Under 17 Men (as at 30th June 2024)

100 Metres				
1		Joel Ajayi	10.49	8 th June 2024
2		Eugene Ayanful	10.73	5 th August 2006
3		Matthew Russell	10.80	11 th July 1997
4		Denzel Achi	10.99	31 st July 2021
5		Kevin Farrell	11.00a	23 rd July 1994
6		lke Okwudi	11.04	29 th July 2023
7	=	Charlie Moss	11.1	27th July 2008
7	=	Lewis Bailey	11.1	14 th September 2014
9		Ross Bacchus	11.12	17 th August 1997
10		Richard Akinyebo	11.14	9 th June 2018
			titude Assisted Mark	
Wind Assist	ed Mar		10.28	23 rd June 2024
		Joel Ajayi Ross Bacchus	10.38 11.0	29 th June 1997
		Charlie Moss	11.0	28 th June 2008
		Emmanuel Asirifi-Otchere		26 th May 2024
		Sam Sanusi	11.07	20 th September 2020
		Sam Sandsi	11.07	
200 Metres				
1		Kevin Farrell	21.78a	23 rd July 1994
2		Joel Ajayi	21.89	30 th June 2024
3		Eugene Ayanful	21.91	28 th July 2006
4	=	Matthew Russell	22.20	12 th July 1996
4	=	Charlie Moss	22.2	27 th July 2008
			(22.41	12 th July 2008)
6		Jimi Tele	22.5	12 th June 2010
			(22.63	10 th April 2010)
7		Ayo Babatunde	22.51	8 th August 2021
8		Ross Bacchus	22.6	5 th July 1997
9		Ronnie Adoma	22.63	1 st August 2021
10	=	Roger McEwan	22.7у	8 th July 1961
10	=	Nian Jarvis	22.7	28 th June 1992
a = Altitude Assisted Mark				
Wind Acciet	ad Mar	ke		
Wind Assist	ed Mar	-	21.80	13 th July 1996
Wind Assist	ed Mar	Matthew Russell	21.89	13 th July 1996 28 th August 2021
Wind Assist	ed Mar	Matthew Russell Ronnie Adoma	22.30	28 th August 2021
Wind Assist	ed Mar	Matthew Russell Ronnie Adoma Charlie Moss	22.30 22.35	28 th August 2021 11 th July 2008
Wind Assist	ed Mar	Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi	22.30 22.35 22.53	28 th August 2021 11 th July 2008 25 th June 2023
Wind Assist	ed Mar	Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc	22.30 22.35 22.53 22.59	28 th August 2021 11 th July 2008 25 th June 2023 1 st August 2021
Wind Assist	ed Mar	Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi	22.30 22.35 22.53 22.59 22.70	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020
	ed Mar	Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc	22.30 22.35 22.53 22.59 22.70	28 th August 2021 11 th July 2008 25 th June 2023 1 st August 2021
400 Metres		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere	22.30 22.35 22.53 22.59 22.70 22.70	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024
400 Metres 1	ed Mar	Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey	22.30 22.35 22.53 22.59 22.70 22.70	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978
400 Metres		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere	22.30 22.35 22.53 22.59 22.70 22.70 50.4 50.4	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008
400 Metres 1 1		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis	22.30 22.35 22.53 22.59 22.70 22.70 50.4 50.4 (50.76	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008)
400 Metres 1 1 3		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott	22.30 22.35 22.53 22.59 22.70 22.70 50.4 50.4 (50.76 50.50	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018
400 Metres 1 1 3 4		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell	22.30 22.35 22.53 22.59 22.70 22.70 50.4 50.4 (50.76 50.50 50.6	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018 14 th September 1994
