

HMAC Male Summer 2010 Rankings as at 03/10/2010

Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	60	Luke Stott	7.21i	6-Feb-10		Loughboro
U17M	60	Jimi Tele	7.44i	17-Jan-10		Birmingham
U15M	60	Alex Law	7.8i	13-Mar-10	Chelmsford Minithon	Chelmsford
U15M	60	Law	7.99i	17-Jan-10	SEAA Indoor Champs	Lee Valley
U15M	60	Harvey Ransome	8.29i	6-Feb-10	Essex Indoor Champs	Lee Valley
U13M	60	Alex Hewitt	8.7i	28-Feb-10	Lee Valley Minithon	Lee Valley
U13M	60	Hewitt	8.72	6-Feb-10	Essex Indoor Champs	Lee Valley
U17M	80	Ashley Purnell	9.9	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17M	80	Dale Marks-Swain	10.2	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17M	80	Michael Blunt	10.5	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20M	80	James Lammin	10.5	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	80	Jack Downes	10.9	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	80	Oliver Garwandoe	11.3	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	80	Alex Hewitt	11.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	80	Robert Woodgate	12.0	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	80	Ryan Green	12.2	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	80	Chris Gell	12.2	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	80	Sam Dell	12.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	80	Marcus Turner	12.5	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	80	John Nelson	14.2	28-Mar-10	HMAC Spring Open #1	Hornchurch
SM	100	Luke Stott	10.84w	10-Jul-10	International EAP Meeting	Donnas, ITA
SM	100	Stott	11.18	24-Apr-10	Loughborough Open	Loughboro
U20M	100	Richard Morrissey	10.87w	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	100	Morrissey	11.15	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM	100	Shaun Stewart	11.27	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	100	Ammad Masood	11.3	1-May-10	SML Div 3N Round 1	Watford
SM	100	Masood	11.62	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	100	Joseph Ramie	11.4	10-Jul-10	SML Div 3N Round 4	Mayesbrook
SM	100	Leo Barker	11.43	5-Jun-10	England Athletics CE Cham	Bedford
U17M	100	Jimi Tele	11.51	8-May-10	Somerset Champs	Yeovil
U20M	100	Isaac Ogunlade	11.55	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	100	Jack Edgar-Hill	11.63w	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	100	Edgar-Hill	11.69	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	100	Nathan Steele	11.7	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U17M	100	Ashley Purnell	11.71w	8-May-10	Essex Champs Day 2	Chelmsford
U17M	100	Purnell	12.3	6-Jun-10	EYAL Round 2	Luton
U17M	100	Purnell	12.38	29-May-10	SEAA U15 & U17 Champs	Ashford
U20M	100	Jordan Brown	11.79	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	100	Charlie Moss	11.8	25-Apr-10	NJAL Thames Round1	Braintree
U17M	100	Dale Marks-Swain	11.8	15-Aug-10	EYAL Round 5	Colchester
U17M	100	Marks-Swain	11.90	1-Aug-10	N YAL Southern Final	Hendon
U17M	100	Michael Lewis	11.8	15-Aug-10	EYAL Round 5	Colchester
U20M	100	Terry Hughes	11.9	31-Jul-10	SML Div 3N Rd 5	Hemel Hempstead
SM35	100	Scott Spencer	11.94	8-Jun-10	Woodford Open	Woodford
U15M	100	Reece Mathurin	12.12	1-Aug-10	N YAL Southern Final	Hendon
U17M	100	Jake Nelson	12.22w	2-May-10	NYAL Round 1	Lee Valley
U17M	100	Nelson	12.5	16-May-10	NYAL Round 2	Eltham
U17M	100	Harry Phillips	12.28	1-Aug-10	N YAL Southern Final	Hendon
U20M	100	Bradley Burr	12.3	26-Jun-10	Eastern Schools Multis	Chelmsford
U15M	100	Alex Law	12.4	19-Sep-10	Watford Open	Watford
U15M	100	Law	12.71	30-May-10	SEAA U15 & U17 Champs	Ashford
U17M	100	Danny Wilson	12.6	27-Jun-10	EYAL Rd 3	St Albans
U15M	100	Karl Tucker	12.67	1-Aug-10	N YAL Southern Final	Hendon
U20M	100	James Lammin	12.8	25-Apr-10	NJAL Thames Round1	Braintree
U15M	100	Ade Idowu	12.9	25-Apr-10	EYAL Round 1	Bury St Edmunds
U15M	100	Idowu	14.22w	2-May-10	NYAL Round 1	Lee Valley
U15M	100	Alex Habbershaw	12.9	27-Jun-10	EYAL Rd 3	St Albans
U15M	100	Billy Bilton	13.0	25-Apr-10	EYAL Round 1	Bury St Edmunds
U15M	100	Nathan Jackson	13.0	16-May-10	NYAL Round 2	Eltham
U13M	100	Alexander Hewitt	13.0	15-Aug-10	EYAL Round 5	Colchester
U13M	100	Hewitt	13.29w	1-Aug-10	N YAL Southern Final	Hendon
U13M	100	Hewitt	14.33	3-Apr-10	Chelmsford Open	Chelmsford
U17M	100	Glenn Wileman	13.1	6-Jun-10	EYAL Round 2	Luton
U17M	100	Lewis Walker-Dobson	13.2	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17M	100	Walker-Dobson	13.41w	2-May-10	NYAL Round 1	Lee Valley
U17M	100	Gabriel Olawole	13.2	6-Jun-10	EYAL Round 2	Luton
U15M	100	Oliver Garwandoe	13.2	27-Jun-10	EYAL Rd 3	St Albans
U17M	100	Michael Blunt	13.3	6-Jun-10	EYAL Round 2	Luton
U17M	100	Pedro Malungo	13.3	6-Jun-10	EYAL Round 2	Luton
U15M	100	Liam Norman	13.7	26-Sep-10	Biggleswade Open	Sandy
U15M	100	Jack Downes	13.8	20-Jun-10	NYAL Round 3	Battersea
U13M	100	Ryan Green	14.3	27-Jun-10	EYAL Rd 3	St Albans
U13M	100	Green	14.56	1-Aug-10	N YAL Southern Final	Hendon
U13M	100	Liam Norman	14.3	26-Sep-10	Biggleswade Open	Sandy
U15M	100	Chris Gell	14.6	6-Jun-10	EYAL Round 2	Luton
U15M	100	Joshua Norman	14.6	11-Jul-10	EYAL Round 4	Braintree
U13M	100	Robert Woodgate	14.8	15-Aug-10	EYAL Round 5	Colchester
U13M	100	Sam Dell	15.0	16-May-10	NYAL Round 2	Eltham

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U13M	100	Sam Chapman	15.5	25-Apr-10	EYAL Round 1	Bury St Edmunds
U13M	100	Chapman	15.91w	2-May-10	NYAL Round 1	Lee Valley
U15M	100	Theo Atkins	15.7	25-Apr-10	EYAL Round 1	Bury St Edmunds
U13M	100	Zach Jackson	16.0	6-Jun-10	EYAL Round 2	Luton
U15M	100	Thomas Howard	16.4	6-Jun-10	EYAL Round 2	Luton
