

**SENIOR / JUNIOR RANKING LISTS 2010**

**FINAL**

As at 13th September 2010

Compiled by Bryan Goodman – WSEH Male Records Secretary

EVENT	SENIOR	JUNIOR (Under 20)	EVENT
<b>60m</b>  <b>Best Performance</b>  <b>Rion Pierre</b>  <b>6.67 secs</b>  <b>13/03/2010</b>	6.67 (I) Rion Pierre 13/03  6.72 (I) Andrew Matthews 17/01 6.93 (I) Max Galliers 20/02 7.04 (I) Mark Holloway 07/03 7.30 (I) Tom Reynolds 06/12 7.35 (I) Matt George 06/03 7.42 (I) Andrew Weekes 06.02 7.63 (I) Glen Reddington V45 20/02 7.76 (I) Chuck Ukwur 03/01	6.75 (I) Deji Tobais 27/02  7.16 (I) Ravi Talla 06/12 7.19 (I) Avtar Kainth 17/01 7.25 (I) Jonathan Sawyers 03/01 7.26 (I) Ashley Bryant 06/03 7.30 (I) Tom Evans 03/01 7.38 (I) David Harvey 06/02 7.57 (I) Kieron Moss 03/01 8.04 (I) Khalid Al-Abaidy 03/01 8.23 (I) Peter Quinnell 07/03	<b>60m</b>  <b>Best Performance</b>  <b>Deji Tobais</b>  <b>6.75 secs</b>  <b>27/02/2010</b>
<b>100m</b>  <b>SENIOR CR</b>  <b>Matt Shirvington</b>  <b>10.17 secs</b>  <b>16/06/2003</b>	10.30 Rion Pierre 10/04  10.51 Andrew Matthews 31/07 11.00 Steve Johnson 09/05 11.16 Tom Reynolds 14/07 11.24 Gareth Cunningham 08/08 11.4 Andrew Weekes 05/06 11.47 Matt George 14/08 11.6 Scott Dorset V40 15/05 11.86 Chuck Okwor 17/04 12.2 Callum McKay 26/06 12.35 Glen Reddington V45 09/06 12.38 Nigel Wilson V50 14/07	10.30 Deji Tobais 03/07  10.76 w Alex Ojo 29/05 10.78 Alex Ojo 29/05 11.02 Ashley Bryant 20/07 11.1 Stewart Challis 10/04 11.15 w Tom Evans 08/05 11.2 Jonathan Sawyer 09/05 11.38 w David Harvey 08/05 11.4 Will Matthews 15/05 11.4 Ravi Talla 12/06 11.64 Kieran Moss 11/08 12.71 Peter Quinnell 11/08	<b>100m</b>  <b>JUNIOR CR</b>  <b>Deji Tobais</b>  <b>10.30 secs</b>  <b>03/07/2010</b>
<b>200m</b>  <b>SENIOR CR</b>  <b>Mark Richardson</b>  <b>20.62 secs</b>  <b>24/08/1997</b>	20.85 Rion Pierre 16/05  21.42 w Nigel Levine 20/06 21.49 Nigel Levine 20/06 21.65 Andrew Matthews 15/08 21.93 (I) Steve Johnson 16/01 22.24 Gareth Cunningham 03/07 22.92 Tom Reynolds 05/05 23.2 Andrew Weekes 05/06 23.32 Scott Dorset V40 30/08 23.53 Ben Reynolds 20/03 24.00 Andy Clements 01/05 25.01 Glen Reddington V45 09/06 28.52 Sukdev Sohal V55 17/04	21.07 Deji Tobais 15/08  22.14 Alex Ojo 18/04 22.4 Stewart Challis 15/05 22.41 (w) Tom Evans 27/06 22.90 Ashley Fry 23/05 23.2 Ravi Talla 25/07 23.7 Kieron Moss 25/07 25.80 Peter Quinnell 11/08	<b>200m</b>  <b>JUNIOR CR</b>  <b>Mark Richardson</b>  <b>21.02 secs</b>  <b>28/07/1990</b>

