

2009 HERTS COUNTY T&F RANKING LISTS

VETERAN MEN

(These lists are in age group order)

100 metres

11.2	Mark Collins	M35	LUT	10/5	Stevenage
12.3	Steve Maisey	M35	HPX	22/6	Copthall
12.4	David Olusanya	M35	una	4/5	Stevenage
12.92/0.5	David Benham	M40	HPX	15/7	Watford
13.2	Paul Keeble	M40	SNH	6/9	Stevenage
13.3	Ian Hawtin	M40	D&T	11/5	LV
13.4	John Sessions	M40	HPX	11/5	LV
15.1	Richard McCormick	M40	BAR	6/6	Ware
12.3	Peter Ilo	M45	BAR	11/5	LV
12.33/0.9	Jon Humphries	M45	HPX	5/7	Cambridge
12.7	Ty Holden	M45	BAR	11/5	LV
12.54	John Mayor	M50	SNH	28/7	Lahti,FIN
12.6	Dave Martindale	M50	HPX	11/5	LV
13.2	Lawrence Taylor	M50	BAR	26/8	Watford
13.9	Les Winters	M50	SNH	6/9	Stevenage
14.7	Alan Perry	M50	HARR	4/5	Stevenage
13.1	Dave Wilcock	M55	BAR	6/6	Ware
13.9	Mike Maisey	M55	HPX	11/5	LV
16.9	Mike Dixon	M60	HPX	11/5	LV
15.9	Roger Bruck	M65	BAR	11/5	LV
15.15/2.6	Colin Field	M70	TPRC	1/9	Woodford
15.2	Colin Field	M70	TPRC	4/5	Stevenage
19.7	Ron Cohen	M70	FVS	4/5	Stevenage

200 metres

23.00/-0.1	Mark Collins	M35	LUT	5/7	Birmingham
25.0	Steve Maisey	M35	HPX	13/7	Hemel H
25.5	David Olusanya	M35	una	4/5	Stevenage
24.8	Peter Benedickter	M40	D&T	1/6	Copthall
27.0	Michael Martin	M40	BAR	1/6	Copthall
27.3	Ian Hawtin	M40	D&T	1/6	Copthall
27.8	Dave Stephenson	M40	FVS	4/5	Stevenage
30.0	Richard Sidlin	M40	FVS	4/5	Stevenage
30.3	Steve Smithson	M40	FVS	4/5	Stevenage
32.2	Mark Glading	M40	FVS	4/5	Stevenage
24.1	Jon Humphries	M45	HPX	1/6	Copthall
24.3	Mike Vassilou	M45	E&H	13/7	Hemel H
25.7	Ty Holden	M45	BAR	1/6	Copthall
25.3	John Mayor	M50	SNH	1/6	Copthall
27.22	Lawrence Taylor	M50	BAR	1/8	Woodford
29.7	Gregory Hill	M50	WAT	4/5	Stevenage
30.4	Alan Perry	M50	HARR	4/5	Stevenage
31.8	David Newman	M50	GCR	4/5	Stevenage
32.7	Barry Hicks	M50	BAR	20/9	Hemel H
26.8	Dave Wilcock	M55	BAR	1/6	Copthall
29.4	Mike Maisey	M55	HPX	1/6	Copthall
31.7	Chris Lawn	M60	HPX	1/6	Copthall
31.1	Mike Dixon	M65	HPX	13/7	Hemel H
33.3	Roger Bruck	M65	BAR	1/6	Copthall
31.5	Colin Field	M70	TPRC	4/5	Stevenage
44.0	Ron Cohen	M70	FVS		

400 metres

54.8	Peter Benedickter	M40	D&T	22/6	Copthall
61.2	Jeremy Rackham	M40	SNH	6/9	Stevenage
65.0	Ian Hawtin	M40	D&T	22/6	Copthall
65.2	Andrew del Nevo	M40	D&T	11/5	LV
64.5	Roger Armorgie	M40?	HPX	22/6	Copthall
53.8	Mike Vassilou	M45	E&H	22/6	Copthall

