

Havering AC Male 2016 Rankings as at 30-09-16

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM	60	Josh Olawore	7.04i		3-Feb-16	Inter Varsity	Lee Valley
SM	60	Karl Tucker	7.25i		7-Feb-16	Windsor Open	Windsor
U20M	60	Matthew Owers	7.3i		13-Mar-16	EAN Indoor Open	Chelmsford
U20M	60	Owers	7.44i		6-Feb-16	Essex & Eastern Champs	Lee Valley
SM	60	Sydney Conteh	7.54i		16-Jan-16	SEAA Indoor Champs	Lee Valley
U20M	60	Richard Peel	7.57i		31-Jan-16	New Year Open	Lee Valley
U17M	60	Jack Noons	7.9i		13-Mar-16	EAN Indoor Open	Chelmsford
U17M	60	Kieran Riddell	7.97i		09-Jan-16	SEAA Indoor Champs	Lee Valley
U15B	60	Aaron Freshwater	8.88i		6-Feb-16	Essex & Eastern Champs	Lee Valley
SM	100	Josh Olawore	10.61w	AT SM w/a	04-Jun-16	BAL R2	Chelmsford
SM	100	Olawore	10.66	AT SM 5th	02-Jul-16	BAL R3	Bournemouth
SM	100	Nathan Steele	10.88w	AT SM w/a	04-Jun-16	BAL R2	Chelmsford
SM	100	Steele	11.03		20-Jul-16	Lee Valley Open	Lee Valley
U20M	100	Lewis Bailey	10.95w		29-May-16	YDL UAG R2	Eltham
U20M	100	Bailey	11.04	AT U20M 8th	14-May-16	Essex Championships	Chelmsford
U20M	100	Ayo Akingbehin	11.1	AT U20M 10th=	24-Jul-16	YDL UAG R4	Medway Park
U20M	100	Timi Kuye	11.16		14-May-16	Essex Championships	Chelmsford
SM	100	Karl Tucker	11.29		20-Jul-16	Lee Valley Open	Lee Valley
U20M	100	Fraser Boston	11.37w		29-May-16	YDL UAG R2	Eltham
U20M	100	Boston	11.6		03-Apr-16	Havering Spring Open	Hornchurch
U20M	100	Boston	11.67		01-May-16	YDL UAG R1	Ashford
SM	100	Sydney Conteh	11.49		02-Jul-16	BAL R3	Bournemouth
U17M	100	Shandell Taylor	11.5		07-Aug-16	EYAL R5	Chelmsford
U17M	100	Taylor	11.76		04-Sep-16	EYAL Top 6	Stevenage
U17M	100	Matthew Agnimel	11.6		24-Jul-16	YDL UAG R4	Medway Park
U20M	100	Richard Peel	11.6		18-Sep-16	Havering Club Champs	Hornchurch
U20M	100	Peel	11.94		29-Aug-16	Southend Open	Southend
SM	100	Alex Law	11.73		22-Jun-16	Dartford Open	Dartford
U15B	100	Jairzinho Morris	11.76w		14-May-16	Essex Championships	Chelmsford
U15B	100	Morris	11.8		05-Jun-16	EYAL R3	Peterborough
U15B	100	Morris	12.41		04-Sep-16	EYAL Top 6	Stevenage
U20M	100	Ben Gad	11.8		09-Jul-16	SAL R4	Bury St Edmunds
U20M	100	Gad	11.86		26-Jun-16	YDL UAG R3	Eltham
U20M	100	Elliott Addison	11.8		18-Sep-16	Havering Club Champs	Hornchurch
U20M	100	Addison	11.83		14-May-16	Essex Championships	Chelmsford
SM	100	George Hadler	11.87		09-Apr-16	Lee Valley Open	Lee Valley
SM	100	Matthew Owers	11.87		06-Aug-16	BAL R3	Yeovil
U17M	100	Kieran Riddell	11.9		18-Sep-16	Havering Club Champs	Hornchurch
U17M	100	Riddell	12.32		29-Aug-16	Southend Open	Southend
U15B	100	Tobi Idowu	12.0		05-Jun-16	EYAL R3	Peterborough
U15B	100	Idowu	12.12w		14-May-16	Essex Championships	Chelmsford
U15B	100	Idowu	12.68		29-Aug-16	Southend Open	Southend
U15B	100	Tayo Harry	12.1		16-Jul-16	YDL LAG R4	Croydon
U15B	100	Harry	13.31		04-Sep-16	EYAL Top 6	Stevenage
U20M	100	Josh Ajibawo	12.13		02-Jul-16	BAL R3	Bournemouth
U20M	100	Elliott Vaughan	12.2		22-May-16	SAL R2	Hornchurch
SM	100	Adam McCarthy	12.35		17-Aug-16	Lee Valley Open	Lee Valley
U20M	100	Samuel Omo-Olofin	12.39		26-Jun-16	YDL UAG R3	Eltham
U17M	100	Jack Noons	12.48w		14-May-16	Essex Championships	Chelmsford
U17M	100	Noons	12.6		08-May-16	EYAL R2	St Albans
U17M	100	Noons	12.79		09-Apr-16	Lee Valley Open	Lee Valley
U13B	100	Oscar Osuala	12.6	AT U13B 4th=	16-Jul-16	YDL LAG R4	Croydon
U15B	100	Somto Okpalauko	12.7		07-Aug-16	EYAL R5	Chelmsford
U15B	100	Emmanuel Lawal	13.0		03-Jul-16	EYAL R4	Hemel Hempstead
U15B	100	Ethan Coombs	13.1		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	100	Aaron Eweka	13.2		19-Jun-16	YDL LAG R3	Hornchurch
U13B	100	Ejiro Akpotor	13.2		07-Aug-16	EYAL R5	Chelmsford
U13B	100	Akpotor	13.45		04-Sep-16	EYAL Top 6	Stevenage
U17M	100	John Fennessey	13.25		26-Jun-16	YDL UAG R3	Eltham
U13B	100	Daragh Thomas	13.5		05-Jun-16	EYAL R3	Peterborough
U15B	100	Aaron Freshwater	13.5		18-Sep-16	Havering Club Champs	Hornchurch
U15B	100	Freshwater	15.08		26-Mar-16	Danny Mullane Open	Chelmsford
U13B	100	Michael Okoro	13.7		19-Jun-16	YDL LAG R3	Hornchurch
U13B	100	Ashton Thatcher-Gray	13.8		05-Jun-16	EYAL R3	Peterborough
U13B	100	Thatcher-Gray	14.14		04-Sep-16	EYAL Top 6	Stevenage
U15B	100	Victor Hughes	13.9		08-May-16	EYAL R2	St Albans
U13B	100	Bradley James	13.91		29-Aug-16	Southend Open	Southend

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U17M	100	Sam Atkins	14.15		01-May-16	YDL UAG R1	Ashford
U13B	100	Jacob Blanc	14.3		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	100	Alfie Chapman	14.4		08-May-16	EYAL R2	St Albans
U13B	100	Chapman	15.18		07-Jun-16	Woodford Open	Woodford
