



# SENIOR / JUNIOR RANKING LISTS 2011

## FINAL

As at 30th September 2011



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>	6.75 (I) Rion Pierre 30/01  6.81 (I) Nigel Levine 16/01 6.85 (I) Andrew Matthews 16/01 7.22 (I) Michael Puplampu 30/01 7.23 (I) Ashley Bryant 05/03 7.47 (I) Andrew Weekes 06/03 7.49 Scott Dorset V40 21/04 7.50 (I) Andrew Clements 05/02 7.70 (I) Glen Reddington V45 20/02 7.82 (I) Steve McLennan 05/12/10 8.45 (I) Neil Dodson V45 05/02 8.46 (I) Dan Greene 05/02	7.25 (I) David Harvey 09/01 7.25 (I) Johnny Sawyers 09/01  7.27 (I) Ravi Talla 05/12/10 7.44 (I) Takudzwa Muzungu 05/12/10 7.66 (I) Connor Vine 06/03 7.85 (I) Peter Quinnell 06/03 8.00 (I) Khalid Al-Abaidy 05/12/10	<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>	10.26 w Rion Pierre 16/07  10.28 w Deji Tobais 25/06 10.58 Andy Matthews 30/07 10.69 w Nigel Levine 22/05 10.8 Steve Johnson 21/05 10.84 Gareth Cunningham 29/08 11.07 Ashley Bryant 02/07 11.1 Stewart Challis 15/05 11.1 Tom Evans 30/07 11.20 Tom Reynolds 14/05 11.30 Andrew Weekes 09/07 11.48 Matt George 04/06 11.5 Michael Louise 30/07 11.60 Andrew Clements 09/07 11.70 Scott Dorset V40 20/02 12.10 Kevin McCormack 09/04	11.15 David Harvey 24/07  11.39 Kariym Irving 14/05 11.46 Robert Field 09/04 11.58 Dominic Smith 23/04 11.60 Sam Maguire 09/07 11.74 Takudzwa Muzungu 29/05 11.93 Kamoal McRae 29/05 11.98 Ryan Barrett 24/07 12.6 Peter Quinnell 22/04	<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>	21.00 w Deji Tobais 22/05  21.20 (I) Nigel Levine 06/02 21.28 Rion Pierre 03/09 21.54 w Steve Johnson 04/06 21.76 Ashley Fry 07/09 21.83 Gareth Cunningham 07/09 22.03 Andrew Matthews 02/07 22.16 (w) Ben Reynolds 20/08 22.36 Stewart Challis 17/04 22.44 (I) Ashley Bryant 16/02 22.60 Tom Evans 09/07 22.88 William Matthews 01/05 23.20 Tom Reynolds 12/06 23.30 Andrew Weekes 07/05 24.26 Kevin McCormack 09/04 24.30 Scott Dorset V40 06/02 24.35 Jeff Christie 31/05 24.58 Michael Louise 15/05 29.15 Suk Sohal V55 23/04	22.90 Sam Maguire 09/07  22.93 Dominic Smith 23/04 23.10 Robert Field 09/04 23.12 Zak Curran 10/07 23.18 Rikki Letch 11/09 24.30 Takudzwa Muzungu 29/05 24.5 Petru Snaipar 13/08 25.51 Peter Quinnell 01/05	<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>45.85 Nigel Levine 26/06</p> <p>48.47 Ashley Bryant 02/07</p> <p>48.78 Ashley Fry 27/08</p> <p>48.88 Stewart Challis 07/05</p> <p>49.43 Rory Graham-Watson 21/05</p> <p>51.12 Tom Reynolds 14/05</p> <p>51.19 (I) Andy Clements 29/01</p> <p>51.34 Matt George 04/06</p> <p>51.60 Joe Van Der Torn 07/05</p> <p>54.60 Kevin McCormack 15/05</p> <p>55.00 Michael Louise 04/06</p> <p>55.1 Nigel Wilson 13/08</p> <p>55.60 Richard Weaver v35 13/06</p> <p>56.90 Danny Hodge v45 15/05</p> <p>68.6 Sukdev Sohal v55 21/05</p> <p>80.9 Walter Wessley v65 09/07</p>	<p>48.18 Dominic Smith 02/07</p> <p>49.17 Zak Curran 15/06</p> <p>50.45 Stefan Richards 29/05</p> <p>(2<sup>nd</sup> Claim)</p> <p>51.38 Paul Cave 24/07</p> <p>(2<sup>nd</sup> Claim)</p> <p>51.97 