<p><b>400m</b></p> <p><b>SENIOR CR</b></p> <p><b>Mark Richardson</b></p> <p><b>44.37 secs</b></p> <p><b>09/07/1998</b></p>	<p>46.45 Nigel Levine 31/07</p> <p>47.32 Stephen Johnson 26/06</p> <p>49.67 Rory Graham-Watson 15/05</p> <p>50.4 Andrew Clements 26/06</p> <p>50.40 Tom Reynolds 14/07</p> <p>51.0 Joe Van Der Toorn 15/05</p> <p>51.27 Matt George 24/04</p> <p>51.40 Gareth Cunningham 31/07</p> <p>52.4 Jeff Christie 05/06</p> <p>55.5 Nigel Wilson V50 31/07</p> <p>62.78 Dan Greene 16/06</p> <p>66.18 Sukdev Sohal V55 17/04</p>	<p>48.50 Dominic Smith 12/06</p> <p>48.53 Stewart Challis 12/09</p> <p>49.42 Stefan Richards 27/06</p> <p>49.53 Ashley Bryant 20/07</p> <p>49.94 Rikki Letch 18/04</p> <p>50.02 Ashley Fry 19/05</p> <p>51.34 Josh Moss 27/06</p> <p>51.96 Connor Vine 03/07</p> <p>52.32 Khalid Al-Abaidy 25/08</p> <p>53.1 Will Matthews 26/06</p> <p>53.3 Elliott Woolmer 01/05</p> <p>54.78 (I) Khalid Al-Abaidy 07/03</p>	<p><b>400m</b></p> <p><b>JUNIOR CR</b></p> <p><b>Mark Richardson</b></p> <p><b>45.53 secs</b></p> <p><b>10/08/1991</b></p>
<p><b>800m</b></p> <p><b>SENIOR CR</b></p> <p><b>James McIlroy</b></p> <p><b>1m 44.65</b></p> <p><b>28/08/2005</b></p>	<p>1:51.74 Rory Graham-Watson 12/06</p> <p>1:53.21 Alex Tovey 11/08</p> <p>1:58.02 Sam Taylor 02/06</p> <p>1:58.2 Nathan White 09/05</p> <p>2:02.66 Simon Millett 14/07</p> <p>2:04.72 Richard Weaver (V35) 11/08</p> <p>2:53.42 Walter Wessely V60 17/04</p>	<p>1:51.28 Nick Lingley 30/06</p> <p>1:54.6 Josh Moss 25/07</p> <p>1:56.16 Khalid Al-Albaidy 11/08</p> <p>1:56.72 Elliott Woolmer 09/05</p> <p>1:56.9 Connor Vine 05/06</p> <p>1:57.07 Jack Philp 11/08</p> <p>2:00.16 Stefan Richards 18/04</p> <p>2:00.94 Cameron Smart 14/07</p> <p>2:04.3 Petru Snaipar 26/06</p> <p>2:04.96 Nathan Ditton 30/08</p>	<p><b>800m</b></p> <p><b>JUNIOR CR</b></p> <p><b>Chris Sly</b></p> <p><b>1m 48.8</b></p> <p><b>1977</b></p>
<p><b>1500m</b></p> <p><b>SENIOR CR</b></p> <p><b>James McIlroy</b></p> <p><b>3m 39.73</b></p> <p><b>16/02/2008</b></p>	<p>3:46.01 Alex Tovey 10/07</p> <p>3:53.06 Lee Reynolds 12/06</p> <p>3:57.38 Matt Carlisle 12/06</p> <p>3:58.11 Owain Jones 31/07</p> <p>3:59.36 Rory Graham-Watson 05/05</p> <p>4:08.79 Nathan White 30/08</p> <p>4.24.0 Sam Taylor 26/06</p> <p>4:25.48 Richard Weaver V35 25/08</p> <p>4:38.52 Matt George 25/04</p> <p>4:43.56 Tom Reynolds 06/06</p> <p>5:55.89 Walter Wessely V60 17/04</p>	<p>3:57.42 Nick Lingley 02/06</p> <p>4:04.09 Josh Moss 03/07</p> <p>4:05.80 Elliott Woolmer 23/05</p> <p>4:08.2 Khalid Al-Albaidy 01/05</p> <p>4.13.23 Cameron Smart 25/08</p> <p>4.13.27 Nathan Ditton 08/05</p> <p>4.14.78 Jack Philp 28/07</p> <p>4:19.56 Petrou Snaipar 25/08</p> <p>4:21.3 Connor Vine 01/05</p> <p>4:43.92 Ashley Bryant 06/06</p>	<p><b>1500m</b></p> <p><b>JUNIOR CR</b></p> <p><b>Gary Taylor</b></p> <p><b>3m 40.72</b></p> <p><b>08/07/1981</b></p>
<p><b>3000m</b></p> <p><b>Best Performance</b></p>	<p>8:20.96 Nathan White 05/06</p> <p>8:21.41 Alex Tovey 24/07</p> <p>8:30.38 Lee Reynolds 05/05</p> <p>8:34.6 Owain Jones 27/07</p> <p>8:40.53 Matt Carlisle 05/05</p> <p>13:05.25 Walter Wessely V60 17/04</p>	<p>8:50.90 Nick Lingley 21/04</p> <p>8:51.40 Elliott Woolmer 21/04</p> <p>9:03.24 Khalid Al-Abaidy 12/09</p> <p>9:20.46 Nathan Ditton 09/05</p> <p>9.25.7 Petru Snaipar 27/05</p> <p>9:48.69 Cameron Smart 23/05</p> <p>9:57.20 Jack Philp 21/04</p>	<p><b>3000m</b></p> <p><b>JUNIOR CR</b></p> <p><b>Mohammed Farah</b></p> <p><b>8m 09.24</b></p> <p><b>20/05/2001</b></p>

