

# HERCULES WIMBLEDON YOUNG ATHLETES T&F ALL TIME

After hours of trawling through copies of Athletics Weekly – courtesy of the Lauriston RC library- old Team Spirits, various Amateur Athletic Association (AAA) and UK Athletics annual publications and the Surrey County AA web site, I have arrived at the following, which it is hoped will lead to definitive all-time Hercules Wimbledon AC Young Athletes (male) ranking lists.

It was originally intended to show just the top-20 of each discipline but I have now decided that as and when a performance that comes to light and is worthy of inclusion the lists may well exceed 20 names in some instances. Now the lower performances have been included it would be a pity to ‘wipe them of the map’ sometime in the future. This will mean that any future performances will only be included if they better the final performances currently shown in the lists.

After an early draft of these lists were provided, Maurice Sharp came up with about 20 foolscap pages of amendments and additions plus a host of full first names, which has been much appreciated. More recently there has also been some much appreciated input from Mark Giraud.

Thanks to help from Jon Owen the senior men’s top-20 lists look to be quite settled having been on the HW web site for some years now and updated usually on an annual basis. Feedback from these lists is pretty minimal so we can assume that they were carried out with a degree of accuracy.

It is appreciated that as the young athlete’s lists currently stand there are probably quite a few gaps, but unfortunately in those pre-computer days record keeping of HW results were, to say the least, a bit intermittent.

Second claim members are not included in all-time rankings although they are shown - if the performance was made while competing for Hercules Wimbledon AC - in the annual ranking lists.

Where possible I have included performances by the athletes of Hercules AC prior to the amalgamation with Wimbledon AC in 1967 but I am lacking in-depth results of that club. For interest sake, Hercules AC was founded in 1933 and Wimbledon AC in 1953. Perhaps someone reading this may be able to assist. Also, Athletics Weekly in those days did not supply a results service equal to that now in force. 1967 was also the year that the AAA went metric, meaning that results prior to those days may have got lost in the translation.

Of course many of the events shown have not extended to 20 names but as the years go by and with input from athletes and/or officials who may have results – probably stored in their lofts – these lists should increase to the required amount in each case.

You may note that in the sprint events some names appear twice in a particular age group. The reason for this is due to an ‘illegal’ wind assisted time being shown and, where possible, followed by the particular athletes’ ‘legal’ time.

One of the main reasons for these lists is that it may inspire the young athletes of Hercules Wimbledon to give that extra bit of effort in an endeavour to be included in these lists. It could also help to concentrate the mind when training for these events.

I did originally intend to include under-11 boys but after much thought I have decided against this. First of all results in this age group were very minimal and secondly, it was felt that there could be pressure on such a young age-group to perform, sometimes under stress, so as to be included on any such listings. These lists have been also been placed on the HW web site ([www.herculeswimbledonac.org.uk](http://www.herculeswimbledonac.org.uk)) which, with a much wider readership, may attract some missing results.

If anyone feels that their performances are missing, please note that this was not done on purpose. Just let me know details of the performance and a correction can be made.

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As at 1/2/2014

## U20 Men (Juniors)

### 100m

10.4w/+4.5w	Mike Powell	21/7/1979	AAA U20 Championships, Cleckheaton
10.4/-0.4w	Mike Powell	11/7/1980	English Schools, Kirkby
10.6w/+4.5w	Martin Giraud	3/7/1995	Inter County Match, Aldershot
10.7	Mel Cheskin	1961	
10.7	Paul Miller	7/7/1985	Southern League
10.7	Jason Hallifax	26/7/1996	Southern League, Colindale
10.78	Martin Giraud	12/7/1996	English Schools, Sheffield
10.78/+2.8w	Max Mondelli	31/7/2013	Lee Valley Open Meeting
10.80/-1.6w	Donovan Reid	28/6/1980	Southern League, Haringey
10.8	Robert Huie	9/4/1989	Open Meeting, Horsham
10.90/+1.1	Max Mondelli	8/6/2013	Surrey Schools. Kingston
10.99/+5.8	Phillip Mauge	31/7/2013	Open Meeting, Lee Valley
11.0	John Gostelow	23/8/1970	London v South, Crystal Palace
11.0	Ola Scott-Boyle	3/7/1993	British League, Cannock
11.0	Simon Roll	19/4/1994	HW Open Meeting, Wimbledon Park
11.00/-1.1	Max Mondelli	25/5/2013	Surrey Championships, Kingston
11.05	Ike Mba	14/5/2005	Surrey Championships, Kingston
11.1	Rodney Lambourne	1976	
11.1	Curtis Garth	1977	
11.1	Malcolm Fitter	1978	
11.1	Dave Callender	1979	
11.1	Ivor Hughes	1981	
11.1	Scott Fuller	7/5/1988	Southern League, Enfield
11.1	Robert Graham	2/6/2001	Southern League, Enfield
11.2	Martin Gaston	29/5/1988	GRE Cup, Bournemouth
11.2	Harvel Morgan	6/5/1989	Southern League, Hayes
11.2	Simon Tolaram	29/7/1995	Herne Hill H Open, Tooting Bec
11.2	Richard Agyapong	6/6/2009	Southern League, Kingston

### 200m

21.4	Jason Hallifax	26/7/1986	Southern League, Colindale
21.5	Mike Powell	10/8/1980	Inter County Match, Motspur Park
21.6	Mel Cheskin	1961	
21.8	John Gostelow	23/8/1970	London v South, Crystal Palace
21.9/-2.0	Donovan Reid	12/07/1980	English Schools, Kirby
22.0	Paul Miller	1984	
22.1	Scott Fuller	11/6/1989	British League, Luton
22.1	Ola Scott-Boyle	18/8/1993	Rosenheim League Final, Tooting Bec
22.1w	Malcolm Fitter	1976	Surrey Championships
22.3	Simon Roll	19/5/1993	Southern League, Tooting Bec
22.4	Robert Graham	12/5/2001	Surrey Championships, Kingston
22.4	Ike Mba	3/6/2006	Southern League, Basingstoke
22.44/+0.6	Max Mondelli	13/7/2013	Southern League, Kingston
22.45/+2.0	Jonathan Osbourne	9/9/2012	Junior League Final, Derby
22.48/+1.2	Richard Agyapong	17/4/2010	Kinnaird Trophy, Kingston
22.5.	Richard Agyapong	6/6/2009	Southern League, Kingston
22.6	Malcolm Fitter	1978	
22.6	Martin Gaston	8/7/1989	Southern League, Bedford
22.6	Kyran Mitchell-Nanton	24/4/2011	Crawley Open Meeting
22.8	Mark Thompson	1983	
22.8	Robert Scantlebury	19/7/1995	Rosenheim League, Carshalton
22.9	Adi Soforlarin	1977	

22.9	Harvel Morgan	6/5/1989	Southern League, Hayes
23.0	C Henry	1979	
23.0	Kenneth Frempong	8/6/2002	Southern League, Kings Lynn
23.13-1.9w	Kyran Mitchell-Nanton	3/4/2011	HW YA Meeting, C Palace
23.4/-0.4w	Andre Sutherland	16/5/1987	Surrey Champs, Tooting Bec
23.4	Mark Giraud	1991	Czech Republic
<b>400m</b>			
48.6	Martin Gaston	20/5/1990	Surrey Championships, Croydon
48.6	Robert Scantelbury	2/7/1994	Southern League, Reading
48.7	John Strachan	1959	
49.4	Megarry Effiong	1978	
49.5	Jonathan Osbourne	30/7/2011	Southern League, Woking
49.51	Jonathan Osbourne	9/9/2012	Junior League Final, Derby
49.73	Michael Parper	27/5/1995	Southern Championships, Crystal Palace
49.8	Curtis Garth	1977	
49.8	Andy Malcolm	1983	
49.9	Carl Shorter	12/7/1995	Open Meeting, Crystal Palace
50.0	John Gostelow	13/9/1969	Southern League, Ewell
50.0	C Henry	1979	
50.15	Ola Scott-Boyle	1993	
50.4	Esmond Ferns	12/5/1996	Surrey Championships, Croydon
50.5	Andy Malcolm	1984	
50.68	James Garnier	15/5/2010	Varsity Champs, Oxford
50.7	Jason Hallifax	25/6/1986	Rosenheim League, Ewell
50.9	Ghous Ashqueen	22/8/1992	British League, Jarrow
51.3	Mike Dann	1985	
51.33 (i)	James Garnier	14/2/2010	UWIC Indoor Open, Cardiff
51.4	Scott Fuller	1/10/1989	Open Meeting, Tooting Bec
51.6	Mark Giraud	1993	Czech Republic
51.6	Gervase King	1989	Rosenheim League
51.62	Mark Giraud	20/7/1991	International Mtg, Jablonec, Czech R
51.9	Richard German	1991	British League, Sheffield
<b>800m y=880 yards -0.7</b>			
1:53.2	Steve Vary	1978	Southern Counties Rep. Match
1:54.4	Mike Beevor	1964	
1:55.2	Gervase King	28/5/1989	Southern Championships, Haringey
1:55.6	Liam White	7/5/2011	Southern League, Wimbledon Park
1:55.8y	Rodney Offer	2/6/1962	Surrey Championships, Motspur Park
1:55.9	Justin Fairbrother	17/8/1988	Rosenheim League, Tooting Bec
1:56.53	Jonathan Burgess	23/10/2010	Queensland U19 Champs. Brisbane, AUS
1:56.8	Mark Morley	22/6/1986	Open Meeting, Tooting Bec
1:57.2	Robin Sandford	28/6/1969	Southern Championships, Crystal Palace
1:57.2	Andy Malcolm	1983	
1:57.3	Ghous Ashqueen	23/5/1992	Southern League, Becontree
1:57.5	Keith Hylands	19/5/1966	Surrey Champs, Motspur Park
1:57.9	Carl Shorter	1995	Southern Championships
1:58.2	Tim Beagent	9/6/1969	Southern Rep. Match, Isleworth
1:58.3	Mark Lewis	21/5/1983	Surrey Champs, Motspur Park
1:58.7	Mamoud Aboattaya	31/5/2003	Southern League, Kingsmeadow
1:58.77	Mike Dann	1985	
1:59.3	Reg Hull	1975	
1:59.3	Mark Bench	1976	
1:59.5	Andrew Penney	31/7/2010	Southern League, Tonbridge

1:59.7	Pete Clarke	1980	
1:59.8	Jim Wallace	1975	
2:00.1	Brian Slocombe	28/5/1969	Rosenheim League, Wimbledon Park
2:00.2	Mark Nelson	1982	
2:00.4	Paul Williams	1985	
2:01.0	Richard German	1990	
2:01.3	Johnnie Bland	4/6/2012	Herne Hill H Open, Tooting Bec
2:01.43.	Jonathan Osbourne	3/4/2011	HW Young Athletes Mtg, C Palace
2:01.7	Richard Hull	2/5/1993	Surrey Championships, Wimbledon Park
2:03.0	Alex Robinson	15/5/2010	Southern League, Lewes
2:03.2y	Mike Varah	2/6/1962	Surrey Champs, Motspur Park

### 1500m

3:51.39	Liam White	28/5/2011	BMC Grand Prix, Sportcity, Manchester
3:51.9	Brian Slocombe	8/8/1969	AAA Junior Championships, Crystal P
3:55.4	Dave Clarke	1977	Surrey Championships, Motspur Park
3:56.0	James Mayhew	14/5/1977	Surrey Championships, Motspur Park
3:56.0	Steve Vary	1979	
3:57.5	Ken Dack	1975	
3:57.6	Justin Fairbrother	2/7/1969	Open Meeting, Horsham
3:59.1	Mark Slowikowski	1985	
3:59.37	Jonathan Burgess	4/11/2010	Nike 1500m Meeting, Brisbane, AUS
3:59.6	Alex Robinson	18/8/2010	Cambridge H Open Meeting, Eltham
4:01.1	Nick Watt	1984	
4:03.3	Reg Hull	1975	
4:04.12	Andrew Penney	19/9/2009	BAL Qualifying, Abingdon
4:04.6	Andy Malcolm	1984	
4:05.1	Dave Pomfret	1984	
4:05.0	Pete Clarke	1980	
4:05.03	Alex Bodin	10/6/2006	Surrey Schools Champs, Kingston
4:06.5	Mark Larche	21/5/1983	Surrey Champs, Motspur Park
4:06.6	Franco Perrotta	17/7/1982	Southern Men's League, Reading
4:09.0	Mark Morley	1986	
4:09.2	Steve Newton	1972	
4:09.7	Gervase King	20/5/1989	Surrey Champs, Tooting Bec

### 3000m

8:23.37	Pete Clarke	1981	
8:24.4	Dave Clarke	28/9/1977	Fire Brigade Meeting, Crystal Palace
8:29.67	Alex Robinson	14/8/2010	Aviva Grand Prix, Crystal Palace
8:31.57	Liam White	14/8/2010	Aviva Grand Prix, Crystal Palace
8:32.0	Brian Slocombe	17/9/1969	Melbourne Trophy, Tooting Bec
8:33.1	Mark Slowikowski	1985	
8:44.8	James Mayhew	1977	
8:46.0	Nick Watt	1984	
8:54.0	Franco Perrotta	1982	
8:58.8	Reg Hull	1975	
8:58.92	Adam Przedzimirski	14/5/2006	Surrey Championships, Kingston
8:59.8	Andy Malcolm	1984	
9:00.9	Richard Xerri	5/7/1995	Rosenheim League, Tooting Bec
9:02.25	Jonathan Burgess	20/11/2009	Queensland Open Meeting, AUS
9:03.0	Charles Haddingham	1991	Open Meeting, Ealing
9:03.48	Alex Bodin	14/5/2006	Surrey Championships, Kingston
9:13.32	Joe Toomey	11/8/2010	Rosenheim Final, Tooting Bec
9:14.8	Mark Haines	1987	