400 Metres 1 1 3 4 5		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis	22.30 22.35 22.53 22.59 22.70 22.70 50.4 50.4 (50.76 50.50 50.6 50.8	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018 14 th September 1994 13 th June 1992
400 Metres 1 1 3 4 5 6		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett	22.30 22.35 22.53 22.59 22.70 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003
400 Metres 1 1 3 4 5 6 7		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92	28 th August 2021 11 th July 2008 25 th June 2023 1 st August 2021 20 th September 2020 26 th May 2024 9 th July 1978 28 th June 2008 10 th May 2008 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011
400 Metres 1 1 3 4 5 6 7 8		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.95	28 th August 2021 11 th July 2008 25 th June 2023 1 st August 2021 20 th September 2020 26 th May 2024 9 th July 1978 28 th June 2008 10 th May 2008 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987
400 Metres 1 1 3 4 5 6 7 8 9		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.92 50.95 50.98	28 th August 2021 11 th July 2008 25 th June 2023 1 st August 2021 20 th September 2020 26 th May 2024 9 th July 1978 28 th June 2008 10 th May 2008 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987 12 th June 2021
400 Metres 1 1 3 4 5 6 7 8		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.95	28 th August 2021 11 th July 2008 25 th June 2023 1 st August 2021 20 th September 2020 26 th May 2024 9 th July 1978 28 th June 2008 10 th May 2008 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987
400 Metres 1 1 3 4 5 6 7 8 9		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.92 50.95 50.98	28 th August 2021 11 th July 2008 25 th June 2023 1 st August 2021 20 th September 2020 26 th May 2024 9 th July 1978 28 th June 2008 10 th May 2008 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987 12 th June 2021
400 Metres 1 1 3 4 5 6 7 8 9 10		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.92 50.95 50.98	28 th August 2021 11 th July 2008 25 th June 2023 1 st August 2021 20 th September 2020 26 th May 2024 9 th July 1978 28 th June 2008 10 th May 2008 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987 12 th June 2021
400 Metres 1 1 3 4 5 6 7 8 9 10 800 Metres		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc Philip Sadler	22.30 22.35 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.92 50.98 51.0	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987 12 th June 2021 12 th June 1993
400 Metres 1 1 3 4 5 6 7 8 9 10 800 Metres 1		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc Philip Sadler Russell Bailey	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.9 50.92 50.92 50.92 50.93 51.0 1:54.6	28 th August 2021 11 th July 2008 25 th June 2023 1 st August 2021 20 th September 2020 26 th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987 12 th June 2021 12 th June 1993
400 Metres 1 1 3 4 5 6 7 8 9 10 800 Metres 1 2		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc Philip Sadler Russell Bailey Findlay McLaren	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.92 50.92 50.95 50.98 51.0 1:54.6 1:54.81	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018 14 th September 1994 13 th July 2003 14 th May 2011 21 st June 1987 12 th June 2021 12 th June 2021 12 th June 1993 15 th July 1978 22nd June 2024
