

HCAAA 2006 ranking list

SENIOR MEN

100m

11.17/2.2	Mark Collins	LUT	13/8	Crawley
11.32/1.2	Gareth Dodd	HPX	13/8	Crawley
11.46/-0.3	Rob Harle	CHE	14/5	Watford
11.5	Tom Waiting	D&T	5/8	Chelmsford
11.56	Bradley Gelman	HPX	9/8	Watford
11.6	Paul Lamont	HPX	3/6	Stevenage
11.6	Richard Hansard	D&T	3/6	Colchester
11.77/-0.3	Tom Lake	HPX	14/5	Watford
11.78/-0.3	Simon Wombwell	HPX	14/5	Watford
11.8	Peter Harding	HPX	29/4	Battersea Park
11.8	Paul Ingram-Tedd	SNH	20/5	Bedford
11.8	Don Macauley	SNH	8/07	Watford
12.3	Oliver Keates	HPX	14/4	WGC
12.4	Arnold Macauley	SNH	30/04	Hemel
12.5	Robert Rumble	HPX	14/4	WGC
12.5	David Harding	HPX	14/4	WGC
13.0	Andrew Mc Kenzie-Bell	D&T	5/8	Chelmsford
13.04	Martin Holding	SNH	22/3	Watford
13.06/-1.7	Stuart Norfolk	HPX	28/6	Watford
13.1	Michael Tarpey	HPX	22/7	Stoke M
13.2/1.0	Adam Searle	SNH	23/9	Eton

200m

22.47/-0.4	Rob Harle	CHE	14/5	Watford
22.48/-0.4	Peter Stafford	CARD	14/5	Watford
22.8	Gareth Dodd	HPX	5/8	Ware
22.97/1.1	Paul Lamont	HPX	6/9	Watford
23.0	Chris Saville	HPX	3/6	Stevenage
23.0	Alan Cooper	D&T	3/6	Colchester
23.01/1.8	Mark Collins	LUT	13/8	Crawley
23.6	Don Macauley	SNH	5/08	Harrow
23.91/-0.4	M Court	M&M	14/5	Watford
24.0	Tom Waiting	D&T	5/8	Chelmsford
24.1	Paul Ingram-Tedd	SNH	3/06	Stevenage
24.20/-0.4	Simon Wombwell	HPX	14/5	Watford
24.67	Barrie Stratford*	HPX	20/5	Yeovil
24.8	Peter Harding	HPX	14/4	WGC
25.2	Oliver Keates	HPX	14/4	WGC
26.1	Robert Rumble	HPX	1/5	Stevenage
27.2	Andrew Mc Kenzie-Bell	D&T	5/8	Chelmsford

400m

49.4	Chris Saville	HPX	5/8	Ware
49.89	Gareth Dodd	HPX	29/5	Bedford
50.6	G Smith	HIGH	14/5	Watford
51.6	Alan Cooper	D&T	2-/5	Watford
51.8	Peter Stafford	CARD	14/5	Watford
51.9	P Cumming	WAT	14/5	Watford
52.6	Robert Rumble	HPX	14/5	Watford
52.8	Paul Lamont	HPX	3/9	Sandy
53.08	Lee Reynolds	HPX	22/3	Watford
53.5	Barry Stratford*	HPX	22/7	Stoke M
53.7	Roger Hunter	D&T	29/4	Jarman Fields
54.08	Oliver Keates	HPX	9/8	Watford
55.4	A Court	M&M	14/5	Watford
55.52	Adam Searle	SNH	23/9	Eton
61.5	Andrew McKenzie-Bell	D&T	8/7	Milton K
61.8	N Cusack	WAT	14/5	Watford

800m

1:50.96	Adam Bowden	HARR	23/8	Watford
1:51.2	Chris Saville	HPX	5/8	Ware
1:53.67	Paul Lipman	SBH	6/9	Watford
1:54.08	Rhys Fowler	E&H	14/5	Watford
1:56.75	Neilson Hall	HPX	31/5	Watford
1:57.4	Lee Reynolds	HPX	14/4	WGC
1:57.95	Matt Carlisle	E&H	29/4	Birmingham
2:00.26	Tim Woodthorpe	NOTT	14/5	Watford
2:00.55	Barrie Stratford	HUNT	14/5	Watford
2:03.71	Michael Tarpey	HPX	9/8	Watford
2:03.8	Gareth Dodd	HPX	29/4	Battersea Park
2:05.23	Adam Searle	SNH	23/8	Watford
2.21.3	Don Macauley	SNH	18/07	Stevenage
2.33.0	Paul Ingram-Tedd	SNH	18/07	Stevenage

