

2014 Mens rankings

60m	7.04 Mutata Sheriff	U20	Eton	02-Mar
	7.29 Kinus Field	U20	Sheffield	04-Jan
	7.41 Nick Hendrix	U17	Lee Valley	05-Jan
	8.11 Sam Dukes	U17	Lee Valley	16-Mar
100m	11.0 Mutata Sheriff	U20	Twickenham	21-Jun
	11.1 Harry Littler	U20	Eltham	19-Apr
	11.2 Callum Sirker	U20	Twickenham	21-Jun
	11.4 Scott Rees	U20	Poole	12-Jul
	11.46 Linus Field	U20	Carshalton	13-Sep
	11.5 Dylan Rubini	U17	Twickenham	21-Jun
	11.6 Nick Hendrix	U17	Perivale	27-Apr
	12.0 Jake Gillies	Sen	Twickenham	21-Jun
	12.5 Sam Dukes	U17	Carshalton	06-Jun
	12.7 Gary Palmer	M45	Battersea	23-Jun
	12.72 Harry McCulloch	Sen	Bedford	24-May
	13.0 Adam Richardson	M35	Kingston	30-Apr
	13.2 Myles Kemp	U17	Ashford	17-May
	13.4 Ben Gibbons	U20	Ashford	17-May
	13.4 Joe Widdop-Gray	U15	Hemel Hempstead	22-Jun
	14.5 Ted Buckle	U13	Perivale	31-May
	15.0 Albin Dangardt	U15	Hemel Hempstead	22-Jun
	15.2 Jowed El Hadi	U15	Uxbridge	03-May
	15.2 Declan Connolly	U13	Perivale	19-Jul
	15.3 Freddie Stoten	U15	Uxbridge	03-May
	15.3 Noal Goalen	U15	Hemel Hempstead	22-Jun
	15.4 Hector Heaps	U13	Perivale	19-Jul
	15.6 Harvey Hughes	U13	Uxbridge	03-May
	15.9 Michael Rasonyi	U14	Hemel Hempstead	22-Jun
19.3 Caspar Bates	M35	Tonbridge	02-Aug	
200m	22.1 Mutata Sheriff	U20	Twickenham	21-Jun
	22.8 Scott Rees	U20	Poole	12-Jul
	22.8 Callum Sirker	U20	Twickenham	21-Jun
	22.81 Harry Littler	U20	Eltham	19-Apr
	23.01 Nick Hendrix	U17	Kingston	04-Jun
	23.10 Omar Parsons	U20	Watford	30-Jul
	23.9 Dylan Rubini	U17	Twickenham	21-Jun
	25.5 Philip Jackson	Sen	Ashford	17-May
	25.8 Gary Palmer	M45	Perivale	14-Jul
	26.8 Adam Richardson	M35	Twickenham	07-Sep
	26.9 Joe Hinton	U15	Uxbridge	03-May
	27.1 Neil Jennings	Sen	Kingston	30-Apr
	27.5 Alex Williamson	Sen	Twickenham	18-Jun
	28.7 Dean Martin	U15	Woking	16-Jul
	29.0 Benjamin Taylor	U15	Twickenham	07-Sep
	29.5 Joshua Poncia	U13	Hemel Hempstead	22-Jun
	29.6 Daniel John	U15	Hemel Hempstead	22-Jun

	29.6 Ben Williamson	U20	Twickenham	18-Jun
	30.0 Nathan Farr	U15	Uxbridge	03-May
	31.6 James Bradley	U13	Hemel Hempstead	22-Jun
	32.1 Hector Heaps	U13	Perivale	31-May
	32.7 Jake Chesney	U13	Perivale	19-Jul
	35.4 Robert Morey	U13	Perivale	19-Jul
300m	40.1 Alfie Crews	U15	Perivale	31-May
	45.57 Benjamin Taylor	U15	Lee Valley	25-May
	51.6 Freddie Stoten	U15	Perivale	19-Jul
400m	49.5 Omar Parsons	U20	Kingston	29-Jun
	49.55 Linus Field	Sen	Bedford	24-May
	52.1 Nick Hendrix	U17	Twickenham	21-Jun
	52.6 Scott Rees	U20	Par	05-Jul
	53.0 Jamie Campbell	U20	Perivale	27-Apr
	55.73 Harry McCulloch	Sen	Bedford	24-May
	56.8 Philip Jackson	Sen	Ashford	17-May
	57.1 Conor Kissane-Wood	Sen	Tonbridge	02-Aug
	57.5 Anthony Jackson	Sen	Woking	16-Jul
	57.5 Jamie Millbank	U20	Kingston	30-Apr