9:18.3	Steve Rhamdanie	1985	
9:18.5	Daniel Dew	25/7/1992	Open Meeting, Horsham
9:19.9	Gervase King	17/9/1989	Melbourne Trophy, Tooting Bec
9:20.2	Chris Moulton	1975	
9:22.0	Mark Morley	18/8/1993	Rosenheim League Final, Tooting Bec
9:32.0	Steve Newton	1971	Inter Club, Wimbledon Park
<b>5000m</b>			
14:39.6	Dave Clarke	14/5/1977	Surrey Championships, Motspur Park
14:41.1	Pete Clarke	1981	
15:00.44.	Liam White	20/8/2011	BMC Grand Prix, Birmingham
15:09.19	Alex Robinson	19/6/2010	England Athletics U20 Champs, Bedford
16:04.4	Adam Przedzimirski	22/7/2006	Southern League, Walton
16:13.0	Chris Moulton	1975	
16:27.71	Jonathan Burgess	21/10/2010	Queensland U19 Champs. Brisbane, AUS
16:50.6	Andrew Penney	7/6/2008	Southern League, Thurrock
17:04.0	Mark Dyer	23/8/1986	Melbourne Trophy, Tooting Bec
17:04.0	Steve Rhamdanie	1982	
17:08.2	Pat Power	1982	
17:39.5	Lance Power	7/5/2005	Southern League, Kingston
18:04.0	Mike McCann	1974	
18:54.31	Ramon Benitez	12/5/2002	Surrey Championships, Kingston
<b>10,000m (since 2005)</b>			
35:11.85	Adam Przedzimirski	29/4/2006	BUSA Championships, Birmingham
<b>2000m steeplechase</b>			
5:54.0	Tim Beagent	12/7/1969	English Schools, Motspur Park
6:03.6	Roy Sandford	18/7/1964	
6:08.6	James Mayhew	1977	
6:11.0	Paul Reynolds	1976	
6:18.0	Ken Dack	1975	
6:38.0	Steve Rhamdanie	1983	
6:40.43	Geordie Logan	11/8/2010	Rosenheim Final, Tooting Bec
6:44.9	Mark Haines	1987	
6:51.8	Julian Oxley	1974	
6:55.2	Paul Messam	1983	
6:59.9	Tony Shippard	29/5/1992	Rosenheim League, Tooting Bec
7:02.1	Richard Xerri	25/5/1992	British Junior League, Watford
7:04.5	Daniel Dew	20/5/1990	Surrey Champs, Croydon
7:11.8	Mark Harris	4/5/1992	British Junior League, Luton
7:25.0	Phil Loftus	1979	
7:26.3	Mustafa Meigag	4/5/1992	British Junior League, Luton
<b>3000m steeplechase</b>			
9:34.0	James Mayhew	7/7/1977	Southern League, Wimbledon Park
9:37.2	John Halliday	1961	
9:42.0	Tim Beagent	1969	
9:56.8	Paul Reynolds	1976	
10:02.9	Steve Rhamdanie	1985	
10:05.0	Ken Dack	1976	
10:18.3	Mark Haines	1987	
10:34.1	Julian Mellor	1980	
10:34.5	Geordie Logan	7/5/2011	Southern League, Wimbledon Park
10:47.8	Pat Power	1982	
10:58.7	Will Brierley	1991	

11:02.1	Mark Dyer	11/5/1986	GRE Cup, Tooting Bec
11:08.1	Keith Beckley	11/8/1992	GRE Cup, Swindon
11:19.6	Ashley Spencer	1990	
11:29.4	Mark Perrett (U17)	1991	
11:36.3	L Lewis	1990	
12:08.5	Craig Farr	4/5/2002	Southern League, Stevenage

### 110m hurdles y = 120yards

14.2w	Victor Lawrence-John	9/7/1983	English Schools, Plymouth
14.44/+1.1w	Kenneth Frempong	27/5/2001	SEAA U20 Champs, Watford
14.7	Megarry Effiong	1977	
14.8	Robin Woodland	1956	
14.8	Pete Allen	30/6/1979	Southern Cmapionships, Crystal Palace
16.4	John Fairweather	1974	
16.4/+2.9w	Mark Richardson	15/5/1982	Surrey Champs, Motspur Park
16.6/-4.2w	Steve Davies	17/5/1992	Surrey Championships, Croydon
17.1 (3'6")	Adi Sofolarin	1975	
17.2	Uzor Oleh	12/6/1996	Rosenheim League, Wimbledon Park
17.4y	John Davis	9/5/1965	Surrey Champs, Motspur Park
17.6	Charlie Johnson	21/6/1989	Rosenheim League, Sutton
17.7	Ben Hayward	20/6/1992	Southern League, Eltham
19.3	Andy Spencer	1990	
19.5	Victor Bynoe	1974	
19.5	Peter Dunbar	14/8/1993	Southern League, Hounslow
19.6	Gary Glynn	1985	
19.8	Ian Pease	18/6/1994	Southern League, Wimbledon Park
19.9	Ghous Ashqueen	23/5/1992	
20.3	Paul Williams	1985	
21.2	Robert Dallimer	5/7/1986	Southern League, Tooting Bec
21.9 (3'3")	James Garnier	8/11/2009	Varsity Freshers Match, Cambridge

### 400m hurdles

52.9	Tony Collins	27/7/1968	
53.7	Megarry Effiong	1977	
53.9	Maurice Evans	2/8/1981	AAA U20 Championships, Brighton
56.2	Jon Owen	1975	
56.5	Ian Pease	18/6/1994	Southern League, Wimbledon Park
56.6	John Marsh	1962	
57.1	Pete Allen	1/7/1979	Southern Championships, Crystal Palace
57.1	Austin Ferns	20/8/1997	Rosenheim League, Tooting Bec
58.0	John Davis	22/8/1970	Southern League, Welwyn
58.4	Lorentz Corneliussen	10/5/1997	Surrey Championships, Wimbledon Pk
59.3.	Keith Andrew	-/5/1997	Merton Schools, Motspur Park
59.5	Mark Morley	1986	
59.9	Pete Dunbar	18/6/1994	Southern League, Wimbledon Park
60.0	Adrian Crookenden	27/4/1980	Surrey Championships Wimbledon Park
60.2	James Garnier	8/11/2009	Varsity Freshers Match, Cambridge
60.3	Robert Radzius	4/5/2002	Southern League, Stevenage
60.4	Esmond Ferns	4/5/1996	Southern League, Bedford
60.4	Ed Saywell	23/4/2011	Kinnaird Trophy, Kingston
61.6	Mark Nelson	1983	
61.7	Mark Morley	1987	
61.9	W Young	5/6/1971	Surrey Championships
62.2	Richard German	1990	
62.2	Steve Davies	19/8/1992	Rosenheim League Final, Tooting Bec

62.2 Richard Annor 2/6/2001 Southern League, Stevenage

### High Jump

2.16 Andy Hutchinson 2/9/1984 London Inter Boroughs, Crystal Palace  
2.12 (i) Marlon Huggins 18/3/1989 AAA Indoors, Cosford  
2.10. Marlon Huggins 23/4/1989 Surrey Champs, Tooting Bec  
1.95. Maurice Evans 24/4/1981 Surrey Championships  
1.91. Richard Lewer 9/7/1988 Woking Open Meeting  
1.90 Dave Wilson 1957  
1.90 Megarry Effiong 1977  
1.90 Paraskevas David 1978  
1.85 James Mayhew 12/9/1976  
1.85 Danny Hall 1981 Southern League, Hendon  
1.85 Phil Carr 1983

### Pole Vault

4.20 Ian Johnson 14/8/1971 Croydon H Meeting, Crystal P  
4.00 Floyd Henry 10/7/1985 Southern League, Peterborough  
3.80 Witek Radwanski 1977  
3.78 Martin Higdon 1/7/1961 Southern Junior Champs, Hurlingham  
3.75 John Fenge 14/6/1979 London Schools, Crystal Palace  
3.60 Tommy Savile 21/7/1999 Carshalton  
3.50 Shane Cloonan 14/6/1995 Rosenheim League, Crystal Palace  
3.20 Sanji Prasad 1977  
3.00 Richard Hull 15/8/1992 Southern League, Wimbledon Park  
2.90 Dominic Getting 1/8/1992 Southern League, Wimbledon Park  
2.15 Robert Dallimer 14/6/1986 Southern League, Hayes, Middlesex

### Long Jump

7.44 Megarry Effiong 1978  
7.36w/+2.8 Ike Mba 29/5/2006 Inter Counties, Bedford  
7.21 (i) Ike Mba 5/2/2006 International Match, Cardiff  
7.15 Peter Reed 1961  
7.15 Ike Mba 3/6/2006 Southern League, Basingstoke  
6.90 Victor Lawrence-John 1984  
6.87 Neil Hawkins 1991 Surrey Schools Championships  
6.79 Cale Edmunds 31/7/2010 Southern League, Tonbridge  
6.78 Dane Boswell 1990  
6.76 Gianni Pardhanani 15/5/1990 Southern League, Eltham  
6.76w/+4.70w Jermain Olasan 10/8/2008 Inter County Match, Kingston  
6.74 Jermain Olasan 3/5/2008 Southern League, Kingston  
6.65 Andre Sutherland 17/5/1987 Surrey Champs, Tooting Bec  
6.62 Martin Giraud 25/5/1992 British Junior League, Watford  
6.52 Phil Young 1982  
6.54 (i) Jermain Olasan 24/02/2008 EA Indoor Championships, Birmingham  
6.47 (i) Rufus Nugent 5/3/2005 Surrey AA Indoor Champs, Carshalton  
6.38 Michael Adjei-Tabirade 3/5/2008 Southern League, Kingston  
6.35/-0.53 Mark Giraud 20/7/1991 International Mtg, Jablonec, Czech Rep  
6.33 Pete Seymour 15/5/1980 Surrey Champs, Motspur Park  
6.25 Rufus Nugent 14/5/2005 Surrey Championships, Kingston  
6.19 Floyd Henry 1985  
6.18 Geoffrey Dufus 1984  
6.13 Ray Douglas 1985  
6.12 Per Nystrom 1982  
6.11 Roger Wren 2/6/62 Surrey Championships, Motspur Park

6.10	Adi Sofolarin	1975	
6.06	John Grayson	14/6/2003	Surrey Schools, Kingston
6.06/+1.6w	Ka Cheun To	13/5/2006	Surrey Championship, Kingston
6.03	Mark Morley	1987	
5.97 (i)	Cale Edmunds	1/3/2008	Surrey Indoor Champs

### Triple Jump

15.74	Megarry Effiong	20/8/1978	Inter Area, Crystal Palace
15.37 i	Ronnie Corbin	18/2/1984	AAA U20 Indoors, Cosford
14.12	Ade Sofolarin	1976	
13.92	Nnamdi Odum	10/7/2010	Southern League, Erith
13.85	Ike Mba	3/6/2006	Southern League, Basingstoke
13.76	Tony O'Connor	1968	
13.63	Robert Lindsay	20/8/1989	Inter County, Crawley
13.13	Robert Douglas	1984	
13.11 (i)	Nnamdi Odum	1/3/2009	Surrey Indoor Champs, Sutton
12.49	Morris Passley	1976	
12.48	Neil Hawkins	21/5/1989	Surrey Championships, Tooting Bec
12.45	Andy Hutchinson	1985	
12.37	Per Nystrom	1982	
12.35	Colin Wells	1981	
12.33	Charlie Johnson	24/6/1989	Southern League, Tooting Bec
12.24	Jon Grayson	12/7/2003	Southern League, Rochester
12.21	Chima Odum	21/5/2011	Southern League, Woking
12.16 (i)	Kieran McLaughlin	24/2/1996	Surrey Indoor Champs, C Palace
11.98	Ka Cheun To	15/4/2006	Sward Trophy, Kingston
11.93	Pete Seymour	15/5/1980	Surrey Champs, Motspur Park
11.76	Jack Kennedy	7/5/2005	Southern League, Kingston
11.67	Richard Annor	12/5/2001	Surrey Championships, Kingston

### Shot

12.25	Mohamed Sami (6kg)	1992	British Junior League, Luton
12.03	Per Nystrom	1982	
11.75	Tony Milton (6kg)	1986	Surrey Championships
11.71	Paul Carter	1983	
10.55.	Megarry Effiong	1978	
10.48	Morris Passley	1977	
10.41.	Chima Odum	21/5/2011	Southern League, Woking
10.23	John Brown	1985	
10.12	Mamoud Aboattaya	28/6/2003	Southern League, Hendon
10.10	Andrew Clarke (6kg)	11/6/2011	Surrey Schools, Kingston
9.62	Aaron Ashford	21/5/1988	Southern League, Tooting Bec
9.62	Andy Wakeling	14/8/1993	Southern League, Hounslow
9.25	Phil Young	16/9/1979	HW Pent. Champs, Wimbledon Park
9.06	Andrew Clarke (7.26kg)	7/5/2011	Southern League, Wimbledon Park
8.67	Adrian Crookenden	1979	
8.36	Mark Neilson	1987	
8.27	Martin Hankin	1978	
8.25	Mike Warner	1985	

