

# HERTS ASSOCIATION OF ATHLETIC & RUNNING CLUBS 2004 RANKING LIST

## U17 MEN

<b>100 metres</b>			27.2	Simon Britten	HPX	
11.03 +2.1	Adam Daish	HPX	29.7	J Parslow	D&T	
11.2	Adam Daish	HPX				
11.7	Mustafa Kanuni	E&H				
11.7	L Taylor	WAT	<b>400 metres</b>	Adam Daish	HPX	
11.8	Ben Whitaker	SNH	49.15	Steven Smith	HPX	
11.8	Bradley Speed	WAT	51.6	Bradley Speed	WAT	
11.85	Chris Beck	WSEH	51.65	Stuart Brill	STA	
11.9	Alistair Ledsam	HPX	52.3	Aaron Willicombe	E&H	
11.9	Ross Clewlow	HPX	52.9	M Cohen	SBH	
12.0	K Merriman	D&T	53.3	Chris Beck	WSEH	
12.0	T Catchpole	WAT	53.89	Pat Barrett	HPX	
12.0	Stuart Brill	STA	54.3	K Lockyer	D&T	
12.0	Stuart Brown	STA	54.3	Ross Clewlow	HPX	
12.08	S Brown	STA	54.4	Ben Whitaker	SNH	
12.09	M Cohen	SBH	55.4	Bradley Smith	E&H	
12.1	C Hooton	D&T	55.7	Richard Tarpey	HPX	
12.2	Melvin Auburn	SNH	56.1	T Catchpole	WAT	
12.2	Joe Gallagher	STA	57.5	Lloyd Smyth	SNH	
12.3	Freddie Stirling-Brown	SNH	58.0	Lee Cordell	D&T	
12.4	R Taylor	D&T	58.6	Matthew Withers	STA	
12.4	K Lockyer	D&T	58.8	A Gardner	D&T	
12.4	Lloyd Smyth	SNH	59.1	J Parslow	D&T	
12.4	Stephen Rayner	BAR	59.3	Simon Britten	HPX	
12.9	I Simson	D&T	59.77	Melvin Auburn	SNH	
13.0	John Gamble	HPX	60.9	Ieuan Lewis	SNH	
13.1	R Wentford	D&T	61.3	T Harris	D&T	
13.3	Richard Tarpey	HPX	62.3	Carl Vidgen	HPX	
13.6	Matt Parker	HPX	63.2	Terry Brennan	SNH	
14.2	R Tschudy	BAR	65.4	Freddie Stirling-Brown	SNH	
			67.5			
<b>200 metres</b>						
22.42 +2.3	Adam Daish	HPX	<b>800 Metres</b>	1:59.45	Steven Smith	HPX
22.58	Adam Daish	HPX	2:03.7	Pat Barrett	HPX	
23.55	Bradley Speed	WAT	2:05.5	Aaron Willicombe	E&H	
23.6	Chris Beck	WSEH	2:06.7	Richard Tarpey	HPX	
23.6	Stuart Brown	STA	2:06.7	Richard Tarpey	HPX	
24.0	B Shipley	D&T	2:09.9	J Parslow	D&T	
24.06 +1.6	Ross Clewlow	HPX	2:09.9	J Parslow	D&T	
24.13	M Cohen	SBH	2:11.38	Stuart Brill	STA	
24.2	K Lockyer	D&T	2:12.2	Terry Brennan	SNH	
24.2	Stuart Brill	STA	2:12.2	Terry Brennan	SNH	
24.49	T Catchpole	WAT	2:13.0	George Brown	HPX	
24.5	Steven Smith	HPX	2:15.5	Lee Cordell	D&T	
24.5	Ben Whitaker	SNH	2:16.3	Marcus McKechnie	SNH	
24.6	T Harris	D&T	2:16.3	Marcus McKechnie	SNH	
24.82	Stephen Rayner	BAR	2:17.0	Bryn Reynolds	HPX	
24.9	Joe Gallagher	STA	2:17.0	Bryn Reynolds	HPX	
25.1	C Hooton	D&T	2:17.3	Luke Hines	STA	
25.1	Lloyd Smyth	SNH	2:18.0	Simon Britten	HPX	
25.1 p	Pat Barrett	HPX	2:18.0	Simon Britten	HPX	
25.3	Melvin Auburn	SNH	2:18.8	J Little	D&T	
25.7	I Simson	D&T	2:18.8	J Little	D&T	
25.7	R Wentford	D&T	2:19.5	A Gardner	D&T	
25.7	R Taylor	D&T	2:19.5	A Gardner	D&T	
25.8	K Merriman	D&T	2:20.8	Sam Poulton	SNH	
26.2	Lee Cordell	D&T	2:20.8	Sam Poulton	SNH	
			2:21.6	Richard Horlock	E&H	
			2:23.2	T Harris	D&T	
			2:23.2	T Harris	D&T	
			2:23.6	Jonathan Stroud	STA	
			2:26.2	Ben Whitaker	SNH	
			2:29.4	K Lockyer	D&T	
			2:37.1	R Tschudy	BAR	
			2:39.9	Thomas Kelly	SNH	

