

**100 Metres Men**

1	Adam Gemili	10.04	Olympic Park	20/07/2019
2	Korede Awe	10.54	Ashford	11/05/2019
3	Ethan Brown	10.77	Bedford	02/06/2019
4	Jeriel Qainoo	10.78	Leiria, Portugal	21/09/2019
5	Duayne Bovell	10.84	Newham	16/06/2019
6=	Shamar Thomas-Campbell	10.85	Bedford	04/05/2019
6=	Dan Putnam	10.85	Swansea	12/05/2019
8	Abdul Rahaman Jolaso	10.87	Newham	16/06/2019
9	Michael Damoah	10.91	Cudworth	11/05/2019
10	Tremayne Gilling	10.93	Lee Valley	17/07/2019

**200 Metres Men**

1	Adam Gemili	20.03	Doha, Qatar	30/09/2019
2	Ethan Brown	21.29	Bedford	01/06/2019
3	Korede Awe	21.46	Ashford	12/05/2019
4	Jeriel Qainoo	21.60	Birmingham	13/07/2019
5	Dan Putnam	21.72	Loughborough	19/05/2019
6	Matthew Knight	21.90	Swansea	12/05/2019
7	Jak Mensah	22.10	Hendon	30/06/2019
8	Michael Damoah	22.13	Sportcity	09/06/2019
9	Toby Olubi	22.3	Bath	26/06/2019
10	Kyle Reynolds-Warmington	22.38	Battersea	17/08/2019

**400 Metres Men**

1	Ethan Brown	46.44	Bedford	23/06/2019
2	Dan Putnam	47.26	Sheffield	06/07/2019
3	Joe Rogers	49.17	Coventry	05/06/2019
4	Jordan Layne	49.37	Hendon	09/06/2019
5	Oliver Briars	49.39	Birmingham	13/07/2019
6	Benjamin Gardiner	49.69	Dartford	24/07/2019
7	Matthew Knight	49.77	Reading	05/05/2019
8	Angus Harrington	50.09	Hendon	30/06/2019
9	Bailey Stickings	50.38	Loughborough	29/05/2019
10	Myles Xavier	50.77	Bromley	28/07/2019

**800 Metres Men**

1	Alex Botterill	1.47.72	Stretford	10/08/2019
2	Angus Harrington	1.50.40	Watford	29/06/2019
3	Phil Sesseman	1.52.35	Birmingham	03/08/2019
4	Oliver Bright	1.52.99	Watford	29/06/2019
5	Benjamin Gardiner	1.53.31	Bromley	17/07/2019
6	Joe Rogers	1.53.46	Watford	29/06/2019
7	James Habbergham	1.54.62	Leeds	29/04/2019
8	Oliver Bright	1.55.31	Eltham	22/05/2019
9	Declan Neary	1.55.62	Hendon	09/06/2019
10	Finlay Brannan	1.55.69	Bromley	03/06/2019

**1500m Metre Men**

1	Phil Sesseman	3.41.94	Ordegem-Lede, Belgium	25/05/2019
2	James Habbergham	3.50.70	Sportcity	25/05/2019
3	Declan Neary	3.51.91	Bedford	22/06/2019
4	Alex Botterill	3.52.78	Leeds	01/08/2019
5	Jacob Brown	3.52.80	Bedford	05/05/2019

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6	Will Fuller	3.53.24	Sheffield	06/07/2019
7	Josh Schofield	3.54.52	Hendon	09/06/2019
8	Oliver Bright	3.55.51	Eltham	19/06/2019
9	Alex Bruce-Littlewood	4.01.54	Watford	26/06/2019
10	Charlie Davis	4.01.38	Eltham	20/07/2019

