

HCAAA RANKING LISTS - 2006 - OUTDOOR PERFORMANCES

* = second claim

UNDER 15 BOYS

100m

12.04	Jay Johnson-Crooks		26/8	Eton
12.2	D Dyer	D&T	10/06	H Hempstead
12.3	Nick Stoppard	SNH	11/07	Stevenage
12.30	Glenn Turner	SNH	10/09	Watford
12.6	M Mead	D&T	25/06	Kingston
12.6	Patrick Buckler	StA		
12.8	George Smith	HPX	7/5	Milton Keynes
12.8	Nick McNaught	HPX	25/6	WGC
12.8	Anthony Hadgill	StA		
12.89/0.3	T Sheikh	WAT	14/5	Watford
13.1	Sam Pollard	SNH	11/07	Stevenage
13.18/0.3	J Okoigum	LPkSc	14/5	Watford
13.18	Gavin Burns	HPX	10/9	Bedford
13.2	Aidan King	HPX	2/7	Ware
13.2	Lewis Keeble	SNH	11/07	Stevenage
13.2	M Francois	D&T	23/07	Guildford
13.4	Jamie Spender	SNH	11/07	Stevenage
13.5	David Pickett	SNH	11/07	Stevenage
13.8	Tan Chowdhury	SNH	20/08	Ipswich
13.9	Aran Martinson	HPX	21/5	Battersea Park
13.9	J Harris	D&T	17/09	H Hempstead
13.91	Ben Giles	SNH	14/05	Watford
14.0	J Bignall	D&T	25/06	Kingston
14.0	James Spurway	StA		
14.1	Matthew Darnell	SNH	7/05	Stevenage
14.3	Bobby Gray	SNH	11/07	Stevenage
14.4	Tom Clarke	HPX	21/5	Battersea Park
14.5	Tom Gough	HPX	30/4	Stoke M
14.5	Connor Winters	SNH	7/05	Stevenage
14.5	Chris Davis	SNH	7/05	Stevenage
14.5	Elliott Marzell	StA		
14.6	Stephen Postance	HPX	2/7	Ware
14.6	Connor Winters	SNH	2/07	Cambridge
14.6	Elliott Poulain	StA		
14.9	Alex Veitch	HPX	4/6	Bromley
14.9	Euan MacKenzie	StA		
15.0	Ben Amies	SNH	11/07	Stevenage
15.65	M Wadlow	D&T	14/05	Watford
16.8	Khalid Al Abaidy	StA		

200m

24.17/-0.8	Nathan Wake	HPX	28/5	Chelmsford
24.85/0.5	B Jovanovski	WAT	14/5	Watford
24.9	Glenn Turner	SNH	20/08	Ipswich
25.5	D Dyer	D&T	21/05	H Hempstead
25.5	George Smith	HPX	25/6	WGC
25.8	Daniel Mawhinney	StA		
25.9	Lewis Keeble	SNH	9/07	Stevenage
26.0	Patrick Buckler	StA		
26.06	T Sheikh	WAT	14/5	Watford
26.28	Gavin Burns	HPX	10/9	Bedford
26.4	M Mead	D&T	30/04	Oxford
26.4	Nathan Wake	HPX	1/5	Stevenage
26.5	Nick McNaught	HPX	18/6	Chelmsford
26.5	S Moss	StA		
26.8	Aidan King	HPX	18/6	Chelmsford
27.1	Jamie Spender	SNH	18/06	St Ives
27.2	M Francois	D&T	04/06	Woking
27.4	Sam Pollard	SNH	9/07	Stevenage
27.7	James Spurway	StA		
28.3	Aran Martinson	HPX	25/6	WGC
28.6	P Tsangari	StA		
28.7	Steven Postance	HPX	18/6	Chelmsford
30.2	Matthew Darnell	SNH	7/05	Stevenage
30.9	David Wilson	HPX	21/5	Battersea Park
31.1	Khalid Al Abaidy	StA		

