



Updated 7-11-07

Hercules Wimbledon Athletic Club

Ranking Lists for 2007 as at 7 November 2007

[Home](#)

Hercules Wimbledon AC Men's T&F Rankings 2007

[Up](#)

7.46 (i)	Praful	Nargund	U17
7.59 (i)	Mark	Baker	M45
7.60 (i)	Ka	Cheun To	U20
7.7 (i)	Geoff	Walcott	M50
7.65 (i)	Geoff	Walcott	M50
8.60 (i)	Tom	Richards	U15

11.2.	Royden	John	
11.2.	Dwayne	Dowding	
11.24/+4.7w	Royden	John	
11.26/+2.1w	Rob	Mullard	
11.3.	Deji	Alli	
11.35/-0.7w	Deji	Alli	
11.4.	Praful	Nargund	U17
11.4.	Austin	Ferns	
11.5.	Rob	Mullard	
11.57/+0.4w	Rob	Mullard	
11.6.	Ka	Cheun To	U20
11.6.	Richard	Agyapong	U17
11.7.	Ross	Savill	
11.8.	Cale	Edmunds	U17
11.8.	Hamed	Agboke	
11.92.	Ross	Savill	
12.0.	Geoff	Walcott	M55
12.07/+0.6w	Geoff	Walcott	M55
12.1.	Michael	Adjei-Tabirade	U17
12.1.	Jonathan	Dwonga	U17
12.2.	Matt	Parsons	
12.3.	Derek	Frempong	U17
12.3.	Jonathan	Osbourne	U15
12.4.	Ismael	Laurence	U17
12.4.	John	Shepherd (2C)	M45
12.5.	Henry	Husband	U17
12.6.	Kyran	Mitchell-Nanton	U15
12.8.	Jose	Costa	U15
13.2.	Tom	Meehan	U15
13.4.	Tom	Richards	U15
13.5.	James	Russell	U15
13.7.	Paul	Wignall	M50
14.0.	David	Adenrele	U15
14.2.	Hugo	Dowson	U13
14.6.	Charlie	Williams	U13
14.7.	Martin	Miller	M60
15.2.	Max	Cooper	U11
15.4.	Lawrence	Fraser	U15
15.5.	Sam	McLean	U13
15.5.	Emmanuel	Obayuwana	U13
15.9.	Robert	Richards	U13
16.3.	Aaron	Jones	U13
17.3.	Jonathan	Dench	U13
17.9.	Kevin	Burnett (2C)	M65

24.24.	Max	Cooper	U11
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22.1.	Dwayne	Dowding	
22.7.	Praful	Nargund	U17
22.89.	Praful	Nargund	U17
23.0.	Jermain	Olasan	U17
23.1.	Rob	Mullard	
23.21/+2.3	Rob	Mullard	
23.4.	Deji	Alli	
23.5.	Ross	Savill	
23.7.	Matt	Parsons	
23.94.	Ross	Savill	
24.44/+1.2	Geoff	Walcott	M55
24.5.	Jonathan	Dwonga	U17
24.5.	Geoff	Walcott	M55
24.5.	Jonathan	Osbourne	U15
24.63.	Geoff	Walcott	M55
24.66.	Jonathan	Dwonga	U17
24.7.	Ka	Cheun To	U20
25.0.	Richard	Agyapong	U17
25.3.	Kyran	Mitchell-Nanton	U15
25.3.	Jordan	Burton	U17
25.4.	Michael	Adjei-Tabirade	U17
26.1.	Henry	Husband	U17
26.1.	Jose	Costa	U15
26.45.	Tom	Richards	U15
27.0.	Ony	Onibalu	U17
27.4.	Hugh	Saxby	M50
28.0.	Osifa	Onibalu	U17
28.4/-0.6	Paul	Wignall	M50

60m

Jan 28.	Sutton & Dist AC Open, Sutton
Feb 3.	Open Meeting, Eton
Mar 3.	Surrey AA Indoor Champs, Sutton
Feb 18.	SCVAC Indoor Championships, Sutton
Mar 3.	British Masters Champs, Lee Valley
Mar 4.	Surrey AA Indoor Champs, Sutton

100m

Apr 14.	Kinnaird Trophy, Kingsmeadow
June 20.	Rosenheim League, Tooting Bec
May 19.	Woodford Green Decathlon
Aug 11.	London Clubs League, Haringey
Aug 4.	Southern League, Reading
Aug 11.	Scottish Champs, Scotstoun
June 3.	NYAL, Kingston
June 23.	Southern League, Kingston
May 5.	Southern League, Ilford
July 21.	HHH Open, Tooting Bec
July 14.	Southern League, Tooting Bec
July 22.	NYAL, Sutton
May 19.	Southern League, Eltham
Apr 15.	HW YA Meeting, Crystal Palace
May 2.	Rosenheim League, Battersea Park
Aug 25.	HHH Open, Tooting Bec
July 9.	SCVAC League, Battersea Park
Sept 7.	World Masters Champs, Riccione, Italy
May 10.	Merton Schools, Wimbledon Park
May 10.	Merton Schools, Wimbledon Park
May 2.	Rosenheim League, Battersea Park
Apr 15.	HW YA Meeting, Crystal Palace
Aug 5.	Ebbisham League, Kingston
Apr 15.	HW YA Meeting, Crystal Palace
Aug 15.	Rosenheim Final, Kingston
Apr 15.	HW YA Meeting, Crystal Palace
Apr 15.	HW YA Meeting, Crystal Palace
June 3.	NYAL, Kingston
May 10.	Merton Schools, Wimbledon Park
Apr 15.	HW YA Meeting, Crystal Palace
Apr 15.	HW YA Meeting, Crystal Palace
Apr 11.	Veterans AC Meeting, Battersea Park
Apr 15.	HW YA Meeting, Crystal Palace
Apr 15.	HW YA Meeting, Crystal Palace
June 3.	NYAL, Kingston
July 9.	SCVAC League, Battersea Park
Apr 15.	HW YA Meeting, Crystal Palace
June 17.	Ebbisham League, Kingston
Apr 15.	HW YA Meeting, Crystal Palace
June 17.	Ebbisham League, Kingston
Apr 15.	HW YA Meeting, Crystal Palace
June 24.	NYAL, Perivale
May 20.	NYAL, Hastings
July 9.	SCVAC League, Battersea Park