#### **5,000 Metres Men**

1	<b>Phil Sesemann</b>	13.45.73	Belfast	01/08/2019
2	<b>Will Fuller</b>	13.45.88	Ordegem-Lede, Belgium	25/05/2019
3	<b>Alex Bruce-Littlewood</b>	14.37.46	Wimbledon	07/08/2019
4	<b>Josh Schofield</b>	14.39.48	Milton Keynes	27/07/2019
5	<b>Ross Braden</b>	14.45.52	Walthamstow	07/06/2019
6	<b>Charlie Davis</b>	15.00.86	Sheffield	06/07/2019
7	<b>Danny Brewer</b>	15.50.93	Finsbury Park	28/06/2019
8	<b>Callum Myatt</b>	15.51.9	Bromley	07/08/2019
9	<b>Ben Cockburn</b>	16.11.59	Gillingham	13/04/2019
10	<b>Alex Gibbins</b>	16.24.0	Harrow	15/06/2019

#### **10,000 Metres Men**

1	<b>Ross Braden</b>	31.05.34	Highgate	06/07/2019
2	<b>Danny Brewer</b>	35.05.98	Catford	01/09/2019
3	<b>Roger Beswick</b>	37.38.63	Catford	01/09/2019
4	Jon Pairman	38.15.5	Bromley	17/06/2019
5	Paul Kerekgyarto	39.44.1	Bromley	17/06/2019
6	Steve Pairman	40.52.3	Bromley	17/06/2019
7	Steve Evenden	40.56.0	Bromley	17/06/2019
8	I fetobi Salako	41.14.09	Catford	01/09/2019
9	Dave Beadle	42.37.1	Bromley	17/06/2019
10	Andrew Lawes	45.04.4	Bromley	17/06/2019

#### **3000m steeplechase Men**

1	Lewis Mills	9.20.01	Bedford	23/06/2019
2	Charlie Davis	9.47.68	Bedford	06/05/2019
3	Alex Gibbins	10.27.89	Hendon	09/06/2019
4	Tom Desborough	10.38.63	Hendon	09/06/2019
5	Gareth Evans	10.52.14	Bromley	13/07/2019

#### **110m hurdles Men**

1	Reece Young	14.55	Bedford	02/06/2019
2	Alex Nwenwu	15.99	Birmingham	03/08/2019
3	Richard Morris	17.20	Swansea	12/05/2019
4	Theo Adesina	17.60	Hendon	17/06/2019
5	Lewis Ely	25.09	Birmingham	03/08/2019

#### **400m hurdles Men (3ft hurdles)**

1	Bailey Stickings	52.31	Hendon	09/06/2019
2	Joe Fuggle	52.53	Ordegem-Lede, Belgium	25/05/2019
3	Alex O'Callaghan-Brown	53.30	Bedford	23/06/2019
4	Richard Morris	55.53	Basingstoke	17/08/2019
5	Josh Watson	56.73	Hendon	30/06/2019
6	Coleman Corry	56.8	Chelmsford	19/05/2019
7	Tom Lees	60.66	Cambridge	18/04/2019
8	Henry Fisher	60.7	Harrow	15/06/2019
9	Eniola Afolabi	61.30	Hendon	30/06/2019
10	Richard Holt	62.5	Chelmsford	19/05/2019

**High Jump Men**

1	Kelechi Aguocha	2.10	Chelmsford	19/05/2019
2	Harrison Thorne	1.98	Reading	08/06/2019
3=	Lewis Ely	1.85	Hendon	09/06/2019
3=	Theo Adesina	1.85	Sportcity	08/09/2019
5	Pedro Gleadall	1.84	Bedford	25/05/2019
6	Pablo Seema Roca	1.75	Sportcity	08/09/2019
7	John Pairman	1.73	Southampton	20/04/2019
8=	Reece Nelson	1.60	Reading	05/05/2019
8=	Oliver Robertson	1.60	Hornchurch	18/05/2019
10	Barnaby Corry	1.56	Basingstoke	23/06/2019

**Pole Vault Men**

1	Scott Huggins	4.92	Hendon	09/06/2019
2	Pedro Gleadall	4.60	Ashford	14/07/2019
3	Barnaby Corry	4.25	Ashford	18/08/2019
4	Ethan Kitteridge	3.70	Bromley	21/07/2019
5=	George Pope	3.50	Crawley	26/05/2019
5=	Benjamin Platt	3.50	Ashford	07/07/2019
5=	Coleman Corry	3.50	Sportcity	08/09/2019
8=	Oscar Whitcombe	2.80	Bromley	17/06/2019
8=	Roger Platt	2.80	Battersea	17/08/2019
9	Finn Kitteridge	2.30	Bromley	17/06/2019

