



2009 OFFICIAL - FINAL
SENIOR / JUNIOR RANKING LISTS
 As at 20th September 2009



Compiled by Bryan Goodman – WSEH Male Records Secretary

| EVENT | SENIOR | JUNIOR (Under 20) | EVENT |
|--|--|--|--|
| 60m Best Performance Rion Pierre 6.69 secs 25/01/2009 | 6.69 (I) Rion Pierre 25/01 6.75 (I) Andrew Matthews 18/01 6.93 (I) Nigel Levine 18/01 6.94 (I) Mark Holloway 04/01 7.34 (I) Tom Reynolds 07/02 7.36 (I) Julian Golley 04/01 7.44 (I) Matt George 10/01 7.48 (I) Andrew Weekes 07/02 7.84 (I) Glen Reddington 22/02 7.94 (I) Alastair Ross 08/02 | 6.84 (I) Deji Tobais 14/02 6.98 (I) Josh Patrick 01/03 7.27 (I) Jamie East 01/03 7.33 (I) Michael Lee 01/03 7.39 (I) Jonathan Sawyers 07/12/08 7.44 (I) Adam Medcraft 01/03 7.45 (I) Ashley Bryant 04/01 | 60m Best Performance Rion Pierre 6.77 secs 21/01/2006 |
| 100m SENIOR CR Matt Shirvington 10.17 secs 16/06/2003 | 10.28 Rion Pierre 17/07 10.56 Andy Matthews 18/07 10.8 Mark Holloway 02/05 11.00 Steve Johnson 10/05 11.36 Matt George 16/05 11.41 Scott Dorset V40 01/08 11.47 Tom Reynolds 16/05 11.6 Andrew Weekes 10/05 | 10.43 Deji Tobais 27/06 10.52 Max Galliers 21/06 11.00 Alex Ojo 26/07 11.03 Avtar Kainth 09/05 11.09 Tom Evans 14/06 11.2 Ben Reynolds 04/07 11.3 Josh Patrick 13/06 11.40 Ashley Bryant 16/05 11.40 Emanuel Oboh 11/07 11.5 Jamie East 04/07 11.6 Stewart Challis 06/06 | 100m JUNIOR CR Rion Pierre 10.39 secs 30/07/2006 |
| 200m SENIOR CR Mark Richardson 20.62 secs 24/08/1997 | 21.13 Rion Pierre 31/05 21.48 Nigel Levine 25/05 21.70 Steve Johnson 22/08 22.44 Andy Matthews 24/04 23.0 Richie Morgan 06/06 23.18 Gareth Cunningham 23/05 23.25 Matt George 15/07 23.9 Andrew Weekes 06/06 24.0 Scott Dorset V40 11/07 | 21.47 Deji Tobais 31/05 22.07 Tom Evans 14/06 22.19 Alex Ojo 14/06 22.70 Stewart Challis 18/04 22.9 Ashley Bryant 02/05 23.09 Adam Medcraft 24/05 | 200m JUNIOR CR Mark Richardson 21.02 secs 28/07/1990 |

| | | | |
|--|--|---|--|
| <p>400m</p> <p>SENIOR CR</p> <p>Mark Richardson</p> <p>44.37 secs</p> <p>09/07/1998</p> | <p>45.78 Nigel Levine 17/07</p> <p>47.48 Steve Johnson 11/07</p> <p>51.09 Tom Reynolds 13/06</p> <p>51.1 Gareth Cunningham 06/06</p> <p>51.55 Matt George 13/06</p> <p>52.13 Jeff Christie 22/08</p> <p>56.26 (I) Danny Hodge v45 08/02</p> <p>58.4 Callum McKay 11/07</p> | <p>49.45 Stewart Challis 14/06</p> <p>49.76 Ashley Bryant 14/06</p> <p>50.39 Rory Graham-Watson 22/08</p> <p>50.9 Matt Bezzant 02/05</p> <p>51.0 Ashley Fry 26/07</p> <p>51.12 Marc Forrest 13/09</p> <p>51.6 Sam Rogers 06/06</p> <p>51.76 Nick Lingley 14/06</p> <p>53.1 Matt Mooney 27/06</p> <p>54.08 (I) Adam Medcraft 01/02</p> <p>54.7 Luke Turton 10/05</p> <p>58.6 Cameron Smart 16/08</p> | <p>400m</p> <p>JUNIOR CR</p> <p>Mark Richardson</p> <p>45.53 secs</p> <p>10/08/1991</p> |