Connor Vine 14/05</p> <p>53.1 Petru Snaipar 04/06</p> <p>56.61 Peter Quinnell 09/04</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>1m 49.46 Rory Graham-Watson 23/07</p> <p>1m 51.92 Alex Tovey 02/07</p> <p>1m 54.44 Josh Moss 25/06</p> <p>1m 55.88 Rhys Glastonbury 15/06</p> <p>1m 56.85 Tim Haughian 22/06</p> <p>1m 57.87 Simon Millett 13/07</p> <p>1m 59.69 Cameron Smart 10/07</p> <p>1m 59.79 Richard Weaver v35 11/07</p> <p>1m 59.84 Steve Johnson 23/04</p> <p>2m 57.1 Walter Wessley v65 09/07</p>	<p>1m 51.81 Zak Curran 02/07</p> <p>1m 54.51 (I) Nick Lingley 12/02</p> <p>1m 55.97 Khalid Al-Abaidy 15/05</p> <p>1m 55.98 (I) Ross Franks 30/01</p> <p>1m 55.99 Connor Vine 15/06</p> <p>1m 56.68 Jack Philp 13/07</p> <p>1m 57.26 Jack Killip 18/05</p> <p>1m 59.67 Jonny Dry 13/07</p> <p>2m 00.98 Nathan Ditton 03/04</p> <p>2m 01.08 Petru Snaipar 29/05</p> <p>2m 01.08 James Tidd 24/07</p> <p>2m 01.62 Bradley Goater 14/05</p> <p>2m 02.85 Alex Goodall 15/06</p> <p>2m 04.69 Ben Kennard 15/06</p> <p>2m 08.12 Gari Brown 17/04</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>3m 53.07 Tim Haughian 18/05</p> <p>3m 54.18 Rhys Glastonbury 11/06</p> <p>3m 54.50 Alex Tovey 09/07</p> <p>4m 02.80 Simon Millett 27/07</p> <p>4m 07.54 Cameron Smart 24/08</p> <p>4m 10.46 Richard Weaver v35 15/07</p> <p>4m 39.51 Ashley Bryant 18/08</p> <p>4m 40.66 Matt George 05/06</p> <p>4m 44.81 Noel Stoddart 25/05</p> <p>4m 49.49 Tom Reynolds 28/08</p> <p>6m 01.3 Walter Wessley v65 13/08</p> <p>6m 54.4 Suk Sohal 13/08</p>	<p>3m 56.53 (I) Ross Franks 26/02</p> <p>4m 01.19 (I) Khalid Al-Abaidy 16/01</p> <p>4m 02.45 Bradley Goater 25/05</p> <p>4m 02.49 Jack Killip 25/05</p> <p>4m 05.91 Connor Vine 01/06</p> <p>4m 06.40 Nick Lingley 29/05</p> <p>4m 09.35 Jack Philp 27/07</p> <p>4m 09.88 Alex Goodall 24/07</p> <p>4m 12.25 Nathan Ditton 27/07</p> <p>4m 13.93 Ben Kennard 27/07</p> <p>4m 15.1 James Tidd 09/07</p> <p>4m 17.56 Petru Snaipar 23/04</p> <p>4m 21.14 Jonny Dry 17/04</p> <p>4m 30.69 Gari Brown 01/06</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>8m 24.16 Tim Haughian 01/06</p> <p>8m 38.96 Rhys Glastonbury 27/07</p> <p>9m 05.45 Simon Millett 13/08</p> <p>9m 08.03 Lee Reynolds 01/06</p> <p>9m 08.17 Cameron Smart 27/07</p>	<p>8m 28.97 Bradley Goater 01/06</p> <p>8m 38.86 Jack Killip 01/06</p> <p>8m 50.85 Nick Lingley 01/06</p> <p>8m 55.91 Khalid Al-Abaidy 10/07</p> <p>9m 03.37 Alex Goodall 02/07</p> <p>9m 18.96 Nathan Ditton 23/04</p> <p>9m 19.63 Ben Kennard 15/05</p> <p>9m 42.47 Jack Philp 29/05</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>14m 53.05 Alex Tovey 02/05</p> <p>14m 53.1 Nathan White 13/08</p> <p>14m 55.01 Tim Haughian 20/08</p> <p>15m 51.2 Charles Coleman 09/07</p> <p>16m 26.81 Simon Millett 27/08</p> <p>16m 49.1 Sam Gardner 13/08</p> <p>22m 48.5 Walter Wessley v65 07/05</p> <p>25m 02.2 Suk Sohal v55 07/05</p>	<p>15m 08.11 Bradley Goater 20/08</p> <p>16m 43.3 Khalid Al-Abaidy 30/07</p> <p>18m 17.32 Nathan Ditton 