U11M	100	Lewis Bennett	17.6	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U13M	100	Ryan Crane	18.5	6-Jun-10	EYAL Round 2	Luton
U20M	150	Isaac Ogunlade	17.1	28-Mar-10	HMAC Spring Open #1	Hornchurch
SM	150	Ammad Masood	17.8	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20M	150	Jack Edgar-Hill	18.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17M	150	Danny Wilson	18.9	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	150	Alex Law	19.3	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	150	Billy Bilton	19.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17M	150	Michael Blunt	19.6	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17M	150	Jack Jordan	20.0	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	150	Alex Habbershaw	20.1	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	150	Jack Downes	20.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	150	Oliver Garwandoe	21.1	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	150	Alex Hewitt	21.2	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	150	Ryan Green	22.5	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	150	Lewis Middleton	22.6	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	150	Robert Woodgate	22.8	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	150	Chris Gell	23.1	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	150	Sam Dell	23.6	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	150	Oliver Heazel	23.8	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	150	Marcus Turner	24.3	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	150	Ryan Crane	27.9	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20M	200	Richard Morrissey	21.94w	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	200	Morrissey	22.04	20-Jun-10	Eng Ath U20 Champs	Bedford
SM	200	Luke Stott	22.03i	24-Feb-10	Midland Open	Birmingham
SM	200	Stott	22.07	23-May-10	Loughborough International	Loughborough
U17M	200	Jimi Tele	22.5	12-Jun-10	Somerset Schools Champs	Yeovil
U17M	200	Tele	22.63	10-Apr-10	Lee Valley Open	Lee Valley
SM	200	Shaun Stewart	22.70	8-Jun-10	Woodford Open	Woodford
U17M	200	Josh Olawore	22.9	8-Aug-10	SEAA U17 Inter Counties	Stevenage
U20M	200	Isaac Ogunlade	22.95	9-May-10	Essex Champs Day 3	Chelmsford
U17M	200	Michael Lewis	23.2	15-Aug-10	EYAL Round 5	Colchester
U17M	200	Lewis	24.32	1-Aug-10	N YAL Southern Final	Hendon
SM	200	Ammad Masood	23.3	1-May-10	SML Div 3N Round 1	Watford
SM	200	Masood	23.58	5-Jun-10	BAL Nat 3 Round 1	Hendon
U17M	200	Dale Marks-Swain	23.6	15-Aug-10	EYAL Round 5	Colchester
U17M	200	Marks-Swain	24.00	1-Aug-10	N YAL Southern Final	Hendon
U20M	200	Jack Edgar-Hill	23.74	9-May-10	Essex Champs Day 3	Chelmsford
U20M	200	Nathan Steele	23.8	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM35	200	Scott Spencer	23.84	8-Jun-10	Woodford Open	Woodford
U20M	200	Terry Hughes	23.89w	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	200	Hughes	24.0	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	200	Jordan Brown	23.95	25-Jul-10	NJAL Thames Round 4	Cambridge
U15M	200	Alex Law	24.2	15-Aug-10	EYAL Round 5	Colchester
U15M	200	Law	25.10	3-May-10	Essex Champs Day 1	Thurrock
U20M	200	Adam McCarthy	24.3	30-Aug-10	Southend Open	Southend
U20M	200	McCarthy	24.83	17-Jul-10	London Inter Club Challenge	Lee Valley
SM	200	Simon Richards	24.4	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U17M	200	Massi Dendani	24.6	5-Jun-10	SML Div 3N Round 3	Battersea
U15M	200	Reece Mathurin	24.6	15-Aug-10	EYAL Round 5	Colchester
U15M	200	Mathurin	25.54	1-Aug-10	N YAL Southern Final	Hendon
U17M	200	Danny Wilson	24.9	6-Jun-10	EYAL Round 2	Luton
U20M	200	Ian Price	25.05	25-Jul-10	NJAL Thames Round 4	Cambridge
U17M	200	Tyler Bennett	25.4	11-Jul-10	EYAL Round 4	Braintree
U15M	200	Billy Bilton	25.5	27-Jun-10	EYAL Rd 3	St Albans
U15M	200	Bilton	26.26	1-Aug-10	N YAL Southern Final	Hendon
U15M	200	Karl Tucker	25.8	18-Jul-10	NYAL Round 4	St Albans
U17M	200	Dan Wood	25.84w	2-May-10	NYAL Round 1	Lee Valley
U17M	200	Lewis Walker-Dobson	26.4	20-Jun-10	NYAL Round 3	Battersea
U15M	200	Ade Idowu	26.4	11-Jul-10	EYAL Round 4	Braintree
U15M	200	Oliver Garwandoe	26.41w	2-May-10	NYAL Round 1	Lee Valley
U15M	200	Garwandoe	27.1	25-Apr-10	EYAL Round 1	Bury St Edmunds
U15M	200	Garwandoe	28.17	29-May-10	SEAA U15 & U17 Champs	Ashford
U15M	200	Nathan Jackson	26.5	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U17M	200	Pedro Malungo	26.5	11-Jul-10	EYAL Round 4	Braintree
U17M	200	Michael Blunt	26.6	6-Jun-10	EYAL Round 2	Luton
U13M	200	Alexander Hewitt	27.0	18-Jul-10	NYAL Round 4	St Albans
U13M	200	Hewitt	27.60w	12-Jun-10	Essex Schools Champs	Chelmsford
U13M	200	Hewitt	27.83	1-Aug-10	N YAL Southern Final	Hendon
U17M	200	Jack Jordan	27.2	6-Jun-10	EYAL Round 2	Luton
U15M	200	Finbar Smyth	27.4	27-Jun-10	EYAL Rd 3	St Albans
U13M	200	Ryan Green	28.2	18-Jul-10	NYAL Round 4	St Albans
U13M	200	Green	29.38w	2-May-10	NYAL Round 1	Lee Valley

HMAC Male Summer 2010 Rankings as at 03/10/2010

Age Group	Event	Name	Performance	Date	Meeting	Venue
U13M	200	Green	29.45	1-Aug-10	N YAL Southern Final	Hendon
U17M	200	Gabriel Olawole	28.5	6-Jun-10	EYAL Round 2	Luton
U17M	200	Fred Mokoso	29.6	25-Apr-10	EYAL Round 1	Bury St Edmunds
U13M	200	Benjamin Ellis	29.9	11-Jul-10	EYAL Round 4	Braintree
U13M	200	Liam Norman	30.5	6-Jun-10	EYAL Round 2	Luton
U13M	200	Thomas Pitkin	30.5	11-Jul-10	EYAL Round 4	Braintree
U15M	200	Lewis Middleton	30.54w	2-May-10	NYAL Round 1	Lee Valley
U17M	200	Jon Seekings	31.2	6-Jun-10	EYAL Round 2	Luton
U13M	200	Sam Hurley	31.3	15-Aug-10	EYAL Round 5	Colchester
