

UK Lists (as at 24 May 2021)
 (compiled by Stan Greenberg)]
 (2020/2021 Olympic qualifying marks in brackets)

MEN		21.24	Ben Snaith
		21.18	Brandon Mingeli
100m(10.05)		21.24	James Hanson
10.03	Chijindu Ujah	21.28	Kyle Ennis
10.14	Zharnel Hughes	21.28	Dan Beadsley
10.28	Nethaneel Mitchell-Blake	21.28	Jona Efoloko
10.31	Edmond Amaning	windy	
10.33	Jordan Watson-Brown	19.93	Zharnel Hughes
10.36	Jona Efoloko	20.45	Miguel Francis
10.37	Andrew Morgan-Harrison	20.62	Edmond Amaning
10.39	Miguel Francis	20.65	Tommy Ramdhan
10.40	Chad Miller	20.72	Delano Williams
10.41	Jona Efoloko	20.9h	Jordan Watson-Brown
10.42	Toby Makoyawo	20.92	Adam Clayton
10.43	Kieran Showler-Davis	21.05	Nick Stewart
10.43	Sam Gordon	21.1h	Toby Harries
10.44	Dom Ashwell	21.15	Kyle Ennis
10.44	Jeremiah Azu	21.20	James Hanson
10.45	Joel Fearon	21.2h	Chad Miller
10.48	Brandon Mingeli	indoors	
10.48	James Dasaolu	21.20	Praise Olatoke
10.49	Andrew Robertson	21.2h?	Danny Talbot
10.49	James Ellington	Straightaway	
windy		19.93	Zharnel Hughes
10.22	Joel Pascall-Menzie		
10.30	Jeremiah Azu	300m	
10.35	Joel Fearon	32.91	Lee Thompson
10.35	Sam Gordon		
10.35	James Dasaolu	400m(44.90)	
10.36	Tommy Ramdhan	45.51	Matthew Hudson-Smith
10.37	Imran Rahman	45.51	Charlie Dobson
10.37	Ojie Edoburun	45.98	Cameron Chalmers
10.39	Dom Ashwell	46.30	Michael Ohioze
10.39	Henry Nwoke	46.37	Niclas Baker
10.40	James Ellington	46.59	Alex Haydock-Wilson
10.41	Brandon Mingeli	46.64	Charlie Carvell
		46.69	Rabah Yousif
200m(20.24)		46.69	Jamal Rhoden-Stevens
20.14	Zharnel Hughes	46.70	Owen Smith
20.51	Miguel Francis	46.78	Joseph Brier
20.76	Nethaneel Mitchell-Blake	46.80	Lee Thompson
20.82	Chijindu Ujah	46.85	Toby Harries
20.83	Delano Williams (ENG)	46.86	Kevin Metzger
20.84	Andrew Morgan-Morrison	47.15	Ethan Brown
20.87	Edward Amaning	47.18	James Williams
20.88	Michael Ohioze	47.19	Edward Faulds
21.15	Toby Makoyawo	47.20	Alex Cooper
21.17	Shemar Boldizsar	47.21	Efe Okoro
21.18	Adam Gemili	47.37	Aidan Leeson

UK Lists (as at 24 May 2021)
 (compiled by Stan Greenberg)]
 (2020/2021 Olympic qualifying marks in brackets)

