



Updated 1-01-08

## Hercules Wimbledon Athletic Club

### Ranking Lists for 2008 as at 1 January 2009

#### HW Men's T&F Rankings

2008

[Home](#)
[Up](#)

7.21 (i)	Royden	John	M35
7.3 (i)	Jermain	Olasan	U20
7.30 (i)	Jermain	Olasan	U20
7.33 (i)	Jimmy	Saruchera	
7.34 (i)	Praful	Nargund	U20
7.39 (i)	Cale	Edmunds	U20
7.59 (i)	Ka	Cheun To	
7.73 (i)	Richard	Agyapong	U20
8.17 (i)	Geordie	Logan	U17

60m

Feb 23.	British Masters Champs, Lea Valley
Mar 1.	Surrey Indoor Champs, Sutton
Mar 1.	Surrey Indoor Champs, Sutton
Nov 21.	Brunel Open Meeting
Jan 19.	SEAA Indoor Champs, Lea Valley
Mar 1.	Surrey Indoor Champs, Sutton
Jan 19.	SEAA Indoor Champs, Lea Valley
Mar 1.	Surrey Indoor Champs, Sutton
Apr 5.	Young Athletes Indoors, C Palace

75m

11.7.	Andrew	Doran	U11
12.2.	Oliver	Livingstone	U11

July 13.	Ebbisham League, Croydon
Aug 3.	Ebbisham League, Kingston

100m

11.0.	Royden	John	M35
11.0.	Dwayne	Dowding	
11.1/+2.0w	Hamed	Agboke	
11.29/nwr	Deji	Alli	
11.4.	Cale	Edmunds	U20
11.4.	Jermain	Olasan	U20
11.46/+2.4w	Jonathan	Osbourne	U15
11.5.	Jonathan	Osbourne	U15
11.51/nwr	Jermain	Olasan	U20
11.52/-0.1w	Jonathan	Osbourne	U15
11.54/+1.8w	Praful	Nargund	U20
11.7*	Edmund	Gaisie	U17
11.7.	Ross	Savill	
11.8.	Tom	Richards	U15
11.88/-4.0w	Deji	Alli	
11.9.	Deji	Alli	
11.9.	Kyran	Mitchell-Nanton	U17
11.9.	Nathan	Safo-Barnieh	U15
11.96/-0.5w	Cale	Edmunds	U20
12.0.	Jonathan	Grayson	
12.0.	Steve	Davies	
12.1.	Edmund	Gaisie	U17
12.1.	Antonio	Douglas	U17
12.1.	Henry	Husband	U17
12.11/+1.6w	Nathan	Safo-Barnieh	U15
12.2.	Geoff	Walcott	M55
12.2.	Poju	Adsilu	U15
12.4.	Jose	Costa	U15
12.5.	Tom	Meehan	U15
12.53/1.4w	Poju	Adsilu	U15
12.7.	Arnold	Tek-Woo	U17
12.7.	Andrew	Clarke	U15
12.8.	Michael	Adjei-Tabirade	U17
12.83/0.7w	Tom	Meehan	U15
12.9.	Tom	Richards	U15
13.1.	Stephen	McDuell	M40
13.2.	Mark	Baker	M45
13.2.	Tim	Brown	U15
13.5.	Hugh	Saxby	M50
13.6.	Paul	Wignall	M50
13.6.	Andrew	Connolly	U15
13.8.	Paul	Wignall	M55
14.0.	James	Russell	U15
14.0*	Emmanuel	Obayuwana	U13
14.0.	Ejaz	Majoka	U15
14.3.	Emmanuel	Obayuwana	U13
14.42/0.0w	Ejaz	Majoka	U15
14.53/nwr	Emmanuel	Obayuwana	U13
14.9.	Hugh	Saxby	M50
15.0.	Max	Cooper	U13
15.3.	Felix	Blanchard	U13
15.5.	Charlie	Williams	U13
15.6.	Jonathan	Dench	U13
15.8.	Andrew	Doran	U11
15.9.	Aaron	Jones	U13
16.0.	Wasin	Yaseen	U15
16.3.	Oliver	Livingstone	U11
16.7.	Roshad	Doomasia	U13

May 3.	Southern League, Kingston	HW M35 record
July 23.	Rosenheim League, Tooting Bec	
May 17.	Southern League, Lea Valley	
May 11.	Surrey Championships, Kingston	
May 3.	Southern League, Kingston	
Aug 2.	Southern League, Bromley	
July 12.	English Schools, Gateshead	
July 23.	Rosenheim League, Tooting Bec	
July 27.	National Junior League, Eton	
July 11.	English Schools, Gateshead	
Apr 19.	Kinnaird Trophy, Kingston	
June 29.	Ebbisham League, Sutton	
July 2.	Rosenheim League, Tooting Bec	
June 1.	NYAL, Highgate	
May 3.	British Universities Champs, Bedford	
July 12.	Southern League, Ilford	
Aug 3.	Ebbisham League, Kingston	
Sept 14.	HW YA Meeting, Crystal Palace	
May 10.	Surrey Championships, Kingston	
June 7.	Southern League, Thurrock	
June 28.	Southern League, Stevenage	
May 4.	NYAL, Kingston	
June 1.	NYAL, Highgate	
Sept 14.	HW YA Meeting, Crystal Palace	
Aug 23.	Herne Hill H Open, Tooting Bec	
May 7.	Vets AC Meeting, Kingston	
Aug 3.	Ebbisham League, Kingston	
Sept 14.	HW YA Meeting, Crystal Palace	
Sept 14.	HW YA Meeting, Crystal Palace	
Aug 23.	Herne Hill H Open, Tooting Bec	
June 22.	NYAL, Kingston	
Sept 14.	HW YA Meeting, Crystal Palace	
June 18.	Rosenheim League, Tooting Bec	
Aug 23.	Herne Hill H Open, Tooting Bec	
May 4.	NYAL, Kingston	
Aug 6.	Veterans AC Meeting, Twickenham	
Aug 13.	Rosenheim Final, Tooting Bec	
Sept 14.	HW YA Meeting, Crystal Palace	
June 23.	SCVAC League, Battersea Park	
Apr 9.	Vets AC Meeting, Battersea Park	
July 20.	NYAL, Kingston	
July 23.	Vets AC Meeting, Kingston	
May 4.	NYAL, Kingston	
June 29.	Ebbisham League, Sutton	
July 13.	Ebbisham League, Croydon	
Sept 14.	HW YA Meeting, Crystal Palace	
Aug 23.	Herne Hill H Open, Tooting Bec	
May 11.	Surrey Championships, Kingston	
June 23.	SCVAC League, Battersea Park	
Aug 3.	Ebbisham League, Kingston	
Sept 14.	HW YA Meeting, Crystal Palace	
July 20.	NYAL, Kingston	
June 1.	NYAL, Highgate	
July 13.	Ebbisham League, Croydon	
June 29.	Ebbisham League, Sutton	
May 4.	NYAL, Kingston	
May 4.	NYAL, Kingston	
Sept 14.	HW YA Meeting, Crystal Palace	

