

Havering AC Male 2016 Rankings as at 21-09-16

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM	60	Josh Olawore	7.04i		3-Feb-16	Inter Varsity	Lee Valley
SM	60	Karl Tucker	7.25i		7-Feb-16	Windsor Open	Windsor
U20M	60	Matthew Owers	7.3i		13-Mar-16	EAN Indoor Open	Chelmsford
U20M	60	Owers	7.44i		6-Feb-16	Essex & Eastern Champs	Lee Valley
SM	60	Sydney Conteh	7.54i		16-Jan-16	SEAA Indoor Champs	Lee Valley
U20M	60	Richard Peel	7.57i		31-Jan-16	New Year Open	Lee Valley
SM	100	Josh Olawore	10.61w	AT SM w/a	04-Jun-16	BAL R2	Chelmsford
SM	100	Olawore	10.66	AT SM 5th	02-Jul-16	BAL R3	Bournemouth
SM	100	Nathan Steele	10.88w	AT SM w/a	04-Jun-16	BAL R2	Chelmsford
SM	100	Steele	11.03		20-Jul-16	Lee Valley Open	Lee Valley
U20M	100	Lewis Bailey	10.95w		29-May-16	YDL UAG R2	Eltham
U20M	100	Bailey	11.04	AT U20M 8th	14-May-16	Essex Championships	Chelmsford
U20M	100	Ayo Akingbehin	11.1	AT U20M 10th=	24-Jul-16	YDL UAG R4	Medway Park
U20M	100	Timi Kuye	11.16		14-May-16	Essex Championships	Chelmsford
SM	100	Karl Tucker	11.29		20-Jul-16	Lee Valley Open	Lee Valley
U20M	100	Fraser Boston	11.37w		29-May-16	YDL UAG R2	Eltham
U20M	100	Boston	11.6		03-Apr-16	Havering Spring Open	Hornchurch
U20M	100	Boston	11.67		01-May-16	YDL UAG R1	Ashford
SM	100	Sydney Conteh	11.49		02-Jul-16	BAL R3	Bournemouth
U20M	100	Richard Peel	11.6		18-Sep-16	Havering Club Champs	Hornchurch
U20M	100	Peel	11.94		29-Aug-16	Southend Open	Southend
SM	100	Alex Law	11.73		22-Jun-16	Dartford Open	Dartford
U20M	100	Ben Gad	11.8		09-Jul-16	SAL R4	Bury St Edmunds
U20M	100	Gad	11.86		26-Jun-16	YDL UAG R3	Eltham
U20M	100	Elliott Addison	11.8		18-Sep-16	Havering Club Champs	Hornchurch
U20M	100	Addison	11.83		14-May-16	Essex Championships	Chelmsford
SM	100	George Hadler	11.87		09-Apr-16	Lee Valley Open	Lee Valley
SM	100	Matthew Owers	11.87		06-Aug-16	BAL R3	Yeovil
U20M	100	Josh Ajibawo	12.13		02-Jul-16	BAL R3	Bournemouth
U20M	100	Elliott Vaughan	12.2		22-May-16	SAL R2	Hornchurch
SM	100	Adam McCarthy	12.35		17-Aug-16	Lee Valley Open	Lee Valley
U20M	100	Samuel Omo-Olofin	12.39		26-Jun-16	YDL UAG R3	Eltham
SM	200	Josh Olawore	21.18w	AT SM w/a	02-Jul-16	BAL R2	Bournemouth
SM	200	Olawore	21.35	AT SM 1st	04-Jun-16	BAL R2	Chelmsford
U20M	200	Lewis Bailey	22.15w	AT U20M w/a	02-Jul-16	BAL R2	Bournemouth
U20M	200	Bailey	22.27		04-Jun-16	BAL R2	Chelmsford
