

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS 2004 RANKING LIST

VETERAN MEN

80 metres

10.9 Mike Maisey M50 31/3 Watford

100 metres

12.2	Peter Ilo	M40	BAR
12.3	Malcolm Edwards	M40	HPX
12.7	Mike Vassiliou	M40	E&H
12.9	Ty Holden	M40	BAR
13.0	Robin Baynham	M40	HPX
13.0	Lawrence Taylor	M40	BAR
13.6	Richard Emptage	M40	D&T
14.0	David Simmonds	M40	D&T
14.3	Trevor Ratcliffe	M40	D&T
24.6	Gavin Town	M40	D&T
11.96	John Mayor	M45	SNH
12.64	Paul Pinnington	M50	E&H
12.9	Mike Maisey	M50	HPX
13.0	Ian Hay	M50	BAR
15.4	Colin Sills	M50	D&T
16.3	Les Leech	M50	D&T
15.0	David Ives	M55	D&T
14.8	John Lee	M60	HPX
13.97	Alan Carter	M65	E&H
22.94	Tony Rawlinson	M85	HPX

150 metres

19.9 Mike Maisey M50 31/3 Watford

200 metres

25.1	Peter Ilo	M40	BAR
25.5	Paul Hoad	M40	E&H
25.8	Mike Vassiliou	M40	E&H
26.27	Lawrence Taylor	M40	BAR
26.4	Dave Stephenson	M40	FVS
26.5	Ty Holden	M40	BAR
30.5	Richard Emptage	M40	D&T
32.2	Colin Taylor	M45	D&T
26.13	Paul Pinnington	M50	E&H
26.98	Mike Maisey	M50	HPX
27.3	Ian Hay	M50	BAR
30.2	Colin Sills	M50	D&T
31.8	Les Leech	M50	D&T
29.8	Chris Lawn	M55	HPX
43.2	John Borgars	M55	HPX
30.6	Roger Bruck	M60	BAR
30.9	Adrian Newman	M60	HPX
29.0	Alan Carter	M65	E&H
30.9	Peter Morris	M65	D&T
62.9	Tony Rawlinson	M85	HPX

400 metres

55.6	Andy Cunningham	M40	BAR
55.6	Peter Ilo	M40	BAR
58.0	Ty Holden	M40	BAR
59.9	Robin Baynham	M40	HPX
61.1	Dave Stephenson	M40	FVS
61.2	Richard McCormick	M40	BAR
61.5	Andy Kelleher	M40	BAR
67.0	Richard Pollen	M40	SNH
83.0	Trevor Ratcliffe	M40	D&T
54.62	John Mayor	M45	SNH

68.7	Colin Taylor	M45	D&T
55.6	Dave Wilcock	M50	BAR
63.1	Peter Hopkins	M50	HPX
67.6	Peter Fitzpatrick	M50	HPX
71.4	Colin Sills	M50	D&T
66.1	Chris Lawn	M55	HPX
67.6	Alan Carter	M65	E&H
1:56.12	Tony Rawlinson	M85	HPX

800 Metres

2:06.9	Richard McCormick	M40	BAR
2:12.1	Andy Kelleher	M40	BAR
2:14.6	Mel Parker	M40	BAR
2:23.8	Paul Reddaway*	M40	HPX
2:22.8	Dan Meaney	M45	D&T
2:32.6	Colin Taylor	M45	D&T
2:04.4	Dave Wilcock	M50	BAR
2:27.6	Peter Hopkins	M50	HPX
2:28.7	Peter Fitzpatrick	M50	HPX
3:08.9	Les Leech	M50	D&T
2:39.7	Richard Bloom	M55	HPX
2:53.5	John Borgars	M55	HPX
3:10.7	Malcolm Sergeant	M55	D&T
3:11.7	John Cooper	M55	D&T
2:39.2	Stuart Mann	M60	HPX
2:40.1	Con Antoniou	M60	BAR
2:45.0	Roger Head	M60	HPX
3:13.2	Joe Clare	M60	HPX
3:10.4	Peter Morris	M65	D&T

