

## Havering AC Male 2018 Rankings as at 30/09/2018

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM	60	Ayo Akingbehin	7.22		3-Feb-18	Essex & Eastern Champs	Lee Valley
SM	60	Karl Tucker	7.30		13-Jan-18	SEAA Indoor Champs	Lee Valley
SM	100	Lewis Bailey	10.93	AT SM 15th	2-Jun-18	BAL R2	Nuneaton
SM	100	Ayo Akingbehin	11.0	AT SM 17th	23-Jun-18	SAL R3	Chelmsford
SM	100	Ayo Akingbehin	11.20		18-Jul-18	Lee Valley Sprints	Lee Valley
SM	100	Shandell Taylor	11.12		5-May-18	BAL R1	Yeovil
SM	100	Karl Tucker	11.28w		2-Jun-18	BAL R2	Nuneaton
SM	100	Karl Tucker	11.4		14-Apr-18	SAL R1	Ipswich
SM	100	Karl Tucker	11.76		12-May-18	Essex Championships	Chelmsford
U20M	100	Matthew Agnimel	11.37		27-May-18	YDL UAG R2	Stevenage
U20M	100	Kieran Riddell	12.08		27-May-18	YDL UAG R2	Stevenage
U20M	100	Elliott Addison	12.12		1-Jul-18	YDL UAG R3	Croydon
SM	100	Ben Gad	12.2		14-Jul-18	SAL R4	Croydon
U20M	100	James Stewart	13.6		16-Sep-18	Havering Club Championships	Hornchurch
SM	200	Lewis Bailey	22.10		13-May-18	Essex Championships	Chelmsford
SM	200	Ayo Akingbehin	22.61		2-Jun-18	BAL R2	Nuneaton
SM	200	Fraser Boston	23.1		23-Jun-18	SAL R3	Chelmsford
SM	200	Fraser Boston	23.53		6-May-18	BUCS Champs	Bedford
U20M	200	Jordon Duncan	23.15		31-Mar-18	Woodford Open	Woodford
SM	200	Karl Tucker	23.15		5-May-18	BAL R1	Yeovil
SM	200	Timi Kuye	23.16i		18-Feb-18	BUCS Indoor	Sheffield
U20M	200	Shandell Taylor	23.25		29-Apr-18	YDL UAG R1	Hornchurch
U20M	200	Elliott Addison	23.42		1-Jul-18	YDL UAG R3	Croydon
U20M	200	James Stewart	27.56		27-May-18	YDL UAG R2	Stevenage
SM55	200	Paul Berrett	29.45		25-Jul-18	Dartford Open	Dartford
SM45	300	Steve Rand	40.10		13-May-18	Essex Championships	Chelmsford
SM	400	Tom Pitkin	49.14		11-Jul-18	Watford Open	Watford
U20M	400	Fraser Boston	50.9		23-Jun-18	SAL R3	Chelmsford
U20M	400	Fraser Boston	52.78		4-Aug-18	BAL R4	Bournemouth
SM	400	Finn Hutton	51.32		2-Jun-18	BAL R2	Nuneaton
U20M	400	Matthew Agnimel	51.41		7-Jul-18	BAL R3	Bedford
SM	400	Lewis Bailey	51.9		18-Aug-18	SAL R5	St Albans
U20M	400	Shandell Taylor	53.2		16-Sep-18	Havering Club Championships	Hornchurch
U20M	400	Lewis Debenham	53.96		27-May-18	YDL UAG R2	Stevenage
U20M	400	Kieran O'Hara	54.12		28-Jul-18	EA Disability Champs	Manchester
SM	400	Adam McCarthy	54.44i		31-Jan-18	Varsity	Sheffield
U20M	400	Tom Keevil	54.50		5-May-18	BAL R1	Yeovil
SM	400	Freddy Keefe	56.8		16-Sep-18	Havering Club Championships	Hornchurch
U20M	400	Sam Atkins	58.1		20-May-18	SAL R2	Eastbourne
SM55	400	Paul Berrett	62.36	AT SM55 1st	20-Jun-18	Dartford Open	Dartford
U20M	400	James Stewart	62.9		14-Jul-18	SAL R4	Croydon
