HERTS COUNTY RANKINGS 2016

VETERAN MEN

100m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 12.5 | Peter Benedickter | M45 | D&T | 25/4 | LV |
| 12.57 | Peter Ilo | M55 | BAR | 22/6 | LV |
| 12.9 | John Hooper | M45 | D&T | 13/6 | Hendon |
| 12.98 | Roland Timmann | M35 | WAT | 4/5 | Watford |
| 13.15 | John Mayor | M55 | SNH | 25/6 | Novo Mest,SLO |
| 13.2 | Steve Mayfield | M50 | SNH | 25/4 | LV |
| 13.32 | Martin Procter | M50 | HAWCS | 25/5 | LV |
| 13.33 | Alistair Gammell | M45 | WAT | 7/9 | Watford |
| 13.37 | Nick Jones | M50 | WAT | 29/6 | Watford |
| 13.4 | Kevin Gregory | M55 | SNH | 25/4 | LV |
| 14.1 | Lawrence Taylor | M55 | BAR | 13/6 | Hendon |
| 14.2 | Ian Hawtin | M50 | D&T | 20/8 | Hemel H |
| 14.3 | Tim Butler | M50 | BAR | 25/4 | LV |
| 14.3 | Richard Emptage | M50 | D&T | 11/9 | Hemel H |
| 14.37/1.0 | Mike Maisey | M65 | HPX | 25/5 | LV |
| 14.5 | Bincent Clarke | M40 | D&T | 25/4 | LV |
| 14.7 | Adrian Harwood | M50 | WAT | 25/4 | LV |
| 14.8 | Mark Pinney | M40 | SNH | 25/4 | LV |
| 15.8 | Paul Reddaway | M55 | HPX | 25/4 | LV |
| 16.7 | Mick Shortland | M65 | SNH | 25/4 | LV |
| 17.2 | Roger Bruck | M75 | BAR | 13/6 | Hendon |
| 18.2 | Milan Balaz | M55 | BAR | 13/6 | Hendon |
| 21.60 | Leonard Allbrighton | M70 | SNH | 2/5 | Stevenage |
| 29.9 | John Owen | M70 | BAR | 20/8 | Watford |

200m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 25.38 | Peter Ilo | M55 | BAR | 22/6 | LV |
| 25.7 | Peter Benedickter | M45 | D&T | 11/7 | Hemel H |
| 26.75 | Martin Procter | M50 | HAWCS | 19/6 | Oxford |
| 26.91 | Alistair Gammell | M45 | WAT | 7/9 | Watford |
| 27.1 | Steve Mayfield | M50 | SNH | 1/6 | Bedford |
| 27.15 | Nick Jones | M50 | WAT | 27/7 | Watford |
| 27.3 | Ty Holden | M50 | BAR | 16/5 | Stevenage |
| 28.1 | Roland Timmann | M35 | WAT | 16/5 | Stevenage |
| 28.7 | Kevin Gregory | M55 | SNH | 11/9 | Stevenage |
| 28.8 | Paul Pickard | M45 | SNH | 11/7 | Hemel H |
| 29.3 | Dennis Chemweno | M40 | D&T | 11/9 | Hemel H |
| 30.3 | Mike Maisey | M65 | HPX | 16/5 | Stevenage |
| 31.2 | Mark Redmond | M40 | HPX | 16/5 | Stevenage |
| 31.9 | Richard Stevens | M40 | D&T | 26/6 | Hemel H |
| 32.2 | Vincent Clarke | M40 | D&T | 16/5 | Stevenage |
| 32.3 | Paul Reddaway | M55 | HPX | 16/5 | Stevenage |
| 32.8 | Bernie Barnaby | M55 | HPX | 11/7 | Hemel H |
| 33.4 | Milan Balaz | M55 | BAR | 11/7 | Hemel H |
| 34.5 | Graham Spicer | M50 | SNH | 11/7 | Hemel H |
| 34.6 | Stuart Stafford | M45 | D&T | 16/5 | Stevenage |
| 34.64 | Roger Bruck | M75 | BAR | 18/9 | Birmingham |
| 36.9 | Tony Carolan | M55 | SNH | 11/7 | Hemel H |
| 37.7 | Mick Shortland | M65 | SNH | 11/7 | Hemel H |
| 38.8 | Ryan Smith | M40 | WAT | 16/4 | Grays |
| 39.7 | Peter Morris | M75 | D&T | 11/7 | Hemel H |
| 39.9 | Graham Mayoh | M50 | WAT | 11/7 | Hemel H |

