

smrac men's all-time lists

Last Updated 07 Apr 2026

100m

10.68 (10.62w)	Mutara Sheriff	2016
10.76	Nicholas Hendrix	2019
11.04	Callum Sirker	2023
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
11.2	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
22.76	Daniel Mills	2024
22.79	Alex Murdoch	2024
22.8	Scott Rees	2014
22.8	Callum Sirker	2014
22.8	Benjamin Taylor	2019
22.81	Harry Littler	2014

400m

48.95	Aaron Mills	2026
49.5	Omar Parsons	2014
49.55	Linus Field	2011
49.68	Kieran Bouwmeester-Reid	2025
50.6	Nicholas Hendrix	2016
50.69	Benjamin Taylor	2019
51.82	Arthur Milles	2024
52.2	Ross Franks	2009
52.3	Laurence Telesia	2008
52.47	Charlie Richardson	2023

800m

01:54.1	Ross Franks	2010
01:54.5	Jonny Brook	2025
01:57.2	Aidan Aherne	2019
01:57.6	Arthur Milles	2025
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	Daniel Jelfs	2025
01:59.9	Ed Smith	2011

1500m

03:51.9	Jonny Brook	2024
---------	-------------	------

03:59.0	Daniel Jelfs	2026
03:59.1	Ross Franks	2009
03:59.9	Luke Penney	2017
04:00.8	Bradley Goater	2010
04:02.7	Arthur Milles	2025
04:03.5	Jimmy Goulis	2009
04:04.8	Tim Haughian	2010
04:06.1	Ben Gibbons	2013
04:06.8	Grant Bridgman	2009

3000m

08:26.0	Jonny Brook	2024
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
08:49.5	Marcus Solomon	2025
08:50.7	Elliot Heath	2025
08:51.9	Tom Mythen	2024
08:54.4	Daniel Jeffs	2024

5000m

15:25.4	Sathira Don	2016
15:29.0	Anthony Jackson	2014
15:29.2	Jonny Brook	2021
15:36.7	Luke Penney	2016
15:38.2	Robert Eveson	2021
15:44.2	Harry Matthews	2016
15:45.8	Paul Lowe	2014
15:49.2	Jimmy Goulis	2009
15:57.5	Andrew Toward	2009
15:57.9	Charlie Brook	2024

110mH

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

400mH

57.88	Aaron Mills	2024
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
65.2	Louis Cummings	2021
65.5	Gary Palmer	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
1.90	Kieran Bouwmeester-Reid	2024
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

Pole Vault

4.00	Arlo Bates	2026
4.00	Kieran Bouwmeester-Reid	2023
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
3.00	Ifan McHardy	2025
2.80	Chris James	2009
2.80	Jake Gilles	2014
2.80	Joshua Gilbert	2026

Long Jump

6.69	Kieran Bouwmeester-Reid	2024
6.50	Linus Field	2015
6.42	Jonathan Winney	2015
6.41	Charlie Bretherton	2022
6.36	Michael Hughes	2007
6.27	Scott Rees	2015
6.27	Joshua Gilbert	2026
6.20	Benjamin Taylor	2019
6.20	Aaron Mills	2024
6.16	Chris James	2009

Triple Jump

13.85	Jonathan Winney	2015
13.04	Jamie Chapman	2019
12.91	Michael Hughes	2006
12.15	Daniel Mills	2023
12.14	Dylan Jones	2025
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

Shot Putt

13.32	Kieran Bouwmeester-Reid	2026
13.07	Paul Derrien	2008
12.50	Andre Pereira Carneiro	2022
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

Discus

42.62	Andre Pereira Carneiro	2023
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

Hammer

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
20.21	Andre Pereira Carneiro	2022
18.09	Harry McCulloch	2012
17.81	Caspar Bates	2014

Javelin

56.58	Kieran Boumeester-Reid	2025
56.30	Benjamin Taylor	2019
53.81	Kaiden Greening	2023
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
45.38	Andre Pereira Carneiro	2021

Decathlon

6893	Kieran Boumeester-Reid	2024
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	Little, Sheriff, Hendrix, Parsons	2014
44.6	Sheriff, Rubini, Epiphaniou, Rees	2015
45.5	Sheriff, Juett, Chapple, Field	2012
45.5	Sheriff, Little, 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