

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS 2004 RANKING LIST

VETERAN MEN

80 metres				61.1	Dave Stephenson	M40	FVS
10.9	Mike Maisey	M50	HPX	61.2	Richard McCormick	M40	BAR
				61.5	Andy Kelleher	M40	BAR
100 metres				67.0	Richard Pollen	M40	SNH
12.2	Peter Ilo	M40	BAR	83.0	Trevor Ratcliffe	M40	D&T
12.3	Malcolm Edwards	M40	HPX	54.62	John Mayor	M45	SNH
12.7	Mike Vassiliou	M40	E&H	68.7	Colin Taylor	M45	D&T
12.9	Ty Holden	M40	BAR	55.6	Dave Wilcock	M50	BAR
13.0	Robin Baynham	M40	HPX	63.1	Peter Hopkins	M50	HPX
13.0	Lawrence Taylor	M40	BAR	67.6	Peter Fitzpatrick	M50	HPX
13.6	Richard Emptage	M40	D&T	71.4	Colin Sills	M50	D&T
14.0	David Simmonds	M40	D&T	66.1	Chris Lawn	M55	HPX
14.3	Trevor Ratcliffe	M40	D&T	67.6	Alan Carter	M65	E&H
24.6	Gavin Town	M40	D&T	1:56.12	Tony Rawlinson	M85	HPX
11.96	John Mayor	M45	SNH	800 metres			
12.64	Paul Pinnington	M50	E&H	2:06.9	Richard McCormick	M40	BAR
12.9	Mike Maisey	M50	HPX	2:12.1	Andy Kelleher	M40	BAR
13.0	Ian Hay	M50	BAR	2:14.6	Mel Parker	M40	BAR
15.4	Colin Sills	M50	D&T	2:23.8	Paul Reddaway*	M40	HPX
16.3	Les Leech	M50	D&T	2:22.8	Dan Meaney	M45	D&T
15.0	David Ives	M55	D&T	2:32.6	Colin Taylor	M45	D&T
14.8	John Lee	M60	HPX	2:04.4	Dave Wilcock	M50	BAR
13.97	Alan Carter	M65	E&H	2:27.6	Peter Hopkins	M50	HPX
22.94	Tony Rawlinson	M85	HPX	2:28.7	Peter Fitzpatrick	M50	HPX
150 metres				3:08.9	Les Leech	M50	D&T
19.9	Mike Maisey	M50	HPX	2:39.7	Richard Bloom	M55	HPX
200 metres				2:53.5	John Borgars	M55	HPX
				3:10.7	Malcolm Sergeant	M55	D&T
25.1	Peter Ilo	M40	BAR	3:11.7	John Cooper	M55	D&T
25.5	Paul Hoad	M40	E&H	2:39.2	Stuart Mann	M60	HPX
25.8	Mike Vassiliou	M40	E&H	2:40.1	Con Antoniou	M60	BAR
26.27	Lawrence Taylor	M40	BAR	2:45.0	Roger Head	M60	HPX
26.4	Dave Stephenson	M40	FVS	3:13.2	Joe Clare	M60	HPX
26.5	Ty Holden	M40	BAR	3:10.4	Peter Morris	M65	D&T
30.5	Richard Emptage	M40	D&T	1500 metres			
32.2	Colin Taylor	M45	D&T	4:18.7	Richard McCormick	M40	BAR
26.13	Paul Pinnington	M50	E&H	4:19.0	Andy Kelleher	M40	BAR
26.98	Mike Maisey	M50	HPX	4:30.4	Steve Wells	M40	FVS
27.3	Ian Hay	M50	BAR	4:47.6	Paul Reddaway*	M40	HPX
30.2	Colin Sills	M50	D&T	4:59.4	Simon Doyle	M40	HPX
31.8	Les Leech	M50	D&T	5:29.2	Richard Pollen	M40	SNH
29.8	Chris Lawn	M55	HPX	4:56.0	Colin Taylor	M45	D&T
43.2	John Borgars	M55	HPX	4:56.3	Dan Meaney	M45	D&T
30.6	Roger Bruck	M60	BAR	5:04.0	John Mayor	M45	SNH
30.9	Adrian Newman	M60	HPX	4:40.7	Dave Wilcock	M50	BAR
29.0	Alan Carter	M65	E&H	4:52.7	Des Michael	M50	BAR
30.9	Peter Morris	M65	D&T	4:52.9	Peter Fitzpatrick	M50	HPX
62.9	Tony Rawlinson	M85	HPX	6:30.2	Les Leech	M50	D&T
400 metres				4:58.7	Richard Melvern	M55	HPX
55.6	Andy Cunningham	M40	BAR	5:18.6	Richard Bloom	M55	HPX
55.6	Peter Ilo	M40	BAR	5:40.4	John Slack	M55	D&T
58.0	Ty Holden	M40	BAR	5:50.0	John Borgars	M55	HPX
59.9	Robin Baynham	M40	HPX	6:00.9	Anthony Allen	M55	D&T

