



Updated 16-11-05

## Hercules Wimbledon Athletic Club

### Ranking Lists for 2005 as at November 16

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Hercules Wimbledon AC Track and Field Rankings				Men	2005
			<b>60m</b>		
7.19.	(i)	Ike	Mba	U20	Jan 29. Jablonec, Czech Rep.
7.40.	(i)	Austin	Ferns		Jan 29. Jablonec, Czech Rep.
7.59.	(i)	Camille	Duvall		Jan 29. Jablonec, Czech Rep.
7.9.	(l)	Praful	Nargund	U15	Mar 6. Surrey Indoor Champs, Carshalton
			<b>100m</b>		
11.05.		Ike	Mba	U20	May 14. Surrey Championships, Kingston
11.60.		Austin	Ferns		Mar 20. K&P Open Kingston
11.74.		Ross	Savill	U20	May 21. Southern League 2, Woodford
11.75.		Richard	Vanderpuijie	U20	May 11. Rosenheim League 1, Battersea Park
11.88.		Praful	Nargund	U15	May 14. Surrey Championships, Kingston
11.9.		Mark	Baker	M40	May 9. Veterans League 2, Battersea
11.9.		Royden	John		June 25. Southern League 3, Tooting Bec
12.0.		Geoff	Walcott	M50	Aug 17. Rosenheim Finals, Kingston
12.1.		Dwayne	Dowding	U20	Aug 20. Southern League 6, Chelmsford
12.3.		Luis	Garcia	U15	July 6. HAC Memorial, Wimbledon Park
12.5.		Bekele	Tola		June 25. Southern League 3, Tooting Bec
12.6.		Ottobar	Vincent		June 18. HHH Open Meeting, Tooting Bec
13.1.		Edmund	Gaisie	U15	July 6. HAC Memorial, Wimbledon Park
13.2.		Richard	Hadley	U15	July 6. HAC Memorial, Wimbledon Park
13.3.		Oliver	Stogdale	U17	Apr 16. Kinnaird Trophy, Kingston
13.6.		Hugh	Saxby	M50	June 20. Veterans League 3, Battersea 11
13.6.		K	Sarpong	U15	June 26. NYAL 3, Carshalton
13.7.		Derek	Frempong	U15	May 22. Ebbisham League 2, Tooting Bec
13.8.		Jack	McGoldrick	U17	June 26. NYAL 3, Carshalton
13.9.		Paul	Wignall	M50	Aug 3. VAC Meeting, Battersea Park
14.6.		Nathan	Gore	U17	June 26. NYAL 3, Carshalton
14.6.		Tom	Richards	U13	July 17. NYAL 4, Kingston
14.7.		James	Russell	U13	June 5. NYAL 2, Kingston
14.9.		Tom	Meehan	U13	Apr 10. HW YA Mtg Crystal Palace
14.9.		Harry	Wignall	U13	Apr 10. HW YA Mtg Crystal Palace
14.9.		Tom	Morris	M45	May 9. Veterans League 1, Battersea Park
14.9.		Tom	Brandon	U13	July 3. Ebbisham League 3, Walton
16.5.		Tom	Pollak	M60	June 20. Veterans League 3, Battersea Park
16.6.		David	Stables	U11	July 3. Ebbisham League 3, Walton
17.5.		Kieran	Bennett	U13	May 8. NYAL 1, Perivale
			<b>150m</b>		
17.68.		Ross	Savill	U20	Mar 20. K&P Open Kingston
			<b>200m</b>		
23.0.		Ike	Mba	U20	May 21. Southern League 2, Woodford
23.1.		Ross	Savill	U20	May 7. Southern League 1, Kingston
23.8.		Praful	Nargund	U15	July 17. NYAL 4, Kingston
23.9.		Richard	Vanderpuijie	U20	June 25. Southern League 3, Tooting Bec
24.3.		Dwayne	Dowding	U20	Aug 20. Southern League 6, Chelmsford
24.4.		Matt	Parsons		May 21. Southern League 2, Woodford
24.4.		Delroy	McGibbon		May 25. Rosenheim League 2, Tooting Bec
24.4.		Camille	Duvall		July 9. Southern League 4, Watford
24.6.		Geoff	Walcott	M50	June 8. Rosenheim League 3, Wimbledon Park
24.7/-1.7w		Mark	Baker	M40	May 28. Surrey AA Veterans Champs, Kingston
24.7.		Steve	Davies		June 25. Southern League 3, Tooting Bec
25.0.		Hamed	Agboke		June 8. Rosenheim Lge 3, Wimbledon Park
25.2.		Ottobar	Vincent		June 18. HHH Open Meeting, Tooting Bec
25.6.		Luis	Garcia	U15	July 6. HAC Memorial, Wimbledon Park
26.9.		Edmund	Gaisie	U15	May 22. Ebbisham League 2, Tooting Bec
27.0.		Oliver	Stogdale	U17	Apr 16. Kinnaird Trophy, Kingston
27.0.		Austin	Ferns		Aug 20. Southern League 6, Chelmsford
28.4.		Hugh	Saxby	M50	June 22. Rosenheim League 4, Tooting Bec
28.8.		Paul	Wignall	M50	Aug 3. VAC Meeting, Battersea Park
29.8.		Barry	King	M50	Aug 17. Rosenheim Finals, Kingston
30.0.		Harry	Wignall	U13	July 17. NYAL 4, Kingston
31.0.		Tom	Meehan	U13	Apr 10. HW YA Mtg Crystal Palace