400 Metres 1 1 3 4 5 6 7 8 9 10 800 Metres 1 2 3		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc Philip Sadler Russell Bailey Findlay McLaren Matthew Bloy	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.92 50.92 50.98 51.0 1:54.6 1:54.81 1:55.31	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018 14 th September 1994 13 th July 2003 14 th May 2011 21 st July 2003 14 th May 2011 21 st June 1987 12 th June 2021 12 th June 1993 15 th July 1978 22nd June 2024 31 st May 2006
400 Metres 1 1 3 4 5 6 7 8 9 10 800 Metres 1 2 3 4		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc Philip Sadler Russell Bailey Findlay McLaren Matthew Bloy Russell Middleton	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.92 50.95 50.98 51.0 1:54.6 1:54.81 1:55.31 1:56.1	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987 12 th June 2021 12 th June 1993 15 th July 1978 22nd June 2024 31 st May 2006 16 th September 1984
400 Metres 1 1 3 4 5 6 7 8 9 10 800 Metres 1 2 3 4 5		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc Philip Sadler Russell Bailey Findlay McLaren Matthew Bloy Russell Middleton Gary Robbins	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.92 50.95 50.98 51.0 1:54.6 1:54.81 1:55.31 1:56.1 1:56.5	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987 12 th June 1993 15 th July 1978 22nd June 2024 31 st May 2006 16 th September 1984 2 nd September 1984
400 Metres 1 1 3 4 5 6 7 8 9 10 800 Metres 1 2 3 4 5 6 7 8 9 10 800 Metres 1 2 3 4 5 6 7 8 9 10 8 9 10 8 9 10 8 8 9 10 8 9 10 8 8 9 10 8 9 10 8 9 10 8 8 9 10 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 8 9 10 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 8 8 1 1 1 1 1 1 1 1		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc Philip Sadler Russell Bailey Findlay McLaren Matthew Bloy Russell Middleton Gary Robbins Dan Peters	22.30 22.35 22.53 22.59 22.70 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.95 50.98 51.0 1:54.6 1:55.31 1:56.1 1:56.5 1:56.57	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008) 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987 12 th June 1993 15 th July 1978 22nd June 2021 15 th September 1984 2 nd September 1984 2 nd September 1984 2 nd September 1984 14 th August 2021
400 Metres 1 1 3 4 5 6 7 8 9 10 800 Metres 1 2 3 4 5 6 7 8 9 10 800 Metres 1 2 3 4 5 6 7 8 9 10 8 9 10 8 9 10 8 8 9 10 8 9 10 8 8 9 10 8 9 10 8 9 10 8 8 9 10 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 8 8 9 1 1 2 3 4 5 6 7 8 9 1 1 5 6 7 8 8 9 1 1 1 1 1 1 1 1		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc Philip Sadler Russell Bailey Findlay McLaren Matthew Bloy Russell Middleton Gary Robbins Dan Peters Glen Coppin	22.30 22.35 22.53 22.59 22.70 50.4 50.4 (50.76 50.50 50.6 50.8 50.9 50.92 50.92 50.95 50.98 51.0 1:54.6 1:54.81 1:55.31 1:56.1 1:56.5 1:56.57 1:56.9	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987 12 th June 2021 12 th June 2021 12 th June 2024 31 st May 2006 16 th September 1984 2 nd September 1984 2 nd September 1984 14 th August 2021 8 th September 1999 20 th June 1987 26 th June 1977
