

HERTS VETERAN MEN 2006

VETERAN MEN

100m

12.1	Paul Campbell	M40	StA	8/5	
12.37	John Mayor	M45	SNH	July	Posnan
12.4	Peter Ilo	M45	BAR	8/5	Enfield
12.6	John Mayor	M45	SNH	10/6	Milton K
12.7	Paul Pinnington	M55	E&H	12/6	Watford
12.8	Mike Vassiliou	M45	E&H	8/5	Enfield
13.0	Paul Keeble	M35	SNH	1/05	Stevenage
13.0	Mike Maisey	M55	HPX	23/9	Twickenham
13.1	Dave Wilcock	M50	BAR	12/6	Watford
13.2	Lawrence Taylor	M45	BAR	8/5	Enfield
13.2	Ty Holden	M40	BAR	17/9	Hemel H
13.3	Robin Baynham	M45	HPX	8/5	Enfield
13.3	David Stephenson	M40	FVS	1/05	Stevenage
13.5	Stuart Meakins	M40	HPX	1/5	Stevenage
14.1	Terry Ryan	M60	BAR	8/5	Enfield
14.1	Trevor Ratcliffe	M40	D&T	12/6	Watford
14.2	Alan Carter	M65	E&H	3/9	Battersea Park
14.5	Peter Hopkins	M50	HPX	12/6	Watford
14.8	Howard Foster	M50	D&T	12/6	Watford
15.2	Chris Lawn	M60	HPX	3/5	Chelmsford
15.64/-0.3	Mike Dixon	M60	HPX	23/9	Eton
16.0	Mick Shortland	M50	SNH	11/07	Stevenage
16.9	John Gandee	M60	HPX	8/5	Enfield
25.10/5.6	Tony Rawlinson	M90	HPX	12/8	Oxford
25.8	Tony Rawlinson	M90	HPX	11/6	Milton Keynes

200m

24.1	Paul Campbell	M40	StA	3/7	Copthall
24.9	Peter Ilo	M45	BAR	3/7	Copthall
25.1	Mike Vassiliou	M45	E&H	22/5	Enfield
26.4	Paul Pinnington	M55	E&H	10/9	Twickenham
26.5	Ty Holden	M40	BAR	20/5	Copthall
26.5	Dave Wilcock	M50	BAR	3/7	Copthall
26.64	Lawrence Taylor	M45	BAR	18/4	Watford
26.7	David Stephenson	M40	FVS	1/05	Stevenage
26.8	Mike Maisey	M55	HPX	3/7	Copthall
27.0	Robin Baynham	M45	HPX	22/5	Enfield
29.1	Terry Ryan	M60	BAR	3/7	Copthall
29.3	Trevor Ratcliffe	M40	D&T	22/5	Enfield
29.5	Alan Carter	M65	E&H	10/9	Twickenham
29.6	Peter Hopkins	M50	HPX	3/7	Copthall
29.9	Stuart Parker	M45	HPX	22/5	Enfield
30.1	Chris Lawn	M60	HPX	11/6	Milton Keynes
30.3	Howard Foster	M50	D&T	03/07	Copthall
31.1	David Ives	M50	D&T	09/07	Jarman Fields
33.3	Peter Morris	M65	D&T	22/5	Enfield
33.9	Peter Morris	M70	D&T	17/09	Jarman Fields

400m

55.33	John Mayor	M45	SNH	July	Posnan
56.3	Mike Vassiliou	M45	E&H	12/6	Watford
55.8	Peter Ilo	M45	BAR	12/6	Watford
56.3	Dave Wilcock	M50	BAR	12/6	Watford
57.0	Andy Cunningham	M40	BAR	8/5	Enfield
57.5	Paul Campbell	M40	StA	12/6	Watford
58.8	Ty Holden	M40	BAR	8/7	Kings Lynn
60.6	Robin Baynham	M45	HPX	8/5	Enfield
66.2	Paul Reddaway*	M45	HPX	12/6	Watford
66.5	David Newman	M45	GCR	10/6	MK
66.5	Chris Lawn	M60	HPX	11/6	Milton Keynes
66.7	David Newman	M45	GCR	1/05	Stevenage
67.1	Stuart Parker	M45	HPX	12/6	Watford