U13M	200	Robert Woodgate	32.0	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U15M	200	Daniel Baldwin	32.7	11-Jul-10	EYAL Round 4	Braintree
U13M	200	Sam Chapman	33.5	25-Apr-10	EYAL Round 1	Bury St Edmunds
U13M	200	Ryan Crane	39.3	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U17M	300	Danny Wilson	38.9	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20M	300	Jack Edgar-Hill	38.9	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17M	300	Massi Dendani	39.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17M	300	Jack Jordan	43.3	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	300	Sam Dell	50.7	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	300	Oliver Heazel	52.0	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20M	400	Richard Morrissey	48.01	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM	400	Shaun Stewart	50.18	11-Sep-10	Eastern Inter Counties	Chelmsford
U20M	400	Isaac Ogunlade	51.2	23-May-10	NJAL Thames Round 2	Ware
U20M	400	Ogunlade	52.70	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	400	David Nefs	51.21	15-May-10	Varsity Match	Oxford
SM35	400	Scott Spencer	51.57	3-Jul-10	BMAF Champs	Cardiff
SM	400	Simon Richards	51.8	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U17M	400	Dale Marks-Swain	52.0	27-Jun-10	EYAL Rd 3	St Albans
U17M	400	Marks-Swain	52.92	1-Aug-10	N YAL Southern Final	Hendon
U17M	400	Massi Dendani	52.8	20-Jun-10	NYAL Round 3	Battersea
U17M	400	Dendani	53.28	27-Jun-10	NJAL Thames Round 3	Bedford
SM	400	Leo Barker	53.14	24-Jul-10	SEAA Combined Events	Hendon
U17M	400	Josh Olawore	53.36	18-Sep-10	ESAA Combined Events	Stoke
U17M	400	Danny Wilson	53.9	3-Jul-10	ESAA Cup Final	Gateshead
U17M	400	Wilson	55.46i	6-Feb-10	Essex Indoor Champs	Lee Valley
U17M	400	Wilson	55.70	8-May-10	Essex Champs Day 2	Chelmsford
U20M	400	Adam McCarthy	55.1	25-Apr-10	NJAL Thames Round1	Braintree
U20M	400	Ian Price	55.4	1-May-10	SML Div 3N Round 1	Watford
U20M	400	Price	56.14	27-Jun-10	NJAL Thames Round 3	Bedford
U15M	400	Billy Bilton	55.5	7-Jul-10	Havering Schools Districts	Hornchurch
U17M	400	Tyler Bennett	55.7	11-Jul-10	EYAL Round 4	Braintree
U17M	400	Bennett	55.74	1-Aug-10	N YAL Southern Final	Hendon
U20M	400	Anthony Soar	56.1	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U17M	400	Michael Lewis	56.1	15-Aug-10	EYAL Round 5	Colchester
U20M	400	Bradley Burr	56.8	26-Jun-10	Eastern Schools Multis	Chelmsford
U15M	400	Nathan Jackson	58.1	20-Jun-10	NYAL Round 3	Battersea
U15M	400	Jackson	62.82	3-May-10	Essex Champs Day 1	Thurrock
U17M	400	Jack Jordan	58.3	16-May-10	NYAL Round 2	Eltham
U17M	400	Jordan	61.01	12-Jun-10	Essex Schools Champs	Chelmsford
U17M	400	Adam Samuel	58.32	12-Jun-10	Essex Schools Champs	Chelmsford
U15M	400	Nick Duffey	58.74	1-Aug-10	N YAL Southern Final	Hendon
U15M	400	Finbar Smyth	58.9	27-Jun-10	EYAL Rd 3	St Albans
U15M	400	Smyth	60.09	1-Aug-10	N YAL Southern Final	Hendon
SM	400	Neill Collins	59.1	5-Jun-10	SML Div 3N Round 3	Battersea
U15M	400	Ben Thompson	62.4	6-Jun-10	EYAL Round 2	Luton
U15M	400	Oliver Garwandoe	64.6	12-Sep-10	EYAL Top 6 Final	Stevenage
U17M	400	Gabriel Olawole	65.0	6-Jun-10	EYAL Round 2	Luton
U15M	400	Alex Habbershaw	65.5	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17M	400	Jonathan Seekings	67.9	6-Jun-10	EYAL Round 2	Luton
U15M	400	Andrew Holland	71.7	15-Aug-10	EYAL Round 5	Colchester
U15M	400	Lewis Middleton	72.3	11-Apr-10	HMAC Spring Open #2	Mayesbrook
SM	600	Simon Richards	1:26.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17M	600	Massi Dendani	1:27.8	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17M	600	Chris Hyde	1:39.6	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	600	Jordan Fox	1:49.2	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	600	Ryan Green	1:51.8	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	600	Sean Wilson	1:58.0	28-Mar-10	HMAC Spring Open #1	Hornchurch
SM	800	Paul Adair	1:57.83	31-Jul-10	BAL Nat 3 Round 3	Winchester
U17M	800	Massi Dendani	1:59.98	8-Sep-10	Watford Open	Watford
U20M	800	Callum Sutton	2:01.79	25-Jul-10	NJAL Thames Round 4	Cambridge
SM	800	Simon Richards	2:02.09	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	800	Jamie Buckley-Stanton	2:02.27	14-Jul-10	Watford Open	Watford
U20M	800	Joseph Waked	2:02.78	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	800	Grant Twist	2:02.93	11-Aug-10	Watford Open	Watford
SM40	800	Mat Bland	2:03.20	14-Aug-10	BMC Regional Races	Parliament Hill
U20M	800	Joseph Waked	2:04.73	14-Jul-10	Watford Open	Watford
U17M	800	Ryan O'Mahoney	2:05.4	16-May-10	NYAL Round 2	Eltham
U17M	800	O'Mahoney	2:09.32	8-May-10	Essex Champs Day 2	Chelmsford
SM	800	Neill Collins	2:05.43	11-Jul-10	INAS/FID European Champ Croatia	

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U17M	800	Hoseah Gikungu	2:05.9	11-Jul-10	EYAL Round 4	Braintree
SM	800	David Nefs	2:07.8	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U20M	800	Jamie Buckley-Stanton	2:08.30	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	800	Ian Price	2:06.3	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	800	Price	2:10.56	14-Jul-10	Watford Open	Watford
U17M	800	Joshua Conners	2:11.2	11-Jul-10	EYAL Round 4	Braintree
U17M	800	Conners	2:12.73	16-Jun-10	Watford Open	Watford
U20M	800	Anthony Soar	2:12.8	10-Jul-10	SML Div 3N Round 4	Mayesbrook
SM35	800	Chris Smith	2:13.1	11-Apr-10	HMAC Spring Open #2	Mayesbrook
SM45	800	Paul Berrett	2:13.1	1-May-10	SML Div 3N Round 1	Watford
U15M	800	Nick Duffey	2:15.8	18-Jul-10	NYAL Round 4	St Albans
U17M	800	Pedro Malungo	2:16.6	15-Aug-10	EYAL Round 5	Colchester
