

Havering AC Male 2014 Rankings as at 30/09/2014

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U17M	60	Lewis Bailey	7.33i		8-Feb-14	Essex & Eastern Champs	Lee Valley
U20M	60	Karl Tucker	7.34i		9-Feb-14	Essex & Eastern Champs	Lee Valley
U17M	60	Fraser Boston	7.7i		16-Mar-14	EAN Indoor Open	Chelmsford
U17M	60	Boston	7.82i		16-Mar-14	EAN Indoor Open	Chelmsford
U17M	60	Matthew Owers	7.79i		8-Feb-14	Essex & Eastern Champs	Lee Valley
U13B	60	Jairzinho Morris	<b>7.90i</b>	AT U13B 1st	8-Feb-14	Essex & Eastern Champs	Lee Valley
U20M	60	Ed Thompson	8.18i		9-Feb-14	Essex & Eastern Champs	Lee Valley
U13B	60	Aaron Freshwater	9.06i		1-Jan-14	Lee Valley New Year Open	Lee Valley
U20M	100	Josh Olawore	10.84	AT U20M 4th	09-Aug-14	BAL R4	Bournemouth
SM	100	Nathan Steele	11.0	AT SM =14th	12-Jul-14	SAL R4	Basingstoke
SM	100	Steele	11.40		09-Aug-14	BAL R4	Bournemouth
U20M	100	Karl Tucker	11.3		19-Apr-14	SAL R1	Norwich
U20M	100	Tucker	11.50w		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U20M	100	Tucker	11.52		05-Apr-14	Woodford Open	Woodford
U17M	100	Lewis Bailey	11.1	AT U17M =4th	14-Sep-14	Club Champs	Hornchurch
U17M	100	Bailey	11.46		16-Aug-14	SEAA Champs	Crystal Palace
U20M	100	John Adekoya	11.1	AT U20M =9th	14-Sep-14	Club Champs	Hornchurch
U20M	100	George Hadler	11.4		21-Jun-14	SAL R3	Hornchurch
U20M	100	Jason Ngandu	11.5		12-Jul-14	SAL R4	Basingstoke
SM	100	Richard Holland	11.52w		09-Aug-14	BAL R4	Bournemouth
SM	100	Holland	11.6		19-Apr-14	SAL R1	Norwich
SM	100	Holland	12.03		05-Jul-14	BAL R3	Par
U17M	100	Fraser Boston	11.7		14-Sep-14	Club Champs	Hornchurch
U17M	100	Boston	12.07w		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U17M	100	Boston	12.15		13-Apr-14	EYAL R1	Woodford
U20M	100	Alex Law	11.8		28-Jun-14	ESAA Regional Multi Event	Corby
U20M	100	A. Law	11.88		20-Sep-14	ESAA National Multi Events	Boston
U17M	100	Morgan Seaman	12.2		15-Jun-14	EYAL R3	Hemel Hempst'd
U17M	100	Seaman	12.20w		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U17M	100	Olla Obaye	12.2		13-Jul-14	EYAL R4	Cambridge
U20M	100	Sydney Conteh	12.2		02-Aug-14	SAL R5	Portsmouth
U17M	100	Michael Duncan	12.24w		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U17M	100	Duncan	12.58		25-Aug-14	Southend Open	Southend
U17M	100	Matthew Owers	12.3		30-Mar-14	Havering Open	Hornchurch
U13B	100	Jairzinho Morris	<b>12.2</b>	AT U13B =1st	07-Sep-14	EYAL Top 6 Final	Basildon
U13B	100	Morris	12.45		07-Jun-14	Essex Schools Champs	Chelmsford
U17M	100	Ed Johnson	12.4		15-Jun-14	EYAL R3	Hemel Hempst'd
U17M	100	Emeka Abazie	12.50		13-Apr-14	EYAL R1	Woodford
U17M	100	Elliott Addison	12.5		30-Mar-14	Havering Open	Hornchurch
U17M	100	E.Addison	12.73		13-Apr-14	EYAL R1	Woodford
U17M	100	Aidan Morrissey	12.5		13-Jul-14	EYAL R4	Cambridge
SM	100	Dere Coker	12.52		7-Jun-14	BAL R2	Mile End
U20M	100	Ed Thompson	12.6		30-Mar-14	Havering Open	Hornchurch
U17M	100	Finn Hutton	12.7		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U17M	100	Sam Olofin	12.82		13-Apr-14	EYAL R1	Woodford
U20M	100	Matthew Sturges	12.9		30-Mar-14	Havering Open	Hornchurch
U15M	100	Jack Noons	12.9		07-Sep-14	EYAL Top 6 Final	Basildon
U15M	100	Noons	13.15		31-May-14	YDL Lower U13-U15 R2	Croydon
U17M	100	Richard Peel	13.0		14-Sep-14	Club Champs	Hornchurch
U15M	100	Ewan Green	13.1		19-Jul-14	YDL Lower U13-U15 R4	Hornchurch
U15M	100	Green	13.48		13-Apr-14	EYAL R1	Woodford
U13B	100	Tobi Idowu	13.2		19-Jul-14	YDL Lower U13-U15 R4	Hornchurch
U13B	100	Idowu	13.47		31-May-14	YDL Lower U13-U15 R2	Croydon
U17M	100	Alex Hewitt	13.3		30-Mar-14	Havering Open	Hornchurch
U17M	100	Hewitt	13.46		13-Apr-14	EYAL R1	Woodford
U17M	100	George Goss	13.3		15-Jun-14	EYAL R3	Hemel Hempst'd
SM40	100	Steve Rand	13.51		18-May-14	Essex Champs Day 1	Chelmsford
U13B	100	Sam Mezoori	14.0		14-Sep-14	Club Champs	Hornchurch
U13B	100	S.Mezoori	14.50		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	100	Aaron Freshwater	14.1		14-Sep-14	Club Champs	Hornchurch
U13B	100	Freshwater	14.47		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	100	Max Law	14.21		31-May-14	YDL Lower U13-U15 R2	Croydon
U15M	100	Joe Wright	14.28		31-May-14	YDL Lower U13-U15 R2	Croydon
U15M	100	Max Durrell	14.3		13-Jul-14	EYAL R4	Cambridge
U13B	100	Zak Mackay	14.3		13-Jul-14	EYAL R4	Cambridge

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13B	100	Charlie Savill	14.9		13-Jul-14	EYAL R4	Cambridge
U13B	100	Savill	15.51		13-Apr-14	EYAL R1	Woodford
U13B	100	Frederick Perry	15.0		13-Jul-14	EYAL R4	Cambridge
