby	6th May 1985 18th Aug 2001
15_	56.58		Robbie Clarricoats	29-Oct-95	U20	Chelmsford	26th May 2013
16	56.6		David Troup	28-Oct-53	U20	Chelmsford	12th Aug 1972
17=	56.7		George Dalby	16-Dec-48			1st Oct 1972
17=	56.7		Stephen Kearns	12-Mar-75		Blackpool	3rd Aug 2002
19	56.90		Paul Dunston	12-Mar-65	U20		26th June 1982
			~ · · · ·				
20	57.1		Graham Healy	27-Apr-70	U20		5th Sept 1987
3 000) Metres S	Stee	plechase	27-Apr-70			5th Sept 1987
3 000	Metres \$ 8:38.05	Stee	plechase Paul Bettridge	27-Apr-70 27-Feb-57		Crystal Palace	5th Sept 1987 25th July 1982
3 000	8:38.05 8:58.4	Stee	plechase Paul Bettridge Nigel Tyler	27-Apr-70 27-Feb-57 17-Apr-59		•	5th Sept 1987 25th July 1982 5th May 1986
3 000 1 2 3	8:38.05 8:58.4 9:07.98	Stee	plechase Paul Bettridge Nigel Tyler Martin Kearns	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73		Dublin	5th Sept 1987 25th July 1982 5th May 1986 19th Aug 2000
3 000 1 2 3 4	8:38.05 8:58.4 9:07.98 9:11.5	Stee	plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75		•	5th Sept 1987 25th July 1982 5th May 1986 19th Aug 2000 16th May 1998
3 000 1 2 3	8:38.05 8:58.4 9:07.98	Stee	plechase Paul Bettridge Nigel Tyler Martin Kearns	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73		Dublin	5th Sept 1987 25th July 1982 5th May 1986 19th Aug 2000
3 000 1 2 3 4 5 6 7	8:38.05 8:58.4 9:07.98 9:11.5 9:17.8 9:23.0 9:24.8	Stee	plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75		Dublin Sheffield	5th Sept 1987 25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987
3 000 1 2 3 4 5 6 7 8	8:38.05 8:58.4 9:07.98 9:11.5 9:17.8 9:23.0 9:24.8 9:25.8	Stee	plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63	U20	Dublin Sheffield Leyton	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976
3 000 1 2 3 4 5 6 7 8 9	9:25.8 9:32.0 8:58.4 9:07.98 9:11.5 9:17.8 9:23.0 9:24.8 9:25.8 9:32.0	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47	U20	Dublin Sheffield Leyton Hornchurch	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971
3 000 1 2 3 4 5 6 7 8	8:38.05 8:58.4 9:07.98 9:11.5 9:17.8 9:23.0 9:24.8 9:25.8	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63	U20 U23	Dublin Sheffield Leyton Hornchurch Eltham	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008
3 000 1 2 3 4 5 6 7 8 9 10	9:25.8 9:32.0 9:32.0 9:32.6	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47	U20 U23 V35	Dublin Sheffield Leyton Hornchurch	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971
3 000 1 2 3 4 5 6 7 8 9 10	9:25.8 9:34.0 9:34.0	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47	U20 U23	Dublin Sheffield Leyton Hornchurch Eltham	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ?
3 000 1 2 3 4 5 6 7 8 9 10	9:25.8 9:32.0 9:32.0 9:32.6	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47	U20 U23 V35	Dublin Sheffield Leyton Hornchurch Eltham	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017
3 000 1 2 3 4 5 6 7 8 9 10 11 12 13 14	9:25.8 9:34.0 9:38.0 9:4.8 9:25.8 9:32.0 9:34.0 9:38.0	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett Simon Vines	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47	U20 U23 V35 U20? U23	Dublin Sheffield Leyton Hornchurch Eltham Bedford	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ? 20th Sept 1986 7th July 1991 13th Aug 1988
3 000 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	9:34.0 9:38.0 9:11.5 9:17.8 9:23.0 9:24.8 9:25.8 9:32.0 9:34.0 9:38.0 9:38.4 9:40.7 9:44.38	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett Simon Vines Mark Taylor David Caton Ben Davis	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47 30-May-81	U20 U23 V35 U20? U23 U20	Dublin Sheffield Leyton Hornchurch Eltham Bedford West London Bournemouth	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ? 20th Sept 1986 7th July 1991 13th Aug 1988 4th Aug 2018
