

HERTS ASSOCIATION OF ATHLETIC & RUNNING CLUBS 2004 RANKING LIST

SENIOR MEN

100 metres			58.8	Richard Gamble	BAR
11.09	Robert Harle	Chel	59.0	Daire Brennan	BAR
11.1	M Collins	LUT	62.7	Thomas Yarrien	D&T
11.3w	Neil Barton	HPX	65.6	Matthew Armstrong	D&T
11.33	Eddie Johnson	E&H	68.4	Thomas Dixon	D&T
11.4	Neil Barton	HPX	70.4	Robert Slack	D&T
11.6	Matt Carlisle	E&H	73.3	David Quincey	D&T
11.6	Paul Masson	D&T	75.2	Neil McLellan	SNH
11.7	Kevin Webb	SNH			
11.8	Peter Harding	HPX			
11.9	Ambassador Enwerwmadu	D&T	800 metres		
12.2	Matthew Armstrong	D&T	1:50.7	Adam Bowden	HARR
12.4	Anthony Serrano	D&T	1:52.99	Neil Gamester	E&H
13.0	Thomas Yarrien	D&T	1:53.23	Matt Carlisle	E&H
13.02	Stuart Norfolk	HPX	1:56.6	Sean Dixon	BAR
13.3	Ian Turner	BAR	1:57.62	Tom Bedford	SBH
14.3	David Quincey	D&T	1:57.6	Louis Wells	E&H
14.6	Thomas Dixon	D&T	1:57.7	Lee Reynolds	SNH
			2:00.7	Neil Burton	D&T
			2:01.1	J Taylor	BAR
200 metres			2:01.8	Simon Everington	D&T
22.2	Robert Harle	Chel	2:02.2	Tim Woodthorpe	NOTTS
22.3 w	Peter Stafford	HPX	2:02.4	Daire Brennan	BAR
22.46	Peter Stafford	HPX	2:04.8	Karl Lehane	E&H
22.71	Ben Sumner	E&H	2:05.4	Andrew Cracknell	D&T
22.8	Eddie Johnson	E&H	2:08.5	David Briggs	D&T
23.0	Matt Thurgood	HPX	2:09.1	James Parker	BAR
23.0	G Smith	HIGH	2:10.5	Ben Broyd	HPX
23.4	Neil Barton	HPX	2:12.0	Andrew del Nevo	D&T
23.46	T Fryett	WAT	2:12.2	Costa Michael	BAR
23.9	R Anderson		2:14.7	Thomas Yarrien	D&T
24.7	Ambassador Enwerwmadu	D&T	2:24.7	Colin Thurston	BAR
24.9	James Parker	BAR	2:31.3	Thomas Dixon	D&T
25.0	Matthew Armstrong	D&T	2:51.2	David Quincey	D&T
25.5	Lee Reynolds	SNH			
25.9	James Smith	SNH	1500 metres		
27.3	Ian Turner	BAR	3:44.36	Adam Bowden	HARR
27.4	Thomas Yarriern	D&T	3:44.39	Neil Gamester	E&H
28.0	Ben Broyd	HPX	3:49.11	Tom Bedford	SBH
30.0	Thomas Dixon	D&T	3:51.2	A Hodgkinson	SBH
32.0	David Quincey	D&T	3:56.72	Sean Dixon	BAR
			3:59.40	Simon Everington	D&T
400 metres			3:59.64	Neil Burton	D&T
48.4	Ben Sumner	E&H	4:03.0	Lee Reynolds	SNH
48.52	Russell Nicholls	E&H	4:05.7	Dave Mitchinson	NEB
48.7	Matt Carlisle	E&H	4:06.2	Neil Miller	BED
50.0	G Smith	HIGH	4:09.63	A Murphy	SBH
51.48	Robert Harle	Chel	4:12.0	Daire Brennan	BAR
51.6	D Clifford	SBH	4:15.1	Matt Norminton	HHH
52.3	Alan Cooper	D&T	4:15.24	Louis Wells	E&H
52.9	Lee Reynolds	SNH	4:15.6	Ian Johnston	SHETT
53.2	N Poulakis	STA	4:17.5	Tim Woodthorpe	NOTTS
53.7	Neil Barton	HPX	4:21.6	James Taylor	BAR
53.9	James Trezona	HPX	4:25.5	K Walden	SBH
54.7	James Parker	BAR	4:27.4	Matt Carlisle	E&H
54.8	Paul Mason	D&T	4:29.30	Ben Broyd	HPX
55.6	Camil Kocan	E&H	4:30.7	Costa Michael	BAR
57.7	Neil Burton	D&T	4:31.05	Andrew del Nevo	D&T

