

2012 HERTS COUNTY TRACK AND FIELD RANKING LISTS

Senior Men

100m

10.9	Lewis Clarke	D&T	9/6	Carshalton
10.91/1.8	Antonio Infantino	SBH	13/5	Watford
11.05/1.8	Lewis Clarke	D&T	13/5	Watford
11.08/2.1	Cameron Webb	SNH	9/5	LV
11.15/1.4	Cameron Webb	SNH	22/8	Watford
11.25/3.6	Adam Daish	HPX	14/4	LV
11.38/1.8	Matt Hamilton	HPX	13/5	Watford
11.5	Adam Daish	HPX	6/4	WGC
11.6	Mario Santos Costa	SNH	29/9	Sandy
11.66/1.8	Ian Tobin	HPX	13/5	Watford
11.77/-1.1	Dominic Spike	HPX	13/6	Loughborough
11.8	Craig Shearer	D&T	1/9	Hemel H
11.9	Carlos Angeno	BAR	28/4	Battersea Park
12.0	Matt Pollard	D&T	22/3	Hemel H
12.08/3.8	Steve Edwards	HPX	14/4	LV
12.2	Jack Rossini	D&T	22/3	Hemel H
12.4	Shaun Daish	HPX	21/4	LV
12.4	Simon Wombwell	HPX	9/6	WGC
12.4	Ollie Smith	WAT	1/9	Bury St Edmunds
12.52/0.5	Pat Barrett	HPX	15/9	Erith
12.54	Matt Pollard	D&T	4/4	Watford
12.7	Josh Dombey	WAT	19/5	Woodford
12.79/1.8	Dave Stephens	HPX	13/5	Watford
13.2	Matt Williams	D&T	23/9	Hemel H
15.1	Adam Vickery	BAR	23/9	Hemel H
15.68/3.8	Anthony Bryan	HPX	14/4	LV
16.1	Anthony Bryan	HPX	6/4	WGC
16.2	Zac McDonough	WAT	1/9	Bury St Edmunds

200m

21.60	Antonio Infantino	SBH	13/5	Watford
22.54/2.0	Cameron Webb	SNH	1/9	Milton Keynes
22.8	Lewis Clarke	D&T	21/4	Hemel H
22.96/3.6	Joe Gaynor	HPX	15/8	LV
23.0	Matt Hamilton	HPX	30/9	Cambridge
23.02/0.4	Adam Daish	HPX	19/5	MK
23.2	Joe Gaynor	HPX	14/7	Walton
23.50/0.3	Dominic Spike	HPX	30/5	Watford
23.7	Ian Tobin	HPX	30/9	Cambridge
23.75i	Craig Shearer	D&T	4/3	LV
23.80	Sam Poulton	SNH	18/4	Watford
24.06	Aaron Reynolds	SNH	1/9	Milton Keynes
24.26	Jack Rossini	D&T	13/5	Watford
24.6	Richard Brown	HPX	1/9	Norwich
24.7	Pat Barrett	HPX	30/9	Cambridge
24.77	Steven Edwards	HPX	13/5	Watford
24.78	Ollie Smith	WAT	25/7	Watford
25.0	Shaun Daish	HPX	9/6	WGC
26.29/-1.0	Dave Stephens	HPX	20/6	LV
27.0	Matt Pollard	D&T	22/3	Hemel H
30.06	Duncan Martin	WAT	19/5	Woodford
32.3	Nathan Cusack	StA	14/7	Cambridge
32.54/6.3	Anthony Bryan	HPX	14/4	LV
32.9	Anthony Bryan	HPX	6/4	WGC
33.3	Zac McDonough	WAT	9/6	Walthamstow

400m

49.88	Matt Hamilton	HPX	2/6	Geneva,SWI
50.14	Adam Daish	HPX	19/5	MK
50.32	Joe Gaynor	HPX	2/6	Birmingham
51.10	Dominic Spike	HPX	13/6	Loughborough
51.13	Richard Brown	HPX	19/5	Oxford
51.6	Ben Parry	HPX	1/9	Norwich
51.83	Sam Poulton	SNH	5/5	Olympic Park
52.34	Cameron Webb	SNH	18/8	Eton
53.56	Aaron Reynolds	SNH	1/9	Milton Keynes
53.8	Louis Walshe	HPX	6/4	WGC
53.8	Jack Rossini	D&T	14/7	West London
55.3	Paul Yeomans	StA	21/4	Watford