47.43	Ben Jeffries	1000m	
47.5h	Brodie Young	-	
Indoors		indoors	
46.60	James Williams	2:17.20	Charles Da'Vall Grice
46.62	Ethan Brown	2:18.68	Neil Gourley
46.65	Lee Thompson		
47.07	Thomas Somers	1500m(3:35.00)	
47.16	Ben Jeffries	3:35.78	Josh Kerr
		3:36.24	Jake Heyward
600m		3:36.28	Marc Scott
-		3:37.72	James Young
		3:38.79	Adam Fogg(ex Aus)
800m(1:45.20)		3:40.11	George Mills
1:44.14	Max Burgin	3:40.23	Euan Makepeace
1:45.47	Jake Wightman	3:41.18	Patrick Dever
1:45.74	Josh Kerr	3:41.42	James West
1:46.51	Finley McLear	3:41.66	Archie Davis
1:46.52	Alex Botterill	3:42.06	Zak Seddon
1:46.77	Ben Pattison	3:42.49	Jeremy Dempsey
1:46.84	Yusuf Bizimana	3:42.66	Tom Dodd
1:46.85	Guy Learmonth	3:42.71	Henry McLuckie
1:47.00	Kyle Langford	3:42.75	Isaac Akers
1:47.08	Oliver Dustin	3:42.90	Yusuf Bizimana
1:47.22	Tiarnen Crokken	3:42.90	Tom Mortimer
1:47.24	Max Wharton	3:43.10	James Henaghan
1:47.26	Archie Davis	3:43.17	Ethan Hussey
1:48.00	Tom Randolph	3:43.46	Andrew Smith
1:48.07	Rocco Zaman-Browne	3:43.59	Charlie Hicks
1:48.72	Ben Greenwood	3:43.60	Jonathan Shields
1:48.75	Sebastian Anthony	3:43.65	Tiarnan Crokken
1:48.95	George Mills	3:44.00	Alex George
1:49.22	Michael Wilson	3:44.05	Kane Elliott
1:49.26	Charles Da'Vall Grice	3:44.05	Jack Meijer
1:49.48	Angus Harrington	3:44.38	Kian Davis
1:49.53	Daniel Howells	3:44.43	Mark Pearce
1:49.61	Joe Ewing	3:44.53	John Howorth
1:49.78	Elliot Slade	3:44.65	Matt Leach
1:49.84	Adam Wright	3:44.66	Chis Olley
1:49.98	David Locke	3:44.68	Sebastian Anthony
1:49.98	Daniel Joyce	3:44.67	Adam Moore
indoors		3:44.69	Matthew Wigelsworth
1:43.63	Elliot Giles	3:44.75	Rory Leonard
1:44.54	Jamie Webb	3:44.77	Remi Adebisi
1:45.52	Charles Da'Vall Grice	3:44.93	Miles Weatherseed
1:45.91	Finley McLear	3:44.98	Tom Anderson
1:46.73	Guy Learmonth	indoors	
1:47.24	Neil Gourley	3:34.48	Jake Wightman
1:48.74	Sebastian Anthony	3:35.79	Neil Gourley

UK Lists (as at 24 May 2021)
 (compiled by Stan Greenberg)]
 (2020/2021 Olympic qualifying marks in brackets)

