

Track & Field

100m	9.97	0.2	Dwain Chambers	3	IAAF World Champs., Seville, ESP	22 Aug 1999
150m	15.15	0.9	John Regis	2	McDonalds International, Sheffield	4 Sep 1994
200m	19.87	1.8	John Regis	1	IAAF Grand Prix, Sestriere, ITA (2,035m altitude)	31 Jul 1994
	19.94	0.3	John Regis	2	World Champs., Stuttgart, GER	20 Aug 1993
300m	31.67		John Regis	1	Vauxhall International, Gateshead	17 Jul 1992
400m	44.56		Tim Benjamin	2	IAAF World Athletics Final, Monte Carlo, MON	9 Sep 2005
800m	1:45.14		John Gladwin	3	BNP d'Athlétisme, Jean Bouin Stadium Paris, FRA	22 Jul 1986
1,000m	2:17.14		John Gladwin	4	Compaq IAC International, Edinburgh	6 Jul 1990
1,500m	3:35.26		John Gladwin	4	Ivo van Damme IAAF Grand Prix, Brussels, BEL	5 Sep 1986
1 mile	3:51.02		John Gladwin	2	Weltklasse Meeting, Zürich, SUI	19 Aug 1987
2,000m	4:53.69		Gary Staines	4	Athletissima International Meeting, Lausanne, SUI	15 Sep 1987
3,000m	7:41.79		Gary Staines	3	Bislett Games, Oslo, NOR	14 Jul 1990
2 miles	8:23.16		Gary Staines	4	Pearl Assurance International, Gateshead	9 Aug 1991
5,000m	13:14.28		Gary Staines	5	Weltklasse Meeting, Zürich, SUI	15 Aug 1990
10,000m	27:47.79		Paul Evans	4	Dagens Nyheter Galan IAAF GP, Stockholm, SWE	5 Jul 1993
1 hour	19,485m		Gerry North	1	Road Runners Club Meeting, Walton-on-Thames	20 Oct 1962
110mH	13.16	0.4	William Sharman	1s1	European Champs., Zürich, SUI	14 Aug 2014
200mH	22.79		John Regis	3	Welsh Champs. (invitation race), Cardiff	1 Jun 1991
300mH	34.59		Chris Rawlinson	1	FILA Int. Development Meeting, Loughborough	30 Jul 2000
400mH	48.14		Chris Rawlinson	1r2	Weltklasse Meeting, Zurich, SUI	11 Aug 1999
2,000mSC	5:31.43		John Bicourt	2	(gst) AAA v. Borough Rd College, Crystal Palace	26 May 1976
3,000mSC	8:22.82		John Bicourt	8	Invitation International Meeting, Stockholm, SWE	8 Jun 1976
High J	2.31		Darvin Edwards	=2Q	IAAF World Champs., Daegu, KOR	30 Aug 2011
Long J	8.10	-0.2	Fred Salle	1	World Cup Final, Crystal Palace	9 Sep 1994
Triple J	17.81	0.1	Phillips Idowu	1	20th European Champs., Barcelona, ESP	29 Jul 2010
Pole V	5.64		Mike Edwards, Jnr.	1	Texas Champs., Waco, Texas, USA	Jul 1999
Shot	20.33		Paul Edwards	1	Open Meeting, Walton	13 May 1992
Discus	67.89		Nick Sweeney	1	Helsingborg, SWE	4 Sep 1998
Javelin	81.70		Nigel Bevan	3	AAA Champs., Birmingham	28 Jun 1992
Hammer	76.43		Mike Jones	1	British Lg. Division One, Birmingham	3 Jun 2001
Decathlon	7,980		Simon Shirley	3	Commonwealth Games, Victoria, CAN 10.89/0.8, 7.11/1.1, 14.16, 2.04, 48.90, 14.87/0.5. 38.38, 4.60, 63.80, 4:32.34	23/24 Aug 1994
4x100m	39.53		Darren Chin Darren Campbell Graham Beasley Dwain Chambers	3	European Champion Clubs' Cup, Madrid, ESP	26 May 2001
4x200m	1:25.91		Mike Bazire John Regis (U20) Phil Goedluck (U20) Marcus Adam (U20)	1	Int. Youth Friendship Games, Crystal Palace	29 Sep 1985
4x400m	3:05.53		Geoff Dearman 48.23 Tim Bayley 46.4 Chris Rawlinson 45.5 Sean Baldock 45.5	4	European Champion Clubs' Cup, Madrid, ESP	27 May 2001
4x800m	7:36.17		Dean Clark 1:55.31 Steve Baldock 1:54.1 Clive Gilby 1:54.6 Spencer Barden 1:52.2	4	European Clubs' Relay Champs, Rennes, FRA	18 Sep 1999
4x1,500m	16:37.70		Alaster Stewart 4:03.71 Paul Freary 4:06.4 Stephen Kennefick 4:12.5 Roger Alsop 4:15.1	4	FILA-Belgrave-AW Speed GP, Battersea Park	22 Aug 2001

