

## HCAAA RANKING LISTS - 2006 - OUTDOOR PERFORMANCES

\* = second claim

## UNDER 13 BOYS

100m

12.8	C Hart	D&T	10/06	H Hempstead
12.89/-0.6	Robert Gaynor		30/7	Kingston
13.19w	Andrew West	E&H		
13.2	Andrew West	E&H	20/8	Chelmsford
13.3	Tom Church	StA		
13.42	Ben David	SNH	10/09	Watford
13.6w	Billie Vernon-Hamilton	SNH	10/06	Heml
13.8	Billie Vernon-Hamilton	SNH	20/08	Ipswich
13.8	Peter De'Ath	SNH	11/06	Watford
13.9	Matt Oliver	StA		
14.2	Elliott Hurrell	HPX	4/6	Bromley
14.2	Nicholas Robinson	StA	7/6	St Albans
14.3	J Awe	D&T	25/06	Kingston
14.3	Daniel Gardner	SNH	20/08	Ipswich
14.3	Chris Giles	StA		
14.4	A Bigley	WAT	7/6	St Albans
14.4	Thomas Drake	WSEH	4/6	Basildon
14.4	Ola Amosu	E&H	30/7	Ware
14.6	E Law	StA	7/6	St Albans
14.6	Toby Sweeney	StA		
14.7	Ryan Higgins	E&H	20/8	Chelmsford
14.8	Tom Sheren	SNH	7/06	St Albansl
14.8	Matt Hodgeson	SNH	18/06	St Ives
14.8	Chris Perry	HPX	30/7	Ware
14.8	Louis Perry	SNH	20/08	Ipswich
14.8	Frankie Smith	StA		
14.85	Oliver Walker	HPX	10/9	Bedford
14.9	Tim Warner	HPX	14/4	WGC
14.9	Ben Pearson	SNH	7/05	Stevenage
15.0	J Elkes	D&T	07/06	St Albans
15.0	A Forsey	WAT	7/6	St Albans
15.0	Gary Parker	HPX	30/7	Ware
15.0	Chris Kennet	SNH	20/08	Ipswich
15.3	Edward Shepherd	HPX	4/6	Bromley
15.3	Jack Lowbridge	HPX	2/7	Ware
15.3	Nathan Rainsford	HPX	20/8	Thurrock
15.4	C Gaddes	D&T	17/09	H Hempstead
15.5	Luke Stratford	HPX	14/4	WGC
15.5	Paul Spicer	SNH	14/04	Welwyn
15.5	George Stingemore	HPX	2/7	Ware
15.5	Craig Murray	HPX	20/8	Thurrock
15.5	T Hills	D&T	17/09	H Hempstead
15.6	Jack Osborne	HPX	14/4	WGC
15.6	R Lewis	D&T	21/05	H Hempstead
15.7	Aaron Golledge	HPX	7/6	St Albans
15.7	S Handley	D&T	23/07	Guildford
15.9	Steven Green	HPX	2/7	Ware
15.9	Wilkie Hollens	StA		
16.0	Josh Kirby	SNH	7/05	Stevenage
16.0	Simon Beavan	HPX	30/7	Ware
16.1	Harry Keam	SNH	1/05	Stevenage
16.1	A Ajuwon	BAR	7/6	St Albans
16.1	Jack Gates	SNH	11/07	Stevenage
16.2	L Huntingford	D&T	21/05	H Hempstead
16.2	Oliver Bull	HPX	30/7	Ware
16.5	Alex Radgman	HPX	14/4	WGC
16.5	James McMurray	StA	9/7	Hemel H
16.6	M Knott	BAR	7/6	St Albans
16.7	Shaun Wagstaff	HPX	30/7	Ware
16.8	A Bramley	D&T	17/09	H Hempstead
16.9	Edwin van der Berg	SNH	11/07	Stevenage
16.9	B Blight	StA		
17.8	Elliott Walker	HPX	14/4	WGC
17.4	Alfie Hudson-Sewell	HPX	23/7	Norwich
17.5	T Warr	D&T	17/09	H Hempstead

