

HMAC Male Rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
U13	75	Frederick Mokoso	10.9	22-Apr-06	Woodford Open	Woodford
SM	80	Matt Russell	9.0	19-Mar-06	Spring Warm up 1	Hornchurch
U17	80	Eugene Ayanful	9.2	19-Mar-06	Spring Warm up 1	Hornchurch
JM	80	Chris Clements	9.4	19-Mar-06	Spring Warm up 1	Hornchurch
U17	80	Gary Tonks	9.9	19-Mar-06	Spring Warm up 1	Hornchurch
U15	80	Liam Hughes	10.3	19-Mar-06	Spring Warm up 1	Hornchurch
U17	80	Marlon Moseley	10.4	19-Mar-06	Spring Warm up 1	Hornchurch
U17	80	Joseph Ramie	10.5	19-Mar-06	Spring Warm up 1	Hornchurch
U15	80	Terry Hughes	10.7	19-Mar-06	Spring Warm up 1	Hornchurch
U15	80	Michael Isted	11.0	19-Mar-06	Spring Warm up 1	Hornchurch
U13	80	Ben Western	11.2	19-Mar-06	Spring Warm up 1	Hornchurch
U13	80	Charlie Smith	11.5	19-Mar-06	Spring Warm up 1	Hornchurch
U15	80	Jake Nelson	12.6	19-Mar-06	Spring Warm up 1	Hornchurch
U15	80	Dominic Rajack	13.7	19-Mar-06	Spring Warm up 1	Hornchurch
U17	100	Eugene Ayanful	10.73	5-Aug-06	AAAs U17 Champs	Birmingham
JM	100	Luke Stott	10.9	22-Apr-06	BUSA Trials	Loughborough
SM	100	Matt Russell	11.0	8-Jul-06	SML Div 1 Rd 4	Milton Keynes
JM	100	Danny Nunn	11.5	03-Jun-06	SML Div 3N Rd 3	Colchester
JM	100	Chris Clements	11.7	09-Apr-06	Spring Warm up 2	Barking
U17	100	Daniel McDowall	11.9	23-Jul-06	NYAL Rd 5	Tonbridge
JM	100	Luchien Anderson	11.9	5-Aug-06	SML Div 1 Rd 6	Barking
SM	100	Jon Buckler	12.0	5-Aug-06	SML Div 3N Rd 5	Barking
U15	100	Scott Daws	12.0	09-Jul-06	London Youth Games	Crystal Palace
U17	100	Gary Tonks	12.2	07-May-06	EYAL Rd 1	St Albans
U17	100	Alan Vardon	12.2	18-Jun-06	EYAL Rd 2	St Ives
JM	100	Anthony Williams	12.2	03-Jun-06	SML Div 1 Rd 3	Stevenage
U17	100	Bonne Buwembo	12.2	30-Jul-06	EYAL Rd 4	Braintree
U15	100	Liam Hughes	12.3	18-Jun-06	EYAL Rd 2	St Ives
SM	100	Gavin Maley	12.4	29-Apr-06	SML Div 1 Rd 1	Barking
U17	100	Craig Moore	12.5	5-Aug-06	SML Div 3N Rd 5	Barking
U13	100	Charlie Smith	12.7	23-Jul-06	NYAL Rd 5	Tonbridge
U15	100	J Alwenuka	12.7	20-Aug-06	EYAL Rd 5	Thurrock
U17	100	Vincente Lazaro	12.8	09-Apr-06	Spring Warm up 2	Barking
U17	100	Joseph Ramie	12.8	04-Jun-06	NYAL Rd 3	Bromley
SM	100	James Harris	12.8	03-Jun-06	SML Div 3N Rd 3	Colchester
U15	100	Callum Jones	12.8	2-Jul-06	EYAL Rd 3	Bedford
U17	100	Marlon Moseley	12.8	30-Jul-06	EYAL Rd 4	Braintree
U15	100	Jordan Brown	12.81	10-Sep-06	EYAL Final	Bedford
U15	100	Gabriel Makinwa	12.9	07-May-06	EYAL Rd 1	St Albans
SM	100	Arron Bonning	12.9	08-Jul-06	SML Div 3 Rd 3	Watford
U15	100	Terry Hughes	13.3	09-Apr-06	Spring Warm up 2	Barking
U13	100	Ben Western	13.4	04-Jun-06	NYAL Rd 3	Bromley
U15	100	Michael Isted	13.5	20-Aug-06	EYAL Rd 5	Thurrock
U15	100	Kareem Headlam	13.5	20-Aug-06	EYAL Rd 5	Thurrock
U13	100	Rhys Stevenson	13.6	20-Aug-06	EYAL Rd 5	Thurrock
U15	100	Chuks Onyilke	13.7	20-Aug-06	EYAL Rd 5	Thurrock
U13	100	Harry Picking	14.0	04-Jun-06	NYAL Rd 3	Bromley
M45	100	Kevin White	14.1	08-Jul-06	SML Div 3 Rd 3	Watford
U13	100	Frederick Mokoso	14.2	18-Jun-06	EYAL Rd 2	St Ives
U13	100	Ryan Blake	14.3	20-Aug-06	EYAL Rd 5	Thurrock
U13	100	Daniel Wood	14.8	20-Aug-06	EYAL Rd 5	Thurrock
U13	100	Conor Mullen	14.9	09-Apr-06	Spring Warm up 2	Barking
U11	100	Tevin Westfield	15.7	09-Apr-06	Spring Warm up 2	Barking
SM	150	Matt Russell	16.2	19-Mar-06	Spring Warm up 1	Hornchurch
U17	150	Eugene Ayanful	16.5	19-Mar-06	Spring Warm up 1	Hornchurch
JM	150	Chris Clements	17.2	19-Mar-06	Spring Warm up 1	Hornchurch
U15	150	Matthew Harrison	17.3	19-Mar-06	Spring Warm up 1	Hornchurch
U17	150	Gary Tonks	18.2	19-Mar-06	Spring Warm up 1	Hornchurch
U17	150	Craig Moore	19.3	19-Mar-06	Spring Warm up 1	Hornchurch