67.6	Trevor Ratcliffe	M40	D&T	12/06	Watford
67.9	Colin Taylor	M40	D&T	08/05	Enfield
69.1	Tommy Sheldrick	U20	D&T	08/07	Milton Keynes
69.7	Howard Foster	M50	D&T	12/06	Watford
69.89	Mike Dixon	M60	HPX	12/8	Oxford
70.9	Alan Carter	M65	E&H	12/6	Watford
74.2	John Cooper	M50	D&T	08/05	Enfield
82.5	Peter Morris	M70	D&T	17/09	Jarman Fields
194.14	Tony Rawlinson	M90	HPX	12/8	Oxford

800m

2:08.9	Dave Wilcock	M50	BAR	29/4	Hemel H
2:09.26	Andrew Del Nevo	M35	D&T	27/7	Poznan, POL
2:13.1	Andy Cunningham	M40	BAR	3/7	cOPTHALL
221.7	Richard McCormick	M40	BAR	22/5	Enfield
2:24.8	Paul Reddaway*	M45	HPX	3/7	Copthall
2:28.6	Peter Fitzpatrick	M50	HPX	7/6	Ware
2:28.7	Peter Hopkins	M50	HPX	3/7	Copthall
2:39.0	David Newman	M45	GCR	1/05	Stevenage
2:39.7	David Newman	M45	GCR	10/6	MK
2:40.5	Richard Bloom	M60	HPX	22/5	Enfield
2:43.2	Peter Williams	M50	HPX	22/5	Enfield
2:43.8	John Cooper	M50	D&T	3/7	Copthall
2:47.6	Jon Kilsby	M50	BAR	3/7	Copthall
2:53.0	Roger Head	M60	HPX	1/5	Stevenage
3:07.9	Antony Allen	M60	D&T	17/9	Jarman Fields
3:14.4	John Steed	M70	HPX	22/5	Enfield
3:16.5	Peter Morris	M60	D&T	22/5	Enfield
3:20.9	Robert Mc Call	M50	D&T	22/5	Enfield
3:24.9	Peter Morris	M70	D&T	17/9	Jarman Fields
3:47.9	Mick Shortland	M50	SNH	18/7	Stevenage

1500m

4:25.7	Richard McCormick	M40	BAR	8/5	Enfield
4:28.4	Alun Sainsbury	M40	D&T	8/5	Enfield
4:45.9	Dave Wilcock	M50	BAR	29/4	Hemel H
4:46.3	Paul Greaves	M40	HPX	22/7	Stoke M
4:52.58	Keith McLellan	M45	LUT	28/6	Watford
4:53.6	Paul Reddaway*	M45	HPX	12/6	Watford
5:01.5	Colin Taylor	M40	D&T	8/5	Enfield
5:02.1	Peter Fitzpatrick	M50	HPX	8/5	Enfield
5:03.6	Alan Currell	M40	SOU	1/5	Stevenage
5:07.6	Jeremy Rackham	M40	una	1/5	Stevenage
5:14.4	Stuart Mann	M60	HPX	8/5	Enfield
5:14.8	Peter Eames	M40	FVSTRI	1/5	Stevenage
5:16.59	Mike Dixon	M60	HPX	24/7	Poznan,POL
5:19.5	Steve Smithson	M35	FVS	1/5	Stevenage
5:21.9	Peter Williams	M50	HPX	12/6	Watford
5:23.9	Richard Bloom	M60	HPX	8/5	Enfield
5:25.9	Rowland Lyons	M40	D&T	8/5	Enfield
5:37.7	John Cooper	M50	D&T	8/5	Enfield
5:39.4	Tony Barrett	M40	HPX	14/4	WGC
5:40.0	Jim Brown	M50	FVS	1/5	Stevenage
5:41.1	Roger Head	M60	HPX	8/5	Enfield
6:09.6	Malcolm Sargeant	M50	D&T	17/9	Jarman Fields
6:09.8	John Steed	M70	HPX	8/5	Enfield
6:19.1	Paul Holgate	M40	FVS	1/5	Stevenage
6:33.3	David Ives	M50	D&T	9/7	Jarman Fields
7:01.3	Stephen Watson	M40	D&T	17/9	Jarman Fields
7:04.5	Peter Morris	M60	D&T	8/5	Enfield

