

HERTS COUNTY AAA 2005 SENIOR MENS RANKINGS

100m

11.0+1.7	Rob Harle	SM	CHE	4/9	Stevenage
11.07 +3.7	Peter Stafford	SM	HPX	3/7	Cork, IRE
11.1	Mark Collins	SM	LUT	7/8	Finsbury Park
11.10w	Ian Clarke	SM	E&H	30/5	Bedford
11.11 +1.5	Peter Stafford	SM	HPX	3/7	Cork, IRE
11.16	Tom Waiting	SM	D&T	2/7	Bedford
11.25	Ian Clarke	SM	E&H	15/5	Watford
11.53w	Simon Duncan	SM	E&H		
11.53 +0.0	Neil Barton	SM	HPX	15/5	Watford
11.56	D Bandele	SM	UNA	15/5	Watford
11.63	Simon Duncan	SM	E&H	30/4	Hendon
11.8	Howard Fisher	SM	SNH	7/5	Peterborough
11.8	Paul Ingram-Tedd	SM	SNH	12/7	Stevenage
11.86 +0.0	Simon Wombwell	SM	HPX	15/5	Watford
12.0	Steve Curtis	SM	BAR	30/7	Colchester
12.1	David Smith	SM	SNH	9/7	Haringey
12.5	Chi Kin-Tsang	SM	BAR	21/5	Kings Lynn
12.7	Nick Lauder	SM	BAR	7/5	Havering
12.93	Stuart Norfolk	SM	HPX	18/5	Watford
13.8	Rajesh Patel	SM	BAR	7/5	Havering

200m

22.1 +1.1	Peter Stafford	SM	HPX	4/6	Eton
22.12 nwi	Peter Stafford	SM	HPX	5/6	Tullamore
22.2 +0.2	Rob Harle	SM	CHE	4/9	Stevenage
22.20 +0.6	Peter Stafford	SM	HPX	3/7	Cork
22.5	Mark Collins	SM	LUT	25/6	Stoke Manderville
22.72i	Eddie Johnson	SM	E&H	12/2	Birmingham
22.8	Tom Waiting	SM	D&T	25/6	Harrow
23.48	D Bandele	SM	UNA	15/5	Watford
23.60	Simon Duncan	SM	E&H	28/5	Hendon
23.79 +0.0	Simon Wombwell	SM	HPX	15/5	Watford
23.9	David Smith	SM	SNH	9/7	Haringey
24.0	Steve Curtis	SM	BAR	30/7	Colchester
24.1	Howard Fisher	SM	SNH	15/5	Stevenage
24.2	Neil Barton	SM	HPX	20/8	Bedford
24.6	Paul Ingram-Tedd	SM	SNH	2/5	Stevenage
24.8	Peter Harding	SM	HPX	25/3	Welwyn GC
24.8	James Trezona	SM	HPX	20/8	Bedford
25.8	Matthew Armstrong	SM	D&T	9/7	Peterborough
26.1	Nick Lauder	SM	BAR	7/5	Havering
29.2	John Connolly	SM	BAR	21/5	Kings Lynn

400m

48.51	Ben Sumner	SM	E&H	2/5	Glasgow
49.61	Russell Nicholls	SM	E&H	15/5	Watford
50.33	Chris Saville	SM	HPX	14/8	Haringey
50.6	Matt Carlisle	SM	E&H	20/4	Watford
50.75	Greg Smith	SM	HIGH	15/5	Watford
50.8	Peter Stafford	SM	HPX	28/6	Exeter
52.18	Roger Hunter	SM	D&T	13/7	Watford
52.56	P Cumming	SM	WAT	15/5	Watford
53.42	N Poulakis	SM	StA	15/5	Watford
54.03	A Love	SM	WAT	15/5	Watford
54.1	James Taylor	SM	BAR	21/5	Kings Lynn
55.3	Peter Harding	SM	HPX	20/8	Bedford
56.40	Neil Barton	SM	HPX	7/9	Watford
55.1	Tom Waiting	SM	D&T	9/7	Peterborough
57.2	Paul Ingram-Tedd	SM	SNH	25/6	Harrow
57.4	Steve Curtis	SM	BAR	18/9	Hemel H
57.9	Jamie Sinclair	SM	SNH	15/5	Stevenage
58.8	Alex Horton	SM	BAR	25/6	Basildon

