

HCAAA RANKING LISTS - 2006 - OUTDOOR PERFORMANCES

* = second claim

UNDER 17 MEN

100m

10.70	Antonio Infantino	E&H	5/8	Birmingham
11.3	Kenny Howard	HPX	29/4	Battersea Park
11.4	Tom Muskett	D&T	04/06	Woking
11.42/2.9	Ryan Gow	HPX	30/7	Bedford
11.5	Ian Tobin	HPX	25/6	WGC
11.5	Alex Moore	HPX	13/8	Eton
11.6	Cameron Webb	SNH	30/07	Ware
11.7	Glen Begley	SNH	7/05	Stevenage
11.7	J Hearn	D&T	04/06	Woking
11.7	Stephen Barnard	E&H	18/6	St Albans
11.86/0.4	T Lloyd	WAT	14/5	Watford
12.0	H Hogarth	D&T	25/06	Kingston
12.0	Tristan Augier	SBH	3/9	Sandy
12.0	Douglas Hudson	StA		
12.1	J Hamilton	D&T	21/05	H Hempstead
12.1	Chris Hamilton	D&T	17/09	H Hempstead
12.1	Piers Lawford	StA		
12.2	John Webb	HPX	23/7	Norwich
12.31	David Paar	SNH	10/09	Watford
12.4	Andrew John	StA		
12.5	Alec Wing	HPX	21/5	Battersea Park
12.5	C Newcombe	D&T	17/09	H Hempstead
12.5	Mark Nixon	StA		
12.8	Zikri Elias	SNH	11/07	Stevenage
12.8	Aaron Reynolds	SNH	11/07	Stevenage
12.9	K Clarke	D&T	21/05	H Hempstead
13.1	Jonathan Constantinou	StA		
13.2	Jamie Judge	SNH	11/07	Stevenage
13.32	A Driscoll	D&T	14/05	Watford
13.6	Jonathan Oxley	StA		
13.9	Josh Moss	SNH	11/07	Stevenage
13.9	Callum McKechnie	SNH	11/07	Stevenage

200m

21.75w	Antonio Infantino	E&H		
21.91	Antonio Infantino	E&H	6/8	Birmingham
22.8	Ian Tobin	HPX	25/6	WGC
23.05	Ryan Gow	HPX	9/8	Watford
23.10	Cameron Webb	SNH	10/09	Watford
23.2	Kenny Howard	HPX	4/6	Bromley
23.48	Stephen Barnard	E&H	3/9	Birmingham
23.5	Alex Moore	HPX	13/8	Eton
23.73/1.4	Tom Muskett	D&T	13/8	Crawley
23.8	J Hearn	D&T	25/06	Kingston
23.9	John Webb	HPX	23/7	Norwich
24.0	Douglas Hudson	StA		
24.07/-0.7	T Lloyd	WAT	14/5	Watford
24.2	H Hogarth	D&T	04/06	Woking
24.39	Glen Begley	SNH	14/05	Watford
24.4	Aaron Reynolds	SNH	20/08	Ipswich
24.4	Andrew John	StA		
24.8	J Rossini	D&T	17/09	H Hempstead
24.9	David Paar	SNH	30/9	Sandy
24.9	Piers Lawford	StA		
25.4	Josh Saydraouten	SNH	2/07	Cambridge
25.5	Alex Wing	HPX	14/4	WGC
25.7	Mark Nixon	StA		
25.81	Alex Akselberg	StA		
25.9	A Driscoll	D&T	09/07	H Hempstead
26.2	Zikri Elias	SNH	9/07	Stevenage
26.5	K Clarke	D&T	21/05	H Hempstead
26.6	Jamie Judge	SNH	2/07	Cambridge
26.6	G Harewell	D&T	09/07	H Hempstead

