

Senior Men (as at 30th September 2025)

100 Metres

1	10.16	+1.5	Richard Akinyebo	8-Sep-01		Stratford	30th August 2025
2	10.49		Joel Ajayi	24-Oct-07	U17	Chelmsford	8th June 2024
3=	10.54	+1.9	Kevin Farrell	31-Oct-77	U23	Birmingham	24th July 1998
3=	10.54	-0.9	Matthew Russell	20-Jan-81		Manchester	10th July 2004
5=	10.6		Francois Du Toit	16-Oct-70		Woking	29th June 1997
5=	10.6	+0.8	Mo Marenah	25-Jan-70		Corby	28th May 1990
7	10.66	+1.8	Joshua Olawore	31-Jul-95	U23	Bournemouth	2nd July 2016
8	10.73	+1.4	Eugene Ayanful	14-May-90	U17	Birmingham	5th August 2006
9=	10.8		Ross Bacchus	6-Jun-81	U20	Hornchurch	9th May 1998
9=	10.8		David Finnegan	20-Sep-75			1999
			10.81 +1.1			Bloemfontein	4th Feb 2000
11	10.89	+1.9	Ronnie Adoma	25-Jun-05	U20	Woodford	18th Apr 2022
12=	10.9y		Fred Alsop	20-Oct-38		Hornchurch	15th May 1965
12=	10.9		Nick Mayfield			Chelmsford	15th Apr 1973
12=	10.9	-1.9	Brendan Lawlor	28-Feb-67	U20		19th Aug 1986
12=	10.9		Steve Simmons	10-Nov-74	U23		19th Aug 1995
12=	10.9	+1.2	Luke Stott	23-Jan-87	U20	Loughborough	22nd April 2006
			11.02 +1.5			Birmingham	29th April 2006
12=	10.9		Nathan Steele	20-Jun-91		Cambridge	4th July 2015
			11.03 +0.3			Lee Valley	20th July 2016
18	10.92	+0.9	Matthew Agnimmel	17-Jul-00		Gillingham	13th July 2025
19	10.93	+1.0	Lewis Bailey	4-Mar-98	U23	Nuneaton	2nd June 2018
20	10.94	+1.6	Ayomide Akingbehin	22-Dec-97	U23	Newham	16th June 2019

Wind Assisted Marks

	10.38	+2.2	Joel Ajayi	24-Oct-07	U17	Lee Valley	23rd June 2024
	10.5	+3.6	Mo Marenah	25-Jan-70	U23	Kirkby	22nd June 1991
	10.59A		Francois Du Toit	1-Oct-70			22nd June 1997
	10.61	+2.1	Joshua Olawore	31-Jul-95	U23	Chelmsford	4th June 2016
	10.65	+4.1	David Finnegan	20-Sep-75		Castle Island	11th June 2000
	10.7		Nick Mayfield			Redhill	13th May 1972
	10.7		Luke Stott	23-Jan-87	U23	Abingdon	28th June 2008
			10.84 +4.3			Donnas, ITA	10th July 2010
	10.8		Graham Healy	24-Apr-70	U23	Oxford	21st July 1990
	10.85	+2.1	Joseph Ramie	14-Dec-90		Woodford	17th Aug 2019
	10.87	+3.5	Richard Morrissey	11-Jan-91	U20	Hendon	29th Aug 2009
	10.88	+2.7	Nathan Steele	20-Jun-91		Chelmsford	4th June 2016
	10.89	+4.0	Ayomide Akingbehin	22-Dec-97	U23	Newham	16th June 2019
	10.9		Mark Bishop	12-Feb-67		Cannock	7th Sep 1991
	10.9		David Burke	13-Sep-68	U23	Southend	7th May 1988
	10.90	+3.2	Lewis Bailey	4-Mar-98	U20	Reading	6th June 2015
	10.94	+5.8	Leo Barker	26-Dec-78		Lee Valley	27th Apr 2011

200 Metres

1	20.62	+1.3	Richard Akinyebo	8-Sep-01		Birmingham	3rd Aug 2025
2	21.35	+0.8	Joshua Olawore	31-Jul-95	U23	Chelmsford	4th June 2016
3=	21.4		Mo Marenah	25-Jan-70	U23	Woodford	12th June 1991
3=	21.4	+0.6	Kevin Farrell	31-Oct-77	U23	Barking	8th Aug 1998
			21.45 -0.4		U23	Birmingham	25th July 1998
5	21.5	-1.1	Francois Du Toit	16-Oct-70		Derby	5th July 1997
6=	21.6		Graham Healy	27-Apr-70	U23	Croydon	1st Sept 1991
6=	21.6		Matthew Russell	20-Jan-81		Newham	26th June 2004
			21.63 -3.0			Chelmsford	16th May 2004
8=	21.7		Brendan Lawlor	28-Feb-67	U20	Crystal Palace	3rd Aug 1986
8=	21.7	-0.6	Steve Simmons	10-Nov-74	U23	Sheffield	19th Aug 1995
			21.71 -1.3		U23	Birmingham	16th July 1995
8=	21.7	+1.1	Philip Sadler	22-Apr-77	U23	Southend	9th May 1999
8=	21.7		Matthew Agnimmel	17-Jul-00		Cambridge	14th July 2024

