

<b>WINDSOR SLOUGH ETON &amp; HOUNSLOW A.C.</b>				
<b>ALL TIME TOP TEN PERFORMANCES ( MALE )</b>				
<b>AMENDMENTS TO BRYAN GOODMAN</b>				
<b>FIRST CLAIM ATHLETES ONLY</b>			<i>As at 30th September 2017</i>	
<b>100m</b>				
10.04 w	Deji Tobais			23/08/2014
10.17	Matt Shrivington (Aus)			16/06/2003
10.26 w	Rion Pierre			16/07/2011
10.30	Trevor Hoyte			29/06/1980
10.30	Adrian Patrick			17/08/1996
10.35	Mark Richardson			02/05/1998
10.36	Andy Matthews			09/07/2005
10.38	Nigel Levine			28/04/2012
10.51	Darren Chin			03/07/1999
10.52	Max Galliers U20			21/06/2009
<b>200m</b>				
20.61	Deji Tobais U23			07/07/2012
20.62	Mark Richardson			24/08/1997
20.85	Rion Pierre			16/05/2010
20.86	Nigel Levine			19/05/2013
20.90	Adrian Patrick			10/05/1998
20.98	Mark Hylton			10/05/1998
20.98	Matt Shrivington (Aus)			01/07/2003
21.23	Mike Rey			16/06/1990
21.34	Finley Wright			19/06/2004
21.40	Terry Davis			??/??/1969
<b>400m</b>				
44.37	Mark Richardson			19/07/1998
45.11	Nigel Levine U23			07/06/2012
45.24	Mark Hylton			12/08/1998
45.63	Adrian Patrick			12/06/1995
46.81	Mark Morris			02/09/1989
46.96	Zak Curran			26/06/2016
47.00	Geoff Dearman			??/??/1995
47.14	John Probert			??/??/1982
47.32	Steve Johnson			26/06/2010
47.45	Alex Haydock-Wilson U20			17/08/2016
<b>800m</b>				
1:44.65	James McIlroy			28/08/2005
1:46.78	Zak Curran			22/07/2016
1:46.88	Christian Von Eitzen			30/08/2017
1:47.29	Rory Graham-Watson			25/07/2017
1:48.04	Chris Sly			14/07/1979
1:48.69	Mohammed Farah			03/08/2003
1:48.77	Mark Aris			31/05/1992
1:48.99	Gareth Brown			04/09/1988
1:49.10	Patrick Chimes			??/??/1978
1:49.16	Gary Taylor			??/??/1986

<b>1500m</b>				
3.39.73 Ind	James McIlroy			16/02/2008
3.39.88	Gary Taylor			11/04/1987
3.41.50	Chris Sly			27/06/1980
3.41.79	Alex Tovey			17/05/2014
3.41.94	Gareth Brown			12/06/1988
3.43.11	Mark Draper			27/07/2005
3.43.17	Mohammed Farah			14/06/2003
3.43.72	Ben Whitby			03/07/2002
3.43.80	Patrick Chimes			??/??/1979
3.43.81	Andy Pettigrew			23/06/1984
<b>3000m</b>				
7.54.97	Peter Standing			23/08/1978
7.57.24	Sam Haughian			09/06/1999
8.03.00	Mohammed Farah			08/08/2003
8.10.00	Jack Lane			15/09/1972
8:11.93	Rhys Glastonbury U23			19/05/2013
8.12.80	Chris Sly			??/??/1976
8.13.28	Ben Whitby			08/02/1998
8.14.40	Nick Barton			22/05/1968
8.15.00	Tony Moore			10/09/1971
8.15.50	Mike Simpson			25/08/1997
<b>5000m</b>				
13.19.45	Sam Haughian			31/07/2002
13.38.20	Jack Lane			24/06/1972
13.38.41	Mohammed Farah			08/08/2003
13.40.45	Peter Standing			15/09/1978
13.47.60	Stan Eldon			??/??/1959
13.57.52	Mark Draper			25/06/2005
14.04.75	Ben Whitby			24/06/2009
14.07.20	Tony Moore			26/04/1972
14.14.10	Terry Booth			??/??/1993
14.17.40	Bob Graham			11/07/1969
<b>10000m</b>				
28.24.01	Jack Lane			10/08/1971
28.25.87	Sam Haughian			06/04/2002
28.31.51	Peter Standing			09/09/1977
29.02.80	Stan Eldon			19/08/1958
29.24.20	Tony Moore			14/04/1971
29.29.00	Bob Graham			24/02/1970
29.31.70	Benedict Whitby			29/07/2011
29.43.30	Paul Eales			25/05/1980
29.54.40	John Jones			09/08/1970
30.02.40	Nick Sirs			04/08/1985

