

UNDER 11 BOYS RANKINGS 2007

60m indoors

Daniel Griffin	Kings Lynn	21-Jan	9.5	
Ross Gilbert	Kings Lynn	21-Jan	9.6	
Sam Green	Kings Lynn	21-Jan	9.6	

eq CLUB RECORD

75m

Daniel Griffin	Gt Yarmouth	19-Apr	12.2	
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80M

Ross Gilbert	Gt Yarmouth	12-May	11.8	
Toby Price	Gt Yarmouth	12-May	11.9	
Daniel Griffin	Gt Yarmouth	12-May	12.0	
Samuel Green	Ipswich	22-Jul	12.3	
Jonathan Tomes	Gt Yarmouth	12-May	12.4	
Blyth Few	Gt Yarmouth	24-Jun	12.8	
Thomas Lake	Ipswich	22-Jul	12.9	

CLUB RECORD

600m

Toby Price	Gt Yarmouth	12-May	1.55.0	
Ross Gilbert	Gt Yarmouth	24-Jun	1.59.4	
Thomas Lake	Gt Yarmouth	12-May	2.03.5	
Samuel Green	Gt Yarmouth	12-May	2.06.3	
Blythe Few	Gt Yarmouth	12-May	2.14.7	

Long Jump

Samuel Green	Ipswich	22-Jul	3.43	
Daniel Griffin	Ipswich	22-Jul	3.63	
Ross Gilbert	Gt Yarmouth	12-May	3.74	
Jonathan Tomes	Gt Yarmouth	12-May	3.51	

UNDER 13 BOYS RANKINGS 2007

60m indoors

Craig Brooks	Kings Lynn	21-Jan	9.4	
Ross Gilbert	Kings Lynn	21-Jan	9.6	
Sam Green	Kings Lynn	21-Jan	9.6	

75M

Scott Greeves	Gt Yarmouth	19-Apr	11.5	
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100m

Steven Hadley	Barking	24-Jun	14.1	G4
Alex Lubbock	Gt Yarmouth	12-Aug	14.2	G4
Scott Greeves	Gt Yarmouth	12-May	14.4	G4
Hugo Knights	Eltham	04-Jun	15.2	
Ben Savage	Bedford	20-May	15.8	
Charlie Clarke	Gt Yarmouth	24-Jun	15.9	
Ryan Howard	Croydon	06-May	15.93	
Bradley Stansbury	Gt Yarmouth	12-May	16.1	
William Gibbs	Gt Yarmouth	12-May	16.2	

200m

Scott Greeves	Gt Yarmouth	12-Aug	29.1	G4
Steven Hadley	Croydon	06-May	29.30	G4
Alex Lubbock	Eltham	04-Jun	29.3	G4
Sean Watson	Grays	22-Sep	30.8	
William Gibbs	Norwich	19-Aug	33.80	

600m

Scott Greeves	Gt Yarmouth	19-Apr	1.53.8	
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800m

Scott Greeves	Cambridge	08-Jul	2.24.4	G2
Shaun Watson	Norwich	19-Aug	2.33.7	G4
Ben Savage	Grays	22-Jul	2.36.0	G4
Alex Lubbock	Gt Yarmouth	12-Aug	2.35.2	G4
Charlie Clarke	Gt Yarmouth	12-May	2.40.7	G4
Hugo Knights	Gt Yarmouth	12-May	2.45.2	
William Gibbs	Gt Yarmouth	12-May	2.46.8	
Bradley Stansbury	Gt Yarmouth	12-May	2.48.6	

1500m

Tom Hook	Norwich	19-Aug	4.59.1	G2
Shaun Watson	Grays	22-Jul	5.06.7	G3
Scott Greeves	Bedford	20-May	5.09.6	G4
Alex Lubbock	Barking	24-Jun	5.12.4	G4
Daryl Broughton	Gt Yarmouth	24-Jun	5.34.4	

75m hurdles

Steven Hadley	Barking	24-Jun	13.2	G1
Ben Savage	Peterborough	27-Aug	14.2	G3
Curtis Few	Gt Yarmouth	24-Jun	14.4	G3
Hugo Knights	Grays	22-Jul	15.8	G4
Ryan Howard	Eltham	04-Jun	16.7	