150m

Mar 18.	K&P Open Meeting, Kingston
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200m

July 14.	Southern League, Tooting Bec
July 22.	NYAL, Sutton
June 9.	Surrey Schools, Kingston
July 22.	NYAL, Sutton
July 14.	Southern League, Tooting Bec
July 21.	HHH Open, Tooting Bec
Aug 4.	Southern League, Reading
May 19.	Southern League, Eltham
May 2.	Rosenheim League, Battersea Park
Aug 25.	HHH Open, Tooting Bec
July 29.	British Masters Champs, Birmingham
June 3.	NYAL, Kingston
July 11.	Veterans AC Meeting, Wimbledon Park
Aug 5.	Ebbisham League, Kingston
Sept 9.	World Masters Champs, Riccione, Italy
June 9.	Surrey Schools, Kingston
Apr 14.	Kinnaird Trophy, Kingsmeadow
May 6.	NYAL, St Albans
June 3.	NYAL, Kingston
June 24.	NYAL, Perivale
June 3.	NYAL, Kingston
Apr 15.	HW YA Meeting, Crystal Palace
June 3.	NYAL, Kingston
June 12.	Wandsworth Schools Champs, Tooting Bec
May 20.	NYAL, Hastings
June 11.	SCVAC League, Battersea Park
May 20.	NYAL, Hastings
May 26.	Surrey Veterans Champs, Kingston