55.31	Ollie Smith	WAT	11/7	Watford
55.43	Pat Barrett	HPX	15/9	Erith
57.38	Danny Digweed	BAR	18/4	Watford
57.81	Steve Edwards	HPX	14/4	LV
58.5	Alastair Hinchcliffe	D&T	19/5	Hemel H
67.3	Daniel Tarrant	WAT	19/5	Woodford
800m				
1:53.86	Daniel Poulton	SNH	25/8	Bedford
1:55.16	Ben Parry	HPX	11/7	Watford
1:57.60	Louis Walshe	HPX	2/6	Birmingham
2:01.2	Andy Cracknell	D&T	14/7	West London
2:01.3	Sam Poulton	SNH	14/7	Luton
2:01.44	Matt Hamilton	HPX	28/5	Parliament Hill
2:02.9	Richard Brown	HPX	21/4	LV
2:04.0	Jack Parslow	D&T	9/6	Carshalton
2:06.0	Matt Salt	D&T	14/7	West London
2:06.6	Alex Horton	BAR	19/5	Abingdon
2:06.71	Peter Townsend	HPX	22/8	Watford
2:08.6	Chris Birkinshaw	BAR	28/4	Battersea Park
2:09.7	Danny Digweed	BAR	19/5	Abingdon
2:10.0	Toby Hone	HPX	6/4	WGC
2:16.3	Alex Gardner	D&T	1/9	Hemel H
2:18.1	Paul Yeomans	StA	9/6	St Ives
2:19.4	Alastair Hinchcliffe	D&T	21/4	Hemel H
2:37.2	Mark Castleton	WAT	19/5	Woodford
1500m				
3:59.59	Neil Burton	TIP	14/8	Regensdorf,SWI
4:01.0	Daniel Poulton	SNH	27/8	Peterborough
4:05.87	Ben Parry	HPX	27/6	Watford
4:07.7	Louis Walshe	HPX	21/4	LV
4:12.48	Alex Horton	BAR	30/5	Watford
4:14.9	Matt Salt	D&T	21/4	Hemel H
4:16.6	Peter Townsend	HPX	14/7	Walton
4:17.3	Jack Parslow	D&T	1/9	Hemel H
4:22.63	Will Morris	BAR	16/6	Copthall
4:30.52	James Waterman	HPX	25/7	Watford
4:35.13	Danny Digweed	BAR	30/5	Watford
4:36.63	Jon Kinahan	HPX	12/5	Watford
4:41.0	Sam Poulton	SNH	19/5	Stevenage
4:49.9	Thomas Chew	D&T	23/9	Hemel H
4:52.7	Matt Hamilton	HPX	30/9	Cambridge
4:59.28	Clive Wickham	Hill	12/5	Watford
5:06.1	Michael Wadlow	D&T	23/9	Hemel H
5:06.14	Mark Castleton	WAT	4/4	Watford
5:06.9	Aaron Reynolds	SNH	15/4	Stevenage
5:12.6	Pat Barrett	HPX	30/9	Cambridge
5:20.4	Alastair Hinchcliffe	D&T	19/5	Hemel H
5:26.9	Greg Bennett	D&T	1/9	Hemel H
5:49.5	Ian Tobin	HPX	30/9	Cambridge
3000m				
8:22.85	Neil Burton	TIP	9/6	Bern,SWI
8:24.34	Jack Parslow	D&T	25/7	Watford
9:13.6	Andy Cracknell	D&T	19/5	Hemel H
9:13.98	Peter Townsend	HPX	25/7	Watford
9:37.0	Will Morris	BAR	14/7	Woking
9:51.4	Duncan Martin	WAT	19/5	Woodford
9:58.7	Rajesh Patel	BAR	19/5	Abingdon
10:23.2	Toby Hone	HPX	14/7	Walton
10:24.5	Mark Castleton	WAT	4/4	Watford
10:24.65	Zac McDonough	WAT	25/7	Watford
5000m				
14:14.50	Neil Burton	TIP	23/5	Koblenz,GER
14:58.5	Jack Parslow	D&T	1/9	Hemel H
15:29.7	Matt Salt	D&T	20/9	Hemel H
15:52.59	Edward Blake	SAS	13/5	Watford
16:23.2	Peter Townsend	HPX	9/6	WGC
17:30.5	Rajesh Patel	BAR	28/4	Battersea Park
17:38.1	Duncan Martin	WAT	9/6	Walthamstow
18:01.2	Daniel Poulton	SNH	9/6	WGC
18:01.3	Will Morris	BAR	9/6	Carshalton