## 200m

25.71/-1.1	Robert Gaynor		30/7	Kingston
26.8	C Hart	D&T	25/06	Kingston
26.81	Josh Wheeler Swain	SNH	10/09	Watford
27.5	Tom Church	StA		
28.2	Andrew West	E&H	25/6	Battersea
28.5	Matt Oliver	StA		
28.9	Peter De'Ath	SNH	7/05	Stevenage
28.9	Ben David	SNH	7/05	Stevenage
29.0	Chris Giles	StA	7/6	St Albans
29.1	Andrew Walshe	HPX	23/7	Norwich
29.1	Nicholas Robinson	StA		
29.4	Elliott Hurrell	HPX	4/6	Bromley
29.5	Nathan Marvell	HPX	18/6	Chelmsford
29.9	Tom Sheren	SNH	14/04	Welwyn
30.0	Tim Warner	HPX	18/6	Chelmsford
30.10	Billy Vernon-Hamilton	SNH	10/09	Watford
30.1	Ethan Lau	StA		
30.2	Thomas Drake	WSEH	20/8	Bracknell
30.28/-0.9	O Akinrele	LPkSc	14/5	Watford
30.3	Toby Sweeney	StA		
30.4	C Gaddes	D&T	17/09	H Hempstead
30.5	Chris Kennet	SNH	20/08	Ipswich
30.6	Oliver Walker	HPX	18/6	Chelmsford
30.7	Ben Pearson	SNH	7/05	Stevenage
30.7	Howard Cornish	SNH	16/08	Stevenage
31.0	Louis Perry	SNH	20/08	Ipswich
31.2	R Lewis	D&T	23/07	Guildford
31.3	Jack Lowbridge	HPX	18/6	Chelmsford
31.4	J Phillip	BAR	7/6	St Albans
31.6	L Glynn	WAT	7/6	St Albans
31.7	Ryan Higgins	E&H	30/7	Ware
31.9	J Huntingford	D&T	21/05	H Hempstead
32.0	Dan Gardner	SNH	2/07	Cambridge
32.1	Jack Smith	StA		
32.26/-0.9	Paul Spicer	SNH	14/05	Watford
32.30/-0.9	L Huntingford	D&T	14/5	Watford
32.4	G Frnachini	BAR	7/6	St Albans
32.4	Jack Gates	SNH	18/06	St Ives
33.7	O Hopping	D&T	07/06	St Albans
34.0	Oliver Bull	HPX	18/6	Chelmsford
34.1	Simon Beavan	HPX	30/7	Ware
34.8	M Wright	WAT	7/6	St Albans
34.9	A Sarginson	D&T	07/06	St Albans
35.8	Alfie Hudson-Sewell	HPX	21/5	Battersea Park
35.9	O Glynn	D&T	04/06	Woking

## 800m

2:20.11	Edward Shepherd	HPX	14/5	Watford
2:22.00	Andrew Walshe	HPX	9/8	Watford
2:22.8	Stephen Byrne	WAT	7/6	St Albans
2:24.4	James McMurray	StA		
2:28.9	O Glyn	D&T	25/06	Kingston
2:31.34	Patrick Gallagher	E&H	3/9	Birmingham
2:34.4	Chris Giles	StA	9/7	hemel H
2:34.9	Wilkie Hollens	StA		
2:35.6	Oliver Poulain	StA		
2:36.3	Tim Warner	HPX	10/6	Hemel H
2:39.01	Paul Spicer	SNH	10/09	Watford
2:39.6	David Fernie	StA		
2:39.7	R Dormer	WAT	7/6	St Albans
2:40.10	Mark Leith	E&H	14/5	Watford
2:41.0	Tom Reading	StA		
2:41.51	Daniel Gardner	SNH	10/09	Watford
2:42.44	Jack Cottrell	HPX	14/5	Watford
2:43.0	R Buck	D&T	23/07	Guildford
2:43.8	S Handley	D&T	23/07	Guildford
2:44.8	Peter De'Ath	SNH	11/06	Watford
2:45.07	Martin Boyd	HPX	14/5	Watford
2:45.2	Ryan Higgins	E&H	30/7	Ware
2:45.3	J Field	D&T	09/07	H Hempstead
2:46.1	M Rosco	BAR	7/6	St Albans
2:46.2	J Tully	StA		

