

HERCULES WIMBLEDON AC MEN'S ALL TIME T & F RANKINGS - as at 1/2/2014

**100m y = 100 yards +0.9sec**

10.4	Mike Powell (U20)	21/7/1979	AAA U20 Championships, Aldershot
10.4w	Paul Miller	3/7/1985	Inter County, Aldershot
10.6w	Martin Giraud (U20)	31/05/1995	Crystal Palace
10.7y	Noel Fonteyn	14/6/1958	
10.7y	Mel Cheskin	1961	
10.7	Paul Miller	26/7/1986	Southern League, Colindale
10.7	Jason Hallifax (U20)	26/7/1986	Southern League, Colindale
10.7	Martin Giraud (U20)	5/1995	Surrey Championships, Wimbledon Park
10.78/+2.8w	Max Mondelli (U20)	31/7/2013	Open Meeting, Lee Valley
10.8	John Gostelow	21/6/1971	Southern Champs, Crystal Palace
10.8	Donovan Reid (U20)	2/8/1980	AAAs U20 Championship
10.8	Terry Dawkins	10/5/1988	British League, Nottingham
10.8	Robert Huie (U20)	9/5/1989	Open Meeting, Horsham
10.8	Oladipo Scott-Boyle	5/8/1995	Eltham
10.8y	A Pelopida	1963	
10.8	Theo Ettiene (U17)	10/8/2013	Souther League Final, Eton
10.9	Dwayne Dowding	10/7/2010	Southern League, Erith
10.9	Dwayne Cowan	24/7/2013	Rosenheim League, Tooting Bec
10.9	Joseph Chukwuadinula	24/7/2013	Rosenheim League, Tooting Bec
10.90/+1.1	Max Mondelli (U20)	8/6/2013	Surrey Schools. Kingston
10.94/+5.8w	Richard Agyapong	31/7/2013	Open Meeting, Lee Valley
10.98/+5.8w	Rechmial Miller (U17)	31/7/2013	Open Meeting, Lee Valley
10.97/+2.1	Joseph Chukwuadinula	31/7/2013	Open Meeting, Lee Valley
10.99/+5.8w	Phillip Mauge	31/7/2013	Open Meeting, Lee Valley
11.0	David Callender	19/8/1984	HW Tour, Jablonec, Czech Republic
11.0	Tom Kane	11/6/1989	British League, Enfield
11.0	Victor Lawrence-John	6/9/1986	British League Qualifier, Stoke
11.0	Simon Roll (U20)	19/4/1994	HW Open Meeting, Wimbledon Park
11.0	Mark Giraud	1996	Rosenheim League, Tooting Bec
11.0	Joel Caballos	4/8/2001	Southern League, Oxford
11.0	Fred Ayarko	31/7/2004	Southern League, Portsmouth
11.0	Royden John (M35)	3/5/2008	Southern League, Kingston
11.0	Theo Etienne (U17)	4/5/2013	Southern League, Mile End
11.01	Harvel Morgan	7/5/1990	Inter Area, Croydon
11.05	Ike Mba (U20)	14/5/2006	Surrey Championships, Kingston
11.05/+0.3	David Pratt (U17)	12/6/2010	Surrey Schools, Kingston
11.08/+0.7	Richard Agyapong	13/7/2013	Southern League, Kingston
11.08/0.0	Joseph Chukwuadinula	17/7/2013	Lee Valley Sprints Evening
11.1y	Peter Cornell	26/7/1961	Surrey Champs, Motspur Park
11.1	Dave Callender (U20)	1979	
11.1	Ian Hughes (U20)	1981	
11.1	Scott Fuller (U20)	7/5/1988	Southern League, Enfield
11.1	George Clayton	12/5/1996	Surrey Championship, Croydon
11.1	Robert Graham (U20)	2/6/2001	Southern League, Stevenage
11.1	Ike Mba (U20)	2/6/2006	Southern League, Basingstoke
11.12w/+2.3	Kyran Mitchell-Nanton	15/8/2012	Lee Valley Sprints Open, Lee Valley
11.17/+0.7	Theo Ettiene (U17)	13/7/2013	Southern League, Kingston
11.2.	Jim Lindsay	12/7/1969	
11.2	Martin Gaston (U20)	29/5/1988	GRE Cup, Bournemouth
11.2	Harvel Morgan U20)	6/5/1989	Southern League, Hayes

**200m – y = 220 yards -0.1**

21.08/-1.3	Dwayne Cowan	25/8/2013	Inter Counties Champs, Bedford
21.4	Jason Hallifax (U20)	26/7/1986	Southern League, Colindale
21.5	Mike Powell	10/8/1980	Inter County, Motspur Park
21.59/-2.5	Dwayne Dowding	26/6/2010	England Athletics Champs, Birmingham
21.6	Mel Cheskin	1961	
21.7	Pete Cornell	1961	
21.7	John Gostelow	1971	
21.7	Donovan Reid	1980	
21.8	Paul Miller	7/8/1985	TVH Open Meeting, West London
21.8	Oladipo Scott-Boyle	22/5/1988	Southern League, Bedford
21.9y	Robin Woodland	18/5/1967	Surrey Champs, Motspur Park
21.9	Trevor Dawkins	22/5/1988	British League, Nottingham
21.9	Tom Kane	11/6/1989	British League, Luton
22.07w/+3.6	Kyran Mitchell-Nanton	15/8/2012	Lee Valley Open, Lee Valley
22.1	Malcolm Fitter (U17)	1976	
22.1	Scott Fuller (U20)	11/6/1989	British League, Luton
22.1	George Sandy	21/5/1997	Rosenheim League, Battersea Park
22.2	Harvel Morgan	11/6/1990	British League, Crawley
22.2	Phillip Young	1984	
22.3	Martin Giraud (U17)	22/6/1984	HAC Memorial Meeting, Tooting Bec
22.3	Robert Huie	25/4/1990	Open Meeting, Crystal Palace
22.3	Simon Roll (U17)	19/5/1993	Southern League, Tooting
22.4	Robert Graham (U20)	13/5/2001	Surrey Championships, Kingston
22.4	Ike Mba (U20)	3/6/2006	Southern League, Basingstoke
22.44/+0.6	Max Mondelli (U20)	13/7/2013	Southern League, Kingston

