

Havering AC Male 2015 Rankings as at 30-09-15

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM	60	Josh Olawore	7.02i		20-Feb-15	BUCS Champs	Sheffield
U20M	60	Lewis Bailey	7.29i		7-Feb-15	Essex & Eastern Champs	Lee Valley
U20M	60	Karl Tucker	7.67i		20-Feb-15	BUCS Champs	Sheffield
U20M	60	Sydney Conteh	7.68i		7-Feb-15	Essex & Eastern Champs	Lee Valley
U20M	60	Rian Branton	8.21i		7-Feb-15	Essex & Eastern Champs	Lee Valley
SM	100	Josh Olawore	10.72	AT SM 5th	11-Jul-15	BAL R3	Exeter
U20M	100	Lewis Bailey	10.90w	AT U20 w/a	06-Jun-15	BAL R2	Reading
U20M	100	L. Bailey	11.10	AT U20 9th=	13-Jun-15	SEAA U20/Senior Champs	Lee Valley
SM	100	Nathan Steele	10.9	AT SM 9th=	04-Jul-15	SAL R4	Cambridge
SM	100	Steele	11.17w		11-Jul-15	BAL R3	Exeter
SM	100	Steele	11.29		09-Aug-15	Newham Open	Newham
U20M	100	Rotimi Kuye	11.2		16-May-15	YDL Upper U17-U20	Chelmsford
U20M	100	Kuye	11.21w		11-Jul-15	BAL R3	Exeter
U20M	100	Kuye	11.26		23-May-15	Essex Champs Day 1	Chelmsford
SM	100	Jimi Tele	11.21		06-Jun-15	BAL R2	Reading
SM	100	John Adekoya	11.3		04-Jul-15	SAL R4	Cambridge
SM	100	Ayomide Akingbehin	11.4		20-Jun-15	SAL R3	St Albans
U20M	100	Sydney Conteh	11.5		04-Jul-15	SAL R4	Cambridge
SM35	100	Wolex Coker	11.7		25-Apr-15	SAL R1	Ipswich
SM	100	George Hadler	11.71w		09-May-15	BAL R1	Portsmouth
U20M	100	Karl Tucker	11.74		09-Aug-15	Newham Open	Newham
U20M	100	Sam Omo-Olofin	12.1		25-Apr-15	SAL R1	Ipswich
U20M	100	Omo-Olofin	12.49w		18-Apr-15	YDL Upper U17-U20	Ashford
U20M	100	Rian Branton	12.1		20-Jun-15	SAL R3	St Albans
U20M	100	Josh Ajibawo	12.3		04-Jul-15	SAL R4	Cambridge
SM	100	Laurence Goodacre	13.0		29-Mar-15	Havering Spring Warm Up	Hornchurch
U20M	100	Ed Thompson	13.2		13-Sep-15	Club Champs	Hornchurch
U20M	100	Matthew Braybrook	13.37		09-Jun-15	Woodford Open	Woodford
U20M	100	Bradley West	13.53		09-Jun-15	Woodford Open	Woodford
SM	200	Josh Olawore	21.21w	AT SM w/a	11-Jul-15	BAL R3	Exeter
SM	200	Olawore	22.12		08-Aug-15	BAL R4	Chelmsford
U20M	200	Rotimi Kuye	22.4		16-May-15	YDL Upper U17-U20	Chelmsford
U20M	200	Kuye	22.49		24-May-15	Essex Champs Day 2	Chelmsford
U20M	200	Lewis Bailey	22.4		04-Jul-15	SAL R4	Cambridge
U20M	200	L. Bailey	22.55w		18-Apr-15	YDL Upper U17-U20	Ashford
U20M	200	L. Bailey	22.57		24-May-15	Essex Champs Day 2	Chelmsford
SM	200	Nathan Steele	23.3		15-Aug-15	SAL R5	Dartford
SM	200	George Hadler	23.69w		09-May-15	BAL R1	Portsmouth
U20M	200	Ayomide Akingbehin	23.7		20-Jun-15	SAL R3	St Albans
U20M	200	Sydney Conteh	24.3		20-Jun-15	SAL R3	St Albans