### Discus

41.76	Andy Grey	1962	
41.04	J Makowski	17/6/1970	Rosenheim League, Carshalton



38.00	J Clark	2/6/1962	Surrey Championships, Motspur Park
35.14	Per Nystrom	1982	
33.70	J Eggleston	2/6/1962	Surrey Championships, Motspur Park
32.20	Mohamed Sami	1992	
32.10	Megarry Effiong	1976	
27.91	Chima Odum	8/6/2011	Rosenheim League, Wimbledon Park
26.98	Paul Miller	1991	Reading
26.88	Mike Warner	1985	
26.16	Graham Pain (U17)	1974	
24.84	John Brown	14/6/1986	Southern League, Andover
24.20	Mike Griffiths	1985	
23.96	Steve O'Sullivan	1976	
23.38	Mark Neilson	1987	
21.08	Martin Hankin	1978	
19.82	Phil Young	1979	
19.39	Chima Odum	21/5/2011	Southern League, Woking

### Hammer

45.36	Mike Griffiths	1/9/1985	GRE Plate Final, Hendon
41.94	John Webster	1958	
33.68	Jack Kennedy	25/6/2005	Southern League, Tooting Bec
21.58	John Brown	1985	
20.26	Mark Neilson	1987	
19.78	Andy Wakeling	14/8/1993	Southern League, Hounslow
19.74	Martin Hankin	1978	
19.54	Daniel Dew	4/5/1992	British Junior League, Luton
19.52	Simon Ringrow	1985	
17.70	Chima Odum	8/6/2011	Rosenheim League, Wimbledon Park
15.70	Robert Dallimer	3/5/1986	Southern League, Maidenhead

### Javelin

52.76	Megarry Effiong	1978	
50.40	Gary Glynn	1985	
49.76	Mohamed Sami	16/4/1989	Sward Trophy, Kingston
44.36	Maurice Passley	1977	
41.10	Benny Bruschi	6/5/2001	Southern League, Wimbledon Park
41.08	Peter Birch	1983	
40.70	Per Nystrom	1982	
40.33	Max Jacobs	8/6/2013	Surrey Schools, Kingston
38.80	Martin Bexley	1987	
38.80	Mark Morley	1987	
38.60	Richard Hull	1/8/1992	Southern League, Wimbledon Park
38.09	John Brown	1987	
36.52	Paul Bexley	26/7/1982	Southern League, Andover
32.52	Martin Hankin	1978	
33.50	Tony Milton	1977	
33.36	C Wyatt	17/5/1983	Surrey Champs, Motspur Park
32.48	Chima Odum	22/6/2011	Rosenheim League, Battersea Park
29.76	Graham Milton	2/7/1994	Southern League, Swindon
29.30	Robert Dallimer	6/8/1986	Rosenheim League, Roehampton
28.19	Jack Kennedy	16/4/2005	Sward Trophy. Kingston

### Javelin (*Old specification*)

68.76	Tony Harper	1969	
44.84	J Eggleston	2/6/1962	Surrey Championships, Motspur Park

**4x100m**

43.7	Pete Allen/Donovan Reid	1978	
	Fred Senior/Mike Powell		
43.7	Mike Powell/Dave Callender	1/7/1979	Southern Championships, Crystal P
	Pete Allen/Tony Henry		
44.3	Rogers/Perris	1959	
	John Strachan/Goddard		
45.5	T Wells/Tony Henry	30/4/1978	Surrey Championships, Motspur Park
	M Ingram/Malcolm Fitter		
45.9	Toyin Oshodi/Ghosh Asqueen	13/9/1992	Surrey Championships, Kingston
	Steve Davies/Mark Giraud		

**4x200m**

1:33.7		27/4/80	Surrey Championships, Motspur Park
1:34.2	King/Meikle	1959	
	Hamilton/Stevens		
1:34.2	Toyin Oshodi/Ghosh Asqueen		
	Richard Hull/Mark Giraud	13/9/92	Surrey Championships, Kingston
1:34.6	Steve Vary/Tony Henry	30/4/1979	Surrey Championships, Motspur Park
	M Ingram/Malcolm Fitter		
1:35.2	Pete Allen/Tony Henry	-/5/79	Surrey Championships, Motspur Park
	S Matthews/Dave Callender		

**4x400m**

3:25.5	Steve Vary/C Allard	1977	
	Tony Henry/C Carth		

**Decathlon**

6221 points	Megarry Effiong	-/9/1978	Southern Junior Champs, Crystal Palace
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**Pentathlon**

2866 points	Phil Young	13/9/1979	HW Championships, Wimbledon Park
2785	Mark Morley	27/5/1987	Surrey Championships. Tooting Bec
2082	Julian Oxley	1974	
1896	Keith Beckley	3/5/1992	Surrey Championships, Kingston
1764	Ian Fowler	1982	

**U17 Men (Youths)****100m**

10.5	Mike Powell	17/9/1978	NYAL Finals, Crystal Palace
10.6w	Martin Giraud	6/6/1994	Southern League, Wimbledon Park
10.7	Martin Giraud	22/6/1994	Tooting Bec
10.8	Theo Ettienne		
10.87/+2.0	Max Mondelli	6/7/2012	English Schools, Gateshead
10.9w/+2.6	Donovan Reid	21/7/1979	AAA Champs, Cleckheaton
10.9w	Theo Etienne	14/4/2013	Ebbisham League, Carshalton
10.98/+5.8w	Rechmial Miller	31/7/2013	Open Meeting, Lee Valley
11.01w/+4.6	David Pratt	21/7/2010	Lee Valley 100m Open Sprints
11.03/-1.0	Theo Ettienne	6/7/2013	English Schools, Birmingham
11.05/+0.3	David Pratt	12/6/2010	Surrey Schools Champs, Kingston
11.05/-1.0	Kevin Owusu-Mantey	6/7/2013	English Schools, Birmingham
11.1	Malcolm Fitter	1974	
11.1	Paul Miller	1982	
11.1	Jason Hallifax	1984	

11.1	Robert Huie	21/8/1988	Open Meeting, Enfield
11.16/0.0	Rechmial Miller	8/6/2013	Surrey Schools, Kingston
11.2	Simon Roll	27/6/1993	McDonalds YA League, Feltham
11.2/+2.8w	Scott Fuller	17/5/1987	Surrey Championships, Tooting Bec
11.3	Scott Fuller	27/7/1986	NYAL, Tooting Bec
11.3	Nathan Safo-Barnieh	19/7/2009	NYAL, Carshalton
11.39	Nathan Safo-Barnieh	9/5/2010	Surrey Championships, Kingston
11.4	Ivor Hughes	1979	
11.4	Geoffrey Duffus	1983	
11.4	Martin Gaston	1987	
11.4/+0.7	Robert Huie	14/5/1988	Surrey Champs, Tooting Bec
11.4	Jonathan Osbourne	19/7/2009	NYAL, Carshalton
11.45/+1.9	Praful Nargund	8/7/2006	English Schools, Gateshead
11.48	Morris Tolaram	17/8/1997	AAA Junior Champs, Birmingham
11.5	Martin Lewis	1980	
11.5	Paul Hutchinson	1984	
11.5	Richard Parara	1980	
11.5	A Gordon	1988	
11.5	Jason Rock	15/9/1996	NYAL Promotion, Wimbledon Park
11.5	Ross Savill	2/8/2003	Southern League, Portsmouth
11.56	Simeon Dixon	14/6/2003	Surrey Schools, Kingston
11.57/-1.3	Rechmial Miller	7/4/2013	HW YA Meeting, Crystal Palace
11.57/+3.5w	<i>Jonathan Osbourne</i>	<i>11/4/2010</i>	<i>HW YA Meeting, Crystal Palace</i>
11.6	Robert Graham	30/6/1999	Tooting Bec
11.6	Kenneth Frempong	30/4/2000	NYAL, Erith
11.6	Ike Mba	14/6/2003	Surrey Schools, Kingston
11.6	Jerome Harris	22/7/2001	NYAL, Wimbledon Park
11.6	Richard Agyapong	22/7/2007	NYAL, Sutton
11.65/-0.1	Jonathan Osbourne	13/6/2009	Surrey Schools, Kingston

## 200m

22.1	Malcolm Fitter	1977	
22.1	Mike Powell	1978	
22.1	Donovan Reid	1979	
22.3	Simon Roll	19/5/1993	Southern League, Tooting Bec
22.3	Martin Giraud	22/6/1994	HAC Memorial, Tooting Bec
22.4	Kevin Owusu-Mantey	17/6/2013	Independent Schools, Birmingham
22.5/+0.1	Scott Fuller	17/5/1987	Surrey Championships, Tooting Bec
22.6	Jason Hallifax	3/6/1984	NYAL, Battersea Park
22.63/-1.2	Max Mondelli	4/6/2012	Herne Hill H Open, Tooting Bec
22.65	David Pratt	14/8/2010	London Inter Club Challenge, P Hill
22.7	Tony Collins	1966	
22.7	Praful Nargund	22/7/2007	NYAL, Sutton
22.8	Martin Gaston	1987	
22.8	Nathan Safo-Barnieh	6/5/2009	Merton Schools, Wimbledon Park
22.8	Jonathan Osbourne	8/8/2010	Inter County Match, Stevenage
22.86/+0.04	Nathan Safo-Barnieh	13/6/2009	Surrey Schools, Kingston
22.87	Praful Nargund	10/6/2006	Surrey Schools, Kingston
22.87/-0.6	Jonathan Osbourne	23/6/2010	Rosenheim League, Battersea Park
22.87/-0.3	Theo Ettiene	27/4/2013	Kinnaird Trophy, Kingston
23.0	Robert Huie	3/8/1988	Rosenheim League, Kingston
23.0.	Jermain Olasan	22/7/2007	NYAL, Sutton
23.0w	Theo Etienne	14/4/2013	Ebbisham League, Carshalton
23.1	Robert Scantelbury	26/9/1993	Sutton Open, Carshalton
23.1	Robert Graham	10/6/2000	Surrey Schools, Kingston

23.2	Tony Henry	1977	
23.2	Andrew Hutchins	1981	
23.2	Ike Mba	9/7/2003	HAC Memorial, Wimbledon Park
23.2	David Lankes	12/6/2010	London Schools, Battersea Park
23.3	Paul Miller	1982	
23.31/-0.8	Rechmial Miller	7/4/2013	HW YA Meeting, Crystal Palace
23.4	Joseph Iliebode	1982	
23.4	Geoffrey Duffus	1983	
23.4	Ross Savill	31/5/2003	Southern League, Kingsmeadow
23.40/+1.8w	Jonathan Osbourne	9/5/2009	Surrey AA Champs, Kingston
23.5	T Lewis	1979	
23.5	Mark Lewis	1980	
23.5	Mark Rappolt	1991	
23.6	Morris Tolaram	20/8/1997	Rosenheim League, Tooting Bec
23.6	Kyran Mitchell-Nanton	19/7/2009	NYAL, Carshalton
23.7	Jerome Harris	4/8/2001	Southern League, Oxford
23.8	Baronn Mendleson	23/5/1994	HW Open Meeting, Wimbledon Park
23.8	Simon Tolaram	10/6/1992	Tooting
23.8	Louis Lammy	9/6/2001	Surrey Schools, Kingston
23.8	Jermain Olasan	14/7/2007	Southern League, Tooting Bec

#### 400m

48.94	Jonathan Osbourne	10/7/2010	English Schools Champs, Birmingham
50.1	Tony Collins	21/5/1966	Surrey Champs, Motspur Park
50.1.	Tony Henry	7/9/1977	TVH Open, West London
50.15	Ola Scott-Boyle	17/7/1993	Jablonec, Czech Republic Tour
50.9	Robert Scantelbury	23/6/1993	HAC Memorial, Wimbledon Park
51.1	Megarry Effiong	25/9/1976	Octathlon, Crystal Palace
51.1	Mike Dann	1984	
51.3	Graham Field	18/5/1974	Surrey Championships, Motspur Park
51.5	Praful Nargund	12/7/2006	Rosenheim League, Tooting Bec
51.6	Stephen Ward	1980	
51.6	Martin Giraud	18/6/1994	Southern League, Wimbledon Park
51.7	Jason Hallifax	1984	
51.8	Dave Johnston	20/7/1975	Southern Jun. Champs, West London
52.2	Scott Fuller	1987	
52.4	Andy Hutchins	1981	
52.5	Andy Malcolm	1982	
52.5	Baronn Mendelsson	4/6/1995	Wimbledon Park
52.5	Tim Livingstone	30/5/2012	Rosenheim League, Croydon
52.6	Cecil Allard	1977	
52.6	Simon Roll	14/8/1993	Southern League, Hounslow
52.6	Mike Savage	17/8/1996	Southern League, Barking
52.9	Ike Mba	21/8/2002	Rosenheim Finals, Tooting Bec
53.0	Ian Pease	23/6/1993	HAC Memorial, Wimbledon Park
53.2	Mark Morley	1984	
53.3	Mark Rappolt	1991	
53.4	Mark Nelson	1981	

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

1:57.39	Liam White	19/8/2009	BMC Meeting, Sutcliffe Park, Eltham
1:57.5	Mike Dann	1984	
1:58.4	Austin Ferns	11/5/1996	Surrey Championships, Croydon
1:59.2	Andy Malcolm	1982	
1:59.6	Mark Morley	1984	