U13	150	Charlie Smith	19.5	19-Mar-06	Spring Warm up 1	Hornchurch
U13	150	Ben Western	20.9	19-Mar-06	Spring Warm up 1	Hornchurch
U15	150	Robert Lofthouse	24.2	19-Mar-06	Spring Warm up 1	Hornchurch
U17	200	Eugene Ayanful	21.91	28-Jul-06	London Grand Prix	Crystal Palace
JM	200	Luke Stott	22.3	22-Apr-06	BUSA Trials	Loughborough
SM	200	Matt Russell	22.4	5-Aug-06	SML Div 1 Rd 6	Barking
SM	200	Scott Spencer	23.1	29-Apr-06	SML Div 1 Rd 1	Barking
JM	200	Chris Clements	23.5	09-Apr-06	Spring Warm up 2	Barking
SM	200	Salvator Mutijima	23.8	8-Jul-06	SML Div 1 Rd 4	Milton Keynes
JM	200	Richard Demko	24.0	11-Jun-06	NJAL Rd 2	Haringey
U15	200	Scott Daws	24.0	23-Jul-06	NYAL Rd 5	Tonbridge
U17	200	Alan Vardon	24.1	23-Jul-06	NYAL Rd 5	Tonbridge
U17	200	Daniel McDowall	24.6	30-Apr-06	NYAL Rd 1	Reading
U15	200	Liam Hughes	24.7	23-Jul-06	NYAL Rd 5	Tonbridge
JM	200	Danny Nunn	24.9	20-May-06	SML Div 3N Rd 2	Hendon
U17	200	Craig Moore	24.9	5-Aug-06	SML Div 3N Rd 5	Barking
U17	200	Gary Tonks	25.2	30-Apr-06	NYAL Rd 1	Reading
SM	200	Phil Tierney	25.3	20-May-06	SML Div 1 Rd 2	Newham
SM	200	Mark Bishop	25.5	03-Jun-06	SML Div 1 Rd 3	Stevenage
U17	200	David Creedon	25.6	2-Jul-06	EYAL Rd 3	Bedford
SM	200	James Harris	25.7	03-Jun-06	SML Div 3N Rd 3	Colchester
U15	200	Jordan Brown	26.0	30-Jul-06	EYAL Rd 4	Braintree

HMAC Male Rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
U17	200	Grant Twist	26.4	04-Jun-06	NYAL Rd 3	Bromley
U13	200	Charlie Smith	26.4	23-Jul-06	NYAL Rd 5	Tonbridge
JM	200	Luchien Anderson	26.5	03-Jun-06	SML Div 1 Rd 3	Stevenage
U15	200	Callum Jones	26.7	2-Jul-06	EYAL Rd 3	Bedford
U13	200	Rhys Stevenson	27.01	10-Sep-06	EYAL Final	Bedford
SM	200	Neil Gowers	27.2	5-Aug-06	SML Div 3N Rd 5	Barking
U15	200	Terry Hughes	27.3	30-Apr-06	NYAL Rd 1	Reading
SM	200	Lee Arrowsmith	27.3	03-Jun-06	SML Div 3N Rd 3	Colchester
U15	200	Kareem Headlam	27.7	30-Jul-06	EYAL Rd 4	Braintree
U13	200	Ben Western	28.1	18-Jun-06	EYAL Rd 2	St Ives
M45	200	Kevin White	28.2	08-Jul-06	SML Div 3 Rd 3	Watford
U13	200	Harry Picking	28.5	04-Jun-06	NYAL Rd 3	Bromley
U13	200	Frederick Mokoso	29.0	18-Jun-06	EYAL Rd 2	St Ives
SM	200	Arron Bonning	29.0	08-Jul-06	SML Div 3 Rd 3	Watford
SM	200	Andrew Tierney	29.2	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
U15	200	Anton Elson	29.4	09-Apr-06	Spring Warm up 2	Barking
U13	200	Daniel Wood	30.3	30-Jul-06	EYAL Rd 4	Braintree
U13	200	Conor Mullen	31.2	07-May-06	EYAL Rd 1	St Albans
U13	200	Ryan O'Mahoney	31.8	25-Jun-06	NYAL Rd 4	Barking
U13	200	Andrew Kerr	34.3	09-Apr-06	Spring Warm up 2	Barking
SM	300	Scott Spencer	36.4	19-Mar-06	Spring Warm up 1	Hornchurch
SM	300	James Murphy	38.6	19-Mar-06	Spring Warm up 1	Hornchurch
U15	300	Kieran Nelson	45.9	19-Mar-06	Spring Warm up 1	Hornchurch
U15	300	Robert Lofthouse	53.3	19-Mar-06	Spring Warm up 1	Hornchurch
SM	400	Scott Spencer	50.31	13-May-06	Essex Champs Day 2	Chelmsford
SM	400	Salvator Mutijima	51.8	5-Aug-06	SML Div 1 Rd 6	Barking
SM	400	Matt Russell	52.2	20-May-06	SML Div 1 Rd 2	Newham
U17	400	Alan Vardon	52.7	23-Jul-06	NYAL Rd 5	Tonbridge
U17	400	Paul Adair	52.78	13-May-06	Essex Champs Day 2	Chelmsford
SM	400	Gavin Maley	53.6	29-Apr-06	SML Div 1 Rd 1	Barking
U17	400	Matt Bloy	53.6	2-Jul-06	EYAL Rd 3	Bedford
JM	400	Chris Clements	54.4	11-Jun-06	NJAL Rd 2	Haringey
JM	400	Luchien Anderson	55.1	29-Apr-06	SML Div 3Rd 1	Hemel Hempstead
JM	400	Ashley Reece	55.1	11-Jun-06	NJAL Rd 2	Haringey
JM	400	Andrew Luck	55.21	31-May-06	Watford Open	Watford
U17	400	Daniel Loynes	56.02	10-Sep-06	EYAL Final	Bedford
U17	400	Grant Twist	56.8	5-Aug-06	SML Div 3N Rd 5	Barking
U17	400	Craig Moore	57.0	25-Jun-06	NJAL Rd 4	Barking