U20M	200	Conteh	24.69		14-Jun-15	SEAA U2-/Senior Champs	Lee Valley
U20M	200	Michael Duncan	24.49w		04-Aug-15	Woodford Open	Woodford
U20M	200	Duncan	25.0		31-May-15	SAL R2	Ashford
SM	200	Richard Holland	25.0		25-Apr-15	SAL R1	Ipswich
U20M	200	Sam Omo-Olofin	25.7		13-Sep-15	Club Champs	Hornchurch
U20M	200	Bradley West	26.58		09-Jun-15	Woodford Open	Woodford
U20M	200	Ed Thompson	26.68		09-May-15	BAL R1	Portsmouth
U20M	200	Matthew Braybrook	26.73		09-Jun-15	Woodford Open	Woodford
SM35	300	Paul Grange	38.18		23-May-15	Essex Champs Day 1	Chelmsford

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20M	400	Tom Pitkin	50.5		15-Aug-15	SAL R5	Dartford
U20M	400	Pitkin	50.55		09-May-15	BAL R1	Portsmouth
SM35	400	Paul Grange	52.5		20-Jun-15	SAL R3	St Albans
U20M	400	Michael Duncan	53.45		28-Jun-15	YDL Upper U17-U20	Mile End
U20M	400	Alex Law	53.69		09-May-15	BAL R1	Portsmouth
SM	400	Billy Rungay	53.73		27-May-15	Cambridge Harriers Open	Eltham
SM	400	Nathan Steele	55.04		11-Jul-15	BAL R3	Exeter
U20M	400	Matthew Braybrook	55.5		13-Sep-15	Club Champs	Hornchurch
SM	400	Michael O'Callaghan	56.5		15-Aug-15	SAL R5	Dartford
U20M	400	Bradley West	56.67		06-Jul-15	Medway & Maidstone Open	Gillingham
SM	400	Paul Kavanagh	56.9		25-Apr-15	SAL R1	Ipswich
U20M	400	Ed Thompson	57.15		11-Jul-15	BAL R3	Exeter
U20M	400	Sydney Conteh	57.6		13-Sep-15	Club Champs	Hornchurch
U20M	400	Conteh	57.77i		1-Jan-15	Lee Valley Open	Lee Valley
U20M	600	Matthew Braybrook	1:30.97		5-Apr-15	Newham Open	Newham
U20M	600	Bradley West	1:34.90		5-Apr-15	Newham Open	Newham
SM35	800	Paul Grange	1:54.76	SM AT 18th	08-Aug-15	BAL R4	Chelmsford
SM	800	Paul Kavanagh	2:02.2		20-Jun-15	SAL R3	St Albans
U20M	800	Tom Pitkin	2:03.9		13-Sep-15	Club Champs	Hornchurch
U20M	800	Pitkin	2:05.52		11-Apr-15	Medway & Maidstone Open	Gillingham
SM	800	Billy Rungay	2:04.94		06-Jun-15	BAL R2	Reading
U20M	800	George Dixon	2:06.4		15-Aug-15	SAL R5	Dartford
U20M	800	Michael Duncan	2:06.87i		8-Feb-15	Essex & Eastern Champs	Lee Valley
U20M	800	Duncan	2:20.03		18-Apr-15	YDL Upper U17-U20	Ashford
U20M	800	Matthew Braybrook	2:08.3		20-Jun-15	SAL R3	St Albans
U20M	800	Braybrook	2:09.67		28-Jun-15	YDL Upper U17-U20	Mile End
U20M	800	Abdul Mohamed	2:09.5		13-Sep-15	Club Champs	Hornchurch
U20M	800	Bradley West	2:09.71		04-May-15	Mile End Open	Mile End
U20M	800	Abdul Mohamed	2:11.97		18-Apr-15	YDL Upper U17-U20	Ashford
SM	800	Jamie Buckley-Stanton	2:13.62		08-Aug-15	BAL R4	Chelmsford
SM35	1500	Paul Grange	4:04.13		08-Aug-15	BAL R4	Chelmsford