U13B	100	James Adams	15.1		30-Mar-14	Havering Open	Hornchurch
U13B	100	Ben Jones	15.1		30-Mar-14	Havering Open	Hornchurch
U13B	100	Joshua Ayling	15.3		13-Jul-14	EYAL R4	Cambridge
U13B	100	Jay Vassallo	15.3		13-Jul-14	EYAL R4	Cambridge
U13B	100	Vassallo	16.27		13-Apr-14	EYAL R1	Woodford
U13B	100	Hal Hutton	15.3		03-Aug-14	EYAL R5	Sandy
U13B	100	Victor Hughes	15.3		14-Sep-14	Club Champs	Hornchurch
U13B	100	Kyle Constable	15.5		30-Mar-14	Havering Open	Hornchurch
U13B	100	Constable	15.86		13-Apr-14	EYAL R1	Woodford
U15M	100	Bailey Ramsey	15.8		3-Aug-14	EYAL R5	Sandy
U13B	100	Ashton Thatcher-Gray	15.8		14-Sep-14	Club Champs	Hornchurch
U13B	100	Max Polley	16.2		30-Mar-14	Havering Open	Hornchurch
U13B	100	Mack McAuley	16.2		14-Sep-14	Club Champs	Hornchurch
U13B	100	Alexander McDonach	16.3		13-Jul-14	EYAL R4	Cambridge
U13B	100	McDonach	17.31		13-Apr-14	EYAL R1	Woodford
U13B	100	Todd Riddell	16.4		30-Mar-14	Havering Open	Hornchurch
U13B	100	T.Riddell	17.06		13-Apr-14	EYAL R1	Woodford
U13B	100	Reece Debenham	16.8		15-Jun-14	EYAL R3	Hemel Hempst'd
U20M	200	Josh Olawore	21.76	AT U20M 3rd	09-Aug-14	BAL R4	Bournemouth
U20M	200	George Hadler	22.78		28-May-14	Lee Valley Sprints	Lee Valley
U17M	200	Lewis Bailey	22.9	AT U17M =10th	13-Jul-14	EYAL R4	Cambridge
U17M	200	Bailey	23.28		29-Jun-14	YDL Upper U17-U20 R3	Eltham
SM	200	Nathan Steele	22.9		02-Aug-14	SAL R5	Portsmouth
SM	200	Steele	23.58		7-Jun-14	BAL R2	Mile End
U20M	200	John Adekoya	23.3		14-Sep-14	Club Champs	Hornchurch
U20M	200	Karl Tucker	23.5		19-Apr-14	SAL R1	Norwich
U20M	200	Tucker	23.79		23-Jul-14	Lee Valley Sprints	Lee Valley
U17M	200	Tom Pitkin	23.5		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U20M	200	Alex Law	23.6		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	200	Fraser Boston	24.3		14-Sep-14	Club Champs	Hornchurch
U17M	200	Boston	25.02		13-Apr-14	EYAL R1	Woodford
SM	200	Richard Holland	24.4		12-Jul-14	SAL R4	Basingstoke
U13B	200	Jairzinho Morris	24.49	AT U13B 1st	27-Jul-14	Southern U13 Inter Cos	Kingston
U17M	200	Michael Duncan	24.7		13-Jul-14	EYAL R4	Cambridge
U17M	200	Duncan	25.16		24-May-14	Essex Champs Day 2	Chelmsford
U17M	200	Morgan Seaman	24.93		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U17M	200	Elliott Addison	25.2		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	200	Ed Johnson	25.31		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U20M	200	Sydney Conteh	25.4		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
SM	200	Michael O'Callaghan	25.74		17-May-14	SAL R2	Croydon
U17M	200	Sam Olofin	26.20		13-Apr-14	EYAL R1	Woodford
U17M	200	Matthew Braybrook	26.9		3-Aug-14	EYAL R5	Sandy
U15M	200	Ewan Green	27.2		19-Jul-14	YDL Lower U13-U15 R4	Hornchurch
U15M	200	E.Green	27.22		13-Apr-14	EYAL R1	Woodford
U15M	200	Oliver Morter	27.4		07-Sep-14	EYAL Top 6 Final	Basildon
U15M	200	Jack Noons	27.5		14-Sep-14	Club Champs	Hornchurch
U15M	200	Noons	27.63		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	200	Tobi Idowu	28.0		14-Sep-14	Club Champs	Hornchurch
U13B	200	Sam Mezoori	28.7		13-Jul-14	EYAL R4	Cambridge
U13B	200	S.Mezoori	29.54		31-May-14	YDL Lower U13-U15 R2	Croydon
U15M	200	Jack Rice	28.8		22-Jun-14	YDL Lower U13-U15 R3	Eton
U15M	200	John Fennessey	29.0		13-Jul-14	EYAL R4	Cambridge
U15M	200	Joe Wright	29.4		16-Jun-14	Schools Cup Reg Final	Hendon
U15M	200	Wright	29.80		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	200	Aaron Freshwater	29.86		30-Jul-14	Watford Open	Watford
U15M	200	Max Durrell	30.0		13-Jul-14	EYAL R4	Cambridge
U13B	200	Charlie Savill	31.1		13-Jul-14	EYAL R4	Cambridge
U13B	200	Savill	31.51		13-Apr-14	EYAL R1	Woodford
U13B	200	Victor Hughes	31.2		13-Jul-14	EYAL R4	Cambridge
U13B	200	Hughes	31.33		13-Apr-14	EYAL R1	Woodford
U13B	200	Joshua Ayling	32.2		13-Jul-14	EYAL R4	Cambridge
U13B	200	Frederick Perry	32.7		13-Jul-14	EYAL R4	Cambridge
U13B	200	Jay Vassallo	32.81		13-Apr-14	EYAL R1	Woodford

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13B	200	Reece Debenham	33.0		14-Sep-14	Club Champs	Hornchurch
U13B	200	Peter Brinton-Quinn	33.1		15-Jun-14	EYAL R3	Hemel Hempst'd
U15M	200	Bailey Ramsey	33.3		3-Aug-14	EYAL R5	Sandy
U13B	200	Max Polley	34.3		30-Mar-14	Havering Open	Hornchurch
SM40	300	Steve Rand	40.63	AT M40 2nd	18-May-14	Essex Champs Day 1	Chelmsford
U15M	300	Lewis Debenham	41.7		07-Sep-14	EYAL Top 6 Final	Basildon
U15M	300	Oliver Morter	42.8		3-Aug-14	EYAL R5	Sandy
U15M	300	Jack Noons	44.3		07-Sep-14	EYAL Top 6 Final	Basildon
