

## 2007 COUNTY RANKINGS

### OUTDOOR

#### 100 metres

10.9/2.0	Adam Daish	SM	E&H	12/8	Portsmouth
11.1/1.4	Mark Collins	SM	LUT	12/8	Portsmouth
11.3	Bradley Gelman	SM	HPX	8/7	Cambridge
11.47/-0.9	Rob Harle	SM	CHE	13/5	Watford
11.6	Paul Lamont	SM	HPX	5/5	Dartford
11.72/-0.9	Simon Wombwell	SM	HPX	13/5	Watford
11.8	Roberto DeMaria	SM	D&T	5/5	Hemel H
11.81/-0.9	J Bossman	SM	UNA	13/5	Watford
11.9	Don Macauley	SM	SNH	6/4	Welwyn GC
11.9	Arnold Macauley	SM	SNH	2/6	Sandy
12.0	P Cumming	SM	WAT	5/5	Hemel H
12.0	Michael Ajibulu	SM	HPX	23/6	Swindon
12.3	Matt Warren	SM	SNH	14/7	Uxbridge
12.4	Ben Farrett	SM	HPX	6/4	WGC
12.5	Lee Grint	SM	SNH	14/7	Uxbridge
12.8	Pat Barrett	SM	HPX	29/9	Milton Keynes
12.9	Barry Mainstone	SM	SNH	07/7	Oxford
13.1	R Timmann	SM	WAT	4/8	Basingstoke
14.1	N Cusack	SM	WAT	23/6	Thurrock

#### 200 metres

22.0	Adam Daish	SM	E&H	12/8	Portsmouth
22.6	Rob Harle	SM	CHE	2/9	Bury St Edmunds
22.85/-0.5	Peter Stafford	SM	CARD	13/5	Watford
23.0	Simon Wombwell	SM	HPX	14/7	Kingston
23.3	Paul Lamont	SM	HPX	5/5	Dartford
23.3	Tom Lake	SM	HPX	2/6	Welwyn GC
24.1	P Cumming	SM	WAT	23/6	Portsmouth
24.2	P Yeomans	SM	WAT	14/7	Watford
24.3	Bradley Gelman	SM	HPX	23/6	Swindon
24.3	Stephen Rayner	SM	BAR	23/6	Perivale
24.5	Don Macauley	SM	SNH	6/4	Welwyn GC
24.8	Arnold Macauley	SM	SNH	02/6	Sandy
25.0	Dan Poulton	SM	SNH	22/9	Stevenage
25.1	Ben Farrett	SM	HPX	6/4	WGC
25.1	Ben Shipley	SM	D&T	5/5	Hemel H
28.7	R Timmann	SM	WAT	4/8	Basingstoke
34.5	Paul Rose	SM	D&T	2/6	Bournemouth

#### 400 metres

49.1	Gareth Dodd	SM	HPX	23/6	Swindon
49.8	Adam Daish	SM	E&H	2/9	Bury St Edmunds
51.40	Paul Lamont	SM	HPX	16/6	Crystal Palace
52.2	P Cumming	SM	WAT	19/5	Sutcliffe Park
52.20	Dan Poulton	SM	SNH	31/5	Watford
54.5	Daniel Esmond	SM	D&T	19/5	Reading
55.1	Don Macauley	SM	SNH	2/6	Sandy
55.4	Adam Searle	SM	SNH	18/4	Watford
58.6	Matthew Warren	SM	SNH	23/6	Colchester
59.32	Barry Mainstone	SM	SNH	7/7	Oxford
61.5	N Cusack	SM	WAT	2/6	Watford
61.7	Bradley Gelman	SM	HPX	19/5	Norwich