3000m

9:18.2	Richard McCormick	M40	BAR	3/7	Copthall
9:36.0	Paul Greaves	M40	HPX	3/7	Copthall
9:55.0	Andrew Del Nevo	M35	D&T	15/7	?
10:17.26	Keith McLellan	M45	LUT	14/6	Watford
10:27.7*	Paul Reddaway	M45	HPX	22/5	Enfield

10.35.6	Colin Taylor	M40	D&T	20/5	Enfield
11:09.2	Stuart Mann	M60	HPX	22/5	Enfield
11:28.3	Simon Doyle	M45	HPX	22/5	Enfield
10:56.2	Richard Melvern	M55	HPX	3/7	Copthall
11:46.7	Richard Bloom	M60	HPX	3/7	Copthall
12:22.2	Steve Allen	M50	BAR	22/5	Enfield
12.26.6	Antony Allen	M60	D&T	17/9	Jarman Fields
12.41.8	John Cooper	M50	D&T	17/9	Jarman Fields
12:50.0	John Steed	M70	HPX	22/5	Enfield
13.06.0	Malcolm Sargeant	M50	D&T	17/9	Jarman Fields
13:45.0	John Borgars	M60	HPX	7/6	Ware

5000m

15:45.1	Richard McCormick	M40	BAR	3/6	Stevenage
15:51.08	Ian Johnston	M35	SHETT	14/5	Watford
16.29.3	Alun Sainsbury	M40	D&T	12/6	Watford
16:43.2	Paul Greaves	M40	HPX	22/7	Stoke M
17:31.28	Keith McLellan	M45	LUT	9/7	Birmingham
17:34.0	Andy Kelleher	M40	BAR	5/8	Chelmsford
18.01.2	Colin Taylor	M40	D&T	20/5	Watford
18:24.7	Richard Melvern	M55	HPX	12/6	Watford
18:32.2	Jon Kilsby	M50	BAR	12/6	Watford
19.07.3	Paul Allen	M40	D&T	29/4	Jarman Fields
19:40.6	Richard Foskett	M50	HPX	12/6	Watford
19.54.8	Martin Arnold	M40	D&T	14/9	Jarman Fields
19:55.4	Stuart Mann	M60	HPX	12/6	Watford
20:01.4	Steve Smithson	M35	FVS	1/05	Stevenage
20:18.2	Jim Brown	M50	FVS	1/05	Stevenage
20.32.2	Antony Allen	M60	D&T	14/9	Jarman Fields
20:32.4	Richard Bloom	M60	HPX	12/6	Watford
20:58.1	Steve Allen	M50	BAR	12/6	Watford
21:02.2	Ted Dickens	M65	HPX	12/6	Watford
21:43.3	John Steed	M70	HPX	1/5	Stevenage
22.11.2	Malcolm Sargeant	M50	D&T	14/9	Jarman Fields
22.20.8	John Cooper	M50	D&T	12/6	Watford
22:53.8	Paul Holgate	M45	FVS	1/05	Stevenage
23.38.4	Fabian Mills	M50	D&T	14/9	Jarman Fields
24.00.4	John Slack	M50	D&T	5/8	Chelmsford

10000m

33:16.26	Ian Johnston	M35	SHET	9/7	Birmingham
35:51.06	Paul Greaves	M40	HPX	30/7	Bedford

100H

21.85w	Mike Dixon	M60	HPX	13/8	Oxford
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110H (106)

16.3	John Mayor	M45	SNH	10/6	MK
20.4	Trevor Ratcliffe	M40	D&T	3/6	Colchester

110H (99)

17.37/0.9	John Mayor	M45	SNH	9/7	Birmingham
20.3	Robin Baynham	M45	HPX	22/5	Enfield
24.8	Richard McCormick	M40	BAR	20/5	Copthall

400H

64.8	John Mayor	M45	SNH	3/6	Stevenage
69.4	Robin Baynham	M40	HPX	1/5	Stevenage
71.3	Richard McCormick	M40	BAR	29/4	Hemel H