	58.51 Gary Palmer	M45	Eltham	19-Apr
	58.6 Alex Williamson	Sen	Twickenham	18-Jun
	59.0 Marc Snaith	M35	Twickenham	18-Jul
	61.0 Adam Richardson	M35	Walton	14-May
	62.1 Neil Jennings	Sen	Woking	16-Jul
	62.1 Ben Williamson	U20	Twickenham	18-Jun
	70.6 Caspar Bates	M35	Tonbridge	02-Aug
800m	01:59.1 Omar Parsons	U20	Tonbridge	02-Aug
	02:00.9 Anthony Jackson	Sen	Watford	23-Apr
	02:03.2 Ben Gibbons	U20	Twickenham	21-Jun
	02:03.7 Jamie Millbank	U20	Twickenham	21-Jun
	02:05.9 Sathira Don	U15	Watford	13-Aug
	02:06.0 Paul Lowe	Sen	Eltham	19-Apr
	02:06.9 Conor Kissane-Wood	Sen	Twickenham	21-Jun
	02:07.3 Robert Eveson	U20	Walton	14-May
	02:13.9 Harry Matthews	U20	Poole	12-Jul
	02:15.2 Alfie Crews	U15	Hemel Hempstead	22-Jun
	02:16.7 Myles Kemp	U17	Kingston	30-Apr
	02:21.1 Marc Snaith	M35	Ewell	04-Jun
	02:23.0 Alex Williamson	Sen	Tonbridge	02-Aug
	02:23.7 Gary Palmer	M45	Ashford	17-May
	02:25.3 Joshua Poncia	U13	Perivale	19-Jul
	02:28.8 Ben Williamson	U20	Tonbridge	02-Aug
	02:29.9 Benjamin Taylor	U15	Lee Valley	30-Mar
	02:32.2 Declan Connolly	U13	Eton	09-Jun
	02:34.7 Jowed El Hadi	U15	Hemel Hempstead	22-Jun
	02:39.7 Hector Heaps	U13	Uxbridge	03-May
	02:42.5 Jake Chesney	U13	Hemel Hempstead	22-Jun

	02:42.7	Nathan Farr	U15	Perivale	19-Jul
	02:45.3	Albin Dangardt	U15	Hemel Hempstead	22-Jun
	02:49.1	Robert Morey	U13	Perivale	31-May
	02:51.6	Michael Raysoni	U13	Hemel Hempstead	22-Jun
	03:13.7	Paul Derrien	M40	Par	09-Jul
1000m	03:12.7	Gary Palmer	M45	Lee Valley	16-Feb
	03:13.3	Linus Field	U20	Sheffield	05-Jan
1500m	04:08.4	Omar Parsons	U20	Watford	30-Jul
	04:09.3	Ben Gibbons	U20	Watford	04-Jun
	04:15.0	Conor Kissane-Wood	Sen	Watford	27-Aug
	04:16.0	Paul Lowe	Sen	Eltham	19-Apr
	04:17.0	Sathira Don	U20	Lee Valley	19-Feb
	04:17.1	Aaron Farr	U17	Twickenham	18-Jun
	04:18.3	Anthony Jackson	Sen	Walton	14-May
	04:20.8	Robert Eveson	U20	Watford	04-Jun
	04:22.5	Marc Snaith	M35	Wimbledon	20-Aug
	04:24.6	Jamie Millbank	U20	Twickenham	07-Sep
	04:26.0	Harry Matthews	U20	Watford	04-Jun
	04:35.7	Myles Kemp	U17	Ashford	17-May
	04:37.5	Alex Williamson	Sen	Twickenham	22-Jun
	04:45.6	Harry McCulloch	Sen	Carshalton	14-Sep
	04:53.4	Scott Rees	U20	Lee Valley	29-Jun
	04:54.3	Oscar Crowe	U15	Hemel Hempstead	22-Jun
	04:56.0	Joshua Poncia	U13	Hemel Hempstead	22-Jun
	05:03.5	Ben Williamson	U20	Poole	12-Jul
	05:06.9	Dean Martin	U15	Woking	16-Jul
	05:08.4	Gary Palmer	M45	Abingdon	08-Jun
	05:21.0	Jowed El Hadi	U15	Perivale	31-May
	05:21.2	Noah Goalen	U15	Hemel Hempstead	22-Jun
	05:30.0	Hector Heaps	U13	Perivale	31-May
	05:33.6	Jack Bennett	U13	Uxbridge	03-May
	05:41.9	Jake Chesney	U13	Perivale	31-May
	05:44.3	Miles Powell	U15	Uxbridge	03-May
Mile					