| <p>800m</p> <p>SENIOR CR</p> <p>James McIlroy</p> <p>1m 44.65</p> <p>28/08/2005</p> | <p>1m 53.81 Alex Tovey 26/08</p> <p>1m 57.68 Ian May 18/04</p> <p>2m 29.32 (I) Derek Wardle 08/02</p> | <p>1m 51.62 Rory Graham-Watson 04/05</p> <p>1m 53.06 Nick Lingley 27/06</p> <p>1m 58.33 Rhys Glastonbury 14/06</p> <p>2m 01.39 Cameron Smart 01/07</p> <p>2m 01.7 Luke Turton 10/05</p> <p>2m 03.9 Matt Mooney 02/05</p> <p>2m 09.0 Jack Philp 16/05</p> | <p>800m</p> <p>JUNIOR CR</p> <p>Chris Sly</p> <p>1m 48.8</p> <p>1977</p> |
| <p>1500m</p> <p>SENIOR CR</p> <p>James McIlroy</p> <p>3m 39.73</p> <p>16/02/2008</p> | <p>3m 50.34 Alex Tovey 30/05</p> <p>3m 54.9 Ian May 20/05</p> <p>4m 03.6 Owain Jones 11/07</p> <p>4m 04.62 Nathan White 15/07</p> <p>4m 11.2 Steve Kimber 27/06</p> <p>4m 33.68 Matt George 14/06</p> <p>5m 05.17 Tom Reynolds 17/05</p> <p>5m 53.8 Walter Wessely v60 06/06</p> | <p>4m 00.2 Rhys Glastonbury 20/05</p> <p>4m 10.5 Nick Lingley 01/08</p> <p>4m 21.02 Jack Philp 24/05</p> <p>4m 42.83 Ashley Bryant 24/07</p> <p>4m 58.6 Matt Mooney 02/05</p> | <p>1500m</p> <p>JUNIOR CR</p> <p>Gary Taylor</p> <p>3m 40.72</p> <p>08/07/1981</p> |
| <p>3000m</p> <p>Best Performance</p> | <p>8m 36.84 Owain Jones 08/08</p> <p>8m 42.31 Steve Kimber 15/07</p> <p>8m 45.03 Nathan White 08/08</p> | <p>8m 45.57(I) Rhys Glastonbury 11.01</p> <p>9m 25.63 Josh Radvan 14/06</p> <p>9m 46.33 Jack Philp 14/06</p> <p>9m 47.0 Cameron Smart 26/07</p> | <p>3000m</p> <p>JUNIOR CR</p> <p>Mohammed Farah</p> <p>8m 09.24</p> <p>20/05/2001</p> |

| | | | |
|---|---|--|---|
| <p>5000m</p> <p>SENIOR CR</p> <p>Sam Haughian</p> <p>13m 19.45</p> <p>31/07/2002</p> | <p>14m 04.75 Ben Whitby 24/06</p> <p>14m 53.91 Nathan White 22/08</p> <p>14m 54.78 Owain Jones 22/08</p> <p>15m 10.77 Steve Kimber 21/06</p> <p>15m 40.1 Charlie Coleman 01/08</p> <p>20m 44.1 John Bowers 02/05</p> <p>22m 50.1 Walter Wessely v60 27/06</p> | <p>17m 50.2 Cameron Smart 06/06</p> | <p>5000m</p> <p>JUNIOR CR</p> <p>Mohammed Farah</p> <p>13m 56.31</p> <p>23/06/2001</p> |
| <p>3,000m S/C</p> <p>SENIOR CR</p> <p>Ben Whitby</p> <p>8m 32.68</p> <p>15/07/2001</p> | <p>15m 38.4 Paul Green v50 11/07</p> | <p>10m 26.7 Cameron Smart 04/07</p> | <p>3,000m S/C</p> <p>JUNIOR CR</p> <p>Ben Whitby</p> <p>8m 59.09</p> <p>1996</p> |