2:46.5	Laurence Barltrop	HPX	30/7	Ware
2:47.6	Harry Williams	SNH	7/05	Stevenage
2:47.6	Nicholas Robinson	StA		
2:48.2	I Bonwick	D&T	21/05	H Hempstead
2:48.4	Jonathan Howarth	StA	9/7	Hemel H
2:49.0	Tom Sheren	SNH	8/07	Stevenage
2:50.2	A Bramley	D&T	17/09	H Hempstead
2:51.5	Alfie Hudson-Sewell	HPX	25/6	WGC
2:51.6	T Hills	D&T	17/09	H Hempstead
2:52.1	Aaron Golledge	HPX	7/6	St Albans
2:52.7	Daniel Gardner	SNH	18/07	Stevenage
2:52.9	Joe Collins	HPX	30/7	Ware
2:54.1	Billie Vernon-Hamilton	SNH	18/07	Stevenage
2:54.1	Jack Smith	StA		
2:56.0	M Archer	D&T	09/07	H Hempstead
2:56.9	E Bannard	D&T	09/07	H Hempstead
2:57.83	A Rebecchi	LPkSc	14/5	Watford
2:58.0	Ethan Lau	StA		
2:58.5	Craig Murray	HPX	2/7	Ware
2:59.7	J Awe	D&T	09/07	H Hempstead
3:00.1	A Sarginson	D&T	09/07	H Hempstead
3:00.8	T Warr	D&T	17/09	H Hempstead
3:03.5	Jack Osborne	HPX	30/4	Stoke M
3:04.7	B Blight			
3:07.7	Jack Gates	SNH	18/07	Stevenage
3:10.9	R Lewis	D&T	09/07	H Hempstead
3:16.1	Ed van den Berg	SNH	18/07	Stevenage

#### 1500m

4:39.6	Edward Shepherd	HPX	7/5	Milton Keynes
4:50.34	Stephen Byrne		30/7	Kingston
4:53.9	James McMurray	StA		
5:00.78	Andrew Walshe	HPX	9/8	Watford
5:01.6	Oliver Poulain	StA		
5:01.94	Vasudev Zaver	HPX	10/9	Bedford
5:07.0	Matthew Leach	SNH	1/05	Stevenage
5:13.0	Wilkie Hollens	StA		
5:14.0	Oliver Glynn	D&T	21/05	H Hempstead
5:18.0	Jack Cottrell	HPX	14/4	WGC
5:18.0	M Bonito	D&T	17/09	H Hempstead
5:19.1	R Buck	D&T	17/09	H Hempstead
5:23.3	David Fernie	StA		
5:24.6	Tom Reading	StA		
5:24.9	R D'Alanno	HPX	2/7	Ware
5:31.3	Ian Bonwick	D&T	1/05	Stevenage
5:32.51	Christian Elliott	SNH	10/09	Watford
5:34.2	J Eykelbosch	D&T	17/09	H Hempstead
5:37.1	Jake Olley	LPkSc	1/05	Stevenage
5:38.0	James Bottomley	SNH	1/05	Stevenage
5:38.4	Martin Boyd	HPX	25/6	WGC
5:45.9	L Coates			
5:47.6	Hugh McAleer	LPkSc	1/05	Stevenage
6:07.7	M Walker	D&T	17/09	H Hempstead
6:11.9	B Brewer	StA		
6:12.8	Alessandro Rebecchi	LPkSc	1/05	Stevenage
6:21.10	Jem Pitcairn	SNH	10/09	Watford
6:23.7	Alfie Hudson-Sewell	HPX	4/6	Bromley

#### 75H

13.4	Ola Amosu	E&H	23/7	Haringey
14.1	J Field	D&T	23/07	Guildford
14.4	R Lewis	D&T	23/07	Guildford
14.7	Craig Murray	HPX	10/9	Bedford
15.2	Chris Giles	StA	9/7	Hemel H
15.3	J Awe	D&T	9/7	Hemel H
15.4	Thomas Drake	WSEH	3/9	Birmingham
15.6	Peter De'Ath	SNH	11/06	Watford
15.6	Ben Auburn	SNH	18/06	St Ives
15.8	Nicholas Robinson	StA	9/7	Hemel H
15.8	Jonathan Howarth	StA	9/7	Hemel H
16.2	Toby Sweeney	StA		
16.3	Billie Vernon-Hamilton	SNH	/05	Stevenage
16.3	Oliver Bull	HPX	30/7	Ware