U15M	300	Noons	45.15		13-Apr-14	EYAL R1	Woodford
U15M	300	John Fennessey	45.93		31-May-14	YDL Lower U13-U15 R2	Croydon
U15M	300	Sam Atkins	47.8		13-Jul-14	EYAL R4	Cambridge
U20M	400	George Hadler	50.8		19-Apr-14	SAL R1	Norwich
U20M	400	Hadler	51.30i		8-Feb-14	Essex & Eastern Champs	Lee Valley
U20M	400	Hadler	51.87		18-May-14	Essex Champs Day 1	Chelmsford
U17M	400	Tom Pitkin	51.48		18-May-14	Essex Champs Day 1	Chelmsford
U20M	400	Alex Law	53.46		05-Jul-14	BAL R3	Par
U17M	400	Michael Duncan	54.5		07-Sep-14	EYAL Top 6 Final	Basildon
U17M	400	Duncan	54.96		18-May-14	Essex Champs Day 1	Chelmsford
SM	400	Billy Rungay	54.6		12-Jul-14	SAL R4	Basingstoke
SM	400	Rungay	54.90		09-Aug-14	BAL R4	Bournemouth
SM	400	Paul Kavanagh	55.1		02-Aug-14	SAL R5	Portsmouth
SM	400	Michael O'Callaghan	55.69		17-May-14	SAL R2	Croydon
U20M	400	Ed Thompson	55.9		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U20M	400	Thompson	57.28		10-May-14	BAL R1	Yeovil
U20M	400	Sydney Conteh	56.7		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U20M	400	Conteh	57.66		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U17M	400	Matthew Owers	56.95		18-May-14	Essex Champs Day 1	Chelmsford
U17M	400	Finn Hutton	57.0		13-Jul-14	EYAL R4	Cambridge
U17M	400	F.Hutton	58.76		29-Jun-14	YDL Upper U17-U20 R3	Eltham
SM35	400	Gavin Maley	57.34		7-Jun-14	BAL R2	Mile End
U17M	400	Elliott Addison	58.7		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U17M	400	E.Addison	61.44		13-Apr-14	EYAL R1	Woodford
U17M	400	Bradley West	59.27		19-Aug-14	Woodford Open	Woodford
U20M	400	Abdul Mohamed	59.8		27-Apr-14	YDL Upper U17-U20	Mile End
U17M	400	Fraser Boston	60.04i		1-Feb-14	London Indoor Games	Lee Valley
U17M	400	Kieran O'Hara	63.3		14-Sep-14	Club Champs	Hornchurch
U17M	400	O'Hara	64.62		28-Jun-14	MENCAP Champs	Manchester
U17M	400	James Stewart	71.1		30-Mar-14	Havering Open	Hornchurch
SM35	800	Paul Grange	1:59.29		7-Jun-14	BAL R2	Mile End
SM	800	Paul Kavanagh	2:02.7		12-Jul-14	SAL R4	Basingstoke
SM	800	Billy Rungay	2:04.1		12-Jul-14	SAL R4	Basingstoke
SM	800	Rungay	2:04.24		17-May-14	SAL R2	Croydon
SM	800	Jamie Buckley-Stanton	2:05.40		05-Jul-14	BAL R3	Par
SM40	800	Steve Rand	2:06.3	AT M40 4th	21-Jun-14	SAL R3	Hornchurch
SM40	800	Rand	2:13.21		09-Aug-14	BAL R4	Bournemouth
U17M	800	Matthew Braybrook	2:07.3		20-Jul-14	Southern U17 Inter Cos	Portsmouth
U17M	800	Braybrook	2:08.64		16-Jul-14	Watford Open	Watford
U15M	800	Oliver Morter	2:07.6		07-Sep-14	EYAL Top 6 Final	Basildon
U15M	800	Morter	2:12.65		31-May-14	YDL Lower U13-U15 R2	Croydon
U17M	800	Tom Pitkin	2:07.7		14-Sep-14	Club Champs	Hornchurch
U17M	800	Finn Hutton	2:09.3		03-Aug-14	EYAL R5	Sandy
U17M	800	F.Hutton	2:16.93		29-Jun-14	YDL Upper U17-U20 R3	Eltham
SM35	800	Gavin Maley	2:10.55		05-Jul-14	BAL R3	Par
U20M	800	Abdul Mohamed	2:10.7		14-Sep-14	Club Champs	Hornchurch
U17M	800	Bradley West	2:11.5		07-Sep-14	EYAL Top 6 Final	Basildon
U17M	800	West	2:14.27		20-Jul-14	Newham Open	Newham
U15M	800	Lewis Debenham	2:14.4		19-Jul-14	YDL Lower U13-U15 R4	Hornchurch
U15M	800	L.Debenham	2:15.33		8-Jul-14	Woodford Open	Woodford
SM45	800	Matthew Bland	2:14.7		30-Mar-14	Havering Open	Hornchurch
U17M	800	Michael Duncan	2:14.94		16-Jul-14	Watford Open	Watford
U15M	800	Jack Rice	2:20.3		14-Sep-14	Club Champs	Hornchurch
U17M	800	Kieran O'Hara	2:21.9		13-Jul-14	EYAL R4	Cambridge
U17M	800	O'Hara	2:24.70		28-Jun-14	MENCAP Champs	Manchester
U15M	800	John Fennessey	2:23.59		31-May-14	YDL Lower U13-U15 R2	Croydon
SM45	800	Russ Middleton	2:23.85		10-May-14	BAL R1	Yeovil

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U15M	800	Sam Atkins	2:28.5		22-Jun-14	YDL Lower U13-U15 R3	Eton
U15M	800	Atkins	2:30.40		24-May-14	Essex Champs Day 2	Chelmsford
U17M	800	James Stewart	2:27.8		13-Jul-14	EYAL R4	Cambridge
U17M	800	Stewart	2:32.71		8-Jul-14	Woodford Open	Woodford
U13B	800	Oliver Woods	2:33.7		30-Mar-14	Havering Open	Hornchurch
U13B	800	Woods	2:38.41		07-Jun-14	Essex Schools Champs	Chelmsford
U15M	800	Jack Stephenson	2:36.5		3-Aug-14	EYAL R5	Sandy
U13B	800	Harry Jones	2:36.7		13-Jul-14	EYAL R4	Cambridge
U13B	800	Joshua Holmes	2:40.3		15-Jun-14	EYAL R3	Hemel Hempst'd
U13B	800	Holmes	2:41.01		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	800	Lewis Jolly	2:42.1		19-Jul-14	YDL Lower U13-U15 R4	Hornchurch
U15M	800	Max Durrell	2:42.8		14-Sep-14	Club Champs	Hornchurch
U13B	800	Ellis Osborne	2:43.2		3-Aug-14	EYAL R5	Sandy
U13B	800	Sonny Rossington	2:43.8		3-May-14	YDL Lower U13-U15	Bournemouth