1:59.60	Tim Livingstone	12/5/2012	Surrey Championships, Kingston
1:59.8	James Mayhew	1976	
2:00.1	Mike Savage	29/5/1996	Rosenheim Finals, Tooting Bec
2:00.26	Cassian Hyde	27/7/2013	Herne Hill H Open, Tooting Bec
2:00.5	Steve Vary	1976	
2:01.2	Andy Ridley	1980	Barcelona, Spain
2:02.8	Nick Watt	1983	
2:02.9	D Morgan	2/6/1962	Surrey Championships, Motspur Park
2:02.9	Mark Nelson	1981	
2:03.0	Mark Slowikowski	1981	
2:03.2	Gervase King	1987	
2:03.4	Mark Bench	1974	
2:03.56	Jonathan Burgess	21/11/2008	PB Meeting, Gold Coast, Q'land, AUS
2:03.7	Ed Saywell	26/6/2010	Southern League, Braunton
2:03.9	Hamish Buttle	1983	
2:03.91	Ross Vance	25/5/2013	Surrey Championships, Kingston
2:04.7	Paul Drake	22/8/2001	Rosenheim Finals, Tooting Bec
2:04.9	Ian Down	1981	
2:05.0	Kevin Green	1978	
2:05.0	Mike Savage	1996	
2:05.1	Daniel Dew	21/5/1989	Surrey Champs, Tooting Bec
2:05.7	Gareth Wilkins	15/5/1988	Surrey Champs, Tooting Bec
2:06.2	Sam Adu	14/5/1995	Surrey Championships, Croydon
2:07.38	Jake Bodin	13/5/2006	Surrey Championships, Kingston
2:07.6	Andre Shorter	20/8/1997	Rosenheim League, Tooting Bec
2:08.09	Alex Lloyd-Jones	7/4/2013	HW YA Meeting, Crystal Palace
2:08.3	Gary Heffernan	21/5/1989	Surrey Champs, Tooting Bec

### 1500m

3:57.98	Liam White	3/6/2009	St Mary's Classic, Twickenham
4:02.0	Nick Watt	1983	
4:05.8	Mark Slowikowski	1982	
4:08.3	James Mayhew	1976	
4:08.7	Douglas Tingle	1985	
4:09.5	Andy Malcolm	1982	
4:09.8	Gervase King	1987	
4:10.44	Cassian Hyde	26/6/2013	Watford Open Meeting
4:11.3	Mark Morley	1985	
4:13.94	Joe Toomey	13/6/2009	Surrey Schools, Kingston
4:14.4	John Warren	1981	
4:15.2	Tim Livingstone	15/7/2012	Ebbisham League, Croydon
4:18.0	Ian Down	1981	
4:18.1	John Booth	1983	
4:18.2	Frank O'Meara	1974	
4:18.7	Mike Dann	1984	
4:18.8	Alex Bodin	-/1/2004	Havana, Cuba
4:19.44.	Joe Clark	3/4/2011	HW YA Mtg, Crystal Palace
4:20.1	Paul Purchase	1979	
4:21.95	Ed Saywell	10/5/2009	Surrey Champs, Kingston
4:22.76	Ross Vance	18/8/2012	Herne Hill H Open, Tooting
4:23.33 (i)	Liam White	18/1/2009	SEAA Indoor Champs, Lee Valley
4:23.82	Matthew Burgess	3/11/2011	Nike Classic, Brisbane, AUS
4:24.5	Kevin Cadman	1/7/1995	Surrey Championships, Walton
4:25.24	Alex Lloyd-Jones	7/4/2013	HW YA Meeting, Crystal Palace
4:25.3	Sam Adu	15/5/1994	Surrey Champs, Croydon

4:25.8	Daniel Dew	22/4/1989	Surrey Champs, Woking
4:26.28	Jake Bodin	14/5/2006	Surrey Championships, Kingston
4:27.4	Paul Drake	22/7/2001	NYAL, Wimbledon Park
4:27.7	Mark Delahoyd	1996	
4:27.8	Richard Xerri	8/7/1992	Tooting Bec
4:27.8	Andrew Penney	3/6/2007	NYAL, Kingston
4:28.80	Ben Palmer	15/5/2011	Surrey Champs, Kingston
4:28.9	Craig Farr	8/5/1999	Kingston
4:31.9	Mark Paget	18/7/1999	NYAL, Ashford, Kent
4:31.50	Johnnie Bland	3/4/2011	HW YA Mtg. Crystal Palace
4:32.3	Gareth Wilkins	25/4/1987	Surrey Champs, Tooting Bec
4:35.0	Mark Delahoyd	4/6/1995	Wimbledon Park
4:35.42	Geordie Logan	19/4/2009	HW YA Meeting, Crystal Palace
4:35.5	Luke Jones	17/5/2005	Merton Schools, Wimbledon Park
4:37.9	Craig Nicholls	8/5/1999	Kingsmeadow
4:38.13	Michael O'Halloran	18/5/2005	Schools Cup, Guildford

### Mile

4:26.6	Roy Sandford	2/6/1962	Surrey Championships, Motspur Park
4:33.3	Mike Kortzenray	2/6/1962	Surrey Championships, Motspur Park

### 3000m

8:32.1	Mark Slowikowski	1982	
8:50.84	Liam White	26/8/2009	Watford Open Meeting
8:58.7	Cassian Hyde	14/8/2013	Rosenheim Finals, Kingston
9:01.8	James Mayhew	1976	
9:05.8	Mark Morley	1985	
9:10.2	Nick Watt	1983	
9:12.0	Pete Clarke	1978	
9:12.6	John Warren	1981	
9:16.0	Joe Toomey	10/6/2009	Rosenheim League, Wimbledon Park
9:16.4	Douglas Tingle	1985	
9:25.0	Les Brookman	1972	
9:28.0	Frank O'Meara	1974	
9:28.7	Gervase King	1987	
9:31.4	Andy Malcolm	1981	
9:32.51	Ben Palmer	14/8/2011	Inter County Match, Kingston
9:33.4	Mike Cramer	1973	
9:33.4	Mark Haines	1986	
9:36.0	Steve Rhamdanie	1982	
9:36.1	Alex Bodin	14/6/2003	Surrey Schools, Kingston
9:36.2	Steven Cox	1979	
9:36.8	Graham Shine	1974	
9:36.9	Dave Higgs	1974	
9:37.1	Kevin Cadman	30/4/1995	NYAL, Bedford
9:39.6	Geordie Logan	5/5/2009	Merton Schools, Wimbledon Park
9:43.0	Gary Heffernan	22/4/1989	Surrey Champs, Woking
9:47.2	Craig Nicholls	9/5/1999	Kingston
9:49.2.	Richard Xerri	28/6/1992	NYAL, Southampton
9:55.0	Johnnie Bland	19/6/2010	Mason trophy, Birmingham
9:55.26	Connor Bindler	8/6/2013	Surrey Schools, Kingston

### 5000m

15:18.0	Mark Slowikowski	1982	
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### 1500m Steeplechase

4:21.9	James Mayhew	12/7/1976	Schools International, Glenrothes
4:41.1	Andy Louw	1/7/1979	Southern Championships, Crystal P
4:42.6	Terry Savage	12/6/1999	Surrey Schools, Kingston
4:46.3	Paul Reynolds	1974	
4:48.5	Aidan Hogan	17/5/1998	NYAL, Wimbledon Park
4:48.8	Mark Haines	1986	
4:52.5	Paul Purchase	1979	
4:53.4	Geordie Logan	13/6/2009	Surrey Schools, Kingston
4:55.5	Charlie Ryder	1987	
4:55.7	Steve Rhamdanie	1982	
4:56.2	Kevin Hanna	1981	
4:57.8	Andy Malcolm	1982	
4:58.4	Daniel Dew	1989	
4:59.1	Mark Perrett	1991	
4:59.8	Andy Ridley	1979	
5:01.0	Mark Dyer	1985	
5:01.2	Pete Goodwin	1981	
5:04.2	James Mellor	1978	
5:05.0	Graham Shine	1974	
5:05.7	L Lewis	1989	
5:06.7	Joe Toomey	21/6/2009	NYAL, Worthing
5:07.9	Charlie Ryder	26/4/1987	Surrey Champs, Tooting Bec

### 2000m Steeplechase

6:44.14	Geordie Logan	22/7/2009	Rosenheim League, Battersea Park
7:15.4	James Evans	18/5/2011	Rosenheim League, Walton

### 3000m Steeplechase

10:31.8	Geordie Logan	27/6/2009	Southern League, Lee Valley
10:49.8	Andy Louw	1979	
11:02.6	Pete Goodwin	1981	
11:02.7	Kevin Hanna	1981	
11:15.8	Daniel Dew	27/5/1989	Southern League, Harrow

### 100m hurdles

13.1	Megarry Effiong	3/7/1976	Middlesex Schools, Enfield
13.5	Robin Woodland	1953	
13.5	Pete Allen	1978	
13.7	Adam Magni	30/6/2012	SE Schools Multi Champs, Watford
13.9	Kenneth Frempong	10/6/2000	Surrey Schools, Wimbledon Park
14.1	John Fairweather	6/7/1972	English Schools, Washington, Co Dur.
14.1	Omar Durrani	4/6/2000	NYAL, Wimbledon Park
14.1	Adam Magni	17/6/2013	Independent Schools, Birmingham
14.2	Paraskevas David	1978	
14.2	Victor Lawrence-John	1981	
14.3	David Mattos	1984	
14.31/+1.9	Adam Magni	16/7/2012	English Schools Multi Events, Bedford
14.4	Mike Richardson	1979	
14.4	Uzor Oleh	25/6/1995	NYAL, Tonbridge
14.6	Paul Duffy	1974	
14.6	Ike Mba	20/7/2003	NYAL, Bracknell
14.7	Robert Radzius	22/7/2001	NYAL, Wimbledon Park
14.7	Austin Ferns	1996	Surrey Octathlon, Walton
14.9	Gary Glynn	1983	

14.9/+2.1	Steve Davies	20/5/1990	Surrey Champs, Croydon
15.1	Trevor Kidd	1985	
15.2	Mark Morley	1985	
15.2	Derek Frempong	24/6/2007	NYAL, Perivale
15.5	Peter Dunbar	8/7/1992	Tooting
15.6	Edmund Gaisie	4/5/2008	NYAL, Kingston
15.8/-2.7	B Mendelsson	14/5/1994	Surrey Champs, Croydon
15.9	Marcus Francis	19/7/2009	NYAL, Carshalton

#### 400m Hurdles

53.98	Austin Ferns	12/7/1997	English Schools, Sheffield
57.6	Pete Allen	1978	
57.8.	Ian Pease	-/6/1993	Surrey Schools, Kingston
58.6	Paval Bienik	3/6/1995	Southern League, Eltham
58.6	Robert Radzius	9/5/2001	London Schools, Battersea Park
58.8	Steven Broomfield	26/6/1983	NYAL, Wimbledon Park
59.3	Mark Morley	1985	
59.6	Mike Savage	5/5/1996	NYAL, Horsham
60.4	Trevor Kidd	1985	
60.4	Ike Mba	2/8/2003	Southern League, Portsmouth
60.6	Steve Archibald	4/6/1994	NYAL, Horsham
60.7	M Daniels	1981	
61.0	Aidan Crookenden	1978	
61.3	Baronn Mendlesson	5/5/1995	Surrey Championships, Croydon
61.6	Charles Lanceley	12/6/1999	Surrey Schools, Kingston
61.9	Mustafa Meigag	6/6/1992	Bracknell
61.9	Ed Saywell	19/7/2009	NYAL, Carshalton
62.1	Hamish Buttle	1983	
62.5	John Fairweather	1972	
62.5	Paraskevas David	1978	
62.9	Duncan Benedetti	1991	
63.0	Peter Dunbar	6/6/1992	Bracknell
63.1	Tommy Sue	1987	
63.6	Geordie Logan	19/7/2009	NYAL, Carshalton

#### High Jump

2.06	Marlon Huggins	30/8/1987	NYAL Promotion Match, Thurrock
1.98	Andy Hutchinson	1983	
1.90	Paraskevas David	29/4/1978	Surrey Championships, Motspur Park
1.85	James Mayhew	11/9/1976	NYAL Finals, Crystal Palace
1.85	Danny Hall	17/9/1978	NYAL Finals, Crystal Palace
1.85	Richard Lewer	1987	
1.80	Megarry Effiong	1975	
1.80	Ronnie Corbin	1980	
1.80	Mark Round	1982	
1.80	Steve Davies	1991	
1.77	Austin Ferns	15/6/1996	Surrey Octathlon, Walton
1.75	Andy Osborne	1977	
1.75	Mike Richardson	-/5/1979	Surrey Championships, Motspur Park
1.75	Simon Mohamed	1987	
1.75	Robert Reader	1990	
1.75	Ben Lee	1991	
1.75	Ian Pease	18/6/1994	Southern League, Wimbledon Park
1.75	Nathan Ellington	1996	
1.75	Ben Rochford	16/8/1997	Southern League, Woodford



1.75	Allessio Martello	11/6/2011	Surrey Schools, Kingston
1.73	Per Nystrom	1981	

### **Pole Vault**

4.20	Floyd Henry	9/7/1983	English Schools, Plymouth
3.73	Ian Johnston	15/8/1970	Croydon H Meeting, Crystal Palace
3.59	R Warner	2/7/1961	Southern Youths, Hurlingham
3.50	Louis Lammy	27/6/2001	NYAL, Wimbledon Park
3.45	Sanji Prasad	1976	
3.35	John Fenge	21/5/1996	Surrey Champs, Motspur Park
3.30	Ray Douglas	1983	
3.30	Shane Cloonan	1993	
3.20	Tommy Savile	9/5/1999	Surrey Championships, Kingston
3.00	Dominic Getting	1991	
2.80	Witelcrad Wanski	1975	
2.80	Phil Davis	1977	
2.80	James Watford	6/6/1999	NYAL, Wimbledon Park
2.72	Jean Prince	1986	
2.70	David Mattos	1984	
2.60	A Crookenden	1978	
2.60	Mark Delahoyde	1996	
2.50	Kevin Moore	1978	
2.50	Rupert Greatwood	1985	
2.45	Michael Powell	1973	
2.40	Johnathan Khan	1985	
2.40	Terry Savage	1998	
2.30	Mark Round	1981	

