

## HCAAA RANKING LISTS - 2006 - OUTDOOR PERFORMANCES

\* = second claim

## UNDER 20 MEN

## 100m

10.9	Adam Daish	HPX	5/8	Ware
11.2	Michael Ajibulu	HPX	16/7	Stevenage
11.4	Ollie Spicer	StA	20/5	
11.5	Rob De Maria	D&T	17/9	Hemel H
11.7	David Briggs	D&T	3/6	Colchester
11.74/0.4	J Quintal	WAT	14/5	Watford
11.9	Ian Simson	D&T	8/7	Milton Keynes
11.9	Alistair Ledsam	HPX	13/8	Eton
12.0	Sam Poulton	SNH	11/7	Stevenage
12.1	S Brown	StA	3/6	
12.2	Ben Shipley	D&T	16/7	Hemel H
12.23/0.4	S Brown	StA	14/5	Watford
12.25/1.6	Pat Barrett	HPX	12/8	Bedford
12.4	Laurie Pirie	SNH	3/6	Stevenage
12.6	Dan Poulton	SNH	11/7	Stevenage
12.7	Ryan Taylor	D&T	29/4	Hemel H
12.77	B Dyer	WAT	14/5	Watford
13.4	Marcus McKechnie	SNH	11/7	Stevenage
13.4/0.0	Matthew Devereux	BED	23/9	Eton
13.74/0.4	R Hallahan	WAT	14/5	Watford

## 200m

21.83/-0.1	Adam Daish	HPX	26/8	Eton
22.7	Michael Ajibulu	HPX	11/6	Haringey
24.5	Stuart Brill	StA	7/5	
23.4	Ollie Spicer	StA	24/6	Parliament Hill
23.5	S Brown	StA	3/6	
23.60/-0.2	J Quintal	WAT	14/5	Watford
23.68/-0.2	S Brown	StA	14/5	Watford
24.17/-1.1	Andrew Waddington	HPX	1/5	Birmingham
24.3	Ian Simson	D&T	3/6	Colchester
24.6	Sam Poulton	SNH	5/8	Harrow
24.7	David Briggs	D&T	20/5	Watford
24.8	Pat Barrett	HPX	9/7	Hemel H
24.9	Steven Smith	HPX	14/4	WGC
25.99/-0.2	B Dyer	WAT	14/5	Watford
28.32/-0.2	R Hallaham	WAT	14/5	Watford

## 400m

47.82	Adam Daish	HPX	8/7	Gateshead
48.46	Nick Choudhury	LUT	14/5	Watford
49.81	Aaron Dombey	WAT	14/5	Watford
51.02	Stuart Brill	StA	17/6	Crystal Palace
52.7	Steven Smith	HPX	22/7	Stoke M
53.6	David Briggs	D&T	3/6	Colchester
53.76	Sam Poulton	SNH	23/9	Eton
54.2	Dan Poulton	SNH	5/8	Harrow
54.53	Pat Barrett	HPX	20/5	Woodford
56.5	Lee Cordell	D&T	3/6	Colchester
58.54	Matthew Devereux	BED	23/9	Eton
58.91	Bryn Reynolds	HPX	9/8	Watford
69.1	Tommy Sheldrick	D&T	8/7	Milton Keynes

## 800m

1:54.8	Daniel Russell	SBH	16/8	Brighton ?Herts
1:59.35	Danny Poulton	SNH	14/5	Watford
2:00.0	Steven Smith	HPX	17/6	Crystal Palace
2:01.64	Sam Poulton	SNH	14/5	Watford
2:09.75	Richard Tarpey	HPX	9/8	Watford
2:10.48	Alex Gardner	D&T	26/7	Watford
2:11.2	Tommy Sheldrick	D&T	3/6	Colchester
2:11.3	Bryn Reynolds	HPX	14/4	WGC
2:11.39	Simon Britten	HPX	9/8	Watford
2:11.9	Marcus McKechnie	SNH	18/7	Stevenage
2:20.27	Luke Hines	StA	14/5	Watford
2:39.8	Paul Rose	D&T	20/5	Watford

