

2010 HERTS COUNTY T&F RANKING LISTS

Veteran Men

Outdoor Performances

100m

11.6	Steve Maisey	M35	HPX	10/5	LV
12.4	Jon Humphries	M45	HPX	10/5	LV
12.45	John Garner	M45	D&T	3/7	Cardiff
12.5	Peter Ilo	M45	BAR	10/5	LV
12.6	Ty Holden	M45	BAR	15/5	Bedford
12.7	John Mayor	M50	SNH	5/9	Stevenage
12.75/0.2	David Benham	M45	HPX	21/4	Watford
13.2	Paul Keeble	M40	SNH	5/9	Stevenage
13.4	Ian Hawtin	M40	D&T	10/5	LV
13.4	Martin Procter	M45	HPX	3/5	Stevenage
13.5	Ian Hawtin	M4	D&T	3/5	Stevenage
13.5	Dave Wilcock	M55	BAR	21/6	LV
13.8	Michael Martin	M45	BAR	19/9	Hemel H
13.8	Mike Maisey	M55	HPX	10/5	LV
14.2	Steve Mayfield	M40	FVS	3/5	Stevenage
14.3	Alan Perry	M55	HARR	10/5	LV
14.9	Andrew del Nevo	M40	D&T	12/5	Battersea
15.00	David Newman	M50	GCR	3/8	Woodford
15.4	Richard McCormick	M40	BAR	5/6	Battersea Park
15.4	Colin Field	M70	TPRC	3/5	Stevenage
15.7	Mike Dixon	M65	HPX	3/5	Stevenage
15.9	Roger Bruck	M70	BAR	10/5	LV
16.1	Chris Lawn	M65	HPX	5/9	Ashford
20.0	Len Allbrighton	M65	SNH	3/5	Stevenage

200m

24.2	Steve Maisey	M35	HPX	24/5	Copthall
24.28	Michael Vassilou	M45	E&H	21/7	Hungary
24.9	John Garner	M40	D&T	21/4	Hemel H
25.0	Jon Humphries	M45	HPX	24/5	Copthall
25.58/-1.9	Peter Ilo	M45	BAR	5/5	Watford
25.9	Ty Holden	M45	BAR	3/5	Stevenage
26.2	John Mayor	M50	SNH	12/7	Hemel H
27.5	Dave Crout	M40	BAR	15/5	Bedford
27.5	Ian Hawtin	M40	D&T	24/5	Copthall
27.5	Stuart Dearthman	M45	WAT	5/6	Milton K
27.7	Michael Martin	M45	BAR	19/9	Hemel H
27.7	David Ives	M60	D&T	12/7	Hemel H
27.8	Martin Procter	M45	HPX	12/9	Ashford
27.9	Clyde Gordon	M40	BAR	24/5	Copthall
28.1	Dave Wilcock	M55	BAR	24/5	Copthall
28.3	Robin Baynham	M45	HPX	24/5	Copthall
29.2	Mike Maisey	M55	HPX	24/5	Copthall
29.5	Paul Pickard	M40	FVS	3/5	Stevenage
29.6	Alan Perry	M55	HARR	29/8	Battersea Park
29.7	Mike Maisey	M60	HPX	12/7	Hemel H
30.3	Steve Mayfield	M40	FVS	15/7	Sandy
30.79	David Newman	M50	GCR	2/6	Watford
31.8	Hugh Turner	M50	BAR	19/9	Hemel H
32.1	Chris Lawn	M65	HPX	24/5	Copthall
32.8	Colin Field	M70	TPRC	3/5	Stevenage
33.3	Roger Bruck	M70	BAR	24/5	Copthall
35.7	Peter Morris	M70	D&T	12/7	Hemel H