U17M	800	Malungo	2:18.79	1-Aug-10	N YAL Southern Final	Hendon
U17M	800	Adam Wileman	2:21.2	25-Apr-10	EYAL Round 1	Bury St Edmunds
U15M	800	Edward Thompson	2:22.1	18-Jul-10	NYAL Round 4	St Albans
U15M	800	Thompson	2:24.30	1-Aug-10	N YAL Southern Final	Hendon
U15M	800	Alex Law	2:27.7	19-May-10	Essex Schools CE	Chelmsford
U15M	800	Law	2:28.02	25-Jul-10	SEAA Combined Events	Hendon
U13M	800	Sean Wilson	2:30.26	8-May-10	Essex Champs Day 2	Chelmsford
U15M	800	Andrew Holland	2:31.04	1-Aug-10	N YAL Southern Final	Hendon
U15M	800	Adam Hill	2:31.2	11-Jul-10	EYAL Round 4	Braintree
U15M	800	Hill	2:33.43	8-May-10	Essex Champs Day 2	Chelmsford
U15M	800	Nick Shade	2:33.35	2-May-10	NYAL Round 1	Lee Valley
U15M	800	Finbar Smyth	2:35.0	6-Jun-10	EYAL Round 2	Luton
U15M	800	George Dixon	2:35.45i	7-Feb-10	Essex Indoor Champs	Lee Valley
U15M	800	Dixon	2:35.5	20-Jun-10	NYAL Round 3	Battersea
U15M	800	Jordan Fox	2:37.75	2-May-10	NYAL Round 1	Lee Valley
U13M	800	Thomas Pitkin	2:34.41	1-Aug-10	N YAL Southern Final	Hendon
U13M	800	Ryan Green	2:39.02	2-May-10	NYAL Round 1	Lee Valley
U13M	800	Fraser Scott	2:40.50	12-Jun-10	Essex Schools Champs	Chelmsford
U15M	800	Oliver Garwandoe	2:41.7	25-Apr-10	EYAL Round 1	Bury St Edmunds
U13M	800	Robert Woodgate	2:42.5	20-Jun-10	NYAL Round 3	Battersea
U13M	800	Benjamin Ellis	2:44.4	11-Jul-10	EYAL Round 4	Braintree
U15M	800	Karl Tucker	2:44.5	25-Apr-10	EYAL Round 1	Bury St Edmunds
U13M	800	Sam Hurley	2:44.6	27-Jun-10	EYAL Rd 3	St Albans
U13M	800	William Hart	2:48.0	6-Jun-10	EYAL Round 2	Luton
U13M	800	Hart	2:54.70	2-May-10	NYAL Round 1	Lee Valley
U13M	800	Sam Chapman	2:52.4	11-Jul-10	EYAL Round 4	Braintree
U15M	800	Lewis Middleton	2:53.6	16-May-10	NYAL Round 2	Eltham
U13M	800	Finlay Miles	2:56.9	25-Apr-10	EYAL Round 1	Bury St Edmunds
U13M	800	James Traylen	3:10.3	11-Jul-10	EYAL Round 4	Braintree
U11M	800	Lewis Bennett	3:12.2	11-Apr-10	HMAC Spring Open #2	Mayesbrook
SM40	1500	Mat Bland	4:05.15	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	1500	Jamie Buckley-Stanton	4:08.24	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	1500	Joseph Waked	4:11.8	23-May-10	NJAL Thames Round 2	Ware
U20M	1500	Waked	4:15.08	9-May-10	Essex Champs Day 3	Chelmsford
SM	1500	Rob Warner	4:17.6	27-Jun-10	EYAL Rd 3	St Albans
SM	1500	Neill Collins	4:19.91	11-Jul-10	INAS/FID European Champ	Croatia
U17M	1500	Hoseah Gikungu	4:20.5	15-Aug-10	EYAL Round 5	Colchester
U17M	1500	Gikungu	5:16.57	2-May-10	NYAL Round 1	Lee Valley
U17M	1500	Massi Dendani	4:22.2	11-Jul-10	EYAL Round 4	Braintree
U17M	1500	Dendani	4:29.16	17-Apr-10	Woodford Open	Woodford
U17M	1500	Ryan O'Mahoney	4:23.1	11-Jul-10	EYAL Round 4	Braintree
U17M	1500	O'Mahoney	4:31.57	12-Jun-10	Essex Schools Champs	Chelmsford
SM45	1500	Paul Berrett	4:25.64	2-Jun-10	Watford Open	Watford
SM35	1500	Chris Smith	4:30.7	15-May-10	SML Div 3N Round 2	Ipswich
U20M	1500	Adam McCarthy	4:33.73	3-Jul-10	BAL Nat 3 Round 2	Yeovil
U20M	1500	Ian Price	4:34.0	1-May-10	SML Div 3N Round 1	Watford
U17M	1500	Alfie Burr	4:37.46	1-Aug-10	N YAL Southern Final	Hendon
U15M	1500	Nick Shade	4:42.3	11-Jul-10	EYAL Round 4	Braintree
U15M	1500	Shade	4:59.47	3-May-10	Essex Champs Day 1	Thurrock
U17M	1500	Joshua Conners	4:44.00	3-May-10	Essex Champs Day 1	Thurrock
U20M	1500	Anthony Soar	4:48.0	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U17M	1500	Pedro Malungo	4:49.0	27-Jun-10	EYAL Rd 3	St Albans
U15M	1500	Nick Duffey	4:55.8	16-May-10	NYAL Round 2	Eltham
U15M	1500	Duffey	5:02.97	2-May-10	NYAL Round 1	Lee Valley
U15M	1500	Adam Hill	4:55.9	18-Jul-10	NYAL Round 4	St Albans
U15M	1500	Andrew Holland	5:05.0	11-Jul-10	EYAL Rd 4	Braintree
U13M	1500	Fraser Scott	5:06.0	20-Jun-10	NYAL Round 3	Battersea
U13M	1500	Scott	5:28.82	3-May-10	Essex Champs Day 1	Thurrock
U17M	1500	Josh Olawore	5:07.27	19-Sep-10	ESAA Combined Events	Stoke
U13M	1500	Sean Wilson	5:07.6	27-Jun-10	EYAL Rd 3	St Albans
U13M	1500	Wilson	5:25.94	3-May-10	Essex Champs Day 1	Thurrock
U15M	1500	Alex Wade	5:09.9	27-Jun-10	EYAL Rd 3	St Albans
U15M	1500	Edward Thompson	5:12.1	11-Jul-10	EYAL Round 4	Braintree
U13M	1500	Robert Woodgate	5:21.6	18-Jul-10	NYAL Round 4	St Albans
U13M	1500	Woodgate	5:45.72	2-May-10	NYAL Round 1	Lee Valley
U15M	1500	George Dixon	5:22.26	2-May-10	NYAL Round 1	Lee Valley

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U13M	1500	Thomas Pitkin	5:23.2	16-May-10	NYAL Round 2	Eltham
U13M	1500	Sam Dell	5:35.6	6-Jun-10	EYAL Round 2	Luton
U13M	1500	Dell	6:09.59	2-May-10	NYAL Round 1	Lee Valley
U13M	1500	Ryan Green	5:36.1	12-Sep-10	EYAL Top 6 Final	Stevenage
U13M	1500	William Hart	5:44.1	12-Sep-10	EYAL Top 6 Final	Stevenage
U13M	1500	Hart	5:48.27	1-Aug-10	N YAL Southern Final	Hendon
U20M	1500	Bradley Burr	5:49.7	27-Jun-10	Eastern Schools Multis	Chelmsford
U17M	1500	Jon Seekings	5:50.8	15-Aug-10	EYAL Round 5	Colchester
U15M	1500	Theo Atkins	5:53.4	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17M	1500	Lewis Walker-Dobson	5:57.9	20-Jun-10	NYAL Round 3	Battersea
U17M	3000	Hoseah Gikungu	9:03.24	11-Sep-10	Eastern Inter Counties	Chelmsford
SM	3000	Grant Twist	9:12.66	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM35	3000	Chris Smith	9:15.37	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM40	3000	Rob Warner	9:16.12	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	3000	Jamie Buckley-Stanton	9:21.01	16-May-10	Essex Champs day 5	Woodford
U20M	3000	Callum Sutton	10:01.14	29-Aug-10	NJAL Southern Promotion	Hendon
U15M	3000	Nick Shade	10:29.98	9-May-10	Essex Champs Day 3	Chelmsford