31.0.		James	Russell	U13	Apr 24. Ebbisham League, Kingston
31.1.		Liam	White	U13	May 22. Ebbisham League 2, Tooting Bec
31.3.		Tom	Richards	U13	June 5. NYAL 2, Kingston
31.3.		Jonathan	Burgess	U13	July 3. Ebbisham League 3, Walton
31.3.		R	Watson	U15	July 17. NYAL 4, Kingston
31.7.		Tom	Brandon	U13	July 17. NYAL 4, Kingston

33.4.		Paul	Stables	U13	June 5.	NYAL 2, Kingston
34.0.		Sean	Crummy	U17	June 26.	NYAL 3, Carshalton
34.04.		John	Webster	M65	Sept 11.	Surrey AA Multi Events, Crawley
41.1.		Tom	Morris	M45	May 23.	Veterans League 2, Battersea Park
			<b>300m</b>			
36.30.		Austin	Ferns		Mar 20.	K&P Open Kingston
38.30.		Camille	Duwall		Mar 20.	K&P Open Kingston
48.37.		David	Fleming		Mar 20.	K&P Open Kingston
			<b>400m</b>			
52.3.		Austin	Ferns		June 25.	Southern League 3, Tooting Bec
52.3.		Matt	Parsons		July 30.	Southern League 5, Reading
53.5.		Esmond	Ferns		May 7.	Southern League 1, Kingston
54.52.		Geoff	Walcott	M50	Sep 2.	World Masters Champs, San Sebastian, ESP
54.6.		Richard	Vanderpujje	U20	July 9.	Southern League 4, Watford
54.75.	(2C)	James	Trapmore		May 11.	Rosenheim League 1, Battersea Park
54.8.		Lance	Power	U20	July 13.	Rosenheim League 5, Tooting Bec
55.7.		Delroy	McGibbon		May 25.	Rosenheim League 2, Tooting Bec
55.8.		Praful	Nargund	U15	June 26.	NYAL 3, Carshalton
56.03.		Ross	Savill	U20	May 21.	Southern League 2, Woodford
56.9.		Jake	Bodin	U17	July 6.	HAC Memorial, Wimbledon Park
58.8.		David	Fleming		Aug 20.	Southern League 6, Chelmsford
60.3.		Hugh	Saxby	M50	Aug 17.	Rosenheim Finals, Kingston
60.4.		Jack	McGoldrick	U17	June 5.	NYAL 2, Kingston
60.5.		Lewis	Gage	U15	May 18.	Schools T&F Cup, Wimbledon Park
61.0.		Dominik	Leeson	U17	May 17.	Merton Schools, Wimbledon Park
63.9.		Luis	Garcia	U15	June 5.	NYAL 2, Kingston
64.4.		Barry	King	M50	June 22.	Rosenheim League 4, Tooting Bec
65.4.		Derek	Frempong	U15	July 3.	Ebbisham League 3, Walton
66.6.		Paul	Wignall	M50	May 9.	Veterans League 1, Battersea Park
67.7.		James	Forward	U13	May 22.	Ebbisham League 2, Tooting Bec
67.7.		Edmund	Gaisie	U15	May 22.	Ebbisham League 2, Tooting Bec
78.3.		Sean	Crummy	U17	June 26.	NYAL 3, Carshalton
78.3.		R	Watson	U15	June 26.	NYAL 3, Carshalton
78.9.		Tom	Morris	M45	May 9.	Veterans League 1, Battersea Park
81.5.		Tom	Pollak	M60	June 20.	Veterans League 3, Battersea Park
			<b>800m</b>			
1:59.72.	(2C)	James	Trapmore		May 11.	Rosenheim League 1, Battersea Park
2:00.0.		Camille	Duwall		July 9.	Southern League 4, Watford
2:00.5.		Esmond	Ferns		June 25.	Southern League 3, Tooting Bec
2:05.9.		Camille	Duwall		May 7.	Southern League 1, Kingston
2:07.9.	(2C)	Alex	Bruce-Littlewood	U17	June 22.	Rosenheim League 4, Tooting Bec
2:09.43.		Mike	Treadwell		Mar 20.	K&P Open Kingston
2:09.49.	(i)	Leo	Cox		Jan 29.	Jablonec, Czech Rep.
2:09.59.		Matt	Parsons		May 21.	Southern League 2, Woodford
2:10.83.	(i)	Jake	Bodin	U17	Jan 29.	Jablonec, Czech Rep.
2:11.1.		Jake	Bodin	U17	June 8.	Rosenheim Lge 3, Wimbledon Park
2:13.3.		David	Fleming		July 30.	Southern League 5, Reading
2:15.61.	(i)	Lance	Power	U20	Jan 29.	Jablonec, Czech Rep.
2:16.1.		Lance	Power	U20	Apr 16.	Kinnaird Trophy, Kingston
2:20.49.	(i)	Neil	Fraser	U17	Jan 29.	Jablonec, Czech Rep.
2:20.8.		Jack	McGoldrick	U17	May 8.	NYAL 1, Perivale
2:22.8.		Hugh	Saxby	M50	May 23.	Veterans League 2, Battersea Park
2:23.5.		Jonathan	Burgess	U13	June 18.	HHH Open Meeting, Tooting Bec
2:26.7.		William	Spooner	U15	July 3.	Ebbisham League 3, Walton
2:29.8.		Richard	Hadley	U15	June 5.	NYAL 2, Kingston
2:31.7.		Khalid	Belhaj	U13	June 15.	Wandsworth Schools, Tooting Bec
2:36.4.		James	Forward	U13	July 3.	Ebbisham League 3, Walton
