

## Track &amp; 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                                               | 23/24 Aug 1994 |
|           |          |      |                                                                             |                                       | 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 |                |
| 4x100m    | 39.53    |      | Darren Chin<br>Darren Campbell<br>Graham Beasley<br>Dwain Chambers          | 3                                     | European Champion Clubs' Cup, Madrid, ESP                                       | 26 May 2001    |
| 4x200m    | 1:25.91  |      | Mike Bazire<br>John Regis (U20)<br>Phil Goedluck (U20)<br>Marcus Adam (U20) | 1                                     | Int. Youth Friendship Games, Crystal Palace                                     | 29 Sep 1985    |
| 4x400m    | 3:05.53  |      | Geoff Dearman<br>Tim Bayley<br>Chris Rawlinson<br>Sean Baldock              | 48.23<br>46.4<br>45.5<br>45.5         | European Champion Clubs' Cup, Madrid, ESP                                       | 27 May 2001    |
| 4x800m    | 7:36.17  |      | Dean Clark<br>Steve Baldock<br>Clive Gilby<br>Spencer Barden                | 1:55.31<br>1:54.1<br>1:54.6<br>1:52.2 | European Clubs' Relay Champs, Rennes, FRA                                       | 18 Sep 1999    |
| 4x1,500m  | 16:37.70 |      | Alaster Stewart<br>Paul Freary<br>Stephen Kennefick<br>Roger Alsop          | 4:03.71<br>4:06.4<br>4:12.5<br>4:15.1 | FILA-Belgrave-AW Speed GP, Battersea Park                                       | 22 Aug 2001    |

**Indoors**

|            |          |                             |                                                      |             |
|------------|----------|-----------------------------|------------------------------------------------------|-------------|
| 50m        | 5.69     | <sup>1</sup> 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     | 8:04.64  | Andrew Graffin              | 2 All-Ireland Champs., Belfast                       | 14 Feb 2004 |
| 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 Hustopeckské 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   | <sup>2</sup> 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 | <sup>3</sup> Paul Evans | 1 Marrakesh Half Marathon, MAR     | 15 Jan 1995 |
| Marathon   | 2:08.52 | Paul Evans              | 1 Chicago Marathon, USA            | 20 Oct 1996 |

<sup>1</sup> Electronically timed during 60 metre race.<sup>2</sup> Course reported to be 10.6 yards short.<sup>3</sup> 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   | 13:51.7m   | <sup>4</sup> 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    | <sup>4</sup> Ray Middleton         | International 8 hour Walk, New River Haringey      | 29 Sep 1974    |
| 7 hours  | 75,185m    | <sup>4</sup> Ray Middleton         | International 8 hour Walk, New River Haringey      | 29 Sep 1974    |
| 8 hours  | 85,617m    | <sup>4</sup> Ray Middleton         | International 8 hour Walk, New River Haringey      | 29 Sep 1974    |
| 24 hours | 197,630m   | <sup>4</sup> 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 |

<sup>4</sup> 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 &amp; Field

|                 |                    |              |                      |      |                                                |                |
|-----------------|--------------------|--------------|----------------------|------|------------------------------------------------|----------------|
| 100m            | 10.06 <sup>5</sup> | 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               | <sup>6</sup> | 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 |                                                |                |

<sup>5</sup> A World Junior Record at the time.<sup>6</sup> 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 |
|                |         | <sup>7</sup> 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 |
|-------|----------|---------------|---|---------------------------------|-------------|

**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 |

<sup>7</sup> 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   | <sup>8</sup> | 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   | <sup>9</sup> | 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  |

<sup>8</sup> 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.

<sup>9</sup> 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   | <sup>10</sup> | Dave Travis        | Norbiton. <i>No other details known</i>                                                     | 17 Jul 1962    |
|            | 2650   | <sup>11</sup> | Reg. Hopkins, Jnr. | <i>No details known</i>                                                                     | 1971           |
| Hexathlon  | 3004   | <sup>12</sup> | Mark Davis         | 2 TSB London Schools Multi-Events, Battersea Park                                           | 7 May 1993     |
| Octathlon  | 5154   | <sup>13</sup> | 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   | <sup>14</sup> | Bryan Long         | 8 UK v France, Lille                                                                        | 11/12 Sep 1976 |
|            | 5010   | <sup>15</sup> | Festus Ogwuda      | Open Combined Events Meet, Nottingham                                                       | 17/18 Aug 1985 |
|            | 3748   | <sup>16</sup> | 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 | <sup>17</sup> | 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                                                                                        |                |

<sup>10</sup> 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.

<sup>11</sup> Specification of implements and individual performances not known but the probability is that the new heavier implements were used.

