



Updated 27-01-10

## Hercules Wimbledon Athletic Club

### Ranking Lists for 2009 as at 27 January 2010

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#### HW Men Track and Field Rankings

7.45 (i)	David	Pratt	U17
11.0/+0.1	Dwayne	Dowding	
11.2.	Richard	Agyapong	U20
11.3.	Royden	John	M35
11.3.	Nathan	Safo-Barnieh	U17
11.38/nwr	Dwayne	Dowding	
11.4.	Jonathan	Osbourne	U17
11.48w/+3.2	Deji	Alli	
11.6.	Kyran	Mitchell-Nanton	U17
11.62/-1.8	Richard	Agyapong	U20
11.65/-0.1	Jonathan	Osbourne	U17
11.76/+3.1	Kyran	Mitchell-Nanton	U17
11.77/-1.0	Royden	John	M35
11.8.	Mel	Mitchell	
11.9.	Gideon	Buache	U17
11.9*	Edmund	Gaisie	U20
11.93/-1.0	Reece	Morgan	
12.09/+0.6	David	Lankes	U15
12.1.	Poju	Adesilu	U17
12.1.	Henry	Husband	U20
12.3.	Oludotun	Oduwusi	
12.39/+3.1	Jonathan	Clarke	U17
12.40/-0.3	Chima	Odum	U17
12.51/-1.6	Henry	Husband	U20
12.57/nwr	Andrew	Connelly	U17
12.58/nwr	Tom	Meehan	U17
12.59/+1.7	Marcus	Francis	
12.8.	Tom	Meehan	U17
12.84/+3.7w	Oliver	Reilly	U15
12.9.	Oliver	Reilly	U15
12.9.	James	Allon	
13.03/+2.4w	Spencer	Felix Otoo	U15
13.05/-0.3	Jahn	Nazari	U15
13.2.	Devonte	Caseky-Hayford	U15
13.3.	Spencer	Felix Otoo	U15
13.4.	Ejaz	Ahmed Mujoka	U15
13.4.	Stuart	White	M45
13.47/+3.7	Ejaz	Ahmed Mujoka	U15
13.66/-0.3	Stuart	White	M45
13.7.	Stephen	McDuell	M40
13.7.	Emmanuel	Obayuwana	U15
13.9.	Paul	Wignall	M50
14.14/+3.7	Emmanuel	Obayuwana	U15
14.14/+3.3	Charlie	Williams	U15
14.2.	Joel	Atkin	U13
14.3.	Emmanuel	Obayuwana	U15
14.4.	Thomas	Bracegirdle	U13
14.8.	Luke	Yates	U13
15.0.	Rushad	Doomasia	U13
15.1.	Andrew	Choules	U13
15.7.	Oliver	Livingstone	U11
15.61/-1.6	Michael	Adjei-Tabirade	U20
15.8.	Jonathan	Dench	U13
15.9.	Michael	Waghorn	U13
15.99/+3.2	Jonathan	Dench	U13
16.1.	Anthony	Davies	M35
16.3.	Tom	Robinson	U13
21.78/-0.3	Dwayne	Dowding	
21.8/+1.4	Dwayne	Dowding	
22.5.	Richard	Agyapong	U20
22.60/0.0	Richard	Agyapong	U20
22.8.	Nathan	Safo-Barnieh	U17
22.86/+0.4	Nathan	Safo-Barnieh	U17

#### 2009

##### 60m

Dec 12. City of Bath Open

##### 100m

June 27. Southern League, Lee Valley  
 June 6. Southern League, Kingston  
 June 6. Southern League, Kingston  
 July 19. NYAL, Carshalton  
 Apr 18. Kinnaird Trophy, Kingston  
 July 19. NYAL, Carshalton  
 Apr 18. Kinnaird Trophy, Kingston  
 Apr 4. Ebbisham League, Kingston  
 May 9. Surrey Champs, Kingston  
 June 13. Surrey Schools, Kingston  
 Apr 19. HW YA Meeting, Crystal Palace  
 Apr 18. Kinnaird Trophy, Kingston  
 May 2. Southern League, Kingston  
 June 10. Rosenheim League, Wimbledon Park  
 June 24. Rosenheim League, Tooting Bec  
 Apr 18. Kinnaird Trophy, Kingston  
 Aug 29. Herne Hill H Open, Tooting Bec  
 May 13. English Schools Cup, Wimbledon Park  
 June 6. Southern League, Kingston  
 June 10. Rosenheim League, Wimbledon Park  
 Apr 19. HW YA Meeting, Crystal Palace  
 July 22. Rosenheim League, Battersea Park  
 Apr 18. Kinnaird Trophy, Kingston  
 Apr 19. HW YA Meeting, Crystal Palace  
 Apr 19. HW YA Meeting, Crystal Palace  
 Aug 29. Herne Hill H Open, Tooting Bec  
 July 8. Rosenheim League, Tooting Bec  
 Apr 19. HW YA Meeting, Crystal Palace  
 June 7. Ebbisham League, Woking  
 Aug 12. Rosenheim Final, Kingston  
 Apr 19. HW YA Meeting, Crystal Palace  
 July 22. Rosenheim League, Battersea Park  
 July 5. Ebbisham League, Carshalton  
 Apr 4. Ebbisham League, Kingston  
 May 3. NYAL, Crawley  
 June 10. Rosenheim League, Wimbledon Park  
 Apr 19. HW YA Meeting, Crystal Palace  
 July 22. Rosenheim League, Battersea Park  
 June 22. Veterans League, Battersea Park  
 July 19. NYAL, Carshalton  
 Apr 22. Vets AC Meeting, Battersea Park  
 Apr 19. HW YA Meeting, Crystal Palace  
 Apr 19. HW YA Meeting, Crystal Palace  
 July 19. NYAL, Carshalton  
 May 3. NYAL, Crawley  
 May 3. NYAL, Crawley  
 Apr 4. Ebbisham League, Kingston  
 July 5. Ebbisham League, Carshalton  
 July 5. Ebbisham League, Carshalton  
 June 7. Ebbisham League, Woking  
 Apr 18. Kinnaird Trophy, Kingston  
 May 31. NYAL, Horsham  
 July 19. NYAL, Carshalton  
 Apr 19. HW YA Meeting, Crystal Palace  
 May 11. Veterans League, Uxbridge  
 Apr 4. Ebbisham League, Kingston