3 000 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16=	9:38.0 9:38.0 9:07.98 9:11.5 9:17.8 9:23.0 9:24.8 9:25.8 9:32.0 9:32.6 9:38.0 9:38.4 9:40.7 9:44.38 9:45.4	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett Simon Vines Mark Taylor David Caton Ben Davis Steve Harrison	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47 30-May-81 4-Sep-67 13-Apr-99	U20 U23 V35 U20? U23	Dublin Sheffield Leyton Hornchurch Eltham Bedford West London Bournemouth Hornchurch	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ? 20th Sept 1986 7th July 1991 13th Aug 1988 4th Aug 2018 11th Aug 1965
3 000 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16= 16=	9:38.0 9:32.0 9:24.8 9:25.8 9:32.0 9:32.6 9:38.0 9:38.0 9:38.4 9:40.7 9:44.38 9:45.4	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett Simon Vines Mark Taylor David Caton Ben Davis Steve Harrison Trevor Keys	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47 30-May-81 4-Sep-67 13-Apr-99 29-Feb-76	U20 U23 V35 U20? U23 U20	Dublin Sheffield Leyton Hornchurch Eltham Bedford West London Bournemouth Hornchurch Basingstoke	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ? 20th Sept 1986 7th July 1991 13th Aug 1988 4th Aug 2018 11th Aug 1965 21st May 2005
3 000 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16= 16= 18	9:34.0 9:38.0 9:25.8 9:32.0 9:24.8 9:25.8 9:32.0 9:32.6 9:34.0 9:38.0 9:38.4 9:40.7 9:44.38 9:45.4 9:45.4 9:46.4	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett Simon Vines Mark Taylor David Caton Ben Davis Steve Harrison Trevor Keys Roy Young	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47 30-May-81 4-Sep-67 13-Apr-99	U23 V35 U20? U23 U20 U20	Dublin Sheffield Leyton Hornchurch Eltham Bedford West London Bournemouth Hornchurch Basingstoke Newham	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ? 20th Sept 1986 7th July 1991 13th Aug 1988 4th Aug 2018 11th Aug 1965 21st May 2005 29th July 1972
3 000 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16= 16=	9:38.0 9:32.0 9:24.8 9:25.8 9:32.0 9:32.6 9:38.0 9:38.0 9:38.4 9:40.7 9:44.38 9:45.4	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett Simon Vines Mark Taylor David Caton Ben Davis Steve Harrison Trevor Keys	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47 30-May-81 4-Sep-67 13-Apr-99 29-Feb-76	U20 U23 V35 U20? U23 U20	Dublin Sheffield Leyton Hornchurch Eltham Bedford West London Bournemouth Hornchurch Basingstoke	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ? 20th Sept 1986 7th July 1991 13th Aug 1988 4th Aug 2018 11th Aug 1965 21st May 2005
3 000 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16= 18 19 20	9:38.0 9:38.0 9:07.98 9:11.5 9:17.8 9:23.0 9:24.8 9:25.8 9:32.0 9:32.6 9:38.0 9:38.0 9:38.4 9:40.7 9:44.38 9:45.4 9:45.4 9:45.4 9:45.4	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett Simon Vines Mark Taylor David Caton Ben Davis Steve Harrison Trevor Keys Roy Young Robert Day	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47 30-May-81 4-Sep-67 13-Apr-99 29-Feb-76 26-Jun-46	U23 V35 U20? U23 U20 U20	Dublin Sheffield Leyton Hornchurch Eltham Bedford West London Bournemouth Hornchurch Basingstoke Newham Hornchurch	25th July 1982 5th May 1986 19th Aug 2000 16th May 1998 4th July 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ? 20th Sept 1986 7th July 1991 13th Aug 1988 4th Aug 2018 11th Aug 1965 21st May 2005 29th July 1972 15th May 1965