1500 metres

4:18.7	Richard McCormick	M40	BAR
4:19.0	Andy Kelleher	M40	BAR
4:30.4	Steve Wells	M40	FVS
4:47.6	Paul Reddaway*	M40	HPX
4:59.4	Simon Doyle	M40	HPX
5:29.2	Richard Pollen	M40	SNH
4:56.0	Colin Taylor	M45	D&T
4:56.3	Dan Meaney	M45	D&T
5:04.0	John Mayor	M45	SNH
4:40.7	Dave Wilcock	M50	BAR
4:52.7	Des Michael	M50	BAR
4:52.9	Peter Fitzpatrick	M50	HPX
6:30.2	Les Leech	M50	D&T
4:58.7	Richard Melvern	M55	HPX
5:18.6	Richard Bloom	M55	HPX
5:40.4	John Slack	M55	D&T
5:50.0	John Borgars	M55	HPX
6:00.9	Anthony Allen	M55	D&T
6:02.6	Malcolm Sergeant	M55	D&T
6:27.5	John Cooper	M55	D&T
5:18.8	Stuart Mann	M60	HPX
5:32.9	Con Antoniou	M60	BAR
5:42.0	Roger Head	M60	HPX
5:44.7	Ted Kimber	M60	BAR
6:32.5	Joe Clare	M60	HPX
5:32.2	Ted Dickens	M65	HPX
5:47.6	John Steed	M65	HPX
6:46.2	Peter Morris	M65	D&T

1 Mile

6:31.4	Marc Kos	M40	BAR
6:29.6	John Borgars	M55	HPX
5:58.6	Jim Neville	M60	BAR

3000 metres

9:14.5	Richard McCormick	M40	BAR
9:19.4	Andy Kelleher	M40	BAR
10:29.2	Colin Taylor	M45	D&T
9:57.1	Dave Wilcock	M50	BAR
10:46.7	Peter Fitzpatrick	M50	HPX
10:31.2	Richard Melvern	M55	HPX
11:13.6	Alun Stedman	M55	HPX
12:23.1	John Borgars	M55	HPX
12:59.6	John Cooper	M55	D&T
13:04.4	Malcolm Sergeant	M55	D&T
13:22.5	Fabian Mills	M55	D&T
10:18.1	Des Michael	M60	BAR
11:25.2	Mike Dixon	M60	HPX
12:01.2	Jim Neville	M60	BAR
12:46.3	Ted Kimber	M60	BAR
14:35.9	Joe Clare	M60	HPX
12:10.5	Mike Sawyer	M65	BAR
14:59.5	Peter Morris	M65	D&T

5000 metres

15:37.75	Richard McCormick	M40	BAR
16:10.2	Andy Kelleher	M40	BAR
16:31.5	Adrian Mason	M40	BAR
16:33.3	Andy Holt	M40	HPX
17:35.7	Paul Allen	M40	D&T
17:50.6	Rowland Lyons	M40	D&T
18:48.5	Simon Doyle	M40	HPX
20:53.3	Richard Pollen	M40	SNH
18:05.7	Colin Taylor	M45	D&T
22:00.6	Paul Copson	M45	D&T
17:05.07	Des Michael	M50	BAR
17:07.6	Tony Ross	M50	HPX
17:17.7	Norman Morrison	M50	HPX
19:36.8	Richard Foskett	M50	HPX
20:12.3	Richard Bloom	M55	HPX
20:15.7	Anthony Allen	M55	D&T
20:35.0	John Borgars	M55	HPX
22:06.8	Fabian Mills	M55	D&T
22:10.6	Malcolm Sergeant	M55	D&T
22:41.6	John Cooper	M55	D&T
23:04.9	John Chudley	M55	D&T
24:52.7	John Slack	M55	D&T
20:12.3	Stuart Mann	M60	HPX
20:16.1	Ted Dickens	M60	HPX
21:30.6	Ted Kimber	M60	BAR
19:57.4	Mike Sawyer	M65	BAR
20:48.9	John Steed	M65	HPX