28.4.	Paul	Wignall	M50	July 23.	SCVAC League, Battersea Park	
28.8.	James	Russell	U15	June 17.	Ebbisham League, Kingston	
28.9.	Hugo	Dowson	U13	May 6.	NYAL, St Albans	
29.7.	Paul	Stables	U15	July 1.	Ebbisham League, Walton	
31.8.	Emmanuel	Obayuwana	U13	July 22.	NYAL, Sutton	
31.86/-0.7w	Max	Cooper	U13	May 12.	Surrey Champs, Kingston	
33.0.	Sam	McLean	U13	Apr 15.	HW YA Meeting, Crystal Palace	
34.6.	Jonathan	Dench	U13	June 3.	NYAL, Kingston	
36.81.	John	Webster	M65	Sept 8.	Surrey Pentathlon, Horsham	
36.9.	Dan	Pescod	M35	June 6.	Rosenheim League, Tooting Bec	
38.0.	Tom	Pollak	M65	July 23.	SCVAC League, Battersea Park	
				300m		
44.2.	Paul	Wignall	M50	Apr 11.	Veterans AC Meeting, Battersea Park	
				400m		
51.2.	Hamed	Agboke		June 2.	Southern League, Guildford	
51.7.	Matt	Parsons		Apr 14.	Kinnaird Trophy, Kingsmeadow	
51.81.	Matt	Parsons		July 21.	HHH Open, Tooting Bec	
53.2.	Ross	Savill		June 2.	Southern League, Guildford	
53.81.	Geoff	Walcott	M55	July 21.	HHH Open, Tooting Bec	
54.2.	Geoff	Walcott	M55	July 14.	Southern League, Tooting Bec	
55.0.	Tom	Sandiford	U17	June 3.	NYAL, Kingston	
55.05.	Royden	John		May 19.	Woodford Green Decathlon	
57.3.	Deon	Coetzee		June 6.	Rosenheim League, Tooting Bec	
57.3.	Jordan	Burton	U17	July 14.	Southern League, Tooting Bec	
58.5.	Gabriel	Aning	U17	June 24.	NYAL, Perivale	
58.6.	Charles	Murambina	U17	May 6.	NYAL, St Albans	
60.0.	Tom	Meehan	U15	June 3.	NYAL, Kingston	
61.0.	Jose	Costa	U15	Aug 5.	Ebbisham League, Kingston	
61.3.	Joe	Toomey	U15	May 6.	NYAL, St Albans	
61.96.	Joe	Toomey	U15	Aug 25.	HHH Open, Tooting Bec	
62.1.	Luis	Costa	U15	June 24.	NYAL, Perivale	
62.8.	Tommy	Village	U15	June 24.	NYAL, Perivale	
62.8.	Paul	Stables	U15	July 22.	NYAL, Sutton	
63.4.	Paul	Wignall	M50	May 14.	SCVAC League, Battersea Park	
63.5.	Edward	Saywell	U15	June 17.	Ebbisham League, Kingston	
64.3.	Geordie	Logan	U15	Aug 5.	Ebbisham League, Kingston	
64.6.	Liam	White	U15	Aug 5.	Ebbisham League, Kingston	
64.8.	Richard	Agyapong	U17	May 6.	NYAL, St Albans	
65.9.	Martin	Miller	M60	Aug 26.	Veterans AC Champs, Kingston	
66.4.	Bruno	Van Der Stichelen	U13	July 1.	Ebbisham League, Walton	
70.1.	Emmanuel	Obayuwana	U13	Aug 5.	Ebbisham League, Kingston	
72.4.	Alex	Watson	U15	May 20.	NYAL, Hastings	
85.7.	Lawrence	Fraser	U15	June 3.	NYAL, Kingston	
				800m		
2:00.4.	James	Trapmore (2C)		June 6.	Rosenheim League, Tooting Bec	
2:02.2.	Camille	Duval		June 2.	Southern League, Guildford	
2:03.0.	Esmond	Ferns		June 2.	Southern League, Guildford	
2:03.6.	Adam	Przedzrymirski		June 23.	Southern League, Kingston	
2:04.85.	Deon	Coetzee		Aug 25.	HHH Open, Tooting Bec	
2:06.2.	Lance	Power		June 23.	Southern League, Kingston	
2:06.2.	Ben	Cummings (2C)		July 25.	Rosenheim League, Tooting Bec	
2:07.1.	Alex	Bruce-Littlewood (2C)	U20	May 23.	Rosenheim League, Croydon	
2:07.6.	Richard	Xerri		June 6.	Rosenheim League, Tooting Bec	
2:10.3.	Aaron	Mason		July 25.	Rosenheim League, Tooting Bec	
2:11.84.	Joe	Toomey	U15	Aug 25.	HHH Open, Tooting Bec	
2:12.0.	Liam	White	U15	Aug 5.	Ebbisham League, Kingston	
2:14.8.	Ed	Saywell	U15	Aug 5.	Ebbisham League, Kingston	
2:15.6.	Steve	Hadley		Apr 14.	Kinnaird Trophy, Kingsmeadow	
2:15.7.	Tom	Sandiford	U17	June 3.	NYAL, Kingston	
2:18.8.	James	Greene	U17	June 3.	NYAL, Kingston	
2:18.8.	Tommy	Village	U15	June 24.	NYAL, Perivale	
2:19.6.	Hugh	Saxby	M50	May 26.	Surrey Veterans Champs, Kingston	
2:19.9.	Mahmoud	Attaya		July 14.	Southern League, Tooting Bec	
2:23.8.	Martin	Miller	M60	Aug 26.	Veterans AC Champs, Kingston	
2:23.9.	Paul	Stables	U15	June 3.	NYAL, Kingston	
2:24.2.	Geordie	Logan	U15	June 3.	NYAL, Kingston	
2:24.80.	Jose	Costa	U15	Sept 8.	Surrey Pentathlon, Horsham	
2:29.2.	Luis	Costa	U15	Apr 15.	HW YA Meeting, Crystal Palace	
2:32.3.	William	Spooner	U17	Apr 15.	HW YA Meeting, Crystal Palace	
2:35.6.	Tim	Livingstone	U13	June 17.	Ebbisham League, Kingston	
2:36.4.	Alex	Watson	U15	July 22.	NYAL, Sutton	
2:37.7.	Charlie	Williams	U13	June 24.	NYAL, Perivale	
2:38.8.	Tom	Meehan	U15	Aug 5.	Ebbisham League, Kingston	
2:39.0.	Keith	Hylands	M55	July 23.	SCVAC League, Battersea Park	
2:41.3.	Bruno	Van Der Stichele	U13	June 3.	NYAL, Kingston	
2:42.4.	Emmanuel	Obayuwana	U13	June 24.	NYAL, Perivale	
2:46.2.	Oliver	Horrocks	U15	May 10.	Merton Schools, Wimbledon Park	
2:46.2.	Charlie	Williams	U13	June 3.	NYAL, Kingston	
2:50.0.	Aaron	Jones	U13	June 17.	Ebbisham League, Kingston	
2:50.71.	Max	Cooper	U11	May 12.	Surrey Champs, Kingston	
2:52.6.	David	Stables	U15	June 3.	NYAL, Kingston	
2:57.8.	Austin	Ferns		May 5.	Southern League, Ilford	
				1000m		
3:30.1.	Max	Cooper	U11	Apr 15.	HW YA Meeting, Crystal Palace	
3:53.1.	Hallam	Rowan	U11	Apr 15.	HW YA Meeting, Crystal Palace	
3:55.3.	Tom	Robinson	U11	Apr 15.	HW YA Meeting, Crystal Palace	
				1500m		
4:08.3.	James	Trapmore (2C)		June 6.	Rosenheim League, Tooting Bec	
4:10.3.	Alex	Bruce-Littlewood (2C)	U20	June 20.	Rosenheim League, Tooting Bec	
4:13.9.	Justin	Kelly		Aug 4.	Southern League, Reading	
4:18.90.	Joe	Toomey	U15	in heats	Aug 11.	England Athletics Champs, Sheffield
4:22.4.	Richard	Xerri		June 23.	Southern League, Kingston	
4:22.8.	Deon	Coetzee		June 23.	Southern League, Kingston	
4:25.2.	Liam	White	U15	June 24.	NYAL, Perivale	

