

HERTS ASSOCIATION OF ATHLETIC & RUNNING CLUBS 2004 RANKING LIST

OUTDOOR PERFORMANCES

U17 MEN

100 metres

11.03 +2.1	Adam Daish	U17	HPX
11.2	Adam Daish	U17	HPX
11.7	Mustafa Kanuni	U17	E&H
11.7	L Taylor	U17	WAT
11.8	Ben Whitaker	U17	SNH
11.8	Bradley Speed	U17	WAT
11.85	Chris Beck	U17	WSEH
11.9	Alistair Ledsam	U17	HPX
11.9	Ross Clewlow	U17	HPX
12.0	K Merriman	U17	D&T
12.0	T Catchpole	U17	WAT
12.0	Stuart Brill	U17	STA
12.0	Stuart Brown	U17	STA
12.08	S Brown	U17	STA
12.09	M Cohen	U17	SBH
12.1	C Hooton	U17	D&T
12.2	Melvin Auburn	U17	SNH
12.2	Joe Gallagher	U17	STA
12.3	Freddie Stirling-Brown	U17	SNH
12.4	R Taylor	U17	D&T
12.4	K Lockyer	U17	D&T
12.4	Lloyd Smyth	U17	SNH
12.4	Stephen Rayner	U17	BAR
12.9	I Simson	U17	D&T
13.0	John Gamble	U17	HPX
13.1	R Wentford	U17	D&T
13.3	Richard Tarpey	U17	HPX
13.6	Matt Parker	U17	HPX
14.2	R Tschudy	U17	BAR

200 metres

22.42 +2.3	Adam Daish	U17	HPX
22.58	Adam Daish	U17	HPX
23.55	Bradley Speed	U17	WAT
23.6	Chris Beck	U17	WSEH
23.6	Stuart Brown	U17	STA
24.0	B Shipley	U17	D&T
24.06 +1.6	Ross Clewlow	U17	HPX
24.13	M Cohen	U17	SBH
24.2	K Lockyer	U17	D&T
24.2	Stuart Brill	U17	STA
24.49	T Catchpole	U17	WAT
24.5	Steven Smith	U17	HPX
24.5	Ben Whitaker	U17	SNH
24.6	T Harris	U17	D&T
24.82	Stephen Rayner	U17	BAR
24.9	Joe Gallagher	U17	STA
25.1	C Hooton	U17	D&T
25.1	Lloyd Smyth	U17	SNH
25.1 p	Pat Barrett	U17	HPX
25.3	Melvin Auburn	U17	SNH
25.7	I Simson	U17	D&T
25.7	R Wentford	U17	D&T
25.7	R Taylor	U17	D&T
25.8	K Merriman	U17	D&T
26.2	Lee Cordell	U17	D&T
27.2	Simon Britten	U17	HPX
29.7	J Parslow	U17	D&T

400 metres

49.15	Adam Daish	U17	HPX
51.6	Steven Smith	U17	HPX
51.65	Bradley Speed	U17	WAT
52.3	Stuart Brill	U17	STA
52.9	Aaron Willicombe	U17	E&H
53.3	M Cohen	U17	SBH
53.89	Chris Beck	U17	WSEH
54.3	Pat Barrett	U17	HPX
54.3	K Lockyer	U17	D&T
54.4	Ross Clewlow	U17	HPX
55.4	Ben Whitaker	U17	SNH
55.7	Bradley Smith	U17	E&H
56.1	Richard Tarpey	U17	HPX
57.5	T Catchpole	U17	WAT
58.0	Lloyd Smyth	U17	SNH
58.6	Lee Cordell	U17	D&T
58.8	Matthew Withers	U17	STA
59.1	A Gardner	U17	D&T
59.3	J Parslow	U17	D&T
59.77	Simon Britten	U17	HPX
60.9	Melvin Auburn	U17	SNH
61.3	Ieuan Lewis	U17	SNH
62.3	T Harris	U17	D&T
63.2	Carl Vidgen	U17	HPX
65.4	Terry Brennan	U17	SNH
67.5	Freddie Stirling-Brown	U17	SNH