| | | <p>6m36.7 Nathan Ditton U17 18/04</p> <p>6m 38.2 Cameron Smart 14/06</p> | <p>2,000m S/C</p> <p>JUNIOR CR</p> <p>Chris Sly</p> <p>5m 43.2</p> <p>1975</p> |
| <p>60m H</p> <p>Best Performance</p> <p>Lawrence Clarke</p> <p>7.83 secs</p> <p>15/03/2009</p> | <p>7.83 (I) Lawrence Clarke U20 15/03</p> <p>8.67 (I) Matt George 11/01</p> <p>8.67 (I) Tom Reynolds 24/01</p> | <p>7.78 (I) Lawrence Clarke 22/02</p> <p>8.22 (I) Jamie East 01/03</p> <p>8.58 (I) Ashley Bryant 11/01</p> | <p>60m H</p> <p>Best Performance</p> <p>Lawrence Clarke</p> <p>7.78 secs</p> <p>22/02/2009</p> |

| | | | |
|--|---|---|---|
| <p>400m H</p> <p>54.30 Jeff Christie 06/06</p> <p>SENIOR CR</p> <p>55.4 Andy Clements 11/07</p> <p>62.07 Danny Hodge V45 04/04</p> <p>Jeff Christie</p> <p>51.33 secs</p> <p>13/07/2002</p> | <p>54.60 Ashley Fry 04/07</p> <p>56.92 Jamie East 22/08</p> <p>57.31 Sam Rogers 14/06</p> <p>61.8 Sam Maguire U17 16/08</p> <p>64.2 Cameron McRoberts U17 11/07</p> | <p>400m H</p> <p>JUNIOR CR</p> <p>Jeff Christie</p> <p>52.25 secs</p> <p>16/06/2001</p> | |
| <p>110m H (3' 6")</p> <p>SENIOR CR</p> <p>Lawrence Clarke</p> <p>13.82 secs</p> <p>03/05/2009</p> | <p>13.82 w Lawrence Clarke U20 03/05</p> <p>14.4 Ben Reynolds U20 04/07</p> <p>15.1 Jamie East U20 27/06</p> <p>15.19 Matt George 14/06</p> <p>15.40 Tom Reynolds 14/06</p> <p>15.5 Ashley Bryant U20 02/05</p> <p>16.32 Glen Reddington V45 27/06</p> <p>17.2 Callum McKay 11/07</p> | <p>13.36 w Lawrence Clarke 03/07</p> <p>13.37 Lawrence Clarke 25/07</p> <p>13.71 Ben Reynolds 24/07</p> <p>14.5 Jamie East 26/07</p> <p>14.75 Ashley Bryant 09/05</p> | <p>110m H (3'3")</p> <p>JUNIOR CR</p> <p>Lawrence Clarke</p> <p>13.36 secs</p> <p>03/07/2009</p> |
| <p>Long Jump</p> <p>SENIOR CR</p> <p>Keith Fleming</p> <p>7.87m</p> <p>07/06/1987</p> | <p>7.15m (I) Alan Kennedy 15/02</p> <p>7.07m Mark Holloway 01/08</p> <p>6.89m (I) Julian Golley V35 11/01</p> <p>6.73m (I) Olly Briggs 15/03</p> <p>6.64m Tom Reynolds 15/04</p> <p>6.53m Matt George 16/05</p> <p>6.20m (I) Eldon Lake V40 08/02</p> | <p>7.00m Michael Puplampu 14/06</p> <p>6.98m Ashley Bryant 19/09</p> <p>6.47m Jamie East 06/06</p> <p>6.32m Ben Reynolds 06/06</p> <p>5.95m Jonathan Sawyers 11/04</p> <p>5.17m Graham Cole 26/07</p> <p>4.92m Qamar Mustafa 10/05</p> <p>4.20m Adam Medcraft 16/05</p> | <p>Long Jump</p> <p>JUNIOR CR</p> <p>Inferior to Under 17 CR</p> |