2:37.2.		Charlie	Carrington	U15	May 17.	Merton Schools, Wimbledon Park
2:39.40.		Harry	Wignall	U13	May 15.	Surrey Championships, Kingston
2:45.8.		Tom	Morris	M45	May 23.	Veterans League 2, Battersea Park
2:48.2.		Paul	Stables	U13	July 17.	NYAL 4, Kingston
2:53.9.		Stuart	Littlewood	M50	May 23.	Veterans League 2, Battersea Park
2:55.3.		Tom	Meehan	U13	June 5.	NYAL 2, Kingston
3:00.7.		Dominic	Getting		June 25.	Southern League 3, Tooting Bec
3:00.74.		Tom	Richards	U13	May 15.	Surrey Championships, Kingston
3:05.3.		David	Stables	U13	July 3.	Ebbisham League 3, Walton
3:26.9.		Joe	Bodin	U13	May 8.	NYAL 1, Perivale
			<b>1000m</b>			
3:34.9.		James	Russell	U11	Apr 10.	HW YA Mtg Crystal Palace
3:55.2.		Matthew	Burgess	U11	Apr 10.	HW YA Mtg Crystal Palace
4:08.2.		David	Stables	U11	Apr 10.	HW YA Mtg Crystal Palace
			<b>1500m</b>			
4:06.7.	(2C)	James	Trapmore		June 8.	Rosenheim Lge 3, Wimbledon Park
4:21.2.		Adam	Przedzrymirski	U20	May 15.	Surrey Schools Champs, Kingston
4:25.7.	(2C)	Alex	Bruce-Littlewood	U17	July 6.	HAC Memorial, Wimbledon Park
4:34.1.		Jake	Bodin	U17	May 17.	Merton Schools, Wimbledon Park
4:34.9.		Lance	Power	U20	May 7.	Southern League 1, Kingston

4:35.5.		Luke	Jones	U17	May 17.	Merton Schools, Wimbledon Park
4:38.13.		Michael	O'Halloran	U17	May 18.	Schools T&F Cup, Guildford
4:42.7.		Lance	Power	U20	June 25.	Southern League 3, Tooting Bec
4:42.8.		David	Fleming		July 30.	Southern League 5, Reading
4:43.17.		Jonathan	Burgess	U13	July 23.	U13s Inter County, Kingston
4:45.7.		Craig	Nicholls		Aug 17.	Rosenheim Finals, Kingston
4:48.1.		Hugh	Saxby	M50	June 22.	Rosenheim League 4, Tooting Bec
4:52.8.		Sean	Crummy	U17	July 6.	HAC Memorial, Wimbledon Park
4:57.0.		Ottobar	Vincent		May 7.	Southern League 1, Kingston
4:59.4.		Khalid	Belhaj	U15	July 6.	HAC Memorial, Wimbledon Park
5:00.7.		Jack	McGoldrick	U17	June 5.	NYAL 2, Kingston
5:05.16.		Steve	Hadley		May 21.	Southern League 2, Woodford
5:07.0.		Tom	Morris	M45	June 20.	Veterans League 3, Battersea Park
5:07.8.		Jon	Corbett	M45	May 28.	Surrey AA Veterans Champs, Kingston
5:10.6.		William	Spooner	U15	July 3.	Ebbisham League 3, Walton
5:16.1.		Tom	Morris	M45	May 9.	Veterans League 1, Battersea Park
5:16.6.		Stuart	Littlewood	M50	July 2.	HHH Open Meeting, Tooting Bec
5:16.82.		Liam	White	U13	May 14.	Surrey Championships, Kingston
5:18.0.		Charlie	Carrington	U15	June 5.	NYAL 2, Kingston
5:19.1.		Lewis	Gage	U15	Apr 24.	Ebbisham League, Kingston
5:19.3.		Deyan	Knespl	U15	May 17.	Merton Schools, Wimbledon Park
5:24.8.		Peter	Giles	M60	May 28.	Surrey AA Veterans Champs, Kingston
5:33.1.		Paul	Wignall	M50	May 9.	Veterans League 1, Battersea Park
5:37.7.		Dennis	Williams	M55	June 20.	Veterans League 3, Battersea Park
5:51.12.		Paul	Stables	U13	May 14.	Surrey Championships, Kingston
6:03.0.		Kevin	Burnett (2C)	M60	May 9.	Veterans League 1, Battersea Park
6:16.1.		David	Stables	U13	June 5.	NYAL 2, Kingston
6:48.53.		John	Webster	M65	Sept 11.	Surrey AA Multi Events, Crawley
			<b>3000m</b>			
9:26.0.		Richard	Xerri		June 8.	Rosenheim Lge 3, Wimbledon Park
9:26.38.		Adam	Przedzimirski	U20	May 15.	Surrey Championships, Kingston
9:29.4.		Steve	Newton	M50	June 8.	Rosenheim Lge 3, Wimbledon Park
9:44.7.	(2C)	Alex	Bruce-Littlewood	U17	July 13.	Rosenheim League 5. Tooting Bec
9:52.72.	(i)	Paul	Drake		Jan 29.	Jablonec, Czech Rep.
9:58.5.		Neil	Fraser	U20	July 27.	Rosenheim League 6, Tooting Bec
10:06.4.		Hugh	Saxby	M50	July 13.	Rosenheim League 5. Tooting Bec
10:07.6.		Luke	Jones	U17	June 11.	Surrey Schools Champs, Kingston
10:07.98.	(i)	Jake	Bodin	U17	Jan 29.	Jablonec, Czech Rep.
10:18.10.	(i)	Lance	Power	U20	Jan 29.	Jablonec, Czech Rep.
