

## HERTS COUNTY AAA VETERAN MEN 2005 RANKINGS

### 100m

|       |                 |     |      |      |               |
|-------|-----------------|-----|------|------|---------------|
| 12.14 | John Mayor      | M40 | SNH  | 23/8 | San Sebastian |
| 12.5  | Peter Ilo       | M40 | BAR  | 12/5 | Enfield       |
| 12.6  | Dave Martindale | M45 | HPX  | 9/5  | Enfield       |
| 12.9  | Dave Wilcock    | M50 | BAR  | 7/5  | Havering      |
| 12.9  | Ty Holden       | M40 | BAR  | 20/6 | Watford       |
| 12.9  | Stephen Simson  | M50 | D&T  | 18/9 | Hemel H       |
| 13.0  | Mike Maisey     | M55 | HPX  | 4/9  | Battersea Pk  |
| 13.09 | R Williams?     | M40 | HPX  | 29/6 | Watford       |
| 13.1  | Dave Stephenson | M40 | FVS  | 2/5  | Stevenage     |
| 13.2  | Ty Holden       | M40 | BAR  | 2/5  | Stevenage     |
| 13.2  | Gordon Daborn   | M70 | SNH  | 02/5 | Stevenage     |
| 13.2  | Paul Happe      | M40 | D&T  | 20/6 | Watford       |
| 13.28 | Mike Maisey     | M50 | HPX  | 23/3 | Watford       |
| 13.4  | Richard Emptage | M40 | D&T  | 20/6 | Watford       |
| 13.4  | Lawrence Taylor | M45 | BAR  | 11/9 | Battersea     |
| 13.8  | Terry Ryan      | M60 | BAR  | 20/6 | Watford       |
| 13.93 | Alan Carter     | M65 | E&H  | 16/7 | Birmingham    |
| 14.5  | Colin Field     | M60 | TPRC | 2/5  | Stevenage     |
| 14.56 | David Ives      | M50 | D&T  | 24/9 | Hemel H       |
| 14.2  | Stuart Parker   | M45 | HPX  | 20/6 | Watford       |
| 15.18 | Roger Bruck     | M65 | BAR  | 12/6 | Battersea     |
| 15.2  | Gordon Daborn   | M70 | SNH  | 2/5  | Stevenage     |
| 15.3  | John Lee        | M60 | HPX  | 9/5  | Enfield       |
| 15.9  | Colin Taylor    | M40 | D&T  | 7/5  | Ipswich       |
| 15.9  | Chris Miles     | M50 | SNH  | 12/7 | Stevenage     |
| 16.05 | Andrew Blackman | M70 | BAR  | 12/6 | Battersea     |
| 19.2  | Les Leech       | M50 | D&T  | 7/5  | Ipswich       |
| 25.3  | Tony Rawlinson  | M85 | HPX  | 18/9 | Rotherham     |

### 200m

|       |                   |     |      |      |               |
|-------|-------------------|-----|------|------|---------------|
| 24.9  | Peter Ilo         | M40 | BAR  | 2/5  | Stevenage     |
| 26.1  | David Stephenson  | M40 | FVS  | 2/5  | Stevenage     |
| 26.1  | Dave Wilcock      | M50 | BAR  | 9/7  | New River     |
| 26.2  | Ty Holden         | M40 | BAR  | 7/5  | Havering      |
| 26.7  | Paul Happe        | M40 | D&T  | 23/5 | Enfield       |
| 26.9  | Mike Maisey       | M55 | HPX  | 11/9 | Barn Elms     |
| 27.1  | Lawrence Taylor   | M45 | BAR  | 18/9 | Hemel H       |
| 27.2  | Mike Maisey       | M50 | HPX  | 2/5  | Stevenage     |
| 27.3  | Richard Baynham   | M40 | HPX  | 25/3 | WGC           |
| 27.5  | Gregory Hill      | M50 | WATJ | 2/5  | Stevenage     |
| 27.8  | Richard Emptage   | M40 | D&T  | 23/5 | Enfield       |
| 28.6  | Terry Ryan        | M60 | BAR  | 23/5 | Enfield       |
| 28.77 | Alan Carter       | M65 | E&H  | 17/7 | Birmingham    |
| 29.1  | Andy Cunningham   | M40 | BAR  | 11/9 | Battersea     |
| 29.5  | Stuart Parker     | M45 | HPX  | 11/7 | Hemel H       |
| 29.5  | Richard McCormick | M40 | BAR  | 11/7 | Hemel H       |
| 30.0  | Chris Lawn        | M60 | HPX  | 2/5  | Stevenage     |
| 30.1  | David Ives        | M50 | D&T  | 18/9 | Hemel H       |
| 30.2  | Stuart Mann       | M60 | HPX  | 11/7 | Hemel H       |
| 32.1  | Gordon Daborn     | M70 | SNH  | 02/5 | Stevenage     |
| 32.1  | Les Leech         | M50 | D&T  | 23/5 | Enfield       |
| 32.57 | Gordon Daborn     | M70 | SNH  | 3/9  | San Sebastian |
| 33.1  | Colin Taylor      | M40 | D&T  | 7/5  | Ipswich       |
| 33.8  | Peter Morris      | M60 | D&T  | 23/5 | Enfield       |