**400m: y – 440 yards – 0.3**

47.28	Dwayne Cowan	17/8/2013	Open Meeting, Bromley, Kent
48.1y	Robin Woodland	26/5/1960	Surrey Championships, Motspur Park
48.1	John Gostelow	14/8/1976	Crystal Palace
48.3y	John Strachan	1960	
48.4	Jason Hallifax	5/4/1987	Tooting Bec
48.6	Martin Gaston (U20)	20/5/1990	Surrey Championships, Croydon
48.6	Robert Scantelbury (U20)	2/7/1994	Southern League, Reading
48.6	Esmond Ferns	11/5/1997	Surrey Championships, Wimbledon Park
48.94	Jonathan Osbourne (U17)	10/7/2010	English Schools, Birmingham
49.0y	Terry Keen	20/7/1963	Civil Service Championships, Hurlingham
49.1	Mike Varah	26/7/1969	Brockman Trophy, Crystal Palace
49.1	Oladipo Scott-Boyle	5/7/1995	Rosenheim League, Tooting Bec
49.2	George Sandy	28/6/1997	Herne Hill H Open, Tooting Bec
49.3	Ian Goodhall	20/5/1989	Cheshire Champs, Crewe
49.4	Megarry Effiong (U20)	1978	
49.4y	J Perris	4/2/1961	Perkins Trophy, Ilford
49.5	Ghoush Ashqueen	18/8/1993	Rosenheim League, Tooting Bec
49.6	Tom Kane	2/7/1989	GRE Cup, Enfield
49.6	Mark Giraud	-/8/1996	Open Meeting, Tooting Bec
49.6	Dwayne Dowding	2/7/2008	Rosenheim League, Tooting Bec
49.7	Paul Moulton	24/6/1990	GRE Cup, Crawley
49.73	Michael Parper (U20)	27/5/1995	SoEAA Champs, Crystal Palace
49.8	Curtis Carth	1977	
49.8	Andy Malcolm	1983	
49.9	Carl Shorter (U20)	12/7/1995	Open Meeting, Crystal Palace
49.9	Joel Caballos	22/8/2001	Rosenheim League, Tooting Bec

**800m y = 880 yards -0.7**

1:47.2	Mark Winzenried	1974	
1:47.5y	Mike Varah	15/7/1967	White City, London
1:49.8y	Terry Keen	25/5/1963	Surrey Champs, Motspur Park
1:51.9	Mike Beevor	1968	
1:52.1	Justin Fairbrother	1991	Inter County Match, Aldershot
1:52.3	Simon Wilson	20/5/1990	Surrey Champs, Croydon
1:52.38	Paul Moulton	17/6/1990	SoEAA Champs, Crystal Palace
1:52.8	Keith Hylands	1/7/1969	SoEAA Champs, Crystal Palace
1:52.8	Simon Rayner	1991	Open Meeting, Horsham
1:52.9y	Laurie Woodley	20/7/1963	Brockman Trophy, Wimbledon Park
1:52.9	Sean Hall	10/8/2013	Southern League Finals, Eton
1:53.2	Steve Vary (U20)	1978	Southern Counties Rep. Match
1:53.2	Jon Owen	14/6/1987	GRE Cup, Bromley
1:53.3	Ted Caiger	1955	
1:53.4	Pete Stenning	21/6/1987	Open Meeting, Bromley
1:53.5	Dave Clarke	15/7/1981	Rosenheim League, Wimbledon Park
1:53.6	Frank Briscoe	30/6/1973	British League, Kingston
1:53.7	Arthur Reilly	13/8/1988	British League, Tooting Bec
1:54.1	Pete Clarke	14/6/1986	Southern League, Aldershot
1:54.1	Pat McGrath	16/8/1989	Rosenheim League, Tooting Bec
1:54.4	Mike Beevor (U20)	1964	
1:54.7	John Sullivan	1968	
1:55.0	Glen Hastelow	14/8/1982	SoEAA Open, Crystal Palace
1:55.20	Gervase King (U20)	28/5/1989	Southern U20 Champs, Haringey
1:55.6	Liam White (U20)	7/5/2011	Southern League, Wimbledon Park
1:55.9	Justin Fairbrother (U20)	2/7/1989	Open Meeting Horsham