UK M55 best & HW M50 rec

HW M60 rec

HW M60 rec

4:27.8.	Andrew	Penney	U17	June 3.	NYAL, Kingston	
4:38.6.	Tommy	Village	U15	July 4.	Rosenheim League, Tooting Bec	
4:39.4.	Lance	Power	U20	June 2.	Southern League, Guildford	
4:40.3.	Dan	Bodin	M40	July 9.	SCVAC League, Battersea Park	
4:41.1.	Phil	Glynn		June 6.	Rosenheim League, Tooting Bec	
4:41.2.	Neil	Guthrie	M35	June 20.	Rosenheim League, Tooting Bec	
4:42.4.	Jamie	Helmer		July 14.	Southern League, Tooting Bec	
4:48.96.	James	Greene	U17	June 9.	Surrey Schools, Kingston	
4:50.2.	Ed	Saywell	U15	Aug 5.	Ebbisham League, Kingston	
4:51.03.	Charlie	Carrington	U17	June 9.	Surrey Schools, Kingston	
4:54.1.	Peter	Lee	M40	Aug 15.	Rosenheim Final, Kingston	
4:56.1.	Hugh	Saxby	M50	May 14.	SCVAC League, Battersea Park	
4:56.5.	Steve	Hadley		Apr 14.	Kinnaird Trophy, Kingsmeadow	
4:57.1.	Geordie	Logan	U15	May 14.	Merton Schools, Wimbledon Park	
5:01.3.	Peter	Lee	M40	July 4.	Rosenheim League, Tooting Bec	
5:02.0.	William	Spooner	U17	Apr 15.	HW YA Meeting, Crystal Palace	
5:05.02.	Martin	Miller	M60	July 28.	British Masters Champs, Birmingham	HW M60 rec
5:08.5.	Jonathan	O'Halloran	U17	July 22.	NYAL, Sutton	
5:13.1.	Peter	Giles	M60	May 26.	Surrey Veterans Champs, Kingston	
5:26.16 (i)	Stuart	Littlewood	M50	Mar 3.	British Masters Champs, Lee Valley	
5:29.3.	Max	Cooper	U11	June 3.	NYAL, Kingston	
5:33.3.	Tim	Livingstone	U13	June 17.	Ebbisham League, Kingston	
5:44.2.	Aaron	Jones	U13	June 3.	NYAL, Kingston	
5:45.3.	Paul	Stables	U15	May 6.	NYAL, St Albans	
5:55.3.	Stuart	Littlewood	M50	May 14.	SCVAC League, Battersea Park	
5:55.9.	Emmanuel	Obayuwana	U13	June 24.	NYAL, Perivale	
6:22.1.	Steve	Davies		May 5.	Southern League, Ilford	
7:10.11.	John	Webster	M65	Sept 8.	Surrey Pentathlon, Horsham	
				1 Mile		
5:37.6.	Martin	Miller	M60	Aug 1.	Vets AC Meeting, Teddington	HW M60 rec
				3000m		
8:51.3.	James	Trapmore (2C)		Aug 15.	Rosenheim Final, Kingston	
9:05.4.	Adam	Przedzrymirski		Aug 15.	Rosenheim Final, Kingston	
9:08.2.	Richard	Xerri		June 20.	Rosenheim League, Tooting Bec	
9:18.39 (i)	Adam	Przedzrymirski		Mar 10.	BUSF Championships, Sheffield	
9:26.70.	Joe	Toomey	U15	Sept 5.	Watford H Open Meeting	
9:32.7.	Liam	White	U15	Sept 9.	St Mary's Open. Twickenham	
9:36.0.	Jamie	Helmer		Aug 15.	Rosenheim Final, Kingston	
9:36.3.	Alex	Bruce-Littlewood (2C)		May 20.	Rosenheim League, Croydon	
9:51.1.	Deon	Coetzee		Apr 14.	Kinnaird Trophy, Kingsmeadow	
9:57.8.	Neil	Fraser	U20	Aug 15.	Rosenheim Final, Kingston	
10:11.6.	Neil	Guthrie	M35	July 25.	Rosenheim League, Tooting Bec	
10:24.4.	Hugh	Saxby	M50	June 6.	Rosenheim League, Tooting Bec	
10:28.4.	Peter	Lee	M40	June 6.	Rosenheim League, Tooting Bec	
10:32.9.	Peter	Giles	M60	June 20.	Rosenheim League, Tooting Bec	
10:34.1.	Dan	Pescod	M35	Aug 15.	Rosenheim Final, Kingston	
10:51.6.	Charlie	Carrington	U17	July 22.	NYAL, Sutton	
11:17.6.	William	Spooner	U17	July 25.	Rosenheim League, Tooting Bec	
11:18.5.	Martin	Miller	M60	Sept 9.	St Mary's Open. Twickenham	
11:48.7.	Stuart	Littlewood	M50	Apr 24.	Veterans AC Meeting, Battersea Park	
12:35.3.	Dennis	Williams	M60	June 6.	Rosenheim League, Tooting Bec	
				5000m		
16:07.6.	Justin	Kelly		Aug 4.	Southern League, Reading	
16:24.9.	Adam	Przedzrymirski		Aug 4.	Southern League, Reading	
16:43.1.	Richard	Xerri		June 23.	Southern League, Kingston	
16:48.6.	Deon	Coetzee		July 14.	Southern League, Tooting Bec	
17:20.8.	Jamie	Helmer		Aug 4.	Southern League, Reading	
17:25.5.	Phil	Glynn		May 19.	Southern League, Eltham	
17:27.6.	Steve	Newton	M50	May 26.	Surrey Veterans Champs, Kingston	
17:55.7.	Peter	Lee	M40	July 14.	Southern League, Tooting Bec	
18:30.0.	Dan	Pescod	M35	Aug 26.	Veterans AC Champs, Kingston	
18:43.5.	Steve	Badgery	M60	Aug 26.	Veterans AC Champs, Kingston	
18:48.7.	Peter	Giles	M60	May 26.	Surrey Veterans Champs, Kingston	
19:12.7.	Lance	Power		May 19.	Southern League, Eltham	
21:01.66.	Mike	Kortenray	M60	July 28.	British Masters Champs, Birmingham	
22:27.7.	Dennis	Williams	M60	Apr 11.	Veterans AC Meeting, Battersea Park	
				10,000m		
41:39.2.	Martin	Miller	M60	Aug 8.	Veterans AC Champs, Battersea Park	HW M60 rec
44:55.83.	Peter	Giles	M60	Aug 25.	HHH Open, Tooting Bec	
				1500m Steeplechase		
5:50.2.	Charlie	Carrington	U17	May 20.	NYAL, Hastings	
8:08.5.	Ryan	Watson	U17	June 3.	NYAL, Kingston	
				2000m Steeplechase		
6:24.2.	Alex	Bruce-Littlewood (2C)	U20	Apr 14.	Kinnaird Trophy, Kingsmeadow	
6:28.9.	Justin	Kelly		July 25.	Rosenheim League, Tooting Bec	
6:58.0.	Arnaud	Claverie		May 2.	Rosenheim League, Battersea Park	
7:29.4.	Lance	Power		Aug 15.	Rosenheim Final, Kingston	
7:48.8.	Geordie	Logan	U15	Aug 15.	Rosenheim Final, Kingston	
8:03.3.	Terry	Savage		July 25.	Rosenheim League, Tooting Bec	
				3000m Steeplechase		
10:13.51.	Adam	Przedzrymirski		June 6.	British Army Champs, Tidworth, Wilts	
11:32.7.	Phillip	Glynn		July 14.	Southern League, Tooting Bec	
12:31.5.	Lance	Power		June 23.	Southern League, Kingston	