SM	1500	Jamie Buckley-Stanton	4:15.35		11-Jul-15	BAL R3	Exeter
SM40	1500	Steve Rand	4:24.93		24-May-15	Essex Champs Day 2	Chelmsford
SM45	1500	Matt Bland	4:27.84		24-May-15	Essex Champs Day 2	Chelmsford
U20M	1500	Matthew Braybrook	4:34.7		29-Mar-15	Havering Spring Warm Up	Hornchurch
SM	1500	Abdul Mohamed	4:38.2		31-May-15	SAL R2	Ashford
U20M	1500	Bradley West	4:46.37		18-Apr-15	YDL Upper U17-U20	Ashford
SM35	1500	Jason Crispin	4:52.7		20-Jun-15	SAL R3	St Albans
SM	3000	Rob Warner	9:06.30		08-Aug-15	BAL R4	Chelmsford
SM35	3000	Alfie Waithaka	9:11.88		08-Aug-15	BAL R4	Chelmsford
SM45	3000	Matt Bland	9:45.70		09-May-15	BAL R1	Portsmouth
U20M	3000	Matthew Braybrook	10:09.95		18-Apr-15	YDL Upper U17-U20	Ashford
SM50	3000	Simon Hart	10:11.7		31-May-15	SAL R2	Ashford
SM35	3000	Jason Crispin	10:13.4		04-Jul-15	SAL R4	Cambridge
SM40	3000	Martin Chester	10:24.1		04-Jul-15	SAL R4	Cambridge
U20M	3000	Bradley West	10:31.01		6-Apr-15	Tonbridge Open	Tonbridge
SM35	3000	Paul Grange	10:32.3		31-May-15	SAL R2	Ashford
U20M	3000	Euan Harlow	10:35.71		28-Jun-15	YDL Upper U17-U20	Mile End
SM	5000	Rob Warner	15:18.3	SM AT 20th	20-Jun-15	SAL R3	St Albans
SM	5000	Warner	15:29.95		24-May-15	Essex Champs Day 2	Chelmsford
SM35	5000	Alfie Waithaka	16:13.54		06-Jun-15	BAL R2	Reading
SM45	5000	Matt Bland	17:12.8		15-Aug-15	SAL R5	Dartford
SM45	5000	Bland	17:14.73		11-Jul-15	BAL R3	Exeter
SM35	5000	Jason Crispin	17:30.9		20-Jun-15	SAL R3	St Albans

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20M	110HU20M	Karl Tucker	16.84		09-Aug-15	Newham Open	Newham
SM	110H	George Hadler	15.01w	SM AT w/a	21-Jun-15	EA U20-U23 Champs	Bedford
SM	110H	Hadler	15.4	SM AT 9th	04-Jul-15	SAL R4	Cambridge
SM	110H	Hadler	15.57		03-May-15	BUCS Champs	Bedford
U20M	110H	Karl Tucker	17.95		08-Aug-15	BAL R4	Chelmsford
SM35	110H	Arron Bonning	21.1		25-Apr-15	SAL R1	Ipswich
U20M	110H	Sydney Conteh	23.8		15-Aug-15	SAL R5	Dartford
U20M	300HU18M	Thomas Pitkin	41.0		29-Mar-15	Havering Spring Warm Up	Hornchurch
U20M	400HU18M	Tom Pitkin	54.43		31-May-15	Bedford International Games	Bedford
U20M	400H	Tom Pitkin	55.7	U20M AT 5th	15-Aug-15	SAL R5	Dartford
U20M	400H	Pitkin	55.93		10-Jul-15	ESAA Champs	Gateshead
SM	400H	George Hadler	57.28		09-May-15	BAL R1	Portsmouth
U20M	400H	Karl Tucker	65.32		11-Jul-15	BAL R3	Exeter
U20M	400H	Lewis Middleton	74.0		31-May-15	SAL R2	Ashford
SM35	400H	Arron Bonning	83.0		31-May-15	SAL R2	Ashford
SM	2KSC	Rob Warner	6:24.1		20-Jun-15	SAL R3	St Albans
U20M	2KSC	Matthew Braybrook	7:16.5		15-Aug-15	SAL R5	Dartford
