

Senior Men (as at 30th September 2010)

100 Metres

1=	10.54	+1.9	Kevin Farrell	31-Oct-77	U23	Birmingham	24th July 1998
1=	10.54	-0.9	Matthew Russell	20-Jan-81		Manchester	10th July 2004
3=	10.6		Francois Du Toit	16-Oct-70		Woking	29th June 1997
3=	10.6	+0.8	Mo Marenah	25-Jan-70		Corby	28th May 1990
5	10.73	+1.4	Eugene Ayanful	14-May-90	U17	Birmingham	5th August 2006
6=	10.8		Ross Bacchus	6-Jun-81	U20	Hornchurch	9th May 1998
6=	10.8		David Finnegan	20-Sep-75			1999
			10.81 +1.1			Bloemfontein	4th Feb 2000
8=	10.9y		Fred Alsop	20-Oct-38		Hornchurch	15th May 1965
8=	10.9		Nick Mayfield			Chelmsford	15th Apr 1973
8=	10.9	-1.9	Brendan Lawlor	28-Feb-67	U20		19th Aug 1986
8=	10.9		Steve Simmons	10-Nov-74	U23		19th Aug 1995
8=	10.9	+1.2	Luke Stott	23-Jan-87	U20	Loughborough	22nd April 2006
			11.02 +1.5			Birmingham	29th April 2006
13=	11.0		Geoff Danswan				24th May 1969
13=	11.0		George Dalby	16-Dec-48		Southend	5th June 1971
13=	11.0		Mark Bishop	2-Feb-67	U23	Stoke	7th May 1989
			11.05			Brescia, ITA	2nd Sep 1989
13=	11.0		Philip Sadler	22-Apr-77	U23	Eton	5th June 1999
17	11.06	+1.3	Richard Morrissey	11-Jan-91	U20	Barking	1st Aug 2009
18=	11.1y		Eric Robinson	26-Nov-39	U20		28th May 1958
18=	11.1y		Edward Hawkins		U20	Hornchurch	27th June 1959
18=	11.1		Hudson McClean	30-Dec-56	U20		31st May 1975
18=	11.1		Alan Leeder		U20		20th May 1978
18=	11.1		Steve O'Sullivan				23rd Aug 1986
18=	11.1		Tony Osborne	19-Nov-68	U23	Loughboro	27th June 1990
18=	11.1		Otis Griffith	4-Feb-70		Basildon	15th May 1993
18=	11.1		Charlie Moss	25-Nov-91	U17	Norwich	27th July 2008
18=	11.1		Joseph Ramie	14-Dec-90	U20	Barking	4th April 2009

Wind Assisted Marks

	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
	10.65	+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
	10.87	+3.5	Richard Morrissey	11-Jan-91	U20	Hendon	29th Aug 2009
	10.9		Mark Bishop	12-Feb-67		Cannock	7th Sep 1991
	10.9		David Burke	13-Sep-68	U23	Southend	7th May 1988
	11.0		Shaun Stewart	18-Oct-81	U23	Chelmsford	12th May 2001
	11.0		Charlie Moss	25-Nov-91	U17	Abingdon	28th June 2008
	11.1		Stuart Wells	26-Jul-79	U20	Walthamstow	9th May 1998