U13B	100	Patrick McLean-Tattan	14.4		07-Aug-16	EYAL R5	Chelmsford
U13B	100	Rome Boyce	14.6		21-May-16	YDL LAG R2	Tooting Bec
U13B	100	Alex Critchell	14.6		19-Jun-16	YDL LAG R3	Hornchurch
U13B	100	Joshua Grant	14.7		17-Apr-16	EYAL R1	Stevenage
U17M	100	Jordan Ajibawo	14.9		05-Jun-16	EYAL R3	Peterborough
U15B	100	Samuel Odotei	14.9		05-Jun-16	EYAL R3	Peterborough
U13B	100	Charlie Black	15.0		07-Aug-16	EYAL R5	Chelmsford
U13B	100	Mason Smith	15.2		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	100	Temitayo Fagbadegun	15.3		19-Jun-16	YDL LAG R3	Hornchurch
U13B	100	Toby Bridger	15.4		18-Sep-16	Havering Club Champs	Hornchurch
U13B	100	Oliver Botham	15.7		23-Apr-16	YDL LAG R1	Harrow
U13B	100	Joseph Ludlow-Gibbon	15.8		05-Jun-16	EYAL R3	Peterborough
U13B	100	Harry Cossington	15.9		07-Aug-16	EYAL R5	Chelmsford
U13B	100	Ashton Hall	16.1		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	100	Oliver Shead	16.2		08-May-16	EYAL R2	St Albans
SM	200	Josh Olawore	21.18w	AT SM w/a	02-Jul-16	BAL R2	Bournemouth
SM	200	Olawore	21.35	AT SM 1st	04-Jun-16	BAL R2	Chelmsford
U20M	200	Lewis Bailey	22.15w	AT U20M w/a	02-Jul-16	BAL R2	Bournemouth
U20M	200	Bailey	22.27		04-Jun-16	BAL R2	Chelmsford
U20M	200	Timi Kuye	22.44w		15-May-16	Essex Championships	Chelmsford
U20M	200	Kuye	22.6		16-Apr-16	SAL R1	Cambridge
U20M	200	Kuye	23.06		07-May-16	BAL R1	Carn Brea
SM	200	Nathan Steele	22.87		04-Jun-16	BAL R2	Chelmsford
U20M	200	Fraser Boston	23.10		29-May-16	YDL UAG R2	Eltham
SM	200	Sydney Conteh	23.3		22-May-16	SAL R2	Hornchurch
SM	200	Conteh	23.45		15-May-16	Essex Championships	Chelmsford
U20M	200	Ayo Akingbehin	23.3		24-Jul-16	YDL UAG R4	Medway Park
U17M	200	Matthew Agnimel	23.4		24-Jul-16	YDL UAG R4	Medway Park
SM	200	Karl Tucker	23.42		28-May-16	London Colleges	Battersea Park
U20M	200	Elliott Addison	23.57		26-Jun-16	YDL UAG R3	Eltham
U20M	200	Matthew Owers	23.66i		16-Jan-16	SEAA Indoor Champs	Lee Valley
U20M	200	Owers	23.7		24-Jul-16	YDL UAG R4	Medway Park
U15B	200	JJ Morris	23.71	AT U15B 9th	11-Jun-16	Essex Schools Champior	Chelmsford
U20M	200	Richard Peel	23.8		22-May-16	SAL R2	Hornchurch
U20M	200	Peel	24.31		14-May-16	Essex Championships	Chelmsford
U20M	200	Ben Gad	23.8		24-Jul-16	YDL UAG R4	Medway Park
SM35	200	Paul Grange	24.1		03-Apr-16	Havering Spring Open	Hornchurch
U17M	200	Shandell Taylor	24.4		17-Apr-16	EYAL R1	Stevenage
U17M	200	Taylor	24.93		01-May-16	YDL UAG R1	Ashford
U20M	200	Elliott Vaughan	24.5		22-May-16	SAL R2	Hornchurch
SM	200	Richard Holland	24.51		04-Jun-16	BAL R2	Chelmsford
U20M	200	Samuel Omo-Olofin	24.9		22-May-16	SAL R2	Hornchurch
U20M	200	Omo-Olofin	25.10		29-May-16	YDL UAG R2	Eltham
U17M	200	Kieran Riddell	25.0		18-Sep-16	Havering Club Champs	Hornchurch
SM	200	Michael O'Callaghan	25.47		29-Aug-16	Southend Open	Southend
U15B	200	Tobi Idowu	25.5		05-Jun-16	EYAL R3	Peterborough
U20M	200	Josh Ajibawo	25.52w		02-Jul-16	BAL R3	Bournemouth
U20M	200	Josh Ajibawo	26.28		01-May-16	YDL UAG R1	Ashford
U15B	200	AJ Jordan	25.8		19-Jun-16	YDL LAG R3	Hornchurch
U15B	200	Jordan	26.31		04-Sep-16	EYAL Top 6	Stevenage
U13B	200	Oscar Osuala	25.8	AT U13B 5th	16-Jul-16	YDL LAG R4	Croydon
U20M	200	Michael Duncan	25.9		20-Aug-16	SAL R5	Colchester
U17M	200	Jack Noons	26.0		03-Apr-16	Havering Spring Open	Hornchurch
U17M	200	Noons	26.19i		7-Feb-16	Essex & Eastern Champs	Lee Valley
U17M	200	Noons	26.63		26-Jun-16	YDL UAG R3	Eltham
U15B	200	Tayo Harry	26.0		18-Sep-16	Havering Club Champs	Hornchurch
U15B	200	Harry	26.23		04-Sep-16	EYAL Top 6	Stevenage
U15B	200	Alex Friend	26.1		03-Apr-16	Havering Spring Open	Hornchurch
U17M	200	Jack Rice	26.10		04-Sep-16	EYAL Top 6	Stevenage
U13B	200	Aaron Eweka	26.9		16-Jul-16	YDL LAG R4	Croydon
U15B	200	Ethan Coombs	27.4		08-May-16	EYAL R2	St Albans

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U15B	200	Aaron Freshwater	27.4		18-Sep-16	Havering Club Champs	Hornchurch
U15B	200	Freshwater	28.81i		01-Jan-16	New Year Open	Lee Valley
U13B	200	Daragh Thomas	28.1		05-Jun-16	EYAL R3	Peterborough
U13B	200	Thomas	28.36		15-May-16	Essex Championships	Chelmsford
U17M	200	John Fennessey	28.11		01-May-16	YDL UAG R1	Ashford
U13B	200	Ashton Thatcher-Gray	28.3		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	200	Thatcher-Gray	29.28		04-Sep-16	EYAL Top 6	Stevenage
U13B	200	Matthew Blacklock	29.1		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	200	Charlie Black	29.9		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	200	Patrick McLean-Tattan	30.1		05-Jun-16	EYAL R3	Peterborough
U13B	200	Jacob Blanc	30.1		07-Aug-16	EYAL R5	Chelmsford
