



Southampton Athletic Club

LATEST Senior RANKINGS 2010

Event	Name	Performance	Location	Date
100	Sean Foord	11.1	Andover	1st May 2010
100	Sean Foord	11.6	Plymouth	15th May 2010
100	Lewis Towner-White	11.6	Winchester	5th June 2010
100	Abe Newell	11.7	Plymouth	15th May 2010
100	Sam Derham	12.1	Andover	1st May 2010
100	Sam Derham	12.2	Winchester	5th June 2010
200	Sean Foord	22.7	Andover	1st May 2010
200	Sean Foord	23.4	Plymouth	15th May 2010
200	Calum Bressington	23.7	Andover	1st May 2010
200	Calum Bressington	23.8	Winchester	5th June 2010
200	Lewis Towner-White	23.9	Winchester	5th June 2010
200	Abe Newell	24.1	Plymouth	15th May 2010
400	James Sutton	50.2	Andover	1st May 2010
400	David Bolton	51.5	Winchester	5th June 2010
400	Adam Cowburn	53.2	Andover	1st May 2010
400	David Bolton	53.3	Plymouth	15th May 2010
400	Jon Tilt	54	Winchester	5th June 2010
400	Jon Tilt	55.2	Plymouth	15th May 2010
800	Simon Ninnim	1.58.5	Winchester	5th June 2010
800	Simon Ninnim	1.59.9	Andover	1st May 2010
800	Simon Ninnim	2.01.3	Plymouth	15th May 2010
800	Russ Osborn	2.03.0	Winchester	5th June 2010
800	Johnathon Todd	2.10.0	Andover	1st May 2010
800	Iain Cross	2.15.9	Plymouth	15th May 2010
1500	Matt Missen	4.10.0	Winchester	5th June 2010
1500	Andy Morgan-Lee	4.13.7	Andover	1st May 2010
1500	Johnathon Todd	4.24.5	Andover	1st May 2010
1500	Simon Ninnim	4.27.1	Plymouth	15th May 2010
1500	David Blackman	4.28.9	Winchester	5th June 2010
1500	Iain Cross	4.47.5	Plymouth	15th May 2010
5000	Matt Hibberd	16.17.6	Winchester	5th June 2010
5000	Iain Cross	17.38.8	Plymouth	15th May 2010
5000	Tim Sherman	17.39.5	Andover	1st May 2010
5000	Peter Merritt	18.34.0	Winchester	5th June 2010
5000	Martin Lilly	19.34.4	Andover	1st May 2010
110H	Sam Derham	19.5	Winchester	5th June 2010
110H	Justin Hunt	20.3	Plymouth	15th May 2010
110H	Sam Derham	20.9	Plymouth	15th May 2010
110H	Jon Tilt	21.3	Winchester	5th June 2010
110H	Andy Morgan-Lee	26	Andover	1st May 2010
110H	Derek Warn	45.8	Andover	1st May 2010
3000SC	Andy Morgan-Lee	10.36.7	Andover	1st May 2010
3000SC	Gordon westley	12.41.8	Andover	1st May 2010

3000SC	Justin Hunt	12.47.2	Plymouth	15th May 2010
3000SC	Jon MacInness	12.57.2	Winchester	5th June 2010
3000SC	Gordon westley	13.21.5	Winchester	5th June 2010
3000SC	Sam Derham	13.35.7	Plymouth	15th May 2010
400H	Jon Tilt	59.8	Winchester	5th June 2010
400H	Calum Rowe	61.7	Winchester	5th June 2010
400H	Jon Tilt	63.5	Plymouth	15th May 2010
400H	Jon Tilt	64	Andover	1st May 2010
400H	Justin Hunt	65.3	Plymouth	15th May 2010
400H	Derek Warn	92	Andover	1st May 2010
4x100	Derham, Bolton, Newell, Foord	45.3	Andover	1st May 2010
4x100	Derham, Bolton, Newell, Foord	46.2	Plymouth	15th May 2010
4x100	Derham, Bolton, Bessington, T-White	46.2	Winchester	5th June 2010
4x400	Ninnim, Tilt, Cowburn, Sutton	3.32.2	Andover	1st May 2010
4x400	Tilt, Bressington, Ninnim, Bolton	3.36.4	Winchester	5th June 2010
4x400	Cross, Tilt, Ninnim, Bolton	3.39.0	Plymouth	15th May 2010