200 Metres

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

9	21.74	+1.3	David Finnegan	20-Sep-75		Tullamore, IRE	13th Aug 2000
10	21.8	-0.1	Otis Griffith	4-Feb-70		Swansea	8th May 1993
11=	21.9	+0.7	Mark Bishop	12-Feb-67		Cannock	7th Sept 1991
11=	21.9		George Dalby	16-Dec-48	U23	Newham	6th June 1970
13	21.91	-1.4	Eugene Ayanful	14-May-90	U17	Crystal Palace	28th July 2006
14	21.94	+1.6	Luke Stott	23-Jan-87	U23	Birmingham	18th July 2009
15=	22.0y		Fred Alsop	20-Oct-38			1962
15=	22.0		Nick Mayfield			Newham	29th July 1972
17	22.04	+1.3	Richard Morrissey	11-Jan-91	U20	Bedford	20th June 2010
18	22.1		Mike Cowing	17-Sep-60			5th Apr 1986
19=	22.2		David Burke	13-Sep-68	U20		30th Aug 1986
19=	22.2		Charlie Moss	25-Nov-91	U17	Norwich	27th July 2008
Wind Assisted Marks							
	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
	21.8		Luke Stott	23-Jan-87	U23	Abingdon	28th June 2008
	21.94	+4.8	Richard Morrissey	11-Jan-91	U20	Hendon	29th Aug 2009

400 Metres

1	46.49		Mark Bishop	12-Feb-67	U23	Tonsberg, NOR	15th Jul 1989
2	47.32		David Finnegan	20-Sep-75		Dublin, IRE	20th Aug 2000
3	47.47		Graham Healy	27-Apr-70	U23	West London	7th July 1991
4	47.6		Mike Cowing	17-Sep-60		Thurrock	28th July 1985
			47.76			Crystal Palace	7th June 1986
5	48.01		Richard Morrissey	11-Jan-91	U20	Winchester	31st July 2010
6	48.6		Otis Griffith	4-Feb-70		Bournemouth	7th May 1994
7	48.72		Kevin Lidlow	19-May-62	U20	? Dublin, IRE	?30th Aug 1980
8=	48.8y		Sid Purkis	10-May-38	U23		1st Sept 1959
8=	48.8		Tony Osborne	19-Nov-68	U23	Loughboro	27th June 1990
10	48.9		Kevin White	3-Jun-57		Aldershot	14th June 1981
11	49.0		Phil Sadler	22-Nov-77	U23	Liverpool	31st July 1999
12	49.09		Ian Chambers	22-Mar-71	U20	Bratislava	13th June 1989
13	49.40		Andrew Lewis	13-Nov-91	U20	Exeter	4th July 2009
14=	49.6y		Peter Winch				28th July 1968
14=	49.6		Matthew Russell	20-Jan-81	U23	Abingdon	13th Sept 2003
16	49.7y		Ian Pearce	2-Sep-43			15th June 1968
17=	49.8		Mark Blackburn	26-Dec-61			5th May 1984
17=	49.8		Scott Spencer	19-May-75		Liverpool	31st July 1999
19	49.9		Brendan Lawlor	28-Feb-67	U20		23rd Aug 1986
20	49.93		Luke Stott	23-Jan-87	U23	Basildon	10th May 2008

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	1:51.2		Roy Young	24-Jun-46		Crystal Palace	19th May 1971
5	1:51.6		Gavin Maley	19-May-78		Blackpool	3rd Aug 2002
6	1:52.2		Gary Robbins	16-Feb-68	U20	Newham	19th July 1987
7	1:52.37		Ross Clarke	20-Sep-88	U23	Watford	2nd July 2008
8	1:52.49		Russell Middleton	23-Jan-68		Crystal Palace	13th June 1992
9	1:52.7		Pat Gahagan	26-Jul-61		Parliament Hill	15th Aug 1984
10	1:53.7		Mark Blackburn	26-Dec-61		Woodford	28th May 1984
11	1:53.8		Keith Evans	22-Oct-59	U20	Crystal Palace	15th July 1978
12	1:54.2		Michael Boxall	26-Sep-50	U20		31st Aug 1968
13	1:54.25		Glen Coppin	16-Jan-83	U20	Sheffield	8th July 2000
14	1:54.6		Russell Bailey	7-Oct-61	U17	Crystal Palace	15th July 1978
15=	1:54.7y		Michael Creedon				3rd July 1968
15=	1:54.7		Nigel Tyler	17-Apr-59			15th June 1986