13:06.6.	Steve	Hadley		July 14.	Southern League, Tooting Bec
13:36.1.	Dominic	Getting		June 2.	Southern League, Guildford
15.8.	Hugo	Dowson	U13	75m Hurdles	
16.5.	Max	Cooper	U11	May 6.	NYAL, St Albans
16.5.	Emmanuel	Obayuwana	U13	June 3.	NYAL, Kingston
17.5.	Jonathan	Dench	U13	June 3.	NYAL, Kingston
				July 22.	NYAL, Sutton
				80m Hurdles	
14.1.	Edward	Saywell	U15	Aug 5.	Ebbisham League, Kingston
15.0.	Geordie	Logan	U15	July 22.	NYAL, Sutton
15.3.	Luis	Costa	U15	May 20.	NYAL, Hastings
15.34/-0.7	Jose	Costa	U15	Sept 8.	Surrey Pentathlon, Horsham
15.69/-0.7	Luis	Costa	U15	Sept 8.	Surrey Pentathlon, Horsham
15.9.	Alex	Watson	U15	July 1.	Ebbisham League, Walton
17.4.	Emmanuel	Obayuwana	U13	Aug 5.	Ebbisham League, Kingston
17.8.	Jonathan	Dench	U13	Aug 5.	Ebbisham League, Kingston
				100m Hurdles	
15.2.	Derek	Frempong	U17	June 24.	NYAL, Perivale
16.3.	Jermain	Olasan	U17	July 22.	NYAL, Sutton
17.0.	Reece	Morgan	U17	June 3.	NYAL, Kingston
20.3.	Clarence	Orenzo	U17	May 6.	NYAL, St Albans
20.8.	Osifa	Onibalu	U17	May 20.	NYAL, Hastings
22.78.	John	Webster	M65	June 3.	SCVAC Champs, Ashford
				110m Hurdles	
14.76.	Austin	Ferns		July 7.	British League, Edinburgh
15.2.	Austin	Ferns		May 19.	Southern League, Eltham
16.06.	Royden	John		May 12.	Surrey Champs, Kingston
16.2.	Steve	Davies		July 14.	Southern League, Tooting Bec
17.7.	Steve	Hadley		June 23.	Southern League, Kingston
				400m Hurdles	
51.94.	Austin	Ferns		June 17.	South of England Champs, Crystal Palace
56.4.	Steve	Davies		Aug 4.	Southern League, Reading
56.88.	Steve	Davies		May 13.	Surrey Champs, Kingston
62.55.	Royden	John		June 2.	British League, Swansea
67.5.	Tom	Sandiford	U17	May 20.	NYAL, Hastings
71.9.	Steve	Hadley		Aug 4.	Southern League, Reading
75.1.	Charlie	Carrington	U17	May 20.	NYAL, Hastings
82.5.	Ryan	Watson	U17	June 3.	NYAL, Kingston
83.0.	William	Spooner	U17	June 24.	NYAL, Perivale
				2000m Walk	
15:33.5.	Kevin	Burnett (2C)	M65	May 14.	SCVAC League, Battersea Park
				High Jump	
1.80.	Steve	Davies		May 19.	Southern League, Eltham
1.75.	Deon	Coetzee		June 2.	Southern League, Guildford
1.70.	Royden	John		May 19.	Woodford Green Decathlon
1.65.	Jon	Grayson		June 23.	Southern League, Kingston
1.60.	Richard	Agyapong	U17	May 6.	NYAL, St Albans
1.45.	Charles	Murambina	U17	May 6.	NYAL, St Albans
1.45.	Hugh	Saxby	M50	May 26.	Surrey Veterans Champs, Kingston
1.45.	Jose	Costa	U15	Sept 8.	Surrey Pentathlon, Horsham
1.42.	Luis	Costa	U15	Sept 8.	Surrey Pentathlon, Horsham
1.40.	Tom	Sandiford	U17	June 3.	NYAL, Kingston
1.40.	Kyran	Mitchell-Nanton	U15	June 24.	NYAL, Perivale
1.40.	Ed	Saywell	U15	July 1.	Ebbisham League, Walton
1.30.	Liam	White	U15	May 6.	NYAL, St Albans
1.30.	James	Russell	U15	June 17.	Ebbisham League, Kingston
1.30.	Geordie	Logan	U15	July 1.	Ebbisham League, Walton
1.15.	John	Webster	M65	May 14.	SCVAC League, Battersea Park
1.05.	Bruno	Van Der Stichele	U13	June 17.	Ebbisham League, Kingston
				Pole Vault	
3.20.	Dominic	Getting		June 23.	Southern League, Kingston
3.20.	Royden	John		Aug 4.	British League, Derby
2.40.	Lance	Power		Aug 4.	Southern League, Reading
2.10.	John	Webster	M65	Aug 26.	Veterans AC Champs, Kingston
				Long Jump	
7.13/+3.7w	Royden	John		June 2.	British League, Swansea
7.13/+1.2w	Royden	John		Aug 4.	British League, Derby
6.58/1.8w	Jermain	Olasan	U17	Aug 5.	U17 Inter County, Hendon
6.36.	Cale	Edmunds	U17	May 12.	Surrey Champs, Kingston
6.26.	Jon	Grayson		June 2.	Southern League, Guildford
6.16.	Michael	Adjei-Tabirade	U17	July 14.	Southern League, Tooting Bec
5.99.	Ka	Cheun To	U20	Aug 4.	Southern League, Reading
5.71 (i)	Ka	Cheun To	U20	Mar 3.	Surrey AA Indoor Champs, Sutton
5.63.	Shola	Olojo	U17	Aug 4.	Southern League, Reading
5.36.	Jonathan	Dwonga	U17	Apr 15.	HW YA Meeting, Crystal Palace
5.25.	Steve	Hadley		June 2.	Southern League, Guildford
4.86.	Henry	Husband	U17	Apr 15.	HW YA Meeting, Crystal Palace