3 000 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16= 18 19 20 High	9:38.0 9:23.0 9:24.8 9:25.8 9:32.0 9:34.0 9:38.0 9:38.4 9:40.7 9:44.38 9:45.4 9:45.4 9:45.4 9:45.4 9:45.4 9:45.8	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett Simon Vines Mark Taylor David Caton Ben Davis Steve Harrison Trevor Keys Roy Young Robert Day Grant Twist	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47 30-May-81 4-Sep-67 13-Apr-99 29-Feb-76 26-Jun-46 15-Oct-90	U23 V35 U20? U23 U20 U20	Dublin Sheffield Leyton Hornchurch Eltham Bedford West London Bournemouth Hornchurch Basingstoke Newham Hornchurch Croydon	25th July 1982 5th May 1986 19th Aug 2000 16th May 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ? 20th Sept 1986 7th July 1991 13th Aug 1988 4th Aug 2018 11th Aug 1965 21st May 2005 29th July 1972 15th May 1965 14th July 2018
3 000 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16= 16= 18 19 20 High	9:38.0 9:24.8 9:25.8 9:32.0 9:32.6 9:34.0 9:38.0 9:38.0 9:38.4 9:40.7 9:44.38 9:45.4 9:45.4 9:45.4 9:45.4 9:45.8 9:45.4	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett Simon Vines Mark Taylor David Caton Ben Davis Steve Harrison Trevor Keys Roy Young Robert Day Grant Twist	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47 30-May-81 4-Sep-67 13-Apr-99 29-Feb-76 26-Jun-46 15-Oct-90	U23 V35 U20? U23 U20 U20	Dublin Sheffield Leyton Hornchurch Eltham Bedford West London Bournemouth Hornchurch Basingstoke Newham Hornchurch Croydon	25th July 1982 5th May 1986 19th Aug 2000 16th May 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ? 20th Sept 1986 7th July 1991 13th Aug 1988 4th Aug 2018 11th Aug 1965 21st May 2005 29th July 1972 15th May 1965 14th July 2018
3 000 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16= 18 19 20 High	9:38.0 9:23.0 9:24.8 9:25.8 9:32.0 9:34.0 9:38.0 9:38.4 9:40.7 9:44.38 9:45.4 9:45.4 9:45.4 9:45.4 9:45.4 9:45.8	Stee	Plechase Paul Bettridge Nigel Tyler Martin Kearns Jason Lendon William Bullock Terry Hatch Richard Fisher Paul Bryan Bill Stowe Robert Warner 9:37.14 Keith Berrett Simon Vines Mark Taylor David Caton Ben Davis Steve Harrison Trevor Keys Roy Young Robert Day Grant Twist	27-Apr-70 27-Feb-57 17-Apr-59 6-Apr-73 17-Mar-75 6-Mar-63 27-Feb-47 30-May-81 4-Sep-67 13-Apr-99 29-Feb-76 26-Jun-46 15-Oct-90	U23 V35 U20? U23 U20 U20	Dublin Sheffield Leyton Hornchurch Eltham Bedford West London Bournemouth Hornchurch Basingstoke Newham Hornchurch Croydon	25th July 1982 5th May 1986 19th Aug 2000 16th May 1987 2nd May 1962 1969 24th July 1976 22nd May 1971 2nd Aug 2008 29th July 2017 ? 20th Sept 1986 7th July 1991 13th Aug 1988 4th Aug 2018 11th Aug 1965 21st May 2005 29th July 1972 15th May 1965 14th July 2018

4= 4= 4= 7 8= 8= 8= 12 13= 13= 13= 13= 13= 13= 20= 20=	1.95m 1.95m 1.95m 1.94m 1.93m 1.93m 1.93m 1.93m 1.91m 1.90m 1.90m 1.90m 1.90m 1.90m 1.86m 1.86m	Steven Prady Gintalas Varanauskas Shandell Taylor Alan Murrell Steve Nadin Dean Tompkins Brett Heath Richard Brown Tony Freeman David Stringer M Dunn Tony Wybrow Scott Keating Jay Ryan Greg Archer Jamal Thomas 12-Nov Nathanael Adeniran Richard Kindell	19-Feb-85 17-Apr-72 16-Dec-99 28-Jan-46 20-Feb-74 6-Jan-75 00-May-82 13-Mar-75 24-Oct-86 12-Jun-89 13-Mar-67 -02 U17 28-Aug-02 4-Nov-77	U17 V40 U23 U20 U17 U20 U20 U20 U17 U20 U17 U20 U17 U23 U20 Ipswich U17 U17	Rugby Birmingham Woodford Loughboro' Hornchurch Oxford Chelmsford Hemel Hemp 12th Management	18th Aug 2001 26th July 2015 17th Aug 2019 14th May 1966 7th July 1986 5th May 1990 23rd Jan 1994 5th July 1990 21st July 1990 24th May 1986 22nd Aug 1985 18th Aug 2002 2nd May 2009 5th May 1984 ay 2018 13th Aug 2017 18th Apr 1993
Lana	l					