U17M	3000	Josh Conners	10:45.3	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U20M	3000	Ian Price	10:45.8	23-May-10	NJAL Thames Round 2	Ware
U15M	3000	Andrew Holland	11:12.15	9-May-10	Essex Champs Day 3	Chelmsford
U17M	3000	Ross Earney	11:14.56	2-May-10	NYAL Round 1	Lee Valley
SM35	5000	Chris Smith	16:03.45	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM35	5000	Steve Rand	16:41.8	10-Jul-10	SML Div 3N Round 4	Mayesbrook
SM35	5000	Ian Anthony	17:09.50	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM35	5000	Jason Lendon	18:22.24	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM45	5000	Paul Berrett	18:47.1	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM	5000	Dan Miller	20:51.5	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U15M	60HU15M	Alex Law	9.6i	13-Mar-10	Chelmsford Minithon	Chelmsford
U15M	60HU15M	Law	9.81i	16-Jan-10	SEAA Indoor Champs	Lee Valley
U15M	60HU15M	Billy Bilton	9.68i	7-Feb-10	Essex Indoor Champs	Lee Valley
U17M	60HU17M	Josh Olawore	8.54i	27-Feb-10	England Athletics Indoors	Birmingham
U20M	60HU20M	Jack Edgar-Hill	8.42i	7-Feb-10	Essex Indoor Champs	Lee Valley
U13M	75HU13M	Thomas Pitkin	13.8	12-Sep-10	EYAL Top 6 Final	Stevenage
U13M	75HU13M	Pitkin	14.53	1-Aug-10	N YAL Southern Final	Hendon
U13M	75HU13M	Sam Dell	15.2	16-May-10	NYAL Round 2	Eltham
U13M	75HU13M	Dell	16.00w	2-May-10	NYAL Round 1	Lee Valley
U13M	75HU13M	Sam Chapman	16.3	15-Aug-10	EYAL Round 5	Colchester
U13M	75HU13M	John Nelson	18.70w	2-May-10	NYAL Round 1	Lee Valley
U13M	75HU13M	Nelson	18.98	1-Aug-10	N YAL Southern Final	Hendon
U13M	75HU13M	Sean Wilson	19.1	20-Jun-10	NYAL Round 3	Battersea
U13M	75HU13M	Robert Woodgate	19.2	16-May-10	NYAL Round 2	Eltham
U15M	80HU15M	Karl Tucker	12.2	18-Jul-10	NYAL Round 4	St Albans
U15M	80HU15M	Tucker	12.38w	17-Jul-10	Eastern Champs	Cambridge
U15M	80HU15M	Tucker	12.64	12-Jun-10	Essex Schools Champs	Chelmsford
U15M	80HU15M	Alex Habbershaw	12.62	1-Aug-10	N YAL Southern Final	Hendon
U15M	80HU15M	Billy Bilton	12.78	8-May-10	Essex Champs Day 2	Chelmsford
U15M	80HU15M	Alex Law	12.5	12-Sep-10	EYAL Top 6 Final	Stevenage
U15M	80HU15M	Law	12.86w	25-Jul-10	SEAA Combined Events	Hendon
U15M	80HU15M	Law	12.87	8-May-10	Essex Champs Day 2	Chelmsford
U15M	80HU15M	Oliver Garwandoe	14.26	29-May-10	SEAA U15 & U17 Champs	Ashford
U15M	80HU15M	John Deeble	15.3	6-Jun-10	EYAL Round 2	Luton
U15M	80HU15M	Edward Thompson	17.1	11-Jul-10	EYAL Round 4	Braintree
U15M	80HU15M	Theo Atkins	17.3	25-Apr-10	EYAL Round 1	Bury St Edmunds
U15M	80HU15M	Chris Gell	17.6	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U17M	100HU17M	Josh Olawore	13.54	22-Aug-10	England Athletics U17 Chan	Bedford
U17M	100HU17M	Adam Wileman	14.5 ?dt	20-Jun-10	NYAL Round 3	Battersea
U17M	100HU17M	A.Wileman	15.1	15-Aug-10	EYAL Round 5	Colchester
U17M	100HU17M	A.Wileman	15.38w	1-Aug-10	N YAL Southern Final	Hendon
U17M	100HU17M	Jake Nelson	14.5	30-Aug-10	Southend Open	Southend
U17M	100HU17M	Nelson	15.02	11-Sep-10	Eastern Inter Counties	Chelmsford
U17M	100HU17M	Danny Wilson	17.4	11-Jul-10	EYAL Round 4	Braintree
U17M	100HU17M	Glenn Wileman	17.6	15-Aug-10	EYAL Round 5	Colchester
U17M	100HU17M	Pedro Malungo	19.7	27-Jun-10	EYAL Rd 3	St Albans
U17M	100HU17M	Jon Seekings	20.5	6-Jun-10	EYAL Round 2	Luton
SM	110H	Leo Barker	15.96	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM	110H	Anthony Williams	15.98	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM40	110H	Mark Bishop	16.52	3-Jul-10	BAL Nat 3 Round 2	Yeovil
U20M	110H	Kieran Nelson	19.5	15-May-10	SML Div 3N Round 2	Ipswich
SM	110H	Arron Bonning	20.0	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	110H	Adam McCarthy	20.43	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM	110H	Darron Keevil	22.9	5-Jun-10	SML Div 3N Round 3	Battersea
U20M	110HU20M	Isaac Ogunlade	14.37w	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	110HU20M	Ogunlade	14.53	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	110HU20M	Jack Edgar-Hill	14.65w	20-Jun-10	Eng Ath U20 Champs	Bedford
U20M	110HU20M	Edgar-Hill	15.17	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	110HU20M	Bradley Burr	16.7	27-Jun-10	Eastern Schools Multis	Chelmsford
U20M	110HU18M	Jack Edgar-Hill	14.96	24-Apr-10	Loughborough Open	Loughboro
U20M	200H	Isaac Ogunlade	28.3	16-Jul-10	Dartford Open	Dartford

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U17M	200H	Jake Nelson	29.1	16-Jul-10	Dartford Open	Dartford
U20M	300H	Isaac Ogunlade	40.7	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20M	400H	Isaac Ogunlade	54.71	3-Jul-10	BAL Nat 3 Round 2	Yeovil
U20M	400H	Adam McCarthy	57.31	17-Jul-10	Eastern Champs	Cambridge
U17M	400H	Massi Dendani	63.7	23-May-10	NJAL Thames Round 2	Ware
U20M	400H	Kieran Nelson	65.7	15-May-10	SML Div 3N Round 2	Ipswich
U17M	400H	Jake Nelson	66.0	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM	400H	Arron Bonning	72.1	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U17M	400HU17M	Jake Nelson	60.4	18-Jul-10	NYAL Round 4	St Albans
U17M	400HU17M	Nelson	61.05	12-Jun-10	Essex Schools Champs	Chelmsford
U17M	400HU17M	Jon Seekings	72.02	11-Sep-10	Eastern Inter Counties	Chelmsford
U17M	1500SC	Josh Connors	5:26.1	20-Jun-10	NYAL Round 3	Battersea
U17M	1500SC	Adam Wileman	5:26.3	20-Jun-10	NYAL Round 3	Battersea
U17M	1500SC	A.Wileman	5:31.91	2-May-10	NYAL Round 1	Lee Valley
U17M	1500SC	Glenn Wileman	5:46.40	1-Aug-10	N YAL Southern Final	Hendon
U17M	1500SC	Andrew Kerr	8:16.9	18-Jul-10	NYAL Round 4	St Albans
U20M	2000SC	Jamie Buckley-Stanton	6:53.1	23-May-10	NJAL Thames Round 2	Ware
U20M	2000SC	Buckley-Stanton	6:55.55	29-Aug-10	NJAL Southern Promotion	Hendon