<p><b>5000m</b></p> <p><b>SENIOR CR</b></p> <p><b>Sam Haughian</b></p> <p><b>13m 19.45</b></p> <p><b>31/07/2002</b></p>	<p>14:43.28 Lee Reynolds 31/07</p> <p>14:49.32 Alex Tovey 01/05</p> <p>14:52.23 Owain Jones 13/06</p> <p>14:52.88 Nathan White 31/05</p> <p>16:21.8 Simon Millett 31/07</p> <p>16:52.8 Sam Gardner 26/06</p> <p>22:15.3 Walter Wessely V60 05/06</p> <p>25:51.1 Sukdev Sohal V55 31/07</p>	<p>16:17.5 Petru Snaipar 05/06</p> <p>16:50.24 Nathan Ditton 13/06</p>	<p><b>5000m</b></p> <p><b>JUNIOR CR</b></p> <p><b>Mohammed Farah</b></p> <p><b>13m 56.31</b></p> <p><b>23/06/2001</b></p>
<p><b>3,000m S/C</b></p> <p><b>SENIOR CR</b></p> <p><b>Ben Whitby</b></p> <p><b>8m 32.68</b></p> <p><b>15/07/2001</b></p>	<p>10:16.3 Sam Taylor 31/07</p> <p>18:13.2 Sukdev Sohal 05/06</p>	<p>9: 58.43 Khalid Al-Abaidy 31/07</p> <p>10.11.36 Nathan Ditton 21/08</p> <p>10:48.70 Cameron Smart 31/07</p> <p>11:31.7 Petru Snaipar 31/07</p>	<p><b>3,000m S/C</b></p> <p><b>JUNIOR CR</b></p> <p><b>Ben Whitby</b></p> <p><b>8m 59.09</b></p> <p><b>1996</b></p>
		<p>6:14.83 Khalid Al-Abaidy 12/06</p> <p>6:20.48 Nathan Ditton 27/06</p> <p>6:23.59 Cameron Smart 27/06</p>	<p><b>2,000m S/C</b></p> <p><b>JUNIOR CR</b></p> <p><b>Chris Sly</b></p> <p><b>5m 43.2</b></p> <p><b>1975</b></p>
<p><b>60m H</b></p> <p><b>Best Performance</b></p> <p><b>Lawrence Clarke</b></p> <p><b>7.72 secs</b></p> <p><b>30/01/2010</b></p>	<p>7.72 (I) Lawrence Clarke 30/01</p> <p>8.36 (I) Matt George 24/02</p> <p>8.57 (I) Ashley Bryant U20 24/02</p> <p>8.60 (I) Tom Reynolds 24/01</p>	<p>8.33 (I) Ashley Bryant 07/03</p>	<p><b>60m H</b></p> <p><b>Best Performance</b></p> <p><b>Lawrence Clarke</b></p> <p><b>7.78 secs</b></p> <p><b>22/02/2009</b></p>