4.77.	Luis	Costa	U15		June 24.	NYAL, Perivale
4.74.	Clarence	Orenzo	U17		May 20.	NYAL, Hastings
4.73.	Hugh	Saxby	M50		June 11.	SCVAC League, Battersea Park
4.57/+1.5w	Jose	Costa	U15		Sept 8.	Surrey Pentathlon, Horsham
4.53.	Ony	Onibalu	U17		May 20.	NYAL, Hastings
4.50.	Lance	Power			May 5.	Southern League, Ilford
4.50.	Tom	Richards	U15		June 12.	Wandsworth Schools Champs, Tooting Bec
4.48.	Derek	Frempong	U17		Apr 15.	HW YA Meeting, Crystal Palace
4.27.	David	Adenrele	U15		Apr 15.	HW YA Meeting, Crystal Palace
4.22.	James	Russell	U15		Aug 5.	Ebbisham League, Kingston
4.10.	Paul	Stables	U15		July 22.	NYAL, Sutton
3.97.	Robert	Richards	U13		June 12.	Southfields College Champs, Wimbledon Pk
3.96.	Geordie	Logan	U15		June 24.	NYAL, Perivale
3.94 (i)	Tom	Richards	U15		Mar 4.	Surrey AA Indoor Champs, Sutton
3.86.	Tom	Meehan	U15		May 20.	NYAL, Hastings
3.72.	Jonathan	Dench	U13		May 6.	NYAL, St Albans
3.71.	Max	Cooper	U11		Apr 15.	HW YA Meeting, Crystal Palace
3.64.	John	Webster	M65		Aug 26.	Veterans AC Champs, Kingston
3.59.	Hugo	Dowson	U13		June 3.	NYAL, Kingston
3.58.	Tim	Livingstone	U13		June 17.	Ebbisham League, Kingston
3.56.	Lawrence	Fraser	U15		May 6.	NYAL, St Albans
3.56.	Emmanuel	Obayuwana	U13		July 22.	NYAL, Sutton
3.50.	John	Webster	M65		May 14.	SCVAC League, Battersea Park
3.13.	Sam	McCLean	U13		Apr 15.	HW YA Meeting, Crystal Palace
2.90.	Charlie	Williams	U13		May 6.	NYAL, St Albans
Triple Jump						
13.13.	Nnamdi	Odum	U17		June 9.	Shropshire Schools Champs, Telford
12.43.	Shola	Olojo	U17		June 9.	Surrey Schools, Kingston
12.38.	Royden	John			June 23.	Southern League, Kingston
12.07.	Jon	Grayson			May 19.	Southern League, Eltham
11.85.	Jermain	Olasan	U17		July 4.	Rosenheim League, Tooting Bec
11.36 (i)	Ka	Cheun To	U20		Mar 3.	Surrey AA Indoor Champs, Sutton
10.92.	Michael	Adjei-Tabirade	U17		July 4.	Rosenheim League, Tooting Bec
10.91.	Ka	Cheun To	U20		July 14.	Southern League, Tooting Bec
10.50.	Dominic	Getting			June 2.	Southern League, Guildford
10.28.	Clarence	Orenzo	U17		June 3.	NYAL, Kingston
10.15.	Luis	Costa	U15		Aug 5.	Ebbisham League, Kingston
9.82.	Hugh	Saxby	M50		May 26.	Surrey Veterans Champs, Kingston
8.97.	Geordie	Logan	U15		Aug 5.	Ebbisham League, Kingston
8.89.	Steve	Hadley			May 5.	Southern League, Ilford
8.88.	Joe	Toomey	U15		June 17.	Ebbisham League, Kingston
8.02.	John	Webster	M65		July 9.	SCVAC League, Battersea Park
Shot						
11.96.	Bekele	Tola	M35	7.26kg	June 2.	Southern League, Guildford
9.90.	Jonathan	Dwonga	U17	5kg	July 22.	NYAL, Sutton
9.82.	Michael	Adjei-Tabirade	U17	6kg	June 24.	NYAL, Perivale
9.69.	Stuart	Milton		7.26kg	June 20.	Rosenheim League, Tooting Bec
9.68.	Royden	John		7.26kg	May 19.	Woodford Green Decathlon
9.16.	Jose	Costa	U15	4kg	July 22.	NYAL, Sutton
9.08.	John	Brown	M35	7.26kg	Aug 4.	Southern League, Reading
8.60.	Felice	Miele (2C)		7.26kg	Apr 14.	Sward Trophy, Kingsmeadow
8.26.	Liam	White	U15	4kg	June 3.	NYAL, Kingston
8.15.	Ismael	Lawrence	U17	5kg	June 3.	NYAL, Kingston
7.67.	Luis	Costa	U15	4kg	Sept 8.	Surrey Pentathlon, Horsham
7.50.	Justin	Kelly		7.26kg	July 25.	Rosenheim League, Tooting Bec
7.42.	Richard	Agyapong	U17	5kg	May 20.	NYAL, Hastings
7.22.	Tom	Brandon	U15	4kg	Mar 18.	K&P Open Meeting, Kingston
7.16.	Ony	Onibalu	U17	5kg	May 20.	NYAL, Hastings
6.89.	Joe	Toomey	U15	4kg	May 20.	NYAL, Hastings
6.73.	Dominic	Getting		7.26kg	May 19.	Southern League, Eltham
6.68.	Falah	Abbas	M45	7.26kg	June 2.	Southern League, Guildford
6.62.	Jermain	Olasan	U17	6kg	July 22.	NYAL, Sutton
6.40.	Ed	Saywell	U15	5kg	May 6.	NYAL, St Albans
6.14.	John	Webster	M65	6kg	May 14.	SCVAC League, Battersea Park
6.11.	Kevin	Burnett (2C)	M65	5kg	July 23.	SCVAC League, Battersea Park
6.06.	Hugh	Saxby	M50	7.26kg	May 14.	SCVAC League, Battersea Park
5.98.	Alex	Watson	U15	5kg	June 3.	NYAL, Kingston
5.69.	Kevin	Burnett (2C)	M65	5kg	May 14.	SCVAC League, Battersea Park
5.05.	Liam	White	U15	5kg	May 6.	NYAL, St Albans
4.92.	Steve	Hadley		7.26kg	May 19.	Southern League, Eltham
4.84.	Tom	Pollak	M65	7.26kg	July 4.	Rosenheim League, Tooting Bec
4.73.	Aaron	Jones	U13	4kg	June 17.	Ebbisham League, Kingston
Discus						
44.64.	Felice	Miele (2C)		2kg	Apr 14.	Sward Trophy, Kingsmeadow
31.51.	Bekele	Tola	M35	2kg	June 2.	Southern League, Guildford
26.91.	John	Brown	M35	2kg	Apr 14.	Sward Trophy, Kingsmeadow
24.40.	Derek	Frempong	U17	1.75kg	May 6.	NYAL, St Albans
23.84.	John	Webster	M65	1kg	July 11.	Veterans AC Meeting, Wimbledon Park
21.80.	Jonathan	Dwonga	U17	1.75kg	May 6.	NYAL, St Albans
20.78.	Royden	John		2kg	May 2.	Rosenheim League, Battersea Park
20.58.	Dominic	Getting		2kg	June 2.	Southern League, Guildford
20.16.	Liam	White	U15	1.25kg	June 24.	NYAL, Perivale
19.75.	Joe	Toomey	U15	1.25kg	June 24.	NYAL, Perivale
19.21.	Ismael	Lawrence	U17	1.75kg	July 22.	NYAL, Sutton
18.84.	Alex	Watson	U15	1.25kg	July 1.	Ebbisham League, Walton
17.94.	Luis	Costa	U15	1.25kg	Aug 5.	Ebbisham League, Kingston
17.19.	Kevin	Burnett (2C)	M65	5kg	May 14.	SCVAC League, Battersea Park