800 Metres

1:59.45	Steven Smith	U17	HPX
2:03.7	Pat Barrett	U17	HPX
2:05.5	Aaron Willicombe	U17	E&H
2:06.7	Richard Tarpey	U17	HPX
2:09.9	J Parslow	U17	D&T
2:11.38	Stuart Brill	U17	STA
2:12.2	Terry Brennan	U17	SNH
2:13.0	George Brown	U17	HPX
2:15.5	Lee Cordell	U17	D&T
2:16.3	Marcus McKechnie	U17	SNH
2:17.0	Bryn Reynolds	U17	HPX
2:17.3	Luke Hines	U17	STA
2:18.0	Simon Britten	U17	HPX
2:18.8	J Little	U17	D&T
2:19.5	A Gardner	U17	D&T
2:20.8	Sam Poulton	U17	SNH
2:21.6	Richard Horlock	U17	E&H
2:23.2	T Harris	U17	D&T
2:23.6	Jonathan Stroud	U17	STA
2:26.2	Ben Whitaker	U17	SNH
2:29.4	K Lockyer	U17	D&T
2:37.1	R Tschudy	U17	BAR
2:39.9	Thomas Kelly	U17	SNH

1500 metres

4:18.98	Jack Parslow	U17	D&T
4:27.7	Terry Brennan	U17	SNH
4:27.7	R Sparrow	U17	SBH
4:28.5	Pat Barrett	U17	HPX
4:30.0	Bryn Reynolds	U17	HPX
4:31.3	Aaron Willicombe	U17	E&H
4:35.1	Marcus McKechnie	U17	SNH
4:40.5	Richard Tarpey	U17	HPX
4:40.9	David Thompson	U17	HPX
4:43.2	Luke Hines	U17	STA
4:43.4	Simon Britten	U17	HPX
4:57.8	Sam Poulton	U17	SNH

5:00.9	Richard Horlock	U17	E&H
5:01.1	George Brown	U17	HPX
5:03.0	K Lockyer	U17	D&T
5:06.4	T Sheldrick	U17	D&T
5:12.4	Jonathan Stroud	U17	STA
5:13.7	Ieuan Lewis	U17	SNH
5:16.86	Chris Beck	U17	WSEH
5:18.8	I Simson	U17	D&T
5:19.4	Thomas Kelly	U17	SNH
6:16.8	B Shipley	U17	D&T

3000 metres

8:52.3	Jon Pepper	U17	E&H
9:28.89	Sean Collins	U17	
9:38.3	Terry Brennan	U17	SNH
10:06.0	Bryn Reynolds	U17	HPX
10:15.0	Luke Hines	U17	STA
10:30.2	Simon Britten	U17	HPX
10:31.0	Carl Vidgen	U17	HPX
10:37.0	Marcus McKechnie	U17	SNH
10:46.1	Alex Dawson	U17	HPX
10:54.9	David Thompson	U17	HPX
11:00.0	T Sheldrick	U17	D&T

100m Hurdles

14.4	Ieuan Lewis	U17	SNH
14.44	Pat Barrett	U17	HPX
15.14	Zak Saucedo	U17	E&H
15.2	R Taylor	U17	D&T
16.2	Mustafa Kanuni	U17	E&H
16.7	B Shipley	U17	D&T
17.0	Ross Clewlow	U17	HPX
17.4	Laurie Pirie	U17	SNH
17.6	Joe Gallagher	U17	STA
17.87	Chris Beck	U17	WSEH
19.4	Robert Welling	U17	STA
20.34 +2.5	Simon Britten	U17	HPX
20.4	Simon Britten	U17	HPX
21.1	K Lockyer	U17	D&T
21.7	David Thompson	U17	HPX
26.9	J Parslow	U17	D&T

400m Hurdles (84cm)

57.76	Pat Barrett	U17	HPX
61.0	Zak Saucedo	U17	E&H
58.4	Ross Clewlow	U17	HPX
66.9	K Lockyer	U17	D&T
68.3	Simon Montarani	U17	E&H
68.4	Simon Britten	U17	HPX

400m Hurdles (91cm)

59.46	Pat Barrett	U17	HPX
-------	-------------	-----	-----

1500m Steeplechase

4:25.7	Jon Pepper	U17	E&H
5:05.4	J Parslow	U17	D&T
5:23.4	Bryn Reynolds	U17	HPX
5:37.9	Terry Brennan*	U17	HPX
5:41.7	Simon Britten	U17	HPX
5:53.1	K Lockyer	U17	D&T
5:53.9	David Thompson	U17	HPX
6:20.1	Lee Cordell	U17	D&T
7:21.2	K Merryman	U17	D&T