3000S/C

10:49.1	Richard McCormick	M40	BAR	29/4	Hemel H
10.55.1	Andrew Del Nevo	M35	D&T	8/6	Milton Keynes
13:38.7	Martin Crees	M50	E&H	29/4	Haringey
15.50.6	Trevor Ratcliffe	M40	D&T	29/4	Jarman Fields

HJ

1.85	John Garner	M40	D&T	17/9	Jarman Fields
1.71	John Mayor	M45	SNH	/7	Posnan, POL
1.60	Trevor Ratcliffe	M40	D&T	8/7	Milton Keynes
1.50	Richard Emptage	M40	D&T	17/9	Jarman Fields
1.50	David Simmonds	M40	D&T	17/9	Jarman Fields
1.40	Junior Lewis	M40	HPX	22/5	Enfield
1.40	Andy Cunningham	M40	BAR	3/7	cOPHTHALL
1.30	John Gandee	M60	HPX	3/5	Chelmsford
1.30	Dick Parles	M60	WAT	1/05	Stevenage
1.25	Alan Carter	M65	E&H	3/9	Battersea Park
1.19	Mike Dixon	M60	HPX	12/8	Oxford
1.05	David Lipscomb	M40	SERP	3/7	Battersea Park
0.86	Tony Rawlinson	M90	HPX	12/8	Oxford

PV

3.70	Paul Hoad	M40	E&H	3/6	Thurrock
3.00	Trevor Ratcliffe	M40	D&T	8/7	Milton Keynes
2.70	John Mayor	M45	SNH	July	Posnan
2.60	Junior Lewis	M40	HPX	20/5	Yeovil
2.20	Mike Dixon	M60	HPX	23/9	Eton
2.00	Andy Cunningham	M40	BAR	22/5	eNFIELD
2.00	Bernard Thomas	M75	HPX	3/7	Copthall

LJ

5.88/1.9	John Mayor	M45	SNH	8/07	Birmingham
5.79	Junior Lewis	M40	HPX	8/7	Ashford
5.63/4.1	Peter Ilo	M45	BAR	9/7	Birmingham
5.61	Peter Ilo	M45	BAR	3/7	Copthall
5.52	Paul Pinnington	M55	E&H	3/9	Battersea Park
4.86	Mike Maisey	M55	HPX	3/9	Twickenham
4.72	Richard Emptage	M40	D&T	17/9	Jarman Fields
4.57	David Simmonds	M40	D&T	17/9	Jarman Fields
4.03	Alan Carter	M65	E&H	3/9	Battersea park
3.85	John Gandee	M60	HPX	3/7	Copthall
3.83	Mick Shortland	M50	SNH	18/07	Stevenage
3.78/3.3	Mike Dixon	M60	HPX	12/8	Oxford
3.30	David Ives	M50	D&T	9/7	Jarman Fields
2.00/5.6	Tony Rawlinson	M90	HPX	12/8	Oxford
1.61/-0.5	Mike Dixon	M60	HPX	23/9	Eton

TJ

12.46	Junior Lewis	M40	HPX	3/9	Sandy
11.61	Paul Pinnington	M55	E&H	27/8	Kingston
10.41	Peter Ilo	M45	BAR	12/6	Watford
10.16	David Simmonds	M40	D&T	17/9	Jarman Fields
10.05	Mike Maisey	M55	HPX	27/8	Kingston
9.39	Richard Emptage	M40	D&T	17/9	Jarman Fields
8.33	John Gandee	M60	HPX	2/8	Chelmsford
7.77	Richard McCormick	M40	BAR	8/7	Kings Lynn

SP (4k)

11.95	Ian Miller	M70	HPX	16/9	Dunboyne, IRE
7.75	Gerald Ratcliffe	M70	D&T	17/9	Jarman Fields
5.20	Tony Rawlinson	M90	HPX	11/6	Milton Keynes

SP (5k)

10.63	Godfrey Leak	M60	SNH	18/6	MK
9.57	Ian Miller	M70	HPX	8/5	Enfield
8.35	Peter Hallett	M60	EVAC	1/05	Stevenage
8.31	Brian Yeomans	M60	WAT	1/05	Stevenage
7.84	Mike Dixon	M60	HPX	12/8	Oxford