3000m	09:09.3	Paul Lowe	Sen	Twickenham	07-Sep
	09:09.7	Sathira Don	U20	Watford	30-Jun
	09:09.9	Anthony Jackson	Sen	Kingston	30-Apr
	09:17.1	Ben Gibbons	U20	Ashford	17-May
	09:30.6	Conor Kissane-Wood	Sen	Twickenham	07-Sep
	09:34.6	Aaron Farr	U17	Milton Keynes	07-Jun
	09:49.6	Jamie Millbank	U20	Twickenham	18-Jun
	09:57.7	Robert Eveson	U20	Tooting Bec	13-Aug
	09:59.7	Marc Snaith	M35	Twickenham	18-Jun
	10:18.5	Alex Williamson	Sen	Poole	12-Jul
	10:42.2	Paul Graham	M40	Poole	12-Jul
	11:20.5	Ben Williamson	U20	Ashford	17-May

5000m	15:39.0	Anthony Jackson	Sen	Crystal Palac	14-Jun
	15:45.8	Paul Lowe	Sen	Twickenham	21-Jun
	16:50.0	Harry Matthews	U20	Eltham	19-Apr
	17:12.8	Robert Eveson	U20	Twickenham	21-Jun
	18:21.9	Alex Williamson	Sen	Eltham	19-Apr
	18:29.1	Marc Snaith	M35	Twickenham	21-Jul
60mH	9.93	Linus Field	U20	Sheffield	05-Jan
	10.16	Harry McCulloch	Sen	Sheffield	21-Feb
	10.25	Benjamin Taylor	U15	Lee Valley	30-Mar
	11.32	Gary Palmer	M45	Lee Valley	16-Feb
75mH	16.0	Ted Buckle	U13	Uxbridge	03-May
	16.8	Jake Chesney	U13	Hemel Hemp	22-Jun
	16.9	Harvey Hughes	U13	Uxbridge	03-May
	18.5	Robert Morey	U13	Perivale	19-Jul
80mH	12.8	Benjamin Taylor	U15	Hemel Hemp	22-Jun
	12.8	Joe Widdop-Gray	U15	Hemel Hemp	22-Jun
	16.6	Jowed El Hadi	U15	Perivale	19-Jul
100mH					
110mH	17.74	Scott Rees (U20)	U20	Lee Valley	29-Jun
	17.9	Harry McCulloch	Sen	Twickenham	21-Jun
	20.0	Neil Jennings	Sen	Poole	12-Jul
	21.41	Adam Richardson	M35	Eltham	19-Apr
400mH	65.3	Marc Snaith	M35	Tonbridge	02-Aug
	67.8	Neil Jennings	Sen	Twickenham	21-Jun
	68.1	Gary Palmer	M45	Ashford	17-May
	72.5	Adam Richardson	M35	Poole	12-Jul
	78.5	Sathira Don	U20	Tonbridge	02-Aug
1500m SC					
2K SC	06:28.4	Ben Gibbons	U20	Twickenham	18-Jun
	06:42.5	Sathira Don	U20	Tonbridge	02-Aug
	06:57.5	Marc Snaith	M35	Tonbridge	02-Aug
	07:48.2	Jamie Millbank	U20	Kingston	29-Jun
	07:58.3	Robert Eveson	U20	Tonbridge	02-Aug
	08:15.6	Paul Graham	M40	Walton	14-May
3K SC	10:37.2	Anthony Jackson	Sen	Mile End	07-Jun
	10:47.9	Sathira Don	U20	Poole	12-Jul
	10:53.0	Ben Gibbons	U20	Ashford	17-May
	12:07.7	Paul Graham	M40	Walton	14-May
4*100m	44.6	Littler, Sheriff, Hendris, Parsons	Sen	Twickenham	21-Jun

	47.7	Littler, McCulloch, Parsons	Sen	Eltham	19-Apr
	49.2	Parsons, McCulloch, Jennings, Jackson	Sen	Ashford	17-May
	52.7	Lee Cunningham, Rubini, Rees, Kemp	U17	Perivale	27-Apr
	58	Widdop-Gray, El Hadi, Hinton, Stoten	U15	Uxbridge	03-May
	61.5	Ho, Heaps, Hughes, Buckle	U13	Uxbridge	03-May
4*200m					
4*300m	03:20.6	Rasonyi, Crews, Morey, Taylor	U15	Uxbridge	03-May
4*400m					
	03:31.5	Parsons, McCulloch, Field, Rees	Sen	Poole	12-Jul
	03:32.9	Parsons, Hendrix, McCulloch, Rees	Sen	Twickenham	21-Jun
