

British Athletics League

LEAGUE RECORDS

As at 5th August 2019

100m	10.11w	Darren Campbell (Belgrave)	11.7.99
	10.21	Deji Tobais (Windsor SEH)	7.7.18
200m	20.48	Edmond Amaning (Thames Valley Harriers)	7.7.18
400m	45.41	Rabah Yousif (Newham & Essex Beagles)	5.7.14
800m	1.46.18	Sebastian Coe (Haringey)	9.5.87
1500m	3.38.9	Ian Hamer (Edinburgh AC)	5.8.89
3000m	8.04.25	Philip Sesemann (Blackheath & Bromley)	15.7.17
5000m	13.47.54	Paul Evans (Belgrave)	16.8.97
3000mSt	8.30.52	Justin Chaston (Belgrave)	3.7.04
110mH	13.47	Lawrence Clarke (Windsor SEH)	27.5.12
400mH	49.40	Chris Rawlinson (Belgrave)	31.7.99
High Jump	2.33	Steve Smith (Liverpool H)	5.6.93
Pole Vault	5.61	Luke Cutts (City of Sheffield)	6.7.13
Long Jump	8.12w	Jonathan Moore (Birchfield)	16.8.08
	8.00	Jonathan Moore (Birchfield)	8.6.08
Triple Jump	17.05	Tosin Oke (Woodford Green & Essex L)	5.6.10
Shot	20.76	Adam Nelson (Birchfield/USA)	7.7.01
Discus	65.30	Brett Morse (Birchfield)	13.8.11
Hammer	77.54	Martin Girvan (Wolverhampton&Bilston)	12.5.84
Javelin	82.38	Colin Mackenzie (Newham & Essex)	7.8.93
4 x 100 Relay	39.8	Sale	1.7.95
		(Allyn Condon,Darren Campbell,Toby Box,Owusu Dako)	
	39.97	Newham & Essex Beagles	8.6.08
		(Aidan Syers,Daniel Plummer, Rikki Fifton,Mark Findlay)	
4 x 400 Relay	3.06.94	Newham & Essex Beagles	8.8.15
		(Michael Warner, Rabah Yousif, Tom Burton, Niall Flannery)	



British Athletics League

PREMIERSHIP RECORDS

As at 5th August 2019

100m	10.11w	Darren Campbell (Belgrave)	11.7.99
	10.27	Mark Findlay (Newham & Essex B)	31.7.10
200m	20.48	Edmond Amaning (TVH)	7.7.18
400m	45.41	Rabah Yousif (Newham & Essex)	5.7.14
800m	1.46.18	Sebastian Coe (Haringey)	9.5.87
1500m	3.40.43	Tony Morrell (Wolverhampton&Bilston)	21.5.88
3000m	8.06.97	Dan Mulhare (Belgrave/IRE)	5.6.10
5000m	13.47.54	Paul Evans (Belgrave)	16.8.97
3000mSt	8.30.52	Justin Chaston (Belgrave)	3.7.04
110mH	13.49	Tony Jarrett (Haringey)	2.7.88
400mH	49.40	Chris Rawlinson (Belgrave)	31.7.99
High Jump	2.30	Dalton Grant (Haringey)	10.6.90
	2.30	Samson Oni (Belgrave)	8.6.08
Pole Vault	5.61	Luke Cutts (City of Sheffield)	6.7.13
Long Jump	8.12w	Jonathan Moore (Birchfield)	16.8.08
	8.00	Jonathan Moore (Birchfield)	8.6.08
Triple Jump	17.05	Tosin Oke (Woodford Green & Essex L)	5.6.10
Shot	20.76	Adam Nelson (Birchfield/USA)	7.7.01
Discus	65.30	Brett Morse (Birchfield)	13.8.11
Hammer	77.54	Martin Girvan (Wolverhampton&Bilston)	12.5.84
Javelin	82.38	Colin Mackenzie (Newham & Essex)	7.8.93
(old spec)	86.28	Daryl Brand (Blackheath)	15.6.86
4 x 100 Relay	39.97	Newham & Essex Beagles	8.6.08
		(Aidan Syers, Daniel Plummer, Rikki Fifton, Mark Findlay)	
4 x 400 Relay	3.06.94	Newham & Essex Beagles	8.8.15
		(Michael Warner, Rabah Yousif, Tom Burton, Niall Flannery)	



