

HMAC Male Summer 2007 Rankings as at 30/09/2007

Age Group	Event	Name	Performance	Date	Meeting	Venue
U17M	80	Scott Daws	9.7	25-Mar	Spring Warm Up 1	Hornchurch
U17M	80	Liam Hughes	9.9	25-Mar	Spring Warm Up 1	Hornchurch
<b>U17M</b>	<b>100</b>	<b>Joseph Ramie</b>	<b>11.7</b>	<b>09-Sep</b>	<b>EYAL Final</b>	<b>Chelmsford</b>
U17M	100	Daniel McDowall	11.77	20-May	NYAL Rd 2	Croydon
U17M	100	Devon Samson	11.87	20-May	NYAL Rd 2	Croydon
U17M	100	Liam Hughes	12.3	29-Apr	EYAL Rd 1	Mayesbrook
U17M	100	Danny Bennett	12.6	06-May	NYAL Rd 1	Hendon
U17M	100	Daniel Winters	12.9	15-Jul	EYAL Rd 4	Ipswich
U17M	100	Kieran Nelson	13.2	03-Jun	NYAL Rd 3	Woodford
U17M	100	Chris Lowe	14.2	05-Aug	EYAL Rd 5	Thurrock
U17M	150	Scott Daws	17.5	25-Mar	Spring Warm Up 1	Hornchurch
U17M	150	Liam Hughes	18.0	25-Mar	Spring Warm Up 1	Hornchurch
U17M	200	Daniel McDowall	23.63	20-May	NYAL Rd 2	Croydon
U17M	200	Joseph Ramie	23.5w	29-Jul	NJAL Rd 4	Colchester
U17M	200			27-May	NJAL Round 2	Basildon
U17M	200	Devon Samson	24.1	01-Jul	EYAL Rd 3	Watford
U17M	200	Josh Dunne	24.7	29-Apr	NJAL Round 1	Bedford
U17M	200	Liam Hughes	25.3	29-Apr	EYAL Rd 1	Mayesbrook
U17M	200	Tom Fossett	25.5	01-Jul	NJAL Rd 3	Mayesbrook
U17M	200	Michael Donovan	25.6	03-Jun	NYAL Rd 3	Woodford
U17M	200	Simon Richards	26.0	14-Jul	SML Div 3N Rd 4	Uxbridge
U17M	200	Danny Bennett	26.1	07-May	Day 1 Essex Champs	Ilford
U17M	200	Callum Sutton	27.1	29-Apr	NJAL Round 1	Bedford
U17M	200	Georgie Bean	27.4	24-Jun	NYAL Rd 4	Mayesbrook
U17M	200	William Truman	28.1	05-Aug	EYAL Rd 5	Thurrock
U17M	300	Chris Da Costa	42.8	25-Mar	Spring Warm Up 1	Hornchurch
U17M	300	Kieran Nelson	44.8	25-Mar	Spring Warm Up 1	Hornchurch
U17M	400	Michael Donovan	53.9	05-Aug	EYAL Rd 5	Thurrock
U17M	400			20-May	NYAL Rd 2	Croydon
U17M	400	Tom Foskett	55.0	23-Jun	SML Div 3N Rd 3	Watford
U17M	400	Grant Twist	55.89	20-May	NYAL Rd 2	Croydon
U17M	400	Josh Dunne	56.1	01-Jul	NJAL Rd 3	Mayesbrook
U17M	400	John Whitehead	56.3	05-Aug	EYAL Rd 5	Thurrock
U17M	400	Callum Sutton	57.4	03-Jun	NYAL Rd 3	Woodford
U17M	400	Simon Richards	57.4	23-Jun	SML Div 3N Rd 3	Watford
U17M	400	Daniel Winters	57.4	22-Jul	NYAL Rd 5	Basingstoke
U17M	400	Simon Brown	58.0	22-Jul	NYAL Rd 5	Basingstoke
