

SENIOR MEN'S CLUB RECORDS

60m (I)	JOSEPH HARDING	6.68	03/02/2024	SPOKANE WA, USA
100m	JOSEPH HARDING	10.41	30/07/2022	DAGENHAM
	JOSEPH HARDING	10.24w	30/07/2022	DAGENHAM
200m	JOSEPH HARDING	21.19	22/03/2024	TUCAON AZ, USA
	MICHAEL ONILOGBO (JM)	21.18w	29/05/2021	DAGENHAM
200m (I)	JOSEPH HARDING	21.27	24/03/2023	WACO TX, USA
400m	STEVEN SURETY	47.52	2002	WATFORD
400m (I)	STEVEN SURETY	47.9	2002	BIRMINGHAM
800m	JAMES SHANE (JM)	1.48.61	2008	STRETTFORD
800m	ROBERT DENMARK	1.48.84	16/07/1990	BELFAST
800m (I)	TOM RICHARDSON	1.53.03	26/02/2016	ALBUQUERQUE NM, USA
1500m	ROBERT DENMARK	3.37.99	05/06/1995	HENGEL0, NED
1500m (I)	OLIVER LILL	3.46.41	01/02/2023	LEE VALLEY
1 Mile	ROBERT DENMARK	3.55.39	25/08/1996	SHEFFIELD
3000m	ROBERT DENMARK	7.39.55	01/08/1993	COLOGNE, GERMANY
3000m (I)	ROBERT DENMARK	7.43.9	1991	SEVILLE, SPAIN
5000m	ROBERT DENMARK	13.10.24	09/06/1992	ROME, ITALY
10,000m	EAMONN MARTIN	27.23.06	02/07/1988	OSLO, NORWAY
5 Mile Road	ROBERT DENMARK	22.41	26/02/1995	RUISLIP
5K Road	ROBERT DENMARK	13.30.0	04/05/1996	DUBLIN
10K Road	EAMONN MARTIN	28.14	30/04/1989	GLASGOW
10 Mile Road	EAMONN MARTIN	47.49.0	1991	NEWCASTLE
Half Marathon	ROBERT DENMARK	1.02.37	18/09/1994	NEWCASTLE
20 Mile Road	PAUL BARR	1.48.7	1993	CORBY
MARATHON	EAMONN MARTIN	2.10.50	18/04/1993	LONDON
60mH (I) (106.5cm)	SAM BENNETT	7.84	28/01/2023	CAMBRIDGE MA, USA
60mH (I)	JOSEPH HARDING	8.25	18/02/2022	ALBUQUERQUE NM, USA
110mH (106.5cm)	SAM BENNETT	13.45	07/06/2024	EUGENE OR, USA
	SAM BENNETT	13.39w	30/03/2024	AUSTIN TX, USA
400mH (91.4cm)	STEVEN SURETY	50.16	16/06/2002	MANCHESTER
2000m S/Chase	PETER HAYNES (JM)	5.48.5	1982	CWNBRAN
2000m S/Chase	NICK WETHERIDGE	6.22.0	1992	WALTON
3000m S/Chase	MARK SANFORD	8.57.44	10/07/2005	SPORTCITY
4 x 100m	KOBY GUSCOTT (U17)			
	SEAN APPIAH (U17)			
	MIGUEL OSEI-WUSE (JM)			
	LEE DOLLARD	43.3	18/05/2024	CHELMSFORD
4 x 200m	ANDY CATLEY			
	MATTHEW THORNTON			
	PETER GIBBS			
	KEITH RISTE	1.30.6	1987	THURROCK
4 x 400m	ANDY CATLEY			
	JOHN FENNER			
	KEVIN WAY			
	MATTHEW THORNTON	3.22.9	1985	HORNCHURCH
4 x 800m	CHARLES MacCONNICHIE			
	NICK WETHERIDGE			
	JOHN HUNT			
	PETER HAYNES	7.57.3	1991	HAVERING
3 x 1600m	GRANT WEBB			
	JACK FITSALL (JM)			
	THOMAS RICHARDSON (JM)	13.53.4	2013	COLCHESTER
MEDLEY RELAY	KEITH RISTE			
	ANDY CATLEY			
	JOHN FENNER			
	KEVIN WAY	3.31.0	1986	THURROCK
HIGH JUMP	DARRYL STONE (JM)	2.14	2001	TOOTING BEC
HIGH JUMP	DARREN RICKENBERG	2.10	1985	BROMLEY
HIGH JUMP (I)	PHILIP ODUGBILE (JM)	2.00	08/01/2023	CARSHALTON
High Jump (I)	CLINT NICHOLLS (V35)	1.83	12/02/2017	LEE VALLEY
LONG JUMP	OREOFEOLUWA ADEPEGBA (JM)	7.33	30/06/2021	BATTERSEA PARK
LONG JUMP	P.LAKE	6.53	1964	???
LONG JUMP (I)	MICHAEL BARTLETT	6.00	07/01/2012	SHEFFIELD
LONG JUMP (I)	OREOFEOLUWA ADEPEGBA (JM)	7.30	13/02/2022	SHEFFIELD
TRIPLE JUMP	MELCHISEDEC BERKOH-GYAMFI (U17)	14.34	13/07/2024	BIRMINGHAM
TRIPLE JUMP	RICHARD PETER	12.83	1995	BATTERSEA
TRIPLE JUMP (I)	MELCHISEDEC BERKOH-GYAMFI (U17)	14.04	10/02/2024	SHEFFIELD
POLE VAULT	MITCHELL ETHERIDGE (U17)	4.60	23/04/2011	CHELMSFORD
POLE VAULT	MICHAEL BARTLETT	4.50	24/07/2013	DARTFORD
POLE VAULT (I)	MITCHELL ETHERIDGE (U17)	4.30	13/03/2011	LEE VALLEY
POLE VAULT (I)	MICHAEL BARTLETT	4.20	10/02/2013	LEE VALLEY
DISCUS (2kg)	TARIQ MARTIN (JM)	47.68	19/05/2012	BASILDON
DISCUS (2kg)	CHRISTOPHER HASTINGS	46.33	23/04/2022	LOUGHBOROUGH
JAVELIN (800g)	KRISTIAN BROWN	62.39	02/07/2022	BOURNEMOUTH
SHOT PUTT (I)	ARCHIE LEEMING	14.49	01/02/2017	LEE VALLEY
SHOT PUTT (7.26kg)	ARCHIE LEEMING	14.66	13/05/2017	CHELMSFORD
HAMMER (7.26kg)	KENNETH IKEJI	65.67	19/04/2022	AUBURN AL, USA
PENTATHLON (I)	CLINT NICHOLLS (V35)	3164	22/03/2018	MADRID, ESP
DECATHLON	KRISTIAN BROWN	5350	28/05/2022	BEDFORD