

## 2007 COUNTY RANKINGS

### VETERAN MEN - OUTDOOR PERFORMANCES

#### 100 metres

12.1	Peter Ilo	M45	BAR	30/4	Lee Valley
12.2	John Garner	M40	D&T	11/6	Hemel H
12.5	John Mayor	M45	SNH	07/7	Oxford
13.0	Dave Wilcock	M50	BAR	30/4	Lee Valley
13.0	Robin Baynham	M45	HPX	30/4	Lee Valley
13.0	Mike Maisey	M55	HPX	30/4	Lee Valley
13.06/-2.6	Jonathan Humphries	M40	HPX	2/5	Watford
13.2	Ty Holden	M40	BAR	11/6	Hemel H
13.5	Brett Sutherland	M45	HPX	6/4	WGC
13.4	Andrew Del Nevo	M40	D&T	19/5	Reading
13.7	Richard Emptage	M40	D&T	11/6	Hemel H
13.8	John Murphy	M35	BAR	4/8	Perivale
14.52	Alan Carter	M70	E&H	7/9	Riccione,Italy
15.30	Mike Dixon	M60	HPX	7/7	Oxford
15.1	Roger Bruck	M65	BAR	19/8	Ashford
16.5	John Gandee	M65	HPX	4/7	Bedford
19.0	Martin Grimsdale	M50	WAT	5/5	Hemel H

#### 200 metres

23.5	Peter Ilo	M45	BAR	2/7	Copthall
25.0	Mike Vassilou	M45	E&H	21/5	Watford
25.6	John Mayor	M45	SNH	07/5	Stevenage
25.9	Dave Wilcock	M50	BAR	4/8	Perivale
26.5i	Ty Holden	M45	BAR	3/3	Lee Valley
26.6	Mike Maisey	M55	HPX	10/6	Peterborough
26.7	Ty Holden	M40	BAR	21/5	Watford
26.8	D Stephenson	M40	FVS	7/5	Stevenage
26.8	Robin Baynham	M45	HPX	21/5	Watford
26.81/-1.0	Jonathan Humphries	M40	HPX	2/5	Watford
28.0	Brett Sutherland	M45	HPX	2/7	Copthall
28.8	Stephen Pickett	M40	SNH	22/9	Stevenage
29.54	Alan Carter	M70	E&H	9/9	Riccione,Italy
29.6	Richard Emptage	M40	D&T	21/5	Watford
30.2	R Sidlin	M40	FVS	7/5	Stevenage
30.4	D Newman	M40	GCR	7/5	Stevenage
30.8	Peter Eames	M45	SNH	22/9	Stevenage
30.9	Chris Lawn	M60	HPX	6/6	Chelmsford
31.4	Roger Bruck	M65	BAR	21/5	Watford
33.8	Peter Morris	M70	D&T	21/5	Watford
35.4	John Gandee	M60	HPX	21/5	Watford

#### 400 metres

55.49	Mike Vassilou	M45	E&H	28/7	Birmingham
55.5	Peter Ilo	M45	BAR	11/6	Hemel H
56.8	Dave Wilcock	M50	BAR	30/4	Lee Valley
56.8	John Mayor	M45	SNH	7/5	Stevenage
57.2	Ty Holden	M45	BAR	11/6	Hemel H
60.6	Robin Baynham	M45	HPX	11/6	Hemel H
60.9	Andrew Del Nevo	M40	D&T	30/4	Lee Valley
63.5	Mike Maisey	M55	HPX	9/9	Twickenham
64.2	Paul Reddaway*	M45	HPX	30/4	Lee Valley
67.4	D Newman	M40	GCR	7/5	Stevenage
67.6	J Wray	M50	WAT	14/7	Watford
68.0	Kerry Rochester	M40	BAR	30/4	Lee Valley
68.1	John Murphy	M35	BAR	23/9	Hemel H
68.7	Richard Bloom	M60	HPX	30/4	Lee Valley
69.0	Chris Lawn	M60	HPX	11/6	Hemel H
70.80	Alan Carter	M70	E&H	13/9	Riccione,Italy
75.6	John Cooper	M50	D&T	30/4	Lee Valley
76.7	Peter Morris	M70	D&T	11/6	Hemel H
79.9	John Shirley	M60	BAR	11/6	Hemel H
88.7	John Borgars	M60	HPX	2/5	Southend