U17	400	Ben Warden	57.2	09-Apr-06	NYAL Rd 1	Reading
U15	400	Simon Brown	57.3	18-Jun-06	EYAL Rd 2	St Ives
U15	400	Michael Jones	57.45	21-May-06	NYAL Rd 2	Croydon
SM	400	Neill Collins	58.3	5-Aug-06	SML Div 3N Rd 5	Barking
U15	400	John Whitehead	58.4	20-Aug-06	EYAL Rd 5	Thurrock
U17	400	Daniel Winters	59.3	04-Jun-06	NYAL Rd 3	Bromley
SM	400	Kevin Benton	59.8	03-Jun-06	SML Div 3N Rd 3	Colchester
U15	400	Anton Elson	60.0	07-May-06	EYAL Rd 1	St Albans
SM	400	Jason Lendon	60.3	03-Jun-06	SML Div 3N Rd 3	Colchester
U15	400	Callum Sutton	60.5	2-Jul-06	EYAL Rd 3	Bedford
U15	400	Kieron Nelson	61.9	20-Aug-06	EYAL Rd 5	Thurrock
M45	400	Kevin White	62.2	08-Jul-06	SML Div 3 Rd 3	Watford
SM	400	Arron Bonning	64.0	08-Jul-06	SML Div 3 Rd 3	Watford
SM	400	Lee Arrowsmith	64.8	29-Apr-06	SML Div 3Rd 1	Hemel Hempstead
U15	400	Sam Swain	71.1	30-Apr-06	NYAL Rd 1	Reading
U15	600	Kieran Nelson	1:53.5	19-Mar-06	Spring Warm up 1	Hornchurch
SM	600	James Murphy	1:30.2	19-Mar-06	Spring Warm up 1	Hornchurch
U17	800	Matt Bloy	1:55.31	31-May-06	Watford Open	Watford
SM	800	Gavin Maley	1:56.4	5-Aug-06	SML Div 1 Rd 6	Barking
JM	800	Ashley Reece	1:57.74	31-May-06	Watford Open	Watford
SM	800	Salvator Mutijima	2:00.2	5-Aug-06	SML Div 1 Rd 6	Barking
JM	800	Ross Clarke	2:02.0	11-Jun-06	NJAL Rd 2	Haringey
U17	800	Paul Adair	2:04.6	23-Jul-06	NYAL Rd 5	Tonbridge
SM	800	Trevor Keys	2:05.92	09-Aug-06	Watford Open	Watford
SM	800	Russ Middleton	2:06.51	09-Aug-06	Watford Open	Watford
U17	800	Grant Twist	2:06.74	10-Sep-06	EYAL Final	Bedford
U15	800	Simon Brown	2:06.8	25-Jun-06	NYAL Rd 4	Barking
SM	800	Rob Warner	2:07.6	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	800	Neill Collins	2:08.8	5-Aug-06	SML Div 3N Rd 5	Barking
U17	800	Daniel Winters	2:09.7	04-Jun-06	NYAL Rd 3	Bromley
U17	800	Daniel Loynes	2:11.6	30-Apr-06	NYAL Rd 1	Reading
U15	800	Callum Sutton	2:12.37	23-Aug-06	Watford Open	Watford
U17	800	Robert Jones	2:13.1	30-Jul-06	EYAL Rd 4	Braintree
U15	800	Michael Jones	2:12.86	10-Sep-06	EYAL Final	Bedford
SM	800	Tony Collins	2:14.04	26-Jul-06	Watford Open	Watford
U15	800	John Whitehead	2:14.8	20-Aug-06	EYAL Rd 5	Thurrock
SM	800	Matt Bland	2:15.4	20-May-06	SML Div 1 Rd 2	Newham
SM	800	Ian Anthony	2:16.5	5-Aug-06	SML Div 3N Rd 5	Barking
U17	800	Joe Webster	2:19.7	30-Apr-06	NYAL Rd 1	Reading
SM	800	John Deacon	2:22.3	03-Jun-06	SML Div 3N Rd 3	Colchester
U17	800	William Truman	2:22.5	30-Jul-06	EYAL Rd 4	Braintree
U15	800	Jamie Buckley-Stanton	2:22.8	10-Jun-06	Essex Schools Champs	Chelmsford

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Age Group	Event	Name	Performance	Date	Meeting	Venue
M40	800	Paul Berrett	2:23.0	20-May-06	SML Div 3N Rd 2	Hendon
U17	800	Robbie Kidd	2:25.7	20-Aug-06	EYAL Rd 5	Thurrock
U13	800	Tyler Bennett	2:26.9	21-May-06	NYAL Rd 2	Croydon
U13	800	Ryan O'Mahoney	2:27.6	23-Jul-06	NYAL Rd 5	Tonbridge
U15	800	L Ball	2:28.40	09-Aug-06	Watford Open	Watford
U15	800	Liam Bush	2:28.6	30-Jul-06	EYAL Rd 4	Braintree
U15	800	C DaCosta	2:29.2	30-Jul-06	EYAL Rd 4	Braintree
U15	800	Kieron Nelson	2:34.1	09-Apr-06	Spring Warm up 2	Barking
SM	800	Rob Dickenson	2:37.7	03-Jun-06	SML Div 1 Rd 3	Stevenage
U13	800	Matthew Chine	2:39.8	09-Apr-06	Spring Warm up 2	Barking
U13	800	Luke Overton	2:43.4	20-Aug-06	EYAL Rd 5	Thurrock
U11	800	Tevin Westfield	2:52.0	09-Apr-06	Spring Warm up 2	Barking
U13	800	Thomas Davies	2:52.7	07-May-06	EYAL Rd 1	St Albans
U13	800	Jake Nelson	2:53.7	30-Apr-06	NYAL Rd 1	Reading
SM	800	Simon Maley	2:53.9	08-Jul-06	SML Div 3 Rd 3	Watford
SM	800	Martin Chester	3:01.6	20-May-06	SML Div 3N Rd 2	Hendon
U13	800	L Winter	3:10.8	30-Jul-06	EYAL Rd 4	Braintree
