

HMAC Male Summer 2008 Rankings as at 08/05/2008

Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	100	Luke Stott	11.14	26-Apr	Loughboro Open	Loughboro
U20M	100	Joseph Ramie	11.4	27-Apr	NJAL Rd 1	Ipswich
U20M	100	Toma Davies	11.8	05-Apr	Spring Open 2	Mayesbrook
SM	100	Matt Russell	11.8	03-May	SML Rd 1	Peterboro
U20M	100	Vincent Lazaro	12.1	27-Apr	NJAL Rd 1	Ipswich
U20M	100	Tom Foskett	12.2	03-May	SML 3N Rd1	Hemel H
U20M	150	Joseph Ramie	17.7	30-Mar	Spring Open 1	Hornchurch
SM	150	James Murphy	18.3	30-Mar	Spring Open 1	Hornchurch
U20M	150	Toma Davies	19.0	30-Mar	Spring Open 1	Hornchurch
SM	200	Luke Stott	22.58	26-Apr	Loughboro Open	Loughboro
U20M	200	Joseph Ramie	23.4	03-May	SML Rd 1	Peterboro
SM	200	Matt Russell	24.5	03-May	SML Rd 1	Peterboro
U20M	200	Toma Davies	24.7	05-Apr	Spring Open 2	Mayesbrook
U20M	200	Vincent Lazaro	25.0	27-Apr	NJAL Rd 1	Ipswich
U20M	200	Craig Moore	25.4	05-Apr	Spring Open 2	Mayesbrook
SM	200	Arron Bonning	28.6	03-May	SML 3N Rd1	Hemel H
U20M	200	Tom Foskett	29.5	03-May	SML 3N Rd1	Hemel H
SM	300	James Murphy	37.7	30-Mar	Spring Open 1	Hornchurch
SM	300	Luchien Anderson	40.2	30-Mar	Spring Open 1	Hornchurch
U20M	300	Toma Davies	42.2	30-Mar	Spring Open 1	Hornchurch
SM	400	James Murphy	53.3	03-May	SML Rd 1	Peterboro
U20M	400	Tom Foskett	54.3	27-Apr	NJAL Rd 1	Ipswich
SM	400	Matt Russell	57.1	03-May	SML Rd 1	Peterboro
SM	400	James Murphy	53.3	03-May	SML Rd 1	Peterboro
SM	400	Neill Collins	62.6	03-May	SML 3N Rd1	Hemel H
U20M	600	Craig Moore	1:36.1	30-Mar	Spring Open 1	Hornchurch
SM	800	Ross Clarke	1:55.2	03-May	SML Rd 1	Peterboro
U20M	800	Grant Twist	2:03.5	03-May	SML Rd 1	Peterboro
SM	800	Neill Collins	2:08.2	03-May	SML 3N Rd1	Hemel H
SM	800	Martin Chester	2:56.9	03-May	SML 3N Rd1	Hemel H
SM	1500	Ross Clarke	4:02.1	03-May	SML Rd 1	Peterboro
SM40	1500	Matt Bland	4:14.5	03-May	SML Rd 1	Peterboro
SM	1500	Tony Collins	4:28.72	23-Apr	Watford Open	Watford
SM	1500	Neill Collins	4:34.0	31-Mar	Herts Phoenic Open	Welwyn
U20M	1500	Anthony Soar	4:48.8	27-Apr	NJAL Rd 1	Ipswich
SM	1500	Martin Chester	4:54.9	03-May	SML 3N Rd1	Hemel H
SM	5000	Rob Dickenson	17:01.9	03-May	SML Rd 1	Peterboro
SM	5000	Tony Collins	17:15.7	03-May	SML Rd 1	Peterboro
SM	5000	Martin Chester	17:44.9	03-May	SML 3N Rd1	Hemel H
SM	3000SC	Rob Warner	9:50.1	03-May	SML Rd 1	Peterboro
U20M	3000SC	Grant Twist	10:14.3	03-May	SML Rd 1	Peterboro
SM	3000SC	Martin Chester	11:23.0	03-May	SML 3N Rd1	Hemel H