U13B	200	Alex Critchell	30.2		18-Sep-16	Havering Club Champs	Hornchurch
U13B	200	Alfie Chapman	30.5		21-May-16	YDL LAG R2	Tooting Bec
U13B	200	Oliver Yexley	31.1		03-Apr-16	Havering Spring Open	Hornchurch
U15B	200	Peter Brinton-Quinn	31.2		03-Apr-16	Havering Spring Open	Hornchurch
U15B	200	Reece Debenham	32.0		03-Apr-16	Havering Spring Open	Hornchurch
U13B	200	Oliver Botham	32.0		17-Apr-16	EYAL R1	Stevenage
U13B	200	Toby Bridger	32.1		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	200	Joshua Stephenson	32.1		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	200	Joshua Grant	32.2		17-Apr-16	EYAL R1	Stevenage
U17M	200	Jordan Ajibawo	32.5		05-Jun-16	EYAL R3	Peterborough
U13B	200	Ashton Hall	32.6		05-Jun-16	EYAL R3	Peterborough
U13B	200	Jake Dearman-Tur	33.4		03-Apr-16	Havering Spring Open	Hornchurch
U13B	200	Jonny Cavanagh	34.2		03-Apr-16	Havering Spring Open	Hornchurch
U17M	200	Nathaniel Louis	35.1		05-Jun-16	EYAL R3	Peterborough
U13B	200	Oliver Shead	36.3		03-Apr-16	Havering Spring Open	Hornchurch
SM35	300	Paul Grange	37.30		14-May-16	Essex Championships	Chelmsford
U15B	300	JJ Morris	38.8	AT U15B 2nd	16-Jul-16	YDL LAG R4	Croydon
U15B	300	Morris	45.57		04-Sep-16	EYAL Top 6	Stevenage
U15B	300	Kimathi Christie	39.8	AT U15B 4th	03-Jul-16	EYAL R4	Hemel Hempstead
U15B	300	Christie	42.42		04-Sep-16	EYAL Top 6	Stevenage
U15B	300	AJ Jordan	40.8	AT U15B 9th	05-Jun-16	EYAL R3	Peterborough
U15B	300	Alex Friend	41.2	AT U15B =10th	21-May-16	YDL LAG R2	Tooting Bec
U15B	300	Aaron Freshwater	43.38		29-Aug-16	Southend Open	Southend
U15B	300	Harry Jones	46.4		05-Jun-16	EYAL R3	Peterborough
U15B	300	Henry Lay	47.5		19-Jun-16	YDL LAG R3	Hornchurch
U15B	300	Peter Brinton-Quinn	49.6		17-Apr-16	EYAL R1	Stevenage
U20M	400	Thomas Pitkin	51.01i		30-Jan-16	London Indoor Games	Lee Valley
U20M	400	Pitkin	52.99		29-May-16	YDL UAG R2	Eltham
U20M	400	Matthew Owers	51.95i		7-Feb-16	Essex & Eastern Champs	Lee Valley
U20M	400	Owers	53.1		18-Jun-16	SAL R3	Welwyn GC
U20M	400	Owers	53.39		26-Jun-16	YDL UAG R3	Eltham
U20M	400	Lewis Bailey	52.1		03-Apr-16	Havering Spring Open	Hornchurch
U20M	400	Fraser Boston	52.4		24-Jul-16	YDL UAG R4	Medway Park
U20M	400	Boston	53.87		14-May-16	Essex Championships	Chelmsford
SM	400	Adam McCarthy	52.79		03-Aug-16	Active Newham Series	Newham
U20M	400	Alex McCree	52.89		01-May-16	YDL UAG R1	Ashford
SM	400	Sydney Conteh	53.2		18-Jun-16	SAL R3	Welwyn GC
SM	400	Conteh	53.59		06-Aug-16	BAL R3	Yeovil
U20M	400	Michael Duncan	53.3		22-May-16	SAL R2	Hornchurch
U20M	400	Duncan	54.11		04-Jun-16	BAL R2	Chelmsford
U20M	400	Elliot Vaughan	53.9		24-Jul-16	YDL UAG R4	Medway Park
U17M	400	Matthew Agnimel	54.0		18-Sep-16	Havering Club Champs	Hornchurch
U17M	400	Lewis Debenham	55.1		17-Apr-16	EYAL R1	Stevenage
U17M	400	Debenham	55.17		29-May-16	YDL UAG R2	Eltham
U17M	400	Jack Rice	55.2		05-Jun-16	EYAL R3	Peterborough
U20M	400	Elliott Addison	55.37		14-May-16	Essex Championships	Chelmsford
SM	400	Michael O'Callaghan	56.0		16-Apr-16	SAL R1	Cambridge
U20M	400	Kieran O'Hara T20	56.18		25-Jun-16	MENCAP Champs	Cudworth
U20M	400	Sam Omo-Olofin	56.75		29-May-16	YDL UAG R2	Eltham
U17M	400	Kieran Riddell	57.3		17-Apr-16	EYAL R1	Stevenage
U17M	400	Riddell	58.55i		09-Jan-16	SEAA Indoor Champs	Lee Valley
U17M	400	Riddell	58.98		04-Sep-16	EYAL Top 6	Stevenage
U17M	400	Shandell Taylor	57.44		29-May-16	YDL UAG R2	Eltham
U17M	400	Jack Noons	61.27		26-Jun-16	YDL UAG R3	Eltham
U17M	400	Max Durrell	63.1		03-Jul-16	EYAL R4	Hemel Hempstead

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM35	400	Gavin Maley	63.20		07-May-16	BAL R1	Carn Brea
U17M	400	Sam Atkins	63.6		24-Jul-16	YDL UAG R4	Medway Park
U17M	400	Oliver Morter	65.80		04-Sep-16	EYAL Top 6	Stevenage
SM35	800	Paul Grange	1:53.46	AT SM 10th	04-Jun-16	BAL R2	Chelmsford
U20M	800	Finn Hutton	1:56.72		06-Aug-16	BAL R3	Yeovil
U17M	800	Jack Rice	2:00.78		15-May-16	Essex Championships	Chelmsford
SM	800	Jamie Buckley-Stanton	2:02.62		07-May-16	BAL R1	Carn Brea
U20M	800	Ben Davis	2:04.2		03-Apr-16	Havering Spring Open	Hornchurch
U20M	800	Davis	2:08.66		01-May-16	YDL UAG R1	Ashford
U17M	800	Lewis Debenham	2:04.29		13-Jul-16	Watford Open	Watford
U20M	800	Thomas Pitkin	2:05.1		03-Apr-16	Havering Spring Open	Hornchurch
U20M	800	George Dixon	2:05.1		22-May-16	SAL R2	Hornchurch
SM	800	Adam McCarthy	2:05.3		09-Jul-16	SAL R4	Bury St Edmunds
U17M	800	Oliver Morter	2:05.50		29-May-16	YDL UAG R2	Eltham
U20M	800	Michael Duncan	2:06.41i		7-Feb-16	Essex & Eastern Champs	Lee Valley
U20M	800	Duncan	2:07.4		16-Apr-16	SAL R1	Cambridge