400m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 56.36 | Christopher Westcott | M40 | SNH | 3/9 | Sandy |
| 56.55 | Peter Ilo | M55 | BAR | 19/6 | LV |
| 57.7 | Peter Benedickter | M40 | D&T | 25/4 | LV |
| 60.5 | Steve Mayfield | M50 | SNH | 4/5 | Sandy |
| 61.22 | John Mayor | M55 | SNH | 25/6 | Novo Mesto,SLO |
| 61.77 | Andy Cunningham | M55 | BAR | 4/9 | Ashford |
| 65.2 | Paul Pickard | M45 | SNH | 25/4 | LV |
| 66.7 | Tim Butler | M50 | BAR | 25/4 | LV |
| 66.8 | Adrian Mason | M50 | BAR | 20/8 | Watford |
| 67.1 | Ivan Bonny | M40 | HPX | 13/6 | Hendon |
| 67.18 | Adrian Harwood | M50 | WAT | 18/6 | Woodford |
| 68.3 | Nick Jones | M50 | WAT | 13/6 | Hendon |
| 69.8 | George Waldrum | M35 | BAR | 25/4 | LV |
| 70.07 | Harvey Griffiths | M45 | WAT | 15/5 | Watford |
| 70.1 | Trevor Mason | M50 | SNH | 13/6 | Hendon |
| 70.3 | Richard Stevens | M40 | D&T | 20/8 | Hemel H |
| 73.1 | Vincent Clarke | M40 | D&T | 25/4 | LV |
| 77.8 | Richard Bloom | M70 | HPX | 13/6 | Hendon |
| 81.1 | Graham Spicer | M50 | SNH | 25/4 | LV |
| 88.1 | Milan Balaz | M55 | BAR | 13/6 | Hendon |
| 88.5 | Tony Carolan | M50 | SNH | 13/6 | Hendon |
| 95.5 | John Cooper | M65 | D&T | 13/6 | Hendon |
| 101.0 | Malcolm Sargeant | M65 | D&T | 11/9 | Hemel H |

800m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 2:06.28 | Christopher Westcott | M40 | SNH | 18/9 | Birmingham |
| 2:11.2 | Peter Benedickter | M45 | D&T | 11/7 | Hemel H |
| 2:16.9 | Edward Price | M35 | BAR | 16/5 | Stevenage |
| 2:17.5 | Andy Neatham | M50 | BAR | 16/5 | Stevenage |
| 2:19.08 | Andy Kelleher | M55 | BAR | 17/7 | Solihull |
| 2:22.34 | Andy Cunningham | M55 | BAR | 4/9 | Ashford |
| 2:24.2 | Tim Butler | M50 | BAR | 16/5 | Stevenage |
| 2:24.5 | Steve Mayfield | M50 | SNH | 6/7 | Milton Keynes |
| 2:25.0 | Neil Hughes | M45 | HPX | 16/5 | Stevenage |
| 2:28.3 | Paul Pickard | M45 | SNH | 16/5 | Stevenage |
| 2:31.9 | Mark Redmond | M40 | HPX | 16/5 | Stevenage |
| 2:34.6 | Paul Greaves | M50 | HPX | 16/5 | Stevenage |
| 2:36.06 | Adrian Harwood | M50 | WAT | 10/8 | Watford |
| 2:40.4 | Paul Reddaway | M50 | HPX | 11/7 | Hemel H |
| 2:41.2 | Trevor Mason | M50 | SNH | 16/5 | Stevenage |
| 2:44.6 | Bernie Barnaby | M55 | HPX | 11/7 | Hemel H |
| 2:45.48 | Nick Harris | M40 | WAT | 21/5 | LV |
| 2:48.0 | Paul Keeble | M45 | SNH | 16/5 | Stevenage |
| 2:54.8 | Graham Mayoh | M50 | WAT | 20/8 | Watford |
| 2:54.9 | Richard Stevens | M40 | D&T | 16/4 | Hemel H |
| 2:55.5 | Vincent Clarke | M40 | D&T | 16/5 | Stevenage |
| 2:58.0 | Richard Bloom | M70 | HPX | 16/5 | Stevenage |
| 3:02.56 | Des Michael | M65 | BAR | 17/7 | Solihull |
| 3:33.5 | John Cooper | M65 | D&T | 11/7 | Hemel H |
| 3:42.4 | Robert Wright | M45 | D&T | 16/5 | Stevenage |
| 3:50.4 | Malcolm Sargeant | M65 | D&T | 25/4 | LV |
| 3:56.7 | Stuart Stafford | M40 | D&T | 11/7 | Hemel H |
| 4:25.9 | Mick Shortland | M65 | SNH | 16/5 | Stevenage |