### **Long Jump**

7.11w	Martin Giraud	3/7/1993	Schools Cup, Carlisle
6.76	Andre Sutherland	1984	London Schools Championships
6.75	Megarry Effiong	1976	
6.68	Mike Powell	17/9/1978	NYAL Finals, Crystal Palace
6.63	Freddy Gilmore	1956	
6.58/+1.8w	Jermain Olasan	5/8/2007	U17 Inter County, Hendon
6.54	Dane Boswell	1987	
6.41	Mark Thompson	6/6/1982	NYAL, Woking
6.38	Ghianni Pardanni	1989	
6.38	Ike Mba	9/7/2003	HAC Memorial, Wimbledon Park
6.36	Cale Edmunds	13/5/2007	Surrey Championships, Kingston
6.35 (i)	Austin Ferns	-/3/1996	Southern Indoor Pent, Crystal Palace
6.33	Fred Senior	1978	
6.32	R Parara	29/6/1986	NYAL, Carshalton
6.23	Marlon Huggins	30/8/1987	NYAL Promotion Match, Tooting
6.22	Roland Williams	1991	
6.21	Ronnie Corbin	1980	
6.19	Austin Ferns	1996	
6.18	J Marriott	26/5/1960	Surrey Champs, Motspur Park
6.16	Michael Adjei-Tabirade	14/7/2007	Southern League, Tooting Bec
6.15	Neil Hawkins	1987	
6.13	Pete Seymour	1979	
6.13	Mark Rappolt	1991	
6.12	Dale Daapah	1986	
6.12	Pavel Bienik	5/7/1995	Rosenheim League, Tooting Bec
6.09	Rufus Nugent	4/5/2003	NYAL, Kingsmeadow

### Triple Jump

14.75	Megarry Effiong	18/7/1976	West London Stadium
14.59	Ronnie Corbin	10/7/1982	English Schools, Birmingham
14.09	Mike Powell	1977	
14.03	Patrick Lindsay	9/7/1982	English Schools, Birmingham
13.96	James Suleiman	1985	
13.58	Ian Blanchard	1979	
13.48	Ike Mba	2/8/2003	Southern League, Portsmouth
13.20	Roland Williams	1991	
13.16	Paval Bienik	22/7/1995	Southern League, Oxford
13.13	Ray Douglas	1984	
13.13	Nnamdi Odum	9/6/2007	Shropshire School Champs, Telford
12.94	Ivor Hughes	30/6/1979	Southern Championships, Crystal P
12.84	Joseph Ilebode	1982	
12.76	Austin Ferns	1996	
12.66	Pete Seymour	1979	
12.61	Robert Lindsay	1996	
12.45	Martin Lewis	1975	
12.38	J Brewster	1986	
12.15	Chima Odum	12/6/2010	West Midlands Schools, Birmingham

### Shot

15.26	Andy Gray	1960	
14.91	Mike Ferne	30/5/1964	Surrey Champs, Motspur Park
13.89	Adam Magni	17/6/2013	Independent Schools, Birmingham
13.68	Kevin Horne	1980	
13.09	Tony Milton	1975	
12.44	Roland Williams	1991	
12.43	Per Nystrom	1981	
12.42	Paul Carter	1982	
12.41	James Clynschaw	1977	
12.31	Mark Fromant	1980	
12.28	Aaron Ashford	1986	
12.23	C Austin	1989	
12.10	Lee Hazel	1975	
12.03	Jonathan Tucker	1983	
11.86	A Arnold	1981	
11.85	L Adelano	16/7/1995	NYAL, Eltham
11.83	Megarry Effiong	26-27/9/1976	Crystal Palace (Octathlon)
11.72	Ghianni Pardanani	1989	
11.60	Graham Pain	1974	
11.33	Chima Odum	18/7/2010	McCains YA League, Wimbledon Park
11.32	Paul Taylor	1983	
11.18	J Beckett	11/7/1976	NYAL Finals, Crystal Palace
11.11	John Brown	1984	
11.04	Stuart Milton	15/9/1996	NYAL Finals, Wimbledon Park

### Discus

51.50	J Makowski	5/7/1969	Southern Champs, Crystal Palace
50.58	Mike Ferne	30/5/1964	Surrey Champs, Motspur Park
49.64	Kevin Horne	1980	

40.86	Per Nystrom	1981	
36.80	Tony Milton	1974	
36.66	Yasin Bhatti	1986	
35.70	Mike Maloney	????	
35.31	Adam Magni	7/4/2013	HW YA Meeting, Crystal Palace
34.72	Mike Warner	1984	
33.26	Paul Carter	1981	
32.76	Ronnie Corbin	1980	
31.55	Chima Odum (2kg)	7/7/2010	Rosenheim League, Tooting Bec
31.33	Andrew Jay	1972	
30.72	Gary Glynn	1983	
30.38	Paul Richardson	1978	
30.04	Rupert Greatwood	1985	
30.02	Stuart Milton	1996	

### Hammer

41.98	Jack Kennedy	6/6/2004	NYAL, Woking
36.10	Yasin Bhatti	1985	
30.44	Kevin Horne	1980	
30.38	J Makowski	7/6/1979	Surrey Champs, Motspur Park
29.88	Richard Boughton	1983	
29.32	Jon Swaby	1988	
28.88	Mark Fromant	1989	
28.24	David Cant	1989	
27.78	Graham Paine	1974	
27.42	Josh Martin	18/5/2003	NYAL, Carshalton
27.30	Jamie Clynshaw	1977	
27.04	Mike Ferne	30/5/1964	Surrey Champs, Motspur Park
27.02	Gary Glynn	1984	
25.58	Rohan Hallett	1980	
25.11	R Holland	1978	
24.92	Jonathan Tucker	1983	
25.32	Peter Miller	1990	
24.86	Stuart Milton	1996	
24.34	Paul Taylor	1983	
24.25	J Beckett	11/9/1975	NYAL Finals, Crystal Palace
24.18	Mark Perrett	1991	
24.10	Andrew Jay	1972	
24.00	Martin Giraud	1993	

### Javelin

48.90	Gary Glynn	1984	
48.00	Steven Bryant	1986	
47.88	P Hill	1983	
47.26	Megarry Effiong	27/9/1976	Crystal Palace. Octathlon
43.90	Antony Eydemann	1977	
43.80	Simon Mohammed	1986	
43.72 (800g)	Mark Pinion	1981	
43.70	Isma Silvo	1974	
43.60	David Cant	1989	
43.58	Lee Hazel	1975	
43.22	Per Nystrom	1981	
43.22	Peter Lee	1985	
42.56	Steve Marshall	1985	
41.46	Marko Ravic	17/6/2013	Independent Schools, Birmingham

**Old implement**

66.16 Tony Harper 1967

**4x100**

43.6 17/9/1978 NYAL Finals, Crystal Palace  
 43.7 P Allen/D Reid/F Senior 16/7/1978 Southern Jnr Champs, C Palace  
 M Powell  
 44.3 23/7/1977 AAAs, Crystal Palace  
 44.3 A Malcolm/I Hughes 1/7/1979 Southern Champs, Crystal Palace  
 D Reid/ S Ward

**4x200**

??? M Giraud/R Scantlebury 19/7/1993 Surrey Champs, Walton  
 I Pease/S Roll  
 1:31.2 Pete Allen, Donovan Reid 12/7/1978 HAC Memorial Mtg, Wimbledon Pk  
 Chris Carney, Mike Powell  
 1:34.3 23/6/1993 HAC Memorial Mtg, Wimbledon Park  
 1:36.7 31/8/1977 Melbourne Trophy, Wimbledon Park

**4x400**

3:25.9 M Giraud/R Scantlebury 19/7/1993 Surrey Champs, Walton  
 I Pease/S Roll  
 3:32.0 27/6/1993 NYAL, Feltham  
 3:34.4 P Allen/K Green/M Powell 17/9/1978 NYAL Finals, Crystal Palace  
 D Reid

**Pentathlon**

2598 points D Cant 22/4/1989 Surrey Champs, Woking  
 2575 Paraskevas David 30/4/1978 Surrey Champs, Motspur Park  
 2491 Scott Fuller 25/5/1987 Surrey Champs, Tooting Bec  
 2053 S Mumford 20/4/1991 Surrey Champs, Kingston  
 1840 Graham Mann 1975  
 1887 Martin Hankin 1976  
 1493 Keith Andrew 1973  
 1438 Robert Dallimer 1981  
 1375 Ben Quartey 1973  
 989 Ian Fowles 1981

**Octathlon****June 30/July 1: ESAA South East Schools Combined Events Championships, Watford****Inter Boys (U17)****Octathlon:** 3 Adam Magni 4202 points**First day:** LJ: 5.27, DT: 29.78, JT: 27.82, 400: 53.7**Second day:** 100H: 13.7, HJ: 1.56, SP: 12.47, 1500: 5.07.8**U15 Boys (Boys)****100**

11.24/+4.4w Rechmial Miller 18/8/2012 EA Championships, Bedford  
 11.25/+1.3 Kevin Owusu-Mantey 7/7/2012 English Schools, Gateshead  
 11.38/+1.0w Max Mondelli 9/7/2010 English Schools, Birmingham  
 11.4 Martin Giraud 13/6/1992 Surrey Schools, Kingston  
 11.42/+1.9 Rechmial Miller 7/7/2012 English Schools, Gateshead  
 11.46/+2.6w Jonathan Osbourne 12/6/2008 English Schools Champs, Gateshead  
 11.5 Mike Powell 1976  
 11.5 Jonathan Osbourne 23/7/2008 Rosenheim League, Tooting Bec

11.52/-0.1w	Jonathan Osbourne	11/7/2008	English Schools Champs, Gateshead
11.6	Morris Tolaram	1995	AAAs Championships
11.6	Paul Hutchinson	4/9/1983	NYAL Finals, Enfield
11.6	Scott Fuller	24/8/1985	Track Opening, Tooting Bec
11.7	Graham Field	1973	
11.7	Robert Graham	7/6/1998	NYAL, Haringey
11.8	Steve Bottomley	1975	
11.8	Richard Parara	24/8/1985	Track Opening, Tooting Bec
11.8	Simon Roll	13/4/1991	HW YA Mtg, Crystal Palace
11.8	Simon Tolaram	13/4/1991	HW YA Mtg, Crystal Palace
11.8	Nathan Safo-Barnieh	1/6/2008	NYAL Parliament Hill, Highgate
11.88	Praful Nargund	14/5/2005	Surrey Championships, Kingston
11.9	James Bull	1998	
12.0	Gary Griffiths	1987	
12.0	David Johnson	11/8/1974	NYAL, Wimbledon Park
12.1	Hudson Garba	11/9/1976	NYAL Finals, Crystal Palace
12.1	Steven Mathews	1978	
12.1	Bryan Rowe	1988	
12.1	Tunde Shittu	1989	
12.1	Michael Poku	1990	
12.1	Roland Williams	1990	
12.1	Vance Yeboah	1991	

## 200m

23.0	Jonathan Osbourne	23/7/2008	Rosenheim League, Tooting Bec
23.24/+1.8w	Nathan Safo-Barnieh	11/7/2008	English Schools Champs, Gateshead
23.4	Scott Fuller	1985	
23.6	Graham Field	1973	
23.6	Max Mondelli	18/7/2010	McCains YA League, Wimbledon Park
23.8	Hudson Garba	11/9/1975	NYAL Finals, Crystal Palace
23.8/-2.2w	Martin Giraud	16/5/1992	Surrey Championships, Croydon
23.8	Praful Nargund	17/7/2005	NYAL, Kingston
23.8	Rehmiel Miller	15/7/2012	Ebbisham League, Croydon
24.08/-1.2	Rehmiel Miller	13/5/2012	Surrey Championships, Kingston
24.1	Steve Bottomley	1975	
24.2	Simon Tolaram	16/5/1992	Surrey Championships, Kingston
24.3	Dave Johnson	1974	
24.3	Mike Powell	1976	
24.3	Michael Poku	13/5/1990	NYAL, Crawley
24.3	Robert Graham	1998	
24.3	James Anijhoro	1998	
24.4	James Bull	1998	
24.5	Paul Hutchinson	1983	
24.5	Simon Roll	13/4/1991	HW YA Mtg, Crystal Palace
24.5	Yakob Ysrayah	20/6/2010	McCains YA League, Walton
24.63/-0.3	David Lankes	29/8/2009	Herne Hill H Open, Tooting Bec
24.8	Mike Stevenson	1988	
24.9	S Sawyer	1979	
24.9	Paul Worby	1984	
24.9	Morris Tolaram	21/5/1995	NYAL, Bedford
24.95	Jose Costa	25/8/2008	Young Athletes Open, Newham
25.0	Mike Dann	1982	

