

Havering AC Male 2019 Rankings as at 08/05/2019

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM	60	Ayo Akingbehin	7.08i		2-Feb-19	Essex & Eastern Champs	Lee Valley
SM	60	Lewis Bailey	7.14i		2-Feb-19	Essex & Eastern Champs	Lee Valley
SM	60	Karl Tucker	7.31i		27-Jan-19	London Games	Lee Valley
U20M	60	Aaron Freshwater	7.70i		1-Jan-19	New Years Open	Lee Valley
U20M	60	Tayo Harry	7.82i		27-Jan-19	London Games	Lee Valley
SM	100	Ayo Akingbehin	11.28w		4-May-19	BUCS Champs	Bedford
SM	100	Ayo Akingbehin	11.31		28-Apr-19	Medway & Maidstone Open	Gillingham
SM	100	Lewis Bailey	11.29		13-Apr-19	SAL R1	Stevenage
U20M	100	Richard Akinyebo	11.30		5-May-19	YDL UAG R1	Reading
SM	100	Shandell Taylor	11.40		7-Apr-19	Havering Spring Warm Up	Hornchuch
SM	100	Akeem Akintokun	11.73		28-Apr-19	Medway & Maidstone Open	Gillingham
U20M	100	Aaron Freshwater	11.85		30-Mar-19	Woodford Open	Woodford
U20M	100	Tayo Harry	12.07		7-Apr-19	Havering Spring Warm Up	Hornchuch
U20M	100	Tobi Idowu	12.18		13-Apr-19	SAL R1	Stevenage
U20M	100	Richard Akinyebo	22.9		5-May-19	YDL UAG R1	Reading
U20M	200	Richard Akinyebo	23.13		7-Apr-19	Havering Spring Warm Up	Hornchuch
SM	200	Akeem Akintokun	22.99		28-Apr-19	Medway & Maidstone Open	Gillingham
SM	200	Lewis Bailey	23.20		13-Apr-19	SAL R1	Stevenage
SM	200	Ayo Akingbehin	23.43		28-Apr-19	Medway & Maidstone Open	Gillingham
U20M	200	Aaron Freshwater	24.30		7-Apr-19	Havering Spring Warm Up	Hornchuch
U20M	200	Reece Harriott	24.5		5-May-19	YDL UAG R1	Reading
SM	200	Alex McCree	24.69		13-Apr-19	SAL R1	Stevenage
U20M	200	Lewis Debenham	24.89		1-May-19	Norfolk Open	Norwich
U20M	200	Tayo Harry	25.91		7-Apr-19	Havering Spring Warm Up	Hornchuch
SM	300	Tom Pitkin	34.15		6-Apr-19	Lee Valley Open	Lee Valley
SM	400	Tom Pitkin	47.94	AT SM 6th	5-May-19	BUCS Champs	Bedford
U20M	400	Reece Harriott	51.19		5-May-19	YDL UAG R1	Reading
SM	400	Fraser Boston	51.81		13-Apr-19	SAL R1	Stevenage
U20M	400	Matthew Agnimel	52.77		5-May-19	YDL UAG R1	Reading
SM	400	Adam McCarthy	53.33i		16-Feb-19	Varsity Meeting	Sheffield
SM	400	Alex McCree	54.00		13-Apr-19	SAL R1	Stevenage
U20M	400	Lewis Debenham	55.76i		3-Feb-19	Essex & Eastern Champs	Lee Valley
U20M	400	Lewis Debenham	56.24		7-Apr-19	Havering Spring Warm Up	Hornchuch
U20M	800	Harry Jones	2:03.98		7-Apr-19	Havering Spring Warm Up	Hornchuch
U20M	800	Alex Friend	2:04.41		5-May-19	YDL UAG R1	Reading
SM	800	Kieran O'Hara	2:05.77i		20-Feb-19	Middle Distance Open	Lee Valley
SM	800	Kieran O'Hara	2:06.70		6-Apr-19	Lee Valley Open	Lee Valley
SM	800	James Stewart	2:06.78		13-Apr-19	SAL R1	Stevenage
SM	800	Adam McCarthy	2:09.29i		16-Feb-19	Varsity Meeting	Sheffield
SM	800	Freddy Keefe	2:15.41		13-Apr-19	SAL R1	Stevenage
SM	1500	James Stewart	4:17.77		7-Apr-19	Havering Spring Warm Up	Hornchuch
U20M	1500	Sam Atkins	4:18.64		5-May-19	YDL UAG R1	Reading
SM	1500	Kieran O'Hara	4:22.35		30-Mar-19	Woodford Open	Woodford
U20M	1500	George Barnacle	4:22.95		7-Apr-19	Havering Spring Warm Up	Hornchuch
U20M	3000	Harry Jones	9:09.71		5-May-19	YDL UAG R1	Reading
U20M	3000	Louis Berrett	10:00.21i		30-Jan-19	Middle Distance Open	Lee Valley
U20M	3000	Louis Berrett	10:07.02		5-May-19	YDL UAG R1	Reading
SM40	5000	Alfie Waitaha	16:34.65		13-Apr-19	SAL R1	Stevenage
SM45	5000	Martin Chester	17:38.30		13-Apr-19	SAL R1	Stevenage