U20M	200	Timi Kuye	22.44w		15-May-16	Essex Championships	Chelmsford
U20M	200	Kuye	22.6		16-Apr-16	SAL R1	Cambridge
U20M	200	Kuye	23.06		07-May-16	BAL R1	Carn Brea
SM	200	Nathan Steele	22.87		04-Jun-16	BAL R2	Chelmsford
U20M	200	Fraser Boston	23.10		29-May-16	YDL UAG R2	Eltham
SM	200	Sydney Conteh	23.3		22-May-16	SAL R2	Hornchurch
SM	200	Conteh	23.45		15-May-16	Essex Championships	Chelmsford
U20M	200	Ayo Akingbehin	23.3		24-Jul-16	YDL UAG R4	Medway Park
SM	200	Karl Tucker	23.42		28-May-16	London Colleges	Battersea Park
U20M	200	Elliott Addison	23.57		26-Jun-16	YDL UAG R3	Eltham
U20M	200	Matthew Owers	23.66i		16-Jan-16	SEAA Indoor Champs	Lee Valley
U20M	200	Owers	23.7		24-Jul-16	YDL UAG R4	Medway Park
U20M	200	Richard Peel	23.8		22-May-16	SAL R2	Hornchurch
U20M	200	Peel	24.31		14-May-16	Essex Championships	Chelmsford
U20M	200	Ben Gad	23.8		24-Jul-16	YDL UAG R4	Medway Park
SM35	200	Paul Grange	24.1		03-Apr-16	Havering Spring Open	Hornchurch
U20M	200	Elliott Vaughan	24.5		22-May-16	SAL R2	Hornchurch
SM	200	Richard Holland	24.51		04-Jun-16	BAL R2	Chelmsford
U20M	200	Samuel Omo-Olofin	24.9		22-May-16	SAL R2	Hornchurch
U20M	200	Omo-Olofin	25.10		29-May-16	YDL UAG R2	Eltham
SM	200	Michael O'Callaghan	25.47		29-Aug-16	Southend Open	Southend
U20M	200	Josh Ajibawo	25.52w		02-Jul-16	BAL R3	Bournemouth
U20M	200	Josh Ajibawo	26.28		01-May-16	YDL UAG R1	Ashford
U20M	200	Michael Duncan	25.9		20-Aug-16	SAL R5	Colchester
SM35	300	Paul Grange	37.30		14-May-16	Essex Championships	Chelmsford

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20M	400	Thomas Pitkin	51.01i		30-Jan-16	London Indoor Games	Lee Valley
U20M	400	Pitkin	52.99		29-May-16	YDL UAG R2	Eltham
U20M	400	Matthew Owers	51.95i		7-Feb-16	Essex & Eastern Champs	Lee Valley
U20M	400	Owers	53.1		18-Jun-16	SAL R3	Welwyn GC
U20M	400	Owers	53.39		26-Jun-16	YDL UAG R3	Eltham
U20M	400	Lewis Bailey	52.1		03-Apr-16	Havering Spring Open	Hornchurch
U20M	400	Fraser Boston	52.4		24-Jul-16	YDL UAG R4	Medway Park
U20M	400	Boston	53.87		14-May-16	Essex Championships	Chelmsford
SM	400	Adam McCarthy	52.79		03-Aug-16	Active Newham Series	Newham
U20M	400	Alex McCree	52.89		01-May-16	YDL UAG R1	Ashford
SM	400	Sydney Conteh	53.2		18-Jun-16	SAL R3	Welwyn GC
SM	400	Conteh	53.59		06-Aug-16	BAL R3	Yeovil
U20M	400	Michael Duncan	53.3		22-May-16	SAL R2	Hornchurch