			21.89 -0.2			Woodford	17th July 2025
12	21.74	+1.3	David Finnegan	20-Sep-75		Tullamore, IRE	13th Aug 2000
13	21.75	+0.7	Richard Morrissey	11-Jan-91	U23	Claremont, US	14th April 2012
14	21.8	-0.1	Otis Griffith	4-Feb-70		Swansea	8th May 1993
15	21.86	+0.4	Joseph Ramie	14-Dec-90		Woodford	17th Aug 2019
16	21.87		Isaac Ogunlade	28-Oct-91	U23	Mile End	5th Aug 2013
17	21.89	-0.4	Joel Ajayi	24-Oct-07	U17	Crawley	30th June 2024
18=	21.9		George Dalby	16-Dec-48	U23	Newham	6th June 1970
18=	21.9	+0.7	Mark Bishop	12-Feb-67		Cannock	7th Sept 1991
20	21.91	-1.4	Eugene Ayanful	14-May-90	U17	Crystal Palace	28th July 2006
Wind Assisted Marks							
	21.18		Joshua Olawore	31-Jul-95	U23	Bournemouth	2nd July 2016
	21.2		Mo Marenah	25-Jan-70	U23	Hoo	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		Cannock	7th Sept 1996
	21.67	+3.3	Isaac Ogunlade	28-Oct-91	U23	Lee Valley	14th Aug 2013
	21.69	+2.9	Matthew Agnimmel	17-Jul-00		Lee Valley	1st June 2025
	21.8		Luke Stott	23-Jan-87	U23	Abingdon	28th June 2008

400 Metres

1	46.49		Mark Bishop	12-Feb-67	U23	Tonsberg, NOR	15th Jul 1989
2	47.10		Richard Morrissey	11-Jan-91	U23	Azusa, USA	20th Apr 2012
3	47.25		Matthew Agnimmel	17-Jul-00		Chelmsford	31st May 2025
4	47.26i		Tom Pitkin	15-Jan-98		Sth Bend USA	3rd Dec 2021
	47.50				U23	Bedford	23rd June 2019
5	47.32		David Finnegan	20-Sep-75		Dublin, IRE	20th Aug 2000
6	47.47		Graham Healy	27-Apr-70	U23	West London	7th July 1991
7	47.6		Mike Cowing	17-Sep-60		Thurrock	28th July 1985
	47.76					Crystal Palace	7th June 1986
8	48.35		Isaac Ogunlade	28-Oct-91	U23	Hendon	27th July 2013
9	48.6		Otis Griffith	4-Feb-70		Bournemouth	7th May 1994
10	48.72		Kevin Lidlow	19-May-62	U20	? Dublin, IRE	?30th Aug 1980
11=	48.8y		Sid Purkis	10-May-38	U23		1st Sept 1959
11=	48.8		Tony Osborne	19-Nov-68	U23	Loughboro	27th June 1990
13	48.9		Kevin White	3-Jun-57		Aldershot	14th June 1981
14	49.0		Phil Sadler	22-Nov-77	U23	Liverpool	31st July 1999
15	49.09		Ian Chambers	22-Mar-71	U20	Bratislava	13th June 1989
16	49.40		Andrew Lewis	13-Nov-91	U20	Exeter	4th July 2009
17	49.45		Akeem Akintokun	22-Sep-93		Hendon	16th June 2019
18	49.59		Jacob Blanc	19-Oct-04	U20	Woodford	28th May 2022
19=	49.6y		Peter Winch	1-Apr-49	U20		28th July 1968
19=	49.6		Matthew Russell	20-Jan-81	U23	Abingdon	13th Sept 2003

800 Metres

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		Ian Pearce	2-Sep-43		Crystal Palace	26th Aug 1974
4	1:51.05		Freddie Rowe	2-Apr-09	U17	Gillingham	12th April 2025
5	1:51.2		Roy Young	24-Jun-46		Crystal Palace	19th May 1971
6	1:51.6		Gavin Maley	19-May-78		Blackpool	3rd Aug 2002
7	1:52.2		Gary Robbins	16-Feb-68	U20	Newham	19th July 1987
8	1:52.37		Ross Clarke	20-Sep-88	U23	Watford	2nd July 2008
9	1:52.49		Russell Middleton	23-Jan-68		Crystal Palace	13th June 1992
10	1:52.7		Pat Gahagan	26-Jul-61		Parliament Hill	15th Aug 1984
11	1:53.46		Paul Grange	17-May-79	V35	Chelmsford	4th June 2016
12	1:53.7		Mark Blackburn	26-Dec-61		Woodford	28th May 1984
13	1:53.8		Keith Evans	22-Oct-59	U20	Crystal Palace	15th July 1978
14	1:53.81		Finn Hutton	11-Nov-98	U23	Nuneaton	2nd June 2018
15	1:54.2		Michael Boxall	26-Sep-50	U20		31st Aug 1968
16	1:54.25		Glen Coppin	16-Jan-83	U20	Sheffield	8th July 2000
17	1:54.33		Thomas Keevil	22-Sep-00	U20	Eltham	15th Aug 2018

18	1:54.55	Findlay McLaren	25-Nov-08	U17	Twickenham	18th June 2025
19	1:54.6	Russell Bailey	7-Oct-61	U17	Crystal Palace	15th July 1978
20=	1:54.7y	Michael Creedon				3rd July 1968
20=	1:54.7	Nigel Tyler	17-Apr-59			15th June 1986