##### 200m

Sept 19. BAL Qualifying, Abingdon  
 June 27. Southern League, Lee Valley  
 June 6. Southern League, Kingston  
 June 20. South of England Champs, Watford  
 May 6. Merton Schools, Wimbledon Park  
 June 13. Surrey Schools, Kingston

23.3.	Jonathan	Osbourne	U17	May 6.	Merton Schools, Wimbledon Park
23.40/+1.8	Jonathan	Osbourne	U17	May 9.	Surrey Champs, Kingston
23.6.	Kyran	Mitchell-Nanton	U17	July 19.	NYAL, Carshalton
23.7.	Mel	Mitchell		July 11.	Southern League, Woking
23.9.	Aaron	Mason		Aug 1.	Southern League, Bracknell
23.91/-1.4	Kyran	Mitchell-Nanton	U17	May 9.	Surrey Champs, Kingston
24.1.	Steve	Davies		June 27.	Southern League, Lee Valley
24.6.	Henry	Husband	U20	June 10.	Rosenheim League, Wimbledon Park
24.6.	Gideon	Buache	U17	June 10.	Rosenheim League, Wimbledon Park
24.63/-0.3	David	Lankes	U15	Aug 29.	Herne Hill H Open, Tooting Bec
24.76/+1.0	Jose	Costa	U17	Apr 18.	HW YA Meeting, Crystal Palace
24.88/-0.7	Tom	Richards	U17	May 9.	Surrey Champs, Kingston
24.9.	Jose	Costa	U17	Apr 4.	Ebbisham League, Kingston
25.06w/+2.9	Henry	Husband	U20	Apr 18.	Kinnaird Trophy, Kingston
25.1.	Oludotun	Oduwusi		June 10.	Rosenheim League, Wimbledon Park
25.27/-1.2	Chima	Odum	U17	Aug 29.	Herne Hill H Open, Tooting Bec
25.6.	Tom	Meehan	U17	May 3.	NYAL, Crawley
25.7.	Joseph	Sam-Yorke	U17	May 6.	Merton Schools, Wimbledon Park
26.18/+1.0	Tom	Meehan	U17	Apr 19.	HW YA Meeting, Crystal Palace
26.3.	Geordie	Logan	U17	Aug 12.	Rosenheim Final, Kingston
26.44/-1.3	Geoff	Walcott	M55	Aug 3.	World Masters Champs, Lahti, FIN
26.54/+0.9	Spencer	Felix Otoo	U15	Apr 19.	HW YA Meeting, Crystal Palace
26.66/+0.3	Oliver	Reilly	U15	Apr 19.	HW YA Meeting, Crystal Palace
26.6.	Spencer	Felix Otoo	U15	June 21.	NYAL, Worthing
26.8.	Stephen	McDuell	M40	July 13.	Veterans League, Battersea Park
26.82/+0.1	Jahn	Nazari	U15	July 22.	Rosenheim League, Battersea Park
27.0.	Oliver	Reilly	U15	June 7.	Ebbisham League, Woking
27.9.	Emmanuel	Obayuwana	U15	July 19.	NYAL, Carshalton
27.97/+0.1	Stuart	White	M45	July 22.	Rosenheim League, Battersea Park
28.0.	Tim	Livingstone	U15	June 7.	Ebbisham League, Woking
28.81/+0.9	Emmanuel	Obayuwana	U15	Apr 19.	HW YA Meeting, Crystal Palace
28.86.	Luis	Da Silva	U15	Apr 19.	HW YA Meeting, Crystal Palace
28.9.	Devonte	Caseky-Hayford	U15	July 5.	Ebbisham League, Carshalton
29.2.	Stewart	Bond	M40	July 13.	Veterans League, Battersea Park
29.3.	Paul	Wignall	M55	June 8.	Veterans League, Twickenham
32.2.	Alex	Bond	U11	Apr 4.	Ebbisham League, Kingston
32.3.	Michael	Waghorn	U13	July 19.	NYAL, Carshalton
32.4.	Rushad	Doomasia	U13	July 5.	Ebbisham League, Carshalton
32.7.	Andrew	Choules	U13	July 5.	Ebbisham League, Carshalton
36.3.	Tom	Morris	M50	July 13.	Veterans League, Battersea Park
				<b>300m</b>	
47.3.	Paul	Wignall	M50	Apr 22.	Vets AC Meeting, Battersea Park
				<b>400m</b>	
49.8.	Dwayne	Dowding		Aug 9.	Inter County, Chelmsford
51.0.	Jonathan	Osbourne	U17	Aug 12.	Rosenheim Final, Kingston
51.6.	James	Garnier	U20	Nov 8.	Inter Varsity Freshers, Cambridge
51.84.	James	Garnier	U20	July 22.	Rosenheim League, Battersea Park
52.8.	Hamed	Agboke		May 2.	Southern League, Kingston
52.9.	Aaron	Mason		May 16.	Southern League, Battersea Park
53.5.	Lance	Power		July 11.	Southern League, Woking
53.58.	Adam	Vandenberg		Apr 18.	Kinnaird Trophy, Kingston
54.0.	Oliver	Stogdale		June 27.	Southern League, Lee Valley
54.29.	Olu	Aduwusi		Apr 18.	Kinnaird Trophy, Kingston
55.02.	Mark	Baker	M45	June 2.	Open Meeting, Tonbridge, Kent
55.6.	Jose	Costa	U17	June 10.	Rosenheim League, Wimbledon Park
56.4.	Ed	Saywell	U17	July 11.	Southern League, Woking
57.0.	Kyran	Mitchell-Nanton	U17	May 31.	NYAL, Horsham
57.2.	Tom	Meehan	U17	June 10.	Rosenheim League, Wimbledon Park
57.7.	Stephen	McDuell	M40	June 22.	Veterans League, Battersea Park
58.2.	Geordie	Logan	U17	July 8.	Rosenheim League, Tooting Bec
58.2.	Richard	Vanderpuijje		Aug 1.	Southern League, Bracknell
58.78.	Geoff	Walcott	M55	Aug 7.	World Masters Champs, Lahti, FIN
58.94.	Tom	Meehan	U17	July 22.	Rosenheim League, Battersea Park
59.06.	Geordie	Logan	U17	July 22.	Rosenheim League, Battersea Park
60.3.	Tony	Davies	M35	May 11.	Veterans League, Uxbridge
61.5.	Tim	Livingstone	U15	July 19.	NYAL, Carshalton
61.9.	Stewart	Bond	M40	June 22.	Veterans League, Battersea Park
62.2.	Hugh	Saxby	M55	June 22.	Veterans League, Battersea Park
63.9.	Ejaz	Ahmed Mujoka	U15	Apr 4.	Ebbisham League, Kingston
67.4.	James	Waghorn	U15	July 5.	Ebbisham League, Carshalton
69.2.	Nathan	McLean	U15	July 19.	NYAL, Carshalton
79.3.	Spencer	Felix Otoo	U15	June 21.	NYAL, Worthing
83.7.	Tom	Morris	M50	May 11.	Veterans League, Uxbridge
				<b>600m</b>	

