

HERTFORDSHIRE COUNTY AAA - RANKING LISTS AS AT 31.12.9:

JUNIOR MEN

			<u>1500 metres</u>		
11.3	P Cuffy	SBH	3:57.9	Matt Smith	SNH
11.7	Paul Longhurst	TAC	4:06.1	Karl Peterson	SNH
11.8	Matthew Johnson	HW	4:11.7	C McKeown	VER
12.0	P Stokes	VER	4:12.1	Simon Everington	DAC
12.0	Daniel Rice	HW	4:14.1	Daniel Wallace	BOE
12.1	Brian Barton	HW	4:14.2	Tyler Wendleken	DAC
12.2	Darren Firman	HW	4:20.7	Aston Keys	BOE
12.2	Philip Blunden	DAC	4:23.4	John Field	DAC
12.4	James Fisher	DAC	4:23.7	Andrew Clyne	BOE
12.8	A Sargant	VER	4:28.8	Paul Longhurst	TAC
12.9	S Maisey	VER	4:35.4	James Lawler	DAC
13.1	Jon Pluck	DAC	4:46.1	Tim Copeman	BAR
14.0	Gary Staward	HW	4:53.9	Tom Smith	TAC
			4:54.1	Philip Blunden	DAC
			4:59.1	Brian Barton	HW
			5:03.5	Trevor Knott	TAC
			6:21.6	Nicky Archer	DAC

200 metres

22.6	P Cuffy	SBH			
23.4	Andrew Clark	BOE			
23.5	Paul Longhurst	TAC			
24.0	Daniel Rice	HW			
24.1	Matthew Johnson	HW			
24.1	Philip Blunden	DAC			
24.1	Brian Barton	HW			
24.6	James Fisher	DAC			
24.7	Adrian Carroll	BAR			
24.7	Darren Firman	HW			
25.4	M Savage	VER			
25.4	Jon Pluck	DAC			
26.0	Nicky Archer	DAC			
27.7	James Yates	BAR			
28.8	David Earl	HW			

3000 metres

8:43.4	Karl Peterson	SNH
9:06.0	Simon Everington	DAC
9:09.8	C McKeown	VER
9:19.6	Andrew Clyne	BOE
9:24.0	Jason Harley	BOE
9:27.9	Paul Turner	DAC
10:36.7	Brian Barton	HW
10:41.0	Dylan Wendleken	DAC
11:05.5	John Field	DAC

5000 metres

16:27.4	Andrew Clyne	BOE
16:38.0	James Lawler	DAC
18:11.1	John Field	DAC
18:38.1	Trevor Knott	TAC
19:18.5	T Sampson	VER

300 metres

39.7	Daniel Rice	HW
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400 metres

			<u>110m Hurdles (3'3")</u>		
50.8	Paul Longhurst	TAC			
50.8	Philip Stokes	VER	15.38	Matthew Johnson	HW
51.1	Andrew Clark	BOE	16.0	Andrew Clark	BOE
52.4	Philip Blunden	DAC	17.7	Paul Longhurst	TAC
52.6	Tom Maple	TAC	18.6	Simon Pluck	DAC
53.4	Daniel Rice	HW	21.6	Jon Pluck	DAC
54.3	R Trezona	VER	24.2	Nicky Archer	DAC
55.8	T Sampson	VER			
56.1	James Fisher	DAC			
57.4	M Savage	VER			
58.8	Adrian Carroll	BAR			
60.6	Brian Barton	HW			

110m Hurdles (3'6")

15.7	Matthew Johnson	HW
21.1	C McKeown	VER

800 metres

			<u>400m Hurdles</u>		
1:58.1	Tyler Wendleken	DAC	54.96	Andrew Clark	BOE
1:58.6	Aston Keys	BOE	58.3	Matthew Johnson	HW
1:59.0	Matt Smith	SNH	61.6	James Fisher	DAC
1:59.3	Karl Peterson	SNH	62.7	C McKeown	VER
1:59.5	D Bullock	SBH	63.1	Dylan Wendleken	DAC
2:00.4	P MacDonald	HPY	63.5	Tom Maple	TAC
2:00.6	Daniel Wallace	BOE	64.1	J Trezona	VER
2:01.6	P Stokes	VER	73.4	Brian Barton	HW
2:05.2	John Field	DAC	88.2	Nicky Archer	DAC
2:06.7	Simon Everington	DAC			
2:07.4	Dylan Wendleken	DAC			
2:08.4	A Long	VER			
2:08.5	Brian Barton	HW	7:14.8	John Field	DAC
2:13.9	James Lawler	DAC			
2:19.0	M Savage	VER			
2:19.5	James Yates	BAR			
2:42.4	Nicky Archer	DAC			