1500 Metres

1	3:41.13	Des English	6-Jun-67		Ljubjana, SLO	27th May 1996
2	3:41.9 *	Roy Young	24-Jun-46		Motspur Park	14th July 1971
3	3:44.62	Freddie Rowe	2-Apr-09	U17	Twickenham	18th June 2025
4	3:45.3	Nigel Tyler	17-Apr-59		Harlow	19th May 1985
		3:45.36			Crystal Palace	15th June 1985
5	3:49.12	Ross Clarke	20-Sep-88	U23	Watford	30th July 2008
6	3:50.0	Matthew Bland	9-Feb-67		Hornchurch	20th July 1991
7	3:50.4	Paul Bettridge	27-Feb-57		Crystal Palace	11th Aug 1982
8	3:51.7	Pat Gahagan	26-Jul-61		Edinburgh	30th June 1984
9	3:51.8	Richard Bolam	18-Jun-56	U20	Crystal Palace	15th June 1974
10	3:52.1	Gary Robbins	16-Feb-68	U20	Thurrock	19th Sept 1986
11	3:52.3	Michael Creedon				30th June 1968
12	3:52.61	Martin Kearns	6-Apr-73			9th June 1999
13	3:53.0 *	Brian Turner	10-Mar-38	U23	White City	11th July 1958
14	3:53.41	Gavin Maley	19-May-78		Barking	15th May 2005
15	3:53.7 *	Sid Purkis	10-May-38			1965
16	3:54.2	Les Stock			Hornchurch	16th May 1970
17	3:54.4	Adrian Murphy	14-Jul-57	U20	Crystal Palace	7th Aug 1975
18	3:54.6	Ian Pearce	2-Sep-43		Hornchurch	22nd July 1972
19	3:55.30	Ben Davis	13-Apr-99		Liverpool	5th Aug 2023
20	3:55.6	Mark Shaw	6-Jan-65			7th Aug 1991

* Mile time less 17.5 seconds

5 000 Metres

1	14:13.0	Roy Young	24-Jun-46		Southend	5th June 1971
2	14:14.51	Nigel Tyler	17-Apr-59		Crystal Palace	7th June 1986
3	14:18.6	Paul Bettridge	27-Feb-57		Ipswich	3rd July 1982
4	14:21.00	Mark Shaw	6-Jan-65		Hornchurch	20th July 1991
5	14:44.8	Adrian Murphy	14-Jul-57	U20	Kirkby	26th July 1975
6	14:47.6	Peter Richardson	10-Oct-47		Hornchurch	22nd July 1972
7	14:48.69	Ross Clarke	20-Sep-88	U23	Bedford	21st June 2008
8	14:50.0	Tim Pailthorpe	20-Nov-38		Hornchurch	16th May 1970
9	14:50.78	Grant Twist	15-Oct-90		Bedford	10th June 2018
10	14:51.3	John Barker	21-Jun-65		Luton	8th Sept 1990
11	14:53.02	Ben Davis	13-Apr-99		Tooting Bec	3rd July 2024
12	14:57.0	Paul Bryan	29-Apr-47		Redhill	13th May 1972
13	14:59.0	Michael Theobald	14-May-45		Maidenhead	3rd June 1972
14	14:59.13	James Connor	21-Mar-83	V35	Chelmsford	7th May 2022
15	15:07.0	Terry Edwards				13th May 1961
16	15:07.5	James Stewart	8-Jul-99		Brentwood	12th June 2024
17	15:07.65	Trevor Keys	29-Feb-76		Chelmsford	15th May 2004
18	15:09.0	Richard Thurston	5-Feb-49			20th May 1978
19	15:09.4	John Halliday				31st May 1975
20	15:14.0	Colin Tilley	16-Dec-50	U23		1st Sept 1971

10 000 Metres

1	29:22.4	Roy Young	24-Jun-46		Crystal Palace	17th Apr 1974
2	30:14.4	Nigel Tyler	17-Apr-59		Basildon	26th Apr 1987
3	30:42.4	Mark Shaw	6-Jan-65		Hornchurch	2nd June 1991
4	30:48.0	Peter Richardson	10-Oct-47			16th Apr 1975
5	31:19.7	John Barker	21-Jun-65		Hendon	28th July 1996
6	31:29.38	Grant Twist	15-Oct-90		Highgate	19th May 2018
7	31:36.48	James Connor	21-Mar-83	V40	Chelmsford	29th June 2024
8	31:39.1	Paul Bettridge	27-Feb-57		Walthamstow	21st May 1989
9	32:01.0	Bill Stowe				6th June 1971

10	32:22.8	Paul Bryan	29-Apr-47	V35		17th June 1983
11	32:25.8	Richard Thurston	5-Feb-49			5th May 1980
12	32:41.2	Len Parrott	7-Aug-35	V40	Hendon	16th Jul 1977
13	32:56.21	Alex Ford	3-Nov-03		Loughboro	19th April 2025
14	32:57.2	Barry Diss				10th May 1981
15	33:02.3	Andy Coleman				31st May 1992
16	33:03.6	Robert Warner	30-May-81		Braintree	11th July 2018
17	33:34.7	Matthew Bland	9-Feb-67		Hendon	18th July 2004
18	34:40.0	Edward Andrews	-32	V45		19th Apr 1978
19	34:46.6	Mark Taylor				9th May 1987
20	34:48.8	Jim Chellew				19th June 1994