2000m Steeplechase

6:17.04 Jon Pepper U17 E&H
 7:23.9 Terry Brennan* U17 HPX

High Jump

1.85m	Pat Barrett	U17	HPX
1.75m	Mustafa Kanuni	U17	E&H
1.75m	Laurie Pirie	U17	SNH
1.71m	Robert Welling	U17	STA
1.70m	Edward Fleming	U17	E&H
1.70m	Simon Montanari	U17	E&H
1.70m	B Shipley	U17	D&T
1.65m	Lee Cordell	U17	D&T
1.65m	B Briody	U17	WAT
1.60m	John Gamble	U17	HPX
1.60m	K Lockyer	U17	D&T
1.60m	Ieuan Lewis	U17	SNH
1.55m	Alistair Ledsam	U17	HPX
1.55m	R Taylor	U17	D&T
1.52m	Chris Beck	U17	WSEH
1.50m	Melvin Auburn	U17	SNH
1.45m	Adam Daish	U17	HPX
1.35m	Simon Britten	U17	HPX
1.35m	J Parslow	U17	D&T
1.20m	Marcus McKechnie	U17	SNH

Pole Vault

3.90m	Lee Cordell	U17	D&T
3.50m	J Briody	U17	WAT
3.40m	B Briody	U17	WAT
3.05m	Luke Smith	U17	E&H
2.90m	Stuart Smart	U17	E&H
2.90m	Chris Beck	U17	WSEH
1.00m	Melvin Auburn	U17	SNH

Long Jump

6.04m	B Shipley	U17	D&T
5.92m	Ross Clewlow	U17	HPX
5.87m	Matthew Withers	U17	STA
5.74m	Pat Barrett	U17	HPX
5.66m	Robert Welling	U17	STA
5.60m	Ieuan Lewis	U17	SNH
5.54m	Chris Beck	U17	WSEH
5.50m	Lee Cordell	U17	D&T
5.46m	Ben Whitaker	U17	SNH
5.41m	Laurie Pirie	U17	SNH
5.37m	I Simson	U17	D&T
5.36m	Melvin Auburn	U17	SNH
5.34m	John Gamble	U17	HPX
5.30m	C Hooton	U17	D&T
4.94m	Stuart Brill	U17	STA
4.86m	Joe Gallagher	U17	STA
4.81m	Richard Tarpey	U17	HPX
4.78m	Simon Britten	U17	HPX
4.71m	K Lockyer	U17	D&T
4.64m	R Wentford	U17	D&T
4.58m	Marcus McKechnie	U17	SNH
4.06m	Luke Hines	U17	STA

Triple Jump

12.43m	B Shipley	U17	D&T
12.21m	Laurie Pirie	U17	SNH
11.95m	John Gamble	U17	HPX
11.89m	Ieuan Lewis	U17	SNH
11.73m	Matthew Withers	U17	STA

11.09m	Ross Clewlow	U17	HPX
11.07m	K Lockyer	U17	D&T
11.04m	I Simson	U17	D&T
10.92m	Melvin Auburn	U17	SNH
10.91m	Stuart Brown	U17	STA
10.52m	Stuart Brill	U17	STA
10.41m	Richard Tarpey	U17	HPX
10.27m	J Little	U17	D&T
10.00m	C Hooton	U17	D&T
9.90m w	Simon Britten	U17	HPX
9.64m	T Harris	U17	D&T
8.89m	Simon Britten	U17	HPX

Shot (5k)

12.67m	Paul Gamester	U17	E&H
12.36m	G Mitchell	U17	D&T
11.61m	Pat Barrett	U17	HPX
10.14m	Ieuan Lewis	U17	SNH
9.96m	Matthew Parker	U17	HPX
9.66m	Alistair Ledsam	U17	HPX
9.59m	K Lockyer	U17	D&T
9.40m	R Tschudy	U17	BAR
8.96m	Stephen Rayner	U17	BAR
8.81m	J Briody	U17	WAT
8.64m	A Gardner	U17	D&T
8.27m	Jack Newman	U17	HPX
7.96m	Ben Whitaker	U17	SNH
7.92m	Sam Rice	U17	BAR
7.88m	B Shipley	U17	D&T
7.81m	Freddie Stirling-Brown	U17	SNH
7.36m	Chris Beck	U17	WSEH
7.30m	Stuart Brill	U17	STA
7.28m	Richard Tarpey	U17	HPX
7.15m	Simon Britten	U17	HPX
6.63m	J Parslow	U17	D&T
6.39m	B speed	U17	WAT
6.36m	Joe Gallagher	U17	STA
5.68m	Lee Cordell	U17	D&T
4.39m	Terry Brennan	U17	SNH
4.31m	Marcus McKechnie	U17	SNH
2.63m	T Sheldrick	U17	D&T

Shot (6k)

6.34m	David Clarke	U17	HPX
-------	--------------	-----	-----

Shot (7.26k)