10000 metres

35:27.9	Adrian Mason	M40	BAR
39:47.83	Phillip Williams	M40	CHILT
38:10.31	Colin Taylor	M45	D&T
36:02.02	Des Michael	M50	BAR
40:04.05	Jim Brown	M50	FVS
42:39.93	Martin Grimsdale	M50	WAT
41:08.11	Alun Stedman	M55	HPX

100m Hurdles

20.5	Colin Sills	M50	D&T
21.0	Clive Goddard	M50	BAR
20.3	David Ives	M55	D&T
33.3	Alun Stedman	M60	HPX

110m Hurdles (99cm)

22.8 David Simmonds M40 D&T

110m Hurdles (106cm)

22.8	Richard McCormick	M40	BAR
24.9	Trevor Ratcliffe	M40	D&T
16.2	John Mayor	M45	SNH

400m Hurdles (91cm)

71.4	Richard McCormick	M40	BAR
62.4	John Mayor	M45	SNH

2000m Steeplechase

9:17.4 * John Borgars M55 HPX

*low barriers

3000m Steeplechase

10:06.3	Richard McCormick	M40	BAR
15:41.3	Rowland Lyons	M40	D&T
13:28.1	Colin Taylor	M45	D&T
12:56.2	Tim Saunders-Mullins	M50	SNH

High Jump

1.60m	Trevor Ratcliffe	M40	D&T
1.55m	Richard Emptage	M40	D&T
1.50m	David Simmonds	M40	D&T
1.50m	Peter Ilo	M40	BAR
1.20m	Richard McCormick	M40	BAR
1.68m	John Mayor	M45	SNH
1.35m	Steve Smith	M45	E&H
1.20m	Les Leech	M50	D&T
1.40m	David Ives	M55	D&T
1.20m	Bela Nagy	M55	BAR
1.10m	Chris Lawn	M55	HPX
1.30m	John Gandee	M60	HPX
1.30m	Roger Bruck	M60	BAR
1.25m	John Lee	M60	HPX
0.87m	Tony Rawlinson	M85	HPX

Pole Vault

4.40m	Paul Hoad	M40	E&H
3.00m	Andy Jackson	M40	D&T
2.90m	Trevor Ratcliffe	M40	D&T
2.50m	Mel Parker	M40	BAR
2.40m	David Simmonds	M40	D&T
2.60m	John Mayor	M45	SNH
1.50m	Steve Smith	M45	E&H
2.20m	Colin Sills	M50	D&T
2.10m	Bela Nagy	M55	BAR
2.00m	David Ives	M55	D&T
1.50m	Steve Harris	M60	BAR
1.20m	Tony Rawlinson	M85	HPX

Long Jump

5.49m	Peter Ilo	M40	BAR
4.65m	Richard Emptage	M40	D&T
4.41m	David Simmonds	M40	D&T
4.21m	Trevor Ratcliffe	M40	D&T
3.85m	Richard McCormick	M40	BAR
6.09m	John Mayor	M45	SNH

5.18m	Steve Smith	M45	E&H
5.63m	Paul Pinnington	M50	E&H
4.69m	Mike Maisey	M50	HPX
4.57m	Ian Hay	M50	BAR
3.94m	Colin Sills	M50	D&T
3.76m	Les Leech	M50	D&T
3.98m	David Ives	M55	D&T
3.99m	Roger Bruck	M60	BAR
3.95m	John Gandee	M60	HPX
3.90m	John Lee	M60	HPX
4.17m	Alan Carter	M65	E&H
2.25m	Gerald Ratcliffe	M65	D&T
2.26m	Tony Rawlinson	M85	HPX