U13B	800	Rossington	2:46.87		13-Apr-14	EYAL R1	Woodford
U13B	800	Ben Lammin	2:43.8		11-May-14	EYAL R2	Southend
U15M	800	Louie Shead	2:44.5		3-May-14	YDL Lower U13-U15	Bournemouth
U13B	800	Victor Hughes	2:45.6		14-Sep-14	Club Champs	Hornchurch
U13B	800	Hughes	2:47.78		13-Apr-14	EYAL R1	Woodford
U15M	800	Lewis Deacon	2:47.54		13-Apr-14	EYAL R1	Woodford
U13B	800	Ben Jones	2:48.9		15-Jun-14	EYAL R3	Hemel Hempst'd
U13B	800	Joseph Hogan-O'Neill	2:50.2		14-Sep-14	Club Champs	Hornchurch
U13B	800	Hogan-O'Neill	2:57.19		13-Apr-14	EYAL R1	Woodford
U11B	800	Alex Ford	2:52.1		14-Sep-14	Club Champs	Hornchurch
U13B	800	Peter Brinton-Quinn	2:52.4		07-Sep-14	EYAL Top 6 Final	Basildon
U13B	800	P.Brinton-Quinn	2:56.00		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	800	Jay Vassallo	2:52.5		13-Jul-14	EYAL R4	Cambridge
U13B	800	Henry Lay	2:53.1		14-Sep-14	Club Champs	Hornchurch
U15M	800	Sam Shrimpton	2:58.0		30-Mar-14	Havering Open	Hornchurch
U15M	800	Shrimpton	3:02.56		13-Apr-14	EYAL R1	Woodford
U13B	800	Max Sowerbutts	3:02.23		13-Apr-14	EYAL R1	Woodford
U13B	800	Joshua Ayling	3:19.1		13-Apr-14	EYAL R1	Woodford
U13B	800	Todd Riddell	3:19.72		13-Apr-14	EYAL R1	Woodford
U11B	800	Ashton Thatcher-Gray	3:20.0		14-Sep-14	Club Champs	Hornchurch
SM35	1500	Paul Grange	4:15.2		21-Jun-14	SAL R3	Hornchurch
SM35	1500	Grange	4:23.72		7-Jun-14	BAL R2	Mile End
SM	1500	Jamie Buckley-Stanton	4:16.1		21-Jun-14	SAL R3	Hornchurch
SM	1500	Buckley-Stanton	4:20.26		05-Jul-14	BAL R3	Par
SM45	1500	Matthew Bland	4:19.16		24-May-14	Essex Champs Day 2	Chelmsford
SM40	1500	Steve Rand	4:20.66	AT M40 5th	24-May-14	Essex Champs Day 2	Chelmsford
U17M	1500	Matthew Braybrook	4:25.1		30-Mar-14	Havering Open	Hornchurch
U17M	1500	Braybrook	4:34.09i		19-Feb-14	Lee Valley MD Evening	Lee Valley
SM35	1500	Jason Lendon	4:29.02		05-Jul-14	BAL R3	Par
U15M	1500	Oliver Morter	4:29.55		30-Jul-14	Watford Open	Watford
SM35	1500	Gavin Maley	4:30.06		09-Aug-14	BAL R4	Bournemouth
U17M	1500	Abdul Mohamed	4:32.2		30-Mar-14	Havering Open	Hornchurch
U15M	1500	Jack Rice	4:40.5		22-Jun-14	YDL Lower U13-U15 R3	Eton
U15M	1500	Thomas Sheldrick	4:43.7		19-Jul-14	YDL Lower U13-U15 R4	Hornchurch
U15M	1500	Sheldrick	4:52.17		31-May-14	YDL Lower U13-U15 R2	Croydon
U17M	1500	Bradley West	4:43.5		14-Sep-14	Club Champs	Hornchurch
U17M	1500	West	4:44.98		02-Jul-14	Watford Open	Watford
U15M	1500	Oliver Bath	4:45.5		13-Jul-14	EYAL R4	Cambridge
SM35	1500	Ian Anthony	4:48.1		02-Aug-14	SAL R5	Portsmouth
U15M	1500	Lewis Debenham	4:49.41		4-Jun-14	Watford Open	Watford
SM40	1500	Russ Middleton	4:51.3		19-Apr-14	SAL R1	Norwich
U17M	1500	Zack Killoran	4:54.1		15-Jun-14	EYAL R3	Hemel Hempst'd
U17M	1500	Killoran	4:55.93		07-Jun-14	Essex Schools Champs	Chelmsford
SM	1500	Chris Coates	4:56.1		19-Apr-14	SAL R1	Norwich
U15M	1500	Sam Atkins	4:58.50		31-May-14	YDL Lower U13-U15 R2	Croydon
U17M	1500	James Stewart	5:01.8		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	1500	Stewart	5:04.14		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U13B	1500	Oliver Woods	5:09.1		13-Jul-14	EYAL R4	Cambridge
U13B	1500	Edward Laughlin	5:10.6		15-Jun-14	EYAL R3	Hemel Hempst'd
U15M	1500	Bailey Hearne	5:12.5		30-Mar-14	Havering Open	Hornchurch
U13B	1500	Harry Jones	5:14.3		19-Jul-14	YDL Lower U13-U15 R4	Hornchurch

Havering AC Male 2014 Rankings as at 30/09/2014

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13B	1500	Ben Lammin	5:15.0		19-Jul-14	YDL Lower U13-U15 R4	Hornchurch
U13B	1500	Lammin	5:21.45		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	1500	Ellis Osborne	5:22.04		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	1500	Lewis Jolly	5:40.85		13-Apr-14	EYAL R1	Woodford
U13B	1500	Matthew Bright	5:43.90		13-Apr-14	EYAL R1	Woodford
U20M	1500	Alex Law	5:44.5		29-Jun-14	ESAA Regional Multi Event	Corby
U13B	1500	Luke Chester	5:51.0		13-Jul-14	EYAL R4	Cambridge
U13B	1500	Peter Brinton-Quinn	5:53.2		30-Mar-14	Havering Open	Hornchurch
SM	3000	Rob Warner	9:08.68		10-May-14	BAL R1	Yeovil
SM35	3000	Jason Lendon	9:43.93		10-May-14	BAL R1	Yeovil
SM35	3000	Ian Anthony	9:48.0		12-Jul-14	SAL R4	Basingstoke
SM45	3000	Matt Bland	9:55.14		09-Aug-14	BAL R4	Bournemouth
U17M	3000	Zack Killoran	10:26.4		29-Jun-14	YDL Upper U17-U20 R3	Eltham
SM40	3000	Martin Chester	10:28.7		12-Jul-14	SAL R4	Basingstoke
SM40	3000	M. Chester	10:32.36		17-May-14	SAL R2	Croydon
U17M	3000	Bradley West	10:51.4		27-Apr-14	YDL Upper U17-U20	Mile End
SM	5000	Rob Warner	15:49.61		05-Jul-14	BAL R3	Par