Marathon

1	2:20.16	James Connor	21-Mar-83	V35	London	3rd Oct 2021
2	2:21.15	Paul Bettridge	27-Feb-57		London	12th Apr 1992
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	2:33.32	Barry Diss	-46		Canvey Island	23rd Aug 1980
7	2:35.53	David Cooper			Chiswick	13th June 1964
8	2:37.13	Richard Thurston	5-Feb-49			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	2:42.50	James Blogg	26-Feb-79	V40	Berlin	24th Sept 2023
13	2:44.37	Len Parrott	7-Aug-35		Harlow	25th Oct 1969
14	2:44.43	Sean Reuby	7-Jun-67		London	26th Apr 1998
15	2:46.27	Jason Lendon	17-Mar-75		London	17th Apr 2005
16	2:47.09	Edward Andrews	-32	V35	Harlow	25th Oct 1969
17	2:50.00	Richard Heath	13-Sep-73	V40	London	26th Apr 2015
18	2:50.59	Glen Hill	15-May-86		London	17th Apr 2011
19=	2:51.39	Jason Crispin	12-Jun-79	V35	London	26th Apr 2015
19=	2:51.39	Barry Smith	14-Apr-78	V45	London	23rd Apr 2023

110 Metres Hurdles

1	14.19	+0.9	Francois Du Toit	16-Oct-70		Haringey	27th July 1997
2	14.35	+0.5	Paul Conroy	24-Aug-71		Dublin	20th Aug 2000
3	14.4		Mark Bishop	12-Feb-67		Woodford	18th May 1991
			14.48 +1.4			Walthamstow	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
			15.34 +1.5			Dublin, IRE	25th July 1999
9	15.4		George Hadler	10-Oct-95	U23	Cambridge	4th July 2015
			15.55 +0.1		U20	Par	5th July 2014
10	15.68		Brett Heath	6-Jan-75	U20	Hendon	21st Aug 1994
11	15.8y		Bill Peaty		U20		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	16.16	-0.5	Jeremy Watson	16-Apr-88		Swansea	18th Aug 2012
18	16.2	+0.4	Kevin Benton	23-Dec-79	U23	Eton	5th June 1999
19=	16.3		Michael Sampson		U20		22nd Aug 1993
19=	16.3		Paul Dunston	12-Mar-65	U20		1st May 1982
19=	16.3		Richard Oates				5th May 1984
19=	16.3	-0.4	Stephen Kearns	12-May-75		Chelmsford	6th July 2002

Wind Assisted Marks

14.2	+4.8	Mark Bishop	12-Feb-67	U23	Liverpool	22nd June 1991
14.88	+2.1	Mark Perman	6-Jan-68		Hendon	31st Aug 1996
15.0	+3.2	Leo Barker	26-Dec-78	U23	Bebington	4th July 1998
15.01	+4.8	George Hadler	10-Oct-95	U23	Bedford	21st June 2015
15.58	+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 Metres Hurdles

1	51.07	Tom Pitkin	15-Jan-98		Normal IL USA	1st May 2021
2	51.28	Mark Bishop	12-Feb-67	U23	Birmingham	11th Aug 1989
3	52.23	Isaac Ogunlade	28-Oct-91	U23	Swansea	18th Aug 2012
4	52.81	Kevin Lidlow	19-May-62	U20	Antrim	25th May 1981
5	53.47	Jacob Blanc	19-Oct-04	U20	Manchester	24th June 2022
6	53.8	Paul Conroy	24-Aug-71		Enfield	6th June 1998
7	54.61	Darren Matthews	14-Feb-66		Gateshead	19th Aug 1990
8	54.8y	Fred Alsop	20-Oct-38	U23	White City	16th May 1959
9	55.11	George Hadler	10-Oct-95	U20	Chelmsford	26th May 2013
10	55.12	Leroy Groves	5-Feb-71	U20	Crystal Palace	15th June 1988
11	55.57	Adam McCarthy	6-Dec-91	U23	Cambridge	5th Sept 2011
12	55.8	Tony Osborne	11-Nov-68			9th May 1992
13	56.0	Otis Griffith	4-Feb-70		Cannock	7th Sept 1996
14=	56.1	Richard Oates			Hornchurch	6th May 1985
14=	56.1	Kevin Benton	23-Dec-79	U23	Rugby	18th Aug 2001
16	56.58	Robbie Clarricoats	29-Oct-95	U20	Chelmsford	26th May 2013
17	56.6	David Troup	28-Oct-53	U20	Chelmsford	12th Aug 1972
18=	56.7	George Dalby	16-Dec-48			1st Oct 1972
18=	56.7	Stephen Kearns	12-Mar-75		Blackpool	3rd Aug 2002
20	56.90	Paul Dunston	12-Mar-65	U20		26th June 1982

3 000 Metres Steeplechase

1	8:38.05	Paul Bettridge	27-Feb-57		Crystal Palace	25th July 1982
2	8:58.4	Nigel Tyler	17-Apr-59			5th May 1986
3	9:07.98	Martin Kearns	6-Apr-73		Dublin	19th Aug 2000
4	9:11.5	Jason Lendon	17-Mar-75		Sheffield	16th May 1998
5	9:17.8	William Bullock	6-Mar-63			4th July 1987
6	9:23.0	Terry Hatch			Leyton	2nd May 1962
7	9:24.8	Richard Fisher	27-Feb-47	U23		1969
8	9:25.8	Paul Bryan				24th July 1976
9	9:32.0	Bill Stowe			Hornchurch	22nd May 1971
10	9:32.6	Robert Warner	30-May-81		Eltham	2nd Aug 2008
		9:37.14		V35	Bedford	29th July 2017
11	9:34.0	Keith Berrett		U20?		?
12	9:38.0	Simon Vines				20th Sept 1986
13	9:38.4	Mark Taylor			West London	7th July 1991
14	9:40.7	David Caton	4-Sep-67	U23		13th Aug 1988
15	9:44.38	Ben Davis	13-Apr-99	U20	Bournemouth	4th Aug 2018
16=	9:45.4	Steve Harrison		U20	Hornchurch	11th Aug 1965
16=	9:45.4	Trevor Keys	29-Feb-76		Basingstoke	21st May 2005
18	9:46.4	Roy Young	26-Jun-46		Newham	29th July 1972
19	9:47.0	Robert Day		U20	Hornchurch	15th May 1965
20	9:48.8	Grant Twist	15-Oct-90		Croydon	14th July 2018