High Jump

Steven Hadley	Croydon	06-May	1.30	G3
Hugo Knights	Croydon	06-May	1.30	G3
Ryan Howard	Grays	22-Jul	1.25	G4
Curtis Few	Gt Yarmouth	24-Jun	1.05	

Long Jump

Scott Greeves	Bedford	08-Jul	4.02	G4
Hugo Knights	Bedford	20-May	4.00	G4
Ross Gilbert	Gt Yarmouth	12-May	3.74	
Charlie Clarke	Gt Yarmouth	24-Jun	3.71	
Ryan Howard	Barking	24-Jun	3.63	
Tom Hook	Norwich	19-Aug	3.57	
William Gibbs	Gt Yarmouth	12-May	3.30	

Javelin

Michael Painter	Cambridge	11-Mar	23.02	G4
Bradley Stansbury	Norwich	14-May	13.02	

Shot

Michael Painter	Ipswich	22-Jul	10.24	G1	CLUB RECORD
Ben Savage	Grays	22-Jul	5.95	G4	
Alex Lubbock	Eltham	04-Jun	5.83		
Ryan Howard	Eltham	04-Jun	4.56		
Hugo Knights	Croydon	06-May	3.20		

Hammer

Michael Painter	Gt Yarmouth	12-May	44.21		CLUB RECORD COUNTY RECORD
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Discus

Michael Painter	Sandy	29-Sep	33.80	G1	CLUB RECORD COUNTY RECORD
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Relay 4 x 100m

Coydon	06-May	59.01		
Steven Hadley	Ryan Howard	Hugo Knights	Scott Greeves	

UNDER 15 BOYS RANKINGS 2007**60m indoors**

De La Rey Veenendaal	Chelmsford	18-Feb	7.6	G2
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100m

De La Rey Veenendaal	Cambridge	11-Aug	11.6	G1
Aidan Sheehan	Barking	24-Jun	13.1	G4
Sam Elsby	Norwich	19-Aug	13.4	
Solay Elibol	Eltham	04-Jun	13.6	
Tom Kelly	Croydon	06-May	14.16	

200m

De La Rey Veenendaal	Eltham	04-Jun	23.9	G1	eq RECORD
Solay Elibol	Bedford	20-May	26.6	G4	
Tom Kelly	Norwich	19-Aug	29.3		

400m

De La Rey Veenendaal	Cambridge	11-Aug	52.2	G1
Callum Brown	Barking	24-Jun	61.4	G4
Jack Harrison	Eltham	04-Jun	65.2	
Solay Elibol	Norwich	19-Aug	68.4	

600m

Sam Gotts	Gt Yarmouth	19-Apr	1.51.5	
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800m

De La Rey Veenendaal	Grays	22-Jul	2.09.6	
Ryan Day	Norwich	16-Jun	2.11.3	
Jack Harrison	Eltham	04-Jun	2.25.9	
Aidan Sheehan	Barking	24-Jun	2.26.4	
Sam Gotts	Eltham	04-Jun	2.29.3	
Callum Brown	Gt Yarmouth	12-Aug	2.29.2	

1500m

Ben Eastwell	Norwich	09-Jun	4.48.8	G4
Callum McLaren	Norwich	19-Aug	4.56.7	G4
Callum Brown	Bedford	20-May	5.09.3	
Sam Gotts	Barking	24-Jun	5.11.7	
Jack Harrison	Barking	24-Jun	5.14.7	
Cameron Panting	Norwich	14-May	5.38.9	
James Jackson				

80m hurdles

Adam Howard	Norwich	19-Aug	14.7	
Henry Skinner	Eltham	04-Jun	16.6	
Jack Harrison	Barking	24-Jun	16.70	

Long Jump

Adam Howard	Eltham	04-Jun	5.61	G2
Danny Clayton	Grays	22-Jul	4.89	
Callum Brown	Croydon	06-May	4.69	
Solay Elibol	Barking	24-Jun	4.28	
Cameron Panting	Gt Yarmouth	12-May	4.02	
Sam Gotts	Norwich	19-Aug	4.00	

High Jump

Adam Howard	Croydon	06-May	1.50	G4
Ed Skinner	Norwich	14-May	1.35	
Callum Brown	Eltham	04-Jun	1.35	

Triple Jump

Callum Brown	Norwich	14-May	9.95	
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Shot