SM45	5000	Matt Bland	16:19.17	AT M45 1st	7-Jun-14	BAL R2	Mile End
SM35	5000	Ian Anthony	16:58.7		02-Aug-14	SAL R5	Portsmouth
SM35	5000	Anthony	17:30.73		7-Jun-14	BAL R2	Mile End
SM40	5000	Martin Chester	17:29.3		19-Apr-14	SAL R1	Norwich
SM	5000	Chris Coates	19:28.6		21-Jun-14	SAL R3	Hornchurch
SM	60H	Jeremy Watson	9.14i		9-Feb-14	Essex & Eastern Champs	Lee Valley
U13B	60HU13B	Max Law	10.80i		8-Feb-14	Essex & Eastern Champs	Lee Valley
U13B	60HU13B	Benjamin Hamberger	12.33i		11-Jan-14	Lee Valley U13-U15 Open	Lee Valley
U13B	60HU13B	Aaron Freshwater	12.78i		11-Jan-14	Lee Valley U13-U15 Open	Lee Valley
U17M	60HU17M	Matthew Owers	9.85i		1-Feb-14	London Indoor Games	Lee Valley
U20M	60HU20M	George Hadler	8.39i		25-Jan-14	London Indor Games	Lee Valley
U20M	60HU20M	Karl Tucker	8.69i		01-Mar-14	England Athletics Champs	Sheffield EIS
U13B	75HU13B	Max Law	13.5		13-Jul-14	EYAL R4	Cambridge
U13B	75HU13B	M.Law	13.54		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	75HU13B	Benjamin Hamberger	14.0		3-Aug-14	EYAL R5	Sandy
U13B	75HU13B	Zak Mackay	14.7		03-Aug-14	EYAL R5	Sandy
U13B	75HU13B	Mackay	15.75		13-Apr-14	EYAL R1	Woodford
U13B	75HU13B	Oliver Woods	14.85		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	75HU13B	Aaron Freshwater	15.5		14-Sep-14	Club Champs	Hornchurch
U13B	75HU13B	Peter Brinton-Quinn	16.7		22-Jun-14	YDL Lower U13-U15 R3	Eton
U13B	75HU13B	Aaron Freshwater	17.0		15-Jun-14	EYAL R3	Hemel Hempst'd
U13B	75HU13B	Victor Hughes	17.2		22-Jun-14	YDL Lower U13-U15 R3	Eton
U13B	75HU13B	Kyle Constable	17.22		13-Apr-14	EYAL R1	Woodford
U13B	75HU13B	Josh Ayling	18.5		14-Sep-14	Club Champs	Hornchurch
U15M	80HU15M	Kieran Riddell	13.1		07-Sep-14	EYAL Top 6 Final	Basildon
U15M	80HU15M	K. Riddell	13.56		31-May-14	YDL Lower U13-U15 R2	Croydon
U17M	100HU17M	Thomas Pitkin	14.5		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U17M	100HU17M	Pitkin	14.88		13-Apr-14	EYAL R1	Woodford
U17M	100HU17M	Matthew Owers	16.1		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	100HU17M	Owers	16.50w		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U17M	100HU17M	Owers	16.82		18-May-14	Essex Champs Day 1	Chelmsford
U20M	110HU20M	George Hadler	14.89	AT U20 4th	28-May-14	Lee Valley Sprints	Lee Valley
U20M	110HU20M	Karl Tucker	16.21w		05-Apr-14	Woodford Open	Woodford
U20M	110HU20M	Tucker	16.8		30-Mar-14	Havering Open	Hornchurch
U20M	110HU20M	Tucker	16.91		12-Apr-14	Lee Valley Open	Lee Valley
U20M	110HU20M	Alex Law	17.8		29-Jun-14	ESAA Regional Multi Event	Corby
U20M	110HM	George Hadler	15.55	AT U20 2nd	05-Jul-14	BAL R3	Par
SM	110HM	Anthony Williams	16.9		02-Aug-14	SAL R5	Portsmouth
SM	110HM	Jeremy Watson	17.6		19-Apr-14	SAL R1	Norwich
SM	110HM	Watson	18.13		7-Jun-14	BAL R2	Mile End
U20M	110HM	Karl Tucker	18.08		09-Aug-14	BAL R4	Bournemouth
SM35	110HM	Arron Bonning	20.9		12-Jul-14	SAL R4	Basingstoke
SM35	110HM	Bonning	21.85		17-May-14	SAL R2	Croydon
U17M	300HU17M	Thomas Pitkin	41.1	AT U17M 1st	30-Mar-14	Havering Open	Hornchurch
U17M	300HU17M	Matthew Owers	45.4		30-Mar-14	Havering Open	Hornchurch
U20M	300HM	George Hadler	39.8	AT U20M 1st	30-Mar-14	Havering Open	Hornchurch
U17M	400HU17M	Thomas Pitkin	55.25	AT U17M 2nd	12-Jul-14	English Schools Champs	Birmingham
U17M	400HU17M	Matthew Owers	63.6		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	400HU17M	Owers	65.72		24-May-14	Essex Champs Day 2	Chelmsford

## Havering AC Male 2014 Rankings as at 30/09/2014

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20M	400HM	George Hadler	55.37		12-Jul-14	English Schools Champs	Birmingham
U20M	400HM	Karl Tucker	60.92		09-Aug-14	BAL R4	Bournemouth
SM	400HM	Jeremy Watson	63.69		7-Jun-14	BAL R2	Mile End
U20M	400HM	Alex Law	67.04		05-Jul-14	BAL R3	Par
U20M	400HM	Ed Thompson	70.1		19-Apr-14	SAL R1	Norwich
SM	400HM	Rob Warner	75.3		02-Aug-14	SAL R5	Portsmouth
SM	400HM	Warner	78.68		17-May-14	SAL R2	Croydon
SM35	400HM	Arron Bonning	78.5		12-Jul-14	SAL R4	Basingstoke
U17M	1500SC	Matthew Braybrook	5:05.7		27-Apr-14	YDL Upper U17-U20 R1	Mile End
U17M	1500SC	Braybrook	5:29.59		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U17M	1500SC	Zack Killoran	5:53.6		01-Jun-14	YDL Upper U17-U20 R2	Sandy
SM	2000SC	Rob Warner	6:13.6		21-Jun-14	SAL R3	Hornchurch
SM35	2000SC	Jason Lendon	6:25.4		21-Jun-14	SAL R3	Hornchurch
SM40	2000SC	Martin Chester	7:17.2		02-Aug-14	SAL R5	Portsmouth
SM	3000SC	Rob Warner	9:37.17		17-May-14	SAL R2	Croydon
SM35	3000SC	Jason Lendon	10:07.19		7-Jun-14	BAL R2	Mile End
SM40	3000SC	Martin Chester	11:11.08		17-May-14	SAL R2	Croydon