Indoors

50m	5.69	¹ Dwain Chambers	- Gaz-60 Meeting, Lieven, Ghent, BEL	11 Feb 2000
60m	6.42	Dwain Chambers	1s2 European Indoor Champs., Turin, ITA	7 Mar 2009
200m	20.48	John Regis	1 Sparkassen Cup, Stuttgart, GER	5 Feb 1995
300m	33.22	John Regis	1 Dairy Crest Invitation, Cosford	15 Mar 1987
400m	45.52	David Gillick	1 European Champs., Birmingham	3 Mar 2007
600m	1:20.38	Chris Moss	1r1 RAF Invitation, Birmingham	28 Jan 2003
800m	1:48.12	Chris Moss	3r2 Norwich Union Grand Prix, Birmingham	21 Feb 2003
1,000m	2:20.97	Matthew Yates	6 Inter-Flora Classic, Birmingham	10 Feb 1996
1,500m	3:38.65	Neil Speaight	3 Norwich Union Grand Prix, Birmingham	18 Feb 2006
1 mile	3:57.48	Andrew Graffin	1 New York RRC Invitation, New York, NY, USA	8 Feb 2002
2,000m	5:05.20	John Gladwin	2 Dairy Crest Invitation, Cosford	15 Mar 1987
3,000m	7:53.82	² Nick Goolab	- Muller Birmingham Grand Prix, Birmingham	18 Feb 2017
5,000m	14:10.05	Andrew Graffin	6 Norwich Union Grand Prix, Birmingham	20 Feb 2004
60mH	6.89	William Sharman	3h2 Indoor City Challenge, Lee Valley	28 Jan 2007
110mH	13.83	Neil Owen	4 International Meeting, Tampere, FIN	12 Feb 1996
High J	2.31	Samson Oni	2 Europa SC High J Meeting, Banska Bystrica, SVK	4 Mar 2010
		Samson Oni	=3 Hustopecké Skákání, Hustopeče, CZE (altitude)	28 Jan 2012
Long J	7.96	Fred Salle	4 GB & NI v Russia, Kelvin Hall, Glasgow	30 Jan 1993
Triple J	17.56	Phillips Idowu	1 European Champs., Birmingham	3 Mar 2007
Pole V	5.35	Mike Edwards	Amarillo, USA, <i>meeting and position not known</i>	8 Feb 1997
Shot	19.47	Paul Edwards	1 England v Austria v Czechoslovakia, Vienna, AUT	6 Feb 1994
Pentathlon	3,533	Matt Douglas	1 SEAA Champs., Bedford	16 Jan 1999
			60mH/8.42, 60m/7.21, LJ/6.74, SP/11.30, HJ/1.68	
Heptathlon	5,663	Louis Evling-Jones	6 Multi-event International, Prague, CZE	12 Feb 2006
			60m/7.14, LJ/7.09, SP/12.27, HJ/1.99, 60mH/8.40, PV/4.60, 1000m/2:37.26	

Road Running

5 kms	13:48	Paul Evans	6 BUPA International, Portsmouth	13 Apr 1996
5 miles	23:17	Gerry North	2 Bracknell '5'	3 Aug 1968
	22:18	³ Paul Evans	Welwyn	31 Mar 1997
10 kms	28:13	Paul Evans	1 Silvesterlauf, Dusseldorf, GER	8 Jan 1995
10 miles	46:11	Gary Staines	1 BUPA Great South Run, Portsmouth	10 Oct 1993
20 kms	58:47	Paul Evans	1 Van Alpen, NED	Mar 1996
H-Marathon	1:01.18	Paul Evans	Great North Run, Newcastle	14 Sep 1997
	1:00.09	⁴ Paul Evans	1 Marrakesh Half Marathon, MAR	15 Jan 1995
Marathon	2:08.52	Paul Evans	1 Chicago Marathon, USA	20 Oct 1996

¹ Electronically timed during 60 metre race.

² Electronically timed during a 5,000m race when Nick was first at the 3,000m point and went on to finish the full distance.

³ Course reported to be 10.6 yards short.

⁴ Course reported to be short but it is unknown as to how short it was.

Race Walking

The standard distances for Race Walking have changed over the years and some of the older performances over imperial distances have been eclipsed by the nearest equivalent metric distance. Nevertheless, we currently retain the imperial marks for posterity.

Track

1 mile	6:16.4	Murray Day	3 Inaugural Meeting, McMillan Stadium	26 Jun 1985
3,000m	10:58.47	Alex Wright	3 Cork, IRL	
2 miles	13:02.4	Stanley Vickers	1 AAA Champs., White City	16 Jul 1960
5,000m	19:27.39	Alex Wright	1 UK Champs., Birmingham	24 Jun 2012
10,000m	42:09.79	Alex Wright	1 Dublin, IRL	
7 miles	50:09.0	Stanley Vickers	Highgate H. "St.Dunstan's" 1 Hour, Parliament Hill	27 Sep 1958
8 miles	57:13.6	Stanley Vickers	Highgate H. "St.Dunstan's" 1 Hour, Parliament Hill	27 Sep 1958
1 hour	13,517m	⁵ Stanley Vickers	Highgate H. "St.Dunstan's" 1 Hour, Parliament Hill	27 Sep 1958
20,000m	1:23:28.09	Alex Wright	1 Nordic Race Walking Champs., Glostrup, DEN	13 Sep 2014
40 miles	5:56:29	Ray Middleton	International 8 hour Walk, New River Haringey	29 Sep 1974
50 miles	7:31:06	Ray Middleton	International 8 hour Walk, New River Haringey	29 Sep 1974
6 hours	64,905m	⁴ Ray Middleton	International 8 hour Walk, New River Haringey	29 Sep 1974
7 hours	75,185m	⁴ Ray Middleton	International 8 hour Walk, New River Haringey	29 Sep 1974
8 hours	85,617m	⁴ Ray Middleton	International 8 hour Walk, New River Haringey	29 Sep 1974
24 hours	197,630m	⁴ Jack Stirling-Wakeley	Surbiton Town SC 24hr race, Motspur Park	13/14 Aug 1948

