

## HERTS ASSOCIATION OF ATHLETIC &amp; RUNNING CLUBS 2004 RANKING LIST

## OUTDOOR PERFORMANCES

## SENIOR MEN

## 100 metres

11.09	Robert Harle	SM	Chel
11.1	M Collins	SM	LUT
11.3w	Neil Barton	SM	HPX
11.33	Eddie Johnson	SM	E&H
11.4	Neil Barton	SM	HPX
11.6	Matt Carlisle	SM	E&H
11.6	Paul Masson	SM	D&T
11.7	Kevin Webb	SM	SNH
11.8	Peter Harding	SM	HPX
11.9	Ambassador Enwerwmadu	SM	D&T
12.2	Matthew Armstrong	SM	D&T
12.4	Anthony Serrano	SM	D&T
13.0	Thomas Yarren	SM	D&T
13.02	Stuart Norfolk	SM	HPX
13.3	Ian Turner	SM	BAR
14.3	David Quincey	SM	D&T
14.6	Thomas Dixon	SM	D&T

## 200 metres

22.2	Robert Harle	SM	Chel
22.3 w	Peter Stafford	SM	HPX
22.46	Peter Stafford	SM	HPX
22.71	Ben Sumner	SM	E&H
22.8	Eddie Johnson	SM	E&H
23.0	Matt Thurgood	SM	HPX
23.0	G Smith	SM	HIGH
23.4	Neil Barton	SM	HPX
23.46	T Fryett	SM	WAT
23.9	R Anderson	SM	
24.7	Ambassador Enwerwmadu	SM	D&T
24.9	James Parker	SM	BAR
25.0	Matthew Armstrong	SM	D&T
25.5	Lee Reynolds	SM	SNH
25.9	James Smith	SM	SNH
27.3	Ian Turner	SM	BAR
27.4	Thomas Yarrern	SM	D&T
28.0	Ben Broyd	SM	HPX
30.0	Thomas Dixon	SM	D&T
32.0	David Quincey	SM	D&T

## 400 metres

48.4	Ben Sumner	SM	E&H
48.52	Russell Nicholls	SM	E&H
48.7	Matt Carlisle	SM	E&H
50.0	G Smith	SM	HIGH
51.48	Robert Harle	SM	Chel
51.6	D Clifford	SM	SBH
52.3	Alan Cooper	SM	D&T
52.9	Lee Reynolds	SM	SNH
53.2	N Poulakis	SM	STA
53.7	Neil Barton	SM	HPX
53.9	James Trezona	SM	HPX
54.7	James Parker	SM	BAR
54.8	Paul Mason	SM	D&T
55.6	Camil Kocan	SM	E&H
57.7	Neil Burton	SM	D&T
58.8	Richard Gamble	SM	BAR
59.0	Daire Brennan	SM	BAR
62.7	Thomas Yarren	SM	D&T
65.6	Matthew Armstrong	SM	D&T

68.4	Thomas Dixon	SM	D&T
70.4	Robert Slack	SM	D&T
73.3	David Quincey	SM	D&T
75.2	Neil McLellan	SM	SNH

800 Metres

1:50.7	Adam Bowden	SM	HARR
1:52.99	Neil Gamester	SM	E&H
1:53.23	Matt Carlisle	SM	E&H
1:56.6	Sean Dixon	SM	BAR
1:57.62	Tom Bedford	SM	SBH
1:57.6	Louis Wells	SM	E&H
1:57.7	Lee Reynolds	SM	SNH
2:00.7	Neil Burton	SM	D&T
2:01.1	J Taylor	SM	BAR
2:01.8	Simon Everington	SM	D&T
2:02.2	Tim Woodthorpe	SM	NOTTS
2:02.4	Daire Brennan	SM	BAR
2:04.8	Karl Lehane	SM	E&H
2:05.4	Andrew Cracknell	SM	D&T
2:08.5	David Briggs	SM	D&T
2:09.1	James Parker	SM	BAR
2:10.5	Ben Broyd	SM	HPX
2:12.0	Andrew del Nevo	SM	D&T
2:12.2	Costa Michael	SM	BAR
2:14.7	Thomas Yarien	SM	D&T
2:24.7	Colin Thurston	SM	BAR
2:31.3	Thomas Dixon	SM	D&T
2:51.2	David Quincey	SM	D&T

