

# smrac men's all-time lists

Last Updated 3rd May 2020

## 100m

10.68 (10.62w)	Mutara Sheriff	2016
10.76	Nicholas Hendrix	2019
11.1	Nick Stanisavljevic	2009
11.1	Linus Field	2011
11.1	Harry Littler	2014
11.1 w	<i>Michael Hughes</i>	2007
11.1	Dylan Rubini	2015
11.1	Scott Rees	2015
11.1	Callum Sirker	2015
11.2	Reggie Clarke	2006
11.2	Shawn Mullix	2009

## 200m

21.54	Nicholas Hendrix	2018
21.68	Mutara Sheriff	2016
22.4	Linus Field	2015
22.43	Richard Klein	2019
22.7	Nick Stanisavljevic	2009
22.8	Scott Rees	2014
22.8	Callum Sirker	2014
22.8	Benjamin Taylor	2019
22.81	Harry Littler	2014
22.9	Shawn Mullix	2009

## 400m

49.5	Omar Parsons	2014
49.55	Linus Field	2011
50.6	Nicholas Hendrix	2016
50.69	Benjamin Taylor	2019
52.2	Ross Franks	2009
52.3	Laurence Telesia	2008
52.56	Scott Rees	2014
52.6	Andrew Rostek	2013
52.8	Joseph Cumberbatch	2009
53.0	Jamie Campbell	2014

## 800m

01:54.1	Ross Franks	2010
01:57.2	Aidan Aherne	2019
01:58.5	Tim Haughlin	2010
01:59.1	Omar Parsons	2014
01:59.5	Samuel Southall	2018
01:59.7	Jimmy Goulis	2009
01:59.9	Ed Smith	2011
02:00.0	Anthony Jackson	2012
02:01.1	Bradley Goater	2010
02:01.7	Calvin Chapman	2015

**1500m**

03:59.1	Ross Franks	2009
03:59.9	Luke Penney	2017
04:00.8	Bradley Goater	2010
04:03.5	Jimmy Goulis	2009
04:04.8	Tim Haughian	2010
04:06.1	Ben Gibbons	2013
04:06.8	Grant Bridgman	2009
04:08.4	Omar Parsons	2014
04:08.9	Sathira Don	2016
04:09.1	Samuel Southall	2018

**3000m**

08:30.4	Luke Penney	2015
08:42.0	Matt Crowe	2019
08:46.6	Jack Killip	2010
08:47.8	Bradley Goater	2010
08:49.1	Sathira Don	2016
09:00.5	Harry Matthews	2016
09:02.3	Anthony Jackson	2013
09:03.7	Ross Franks	2009
09:06.8	Jimmy Goulis	2009
09:08.0	Grant Bridgman	2009

**5000m**

15:25.4	Sathira Don	2016
15:29.0	Anthony Jackson	2014
15:36.7	Luke Penney	2016
15:44.2	Harry Matthews	2016
15:45.0	Robert Eveson	2019
15:45.8	Paul Lowe	2014
15:49.2	Jimmy Goulis	2009
15:57.5	Andrew Toward	2009
16:13.3	Sathira Don	2015
16:23.0	Noel Stoddart	2008

**110mH**

16.2	Shaun Leigh	2011
17.08	Linus Field	2015
17.8	Sean Lee-Rice	2010
17.8	Harry McCulloch	2017
17.90	Steve Cotton	2008
18.94	Jonathan Winney	2018
19.6	Neil Jennings	2008
19.8	Chris James	2009
19.9	Adam Richardson	2011
20.3	Paul Derrien	2009

**400mH**

61.33	Scott Rees	2015
61.4	Marc Snaith	2011
61.71	Jamie Chapman	2019
62.5	Grant Bridgman	2011
63.0	Neil Jennings	2007

64.5	Sean Lee-Rice	2008
65.0	Alfie Crews	2017
65.5	Gary Palmer	2007
65.8	Harry McCulloch	2015
66.4	Chris James	2007

### **3000m s/c**

09:52.4	Benjamin Gibbons	2018
10:36.5	Grant Bridgman	2009
10:37.2	Anthony Jackson	2014
10:37.2	Marc Snaith	2010
10:41.5	Hiran Patel	2007
10:44.4	Sathira Don	2013
10:46.1	Anthony Jackson	2012
10:47.9	Hiren Patel	2014
11:25.8	Nigel Rothwell	2008

### **High Jump**

2.00	Mervyn Glover	2009
1.99	Jonathan Winney	2013
1.90	Prakash Lee Cunningham	2014
1.85	Chris James	2007
1.85	Linus Field	2014
1.82	Scott Rees	2015
1.80	Henry Shiplee	2006
1.80	Sean Lee Rice	2008
1.80	Jacques Ezzeldin	2010
1.78	Harry McCulloch	2017
1.78	Benjamin Taylor	2018
1.78	Ted Buckle	2019