400 Metres 1 1 3 4 5 6 7 8 9 10 800 Metres 1 2 3 4 5 6 7 8 9 10 800 Metres 1 2 3 4 5 6 7 8 9 10 800 Metres 1 800 Metres 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 9 10 8 8 8 9 10 8 8 8 9 10 8 8 9 10 8 8 8 9 10 8 8 8 8 8 8 9 1 8 8 8 8 8 8 8 8		Matthew Russell Ronnie Adoma Charlie Moss Ike Okwudi Jacob Blanc Sam Sanusi Emmanuel Asirifi-Otchere Russell Bailey Andy Lewis Reece Harriott Kevin Farrell Nian Jarvis Andrew Bartlett Danny Wilson Leroy Groves Jacob Blanc Philip Sadler Russell Bailey Findlay McLaren Matthew Bloy Russell Middleton Gary Robbins Dan Peters Glen Coppin Ian Chambers	22.30 22.35 22.53 22.59 22.70 50.4 50.4 50.76 50.50 50.6 50.9 50.92 50.92 50.95 50.98 51.0 1:54.6 1:54.81 1:55.31 1:56.5 1:56.57 1:56.9 1:56.93	28 th August 2021 11 th July 2008 25th June 2023 1 st August 2021 20 th September 2020 26th May 2024 9 th July 1978 28 th June 2008 10 th May 2008 9 th June 2018 14 th September 1994 13 th June 1992 5 th July 2003 14 th May 2011 21 st June 1987 12 th June 2021 12 th June 2021 12 th June 1993 15 th July 1978 22nd June 2024 31 st May 2006 16 th September 1984 14 th August 2021 8 th September 1999 20 th June 1987

1500 Metres				
1	Freddie Rowe	4:00.2 (4:01.13 ind)		18 th May 2024 11 th February 2024)
2	Ross Clarke	4:01.44		24 th Aug 2005
3	Matthew Bloy			10 th June 2006
4	Richard Bolam	4:01.5		
		4:01.9		20 th August 1972
5	Gary Robbins	4:02.1		5 th August 1984
6	Ashley Reece	4:03.23		29 th June 2005
7	Russell Middleton	4:03.3		19 th May 1984
8 =	Paul Berrett	4:04.2		15 th July 1978
8 =	Paul Turner	4:04.2		15 th May 1982
10	Gavin Maley	4:06.7		14th August 1994
Previously listed b		0.57.0		1 oth 1 1070
	Richard Bolam	3:57.8		16 th June 1973
	Roy Young	4:02.0 **		12 th July 1963
	** Mile time less 17.5	seconas		
3000 Metres				
1	Freddie Rowe	8:38.38	U15	6 th September 2023
2	Ross Clarke	8:44.54		29 th June 2005
3	Hoseah Gikungu	8:57.46		14 th Aug 2011
4 =	Gavin Maley	9:00.2		1994
4 =	Ashley Reece	9:00.2		18 th July 2004
6	Richard Bolam	9:02.4		17 th June 1972
7	John Deacon	9:07.1		7 th September 1997
8	Paul Turner	9:09.4		16 th May 1982
9	G Smith	9:10.0		19 th August 1973
10	John Broad	9:10.2		26 th May 1971
Previously listed be				
	Adrian Murphy	8:47.0		3 rd July 1974
100 Metres Hurdles	- 3.0ft (91.4cms)			
1	Jacob Blanc	12.91		10 th July 2021
2	Sam Sanusi	13.04		5 th September 2020
3	Robbie Clarricoats	13.1		7 th July 2012
		(13.19		20 th May 2012)
4	Joshua Olawore	13.35		20 th August 2011
5	Jack Edgar-Hill	13.40		2 nd August 2009
6	Toby Bishop	13.58		11 th May 2019
7	Bradley James	13.6		11 th August 2019
		(14.00		28 th July 2019)
8	Al-Ameen Salaam	13.62		8 th July 2022
9	Richard Hall	13.63		10 th July 1992
10	James With	13.86		13 th September 2020
Wind Assisted Mar				
	Joshua Olawore	13.21		14 th May 2011
	Richard Hall	13.43		5 th July 1992
	George Hadler	13.75		14 th May 2011
	s – 2ft. 9 ins (84.2cms)			
1	Jacob Blanc	54.79		31 st May 2021
2	George Hadler	54.85		14 th July 2012
4	Thomas Pitkin	55.25		12 th July 2014
4	Kevin Lidlow	56.4		10 th July 1978
5	Paul Dunston	56.8		6 th September 1981
6	Toby Bishop	57.08		26 th May 2019
7	Bradley James	57.98		21 st July 2019
8	Simeon Barker	58.20		30 th June 2024
9	Martin Cooper	58.52		29 th June 1996
10	Marc Evanson	58.6		20 th August 1989

1,500 Metres Steepl	echase			
1	David Caton	4:15.0		9 th June 1984
2	Gareth Scott	4:27.5		11 th July 1986
3	Freddie Rowe	4:28.2		26 th May 2024
3	Tredule nowe			30 th June 2024)
4	Gavin Maley	(4:29.35		12 th August 1994
4		4:29.5		
5	Paul Berrett	4:34.6		3 rd September 1978
6	Daniel Belbeck	4:35.0		23 rd September 1989
7	Paul Bettridge	4:37.0		11 th August 1973
8	David Francis	4:39.8		9 th May 1964
9	Keith Berrett	4:40.0		6 th September 1981