57.2	Ty Holden	M45	BAR	11/5	LV
58.4	Peter Ilo	M45	BAR	11/5	LV
63.1	Robin Baynham	M45	HPX	11/5	LV
63.7	Adrian Mason	M45	BAR	22/6	Copthall
66.0	Paul Reddaway*	M45	HPX	11/5	LV
69.2	Kerry Rochester	M45	BAR	22/6	Copthall
56.60	John Mayor	M50	SNH	12/9	Oxford
66.6	Gregory Hill	M50	WAT	4/5	Stevenage
69.1	David Newman	M50	GCR	4/5	Stevenage
72.7	Barry Hicks	M50	BAR	20/9	Hemel H
57.7	Dave Wilcock	M55	BAR	11/5	LV
75.9	Des Michael	M55	BAR	16/8	Solihull
72.2	Chris Lawn	M60	HPX	11/5	LV
76.8	John Cooper	M60	D&T	11/5	LV

800 metres

2:12.0	Peter Benedickter	M40	D&T	13/7	Hemel H
2:14.9	Andy Kelleher	M40	BAR	1/6	Copthall
2:27.5	Jeremy Rackham	M40	SNH	4/5	Stevenage
2:32.5	Stephen Pickett	M40	SNH	4/5	Stevenage
2:43.2	Paul Keeble	M40	SNH	6/9	Stevenage
2:48.7	Martin Arnold	M40	D&T	1/6	Copthall
3:22.2	Andrew del Nevo	M40	D&T	11/7	Eton
2:16.4	Mel Parker	M45	BAR	1/6	Copthall
2:21.7	Costa Michael	M45	BAR	11/7	Luton
2:21.9	Robin Baynham	M45	HPX	4/5	Stevenage
2:27.9	Paul Reddaway	M45	HPX	13/7	Hemel H
2:31.5	Derek Walker	M45	WAT	2/5	Colchester
2:35.9	Robin Baynham	M45	HPX	13/7	Hemel H
2:23.6	David Bowker	M50	HPX	1/6	Copthall
2:27.0	John Mayor	M50	SNH	6/9	Stevenage
3:01.0	Les Winters	M50	SNH	6/9	Stevenage
2:08.2	Dave Wilcock	M55	BAR	2/5	Hemel H
2:28.52	Mike Dixon	M60	HPX	26/8	Watford
2:54.8	John Cooper	M60	D&T	1/6	Copthall
3:00.0	Nick Bingham	M60	BAR	1/6	Copthall
3:20.3	Malcolm Sargeant	M60	D&T	1/6	Copthall
3:01.7	Roger Head	M65	HPX	1/6	Copthall

1500 metres

5:25.1	Paul Carter	M35	FVS	4/5	Stevenage
4:22.3	Paul Greaves	M40	HPX	11/5	LV
4:55.3	Jeremy Rackham	M40	SNH	4/5	Stevenage
5:15.0	Jamie March	M40	BAR		Watford
5:15.4	Steve Smithson	M40	FVS	4/5	Stevenage
5:31.7	Martin Arnold	M40	D&T	22/6	Copthall
5:58.8	Paul Glyn	M40	D&T	22/6	Copthall
4:29.0	Richard McCormick	M45	BAR	11/5	LV
4:37.6	Andy Kelleher	M45	BAR	1/8	Ipswich
4:39.1	Adrian Mason	M45	BAR	11/5	LV
4:51.4	Costa Michael	M45	BAR	11/7	Luton
4:52.6	Paul Carter	M45	BAR	11/5	LV
4:59.6	Robin Baynham	M45	HPX	22/6	Copthall
5:04.8	Paul Reddaway	M45	HPX	11/5	LV
4:47.2	David Bowker	M50	HPX	22/6	Copthall
4:56.0	Pete Ellis	M50	BAR	11/5	LV
5:03.2	Keith McLellan	M50	LUT	2/5	Braintree
5:23.90	John Mayor	M50	SNH	29/7	Lahti,FIN
5:51.1	Jim Brown	M50	FVS	4/5	Stevenage
6:27.4	Paul Holgate	M50	FVS	4/5	Stevenage
4:37.2	Dave Wilcock	M55	BAR	16/8	Solihull
4:57.2	Des Michael	M55	BAR	11/5	LV
5:04.79	Mike Dixon	M60	HPX	6/8	Lahti,FIN
5:08.1	Richard Melvern	M60	HPX	11/5	LV
5:30.0	Richard Bloom	M60	HPX	11/5	LV

