

Junior / Under 20 Men (as at 30th September 2009)

100 Metres

1		Eugene Ayanful	10.73	U17	6 th August 2006
2		Matthew Russell	10.76		31 st August 1998
3		Ross Bacchus	10.8		9 th May 1998
4	=	Mo Marenah	10.9		27 th May 1989
4	=	Luke Stott	10.9		22 nd April 2006
			(11.02)		29 th April 2006)
6		Kevin Farrell	10.96		13 th May 1995
7		Richard Morrissey	11.06		1st August 2009
8	=	Eric Robinson	11.1y		28 th May 1958
8	=	Edward Hawkins	11.1y		27 th June 1959
8	=	Hudson McClean	11.1		31 st May 1975
8	=	Alan Leeder	11.1		20 th May 1978
8	=	Brendan Lawlor	11.1		26 th April 1986
8	=	David Burke	11.1		30 th August 1986
8	=	Charlie Moss	11.1	U17	27th July 2008
8	=	Joseph Ramie	11.1		4th April 2009

Wind Assisted Marks

	Matthew Russell	10.6		9 th May 1998
		(10.63)		4 th July 1998)
	Charlie Moss	11.0	U17	28th June 2008
	Stuart Wells	11.1		9 th May 1998

200 Metres

1		Kevin Farrell	21.63		12 th July 1996
2		Brendan Lawlor	21.7		3 rd August 1986
3		Eugene Ayanful	21.91	U17	28 th July 2006
4		Mo Marenah	22.0		5 th August 1989
5	=	David Burke	22.2		30 th August 1986
5	=	Matthew Russell	22.20	U17	12 th July 1996
5	=	Charlie Moss	22.2	U17	27th July 2008
			(22.41)	U17	11th July 2008)
8		Luke Stott	22.22		4 th Sept 2005
9		Graham Healy	22.3		17 th July 1988
10		Colin Ehren	22.4		1 st July 1978

Wind Assisted Marks

	Kevin Farrell	21.51		13 th July 1996
	Matthew Russell	21.89	U17	13 th July 1996
	Luke Stott	22.09		28 th Aug 2005
	Charlie Moss	22.35	U17	12th July 2008)

400 Metres

1		Kevin Lidlow	48.72		30 th August 1980
2		Ian Chambers	49.09		17 th June 1989
3		Mark Bishop	49.1		16 th August 1986
4		Graham Healy	49.4		15 th August 1987
5		Philip Sadler	49.49		27 th May 1995
6		Andrew Lewis	49.40		4th July 009
7	=	Sid Purkis	49.7y		29 th June 1957
7	=	Richard Morrissey	49.7		14th August 2009
9		Brendan Lawlor	49.9		23 rd August 1986
10		Leroy Groves	50.0		15 th May 1988

800 Metres

1		Gary Robbins	1.52.2		19 th July 1987
2		Keith Evans	1.53.8		15 th July 1978
3		Michael Boxall	1.54.2		31 st August 1968
4		Glen Coppin	1.54.25		7 th July 2000
5		Russell Bailey	1.54.6	U17	15 th July 1978
6		Russell Middleton	1.54.8		19 th September 1987
7	=	Douglas Speer	1.55.0y		5 th September 1962
7	=	Ian Berrett	1.55.0		August 1978