10	G Smith	4:41.0		11th August 1973
Link luman				
High Jump	Stoven Brody	1.95m		18 th August 2001
1 2	Steven Prady			0
2 3	Dean Tompkins	1.93m		5 th May 1990
3	Jack Hignett	1.91m Indoor		3 rd March 2024
	D	(1.86m		2 nd July 2023)
4 =	David Stringer	1.90m		21 st July 1990
4 =	Richard Brown	1.90m		19 th April 1998
4 =	Scott Keating	1.90m		8 th August 2002
4 =	Shandell Taylor	1.90m		4 th September 2016
8	Jamal Thomas	1.87m		6 th May 2018
9 =	Steve Thornett	1.86m		21 st September 1980
9 =	Richard Kindell	1.86m		18 th April 1993
9 =	Nathanael Adeniran	1.86m		13 th August 2017
Previously listed bu				
	Alan Murrell	1.89m		23 rd May 1963
Long Jump				
1	Joshua Olawore	7.20m		21 st August 2011
2	Alex Law	6.85m		8 th June 2013
3	Shandell Taylor	6.80m		4 th September 2016
4	Sam Sanusi	6.75m		30 th June 2019
5	Hudson McClean	6.74m		9 th July 1973
6	Denzel Achi	6.71m		12 th June 2021
7	Stuart Wells	6.69m		14 th May 1995
8	Jacob Blanc	6.59m		28 th June 2021
9	Vince Lazaro			10 th June 2006
		6.53m		
10 Wind Assisted Mark	John Davies	6.50m		15 th August 1998
wind Assisted Mark		6 06m		1 Eth August 1000
	John Davies	6.96m		15 th August 1999
	Hudson McClean	6.77m		7 th July 1973
	Richard Kindell	6.66m		16 th May 1993
Triple Jump				
1	Jimi Tele	14.86m		10 th July 2010
2	Eric Robinson	14.07m		21 st July 1956
3	Joshua Olawore	14.02m Indoor		26 th February 2011
0		(13.94m		11 th June 2011)
4	John Davies	13.88m		12 th June 1999
5	Chris Brown	13.79m Indoor		25 th January 2020
5		(13.42m		12 th June 2021)
6	Stuart Wells			
6		13.65m		11 th June 1994
7	Ray Harwood	13.44m		15 th June 1963
8	Joseph Ramie	13.43m	<u></u>	9 th September 2007
9	Lorne Gutteridge	13.12m	?U15	?1980
10	Carl Patten	13.10m		27 th June 2004
Wind Assisted Mark				
	Richard Kindell	13.34m		16 th May 1993
Pole Vault				
1	Ed Thompson	3.72m Indoor		17 th March 2013
		(3.60m		13 th April 2013)
0	Doon Tompking	•		24 th June 1990
2 =	Dean Tompkins	3.70m		
2 =	Richard Gray	3.70m		20 th July 1993
4	Kevin Tufton	3.60m		27 th April 1996
5	Peter Dukelow	3.55m		June 1964
6	Peter Brinton-Quinn	3.50m		7 th April 2019
7	Aaron Bonning	3.40m		9th September 1992
8	Malcolm Thraves	3.35m		29 th June 1968
0004 undatas in bl			000	

9 =		
	Brendan Lawlor	3.30m
9 =	Anthony Chambers	3.30m
9 =	Andrew Kerr	3.30m
Chat Dutt Eka		
Shot Putt - 5kg		
1	Scott Hayes	15.82m
2	Terry Kent	15.08m
3	Laurence Goodacre	14.39m
4 =	Andy Woolgar	14.23m
4 =	Emmanuel Quarshie	14.23m
6 =	Mark Bird	13.32m
6 =	Ayo Babatunde	13.32m
8	Paul Whitcombe	13.18m
9	Nick Addison	13.04m
10	Brendan Burgess	12.94m
NB Shot Putt - 6kg		
	Emmanuel Quarshie	13.09m
	Laurence Goodacre	13.08m
		15.0011
NB Shot Putt – 7.26		
	Emmanuel Quarshie	11.96m
Discus 1.5kg		
-	O a att I law a a	47 4 4
1	Scott Hayes	47.14m
2	Danny Wilson	46.27m
3	Steven Gough	44.06m
4	Patrick McLean-Tattan	43.12m
		-
5	Laurence Goodacre	41.63m
6	Nick Addison	40.30m
7	Dean Tompkins	40.02m
8	Neil Jones	39.90m
9	Leon Agu	39.31m
10	Paul Okesola	38.91m
Hammer - 5kg		
1	Joe Forde	52.93m
<u> </u>		
2	Bradley Reece	48.21m
2 3	Kevin Deacon	48.21m 48.10m
3	Kevin Deacon	48.10m
3 4	Kevin Deacon Scott Hayes	48.10m 45.68m
3 4 5	Kevin Deacon Scott Hayes Andrew Kerr	48.10m 45.68m 42.85m
3 4 5 6	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan	48.10m 45.68m 42.85m 42.39m
3 4 5	Kevin Deacon Scott Hayes Andrew Kerr	48.10m 45.68m 42.85m