35.8	John Cooper	M60	D&T	19/9	Hemel H
400m					
53.31	Michael Vassiliou	M45	E&H	20/7	Hungary
56.5	Peter Ilo	M45	BAR	21/6	LV
56.9	Ty Holden	M45	BAR	21/6	LV
57.50	John Mayor	M50	SNH	11/9	Oxford
59.1	Jon Humphries	M45	HPX	21/6	LV
59.8	Dave Wilcock	M55	BAR	10/5	LV
62.9	Robin Baynham	M45	HPX	21/6	LV
63.5	Steve Mayfield	M40	FVS	7/7	Chelmsford
63.7	Martin Procter	M45	HPX	10/5	LV
64.4	Michael Martin	M45	BAR	19/9	Hemel H
65.7	Mike Maisey	M60	HPX	21/6	LV
66.9	Mike Dixon	M65	HPX	21/6	LV
67.25	David Newman	M50	GCR	17/7	LV
68.8	Paul Pickard	M40	FVS	5/5	Chelmsford
71.3	Chris Lawn	M65	HPX	21/6	LV
79.3	Des Michael	M60	BAR	21/6	LV
80.5	Alan Perry	M55	HARR	26/6	Harrow
82.1	John Cooper	M60	D&T	10/5	LV
92.2	Peter Morris	M70	D&T	21/6	LV
800m					
2:13.0	Paul Greaves	M40	HPX	24/5	Copthall
2:14.7	Dave Crout	M40	BAR	16/5	LV
2:14.8	Dave Wilcock	M55	BAR	8/8	Solihull
2:16.4	Mel Parker	M45	BAR	1/6	Copthall
2:17.3	Stuart Dearman	M45	WAT	1/5	Watford
2:23.8	Robin Baynham	M45	HPX	12/7	Hemel H
2:29.23	Graham Mayoh	M40	WAT	8/9	Watford
2:29.4	John Mayor	M50	SNH	5/9	Stevenage
2:29.87	Mike Dixon	M65	HPX	4/7	Cardiff
2:31.0	Paul Reddaway	M50	HPX	5/9	Ashford
2:31.4	Steve Mayfield	M40	FVS	2/6	LV
2:34.2	Des Michael	M60	BAR	24/5	Copthall
2:38.4	Stuart Mann	M65	HPX	24/5	Copthall
2:38.5	Pete Eames	M5	Team Tri	3/5	Stevenage
2:42.4	Paul Pickard	M40	FVS	3/5	Stevenage
2:43.2	Paul Keeble	M40	SNH	5/9	Stevenage
2:46.2	Richard Bloom	M60	HPX	24/5	Copthall
2:54.8	John Cooper	M60	D&T	24/5	Copthall
3:10.6	Ted Kimber	M70	BAR	3/5	Stevenage
3:29.3	Bob Taylor	M60	BAR	19/9	Hemel H
1500m					
4:27.1	Paul Greaves	M40	HPX	10/5	LV
4:33.7	Richard McCormick	M45	BAR	10/5	LV
4:37.6	Mel Parker	M45	BAR	21/6	LV
4:38.21	Dave Crout	M40	BAR	8/9	Watford
4:41.0	Grant Ramsay	M35	BAR	21/6	LV
4:42.1	Adrian Mason	M45	BAR	10/5	LV
4:42.3	Dave Wilcock	M55	BAR	8/8	Solihull
4:48.8	Richard Holland	M50	WGEL	10/5	LV
4:54.34	Paul Carter	M45	BAR	8/9	Watford
4:59.7	Stuart Dearman	M45	WAT	10/7	LV
5:03.4	Robin Baynham	M45	HPX	21/6	LV
5:04.5	Graham Mayoh	M40	WAT	2/6	Watford
5:04.9	Des Michael	M60	BAR	19/5	Watford
5:06.0	Norman Morrison	M60	HPX	5/9	Ashford

5:07.7	Paul Reddaway	M50	HPX	10/5	LV
5:12.05	Mike Dixon	M65	HPX	4/7	Cardiff
5:15.99	Steve Mayfield	M40	FVS	11/8	Watford
5:24.0	Stuart Mann	M65	HPX	5/9	Ashford
5:30.6	Richard Bloom	M60	HPX	5/9	Ashford
5:30.78	John Mayor	M50	SNH	12/9	Oxford
5:36.0	Tim Marshall	M35	HPX	3/5	Stevenage
5:48.2	Paul Pickard	M40	FVS	25/9	Sandy
5:55.88	Andrew Jay	M45	FVS	25/8	Watford
6:07.01	Mike Sawyer	M70	BAR	27/3	LV
6:16.7	John Cooper	M60	D&T	10/5	LV
6:18.5	Jim Brown	M55	FVS	3/5	Stevenage
6:19.0	Roger Head	M65	HPX	10/5	LV
6:30.9	Ted Kimber	M70	BAR	10/5	LV
6:31.36	Paul Holgate	M50	FVS	8/9	Watford

