

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

Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	80	Matt Russell	9.3	04-Apr	Basildon Open	Basildon
SM	100	Matt Russell	10.9	19-May	SML Div 1 Rd 2	Eton
SM	100		Russell 11.15	05-May	BAL Div 2	Chelmsford
SM	100	Luke Stott	11.42	25-Jul	Watford Open	Watford
JM	100	Vincent Lazaro	11.9	05-May	SML Div 1 Rd 1	Mayesbrook
SM	100	Anthony Williams	11.9	19-May	SML Div 1 Rd 2	Eton
JM	100	Craig Moore	12.3	05-May	SML Div 3N Rd 1	Mayesbrook
SM	100	James Murphy	12.5	18-Jul	Woodford Open	Woodford
JM	100	Luchien Anderson	12.7	05-May	SML Div 1 Rd 1	Mayesbrook
SM	100	Arron Bonning	12.7	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	100	James Harris	12.7	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	100	Christian Newton	13.2	05-May	SML Div 3N Rd 1	Mayesbrook
SM	100	Neil Gowers	13.2	23-Jun	SML Div 3N Rd 3	Watford
SM	100	Darron Keevil	14.1	23-Jun	SML Div 3N Rd 3	Watford
SM50	100	Ian Chamberlain	14.1	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	150	Matt Russell	16.9	04-Apr	Basildon Open	Basildon
SM	200	Luke Stott	22.16	04-Aug	BAL Div 3 Rd 4	Derby
SM	200	Matt Russell	22.2	19-May	SML Div 1 Rd 2	Eton
SM	200		Russell 22.58	02-Jun	BAL Rd 2	Swansea
JM	200	Paul Adair	23.7w	29-Jul	NJAL Rd 4	Colchester
JM	200		Adair 23.8	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	200	James Murphy	24.1	19-May	SML Div 1 Rd 2	Eton
JM	200	Luchien Anderson	24.4	05-May	SML Div 1 Rd 1	Mayesbrook
SM40	200	Mark Bishop	25.2	05-May	SML Div 1 Rd 1	Mayesbrook
JM	200	Craig Moore	25.2	05-May	SML Div 3N Rd 1	Mayesbrook
SM	200	James Harris	25.8	15-Apr	Spring Warm Up 2	Mayesbrook
JM	200	Vincent Lazaro	26.1	02-Jun	SML Div 1 Rd 3	Ashford
SM	200	Glen Hill	26.9	23-Jun	SML Div 1 Rd 4	Woking
SM	200	Christian Newton	27.1	05-May	SML Div 3N Rd 1	Mayesbrook
SM	200	Neil Gower	28.6	02-Jun	SML Div 3N Rd 2	Sandy
SM	200	Graham Hogan	30.1	23-Jun	SML Div 3N Rd 3	Watford
SM	300	Matt Russell	35.8	25-Mar	Spring Warm Up 1	Hornchurch
JM	300	Craig Moore	40.3	25-Mar	Spring Warm Up 1	Hornchurch
SM	400	James Murphy	50.7	26-May	London Inter Club Challenge	Lee Valley
SM	400		Murphy 51.90	12-May	Essex Champs Day 2	Chelmsford
SM	400	Salvator Mutijima	51.0	26-May	London Inter Club Challenge	Lee Valley
JM	400	Paul Adair	51.2	29-Jul	NJAL Rd 4	Colchester
JM	400		Adair 51.32	12-May	Essex Champs Day 2	Chelmsford
JM	400	Craig Moore	55.2	27-May	NJAL Round 2	Basildon
JM	400	David Nefs	55.26	19-May	Varsity Match	Cambridge
JM	400	Jay Ryan	55.3	02-Sep	NJAL Promotion	Lee Valley
JM	400	Rob Jones	58.6	29-Apr	NJAL Round 1	Bedford
SM	400	Russ Middleton	58.8	23-Jun	SML Div 1 Rd 4	Woking