400m				
51.1	Kenny Howard	HPX	18/6	Chelmsford
51.38	Ryan Gow	HPX	7/5	Cophthall
52.1	Douglas Hudson	StA		
52.71	Josh Saydraouten	SNH	10/09	Watford
52.9	J Rossini	D&T	10/06	H Hempstead
54.2	H Hogarth	D&T	04/06	Woking
54.4	Louis Walshe	HPX	7/5	Milton Keynes
54.4	Aaron Reynolds	SNH	10/09	Watford
55.9	Andrew John	StA		
57.6	Stephen Ng	StA		
57.9	Alex Moore	HPX	21/5	Battersea Park
57.91	Jonathan Oxley	StA	14/5	Watford
58.1	Richard Brown	HPX	23/7	Norwich
58.2	Jamie Judge	SNH	18/06	St Ives
58.8	Max Thaddeus	HPX	2/7	Ware
59.2	A Driscoll	D&T	16/07	H Hempstead
60.8	A Greer	StA		
61.9	Callum McKechnie	SNH	30-Apr	Hemel
63.8	Richard Vickers	SNH	7/05	Stevenage
64.17	E Gardner	D&T	14/05	Watford
67.5	Joseph Shea	HPX	30/4	Stoke M

800m				
1:59.88	Dayle Zieleniewski	E&H	10/9	Derby
2:01.99	Louis Walshe	HPX	28/5	Chelmsford
2:03.2	Shaun Collins	E&H	23/7	Haringey
2:04.2	Dominic Easter	SBH	2/9	Birmingham
2:07.5	Douglas Hudson	StA		
2:07.65	D Hall	WAT	14/05	Watford
2:08.10	Josh Saydraouten	SNH	10/09	Watford
2:09.44	Billie Collins-Pallett	SBH	14/05	Watford
2:10.51	Ben Smith	BAR	14/05	Watford
2:11.2	Garry Harewell	D&T	28/06	Watford
2:11.9	Jonathan Oxley	StA		
2:12.66	Richard Brown	HPX	10/9	Bedford
2:13.40	Steven Ng	StA	14/05	Watford
2:14.9	Sean Pollen	SNH	10/06	Hemel
2:16.3	Tom Smith	HPX	20/8	Thurrock
2:16.9	Max Thaddeus	HPX	7/5	Milton Keynes
2:18.39	Callum McKechnie	SNH	14/05	Watford
2:19.7	Aaron Reynolds	SNH	18/07	Stevenage
2:19.9	Glen Begley	SNH	18/07	Stevenage
2:21.29	Josh Moss	SNH	14/05	Watford
2:21.3	Richard Vickers	SNH	7/05	Stevenage
2:23.5	Jonathan Craig	HPX	30/4	Stoke M
2:23.6	J Rossini	D&T	04/06	Woking
2:29.4	Cameron Webb	SNH	18/07	Stevenage
2:33.9	David Paar	SNH	18/07	Stevenage
2:39.7	E Gardner	D&T	23/07	Guildford
2:41.4	M Paul	StA		

1500m				
4:03.61	Dominic Easter	SBH	17/5	Watford
4:07.9	Shaun Collins	E&H	4/6	Haringey
4:09.06	Ashley Carter	HARR	1/7	Kingston
4:17.1	Louis Walshe	HPX	16/7	Stevenage
4:18.04	Billy Collins	SBH	6/9	Watford
4:18.7	Dayle Zieleniewski	E&H	13/8	Eton
4:24.3	Josh Saydraouten	SNH	1/05	Stevenage
4:26.6	Max Thaddeus	HPX	4/6	Bromley
4:27.81	Billy Collins-Pallett	SBH	13/8	Crawley
4:39.15	Harry Gilham	HPX	19/4	Watford
4:43.7	Garry Harewell	D&T	05/08	Chelmsford
4:44.02	Callum McKechnie	SNH	10/09	Watford
4:46.5	Jonathan Varnavas	StA		
4:47.5	Jonathan Oxley	StA		
4:49.04	Josh Moss	SNH	10/09	Watford
4:49.7	Ben Smith	BAR	1/5	Stevenage
4:51.3	Steven Ng	StA	1/5	Stevenage
4:52.1	Owen Randall	BAR	1/5	Stevenage
4:52.3	Jonathan Wright	E&H	30/4	Stoke M
4:54.5	Peter Townsend	HPX	1/5	Stevenage

4:55.23	Richard Brown	HPX	10/9	Bedford
5:00.4	Max Thaddeus	HPX	21/5	Battersea Park
5:08.5	Glen Begley	SNH	9/05	Stevenage
5:10.0	Jonathan Craig	HPX	14/4	WGC
5:15.1	Nicholas Crowley	FVS	1/5	Stevenage
5:21.6	M Paul	StA		
6:12.5	A Driscoll	D&T	09/07	H Hempstead

