

HMAC Male Rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	80	Matt Russell	9.0	19-Mar-06	Spring Warm up 1	Hornchurch
JM	80	Chris Clements	9.4	19-Mar-06	Spring Warm up 1	Hornchurch
JM	100	Luke Stott	10.9	22-Apr-06	BUSA Trials	Loughborough
SM	100	Matt Russell	11.0	8-Jul-06	SML Div 1 Rd 4	Milton Keynes
JM	100	Danny Nunn	11.5	03-Jun-06	SML Div 3N Rd 3	Colchester
JM	100	Chris Clements	11.7	09-Apr-06	Spring Warm up 2	Barking
JM	100	Luchien Anderson	11.9	5-Aug-06	SML Div 1 Rd 6	Barking
SM	100	Jon Buckler	12.0	5-Aug-06	SML Div 3N Rd 5	Barking
JM	100	Anthony Williams	12.2	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	100	Gavin Maley	12.4	29-Apr-06	SML Div 1 Rd 1	Barking
SM	100	James Harris	12.8	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	100	Arron Bonning	12.9	08-Jul-06	SML Div 3 Rd 3	Watford
M45	100	Kevin White	14.1	08-Jul-06	SML Div 3 Rd 3	Watford
SM	150	Matt Russell	16.2	19-Mar-06	Spring Warm up 1	Hornchurch
JM	150	Chris Clements	17.2	19-Mar-06	Spring Warm up 1	Hornchurch
JM	200	Luke Stott	22.3	22-Apr-06	BUSA Trials	Loughborough
SM	200	Matt Russell	22.4	5-Aug-06	SML Div 1 Rd 6	Barking
SM	200	Scott Spencer	23.1	29-Apr-06	SML Div 1 Rd 1	Barking
JM	200	Chris Clements	23.5	09-Apr-06	Spring Warm up 2	Barking
SM	200	Salvator Mutijima	23.8	8-Jul-06	SML Div 1 Rd 4	Milton Keynes
JM	200	Richard Demko	24.0	11-Jun-06	NJAL Rd 2	Haringey
JM	200	Danny Nunn	24.9	20-May-06	SML Div 3N Rd 2	Hendon
SM	200	Phil Tierney	25.3	20-May-06	SML Div 1 Rd 2	Newham
SM	200	Mark Bishop	25.5	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	200	James Harris	25.7	03-Jun-06	SML Div 3N Rd 3	Colchester
JM	200	Luchien Anderson	26.5	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	200	Neil Gowers	27.2	5-Aug-06	SML Div 3N Rd 5	Barking
SM	200	Lee Arrowsmith	27.3	03-Jun-06	SML Div 3N Rd 3	Colchester
M45	200	Kevin White	28.2	08-Jul-06	SML Div 3 Rd 3	Watford
SM	200	Arron Bonning	29.0	08-Jul-06	SML Div 3 Rd 3	Watford
SM	200	Andrew Tierney	29.2	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
SM	300	Scott Spencer	36.4	19-Mar-06	Spring Warm up 1	Hornchurch
SM	300	James Murphy	38.6	19-Mar-06	Spring Warm up 1	Hornchurch
SM	400	Scott Spencer	50.31	13-May-06	Essex Champs Day 2	Chelmsford
SM	400	Salvator Mutijima	51.8	5-Aug-06	SML Div 1 Rd 6	Barking
SM	400	Matt Russell	52.2	20-May-06	SML Div 1 Rd 2	Newham
SM	400	Gavin Maley	53.6	29-Apr-06	SML Div 1 Rd 1	Barking
JM	400	Chris Clements	54.4	11-Jun-06	NJAL Rd 2	Haringey
JM	400	Luchien Anderson	55.1	29-Apr-06	SML Div 3Rd 1	Hemel Hempstead
JM	400	Ashley Reece	55.1	11-Jun-06	NJAL Rd 2	Haringey
JM	400	Andrew Luck	55.21	31-May-06	Watford Open	Watford