16.4	Tim Warner	HPX	20/8	Thurrock
16.47	Jem Pitcairn	SNH	10/09	Watford
16.5	Edward Shepherd	HPX	9/7	Hemel H
16.6	Dan Begley	SNH	20/08	Ipswich
16.6	Tom Reading	StA		
16.7	E Bannard	D&T	09/07	H Hempstead
16.8	M Archer	D&T	09/07	H Hempstead
16.9	James McMurray	StA	9/7	Hemel H
16.9	B Blight	StA		
17.0	David Fernie	StA		
17.2	Jack Smith	StA		
17.3	Alfie Hudson-Sewell	HPX	7/6	St Albans
17.4	Chris Gray	HPX	7/6	St Albans
18.1	A Bramley	D&T	17/09	H Hempstead
18.3	Harry Keam	SNH	7/05	Stevenage
18.3	T Warr	D&T	17/09	H Hempstead
19.1	L Huntingford	D&T	07/06	St Albans
20.6	A Sarginson	D&T	09/07	H Hempstead
24.4	Oliver Poulain	StA		

#### HJ

1.41	Paul Spicer	SNH	10/09	Watford
1.40	Chris Giles	StA		
1.35	Frankie Smith	StA		
1.30	Ben Auburn	SNH	18/06	St Ives
1.30	Elliott Hurrell	HPX	25/6	WGC
1.30	Andrew Walshe	HPX	2/7	Ware
1.30	Nicholas Robinson	StA	9/7	Hemel H
1.25	J Field	D&T	23/07	Guildford
1.25	Laurence Barltrop	HPX	30/7	Ware
1.25	Jack Gates	SNH	10/09	Watford
1.25	J Awe	D&T	17/09	H Hempstead
1.24	Billie Vernon-Hamilton	SNH	9/7	Hemel H
1.21	R Lewis	D&T	09/07	H Hempstead
1.21	Jonathan Howarth	StA	9/7	Hemel H
1.20	Harry Keam	SNH	7/05	Stevenage
1.20	Matt Hodgeson	SNH	18/06	St Ives
1.20	Ola Amosu	E&H	30/7	Ware
1.20	J Field	D&T	17/09	H Hempstead
1.18	M Archer	D&T	09/07	H Hempstead
1.18	James McMurray	StA	9/7	Hemel H
1.18	E Bannard	D&T	09/07	H Hempstead
1.18	David Fernie	StA		
1.15	A Sarginson	D&T	09/07	H Hempstead
1.15	Alfie Hudson-Sewell	HPX	30/7	Ware
1.15	Tom Reading	StA		
1.15	B Blight	StA		
1.12	Edward Shepherd	HPX	9/7	Hemel H
1.12	Oliver Poulain	StA		
1.10	Ben Pearson	SNH	7/05	Stevenage
1.10	Josh Kirby	SNH	7/05	Stevenage
1.10	Ed van der Berg	SNH	2/07	Cambridge
1.10	J Tully	StA		
1.05	O Hopping	D&T	21/05	H Hempstead
1.05	L Huntingford	D&T	21/05	H Hempstead
1.03	Jack Smith	StA		

#### LJ

5.11	C Hart	D&T	10/06	H Hempstead
4.87w	Ola Amosu	E&H		
4.77	Ola Amosu	E&H	23/7	Haringey
4.74	Chris Giles	StA	7/6	St Albans
4.49	Nathan Marvell	HPX	30/7	Ware
4.48	Daniel Gardner	SNH	11/07	Stevenage
4.16/2.3	Jack Elkes	D&T	30/07	Kingston
4.15	Ben Auburn	SNH	7/06	St Albans
4.15	Tom Church	StA		
4.12	Tom Sheren	SNH	11/07	Stevenage
4.05	Ethan Lau	StA		
4.04	Dan Begley	SNH	7/05	Stevenage
4.04	Jonathan Howarth	StA		
4.04	James McMurray	StA		
4.03	J Awe	D&T	17/09	H Hempstead