25.0	Brian Plumbly	1980	
25.0	David Baker	19/7/1992	Watford
25.0	Freddie Addodajie	1996	
25.05/+4.2w	Tom Richards	24/5/2008	SoEAA Champs, Ashford, Kent
25.1	Mark Darius	1984	
25.1	Rufus Nugent	2/6/2002	NYAL, Wimbledon Park
25.1	Andy Hutchinson	????	
25.2	Peter Allen	1976	
25.2	Jamal Suleiman	1983	
25.2	Jason Oshinowo	5/7/1992	NYAL, Kingsmeadow
25.2	Anthony Norton	11/5/1996	Surrey Championships, Croydon
25.3.	Kyran Mitchell-Nanton	3/6/2007	NYAL, Kingston
25.4	Tom Richards	1/6/2008	NYAL Parliament Hill, Highgate

### 300m (from 2012 only)

48.19	Edward Grindrod	12/5/2012	Surrey Championships, Kingston
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### 400m

51.4	Graham Field	19/9/1973	Southern Counties Open, C Palace
53.1	Jonathan Osbourne	3/8/2008	Ebbisham League, Kingston
53.4	Austin Ferns	2/7/1995	Surrey Championships, Walton
53.9	Jason Oshinowo	13/6/1992	Surrey Schools, Kingston
55.0	Stephen Ward	1978	
55.2	Michael Dann	1982	
55.2	J Woodward	16/7/1995	NYAL, Eltham
55.6	Scott Fuller	1985	
55.8	Chris Miller	1974	
55.8	John Booth	1982	
55.8	R Shingles	18/7/1999	NYAL, Ashford
55.8	Jose Costa	13/7/2008	Ebbisham League, Croydon
55.9	Andy Gay	1978	
55.9	Calvin Morgan	1998	
55.95	Tom Meehan	14/6/2008	Surrey Schools Champs, Kingston
56.1	McGarry Effiong	1974	
56.1	Paul Vincent	11/9/1976	NYAL Finals, Thurrock
56.1	James Suleiman	1983	
56.23	Jose Costa	10/5/2008	Surrey Championships, Kingston
56.3	Mike Powell	1976	
56.5	Richard Nehme	9/5/1999	Surrey Championships, Kingston
56.6	Michael Poku	1990	
56.8	Martin Lewis	1973	
56.8	Richard Vanderpuijie	23/6/2002	Ebbisham League, Walton
56.9	Mark Bench	1972	
56.9	Graham Mann	1973	
56.9	S Ryan	1986	
57.2	Steve Vary	1974	
57.2	Andy Hutchins	1979	
57.2	Mark Morley	1983	
57.2	Dale Dapaah	1984	
57.2	Derrick Quarm	1988	

### 800m

2:00.1	Austin Ferns	2/7/1995	Surrey Championships, Walton
2:04.16	Tim Livingstone	12/6/2010	Surrey Schools Champs, Kingston
2:05.3	Mark Slowikowski	1980	

2:05.8	Mark Morley	1983	
2:06.0	Andy Gay	1978	
2:07.0	Gareth Wilkins	1986	
2:07.7	R Belton	1957	
2:08.8	Steve Vary	1974	
2:09.3	Ed Saywell	13/7/2008	Ebbisham League, Croydon
2:09.5	Ross Geal	1976	
2:09.5	John Booth	1982	
2:09.6	Hamish Buttle	1981	
2:10.4	Sam Adu	3/5/1993	Surrey Champs, Wimbledon Park
2:10.4	Nur Abdi	30/6/1999	Tooting Bec
2:10.8	James Mayhew	1974	
2:10.8	T Bailey	1989	
2:10.9	Mike Savage	11/7/1995	Inter Club, Roehampton
2:11.1	Carlos Mujica	7/6/1992	NYAL, Bracknell
2:11.2	Martin Lewis	1973	
2:11.7	David Berry	30/6/1999	Tooting Bec
2:11.84.	Joe Toomey	15/8/2007	HHH Open Meeting, Tooting Bec
2:11.9	Joe Toomey	17/6/2007	Ebbisham League, Kingston
2:12.0	Paul Borross	1974	
2:12.0	Liam White	5/8/2007	Ebbisham League, Kingston
2:12.06	Cassian Hyde	9/5/2010	Surrey Championships, Kingston
2:12.4	Colin Hollis	1973	
2:12.9	Andre Shorter	1996	
2:13.3	Paul Vincent	1977	
2:13.4	Mark Bench	1972	
2:13.5	Steven Ward	1977	
2:13.5	Sanjay Lobo	1990	
2:14.4	Gareth Wilkins	17/5/1976	Surrey Champs, Motspur Park

### 1500m

4:11.0	Mark Slowikowski	1980	
4:15.9	Tim Livingstone	18/7/2010	McCains YA League, Wimbledon Park
4:17.3	James Mayhew	9/1974	Crystal Palace
4:18.0	Paul Boross	9/1974	Crystal Palace
4:18.90	Joe Toomey	12/8/2007	England Athletics Champs, Sheffield
4:19.5	Andy Gay	12/7/1978	HAC Memorial, Wimbledon Park
4:25.2	Liam White	24/6/2007	NYAL, Perivale
4:26.6	Mark Morley	1983	
4:27.2	Sam Adu	1993	
4:29.1	Mohamed Abdi	17/5/1998	NYAL, Wimbledon Park
4:30.6	Ed Saywell	14/9/2008	HW YA Meeting, Crystal Palace
4:31.3	John Hemingsley	1981	
4:31.6	Andy Malcolm	1980	
4:31.8	Cassian Hyde	8/6/2011	Rosenheim League, Wimbledon Park
4:33.4	Martin Lewis	1973	
4:33.8	David Sabola	1976	
4:33.9	Craig Farr	14/6/1997	Surrey Schools Champs, Kingston
4:34.1	Jake Bodin	17/5/2004	
4:34.2	Les Brookman	1971	
4:34.2	Phil Beagent	1973	
4:35.2	Hamish Buttle	1981	
4:36.0	Jonathan Burgess	5/7/2006	HAC Memorial Meeting, Tooting
4:36.2	John Warren	1980	
4:36.4	John Booth	1982	

4:36.5	Alex Bodin	10/7/2002	HAC Memorial, Wimbledon Park
4:36.6	Andre Shorter	1996	
4:37.8	Gareth Wilkins	1986	
4:38.5	Richard Xerri	1990	
4:38.6	Tommy Village	4/7/2007	Rosenheim League, Tooting Bec
4:40.2	Joe Clark	4/4/2009	Ebbisham League, Kingston
4:40.4	Mike Cramer	1971	
4:41.6	Paul Drake	5/9/1999	Woking

### 3000m

8:51.1	Mark Slowiskowski	4/6/1980	TVH Open Mtg, West London
9:26.70	Joe Toomey	5/9/2007	Watford H Open Meeting
9:30.0	James Mayhew	11/8/1974	NYAL, Wimbledon Park
9:32.7	Liam White	9/9/2007	St Mary's Open Mtg, Twickenham
9:36.85	Cassian Hyde	10/8/2011	Rosenheim Final, Kingston
9:39.6	Paul Boross	1974	
9:47.5	Mark Paget	1998	
9:48.0	Phil Beagent	1973	
9:48.60	Jonathan Burgess	26/7/2006	Open Meeting, Watford
9:48.??	Matthew Gibbons	15/5/2013	Merton Schools, Wimbledon Park
9:54.5	Andy Malcolm	1980	
9:57.0	Steve Boorman	1975	
9:57.7	Craig Farr	20/7/1997	NYAL, Peterborough
10:00.8	Steve Cox	1978	
10:03.0	Charles Louw	1979	
10:09.0	David Dyson	1983	
10:09.3	Richard Xerri	1990	
10:10.31	Matthew Gibbons	26/5/21013	Surrey Championships, Kingston
10:13.6	Ian Swain	22/9/1976	NYAL Finals, Thurrock
10:20.5	Alex Bodin	30/6/2002	NYAL, Kingston
10:24.6	Paul Bexley	1982	
10:28.4	Ian Schofield	1984	
10:29.0	Kenan Bilal	1980	
10:29.0	Errol Waite	1985	
10:29.6	Paul Reynolds	????	

### 80m hurdles

11.5	Adam Magni	11/6/2011	London Schools, Battersea Park
11.7	Megarry Effiong	1974	
11.7	Kenneth Frempong	1998	
11.8	Omar Durrani	1998	
11.9	Paraskevas David	1977	
11.9	A Ashiru	4/9/1983	NYAL Finals, Enfield
12.0	Mark Richardson	1978	
12.0	Ike Mba	15/5/2001	Merton Schools, Wimbledon Park
12.1	Austin Ferns	24/6/1995	HAC Memorial, Wimbledon Park
12.1	Andrei Smirnov	9/6.2013	Ebbisham League, Croydon
12.2	Victor Lawrence-John	1979	
12.2	John Khan	31/7/1983	NYAL, Haringey
12.3	David Mattos	1983	
12.37/-2.4	Andrei Smirnov	25/5/2013	Surrey Championships, Kingston
12.4	Steve Davies	1989	
12.4	Edmund Gaisie	25/6/2006	NYAL, Sutton
12.5	Paul Glazier	1979	
12.5	Ronnie Corbin	8/8/1979	HW Championships, Wimbledon Park



12.5	Jason Carberry	1984	
12.5	Trevor Kidd	1984	
12.5	Peter Dunbar	1990	
12.5	Oliver Stogdale	14/6/2003	Berkshire Schools, Reading

### High Jump

1.87	Paraskevas David	1977	
1.80	Andy Hutchinson	1981	
1.80	Ben Lee	1980	
1.75	Ronnie Corbin	8/8/1979	HW Championships, Wimbledon Park
1.75	Ben Rochford	30/6/1996	Southern Champs, Crystal Palace
1.72	Danny Hall	1977	
1.70	Mark Richardson	1978	
1.70	Jason Carbery	1984	
1.70	Richard Lewer	2/6/1985	NYAL, Battersea Park
1.70	Toby Weston	18/5/2013	Southern Men's League, Horsham
1.67	E Lee	13/5/1980	Walworths NYAL, Crawley
1.66	Megarry Effiong	1974	
1.65	D Evans	1985	
1.65	Simon Mohamed	1986	
1.65	Andrew Mumford	1990	
1.65	Robert Graham	1998	
1.65	L Thomas	18/7/1999	NYAL, Ashford
1.65	Joseph Sam-Yorke	6/7/2008	London Youth Games, C Palace
1.65	Allessio Martello	18/7/2010	McCains YA League, Wimbledon Park
1.64	Soban Inayat	24/7/2011	Ebbisham League, Croydon

### Pole Vault

3.48	Floyd Henry	13/6/1981	London Schools, Crystal Palace
3.12	Martin Higdon	1960	
2.95	Ray Douglas	1982	
2.85	James Watford	12/6/1999	Surrey Schools, Kingston
2.40	Sanji Prasad	1974	
2.30	Phil Davies	1975	
2.30	Kevin Moore	1977	
2.30	Rupert Greatwood	3/6/1984	NYAL, Battersea Park
2.30	Tommy Savile	1996	
2.30	Terry Savage	1996	
2.25	David Dyson	1983	
2.20	Mark Delahoyde	4/5/1993	HW YA Meeting, Crystal Palace
2.12	Witek Radwanski	1973	
2.10	John Khan	6/5/1984	NYAL, Windsor
2.10	Matthew Sharp	1993	
2.03	Jean Prince	1985	
2.00	Andy Gay	1978	
1.95	Ross Matthews	1991	
1.90	Paul Devine	1987	
1.90	David Brown	1991	
1.80	Ralph Farrer	27/7/1997	Surrey Championships, Kingston
1.70	Matthew De Veuve	1980	
1.60	Paul Reade	1974	
1.60	Jamie Cooper	1996	

1.60	Lloyd Wahed	1996
1.50	G Mingo	1978
1.50	Mark Allen	1991

### Long Jump

6.62	Mark Giraud	25/5/1992	Southern Championships, Watford?
6.48	Andre Sutherland	26/6/1983	Southern Championships, Hendon
6.30	Mike Powell	1976	
6.22	Dane Boswell	1985	
5.88	Ronnie Corbin	1979	
5.87	Austin Ferns	9/4/1995	HW YA Mtg, Crystal Palace
5.81	Mark Rappolt	14/5/1989	NYAL, Kingston
5.80	Chidi Ngwaba	1984	
5.80	George Biddle	1966	
5.68	McGarry Effiong	1974	
5.65	Ike Mba	12/8/2001	Ebbisham League, Kingston
5.61	Richard Parara	1985	
5.58	Yasin Bhatti	13/5/1984	NYAL, Motspur Park
5.57	Jason Oshinowo	17/5/1992	Surrey Championships, Croydon
5.54	David Kidd	1971	
5.50	David Mattos	1983	
5.50	Mark Spicer	13/5/1984	NYAL, Motspur Park
5.50	Rufus Nugent	14/7/2002	Herne Hill Open, Tooting Bec
5.48	Kenneth Frempong	1998	
5.45	Ben Rochford	1996	
5.39	Praful Nargund	3/7/2005	Ebbisham League, Walton
5.35 (i)	Max Mondelli	2/5/2010	NYAL, Sutton Arena