1500 metres

3:44.36	Adam Bowden	SM	HARR
3:44.39	Neil Gamester	SM	E&H
3:49.11	Tom Bedford	SM	SBH
3:51.2	A Hodgkinson	SM	SBH
3:56.72	Sean Dixon	SM	BAR
3:59.40	Simon Everington	SM	D&T
3:59.64	Neil Burton	SM	D&T
4:03.0	Lee Reynolds	SM	SNH
4:05.7	Dave Mitchinson	SM	NEB
4:06.2	Neil Miller	SM	BED
4:09.63	A Murphy	SM	SBH
4:12.0	Daire Brennan	SM	BAR
4:15.1	Matt Norminton	SM	HHH
4:15.24	Louis Wells	SM	E&H
4:15.6	Ian Johnston	SM	SHETT
4:17.5	Tim Woodthorpe	SM	NOTTS
4:21.6	James Taylor	SM	BAR
4:25.5	K Walden	SM	SBH
4:27.4	Matt Carlisle	SM	E&H
4:29.30	Ben Broyd	SM	HPX
4:30.7	Costa Michael	SM	BAR
4:31.05	Andrew del Nevo	SM	D&T
4:32.9	Matt Hallissey	SM	D&T
4:52.5	Colin Thurston	SM	BAR
5:03.1	Duncan Hooker	SM	FVS
5:08.18	Neil Barton	SM	HPX
5:17.3	Steve Smithson	SM	FVS
6:10.7	Thomas Yarien	SM	D&T
6:21.6	Thomas Dixon	SM	D&T

1 Mile

4:14.5	Neil Gamester	SM	E&H
6:08.8	Neil Barton	SM	HPX

## 3000 metres

8:14.98	Adam Bowden	SM	HARR
8:17.36	Matt Smith	SM	TIP
8:18.83	Stephen Murphy	SM	SBH
8:29.95	Neil Burton	SM	D&T
8:40.35	Neil Miller	SM	BED
8:53.1	Ian Johnston	SM	SHETT
9:04.0	Lee Reynolds	SM	SNH
10:42.4	Thomas Dixon	SM	D&T

## 5000 metres

14:11.18	Matt Smith	SM	TIP
14:12.24	Dave Mitchinson	SM	NEB
14:47.6	Adam Bowden	SM	HARR
14:50.06	Neil Burton	SM	D&T
15:19.1	Neil Miller	SM	BED
15:44.4	Sam Pullan	SM	SAS
15:45.8	Matt Norminton	SM	HHH
15:45.9	Ian Johnston	SM	SHETT
15:48.5	Richard Gamble	SM	BAR
15:48.77	Neilson Hall	SM	HPX
15:51.2	Tim Woodthorpe	SM	NOTTS
16:22.4	M Bryant	SM	HARR
16:43.6	Grant Ramsey	SM	BAR
16:53.1	Andrew Slack	SM	HPX
16:58.9	Paul Greaves	SM	HPX
17:15.8	Lee Reynolds	SM	SNH
17:37.0	Colin Thurston	SM	BAR
17:50.2	Thomas Dixon	SM	D&T
17:56.2	Matthew Hallissey	SM	D&T
18:03.1	Andrew del Nevo	SM	D&T
18:15.2	Mark Fone	SM	E&H
19:43.8	Martin Arnold	SM	D&T
26:33.7	David Quincey	SM	D&T

## 10000 metres

32:37.25	Ian Johnston	SM	SHETT
36:29.56	Paul Greaves	SM	HPX
37:23.46	David Brown	SM	FVS

## 110m Hurdles (106cm)

13.85w	Tristan Anthony	SM	E&H
13.93	Tristan Anthony	SM	E&H
16.3w	Simon Wombwell	SM	HPX
16.4 +0.4	Simon Wombwell	SM	HPX
18.0	James Trezona	SM	HPX
18.7	James Trezona	SM	HPX
19.73	Neil Barton	SM	HPX
19.9	Tim Elliott	SM	HPX
20.3	Camil Kocan	SM?	E&H
21.1	David New	SM	SNH
21.3	Junior Lewis	SM	HPX
21.3	Matt Carlisle	SM	E&H
24.0	Ian Turner	SM	BAR

## 400m Hurdles (91cm)

52.33	Ben Sumner	SM	E&H
53.3	Tristan Anthony	SM	E&H
58.0	James Trezona	SM	HPX
59.4	Alan Cooper	SM	D&T
59.8	Andrew Cracknell	SM	D&T
60.7	Camil Kocan	SM	E&H
66.4	Simon Everington	SM	D&T
67.6	James Parker	SM	BAR
67.9	Matthew Hallissey	SM	D&T

74.5	Paul Rose	SM	D&T
77.3	Lee Reynolds	SM	SNH
84.4	Thomas Dixon	SM	D&T

#### 2000m Steeplechase

5:47.7	Stephen Murphy	SM	SBH
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#### 3000m Steeplechase

8:54.28	Tom Bedford	SM	SBH
8:55.12	Stephen Murphy	SM	SBH
8:56.53	Adam Bowden	SM	HARR
8:57.91	Dave Mitchinson	SM	NEB
9:33.8	Tim Woodthorpe	SM	NOTTS
10:23.5	Andrew Cracknell	SM	D&T
10:24.6	Daire Brennan	SM	BAR
10:38.9	Matthew Hallissey	SM	D&T
10:39.0	Matt Carlisle	SM	E&H
10:08.7	Lee Reynolds	SM	SNH
10:48.28	K Walden	SM	SBH
11:01.2	Andrew Slack	SM	HPX
11:01.7	Markus Allen	SM	HPX
11:29.7	James Taylor	SM	BAR
12:00.3	Mark Fone	SM	E&H
12:27.1	Thomas Dixon	SM	D&T
16:32.0	Matthew Armstrong	SM	D&T