1500m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10:02.3 | Mick Shortland | M65 | SNH | 25/4 | LV |
| 4:30.23 | Christopher Westcott | M40 | SNH | 2/5 | Stevenage |
| 4:33.1 | Edward Price | M35 | BAR | 13/6 | Hendon |
| 4:37.4 | Steve Prosser | M35 | HPX | 18/6 | WGC |
| 4:39.15 | Andy Kelleher | M55 | BAR | 17/7 | Soliull |
| 4:45.0 | Adrian Mason | M50 | BAR | 25/4 | LV |
| 4:47.3 | Andy Neatham | M50 | BAR | 13/6 | Hendon |
| 4:55.55 | Andy Cunningham | M55 | BAR | 4/9 | Ashford |
| 4:59.8 | Adrian Harwood | M50 | WAT | 16/4 | Grays |
| 5:06.4 | Costa Michael | M50 | BAR | 25/4 | LV |
| 5:15.4 | Steve Mayfield | M50 | SNH | 26/6 | Hemel H |
| 5:33.4 | Paul Reddaway | M55 | HPX | 25/4 | LV |
| 5:36.0 | Paul Pickard | M45 | SNH | 25/4 | LV |
| 5:37.3 | Ivan Bonny | M40 | HPX | 13/6 | Hendon |
| 5:37.59 | Martin Procter | M50 | HAWCS | 19/6 | Oxford |
| 5:38.35 | Ryan Smith | M40 | WAT | 21/5 | LV |
| 5:39.0 | Richard Stevens | M40 | D&T | 20/8 | Hemel H |
| 5:45.0 | Trevor Mason | M50 | SNH | 13/6 | Hendon |
| 5:46.3 | Ciaran Weldon | M45 | WAT | 9/7 | Watford |
| 5:53.92 | Richard Bloom | M70 | HPX | 17/7 | Solihull |
| 5:59.3 | Paul Keeble | M45 | SNH | 21/5 | Ipswich |
| 6:14.5 | Tony Carolan | M50 | SNH | 25/4 | LV |
| 6:15.5 | Graham Mahoh | M50 | WAT | 20/8 | Watford |
| 6:18.9 | Vincent Clarke | M40 | D&T | 13/6 | Hendon |
| 6:26.7 | Graham Spicer | M50 | SNH | 13/6 | Hendon |
| 6:31.68 | Nick Jones | M50 | WAT | 21/5 | LV |
| 6:40.3 | Steve Holmes | M50 | BAR | 13/6 | Hendon |
| 6:50.1 | David Scott | M50 | BAR | 13/6 | Hendon |
| 7:01.9 | John Borgars | M70 | HPX | 25/4 | LV |
| 7:11.5 | Malcolm Sargeant | M65 | D&T | 11/9 | Hemel H |
| 7:19.7 | John Cooper | M65 | D&T | 13/6 | Hendon |
| 7:32.9 | Robert Wright | M45 | D&T | 25/4 | LV |
| 8:34.5 | Stuart Stafford | M40 | D&T | 26/6 | Hemel H |