04/06</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>10m 02.1 Cameron Smart 30/07</p> <p>17m 54.1 Suk Sohal v55 13/08</p>	<p>9m 57.43 Nathan Ditton 07/05</p> <p>10:25.09 Ben Kennard 27/08</p> <p>11m 21.7 James Tidd 04/06</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>6m 07.79 Khalid Al-Abaidy 11/06</p> <p>6m 14.44 Ricky Harvie U/17 24/07</p> <p>6m 17.0 Nathan Ditton 11/06</p> <p>6m 22.3 Ben Kennard 11/06</p> <p>6m 48.01 Alex Goodall 21/05</p> <p>7m 08.39 Jonny Dry 01/05</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>7.69 secs</b></p> <p><b>19/02/2011</b></p>	<p>7.69 (I) Lawrence Clarke 19/02</p> <p>8.29 (I) Ashley Bryant 02/01</p> <p>8.39 (I) Tom Reynolds 05/02</p> <p>8.41 (I) Ben Reynolds 15/01</p> <p>9.30 (I) Glen Reddington V45 20/02</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><b>SENIOR CR</b></p> <p><b>Jeff Christie</b></p> <p><b>51.33 secs</b></p> <p><b>13/07/2002</b></p>	<p>52.05 Ashley Fry 27/08</p> <p>53.66 Andrew Clements 04/06</p> <p>57.47 Tom Reynolds 17/07</p> <p>63.00 Danny Hodge V45 30/07</p> <p>64.00 Cameron Smart 07/05</p> <p>67.00 Glen Reddington V45 07/05</p>	<p>54.47 Sam Maguire 29/05</p> <p>56.57 Paul Cave 29/05 (2<sup>nd</sup> Claim)</p> <p>57.38 Lolu Oluwole-Ojo U17 11/09</p> <p>62.96 Ben Kennard 10/07</p> <p>63.12 James Tidd 11/09</p> <p>65.39 Nathan Ditton 10/07</p> <p>66.70 Petru Snaipar 21/05</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>13.58 Lawrence Clarke 31/07</p> <p>13.75 Ben Reynolds 29/06</p> <p>14.35 Ashley Bryant 08/05</p> <p>14.81 Tom Reynolds 29/04</p> <p>14.93 Matt George 22/05</p> <p>16.44 Kariym Irving U20 04/06</p> <p>16.7 Will Matthews 09/07</p> <p>16.93 Andrew Clements 04/06</p> <p>18.4 Glen Reddington V45 21/05</p> <p>19.2 Michael Louise 30/07</p> <p>19.4 Graham Cole 09/07</p> <p>20.59 Petru Snaipar U/20 23/04</p>	<p>15.08 Kariym Irving 24/07</p> <p>17.42 Russell Waterson U17 11/09</p> <p>17.72 Alex Walker U/17 24/07</p> <p>19.72 Petrou Snaipar 29/05</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>7.48m Ashley Bryant 16/08</p> <p>7.11m Tom Reynolds 14/05</p> <p>6.58m (I) Mark Holloway 09/01</p> <p>6.45m Matt George 04/06</p> <p>6.39m Ben Reynolds 27/08</p> <p>6.08m Dan Ford 30/07</p> <p>6.00m David Cole 07/05</p> <p>4.92m Kevin McCormack 07/05</p>	<p>7.11m David Harvey 27/08</p> <p>6.66m Kariym Irving 02/07</p> <p>5.33m David Walker 30/07</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>2.00m Ben Reynolds 20/08</p> <p>1.90m (I) David Cole 05/12/10</p> <p>1.90m Sam Bailey (HCA) 13/08</p> <p>1.89m (I) Ashley Bryant 05/03</p> <p>1.83m Tom Reynolds 04/06</p> <p>1.74m Matt George 04/06</p> <p>1.70m Graham Cole 09/07</p> <p>1.70m Dan Ford 30/07</p> <p>1.65m Andrew Clements 04/06</p> <p>1.40m Steve McLennan 07/05</p> <p>1.30m Steve Walker 23/04</p>	<p>1.90m Kariym Irving 24/07</p> <p>1.85m David Walker 13/08</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><b>SENIOR CR</b></p> <p><b>Jeff Gutteridge</b></p> <p><b>5.40m</b></p> <p><b>05/06/1983</b></p>	