### 400m

|      |               |     |     |      |           |
|------|---------------|-----|-----|------|-----------|
| 55.8 | Dave Wilcock  | M50 | BAR | 9/7  | New River |
| 56.0 | Peter Ilo     | M40 | BAR | 12/5 | Enfield   |
| 58.5 | Ty Holden     | M40 | BAR | 20/6 | Watford   |
| 59.2 | Costa Michael | M40 | BAR | 11/9 | Battersea |

|       |                  |     |      |      |            |
|-------|------------------|-----|------|------|------------|
| 59.3  | Robin Baynham    | M40 | HPX  | 25/3 | Welwyn GC  |
| 61.1  | Mel Parker       | M40 | BAR  | 20/6 | Watford    |
| 62.6  | Gregory Hill     | M50 | WATJ | 2/5  | Stevenage  |
| 62.6  | Paul Happe       | M40 | D&T  | 9/5  | Enfield    |
| 64.0  | Mike Maisey      | M55 | HPX  | 21/9 | Watford    |
| 65.3  | Stuart Parker    | M45 | HPX  | 20/6 | Watford    |
| 65.8  | Trevor Ratcliffe | M40 | D&T  | 20/6 | Watford    |
| 66.3  | Chris Lawn       | M60 | HPX  | 2/5  | Stevenage  |
| 67.1  | David Newman     | M40 | GCR  | 2/5  | Stevenage  |
| 67.1  | David Ives       | M50 | D&T  | 24/9 | Hemel H    |
| 67.3  | Stuart Mann      | M60 | HPX  | 20/6 | Watford    |
| 67.6  | Con Antoniou     | M60 | BAR  | 11/9 | Battersea  |
| 67.8  | Alan Carter      | M65 | E&H  | 2/7  | Chelmsford |
| 67.9  | Richard Bloom    | M55 | HPX  | 9/5  | Enfield    |
| 72.1  | Colin Field      | M60 | TPRC | 2/5  | Stevenage  |
| 74.6  | Dan Meaney       | M50 | D&T  | 20/6 | Watford    |
| 75.3  | John Shirley     | M55 | BAR  | 20/6 | Watford    |
| 76.0  | John Borgars     | M55 | HPX  | 6/7  | Chelmsford |
| 77.1  | Roger Head       | M60 | HPX  | 4/5  | Southend   |
| 166.5 | Tony Rawlinson   | M85 | HPX  | 18/9 | Rotherham  |

### 800m

|         |                   |     |     |      |           |
|---------|-------------------|-----|-----|------|-----------|
| 2:04.09 | Dave Wilcock      | M50 | BAR | 7/5  | Havering  |
| 2:10.5  | Costa Michael     | M40 | BAR | 11/9 | Battersea |
| 2:13.2  | Richard McCormick | M40 | BAR | 11/7 | Hemel H   |
| 2:14.8  | Mel Parker        | M40 | BAR | 11/9 | Battersea |
| 2:15.1  | Adrian Mason      | M40 | BAR | 7/5  | Havering  |
| 2:15.9  | John Mayor        | M40 | SNH | 19/7 | Stevenage |
| 2:16.7  | Andy Kelleher     | M40 | BAR | 11/7 | Hemel H   |
| 2:23.8  | Paul Reddaway     | M45 | HPX | 23/5 | Enfield   |
| 2:25.4  | Simon Doyle       | M40 | HPX | 11/7 | Hemel H   |
| 2:30.00 | Mike Dixon        | M60 | HPX | 29/8 | San Seb'n |
| 2:30.5  | Rikki Anderson    | M40 | D&T | 11/7 | Hemel H   |
| 2:31.5  | Peter Fitzpatrick | M50 | HPX | 1/6  | Ware      |
| 2:36.2  | David Newman      | M40 | GCR | 2/5  | Stevenage |
| 2:39.7  | Richard Bloom     | M60 | HPX | 23/5 | Enfield   |
| 2:41.6  | Stuart Mann       | M60 | HPX | 23/5 | Enfield   |
| 2:45.4  | Nick Bingham      | M60 | BAR | 23/5 | Enfield   |
| 2:46.1  | John Cooper       | M50 | D&T | 11/7 | Hemel H   |
| 2:47.7  | Roger Head        | M60 | HPX | 11/7 | Hemel H   |
| 2:47.9  | John Fuller       | M60 | BAR | 23/5 | Enfield   |
| 2:51.6  | Richard Foskett   | M50 | HPX | 23/5 | Enfield   |
| 2:56.8  | Chris Miles       | M50 | SNH | 19/7 | Stevenage |
| 3:04.9  | Trevor Ratcliffe  | M40 | D&T | 23/5 | Enfield   |
| 3:09.8  | John Borgars      | M55 | HPX | 1/6  | Ware      |
| 3:23.1  | Peter Morris      | M60 | D&T | 23/5 | Enfield   |

### 1500m

|         |                   |     |     |      |               |
|---------|-------------------|-----|-----|------|---------------|
| 4:12.97 | Dave Wilcock      | M50 | BAR | 3/9  | San Sebastian |
| 4:21.4  | Richard McCormick | M40 | BAR | 11/9 | Battersea     |
| 4:25.7  | Andy Kelleher     | M40 | BAR | 30/7 | Colchester    |
| 4:27.7  | Adrian Mason      | M40 | BAR | 11/9 | Battersea     |
| 4:34.3  | Des Michael       | M55 | BAR | 20/6 | Watford       |
| 4:39.5  | Mel Parker        | M40 | BAR | 9/5  | Enfield       |
| 4:48.0  | Keith Turner      | M45 | BAR | 20/6 | Watford       |
| 4:50.7  | Paul Reddaway     | M45 | HPX | 20/6 | Watford       |
| 4:51.54 | Keith McLellan    | M45 | LUT | 29/6 |               |
| 4:58.9  | Jon Kilsby        | M50 | BAR | 11/9 | Battersea     |
| 4:59.8  | Norman Morrison   | M50 | HPX | 9/5  | Enfield       |
| 5:01.1  | Graham Blackburn  | M40 | FVS | 2/5  | Stevenage     |
| 5:01.7  | Peter Fitzpatrick | M50 | HPX | 2/5  | Stevenage     |
| 5:02.5  | Colin Taylor      | M40 | D&T | 9/7  | Peterborough  |
| 5:03.4  | Tony Cousins      | M55 | BAR | 25/4 | Basingstoke   |