High Jump

1	2.05m	Joe Naughton	17-Oct-74		Derby	5th July 1997
2	2.01m	Steve Thornett	23-Mar-64		Parl. Hill	25th July 1987
3	1.97m	Mark Bishop	12-Feb-67	U23	Brescia, ITA	17th Jun 1989
4=	1.95m	Steven Prady	19-Feb-85	U17	Rugby	18th Aug 2001
4=	1.95m	Gintalas Varanauskas	17-Apr-72	V40	Birmingham	26th July 2015
4=	1.95m	Shandell Taylor	16-Dec-99	U23	Woodford	17th Aug 2019
7	1.94m	Alan Murrell	28-Jan-46	U23	Loughboro'	14th May 1966
8=	1.93m	Steve Nadin		U20		7th July 1986
8=	1.93m	Dean Tompkins	20-Feb-74	U17	Hornchurch	5th May 1990
8=	1.93m	ind Brett Heath	6-Jan-75	U20		23rd Jan 1994
8=	1.93m	Richard Brown	00-May-82	U20	Hornchurch	5th July 1999
12=	1.91m	Tony Freeman		U20		7th July 1990
12=	1.91m	ind Jack Hignett	20-Sep-07	U17	Lee Valley	3rd March 2024
14=	1.90m	David Stringer	13-Mar-75	U17	Oxford	21st July 1990
14=	1.90m	M Dunn		U20		24th May 1986
14=	1.90m	Tony Wybrow				22nd Aug 1985
14=	1.90m	Scott Keating	24-Oct-86	U17	Chelmsford	18th Aug 2002
14=	1.90m	Jay Ryan	12-Jun-89	U23	Hemel Hemp	2nd May 2009
14=	1.90m	Aaron Eweka	13-Nov-03	U20	Chelmsford	31st July 2021
20	1.88m	Greg Archer	13-Mar-67	U20		5th May 1984

Long Jump

1	7.78m	+1.7	Shandell Taylor	16-Dec-99	U20	Birmingham	13th July 2018
2	7.74m		Fred Alsop	20-Oct-38		Ghent, BEL	6th June 1964
3	7.56m	-1.4	Stuart Wells	26-Jul-79	U20	Sheffield	12th July 1997
4	7.49m		Joshua Olawore	31-Jul-1995	U23	Dartford	15th Aug 2015
5	7.36m		Mark Bishop	12-Feb-67	U23	Dartford	27th May 1989
6	7.18m	-0.9	Joseph Ramie	14-Dec-90		Chelmsford	3rd June 2017
7	7.12m	ind	Jimi Tele	4-May-94		Lynchberg, USA	21st Jan 2017
8	7.11m		Joe Naughton	17-Oct-74		Peterborough	11th July 1999
9	7.08m		Peter Akwaboah	16-Jul-69	U20	Ilford	21st May 1988
10	7.02m	+1.1	Leo Barker	26-Dec-78		Rugby	31st Aug 1998
11	7.00m		Hudson McClean	30-Dec-56	U20	Hornchurch	8th Sept 1974
12	6.96m		Brett Heath	6-Jan-75	U23	Thurrock	28th Sept 1996
13	6.92m		Alex Law	20-Dec-1996	U20	Chelmsford	16th May 2015
14	6.90m		Eric Robinson	26-Nov-39		Cambridge	23rd Apr 1963
15	6.87m	ind	Shaun Stewart	18-Oct-81		Swansea	21st Aug 2010
			6.83m			Derby	27th May 2012
16	6.81m		Lorne Gutteridge	9-Jan-66	U20		28th May 1984
17	6.78m		Richard Holland	2-Apr-1994	U20	Stevenage	12th Aug 2012
18=	6.75m		Alan Tanner				24th July 1965
18=	6.75m		Greg Archer	13-Mar-67	U20		17th May 1986
18=	6.75m		David Leonard	27-Dec-66		Southampton	11th May 1991
18=	6.75m	+1.6	Sam Sanusi	13-Nov-03	U17	Hendon	30th June 2019

Wind Assisted or wind uncertain marks

7.68m	+3.8	Stuart Wells	26-Jul-79	U23	Cork, IRE	19th June 1999
7.40m		Mark Bishop	12-Feb-67	U23	Thurrock	17th Sept 1989
7.23m		Peter Akwaboah	16-Jul-69	U23	Colindale	6th May 1989
7.23m	+3.0	Joe Naughton	17-Oct-74		Dublin, IRE	25th July 1998
7.21m	+2.9	Joseph Ramie	14-Dec-90		Woodford	17th Aug 2019
7.13m		Hudson McClean	30-Dec-56	U20	West London	7th Sept 1974
6.99m		Eric Robinson	26-Nov-39		Cambridge	27th April 1964
6.96m		John Davies	19-Dec-82	U17	Sheffield	15th Aug 1999
6.95m		Alan Hardy	4-Sep-58	U20	Woodford	15th May 1976
6.77m	+2.4	Patrick Tattan-McLean	7-Mar-05	U20	Norwich	26th June 2022