1 Mile

5:13.1	Richard Holland	M50	WGEL	21/7	St Ives
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3000m

8:58.20	John Clarke	M35	NEB	2/6	Watford
9:30.8	Paul Greaves	M40	HPX	24/5	Copthall
9:36.0	Richard McCormick	M40	BAR	24/5	Copthall
9:45.6	Adrian Mason	M45	BAR	1/6	Copthall
9:47.0	Richard Holland	M50	WGEL	5/9	Milton K
10:21.8	Keith Turner	M50	BAR	24/5	Copthall
10:27.5	Mike Stapleton	M50	BAR	24/5	Copthall
10:40.9	Des Michael	M60	BAR	12/7	Hemel H
11:06.4	Norman Morrison	M55	HPX	12/7	Hemel H
11:06.69	Graham Mayoh	M40	WAT	21/4	Watford
11:15.8	Richard Melvern	M60	HPX	12/7	Hemel H
11:24.6	Paul Reddaway	M50	HPX	12/7	Hemel H
11:44.2	Stuart Mann	M65	HPX	5/9	Ashford
11:54.4	Richard Bloom	M60	HPX	5/9	Ashford
13:13.4	John Cooper	M60	D&T	12/7	Hemel H
13:29.1	Colin Hamlet	M60	WAT	19/9	Watford
13:42.6	Paul Pickard	M40	FVS	2/6	LV

5000m

15:50.4	Paul Greaves	M40	HPX	5/6	Eton
15:59.96	Ian Johnston	M40	SHETT	4/7	Cardiff
16:29.7	Richard McCormick	M45	BAR	5/6	Battersea Park
16:36.86	Grant Ramsay	M35	BAR	17/7	LV
16:55.0	Andy Kelleher	M45	BAR	1/5	Braintree
16:57.6	Adrian Mason	M45	BAR	31/7	Hemel H
17:12.5	Richard Holland	M50	WGEL	21/6	LV
17:33.4	S Bell	M40	FVS	3.5	Stevenage
17:49.9	Chris Manning	M40	BAR	31/7	Hemel H
17:50.0	Yitzhak Ben Aoya	M50	BAR	21/6	LV
18:00.4	Des Michael	M60	BAR	3/7	Cardiff
18:11.1	Costa Michael	M45	BAR	21/6	LV
19:27.0	Paul Reddaway	M50	HPX	21/6	LV
19:34.0	Andrew del Nevo	M40	D&T	31/7	Hemel H
19:49.4	Richard Melvern	M60	HPX	21/6	LV
20:30.3	Richard Bloom	M65	HPX	21/6	LV
20:01.5	Stephen Shaw	M45	D&T	16/9	Hemel H
20:14.0	Mikk Bradley	M50	WAT	1/5	Watford
20:48.6	Martin Arnold	M45	D&T	16/9	Hemel H
20:53.5	Stuart Mann	M65	HPX	21/6	LV
20:53.8	Steve Mayfield	M40	FVS	15/7	Sandy