|         |                  |     |     |      |            |
|---------|------------------|-----|-----|------|------------|
| 5:08.0  | Andrew Bramall   | M40 | FVS | 2/5  | Stevenage  |
| 5:16.5  | Lauro Franzese   | M50 | BAR | 20/6 | Watford    |
| 5:20.1  | Stuart Mann      | M60 | HPX | 9/5  | Enfield    |
| 5:22.6  | Mike Dixon       | M60 | HPX | 9/5  | Enfield    |
| 5:25.3  | Alun Stedman     | M55 | HPX | 9/5  | Enfield    |
| 5:25.9  | Rowland Lyons    | M40 | D&T | 20/6 | Watford    |
| 5:27.0  | Richard Foskett  | M50 | HPX | 20/6 | Watford    |
| 5:29.1  | Richard Bloom    | M60 | HPX | 9/5  | Enfield    |
| 5:30.7  | Richard Bloom    | M55 | HPX | 2/5  | Stevenage  |
| 5:33.6  | Mike Sawyer      | M65 | BAR | 11/9 | Battersea  |
| 5:38.5  | Jim Brown        | M50 | FVS | 2/5  | Stevenage  |
| 5:40.7  | John Cooper      | M50 | D&T | 9/5  | Enfield    |
| 5:42.3  | Chris Leigh      | M40 | FVS | 2/5  | Stevenage  |
| 5:48.3  | John Borgars     | M55 | HPX | 4/5  | Southend   |
| 5:50.9  | Roger Head       | M60 | HPX | 9/5  | Enfield    |
| 6:00.8  | John Steed       | M65 | HPX | 9/5  | Enfield    |
| 6:09.6  | Malcolm Sargeant | M50 | D&T | 30/7 | Colchester |
| 6:12.6  | Paul Happe       | M40 | D&T | 10/7 | Watford    |
| 6:25.4  | Paul Holgate     | M40 | FVS | 2/5  | Stevenage  |
| 6:31.20 | David Ives       | M50 | D&T | 25/9 | Hemel H    |
| 6:59.1  | Peter Morris     | M60 | D&T | 9/5  | Enfield    |
| 7:34.37 | Ron Franklin     | M75 | BAR | 17/7 | Birmingham |

### 3000m

|          |                   |     |     |      |             |
|----------|-------------------|-----|-----|------|-------------|
| 9:18.3   | Richard McCormick | M40 | BAR | 23/5 | Enfield     |
| 9:30.1   | Paul Greaves      | M40 | HPX | 11/7 | Hemel H     |
| 9:46.7   | Andy Holt         | M40 | HPX | 23/5 | Enfield     |
| 9:51.5   | Andy Kelleher     | M40 | BAR | 11/7 | Hemel H     |
| 9:53.8   | Liam O'Hare       | M55 | BAR | 4/5  | Kingsmeadow |
| 10:05.6  | Des Michael       | M55 | BAR | 23/5 | Enfield     |
| 10:05.9  | Keith Turner      | M45 | BAR | 23/5 | Enfield     |
| 10:08.9  | Norman Morrison   | M50 | HPX | 25/3 | WGC         |
| 10:09.5  | Paul Reddaway     | M45 | HPX | 23/5 | Enfield     |
| 10:25.1  | Jon Kilsby        | M50 | BAR | 11/9 | Battersea   |
| 10:32.3  | Paul Allen        | M40 | D&T | 11/7 | Hemel H     |
| 10:35.28 | Keith McLellan    | M45 | LUT | 13/7 |             |
| 10:42.4  | Colin Taylor      | M40 | D&T | 18/9 | Hemel H     |
| 10:46.69 | Lauro Franzese    | M50 | BAR | 7/9  | Watford     |
| 11:19.0  | Simon Doyle       | M40 | HPX | 23/5 | Enfield     |
| 11:20.8  | Stuart Mann       | M60 | HPX | 11/7 | Hemel h     |
| 11:29.9  | Richard Foskett   | M50 | HPX | 23/5 | Enfield     |
| 11:43.7  | Richard Bloom     | M60 | HPX | 11/7 | Hemel H     |
| 11:48.6  | John Shirley      | M55 | BAR | 11/7 | Hemel H     |
| 11:50.5  | Con Antoniou      | M60 | BAR | 11/7 | Hemel H     |
| 11:56.4  | Ted Dickens       | M65 | HPX | 11/7 | Hemel H     |
| 11:59.2  | John Fuller       | M60 | BAR | 11/9 | Battersea   |
| 12:17.0  | Mike Sawyer       | M65 | BAR | 11/7 | Hemel H     |
| 12:45.9  | John Cooper       | M50 | D&T | 11/7 | Hemel H     |
| 12:55.9  | Malcolm Sargeant  | M50 | D&T | 18/9 | Hemel H     |
| 12:56.6  | John Borgars      | M55 | HPX | 1/6  | Ware        |
| 13:03.8  | John Steed        | M70 | HPX | 11/7 | Hemel H     |
| 13:21.5  | John Steed        | M65 | HPX | 25/4 | Welwyn GC   |
| 13:28.6  | Roger Head        | M60 | HPX | 3/8  | Braintree   |
| 13:33.4  | Fabian Mills      | M50 | D&T | 18/9 | Hemel H     |