17	1.54.8y	Brian Turner			Cranwell	11th June 1958
18=	1.55.0y	Douglas Speer	-44	U20		5th Sept 1962
18=	1.55.0	Ian Berrett		U20		Aug 1978
20	1.55.1	Richard Bolam	18-Jun-56	U20	West London	19th July 1975

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	3.45.3	Nigel Tyler	17-Apr-59		Harlow	19th May 1985
		3.45.36			Crystal Palace	15th June 1985
4	3.49.12	Ross Clarke	20-Sep-88	U23	Watford	30th July 2008
5	3.50.0	Matthew Bland	9-Feb-67		Hornchurch	20th July 1991
6	3.50.4	Paul Bettridge	27-Feb-57		Crystal Palace	11th Aug 1982
7	3.51.7	Pat Gahagan	26-Jul-61		Edinburgh	30th June 1984
8	3.51.8	Richard Bolam	18-Jun-56	U20	Crystal Palace	15th June 1974
9	3.52.1	Gary Robbins	16-Feb-68	U20	Thurrock	19th Sept 1986
10	3.52.3	Michael Creedon				30th June 1968
11	3.52.61	Martin Kearns	6-Apr-73			9th June 1999
12	3.53.0 *	Brian Turner			White City	11th July 1958
13	3.53.41	Gavin Maley	19-May-78		Barking	15th May 2005
14	3.53.7 *	Sid Purkis	10-May-38			1965
15	3.54.2	Les Stock			Hornchurch	16th May 1970
16	3.54.4	Adrian Murphy	14-Jul-57	U20	Crystal Palace	7th Aug 1975
17	3.54.6	Ian Pearce	2-Sep-43		Hornchurch	22nd July 1972
18	3.55.6	Mark Shaw	6-Jan-65			7th Aug 1991
19	3.57.0	Colin Tilley	16-Dec-50	U23		18th Aug 1971
20	3.57.3	Andy Coleman				8th Sept 1990

* 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-67		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	14.51.3	John Barker	21-Jun-65			8th Sept 1990
10	14.57.0	Paul Bryan	29-Apr-47		Redhill	13th May 1972
11	14.59.0	Michael Theobald			Maidenhead	3rd June 1972
12	15.07.0	Terry Edwards				13th May 1961
13	15.07.65	Trevor Keys	29-Feb-76		Chelmsford	15th May 2004
14	15.09.0	Richard Thurston				20th May 1978
15	15.09.4	John Halliday				31st May 1975
16	15.14.0	Colin Tilley	16-Dec-50	U23		1st Sept 1971
17	15.15.6	Matthew Bland	9-Feb-67		Barking	4th May 1996
18	15.16.78	Martin Kearns	6-Apr-73			16th July 1999
19	15.18.0	Pat Gahagan	26-Jul-61	U23	Haringey	13th June 1982
20	15.19.0	Andy Coleman				27th May 1989

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			28th July 1996
6	31:39.1	Paul Bettridge	27-Feb-57		Walthamstow	21st May 1989
7	32:01.0	Bill Stowe				6th June 1971
8	32:22.8	Paul Bryan	29-Apr-47	V35		17th June 1983
9	32:25.8	Richard Thurston				5th May 1980
10	32:41.2	Len Parrott	7-Aug-35	V40	Hendon	16th Jul 1977
11	32:57.2	Barry Diss				10th May 1981
12	33:02.3	Andy Coleman				31st May 1992
13	33:34.7	Matthew Bland	9-Feb-67		Hendon	18th July 2004
14	34:40.0	Edward Andrews		VET		19th Apr 1978
15	34:46.6	Mark Taylor				9th May 1987
16	34:48.8	Jim Chellew				19th June 1994
17	34:15.3	Sean Reuby	7-Jun-67			June 1999
18	36:01.0	Gary Howard	9-Jan-61	V35		14th June 1998
19	36:04.0	Dave Holland	13-Sep-43			6th June 1971
20	36:30.0	Colin Burton				6th June 1970