Triple Jump

11.12m	Richard Emptage	M40	D&T
10.70m	Peter Ilo	M40	BAR
10.08m	David Simmonds	M40	D&T
9.09m	Mike Vassiliou	M40	E&H
8.97m	Trevor Ratcliffe	M40	D&T
8.06m	Richard McCormick	M40	BAR
11.59m	Paul Pinnington	M50	E&H
10.09m	Ian Hay	M50	BAR
9.75m	Mike Maisey	M50	HPX
7.73m	Les Leech	M50	D&T
8.43m	David Ives	M55	D&T
8.70m	John Gandee	M60	HPX
8.63m	John Lee	M60	HPX

Shot (4k)

11.10m	Ian Miller	M70	HPX
4.86m	Tony Rawlinson	M85	HPX

Shot (5k)

8.27m	John Gandee	M60	HPX
8.10m	Roger Bruck	M60	BAR
10.10m	Ian Miller	M65	HPX
7.87m	Gerald Ratcliffe	M65	D&T

Shot (6k)

10.32m	Mike Bennett	M50	BAR
8.74m	Les Leech	M50	D&T
9.19m	David Ives	M55	D&T
6.41m	Richard Waldren	M55	HPX

Shot (7.26k)

12.14m	Anthony Muschette	M40	HPX
10.46m	Trevor Ratcliffe	M40	D&T
10.35m	David Simmonds	M40	D&T
9.48m	Andy Jackson	M40	D&T
8.34m	Ty Holden	M40	BAR
8.13m	Peter Rice	M40	BAR
7.30m	Gavin Town	M40	D&T
7.20m	Stuart Parker	M40	HPX
11.20m	Michael Barker	M45	D&T
9.53m	John Mayor	M45	SNH
7.59m	Pat Smith	M45	BAR
7.16m	Steve Smith	M45	E&H
9.04m	Tim Saunders-Mullins	M50	SNH
8.08m	Les Leech	M50	D&T
6.82m	John McLellan	M50	SNH
8.83m	David Ives	M55	D&T
8.29m	Godfrey Leak	M60	SNH

Discus (1k)

24.72m	John Gandee	M60	HPX
22.53m	Terry Ryan	M60	BAR
30.20m	Ian Miller	M65	HPX
26.78m	Gerald Ratcliffe	M65	D&T
31.85m	Ian Miller	M70	HPX
13.53m	Tony Rawlinson	M85	HPX

Discus (1.5k)

33.87m	Mike Bennett	M50	BAR
22.70m	Les Leech	M50	D&T
28.58m	David Ives	M55	D&T
20.47m	John Gandee	M60	HPX

Discus (2k)

47.93m	Nick Woolcott	M40	E&H
34.10m	Trevor Ratcliffe	M40	D&T
29.48m	Anthony Muschette	M40	HPX
27.19m	Andy Jackson	M40	D&T
21.78m	David Simmonds	M40	D&T
19.27m	Peter Rice	M40	BAR
17.53m	Richard Pollen	M40	SNH
15.56m	Stuart Parker	M40	HPX
25.37m	John Mayor	M45	SNH
22.05m	Pat Smith	M45	BAR
21.95m	Tim Saunders-Mullins	M50	SNH
20.76m	Les Leech	M50	D&T
17.72m	John McLellan	M50	SNH
27.72m	David Ives	M55	D&T
29.15m	Godfrey Leak	M60	SNH

Hammer (4k)

41.57m Ian Miller M70 HPX

Hammer (5k)

34.97m	John Lee	M60	HPX
20.55m	Terry Ryan	M60	BAR
19.86m	John Gandee	M60	HPX
33.57m	Ian Miller	M65	HPX
22.07m	Gerald Ratcliffe	M65	D&T

Hammer (6k)

31.09m	Tim Saunders-Mullins	M50	SNH
11.68m	Steve Harris	M60	BAR

Hammer (7.26k)

