

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

Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	80	Matt Russell	9.3	04-Apr	Basildon Open	Basildon
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
U15B	80	Terry Hughes	10.0	25-Mar	Spring Warm Up 1	Hornchurch
U15B	80	Jordan Brown	10.1	25-Mar	Spring Warm Up 1	Hornchurch
U15B	80	Charlie Smith	10.2	25-Mar	Spring Warm Up 1	Hornchurch
U15B	80	Sean Ostermeyer	10.2	25-Mar	Spring Warm Up 1	Hornchurch
U15B	80	Ben Western	10.4	25-Mar	Spring Warm Up 1	Hornchurch
U15B	80	Christopher Hyde	13.2	25-Mar	Spring Warm Up 1	Hornchurch
U13B	80	Lee Jarrold	13.2	25-Mar	Spring Warm Up 1	Hornchurch
U13B	80	Jordan Da Costa	13.2	25-Mar	Spring Warm Up 1	Hornchurch
SM	100	Matt Russell	10.9	19-May	SML Div 1 Rd 2	Eton
SM	100		Russell 11.15	05-May	BAL Div 2	Chelmsford
SM	100	Luke Stott	11.42	25-Jul	Watford Open	Watford
U17M	100	Joseph Ramie	11.7	09-Sep	EYAL Final	Chelmsford
U17M	100	Daniel McDowall	11.77	20-May	NYAL Rd 2	Croydon
U17M	100	Devon Samson	11.87	20-May	NYAL Rd 2	Croydon
JM	100	Vincent Lazaro	11.9	05-May	SML Div 1 Rd 1	Mayesbrook
SM	100	Anthony Williams	11.9	19-May	SML Div 1 Rd 2	Eton
U15B	100	Jordan Brown	11.9	01-Jul	EYAL Rd 3	Watford
U15B	100	Jimi Tele	12.03	19-Aug	Scottish Champs	Grangemouth
U15B	100	Terry Hughes	12.1	24-Jun	NYAL Rd 4	Mayesbrook
U17M	100	Liam Hughes	12.3	29-Apr	EYAL Rd 1	Mayesbrook
JM	100	Craig Moore	12.3	05-May	SML Div 3N Rd 1	Mayesbrook
U15B	100	Rhys Stephenson	12.3	17-Jun	EYAL Rd 2	Bedford
U15B	100	Chuks Onyiuke	12.4	24-Jun	NYAL Rd 4	Mayesbrook
U15B	100		Onyiuke 12.59	20-May	NYAL Rd 2	Croydon
U15B	100		Onyiuke 12.3w	09-Jun	Essex Schools Champs	Chelmsford
U15B	100	Adam Samuel	12.4	24-Jun	NYAL Rd 4	Mayesbrook
U15B	100		Samuel 12.62	20-May	NYAL Rd 2	Croydon
U15B	100	Sean Ostermeyer	12.4	15-Jul	EYAL Rd 4	Ipswich
SM	100	James Murphy	12.5	18-Jul	Woodford Open	Woodford
U17M	100	Danny Bennett	12.6	06-May	NYAL Rd 1	Hendon
JM	100	Luchien Anderson	12.7	05-May	SML Div 1 Rd 1	Mayesbrook
SM	100	Arron Bonning	12.7	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	100	James Harris	12.7	14-Jul	SML Div 3N Rd 4	Uxbridge
U15B	100	Charlie Smith	12.8	15-Apr	Spring Warm Up 2	Mayesbrook
U17M	100	Daniel Winters	12.9	15-Jul	EYAL Rd 4	Ipswich
SM	100	Christian Newton	13.2	05-May	SML Div 3N Rd 1	Mayesbrook
U17M	100	Kieran Nelson	13.2	03-Jun	NYAL Rd 3	Woodford
U15B	100	Ben Western	13.7	15-Apr	Spring Warm Up 2	Mayesbrook
SM	100	Neil Gowers	13.2	23-Jun	SML Div 3N Rd 3	Watford
U13B	100	Ryan Blake	13.8	01-Jul	EYAL Rd 3	Watford
U13B	100	Frederick Mokoso	13.92	13-May	Essex Champs Day 3	Chelmsford
SM	100	Darron Keevil	14.1	23-Jun	SML Div 3N Rd 3	Watford
U15B	100	James Flynn	14.1	15-Jul	EYAL Rd 4	Ipswich
SM50	100	Ian Chamberlain	14.1	14-Jul	SML Div 3N Rd 4	Uxbridge
U17M	100	Chris Lowe	14.2	05-Aug	EYAL Rd 5	Thurrock
U13B	100	Daniel Wood	14.5	29-Apr	EYAL Rd 1	Mayesbrook
U13B	100		Wood 14.58	20-May	NYAL Rd 2	Croydon
U13B	100	Anthony Soetan	14.6	05-Aug	EYAL Rd 5	Thurrock
U15B	100	Sam McDowall	14.8	24-Jun	NYAL Rd 4	Mayesbrook
U13B	100	Tyler Bennett	14.93	20-May	NYAL Rd 2	Croydon
U13B	100	Alex Ostermeyer	15.7	15-Jul	EYAL Rd 4	Ipswich
U13B	100	Lee Jarrold	15.9	29-Apr	EYAL Rd 1	Mayesbrook
U13B	100	Jordan Da Costa	16.0	17-Jun	EYAL Rd 2	Bedford