15.50.	Geordie	Logan	U15	1.25kg	Aug 5.	Ebbisham League, Kingston
16.36.	John	Webster	M65	1.5kg	May 14.	SCVAC League, Battersea Park
14.74.	Tom	Meehan	U15	1.25kg	May 20.	NYAL, Hastings
13.74.	Steve	Hadley		2kg	May 19.	Southern League, Eltham
13.32.	Ed	Saywell	U15	1.25kg	May 6.	NYAL, St Albans
12.76.	Lance	Power		2kg	Aug 4.	Southern League, Reading
12.45.	Clarence	Orenzo	U17	1.75kg	June 3.	NYAL, Kingston
12.36.	Alex	Watson	U15	1.25kg	May 20.	NYAL, Hastings
12.04.	Tom	Pollak	M65	2kg	July 4.	Rosenheim League, Tooting Bec
10.77.	Lawrence	Fraser	U15	1.25kg	June 17.	Ebbisham League, Kingston
					Hammer	
34.68.	John	Webster	M65	5kg	May 2.	Rosenheim League, Kingston
30.66.	John	Brown	M35	7.26kg	June 23.	Southern League, Kingston
29.69.	John	Webster	M65	6kg	June 11.	SCVAC League, Battersea Park
26.45.	Derek	Frempong	U17	5kg	June 3.	NYAL, Kingston
25.86.	John	Webster	M65	7.26kg	July 14.	Southern League, Tooting Bec
23.79.	Felice	Miele (2C)		7.26kg	Apr 14.	Sward Trophy, Kingsmeadow
18.74.	Dominic	Getting		7.26kg	Aug 4.	Southern League, Reading
17.35.	Charles	Murambina	U17	5kg	May 20.	NYAL, Hastings
16.98.	Kevin	Burnett (2C)	M65	5kg	July 23.	SCVAC League, Battersea Park
16.04.	Ismael	Lawrence	U17	5kg	May 6.	NYAL, St Albans
14.85.	Luis	Costa	U15	4kg	June 3.	NYAL, Kingston
13.75.	Geordie	Logan	U15	4kg	July 22.	NYAL, Sutton
13.36.	Falah	Abbas	M45	7.26kg	May 2.	Rosenheim League, Battersea Park
13.03.	Ed	Saywell	U15	4kg	July 22.	NYAL, Sutton
10.87.	Praful	Nargund	U17	5kg	June 3.	NYAL, Kingston
					Javelin	
60.76.	Bekele	Tola	M35	800g	Aug 4.	Southern League, Reading
44.59.	Stuart	Milton		800g	June 20.	Rosenheim League, Tooting Bec
41.93.	Justin	Kelly		800g	Aug 4.	Southern League, Reading
38.74.	Felice	Miele (2C)		800g	Apr 14.	Sward Trophy, Kingsmeadow
37.33.	Austin	Ferns		800g	July 14.	Southern League, Tooting Bec
34.94.	Luis	Costa	U15	600g	July 1.	Ebbisham League, Walton
34.93.	Jose	Costa	U15	600g	June 17.	Ebbisham League, Kingston
34.19.	Royden	John		800g	Apr 14.	Sward Trophy, Kingsmeadow
33.51.	Deon	Coetzee		800g	June 2.	Southern League, Guildford
32.09.	John	Webster	M65	600g	Sept 8.	Surrey Pentathlon, Horsham
30.95.	Jordan	Burton	U17	700g	July 22.	NYAL, Sutton
30.17.	Derek	Frempong	U17	700g	May 6.	NYAL, St Albans
31.68.	John	Webster	M65	600g	June 3.	SCVAC Champs, Ashford
28.69.	John	Webster	M65	800g	May 20.	Rosenheim League, Croydon
24.01.	John	Brown	M35	800g	May 5.	Southern League, Ilford
23.92.	Tom	Brandon	U15	600g	Mar 18.	K&P Open Meeting, Kingston
22.56.	Hugh	Saxby	M50	700g	June 11.	SCVAC League, Battersea Park
20.57.	Clarence	Orenzo	U17	700g	May 6.	NYAL, St Albans
12.93.	Ismael	Lawrence	U17	700g	May 20.	NYAL, Hastings
10.79.	Tom	Pollak	M65	800g	July 25.	Rosenheim League, Tooting Bec
					Pentathlon	
2144pts	John	Webster	M65		Sept 8.	Surrey Pentathlon, Horsham
(age graded)			(LJ: 3.57. 200: 36.81. JT: 32.09. DT: 19.07. 1500: 7:10.11)			