10:19.1.		Sean	Crummy	U17	June 8.	Rosenheim Lge 3, Wimbledon Park
10:23.7.		Steve	Badgery	M55	June 8.	Rosenheim Lge 3, Wimbledon Park
10:24.3.		Eric	Blackmore	M40	June 8.	Rosenheim Lge 3, Wimbledon Park
10:29.3.		John	Querstret		July 27.	Rosenheim League 6, Tooting Bec
10:35.1.		Jack	McGoldrick	U17	June 26.	NYAL 3, Carshalton
10:35.7.		Peter	Lee		July 27.	Rosenheim League 6, Tooting Bec
10:43.2.		Steve	Sinnott	M40	June 22.	Rosenheim League 3, Wimbledon Park
10:43.8.		Martin	O'Halloran	M45	Apr 16.	Kinnaird Trophy, Kingston
10:51.4.		Peter	Giles	M60	Aug 17.	Rosenheim Finals, Kingston
11:05.1.		Tom	Morris	M45	July 11.	Veterans League 4, Battersea Park
11:05.6.		Charlie	Carrington	U15	June 5.	NYAL 2, Kingston
11:05.6.		Stuart	Littlewood	M50	June 22.	Rosenheim League 4, Tooting Bec
11.11.5		Deyan	Knespl	U15	May 11.	Merton Schools, Wimbledon Park
11:22.0.		Dennis	Williams	M55	Aug 3.	Vets AC Meeting, Battersea Park
12:02.3.		Barry	King	M50	June 22.	Rosenheim League 4, Tooting Bec
			<b>5000m</b>			
16:37.8.		Adam	Przedzimirski	U20	Aug 20.	Southern League 6, Chelmsford
16:43.7.		Steve	Newton	M50	June 25.	Southern League 3, Tooting Bec
17:22.14.		Jamie	Helmer		May 21.	Southern League 2, Woodford
17:33.8.		Andy	Waites	M40	July 9.	Southern League 4, Watford
17:39.5.		Lance	Power	U20	May 7.	Southern League 1, Kingston
17:42.5.		Leo	Cox		May 7.	Southern League 1, Kingston
17:55.1.		Neil	Fraser	U20	June 25.	Southern League 3, Tooting Bec
18:16.45.		Peter	Giles	M60	July 16.	BMAF Chamionships, Birmingham
18:19.0.		Steve	Badgery	M55	May 28.	Surrey AA Veterans Champs, Kingston
18:32.3.		John	Querstret		July 30.	Southern League 5, Reading
18:48.8.		Steve	Sinnott	M40	June 20.	Veterans League 3, Battersea Park
19:03.0.		Dennis	Williams	M55	June 1.	Veterans AC Mtg, Tooting Bec
19:21.1.		Tom	Morris	M45	June 20.	Veterans League 3, Battersea Park
19:41.1.		Martin	O'Halloran	M45	May 28.	Surrey AA Veterans Champs, Kingston
20:43.5.		Steve	Hadley		Aug 20.	Southern League 6, Chelmsford
			<b>10,000m</b>			
39:49.9.		Dennis	Williams	M55	Aug 27.	Surrey Championships, Tooting Bec
42:46.9.		Stuart	Littlewood	M50	Sept 7.	Vets AC Champs. Battersea Park
			<b>1500m steeplechase</b>			
5:51.5.		Jack	McGoldrick	U17	June 26.	NYAL 3, Carshalton
6:37.7.		Nathan	Gore	U17	June 26.	NYAL 3, Carshalton
			<b>3000m steeplechase</b>			

10:51.4.		Barry	White		July 9.	Southern League 4, Watford
11:35.1.		John	Querstret		July 30.	Southern League 5, Reading
11:51.2.		Neil	Fraser	U20	Aug 20.	Southern League 6, Chelmsford
12:08.0.		Steve	Hadley		May 7.	Southern League 1, Kingston
14:45.3.		Dominic	Getting		June 25.	Southern League 3, Tooting Bec
			<b>2000m steeplechase</b>			
6:52.0.		Steve	Hadley		Apr 16.	Kinnaird Trophy, Kingston
			<b>60m Hurdles</b>			
9.29.	(i)	Christiaan	De Jager		Jan 29.	Jablonec, Czech Rep.
9.90.	(i)	Steve	Davies		Jan 29.	Jablonec, Czech Rep.
			<b>75m Hurdles</b>			
15.8.		Tom	Richards	U13	June 26.	NYAL 3, Carshalton
16.2.		James	Russell	U13	June 5.	NYAL 2, Kingston
16.4.		Tom	Brandon	U13	July 17.	NYAL 4, Kingston
23.2.		Paul	Stables	U13	June 26.	NYAL 3, Carshalton
			<b>80m Hurdles</b>			
13.4.		Derek	Frempong	U15	July 6.	HAC Memorial, Wimbledon Park
13.9.		Edmund	Gaisie	U15	June 5.	NYAL 2, Kingston
13.9.		K	Sarpong	U15	June 26.	NYAL 3, Carshalton
15.0.		Henry	Ivesic	U15	May 22.	Ebbisham League 2, Tooting Bec
16.8.		James	Russell	U13	May 22.	Ebbisham League 2, Tooting Bec
16.9.		Tom	Brandon	U13	Apr 24.	Ebbisham League, Kingston
18.7.		Tom	Meehan	U13	July 3.	Ebbisham League 3, Walton
19.5.		Jonathan	Burgess	U13	May 22.	Ebbisham League 2, Tooting Bec
			<b>110m Hurdles</b>			
16.1.		Austin	Ferns		July 30.	Southern League 5, Reading
16.4.		Royden	John		Aug 17.	Rosenheim Finals, Kingston
16.87.		Christiaan	De Jager		May 14.	Surrey Championships, Kingston
17.1.		Steve	Davies		Aug 20.	Southern League 6, Chelmsford
22.0.		Steve	Hadley		May 7.	Southern League 1, Kingston
			<b>400m Hurdles</b>			
53.24.		Austin	Ferns		July 9.	AAA Championships, Manchester
58.0.		Steve	Davies		July 9.	Southern League 4, Watford
65.8.		Andy	Laughton	M45	July 9.	Southern League 4, Watford
			<b>2000m Walk</b>			
12:54.03.		Tom	Morris	M45	May 9.	Veterans League 1, Battersea Park
			<b>High Jump</b>			
1.65.		Steve	Davies		June 25.	Southern League 3, Tooting Bec
1.65.		Royden	John		July 9.	Southern League 4, Watford
1.60.		Austin	Ferns		May 7.	Southern League 1, Kingston
1.50.		Hugh	Saxby	M50	June 20.	Veterans League 3, Battersea Park
1.50.		Richard	Vanderpuijje	U20	July 9.	Southern League 4, Watford
1.50.		Camille	Duwall		Aug 20.	Southern League 5, Reading
1.40.		Edmund	Gaisie	U15	Apr 24.	Ebbisham League, Kingston
1.40.		Luis	Garcia	U15	May 22.	Ebbisham League 2, Tooting Bec
1.40.		Nathan	Gore	U17	June 5.	NYAL 2, Kingston
1.20.		Liam	White	U13	June 26.	NYAL 3, Carshalton
1.15.		James	Russell	U13	Apr 24.	Ebbisham League, Kingston
1.15.		Jonathan	Burgess	U13	May 8.	NYAL 1, Perivale
1.10.		Kevin	Snelling	M40	May 9.	Veterans League 1, Battersea Park
1.10.		John	Webster	M65	May 9.	Veterans League 1, Battersea Park
1.10.		James	Forward	U13	May 22.	Ebbisham League 2, Tooting Bec
			<b>Pole Vault</b>			
3.20.		Royden	John		July 13.	Rosenheim League 5. Tooting Bec
3.20.		Dominic	Getting		July 9.	Southern League 4, Watford
3.00.		Andy	Laughton	M45	July 9.	Southern League 4, Watford
2.20.		Barry	White		May 21.	Southern League 2, Woodford
2.20.		Camille	Duwall		July 30.	Southern League 5, Reading
2.00.		John	Webster	M65	Sep 4.	Vets AC Champs. Battersea Park
1.10.		Steve	Davies		May 7.	Southern League 1, Kingston
			<b>Long Jump</b>			
7.18.	(l)	Ike	Mba	U20	Mar 6.	Surrey Indoor Champs, Carshalton
6.96.		Ike	Mba	U20	June 11.	Surrey Schools Champs, Kingston
6.76.		Royden	John		Aug 20.	Southern League 6, Chelmsford
6.47.	(l)	Rufus	Nugent	U20	Mar 6.	Surrey Indoor Champs, Carshalton
6.25.		Rufus	Nugent	U20	May 14.	Surrey Championships, Kingston
6.22.	(i)	Jon	Grayson		Jan 29.	Jablonec, Czech Rep.