SP (6k)

14.38	Mike Small	M50	WSEH	18/6	Milton K
9.35	Tim Saunders-Mullins	M50	WAT	1/05	Stevenage
8.76	Ian Miller	M70	HPX	12/6	Watford

8.65	Mick Shortland	M50	SNH	30/07	Watford
8.21	Malcolm Wallace	M55	WAT	1/05	Stevenage
7.84	Patrick Smith	M50	BAR	17/9	Hemel H
SP (7.26k)					
13.30	Mike Small	M50	WSEH	3/6	Bedford
11.67	John Garner	M40	D&T	17/9	Jarman Fields
9.92	David Simmonds	M40	D&T	17/9	Jarman Fields
9.85	Junior Lewis	M40	HPX	22/7	Stoke M
9.83	Trevor Ratcliffe	M40	D&T	17/9	Jarman Fields
9.42	John Mayor	M45	SNH	July	Posnan
8.95	Andrew Jackson	M40	D&T	20/5	Watford
8.68	David Lipscomb	M40	SERP	12/7	Twickenham
8.53	Tim Saunders-Mullins	M50	WAT	14/5	Watford
8.45	Adejuwon Balogun	M40	D&T	8/5	Enfield
8.13	Godfrey Leak	M60	SNH	3/06	Stevenage
7.57?	Keith Smith	M55	HPX	22/7	Stoke M
7.47	Mick Shortland	M50	SNH	5/08	Harrow
7.45	Patrick Smith	M50	BAR	3/6	Stevenage
7.35	Malcolm Wallace	M55	WAT	13/8	Crawley
7.22	Chris Lawn	M60	HPX	29/4	Battersea Park
7.17	Stuart Parker	M45	HPX	8/5	Enfield
6.46	Stephen Watson	M40	D&T	17/9	Jarman Fields
6.07	Richard McCormick	M40	BAR	8/7	Kings Lynn
DT (1k)					
39.82	Godfrey Leak	M60	SNH	30/9	Sandy
36.88	Ian Miller	M70	HPX	16/9	Dunboyne, IRE
33.89	Brian Yeomans	M60	WAT	9/4	Watford
28.43	Peter Hallett	M60	EVAC	1/05	Stevenage
28.00	Mike Dixon	M60	HPX	24/9	Eton
26.18	Gerald Ratcliffe	M70	D&T	17/9	Jarman Fields
25.58	John Gandee	M60	HPX	2/8	Chelmsford
24.24	Peter Hallett	M60	HPX	7/6	Ware
12.76	Tony Rawlinson	M90	HPX	11/6	Milton Keynes
DT (1.5k)					
50.36	Mike Small	M50	WSEH	27/8	Kingston
31.53	Mike Bennett	M55	BAR	1/05	Stevenage
29.07	David Ives	M50	D&T	9/7	Jarman Fields
28.16	Malcolm Wallace	M55	WAT	1/05	Stevenage
25.17	Mick Shortland	M50	SNH	30/9	Sandy
23.80	Patrick Smith	M50	BAR	1/05	Stevenage
21.45	Tim Saunders-Mullins	M50	WAT	18/6	Milton K
DT (2k)					
42.25	Mike Small	M50	WSEH	3/6	Bedford
34.48	John Garner	M40	D&T	17/9	Jarman Fields
34.27	Trevor Ratcliffe	M40	D&T	3/9	Sandy
28.61	Godfrey Leak	M60	SNH	3/06	Stevenage
28.05	David Lipscomb	M40	SERP	8/7	Tooting Bec
26.16	John Mayor	M45	SNH	July	Posnan
26.12	Junior Lewis	M40	HPX	29/4	Battersea Park
24.63	Andrew Jackson	M40	D&T	3/6	Colchester
24.33	David Simmonds	M40	D&T	17/9	Jarman Fields
24.23	John Mayor	M45	SNH	10/6	MK
22.08	Malcolm Wallace	M55	WAT	13/8	Crawley
20.58	Stuart Parker	M45	HPX	12/6	Watford
19.90	Patrick Smith	M50	BAR	5/8	Chelmsford
17.88	Mick Shortland	M50	SNH	5/08	Harrow
17.28	Tim Saunders-Mullins	M50	WAT	13/8	Crawley
HT (4k)					
38.35	Ian Miller	M70	HPX	16/9	Dunboyne, IRE