5:34.2	Stuart Mann	M60	HPX	11/5	LV
5:52.3	John Cooper	M60	D&T	22/6	Copthall
6:05.7	John Shirley	M60	BAR	11/5	LV
6:56.4	Malcolm Sargeant	M60	D&T	11/5	LV
6:03.1	Vincent Wilson	M?	WAT	6/9	Watford

3000 metres

9:08.4	Ian Johnston	M40	SHETT	19/7	Hemel H
9:11.9	Paul Greaves	M40	HPX	13/7	Hemel H
9:26.7	Richard McCormick	M40	BAR	1/6	Copthall
11:03.06	Graham Mayoh	M40	WAT	12/8	Watford
11:09.2	Martin Arnold	M40	D&T	13/7	Hemel H
9:45.6	Adrian Mason	M45	BAR	1/6	Copthall
10:18.6	Costa Michael	M45	BAR	1/6	Copthall
10:31.1	Paul Reddaway	M45	HPX	13/7	Hemel H
11:20.26	A Angus	M45	WAT	1/7	Watford
10:15.0	Peter Ellis	M50	BAR	1/6	Copthall
10:19.4	David Bowker	M50	HPX	1/6	Copthall
10:22.3	Des Michael	M50	BAR	1.6	Copthall
11:00.5	Robert Brown	M50	D&T	13/7	Hemel H
10:55.4	Richard Melvern	M60	HPX	13/7	Hemel H
11:47.6	Stuart Mann	M60	HPX	13/7	Hemel H
12:07.5	Richard Bloom	M60	HPX	13/7	Hemel H
12:48.3	John Cooper	M60	D&T	1/6	Copthall
14:05.4	Malcolm Sargeant	M60	D&T	1/6	Copthall
10:50.5	Mike Dixon	M65	HPX	19/7	Hemel H

5000 metres

15:28.89	John Clarke	M35	NEB	4/7	Manchester
16:12.0	Grant Ramsay	M35	BAR	Aug	Copthall
15:38.6	Paul Greaves	M40	HPX	11/7	Chelmsford
15:46.6	Ian Johnston	M40	SHETT	10/5	Stevenage
16:14.5	Richard McCormick	M40	BAR	2/5	Hemel H
16:17.67	Ian Johnston	M40	SHETT	27/6	France
19:31.7	Martin Arnold	M40	D&T	1/8	Hemel H
19:48.2	Richard Sidlin	M40	FVS	4/5	Stevenage
19:55.1	Andrew del Nevo	M40	D&T	11/7	Eton
20:58.2	Mark Glading	M40	FVS	4/5	Stevenage
21:56.5	Andy Jay	M40	FVS	4/5	Stevenage
22:29.4	Christopher Leigh	M40	FVS	4/5	Stevenage
22:34.9	John Murphy	M40	BAR	2/5	Hemel H
16:39.6	Adrian Mason	M45	BAR	6/6	Ware
16:42.2	Andy Kelleher	M45	BAR	1/7	Luton
19:50.3	Steve Smithson	M45	FVS	4/5	Stevenage
17:20.2	David Bowker	M50	SNH	2/5	Woking
17:34.6	Peter Ellis	M50	BAR	22/6	Copthall
17:40.2	Keith McLellan	M50	LUT	2/5	Braintree
18:34.2	Mikk Bradley	M50	WAT	6/9	Watford
19:11.0	Robert Brown	M50	D&T	27/6	Eton
20:32.9	Jim Brown	M50	FVS	4/5	Stevenage
23:17.0	Paul Holgate	M50	FVS	4/5	Stevenage
23:33.1	Peter Dollman	M50	D&T	17/9	Hemel h
18:11.28	Des Michael	M55	BAR	5/7	Birmingham
20:32.2	Richard Bloom	M60	HPX	2/5	Hemel H
20:51.3	Nick Bingham	M60	BAR	22/6	Copthall
21:42.3	Antony Allen	M60	D&T	17/9	Hemel H
21:58.5	John Cooper	M60	D&T	11/7	Eton
24:26.1	Malcolm Sargeant	M60	D&T	22/6	Copthall
25:11.8	Fabian Mills	M60	D&T	17/9	Hemel H
26:11.8	John Steed	M70	HPX	4/5	Stevenage
26:25.4	John Jales	M70	D&T	17/9	Hemel H

