



Updated 9-01-07

Hercules Wimbledon Athletic Club

Ranking Lists for 2006 as at 17 December 2006

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	HERCULES WIMBLEDON AC 2006				Men's Rankings		as at December 17.	
				60m				
7.46 (i)	Praful	Nargund	U17		Mar 11.	Surrey Indoor Championships, Carshalton		
7.56 (i)	Mark	Baker	M40		Feb 4.	Open Meeting, Eton		
7.6 (i)	Geoff	Walcott	M50		Feb 5.	SCVAC Champs, Carshalton		
7.68 (1)	Ka	Cheun To	U20		Mar 11.	Surrey Indoor Championships, Carshalton		
8.55 (i)	Paul	Wignall	M50		Jan 29.	Sutton Open Meeting, Carshalton		
8.90 (i)	Tom	Richards	U13		Mar 12.	Surrey Indoor Championships, Carshalton		
				100m				
11.1.	Ike	Mba	U20		June 3.	Southern Men's League, Basingstoke		
11.29/-1.8w	Ike	Mba	U20		May 13.	Surrey Championships, Kingston		
11.3.	Austin	Ferns			July 22.	Southern Men's League, Walton		
11.4.	Dwayne	Dowding			Aug 16.	Rosenheim League Final, Tooting Bec		
11.45/+1.9	Praful	Nargund	U17		July 8.	English Schools, Gateshead		10th HW U17 a-t
11.5.	Praful	Nargund	U17		May 20.	Southern Men's League, Brighton		
11.6.	Ross	Savill	U20		May 20.	Southern Men's League, Brighton		
11.6.	D	Alli			July 26.	Rosenheim League, Tooting Bec		
11.84/+0.1	Geoff	Walcott	M50	(in ht)	July 21.	European Vets Champs, Poznan, POL		HW M50 record
11.9.	Michael	Adjei-Tabirade	U17		June 4.	NYAL, Horsham		
11.9.	Geoff	Walcott	M50		June 21.	Rosenheim League, Tooting Bec		
11.9.	Mark	Baker	M45		Aug 5.	Southern Men's League, Hastings		
11.96w/+2.6	Mark	Baker	M45		Aug 2.	Belgrave Speed GP, Battersea Park		
12.0.	Cale	Edmunds	U17		June 4.	NYAL, Horsham		
12.0/+3.0w	Ka	Cheun To	U20		Apr 15.	Kinnaird Trophy, Kingston		
12.1.	Ka	Cheun To	U20		July 12.	Rosenheim League, Tooting Bec		
12.1.	Michael	Adjei-Tabirade	U17		Apr 30.	NYAL, Crawley		
12.3.	Ramone	Durrani			Apr 29.	Southern Men's League, Kingston		
12.3.	Jonathan	Dwonga	U17		May 11.	Merton Schools, Wimbledon Park		
12.3.	Royden	John			May 24.	Rosenheim League, Croydon		
12.3.	Edmund	Gaisie	U15		July 5.	HAC Memorial Meeting, Tooting Bec		
12.30/+0.9	Edmund	Gaisie	U15		June 10.	Surrey Schools Champs, Kingston		
12.3.	Perthey	Abedayi			Aug 5.	Southern Men's League, Hastings		
12.5.	Kwadwo	Sarpong	U15		Apr 30.	NYAL, Crawley		
12.9.	Derek	Frempong	U17		May 11.	Merton Schools, Wimbledon Park		
13.4.	Jose	Costa	U13		July 2.	Ebbisham League, Kingston		10th HW U13 a-t
13.4.	Paul	Wignall	M50		July 12.	Veterans AC Meeting, Kingston		5th HW M50 a-t
13.42/nwr	Paul	Wignall	M50		June 18.	SCVAC Champs, Battersea Park		
13.64/+1.3w	Jose	Costa	U13		May 14.	Surrey Championships, Kingston		
13.7.	Sachi	Fleming	U13		Apr 16.	Ebbisham League, Tooting Bec		
14.0.	Marcus	Noble	U15		July 2.	Ebbisham League, Kingston		
14.1.	Delano	Henry	U15		July 2.	Ebbisham League, Kingston		
14.1.	James	Russell	U13		July 2.	Ebbisham League, Kingston		
14.1.	Hugo	Dowson	U13		July 2.	Ebbisham League, Kingston		
14.2.	Alex	Coakley			June 3.	Southern Men's League, Basingstoke		
14.22/+1.3w	Tom	Richards	U13		Mar 19.	K&P Open, Kingston		6th HW M50 a-t
14.3.	Vincent	Fisher	U13		Apr 9.	HW YA Meeting, Crystal Palace		
14.3.	Tony	O'Connor	M50		June 19.	SCVAC League, Battersea Park		
14.33/+3.6w	Tom	Meehan	U13		Mar 19.	K&P Open, Kingston		
14.6.	Ed	Saywell	U13		June 25.	NYAL, Carshalton		
14.89/+1.9w	Tom	Brandon	U13		Mar 19.	K&P Open, Kingston		
15.3.	Beau	Feighan	U17		June 25.	NYAL, Carshalton		
15.3.	Jonathan	Burgess	U15		June 25.	NYAL, Carshalton		