SM	400	Neill Collins	58.3	5-Aug-06	SML Div 3N Rd 5	Barking
SM	400	Kevin Benton	59.8	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	400	Jason Lendon	60.3	03-Jun-06	SML Div 3N Rd 3	Colchester
M45	400	Kevin White	62.2	08-Jul-06	SML Div 3 Rd 3	Watford
SM	400	Arron Bonning	64.0	08-Jul-06	SML Div 3 Rd 3	Watford
SM	400	Lee Arrowsmith	64.8	29-Apr-06	SML Div 3Rd 1	Hemel Hempstead
SM	600	James Murphy	1:30.2	19-Mar-06	Spring Warm up 1	Hornchurch
SM	800	Gavin Maley	1:56.4	5-Aug-06	SML Div 1 Rd 6	Barking
JM	800	Ashley Reece	1:57.74	31-May-06	Watford Open	Watford
SM	800	Salvator Mutijima	2:00.2	5-Aug-06	SML Div 1 Rd 6	Barking
JM	800	Ross Clarke	2:02.0	11-Jun-06	NJAL Rd 2	Haringey
SM	800	Trevor Keys	2:05.92	09-Aug-06	Watford Open	Watford
SM	800	Russ Middleton	2:06.51	09-Aug-06	Watford Open	Watford
SM	800	Rob Warner	2:07.6	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	800	Neill Collins	2:08.8	5-Aug-06	SML Div 3N Rd 5	Barking
SM	800	Tony Collins	2:14.04	26-Jul-06	Watford Open	Watford
SM	800	Matt Bland	2:15.4	20-May-06	SML Div 1 Rd 2	Newham
SM	800	Ian Anthony	2:16.5	5-Aug-06	SML Div 3N Rd 5	Barking
SM	800	John Deacon	2:22.3	03-Jun-06	SML Div 3N Rd 3	Colchester
M40	800	Paul Berrett	2:23.0	20-May-06	SML Div 3N Rd 2	Hendon
SM	800	Rob Dickenson	2:37.7	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	800	Simon Maley	2:53.9	08-Jul-06	SML Div 3 Rd 3	Watford
SM	800	Martin Chester	3:01.6	20-May-06	SML Div 3N Rd 2	Hendon
SM	1500	Gavin Maley	4:05.8	5-Aug-06	SML Div 1 Rd 6	Barking
JM	1500	Ashley Reece	4:07.73	7-May-06	NJAL Rd 1	Hendon
SM	1500	Glen Hill	4:04.60	23-Aug-06	Watford Open	Watford
M35	1500	Matt Bland	4:17.16	23-Aug-06	Watford Open	Watford
SM	1500	Jason Lendon	4:19.0	22-Jul-06	SML Div 1 Rd 4	Reading
SM	1500	Neill Collins	4:29.96	26-Jul-06	Watford Open	Watford
M40	1500	Paul Berrett	4:30.69	14-May-06	Essex Champs Day 3	Chelmsford
SM	1500	Tony Collins	4:30.96	14-May-06	Essex Champs Day 3	Chelmsford
SM	1500	Trevor Keys	4:39.1	20-May-06	SML Div 1 Rd 2	Newham
SM	1500	Salvator Mutijima	4:44.1	29-Apr-06	SML Div 1 Rd 1	Barking
SM	1500	Ian Anthony	4:45.0	5-Aug-06	SML Div 3N Rd 5	Barking
SM	1500	Rob Dickenson	4:47.2	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	1500	Martin Chester	5:15.9	20-May-06	SML Div 3N Rd 2	Hendon
SM	1500	Simon Maley	6:18.1	08-Jul-06	SML Div 3 Rd 3	Watford

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Age Group	Event	Name	Performance	Date	Meeting	Venue
JM	3000	Ashley Reece	8:52.96	09-Aug-06	Watford Open	Watford
SM	3000	Trevor Keys	8:57.1	31-May-06	Watford Open	Watford