Danny Clayton	Grays	22-Jul	10.62	G3
Ed Skinner	Grays	22-Jul	9.36	G4
Henry Skinner	Norwich	19-Aug	8.25	
Solay Elibol	Bedford	20-May	7.23	
Sam Gotts	Eltham	04-Jun	4.37	

Hammer

Danny Clayton	Basildon	22-Jul	37.80	G2
Callum Brown	Sandy	29-Sep	31.43	G3
Henry Skinner	Bedford	20-May	15.35	

Discus

Ed Skinner	Croydon	06-May	26.70	G3
Danny Clayton	Barking	24-Jun	26.54	G3
Callum Brown	Gt Yarmouth	12-May	21.82	G4
Henry Skinner	Norwich	19-Aug	20.25	G4

Javelin

Ed Skinner	Grays	22-Jul	44.4	G1
Callum Brown	sandy	29-Sep	30.57	G4

Relay 4 x 100m

Croydon	06-May	55.4		
<u>De La Rey veenendaal</u>	<u>Solay Elibol</u>	<u>Adam Howard</u>	<u>Henry Skinner</u>	

Relay 4 x 400m

Thurrock	22-Jul	4.11.9		
<u>Callum Brown</u>	<u>DeLa Ray Veenendaal</u>	<u>Ed Skinner</u>	<u>Jack Harrison</u>	

UNDER 17 MENS RANKINGS 2007

60m indoor

Chris Marshall	Kings Lynn	21-Jan	7.5	G3
Perry Francis	Kings Lynn	21-Jan	8.1	

60m hurdles indoor

Josh Rea	Kings Lynn	21-Jan	9.5	
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100m

Michael Fraser	Peterborough	27-Aug	11.5	G2
Chris Marshall	Norwich	09-Jun	11.6	G2
Ross Elsby	Peterborough	27-Aug	12.1	
Ashley Christianson	Gt Yarmouth	12-May	12.4	
James Hadley	Eltham	04-Jun	12.7	
James Senior	Norwich	19-Aug	12.7	
Joel Taylor	Croydon	06-May	13.01	
Christopher Johnson	Norwich	19-Aug	13.9	

200m

Michael Fraser	Norwich	09-Jun	22.8	G1
Ross Elsby	Norwich	09-Jun	23.8	G3
Chris Marshall	Norwich	09-Jun	23.9	G3
James Senior	Norwich	19-Aug	25.5	
Ashley Christianson	Bedford	20-May	25.8	
Perry Francis	Kings Lynn	06-May	26.9	

300m

Josh Rea	Gt Yarmouth	19-Apr	39.8	
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400m

Michael Fraser	Basildon	27-May	50.2	G1
James Senior	Norwich	16-Jun	51.0	G1
Joel Taylor	Barking	24-Jun	52.0	G2
Chris Marshall	Bury	23-Sep	54.6	G4
Ned Lamb	Norwich	09-Jun	55.9	G4
Chris Baker	Milton Keynes	29-Sep	57.7	

600m

Josh Rea	Gt Yarmouth	19-Apr	1.34.4	
Micha Rogers	Gt Yarmouth	19-Apr	1.36.2	
Damien Rogers	Gt Yarmouth	19-Apr	1.38.4	

CLUB RECORD**800m**

James Senior	Watford	30-Jun	1.55.52	G1
Joel Taylor	Colchester	30-Jun	1.56.6	G1
Conor Darby	Barking	24-Jun	2.01.0	G2
James Jackson	Eltham	04-Jun	2.06.8	G4
Oliver Maskell	Gt Yarmouth	12-Aug	2.08.9	G4
Tom Crawshaw	Gt Yarmouth	12-May	2.09.9	G4
Micah Rogers	Kings Lynn	06-May	2.12.1	G4
Damian Rogers	Bedford	29-Apr	2.15.2	
Perry Francis	Ipswich	22-Jul	2.16.7	

CLUB RECORD**COUNTY RECORD****1500m**

Connor Darby	Bury St Edmunds	13-May	4.06.6	G1
Joel Taylor	Bury St Edmunds	02-Sep	4.10.4	G2
Tom Crawshaw	Watford	05-Sep	4.11.55	G2
James Senior	Colchester	29-Jul	4.12.4	G3
Oliver Maskell	Watford	05-Sep	4.15.30	G2
James Jackson	Norwich	16-Jun	4.16.1	G2
Micah Rogers	Norwich	14-May	4.29.0	G4
James Hadley	Barking	24-Jun	4.36.5	G4
Damian Rogers	Eltham	04-Jun	4.40.1	
Chris Marshall	Basildon	27-May	5.08.8	
Chris Baker	Milton Keynes	29-Sep	5.24.4	
Christopher Johnson	Norwich	19-Aug	5.26.1	