10000 metres

32:48.35	Ian Johnston	M40	SHETT	13/9	Oxford
42:48.48	Jim Brown	M55	FVS	27/9	Bedford

100m Hurdles

15.29	John Mayor	M50	SNH	29/7	Lahti,FIN
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110m Hurdles

19.7	Lee Copeland	M40	D&T	1/8	Hemel H
22.4	Trevor Ratcliffe	M40	D&T	1/6	Copthall
24.8	Richard McCormick	M40	BAR	6/6	Ware
26.3	Dave Crout	M40	BAR/TP	11/7	Luton
29.4	John Murphy	M40	BAR	1/8	Ipswich

400m Hurdles

65.5	Lee Copeland	M40	D&T	1/8	Hemel H
71.1	Paul Keeble	M40	SNH	11/7	Hastings
71.4	Dave Crout	M40	BAR/TP	6//6	Ware
73.2	Richard McCormick	M40	BAR	6/6	Ware
76.2	Andrew del Nevo	M40	D&T	16/5	Basingstoke
85.0	John Murphy	M40	BAR	1/8	Ipswich
65.0	John Mayor	M50	SNH	27/6	Hemel H

2000m Steeplechase

7:59.70	Mike Dixon	M65	HPX	8/8	Lahti,FIN
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3000m Steeplechase

10:34.28	Grant Ramsay	M35	BAR	23/8	Ipswich
11:51.0	Andrew del Nevo	M40	D&T	16/5	Basingstoke
12:23.2	Graham Moyoh	M40	WAT	27/6	Hemel H
13:45.1	John Murphy	M40	BAR	1/8	Ipswich
14:36.9	Paul Keeble	M40	SNH	11/7	Hastings
16:30.8	Trevor Ratcliffe	M40	D&T	16/5	Basingstoke

High Jump

1.70	John Garner	M40	D&T	2/5	Cambridge
1.50	Trevor Ratacliffe	M40	D&T	16/5	Basingstoke
1.50	Richard Emptage	M40	D&T	6/6	Sandy
1.45	Junior Lewis	M40	HPX	13/7	Hemel H
1.20	Dave Crout	M40	BAR/TP	2/5	Hemel H
1.20	Richard McCormick	M40	BAR	16/5	Newham
1.40	Mel Parker	M45	BAR	13/7	Hemel H
1.65	John Mayor	M50	SNH	4/7	Birmingham
1.35	Les Winters	M50	SNH	6/9	Stevenage
1.25	Dick Parles	M60	WAT	6/9	Watford
1.20	David Ives	M60	D&T	13/7	Hemel H
1.21	Roger Bruck	M70	BAR	5/7	Birmingham