#### 800 metres

2:06.02	Dave Wilcock	M50	BAR	5/5	Hemel H
2:10.2	Richard McCormick	M40	BAR	19/8	Ashford
2:11.9	Mel Parker	M40	BAR	21/5	Watford
2:14.4i	Andrew Del Nevo	M40	D&T	?	Lee Valley
2:17.88	Jeremy Rackham	M40	SNH	1/4	Lee Valley

2:18.4	Robin Baynham	M45	HPX	2/7	Copthall
2:21.4	John Mayor	M45	SNH	22/9	Stevenage
2:23.6	G Mayoh	M40	WAT	5/5	Hemel H
2:24.6	D Walker	M45	WAT	16/9	Watford
2:26.8	D Stephenson	M40	FVS	7/5	Stevenage
2:27.60	Mike Dixon	M60	HPX	28/7	Birmingham
2:33.4	Peter Fitzpatrick	M50	HPX	2/7	Copthall
2:35.1	Peter Eames	M45	FVSTRI	6/4	WGC
2:37.73	Richard Bloom	M60	HPX	22/8	Watford
2:40.3	Stephen Pickett	M40	SNH	22/9	Stevenage
2:41.6	S Pickett	M40	UNA	7/5	Stevenage
2:43.3	C Leigh	M40	FVS	7/5	Stevenage
2:44.3	Peter Williams	M50	HPX	2/7	Copthall
2:47.1	John Fuller	M60	BAR	21/5	Watford
2:48.6	J Wray	M50	WAT	4/8	Basingstoke
2:52.6	John Cooper	M50	D&T	21/5	Watford
2:52.78	Roger Head	M65	HPX	6/9	Riccione
3:04.9	John Borgars	M60	HPX	6/6	Chelmsford
3:30.0	Peter Morris	M70	D&T	21/5	Watford

### 1500 metres

4:21.4	Richard McCormick	M40	BAR	30/4	Lee Valley
4:24.3	Paul Reddaway*	M45	HPX	30/4	Lee Valley
4:25.9	Andy Kelleher	M45	BAR	30/4	Lee Valley
4:26.3	Alun Sainsbury	M40	D&T	30/4	Lee Valley
4:30.5	Chris Manning	M35	BAR	23/9	Hemel H
4:35.9	P Noble	M35	SERP	7/5	Stevenage
4:38.1	Dave Wilcock	M50	BAR	30/4	Lee Valley
4:42.7	Jeremy Rackham	M40	SNH	07/5	Stevenage
4:45.3	Terry Fowler	M40	HPX	30/4	Lee Valley
4:47.16	Keith McLellan	M50	LUT	13/6	Watford
4:58.9	Des Michael	M55	BAR	30/4	Lee Valley
4:59.67	G Mayoh	M40	WAT	5/9	Watford
5:00.7	Jon Kilsby	M50	BAR	18/8	Ashford
5:02.24	Mike Dixon	M60	HPX	28/7	Birmingham
5:10.9	A Garrett	M40	FVS	7/5	Stevenage
5:11.5	Peter Williams	M50	HPX	11/6	Hemel H
5:19.2	Peter Fitzpatrick	M50	HPX	11/6	Hemel H
5:20.21	John Mayor	M45	SNH	08/7	Oxford
5:20.4	Kerry Rochester	M40	BAR	11/6	Hemel H
5:23.2	Steve Smithson	M35	FVS	7/5	Stevenage
5:24.3	Peter Eames	M45	FVSTRI	6/4	WGC
5:25.2	Jim Brown	M50	FVS	7/5	Stevenage
5:27.3	A Hull	M35	FVS	7/5	Stevenage
5:30.0	C Leigh	M40	FVS	7/5	Stevenage
5:31.1	Richard Bloom	M60	HPX	5/5	Dartford
5:38.8	R Sidlin	M45	FVS	7/5	Stevenage
5:41.5	Steve Allen	M50	BAR	30/4	Lee Valley
5:44.0	John Shirley	M60	BAR	19/8	Ashford
5:46.6	Nick Bingham	M60	BAR	30/4	Lee Valley
5:50.8	John Cooper	M50	D&T	11/6	Hemel H
5:57.48	Jamie March	M35	BAR	8/8	Watford
6:20.9	Malcolm Seargent	M60	D&T	23/9	Hemel H
6:29.9	John Borgars	M60	HPX	4/7	Bedford