| <p>High Jump</p> <p>SENIOR CR</p> <p>Alan McKie</p> <p>2.21m</p> <p>01/06/2008</p> | <p>2.16m (I) Alan McKie 10/05</p> <p>1.86m Tom Reynolds 13/06</p> <p>1.80m Matt George 13/06</p> | <p>2.09m Sam Bailey 01/08</p> <p>2.08m Cameron Lake 10/05</p> <p>1.93m Ben Reynolds 01/08</p> <p>1.90m Jamie East 18/04</p> <p>1.88m Ashley Bryant 16/05</p> <p>1.80m Graham Cole 24/05</p> | <p>High Jump</p> <p>JUNIOR CR</p> <p>Alan McKie</p> <p>2.20m</p> <p>02/09/2007</p> |

| | | | |
|--|--|--|--|
| Pole Vault SENIOR CR Jeff Gutteridge 5.40m 05/06/1983 | 4.80m (I) Egryn Jones 01/02 4.50m Steve McLennan 11/07 4.20m Tom Reynolds 16/04 4.15m Steve Walker 16/05 4.06m Matt George 14/06 2.20m Andrew Clements 11/07 | 4.11m Ashley Bryant 20/09 3.20m Jamie East 22/08 | Pole Vault JUNIOR CR Jeff Gutteridge 4.96m 24/09/1975 |
| Triple Jump SENIOR CR Keith Connor 17.57m 05/06/1982 | 16.12m (I) Julian Golley v35 01/02 14.70m (I) Alan Kennedy 14/02 12.20m Andrew Clements 11/07 10.46m Micki Finn 11/07 8.85m Steve Walker 16/05 | 15.03m Michael Puplampu 16/08 13.94m (I) Jonathan Sawyers 18/01 | Triple Jump JUNIOR CR Keith Connor 15.95m 30/08/1976 |
| Hammer SENIOR CR Jason Byrne 73.80m 19/09/1992 | 57.07m Micki Finn 06/06 45.33m Alan James v40 06/06 35.20m Neil Griffin v60 06/06 30.30m Jeremy Harper 01/08 22.70m David Shiel 27/06 20.38m Peter Virgo v60 16/05 17.13m Tom Reynolds 06/06 | 48.09m Mark White U17 30/08 41.26m Teo Kubiena U17 14/06 14.90m Graham Cole 13/09 | Hammer JUNIOR CR Jason Byrne 74.92m 17/12/89 |
| Shot SENIOR CR Neil Griffin 16.06m 26/06/1977 | 14.13m Jeremy Harper 28/06 12.75m Matt George 05/09 12.18m (I) Tom Reynolds 24/01 11.87m Neil Griffin v60 11/07 11.57m David Shiel 10/05 10.02m Steve Watson U20 22/08 9.93m Graham Cole U20 18/04 | 13.79m Ashley Bryant 19/09 12.38m Ben Reynolds 14/06 10.93m Jamie East 26/07 10.65m Graham Cole 26/07 10.06m Cameron Lake 13/09 | Shot JUNIOR CR Clive Jeffery 14.32m 06/07/1974 |
| Discus SENIOR CR Mark Wiseman 53.57m 20/07/2002 | 48.50m Jeremy Harper 13/06 46.18m Steve Watson U20 04/07 37.43m Tom Reynolds 16/04 37.18m Matt George 09/05 37.18m Neil Griffin v60 11/07 30.90m Ben Reynolds 23/04 30.60m David Shiel 11/07 28.65m Peter Virgo v60 16/05 25.55m Graham Cole U20 18/04 | 41.16m Ashley Bryant 15/07 39.84m Ryan Barrett U17 16/08 33.12m Jamie East 24/05 32.61m Ben Reynolds 14/06 27.26m Graham Cole 13/09 24.08m Mark White U17 13/09 22.79m Rikki Letch U17 26/07 | Discus JUNIOR CR Jason Byrne 46.00m 14/05/1988 |

| | | | |
|--|--|---|---|