6:02.6	Malcolm Sergeant	M55	D&T	20:12.3	Stuart Mann	M60	HPX
6:27.5	John Cooper	M55	D&T	20:16.1	Ted Dickens	M60	HPX
5:18.8	Stuart Mann	M60	HPX	21:30.6	Ted Kimber	M60	BAR
5:32.9	Con Antoniou	M60	BAR	19:57.4	Mike Sawyer	M65	BAR
5:42.0	Roger Head	M60	HPX	20:48.9	John Steed	M65	HPX
5:44.7	Ted Kimber	M60	BAR				
6:32.5	Joe Clare	M60	HPX	10000 metres			
5:32.2	Ted Dickens	M65	HPX	35:27.9	Adrian Mason	M40	BAR
5:47.6	John Steed	M65	HPX	39:47.83	Phillip Williams	M40	CHILT
6:46.2	Peter Morris	M65	D&T	38:10.31	Colin Taylor	M45	D&T
				36:02.02	Des Michael	M50	BAR
1 Mile				40:04.05	Jim Brown	M50	FVS
6:31.4	Marc Kos	M40	BAR	42:39.93	Martin Grimsdale	M50	WAT
6:29.6	John Borgars	M55	HPX	41:08.11	Alun Stedman	M55	HPX
5:58.6	Jim Neville	M60	BAR				
				100m Hurdles			
3000 metres				20.5	Colin Sills	M50	D&T
9:14.5	Richard McCormick	M40	BAR	21.0	Clive Goddard	M50	BAR
9:19.4	Andy Kelleher	M40	BAR	20.3	David Ives	M55	D&T
10:29.2	Colin Taylor	M45	D&T	33.3	Alun Stedman	M60	HPX
9:57.1	Dave Wilcock	M50	BAR				
10:46.7	Peter Fitzpatrick	M50	HPX	110m Hurdles (99cm)			
10:31.2	Richard Melvern	M55	HPX	22.8	David Simmonds	M40	D&T
11:13.6	Alun Stedman	M55	HPX				
12:23.1	John Borgars	M55	HPX	110m Hurdles (106cm)			
12:59.6	John Cooper	M55	D&T	22.8	Richard McCormick	M40	BAR
13:04.4	Malcolm Sergeant	M55	D&T	24.9	Trevor Ratcliffe	M40	D&T
13:22.5	Fabian Mills	M55	D&T	16.2	John Mayor	M45	SNH
10:18.1	Des Michael	M60	BAR				
11:25.2	Mike Dixon	M60	HPX	400m Hurdles (91cm)			
12:01.2	Jim Neville	M60	BAR	71.4	Richard McCormick	M40	BAR
12:46.3	Ted Kimber	M60	BAR	62.4	John Mayor	M45	SNH
14:35.9	Joe Clare	M60	HPX				
12:10.5	Mike Sawyer	M65	BAR	2000m Steeplechase			
14:59.5	Peter Morris	M65	D&T	9:17.4 *	John Borgars	M55	HPX
				*low barriers			
5000 metres				3000m Steeplechase			
15:37.75	Richard McCormick	M40	BAR	10:06.3	Richard McCormick	M40	BAR
16:10.2	Andy Kelleher	M40	BAR	15:41.3	Rowland Lyons	M40	D&T
16:31.5	Adrian Mason	M40	BAR	13:28.1	Colin Taylor	M45	D&T
16:33.3	Andy Holt	M40	HPX	12:56.2	Tim Saunders-Mullins	M50	SNH
17:35.7	Paul Allen	M40	D&T				
17:50.6	Rowland Lyons	M40	D&T	High Jump			
18:48.5	Simon Doyle	M40	HPX	1.60	Trevor Ratcliffe	M40	D&T
20:53.3	Richard Pollen	M40	SNH	1.55	Richard Emptage	M40	D&T
18:05.7	Colin Taylor	M45	D&T	1.50	David Simmonds	M40	D&T
22:00.6	Paul Copson	M45	D&T	1.50	Peter Ilo	M40	BAR
17:05.07	Des Michael	M50	BAR	1.20	Richard McCormick	M40	BAR
17:07.6	Tony Ross	M50	HPX	1.68	John Mayor	M45	SNH
17:17.7	Norman Morrison	M50	HPX	1.35	Steve Smith	M45	E&H
19:36.8	Richard Foscett	M50	HPX	1.20	Les Leech	M50	D&T
20:12.3	Richard Bloom	M55	HPX	1.40i	David Ives	M55	D&T
20:15.7	Anthony Allen	M55	D&T	1.20	Bela Nagy	M55	BAR
20:35.0	John Borgars	M55	HPX	1.10	Chris Lawn	M55	HPX
22:06.8	Fabian Mills	M55	D&T	1.30	John Gandee	M60	HPX
22:10.6	Malcolm Sergeant	M55	D&T	1.30	Roger Bruck	M60	BAR
22:41.6	John Cooper	M55	D&T	1.25	John Lee	M60	HPX
23:04.9	John Chudley	M55	D&T	0.87	Tony Rawlinson	M85	HPX
24:52.7	John Slack	M55	D&T				