SM40	800	Steve Rand	2:09.1		22-May-16	SAL R2	Hornchurch
U15B	800	Alex Friend	2:10.0		19-Jun-16	YDL LAG R3	Hornchurch
U15B	800	Friend	2:10.72		04-Sep-16	EYAL Top 6	Stevenage
U20M	800	Kieran O'Hara T20	2:10.0		18-Sep-16	Havering Club Champs	Hornchurch
U20M	800	O'Hara	2:10.66		14-May-16	Essex Championships	Chelmsford
SM45	800	Matt Bland	2:12.97	AT SM45 2nd	10-Aug-16	Watford Open	Watford
U17M	800	Luke Soulsby	2:13.3		24-Jul-16	YDL UAG R4	Medway Park
U20M	800	Abdul Mohamed	2:14.4		03-Apr-16	Havering Spring Open	Hornchurch
U15B	800	Kimathi Christie	2:14.7		16-Jul-16	YDL LAG R4	Croydon
U15B	800	Christie	2:15.58		11-Jun-16	Essex Schools Champion	Chelmsford
U17M	800	John Fennessey	2:14.8		24-Jul-16	YDL UAG R4	Medway Park
U17M	800	Sam Atkins	2:16.22		26-Jun-16	YDL UAG R3	Eltham
U20M	800	James Stewart	2:16.59		04-Jul-16	Mile End Open	Mile End
U15B	800	Harry Jones	2:19.8		05-Jun-16	EYAL R3	Peterborough
U13B	800	Matthew Blacklock	2:22.4		16-Jul-16	YDL LAG R4	Croydon
U13B	800	Blacklock	2:25.72		04-Sep-16	EYAL Top 6	Stevenage
U13B	800	Bradley James	2:22.7		20-Jun-16	ESAA Regional Final	Watford
U20M	800	Aidan Elmore	2:24.4		24-Jul-16	YDL UAG R4	Medway Park
U20M	800	Elliott Addison	2:26.0		24-Jul-16	YDL UAG R4	Medway Park
U15B	800	Edoardo Sonzogni	2:27.0		19-Jun-16	YDL LAG R3	Hornchurch
U13B	800	Alex Ford	2:31.9		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	800	Ford	2:32.70		14-May-16	Essex Championships	Chelmsford
U13B	800	Jacob Blanc	2:32.1		16-Jul-16	YDL LAG R4	Croydon
U13B	800	Blanc	2:34.75		04-Sep-16	EYAL Top 6	Stevenage
U13B	800	Charlie Black	2:32.7		16-Jul-16	YDL LAG R4	Croydon
U13B	800	Billy Titley	2:32.8		19-Jun-16	YDL LAG R3	Hornchurch
U17M	800	Max Durrell	2:34.8		03-Apr-16	Havering Spring Open	Hornchurch
U15B	800	Samuel Odotei	2:37.7		19-Jun-16	YDL LAG R3	Hornchurch
U15B	800	Dominic Jarvis	2:37.9		18-Sep-16	Havering Club Champs	Hornchurch
U13B	800	Timi McDaniel	2:41.4		18-Sep-16	Havering Club Champs	Hornchurch
U13B	800	Samuel Bradley	2:41.8		19-Jun-16	YDL LAG R3	Hornchurch
U15B	800	Ben Naish	2:41.9		17-Apr-16	EYAL R1	Stevenage
U15B	800	Reece Debenham	2:42.58		13-Jul-16	Watford Open	Watford
U15B	800	Jake Long	2:42.9		19-Jun-16	YDL LAG R3	Hornchurch
U13B	800	Jonny Cavanagh	2:43.4		19-Jun-16	YDL LAG R3	Hornchurch
U13B	800	James Bartlett	2:43.5		19-Jun-16	YDL LAG R3	Hornchurch
U13B	800	Lewis Dalley	2:45.0		16-Jul-16	YDL LAG R4	Croydon
U13B	800	Oliver Yexley	2:49.0		19-Jun-16	YDL LAG R3	Hornchurch
U13B	800	James Monaghan	2:49.6		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	800	Conor Fennessey	2:53.9		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	800	Daragh Thomas	2:55.0		02-May-16	Essex Pentathlon Champ	Thurrock
U13B	800	Ashton Hall	2:57.4		18-Sep-16	Havering Club Champs	Hornchurch
U13B	800	Max Georgiou	2:59.7		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	800	Jack Ward	3:01.3		03-Apr-16	Havering Spring Open	Hornchurch
SM35	1500	Paul Grange	4:06.4		22-May-16	SAL R2	Hornchurch
SM35	1500	Grange	4:08.35		04-Jun-16	BAL R2	Chelmsford
U20M	1500	Ben Davis	4:06.94		27-Jul-16	Watford Open	Watford
U17M	1500	Jack Rice	4:14.27		29-May-16	YDL UAG R2	Eltham
SM	1500	Jamie Buckley-Stanton	4:16.85		07-May-16	BAL R1	Carn Brea
SM45	1500	Matt Bland	4:21.61		15-May-16	Essex Championships	Chelmsford
U15B	1500	Alex Friend	4:28.2		07-Aug-16	EYAL R5	Chelmsford

Havering AC Male 2016 Rankings as at 30-09-16

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM40	1500	Steve Rand	4:28.77		15-May-16	Essex Championships	Chelmsford
U17M	1500	Lewis Debenham	4:31.1		08-May-16	EYAL R2	St Albans
U17M	1500	Sam Atkins	4:34.8		18-Sep-16	Havering Club Champs	Hornchurch
U17M	1500	Atkins	4:37.65		04-Sep-16	EYAL Top 6	Stevenage
U20M	1500	Kieran O'Hara T20	4:35.7		22-May-16	SAL R2	Hornchurch
U20M	1500	O'Hara T20	4:38.33		01-May-16	YDL UAG R1	Ashford
U15B	1500	Harry Jones	4:36.2		21-May-16	YDL LAG R2	Tooting Bec
U15B	1500	H.Jones	4:43.03		11-Jun-16	Essex Schools Champior	Chelmsford
U20M	1500	James Stewart	4:36.3		22-May-16	SAL R2	Hornchurch
U20M	1500	Stewart	4:39.78		29-Aug-16	Southend Open	Southend
SM35	1500	Rob Warner	4:39.60		04-Jun-16	BAL R2	Chelmsford
U17M	1500	John Fennessey	4:41.73		01-May-16	YDL UAG R1	Ashford
U17M	1500	Luke Soulsby	4:46.81		01-May-16	YDL UAG R1	Ashford
U15B	1500	Edward Laughlin	4:47.3		03-Jul-16	EYAL R4	Hemel Hempstead
U15B	1500	Oliver Woods	4:50.9		17-Apr-16	EYAL R1	Stevenage
U15B	1500	Woods	4:57.72		14-May-16	Essex Championships	Chelmsford
SM50	1500	Paul Berrett	4:52.0		18-Jun-16	SAL R3	Welwyn GC
U15B	1500	Edoardo Sonzogni	4:52.1		16-Jul-16	YDL LAG R4	Croydon