SM	400	Neill Collins	60.3	02-Jun	SML Div 3N Rd 2	Sandy
SM	400	Christian Newton	64.7	02-Jun	SML Div 3N Rd 2	Sandy
SM	600	Salvator Mutijima	1:25.7	25-Mar	Spring Warm Up 1	Hornchurch
SM	600	James Murphy	1:28.4	25-Mar	Spring Warm Up 1	Hornchurch
JM	800	Ross Clarke	1:56.41	08-Aug	BMC Gold Standard	Watford
SM	800	Salvator Mutijima	1:58.8	02-Jun	SML Div 1 Rd 3	Ashford
JM	800	Paul Adair	1:59.1	04-Aug	SML Div 1 Rd 6	Reading
SM	800	Glen Hill	2:00.6	23-Jun	SML Div 1 Rd 4	Woking
SM40	800	Matt Bland	2:04.4	02-Jun	SML Div 1 Rd 3	Ashford
SM	800	Rob Warner	2:06.0	23-Jun	SML Div 1 Rd 4	Woking
SM	800	Jason Lendon	2:08.1	04-Aug	SML Div 1 Rd 6	Reading
JM	800	Rob Jones	2:08.6	05-May	SML Div 3N Rd 1	Mayesbrook
SM	800	Rob Dickenson	2:09.0	23-Jun	SML Div 3N Rd 3	Watford
SM	800	Neill Collins	2:09.2	02-Jun	SML Div 3N Rd 2	Sandy
SM	800	Russ Middleton	2:11.9	05-May	SML Div 3N Rd 1	Mayesbrook
SM	800	Martin Chester	2:25.4	14-Jul	SML Div 3N Rd 4	Uxbridge
JM	1500	Ross Clarke	3:56.45	21-Jul	BMC Grand Prix	Solihull
SM	1500	Glen Hill	4:02.58	08-Aug	Watford Open	Watford
SM40	1500	Matt Bland	4:12.6	05-May	SML Div 1 Rd 1	Mayesbrook
SM	1500	Rob Dickenson	4:15.3	05-May	SML Div 1 Rd 1	Mayesbrook
SM	1500	Jason Lendon	4:16.1	02-Jun	SML Div 1 Rd 3	Ashford
SM	1500	Gavin Maley	4:21.7	02-Jun	SML Div 1 Rd 3	Ashford
JM	1500	Rob Jones	4:23.66	27-Jun	Watford Open	Watford
SM	1500	Neill Collins	4:30.4	05-May	SML Div 3N Rd 1	Mayesbrook
SM	1500	Rob Dickenson	4:34.4	23-Jun	SML Div 3N Rd 3	Watford
SM	1500	Tony Collins	4:38.4	23-Jun	SML Div 3N Rd 3	Watford
JM	3000	Ross Clarke	8:34.86	03-Aug	London Grand Prix	Crsyal Palace
JM	3000	Rob Jones	9:54.1	02-Sep	NJAL Promotion	Lee Valley
SM	3000	Tony Collins	9:55.06	25-Jul	Watford Open	Watford
JM	5000	Ross Clarke	14:57.7	12-May	Essex Champs Day 2	Chelmsford
SM	5000	Trevor Keys	16:43.7	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	5000	Ian Anthony	16:44.4	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	5000	Graham Pritchard	16:54.4	05-May	SML Div 1 Rd 1	Mayesbrook
SM	5000	John Barker	16:56.6	23-Jun	SML Div 3N Rd 3	Watford
SM	5000	Tony Collins	16:56.8	19-May	SML Div 1 Rd 2	Eton
SM	5000	Graham Hogan	17:16.3	23-Jun	SML Div 3N Rd 3	Watford
JM	2000SC	Rob Jones	6:56.7	27-May	NJAL Round 2	Basildon
SM	3000SC	Rob Warner	9:42.8	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	3000SC	Jason Lendon	10:25.8	04-Aug	SML Div 1 Rd 6	Reading
SM	3000SC	Trevor Keys	10:43.4	23-Jun	SML Div 1 Rd 4	Woking
JM	3000SC	Rob Jones	10:54.3	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	3000SC	Martin Chester	10:56.4	05-May	SML Div 1 Rd 1	Mayesbrook

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Age Group	Event	Name	Performance	Date	Meeting	Venue