37.98m	John Maitland	M40	HHH
35.08m	Trevor Ratcliffe	M40	D&T
25.24m	David Simmonds	M40	D&T
22.26m	Andy Cunningham	M40	BAR
21.98m	Andy Jackson	M40	D&T
20.12m	Anthony Muschette	M40	HPX
13.02m	Stuart Parker	M40	HPX
24.02m	Pat Smith	M45	BAR
16.99m	Steve Smith	M45	E&H
48.73m	Paul Dickenson	M50	D&T
26.18m	Tim Saunders-Mullins	M50	SNH
19.41m	John McLellan	M50	SNH
17.30m	Les Leech	M50	D&T
16.50m	Colin Sills	M50	D&T
25.03m	Stuart Broadhead	M55	HPX
21.99m	David Ives	M55	D&T
24.21m	Godfrey Leak	M60	SNH

Javelin (400g)

25.23m	Ian Miller	M70	HPX
13.56m	Tony Rawlinson	M85	HPX

Javelin (600g)

33.29m	John Gandee	M60	HPX
32.95m	Gerald Ratcliffe	M65	D&T
24.56m	Ian Miller	M65	HPX

Javelin (700g)

43.50m	Mike Bennett	M50	BAR
26.70m	Steve Chilton	M50	BAR
30.14m	John Gandee	M60	HPX

Javelin (800g)

73.18m	Roald Bradstock	M40	E&H
62.83m	Trevor Ratcliffe	M40	D&T
38.69m	Andy Jackson	M40	D&T
31.66m	Chris Game	M40	HPX
29.44m	David Simmonds	M40	D&T
27.94m	Richard Pollen	M40	SNH
23.52m	Peter Rice	M40	BAR
19.26m	Marc Kos	M40	BAR
35.24m	John Mayor	M45	SNH
28.79m	Steve Smith	M45	E&H
20.05m	Pat Smith	M45	BAR
15.17m	Colin Taylor	M45	D&T
34.38m	Colin Sills	M50	D&T
29.04m	Tim Saunders-Mullins	M50	SNH
24.74m	Les Leech	M50	D&T
32.77m	David Ives	M55	D&T

Decathlon

6488 John Mayor M45 SNH
 2888 Tony Rawlinson M85 HPX

Weight Pentathlon

4070 Ian Miller M70 HPX

Pentathlon (LJ, JT, 200m, DT, 1500m)

992 Les Leech M50 D&T

4x100 Relay

49.5 Barnet
 59.1 D&T

4x200 Relay

1:43.5 Barnet

4x400 Relay

3:44.4 Barnet
 4:49.2 D&T

Medley Relay (200,200,400,800)

4:00.9 Barnet

WALKS

1 Mile Walk

9:02.9	John Borgars	M55	HPX
9:39.7	Adrian Newman	M60	HPX

2km Walk

12:43.9	Steve Chilton	M50	BAR
13:53.3	Les Leech	M50	D&T
11:13.9	John Borgars	M55	HPX
14:44.8	Bela Nagy	M55	BAR
11:47.9	Adrian Newman	M60	HPX
12:51.2	Steve Harris	M60	BAR
14:03.5	Con Antoniou	M60	BAR
12:26.2	Peter Morris	M65	D&T

3km Walk

17:02	John Borgars	M55	HPX
18:35	Adrian Newman	M60	HPX
16:48	Arthur Thomson	M65	VAC
20:42	Ken Livermore	M70	E&H

INDOOR PERFORMANCES

MEN

60m

8.7	David Ives	M55	D&T
8.92	Alan Carter	M65	E&H

200m

28.97	Alan Carter	M65	E&H
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400m

3000m

10:09.13i	Keith McLellan	M45	LUT
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60m Hurdles

12.0	David Ives	M55	D&T
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High Jump

1.40m	David Ives	M55	D&T
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Shot (5k)

10.39m	Ian Miller	M65	HPX
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Shot (7.26k)

11.95m	Anthony Muschette V40	HPX
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Pentathlon

2875	David Ives	M50	D&T
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