59.2	Howard Fisher	SM	SNH	7/5	Peterborough
61.1	Andrew Del Nevo	SM	D&T	21/5	Southend-on-Sea
68.5	Nick Lauder	SM	BAR	21/5	Kings Lynn
81.7	Alan Cooper	SM	D&T	25/6	Harrow

800m

1:50.74	Adam Bowden	SM	HARR	14/8	Haringey
1:52.85	Matt Carlisle	SM	E&H	25/6	Manchester
1:53.3	Chris Saville	SM	HPX	25/3	Welwyn GC
1:55.94	Neil Gamester	SM	E&H	4/6	Eton
1:57.9	Sean Dixon	SM	LonH	15/5	Watford
1:57.98	Lee Reynolds	SM	HPX	1/6	Watford
2:00.3	Neil Burton	SM	D&T	9/7	Peterborough
2:00.09	James Taylor	SM	BAR	25/6	Basildon
2:01.2	B Stratford	SM	Hunts	15/5	Watford
2:05.97	Michael Tarpey	SM	HPX	4/5	Watford
2:07.2	Daire Brennan	SM	BAR	21/5	Kings Lynn
2:07.62	Andrew Del Nevo	SM	D&T	29/8	San Sebastian, Spain
2:10.36	Ben Broyd	SM	HPX	4/5	Watford
2:13.0	Andrew Slack	SM	HPX	30/7	Ware
2:14.8	Alex Horton	SM	BAR	9/7	New River
2:31.0	Paul Ingram-Tedd	SM	SNH	19/7	Stevenage
2:38.2	Chi Kin-Tsang	SM	BAR	18/9	Hemel H

1500m

3:51.69	Neil Gamester	SM	E&H	2/5	Glasgow
3:55.99	Sean Dixon	SM	LonH	25/6	Manchester
3:58.16	Lee Reynolds	SM	HPX	16/7	Copthall
4:07.1	Richard Gamble	SM	BAR	2/5	Stevenage
4:09.7	Chris Saville	SM	HPX	7/5	Hastings
4:13.08	Michael Tarpey	SM	HPX	24/8	Watford
4:16.2	Ian Johnston	SM	SHETT	2/5	Stevenage
4:19.8	Daire Brennan	SM	BAR	21/5	Kings Lynn
4:19.9	Karl Lehane	SM	E&H	20/8	Eton
4:22.97	Andrew Del Nevo	SM	D&T	2/9	San Sebastian, Spain
4:27.06	Ben Broyd	SM	HPX	20/4	Watford
4:28.28	Matt Carlisle	SM	E&H	25/6	Manchester
4:30.4	Alun Sainsbury	SM	D&T	18/9	Hemel H
4:32.9	Oliver Selway	SM	LPkS	2/5	Stevenage
4:33.0	Carl Redondo	SM	BAR	9/7	New River
4:57.4	Alex Horton	SM	BAR	25/6	Basildon
4:59.4	Andrew Slack	SM	HPX	30/7	Ware
5:00.8	Grant Ramsey	SM	BAR	7/5	Havering
5:02.7	Todd Gray	SM	FVS	2/5	Stevenage
5:08.1	Mark Collins	SM	SNH	2/5	Stevenage
5:16.2	Stephen Smithson	SM	FVS	2/5	Stevenage
6:47.7	Paul Ingram-Tedd	SM	SNH	7/5	Peterborough

3000m

9:02.40	Lee Reynolds	SM	HPX	7/9	Watford
9:05.1	John Clarke	SM	BEL	10/7	Watford
9:05.7	Ian Johnston	SM	SHETT	10/7	Watford
9:19.61	Andrew Slack	SM	HPX	20/4	Watford
9:23.2	Alun Sainsbury	SM	D&T	18/9	Hemel H
9:29.71	Michael Tarpey	SM	HPX	7/9	Watford
9:50.8	Grant Ramsey	SM	BAR	18/9	Hemel H
9:59.46	Ben Broyd	SM	HPX	18/5	Watford

