

SENIOR MEN



60m

1	7.07i	Ben Richardson	Lee Valley	Varsity Match	17 Feb 08
2	7.16i	Lewis Towner-White	Bath	Team Bath Open	11 Dec 10
3	7.18i	Will MacGee (V40)	Lee Valley	SCVAC Championships	08 Feb 09

100m

1	10.7	Ben Richardson	Cambridge	Cambridgeshire County Championships	09 May 09
2	10.8	Jaryd Robinson	Lee Valley	Southern Athletics League Division 1	21 May 11
3	10.87	Will MacGee (V35)	Battersea	Southern Counties VAC Track & Field Championships	12 Jun 05

200m

1	21.80	Ollie King	Bedford	Bedford International Games	15 Aug 10
2	21.92	Jaryd Robinson	Isle of Wight	NatWest Island Games	27 Jun 11
3	22.05	Ben Richardson	Derby	British Athletics League Division 3	04 Aug 07

200m (indoors)

1	22.30i	Gareth Price (U20)	Birmingham	England Athletics U20/U17/U15 Championships	24 Feb 08
2	22.95i	Sean Foord (U20)	Birmingham	Midland Counties Open	22 Feb 09
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300m

1	35.6	Darryn Campbell	Southampton	Team Southampton Open	22 Apr 09
2	35.7	James Sutton	Southampton	Southampton AC Open	16 Jun 10
3	35.8	Abraham Newell	Southampton	Team Southampton Open	22 Apr 09

400m

1	48.01	Paul Goodall	Derby	British Athletics League Division 3	22 Aug 09
2	48.76	James Forman	Hendon	British Athletics League Division 4	02 Jul 11
3	48.8	Jonathan Slade	Milton Keynes	Southern Athletics League Division 1	30 Jul 11

400m (indoors)

1	51.22i	James Sutton	Lee Valley	London U20/Senior Games	29 Jan 11
2	51.49i	Sean Adams (U20)	Lee Valley	London U20/Senior Games	29 Jan 11
3	51.95i	Pritpal Chana (U20)	Birmingham	---	12 Feb 05

800m

1	1.50.87	Harry Fisher	Watford	BMC Nike Grand Prix	11 Jun 11
2	1.51.21	Aaron Bennett (U20)	Watford	BMC Nike Grand Prix	11 Jun 11
3	1.52.02	Jonathan Slade	Watford	BMC Gold Standard Races	13 Jul 11

800m (indoors)

1	1.51.79i	Aaron Bennett (U20)	Birmingham	England Athletics U15 / U17 / U20 Championships	09 Feb 11
2	1.54.72i	Harry Fisher	Birmingham	Inter Varsity Match	09 Feb 11
3	1.57.82i	Russell Osborn	Birmingham	---	12 Feb 06

1500m

1	3.46.33	Angus Maclean	Manchester (SC)	AAA Championships	09 Jul 05
2	3.53.14	Steven Phillips	Watford	BMC Gold Standard Races	15 Jun 11
3	3.53.47	Tommy Davies	Watford	BMC Nike Grand Prix	10 Jun 06

3000m

1	8.14.83i	Tommy Davies	Seattle WA, USA	Husky Classic	16 Feb 08
2	8.18.85	Steven Phillips	Watford	Watford Open	29 Jun 11
3	8.25.11	John Beattie	Cardiff	BMC Nike Grand Prix	29 Jul 06

5000m

1	14.05.60i	Tommy Davies	Seattle WA, USA	Husky Classic	14 Feb 09
2	14.08.62	Christian Nicolson	Crystal Palace	British Milers Club	06 Aug 05
3	14.29.10	John Beattie	Solihull	BMC Nike Grand Prix	24 Jun 06

10000m

1	30.41.47	John Beattie	Manchester (SC)	BMC Nike Grand Prix Final	12 Aug 06
2	31.12.72	Tommy Davies	Stretford	North West Championships	12 Jun 11
3	32.07.20	Owain Jones	Eton	---	16 Jul 05

3000m S/C

1	9.27.33	Andy Morgan-Lee (V35)	Ashford	British Athletics League Division 3	01 Jul 06
2	9.43.4	Iain Robertson	Southampton	British Athletics League Division 4	25 Jun 05
3	9.48.8	Neil Phillips	Abingdon	British Athletics League Qualifying Match	09 Sep 06