### 5000m

|          |                   |     |     |      |            |
|----------|-------------------|-----|-----|------|------------|
| 16:02.6  | Richard McCormick | M40 | BAR | 20/6 | Watford    |
| 16:15.85 | Paul Greaves      | M40 | HPX | 16/7 | Copthall   |
| 16:58.1  | Andy Kelleher     | M40 | BAR | 25/6 | Basildon   |
| 17:03.2  | Liam O'Hare       | M55 | BAR | 4/9  | Battersea  |
| 17:21.0  | Paul Allen        | M40 | D&T | 20/6 | Watford    |
| 17:48.89 | Des Michael       | M55 | BAR | 17/7 | Birmingham |
| 17:54.1  | Paul Reddaway     | M45 | HPX | 20/6 | Watford    |

|          |                  |     |     |      |               |
|----------|------------------|-----|-----|------|---------------|
| 18.07.9  | Colin Taylor     | M40 | D&T | 9/7  | Peterborough  |
| 18:54.1  | Nick Bingham     | M60 | BAR | 20/6 | Watford       |
| 19:28.6  | Simon Doyle      | M40 | HPX | 20/6 | Watford       |
| 19:29.6  | Richard Foskett  | M50 | HPX | 20/6 | Watford       |
| 19:42.0  | Rikki Anderson   | M40 | D&T | 15/9 | Hemel H       |
| 19:46.5  | Andrew Bramall   | M40 | FVS | 2/5  | Stevenage     |
| 19:48.5  | Rowland Lyons    | M40 | D&T | 9/7  | Peterborough  |
| 19:51.3  | Richard Bloom    | M55 | HPX | 25/3 | Welwyn GC     |
| 20:09.4  | John Shirley     | M55 | BAR | 3/9  | San Sebastian |
| 20:49.8  | Ted Dickens      | M65 | HPX | 20/6 | Watford       |
| 21:04.9  | Richard Bloom    | M60 | HPX | 20/6 | Watford       |
| 21:12.8  | Mike Sawyer      | M65 | BAR | 20/6 | Watford       |
| 21:14.6  | John Steed       | M70 | HPX | 20/6 | Watford       |
| 21:19.3  | Antony Allen     | M50 | D&T | 15/9 | Hemel H       |
| 21:23.2  | John Steed       | M65 | HPX | 2/5  | Stevenage     |
| 21:28.5  | Tony Gillings    | M50 | D&T | 15/9 | Hemel H       |
| 22:01.8  | John Borgars     | M55 | HPX | 2/5  | Stevenage     |
| 22:01.9  | Malcolm Sargeant | M50 | D&T | 30/7 | Colchester    |
| 22:51.4  | Tony Osborne     | M60 | FVS | 2/5  | Stevenage     |
| 23:01.6  | Fabian Mills     | M50 | D&T | 15/9 | Hemel H       |
| 23:05.3  | Dan Meaney       | M50 | D&T | 20/6 | Watford       |
| 23:09.5  | Paul Holgate     | M40 | FVS | 2/5  | Stevenage     |
| 23:10.0  | Richard Pollen   | M40 | SNH | 09/7 | Haringey      |
| 23:32.0  | John Slack       | M50 | D&T | 30/7 | Colchester    |
| 24:00.1  | Mark Glading     | M40 | FVS | 2/5  | Stevenage     |
| 24:57.2  | Mark Freeman     | M40 | FVS | 2/5  | Stevenage     |
| 26:39.47 | Ron Franklin     | M75 | BAR | 17/7 | Birmingham    |

#### 10000m

|          |              |     |     |      |            |
|----------|--------------|-----|-----|------|------------|
| 35:16.1  | Liam O'Hare  | M55 | BAR | 7/9  | Battersea  |
| 38:03.01 | Colin Taylor | M40 | D&T | 25/9 | Hemel H    |
| 40:56.24 | Jim Brown    | M50 | FVS | 25/9 | Hemel H    |
| 55:34.08 | Ron Franklin | M75 | BAR | 17/7 | Birmingham |

#### 2000m steeplechase

|         |            |     |     |     |           |
|---------|------------|-----|-----|-----|-----------|
| 7:58.17 | Mike Dixon | M60 | HPX | 3/9 | San Seb'n |
|---------|------------|-----|-----|-----|-----------|

#### 3000m steeplechase

|         |                   |     |     |      |          |
|---------|-------------------|-----|-----|------|----------|
| 10:30.3 | Richard McCormick | M40 | BAR | 25/6 | Basildon |
| 15:00.4 | Rowland Lyons     | M40 | D&T | 21/5 | Southend |

#### 80m Hurdles

|       |               |  |     |     |     |               |
|-------|---------------|--|-----|-----|-----|---------------|
| 14.97 | Gordon Daborn |  | M70 | SNH | 3/9 | San Sebastian |
|-------|---------------|--|-----|-----|-----|---------------|

#### 100m Hurdles

|      |            |     |     |      |         |
|------|------------|-----|-----|------|---------|
| 21.3 | David Ives | M50 | D&T | 18/9 | Hemel H |
|------|------------|-----|-----|------|---------|

#### 110m Hurdles

|      |                   |     |     |      |           |
|------|-------------------|-----|-----|------|-----------|
| 18.6 | John Mayor        | M40 | SNH | 21/5 | Stevenage |
| 23.1 | Richard McCormick | M40 | BAR | 25/6 | Basildon  |

#### 110m Hurdles (99)

|      |                   |     |     |      |         |
|------|-------------------|-----|-----|------|---------|
| 20.5 | Trevor Ratcliffe  | M40 | D&T | 23/5 | Enfield |
| 20.5 | Robin Baynham     | M40 | HPX | 23/5 | Enfield |
| 24.1 | Richard McCormick | M40 | BAR | 23/5 | Enfield |