3.98	Oliver Bull	HPX	2/7	Ware
3.97	Jack Gates	SNH	10/09	Watford
3.94	C Gaddes	D&T	17/09	H Hempstead
3.94	Jack Smith	StA		
3.93/2.0	Jack Elkes	D&T	30/07	Kingston
3.91	Tim Warner	HPX	7/6	St Albans
3.88	Edward Shepherd	HPX	4/6	Bromley
3.88	Craig Murray	HPX	2/7	Ware
3.87	Luke Stratford	HPX	14/4	WGC
3.87	Peter De'Ath	SNH	7/06	St Albans
3.80	Laurence Barlthrop	HPX	2/7	Ware
3.80	B Blight	StA		
3.77	Paul Spicer	SNH	14/08	Stevenage
3.73	Vasudev Zaver	HPX	18/6	Chelmsford
3.70	E Bannard	D&T	09/07	H Hempstead
3.69	O Akinrele	LPkSc	14/5	Watford
3.69	J Field	D&T	09/07	H Hempstead
3.65	Simon Beavan	HPX	30/7	Ware
3.63	L Huntingford	D&T	14/05	Watford
3.60	Aaron Gollidge	HPX	30/4	Stoke M
3.59	R Lewis	D&T	09/07	H Hempstead
3.57	Harry Keam	SNH	7/05	Stevenage
3.55	Billie Vernon-Hamilton	SNH	9/7	Hemel H
3.53	A Sarginson	D&T	07/06	St Albans
3.52	Nicholas Robinson	StA	9/7	Hemel H
3.51	Jack Cottrell	HPX	14/4	WGC
3.50	L Dormer	WAT	7/6	St Albans
3.48	David Fernie	StA		
3.48	Oliver Poulain	StA		
3.44	Howard Cornish	SNH	20/08	Stevenage
3.39	Oliver Bull	HPX	10/9	Bedford
3.30	Alex Radgman	HPX	14/4	WGC
3.25	M Archer	D&T	09/07	H Hempstead
3.18	M Knott	BAR	7/6	St Albans
3.14	M Wright	WAT	7/6	St Albans
3.10	Ed van der Berg	SNH	11/07	Stevenage
3.09	Alfie Hudson-Sewell	HPX	2/7	Ware
3.09	Ben David	SNH	9/07	Stevenage
2.96	Jack Osborne	HPX	14/4	WGC
2.88	J Phillip	BAR	7/6	St Albans

SP (3.25k)

9.81	Kyle Bates	E&H	30/7	Ware
8.00	Nicholas Robinson	StA		
7.69	Ed van den Berg	SNH	10/09	Watford
7.65	Nathan Marvell	HPX	10/9	Bedford
7.61	Billie Vernon-Hamilton	SNH	24/9	Peterborough
7.40	Andrew Walshe	HPX	2/7	Ware
7.12	Chris Giles	StA		
6.78	O Hopping	D&T	07/06	St Albans
6.69	J Field	D&T	17/09	H Hempstead
6.62	Edwin van der Berg	SNH	30/7	Kingston
6.26	Frankie Smith	StA		
6.17	E McLaughlin	LPkSc	14/5	Watford
5.96	B Brewer	StA		
5.72	E Bannard	D&T	21/05	H Hempstead
5.72	Martin Boyd	HPX	2/7	Ware
5.71	David Fernie	StA		
5.70	Elliott Hurrell	HPX	7/6	St Albans
5.70	Jonathan Howarth	StA	07/06	St Albans
5.62	Alistair Cooper	HPX	21/5	Battersea Park
5.61	W Grant	LPkSc	14/5	Watford
5.60	Tom Sheren	SNH	18/07	Stevenage
5.57	E Grant	LPkSc	14/5	Watford
5.57	Jack Gates	SNH	20/08	Ipswich
5.55	J Awe	D&T	09/07	H Hempstead
5.47	Jack Cottrell	HPX	7/5	Milton K
5.43	Howard Cornish	SNH	16/08	Stevenage
5.36	Tom Reading	StA		
5.23	A Sarginson	D&T	25/06	Kingston
5.21	W James	WAT	07/06	St Albans
5.17	Stephen Green	HPX	2/7	Ware
5.08	Daniel Gardner	SNH	18/07	Stevenage

