

2009 HERTS COUNTY T&F RANKING LISTS

Senior Men

100 metres

10.9	Tonderai Tomu	SNH	10/5	Stevenage
11.03	Ben Sumner	E&H	12/5	Stretford
11.09/0.2	Adam Daish	E&H	23/8	Ipswich
11.2	Robert Harle	Che	10/5	Stevenage
11.2	Mark Collins	LUT	10/5	Stevenage
11.3/1.7	Kenny Howard	HPX	24/5	Luton
11.32	Zak Saucedo	E&H	4/8	Woodford
11.4	Matt Hamilton	HPX	16/5	Milton K
11.52	Stephen Barnard	E&H	15/7	Watford
11.7	M Charles	HARR	10/5	Stevenage
11.8	Tom Lake	HPX	2/5	Hemel H
12.3	Andrew Morris	WAT	6/6	Walton
12.4	Paul Yeomans	WAT	2/5	Colchester
12.4	D Stephens	HBS	10/5	Stevenage
12.4	Jamesdean Atkins	SNH	6/9	Stevenage
12.58	Elior Harris	SNH	9/8	Chelmsford
12.7	M Elmedani	WAT	16/5	Twickenham
12.7	David Briggs	D&T	6/6	Sandy
12.7	Roland Timmann	D&T	1/8	Hemel H
13.3	Marcus McKechnie	SNH	1/8	Kings Lynn
13.5	Ben Smith	BAR	20/9	Hemel H
14.3	Andrew Marcinowicz	WAT	2/5	Colchester
16.1	Nick Harris	WAT	1/8	Hillingdon
19.1	Daniel Tarrant	WAT	1/8	Hillingdon

200 metres

21.8	Tonderai Tomu	SNH	10/5	Stevenage
22.53/1.8	Adam Daish	E&H	23/8	Ipswich
22.66	Zak Saucedo	E&H	4/8	Woodford
22.6	Robert Harle	Che	10/5	Stevenage
23.0	Kenny Howard	HPX	24/5	Luton
23.3	Matt Thurgood	HPX	11/7	Chelmsford
23.7	Stephen Barnard	E&H	16/5	Milton Keynes
23.8	Simon Wombwell	HPX	2/5	Hemel H
24.0	M Charles	HARR	10/5	Stevenage
24.0	David Briggs	D&T	27/6	Eton
24.1	Dominic Spike	HPX	10/4	WGC
24.4	Tom Lake	HPX	2/5	Hemel H
25.1	Andrew Morris	WAT	27/6	Hemel H
25.3	Paul Yeomans	WAT	2/5	Colchester
25.9	Daniel Tarrant	WAT	6/6	Walton
26.0	M Elmedani	WAT	16/5	Twickenham
26.7	Ben Smith	BAR	6/6	Ware
27.0	Chi Kin Tsang	BAR	1/8	Ipswich
27.0	James Taylor	BAR	20/9	Hemel H

400 metres

47.24	Tonderai Tomu	SNH	13/6	Cardiff
48.4	Adam Daish	E&H	17/5	Loughborough
48.70	Adam Daish	E&H	25/5	Bedford
49.99	Matt Hamilton	HPX	23/8	Ipswich
50.2	Aaron Dombey	WAT	27/6	Hemel H
51.19	Kenny Howard	HPX	1/7	Watford
51.3	Sam Poulton	SNH	2/5	Woking
53.1	Dominic Spike	HPX	10/5	Stevenage
54.0	Adam Searle	SNH	5/7	Cambridge
54.3	David Briggs	D&T	1/8	Hemel H
54.26	James Taylor	BAR	23/5	LV
54.6	Paul Yeomans	WAT	16/5	Twickenham
57.8	Ben Smith	BAR	20/9	Hemel H

