

MEN

100m.

Jamie Henthorn	10.39	o.7	Gothenberg, Sweden	29.7.99	10.22 w 3.9	Catania, Italy	22.8.97	
Oliver Bromby	U20	10.42	1.7	Loughborough	17.5.15			Sarah McDonald-Gr
Todd Bennett	10.46	1.4	Edinburgh	5.7.86	10.3 w	Southampton	6.6.87	
Roger Black	10.48	0.4	Irvine, CA, USA	4.5.96	10.4	Southampton	31.5.87	Mike Whittingham
David Dear		10.40	Cardiff (M)	26.7.69				

200m.

Todd Bennett	1.8	20.36	Cwmbran	28.5.84				
Roger Black	1,4	20.56	Irvine,CA, USA	4.5.96	3.0 w 20.5	Enfield	6.7.96	Mike Whittingham
Jamie Henthorn	1,5	20.93	Fullerton, CA, USA	29.7.99				
Paul Sanders	0.8	21.04	Crystal Palace	17.6.89	4.2 w 20.8	Southampton	5.7.92	

400m.

Roger Black		44.37	Lausanne, SWI	3.7.96				Mike Whittingham
Kris Akabusi		44.93	Birmingham	7.8.88				Mike Whittingham
Todd Bennett		45.27	Birmingham	7.8.88				
Paul Sanders		45.33	Dijon, FRA	15.6.91				
Paul Harmsworth		45.64	Birmingham	7.8.88				
Peter Brend		46.94	Bedford	25.5.02.	46.8 w	Eton	18.8.01	

800m.				
Mike Guegan	1'47.90"	Birmingham	27.6.92	
Kris Akabusi	1'48.2"	Brighton	30.6.85	
Frank Martin	1'48.44 y	White City	9.7.66	1'49.14" for 880 yards

Mike Smith

1,500m.				
Rod Finch	3'37.97"	Gateshead	30.7.93	
Angus MacLean	3'39.88"	Watford	9.6.01	
Gary Barber	3'41.	Victoria, CAN	28.5.88	
Brad Glenton	3'41.9"	Watford	5.8.98	

3,000m.				
Rod Finch	7'56.93"	Solihull	14.7.99	
Brad Glenton	8'11.27"	Caen, FRA	1.7.90.	

5,000m.				
Rod Finch	13'27.75"	Hechtel, BEL	1.8.98	
Neil Coupland	13'31,3"	Turin, ITALY	21.6.77	

10,000m.				
Neil Coupland	28'16.73"	Cwmbran	11.6.77.	
Chris Bunyan	28'48.6"	Knoxville, TN, USA	9.4.82.	

3,000m. S/C				
Andrew Morgan-Lee	8'43.95"	Birmingham	11.8.00.	
Richard Large	8'47.05"	Portsmouth	11.6.89	

110m. Hurdles							
Alan Cronin	1.1 14.21	Dieppe, FRA	13.7.75	3,0 w 14.19	Crystal Palace	25.8.75	
Ben Richardson	0.6 14.32	Eton	9.8.08	6.9 w 14.11	Bedford	22.6.08	Jared Deacon

400m. Hurdles				
Kriss Akabusi	47.82	Barcelona, Spain	6.8.92	
James Forman	50.41	Sandown	27.6.11	
Todd Bennett	51.50	Stoke	21.9.85	

Andy Forman

High Jump				
Fayyaz Ahmed	2.21	Coventry	29.6.86	
Dan Turner	2.20	Bedford	28.5.01	
Gary Blandford	2.12	Portsmouth	4.7.84	
Matthew Watson	2.10	Basingstoke	16.7.14	

Pole Vault				
Martin Brockman	4.83	Woerden, NED	25.8.13	
Peter Lynk	4.80	Cwmbran	20.6.87.	

Long Jump				
James Grocock	0.2 7.39	Abingdon	13.8.11.	5.8 w 7.55

Shot				
Mike Winch	20.43	Crystal Palace	22.5.74.	
Roger Kennedy	18.46	Southampton	22.5.77.	
Simon Rodhouse	18.20	Crystal Palace	25.7.82	
Nick Tabor	17.92	Bournemouth	9.4.83	
Gary Sollitt	17.85	Bedford	4.6.02.	
David Callaway	17.55	Newham	1.8.93.	
Paul Rees	16.70	Southampton	2.7.78	

Discus

Mike Winch	58.08	Bristol	7.9.75.
Nick Tabor	53.02	Cwmbran	3.5.80.
David Lovett	52.97	Sandown	9.9.01.
Paul Rees	50.94	Crawley	22.7.78.

Javelin

Jeremy Abadom	65.42	Bournemouth	15.3.92.
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Decathlon

Alan Drayton	7431.00	Edmonton, CANADA	8.8.78.	
Phil Lewis	6887.00	Bonn, GERMANY	20.6.76.	
Nicholas Hunt	6803.00	Street	26.4.15.	Erik Little

4 x 400m.

3'04.48"	Gateshead	29.6.90
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20km. Walk

Jim Ball	88.46"	Battersea Park	4.4.87.
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50km. Walk

Tommy Green	4hrs 50' 10"	Los Angeles, USA	1932
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WOMEN**100m.**

Donna Hartley`	11.46	Pretoria, RSA	22.3.75.			
Melanie Purkiss				11.55 w 2.8	Cork, Eire	19.6.99
Jade Lucas-Read	U20	11.59	Bedford	28.6.03.		