3000m

8:47.95	Shaun Collins	E&H	23/8	Watford
8:52.15	Dominic Easter	SBH	2/9	Watford
9:32.59	Louis Walshe	HPX	9/8	Watford
9:48.65	Harry Gilham	HPX	20/9	Watford
10:14.8	Tom Smith	HPX	25/6	WGC
10:26.2	Peter Townsend	HPX	14/4	WGC
10:35.12	Garry Harewell	D&T	20/08	Ashford
10:47.0	Jonathan Varnavas	StA		
10:56.1	Stephen Ng	StA		
11:00.1	Callum McKechnie	SNH	09/07	Stevenage
11:12.9	Owen Randall	BAR	3/9	Sandy
11:58.5	M Paul	StA		

100H

13.97	David Paar	SNH	6/08	Birmingham
14.09/-1.1	Stephen Barnard	E&H	13/8	Crawley
14.4/3.1	Alec Wing	HPX	10/6	Hemel H
15.1	Alec Wing	HPX	21/5	Battersea Park
15.1	C Newcombe	D&T	23/07	Guildford
16.24	Josh Saydrauton	SNH	10/09	Watford
16.5	Zikri Elias	SNH	2/07	Cambridge
16.9	Glen Begley	SNH	9/05	Stevenage
17.6	Bradley Armorgie	HPX	10/9	Bedford
20.5	J Rossini	D&T	04/06	Woking
21.9	K Clarke	D&T	23/07	Guildford

400H (84)

58.39	Josh Saydraouten	SNH	13/08	Ashford
60.9	J Rossini	D&T	21/05	H Hempstead
61.2	Alex Wing	HPX	4/6	Bromley
61.9	Stephen Ng	StA		
62.44	Glen Begley	SNH	13/08	Ashford
64.3	A Greer	StA		
65.8	David Hall		3/9	Sandy
68.6	A Driscoll	D&T	04/06	Woking

1500S/C

4:25.97	Shaun Collins	E&H	8/7	Gateshead
4:31.3	Ashley Carter	SBH	23/7	Harrow
4:53.79	Dayle Zieleniewski	E&H	3/9	Birmingham
5:21.2	Jonathan Varnavas	StA		
5:24.8	Peter Townsend	HPX	4/6	Bromley

2000S/C

6:18.4	Shaun Collins	E&H	11/6	Wood Green
7:47.65	Peter Townsend	HPX	14/5	Watford

HJ

1.85	Jaque Hutchinson	D&T	11/06	Perivale
1.85	Jason Hamilton	D&T	17/09	H Hempstead
1.80	Robin Tuck		13/8	Crawley
1.80	Alex Akselberg	StA	3/9	Sandy
1.70	Tom Clark	StA		
1.65	C Newcombe	D&T	23/07	Guildford
1.60	David Paar	SNH	18/06	St Ives
1.55	T Edwards	D&T	29/04	H Hempstead
1.55	Glen Begley	SNH	30/4	Hemel
1.55	Richard Brown	HPX	23/7	Norwich
1.45	Josh Moss	SNH	20/08	Ipswich
1.35	Max Thaddeus	HPX	4/6	Bromley
1.20	Ian Tobin	HPX	20/5	Yeovil
1.00	Callum McKechnie	SNH	30/4	Hemel

PV				
3.00	Josh Dombey	WAT	3/9	Sandy
2.90	Jack Gow	SBH	13/8	Crawley
2.60	Jake Sharp	E&H	4/6	Haringey
2.40	Matt Williams		3/9	Sandy

