

2008 COUNTY RANKINGS

SENIOR MEN - OUTDOOR PERFORMANCES

100m

10.8	Tonderai Tomu	SNH 7/6	Braintree
10.94	Adam Daish	E&H 11/6	Loughborough
11.27/-0.5	Mark Collins	LUT 11/5	Watford
11.3/-1.8	Gareth Dodd	HPX 7/6	Abingdon
11.6	Paul Lamont	HPX 12/7	Welwyn GC
11.6	Tom Lake	HPX 2/8	Hastings
11.7	Roberto Demaria	D&T 3/5	Hemel H
11.7	Jermaine Bossman	WAT 28/6	Hillingdon
11.7	Bevan Solomon	WAT 28/6	Hillingdon
11.71/-0.5	Robert Harle	Che 11/5	Watford
11.75/1.6	Simon Wombwell	HPX 27/4	Loughborough
11.9	A Morris	WAT 17/8	Watford
11.97/-0.5	R Demaria	D&T 11/5	Watford
12.0	Don MacAuley	SNH 12/7	Milton Keynes
12.0	Elior Harris	SNH 2/8	Stevenage
12.1	Benjamin Shipley	D&T 3/5	Hemel H
12.2	Daniel Poulton	SNH 12/7	Milton Keynes
12.2	Jamesdean Atkins	SNH 20/9	Stevenage
12.5	Brad Dyer	WAT 12/7	Watford
13.0	James Quintal	WAT 2/8	Stevenage
13.0	Ashley Mpofu	SNH 20/9	Stevenage
13.3	Adam Searle	SNH 20/9	Stevenage

200m

21.8	Tonderai Tomu	SNH 2/8	Stevenage
21.82	Adam Daish	E&H 11/6	Loughborough
22.3/-1.8	Gareth Dodd	HPX 7/6	Abingdon
23.3	Simon Wombwell	HPX 20/8	Loughborough
23.34/-1.3	Robert Harle	Che 11/5	Watford
23.4	Stuart Brill	StA 5/5	Stevenage
23.8	Tom Lake	HPX 2/8	Hastings
24.0	Roberto Demaria	D&T 3/5	Hemel H
24.7	Jermaine Bossman	WAT 28/6	Hillingdon
24.8	A Morris	WAT 17/8	Watford
25.0	Benjamin Shipley	D&T 28/6	Walton
25.3	Jamesdean Atkins	SNH 6/9	Bedford
25.7	Brad Dyer	WAT 12/7	Watford

400m

48.0	Tonderai Tomu	SNH 23/4	Lee Valley
48.15	Ben Sumner	E&H 16/8	Copthall
48.24	Adam Daish	E&H 21/6	Bedford
48.69	Gareth Dodd	HPX 18/5	Loughborough
50.33	Chris Saville	HPX 19/7	Copthall
50.9	Stuart Brill	StA 25/5	Finsbury Park
51.4	Daniel Poulton	SNH 20/9	Stevenage
51.8	Paul Lamont	HPX 12/7	Welwyn GC
53.3	Paul Yeomans	WAT 12/7	Watford
54.02	Oliver Keates	HPX 2/7	Watford
55.7	Don MacAuley	SNH 12/7	Milton Keynes
56.6	John McGinn	WAT 28/6	Hillingdon
56.7	Marcus McKechnie	SNH 20/9	Stevenage
57.22	Elior Harris	SNH 27/9	Bedford
58.9	Laurie Pirie	SNH 7/6	Braintree
60.6	Daniel Tarrant	WAT 17/5	Lee Valley
60.62	P Belgrave	StA 11/5	Watford
62.6	Nathan Cusack	WAT 3/5	Battersea Park
78.0	Paul Illing	WAT 17/5	Lee Valley

800m

1:51.90	Adam Bowden	HARR 16/8	Copthall
1:52.67	Daniel Poulton	SNH 2/7	Watford

1:53.45	Matt Carlisle	HPX	26/8	Stretford
1:53.83	Rhys Fowler	E&H	11/5	Watford
1:55.5	Chris Saville	HPX	12/7	Welwyn GC
1:56.6	Lee Reynolds	HPX	7/9	Stevenage
1:59.41	Adam Searle	SNH	11/5	Watford
1:59.56	Andrew Cracknell	D&T	30/7	Watford
2:00.56	Mike Tarpey	HPX	26/8	Stretford
2:01.9	Daniel Esmond	D&T	3/5	Hemel H
2:02.4	Tonderai Tomu	SNH	20/9	Stevenage
2:03.7	John McGinn	WAT	3/5	Bexley
2:07.90	D Digweed	SAS	11/5	Watford
2:11.5	Alex Gardner	D&T	12/7	Eton
2:20.0	Nathan Cusack	WAT	3/5	Battersea Park
2:25.7	Nicholas Harris	WAT	2/8	Hastings
2:33.4	Zac McDonough	WAT	17/8	Watford
2:53.5	Ashley Mpofo	SNH	20/9	Stevenage