<p>4.82m (I) Steve McLennan 13/03</p> <p>4.70m (I) Tom Reynolds 20/02</p> <p>4.60m (I) Egryn Jones 05/12/10</p> <p>4.60m Ashley Bryant 03/07</p> <p>4.50m (I) Chris Mills 27/02</p> <p>4.30m Steve Walker 09/07</p> <p>4.20m (I) Matthew George 19/02</p>	<p>4.60m Charlie Smith 18/06</p> <p>3.40m (I) James Dixon 29/01</p> <p>3.35m Euan Bryden 10/07</p> <p>2.80m David Walker 07/05</p>	<p><b>Pole Vault</b></p> <p><b>JUNIOR CR</b></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><b>SENIOR CR</b></p> <p><b>Keith Connor</b></p> <p><b>17.57m</b></p> <p><b>05/06/1982</b></p>	<p>15.42m (I) Michael Puplampu 09/02</p> <p>14.70m Alan Kennedy 29/04</p> <p>11.73m David Cole 07/05</p> <p>10.95m Andrew Clements 04/06</p> <p>7.57m Dan Ford 13/08</p>	<p>15.21m Johnny Sawyers 11/09</p> <p>11.43m David Walker 29/05</p>	<p><b>Triple Jump</b></p> <p><b>JUNIOR CR</b></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><b>SENIOR CR</b></p> <p><b>Jason Byrne</b></p> <p><b>73.80m</b></p> <p><b>19/09/1992</b></p>	<p>63.50m Alex Warner 02/05</p> <p>58.48m Micki Finn 23/04</p> <p>43.97m Alan James 13/08</p> <p>32.24m Neil Griffin V60 30/07</p> <p>28.90m Joey Watson U17 13/08</p> <p>28.77m Jeremy Harper 04/06</p> <p>17.58m Ryan Horner U20 04/06</p> <p>13.89m Peter Virgo V65 07/05</p>	<p>56.95m Taylor Campbell U/17 24/07</p> <p>43.43m Gareth Winter 24/07 (2<sup>nd</sup> Claim)</p> <p>22.93m Joey Watson U/17 10/07</p> <p>17.60m Ryan Barrett 29/05</p>	<p><b>Hammer</b></p> <p><b>JUNIOR CR</b></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><b>SENIOR CR</b></p> <p><b>Neil Griffin</b></p> <p><b>16.06m</b></p> <p><b>26/06/1977</b></p>	<p>15.74m Gareth Winter U20 02/07 (2<sup>nd</sup> Claim)</p> <p>13.65m Matthew George 30/04</p> <p>13.34m (I) Ashley Bryant 05/03</p> <p>13.16m (I) Jeremy Harper 12/02</p> <p>12.82m (I) Tom Reynolds 05/02</p> <p>12.45m Kariym Irving U20 07/05</p> <p>11.94m David Shiel 13/08</p> <p>11.01m Neil Griffin V60 09/07</p> <p>10.96m Joey Watson U17 13/08</p> <p>10.20m Graham Cole 07/05</p> <p>7.80m Ryan Horner U20 04/06</p>	<p>16.51m Gareth Winter 24/07 (2<sup>nd</sup> Claim)</p> <p>14.00m Kariym Irving 24/07</p> <p>11.20m Joey Watson U/17 10/07</p> <p>10.34m Ryan Barrett 10/07</p>	<p><b>Shot</b></p> <p><b>JUNIOR CR</b></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><b>SENIOR CR</b></p> <p><b>Mark Wiseman</b></p> <p><b>53.57m</b></p> <p><b>20/07/2002</b></p>	<p>48.17m Steve Watson 22/06</p> <p>48.00m Gareth Winter U20 27/08 (2<sup>nd</sup> Claim)</p> <p>47.83m Kariym Irving U20 13/08</p> <p>47.68m Jeremy Harper 17/05</p> <p>40.46m Ashley Bryant 18/08</p> <p>37.65m David Shiel 13/03</p> <p>36.98m Tom Reynolds 28/08</p> <p>36.93m Matt George 05/06</p> <p>34.91m Neil Griffin V60 09/07</p> <p>30.35m Joey Watson U17 13/08</p> <p>27.04m Graham Cole 07/05</p> <p>25.29m Alan James 30/07</p> <p>15.99m Ryan Horner U20 04/06</p>	<p>54.07 Kariym Irving 26/06</p> <p>51.15m Gareth Winter 01/05 (2<sup>nd</sup> Claim)</p> <p>48.53m