15.85/+1.9w	Robert	Richards	U11		Mar 19.	K&P Open, Kingston		
16.2.	Max	Cooper	U13		Apr 16.	Ebbisham League, Tooting Bec		
16.3.	A	Stanley	U13		July 2.	Ebbisham League, Kingston		
19.3.	Tom	Pollak	M65		May 27.	Surrey Veterans Champs, Kingston		
19.5.	Kevin	Snelling	M45		May 8.	SCVAC League, Battersea Park		
				150m				
20.88/+3.3w	Paul	Wignall	M50		Mar 19.	K&P Open, Kingston		
21.54/+4.5w	Tom	Meehan	U13		Mar 19.	K&P Open, Kingston		
				200m				
22.4.	Ike	Mba	U20		June 3.	Southern Men's League, Basingstoke		
22.87/+1.6	Praful	Nargund	U17		June 10.	Surrey Schools Champs, Kingston		9th HW U17 a-t
22.9.	Austin	Ferns			July 22.	Southern Men's League, Walton		
23.0.	Praful	Nargund	U17		June 7.	Rosenheim League, Wimbledon Park		
23.3.	Dwayne	Dowding			June 7.	Rosenheim League, Wimbledon Park		
24.0.	Hamed	Agboke			June 3.	Southern Men's League, Basingstoke		
24.1.	Ka	Cheun To	U20		Aug 5.	Southern Men's League, Hastings		
24.2.	D	Alli			July 26.	Rosenheim League, Tooting Bec		
24.4.	Camille	Duval			June 7.	Rosenheim League, Wimbledon Park		
24.4.	Geoff	Walcott	M50		June 11.	Midland Masters Champs, Solihull		HW M50 record
24.4.	Mark	Baker	M45		Aug 5.	Southern Men's League, Hastings		
24.45/-0.3	Geoff	Walcott	M50		July 29.	European Veterans Champs, Poznan, POL		

24.64 (i)	Geoff	Walcott	M50		Mar 16.	World Masters Indoors, Linz, AUT	
24.7.	Jonathan	Dwonga	U17		June 4.	NYAL, Horsham	
25.1.	Ramone	Durrani			Apr 29.	Southern Men's League, Kingston	
25.3.	Laurent	Bargiarelli			June 7.	Rosenheim League, Wimbledon Park	
25.3.	Edmund	Gaisie	U15		June 25.	NYAL, Carshalton	
25.9.	Kwadwo	Sarpong	U15		Apr 30.	NYAL, Crawley	
27.1.	Andy	Laughton	M45		Aug 27.	Veterans AC Championships, Kingston	
27.30/nwr	Paul	Wignall	M50		June 18.	SCVAC Championships, Battersea Park	
27.8.	Jose	Costa	U13		July 2.	Ebbisham League, Kingston	
27.9.	Paul	Wignall	M50		July 3.	SCVAC League, Battersea Park	
28.38/-1.2w	Jose	Costa	U13	(in ht)	May 13.	Surrey Championships, Kingston	
28.6.	Joe	Toomey	U15		June 4.	NYAL, Horsham	
28.8.	Barry	King	M50		Aug 16.	Rosenheim League Final, Tooting Bec	6th HW M50 a-t
29.0.	Tom	Richards	U13		June 4.	NYAL, Horsham	
29.05/-1.0w	Tom	Richards	U13		May 13.	Surrey Championships, Kingston	
29.3.	Marcus	Noble	U15		Apr 30.	NYAL, Crawley	
29.9.	Sachi	Fleming	U13		Apr 16.	Ebbisham League, Tooting Bec	
30.2.	James	Russell	U13		July 2.	Ebbisham League, Kingston	
30.3.	Alex	Coakley			May 20.	Southern Men's League, Brighton	
30.6.	Tony	O'Connor	M50		July 3.	SCVAC League, Battersea Park	9th HW M50 a-t
31.3.	Jonathan	Burgess	U15		June 18.	Ebbisham League, Croydon	
32.1.	Beau	Feighan	U15		June 4.	NYAL, Horsham	
33.6.	Tom	Pollak	M65		May 22.	SCVAC League, Battersea Park	
42.9.	Kevin	Snelling	M45		July 3.	SCVAC League, Battersea Park	
				300m			
45.66.	Paul	Wignall	M50		Mar 19.	K&P Open, Kingston	
				400m			
51.0.	Hamed	Agboke			July 22.	Southern Men's League, Walton	
51.5.	Praful	Nargund	U17		July 12.	Rosenheim League, Tooting Bec	8th HW U17 a-t
52.2.	Camille	Duval			May 20.	Southern Men's League, Brighton	
52.7.	Matt	Parsons			Apr 29.	Southern Men's League, Kingston	
53.89.	Geoff	Walcott	M50		July 26.	European Veterans Champs, Poznan, POL	
54.8.	Geoff	Walcott	M50		July 12.	Rosenheim League, Tooting Bec	
54.9.	Richard	Ward (2C)			May 24.	Rosenheim League, Croydon	
55.0.	Lance	Power	U20		May 20.	Southern Men's League, Brighton	
56.29 (1)	Geoff	Walcott	M50	(in ht)	Mar 17.	World Masters Indoors, Linz, AUT	