1500m

3:42.76	Adam Bowden	HARR	14/6	Watford
3:54.09	Lee Reynolds	HPX	2/7	Watford
3:57.94	Jon Pepper	E&H	21/6	Bedford
3:59.05	Matt Carlisle	HPX	31/5	Manchester
4:00.5	Daniel Poulton	SNH	28/6	Peterborough
4:00.53	Richard Franzese	HARR	26/8	Stretford
4:00.91	Rhys Fowler	E&H	9/4	Watford
4:08.5	Chris Saville	HPX	7/6	Brighton
4:08.68	Michael Tarpey	HPX	19/7	Stretford
4:10.16	Adam Searle	SNH	23/4	Watford
4:20.1	Mohammed Rahim	HARR	28/6	Harrow
4:20.6	John McGinn	WAT	28/6	Hillingdon
4:25.8	Dan Christian	E&H	3/5	Hemel H
4:30.2	Richard Tarpey	HPX	12/7	Welwyn GC
4:32.2	Richard Bate	FVS	5/5	Stevenage
4:32.8	Andrew Benson	HPX	2/8	Hastings
4:32.99	Alex Gardner	D&T	13/8	Watford
4:38.97	Steve Hanscombe	WAT	16/7	Watford
4:46.9	Eammon Twomey	WAT	28/6	Hillingdon
4:50.9	Nicholas Harris	WAT	3/5	Bexley
5:01.7	Richard Holland	WAT	2/8	Hastings
5:09.4	Zac McDonough	WAT	2/8	Stevenage
5:16.3	Jamesdean Atkins	SNH	20/9	Stevenage
5:29.34	Elior Harris	SNH	28/9	Bedford
5:40.5	Andrew Kelly	WAT	12/7	Watford

3000m

7:51.33	Adam Bowden	HARR	14/6	Twickenham
8:31.43	Richard Franzese	HARR	23/4	Watford
8:44.05	Lee Reynolds	HPX	17/5	Watford
8:50.70	Michael Tarpey	HPX	17/5	Watford
8:55.24	Daniel Poulton	SNH	23/4	Watford
8:56.00	Neil Burton	TIP	7/6	Kettering
9:09.19	Bryn Reynolds	HPX	4/6	Watford
9:37.53	Richard Tarpey	HPX	30/7	Watford
10:08.1	David Bowker	FVS	22/6	Hemel H
10:17.7	Marcus McKechnie	SNH	20/9	Stevenage

5000m

13:50.86	Adam Bowden	HARR	31/5	Manchester
14:33.0	Jon Pepper	E&H	12/7	Edgbaston
14:42.05	Richard Franzese	HARR	31/5	Manchester
15:06.5	Lee Reynolds	HPX	12/7	Birmingham
15:07.66	Richard Gamble	BAR	8/6	Birmingham
15:27.8	Michael Tarpey	HPX	12/7	Birmingham
15:36.1	Neil Burton	TIP	3/5	Yate
15:51.88	Bryn Reynolds	HPX	17/5	Oxford
16:04.25	Mohammed Rahim	HARR	10/8	Kingston
16:23.4	Matt Carlisle	HPX	7/9	Stevenage
16:32.47	Richard Tarpey	HPX	5/5	Bedford

16:34.1	Adam Searle	SNH	3/5	Walthamstow
16:34.6	Andrew Cracknell	D&T	3/5	Hemel H
16:40.5	Andrew Benson	HPX	2/8	Hastings
17:09.8	David Bowker	SNH	12/7	Milton Keynes
17:10.2	Steve Hanscombe	WAT	17/5	Lee Valley
17:11.8	Eammon Twomey	WAT	17/5	Lee Valley
17:13.6	George Milton	D&T	18/9	Hemel H
17:42.6	Richard Holland	WAT	2/8	Hastings
17:56.2	Andrew Kelly	WAT	28/6	Hillingdon
18:04.4	Daniel Poulton	SNH	7/6	Braintree
18:15.2	David Vannen	WAT	12/7	Watford
18:38.2	Alex Gardner	D&T	12/7	Eton
19:00.7	Marcus McKechnie	SNH	2/8	Stevenage
19:45.2	Paul Illing	WAT	3/5	Bexley
25:21.1	Lee Grint	SNH	3/5	Walthamstow