Pole Vault

4.40	Paul Hoad	M40	E&H
3.00	Andy Jackson	M40	D&T
2.90	Trevor Ratcliffe	M40	D&T
2.50	Mel Parker	M40	BAR
2.40	David Simmonds	M40	D&T
2.60	John Mayor	M45	SNH
1.50	Steve Smith	M45	E&H
2.20	Colin Sills	M50	D&T
2.10	Bela Nagy	M55	BAR
2.00	David Ives	M55	D&T
1.50	Steve Harris	M60	BAR
1.20	Tony Rawlinson	M85	HPX

Long Jump

5.49	Peter Ilo	M40	BAR
4.65	Richard Emptage	M40	D&T
4.41	David Simmonds	M40	D&T
4.21	Trevor Ratcliffe	M40	D&T
3.85	Richard McCormick	M40	BAR
6.09	John Mayor	M45	SNH
5.18	Steve Smith	M45	E&H
5.63	Paul Pinnington	M50	E&H
4.69	Mike Maisey	M50	HPX
4.57	Ian Hay	M50	BAR
3.94	Colin Sills	M50	D&T
3.76	Les Leech	M50	D&T
3.98	David Ives	M55	D&T
3.99	Roger Bruck	M60	BAR
3.95	John Gandee	M60	HPX
3.90	John Lee	M60	HPX
4.17	Alan Carter	M65	E&H
2.25	Gerald Ratcliffe	M65	D&T
2.26	Tony Rawlinson	M85	HPX