JM	110H	Anthony Williams	16.6	02-Jun	SML Div 1 Rd 3	Ashford
SM40	110H	Mark Bishop	16.9	05-May	SML Div 1 Rd 1	Mayesbrook
SM	110H	Arron Bonning	20.5	23-Jun	SML Div 1 Rd 4	Woking
SM	110H	Darren Keevil	21.4	14-Jul	SML Div 3N Rd 4	Uxbridge
SM50	110H	Ian Chamberlain	28.0	14-Jul	SML Div 3N Rd 4	Uxbridge
JM	110HJ	Anthony Williams	15.4	08-Jul	Eastern Champs	Cambridge
JM	110HJ	Williams	15.45	17-Jun	SEAA Senior Champs	Crystal Pal
SM	300H	James Murphy	42.3	25-Mar	Spring Warm Up 1	Hornchurch
JM	300H	Luchien Anderson	45.3	25-Mar	Spring Warm Up 1	Hornchurch
SM	300H	Phil Tierney	49.3	25-Mar	Spring Warm Up 1	Hornchurch
SM	400H	James Murphy	57.2	02-Jun	SML Div 1 Rd 3	Ashford
SM40	400H	Mark Bishop	61.9	04-Aug	SML Div 1 Rd 6	Reading
SM	400H	Luchien Anderson	64.3	05-May	SML Div 1 Rd 1	Mayesbrook
SM	400H	Jason Lendon	70.5	05-May	SML Div 3N Rd 1	Mayesbrook
SM	400H	Rob Warner	71.9	19-May	SML Div 1 Rd 2	Eton
SM	400H	Phil Tierney	74.0	02-Jun	SML Div 1 Rd 3	Ashford
JM	400H	Rob Jones	77.7	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	400H	Russ Middleton	81.5	23-Jun	SML Div 1 Rd 4	Woking
SM	DT	Leo Barker	39.96	05-May	SML Div 1 Rd 1	Mayesbrook
SM40	DT	Mark Bishop	32.36	05-May	SML Div 1 Rd 1	Mayesbrook
SM	DT	Christian Newton	31.19	02-Jun	SML Div 3N Rd 2	Sandy
SM	DT	Darren Keevil	30.79	02-Jun	SML Div 3N Rd 2	Sandy
SM	DT	Arron Bonning	29.21	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	DT	Andrew Tierney	27.61	05-May	SML Div 3N Rd 1	Mayesbrook
SM45	DT	Kevin White	27.46	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	DT	Daniel Gamester	26.48	23-Jun	SML Div 1 Rd 4	Woking
JM	DTJ	Craig Moore	32.18	01-Jul	NJAL Round 3	Mayesbrook
SM	SP	Leo Barker	12.65	15-Apr	Spring Warm Up 2	Mayesbrook
SM40	SP	Mark Bishop	11.85	05-May	SML Div 1 Rd 1	Mayesbrook
SM	SP	Darren Keevil	10.74	05-May	SML Div 3N Rd 1	Mayesbrook
SM50	SP	Steve Archer	10.48	05-May	SML Div 3N Rd 1	Mayesbrook
SM	SP	Daniel Gamester	10.14	23-Jun	SML Div 1 Rd 4	Woking
SM	SP	Arron Bonning	9.82	23-Jun	SML Div 1 Rd 4	Woking
SM	SP	Christian Newton	8.48	02-Jun	SML Div 3N Rd 2	Sandy
SM45	SP	Kevin White	7.09	14-Jul	SML Div 3N Rd 4	Uxbridge
JM	SPJ	Jay Ryan	11.99	02-Sep	NJAL Promotion	Lee Valley
JM	SPJ	Anthony Williams	9.09	27-May	NJAL Round 2	Basildon
JM	SPJ	Rob Jones	6.00	29-Apr	NJAL Round 1	Bedford
SM	HT	Daniel Gamester	46.37	08-Aug	Watford Open	Watford
SM	HT	Sam Harrison	27.88	19-May	SML Div 1 Rd 2	Eton
SM50	HT	Steve Archer	26.16	05-May	SML Div 3N Rd 1	Mayesbrook
SM	HT	Darren Keevil	25.17	23-Jun	SML Div 3N Rd 3	Watford
SM	HT	Mark Bishop	24.24	05-May	SML Div 1 Rd 1	Mayesbrook
