

HMAC Male Summer 2010 Rankings as at 03/10/2010

Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	60	Luke Stott	7.21i	6-Feb-10		Loughboro
U20M	80	James Lammin	10.5	28-Mar-10	HMAC Spring Open #1	Hornchurch
SM	100	Luke Stott	10.84w	10-Jul-10	International EAP Meeting	Donnas, ITA
SM	100	Stott	11.18	24-Apr-10	Loughborough Open	Loughboro
U20M	100	Richard Morrissey	10.87w	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	100	Morrissey	11.15	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM	100	Shaun Stewart	11.27	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	100	Ammad Masood	11.3	1-May-10	SML Div 3N Round 1	Watford
SM	100	Masood	11.62	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	100	Joseph Ramie	11.4	10-Jul-10	SML Div 3N Round 4	Mayesbrook
SM	100	Leo Barker	11.43	5-Jun-10	England Athletics CE Cham	Bedford
U20M	100	Isaac Ogunlade	11.55	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	100	Jack Edgar-Hill	11.63w	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	100	Edgar-Hill	11.69	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	100	Nathan Steele	11.7	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	100	Jordan Brown	11.79	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	100	Charlie Moss	11.8	25-Apr-10	NJAL Thames Round1	Braintree
U20M	100	Terry Hughes	11.9	31-Jul-10	SML Div 3N Rd 5	Hemel Hempstead
SM35	100	Scott Spencer	11.94	8-Jun-10	Woodford Open	Woodford
U20M	100	Bradley Burr	12.3	26-Jun-10	Eastern Schools Multis	Chelmsford
U20M	100	James Lammin	12.8	25-Apr-10	NJAL Thames Round1	Braintree
U20M	150	Isaac Ogunlade	17.1	28-Mar-10	HMAC Spring Open #1	Hornchurch
SM	150	Ammad Masood	17.8	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20M	150	Jack Edgar-Hill	18.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20M	200	Richard Morrissey	21.94w	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	200	Morrissey	22.04	20-Jun-10	Eng Ath U20 Champs	Bedford
SM	200	Luke Stott	22.03i	24-Feb-10	Midland Open	Birmingham
SM	200	Stott	22.07	23-May-10	Loughborough International	Loughborough
SM	200	Shaun Stewart	22.70	8-Jun-10	Woodford Open	Woodford
U20M	200	Isaac Ogunlade	22.95	9-May-10	Essex Champs Day 3	Chelmsford
SM	200	Ammad Masood	23.3	1-May-10	SML Div 3N Round 1	Watford
SM	200	Masood	23.58	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	200	Jack Edgar-Hill	23.74	9-May-10	Essex Champs Day 3	Chelmsford
U20M	200	Nathan Steele	23.8	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM35	200	Scott Spencer	23.84	8-Jun-10	Woodford Open	Woodford
U20M	200	Terry Hughes	23.89w	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	200	Hughes	24.0	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	200	Jordan Brown	23.95	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	200	Adam McCarthy	24.3	30-Aug-10	Southend Open	Southend
U20M	200	McCarthy	24.83	17-Jul-10	London Inter Club Challenge	Lee Valley
SM	200	Simon Richards	24.4	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U20M	200	Ian Price	25.05	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	300	Jack Edgar-Hill	38.9	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20M	400	Richard Morrissey	48.01	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM	400	Shaun Stewart	50.18	11-Sep-10	Eastern Inter Counties	Chelmsford
U20M	400	Isaac Ogunlade	51.2	23-May-10	NJAL Thames Round 2	Ware
U20M	400	Ogunlade	52.70	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	400	David Nefs	51.21	15-May-10	Varsity Match	Oxford
SM35	400	Scott Spencer	51.57	3-Jul-10	BMAF Champs	Cardiff
SM	400	Simon Richards	51.8	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM	400	Leo Barker	53.14	24-Jul-10	SEAA Combined Events	Hendon
U20M	400	Adam McCarthy	55.1	25-Apr-10	NJAL Thames Round1	Braintree
U20M	400	Ian Price	55.4	1-May-10	SML Div 3N Round 1	Watford
U20M	400	Price	56.14	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	400	Anthony Soar	56.1	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	400	Bradley Burr	56.8	26-Jun-10	Eastern Schools Multis	Chelmsford