Pole Vault

2.60	Trevor Ratcliffe	M40	D&T	16/5	Basingstoke
2.40	Andrew del Nevo	M40	D&T	16/5	Basingstoke
1.00	Dave Crout	M40	BAR/TP	11/7	Luton
2.10	Mel Parker	M45	BAR	1/6	Copthall
2.70	John Mayor	M50	SNH	29/7	Lahti,FIN
1.90	Bela Nagy	M50	BAR	1/6	Copthall
2.20	Mike Dixon	M60	HPX	1/6	Copthall
1.90	David Ives	M60	D&T	1/6	Copthall

Long Jump

5.25	Richard Emptage	M40	D&T	13/7	Hemel H
5.10	Junior Lewis	M40	HPX	11/5	LV
4.88	Dave Crout	M40	BAR/TP	11/7	Luton
4.78	Ian Hawtin	M40	D&T	2/5	Cambridge
4.56	John Murphy	M40	BAR	11/7	Luton
4.44	Paul Keeble	M40	SNH	6/9	Stevenage
4.08	Jeremy Rackham	M40	SNH	4/5	Stevenage
4.28	Derek Walker	M45	WAT	2/5	Colchester
2.81	Costa Michael	M45	BAR	13/7	Hemel H

4.36	Peter Moss	M50	BAR	11/5	LV
4.06	Bela Nagy	M50	BAR	13/7	Hemel H
5.75/2.8	John Mayor	M50	SNH	5/7	Birmingham
4.15	Mike Maisey	M55	HPX	13/7	Hemel H
3.37	John Lee	M60	HPX	11/5	LV
3.31	David Ives	M60	D&T	11/5	LV
2.85	Mike Dixon	M60	HPX	11/5	LV
3.96/1.0	Roger Bruck	M70	BAR	4/7	Birmingham
2.30	Peter Morris	M70	D&T	11/5	LV

Triple Jump

11.88	Junior Lewis	M40	HPX	11/7	Chelmsford
11.15	Richard Emptage	M40	D&T	27/6	Eton
10.69	Dave Crout	M40	BAR/TP	6/6	Ware
7.11	Richard McCormick	M40	BAR	1/8	Ipswich
8.59	Bela Nagy	M50	BAR	22/6	Copthall
8.00	John Lee	M60	HPX	22/6	Copthall
7.20	David Ives	M60	D&T	22/6	Copthall

Shot (7.26k)

10.65	Steve Maisey	M35	HPX	22/6	Copthall
7.75	Paul Nash	M35	BAR	20/9	Hemel H
11.23	John Garner	M40	D&T	6/6	Sandy
10.48	Jeremy Tigar	M40	D&T	11/7	Eton
9.71	Trevor Ratcliffe	M40	D&T	11/5	LV
9.61	Chas Allbrighton	M40	SNH	16/5	Erith
8.49	Junior Lewis	M40	HPX	1/8	St Ives
7.61	Mark Glading	M40	FVS	4/5	Stevenage
7.42	Paul Keeble	M40	SNH	11/7	Hastings
7.05	Steve Feely	M40	SNH	18/7	Copthall
6.86	Jeremy Rackham	M40	SNH	6/9	Stevenage
6.38	Hugh Turner	M40	BAR	11/7	Luton
9.21	David Lipscomb	M45	SERP	6/6	Broadbridge Heath
9.13	Ty Holden	M45	BAR	20/9	Hemel H
8.42	Peter Rice	M45	BAR	11/5	LV
7.83	John Dickinson	M45	WAT	6/9	Watford
5.36	David Bowker	M50	SNH	16/7	Erith
8.48	Tim Saunders-Mullins	M55	WAT	10/5	Stevenage
8.24	Mick Shortland	M60	SNH	31/8	Peterborough

Shot (6k)