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SM	110HM	Jeremy Watson	19.79		13-Apr-19	SAL R1	Stevenage
SM	400HM	Jeremy Watson	71.52		13-Apr-19	SAL R1	Stevenage
U20M	400HM	Harry Jones	74.63		5-May-19	YDL UAG R1	Reading
U20M	2KSC	Sam Atkins	6:42.89		13-Apr-19	SAL R1	Stevenage
SM45	2KSC	Martin Chester	7:45.85		13-Apr-19	SAL R1	Stevenage
SM	HJ	Shandell Taylor	1.80		13-Apr-19	SAL R1	Stevenage
SM	LJ	Shandell Taylor	7.24i		10-Feb-19	UK Championships	Birmingham
SM	LJ	Shandell Taylor	7.13		7-Apr-19	Havering Spring Warm Up	Hornchuch
U20M	LJ	Tobi Idowu	5.99		13-Apr-19	SAL R1	Stevenage
U20M	LJ	Ben Olusesan	5.67		13-Apr-19	SAL R1	Stevenage
U20M	TJ	Ben Olusesan	12.64		13-Apr-19	SAL R1	Stevenage
U20M	TJ	Aaron Freshwater	10.75		13-Apr-19	SAL R1	Stevenage
SM	SP7.26K	Ed Brinton-Quinm	7.66		13-Apr-19	SAL R1	Stevenage
SM	SP7.26K	Karl Tucker	7.25		13-Apr-19	SAL R1	Stevenage
U20M	SP6K	Alex Friend	6.50		5-May-19	YDL UAG R1	Reading
U20M	SP6K	Sam Atkins	5.57		5-May-19	YDL UAG R1	Reading
SM	DT2K	Ed Brinton-Quinm	26.15		13-Apr-19	SAL R1	Stevenage
U20M	DT1.75K	Aaron Freshwater	16.60		5-May-19	YDL UAG R1	Reading
U20M	JT800	Max Law	66.08	AT U20M 2nd	6-Apr-19	Lee Valley Open	Lee Valley
U20M	JT800	Oliver Woods	48.19	AT U20M 9th	7-Apr-19	Havering Spring Warm Up	Hornchuch
SM35	JT800	Sam Harrison	42.41		13-Apr-19	SAL R1	Stevenage
U20M	JT800	Charles Savill	42.37		7-Apr-19	Havering Spring Warm Up	Hornchuch
SM	HT7.26K	Ed Brinton-Quinm	18.87		13-Apr-19	SAL R1	Stevenage
SM	HT7.26K	Martin Chester	5.21		13-Apr-19	SAL R1	Stevenage
U20M	HT6K	Aaron Freshwater	17.86		5-May-19	YDL UAG R1	Reading