3 4 5 6 7	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent	48.10m 45.68m 42.85m 42.39m 41.16m
3 4 5 6 7 8	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m
3 4 5 6 7 8 9	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m
3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m
3 4 5 6 7 8 9	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m
3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m
3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m
3 4 5 6 7 8 9 10 NB Hammer - 6kg	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.50m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.50m 60.12m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.50m 60.12m 59.74m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.50m 60.12m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.50m 60.12m 59.74m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.50m 60.12m 59.31m 55.47m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.96m 60.12m 59.74m 59.31m 55.47m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.50m 60.12m 59.31m 55.47m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.96m 60.12m 59.74m 59.31m 55.47m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet Zak Williams	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 60.12m 59.74m 59.31m 55.47m 55.12m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.96m 60.12m 59.74m 59.31m 55.47m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet Zak Williams	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 60.12m 59.74m 59.31m 55.47m 55.12m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet Zak Williams	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 60.12m 59.74m 59.31m 55.12m 53.10m 64.38m 54.99m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet Zak Williams Max Law Bonne Buwembo Georgie Bean	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 63.50m 60.12m 59.74m 55.12m 53.10m 64.38m 54.99m 54.22m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet Zak Williams Max Law Bonne Buwembo Georgie Bean Bobby Williams	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 60.12m 59.74m 55.12m 53.10m 64.38m 54.29m 54.22m 53.23m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet Zak Williams Max Law Bonne Buwembo Georgie Bean Bobby Williams Bradley James	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 60.12m 59.74m 59.31m 55.12m 53.10m 64.38m 54.22m 53.23m 51.18m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet Zak Williams Max Law Bonne Buwembo Georgie Bean Bobby Williams	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 60.12m 59.74m 55.12m 53.10m 64.38m 54.29m 54.22m 53.23m
3 4 5 6 7 8 9 10 NB Hammer - 6kg Javelin - 700g 1 2 3 4 5 6 7 8 9 10	Kevin Deacon Scott Hayes Andrew Kerr Patrick McLean-Tattan Terry Kent Chris Bartlett Lewis Williams Sonny Nash Bradley Reece Max Law Bonne Buwembo Bradley Burr Bobby Williams Steve Savill Georgie Bean Bradley James Peter Brinton-Quinn William Peet Zak Williams Max Law Bonne Buwembo Georgie Bean Bobby Williams Bradley James	48.10m 45.68m 42.85m 42.39m 41.16m 39.01m 38.87m 38.18m 42.77m 75.30m 66.54m 63.96m 60.12m 59.74m 59.31m 55.12m 53.10m 64.38m 54.22m 53.23m 51.18m