U13	800	Andrew Holland	3:13.9	30-Jul-06	EYAL Rd 4	Braintree
U15	1200	Robert Lofthouse	4:34.4	19-Mar-06	Spring Warm up 1	Hornchurch
U17	1200	Lenny Swain	4:09.4	19-Mar-06	Spring Warm up 1	Hornchurch
U13	1200	Jake Nelson	4:18.9	19-Mar-06	Spring Warm up 1	Hornchurch
U17	1500	Matt Bloy	4:01.5	10-Jun-06	Essex Schools Champs	Chelmsford
SM	1500	Gavin Maley	4:05.8	5-Aug-06	SML Div 1 Rd 6	Barking
JM	1500	Ashley Reece	4:07.73	7-May-06	NJAL Rd 1	Hendon
SM	1500	Glen Hill	4:04.60	23-Aug-06	Watford Open	Watford
M35	1500	Matt Bland	4:17.16	23-Aug-06	Watford Open	Watford
SM	1500	Jason London	4:19.0	22-Jul-06	SML Div 1 Rd 4	Reading
U17	1500	Grant Twist	4:22.3	5-Aug-06	SML Div 3N Rd 5	Barking
U17	1500	Daniel Winters	4:26.56	10-Sep-06	EYAL Final	Bedford
U17	1500	Robert Jones	4:28.5	18-Jun-06	EYAL Rd 2	St Ives
SM	1500	Neill Collins	4:29.96	26-Jul-06	Watford Open	Watford
M40	1500	Paul Berrett	4:30.69	14-May-06	Essex Champs Day 3	Chelmsford
SM	1500	Tony Collins	4:30.96	14-May-06	Essex Champs Day 3	Chelmsford
U15	1500	Simon Brown	4:34.5	07-May-06	EYAL Rd 1	St Albans
U15	1500	Callum Sutton	4:34.68	10-Sep-06	EYAL Final	Bedford
U15	1500	John Whitehead	4:37.5	23-Jul-06	NYAL Rd 5	Tonbridge
U17	1500	Steve McLachlan	4:39.1	07-May-06	EYAL Rd 1	St Albans
SM	1500	Trevor Keys	4:39.1	20-May-06	SML Div 1 Rd 2	Newham
SM	1500	Salvator Mutijima	4:44.1	29-Apr-06	SML Div 1 Rd 1	Barking
U15	1500	Jamie Buckley-Stanton	4:44.2	18-Jun-06	EYAL Rd 2	St Ives
SM	1500	Ian Anthony	4:45.0	5-Aug-06	SML Div 3N Rd 5	Barking
SM	1500	Rob Dickenson	4:47.2	03-Jun-06	SML Div 1 Rd 3	Stevenage
U17	1500	Robbie Kidd	4:51.0	20-Aug-06	EYAL Rd 5	Thurrock
U15	1500	Daniel Shanney	4:54.14	01-May-06	Essex Champs Day 1	Ilford
U17	1500	Daniel Loynes	4:58.9	23-Jul-06	NYAL Rd 5	Tonbridge
U15	1500	Ian Price	5:01.0	20-Aug-06	EYAL Rd 5	Thurrock
U13	1500	Charlie Hazelwood	5:02.1	23-Jul-06	NYAL Rd 5	Tonbridge
U15	1500	C Lowe	5:02.5	30-Jul-06	EYAL Rd 4	Braintree
U17	1500	Lenny Swain	5:11.53	01-May-06	Essex Champs Day 1	Ilford
SM	1500	Martin Chester	5:15.9	20-May-06	SML Div 3N Rd 2	Hendon
U13	1500	Jake Nelson	5:20.3	23-Jul-06	NYAL Rd 5	Tonbridge
U13	1500	Jonathan Seekings	5:26.9	18-Jun-06	EYAL Rd 2	St Ives
U13	1500	Ryan O'Mahoney	5:37.62	01-May-06	Essex Champs Day 1	Ilford
U15	1500	Sam Swain	5:39.45	01-May-06	Essex Champs Day 1	Ilford
U15	1500	Robert Lofthouse	5:43.1	09-Apr-06	Spring Warm up 2	Barking
U15	1500	James Drew	5:43.7	30-Jul-06	EYAL Rd 4	Braintree
U15	1500	Kieron Nelson	6:07.27	10-Sep-06	EYAL Final	Bedford
SM	1500	Simon Maley	6:18.1	08-Jul-06	SML Div 3 Rd 3	Watford
U13	1500	Andrew Holland	6:20.9	20-Aug-06	EYAL Rd 5	Thurrock
JM	3000	Ashley Reece	8:52.96	09-Aug-06	Watford Open	Watford
SM	3000	Trevor Keys	8:57.1	31-May-06	Watford Open	Watford
U17	3000	Matt Bloy	9:03.60	09-Aug-06	Watford Open	Watford
JM	3000	Ross Clarke	9:03.87	28-Jul-06	London Grand Prix	Crystal Palace
SM	3000	Matt Bland	9:12.31	09-Aug-06	Watford Open	Watford
U17	3000	Bradley Tungatt	9:33.2	30-Apr-06	NYAL Rd 1	Reading
U17	3000	Grant Twist	9:33.2	21-May-06	NYAL Rd 2	Croydon
U17	3000	Robert Jones	9:46.2	23-Jul-06	NYAL Rd 5	Tonbridge
M40	3000	Paul Berrett	9:50.85	28-Jun-06	Watford Open	Watford
U17	3000	Steve McLachlan	9:52.6	30-Apr-06	NYAL Rd 1	Reading
SM	5000	Trevor Keys	15:40.1	22-Jul-06	SML Div 1 Rd 4	Reading
SM	5000	Matt Bland	16:20.3	22-Jul-06	SML Div 1 Rd 4	Reading
SM	5000	Tony Collins	16:52.0	29-Apr-06	SML Div 1 Rd 1	Barking
SM	5000	Rob Dickenson	16:58.8	03-Jun-06	SML Div 1 Rd 3	Stevenage
JM	5000	Ross Clarke	17:10.56	18-Jun-06	SEAA U20 Champs	Crystal Palace
SM	5000	Martin Chester	17:36.2	03-Jun-06	SML Div 3N Rd 3	Colchester
