

## HERTS ASSOCIATION OF ATHLETIC &amp; RUNNING CLUBS 2004 RANKING LIST

## OUTDOOR PERFORMANCES

## UNDER 20 MEN

## 100 metres

|       |                    |     |     |
|-------|--------------------|-----|-----|
| 11.1  | Gareth Dodd        | U20 | HPX |
| 11.1  | Tom Waiting        | U20 | D&T |
| 11.21 | Sam Kilbey         | U20 | SBH |
| 11.3  | Tom Lake           | U20 | HPX |
| 11.5  | James Cook         | U20 | STA |
| 11.7  | Michael Ajibulu    | U20 | HPX |
| 11.8  | Adam Parker        | U20 | HPX |
| 11.9  | Andrew Waddington  | U20 | HPX |
| 12.0  | Luke Draper        | U20 | HPX |
| 12.0  | Oliver Keates      | U20 | HPX |
| 12.01 | Robert Rumble      | U20 | HPX |
| 12.1  | David Collins      | U20 | HPX |
| 12.22 | Paul Yeomans       | U20 | WAT |
| 12.4  | Lawrence Chawaresa | U20 | SNH |
| 12.6  | David Collins      | U20 | HPX |
| 12.7  | Joe Ralph-Davies   | U20 | HPX |
| 12.7  | Paul Rose          | U20 | D&T |
| 12.7  | Lee Grint          | U20 | SNH |
| 12.8  | Jason Mbuyamba     | U20 | BAR |
| 13.5  | Shaun Daly         | U20 | D&T |

## 200 metres

|      |                    |     |     |
|------|--------------------|-----|-----|
| 22.0 | Gareth Dodd        | U20 | HPX |
| 22.5 | Tom Waiting        | U20 | D&T |
| 23.0 | Sam Kilbey         | U20 | SBH |
| 23.2 | R Hansard          | U20 | D&T |
| 23.3 | Tom Lake           | U20 | HPX |
| 23.4 | Adam Parker        | U20 | HPX |
| 23.8 | James Cook         | U20 | STA |
| 24.0 | Andrew Waddington  | U20 | HPX |
| 24.3 | Luke Draper        | U20 | HPX |
| 24.3 | Oliver Keates      | U20 | HPX |
| 24.4 | Michael Ajibulu    | U20 | HPX |
| 25.0 | Robert Rumble      | U20 | HPX |
| 25.0 | Joe Copson         | U20 | D&T |
| 25.2 | Lawrence Chawaresa | U20 | SNH |
| 26.1 | Paul Rose          | U20 | D&T |
| 26.6 | Jason Mbuyamba     | U20 | BAR |
| 26.9 | Luke Harris        | U20 | D&T |
| 27.2 | Shaun Daly         | U20 | D&T |

## 400 metres

|       |                |     |      |
|-------|----------------|-----|------|
| 47.57 | Gareth Dodd    | U20 | HPX  |
| 49.16 | Rhys Fowler    | U20 | E&H  |
| 50.8  | Chris Saville  | U20 | HPX  |
| 51.5  | Adam Parker    | U20 | HPX  |
| 51.7  | L Saunders     | U20 | HARR |
| 52.67 | Daniel Poulton | U20 | SNH  |
| 52.7  | Robert Rumble  | U20 | HPX  |
| 53.2  | Oliver Keates  | U20 | HPX  |
| 53.6  | Paul Yeomans   | U20 | WAT  |
| 53.7  | Martin Holding | U20 | SNH  |
| 55.4  | David Collins  | U20 | HPX  |
| 55.5  | Dan Christian  | U20 | E&H  |
| 55.5  | David Briggs   | U20 | D&T  |
| 58.0  | Alex Horton    | U20 | BAR  |
| 59.3  | Paul Rose      | U20 | D&T  |
| 59.87 | Shaun Daly     | U20 | D&T  |
| 60.0  | Russell Lamb   | U20 | HPX  |