SM	400	Neill Collins	59.1	5-Jun-10	SML Div 3N Round 3	Battersea
SM	600	Simon Richards	1:26.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
SM	800	Paul Adair	1:57.83	31-Jul-10	BAL Nat 3 Round 3	Winchester
U20M	800	Callum Sutton	2:01.79	25-Jul-10	NJAL Thames Round 4	Cambridge
SM	800	Simon Richards	2:02.09	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	800	Jamie Buckley-Stanton	2:02.27	14-Jul-10	Watford Open	Watford
U20M	800	Joseph Waked	2:02.78	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	800	Grant Twist	2:02.93	11-Aug-10	Watford Open	Watford
SM40	800	Mat Bland	2:03.20	14-Aug-10	BMC Regional Races	Parliament Hill
U20M	800	Joseph Waked	2:04.73	14-Jul-10	Watford Open	Watford
SM	800	Neill Collins	2:05.43	11-Jul-10	INAS/FID European Champ	Croatia
SM	800	David Nefs	2:07.8	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U20M	800	Jamie Buckley-Stanton	2:08.30	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	800	Ian Price	2:06.3	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	800	Price	2:10.56	14-Jul-10	Watford Open	Watford
U20M	800	Anthony Soar	2:12.8	10-Jul-10	SML Div 3N Round 4	Mayesbrook
SM35	800	Chris Smith	2:13.1	11-Apr-10	HMAC Spring Open #2	Mayesbrook
SM45	800	Paul Berrett	2:13.1	1-May-10	SML Div 3N Round 1	Watford

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Age Group	Event	Name	Performance	Date	Meeting	Venue
SM40	1500	Mat Bland	4:05.15	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	1500	Jamie Buckley-Stanton	4:08.24	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	1500	Joseph Waked	4:11.8	23-May-10	NJAL Thames Round 2	Ware
U20M	1500	Waked	4:15.08	9-May-10	Essex Champs Day 3	Chelmsford
SM	1500	Rob Warner	4:17.6	27-Jun-10	EYAL Rd 3	St Albans
SM	1500	Neill Collins	4:19.91	11-Jul-10	INAS/FID European Champ	Croatia
SM45	1500	Paul Berrett	4:25.64	2-Jun-10	Watford Open	Watford
SM35	1500	Chris Smith	4:30.7	15-May-10	SML Div 3N Round 2	Ipswich
U20M	1500	Adam McCarthy	4:33.73	3-Jul-10	BAL Nat 3 Round 2	Yeovil
U20M	1500	Ian Price	4:34.0	1-May-10	SML Div 3N Round 1	Watford
U20M	1500	Anthony Soar	4:48.0	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	1500	Bradley Burr	5:49.7	27-Jun-10	Eastern Schools Multis	Chelmsford
SM	3000	Grant Twist	9:12.66	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM35	3000	Chris Smith	9:15.37	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM40	3000	Rob Warner	9:16.12	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	3000	Jamie Buckley-Stanton	9:21.01	16-May-10	Essex Champs day 5	Woodford
U20M	3000	Callum Sutton	10:01.14	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	3000	Ian Price	10:45.8	23-May-10	NJAL Thames Round 2	Ware
SM35	5000	Chris Smith	16:03.45	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM35	5000	Steve Rand	16:41.8	10-Jul-10	SML Div 3N Round 4	Mayesbrook
SM35	5000	Ian Anthony	17:09.50	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM35	5000	Jason London	18:22.24	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM45	5000	Paul Berrett	18:47.1	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM	5000	Dan Miller	20:51.5	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	60HU20M	Jack Edgar-Hill	8.42i	7-Feb-10	Essex Indoor Champs	Lee Valley
SM	110H	Leo Barker	15.96	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM	110H	Anthony Williams	15.98	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM40	110H	Mark Bishop	16.52	3-Jul-10	BAL Nat 3 Round 2	Yeovil
U20M	110H	Kieran Nelson	19.5	15-May-10	SML Div 3N Round 2	Ipswich
SM	110H	Arron Bonning	20.0	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	110H	Adam McCarthy	20.43	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM	110H	Darron Keevil	22.9	5-Jun-10	SML Div 3N Round 3	Battersea