### Triple Jump

13.43	Mike Powell	12/9/1976	NYAL Finals, Crystal Palace
13.41	Ronnie Corbin	1979	
12.45	James Suleiman	31/-/1983	NYAL, Haringey
12.37	Patrick Lindsay	-/7/1981	
12.25	Megarry Effiong	1974	
12.13	Austin Ferns	1/7/1995	Surrey Championships, Walton
12.10	Pete Seymour	1977	
11.96	James Melia	1975	
11.78	Derek Flint	1984	
11.70	Andy Hutchinson	1981	
11.70	Ray Douglas	1982	
11.61	Ben Rochford	12/5/1996	Surrey Championships, Croydon
11.58	Jason Carbery	1984	
11.58	D Evans	1985	
11.49	Steven Drewster	1985	
11.39	Andy Gay	1978	
11.36	Carlos Mujici	1992	
11.31	Rufus Nugent	24/8/2002	Herne Hill Open Mtg, Tooting Bec
11.30	Luis Garcia	11/6/2005	London Schools, Battersea Park
11.26	Kevin Owusu-Mantey	16/6/2012	London Schools, Battersea Park

### Shot

14.21	Lawrence Rutt	1956
13.74	Lee Hazel	1974

13.34	Adam Magni	11/6/2011	London Schools, Battersea Park
12.91	Jemil Butt	1996	
12.56	Kevin Horne	1976	
12.30	Robert Graham	10/5/1998	Surrey Championships, Kingston
12.22	Tony Milton	1973	
12.11	Jamie Clyنشaw	1976	
11.98	Mark Fromant	1988	
11.79	Mohamed Sami	1986	
11.60	Aaron Ashford	1985	
11.52	Roland Williams	1990	
11.50	Brian Goddard	1976	
11.33	Owen Massey	1986	
11.30	Chima Odum	23/8/2008	Herne Hill H Open, Tooting Bec
11.26	Omar Malik	11/6/2011	London Schools Champs, Battersea Park
11.22	David Baker	19/7/1992	NYAL, Watford
11.18	Ronnie Corbin	1979	
11.06	Ryan Jones	17/6/2013	Independent Schools, Birmingham
10.91	John Childs	1972	
10.85	Graham Pain	1973	
10.81	Mark Spicer	1984	
10.69	Derek Flint	1984	
10.41	Stuart Milton	9/7/1994	Ebbisham League, Kingston

### Discus

38.13	Brian Goddard	1977	
37.66	Mike Maloney	1981	
35.88	Kevin Horne	1978	
34.84	Tony Milton	1973	
34.36	Ronnie Corbin	16/9/1979	HW Championships, Wimbledon Park
32.70	Jemil Butt	1996	
32.23	R Holland	1976	
30.40	Mathew King	1972	
30.18	Yasin Bhatti	1984	
29.79	Ryan Jones	17/6/2013	Independent Schools, Birmingham
29.66	Nic Blythe	16/7/1995	Sutcliffe Park, Eltham
29.52	Andy Jay	1971	
29.06	Henry Dodds	15/8/1999	Kingston
28.88	Austin Ferns	4/6/1995	Wimbledon Park
28.80	Steve Matthews	1978	HW Championships, Wimbledon Park
28.14	Ian Fowler	16/9/1979	HW Championships, Wimbledon Park
27.90	Kevin Richards	1982	
27.68	Richard Boughton	1981	
27.75	Chima Odum	23/8/2008	Herne Hill H Open Meeting, Tooting Bec
27.34	Paul Miller	1988	
26.58	Derek Quarm	1987	
26.50	Stuart Milton	31/7/1994	Ebbisham League, Croydon
26.50	Jack Kennedy	30/6/2002	NYAL, Kingsmeadow

### Hammer

32.98	Yasin Bhatti	1984	
32.84	Jemil Butt	1996	
31.48	Mark Spicer	1984	
29.30	Jamie Clyنشaw	11/9/1976	NYAL Finals, Crystal Palace
26.54	Kevin Horne	1978	
26.00	Rohan Hallett	1983	

25.12	Graham Field	1973	
24.59	Jack Kennedy	30/6/2002	NYAL, Kingston
24.58	Chas Frederick	1990	
24.22	Richard Boughton	1981	
22.92	James Pursey	1976	
22.48	Nic Blythe	16/7/1995	NYAL, Eltham
22.31	Kevin Richards	1982	
22.22	Aaron Ashford	1985	
21.70	Mark Spicer	1983	
21.61	Mark Paget	1998	
21.46	Andy Gay	1978	
21.40	Mike Maloney	1980	
<b>Javelin</b>			
44.86	Sami Mohamed	1986	
43.08	Lawrence Rutt	1958	
42.93	Jose Costa	14/9/2008	HW YA Meeting, Crystal Place
41.80	Frankie Barkodie	1981	
41.52	Kevin Horne	1978	
41.10	R Holland	1976	
40.86	Paul Bexley	1983	
40.60	Steven Bryant	1985	
40.24	Lee Hazel	1974	
38.20	David Baker	1992	
38.62	Gary Glynn	1982	
38.27	Benjamin Deuchar	25/5/2013	Surrey Championships. Kingston
38.02	Anthony Milton	1973	
37.96	Jason Oshinowo	8/7/1992	Tooting Bec
37.54	Mark Morley	1983	
37.32	McGarry Effiong	1974	
37.09	Luis Garcia	6/7/2005	HAC Memorial, Wimbledon Park
36.94	Mark Pinion	13/6/1979	HW Champs, Wimbledon Park
36.64	Steve Marshall	13/5/1984	NYAL, Motspur Park
35.90	Andrew Hutchinson	13/5/1985	Surrey Champs, Motspur Park
34.75	Omar Malik	11/6/2011	London Schools, Battersea Park
34.48	Luis Costa	17/6/2007	Ebbisham League, Kingston
34.36	Max Jacobs	20/06/2010	McCains YA League, Walton
33.70	Henry Dodds	19/6/1999	Croydon
33.18	Austin Ferns	21/5/1995	Dartford

#### **4x100m**

47.5	S Roll/M Giraud/J Oshinowo	1991	
	C Mujica		
47.7	M Powell/H Garba/J Dyson	1976	
	T Francis		
47.7	H Garba/P Dyson/P Allen	1/9/1976	NYAL Finals, Crystal Palace
	M Powell		
47.7	S Matthews/S Ward/R Corbin	1978	
	J Malcolm		
47.9	Poju Adesilu, Jose Costa, Nathan Safo-Barnieh, Jonathan Osbourne);	14/9/2008	HW YA Meeting Crystal Palace

#### **4x200m**

1:38.6	Jose Costa, Nathan Safo-Barnieh Tom Richards, Jonathan Osbourne	29/6/2008	Ebbisham League, Sutton
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1:40.2	Tom Richards, Tom Meehan	13/7/2008	Ebbisham League, Croydon
	Jose Costa, Jonathan Osbourne		
1:40.7	Poju Adiselu, Tom Meehan,	3/8/2008	Ebbisham League, Kingston
	Jose Costa, Jonathan Osbourne		
1:41.8	Carlos Mujica/David Baker	13/9/1992	Surrey Championships, Kingston
	Nigel Standley/Martin Giraud		
1:42.8		11/7/1990	Tooting Bec
1:44.1	Head/Hutchinson/Plumbly	1980	
	Richardson		
1:45.4		17/4/1994	Ebbisham League, Croydon
1:47.7	(J Costa, L Costa, J Osbourne, G Logan)	5/8/2007	Ebbisham League, Kingston

#### 4x400m

3:49.4	J Halifax/T Monk/J Booth	1984	
	M Dann		
3:53.7	A Gay/R Corbin/S Ward	1978	
	R Shamji		
3:55.0	S Ward/P Vincent/B Goddard	1977	
	P David		

#### Pentathlon

2489	Adam Magni	25/5/2011	London Schools, Lee Valley
<b>(80H: 12.2. LJ: 5.22. SP: 12.86. HJ: 1.38. 800: 2:20.7)</b>			
1803	Jose Costa	8/9/2007	Surrey Championships, Horsham
<b>(80H: 15.34/-0.7. LJ: 4.57/+1.5. SP: 8.12. HJ: 1.45. 800: 2:24.80)</b>			
1651 pts	Matthew Sharp	????	Surrey Champs, Walton
1649	Luis Costa	8/9/2007	Surrey Championships, Horsham
<b>(80H: 15.69/-0.7. LJ: 4.70/+1.1. SP: 7.67. HJ: 1.42 800: 2:33.16)</b>			
1531 pts	Charles Lancely	10/5/1997	Surrey Champs, Wimbledon Park
1373 pts	Lloyd Wahed	15/6/1996	Surrey Champs, Walton
<b>(80H: 16.6, SP: 5.12, HJ: 1.39, LJ: 4.16, 800: 2:27.0)</b>			

#### U13 Boys (Colts)

##### 100m

12.4	Martin Giraud	1990	
12.6	Morris Tolaram	1993	
12.9	Paul Hutchinson	1981	
12.9	Scott Fuller	4/9/1983	NYAL Finals, Enfield
13.0	Simon Roll	22/5/1989	Surrey Championships, Tooting Bec
13.0	Richard Tinka	30/7/1995	Inter-County Meeting, Tooting Bec
13.2	Mike Powell	1974	
13.2	Steven Ward	1976	
13.3	Paraskevas David	1975	
13.3	Sean Franklin	1979	
13.3	Mark Spicer	1982	
13.3	Chad Miller	24/6/2012	Ebbisham League, Walton
13.30/-2.4	Chad Miller	21/7/2012	Herne Hill H Open, Tooting Bec
13.4	Maurice Muir	1978	
13.4	Steve Matthews	11/9/1976	NYAL Finals, Crystal Palace
13.4	Jose Costa	2/7/2006	Ebbisham League, Kingston
13.5	Clive Harriott	1979	
13.5	Simon Tolaram	1989	
13.6	George Walrond	1971	

13.6	Aubrey Campbell	1976	
13.6	Sanji Lobo	1988	
13.6	James Batchelor	1996	
13.7	David Mekler	1978	
13.7	Esien Essesien	1986	
13.7	Steve Davies	1987	
13.7	Carlos Mujica	1990	
13.7	Sachi Fleming	16/4/2006	Ebbisham League, Tooting Bec

### 200m

25.4	Martin Giraud	1990	
26.6	Scott Fuller	4/9/1983	NYAL Finals, Enfield
27.1	Clive Harriott	1979	
27.1	Paul Hutchinson	1981	
27.4	Steve Matthews	1976	
27.4	Simon Roll	22/5/1989	Surrey Championships, Tooting Bec
27.5	Steven Ward	1976	
27.6	George Walrond	1971	
27.6	Richard Tinka	16/7/1995	NYAL, Eltham
27.68/-2.2	Chad Miller	12/5/2012	Surrey Championships, Kingston
27.7	Paraskevas David	1975	
27.7	Sanji Lobo	1988	
27.8	Mike Powell	1974	
27.8	Maurice Muir	1978	
27.8	Jose Costa	2/7/2006	Ebbisham League, Kingston
27.9	Ronnie Corbin	1977	
27.9	Sean Franklin	1979	
28.0	Carlos Mujica	1990	

### 300m (from 2013)

47.7	James Forde	9/6/2013	Ebbisham League, Croydon
50.8	Elliot Mier	21/7/2013	Ebbisham League, Walton
52.3	Tomer Tarragano	21/7/2013	Ebbisham League, Walton

### 400m

60.9	Austin Ferns	1993	Ebbisham League, Croydon
63.0	Sanji Lobo	1988	
63.1	John Booth	1980	
63.1	Paul Hutchinson	1981	
63.5	Andy Gay	1976	
63.7	Ronnie Corbin	1977	
63.7	Richard Tinka	9/7/1994	Ebbisham League, Kingston
63.8	Mike Powell	1974	
64.1	Tim Livingstone	3/8/2008	Ebbisham League, Kingston
64.3	Ross Geal	1974	
64.7	Clive Harriott	13/6/1979	HW Championships, Wimbledon Park
64.7	Rodney Linsey	1982	
64.8	Mark Oakes	1973	
64.8	Paul Bexley	1981	
65.3	Tony Lewellyn	1985	
65.3	Kevin Pitfield	1986	
65.5	Sean Daley	1987	
65.7	Andrew Hamilton	1975	
65.8	Maurice Muir	1978	
66.4	Bruno Van Der Stichelen	1/7/2007	Ebbisham League, Walton

**800m**

2:12.6	Mark Slowiskowski	1978	
2:16.2	Austin Ferns	1993	
2:18.9	Hamish Buttle	1979	
2:21.8	Tim Livingstone	13/7/2008	Ebbisham League, Croydon
2:22.3	Ross Geal	1974	
2:22.7	Daran Steer	1990	
2:23.0	Sanji Lobo	1988	
2:23.5	Peter Heron	1979	
2:23.5	Jonathan Burgess	18/6/2005	Herne Hill H Open, Tooting Bec
2:23.7	Paul Bexley	1981	
2:23.9	Andy Malcolm	1978	
2:24.1	S Mennell	11/9/1976	NYAL Finals, Crystal Palace
2:24.1	Ravi Bansoodeb	1981	
2:25.0	Ian West	1984	
2:25.3	Dominic Getting	1987	
2:25.9	David Dyson	1981	
2:26.6	Clive Harriott	1978	
2:27.4	Cassian Hyde	19/7/2009	NYAL, Carshalton
2:27.8	Francis Hutton-Williams	8/5/1999	Surrey Championships, Kingston
2:28.2	Alex Urban	4/7/1998	Surrey Championships, Guildford
2:28.26	Jose Costa	9/9/2006	Surrey Multi-Events Champs, Crawley
2:28.9	Elliot Mier	21/7/2013	Ebbisham League, Walton
2:29.6	Daniel Hyslop	8/5/1999	Surrey Championships, Kingston
2:30.3	Lloyd Wahed	2/7/1995	Surrey Championships, Walton
2:31.3	Mark Delahoyde	10/6/1992	Tooting Bec
2:31.7	Khalid Belhaj	15/6/2005	Wandsworth Schools, Tooting Bec
2:32.8	Thomas Bracegirdle	23/6/2009	London Schools Champs, Mile End
2:32.9	Tommy Savile	15/5/1995	Surrey Champs, Croydon
2:33.1	K Pitfield	17/5/1986	Surrey Champs, Motspur Park