SM	110H	Anthony Williams	16.93	04-May	BUSA Champs	Bedford
SM40	110H	Mark Bishop	17.6	03-May	SML Rd 1	Peterboro
SM	110H	Arron Bonning	20.1	03-May	SML 3N Rd1	Hemel H
SM	110H	Darron Keevil	23.7	03-May	SML 3N Rd1	Hemel H
U20M	110HJ	Anthony Williams	15.4	27-Apr	NJAL Rd 1	Ipswich
SM40	400H	Mark Bishop	60.9	03-May	SML Rd 1	Peterboro
SM	400H	Rob Warner	66.9	03-May	SML Rd 1	Peterboro
U20M	HJ	Jay Ryan	1.85	03-May	SML Rd 1	Peterboro
SM40	HJ	Mark Bishop	1.70	03-May	SML Rd 1	Peterboro
U20M	HJ	Craig Moore	1.63	30-Mar	Spring Open 1	Hornchurch
U20M	HJ	Grant Twist	1.55	30-Mar	Spring Open 1	Hornchurch
SM	HJ	Arron Bonning	1.55	03-May	SML 3N Rd1	Hemel H
SM	HJ	Darron Keevil	1.40	03-May	SML 3N Rd1	Hemel H
U20M	LJ	Joseph Ramie	6.43	30-Mar	Spring Open 1	Hornchurch
U20M	LJ	Vincent Lazaro	6.35	03-May	SML Rd 1	Peterboro
U20M	LJ	Anthony Williams	6.29	03-May	SML Rd 1	Peterboro
SM	LJ	Arron Bonning	5.76	03-May	SML 3N Rd1	Hemel H
U20M	LJ	Mitch White	4.74	05-Apr	Spring Open 2	Mayesbrook
SM	LJ	Darron Keevil	4.48	03-May	SML 3N Rd1	Hemel H
U20M	TJ	Joseph Ramie	13.08	27-Apr	NJAL Rd 1	Ipswich
U20M	TJ	Anthony Williams	12.19	27-Apr	NJAL Rd 1	Ipswich
SM	TJ	Arron Bonning	11.54	03-May	SML 3N Rd1	Hemel H
U20M	TJ	Vincent Lazaro	10.57	03-May	SML Rd 1	Peterboro
SM	TJ	Darron Keevil	8.54	03-May	SML 3N Rd1	Hemel H
SM	PV	Stuart Tufton	3.20	03-May	SML 3N Rd1	Hemel H
SM	PV	Arron Bonning	2.80	03-May	SML 3N Rd1	Hemel H
SM40	DT	Mark Bishop	32.20	03-May	SML Rd 1	Peterboro
SM	DT	Darron Keevil	29.31	03-May	SML 3N Rd1	Hemel H
SM	DT	Daniel Gamester	28.85	03-May	SML Rd 1	Peterboro
SM	DT	Arron Bonning	28.27	03-May	SML 3N Rd1	Hemel H
U20M	DTJ	Craig Moore	31.13	05-Apr	Spring Open 2	Mayesbrook
U20M	DTJ	Bradley Reece	30.55	05-Apr	Spring Open 2	Mayesbrook
SM	HT	Daniel Gamester	45.97	03-May	SML Rd 1	Peterboro
U20M	HT	Bradley Reece	37.56	05-Apr	Spring Open 2	Mayesbrook
SM	HT	Darron Keevil	20.49	03-May	SML 3N Rd1	Hemel H
SM	HT	Arron Bonning	19.93	03-May	SML 3N Rd1	Hemel H
U20M	HTJ	Bradley Reece	45.90	05-Apr	Spring Open 2	Mayesbrook
U20M	JT	Bonne Buwembo	66.71	03-May	SML Rd 1	Peterboro
SM	JT	Arron Bonning	41.87	03-May	SML 3N Rd1	Hemel H
SM	JT	Darron Keevil	37.39	03-May	SML 3N Rd1	Hemel H
U20M	JT	Joseph Ramie	29.33	27-Apr	NJAL Rd 1	Ipswich
U20M	SP	Jay Ryan	11.42	03-May	SML Rd 1	Peterboro
SM40	SP	Mark Bishop	10.52	03-May	SML Rd 1	Peterboro
SM	SP	Darron Keevil	10.26	03-May	SML 3N Rd1	Hemel H
SM	SP	Arron Bonning	9.55	03-May	SML 3N Rd1	Hemel H
U20M	SPJ	Anthony Williams	9.58	27-Apr	NJAL Rd 1	Ipswich