U20M	110HU20M	Isaac Ogunlade	14.37w	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	110HU20M	Ogunlade	14.53	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	110HU20M	Jack Edgar-Hill	14.65w	20-Jun-10	Eng Ath U20 Champs	Bedford
U20M	110HU20M	Edgar-Hill	15.17	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	110HU20M	Bradley Burr	16.7	27-Jun-10	Eastern Schools Multis	Chelmsford
U20M	110HU18M	Jack Edgar-Hill	14.96	24-Apr-10	Loughborough Open	Loughboro
U20M	200H	Isaac Ogunlade	28.3	16-Jul-10	Dartford Open	Dartford
U20M	300H	Isaac Ogunlade	40.7	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20M	400H	Isaac Ogunlade	54.71	3-Jul-10	BAL Nat 3 Round 2	Yeovil
U20M	400H	Adam McCarthy	57.31	17-Jul-10	Eastern Champs	Cambridge
U20M	400H	Kieran Nelson	65.7	15-May-10	SML Div 3N Round 2	Ipswich
SM	400H	Arron Bonning	72.1	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	2000SC	Jamie Buckley-Stanton	6:53.1	23-May-10	NJAL Thames Round 2	Ware
U20M	2000SC	Buckley-Stanton	6:55.55	29-Aug-10	NJAL Southern Promotion	Hendon
SM	3000SC	Rob Warner	9:42.19	15-May-10	Essex Champs day 4	Woodford
SM35	3000SC	Jason London	10:02.21	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM45	3000SC	Paul Berrett	11:08.8	15-May-10	SML Div 3N Round 2	Ipswich
SM	3000SC	Dan Miller	13:07.9	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	3000SC	Kieran Nelson	16:18.3	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM	HJ	Jeremy Watson	1.85	10-Jul-10	SML Div 3N Round 4	Mayesbrook
SM	HJ	Jon Buckler	1.75i	21-Feb-10		Lee Valley
U20M	HJ	Bradley Burr	1.74	26-Jun-10	Eastern Schools Multis	Chelmsford
U20M	HJ	Bradley Burr	1.70	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM40	HJ	Mark Bishop	1.70	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	HJ	Shaun Stewart	1.70	5-Jun-10	SML Div 3N Round 3	Battersea
SM	HJ	Leo Barker	1.68	24-Jul-10	SEAA Combined Events	Hendon
U20M	HJ	James Lammin	1.65	25-Apr-10	NJAL Thames Round1	Braintree
U20M	HJ	Terry Hughes	1.65	1-May-10	SML Div 3N Round 1	Watford
U20M	HJ	Jack Edgar-Hill	1.65	23-May-10	NJAL Thames Round 2	Ware
SM	HJ	Arron Bonning	1.60	15-May-10	SML Div 3N Round 2	Ipswich
U20M	HJ	Jamie Buckley-Stanton	1.55	23-May-10	NJAL Thames Round 2	Ware
SM	HJ	Ammad Masood	1.51	28-Mar-10	HMAC Spring Open #1	Hornchurch
SM	LJ	Joseph Ramie	7.04	12-Jun-10	SEAA Senior Champs	Crystal Palace
SM	LJ	Leo Barker	6.87	5-Jun-10	England Athletics CE Cham	Bedford
SM	LJ	Shaun Stewart	6.87i	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM	LJ	Stewart	6.80	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM	LJ	Anthony Williams	6.64	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	LJ	Jon Buckler	6.28	15-May-10	Varsity Match	Oxford
U20M	LJ	Dere Coker	5.87	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	LJ	Adam McCarthy	5.79	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	LJ	Jack Edgar-Hill	5.67	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	LJ	Bradley Burr	5.62	26-Jun-10	Eastern Schools Multis	Chelmsford
U20M	LJ	Terry Hughes	5.67	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	LJ	Jordan Brown	5.31	25-Apr-10	NJAL Thames Round1	Braintree
SM	LJ	Arron Bonning	5.26	1-May-10	SML Div 3N Round 1	Watford
U20M	LJ	Kieran Nelson	4.98	9-May-10	Essex Champs Day 3	Chelmsford

HMAc Male Summer 2010 Rankings as at 03/10/2010

Age Group	Event	Name	Performance	Date	Meeting	Venue
SM	TJ	Anthony Williams	13.51	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	TJ	Joseph Ramie	13.06	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	TJ	Jon Buckler	12.57	9-May-10	Oxfordshire Champs	Oxford
SM	TJ	Arron Bonning	11.80	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
U20M	TJ	Nathan Steele	11.77	10-Jul-10	SML Div 3N Round 4	Mayesbrook
SM	TJ	Jeremy Watson	11.73	31-Jul-10	BAL Nat 3 Round 3	Winchester
U20M	TJ	Terry Hughes	11.74	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	TJ	James Lammin	11.63	25-Apr-10	NJAL Thames Round1	Braintree
U20M	TJ	Adam McCarthy	11.45	21-Aug-10	BAL Nat 3 Round 4	Swansea
U20M	TJ	Kieran Nelson	11.05	9-May-10	Essex Champs Day 3	Chelmsford