110m Hurdles

1	14.32	Ben Richardson	Eton	UK Challenge Final	09 Aug 08
2	15.0	Lee Tindal	Southampton	British Athletics League Division 4	25 Jun 05
3	15.4	Robert Jones	Lee Valley	Southern Men's League Division 1	27 Jun 09

400m Hurdles

1	50.41	James Forman	Isle of Wight	NatWest Island Games	27 Jun 11
2	54.3	Sean Adams (U20)	Aldershot	Hampshire Schools Championships	11 Jun 11
3	54.47	Gavin Hodgson	Haringey	Eight Sided Inter Counties Match	14 Aug 05

High Jump

1	2.10	Dan Turner	Nerja, ESP	----	08 Apr 05
2	2.08	Matthew Watson	Portsmouth	Hampshire County Championships	15 May 11
3	2.00	Nicholas Hunt (U17)	Milton Keynes	Southern Athletics League Division 1	30 Jul 11

Pole Vault

1	4.40	Charles Steenkamp	Southampton	British Athletics League Division 3	02 Jun 07
2	4.40	Richard Humby (U17)	Horsham	Horsham Blue Star Harriers Open	16 Aug 09
3	4.15	Luke Hodgetts (U17)	Portsmouth	National Junior Athletic League Itchen	29 May 11

Long Jump

1	7.39i	James Grocock (U20)	Cardiff	Celtic Cup	03 Feb 08
2	6.78	Nicholas Hunt (U17)	Lee Valley	Southern Athletics League Division 1	21 May 11
3	6.67	Brendan Fisher	Plymouth	Southern Men's League Division 3W	23 Jun 07

Triple Jump

1	14.32	Rory Constable (U20)	Bournemouth	British Athletic League National 3	04 Jul 09
2	13.89	Matthew Watson (U20)	Hendon	Southern Counties U20 Inter Counties Championships	28 Aug 10
3	13.56	Nicholas Hunt (U17)	Winchester	Southern Athletics League Division 1	09 Jul 11

Shot

1	16.78i	Kieren Kelly	Belfast	Irish Championships	19 Feb 06
2	15.36	Gary Sollitt	Bedford	Inter Counties	29 May 05
3	14.48	Gary Newton	Harrow	Southern Athletic League Division 1	07 May 11

Discus

1	48.29	Niklas Iliffe	Derby	British Athletics League Division 4	04 Jun 05
2	43.36	Garry Newton	Isle of Wight	NatWest Island Games	28 Jun 11
3	40.01	Paul Derrien (V35)	Catford	Southern Men's League Division 3S	12 Jul 09

Hammer

1	49.62	Paul Derrien (V35)	Catford	Southern Men's League Division 3S	12 Jul 08
2	48.89	Max Peskier	Yate	BAL 10 in 100 Cup	19 Jul 08
3	47.35	Maurice Hicks (V35)	Plymouth	Southern Men's League Division 3W	23 Jun 07

Javelin

1	56.19	Richard Lainsou	Portsmouth	Hampshire County Championships	09 May 09
2	51.72	Jacob Lewis	Bedford	BUCS Championships	02 May 10
3	50.88	Anthony Llewlyn	Abindgon	British Athletics League Division 4	07 May 05

4x100m Relay



1	42.72	George Kenyon Ben Parnell Darryn Campbell Gareth Price	Derby	British Athletics League Division 3	22 Aug 09
2	42.77	Sean Foord Darryn Campbell Gareth Price Ben Richardson	Ashford	British Athletics League Division 3	16 Aug 08
3	42.8	Ben Richardson Sam Ratcliffe Darryn Campbell Gareth Price	Leeds	British Athletics League Division 3	05 Jul 08

4x400m Relay

1	3.17.14	Darryn Campbell (50.1) Jonathan Slade (49.6) Ben Parnell (49.8) Paul Goodall (47.6)	Derby	British Athletics League Division 3	22 Aug 09
2	3.18.45	Calum Bressington (51.8) Jonathan Slade (48.3) Harry Fisher (49.9) Aaron Bennett (48.5)	Hendon	British Athletics League Division 4	02 Jul 11
3	3.19.38	Ben Winstanley (50.30) James Forman (49.94) Jonathan Slade (49.17) Aaron Bennett (49.97)	Bournemouth	British Athletics League Division 4	04 Jun 11