57.4.	Jake	Bodin	U17		June 4.	NYAL, Horsham	
58.2.	Dave	Thorne			July 26.	Rosenheim League, Tooting Bec	
61.5.	Steve	Hadley			June 21.	Rosenheim League, Tooting Bec	
61.8.	Gabriel	Aining	U17		June 25.	NYAL, Carshalton	
62.1.	Andy	Laughton	M45		Aug 27.	Veterans AC Championships, Kingston	
62.9.	Paul	Wignall	M50		June 19.	SCVAC League, Battersea Park	5th HW M50 a-t
63.1.	Joe	Toomey	U15		June 25.	NYAL, Carshalton	
65.1.	Jonathan	Burgess	U15		June 4.	NYAL, Horsham	
65.9.	Anibal	Peel-Atunes	U17		June 25.	NYAL, Carshalton	
66.1.	Luis	Costa	U15		July 2.	Ebbisham League, Kingston	
66.4.	Barry	King	M50		Aug 16.	Rosenheim League Final, Tooting Bec	
70.2.	William	Spooner	U17		June 4.	NYAL, Horsham	
71.7.	Liam	White	U15		June 4.	NYAL, Horsham	
72.8.	A	Stanley	U13		July 2.	Ebbisham League, Kingston	
73.7.	Dean	Belhaj	U13		June 18.	Ebbisham League, Croydon	
76.4.	Joseph	Stone	U15		Apr 30.	NYAL, Crawley	
76.4.	Tom	Morris	M45		May 8.	SCVAC League, Battersea Park	
93.0.	Kevin	Snelling	M45		June 19.	SCVAC League, Battersea Park	
				800m			
1:57.8.	Richard	Ward (2C)			May 24.	Rosenheim League, Croydon	
1:58.9.	Esmond	Ferns			Apr 29.	Southern Men's League, Kingston	
1:59.9.	Aidan	Hogan			Aug 5.	Southern Men's League, Hastings	
2:01.0.	Justin	Kelly			Apr 29.	Southern Men's League, Kingston	
2:01.5.	James	Trapmore (2C)			July 26.	Rosenheim League, Tooting Bec	
2:04.6.	Alex	Bruce-Littlewood (2C)	U17		June 21.	Rosenheim League, Tooting Bec	
2:07.34.	Mike	Treadwell			July 29.	HHH Open Meeting, Tooting Bec	
2:07.38.	Jake	Bodin	U17		May 13.	Surrey Championships, Kingston	
2:08.0.	Deon	Coetzee			July 26.	Rosenheim League, Tooting Bec	
2:08.8.	Leo	Cox			June 7.	Rosenheim League, Wimbledon Park	
2:10.9.	Lance	Power	U20		July 8.	Southern Men's League, Bracknell	
2:15.4.	Steve	Hadley			June 7.	Rosenheim League, Wimbledon Park	
2:16.7.	Joe	Toomey	U15		July 5.	HAC Memorial Meeting, Tooting Bec	
2:19.27.	Jonathan	Burgess	U15		May 14.	Surrey Championships, Kingston	
2:21.0.	Khalid	Belhaj	U15		July 2.	Ebbisham League, Kingston	
2:21.3.	Hamed	Agboke			June 3.	Southern Men's League, Basingstoke	
2:21.62.	Dave	Thorne			July 29.	HHH Open Meeting, Tooting Bec	
2:25.2.	Charlie	Carrington	U17		May 11.	Merton Schools, Wimbledon Park	
2:25.9.	William	Spooner	U17		Apr 30.	NYAL, Crawley	
2:26.4.	Liam	White	U15		June 25.	NYAL, Carshalton	
2:28.26.	Jose	Costa	U13		Sept 9.	Surrey AA Multi-Events Champs, Crawley	
2:28.6.	Martin	Miller	M55		May 27.	Surrey Veterans Champs, Kingston	
2:32.6.	Ed	Saywell	U13		July 2.	Ebbisham League, Kingston	
2:33.9.	Peter	Giles	M60		Aug 27.	Veterans AC Championships, Kingston	
2:34.8.	Paul	Stables	U15		July 2.	Ebbisham League, Kingston	
2:35.8.	Gabriel	Aining	U17		June 25.	NYAL, Carshalton	
2:36.7.	Luis	Costa	U15		Apr 9.	HW YA Meeting, Crystal Palace	
2:37.0.	Joseph	Stone	U15		June 4.	NYAL, Horsham	

2:43.2.	Stuart	Littlewood	M50		July 3.	SCVAC League, Battersea Park	
2:43.4.	Hugo	Dowson	U13		June 4.	NYAL, Horsham	
2:45.6.	Matthew	Burgess	U13		Apr 30.	NYAL, Crawley	
2:46.8.	Sean	Crummy	U17		June 25.	NYAL, Carshalton	
2:51.1.	Max	Cooper	U13		Apr 16.	Ebbisham League, Tooting Bec	
3:05.8.	Sebastian	Hope	U13		June 25.	NYAL, Carshalton	
3:11.1.	David	Stables	U13		June 25.	NYAL, Carshalton	
3:11.4.	Alex	Coakley			June 3.	Southern Men's League, Basingstoke	
3:24.8.	Kevin	Snelling	M45		July 3.	SCVAC League, Battersea Park	
3:39.3.	Tom	Pollak	M65		May 22.	SCVAC League, Battersea Park	3rd HW M60 a-t