10.39	John Mayor	M50	SNH	22/6	Copthall
9.65	Mick Shortland	M50	SNH	6/8	Sandy
8.07	Patrick Smith	M50	BAR	16/9	Parliament Hill
9.56	Tim Saunders-Mullins	M55	WAT	10/4	Welwyn GC
8.16	Brian Yeomans	M60	WAT	14/6	Kingston
6.76	Mike Dixon	M60	HPX	11/5	LV

Shot (5k)

9.90	Godfrey Leak	M60	SNH	4/5	Stevenage
8.82	David Ives	M60	D&T	22/6	Copthall
7.93	Brian Yeomans	M60	WAT	6/9	Watford
7.83	Dick Parles	M60	WAT	6/9	Watford
7.05	Steve Harris	M60	BAR	11/5	LV
6.26	John Lee	M60	HPX	11/5	LV
6.02	Len Allbrighton	M60	SNH	4/5	Stevenage
9.85	Godfrey Leak	M65	SNH	5/7	Birmingham
6.80	Peter Morris	M70	D&T	11/5	LV

Shot (4k)

10.97	Ian Miller	M70	HPX	21/6	Milton Keynes
10.42	Ian Miller	M75	HPX	12/12	Ewell

Discus

27.58 2k	Steve Maisey	M35	HPX	22/6	Copthall
35.82 2k	John Garner	M40	D&T	6/6	Sandy
32.27 2k	Trevor Ratcliffe	M40	D&T	2/5	Cambridge
29.29 2k	Chas Allbrighton	M40	SNH	18/7	Copthall
29.26 2k	Jeremy Tigar	M40	D&T	22/6	Copthall
27.66 2k	Junior Lewis	M40	HPX	16/5	Milton K
22.32 2k	Mel Parker	M40	BAR	20/9	Hemel H
19.48 2k	Hugh Turner	M40	BAR	2/5	Hemel H
18.08 2k	Steve Feely	M40	SNH	2/5	Woking
17.10 2k	Paul Keeble	M40	SNH	6/9	Stevenage
12.47 2k	Richard McCormick	M40	BAR	16/5	Newham
37.92 2k	Clive Jackson	M45	E&H	7/3	LV
27.48 2k	David Lipscomb	M45	SERP	2/5	K2 Crawley
21.34 2k	Peter Rice	M45	BAR	22/6	Copthall
33.41 1.5k	John Mayor	M50	SNH	29/7	Lahti,FIN
30.81	John Mayor	M50	SNH	12/9	Oxford
25.46 1.5k	Patrick Smith	M50	BAR	25/7	Parliament Hill
25.10	David Lipscomb	M50	SERP	29/3	Iford
23.34 1.5k	Tim Saunders-Mullins	M55	WAT	30/7	Lahti,FIN
18.94 2k	Tim Saunders-Mullins	M55	WAT	6/6	Walton
36.27 1k	Godfrey Leak	M60	SNH	22/6	Copthall
29.93 1k	David Ives	M60	D&T	22/6	Copthall
25.82 1.5k	Brian Yeomans	M60	WAT	6/9	Watford
23.93 1k	Mick Shortland	M60	SNH	6/8	Sandy
22.06 1k	Steve Harris	M60	BAR	22/6	Copthall
17.05 2k	Mike Dixon	M60	HPX	2/5	Hemel H
16.34 1k	Len Allbrighton	M60	SNH	4/5	Stevenage
37.19 1k	Godfrey Leak	M65	SNH	5/7	Birmingham
29.32 1k	Ian Miller	M70	HPX	16/5	Sutton Coldfield
29.67 1k	Ian Miller	M75	HPX	12/12	Ewell