3000m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 9:39.6 | Steve Prosser | M35 | HPX | 22/5 | Erith |
| 9:47.07 | Edward Price | M35 | BAR | 21/5 | Grays |
| 9:48.9 | Julian Critchlow | M55 | WAT | 9/7 | WAT |
| 9:56.6 | Andy Neatham | M50 | BAR | 4/5 | Sandy |
| 10:00.05 | Andy Kelleher | M55 | BAR | 27/7 | Watford |
| 10:02.3 | Adrian Mason | M50 | BAR | 16/5 | Stevenage |
| 10:05.3 | Jamie Marlow | M35 | D&T | 26/6 | Hemel H |
| 10:21.3 | Neil Hughes | M45 | HPX | 16/5 | Stevenage |
| 10:39.0 | Paul Greaves | M50 | HPX | 16/5 | Stevenage |
| 11:32.7 | Des Michael | M65 | BAR | 11/7 | Hemel H |
| 11:41.1 | Mikk Bradley | M55 | WAT | 16/5 | Watford |
| 11:55.4 | Paul Pickard | M45 | SNH | 21/5 | Ipswich |
| 11:56.8 | Martin Reed | M45 | SNH | 16/5 | Stevenage |
| 11:58.4 | Paul Reddaway | M55 | HPX | 16/5 | Stevenage |
| 12:10.9 | Ciaran Weldon | M45 | WAT | 9/7 | Watford |
| 12:42.5 | Richard Bloom | M70 | HPX | 16/5 | Stevenage |
| 12:50.5 | Vincent Clarke | M40 | D&T | 11/7 | Hemel H |
| 13:00.2 | Stuart Mann | M70 | HPX | 16/5 | Stevenage |
| 13:08.0 | Tony Carolan | M50 | SNH | 16/5 | Stevenage |
| 13:17.30 | Graham Mayoh | M50 | WAT | 21/5 | LV |
| 15:02.4 | Malcolm Sargeant | M65 | D&T | 26/6 | Hemel H |
| 15:06.2 | John Cooper | M65 | D&T | 26/6 | Hemel H |
| 15:28.7 | Robert Wright | M45 | D&T | 16/5 | Stevenage |
| 21:27.5 | Mick Shortland | M65 | SNH | 11/7 | Hemel H |

5000m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 16:25.9 | Jamie Marlow | M35 | D&T | 16/4 | Hemel H |
| 16:55.90 | Julian Critchlow | M55 | WAT | 18/6 | Woodford |
| 17:37.5 | Steve Prosser | M35 | HPX | 16/4 | Ipswich |
| 17:38.0 | Andy Kelleher | M50 | BAR | 13/6 | Hendon |
| 17:49.4 | Adrian Mason | M50 | BAR | 20/8 | Watford |
| 18:03.8 | Costa Michael | M50 | BAR | 13/6 | Hendon |
| 18:35.8 | Paul Greaves | M50 | HPX | 13/6 | Hendon |
| 19:34.7 | Peter Ellis | M55 | BAR | 13/6 | Hendon |
| 19:48.8 | Adrian Harwood | M50 | WAT | 13/6 | Hendon |
| 19:53.18 | Des Michael | M65 | BAR | 18/9 | Birmingham |
| 20:27.70 | Paul Pickard | M45 | SNH | 16/4 | Bromley |
| 20:49.35 | Liam O’Hare | M65 | BAR | 28/8 | Kingston |
| 22:23.9 | Vincent Clarke | M40 | D&T | 20/8 | Hemel H |
| 22:30.8 | Rasmi Nanda | M40 | D&T | 11/9 | Hemel H |
| 22:53.3 | Stuart Mann | M70 | HPX | 13/6 | Hendon |
| 22:56.7 | Tony Carolan | M50 | SNH | 13/6 | Hendon |
| 22:59.1 | John Garner | M50 | D&T | 16/4 | Hemel H |
| 23:18.4 | Philip Pugh | M60 | D&T | 11/9 | Hemel H |
| 24:53.0 | Gary Sturdy | M55 | D&T | 11/9 | Hemel H |
| 25:31.9 | Malcolm Sargeant | M65 | D&T | 11/9 | Hemel h |
| 27:41.4 | John Cooper | M65 | D&T | 13/6 | Hendon |