U17M	2000SC	Alfie Burr	7:16.08	25-Jul-10	NJAL Thames Round 4	Cambridge
U17M	2000SC	Adam Wileman	8:13.5	23-May-10	NJAL Thames Round 2	Ware
U17M	2000SC	Wileman	8:24.54	29-Aug-10	NJAL Southern Promotion	Hendon
U17M	2000SC	Andrew Kerr	11:55.88	25-Jul-10	NJAL Thames Round 4	Cambridge
SM	3000SC	Rob Warner	9:42.19	15-May-10	Essex Champs day 4	Woodford
SM35	3000SC	Jason Lendon	10:02.21	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM45	3000SC	Paul Berrett	11:08.8	15-May-10	SML Div 3N Round 2	Ipswich
SM	3000SC	Dan Miller	13:07.9	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	3000SC	Kieran Nelson	16:18.3	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM	HJ	Jeremy Watson	1.85	10-Jul-10	SML Div 3N Round 4	Mayesbrook
SM	HJ	Jon Buckler	1.75i	21-Feb-10		Lee Valley
U17M	HJ	Jake Nelson	1.75	6-Jun-10	EYAL Round 2	Luton
U20M	HJ	Bradley Burr	1.74	26-Jun-10	Eastern Schools Multis	Chelmsford
U17M	HJ	Josh Olawore	1.74	27-Jun-10	Eastern Schools Multis	Chelmsford
U17M	HJ	Harry Phillips	1.70	25-Apr-10	EYAL Round 1	Bury St Edmunds
U20M	HJ	Bradley Burr	1.70	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM40	HJ	Mark Bishop	1.70	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	HJ	Shaun Stewart	1.70	5-Jun-10	SML Div 3N Round 3	Battersea
SM	HJ	Leo Barker	1.68	24-Jul-10	SEAA Combined Events	Hendon
U20M	HJ	James Lammin	1.65	25-Apr-10	NJAL Thames Round1	Braintree
U20M	HJ	Terry Hughes	1.65	1-May-10	SML Div 3N Round 1	Watford
U17M	HJ	Lewis Walker-Dobson	1.65	16-May-10	NYAL Round 2	Eltham
U20M	HJ	Jack Edgar-Hill	1.65	23-May-10	NJAL Thames Round 2	Ware
U17M	HJ	Adam Wileman	1.60	15-May-10	SML Div 3N Round 2	Ipswich
SM	HJ	Arron Bonning	1.60	15-May-10	SML Div 3N Round 2	Ipswich
U15M	HJ	Karl Tucker	1.60	4-Jul-10	London Youth Games	Crystal Palace
U20M	HJ	Jamie Buckley-Stanton	1.55	23-May-10	NJAL Thames Round 2	Ware
U15M	HJ	Jack Downes	1.55	20-Jun-10	NYAL Round 3	Battersea
SM	HJ	Ammad Masood	1.51	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	HJ	Oliver Garwandoe	1.51	12-Jun-10	Essex Scholls Champs	Chelmsford
U15M	HJ	Finbar Smyth	1.50	11-Jul-10	EYAL Round 4	Braintree
U15M	HJ	Jack Downes	1.45	27-Jun-10	EYAL Rd 3	St Albans
U13M	HJ	Sean Wilson	1.45	11-Jul-10	EYAL Rd 4	Braintree
U15M	HJ	Alex Law	1.40	25-Jul-10	SEAA Combined Events	Hendon
U17M	HJ	Hoseah Gikungu	1.35	6-Jun-10	EYAL Round 2	Luton
U15M	HJ	Nick Shade	1.35	27-Jun-10	EYAL Rd 3	St Albans
U15M	HJ	Ade Idowu	1.30	25-Apr-10	EYAL Round 1	Bury St Edmunds
U15M	HJ	Jordan Fox	1.30	2-May-10	NYAL Round 1	Lee Valley
U13M	HJ	Nick Wade	1.20	6-Jun-10	EYAL Round 2	Luton
U13M	HJ	Sam Chapman	1.10	15-Aug-10	EYAL Round 5	Colchester
SM	LJ	Joseph Ramie	7.04	12-Jun-10	SEAA Senior Champs	Crystal Palace
SM	LJ	Leo Barker	6.87	5-Jun-10	England Athletics CE Cham	Bedford
SM	LJ	Shaun Stewart	6.87i	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM	LJ	Stewart	6.80	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM	LJ	Anthony Williams	6.64	5-Jun-10	BAL Nat 3 Round 1	Hendon
U17M	LJ	Josh Olawore	6.60	8-Aug-10	SEAA U17 Inter Counties	Stevenage
SM	LJ	Jon Buckler	6.28	15-May-10	Varsity Match	Oxford
U17M	LJ	Ashley Purnell	6.18w	29-May-10	SEAA U15 & U17 Champs	Ashford
U17M	LJ	Purnell	5.91	9-May-10	Essex Champs Day 3	Chelmsford
U15M	LJ	Alex Law	5.89	12-Sep-10	EYAL Top 6 Final	Stevenage
U20M	LJ	Dere Coker	5.87	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	LJ	Adam McCarthy	5.79	29-Aug-10	NJAL Southern Promotion	Hendon
U17M	LJ	Jake Nelson	5.78	11-Jul-10	EYAL Round 4	Braintree
U20M	LJ	Jack Edgar-Hill	5.67	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	LJ	Bradley Burr	5.62	26-Jun-10	Eastern Schools Multis	Chelmsford
U20M	LJ	Terry Hughes	5.67	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U17M	LJ	Adam Wileman	5.55	11-Sep-10	Eastern Inter Counties	Chelmsford
U17M	LJ	Lewis Walker-Dobson	5.42	12-Sep-10	EYAL Top 6 Final	Stevenage
U20M	LJ	Jordan Brown	5.31	25-Apr-10	NJAL Thames Round1	Braintree
U15M	LJ	Alex Habbershaw	5.27	27-Jun-10	EYAL Rd 3	St Albans

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Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	LJ	Arron Bonning	5.26	1-May-10	SML Div 3N Round 1	Watford
U17M	LJ	Pedro Malungo	5.22	11-Jul-10	EYAL Round 4	Braintree
U17M	LJ	Glenn Wileman	5.01	23-May-10	NJAL Thames Round 2	Ware
U20M	LJ	Kieran Nelson	4.98	9-May-10	Essex Champs Day 3	Chelmsford
U15M	LJ	Karl Tucker	4.93	19-May-10	Essex Schools CE	Chelmsford
U15M	LJ	Jack Downes	4.90	27-Jun-10	EYAL Rd 3	St Albans
U15M	LJ	Ade Idowu	4.77	6-Jun-10	EYAL Round 2	Luton
U15M	LJ	Billy Bilton	4.52	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	LJ	Oliver Garwandoe	4.49	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17M	LJ	Harry Phillips	4.40	28-Mar-10	HMAC Spring Open #1	Hornchurch
U15M	LJ	Lewis Middleton	4.33	15-Aug-10	EYAL Round 5	Colchester
U13M	LJ	Robert Woodgate	4.27	15-Aug-10	EYAL Round 5	Colchester
U13M	LJ	Ryan Green	4.21	18-Jul-10	NYAL Round 3	St Albans
U17M	LJ	Fred Mokoso	4.09	25-Apr-10	EYAL Round 1	Bury St Edmunds
U13M	LJ	Thomas Pitkin	3.91	20-Jun-10	NYAL Round 3	Battersea
U15M	LJ	Chris Gell	3.84	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13M	LJ	Fraser Scott	3.81	11-Jul-10	EYAL Rd 4	Braintree
U13M	LJ	Sam Chapman	3.70	16-May-10	NYAL Round 2	Eltham
U15M	LJ	Daniel Baldwin	3.68	11-Jul-10	EYAL Rd 4	Braintree
U13M	LJ	Harry Copping	3.56	16-May-10	NYAL Round 2	Eltham
U13M	LJ	John Nelson	3.09	6-Jun-10	EYAL Round 2	Luton
U13M	LJ	Zach Jackson	2.75	25-Apr-10	EYAL Round 1	Bury St Edmunds
U13M	LJ	Ryan Crane	2.71	12-Sep-10	EYAL Top 6 Final	Stevenage
U17M	TJ	Jimi Tele	14.86	10-Jul-10	ESAA Champs	Birmingham