U13B	1500	Alex Ford	4:57.0		08-May-16	EYAL R2	St Albans
U13B	1500	Ford	4:57.86		15-May-16	Essex Championships	Chelmsford
SM40	1500	Martin Chester	5:01.78		06-Aug-16	BAL R3	Yeovil
U20M	1500	Aidan Elmore	5:02.2		24-Jul-16	YDL UAG R4	Medway Park
U20M	1500	Elmore	5:13.16		26-Jun-16	YDL UAG R3	Eltham
U15B	1500	Henry Lay	5:05.1		20-Jun-16	ESAA Regional Final	Watford
SM35	1500	Jason Crispin	5:09.5		09-Jul-16	SAL R4	Bury St Edmunds
U15B	1500	Ben Naish	5:10.7		19-Jun-16	YDL LAG R3	Hornchurch
U17M	1500	James Davis	5:12.9		08-May-16	EYAL R2	St Albans
U13B	1500	Alex Kerr	5:16.1		19-Jun-16	YDL LAG R3	Hornchurch
U13B	1500	Oliver Yexley	5:22.7		03-Apr-16	Havering Spring Open	Hornchurch
U13B	1500	Yexley	5:32.01		04-Sep-16	EYAL Top 6	Stevenage
U13B	1500	Samuel Bradley	5:24.7		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	1500	James Bartlett	5:33.3		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	1500	Jonny Cavanagh	5:39.2		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	1500	Casey Fletcher	5:39.4		17-Apr-16	EYAL R1	Stevenage
U15B	1500	Luke Chester	5:39.7		05-Jun-16	EYAL R3	Peterborough
U15B	1500	Dylan Rhodes	5:49.7		07-Aug-16	EYAL R5	Chelmsford
U13B	1500	Joseph Baxter	5:53.1		08-May-16	EYAL R2	St Albans
U13B	1500	James Monaghan	6:02.0		21-May-16	YDL LAG R2	Tooting Bec
U15B	1500	Peter Brinton-Quinn	6:02.29		04-Sep-16	EYAL Top 6	Stevenage
SM35	Mile	Paul Grange	4:29.14		3-Feb-16	Dream Mile	Lee Valley
SM	3000	Rob Warner	9:07.82		06-Aug-16	BAL R3	Yeovil
SM40	3000	Jason Lendon	9:28.95	AT SM40 4th	07-May-16	BAL R1	Carn Brea
SM45	3000	Matt Bland	9:29.98		07-May-16	BAL R1	Carn Brea
U17M	3000	Sam Atkins	9:58.51		11-Jun-16	Essex Schools Champior	Chelmsford
U20M	3000	James Stewart	10:01.50		01-May-16	YDL UAG R1	Ashford
SM35	3000	Ian Anthony	10:28.1		22-May-16	SAL R2	Hornchurch
U20M	3000	Euan Harlow	10:32.96		26-Jun-16	YDL UAG R3	Eitham
SM35	3000	Jason Crispin	10:51.5		09-Jul-16	SAL R4	Bury St Edmunds
U20M	3000	Aidan Elmore	11:41.18		01-May-16	YDL UAG R1	Ashford
SM35	5000	Rob Warner	16:15.67		02-Jul-16	BAL R2	Bournemouth
SM35	5000	Alfie Waithaka	16:32.98		04-Jun-16	BAL R2	Chelmsford
SM45	5000	Matt Bland	16:33.81		04-Jun-16	BAL R2	Chelmsford
SM35	5000	Paul Grange	17:20.4		16-Apr-16	SAL R1	Cambridge
SM35	5000	Ian Anthony	18:03.7		18-Jun-16	SAL R3	Welwyn GC
U17M	60HU17M	Kieran Riddell	9.9i		13-Mar-16	EAN Indoor Open	Chelmsford
U17M	60HU17M	K.Riddell	9.93i		10-Jan-16	SEAA Indoor Champs	Lee Valley
U13B	75HU13B	Bradley James	12.4	AT U13B 2nd	16-Jul-16	YDL LAG R4	Croydon
U13B	75HU13B	James	13.29		29-Aug-16	Southend Open	Southend
U13B	75HU13B	Jacob Blanc	13.3	AT U13B 6th	16-Jul-16	YDL LAG R4	Croydon
U13B	75HU13B	Blanc	13.46		04-Sep-16	EYAL Top 6	Stevenage
U13B	75HU13B	Daragh Thomas	13.5		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	75HU13B	Patrick McLean-Tattan	14.4		18-Sep-16	Havering Club Champs	Hornchurch
U13B	75HU13B	Alex Kerr	17.6		05-Jun-16	EYAL R3	Peterborough
U15B	80HU15B	Emmanuel Lawal	12.35		11-Jun-16	Essex Schools Champior	Chelmsford
U15B	80HU15B	Ben Hamberger	13.9		16-Jul-16	YDL LAG R4	Croydon
U15B	80HU15B	Hamberger	15.88		04-Sep-16	EYAL Top 6	Stevenage
U15B	80HU15B	Peter Brinton-Quinn	17.9		19-Jun-16	YDL LAG R3	Hornchurch

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U17M	100HU17M	Kieran Riddell	16.2		03-Jul-16	EYAL R4	Hemel Hempstead
U17M	100HU17M	Riddell	16.42		04-Sep-16	EYAL Top 6	Stevenage
U17M	100HU17M	James Davis	23.0		05-Jun-16	EYAL R3	Peterborough
SM	110H	George Hadler	15.59w		23-Apr-16	Loughborough Open	Loughborough
SM	110H	Hadler	15.90		19-Jun-16	EA U20 &U23 Champs	Bedford
SM	110H	Karl Tucker	16.47w		04-Jun-16	BAL R2	Chelmsford
SM	110H	Tucker	16.53		06-Aug-16	BAL R3	Yeovil
SM40	110H	Arron Bonning	21.9		16-Apr-16	SAL R1	Cambridge
SM40	110H	Jason Lendon	25.88		07-May-16	BAL R1	Carn Brea
U17M	300HU17M	Kieran Riddell	46.8		03-Apr-16	Havering Spring Open	Hornchurch
U17M	400HU17M	Kieran Riddell	62.67		11-Jun-16	Essex Schools Champion	Chelmsford
SM	400H	George Hadler	56.80		04-Jun-16	BAL R2	Chelmsford
SM	400H	Adam McCarthy	58.1		20-Aug-16	SAL R5	Colchester
SM	400H	McCarthy	58.65		06-Aug-16	BAL R3	Yeovil
SM	400H	Karl Tucker	64.00		02-Jul-16	BAL R3	Bournemouth
U17M	400H	Kieran Riddell	66.5		20-Aug-16	SAL R5	Colchester
SM	400H	Rob Warner	71.93		07-May-16	BAL R1	Carn Brea
SM40	400H	Jason Lendon	79.19		07-May-16	BAL R1	Carn Brea
SM50	400H	Paul Berrett	79.6		16-Apr-16	SAL R1	Cambridge
U17M	1500SC	John Fennessey	5:03.0		26-Jun-16	YDL UAG R3	Eltham
U20M	2000SC	Ben Davis	6:27.9		24-Jul-16	YDL UAG R4	Medway Park