5000m

14:27.48	Dave Mitchinson	SM	NEB	30/5	Bedford
14:36.97	Neil Burton	SM	D&T	25/6	Solihull
15:20.95	Richard Gamble	SM	BAR	15/5	Watford
15:24.92	Neil Miller	SM	BED	14/8	Haringey
15:52.81	John Clarke	SM	BEL	15/5	Watford
15:55.94	Ian Johnston	SM	SHETT	15/5	Watford

16:05.4	Alun Sainsbury	SM	D&T	7/5	Ipswich
16:12.34	Richard McCormick	SM	BAR	15/5	Watford
16:24.9	Dean Degan	SM	BAR	9/7	New River
16:34.96	Tim Woodthorpe	SM	NOTTS	15/5	Watford
16:38.6	Grant Ramsey	SM	BAR	7/5	Havering
16:43.6	Andy Slack	SM	HPX	7/5	Hastings
17:20.1	Mark Fone	SM	25/6		Haringey
17:32.1	Michael Tarpey	SM	HPX	9/7	Watford
17:33.17	K Walden	SM	SBH	15/5	Watford
17:49.7	Colin Thurston	SM	BAR	7/5	Havering
17:56.0	D Clynes	SM	FVS	2/5	Stevenage
19:31.8	Joe Meah	SM	SNH	25/6	Harrow
21:21.2	Paul Keeble	SM	SNH	09/7	Haringey
22:22.7	A Hull	SM	FVS	2/5	Stevenage
23:09.5	R Sidlin	SM	FVS	2/5	Stevenage

10000m

33:09.36	Ian Johnston	SM	SHETT	30/5	Bedford
35:09.70	John Bignall	SM	HARR	25/9	Hemel H
43:05.43	Steve Smithson	SM	FVS	25/9	Hemel H

1500m Steeplechase

5.25.9	Andrew Del Nevo	SM	D&T	18/9	Hemel H
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2000m Steeplechase

9:22.3	Paul Rose	SM	D&T	24/4	Woodford
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3000m steeplechase

9:56.75	Tim Woodthorpe	SM	NOTTS	30/7	Bedford
10:02.8	Markus Allen	SM	HPX	20/8	Bedford
10:40.1	Lee Reynolds	SM	HPX	20/8	Bedford
10:56.1	Grant Ramsey	SM	BAR	30/7	Colchester
11:14.1	Michael Tarpey	SM	HPX	7/5	Hastings
11:32.2	Mark Fone	SM	E&H	7/5	Battersea
11:49.2	Andrew Slack	SM	HPX	21/5	St Ives
12:37.3	Andrew Del Nevo	SM	D&T	7/5	Ipswich
12:48.7	John Murphy	SM	BAR	30/7	Colchester
13.19.6	Lee Copeland	SM	D&T	25/6	Harrow

110m hurdles

14.27	Tristan Anthony	SM	E&H	4/6	Eton
15.18 +2.0	Simon Wombwell	SM	HPX	22/5	Loughborough
16.9	Roger Hunter	SM	D&T	30/7	Colchester
17.8	James Trezona	SM	HPX	20/8	Bedford
21.7	Lee Copeland	SM	D&T	25/6	Harrow
20.0	Darren New	SM	SNH	25/6	Harrow
23.1	Paul Rose	SM	D&T	30/7	Colchester
21.0	Chi Kin-Tsang	SM	BAR	7/5	Havering

400m hurdles

51.98	Ben Sumner	SM	E&H	11/6	Geneva
53.86	Derek Paisley	SM		14/8	Haringey
54.73	Tristan Anthony	SM	E&H	4/6	Eton
60.1	James Trezona	SM	HPX	20/8	Bedford
62.9	Lee Reynolds	SM	HPX	20/8	Bedford
63.6	Neil Barton	SM	HPX	9/7	Watford
65.0	Peter Harding	SM	HPX	30/7	Ware
65.7	Alan Cooper	SM	D&T	25/6	Harrow
67.7	Roger Hunter	SM	D&T	30/7	Colchester
71.5	Chi Kin-Tsang	SM	BAR	30/7	Colchester
76.5	Paul Ingram-Tedd	SM	SNH	07/5	Peterborough
78.1	Matthew Armstrong	SM	D&T	09/7	Peterborough
78.6	John Murphy	SM	BAR	30/7	Colchester