Long 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18= 18= 18=	7.78m +1.7 7.74m 7.56m -1.4 7.49m 7.36m 7.18m -0.9 7.12m ind 7.11m 7.08m 7.02m +1.1 7.00m 6.96m 6.92m 6.90m 6.87m ind 6.81m 6.78m 6.75m 6.75m 6.75m 6.75m 6.75m	Shandell Taylor Fred Alsop Stuart Wells Joshua Olawore Mark Bishop Joseph Ramie Jimi Tele Joe Naughton Peter Akwaboah Leo Barker Hudson McClean Brett Heath Alex Law Eric Robinson Shaun Stewart 6.83m Lorne Gutteridge Richard Holland Alan Tanner Greg Archer David Leonard Sam Sanusi	16-Dec-99 20-Oct-38 26-Jul-79 31-Jul-1995 12-Feb-67 14-Dec-90 4-May-94 17-Oct-74 16-Jul-69 26-Dec-78 30-Dec-56 6-Jan-75 20-Dec-1996 26-Nov-39 18-Oct-81 9-Jan-66 2-Apr-1994 13-Mar-67 27-Dec-66 13-Nov-03	U20 U23 U23 U20 U20 U20 U20 U20 U20 U20 U20	Birmingham Ghent, BEL Sheffield Dartford Dartford Chelmsford Lynchberg, USA Peterborough Ilford Rugby Hornchurch Thurrock Chelmsford Cambridge Swansea Derby Stevenage Southampton Hendon	13th July 2018 6th June 1964 12th July 1997 15th Aug 2015 27th May 1989 3rd June 2017 A 21st Jan 2017 11th July 1999 21st May 1988 31st Aug 1998 8th Sept 1974 28th Sept 1996 16th May 2015 23rd Apr 1963 21st Aug 2010 27th May 2012 28th May 1984 12th Aug 2012 24th July 1965 17th May 1986 11th May 1991 30th June 2019
Wind A		d uncertain marks	00 1 1 70		0 1 105	1011 1 1000
	7.68m +3.8 7.40m 7.23m 7.23m +3.0 7.21m +2.9 7.13m 6.99m 6.96m 6.95m	Stuart Wells Mark Bishop Peter Akwaboah Joe Naughton Joseph Ramie Hudson McClean Eric Robinson John Davies Alan Hardy	26-Jul-79 12-Feb-67 16-Jul-69 17-Oct-74 14-Dec-90 30-Dec-56 26-Nov-39 19-Dec-82 4-Sep-58	U23 U23 U23 U20 U17 U20	Cork, IRE. Thurrock Colindale Dublin, IRE Woodford West London Cambridge Sheffield Woodford	19th June 1999 17th Sept 1989 6th May 1989 25th July 1998 17th Aug 2019 7th Sept 1974 27th April 1964 15th Aug 1999 15th May 1976
Triple	Jump					
1 2 3	16.46m +0.8 16.02m +0.4 15.33m ind	Fred Alsop Peter Akwaboah Jimi Tele 15.25m -1.3	20-Oct-38 16-Jul-69 4-May-94	U23 U23	Tokyo, JPN Oslo, NOR Staten Is, USA Fairfax, USA	16th Oct 1964 15th June 1989 14 th Jan 2017 3rd May 2015
4 5	14.93m 14.18m	Eric Robinson David Spavins	26-Nov-39 26-Sep-58	U23	Billingham Hornchurch	2nd July 1960 15th May 1982

6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	14.10m 14.08m 14.02m ind 13.98m 13.90m 13.88m 13.86m 13.81m 13.79m ind 13.74m 13.71m 13.53m 13.51m -0.2 13.46m 13.42m	Lorne Gutteridge Roger Horwood Joshua Olawore 13.94m Joseph Ramie David Leonard John Davies Kieron Keevil Ricky Brown Christopher Brown Stuart Wells Shandell Taylor William Lee Anthony Williams M Dunks John Adekoya	9-Jan-66 4-Dec-45 31-Jul-95 14-Dec-90 27-Dec-66 19-Dec-82 24-May-74 27-May-05 26-Jul-79 16-Dec-99 7-Aug-89 24-Apr-95	U20 U20 U17 U17 U20 U17 U20 U15 U20 U20 U23 U23 U23	Colchester Southend Birmingham Chelmsford Luton Basildon Battersea Lee Valley Croydon Aldershot Hendon Cambridge	9th June 1984 30th May 1964 26th Feb 2011 11th June 2011 24th May 2009 1989 12th June 1999 12th June 1993 20th May 2001 25th Jan 2020 8th Aug 1998 1st July 2018 14th May 1960 5th June 2010 29th May 1966 4th July 2015
Wind A	Assisted Marks				14# !: O':	101 A 1005
	16.65m +2.5 15.33m +2.5 15.18m 14.06m	Fred Alsop Jimi Tele Eric Robinson David Leonard	20-Oct-38 4-May-94 26-Nov-39 27-Dec-66	U20 U23	White City Princeton, USA Cambridge Walthamstow	13th Aug 1965 12th May 2013 18th Oct 1961 21st May 1989
Pole '	Vault					
Pole 1 2 3 4= 4= 6 7= 7= 10 11 12 13= 15= 15= 17 18= 20= 20= 20= 20=	4.60m 4.50m 4.40m 4.30m 4.30m 4.30m 4.20m 4.00m 4.00m 4.00m 3.80m 3.75m 3.73m 3.70m 3.70m 3.60m 3.50m 3.50m 3.30m 3.30m 3.30m 3.30m	Joe Naughton Mark Bishop Ed Thompson Brett Heath Mark Perman Kevin Tufton Alan Hardy Stuart Tufton Aaron Bonning Paul Raindle John Woodberry Malcolm Thraves Dean Tompkins Richard Gray Jay Ryan Philip Groombridge Peter Dukelow Stuart Downhill Peter Brinton-Quinn Brendan Lawlor Anthony Chambers Peter Drew Andrew Kerr	17-Oct-74 12-Feb-67 2-Aug-97 6-Jan-75 6-Jan-68 30-Apr-80 4-Sep-58 18-Dec-50 9-Nov-75 20-Jan-57 19-Sep-57 20-Feb-74 12-Jun-89 30-Jun-82 15-Dec-47 21-Oct-02 28-Feb-67	U23 U20 U23 U20 V40 U23 U17 U17 U17 U20 U20 U17 U17 U17	Salo, ITA Stoke Norwich Middlesboro Hendon Portsmouth Crystal Palace Crystal Palace Chelmsford Perivale Norwich Southend Hornchurch Chelmsford Hornchurch Chelmsford	9th May 2004 3rd Sept 1989 19th Apr 2014 30th June 1996 1st Sept 1996 22nd Aug 1999 14th Apr 1982 6th June 1993 21st Sept 1997 26th July 1986 14th Apr 1976 5th Sept 1971 24th June 1990 20th July 1993 27th July 2008 27th Aug 2012 23rd July 1966 14th June 1964 7th April 2019 20th June 1982 23rd Aug 1986 8th May 1993 15th Aug 2010