Ryan Barrett 19/06</p> <p>31.14m Taylor Campbell U17 24/07</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><b>SENIOR CR</b></p> <p><b>Dan Pembroke</b></p> <p><b>75.89m</b></p> <p><b>12/06/2011</b></p>	<p>75.89m Dan Pembroke 12/06</p> <p>66.55m Matt George 05/06</p> <p>66.00m Ashley Bryant 03/07</p> <p>52.21m Grant Fuller 15/05</p> <p>49.73m Tom Reynolds 05/06</p> <p>31.18m Neil Griffin V60 30/07</p> <p>11.84m David Shiel 30/07</p>	<p>48.70m Kariym Irving 27/08</p> <p>41.98m Leigh Bosson 10/04</p> <p>41.47m Ryan Horner 13/08</p> <p>40.45m Morgan Jury U17 01/05</p> <p>38.68m Gareth Winter 24/07 (2<sup>nd</sup> Claim)</p> <p>28.75m Zak Curran 29/05</p> <p>26.57m Ryan Barrett 11/09</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><b>SENIOR CR</b></p> <p>Andy Matthews Rion Pierre Fahad Khan Mark Holloway</p> <p><b>41.07 secs</b></p> <p><b>30/07/2005</b></p>	<p>41.85 Andrew Matthews 27/08 Gareth Cunningham Kariym Irving U20 Steve Johnson</p> <p>42.02 Andrew Matthews 02/07 Ashley Fry Kariym Irving U20 Steve Johnson</p> <p>42.29 Andrew Matthews 04/06 Ashley Fry Stewart Challis Steve Johnson</p>	<p>42.98 Sam Maguire 24/07 David Harvey Kariym Irving Jonny Sawyers</p> <p>44.25 Rickie Letch 11/09 Jonny Sawyers Ryan Barrett David Harvey</p> <p>44.47 David Harvey 01/05 Foluke Blackett U17 Kamoal McRae U17 Robert Field</p>	<p><b>4 x 100m</b></p> <p><b>JUNIOR CR</b></p> <p>Rion Pierre Adam Butler Fahad Khan Liam Freemantle</p> <p><b>41.16 secs</b></p> <p><b>11/09/2005</b></p>
<p><b>4x400m</b></p> <p><b>SENIOR CR</b></p> <p>S Kabiswa Mark Hylton Adrian Patrick Mark Richardson</p> <p><b>3m 08.6</b></p> <p><b>06/05/1995</b></p>	<p>3m 16.40 Nigel Levine 07/05 Zak Curran U20 Andrew Clements Stewart Challis</p> <p>3m 18.60 Nigel Levine 13/08 Tom Reynolds Josh Moss Ashley Fry</p> <p>3.19.40 Steve Johnson 02/07 Josh Moss Rory Graham-Watson Andrew Clements</p>	<p>3m 20.77 Zak Curran 01/05 Stefan Richards Sam Maguire Dominic Smith</p> <p>3:22.38 Zak Curran 24/07 Lolu Oluwole-Ojo Connor Vine Khalid Al-Abaidy</p> <p>3m 24.76 Zak Curran 29/05 Nick Lingley Connor Vine Paul Cave</p>	<p><b>4 x 400m</b></p> <p><b>JUNIOR CR</b></p> <p>Zak Curran Stefan Richards Sam Maguire Dominic Smith</p> <p><b>3m 20.77 secs</b></p> <p><b>01/05/2011</b></p>
<p><b>Heptathlon</b></p> <p><b>SENIOR BP</b></p> <p>John Heanley</p> <p><b>5542 Points</b></p> <p><b>31<sup>st</sup>-1<sup>st</sup> February 2004</b></p>			<p><b>Heptathlon</b></p> <p><b>JUNIOR BP</b></p> <p>Ashley Bryant</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>Ashley Bryant</p> <p>7789 points</p> <p>17th – 18th August 2011</p>	<p>7789 Points Ashley Bryant 17-18/08</p> <p>7087 Points Matt George 04-05/06</p> <p>6998 Points Tom Reynolds 27-28/08</p>		<p><b>Decathlon</b></p> <p><b>JUNIOR CR</b></p> <p>Ashley Bryant</p> <p>7342 Points</p> <p>5<sup>th</sup>-6<sup>th</sup> June 2010</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 and their performance will not qualify for a Club Record***