**1500m y=mile -18sec**

3:39.27	Dave Clarke	26/6/1982	Oslo Games, Norway
3:43.6	Mike Beevor	1969	
3:45.58	Justin Fairbrother	16/7/1991	Loughborough
3:46.57	Simon Rayner	2/6/1990	British Champs, Cardiff
3:47.19	Arthur Reilly	16/7/1991	Loughborough
3:47.89	Pete Clarke	14/6/1985	Crystal Palace
3:48.1y	Ted Caiger	15/7/1960	AAA Champs, White City
3:49.1	Mike Varah	1968	
3:50.12	Pete Stenning	27/6/1987	SoEAA Open meeting, Crystal Palace
3:50.5	Frank Briscoe	30/6/1973	British League, Kingston
3:50.9	Simon Wilson	30/6/1993	Inter County Match, Aldershot
3:51.2	John Sullivan	30/5/1970	Surrey Champs, Motspur Park
3:51.5	Bob Holt	13/9/1969	Southern League, Epsom
3:51.7	Tim Beagent	29/7/1972	British League, Blackburn
3:51.39	Liam White (U20)	28/5/2011	BMC Grand Prix, Sportcity, Manchester
3:51.9	Brian Slocombe (U20)	8/8/1969	AAA Juniors, Crystal Palace
3:52.5	Alex Robinson	6/6/2012	BMC Gold Standard Races, Stretford
3:52.5	Dave Holt	18/9/1971	British League Qualifier, Crystal Palace
3:53.46	David Cowan	7/5/1990	Croydon
3:53.5	Steve Newton	1975	
3:54.06	Kevin Jennings	2/8/1989	SoEAA Open Meeting, Crystal Palace
3:55.0	Adrian Trowell	7/6/1975	Surrey Champs, Motspur Park
3:55.5	John Warren	25/5/1987	Open Meeting, Basildon
3:55.9	Adrian Marriott	17/6/1998	Rosenheim League, Croydon

3:56.0	James Mayhew (U20)	1977	
3:56.0	Steve Vary (U20)	1979	
3:56.51	Jonathan Burgess	14/4/2012	Kansas Relays, Kansas, USA
3:56.78	Andrew Penney	20/8/2011	BMC Grand Prix, Birminham
3:57.0	Mike Fuller	21/6/1969	

### One Mile

3:56.95	Dave Clarke	17/7/1982	Crystal Palace
4:01.6	Mike Beevor	23/7/1969	Chubb Mile, Motspur Park
4:04.9	Simon Rayner	29/4/1990	British Milers Club Meeting, Milton Keynes
4:05.9	Pete Clarke	22/7/1985	SoEAA Open, Aldershot
4:06.1	Ted Caiger	15/7/1960	AAA Champs, White City
4:09.1	Ernie Earl	2/6/1959	Brighton
4:09.6	Arthur Reilly	25/7/1992	Horsham
4:10.8	Bob Holt	12/8/1967	White City, London
4:11.1	Mike Varah	20/5/1867	Loughborough
4:14.1	Dave Holt	30/7/1966	Chiswick
4:14.8	Stan Theed	1/6/1957	Surrey Champs, Motspur Park

### 3000m

7:54.13	Dave Clarke	18/8/1984	SoEAA Open Meeting, Crystal Palace
7:59.0	Bob Holt	30/8/1969	London Fire Brigade Meeting, White City
7:59.4	Frank Briscoe	1974	
7:59.6	Mike Beevor	1973	
8:03.26	Simon Rayner	2/5/1990	Southern Counties Champs, Crystal Palace
8:04.4	Dave Holt	30/8/1969	London Fire Brigade Meeting, White City
8:07.47	Pete Clarke	30/4/1986	Southern Counties Champs, Crystal Palace
8:10.2	Tim Beagent	18/8/1972	London Fire Brigade Meeting, Crystal Palace
8:10.42	David Cowan	2/5/1990	Southern Champs, Crystal Palace
8:12.6	Fred Bell	12/9/1997	London Fire Brigade Meeting, Crystal Palace
8:13.0	Mike Fuller	7/8/1974	London Fire Brigade Meeting, Crystal Palace
8:13.19	Justin Fairbrother	27/8/1990	Reebok Challenge, Bromley
8:15.40	Arthur Reilly	2/5/1990	Southern Counties Champs, Crystal Palace
8:16.6	John Halliday	1968	
8:16.62	Adrian Marriott	24/6/1998	British Milers Club Meeting, Swindon
8:18.2	Pete Stenning	2/9/1987	TVH Open Meeting, West London Stadium
8:18.8	Steve Badgery	1971	
8:20.3	Simon Wilson	??/7/1990	Watford Open Meeting
8:22.0	John McLenaghan	18/8/1972	London Fire Brigade Meeting, Crystal Palace
8:25.4	Kevin Jennings	1991	Copthall Open Meeting, Hendon
8:27.4	Steve Newton	3/5/1978	Southern Counties Champs, Crystal Palace
8:27.4	Mike Treadwell	22/8/2001	Rosenheim League Final, Tooting Bec

### 5000m

13:22.54	Dave Clarke	20/6/1983	Bislett Games, Norway
13:48.2	Frank Briscoe	22/6/1974	Southern Champs, Crystal Palace
13:48.6	Bob Holt	23/6/1973	Southern Champs, Crystal Palace
13:50.0	Dave Holt	26/6/1972	Southern Champs, Crystal Palace
13:57.2	Mike Beevor	1970	
14:07.42	Simon Rayner	6/6/1992	UK Championships, Sheffield
14:14.5	Adrian Marriott	5/8/1998	British Milers Club Meeting, Watford
14:15.0	Ernie Earl	22/5/1961	Inter Counties Championship, White City
14:15.4	Mike Fuller	7/6/1969	Surrey Championships, Motspur Park
14:17.7	Pete Clarke	31/8/1986	Surrey Representative, Bournemouth