6.15.		Christiaan	De Jager		May 14.	Surrey Championships, Kingston
6.14.	(i)	Camille	Duwall		Jan 29.	Jablonec, Czech Rep.
6.12.	(i)	Christiaan	De Jager		Jan 29.	Jablonec, Czech Rep.
5.50.		Camille	Duwall		July 9.	Southern League 4, Watford
5.39.		Praful	Nargund	U15	July 3.	Ebbisham League 3, Walton
5.16.		Richard	Vanderpuijje	U20	July 30.	Southern League 5, Reading
5.05.	(l)	Praful	Nargund	U15	Mar 6.	Surrey Indoor Champs, Carshalton
4.90.		Steve	Hadley		May 7.	Southern League 1, Kingston
4.81.		Henry	Ivesic	U15	May 22.	Ebbisham League 2, Tooting Bec
4.75.		Hugh	Saxby	M50	June 20.	Veterans League 3, Battersea Park

4.75.		Neil	Fraser	U20	July 30.	Southern League 5, Reading
4.64.		Luis	Garcia	U15	May 22.	Ebbisham League 2, Tooting Bec
4.54.		Richard	Hadley	U15	June 5.	NYAL 2, Kingston
4.38.		Tom	Brandon	U13	Apr 10.	HW YA Mtg Crystal Palace
4.37.		Liam	White	U13	May 22.	Ebbisham League 2, Tooting Bec
4.35.		Michael	O'Halloran	U17	May 18.	Schools T&F Cup, Guildford
4.34.		K	Sarpong	U15	June 26.	NYAL 3, Carshalton
4.28.		Edmund	Gaisie	U15	May 18.	Schools T&F Cup, Wimbledon Park
4.23.		Geoff	Van Klaveren	M45	May 28.	Surrey AA Veterans Champs, Kingston
4.07.		Barry	White		Aug 20.	Southern League 6, Chelmsford
3.86.		Harry	Wignall	U13	May 14.	Surrey Championships, Kingston
3.83.		Barry	King	M50	June 22.	Rosenheim League 4, Tooting Bec
3.79.		R	Watson	U15	June 26.	NYAL 3, Carshalton
3.71.		James	Russell	U13	June 5.	NYAL 2, Kingston
3.71.		John	Webster	M65	Sept 11.	Surrey AA Multi Events, Crawley
3.65.		Khalid	Belhaj	U13	July 17.	NYAL 4, Kingston
3.51.		Tom	Richards	U13	July 17.	NYAL 4, Kingston
3.42.		Tom	Meehan	U13	Apr 10.	HW YA Mtg Crystal Palace
3.17.		Paul	Stables	U13	Apr 24.	Ebbisham League, Kingston
2.86.		Kevin	Snelling	M40	June 20.	Veterans League 3, Battersea Park
			<b>Triple Jump</b>			
12.94.		Royden	John		Aug 20.	Southern League 6, Chelmsford
12.13.		Jack	Kennedy	U20	Aug 20.	Southern League 6, Chelmsford
11.58.		Austin	Ferns		June 25.	Southern League 3, Tooting Bec
11.30.		Luis	Garcia	U15	June 11.	London Schools, Battersea Park
11.14.		Esmond	Ferns		July 9.	Southern League 4, Watford
10.71.		Adam	Przedzrymirski	U20	May 21.	Southern League 2, Woodford
10.60.		Camille	Duwall		May 7.	Southern League 1, Kingston
10.14.		Praful	Nargund	U15	Apr 24.	Ebbisham League, Kingston
9.63.		Austin	Ferns		May 21.	Southern League 2, Woodford
9.27.		Richard	Vanderpujje	U20	July 30.	Southern League 5, Reading
7.62.		Paul	Wignall	M50	May 23.	Veterans League 2, Battersea Park
			<b>Shot</b>			
12.02.	7.26kg	Bekele	Tola		June 25.	Southern League 3, Tooting Bec
10.20.	7.26kg	John	Brown		May 7.	Southern League 1, Kingston
10.04.	4kg	Richard	Hadley	U15	July 6.	HAC Memorial, Wimbledon Park
9.95.	7.26kg	Stuart	Milton		June 25.	Southern League 3, Tooting Bec
8.89.	5kg	Craig	Gore	U17	July 6.	HAC Memorial, Wimbledon Park
8.70.	4kg	Henry	Ivesic	U15	May 22.	Ebbisham League 2, Tooting Bec
8.67.	7.26kg	Jack	Kennedy	U20	July 30.	Southern League 5, Reading
8.35.	5kg	Nathan	Gore	U17	July 6.	HAC Memorial, Wimbledon Park
8.20.	5kg	John	Webster	M65	Apr 13.	Veterans AC Mtg. Battersea Pk
8.15.	7.26kg	Kevin	Snelling	M40	June 20.	Veterans League 3, Battersea Park
7.93.	7.26kg	Henok	Guta		Apr 16.	Sward Trophy, Kingston
7.40.	3.25kg	Tom	Brandon	U13	June 5.	NYAL 2, Kingston
7.20.	5kg	Jake	Bodin	U17	July 17.	NYAL 4, Kingston
6.56.	5kg	Jack	McGoldrick	U17	May 8.	NYAL 1, Perivale
6.27.	4kg	Jack	Gore	U15	June 26.	NYAL 3, Carshalton
6.19.	5kg	Levi	Durrant	U17	May 8.	NYAL 1, Perivale
6.09.	4kg	Derek	Frempong	U15	July 3.	Ebbisham League 3, Walton
5.99.	3.25kg	Mark	Newman	U13	Apr 24.	Ebbisham League, Kingston
5.70.	3.25kg	Khalid	Belhaj	U13	July 17.	NYAL 4, Kingston
5.66.	3.25kg	Jonathan	Burden	U13	June 5.	NYAL 2, Kingston
4.93.	4kg	R	Watson	U15	July 17.	NYAL 4, Kingston