HT (5k)					
37.60	Godfrey Leak	M60	SNH	July	Posnan, POL
21.60	Brian Yeomans	M60	WAT	14/5	Watford
18.46	John Gandee	M60	HPX	3/5	Chelmsford
HT (6k)					
49.74	Mike Small	M50	WSEH	18/6	Milton K
27.34	Mick Shortland	M50	SNH	14/5	Watford
27.71	Tim Saunders-Mullins	M50	WAT	18/6	Milton K
26.51	Patrick Smith	M50	BAR	17/9	Hemel H
24.72	Malcolm Wallace	M55	WAT	14/5	Watford
HT (7.26k)					
45.23	Mike Small	M50	WSEH	7/6	Kingston
36.69	John Maitland	M40	HHH	13/8	Crawley
36.11	Trevor Ratcliffe	M40	D&T	22/5	Enfield
30.89	John Garner	M40	D&T	17/9	Jarman Fields
24.97	Godfrey Leak	M60	SNH	3/06	Stevenage
24.04	Mick Shortland	M50	SNH	30/04	Hemel
23.64	Stuart Parker	M45	HPX	14/5	Watford
23.63	David Simmonds	M40	D&T	17/9	Jarman Fields
24.54	Tim Saunders-Mullins	M50	WAT	14/5	Watford
22.63	Patrick Smith	M50	BAR	30/7	Bedford
21.08	Andy Jackson	M40	D&T	3/6	Colchester
20.87	Junior Lewis	M40	HPX	5/8	Ware
20.56	David Lipscomb	M40	SERP	5/8	Portsmouth
6.25	Keith Smith	M55	HPX	22/7	Stoke M
JT (400)					
10.88m	Tony Rawlinson	M90	HPX	12/8	Oxford
JT (500)					
36.16	Ian Miller	M70	HPX	16/9	Dunboyne, IRE
35.23	Gerald Ratcliffe	M70	D&T	17/9	Jarman Fields
JT (600)					
33.96	Mike Dixon	M60	HPX	24/9	Eton
33.61	John Gandee	M60	HPX	3/7	Copthall
26.79	Brian Yeomans	M60	WAT	1/05	Stevenage
18.70	Godfrey Leak	M60	SNH	18/6	Milton K
JT (700)					
43.39	Mike Small	M50	WSEH	16/8	Woking
42.95	Mike Bennett	M55	BAR	1/05	Stevenage
29.05	John Gandee	M60	HPX	2/8	Chelmsford
27.14	Mike Dixon	M60	HPX	3/7	Copthall
25.57	Mick Shortland	M50	SNH	1/05	Stevenage
24.82	David Ives	M50	D&T	9/7	Jarman Fields
25.66	Tim Saunders-Mullins	M50	WAT	1/05	Stevenage
12.59	John Borgars	M60	HPX	7/6	Ware
JT (800)					
57.44	Trevor Ratcliffe	M40	D&T	17/9	Jarman Fields
40.92	Mike Small	M50	WSEH	20/8	Horsham
40.28	Christopher Westcott	M40	una	14/5	Watford
34.18	John Mayor	M45	SNH	July	Posnan
31.64	Andrew Jackson	M40	D&T	8/7	Milton Keynes
29.75	Mick Shortland*	M50	HPX	3/7	Copthall
28.16	David Lipscomb	M40	SERP	19/6	Battersea Park
28.00	David Simmonds	M40	D&T	17/9	Jarman Fields
24.18	Tim Saunders-Mullins	M50	WAT	13/8	Crawley
19.94	Patrick Smith	M50	BAR	3/6	Stevenage
17.18	Ty Holden	M45	BAR	3/7	Copthall
Weight					
17.90	Mike Small	M50	WSEH	18/6	Milton Keynes
16.98	Ian Miller	M70	HPX	16/9	Dunboyne