19.0/-1.4w	Tom	Pollak	M65		May 24.	Surrey Veterans Champs, Kingston	
19.3.	Noman	Naeem	U13		May 4.	NYAL, Kingston	
				<b>150m</b>			
24.01/0.0w	Oliver	Livingstone	U11		Apr 20.	Open Meeting, Battersea Park	
24.6.	Oliver	Livingstone	U11		Aug 3.	Ebbisham League, Kingston	
				<b>200m</b>			
21.8.	Dwayne	Dowding			June 7.	Southern League, Thurrock	
21.94/+1.9w	Dowding			in hts	May 10.	Surrey Championships, Kingston	
23.0.	Jonathan	Osbourne	U15		July 23.	Rosenheim League, Tooting Bec	HW U15 Boys record
23.24/+1.8w	Nathan	Safo-Barnieh	U15		July 11.	English Schools, Gateshead	HW U15 Boys record
23.3.	Jermain	Olasan	U20		Aug 2.	Southern League, Bromley	
23.43/-3.5w	Praful	Nargund	U20		Apr 26.	London Clubs Challenge, Hendon	
24.06/-2.3w	Hamed	Agboke			Apr 26.	London Clubs Challenge, Hendon	
24.2.	Kyran	Mitchell-Nanton	U17		June 22.	NYAL, Kingston	
24.4.	Nathan	Safo-Barnieh	U15		Sept 14.	HW YA Meeting, Crystal Palace	
24.5.	Edmund	Gaisie	U17		July 20.	NYAL, Kingston	
24.5.	Henry	Husband	U17		Sept 14.	HW YA Meeting, Crystal Palace	
24.8.	Jonathan	Grayson			June 7.	Southern League, Thurrock	
24.8*	Tom	Richards	U15		June 29.	Ebbisham League, Sutton	
24.95.	Jose	Costa	U15		Aug 25.	Young athletes Open, Newham	
25.05/+4.2w	Tom	Richards	U15		May 24.	SoEAA Champs, Ashford	
25.6.	Tom	Meehan	U15		Sept 14.	HW YA Meeting, Crystal Palace	
25.74/+1.0w	Tom	Meehan	U15		Aug 23.	Herne Hill H Open, Tooting Bec	
25.2.	Jose	Costa	U15		May 4.	NYAL, Kingston	
25.2.	Tom	Richards	U15		June 14.	London Schools, Battersea Park	
26.1.	Poju	Adisilu	U15		Aug 1.	Ebbisham League, Kingston	
26.3.	Stephen	McDuell	M40		July 14.	SCVAC League, Battersea Park	
26.3.	Tom	Meehan	U15		July 13.	Ebbisham League, Croydon	
26.8.	Paul	Stables	U17		May 4.	NYAL, Kingston	
27.6.	Cale	Edmunds	U20		July 12.	Southern League, Ilford	
28.3/+1.3w	Steve	Hadley			May 17.	Southern League, Lea Valley	
28.1.	Paul	Wignall	M55		July 23.	Vets AC Meeting, Kingston	
28.1.	James	Russell	U15		Aug 3.	Ebbisham League, Kingston	
28.4.	Tim	Livingstone	U13		Sept 14.	HW YA Meeting, Crystal Palace	
29.4.	Emmanuel	Obayuwana	U13		Sept 14.	HW YA Meeting, Crystal Palace	
29.5.	Ejaz	Majoka	U15		July 13.	Ebbisham League, Croydon	
30.1.	Max	Allison	U13		July 20.	NYAL, Kingston	
30.6.	Emmanuel	Obayuwana	U13		June 22.	NYAL, Kingston	
30.6.	Charlie	Williams	U13		June 22.	NYAL, Kingston	
30.89/-1.0w	Emmanuel	Obayuwana	U13		May 10.	Surrey Championships, Kingston	