				1000m			
3:56.4.	Max	Cooper	U11		Apr 9.	HW YA Meeting, Crystal Palace	
4:08.5.	Luke	Bevir	U11		Apr 9.	HW YA Meeting, Crystal Palace	
				1500m			
4:05.03.	Alex	Bodin	U20		June 10.	Surrey Schools Champs, Kingston	
4:10.40 (i)	Alex	Bodin	U20		Jan 29.	Welsh AA Indoor Champs, Cardiff	
4:12.4.	Alex	Bruce-Littlewood (2C)	U17		July 12.	Rosenheim League, Tooting Bec	
4:13.8.	Adam	Przedzrymirski	U20		May 10.	Rosenheim League, Battersea Park	
4:25.28.	Jake	Bodin	U17		May 14.	Surrey Championships, Kingston	
4:25.9.	Aidan	Hogan			July 26.	Rosenheim League, Tooting Bec	
4:28.0.	Deon	Coetzee			Aug 5.	Southern Men's League, Hastings	
4:28.2.	Leo	Cox			Apr 29.	Southern Men's League, Kingston	
4:32.3.	Lance	Power	U20		Aug 5.	Southern Men's League, Hastings	
4:36.0.	Phil	Glynn			June 21.	Rosenheim League, Tooting Bec	
4:36.0.	Jonathan	Burgess	U15		July 5.	HAC Memorial Meeting, Tooting Bec	
4:44.6.	David	Fleming			July 22.	Southern Men's League, Walton	
4:44.89.	Joe	Toomey	U15		June 10.	Surrey Schools Champs, Kingston	
4:44.9.	Joe	Toomey	U15		July 25.	BMC Meeting, Exeter	
4:49.6.	John	Paton	U15		May 11.	Merton Schools, Wimbledon Park	
4:53.5.	Charlie	Carrington	U17		May 11.	Merton Schools, Wimbledon Park	
4:58.1.	Liam	White	U15		June 7.	Rosenheim League, Wimbledon Park	
4:59.8.	Camille	Duval			June 3.	Southern Men's League, Basingstoke	
5:02.4.	William	Spooner	U17		June 7.	Rosenheim League, Wimbledon Park	
5:07.7.	Sean	Crummy	U17		Apr 30.	NYAL, Crawley	
5:07.7.	Martin	Miller	M55		May 27.	Surrey Veterans Champs, Kingston	
5:10.3.	Peter	Giles	M60		June 19.	SCVAC League, Battersea Park	HW M60 rec
5:12.7.	Stuart	Littlewood	M50		June 19.	SCVAC League, Battersea Park	
5:13.0.	Alistair	Simpson	U13		June 4.	NYAL, Horsham	
5:14.5.	Dean	Belhaj	U13		June 4.	NYAL, Horsham	
5:15.8.	Joseph	Stone	U15		July 5.	HAC Memorial Meeting, Tooting Bec	
5:20.6.	Fred	Green	M60		May 8.	SCVAC League, Battersea Park	2nd HW M60 a-t
5:20.9.	Dominic	Getting			June 3.	Southern Men's League, Basingstoke	
5:25.0.	Oliver	Horrocks	U13		Apr 9.	HW YA Meeting, Crystal Palace	
5:26.4.	Tom	Morris	M45		May 8.	SCVAC League, Battersea Park	
5:30.1.	Ed	Saywell	U13		June 25.	NYAL, Carshalton	
5:43.9.	Rory	Bird	U13		July 2.	Ebbisham League, Kingston	
5:56.9.	Matthew	Burgess	U13		Apr 9.	HW YA Meeting, Crystal Palace	
6:22.5.	David	Stables	U13		Apr 9.	HW YA Meeting, Crystal Palace	
7:28.1.	Kevin	Snelling	M45		June 19.	SCVAC League, Battersea Park	
				3000m			
8:50.6.	Richard	Ward (2C)			May 24.	Rosenheim League, Croydon	
8:53.1.	Ian	Horrocks	M35		June 7.	Rosenheim League, Wimbledon Park	
8:58.92.	Adam	Przedzrymirski	U20		May 14.	Surrey Championships, Kingston	
9:03.48.	Alex	Bodin	U20		May 14.	Surrey Championships, Kingston	
9:12.2.	James	Trapmore (2C)			July 26.	Rosenheim League, Tooting Bec	
9:35.1.	Richard	Xerri			Apr 15.	Kinnaird Trophy, Kingston	
9:38.3.	Mike	Treadwell			July 26.	Rosenheim League, Tooting Bec	
9:38.8.	Alex	Bruce-Littlewood (2C)	U17		May 24.	Rosenheim League, Croydon	
9:48.60.	Jonathan	Burgess	U15		July 26.	Open Meeting, Watford	6th HW U15 a-t
9:51.0.	Neil	Fraser	U20		June 7.	Rosenheim League, Wimbledon Park	
10:01.9.	Sean	Crummy	U17		Aug 16.	Rosenheim League Final, Tooting Bec	
10:31.3.	Joe	Toomey	U15		Aug 16.	Rosenheim League Final, Tooting Bec	
10:33.4.	Peter	Giles	M60		Sept 10.	St Mary's Open Meeting, Twickenham	HW M60 rec
10:36.7.	Dan	Pescod			June 7.	Rosenheim League, Wimbledon Park	