18:04.8	Zac McDonough	WAT	1/9	Bury St Edmunds
18:09.7	Thomas Chew	D&T	20/9	Hemel H
18:54.7	Alex Gardner	D&T	9/6	Carshalton
18:58.7	Richard Brown	HPX	9/6	WGC

10000m

29:56.79	Neil Burton	TIP	22/6	Birmingham
31:43.3	Ben Nagy	E&H	8/4	Lee Valley

110m Hurdles

15.9	Simon Wombwell	HPX	9/6	WGC
16.1	Pat Barrett	HPX	14/7	Walton
16.1	Connor Winters	SNH	1/9	Milton Keynes
20.6	Andy Cracknell	D&T	1/9	Hemel H
20.9	Daniel Tarrant	WAT	21/4	Watford
22.2	Shaun Wall	D&T	9/6	Carshalton
23.0	Paul Yeomans	StA	9/6	St Ives

400m Hurdles

57.2	Joe Gaynor	HPX	9/6	WGC
59.5	Pat Barrett	HPX	14/7	Walton
62.9	Jack Rossini	D&T	21/4	Hemel H
62.95	Daniel Tarrant	WAT	11/7	Aldershot
74.49	Dave Stephens	HPX	19/5	MK
75.7	Will Morris	BAR	19/5	Abingdon
100.4	Shaun Wall	D&T	9/6	Carshalton

2000m Steeplechase

* = irregular

6:30.0	Andy Cracknell	D&T	1/9	Hemel H
6:40.8*	Jack Parslow	D&T	9/6	Carshalton
6:51.2	Alex Horton	BAR	28/4	Battersea Park
7:20.2	Peter Townsend	HPX	9/6	WGC
7:22.3	Jonathan Kinahan	HPX	1/9	Norwich
7:42.7	Duncan Martin	WAT	9/6	Walthamstpw
8:26.4	Richard Brown	HPX	9/6	WGC

3000m Steeplechase

9:53.34	Peter Townsend	HPX	31/3	Abingdon
10:04.9	Andy Cracknell	D&T	14/7	West London
11:09.7	Danny Digweed	BAR	19/5	Abingdon
11:10.0	Alex Horton	BAR	14/7	Woking
13:52.1	Jack Rossini	D&T	19/5	Hemel H
15:52.3	Sam Poulton	SNH	19/5	Stevenage

High Jump

1.85	Elior Harris	SNH	21/4	Ashford
1.78	Daniel Tarrant	WAT	13/6	Loughborough
1.70	Pat Barrett	HPX	9/6	WGC
1.65	Steve Gibbs	StA	1/9	St Albans
1.55	Josh Dombey	WAT	18/5	Woodford
1.55	Will Morris	BAR	14/7	Woking
1.45	Barry Mainstone	SNH	21/6	Sandy
1.20	Danny Digweed	BAR	9/6	Carshalton

Pole Vault

4.00	Connor Winters	SNH	19/5	Stevenage
3.60	Paul Yeomans	StA	21/4	Watford
3.60	Pat Barrett	HPX	14/7	Walton
3.40	Matt Williams	D&T	13/5	Watford
3.40	Matthias Winter	SNH	14/7	Luton
3.00	Josh Dombey	WAT	21/4	Watford
3.00	Daniel Tarrant	WAT	19/5	Woodford
3.00	Andy Cracknell	D&T	1/9	Hemel H

Long Jump

6.36	Connor Winters	SNH	21/7	Copthall
6.33	Elior Harris	SNH	21/4	Ashford
6.07	Matt Hamilton	HPX	30/9	Cambridge
6.04	Pat Barrett	HPX	30/9	Cambridge
5.96	Ian Tobin	HPX	19/5	MK
5.59	Steve Gibbs	StA	9/6	St Ives
5.28	Paul Yeomans	StA	9/6	St Ives
5.17	Matt Williams	D&T	23/9	Hemel H
5.09	David Stephens	HPX	2/5	Watford