	03:48.2	Palmer, McCulloch, Kemp, Jackson	Sen	Ashford	17-May
	03:48.7	Campbell, Parsons, Gibbons, Matthews	U20	Perivale	27-Apr
	03:56.1	Parsons, McCulloch, Palmer, Kemp	Sen	Eltham	19-Apr
HJ					
	1.85	Linus Field	Sen	Poole	12-Jul
	1.85	Prakash Lee-Cunningham	U17	Hendon	10-Jun
	1.76	Scott Rees	U20	Twickenham	21-Jun
	1.75	Harry McCulloch	Sen	Eltham	19-Apr
	1.70	Omar Parsons	U20	Perivale	27-Apr
	1.60	Adam Richardson	M35	Walton	14-May
	1.60	Gary Palmer	M45	Perivale	14-Jul
	1.45	Neil Jennings	Sen	Eton	02-Jul
	1.40	Joe Hinton	U15	Perivale	31-May
	1.37	Ted Buckle	U13	Uxbridge	03-May
	1.36	Benjamin Taylor	U15	Lee Valley	28-Jun
	1.25	Alfie Crews	U15	Hemel Hempstead	22-Jun
	1.20	James Bradley	U13	Hemel Hempstead	22-Jun
	1.05	Jake Chesney	U13	Perivale	31-May
PV					
	3.00	Harry McCulloch	Sen	Twickenham	21-Jun
	3.00	Paul Derrien	M40	Tonbridge	02-Aug
	2.97	Linus Field	Sen	Sheffield	05-Jan
	2.80	Jake Gillies	Sen	Twickenham	21-Jun
	2.60	Scott Rees	U20	Lee Valley	29-Jun
	2.40	Adam Richardson	M35	Kingston	30-Apr
	2.30	Nathan Farr	U15	Uxbridge	03-May
	2.20	Neil Jennings	Sen	Ashford	17-May
	2.00	Prakash Lee-Cunningham	U17	Perivale	27-Apr
	1.80	Benjamin Taylor	U15	Hemel Hempstead	22-Jun
LJ					
	6.26	Linus Field	U20	Bedford	24-May
	6.26	Scott Rees	U20	Par	05-Jul
	5.61	Harry Littler	U20	Twickenham	21-Jun
	5.52	Harry McCulloch	Sen	Tonbridge	02-Aug
	5.13	Adam Richardson	M35	Twickenham	21-Jun
	5.04	Gary Palmer	M45	Abingdon	08-Jun
	4.93	Mutara Sheriff	U20	Mile End	07-Jun
	4.49	Benjamin Taylor	U15	Lee Valley	30-Mar

	4.47	Joe Widdop-Gray	U15	Perivale	19-Jul
	4.45	Alfie Crews	U15	Twickenham	07-Sep
	4.43	Daniel John	U15	Perivale	31-May
	4.21	Freddie Stotten	U15	Uxbridge	03-May
	3.93	Matthew Randall	U13	Perivale	19-Jul
	3.84	Ted Buckle	U13	Perivale	31-May
	3.83	Jowed El Hadi	U15	Hemel Hempstead	22-Jun
	3.83	James Bradley	U13	Hemel Hempstead	22-Jun
	3.69	Jake Chesney	U13	Lee Valley	25-May
	3.52	Jack Bennett	U13	Uxbridge	03-May
	3.30	Harvey Hughes	U13	Perivale	31-May
TJ	11.32	Adam Richardson	M35	Ewell	04-Jun
	9.97	Neil Jennings	Sen	Twickenham	21-Jun
	9.86	Gary Palmer	M45	Battersea	23-Jun
	9.77	Daniel John	U15	Twickenham	07-Sep
	9.19	Paul Derrien	M40	Eltham	19-Apr
	8.40	James Bradley	U13	Twickenham	07-Sep
	8.30	Freddie Stoten	U15	Twickenham	07-Sep
SP	14.29	Sam Collingridge (5kg)	U17	Twickenham	18-Jun
	12.18	Adam Richardson	M35	Poole	12-Jul
	10.88	Paul Derrien	M40	Mile End	07-Jun
	10.40	Linus Field	Sen	Twickenham	24-Aug
	10.28	Neil Jennings	Sen	Ashford	17-May
	10.19	Harry McCulloch	Sen	Bedford	24-May
	9.02	Matthew Collingridge (3.25kg)	U13	Kingston	27-Jun
	8.95	Benjamin Taylor (4kg)	U15	Lee Valley	28-Jun
	8.86	Scott Rees (4kg)	U20	Bedford	19-Jul
	8.43	Gary Palmer	M45	Lee Valley	16-Feb