2:10.9.	Oliver	Moulton	U15	June 7.	Ebbisham League, Woking	
<b>800m</b>						
1:57.39.	Liam	White	U17	Aug 19.	BMC Meeting, Eltham	HW U17M record
1:59.80.	Adam	Vandenberg		Apr 18.	Kinnaird Trophy, Kingston	
2:00.4.	Esmond	Ferns		May 2.	Southern League, Kingston	
2:00.5.	Richard	Vanderpuijje		Aug 1.	Southern League, Bracknell	
2:00.6.	Andrew	Penney	U20	June 27.	Southern League, Lee Valley	
2:00.8.	James	Trapmore (2C)		July 8.	Rosenheim League, Tooting Bec	
2:01.1.	Justin	Kelly		May 2.	Southern League, Kingston	
2:04.4.	Ed	Saywell	U17	Aug 1.	Southern League, Bracknell	
2:04.43.	Lance	Power		Sept 19.	BAL Qualifying, Abingdon	
2:11.0.	Deon	Coetzee		May 16.	Southern League, Battersea Park	
2:12.1.	Joe	Toomey	U17	May 16.	Southern League, Battersea Park	
2:12.5.	Stephen	McDuell	M40	July 8.	Rosenheim League, Tooting Bec	
2:15.7.	Tim	Livingstone	U15	June 10.	Rosenheim League, Wimbledon Park	
2:18.0.	Spencer	Felix Otoo	U15	June 21.	NYAL, Worthing	
2:19.94.	Paul	Stables	U17	May 9.	Surrey Champs, Kingston	
2:21.77.	Joe	Clark	U15	Apr 19.	HW YA Meeting, Crystal Palace	
2:22.2.	Spencer	Felix Otoo	U15	July 19.	NYAL, Carshalton	
2:23.5.	Hugh	Saxby	M55	June 8.	Veterans League, Twickenham	
2:24.92.	Stewart	Bond	M40	June 20.	Herne Hill H Open, Tooting Bec	
2:27.4.	Cassian	Hyde	U13	July 19.	NYAL, Carshalton	
2:32.8.	Thomas	Bracegirdle	U13	June 23.	London Schools, Mile End	
2:41.50.	Charlie	Williams	U15	Apr 19.	HW YA Meeting, Crystal Palace	
2:48.9.	Hallam	Rowan	U13	Apr 4.	Ebbisham League, Kingston	
2:52.1.	Tom	Morris	M50	July 13.	Veterans League, Battersea Park	
2:52.8.	Tom	Robinson	U13	Apr 4.	Ebbisham League, Kingston	
2:54.7.	Andrew	Choules	U13	June 7.	Ebbisham League, Woking	
2:56.7.	James	Waghorn	U15	July 19.	NYAL, Carshalton	
2:57.7.	Michael	Waghorn	U13	July 5.	Ebbisham League, Carshalton	
<b>1000m</b>						
4:03.01.	Wali	Acogny	U11	Apr 19.	HW YA Meeting, Crystal Palace	
<b>1500m</b>						
3:57.98.	Liam	White	U17	June 21.	South of England Champs, Watford	HW U17M record
4:04.12.	Andrew	Penney	U20	Sept 19.	BAL Qualifying, Abingdon	
4:10.5.	Alex	Bruce-Littlewood (2C)	U20	Aug 12.	Rosenheim Final, Kingston	
4:10.6.	Kieran	White		May 2.	Southern League, Kingston	
4:11.3.	James	Trapmore (2C)		July 8.	Rosenheim League, Tooting Bec	
4:13.94.	Joe	Toomey	U17	June 13.	Surrey Schools, Kingston	
4:16.9.	Alex	Robinson	U20	Aug 1.	Southern League, Bracknell	
4:21.95.	Ed	Saywell	U17	May 10.	Surrey Champs, Kingston	
4:23.33 (i)	Liam	White	U17	Jan 18.	SEAA Indoor Champs, Lee Valley	
4:35.42.	Geordie	Logan	U17	Apr 19.	HW YA Meeting, Crystal Palace	
4:37.8.	Deon	Coetzee		May 16.	Southern League, Battersea Park	
4:40.2.	Joe	Clark	U15	Apr 4.	Ebbisham League, Kingston	
4:42.9.	Tim	Livingstone	U15	July 19.	NYAL, Carshalton	
4:45.99.	Ed	Martin	U17	June 13.	Surrey Schools, Kingston	
4:46.4*	Phil	Glynn		June 24.	Rosenheim League, Tooting Bec	
4:55.0.	Hugh	Saxby	M55	June 22.	Veterans League, Battersea Park	
5:04.1.	Stephen	McDuell	M40	June 22.	Veterans League, Battersea Park	
5:09.61.	Bradlee	Mulroe	U17	Apr 19.	HW YA Meeting, Crystal Palace	
5:10.3.	Stewart	Bond	M40	June 22.	Veterans League, Battersea Park	
5:18.3.	Martin	Miller	M60	May 23.	Surrey Vets Champs, Ewell	
5:34.9.	Alex	Bond	U11	Apr 4.	Ebbisham League, Kingston	
5:36.0.	Stuart	Littlewood	M55	Aug 29.	Blackheath H Champs, Bromley	
5:39.8.	Augustine	Mallon	U15	June 21.	NYAL, Worthing	
6:01.6.	Tom	Morris	M50	May 11.	Veterans League, Uxbridge	
6:25.1.	Felix	Atkinson	U13	July 5.	Ebbisham League, Carshalton	
<b>3000m</b>						
8:50.84.	Liam	White	U17	Aug 26.	Watford Open Meeting	
8:55.72.	Kieran	White		May 23.	Open Meeting, St Peter Port, Guernsey	
8:56.3.	James	Trapmore (2C)		May 13.	Rosenheim League, Battersea Park	
9:01.0.	Adam	Przedzimirski		Aug 12.	Rosenheim Final, Kingston	
9:16.0.	Joe	Toomey	U17	June 10.	Rosenheim League, Wimbledon Park	
9:19.1.	Alex	Bruce-Littlewood (2C)	U20	Aug 12.	Rosenheim Final, Kingston	
9:21.1.	Mike	Halman		June 24.	Rosenheim League, Tooting Bec	
9:28.1.	Neil	Aitken		May 13.	Rosenheim League, Battersea Park	
9:39.6.	Joe	Toomey	U17	May 3.	NYAL, Crawley	
9:41.5.	Geordie	Logan	U17	June 21.	NYAL, Worthing	
9:47.8.	Rory	McMahon		Aug 12.	Rosenheim Final, Kingston	
9:48.51.	Deon	Coetzee		Apr 18.	Kinnaird Trophy, Kingston	
10:11.4.	Sean	Crummy		June 10.	Rosenheim League, Wimbledon Park	
10:16.3.	David	Grima		June 10.	Rosenheim League, Wimbledon Park	
10:24.0.	Phil	Glynn		June 24.	Rosenheim League, Tooting Bec	
10:27.8.	Hugh	Saxby	M55	June 10.	Rosenheim League, Wimbledon Park	