### **Pole Vault**

3.40	Jonathan Winney	2012
3.20	Linus Field	2015
3.20	Harry McCulloch	2017
3.00	Dane Grant	2008
3.00	Paul Derrien	2008
2.80	Chris James	2009
2.80	Jake Gilles	2014
2.70	Paul MacGregor	2006
2.70	Benjamin Taylor	2018
2.60	Adam Richardson	2011
2.60	Scott Rees	2014

### **Long Jump**

6.50	Linus Field	2015
6.42	Jonathan Winney	2015
6.36	Michael Hughes	2007
6.27	Scott Rees	2015
6.20	Benjamin Taylor	2019
6.16	Chris James	2009
6.12	Sean Lee-Rice	2010
6.06	Richard Klein	2019
6.04	Dane Grant	2008

5.99	Alfie Crews	2017
<b>Triple Jump</b>		
13.85	Jonathan Winney	2015
13.04	Jamie Chapman	2019
12.91	Michael Hughes	2006
11.97	Ben Wood	2011
11.95	Chris James	2009
11.81	Mervyn Glover	2008
11.73	Henry Shipley	2007
11.64	Chris James	2007
11.63	Sean Lee-Rice	2008
11.61	Jack Marston	2018
<b>Shot Putt</b>		
13.07	Paul Derrien	2008
12.33	Adam Richardson	2010
11.34	James Lee	2009
11.26	Buster Watson	2007
10.97	Matthew Collingridge	2019
10.75	Linus Field	2015
10.68	Neil Jennings	2011
10.46	Kieran Hipkins	2012
10.40	Linus Field	2014
10.33	Steve Cotton	2011
<b>Discus</b>		
40.82	Paul Derrien	2012
38.63	Colm Keenan	2014
37.42	Buster Watson	2007
36.61	Chris Hursey	2015
36.52	Adam Richardson	2011
34.93	Matthew Collingridge	2019
31.33	Neil Jennings	2008
30.80	Kieran Hipkins	2011
30.60	Harry McCulloch	2017
30.40	Linus Field	2014
<b>Hammer</b>		
49.62	Paul Derrien	2008
39.14	Neil Jennings	2011
38.28	Buster Watson	2007
38.28	Adam Richardson	2007
20.80	Kieran Hipkins	2012
18.09	Harry McCulloch	2012
17.81	Caspar Bates	2014
<b>Javelin</b>		
56.30	Benjamin Taylor	2019
53.02	Harry McCulloch	2016
51.97	Grant Bridgman	2011
50.79	Linus Field	2014
49.70	Dane Grant	2008
46.48	Kieran Hipkins	2011

46.38	Neil Jennings	2008
45.23	Scott Rees	2019
44.99	Paul Hadjiperis	2008
44.11	Jack Owen	2012

#### **Decathlon**

6112	Linus Field	2015
5440	Benjamin Taylor (U20)	2017
5190	Scott Rees (U20)	2014
4856	Harry McCulloch	2014
4324	Adam Richardson	2011
4323	Neil Jennings	2006
4043	Paul Derrien	2007

#### **4x100m**

44.1	Sheriff, Rees, Rostek, Field	2013
44.5	Sheriff, Rubini, Hendrix, Rees	2015
44.6	Littler, Sheriff, Hendrix, Parsons	2014
44.6	Sheriff, Rubini, Epiphaniou, Rees	2015
45.5	Sheriff, Juett, Chapple, Field	2012
45.5	Sheriff, Littler, Epiphaniou, Field	2015
45.9	Sheriff, Rees, Winney, Rostek	2013
46.3	Sheriff, Jennings, Winney, Rostek	2013
46.6	Glover, Cumberbatch, Powell, Bell	2011
46.7	Lutz, Chapple, Dawkins, Clarke	2007

#### **4\*400m**

03:31.5	Parsons, McCulloch, Field, Rees	2014
03:32.9	Parsons, Hendrix, McCulloch, Rees	2014
03:34.3	Rees, Field, Hendrix, Mitchell	2015
03:37.4	Haughian, Brook, Franks, Telesia	2010
03:38.5	Tonbridge	2013
03:40.3	Rostek, Millbank, McCulloch, Jackson	2013
03:41.9	Haughian, McCulloch, Franks, Smith	2010
03:44.5	Sheriff, Field, McCulloch, Winney	2015
03:45.3	Chapman, Jermy, Stoddart, Groome	2007
03:46.2	Rostek, McCulloch, Jackson, ?	2013