

HERTS ASSOCIATION OF ATHLETIC & RUNNING CLUBS 2004 RANKING LIST

UNDER 20 MEN

100 metres

			59.3	Paul Rose	D&T
11.1	Gareth Dodd	HPX	59.87	Shaun Daly	D&T
11.1	Tom Waiting	D&T	60.0	Russell Lamb	HPX
11.21	Sam Kilbey	SBH			
11.3	Tom Lake	HPX			
11.5	James Cook	STA			
11.7	Michael Ajibulu	HPX			
11.8	Adam Parker	HPX			
11.9	Andrew Waddington	HPX			
12.0	Luke Draper	HPX			
12.0	Oliver Keates	HPX			
12.01	Robert Rumble	HPX			
12.1	David Collins	HPX			
12.22	Paul Yeomans	WAT			
12.4	Lawrence Chawaresa	SNH			
12.6	David Collins	HPX			
12.7	Joe Ralph-Davies	HPX			
12.7	Paul Rose	D&T			
12.7	Lee Grint	SNH			
12.8	Jason Mbuyamba	BAR			
13.5	Shaun Daly	D&T			

800 metres

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

1000 metres

2:47.1	Adam Parker	HPX
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1500 metres

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

3000 metres

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

5000 metres

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

200 metres

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

400 metres

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

110m Hurdles (99cm)			1.20	Michael Ajibulu	HPX
15.0	Joe Tenny	WAT	1.00	Lee Grint	SNH
15.1	Richard Hansard	D&T			
15.9	Rob Jones	HPX	Long Jump		
16.23w	Robert Rumble	HPX	6.69	Tom Lake	HPX
16.86	Robert Rumble	HPX	6.14	Shaun Batt	E&H
17.9	Oliver Keates	HPX	6.09	Rob Jones	HPX
20.3	Paul Yeomans	WAT	6.04	Robert Rumble	HPX
			5.70	Daniel Rogers	BED
110m Hurdles (106cm)			5.44	Joe Ralph-Davies	HPX
15.96	Rob Jones	HPX	5.43	Joe Copson	D&T
18.2	Robert Rumble	HPX	5.38	Lee Grint	SNH
20.1	Oliver Keates	HPX	5.30	Martin Holding	SNH
23.1	Martin Holding	SNH	5.25	Adam Parker	HPX
23.2	Lee Grint	SNH	5.25	Paul Yeomans	WAT
31.1	Russell Lamb	HPX	5.20	Lawrence Chawaresa	SNH
			5.13	Michael Ajibulu	HPX
400m Hurdles (91cm)			5.09	Jason Mbuyamba	BAR
60.0	Oliver Keates	HPX	5.07	George Brown	HPX
64.6	Lee Grint	SNH	5.07	Paul Rose	D&T
65.7	A Brett	WAT	5.00	Paul Ingram-Tedd	SNH
66.2	Russell Lamb	HPX	4.45	Shaun Daly	D&T
2000m Steeplechase			Triple Jump		
6:36.0	M Grant	SBH	14.13	Shaun Batt	E&H
6:39.6	Dan Christian	E&H	12.28	Tom Lake	HPX
6:57.6	Ross Millhouse	E&H	12.14	Martin Holding	SNH
7:34.2	Michael Tarpey	HPX	11.62	Joe Copson	D&T
7:41.5	Adam Parker	HPX	11.52	Paul Rose	D&T
7:46.3	Adam Parker	HPX	11.48	George Brown	HPX
8:16.1	Russell Lamb	HPX	11.20	Lee Grint	SNH
			10.14	Oliver Keates	HPX
3000m Steeplechase			Shot (6k)		
11:20.83	Ian Cleaver	HPX	11.66	Daniel Rogers	BED
11:24.4	Michael Tarpey	HPX	11.25	Robert Rumble	HPX
11:30.58	Dan Christian	E&H	10.42	Shaun Daly	D&T
11:40.2	Alex Horton	BAR	9.15	Gareth Dodd	HPX
12:06.9	Martin Holding	SNH	8.97	Paul Yeomans	WAT
12:24.6	Russell Lamb	HPX	8.21	Rob Jones	HPX
12:47.0	Michael Roberts	HPX	7.63	Andrew Waddington	HPX
13:02.5	Lee Grint	SNH	6.98	Michael Tarpey	HPX
			6.68	Michael Ajibulu	HPX
High Jump			Shot (7.26k)		
2.16	Adam Scarr	E&H	10.04	Shaun Daly	D&T
1.87	Robert Rumble	HPX			
1.85	Joe Copson	D&T	Discus (1.75k)		
1.75	Rob Jones	HPX	36.39	Daniel Rogers	BED
1.70	Tom Lake	HPX	34.45	Robert Rumble	HPX
1.70	N Manning	D&T	31.60	Shaun Daly	D&T
1.70	Jason Mbuyamba	BAR	24.65	Russell Lamb	HPX
1.60	Gareth Dodd	HPX	23.59	Paul Yeomans	WAT
1.55	Martin Holding	SNH	21.65	Oliver Keates	HPX
1.50	Robert Eastwood	D&T	18.11	Rob Jones	HPX
1.46	Paul Yeomans	WAT	12.87	Michael Tarpey	HPX
1.40	Shaun Daly	D&T			
1.40	Paul Rose	D&T			
Pole Vault			Discus (2k)		
3.90	Paul Yeomans	WAT	32.65	Robert Rumble	HPX
3.40	Robert Rumble	HPX	30.28	Shaun Daly	D&T
2.80	Russell Lamb	HPX	22.14	Aaron Hull	SNH

19.79	Paul Rose	D&T
17.58	Joe Copson	D&T

Hammer (6k)

35.65	Daniel Rogers	BED
19.69	Russell Lamb	HPX
13.01	Michael Tarpey	HPX

Hammer (7.26k)

15.56	Russell Lamb	HPX
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Javelin (800g)

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

Decathlon

5891w	Robert Rumble	HPX
5712	Robert Rumble	HPX
4706	Paul Yeomans	WAT

Pentathlon

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

RELAYS

4x100	Herts Phoenix	44.5
4x400	Herts Phoenix	3:21.0

INDOOR PERFORMANCES

60m

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

200m

22.94	Gareth Dodd	25/1	NIA
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400m

49.10	Gareth Dodd	8/2	NIA
53.58	Oliver Keates	29/2	NIA

800m

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

1000 metres

2:47.41	Robert Rumble	21/3	Cardiff
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60m Hurdles

8.46	Robert Rumble	22/2	Chelmsford
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High Jump

1.80 h	Robert Rumble	21/3	Cardiff
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Pole Vault

2.90	Robert Rumble	22/2	Chelmsford
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Long Jump

6.10	Tom Lake	8/2	NIA
5.62 h	Robert Rumble	21/3	Cardiff
4.86	Joe Ralph-Davies	8/2	NIA

Shot (6/6.25k)

10.66	Robert Rumble	22/2	Chelmsford
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Heptathlon

3932	Robert Rumble	21/3	Cardiff
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