U17M	400	William Trueman	58.2	01-Jul	EYAL Rd 3	Watford
U17M	400	Kieran Nelson	59.0	15-Jul	EYAL Rd 4	Ipswich
U17M	400	Chris Da Costa	59.8	06-May	NYAL Rd 1	Hendon
U17M	400	Daniel Shanney	61.1	24-Jun	NYAL Rd 4	Mayesbrook
U17M	600	Chris Da Costa	1:44.7	25-Mar	Spring Warm Up 1	Hornchurch
U17M	800	Daniel Winters	2:03.1	15-Jul	EYAL Rd 4	Ipswich
U17M	800	John Whitehead	2:04.0 ?	09-Jun	Essex Schools Champs	Chelmsford
<b>U17M</b>	<b>800</b>	<b>Whitehead</b>	<b>2:04.3</b>	<b>02-Sep</b>	<b>NJAL Promotion</b>	<b>Lee Valley</b>
U17M	800	Whitehead	2:06.99	20-May	NYAL Rd 2	Croydon
U17M	800	Callum Sutton	2:04.7	03-Jun	NYAL Rd 3	Woodford
U17M	800	Simon Brown	2:07.70	20-May	NYAL Rd 2	Croydon
U17M	800	Grant Twist	2:08.8	17-Jun	EYAL Rd 2	Bedford
U17M	800	Josh Dunne	2:11.1	29-Apr	NJAL Round 1	Bedford
U17M	800	Michael Donovan	2:11.1	29-Apr	EYAL Rd 1	Mayesbrook
U17M	800	Thomas Shanney	2:14.4	24-Jun	NYAL Rd 4	Mayesbrook
U17M	800	Daniel Shanney	2:15.4	24-Jun	NYAL Rd 4	Mayesbrook
U17M	800	William Trueman	2:15.5	17-Jun	EYAL Rd 2	Bedford
U17M	800	Tom Fossett	2:15.7	01-Jul	NJAL Rd 3	Mayesbrook
U17M	800	Chris Lowe	2:17.4	17-Jun	EYAL Rd 2	Bedford
U17M	800	Chris Da Costa	2:21.3	22-Jul	NYAL Rd 5	Basingstoke
U17M	1200	Daniel Shanney	3:33.5	25-Mar	Spring Warm Up 1	Hornchurch
U17M	1200	Thomas Shanney	3:37.2	25-Mar	Spring Warm Up 1	Hornchurch
U17M	1500	Callum Sutton	4:14.18	26-May	SEAA Champs	Ashford
U17M	1500	John Whitehead	4:15.5	17-Jun	EYAL Rd 2	Bedford
U17M	1500			27-Jun	Watford Open	Watford
U17M	1500	Daniel Winters	4:16.15	27-Jun	Watford Open	Watford
U17M	1500	Simon Brown	4:25.0	15-Jul	EYAL Rd 4	Ipswich
U17M	1500	Grant Twist	4:25.9	29-Apr	EYAL Rd 1	Mayesbrook
U17M	1500	Daniel Shanney	4:32.5	15-Apr	Spring Warm Up 2	Mayesbrook
U17M	1500	Thomas Shanney	4:32.5	09-Jun	Essex Schools Champs	Chelmsford
U17M	1500	Michael Donovan	4:37.8	05-Aug	EYAL Rd 5	Thurrock
U17M	1500	Chris Lowe	4:43.0	05-Aug	EYAL Rd 5	Thurrock
U17M	1500	Lewis Ball	4:47.33	08-Aug	Watford Open	Watford
U17M	1500	Josh Dunne	4:51.6	01-Jul	NJAL Rd 3	Mayesbrook
U17M	3000	Grant Twist	9:30.5	22-Jul	NYAL Rd 5	Basingstoke
U17M	3000	Callum Sutton	9:40.9	01-Jul	NJAL Rd 3	Mayesbrook