U20M	400	Duncan	54.11		04-Jun-16	BAL R2	Chelmsford
U20M	400	Elliot Vaughan	53.9		24-Jul-16	YDL UAG R4	Medway Park
U20M	400	Elliott Addison	55.37		14-May-16	Essex Championships	Chelmsford
SM	400	Michael O'Callaghan	56.0		16-Apr-16	SAL R1	Cambridge
U20M	400	Kieran O'Hara T20	56.18		25-Jun-16	MENCAP Champs	Cudworth
U20M	400	Sam Omo-Olofin	56.75		29-May-16	YDL UAG R2	Eltham
SM35	400	Gavin Maley	63.20		07-May-16	BAL R1	Carn Brea
SM35	800	Paul Grange	1:53.46	AT SM 10th	04-Jun-16	BAL R2	Chelmsford
U20M	800	Finn Hutton	1:56.72		06-Aug-16	BAL R3	Yeovil
SM	800	Jamie Buckley-Stanton	2:02.62		07-May-16	BAL R1	Carn Brea
U20M	800	Ben Davis	2:04.2		03-Apr-16	Havering Spring Open	Hornchurch
U20M	800	Davis	2:08.66		01-May-16	YDL UAG R1	Ashford
U20M	800	Thomas Pitkin	2:05.1		03-Apr-16	Havering Spring Open	Hornchurch
U20M	800	George Dixon	2:05.1		22-May-16	SAL R2	Hornchurch
SM	800	Adam McCarthy	2:05.3		09-Jul-16	SAL R4	Bury St Edmunds
U20M	800	Michael Duncan	2:06.41i		7-Feb-16	Essex & Eastern Champs	Lee Valley
U20M	800	Duncan	2:07.4		16-Apr-16	SAL R1	Cambridge
SM40	800	Steve Rand	2:09.1		22-May-16	SAL R2	Hornchurch
U20M	800	Kieran O'Hara T20	2:10.0		18-Sep-16	Havering Club Champs	Hornchurch
U20M	800	O'Hara	2:10.66		14-May-16	Essex Championships	Chelmsford
SM45	800	Matt Bland	2:12.97	AT SM45 2nd	10-Aug-16	Watford Open	Watford
U20M	800	Abdul Mohamed	2:14.4		03-Apr-16	Havering Spring Open	Hornchurch
U20M	800	James Stewart	2:16.59		04-Jul-16	Mile End Open	Mile End
U20M	800	Aidan Elmore	2:24.4		24-Jul-16	YDL UAG R4	Medway Park
U20M	800	Elliott Addison	2:26.0		24-Jul-16	YDL UAG R4	Medway Park
SM35	1500	Paul Grange	4:06.4		22-May-16	SAL R2	Hornchurch
SM35	1500	Grange	4:08.35		04-Jun-16	BAL R2	Chelmsford
U20M	1500	Ben Davis	4:06.94		27-Jul-16	Watford Open	Watford
SM	1500	Jamie Buckley-Stanton	4:16.85		07-May-16	BAL R1	Carn Brea
SM45	1500	Matt Bland	4:21.61		15-May-16	Essex Championships	Chelmsford
SM40	1500	Steve Rand	4:28.77		15-May-16	Essex Championships	Chelmsford
U20M	1500	Kieran O'Hara T20	4:35.7		22-May-16	SAL R2	Hornchurch
U20M	1500	O'Hara T20	4:38.33		01-May-16	YDL UAG R1	Ashford
U20M	1500	James Stewart	4:36.3		22-May-16	SAL R2	Hornchurch
U20M	1500	Stewart	4:39.78		29-Aug-16	Southend Open	Southend
SM35	1500	Rob Warner	4:39.60		04-Jun-16	BAL R2	Chelmsford
SM50	1500	Paul Berrett	4:52.0		18-Jun-16	SAL R3	Welwyn GC