SM35	3000SC	Ian Anthony	12:25.5		12-Jul-14	SAL R4	Basingstoke
U20M	HJ	John Adekoya	1.80		14-Sep-14	Club Champs	Hornchurch
U20M	HJ	Alex Law	1.76		05-Jul-14	BAL R3	Par
U17M	HJ	Olla Obaye	1.60		07-Sep-14	EYAL Top 6 Final	Basildon
U20M	HJ	Ed Thompson	1.55		19-Apr-14	SAL R1	Norwich
SM35	HJ	Arron Bonning	1.55		17-May-14	SAL R2	Croydon
U13B	HJ	Jairzinho Morris	1.53	AT U13B 2nd	14-Sep-14	Club Champs	Hornchurch
U17M	HJ	Matthew Owers	1.50		13-Jul-14	EYAL R4	Cambridge
U13B	HJ	Benjamin Hamberger	1.50	AT U13B =4th	14-Sep-14	Club Champs	Hornchurch
U15M	HJ	Kieran Riddell	1.45		13-Apr-14	EYAL R1	Woodford
SM	HJ	Michael O'Callaghan	1.45		17-May-14	SAL R2	Croydon
U15M	HJ	Oliver Morter	1.45		22-Jun-14	YDL Lower U13-U15 R3	Eton
U13B	HJ	Aaron Freshwater	1.40		30-Mar-14	Havering Open	Hornchurch
SM	HJ	Jeremy Watson	1.40		7-Jun-14	BAL R2	Mile End
U13B	HJ	James Adams	1.30		13-Jul-14	EYAL R4	Cambridge
U15M	HJ	John Fennessey	1.30		19-Jul-14	YDL Lower U13-U15 R4	Hornchurch
U13B	HJ	Joseph Hogan-O'Neill	1.25		22-Jun-14	YDL Lower U13-U15 R3	Eton
U13B	HJ	Reece Debenham	1.25		14-Sep-14	Club Champs	Hornchurch
U13B	HJ	Sonny Rossington	1.10		30-Mar-14	Havering Open	Hornchurch
U13B	HJ	Todd Riddell	1.10		13-Jul-14	EYAL R4	Cambridge
U13B	HJ	Mack McAuley	1.10		14-Sep-14	Club Champs	Hornchurch
U13B	HJ	Peter Brinton-Quinn	1.05		30-Mar-14	Havering Open	Hornchurch
U20M	LJ	Josh Olawore	7.28w	AT U20 w/a	09-Aug-14	BAL R4	Bournemouth
U20M	LJ	Olawore	7.17		21-Jun-14	SAL R3	Hornchurch
U20M	LJ	Alex Law	6.82		14-Sep-14	Club Champs	Hornchurch
SM	LJ	Richard Holland	6.59		12-Jul-14	SAL R4	Basingstoke
U17M	LJ	Olla Obaye	5.80		29-Jun-14	YDL Upper U17-U20 R3	Eltham
SM	LJ	Dere Coker	5.57		17-May-14	SAL R2	Croydon
SM	LJ	Nathan Steele	5.55		17-May-14	SAL R2	Croydon
U17M	LJ	Aidan Morrissey	5.48		14-Sep-14	Club Champs	Hornchurch
U17M	LJ	Thomas Pitkin	5.38		11-May-14	EYAL R2	Southend
U13B	LJ	Jairzinho Morris	5.31	AT U13B 1st	12-Jun-14	Schools Cup Reg Final	Lee Valley
U15M	LJ	Kieran Riddell	4.93		14-Sep-14	Club Champs	Hornchurch
U17M	LJ	Finn Hutton	4.84		07-Sep-14	EYAL Top 6 Final	Basildon
U13B	LJ	Joseph Hogan-O'Neill	4.65		03-Aug-14	EYAL R5	Sandy
U20M	LJ	Ed Thompson	4.60		27-Apr-14	YDL Upper U17-U20	Mile End
U15M	LJ	Joe Wright	4.60		16-Jun-14	Schools Cup Reg Final	Hendon
SM35	LJ	Jason Lendon	4.55		7-Jun-14	BAL R2	Mile End
U13B	LJ	Sam Mezoori	4.54		31-May-14	YDL Lower U13-U15 R2	Croydon
U15M	LJ	Jack Rice	4.49		3-Aug-14	EYAL R5	Sandy
U20M	LJ	Sydney Conteh	4.41		14-Sep-14	Club Champs	Hornchurch
U17M	LJ	Zak Mezoori	4.33		13-Apr-14	EYAL R1	Woodford
U15M	LJ	John Fennessey	4.31		15-Jun-14	EYAL R3	Hemel Hempst'd
U15M	LJ	Harvey Jolliffe	4.24		11-May-14	EYAL R2	Southend
U20M	LJ	Abdul Mohamed	4.22		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U13B	LJ	Tobi Idowu	4.21		14-Sep-14	Club Champs	Hornchurch
U13B	LJ	Max Law	4.15i		8-Feb-14	Essex & Eastern Champs	Lee Valley
SM45	LJ	Russ Middleton	4.09		10-May-14	BAL R1	Yeovil

Havering AC Male 2014 Rankings as at 30/09/2014

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13B	LJ	Aaron Freshwater	4.03		13-Jul-14	EYAL R4	Cambridge
U20M	LJ	John Adekoya	4.01		19-Apr-14	SAL R1	Norwich
U17M	LJ	Elliott Addison	4.01		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U17M	LJ	Kieran O'Hara	4.00		14-Sep-14	Club Champs	Hornchurch
U15M	LJ	Jack Rice	3.97		22-Jun-14	YDL Lower U13-U15 R3	Eton
U13B	LJ	Zak Mackay	3.92		13-Jul-14	EYAL R4	Cambridge
U17M	LJ	Sam Olofin	3.87		11-May-14	EYAL R2	Southend
U17M	LJ	James Stewart	3.87		14-Sep-14	Club Champs	Hornchurch
U15M	LJ	John Fennessey	3.71		3-May-14	YDL Lower U13-U15	Bournemouth
U13B	LJ	Jay Vassallo	3.67		14-Sep-14	Club Champs	Hornchurch
U13B	LJ	Victor Hughes	3.58		14-Sep-14	Club Champs	Hornchurch
U13B	LJ	Mack McAuley	3.57		14-Sep-14	Club Champs	Hornchurch
U13B	LJ	Kyle Constable	3.56		30-Mar-14	Havering Open	Hornchurch
U11B	LJ	Ashton Thatcher-Gray	3.49		14-Sep-14	Club Champs	Hornchurch
U13B	LJ	Charlie Savill	3.52		30-Mar-14	Havering Open	Hornchurch
U15M	LJ	Louie Shead	3.49		15-Jun-14	EYAL R3	Hemel Hempst'd
U13B	LJ	Charlie Savill	3.38		13-Apr-14	EYAL R1	Woodford
U13B	LJ	Peter Brinton-Quinn	3.38		25-Aug-14	Southend Open	Southend
U13B	LJ	Frederick Perry	3.35		11-May-14	EYAL R2	Southend
U13B	LJ	Alexander McDonach	3.23		14-Sep-14	Club Champs	Hornchurch
U13B	LJ	Todd Riddell	3.23		14-Sep-14	Club Champs	Hornchurch
U13B	LJ	Max Polley	3.14		30-Mar-14	Havering Open	Hornchurch
U13B	LJ	Henry Lay	3.02		14-Sep-14	Club Champs	Hornchurch
SM	TJ	Anthony Williams	13.02		02-Aug-14	SAL R5	Portsmouth