#### 800 metres

1:50.93	Matt Carlisle	SM	HPX	13/6	Watford
1:56.65	Dan Poulton	SM	SNH	13/5	Watford
1:59.56	Daniel Esmond	SM	D&T	30/5	Watford
1:59.61	James Taylor	SM	BAR	5/9	Watford
2:00.1	Lee Reynolds	SM	HPX	4/8	Reading
2:00.4	Chris Saville	SM	HPX	6/5	Bedford
2:01.3	Adam Searle	SM	SNH	23/6	Colchester
2:03.1	Barry Stratford*	SM	HPX	23/6	Swindon
2:05.5	J McGinn	SM	WAT	4/8	Basingstoke
2:06.67	Michael Tarpey	SM	HPX	11/7	Watford
2:10.36	D Digweed	SM	SAS	13/5	Watford
2:12.3	Andrew Benson	SM	HPX	5/5	Dartford
2:14.0	E Twomey	SM	WAT	2/6	Watford
2:18.1	N Harris	SM	WAT	23/6	Portsmouth

**1500 metres**

3:52.67	Matt Carlisle	SM	HPX	30/5	Watford
4:00.86	Lee Reynolds	SM	HPX	13/6	Watford
4:07.9	Dan Poulton	SM	SNH	07/5	Stevenage
4:09.25	Michael Tarpey	SM	HPX	10/6	Copthall
4.11.5	Daniel Esmond	SM	D&T	07/5	Stevenage
4.14.0	Adam Searle	SM	SNH	04/8	Peterborough
4:16.2	Barry Stratford*	SM	HPX	14/7	Kingston
4:18.0	J McGinn	SM	WAT	4/8	Basingstoke
4:40.8	E Twomey	SM	WAT	2/6	Watford
4:41.5	S Hanscomb	SM	WAT	5/9	Watford
4:47.53	Alex Horton	SM	BAR	8/8	Watford
5:02.2	T Birkett	SM	WAT	19/5	Sutcliffe Park
5.08.83	Barry Mainstone	SM	SNH	08/7	Oxford

**3000 metres**

9:03.39	Lee Reynolds	SM	HPX	2/5	Watford
9.08.80	Dan Poulton	SM	SNH	11/7	Watford
10:04.4	S Hanscomb	SM	WAT	30/5	Watford

**5000 metres**

14:56.29	Kevin Skinner	SM	GCR	13/5	Watford
15:00.04	Richard Gamble	SM	BAR	13/5	Watford
15:26.6	Matt Carlisle	SM	HPX	5/5	Dartford
15:39.9	Lee Reynolds	SM	HPX	5/5	Dartford
16:06.64	Matthew Robins	SM	GCR	13/5	Watford
16:30.4	Michael Tarpey	SM	HPX	14/7	Kingston
17:16.2	S Hanscomb	SM	WAT	23/6	Portsmouth
17:27.4	Andrew Benson	SM	HPX	4/8	Reading
17:45.1	T Birkett	SM	WAT	5/5	Hemel H
17:46.7	M Adcock	SM	WAT	19/5	Sutcliffe Park
18.02.3	Adam Searle	SM	SNH	14/7	Uxbridge
21:26.0	A Kelly	SM	WAT	23/6	Thurrock
23.24.0	Lee Grint	SM	SNH	4/8	Peterborough

**10000 metres**

39:53.1	David Vannen	SM	WAT	30/9	Milton Keynes
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**110m Hurdles (106.4)**

14.99/0.0	Simon Wombwell	SM	HPX	20/5	Loughborough
15.9	Richard Hansard	SM	D&T	23/9	Hemel H
16.14/-0.8	Rob Jones	SM	TSOU	13/5	Watford
16.2	Pat Barrett	SM	HPX	14/7	Kingston
17.6	James Trezona	SM	HPX	2/6	Welwyn GC
20.6	N Harris	SM	WAT	14/7	Watford
21.8	D Tarrant	SM	WAT	23/6	Portsmouth
22.4	S Whittingham	SM	WAT	2/6	Watford
23.2	P Yeomans	SM	WAT	4/8	Basingstoke

**400m Hurdles (91.4)**

60.52	Pat Barrett	SM	HPX	13/5	Watford
60.9	James Trezona	SM	HPX	23/6	Swindon
62.1	P Cumming	SM	WAT	4/8	Basingstoke
63.2	Oliver Keates	SM	HPX	2/9	Bury St Edmunds
65.5	D Tarrant	SM	WAT	14/7	Watford
67.3	Lee Grint	SM	SNH	21/7	Hendon
67.7	N Harris	SM	WAT	19/5	Sutcliffe Park
101.7	Paul Rose	SM	D&T	2/6	Bournemouth