3.52	Anthony Bryan	HPX	2/6	Birmingham
3.10	Nathan Cusack	StA	14/7	Cambridge
Triple Jump				
13.86	Christopher Alexis	Harr	13/5	Watford
13.06	Connor Winters	SNH	1/9	Milton Keynes
11.80	Elior Harris	SNH	21/4	Ashford
10.84	Paul Yeomans	StA	1/9	St Albans
10.41	Matt Williams	D&T	23/9	Hemel H
10.00	Simon Wombwell	HPX	9/6	WGC
9.87	Dave Stephens	HPX	19/5	MK
9.86	Daniel Tarrant	WAT	19/5	Woodford
9.00	Richard Brown	HPX	9/6	WGC
Shot				
12.59	Neil McLellan	SNH	14/7	Luton
11.08	Shaun Wall	D&T	21/4	Hemel H
10.83	Pat Barrett	HPX	14/7	Walton
10.69	Robbie Henney	WAT	19/5	Woodford
9.71	Connor Winters	SNH	21/4	Ashford
9.62	Will Morris	BAR	19/5	Abingdon
8.95	Paul Yeomans	StA	21/4	Watford
7.86	James Grove	HPX	21/4	LV
7.54	Sam Poulton	SNH	1/9	Milton Keynes
6.65	Carlos Ageno	BAR	19/5	Abingdon
Discus				
39.89	Ashley Ralph	HHH	28/7	Copthall
31.73	Pat Barrett	HPX	19/5	MK
29.00	Robbie Henney	WAT	19/5	Woodford
27.81	James Grove	HPX	9/6	WGC
20.01	Ian Tobin	HPX	30/9	Cambridge
14.77	Aaron Reynolds	SNH	15/4	Stevenage
4.36	Matt Hamilton	HPX	30/9	Cambridge
Hammer				
38.66	Ashley Ralph	HHH	27/5	LV
32.62	Neil McLellan	SNH	14/7	Luton
29.58	Pat Barrett	HPX	1/9	Norwich
26.34	James Grove	HPX	9/6	WGC
22.10	Shaun Wall	D&T	1/9	Hemel H
21.81	Paul Yeomans	StA	1/9	St Albans
21.78	Robbie Henney	WAT	19/5	Woodford
12.39	Dave Stephens	HPX	19/5	MK
9.00	Rajesh Patel	BAR	14/7	Woking
Javelin				
60.81	Neil McLellan	SNH	13/5	Watford
53.54	Jonathan Constantinou	MK	27/5	USA
48.79	Ben Montgomery	HPX	21/4	LV
48.01	Shaun Wall	D&T	19/5	Hemel H
43.17	Pat Barrett	HPX	19/5	MK
42.10	Daniel Tarrant	WAT	9/6	Bracknell
40.29	Matt Hamilton	HPX	1/9	Norwich
40.02	Jason Raineri	WAT	14/3	Exeter
35.09	Ian Tobin	HPX	30/9	Cambridge
34.98	Mario Santos Costa	SNH	9/6	WGC
34.57	Steve Gibbs	StA	9/6	St Ives
33.88	Paul Yeomans	StA	1/9	St Albans
29.62	Matt Williams	D&T	23/9	Hemel H
29.58	Robbie Henney	WAT	19/5	Woodford
21.50	Rajesh Patel	BAR	14/7	Woking
Pentathlon				
2632	Pat Barrett	HPX	30/9	Cambridge
2373	Matt Hamilton	HPX	30/9	Cambridge
2225	Ian Tobin	HPX	30/9	Cambridge
Decathlon				
5360	Pat Barrett	HPX	16/9	Erith
4x100				
44.5	Dacorum & Tring		1/9	Hemel H
46.4	St Albans		9/6	St Ives

49.9	Watford H	1/9	Bury St Edmunds
4x400			
3:36.9	St Albans	1/9	St Albans
3:39.7	Watford H	1/9	Bury St Edmunds
3:41.3	Dacorum & Tring	14/7	West London