Triple Jump

11.12	Richard Emptage	M40	D&T
10.70	Peter Ilo	M40	BAR
10.08	David Simmonds	M40	D&T
9.09	Mike Vassiliou	M40	E&H
8.97	Trevor Ratcliffe	M40	D&T
8.06	Richard McCormick	M40	BAR
11.59	Paul Pinnington	M50	E&H
10.09	Ian Hay	M50	BAR
9.75	Mike Maisey	M50	HPX
7.73	Les Leech	M50	D&T
8.43	David Ives	M55	D&T
8.70	John Gandee	M60	HPX
8.63	John Lee	M60	HPX

Shot (4k)

11.10	Ian Miller	M70	HPX
4.86	Tony Rawlinson	M85	HPX

Shot (5k)

8.27	John Gandee	M60	HPX
8.10	Roger Bruck	M60	BAR
10.10	Ian Miller	M65	HPX
7.87	Gerald Ratcliffe	M65	D&T

Shot (6k)

10.32	Mike Bennett	M50	BAR
8.74	Les Leech	M50	D&T
9.19	David Ives	M55	D&T
6.41	Richard Waldren	M55	HPX

Shot (7.26k)

12.14	Anthony Muschette	M40	HPX
10.46	Trevor Ratcliffe	M40	D&T
10.35	David Simmonds	M40	D&T
9.48	Andy Jackson	M40	D&T
8.34	Ty Holden	M40	BAR
8.13	Peter Rice	M40	BAR
7.30	Gavin Town	M40	D&T
7.20	Stuart Parker	M40	HPX
11.20	Michael Barker	M45	D&T
9.53	John Mayor	M45	SNH
7.59	Pat Smith	M45	BAR
7.16	Steve Smith	M45	E&H
9.04	Tim Saunders-Mullins	M50	SNH
8.08	Les Leech	M50	D&T
6.82	John McLellan	M50	SNH
8.83	David Ives	M55	D&T
8.29	Godfrey Leak	M60	SNH

Discus (1k)

24.72	John Gandee	M60	HPX
22.53	Terry Ryan	M60	BAR
30.20	Ian Miller	M65	HPX
26.78	Gerald Ratcliffe	M65	D&T
31.85	Ian Miller	M70	HPX
13.53	Tony Rawlinson	M85	HPX

Discus (1.5k)

33.87	Mike Bennett	M50	BAR
22.70	Les Leech	M50	D&T
28.58	David Ives	M55	D&T
20.47	John Gandee	M60	HPX

Discus (2k)

47.93	Nick Woolcott	M40	E&H
34.10	Trevor Ratcliffe	M40	D&T
29.48	Anthony Muschette	M40	HPX
27.19	Andy Jackson	M40	D&T
21.78	David Simmonds	M40	D&T
19.27	Peter Rice	M40	BAR
17.53	Richard Pollen	M40	SNH
15.56	Stuart Parker	M40	HPX
25.37	John Mayor	M45	SNH
22.05	Pat Smith	M45	BAR
21.95	Tim Saunders-Mullins	M50	SNH
20.76	Les Leech	M50	D&T
17.72	John McLellan	M50	SNH
27.72	David Ives	M55	D&T
29.15	Godfrey Leak	M60	SNH

Hammer (4k)