3000m

Tom Crawshaw	Colchester	29-Jul	9.00.4	G2
Connor Darby	Bedford	29-Apr	9.22.0	G3
James Jackson	Colchester	29-Jul	9.27.5	G3
Oliver Maskell	Barking	01-Jul	9.41.5	G4
James Senior	Barking	24-Jun	9.50.4	G4

James Hadley	Norwich	16/06/076	10.06	G4
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100m hurdles

Ross Elsby	Peterborough	27-Aug	14.3	G2
Chris Baker	Norwich	19-Aug	14.6	G3
Josh Rea	Bury St Edmunds	02-Sep	14.6	G3
James Senior	Bury St Edmunds	02-Sep	17.0	
Harry Newenham	Barking	24-Jun	20.7	

110m hurdles

Chris Baker	Colchester	29-Jul	15.7	
James Senior	Barking	01-Jul	20.0	

400m hurdles

Josh Rea	Bury St Edmunds	02-Sep	58.5	G2
James Senior	Grays	22-Jul	59.2	G2

400m hurdles U20 Height

Josh Rea	Colchester	29-Jul	61.4	
James Senior	Colchester	29-Jul	61.9	

1500m S/C

James Senior	Coventry	26-Aug	4.32.99	G2
Josh Rea	Sheffield	11-Aug	4.37.34	G2

2000m S/C

James Senior	Barking	01-Jul	6.54.9	
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Long Jump

Josh Elder	Norwich	09-Jun	6.14	G2
Chris Baker	Milton Keynes	29-Sep	5.77	G3
Chris Marshall	Gt Yarmouth	12-May	5.54	G4
James Hadley	Norwich	19-Aug	5.10	
Perry Francis	Kings Lynn	21-Jan	5.07	
Josh Rea	Kings Lynn	21-Jan	5.03	
Ashley Christianson	Norwich	09-Jun	4.42	

High Jump

Chris Baker	Copthall	02-Sep	2.05	G1	CLUB RECORD
Josh Rea	Norwich	19-May	1.75	G3	
Connor Darby	Croydon	06-May	1.55		
Ashley Christian	Eltham	04-Jun	1.55		
Perry Francis	Bedford	20-May	1.45		
James McLachlan	Barking	24-Jun	1.40		

Triple Jump

James McLachlan	Bury St Edmunds	02-Sep	13.35	G1	CLUB RECORD
Josh Elder	Norwich	16-Jun	12.79	G2	
Chris Marshall	Ashford	02-Jun	11.86		
Harry Newenham	Norwich	14-May	10.86	G4	
James Hadley	Bedford	20-May	10.56		

Shot

Chris Baker	Bury St Edmunds	02-Sep	11.11	G4
Alex Jewkes	Grays	22-Jul	10.99	G4
Josh Elder	Bedford	20-May	9.53	G4
James Senior	Barking	24-Jun	8.72	
Joel Taylor	Eltham	04-Jun	6.23	
Tom Crawshaw	Bedford	29-Apr	5.20	

Javelin

Alex Jewkes	Croydon	06-May	44.80	G2
Harry Newenham	Norwich	09-Jun	43.40	G3
Chris Baker	Milton Keynes	29-Sep	39.53	G3
Perry Francis	Norwich	14-May	39.22	G3
Connor Darby	Barking	24-Jun	38.32	G4
Ashley Christian	Eltham	04-Jun	35.46	G4

Javelin 800g

Chris Baker	Colchester	29-Jul	41.24	
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Discus

Chris Baker	Milton Keynes	29-Sep	31.82	G3
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James McLACHLAN	Grays	22-Jul	24.47	G4
Harry Newenham	Gt Yarmouth	12-May	24.50	G4
Connor Darby	Eltham	04-Jun	24.35	G4
Joel Taylor	Bedford	20-May	24.02	G4
James Hadley	Eltham	04-Jun	20.98	
Josh Rea	Ashford	02-Jun	20.29	
Perry Francis	Bury St Edmunds	02-Sep	9.79	