<b>1500 metres</b>			68.4	Simon Britten	HPX
4:18.98	Jack Parslow	D&T			
4:27.7	Terry Brennan	SNH			
4:27.7	R Sparrow	SBH	<b>400m Hurdles (91cm)</b>		
4:28.5	Pat Barrett	HPX	59.46	Pat Barrett	HPX
4:30.0	Bryn Reynolds	HPX			
4:31.3	Aaron Willicombe	E&H	<b>1500m Steeplechase</b>		
4:35.1	Marcus McKechnie	SNH	4:25.7	Jon Pepper	E&H
4:40.5	Richard Tarpey	HPX	5:05.4	J Parslow	D&T
4:40.9	David Thompson	HPX	5:23.4	Bryn Reynolds	HPX
4:43.2	Luke Hines	STA	5:37.9	Terry Brennan*	HPX
4:43.4	Simon Britten	HPX	5:41.7	Simon Britten	HPX
4:57.8	Sam Poulton	SNH	5:53.1	K Lockyer	D&T
5:00.9	Richard Horlock	E&H	5:53.9	David Thompson	HPX
5:01.1	George Brown	HPX	6:20.1	Lee Cordell	D&T
5:03.0	K Lockyer	D&T	7:21.2	K Merryman	D&T
5:06.4	T Sheldrick	D&T			
5:12.4	Jonathan Stroud	STA	<b>2000m Steeplechase</b>		
5:13.7	Ieuan Lewis	SNH	6:17.04	Jon Pepper	E&H
5:16.86	Chris Beck	WSEH	7:23.9	Terry Brennan*	HPX
5:18.8	I Simson	D&T			
5:19.4	Thomas Kelly	SNH	<b>High Jump</b>		
6:16.8	B Shipley	D&T	1.85	Pat Barrett	HPX
			1.75	Mustafa Kanuni	E&H
<b>3000 metres</b>			1.75	Laurie Pirie	SNH
8:52.3	Jon Pepper	E&H	1.71	Robert Welling	STA
9:28.89	Sean Collins		1.70	Edward Fleming	E&H
9:38.3	Terry Brennan	SNH	1.70	Simon Montanari	E&H
10:06.0	Bryn Reynolds	HPX	1.70	B Shipley	D&T
10:15.0	Luke Hines	STA	1.65	Lee Cordell	D&T
10:30.2	Simon Britten	HPX	1.65	B Briody	WAT
10:31.0	Carl Vidgen	HPX	1.60	John Gamble	HPX
10:37.0	Marcus McKechnie	SNH	1.60	K Lockyer	D&T
10:46.1	Alex Dawson	HPX	1.60	Ieuan Lewis	SNH
10:54.9	David Thompson	HPX	1.55	Alistair Ledsam	HPX
11:00.0	T Sheldrick	D&T	1.55	R Taylor	D&T
			1.52	Chris Beck	WSEH
<b>100m Hurdles</b>			1.50	Melvin Auburn	SNH
14.4	Ieuan Lewis	SNH	1.45	Adam Daish	HPX
14.44	Pat Barrett	HPX	1.35	Simon Britten	HPX
15.14	Zak Saucedo	E&H	1.35	J Parslow	D&T
15.2	R Taylor	D&T	1.20	Marcus McKechnie	SNH
16.2	Mustafa Kanuni	E&H	<b>Pole Vault</b>		
16.7	B Shipley	D&T	3.90	Lee Cordell	D&T
17.0	Ross Clewlow	HPX	3.50	J Briody	WAT
17.4	Laurie Pirie	SNH	3.40	B Briody	WAT
17.6	Joe Gallagher	STA	3.05	Luke Smith	E&H
17.87	Chris Beck	WSEH	2.90	Stuart Smart	E&H
19.4	Robert Welling	STA	2.90	Chris Beck	WSEH
20.34 +2.5	Simon Britten	HPX	1.00	Melvin Auburn	SNH
20.4	Simon Britten	HPX			
21.1	K Lockyer	D&T	<b>Long Jump</b>		
21.7	David Thompson	HPX	6.04	B Shipley	D&T
26.9	J Parslow	D&T	5.92	Ross Clewlow	HPX
			5.87	Matthew Withers	STA
<b>400m Hurdles (84cm)</b>			5.74	Pat Barrett	HPX
57.76	Pat Barrett	HPX	5.66	Robert Welling	STA
61.0	Zak Saucedo	E&H	5.60	Ieuan Lewis	SNH
58.4	Ross Clewlow	HPX	5.54	Chris Beck	WSEH
66.9	K Lockyer	D&T	5.50	Lee Cordell	D&T
68.3	Simon Montarani	E&H	5.46	Ben Whitaker	SNH



