

2003 HERTS COUNTY TRACK AND FIELD RANKING LISTS

Senior Men

100 metres

| | | |
|-------|-------------------|------|
| 10.6 | Robert Harle | CamU |
| 11.2 | Eddie Johnson | E&H |
| 11.3 | Darren Jackson | E&H |
| 11.4w | D Bandele | Nor |
| 11.45 | M Collins | LUT |
| 11.5 | Neil Barton | HPx |
| 11.6 | Paul Mason | D&T |
| 11.68 | Greg Smith | High |
| 11.7 | Carl Rowlands | D&T |
| 11.7w | R Anderson | MetP |
| 12.2 | Peter Harding | HPx |
| 12.6 | Tom Yarrien | D&T |
| 12.7 | Matthew Armstrong | D&T |
| 12.8 | Stuart Norfolk | HPx |
| 12.8 | Richard Emptage | D&T |
| 12.96 | Tim Elliott | HPx |
| 14.4 | Tom Dixon | D&T |

200 metres

| | | |
|-------|-------------------|------|
| 22.09 | Robert Harle | CamU |
| 22.6 | Darren Jackson | E&H |
| 23.0 | Greg Smith | High |
| 23.2 | Richard Rowberry | HPx |
| 23.4 | Matt Thurgood | HPx |
| 23.7 | Paul Mason | D&T |
| 23.7 | Carl Rowlands | D&T |
| 24.0 | R Anderson | MetP |
| 24.13 | Neil Barton | HPx |
| 24.8 | Peter Harding | HPx |
| 25.6 | Matthew Armstrong | D&T |
| 27.8 | Tom Yarrien | D&T |
| 28.8 | Tom Dixon | D&T |

400 metres

| | | |
|--------|-------------------|------|
| 48.19 | Russell Nicholls | E&H |
| 49.4 | Matt Carlisle | E&H |
| 49.68 | Ben Sumner | E&H |
| 50.4 | Greg Smith | High |
| 50.97 | Robert Harle | CamU |
| 52.4 | Louis Wells | E&H |
| 52.9 | D Clifford | SBH |
| 53.1 | Alan Cooper | D&T |
| 53.2 | James Trezona | HPx |
| 53.5 | Carl Rowlands | D&T |
| 53.7 | Peter Harding | HPx |
| 54.7 | Richard Rowberry | HPx |
| 54.8 | Paul Mason | D&T |
| 55.19d | Neil Barton | HPx |
| 58.2 | Matthew Armstrong | D&T |
| 58.7 | Tom Waiting | D&T |
| 62.3 | Tom Yarrien | D&T |
| 62.8 | Tom Dixon | D&T |
| 64.2 | Stuart Norfolk | HPx |
| 69.0 | Robert Slack | D&T |
| 82.0 | Rowlands Lyons | D&T |
| 95.0 | Craig Rowlands | D&T |

800 metres

| | | |
|---------|------------------|------|
| 1:51.44 | Adam Bowden | Harr |
| 1:54.5 | Neil Gamester | E&H |
| 1:54.5 | Louis Wells | E&H |
| 1:56.7 | Tim Woodthorpe | Nott |
| 1:58.0 | Neil Miller | Bed |
| 1:58.7 | Matt Carlisle | E&H |
| 2:00.0 | Matt Norminton | HHH |
| 2:00.0 | Simon Everington | D&T |
| 2:01.2 | J Taylor | Bar |
| 2:07.27 | Tom Bedford | SBH |
| 2:07.6 | Andrew del Nevo | D&T |
| 2:10.0 | Tom Yarrien | D&T |
| 2:12.3 | Richard Rowberry | HPx |
| 2:13.9 | Sean Hunt | Harr |
| 2:16.0 | Tom Dixon | D&T |
| 2:39.9 | Robert Slack | D&T |
| 2:48.8 | Neil Barton | HPx |

1500 metres

| | | |
|----------|------------------|-------|
| 3:45.63 | Adam Bowden | Harr |
| 3:46.52 | Neil Gamester | E&H |
| 3:53.09 | Simon Everington | D&T |
| 3:53.57 | Neil Miller | Bed |
| 3:56.67 | Stephen Murphy | SBH |
| 3:58.42 | Matt Norminton | HHH |
| 4:06.61 | G Mobbs | |
| 4:15.5 | A Mason | Bar |
| 4:16.8 | Ian Johnston | Shett |
| 4:21.8 | M Rahim | Harr |
| 4:30.8 | Tom Dixon | D&T |
| 4:35.2 | David Brown | FVS |
| 4:41.0 | Andrew Cross | HPx |
| 4:42.5 | Andrew del Nevo | D&T |
| 4:51.9 | Markus Allen | HPx |
| 5:05.7 | Andy Holt | HPx |
| 5:17.6 | David Jack | HPx |
| 5:26.53d | Neil Barton | HPx |
| 6:25.9 | Craig Rowlands | D&T |
| 6:26.8 | David Quincey | D&T |