LJ				
6.15	Ian Tobin	HPX	18/6	Chelmsford
5.96	Chris Hamilton	D&T	03/09	Sandy
5.89	J Hamilton	D&T	13/08	H Hempstead
5.89	T Muskett	D&T	04/06	Woking
5.88	Alex Moore	HPX	18/6	Chelmsford
5.76	Tom Clark	StA		
5.75	Glen Begley	SNH	30/4	Hemel
5.65	J Hearn	D&T	25/06	Kingston
5.57	Piers Lawford	StA		
5.38	Garry Harewell	D&T	09/07	H Hempstead
5.39	Andrew John	StA		
5.33	H Hogarth	D&T	25/06	Kingston
5.23	David Paar	SNH	18/06	St Ives
5.09	Douglas Hudson	StA		
5.07	John Webb	HPX	30/7	Ware
4.98	T Edwards	D&T	21/05	H Hempstead
4.96	C Newcombe	D&T	23/09	Guildford
4.91	Sean Pollen	SNH	10/09	Watford
4.83	Cameron Webb	SNH	18/07	Stevenage
4.80	Tom Smith	HPX	20/8	Thurrock
4.79	Kenny Howard	HPX	7/5	Milton Keynes
4.70	Mark Nixon	StA		
4.50	Stephen Ng	StA		
4.45	Joseph Shea	HPX	30/4	Stoke M
4.44	Josh Moss	SNH	18/07	Stevenage
4.38	Jonathan Oxley	StA		
4.36	Aaron Reynolds	SNH	7/05	Stevenage
4.24	M Paul	StA		
3.95	Callum McKechnie	SNH	7/05	Stevenage
3.87	Louis Walshe	HPX	13/8	Crawley
3.76	A Driscoll	D&T	09/07	H Hempstead
3.67	K Clarke	D&T	30/04	Oxford

TJ				
12.30	Chris Hamilton	D&T	03/09	Sandy
12.15	Garry Harewell	D&T	03/09	Sandy
12.06	J Hamilton	D&T	17/09	H Hempstead
11.68	Andrew John	StA		
11.60	Stephen Ng	StA		
11.53	Zikri Elias Haziq	SNH	9/07	Stevenage
11.52	Alex Moore	HPX	18/6	Chelmsford
11.30	Tom Muskett	D&T	04/06	Woking
11.30	Tom Clark	StA		
11.15	Steve Watson	D&T	3/9	Sandy
11.07	Glen Begley	SNH	18/06	St Ives
10.41	Josh Dombey	WAT	14/05	Watford
9.93	Josh Moss	SNH	10/09	Watford
9.87	Jonathan Oxley	StA		
9.64	Joseph Shea	HPX	30/4	Stoke M
9.49	Tom Smith	HPX	20/8	Thurrock
9.10	Richard Vickers	SNH	7/05	Stevenage
9.07	Callum McKechnie	SNH	10/09	Watford

SP (5k)				
12.79	Doug Chick	E&H	10/6	Hemel H
12.71	Ashley Ralph	StA		
12.32	Stanley Gaskin	E&H	25/6	Battersea
11.40	Steve Watson	D&T	17/09	H Hempstead
11.38	Alex Akselberg	StA		
11.03	Jonathan Constantinou	StA	14/5	Watford
10.60	Jack MacKenzie	HPX	7/5	Milton K
9.91	Nicholas Deam	HPX	30/4	Stoke M
9.88	John Webb	HPX	30/7	Ware
9.59	Leo Lundgren	HPX	10/9	Bedford
9.41	Ben Flash	D&T	30/04	Oxford
9.19	Glen Begley	SNH	11/07	Stevenage

9.19	Jamie Judge	SNH	11/07	Stevenage
8.96	Jonathan Shaw	HPX	20/8	Thurrock
8.23	Stephen Ng	StA		
8.05	Zikri Elias	SNH	11/07	Stevenage
7.78	Max Thaddeus	HPX	7/5	Milton K
7.67	Alex Moore	HPX	30/4	Stoke M
7.36	K Clarke	D&T	21/05	H Hempstead
7.35	David Paar	SNH	11/07	Stevenage
7.20	Josh Saydraouten	SNH	18/06	St Ives
7.03	Sean Pollen	SNH	10/09	Watford
6.99	Cameron Webb	SNH	11/07	Stevenage
6.85	Louis Walshe	HPX	23/7	Norwich
6.64	Josh Moss	SNH	11/07	Stevenage
6.25	Simeon Scheiber	SNH	7/05	Stevenage
6.20	Ian Tobin	HPX	4/6	Bromley
6.20	Callum McKechnie	SNH	11/07	Stevenage
6.08	Richard Vickers	SNH	2/07	Cambridge
5.84	Aaron Reynolds	SNH	11/07	Stevenage
5.68	A Driscoll	D&T	25/06	Kingston

SP (6k)