14:23.4	Steve Badgery	28/7/1973	British League, Nottingham
14:24.24	Dave Cowan	25/6/1994	Southern Counties Champs, Crystal Palace
14:24.4	Andy Thomas	25/7/1987	British League, Tooting Bec
14:30.48	Jerome Brooks	1/5/1999	British Universities Champs, Bedford
14:32.??	Josh Funder	3/5/1997	British Universities Champs
14:33.6	Barry Collins	5/1969	Surrey Championships, Motspur Park
14:34.4	Keith Wallis	1971	
14:35.0	Fred Bell	14/9/1977	Southern Counties Open, Crystal Palace
14:35.57	Mark Slowikowski (U20)	16/6/1985	Southern Championships, Crystal Palace
14:39.0	Len Duke	5/7/1969	
14:43.2	Arthur Reilly	25/7/1987	British League, Tooting Bec

### 10,000m

27:55.77	Dave Clarke	25/5/1982	Florence, Italy
28:39.8	Bob Holt	20/9/1972	Southern Counties Open, Crystal Palace
28:41.2	Frank Briscoe	17/4/1974	Southern Championships, Crystal Palace
28:41.82	Dave Holt	15/7/1972	AAA Championships, Crystal Palace
29:17.4	Mike Beevor	10/5/1970	Surrey Championships, Wimbledon Park
29:22.8	Mike Fuller	17/4/1974	Southern Championships, Crystal Palace
29:37.7	Simon Rayner	29/4/1992	Southern Championships, Crystal Palace
30:19.66	Adrian Marriott	14/7/1998	Bedford
30:29.0	Ferdie Gilson	22/4/1970	Southern Championships, Crystal Palace
30:29.0	Steve Badgery	5/9/1973	Southern Counties Open, Crystal Palace
30:46.0	Barry Collins	1968	
30:48.0	Len Duke	5/1970	Surrey Championships, Motspur Park
30:53.4	John Halliday	1968	
31:01.7	Barry Attwell	26/4/1987	Surrey Championships, Tooting Bec
31:16.0	Paul Davies	1984	
31:28.7	Adrian Trowell	1980	
31:41.4	Pete Mulholland	19/4/1969	Southern Championships, Crystal Palace
31:48.2	Jeremy Weightman	3/5/1992	Surrey Championships, Kingston
32:01.7	Steve Webb	1986	
32:06.8	Maurice Sharp	29/4/1975	Surrey Championships, Wimbledon Park
32:14.8	Noel Sutton	2/5/1993	Surrey Championships, Wimbledon Park

### 3000m Steeplechase

9:03.0	Pete Duggan	29/7/1961	Surrey Champs, Battersea Park
9:06.6	Simon Wilson	16/8/1989	Surrey Representative, Colindale
9:11.2	John Halliday	22/7/1972	Inter Banks Champs, Motspur Park
9:15.2	Jeremy Weightman	14/5/1992	Surrey Representative, Aldershot
9:15.6	Steve Badgery	4/8/1973	Brockman Trophy, Crystal Palace
9:19.0	Mike Fearon	26/7/1969	Brockman Trophy, Crystal Palace
9:23.9	Andy Thomas	14/6/1987	GRE Cup, Bromley
9:28.2	Colin Parrack	25/7/1987	British League, Tooting Bec
9:31.2	Martin O'Halloran	25/7/1987	British League, Tooting Bec
9:32.8	Len Duke	2/6/1973	British League, Edinburgh
9:33.8	Kevin Jennings	22/6/1991	British League, Swansea
9:34.0	James Mayhew (U20)	7/7/1977	Southern League, Wimbledon Park
9:34.3	Barry Attwell	13/8/1988	British League, Tooting Bec
9:40.8	Bill Fothergill	12/7/1974	Southern League, Portsmouth
9:42.0	Tim Beagent	1969	
9:44.0	Steve Webb	1977	
9:44.7	Adrian Marriott	16/8/1997	Southern League, Woodford
9:44.9	Chris Clarke	5/7/1985	Southern League, Tooting Bec

9:45.7	K Sanhiji	31/5/1997	Southern League, Tooting Bec
9:47.6	Paul Reynolds	1979	