Hammer

25.74 7.26k	Steve Maisey	M35	HPX	1/6	Copthall
17.72 7.26k	Paul Nash	M35	BAR	20/9	Hemel H
33.90 7.26k	Trevor Ratcliffe	M40	D&T	1/6	Copthall
29.94 7.62k	Chas Allbrighton	M40	SNH	27/6	Hemel H
29.74 7.26k	John Garner	M40	D&T	1/8	Hemel H
27.37 7.26k	Jeremy Tigar	M40	D&T	11/7	Eton
24.89 7.26k	Steve Feely	M40	SNH	27/6	Hemel H
21.28 7.26k	Hugh Turner	M40	BAR	2/5	Hemel H
9.53 7.26k	Richard McCormick	M40	BAR	16/5	Newham
23.91 7.26k	David Lipscomb	M45	SERP	8/6	Twickenham
20.77 7.26k	Pete Rice	M45	BAR	1/6	Copthall
40.94 7.26k	Paul Dickenson	M50	D&T	27/6	Eton
24.81 6k	Patrick Smith	M50	BAR	1/6	Copthall
20.04 6k	Les Winters	M50	SNH	6/9	Stevenage
30.88 6k	Tim Saunders-Mullins	M55	WAT	2/8	Lahti,FIN
27.46 7.26k	Tim Saunders-Mullins	M55	WAT	27/6	Hemel H
32.36 5k	Godfrey Leak	M60	SNH	1/6	Copthall
26.17 5k	Mick Shortland	M60	SNH	29/8	Woodford
25.86 7.26k	Mick Shortland	M60	SNH	31/8	Peterborough
25.57 5k	David Ives	M60	D&T	1/6	Copthall
23.42 6k	Godfrey Leak	M60	SNH	1/6	Copthall
19.70 5k	Brian Yeomans	M60	WAT	6/9	Watford
18.09 5k	Steve Harris	M60	BAR	1/6	Copthall
14.48 5k	Len Allbrighton	M60	SNH	4/5	Stevenage
33.52 5k	John Lee	M65	HPX	4/5	Stevenage
29.88 5k	Godfrey Leak	M65	SNH	4/7	Birmingham
36.81 4k	Ian Miller	M70	HPX	8/3	LV
30.28 4k	Ian Miller	M75	HPX	12/12	Ewell

Javelin

46.79 800g	Steve Maisey	M35	HPX	6/6	Ware
14.88 800g	Paul Nash	M35	BAR	20/9	Hemel H
57.68 800g	Trevor Ratcliffe	M40	D&T	11/5	LV

48.64 800g	Jeremy Tigar	M40	D&T	27/6	Eton
40.02 800g	John Garner	M40	D&T	27/6	Eton
28.74 800g	Chaz Allbrighton	M40	SNH	11/7	Hastings
24.47 800g	Hugh Turner	M40	BAR	11/7	Luton
27.79 800g	David Lipscomb	M45	SERP	2/5	K2, Crawley
19.29 800g	Pete Rice	M45	BAR	20/9	Hemel H
32.23 700g	John Mayor	M50	SNH	4/5	Stevenage
25.26 700g	Peter Moss	M50	BAR	11/5	LV
23.27 700g	Bela Nagy	M50	BAR	13/7	Hemel H
15.74 700g	Patrick Smith	M50	BAR	20/9	Hemel H
22.42 700g	Tim Saunders-Mullins	M55	WAT	8/8	Lahti,FIN
31.79 600g	Brian Yeomans	M60	WAT	4/5	Stevenage
30.65 600g	Mike Dixon	M60	HPX	4/5	Stevenage
28.86 600g	David Ives	M60	D&T	13/7	Hemel H
26.60 700g	Mike Dixon	M60	HPX	11/5	LV
14.48 600g	Len Allbrighton	M60	SNH	4/5	Stevenage
29.45 600g	John Gandee	M65	HPX	13/7	Hemel H
23.74 400g	Ian Miller	M70	HPX	21/6	Milton K
22.53 400g	Ian Miller	M75	HPX	12/12	Ewell

Weight

9.74	Tim Saunders-Mullins	M55	WAT	8/3	LV
14.03	Godfrey Leak	M65	SNH	5/7	Birmingham
14.65	Ian Miller	M70	HPX	16/5	Sutton Coldfield
13.19	Ian Miller	M75	HPX	12/12	Ewell