JM	3000	Ross Clarke	9:03.87	28-Jul-06	London Grand Prix	Crystal Palace
SM	3000	Matt Bland	9:12.31	09-Aug-06	Watford Open	Watford
M40	3000	Paul Berrett	9:50.85	28-Jun-06	Watford Open	Watford
SM	5000	Trevor Keys	15:40.1	22-Jul-06	SML Div 1 Rd 4	Reading
SM	5000	Matt Bland	16:20.3	22-Jul-06	SML Div 1 Rd 4	Reading
SM	5000	Tony Collins	16:52.0	29-Apr-06	SML Div 1 Rd 1	Barking
SM	5000	Rob Dickenson	16:58.8	03-Jun-06	SML Div 1 Rd 3	Stevenage
JM	5000	Ross Clarke	17:10.56	18-Jun-06	SEAA U20 Champs	Crystal Palace
SM	5000	Martin Chester	17:36.2	03-Jun-06	SML Div 3N Rd 3	Colchester
M40	5000	Paul Berrett	17:53.0	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	5000	Graham Pritchard	19:45.0	5-Aug-06	SML Div 3N Rd 5	Barking
SM	Mar	Rob Dickenson	2:52:32	23-Apr-06	London Marathon	London
SM	Mar	Martin Chester	3:03.14	23-Apr-06	London Marathon	London
M40	Mar	Graham Foster	3:37.55	23-Apr-06	London Marathon	London
SM	Mar	Kevin Benton	3:39.16	23-Apr-06	London Marathon	London
SM	110H	Mark Bishop	16.7	29-Apr-06	SML Div 1 Rd 1	Barking
SM	110H	Arron Bonning	19.7	5-Aug-06	SML Div 1 Rd 6	Barking
SM	110H	Kevin Benton	19.8	20-May-06	SML Div 1 Rd 2	Newham
M50	110H	Ian Chamberlain	21.0	5-Aug-06	SML Div 3N Rd 5	Barking
SM	110H	Darron Keevil	21.5	5-Aug-06	SML Div 3N Rd 5	Barking
SM	110H	Jason Lendon	25.0	22-Jul-06	SML Div 1 Rd 4	Reading
JM	110H-J	Anthony Williams	15.3	11-Jun-06	NJAL Rd 2	Haringey
JM	110H-J	Richard Demko	15.4	11-Jun-06	NJAL Rd 2	Haringey
SM	300H	Phil Tierney	44.2	19-Mar-06	Spring Warm up 1	Hornchurch
SM	300H	Adam Brett	46.9	19-Mar-06	Spring Warm up 1	Hornchurch
JM	400H	Richard Demko	57.9	11-Jun-06	NJAL Rd 2	Haringey
SM	400H	Kevin Benton	61.2	20-May-06	SML Div 1 Rd 2	Newham
SM	400H	Mark Bishop	61.5	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	400H	Phil Tierney	61.9	20-May-06	SML Div 1 Rd 2	Newham
JM	400H	Luchien Anderson	64.9	5-Aug-06	SML Div 1 Rd 6	Barking
M40	400H	Paul Berrett	67.8	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	400H	Rob Warner	70.1	08-Jul-06	SML Div 3 Rd 3	Watford
M50	400H	Ian Chamberlain	72.9	5-Aug-06	SML Div 3N Rd 5	Barking
SM	400H	Andy Tierney	86.0	5-Aug-06	SML Div 3N Rd 5	Barking
SM	3000SC	Rob Warner	10:00.8	5-Aug-06	SML Div 1 Rd 6	Barking
SM	3000SC	Gavin Maley	10:02.1	22-Jul-06	SML Div 1 Rd 4	Reading
SM	3000SC	Trevor Keys	10:22.0	22-Jul-06	SML Div 1 Rd 4	Reading
SM	3000SC	Martin Chester	11:09.1	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	3000SC	Rob Dickenson	12:05.8	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	HJ	Mark Bishop	1.75	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	HJ	Scott Keating	1.70	29-Apr-06	SML Div 1 Rd 1	Barking