U13B	100	Alex Wade	16.8	17-Jun	EYAL Rd 2	Bedford
U13B	100	Luke Sewell	16.9	15-Apr	Spring Warm Up 2	Mayesbrook
SM	150	Matt Russell	16.9	04-Apr	Basildon Open	Basildon
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
U15B	150	Terry Hughes	18.4	25-Mar	Spring Warm Up 1	Hornchurch
U15B	150	Jordan Brown	18.6	25-Mar	Spring Warm Up 1	Hornchurch
U15B	150	Rhys Stephenson	19.2	04-Apr	Basildon Open	Basildon
U15B	150	Charlie Smith	19.3	25-Mar	Spring Warm Up 1	Hornchurch
U15B	150	Ben Western	20.5	25-Mar	Spring Warm Up 1	Hornchurch
U13B	150	Conor Daws	22.8	25-Mar	Spring Warm Up 1	Hornchurch
U13B	150	Jordan Da Costa	25.5	25-Mar	Spring Warm Up 1	Hornchurch

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

Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	200	Luke Stott	22.16	04-Aug	BAL Div 3 Rd 4	Derby
SM	200	Matt Russell	22.2	19-May	SML Div 1 Rd 2	Eton
SM	200		22.58	02-Jun	BAL Rd 2	Swansea
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		23.7	27-May	NJAL Round 2	Basildon
JM	200	Paul Adair	23.7w	29-Jul	NJAL Rd 4	Colchester
JM	200		23.8	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	200	James Murphy	24.1	19-May	SML Div 1 Rd 2	Eton
JM	200	Luchien Anderson	24.4	05-May	SML Div 1 Rd 1	Mayesbrook
U17M	200	Devon Samson	24.1	01-Jul	EYAL Rd 3	Watford
U17M	200	Josh Dunne	24.7	29-Apr	NJAL Round 1	Bedford
U15B	200	Jordan Brown	24.4	17-Jun	EYAL Rd 2	Bedford
U15B	200		23.8w	09-Jun	Essex Schools Champs	Chelmsford
U15B	200	Adam Samuel	25.1	07-Apr	Chelmsford Open	Chelmsford
U15B	200		25.39	20-May	NYAL Rd 2	Croydon
SM40	200	Mark Bishop	25.2	05-May	SML Div 1 Rd 1	Mayesbrook
JM	200	Craig Moore	25.2	05-May	SML Div 3N Rd 1	Mayesbrook
U17M	200	Liam Hughes	25.3	29-Apr	EYAL Rd 1	Mayesbrook
U15B	200	Michael Jones	25.3	17-Jun	EYAL Rd 2	Bedford
U15B	200	Chuks Onyiuke	25.42	20-May	NYAL Rd 2	Croydon
U17M	200	Tom Fossett	25.5	01-Jul	NJAL Rd 3	Mayesbrook
U15B	200	Terry Hughes	25.5	29-Apr	EYAL Rd 1	Mayesbrook
U15B	200	Charlie Smith	25.6	15-Apr	Spring Warm Up 2	Mayesbrook
U17M	200	Michael Donovan	25.6	03-Jun	NYAL Rd 3	Woodford
SM	200	James Harris	25.8	15-Apr	Spring Warm Up 2	Mayesbrook
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
JM	200	Vincent Lazaro	26.1	02-Jun	SML Div 1 Rd 3	Ashford
U15B	200	Sean Ostermeyer	26.2	15-Jul	EYAL Rd 4	Ipswich
U15B	200	Rhys Stephenson	26.2	15-Jul	EYAL Rd 4	Ipswich
SM	200	Glen Hill	26.9	23-Jun	SML Div 1 Rd 4	Woking
U17M	200	Callum Sutton	27.1	29-Apr	NJAL Round 1	Bedford
SM	200	Christian Newton	27.1	05-May	SML Div 3N Rd 1	Mayesbrook
U17M	200	Georgie Bean	27.4	24-Jun	NYAL Rd 4	Mayesbrook
U17M	200	William Truman	28.1	05-Aug	EYAL Rd 5	Thurrock
U15B	200	Ben Western	28.4	03-Jun	NYAL Rd 3	Woodford
SM	200	Neil Gower	28.6	02-Jun	SML Div 3N Rd 2	Sandy
U13B	200	Frederick Mokoso	29.0	24-Jun	NYAL Rd 4	Mayesbrook
U13B	200		29.73	20-May	NYAL Rd 2	Croydon
U13B	200	Daniel Wood	29.7	29-Apr	EYAL Rd 1	Mayesbrook
U13B	200		29.75	20-May	NYAL Rd 2	Croydon
U13B	200	Ryan Blake	29.8	22-Jul	NYAL Rd 5	Basingstoke
SM	200	Graham Hogan	30.1	23-Jun	SML Div 3N Rd 3	Watford
U13B	200	Finbar Smyth	31.3	29-Apr	EYAL Rd 1	Mayesbrook
U13B	200	Alex Ostermeyer	33.6	15-Jul	EYAL Rd 4	Ipswich
U13B	200	Thomas Davis	34.1	15-Jul	EYAL Rd 4	Ipswich
U15B	200	Chris Hyde	35.0	05-Aug	EYAL Rd 5	Thurrock