Hammer

Alex Jewkes	Croydon	06-May	23.36
Perry Francis	Bedford	20-May	18.34
James Senior	Bedford	29-Apr	14.70
Joel Taylor	Barking	24-Jun	14.25
Harry Newenham	Croydon	06-May	12.85
James McLachlan	Eltham	04-Jun	11.11
James Jackson	Eltham	04-Jun	9.70

Octathlon

Chris Baker	Milton Keynes	29-Sep	4387
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Relay 4 x 100m

Thurrock	22-Jul	46.2	
<u>Michael Fraser</u>	Marshall	<u>Josh Elder</u>	<u>Ross Elsby</u>

Relay 4 x 400m

Barking	24-Jun	3.29.5	
<u>Michael Fraser</u>	Darby	<u>Joel Taylor</u>	<u>James Senior</u>

CLUB RECORD

COUNTY RECORD

UNDER 20 MENS RANKINGS 2007

60m indoors

Ben Frosdick	Kings Lynn	21-Jan	7.4
Oliver Armstrong	Kings Lynn	21-Jan	7.5
Nathan Rogers	Kings Lynn	21-Jan	7.8

60m hurdles indoor

Daryl Martin	Kings Lynn	21-Jan	9.4
Ben Frosdick	Kings Lynn	21-Jan	9.7

75m

Nathan Rogers	Gt Yarmouth	19-Apr	9.6
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100m

Tom Pegg	Gt Yarmouth	12-May	11.4	G3
Hugh Irving	Gt Yarmouth	12-May	11.5	G3
Ben Tuck	Norwich	09-Jun	11.8	
Oliver Armstrong	Norwich	09-Jun	11.8	
Ben Frosdick	Peterborough	27-Aug	11.8	
Chris Marshall	Basildon	27-May	12.1	
Nathan Rogers	Ipswich	22-Jul	12.3	

150m

Ben Frosdick	Gt Yarmouth	19-Apr	19.1
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200m

Hugh Irving	Gt Yarmouth	12-May	23.2	G3
Tom Pegg	Gt Yarmouth	12-Aug	23.3	G3
Ben Tuck	Norwich	09-Jun	23.6	
Rick Ward	Bedford	29-Apr	23.9	
Nathan Rogers	Kings Lynn	06-May	25.0	
Daryl Martin	Norwich	19-Aug	25.1	

300m

Ben Fosdick	Gt Yarmouth	19-Apr	39.7
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CLUB RECORD

400m

Rick Ward	Ipswich	22-Jul	50.60	G2
Ben Tuck	Ashford	02-Jun	53.1	
Daryl Martin	Norwich	19-Aug	53.5	
Nathan Rogers	Kings Lynn	06-May	56.6	

800m

Rick Ward	Crystal palace	25-Aug	1.50.95	G1
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CLUB RECORD

CLUB RECORD

Mitch Goose	Stretford	11-Aug	1.53.61	G2
Craig Hopkins	Gt Yarmouth	12-May	2.00.6	G3
Ashley Harrell	Gt Yarmouth	12-May	2.01.2	G3
Josh Holland	Bedford	29-Apr	2.03.3	
Stuart Huntington	Norwich	19-Aug	2.03.4	
Luke Allen	Colchester	29-Jul	2.05.6	

1500m

Mitch Goose	Solihull	21-Jul	3.50.55	G1	CLUB RECORD	CLUB RECORD
Rick Ward	Ipswich	05-May	3.58.8	G1		
Ashley Harrell	Stretford	11-Aug	4.02.24	G2		
Craig Hopkins	Watford	02-May	4.10.54			
Luke Allen	Barking	01-Jul	4.18.2			
Chris Marshall	Basildon	27-May	5.08.8			

3000m

Mitch Goose	Watford	02-May	8.33.98	G1	CLUB RECORD	CLUB RECORD
Ashley Harrell	Watford	30-May	8.41.65	G1		
Rick Ward	Crystal Palace	03-Aug	8.43.71	G1		
Stuart Huntington	Watford	11-Jul	8.44.2	G2		
Craig Hopkins	Watford	30-May	8.51.04	G2		
Luke Allen	Watford	25-Jul	9.07.28	G3		
Josh Holland	Basildon	27-May	10.09.2			