4.92.	3.25kg	Kieran	Bennett	U13	May 8.	NYAL 1, Perivale
4.80.	3.25kg	Alex	Watson	U13	July 17.	NYAL 4, Kingston
4.00.	3.25kg	James	Forward	U13	July 17.	NYAL 4, Kingston
3.88.	4kg	William	Spooner	U15	July 6.	HAC Memorial, Wimbledon Park
			<b>Discus</b>			
31.15.	2kg	Bekele	Tola		Apr 16.	Sward Trophy, Kingston
29.60.	1kg.	John	Webster	M65	July 13.	Vets AC Meeting, Battersea Park
28.96.	2kg	John	Brown		July 30.	Southern League 5, Reading
24.64.	1.25kg	Luis	Garcia	U15	July 3.	Ebbisham League 3, Walton
18.81.	1.5kg	Jake	Bodin	U17	June 26.	NYAL 3, Carshalton
18.64.	2kg	Jack	Kennedy	U20	Aug 20.	Southern League 6, Chelmsford
17.91.	1.5kg	Levi	Durrant	U17	May 8.	NYAL 1, Perivale
17.83.	1kg	Tom	Brandon	U13	July 3.	Ebbisham League 3, Walton
17.39.	2kg	Kevin	Snelling	M40	July 11.	Veterans League 4, Battersea Park
17.30.	1.5kg	Craig	Gore	U17	June 5.	NYAL 2, Kingston
16.13.	2kg	Kevin	Burnett (2C)	M60	Apr 16.	Sward Trophy, Kingston
14.15.	1.25kg	Jack	Gore	U15	June 5.	NYAL 2, Kingston
12.77.	1.25kg	Charlie	Carrington	U15	July 17.	NYAL 4, Kingston
11.61.	1kg	James	Forward	U13	July 3.	Ebbisham League 3, Walton
9.10.	1kg	Paul	Stables	U13	May 22.	Ebbisham League 2, Tooting Bec
			<b>Hammer</b>			
37.16.	5kg	John	Webster	M65	May 28.	Surrey AA Veterans Champs, Kingston
33.68.	7.26kg	Jack	Kennedy	U20	June 25.	Southern League 3, Tooting Bec

32.45.	6kg.	John	Webster	M65	June 20.	Veterans League 3, Battersea Park
31.10.	7.26kg	John	Brown		July 27.	Rosenheim League 6, Tooting Bec
27.70.	7.26kg	John	Webster	M65	May 21.	Southern League 2, Woodford
20.49.	7.26kg	Kevin	Snelling	M40	June 20.	Veterans League 3, Battersea Park
19.74.	5kg	Craig	Gore	U17	June 26.	NYAL 3, Carshalton
16.64.		Jack	Gore	U15	June 26.	NYAL 3, Carshalton
			<b>Javelin</b>			
60.57.	800g	Bekele	Tola		June 25.	Southern League 3, Tooting Bec
41.41.	800g	Stuart	Milton		June 25.	Southern League 3, Tooting Bec
39.12.	800g	Royden	John		Aug 20.	Southern League 6, Chelmsford
37.26.	600g	John	Webster	M65	Sept 11.	Surrey AA Multi Events, Crawley
37.09.	600g	Luis	Garcia	U15	July 6.	HAC Memorial, Wimbledon Park
36.91.	800g	Geoff	Van Klaveren	M40	May 7.	Southern League 1, Kingston
32.14.	800g	John	Brown		May 25.	Rosenheim League 2, Tooting Bec
31.31.	700g	John	Webster	M65	May 23.	Veterans League 2, Battersea Park
30.91.	800g	John	Webster	M65	July 9.	Southern League 4, Watford
29.62.	800g	Jack	Kennedy	U20	July 30.	Southern League 5, Reading
29.29.	700g	Craig	Gore	U17	July 6.	HAC Memorial, Wimbledon Park
29.07.	600g	Lewis	Gage	U15	Apr 24.	Ebbisham League, Kingston
29.00.	400g	Tom	Brandon	U13	July 3.	Ebbisham League 3, Walton
26.28.	800g	John	Brown		Apr 16.	Sward Trophy, Kingston
25.67.	600g	Derek	Frempong	U15	May 22.	Ebbisham League 2, Tooting Bec
21.61.	800g	John	Webster	M65	May 21.	Southern League 2, Woodford
21.54.	800g	Henok	Guta		Mar 20.	K&P Open, Kingston
20.36.	800g	Kevin	Snelling	M40	July 11.	Veterans League 4, Battersea Park
20.32.	600g	Richard	Hadley	U15	June 26.	NYAL 3, Carshalton
18.92.	600g	Jack	Gore	U15	June 26.	NYAL 3, Carshalton
16.15.	700g	Levi	Durrant	U17	May 8.	NYAL 1, Perivale
14.62.	600g	Khalid	Belhaj	U15	Apr 24.	Ebbisham League, Kingston
8.23.	700g	Jake	Bodin	U17	May 8.	NYAL 1, Perivale
			<b>4x100m relay</b>			
45.5.	(R Savill, C Duvall, M Douglas, I Mba)				May 7.	Southern League 1, Kingston
46.2.					July 9.	Southern League 4, Watford
46.4.					July 30.	Southern League 5, Reading
46.69.	(R Savill, M Parsons, S Davies, I Mba)				May 21.	Southern League 2, Woodford
46.9.					Aug 20.	Southern League 6, Chelmsford
55.4.	(R John, E Ferns, F Abbas, A Ferns)				June 25.	Southern League 3, Tooting Bec
55.6.	U15				June 5.	NYAL 2, Kingston
59.8.	U13				July 17.	NYAL 4, Kingston
			<b>4x200m relay</b>			
1:39.6.	Senior (				July 13.	Rosenheim League 5, Tooting Bec