Shot 1 2 3 4 5 6 7 8 9 10= 10= 12	Putt 7.26kg 15.82m 15.35m 14.48m 14.07m 13.80m 13.68m 13.45m 13.33m 13.00m 12.82m 12.82m 12.80m	Laurence Goodacre Scott Hayes Emmanuel Quarshie Joe Naughton Brett Heath Steve Archer Peter Hallett Leo Barker Glen Townsend Mark Bishop Derrick Grimley Duane Jibunoh	20-Sep-92 4-Jan-73 3-May-92 17-Oct-74 6-Jan-75 25-Jan-55 14-Aug-39 26-Dec-78 23-Apr-64 12-Feb-67 -30 18-Nov-95	U20 U23	Reading Spokane, USA Bedford Arles, FRA Yeovil Harlow Newham Swindon West London Swansea Chelmsford	6th June 2015 7th July 1991 3rd May 2014 7th June 2003 22nd July 2000 16th May 1981 6th June 1970 21st May 2011 7th July 1991 8th May 1993 5th July 1958 23rd July 2018

13 14	12.60m 12.49m	Mark Bird K Eldridge	13-Feb-63			10th June 1984 6th Sept 1970
15	12.35m	Peter Piggott				16th June 1963
16	12.23m	Nick Addison	17-Mar-66			6th Aug 1994
17	12.22m	Craig Lacy	17-Jul-91		Hornchurch	14th Sept 2014
18	12.14m	A Grant	0.100		D. Male .	25th June 1960
19 20	12.12m 11.81m	Mark Perman Victor Davis	6-Jan-68		Basildon	10th May 1997 23rd Sept 1961
20	11.01111	VICIOI Davis				2310 Sept 1901
Disc	us 2.0kg					
1	50.62m	Scott Hayes	4-Jan-73	U23	-	27th June 1993
2 3	47.14m 44.50m	Duane Jibunoh Brett Heath	18-Nov-95 6-Jan-75	U23	Thurrock Woodford	8th July 2017
4	44.10m	Glen Townsend	23-Apr-64		vvoodioid	29th Apr 2000 25th July 1992
5	43.14m	Jeffrey Bowen	2-Mar-42	U23	Oxford	22nd May 1964
6	42.37m	Joe Naughton	17-Oct-74		Tartu, EST	18th July 2004
7	42.12m	Leo Barker	26-Dec-78		Southampton	30th Jun 2012
8	41.13m	Laurence Goodacre	20-Sep-92		Bournemouth	4th Aug 2018
9	40.54m	Nick Addison	17-Mar-66			4th Sept 1988
10 11	39.86m 39.68m	Robert Easman Mark Perman	6-Jan-68		Thurrock	2nd July 1988 29th Sept 1996
12	38.68m	Derrick Grimley	-30		THUTTOCK	19th July 1958
13	38.22m	Lawrence Edwards	23-Jul-43	U23		25th Sept 1965
14	38.06m	Brian Baldry			Southend	31st May 1958
15	38.04m	Mark Bird	13-Feb-63			24th Feb 1991
16	37.75m	Steve Archer	25-Jan-55	V45	Thurrock	4th Aug 2001
17	37.46m	Craig Lacy	17-Jul-91		Hornchurch	14th Sept 2014
18 19	37.10m	Mark Bishop Peter Hallett	12-Feb-67			19th May 1990
20	37.00m 36.58m	Stuart Maycock	14-Aug-39			2nd July 1970 16th Aug 1975
_0	00.00111	Staart May oook				Totti / tag To / o
	mer 7.26kg	Kaith Dahinaan	0 F-h 50		Havealavi	74h Marr 4000
1	51.42m	Keith Robinson	9-Feb-52	1100	Hounslow	7th May 1988
1 2	51.42m 49.00m	Kevin Deacon	25-Feb-84	U23	Colchester	30th Aug 2004
1 2 3	51.42m 49.00m 47.83m	Kevin Deacon Daniel Gamester			Colchester Woodford	30th Aug 2004 20th July 2005
1 2	51.42m 49.00m	Kevin Deacon	25-Feb-84 29-Apr-78	U23 U20	Colchester	30th Aug 2004
1 2 3 4	51.42m 49.00m 47.83m 45.58m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88	U20	Colchester Woodford Hendon Woodford Kingston	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011
1 2 3 4 5 6 7	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64		Colchester Woodford Hendon Woodford	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001
1 2 3 4 5 6 7 8	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64	U20 V35	Colchester Woodford Hendon Woodford Kingston	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991
1 2 3 4 5 6 7 8 9	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48	U20	Colchester Woodford Hendon Woodford Kingston	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988