| <p>Javelin</p> <p>SENIOR CR</p> <p>Ben Haughton</p> <p>72.46m</p> <p>25/03/2006</p> | <p>62.35m Matt George 04/05</p> <p>54.70m Michael McConkey 06/06</p> <p>51.69m Andrew Clements 11/07</p> <p>46.76m Tom Reynolds 17/05</p> <p>40.45m Jeremy Harper 28/06</p> | <p>71.45m Dan Pembroke 17/05</p> <p>67.16m Ashley Bryant 26/04</p> <p>51.84m Grant Fuller 13/09</p> <p>37.38m Jamie East 13/09</p> <p>31.29m Rikki Letch U17 26/07</p> <p>31.06m Leigh Bosson U17 14/06</p> <p>15.95m Matt Mooney 27/06</p> <p>15.92m Mark White U17 26/07</p> <p>7.22m Steve Watson 22/08</p> <p>3.58m Cameron Smart 16/05</p> | <p>Javelin</p> <p>JUNIOR CR</p> <p>Dan Pembroke</p> <p>71.45m</p> <p>17/05/2009</p> |
| <p>4x100m</p> <p>SENIOR CR</p> <p>Andy Matthews</p> <p>Rion Pierre</p> <p>Fahad Khan</p> <p>Mark Holloway</p> <p>41.07 secs</p> <p>30/07/2005</p> | <p>42.43 Rion Pierre 06/06 Deji Tobais U20 Tom Evans U20 Steve Johnson</p> <p>42.44 Nigel Levine 01/08 Jamie East U20 Mark Holloway Andrew Matthews</p> <p>42.7 Andrew Matthews 04/07 Rion Pierre Ashley Fry U20 Jamie East U20</p> | <p>42.86 Alex Ojo 13/09 Tom Evans Jamie East Deji Tobais</p> <p>42.9 Ben Reynolds 14/06 Alex Ojo Jamie East Tom Evans</p> <p>43.00 David Harvey U17 16/08 Deji Tobais Alex Ojo Jamie East</p> | <p>4 x 100m</p> <p>JUNIOR CR</p> <p>Rion Pierre</p> <p>Adam Butler</p> <p>Fahad Khan</p> <p>Liam</p> <p>Freemantle</p> <p>41.16 secs</p> <p>11/09/2005</p> |
| <p>4x400m</p> <p>SENIOR CR</p> <p>S Kabiswa</p> <p>Mark Hylton</p> <p>Adrian Patrick</p> <p>Mark</p> <p>Richardson</p> <p>3m 08.6</p> <p>06/05/1995</p> | <p>3m 14.02 Nigel Levine 01/08 Rory Graham-Watson U20 Rikki Letch U17 Steve Johnson</p> <p>3m 15.5 Nigel Levine 04/07 Andy Clements Rory Graham-Watson Steve Johnson</p> <p>3m 24.77 Rory Graham-Watson 22/08 Ian May Alex Tovey Steve Johnson</p> | <p>3m 26.27 Stewart Challis 24/05 Nick Lingley Ashley Bryant Sam Rogers</p> <p>3m 31.73 Alex Ojo 13/09 Stewart Challis Nick Lingley Marc Forrest</p> <p>3m 40.6 Jamie East 16/08 James Bennington U17 Matt Mooney Zac Curran U17</p> | <p>4 x 400m</p> <p>JUNIOR CR</p> <p>Kerian Edward</p> <p>Fahad Khan</p> <p>Dwayne Blake</p> <p>Steve Johnson</p> <p>3m 21.3 secs</p> <p>13/08/2006</p> |
| <p>Decathlon</p> <p>SENIOR CR</p> <p>John Heanley</p> <p>7510 points</p> <p>5th-6th June</p> <p>2004</p> | <p>6849 points - Matt George</p> <p>Stoke 13th – 14th June 2009</p> <p>-----</p> <p>6402 points - Tom Reynolds</p> <p>Woodford 16th – 17th May 2009</p> | <p>7267 points - Ashley Bryant</p> <p>Stoke 13th – 14th June 2009</p> | <p>Decathlon</p> <p>JUNIOR CR</p> <p>Ashley Bryant</p> <p>7267 Points</p> <p>13th-14th /June</p> <p>2009</p> |