**1500m**

4:23.9	Mark Slowikowski	12/7/1978	Crystal Palace
4:36.1	Hamish Buttle	15/8/1979	Southern Counties Open, Crystal Palace
4:43.17	Jonathan Burgess	23/7/2005	U13s Inter County, Kingston
4:47.6	Ravi Bansoodeb	1991	
4:51.7	Paul Bexley	1981	
4:52.2	John Booth	1980	
4:52.8	David Dyson	1981	
4:53.3	Ross Geal	1974	
4:53.3	Ian Swain	1975	Southern Counties Open, Crystal Palace
4:55.88	Harris Mier	27/7/2013	Southern U13 Inter County, Kingston
4:56.1	Mark Morley	1981	
4:56.2	John Hemingsley	1979	
4:56.5	Peter Heron	1979	
4:56.5	Austin Ferns	10/7/1993	London Schools, West London Stadium
4:58.7	Tim Livingstone	22/6/2008	NYAL, Kingston
4:58.8	Michael O'Halloran	23/6/2002	Ebbisham League, Walton
5:03.3	Mark Delahoyde	3/5/1992	Surrey Champs, Kingston

**3000m**

9:23.8 ?	Mark Slowiskowski	1978	
9:41.4	Mark Slowiskowski	21/5/1978	Crystal Palace

11:36.0	Peter Heron	1979	
<b>75m hurdles (from 2005)</b>			
12.7	Joel Atkin	19/7/2009	NYAL, Carshalton
13.4	Joe Lorenzo	15/7/2012	Ebbisham League, Croydon
14.98/+0.4	Jose Costa	9/9/2006	Surrey Multi-Events Champs, Crawley
15.6	James Russell	4/6/2006	NYAL, Horsham
15.6	Robert Richards	1/6/2008	NYAL Parliament Hill, Highgate
15.6	Emmanuel Obayumana	22/6/2008	NYAL, Kingston
15.8	Tom Richards	26/6/2005	NYAL, Sutton
15.9	Charlie Williams	20/7/2008	NYAL, Kingston
15.9	Jonathan Dench	3/5/2009	NYAL, Crawley
16.4	Tom Brandon	17/7/2005	NYAL, Kingston
16.5	Max Cooper (U11)	3/6/2007	NYAL, Kingston
16.7	Alexander Hesendine	18/7/2010	McCains YA League, Wimbledon Park

### 80m hurdles

13.5	Charles Lanceley	1/7/1995	Surrey Championships, Walton
13.6	David Brown	1990	
13.6	Richard Mullings	1993	
13.6	Joel Atkin	5/7/2009	Ebbisham League, Carshalton
15.1	Martin Giraud	1990	
15.2	Ian Love	1989	
15.2	Daran Steer	1989	
15.2	Ross Matthews	1990	
15.3	Nick Howe	24/6/2001	Ebbisham League, Walton
15.4	Omar Durrani	1996	
15.7	David Strange	1980	
15.7	Simon Roll	1989	
15.7	John Nicholson	1990	
15.7	James Russell	2/7/2006	Ebbisham League, Kingston
15.9	Tim Saunders	1990	
15.9	Harry Pidd	1991	
15.9	Tommy Savile	31/7/1994	Ebbisham League, Croydon
15.92	Tom Richards	13/5/2006	Surrey Championship, Kingston
16.0	Ed Saywell	2/7/2006	Ebbisham League, Walton
16.02/0.0w	Emmanuel Obayuwana	10/5/2008	Surrey Championships, Kingston
16.1	Mark Morley	1980	
16.3	N Anning	1980	
16.36	Fergus Stoddart	10/5/2003	Surrey Championships, Kingston
16.4	David Eustace	1980	
16.4	Tim Spencer	1990	
16.5	Alex Urban	1998	

### High Jump

1.45	Jose Costa	9/9/2006	Surrey Multi-Events, Crawley
1.43	Francis Hutton-Williams	9/5/1999	Surrey Championships, Kingston
1.40	A Baker	1974	
1.40	Phil Young	1974	
1.40	Jerome Gill	1977	
1.40	Andrew Gillbanks	1979	
1.40	John Vardy	1983	
1.40	John Nicholson	1990	
1.40	Daran Steer	1990	
1.38	Paraskevas David	1975	



1.37	Aubrey Campbell	1976	
1.35	Clive Harriott	1979	
1.35	R Campbell	1981	
1.35	R Gibbins	1981	
1.35	Mark Spicer	1982	
1.35	David Strange	1982	
1.35	J Morrison	1985	
1.35	Antony Neylan	19870	
1.35	Robert Richards	22/6/2008	NYAL, Kingston
1.30	Carl Emery	1978	
1.30	Paul Hutchinson	1981	
1.30	Mark Morley	1981	
1.30	Christian Watkins	1981	
1.30	Mark Burgess	1983	
1.30	Richard Lewer	1983	
1.30	Derek Kidney	1989	
1.30	Simon Roll	1989	
1.30	Daran Steer	1989	
1.30	Luke Batchelor	27/7/1997	Surrey Championships, Kingston
1.30	Ed Saywell	2/7/2006	Ebbisham League, Kingston
1.30	Max Allison	4/5/2008	NYAL, Kingston
1.30	M Bliss	21/7/2013	Ebbisham League, Walton
1.30	James Forde	8/9/2013	SLAN Super 8, Tooting Bec
1.25	Charles Lanceley	1/7/1995	Surrey Championships, Walton
1.25	Lloyd Wahed	1/7/1995	Surrey Championships, Walton
1.25	James Hyslop	17/7/2001	Ebbisham League, Walton
1.25	Bruno Van Der Stichele	3/6/2007	NYAL, Kingston
1.25	Hallam Rowan	4/4/2009	Ebbisham League, Kingston
1.25	Oliver Moulton	7/6/2009	Ebbisham League, Woking
1.20	Peter Lloyd	20/5/1989	Surrey Champs, Tooting Bec
1.20	Liam White	26/7/2005	NYAL, Sutton
1.20	Tom Robinson	4/4/2009	Ebbisham League, Kingston

### Long Jump

5.23	Richard Tinka	16/7/1995	NYAL, Eltham
5.08	Steve Matthews	1976	
4.77	John Grayson	1998	
4.71	Joel Atkin	24/6/2009	Independent Schools, Birmingham
4.70	D Hatton	1981	
4.57	James Batchelor	1996	
4.55	Andrew Denbow	1976	
4.53	Carlos Mujica	1990	
4.52	Paraskevas David	1975	
4.51	Graham Field	1971	
4.48	Scott Fuller	1983	
4.48	Phil Young	1974	
4.43	Sachi Fleming	16/4/2006	Ebbisham League, Tooting Bec
4.42/+0.5w	Jose Costa	13/5/2006	Surrey Championship, Kingston
4.40	Maurice Muir	1978	
4.40	Dominic Getting	1987	
4.38	Tom Brandon	10/4/2005	HW YA Mtg, Crystal Palace
4.38	Felix Blanchard	14/9/2008	HW YA Mtg, Crystal Palace

4.37	Daran Steer	1990	
4.37	Liam White	22/5/2005	Ebbisham League, Tooting Bec
4.35	Mark Spicer	1982	
4.35	David Brown	1990	
4.35	Tim Livingstone	20/7/2008	NYAL, Kingston
4.32	Paul Hutchinson	1981	
4.31	Neil Hawkins	1984	
4.30	Jerome Gill	1977	
4.29	Harry Pidd	10/6/1992	Tooting Bec
4.28	James Measures	5/5/2002	NYAL, Tooting Bec
4.27	Dominic Getting	1986	

### Triple Jump

10.38	Clive Harriott	1979	
9.90	Aubrey Campbell	1976	
9.84	Sean Franklin	1979	
9.76	Ronnie Corbin	1977	
9.40	Paraskevas David	1975	
9.40	Kevin Pitfield	1986	
9.32	Mark Spicer	1982	
9.29	Andy Gay	1976	
9.15	Jerome Gill	1977	
9.14	Andrew Walrond	1972	
8.92	C Watkins	1981	
8.91	Mike Powell	1974	

### Shot

9.69	Jose Costa	9/9/2006	Surrey Multi-Events, Crawley
8.57	Tom Brandon	30/4/2006	NYAL, Crawley
8.47	Tim Livingstone	3/8/2008	Ebbisham League, Kingston
7.97	Jonathan Dench	1/6/2008	NYAL Parliament Hill, Highgate
7.44	E Ofu	1987	
7.41	Matthew Chamberlain	1991	
7.41	Deyan Knespl	4/5/2003	NYAL, Kingston
7.40	Tom Brandon	5/6/2005	NYAL, Kingston
7.37	Martin Giraud	1990	
7.12	J Newson	1993	
7.08	Douglas Hunt	19/5/2002	NYAL, Horsham
6.74	Michael Allan	1990	
6.61	Brian Milton	1995	Croydon
6.57	Christian Barry	19/5/2002	NYAL, Horsham
6.56	Mark Delahoyde	2/5/1992	Surrey Champs, Kingsmeadow 3.25kg
6.52	Henry Ivesic	18/5/2003	NYAL, Carshalton
6.48	Ian McCleod	1989	
6.41	Mark Delahoyde	10/6/1992	Tooting Bec
6.36	Richard Hemingway	29/6/2003	NYAL, Portsmouth
6.34	Michael O'Halloran	2/6/2002	NYAL, Wimbledon Park
6.30	Harry Pidd	10/6/1992	Tooting Bec
6.24	Daran Steer	1990	
6.11	Jake Bodin	30/6/2002	NYAL, Kingston
6.03	Peter Lloyd	1989	
5.99	Mark Newman	24/4/2005	Ebbisham League, Kingston

### Discus

20.49	Tim Livingstone	13/7/2007	Ebbisham League, Croydon
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17.83	Tom Brandon	3/7/2005	Ebbisham League, Walton
17.70	Thomas Bracegirdle	7/6/2009	Ebbisham League, Woking
16.92	Lloyd Wahed	1995	Bracknell
15.48	Daran Steer	1990	
15.23	Christian Barry	14/7/2002	Ebbisham League, Croydon
14.40	D Steemson	15/8/1999	Kingston
14.02	Michael Allan	1990	
13.99	Mark Delahoyde	1/8/1992	Walton
13.77	Tony Simeon	12/8/2001	NYAL, Croydon
13.74	Mohamed Shafi	1991	
13.48	Brian Milton	1995	Bracknell
12.95	J Newson	1993	
12.52	Steve Archibald	1990	
12.19	Elliot Laville	25/7/2010	Ebbisham League, Walton
11.92	Tala Ali-Osman	25/7/2010	Ebbisham League, Walton
11.61	James Forward	3/7/2005	NYAL, Kingston
11.50	Jake Bodin	20/5/2001	NYAL, Hayes, Middx

### **Javelin**

31.00	Daran Steer	1990	
30.70	Jose Costa	13/5/2006	Surrey Championship, Kingston
29.00	Tom Brandon	3/7/2005	Ebbisham League, Walton
22.51	Brian Milton	1995	Croydon
20.58	Lloyd Wahed	1995	Croydon
19.31	James Tier	8/9/2013	SLAN Super 8, Tooting Bec
18.44	Alex Payce-Drury	1971	
16.50	Alex Bond (U11)	5/7/2009	Ebbisham League, Carshalton
16.31	James Forde	9/6/2013	Ebbisham League, Croydon
14.68	Tala Ali-Osman	25/7/2010	Ebbisham League, Walton
14.19	Mark Delahoyde	21/6/1992	Woking
13.96	Nathaniel Purnell	21/7/2013	Ebbisham League, Walton
13.81	Jet Debney-Hamilton	25/7/2010	Ebbisham League, Walton
13.58	Hallam Rowan	4/4/2009	Ebbisham League, Kingston
13.03	Omar Durrani	1995	Bracknell
11.59	Tom Robinson	4/4/2009	Ebbisham League, Kingston
10.30	Tony Simeon	24/6/2001	Ebbisham League, Walton

### **4x100m**

52.2	C Harriott/H Buttle R Franklin/S Franklin	1979	
54.4	A Campbell/A Gay S Ward/S Matthews	1976	
55.5		13/5/1990	NYAL, Crawley
57.1	P Donnelly/C Wells M Sue-Patt/D Parakevas	1975	
57.6	M Oakes/R Lewis P Vincent/M Thornburn	1973	
57.8	Jose Costa/Ed Saywell Tom Richards/Matt Burgess	25/6/2006	NYAL, Sutton

### **4x200m**

1:57.9		1981	
1:59.7	C Watkins/W Flynn J Halifax/J Booth	1980	

2:05.5		31/9/1994	Ebbisham League, Croydon
2:07.1		18/6/2006	Ebbisham League, Croydon
2:07.6		21/7/2013	Ebbisham League, Walton

**Pentathlon**

1784 pts	Jose Costa	9/9/2006	Surrey Championships, Crawley
<b>(LJ: 4.20. 75H: 14.98/+0.4. SP: 9.69. HJ: 1.45. 800: 2:28.26)</b>			
1396 pts	Daran Steer	5/8/1990	Surrey Championships, Woking