<b>2000m SC</b>	(Since 2006)			
6:01.40	Ricky Harvie U20			08/06/2013
6:07.79	Khalid Al-Abaidy U20			11/06/2011
6.10.66	George Glancy U20			01/05/2006
6:14.31	Matthew Bradly U20			04/06/2016
6.17.00	Nathan Ditton U20			11/06/2011
6.17.99	Charlie Critchley U17			29/04/2012
6:23.30	Ben Kennard U20			11/06/2011
6.23.59	Cameron Smart U20			27/06/2010
6:23.59	Jamie Finnigan U17			18/05/2013
6.33.7	Martin Kopernicky U20			10/06/2017
<b>3000m SC</b>				
8.32.68	Ben Whitby			15/07/2001
8.49.00	Mark Draper			26/06/2008
8.54.90	Hugh Brasher			23/07/1995
9.00.00	Gary Taylor			13/08/1988
9.03.30	Kevin Usher			26/05/1990
9.05.70	Steve Cackett			25/07/1987
9.05.70	Steve Smith			24/06/2000
9.07.00	Tim Hyde			01/07/1995
9.08.42	Rick Bridgeman			18/06/1983
9.10.41	Ian Hobdell			18/06/1995
<b>110mH</b>				
13.14 w	Lawrence Clarke			07/07/2012
13.48	Ben Reynolds			01/08/2015
14.10	Ashley Bryant			12/07/2014
14.15w	Dwayne Stoddart			01/05/2006
14.41	Peter Moreno			29/07/2017
14.54	Tom Reynolds			22/04/2012
14.60	Chris Dorgu			??/??/1975
14.65	John Heanley			16/05/2004
14.73	Joe Yarde U23			22/06/2014
14.80	Nick Christie			10/07/1983
<b>110mH</b>	<b>3' 3"</b>	(Since 2006)		
13.36	Lawrence Clarke U20			03/07/2009
13.71	Ben Reynolds U20			24/07/2009
13.78	Tade Ojora U20			18/06/2017
14.16 w	Joe Yarde U20			15/06/2013
14.38	Ashley Bryant U20			21/07/2010
14.50	Jamie East U20			26/07/2009
14.69	Alex Walker U20			15/06/2013
14.90	Matthew Field U20			01/07/2007
15.08	Kariym Irving U20			24/07/2011
15.79	Max Dorey U20			06/09/2015

<b>400m H</b>				
49.49	Jacob Paul			09/07/2017
51.33	Jeff Christie			13/07/2002
52.05	Ashley Fry U23			27/08/2011
52.50	Andrew Edwards			05/06/1993
52.51	Andrew Clements			27/06/2015
52.80	Paul Young			??/??/1973
52.81	Tyri Donovan U20			08/07/2017
53.10	Mark Green			01/07/1995
53.67	James Lee			26/05/2003
53.68	Joe Yarde			11/07/2015
<b>High Jump</b>				
2.21m	Alan McKie U23			01/06/2008
2.19m	Mark Taylor			01/03/2006
2.10m	Mark Roach			23/06/1985
2.10m	Paul Burraway			01/08/1993
2.10m	Nathan Hart			01/08/1993
2.09m	Sam Bailey U20			01/08/2009
2.08m	Cameron Lake U20			10/05/2009
2.05m	Martin Stanford			10/07/1981
2.05m	David Walker			08/07/2017
2.04m	Osman Muskwe			05/07/2014
<b>Pole Vault</b>				
5.40m	Jeff Gutteridge			05/06/1983
5.20m	Justin Hinkin			04/07/1999
5.15m	Euan Bryden			10/06/2017
5.00m	Andrew Weston			18/07/1999
5.00m	Allan Burke			??/??/1989
4.90m	Rufus Cooper			10/05/2000
4.90m	Tim Anstiss			28/05/1980
4.90m	Chris Mills			01/06/2004
4.86m	John Heanley			14/05/2005
4.82m Ind	Stephen McLennan			13/03/2011
<b>Long Jump</b>				
7.87m	Keith Fleming			07/06/1987
7.79m Ind	Ashley Bryant			28/01/2017
7.78m	Jon Kron			06/07/1995
7.75m	Trevor Hoyte			06/05/1984
7.71m	Keith Connor			20/02/1981
7.47m	Mark Holloway			11/05/2008
7.41m	Joe Sweeney			25/07/1987
7.40m w	Matthew John U17			10/05/1986
7.40m w	Ben Fisher U20			10/06/2017
7.33m w	James Lelliott			27/05/2012