1803pts	Jose	Costa	U15		Sept 8.	Surrey Pentathlon, Horsham
			80H 15.34/-0.7. LJ: 4.57/+1.5. SP: 8.12. HJ: 1.45. 800: 2:24.80			HW U15 record
1649pts	Luis	Costa	U15		Sept 8.	Surrey Pentathlon, Horsham
			(80H: 15.69/-0.7. LJ: 4.70/+1.1. SP: 7.67. HJ: 1.42 800: 2:33.16)			
					4x100m	
44.0.	R Mullard, D Alli, D Dowding, R John)				June 23.	Southern League, Kingston
44.0.	R Savill, R Mullard J Olansa, D Dowding)				July 14.	Southern League, Tooting Bec
44.6.	H Agboke, D Dowding) D Alli, R John	SM			Apr 14.	Kinnaird Trophy, Kingsmeadow
44.6.		SM			May 19.	Southern League, Eltham
44.7.		SM			June 2.	Southern League, Guildford
45.2.	R Savill, K Cheun To D Alli, D Dowding)				Aug 4.	Southern League, Reading
45.4.	(A Ferns, R John, H Agboke, R Mullard)	SM			May 5.	Southern League, Ilford
47.0.		U17			Apr 15.	HW YA Meeting, Crystal Palace
47.0.	U17 (M Adjei-Tabirade, D Frempong J Dwonga, R Agyapong)				June 24.	NYAL, Perivale
48.0.		U17			June 3.	NYAL, Kingston
51.6.		U15			Apr 15.	HW YA Meeting, Crystal Palace
53.7.	U15 (E Saywell, J Costa L Costa, K Mitchell-Nanton)				June 24.	NYAL, Perivale
53.8.	U15 (J Costa, L Costa, K Mitchell-Nanton, L Fraser)				May 6.	NYAL, St Albans
60.3.		U13			Apr 15.	HW YA Meeting, Crystal Palace
					4x200m	
1:43.4.	SM (G Logan, L Power D Getting, D Dowding)				Aug 15.	Rosenheim Final, Kingston
1:47.5.	U15 (T Meehan, Jose Costa L Costa, K Mitchell-Nanton)				June 17.	Ebbisham League, Kingston
1:47.7.	U15 (J Costa, L Costa J Osbourne/G Logan)				Aug 5.	Ebbisham League, Kingston
1:55.0.	U15 (T Meehan, E Saywell L White, L Costa)				July 1.	Ebbisham League, Walton
					4x400m	
3:25.4.	H Agboke (52.0), M Parsons (50.7) A Ferns (50.6), S Davies (52.1)				May 5.	Southern League, Ilford
3:26.8.	H Agboke (52.4), M Parsons (51.8), A Ferns (50.0), S Davies (52.6)				June 23.	Southern League, Kingston

3:27.1.	H Agboke (51.97), E Ferns (53.47), A Ferns (49.88), S Davies (51.82)	June 2.	Southern League, Guildford
3:28.7.		May 19.	Southern League, Eltham
3:30.4.	D Dowding (51.81), M Parsons (50.66) G Walcott (55.99), S Davies (51.70)	July 14.	Southern League, Tooting Bec
3:33.7.	D Dowding (52.9), K Cheun To (54.8) R Savill (54.8), M Parsons (51.2)	Aug 4.	Southern League, Reading
3:53.3.	U17 (T Sandiford, J Greene, G Aning, J Burton)	June 24.	NYAL, Perivale
4:09.1.	U15 (J Toomey, T Village L White, G Logan)	June 24.	NYAL, Perivale
4:11.2.	U15	June 3.	NYAL, Kingston
4:27.1.	U15 (E Saywell, J Toomey, G Logan, L White)	May 6.	NYAL, St Albans
4:29.1.	U17 (R Agyapong, C Orenzo, C Mukambina, W Spooner)	May 6.	NYAL, St Albans

(i) = indoors

2C = 2nd claim but eligible for HW in competition shown Not eligible for HW club records or all-time lists.

For track events 400m or less, where available the best electronic time is also shown.

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