### 3000 metres

9:13.8	Richard McCormick	M40	BAR	21/5	Watford
9:17.3	Paul Greaves	M45	HPX	21/5	Watford
9:17.7	Alun Sainsbury	M40	D&T	21/5	Watford
9:28.2	Grant Ramsay	M35	BAR	19/8	Ashford
9:35.5	Andy Kelleher	M45	BAR	19/8	Ashford
9:43.3	Adrian Mason	M40	BAR	2/7	Copthall
9:59.7	Terry Fowler	M40	HPX	21/5	Watford
10:04.3	Jon Kilsby	M50	BAR	21/5	Watford
10:06.35	Keith McLellan	M50	LUT	25/7	Watford
10:11.7	Des Michael	M55	BAR	21/5	Watford
10:43.81	G Mayoh	M40	WAT	18/4	Watford
10:49.1	Norman Morrison	M55	HPX	21/5	Watford
10:54.0	Richard Melvern	M55	HPX	21/5	Watford
11:00.7	Mark Faughnan	M50	HPX	2/7	Copthall
11:02.79	A Angus	M45	WAT	11/7	Watford
11:25.8	Mike Dixon	M60	HPX	2/7	Copthall
11:35.7	Richard Bloom	M60	HPX	2/7	Copthall
11:51.4	Stuart Mann	M60	HPX	21/5	Watford

11:52.0	M Bradley	M50	WAT	4/8	Basingstoke
12:21.0	Antony Allen	M60	D&T	23/9	Hemel H
12:46.5	John Cooper	M50	D&T	21/5	Watford
13:03.5	R Wickings	M40	WAT	16/9	Watford
13:27.7	Malcolm Seargant	M60	D&T	2/7	Copthall
15:49.4	Fabian Mills	M60	D&T	23/9	Hemel H

#### 5000 metres

15:56.18	Ian Johnston	M35	SHET	23/6	Tournai, Belgium
16:02.3	Richard McCormick	M40	BAR	5/5	Hemel H
16:10.6	Alun Sainsbury	M40	D&T	5/5	Hemel H
16:19.2	Paul Greaves	M40	HPX	14/7	Kingston
16:27.3	Andy Kelleher	M45	BAR	5/5	Hemel H
16:47.2	Grant Ramsay	M35	BAR	11/6	Hemel H
16:52.0	Terry Fowler	M40	HPX	11/6	Hemel H
17:05.8	Adrian Mason	M40	BAR	11/6	Hemel H
17:35.42	Des Michael	M55	BAR	28/7	Birmingham
17:46.5	Keith McLellan	M50	LUT	10/6	Peterborough
17:55.0	P Noble	M35	SERP	7/5	Stevenage
18:25.2	Norman Morrison	M55	HPX	11/6	Hemel H
18:32.0	Richard Melvern	M55	HPX	11/6	Hemel H
19:00.0	Andrew Del Nevo	M40	D&T	19/5	Reading
19:30.3	Mark Faughnan	M40	HPX	11/6	Hemel H
19:43.5	Dave Wilcock	M50	BAR	11/6	Hemel H
19:48.6	Stuart Faulkner	M40	HPX	7/5	Stevenage
20:02.7	Jim Brown	M50	FVS	7/5	Stevenage
20:24.8	Phil Williams	M40	E&H	11/6	Hemel H
20:30.7	Martin Grimsdale	M40	WAT	5/5	Hemel H
20:38.6	Richard Bloom	M60	HPX	23/6	Swindon
20:39.8	Nick Bingham	M60	BAR	11/6	Hemel H
20:41.6	S Smithson	M35	FVS	7/5	Stevenage
20:57.6	P Eames	M40	FVST	7/5	Stevenage
21:44.7	Stuart Mann	M60	HPX	11/6	Hemel H
22:20.7	A Jay	M40	FVS	7/5	Stevenage
23:02.2	P Holgate	M50	FVS	7/5	Stevenage
23:11.7	Antony Allen	M60	D&T	11/6	Hemel H
23:32.6	Malcolm Sargeant	M60	D&T	11/6	Hemel H
24:12.7	John Borgars	M60	HPX	7/5	Stevenage
24:50.1	John Steed	M70	HPX	7/5	Stevenage