SM40	1500	Martin Chester	5:01.78		06-Aug-16	BAL R3	Yeovil
U20M	1500	Aidan Elmore	5:02.2		24-Jul-16	YDL UAG R4	Medway Park
U20M	1500	Elmore	5:13.16		26-Jun-16	YDL UAG R3	Eltham
SM35	1500	Jason Crispin	5:09.5		09-Jul-16	SAL R4	Bury St Edmunds
SM35	Mile	Paul Grange	4:29.14		3-Feb-16	Dream Mile	Lee Valley
SM	3000	Rob Warner	9:07.82		06-Aug-16	BAL R3	Yeovil
SM40	3000	Jason Lendon	9:28.95	AT SM40 4th	07-May-16	BAL R1	Carn Brea
SM45	3000	Matt Bland	9:29.98		07-May-16	BAL R1	Carn Brea
U20M	3000	James Stewart	10:01.50		01-May-16	YDL UAG R1	Ashford
SM35	3000	Ian Anthony	10:28.1		22-May-16	SAL R2	Hornchurch
U20M	3000	Euan Harlow	10:32.96		26-Jun-16	YDL UAG R3	Eltham
SM35	3000	Jason Crispin	10:51.5		09-Jul-16	SAL R4	Bury St Edmunds
U20M	3000	Aidan Elmore	11:41.18		01-May-16	YDL UAG R1	Ashford

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM35	5000	Rob Warner	16:15.67		02-Jul-16	BAL R2	Bournemouth
SM35	5000	Alfie Waithaka	16:32.98		04-Jun-16	BAL R2	Chelmsford
SM45	5000	Matt Bland	16:33.81		04-Jun-16	BAL R2	Chelmsford
SM35	5000	Paul Grange	17:20.4		16-Apr-16	SAL R1	Cambridge
SM35	5000	Ian Anthony	18:03.7		18-Jun-16	SAL R3	Welwyn GC
SM	110H	George Hadler	15.59w		23-Apr-16	Loughborough Open	Loughborough
SM	110H	Hadler	15.90		19-Jun-16	EA U20 &U23 Champs	Bedford
SM	110H	Karl Tucker	16.47w		04-Jun-16	BAL R2	Chelmsford
SM	110H	Tucker	16.53		06-Aug-16	BAL R3	Yeovil
SM40	110H	Arron Bonning	21.9		16-Apr-16	SAL R1	Cambridge
SM40	110H	Jason Lendon	25.88		07-May-16	BAL R1	Carn Brea
SM	400H	George Hadler	56.80		04-Jun-16	BAL R2	Chelmsford
SM	400H	Adam McCarthy	58.1		20-Aug-16	SAL R5	Colchester
SM	400H	McCarthy	58.65		06-Aug-16	BAL R3	Yeovil
SM	400H	Karl Tucker	64.00		02-Jul-16	BAL R3	Bournemouth
SM	400H	Rob Warner	71.93		07-May-16	BAL R1	Carn Brea
SM40	400H	Jason Lendon	79.19		07-May-16	BAL R1	Carn Brea
SM50	400H	Paul Berrett	79.6		16-Apr-16	SAL R1	Cambridge
U20M	2000SC	Ben Davis	6:27.9		24-Jul-16	YDL UAG R4	Medway Park
U20M	2000SC	Davis	6:34.87		29-May-16	YDL UAG R2	Eltham
SM40	2000SC	Martin Chester	7:15.1		18-Jun-16	SAL R3	Welwyn GC
U20M	2000SC	Michael Duncan	7:58.7		18-Jun-16	SAL R3	Welwyn GC
SM50	2000SC	Paul Berrett	8:00.7		16-Apr-16	SAL R1	Cambridge
SM35	3000SC	Rob Warner	9:46.82		06-Aug-16	BAL R3	Yeovil
SM40	3000SC	Jason Lendon	10:17.15	AT SM40 4th	04-Jun-16	BAL R2	Chelmsford