1 2 3 4 5 6 7 8 9	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64	U20 V35	Colchester Woodford Hendon Woodford Kingston	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 2nd July 1988
1 2 3 4 5 6 7 8 9 10	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.44m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63	U20 V35	Colchester Woodford Hendon Woodford Kingston Gloucester	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 2nd July 1988 20th May 1978
1 2 3 4 5 6 7 8 9	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63	U20 V35	Colchester Woodford Hendon Woodford Kingston	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 2nd July 1988 20th May 1978 5th July 2014
1 2 3 4 5 6 7 8 9 10 11 12	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.44m 40.01m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63	U20 V35 V40	Colchester Woodford Hendon Woodford Kingston Gloucester	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 2nd July 1988 20th May 1978
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.62m 40.01m 39.08m 38.00m 37.04m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85	U20 V35 V40	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 2nd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.44m 40.01m 39.08m 38.00m 37.04m 33.57m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85 17-Mar-66 20-Sep-92	U20 V35 V40	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn Yeovil	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 2nd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.62m 40.01m 39.08m 38.00m 37.04m 33.57m 32.77m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre Sam Harrison	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85	U20 V35 V40	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 2nd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016 25th April 2015
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.44m 40.01m 39.08m 38.00m 37.04m 33.57m 32.77m 30.10m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre Sam Harrison Neil Jones	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85 17-Mar-66 20-Sep-92	U20 V35 V40	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn Yeovil	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016 25th April 2015 6th June 1987
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.62m 40.44m 40.01m 39.08m 38.00m 37.04m 33.57m 32.77m 30.10m 29.92m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre Sam Harrison Neil Jones Robert Easman	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85 17-Mar-66 20-Sep-92	U20 V35 V40	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn Yeovil	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 2nd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016 25th April 2015 6th June 1987 22nd July 1989
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.62m 40.01m 39.08m 38.00m 37.04m 33.57m 32.77m 30.10m 29.92m 29.48m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre Sam Harrison Neil Jones Robert Easman Ray Vaughn	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85 17-Mar-66 20-Sep-92	U20 V35 V40	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn Yeovil	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016 25th April 2015 6th June 1987
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.44m 40.01m 39.08m 38.00m 37.04m 33.57m 32.77m 30.10m 29.92m 29.48m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre Sam Harrison Neil Jones Robert Easman Ray Vaughn	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85 17-Mar-66 20-Sep-92 16-Oct-81	U20 V35 V40 U23	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn Yeovil Ipswich	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016 25th April 2015 6th June 1987 22nd July 1989 15th Aug 1992