## 800 Metres

|         |                 |     |      |
|---------|-----------------|-----|------|
| 1:54.10 | Rhys Fowler     | U20 | E&H  |
| 1:55.81 | Chris Saville   | U20 | HPX  |
| 1:56.1  | Daniel Poulton  | U20 | SNH  |
| 1:58.1  | Adam Parker     | U20 | HPX  |
| 2:00.0  | L Saunders      | U20 | HARR |
| 2:01.5  | Gareth Dodd     | U20 | HPX  |
| 2:02.8  | Dan Christian   | U20 | E&H  |
| 2:03.2  | Oliver Keates   | U20 | HPX  |
| 2:04.7  | Michael Tarpey  | U20 | HPX  |
| 2:09.5  | Martin Holding  | U20 | SNH  |
| 2:12.7  | Alex Horton     | U20 | BAR  |
| 2:15.8  | Luke Harris     | U20 | D&T  |
| 2:16.0  | Russell Lamb    | U20 | HPX  |
| 2:20.7  | Robert Eastwood | U20 | D&T  |
| 2:30.0  | Shaun Daly      | U20 | D&T  |

## 1000 metres

2:47.1 Adam Parker U20 HPX

## 1500 metres

|         |                 |     |      |
|---------|-----------------|-----|------|
| 4:04.9  | Chris Saville   | U20 | HPX  |
| 4:09.75 | R Franzese      | U20 | HARR |
| 4:10.9  | Daniel Poulton  | U20 | SNH  |
| 4:11.88 | T Waldron       | U20 | SBH  |
| 4:13.8  | Dan Christian   | U20 | E&H  |
| 4:14.6  | Dan Christian   | U20 | E&H  |
| 4:16.1  | Michael Tarpey  | U20 | HPX  |
| 4:18.88 | Robert Eastwood | U20 | D&T  |
| 4:25.8  | Adam Parker     | U20 | HPX  |
| 4:29.37 | Paul Yeomans    | U20 | WAT  |
| 4:31.1  | Oliver Keates   | U20 | HPX  |
| 4:35.2  | Robert Rumble   | U20 | HPX  |
| 4:48.4  | Martin Holding  | U20 | SNH  |
| 4:49.9  | Michael Roberts | U20 | HPX  |
| 4:51.2  | Alex Horton     | U20 | BAR  |
| 5:10.5  | Joe Copson      | U20 | D&T  |
| 5:12.3  | Paul Rose       | U20 | D&T  |
| 5:23.5  | Shaun Daly      | U20 | D&T  |
| 5:39.4  | Luke Harris     | U20 | D&T  |

## 3000 metres

|         |                 |     |      |
|---------|-----------------|-----|------|
| 8:56.84 | R Franzese      | U20 | HARR |
| 9:07.50 | T Waldron       | U20 | SBH  |
| 9:28.1  | Robert Eastwood | U20 | D&T  |
| 9:43.8  | Daniel Poulton  | U20 | SNH  |
| 10:40.9 | Adam Parker     | U20 | HPX  |

## 5000 metres

|          |                |     |     |
|----------|----------------|-----|-----|
| 18:05.89 | Dan Christian  | U20 | E&H |
| 18:27.4  | Daniel Poulton | U20 | SNH |

## 110m Hurdles (99cm)

|        |                 |     |     |
|--------|-----------------|-----|-----|
| 15.0   | Joe Tenny       | U20 | WAT |
| 15.1   | Richard Hansard | U20 | D&T |
| 15.9   | Rob Jones       | U20 | HPX |
| 16.23w | Robert Rumble   | U20 | HPX |
| 16.86  | Robert Rumble   | U20 | HPX |
| 17.9   | Oliver Keates   | U20 | HPX |
| 20.3   | Paul Yeomans    | U20 | WAT |