Weight Pentathlon

2273	Tim Saunders-Mullins	M55	8/8	Lahti,FIN	
3589	Ian Miller	M70	HPX	16/5	Sutton Coldfield
3960	Ian Miller	M75	HPX	12/12	Ewell

2kWalk

11:16.3	Costa Michael	M45	BAR	11/5	LV
10:26.8	Steve Allen	M50	BAR	11/5	LV
12:37.3	Dave Bowker	M50	SNH	11/5	LV
12:28.4	John Borgars	M60	HPX	11/5	LV
13:18.5	Peter Morris	M70	D&T	11/5	LV

3kWalk

17:39.3	Costa Michael	M45	BAR	4/5	Stevenage
15:56.2	Steve Allen	M50	BAR	4/5	Stevenage
19:04.8	David Bowker	M50	FVS	4/5	Stevenage
19:01.79	John Borgars	M60	HPX	9/8	Chelmsford
16:04.7	Arthur Thomson	M70	E&H	4/5	Stevenage
22:12.84	Ken Livermore		M75	E&H	4/4 LV

5kWalk

27:30.77	Arthur Thomson	M70	E&H	5/7	Birmingham
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Decathlon

6788	John Mayor	M50	SNH	29/7	Lahti,FIN
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Relays

4x100

54.2	Stevenage & NH	4/5	Stevenage		
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4x200

1:48.9	Herts Phoenix	13/7	Hemel H		
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4x400

4:12.3	Herts Phoenix	1/6	Copthall		
4:13.4	Stevenage & NH	4/5	Stevenage		

Medley (200, 200, 400, 800)

4:12.8 Herts Phoenix 22/6 Copthall

INDOOR PERFORMANCES

60m

7.15 Mark Collins M35 LUT 4/1 LV
7.29 Morgan Charles M35 WAT 1/3 LV

200m

23.47 Mark Collins M35 LUT 13/12 LV
25.00 Steve Maisey M35 HPX 13/12 LV
31.96 Colin Field M70 TPRC 13/12 LV

400m

57.89 Dave Wilcock M55 BAR 8/3 LV

800m

2:10.39 Dave Wilcock M55 BAR 8/3 LV

1500m

4:38.77 Andrew del Nevo M40 D&T 29/3 Ancona,ITA
4:48.92 Keith McLellan M50 LUT 8/3 LV
4:34.48 Dave Wilcock M55 BAR 8/3 LV
5:58.2 Mike Sawyer M60 BAR 7/3 LV

3000m

9:10.08 Ian Johnston M40 SHETT 8/3 LV
10:23.35 Andrew del Nevo M40 D&T 29/3 Ancona,ITA
10:12.75 Keith McLellan M50 LUT 8/3 LV
12:42.88 Mike Sawyer M65 BAR 8/3 LV

60H

9.22 John Mayor M50 SNH 8/3 LV

3kWalk

16:40.33 Arthur Thomson M70 HPX 8/3 LV
21:52.81 Ken Livermore M75 E&H 8/3 LV

High Jump

1.60 John Mayor M50 SNH 8/3 LV
1.27 Roger Bruck M65 BAR 7/3 LV

Long Jump

5.20 Peter Ilo M45 BAR 7/3 LV
5.46 John Mayor M50 SNH 8/3 LV
3.69 Roger Bruck M65 BAR 22/2 LV

Shot 7.26k

8.68 David Lipscomb M50 SERP 15/3 LV
8.54 Tim Saunders-Mullins M55 WAT 15/3 LV

Shot (6k?)

10.81 Ian Miller M70 HPX 8/3 LV
9.26 Tim Saunders-Mullins M55 WAT 4/1 Lee Valley
9.88 Godfrey Leak M60 SNH 8/3 LV

Shot

7.81 Roger Bruck M65 BAR 22/2 LV