U20M	TJ	John Adekoya	12.88		19-Apr-14	SAL R1	Norwich
U20M	TJ	Josh Olawore	12.76		10-May-14	BAL R1	Yeovil
U20M	TJ	Alex Law	12.65w		09-Aug-14	BAL R4	Bournemouth
U20M	TJ	A. Law	12.29		19-Aug-14	Woodford Open	Woodford
U17M	TJ	Fraser Boston	11.56		29-Jun-14	YDL Upper U17-U20 R3	Eltham
SM35	TJ	Arron Bonning	11.18		17-May-14	SAL R2	Croydon
U17M	TJ	Olla Obaye	11.16		07-Sep-14	EYAL Top 6 Final	Basildon
SM	TJ	Jeremy Watson	10.64		7-Jun-14	BAL R2	Mile End
SM	TJ	Nathan Steele	10.61		7-Jun-14	BAL R2	Mile End
U17M	TJ	Ed Thompson	10.32		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U17M	TJ	Elliott Addison	9.92		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U15M	TJ	John Fennessey	9.61		12-Jun-14	Schools Cup Reg Final	Lee Valley
U17M	TJ	Zack Killoran	9.12		15-Jun-14	EYAL R3	Hemel Hempst'd
U17M	TJ	Finn Hutton	8.86		03-Aug-14	EYAL R5	Sandy
U20M	PV	Ed Thompson	4.40	AT U20 1st	19-Apr-14	SAL R1	Norwich
SM35	PV	Arron Bonning	3.00		12-Jul-14	SAL R4	Basingstoke
U20M	PV	Alex Law	2.90		29-Jun-14	ESAA Regional Multi Event	Corby
U20M	PV	Matthew Sturges	2.80i		16-Mar-14	EAN Indoor Open	Chelmsford
U15M	PV	Jack Noons	2.30	AT U15 =8th	19-Jul-14	YDL Lower U13-U15 R4	Hornchurch
SM	PV	Jeremy Watson	1.40		19-Apr-14	SAL R1	Norwich
SM	SP7.26K	Laurence Goodacre	15.34	AT SM 2nd	09-Aug-14	BAL R4	Bournemouth
SM	SP7.26K	Emmanuel Quarshie	14.48	AT SM 3rd	3-May-14	BUCS Champs	Bedford
U20M	SP7.26K	Duane Jibunoh	12.57	AT U20 2nd	19-Apr-14	SAL R1	Norwich
SM	SP7.26K	Craig Lacy	12.22	AT SM 17th	14-Sep-14	Club Champs	Hornchurch
U20M	SP7.26K	Alex Law	9.75		21-Jun-14	SAL R3	Hornchurch
SM35	SP7.26K	Arron Bonning	9.58		17-May-14	SAL R2	Croydon
SM	SP7.26K	Sam Harrison	8.92		19-Apr-14	SAL R1	Norwich
SM	SP7.26K	Nathan Steele	7.60		12-Jul-14	SAL R4	Basingstoke
U20M	SP6K	Duane Jibunoh	14.46	AT U20 3rd	27-Apr-14	YDL Upper U17-U20	Mile End
U20M	SP6K	Alex Law	11.20		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U17M	SP6K	Seb Fisher	9.56		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U20M	SP6K	Karl Tucker	7.78		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	SP6K	Edward Brinton-Quinn	6.62		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U17M	SP5K	Sonny Nash	10.79		14-Sep-14	Club Champs	Hornchurch
U17M	SP5K	Seb Fisher	10.59		13-Jul-14	EYAL R4	Cambridge
U17M	SP5K	Zak Mezoori	9.52		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	SP5K	Edward Brinton-Quinn	7.60		13-Jul-14	EYAL R4	Cambridge
U17M	SP5K	Bradley West	7.36		14-Sep-14	Club Champs	Hornchurch
U17M	SP5K	Sam Olofin	7.08		11-May-14	EYAL R2	Southend
U17M	SP5K	Alex Hewitt	5.92		14-Sep-14	Club Champs	Hornchurch

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U15M	SP4K	Paul Okesola	10.51		11-May-14	EYAL R2	Southend
U15M	SP4K	Harvey Addison	9.55		13-Jul-14	EYAL R4	Cambridge
U15M	SP4K	Harvey Jolliffe	6.26		13-Apr-14	EYAL R1	Woodford
U15M	SP4K	Sam Atkins	5.12		3-Aug-14	EYAL R5	Sandy
U15M	SP4K	Jack Stephenson	4.44		3-Aug-14	EYAL R5	Sandy
U13B	SP3.25K	Max Law	9.00	AT U13 =5th	19-Aug-14	Woodford Open	Woodford
U13B	SP3.25K	Joseph Hogan-O'Neill	8.69	AT U13 10th	14-Sep-14	Club Champs	Hornchurch
U13B	SP3.25K	Aaron Freshwater	6.06		25-Aug-14	Southend Open	Southend
U13B	SP3.25K	Peter Brinton-Quinn	5.97		14-Sep-14	Club Champs	Hornchurch
U13B	SP3.25K	Hal Hutton	5.60		03-Aug-14	EYAL R5	Sandy
U13B	SP3.25K	James Adams	5.51		03-Aug-14	EYAL R5	Sandy
U13B	SP3.25K	Tobi Idowu	4.89		13-Apr-14	EYAL R1	Woodford
U13B	SP3.25K	Sonny Rossington	3.05		3-May-14	YDL Lower U13-U15	Bournemouth
U20M	DT2K	Duane Jibunoh	46.51	AT U20 2nd	19-Apr-14	SAL R1	Norwich
SM	DT2K	Craig Lacy	37.46	AT SM 16th	14-Sep-14	Club Champs	Hornchurch
SM	DT2K	Laurence Goodacre	36.91	AT SM 19th	18-May-14	Essex Champs Day 1	Chelmsford
SM	DT2K	Danny Wilson	35.40		12-Jul-14	SAL R4	Basingstoke
SM	DT2K	Emmanuel Quarshie	32.56		21-Jun-14	SAL R3	Hornchurch
U17M	DT2K	Michael Duncan	27.57		19-Apr-14	SAL R1	Norwich
SM35	DT2K	Arron Bonning	25.51		12-Jul-14	SAL R4	Basingstoke
U20M	DT2K	Alex Law	24.70		02-Aug-14	SAL R5	Portsmouth
U20M	DT1.75K	Duane Jibunoh	50.52	AT U20 2nd	15-Jun-14	SEAA U20 Champs	Crystal Palace
U20M	DT1.75K	Alex Law	27.38		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U17M	DT1.75K	Zak Mezoori	25.64		27-Apr-14	YDL Upper U17-U20	Mile End
U17M	DT1.75K	Seb Fisher	19.02		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U20M	DT1.75K	John Adekoya	14.45		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	DT1.5K	Michael Duncan	35.22		27-Apr-14	YDL Upper U17-U20	Mile End