<p><b>400m H</b></p> <p>53.96 Andrew Clements 21/08</p> <p><b>SENIOR CR</b></p> <p>57.89 Chris Stubbings 03/07</p> <p>62.2 Callum McKay 26/06</p> <p><b>Jeff Christie</b></p> <p>65.74 Glen Reddington V45 21/08</p> <p>67.7 Sam Taylor 26/06</p> <p>68.19 Neil Dodson V40 17/04</p> <p><b>51.33 secs</b></p> <p><b>13/07/2002</b></p>	<p>53.18 Ashley Fry 31/05</p> <p>56.81 Sam Maguire U17 12/09</p> <p>57.07 Paul Cave 23/05</p> <p>61.7 Ricky Harvie U17 25/07</p> <p>61.73 Khalid Al-Abaidy 04/09</p> <p>61.9 Petru Snaipar 25/07</p> <p>62.25 Cameron Smart 27/06</p> <p>68.6 Will Matthews 10/07</p>	<p><b>400m H</b></p> <p><b>JUNIOR CR</b></p> <p><b>Jeff Christie</b></p> <p><b>52.25 secs</b></p> <p><b>16/06/2001</b></p>
<p><b>110m H</b> (3' 6")</p> <p><b>SENIOR CR</b></p> <p><b>Lawrence Clarke</b></p> <p><b>13.51 secs</b></p> <p><b>07/07/2010</b></p>	<p>13.51 w Lawrence Clarke 07/07</p> <p>13.69 Lawrence Clarke 04/07</p> <p>14.19 w Ben Reynolds 07/07</p> <p>14.28 Ben Reynolds 30/06</p> <p>14.63 Tom Reynolds 12/06</p> <p>15.11 Matt George 25/04</p> <p>15.37 Ashley Bryant 14/08</p> <p>15.7 Callum McKay 15/05</p> <p>17.66 Andy Clements 17/04</p> <p>20.0 Ricky Harvie U17 31/07</p> <p>22.0 Graham Cole 05/06</p> <p>22.8 David Cole 05/06</p>	<p>14.38 Ashley Bryant 21/07</p> <p>19.51 Petrou Snaipar 12/09</p> <p><b>110m H</b> (3'3")</p> <p><b>JUNIOR CR</b></p> <p><b>Lawrence Clarke</b></p> <p><b>13.36 secs</b></p> <p><b>03/07/2009</b></p>
<p><b>Long Jump</b></p> <p><b>SENIOR CR</b></p> <p><b>Keith Fleming</b></p> <p><b>7.87m</b></p> <p><b>07/06/1987</b></p>	<p>7.29m Mark Holloway 05/06</p> <p>7.15m w Alan Kennedy 12/06</p> <p>7.14m Tom Reynolds 05/06</p> <p>7.08m (I) Alan Kennedy 07/02</p> <p>6.97m Michael Puplampu 24/04</p> <p>6.76m Julian Golley 10/07</p> <p>6.54m (I) Matt George 06/03</p> <p>5.99m David Cole 26/06</p> <p>5.77m (I) Eldon Lake (V40) 14/02</p> <p>5.66m Andy Clements 17/04</p> <p>5.18m Graham Cole 10/07</p>	<p>7.11m Ashley Bryant 20/07</p> <p>6.90m David Harvey 10/07</p> <p>6.55m Jonathan Sawyers 09/05</p> <p>6.22m Kieran Moss 16/06</p> <p><b>Long Jump</b></p> <p><b>JUNIOR CR</b></p> <p><b>Inferior to Under 17 CR</b></p>
<p><b>High Jump</b></p> <p><b>SENIOR CR</b></p> <p><b>Alan McKie</b></p> <p><b>2.21m</b></p> <p><b>01/06/2008</b></p>	<p>2.10m Alan McKie 05/06</p> <p>2.05m Sam Bailey 31/07</p> <p>2.00m Ben Reynolds 18/07</p> <p>2.00m Cameron Lake 05/06</p> <p>1.95m David Cole 05/06</p> <p>1.86m Tom Reynolds 05/06</p> <p>1.83m Matt George 24/04</p> <p>1.75m Graham Cole 26/06</p> <p>1.70m Andy Clements 17/04</p>	<p>1.84m (I) Ashley Bryant 06/03</p> <p>1.70m David Walker 12/09</p> <p><b>High Jump</b></p> <p><b>JUNIOR CR</b></p> <p><b>Alan McKie</b></p> <p><b>2.20m</b></p> <p><b>02/09/2007</b></p>