SM	300	Matt Russell	35.8	25-Mar	Spring Warm Up 1	Hornchurch
JM	300	Craig Moore	40.3	25-Mar	Spring Warm Up 1	Hornchurch
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
SM	400	James Murphy	50.7	26-May	London Inter Club Challenge	Lee Valley
SM	400		51.90	12-May	Essex Champs Day 2	Chelmsford
SM	400	Salvator Mutijima	51.0	26-May	London Inter Club Challenge	Lee Valley
JM	400	Paul Adair	51.2	29-Jul	NJAL Rd 4	Colchester
JM	400		51.32	12-May	Essex Champs Day 2	Chelmsford
U15B	400	Michael Jones	53.6	09-Jun	Essex Schools Champs	Chelmsford
U15B	400		54.53	13-May	Essex Champs Day 3	Chelmsford
U17M	400	Michael Donovan	53.9	05-Aug	EYAL Rd 5	Thurrock
U17M	400		54.26	20-May	NYAL Rd 2	Croydon
U17M	400	Tom Foskett	55.0	23-Jun	SML Div 3N Rd 3	Watford
JM	400	Craig Moore	55.2	27-May	NJAL Round 2	Basildon
JM	400	David Nefs	55.26	19-May	Varsity Match	Cambridge
JM	400	Jay Ryan	55.3	02-Sep	NJAL Promotion	Lee Valley
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
U15B	400	Tyler Spillman	57.8	15-Jul	EYAL Rd 4	Ipswich
U17M	400	Simon Brown	58.0	22-Jul	NYAL Rd 5	Basingstoke
U17M	400	William Trueman	58.2	01-Jul	EYAL Rd 3	Watford
JM	400	Rob Jones	58.6	29-Apr	NJAL Round 1	Bedford
U15B	400	Toby Jarvis	58.7	24-Jun	NYAL Rd 4	Mayesbrook
SM	400	Russ Middleton	58.8	23-Jun	SML Div 1 Rd 4	Woking
U17M	400	Kieran Nelson	59.0	15-Jul	EYAL Rd 4	Ipswich
U15B	400	Charlie Smith	59.78	20-May	NYAL Rd 2	Croydon
U17M	400	Chris Da Costa	59.8	06-May	NYAL Rd 1	Hendon
SM	400	Neill Collins	60.3	02-Jun	SML Div 3N Rd 2	Sandy
U15B	400	Adam Samuel	60.7	22-Jul	NYAL Rd 5	Basingstoke
U17M	400	Daniel Shanney	61.1	24-Jun	NYAL Rd 4	Mayesbrook
U15B	400	James Flynn	64.6	01-Jul	EYAL Rd 3	Watford

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Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	400	Christian Newton	64.7	02-Jun	SML Div 3N Rd 2	Sandy
U15B	400	Jake Nelson	65.0	15-Jul	EYAL Rd 4	Ipswich
U15B	400	Ross Earney	69.8	15-Jul	EYAL Rd 4	Ipswich
U15B	400	Jonathan Seekings	69.9	01-Jul	EYAL Rd 3	Watford
SM	600	Salvator Mutijima	1:25.7	25-Mar	Spring Warm Up 1	Hornchurch
SM	600	James Murphy	1:28.4	25-Mar	Spring Warm Up 1	Hornchurch
U17M	600	Chris Da Costa	1:44.7	25-Mar	Spring Warm Up 1	Hornchurch
U13B	600	Jordan Da Costa	2:15.8	25-Mar	Spring Warm Up 1	Hornchurch
JM	800	Ross Clarke	1:56.41	08-Aug	BMC Gold Standard	Watford
SM	800	Salvator Mutijima	1:58.8	02-Jun	SML Div 1 Rd 3	Ashford
JM	800	Paul Adair	1:59.1	04-Aug	SML Div 1 Rd 6	Reading
SM	800	Glen Hill	2:00.6	23-Jun	SML Div 1 Rd 4	Woking
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
U17M	800	Whitehead	2:04.3	02-Sep	NJAL Promotion	Lee Valley
U17M	800	Whitehead	2:06.99	20-May	NYAL Rd 2	Croydon
SM40	800	Matt Bland	2:04.4	02-Jun	SML Div 1 Rd 3	Ashford
U17M	800	Callum Sutton	2:04.7	03-Jun	NYAL Rd 3	Woodford
SM	800	Rob Warner	2:06.0	23-Jun	SML Div 1 Rd 4	Woking
U17M	800	Simon Brown	2:07.70	20-May	NYAL Rd 2	Croydon
SM	800	Jason Lendon	2:08.1	04-Aug	SML Div 1 Rd 6	Reading
JM	800	Rob Jones	2:08.6	05-May	SML Div 3N Rd 1	Mayesbrook
U17M	800	Grant Twist	2:08.8	17-Jun	EYAL Rd 2	Bedford
SM	800	Rob Dickenson	2:09.0	23-Jun	SML Div 3N Rd 3	Watford
SM	800	Neill Collins	2:09.2	02-Jun	SML Div 3N Rd 2	Sandy
U15B	800	Michael Jones	2:10.5	09-Sep	EYAL Final	Chelmsford