**Long Jump Men**

1	Theo Adesina	7.08	Southend	20/08/2019
2	Ben Sutton	6.98	Crawley	26/05/2019
3	Jonathan Ilori	6.95	Hendon	09/06/2019
4	Myles Xavier	6.73	Birmingham	13/07/2019
5	Pedro Gleadall	6.51	Bedford	25/05/2019
6	Rhys MacDonald	6.36	Bromley	13/07/2019
7	Jacob Byfield	6.26	Ashford	08/08/2019
8	Connor Sutton	5.89	Hornchurch	18/05/2019
9	Coleman Corry	5.71	Chelmsford	19/05/2019
10	Blair Wilson	5.69	Harrow	15/06/2019

**Triple jump Men**

1	Jonathan Ilori	16.27	Birmingham	03/08/2019
2	Stefan Amokwandoh	15.17	West Point, New York	09/05/2019
3	Robert Sutherland	13.73	Swansea	12/05/2019
4	Joshua Gbagbo	13.28	Leiria, Portugal	21/09/2019
5	Jacob Byfield	13.21	Ashford	08/06/2019
6	Kelechi Aguocha	12.44	Swansea	12/05/2019
7	Patrick Apantaku	12.32	Crawley	12/05/2019
8	Eniola Afolabi	12.24	Bromley	17/06/2019
9	Abdul Rahim	12.15	Sportcity	08/09/2019
10	Theo Adesina	11.64	Reading	05/05/2019

**Shot Putt Men**

1	<b>Alex Pope</b>	11.36	Hendon	09/06/2019
2	<b>Phillip Bartlett</b>	11.05	Birmingham	03/08/2019
3	Dele Aladese	10.88	Hendon	09/06/2019
4	Duayne Bovell	9.22	Crawley	26/05/2019
5	Blair Wilson	9.01	Bromley	13/07/2019

6	John Pairman	8.28	Chelmsford	19/05/2019
7	Tim Ayres	7.27	Gillingham	13/04/2019
8	James Habbergham	5.82	Swansea	12/05/2019

#### **Discus Men**

1	Dele Aladese	44.99	Gillingham	13/04/2019
2	Phillip Bartlett	38.94	Bromley	13/07/2019
3	Alex Pope	35.91	Hendon	09/06/2019
4	Duayne Bovell	22.12	Sheffield	06/07/2019
5	Charlie Short	21.70	Gillingham	13/04/2019
6	John Pairman	19.12	Chelmsford	19/05/2019
7	Reynaldo Guevara	16.57	Bromley	29/04/2019
8	Simon Parish	15.25	Dartford	13/05/2019
9	Tim Ayres	14.47	Harrow	15/06/2019
10	Richard Morris	14.46	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	37.29	Hendon	09/06/2019
4	Tim Ayres	18.23	Bromley	13/07/2019
5	Dele Aladese	17.79	Birmingham	03/08/2019
6	Roger Platt	15.46	Harrow	15/06/2019
7	John Pairman	14.31	Chelmsford	19/05/2019
8	Roger Platt	12.95	Tonbridge	06/07/2019
9	Duayne Bovell	11.75	Swansea	12/05/2019
10	Richard Morris	10.25	Swansea	12/05/2019

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

1	Pedro Gleadall	62.52	Bedford	22/06/2019
2	Angus Harrington	47.13	Reading	05/05/2019
3	Theo Adesina	46.86	Chelmsford	23/06/2019
4	Coleman Corry	39.86	Hendon	30/06/2019
5	Alex Okla	36.79	Battersea	17/08/2019
6	Blair Wilson	34.27	Harrow	15/06/2019
7	Richard Morris	26.73	Swansea	12/05/2019
8	Tim Ayres	26.86	Harrow	15/06/2019
9	Charlie Short	26.43	Gillingham	13/04/2019
10	Alex Pope	26.01	Hendon	09/06/2019























































































