<p><b>Pole Vault</b></p> <p>SENIOR CR</p> <p><b>Jeff Gutteridge</b></p> <p><b>5.40m</b></p> <p><b>05/06/1983</b></p>	<p>4.60m Egryn Jones 01/05 4.60m Steve McLennan 17/07</p> <p>4.46m Tom Reynolds 06/06 4.40m Chris Mills 13/06 4.35m (I) Matt George 24/02 4.20m Steve Walker 26/06 2.60m Andy Clements 17/04</p>	<p>4.45m (I) Ashley Bryant 07/03</p>	<p><b>Pole Vault</b></p> <p>JUNIOR CR</p> <p><b>Jeff Gutteridge</b></p> <p><b>4.96m</b></p> <p><b>24/09/1975</b></p>
<p><b>Triple Jump</b></p> <p>SENIOR CR</p> <p><b>Keith Connor</b></p> <p><b>17.57m</b></p> <p><b>05/06/1982</b></p>	<p>15.54m Julian Golley 08/08</p> <p>15.19m Alan Kennedy 23/04 14.69m Michael Puplampu 01/05 12.46m Mark Holloway 03/07 11.75m David Cole 15/05 11.51m Andy Clements 17/04 10.49m Nigel Wilson V50 31/07 9.79m Steve Walker 31/07 8.85m Steve McLennan 15/05 8.09m Suk Sohal 10/07</p>	<p>14.91m Jonathan Sawyers 12/09</p> <p>13.11m (I) Kieran Moss 07/03 11.27m Josh Moss 21/08 9.01m Elliott Woolmer 10/07</p>	<p><b>Triple Jump</b></p> <p>JUNIOR CR</p> <p><b>Keith Connor</b></p> <p><b>15.95m</b></p> <p><b>30/08/1976</b></p>
<p><b>Hammer</b></p> <p>SENIOR CR</p> <p><b>Jason Byrne</b></p> <p><b>73.80m</b></p> <p><b>19/09/1992</b></p>	<p>61.79m Alex Warner 17/04</p> <p>53.85m Micki Finn 31/05 47.62m Alan James V45 10/07 45.76m Mark White U20 10/07 28.71m Neil Griffin V60 01/05 22.98m Peter Virgo V65 15/05</p>	<p>50.23m Mark White 11/08</p> <p>41.94m Teo Kubiena U17 23/05</p>	<p><b>Hammer</b></p> <p>JUNIOR CR</p> <p><b>Jason Byrne</b></p> <p><b>74.92m</b></p> <p><b>17/12/89</b></p>
<p><b>Shot</b></p> <p>SENIOR CR</p> <p><b>Neil Griffin</b></p> <p><b>16.06m</b></p> <p><b>26/06/1977</b></p>	<p>13.59m (I) Jeremy Harper 07/02</p> <p>13.36m Tom Reynolds 05/06 13.44m Matt George 05/06 12.82m (I) Ashley Bryant U20 17/02 12.54m Steve Watson U20 04/09 11.65m Neil Griffin V60 01/05 11.43m David Shiel 05/06 10.76m Andy Clements 17/04 9.65m Graham Cole 05/06 9.20m Will Matthews U20 10/07 8.45m Alan James V45 31/07 6.94m Alex Warner 05/06</p>	<p>13.99m Ashley Bryant 15/05</p> <p>13.83m Steve Watson 12/09 10.08m Ryan Barrett 27/06 9.24m Chris Andreou 23/05 6.39m Khalid Al-Abaidy 25/07</p>	<p><b>Shot</b></p> <p>JUNIOR CR</p> <p><b>Clive Jeffery</b></p> <p><b>14.32m</b></p> <p><b>06/07/1974</b></p>