#### 10000 metres

33:04.2	Ian Johnston	M35	SHETT	30/9	Milton Keynes
35:49.0	Alan Whelan	M40	TRC	30/9	Milton Keynes
40:25.7	Jim Brown	M50	FVS	30/9	Milton Keynes
40:47.2	Graham Mayoh	M40	WAT	30/9	Milton Keynes
42:04.1	Martin Grimsdale	M50	WAT	30/9	Milton Keynes
44:27.1	Mark Glading	M40	FVS	30/9	Milton Keynes

#### 110m Hurdles

16.3	John Mayor	M45	SNH	28/7	Birmingham
17.4	John Garner	M40	D&T	21/5	Watford
21.1	Robin Baynham	M45	HPX	21/5	Watford
23.4	Trevor Ratcliffe	M40	D&T	5/5	Hemel H
25.0	Richard McCormick	M40	BAR	21/5	Watford
31.1	John Murphy	M35	BAR	4/8	Perivale

#### 300m Hurdles

53.85	Alan Carter	M70	E&H	9/9	Riccione,Italy
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#### 400m Hurdles

63.7	John Mayor	M45	SNH	23/6	Colchester
69.6	Robin Baynham	M45	HPX	7/5	Stevenage
72.7	Andrew Del Nevo	M40	D&T	19/5	Reading
79.9	Richard McCormick	M40	BAR	21/6	Perivale
82.9	John Murphy	M35	BAR	5/5	Hemel H
91.1	Trevor Ratcliffe	M40	D&T	5/5	Hemel H

#### 3000m Steeplechase

10:40.2	Grant Ramsay	M35	BAR	4/8	Perivale
11:11.7	Alun Sainsbury	M40	D&T	2/6	Bournemouth
11:23.7	Andrew Del Nevo	M40	D&T	5/5	Hemel H
12:42.4	John Murphy	M35	BAR	4/8	Perivale

**High Jump**

1.70	John Mayor	M45	SNH	10/6	Peterborough
1.60	John Garner	M40	D&T	19/5	Reading
1.55	Trevor Ratcliffe	M40	D&T	2/7	Copthall
1.50	Richard Emptage	M40	D&T	19/5	Reading
1.40	Mel Parker	M40	BAR	19/8	Ashford
1.30	Richard Parles	M60	WAT	30/5	Watford
1.30	John Gandee	M65	HPX	2/7	Copthall
1.30	Roger Bruck	M65	BAR	19/8	Ashford
1.25	John Lee	M60	HPX	2/7	Copthall
1.21	Mike Dixon	M60	HPX	7/7	Oxford
1.20	Richard McCormick	M40	BAR	23/6	Perivale

**Pole Vault**

3.30	John Garner	M40	D&T	2/6	Bournemouth
3.05	Trevor Ratcliffe	M40	D&T	4/8	Hemel H
2.40	John Mayor	M45	SNH	4/8	Peterborough
2.20	Mike Dixon	M60	HPX	8/7	Oxford
2.20	Andrew Del Nevo	M40	D&T	23/9	Hemel H
2.00	Bela Nagy	M55	BAR	5/5	Hemel H
1.70	Bernard Thomas	M75	HPX	21/5	Watford
1.50	Mel Parker	M40	BAR	21/5	Watford
1.43	Richard Parles	M60	WAT	19/5	Sutcliffe Park
1.00	Malcolm Wallace	M55	WAT	23/6	Thurrock