Weight Pentathlon

4155	Michael Small	M50	WSEH	18/6	Milton K
3762	Ian Miller	M70	HPX	18/6	Milton K
3126	Godfrey Leak	M60	SNH	18/6	Milton K
2008	Tim Saunders-Mullins	M50	WAT	18/6	Milton K

Decathlon

6458aa	John Mayor	M45	SNH	July	Poznan
4728aa	Mike Dixon	M60	HPX	13/8	Oxford
3134aa	Tony Rawlinson	M90	HPX	12/8	Oxford
1852	Mike Dixon	M60	HPX	24/9	Eton

WALKS

1 Mile Walk

8:11.7	Arthur Thomson	M70	HPX	2/8	Chelmsford
10:12.4	John Borgars	M60	HPX	2/8	Chelmsford

2km Walk

10:10.5	Arthur Thomson	M70	HPX	8/5	Enfield
11:37.7	Steve Allen	M50	BAR	8/5	Enfield
12:19.1	Paul Reddaway*	M45	HPX	3/7	Copthall
12:18.0	John Borgars	M60	HPX	3/7	Copthall
17:34.3	David Lipscomb	M40	SERP	19/6	Battersea Park

3km Walk

14:51.98	Phil Williams	M40?	Chilt	13/8	Crawley
15:15.24	Arthur Thomson	M70	HPX	9/7	Birmingham
18:22.6	Adrian Newman	M60	HPX	1/5	Stevenage
20:33.0	Ken Livermore	M70	E&H	1/5	Stevenage
23:35.2	Harvey Jaquest	M70?	WAT	1/5	Stevenage

5km Walk

26:01.52	Arthur Thomson	M70	HPX	9/7	Birmingham
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10km Walk

53:32.4	Arthur Thomson	M70	HPX	26/4	Battersea
72:41.2	Ken Livermore	M70	E&H	26/4	Battersea

HERTS RANKING LISTS - 2006 - INDOOR PERFORMANCES

MEN

60m

8.0	Paul Pinnington	M55	E&H	10/12	Picketts Lock
8.45	Mike Maisey	M55	HPX	5/3	Eton
9.7	Mick Shortland	M55	SNH	10/12	Picketts Lock

200m

26.15	Michael Vassiliou	M45	E&H	10/12	Picketts Lock
26.68	Paul Pinnington	M55	E&H	10/12	Picketts Lock
27.97	Mike Maisey	M55	HPX	10/12	Picketts Lock

400m

56.43i	Dave Wilcock	M50	BAR	5/3	Cardiff
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800m

2:08.16i	Dave Wilcock	M50	BAR	5/3	Cardiff
2:10.17i	Andrew del Nevo	M35	D&T	5/3	Cardiff
3:10.28i	John Mayor	M40	SNG	5/3	Cardiff

1500m

4:24.72i	Dave Wilcock	M50	BAR	5/3	Cardiff
4:36.62i	Andrew del Nevo	M35	D&T	5/3	Cardiff
4:49.56i	Keith McLellan	M45	LUT	5/3	Cardiff

3000m					
9:51.83i	Keith McLellan	M45	LUT	5/3	Cardiff
60H					
9.20i	John Mayor	M45	SNH	5/3	Cardiff
HJ					
1.65i	John Mayor	M45	SNH	5/3	Cardiff
LJ					
5.62i	John Mayor	M45	SNH	5/3	Cardiff
5.37i	Paul Pinnington	M55	E&H	5/3	Cardiff
TJ					
11.22i	Paul Pinnington	M55	E&H	5/3	Cardiff
SP (4k)					
11.76	Ian Miller	M70	HPX	5/3	Cardiff
SP (6k)					
14.74	Mike Small	M50	WSEH	29/1	Sutton
8.81m	Mick Shortland	M55	SNH	10/12	Lee Valley
SP 7.26					
8.91i	John Mayor	M45	SNH	5/3	Cardiff
Pentathlon					
3585i	John Mayor	M45	SNH	5/3	Cardiff
3kWalk					
15:35.38	Arthur Thomson	M65	HPX	5/3/06	Cardiff
20:17.36i	Ken Livermore	M70	E&H	5/3	Cardiff