7.20	Nick Dean	HPX	11/6	Haringey
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DT (1.5k)

44.65	Steve Watson	D&T	03/09	Sandy
43.19	Ashley Ralph	StA		
39.23	Ben Flash	D&T	07/05	Guilford
33.58	J Rogers	StA		
31.00	Jack MacKenzie	HPX	7/5	Milton K
28.97	Stanley Gaskin	E&H	13/8	Crawley
26.71	Nicholas Dean	HPX	7/5	Cophthall
26.21	Jonathan Constantinou	StA		
23.37	Glen Begley	SNH	9/05	Stevenage
22.99	Garry Harewell	D&T	17/09	H Hempstead
21.63	Jaquie Hutchinson	D&T	25/06	Kingston
19.80	Ryan Gow	HPX	23/7	Norwich
19.41	Jamie Judge	SNH	18/06	St Ives
18.36	Aaron Reynolds	SNH	10/09	Watford
18.15	Ian Tobin	HPX	30/7	Ware
17.28	Max Thaddeus	HPX	10/9	Bedford
16.27	Josh Moss	SNH	7/05	Stevenage
15.11	A Greer	StA		
14.46	M Paul	StA		
14.02	Callum McKechnie	SNH	18/06	St Ives
11.00	Alex Moore	HPX	23/7	Norwich
9.96	Kenny Howard	HPX	30/4	Stoke M
9.74	A Driscoll	D&T	09/07	H Hempstead

DT (1.75k)

27.08	Jonathan Shaw	HPX	20/8	Thurrock
21.74	Lewis Ely*	HPX	16/7	Stevenage

DT (2k)

22.97	Nick Dean	HPX	8/7	Ashford
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HT (5k)

47.18	Ashley Ralph	StA	10/6	Hemel H
46.14	Ben Flash	D&T	20/08	Ashford
37.88	Stanley Gaskin	E&H	21/5	Croydon
28.95	Jonathan Constantinou	StA		
26.93	Nick Dean	HPX	25/6	WGC
24.59	Steve Watson	D&T	23/07	Guildford
22.97	M Taylor	BAR	14/5	Watford
22.30	T Edwards	D&T	04/06	Woking
21.27	Steve Watson	D&T	11/06	Perivale
21.23	J Rogers	StA		
20.44	Tom Smith	HPX	25/6	WGC
14.41	Jonathan Shaw	HPX	4/6	Bromley
11.85	G Harewell	D&T	25/06	Kingston

HT (6k)
25.86 Jack Newman HPX 13/8 Eton
20.79 Nick Dean HPX 16/7 Stevenage

HT (7.26k)
17.61 Nick Dean HPX 8/7 Ashford

JT (700)
45.77 Jaque Hutchinson D&T 20/08 Ashford
43.60 Jason Raineri WAT 13/8 Crawley
41.63 Nicholas Dean HPX 25/6 WGC
39.58 Jonathan Shaw HPX 20/8 Thurrock
37.31 Alex Akselberg StA
36.64 J Constaniou StA
36.29 J Rogers StA
33.03 Jack McKenzie HPX 10/9 Bedford
31.96 Ashley Ralph StA
30.18 T Edwards D&T 11/06 Perivale
28.38 Jamie Judge SNH 2/07 Cambridge
25.56 J Rossini D&T 13/08 H Hempstead
24.31 Glen Begley SNH 7/05 Stevenage
22.44 Max Thaddeus HPX 2/7 Ware
21.83 Tom Smith HPX 25/6 WGC
21.63 G Harewell D&T 09/07 H Hempstead
20.72 Callum McKechnie SNH 2/07 Cambridge
19.51 Leo Lundgren HPX 10/9 Bedford
19.39 A Driscoll D&T 09/07 H Hempstead
16.14 E Gardner D&T 23/07 Guildford
14.95 Louis Walshe HPX 21/5 Battersea Park
6.70 Simeon Scheuber SNH 7/05 Stevenage

JT (800)
39.61 Nicholas Dean HPX 16/7 Stevenage

4x100
45.9 Herts Phoenix 18/6 Chelmsford
46.49 Herts 13/8 Crawley
48.6 St Albans

4x400
3:37.6 Herts Phoenix 1/5 Stevenage
3:46.6 Herts 3/9 Sandy
3:48.7 St Albans