30.9.	Robert	Richards	U13		June 1.	NYAL, Highgate	
31.6.	Dominic	Getting			July 12.	Southern League, Ilford	
31.8.	Felix	Blanchard	U13		Sept 14.	HW YA Meeting, Crystal Palace	
31.9.	Max	Cooper	U13		Aug 3.	Ebbisham League, Kingston	
33.5.	Jonathan	Dench	U13		Sept 14.	HW YA Meeting, Crystal Palace	
41.2.	Tom	Pollak	M65		May 21.	Rosenheim League, Croydon	
				<b>300m</b>			
40.5.	Geoff	Walcott	M55		Apr 9.	Vets AC Meeting, Battersea Park	
46.2.	Paul	Wignall	M50		Apr 9.	Vets AC Meeting, Battersea Park	
				<b>400m</b>			
49.6.	Dwayne	Dowding			July 2.	Rosenheim League, Tooting Bec	
51.45.	Matt	Parsons		in hts	May 11.	Surrey Championships, Kingston	
51.5.	Matt	Parsons			May 3.	Southern League, Kingston	
51.50.	Hamed	Agboke			Apr 26.	London Clubs Challenge, Hendon	
51.7.	Aaron	Mason			June 28.	Southern League, Stevenage	
52.8.	Hamed	Agboke			Aug 13.	Rosenheim Final, Tooting Bec	
52.8 (i)	Aaron	Mason			Dec 3.	Southern Students Indoor Champs	
53.1.	Jonathan	Osbourne	U15		Aug 3.	Ebbisham League, Kingston	
54.1.	Camille	Duval			May 17.	Southern League, Lea Valley	
55.3.	Geoff	Walcott	M55		May 7.	Vets AC Meeting, Kingston	
55.5.	Mark	Baker	M45		Aug 6.	Veterans AC Meeting, Twickenham	
55.64.	Mark	Baker	M45		Aug 23.	Herne Hill H Open, Tooting Bec	
55.8.	Jose	Costa	U15		July 13.	Ebbisham League, Croydon	
55.95.	Tom	Meehan	U15	in hts	June 14.	Surrey Schools Champs, Kingston	
56.1.	Lance	Power			July 12.	Southern League, Ilford	
56.23.	Jose	Costa	U15	in hts	May 10.	Surrey Championships, Kingston	
56.31.	Geoff	Walcott	M55		May 11.	Surrey Championships, Kingston	
56.4.	Justin	Kelly			June 4.	Rosenheim League, Tooting Bec	
57.7.	Dominic	Getting			July 12.	Southern League, Ilford	
58.3.	Stephen	McDuell	M40		June 23.	SCVAC League, Battersea Park	
58.6.	Tom	Meehan	U15		May 4.	NYAL, Kingston	
58.7.	James	Trapmore (2C)			May 7.	Rosenheim League, Battersea Park	
59.6.	Hugh	Saxby	M50		June 23.	SCVAC League, Battersea Park	
59.7.	Ed	Saywell	U15		July 13.	Ebbisham League, Croydon	
61.5.	Luis	Costa	U17		July 20.	NYAL, Kingston	
62.5.	Liam	White	U17		May 4.	NYAL, Kingston	
64.1.	Tim	Livingstone	U13		Aug 3.	Ebbisham League, Kingston	
64.6.	Ejaz	Majoka	U15		May 4.	NYAL, Kingston	
65.4.	Chima	Odum	U15		July 20.	NYAL, Kingston	
65.63.	Paul	Wignall	M55		Aug 24.	Veterans AC Champs, Kingston	
67.0.	Paul	Wignall	M55		Aug 6.	Veterans AC Meeting, Twickenham	
72.8.	Alen	Dudash			Aug 13.	Rosenheim Final, Tooting Bec	