Indoors

3,000m	11:19.33	Alex Wright	1 Athlone, IRL	1 Feb 2015
5,000m	19:25.48	Alex Wright	1 All-Ireland Champs., Athlone, IRL	15 Feb 2014

Road

5 kms	21:39	Carl Lawton	2 City Festival	30 Jul 1978
5 miles	35:34	Carl Lawton	1 London Vidarians '5', Carshalton	5 May 1976
6 miles	42:56	Richard Dorman	2 Chippenham to Calne	11 Oct 1980
10 kms	42:59	Graham Seatter	1 Belgrave & Surrey Champs., Battersea Park	2 May 1984
11 kms	48:57	Paul Blagg	3 Met. Police Open, Imber Court	11 Jan 1981
7 miles	49:36	Stanley Vickers	1 Leicester WC Open '7', Leicester	4 Oct 1958
15 kms	1:07:21	Paul Blagg	2 Metropolitan WC, Battersea Park	29 Nov 1980
10 miles	1:10:19	Carl Lawton	7 RWA Champs., Crystal Palace	18 Mar 1978
20 kms	1:23:05	Alex Wright	16 Memorial Mario Albisetti, Lugano, SUI	17 Mar 2013
30 kms	2:23:55	Paul Blagg	2 Commonwealth Games Trial, Victoria Park	31 Jul 1982
20 miles	2:26:56	Graham Seatter	1 Leicester Mercury '20'	26 May 1984
35 kms	2:43:35	Murray Day	3 National Champs., Leicester	15 Jun 1985
25 miles	3:25:43	Vaughan Thomas	1 Birmingham '25'	13 Jul 1963
50 kms	3:51:28	Alex Wright	1 German Nat. Race Walking Champs., Gleina, GER	11 Oct 2014
100 kms	10:20:56	Pat Duncan	2 Lugano International, SUI	3 Nov 1968
100 miles	16:55:44	John Moullin	1 Surrey WC, Ewhurst	25/26 Jun 1971

⁵ Performance originally recorded in miles and yards. Stan Vicker's 1 hour mark was 8 miles 702 yards, Ray Middleton's 6, 7 and 8 hour marks were 40 mile 581 yards, 46 miles 1,264 yards and 53 miles 352 yards, Jack Stirling-Wakeley's 24 hours mark was 122 miles 1,411 yards.

Track & Field

100m	10.06 ⁶	2.0	Dwain Chambers	1	European U20 Champs., Ljubiana SLO	25 Jul 1997
200m	20.63	0.5	Chris Lambert	1	U20 International, Neubrandenburg GER	21 Aug 1999
400m	46.54		Michael Parper	1	Germany vs. GB, Mannheim GER	8 Jun 1997
800m	1:46.46		John Gladwin	5	Oslo Invitation Meeting, Oslo NOR	7 Jul 1982
1,000m	2:21.41		Stuart Paton	6	IAC/Coca-Cola Meet, Crystal Palace	17 Sep 1982
1,500m	3:42.86		Stuart Paton	1	U25 International, Amsterdam NED	29 Aug 1982
1 mile	4:09.5		John Gladwin	1	Lauriston Runners Champs., Wimbledon Park	30 Jul 1980
3,000m	8:14.5		Paul Richley	2	guest in SCAAA repr. match, West London	27 Apr 1983
5,000m	14:24.02		Kassa Tadesse	1	British Lg. Div. 1, Edinburgh	7 Aug 1993
10,000m	29:42.93		Kassa Tadesse	6	European Clubs Cup, Budapest HUN	29 May 1993
110mH (99.0cm)	14.3		Steve Scott	1	Nat. Jun. Lg. Div. 2 (S), Tooting	16 Jun 1996
	14.40	0.8	Steve Scott	6	English Schools Champs., Sheffield	12 Jul 1997
		1.4	Steve Scott	4	SEAA U20 Champs., Haringey	24 May 1998
110mH (106.7cm)	14.68		Richard Sear		ht, SEAA Champs., Watford	21 Jun 1998
400mH (91.4cm)	51.62		Ryan Dinham	2	AAA U20 Champs, Bedford	27 Jun 2004
2000mSC	5:53.5		Stuart Paton	1	Inter-County U20 Champs., Motspur Park	10 Aug 1980
3000mSC	9:32.5		Simon Maynard	1	British Lg. Div. 2 'B', Battersea Park	23 Aug 1986
High J	2.16		Richard Aspden	1	English Schools Champs., Nottingham	7 Jul 1995
			Samson Oni	1	Eng. Schools Champs., Bury St. Edmunds	9 Jul 1999
Long J	7.62	1.2	Bernard Yeboah	2	Golden Jubilee Cup Final, Bedford	21 Aug 2004
Triple J	15.86	1.7	Philips Idowu	1	AAA U20 Champs., Bedford	5 Jul 1997
Pole V	5.10		Joe Ive	1	SEAA Senior Champs., Crystal Palace	18 Jun 2006
Shot (6kg)	18.59		Chris Gearing	1	SEAA U20 Champs, Watford	30 May 2004
Shot (7.26kg)	16.99		Chris Gearing	4A	BAL, Plaistow	31 Jul 2004
Discus (1.75kg)	53.76		Scot W. Thompson	1	Nat. Jun. Lg. Southern Premier, Battersea Park	13 Aug 2000
Discus (2kg)	50.07		Scot W. Thompson	1	AAA U20 Champs., Bedford	27 Aug 2000
Javelin (800gm)	71.66		Nigel Bevan	3	rep. SCAAA v Norway, Sanders NOR	22 Aug 1987
Hammer (6.25kg)	64.56		John Osazuwa	1	Nat.Jun. Lg. Final, Birmingham	10 Sep 2000
Hammer (7.26kg)	61.13		John Osazuwa	6	FILA Development Meet, Loughborough	30 Jul 2000
Decathlon	7014	7	Kevin Sempers	1	AAA Champs, Stoke	12/13 Jun 2004
					11.00/4.0, 6.67/3.4, 12.71, 2.04, 52.29	
					14.99/2.6, 40.18, 4.05, 46.86, 5:06.44	
4x100m	41.32		Wade Bennett-Jackson	3	British Lg. Div. 1, Wigan	30 Aug 2003
			U17			
			Laurence Oboh			
			James Ellington			
			Set Osho			
4x200m	1:27.9		James Hilston	1	Rosenheim Lg. Eastern Div., Tooting	31 Jul 1996
			Richard David			
			Michael Parper			
			Marlon Dickson			
4x400m	3:17.1		Marlon Dickson	49.2	Nat.Jun. Lg. Div. 2 (S), Woodford Green	4 Aug 1996
			Richard David	50.2		
			Michael Parper	50.1		
			Tom Lerwill	47.6		