JM	HJ	Anthony Williams	1.70	29-Apr-06	SML Div 1 Rd 1	Barking
JM	HJ	Ashley Reece	1.70	07-May-06	NJAL Rd 1	Hendon
SM	HJ	Jon Buckler	1.65	5-Aug-06	SML Div 3N Rd 5	Barking
SM	HJ	Arron Bonning	1.60	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
M40	HJ	Paul Berrett	1.50	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	HJ	Lee Arrowsmith	1.45	20-May-06	SML Div 3N Rd 2	Hendon
SM	HJ	Darron Keevil	1.40	08-Jul-06	SML Div 3 Rd 3	Watford
SM	HJ	Jason Lendon	1.20	22-Jul-06	SML Div 1 Rd 4	Reading
SM	LJ	Mark Bishop	6.52	5-Aug-06	SML Div 1 Rd 6	Barking
JM	LJ	Anthony Williams	6.44	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	LJ	Jon Buckler	6.14	5-Aug-06	SML Div 3N Rd 5	Barking
SM	LJ	Arron Bonning	5.71	08-Jul-06	SML Div 3 Rd 3	Watford
SM	LJ	Luchien Anderson	5.56	22-Jul-06	SML Div 1 Rd 4	Reading
JM	LJ	Danny Nunn	5.34	03-Jun-06	SML Div 3N Rd 3	Colchester
JM	LJ	Ashley Reece	5.20	07-May-06	NJAL Rd 1	Hendon
SM	LJ	Andy Tierney	5.09	5-Aug-06	SML Div 3N Rd 5	Barking
SM	LJ	James Harris	4.93	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	LJ	Lee Arrowsmith	4.64	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
JM	TJ	Anthony Williams	12.82	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	TJ	Mark Bishop	12.69	5-Aug-06	SML Div 1 Rd 6	Barking
SM	TJ	Jon Buckler	12.26	5-Aug-06	SML Div 3N Rd 5	Barking
SM	TJ	Arron Bonning	12.12	5-Aug-06	SML Div 1 Rd 6	Barking
SM	TJ	Bradley Parrott	11.29	29-Apr-06	SML Div 1 Rd 1	Barking
SM	TJ	Andrew Tierney	10.78	5-Aug-06	SML Div 3N Rd 5	Barking
SM	TJ	James Harris	10.43	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	TJ	Gavin Maley	10.25	22-Jul-06	SML Div 1 Rd 4	Reading
SM	TJ	Kevin Benton	9.30	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	TJ	Darron Keevil	8.50	08-Jul-06	SML Div 3 Rd 3	Watford
M50	TJ	Ian Chamberlain	8.48	20-May-06	SML Div 3N Rd 2	Hendon
SM	PV	Mark Bishop	3.80	20-May-06	SML Div 1 Rd 2	Newham
M55	PV	Stuart Tufton	3.30	29-Apr-06	SML Div 1 Rd 1	Barking
SM	PV	Arron Bonning	3.00	5-Aug-06	SML Div 1 Rd 6	Barking
SM	PV	Richard Gray	2.80	5-Aug-06	SML Div 3N Rd 5	Barking
M50	PV	Ian Chamberlain	2.40	20-May-06	SML Div 3N Rd 2	Hendon
SM	PV	Andrew Tierney	1.50	8-Jul-06	SML Div 1 Rd 4	Milton Keynes

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Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	SP	Brett Heath	12.17	5-Aug-06	SML Div 1 Rd 6	Barking
SM	SP	Leo Barker	11.89	5-Aug-06	SML Div 1 Rd 6	Barking
SM	SP	Mark Bishop	11.50	20-May-06	SML Div 1 Rd 2	Newham
M50	SP	Steve Archer	10.60	5-Aug-06	SML Div 3N Rd 5	Barking
SM	SP	Darron Keevil	10.29	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	SP	Kevin Deacon	10.25	08-Jul-06	SML Div 3 Rd 3	Watford