				800m		
1:57.7.	Aidan	Hogan		Aug 13.	Rosenheim Final, Tooting Bec	
1:59.2.	Justin	Kelly		June 4.	Rosenheim League, Tooting Bec	
2:00.0.	James	Trapmore (2C)		May 21.	Rosenheim League, Croydon	
2:01.1.	Ben	Cummings		June 4.	Rosenheim League, Tooting Bec	
2:01.1.	Adam	Vandenberg		June 18.	Rosenheim League, Tooting Bec	
2:03.56.	Jonathan	Burgess		Nov 21.	Gold Coast PB Meeting, Q'ld, AUS	
2:04.1.	Esmond	Ferns		Aug 2.	Southern League, Bromley	
2:06.6.	Graeme	Buscke		July 12.	Southern League, Ilford	
2:07.4.	Kieran	White		July 19.	Inter Services Champs, Portsmouth	
2:07.5.	Liam	White	U17	July 20.	NYAL, Kingston	
2:07.9.	Camille	Duval		May 17.	Southern League, Lea Valley	
2:09.3.	Ed	Saywell	U15	July 13.	Ebbisham League, Croydon	
2:10.5.	Deon	Coetzee		May 17.	Southern League, Lea Valley	
2:11.35.	Stephen	McDuell	M40	Aug 24.	Veterans AC Champs, Kingston	
2:12.8.	Jamie	Helmer		May 3.	Southern League, Kingston	
2:12.8.	Paul	Stables	U17	July 20.	NYAL, Kingston	
2:16.32.	Lance	Power		Apr 19.	Kinnaird Trophy, Kingsmeadow	
2:17.5.	Jamie	Helmer		May 7.	Rosenheim League, Battersea Park	
2:19.2.	Tom	Meehan	U15	July 20.	NYAL, Kingston	
2:21.0.	Hugh	Saxby	M50	May 24.	Surrey Veterans Champs, Kingston	
2:21.8.	Tim	Livingstone	U13	July 13.	Ebbisham League, Croydon	
2:22.4.	Steve	Newton	M50	June 9.	SCVAC League, Twickenham	
2:23.09.	Luis	Costa	U17	May 10.	Surrey Championships, Kingston	
2:29.1.	Mark	Livingstone		May 24.	Surrey Veterans Champs, Kingston	
2:41.9.	James	Blower	U15	May 4.	NYAL, Kingston	
2:44.0.	Charlie	Williams	U13	June 22.	NYAL, Kingston	
2:45.6.	Stuart	Littlewood	M55	June 11.	Veterans AC Meeting, Wimbledon Park	
2:49.9.	Aaron	Jones	U13	July 20.	NYAL, Kingston	
3:01.3.	Oliver	Livingstone	U11	June 1.	NYAL, Highgate	
3:15.3.	Tomo	Kikugawa	M50	July 23.	Rosenheim League, Tooting Bec	
				<b>1000m</b>		
3:56.3.	Oliver	Livingstone	U11	Sept 14.	HW YA Meeting, Crystal Palace	
				<b>1500m</b>		
4:07.5.	Kieran	White		July 19.	Inter Services Champs, Portsmouth	
4:10.90.	Liam	White	U17	July 11.	English Schools, Gateshead	
4:11.0.	Liam	White	U17	June 14.	London Schools, Battersea Park	
4:11.7.	Belal	Aly		May 17.	Southern League, Lea Valley	
4:12.0.	Andrew	Penney	U20	July 12.	Southern League, Ilford	
4:13.1.	James	Trapmore (2C)		July 2.	Rosenheim League, Tooting Bec	
4:14.0.	Ben	Cummings	U20	Aug 2.	Southern League, Bromley	
4:17.4.	Joe	Toomey	U17	May 4.	NYAL, Kingston	
4:17.53 (i)	Adam	Przedzrymirski		Mar 16.	BUSA Indoor Champs, Sheffield	
4:23.4.	Richard	Xerri		May 3.	Southern League, Kingston	
4:27.3.	Neil	Aitken		June 4.	Rosenheim League, Tooting Bec	
4:30.6.	Graeme	Buscke		May 7.	Rosenheim League, Battersea Park	
4:30.6.	Ed	Saywell	U15	Sept 14.	HW YA Meeting, Crystal Palace	
4:31.3.	Deon	Coetzee		June 18.	Rosenheim League, Tooting Bec	
4:35.4.	Geordie	Logan	U17	Sept 14.	HW YA Meeting, Crystal Palace	
4:41.0.	Charlie	Carrington	U17	July 2.	Rosenheim League, Tooting Bec	
4:41.4.	Jonathan	Dobson	M40	May 12.	SCVAC League, Battersea Park	
4:41.5.	Steve	Newton	M50	June 18.	Rosenheim League, Tooting Bec	
4:50.3.	Paul	Stables	U17	July 20.	NYAL, Kingston	
4:50.6.	Justin	Kelly		June 4.	Rosenheim League, Tooting Bec	
4:51.2.	Peter	Lee	M40	July 2.	Rosenheim League, Tooting Bec	
4:54.2.	Hugh	Saxby	M50	May 24.	Surrey Veterans Champs, Kingston	
4:58.7.	Tim	Livingstone	U13	June 22.	NYAL, Kingston	
5:00.5.	Stephen	McDuell	M40	June 23.	SCVAC League, Battersea Park	
5:07.4.	Connor	Callaghan	U15	June 1.	NYAL, Highgate	
5:08.4.	Bradlee	Mulroe	U15	June 1.	NYAL, Highgate	
5:09.1.	Lance	Power		Apr 19.	Kinnaird Trophy, Kingsmeadow	
5:10.6.	Tom	Meehan	U15	June 22.	NYAL, Kingston	
5:18.9.	David	Stables	U15	July 13.	Ebbisham League, Croydon	
5:19.22.	Stuart	Littlewood	M55	June 18.	Watford Open Meeting, Herts	
5:21.9.	Keith	Hylands	M60	June 23.	SCVAC League, Battersea Park	
5:32.7.	Max	Cooper	U13	June 22.	NYAL, Kingston	
5:46.4.	Max	Allison	U13	May 4.	NYAL, Kingston	
5:50.34 (i)	Dennis	Williams	M60	Feb 23.	British Masters Champs, Lea Valley	
5:50.8.	Dennis	Williams	M60	May 24.	Surrey Veterans Champs, Kingston	
5:53.6.	Alex	Watson	U15	July 2.	Rosenheim League, Tooting Bec	
				<b>1-Mile</b>		
6:31.9.	Dennis	Williams	M60	Aug 6.	Veterans AC Meeting, Twickenham	
				<b>3000m</b>		
8:53.0.	James	Trapmore (2C)		July 2.	Rosenheim League, Tooting Bec	
8:54.4.	Belal	Aly		June 18.	Rosenheim League, Tooting Bec	
9:06.3.	Mike	Halman		Aug 13.	Rosenheim Final, Tooting Bec	
9:08.01.	Hussein	Ahmed-Aly		Mar 16.	K&P Open Meeting, Kingsmeadow	
9:16.0.	Richard	Xerri		June 18.	Rosenheim League, Tooting Bec	
9:21.7.	Aidan	Hogan		July 23.	Rosenheim League, Tooting Bec	
9:24.10.	Liam	White	U17	Sept 16.	Woodford Green Open, Woodford	