⁶ A World Junior Record at the time.⁷ Implements used were IAAF U20M specifications.

Indoors

60m	6.63	Dwain Chambers	5	BUPA GP, Birmingham	23 Feb 1997
200m	21.17	Wade			
400m	48.68	Bennett-Jackson	1h5	AAA Champs., Birmingham	12 Feb 2005
800m	1:52.32	Set Osho	2	AAA U20 Champs, Birmingham	29 Feb 2004
		Alasdair			
1,500m	3:50.73	McLean Foreman	3h	AAA Champs., Birmingham	29 Jan 2000
3,000m	8:27.07	Richard Ward	1	Lansing Linde International Trophy, Cardiff	11 Feb 2001
60mH (106.7cm)	8.40	Richard Ward	6	UWIC & BMC Race, Cardiff	9 Dec 2001
High J	2.04	Kevin Sempers		AAA U20 Heptathlon Champs., Cardiff	21 Feb 2004
Long J	7.01	Kevin Sempers		International Heptathlon, Mondeville FRA	28 Feb 2004
Triple J	13.94	Onen Eyong	1	Lansing Linde International, Cardiff	10 Feb 2002
Pole V	4.70	Phillips Idowu		Midland Counties Open Meeting, Birmingham	28 Jan 1996
Shot (6kg)	17.73	Joe Ive	1	Brunel University Open, Uxbridge	14 Jan 2006
Shot (7.26kg)	16.65	Chris Gearing	1	Sutton & Dist. Open, Carshalton	31 Jan 2004
Heptathlon	5060	Chris Gearing		Cardiff	14 Mar 2004
		⁸ Kevin Sempers	1	AAA U20 Champs., Cardiff	
				7.19, 6.53, 12.42, 3.80, 8.40, 1.98, 2:58.74	

Road Running

10 miles	47:43	Kassa Tadesse	8	Portsmouth	10 Oct 1993
Marathon	2:19:14	Kassa Tadesse	1	Livorno, Italy	14 Nov 1993

Race Walking**Track**

1 mile	7:08.9	John Knifton		<i>No other details known</i>	Jul 1958
2,000m	9:36.4	Michael Nicholls	5	Inter-County Youth Match, Motspur Park	2 Jul 1978
3,000m	12:24.5	Richard Dorman	2	Senior AAA Champs., Crystal Palace	5 Sep 1980
5,000m	21:54.98	Alex Wright	1	SEAA U20 Champs., Watford	20 Jun 2009
10,000m	45:26.0	Alex Wright		Horsham	28 Mar 2009

Indoors

3 kms	14:26.30	Andrew Goudie	6	AAA U20 Champs., Birmingham NIA	18 Feb 1996
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Road

5 kms	22:15	Alex Wright	1	Bexley	14 Feb 2009
5 miles	37:13	Richard Dorman	1	Belgrave Champs., Wimbledon	19 Jan 1980
10 kms	43:18	Richard Dorman	1	National Junior Champs., Coventry	18 Oct 1980
11 kms	63:48	Nigel Whorlow	24	Enfield Open, Enfield	11 Nov 1995
10 miles	1:14:07	Richard Dorman	1	GLC Champs., Battersea Park	19 Jan 1980
20 kms	1:38:19	Richard Dorman	7	Southern RWA, Victoria Park	16 Aug 1980

⁸ Implements used were IAAF U20M specifications except for senior 106.7cm hurdles