SM	800	Finn Hutton	1:53.81	AT SM 13th	2-Jun-18	BAL R2	Nuneaton
U20M	800	Tom Keevil	1:54.33	AT U20M 5th	15-Aug-18	BMC Regional	Eltham
SM35	800	Paul Grange	1:55.72		26-May-18	BMC Grand Prix	Watford
SM	800	Grant Twist	1:58.6		14-Jul-18	SAL R2	Croydon
U20M	800	Elliot Cordery	1:59.1		23-Jun-18	SAL R3	Chelmsford
U20M	800	Elliot Cordery	1:59.71		7-Jul-18	BAL R3	Bedford
U20M	800	Ben Davis	1:59.29		15-Aug-18	BMC Regional	Eltham
U20M	800	Kieran O'Hara	2:01.9		14-Jul-18	SAL R4	Croydon
U20M	800	Kieran O'Hara	2:05.18		12-May-18	Essex Championships	Chelmsford
SM	800	Adam McCarthy	2:03.21i		31-Jan-18	Steel City	Sheffield
U20M	800	James Stewart	2:04.98		21-Aug-18	Woodford Open	Woodford
U20M	800	Sam Atkins	2:06.7		20-May-18	SAL R2	Eastbourne
U20M	800	Lewis Debenham	2:07.04		12-May-18	Essex Championships	Chelmsford
SM	800	Gavin Watts	2:09.4		20-May-18	SAL R2	Eastbourne
SM35	800	Rob Warner	2:10.3		14-Jul-18	SAL R2	Croydon
SM	800	Freddy Keefe	2:10.8		18-Aug-18	SAL R5	St Albans
SM55	800	Paul Berrett	2:19.44	SM55 1st	25-Jul-18	Dartford Open	Dartford

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20M	1500	Elliot Cordery	3:58.83	AT U20 7th	25-Jul-18	Watford Open	Watford
U20M	1500	Tom Keevil	3:59.09	AT U20 9th	2-Jun-18	BAL R2	Nuneaton
U20M	1500	Ben Davis	3:59.59		18-Jul-18	BMC Regional	Eltham
SM	1500	Grant Twist	4:06.60		7-Jul-18	BAL R3	Bedford
SM35	1500	Paul Grange	4:06.80		14-Apr-18	Lee Valley Open	Lee Valley
SM	1500	Jamie Buckley-Stanton	4:08.9		23-Jun-18	SAL R3	Chelmsford
U20M	1500	Sam Atkins	4:13.3		16-Sep-18	Havering Club Championships	Hornchurch
U20M	1500	Sam Atkins	4:18.21		27-May-18	YDL UAG R2	Stevenage
U20M	1500	James Stewart	4:18.1		16-Sep-18	Havering Club Championships	Hornchurch
U20M	1500	James Stewart	4:20.14		12-May-18	Essex Championships	Chelmsford
U20M	1500	Kieran O'Hara	4:18.4		16-Sep-18	Havering Club Championships	Hornchurch
U20M	1500	Kieran O'Hara	4:20.85		10-Jul-18	Woodford Open	Woodford
SM	1500	John Whitehead	4:27.1		8-Apr-18	Havering Spring Warm Up	Hornchurch
SM40	1500	Gavin Maley	4:29.0	AT SM40 7th	18-Aug-18	SAL R5	St Albans
SM	1500	Freddy Keefe	4:34.88		5-Sep-18	Watford Open	Watford
SM55	1500	Paul Berrett	4:54.00	SM55 1st	27-Aug-18	Dartford Open	Dartford
U20M	One Mile	Kieran O'Hara	4:57.80		29-Jul-18	EA Disability Champs	Manchester
SM	3000	Grant Twist	8:35.58		5-May-18	BAL R1	Yeovil
U20M	3000	Ben Davis	8:40.48		7-Jul-18	BAL R3	Bedford
SM	3000	Jamie Buckley-Stanton	8:49.06		5-May-18	BAL R1	Yeovil
U20M	3000	Elliot Cordery	9:10.8		29-Jul-18	YDL UAG R4	Ashford
U20M	3000	Sam Atkins	9:13.94		12-May-18	Essex Championships	Chelmsford
SM	3000	Gavin Watts	9:31.2		20-May-18	SAL R2	Eastbourne