## 110m Hurdles (106cm)

|       |                |     |     |
|-------|----------------|-----|-----|
| 15.96 | Rob Jones      | U20 | HPX |
| 18.2  | Robert Rumble  | U20 | HPX |
| 20.1  | Oliver Keates  | U20 | HPX |
| 23.1  | Martin Holding | U20 | SNH |
| 23.2  | Lee Grint      | U20 | SNH |
| 31.1  | Russell Lamb   | U20 | HPX |

#### 400m Hurdles (91cm)

|      |               |     |     |
|------|---------------|-----|-----|
| 60.0 | Oliver Keates | U20 | HPX |
| 64.6 | Lee Grint     | U20 | SNH |
| 65.7 | A Brett       | U20 | WAT |
| 66.2 | Russell Lamb  | U20 | HPX |

#### 2000m Steeplechase

|        |                |     |     |
|--------|----------------|-----|-----|
| 6:36.0 | M Grant        | U20 | SBH |
| 6:39.6 | Dan Christian  | U20 | E&H |
| 6:57.6 | Ross Millhouse | U20 | E&H |
| 7:34.2 | Michael Tarpey | U20 | HPX |
| 7:41.5 | Adam Parker    | U20 | HPX |
| 7:46.3 | Adam Parker    | U20 | HPX |
| 8:16.1 | Russell Lamb   | U20 | HPX |

#### 3000m Steeplechase

|          |                 |     |     |
|----------|-----------------|-----|-----|
| 11:20.83 | Ian Cleaver     | U20 | HPX |
| 11:24.4  | Michael Tarpey  | U20 | HPX |
| 11:30.58 | Dan Christian   | U20 | E&H |
| 11:40.2  | Alex Horton     | U20 | BAR |
| 12:06.9  | Martin Holding  | U20 | SNH |
| 12:24.6  | Russell Lamb    | U20 | HPX |
| 12:47.0  | Michael Roberts | U20 | HPX |
| 13:02.5  | Lee Grint       | U20 | SNH |

#### High Jump

|       |                 |     |     |
|-------|-----------------|-----|-----|
| 2.16m | Adam Scarr      | U20 | E&H |
| 1.87m | Robert Rumble   | U20 | HPX |
| 1.85m | Joe Copson      | U20 | D&T |
| 1.75m | Rob Jones       | U20 | HPX |
| 1.70m | Tom Lake        | U20 | HPX |
| 1.70m | N Manning       | U20 | D&T |
| 1.70m | Jason Mbuyamba  | U20 | BAR |
| 1.60m | Gareth Dodd     | U20 | HPX |
| 1.55m | Martin Holding  | U20 | SNH |
| 1.50m | Robert Eastwood | U20 | D&T |
| 1.46m | Paul Yeomans    | U20 | WAT |
| 1.40m | Shaun Daly      | U20 | D&T |
| 1.40m | Paul Rose       | U20 | D&T |

#### Pole Vault

|       |                 |     |     |
|-------|-----------------|-----|-----|
| 3.90m | Paul Yeomans    | U20 | WAT |
| 3.40m | Robert Rumble   | U20 | HPX |
| 2.80m | Russell Lamb    | U20 | HPX |
| 1.20m | Michael Ajibulu | U20 | HPX |
| 1.00m | Lee Grint       | U20 | SNH |

#### Long Jump

|       |                  |     |     |
|-------|------------------|-----|-----|
| 6.69m | Tom Lake         | U20 | HPX |
| 6.14m | Shaun Batt       | U20 | E&H |
| 6.09m | Rob Jones        | U20 | HPX |
| 6.04m | Robert Rumble    | U20 | HPX |
| 5.70m | Daniel Rogers    | U20 | BED |
| 5.44m | Joe Ralph-Davies | U20 | HPX |
| 5.43m | Joe Copson       | U20 | D&T |
| 5.38m | Lee Grint        | U20 | SNH |
| 5.30m | Martin Holding   | U20 | SNH |

|       |                    |     |     |
|-------|--------------------|-----|-----|
| 5.25m | Adam Parker        | U20 | HPX |
| 5.25m | Paul Yeomans       | U20 | WAT |
| 5.20m | Lawrence Chawaresa | U20 | SNH |
| 5.13m | Michael Ajibulu    | U20 | HPX |
| 5.09m | Jason Mbuyamba     | U20 | BAR |
| 5.07m | George Brown       | U20 | HPX |
| 5.07m | Paul Rose          | U20 | D&T |
| 5.00m | Paul Ingram-Tedd   | U20 | SNH |
| 4.45m | Shaun Daly         | U20 | D&T |