**Long Jump**

5.84	John Mayor	M45	SNH	7/7	Oxford
5.48	Peter Ilo	M45	BAR	19/8	Ashford
5.11	Richard Emptage	M40	D&T	14/7	Tooting Bec
4.82	Robin Baynham	M45	HPX	2/7	Copthall
4.81	Mike Maisey	M55	HPX	3/6	Ashford
4.69	Stephen Pickett	M40	SNH	22/9	Stevenage
4.47	John Murphy	M35	BAR	5/5	Hemel H
4.12	Roger Bruck	M65	BAR	19/8	Ashford
3.91	Mike Dixon	M60	HPX	7/7	Oxford
3.89	Ty Holden	M40	BAR	2/7	Copthall
3.68	John Gandee	M65	HPX	4/7	Bedford
3.67	Peter Eames	M40	SNH	22/9	Stevenage
3.66	R Herbert	M65	WAT	16/9	Watford
3.63	John Gandee	M60	HPX	2/5	Southend
3.53	Andrew Del Nevo	M40	D&T	30/4	Lee Valley
3.18	R Whittingham	M50	WAT	5/5	Hemel H
2.70	R Parles	M60	WAT	5/5	Hemel H
2.33	Peter Morris	M70	D&T	30/4	Lee Valley

**Triple Jump**

12.48w	Junior Lewis	M40	HPX	12/8	Portsmouth
12.40	Junior Lewis	M40	HPX	19/5	Norwich
10.87	Richard Emptage	M40	D&T	2/6	Bournemouth
9.55	Mike Maisey	M55	HPX	3/6	Ashford
9.55	Dave Brown	M50	HPX	6/6	Chelmsford
8.98	Bela Nagy	M55	BAR	19/8	Ashford
8.39	Andrew Del Nevo	M40	D&T	4/8	Hemel H
8.28	John Gandee	M65	HPX	6/6	Chelmsford
8.19	Mel Parker	M40	BAR	11/6	Hemel H
7.78	Trevor Ratcliffe	M40	D&T	14/7	Tooting Bec
6.70	R Parles	M60	WAT	5/5	Hemel H

**Shot (7.26k)**

11.56	John Garner	M40	D&T	2/6	Bournemouth
10.36	Patrick David	M50	SNH	21/7	Hendon
9.76	Trevor Ratcliffe	M40	D&T	14/7	Tooting Bec
9.45	Junior Lewis	M40	HPX	19/5	Norwich
9.38	John Mayor	M45	SNH	14/7	Uxbridge
9.19	Andrew Jackson	M40	D&T	23/9	Hemel H
9.13	David Lipscombe	M40	SERP	13/5	Watford
9.08	Tim Saunders-Mullins	M50	WAT	11/7	Watford
8.85	Fred Briffitt	M40	SNH	13/5	Watford
8.74	Mike Bennett	M55	BAR	4/8	Perivale
8.26	Ty Holden	M45	BAR	5/5	Hemel H
8.22	Chris Lawn	M60	HPX	14/7	Kingston
7.70	G Anderson	M40	VAC	7/5	Stevenage
7.66	Malcolm Wallace	M55	WAT	2/6	Watford
7.63	Patrick Smith	M50	BAR	5/5	Hemel H

7.39	Richard Emptage	M40	D&T	14/7	Tooting Bec
7.07	Brett Sutherland	M40	HPX	30/4	Lee Valley
6.41	Stephen Pickett	M40	SNH	22/9	Stevenage
6.33	Brian Yeomans	M60	WAT	5/5	Iford
6.12	Mike Dixon	M60	HPX	5/5	Dartford
5.65	Andrew Del Nevo	M40	D&T	30/4	Lee Valley

#### Shot (6k)

11.27	Patrick David	M50	SNH	7/5	Stevenage
9.56	Mike Bennett	M55	BAR	30/4	Lee Valley
9.46	Mick Shortland	M55	SNH	29/9	Sandy
9.78	Tim Saunders-Mullins	M50	WAT	7/5	Stevenage
8.77	David Ives	M50	D&T	30/4	Lee Valley
7.74	Patrick Smith	M50	BAR	7/5	Stevenage
5.94	John Borgars	M60	HPX	4/7	Bedford

#### Shot (5k)

10.50	Godfrey Leak	M60	SNH	28-29/7	Manchester
8.90	Peter Hallett	M65	Unn	6/4	WGC
8.01	Richard Parles	M60	WAT	16/9	Watford
7.99	Terry Ryan	M60	BAR	30/4	Lee Valley
7.53	Roger Bruck	M65	BAR	19/8	Ashford
7.41	Mike Dixon	M60	HPX	30/4	Lee Valley
7.22	R Herbert	M65	WAT	16/9	Watford