SM	3KSC	Rob Warner	9:42.07		06-Jun-15	BAL R2	Reading
SM40	3KSC	Jason Lendon	10:14.04	SM40 AT 1st	08-Aug-15	BAL R4	Chelmsford
SM35	3KSC	Paul Grange	11:20.5		04-Jul-15	SAL R4	Cambridge
SM40	3KSC	Martin Chester	11:55.6		31-May-15	SAL R2	Ashford
SM	3KSC	Chris Coates	14:45.0		31-May-15	SAL R2	Ashford
SM	LJ	Josh Olawore	7.49	SM AT 3rd	15-Aug-15	SAL R5	Dartford
U20M	LJ	Alex Law	6.92		16-May-15	YDL Upper U17-U20	Chelmsford
SM	LJ	Richard Holland	6.50w		11-Jul-15	BAL R3	Exeter
SM	LJ	Holland	6.37		25-Apr-15	SAL R1	Ipswich
U20M	LJ	Lewis Middleton	5.29		28-Jun-15	YDL Upper U17-U20	Mile End
U20M	LJ	Sydney Conteh	5.19		09-May-15	BAL R1	Portsmouth
U20M	LJ	Matthew Braybrook	4.87		13-Sep-15	Club Champs	Hornchurch
U20M	LJ	Rotimi Kuye	4.36		18-Apr-15	YDL Upper U17-U20	Ashford
SM	TJ	Jimi Tele	15.25	SM AT 3rd	03-May-15	Atlantic 10 Champs	Fairfax, USA
SM	TJ	John Adekoya	13.42	SM AT 18th	04-Jul-15	SAL R4	Cambridge
SM	TJ	Nathan Steele	11.74		04-Jul-15	SAL R4	Cambridge
SM35	TJ	Arron Bonning	11.33		31-May-15	SAL R2	Ashford
SM	TJ	Laurence Goodacre	10.49		09-May-15	BAL R1	Portsmouth
U20M	TJ	Michael Duncan	10.38		28-Jun-15	YDL Upper U17-U20	Mile End
U20M	TJ	Sydney Conteh	10.03		16-May-15	YDL Upper U17-U20	Chelmsford
U20M	TJ	Abdul Mohamed	9.90		18-Apr-15	YDL Upper U17-U20	Ashford
SM40	HJ	Gintalas Varanauskas	1.95	SM40 AT 1st	26-Jul-15	BMAF Champs	Birmingham
SM	HJ	John Adekoya	1.80		20-Jun-15	SAL R3	St Albans
U20M	HJ	Alex Law	1.75		18-Apr-15	YDL Upper U17-U20	Ashford
U20M	HJ	Lewis Middleton	1.65		31-May-15	SAL R2	Ashford
U20M	HJ	Ed Thompson	1.55		16-May-15	YDL Upper U17-U20	Chelmsford
SM35	HJ	Arron Bonning	1.50		20-Jun-15	SAL R3	St Albans
U20M	PV	Ed Thompson	4.30i		17-Jan-15	SEAA Indoor Champs	Lee Valley
U20M	PV	Thompson	4.30		08-Aug-15	BAL R4	Chelmsford
SM35	PV	Arron Bonning	2.80		31-May-15	SAL R2	Ashford
SM60	PV	Stuart Tufton	2.70		15-Aug-15	SAL R5	Dartford
U20M	PV	Alex Law	2.05		28-Jun-15	Schools Regional Multis	Bedford

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM	SP7.26K	Laurence Goodacre	15.82	SM AT 1st	06-Jun-15	BAL R2	Reading
SM	SP7.26K	Emmanuel Quarshie	13.83i		21-Feb-15	BUCS Champs	Sheffield
SM	SP7.26K	Danny Wilson	11.08		15-Aug-15	SAL R5	Dartford
U20M	SP7.26K	Alex Law	10.52	U20M AT 9th	08-Aug-15	BAL R4	Chelmsford
SM	SP7.26K	Duane Jibunoh	10.12		06-Jun-15	BAL R2	Reading
SM	SP7.26K	Arron Bonning	9.79		20-Jun-15	SAL R3	St Albans
SM	SP7.26K	John Adekoya	9.60		13-Sep-15	Club Champs	Hornchurch
SM	SP7.26K	Sam Harrison	9.59		04-Jul-15	SAL R4	Cambridge