110m Hurdles

14.93w	Simon Wombwell	HPX	17/7	Loughborough
15.20	Simon Wombwell	HPX	17/7	Loughborough
17.18	Elior Harris	SNH	28/9	Bedford
21.0	Daniel Tarrant	WAT	12/7	Watford
21.6	Nicholas Harris	WAT	28/6	Hillingdon
22.4	Laurie Pirie	SNH	7/6	Braintree
22.9	Bevan Solomon	WAT	17/5	Lee Valley
23.1	Barry Mainstone	SNH	7/6	Braintree
23.9	Paul Yeomans	WAT	2/8	Hastings

400m Hurdles

50.76	Ben Sumner	E&H	28/6	Istanbul
57.35	Aaron Dombey	WAT	14/6	Crystal Palace
59.2	Andrew Cracknell	D&T	3/5	Hemel H
64.1	Chris Saville	HPX	2/8	Hastings
65.7	Marcus McKechnie	SNH	2/8	Stevenage
66.7	Daniel Tarrant	WAT	12/7	Watford
68.8	Lee Grint	SNH	3/5	Walthamstow
70.3	Andrew Benson	HPX	2/8	Hastings
70.9	Nicholas Harris	WAT	17/5	Lee Valley
72.5	Barry Mainstone	SNH	7/6	Braintree
72.8	Nathan Cusack	WAT	28/6	St Ives
73.43	D Stephens	HBS	11/5	Watford
80.5	Steve Hanscombe	WAT	12/7	Watford

3000m Steeplechase

8:29.52	Adam Bowden	HARR	28/6	Solihull
10:05.3	Andrew Cracknell	D&T	7/9	Stevenage
10:28.2	Nicholas Harris	WAT	17/8	Watford
10:32.0	Adam Searle	SNH	7/6	Braintree
10:51.9	Bryn Reynolds	HPX	3/5	Sutcliffe Park
10:54.7	Andrew Kelly	WAT	17/8	Watford
11:23.2	Andrew Benson	HPX	2/8	Hastings
11:34.2	Marcus McKechnie	SNH	12/7	Milton Keynes
12:04.5	Richard Holland	WAT	12/7	Watford
12:05.8	Daniel Tarrant	WAT	12/7	Watford
15:13.9	Lee Grint	SNH	3/5	Walthamstow

High Jump

2.23	Adam Scarr	E&H	13/7	Birmingham
1.92	Laurie Pirie	SNH	19/6	Sandy
1.85	Andrew Cracknell	D&T	3/5	Hemel H
1.80	Elior Harris	SNH	2/8	Stevenage
1.75	Benjamin Shipley	D&T	7/6	Cambridge
1.75	Daniel Tarrant	WAT	28/6	Hillingdon
1.75	Tom Lake	HPX	12/7	Welwyn GC
1.70	Ashley Mpofo	SNH	20/9	Stevenage
1.65	Barry Mainstone	SNH	3/5	Walthamstow
1.50	Adam Searle	SNH	3/5	Walthamstow
1.50	Nicholas Harris	WAT	3/5	Bexley
1.50	Andrew Benson	HPX	7/6	Brighton

Pole Vault

3.80	Paul Yeomans	WAT	5/5	Stevenage
3.30	S Clark		7/9	Stevenage
3.20	Elior Harris	SNH	28/9	Bedford
3.00	Daniel Tarrant	WAT	28/6	Hillingdon
2.60	Zac McDonough	WAT	2/8	Stevenage
2.40	Laurie Pirie	SNH	12/7	Milton Keynes
1.30	Adam Searle	SNH	28/6	Peterborough

Long Jump

6.57	Bevan Solomon	WAT	3/5	Bexley
6.51	Tonderai Tomu	SNH	28/6	Peterborough
6.49	Elior Harris	SNH	2/8	Stevenage
6.33/3.6	Mark Crowley	E&H	10/8	Kingston
6.24	Tom Lake	HPX	2/8	Hastings
5.93	Benjamin Shipley	D&T	7/6	Cambridge
5.81	Chris Saville	HPX	2/8	Hastings
5.55	Paul Yeomans	WAT	11/5	Watford
5.55	Jamesdean Atkins	SNH	20/9	Stevenage
5.54	Aaron Dombey	WAT	17/5	Lee Valley
5.45	Lee Grint	SNH	7/6	Braintree
5.36	Andrew Cracknell	D&T	3/5	Hemel H
5.28	D Stephens	HBS	11/5	Watford
5.10	Marcus McKeachie	SNH	20/9	Stevenage
3.72	Nathan Cusack	WAT	28/6	St Ives

Triple Jump

14.39	Matt Thurgood	HPX	7/9	Stevenage
13.66/2.3	Tom Lake	HPX	10/8	Kingston
13.56	Bevan Solomon	WAT	3/5	Bexley
13.30	Tom Lake	HPX	28/6	Stevenage
13.13	Elior Harris	SNH	6/9	Bedford
12.79	Laurie Pirie	SNH	2/8	Stevenage
10.95	Barry Mainstone	SNH	11/5	Watford
10.75	D Stephens	HBS	11/5	Watford
10.65	Daniel Poulton	SNH	20/9	Stevenage
10.39	Adam Searle	SNH	20/9	Stevenage
10.09	Paul Yeomans	WAT	2/8	Hastings