SM40	PV	Mark Bishop	3.80	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	PV	Leo Barker	3.40	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM55	PV	Stuart Tufton	3.20i	28-Mar-10	BMAF Indoor Champs	Lee Valley
SM55	PV	Tufton	3.20	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	PV	Arron Bonning	3.00	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	PV	Bradley Burr	2.60	27-Jun-10	Eastern Schools Multis	Chelmsford
U20M	PV	Adam McCarthy	2.20	3-Jul-10	BAL Nat 3 Round 2	Yeovil
U20M	HT	Bradley Reece	45.58	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	HT	Sam Harrison	28.28	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	HT	Emmanuel Quarshie	22.18	31-Jul-10	BAL Nat 3 Round 3	Winchester
SM	HT	Arron Bonning	21.77	15-May-10	SML Div 3N Round 2	Ipswich
U20M	HT	Georgie Bean	20.67	21-Aug-10	BAL Nat 3 Round 4	Swansea
SM35	HT	Darron Keevil	18.91	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM50	HT	Kevin White	12.87	5-Jun-10	SML Div 3N Round 3	Battersea
U20M	HTU20M	Bradley Reece	50.75	23-May-10	NJAL Thames Round 2	Ware
U20M	HTU20M	Lewis Williams	41.55	25-Apr-10	NJAL Thames Round1	Braintree
U20M	HTU20M	Jack Edgar-Hill	9.90	23-May-10	NJAL Thames Round 2	Ware
SM	DT	Leo Barker	38.87	15-May-10	SML Div 3N Round 2	Ipswich
SM40	DT	Mark Bishop	33.45	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM35	DT	Darron Keevil	30.61	15-May-10	SML Div 3N Round 2	Ipswich
U20M	DT	Bradley Reece	29.98	5-Jun-10	BAL Nat 3 Round 1	Hendon
SM	DT	Arron Bonning	28.19	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM50	DT	Kevin White	27.71	5-Jun-10	SML Div 3N Round 3	Battersea
SM	DT	Sam Harrison	27.40	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	DT	Andy Tierney	26.34	11-Apr-10	HMAc Spring Open #2	Mayesbrook
U20M	DT	Emmanuel Quarshie	17.85	5-Jun-10	BAL Nat 3 Round 1	Hendon
U20M	DTU20M	Laurence Goodacre	37.58	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	DTU20M	Bradley Reece	36.88	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	DTU20M	Bradley Burr	29.75	23-May-10	NJAL Thames Round 2	Ware
U20M	DTU20M	Adam McCarthy	19.95	25-Jul-10	NJAL Thames Round 4	Cambridge
U20M	DTU20M	Emmanuel Quarshie	17.13	25-Apr-10	NJAL Thames Round1	Braintree
U20M	DTU20M	Andrew Kerr	16.91	29-Aug-10	NJAL Southern Promotion	Hendon
U20M	JT	Bradley Burr	60.19	17-Apr-10	Woodford Open	Woodford
U20M	JT	Georgie Bean	51.79	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	JT	Sam Harrison	50.87	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	JT	Arron Bonning	41.57	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	JT	Laurence Goodacre	37.95	25-Apr-10	NJAL Thames Round1	Braintree
SM35	JT	Darron Keevil	34.22	10-Jul-10	SML Div 3N Round 4	Mayesbrook
U20M	JT	Bradley Reece	31.41	27-Jun-10	NJAL Thames Round 3	Bedford
U20M	JT	Emmanuel Quarshie	27.22	25-Apr-10	NJAL Thames Round1	Braintree
SM	JTU18M	Bradley Burr	62.24	24-Apr-10	London Inter Club Challenge	Hendon
U20M	SP	Emmanuel Quarshie	12.64	11-Apr-10	HMAc Spring Open #2	Mayesbrook
SM	SP	Leo Barker	12.14	15-May-10	SML Div 3N Round 2	Ipswich
SM40	SP	Mark Bishop	10.75	3-Jul-10	BAL Nat 3 Round 2	Yeovil
SM	SP	Arron Bonning	10.08	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM35	SP	Darron Keevil	10.04	31-Jul-10	SML Div 3N Round 5	Hemel Hempstead
SM	SP	Andy Tierney	9.46	11-Apr-10	HMAc Spring Open #2	Mayesbrook
SM	SP	Sam Harrison	8.09	21-Aug-10	BAL Nat 3 Round 4	Swansea
U20M	SP	Anthony Soar	7.67	5-Jun-10	SML Div 3N Round 3	Battersea
SM50	SP	Kevin White	7.18	5-Jun-10	SML Div 3N Round 3	Battersea
U20M	SPU20M	Emmanuel Quarshie	14.43	10-Apr-10	Lee Valley Open	Lee Valley
U20M	SPU20M	Laurence Goodacre	12.89i	17-Jan-10	SEAA Indoor Champs	Lee Valley
U20M	SPU20M	Goodacre	12.85	28-Aug-10	Southern U20 Inter Counties	Hendon
U20M	SPU20M	Bradley Reece	10.80	23-May-10	NJAL Thames Round 2	Ware
U20M	SPU20M	Bradley Burr	10.79	26-Jun-10	Eastern Schools Multis	Chelmsford
U20M	DecU20M	Bradley Burr	4978	27-Jun-10	Eastern Schools Multis	Chelmsford