Track & Field

100m	10.49	-0.4	Wade Bennett-Jackson	1h2	European Youth Olympic Fest, Paris, FRA	28 Jul 2003
200m	21.38	1.1	Wade Bennett-Jackson	1	European Youth Olympic Fest, Paris, FRA	31 Jul 2003
400m	48.35		James Hilston	1	U20 Inter-Counties Meeting, Copthall	6 Aug 1995
800m	1:52.11		Kris Gauson	3	Schools International, Chelmsford	17 Jul 2004
1,000m	2:32.48		Gavin Mason	4	Crystal Palace	23 Jul 1993
1,500m	3:52.7		Kris Gauson	2	Scottish League Div. 1, Wishaw	25 Jul 2004
1 mile	4:26.0		Matt Kinane	7	Peter Coe Mile, Crystal Palace	11 Sep 1985
3,000m	8:55.0		Steven Webster	n/s	Rosenheim Lg. Final, Tooting Bec	20 Aug 1986
3 miles	15:17	⁹	Adrian Major	9	Belgrave Senior Club Champs., Battersea Park	22 Jul 1964
5,000m	16:19.0		Peter Carton	10	Belgrave Club Champs., Battersea Park	16 Jul 1969
100mH (91.4cm)	13.86	-0.9	Steven Scott	2h	English Schools Champs., Nottingham	7 Jul 1995
	13.8		Steven Scott	1	London Schools Champs., Croydon	10 Jun 1995
			Steven Scott	2	McDonalds NYAL Sth Div. 1 (E), Kingsmeadow	25 Jun 1995
		-2.0	Steven Scott	5s	English Schools Champs., Nottingham	7 Jul 1995
110mH (99.0cm)	14.8		Steven Scott	1	National Junior Lg. Div. 3 (S), Southend	30 Jul 1995
400mH (84.0cm)	56.39		Rob Milner	3	SEAA U17 Champs., Crystal Palace	29 May 1994
400mH (91.4cm)	58.3		Rob Milner	1	National Junior Lg. Div. 3 (S), Tooting Bec	28 Aug 1994
1,500mSC	4:38.4		Matt Hillier	2	McDonalds NYAL Sth. Prem. Div., Deangate	6 Jun 1993
2,000mSC	6:35.2		Matt Hillier	n/s 1	National Junior Lg. Division 3 (S), Battersea Park	1 Aug 1993
3,000mSC	10:26.2		Matt Hillier	2	Belgrave Club Champs., Battersea Park	26 May 1993
High J	2.15		Stanley Osuide	1	Croydon Arena	1 Sep 1991
Long J	7.46	0.0	Onen Eyong	1	National Junior Lg. Final, Derby	9 Sep 2001
Triple J	14.17		Festus Ogwuda	1	Dunlop NYAL Sth. Central Div., Worthing	2 Jun 1985
Pole V	4.20		Mark Shippen	1	Grazier Trophy Invitation, Woking	10 Sep 1977
Shot (5kg)	18.70		Chris Gearing	8	World Youth Champs., Sherbrooke, CAN	10 Jul 2003
Shot (6kg)	16.93		Chris Gearing	1	AAA Champs., Bedford	28 Jun 2003
Shot (6.25kg)	16.84		Chris Gearing	1	National Junior Lg. Brent. Div., Eton	22 Jun 2003
Shot (7.26kg)	15.43		Chris Gearing	n/s	British Lg. Div. 1, Wigan	30 Aug 2003
Shot (7.26kg)	11.65		Peter Waterman	1	Southern Lg. Div. 3 'B', Battersea Park	3 Aug 1996
Discus (1.5kg)	51.30		Chris Gearing	1	Kent U17 Champs., Ashford	11 May 2003
Discus (1.75kg)	49.06		Chris Gearing	2	AAA U20 Champs., Bedford	28 Jun 2003
Javelin (700gm)	60.69	¹⁰	Dave Travis	2	English Schools Champs., Hull	21 Jul 1962
	56.80		Ben Cascoe	3	SEAA U17 Champs., Crystal Palace	28 May 1994
Javelin (800gm)	52.52		Ben Cascoe	1	National Junior Lg. Div. 3 (S), Sutcliffe Park	22 Aug 1993
Hammer (5kg)	58.16		Peter Waterman	1	McDonald's NYAL Final, Birmingham	8 Sep 1996
Hammer (6.25kg)	50.12		Peter Waterman	7	Apollo Int. NESH Champs., Middlesborough	1 Sep 1996
Hammer (7.26kg)	41.56		Peter Waterman	1	Southern Lg. Div. 3 'B', Battersea Park	3 Aug 1996

⁹ The race distance of 3 miles has been superseded by 5000m but is shown here as it equates to a 5000m time of 15:51.

¹⁰ A Surrey AC record (Surrey AC amalgamated with Belgrave H in 1982) which has remained unbeaten, therefore the best Belgrave H performance is also shown. This performance was originally recorded as 61.74 but with the same date and venue. Possibly an error in conversion from imperial to metric?

Multi-events: It must be born in mind that the weight of throwing implements changed in 1971. U20 Discus 1.5kg became 1.75kg and Shot 12lb (5.45Kg) became 6.25kg. U17 Discus 1kg became 1.5kg and Shot 10lbs (4.54Kg) became 5kg. Although it is believed that hurdle heights have remained unchanged, we feel that the race distances may have changed and another factor affecting scores is that scoring tables may have been amended over the years. The rule followed here is that old records with superseded implements are retained, alongside new marks, to ensure that they are not lost, until such times as the new record is clearly superior.