1500m				
3:55.40	Daniel Russell	SBH	5/8	Eton ?Herts
3:59.1	Jon Pepper	E&H	16/7	Stevenage
4:07.56	Jack Parslow	SBH	3/5	Watford
4:20.2	Bryn Reynolds	HPX	1/5	Stevenage
4:20.4	Pat Barrett	HPX	1/5	Stevenage
4:22.3	Danny Poulton	SNH	14/4	Welwyn
4:30.0	Richard Tarpey	HPX	11/6	Haringey
4:30.4	Marcus McKechnie	SNH	5/8	Harrow
4:30.9	Sam Poulton	SNH	14/4	Welwyn
4:30.9	Tommy Sheldrick	D&T	5/8	Chelmsford
4:34.97	Simon Britten	HPX	7/5	Copthall
4:45.3	Luke Hine	StA	1/5	Stevenage
5:04.01	Matthew Devereux	BED	24/9	Eton
5:51.5	Ian Simson	D&T	9/7	Hemel H
3000m				
8:39.9	Jon Pepper	E&H	11/6	Wood Green
8:58.05	Matt Grant	SBH	20/9	Watford
8:59.56	Jack Parslow	SBH	9/8	Watford
9:14.62	Bryn Reynolds	HPX	7/5	Copthall
9:39.5	Simon Britten	HPX	16/7	Stevenage
10:01.3	Marcus McKechnie	SNH	09/7	Stevenage
10:03.0	Tommy Sheldrick	D&T	17/9	Hemel H
5000m				
16:31.5	Bryn Reynolds	HPX	29/4	Battersea Park
16:57.0	Simon Britten	HPX	29/4	Battersea Park
17:22.9	Tommy Sheldrick	D&T	14/9	Hemel H
17:28.5	Marcus McKechnie	SNH	20/5	Bedford
19:44.4	Dan Poulton	SNH	3/6	Stevenage
23:14.1	Sam Poulton	SNH	3/6	Stevenage
110H (106)				
16.5	Pat Barrett	HPX	21/5	Woodford
20.0	Laurie Pirie	SNH	2/9	Sandy
22.1	Paul Rose	D&T	3/6	Colchester
24.57	Bryn Reynolds	HPX	30/7	Bedford
110H (99)				
15.00	Zak Saucedo	E&H	11/6	Haringey
15.8	Pat Barrett	HPX	16/7	Stevenage
20.2/0.1	Matthew Devereux	BED	24/9	Eton
21.3	Paul Rose	D&T	11/6	Perivale
22.3/0.1	Sam Poulton	SNH	24/9	Eton
400H				
55.72	Aaron Dombey	WAT	14/5	Watford
56.60	Zak Saucedo	E&H	11/6	Haringey
56.89	Pat Barrett	HPX	14/5	Watford
66.6	Marcus McKechnie	SNH	30/4	Hemel
67.6	Bryn Reynolds	HPX	5/8	Ware
69.2	Sam Poulton	SNH	8/7	Watford
71.8	Paul Rose	D&T	3/6	Colchester
2000S/C				
5:53.97	Jon Pepper	E&H	8/7	Gateshead
5:58.25	Daniel Russell	SBH	22/4	Haringey ?Herts
6:13.91	Matt Grant	SBH	10/9	Derby
6:55.55	Bryn Reynolds	HPX	14/5	Watford
7:03.47	Marcus McKechnie	SNH	14/5	Watford
7:17.2	Simon Britten	HPX	11/6	Haringey
7:34.4	Richard Tarpey	HPX	7/5	Copthall
3000S/C				
9:04.41	Jon Pepper	E&H	3/6	Manchester
9:33.13	Daniel Russell	SBH	6/5	Copthall ?Herts
10:42.6	Bryn Reynolds	HPX	5/8	Ware
11:06.4	Marcus McKechnie	SNH	8/7	Watford
11:27.4	Richard Tarpey	HPX	22/7	Stoke M

1.90	Pat Barrett	HPX	24/6	Lewes
1.90	Laurie Pirie	SNH	5/8	Harrow
1.80	Ben Shipley	D&T	16/7	Hemel H
1.59	Matthew Devereux	BED	23/9	Eton
1.30	Sam Poulton	SNH	23/9	Eton
1.20	Simon Britten	HPX	5/8	Ware

PV

4.40	Lee Cordell	D&T	26/8	Eton
3.70	Matthew Devereux	BED	24/9	Eton
3.20	Pat Barrett	HPX	14/5	Watford
1.47	Sam Poulton	SNH	24/9	Eton
1.40	Laurie Pirie	SNH	5/8	Harrow

