

Havering AC Male 2014 Rankings as at 30/09/2014

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20M	60	Karl Tucker	7.34i		9-Feb-14	Essex & Eastern Champs	Lee Valley
U20M	60	Ed Thompson	8.18i		9-Feb-14	Essex & Eastern Champs	Lee Valley
U20M	100	Josh Olawore	10.84	AT U20M 4th	09-Aug-14	BAL R4	Bournemouth
SM	100	Nathan Steele	11.0	AT SM =14th	12-Jul-14	SAL R4	Basingstoke
SM	100	Steele	11.40		09-Aug-14	BAL R4	Bournemouth
U20M	100	Karl Tucker	11.3		19-Apr-14	SAL R1	Norwich
U20M	100	Tucker	11.50w		29-Jun-14	YDL Upper U17-U20 R3	Eltham
U20M	100	Tucker	11.52		05-Apr-14	Woodford Open	Woodford
U20M	100	John Adekoya	11.1	AT U20M =9th	14-Sep-14	Club Champs	Hornchurch
U20M	100	George Hadler	11.4		21-Jun-14	SAL R3	Hornchurch
U20M	100	Jason Ngandu	11.5		12-Jul-14	SAL R4	Basingstoke
SM	100	Richard Holland	11.52w		09-Aug-14	BAL R4	Bournemouth
SM	100	Holland	11.6		19-Apr-14	SAL R1	Norwich
SM	100	Holland	12.03		05-Jul-14	BAL R3	Par
U20M	100	Alex Law	11.8		28-Jun-14	ESAA Regional Multi Event	Corby
U20M	100	A. Law	11.88		20-Sep-14	ESAA National Multi Events	Boston
U20M	100	Sydney Conteh	12.2		02-Aug-14	SAL R5	Portsmouth
SM	100	Dere Coker	12.52		7-Jun-14	BAL R2	Mile End
U20M	100	Ed Thompson	12.6		30-Mar-14	Havering Open	Hornchurch
U20M	100	Matthew Sturges	12.9		30-Mar-14	Havering Open	Hornchurch
SM40	100	Steve Rand	13.51		18-May-14	Essex Champs Day 1	Chelmsford
U20M	200	Josh Olawore	21.76	AT U20M 3rd	09-Aug-14	BAL R4	Bournemouth
U20M	200	George Hadler	22.78		28-May-14	Lee Valley Sprints	Lee Valley
SM	200	Nathan Steele	22.9		02-Aug-14	SAL R5	Portsmouth
SM	200	Steele	23.58		7-Jun-14	BAL R2	Mile End
U20M	200	John Adekoya	23.3		14-Sep-14	Club Champs	Hornchurch
U20M	200	Karl Tucker	23.5		19-Apr-14	SAL R1	Norwich
U20M	200	Tucker	23.79		23-Jul-14	Lee Valley Sprints	Lee Valley
U20M	200	Alex Law	23.6		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
SM	200	Richard Holland	24.4		12-Jul-14	SAL R4	Basingstoke
U20M	200	Sydney Conteh	25.4		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
SM	200	Michael O'Callaghan	25.74		17-May-14	SAL R2	Croydon
SM40	300	Steve Rand	40.63	AT M40 2nd	18-May-14	Essex Champs Day 1	Chelmsford
U20M	400	George Hadler	50.8		19-Apr-14	SAL R1	Norwich
U20M	400	Hadler	51.30i		8-Feb-14	Essex & Eastern Champs	Lee Valley
U20M	400	Hadler	51.87		18-May-14	Essex Champs Day 1	Chelmsford
U20M	400	Alex Law	53.46		05-Jul-14	BAL R3	Par
SM	400	Billy Rungay	54.6		12-Jul-14	SAL R4	Basingstoke
SM	400	Rungay	54.90		09-Aug-14	BAL R4	Bournemouth
SM	400	Paul Kavanagh	55.1		02-Aug-14	SAL R5	Portsmouth
SM	400	Michael O'Callaghan	55.69		17-May-14	SAL R2	Croydon
U20M	400	Ed Thompson	55.9		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U20M	400	Thompson	57.28		10-May-14	BAL R1	Yeovil
U20M	400	Sydney Conteh	56.7		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U20M	400	Conteh	57.66		29-Jun-14	YDL Upper U17-U20 R3	Eltham
SM35	400	Gavin Maley	57.34		7-Jun-14	BAL R2	Mile End