<p><b>Discus</b></p> <p>49.04m Steve Watson U20 03/07</p> <p><b>SENIOR CR</b></p> <p>45.97m Jeremy Harper 11/08</p> <p>40.65m Ashley Bryant U20 01/05</p> <p><b>Mark Wiseman</b></p> <p>39.31m Ryan Barrett U20 05/06</p> <p>38.72m Matt George 06/06</p> <p>37.82m Tom Reynolds 25/04</p> <p><b>53.57m</b></p> <p>35.48m Andy Clements 17/04</p> <p>34.62m Neil Griffin V60 10/07</p> <p>27.34m David Shiel 10/07</p> <p>25.23m Will Matthews U20 15/05</p> <p>23.95m Mark White U20 31/07</p> <p>23.52m Graham Cole 05/06</p> <p><b>20/07/2002</b></p>	<p>54.94m Steve Watson 20/06</p> <p>45.39m Ryan Barrett 08/05</p> <p>43.23m Ashley Bryant 23/05</p>	<p><b>Discus</b></p> <p><b>JUNIOR CR</b></p> <p><b>Steve Watson</b></p> <p><b>54.94m</b></p> <p><b>20/06/2010</b></p>
<p><b>Javelin</b></p> <p>65.39m Matt George 17/04</p> <p><b>SENIOR CR</b></p> <p>53.70m Andy Clements 21/08</p> <p>50.50m Tom Reynolds 06/06</p> <p><b>Dan Pembroke</b></p> <p>35.51m Steve McLennan 31/07</p> <p>34.36m Neil Griffin V60 10/07</p> <p>28.49m Steve Johnson 17/04</p> <p>26.08m David Shiel 10/07</p> <p>12.27m David Cole 15/05</p> <p><b>72.54m</b></p> <p><b>12/06/2010</b></p>	<p>72.54m Dan Pembroke 12/06</p> <p>65.00m Ashley Bryant 21/07</p> <p>41.30m Ryan Horner U17 23/05</p> <p>41.25m Leigh Bosson 25/07</p> <p>29.69m Chris Andreou 23/05</p> <p>22.56m Khalid Al-Abaidy 12/09</p> <p>5.22m Luke Holmes U17 27/06</p>	<p><b>Javelin</b></p> <p><b>JUNIOR CR</b></p> <p><b>Dan Pembroke</b></p> <p><b>72.54m</b></p> <p><b>12/06/2010</b></p>
<p><b>4x100m</b></p> <p>41.36 Deji Tobais U20 05/06</p> <p>Alex Ojo U20</p> <p>Nigel Levine</p> <p>Steve Johnson</p> <p><b>SENIOR CR</b></p> <p>41.52 Alex Ojo U20 31/07</p> <p>Deji Tobais U20</p> <p>Nigel Levine</p> <p>Andrew Matthews</p> <p><b>Andy Matthews</b></p> <p><b>Rion Pierre</b></p> <p><b>Fahad Khan</b></p> <p><b>Mark Holloway</b></p> <p><b>41.07 secs</b></p> <p><b>30/07/2005</b></p>	<p>43.19 Stewart Challis 18/04</p> <p>Tom Evans</p> <p>Ravi Talla</p> <p>Alex Ojo</p> <p>43.29 Johnny Sawyer 12/09</p> <p>Stewart Challis</p> <p>Tom Evans</p> <p>Deji Tobais</p> <p>43.86 Michael Ojo U17 27/06</p> <p>Jordon Thomas U17</p> <p>Tom Evans</p> <p>Stefan Richards</p>	<p><b>4 x 100m</b></p> <p><b>JUNIOR CR</b></p> <p><b>Rion Pierre</b></p> <p><b>Adam Butler</b></p> <p><b>Fahad Khan</b></p> <p><b>Liam Freemantle</b></p> <p><b>41.16 secs</b></p> <p><b>11/09/2005</b></p>
<p><b>4x400m</b></p> <p>3:14.0 Nigel Levine 31/07</p> <p>Josh Moss U20</p> <p>Stewart Challis U20</p> <p>Steve Johnson</p> <p><b>SENIOR CR</b></p> <p>3:16.84 Stephen Johnson 05/06</p> <p>Josh Moss U20</p> <p>Andrew Clements</p> <p>Nigel Levine</p> <p><b>S Kabiswa</b></p> <p><b>Mark Hylton</b></p> <p><b>Adrian Patrick</b></p> <p><b>Mark Richardson</b></p> <p><b>3m 08.6</b></p> <p><b>06/05/1995</b></p>	<p>3:20.80 Josh Moss 12/09</p> <p>Sam Maguire U17</p> <p>Ashley Fry</p> <p>Stewart Challis</p> <p>3:22.42 Stefan Richards 23/05</p> <p>Josh Moss</p> <p>Paul Cave</p> <p>Ashley Fry</p>	<p><b>4 x 400m</b></p> <p><b>JUNIOR CR</b></p> <p><b>Josh Moss</b></p> <p><b>Sam Maguire</b></p> <p><b>Ashley Fry</b></p> <p><b>Stewart Challis</b></p> <p><b>3m 20.80 secs</b></p> <p><b>12/09/2010</b></p>