U17M	TJ	Josh Olawore	13.66	12-Sep-10	EYAL Top 6 Final	Stevenage
SM	TJ	Anthony Williams	13.51	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	TJ	Joseph Ramie	13.06	5-Jun-10	BAL Nat 3 Round 1	Hendon
U17M	TJ	Pedro Malungo	12.84	11-Sep-10	Eastern Inter Counties	Chelmsford
SM	TJ	Jon Buckler	12.57	9-May-10	Oxfordshire Champs	Oxford
U15M	TJ	Alex Law	12.18	19-Sep-10	Watford Open	Watford
U17M	TJ	Adam Wileman	12.06	15-Aug-10	EYAL Round 5	Colchester
SM	TJ	Arron Bonning	11.80	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	TJ	Nathan Steele	11.77	10-Jul-10	SML Div 3N Round 4	Mayesbrook
SM	TJ	Jeremy Watson	11.73	31-Jul-10	BAL Nat 3 Round 3	Winchester
U20M	TJ	Terry Hughes	11.74	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	TJ	James Lammin	11.63	25-Apr-10	NJAL Thames Round1	Braintree
U17M	TJ	Lewis Walker-Dobson	11.56	8-Aug-10	SEAA U17 Inter Counties	Stevenage
U20M	TJ	Adam McCarthy	11.45	21-Aug-10	BAL Nat 3 Round 4	Swansea
U20M	TJ	Kieran Nelson	11.05	9-May-10	Essex Champs Day 3	Chelmsford
U17M	TJ	Glenn Wileman	11.05	6-Jun-10	EYAL Round 2	Luton
U17M	TJ	Jake Nelson	10.24	5-Jun-10	SML Div 3N Round 3	Battersea
U15M	TJ	Karl Tucker	10.23	17-Jul-10	Eastern Champs	Cambridge
U17M	TJ	Fred Mokoso	9.06	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17M	TJ	Jon Seekings	8.70	2-May-10	NYAL Round 1	Lee Valley
SM40	PV	Mark Bishop	3.80	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	PV	Leo Barker	3.40	31-Jul-10	BAL Nat 3 Round 3	Winchester
U17M	PV	Andrew Kerr	3.30	15-Aug-10	EYAL Round 5	Colchester
SM55	PV	Stuart Tufton	3.20i	28-Mar-10	BMAF Indoor Champs	Lee Valley
SM55	PV	Tufton	3.20	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	PV	Arron Bonning	3.00	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U15M	PV	Oliver Garwandoe	2.80	27-Jun-10	EYAL Rd 3	St Albans
U20M	PV	Bradley Burr	2.60	27-Jun-10	Eastern Schools Multis	Chelmsford
U15M	PV	Nathan Jackson	2.40	11-Jul-10	EYAL Round 4	Braintree
U20M	PV	Adam McCarthy	2.20	3-Jul-10	BAL Nat 3 Round 2	Yeovil
U15M	PV	Nick Shade	2.00	11-Jul-10	EYAL Round 4	Braintree
U15M	PV	Alex Haddershaw	1.70	20-Jun-10	NYAL Round 3	Battersea
U20M	HT	Bradley Reece	45.58	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	HT	Sam Harrison	28.28	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	HT	Emmanuel Quarshie	22.18	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM	HT	Arron Bonning	21.77	15-May-10	SML Div 3N Round 2	Ipswich
U20M	HT	Georgie Bean	20.67	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM35	HT	Darron Keevil	18.91	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM50	HT	Kevin White	12.87	5-Jun-10	SML Div 3N Round 3	Battersea
U20M	HTU20M	Bradley Reece	50.75	23-May-10	NJAL Thames Round 2	Ware
U20M	HTU20M	Lewis Williams	41.55	25-Apr-10	NJAL Thames Round1	Braintree
U17M	HTU20M	Andrew Kerr	25.24	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	HTU20M	Jack Edgar-Hill	9.90	23-May-10	NJAL Thames Round 2	Ware
U17M	HTU17M	Andrew Kerr	42.85	6-Jun-10	EYAL Round 2	Luton
U17M	HTU17M	Patrick Wilson	28.01	12-Jun-10	Essex Schools Champs	Chelmsford
U17M	HTU17M	Jack Jordan	19.22	16-May-10	NYAL Round 2	Eltham
U17M	HTU17M	Luke Overton	18.66	20-Jun-10	NYAL Round 3	Battersea
U17M	HTU17M	Massi Dendani	15.90	1-Aug-10	N YAL Southern Final	Hendon
U17M	HTU17M	Ross Earney	5.68	2-May-10	NYAL Round 1	Lee Valley
U15M	HTU15M	Ben Thompson	24.87	12-Sep-10	EYAL Top 6 Final	Stevenage
U15M	HTU15M	Nick Duffey	23.13	18-Jul-10	NYAL Round 4	St Albans
U15M	HTU15M	Thomas Howard	20.19	16-May-10	NYAL Round 2	Eltham
U15M	HTU15M	Nathan Jackson	14.75	20-Jun-10	NYAL Round 3	Battersea
U15M	HTU15M	Reece Mathurin	10.51	18-Jul-10	NYAL Round 4	St Albans

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U15M	HTU15M	Nick Shade	10.19	2-May-10	NYAL Round 1	Lee Valley
SM	DT	Leo Barker	38.87	15-May-10	SML Div 3N Round 2	Ipswich
SM40	DT	Mark Bishop	33.45	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM35	DT	Darron Keevil	30.61	15-May-10	SML Div 3N Round 2	Ipswich
U20M	DT	Bradley Reece	29.98	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	DT	Arron Bonning	28.19	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM50	DT	Kevin White	27.71	5-Jun-10	SML Div 3N Round 3	Battersea
SM	DT	Sam Harrison	27.40	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	DT	Andy Tierney	26.34	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U20M	DT	Emmanuel Quarshie	17.85	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	DTU20M	Laurence Goodacre	37.58	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	DTU20M	Bradley Reece	36.88	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	DTU20M	Bradley Burr	29.75	23-May-10	NJAL Thames Round 2	Ware
U20M	DTU20M	Adam McCarthy	19.95	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	DTU20M	Emmanuel Quarshie	17.13	25-Apr-10	NJAL Thames Round1	Braintree
U20M	DTU20M	Andrew Kerr	16.91	29-Aug-10	NJAL Southern Promotion	Hendon
U17M	DTU17M	Danny Wilson	42.10	20-Jun-10	NYAL Round 3	Battersea
U17M	DTU17M	Luke Overton	29.95	6-Jun-10	EYAL Round 2	Luton
U17M	DTU17M	Josh Olawore	28.99	18-Sep-10	ESAA Combined Events	Stoke
U17M	DTU17M	Jack Jordan	26.35	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17M	DTU17M	Tyler Bennett	25.37	1-Aug-10	N YAL Southern Final	Hendon
U17M	DTU17M	Lewis Walker-Dobson	17.19	18-Jul-10	NYAL Round 4	St Albans
U17M	DTU17M	Massi Dendani	15.90	20-Jun-10	NYAL Round 3	Battersea
U17M	DTU15M	Danny Wilson	43.80	14-Jun-10	ESAA Cup Regional Final	Watford
U15M	DTU15M	Ben Thompson	36.43	20-Jun-10	NYAL Round 3	Battersea
U15M	DTU15M	Alex Law	28.55	3-May-10	Essex Champs Day 1	Thurrock