7	=	Mark Blackburn	1.55.0		30 th June 1979
10		Richard Bolam	1.55.1		19 th July 1975
1500 Metres					
1		Richard Bolam	3.51.8		15 th June 1974
2		Gary Robbins	3.52.1		19 th September 1986
3		Adrian Murphy	3.54.4		7 th August 1975
4		Ross Clarke	3.56.45		21 st July 2007
5		Glen Coppin	3.57.9		24 th June 2000
6		Pat Gahagan	3.58.?		August 1980
7		Colin Tilley	3.59.2		24 th August 1969
8		Gavin Maley	4.00.0		19 th August 1995
9		Russell Middleton	4.00.5		18 th September 1987
10		Paul Berrett	4.01.1		21 st June 1980
110 Metres Hurdles – 3ft 6ins					
1		Peter Akwaboah	15.3		5 th August 1989
2		Brett Heath	15.68		21 st August 1994
3		Bill Peaty	15.8y		29 th June 1957
4		Kevin Lidlow	15.9		5 th May 1980
5		Mark Bishop	16.2		28 th September 1986
6	=	Paul Dunston	16.3		1 st May 1982
6	=	Michael Sampson	16.3		22 nd August 1993
8		Anthony Williams	16.4		17th May 2008
9		Kevin Benton	16.8		25 th July 1998
10		Arron Bonning	17.7		22 nd August 1993
110 Metres Hurdles - 3ft 3ins					
1		Leo Barker	14.71		3 rd August 1997
2		Anthony Williams	15.18		15th June 2008
3		Kevin Lidlow	15.2		17 th May 1980
4		Richard Demko	15.4		11 th June 2006
5		Paul Dunston	15.6		15 th May 1982
6	=	Kevin Benton	15.8		9 th May 1998
6	=	Jack Edgar-Hill	15.8	U17	27th July 2008
8		Gwyn Evans	15.9y		2 nd July 1960
9		Michael Sampson	16.0		13 th June 1992
10		Martin Hatch	16.7		31 st May 1999
Wind Assisted Marks					
		Jack Edgar-Hill	15.0	U17	26th July 2009
400 Metres Hurdles – 3 ft					
1		Kevin Lidlow	52.81		24 th May 1981
2		Leroy Groves	55.12		15 th June 1988
3		Darren Matthews	56.0		18 th May 1985
4		David Troup	56.6		12 th August 1972
5	=	Paul Dunston	56.90		26 th June 1982
5	=	Adam McCarthy	56.9 (57.36)		26th April 2009 10th May 2009)
7		Kevin Benton	57.0		16 th May 1998
8		Graham Healy	57.1		5 th September 1987
9		Richard Demko	57.9		11 th June 2006
10		Russell Middleton	58.7		5 th September 1987
2,000 Metres Steeplechase					
1		Paul Bettridge	5.58.8		22 nd August 1976
2		Richard Fisher	6.02.8		6 th August 1965
3		William Bullock	6.03.8		10 th July 1981
4		Gavin Maley	6.05.2		11 th May 1996
5		Keith Berrett	6.08.2		?
6		Paul Berrett	6.08.9		18 th April 1979
7		Daniel Belbeck	6.15.57		7 th July 1991
8		Jason Lendon	6.18.8		26 th May 1993
9		Robert Day	6.20.8		1965
10		David Francis	6.24.2	U17	19 th June 1965

3,000 Metres Steeplechase

1		Paul Bettridge	9.26.8		24 th July 1976
2		Richard Fisher	9.36.0		4 th May 1966
3		William Bullock	9.36.4		30 th May 1981
4		Jason Lendon	9.40.0		2 nd July 1994
5		Stephen Harrison	9.45.4		11 th August 1965
6	=	Roy Young	9.47.0		11 th August 1965
6	=	Robert Day	9.47.0		15 th May 1965
8		Wesley Hawes	9.55.5		19 th July 1998
9		Stuart Campbell	10:03.5		17 th Sept 1988
10		Grant Twist	10.09.4		17th May 2008

High Jump

1	=	Steve Thornett	1.95m		16th July 1983
1	=	Steven Prady	1.95m	U17	18 th August 2001
3	=	Alan Murrell	1.93m		7 th August 1965
3	=	Steve Nadin	1.93m		7 th July 1986
3	=	Dean Tompkins	1.93m	U17	5 th May 1990
3	=	Brett Heath	1.93m		23 rd January 1994
3	=	Richard Brown	1.93m		5 th July 1999
8		Tony Freeman	1.91m		7 th July 1990
9	=	Michael Dunn	1.90m		24 th May 1986
9	=	David Stringer	1.90m	U17	21 st July 1990
9	=	Scott Keating	1.90m	U17	8 th August 2002

Long Jump

1		Stuart Wells	7.56m		11 th July 1997
2		Peter Akwaboah	7.08m		21 st May 1988
3		Hudson McClean	7.00m		8 th September 1974
4		Joseph Ramie	6.89m		16th May 2009
5		Lorne Gutteridge	6.81m		28 th May 1984
6		Leo Barker	6.76m		2 nd August 1997
7	=	Fred Alsop	6.75m		1 st June 1957
7	=	Greg Archer	6.75m		17 th May 1986
9		Mark Bishop	6.73m		15 th June 1986
10		Michael Marston	6.64m		16 th August 1958

Wind Assisted Marks

		Peter Akwaboah	7.18m		28 th May 1988
		Hudson McClean	7.13m		7 th September 1974
		John Davies	6.96m	U17	15 th August 1999
		Alan Hardy	6.95m		15 th May 1976
		Joseph Ramie	6.95m		28th June 2008
		Richard Kindell	6.66m	U17	16 th May 1993
		Philip Sadler	6.64m		7 th September 1996