10:40.1.	Steve	Badgery	M55		Sept 10.	St Mary's Open Meeting, Twickenham	
10:47.9.	Charlie	Carrington	U17		June 4.	NYAL, Horsham	
10:51.4.	Tim	Bartley			Aug 16.	Rosenheim League Final, Tooting Bec	
10:56.00.	Liam	White	U15		May 13.	Surrey Championships, Kingston	
11:03.2.	Martin	Miller	M55		Apr 26.	Veterans AC Mtg, Battersea Park	
11:04.0.	Tim	Bartley	U20		July 26.	Rosenheim League, Tooting Bec	
11:07.9.	Stuart	Littlewood	M50		July 3.	SCVAC League, Battersea Park	
11:36.2.	Dennis	Williams	M60		Aug 16.	Rosenheim League Final, Tooting Bec	3rd HW M60 a-t
				5000m			
16:04.4.	Adam	Przedzrymirski	U20		July 22.	Southern Men's League, Walton	4th HW U20 a-t
16:56.6.	Phil	Glynn			July 8.	Southern Men's League, Bracknell	
17:37.4.	Arnaud	Claverle			Aug 5.	Southern Men's League, Hastings	
17:55.13.	Deon	Coetzee			May 13.	Surrey Championships, Kingston	
18:08.1.	Lance	Power			Apr 29.	Southern Men's League, Kingston	
18:14.15.	Peter	Giles	M60		July 8.	British Masters Championships, Birmingham	
18:26.5.	Peter	Lee	M40		May 27.	Surrey Veterans Champs, Kingston	
18:56.2.	Steve	Badgery	M55		May 27.	Surrey Veterans Champs, Kingston	
19:15.4.	Martin	Miller	M55		May 27.	Surrey Veterans Champs, Kingston	
19:21.7.	Stuart	Littlewood	M50		May 27.	Surrey Veterans Champs, Kingston	

1.20.	Steve	Davies			Aug 5.	Southern Men's League, Hastings	
						Long Jump	
7.36w/+2.6	Ike	Mba	U20		May 29.	Inter Counties, Bedford	3rd HW a-t. 2nd HW U20 a-t
7.21 (i)	Ike	Mba	U20		Feb 5.	International Match, Cardiff	
7.15.	Ike	Mba	U20		June 3.	Southern Men's League, Basingstoke	
7.09/+0.4	Ike	Mba	U20		June 18.	South of England Champs, Crystal Palace	
6.56.	Royden	John			June 3.	Southern Men's League, Basingstoke	
6.24.	Jonathan	Grayson			July 26.	Rosenheim League, Tooting Bec	
6.06/+1.6	Ka	Cheun To	U20		May 13.	Surrey Championships, Kingston	
5.88 (i)	Ka	Cheun To	U20		Mar 11.	Surrey Indoor Championships, Carshalton	
5.72.	Ka	Cheun To	U20		July 8.	Southern Men's League, Bracknell	
5.67.	Michael	Adjei-Tabirade	U17		May 14.	Surrey Championships, Kingston	
5.65.	Cale	Edmunds	U17		June 25.	NYAL, Carshalton	
5.61/+0.7	Michael	Adjei-Tabirade	U17		June 10.	Surrey Schools Champs, Kingston	
5.08.	Tom	Brada	U15		May 11.	Merton Schools, Wimbledon Park	
5.08.	Steve	Hadley			Aug 5.	Southern Men's League, Hastings	
5.07.	Jonathan	Dwonga	U17		Apr 30.	NYAL, Crawley	
5.02.	Laurent	Bargiarelli			May 20.	Southern Men's League, Brighton	
4.65.	Andy	Laughton	M45		Aug 27.	Veterans AC Championships, Kingston	
4.55.	Kwadwo	Sarpong	U15		Apr 30.	NYAL, Crawley	
4.55.	Tony	O'Connor	M50		July 3.	SCVAC League, Battersea Park	
4.48.	Derek	Frempong	U17		Apr 9.	HW YA Meeting, Crystal Palace	
4.46.	Michael	Adjei-Tabraie	U17		Apr 9.	HW YA Meeting, Crystal Palace	
4.46.	Liam	White	U15		June 25.	NYAL, Carshalton	
4.43.	Luis	Costa	U15		Apr 9.	HW YA Meeting, Crystal Palace	
4.43.	Sachi	Fleming	U13		Apr 16.	Ebbisham League, Tooting Bec	10th HW U13 a-t
4.42/+0.5w	Jose	Costa	U13		May 13.	Surrey Championships, Kingston	
4.20.	Edmund	Gaisie	U15		June 25.	NYAL, Carshalton	
4.19.	James	Russell	U13		June 4.	NYAL, Horsham	
4.11.	Joe	Toomey	U15		June 4.	NYAL, Horsham	
3.89.	Brian	Milton			July 26.	Rosenheim League, Tooting Bec	
3.83/+2.1w	Tom	Brandon	U13		May 13.	Surrey Championships, Kingston	
3.77.	Tom	Richards	U13		June 25.	NYAL, Carshalton	
3.76.	John	Webster	M65		Aug 27.	Veterans AC Championships, Kingston	
3.74.	Tom	Brandon	U13		Mar 19.	K&P Open, Kingston	
3.69.	Max	Cooper	U11		Apr 16.	Ebbisham League, Tooting Bec	