SM40	3000SC	Martin Chester	11:21.28		06-Aug-16	BAL R3	Yeovil
SM	LJ	Josh Olawore	7.37i		20-Feb-16	BUCS Indoor Champs	EIS Sheffield
SM	LJ	Olawore	7.08w		02-Jul-16	BAL R3	Bournemouth
SM	LJ	Olawore	7.07		06-Aug-16	BAL R3	Yeovil
SM	LJ	Alex Law	6.76		04-Jun-16	BAL R2	Chelmsford
SM	LJ	Jimi Tele	6.65i		28-Feb-16	Last Chance Open	Fairfax VA
U20M	LJ	Ayo Akingbehin	6.40		24-Jul-16	YDL UAG R4	Medway Park
SM	LJ	Richard Holland	6.37w		07-May-16	BAL R1	Carn Brea
SM	LJ	Holland	6.27i		7-Feb-16	Essex & Eastern Champs	Lee Valley
SM	LJ	Holland	6.24		18-Jun-16	SAL R3	Welwyn GC
U20M	LJ	Alex McCree	5.99		29-May-16	YDL UAG R2	Eltham
SM	LJ	John Adekoya	5.72		18-Jun-16	SAL R3	Welwyn GC
SM	LJ	Arron Bonning	5.25		22-May-16	SAL R2	Hornchurch
U20M	LJ	Kieran O'Hara T20	4.47		01-May-16	YDL UAG R1	Ashford
U20M	LJ	Sam Omo-Olofin	4.46		26-Jun-16	YDL UAG R3	Eltham
U20M	LJ	James Stewart	4.37		18-Sep-16	Havering Club Champs	Hornchurch
U20M	LJ	Lewis Bailey	4.25		29-May-16	YDL UAG R2	Eltham
U20M	LJ	Ben Gad	4.15		26-Jun-16	YDL UAG R3	Eltham
SM	TJ	Jimi Tele	14.88i		21-Feb-16	Atlantic 10 Champs	Kingston RI USA
SM	TJ	John Adekoya	13.39		16-Apr-16	SAL R1	Cambridge
SM	TJ	Alex Law	12.44		18-Sep-16	Havering Club Champs	Hornchurch
SM	TJ	Nathan Steele	12.15		20-Aug-16	SAL R5	Colchester
U20M	TJ	Fraser Boston	11.63		29-May-16	YDL UAG R2	Eltham
SM	TJ	Richard Holland	11.61		09-Jul-16	SAL R4	Bury St Edmunds
SM40	TJ	Arron Bonning	11.28		09-Jul-16	SAL R4	Bury St Edmunds
U20M	TJ	Alex McCree	10.99		29-May-16	YDL UAG R2	Eltham
U20M	TJ	Elliott Addison	10.64		26-Jun-16	YDL UAG R3	Eltham
U20M	TJ	Michael Duncan	10.34		22-May-16	SAL R2	Hornchurch
U20M	PV	Ed Thompson	4.16i		24-Jan-16		Cardiff
U20M	PV	Thompson	3.95		30-Apr-16	BUCS Champs	Bedford
SM40	PV	Arron Bonning	3.20		22-May-16	SAL R2	Hornchurch
SM65	PV	Stuart Tufton	3.00	AT SM65 1st	22-May-16	SAL R2	Hornchurch
SM	HJ	John Adekoya	1.85		07-May-16	BAL R1	Carn Brea
SM40	HJ	Gintaras Varanauskas	1.80i		13-Mar-16	British Masters	Lee Valley
SM	HJ	Karl Tucker	1.70		20-Aug-16	SAL R5	Colchester
SM	HJ	Nathan Steele	1.55		18-Sep-16	Havering Club Champs	Hornchurch
U20M	HJ	Finn Hutton	1.55		18-Sep-16	Havering Club Champs	Hornchurch
SM40	HJ	Arron Bonning	1.50		16-Apr-16	SAL R1	Cambridge
U20M	HJ	Matthew Owers	1.50		24-Jul-16	YDL UAG R4	Medway Park

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM	DT2K	Duane Jibunoh	45.91		04-Jun-16	BAL R2	Chelmsford