U17M	3000	Daniel Shanney	9:46.5	20-May	NYAL Rd 2	Croydon
U17M	3000	Thomas Shanney	9:56.9	20-May	NYAL Rd 2	Croydon
U17M	3000	Chris Lowe	10:29.3	01-Jul	NJAL Rd 3	Mayesbrook
U17M	3000	Kieran Nelson	12:26.2	22-Jul	NYAL Rd 5	Basingstoke
U17M	1500SC	Grant Twist	4:50.3	09-Jun	Essex Schools Champs	Chelmsford
U17M	1500SC			20-May	NYAL Rd 2	Croydon
U17M	1500SC	Michael Donovan	5:04.5	24-Jun	NYAL Rd 4	Mayesbrook
U17M	1500SC	Simon Brown	5:29.4	24-Jun	NYAL Rd 4	Mayesbrook
U17M	1500SC	John Whitehead	5:43.68	20-May	NYAL Rd 2	Croydon
U17M	2000SC	Grant Twist	6:40.4	01-Jul	NJAL Round 3	Mayesbrook
U17M	3000SC	Grant Twist	10:38.6	14-Jul	SML Div 3N Rd 4	Uxbridge

## HMAC Male Summer 2007 Rankings as at 30/09/2007

Age Group	Event	Name	Performance	Date	Meeting	Venue
U17M	100H	David Creedon	14.8	29-Apr	EYAL Rd 1	Mayesbrook
U17M	100H	Kieran Nelson	17.8	09-Sep	EYAL Final	Chelmsford
U17M	100H	Nelson	18.86	20-May	NYAL Rd 2	Croydon
U17M	100H	Daniel Winters	18.8	22-Jul	NYAL Rd 5	Basingstoke
U17M	100H	Simon Brown	21.6	24-Jun	NYAL Rd 4	Mayesbrook
U17M	100H	George Eastman	22.3	05-Aug	EYAL Rd 5	Thurrock
U17M	100H	John Whitehead	26.2	01-Jul	EYAL Rd 3	Watford
U17M	110HJ	David Creedon	16.8	27-May	NJAL Round 2	Basildon
U17M	110HJ	Kieran Nelson	20.0w	01-Jul	NJAL Round 3	Mayesbrook
U17M	300H	Kieran Nelson	52.4	25-Mar	Spring Warm Up 1	Hornchurch
U17M	400H	Grant Twist	65.8	01-Jul	NJAL Round 3	Mayesbrook
U17M	400H	Kieran Nelson	67.0	02-Sep	NJAL Promotion	Lee Valley
U17M	400H	David Creedon	67.3	27-May	NJAL Round 2	Basildon
U17M	400HI	Chris Warden	59.68	13-May	Essex Champs Day 3	Chelmsford
U17M	400HI	David Creedon	62.06	13-May	Essex Champs Day 3	Chelmsford
U17M	400HI	Grant Twist	65.0	24-Jun	NYAL Rd 4	Mayesbrook
U17M	400HI	Kieran Nelson	65.47	20-May	NYAL Rd 2	Croydon
U17M	400HI	Daniel Winters	66.75	20-May	NYAL Rd 2	Croydon
U17M	400HI	John Whitehead	73.1	06-May	NYAL Rd 1	Hendon
U17M	DTJ	Bradley Reece	34.10	01-Jul	NJAL Round 3	Mayesbrook
U17M	DTJ	Jordan Jackson	28.18	27-May	NJAL Round 2	Basildon
U17M	DTI	Bradley Reece	38.58	05-Aug	EYAL Rd 5	Thurrock
U17M	DTI	Jordan Jackson	34.04	22-Jul	NYAL Rd 5	Basingstoke
U17M	DTI	Georgie Bean	24.73	29-Apr	EYAL Rd 1	Mayesbrook
U17M	DTI	Daniel McDowall	16.77	24-Jun	NYAL Rd 4	Mayesbrook