#### 300m Hurdles

|       |               |     |     |     |               |
|-------|---------------|-----|-----|-----|---------------|
| 56.21 | Gordon Daborn | M70 | SNH | 3/9 | San Sebastian |
|-------|---------------|-----|-----|-----|---------------|

#### 400m Hurdles

|      |                   |     |     |      |              |
|------|-------------------|-----|-----|------|--------------|
| 65.7 | John Mayor        | M40 | SNH | 15/5 | Stevenage    |
| 71.5 | Richard McCormick | M40 | BAR | 9/7  | Haringey     |
| 85.8 | Trevor Ratcliffe  | M40 | D&T | 9/7  | Peterborough |

**4x100m**

|      |     |     |     |         |
|------|-----|-----|-----|---------|
| 54.3 | M40 | D&T | 9/5 | Enfield |
| 55.2 | M40 | HPX | 9/5 | Enfield |

**4x200m**

|        |     |     |      |         |
|--------|-----|-----|------|---------|
| 1:51.8 | M40 | BAR | 11/7 | Hemel H |
| 1:52.8 | M40 | D&T | 11/7 | Hemel H |
| 1:54.8 | M40 | HPX | 11/7 | Hemel H |

**4x400m**

|        |     |     |      |         |
|--------|-----|-----|------|---------|
| 4:24.2 | M40 | HPX | 23/5 | Enfield |
| 4:38.9 | M40 | D&T | 23/5 | Enfield |

**High Jump**

|       |                   |     |     |      |           |
|-------|-------------------|-----|-----|------|-----------|
| 1.65m | John Mayor        | M40 | SNH | 15/5 | Stevenage |
| 1.55m | Trevor Ratcliffe  | M40 | D&T | 18/9 | Hemel H   |
| 1.50m | Richard Emptage   | M40 | D&T | 11/7 | Hemel H   |
| 1.45m | Mel Parker        | M40 | BAR | 11/7 | Hemel H   |
| 1.35m | David Ives        | M50 | D&T | 11/7 | Hemel H   |
| 1.30m | John Gandee       | M60 | HPX | 23/5 | Enfield   |
| 1.30m | Andy Cunningham   | M40 | BAR | 11/9 | Battersea |
| 1.30m | Roger Bruck       | M65 | BAR | 11/9 | Battersea |
| 1.20m | Steve Smith       | M45 | E&H | 25/6 | Haringey  |
| 1.15m | Bela Nagy         | M55 | BAR | 11/9 | Battersea |
| 1.10m | Les Leech         | M50 | D&T | 23/5 | Enfield   |
| 1.10m | Stuart Parker     | M45 | HPX | 11/7 | Hemel H   |
| 1.00m | Richard McCormick | M40 | BAR | 25/6 | Basildon  |
| 0.82m | Tony Rawlinson    | M85 | HPX | 18/9 | Rotherham |

**Pole Vault**

|       |                  |     |     |      |           |
|-------|------------------|-----|-----|------|-----------|
| 3.01m | Trevor Ratcliffe | M40 | D&T | 11/7 | Hemel H   |
| 2.10m | Bela Nagy        | M55 | BAR | 11/7 | Hemel H   |
| 2.10m | Mel Parker       | M40 | BAR | 11/9 | Battersea |
| 2.00m | Andrew Jackson   | M40 | D&T | 25/6 | Harrow    |
| 1.90m | David Ives       | M50 | D&T | 11/7 | Hemel H   |
| 1.20m | Steve Smith      | M45 | E&H | 7/5  | Ipswich   |
| 1.20m | Malcolm Wallace  | M50 | WAT | 10/8 | Watford   |
| 1.00m | Tony Rawlinson   | M85 | HPX | 18/9 | Rotherham |

**Long Jump**

|         |                 |     |      |      |              |
|---------|-----------------|-----|------|------|--------------|
| 5.65m   | Peter Ilo       | M40 | BAR  | 11/7 | Hemel H      |
| 5.51m   | John Mayor      | M40 | SNH  | 12/7 | Stevenage    |
| 5.49m   | Richard Emptage | M40 | D&T  | 30/7 | Colchester   |
| 5.36m i | Paul Pinnington | M50 | E&H  | 19/2 | Cardiff      |
| 4.98m   | Paul Happe      | M40 | D&T  | 10/7 | Watford      |
| 4.91m   | Steve Smith     | M45 | E&H  | 7/5  | Ipswich      |
| 4.90m   | Robin Baynham   | M40 | HPX  | 11/7 | Hemel H      |
| 4.67m   | Mike Maisey     | M55 | HPX  | 4/9  | Battersea Pk |
| 4.59m   | Mike Maisey     | M50 | HPX  | 9/5  | Enfield      |
| 4.59m   | Andy Cunningham | M40 | BAR  | 11/9 | Battersea    |
| 4.50m   | Dave Brown      | M50 | HPX  | 4/5  | Southend     |
| 4.42m   | Mel Parker      | M40 | BAR  | 9/5  | Enfield      |
| 4.42m   | Andy Welsh      | M50 | BAR  | 11/9 | Battersea    |
| 4.25m   | Bela Nagy       | M55 | BAR  | 9/5  | Enfield      |
| 4.22m   | Roger Bruck     | M65 | BAR  | 11/9 | Battersea    |
| 4.10m   | John Gandee     | M60 | HPX  | 6/7  | Chelmsford   |
| 4.04m   | Colin Field     | M60 | TPRC | 2/5  | Stevenage    |
| 3.66m   | Steve Harris    | M60 | BAR  | 9/5  | Enfield      |
| 3.59m   | John Lee        | M60 | HPX  | 9/5  | Enfield      |
| 3.50m   | David Ives      | M50 | D&T  | 11/7 | Hemel H      |
| 3.15m   | John Borgars    | M55 | HPX  | 6/7  | Chelmsford   |
| 3.00m   | Chris Miles     | M50 | SNH  | 12/7 | Stevenage    |

|       |                |     |     |      |           |
|-------|----------------|-----|-----|------|-----------|
| 2.07m | Tony Rawlinson | M85 | HPX | 18/9 | Rotherham |
|-------|----------------|-----|-----|------|-----------|