10:38.9.	Neil	Guthrie	M35	July 8.	Rosenheim League, Tooting Bec	
10:48.8.	Stewart	Bond	M40	June 8.	Veterans League, Twickenham	
11:29.7.	Bradlee	Mulroe	U17	May 5.	Merton Schools, Wimbledon Park	
11:29.9.	Yuzo	Saito		June 24.	Rosenheim League, Tooting Bec	
12:57.9.	Tom	Morris	M50	July 13.	Veterans League, Battersea Park	
<b>5000m</b>						
15:44.04.	Kieran	White		Sept 19.	BAL Qualifying, Abingdon	
15:46.5.	Richard	Xerri		July 11.	Southern League, Woking	
15:51.6.	Adam	Przedzimirski		Aug 1.	Southern League, Bracknell	
16:06.7.	Mike	Halman		June 6.	Southern League, Kingston	
16:30.3.	Justin	Kelly		May 16.	Southern League, Battersea Park	
16:42.1.	Deon	Coetzee		Aug 1.	Southern League, Bracknell	
16:54.6.	Jonathan	Dobson	M40	May 23.	Surrey Vets Champs, Ewell	
17:34.7.	Phil	Glynn		May 16.	Southern League, Battersea Park	
19:21.5.	Peter	Giles	M65	Aug 30.	Vets AC Champs, Kingston	HW M65 record
<b>10,000m</b>						
39:35.05.	Peter	Giles	M65	Sept 13.	British Masters Champs, Oxford	HW M65 record
<b>2000m Walk</b>						
13:09.4.	Tom	Morris	M50	May 11.	Veterans League, Uxbridge	HW M50 record
<b>75m Hurdles</b>						
12.7.	Joel	Atkin	U13	July 19.	NYAL, Carshalton	HW U13B record
15.9.	Jonathan	Dench	U13	May 3.	NYAL, Crawley	
18.3.	Oliver	Moulton	U15	June 7.	Ebbisham League, Woking	
<b>80m Hurdles</b>						
13.6.	Joel	Atkin	U13	July 5.	Ebbisham League, Carshalton	
17.0.	Emmanuel	Obayuwana	U15	Apr 4.	Ebbisham League, Kingston	
17.0.	Jonathan	Dench	U13	Apr 4.	Ebbisham League, Kingston	
17.7.	Robert	Richards	U15	May 31.	NYAL, Horsham	
19.6.	John	Webster	M70	Aug 30.	Vets AC Champs, Kingston	HW M70 record
<b>110m Hurdles</b>						
15.4/+0.8	Austin	Ferns		June 27.	Southern League, Lee Valley	
15.48/-1.7	Austin	Ferns		Sept 19.	BAL Qualifying, Abingdon	
15.7.	Ove	Lindeklev		July 11.	Southern League, Woking	
15.8/+1.7	Oliver	Stogdale		June 27.	Southern League, Lee Valley	
16.3.	Steve	Davies		June 10.	Rosenheim League, Wimbledon Park	
16.45/-0.2	Steve	Davies		Sept 19.	BAL Qualifying, Abingdon	
16.8.	Royden	John	M35	June 6.	Southern League, Kingston	
21.9.	James	Garnier	U20	Nov 8.	Inter Varsity Freshers, Cambridge	
22.2.	Steve	Hadley		July 11.	Southern League, Woking	
<b>400m Hurdles</b>						
53.4.	Austin	Ferns		91.4cm	May 2.	Southern League, Kingston
56.67.	Aaron	Mason		91.4cm	Aug 31.	Peterborough City Games
57.3.	Steve	Davies		91.4cm	May 16.	Southern League, Battersea Park
60.2.	James	Garnier	U20	91.4cm	Nov 8.	Inter Varsity Freshers, Cambridge
60.66.	Rhodri	Scanlon		91.4cm	May 10.	Surrey Champs, Kingston
61.9.	Ed	Saywell	U17	84cm	July 19.	NYAL, Carshalton
63.6.	Geordie	Logan	U17	84cm	July 19.	NYAL, Carshalton
64.6.	Lance	Power		91.4cm	July 11.	Southern League, Woking
66.2.	Geordie	Logan	U17	91.4cm	Aug 12.	Rosenheim Final, Kingston
70.2.	Dominic	Getting		91.4cm	July 11.	Southern League, Woking
<b>1500m Steeplechase</b>						
4:53.4.	Geordie	Logan	U17	June 13.	Surrey Schools, Kingston	
5:06.7.	Joe	Toomey	U17	June 21.	NYAL, Worthing	
<b>2000m Steeplechase</b>						
6:44.14.	Geordie	Logan	U17	July 22.	Rosenheim League, Battersea Park	HW U17M record
6:55.8.	Rory	McMahon		Apr 18.	Kinnaird Trophy, Kingston	
7:32.1.	Phil	Glynn		May 13.	Rosenheim League, Battersea Park	
<b>3000m Steeplechase</b>						
10:31.8.	Geordie	Logan	U17	June 27.	Southern League, Lee Valley	HW U17M record
10:32.1.	Rory	McMahon		July 11.	Southern League, Woking	
10:41.8.	Lance	Power		Aug 1.	Southern League, Bracknell	
11:11.6.	Phil	Glynn		June 6.	Southern League, Kingston	
<b>High Jump</b>						
1.90.	Ove	Lindeklev		July 11.	Southern League, Woking	
1.75.	Royden	John	M35	June 27.	Southern League, Lee Valley	HW M35 record
1.75.	Steve	Davies		Aug 1.	Southern League, Bracknell	
1.70.	Deon	Coetzee		Aug 1.	Southern League, Bracknell	
1.65.	Joseph	Sam-Yorke	U17	May 13.	English Schools Cup, Wimbledon Park	
1.65.	Jimmy	Saruchera		June 10.	Rosenheim League, Wimbledon Park	
1.55.	Justin	Kelly		May 16.	Southern League, Battersea Park	
1.55.	Jimmy	Saruchera		June 6.	Southern League, Kingston	
1.45.	Robert	Richards	U15	May 10.	Surrey Champs, Kingston	
1.45.	Tony	Davies	M35	May 11.	Veterans League, Uxbridge	
1.35.	Hugh	Saxby	M55	June 22.	Veterans League, Battersea Park	
1.35.	Kyran	Mitchell-Nanton	U17	July 19.	NYAL, Carshalton	