U20M	400	Abdul Mohamed	59.8		27-Apr-14	YDL Upper U17-U20	Mile End
SM35	800	Paul Grange	1:59.29		7-Jun-14	BAL R2	Mile End
SM	800	Paul Kavanagh	2:02.7		12-Jul-14	SAL R4	Basingstoke
SM	800	Billy Rungay	2:04.1		12-Jul-14	SAL R4	Basingstoke
SM	800	Rungay	2:04.24		17-May-14	SAL R2	Croydon
SM	800	Jamie Buckley-Stanton	2:05.40		05-Jul-14	BAL R3	Par
SM40	800	Steve Rand	2:06.3	AT M40 4th	21-Jun-14	SAL R3	Hornchurch
SM40	800	Rand	2:13.21		09-Aug-14	BAL R4	Bournemouth
SM35	800	Gavin Maley	2:10.55		05-Jul-14	BAL R3	Par
U20M	800	Abdul Mohamed	2:10.7		14-Sep-14	Club Champs	Hornchurch
SM45	800	Matthew Bland	2:14.7		30-Mar-14	Havering Open	Hornchurch
SM45	800	Russ Middleton	2:23.85		10-May-14	BAL R1	Yeovil
SM35	1500	Paul Grange	4:15.2		21-Jun-14	SAL R3	Hornchurch
SM35	1500	Grange	4:23.72		7-Jun-14	BAL R2	Mile End
SM	1500	Jamie Buckley-Stanton	4:16.1		21-Jun-14	SAL R3	Hornchurch
SM	1500	Buckley-Stanton	4:20.26		05-Jul-14	BAL R3	Par
SM45	1500	Matthew Bland	4:19.16		24-May-14	Essex Champs Day 2	Chelmsford
SM40	1500	Steve Rand	4:20.66	AT M40 5th	24-May-14	Essex Champs Day 2	Chelmsford
SM35	1500	Jason Lendon	4:29.02		05-Jul-14	BAL R3	Par

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM35	1500	Gavin Maley	4:30.06		09-Aug-14	BAL R4	Bournemouth
SM35	1500	Ian Anthony	4:48.1		02-Aug-14	SAL R5	Portsmouth
SM40	1500	Russ Middleton	4:51.3		19-Apr-14	SAL R1	Norwich
SM	1500	Chris Coates	4:56.1		19-Apr-14	SAL R1	Norwich
U20M	1500	Alex Law	5:44.5		29-Jun-14	ESAA Regional Multi Event	Corby
SM	3000	Rob Warner	9:08.68		10-May-14	BAL R1	Yeovil
SM35	3000	Jason Lendon	9:43.93		10-May-14	BAL R1	Yeovil
SM35	3000	Ian Anthony	9:48.0		12-Jul-14	SAL R4	Basingstoke
SM45	3000	Matt Bland	9:55.14		09-Aug-14	BAL R4	Bournemouth
SM40	3000	Martin Chester	10:28.7		12-Jul-14	SAL R4	Basingstoke
SM40	3000	M. Chester	10:32.36		17-May-14	SAL R2	Croydon
SM	5000	Rob Warner	15:49.61		05-Jul-14	BAL R3	Par
SM45	5000	Matt Bland	16:19.17	AT M45 1st	7-Jun-14	BAL R2	Mile End
SM35	5000	Ian Anthony	16:58.7		02-Aug-14	SAL R5	Portsmouth
SM35	5000	Anthony	17:30.73		7-Jun-14	BAL R2	Mile End
SM40	5000	Martin Chester	17:29.3		19-Apr-14	SAL R1	Norwich
SM	5000	Chris Coates	19:28.6		21-Jun-14	SAL R3	Hornchurch
SM	60H	Jeremy Watson	9.14i		9-Feb-14	Essex & Eastern Champs	Lee Valley
U20M	60HU20M	George Hadler	8.39i		25-Jan-14	London Indor Games	Lee Valley
U20M	60HU20M	Karl Tucker	8.69i		01-Mar-14	England Athletics Champs	Sheffield EIS
U20M	110HU20M	George Hadler	14.89	AT U20 4th	28-May-14	Lee Valley Sprints	Lee Valley
U20M	110HU20M	Karl Tucker	16.21w		05-Apr-14	Woodford Open	Woodford
U20M	110HU20M	Tucker	16.8		30-Mar-14	Havering Open	Hornchurch
U20M	110HU20M	Tucker	16.91		12-Apr-14	Lee Valley Open	Lee Valley
U20M	110HU20M	Alex Law	17.8		29-Jun-14	ESAA Regional Multi Event	Corby
U20M	110HM	George Hadler	15.55	AT U20 2nd	05-Jul-14	BAL R3	Par
SM	110HM	Anthony Williams	16.9		02-Aug-14	SAL R5	Portsmouth