Pentathlon	3264	¹¹	Dave Travis	Norbiton. <i>No other details known</i>	17 Jul 1962
	2650	¹²	Reg. Hopkins, Jnr.	<i>No details known</i>	1971
Hexathlon	3004	¹³	Mark Davis	2 TSB London Schools Multi-Events, Battersea Park	7 May 1993
Octathlon	5154	¹⁴	Bryan Long	Crystal Palace. <i>No other details known</i>	25/26 Sep 1976
	4859		AJ Bennetts	3 ESAA SE Schools Champs., Reading	27/28 Jun 2015
				LJ 6.00/1.9, DT 36.31, JT 45.94, 400m 53.1, 100mH 13.9/0.1, HJ 1.78, SP 10.14, 1500m 4:54.3	
Decathlon	5881	¹⁵	Bryan Long	8 UK v France, Lille	11/12 Sep 1976
	5010	¹⁶	Festus Ogwuda	Open Combined Events Meet, Nottingham	17/18 Aug 1985
	3748	¹⁷	Reg. Hopkins Jnr.		1971
4x100m	43.3		Steve Scott	1 McDonalds NYAL Sth. Div. 1 (E), Kingsmeadow	25 Jun 1995
			Geoffrey Ojok		
			James Hilston		
			Marlon Dickson		
			Steve Scott	1 McDonalds NYAL Sth. Div. 1 (E), Sutcliffe Park	16 Jul 1995
			Geoffrey Ojok		
			James Hilston		
			Marlon Dickson		
4x200m	1:31.3		Steve Scott	1 Rosenheim Lg. Eastern Division, Tooting Bec.	2 Aug 1995
			Geoffrey Ojok		
			Joe Panton		
			James Hilston		
4x400m	3:25.5	¹⁸	Richard David	1 (dq) Surrey County AA Champs., Walton	19 Sep 1993
			Michael Parper		
			Robert Milner		
			Gavin Mason		
	3:33.8		Robert Milner	55.0 2 National Junior Lg. Div. 3 (S), Battersea Park	1 Aug 1993
			Michael Parper	52.5	
			Lee Jenner	56.0	
			Gavin Mason	50.3	

¹¹ A Surrey AC record which has remained unbeaten. Throwing implements pre 1971 were lighter (see head of page) but this is clearly an outstanding performance so is retained alongside performances set with heavier implements until such time as it is beaten.

¹² Specification of implements and individual performances not known but the probability is that the new heavier implements were used.

¹³ A Surrey AC record which has remained unbeaten. Individual performances are not known.

¹⁴ Individual performances are not known.

¹⁵ A Surrey AC record which has remained unbeaten. U20 implements used throughout. Individual performances not known.

¹⁶ Implements were U20. Individual performances not known.

¹⁷ Senior implements used throughout. Individual performances not known.

¹⁸ Team subsequently disqualified due to encouragement from within the arena.

Indoor

60m	6.93	James Ellington	1s1	AAA U17 Champs., Birmingham	23 Feb 2002
		James Ellington	1	AAA U17 Champs., Birmingham	23 Feb 2002
200m	21.80	James Ellington	1	AAA U17 Champs, Birmingham	24 Feb 2002
400m	50.6	Daniel Lambert		Boston, USA	18 Feb 2001
800m	2:17.8	Peter McDonald		Midland Counties Open Meeting, Birmingham	28 Jan 1996
1,500m	4:59.8	Robert Metalle		AAA U17 Champs., Birmingham	15 or 16 Feb 1997
60mH (91.4cm)	8.54	AJ Bennetts	3	Surrey County AA Champs., Carshalton	15 Feb 2015
High J	1.75	James Tuson	2	Puma GP, Crystal Palace	1 Feb 1997
Long J	6.78	Onen Eyong	1	AAA U17 Champs., Birmingham	24 Feb 2001
Triple J	12.45	James Tuson		Puma GP, Crystal Palace	11 Jan 1997
Shot (5kg)	18.42	Chris Gearing	1	Chelmsford Open, Chelmsford	12 Dec 2002
Shot (6kg)	16.37	Chris Gearing	1	Kent Champs, Chelmsford	8 Feb 2003
Shot (7.26kg)	12.06	Peter Waterman		Midland Counties Open Meeting, Birmingham	28 Jan 1996

Race Walking**Track**

2,000m	9:06.8	Shaun Maxwell	1	National Youths, Kirkby Liverpool	26 Jul 1975
3,000m	14:26	Michael Nicholls	7	Junior/Youth Champs, West London	25 Mar 1978
5,000m	25:23	Nigel Whorlow	2	Cambridge H. Winter Lg., Bexley	11 Dec 1995
10,000m	50:49.6	Michael Nicholls	11	Southern Counties AAA Champs., Crystal Palace	14 Mar 1979

Indoors

3,000m	14:50.03	Nigel Whorlow	7	AAA U20 Champs., Birmingham NIA	18 Feb 1996
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Road

2.5 kms	12:15	Nigel Whorlow	1	Blackheath Festival of Walking, Blackheath	10 Sep 1995
5 kms	23:15	Michael Nicholls	4	Southern RWA Champs., Croydon	20 Oct 1979
9 kms	51:02	Nigel Whorlow		LPR Handicap, Blackheath	19 Nov 1995
10 kms	53:08	Jonathon Dunsford		<i>No other details known</i>	1974
10 kms	52:18	Martyn Bennett		<i>No other details known</i>	1974
11 kms	63:48	Nigel Whorlow	24	Enfield Open, Enfield	11 Nov 1995

It has always been the custom that schools events other than for district, county and national championships have not been included for club record purposes due to the uncertain standard of time keeping and judging.