3:36.90	Elliot Giles		
3:38.55	Piers Copeland	13:46.95	Liam Dee
3:40.82	Andy Butchart	13:48.61	Isaac Akers
3:41.40	Archie Davis	13:48.97	Adam Clarke
3:44.20	David Mullarkey	13:49.33	Kristian Jones
		13:50.22	Rory Leonard
Mile		13:53.06	Jonathan Davies
-		13:53.29	Tom Marshall
Indoors		13:54.52	Michael Power
3:57.00	Tom Dodd	13:55.91	Hugo Milner
3:57.52	Adam Fogg (ex-Aus)	13:56.20	Henry McLuckie
3:57.81	Yusuf Bizimana	13:56.65	Mahamad Mahamad
4:00.40	James Young	13:56.03	Jamaine Coleman
4:00.81	Tom Anderson	13:56.52	David Mullarkey
		13:58.48	Adam Fogg (Ex-Aus)
2000m		13:59.24	Scott Beattie
-		13:59.80	Alex George
3000m		10,000m(27:28.00)	
7:36.08	Marc Scott	27:10.41	Marc Scott
7:53.61	Jonathan Davies	28:14.30	Emile Cairess
7:57.44	Phil Sesemann	28:25.29	Charles Hicks
7:58.98	David Mullarkey	28:28.13	Patrick Dever
indoors		28:33.17	Kristian Jones
7:40.85	Andy Butchart	28:39.46	Charles Hicks
7:51.27	Phil Sesemann	28:41.24	Matt Leach
7:52.36	Mark Pearce	28:41.38	Scott Beattie
7:53.47	Jack Rowe	28:45.72	Dewi Griffiths
7:54.33	Tom Anderson	28:59.63	James Hunt
7:55.28	Ross Millington	29:00.16	Thomas George
7:55.43	Euan Makepeace	29:00.26	David Melville
7:58.42	Charles Wheeler		
7:59.45	Emile Cairess	Half Marathon	
8:00.55	Ieuan Thomas	63:45	Callum Johnson
		63:97	Mo Farah
5000m(13:13.50)		64:45+	Dewi Griffiths
13:05.13	Marc Scott	64:45+	Jake Smith
13:20.39	Andy Butchart	64:45+	Ben Connor
13:23.78	Josh Kerr	64:45+	Callum Hawkins
13:28.08	Patrick Dever	64:46+	Muhamud Aadan
13:30.55	Euan Makepeace	65:03+	Chris Thompson
13:34.63	Charles Hicks	65:07	Adam Hickey
13:35.77	Jack Rowe	65:33	Chris Richards
13:38.01	Jake Smith	65:38	Daniel Connolly
13:38.38	Tom Anderson	65:40	Jonathan Glen
13:39.79	Tom Mortimer	65:41	Dean Williamson
13:46.26	Matt Leach	65:59	Joe Monk
13:46.78	James Dee		
13:46.80	Phil Norman		

UK Lists (as at 24 May 2021)
 (compiled by Stan Greenberg)]
 (2020/2021 Olympic qualifying marks in brackets)

Marathon(2:11:30)		4 x 400m
2:10:52	Chris Thompson x	3:06.70i National Team
2:11:00	Jake Smith	
2:12:06	Ben Connor x	4x 400m(Mixed)
2:12:20	Muhamud Aadan	3:17.27 National Team
2:13:42	Dewi Griffiths	
2:15:08	Joshua Griffiths	High Jump(2.33)
2:15:26	Robbie Simpson	2.25 Will Grimsey
2:15:50	Andrew Davies	2.22 Chris Baker
2:15:58	Frank Baddick	2.20 Dave Smith
-	Callum Hawkins x	2.10 Joel Khan
		2.17 Sam Brereton
2000mSt		2.14 Adam Brooks
5:26.06	Phil Norman	indoors
		2.23 Joel Khan
3000mSt(8:22.00)		
8:20.12	Phil Norman	Pole Vault(5.80)
8:29.37	Zak Seddon	5.45 Harry Coppell
8:29.39	Jamaine Coleman	5.20 Adam Hague
8:32.65	Mark Pearce	5.15 George Heppinstall
8:41.29	Adam Visokay	5.12 Jacob Clark
8:49.82	Aidan Thompson	indoors
8:50.07	Alex Cornwell	5.65 Charlie Myers
8:51.88	Haran Dunderdale	
		Long Jump(8.22)
110mH(13.32)		7.88 Reynold Banigo
13.53	David King	7.78 Alex Farquharson
13.55	James Weaver	7.80 Tim Duckworth
13.57	Cameron Fillery	7.67 Jacob Fincham-Dukes
13.64	Onotade Ojora	7.55 Adam McMullen (Nir)
13.64	Josh Zeller	7.53 Jack Turner
13.97	Joseph Harding	7.52 Jack Roach
windy		7.49 Samuel Khogali
13.42	Andy Pozzi	7.42 Alessandro Schenini
		windy
400mH(48.90)		-
50.23	Alastair Chalmers	Indoors
50.73	Alex Knibbs	8.08 Jacob Fincham-Dukes
51.18	Dai Greene	7.55 Alex Farquharson
51.30	Chris McAlister	7.49 Jack Roach
51.66	Seamus Derbyshire	7.46 Dominic Ogbechie
51.69	Jacob Paul	7.45 James Lelliot
51.89	Bailey Stickings	7.40 Dan Bramble
52.02	Jason Nicholson	
52.06	Adam Booth	
4 x 100m		
39.73	Wales	