20th June 1982 23rd August 1986 15th August 2010 29th May 1989 19th September 1982 7th June 2008 27th July 1980 24th May 2008 September 1978 19th September 1978 1986 2nd May 1982 12th September 1978 27th September 2008 24th May 2009 13th September 2008 26th February 1989 3rd September 2011 8th July 1977 30th May 2021 14th April 2009 19th June 1983 27th May 1990 16th June 1985 12th August 2023 6th September 2015 10th October 2004 6th May 2007 6th September 2000 14th May 1989 6th June 2010 5th September 2021 1st August 1982 23rd July 2000 13th June 2009 15th June 2014 1st July 2007 7th July 2018 3rd September 2006 18th April 2009 14th May 2023 8th July 1983 25th May 2008 12th July 2019 27th June 2019 1st July 1961 29th June 2024 16th September 2018 30th July 2005 14th June 2008 18th June 2023 13th September 2020 19th April 2008 30th June 2019

Pentathlon

1	Joshua Olawore	3007 Points 13.6 (100mH), 6.49m (LJ), 27.95m	18 th May 2011
2	Toby Bishop	(DT), 33.43 (JT), 52.7 (400), 3005 Points 13.7 (100mH), 6.16m (LJ), 33.07m	22 nd May 2019
3	Dean Tompkins	(DT), 40.63 (JT), 54.8 (400), 2610 Points 5.75m (LJ), 38.24m (JT), 24.4 (200m), 34.02m (DT) 5:18.4 (1500)	22 nd April 1990
Octathlon			
(Long Jump, Discus,	. <i>Javelin, 400m, 100</i> Joshua Olawore	Dm H, High Jump, Shot, 1500m 5200w Points (6.93m W, 36.32m (DT), 41.14m (JT), 52.46 (400), 13.33s w (100mH), 1.77m (HJ), 12.72m (SP), 5:07.33 (1500)	18 th September 2011
2	Jacob Blanc	{5179 points with 6.84m w LJ}) 4960 Points (6.43m, 33.28m, 28.52m, 51.82, 13.25,	19 th September 2021
3	Bradley Burr	1.74m, 11.37m, 4:35.77) 4476 Points (5.39m, 15.1 (100H), 54.59 (JT), 56.1 (400), 1.66m (HJ), 11.17m (SP), 31.53	27 th June 2009
4	Ayo Babatunde	(DT), 4:54.7 (1500) 4314 Points (5.82m, 30.56m, 34.11m, 52.67, 15.22, 1.59m, 13.32m, 5:24.76)	19 th September 2021
5	Alex Law	4274 Points (6.67w, 28.78m, 30.27m, 53.32s; 14.01s, 1.62m, 8.79m, 5:22.89)	16 th September 2012
6	Dean Tompkins	4273 Points (12.1, 5.64m, 11.82m, 36.68m, 1.81m, 31.20m, 56.2, 5:13.1)	16 th July 1989
	ins: 100m, Long Ju Brendan Burgess	<i>Imp, Shot, Discus, High Jump, Javelin,</i> 4233 Points (5.59m, 37.09m, 31.40m, 55.52, 14.99,	400m, 1500m) 19 th September 2021
8	Sam Sanusi	1.47m, 12.54, 5:05.00) 4127 Points (6.13m, 24.78m (DT), 25.46 (JT), 54.7, 13.5, 1.74m, 10.95m, 5:38.5)	23 rd June 2019
4 x 100 Metres Relay		fi-Otchere, Joel Ajayi, Daniel wudi	23 rd July 2023
4 x 200 Metres Relay	1:36.2 Team Unknown		7 th August 1976
4 x 400 Metres Relay	3:28.7 Team Unknown		13 th September 1978
4 x 800 Metres Relay	8:15.1 Ian Berrett, Keith	Evans, Simon Pattle, Andy Coleman	26 th August 1976
4 x 1500 Metres Relay	17:46.6 Team Unknown		10 th September 1986
3 x 800 Metres Relay	6:08.5 Trevor Robinson,	Daniel Belbeck, Peter Brannon	6 th September 1989
3 x 1500 Metres Relay		ssell Middleton, Gary Robbins	12 th September 1984
Medley Relay 200, 200, 400, 800	3:39.9 David Burke, Ton Robbins	y Osborne, Russell Middleton, Gary	13 th June 1984

Other Youths / U17 Records

60 metres	Joel Ajayi	6.82	10 th February 2024
150 metres	Matthew Russell	16.5	23 rd March 1997
	Eugene Ayanful	16.5	19 th March 2006
300 Metres	Richard Kindell	36.5	14 th April 1993
600 Metres	Glen Coppin	1:27.2	15 th March 1998
1000 Metres	P Williams	2:37.8	11 th May 1961
Two Miles	Stephen Harrison	9:22.8	15 th September 1965
60 Metres Hurdles	Sam Sanusi	8.11	23 rd February 2020
300 Metres Hurdles	Jacob Blanc	38.48	2 nd May 2021
300 Metres Hurdles =	Kevin Benton	44.4	24 th March 1996
(3ft 0ins 91.4cms) =	Ricky Alexander	44.4	24 th March 1996