Triple Jump

1		Peter Akwaboah	15.60m		7 th August 1988
2		Eric Robinson	14.39m		31 st May 1958
3		Fred Alsop	14.15m		27 th July 1957
4		Lorne Gutteridge	14.10m		9 th June 1984
5		Ray Harwood	14.08m		30 th May 1964
6		Jimi Tele	14.00m	U17	20th June 2008
7		Joseph Ramie	13.98m		24th May 2009
8		John Davies	13.88m	U17	12 th June 1999
9		Kieron Keevil	13.86m		12 th June 1993
10		Stuart Wells	13.74m		8 th August 1998

Pole Vault

1	=	Brett Heath	4.20m		17 th April 1994
1	=	Kevin Tufon	4.20m		22 nd August 1999
3		John Woodberry	3.75m		14 th April 1976
4	=	Dean Tompkins	3.70m	U17	24 th June 1990
4	=	Richard Gray	3.70m	U17	20 th July 1993
6	=	Arron Bonning	3.60m		5 th May 1993
6	=	Jay Ryan	3.60m		27th July 2008
8		Peter Dukelow	3.58m		23 rd July 1966
9		Mark Bishop	3.40m		29 th September 1986

10	Malcolm Thraves	3.35m	U17	29 th June 1968
Shot Putt 6.00 kg (in use from 1 January 2002)				
1	Scott Hayes	16.77m *		1 st September 1991
2	Emmanuel Quarshie	13.66m		9th May 2009
3	Terry Kent	13.63m *		21 st May 1983
4	Brett Heath	13.43m *		23 rd January 1994
5	Laurence Goodacre	13.08m	U17	24th May 2009
6	Jay Ryan	12.36m		29th June 2008
7	Leo Barker	12.10m *		2 nd August 1997
8	Ricky Archer	11.24m *		9 th May 1999
9	Kevin Deacon	11.16m		7 th April 2002
10	Andrew Tierney	11.06m		27 th July 2003
* 6.25 kg (in use before 1 January 2002)				
Shot Putt 7.26kg				
1	Scott Hayes	15.35m		7 th July 1991
2	Emmanuel Quarshie	12.26m		1st August 2009
3	Brett Heath	11.65m		29 th April 1994
4	Andy Woolgar	11.59m		1 st May 1982
5	Jay Ryan	11.42m		3rd May 2008
6	Dean Tompkins	11.26m	U17	1 st April 1990
7	Mark Bishop	10.59m		7 th September 1986
8	Kevin Deacon	10.22m		3 rd May 2003
9	Joe Forde	10.03m		3 rd June 2006
10	Greg Archer	9.48m		29 th September 1984
Discus 1.75kg				
1	Scott Hayes	51.46m		1 st April 1991
2	Leo Barker	40.90m		3 rd August 1997
3	Bradley Reece	38.65m		10th May 2009
4	Darron Keevil	37.54m		15 th May 1993
5	Laurence Goodacre	34.45m	U17	26th April 2009
6	Andrew Tierney	34.25m		27 th July 2003
7	Jay Ryan	34.29m		27th July 2008
8	Craig Moore	33.79m		25th May 2008
9	Christian Newton	32.50m		10 th April 2005
10	Tom Melrose	32.22m		17 th June 2001
Discus 2.0kg				
1	Scott Hayes	47.42m		22 nd June 1991
2	Brett Heath	36.80m		1 st May 1994
3	Bradley Reece	35.91m		16th May 2009
4	Andy Woolgar	35.14m		1 st May 1982
5	Andrew Tierney	30.83m		8 th June 2002
6	Greg Archer	29.86m		30 th September 1984
7	Mark Bishop	28.70m		8 th September 1986
Hammer 6.25 kg (in use from 1 January 2002)				
1	Kevin Deacon	52.89m		17 th September 2003
2	Joe Forde	49.91m		18 th June 2006
3	Bradley Reece	48.64m		4th August 2009
4	Daniel Gamester	45.28m *		14 th June 1997
5	Terry O'Leary	32.32m		29 th Aug 2004
6	Andrew Tierney	29.85m		27 th July 2003
7	Christian Newton	28.23m		24 th April 2005
8	Jay Ryan	27.33m		27th July 2008
9	Dean Tompkins	24.46m *		4 th May 1992
10	Darron Keevil	21.70m *		2 nd August 1992
* 6.25 kg (in use before 1 January 2002)				

Hammer 7.26kg

1	Kevin Deacon	47.64m		18 th April 2003
2	Joe Forde	43.14m		5 th August 2006
3	Bradley Reece	42.75m		11th July 2009
4	Daniel Gamester	39.84m		3 rd May 1997
5	Andrew Tierney	25.13m		4 th August 2001
6	Christian Newton	24.63m		9 th July 2005