Marathon

1	2:21.15	Paul Bettridge	27-Feb-57		London	12th Apr 1992
2	2:22.38	Paul Bryan	29-Apr-47		Middlesboro	12th Oct 1980
3	2:25.08	Peter Richardson	10-Oct-47		Harlow	27th Oct 1979
4	2:31.21	Tim Pailthorpe	20-Nov-38		Chiswick	12th June 1965
5	2:33.32	Barry Diss			Canvey Island	23rd Aug 1980
6	2:35.53	David Cooper			Chiswick	13th June 1964
7	2:37.13	Richard Thurston				1982
8	2:39.46	John Barker	21-Jun-65		London	18th Apr 1993
9	2:41.41	Mick Robinson			Chiswick	13th June 1964
10	2:44.37	Len Parrott	7-Aug-35		Harlow	25th Oct 1969
11	2:44.43	Sean Reuby	7-Jun-67		London	26th Apr 1998
12	2:46.00	Simon Hart	25-Apr-64	V45	Edinburgh	23rd May 2010
13	2:46.27	Jason Lendon	17-Mar-75		London	17th Apr 2005
14	2:47.09	Edward Andrews			Harlow	25th Oct 1969
15	2:51.29	D Cooper			Harlow	24th Oct 1970
16	2:52.32	Robert Dickenson	21-Mar-79		London	23rd Apr 2006
17	2:52.39	Graham Pritchard	27-Mar-76		London	13th Apr 2008
18	2:53.57	Graham Hogan	28-Sep-74		London	13th Apr 2008
19	2:55.09	Steve Rand	29-Feb-72	V35	London	24th Apr 2009
20	2:56.11	Matthew Bland	9-Feb-67	V35	London	17th Apr 2005

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	15.68		Brett Heath	6-Jan-75	U20	Hendon	21st Aug 1994
10	15.8y		Bill Peaty		U20		29th June 1957
11=	15.9	?w	Kevin Lidlow	19-May-62	U20		5th May 1980
11=	15.9		Simon Kilminster	5-Aug-64		Walthamstow	2nd Sept 1990
13	15.98	-0.3	Anthony Williams	7-Aug-1989	U23	Winchester	31st July 2010
14	16.2	+0.4	Kevin Benton	23-Dec-79	U23	Eton	5th June 1999
15=	16.3		Michael Sampson		U20		22nd Aug 1993

15=	16.3		Paul Dunston	12-Mar-65	U20		1st May 1982
15=	16.3		Richard Oates				5th May 1984
15=	16.3	-0.4	Stephen Kearns	12-May-75		Chelmsford	6th July 2002
19	16.4		Gerry Daniel	16-Sep-52			3rd July 1976
20=	16.7		David Troup	28-Oct-53	U20	Newham	29th July 1972
20=	16.7		Ian Chamberlain	2-May-56			7th July 1990

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

400 Metres Hurdles

1	51.28		Mark Bishop	12-Feb-67	U23	Birmingham	11th Aug 1989
2	52.81		Kevin Lidlow	19-May-62	U20	Antrim	25th May 1981
3	53.8		Paul Conroy	24-Aug-71		Enfield	6th June 1998
4	54.61		Darren Matthews	14-Feb-66		Gateshead	19th Aug 1990
5	54.71		Isaac Ogunlade	28-Oct-91	U20	Yeovil	3rd July 2010
6	54.8y		Fred Alsop	20-Oct-38	U23	White City	16th May 1959
7	55.12		Leroy Groves	5-Feb-71	U20	Crystal Palace	15th June 1988
8	55.8		Tony Osborne	11-Nov-68			9th May 1992
9	56.0		Otis Griffith	4-Feb-70		Cannock	7th Sept 1996
10=	56.1		Richard Oates			Hornchurch	6th May 1985
10=	56.1		Kevin Benton	23-Dec-79	U23	Rugby	18th Aug 2001
12	56.6		David Troup	28-Oct-53	U20	Chelmsford	12th Aug 1972
13=	56.7		George Dalby	16-Dec-48			1st Oct 1972
13=	56.7		Stephen Kearns	12-Mar-75		Blackpool	3rd Aug 2002
15=	56.90		Paul Dunston	12-Mar-65	U20		26th June 1982
15=	56.9		Adam McCarthy	6-Dec-1991	U20	Basildon	26th Apr 2009
			57.31		U20	Cambridge	17th July 2009
17	57.1		Graham Healy	27-Apr-70	U20		5th Sept 1987
18	57.2		James Murphy	15-Sep-82		Ashford	2nd June 2007
19	57.9		Richard Demko	26-Feb-89	U20	Haringey	11th June 2006
20	58.3		Ian Chamberlain	2-May-56			22nd July 1989