58.3	Danny Digweed	BAR	7/6	Ware
61.6	Daniel Tarrant	WAT	1/8	Hillingdon
71.6	Nick Harris	WAT	1/8	Hillingdon

800 metres

1:51.97	Rhys Fowler	E&H	22/8	Newham
1:53.78	Shaun Collins	E&H	1/8	Copthall
1:54.59	Lee Reynolds	HPX	1/7	Watford
1:55.1	Rhys Fowler	E&H	10/5	Stevenage
1:57.93	Adam Searle	SNH	1/7	Watford
2:00.2	James Taylor	BAR	10/5	Stevenage
2:01.4	Andrew Cracknell	D&T	27/6	Eton
2:02.0	Sam Poulton	SNH	11/7	Hastings
2:03.46	Dominic Spike	HPX	4/4	LV
2:06.6	Alex Gardner	D&T	2/5	Cambridge
2:07.4	David Briggs	D&T	6/6	Sandy
2:08.9	John McGinn	WAT	16/5	Twickenham
2:10.9	Ben Smith	BAR	30/6	Watford
2:12.7	Danny Digweed	BAR	16/5	Newham
2:13.1	Robert Molloy	D&T	16/5	Basingstoke
2:15.7	Andrew Benson	HPX	11/7	Chelmsford
2:19.90	Adam Frith	HPX	1/7	Watford
2:20.6	Marcus McKechnie	SNH	1/8	Kings Lynn
2:23.1	Andrew Benson	HPX	6/6	Ware
2:25.6	Nick Harris	WAT	27/6	Hemel H
2:29.0	Andrew Tedder	BAR	1/8	Ipswich
2:31.8	Daniel Tarrant	WAT	1/8	Hillingdon
2:32.2	Jamesdean Atkins	SNH	6/9	Stevenage
2:32.6	Zac McDonagh	WAT	6/9	Watford
2:36.0	Andrew Kelly	WAT	6/6	Walton
2:44.6	Chi Kin Tsang	BAR	20/9	Hemel H

1500 metres

3:51.45	Shaun Collins	E&H	19/8	Eltham
3:53.0	Lee Reynolds	HPX	15/7	Watford
4:01.1	Adam Searle	SNH	17/6	Watford
4:10.39	Michael Tarpey	HPX	12/8	Watford
4:11.8	James Taylor	BAR	4/5	Stevenage
4:17.71	Luke Humphreys	BED	12/8	Watford
4:20.7	Alex Horton	BAR	2/5	Hemel H
4:23.37	Matt Carlisle	HPX	23/8	Ipswich
4:24.5	Sam Poulton	SNH	4/5	Stevenage
4:25.0	John McGinn	WAT	16/5	Eton
4:25.3	Robert Walker	D&T	27/6	Eton
4:25.9	Alex Gardner	D&T	2/5	Cambridge
4:32.5	Andrew Cracknell	D&T	1/8	Hemel H
4:33.50	J Knight	HPX	12/8	Watford
4:34.1	Marcus McKechnie	SNH	27/6	Hemel H
4:36.0	Danny Digweed	BAR	11/7	Luton
4:36.74	Adam Frith	HPX	15/7	Watford
4:39.5	Robert Molloy	D&T	11/7	Eton
4:52.7	Eammon Twomey	WAT	27/6	Hemel H
4:55.3	Daniel Tarrant	WAT	16/5	Twickenham
5:01.7	Andrew Marcinowicz	WAT	2/5	Colchester
5:11.9	Nick Harris	WAT	1/8	Hillingdon
5:26.8	David Vannen	WAT	11/7	Eton
5:30.8	Zac McDonough	WAT	6/9	Watford
5:31.9	Andrew Kelly	WAT	2/5	Colchester

3000 metres

8:22.39	Kevin Skinner	NEB	18/7	Solihull
8:34.62	Shaun Collins	E&H	23/9	Watford
8:37.02	Lee Reynolds	HPX	17/6	Watford
8:54.19	Michael Tarpey	HPX	26/8	Watford

9:06.73	Luke Humphreys	BED	26/8	Watford
9:07.7	Bryn Reynolds	HPX	10/4	WGC
9:14.6	Adam Searle	SNH	14/4	WGC
9:28.62	Alex Horton	BAR	25/4	Copthall
10:24.53	Andrew Marcinowicz	WAT	17/6	Watford