10000 metres

43:57.0 Liam O’Hare M65 BAR 7/9 Battersea Park

100m Hurdles

110m Hurdles

20.5 John Hopper M45 D&T 20/8 Hemel H

22.58 George Waldrum M35 BAR 21/5 Grays

24.5 Ryan Smith M40 WAT 9/7 Watford

200m Hurdles (5 flights at 68.0)

26.9 Peter Benedickter M45 D&T 18/5 Stevenage

40.4 Bernie Barnaby M55 HPX 16/5 Stevenage

400m Hurdles 91.4

75.41 George Waldrum M35 BAR 21/5 Grays

75.8 Ryan Smith M40 WAT 9/7 Watford

81.9 Adrian Harwood M50 WAT 20/8 Watford

85.95 Nick Harris M40 WAT 21/5 LV

100.4 Trevor Ratcliffe M50 D&T 16/4 Hemel H

1500m Steeplechase

6:52.1 Vincent Clarke M40 D&T 11/9 Hemel H

2000m Steeplechase

7:10.2 Steve Prosser M35 HPX 18/6 WGC

9:38.1 Vincent Clarke M40 D&T 20/8 Hemel H

12:57.5 Trevor Ratcliffe M50 D&T 16/4 Hemel H

3000m Steeplechase

11:28.9 Steve Prosser M35 HPX 9/7 Ashford

12:05.0 Nick Harris M40 WAT 9/7 Watford

12:27.0 Paul Pickard M45 SNH 21/5 Ipswich

13:41.1 John Hopper M45 D&T 21/5 Cambridge

2k Walk

15:55.4 Peter Morris M75 D&T 25/4 LV

High Jump

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1.66 | John Hopper | M45 | D&T | 11/7 | Hemel H |
| 1.65 | Harvey Griffiths | M45 | WAT | 15/5 | Watford |
| 1.50 | Ryan Smith | M40 | WAT | 16/4 | Grays |
| 1.45 | John Mayor | M55 | SNH | 11/7 | Hemel H |
| 1.40 | Richard Emptage | M50 | D&T | 11/7 | Hemel H |
| 1.40 | Mark Pinney | M40 | SNH | 11/7 | Hemel H |
| 1.40 | Adrian Harwood | M50 | WAT | 20/8 | Watford |
| 1.27 | Roger Bruck | M75 | BAR | 18/9 | Birmingham |
| 1.25 | Steve Mayfield | M50 | SNH | 1/6 | Bedford |
| 1.15 | Richard Parles | M70 | WAT | 11/9 | Watford |