### 110m Hurdles

14.22/+2.7w	Curt Hampstead	20/6/1986	Southern Champs, Crystal Palace
14.30/+1.4	Curt Hampstead	21/6/1986	Southern Champs, Crystal Palace
14.38	Megarry Effiong	19/7/1986	Wroclaw, Poland
14.6	Austin Ferns	3/5/2008	Southern League, Kingston
14.71	Kris Focke	26/6/1993	Duffel, Belgium
14.76/nwr	Austin Ferns	9/7/2007	British League, Edinburgh
14.8	Victor Lawrence-John	6/6/1987	British League, Woodford
15.0	Pete Allen (U20)	1979	AAA U20 Championships
15.2	Jeff Fenge	2/6/1973	British League, Meadowbank
15.4	Andy Laughton	15/8/1987	Crystal Palace
15.4	Christiaan de Jager	13/7/2002	Southern League, Walton
15.4	Royden John	13/7/2002	Southern League, Walton
15.5	Richard Dickins	15/8/1989	British League, Horsham
15.7	Ove Lindekliev	11/7/2009	Southern League, Woking
15.72w/+2.9	Oliver Stogdale	8/5/2010	Oxfordshire Champs, Oxford
15.8	Anthony Catchpole	29/5/1988	GRE Cup, Bournemouth
15.8/+1.7	Oliver Stogdale	27/6/2009	Southern League, Lee Valley
15.82/-0.1	Oliver Stogdale	15/5/2010	Varsity Match, Oxford
15.9	Richard Saunders	1977	
15.9	Mike Richardson	1982	
16.09/0.0	Oliver Stogdale	1/5/210	British Universities Champs, Bedford
16.1	Paul Duffy	1976	
16.2	John Fairweather	1975	
16.2	Ade Sofolarin	1977	
16.2	Uzor Oleh (U17)	2/8/1995	Rosenheim League, Tooting Bec
16.2	Steve Davies	14/7/2007	Southern League, Tooting Bec
16.6	Youssef Khan	18/8/1993	Rosenheim League Final, Tooting Bec
16.8	Ruez Durrani	25/7/1998	Southern League, Wimbledon Park
17.1	Dave Orchard	1991	Rosenheim League, Tooting Bec
17.2	Tony O'Connor	1976	
17.2	Darren Cripps	27/5/1989	Southern League, Harrow

### 400m Hurdles

51.28	Robin Woodland	18/6/1966	GBR v Russia, White City
51.94	Austin Ferns	17/6/2007	South of England Champs, Crystal Palace
52.9	George Sandy	10/5/1997	Surrey Championships, Wimbledon Park
53.7	Megarry Effiong (U20)	2/5/1979	Southern Counties Rep, Crystal Palace
53.9	Maurice Evans	1981	
54.0	Jon Owen	1/7/1981	Inter County Match, Aldershot
54.4	Keith Andrew	1985	
55.5	Richard Dickins	4/7/1987	British League, Cannock
56.4	John Davis	21/8/1971	Southern League, Wimbledon Park
56.4	Owen James	18/9/1971	British League Qualifying, Crystal Palace
56.4	Steve Davies	4/8/2007	Southern League, Reading
56.5	Richard Saunders	1977	
56.5	Ian Pease (U20)	18/6/1974	Southern League, Wimbledon Park
56.63	Steve Davies	11/5/2008	Surrey Championships, Kingston
56.67	Aaron Mason	31/8/2009	Peterborough City Games, Lincs
56.7	Andy Laughton	15/7/1989	British League, Tooting Bec
57.1	Pete Allen	1979	

57.3	Esmond Ferns	26/7/1997	Southern League, Bromley
57.85	Oliver Stogdale	15/5/2010	Varsity Match, Oxford
58.4	Lorenz Corneliussen (U20)	10/5/1997	Surrey Championships, Wimbledon Park
58.5	Pete Batty	23/4/1989	Surrey Championships, Woking
58.6	Paul Bieniek (U17)	3/6/1995	Southern League, Eltham
58.7	Robert Scantlebury	22/7/1995	Southern League, Oxford
59.0	Mark Giraud	10/5/1997	Surrey Championships, Wimbledon Park
60.1	David Orchard		Haslemere Border Open Mtg (grass track)
60.66	Rhodri Scanlon	10/5/2009	Surrey Champs, Kingston
60.77	James Garnier	18/5/2013	Oxf v CambVarsity Match, Cambridge

### High Jump

2.16	Andy Hutchinson (U20)	2/9/1984	London Borough Champs, Crystal Palace
2.12 (i)	Marlon Huggins (U20)	18/3/1989	AAA U20 Indoors, Cosford
2.08	Huggins (U20)	6/8/1988	AAA Championships, Birmingham
2:08	Robert Kotei	1960	
1.98	David Wilson	1958	
1.95	Danny Hall (U20)	1981	Southern League, West London Stadium
1.95	Maurice Evans (U20)	24/4/1981	Surrey Championships
1.95	Michael Majchrowicz (U20)	18/8/1992	Rosenheim League, Tooting Bec
1.91	Robert Lewer (U20)	9/7/1988	Open Meeting, Woking
1.90	Megarry Effiong (U20)	1977	
1.90	P David (U20)	1978	
1.90	B Thomson	17/9/1989	Friendship Games, Tooting Bec
1.90	Ove Lindekleiv	12/7/2008	Southern League, Ilford
1.89	Per Nystrom	18/8/1990	Warsaw, Poland
1.85	John Fenge	4/8/1973	Brockman Trophy, Crystal Palace
1.85	James Mayhew (U20)	12/9/1976	
1.85	Paraskevas David	1979	
1.85	Richard Carr (U20)	1983	
1.85	Richard Dickins	16/8/1989	Rosenheim League, Tooting Bec
1.85	Tom Majchrowicz	22/8/1992	British League, Jarrow
1.85	Kris Focke	8/5/1993	British League, Jarrow
1.85	Benny Bruschi	5/6/1999	Southern League, Peterborough
1.85	Steve Davies (M35)	30/7/2011	Southern League, Woking