SM	110HM	Jeremy Watson	17.6		19-Apr-14	SAL R1	Norwich
SM	110HM	Watson	18.13		7-Jun-14	BAL R2	Mile End
U20M	110HM	Karl Tucker	18.08		09-Aug-14	BAL R4	Bournemouth
SM35	110HM	Arron Bonning	20.9		12-Jul-14	SAL R4	Basingstoke
SM35	110HM	Bonning	21.85		17-May-14	SAL R2	Croydon
U20M	300HM	George Hadler	39.8	AT U20M 1st	30-Mar-14	Havering Open	Hornchurch
U20M	400HM	George Hadler	55.37		12-Jul-14	English Schools Champs	Birmingham
U20M	400HM	Karl Tucker	60.92		09-Aug-14	BAL R4	Bournemouth
SM	400HM	Jeremy Watson	63.69		7-Jun-14	BAL R2	Mile End
U20M	400HM	Alex Law	67.04		05-Jul-14	BAL R3	Par
U20M	400HM	Ed Thompson	70.1		19-Apr-14	SAL R1	Norwich
SM	400HM	Rob Warner	75.3		02-Aug-14	SAL R5	Portsmouth
SM	400HM	Warner	78.68		17-May-14	SAL R2	Croydon
SM35	400HM	Arron Bonning	78.5		12-Jul-14	SAL R4	Basingstoke
SM	2000SC	Rob Warner	6:13.6		21-Jun-14	SAL R3	Hornchurch
SM35	2000SC	Jason Lendon	6:25.4		21-Jun-14	SAL R3	Hornchurch
SM40	2000SC	Martin Chester	7:17.2		02-Aug-14	SAL R5	Portsmouth
SM	3000SC	Rob Warner	9:37.17		17-May-14	SAL R2	Croydon
SM35	3000SC	Jason Lendon	10:07.19		7-Jun-14	BAL R2	Mile End
SM40	3000SC	Martin Chester	11:11.08		17-May-14	SAL R2	Croydon
SM35	3000SC	Ian Anthony	12:25.5		12-Jul-14	SAL R4	Basingstoke
U20M	HJ	John Adekoya	1.80		14-Sep-14	Club Champs	Hornchurch
U20M	HJ	Alex Law	1.76		05-Jul-14	BAL R3	Par
U20M	HJ	Ed Thompson	1.55		19-Apr-14	SAL R1	Norwich
SM35	HJ	Arron Bonning	1.55		17-May-14	SAL R2	Croydon
SM	HJ	Michael O'Callaghan	1.45		17-May-14	SAL R2	Croydon
SM	HJ	Jeremy Watson	1.40		7-Jun-14	BAL R2	Mile End
U20M	LJ	Josh Olawore	7.28w	AT U20 w/a	09-Aug-14	BAL R4	Bournemouth
U20M	LJ	Olawore	7.17		21-Jun-14	SAL R3	Hornchurch
U20M	LJ	Alex Law	6.82		14-Sep-14	Club Champs	Hornchurch
SM	LJ	Richard Holland	6.59		12-Jul-14	SAL R4	Basingstoke
SM	LJ	Dere Coker	5.57		17-May-14	SAL R2	Croydon
SM	LJ	Nathan Steele	5.55		17-May-14	SAL R2	Croydon
U20M	LJ	Ed Thompson	4.60		27-Apr-14	YDL Upper U17-U20	Mile End
SM35	LJ	Jason Lendon	4.55		7-Jun-14	BAL R2	Mile End
U20M	LJ	Sydney Conteh	4.41		14-Sep-14	Club Champs	Hornchurch
U20M	LJ	Abdul Mohamed	4.22		29-Jun-14	YDL Upper U17-U20 R3	Eltham
SM45	LJ	Russ Middleton	4.09		10-May-14	BAL R1	Yeovil

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20M	LJ	John Adekoya	4.01		19-Apr-14	SAL R1	Norwich
SM	TJ	Anthony Williams	13.02		02-Aug-14	SAL R5	Portsmouth
U20M	TJ	John Adekoya	12.88		19-Apr-14	SAL R1	Norwich
U20M	TJ	Josh Olawore	12.76		10-May-14	BAL R1	Yeovil
U20M	TJ	Alex Law	12.65w		09-Aug-14	BAL R4	Bournemouth
U20M	TJ	A. Law	12.29		19-Aug-14	Woodford Open	Woodford
SM35	TJ	Arron Bonning	11.18		17-May-14	SAL R2	Croydon
SM	TJ	Jeremy Watson	10.64		7-Jun-14	BAL R2	Mile End
SM	TJ	Nathan Steele	10.61		7-Jun-14	BAL R2	Mile End
U20M	PV	Ed Thompson	4.40	AT U20 1st	19-Apr-14	SAL R1	Norwich
SM35	PV	Arron Bonning	3.00		12-Jul-14	SAL R4	Basingstoke
U20M	PV	Alex Law	2.90		29-Jun-14	ESAA Regional Multi Event	Corby
