

HERTS ASSOCIATION OF ATHLETIC & RUNNING CLUBS 2004 RANKING LIST

UNDER 15 BOYS

100 metres

			28.6	Steven Ng	STA
11.6	Jonathan Tinner	E&H	28.8	Tommy Bryant	BAR
11.65	Antonio Infantino	E&H	30.2	Jonathan Oxley	STA
11.8	Ian Tobin	HPX	30.2	Ben Smith	BAR
11.9	Steven Leung	SNH	31.0	E Gardner	D&T
12.0	T Muskett	D&T	31.7	Stephen Allen	STA
12.1	Kenny Howard	HPX	33.0	Kevin Webb	STA
12.1	Glen Begley	SNH	35.4	Owen Randall	BAR
12.2	T Collin	D&T	38.6	Tom Hutton	HPX
12.3	Alex Moore	HPX			
12.4	Ben Nichols	HPX			
12.4	Danny Standing	E&H			
12.6	C Hamilton	D&T			
12.7	David Jones	HPX			
12.7	J O'Brien	D&T			
12.8	Andrew John	STA			
13.0	J Hamilton	D&T			
13.4	Jack McKenzie	HPX			
13.5	Scott Taylor	HPX			
13.5	Daniel Nansoz	STA			
13.5	James Armstrong	BAR			
13.6	J Rossini	D&T			
13.7	George Hackett	STA			
13.7	Piers Lawford	STA			
13.8	Steven Ng	STA			
13.9	Tommy Bryant	BAR			
14.5	Jonathan Constantinou	STA			
14.5	Jonathan Oxley	STA			
14.6	Alexander Akselberg	STA			
15.4	Sam Barrow	BAR			
15.8	Jay Buckler-Picton	STA			

200 metres

23.4	Antonio Infantino	E&H			
24.0	Ian Tobin	HPX			
24.01	Jonathan Tinner	E&H			
24.3	T Collin	D&T			
24.5	Steven Leung	SNH			
24.7	T Muskett	D&T			
24.8	Alex Moore	HPX			
24.8	Douglas Hudson	STA			
24.9	Christian Tendi	HPX			
25.1	Glen Begley	SNH			
25.5	Kenny Howard	HPX			
25.7	David Jones	HPX			
25.8	Ben Nichols	HPX			
26.1	Andrew John	STA			
26.3	David Paar	SNH			
26.5	Greg Lloyd-Smith	SNH			
26.5	Piers Lawford	STA			
26.8	J Rossini	D&T			
27.0	Sean Pollen	SNH			
27.1	C Hatch	D&T			
27.2	Daniel Nansoz	STA			
27.9	Charlie Muir	BAR			
28.0	James Armstrong	BAR			
28.3	K Clark	D&T			

400 metres

51.8	Preston Edwards	E&H
53.5	Lewis Webb	E&H
55.5	Douglas Hudson	STA
56.0	Greg Lloyd-Smith	SNH
57.0	Ben Nichols	HPX
57.9	Sean Pollen	SNH
58.1	Robert O'Loughlin	HPX
58.1	Andrew John	STA
58.3	J Rossini	D&T
59.0	Alex Moore	HPX
59.1	T Muskett	D&T
59.4	Tom Hutton	HPX
60.1	Jack McKenzie	HPX
62.9	J Hamilton	D&T
63.2	Tommy Bryant	BAR
63.2	Ben Smith	BAR
63.4	Aaron Reynolds	SNH
63.6	Kenny Howard	HPX
64.4	Joe Hazell	HPX
65.1	E Gardner	D&T
66.1	Jonathan Oxley	STA
66.8	Josh Moss	SNH
67.9	Callum McKechnie	SNH
68.2	James Goddard	BAR
68.9	Charlie Muir	BAR
73.4	Matt Henderson	BAR
74.1	Kevin Webb	STA