### Pole Vault

4.80	Jeff Fenge	30/8/1975	Woking
4.61	Martin Higdon	25/5/1970	Inter Counties Champs, Leicester
4.20	Ian Johnston (U20)	4/7/1971	Croydon H Meeting, Crystal Palace
4.20	Floyd Henry (U17)	9/7/1983	English Schools, Plymouth
4.11	Pete Lyons	27/6/1969	Army Championships, Aldershot
4.10	Witek Radwanski	1980	
4.05	John Fenge	3/5/1992	Surrey Representative, Isleworth
4.05	Mike Mulrenan	1973	
4.00	Gunner Dypgap	8/5/1993	British League, Jarrow
4.00	Richard Hull	16/7/1997	Rosenheim League, Carshalton
4.00	Tom Suva	31/7/1999	Southern League, Bracknell
3.90	Shane Cloonan (U20)	14/5/1995	Rosenheim League, Tooting Bec
3.60	John Webster	1962	
3.60	Ove Lindekliev	11/7/2009	Southern League, Woking
3.50	Louis Lammy (U17)	22/7/2001	Young Athletes League, Wimbledon Park
3.45	S Prasad	1976	
3.40	David Matto (U15)	9/7/1983	English Schools, Plymouth

3.40	Allen Cochrane	10/6/1990	British League, Crawley
3.40	Piers Willoughby-Strauss	24/7/2012	Rosenheim League, Tooting Bec
3.30	Ray Douglas (U17)	1983	
3.30	Tommy Saville (U20)	14/5/2000	Surrey Championships, Croydon
3.30	Royden John	3/6/2006	Southern League, Basingstoke
3.25	Andy Laughton	1991	Sheffield
3.25	Per Nystrom	1991	Sheffield
3.25	Dominic Getting	23/6/2007	Southern Men's League, Kingston

### Long Jump

7.62	Peter Reed	18/5/1968	Solihull
7.50 (i)	Megarry Effiong	3/2/1979	West Berlin Indoor Meeting
7.45	Effiong	6/8/1980	Southern Counties Team, Crystal Palace
7.36w/+2.6	Ike Mba (U20)	29/5/2006	Inter Counties, Bedford
7.35	Victor Lawrence-John	25/7/1987	British League, Tooting Bec
7.28	Royden John (M35)	10/5/2008	Surrey Championships, Kingston
7.21 (i)	Ike Mba (U20)	5/2/2006	International Match, Cardiff
7.15	Ike Mba (U20)	3/6/2006	Southern League, Basingstoke
7.13/+1.2w	Royden John	4/8/2007	British League, Derby
7.11	Ian Winter	21/8/1991	Rosenheim Finals, Tooting Bec
7.11w	Martin Giraud (U17)	3/7/1993	Schools Cup, Carlisle
6.89	F Gillmore	26/5/1960	Surrey Champs, Motspur Park
6.87	Neil Hawkins (U20)	-/5/1991	Surrey Schools Championships, Kingston
6.80 (i)	Cale Edmunds	25/2/2011	Surrey Indoors, Sutton Arena
6.79	Kris Focke	8/5/1993	British League, Jarrow
6.79	Cale Edmunds (U20)	31/7/2010	Southern League, Tonbridge
6.78	Dane Boswell	24/6/1990	GRE Cup, Crawley
6.76	Andre Sutherland	1984	
6.76	Gianni Pardhanani (U20)	15/5/1990	Southern League, Eltham
6.76w/+4.7w	Jermain Olasan	10/8/2008	Inter County Match, Kingston
6.74	Tomas Majchrowicz	25/5/1992	British League, Jarrow
6.74	Jermain Olasan (U20)	3/5/2008	Southern League, Kingston
6.68	Jeff Fenge	1968	
6.68	Mike Powell	1978	
6.67	Phillip Young	1985	
6.62	Mark Giraud (U20)	25/5/1992	British Junior League, Watford
6.60	Mike Mulrenan	1973	
6.58/+1.8w	Jermain Olasan (U17)	5/8/2007	U17 Inter County, Hendon
6.56	Godfrey Duffus	14/6/1986	Southern League, Aldershot
6.55	Christiaan de Jager	15/5/2004	Surrey Championships, Kingston
6.53	Olu Segun	6/5/1995	Southern League, Parliament Hill
6.53	Ove Linderlein	12/7/2008	Southern League, Ilford
6.52	Roger Wren	7/5/1969	Surrey Champs, Motspur Park

### Triple Jump

15.74	Megarry Effiong (U20)	20/8/1978	Inter Area, Crystal Palace
15.37 i	Ronnie Corbin (U20)	18/2/1984	AAA U20 Indoors, Cosford
14.48	Tomas Majchrowicz	19/8/1992	Rosenheim Final, Tooting Bec
14.39	Tony O'Connor	16/8/1975	Southern League, Windsor
14.12	Ade Sofolarin	1976	
14.10/+0.2w	Ian Winter	2/5/1993	Surrey Champs, Wimbledon Park
14.09	Mike Powell (U17)	1977	
14.03	Patrick Lindsay (U17)	9/7/1982	English Schools, Birmingham
13.96	Jamal Suleiman (U20)	13/7/1995	English Schools, Kingston upon Hull



13.85	Ike Mba (U20)	3/6/2006	Southern League, Basingstoke
13.92	Nnamdi Odum (U20)	10/7/2010	Southern League, Erith
13.75	Rodney Lindsay	1991	Tooting Bec
13.66	Royden John (M35)	27/6/2009	Southern League, Lee Valley
13.58	T Blanchard	1979	
13.38	Neil Lyndon	16/8/1997	Southern League, Woodford
13.26	Nnamdi Odum (U20)	2/5/2009	Southern League, Kingston
13.25	Kayode Opaleke	15/7/1992	Rosenheim League, Tooting Bec
13.16	Paul Bieniek (U17)	22/7/1995	Southern League, Oxford
13.13	Ray Douglas (U20)	1984	
13.02	Christiaan de Jager	8/6/2002	Southern League, Kings Lynn
13.00	Jeff Fenge	1970	
13.00	Benny Bruschi	15/5/1999	Southern League, Wimbledon Park
12.95	Dave Orchard	21/7/1990	Southern League, Hoo
12.95	Micky Fooks	2/6/1962	Surrey Championships, Motspur Park
12.94	Ivor Hughes	1976	
12.94	Jacques Snyman	21/8/1996	Rosenheim Finals, Tooting Bec