Triple Jump

1	16.46m +0.8	Fred Alsop	20-Oct-38		Tokyo, JPN	16th Oct 1964
2	16.02m +0.4	Peter Akwaboah	16-Jul-69	U23	Oslo, NOR	15th June 1989
3	15.33m ind	Jimi Tele	4-May-94		Staten Is, USA	14 th Jan 2017
		15.25m -1.3		U23	Fairfax, USA	3rd May 2015
4	14.93m	Eric Robinson	26-Nov-39	U23	Billingham	2nd July 1960
5	14.18m	David Spavins	26-Sep-58		Hornchurch	15th May 1982
6	14.10m	Lorne Gutteridge	9-Jan-66	U20	Colchester	9th June 1984
7	14.08m	Roger Horwood	4-Dec-45	U20	Southend	30th May 1964
8	14.02m ind	Joshua Olawore	31-Jul-95	U17	Birmingham	26th Feb 2011
		13.94m		U17	Chelmsford	11th June 2011
9	14.03m +0.0	Emanuel Iwuchukwu	25-Dec-09	U17	Birmingham	12th July 2025
10	13.98m	Joseph Ramie	14-Dec-90	U20	Luton	24th May 2009
11	13.90m	David Leonard	27-Dec-66			1989
12	13.88m	John Davies	19-Dec-82	U17	Basildon	12th June 1999
13	13.86m	Kieron Keevil		U20		12th June 1993
14	13.81m	Ricky Brown	24-May-74		Battersea	20th May 2001
15	13.79m ind	Christopher Brown	27-May-05	U17	Lee Valley	25th Jan 2020
		13.42m		U17	Chelmsford	12th June 2021
16	13.74m	Stuart Wells	26-Jul-79	U20		8th Aug 1998
17	13.71m	Shandell Taylor	16-Dec-99	U20	Croydon	1st July 2018
18	13.53m	William Lee			Aldershot	14th May 1960
19	13.51m -0.2	Anthony Williams	7-Aug-89	U23	Hendon	5th June 2010
20	13.46m	M Dunks		U20		29th May 1966

Wind Assisted Marks

16.65m +2.5	Fred Alsop	20-Oct-38		White City	13th Aug 1965
15.33m +2.5	Jimi Tele	4-May-94	U20	Princeton, USA	12th May 2013
15.18m	Eric Robinson	26-Nov-39	U23	Cambridge	18th Oct 1961
14.06m	David Leonard	27-Dec-66		Walthamstow	21st May 1989

Pole Vault

1	4.60m	Joe Naughton	17-Oct-74		Salo, ITA	9th May 2004
2	4.50m	Mark Bishop	12-Feb-67	U23	Stoke	3rd Sept 1989
3	4.40m	Ed Thompson	2-Aug-97	U20	Norwich	19th Apr 2014
4=	4.30m	Brett Heath	6-Jan-75	U23	Middlesboro	30th June 1996
4=	4.30m	Mark Perman	6-Jan-68		Hendon	1st Sept 1996
6	4.20m	Kevin Tufton	30-Apr-80	U20	Portsmouth	22nd Aug 1999
7=	4.00m	Alan Hardy	4-Sep-58		Crystal Palace	14th Apr 1982
7=	4.00m	Stuart Tufton	18-Dec-50	V40		6th June 1993
7=	4.00m	Aaron Bonning	9-Nov-75	U23		21st Sept 1997
10	3.80m	Paul Raindle				26th July 1986
11	3.75m	John Woodberry	20-Jan-57	U20	Crystal Palace	14th Apr 1976
12	3.73m	Malcolm Thraves	19-Sep-57	U23	Chelmsford	5th Sept 1971
13	3.72m	Luke Williams	23-Feb-88	V35	Woodford	19th Aug 2023
14=	3.70m	Dean Tompkins	20-Feb-74	U17	Perivale	24th June 1990
14=	3.70m	Richard Gray		U17		20th July 1993
16=	3.60m	Jay Ryan	12-Jun-89	U20	Norwich	27th July 2008
16=	3.60m	Philip Groombridge	30-Jun-82		Southend	27th Aug 2012
18	3.58m	Peter Dukelow	15-Dec-47	U20	Hornchurch	23rd July 1966
19	3.55m	Ciaran Mastrogiacomo	03-Nov-04	U20	Gillingham	25th June 2023
20=	3.50m	Stuart Downhill			Chelmsford	14th June 1964
20=	3.50m	Peter Brinton-Quinn	21-Oct-02	U17	Hornchurch	7th April 2019
20=	3.50m	Matthew Page	16-Jul-06	U20	Dartford	9th July 2023

Shot Putt 7.26kg

1	15.82m	Laurence Goodacre	20-Sep-92		Reading	6th June 2015
2	15.35m	Scott Hayes	4-Jan-73	U20	Spokane, USA	7th July 1991
3	14.48m	Emmanuel Quarshie	3-May-92	U23	Bedford	3rd May 2014
4	14.07m	Joe Naughton	17-Oct-74		Arles, FRA	7th June 2003
5	13.80m	Brett Heath	6-Jan-75		Yeovil	22nd July 2000
6	13.68m	Steve Archer	25-Jan-55		Harlow	16th May 1981
7	13.45m	Peter Hallett	14-Aug-39		Newham	6th June 1970
8	13.33m	Leo Barker	26-Dec-78		Swindon	21st May 2011
9	13.00m	Glen Townsend	23-Apr-64		West London	7th July 1991
10=	12.82m	Mark Bishop	12-Feb-67		Swansea	8th May 1993
10=	12.82m	Derrick Grimley	5-May-30			5th July 1958
12	12.80m	Duane Jibunoh	18-Nov-95		Chelmsford	23rd July 2018
13	12.60m	Mark Bird	13-Feb-63			10th June 1984
14	12.49m	K Eldridge				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				25th June 1960
19	12.12m	Mark Perman	6-Jan-68		Basildon	10th May 1997
20	11.81m	Victor Davis				23rd Sept 1961