20:55.8	Tim Marshall	M35	HPX	3/5	Stevenage
21:35.1	Andrew Hull	M4	FVS	3/5	Stevenage
21:47.4	Andrew Jay	M45	FVS	3/5	Stevenage
21:58.4	Jim Brown	M55	FVS	3/5	Stevenage
22:24.3	John Cooper	M60	D&T	16/9	Hemel H
22:43.5	Anthony Allen	M60	D&T	16/9	Hemel H
23:59.4	John Steed	M70	HPX	3/5	Stevenage
24:15.8	Paul Holgate	M50	FVS	3/5	Stevenage
28:20.8	Malcolm Sargeant	M60	D&T	16/9	Hemel H
10000m					
33:51.1	Ian Johnston	M40	SHETT	8/9	Battersea Park
46:16.4	Roger Biggs	M60	FVS	8/9	Battersea Park
100H					
15.02	John Mayor	M50	SNH	12/9	Oxford
110H (99.1cm)					
21.5	Robin Baynham	M45	HPX	24/5	Copthall
110H (106.7cm)					
19.9	Clyde Gordon	M40	BAR	24/5	Copthall
20.2	Lee Copeland	M40	D&T	31/7	Hemel H
21.6	Dave Crout	M40	BAR	10/7	Havering
29.6	John Murphy	M40	BAR	15/5	Bedford
300H					
54.57	Mike Dixon	M65	HPX	4/7	Cardiff
400H (84cm)					
64.33	John Mayor	M50	SNH	4/7	Cardiff
400H (91.4cm)					
65.8	Lee Copeland	M40	D&T	31/7	Hemel H
67.1	Andrew del Nevo	M40	D&T	5/6	Thurrock
68.3	Dave Crout	M40	BAR	10/7	Havering
83.7	John Murphy	M40	BAR	15/5	Bedford
73.0	Robin Baynham	M45	HPX	3/5	Stevenage
2000m Steeplechase					
8:25.96	Mike Dixon	M65	HPX	24/7	Hungary
3000m Steeplechase					
10:33.14	Grant Ramsay	M35	BAR	11/9	Chelmsford
11:38.4	Andrew del Nevo	M40	D&T	19/9	Hemel H
12:42.7	Derek Walker	M45	WAT	15/5	Stevenage
13:04.8	Graham Mayoh	M40	WAT	31/7	Hemel H
14:06.3	John Murphy	M40	BED	15/5	Bedford
14:16.7	Mikk Bradley	M50	WAT	1/5	Watford
High Jump					
1.65	John Garner	M40	D&T	9/5	Watford
1.60	John Mayor	M50	SNH	4/7	Cardiff
1.55	John Garner	M45	D&T	4/7	Cardiff
1.35	Richard Emptage	M45	D&T	3/5	Stevenage
1.35	Robin Baynham	M45	HPX	12/7	Hemel H
1.30	John Gandee	M65	HPX	5/9	Ashford
1.25	Steve Mayfield	M40	FVS	7/7	Chelmsford
1.25	David Ives	M60	D&T	12/7	Hemel H
1.00	Paul Holgate	M50	FVS	7/7	Chelmsford

Pole Vault

2.60	Andrew del Nevo	M40	D&T	29/5	Ewell
2.40	Trevor Ratcliffe	M40	D&T	1/5	Battersea
2.40	John Mayor	M50	SNH	12/9	Oxford
2.20	Mike Dixon	M65	HPX	1/5	Cambridge
2.00	Andrew Jackson	M50	D&T	19/9	Hemel H
1.90	Clyde Gordon	M40	BAR	24/5	Cophall
1.70	Bela Nagy	M60	BAR	24/5	Cophall
1.10	Dave Crout	M40	BAR	15/5	Bedford
1.10	Dick Parles	M60	WAT	5/6	Milton K

Long Jump

5.96w	John Garner	M45	D&T	3/7	Cardiff
5.60	John Garner	M40	D&T	3/5	Stevenage
5.58	John Mayor	M50	SNH	4/7	Cardiff
5.22	Peter Ilo	M45	BAR	8/9	Watford
5.01	Richard Emptage	M45	D&T	5/6	Thurrock
5.00	Martin Procter	M45	HPX	5/9	Ashford
4.78	Ian Hawtin	M40	D&T	3/5	Stevenage
4.69	Paul Keeble	M40	SNH	5/9	Stevenage
4.07	Steve Mayfield	M40	FVS	7/7	Chelmsford
4.01	Mike Maisey	M60	HPX	5/9	Ashford
3.88	Dave Wilcock	M55	BAR	10/5	LV
3.79	Roger Bruck	M70	BAR	8/8	Solihull
3.67	Paul Pickard	M40	FVS	5/5	Chelmsford
3.65	John Gandee	M65	HPX	5/9	Ashford
3.59	Mike Dixon	M65	HPX	10/5	LV
3.14	David Ives	M60	D&T	12/7	Hemel H
2.98	Graham Mayoh	M40	WAT	19/9	Watford