UK Lists (as at 24 May 2021)
(compiled by Stan Greenberg)]
(2020/2021 Olympic qualifying marks in brackets)

Triple Jump(17.14)

16.07 Julian Reid
15.94 Nathan Douglas
15.71 Daniel Igbokwe
15.64 Michael Puplampu
15.54 Aidan Quinn
15.45 Jonathan Illori

Windy

16.57 Nathan Douglas
15.73 Daniel Igbokwe

indoors

15.99 Efe Uwaifo
15.42 Sam Trigg

Shot(21.10)

20.29 Scott Lincoln
18.09 Youcef Zatat
17.57 George Evans
17.41 Gareth Winter
17.10 Lewis Byng
17.08 Dan Cork
17.05 Patrick Swan

indoors

17.79 George Evans
17.52 Lewis Byng

Discus(66.00)

65.56 Lawrence Okoye
62.52 Nick Percy
60.93 Greg Thompson
59.32 George Armstrong
58.71 Sam Woodley
57.20 Chris Scott
55.58 Jack Tomlinson
55.10 George Evans

Hammer(77.50)

76.97 Taylor Campbell
75.69 Chris Bennett
72.71 Jake Norris
72.63 Craig Murch
69.74 Jac Palmer
69.73 Osian Jones
69.07 Joe Ellis
67.68 Tom Parker
67.66 Ben Hawkes
66.85 Ruben Banks
66.72 Chris Shorthouse
66.29 Ciaran Wright

Wt(indoors)

21.92 Jake Norris
21.75 Ruben Banks
19.60 Bayley Campbell

Javelin(85.00)

75.94 Harry Hughes
73.73 Daniel Bainbridge
72.98 Joe Dunderdale

Decathlon (8350p)

7659p Jack Turner
7388p Oliver Thorner
7158p Tim Duckworth
7148p Joel McFarlane

20km Walk(1:21:00)

1:22:27 Tom Bosworth x
1:22:47 Callum Wilkinson
1:22:50 Cameron Corbishley
1:30:19 Guy Thomas
1:30:29 Daniel King

50km Walk(3:50:00)

3:51:13 Dominic King
3:54:15 Cameron Corbishley
4:06:09 Daniel King

UK Lists (as at 24 May 2021)
 (compiled by Stan Greenberg)]
 (2020/2021 Olympic qualifying marks in brackets)

WOMEN		300m	
		37.10+	Jodie Williams
100m(11.15)		37.24mx	Laviai Nielsen
11.12	Daryll Neita		
11.35	Dina Asher-Smith	400m(51.35)	
11.41	Immanuela Aliu	51.01	Jodie Williams
11.46	Jodie Williams	51.39	Nicole Yeargin
11.46	Kristal Awuah	51.73	Yasmin Liverpool
11.46	Asha Philip	51.97	Amber Anning
11.59	Kiah Dubarry-Gay	52.49	Hannah Williams
11.65	Joy Eze	52.56	Lina Nielsen
11.68	Bianca Williams	52.58	Zoey Clark
11.70	Nia Wedderburn-Goodison	52.61	Emily Diamond
11.72	Success Eduan	52.92	Jessica Turner
11.73	Alyson Bell	52.97	Amy Hillyard
11.75	Ama Pipi	53.25	Victoria Ohuruogu
windy		53.73mx	Keely Hodgkinson
11.18	Imani Lansiquot	53.55	Lily Beckford
11.25	Jodie Williams	53.58	Isabelle Boffey
11.34	Laviai Nielsen	53.67mx	Hannah Williams
11.39	Immanuela Aliu	indoors	
11.45	Cindy Sember	51.83	Amber Anning
11.54	Kiah Dubarry-Gay	52.03	Zoey Clark
11.56	Lina Nielsen	52.17	Jessie Knight
11.62	Ashleigh Nelson	52.54	Ama Pipi
11.65	Nia Wedderburn-Goodison	53.53	Beth Dobbin
11.68	Aleeya Sibbons		
		800m(1:59.50)	
200m(22.80)		1:58.27	Jemma Reekie
22.56	Dina Asher-Smith	1:58.46	Laura Muir
23.03	Jodie Williams	1:58.89	Keely Hodgkinson
23.06	Beth Dobbin	1:59.50	Adelle Tracey
23.13	Lina Nielsen	2:00.14	Alex Bell
23.18	Nicole Yeargin	2:00.24	Elle Baker
23.28	Daryll Neita	2:01.06mx	Reeve Walcott-Nolan
23.33	Ama Pipi	2:01.33	Hannah Segrave
23.38	Amber Anning	2:03.77mx	Mari Smith
23.44	Immanuela Aliu	2:03.91	Isabelle Boffey
23.45	Kiah Dubarry-Gay	2:04.00	Shelayna Oskan-Clarke
23.46	Desiree Henry	indoors	
23.73	Amy Hunt	2:02.45	Isabelle Boffey
Windy			
22.68	Jodie Williams	1000m	
23.19	Laviai Nielsen	-	
23.23	Amber Anning		
23.30	Immanuela Aliu		