U15B	800	Jones	2:10.63	12-May	Essex Champs Day 2	Chelmsford
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
SM	800	Russ Middleton	2:11.9	05-May	SML Div 3N 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
U15B	800	Jamie Buckley-Stanton	2:16.1	15-Jul	EYAL Rd 4	Ipswich
U17M	800	Chris Lowe	2:17.4	17-Jun	EYAL Rd 2	Bedford
U15B	800	Liam Bush	2:18.9	15-Jul	EYAL Rd 4	Ipswich
U17M	800	Chris Da Costa	2:21.3	22-Jul	NYAL Rd 5	Basingstoke
U13B	800	Ryan O'Mahoney	2:23.6	01-Jul	EYAL Rd 3	Watford
U13B	800	O'Mahoney	2:24.63	13-May	Essex Champs Day 3	Chelmsford
U15B	800	Jack Fairbanks	2:24.7	03-Jun	NYAL Rd 3	Woodford
SM	800	Martin Chester	2:25.4	14-Jul	SML Div 3N Rd 4	Uxbridge
U15B	800	James Flynn	2:29.5	24-Jun	NYAL Rd 4	Mayesbrook
U13B	800	Tyler Bennett	2:32.87	20-May	NYAL Rd 2	Croydon
U15B	800	Cameron Fazakerley	2:33.4	24-Jun	NYAL Rd 4	Mayesbrook
U15B	800	Jake Nelson	2:34.4	22-Jul	NYAL Rd 5	Basingstoke
U15B	800	Ross Earney	2:39.1	15-Jul	EYAL Rd 4	Ipswich
U15B	800	Adam Wileman	2:40.2	24-Jun	NYAL Rd 4	Mayesbrook
U13B	800	Daniel Wood	2:41.5	22-Jul	NYAL Rd 5	Basingstoke
U13B	800	Finbar Smyth	2:43.1	29-Apr	EYAL Rd 1	Mayesbrook
U15B	800	Jonathan Seekings	2:45.6	15-Apr	Spring Warm Up 2	Mayesbrook
U13B	800	Alex Wade	2:49.1	29-Apr	EYAL Rd 1	Mayesbrook
U15B	800	Chris Hyde	2:56.8	05-Aug	EYAL Rd 5	Thurrock
U15B	800	M Allen	3:00.4	17-Jun	EYAL Rd 2	Bedford
U13B	800	Alex Hood	3:03.2	05-Aug	EYAL Rd 5	Thurrock
U13B	800	Luke Sewell	3:07.2	15-Apr	Spring Warm Up 2	Mayesbrook
U13B	800	Andrew Holland	3:11.1	05-Aug	EYAL Rd 5	Thurrock
U13B	800	Jordan Da Costa	3:11.2	15-Apr	Spring Warm Up 2	Mayesbrook
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
U15B	1200	Jamie Buckley-Stanton	3:49.9	25-Mar	Spring Warm Up 1	Hornchurch
U15B	1200	Jonathan Seekings	4:18.6	25-Mar	Spring Warm Up 1	Hornchurch
U15B	1200	Christopher Hyde	4:52.5	25-Mar	Spring Warm Up 1	Hornchurch

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

Age Group	Event	Name	Performance	Date	Meeting	Venue
JM	1500	Ross Clarke	3:56.45	21-Jul	BMC Grand Prix	Solihull
SM	1500	Glen Hill	4:02.58	08-Aug	Watford Open	Watford
SM40	1500	Matt Bland	4:12.6	05-May	SML Div 1 Rd 1	Mayesbrook
U17M	1500	Callum Sutton	4:14.18	26-May	SEAA Champs	Ashford
SM	1500	Rob Dickenson	4:15.3	05-May	SML Div 1 Rd 1	Mayesbrook
SM	1500	Jason Lendon	4:16.1	02-Jun	SML Div 1 Rd 3	Ashford
U17M	1500	John Whitehead	4:15.5	17-Jun	EYAL Rd 2	Bedford
U17M	1500		4:16.46	27-Jun	Watford Open	Watford
U17M	1500	Daniel Winters	4:16.15	27-Jun	Watford Open	Watford
SM	1500	Gavin Maley	4:21.7	02-Jun	SML Div 1 Rd 3	Ashford
JM	1500	Rob Jones	4:23.66	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
SM	1500	Neill Collins	4:30.4	05-May	SML Div 3N 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
SM	1500	Rob Dickenson	4:34.4	23-Jun	SML Div 3N Rd 3	Watford
U15B	1500	Jamie Buckley-Stanton	4:37.05	27-Jun	Watford Open	Watford
U17M	1500	Michael Donovan	4:37.8	05-Aug	EYAL Rd 5	Thurrock
SM	1500	Tony Collins	4:38.4	23-Jun	SML Div 3N Rd 3	Watford
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
U15B	1500	Terry Fairbanks	4:47.7	15-Jul	EYAL Rd 4	Ipswich
U15B	1500		4:47.94	20-May	NYAL Rd 2	Croydon
U15B	1500	Jack Fairbanks	4:50.3	15-Jul	EYAL Rd 4	Ipswich