**3000m Steeplechase**

10:45.0	N Harris	SM	WAT	23/6	Portsmouth
11:00.29	Markus Allen	SM	HPX	18/8	Bedford
11:17.1	M Adcock	SM	WAT	23/6	Portsmouth
11:20.4	Lee Reynolds	SM	HPX	4/8	Reading
11:47.8	Andrew Benson	SM	HPX	14/7	Kingston
12:00.4	S Hanscomb	SM	WAT	2/6	Ilford
12.21.6	Adam Searle	SM	SNH	2/6	Sandy
13.15.5	Barry Mainstone	SM	SNH	23/6	Colchester
14.05.7	Lee Grint	SM	SNH	4/8	Peterborough

**High Jump**

1.88	R Tuck	SM	WAT	5/5	Hemel H
1.85	Pat Barrett	SM	HPX	12/8	Portsmouth
1.80	Ben Shipley	SM	D&T	23/9	Hemel H

1.75	D Tarrant	SM	WAT	4/8	Basingstoke
1.70	Barry Mainstone	SM	SNH	6/4	Welwyn GC
1.60	N Harris	SM	WAT	2/6	Ilford
1.60	Adam Searle	SM	SNH	4/8	Peterborough
1.45	S Whittingham	SM	WAT	2/6	Watford
1.30	Paul Yeomans	SM	WAT	4/8	Basingstoke

#### Pole Vault

3.80	Pat Barrett	SM	HPX	14/7	Kingston
3.80	Paul Yeomans	SM	WAT	4/8	Basingstoke
3.30	D Tarrant	SM	WAT	23/6	Portsmouth
2.80	Barry Mainstone	SM	SNH	14/7	Uxbridge
2.60	Matt Warren	SM	SNH	14/7	Uxbridge
2.20	Adam Searle	SM	SNH	4/8	Peterborough
1.35	James Trezona	SM	HPX	2/6	Welwyn GC
1.00	S Whittingham	SM	WAT	2/6	Watford

#### Long Jump

6.36	Tom Lake	SM	HPX	12/8	Portsmouth
5.80	Ben Shipley	SM	D&T	23/9	Hemel H
5.86	Lee Grint	SM	SNH	10/6	Hendon
5.79	Arnold Macauley	SM	SNH	2/6	Sandy
5.45	Matthew Warren	SM	SNH	23/6	Colchester
5.40	Paul Yeomans	SM	WAT	2/6	Ilford
5.34	Barry Mainstone	SM	SNH	7/7	Oxford
4.47	John Murphy	SM	BAR	5/5	hemel H
4.08	R McKenna	SM	WAT	14/7	Watford

#### Triple Jump

13.18/1.0	Tom Lake	SM	HPX	12/8	Portsmouth
11.89	Ben Shipley	SM	D&T	5/5	Hemel H
11.50	Lee Grint	SM	SNH	14/7	Uxbridge
9.99	Dan Poulton	SM	SNH	22/9	Stevenage
9.65	Paul Yeomans	SM	WAT	4/8	Basingstoke

#### Shot (7.26k)

13.18	S Thurgood	SM	WAT	16/9	Watford
13.11	Neil McLellan	SM	SNH	2/9	Bury St E
12.85	R McKenna	SM	WAT	2/6	Ilford
10.59	Pat Barrett	SM	HPX	4/8	Reading
9.59	Rob Rumble	SM	HPX	2/9	Bury St Edmunds
9.29	Aaron Hull	SM	SNH	5/5	Harrow
8.51	S Whittingham	SM	WAT	2/6	Watford
8.33	James Trezona	SM	HPX	2/6	Welwyn GC
8.03	Barry Mainstone	SM	SNH	7/7	Oxford
7.52	N Cusack	SM	WAT	23/6	Thurrock