M40	5000	Paul Berrett	17:53.0	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	5000	Graham Pritchard	19:45.0	5-Aug-06	SML Div 3N Rd 5	Barking
SM	Mar	Rob Dickenson	2:52:32	23-Apr-06	London Marathon	London
SM	Mar	Martin Chester	3:03.14	23-Apr-06	London Marathon	London

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Age Group	Event	Name	Performance	Date	Meeting	Venue
M40	Mar	Graham Foster	3:37.55	23-Apr-06	London Marathon	London
SM	Mar	Kevin Benton	3:39.16	23-Apr-06	London Marathon	London
U13	75H	Frederick Mokoso	13.7	23-Jul-06	NYAL Rd 5	Tonbridge
U13	75H	Jake Nelson	14.6	10-Sep-06	EYAL Final	Bedford
U13	75H	Jonathan Seekings	15.5	25-Jun-06	NYAL Rd 4	Barking
U13	75H	Charlie Hazlewood	15.9	30-Apr-06	NYAL Rd 1	Reading
U13	75H	Conor Mullen	16.8	07-May-06	EYAL Rd 1	St Albans
U13	75H	Andrew Kerr	17.0	25-Jun-06	NYAL Rd 4	Barking
U15	80H	Terry Hughes	14.3	25-Jun-06	NYAL Rd 4	Barking
U15	80H	Gabriel Makinwa	14.9	18-Jun-06	EYAL Rd 2	St Ives
U15	80H	Chuks Onyiuke	15.1	30-Jul-06	EYAL Rd 4	Braintree
U15	80H	Kieron Nelson	18.0	2-Jul-06	EYAL Rd 3	Bedford
U15	80H	Robert Lofthouse	18.3	2-Jul-06	EYAL Rd 3	Bedford
U17	100H	Chris Warden	14.4	13-May-06	Essex Champs Day 2	Chelmsford
U17	100H	David Creedon	14.8	23-Jul-06	NYAL Rd 5	Tonbridge
U17	100H	Daniel Loynes	15.9	20-Aug-06	EYAL Rd 5	Thurrock
U17	100H	Kieron Nelson (U15)	20.3	20-Aug-06	EYAL Rd 5	Thurrock
SM	110H	Mark Bishop	16.7	29-Apr-06	SML Div 1 Rd 1	Barking
SM	110H	Arron Bonning	19.7	5-Aug-06	SML Div 1 Rd 6	Barking
SM	110H	Kevin Benton	19.8	20-May-06	SML Div 1 Rd 2	Newham
M50	110H	Ian Chamberlain	21.0	5-Aug-06	SML Div 3N Rd 5	Barking
SM	110H	Darron Keevil	21.5	5-Aug-06	SML Div 3N Rd 5	Barking
SM	110H	Jason Lendon	25.0	22-Jul-06	SML Div 1 Rd 4	Reading
JM	110H-J	Anthony Williams	15.3	11-Jun-06	NJAL Rd 2	Haringey
JM	110H-J	Richard Demko	15.4	11-Jun-06	NJAL Rd 2	Haringey
SM	300H	Phil Tierney	44.2	19-Mar-06	Spring Warm up 1	Hornchurch
SM	300H	Adam Brett	46.9	19-Mar-06	Spring Warm up 1	Hornchurch
JM	400H	Richard Demko	57.9	11-Jun-06	NJAL Rd 2	Haringey
SM	400H	Kevin Benton	61.2	20-May-06	SML Div 1 Rd 2	Newham
SM	400H	Mark Bishop	61.5	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	400H	Phil Tierney	61.9	20-May-06	SML Div 1 Rd 2	Newham
JM	400H	Luchien Anderson	64.9	5-Aug-06	SML Div 1 Rd 6	Barking
M40	400H	Paul Berrett	67.8	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	400H	Rob Warner	70.1	08-Jul-06	SML Div 3 Rd 3	Watford
M50	400H	Ian Chamberlain	72.9	5-Aug-06	SML Div 3N Rd 5	Barking
SM	400H	Andy Tierney	86.0	5-Aug-06	SML Div 3N Rd 5	Barking
U17	400HI	Chris Warden	58.83	27-May-06	South of England Champs	Chelmsford
U17	400HI	Daniel Loynes	62.6	25-Jun-06	NJAL Rd 4	Barking
U17	400HI	David Creedon	64.0	23-Jul-06	NYAL Rd 5	Tonbridge
U17	1500 SC	Grant Twist	5:05.9	23-Jul-06	NYAL Rd 5	Tonbridge
U17	1500 SC	Daniel Winters	5:11.4	23-Jul-06	NYAL Rd 5	Tonbridge
U17	1500 SC	Joe Webster	5:19.3	30-Apr-06	NYAL Rd 1	Reading
U17	1500 SC	Daniel Loynes	5:45.1	04-Jun-06	NYAL Rd 3	Bromley
U17	2000SC	Daniel Winters	7:03.1	11-Jun-06	NJAL Rd 2	Haringey
U17	2000SC	Daniel Loynes	7:54.4	11-Jun-06	NJAL Rd 2	Haringey
SM	3000SC	Rob Warner	10:00.8	5-Aug-06	SML Div 1 Rd 6	Barking
SM	3000SC	Gavin Maley	10:02.1	22-Jul-06	SML Div 1 Rd 4	Reading
SM	3000SC	Trevor Keys	10:22.0	22-Jul-06	SML Div 1 Rd 4	Reading
SM	3000SC	Martin Chester	11:09.1	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	3000SC	Rob Dickenson	12:05.8	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	HJ	Mark Bishop	1.75	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	HJ	Scott Keating	1.70	29-Apr-06	SML Div 1 Rd 1	Barking
JM	HJ	Anthony Williams	1.70	29-Apr-06	SML Div 1 Rd 1	Barking