U20M	2000SC	Davis	6:34.87		29-May-16	YDL UAG R2	Eltham
SM40	2000SC	Martin Chester	7:15.1		18-Jun-16	SAL R3	Welwyn GC
U20M	2000SC	Michael Duncan	7:58.7		18-Jun-16	SAL R3	Welwyn GC
SM50	2000SC	Paul Berrett	8:00.7		16-Apr-16	SAL R1	Cambridge
SM35	3000SC	Rob Warner	9:46.82		06-Aug-16	BAL R3	Yeovil
SM40	3000SC	Jason Lendon	10:17.15	AT SM40 4th	04-Jun-16	BAL R2	Chelmsford
SM40	3000SC	Martin Chester	11:21.28		06-Aug-16	BAL R3	Yeovil
SM	LJ	Josh Olawore	7.37i		20-Feb-16	BUCS Indoor Champs	EIS Sheffield
SM	LJ	Olawore	7.08w		02-Jul-16	BAL R3	Bournemouth
SM	LJ	Olawore	7.07		06-Aug-16	BAL R3	Yeovil
U17M	LJ	Shandell Taylor	6.80	AT U17M 3rd	04-Sep-16	EYAL Top 6	Stevenage
SM	LJ	Alex Law	6.76		04-Jun-16	BAL R2	Chelmsford
SM	LJ	Jimi Tele	6.65i		28-Feb-16	Last Chance Open	Fairfax VA
U20M	LJ	Ayo Akingbehin	6.40		24-Jul-16	YDL UAG R4	Medway Park
SM	LJ	Richard Holland	6.37w		07-May-16	BAL R1	Carn Brea
SM	LJ	Holland	6.27i		7-Feb-16	Essex & Eastern Champs	Lee Valley
SM	LJ	Holland	6.24		18-Jun-16	SAL R3	Welwyn GC
U20M	LJ	Alex McCree	5.99		29-May-16	YDL UAG R2	Eltham
SM	LJ	John Adekoya	5.72		18-Jun-16	SAL R3	Welwyn GC
U15B	LJ	Ben Olusesan	5.66		18-Sep-16	Havering Club Champs	Hornchurch
U15B	LJ	JJ Morris	5.48		21-May-16	YDL LAG R2	Tooting Bec
U15B	LJ	Tobi Idowu	5.40w		14-May-16	Essex Championships	Chelmsford
U15B	LJ	Idowu	5.31		29-Aug-16	Southend Open	Southend
SM	LJ	Arron Bonning	5.25		22-May-16	SAL R2	Hornchurch
U15B	LJ	Kimathi Christie	5.11		03-Jul-16	EYAL R4	Hemel Hempstead
U17M	LJ	Lewis Debenham	5.05		05-Jun-16	EYAL R3	Peterborough
U15B	LJ	AJ Jordan	5.04		19-Jun-16	YDL LAG R3	Hornchurch
U15B	LJ	Somto Okpalauko	4.98		07-Aug-16	EYAL R5	Chelmsford
U15B	LJ	Harry Varanauskas	4.89		05-Jun-16	EYAL R3	Peterborough
U13B	LJ	Ashton Thatcher-Gray	4.87	AT U13B 8th	31-Jul-16	Derek Crookes U13s Inte	Kingsmeadow
U15B	LJ	Joseph Hogan-O'Neill	4.81		19-Jun-16	YDL LAG R3	Hornchurch
U13B	LJ	Aaron Eweka	4.57		16-Jul-16	YDL LAG R4	Croydon
U20M	LJ	Kieran O'Hara T20	4.47		01-May-16	YDL UAG R1	Ashford
U20M	LJ	Sam Omo-Olofin	4.46		26-Jun-16	YDL UAG R3	Eltham
U20M	LJ	James Stewart	4.37		18-Sep-16	Havering Club Champs	Hornchurch
U13B	LJ	Jacob Blanc	4.27		07-Aug-16	EYAL R5	Chelmsford
U17M	LJ	Oliver Morter	4.26		03-Jul-16	EYAL R4	Hemel Hempstead
U20M	LJ	Lewis Bailey	4.25		29-May-16	YDL UAG R2	Eltham
U15B	LJ	Victor Hughes	4.21		17-Apr-16	EYAL R1	Stevenage
U13B	LJ	Oliver Botham	4.18		03-Jul-16	EYAL R4	Hemel Hempstead
U15B	LJ	Kyle Constable	4.18		18-Sep-16	Havering Club Champs	Hornchurch
U13B	LJ	Daragh Thomas	4.15		08-May-16	EYAL R2	St Albans
U20M	LJ	Ben Gad	4.15		26-Jun-16	YDL UAG R3	Eltham
U13B	LJ	Alex Critchell	4.11		18-Sep-16	Havering Club Champs	Hornchurch
U13B	LJ	Patrick McLean-Tattan	4.00		07-Aug-16	EYAL R5	Chelmsford
U17M	LJ	Sam Atkins	3.91		03-Jul-16	EYAL R4	Hemel Hempstead

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13B	LJ	Matthew Blacklock	3.74		18-Sep-16	Havering Club Champs	Hornchurch
U13B	LJ	Toby Bridger	3.64		18-Sep-16	Havering Club Champs	Hornchurch
U15B	LJ	Joshua Wilson	3.62		03-Apr-16	Havering Spring Open	Hornchurch
U13B	LJ	Joshua Grant	3.53		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	LJ	Joseph Ludlow-Gibbon	3.24		05-Jun-16	EYAL R3	Peterborough
U13B	LJ	James Monaghan	3.19		03-Apr-16	Havering Spring Open	Hornchurch
U13B	LJ	Ashton Hall	3.12		18-Sep-16	Havering Club Champs	Hornchurch
U13B	LJ	Oliver Shead	2.99		03-Apr-16	Havering Spring Open	Hornchurch
U13B	LJ	Joshua Stephenson	2.99		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	LJ	Timi McDaniel	2.67		17-Apr-16	EYAL R1	Stevenage
SM	TJ	Jimi Tele	14.88i		21-Feb-16	Atlantic 10 Champs	Kingston RI USA
SM	TJ	John Adekoya	13.39		16-Apr-16	SAL R1	Cambridge
SM	TJ	Alex Law	12.44		18-Sep-16	Havering Club Champs	Hornchurch
U15B	TJ	Ben Olusesan	12.30	U15B AT 5th	04-Sep-16	EYAL Top 6	Stevenage
SM	TJ	Nathan Steele	12.15		20-Aug-16	SAL R5	Colchester
U17M	TJ	Shandell Taylor	11.67		18-Sep-16	Havering Club Champs	Hornchurch
U20M	TJ	Fraser Boston	11.63		29-May-16	YDL UAG R2	Eltham
SM	TJ	Richard Holland	11.61		09-Jul-16	SAL R4	Bury St Edmunds
SM40	TJ	Arron Bonning	11.28		09-Jul-16	SAL R4	Bury St Edmunds
U20M	TJ	Alex McCree	10.99		29-May-16	YDL UAG R2	Eltham
U20M	TJ	Elliott Addison	10.64		26-Jun-16	YDL UAG R3	Eltham
U17M	TJ	John Fennessey	10.60		24-Jul-16	YDL UAG R4	Medway Park
U15B	TJ	Kimathi Christie	10.56		02-Jul-16	ESAA Cup Final	Bedford
U15B	TJ	Harry Varanauskas	10.50		05-Jun-16	EYAL R3	Peterborough
U20M	TJ	Michael Duncan	10.34		22-May-16	SAL R2	Hornchurch
U20M	PV	Ed Thompson	4.16i		24-Jan-16		Cardiff
U20M	PV	Thompson	3.95		30-Apr-16	BUCS Champs	Bedford