5000 metres

14:19.1	Kevin Skinner	NEB	13/6	Watford
14:35.40	Shaun Collins	E&H	7/6	Sheffield
14:42.97	Jon Pepper	E&H	4/7	Manchester
14:49.9	Lee Reynolds	HPX	11/7	Chelmsford
15:46.30	Luke Humphreys	BED	22/8	Derby
15:46.59	Michael Tarpey	HPX	23/8	Ipswich
15:59.9	Bryn Reynolds	HPX	25/4	Birmingham
16:20.17	Matt Carlisle	HPX	23/8	Ipswich
17:36.2	Richard Holland	WAT	11/7	Eton
17:48.9	David Vannen	WAT	11/7	Eton
17:50.2	Eammon Twomey	WAT	6/6	Walton
18:20.9	Marcus McKechnie	SNH	11/7	Hastings
18:28.6	A Harris	WAT	1/8	Hillingdon
18:53.7	Andrew Benson	HPX	1/8	St Ives
19:28.6	Andrew Kelly	WAT	6/6	Walton
19:32.9	Sam Poulton	SNH	27/6	Hemel H
20:20.0	Steve Rouse	WAT	27/6	Hemel H
21:11.2	Sean Pollen	SNH	11/7	Hastings

10000 metres

29:45.01	Kevin Skinner	NEB	22/8	Birmingham
32:15.96	Bryn Reynolds	HPX	3/5	Bedford

110m Hurdles

14.9	Zak Saucedo	E&H	10/5	Stevenage
14.93/1.2	Simon Wombwell	HPX	29/7	Loughborough
15.6	Stephen Barnard	E&H	27/6	LV
17.1	C Steptowe		23/8	Ipswich
18.2	Elior Harris	SNH	2/5	Woking
20.2	Pat Barrett	HPX	6/6	Ware
20.7	Daniel Tarrant	WAT	16/5	Twickenham
21.2	M Elmendani	WAT	11/7	Eton
21.5	Laurie Pirie	SNH	16/5	Erith
21.8	Chi Kin Tsang	BAR	2/5	Hemel H
22.2	Nick Harris	WAT	27/6	Hemel H
23.2	A Marcinowicz	WAT	2/5	Colchester
26.4	Adam Searle	SNH	11/7	Hastings

400m Hurdles

50.37	Ben Sumner	E&H	5/7	Chambery,FRA
53.38	Zak Saucedo	E&H	4/7	Manchester
55.5	Aaron Dombey	WAT	10/5	Stevenage
59.7	Simon Wombwell	HPX	10/5	Stevenage
61.1	Dave Hall	WAT	2/5	Colchester
62.5	Pat Barrett	HPX	11/7	Chelmsford
63.7	Daniel Tarrant	WAT	2/5	Colchester
64.8	Marcus McKechnie	SNH	27/6	Hemel H
68.3	M Elmendani	WAT	11/7	Eton
69.5	Richard Holland	WAT	11/7	Eton
73.5	Robert Molloy	D&T	6/6	Sandy
74.2	Nick Harris	WAT	1/8	Hillingdon
83.8	Barry Mainstone	SNH	18/7	Copthall

2000m Steeplechase

5:51.46	Shaun Collins	E&H	3/6	Twickenham
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3000m Steeplechase

9:04.22	Shaun Collins	E&H	15/8	Cardiff
10:25.28	Bryn Reynolds	HPX	16/5	Cambridge
10:45.3	Alex Horton	BAR	2/5	Hemel H
11:03.8	James Taylor	BAR	2/5	Hemel H
11:11.42	Matt Carlisle	HPX	23/8	Ipswich
11:18.9	Nick Harris	WAT	11/7	Eton
11:24.2	Tommy Sheldrick	D&T	6/6	Sandy
11:36.3	Marcus McKechnie	SNH	6/6	Sandy
11:45.2	Robert Walker	D&T	27/6	Eton
11:51.9	Richard Holland	WAT	11/7	Eton
12:10.5	Sean Pollen	SNH	1/8	Kings Lynn
12:35.4	Andrew Marcinowicz	WAT	2/5	Colchester