#### Triple Jump

|        |                |     |     |
|--------|----------------|-----|-----|
| 14.13m | Shaun Batt     | U20 | E&H |
| 12.28m | Tom Lake       | U20 | HPX |
| 12.14m | Martin Holding | U20 | SNH |
| 11.62m | Joe Copson     | U20 | D&T |
| 11.52m | Paul Rose      | U20 | D&T |
| 11.48m | George Brown   | U20 | HPX |
| 11.20m | Lee Grint      | U20 | SNH |
| 10.14m | Oliver Keates  | U20 | HPX |

#### Shot (6k)

|        |                   |     |     |
|--------|-------------------|-----|-----|
| 11.66m | Daniel Rogers     | U20 | BED |
| 11.25m | Robert Rumble     | U20 | HPX |
| 10.42m | Shaun Daly        | U20 | D&T |
| 9.15m  | Gareth Dodd       | U20 | HPX |
| 8.97m  | Paul Yeomans      | U20 | WAT |
| 8.21m  | Rob Jones         | U20 | HPX |
| 7.63m  | Andrew Waddington | U20 | HPX |
| 6.98m  | Michael Tarpey    | U20 | HPX |
| 6.68m  | Michael Ajibulu   | U20 | HPX |

#### Shot (7.26k)

|        |            |     |     |
|--------|------------|-----|-----|
| 10.04m | Shaun Daly | U20 | D&T |
|--------|------------|-----|-----|

#### Discus (1.75k)

|        |                |     |     |
|--------|----------------|-----|-----|
| 36.39m | Daniel Rogers  | U20 | BED |
| 34.45m | Robert Rumble  | U20 | HPX |
| 31.60m | Shaun Daly     | U20 | D&T |
| 24.65m | Russell Lamb   | U20 | HPX |
| 23.59m | Paul Yeomans   | U20 | WAT |
| 21.65m | Oliver Keates  | U20 | HPX |
| 18.11m | Rob Jones      | U20 | HPX |
| 12.87m | Michael Tarpey | U20 | HPX |

#### Discus (2k)

|        |               |     |     |
|--------|---------------|-----|-----|
| 32.65m | Robert Rumble | U20 | HPX |
| 30.28m | Shaun Daly    | U20 | D&T |
| 22.14m | Aaron Hull    | U20 | SNH |
| 19.79m | Paul Rose     | U20 | D&T |
| 17.58m | Joe Copson    | U20 | D&T |

#### Hammer (6k)

|        |                |     |     |
|--------|----------------|-----|-----|
| 35.65m | Daniel Rogers  | U20 | BED |
| 19.69m | Russell Lamb   | U20 | HPX |
| 13.01m | Michael Tarpey | U20 | HPX |

#### Hammer (7.26k)

|        |              |     |     |
|--------|--------------|-----|-----|
| 15.56m | Russell Lamb | U20 | HPX |
|--------|--------------|-----|-----|

#### Javelin (800g)

|        |               |     |     |
|--------|---------------|-----|-----|
| 49.31m | Lewis Wallace | U20 | E&H |
|--------|---------------|-----|-----|

|          |                |     |     |
|----------|----------------|-----|-----|
| 43.40m   | Aaron Hull     | U20 | SNH |
| 41.00m   | Daniel Rogers  | U20 | BED |
| 40.15m d | Robert Rumble  | U20 | HPX |
| 32.69m   | Martin Holding | U20 | SNH |
| 30.68m   | Paul Yeomans   | U20 | WAT |
| 28.13m   | Luke Draper    | U20 | HPX |
| 27.95m   | Oliver Keates  | U20 | HPX |
| 27.33m   | Shaun Daly     | U20 | D&T |
| 27.08m   | Gareth Dodd    | U20 | HPX |
| 11.38m   | Joe Copson     | U20 | D&T |
| 8.37m    | Paul Rose      | U20 | D&T |