U20M	PV	Matthew Sturges	2.80i		16-Mar-14	EAN Indoor Open	Chelmsford
SM	PV	Jeremy Watson	1.40		19-Apr-14	SAL R1	Norwich
SM	SP7.26K	Laurence Goodacre	15.34	AT SM 2nd	09-Aug-14	BAL R4	Bournemouth
SM	SP7.26K	Emmanuel Quarshie	14.48	AT SM 3rd	3-May-14	BUCS Champs	Bedford
U20M	SP7.26K	Duane Jibunoh	12.57	AT U20 2nd	19-Apr-14	SAL R1	Norwich
SM	SP7.26K	Craig Lacy	12.22	AT SM 17th	14-Sep-14	Club Champs	Hornchurch
U20M	SP7.26K	Alex Law	9.75		21-Jun-14	SAL R3	Hornchurch
SM35	SP7.26K	Arron Bonning	9.58		17-May-14	SAL R2	Croydon
SM	SP7.26K	Sam Harrison	8.92		19-Apr-14	SAL R1	Norwich
SM	SP7.26K	Nathan Steele	7.60		12-Jul-14	SAL R4	Basingstoke
U20M	SP6K	Duane Jibunoh	14.46	AT U20 3rd	27-Apr-14	YDL Upper U17-U20	Mile End
U20M	SP6K	Alex Law	11.20		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U20M	SP6K	Karl Tucker	7.78		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
U20M	DT2K	Duane Jibunoh	46.51	AT U20 2nd	19-Apr-14	SAL R1	Norwich
SM	DT2K	Craig Lacy	37.46	AT SM 16th	14-Sep-14	Club Champs	Hornchurch
SM	DT2K	Laurence Goodacre	36.91	AT SM 19th	18-May-14	Essex Champs Day 1	Chelmsford
SM	DT2K	Danny Wilson	35.40		12-Jul-14	SAL R4	Basingstoke
SM	DT2K	Emmanuel Quarshie	32.56		21-Jun-14	SAL R3	Hornchurch
SM35	DT2K	Arron Bonning	25.51		12-Jul-14	SAL R4	Basingstoke
U20M	DT2K	Alex Law	24.70		02-Aug-14	SAL R5	Portsmouth
U20M	DT1.75K	Duane Jibunoh	50.52	AT U20 2nd	15-Jun-14	SEAA U20 Champs	Crystal Palace
U20M	DT1.75K	Alex Law	27.38		01-Jun-14	YDL Upper U17-U20 R2	Sandy
U20M	DT1.75K	John Adekoya	14.45		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
SM	HT7.26K	Craig Lacy	40.01	AT SM 12th	05-Jul-14	BAL R3	Par
SM	HT7.26K	Sam Harrison	28.80		19-Apr-14	SAL R1	Norwich
SM	HT7.26K	Georgie Bean	24.53		10-May-14	BAL R1	Yeovil
U20M	HT7.26K	Duane Jibunoh	23.12		7-Jun-14	BAL R2	Mile End
SM	HT7.26K	Laurence Goodacre	22.62		09-Aug-14	BAL R4	Bournemouth
SM	HT7.26K	Emmanuel Quarshie	22.09		09-Aug-14	BAL R4	Bournemouth
SM35	HT7.26K	Arron Bonning	20.68		12-Jul-14	SAL R4	Basingstoke
SM	HT7.26K	Jeremy Watson	18.02		19-Apr-14	SAL R1	Norwich
SM55	HT7.26K	Kevin White	8.06		17-May-14	SAL R2	Croydon
U20M	HT6K	Karl Tucker	16.45		27-Apr-14	YDL Upper U17-U20	Mile End
U20M	HT6K	Ed Thompson	15.67		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
SM	JT800	Craig Lacy	65.99	AT SM 2nd	24-Aug-14	CAU Inter Counties	Bedford
U20M	JT800	Duane Jibunoh	50.15	AT U20 6th	19-Apr-14	SAL R1	Norwich
SM	JT800	Georgie Bean	47.72		10-May-14	BAL R1	Yeovil
SM	JT800	Sam Harrison	46.60		05-Jul-14	BAL R3	Par
U20M	JT800	Josh Olawore	44.49		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
SM	JT800	Patrick Lear	41.28		7-Jun-14	BAL R2	Mile End
U20M	JT800	Alex Law	40.72		27-Jul-14	YDL Upper U17-U20 R4	Walthamstow
SM35	JT800	Arron Bonning	37.80		17-May-14	SAL R2	Croydon
SM	JT800	Danny Wilson	31.41		12-Jul-14	SAL R4	Basingstoke
U20M	DecU20M	Alex Law	4518		29-Jun-14	ESAA Regional Multi Event	Corby