SM40	PV	Arron Bonning	3.20		22-May-16	SAL R2	Hornchurch
SM65	PV	Stuart Tufton	3.00	AT SM65 1st	22-May-16	SAL R2	Hornchurch
U17M	PV	Jack Noons	2.60		08-May-16	EYAL R2	St Albans
U15B	PV	Peter Brinton-Quinn	2.20		18-Sep-16	Havering Club Champs	Hornchurch
U17M	HJ	Shandell Taylor	1.90	AT U17M 3rd=	04-Sep-16	EYAL Top 6	Stevenage
SM	HJ	John Adekoya	1.85		07-May-16	BAL R1	Carn Brea
SM40	HJ	Gintaras Varanauskas	1.80i		13-Mar-16	British Masters	Lee Valley
U15B	HJ	Euan McDonnell	1.71		16-Jul-16	YDL LAG R4	Croydon
SM	HJ	Karl Tucker	1.70		20-Aug-16	SAL R5	Colchester
U15B	HJ	Ben Hamberger	1.60		19-Jun-16	YDL LAG R3	Hornchurch
SM	HJ	Nathan Steele	1.55		18-Sep-16	Havering Club Champs	Hornchurch
U20M	HJ	Finn Hutton	1.55		18-Sep-16	Havering Club Champs	Hornchurch
U17M	HJ	Oliver Morter	1.50		03-Apr-16	Havering Spring Open	Hornchurch
SM40	HJ	Arron Bonning	1.50		16-Apr-16	SAL R1	Cambridge
U20M	HJ	Matthew Owers	1.50		24-Jul-16	YDL UAG R4	Medway Park
U15B	HJ	Aaron Freshwater	1.45		04-Sep-16	EYAL Top 6	Stevenage
U15B	HJ	Kimathi Christie	1.40		17-Apr-16	EYAL R1	Stevenage
U15B	HJ	James Adams	1.40		02-Aug-00	YDL LAG R2	Tooting Bec
U17M	HJ	Nathaniel Louis	1.40		05-Jun-16	EYAL R3	Peterborough
U17M	HJ	Sam Atkins	1.40		05-Jun-16	EYAL R3	Peterborough
U13B	HJ	Aaron Eweka	1.38		02-Jul-16	ESAA Cup Final	Bedford
U13B	HJ	Daragh Thomas	1.35		17-Apr-16	EYAL R1	Stevenage
U15B	HJ	Emmanuel Lawal	1.35		05-Jun-16	EYAL R3	Peterborough
U13B	HJ	Jacob Blanc	1.35		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	HJ	Oliver Botham	1.30		19-Jun-16	YDL LAG R3	Hornchurch
U13B	HJ	Samuel Bradley	1.26		03-Apr-16	Havering Spring Open	Hornchurch
U15B	HJ	Samuel Odotei	1.20		03-Apr-16	Havering Spring Open	Hornchurch
U13B	HJ	Jonny Cavanagh	1.18		03-Apr-16	Havering Spring Open	Hornchurch
U15B	HJ	Henry Lay	1.18		03-Apr-16	Havering Spring Open	Hornchurch
U13B	HJ	Mason Smith	1.05		21-May-16	YDL LAG R2	Tooting Bec
SM	DT2K	Duane Jibunoh	45.91		04-Jun-16	BAL R2	Chelmsford
SM	DT2K	Laurence Goodacre	39.66	AT SM 11th	28-May-16	London Colleges	Battersea Park
U20M	DT2K	Michael Duncan	32.34	AT U20M 7th	18-Sep-16	Havering Club Champs	Hornchurch
SM	DT2K	Alex Goodacre	32.01		09-Jul-16	SAL R4	Bury St Edmunds
SM40	DT2K	Arron Bonning	26.70		18-Jun-16	SAL R3	Welwyn GC
U20M	DT2K	Edward Brinton Quinn	22.04		16-Apr-16	SAL R1	Cambridge
U20M	DT1.75K	Michael Duncan	36.96	AT U20M 8th	26-Mar-16	Danny Mullane Open	Chelmsford
U20M	DT1.75K	Edward Brinton Quinn	24.36		18-Sep-16	Havering Club Champs	Hornchurch

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U17M	DT1.5K	Paul Okesola	37.65		08-May-16	EYAL R2	St Albans
U17M	DT1.5K	Sam Atkins	14.98		07-Aug-16	EYAL R5	Chelmsford
U17M	DT1.5K	James Davis	12.97		08-May-16	EYAL R2	St Albans
U15B	DT1.25K	Max Law	39.73	AT U15B 3rd	15-May-16	Essex Championships	Chelmsford
U15B	DT1.25K	Joseph Hogan-O'Neill	29.88		04-Sep-16	EYAL Top 6	Stevenage
U15B	DT1.25K	Robert Moore	25.83		21-May-16	YDL LAG R2	Tooting Bec
U15B	DT1.25K	Hal Hutton	20.25		18-Sep-16	Havering Club Champs	Hornchurch
U15B	DT1.25K	Peter Brinton-Quinn	19.23		03-Jul-16	EYAL R4	Hemel Hempstead
U15B	DT1.25K	AJ Jordan	18.96		08-May-16	EYAL R2	St Albans
U15B	DT1.25K	Aaron Freshwater	16.60		16-Jul-16	YDL LAG R4	Croydon
U15B	DT1.25K	Luke Chester	11.12		05-Jun-16	EYAL R3	Peterborough
U13B	DT1K	Ejiro Akpotor	33.64	AT U13B 2nd	04-Sep-16	EYAL Top 6	Stevenage
U13B	DT1K	Mason Smith	21.74		07-Aug-16	EYAL R5	Chelmsford
U13B	DT1K	Jimmy Church	19.73		18-Sep-16	Havering Club Champs	Hornchurch
U13B	DT1K	Oliver Yexley	14.85		04-Sep-16	EYAL Top 6	Stevenage
U13B	DT1K	Samuel Bradley	14.00		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	DT1K	Timi McDaniel	13.59		05-Jun-16	EYAL R3	Peterborough
U13B	DT1K	Alex Ford	9.71		08-May-16	EYAL R2	St Albans
SM	HT7.26K	Laurence Goodacre	33.57	AT SM 17th	06-Aug-16	BAL R3	Yeovil
SM	HT7.26K	Sam Harrison	27.62		16-Apr-16	SAL R1	Cambridge
SM	HT7.26K	Duane Jibunoh	21.64		22-May-16	SAL R2	Hornchurch
SM40	HT7.26K	Arron Bonning	20.54		09-Jul-16	SAL R4	Bury St Edmunds
U20M	HT7.26K	Edward Brinton Quinn	17.40		18-Jun-16	SAL R3	Welwyn GC
SM40	HT7.26K	Jason Lendon	14.35		22-May-16	SAL R2	Hornchurch
U20M	HT6K	Edward Brinton Quinn	21.76		01-May-16	YDL UAG R1	Ashford
U20M	HT6K	Michael Duncan	20.70		24-Jul-16	YDL UAG R4	Medway Park
U17M	HT5K	Paul Okesola	23.80		08-May-16	EYAL R2	St Albans
U15B	HT4K	Robert Moore	37.84	AT U15B 4th	11-Jun-16	Essex Schools Champion	Chelmsford
U15B	HT4K	Joseph Hogan-O'Neill	29.75		08-May-16	EYAL R2	St Albans
U15B	HT4K	Aaron Freshwater	18.39		21-May-16	YDL LAG R2	Tooting Bec