4:32.9	Matt Hallissey	D&T	19.9	Tim Elliott	HPX
4:52.5	Colin Thurston	BAR	20.3	Camil Kocan	E&H
5:03.1	Duncan Hooker	FVS	21.1	David New	SNH
5:08.18	Neil Barton	HPX	21.3	Junior Lewis	HPX
5:17.3	Steve Smithson	FVS	21.3	Matt Carlisle	E&H
6:10.7	Thomas Yarren	D&T	24.0	Ian Turner	BAR
6:21.6	Thomas Dixon	D&T			
1 Mile			400m Hurdles (91cm)		
4:14.5	Neil Gamester	E&H	52.33	Ben Sumner	E&H
6:08.8	Neil Barton	HPX	53.3	Tristan Anthony	E&H
			58.0	James Trezona	HPX
3000 metres			59.4	Alan Cooper	D&T
8:14.98	Adam Bowden	HARR	59.8	Andrew Cracknell	D&T
8:17.36	Matt Smith	TIP	60.7	Camil Kocan	E&H
8:18.83	Stephen Murphy	SBH	66.4	Simon Everington	D&T
8:29.95	Neil Burton	D&T	67.6	James Parker	BAR
8:40.35	Neil Miller	BED	67.9	Matthew Hallissey	D&T
8:53.1	Ian Johnston	SHETT	74.5	Paul Rose	D&T
9:04.0	Lee Reynolds	SNH	77.3	Lee Reynolds	SNH
10:42.4	Thomas Dixon	D&T	84.4	Thomas Dixon	D&T
			2000m Steeplechase		
5000 metres			5:47.7	Stephen Murphy	SBH
14:11.18	Matt Smith	TIP			
14:12.24	Dave Mitchinson	NEB	3000m Steeplechase		
14:47.6	Adam Bowden	HARR	8:54.28	Tom Bedford	SBH
14:50.06	Neil Burton	D&T	8:55.12	Stephen Murphy	SBH
15:19.1	Neil Miller	BED	8:56.53	Adam Bowden	HARR
15:44.4	Sam Pullan	SAS	8:57.91	Dave Mitchinson	NEB
15:45.8	Matt Norminton	HHH	9:33.8	Tim Woodthorpe	NOTTS
15:45.9	Ian Johnston	SHETT	10:23.5	Andrew Cracknell	D&T
15:48.5	Richard Gamble	BAR	10:24.6	Daire Brennan	BAR
15:48.77	Neilson Hall	HPX	10:38.9	Matthew Hallissey	D&T
15:51.2	Tim Woodthorpe	NOTTS	10:39.0	Matt Carlisle	E&H
16:22.4	M Bryant	HARR	10:08.7	Lee Reynolds	SNH
16:43.6	Grant Ramsey	BAR	10:48.28	K Walden	SBH
16:53.1	Andrew Slack	HPX	11:01.2	Andrew Slack	HPX
16:58.9	Paul Greaves	HPX	11:01.7	Markus Allen	HPX
17:15.8	Lee Reynolds	SNH	11:29.7	James Taylor	BAR
17:37.0	Colin Thurston	BAR	12:00.3	Mark Fone	E&H
17:50.2	Thomas Dixon	D&T	12:27.1	Thomas Dixon	D&T
17:56.2	Matthew Hallissey	D&T	16:32.0	Matthew Armstrong	D&T
18:03.1	Andrew del Nevo	D&T			
18:15.2	Mark Fone	E&H	High Jump		
19:43.8	Martin Arnold	D&T	2.20	Robert Mitchell	SBH
26:33.7	David Quincey	D&T	2.15	Mark Crowley	E&H
			1.85	Matt Thurgood	HPX
10000 metres			1.80	Andrew Cracknell	D&T
32:37.25	Ian Johnston	SHETT	1.75	David New	SNH
36:29.56	Paul Greaves	HPX	1.70	Roger Hunter	D&T
37:23.46	David Brown	FVS	1.55	Junior Lewis	HPX
			1.55	Ambassador Enwerwmadu	D&T
110m Hurdles (106cm)			1.50	James Trezona	HPX
13.85w	Tristan Anthony	E&H	1.40	Lee Reynolds	SNH
13.93	Tristan Anthony	E&H	1.30	Anthony Serrano	D&T
16.3w	Simon Wombwell	HPX			
16.4 +0.4	Simon Wombwell	HPX	Pole Vault		
18.2w	James Trezona	HPX	4.60	S Day	SBH
18.7	James Trezona	HPX	4.20	Steve Leader	E&H
19.73	Neil Barton	HPX	3.60	Jamie Green	E&H
			3.30	Roger Hunter	D&T