U15M	DTU15M	Nick Duffey	27.42	1-Aug-10	N YAL Southern Final	Hendon
U15M	DTU15M	Thomas Howard	24.46	11-Jul-10	EYAL Round 4	Braintree
U15M	DTU15M	Dan Bristow	23.11	12-Sep-10	EYAL Top 6 Final	Stevenage
U15M	DTU15M	Ade Idowu	16.61	11-Jul-10	EYAL Round 4	Braintree
U13M	DTU13M	Zach Jackson	16.19	6-Jun-10	EYAL Round 2	Luton
U13M	DTU13M	John Nelson	14.84	12-Sep-10	EYAL Top 6 Final	Stevenage
U20M	JT	Bradley Burr	60.19	17-Apr-10	Woodford Open	Woodford
U20M	JT	Georgie Bean	51.79	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	JT	Sam Harrison	50.87	3-Jul-10	BAL Nat 3 Round 2	Yeovil
U17M	JT	Patrick Lear	41.95	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM	JT	Arron Bonning	41.57	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	JT	Laurence Goodacre	37.95	25-Apr-10	NJAL Thames Round1	Braintree
SM35	JT	Darron Keevil	34.22	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	JT	Bradley Reece	31.41	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	JT	Emmanuel Quarshie	27.22	25-Apr-10	NJAL Thames Round1	Braintree
U17M	JT	Glenn Wileman	20.76	23-May-10	NJAL Thames Round 2	Ware
SM	JTU18M	Bradley Burr	62.24	24-Apr-10	London Inter Club Challenge	Hendon
U17M	JTU17M	Patrick Lear	42.36	15-Aug-10	EYAL Round 5	Colchester
U17M	JTU17M	Josh Olawore	36.43	18-Sep-10	ESAA Combined Events	Stoke
U17M	JTU17M	Ashley Purnell	36.37	9-May-10	Essex Champs Day 3	Chelmsford
U17M	JTU17M	Danny Wilson	35.67	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17M	JTU17M	Luke Overton	28.73	6-Jun-10	EYAL Round 2	Luton
U17M	JTU17M	Glenn Wileman	24.37	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17M	JTU17M	Jon Seekings	18.18	11-Jul-10	EYAL Round 4	Braintree
U17M	JTU17M	Lewis Walker-Dobson	15.84	18-Jul-10	NYAL Round 4	St Albans
U15M	JTU15M	Billy Bilton	38.67	12-Jun-10	Essex Schools Champs	Chelmsford
U15M	JTU15M	Alex Law	32.25	20-Jun-10	NYAL Round 3	Battersea
U15M	JTU15M	Dan Bristow	30.05	27-Jun-10	EYAL Rd 3	St Albans
U15M	JTU15M	Oliver Garwandoe	21.32	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U15M	JTU15M	Finbar Smyth	20.99	18-Jul-10	NYAL Round 4	St Albans
U15M	JTU15M	Edward Thompson	17.73	27-Jun-10	EYAL Rd 3	St Albans
U15M	JTU15M	Thomas Howard	16.29	16-May-10	NYAL Round 2	Eltham
U15M	JTU15M	Lewis Middleton	14.09	12-Sep-10	EYAL Top 6 Final	Stevenage
U15M	JTU15M	Alex Habbershaw	10.82	15-Aug-10	EYAL Round 5	Colchester
U15M	JTU15M	Reece Mathurin	6.38	25-Apr-10	EYAL Round 1	Bury St Edmunds
U13M	JTU13M	John Nelson	17.29	30-Aug-10	Southend Open	Southend
U20M	SP	Emmanuel Quarshie	12.64	11-Apr-10	HMAC Spring Open #2	Mayesbrook
SM	SP	Leo Barker	12.14	15-May-10	SML Div 3N Round 2	Ipswich
SM40	SP	Mark Bishop	10.75	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	SP	Arron Bonning	10.08	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM35	SP	Darron Keevil	10.04	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM	SP	Andy Tierney	9.46	11-Apr-10	HMAC Spring Open #2	Mayesbrook
SM	SP	Sam Harrison	8.09	21-Aug-10	BAL Nat 3 Round 4	Swansea
U20M	SP	Anthony Soar	7.67	5-Jun-10	SML Div 3N Round 3	Battersea
SM50	SP	Kevin White	7.18	5-Jun-10	SML Div 3N Round 3	Battersea
U20M	SPU20M	Emmanuel Quarshie	14.43	10-Apr-10	Lee Valley Open	Lee Valley
U20M	SPU20M	Laurence Goodacre	12.89i	17-Jan-10	SEAA Indoor Champs	Lee Valley
U20M	SPU20M	Goodacre	12.85	28-Aug-10	Southern U20 Inter Counties	Hendon
U20M	SPU20M	Bradley Reece	10.80	23-May-10	NJAL Thames Round 2	Ware
U20M	SPU20M	Bradley Burr	10.79	26-Jun-10	Eastern Schools Multis	Chelmsford
U17M	SPU17M	Josh Olawore	11.94	19-Sep-10	ESAA Combined Events	Stoke
U17M	SPU17M	Danny Wilson	11.23	15-Aug-10	EYAL Round 5	Colchester

HMAC Male Summer 2010 Rankings as at 03/10/2010

Age Group	Event	Name	Performance	Date	Meeting	Venue
U17M	SPU17M	Luke Overton	10.70	6-Jun-10	EYAL Round 2	Luton
U17M	SPU17M	Harry Phillips	8.67	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17M	SPU17M	Glenn Wileman	8.29	12-Sep-10	EYAL Top 6 Final	Stevenage
U17M	SPU17M	Andrew Kerr	7.88	15-Aug-10	EYAL Round 5	Colchester
U17M	SPU17M	Lewis Walker-Dobson	6.78	1-Aug-10	N YAL Southern Final	Hendon
U15M	SPU15M	Ben Thompson	10.89	16-May-10	NYAL Round 2	Eltham
U15M	SPU15M	Dan Bristow	9.69	12-Sep-10	EYAL Top 6 Final	Stevenage
U15M	SPU15M	Alex Law	9.31	25-Jul-10	SEAA Combined Events	Hendon
U15M	SPU15M	Billy Bilton	9.09	2-May-10	NYAL Round 1	Lee Valley
U15M	SPU15M	John Deeble	9.08	6-Jun-10	EYAL Round 2	Luton
U15M	SPU15M	Alex Habbershaw	8.80	2-May-10	NYAL Round 1	Lee Valley
U15M	SPU15M	Oliver Garwandoe	8.12	18-Jul-10	NYAL Round 4	St Albans
U15M	SPU15M	Nathan Jackson	8.02	11-Jul-10	EYAL Round 4	Braintree
U15M	SPU15M	Nick Duffey	7.55	15-Aug-10	EYAL Round 5	Colchester
U15M	SPU15M	Finbar Smyth	6.80	20-Jun-10	NYAL Round 3	Battersea
U15M	SPU15M	Karl Tucker	6.77	19-May-10	Essex Schools CE	Chelmsford
U15M	SPU15M	Thomas Howard	6.48	25-Apr-10	EYAL Round 1	Bury St Edmunds
U15M	SPU15M	Edward Thompson	5.83	11-Jul-10	EYAL Round 4	Braintree
U13M	SPU13M	John Nelson	6.39	12-Sep-10	EYAL Top 6 Final	Stevenage
U13M	SPU13M	Zach Jackson	6.16	11-Jul-10	EYAL Rd 4	Braintree
U13M	SPU13M	Alex Hewitt	5.58	27-Jun-10	EYAL Rd 3	St Albans
U13M	SPU13M	James Traylen	4.52	11-Jul-10	EYAL Rd 4	Braintree
U13M	SPU13M	William Hart	4.13	2-May-10	NYAL Round 1	Lee Valley
U20M	DecU20M	Bradley Burr	4978	27-Jun-10	Eastern Schools Multis	Chelmsford
U17M	OctU17M	Josh Olawore	4524	27-Jun-10	Eastern Schools Multis	Chelmsford
U17M	PenU17M	Josh Olawore	2939i	10-Jan-10	SEAA Indoor Multis	Lee Valley
U15M	PenU15M	Alex Law	2284	25-Jul-10	SEAA Combined Events	Hendon
U15M	PenU15M	Karl Tucker	1798	19-May-10	Essex Schools CE	Chelmsford