SM	3000	Robbie Cooman	9:31.7		14-Jul-18	SAL R4	Croydon
SM35	3000	Paul Grange	9:32.14		20-May-18	SAL R2	Perivale
U20M	3000	James Stewart	9:34.07		29-Apr-18	YDL UAG R1	Hornchurch
SM45	3000	Steve Rand	9:54.4		14-Jul-18	SAL R4	Croydon
SM55	3000	Paul Berrett	10:43.64	SM55 1st	10-Jul-18	Woodford Open	Woodford
SM45	3000	Graham Hogan	10:52.9		20-May-18	SAL R2	Eastbourne
SM	5000	Grant Twist	14:50.78	AT SM 9th	10-Jun-18	SEEA U20/Senior Champs	Bedford
SM35	5000	Rob Warner	15:46.81		13-May-18	Essex Championships	Chelmsford
U20M	5000	Elliot Cordery	15:50.45		4-Aug-18	BAL R4	Bournemouth
SM	5000	Jamie Buckley-Stanton	16:20.37		2-Jun-18	BAL R2	Nuneaton
SM	5000	Gavin Watts	16:21.5		18-Aug-18	SAL R5	St Albans
SM	5000	Robbie Cooman	16:23.3		18-Aug-18	SAL R5	St Albans
SM45	5000	Steve Rand	17:03.8	AT M45 3rd	14-Apr-18	SAL R1	Ipswich
SM55	5000	Paul Berrett	19:05.82		5-Jul-18	London Heathside Open	Finsbury Park
SM35	5000	Tony Collins	20:16.2		14-Apr-18	SAL R1	Ipswich
SM	10,000	Grant Twist	31:29.38	AT SM 6th	19-May-18	Night of 10,000 PBs	Parliament Hill
SM35	10,000	Rob Warner	33:03.6	AT SM 14th	11-Jul-18	Essex 10,000m Champs	Braintree
SM35	2KSC	Rob Warner	6:17.8		23-Jun-18	SAL R3	Chelmsford
SM35	2KSC	Rob Warner	6:23.82		13-May-18	Essex Championships	Chelmsford
SM	2KSC	Grant Twist	6:19.5		18-Aug-18	SAL R5	St Albans
U20M	2KSC	Sam Atkins	6:29.2		23-Jun-18	SAL R3	Chelmsford
U20M	2KSC	Sam Atkins	6:40.94		13-May-18	Essex Championships	Chelmsford
U20M	2KSC	Tom Keevil	7:19.84		29-Apr-18	YDL UAG R1	Hornchurch
SM35	3KSC	Rob Warner	9:43.38		2-Jun-18	BAL R2	Nuneaton
U20M	3KSC	Ben Davis	9:44.38	AT U20M 5th	4-Aug-18	BAL R4	Bournemouth
SM	3KSC	Grant Twist	9:48.8	AT SM 20th	14-Jul-18	SAL R4	Croydon
SM40	3KSC	Jason Lendon	10:25.03		5-May-18	BAL R1	Yeovil
SM	110HM	Karl Tucker	16.00w	AT SM w/a	2-Jun-18	BAL R2	Nuneaton
SM	110HM	Karl Tucker	16.14	AT SM 16th	4-Aug-18	BAL R4	Bournemouth
U20M	300HM	Kieran Riddell	46.9		8-Apr-18	Havering Spring Warm Up	Hornchurch
SM	400HM	Adam McCarthy	59.39		4-Aug-18	BAL R4	Bournemouth
SM	400HM	Fraser Boston	65.07		4-Aug-18	BAL R4	Bournemouth
U20M	400HM	Kieran Riddell	67.1		20-May-18	SAL R2	Eastbourne
U20M	400HM	Kieran Riddell	67.34		29-Apr-18	YDL UAG R1	Hornchurch
SM40	400HM	Jason Lendon	67.33		5-May-18	BAL R1	Yeovil
SM35	400HM	Rob Warner	71.8		14-Jul-18	SAL R4	Croydon

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM40	PV	Arron Bonning	3.00		23-Aug-00	SAL R3	Chelmsford
SM65	PV	Stuart Tufton	2.90		18-Aug-18	SAL R5	St Albans
U20M	HJ	Shandell Taylor	1.93	AT U20M =3rd	4-Aug-18	BAL R4	Bournemouth
SM45	HJ	Gintaras Varanauskas	1.90i		19-Mar-18	Euro Vets	Madrid, SPA
SM	HJ	Karl Tucker	1.70		7-Jul-18	BAL R3	Bedford