### Triple Jump

|         |                 |     |     |      |              |
|---------|-----------------|-----|-----|------|--------------|
| 11.09mi | Paul Pinnington | M50 | E&H | 19/2 | Cardiff      |
| 10.76m  | Steve Smith     | M45 | E&H | 9/7  | Haringey     |
| 11.41m  | Richard Emptage | M40 | D&T | 9/7  | Peterborough |
| 9.80m   | Mike Maisey     | M50 | HPX | 2/5  | Stevenage    |
| 9.70m   | Mike Maisey     | M55 | HPX | 17/7 | Birmingham   |
| 9.15m   | John Gandee     | M60 | HPX | 2/7  | Chelmsford   |
| 8.95m   | Bela Nagy       | M55 | BAR | 11/9 | Battersea    |
| 8.75m   | Mel Parker      | M40 | BAR | 11/9 | Battersea    |

### Shot (7.26k)

|        |                      |     |      |      |            |
|--------|----------------------|-----|------|------|------------|
| 10.10m | Trevor Ratcliffe     | M40 | D&T  | 20/6 | Watford    |
| 9.51m  | John Mayor           | M40 | SNH  | 09/7 | Haringey   |
| 9.15m  | Dave Firman          | M55 | HPX  | 25/6 | Portsmouth |
| 8.84m  | Paul Happe           | M40 | D&T  | 18/9 | Hemel H    |
| 8.66m  | Tim Saunders:Mullins | M50 | SNH  | 15/5 | Watford    |
| 8.60m  | Andrew Jackson       | M40 | D&T  | 25/6 | Harrow     |
| 8.21m  | Ty Holden            | M40 | BAR  | 2/5  | Stevenage  |
| 8.19m  | David Lipscombe      | M40 | SERP | 2/5  | Stevenage  |
| 8.04m  | Les Leech            | M50 | D&T  | 7/5  | Ipswich    |
| 7.99m  | Godfrey Leak         | M60 | HPX  | 20/6 | Watford    |
| 7.63m  | Mel Parker           | M40 | BAR  | 9/5  | Enfield    |
| 7.25m  | Malcolm Wallace      | M50 | WAT  | 30/7 | Ware       |
| 6.84m  | Stuart Parker        | M45 | HPX  | 9/5  | Enfield    |
| 5.83m  | Richard McCormick    | M40 | BAR  | 9/7  | Haringey   |

### Shot (6k/6.25k)

|        |                      |     |     |      |           |
|--------|----------------------|-----|-----|------|-----------|
| 10.09m | Tim Saunders:Mullins | M50 | SNH | 2/5  | Stevenage |
| 9.25m  | David Ives           | M50 | D&T | 24/9 | Hemel H   |
| 8.62m  | Ian Miller           | M70 | HPX | 20/6 | Watford   |
| 8.43m  | Les Leech            | M50 | D&T | 9/5  | Enfield   |
| 7.96m  | Brian Yeomans        | M50 | WAT | 2/5  | Stevenage |
| 7.92m  | Malcolm Wallace      | M50 | WAT | 13/7 | Watford   |
| 7.79m  | Pat Smith            | M50 | BAR | 18/9 | Hemel H   |
| 7.77m  | Patrick Smith        | M50 | BAR | 2/5  | Stevenage |

### Shot (5k)

|        |              |     |     |      |               |
|--------|--------------|-----|-----|------|---------------|
| 10.60m | Godfrey Leak | M60 | SNH | 3/9  | San Sebastian |
| 8.96m  | Ian Miller   | M70 | HPX | 9/5  | Enfield       |
| 8.60m  | Roger Bruck  | M65 | BAR | 11/9 | Battersea     |
| 8.41m  | Terry Ryan   | M60 | BAR | 9/5  | Enfield       |
| 7.26m  | John Gandee  | M60 | HPX | 6/7  | Chelmsford    |

### Shot (4k)

|        |                |     |     |      |           |
|--------|----------------|-----|-----|------|-----------|
| 11.05m | Ian Miller     | M70 | HPX | 2/5  | Stevenage |
| 4.91m  | Tony Rawlinson | M85 | HPX | 18/9 | Rotherham |

### Discus (2k)

|        |                      |     |      |      |           |
|--------|----------------------|-----|------|------|-----------|
| 45.23m | Nick Woolcott        | M40 | E&H  | 15/5 | Watford   |
| 32.21m | Trevor Ratcliffe     | M40 | D&T  | 21/5 | Southend  |
| 27.51m | David Lipscombe      | M40 | SERP | 2/5  | Stevenage |
| 27.04m | John Mayor           | M40 | SNH  | 09/7 | Haringey  |
| 26.66m | Malcolm Wallace      | M50 | WAT  | 4/5  | Watford   |
| 24.40m | Mel Parker           | M40 | BAR  | 20/6 | Watford   |
| 23.68m | Paul Happe           | M40 | D&T  | 10/7 | Watford   |
| 21.30m | Steve Smith          | M45 | E&H  | 9/7  | Haringey  |
| 20.40m | Tim Saunders:Mullins | M50 | SNH  | 25/6 | Harrow    |
| 18.39m | Les Leech            | M50 | D&T  | 7/5  | Ipswich   |
| 18.23m | Richard Pollen       | M40 | SNH  | 09/7 | Haringey  |
| 18.72m | Stuart Parker        | M45 | HPX  | 25/3 | Welwyn GC |

|        |                  |     |     |      |         |
|--------|------------------|-----|-----|------|---------|
| 18.11m | Stuart Broadhead | M55 | HPX | 20/6 | Watford |
|--------|------------------|-----|-----|------|---------|