4x100 Relay

43.6	County	SM	4/9	Stevenage
43.7	HPX	SM	9/7	Watford
46.7	D&T	SM	30/7	Colchester
47.3	SNH	SM	9/7	Haringey
49.1	BAR	SM	30/7	Colchester

4 x 400m relay

3:25.1	HPX	SM	25/6	Portsmouth
3:26.8	County	SM	4/9	Stevenage
3:37.3	SNH	SM	9/7	Haringey
3:49.5	D&T	SM	25/6	Harrow
4:09.07	BAR	SM	25/6	Basildon

High Jump

2.18m	Adam Scarr	SM	E&H	14/8	Derby
1.80m	Roger Hunter	SM	D&T	30/7	Colchester
1.75m	Darren New	SM	SNH	25/6	Harrow
1.71m	Neil Barton	SM	HPX	25/9	Hemel H
1.60m	Chi Kin-Tsang	SM	BAR	7/5	Havering
1.60m	Howard Fisher	SM	SNH	25/6	Harrow
1.55m	Martin Holding	SM	SNH	7/5	Peterborough
1.00m	John Murphy	SM	BAR	30/7	Colchester

Pole Vault

3.80m	Paul Yeomans	SM	WAT	15/5	Watford
2.70m	Neil Barton	SM	HPX	25/9	Hemel H
2.40m	Junior Lewis	SM	HPX	9/7	Watford
2.20m	James Trezona	SM	HPX	25/6	Portsmouth
2.00m	Martin Holding	SM	SNH	7/5	Peterborough
2.00m	Chi Kin-Tsang	SM	BAR	9/7	New River
1.35m	Darren New	SM	SNH	25/6	Harrow
1.00m	Howard Fisher	SM	SNH	15/5	Stevenage
1.00m	Jamie Sinclair	SM	SNH	15/5	Stevenage
1.00m	Matthew Armstrong	SM	D&T	9/7	Peterborough

Long Jump

7.34m +3.9	Neil Barton	SM	HPX	30/5	Bedford
7.17m	Neil Barton	SM	HPX	2/5	Stevenage
6.35m +0.7	Roger Hunter	SM	D&T	15/5	Watford
6.21m	Chi Kin-Tsang	SM	BAR	7/5	Havering
6.20m	Benjamin Shipley	SM	D&T	11/6	Hemel H
5.81m	David Smith	SM	SNH	09/7	Haringey
5.69m	Joe Meah	SM	SNH	25/6	Harrow
5.35m	Martin Holding	SM	SNH	07/5	Peterborough
5.19m	Paul Ingram-Tedd	SM	SNH	12/7	Stevenage
5.19m	Junior Lewis	SM	HPX	30/7	Ware
5.10m	Paul Keeble	SM	SNH	25/6	Harrow
4.54m	John Connelly	SM	BAR	21/5	Kings Lynn
4.25m	Hugh Turner	SM	BAR	7/5	Havering
3.79m	Nick Lauder	SM	BAR	25/6	Basildon

Triple Jump

13.32m	Neil Barton	SM	HPX	9/7	Watford
13.05m	David Smith	SM	SNH	9/7	Haringey
12.64m	Benjamin Shipley	SM	D&T	11/6	Hemel H
12.61m	Junior Lewis	SM	HPX	7/5	Hastings
11.98m	Ben Sumner	SM	E&H	7/5	Sutton
11.56m	Chi Kin-Tsang	SM	BAR	9/7	New River
10.44m	Martin Holding	SM	SNH	7/5	Peterborough
9.82m	Matthew Armstrong	SM	D&T	9/7	Peterborough
8.31m	Nick Lauder	SM	BAR	7/5	Havering

Shot

18.22m	Scott Rider	SM	BIRCH	30/5	Bedford
13.39m	Carl Saggars	SM	E&H	30/7	Haringey