Pole Vault

3.00 Ryan Smith M40 WAT 18/6 Woodford

2.40 Mark Pinney M40 SNH 16/5 Stevenage

2.20 Steve Mayfield M50 SNH 4/5 Sandy

1.70 Bela Nagy M65 BAR 4/9 Ashford

1.60 Richard Parles M70 WAT 11/9 Watford

Long Jump

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 5.09 | Martin Procter | M50 | HAWCS | 27/8 | Hendon |
| 4.85 | Richard Emptage | M50 | D&T | 21/5 | Stevenage |
| 4.56 | Steve Mayfield | M50 | SNH | 6/7 | Milton Keynes |
| 4.55 | Ryan Smith | M40 | WAT | 16/4 | Grays |
| 4.40 | Harvey Griffiths | M45 | WAT | 18/6 | Woodford |
| 4.33 | Stuart Stafford | M45 | D&T | 26/6 | Hemel H |
| 4.32 | Kevin Gregory | M55 | SNH | 2/5 | Stevenage |
| 4.04 | Mark Pinney | M40 | SNH | 11/7 | Hemel H |
| 4.00 | Mike Maisey | M65 | HPX | 11/7 | Hemel H |
| 3.57 | Vincent Clarke | M40 | D&T | 11/9 | Hemel H |
| 3.56 | Nick Jones | M50 | WAT | 21/5 | LV |
| 3.14 | Roger Bruck | M75 | BAR | 17/9 | Birmingham |
| 2.89 | John Gandee | M70 | HPX | 11/7 | Hemel H |
| 2.69 | Mick Shortland | M65 | SNH | 11/7 | Hemel H |

Triple Jump

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 10.28 | Richard Emptage | M50 | D&T | 13/6 | Hendon |
| 10.14 | Harvey Griffiths | M45 | WAT | 25/6 | Cambridge |
| 9.72 | Ryan Smith | M40 | WAT | 21/5 | LV |
| 8.38 | Steve Mayfield | M50 | SNH | 27/4 | Kettering |
| 8.36 | Mike Maisey | M65 | HPX | 27/7 | Watford |
| 8.04 | Stuart Stafford | M45 | D&T | 11/9 | Hemel H |
| 7.91 | Vincent Clarke | M40 | D&T | 11/9 | Hemel H |
| 6.34 | Adrian Harwood | M50 | WAT | 20/8 | Watford |

Shot 5k

8.95 Mick Shortland M65 SNH 16/7 Stevenage

7.86 Dave Faulkner M60 GCR 2/5 Stevenage

6.48 David Ives M65 D&T 16/5 Stevenage

Shot 7.26k

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 12.71 | Neil McLellan | M35 | SNH | 20/8 | Stevenage |
| 11.53 | Jason Kingwell | M45 | HPX | 22/5 | Erith |
| 10.99 | John Garner | M50 | D&T | 16/5 | Stevenage |
| 10.86 | Ray McKenna | M40 | WAT | 21/5 | LV |
| 10.47 | Barry Tunstall | M35 | WAT | 21/5 | LV |
| 9.10 | Trevor Ratcliffe | M50 | D&T | 21/5 | Cambridge |
| 8.24 | Harvey Griffiths | M45 | WAT | 11/9 | Watford |
| 8.17 | Stuart Stafford | M45 | D&T | 16/5 | Stevenage |
| 7.99 | Ryan Smith | M40 | WAT | 18/6 | Woodford |
| 7.94 | Steve Feely | M45 | SNH | 16/4 | Bromley |
| 7.08 | Paul Keeble | M45 | SNH | 16/5 | Stevenage |
| 6.78 | Nick Jones | M50 | WAT | 9/7 | Watford |
| 5.74 | Richard Parles | M70 | WAT | 16/4 | Grays |

Discus 1k

30.80 Dave Faulkner M60 GCR 20/7 Cheltenham

27.04 Mick Shortland M65 SNH 13/6 Hendon

14.68 David Ives M65 D&T 13/6 Hendon

Discus 1.5k

37.52 Trevor Ratcliffe M50 D&T 16/5 Stevenage

32.67 Martin Procter M50 HAWCS 19/6 Oxford

28.77 John Mayor M55 SNH 2/5 Stevnage

24.57 Dave Faulkner M60 HPX 16/5 Stevenage

Discus 2k

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 35.77 | Jason Kingwell | M45 | HPX | 15/5 | Watford |
| 32.04 | Ray McKenna | M40 | WAT | 21/5 | LV |
| 31.02 | Barry Tunstall | M35 | WAT | 18/5 | Watford |
| 30.79 | John Garner | M50 | D&T | 18/6 | WGC |
| 30.36 | Trevor Ratcliffe | M50 | D&T | 20/8 | Hemel H |
| 23.97 | Stuart Stafford | M45 | D&T | 13/6 | Hendon |
| 22.94 | Steve Mayfield | M50 | SNH | 13/6 | Hendon |
| 21.57 | Dave Faulkner | M60 | HPX | 18/6 | Welwyn |
| 20.60 | Ryan Smith | M40 | WAT | 9/7 | Watford |
| 20.51 | Adrian Harwood | M50 | WAT | 18/6 | Woodford |
| 19.07 | Harvey Griffiths | M45 | WAT | 11/9 | Watford |
| 18.03 | Richard Stevens | M40 | D&T | 26/6 | Hemel H |
| 15.23 | Mark Pinney | M40 | SNH | 13/6 | Hendon |
| 13.04 | Richard Parles | M70 | WAT | 16/4 | Grays |
| 13.00 | Vincent Clarke | M40 | D&T | 11/9 | Hemel H |