22.58	B Shipley	D&T	<b>RELAYS</b>		
21.68	R Wentford	D&T	4x100	Herts Phoenix	46.5
21.27	K Lockyer	D&T	4x100	St Albans	48.2
18.11	Adam Daish	HPX	4x100	Herts	51.00
18.08	Lee Cordell	D&T			
16.72	David Thompson	HPX	4x400	Herts Phoenix	3:30.2
16.49	R Taylor	D&T	4x400	Herts	3:31.92
15.76	Richard Tarpey	HPX			
14.03	Sam Poulton	SNH	<b>INDOOR PERFORMANCES</b>		
12.85	Marcus McKechnie	SNH	<b>60m</b>		
12.36	Thomas Kelly	SNH			
11.35	Simon Britten	HPX	7.32	Adam Daish	HPX
10.98	I Simson	D&T	8.28	Patrick Barrett	HPX
10.60	J Parslow	D&T			
8.88	Stuart Brill	STA	<b>200m</b>		
2.95	C Hooton	D&T	23.10	Adam Daish	HPX
			<b>60m Hurdles</b>		
<b>Javelin (800g)</b>			9.13p	Patrick Barrett	HPX
52.64	P Gregory	HARR			
45.47	Alistair Ledsam	HPX	<b>High Jump</b>		
			1.76	Patrick Barrett	HPX
<b>Octathlon</b>			<b>Long Jump</b>		
4834	Pat Barrett	HPX	5.26	Patrick Barrett	HPX
3193	Chris Beck	WSEH			
2375	Simon Britten	HPX	<b>Shot (5k)</b>		
			10.76 p	Patrick Barrett	HPX
<b>Pentathlon (LJ, JT, 200m, DT, 1500m)</b>			<b>Pentathlon</b>		
2502	Pat Barrett	HPX	2868	Pat Barrett	HPX
2008	K Lockyer	D&T			
1838	B Shipley	D&T			
1725	I Simson	D&T			
942	R Wentford	D&T			