1 Mile

| | | |
|--------|-------------|-----|
| 4:20.9 | Neil Miller | Bed |
|--------|-------------|-----|

3000 metres

| | | |
|----------|------------------|-------|
| 8:19.65 | Adam Bowden | Harr |
| 8:21.41 | Stephen Murphy | SBH |
| 8:26.0 | Neil Gamester | E&H |
| 8:34.2 | Matt Norminton | HHH |
| 8:39.31 | Simon Everington | D&T |
| 8:56.5 | Neil Burton | D&T |
| 8:59.43 | Ian Johnston | Shett |
| 9:55.1 | Tom Dixon | D&T |
| 10:06.35 | K Walden | SBH |

5000 metres

| | | |
|----------|-------------------|-------|
| 14:04.16 | Matt Smith | Tip |
| 14:39.69 | Matt Norminton | HHH |
| 14:54.38 | Neil Miller | Bed |
| 15:05.3 | M Norminton | HHH |
| 15:35.0 | James Lawler | Bed |
| 15:35.4 | Neil Burton | D&T |
| 15:36.1 | Sam Pullan | SAS |
| 15:51.1 | Ian Johnston | Shett |
| 15:54.87 | Neilson Hall | HPx |
| 16:12.0 | Tom May | D&T |
| 16:27.2 | Andy Holt | HPx |
| 16:54.4 | Tom Dixon | D&T |
| 16:55.1 | Andrew Slack | HPx |
| 17:04.1 | M Rahim | Harr |
| 17:07.6 | Martin Arnold | D&T |
| 17:29.5 | Matthew Hallissey | D&T |
| 17:53.44 | Gary Leader | E&H |
| 18:07.0 | K Walden | SBH |

10000 metres

| | | |
|----------|----------------|-------|
| 29:23.13 | Matt Smith | Tip |
| 30:15.48 | Matt Norminton | HHH |
| 32:51.94 | Ian Johnston | Shett |
| 33:31.73 | Andy Holt | HPx |
| 36:41.24 | Andrew Slack | HPx |
| 36:41.34 | David Brown | FVS |

110m Hurdles (106.4)

| | | |
|--------|------------------|-----|
| 14.21 | Tristan Anthony | E&H |
| 16.41 | Ben Sumner | E&H |
| 17.3 | Lee Copeland | D&T |
| 18.3 | James Trezona | HPx |
| 20.7 | Gregor Morris | D&T |
| 20.8 | Trevor Ratcliffe | D&T |
| 21.0 | Tim Elliott | HPx |
| 21.65d | Neil Barton | HPx |

400m Hurdles (91.0)

| | | |
|-------|-------------------|-----|
| 53.87 | Ben Sumner | E&H |
| 57.9 | James Trezona | HPx |
| 62.1 | Lee Copeland | D&T |
| 62.5 | Carl Rowlands | D&T |
| 65.7 | Gregor Morris | D&T |
| 66.6 | Richard Rowberry | HPx |
| 68.9 | Simon Everington | D&T |
| 70.1 | Matthew Armstrong | D&T |
| 75.1 | Andrew Cross | HPx |

3000m Steeplechase

| | | |
|----------|-------------------|------|
| 8:42.92 | Adam Bowden | Harr |
| 8:51.09 | Stephen Murphy | SBH |
| 9:29.3 | Tim Woodthorpe | Nott |
| 9:52.87 | A Murphy | SBH |
| 9:55.61 | M Bryant | Harr |
| 10:21.2 | Simon Everington | D&T |
| 10:24.2 | Matthew Hallissey | D&T |
| 10:33.4 | B Judge | GCR |
| 10:44.26 | Markus Allen | HPx |
| 11:02.5 | Andrew Cross | HPx |
| 11:40.3 | Mark Fone | E&H |
| 13:56.3 | Tom Yarrien | D&T |

High Jump

| | | |
|-------|-------------------|-----|
| 2.15m | Mark Crowley | E&H |
| 2.00m | Matt Thurgood | HPx |
| 1.95m | B Smith | SBH |
| 1.70m | Neil Barton | HPx |
| 1.70m | Andrew Cracknell | HPx |
| 1.60m | Richard Emptage | D&T |
| 1.50m | Tim Elliott | HPx |
| 1.30m | James Trezona | HPx |
| 1.10m | Matthew Armstrong | D&T |