8.33m Ieuan Lewis U17 SNH

Discus (1.5k)

39.23m	G Mitchell	U17	D&T
39.11m	Paul Gamester	U17	E&H
32.78m	K Lockyer	U17	D&T
32.75m	Pat Barrett	U17	HPX
28.26m	Jack Newman	U17	HPX
23.49m	Ieuan Lewis	U17	SNH
23.04m	Matthew Parker	U17	HPX
22.81m	Alistair Ledsam	U17	HPX
21.68m	I Simson	U17	D&T
20.90m	Sam Rice	U17	BAR
20.20m	A Gardner	U17	D&T
20.13m	Adam Daish	U17	HPX
19.54m	T Harris	U17	D&T
19.22m	B Shipley	U17	D&T
18.30m	Chris Beck	U17	WSEH
17.69m	David Thompson	U17	HPX
17.58m	Simon Britten	U17	HPX

17.14m	Robert Welling	U17	STA
16.73m	Terry Brennan	U17	SNH
16.07m	Carl Vidgen	U17	HPX
15.05m	J Parslow	U17	D&T
15.04m	Richard Tarpey	U17	HPX
14.08m	Marcus McKechnie	U17	SNH

Discus (1.75k)

34.35m Paul Gamester U17 E&H

Discus (2k)

37.44m Paul Gamester U17 E&H

Hammer (5k)

28.69m	Paul Gamester	U17	E&H
26.87m	G Mitchell	U17	D&T
20.48m	A Gardner	U17	D&T
18.49m	T Catchpole	U17	WAT
14.75m	I Simson	U17	D&T
11.99m	Simon Britten	U17	HPX

Javelin (700g)

64.73m	Philip Gregory	U17	HARR
47.55m	Alistair Ledsam	U17	HPX
40.11m	Simon Montanari	U17	E&H
39.60m o	Pat Barrett	U17	HPX
36.76m	Matt Parker	U17	HPX
34.82m	J Little	U17	D&T
33.29m	Ieuan Lewis	U17	SNH
28.36m	Edward Fleming	U17	E&H
28.04m	A Gardner	U17	D&T
27.43m	Bradley Smith	U17	E&H
26.48m	Sam Rice	U17	BAR
26.30m	Chris Beck	U17	WSEH
24.30m	Jack Newman	U17	HPX
24.29m	T Harris	U17	D&T
22.58m	B Shipley	U17	D&T
21.68m	R Wentford	U17	D&T
21.27m	K Lockyer	U17	D&T
18.11m	Adam Daish	U17	HPX
18.08m	Lee Cordell	U17	D&T
16.72m	David Thompson	U17	HPX
16.49m	R Taylor	U17	D&T
15.76m	Richard Tarpey	U17	HPX
14.03m	Sam Poulton	U17	SNH
12.85m	Marcus McKechnie	U17	SNH
12.36m	Thomas Kelly	U17	SNH
11.35m	Simon Britten	U17	HPX
10.98m	I Simson	U17	D&T
10.60m	J Parslow	U17	D&T
8.88m	Stuart Brill	U17	STA
2.95m	C Hooton	U17	D&T

Javelin (800g)

52.64m	P Gregory	U17	HARR
45.47m	Alistair Ledsam	U17	HPX

Octathlon

4834 Pat Barrett U17 HPX
3193 Chris Beck U17 WSEH
2375 Simon Britten U17 HPX

Pentathlon (LJ, JT, 200m, DT, 1500m)

2502	Pat Barrett	U17	HPX
2008	K Lockyer	U17	D&T
1838	B Shipley	U17	D&T
1725	I Simson	U17	D&T
942	R Wentford	U17	D&T

RELAYS

4x100	Herts Phoenix	46.5
4x100	Herts	51.00
4x100	St Albans	48.2
4x400	Herts Phoenix	3:30.2
4x400	Herts	3:31.92

INDOOR PERFORMANCES

60m

7.32	Adam Daish	U17	HPX
8.28	Patrick Barrett	U17	HPX

200m

23.10	Adam Daish	U17	HPX
-------	------------	-----	-----

60m Hurdles

9.13p	Patrick Barrett	U17	HPX
-------	-----------------	-----	-----

High Jump

1.76m	Patrick Barrett	U17	HPX
-------	-----------------	-----	-----

Long Jump

5.26m	Patrick Barrett	U17	HPX
-------	-----------------	-----	-----

Shot (5k)

10.76m p	Patrick Barrett	U17	HPX
----------	-----------------	-----	-----

Pentathlon

2868	Pat Barrett	U17	HPX
------	-------------	-----	-----