31.7	M Kerr	StA		
32.2	M Williamson	StA		
32.3	J Seymour	StA		
32.6	Mikey Raywood	StA		
400m				
51.51	Nathan Wake	HPX	8/7	Gateshead
54.54	Glenn Turner	SNH	6/08	Birmingham
56.3	Nick Stoppard	SNH	18/06	St Ives
57.1	George Smith	HPX	18/6	Chelmsford
57.8	Alex Veitch	HPX	14/4	WGC
58.5	S Moss	StA		
58.8	Nick McNaught	HPX	25/6	WGC
58.8	Lewis Keeble	SNH	20/08	Ipswich
61.8	David Pickett	SNH	18/06	St Ives
61.9	James Spurway	StA		
62.0	Tom Gough	HPX	23/7	Norwich
64.1	B Parry	StA		
65.0	Elliott Poulain	StA		
65.1	M Francois	D&T	21/05	H Hempstead
65.4	Reece Surridge	E&H	2/7	Ware
65.5	J Bignell	D&T	04/06	Woking
66.09	George Brown	HARR	14/5	Watford
67.4	Khalid Al Abaidy	StA		
68.2	Luke Langley	SNH	20-/08	Ipswich
69.3	T McConway	D&T	25/06	Kingston
69.4	P Tsangari	StA		
70.6	Jack Thie	D&T	25/06	Kingston
71.6	James Hare	SNH	7/05	Stevenage
71.8	J Seymour	StA		
74.6	M Kerr	StA		
75.13	A Abebe	LPkSc	14/5	Watford
76.2	J Minshell	D&T	04/06	Woking
77.9	Mikey Raywood	StA		
800m				
2:07.5	Alex Veitch	HPX	14/4	WGC
2:10.71	Nathan Wake	HPX	24/9	Eton
2:11.81	Nick Stoppard	SNH	26/08	Eton
2:14.4.	Lewis Keeble	SNH	9-/07	Stevenage
2:15.3	Tom Gough	HPX	23/7	Norwich
2:15.8	Nick McNaught	HPX	14/5	Watford
2:19.8	Niall Fleming	SBH	14/5	Watford
2:22.3	George Brown	HARR	14/5	Watford
2:23.90	David Wilson	HPX	6/9	Watford
2:24.65	David Pickett	SNH	14/05	Watford
2:25.2	Khalid Al Abaidy	StA		
2:25.3	B Parry	StA		
2:25.4	Elliott Poulain	StA		
2:27.43	Reece Surridge	E&H	14/5	Watford
2:28.00	Jack Thie	D&T	14/05	Watford
2:28.56	R Molloy	D&T	28/06	Watford
2:30.9	C Pope	D&T	17/09	H Hempstead
2:31.5	B McGuinness	D&T	17/09	H Hempstead
2:32.28	Matthew Salt	D&T	14/05	Watford
2:34.6	M Williams	D&T	17/09	H Hempstead
2:35.2	Luke Langley	SNH	20/08	Ipswich
2:36.5	Bobby Gray	SNH	18/07	Stevenage
2:36.5	P Tsangari	StA		
2:37.8	T Mc Conway	D&T	21/05	H Hempstead
2:39.9	James Hare	SNH	7/05	Stevenage
2:40.3	M Kerr	StA		
2:40.80	Warren Herridge	SNH	10/09	Watford
2:43.7	M Wadlow	D&T	17/09	H Hempstead
2:43.9	J Seymour	StA		
2:44.4	George Ansell	HPX	30/7	Ware
2:45.83	D O'Connell	SNH	14/5	Watford
2:47.0	Joe Gaynor	HPX	14/4	WGC
2:47.0	J Minshell	D&T	09/07	H Hempstead
2:49.2	Joe Greaves	HPX	14/4	WGC
2:49.9	A Edgeworth	D&T	04/06	Woking
2:54.2	Mikey Raywood	StA	14/5	
2:54.4	P McClennan	D&T	09/07	H Hempstead

2.54.4	J Harris	D&T	09/07	H Hempstead
2:55.7	Calum Murray	HPX	20/8	Thurrock
3.11.0	Tan Chowdhury	SNH	18/07	Stevenage
3.15.0	Tom Slone	SNH	7/05	Stevenage

1500m

4:35.1	Alex Veitch	HPX	1/5	Stevenage
4:36.0	Tom Gough	HPX	20/8	Thurrock
4.44.03	Lewis Keeble	SNH	26-/08	Eton
4:44.03	Niall Fleming	SBH	26/08	Eton
4:45.6	Euan MacKenzie	StA		
4:51.77	David Wilson	HPX	23/8	Watford
4:52.7	Matthew Salt	D&T	1/5	Stevenage
4:53.6	George Brown	HARR	1/5	Stevenage
4:53.8	Elliott Poulain	StA		
4.55.97	Jack Thie	D&T	28/06	Watford
4:58.8	George Smith	HPX	18/6	Chelmsford
5.00.0	R Molloy	D&T	17/09	H Hempstead
5:13.6	Khalid Al-Abaidy	StA	1/5	Stevenage
5:13.7	Reece SurrIDGE	E&H	1/5	Stevenage
5:15.0	Alex Kushner	StA	1/5	Stevenage
5.16.1	Sean Ray	D&T	17/09	H Hempstead
5:22.2	Robbie Williamson	StA	1/5	Stevenage
5:23.2	A Kushner	StA		
5.24.5	David Pickett	SNH	1/05	Stevenage
5.28.4	David O'Connell	SNH	1/05	Stevenage
5.42.21	J Minshell	D&T	25/06	Kingston
5.44.6	M Wadlow	D&T	25/06	Kingston
5:45.0	Mikey Raywood	StA	1/5	Stevenage
6.27.9	Thomas Sloan	SNH	1/05	Stevenage
6:29.8	R Walker	StA		
7.11.56	David Saxon	SNH	10/09	Watford