1:48.2.	U15 (L Garcia, W Spooner, D Frempong, P Nargund)				July 3.	Ebbisham League 3, Walton
1:48.4.	Senior (D Dowling, C Nicholls, L Power, R John)				July 27.	Rosenheim League 6, Tooting Bec
1:50.8.	U15 (E Gaisie, H Ivesic, D Frempong, L Garcia)				May 22.	Ebbisham League 2, Tooting Bec
1:52.7.	Senior				June 8.	Rosenheim Lge 3, Wimbledon Park
1:52.7.	U15				July 6.	HAC Memorial, Wimbledon Park
1:59.5.	U17				July 6.	HAC Memorial, Wimbledon Park
2:08.4.	U13 (J Burgess, L White, J Forward, H Wignall)				July 3.	Ebbisham League 3, Walton
2:13.6.	U13 (J Forward, M Burgess, J Burgess, L White)				May 22.	Ebbisham League 2, Tooting Bec
			<b>4x400m relay</b>			
3:29.6.					July 30.	Southern League 5, Reading
3:33.3.					Aug 20.	Southern League 6, Chelmsford
3:33.7.	(E Ferns (53.4), L Power (54.8), Steve Davies (54.5), A Ferns (51.0))				June 25.	Southern League 3, Tooting Bec
3:33.8.	(I Mba (52.4), E Ferns (54.1), M Douglas (52.7) C Duvall (54.6))				May 7.	Southern League 1, Kingston
3:34.0.					July 9.	Southern League 4, Watford
3:36.48.	(I Mba, S Davies, A Ferns, M Parsons)				May 21.	Southern League 2, Woodford
4:28.3.	U15				June 5.	NYAL 2, Kingston
			<b>Pentathlon</b>	<b>(LJ, JT, 200m, DT, 1500m)</b>		
2823pts		John	Webster	M65	Sept 11.	Surrey AA Multi Events, Crawley
(Age adjusted)		(3.71 37.26, 34.04, 26.49, 6:48.53)				
	(I)= Indoors					
	2C = second claim but first claim in competition shown.					

### Ranking Lists for 2005 as at June 14

Hercules Wimbledon AC Track & Field Women					Rankings-2005	
				60m		
7.89.	(I)	Emily	Martin	U17	Mar 6.	Surrey Indoor Champs, Carshalton
8.24.	(I)	Laure	Caussemille		Jan 29.	Jablonec, Czech Rep.
8.50.	(I)	Laura	Wignall	U20	Jan 29.	Jablonec, Czech Rep.
8.84.	(I)	Florence	King	U17	Jan 29.	Jablonec, Czech Rep.

			<b>75m</b>			
10.5.		Amelia	Richards	U13	June 5.	NYAL 2, Kingston
11.9.		Natasha	Skeet	U13	May 8.	NYAL 1, Perivale
12.8.		Olivia	Chant-Tuft	U13	May 8.	NYAL 1, Perivale
			<b>100m</b>			
12.47/+1.3w		Emily	Martin	U17	May 29.	Southern U17 Champs, Portsmouth
13.2.		Laure	Caussemille		Apr 30.	Southern League 1, Eastbourne
13.2.		Amelia	Richards	U13	June 15.	Wandsworth Schools, Tooting Bec
14.33.		Monique	Pemberton	U20	Mar 20.	K&P Open, Kingston
14.5.		Florence	King	U17	May 8.	NYAL 1, Perivale
14.6.		Rosemary	Fernando	U15	May 21.	Southern League 2, Barn Elms
14.8.		Tanika	Dyges	U15	Apr 10.	HW YA Mtg, Crystal Palace
14.8.		Jennifer	Fernando	U15	May 8.	NYAL 1, Perivale
15.5.		Natasha	Skeet	U13	Apr 10.	HW YA Mtg, Crystal Palace
15.5.		Charlotte	Withers	U13	Apr 10.	HW YA Mtg, Crystal Palace
15.6.		Mary	Brandon	U15	May 8.	NYAL 1, Perivale
15.9.		Jade	Skinner	U13	Apr 10.	HW YA Mtg, Crystal Palace
16.1.		Isabelle	Barrett	U13	Apr 10.	HW YA Mtg, Crystal Palace
			<b>150m</b>			
20.7.		Amelia	Richards	U13	June 5.	NYAL 2, Kingston
23.8.		Natasha	Skeet	U13	June 5.	NYAL 2, Kingston
			<b>200m</b>			
25.6.		Emily	Martin	U17	May 8.	NYAL 1, Perivale
27.98.		Amelia	Richards	U13	May 15.	Surrey Championships, Kingston (heats)
29.3.		Florence	King	U17	May 19.	Central Surrey Schools, Kingston
29.3.		Laure	Caussemille		Apr 30.	Southern League 1, Eastbourne
29.4.		Rosemary	Fernando	U15	May 8.	NYAL 1, Perivale
29.9.		Jennifer	Fernando	U15	May 21.	Southern League 2, Barn Elms
34.2.		Isabelle	Barrett	U13	Apr 10.	HW YA Mtg, Crystal Palace
			<b>300m</b>			
44.58.		Laure	Caussemille		Mar 20.	K&P Open, Kingston
			<b>400m</b>			
65.9.	(i)	Amandine	King	U20	Jan 29.	Jablonec, Czech Rep.
66.8.		Amandine	King	U20	June 8.	Rosenheim Lge, Wimbledon Park
			<b>800m</b>			
2:21.8.		Serena	Brotherton	U17	Apr 10.	HW YA Mtg, Crystal Palace
2:28.4.		Amandine	King	U20	June 11.	Surrey Schools Champs, Kingston
2:29.65.	(l)	Sarah	Nosworthy		Jan 29.	Jablonec, Czech Rep.