800 Metres

2:10.6	Shaun Collins	E&H
2:11.1	Greg Lloyd-Smith	SNH
2:12.3	Sean Pollen	SNH
2:13.7	T Collin	D&T
2:14.0	Robert O'Loughlin	HPX
2:14.20	Matt Richardson	HPX
2:14.5	J Hutchinson	D&T
2:16.5	Douglas Hudson	STA
2:17.5	Robert Buckley	SNH
2:20.5	Tommy Bryant	BAR
2:20.8	J Rossini	D&T
2:20.8	C Hatch	D&T
2:24.1	Joe Hazell	HPX
2:25.6	Louis Walshe	HPX
2:26.5	Steven Ng	STA
2:27.9	Andrew John	STA
2:29.5	P Nicholls	D&T

2:29.8	Tom Clark	STA	13.5	Andrew John	STA
2:30.1	Jonathan Oxley	STA	13.6	C Hatch	D&T
2:30.2	Tom Hutton	HPX	13.6	Tom Clark	STA
2:30.3	Aaron Reynolds	SNH	13.7	Douglas Hudson	STA
2:31.6	Chris Moss	SNH	13.8	J Oliver	D&T
2:32.0	Callum McKechnie	SNH	13.9	T Collin	D&T
2:33.2	Ben Smith	BAR	14.2	David Humphrey	HPX
2:35.5	M Steptoe	D&T	14.7	Glen Begley	SNH
2:38.2	Jay Foulds	HPX	15.0	C Hamilton	D&T
2:39.3	T Muskett	D&T	15.1	J Rossini	D&T
2:42.2	Leo Lundgren	STA	15.3	Leo Lundgren	STA
2:45.1	Ben Nagy	BAR	15.5	J Hamilton	D&T
2:48.1	C Hamilton	D&T	16.0	Steven Ng	STA
2:54.3	Kevin Webb	STA	16.1	Alexander Akselberg	STA
2:57.9	C Molloy	D&T	16.2	P Nicholls	D&T
3:02.2	Matthew Bidmead	BAR	16.5	Matt Henderson	BAR
3:05.0	Alexander Akselberg	STA	16.8	Ashley Ralph	STA
3:26.7	J Hamilton	D&T	17.0	Joss Rogers	STA
1500 metres			17.3	Sam Barrow	BAR
4:23.9	Shaun Collins	E&H	17.3	S Bidmead	BAR
4:37.7	Tom Smith	HPX	17.7	Stephen Allen	STA
4:42.6	Jonathan Wright	E&H	17.77	Tommy Bryant	BAR
4:56.7	Sean Pollen	SNH	18.1	Louis Walshe	HPX
4:57.1	Peter Townsend	HPX	High Jump		
4:58.6	C Hatch	D&T	1.70	J Hutchinson	D&T
4:59.2	Joe Hazell	HPX	1.66	Matt Richardson	HPX
5:01.9	Louis Walshe	HPX	1.65	Jay Perry	HPX
5:02.2	M Steptoe	D&T	1.60	J Hamilton	D&T
5:02.5	Josh Moss	SNH	1.58	J Oliver	D&T
5:04.9	Callum McKechnie	SNH	1.56	Ashley Ralph	STA
5:08.1	William Bates	HPX	1.55	Oliver Cook	HPX
5:08.9	Owen Randall	BAR	1.55	Alexander Akselberg	STA
5:10.7	K Walker	D&T	1.51	Andrew John	STA
5:12.5	Steven Ng	STA	1.50	Glen Begley	SNH
5:12.6	Jonathan Oxley	STA	1.50	Tom Clark	STA
5:19.0	James Doran	STA	1.48	T Muskett	D&T
5:20.9	Aaron Reynolds	SNH	1.45	C Hamilton	D&T
5:26.5	Jay Buckler-Picton	STA	1.45	P Nicholls	D&T
5:50.4	Cameron Bridger	SNH	1.45	Steven Ng	STA
6:03.0	Kevin Webb	STA	1.45	Ben Nagy	BAR
3000 metres			1.42	Douglas Hudson	STA
9:29.8	Shaun Collins	E&H	1.36	J Rossini	D&T
10:09.2	Tom Smith	HPX	1.36	C Hatch	D&T
10:47.4	Matt Steptoe	D&T	1.36	Robert O'Loughlin	HPX
10:48.1	Peter Townsend	HPX	1.36	Tommy Bryant	BAR
10:54.0	Robert van Tromp	WAT	1.35	Jay Foulds	HPX
11:15.8	James Doran	STA	1.30	Huw Davies	HPX
11:34.2	Jonathan Oxley	STA	1.30	K Walker	D&T
11:48.9	Stephen Allen	STA	1.30	S Copson	D&T
13:02.4	Kevin Webb	STA	1.27	Joss Rogers	STA
80m Hurdles			1.20	Joe Hazell	HPX
11.5	Stephen Barnard	E&H	1.20	Louis Walshe	HPX
12.0	Matt Richardson	HPX	1.20	Sam Barrow	BAR
12.0	David Paar	SNH	Pole Vault		
12.5	Christian Tendi	HPX	2.70	O Birch	D&T
12.6	Kenny Howard	HPX	2.60	K Walker	D&T
12.80	Robert O'Loughlin	HPX	2.00	C Molloy	D&T
13.0	T Muskett	D&T			