#### Discus (2k)

38.83	S Thurgood	SM	WAT	14/7	Watford
38.72	Carl Sagers	SM	E&H	2/9	Bury St Edmunds
37.28	R McKenna	SM	WAT	14/7	Watford
33.51	Neil McLellan	SM	SNH	5/5	Harrow
31.66	Pat Barrett	SM	HPX	23/6	Swindon
30.95	Rob Rumble	SM	HPX	2/9	Bury St Edmunds
28.08	Aaron Hull	SM	SNH	23/6	Colchester
27.65	James Trezona	SM	HPX	23/6	Swindon
25.13	S Iwanciw	SM	WAT	2/6	Watford
23.42	Barry Mainstone	SM	SNH	2/6	Sandy
16.16	Dan Poulton	SM	SNH	22/9	Stevenage

#### Hammer (7.26k)

63.03	Carl Sagers	SM	E&H	12/8	Portsmouth
57.06	S Thurgood	SM	WAT	23/6	Portsmouth
41.95	Danny Fraenden	SM		2/9	Bury St Edmunds
38.01	Neil McLellan	SM	SNH	4/8	Peterborough
31.76	S Iwanciw	SM	WAT	2/6	Watford
20.13	R McKenna	SM	WAT	2/6	Ilford
19.59	James Trezona	SM	HPX	23/6	Swindon
17.81	Adam Searle	SM	SNH	2/6	Sandy
15.06	Andrew Benson	SM	HPX	14/7	Kingston

**Javelin (800g)**

74.92	Neil McLellan	SM	SNH	22/6	France
63.53	Anthony Lovett	SM	E&H	13/5	Watford
43.63	Aaron Hull	SM	SNH	5/5	Harrow
42.33	Barry Mainstone	SM	SNH	14/7	Uxbridge
40.90	D Tarrant	SM	WAT	14/7	Watford
40.85	Pat Barrett	SM	HPX	4/8	Reading
40.42	C Snook	SM	HRL	13/5	Watford
38.73	R Tuck	SM	WAT	5/5	Hemel H
34.17	James Trezona	SM	HPX	2/6	Welwyn GC
32.20	P Bamford	SM	WAT	16/9	Watford

**Decathlon**

4133	Barry Mainstone	SM	SNH	8/7	Oxford
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**RELAYS****4x100**

43.3	Herts	SM	12/8	Portsmouth
43.9	Herts Phoenix	SM	4/8	Reading
46.9	Watford	SM	2/6	Ilford
49.5	Barnet	SM	23/6	Perivale

**4x400**

3:19.0	Herts	SM	2/9	Bury St Edmunds
3:28.2	Herts Phoenix	SM	2/6	WGC
3:28.4	Watford	SM	2/6	Ilford
3:51.7	Barnet	SM	5/5	Hemel H

**Medley (4224)**

2:27.13	Herts Phoenix	SM	18/8	Bedford
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**INDOOR****60 metres**

7.17	Mark Collins	SM	LUT	18/3	Lee Valley
7.29	D Seenandan	SM	E&H	18/3	Lee Valley

**200 metres**

22.80	Mark Collins	SM	LUT	18/3	Lee Valley
22.84	Adam Daish	SM	HPX	28/1	Lee Valley

**400 metres**

49.58	Gareth Dodd	SM	HPX	7/1	Cardiff
53.75	Paul Lamont	SM	HPX	18/3	Lee Valley

**800 metres**

1:52.55	Chris Saville	SM	HPX	10/3	Sheffield
1:58.9	Lee Reynolds	SM	HPX	20/1	Lee Valley
1:59.20	Daniel Poulton	SM	SNH	18/3	Lee Valley
2:03.5	Paul Lamont	SM	HPX	20/1	Lee Valley
2:04.35	Adam Searle	SM	SNH	18/3	Lee Valley

**60m Hurdles**

8.76	Simon Wombwell	SM	HPX	18/3	Lee Valley
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**High Jump**

1.60	Barry Mainstone	SM	SNH	18/3	Lee Valley
1.30	Gareth Dodd	SM	HPX	28/1	Lee Valley

**Pole Vault**

3.60	Paul Yeomans	SM	WAT	18/2	Brunel
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**Long Jump**

4.63	Barry Mainstone	SM	SNH	18/3	Lee Valley
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**Shot**

13.33	S Thurgood	SM	WAT	18/3	Lee Valley
12.08	R McKenna	SM	WAT	18/3	Lee Valley
8.24	Barry Mainstone	SM	SNH	18/3	Lee Valley