

	Name	Performance	Venue	Date
100m				
1	Adam Gemili	10.28	Szekesfehervar (HUN)	19/08/2020
2	Abdul-Rahaman Jolaoso	10.84	Nuneaton	19/08/2020
3	Kyle Reynolds Warmington	10.94	Bromley	22/08/2020
4	Ben Sutton	11.23	Bromley	22/08/2020
5	Chizute Ogbedeh	11.27	Bromley	22/08/2020
200m				
1	Adam Gemili	20.68	Monaco	14/08/2020
2	Chizute Ogbedeh	22.54	Lee Valley	16/08/2020
3	Zak Nwogwugwu	22.94	Lee Valley	16/08/2020
4	Bailey Stickings	23.14	Lee Valley	16/08/2020
5	Rico Cottell	23.38	Lee Valley	16/08/2020
400m				
1	Dan Putnam	48.34	Nuneaton	02/08/2020
2	Sam Reardon	48.87	Bromley	22/08/2020
3	Alex O'Callaghan-Brown	49.10	Bromley	22/08/2020
4	Bailey Stickings	50.44	Lee Valley	02/08/2020
5	Michael Uozie	50.44	Bromley	22/08/2020
800m				
1	Benjamin Gardiner	1.50.94	Bromley	21/08/2020
2	Sam Reardon	1.52.82	Bromley	21/08/2020
3	Henry Fisher	1.53.18	Bromley	21/08/2020
4	Matthew Francis	1.56.57	Lee Valley	16/08/2020
5	Matthew Smith	2.05.95	Lee Valley	15/08/2020
3000m				
1	Phil Sesemann	7.52.42	Bromley	21/08/2020
2	Will Fuller	8.14.63	Bromley	21/08/2020
3	Alex Bruce-Littlewood	8.24.9	Wimbledon	26/08/2020
4	Ross Braden	8.26.04	Battersea Park	22/08/2020
5	Mark Cage	9.32.54	Stretford	22/08/2020
400m Hurdles				
1	Alex O'Callaghan-Brown	54.45	Lee Valley	16/08/2020
2	Richard Holt	64.42	Lee Valley	16/08/2020
Pole Vault				
1	Barnaby Corry	4.22	Dartford	22/08/2020
2	Benjamin Platt	3.70	Lee Valley	15/08/2020
3	Oscar Whitcombe	3.00	Lee Valley	15/08/2020
Long Jump				
1	Myles Xavier	6.51	Lee Valley	02/08/2020
2	Paul Sutherland	4.79	Bromley	22/08/2020
Triple Jump				
1	Jonathan Ilori	15.83	Lee Valley	22/08/2020
Javelin				
1	James Whiteaker	77.81	Nuneaton	02/08/2020
2	Pedro Gleadall	55.06	Lee Valley	16/08/2020