<p><b>Heptathlon</b></p> <p><b>SENIOR BP</b></p> <p><b>John Heanley</b></p> <p><b>5542 Points</b></p> <p><b>31<sup>st</sup>-1<sup>st</sup> February 2004</b></p>	<p>5071 Points (I) Matt George (6<sup>th</sup> – 7<sup>th</sup> March at Bompas, France)</p>	<p>5381 Points (I) Ashley Bryant (6<sup>th</sup> – 7<sup>th</sup> March at Bompas, France)</p>	<p><b>Heptathlon</b></p> <p><b>JUNIOR BP</b></p> <p><b>Ashley Bryant</b></p> <p><b>5381 Points</b></p> <p><b>6<sup>th</sup>-7<sup>th</sup> March 2010</b></p>
<p><b>Decathlon</b></p> <p><b>SENIOR CR</b></p> <p><b>John Heanley</b></p> <p><b>7510 points</b></p> <p><b>5<sup>th</sup>-6<sup>th</sup> June 2004</b></p>	<p>7270 points Tom Reynolds (5<sup>th</sup>/6<sup>th</sup> June at Bedford)</p> <p>7194 points Ashley Bryant U20 (14<sup>th</sup>/15<sup>th</sup> August at Manchester)</p> <p>6992 points Matt George (5<sup>th</sup>/6<sup>th</sup> June at Bedford)</p>	<p>7342 points Ashley Bryant (5<sup>th</sup>/6<sup>th</sup> June at Bedford)</p>	<p><b>Decathlon</b></p> <p><b>JUNIOR CR</b></p> <p><b>Ashley Bryant</b></p> <p><b>7342 Points</b></p> <p><b>5<sup>th</sup>-6<sup>th</sup> June 2010</b></p>

## ***N O T E S***

***Second claim / HCA athletes performances will  
only qualify for inclusion in the Rankings if  
competing for WSEH at the time***