200m.

Donna Hartley	22.75	Birmingham	17.6.78.			
Melanie Purkiss	23.80 -0,3	Bedford	30.5.99.	26..34 w 3.8	Cork, Eire	19.6.99.

400m.

Donna Hartley	51.20	Edmonton, CAN	28.7.78	51.28	Sofia, BUL	12.7.75	
Emma Duck	52.84	Sportcity	27.8.06	53.7	Eton	30.7.06.	
Melenie Purkiss	52.66	Crystal Palace	30.7.04				
Sian Scott	53.80	Rugby	31.7.05				Todd Bennett
Dawn Gandy	53.80	Swindon	4.7.87.	53.98	Birmingham	25.7.87	

800m.

Christine Benning	2'01.44"	Crystal Palace	28.7.79
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1,500m.

Christine Benning	4'01.53	Zurich, SWI	15.8.79.
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3,000m.

Alison Wyeth	8'38.42"	Stuttgart, GER	16.8.93.
Christine Benning	8'44.46"	Zurich, SWI	22.8.84.

5,000m.

Alison Wyeth	15'00.37"	Crystal Palace	7.7.95.
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2,000m. S/C

Louise Webb	U17	6'32.45"	Ostrava, CZE	14.7.07.				Todd Bennett
Aiya Abe	U20	6'53.05"	Crystal Palace	12.6.10.				Geoff Watkin

3.000m. S/C

Louise Webb	U20	10'10.34"	Novi-Sad, SRB	25.7.09.				Todd Bennett
Aiya Abe	U20	11'16.37"	Bedford	20.6.10.				Geoff Watkin

100m. Hurdles

Katy Odell		13.78 0.5	Watford	21.6.98.	13.57 w 4.4	Maia. POR	14.6.98	Todd Bennett
Emma Duck		13.87 2.0	Loughborough	7.7.04.	13.8 1.0	Derby	10.8.03	

400m. Hurdles

Emma Duck		55.70	Crystal Palace	28.7.06				
Sian Scott		56.42	Izmir, TUR	18.8.05.				Todd Bennett
Emily Bonnett		57.95	Bedford	27.5.13				Todd Bennett
Carol Dawkins		52.98	Crystal Palace	14.7.85				Mike Smith

Pole Vault

Clare Ridgely		3.80	Coventry	18.5.03				
Rebecca Ridgely		3.51	Exeter	18.5.02				

Triple Jump

Katharine Streatfield		12.63	Derby	14.8.05	12.69 w 2.8	Manchester	3.9.05	
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Shot

Vickie Foster		15.44	Bath	14.5.00.				
Debbie Callaway		14.88	Basildon	15.5.93				
Grace Clements		14.12	Tallinn, EST	29.6.13				Julie Hollman

Discus

Debbie Callaway		58.56	Loughborough	19.5.96				
Phoebe Dowson		51.12	Bedford	21.6.14				William Bushnell
Vickie Foster		49.25	Bournemouth	20.5.00.				
Jane Tabor		49.20	Acoteias, POR	5.4.86.				

Hammer

Phoebe Dowson		49.52	Mobile, AL. USA	7.3.25.				William Bushnell
Vickie Foster		45.46	Bournemouth	10.8.97.				

Javelin

Freya Jones		55.36	Athens, GA, USA	12.4.14.				Don Babbitt
Sarah Ellis		45.17	Kingston	26.6.10.				David Ellis
Grace Clements		45.07	Tallinn, EST	30.6.13.				Julie Hollman
Jordan Campbell	U17	44.30	Bedford	2.9.13.				William Bushnell
Poppy Barker	U20	42.84	Portsmouth	29.4.12.				William Bushnell
Sophie Merritt	U17	42.54	Bedford	1.9.13.				David Callaway

Heptathlon

Grace Clements		5819.00	Delhi, INDIA	9.10.10				Julie Hollman
Karla Drew		5535.00	Tallinn, EST	30.6.13.				Antonio Minichiello

INTERNATIONALS

The following, members of the clubs, in no particular order, have represented their countries at Senior level.

MEN

Tommy Green, Walking, GB
Reg Gosney, XC, England
Peter Gabbett, Decathlon, GB
David Dear, Sprints, GB
Mike Winch, Throws, GB
Roger Kennedy, Throws, GB
Simon Rodhouse, Throws, GB
Alan Drayton, Decathlon, England
Paul Rees, Throws, Wales
Gary Barber, MD, Canada
Kris Akabusi, Hurdles, GB
Roger Black, 400m., GB
Todd Bennett, Sprints, GB
David Downer, XC, England
Paul Harmsworth, 400m. GB
Rod Finch, 3,000m., GB
David Henson, IPC, Sprints, GB

WOMEN

June Bridgland, XC, England
Janet Dawkins, XC, England
Donna Hartley, Sprints, GB
Alison Wyeth, MD, GB
Melanie Purkiss, Sprints, GB
Christine Benning, MD, GB
Debbie Calloway, Discus GB
Karen Rushton, Hill Climb GB
Grace Clements, Heptathlon, England
Bethany Woodward, IPC, Sprints, GB
Katy Odell, Sprint Hurdles, Scotland