1.25.	Hallam	Rowan	U13
1.25.	Oliver	Moulton	U15
1.20.	Luke	Yates	U13
1.20.	Devonte	Caseky-Hayford	U15
1.20.	James	Waghorn	U15
1.15.	Alex	Bond	U11
1.00.	John	Webster	M65

3.60.	Ove	Lindekliev	
3.00.	Dominic	Getting	
2.60.	Lance	Power	
1.90.	John	Webster	M65
1.90.	John	Webster	M70

7.10w/+2.3	Royden	John	M35
6.89/0.0	Royden	John	M35
6.75.	Cale	Edmunds	U20
6.03.	Jimmy	Saruchera	
5.87.	Michael	Adjei-Tabirade	U20
5.74 (i)	Jimmy	Saruchera	
5.70.	Poju	Adesilu	U17
5.26.	Chima	Odum	U17
4.99.	Geordie	Logan	U17
4.97.	Lance	Power	
4.96.	Jonathan	Osbourne	U17
4.78.	Andrew	Clarke	U17
4.62.	Hugh	Saxby	M55
4.67.	Spencer	Felix Otoo	U15
4.33.	Joel	Atkin	U13
4.26.	Emmanuel	Obayuwana	U15
4.13.	Kyran	Mitchell-Nanton	U17
3.88.	Cassian	Hyde	U13
3.87.	Oliver	Reilly	U15
3.68.	Rushad	Doomasia	U13
3.58.	Jonathan	Dench	U13
3.56.	Thomas	Bracegirdle	U13
3.55.	Andrew	Choules	U13
3.55.	Michael	Waghorn	U13
3.39.	Robert	Richards	U15
3.26.	John	Webster	M70
3.19.	Alex	Bond	U11
3.18.	Oliver	Livingstone	U11
2.90.	Augustine	Mallon	U15
2.67.	Tom	Pollak	M65
2.64.	Ejaz	Ahmed Mujoka	U15

13.69.	Nnamdi	Odum	U20
13.66.	Royden	John	M35
13.11 (i)	Nnamdi	Odum	U20
12.44.	Jimmy	Saruchera	
12.11.	Chima	Odum	U17
11.12.	Geordie	Logan	U17
10.75.	Nathan	Safo-Barnieh	U17
10.11.	Lance	Power	
9.27.	Hugh	Saxby	M55
8.19.	James	Waghorn	U15
7.37.	John	Webster	M70

14.91.	Ove	Lindekliev	
12.03.	Per	Nystrom	M40
10.75.	Chima	Odum	U17
10.50.	Stuart	Milton	
9.39.	Simon	Cook	
9.30.	Andrew	Clarke	U17
9.21.	John	Brown	M40
9.15.	Jose	Costa	U17
8.94.	Tim	Livingstone	U15
6.94.	John	Webster	M70
6.46.	Oliver	Reilly	U15
6.44.	Tom	Pollak	M65
6.35.	John	Webster	M65
6.14.	Nathan	McLean	U15
5.61.	Tom	Pollak	M65
5.31.	Kevin	Burnett (2C)	M65
5.04.	Jonathan	Dench	U13
4.78.	Andrew	Clarke	U17

Apr 4.	Ebbisham League, Kingston
June 7.	Ebbisham League, Woking
Apr 4.	Ebbisham League, Kingston
July 5.	Ebbisham League, Carshalton
July 5.	Ebbisham League, Carshalton
June 7.	Ebbisham League, Woking
May 11.	Veterans League, Uxbridge

**Pole Vault**

July 11.	Southern League, Woking
July 11.	Southern League, Woking
Aug 1.	Southern League, Bracknell
May 23.	Surrey Vets Champs, Ewell
Aug 30.	Vets AC Champs, Kingston

HW M70 record

**Long Jump**

May 9.	Surrey Champs, Kingston
July 25.	UKS Jumps Fest, Birmingham
June 6.	Southern League, Kingston
May 2.	Southern League, Kingston
Apr 18.	Sward Trophy, Kingston
Jan 17.	SEAA Indoor Champs, Lee Valley
May 13.	English Schools Cup, Wimbledon Park
Aug 12.	Rosenheim Final, Kingston
Aug 1.	Southern League, Bracknell
June 27.	Southern League, Lee Valley
July 19.	NYAL, Carshalton
Apr 19.	HW YA Meeting, Crystal Palace
June 8.	Veterans League, Twickenham
June 21.	NYAL, Worthing
July 5.	Ebbisham League, Carshalton
May 3.	NYAL, Crawley
May 3.	NYAL, Crawley
July 19.	NYAL, Carshalton
June 7.	Ebbisham League, Woking
July 5.	Ebbisham League, Carshalton
May 3.	NYAL, Crawley
May 3.	NYAL, Crawley
June 7.	Ebbisham League, Woking
July 19.	NYAL, Carshalton
May 31.	NYAL, Horsham
Aug 30.	Vets AC Champs, Kingston
Apr 4.	Ebbisham League, Kingston
June 7.	Ebbisham League, Woking
June 21.	NYAL, Worthing
May 23.	Surrey Vets Champs, Ewell
May 3.	NYAL, Crawley