**Discus (1.5k)**

|        |                      |     |     |      |           |
|--------|----------------------|-----|-----|------|-----------|
| 28.04m | Malcolm Wallace      | M50 | WAT | 18/9 | Watford   |
| 25.87m | Brian Yeomans        | M50 | WAT | 2/5  | Stevenage |
| 24.40m | Ian Miller           | M70 | HPX | 20/6 | Watford   |
| 23.57m | David Ives           | M50 | D&T | 25/9 | Hemel H   |
| 23.08m | Pat Smith            | M50 | BAR | 18/9 | Hemel H   |
| 22.78m | Tim Saunders:Mullins | M50 | SNH | 2/5  | Stevenage |
| 22.04m | Patrick Smith        | M50 | BAR | 2/5  | Stevenage |

**Discus (1k)**

|        |                  |     |     |      |           |
|--------|------------------|-----|-----|------|-----------|
| 38.00m | Godfrey Leak     | M60 | SNH | 2/5  | Stevenage |
| 31.16m | Ian Miller       | M70 | HPX | 19/6 | Milton K  |
| 28.80m | Gerald Ratcliffe | M60 | D&T | 18/9 | Hemel H   |
| 26.15m | Chris Lawn       | M60 | HPX | 3/8  | Braintree |
| 23.84m | Roger Bruck      | M65 | BAR | 20/6 | Watford   |
| 12.40m | Tony Rawlinson   | M85 | HPX | 18/9 | Rotherham |

**Hammer (7.26k)**

|        |                      |     |      |      |            |
|--------|----------------------|-----|------|------|------------|
| 37.72m | John Maitland        | M40 | HHH  | 15/5 | Watford    |
| 34.88m | Trevor Ratcliffe     | M40 | D&T  | 21/5 | Southend   |
| 25.95m | Tim Saunders:Mullins | M50 | SNH  | 25/6 | Harrow     |
| 24.40m | Dave Firman          | M55 | HPX  | 9/7  | Watford    |
| 22.82m | Malcolm Wallace      | M50 | WAT  | 9/7  | Watford    |
| 21.52m | Andy Cunningham      | M40 | BAR  | 11/9 | Battersea  |
| 20.36m | Stuart Parker        | M45 | HPX  | 20/8 | Bedford    |
| 19.70m | John Mayor           | M40 | SNH  | 09/7 | Haringey   |
| 18.21m | David Lipscombe      | M40 | SERP | 2/5  | Stevenage  |
| 17.63m | Stuart Broadhead     | M55 | HPX  | 25/6 | Portsmouth |
| 15.18m | Les Leech            | M50 | D&T  | 7/5  | Ipswich    |
| 12.24m | Richard McCormick    | M40 | BAR  | 9/7  | Haringey   |
| 11.40m | Steve Smith          | M45 | E&H  | 21/5 | Kings Lynn |

**Hammer (6/6.25k)**

|        |                      |     |     |      |           |
|--------|----------------------|-----|-----|------|-----------|
| 28.71m | Tim Saunders:Mullins | M50 | SNH | 2/5  | Stevenage |
| 27.00m | Mike Bennett         | M50 | BAR | 23/5 | Enfield   |
| 26.06m | Malcolm Wallace      | M50 | WAT | 10/8 | Watford   |
| 25.66m | Patrick Smith        | M50 | BAR | 2/5  | Stevenage |
| 22.25m | Stuart Broadhead     | M55 | HPX | 23/5 | Enfield   |
| 21.10m | David Ives           | M50 | D&T | 18/9 | Hemel H   |
| 18.83m | Brian Yeomans        | M50 | WAT | 2/5  | Stevenage |
| 18.53m | Les Leech            | M50 | D&T | 23/5 | Enfield   |

**Hammer (5k)**

|        |                  |     |     |      |               |
|--------|------------------|-----|-----|------|---------------|
| 32.61m | Godfrey Leak     | M60 | SNH | 3/9  | San Sebastian |
| 30.99m | Ian Miller       | M70 | HPX | 23/5 | Enfield       |
| 22.29m | Gerald Ratcliffe | M60 | D&T | 23/5 | Enfield       |
| 19.52m | Terry Ryan       | M60 | BAR | 23/5 | Enfield       |

**Hammer (4k)**

|        |            |     |     |      |          |
|--------|------------|-----|-----|------|----------|
| 36.32m | Ian Miller | M70 | HPX | 19/6 | Milton K |
|--------|------------|-----|-----|------|----------|

**Javelin (800g)**

|        |                  |     |      |      |            |
|--------|------------------|-----|------|------|------------|
| 62.35m | Trevor Ratcliffe | M40 | D&T  | 26/6 | Ashford    |
| 32.80m | Pat Smith        | M50 | BAR  | 30/7 | Colchester |
| 31.59m | John Mayor       | M40 | SNH  | 09/7 | Haringey   |
| 31.47m | Mel Parker       | M40 | BAR  | 11/7 | Hemel H    |
| 30.66m | Stuart Parker    | M45 | HPX  | 11/7 | Hemel H    |
| 28.67m | David Lipscombe  | M40 | SERP | 2/5  | Stevenage  |
| 28.02m | Steve Smith      | M45 | E&H  | 25/6 | Haringey   |
| 27.91m | Paul Happe       | M40 | D&T  | 10/7 | Watford    |
| 25.86m | Richard Emptage  | M40 | D&T  | 7/5  | Ipswich    |

|        |           |     |     |     |         |
|--------|-----------|-----|-----|-----|---------|
| 21.09m | Les Leech | M50 | D&T | 7/5 | Ipswich |
|--------|-----------|-----|-----|-----|---------|