UK Lists (as at 24 May 2021)
 (compiled by Stan Greenberg)]
 (2020/2021 Olympic qualifying marks in brackets)

1500m(4:04.20)		10,000m(31:25.00)	
4:01.54	Laura Muir	30:58.94	Eilish McColgan
4:02.98	Kate Snowden	31:25.91	Amy-Eloise Markovc
4:03.89	Eilish McColgan	31:25.98	Jessica Judd
4:05.09	Jemma Reekie	32:33.16	Lily Partridge
4:08.81	Holly Archer	32:44.26	Jenny Nesbitt
4:09.34	Verity Ockenden	32:49.01	Clara Evans
4:09.52	Amy-Eloise Markovc	32:52.65	Poppy Tank
4:10.50	Adelle Tracey	33:09.65	Emily Kearney
4:12.24	Hannah Segrave	33:25.15	Stephanie Twell
		33:17.07	Bella Williams
4:13.02	Erin Wallace		
4:14.39	Alexandra Bell	Half Marathon	
4:14.62	Revee Walcott-Nolan	70:05	Samantha Harrison
indoors		72:24	Rosie Edwards
3:59.58	Laura Muir	74:05+	Stephanie Davis
4:04.79	Melissa Courtney-Bryant	74:05+	Sarah Inglis
4:13.66	Ellie Baker	74:05+	Lily Partridge
		74.05+	Natasha Cockram
Mile		74:05+	Charlotte Arter
-		74:20+	Rebecca Briggs
3000m		Marathon(2:29:30)	
8:52.73	Jessica Judd	2:27:16	Stephanie Davis x
9:01.42+	Eilish McColgan	2:30:03	Natasha Cockram
indoors		2:31:14	Rose Harvey
8:42.41	Melissa Courtney-Bryant	2:31:56	Rosie Edwards
8:46.43	Amy-Eloise Markovc	2:32:01	Rebecca Gentry
8:46.60	Verity Ockenden	2:32:42	Clara Evans
8:48.82	Amelia Quirk	2:34:09	Sarah Inglis
8:58.97	Rosie Clarke	-	Jess Piasecki x
9:00.78	Charlotte Arter	-	Steph Twell x
9:02.12	Aimee Pratt		
		2000mSt	
2 Miles		6:32.15	Maisie Grice
-			
indoors		3000mSt(9:30.00)	
9:30.69	Amy-Eloise Markovc	9:35.34	Aimee Pratt
		9:38.25	Lizzie Bird
5000m(15:10.00)		9:52.90	Elise Thorner
14:52.44	Eilish McColgan		
15:03.51	Verity Ockenden	100mH(12.84)	
15:06.02	Jessica Judd	12.53	Cindy Sember
15:17.13	Amy-Eloise Markovic	12.62	Tiffany Porter
15:36.07	Stephanie Twell	13.21	Holly Mills
15:39.65	Emily Kearney	13.37	Emma Nwofor
15:40.12	Jenny Nesbitt	13.46	Alicia Barrett
15:45.07	Poppy Tank	13.54	Heather Paton
15:49.69	Sarah Chapman	13.58	Jenny Blundell