Track & Field

100m	10.98	0.0	Kyle Reynolds-Warmington	1	England Athletics U15 Champs., Bedford	27 Aug 2016
200m	22.80	1.7	James Ellington	2s2	English Schools Champs., Sheffield	8 Jul 2000
	22.75	nwi	Kyle Reynolds-Warmington	1B	UK Yth. Dev. Lg., Div. Sth. Cent. 2, Battersea Park	19 Jun 2016
300m	39.58		Nicholas Hamilton	2A	UK Yth. Dev. Lg., Div. Sth. Cent. 2, Battersea Park	19 Jun 2016
400m	52.48		James Hilston	1	English Schools Champs., Blackpool	10 Jul 1993
800m	2:03.79		Adrian Ross	3	Dairy Crest Junior Inter-Area Inv., Crystal Palace	14 Sep 1986
1,500m	4:21.16		Simon Vella	h	AAA U15 Champs., Birmingham	30 Jul 1994
1 mile	4:47.6		Richard Langley		<i>No other details known</i>	1968
3,000m	9:43.8	19	Simon Shanks		<i>Oxford. No other details known</i>	2 Apr 1977
	9:46.0		Stephen Beaver		Rosenheim Lg., Tooting Bec	21 Aug 1996
2 miles	10:08	20	Richard Langley		<i>No other details known</i>	1968
80mH (84.0cm)	11.6		Barry Quirk	1	East London Schools Champs.	1968
			Barry Quirk	1	London Schools Champs., C. Palace	15 Jun 1968
			Clive Gardner	1	Surrey Schools Champs., Motspur Park	11 Jun 1983
		21 2.3w	Clive Gardner	1	English Schools Champs., Plymouth	9 Jul 1983
1,500mSC	5:31.9		Richard Scott	2	Woolworths NYAL S.Thames Div. 2, Battersea Park	21 Jul 1991
2,000mSC	6:58.6		Simon Vella	3	Belgrave Club Champs., Battersea Park	10 Jul 1994
High J	1.90		Stanley Osuide	2	English Schools Champs., Wigan	8 Jul 1989
Long J	6.68	1.6	Onen Eyong	1	English Schools Champs., Bury St. Edmunds	10 Jul 1999
Triple J	12.26	18	P. Adams		<i>Reading. No other details known.</i>	20 Jun 1976
	12.24		Mark Aldred	1	Woolworths NYAL S.Thames Div. 2, Battersea Park	21 Jul 1991
Pole V	3.50		Mark Baldock	1	Woolworths NYAL S.Thames Div. 1 (E), Basildon	19 Jul 1992
Shot (4kg)	14.28		Crofton Alexander	1	McDonald's NYAL S. Premier Div., Bracknell	19 Jul 1998
Discus (?)	40.49	22	D. Thorogate	3	Inter-Club match, Kingsmeadow	1964
Discus (1.25kg)	39.60	18	Bryan Long	1	Surrey County AAA Champs., Motspur Park	14 May 1974
	38.52		Crofton Alexander	1	Copthall Barnet. <i>No other details known.</i>	20 Jul 1997
Javelin (600gm)	51.16		Ben Cascoe	1	Thameside Lg., Battersea Park	8 Aug 1992
Hammer (4kg)	40.84	18	L. Glitherow	2	NYAL Final, Crystal Palace	12 Sep 1976
	40.44		Dwain Fitzmaurice	2	McDonalds NYAL S. Premier, Crystal Palace	29 Jun 1997
Pentathlon	2866		AJ Bennetts	4	English Schools Champs., Birmingham	21 or 22 Sep 2013
					100m 11.89/-0.8, SP 10.84, LJ 5.46/0.0, HJ 1.69, 800m 2:09.89	
4x100m	45.8		Paul Sowten Marlon Dickson James Hilston Daniel Jackman	1	Surrey County AA Champs., Walton	19 Sep 1993
4x200m	1:36.9		Paul Sowten Marlon Dickson James Hilston Daniel Jackman	1	Surrey County AA Champs., Walton	19 Sep 1993
4x400m	3:45.2	18	K.Wilson P.Maher S.Noble K.Phillips	5	NYAL Final, Crystal Palace	12 Sep 1976
	3:46.4		Rob Milner Mark Baldock Peter Lloyd	56.6 56.1 57.9	1 Woolworths NYAL S. Div. 1 (E), Horsham	7 Jun 1992

¹⁹ A Surrey AC record which has remained unbeaten. The best Belgrave H performance is therefore also shown.

²⁰ Richard Langley's 2 miles time converts approx. to 9:27 for 3000m.

²¹ As the other times shown for this event do not have a wind speed reading, this wind assisted mark is also shown.

²² It is possible that a 1Kg discus was used for this performance in 1964.