U17M	SPJ	Bradley Reece	10.39	29-Jul	NJAL Round 4	Colchester
U17M	SPJ	Jordan Jackson	6.74	27-May	NJAL Round 2	Basildon
U17M	SPI	Emmanuel Quarshie	12.57	05-Aug	EYAL Rd 5	Thurrock
U17M	SPI	Bradley Reece	11.63	06-May	NYAL Rd 1	Hendon
U17M	SPI	George Bean	10.19	17-Jun	EYAL Rd 2	Bedford
U17M	SPI	Jordan Jackson	8.56	01-Jul	EYAL Rd 3	Watford
U17M	SPI	Daniel Shanney	4.63	24-Jun	NYAL Rd 4	Mayesbrook
U17M	HTJ	Bradley Reece	42.77	01-Jul	NJAL Round 3	Mayesbrook
U17M	HTJ	George Bean	19.64	29-Jul	NJAL Round 4	Colchester
U17M	HTJ	Jordan Jackson	12.50	27-May	NJAL Round 2	Basildon
U17M	HTJ	Joseph Ramie	7.47	27-May	NJAL Round 2	Basildon
U17M	HTJ	John Whitehead	6.31	02-Sep	NJAL Promotion	Lee Valley
U17M	HTI	Bradley Reece	48.21	06-May	NYAL Rd 1	Hendon
U17M	HTI	George Bean	21.24	03-Jun	NYAL Rd 3	Woodford
U17M	JT	George Bean	53.52	29-Jul	NJAL Round 4	Colchester
U17M	JTI	George Bean	56.08	05-Aug	EYAL Rd 5	Thurrock
U17M	JTI	Jordan Jackson	38.92	01-Jul	EYAL Rd 3	Watford
U17M	JTI	Louis Devine	37.93	04-Apr	Basildon Open	Basildon
U17M	JTI	Joseph Ramie	37.46	06-May	NYAL Rd 1	Hendon
U17M	JTI	Bradley Reece	34.74	09-Sep	EYAL Final	Chelmsford
U17M	JTI	Emmanuel Quarshie	16.55	01-Jul	EYAL Rd 3	Watford
U17M	HJ	Grant Twist	1.60	29-Apr	EYAL Rd 1	Mayesbrook
U17M	HJ	Danny Bennett	1.60	12-May	Essex Champs Day 2	Chelmsford
U17M	HJ	Joseph Ramie	1.60	05-Aug	EYAL Rd 5	Thurrock
U17M	HJ	David Creedon	1.55	27-May	NJAL Round 2	Basildon
U17M	HJ	Gabriel Makinwa	1.50	03-Jun	NYAL Rd 3	Woodford
U17M	HJ	Georgie Bean	1.40	03-Jun	NYAL Rd 3	Woodford
U17M	HJ	George Eastman	1.40	05-Aug	EYAL Rd 5	Thurrock
U17M	HJ	Adam Samuel	1.30	22-Jul	NYAL Rd 5	Basingstoke
U17M	LJ	Joseph Ramie	6.32	09-Sep	EYAL Final	Chelmsford
U17M	LJ	Devon Samson	5.71	01-Jul	EYAL Rd 3	Watford
U17M	LJ	Gabriel Makinwa	5.27	03-Jun	NYAL Rd 3	Woodford
U17M	LJ	Liam Hughes	5.01	01-Jul	EYAL Rd 3	Watford
U17M	LJ	Daniel Winters	4.49	24-Jun	NYAL Rd 4	Mayesbrook
U17M	LJ	John Whitehead	3.06	05-Aug	EYAL Rd 5	Thurrock
U17M	TJ	Joseph Ramie	13.43	09-Sep	EYAL Final	Chelmsford
U17M	TJ	Gabriel Makinwa	11.67	09-Sep	EYAL Final	Chelmsford
U17M	TJ	Daniel Winters	11.23	06-May	NYAL Rd 1	Hendon
U17M	TJ	Liam Hughes	11.11	05-Aug	EYAL Rd 5	Thurrock