SM	HT	Andrew Tierney	21.68	05-May	SML Div 3N Rd 1	Mayesbrook
SM	HT	Christian Newton	20.04	23-Jun	SML Div 3N Rd 3	Watford
SM	HT	Arron Bonning	20.32	04-Aug	SML Div 1 Rd 6	Reading
SM45	HT	Kevin White	11.84	14-Jul	SML Div 3N Rd 4	Uxbridge
JM	JT	Bonne Buwembo	63.30	10-Jun	Bedford International Games	Bedford
SM	JT	Sam Harrison	54.37	05-May	SML Div 1 Rd 1	Mayesbrook
SM	JT	Arron Bonning	39.93	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	JT	Darren Keevil	37.21	02-Jun	SML Div 3N Rd 2	Sandy
SM	JT	Christian Newton	30.62	02-Jun	SML Div 3N Rd 2	Sandy
SM45	JT	Kevin White	21.90	14-Jul	SML Div 3N Rd 4	Uxbridge
JM	HJ	Jay Ryan	1.85	01-Jul	NJAL Round 3	Mayesbrook
SM40	HJ	Mark Bishop	1.76	05-May	SML Div 1 Rd 1	Mayesbrook
SM	HJ	Leo Barker	1.70	19-May	SML Div 1 Rd 2	Eton
SM	HJ	Jon Buckler	1.70	04-Aug	SML Div 1 Rd 6	Reading
JM	HJ	Anthony Williams	1.65	29-Apr	NJAL Round 1	Bedford
JM	HJ	Craig Moore	1.60	02-Sep	NJAL Promotion	Lee Valley
SM	HJ	Arron Bonning	1.55	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	HJ	Darren Keevil	1.50	05-May	SML Div 3N Rd 1	Mayesbrook
JM	LJ	Anthony Williams	6.51	14-Jul	SML Div 1 Rd 5	Milton Keynes
JM	LJ	Vincent Lazaro	6.46	13-May	Essex Champs Day 3	Chelmsford
SM	LJ	Arron Bonning	5.86	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	LJ	Jon Buckler	5.74	04-Aug	SML Div 1 Rd 6	Reading
JM	LJ	Craig Moore	5.44	15-Apr	Spring Warm Up 2	Mayesbrook
SM	LJ	James Harris	5.05	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	LJ	Christian Newton	4.78	05-May	SML Div 3N Rd 1	Mayesbrook
SM	LJ	Darren Keevil	4.34	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	LJ	Neil Gowers	4.08	23-Jun	SML Div 3N Rd 3	Watford
SM40	PV	Mark Bishop	3.80	05-May	SML Div 1 Rd 1	Mayesbrook
JM	PV	Jay Ryan	3.45	02-Sep	NJAL Promotion	Lee Valley
SM55	PV	Stuart Tufton	3.40	05-May	SML Div 1 Rd 1	Mayesbrook
SM	PV	Arron Bonning	2.80	23-Jun	SML Div 1 Rd 4	Woking
SM50	PV	Ian Chamberlain	2.40	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	PV	Christian Newton	2.20	05-May	SML Div 3N Rd 1	Mayesbrook
JM	TJ	Anthony Williams	12.84	02-Jun	SML Div 1 Rd 3	Ashford
JM	TJ	Vincent Lazaro	12.60	29-Jul	NJAL Round 4	Colchester
JM	TJ	Paul Adair	11.77	01-Jul	NJAL Round 3	Mayesbrook
SM	TJ	James Harris	10.38	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	TJ	Arron Bonning	10.33	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM	TJ	Christian Newton	9.72	23-Jun	SML Div 3N Rd 3	Watford
SM	TJ	Andrew Tierney	9.67	05-May	SML Div 3N Rd 1	Mayesbrook
SM	TJ	Rob Warner	9.37	14-Jul	SML Div 1 Rd 5	Milton Keynes
SM50	TJ	Ian Chamberlain	9.18	14-Jul	SML Div 3N Rd 4	Uxbridge
SM	TJ	Darren Keevil	8.58	05-May	SML Div 3N Rd 1	Mayesbrook