High Jump

2.10	Adam Scarr	E&H	22/8	Newham
1.95	Laurie Pirie	SNH	18/7	Copthall
1.91	Elior Harris	SNH	10/5	Stevenage
1.85	D Etheridge	Sale	10/5	Stevenage
1.85	Andrew Cracknell	D&T	1/8	Hemel H
1.80	Matt Thurgood	HPX	1/8	St Ives
1.70	Daniel Tarrant	WAT	2/5	Colchester
1.70	Pat Barrett	HPX	16/5	Milton K
1.65	Danny Digweed	BAR	11/7	Luton
1.60	Matt Thurgood	HPX	6/6	Ware
1.60	Adam Searle	SNH	11/7	Hastings
1.55	Barry Mainstone	SNH	18/6	Sandy
1.50	Nick Harris	WAT	11/7	Eton
1.50	Sean Johnson	D&T	11/7	Eton
1.40	Chi Kin Tsang	BAR	2/5	Hemel H
1.35	Lee Cordell	D&T	2/5	Cambridge
1.20	James Taylor	BAR	11/7	Luton

Pole Vault

3.80	Paul Yeomans	WAT	11/7	Eton
3.60	Lee Cordell	D&T	2/5	Cambridge
3.20	Pat Barrett	HPX	2/5	Hemel H
3.20	Daniel Tarrant	WAT	27/6	Hemel H
2.20	Chi Kin Tsang	BAR	6/6	Ware
2.20	Laurie Pirie	SNH	27/6	Hemel H

Long Jump

6.46/2.0	Elior Harris	SNH	10/5	Stevenage
6.43	Ian Simson	D&T	11/7	Eton
5.91	Matt Thurgood	HPX	1/8	St Ives
5.87	Laurie Pirie	SNH	18/7	Copthall
5.56	Marcus McKechnie	SNH	11/7	Hastings
5.56	Jamesdean Atkins	SNH	6/9	Stevenage
5.50	Andrew Morris	WAT	6/6	Walton
5.46	Chi Kin Tsang	BAR	6/6	Ware
5.39	Paul Yeomans	WAT	16/5	Twickenham
5.37	Daniel Tarrant	WAT	1/8	Hillingdon
5.31/2.0	D Stephens	HBS	10/5	Stevenage
5.28	Pat Barrett	HPX	11/7	Chelmsford
5.23	Dominic Spike	HPX	2/5	Hemel H
5.23	David Briggs	D&T	1/8	Hemel H
5.18	Sam Poulton	SNH	1/8	Kings Lynn
5.17/4.5	A Pallett	una	10/5	Stevenage
4.43	Chris Koukoulis	BAR	1/8	Ipswich

Triple Jump

14.00	Ian Simson	D&T	10/4	New Haven,USA
13.79	Matt Thurgood	HPX	1/8	St Ives
12.88	Elior Harris	SNH	16/5	Erith
12.78	Laurie Pirie	SNH	27/6	Hemel H

12.08	Dominic Spike	HPX	2/5	Hemel H
11.26	Marcus McKechnie	SNH	1/8	Kings Lynn
10.54	Chi Kin Tsang	BAR	2/5	Hemel H
10.42	Paul Yeomans	WAT	16/5	Twickenham
10.30	Daniel Tarrant	WAT	1/8	Hillingdon
9.98	A Pallett	una	10/5	Stevenage
8.88	Ben Smith	BAR	16/5	Newham