### Shot

15.10	Alex Sutherland	1966	
14.91	Ove Lindekleiv	11/7/2009	Southern League, Woking
14.43	Libor Krten	22/7/1995	Southern League, Oxford
14.10	John Fenge	1973	
14.04	Tom Suva	1996	
13.97	Nigel Winchcombe	12/7/1986	British League, Coventry
13.80	Pete Sutton	10/6/1990	British League, Crawley
13.70	Mike Ferne	20/5/1967	Surrey Champs, Motspur Park
13.59	Nigel Kitchen	1969	
13.42	John Nowell	8/8/1987	Rosenheim League, Tooting Bec
13.21	Per Nystrom	18/7/1987	Wroclaw, Poland
12.24	Megarry Effiong	14/5/1983	Southern League, Erith
12.16	Remigijus Jarutis	23/7/2011	Herne Hill H Open, Tooting Bec
12.07	Jacques Snyman	19/4/1997	Belgrave Open, Battersea Park
12.02	Bekele Tola	25/6/2005	Southern League, Tooting Bec
11.60	John Brown	5/5/2001	Southern League, Wimbledon Park
11.46	Piers Willoughby-Strauss	21/7/2012	Herne Hill H Open, Tooting Bec
11.28	Kris Focke	1/6/1993	Leuven, Belgium
11.20	Chris Avrillon	15/5/1995	Southern League, Wimbledon Park
11.18	Helge Elwart	1991	Walton
11.15	Daren Cripps	31/7/1996	Rosenheim League, Tooting Bec
11.02	Yousef Khan	19/6/1993	Southern League, Tooting Bec
10.90	Stuart Milton	24/6/2009	Rosenheim League, Tooting Bec
10.78	Paul Carter	1983	
10.72	Jamil Butt (U17)	20/8/1997	Rosenheim League, Tooting Bec
10.71	Phillip Young	21/4/1990	Surrey Decathlon, Woking

### Discus

47.80	Nigel Winchcombe	17/4/1988	Sword Trophy, Kingston
46.58	Libor Krten	18/5/1996	Southern League, Barnet Copthall
45.40	Nigel Kitchen	1964	
44.10	Pete Sutton	2/7/1988	British League, Coventry
43.32	Tom Suva	29/6/1996	Herne Hill H Open, Tooting Bec
42.56	Per Nystrom	25/7/1997	British League, Tooting Bec
41.38	Mike ferne	20/5/1967	Surrey Champs, Motspur Park

41.78	Ove Lindekleiv	14/7/2009	Southern League, Woking
41.74	John Fenge	21/8/1976	Southern League, Portsmouth
40.80	Remigijus Jarutis	10/8/2011	Rosenheim Final, Kingston
40.22	B Smith	12/5/1973	British League, Wimbledon Park
39.24	John Nowell	2/8/1997	GRE Cup, Enfield
38.18	G McKiernan	17/7/93	Coronation Trophy, Guildford
37.52	Kevin Horne	1980	
35.64	Daren Cripps	18/5/1994	Rosenheim League, Battersea Park
34.76	John Webster	1959	
34.68	Chris Avrillon	5/6/1999	Southern League, Peterborough
34.56	Phillip Young	1984	
34.34	A Makowski	1971	
33.16	M Callum	1977	
32.32	Youssef Khan	20/6/1993	Southern League, Braunton
32.20	Mohammed Sami (U20)	17/6/1992	
32.15	Rob Dinsdale (M45)	4/6/2011	Southern League, Brighton
32.10	Megarry Effiong	30/7/1978	Jablonec, Czech Republic
31.74	Dave Orchard	8/5/1999	Surrey Championships, Kingston
31.55	Chima Odum (U17) 2kg?	7/7/2010	Rosenheim League, Tooting Bec
31.51	Bekele Tola (M35)	2/6/2007	Southern League, Guildford

### Hammer

59.18	Nigel Winchcombe	3/9/1988	Welsh Team, Nesbyn, Norway
52.22	Jiri Horak	22/7/1995	Southern League, Oxford
50.08	Dave Brands	27/6/1959	Edinburgh
48.34	J Cincunegui	1985	
45.36	Mike Griffiths (U20)	1/9/1985	GRE Plate Final, Hendon
44.50	John Webster	20/7/1963	Hurlingham
44.22	John Fenge	9/5/1987	British League, Gateshead
42.24	Nigel Kitchen	1973	
38.40	Helge Ellwart	1991	Walton
35.46	Pete Sutton	1989	
34.70	Libor Krten	22/7/1995	Southern League, Oxford
33.68	Jack Kennedy (U20)	25/6/2005	Southern League, Tooting Bec
31.66	John Brown (M35)	20/5/2006	Southern League, Brighton
30.97	Per Nystrom (M40)	28/6/2008	Southern League, Stevenage
30.79	Ove Lindekleiv	12/7/2008	Southern League, Ilford
29.60	Dave Orchard (M50)	4/6/2011	Southern League, Brighton
27.44	Mike King (M40)	15/8/1992	Southern League, Wimbledon Park
26.68	Paul Penfold	18/7/1990	Rosenheim League, Kingston
26.56	Phillip Young	1991	Southern League, Wimbledon Park
25.10	Tom Suva	13/7/1996	Southern League, Wimbledon Park
24.24	Jon Owen	18/7/1990	Rosenheim League, Kingston
22.60	Dominic Getting	2/5/2009	Southern League, Kingston
22.54	Mohammed Sami (U20)	15/7/1992	Rosenheim League, Tooting Bec
22.12	Daren Cripps	18/5/1994	Rosenheim League, Battersea Park