#### Shot 4k

11.25	Ian Miller	M70	HPX	19/5	Sutton Coldfield
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#### Discus (2k)

34.86	John Garner	M40	D&T	5/5	Hemel H
32.70	Trevor Ratcliffe	M40	D&T	11/6	Hemel H
28.61	David Lipscombe	M40	SERP	5/4	WGC
27.51	Mike Bennett	M55	BAR	4/8	Perivale
27.09	Junior Lewis	M40	HPX	11/6	Hemel H
26.10	John Mayor	M45	SNH	8/7	Oxford
24.76	Malcolm Wallace	M55	WAT	2/6	Watford
22.22	Brett Sutherland	M45	HPX	11/6	Hemel H
22.03	Patrick David	M50	SNH	21/7	Hendon
20.93	Mick Shortland	M50	SNH	14/7	Uxbridge
20.78	Patrick Smith	M50	BAR	4/8	Perivale
20.74	Andrew Jackson	M40	D&T	23/9	Hemel H
20.46	Mel Parker	M40	BAR	11/6	Hemel H
19.43	Tim Saunders-Mullins	M50	WAT	12/8	Portsmouth
19.40	Ty Holden	M40	BAR	23/6	Perivale
19.10	Brian Yeomans	M60	WAT	5/5	Iford
18.58	Stuart Parker	M45	HPX	6/4	WGC
18.50	Chris Lawn	M60	HPX	5/5	Dartford
18.42	Steven Simson	M50	D&T	19/5	Reading
16.96	Gerald Ratcliffe	M70	D&T	14/7	Tooting Bec
16.29	Mike Dixon	M60	HPX	5/5	Dartford
14.58	R Whittingham	M50	WAT	5/5	Hemel H

#### Discus (1.5k)

31.98	Mike Bennett	M55	BAR	19/8	Ashford
30.35	Godfrey Leak	M50	SNH	11/6	Hemel H
23.96	Mick Shortland	M55	SNH	7/5	Stevenage
22.21	Patrick Smith	M50	BAR	23/9	Hemel H
21.74	Tim Saunders-Mullins	M50	WAT	1/7	Milton Keynes
19.66	John Gandee	M65	HPX	6/6	Chelmsford
29.74	Malcolm Wallace	M55	WAT	16/9	Watford

#### Discus (1k)

38.19	Godfrey Leak	M60	SNH	28-29/7	Birmingham
34.68	Ian Miller	M70	HPX	19/5	Sutton Coldfield
28.00	Mike Dixon	M60	HPX	8/7	Oxford
26.83	Peter Hallett	M65	Unn	6/4	WGC
21.84	Roger Bruck	M65	BAR	11/6	Hemel H

#### Hammer (7.26k)

34.74	Trevor Ratcliffe	M40	D&T	14/7	Tooting Bec
34.68	John Maitland	M45	HHH	13/5	Watford
31.21	John Garner	M40	D&T	5/5	Hemel H
28.04	Tim Saunders-Mullins	M50	WAT	19/5	Sutcliffe Park
25.97	Fred Briffitt	M40	SNH	13/5	Watford

24.48	Mick Shortland	M55	SNH	14/7	Uxbridge
23.56	Mike Bennett	M55	BAR	4/8	Perivale
22.95	Stuart Parker	M45	HPX	6/4	WGC
21.91	David Lipscomb	M40	SERP	2/5	Battersea
21.89	Malcolm Wallace	M55	WAT	2/6	Watford
21.71	Patrick Smith	M50	BAR	5/5	Hemel H
21.28	Andrew Jackson	M40	D&T	2/6	Bournemouth
21.19	Junior Lewis	M40	HPX	23/6	Swindon
19.05	John McLellan	M50	SNH	4/8	Peterborough
18.78	John Mayor	M45	SNH	2/6	Sandy
16.10	Ty Holden	M40	BAR	21/5	Watford
14.16	Brian Yeomans	M60	WAT	5/5	Ilford
11.55	Andrew Del Nevo	M40	D&T	14/7	Tooting Bec
10.94	Patrick David	M50	SNH	23/6	Colchester
9.54	Chris Lawn	M60	HPX	2/6	Welwyn GC
8.68	Richard Parles	M60	WAT	4/8	Basingstoke