U20M	SP7.26K	Edward Brinton-Quinn	7.09		25-Apr-15	SAL R1	Ipswich
U20M	SP6K	Alex Law	12.54	U20M AT 8th	13-Sep-15	Club Champs	Hornchurch
U20M	SP6K	Michael Duncan	8.31		29-Mar-15	Havering Spring Warm Up	Hornchurch
U20M	SP6K	Lewis Middleton	8.20		28-Jun-15	YDL Upper U17-U20	Mile End
U20M	SP6K	Edward Brinton-Quinn	7.59		13-Sep-15	Club Champs	Hornchurch
SM	DT2K	Duane Jibunoh	43.98		06-Jun-15	BAL R2	Reading
SM	DT2K	Laurence Goodacre	39.43	SM AT 11th	09-May-15	BAL R1	Portsmouth
SM	DT2K	Alex Goodacre	32.69		15-Aug-15	SAL R5	Dartford
SM	DT2K	Danny Wilson	32.16		04-Jul-15	SAL R4	Cambridge
U20M	DT2K	Michael Duncan	29.30	U20M AT 10th	15-Aug-15	SAL R5	Dartford
SM35	DT2K	Arron Bonning	26.96		31-May-15	SAL R2	Ashford
SM55	DT2K	Kevin White	25.18		25-Apr-15	SAL R1	Ipswich
SM	DT2K	Sam Harrison	25.03		11-Jul-15	BAL R3	Exeter
U20M	DT1.75K	Michael Duncan	35.26	U20M AT 8th	13-Sep-15	Club Champs	Bury St Edmunds
U20M	DT1.75K	Alex Law	27.77		28-Jun-15	ESAA East Region Multis	Chelmsford
U20M	DT1.75K	Edward Brinton-Quinn	22.73		16-May-15	YDL Upper U17-U20	Chelmsford
U20M	DT1.75K	Matthew Braybrook	11.28		28-Jun-15	YDL Upper U17-U20	Mile End
SM	JT800	Georgie Bean	57.28	SM AT 6th	5-Sep-15	Hibberd & Bemax Trophy	Ipswich
SM	JT800	Sam Harrison	47.02		08-Aug-15	BAL R4	Chelmsford
U20M	JT800	Alex Law	43.17		26-Sep-15	Biggleswade Open	Sandy
SM35	JT800	Arron Bonning	37.70		31-May-15	SAL R2	Ashford
U20M	JT800	Michael Duncan	31.99		16-May-15	YDL Upper U17-U20	Chelmsford
SM	JT800	John Adekoya	29.59		13-Sep-15	Club Champs	Hornchurch
U20M	JT800	Ed Thompson	29.18		13-Sep-15	Club Champs	Hornchurch
U20M	JT800	Lewis Middleton	23.23		28-Jun-15	YDL Upper U17-U20	Mile End
U20M	JT800	Edward Brinton-Quinn	13.71		18-Apr-15	YDL Upper U17-U20	Ashford
U20M	JT800	Bradley West	4.97		28-Jun-15	YDL Upper U17-U20	Mile End
SM	HT7.26K	Sam Harrison	32.77	SM AT 16th	25-Apr-15	SAL R1	Ipswich
SM	HT7.26K	Danny Wilson	23.74		04-Jul-15	SAL R4	Cambridge
SM	HT7.26K	Georgie Bean	23.73		15-Aug-15	SAL R5	Dartford
SM	HT7.26K	Laurence Goodacre	20.53		06-Jun-15	BAL R2	Reading
SM	HT7.26K	Duane Jibunoh	19.66		09-May-15	BAL R1	Portsmouth
U20M	HT7.26K	Edward Brinton-Quinn	18.06		20-Jun-15	SAL R3	St Albans
U20M	HT7.26K	Michael Duncan	14.46		31-May-15	SAL R2	Ashford
U20M	HT6K	Michael Duncan	18.88		16-May-15	YDL Upper U17-U20	Chelmsford
U20M	HT6K	Edward Brinton-Quinn	18.10		16-May-15	YDL Upper U17-U20	Chelmsford
U20M	HT6K	Karl Tucker	16.64		28-Jun-15	YDL Upper U17-U20	Mile End
U20M	HT6K	Bradley West	4.68		28-Jun-15	YDL Upper U17-U20	Mile End