5000m

Mitch Goose	Manchester	09-Jun	14.52.11	G1	CLUB RECORD	CLUB RECORD
Craig Hopkins	Buty St Edmunds	23-Jun	15.36.88	G3		
Luke Allen	Crystal Palace	17-Jun	16.18.57			
Martyn Bath	Ipswich	05-May	16.25.7			

110m hurdles

Ben Frosdick	Barking	01-Jul	16.6	
Daryl Martin	Bury St Edmunds	23-Sep	17.1	

110m hurdles 3' 6"

Daryl Martin	Bury St Edmunds	02-Sep	17.6	
Ben Frosdick	Peterborough	27-Aug	17.2	

400m hurdles

Daryl Martin	Bury St Edmunds	02-Sep	58.4	
Steve Cannell	Bedford	29-Apr	62.3	
Daryl Masrtin	Bedford	29-Apr	60.6	
Ashley Harrell	Barking	01-Jul	65.2	
Scott Hawes	Basildon	27-May	70.8	
Ben Frosdick	Bury St Edmunds	02-Sep	80.2	

3000m S/C

Ashley Harrell	Bedford	23-Jun	9.41.31	
Steve Cannell		05-Jun	10.05.96	
Daryl Martin	Ashford	02-Jun	11.59.7	
Josh Holland	Norwich	19-May	13.10.5	

2000m S/C

Ashley Harrell	Basildon	27-May	6.01.2	G1
Martyn Bath	Bedford	29-Apr	6.35.7	

Long Jump

Francis Baker	Bury St Edmunds	02-Sep	6.90	G1
Ben Frosdick	Peterborough	27-Aug	5.82	
Oliver Armstrong	Kings Lynn	21-Jan	5.78	
Chris Marshall	Basildon	27-May	4.89	
Daryl Martin	Bedford	29-Apr	4.68	

Triple Jump

Ben Frosdick	Norwich	14-May	11.32	
Ben Tuck	Bury St Edmunds	02-Sep	10.83	
Chris Marshall	Basildon	27-May	10.53	
Daryl Martin	Bedford	29-Apr	9.45	
Steve Cannell				

High Jump

Ben Frosdick	Basildon	27-May	1.55	
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Pole Vault

Scott Hawes	Ipswich	05-May	3.40
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Javelin

Scott Hawes	Ipswich	05-May	37.58
Tom Pegg	London SP	23-Jun	36.34
Ben Frosdick	Barking	01-Jul	35.81
Ashley Harrell	Barking	01-Jul	31.73
James Preston	Bedford	29-Apr	31.60

Discus 2kg

Scott Hawes	Norwich	19-May	23.97
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Discus

Sam Coe	Gt Yarmouth	12-May	35.50	G3
Scott Hawes	Bedford	29-Apr	28.75	
Ben Frosdick	Ashford	02-Jun	17.96	
Rick Ward	Basildon	27-May	16.18	

Shot

Sam Coe	Colchester	29-Jul	11.85	G3
Scott Hawes	Colchester	29-Jul	9.76	
Ashley Harrell	Basildon	27-May	9.24	
Martin Bath	Barking	01-Jul	8.36	
Tom Pegg	Norwich	19-May	7.89	
Josh Holland	Bedford	29-Apr	6.27	

Hammer 7.26kg

Sam Coe	Gt Yarmouth	12-May	53.07
Scott Hawes	Ipswich	05-May	36.42

Hammer

Sam Coe	Gateshead	02-May	60.22	G2
Scott Hawes	Colchester	29-Jul	30.10	
Martyn Bath	Basildon	27-May	16.05	

CLUB RECORD

COUNTY RECORD

Relay 4 x 100m

Bedford	29-Apr	51.0	
<u>Tom</u>	Ben	<u>Scott</u>	<u>James</u>

SENIOR MENS RANKINGS 2007**60m indoors**

Luke Wale	Eton	04-Mar	7.38
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100m

Andrew Thornton	Ipswich	05-May	11.4
Luke Wale	Ashford	02-Jun	11.4
Paul Goodall	Loughborough	20-Jun	11.7
Malvern Mpas	Gt Yarmouth	12-Aug	11.7

200m

Paul Goodall	Loughborough	16-May	22.71	G3
Andrew Thornton	Bedford	06-May	22.91	G3
Luke Wale	Ashford	02-Jun	23.3	
Daniel Everett	Peterborough	27-Aug	24.1	