41.57	Ian Miller	M70	HPX
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				29.04	Tim Saunders-Mullins	M50	SNH
Hammer (5k)				24.74	Les Leech	M50	D&T
34.97	John Lee	M60	HPX	32.77	David Ives	M55	D&T
20.55	Terry Ryan	M60	BAR				
19.86	John Gandee	M60	HPX	Decathlon			
33.57	Ian Miller	M65	HPX	6488	John Mayor	M45	SNH
22.07	Gerald Ratcliffe	M65	D&T	2888	Tony Rawlinson	M85	HPX
Hammer (6k)				Weight Pentathlon			
31.09	Tim Saunders-Mullins	M50	SNH	4070	Ian Miller	M70	HPX
11.68	Steve Harris	M60	BAR				
				Pentathlon (LJ, JT, 200m, DT, 1500m)			
Hammer (7.26k)				992	Les Leech	M50	D&T
37.98	John Maitland	M40	HHH				
35.08	Trevor Ratcliffe	M40	D&T	4x100 Relay			
25.24	David Simmonds	M40	D&T	49.5	Barnet		
22.26	Andy Cunningham	M40	BAR	59.1	D&T		
21.98	Andy Jackson	M40	D&T				
20.12	Anthony Muschette	M40	HPX	4x200 Relay			
13.02	Stuart Parker	M40	HPX	1:43.5	Barnet		
24.02	Pat Smith	M45	BAR				
16.99	Steve Smith	M45	E&H	4x400 Relay			
48.73	Paul Dickenson	M50	D&T	3:44.4	Barnet		
26.18	Tim Saunders-Mullins	M50	SNH	4:49.2	D&T		
19.41	John McLellan	M50	SNH				
17.30	Les Leech	M50	D&T	Medley Relay (200,200,400,800)			
16.50	Colin Sills	M50	D&T	4:00.9	Barnet		
25.03	Stuart Broadhead	M55	HPX				
21.99	David Ives	M55	D&T	WALKS			
24.21	Godfrey Leak	M60	SNH	1 Mile Walk			
				9:02.9	John Borgars	M55	HPX
Javelin (400g)				9:39.7	Adrian Newman	M60	HPX
25.23	Ian Miller	M70	HPX				
13.56	Tony Rawlinson	M85	HPX	2km Walk			
				12:43.9	Steve Chilton	M50	BAR
Javelin (600g)				13:53.3	Les Leech	M50	D&T
33.29	John Gandee	M60	HPX	11:13.9	John Borgars	M55	HPX
32.95	Gerald Ratcliffe	M65	D&T	14:44.8	Bela Nagy	M55	BAR
24.56	Ian Miller	M65	HPX	11:47.9	Adrian Newman	M60	HPX
				12:51.2	Steve Harris	M60	BAR
Javelin (700g)				14:03.5	Con Antoniou	M60	BAR
43.50	Mike Bennett	M50	BAR	12:26.2	Peter Morris	M65	D&T
26.70	Steve Chilton	M50	BAR				
30.14	John Gandee	M60	HPX	3km Walk			
				17:02	John Borgars	M55	HPX
Javelin (800g)				18:35	Adrian Newman	M60	HPX
73.18	Roald Bradstock	M40	E&H	16:48	Arthur Thomson	M65	VAC
62.83	Trevor Ratcliffe	M40	D&T	20:42	Ken Livermore	M70	E&H
38.69	Andy Jackson	M40	D&T				
31.66	Chris Game	M40	HPX	INDOOR PERFORMANCES			
29.44	David Simmonds	M40	D&T				
27.94	Richard Pollen	M40	SNH	60m			
23.52	Peter Rice	M40	BAR	8.7	David Ives	M55	D&T
19.26	Marc Kos	M40	BAR	8.92	Alan Carter	M65	E&H
35.24	John Mayor	M45	SNH				
28.79	Steve Smith	M45	E&H	200m			
20.05	Pat Smith	M45	BAR	28.97	Alan Carter	M65	E&H
15.17	Colin Taylor	M45	D&T				
34.38	Colin Sills	M50	D&T				

3000m

10:09.13	Keith McLellan	M45	LUT
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60m Hurdles

12.0	David Ives	M55	D&T
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High Jump

1.40m	David Ives	M55	D&T
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Shot (5k)

10.39m	Ian Miller	M65	HPX
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Shot (7.26k)

11.95m	Anthony Muschette	V40	HPX
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Pentathlon

2875	David Ives	M50	D&T
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