JM	HJ	Ashley Reece	1.70	07-May-06	NJAL Rd 1	Hendon
U17	HJ	Chris Warden	1.68	04-Jun-06	NYAL Rd 3	Bromley
SM	HJ	Jon Buckler	1.65	5-Aug-06	SML Div 3N Rd 5	Barking
SM	HJ	Arron Bonning	1.60	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
U17	HJ	Grant Twist	1.55	10-Sep-06	EYAL Final	Bedford
M40	HJ	Paul Berrett	1.50	03-Jun-06	SML Div 3N Rd 3	Colchester
U15	HJ	Liam Hughes	1.45	18-Jun-06	EYAL Rd 2	St Ives
U15	HJ	Gabriel Makinwa	1.45	07-May-06	EYAL Rd 1	St Albans
SM	HJ	Lee Arrowsmith	1.45	20-May-06	SML Div 3N Rd 2	Hendon
U17	HJ	Craig Moore	1.50	10-Sep-06	EYAL Final	Bedford
U15	HJ	Terry Hughes	1.45	23-Jul-06	NYAL Rd 5	Tonbridge
U15	HJ	Georgie Bean	1.45	30-Jul-06	EYAL Rd 4	Braintree
U13	HJ	Jake Nelson	1.41	23-Jul-06	NYAL Rd 5	Tonbridge
SM	HJ	Darron Keevil	1.40	08-Jul-06	SML Div 3 Rd 3	Watford
U17	HJ	Cafer Gunay	1.35	2-Jul-06	EYAL Rd 3	Bedford
U15	HJ	Jamie Buckley-Stanton	1.32	14-Jun-06	Schools Cup Reg Final	Chelmsford
U13	HJ	Andrew Kerr	1.30	07-May-06	EYAL Rd 1	St Albans
U15	HJ	Bradley Burr	1.30	30-Jul-06	EYAL Rd 4	Braintree
U13	HJ	Ben Western	1.25	01-May-06	Essex Champs Day 1	Ilford
U13	HJ	Charlie Hazelwood	1.20	25-Jun-06	NYAL Rd 4	Barking
SM	HJ	Jason Lendon	1.20	22-Jul-06	SML Div 1 Rd 4	Reading
U13	HJ	Ryan O'Mahoney	1.10	2-Jul-06	EYAL Rd 3	Bedford

HMAC Male Rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
U13	HJ	Luke Overton	1.10	20-Aug-06	EYAL Rd 5	Thurrock
U17	LJ	Vincente Lazaro	6.53	10-Jun-06	Essex Schools Champs	Chelmsford
SM	LJ	Mark Bishop	6.52	5-Aug-06	SML Div 1 Rd 6	Barking
JM	LJ	Anthony Williams	6.44	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	LJ	Jon Buckler	6.14	5-Aug-06	SML Div 3N Rd 5	Barking
SM	LJ	Arron Bonning	5.71	08-Jul-06	SML Div 3 Rd 3	Watford
U17	LJ	Alan Vardon	5.67	2-Jul-06	EYAL Rd 3	Bedford
U17	LJ	Joseph Ramie	5.57	18-Jun-06	EYAL Rd 2	St Ives
SM	LJ	Luchien Anderson	5.56	22-Jul-06	SML Div 1 Rd 4	Reading
JM	LJ	Danny Nunn	5.34	03-Jun-06	SML Div 3N Rd 3	Colchester
U17	LJ	Cafer Gunay	5.21	18-Jun-06	EYAL Rd 2	St Ives
JM	LJ	Ashley Reece	5.20	07-May-06	NJAL Rd 1	Hendon
U15	LJ	Liam Hughes	5.17	21-May-06	NYAL Rd 2	Croydon
U15	LJ	Gabriel Makinwa	5.14	07-May-06	EYAL Rd 1	St Albans
U17	LJ	Chris Warden	5.10i	08-Jan-06	SEAA Indoor Pentathlon	Carshalton
SM	LJ	Andy Tierney	5.09	5-Aug-06	SML Div 3N Rd 5	Barking
U15	LJ	Jordan Brown	5.04	30-Jul-06	EYAL Rd 4	Braintree
U15	LJ	Terry Hughes	4.96	25-Jun-06	NYAL Rd 4	Barking
SM	LJ	James Harris	4.93	03-Jun-06	SML Div 3N Rd 3	Colchester
U17	LJ	Daniel Winters	4.90	20-Aug-06	EYAL Rd 5	Thurrock
U17	LJ	Craig Moore	4.70	09-Apr-06	Spring Warm up 2	Barking
SM	LJ	Lee Arrowsmith	4.64	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
U15	LJ	Michael Isted	4.63	20-Aug-06	EYAL Rd 5	Thurrock
U13	LJ	Ben Western	4.60	21-May-06	NYAL Rd 2	Croydon
U13	LJ	Rhys Stevenson	4.57	10-Sep-06	EYAL Final	Bedford
U15	LJ	Kieron Nelson	4.51	2-Jul-06	EYAL Rd 3	Bedford
U15	LJ	Chuks Onyiuke	4.20	2-Jul-06	EYAL Rd 3	Bedford
U13	LJ	Frederick Mokoso	4.19	23-Jul-06	NYAL Rd 5	Tonbridge
U15	LJ	James Drew	4.18	30-Jul-06	EYAL Rd 4	Braintree
U13	LJ	Ryan Blake	4.11	25-Jun-06	NYAL Rd 4	Barking
U13	LJ	Charlie Hazlewood	3.91	23-Jul-06	NYAL Rd 5	Tonbridge
U15	LJ	Robert Lofthouse	3.81	09-Apr-06	Spring Warm up 2	Barking
U13	LJ	Tyler Bennett	3.80	30-Jul-06	EYAL Rd 4	Braintree
U13	LJ	Andrew Kerr	3.56	2-Jul-06	EYAL Rd 3	Bedford
U13	LJ	Adam Edwards	3.10	30-Apr-06	NYAL Rd 1	Reading
U13	LJ	Andrew Holland	2.35	30-Jul-06	EYAL Rd 4	Braintree
JM	TJ	Anthony Williams	12.82	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	TJ	Mark Bishop	12.69	5-Aug-06	SML Div 1 Rd 6	Barking
U17	TJ	Vincente Lazaro	12.57	20-Aug-06	Southern Inter Counties	Ashford