Shot

12.93	Bevan Solomon	WAT	3/5	Bexley
12.77	Stuart Thurgood	WAT	9/4	Watford
12.29	Neil McLellan	SNH	3/5	Walthamstow
12.26	A Ralf	WAT	28/6	St Ives
10.29	Aaron Hull	SNH	3/5	Walthamstow
8.78	Paul Yeomans	WAT	11/5	Watford
8.40	Andrew Benson	HPX	7/6	Brighton
8.16	Adam Searle	SNH	7/6	Braintree
8.04	Elior Harris	SNH	27/9	Bedford
7.38	Nathan Cusack	WAT	12/7	Watford
7.09	Brad Dyer	WAT	3/5	Battersea Park
6.94	Jamesdean Atkins	SNH	20/9	Stevenage

Discus

38.67	C Jackson	E&H	7/9	Stevenage
37.84	A Ralf	WAT	28/6	St Ives
35.84	Stuart Thurgood	WAT	28/6	Hillingdon
34.33	Bevan Solomon	WAT	28/6	Hillingdon
21.33	Ashley Mpofu	SNH	20/9	Stevenage
20.78	Barry Mainstone	SNH	7/6	Braintree
20.69	Brad Dyer	WAT	2/8	Stevenage
18.80	Andrew Benson	HPX	12/7	Welwyn GC
18.20	Nathan Cusack	WAT	12/7	Watford
13.15	S Deane		7/9	Stevenage

Hammer

59.67	Carl Sagers	E&H	2/8	Copthall
-------	-------------	-----	-----	----------

57.92	Stuart Thurgood	WAT	28/6	Hillingdon
41.73	A Ralf	WAT	28/6	St Ives
38.79	Neil McLellan	SNH	2/8	Stevenage
21.86	Andrew Benson	HPX	2/8	Hastings
14.55	Adam Searle	SNH	7/6	Braintree
13.83	Barry Mainstone	SNH	12/7	Milton Keynes

Javelin

72.19	Neil McLellan	SNH	25/5	Bedford
63.48	Anthony Lovett	E&H	8/6	Birmingham
45.71	Aaron Hull	SNH	3/5	Walthamstow
41.03	Daniel Tarrant	WAT	12/7	Watford
37.85	Chris Yeomans	WAT	12/7	Watford
36.75	Bevan Solomon	WAT	3/5	Bexley
35.87	Tonderai Tomu	SNH	20/9	Stevenage
30.27	Andrew Benson	HPX	7/6	Brighton
24.46	Barry Mainstone	SNH	5/5	Stevenage
24.03	Alex Gardner	D&T	28/6	Walton
22.56	Benjamin Shipley	D&T	7/6	Cambridge
20.47	Marcus McKechnie	SNH	20/9	Stevenage
8.69	Elior Harris	SNH	28/9	Bedford

Decathlon

4164	Elior Harris	SNH	28/9	Bedford
------	--------------	-----	------	---------

RELAYS

4x100m

42.58	Herts	10/8	Kingston
45.0	Stevenage & NH	28/6	Peterborough
45.8	Watford	12/7	Watford
46.8	Dacorum & Tring	12/7	Eton
58.6	Fairlands Valley Spartans	5/5	Stevenage

4x400m

3:24.9	Herts	7/9	Stevenage
3:26.5	Stevenage & NH	7/6	Braintree
3:40.9	Dacorum & Tring	12/7	Eton
3:42.7	Herts Phoenix	5/5	Stevenage
3:52.4	Watford	28/6	Hillingdon
4:30.9	Fairlands Valley Spartans	5/5	Stevenage

INDOOR PERFORMANCES

60m

7.38	Paul Lamont	HPX	9/3	Lee Valley
7.42	Jermaine Bossman	WAT	19/1	Lee Valley
8.02	Oliver Keates	HPX	9/3	Lee Valley

200m

23.43	Paul Lamont	HPX	9/3	Lee Valley
-------	-------------	-----	-----	------------

400m

51.41	Aaron Dombey	WAT	15/3	Sheffield
53.96	Oliver Keates	HPX	9/3	Lee Valley

1500m

4:11.02	Matt Carlisle	HPX	20/1	Lee Valley
4:26.97	Marcus McKechnie	SNH	9/3	Lee Valley

High Jump

1.75	Anthony Walsh	HPX	20/1	Lee Valley
------	---------------	-----	------	------------

Shot

12.37	Stuart Thurgood	WAT	20/1	Lee Valley
-------	-----------------	-----	------	------------