1500m

3:41.79	Adam Bowden	HARR	24/6	Solihull
3:53.00	Neilson Hall	BED	23/5	Watford
3:55.49	Dave Mitchenson	NEB	18/6	Crystal Pallace
3:56.86	Neil Gamester	E&H	30/4	Birmingham
4:00.14	Chris Saville	HPX	22/4	Bath
4:04.92	Lee Reynolds	HPX	24/6	Birmingham
4:10.2	Michael Tarpey	HPX	3/6	Stevenage
4:14.9	Tim Woodthorpe	NOTT	1/5	Stevenage
4:24.47	Adam Searle	SNH	24/9	Eton
4:24.5	Barry Stratford*	HPX	29/4	Battersea Park
4:25.9	Ben Broyd	HPX	1/5	Stevenage
4.26.3	Adam Searle	SNH	8/7	Watford
6.02.5	Barry Mainstone	SNH	20/5	Bedford

1 Mile

4:07.84	Adam Bowden	HARR	28/8	Guernsey
4:32.06	Lee Reynolds	HPX	29/5	Bedford

3000m

7:57.54	Adam Bowden	HARR	20/5	Loughborough
8:16.18	Dave Mitchinson	NEB	27/6	Stretford
8:28.9	Neil Gamester	E&H	15/4	Kingston
8:31.86	Neil Burton	TIP	26/7	Watford
8:33.45	Neilson Hall	BED	9/8	Watford
8:36.21	Kevin Skinner	NEB	27/6	Trafford
9:04.86	Lee Reynolds	HPX	19/4	Watford
9:40.94	Ben Broyd	HPX	19/4	Watford
10:06.6	Andrew Benson	HPX	14/4	WGC

5000m

14:06.37	Adam Bowden	HARR	3/5	Watford
14:10.55	Dave Mitchinson	NEB	24/6	Solihull
14:29.69	Neil Burton	TIP	24/6	Solihull
14:53.08	Kevin Skinner	GCR	14/5	Watford
15:14.26	Richard Gamble	BAR	14/5	Watford
15:22.7	Matt Normington	HHH	5/8	Dartford
16:10.5	Tim Woodthorpe	NOTT	1/5	Stevenage
16:18.3	Lee Reynolds	HPX	20/5	Yeovil
16:21.59	Michael Tarpey	HPX	1/5	Birmingham
17:24.02	Ben Broyd	HPX	14/5	Watford
18:28.5	Andrew Benson	HPX	5/8	Ware
18.59.7	Matt Hallissey	D&T	3/6	Colchester
21.09.4	Adam Searle	SNH	5/8	Harrow
22.21.3	Lee Grint	SNH	20/5	Bedford

10000m

29:56.14	Dave Mitchinson	NEB	10/6	Watford
30:50.16	Neil Burton	TIP	29/4	Birmingham

110H (106)

15.27/4.4	Simon Wombwell	HPX	29/5	Bedford
15.6	Simon Wombwell	HPX	3/6	Stevenage
16.1	Richard Hansard	D&T	20/5	Watford
17.2	Roger Hunter	D&T	20/5	Watford
17.5	Robert Rumble	HPX	29/4	Battersea Park
18.5	James Trezona	HPX	5/8	Ware
19.4	Oliver Keates	HPX	29/4	Battersea Park
21.0	Barry Mainstone	SNH	20/5	Bedford
22.6/-1.0	Adam Searle	SNH	24/9	Eton
23.0	Markus Allen	HPX	22/7	Stoke M

400H

56.3	Alan Cooper	D&T	3/6	Colchester
56.59	D Paisley	PIT	14/5	Watford
59.5	Andrew Cracknell	D&T	20/5	Watford
60.7	Oliver Keates	HPX	29/4	Battersea Park
61.77	Robert Rumble	HPX	20/5	Yeovil
62.19	James Trezona	HPX	20/5	Yeovil
62.3	Lee Reynolds	HPX	5/8	Ware
63.3	Simon Wombwell	HPX	8/7	Ashford
66.4	Lee Grint	SNH	30/4	Hemel
70.7	Michael Tarpey	HPX	8/7	Ashford
73.3	Matt Hallissey	D&T	8/7	Milton Keynes
77.1	Markus Allen	HPX	22/7	Stoke M

3000S/C

8:28.43	Adam Bowden	HARR	22/7	Heusden,BEL
9:47.8	Tim Woodthorpe	NOTT	14/5	Watford
10:18.4	Markus Allen	HPX	22/7	Stoke M
10:20.5	Andrew Cracknell	D&T	29/4	Jarman Fields
10:34.1	Richard McCormick	BAR	14/5	Watford
10:35.9	Lee Reynolds	HPX	20/5	Yeovil
11.12.8	Matt Hallissey	D&T	3/6	Colchester
11.20.7	Adam Searle	SNH	8/7	Watford
12:16.6	Oliver Keates	HPX	29/4	Battersea Park