<sup>12</sup> A Surrey AC record which has remained unbeaten. Individual performances are not known.

<sup>13</sup> Individual performances are not known.

<sup>14</sup> A Surrey AC record which has remained unbeaten. U20 implements used throughout. Individual performances not known.

<sup>15</sup> Implements were U20. Individual performances not known.

<sup>16</sup> Senior implements used throughout. Individual performances not known.

<sup>17</sup> 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 |
|--------|----------|---------------|-----------------------------------|-------------|

**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            | 11.32   | 1.0            | James Ellington    | 1h3  | AAA U15 Champs., Sheffield                                    | 30 Jul 2000       |
|                 | 11.3    | <sup>18</sup>  | Gabriel Aboya-Dana | 1    | Belgrave H. Club Champs., Battersea Park                      | 14 Jul 1996       |
| 200m            | 22.80   | 1.7            | James Ellington    | 2s2  | English Schools Champs., Sheffield                            | 8 Jul 2000        |
| 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  | <sup>19</sup>  | Simon Shanks       |      | Oxford. <i>No other details known</i>                         | 2 Apr 1977        |
|                 | 9:46.0  |                | Stephen Beaver     |      | Rosenheim Lg., Tooting Bec                                    | 21 Aug 1996       |
| 2 miles         | 10:08   | <sup>20</sup>  | 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       |
|                 |         | <sup>21</sup>  | Clive Gardner      | 1    | English Schools Champs., Plymouth                             | 9 Jul 1983        |
| 1,500mSC        | 5:31.9  | 2.3w           | 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    | <sup>1.6</sup> | Onen Eyong         | 1    | English Schools Champs., Bury St. Edmunds                     | 10 Jul 1999       |
| Triple J        | 12.26   | <sup>19</sup>  | P. Adams           |      | Reading. <i>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   | <sup>22</sup>  | D. Thorogate       | 3    | Inter-Club match, Kingsmeadow                                 | 1964              |
| Discus (1.25kg) | 39.60   | <sup>19</sup>  | 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   | <sup>19</sup>  | 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        | 1    | Surrey County AA Champs., Walton                              | 19 Sep 1993       |
|                 |         |                | Marlon Dickson     |      |                                                               |                   |
|                 |         |                | James Hilston      |      |                                                               |                   |
|                 |         |                | Daniel Jackman     |      |                                                               |                   |
| 4x200m          | 1:36.9  |                | Paul Sowten        | 1    | Surrey County AA Champs., Walton                              | 19 Sep 1993       |
|                 |         |                | Marlon Dickson     |      |                                                               |                   |
|                 |         |                | James Hilston      |      |                                                               |                   |
|                 |         |                | Daniel Jackman     |      |                                                               |                   |
| 4x400m          | 3:45.2  | <sup>19</sup>  | K.Wilson           | 5    | NYAL Final, Crystal Palace                                    | 12 Sep 1976       |
|                 |         |                | P.Maher            |      |                                                               |                   |
|                 |         |                | S.Noble            |      |                                                               |                   |
|                 |         |                | K.Phillips         |      |                                                               |                   |
|                 | 3:46.4  |                | Rob Milner         | 56.6 | 1 Woolworths NYAL S. Div. 1 (E), Horsham                      | 7 Jun 1992        |
|                 |         |                | Mark Baldock       | 56.1 |                                                               |                   |
|                 |         |                | Peter Lloyd        | 57.9 |                                                               |                   |
|                 |         |                | James Ganio        | 55.8 |                                                               |                   |

<sup>18</sup> Doubtful starting conditions.

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

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

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

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

**Indoors**

|            |        |                    |     |                                          |             |
|------------|--------|--------------------|-----|------------------------------------------|-------------|
| 60m        | 7.38   | James Ellington    | 1h2 | AAA U17 Champs., Birmingham              | 5 Feb 2000  |
| 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         | 4:49.2 | <sup>23</sup> N.Montague | Southern Counties AAA Open, Crystal Palace               | 13 Oct 1976 |
|                | 4:49.5 | Olivier Bazin            | 2 McDonald's NYAL S.Premier Div., Oxford                 | 27 Jun 1993 |
| 75m H (76.2cm) | 14.4   | Matthew Ekoku            | 2 Thameside Lg., Tooting                                 | 3 Jul 1999  |
| 80mH (76.2cm)  | 13.4   | <sup>23</sup> K. Wilson  | Kingsmeadow. <i>No other details known.</i>              | 22 Jul 1975 |
|                |        | <sup>23</sup> 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   | <sup>23</sup> 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   | <sup>23</sup> 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  |

<sup>23</sup> A Surrey AC record which has remained unbeaten. The best Belgrave H performance is therefore also shown.