400m

Paul Goodall	Loughborough	28-Apr	48.79	G1
Andrew Thornton	Crystal Palace	16-Jun	50.58	G3
Carl Goose	Chelmsford	04-Aug	51.0	G3
Adam Thomas	Ipswich	05-May	56.0	

800m

Carl Goose	Crystal Palace	17-Jun	1.51.94	G3
Paul Goodall	Ipswich	22-Jul	1.56.5	G3
Adam Thomas	Ipswich	05-May	1.59.5	
James O'Neill	Cambridge	08-Jul	2.00.1	
Chris Jones	Exeter	24-Apr	2.04.6	
Daniel Everett	Peterborough	27-Aug	2.11.4	

1500m

Tommy Salmon	Watford	08-May	4.01.41	
Carl Goose	Ipswich	05-May	4.03.6	G3
Adam Thomas	Norwich	19-May	4.05.6	
Chris Jones	Exeter	29-May	4.16.3	
Jon Quint	Norwich	19-May	4.17.8	
Micky Beamish	London SP	23-Jun	4.27.2	

3000m

Adam Thomas	Twickenham	06-Jun	8.26.41	
Chris Jones	Watford	19-Sep	9.07.56	

5000m

Adam Thomas	Crystal Palace	17-Jun	14.49.92	
Chris Jones	Crystal Palace	17-Jun	16.29.29	
Michael Beamish	Ashford	02-Jun	16.32.6	
Louis Hubbard	Ashford	02-Jun	17.21.2	

110m Hurdles

Daniel Everett	Chelmsford	04-Aug	16.6	
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400m Hurdles

Daniel Everett	Birmingham	19-Jun	55.24	
Paul Goodall	Norwich	19-May	61.9	

High Jump

Czaba Szabo	Chelmsford	04-Aug	1.80	G3
Luke Wales	Ashford	02-Jun	1.60	

Long Jump

Jon French	Chelmsford	04-Aug	6.48	G2
Andrew Thornton	Norwich	19-May	6.02	
Daniel Everett	Ipswich	05-May	5.88	
Luke Wales	Norwich	19-May	5.81	
Dien Woolner	London HE	11-Jul	5.66	

Triple Jump

Jon French	Ashford	02-Jun	12.94	G3
Czaba Szabo	Chelmsford	04-Aug	12.87	G3
Dion Wooler	Peterborough	27-Aug	12.83	

Shot

Mark Soukal	Norwich	19-Jul	11.54	
Alan Williams	Cosford	18-Jul	11.51	
Daniel Everett	Ipswich	05-May	10.31	
N Griffin	Norwich	19-Aug	9.97	

Discus

Mark Soukal	Norwich	19-May	33.19	
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Javelin

Jon French	Ashford	02-Jun	30.29	
Luke Wales	Ashford	02-Jun	32.92	

Hammer

Adam Thomas	Ashford	02-Jun	8.69	
Andrew Thornton	Ashford	02-Jun	8.11	

Relay 4 x 100m

Ashford	02-Jun	44.2	
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Relay 4 x 400m

Norwich	19-May	3.24.8	
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VET MENS RANKINGS 2007

100m

Gordon Slater	Peterborough	27-Aug	13.6	
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200m

Gordon Slater	Peterborough	22-Apr	28.0	
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400m

Gordon Slater	Gt Yarmouth	12-May	62.1	
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800m

Guy Amos (40+)	Gt Yarmouth	12-May	2.01.9
Gordon Slater	Peterborough	22-Apr	2.17.8

1500m

Guy Amos	Norwich	14-May	4.10.9
Gordon Slater	Norwich	14-May	5.11.4

3000m

Guy Amos (40+)	Watford	02-May	8.44.04
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5000m

Guy Amos (40+)	Norwich	19-May	15.28.4
Paul Woodyatt (40+)	Gt Yarmouth	12-May	19.02.7

Shot

Alun Williams (40+)	Cosford	18-Jul	11.51
Jon Painter (40+)	Peterborough	27-Aug	10.60
Glyn Long (60+)	Gt Yarmouth	12-May	8.91

Javelin

Tim Newenham	Norwich	19-May	50.59
Glyn Long	Norwich	14-May	21.95

Discus

Jon Painter	Gt Yarmouth	12-Aug	35.02
Alun Williams	London HE	11-Jul	33.81

Hammer

Alun Williams	London HE	11-Jul	33.00
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