HW M70 record

**Triple Jump**

July 11.	Southern League, Woking
June 27.	Southern League, Lee Valley
Mar 1.	Surrey Indoor Champs, Sutton
Apr 18.	Sward Trophy, Kingston
July 19.	NYAL, Carshalton
July 19.	NYAL, Carshalton
May 13.	English Schools Cup, Wimbledon Park
Aug 1.	Southern League, Bracknell
June 8.	Veterans League, Twickenham
July 5.	Ebbisham League, Carshalton
Aug 30.	Vets AC Champs, Kingston

HW M70 record

**Shot**

7.26kg	July 11.	Southern League, Woking
7.26kg	June 27.	Southern League, Lee Valley
5kg	Apr 19.	HW YA Meeting, Crystal Palace
7.26kg	June 24.	Rosenheim League, Tooting Bec
7.26kg	Aug 1.	Southern League, Bracknell
5kg	June 21.	NYAL, Worthing
7.26kg	June 27.	Southern League, Lee Valley
5kg	Apr 19.	HW YA Meeting, Crystal Palace
4kg	July 19.	NYAL, Carshalton
4kg	Dec 12.	SECTA Throws Pent. Ewell Court
4kg	May 31.	NYAL, Horsham
5kg	May 23.	Surrey Vets Champs, Ewell
5kg	Apr 22.	Vets AC Meeting, Battersea Park
4kg	July 19.	NYAL, Carshalton
7.26kg	July 8.	Rosenheim League, Tooting Bec
7.26kg	Apr 18.	Sward Trophy, Kingston
3.25kg	July 19.	NYAL, Carshalton
5kg	Apr 19.	HW YA Meeting, Crystal Palace

				Discus		
41.78.	Ove	Lindeklev		2kg	July 11.	Southern League, Woking
37.74.	Per	Nystrom	M40	2kg	June 27.	Southern League, Lee Valley
29.80.	Chima	Odum	U17	1.5kg	July 19.	NYAL, Carshalton
26.24.	Chima	Odum	U17	2kg	June 27.	Southern League, Lee Valley
25.80.	John	Webster	M70	1kg	Aug 30.	Vets AC Champs, Kingston <b>HW M70 record</b>
24.92.	John	Brown	M40	2kg	May 13.	Rosenheim League, Battersea Park
24.50.	Royden	John	M35	2kg	June 6.	Southern League, Kingston
24.38.	Simon	Cook		2kg	Aug 1.	Southern League, Bracknell
21.48.	Joe	Toomey	U17	1.5kg	May 3.	NYAL, Crawley
20.04.	Hugh	Saxby	M55	1.5kg	June 22.	Veterans League, Battersea Park
19.55.	Jose	Costa	U17	1.5kg	July 19.	NYAL, Carshalton
19.39.	Joe	Clark	U15	1.25kg	Apr 4.	Ebbisham League, Kingston
19.12.	Spencer	Felix Otoo	U15	1.25kg	May 31.	NYAL, Horsham
17.80.	Dominic	Getting		2kg	May 2.	Southern League, Kingston
17.70.	Thomas	Bracegirdle	U13	1kg	June 7.	Ebbisham League, Woking
16.21.	John	Webster	M65	1.5kg	May 11.	Veterans League, Uxbridge
16.00.	Liam	White	U17	1.5kg	May 3.	NYAL, Crawley
14.67.	Kevin	Burnett (2C)	M65	2kg	Apr 18.	Sward Trophy, Kingston
12.64.	James	Waghorn	U15	1.25kg	July 19.	NYAL, Carshalton
8.80.	Alex	Bond	U11	1kg	July 5.	Ebbisham League, Carshalton
				Hammer		
35.45.	John	Webster	M70	4kg	Sept 13.	St Mary's Open, Twickenham <b>HW M70 record</b>
30.96.	Per	Nystrom	M40	7.26kg	June 27.	Southern League, Lee Valley
30.53.	John	Webster	M65	5kg	Apr 22.	Vets AC Meeting, Battersea Park
28.90.	John	Brown	M40	7.26kg	June 27.	Southern League, Lee Valley
25.37.	John	Webster	M65	6kg	June 8.	Veterans League, Twickenham