3.33.	Hugo	Dowson	U13		July 2.	Ebbisham League, Kingston	
3.25.	Rory	Bird	U13		July 2.	Ebbisham League, Kingston	
3.19.	Tom	Pollak	M65		May 27.	Surrey Veterans Champs, Kingston	
3.08.	Matthew	Burgess	U13		June 25.	NYAL, Carshalton	
3.00.	Robert	Richards	U11		Mar 19.	K&P Open, Kingston	
2.84.	Kevin	Snelling	M45		May 22.	SCVAC League, Battersea Park	
						Triple Jump	
13.85.	Ike	Mba	U20		June 3.	Southern Men's League, Basingstoke	4th HW U20 a-t
12.46.	Royden	John			June 3.	Southern Men's League, Basingstoke	
12.28.	Jonathan	Grayson			May 20.	Southern Men's League, Brighton	
11.98.	Ka	Cheun To	U20		Apr 15.	Sword Trophy, Kingston	
11.97.	Royden	John			May 20.	Southern Men's League, Brighton	
11.73 (i)	Ka	Cheun To	U20		Mar 11.	Surrey Indoor Championships, Carshalton	
11.36.	Austin	Ferns			July 8.	Southern Men's League, Bracknell	
11.12.	Cale	Edmunds	U17		June 25.	NYAL, Carshalton	
10.95.	Tom	Brada	U15		May 11.	Merton Schools, Wimbledon Park	
10.61.	Tony	O'Connor	M50		June 19.	SCVAC League, Battersea Park	HW M50 rec
10.40.	Cale	Edmunds	U17		June 4.	NYAL, Horsham	
10.09.	Adam	Przedzimirski	U20		May 10.	Rosenheim League, Battersea Park	
9.95.	Andy	Laughton	M45		Aug 27.	Veterans AC Championships, Kingston	
9.15.	Khalid	Belhaj	U15		July 2.	Ebbisham League, Kingston	
9.02.	Kwadwo	Sarpong	U15		Apr 16.	Ebbisham League, Tooting Bec	
8.42.	John	Webster	M65		Aug 27.	Veterans AC Championships, Kingston	2nd HW M60 a-t
8.23.	Luis	Costa	U15		Apr 16.	Ebbisham League, Tooting Bec	
7.71.	Jake	Bodin	U17		June 4.	NYAL, Horsham	
7.58.	Paul	Stables	U15		July 2.	Ebbisham League, Kingston	
						Shot	
11.70.	Bekele	Tola	M35	7.26kg	June 3.	Southern Men's League, Basingstoke	
10.05.	Mamoud	Attaya		7.26kg	July 8.	Southern Men's League, Bracknell	
9.95.	Stuart	Milton		7.26kg	July 22.	Southern Men's League, Walton	
9.71 (i)	John	Brown	M35	7.26kg	Mar 12.	Surrey Indoor Championships, Carshalton	
9.69.	Jose	Costa	U13	3.25kg	Sept 9.	Surrey AA Multi-Events Champs, Crawley	HW U13 record
9.38.	John	Brown	M35	7.26kg	Aug 5.	Southern Men's League, Hastings	
8.92.	Jonathan	Dwonga	U17	5kg	June 25.	NYAL, Carshalton	
8.57.	Tom	Brandon	U13	3.25kg	Apr 30.	NYAL, Crawley	2nd HW U13 a-t
8.51.	Delano	Henry	U15	4kg	July 2.	Ebbisham League, Kingston	
8.51.	Tony	Milton		7.26kg	July 26.	Rosenheim League, Tooting Bec	
8.47.	Kevin	Snelling	M45	7.26kg	June 3.	Southern Men's League, Basingstoke	
8.34.	Austin	Ferns		7.26kg	Apr 29.	Southern Men's League, Kingston	
8.24.	Royden	John		7.26kg	June 21.	Rosenheim League, Tooting Bec	
8.06.	Michael	Adjei-Tabirade	U17	5kg	June 25.	NYAL, Carshalton	
8.00.	Tom	Brandon	U13	3.25kg	June 25.	NYAL, Carshalton	
7.62.	Luis	Costa	U15	4kg	Sept 9.	Surrey AA Multi-Events Champs, Crawley	
7.12.	John	Webster	M65	6kg	May 8.	SCVAC League, Battersea Park	
6.61.	Falah	Abbas	M40	7.26kg	Apr 29.	Southern Men's League, Kingston	
6.55.	Kevin	Burnett (2C)	M65	5kg	May 8.	SCVAC League, Battersea Park	
6.23.	Marcus	Noble	U15	4kg	July 2.	Ebbisham League, Kingston	

5.94.	Joseph	Toomey	U15	4kg	Apr 30.	NYAL, Crawley	
5.76.	Tom	Pollak	M65	5kg	May 27.	Surrey Veterans Champs, Kingston	
5.49.	Liam	White	U15	4kg	June 18.	Ebbisham League, Croydon	
5.44.	Kevin	Burnett (2C)	M65	7.26kg	Apr 15.	Sward Trophy, Kingston	
4.87.	Alistair	Simpson	U13	3.25kg	June 4.	NYAL, Horsham	
3.98.	William	Spooner	U17	5kg	Apr 30.	NYAL, Crawley	
3.86.	Paul	Stables	U15	4kg	June 25.	NYAL, Carshalton	
				Discus			