5.08	Martin Boyd	HPX	30/7	Ware
5.03	Laurence Barlthrop	HPX	18/6	Chelmsford
4.98	Dan Begley	SNH	16/08	Stevenage
4.97	James McMurray	StA	9/7	Hemel H
4.94	G Franchini	BAR	07/06	St Albans
4.94	Oliver Poulain	StA		
4.88	Edward Shepherd	HPX	9/7	Hemel H
4.76	Peter De'Ath	SNH	18/07	Stevenage
4.75	M Walker	WAT	07/06	St Albans
4.73	O Glynn	D&T	25/06	Kingston
4.70	Chris Gray	HPX	7/6	St Albans
4.69	R Lewis	D&T	09/07	H Hempstead
4.69	Chris Giles	StA	9/7	Hemel H
4.62	Oliver Walker	HPX	2/7	Ware
4.55	M Archer	D&T	09/07	H Hempstead
4.39	Elliott Walker	HPX	14/4	WGC
4.34	L Huntingford	D&T	07/06	St Albans
4.33	J Kaloczi	StA		
4.03	Alfie Hudson-Sewell	HPX	4/6	Stevenage
3.81	Vasudev Zaver	HPX	20/8	Thurrock
3.50	Jack Smith	StA		

#### DT (1k)

21.52	Kyle Bates	E&H	30/7	Ware
20.44	Edwin van der Berg	SNH	30/7	Kingston
19.57	Nicholas Robinson	StA		
18.29	Billie Vernon-Hamilton	SNH	10/9	Watford
16.21	A Humphrey	D&T	17/09	H Hempstead
16.14	Chris Perry	HPX	30/7	Ware
15.72	Andrew Walshe	HPX	18/6	Chelmsford
14.63	Dan Begley	SNH	16/08	Stevenage
13.79	Elliott Hurrell	HPX	2/7	Ware
13.60	Craig Murray	HPX	20/8	Thurrock
13.04	O Hopping	D&T	14/05	Watford
12.35	Tom Reading	StA		
12.26	Howard Cornish	SNH	16/08	Stevenage
12.12	Oliver Poulain	StA		
11.89	J Kaloczi	StA		
11.72	Stephen Green	HPX	18/6	Chelmsford
11.49	Jonathan Howarth	StA		
11.43	Jack Smith	StA		
11.39	Edward Shepherd	HPX	20/8	Thurrock
10.92	Jack Gates	SNH	20/07	Kingston
10.64	Harry Williams	SNH	7/05	Stevenage
8.69	Alfie Hudson-Sewell	HPX	2/7	Ware
4.62	O Glynn	D&T	04/06	Woking

#### JT (400)

28.34	A Humphrey	D&T	17/09	H Hempstead
26.73	Edwin van der Berg	SNH	30/07	Kingston
26.44	A Humphrey	D&T	19/04	Watford
19.85	B Brewer	StA		
17.01	Jack Gates	SNH	30/07	Kingston
14.36	O Hopping	D&T	14/05	Watford
14.31	Oliver Poulain	StA		
10.52	Paul Spicer	SNH	16/08	Stevenage

#### Pentathlon

1116	Edward Shepherd	HPX	9/7	Hemel H
1193	Chris Giles	StA		
1111	James McMurray	StA		
1061	Nicholas Robinson	StA		
1011	J Field	D&T	09/07	Hemel H
925	Jonathan Howarth	StA		
874	J Awe	D&T	09/07	Hemel H
819	R Lewis	D&T	09/07	Hemel H
810	E Bannard	D&T	09/07	Hemel H
715	M Archer	D&T	09/07	Hemel H
701	David Fernie	StA		
658	Oliver Poulain	StA		
566	Jack Smith	StA		
542	A Sarginson	D&T	09/07	Hemel H

4x100			
55.61	Herts	30/7	Kingston
56.0	St Albans	07/06	St Albans
57.6	Herts Phoenix	2/7	Ware
57.9	Stevenage	07/06	St Albans
58.9	Watford	07/06	St Albans
61.4	Dacorum & T	07/06	St Albans
63.1	Barnet	07/06	St Albans