HJ

2.25	Adam Scarr	E&H	11/6	Bedford
2.20	Rob Mitchell	SALE	18/6	Cardiff
2.05	Mark Crowley	E&H	13/8	Crawley
1.85	Andrew Cracknell	D&T	29/4	Jarman Fields
1.75	Robert Rumble	HPX	29/4	Battersea Park
1.65	Barry Mainstone	SNH	30/9	Sandy
1.62	Adam Searle	SNH	24/9	Eton
1.30	Gareth Dodd	HPX	8/7	Ashford
1.20	Michael Tarpey	HPX	20/5	Yeovil
1.00	Markus Allen	HPX	22/7	Stoke M

PV

4.00	Paul Yeomans	WAT	13/8	Crawley
3.40	Robert Rumble	HPX	29/4	Battersea Park
3.40	Roger Hunter	D&T	29/4	Jarman Fields
3.40	Andrew Cracknell	D&T	20/5	Watford
2.60	Gareth Dodd	HPX	3/6	Stevenage
2.10	Adam Searle	SNH	23/9	Eton
1.50	Matt Hallissey	D&T	8/7	Milton Keynes
1.20	James Trezona	HPX	20/5	Yeovil

LJ

6.33	Tom Lake	HPX	29/4	Battersea Park
6.23	Roger Hunter	D&T	29/4	Jarman Fields
6.17	Paul Lamont	HPX	8/7	Ashford
5.80	Lee Grint	SNH	5/08	Harrow
5.66	Robert Rumble	HPX	20/5	Yeovil
5.14w	Gareth Dodd	HPX	13/8	Crawley
5.03	Don Macauley	SNH	18/07	Stevenage

4.97	Adam Searle	SNH	18/07	Stevenage
4.54	Paul Ingram-Tedd	SNH	18/07	Stevenage

TJ

12.61	Tom Lake	HPX	3/6	Stevenage
11.13	Lee Grint	SNH	30/4	Hemel
10.82	Barry Mainstone	SNH	20/5	Bedford

SP (7.26k)

17.86	Scott Rider	BIR	19/3	Melbourne
13.26	Neil McLellan	SNH	20/05	Bedford
12.58	Roger Hunter	D&T	20/5	Watford
10.89	Steve Maisey	HPX	5/8	Ware
8.66	Fred Briffitt	SNH	14/05	Watford
7.94	Gareth Dodd	HPX	20/5	Yeovil
7.89	Adam Searle	SNH	11/07	Stevenage
7.23	Paul Ingram-Tedd	SNH	11/07	Stevenage
6.29	Don Macauley	SNH	11/07	Stevenage

DT (2k)

37.96	Roger Hunter	D&T	20/5	Watford
34.87	Neil McLellan	SNH	8/07	Watford
33.33	Robert Rumble	HPX	29/4	Battersea Park
30.50	David Harding	HPX	14/4	WGC
22.33	Adam Searle	SNH	24/9	Eton

HT (7.26k)

62.42	Carl Sagers	E&H	14/5	Watford
38.70	Neil McLellan	SNH	30/04	Hemel
23.61	Roger Hunter	D&T	20/5	Watford
16.23	James Trezona	HPX	20/5	Yeovil
12.22	Michael Tarpey	HPX	5/8	Ware
11.03	Gareth Dodd	HPX	29/4	Battersea Park

JT (800)

72.58	Neil McLellan	SNH	27/8	Manchester
64.78	Antony Lovett	E&H	14/5	Watford
51.71	David Harding	HPX	14/4	WGC
45.98	Steve Maisey	HPX	5/8	Ware
44.94	Peter Harding	HPX	1.5	Birmingham
44.80	Roger Hunter	D&T	20/5	Watford
33.91	James Trezona	HPX	20/5	Yeovil
28.73	Barry Mainstone	SNH	1/05	Stevenage
26.50	Gareth Dodd	HPX	8/7	Ashford
22.78	Adam Searle	SNH	24/9	Eton
22.12	Paul Ingram Tedd	SNH	3/06	Stevenage
4.76	Michael Tarpey	HPX	22/7	Stoke M

Decathlon

3781	Adam Searle	SNH	24/9	Eton
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4x100

44.1	Herts Phoenix	3/6	Stevenage
45.11	Herts	13/8	Crawley

4x400

3:21.7	Herts Phoenix	3/6	Stevenage
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