U20M	HJ	Kieran Riddell	1.60		20-May-18	SAL R2	Eastbourne
U20M	HJ	Ben Davis	1.53		2-Jun-18	BAL R2	Nuneaton
U20M	LJ	Shandell Taylor	<b>7.78</b>	AT U20/Snr 1st	13-Jul-18	ESAA Champs	Birmingham
SM	LJ	Ayo Akingbehin	6.56i		17-Feb-18	Varsity	Sheffield
SM	LJ	Ayo Akingbehin	6.42		2-Jun-18	BAL R2	Nuneaton
U20M	LJ	Matthew Agnimel	5.79		27-May-18	YDL UAG R2	Stevenage
SM	LJ	Karl Tucker	5.70		2-Jun-18	BAL R2	Nuneaton
U20M	TJ	Shandell Taylor	13.71	AT SM 15th	1-Jul-18	YDL UAG R3	Croydon
U20M	TJ	Matthew Agnimel	13.57	AT SM 16th	27-May-18	YDL UAG R2	Stevenage
SM	TJ	Adam McCarthy	11.41		2-Jun-18	BAL R2	Nuneaton
SM	TJ	Fraser Boston	11.28		14-Apr-18	SAL R1	Ipswich
SM	TJ	Karl Tucker	9.70		20-May-18	SAL R2	Eastbourne
SM	SP7.26k	Laurence Goodacre	14.92		5-May-18	BAL R1	Yeovil
SM	SP7.26k	Emmanuel Quarshie	13.77		7-Jul-18	BAL R3	Bedford
SM	SP7.26k	Duane Jibunoh	12.80	AT SM 12th	23-Jun-18	SAL R3	Chelmsford
SM40	SP7.26k	Arron Bonning	9.21		14-Apr-18	SAL R1	Ipswich
SM	SP7.26k	Karl Tucker	7.97		14-Apr-18	SAL R1	Ipswich
SM	SP7.26k	Edward Brinton-Quinn	7.80		20-May-18	SAL R2	Eastbourne
U20M	SP6K	Sam Atkins	6.25		27-May-18	YDL UAG R2	Stevenage
U20M	SP6K	Tom Keevil	5.17		29-Apr-18	YDL UAG R1	Hornchurch
SM	DT2K	Duane Jibunoh	46.60		20-May-18	SAL R2	Eastbourne
SM	DT2K	Laurence Goodacre	41.13	AT SM 9th	4-Aug-18	BAL R4	Bournemouth
SM40	DT2K	Arron Bonning	26.54		14-Jul-18	SAL R4	Croydon
SM	DT2K	Edward Brinton-Quinn	25.55		8-Apr-18	Havering Spring Warm Up	Hornchurch
SM60	DT2K	Kevin White	22.65		18-Aug-18	SAL R5	St Albans
SM65	DT2K	Keith Robinson	19.05		14-Jul-18	SAL R4	Croydon
SM	DT2K	Karl Tucker	17.83		18-Aug-18	SAL R5	St Albans
U20M	DT1.75K	Kieran Riddell	17.37		27-May-18	YDL UAG R2	Stevenage
U20M	DT1.75K	Ben Davis	14.23		1-Jul-18	YDL UAG R3	Croydon
SM50	DT1.5K	Mark Bishop	29.22		16-Sep-18	Havering Club Championships	Hornchurch
SM	JT800	Duane Jibunoh	48.49		20-May-18	SAL R2	Eastbourne
SM35	JT800	Sam Harrison	45.46		14-Apr-18	SAL R1	Ipswich
SM40	JT800	Arron Bonning	36.00		14-Jul-18	SAL R4	Croydon
U20M	JT800	Kieran Riddell	24.21		29-Apr-18	YDL UAG R1	Hornchurch
U20M	JT800	Tom Keevil	23.73		1-Jul-18	YDL UAG R3	Croydon
SM	JT800	Edward Brinton-Quinn	14.99		14-Jul-18	SAL R4	Croydon
SM65	HT7.26K	Keith Robinson	<b>30.72</b>	AT M65 1st	14-Apr-18	SAL R1	Ipswich
SM	HT7.26K	Sam Harrison	26.92		18-Aug-18	SAL R5	St Albans
SM	HT7.26K	Laurence Goodacre	22.61		7-Jul-18	BAL R3	Bedford
SM40	HT7.26K	Arron Bonning	19.96		23-Jun-18	SAL R3	Chelmsford
SM	HT7.26K	Edward Brinton-Quinn	17.98		20-May-18	SAL R2	Eastbourne
SM	HT7.26K	Karl Tucker	13.50		18-Aug-18	SAL R5	St Albans
U20M	HT6K	Elliot Cordery	12.45		29-Jul-18	YDL UAG R4	Ashford