<b>Triple Jump</b>				
17.81m	Keith Connor			09/10/1982
16.51m	Julian Golley			07/07/2007
15.95m	Joe Sweeney			18/06/1995
15.68m	Steve Anderson U20			01/08/1982
15.64m	Johnny Sawyers U23			14/07/2013
15.63m	Daniel Igbokwe U20			14/05/2017
15.58m	Martin Rossitor			07/02/2004
15.43m	Eldon Lake U20			22/08/1987
15.42m	Michael Puplampu U23			09/02/2011
15.22m	Alan Kennedy			07/07/2012
<b>Shot</b>				
17.42m	Joey Watson			09/07/2016
16.06m	Neil Griffin			26/06/1977
15.65m	Mark Wiseman			04/07/2001
15.43m	Vytas Druktenis			09/08/2014
15.19m	Osman Muskwe			10/06/2015
14.65m Ind	Ashley Bryant			07/01/2017
14.63m	Jeremy Harper			27/01/2008
14.62m	Mike Hahn			10/05/2001
14.24m	Sam Glague			22/06/2003
14.14m	Paul Lees			??/??/1978
<b>Shot</b>	6.Kg	(Since 2006)		
17.51m Ind	Joey Watson U20			22/12/2014
14.00m	Kariym Irving U20			24/07/2011
13.99m	Ashley Bryant U20			15/05/2010
13.83m	Steve Watson U20			12/09/2010
12.38m	Ben Reynolds U20			14/06/2009
12.06m	David Shiel U20			29/04/2007
11.84m	Taylor Campbell U20			28/04/2013
11.55m	Kieran Dunbar U20			26/06/2016
11.50m	Matt Townsend U20			01/05/2006
11.30m	Gurlal Randhawa U20			28/06/2015
<b>Discus</b>				
53.94m	Osman Muskwe			08/08/2015
53.57m	Mark Wiseman			20/07/2002
51.66m	Neil Griffin			28/06/1980
50.12m	Jason Byrne			22/06/1991
49.70m	Jeremy Harper			07/07/2009
49.39m	Tom Norman			01/07/2006
48.17m	Steve Watson U23			22/06/2011
47.83m	Kariym Irving U20			13/08/2011
47.18m	Chris Symonds			17/08/1996
46.23m	Joey Watson			10/07/2016

<b>Discus</b>	1.75Kg	(Since 2006)		
54.94m	Steve Watson	U20		20/06/2010
54.07m	Kariym Irving	U20		26/06/2011
49.55m	Gurlal Randhawa	U20		27/04/2014
48.53m	Ryan Barrett	U20		19/06/2011
46.73m	Joey Watson	U20		22/06/2014
43.38m	Matt Townsend	U20		01/05/2006
43.23m	Ashley Bryant	U20		23/05/2010
41.96m	Jake Norris	U20		14/05/2017
40.22m	Taylor Campbell	U20		07/09/2014
37.40m	James Lelliott	U20		24/06/2012
<b>Hammer</b>				
73.80m	Jason Byrne			19/09/1992
72.70m	Taylor Campbell	U20		24/07/2016
68.86m	Jake Norris	U20		01/04/2017
68.18m	Ron James			02/06/1982
65.43m	Mark Dry			06/09/2008
64.36m	Andy Tolputt			25/07/1987
63.50m	Alex Warner	U23		02/05/2011
61.96m	Steve Sammut			01/08/2002
61.38m	Russell Tolputt			07/08/1985
60.34m	Tony Kenneally			07/08/1982
<b>Hammer</b>	6.Kg	(Since 2006)		
78.74m	Taylor Campbell	U20		20/06/2015
78.09m	Jake Norris	U20		21/05/2017
69.33m	Bayley Campbell	U20		10/06/2017
60.82m	Micki Finn	U20		01/08/2006
51.55m	Joey Watson	U20		16/07/2014
50.23m	Mark White	U20		11/08/2010
45.18m	Iain Botting	U20		22/08/2012
44.87m	Doug Cramb	U20		01/08/2006
42.86m	Robert Cramb	U17		29/04/2007
42.71m	David Melliush	U20		01/07/2007
<b>Javelin</b>	( New Spec. after 1986 )			
75.89m	Dan Pembroke	U23		12/06/2011
70.44m	Ashley Bryant	U23		03/05/2013
66.92m	Demetrio Barros			07/08/1993
66.55m	Matt George			05/06/2011
63.94m	Ray Chambers			02/07/1988
58.22m	Ian Peddie			01/07/1987
58.22m	Dave Twerdochlib			17/06/1986
58.14m	Osman Muskwe			06/07/2014
55.56m	Mark Wiseman			02/06/2001
54.86m	Patrick Boundy			25/05/1997