9:34.2.	Neil	Aitken		June 4.	Rosenheim League, Tooting Bec
9:44.24.	Joe	Toomey	U17	Mar 16.	K&P Open Meeting, Kingsmeadow
9:55.9.	Phil	Smith		Aug 13.	Rosenheim Final, Tooting Bec
10:00.2.	Steve	Newton	M50	June 4.	Rosenheim League, Tooting Bec
10:07.7.	Geordie	Logan	U17	June 1.	NYAL, Highgate
10:10.2.	Hugh	Saxby	M50	June 18.	Rosenheim League, Tooting Bec
10:12.1.	Peter	Lee	M40	June 18.	Rosenheim League, Tooting Bec
10:31.0.	Lance	Power		June 18.	Rosenheim League, Tooting Bec
10:31.3.	Dan	Pescod	M35	July 23.	Rosenheim League, Tooting Bec
10:40.66.	Charlie	Carrington	U20	July 16.	Watford Open Meeting, Herts
11:17.4.	Yuzo	Saito		June 18.	Rosenheim League, Tooting Bec
11:29.1.	Stuart	Littlewood	M55	July 14.	SCVAC League, Battersea Park
11:46.98 (i)	Mike	Kortenray	M60	Feb 24.	British Masters Champs, Lea Valley
12:09.7.	Mike	Kortenray	M60	Apr 30.	Vets AC Meeting, Battersea Park
12:19.78 (i)	Dennis	Williams	M60	Feb 24.	British Masters Champs, Lea Valley
12:39.7.	Dennis	Williams	M60	Apr 30.	Vets AC Meeting, Battersea Park
<b>5000m</b>					
15:31.2.	Mike	Halman		May 3.	Southern League, Kingston
15:52.4.	Kieran	White		May 17.	Southern League, Lea Valley
16:26.9.	Justin	Kelly		Aug 2.	Southern League, Bromley
16:32.8.	Neil	Aitken		June 7.	Southern League, Thurrock
16:50.6.	Andrew	Penney	U20	June 7.	Southern League, Thurrock
17:34.8.	Peter	Lee	M40	May 24.	Surrey Veterans Champs, Kingston
17:43.5.	Steve	Badgery	M60	May 24.	Surrey Veterans Champs, Kingston
19:52.0.	Stuart	Littlewood	M55	May 24.	Surrey Veterans Champs, Kingston
19:57.4.	Keith	Hylands	M55	May 24.	Surrey Veterans Champs, Kingston
21:53.3.	Mike	Kortenray	M60	May 24.	Surrey Veterans Champs, Kingston
23:17.32.	Dennis	Williams	M60	July 30.	European Veterans, Ljubljana, Slovenia
25:15.3.	Fred	Green	M60	June 28.	Southern League, Stevenage
<b>10,000m</b>					
41:23.7.	Stuart	Littlewood	M55	May 14.	B&B Championships, Bromley
46:01.38	Dennis	Williams	M60	May 25.	BMAF Champs, Oxford
<b>1500mSC</b>					
5:00.2.	Geordie	Logan	U17	June 14.	Surrey Schools Champs, Kingston
<b>2000mSC</b>					
6:20.5.	Aidan	Hogan		July 23.	Rosenheim League, Tooting Bec
6:56.8.	Jamie	Helmer		May 7.	Rosenheim League, Battersea Park
6:59.8.	Adam	Przedzrymirski		Apr 19.	Kinnaird Trophy, Kingsmeadow
7:01.7.	Arnaud	Claverie		May 7.	Rosenheim League, Battersea Park
7:07.05.	Geordie	Logan	U17	Aug 24.	Inter County Match, Hendon
<b>3000mSC</b>					
10:02.0.	Aidan	Hogan		July 12.	Southern League, Ilford
10:21.9.	Justin	Kelly		June 7.	Southern League, Thurrock
10:37.0.	Jamie	Helmer		May 17.	Southern League, Lea Valley
10:50.7.	Arnaud	Claverie		May 3.	Southern League, Kingston
11:03.7.	Lance	Power		June 7.	Southern League, Thurrock
13:35.2.	Steve	Hadley		June 7.	Southern League, Thurrock
<b>60m Hurdles</b>					
12.08 (i)	Geordie	Logan	U17	Apr 5.	Young Athletes Indoors, C Palace
12.10 (i)	Charlie	Carrington	U17	Apr 5.	Young Athletes Indoors, C Palace
<b>75m Hurdles</b>					
15.6.	Robert	Richards	U13	June 1.	NYAL, Highgate
15.6.	Emmanuel	Obayuwana	U13	June 22.	NYAL, Kingston
15.9.	Charlie	Williams	U13	July 20.	NYAL, Kingston
17.5.	Jonathan	Dench	U13	July 20.	NYAL, Kingston
<b>80m Hurdles</b>					
12.9.	Nathan	Safo-Barnieh	U15	May 4.	NYAL, Kingston
13.0.	Ed	Saywell	U15	July 13.	Ebbisham League, Croydon
13.2.	Andrew	Connolly	U15	July 20.	NYAL, Kingston
15.5*	Robert	Richards	U13	June 29.	Ebbisham League, Sutton
15.6*	Emmanuel	Obayuwana	U13	June 29.	Ebbisham League, Sutton
16.02/0.0w	Emmanuel	Obayuwana	U13	May 10.	Surrey Championships, Kingston
16.1.	Ejaz	Majoka	U15	July 13.	Ebbisham League, Croydon
<b>100m Hurdles</b>					
15.6.	Edmund	Gaisie	U17	May 4.	NYAL, Kingston
19.0.	Arnold	Tek-Woo	U17	June 22.	NYAL, Kingston
19.1.	Antonio	Douglas	U17	June 1.	NYAL, Highgate
<b>110m Hurdles</b>					
14.6.	Austin	Ferns		May 3.	Southern League, Kingston
16.1.	Steve	Davies		June 7.	Southern League, Thurrock
16.1.	Ove	Lindekleiv		July 12.	Southern League, Ilford
16.3.	Royden	John	M35	May 3.	Southern League, Kingston
16.3/+0.4w	Royden	John	M35	May 17.	Southern League, Lea Valley
16.5/+0.4w	Steve	Davies		May 17.	Southern League, Lea Valley
21.6.	Steve	Hadley		June 7.	Southern League, Thurrock
<b>200m Hurdles</b>					
28.72/+1.9w	Aaron	Mason		May 17.	Varsity Match, Oxford
<b>400m Hurdles</b>					
52.66.	Austin	Ferns		May 11.	Surrey Championships, Kingston
53.8.	Austin	Ferns		May 3.	Southern League, Kingston
56.9.	Aaron	Mason		May 11.	Oxfordshire Champs, Horspath Track