Triple Jump

11.93	Steve Maisey	M35	HPX	21/6	LV
10.90	Richard Emptage	M45	D&T	21/6	LV
10.60	Dave Crout	M40	BAR	10/7	Havering
10.49	Peter Ilo	M45	BAR	21/6	LV
9.02	Ian Hawtin	M40	D&T	19/9	Hemel H
9.01	Mike Maisey	M60	HPX	21/6	LV
8.59	Ron Bentley	M50	WAT	19/9	Watford
8.35	Bela Nagy	M50	BAR	21/6	LV
8.29	John Gandee	M65	HPX	5/9	Ashford
7.74	Steve Mayfield	M40	FVS	3/5	Stevenage
7.27	David Ives	M60	D&T	21/6	LV
5.38	Paul Holgate	M50	FVS	2/6	LV

Shot (4k)

11.32	Ian Miller	M75	HPX	8/8	Solihull
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Shot (5k)

9.63	Godfrey Leak	M65	SNH	4/7	Cardiff
9.53	Mick Shortland	M60	SNH	29/7	Sandy
9.23	Chris Lawn	M65	HPX	10/5	LV
8.73	David Ives	M60	D&T	21/6	LV
6.66	Bela Nagy	M60	BAR	10/5	LV
6.57	Len Allbrighton	M65	SNH	3/5	Stevenage
6.42	Peter Morris	M70	D&T	10/5	LV

Shot (6k)

10.39	John Mayor	M50	SNH	10/5	LV
10.35	Tim Saunders-Mullins	M55	WAT	19/9	Watford
9.85	Andrew Jackson	M50	D&T	19/9	Hemel H

8.49	Godfrey Leak	M65	SNH	5/9	Ashford
7.71	Patrick Smith	M55	BAR	21/6	LV
Shot (7.26k)					
11.10	John Garner	M45	D&T	31/7	Hemel H
10.57	Steve Maisey	M35	HPX	21/6	LV
10.25	Jeremy Tigar	M45	D&T	15/5	Bedford
10.04	Patrick David	M55	SNH	15/5	Stevenage
10.01	Jason Kingwell	M35	HPX	5/9	Ashford
9.74	Trevor Ratcliffe	M45	D&T	21/6	LV
9.63	Ian Lusty	M40	D&T	19/9	Hemel H
9.13	David Lipscomb	M45	SERP	15/5	Stevenage
8.59	Ty Holden	M45	BAR	20/9	Bedford
8.59	Tim Saunders-Mullins	M55	WAT	9/5	Watford
8.37	Pete Rice	M45	BAR	21/6	LV
7.03	Steve Feely	M40		26/6	Colchester
6.96	Patrick Smith	M55	BAR	5/6	Battersea Park
6.65	John Murphy	M40	BAR	31/7	Hemel H
5.84	Mike Dixon	M65	HPX	10/7	Croydon
5.35	Paul Pickard	M40	FVS	5/5	Chelmsford
Discus (1k)					
35.35	Godfrey Leak	M65	SNH	26/9	Norwich
30.77	Mick Shortland	M60	SNH	29/7	Sandy
29.12	Ian Miller	M75	HPX	4/7	Cardiff
25.92	David Ives	M60	D&T	21/6	LV
22.04	Steve Harris	M60	BAR	21/6	LV
21.70	Peter Morris	M70	D&T	21/6	LV
Discus (1.5k)					
40.31	Peter Bennett	M50	D&T	19/9	Hemel H
30.73	John Mayor	M50	SNH	5/9	Stevenage
29.75	Andrew Jackson	M50	D&T	19/9	Hemel H
28.39	Godfrey Leak	M65	SNH	5/9	Ashford
23.26	Tim Saunders-Mullins	M55	WAT	28/3	LV
21.94	Patrick Smith	M55	BAR	21/6	LV
Discus (2k)					
40.10	Witold Leonowicz	M40	Un	3/5	Stevenage
35.43	John Garner	M40	D&T	5/6	Thurrock
33.63	John Garner	M45	D&T	31/7	Hemel H
32.44	Clyde Gordon	M40	BAR	21/6	LV
32.41	Trevor Ratcliffe	M45	D&T	5/6	Thurrock
31.60	Jason Kingwell	M35	HPX	5/9	Ashford
28.55	David Lipscomb	M45	SERP	10/7	LV
26.80	Malcolm Wallace	M55	WAT	19/9	Watford
23.04	Steve Maisey	M35	HPX	21/6	LV
22.66	Ian Lusty	M40	D&T	19/9	Hemel H
22.58	Patrick David	M55	SNH	10/7	Bromley
20.01	Steve Feely	M40	SNH	26/6	Colchester
19.36	Tim Saunders-Mullins	M55	WAT	31/7	Hemel H
19.26	Hugh Turner	M50	BAR	1/5	Braintree
18.77	Paul Keeble	M40	SNH	5/9	Stevenage
18.28	Patrick Smith	M55	BAR	5/6	Battersea Park
18.07	John Murphy	M40	BAR	31.7	Hemel H
12.47	Richard McCormick	M40	BAR	16/5	Newham
Hammer (4k)					
35.80	Ian Miller	M75	HPX	20/6	Milton Keynes