LJ

6.30	Ian Simson	D&T	13/8	Hemel H
6.11	Ben Shipley	D&T	13/8	Hemel H
6.05	Matt Whithers	StA	3/6	
5.94	Lee Cordell	D&T	11/6	Perivale
5.85	Pat Barrett	HPX	14/6	Watford
5.83	Laurie Pirie	SNH	5/8	Harrow
5.62/-1.0	Sam Poulton	SNH	23/9	Eton
5.52	Alistair Ledsam	HPX	13/8	Eton
5.37	Stuart Brill	StA	29/4	
5.19	S Brown	StA	29/4	
5.02	Paul Rose	D&T	3/6	Colchester
4.89	Dan Poulton	SNH	18/7	Stevenage
4.79/-0.4	Matthew Devereux	BED	23/9	Eton
4.70	Marcus McKechnie	SNH	18/7	Stevenage
4.43	Simon Britten	HPX	7/5	Copthall

TJ

13.32	Ian Simson	D&T	3/9	Sandy
12.51	Laurie Pirie	SNH	5/8	Harrow
12.44	Aaron Dombey	WAT	14/5	Watford
12.42	Alastair Ledsam	HPX	20/5	Yeovil
13.32	Ian Simson	D&T	3/9	Sandy
12.21	Sam Poulton	SNH	30/4	Hemel
12.26	Ben Shipley	D&T	13/8	Hemel H
10.72	Paul Rose	D&T	3/6	Colchester

SP (6k)

11.63	Shaun Daly	D&T	7/5	Guildford
11.38	Pat Barrett	HPX	16/9	Derby
10.51	Gareth Mitchell	D&T	14/5	Watford
10.20	Jack Newman	HPX	13/8	Eton
8.11	Matthew Devereux	BED	23/9	Eton
7.73	Laurie Pirie	SNH	11/7	Stevenage
7.68	Sam Poulton	SNH	23/9	Eton
7.51	Michael Ajibulu	HPX	7/5	Copthall
7.41	Adam Daish	HPX	16/7	Stevenage
6.59	Paul Rose	D&T	17/9	Hemel H
6.45	Marcus McKechnie	SNH	11/7	Stevenage
5.60	Bryn Reynolds	HPX	13/8	Eton

SP (7.26k)

10.54	Shaun Daly	D&T	5/8	Chelmsford
9.53	Aaron Hull	SNH	30/4	Hemel
9.27	Jack Newman	HPX	3/6	Stevenage

DT (1.75k)

38.01	Jack Newman	HPX	13/8	Eton
35.42	Gareth Mitchell	D&T	14/5	Watford
34.04	Pat Barrett	HPX	25/6	Lewes
33.20	Shaun Daly	D&T	11/6	Perivale
21.42	Matthew Devereux	BED	24/9	Eton
18.03	Sam Poulton	SNH	24/9	Eton
17.71	Steven Smith	HPX	13/8	Eton

## DT (2k)

30.86	Pat Barrett	HPX	30/7	Bedford
29.03	Aaron Hull	SNH	20/5	Bedford
24.67	Shaun Daly	D&T	5/8	Chelmsford
23.73	Jack Newman	HPX	3/6	Stevenage
21.25	Ian Simson	D&T	9/7	Hemel H

## HT (6k)

36.34	Jack McKenzie	HPX	13/8	Eton
25.20	Shaun Daly	D&T	11/6	Perivale
19.21	Alastair Ledsam	HPX	7/5	Copthall
5.95	Richard Tarpey	HPX	7/5	Copthall

## HT (7.26k)

22.25	Jack Newman	HPX	30/7	Bedford
20.75	Shaun Daly	D&T	5/8	Chelmsford
8.40	Simon Britten	HPX	22/7	Stoke M

## JT (800)

50.70	Alistair Ledsam	HPX	26/8	Eton
43.22	Pat Barrett	HPX	13/8	Bedford
41.77	Aaron Hull	SNH	8/7	Watford
33.05	Matthew Devereux	BED	24/9	Eton
28.54	David Briggs	D&T	3/6	Colchester
27.97	Shaun Daly	D&T	17/9	Hemel H
23.41	Jack Newman	HPX	13/8	Eton
23.05	Ian Simson	D&T	9/7	Hemel H
20.51	Sam Poulton	SNH	24/9	Eton
15.54	Richard Tarpey	HPX	22/7	Stoke M

## Pentathlon

2792	Pat Barrett	HPX	9/7	Hemel H
1926p	Ian Simson	D&T	9/7	Hemel H

## Decathlon

5565	Pat Barrett	HPX	25/6	Lewes
4030	Matthew Devereux	BED	24/9	Eton
3735	Sam Poulton	SNH	24/9	Eton