

**100 Metres Men**

1	Adam Gemili	10.11	St Georges Grenada	19/04/2019
2	Korede Awe	10.54	Ashford	11/05/2019
3	Ethan Brown	10.81	Loughborough	19/05/2019
4=	Shamar Thomas-Campbell	10.85	Bedford	04/05/2019
4=	Dan Putnam	10.85	Swansea	12/05/2019
6	Duayne Bovell	10.90	Chelmsford	19/05/2019
7	Michael Damoah	10.91	Cudworth	11/05/2019
8	Jak Mensah	11.03	Lee Valley	11/05/2019
9	Matthew Knight	11.05	Bromley	29/04/2019
10	Kyle Reynolds Warmington	11.27	Reading	05/05/2019

**200 Metres Men**

1	Korede Awe	21.46	Ashford	12/05/2019
2	Ethan Brown	21.60	Reading	05/05/2019
3	Dan Putnam	21.72	Loughborough	19/05/2019
4	Matthew Knight	21.90	Reading	05/05/2019
5	Reece Nelson	22.62	Ashford	12/05/2019
6	Duayne Bovell	22.68	Swansea	12/05/2019
7	Myles Xavier	22.7	Chelmsford	19/05/2019
8	Michael Damoah	22.73	Lee Valley	24/04/2019
9	Oliver Briars	22.82	Bromley	29/04/2019
10	Charles Nortey	22.92	Ashford	12/05/2019

**400 Metres Men**

1	Ethan Brown	46.88	Loughborough	19/05/2019
2	Dan Putnam	47.31	Swansea	12/05/2019
3	Matthew Knight	49.77	Reading	05/05/2019
4	Jordan Layne	49.96	Swansea	12/05/2019
5	Oliver Briars	50.00	Reading	05/05/2019
6	Coleman Corry	51.33	Bromley	29/04/2019
7	Adam Herring	51.4	Chelmsford	19/05/2019

**800 Metres Men**

1	Alex Botterill	1.50.70	Loughborough	19/05/2019
2	James Habbergham	1.54.62	Leeds	29/04/2019
3	Angus Harrington	1.54.72	Ashford	12/05/2019
4	Benjamin Gardiner	1.54.80	Swansea	12/05/2019
5	Sam Reardon	1.58.23	Bromley	29/04/2019
6	Matthew Francis	1.59.41	Ashford	12/05/2019
7	Prnce Reid	2.02.1	Chelmsford	19/05/2019

**1500m Metre Men**

1	Phil Sesseman	3.54.88	Swansea	12/05/2019
2	James Habbergham	3.55.34	Cudworth	11/05/2019
3	Will Fuller	4.01.37	Loughborough	27/04/2019
4	Oliver Bright	4.02.70	Reading	05/05/2019
5	Matthew Francis	4.09.3	Chelmsford	19/05/2019
6	Lewis Mills	4.15.30	Gillingham	13/04/2019
7	Joseph Giorgiadis	4.15.74	Reading	05/05/2019
8	Sam Reardon	4.16.29	Ashford	12/05/2019

**5,000 Metres Men**

1	Josh Schofield	14.54.22	Bedford	04/05/2019
2	Ben Cockburn	16.11.59	Gillingham	13/04/2019

3	Danny Brewer	16.23.46	Gillingham	13/04/2019
4	Benjamin Gardiner	16.26.90	Gillingham	13/04/2019
<b>3000m steeplechase Men</b>				
1	Lewis Mills	9.28.70	Swansea	12/05/2019
2	Charlie Davis	9.47.68	Bedford	06/05/2019
3	Tom Desborough	10.45.30	Swansea	12/05/2019
<b>110m hurdles Men</b>				
1	Reece Young	14.95	Kingston	11/05/2019
2	Alex Nwenwu	16.20	Swansea	12/05/2019
3	Richard Morris	17.20	Swansea	12/05/2019
<b>400m hurdles Men (3ft hurdles)</b>				
1	Joe Fuggle	52.79	Loughborough	19/05/2019
2	Bailey Stickings	53.68	Gillingham	13/04/2019
3	Alex O'Callaghan-Brown	55.20	Reading	05/05/2019
4	Richard Morris	55.78	Swansea	12/05/2019
5	Coleman Corry	57.54	Crawley	26/04/2019
6	Tom Lees	60.66	Cambridge	18/04/2019
7	Richaed Holt	62.5	Chelmsford	19/05/2019
8	Prince Reid	64.39	Reading	05/05/2019
9	Tom Desborough	65.55	Swansea	12/05/2019
<b>High Jump Men</b>				
1	Kelechi Aguocha	2.10	Chelmsford	19/05/2019
2	Theo Adesina	1.80	Reading	05/05/2019
3	John Pairman	1.73	Southampton	20/04/2019
4	Reece Nelson	1.60	Reading	05/05/2019
<b>Pole Vault Men</b>				
1	Scott Huggins	4.90	Ashford	11/05/2019
2	Pedro Gleadall	4.10	Reading	05/05/2019
3	Barnaby Corry	4.00	Ashford	11/05/2019
3	Ethan Kitteridge	3.60	Ashford	11/05/2019
4	Benjamin Platt	3.40	Ashford	11/05/2019
<b>Long Jump Men</b>				
1	Theo Adesina	7.02	Reading	05/05/2019
2	Myles Xavier	6.56	Reading	05/05/2019
3	Jacob Byfield	6.16	Reading	05/05/2019
<b>Triple jump Men</b>				
1	Jonathan Illori	15.70	Marsa, Malta	04/05/2019
2	Stefan Amokwandoh	14.98	Coral Gables	13/04/2019
3	Robert Sutherland	13.73	Swansea	12/05/2019
4	Jacob Byfield	12.80	Reading	05/05/2019
5	Kelechi Aguocha	12.44	Swansea	12/05/2019
6	Theo Adesina	11.64	Reading	05/05/2019
7	John Pairman	9.74	Chelmsford	19/05/2019
<b>Shot Putt Men</b>				
1	Duayne Bovell	9.11	Swansea	12/05/2019
2	John Pairman	8.28	Chelmsford	19/05/2019
3	Tim Ayres	7.27	Gillingham	13/04/2019
4	James Habbergham	5.82	Swansea	12/05/2019
<b>Discus Men</b>				
1	Dele Aladese	44.99	Gillingham	13/04/2019

2	Charlie Short	21.70	Gillingham	13/04/2019
3	John Pairman	19.12	Chelmsford	19/05/2019
4	Richard Morris	14.46	Swansea	12/05/2019
5	Tom Desborough	6.49	Swansea	12/05/2019

#### **Hammer Throw Men**

1	Joseph Ellis	70.80	Charlottesville	20/04/2019
2	Tom Parker	63.46	Newport Mews	19/04/2019
3	Charlie Short	37.16	Chelmsford	19/05/2019
4	Tim Ayres	17.44	Gillingham	13/04/2019
5	John Pairman	14.31	Chelmsford	19/05/2019
6	Duayne Bovell	11.75	Swansea	12/05/2019
7	Richard Morris	10.25	Swansea	12/05/2019

#### **Javelin (800g) Men**

1	Pedro Gleadall	55.04	Crawley	20/04/2019
2	Richard Morris	26.73	Swansea	12/05/2019
3	Charlie Short	26.43	Gillingham	13/04/2019
4	Tim Ayres	25.79	Gillingham	13/04/2019
5	John Pairman	25.30	Chelmsford	19/05/2019
6	Alex Nwemwu	18.09	Swansea	12/05/2019