**British
Athletics
League**

NATIONAL ONE RECORDS

As at 5th August 2019

100m	10.21	Deji Tobais (Windsor SEH)	7.7.18
	10.2w	Christian Malcolm (Cardiff)	3.7.04
	10.21w	Kieran Daly (Blackheath & Bromley)	10.5.14
200m	20.5	Allan Wells (Edinburgh Southern)	20.5.78
400m	45.76	Conrad Williams (Kent)	5.6.10
800m	1.46.4	John Gladwin (Belgrave)	16.8.86
1500m	3.38.9	Ian Hamer (Edinburgh AC)	5.8.89
3000m	8.04.25	Philip Sesemann (Blackheath & Bromley)	15.7.17
5000m	13.50.0	Chris Ridler (Bristol)	20.5.78
3000mSt	8.37.59	Colin Reitz (Newham & Essex)	2.7.83
110mH	13.47	Lawrence Clarke (Windsor SEH)	27.5.12
400mH	49.9	Rhys Williams (Cardiff)	25.6.05
High Jump	2.28	Darvin Edwards (Belgrave/LCA)	4.6.11
Pole Vault	5.50	Nick Buckfield (Crawley)	4.5.96
Long Jump	7.70	Matthew Burton (Kent)	21.8.10
	7.75w	Reynold Banigo (Sale Harriers)	04.08.18
Triple Jump	16.23	Vernon Samuels (Wolverhampton&Bilston)	11.8.90
	16.50w	Julian Golley (WSEH)	3.6.06
Shot	19.62	Geoff Capes (Borough of Enfield)	28.7.83
	19.62	Erik van Vreumingen (TVH)	30.6.12
Discus	60.64	Bill Tancred (Birchfield)	28.7.73
Hammer	71.86	Paul Head (Newham & Essex)	8.6.96
Javelin	79.94	Mick Hill (Leeds City)	9.5.92
(old spec)	79.98	Peter Yates (Blackheath)	2.7.83
4 x 100 Relay	39.8	Sale	1.7.95
		(Allyn Condon,Darren Campbell,Toby Box,Owusu Dako)	
4 x 400 Relay	3.10.98	Southampton&Eastleigh	16.6.84
		(Mubbasher Mirza,Guy Crossland,Kris Akabusi,Todd Bennett)	



NATIONAL TWO RECORDS

As at 5th August 2019

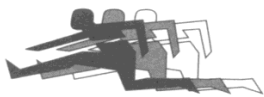
100m	10.28	Adam Gemili (Blackheath & Bromley)	8.6.13
200m	20.5w	Roger Black (Team Solent)	6.7.96
	20.75	Adam Gemili (Blackheath & Bromley)	26.5.12
400m	46.19	Robert Tobin (Basingstoke Mid Hants)	26.5.12
800m	1.47.8	Anthony Whiteman (GEC Avionics)	4.5.96
1500m	3.42.3	Billy Dee (Luton United)	25.7.81
3000m	8.05.83	Alex Yee (Kent AC)	7.5.16
5000m	13.50.6	Tony Simmons (Luton United)	1.6.74
3000mSt	8.41.8	Ron McAndrew (Reading)	3.7.71
110mH	13.8	David Omoregie (Cardiff)	6.8.16
400mH	49.87	Jack Green (Kent AC)	7.5.16
High Jump	2.33	Steve Smith (Liverpool H)	5.6.93
Pole Vault	5.40	Jax Thoires (Glasgow City)	3.8.19
Long Jump	7.78	Roy Mitchell (Borough of Enfield)	6.6.81
Triple Jump	16.68	Mike Makin (Leeds City)	16.8.86
Shot	19.60	Mike Winch (Brighton & Hove)	1.6.74
Discus	60.89	Brett Morse (Cardiff)	4.6.16
Hammer	70.12	Chris Black (Edinburgh Southern)	2.7.83
Javelin	79.06	Mick Hill (Leeds City)	20.7.91
(old spec)	81.02	Peter Yates (Blackheath)	8.5.82
4 x 100 Relay	40.76	Cardiff	6.8.16
		(David Omoregie, James Griffiths, Anax da Silva, Kristian Jones)	
4 x 400 Relay	3.08.6	Windsor, Slough & Eton	6.5.95
		(Sam Kabiswa, Mark Hylton, Adrian Patrick, Mark Richardson)	



NATIONAL THREE RECORDS

As at 5th August 2019

100m	10.3w	Ian Green (Luton United)	2.6.73
	10.37	Kyle Ennis (Rugby & Northampton)	06.7.19
200m	20.88	Kyle Ennis (Rugby & Northampton)	06.7.19
400m	47.00	Tom Druce (Channel Isles)	13.8.11
800m	1.48.7	Clive Gilby (Cambridge H)	3.7.93
1500m	3.40.8	Steve Ovett (Brighton & Hove)	9.6.79
3000m	811.73	Dewi Griffiths (Swansea)	10.5.15
5000m	13.52.1	Karl Harrison (Stretford)	3.7.82
3000mSt	8.47.0	Ron Harris (Oxford City)	9.6.79
110mH	13.74 secs	Khai Riley-La Borde	7.7.18
400mH	51.8	Tony Williams (Sheffield)	5.6.93
	51.82	David Martin (Glasgow City)	2.7.11/27.8.11
High Jump	2.25	Steve Smith (Liverpool H)	11.7.92
Pole Vault	5.40	Joel Leon Benitez (Notts AC)	7.7.18
Long Jump	7.71	Roy Mitchell (Borough of Enfield)	23.8.80
Triple Jump	16.22	Femi Akinsanya (Peterborough)	3.5.97
Shot	20.13	Geoff Capes (Borough of Enfield)	3.5.80
Discus	56.80	Mike Winch (Blackheath)	11.7.81
Hammer	70.06	Paul Dickenson (Borough of Enfield)	28.6.80
	70.06	Chris Black (Edinburgh Southern)	5.6.82
Javelin	78.34	Steve Backley (Cambridge H)	15.7.89
(old spec)	79.46	Peter Yates (Blackheath)	11.7.81
4 x 100 Relay	41.2	Cardiff	4.7.93
		(Jamie Baulch, Tone Ene, John Bowen, Kevin Williams)	
4 x 400 Relay	3.11.4	Wigan	4.5.96
		(Guy Bullock, David Grindley, Craig Winrow, Trevor Painter)	