HW M60 rec

58.1.	Steve	Davies		May 17.	Southern League, Lea Valley	
58.71.	Steve	Davies		July 5.	Britiash League, Kingston	
59.24.	Aaron	Mason		June 11.	Achilles v Loughborough Uh, Loughborough	
72.8.	Steve	Hadley		June 7.	Southern League, Thurrock	
<b>2000m Walk</b>						
14:21.8.	Kevin	Burnett (2C)	M65	June 23.	SCVAC League, Battersea Park	
<b>High Jump</b>						
1.90.	Ove	Lindekleiv		July 12.	Southern League, Ilford	
1.80.	Steve	Davies		June 28.	Southern League, Stevenage	
1.70.	Deon	Coetzee		May 17.	Southern League, Lea Valley	
1.65.	Justin	Kelly		Aug 2.	Southern League, Bromley	
1.65.	Joseph	Sam-Yorke	U15	July 6.	London Youth Games, C Palace	
1.60.	Antonio	Douglas	U17	June 1.	NYAL, Highgate	
1.60.	Simon	Cook		June 7.	Southern League, Thurrock	
1.55.	Jose	Costa	U15	June 29.	Ebbisham League, Sutton	
1.50.	Tim	Brown	U15	June 1.	NYAL, Highgate	
1.45.	Kyran	Mitchell-Nanton	U17	May 4.	NYAL, Kingston	
1.40 (i)	Geordie	Logan	U17	Apr 5.	Young Athletes Indoors, C Palace	
1.40.	Edmund	Gaisie	U17	May 4.	NYAL, Kingston	
1.40.	Geordie	Logan	U17	Sept 14.	HW YA Meeting, Crystal Palace	
1.35.	Robert	Richards	U13	June 22.	NYAL, Kingston	
1.35.	James	Russell	U15	Aug 3.	Ebbisham League, Kingston	
1.30.	Max	Allison	U13	May 4.	NYAL, Kingston	
1.30.	Chima	Odum	U15	Aug 3.	Ebbisham League, Croydon	
1.25.	Connor	Callaghan	U15	July 13.	Ebbisham League, Croydon	
1.25.	David	Stables	U15	July 13.	Ebbisham League, Croydon	
1.20 (i)	Charlie	Carrington	U17	Apr 5.	Young Athletes Indoors, C Palace	
1.20 (i)	Alex	Watson	U17	Apr 5.	Young Athletes Indoors, C Palace	
1.20.	Hugh	Saxby	M50	July 14.	SCVAC League, Battersea Park	
1.10.	Geoff	Newby	M50	May 12.	SCVAC League, Battersea Park	
1.10.	John	Webster	M65	May 12.	SCVAC League, Battersea Park	
1.00.	Dominic	Getting		May 3.	Southern League, Kingston	
1.00.	Austin	Ferns		Aug 2.	Southern League, Bromley	
<b>Pole Vault</b>						
3.40.	Ove	Lindekleiv		July 12.	Southern League, Ilford	
3.00.	Dominic	Getting		May 17.	Southern League, Lea Valley	
2.40.	Royden	John	M35	May 3.	Southern League, Kingston	
2.40.	Lance	Power		May 17.	Southern League, Lea Valley	
2.40.	Simon	Cook		June 28.	Southern League, Stevenage	
1.90.	John	Webster	M65	May 24.	Surrey Veterans Champs, Kingston	
<b>Long Jump</b>						
7.28.	Royden	John	M35	May 10.	Surrey Championships, Kingston	HW M35 record
6.87 (i)	Royden	John	M35	Feb 23.	British Masters Champs, Lea Valley	
6.76w/+4.70w	Jermain	Olasan	U20	Aug 10.	Inter County Match, Kingston	
6.74.	Jermain	Olasan	U20	May 3.	Southern League, Kingston	
6.66.	Cale	Edmunds	U20	May 3.	Southern League, Kingston	
6.54 (i)	Jermain	Olasan	U20	Feb 24.	EA Indoor Champs, Birmingham	
6.53.	Ove	Lindekleiv		July 12.	Southern League, Ilford	
6.38.	Michael	Adjei-Tabirade	U20	May 3.	Southern League, Kingston	
6.37 (i)	Jimmy	Saruchera		Nov 30.	Brunel Open Meeting	
6.35.	Jonathan	Grayson		June 7.	Southern League, Thurrock	
6.10 (i)	Michael	Adjei-Tabirade	U20	Nov 30.	Brunel Open Meeting	
5.97 (i)	Cale	Edmunds	U20	Mar 1.	Surrey Indoor Champs, Sutton	
5.94 (i)	Ka	Cheun To		Jan 19.	SEAA Indoor Champs, Lea Valley	
5.40.	Nnamdi	Odum	U20	July 23.	Rosenheim League, Tooting Bec	
5.31.	Luis	Costa	U17	May 11.	Surrey Championships, Kingston	
5.08.	Andrew	Clarke	U15	Sept 14.	HW YA Meeting, Crystal Palace	
4.94.	Andrew	Connolly	U15	July 20.	NYAL, Kingston	
4.91.	Edmund	Gaisie	U17	July 20.	NYAL, Kingston	
4.91.	Tom	Meehan	U15	July 20.	NYAL, Kingston	
4.89.	Hugh	Saxby	M50	May 24.	Surrey Veterans Champs, Kingston	
4.74.	Lance	Power		June 7.	Southern League, Thurrock	
4.63.	Dominic	Getting		June 28.	Southern League, Stevenage	
4.59 (i)	Geordie	Logan	U17	Apr 5.	Young Athletes Indoors, C Palace	
4.58.	Nathan	Safo-Barnieh	U15	May 4.	NYAL, Kingston	
4.57.	Jonathan	Osbourne	U15	May 15.	Merton Schools, Wimbledon Park	
4.53.	Chima	Odum	U15	Aug 25.	Young athletes Open, Newham	
4.38.	Felix	Blanchard	U13	Sept 14.	HW YA Meeting, Crystal Palace	
4.35.	Tim	Livingstone	U13	July 20.	NYAL, Kingston	
4.11.	Max	Cooper	U13	Aug 3.	Ebbisham League, Kingston	
4.08.	Charlie	Williams	U13	June 22.	NYAL, Kingston	
3.90.	Geoff	Newby	M50	Sept 14.	Richmond St Mary's Open, Twickenham	
3.79.	Emmanuel	Obayuwana	U13	May 4.	NYAL, Kingston	
3.76.	Max	Allison	U13	May 4.	NYAL, Kingston	
3.68 (i)	Charlie	Carrington	U17	Apr 5.	Young Athletes Indoors, C Palace	
3.45.	Jonathan	Dench	U13	June 1.	NYAL, Highgate	
3.25.	Tom	Pollak	M65	May 24.	Surrey Veterans Champs, Kingston	
3.24 (i)	Alex	Watson	U17	Apr 5.	Young Athletes Indoors, C Palace	
3.16.	Robert	Richards	U13	June 29.	Ebbisham League, Sutton	
3.12.	John	Webster	M65	July 14.	SCVAC League, Battersea Park	
2.97.	Aaron	Jones	U13	June 29.	Ebbisham League, Sutton	
<b>Triple Jump</b>						