3000m

10:24.9	Elliott Poulain	StA		
10.31.3	M Salt	D&T	09/07	H Hempstead
10.50.0	Jack Thie	D&T	09/07	H Hempstead
11:05.11	David Wilson	HPX	26/7	Watford
11.36.7	S Ray	D&T	09/07	H Hempstead

80H

11.48/0.3	Kaz Ong		26/08	Eton
11.7/0.6	Nick Stoppard	SNH	24/9	Eton
12.5	Alex Butler	E&H	3/9	Birmingham
12.8	M Francois	D&T	23/07	Guildford
13.32/2.8	Nathan Wake	HPX	12/8	Bedford
13.5/0.5	Nathan Wake	HPX	24/9	Eton
14.1	B McGuinness	D&T	17/09	H Hempstead
14.47	D Akinkugbe	LPkSc	14/5	Watford
14.9	Daniel Mawhinney	StA		
15.3	M Williams	D&T	09/07	H Hempstead
15.6	James Spurway	StA		
15.8	Connor Winters	SNH	2-/07	Cambridge
16.0	I Lang	D&T	25/06	Kingston
16.2	J Harris	D&T	09/07	H Hempstead
16.9	P McClelland	D&T	09/07	H Hempstead
17.15/-0.7	M Wadlow	D&T	14/05	Watford
17.2	Tom Clarke	HPX	25/6	WGC
17.7	Khalid Al Abaidy	StA		
17.9	J Minshell	D&T	09/07	H Hempstead
18.2	M Kerr	StA		
18.7	Mikey Raywood	StA		
18.8	David Wilson	HPX	21/5	Battersea Park

HJ

1.60	Nathan Wake	HPX	20/8	Thurrock
1.50	Mitchell Gibson	HPX	7/5	Milton Keynes
1.50	Tom Clarke	HPX	18/6	Chelmsford
1.50	Nick Stoppard	SNH	30-/07	Ware
1.45	Elliott Marzell	StA		
1.40	Connor Winters	SNH	2-/07	Cambridge
1.40	J Harris	D&T	17/09	H Hempstead
1.40	Cameron Walters	StA		

1.40	Anthony Hadgill	StA		
1.40	Elliott Poulain	StA		
1.36	J Okoigun	LPkSc	14/5	Watford
1.36	M Williams	D&T	09/07	H Hempstead
1.35	M Wadlow	D&T	04/06	Woking
1.35	Daniel Mawhinney	StA		
1.30	Glenn Turner	SNH	2-/07	Cambridge
1.30	P McClennan	D&T	09/07	H Hempstead
1.30	Dave Pickett	SNH	10/09	Watford
1.27	J Minshell	D&T	09/07	H Hempstead
1.25	W Mills	HPX	2/7	Ware
1.25	P Tsangari	StA		
1.20	Tan Chowdhury	SNH	20-/08	Ipswich

PV

2.70	M Williams	D&T	04/06	Woking
2.40	Connor Winters	SNH	9-/07	Stevenage
2.30	P McClennan	D&T	25/06	Kingston
2.00	Nathan Wake	HPX	4/6	Bromley