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 Jave	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.44m 40.01m 39.08m 38.00m 37.04m 33.57m 32.77m 30.10m 29.92m 29.48m lin New Model 70.80m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre Sam Harrison Neil Jones Robert Easman Ray Vaughn 18 800g Bonne Buwembo	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85 17-Mar-66 20-Sep-92 16-Oct-81	U20 V35 V40 U23	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn Yeovil Ipswich Abingdon	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016 25th April 2015 6th June 1987 22nd July 1989 15th Aug 1992
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 Jave	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.44m 40.01m 39.08m 38.00m 37.04m 33.57m 32.77m 30.10m 29.92m 29.48m lin New Mode 70.80m 68.57m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre Sam Harrison Neil Jones Robert Easman Ray Vaughn 1800g Bonne Buwembo Max Law	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85 17-Mar-66 20-Sep-92 16-Oct-81	U20 V35 V40 U23	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn Yeovil Ipswich Abingdon Bedford	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016 25th April 2015 6th June 1987 22nd July 1989 15th Aug 1992
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 Jave 1 2 3	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.44m 40.01m 39.08m 38.00m 37.04m 33.57m 32.77m 30.10m 29.92m 29.48m lin New Mode 70.80m 68.57m 65.99m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre Sam Harrison Neil Jones Robert Easman Ray Vaughn 1800g Bonne Buwembo Max Law Craig Lacy	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85 17-Mar-66 20-Sep-92 16-Oct-81	U20 V35 V40 U23	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn Yeovil Ipswich Abingdon Bedford Bedford	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016 25th April 2015 6th June 1987 22nd July 1989 15th Aug 1992 13th Sept 2008 2nd June 2019 25th Aug 2014
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 Jave 1 2 3 4	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.44m 40.01m 39.08m 38.00m 37.04m 33.57m 32.77m 30.10m 29.92m 29.48m lin New Mode 70.80m 68.57m 65.99m 63.48m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre Sam Harrison Neil Jones Robert Easman Ray Vaughn El 800g Bonne Buwembo Max Law Craig Lacy Mark Bishop	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85 17-Mar-66 20-Sep-92 16-Oct-81 24-Dec-89 13-May-02 17-Jul-91 12-Feb-67	U20 V35 V40 U23	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn Yeovil Ipswich Abingdon Bedford Bedford Lons, FRA	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016 25th April 2015 6th June 1987 22nd July 1989 15th Aug 1992 13th Sept 2008 2nd June 2019 25th Aug 2014 5th Aug 1990
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 Jave 1 2 3	51.42m 49.00m 47.83m 45.58m 45.24m 44.45m 43.52m 42.72m 41.02m 40.62m 40.44m 40.01m 39.08m 38.00m 37.04m 33.57m 32.77m 30.10m 29.92m 29.48m lin New Mode 70.80m 68.57m 65.99m	Kevin Deacon Daniel Gamester Bradley Reece Danny Ward Joe Forde Simon Kilminster Glen Townsend Graham Greenaway Mark Bird Robert Croker Craig Lacy Lee Arrowsmith Greg Littlemore Nick Addison Laurence Goodacre Sam Harrison Neil Jones Robert Easman Ray Vaughn 1800g Bonne Buwembo Max Law Craig Lacy	25-Feb-84 29-Apr-78 25-Jun-91 5-Jul-88 5-Aug-64 23-Apr-64 30-Jun-48 13-Feb-63 17-Jul-91 30-Aug-85 17-Mar-66 20-Sep-92 16-Oct-81	U20 V35 V40 U23	Colchester Woodford Hendon Woodford Kingston Gloucester Par Colchester Welwyn Yeovil Ipswich Abingdon Bedford Bedford	30th Aug 2004 20th July 2005 5th June 2010 23rd Apr 1994 13th July 2011 4th Aug 2001 24th Aug 1991 23rd July 1988 20th May 1978 5th July 2014 3rd June 2006 28th July 1973 4th June 1988 6th Aug 2016 25th April 2015 6th June 1987 22nd July 1989 15th Aug 1992 13th Sept 2008 2nd June 2019 25th Aug 2014