UK Lists (as at 24 May 2021)
 (compiled by Stan Greenberg)]
 (2020/2021 Olympic qualifying marks in brackets)

13.56	Isabel Wakefield	Long Jump(6.82)	
13.70	Megan Marrs	6.77	Shara Proctor
windy		6.62	Jazmin Sawyers
12.57	Tiffany Porter	6.41	Alice Hopkins
13.07	Holly Mills	6.29	Rebecca Chapman
13.24	Emma Nwofor	6.28	Funminiyi Olajide
		6.15	Holly Mills
300mH		windy	
-		6.82	Jazmin Sawyers
		6.30	Funminiyi Olajide
400mH(55.40)		6.25	Ore Adamson
54.74	Jessie Knight	indoors	
55.27	Lina Nielsen	6.44	Abigail Irozur
56.56	Jessica Turner	6.30	Lucy Hadaway
57.43	Meghan Beesley	6.17	Funminiyi Olajide
57.57	Hayley McLean	6.16	Zoe Hughes
57.69	Zoe Pollock		
57.91	Nicole Kendall	Triple Jump(14.32)	
		13.58	Temitope Ojora
4 x 100m		13.53	Naomi Ogbeta
45.07	National Junior Team	13.11	Jahisha Thomas
		windy	
4 x 400m		14.29	Naomi Ogbeta
3:28.20i	National Team(3:28.83)		
		Shot (18.50)	
High Jump(1.96)		18.36	Sophie McKinna
1.91	Morgan lake	17.90	Amelia Strickler
1.91	Emily Borthwick	17.03	Divine Oladipo
1.87	Laura Zialor	16.14	Adele Nicoll
1.84	Nikki Manson	15.77	Serena Vincent
1.83	Holly Mills	15.21	Eden Francis
1.80	Zara Tyas	indoors	
1.80	Temitope Ojora	18.54	Sophie McKinna
1.80	Bethan Partridge		
Indoors		Discus(63.50)	
1.96	Morgan Lake	60.36	Jade Lally
1.86	Nikki Manson	58.82	Kirsty Law
		55.86	Shadine Duquemin
Pole Vault(4.70)		55.69	Divine Oladipo
4.45	Molly Caudery	54.33	Amy Holder
4.20	Sophie Cook	52.91	Phoebe Dawson
indoors		52.72	Samantha Cllaway
4.85	Holly Bradshaw	52.19	Eden Francis
4.20	Natalie Hooper	51.05	Taia Tunstall

UK Lists (as at 24 May 2021)
(compiled by Stan Greenberg)]
(2020/2021 Olympic qualifying marks in brackets)

Hammer(72.50)

68.91	Tara Simpson-Sullivan
67.07	Jess Mayho
66.52	Anna Purchase
66.06	Amy Herrington
65.32	Rachel Hunter
64.65	Amber Simpson
63.84	Katie Head
63.47	Charlotte Payne
62.01	Kayleigh Presswell
61.95	Pippa Davenall
61.68	Alice Barnsdale
61.44	Rachel Hunter
61.25	Charlotte Williams

Javelin(64.00)

54.81	Freya Jones
50.61	Emma Hamplett
50.56	Bekah Walton

Pentathlon(6420p)

6180	Holly Mills
5685p	Emma Nwofor
5541p	Zoe Hughes
5516p	Amaya Scott
5371pw	Alix Still

20km Walk(1:32:00)

1:34.13	Heather Lewis
1:37:04	Bethan Davies

Abbreviations

A- altitude, e –estimated mark
mx – mixed race, ? – mark, validity
dq – disqualified, exh – exhibition
+ - intermediate time, p – points
x – selected for Olympic Games
h –hand-timed