Pole Vault

| | | |
|--------|-------------------|-----|
| 4.20m | Paul Hoad | E&H |
| 4.20m | Jason O'Hara | SBH |
| 4.10m | Steve Leader | E&H |
| 3.40m | T Fryett | Wat |
| 3.20m | Tim Elliott | HPx |
| 3.00m | Trevor Ratcliffe | D&T |
| 2.40m | James Trezona | HPx |
| 2.40md | Neil Barton | HPx |
| 2.20m | Gregor Morris | D&T |
| 1.20m | Neil McLellan | SNH |
| 1.10m | Matthew Armstrong | D&T |

Long Jump

| | | |
|--------|-------------------|-----|
| 7.09mw | Neil Barton | HPx |
| 6.99m | Neil Barton | HPx |
| 6.33m | Craig Rowlands | D&T |
| 6.28m | Junior Lewis | HPx |
| 6.20m | Kevin Webb | SNH |
| 6.12m | M Collins | LUT |
| 5.34m | Tim Elliott | HPx |
| 5.32m | Richard Emptage | D&T |
| 5.24m | Matthew Armstrong | D&T |
| 5.22m | Carl Rowlands | D&T |
| 4.26m | Tom Yarrien | D&T |

Triple Jump

| | | |
|--------|-------------------|-----|
| 14.17m | Matt Thurgood | HPx |
| 13.74m | Junior Lewis | HPx |
| 13.57m | Neil Barton | HPx |
| 13.44m | Matt Thurgood | HPx |
| 11.75m | Richard Emptage | D&T |
| 11.55m | Craig Rowlands | D&T |
| 10.84m | Matthew Armstrong | D&T |
| 10.10m | Gregor Morris | D&T |

Shot (7.26k)

| | | |
|--------|-------------------|-----|
| 17.86m | Scott Rider | Bir |
| 14.51m | Carl Saggars | E&H |
| 12.78m | Neil McLellan | SNH |
| 11.29m | R McKenna | Wat |
| 10.48m | Trevor Ratcliffe | D&T |
| 10.11m | Jason Kingwell | HPx |
| 9.12m | Steve Maisey | HPx |
| 8.90m | Anthony Lovett | E&H |
| 8.57md | Neil Barton | HPx |
| 8.08m | Matthew Armstrong | D&T |

Discus (2k)

| | | |
|---------|-------------------|-----|
| 54.22m | Scott Rider | Bir |
| 45.12m | Carl Saggars | E&H |
| 36.65m | R McKenna | Wat |
| 35.08m | Neil McLellan | SNH |
| 33.76m | Trevor Ratcliffe | D&T |
| 32.98m | Steve Leader | E&H |
| 32.12m | David Harding | HPx |
| 27.93m | Gregor Morris | D&T |
| 25.48m | Tim Elliott | HPx |
| 24.45m | Steve Maisey | HPx |
| 22.93md | Neil Barton | HPx |
| 17.35m | James Trezona | HPx |
| 17.02m | Matthew Armstrong | D&T |

Hammer (7.26k)

| | | |
|--------|-------------------|-----|
| 62.52m | Carl Saggars | E&H |
| 45.93m | Jason Kingwell | HPx |
| 37.13m | Neil McLellan | SNH |
| 35.40m | Trevor Ratcliffe | D&T |
| 32.94m | S Iwanciw | Wat |
| 26.95m | Steve Maisey | HPx |
| 20.12m | James Trezona | HPx |
| 16.97m | Matthew Armstrong | D&T |

Javelin (800g)

| | | |
|---------|-------------------|------|
| 70.40m | Neil McLellan | SNH |
| 61.84m | Anthony Lovett | E&H |
| 61.73m | Trevor Ratcliffe | D&T |
| 52.52m | David Harding | HPx |
| 49.35m | Lee Copeland | D&T |
| 47.36m | Peter Harding | HPx |
| 46.91m | Steve Maisey | HPx |
| 43.73m | Gregor Morris | D&T |
| 43.63m | Craig Snook | Harl |
| 39.26md | Neil Barton | HPx |
| 39.00m | Tim Elliott | HPx |
| 38.44m | James Trezona | HPx |
| 26.75m | Matthew Armstrong | D&T |

Pentathlon

| | | |
|------|-------------------|-----|
| 1920 | Matthew Hallissey | D&T |
|------|-------------------|-----|

Decathlon

| | | |
|------|-------------|-----|
| 4569 | Neil Barton | HPx |
|------|-------------|-----|

TOP RELAYS**4x100**

| | |
|-------|-------|
| 44.29 | HPx |
| 45.8 | D&T |
| 46.4 | Herts |
| 47.3 | SNH |

4x400

| | |
|--------|-----|
| 3:26.3 | HPx |
| 3:39.5 | D&T |
| 3:41.6 | SNH |