Hammer 5k

30.27 John Lee M70 HPX 2/5 Stevenage

29.80 Mick Shortland M65 SNH 2/5 Stevenage

14.71 David Ives M65 D&T 25/4 LV

Hammer 6k

33.08 Trevor Ratcliffe M50 D&T 16/5 Stevenage

23.39 John Lee M70 HPX 16/5 Stevenage

Hammer 7.26k

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 43.13 | Jason Kingwell | M45 | HPX | 25/4 | LV |
| 30.80 | Steve Feely | M45 | SNH | 9/7 | Luton |
| 29.45 | Trevor Ratcliffe | M50 | D&T | 21/5 | Cambridge |
| 24.63 | Ryan Smith | M40 | WAT | 21/5 | LV |
| 24.12 | Barry Tunstall | M35 | WAT | 21/5 | LV |
| 22.69 | Stuart Stafford | M40 | D&T | 11/9 | Hemel H |
| 18.59 | Ray McKenna | M40 | WAT | 18/6 | Woodford |
| 17.30 | John Mayon | M55 | SNH | 25/4 | LV |
| 16.83 | Steve Mayfield | M50 | SNH | 20/8 | Stevenage |
| 16.64 | Harvey Griffiths | M45 | WAT | 11/9 | Watford |
| 11.88 | Richard Parles | M70 | WAT | 9/7 | Watford |
| 9.12 | Adrian Harwood | M50 | WAT | 20/8 | Watford |

Javelin 600g

24.60 Mick Shortland M65 SNH 11/7 Hemel H

17.36 Dave Faulkner M60 GCR 2/5 Stevenage

Javelin 700g

54.96 Trevor Ratcliffe M50 D&T 2/5 Stevenage

29.85 Martin Procter M50 HAWCS 19/6 Oxford

24.05 John Gandee M70 HPX 11/7 Hemel H

Javelin 800g

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 62.18 | Neil McLellan | M35 | SNH | 20/8 | Stevenage |
| 51.09 | Trevor Ratcliffe | M50 | D&T | 15/5 | Watford |
| 33.95 | Jason Kingwell | M45 | HPX | 18/6 | WGC |
| 31.16 | Nick Jones | M45 | WAT | 2/5 | Stevenage |
| 27.81 | Barry Tunstall | M35 | WAT | 21/5 | LV |
| 27.29 | Steve Mayfield | M50 | SNH | 21/5 | Ipswich |
| 26.56 | Stuart Stafford | M45 | D&T | 11/9 | Hemel h |
| 24.98 | Ryan Smith | M40 | WAT | 16/4 | Grays |
| 24.50 | Harvey Griffiths | M45 | WAT | 11/9 | Watford |
| 24.32 | Ray McKenna | M40 | WAT | 18/6 | Woodford |
| 20.04 | Adrian Harwood | M50 | WAT | 18/6 | Woodford |
| 14.38 | Vincent Clarke | M40 | D&T | 11/9 | Hemel H |
| 13.04 | Graham Spicer | M50 | SNH | 11/7 | Hemel H |
| 12.58 | Richard Parles | M70 | WAT | 16/4 | Grays |

Pentathlon

2804 Martin Procter M50 HAWCS 19/6 Oxford

827 Stuart Stafford M40 D&T 26/6 Hemel H

674 Richard Stevens M40 D&T 26/6 Hemel H