U17M	DT1.5K	Zak Mezoori	29.14		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	DT1.5K	Sonny Nash	28.37		14-Sep-14	Club Champs	Hornchurch
U17M	DT1.5K	Seb Fisher	20.88		13-Jul-14	EYAL R4	Cambridge
U17M	DT1.5K	Edward Brinton-Quinn	20.33		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	DT1.5K	James Stewart	6.30		03-Aug-14	EYAL R5	Sandy
U15M	DT1.25K	Paul Okesola	35.57	AT U15 7th	15-Jun-14	EYAL R3	Hemel Hempst'd
U15M	DT1.25K	Harvey Addison	30.52		13-Jul-14	EYAL R4	Cambridge
U15M	DT1.25K	Ewan Green	30.07		11-May-14	EYAL R2	Southend
U15M	DT1.25K	John Fennessey	14.44		31-May-14	YDL Lower U13-U15 R2	Croydon
U15M	DT1.25K	Sam Atkins	9.26		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	DT1K	Max Law	34.09	AT U13B 1st	27-Sep-14	Biggleswade Open	Sandy
U13B	DT1K	Peter Brinton-Quinn	19.04		31-Aug-14	Woking YA Open	Woking
U13B	DT1K	Hal Hutton	17.46		30-Mar-14	Havering Open	Hornchurch
U13B	DT1K	Sam Mezoori	17.27		13-Jul-14	EYAL R4	Cambridge
U13B	DT1K	Joseph Hogan-O'Neill	15.42		03-Aug-14	EYAL R5	Sandy
U13B	DT1K	Ben Jones	13.35		15-Jun-14	EYAL R3	Hemel Hempst'd
SM	HT7.26K	Craig Lacy	40.01	AT SM 12th	05-Jul-14	BAL R3	Par
SM	HT7.26K	Sam Harrison	28.80		19-Apr-14	SAL R1	Norwich
SM	HT7.26K	Georgie Bean	24.53		10-May-14	BAL R1	Yeovil
U20M	HT7.26K	Duane Jibunoh	23.12		7-Jun-14	BAL R2	Mile End
SM	HT7.26K	Laurence Goodacre	22.62		09-Aug-14	BAL R4	Bournemouth
SM	HT7.26K	Emmanuel Quarshie	22.09		09-Aug-14	BAL R4	Bournemouth
SM35	HT7.26K	Arron Bonning	20.68		12-Jul-14	SAL R4	Basingstoke
SM	HT7.26K	Jeremy Watson	18.02		19-Apr-14	SAL R1	Norwich
SM55	HT7.26K	Kevin White	8.06		17-May-14	SAL R2	Croydon
U17M	HT6K	Zack Killoran	17.66		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U20M	HT6K	Karl Tucker	16.45		27-Apr-14	YDL Upper U17-U20	Mile End
U17M	HT6K	Edward Brinton-Quinn	16.34		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U20M	HT6K	Ed Thompson	15.67		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	HT5K	Sonny Nash	38.18	AT U17M 9th	15-Jun-14	EYAL R3	Hemel Hempst'd
U17M	HT5K	Seb Fisher	17.87		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U17M	HT5K	Edward Brinton-Quinn	16.57		15-Jun-14	EYAL R3	Hemel Hempst'd
U17M	HT5K	Zak Mezoori	12.44		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U15M	HT4K	Paul Okesola	23.88		07-Sep-14	EYAL Top 6 Final	Basildon
U15M	HT4K	Harvey Addison	22.07		19-Jul-14	YDL Lower U13-U15 R4	Hornchurch



## Havering AC Male 2014 Rankings as at 30/09/2014

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM	JT800	Craig Lacy	65.99	AT SM 2nd	24-Aug-14	CAU Inter Counties	Bedford
U20M	JT800	Duane Jibunoh	50.15	AT U20 6th	19-Apr-14	SAL R1	Norwich
SM	JT800	Georgie Bean	47.72		10-May-14	BAL R1	Yeovil
SM	JT800	Sam Harrison	46.60		05-Jul-14	BAL R3	Par
U20M	JT800	Josh Olawore	44.49		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
SM	JT800	Patrick Lear	41.28		7-Jun-14	BAL R2	Mile End
U17M	JT800	Ed Johnson	40.93		21-Jun-14	SAL R3	Hornchurch
U20M	JT800	Alex Law	40.72		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
SM35	JT800	Arron Bonning	37.80		17-May-14	SAL R2	Croydon
SM	JT800	Danny Wilson	31.41		12-Jul-14	SAL R4	Basingstoke
U17M	JT700	Sonny Nash	52.56	AT U17M 7th	29-Mar-14	Cambridge Throws	Cambridge
U17M	JT700	Ed Johnson	42.99		15-Jun-14	EYAL R3	Hemel Hempst'd
U17M	JT700	Tom Pitkin	19.65		13-Jul-14	EYAL R4	Cambridge
U13M	JT600	Max Law	41.60		14-Sep-14	Club Champs	Hornchurch
U15M	JT600	Kieran Riddell	33.83		07-Sep-14	EYAL Top 6 Final	Basildon
U15M	JT600	Harvey Addison	30.52		07-Sep-14	EYAL Top 6 Final	Basildon
U15M	JT600	Harvey Jolliffe	25.83		11-May-14	EYAL R2	Southend
U15M	JT600	Jack Stephenson	14.10		3-Aug-14	EYAL R5	Sandy
U15M	JT600	Sam Atkins	14.00		31-May-14	YDL Lower U13-U15 R2	Croydon
U13B	JT400	Max Law	49.84	AT U13B 1st	14-Sep-14	Club Champs	Hornchurch
U13B	JT400	Peter Brinton-Quinn	25.95	AT U13B 5th	14-Sep-14	Club Champs	Hornchurch
U13B	JT400	Benjamin Hamberger	25.87	AT U13B 6th	19-Jul-14	YDL Lower U13-U15 R4	Hornchurch
U13B	JT400	James Adams	23.84	AT U13B 8th	13-Jul-14	EYAL R4	Cambridge
U13B	JT400	Luke Chester	18.08		14-Sep-14	Club Champs	Hornchurch
U13B	JT400	Hal Hutton	17.32		15-Jun-14	EYAL R3	Hemel Hempst'd
U13B	JT400	Ellis Osborne	15.30		13-Jul-14	EYAL R4	Cambridge
U13B	JT400	Aaron Freshwater	14.56		14-Sep-14	Club Champs	Hornchurch
U13B	JT400	Kyle Constable	14.38		11-May-14	EYAL R2	Southend
U13B	JT400	Todd Riddell	13.44		14-Sep-14	Club Champs	Hornchurch
U20M	DecU20M	Alex Law	4518		29-Jun-14	ESAA Regional Multi Event	Corby