SM	SP	Daniel Gamester	10.17	03-Jun-06	SML Div 1 Rd 3	Stevenage
JM	SP	Joe Forde	10.03	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	SP	Andrew Tierney	9.79	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
SM	SP	Arron Bonning	9.78	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
SM	SP	Sam Harrison	8.80	22-Jul-06	SML Div 1 Rd 4	Reading
JM	SPJ	Joe Forde	10.79	16-Jul-06	NJAL Rd 3	Stevenage
JM	SPJ	Danny Collins	10.05	13-Aug-06	NJAL Rd 4	Eton
JM	SPJ	Anthony Williams	9.33	11-Jun-06	NJAL Rd 2	Haringey
JM	SPJ	Chris Newton	8.82	07-May-06	NJAL Rd 1	Hendon
SM	DT	Brett Heath	38.94	5-Aug-06	SML Div 1 Rd 6	Barking
SM	DT	Leo Barker	32.97	5-Aug-06	SML Div 1 Rd 6	Barking
SM	DT	Mark Bishop	32.33	29-Apr-06	SML Div 1 Rd 1	Barking
SM	DT	Andrew Tierney	30.74	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
SM	DT	Andy Tierney	29.87	09-Apr-06	Spring Warm up 2	Barking
SM	DT	Darron Keevil	29.86	08-Jul-06	SML Div 3 Rd 3	Watford
SM	DT	Arron Bonning	27.97	20-May-06	SML Div 3N Rd 2	Hendon
M45	DT	Kevin White	27.01	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	DT	Sam Harrison	25.66	03-Jun-06	SML Div 1 Rd 3	Stevenage
SM	DT	Danny Gamester	24.66	03-Jun-06	SML Div 1 Rd 3	Stevenage
JM	DTJ	Chris Newton	32.38	14-May-06	Essex Champs Day 3	Chelmsford
JM	DTJ	Danny Collins	25.52	13-Aug-06	NJAL Rd 4	Eton
JM	DTJ	Ashley Reece	19.63	11-Jun-06	NJAL Rd 2	Haringey
SM	HT	Kevin Deacon	46.02	03-Jun-06	SML Div 3N Rd 3	Colchester
SM	HT	Daniel Gamester	43.91	03-Jun-06	SML Div 1 Rd 3	Stevenage
JM	HT	Joe Forde	43.14	5-Aug-06	SML Div 1 Rd 6	Barking
SM	HT	Lee Arrowsmith	39.08	03-Jun-06	SML Div 3N Rd 3	Colchester
M50	HT	Steve Archer	28.23	5-Aug-06	SML Div 3N Rd 5	Barking
SM	HT	Sam Harrison	25.89	22-Jul-06	SML Div 1 Rd 4	Reading
SM	HT	Andrew Tierney	24.40	29-Apr-06	SML Div 3 Rd 1	Hemel Hempstead
SM	HT	Darron Keevil	18.11	08-Jul-06	SML Div 3 Rd 3	Watford
JM	HTJ	Joe Forde	49.91	18-Jun-06	SEAA U20 Champs	Crystal Palace
JM	HTJ	Chris Newton	22.26	07-May-06	NJAL Rd 1	Hendon
JM	HTJ	Danny Collins	16.06	13-Aug-06	NJAL Rd 4	Eton
SM	JT	Sam Harrison	54.93	29-Apr-06	SML Div 1 Rd 1	Barking
SM	JT	Mark Bishop	50.23	8-Jul-06	SML Div 1 Rd 4	Milton Keynes
SM	JT	Andrew Tierney	39.41	5-Aug-06	SML Div 3N Rd 5	Barking
SM	JT	Darron Keevil	37.62	08-Jul-06	SML Div 3 Rd 3	Watford
SM	JT	Arron Bonning	37.53	08-Jul-06	SML Div 3 Rd 3	Watford
SM	JT	Lee Arrowsmith	29.46	03-Jun-06	SML Div 3N Rd 3	Colchester
JM	JT	Chris Newton	27.33	07-May-06	NJAL Rd 1	Hendon
SM	JT	Kevin Deacon	25.90	20-May-06	SML Div 3N Rd 2	Hendon
JM	JT	Joe Forde	22.20	11-Jun-06	NJAL Rd 2	Haringey