#### High Jump

2.20m	Robert Mitchell	SM	SBH
2.15m	Mark Crowley	SM	E&H
1.85m	Matt Thurgood	SM	HPX
1.80m	Andrew Cracknell	SM	D&T
1.75m	David New	SM	SNH
1.70m	Roger Hunter	SM	D&T
1.55m	Junior Lewis	SM	HPX
1.55m	Ambassador Enwerwmadu	SM	D&T
1.50m	James Trezona	SM	HPX
1.40m	Lee Reynolds	SM	SNH
1.30m	Anthony Serrano	SM	D&T

#### Pole Vault

4.60m	S Day	SM	SBH
4.20m	Steve Leader	SM	E&H
3.60m	Jamie Green	SM	E&H
3.30m	Roger Hunter	SM	D&T
3.20m	Tim Elliott	SM	HPX
3.20m	Andrew Cracknell	SM	D&T
2.50m	Neil Barton	SM	HPX
2.00m	James Trezona	SM	HPX
1.00m	Lee Reynolds	SM	SNH
1.00m	Matthew Hallissey	SM	D&T

#### Long Jump

7.10m w	Neil Barton	SM	HPX
6.97m	Neil Barton	SM	HPX
6.37m	M Collins	SM	LUT
6.16m	Anthony Serrano	SM	D&T
6.06m	Kevin Webb	SM	SNH
5.48m	Peter Harding	SM	HPX
5.47m	Junior Lewis	SM	HPX
5.31m	Matthew Armstrong	SM	D&T
4.40m	Daire Brennan	SM	BAR
3.46m	Thomas Dixon	SM	D&T
3.22m	Andrew del Nevo	SM	D&T

### Triple Jump

14.79m +2.6	Matt Thurgood	SM	HPX
13.66m	Matt Thurgood	SM	HPX
12.60m w	Neil Barton	SM	HPX
12.54m	Junior Lewis	SM	HPX
11.97m	Eddie Johnson	SM	E&H
11.87m	Neil Barton	SM	HPX
11.68m	David New	SM	SNH
11.65m	Anthony Serrano	SM	D&T
10.53m	Lee Reynolds	SM	SNH
9.54m	Matthew Armstrong	SM	D&T
9.41m	John Roxborough	SM	SNH
7.64m	Andrew del Nevo	SM	D&T

### Shot (7.26k)

18.30m	Scott Rider	SM	BIR
14.59m	Carl Sagggers	SM	E&H
12.35m	Neil McLellan	SM	SNH
11.67m	R McKenna	SM	WAT
11.09m	Ben Solomon	SM	HPX
10.06m	Andrew Scheuber	SM	SNH
9.19m	Junior Lewis	SM	HPX
8.96m	Dillon Bewkes	SM	D&T
8.64m	Matthew Armstrong	SM	D&T
8.36m	Ian Turner	SM	BAR
8.23m	Neil Barton	SM	HPX
5.56m	Trevor Link	SM	BAR

### Discus (2k)

51.63m	Scott Rider	SM	BIR
44.94m	Carl Sagggers	SM	E&H
35.62m	R McKenna	SM	WAT
32.90m	Neil McLellan	SM	SNH
28.60m	R Tyler	SM	STA
28.02m	Ben Solomon	SM	HPX
26.09m	Junior Lewis	SM	HPX
24.65m	Neil Barton	SM	HPX
19.49m	Matthew Armstrong	SM	D&T
18.85m	Ian Turner	SM	BAR
17.88m	Dillon Bewkes	SM	D&T
17.00m	Thomas Dixon	SM	D&T
14.43m	Trevor Link	SM	BAR

### Hammer (7.26k)

64.36m	Carl Sagggers	SM	E&H
46.08m	C Snook	SM	HARL
36.53m	Neil McLellan	SM	SNH
28.72m	S Iwanciw	SM	WAT
26.84m	Steve Maisey	SM	HPX
21.23m	Matthew Armstrong	SM	D&T
20.19m	Ian Turner	SM	BAR
19.95m	Dave Harris	SM	BAR
7.03m	Andrew del Nevo	SM	D&T

### Javelin (800g)

72.35m	Anthony Lovett	SM	E&H
69.87m	Neil McLellan	SM	SNH
54.71m	David Harding	SM	HPX
49.34m	Steve Maisey	SM	HPX
46.42m	Roger Hunter	SM	D&T
46.14m	Peter Harding	SM	HPX
41.34m	C Snook	SM	HARL
41.20m	Neil Barton	SM	HPX
39.23m	James Trezona	SM	HPX
37.61m	Tim Elliott	SM	HPX
32.33m	Ian Turner	SM	BAR

32.28m	Matthew Ratcliffe	SM	D&T
31.46m	Dillon Bewkes	SM	D&T
30.34m	Matthew Armstrong	SM	D&T
22.66m	Dave Harris	SM	BAR
10.58m	Trevor Link	SM	BAR

Decathlon

4903 Neil Barton SM HPX

Pentathlon

1805 Matthew Armstrong SM D&T

Relays

4x100 D&T 47.1

4x400 D&T 3:53.9