31.14.	Bekele	Tola	M35	2kg	July 22.	Southern Men's League, Walton	
28.00.	John	Webster	M65	1kg	Aug 2.	Veterans AC Mtg, Tooting Bec	
27.31.	John	Brown	M35	2kg	May 20.	Southern Men's League, Brighton	
23.91.	Austin	Ferns		2kg	July 8.	Southern Men's League, Bracknell	
23.46.	Stuart	Milton		2kg	July 22.	Southern Men's League, Walton	
21.81.	Delano	Henry	U15	1.25kg	July 2.	Ebbisham League, Kingston	
21.42.	John	Webster	M65	1.5kg	June 19.	SCVAC League, Battersea Park	
21.36.	Jonathan	Dwonga	U17	1.5kg	June 25.	NYAL, Carshalton	
21.18.	Royden	John		2kg	June 3.	Southern Men's League, Basingstoke	
21.02.	Derek	Frempong	U17	1.5kg	June 25.	NYAL, Carshalton	
19.89.	Dominic	Getting		2kg	July 8.	Southern Men's League, Bracknell	
16.00.	Luis	Costa	U15	1.25kg	June 25.	NYAL, Carshalton	
15.94.	Kevin	Burnett (2C)	M65	2kg	Apr 15.	Sward Trophy, Kingston	
15.04.	Kevin	Snelling	M45	2kg	June 19.	SCVAC League, Battersea Park	
15.32.	Kevin	Burnett (2C)	M65	1.5kg	May 8.	SCVAC League, Battersea Park	
13.91.	Beau	Feighan	U15	1.25kg	Apr 16.	Ebbisham League, Tooting Bec	
12.31.	Jonathan	Burgess	U15	1.25kg	June 4.	NYAL, Horsham	
				Hammer			
38.55.	John	Webster	M65	5kg	May 27.	Surrey Veterans Champs, Kingston	HW M60 rec
33.13.	John	Webster	M65	6kg	July 3.	SCVAC League, Battersea Park	
31.66.	John	Brown	M35	7.26kg	May 20.	Southern Men's League, Brighton	
28.67.	John	Webster	M65	7.26kg	June 3.	Southern Men's League, Basingstoke	
28.09.	Jack	Kennedy	U20	7.26kg	Apr 15.	Sward Trophy, Kingston	
18.80.	Kevin	Snelling	M45	7.26kg	July 3.	SCVAC League, Battersea Park	
18.38.	Bekele	Tola	M35	7.26kg	Aug 5.	Southern Men's League, Hastings	
16.62.	Falah	Abbas	M40	7.26kg	May 20.	Southern Men's League, Brighton	
13.28.	Austin	Ferns		7.26kg	Apr 29.	Southern Men's League, Kingston	
				Javelin			
61.44.	Bekele	Tola	M35	800g	July 22.	Southern Men's League, Walton	
39.74.	Austin	Ferns		800g	Apr 29.	Southern Men's League, Kingston	
38.95.	Stuart	Milton		800g	July 22.	Southern Men's League, Walton	
37.47.	Geoff	Van Claveren	M45	800g	Mar 19.	K&P Open, Kingston	
34.67.	Royden	John		800g	May 24.	Rosenheim League, Croydon	
34.28.	John	Webster	M65	600g	Sept 10.	St Mary's Open Meeting, Twickenham	
33.78.	Tony	Milton		800g	July 26.	Rosenheim League, Tooting Bec	
32.32.	Mamoud	Attaya		800g	July 8.	Southern Men's League, Bracknell	
30.70.	Jose	Costa	U13	400g	May 13.	Surrey Championships, Kingston	2nd HW U13 a-t
29.39.	John	Webster	M65	700g	June 19.	SCVAC League, Battersea Park	
28.87.	Tom	Brandon	U13	400g	July 5.	HAC Memorial Meeting, Tooting Bec	
28.16.	Kevin	Snelling	M45	800g	June 19.	SCVAC League, Battersea Park	
27.67.	Anibal	Peel-Atunes	U17	700g	June 25.	NYAL, Carshalton	
26.24.	Luis	Costa	U15	600g	June 25.	NYAL, Carshalton	
24.96.	Derek	Frempong	U17	700g	June 25.	NYAL, Carshalton	
20.49.	Kevin	Burnett (2C)	M65	800g	Apr 15.	Sward Trophy, Kingston	
20.40.	Joseph	Stone	U15	600g	July 5.	HAC Memorial Meeting, Tooting Bec	
15.67.	Beau	Feighan	U15	600g	June 18.	Ebbisham League, Croydon	
12.29.	David	Stables	U13	400g	July 2.	Ebbisham League, Kingston	
12.18.	Dominic	Getting		800g	Apr 29.	Southern Men's League, Kingston	
11.49.	Praful	Nargund	U17	700g	Apr 30.	NYAL, Crawley	
10.42.	Paul	Stables	U15	600g	June 4.	NYAL, Horsham	
				4x100m Relay			
44.7.	(Dwayne Dowding, Ka Cheun To Jon Grayson, Austin Ferns)				July 22.	Southern Men's League, Walton	
45.6.	(Camille Duval, Royden John Steve Davis, Ike Mba)				June 3.	Southern Men's League, Basingstoke	