13.76.	Nnamdi	Odum	U20	June 7.	Southern League, Thurrock	
13.32 (i)	Nnamdi	Odum	U20	Nov 30.	Brunel Open Meeting	
13.04.	Royden	John	M35	May 17.	Southern League, Lea Valley	HW M35 record
12.75.	Jonathan	Grayson		June 7.	Southern League, Thurrock	
11.41.	Jermain	Olasan	U20	Aug 2.	Southern League, Bromley	
10.69.	Geordie	Logan	U17	June 22.	NYAL, Kingston	
10.26.	Dominic	Getting		May 17.	Southern League, Lea Valley	
10.23.	Chima	Odum	U15	July 13.	Ebbisham League, Croydon	
10.19.	Nathan	Safo-Barnieh	U15	May 15.	Merton Schools, Wimbledon Park	
10.06.	Lance	Power		July 12.	Southern League, Ilford	
9.79.	Hugh	Saxby	M50	June 9.	SCVAC League, Twickenham	
8.52.	Joe	Toomey	U17	May 4.	NYAL, Kingston	
7.87.	Geoff	Newby	M50	June 9.	SCVAC League, Twickenham	
7.36.	John	Webster	M65	May 24.	Surrey Veterans Champs, Kingston	
<b>Shot</b>						
13.63.	Ove	Lindekleiv		July 12.	Southern League, Ilford	
11.66.	Per	Nystrom	M40	June 28.	Southern League, Stevenage	
11.30.	Chima	Odum	U15	Aug 23.	Herne Hill H Open, Tooting Bec	
10.86.	Bekele	Tola	M35	May 3.	Southern League, Kingston	
9.84.	Stuart	Milton		May 3.	Southern League, Kingston	
9.80.	Andrew	Clarke		July 13.	Ebbisham League, Croydon	
9.72.	Simon	Cook		June 7.	Southern League, Thurrock	
9.44.	Royden	John	M35	May 17.	Southern League, Lea Valley	
8.58.	Kyran	Mitchell-Nanton	U17	June 22.	NYAL, Kingston	
8.69.	John	Brown	M35	May 17.	Southern League, Lea Valley	
8.47.	Tim	Livingstone	U13	Aug 3.	Ebbisham League, Kingston	
7.97.	Jonathan	Dench	U13	June 1.	NYAL, Highgate	
7.72.	Geoff	Newby	M50	Sept 14.	Richmond St Mary's Open, Twickenham	
6.80.	Hugh	Saxby	M50	July 14.	SCVAC League, Battersea Park	
6.80.	John	Webster	M65	July 23.	Vets AC Meeting, Kingston	
6.63.	Ed	Saywell	U15	June 1.	NYAL, Highgate	
6.53.	Dominic	Getting		June 7.	Southern League, Thurrock	
6.36.	Tom	Pollak	M65	May 24.	Surrey Veterans Champs, Kingston	
6.25.	Kevin	Burnett (2C)	M65	July 14.	SCVAC League, Battersea Park	
5.58.	Liam	White	U17	June 1.	NYAL, Highgate	
5.39.	John	Webster	M65	June 4.	Rosenheim League, Tooting Bec	
5.21.	Kevin	Burnett (2C)	M65	Apr 19.	Sward Trophy, Kingsmeadow	
4.90.	Tom	Pollak	M65	May 21.	Rosenheim League, Croydon	
4.76.	Jonathan	Dench	U13	July 20.	NYAL, Kingston	
4.67.	Jonathan	Osbourne	U15	June 1.	NYAL, Highgate	
4.60.	Noman	Naeem	U13	May 4.	NYAL, Kingston	
<b>Discus</b>						
37.80.	Per	Nystrom	M40	Aug 2.	Southern League, Bromley	HW M40 record
32.30.	Ove	Lindekleiv		July 12.	Southern League, Ilford	
30.65.	Bekele	Tola	M35	Aug 2.	Southern League, Bromley	
27.65.	Chima	Odum	U15	Aug 23.	Herne Hill H Open, Tooting Bec	
25.73.	John	Brown	M35	May 17.	Southern League, Lea Valley	
25.23.	Simon	Cook		June 7.	Southern League, Thurrock	
24.05.	Geoff	Newby	M50	Sept 14.	Richmond St Mary's Open, Twickenham	
23.84.	Royden	John	M35	May 17.	Southern League, Lea Valley	
23.04.	Geoff	Newby	M50	May 12.	SCVAC League, Battersea Park	
21.53.	Chima	Odum	U15	July 20.	NYAL, Kingston	
21.33.	Dominic	Getting		June 7.	Southern League, Thurrock	
20.84.	Alex	Watson	U15	May 4.	NYAL, Kingston	
20.49.	Tim	Livingstone	U13	July 13.	Ebbisham League, Croydon	HW U13B Record
20.43.	Kevin	Burnett (2C)	M65	May 12.	SCVAC League, Battersea Park	
16.93.	Tom	Meehan	U15	June 22.	NYAL, Kingston	
16.65.	Nathan	Safo-Barnieh	U15	June 22.	NYAL, Kingston	
14.25.	John	Webster	M65	June 4.	Rosenheim League, Tooting Bec	
13.92.	Tim	Brown	U15	June 1.	NYAL, Highgate	
13.50.	Kevin	Burnett (2C)	M65	Apr 19.	Sward Trophy, Kingsmeadow	
12.87.	Tom	Pollak	M65	May 21.	Rosenheim League, Croydon	
10.12.	Oliver	Livingstone	U11	Aug 3.	Ebbisham League, Kingston	
9.48.	Aaron	Jones	U13	July 13.	Ebbisham League, Croydon	
<b>Hammer</b>						
34.47.	John	Webster	M65	Apr 9.	Vets AC Meeting, Battersea Park	
30.97.	Per	Nystrom	M40	June 28.	Southern League, Stevenage	
30.79.	Ove	Lindekleiv		July 12.	Southern League, Ilford	
30.12.	Simon	Cook		June 28.	Southern League, Stevenage	
27.84.	John	Brown	M35	July 12.	Southern League, Ilford	
27.66.	John	Webster	M65	July 14.	SCVAC League, Battersea Park	
23.49.	Dominic	Getting		Aug 2.	Southern League, Bromley	
21.98.	John	Webster	M65	June 7.	Southern League, Thurrock	
21.36.	Geoff	Newby	M50	Sept 14.	Richmond St Mary's Open, Twickenham	
15.79.	Alex	Watson	U15	May 4.	NYAL, Kingston	
15.51.	Kevin	Burnett (2C)	M65	July 14.	SCVAC League, Battersea Park	
13.36.	Geordie	Logan	U17	May 4.	NYAL, Kingston	
<b>Javelin</b>						
59.39.	Bekele	Tola	M35	Aug 10.	Inter County Match, Kingston	
47.75.	Ove	Lindekleiv		July 12.	Southern League, Ilford	
42.93.	Jose	Costa	U15	Sept 14.	HW YA Meeting, Crystal Palace	
42.16.	Per	Nystrom	M40	June 28.	Southern League, Stevenage	