**British
Athletics
League**

NATIONAL FOUR RECORDS

As at 5th August 2019

100m	10.4	Jason Livingston (Croydon)	12.5.90
	10.43	Pato Bangura (Victoria Park & Tower Hamlets /SLE)	31.7.10
	10.4w	Barrington Williams (Cannock & Stafford)	22.6.91
	10.42w	Pato Bangura (Victoria Park & Tower Hamlets/SLE)	3.7.10
200m	21.0w	Benjamin Grant (North London)	12.5.90
	21.1	Roger Black (Team Solent)	4.6.94
400m	47.1	David Mackenzie (Croydon)	7.7.90
	47.1	Calvin Henry (North London)	7.7.90
800m	1.48.7	Curtis Robb (Liverpool Harriers)	11.5.91
1500m	3.44.4	Paul Davies-Hale (Cannock & Stafford)	20.7.91
3000m	8.11.69	James West (Tonbridge)	7.7.18
5000m	13.51.3	Bernie Ford (Aldershot Farnham & District)	24.5.80
3000mSt	8.47.7	Steve Willimott (Cannock & Stafford)	25.7.87
110mH	14.5	Mark Hatton (Oxford City)	5.6.82
	14.5	Anthony Brannen (City of Stoke)	8.5.93
	14.2w	Mark Bishop (Havering)	22.6.91
400mH	50.85	James Forman (Southampton)	2.7.11
High Jump	2.24	Mark Mandy (Cannock & Stafford)	3.7.93
Pole Vault	4.92	Rhys Searles (Enfield & Haringey)	9.6.19
Long Jump	7.79	Bradley Pickup (Bournemouth)	6.7.13
Triple Jump	15.98	Femi Akinsanya(Peterborough)	2.7.94
Shot	18.29	Mike Winch (Blackheath)	3.5.80
Discus	56.48	Peter Gordon (Metropolitan Police)	5.6.83
Hammer	65.95	Craig Murch (Rugby & Northants)	7.5.16
Javelin	76.20	Steve Backley(Cambridge H)	22.5.88
4 x 100 Relay	41.0	Croydon	12.5.90
		(George Sarkodie, Devon Wright,Mark McIntyre, Jason Livingston)	
4 x 400 Relay	3.10.6	Team Solent	4.6.94
		(Roger Black, Lee Fairclough,Martin Blade, Paul Sanders)	



QUALIFIER RECORDS

As at 5th August 2019

100m	10.6	Selwyn Clarke (Herne Hill)	1981
	10.6	Cameron Sharp (Shettleston)	1984
	10.6	Barrington Williams (Cannock & Stafford)	1990
	10.6	Brendon Ghent (Rugby & District)	1999
	10.6	Joel Fearon (Coventry Godiva)	2008
	10.6	Joshua Cox (Bedford & County)	2012
	10.67	Pato Bangura (Victoria Park & Tower Hamlets)	2009
200m	21.0	Brendon Ghent (Rugby & District)	1999
400m	47.0	Paul Sanders (Team Solent)	1993
800m	1.49.7	John Mayoock (Cannock & Stafford)	1995
1500m	3.47.5	John Cadman (Coventry Godiva)	1973
5000m	13.53.8	Mike Baxter (Leeds City)	1973
3000mSt	8.51.6	Ron McAndrew (Reading)	1970
110mH	14.0	Berwyn Price (Swansea)	1982
400mH	51.9	Mike Whittingham (Herne Hill)	1981
High Jump	2.18	Mark Mandy (Cannock & Stafford)	1995
Pole Vault	5.10	Jeff Gutteridge (Windsor, Slough, Eton)	1982
Long Jump	7.72	Steve Phillips (Rugby & District)	1999
Triple Jump	15.86	Jonathan Edwards (Gateshead)	1987
Shot	19.21	Mark Edwards (Charnwood)	1999
Discus	60.03	Carl Myerscough (Blackpool & Fylde)	1998
Hammer	67.05	John Pearson (Charnwood)	1999
Javelin	81.43	Mick Hill (Leeds City)	1999
4 x 100 Relay	41.63	Victoria Park & Tower Hamlets	2009
		(Leevan Yearwood, Tunde Balogun, Abdul Buhari, Pato Bangura)	
4 x 400 Relay	3.15.6	Croydon (Names not known)	1985