13.23m	Neil McLellan	SM	SNH	25/6	Harrow
12.66m	Roger Hunter	SM	D&T	13/7	Watford
11.06m	Ben Solomon	SM	HPX	7/5	Hastings
10.79m	Steve Maisey	SM	HPX	30/7	Ware
9.65m	Junior Lewis	SM	HPX	20/8	Bedford
9.61m	David Harding	SM	HPX	20/8	Bedford
9.36m	Martin Holding	SM	SNH	25/6	Harrow
9.06m	Matthew Armstrong	SM	D&T	9/7	Peterborough
8.49m	Neil Barton	SM	HPX	25/9	Hemel H
7.16m	Hugh Turner	SM	BAR	7/5	Havering
7.00m	Paul Ingram-Tedd	SM	SNH	19/7	Stevenage
6.89m	Andrew Del Nevo	SM	D&T	7/5	Ipswich
6.68m	Paul Keeble	SM	SNH	09/7	Haringey
6.46m	Nick Lauder	SM	BAR	30/7	Colchester

Discus

41.30m	Carl Saggars	SM	E&H	15/5	Watford
38.86m	Roger Hunter	SM	D&T	15/5	Watford
34.48m	Neil McLellan	SM	SNH	25/6	Harrow
34.36m	Daniel Rogers	SM	BED	4/9	Stevenage
31.84m	David Harding	SM	HPX	20/8	Bedford
30.91m	Steve Maisey	SM	HPX	30/7	Ware
26.22m	Neil Barton	SM	HPX	25/6	Portsmouth
25.00m	Ben Soloman	SM	HPX	7/5	Hastings
24.52m	Junior Lewis	SM	HPX	25/6	Portsmouth
21.93m	Matthew Armstrong	SM	D&T	21/5	Southend-on-Sea
21.87m	Lee Copeland	SM	D&T	25/6	Harrow
21.05m	Hugh Turner	SM	BAR	7/5	Havering
17.24m	Carl Redondo	SM	BAR	9/7	New River
16.67m	Andrew Del Nevo	SM	D&T	7/5	Ipswich
14.89m	Chi Kin-Tsang	SM	BAR	30/7	Colchester

Hammer

65.81m	Carl Saggars	SM	E&H	9/7	Manchester
40.26m	Neil McLellan	SM	SNH	25/6	Harrow
34.76m	Daniel Rogers	SM	BED	4/9	Stevenage
30.96m	Steve Maisey	SM	HPX	30/7	Ware
28.90m	Carl Odell	SM	HPX	25/3	Welwyn GC
25.56m	Hugh Turner	SM	BAR	21/5	Kings Lynn
22.47m	Roger Hunter	SM	D&T	30/7	Colchester
22.28m	Matthew Armstrong	SM	D&T	30/7	Colchester
20.75m	John McLellan	SM	SNH	30/7	Colchester
18.09m	Lee Copeland	SM	D&T	25/6	Harrow
14.73m	Paul Keeble	SM	SNH	9/7	Haringey
12.04m	Junior Lewis	SM	HPX	20/8	Bedford
9.73m	Nick Lauder	SM	BAR	30/7	Colchester
7.46m	Andrew Del Nevo	SM	D&T	7/5	Ipswich

Javelin

71.98m	Anthony Lovett	SM	E&H	23/7	Birmingham
71.36m	Neil McLellan	SM	SNH	3/9	Manchester
51.77m	David Harding	SM	HPX	2/5	Glasgow (S)
50.91m	Roger Hunter	SM	D&T	30/7	Colchester
50.02m	Steve Maisey	SM	HPX	7/5	Hastings
49.28m	Lewis Wallace	SM	E&H	30/7	Dartford
48.36m	Peter Harding	SM	HPX	30/7	Ware
44.37m	C Snook	SM	HRL	15/5	Watford
43.15m	Aaron Hull	SM		4/9	Stevenage
39.50m	Neil Barton	SM	HPX	25/9	Hemel H
37.89m	Lee Copeland	SM	D&T	25/6	Harrow
37.39m	James Trezona	SM	HPX	25/6	Portsmouth
32.14m	Chi Kin-Tsang	SM	BAR	7/5	Havering
31.04m	Matthew Armstrong	SM	D&T	30/7	Colchester

Decathlon

4462 Neil Barton SM HPX 25/9 Hemel H