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
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=	9.45.4		Steve Harrison		U20	Hornchurch	11th Aug 1965
15=	9.45.4		Trevor Keys	29-Feb-76		Basingstoke	21st May 2005
17	9.46.4		Roy Young	26-Jun-46		Newham	29th July 1972
18	9.47.0		Robert Day		U20	Hornchurch	15th May 1965
19	9.49.0		Wesley Hawes	?14-Jun-79	U23		13th June 1999
20	9.54.1		Matthew Bland	9-Feb-67	U23		17th Sept 1988

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
5	1.94m	Alan Murrell	28-Jan-46	U23	Loughboro'	14th May 1966
6=	1.93m	Steve Nadin		U20		7th July 1986
6=	1.93m	Dean Tompkins	20-Feb-74	U17	Hornchurch	5th May 1990
6=	1.93m	Brett Heath	6-Jan-75	U20		23rd Jan 1994
6=	1.93m	Richard Brown	00-May-82	U20	Hornchurch	5th July 1999
10	1.91m	Tony Freeman		U20		7th July 1990
11=	1.90m	David Stringer	13-Mar-75	U17	Oxford	21st July 1990
11=	1.90m	M Dunn		U20		24th May 1986
11=	1.90m	Tony Wybrow				22nd Aug 1985
11=	1.90m	Scott Keating	24-Oct-86	U17	Chelmsford	18th Aug 2002
11=	1.90m	Jay Ryan	12-Jun-89	U23	Hemel Hemp	2nd May 2009
16	1.88m	Greg Archer	13-Mar-67	U20		5th May 1984
17	1.86m	Richard Kindell	4-Nov-77	U17		18th Apr 1993
18=	1.85m	Gerry Daniel	16-Sep-52		Barking	27th June 1976
18=	1.85m	Glen Hardwick		U17		17th July 1983
18=	1.85m	Peter Drew				3rd July 1993
18=	1.85m	Mark Perman	6-Jan-68		Barking	17th Aug 1996
18=	1.85m	Mark Connelly	5-Sep-85	U17	Ipswich	28th July 2002
18=	1.85m	Jeremy Watson	16-Apr-88	U23	Barking	10th July 2010