38.24.	Stuart	Milton		800g	May 3.	Southern League, Kingston	
36.48.	Justin	Kelly		800g	June 7.	Southern League, Thurrock	
35.05.	Simon	Cook		800g	July 12.	Southern League, Ilford	
34.45.	Luis	Costa	U17	700g	June 22.	NYAL, Kingston	
31.80.	Royden	John	M35	800g	May 17.	Southern League, Lea Valley	
30.68.	Chima	Odum	U15	600g	Aug 25.	Young athletes Open, Newham	
29.83.	John	Webster	M65	600g	July 23.	Vets AC Meeting, Kingston	
22.49.	Geoff	Newby	M50	700g	Sept 14.	Richmond St Mary's Open, Twickenham	
21.04.	Dominic	Getting		800g	May 17.	Southern League, Lea Valley	
20.52.	James	Blower	U15	600g	June 1.	NYAL, Highgate	
18.60.	Connor	Callaghan	U15	600g	July 20.	NYAL, Kingston	
17.58.	Kevin	Burnett (2C)	M65	800g	Apr 19.	Sward Trophy, Kingsmeadow	
17.47.	Tom	Richards	U15	600g	June 22.	NYAL, Kingston	
16.20.	Geoff	Newby	M50	700g	June 4.	SCVAC League, Twickenham	
13.32.	Joe	Toomey	U17	700g	May 4.	NYAL, Kingston	
12.56.	Paul	Stables	U17	700g	July 20.	NYAL, Kingston	
12.14.	Tom	Pollak	M65	800g	July 2.	Rosenheim League, Tooting Bec	
11.58.	Hugh	Saxby	M50	800g	June 9.	SCVAC League, Twickenham	
8.49.	Oliver	Livingstone	U11	400g	July 13.	Ebbisham League, Croydon	
4.53.	Tim	Brown	U15	600g	June 1.	NYAL, Highgate	
<b>4x100m</b>							
44.7.	(S Davies, C Edmunds O Linderlein, D Alli)				July 12.	Southern League, Ilford	
45.3.	(A Ferns, R John, D Getting, G Walcott)				May 3.	Southern League, Kingston	
45.9.	SM				June 7.	Southern League, Thurrock	
46.0.	SM				June 28.	Southern League, Stevenage	
47.4.	SM				May 17.	Southern League, Lea Valley	
47.9.	U15 (P Adesilu, J Costa, N Safo-Barnieh, J Osbourne)				Sept 14.	HW YA Meeting, Crystal Palace	
48.7.	U15				May 4.	NYAL, Kingston	
48.3.	U15				June 22.	NYAL, Kingston	
50.7.	U15 (T Meehan, E Saywell T Brown, A Clarke)				Sept 14.	HW YA Meeting, Crystal Palace	
51.8.	U17 (H Husband, L White L Costa, G Logan)				Sept 14.	HW YA Meeting, Crystal Palace	
60.5.	U13				May 4.	NYAL, Kingston	
60.6.	U13 (E Obayuwana, F Blanchard T Livingstone, O Livingstone)				Sept 14.	HW YA Meeting, Kingston	
62.4.	U13				June 22.	NYAL, Kingston	
69.4.	M50 (S Littlewood, D Williams G Newby, H Saxby)				June 9.	SCVAC League, Twickenham	M50 record
<b>4x200m</b>							
1:33.2.	(H Agboke, A Mason M Baker, D Dowding)				July 23.	Rosenheim League, Tooting Bec	
1:38.6.	U15: J Costa, N Safo-Barnieh T Richards, J Osbourne				June 29.	Ebbisham League, Sutton	HW U15B Record
1:40.2.	U15: T Richards, T Meehan J Costa, J Osbourne				July 13.	Ebbisham League, Croydon	
1:40.7.	U15: P Adesilu, T Meehan J Costa, J Osbourne				Aug 3.	Ebbisham League, Kingston	
1:41.9.	SM (B Aly, D Dowding L Power, H Saxby)				June 18.	Rosenheim League, Tooting Bec	
1:42.7.	SM				July 2.	Rosenheim League, Tooting Bec	
<b>4x400m</b>							
3:27.9.	S Davies (52.8, A Mason (52.6), A Ferns (52.1), D Dowding (50.5))				June 28.	Southern League, Stevenage	
3:31.5.	SM				June 7.	Southern League, Thurrock	
3:34.7.	(C Duval - 55.0, D Getting - 58.1, A Ferns - 50.8, M Parsons - 50.8)				May 3.	Southern League, Kingston	
3:34.9.	(S Davies 52.6, D Getting - 57.7, A Penney - 55.0, O Linderlein - 49.6)						
3:38.4.	SM				May 17.	Southern League, Lea Valley	
3:55.6.	U17: (G Logan, L White P Stables, K Mitchell-Nanton)				June 1.	NYAL, Highgate	
4:08.6.	U17				May 4.	NYAL, Kingston	
4:11.2.	U17				June 22.	NYAL, Kingston	
4:27.5.	U15				June 22.	NYAL, Kingston	
4:32.6.	U15 (E Mutoka, B Mulroe E Saywell, C Callaghan)				June 1.	NYAL, Highgate	
4:38.8.	U15				May 4.	NYAL, Kingston	

(i) = indoors

(2C) = 2nd Claim member but first claim for competition shown

For events up to and including 400m both best electronic and hand-timing times are shown.

Also, if applicable, for 100m, 200m and sprint hurdles wind assisted times (i.e. over 2m/s limit) will be shown as well as best non-assisted times.