SM	JT800	Duane Jibunoh	53.67	AT SM 8th	04-Jun-16	BAL R2	Chelmsford
U15B	JT800	Max Law	50.17		03-Apr-16	Havering Spring Open	Hornchurch
SM	JT800	Alex Law	47.64	AT SM 17th	20-Aug-16	SAL R5	Colchester
SM	JT800	Georgie Bean	47.54		06-Aug-16	BAL R3	Yeovil
SM	JT800	Sam Harrison	44.91		22-May-16	SAL R2	Hornchurch
SM	JT800	Laurence Goodacre	43.86		28-May-16	London Colleges	Battersea Park
U20M	JT800	Michael Duncan	40.36		18-Sep-16	Havering Club Champs	Hornchurch
SM40	JT800	Arron Bonning	38.68		09-Jul-16	SAL R4	Bury St Edmunds
U17M	JT800	Shandell Taylor	28.84		18-Jun-16	SAL R3	Welwyn GC
SM50	JT800	Paul Berrett	26.90		22-May-16	SAL R2	Hornchurch
U20M	JT800	Edward Brinton Quinn	16.67		18-Jun-16	SAL R3	Welwyn GC
U15B	JT700	Max Law	59.17	AT U17M 5th	24-Sep-16	Kettering Throws Open	Kettering
U17M	JT700	Shandell Taylor	34.91		24-Jul-16	YDL UAG R4	Medway Park
U17M	JT700	Kieran Riddell	33.37		03-Jul-16	EYAL R4	Hemel Hempstead
U17M	JT700	Lewis Debenham	21.52		05-Jun-16	EYAL R3	Peterborough
U17M	JT700	Sam Atkins	11.22		08-May-16	EYAL R2	St Albans
U15B	JT600	Max Law	65.16	AT U15B 1st	24-Sep-16	Kettering Throws Open	Kettering
U15B	JT600	Peter Brinton-Quinn	34.59		21-May-16	YDL LAG R2	Tooting Bec
U15B	JT600	Oliver Woods	31.78		17-Apr-16	EYAL R1	Stevenage
U15B	JT600	Alexander McDonach	30.53		08-May-16	EYAL R2	St Albans
U15B	JT600	Charlie Savill	29.60		07-Aug-16	EYAL R5	Chelmsford
U15B	JT600	Hal Hutton	28.22		21-May-16	YDL LAG R2	Tooting Bec
U15B	JT600	Luke Chester	22.76		08-May-16	EYAL R2	St Albans
U15B	JT600	Robert Moore	22.38		03-Apr-16	Havering Spring Open	Hornchurch
U15B	JT600	James Adams	21.85		08-May-16	EYAL R2	St Albans
U15B	JT600	Joshua Wilson	17.46		07-Aug-16	EYAL R5	Chelmsford
U15B	JT600	Jack Scotchmer	17.30		18-Sep-16	Havering Club Champs	Hornchurch
U13B	JT400	Bradley James	42.04	AT U13B 2nd	18-Sep-16	Havering Club Champs	Hornchurch
U13B	JT400	Oliver Yexley	29.71	AT U13B 7th	04-Sep-16	EYAL Top 6	Stevenage
U13B	JT400	Ashton Thatcher-Gray	26.39	AT U13B 9th	23-Apr-16	YDL LAG R1	Harrow
U13B	JT400	Jonny Cavanagh	24.54		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	JT400	Charlie Black	22.73		07-Aug-16	EYAL R5	Chelmsford
U13B	JT400	Jimmy Church	20.55		18-Sep-16	Havering Club Champs	Hornchurch
U13B	JT400	Casey Fletcher	12.34		18-Apr-16	EYAL R1	Stevenage
U13B	JT400	Alex Ford	8.99		08-May-16	EYAL R2	St Albans

Havering AC Male 2016 Rankings as at 30-09-16

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM	SP7.26K	Laurence Goodacre	14.92		06-Aug-16	BAL R3	Yeovil
SM	SP7.26K	Emmanuel Quarshie	13.10		06-Aug-16	BAL R3	Yeovil
SM	SP7.26K	Duane Jibunoh	11.68		16-Apr-16	SAL R1	Cambridge
SM	SP7.26K	Alex Law	10.58		16-Apr-16	SAL R1	Cambridge
SM40	SP7.26K	Arron Bonning	9.36		18-Jun-16	SAL R3	Welwyn GC
SM	SP7.26K	Sam Harrison	8.88		16-Apr-16	SAL R1	Cambridge
SM	SP7.26K	Alex Goodacre	8.57		09-Jul-16	SAL R4	Bury St Edmunds
U20M	SP7.26K	Edward Brinton Quinn	7.15		16-Apr-16	SAL R1	Cambridge
SM	SP7.26K	Karl Tucker	4.54		19-Mar-16	London Colleges	Parliament Hill
U20M	SP6K	Michael Duncan	9.06		29-May-16	YDL UAG R2	Eltham
U20M	SP6K	Edward Brinton Quinn	7.87		26-Jun-16	YDL UAG R3	Eltham
U15B	SP5K	Ben Olusesan	10.40		04-Sep-16	EYAL Top 6	Stevenage
U17M	SP5K	Paul Okesola	9.85		08-May-16	EYAL R2	St Albans
U17M	SP5K	Nathaniel Louis	7.49		05-Jun-16	EYAL R3	Peterborough
U17M	SP5K	Sam Atkins	5.32		04-Sep-16	EYAL Top 6	Stevenage
U15B	SP4K	Joseph Hogan-O'Neill	11.98		07-Aug-16	EYAL R5	Chelmsford
U15B	SP4K	Robert Moore	10.88		25-Jun-16	Eastern Counties Champ	Cambridge
U15B	SP4K	AJ Jordan	9.59		05-Jun-16	EYAL R3	Peterborough
U15B	SP4K	Aaron Freshwater	7.42		16-Jul-16	YDL LAG R4	Croydon
U15B	SP4K	James Adams	6.33		08-May-16	EYAL R2	St Albans
U15B	SP4K	Joshua Wilson	6.04		26-Mar-16	Danny Mullane Open	Chelmsford
U13B	SP3.25K	Ejiro Akpotor	11.51	AT U13B 2nd	29-Aug-16	Southend Open	Southend
U13B	SP3.25K	Bradley James	8.26		16-Jul-16	YDL LAG R4	Croydon
U13B	SP3.25K	Daragh Thomas	7.02		16-Jul-16	YDL LAG R4	Croydon
U13B	SP3.25K	Jacob Blanc	6.39		21-May-16	YDL LAG R2	Tooting Bec
U13B	SP3.25K	Mason Smith	6.07		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	SP3.25K	Timi McDaniel	5.81		07-Aug-16	EYAL R5	Chelmsford
U13B	SP3.25K	Oliver Yexley	5.74		03-Jul-16	EYAL R4	Hemel Hempstead
U13B	SP3.25K	Alfie Chapman	5.10		21-May-16	YDL LAG R2	Tooting Bec
U13B	SP3.25K	Joseph Ludlow-Gibbon	4.65		05-Jun-16	EYAL R3	Peterborough
U13B	SP3.25K	Casey Fletcher	4.62		23-Apr-16	YDL LAG R1	Harrow
U13B	SP3.25K	Joseph Baxter	4.23		08-May-16	EYAL R2	St Albans
U13B	PenU13B	Daragh Thomas	1149	AT U13B 1st	02-May-16	Essex Pentathlon Champ	Thurrock