Long Jump

1	7.74m	Fred Alsop	20-Oct-38		Ghent, BEL	6th June 1964
2	7.56m	Stuart Wells	26-Jul-79	U20	Sheffield	12th July 1997
3	7.36m	Mark Bishop	12-Feb-67	U23	Dartford	27th May 1989
4	7.11m	Joe Naughton	17-Oct-74		Peterborough	11th July 1999
5	7.08m	Peter Akwaboah	16-Jul-69	U20	Ilford	21st May 1988
6	7.04m	Joseph Ramie	14-Dec-90	U23	Crystal Palace	12th June 2010
7	7.02m	Leo Barker	26-Dec-78		Rugby	31st Aug 1998
8	7.00m	Hudson McClean	30-Dec-56	U20	Hornchurch	8th Sept 1974
9	6.96m	Brett Heath	6-Jan-75	U23	Thurrock	28th Sept 1996
10	6.90m	Eric Robinson	26-Nov-39		Cambridge	23rd Apr 1963
11	6.87m	Shaun Stewart	18-Oct-81		Swansea	21st Aug 2010
		6.80m			Winchester	31st Jul 2010
12	6.81m	Lorne Gutteridge	9-Jan-66	U20		28th May 1984
13=	6.75m	Alan Tanner				24th July 1965
13=	6.75m	Greg Archer	13-Mar-67	U20		17th May 1986
13=	6.75m	David Leonard	27-Dec-66		Southampton	11th May 1991
16	6.70m	Anthony Williams	7-Aug-1989	U23	Barking	4th April 2009
17	6.68m	Mark Perman	6-Jan-68		Thurrock	28th Sept 1996
18	6.64m	Michael Marston		U20		16th Aug 1958
19	6.62m	Edward Hawkins		U20	Cologne	15th Aug 1959
20=	6.60m	Barry Wheeler		U20		6th July 1957
20=	6.60m	Joshua Olawore	31-Jul-1995	U17	Stevenage	8th Aug 2010

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
7.13m		Hudson McClean	30-Dec-56	U20	West London	7th Sept 1974
6.99m		Eric Robinson	26-Nov-39		Cambridge	27th Apr 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
6.95m		Joseph Ramie	14-Dec-90	U20	Abingdon	28th June 2008

6.66m	Richard Kindell	4-Nov-77	U17	Basildon	16th May 1993
6.64m	Philip Sadler	22-Apr-77	U20	Cannock	7th Sept 1996
6.61m	Luke Stott	23-Jan-87	U20	Woodford	25th July 2004

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	14.93m	Eric Robinson	26-Nov-39	U23	Billingham	2nd July 1960
4	14.86m -0.6	Jimi Tele	4-May-94	U17	Birmingham	10th July 2010
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	13.98m	Joseph Ramie	14-Dec-90	U20	Luton	24th May 2009
9	13.90m	David Leonard	27-Dec-66			1989
10	13.88m	John Davies	19-Dec-82	U17	Basildon	12th June 1999
11	13.86m	Kieron Keevil		U20		12th June 1993
12	13.81m	Ricky Brown	24-May-74		Battersea	20th May 2001
13	13.74m	Stuart Wells	26-Jul-79	U20		8th Aug 1998
14	13.66m	Joshua Olawore	31-Jul-95	U17	Stevenage	12th Sept 2010
15	13.53m	William Lee			Aldershot	14th May 1960
16	13.51m -0.2	Anthony Williams	7-Aug-89	U23	Hendon	5th June 2010
17	13.46m	M Dunks		U20		29th May 1966
18	13.38m +0.0	Tunde Olayiwola	5-May-89	U20	Abingdon	13th Sept 2008
19	13.37m	Tom Dickson		U20		4th May 1992
20	13.35m	Mark Bishop	12-Feb-67			22nd June 1996