U17M	1500	Josh Dunne	4:51.6	01-Jul	NJAL Rd 3	Mayesbrook
U13B	1500	Ryan O'Mahoney	5:03.46	20-May	NYAL Rd 2	Croydon
U15B	1500	Chris Sullivan	5:13.7	06-May	NYAL Rd 1	Hendon
U15B	1500	Adam Wileman	5:17.7	06-May	NYAL Rd 1	Hendon
U13B	1500	Thomas Davis	5:20.1	22-Jul	NYAL Rd 5	Basingstoke
U15B	1500	Jonathan Seekings	5:27.4	22-Jul	NYAL Rd 5	Basingstoke
U13B	1500	Luke Overton	5:41.8	15-Jul	EYAL Rd 4	Ipswich
U13B	1500	Jordan Da Costa	6:05.5	17-Jun	EYAL Rd 2	Bedford
U15B	1500	Jason Clifton	6:15.8	15-Apr	Spring Warm Up 2	Mayesbrook
U13B	1500	Andrew Holland	6:45.9	29-Apr	EYAL Rd 1	Mayesbrook
JM	3000	Ross Clarke	8:34.86	03-Aug	London Grand Prix	Crsytal Palace
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
JM	3000	Rob Jones	9:54.1	02-Sep	NJAL Promotion	Lee Valley
SM	3000	Tony Collins	9:55.06	25-Jul	Watford Open	Watford
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
JM	5000	Ross Clarke	14:57.7	12-May	Essex Champs Day 2	Chelmsford
SM	5000	Trevor Keys	16:43.7	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	5000	Ian Anthony	16:44.4	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	5000	Graham Pritchard	16:54.4	05-May	SML Div 1 Rd 1	Mayesbrook
SM	5000	John Barker	16:56.6	23-Jun	SML Div 3N Rd 3	Watford
SM	5000	Tony Collins	16:56.8	19-May	SML Div 1 Rd 2	Eton
SM	5000	Graham Hogan	17:16.3	23-Jun	SML Div 3N Rd 3	Watford
U17M	1500SC	Grant Twist	4:50.3	09-Jun	Essex Schools Champs	Chelmsford
U17M	1500SC		4:53.32	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
JM	2000SC	Rob Jones	6:56.7	27-May	NJAL Round 2	Basilton
SM	3000SC	Rob Warner	9:42.8	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	3000SC	Jason Lendon	10:25.8	04-Aug	SML Div 1 Rd 6	Reading
U17M	3000SC	Grant Twist	10:38.6	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	3000SC	Trevor Keys	10:43.4	23-Jun	SML Div 1 Rd 4	Woking
JM	3000SC	Rob Jones	10:54.3	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	3000SC	Martin Chester	10:56.4	05-May	SML Div 1 Rd 1	Mayesbrook
U13B	75H	Frederick Mokoso	13.9	01-Jul	EYAL Rd 3	Watford
U13B	75H	Danny Wilson	14.5	09-Sep	EYAL Final	Chelmsford
U13B	75H	Ryan Blake	15.0	17-Jun	EYAL Rd 2	Bedford
U15B	80H	Jake Nelson	13.3	23-Sep	Essex Champs Day 5	Colchester
U15B	80H		14.56	20-May	NYAL Rd 2	Croydon
U15B	80H	Bradley Burr	14.9	17-Jun	EYAL Rd 2	Bedford
U15B	80H	Jonathan Seekings	16.2	09-Sep	EYAL Final	Chelmsford
U15B	80H	Adam Wileman	16.8	15-Jul	EYAL Rd 4	Ipswich
U15B	80H	Andrew Kerr	17.2	24-Jun	NYAL Rd 4	Mayesbrook

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
		Creedon	14.60w	12-May	Essex Champs Day 2	Chelmsford
U17M	100H	Kieran Nelson	17.8	09-Sep	EYAL Final	Chelmsford
U17M	100H		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
JM	110H	Anthony Williams	16.6	02-Jun	SML Div 1 Rd 3	Ashford
SM40	110H	Mark Bishop	16.9	05-May	SML Div 1 Rd 1	Mayesbrook
SM	110H	Arron Bonning	20.5	23-Jun	SML Div 1 Rd 4	Woking
SM	110H	Darren Keevil	21.4	14-Jul	SML Div 3N Rd 4	Uxbridge
SM50	110H	Ian Chamberlain	28.0	14-Jul	SML Div 3N Rd 4	Uxbridge
JM	110HJ	Anthony Williams	15.4	08-Jul	Eastern Champs	Cambridge
JM	110HJ		15.45	17-Jun	SEAA Senior Champs	Crystal Pal
U17M	110HJ	David Creedon	16.8	27-May	NJAL Round 2	Basildon
U17M	110HJ	Kieran Nelson	20.0w	01-Jul	NJAL Round 3	Mayesbrook