#### Decathlon

|       |               |     |     |
|-------|---------------|-----|-----|
| 5891w | Robert Rumble | U20 | HPX |
| 5712  | Robert Rumble | U20 | HPX |
| 4706  | Paul Yeomans  | U20 | WAT |

#### Pentathlon

|      |            |     |     |
|------|------------|-----|-----|
| 1861 | Shaun Daly | U20 | D&T |
| 1830 | Joe Copson | U20 | D&T |
| 1623 | Paul Rose  | U20 | D&T |

#### RELAYS

|       |               |     |        |
|-------|---------------|-----|--------|
| 4x100 | Herts Phoenix | U20 | 44.5   |
| 4x400 | Herts Phoenix | U20 | 3:21.0 |

#### INDOOR PERFORMANCES

##### MEN

##### 60m

|      |                  |     |      |         |
|------|------------------|-----|------|---------|
| 7.52 | Tom Lake         | U20 | 8/2  | NIA     |
| 7.88 | Robert Rumble    | U20 | 21/3 | Cardiff |
| 7.91 | Joe Ralph-Davies | U20 | 8/2  | NIA     |

##### 200m

|       |             |     |      |     |
|-------|-------------|-----|------|-----|
| 22.94 | Gareth Dodd | U20 | 25/1 | NIA |
|-------|-------------|-----|------|-----|

##### 400m

|       |               |     |      |     |
|-------|---------------|-----|------|-----|
| 49.10 | Gareth Dodd   | U20 | 8/2  | NIA |
| 53.58 | Oliver Keates | U20 | 29/2 | NIA |

##### 800m

|         |                |     |     |         |
|---------|----------------|-----|-----|---------|
| 1:56.9  | Chris Saville  | U20 | 1/2 | Cardiff |
| 2:06.33 | Michael Tarpey | U20 | 8/2 | NIA     |

##### 1000 metres

|         |               |     |      |         |
|---------|---------------|-----|------|---------|
| 2:47.41 | Robert Rumble | U20 | 21/3 | Cardiff |
|---------|---------------|-----|------|---------|

##### 60m Hurdles

|      |               |     |      |            |
|------|---------------|-----|------|------------|
| 8.46 | Robert Rumble | U20 | 22/2 | Chelmsford |
|------|---------------|-----|------|------------|

##### High Jump

|         |               |     |      |         |
|---------|---------------|-----|------|---------|
| 1.80m h | Robert Rumble | U20 | 21/3 | Cardiff |
|---------|---------------|-----|------|---------|

##### Pole Vault

|       |               |     |      |            |
|-------|---------------|-----|------|------------|
| 2.90m | Robert Rumble | U20 | 22/2 | Chelmsford |
|-------|---------------|-----|------|------------|

##### Long Jump

|       |          |     |     |     |
|-------|----------|-----|-----|-----|
| 6.10m | Tom Lake | U20 | 8/2 | NIA |
|-------|----------|-----|-----|-----|

|         |                  |     |      |         |
|---------|------------------|-----|------|---------|
| 5.62m h | Robert Rumble    | U20 | 21/3 | Cardiff |
| 4.86m   | Joe Ralph-Davies | U20 | 8/2  | NIA     |

Shot (6/6.25k)

|        |               |     |      |            |
|--------|---------------|-----|------|------------|
| 10.66m | Robert Rumble | U20 | 22/2 | Chelmsford |
|--------|---------------|-----|------|------------|

Heptathlon

|      |               |     |      |         |
|------|---------------|-----|------|---------|
| 3932 | Robert Rumble | U20 | 21/3 | Cardiff |
|------|---------------|-----|------|---------|