Wind Assisted Marks

16.65m +2.5	Fred Alsop	20-Oct-38		White City	13th Aug 1965
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=	4.30m	Brett Heath	6-Jan-75	U23	Middlesbro	30th June 1996
3=	4.30m	Mark Perman	6-Jan-68		Hendon	1st Sept 1996
5	4.20m	Kevin Tufton	30-Apr-80	U20	Portsmouth	22nd Aug 1999
6=	4.00m	Alan Hardy	4-Sep-58		Crystal Palace	14th Apr 1982
6=	4.00m	Stuart Tufton	18-Dec-50	V40		6th June 1993
6=	4.00m	Arron Bonning	9-Nov-75	U23		21st Sept 1997
9	3.80m	Paul Raindle				26th July 1986
10	3.75m	John Woodberry	20-Jan-57	U20	Crystal Palace	14th Apr 1976
11	3.73m	Malcolm Thraves	19-Sep-57	U23	Chelmsford	5th Sept 1971
12=	3.70m	Dean Tompkins	20-Feb-74	U17	Perivale	24th June 1990
12=	3.70m	Richard Gray		U17		20th July 1993
14	3.60m	Jay Ryan	12-Jun-89	U20	Norwich	27th July 2008
15	3.58m	Peter Dukelow	15-Dec-47	U20	Hornchurch	23rd July 1966
16	3.50m	Stuart Downhill			Chelmsford	14th June 1964
17=	3.30m	Brendan Lawlor	28-Feb-67	U17		20th June 1982
17=	3.30m	Anthony Chambers		U17		23rd Aug 1986
17=	3.30m	Peter Drew			Swansea	8th May 1993
17=	3.30m	Andrew Kerr	2-Jun-94	U17	Colchester	15th Aug 2010

Shot Putt 7.26kg

1	15.35m	Scott Hayes	4-Jan-73	U20	Spokane, USA	7th July 1991
2	14.07m	Joe Naughton	17-Oct-74		Arles, FRA	7th June 2003
3	13.80m	Brett Heath	6-Jan-75		Yeovil	22nd July 2000
4	13.68m	Steve Archer	25-Jan-55		Harlow	16th May 1981
5	13.45m	Peter Hallett			Newham	6th June 1970
6	13.32m	Leo Barker	26-Dec-78		Barking	23rd Mar 2003
7	13.00m	Glen Townsend	23-Apr-64		West London	7th July 1991
8=	12.82m	Mark Bishop	12-Feb-67		Swansea	8th May 1993
8=	12.82m	Derrick Grimley				5th July 1958
10	12.64m	Emmanuel Quarshie	3-May-92	U20	Barking	11th Apr 2010
11	12.60m	Mark Bird	13-Feb-63			10th June 1984
12	12.49m	K Eldridge				6th Sept 1970
13	12.35m	Peter Piggott				16th June 1963
14	12.23m	Nick Addison				6th Aug 1994
15	12.14m	A Grant				25th June 1960
16	12.12m	Mark Perman	6-Jan-68		Basildon	10th May 1997
17	11.81m	Victor Davis				23rd Sept 1961
18	11.74m	Brian Baldry				18th Aug 1962
19	11.59m	Andy Woolgar		U20		1st May 1982
20	11.42m	Jay Ryan	12-Jun-89	U20	Peterborough	3rd May 2008

Discus 2.0kg

1	50.62m	Scott Hayes	4-Jan-73	U23		27th June 1993
2	44.50m	Brett Heath	6-Jan-75		Woodford	29th Apr 2000
3	44.10m	Glen Townsend	23-Apr-64			25th July 1992
4	43.14m	Jeffrey Bowen	2-Mar-42	U23	Oxford	22nd May 1964
5	42.37m	Joe Naughton	17-Oct-74		Tartu, EST	18th July 2004
6	40.54m	Nick Addison				4th Sept 1988
7	39.95m	Leo Barker	26-Dec-78		Barking	5th May 2007
8	39.86m	Robert Easman				2nd July 1988
9	39.68m	Mark Perman	6-Jan-68		Thurrock	29th Sept 1996
10	38.68m	Derrick Grimley				19th July 1958
11	38.22m	Lawrence Edwards	23-Jul-43			25th Sept 1965
12	38.06m	Brian Baldry			Southend	31st May 1958
13	38.04m	Mark Bird	13-Feb-63			24th Feb 1991
14	37.75m	Steve Archer	25-Jan-55	V45	Thurrock	4th Aug 2001
15	37.10m	Mark Bishop	12-Feb-67			19th May 1990
16	37.00m	Peter Hallett				2nd July 1970
17	36.58m	Stuart Maycock				16th Aug 1975
18	36.14m	Chris Griffin				5th May 1984
19	35.91m	Bradley Reece	25-Jun-91	U20	Newham	16th May 2009
20	35.54m	Darron Keevil	28-Dec-74		Barking	7th Sept 1997