#### Hammer (6k)

30.43	Tim Saunders-Mullins	M50	WAT	3/6	Ashford
28.39	Mick Shortland	M55	SNH	29/9	Sandy
25.82	Mike Bennett	M55	BAR	19/8	Ashford
25.53	Patrick Smith	M50	BAR	23/9	Hemel H
13.55	Bela Nagy	M55	BAR	21/5	Watford

#### Hammer (5k)

32.74	Godfrey Leak	M60	SNH	28-29July	Birmingham
31.91	John Lee	M60	HPX	21/5	Watford
15.95	Steve Harris	M60	BAR	21/5	Watford

#### Hammer (4k)

39.86	Ian Miller	M70	HPX	19/5	Sutton Coldfield
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#### Javelin (800g)

57.84	Trevor Ratcliffe	M40	D&T	5/5	Hemel H
40.26	John Garner	M40	D&T	2/6	Bournemouth
38.17	Mike Bennett	M55	BAR	4/8	Perivale
34.33	Gerald Ratcliffe	M70	D&T	28/7	Birmingham
29.72	Brian Yeomans	M60	WAT	23/6	Thurrock
29.39	John Mayor	M45	SNH	8/7	Oxford
29.23	Andrew Jackson	M40	D&T	19/5	Reading
26.96	Mel Parker	M40	BAR	2/7	Copthall
26.33	Stephen Pickett	M40	SNH	22/9	Stevenage
25.21	Patrick David	M50	SNH	2/6	Sandy
25.16	Mike Dixon	M60	HPX	5/5	Dartford
24.44	Tim Saunders-Mullins	M50	WAT	19/5	Sutcliffe Park
18.91	David Lipscomb	M40	SERP	7/5	Stevenage
17.31	Pat Smith	M50	BAR	23/6	Perivale

#### Javelin (700g)

27.02	Peter Moss	M50	BAR	19/8	Ashford
25.37	Mick Shortland	M55	SNH	7/5	Stevenage
24.36	Tim Saunders-Mullins	M50	WAT	13/6	Watford
19.00	Patrick Smith	M50	BAR	23/9	Hemel H

#### Javelin (600g)

32.14	John Gandee	M60	HPX	2/5	Southend
31.34	John Gandee	M65	HPX	2/7	Copthall
30.25	Mike Dixon	M60	HPX	8/7	Oxford
20.48	Godfrey Leak	M60	SNH	1/7	Milton Keynes
19.06	Steve Harris	M60	BAR	19/8	Ashford

#### Javelin (400g)

28.28	Ian Miller	M70	HPX	19/5	Sutton Coldfield
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#### Weight

14.51	Ian Miller	M70	HPX	28/7	Birmingham
14.09	Godfrey Leak	M60	SNH	1/7	Milton Keynes
11.35	Tim Saunders-Mullins	M50	WAT	1/7	Milton Keynes

#### Decathlon (vets)

5885	John Mayor	M45	SNH	8/7	Oxford
4551	Mike Dixon	M60	HPX	8/7	Oxford

**Weight Pentathlon**

3883	Ian Miller	M70	HPX	19/5	Sutton Coldfield
2931	Godfrey Leak	M60	SNH	1/7	Milton Keynes
2117	Tim Saunders-Mullins	M50	WAT	1/7	Milton Keynes

**1 Mile Walk**

9:56.0	John Borgars	M60	HPX	6/6	Chelmsford
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**2000m Walk**

10:26.5	Arthur Thomson	M70	HPX	4/7	Bedford
10:38.1	Steve Allen	M50	BAR	19/8	Ashford
11:26.8	Costa Michael	M40	BAR	2/7	Copthall
12:30.8	John Borgars	M60	HPX	2/5	Southend
13.13.4	Peter Morris	V70	D&T	2/7	Copthall

**3000m Walk**

14:39.0	Philip Williams	M40	E&H	7/5	Stevenage
15:50.15	Arthur Thomson	M70	HPX	29/7	Birmingham
18:31.2	Steve Allen	M50	BAR	7/5	Stevenage
18:51.5	Adrian Newman	M60	HPX	7/5	Stevenage
19:09.0	John Borgars	M60	HPX	7/5	Stevenage
24:26.6	Harvey Jaquest	M75	WAT	7/5	Stevenage
24:44.32	Harvey Jaquest	M80	WAT	29/7	Birmingham