2:30.46.	(l)	Serena	Brotherton	U17	Jan 29.	Jablonec, Czech Rep.
2:32.2.		Jennifer	Fernando	U15	May 8.	NYAL 1, Perivale
2:33.34.	(l)	Amandine	King	U20	Jan 29.	Jablonec, Czech Rep.
2:36.61.		Sarah	Nosworthy		May 15.	Surrey Championships, Kingston
2:36.7.		Jennifer	Fernando	U15	Apr 10.	HW YA Mtg, Crystal Palace
2:46.4.		Corinne	Hall	U15	May 17.	Merton Schools, Wimbledon Park
2:59.7.		Olivia	Chant-Tuft	U13	May 8.	NYAL 1, Perivale
3:01.1.		Kate	Jones	U17	May 17.	Merton Schools, Wimbledon Park
3:12.9.		J	Brooks	U13	June 5.	NYAL 2, Kingston
			<b>1200m</b>			
4:30.4.		Sophie	Greenwood	U13	May 8.	NYAL 1, Perivale
			<b>1500m</b>			
5:19.5.		Sarah	Nosworthy		Apr 30.	Southern League 1, Eastbourne
5:27.3.		Rosemary	Fernando	U15	June 11.	Surrey Schools Champs, Kingston
5:43.6.		Corinne	Hall	U15	May 17.	Merton Schools, Wimbledon Park
5:50.8.		Michaela	Knespl	U13	May 17.	Merton Schools, Wimbledon Park
5:57.9.		Kate	Jones	U17	May 17.	Merton Schools, Wimbledon Park
			<b>3000m</b>			
11:31.1.		Sarah	Nosworthy		May 21.	Southern League 2, Barn Elms
11:49.8.		Serena	Brotherton	U17	June 8.	Rosenheim Lge, Wimbledon Park
12:36.5.		Michaela	Knespl	U13	May 11.	Merton Schools, Wimbledon Park
			<b>75m hurdles</b>			
15.5.		Mary	Brandon	U15	May 17.	Merton Schools, Wimbledon Park
16.7.		Natasha	Skeet	U13	May 17.	Merton Schools, Wimbledon Park
17.2.		J	Brooks	U13	June 5.	NYAL 2, Kingston
			<b>80m hurdles</b>			
14.7.		Lucy	England	U17	Apr 30.	Southern League 1, Eastbourne
16.3.		Nadine	Abdulla	U17	Apr 30.	Southern League 1, Eastbourne
			<b>100m hurdles</b>			
18.3.		Laure	Caussemille		Apr 30.	Southern League 1, Eastbourne
19.9.		Amendine	King	U20	Apr 30.	Southern League 1, Eastbourne
			<b>300m hurdles</b>			
52.1.		Lucy	England	U17	Apr 30.	Southern League 1, Eastbourne
			<b>3000m Walk</b>			
15:00.4.		Estle	Viljoen		Mar 15.	Surrey Championships, Kingston
			<b>High Jump</b>			
1.50.		Laure	Caussemille		Apr 30.	Southern League 1, Eastbourne
1.20.		Sophie	Greenwood	U13	May 8.	NYAL 1, Perivale
			<b>Long Jump</b>			

5.66.		Emily	Martin	U17	May 14.	Surrey Championships, Kingston
5.21.	(l)	Emily	Martin	U17	Mar 6.	Surrey Indoor Champs, Carshalton
4.48.		Amelia	Richards	U13	June 5.	NYAL 2, Kingston
4.32.	(l)	Serena	Brotherton	U17	Jan 29.	Jablonec, Czech Rep.
4.30.		Lucy	England	U17	Apr 30.	Southern League 1, Eastbourne
3.47.		Natasha	Skeet	U13	May 8.	NYAL 1, Perivale
3.20.		Charlotte	Withers	U13	Apr 10.	HW YA Mtg, Crystal Palace
2.88.		Isabel	Kerr	U13	Apr 10.	HW YA Mtg, Crystal Palace
			<b>Triple Jump</b>			
10.85.	(l)	Emily	Martin	U17	Mar 6.	Surrey Indoor Champs, Carshalton
10.01.		Serena	Brotherton	U17	June 11.	Surrey Schools Champs, Kingston
9.42.	(l)	Serena	Brotherton	U17	Mar 6.	Surrey Indoor Champs, Carshalton
8.54.		Amandine	King	U20	Apr 30.	Southern League 1, Eastbourne
			<b>Shot</b>			
8.95.	4.kg	Emily	Martin	U17	Apr 30.	Southern League 1, Eastbourne
5.45.	2.72kg	Olivia	Chant-Tuft	U13	May 8.	NYAL 1, Perivale
5.42.	4.kg	Florence	King	U17	Apr 30.	Southern League 1, Eastbourne
4.70.	2.72kg	Sophie	Greenwood	U13	May 8.	NYAL 1, Perivale
4.11.	2.72kg	Isabelle	Barrett	U13	Apr 10.	HW YA Mtg, Crystal Palace
			<b>Discus</b>			
24.66.	1kg	Candy	Dunne		May 21.	Southern League 2, Barn Elms
20.88.	1kg	Emily	Martin	U17	May 21.	Southern League 2, Barn Elms
17.89.	1kg	Florence	King	U17	Apr 30.	Southern League 1, Eastbourne
14.90.	1kg	Serena	Brotherton	U17	Apr 30.	Southern League 1, Eastbourne
			<b>Javelin</b>			
13.39.	600g	Rosemary	Fernando	U15	May 21.	Southern League 2, Barn Elms
12.98.	600g	Jennifer	Fernando	U15	May 21.	Southern League 2, Barn Elms
10.10.	600g	Mary	Brandon	U15	May 16.	Schools T&F Cup, Crawley
			<b>4x100m relay</b>			
53.3.					Apr 30.	Southern League 1, Eastbourne
			<b>4x400m relay</b>			
4:34.2.					Apr 30.	Southern League 1, Eastbourne

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