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	43.52m	Simon Kilminster	5-Aug-64		Gloucester	4th Aug 2001
7	43.14m	Joe Forde	5-Jul-88	U20	Barking	5th Aug 2006
8	42.72m	Glen Townsend	23-Apr-64			24th Aug 1991
9	41.02m	G Greenaway				23rd July 1988
10	40.62m	Mark Bird	13-Feb-63			2nd July 1988
11	40.44m	Robert Croker				20th May 1978
12	39.08m	Lee Arrowsmith	30-Aug-85	U23	Colchester	3rd June 2006
13	38.00m	Greg Littlemore			Welwyn	28th July 1973
14	37.04m	Nick Addison				4th June 1988
15	30.30m	Sam Harrison	16-Oct-81	U23	Tooting	1st June 2002
16	30.10m	Neil Jones				6th June 1987
17	29.92m	Robert Easman				22nd July 1989
18	29.48m	Ray Vaughn				15th Aug 1992
19	28.48m	Andrew Tierney	21-Mar-84	U23	Richmond	22nd May 2004
20	28.16m	Steve Archer	25-Jan-55	V45	Barking	21st July 2001

Javelin New Model 800g

1	70.80m	Bonne Buwembo	24-Dec-89	U20	Abingdon	13th Sept 2008
2	63.48m	Mark Bishop	12-Feb-67		Lons, FRA	5th Aug 1990
3	61.08m	Steve Savill	10-Mar-67	U23	Colindale	6th May 1989
4	60.19m	Bradley Burr	2-Feb-93	U20	Woodford	17th Apr 2010
5	54.93m	Sam Harrison	16-Oct-81		Barking	29th Apr 2006
6	54.22m	Georgie Bean	26-Dec-91	U17	Crystal Palace	14th June 2008
7	53.27m	Joe Naughton	17-Oct-74		Tartu, EST	18th July 2004
8	52.77m	Leo Barker	26-Dec-78	U23	Wrexham	2nd Aug 1998
9	50.20m	Chris Hulkes				14th June 1986
10	48.68m	Brett Heath	6-Jan-75			29th Sept 1998
11	48.64m	Mark Perman	6-Jan-68		Woking	29th June 1997
12	48.15m	Cafer Gunay	19-Sep-89	U17	Stevenage	16th July 2006
13	46.82m	Mark Bird	13-Feb-63			19th Sept 1987
14	46.78m	Darren Matthews	14-Feb-66			5th June 1993
15	46.14m	Arron Bonning	9-Nov-75	U23	Peterborough	3rd May 1997
16	46.00m	Darron Keevil	28-Dec-74		Basildon	10th May 1997
17	44.68m	G Jones				5th Aug 1989
18	43.93m	Terry O'Leary	23-Jan-87	U17	Abingdon	5th July 2003
19	42.28m	David Spavins	26-Sep-58		Barking	4th May 1996
20	42.20m	J Bogue				5th Aug 1989

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	Arron 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

4 x 100 Metres Relay	41.76	Kevin Farrell, Philip Sadler Graham Healy, Francois Du Toit	Haringey	27th Jul 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	6.94i	Matthew Russell	20-Jan-81	Carshalton	31st Jan 2004
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	1:21.0	Des English	6-Jun-67	U23	13th Apr 1988
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 Hurd	24.03 +1.1	Mark Bishop	12-Feb-67	U23 Haringey	12th Aug 1990
	23.8y	Fred Alsop	20-Oct-38	U23 White City	29th Aug 1959
300m Hurd	39.3	Darren Matthews	14-Feb-66	Barking	2nd Apr 1989
2000m S/chase	5:42.1	Paul Bettridge	27-Feb-57	Crystal Palace	19th May 1982
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