25.05.	Dominic	Getting		7.26kg	June 6.	Southern League, Kingston
21.09.	Simon	Cook		7.26kg	Aug 1.	Southern League, Bracknell
13.99.	Chima	Odum	U17	7.26kg	May 27.	Rosenheim League, Croydon
11.20.	Andrew	Clarke	U17	5kg	June 21.	NYAL, Worthing
				Javelin		
50.67.	Ove	Lindeklev		800g	July 11.	Southern League, Woking
49.06.	Justin	Miller		800g	June 27.	Southern League, Lee Valley
42.38.	Per	Nystrom	M40	800g	June 27.	Southern League, Lee Valley
39.69.	Justin	Kelly		800g	May 2.	Southern League, Kingston
38.96.	Stuart	Milton		800g	May 16.	Southern League, Battersea Park
38.86.	Jose	Costa	U17	700g	June 13.	London Schools, Battersea Park
36.97.	Royden	John	M35	800g	June 6.	Southern League, Kingston
33.55.	Simon	Cook		800g	Aug 1.	Southern League, Bracknell
30.69.	John	Webster	M70	500g	July 22.	Veterans AC Meeting, Kingston <b>HW M70 record</b>
26.82.	John	Webster	M70	600g	July 13.	Veterans League, Battersea Park
24.79.	Chima	Odum	U17	700g	Apr 19.	HW YA Meeting, Crystal Palace
22.18.	Robert	Richards	U15	600g	June 21.	NYAL, Worthing
21.77.	Tom	Richards	U17	700g	May 9.	Surrey Champs, Kingston
16.50.	Alex	Bond	U11	400g	July 5.	Ebbisham League, Carshalton
13.58.	Hallam	Rowan	U13	400g	Apr 4.	Ebbisham League, Kingston
11.59.	Tom	Robinson	U13	400g	Apr 4.	Ebbisham League, Kingston
7.64.	Michael	Waghorn	U13	400g	July 5.	Ebbisham League, Carshalton
				Weight		
11.45.	John	Webster	M70		Dec 12.	SECTA Throws Pent. Ewell Court
				4x100m Relay		
44.5.	Southern League, Woking: R Agyapong, R John J Saruchera, D Dowding				June 6.	Southern League, Kingston
44.7.	Southern League, Woking: S Davies, R John J Saruchera, D Dowding				May 16.	Southern League, Battersea Park
44.81.	Southern League, Woking: J Saruchera, R Agyapong R John, D Dowding				Apr 18.	Kinnaird Trophy, Kingston
45.1.	Southern League, Woking: A Ferns, R John M Mitchell, D Dowding				May 2.	Southern League, Kingston
45.6.	Southern League, Woking:				June 27.	Southern League, Lee Valley
45.76.	SM: R Agyapong, R John J Serachura, D Dowding				Sept 19.	BAL Qualifier, Abingdon
46.4.	U17: J Costa, J Osbourne K Mitchell-Nanton, N Safo-Barnieh				July 19.	NYAL, Carshalton
46.9.	U17:				June 21.	NYAL, Worthing
46.97.	Southern League, Woking: O Oduwusi, R Morgan H Husband, R McMahon				Apr 18.	Kinnaird Trophy, Kingston
46.97.	U17: J Costa, K Mitchell-Nanton A Connelly, J Osbourne				Apr 19.	HW YA Meeting, Crystal Palace
47.6.	U17: E Saywell, K Mitchell-Nanton T Meehan, J Osbourne				May 3.	NYAL, Crawley
53.60.	U15: S Felix Otoo, E Ahmed Majoka E Obayuwana, O O'Reilly				Apr 19.	HW YA Meeting, Crystal Palace
53.7.	U17: L White, K Mitchell-Nanton J Osbourne, N Safo-Barnieh				May 31.	NYAL, Horsham
53.7.	U15: R Richards, S Felix-Otoo				May 31.	NYAL, Horsham