Long Jump

5.98	Ian Tobin	HPX
5.66	Matt Richardson	HPX
5.51	Alex Moore	HPX
5.24	T Muskett	D&T
5.19	Steven Leung	SNH
5.17	Danny Standing	E&H
5.11	David Paar	SNH
5.10	Daniel Nansoz	STA
5.10	Tom Clark	STA
5.08	Andrew John	STA
5.01	Piers Lawford	STA
4.98	Jonathan Tinner	E&H
4.93	Robert O'Loughlin	HPX
4.87	T Collin	D&T
4.82	Greg Lloyd-Smith	SNH
4.82	Glen Begley	SNH
4.81 w	David Jones	HPX
4.79	David Jones	HPX
4.79	Douglas Hudson	STA
4.73	C Hamilton	D&T
4.73	J Hamilton	D&T
4.70	Tommy Bryant	BAR
4.69	J Hutchinson	D&T
4.66	J O'Brien	D&T
4.66	J Oliver	D&T
4.63	P Nicholls	D&T
4.60	Steven Ng	STA
4.57	Christian Tendi	HPX
4.54	Huw Davies	HPX
4.50	C Hatch	D&T
4.47	Ashley Ralph	STA
4.47	Leo Lundgren	STA
4.35	E Gardner	D&T
4.28	Ben Smith	BAR
4.17	Joss Rogers	STA
4.14	Tom Hutton	HPX
4.10	Tom Smith	HPX
4.10	Alexander Akselberg	STA
3.85	Christian Louka	BAR
3.60	Jay Buckler-Picton	STA
3.48	J Rossini	D&T
3.38	S Copson	D&T
3.02	Louis Walshe	HPX
2.84	Michael Hammond	BAR
2.81	Owen Randall	BAR

Triple Jump

11.53	Andrew John	STA
11.03	T Muskett	D&T
10.66	Alex Moore	HPX
10.30	C Hatch	D&T
10.21	Steven Ng	STA
8.48	Charlei Muir	BAR

Shot (4k)