SM	TJ	Jon Buckler	12.26	5-Aug-06	SML Div 3N Rd 5	Barking
SM	TJ	Arron Bonning	12.12	5-Aug-06	SML Div 1 Rd 6	Barking
U17	TJ	Joseph Ramie	11.73	30-Jul-06	EYAL Rd 4	Braintree
SM	TJ	Bradley Parrott	11.29	29-Apr-06	SML Div 1 Rd 1	Barking
U15	TJ	Gabriel Makinwa	11.22	10-Jun-06	Essex Schools Champs	Chelmsford
U17	TJ	Chris Warden	11.07	18-Jun-06	EYAL Rd 2	St Ives
SM	TJ	Andrew Tierney	10.78	5-Aug-06	SML Div 3N Rd 5	Barking
U17	TJ	Daniel Loynes	10.67	20-Aug-06	EYAL Rd 5	Thurrock
SM	TJ	James Harris	10.43	03-Jun-06	SML Div 3N Rd 3	Colchester
U15	TJ	Terry Hughes	10.32	13-May-06	Essex Champs Day 2	Chelmsford
SM	TJ	Gavin Maley	10.25	22-Jul-06	SML Div 1 Rd 4	Reading
SM	TJ	Kevin Benton	9.30	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	TJ	Darron Keevil	8.50	08-Jul-06	SML Div 3 Rd 3	Watford
M50	TJ	Ian Chamberlain	8.48	20-May-06	SML Div 3N Rd 2	Hendon
U15	TJ	Kieran Nelson	7.94	20-Aug-06	EYAL Rd 5	Thurrock
SM	PV	Mark Bishop	3.80	20-May-06	SML Div 1 Rd 2	Newham
M55	PV	Stuart Tufton	3.30	29-Apr-06	SML Div 1 Rd 1	Barking
SM	PV	Arron Bonning	3.00	5-Aug-06	SML Div 1 Rd 6	Barking
SM	PV	Richard Gray	2.80	5-Aug-06	SML Div 3N Rd 5	Barking
M50	PV	Ian Chamberlain	2.40	20-May-06	SML Div 3N Rd 2	Hendon
SM	PV	Andrew Tierney	1.50	8-Jul-06	SML Div 1 Rd 4	Milton Keynes
SM	SP	Brett Heath	12.17	5-Aug-06	SML Div 1 Rd 6	Barking
SM	SP	Leo Barker	11.89	5-Aug-06	SML Div 1 Rd 6	Barking
SM	SP	Mark Bishop	11.50	20-May-06	SML Div 1 Rd 2	Newham
M50	SP	Steve Archer	10.60	5-Aug-06	SML Div 3N Rd 5	Barking
SM	SP	Darron Keevil	10.29	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	SP	Kevin Deacon	10.25	08-Jul-06	SML Div 3 Rd 3	Watford
SM	SP	Daniel Gamester	10.17	03-Jun-06	SML Div 1 Rd 3	Stevenage
JM	SP	Joe Forde	10.03	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	SP	Andrew Tierney	9.79	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
SM	SP	Arron Bonning	9.78	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
SM	SP	Sam Harrison	8.80	22-Jul-06	SML Div 1 Rd 4	Reading
JM	SPJ	Joe Forde	10.79	16-Jul-06	NJAL Rd 3	Stevenage
JM	SPJ	Danny Collins	10.05	13-Aug-06	NJAL Rd 4	Eton
JM	SPJ	Anthony Williams	9.33	11-Jun-06	NJAL Rd 2	Haringey
JM	SPJ	Chris Newton	8.82	07-May-06	NJAL Rd 1	Hendon
U17	SPI	Cafer Gunay	10.71	18-Jun-06	EYAL Rd 2	St Ives
U17	SPI	Gary Tonks	10.39	23-Jul-06	NYAL Rd 5	Tonbridge
U17	SPI	Chris Warden	10.26i	08-Jan-06	SEAA Indoor Pentathlon	Carshalton
U17	SPI	Bradley Reece	10.13	2-Jul-06	EYAL Rd 3	Bedford
U17	SPI	Ben Warden	10.08	07-May-06	EYAL Rd 1	St Albans

HMAC Male Rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
U17	SPI	Craig Moore	7.99	30-Jul-06	EYAL Rd 4	Braintree
U17	SPI	Matt Bloy	7.52	04-Jun-06	NYAL Rd 3	Bromley
U17	SPI	Robbie Kidd	5.20	20-Aug-06	EYAL Rd 5	Thurrock
U15	SPB	Georgie Bean	10.55	23-Jul-06	NYAL Rd 5	Tonbridge
U15	SPB	Jordan Jackson	9.95	23-Jul-06	NYAL Rd 5	Tonbridge
U15	SPB	Adam Felgate	8.01	25-Jun-06	NYAL Rd 4	Barking
U15	SPB	Chuks Onyiuke	7.49	20-Aug-06	EYAL Rd 5	Thurrock
U15	SPB	Lewis Williams	6.06	30-Apr-06	NYAL Rd 1	Reading
U15	SPB	James Drew	6.00	30-Jul-06	EYAL Rd 4	Braintree
U15	SPB	Robert Lofthouse	4.50	30-Apr-06	NYAL Rd 1	Reading
U13	SPC	Jake Nelson	7.08	20-Aug-06	EYAL Rd 5	Thurrock
U13	SPC	Andrew Kerr	6.77	30-Jul-06	EYAL Rd 4	Braintree
U13	SPC	Ryan Wood	6.49	23-Jul-06	NYAL Rd 5	Tonbridge
U13	SPC	Luke Overton	5.39	20-Aug-06	EYAL Rd 5	Thurrock
U13	SPC	Andrew Holland	3.19	30-Jul-06	EYAL Rd 4	Braintree
SM	DT	Brett Heath	38.94	5-Aug-06	SML Div 1 Rd 6	Barking
SM	DT	Leo Barker	32.97	5-Aug-06	SML Div 1 Rd 6	Barking
SM	DT	Mark Bishop	32.33	29-Apr-06	SML Div 1 Rd 1	Barking