### Javelin (700g)

|        |                      |     |     |      |           |
|--------|----------------------|-----|-----|------|-----------|
| 43.13m | Mike Bennett         | M50 | BAR | 2/5  | Stevenage |
| 28.03m | Mike Dixon           | M60 | HPX | 11/7 | Hemel H   |
| 27.54m | Steve Chilton        | M55 | BAR | 18/9 | Hemel H   |
| 27.01m | Bela Nagy            | M55 | BAR | 11/7 | Battersea |
| 26.25m | Tim Saunders:Mullins | M50 | SNH | 2/5  | Stevenage |
| 25.89m | David Ives           | M50 | D&T | 11/7 | Hemel H   |
| 10.28m | John Borgars         | M55 | HPX | 3/8  | Braintree |

### Javelin (600g)

|        |                  |     |     |      |               |
|--------|------------------|-----|-----|------|---------------|
| 34.34m | John Gandee      | M60 | HPX | 11/7 | Hemel H       |
| 32.85m | Gerald Ratcliffe | M60 | D&T | 11/7 | Hemel H       |
| 24.49m | Ian Miller       | M70 | HPX | 2/7  | Chelmsford    |
| 18.95m | Terry Ryan       | M60 | BAR | 11/7 | Hemel H       |
| 17.61m | Godfrey Leak     | M60 | SNH | 3/9  | San Sebastian |
| 17.05m | Con Antoniou     | M60 | BAR | 11/9 | Battersea     |

### Javelin (500g)

|        |               |     |     |      |           |
|--------|---------------|-----|-----|------|-----------|
| 28.18m | Gordon Daborn | M70 | SNH | 2/5  | Stevenage |
| 26.99m | Ian Miller    | M70 | HPX | 19/6 | Milton K  |

### Javelin (400g)

|        |                |     |     |      |           |
|--------|----------------|-----|-----|------|-----------|
| 12.42m | Tony Rawlinson | M85 | HPX | 18/9 | Rotherham |
|--------|----------------|-----|-----|------|-----------|

### Pentathlon

|      |            |     |     |      |         |
|------|------------|-----|-----|------|---------|
| 1642 | Paul Happe | M40 | D&T | 10/7 | Watford |
|------|------------|-----|-----|------|---------|

### Decathlon

|        |                |     |     |      |           |
|--------|----------------|-----|-----|------|-----------|
| 2211   | David Ives     | M50 | D&T | 25/9 | Hemel H   |
| 2460aa | Tony Rawlinson | M85 | HPX | 18/9 | Rotherham |

### Weight Pentathlon

|      |              |     |     |      |               |
|------|--------------|-----|-----|------|---------------|
| 3809 | Ian Miller   | M70 | HPX | 19/6 | Milton Keynes |
| 2431 | Godfrey Leak | M60 | SNH | 3/9  | San Sebastian |

### Weight

|        |            |     |     |       |          |
|--------|------------|-----|-----|-------|----------|
| 14.60m | Ian Miller | M70 | HPX | 29/10 | Dunboyne |
|--------|------------|-----|-----|-------|----------|

### WALKS

#### 1 Mile Walk

|        |                |     |     |     |           |
|--------|----------------|-----|-----|-----|-----------|
| 8:01.4 | Arthur Thomson | M65 | HPX | 1/6 | Ware      |
| 9:14.7 | John Borgars   | M55 | HPX | 3/8 | Braintree |

#### 2km Walk

|         |                |     |     |      |           |
|---------|----------------|-----|-----|------|-----------|
| 11:34.0 | Costa Michael  | M40 | BAR | 12/5 | Enfield   |
| 11:38.7 | John Borgars   | M55 | HPX | 9/5  | Enfield   |
| 12:30.3 | Peter Morris   | M60 | D&T | 9/5  | Enfield   |
| 12:38.9 | Adrian Newman  | M60 | HPX | 4/5  | Southend  |
| 13:07.0 | Ian Gibbs      | M65 | BAR | 11/9 | Battersea |
| 13:15.9 | Steve Chilton  | M50 | BAR | 9/5  | Enfield   |
| 14:50.8 | Bernard Thomas | M75 | HPX | 9/5  | Enfield   |
| 15:25.9 | John Shirley   | M55 | BAR | 11/9 | Battersea |

#### 3km Walk

|          |                |     |       |      |           |
|----------|----------------|-----|-------|------|-----------|
| 15:35.60 | Arthur Thomson | M65 | HPX   | 14/8 | Haringey  |
| 17:06.90 | Phil Williams  | M?  | CHILT | 14/8 | Haringey  |
| 17:48.7  | John Borgars   | M55 | HPX   | 2/5  | Stevenage |
| 18:19.0  | Adrian Newman  | M60 | HPX   | 2/5  | Stevenage |
| 20:36.9  | Ken Livermore  | M70 | HPX   | 2/5  | Stevenage |
| 24:21.5  | Harvey Jaquest | M75 | HPX   | 2/5  | Stevenage |

**10km Walk**

|         |                |     |      |          |
|---------|----------------|-----|------|----------|
| 57:13.8 | Arthur Thomson | M65 | 19/6 | Milton K |
| 91:33.2 | Harvey Jaquest | M75 | 19/6 | Milton K |