O Reilly, E Obayuwana

1:37.3.	U20: K Mitchell-Nanton, H Husband J Costa, G Buache	<b>4x200m Relay</b> June 10. Rosenheim League, Wimbledon Pk
1:41.8.	U17: L White, C Odum G Logan, J Osbourne	Aug 12. Rosenheim Final, Kingston
1:43.6.		July 8. Rosenheim League, Tooting Bec
1:52.2.	U15: J Clark, E Obayuwana S Otoo, E Mujoka)	Apr 4. Ebbisham League, Kingston
2:11.3.	U13: A Choules, O Moulton A Bond, T Bracegirdle)	June 7. Ebbisham League, Woking
2:14.8.	U13: L Yates, A Bond R Doomasia, J Dench)	Apr 4. Ebbisham League, Kingston
2:15.6.	U13: M Waghorn, R Doomasia A Bond, A Choules	July 5. Ebbisham League, Carshalton
		<b>4v400m Relay</b>
3:27.7.	SM: H Agboke 52.9, E Ferns 52.9 A Ferns - 51.1, D Dowding - 50.9	May 2. Southern League, Kingston
3:28.9.	SM: R Agyapong 53.8, E Ferns 52.8 S Davies 53.2, D Dowding 49.4	May 16. Southern League, Battersea Park
3:34.7.	SM: A Mson 52.9, J Osbourne 56.9 S Davies 53.5, D Dowding 51.4	June 6. Southern League, Kingston
3:34.71.	SM: J Garnier 53.0, A Penney 53.9 E Ferns 53.4, H Agboke 54.5	Sept 19. BAL Qualifier, Abingdon
3:39.9.	SM:	June 27. Southern League, Lee Valley
3:38.4.	U17:	July 19. NYAL, Carshalton
3:45.5.	SM: R Vanderpuijie - 53.4, C Odum - 56.2 S Hadley - 61.4, J Osbourne 54.5	July 11. Southern League, Woking
3:53.1.	U17: L White, J Toomey G Logan, T Meehan	May 3. NYAL, Crawley
4:27.9.	M40: S Bond, T Morris (M50) S McDuell, H Saxby (M55)	June 22. Veterans League, Battersea Park

(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.

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