2000m Steeplechase

7:14.8	John Field	DAC
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3000m Steeplechase

11:21.0	Brian Barton	HW
16:14.7	Nicky Archer	DAC

<u>High Jump</u>			<u>Discus (2k)</u>		
1.95m	M Smith	OGY	38.98m	Sam Walker	
1.90m	J Fettus	VER	30.20m	J Fettus	TAC
1.80m	Ben Corp	BAR	27.90m	Andy Staward	VER
1.75m	P Baker	VER	27.22m	Paul Longhurst	HW
1.70m	A Sargent	VER	24.62m	Gary Staward	TAC
1.70m	S Maisey	VER	20.42m	Tim Copeman	HW
1.70m	Simon Pluck	DAC			BAR
1.70m	Paul Longhurst	TAC	<u>Discus (1.75k)</u>		
1.70m	Richard Sutton	BOE	42.02m	Sam Walker	
1.65m	R Creasey	VER	36.24m	Jon Pluck	TAC
1.40m	David Earl	HW	33.06m	P Blake	DAC
1.35m	Matthew Johnson	HW	32.18m	Paul Longhurst	OGY
1.30m	Brian Barton	HW	30.82m	Gary Staward	TAC
1.30m	Nicky Archer	DAC	15.96m	Philip Blunden	HW
			15.78m	Nicky Archer	DAC
					DAC
<u>Pole Vault</u>			<u>Javelin (800g)</u>		
4.00m	Richard Sutton	BOE	59.14m	Paul Longhurst	
3.60m	P Baker	VER	40.60m	J Fettus	TAC
3.60m	Duncan Price	BOE	40.44m	Jon Pluck	VER
3.00m	Tim Copeman	BAR	40.38m	David Earl	DAC
2.80m	Brian Barton	HW	39.38m	Tom Maple	HW
2.50m	Paul Longhurst	TAC	37.38m	Trevor Knott	TAC
2.50m	Simon Pluck	DAC	36.78m	Duncan Price	TAC
2.10m	Trevor Knott	TAC	34.88m	James Fisher	BOE
			32.70m	Adrian Carroll	DAC
			26.60m	Gary Staward	BAR
			22.74m	Nicky Archer	HW
			22.22m	Andy Staward	DAC
			17.24m	Philip Blunden	HW
					DAC
<u>Long Jump</u>			<u>Hammer (7.26k)</u>		
6.95m	Paul Longhurst	TAC	25.92m	Gary Staward	
6.74m	Matthew Driver	DAC	23.34m	Sam Walker	HW
6.41m	S Maisey	VER	18.44m	Brian Barton	TAC
6.36m	P Cuffy	SBH	16.74m	Andy Staward	HW
6.17m	Matthew Johnson	HW			HW
5.72m	Tom Smith	TAC	<u>Hammer (6.25k)</u>		
5.51m	Nicky Archer	DAC	34.28m	P Blake	
5.44m	Tom Maple	TAC	25.78m	Jon Pluck	OGY
5.29m	Philip Blunden	DAC	19.96m	Simon Pluck	DAC
5.02m	Jon Pluck	DAC			DAC
4.96m	David Earl	HW			
4.49m	Darren Firman	HW			
4.48m	Brian Barton	HW			
<u>Triple Jump</u>					
13.84m	Matthew Driver	DAC			
12.98m	Paul Longhurst	TAC			
12.78m	S Maisey	VER			
11.85m	Tom Smith	TAC			
11.82m	Philip Blunden	DAC			
11.25m	Tom Maple	TAC			
10.73m	Nicky Archer	DAC			
10.00m	Tim Copeman	BAR			
<u>Shot (7.26k)</u>					
12.46m	Sam Walker	TAC			
10.30m	Gary Staward	HW			
9.73m	Jon Pluck	DAC			
7.93m	Andy Staward	HW			
<u>Shot (6.25k)</u>					
14.26m	Sam Walker	TAC			
10.76m	Gary Staward	HW			
10.75m	P Blake	OGY			
10.40m	Jon Pluck	DAC			
9.36m	Paul Longhurst	TAC			
8.39m	Matthew Johnson	HW			
6.93m	David Earl	HW			