45.7.	(Laurent Bargiarelli, Ross Savill, Royden John, Praful Nargund)				May 20.	Southern Men's League, Brighton	
45.9.	(Ka Cheun To, Mark Baker, Austin Ferns, Hamed Agboke)				Aug 5.	Southern Men's League, Hastings	
46.8.	U17				June 4.	NYAL, Horsham	
47.1.	(Dwayne Dowding, Geoff Walcott Ramone Durrani, Mark Baker)				Apr 29.	Southern Men's League, Kingston	
48.0.	U17: (Jon Dwonga, Praful Nargund Derek Frempong, Mike Tabirade)				Apr 30.	NYAL, Crawley	
57.0.	U15: (Kwado Sarpong, Marcus Noble Beau Feighan, Jon Burgess)				Apr 30.	NYAL, Crawley	
57.8.	U17: (Praful Nargund, Cale Edmunds, Jonathan Dwonga, Michael Adjei-Tabirade)				June 25.	NYAL, Carshalton	
57.8.	U13: (Jose Costa, Ed Saywell, Tom Richards, Matthew Burgess)				June 25.	NYAL, Carshalton	
59.3.	U13: (Tom Richards, Jose Costa, Tom Brandon, Hugo Dowson)				Apr 30.	NYAL, Crawley	
60.3.	U13				June 4.	NYAL, Horsham	

				4x200m				
1:35.4.	SM				June 7.	Rosenheim League, Wimbledon Park		
1:36.0.	SM				July 26.	Rosenheim League, Tooting Bec		
1:40.9.	SM (Ka Cheun To, Mark Baker, Alex Bruce-Littlewood, Lance Power)				July 12.	Rosenheim League, Tooting Bec		
1:42.0.	SM (Ka Cheun To, Mark Baker, Dwayne Dowding, Sean Crummy)				Aug 16.	Rosenheim League Final, Tooting Bec		
1:46.3.	U20 (Hamed Agboke, Neil Fraser Adam Przedzrymirski, Lance Power)				May 10.	Rosenheim League, Battersea Park		
1:57.1.	U15: (Joe Toomey, Marcus Noble Luis Costa, Kwado Sarpong)				Apr 16.	Ebbisham League, Tooting Bec		
1:59.5.	U15: (Marcus Noble, Liam White Luis Costa, Joe Toomey)				July 2.	Ebbisham League, Kingston		
2:07.1.	U13:				June 18.	Ebbisham League, Croydon		
				4x400m				
3:29.9.	(Camille Duval (54.0), Steve Davis (53.4) Austin Ferns (50.1), Hamed Agboke (52.4)				Aug 5.	Southern Men's League, Hastings		
3:30.2.	(Esmond Ferns (53.1), Steve Davies (52.7) Camille Duval (53.0), Matt Parsons (51.6)				Apr 29.	Southern Men's League, Kingston		
3:30.3.	(Esmond Ferns (53.5), Steve Davies (53.5) Dwayne Dowding (52.6), Hamed Agboke (50.7)				July 22.	Southern Men's League, Walton		
3:31.6.	(Hamed Agboke (53.0), Camille Duval (53.0) Steve Davies (52.0), Ike Mba (53.6)				June 3.	Southern Men's League, Basingstoke		
3:32.5.	(Hamed Agboke (54.1), Matt Parson (54.1) Steve Davies (52.1), Camille Duval (52.2)				May 20.	Southern Men's League, Brighton		
3:55.6.	Hamud Agboke (57.0), Ka Cheun To (61.9) Alex Bruce-Littlewood (59.5), Lance Power (57.2)				Apr 15.	Kinnaird Trophy, Kingston		
4:17.3.	U17				June 4.	NYAL, Horsham		
4:43.1.	U15 (Luis Costa, Jonathan Burgess Joe Toomey, Paul Stables)				June 25.	NYAL, Carshalton		
4:47.8.	U15: (Jon Burgess, Liam White Luis Costa, Joe Toomey)				Apr 30.	NYAL, Crawley		
5:48.4.	Masters (Kevin Snelling, John Webster Tom Pollak, Stuart Littlewood)				May 22.	SCVAC League, Battersea Park		
				Pentathlon				
1754 points	Jose Costa		U13		Sept 9.	Surrey AA Multi-Events Champs, Crawley	HW U13 record	
	(LJ: 4.20. 75H: 14.98/+0.4. SP: 9.69. HJ: 1.45. 800: 2:28.26)							
1299 points	Luis Costa		U15		Sept 9.	Surrey AA Multi-Events Champs, Crawley		
	(SP: 7.62. 80H: 16.7. LJ: 4.18. HJ: 1.36. 800: 2:45.2)							
Notes:								
(2C) = Second claim but athlete was 'first claim' for competition shown								
(in ht) = time shown recorded in heats and faster than time in finals								
(i) = Indoors								
For events up to 400m both best manual time and electronic time shown where applicable							a-t = all time	