8 9 10 11 12 13 14 15 16 17 18 19 20	57.28m 54.93m 53.67m 53.27m 52.77m 52.67m 51.20m 51.18m 50.20m 48.68m 48.64m 48.15m 47.64m	Georgie Bean Sam Harrison Duane Jibunoh Joe Naughton Leo Barker Oliver Woods Patrick Lear Bradley James Chris Hulkes Brett Heath Mark Perman Cafer Gunay Alex Law	26-Dec-91 16-Oct-81 18-Nov-95 17-Oct-74 26-Dec-78 11-Nov-01 1-Nov-94 23-Sep-03 6-Jan-75 6-Jan-68 19-Sep-89 20-Dec-1996	U23 U20 U20 U20 U17 U17	Ipswich Barking Chelmsford Tartu, EST Wrexham Hornchurch Stevenage Hornchurch Woking Stevenage Colchester	5th Sept 2015 29th Apr 2006 6th June 2016 18th July 2004 2nd Aug 1998 13th Sep 2020 12th Aug 2012 13th Sep 2020 14th June 1986 29th Sept 1998 29th June 1997 16th July 2006 20th Aug 2016
Door	thlon					
	n <i>Long Jump Sh</i> 7594 E	oot High Jump 400m 11 Mark Bishop w, 11.31m, 1.91m, 47.05	12-Feb-67	U23	Stoke 2nd/3r	d Sept 1989
2	7440 E (11.70, 6.89m,	Joe Naughton 13.54m, 2.02m, 51.64;				th/18th July 2004
3	6834 H (12.0 6.96m	Brett Heath 13.51m 1.85m 52.2 15.	6-Jan-75 7 43.22m 4.10i			n/29th Sept 1996
4	6468 E (11.34 6.85m	Leo Barker 10.71m 1.83m 50.67	26-Dec-78 15.3 36.41m 2.9		Derby 30th/3 12m 4:46.59)	1st May 1998
5	6405 H (11.9 6.68m	Mark Perman 11.67m 1.82m 51.7 15			Thurrock 28th/52m 5:21.1)	'29th Sept 1996
6		Greg Archer 9.48m 1.79m 53.2 18.1				'30th Sept 1984
7 8 9 10 H = Ha	4663 H 4639 H 4402 E	Aaron Bonning 9.79m 1.73m 58.1 18. Mark Bird Tony Whybrow Steve Nadin Electronic Timing	9-Nov-75 <i>3 26.26m 3.70i</i> 13-Feb-63		m 5.35.5)	29th Sept 1996 26th/27th Sept 1980
Othe	r Senior Reco	ords				
	0 Metres Relay 41.76	Kevin Farrell, Philip Sa Graham Healy, Franco			Haringey	27th July 1997
4 x 20	0 Metres Relay 1:29.7	Brendan Lawlor, Kevin Steve O'Sullivan, Mark			Thurrock	19th Sept 1986
4 x 40	0 Metres Relay 3:14.9	Tony Osborne, Des En Graham Healy, Mark B			Derby	19th July 1992
4 x 80	0 Metres Relay 7:46.8	Ian Pearce, Kevin Whit Pat Gahagan, Nigel Ty			Luton	27 Aug 1983
4 x 15	00 Metres Relay 17:22.4	D. Warren, Bill Stowe, Mike Theobald	F. Creasey,		Bracknell	14th Aug 1971

Other Senior Records (cont,)

	, ,,				
4 x 1 Mile Relay 18:04.8	Team Unknown				5th Aug 1987
3 x 800 Metres Relay 5:49.3	Team Unknown				1988
Medley Relay (200, 200 3:27.2	0, 400, 800) George Dalby, Peter W Ian Pearce, Roy Young			Bracknell	14th Aug 1971
60 metres 6.94i	Matthew Russell	20-Jan-81		Carshalton	31st Jan 2004
150 metres 16.2	Matthew Russell	20-Jan-81		Hornchurch	19th Mar 2008
300 Metres 33.67	Mark Bishop	12-Feb-67	U23	Thurrock	17th Sept 1989
600 Metres 1:21.0	Des English	6-Jun-67	U23		13th Apr 1988
1000 Metres 2:23.07	Des English	6-Jun-67		Southampton	6th June 1993
2000 Metres	· ·			•	
5:13.8 3000 Metres	Nigel Tyler	17-Apr-59		Newham	26th July 1985
8:07.8 1 Mile	Roy Young	24-Jun-46			3rd June 1973
3:58.71 2 Miles	Des English	6-Jun-67		Cork, IRE	25th June 1994
8:58.8 60m Hurdles	Roy Young	24-Jun-46	U23		8th July 1967
8.27i	Paul Conroy	24-Aug-71			29th Jan 2000
200m Hurdles 24.03 +1.1 23.8y	Mark Bishop Fred Alsop	12-Feb-67 20-Oct-38	U23	Haringey White City	12th Aug 1990 29th Aug 1959
300m Hurdles 39.3	Darren Matthews	14-Feb-66		Barking	2nd Apr 1989
2000m S/chase 5:42.1	Paul Bettridge	27-Feb-57		Crystal Palace	19th May 1982
Pentathlon 3909 Pts 60m Hurdles 60m Long Jump Shot Putt High Jump Heptathlon	Mark Bishop 8.4 7.18 7.03m 12.78m 1.92m	12-Feb-67		Bedford	6th Feb 1993
5560 Pts 60m Long Jump Shot Putt High Jump 60m Hurdles Pole Vault 1000m	Joe Naughton 7.23 7.02m 13.90m 2.04m 8.43m 4.15m 2m 42.85m	17-Oct-74		Tallin, EST.	2nd/3rd Feb 2002
Octathlon 6306 Pts	Mark Bishop	12-Feb-67	U23	Cosford	4th March 1989