SM	DT2K	Laurence Goodacre	39.66	AT SM 11th	28-May-16	London Colleges	Battersea Park
U20M	DT2K	Michael Duncan	32.34	AT U20M 7th	18-Sep-16	Havering Club Champs	Hornchurch
SM	DT2K	Alex Goodacre	32.01		09-Jul-16	SAL R4	Bury St Edmunds
SM40	DT2K	Arron Bonning	26.70		18-Jun-16	SAL R3	Welwyn GC
U20M	DT2K	Edward Brinton Quinn	22.04		16-Apr-16	SAL R1	Cambridge
U20M	DT1.75K	Michael Duncan	36.96	AT U20M 8th	26-Mar-16	Danny Mullane Open	Chelmsford
U20M	DT1.75K	Edward Brinton Quinn	24.36		18-Sep-16	Havering Club Champs	Hornchurch
SM	HT7.26K	Laurence Goodacre	33.57	AT SM 17th	06-Aug-16	BAL R3	Yeovil
SM	HT7.26K	Sam Harrison	27.62		16-Apr-16	SAL R1	Cambridge
SM	HT7.26K	Duane Jibunoh	21.64		22-May-16	SAL R2	Hornchurch
SM40	HT7.26K	Arron Bonning	20.54		09-Jul-16	SAL R4	Bury St Edmunds
U20M	HT7.26K	Edward Brinton Quinn	17.40		18-Jun-16	SAL R3	Welwyn GC
SM40	HT7.26K	Jason Lendon	14.35		22-May-16	SAL R2	Hornchurch
U20M	HT6K	Edward Brinton Quinn	21.76		01-May-16	YDL UAG R1	Ashford
U20M	HT6K	Michael Duncan	20.70		24-Jul-16	YDL UAG R4	Medway Park
SM	JT800	Duane Jibunoh	53.67	AT SM 8th	04-Jun-16	BAL R2	Chelmsford
SM	JT800	Alex Law	47.64	AT SM 17th	20-Aug-16	SAL R5	Colchester
SM	JT800	Georgie Bean	47.54		06-Aug-16	BAL R3	Yeovil
SM	JT800	Sam Harrison	44.91		22-May-16	SAL R2	Hornchurch
SM	JT800	Laurence Goodacre	43.86		28-May-16	London Colleges	Battersea Park
U20M	JT800	Michael Duncan	40.36		18-Sep-16	Havering Club Champs	Hornchurch
SM40	JT800	Arron Bonning	38.68		09-Jul-16	SAL R4	Bury St Edmunds
SM50	JT800	Paul Berrett	26.90		22-May-16	SAL R2	Hornchurch
U20M	JT800	Edward Brinton Quinn	16.67		18-Jun-16	SAL R3	Welwyn GC
SM	SP7.26K	Laurence Goodacre	14.92		06-Aug-16	BAL R3	Yeovil
SM	SP7.26K	Emmanuel Quarshie	13.10		06-Aug-16	BAL R3	Yeovil
SM	SP7.26K	Duane Jibunoh	11.68		16-Apr-16	SAL R1	Cambridge
SM	SP7.26K	Alex Law	10.58		16-Apr-16	SAL R1	Cambridge
SM40	SP7.26K	Arron Bonning	9.36		18-Jun-16	SAL R3	Welwyn GC
SM	SP7.26K	Sam Harrison	8.88		16-Apr-16	SAL R1	Cambridge
SM	SP7.26K	Alex Goodacre	8.57		09-Jul-16	SAL R4	Bury St Edmunds
U20M	SP7.26K	Edward Brinton Quinn	7.15		16-Apr-16	SAL R1	Cambridge
SM	SP7.26K	Karl Tucker	4.54		19-Mar-16	London Colleges	Parliament Hill
U20M	SP6K	Michael Duncan	9.06		29-May-16	YDL UAG R2	Eltham
U20M	SP6K	Edward Brinton Quinn	7.87		26-Jun-16	YDL UAG R3	Eltham