SM	300H	James Murphy	42.3	25-Mar	Spring Warm Up 1	Hornchurch
JM	300H	Luchien Anderson	45.3	25-Mar	Spring Warm Up 1	Hornchurch
SM	300H	Phil Tierney	49.3	25-Mar	Spring Warm Up 1	Hornchurch
U17M	300H	Kieran Nelson	52.4	25-Mar	Spring Warm Up 1	Hornchurch
SM	400H	James Murphy	57.2	02-Jun	SML Div 1 Rd 3	Ashford
SM40	400H	Mark Bishop	61.9	04-Aug	SML Div 1 Rd 6	Reading
SM	400H	Luchien Anderson	64.3	05-May	SML Div 1 Rd 1	Mayesbrook
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
SM	400H	Jason Lendon	70.5	05-May	SML Div 3N Rd 1	Mayesbrook
SM	400H	Rob Warner	71.9	19-May	SML Div 1 Rd 2	Eton
SM	400H	Phil Tierney	74.0	02-Jun	SML Div 1 Rd 3	Ashford
JM	400H	Rob Jones	77.7	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	400H	Russ Middleton	81.5	23-Jun	SML Div 1 Rd 4	Woking
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
SM	DT	Leo Barker	39.96	05-May	SML Div 1 Rd 1	Mayesbrook
SM40	DT	Mark Bishop	32.36	05-May	SML Div 1 Rd 1	Mayesbrook
SM	DT	Christian Newton	31.19	02-Jun	SML Div 3N Rd 2	Sandy
SM	DT	Darren Keevil	30.79	02-Jun	SML Div 3N Rd 2	Sandy
SM	DT	Arron Bonning	29.21	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	DT	Andrew Tierney	27.61	05-May	SML Div 3N Rd 1	Mayesbrook
SM45	DT	Kevin White	27.46	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	DT	Daniel Gamester	26.48	23-Jun	SML Div 1 Rd 4	Woking
U17M	DTJ	Bradley Reece	34.10	01-Jul	NJAL Round 3	Mayesbrook
JM	DTJ	Craig Moore	32.18	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
U15B	DTB	Michael Jones	32.18	24-Jun	NYAL Rd 4	Mayesbrook
U15B	DTB	Bradley Burr	29.41	09-Sep	EYAL Final	Chelmsford
U15B	DTB	Jimi Tele	23.56	05-Aug	EYAL Rd 5	Thurrock
U15B	DTB	James Drew	21.94	15-Jul	EYAL Rd 4	Ipswich
U15B	DTB	Chris Sullivan	21.44	06-May	NYAL Rd 1	Hendon
U15B	DTB	Jake Nelson	19.24	15-Jul	EYAL Rd 4	Ipswich
U15B	DTB	Jonathan Seekings	15.83	15-Apr	Spring Warm Up 2	Mayesbrook
U13B	DTC	Danny Wilson	24.36	09-Sep	EYAL Final	Chelmsford
U13B	DTC	Luke Overton	21.85	09-Sep	EYAL Final	Chelmsford
U13B	DTC	Tyler Bennett	16.29	29-Apr	EYAL Rd 1	Mayesbrook
SM	SP	Leo Barker	12.65	15-Apr	Spring Warm Up 2	Mayesbrook
SM40	SP	Mark Bishop	11.85	05-May	SML Div 1 Rd 1	Mayesbrook
SM	SP	Darren Keevil	10.74	05-May	SML Div 3N Rd 1	Mayesbrook
SM50	SP	Steve Archer	10.48	05-May	SML Div 3N Rd 1	Mayesbrook
SM	SP	Daniel Gamester	10.14	23-Jun	SML Div 1 Rd 4	Woking
SM	SP	Arron Bonning	9.82	23-Jun	SML Div 1 Rd 4	Woking
SM	SP	Christian Newton	8.48	02-Jun	SML Div 3N Rd 2	Sandy
SM45	SP	Kevin White	7.09	14-Jul	SML Div 3N Rd 4	Uxbridge
JM	SPJ	Jay Ryan	11.99	02-Sep	NJAL Promotion	Lee Valley
U17M	SPJ	Bradley Reece	10.39	29-Jul	NJAL Round 4	Colchester
JM	SPJ	Anthony Williams	9.09	27-May	NJAL Round 2	Basildon
U17M	SPJ	Jordan Jackson	6.74	27-May	NJAL Round 2	Basildon
JM	SPJ	Rob Jones	6.00	29-Apr	NJAL Round 1	Bedford

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

Age Group	Event	Name	Performance	Date	Meeting	Venue
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
U15B	SPB	Lawrence Goodacre	14.96	26-Aug	Tate & Lyle	Newham
U15B	SPB	Bradley Burr	9.75	20-May	NYAL Rd 2	Croydon
U15B	SPB	James Drew	7.60	15-Apr	Spring Warm Up 2	Mayesbrook
U15B	SPB	Jake Nelson	7.51	23-Sep	Essex Champs Day 5	Colchester
U15B	SPB	Lewis Williams	7.19	29-Apr	EYAL Rd 1	Mayesbrook