3.20	Tim Elliott	HPX	14.43	Trevor Link	BAR
3.20	Andrew Cracknell	D&T			
2.50	Neil Barton	HPX	Hammer (7.26k)		
2.00	James Trezona	HPX	64.36	Carl Saggars	E&H
1.00	Lee Reynolds	SNH	46.08	C Snook	HARL
1.00	Matthew Hallissey	D&T	36.53	Neil McLellan	SNH
			28.72	S Iwanciw	WAT
Long Jump			26.84	Steve Maisey	HPX
7.10 w	Neil Barton	HPX	21.23	Matthew Armstrong	D&T
6.97	Neil Barton	HPX	20.19	Ian Turner	BAR
6.37	M Collins	LUT	19.95	Dave Harris	BAR
6.16	Anthony Serrano	D&T	7.03	Andrew del Nevo	D&T
6.06	Kevin Webb	SNH			
5.48	Peter Harding	HPX	Javelin (800g)		
5.47	Junior Lewis	HPX	72.35	Anthony Lovett	E&H
5.31	Matthew Armstrong	D&T	69.87	Neil McLellan	SNH
4.40	Daire Brennan	BAR	54.71	David Harding	HPX
3.46	Thomas Dixon	D&T	49.34	Steve Maisey	HPX
3.22	Andrew del Nevo	D&T	46.42	Roger Hunter	D&T
			46.14	Peter Harding	HPX
Triple Jump			41.34	C Snook	HARL
14.79 +2.6	Matt Thurgood	HPX	41.20	Neil Barton	HPX
13.66	Matt Thurgood	HPX	39.23	James Trezona	HPX
12.60 w	Neil Barton	HPX	37.61	Tim Elliott	HPX
12.54	Junior Lewis	HPX	32.33	Ian Turner	BAR
11.97	Eddie Johnson	E&H	32.28	Matthew Ratcliffe	D&T
11.87	Neil Barton	HPX	31.46	Dillon Bewkes	D&T
11.68	David New	SNH	30.34	Matthew Armstrong	D&T
11.65	Anthony Serrano	D&T	22.66	Dave Harris	BAR
10.53	Lee Reynolds	SNH	10.58	Trevor Link	BAR
9.54	Matthew Armstrong	D&T			
9.41	John Roxborough	SNH	Decathlon		
7.64	Andrew del Nevo	D&T	4903	Neil Barton	HPX
Shot (7.26k)			Pentathlon		
18.30	Scott Rider	BIR	1805	Matthew Armstrong	D&T
14.59	Carl Saggars	E&H			
12.35	Neil McLellan	SNH	Relays		
11.67	R McKenna	WAT	4x100	D&T	47.1
11.09	Ben Solomon	HPX			
10.06	Andrew Scheuber	SNH	4x400	D&T	3:53.9
9.19	Junior Lewis	HPX			
8.96	Dillon Bewkes	D&T			
8.64	Matthew Armstrong	D&T			
8.36	Ian Turner	BAR			
8.23	Neil Barton	HPX			
5.56	Trevor Link	BAR			
Discus (2k)					
51.63	Scott Rider	BIR			
44.94	Carl Saggars	E&H			
35.62	R McKenna	WAT			
32.90	Neil McLellan	SNH			
28.60	R Tyler	STA			
28.02	Ben Solomon	HPX			
26.09	Junior Lewis	HPX			
24.65	Neil Barton	HPX			
19.49	Matthew Armstrong	D&T			
18.85	Ian Turner	BAR			
17.88	Dillon Bewkes	D&T			
17.00	Thomas Dixon	D&T			