Discus 2.0kg

1	50.62m	Scott Hayes	4-Jan-73	U23		27th June 1993
2	47.14m	Duane Jibunoh	18-Nov-95	U23	Thurrock	8th July 2017
3	44.50m	Brett Heath	6-Jan-75		Woodford	29th Apr 2000
4	44.10m	Glen Townsend	23-Apr-64			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	39.86m	Robert Easman				2nd July 1988
11	39.68m	Mark Perman	6-Jan-68		Thurrock	29th Sept 1996
12	38.68m	Derrick Grimley	5-May-30			19th July 1958
13	38.39m	Patrick McLean-Tattan	7-Mar-05	U20	Bedford	3rd Aug 2024
14	38.22m	Lawrence Edwards	23-Jul-43	U23		25th Sept 1965
15	38.06m	Brian Baldry			Southend	31st May 1958
16	38.04m	Mark Bird	13-Feb-63			24th Feb 1991
17	37.75m	Steve Archer	25-Jan-55	V45	Thurrock	4th Aug 2001
18	37.46m	Craig Lacy	17-Jul-91		Hornchurch	14th Sept 2014
19	37.10m	Mark Bishop	12-Feb-67			19th May 1990
20	37.00m	Peter Hallett	14-Aug-39			2nd July 1970

Hammer 7.26kg

1	51.42m	Keith Robinson	9-Feb-52		Hounslow	7th May 1988
2	49.00m	Kevin Deacon	25-Feb-84	U23	Colchester	30th Aug 2004
3	47.83m	Daniel Gamester	29-Apr-78		Woodford	20th July 2005
4	45.58m	Bradley Reece	25-Jun-91	U20	Hendon	5th June 2010
5	45.24m	Danny Ward			Woodford	23rd Apr 1994
6	44.45m	Joe Forde	5-Jul-88		Kingston	13th July 2011
7	43.52m	Simon Kilminster	5-Aug-64	V35	Gloucester	4th Aug 2001
8	42.72m	Glen Townsend	23-Apr-64			24th Aug 1991
9	41.02m	Graham Greenaway	30-Jun-48	V40		23rd July 1988
10	40.62m	Mark Bird	13-Feb-63			2nd July 1988
11	40.44m	Robert Croker				20th May 1978
12	40.01m	Craig Lacy	17-Jul-91		Par	5th July 2014
13	39.08m	Lee Arrowsmith	30-Aug-85	U23	Colchester	3rd June 2006
14	38.00m	Greg Littlemore			Welwyn	28th July 1973
15	37.04m	Nick Addison	17-Mar-66			4th June 1988
16	33.57m	Laurence Goodacre	20-Sep-92		Yeovil	6th Aug 2016

17	32.77m	Sam Harrison	16-Oct-81	Ipswich	25th April 2015
18	30.10m	Neil Jones			6th June 1987
19	29.92m	Robert Easman			22nd July 1989
20	29.48m	Ray Vaughn			15th Aug 1992

Javelin New Model 800g

1	70.80m	Bonne Buwembo	24-Dec-89	U20	Abingdon	13th Sept 2008
2	68.57m	Max Law	13-May-02	U20	Bedford	2nd June 2019
3	66.76m	Peter Brinton-Quinn	21-Oct-02	U23	Chelmsford	15th July 2023
4	65.99m	Craig Lacy	17-Jul-91		Bedford	25th Aug 2014
5	63.48m	Mark Bishop	12-Feb-67		Lons, FRA	5th Aug 1990
6	61.08m	Steve Savill	10-Mar-67	U23	Colindale	6th May 1989
7	61.03m	Bradley James	23-Sep-03	U20	Chelmsford	7th May 2022
8	60.19m	Bradley Burr	2-Feb-93	U20	Woodford	17th Apr 2010
9	57.59m	Hal Hutton	3-Jun-03	U20	Hornchurch	25th Sept 2022
10	57.28m	Georgie Bean	26-Dec-91		Ipswich	5th Sept 2015
11	55.21m	Bobby Williams	14-Nov-06	U20	Chelmsford	12th May 2024
12	54.93m	Sam Harrison	16-Oct-81		Barking	29th Apr 2006
13	53.67m	Duane Jibunoh	18-Nov-95	U23	Chelmsford	6th June 2016
14	53.27m	Joe Naughton	17-Oct-74		Tartu, EST	18th July 2004
15	53.19m	Patrick McLean-Tattan	7-Mar-05	U20	Bedford	3rd Aug 2024
16	52.78m	Simon Hill	14-Jan-05	U20	Chelmsford	15th May 2022
17	52.77m	Leo Barker	26-Dec-78	U23	Wrexham	2nd Aug 1998
18	52.67m	Oliver Woods	11-Nov-01	U20	Hornchurch	13th Sep 2020
19	52.00m	Matthew Page	16-Jul-06	U20	St Albans	18th June 2023
20	51.20m	Patrick Lear	1-Nov-94	U20	Stevenage	12th Aug 2012