U15B	SPB	Andrew Kerr	7.28	05-Aug	EYAL Rd 5	Thurrock
U15B	SPB	Cameron Fazakerley	6.50	01-Jul	EYAL Rd 3	Watford
U15B	SPB	Ross Earney	5.19	05-Aug	EYAL Rd 5	Thurrock
U13B	SPC	Luke Overton	7.77	09-Sep	EYAL Final	Chelmsford
U13B	SPC	Danny Wilson	7.49	09-Sep	EYAL Final	Chelmsford
U13B	SPC	Daniel Wood	6.61	17-Jun	EYAL Rd 2	Bedford
U13B	SPC	Lee Jarrold	5.78	05-Aug	EYAL Rd 5	Thurrock
U13B	SPC	Thomas Davis	5.45	05-Aug	EYAL Rd 5	Thurrock
U13B	SPC	Andrew Holland	3.06	29-Apr	EYAL Rd 1	Mayesbrook
SM	HT	Daniel Gamester	46.37	08-Aug	Watford Open	Watford
SM	HT	Sam Harrison	27.88	19-May	SML Div 1 Rd 2	Eton
SM50	HT	Steve Archer	26.16	05-May	SML Div 3N Rd 1	Mayesbrook
SM	HT	Darren Keevil	25.17	23-Jun	SML Div 3N Rd 3	Watford
SM	HT	Mark Bishop	24.24	05-May	SML Div 1 Rd 1	Mayesbrook
SM	HT	Andrew Tierney	21.68	05-May	SML Div 3N Rd 1	Mayesbrook
SM	HT	Christian Newton	20.04	23-Jun	SML Div 3N Rd 3	Watford
SM	HT	Arron Bonning	20.32	04-Aug	SML Div 1 Rd 6	Reading
SM45	HT	Kevin White	11.84	14-Jul	SML Div 3N Rd 4	Uxbridge
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
U15B	HTB	Andrew Kerr	29.15	15-Apr	Spring Warm Up 2	Mayesbrook
U15B	HTB	Lewis Williams	27.72	20-May	NYAL Rd 2	Croydon
JM	JT	Bonne Buwembo	63.30	10-Jun	Bedford International Games	Bedford
SM	JT	Sam Harrison	54.37	05-May	SML Div 1 Rd 1	Mayesbrook
U17M	JT	George Bean	53.52	29-Jul	NJAL Round 4	Colchester
SM	JT	Arron Bonning	39.93	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	JT	Darren Keevil	37.21	02-Jun	SML Div 3N Rd 2	Sandy
SM	JT	Christian Newton	30.62	02-Jun	SML Div 3N Rd 2	Sandy
SM45	JT	Kevin White	21.90	14-Jul	SML Div 3N Rd 4	Uxbridge
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
U15B	JTB	Bradley Burr	51.78	09-Jun	Essex Schools Champs	Chelmsford
U15B	JTB	James Drew	32.03	09-Sep	EYAL Final	Chelmsford
U15B	JTB	Michael Jones	23.12	24-Jun	NYAL Rd 4	Mayesbrook
U15B	JTB	Jamie Buckley-Stanton	20.90	05-Aug	EYAL Rd 5	Thurrock
U15B	JTB	Andrew Kerr	13.43	05-Aug	EYAL Rd 5	Thurrock
JM	HJ	Jay Ryan	1.85	01-Jul	NJAL Round 3	Mayesbrook
SM40	HJ	Mark Bishop	1.76	05-May	SML Div 1 Rd 1	Mayesbrook
SM	HJ	Leo Barker	1.70	19-May	SML Div 1 Rd 2	Eton
SM	HJ	Jon Buckler	1.70	04-Aug	SML Div 1 Rd 6	Reading
JM	HJ	Anthony Williams	1.65	29-Apr	NJAL Round 1	Bedford
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
JM	HJ	Craig Moore	1.60	02-Sep	NJAL Promotion	Lee Valley
U17M	HJ	David Creedon	1.55	27-May	NJAL Round 2	Basildon
SM	HJ	Arron Bonning	1.55	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	HJ	Darren Keevil	1.50	05-May	SML Div 3N Rd 1	Mayesbrook
U17M	HJ	Gabriel Makinwa	1.50	03-Jun	NYAL Rd 3	Woodford
U15B	HJ	Jake Nelson	1.50	17-Jun	EYAL Rd 2	Bedford
U15B	HJ	Toby Jarvis	1.50	17-Jun	EYAL Rd 2	Bedford
U15B	HJ	Rhys Stephenson	1.45	15-Jul	EYAL Rd 4	Ipswich
U15B	HJ	Cameron Fazakerley	1.45	05-Aug	EYAL Rd 5	Thurrock
U15B	HJ	James Drew	1.40	29-Apr	EYAL Rd 1	Mayesbrook
U17M	HJ	Georgie Bean	1.40	03-Jun	NYAL Rd 3	Woodford
U15B	HJ	Jamie Buckley-Stanton	1.40	17-Jun	EYAL Rd 2	Bedford
U17M	HJ	George Eastman	1.40	05-Aug	EYAL Rd 5	Thurrock
U13B	HJ	Lee Jarrold	1.30	24-Jun	NYAL Rd 4	Mayesbrook
U17M	HJ	Adam Samuel	1.30	22-Jul	NYAL Rd 5	Basingstoke
U13B	HJ	Luke Overton	1.25	22-Jul	NYAL Rd 5	Basingstoke