	7.69	Iain Rees (5kg)	U17	Twickenham	24-Aug
	7.14	Joe Widdop-Gray (4kg)	U15	Perivale	19-Jul
	7.08	Joe Hinton (4kg)	U15	Uxbridge	03-May
	6.69	Caspar Bates	M35	Kingston	30-Apr
	6.00	Freddie Stoten (4kg)	U15	Perivale	19-Jul
	5.41	Matthew Randall (3.25kg)	U13	Hemel Hempstead	22-Jun
	4.62	Hector Heaps (3.25kg)	U13	Perivale	31-May
	4.46	Jowed El Hadi (4kg)	U15	Jemel Hempstead	22-Jun
DT	42.08	Sam Collingridge (1.5kg)	U17	Carshalton	01-Jun
	38.63	Colm Keenan	Sen	Twickenham	21-Jun
	37.55	Paul Derrien	M40	Eltham	19-Apr
	35.79	Adam Richardson	M35	Poole	12-Jul
	30.40	Linus Field	U20	Twickenham	07-Sep
	29.28	Neil Jennings	Sen	Tonbridge	02-Aug
	28.63	Scott Rees (1.75kg)	U20	Lee Valley	29-Jun
	28.00	Harry McCulloch	Sen	Carshalton	14-Sep
	25.16	Joe Hinton (1.25kg)	U15	Perivale	19-Jul
	23.91	Matthew Collingridge (1kg)	U13	Kingston	27-Jun
	22.54	Benjamin Taylor (1.25kg)	U15	Twickenham	07-Sep

	22.47 Gary Palmer	M45	Abingdon	08-Jun
	21.09 Iain Rees (1.5kg)	U17	Twickenham	24-Aug
	18.49 Caspar Bates	M35	Walton	14-May
	13.72 Alfie Crews (1.25kg)	U15	Uxbridge	03-May
	12.32 Miles Powell (1.25kg)	U15	Uxbridge	03-May
HT	45.46 Paul Derrien	M40	Eltham	19-Apr
	38.25 Neil Jennings	Sen	Ashford	17-May
	36.81 Adam Richardson	M35	Ewell	04-Jun
	33.35 Iain Rees (5kg)	U17	Kingston	29-Jun
	17.81 Caspar Bates	M35	Kingston	30-Apr
	15.54 Daniel John (4kg)	U15	Perivale	31-May
	13.05 Linus Field	U20	Twickenham	24-Aug
	12.47 Matthew Collingridge (3kg)	U13	Kingston	27-Jun
	6.41 Miles Powell (4kg)	U15	Twickenham	24-Aug
JT	52.27 Harry McCulloch	Sen	Poole	12-Jul
	50.79 Linus Field	Sen	Tonbridge	02-Aug
	38.76 Neil Jennings	Sen	Tonbridge	02-Aug
	38.19 Scott Rees	U20	Lee Valley	29-Jun
	37.15 Paul Derrien	M40	Bournemout	09-Aug
	36.65 Benjamin Taylor (600g)	U15	Hemel Hempstead	22-Jun
	33.35 Adam Richardson	M35	Twickenham	07-Sep
	30.81 Caspar Bates	M35	Walton	14-May
	26.85 Iain Rees (700g)	U17	Kingston	29-Jun
	26.04 Matthew Collingridge (400g)	U13	Uxbridge	24-Aug
	25.55 Alfie Crews (600g)	U15	Hendon	10-Jun
	22.61 Gary Palmer	M45	Abingdon	08-Jun
	17.79 Jowed El Hadi (600g)	U15	Perivale	19-Jul
	15.46 Declan Connolly (400g)	U13	Perivale	19-Jul
	13.72 Ted Buckle (400g)	U13	Perivale	19-Jul
	10.83 Michael Rasonyi (400g)	U13	Hemel Hempstead	22-Jun
	9.43 Jake Chesney (400g)	U13	Perivale	31-May
	7.21 Miles Powell (600g)	U15	Hemel Hempstead	22-Jun
	5.70 Nathan Farr (600g)	U15	Perivale	19-Jul
Decathlon	5190 Scott Rees	U20	Lee Valley	29-Jun
	4856 Harry McCulloch	Sen	Carshalton	14-Sep
Octathlon				
Heptath	3974 Linus Field	Sen	Sheffield	05-Jan
Pentathl	2688i Gary Palmer	M45	Lee Valley	16-Feb
	2580 Gary Palmer	M45	Abingdon	08-Jun
	1881 Benjamin Taylor	U15	Lee Valley	28-Jun