LJ

5.76	Nick Stoppard	SNH	30/9	Sandy
5.60	Callum Hobson	HPX	18/6	Chelmsford
5.50	Anthony Hadgill	StA		
5.44/0.6	Nathan Wake	HPX	24/9	Eton
5.39/-0.1	Jay Johnson-Crooks		26/08	Eton
5.25	H Hearn	D&T	25/06	Kingston
5.15	M Mead	D&T	30/04	Oxford
4.95	Patrick Buckler	StA		
4.87	Connor Winters	SNH	9/07	Stevenage
4.82	D Dyer	D&T	10/06	H Hempstead
4.72	J Okoigun	LPkSc	14/5	Watford
4.71	S Moss	StA		
4.69	Aaron Martinson	HPX	21/5	Battersea Park
4.63	Sam Pollard	SNH	2/07	Cambridge
4.58	M Dales	D&T	17/09	H Hempstead
4.52	Aidan King	HPX	18/6	Chelmsford
4.47	David Pickett	SNH	11/07	Stevenage
4.47	Daniel Mawhinney	StA		
4.43	M Williams	D&T	09/07	H Hempstead
4.43	I Lang	D&T	23/07	Guildford
4.35	Tom Gough	HPX	23/7	Norwich
4.31	D Akinkugbe	LPkSc	14/5	Watford
4.28	Lewis Keeble	SNH	11/07	Stevenage
4.28	Euan MacKenzie	StA		
4.23	R Williamson	StA		
4.22	Jamie Spender	SNH	11/07	Stevenage
4.20	Gavin Burns	HPX	10/9	Bedford
4.19	Elliott Marzell	StA		
4.16	Tan Chowdhury	SNH	11/07	Stevenage
4.15	Bobby Gray	SNH	11/07	Stevenage
4.15	Stephen Postance	HPX	30/7	Ware
4.11	Calum Murray	HPX	2/7	Ware
4.05	Matthew Darnell	SNH	7/05	Stevenage
4.01	J Bignell	D&T	04/06	Woking
4.00	J Harris	D&T	09/07	H Hempstead
3.97	Tom Clarke	HPX	30/4	Stoke M
3.96	Ben Amies	SNH	11/07	Stevenage
3.91	M Wadlow	D&T	23/07	Guildford
3.83	Tom Gough	HPX	4/6	Bromley
3.76	M Kerr	StA		
3.74	David Wilson	HPX	7/5	Milton Keynes
3.74	A Abebe	LPkSc	14/5	Watford
3.70	P McClennan	D&T	09/07	H Hempstead
3.57	J Seymour	StA		
3.56	Shaun Wagstaff	HPX	2/7	Ware
3.39	B Edgeworth	D&T	04/06	Woking
3.10	J Minshell	D&T	09/07	H Hempstead

TJ				
11.94/0.2	Kaz Ong		26/08	Eton
10.49	M Dales	D&T	17/09	H Hempstead
9.73	Connor Winters	SNH	9/07	Stevenage
9.22	L Frey	LPkSc	14/5	Watford
9.02	Tom Clarke	HPX	14/5	Watford

SP (4k)

11.36	Nick Stoppard	SNH	26/08	Eton
10.17	Nathan Wake	HPX	12/8	Bedford
9.98	Alex Knight	HPX	30/4	Stoke M
9.76	Jack White	SNH	18/06	St Ives
9.57	Chris Ashworth	HPX	10/9	Bedford
9.45	Sam Pollard	SNH	10/09	Watford
8.73	Luke Byford	HPX	18/6	Chelmsford
8.35	David Saxon	SNH	18/06	St Ives
8.13	Calvin Postance	HPX	30/7	Ware
7.58	Nick McNaught	HPX	21/5	Battersea Park
7.37	Lewis Keeble	SNH	18-/07	Stevenage
7.24	M Williams	D&T	09/07	H Hempstead
6.84	J Harris	D&T	17/09	H Hempstead
6.73	James Spurway	StA		
6.53	Daryl Safee	SNH	18/06	St Ives
6.46	Daniel Mawhinney	StA		
6.45	George Smith	HPX	18/6	Chelmsford
6.43	Elliott Poulain	StA		
6.39	Tan Chowdhury	SNH	18-/07	Stevenage
6.37	P McClellan	D&T	21/05	H Hempstead
6.34	Bobby Gray	SNH	18/07	Stevenage
6.31	R D'Alanno	HPX	2/7	Ware
6.30	Alex Veitch	HPX	10/9	Bedford
6.28	J Minshell	D&T	09/07	H Hempstead
6.05	G Taylor	D&T	25/06	Kingston
6.00	P McClellan	D&T	09/07	H Hempstead
5.94	Aaron Martinson	HPX	4/6	Bromley
5.92	G Taylor	D&T	17/09	H Hempstead
5.84	Euan MacKenzie	StA		
5.69	M Wadlow	D&T	09/07	H Hempstead
5.06	Calum Murray	HPX	20/8	Thurrock
5.00	J Bignell	D&T	30/04	Oxford
4.59	Mikey Raywood	StA		
3.79	Josh Sewell	SNH	7/05	Stevenage