U13B	HJ	Ryan O'Mahoney	1.20	29-Apr	EYAL Rd 1	Mayesbrook

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

Age Group	Event	Name	Performance	Date	Meeting	Venue
JM	LJ	Anthony Williams	6.51	14-Jul	SML Div 1 Rd 5	Milton Keynes
JM	LJ	Vincent Lazaro	6.46	13-May	Essex Champs Day 3	Chelmsford
U17M	LJ	Joseph Ramie	6.32	09-Sep	EYAL Final	Chelmsford
SM	LJ	Arron Bonning	5.86	14-Jul	SML Div 1 Rd 5	Milton Keynes
U15B	LJ	Jimi Tele	5.85	09-Sep	EYAL Final	Chelmsford
SM	LJ	Jon Buckler	5.74	04-Aug	SML Div 1 Rd 6	Reading
U17M	LJ	Devon Samson	5.71	01-Jul	EYAL Rd 3	Watford
U15B	LJ	Terry Hughes	5.58	01-Jul	EYAL Rd 3	Watford
U15B	LJ	Jordan Brown	5.51	15-Jul	EYAL Rd 4	Ipswich
JM	LJ	Craig Moore	5.44	15-Apr	Spring Warm Up 2	Mayesbrook
U17M	LJ	Gabriel Makinwa	5.27	03-Jun	NYAL Rd 3	Woodford
U15B	LJ	Sean Ostermeyer	5.08	15-Jul	EYAL Rd 4	Ipswich
SM	LJ	James Harris	5.05	14-Jul	SML Div 3N Rd 4	Uxbridge
U17M	LJ	Liam Hughes	5.01	01-Jul	EYAL Rd 3	Watford
U15B	LJ	Ben Western	4.84	06-May	NYAL Rd 1	Hendon
U15B	LJ	Georgie Bean	4.82	17-Jun	EYAL Rd 2	Bedford
SM	LJ	Christian Newton	4.78	05-May	SML Div 3N Rd 1	Mayesbrook
U15B	LJ	James Drew	4.72	15-Apr	Spring Warm Up 2	Mayesbrook
U15B	LJ	Jake Nelson	4.69	23-Sep	Essex Champs Day 5	Colchester
U13B	LJ	Ryan Blake	4.54	09-Sep	EYAL Final	Chelmsford
U17M	LJ	Daniel Winters	4.49	24-Jun	NYAL Rd 4	Mayesbrook
SM	LJ	Darron Keevil	4.34	14-Jul	SML Div 3N Rd 4	Uxbridge
U15B	LJ	Chuks Onyuike	4.26	17-Jun	EYAL Rd 2	Bedford
U15B	LJ	Rhys Stephenson	4.24	04-Apr	Basildon Open	Basildon
U13B	LJ	Frederick Mokoso	4.22	15-Apr	Spring Warm Up 2	Mayesbrook
SM	LJ	Neil Gowers	4.08	23-Jun	SML Div 3N Rd 3	Watford
U15B	LJ	Charlie Smith	4.03	20-May	NYAL Rd 2	Croydon
U13B	LJ	Anthony Soetan	4.00	05-Aug	EYAL Rd 5	Thurrock
U13B	LJ	Tyler Bennett	3.77	20-May	NYAL Rd 2	Croydon
U13B	LJ	Thomas Davis	3.51	05-Aug	EYAL Rd 5	Thurrock
U17M	LJ	John Whitehead	3.06	05-Aug	EYAL Rd 5	Thurrock
U13B	LJ	Lee Jarrold	2.95	25-Mar	Spring Warm Up 1	Hornchurch
U13B	LJ	Andrew Holland	2.74	29-Apr	EYAL Rd 1	Mayesbrook
U13B	LJ	Patrick Leary-Kiernan	2.72	15-Jul	EYAL Rd 4	Ipswich
SM40	PV	Mark Bishop	3.80	05-May	SML Div 1 Rd 1	Mayesbrook
JM	PV	Jay Ryan	3.45	02-Sep	NJAL Promotion	Lee Valley
SM55	PV	Stuart Tufton	3.40	05-May	SML Div 1 Rd 1	Mayesbrook
SM	PV	Arron Bonning	2.80	23-Jun	SML Div 1 Rd 4	Woking
SM50	PV	Ian Chamberlain	2.40	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	PV	Christian Newton	2.20	05-May	SML Div 3N Rd 1	Mayesbrook
U15B	PV	Andrew Kerr	2.20	06-May	NYAL Rd 1	Hendon
U17M	TJ	Joseph Ramie	13.43	09-Sep	EYAL Final	Chelmsford
JM	TJ	Anthony Williams	12.84	02-Jun	SML Div 1 Rd 3	Ashford
JM	TJ	Vincent Lazaro	12.60	29-Jul	NJAL Round 4	Colchester
JM	TJ	Paul Adair	11.77	01-Jul	NJAL Round 3	Mayesbrook
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
SM	TJ	James Harris	10.38	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	TJ	Arron Bonning	10.33	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	TJ	Christian Newton	9.72	23-Jun	SML Div 3N Rd 3	Watford
SM	TJ	Andrew Tierney	9.67	05-May	SML Div 3N Rd 1	Mayesbrook
SM	TJ	Rob Warner	9.37	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM50	TJ	Ian Chamberlain	9.18	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	TJ	Darren Keevil	8.58	05-May	SML Div 3N Rd 1	Mayesbrook