### Javelin

63.52	Steve Langdon	26/6/1993	Southern Championships, Crystal Palace
61.44	Bekela Tola (M35)	22/7/2006	Southern League, Walton
51.92	Helge Ellwart	1991	Kingston
51.88	Chris Avrillon	26/6/1999	Southern League, Kingston
50.67	Ove Lindekleiv	11/7/2009	Southern League, Woking
50.40	Gary Glynn	4/5/1985	Southern League, Motpur Park

50.30	Youseff Khan	19/6/1993	Southern League, Tooting Bec
50.25	Simon Brace	12/7/2003	Southern League, Rochester
49.98	Jacques Snyman	19/4/1997	Belgrave H Open, Battersea Park
49.80	John Webster (M50)	22/8/1990	Rosenheim League, Tooting Bec
49.76	Simon Mohammed	16/4/1989	Sward Trophy, Kingston
49.09	Justin Miller	27/6/2009	Southern League, Lee Valley
48.14	Per Nystrom	1991	Sheffield
47.38	Kris Focke	5/6/1993	British League, Wimbledon Park
46.90	Dave Orchard	21/4/1991	Surrey Decathlon Champs, Kingston
46.08	Daren Cripps	24/6/1998	Southern League, Tooting Bec
45.48	Mohammed Simon (U20)	25/5/1992	British Junior League, Watford
45.36	Stuart Milton	2/7/2003	Rosenheim League, Sutton
44.72	Neil Stone	2/8/2003	Southern League, Portsmouth
42.94	Boh Tjarks	21/7/2010	Rosenheim League, Tooting Bec
42.44	John Brown	25/5/1988	Rosenheim League, Kingston
42.40	Richard Dickins	17/9/1989	Melbourne Trophy, Tooting Bec
41.94	Phillip Young	1985	
41.93	Justin Kelly	4/8/2007	Southern League, Reading
41.80	Nigel Winchcombe	5/8/1989	British League, Horsham
41.10	Benny Bruschi (U20)	5/5/2001	Southern League, Wimbledon Park
39.74	Austin Ferns	29/4/2006	Southern League, Kingston

#### **Javelin (Old style)**

63.36	Anthony Harper	19/9/1970	Brockman Trophy, Wimbledon Park
62.50	John Webster	9/8/1975	Croydon H Open Meeting, Crystal Palace
52.74	N Reid	26/5/1961	Surrey Championships, Motspur Park
51.58	Roger Harvey	2/6/1962	Surrey Championships, Motspur Park

#### **Decathlon**

6221	Megarry Effiong (U20)	Sept. 1978	Southern Junior Championships, Crystal P
5761	Phil Young	9/9/1984	Southern Championships, Crystal Palace
5359	Youssef Khan	2-3/5/1993	Surrey Championships, Wimbledon Park
5214	John Davis	1970	Surrey Championships
4896	Andy Laughton	1983	
4885	Dave Orchard	15-16/6/1996	Surrey Championships, Walton
4743	Jeff Fenge	1969	Surrey Champs
4470	Daren Cripps	22-23/4/1989	Surrey Championships, Woking
4466	Jon Owen	22-23/4/1989	Surrey Championships, Woking
4359	Simon Cook	11-12/9/1999	Surrey Championships, Crawley
4098	Chris Avrillon	11-12/9/1999	Surrey Championships, Crawley
3813	Charles Johnson	2-3/5/1992	Surrey Championships
3660	David Harris (M35)	9-10/6/2012	Southern Champs, Abingdon
3445	Scott Fuller	21/4/1991	Surrey Championships, Kingston
3182	Robert Dallimer	22/4/1990	Surrey Championships, Woking
3123	John Brown	22/4/1990	Surrey Championships, Woking
2905	Andrew Hutchins	22/4/1990	Surrey Championships, Woking
2457	Ian Fowler	22/4/1990	Surrey Championships, Woking
1980	Robert Austin	23/4/1989	Surrey Championships, Woking

#### **4x100m**

42.3		25/7/1987	British League, Tooting Bec
42.4		22/4/1990	Surrey Championships, Woking
42.7		7/7/1984	Southern League, Tooting Bec

**4x200m**

1:29.0*	19/9/1993	Surrey Championships, Walton
1:29.7	18/8/1993	Rosenheim League, Finals, Tooting Bec
1:30.3	13/7/1994	Rosenheim League, Sutton
1:30.6 (J Chukwuadinula, H Agboke, A Douglas, D Cowan)	24/7/2013	Rosenheim League, Tooting

**4x400m**

3:20.0	22/4/1990	Surrey Championships, Woking
3:20.5	19/9/1993	Surrey Championships, Woking
3:21.0	12/5/1990	British League, Stretford