Javelin 800g New Model Only

1	Bonne Buwembo	70.80m		13th September 2008
2	Georgie Bean	54.22m	U17	15th June 2008
3	Mark Bishop	53.80m		8 th June 1986
4	Bradley Burr	49.38m	U17	19th April 2008
5	Leo Barker	49.32m		3 rd August 1997
6	Cafer Gunay	48.15m	U17	16 th July 2006
7	Sam Harrison	47.71m		27 th May 2000
8	Brett Heath	44.92m		21 st August 1994
9	Terry O'Leary	43.93m	U17	5 th July 2003
10	Arron Bonning	42.34m		31 st July 1993

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

1	Brett Heath	6579 E Points (11.83w, 6.41m, 11.65m, 1.88m, 52.04, 15.88, 36.80m, 4.20m, 39.78m, 4.28.37)		30 th April / 1 st May 1994
2	Mark Bishop	6070 H Points 11.5, 6.41m, 10.59m, 1.79m, 50.2, 16.7, 28.70m, 3.30m, 52.86m (Old Style) 4.50.0		6 th /7 th September 1986
3	Greg Archer	5437 H Points 12.0, 6.39m, 9.48m, 1.79m, 53.2, 18.1, 29.86m, 2.60m, 38.20m (Old Style) 5.03.9		29 th /30 th September 1984
4	Mark Bird	4663 Points		27 th /28 th September 1980
5	Kieron Keevil	4348 Points		27 th /28 th August 1993

Decathlon Junior Implements

1	Leo Barker	6384 E Points 11.37, 6.76, 12.10m, 1.77m, 53.24, 14.71, 40.90m, 2.90m, 49.32m, 5.13.96		2 nd /3 rd August 1997
2	Arron Bonning	5334 H Points 12.2, 5.94m, 10.80m, 1.66m, 55.6; 16.9, 31.22m, 3.40m, 41.84m, 5.01.0		25 th /26 th June 1994
3	Darron Keevil	5065 H Points 12.7, 5.96m, 9.96m, 1.80m, 56.8, 16.8, 31.58m, 2.90m, 39.04m, 5.10.8		26 th /27 th June 1993
4	Adam McCarthy	4543 E Points 12.15w, 5.57m w, 8.67m, 1.49m, 52.48; 18.15w, 20.56m, 2.39m, 22.23m, 4:32.02		16th /17th May 2009
4	Kevin Benton	4283 E Points 12.60, 5.23m, 7.67m, 1.47m, 54.45; 15.93, 17.20m, 2.00m, 24.31m, 4.44.01		1 st /2 nd August 1998

H = Hand Timing E = Electronic Timing

Other Junior / U20 Records

4 x 100 Metres Relay	43.95 Brendan Lawlor, Mark Bishop, David Burke, Greg Archer			15 th July 1986
4 x 200 Metres Relay	1.36.2 Team Unknown	U17		7 th August 1976
4 x 400 Metres Relay	3.24.0 Team Unknown			18 th May 1980
4 x 800 Metres Relay	8.15.1 Ian Berrett, Keith Evans, S Pattle, Andy Coleman	U17		26 th August 1976
4 x 1500 Metres Relay	17.46.6 Team Unknown	U17		10 th September 1986
3 x 800 Metres Relay	5.49.3 Team Unknown			1988
3 x 1500 Metres Relay	12.18.2 David Caton, Russell Middleton, Gary Robbins	U17		12 th September 1984
Medley Relay 200, 200, 400, 800	3.28.6 Graham Healy, David Burke, Russell Middleton, Gary Robbins			14 th July 1987
60 metres	Matthew Russell Philip Sadler	7.2 indoor 7.2 indoor		17 th December 1997 February 1996
150 metres	Matthew Russell	16.5	U17	23 rd March 1997
300 Metres	Philip Sadler	35.97 Indoor		29 th February 1996
600 Metres	Ian Berrett	1.27.1		6 th August 1977
1000 Metres	Paul Berrett	2.30.9		20 th August 1980
2000 Metres	Roy Young	5.32.2		17 th April 1964
3000 Metres	Adrian Murphy	8.24.2		3 rd September 1975
5000 Metres	Adrian Murphy	14.44.8		26 th July 1975
1 Mile	Richard Bolam	4.15.5		9 th July 1975
2 Miles	Roy Young	9.03.6		29 th June 1965
60 Metres Hurdles	Kevin Lidlow	8.6		1 st March 1980
200 Metres Hurdles	M Corbett	27.8y		11 th June 1961
300 Metres Hurdles	Kevin Benton	42.7		6 th April 1997
Pentathlon +	Brett Heath	3589 Points		23 rd January 1994
Heptathlon +	Brett Heath	4455 Points		2 nd January 1994

Note: + Junior Implements