Decathlon

(100m Long Jump Shot High Jump 400m 110m hurdles Discus Pole Vault Javelin 1500m)

1	7594 E	Mark Bishop	12-Feb-67	U23	Stoke	2nd/3rd Sept 1989
						(11.09, 7.27m w, 11.31m, 1.91m, 47.05; 14.81, 35.08m, 4.50m, 55.84m, 4:27.96)
2	7440 E	Joe Naughton	17-Oct-74		Tartu, EST	17th/18th July 2004
						(11.70, 6.89m, 13.54m, 2.02m, 51.64; 15.47, 42.37m, 4.45m, 53.27m, 4:23.51)
3	6834 H	Brett Heath	6-Jan-75	U23	Thurrock	28th/29th Sept 1996
						(12.0 6.96m 13.51m 1.85m 52.2 15.7 43.22m 4.10m 48.68m 4:42.8)
4	6468 E	Leo Barker	26-Dec-78	U23	Derby	30th/31st May 1998
						(11.34 6.85m 10.71m 1.83m 50.67 15.3 36.41m 2.90m 50.12m 4:46.59)
5	6405 H	Mark Perman	6-Jan-68		Thurrock	28th/29th Sept 1996
						(11.9 6.68m 11.67m 1.82m 51.7 15.2 39.68m 4.20m 44.52m 5:21.1)
6	5437 H	Greg Archer	13-Jun-67	U20	Thurrock	29th/30th Sept 1984
						(12.0 6.39m 9.48m 1.79m 53.2 18.1 29.86m 2.60m 38.20m 5:03.9)
7	4949 H	Aaron Bonning	9-Nov-75	U23	Thurrock	28th/29th Sept 1996
						(12.6 6.29m 9.79m 1.73m 58.1 18.3 26.26m 3.70m 44.90m 5:35.5)
8	4663 H	Mark Bird	13-Feb-63	U20	Woodford	26th/27th Sept 1980
9	4639 H	Tony Whybrow				1988
10	4402 E	Steve Nadin				1988

H = Hand Timing E = Electronic Timing

Other Senior Records (cont,)

4 x 100 Metres Relay 41.76	Kevin Farrell, Philip Sadler Graham Healy, Francois Du Toit		Haringey	27th July 1997	
4 x 200 Metres Relay 1:29.7	Brendan Lawlor, Kevin White Steve O'Sullivan, Mark Bishop		Thurrock	19th Sept 1986	
4 x 400 Metres Relay 3:14.9	Tony Osborne, Des English Graham Healy, Mark Bishop		Derby	19th July 1992	
4 x 800 Metres Relay 7:46.8	Ian Pearce, Kevin White, Pat Gahagan, Nigel Tyler		Luton	27 Aug 1983	
4 x 1500 Metres Relay 17:22.4	D. Warren, Bill Stowe, F. Creasey, Mike Theobald		Bracknell	14th Aug 1971	
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, 400, 800) 3:27.2	George Dalby, Peter Winch, Ian Pearce, Roy Young		Bracknell	14th Aug 1971	
60 metres 6.82i	Joel Ajayi	24-Oct-07	U17	Sheffield EIS	10th Feb 2024
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 1:18.88i	Thomas Pitkin	15-Jan-98		Lexington USA	14th Jan 2022
1000 Metres 2:23.07	Des English	6-Jun-67		Southampton	6th June 1993
2000 Metres 5:13.8	Nigel Tyler	17-Apr-59		Newham	26th July 1985
3000 Metres 8:07.8	Roy Young	24-Jun-46			3rd June 1973
1 Mile 3:58.71	Des English	6-Jun-67		Cork, IRE	25th June 1994
2 Miles 8:58.8	Roy Young	24-Jun-46	U23		8th July 1967
60m Hurdles 8.27i	Paul Conroy	24-Aug-71			29th Jan 2000
200m Hurdles 24.03 +1.1	Mark Bishop	12-Feb-67		Haringey	12th Aug 1990
23.8y 23.8y	Fred Alsop	20-Oct-38	U23	White City	29th Aug 1959
300m Hurdles 38.47	Jacob Blanc	19-Oct-04	U20	Hornchurch	9th Apr 2022
2000m S/chase 5:42.1	Paul Bettridge	27-Feb-57		Crystal Palace	19th May 1982

Other Senior Records (cont,)

Pentathlon

3909 Pts	Mark Bishop	12-Feb-67	Bedford	6th Feb 1993
<i>60m Hurdles</i>	<i>8.4</i>			
<i>60m</i>	<i>7.18</i>			
<i>Long Jump</i>	<i>7.03m</i>			
<i>Shot Putt</i>	<i>12.78m</i>			
<i>High Jump</i>	<i>1.92m</i>			

Heptathlon

5560 Pts	Joe Naughton	17-Oct-74	Tallin, EST.	2nd/3rd Feb 2002
<i>60m</i>	<i>7.23</i>			
<i>Long Jump</i>	<i>7.02m</i>			
<i>Shot Putt</i>	<i>13.90m</i>			
<i>High Jump</i>	<i>2.04m</i>			
<i>60m Hurdles</i>	<i>8.43m</i>			
<i>Pole Vault</i>	<i>4.15m</i>			
<i>1000m</i>	<i>2m 42.85m</i>			

Octathlon

6306 Pts	Mark Bishop	12-Feb-67	U23	Cosford	4th March 1989
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