**5000m Walk**

26:00.76	Philip Williams	M40	E&H	29/7	Birmingham
27:10.90	Arthur Thomson	M70	HPX	15/9	Riccione, Italy

**10000m Walk**

53:56.7	Arthur Thomson	M70	HPX	25/4	Battersea Park
72:44.3	Ken Livermore	M7	E&H	25/4	Battersea Park

**RELAYS****4x100**

55.1	Herts Phoenix	M40	30/4	Lee Valley
62.3	Herts Phoenix	M50	6/6	Chelmsford

**4x200**

1:45.2	Barnet		2/7	Copthall
1:53.1	Herts Phoenix		2/7	Copthall

**4x400**

4:26.8	Fairlands Valley Spartans			
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**Medley (2248)**

4:07.4	Barnet		11/6	Hemel H
4:26.9	Herts Phoenix		11/6	Hemel H

## INDOOR PERFORMANCES

### 60 metres

7.78	Peter Ilo	M45	BAR	18/3	Lee Valley
8.4	Mike Maisey	M55	HPX	18/2	Lee Valley
9.09	Alan Carter	M65	E&H	3/3	Eton
10.5	Gordon Daborn	M70	EVAC	18/2	Lee Valley

### 200 metres

25.5	Michael Vassiliou	M45	E&H	18/2	Lee Valley
25.78	Peter Ilo	M45	BAR	18/3	Lee Valley
27.8	Mike Maisey	M55	HPX	18/2	Lee Valley
31.0	Chris Lawn	M60	HPX	18/2	Lee Valley

### 400 metres

55.9	Michael Vassiliou	M45	E&H	18/2	Lee Valley
57.08	Peter Ilo	M45	BAR	18/3	Lee Valley
68.6	Chris Lawn	M60	HPX	18/2	Lee Valley

### 800 metres

2:14.4	Andrew del Nevo	M35	SCVA	18/2	Lee Valley
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### 1000 metres

3:07.0	John Mayor	M45	SNH	18/2	Lee Valley
3:22.0	Mike Dixon	M60	HPX	18/2	Lee Valley
4:51.0	Roger Bruck	M65	BAR	18/2	Lee Valley

### 3000 metres

9:19.69	Ian Johnston	M35	SHETT	22/3	Helsinki, Finland
10:30.17	Andrew Del Nevo	M40	D&T	March	Helsinki, Finland

### 60m Hurdles

9.3	John Mayor	M45	SNH	18/2	Lee Valley
12.8	Gordon Daborn	M70	EVAC	18/2	Lee Valley
13.0	Mike Dixon	M60	HPX	18/2	Lee Valley
13.9	Roger Bruck	M65	BAR	18/2	Lee Valley

### High Jump

1.66	John Mayor	M45	SNH	18/2	Lee Valley
1.29	Roger Bruck	M65	BAR	18/2	Lee Valley
1.17	Mike Dixon	M60	HPX	18/2	Lee Valley

### Long Jump

5.54	John Mayor	M45	SNH	18/2	Lee Valley
4.73	Mike Maisey	M55	HPX	18/2	Lee Valley
4.03	Roger Bruck	M65	BAR	18/2	Lee Valley
3.84	Mike Dixon	M60	HPX	18/2	Lee Valley

### Shot

8.84	John Mayor	M45	SNH	18/2	Lee Valley
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### Shot (7.26k)

9.06	David Lipscombe	M?	SERP	18/3	Lee Valley
8.64	Tim Saunders-Mullins	M50	WAT	18/3	Lee Valley

### Shot (6k)

14.66	Michael Small	M50	VAC	18/2	Lee Valley
9.36	Tim Saunders-Mullins	M50	WAT	4/4	Lee Valley

### Shot (5k)

8.95	Peter Hallett	M65	HPX	18/2	Lee Valley
8.08	Mike Dixon	M60	HPX	18/2	Lee Valley
7.94	Roger Bruck	M65	BAR	18/2	Lee Valley

### Shot (4k)

10.76	Ian Miller	M70	HPX	18/2	Lee Valley
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### Pentathlon

3520	John Mayor	M45	SNH	18/2	Lee Valley
2635	Mike Dixon	M60	HPX	18/2	Lee Valley
2604	Roger Bruck	M65	BAR	18/2	Lee Valley