12.70	Doug Chick	E&H
11.95	Ashley Ralph	STA
10.36	S Watson	D&T
9.65	Jonathan Shaw	HPX
9.64	Ben Flash	D&T

9.58	Robert O'Loughlin	HPX
9.23	T Muskett	D&T
9.21	Glen Begley	SNH
9.20	Matt Richardson	HPX
9.18	Alexander Akselberg	STA
8.84	Robert Lockley	HPX
8.80	Andrew John	STA
8.40	Jack McKenzie	HPX
8.06	Alex Moore	HPX
8.01	Ben Nagy	BAR
7.93	C Hamilton	D&T
7.85	C Hatch	D&T
7.79	Jonathan Constantinou	STA
7.52	O Birch	D&T
7.52	Joss Rogers	STA
7.48	Max Thaddeus	HPX
7.48	J Hamilton	D&T
7.42	Douglas Hudson	STA
7.41	Chris Bridger	SNH
7.12	Tommy Bryant	BAR
6.90	Tom Smith	HPX
6.71	Ben Smith	BAR
6.60	Tom Clark	STA
6.33	Steven Ng	STA
6.30	P Nicholls	D&T
5.83	Stephen Allen	STA
5.70	Louis Walshe	HPX
5.52	J Rossini	D&T
4.76	Christian Louka	BAR
4.70	Simeon Scheuber	SNH
4.69	Callum McKechnie	SNH
4.21	Aaron Reynolds	SNH

Discus (1.25k)

34.55	S Watson	D&T
30.96	Ashley Ralph	STA
28.50	Jonathan Shaw	HPX
28.25	Jack McKenzie	HPX
26.26	J Hutchinson	D&T
24.88	Joss Rogers	STA
24.64	Doug Chick	E&H
23.75	Ben Flash	D&T
21.35	Alexander Akselberg	STA
21.16	Chris Bridger	SNH
19.47	Ben Nagy	BAR
18.79	Ian Tobin	HPX
17.89	Leo Lundgren	STA
17.73	Robert O'Loughlin	HPX
17.07	O Birch	D&T
14.86	Louis Walshe	HPX
14.16	Sean Pollen	SNH
14.16	Ben Smith	BAR
13.69	Jay Buckler-Picton	STA
13.29	Callum McKechnie	SNH
12.78	Douglas Hudson	STA
11.55	Aaron Reynolds	SNH
11.24	Simeon Scheuber	SNH
7.45	Matthew Bidmead	BAR

Hammer (4k)

36.91	Ben Flash	D&T
33.95	Doug Chick	E&H
32.05	Ashley Ralph	STA
28.42	B Firth	D&T
22.96	S Watson	D&T
21.43	Robert O'Loughlin	HPX
20.48	C Hatch	D&T
18.31	Leo Lundgren	STA
17.65	Alexander Akselberg	STA
16.83	Tom Smith	HPX

Javelin (600g)

44.75	Jack Hutchinson	D&T
37.95	Jonathan Shaw	HPX
33.60	Oliver Cook	HPX
31.09	Joss Rogers	STA
28.74	Alexander Akselberg	STA
27.39	J Parks	D&T
25.89	Leo Lundgren	STA
25.55	S Watson	D&T
25.30	Jay Perry	HPX
24.59	P Lelliott	D&T
24.46	C Hamilton	D&T
24.06	J Rossini	D&T
21.61	Matt Henderson	BAR
21.27	Tom Smith	HPX
18.90	Jack McKenzie	HPX
18.40	Jonathan Constantinou	STA
18.21	Sean Pollen	SNH
18.14	Ben Flash	D&T
17.46	Josh Moss	SNH
15.81	Ben Nagy	BAR

15.60	Chris Bridger	SNH
14.82	Greg Lloyd-Smith	SNH
14.32	Joe Hazell	HPX
11.97	Aaron Reynolds	SNH
11.89	James Armstrong	BAR
11.28	Jonathan Oxley	STA
11.08	S Copson	D&T
4.96	Tom Hutton	HPX
4.12	Callum McKechnie	SNH

Javelin**(700g)**

36.52	Jonathan Shaw	HPX
-------	---------------	-----

Pentathlon (75H, LJ, SP, HJ, 800m)

2041	T Muskett	D&T
1831	C Hatch	D&T
1562	P Nicholls	D&T
1560	C Hamilton	D&T
1535	Tommy Bryant	BAR

RELAYS

4x100	Herts Phoenix	48.4
4x100	St Albans	50.5
4x100	Barnet	54.6
4x400	Herts Phoenix	3:57.4
4x400	St Albans	4:21.0

INDOOR PERFORMANCES**60m**

8.12	Ben Nichols	HPX
------	-------------	-----