

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	21.57	David Gain	Milton Keynes	Sweatshop Southern Athletics League Division 1	18 May 13
2	21.80	Ollie King	Bedford	Bedford International Games	15 Aug 10
3	21.89	Oliver Bromby (U17)	Portsmouth	Hampshire County Championships	25 May 13

200m (indoors)

1	22.30i	Gareth Price (U20)	Birmingham	England Athletics U20/U17/U15 Championships	24 Feb 08
2	22.71i	Malcolm Gledhill	Sheffield	BUCS Championships	24 Feb 13
3	22.72i	Ronnie Young (U20)	Birmingham	England U15/U17/U20 Championships	26 Feb 12

300m

1	35.6	Ronnie Young (U20)	Southampton	Southampton AC Open	25 Apr 12
1	35.6	Darryn Campbell	Southampton	Team Southampton Open	22 Apr 09
3	35.7	James Sutton	Southampton	Southampton AC Open	16 Jun 10

400m

1	48.01	Paul Goodall	Derby	British Athletics League Division 3	22 Aug 09
2	48.28	James Forman	Derby	British Athletics League Division 2	08 Jun 13
3	48.76	Chris Greenaway	Derby	British Athletics League Division 2	08 Jun 13

400m (indoors)

1	46.74i	James Forman	Birmingham	Midland Counties Open	19 Feb 12
2	49.87i	Chris Greenaway	Birmingham	Birmingham Games	02 Feb 13
3	50.74i	Ben Winstanley	Birmingham	Midland Counties Open	17 Feb 13

800m

1	1:49.3	Harry Fisher	Eltham	BMC Regional Races	17 Aug 11
2	1:51.21	Aaron Bennett (U20)	Watford	BMC Nike Grand Prix	11 Jun 11
3	1:51.69	Dudley Mason (U20)	Eltham	BMC Regional Races	15 Aug 12

800m (indoors)

1	1:51.79i	Aaron Bennett (U20)	Birmingham	England Athletics U15 / U17 / U20 Championships	27 Feb 11
2	1:54.72i	Harry Fisher	Birmingham	Inter Varsity Match	09 Feb 11
3	1:56.85i	Dudley Mason (U20)	Birmingham	England U15/U17/U20 Championships	25 Feb 12

1500m

1	3.46.33	Angus Maclean	Manchester (SC)	AAA Championships	09 Jul 05
2	3.51.35	Johnathan Morgan	Solihull	BMC Grand Prix	18 May 13
3	3.51.36	Steven Phillips	Stretford	BMC Gold Standard Races	26 Jul 11

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	9:47.60	Graham Fisher	Derby	British Athletics League Division 2	08 Jun 13

110m Hurdles

1	14.32	Ben Richardson	Eton	UK Challenge Final	09 Aug 08
2	14.50	Ashley Johnson	Horspath	Oxfordshire County Championships	25 May 13
3	15.0	Lee Tindal	Southampton	British Athletics League Division 4	25 Jun 05

400m Hurdles

1	50.54	James Forman	Birmingham	England Closed Championships	03 Jun 12
2	52.73	Sean Adams (U20)	Swansea	British Athletics League Division 3	18 Aug 12
3	54.47	Gavin Hodgson	Haringey	Eight Sided Inter Counties Match	14 Aug 05

High Jump

1	2.11i	Matthew Watson	Lee Valley	London U20/Senior Games	26 Jan 13
2	2.10	Dan Turner	Nerja, ESP	----	08 Apr 05
3	2.07	Nicholas Hunt (U20)	Bournemouth	John Rumbold Memorial Open	07 Apr 13

Pole Vault

1	4.52i	Richard Humby	Carshalton	Jim Day Memorial Pole Vault 2012	23 Sep 12
2	4.40	Charles Steenkamp	Southampton	British Athletics League Division 3	02 Jun 07
3	4.30	Samuel Bass-Cooper	Chelmsford	UK Youth Development League Southern Premier 2	02 Jun 13

Long Jump

1	7.77i	James Grocock	Cardiff	Welsh Athletics & Cardiff Met Grand Prix Series	08 Dec 12
2	7.04	Nicholas Hunt (U20)	Bournemouth	Dorset County Championships	26 May 13
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	14.15	Matthew Watson	Abingdon	British Athletic League Division 4	13 Aug 11
2	14.15	Nicholas Hunt (U17)	Bournemouth	Dorset County Championships	13 May 12

Shot

1	16.78i	Kieren Kelly	Belfast	Irish Championships	19 Feb 06
2	15.36	Gary Sollitt	Bedford	Inter Counties	29 May 05
3	14.53	Gary Newton	Southampton	Southern Athletics League Division 1	19 May 12

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	50.35	Daniel Avery (U20)	Derby	British Athletics League Division 3	28 Jul 12
2	49.62	Paul Derrien (V35)	Catford	Southern Men's League Division 3S	12 Jul 08
3	48.89	Max Peskier	Yate	BAL 10 in 100 Cup	19 Jul 08

Javelin

1	56.19	Richard Lanson	Portsmouth	Hampshire County Championships	09 May 09
2	53.96	Michael Muckelt	Ware	Sweatshop Southern Athletics League Division 1	18 May 13
3	53.17	Russell Jones	Abingdon	SEAA Combined Events Championships	10 Jun 12

4x100m Relay

1	42.30	Sean Foord David Gain Nicholas Hunt Ashley Johnson	Bromley	British Athletics League Division 2	11 May 13
2	42.72	George Kenyon Ben Parnell Darryn Campbell Gareth Price	Derby	British Athletics League Division 3	22 Aug 09
3	42.77	Sean Foord Darryn Campbell Gareth Price Ben Richardson	Ashford	British Athletics League Division 3	16 Aug 08

4x400m Relay

1	3.17.08	Ben Winstanley (50.2) Jason Amarte (50.5) Chris Greenaway (48.5) James Forman (47.7)	Bromley	British Athletics League Division 2	11 May 13
2	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
3	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