Shot

12.89	Neil McLellan	SNH	23/8	Ipswich
12.70	Stuart Thurgood	WAT	27/6	Hemel H
12.03	Ray McKenna	WAT	11/7	Eton
11.28	Pat Barrett	HPX	1/8	St Ives
9.10	Aaron Hull	SNH	6/6	Sandy
9.02	Paul Yeomans	WAT	10/5	Stevenage
7.74	Adam Searle	SNH	1/8	Kings Lynn
7.40	Andrew Benson	HPX	11/7	Chelmsford
5.11	Marcus McKechnie	SNH	1/8	Kings Lynn

Discus

35.90	Ray McKenna	WAT	11/7	Eton
34.79	Stuart Thurgood	WAT	27/6	Hemel H
33.75	Pat Barrett	HPX	16/5	Milton K
30.80	Aaron Hull	SNH	6/6	Sandy
26.39	Sean Johnson	D&T	11/7	Eton
23.10	Chris Koukoulis	BAR	1/8	Ipswich
22.67	Paul Yeomans	WAT	10/5	Stevenage
16.82	Marcus McKechnie	SNH	1/8	Kings Lynn
13.57	Jamesdean Atkins	SNH	6/9	Stevenage

Hammer

57.96	Stuart Thurgood	WAT	2/5	Colchester
57.82	Carl Saggars	E&H	22/8	Newham
36.54	Neil McLellan	SNH	6/6	Sandy
31.23	Pat Barrett	HPX	2/5	Hemel H
26.69	Andrew Benson	HPX	21/8	St Ives
21.10	Paul Yeomans	WAT	6/9	Watford
20.82	Sean Johnson	D&T	11/7	Eton
19.15	Ray McKenna	WAT	1/8	Hillingdon
17.72	Chris Koukoulis	BAR	1/8	Ipswich

Javelin

70.75	Neil McLellan	SNH	25/5	Bedford
56.80	Anthony Lovett	E&H	1/8	Battersea
55.11	Matt Stoker	SBH	28/6	Bedford
45.15	Daniel Tarrant	WAT	1/8	Hillingdon
43.18	Pat Barrett	HPX	11/7	Chelmsford
43.01	Aaron Hull	SNH	6/6	Sandy
39.13	Tonderai Tomu	SNH	11/7	Hastings
36.15	Paul Yeomans	WAT	6/9	Watford
35.63	Andrew Marcinowicz	WAT	2/5	Colchester
33.87	Chi Kin Tsang	BAR	2/5	Hemel H
33.45	Dominic Spike	HPX	2/5	Hemel H
32.72	Ray McKenna	WAT	11/7	Eton
30.90	Andrew Benson	HPX	16/5	Milton K
12.28	Adam Searle	SNH	1/8	Kings Lynn
10.74	Andrew Tedder	BAR	1/8	Ipswich

4x100 Relay

43.9	Herts County	23/8	Ipswich
44.9	Herts Phoenix	11/7	Chelmsford
47.1	Watford	6/6	Walton
47.2	Dacorum & Tring	11/7	Eton
49.8	Stevenage & NH	4/5	Stevenage

4x400 Relay

3:22.37	Herts County	9/8	Chelmsford
3:26.3	Stevenage & NH	4/5	Stevenage
3:29.2	Herts Phoenix	6/6	Ware
3:33.4	Watford	16/5	Twickenham
3:37.6	Dacorum & Tring	27/6	Eton

INDOOR PERFORMANCES**60m**

7.28	Kenny Howard	HPX	15/3	LV
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200m

300m

36.28	Matt Hamilton	HPX	12/12	Sheffield
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400m

50.81	Aaron Dombey	WAT	31/1	Birmingham
53.21	Matt Hamilton	HPX	15/3	LV

800m

2:09.43	Richard Bats	15/3	LV
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60H

8.58	Zak Saucedo	E&H	15/3	LV
9.02	Stephen Barnard	E&H	15/3	LV

HJ

2.00	Mark Crowley	E&H	17/1	LV
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PV

3.80	Lee Cordell	D&T	15/3	LV
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LJ

6.31	Mark Crowley	E&H	15/3	LV
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4x200

1:34.79	Herts	15/3	LV
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