DT (1.25k)

32.08	John Trimble		26/08	Eton
28.18	Alex Knight	HPX	21/5	Battersea Park
26.84	Ryan Hussey	E&H	18/6	St Albans
25.79	M Ellis	WAT	14/5	Watford
23.92	David Saxon	SNH	10/09	Watford
23.70	H Merrick	WAT	14/5	Watford
23.03	Chris Ashworth	HPX	10/9	Bedford
22.98	Calvin Postance	HPX	2/7	Ware
22.09	Glenn Turner	SNH	30/07	Ware
21.98	Calvin Postance	HPX	14/4	WGC
21.83	Mitchell Gibson	HPX	7/5	Milton K
21.45	Daryl Safee	SNH	20/08	Ipswich
21.32	Jack White	SNH	20/08	Ipswich
20.44	Lewis Keeble	SNH	30/07	Kingston
19.77	Ross Armorgie	HPX	4/6	Bromley
19.01	Cameron Walters	StA		
17.23	Elliott Marzell	StA		
16.89	M Wadlow	D&T	17/09	H Hempstead
16.89	J Minshell	D&T	25/06	Kingston
16.57	Elliott Poulain	StA		
16.42	B Parry	StA		
15.90	Luke Byford	HPX	18/6	Chelmsford
15.21	George Smith	HPX	20/8	Thurrock
14.11	J Seymour	StA		
13.91	David Pickett	SNH	30/07	Ware
13.79	J Mawhinney	StA		
13.72	Tan Chowdhury	SNH	2/07	Cambridge
13.32	G Taylor	D&T	25/06	Kingston
13.08	A Kushner	StA		

13.05	Khalid Al Abaidy	StA		
13.04	Callum Hobson	HPX	21/5	Battersea Park
12.18	Richard Parker	HPX	30/4	Stoke M
10.88	Euan MacKenzie	StA		
9.19	Shaun Wagstaff	HPX	7/5	Milton K

HT (4k)

39.72	John Trimble		26/08	Eton
33.73	Alex Knight	HPX	14/5	Watford
25.46	Chris Ashworth	HPX	25/6	WGC
18.39	M Williams	D&T	25/06	Kingston
12.61	G Taylor	D&T	14/05	Watford

JT (600)

39.97	Jack White	SNH	20/08	Ipswich
37.63	George Minihan		26/08	Eton
34.75	Nathan Wake	HPX	4/6	Bromley
29.10	M Williams	D&T	17/09	H Hempstead
28.62	M Dales	D&T	17/09	H Hempstead
28.35	D Dyer	D&T	04/06	Woking
26.17	Nick McNaught	HPX	25/6	WGC
25.38	Tom Gough	HPX	20/8	Thurrock
24.60	David Saxon	SNH	9/07	Stevenage
22.99	Chris Ashworth	HPX	2/7	Ware
22.17	Tan Chowdhury	SNH	2/07	Cambridge
22.16	Elliott Poulain	StA		
21.91	Richard Parker	HPX	30/4	Stoke M
21.66	George Brown	HARR	14/5	Watford
21.38	Calvin Postance	HPX	2/7	Ware
19.55	J Bignell	D&T	04/06	Woking
18.60	P Tsangari	StA		
18.48	Mitchell Gibson	HPX	7/5	Milton K
18.34	Cameron Walters	StA		
17.63	O Tolhurst	LPkSc	14/5	Watford
17.35	James Hare	SNH	7/05	Stevenage
17.17	Luke Byford	HPX	18/6	Chelmsford
17.07	Tom Clark	HPX	25/6	WGC
16.25	Daryl Safee	SNH	2/07	Cambridge
15.74	J Mawhinney	StA		
14.35	Shaun Wagstaff	HPX	2/7	Ware
13.01	J Seymour	StA		
12.81	A Kushner	StA		
5.27	M Kerr	StA		
3.68	Elliott Marzell	StA		

Pentathlon

2690	Nick Stoppard	SNH	19/08	Stoke
2527	Nathan Wake	HPX	24/9	Eton
1432	M Williams	D&T	09/07	H Hempstead
1152	J Harris	D&T	09/07	H Hempstead
1004	P McClennan	D&T	09/07	H Hempstead
993	M Wadlow	D&T	09/07	H Hempstead
912	J Minshell	D&T	09/07	H Hempstead

4x100

50.33	Herts Phoenix	10/9	Bedford
52.21	St Albans		

4x400

4:00.0	Herts Phoenix	30/4	Stoke Mandeville
4:28.0	St Albans		