SM	DT	Andrew Tierney	30.74	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
SM	DT	Andy Tierney	29.87	09-Apr-06	Spring Warm up 2	Barking
SM	DT	Darron Keevil	29.86	08-Jul-06	SML Div 3 Rd 3	Watford
SM	DT	Arron Bonning	27.97	20-May-06	SML Div 3N Rd 2	Hendon
M45	DT	Kevin White	27.01	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	DT	Sam Harrison	25.66	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	DT	Danny Gamester	24.66	03-Jun-06	SML Div 1 Rd 3	Stevenage
JM	DTJ	Chris Newton	32.38	14-May-06	Essex Champs Day 3	Chelmsford
U17	DTJ	Cafer Gunay	28.23	13-Aug-06	NJAL Rd 4	Eton
JM	DTJ	Danny Collins	25.52	13-Aug-06	NJAL Rd 4	Eton
JM	DTJ	Ashley Reece	19.63	11-Jun-06	NJAL Rd 2	Haringey
U17	DTI	Bradley Reece	34.12	2-Jul-06	EYAL Rd 3	Bedford
U17	DTI	Craig Moore	34.25	10-Sep-06	EYAL Final	Bedford
U17	DTI	Cafer Gunay	32.45	20-Aug-06	EYAL Rd 5	Thurrock
U15	DTB	Jordan Jackson	34.55	10-Sep-06	EYAL Final	Bedford
U15	DTB	Georgie Bean	31.50	20-Aug-06	EYAL Rd 5	Thurrock
U15	DTB	Michael Jones	27.66	18-Jun-06	EYAL Rd 2	St Ives
U15	DTB	Adam Felgate	24.95	25-Jun-06	NYAL Rd 4	Barking
U15	DTB	Bradley Burr	23.57	04-Jun-06	NYAL Rd 3	Bromley
U13	DTC	Tyler Bennett	21.91	10-Sep-06	EYAL Final	Bedford
U13	DTC	Jonathan Seekings	17.04	20-Aug-06	EYAL Rd 5	Thurrock
U13	DTC	Andrew Kerr	12.60	02-Aug-06	Thurrock Open	Thurrock
SM	HT	Kevin Deacon	46.02	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	HT	Daniel Gamester	43.91	03-Jun-06	SML Div 1 Rd 3	Stevenage
JM	HT	Joe Forde	43.14	5-Aug-06	SML Div 1 Rd 6	Barking
SM	HT	Lee Arrowsmith	39.08	03-Jun-06	SML Div 3N Rd 3	Colchester
M50	HT	Steve Archer	28.23	5-Aug-06	SML Div 3N Rd 5	Barking
SM	HT	Sam Harrison	25.89	22-Jul-06	SML Div 1 Rd 4	Reading
SM	HT	Andrew Tierney	24.40	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
SM	HT	Darron Keevil	18.11	08-Jul-06	SML Div 3 Rd 3	Watford
JM	HTJ	Joe Forde	49.91	18-Jun-06	SEAA U20 Champs	Crystal Palace
JM	HTJ	Chris Newton	22.26	07-May-06	NJAL Rd 1	Hendon
JM	HTJ	Danny Collins	16.06	13-Aug-06	NJAL Rd 4	Eton
U17	HTJ	Grant Twist	8.05	11-Jun-06	NJAL Rd 2	Haringey
U17	HTI	Bradley Reece	42.54	09-Aug-06	Watford Open	Watford
U17	HTI	Cafer Gunay	23.91	21-May-06	NYAL Rd2	Croydon
U17	HTI	Vincente Lazaro	19.53	30-Apr-06	NYAL Rd 1	Reading
U15	HTB	Bradley Burr	26.16	23-Jul-06	NYAL Rd 5	Tonbridge
U15	HTB	Lewis Williams	24.05	23-Jul-06	NYAL Rd 5	Tonbridge
SM	JT	Sam Harrison	54.93	29-Apr-06	SML Div 1 Rd 1	Barking
U17	JT	Bonne Buwembo	59.24	30-Sep-06	Biggleswade Open	Sandy
SM	JT	Mark Bishop	50.23	8-Jul-06	SML Div 1 Rd 4	Milton Keynes
U17	JT	Cafer Gunay	48.15	16-Jul-06	NJAL Rd 3	Stevenage
SM	JT	Andrew Tierney	39.41	5-Aug-06	SML Div 3N Rd 5	Barking
SM	JT	Darron Keevil	37.62	08-Jul-06	SML Div 3 Rd 3	Watford
SM	JT	Arron Bonning	37.53	08-Jul-06	SML Div 3 Rd 3	Watford
SM	JT	Lee Arrowsmith	29.46	03-Jun-06	SML Div 3N Rd 3	Colchester
JM	JT	Chris Newton	27.33	07-May-06	NJAL Rd 1	Hendon
SM	JT	Kevin Deacon	25.90	20-May-06	SML Div 3N Rd 2	Hendon
JM	JT	Joe Forde	22.20	11-Jun-06	NJAL Rd 2	Haringey
U17	JTI	Bonne Buwembo	66.54	03-Sep-06	Eastern Inter Counties	Sandy
U17	JTI	Cafer Gunay	51.20	10-Sep-06	EYAL Final	Bedford
U17	JTI	Georgie Bean (U15)	50.39	28-Aug-06	Marshall Peugeot Games	Peterborough
U17	JTI	Louis Devine	42.87	02-Aug-06	Thurrock Open	Thurrock
U17	JTI	Craig Moore	28.25	30-Apr-06	NYAL Rd 1	Reading
U17	JTI	Bradley Reece	27.70	18-Jun-06	EYAL Rd 2	St Ives
U17	JTI	Grant Twist	11.10	04-Jun-06	NYAL Rd 3	Bromley
U15	JTB	Georgie Bean	50.86	25-Jun-06	NYAL Rd 4	Barking
U15	JTB	Bradley Burr	37.52	10-Sep-06	EYAL Final	Bedford
U15	JTB	Jordan Jackson	32.95	20-Aug-06	EYAL Rd 5	Thurrock
U15	JTB	Chuks Onyiuke	17.90	21-May-06	NYAL Rd2	Croydon