		James Ganio	55.8		
Indoors					
60m	7.18	Kyle Reynolds-Warmington			
			1	Surrey Indoor Championships, Carshalton	20 Feb 2016
200m	23.18	James Ellington	1	AAA U17 Champs., Birmingham	6 Feb 2000
300m	40.40	Anthony Blackstock		Midland Counties Open, Birmingham	28 Jan 1996
800m	2:49.4	Bernard Asante		Midland Counties Open, Birmingham	28 Jan 1996
High J	1.45	Stephen Opoku		Midland Counties Open, Birmingham	28 Jan 1996
Long J	5.43	Anthony Blackstock		Midland Counties Open, Birmingham	28 Jan 1996
Pole V	2.30	Christopher Carter	1	Surrey County AA Champs., Crystal Palace	22 Feb 1997
Shot (4kg)	12.54	William Caldeira	1	Surrey County AA Champs, Crystal Palace	20 Feb 2000

Race Walking

Track					
1,600m	8:45.6	Nigel Whorlow	1	Thameside Lg., Battersea Pk.	27 May 1995
2,000m	9:34	Jonathon Dunsford	2	Southern Track Team Champs., East London	27 Jul 1974
3,000m	15:04.34	Nigel Whorlow	2	English Schools Champs., Stoke on Trent	16 Sep 1995
Road					
2 kms	10:30	Nigel Whorlow	2	Alan Flear Trophy Grand Prix, Leamington Spa	12 Aug 1995
2.5 kms	12:15	Nigel Whorlow	1	Blackheath Festival of Walking, Blackheath	10 Sep 1995
3 kms	14:38	Jonathon Dunsford	3	English Schools Champs., Bebington Cheshire	1973

It has always been the custom that schools events other than for district, county and national championships have not been included for club record purposes due to the uncertain standard of time keeping and judging.

For a time, for U13 Boys, the events of 80m, 150m, 600m and 1000m were substituted for the previously and currently used distances of 100m, 200m, 800m and 1500m. Each of the performances we have on record for those shorter distances are clearly inferior to those we have for the standard events so they are not given here.

Track & Field

100m	12.3	Shaun Eaton	1	London Catholic Schools Champs., Enfield	2 Jul 1996
200m	26.0	Shaun Eaton	1	Belgrave U13 Champs., Battersea Park	14 Jul 1996
300m	46.7	Cameron Taylor	3	Thameside Lg., Battersea Park	22 Jun 2002
400m	61.1	Adrian Ross		Rosenheim Lg., Southwark Park	30 May 1984
800m	2:22.4	Matthew Cannon		Hercules AC Memorial Trophy	14 Jul 1976
1,500m	4:44.11	Blaine Robinson	1A	UK YDL, Southern Central 2, Battersea Pk	18 Jun 2017
75m H (76.2cm)	14.4	Matthew Ekoku	2	Thameside Lg., Tooting	3 Jul 1999
80mH (76.2cm)	13.4	¹⁹ K. Wilson		Kingsmeadow. <i>No other details known.</i>	22 Jul 1975
		¹⁹ K. Thomas		Kingsmeadow. <i>No other details known.</i>	19 Jul 1977
	13.9	Steve Scott	2	Thameside Lg., Battersea Park	3 Aug 1991
	13.9	Andrew Hill	2	Thameside Lg., Battersea Park	4 Jul 1992
High J	1.58	Matthew Cannon	1	Belgrave Boys' Medal Competition, Battersea Park	1976
		Stephen Opoku	1	Inter-County Meeting, Kingsmeadow	28 Jul 1996
Long J	5.01	Dwayne Hutchinson	1	McDonald's NYAL S. Div. 1 (E), Sutcliffe Park	16 Jul 1995
Triple J	9.86	¹⁹ W. Davey		Walton. <i>No other details known.</i>	1 Aug 1978
	9.26	Scott Wyld	2	Ebbisham Lg., Walton	16 Jul 1977
Pole V	2.30	Michael Miller		Sutton & Dist. Open, Carshalton	18 Sep 1994
Shot (3.25kg)	11.63	Raphael Oghagbon		Linford Christie Stadium. <i>No other details known.</i>	22 Jun 1999
Discus (1kg)	13.18	Steven Taylor		Belgrave U15 Club Champs., Battersea Park	9 Jun 1993
Javelin (600g)	25.34	Steve W. Crosbie	3	Belgrave U15 Club Champs., Battersea Park	1974
Javelin (400g)	31.76	Moses Semakula	1	Belgrave Club Champs., Battersea Park	10 Jul 1994
Pentathlon	2664	¹⁹ K. Wilson		Kingsmeadow. <i>No other details known.</i>	22 Jul 1975
4x100m	52.1	Andrew Hill	1	Surrey County AA U13 Champs., Kingsmeadow	22 Sep 1991
		Marlon Dickson			
		James Hilston			
		Daniel Jackman			
4x200m	1:50.4	Daniel Jackman	1	Surrey County AA U13 Champs., Kingsmeadow	22 Sep 1991
		Andrew Hill			
		James Hilston			
		Marlon Dickson			

Race Walking

Track

1,200m	8:39.8	Stephen Whorlow	n/s	Thameside Lg., Battersea Park	27 May 1995
2,000m	13:38.5	Stephen Whorlow	5	Clare Powell Walks Grand Prix, Brierly Hill	15 Oct 1995

Road

1.2 kms	8:59	Stephen Whorlow	3	Cambridge H. Winter Lg., Bexley	27 May 1995
1.5 kms	8:36	Jonathon Dunsford	3	Southern Area RWA Champs., Victoria Park	22 Jul 1972
2 kms	15:31	Stephen Whorlow	3	Belgrave H. Open, Wimbledon	27 Nov 1995
2.5 kms	17:25	Stephen Whorlow	4	Cambridge H. Winter Lg., Bexley	1 Jan 1996