Hammer (5k)

30.50	Mick Shortland	M60	SNH	3/5	Stevenage
29.42	John Lee	M65	HPX	3/5	Stevenage
28.85	Godfrey Leak	M65	SNH	4/7	Cardiff
17.78	Brian Yeomans	M60	WAT	3/5	Stevenage
17.71	Steve Harris	M60	BAR	24/5	Cophall

Hammer (6k)

31.11	Tim Saunders-Mullins	M55	WAT	2/6	Watford
28.39	Godfrey Leak	M65	SNH	5/9	Ashford
26.18	Hugh Turner	M50	BAR	19/9	Hemel H
25.94	Mick Shortland	M60	SNH	7/7	Chelmsford
25.21	Andrew Jackson	M50	D&T	19/9	Hemel H
22.30	Patrick Smith	M55	BAR	3/5	Stevenage
21.30	John Mayor	M50	SNH	24/5	Cophall

Hammer (7.26k)

40.95	Jason Kingwell	M35	HPX	5/9	Ashford
32.84	Trevor Ratcliffe	M45	D&T	1/5	Battersea
28.59	Steve Feely	M4	SNH	3/5	Stevenage
28.17	Tim Saunders-Mullins	M55	WAT	15/5	Stevenage
28.08	John Garner	M45	D&T	10/7	LV
23.97	Ian Lusty	M40	D&T	19/9	Hemel H
22.58	David Lipscomb	M45	SERP	15/5	Stevenage
20.98	Pete Rice	M40	BAR	24/5	Cophall
14.54	Paul Keeble	M40	SNH	1/5	Hemel H
14.43	Steve Mayfield	M40	FVS	7/7	Chelmsford
11.35	Richard McCormick	M40	BAR	31/7	Hemel H

Weight

14.23	Ian Miller	M75	HPX	4/7	Cardiff
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Javelin (500g)

26.65	Ian Miller	M75	HPX	23/5	Sutton Coldfield
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Javelin (600g)

30.41	John Gandee	M65	HPX	12/7	Hemel H
30.38	Brian Yeomans	M60	WAT	3/5	Stevenage
27.77	David Ives	M60	D&T	12/7	Hemel H
19.01	Len Allbrighton	M65	SNH	3/5	Stevenage

Javelin (700g)

48.02	Peter Bennett	M50	D&T	19/9	Hemel H
31.25	Andrew Jackson	M50	D&T	19/9	Hemel H
29.92	John Mayor	M50	SNH	12/9	Oxford
29.01	Mike Dixon	M65	HPX	10/5	LV
15.12	Patrick Smith	M55	BAR	10/5	LV

Javelin (800g)

57.18	Trevor Ratcliffe	M45	D&T	5/6	Thurrock
48.44	Steve Maisey	M35	HPX	5/9	Ashford
45.37	Jeremy Tigar	M45	D&T	5/6	Thurrock
34.66	Ian Lusty	M40	D&T	19/9	Hemel H
29.29	Clyde Gordon	M40	BAR	10.5	LV
27.64	Ian Hawtin	M40	D&T	19/9	Hemel H
27.15	David Lipscomb	M45	SERP	21/6	Hillingdon
24.22	Hugh Turner	M50	BAR	1/5	Braintree
17.82	Patrick Smith	M55	BAR	1/5	Braintree
15.47	Paul Pickard	M40	FVS	2/6	LV

Decathlon

6215	John Mayor	M50	SNH	12/9	Oxford
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Weight Pentathlon

3972	Ian Miller	M75	HPX	23/5	Sutton Coldfield
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4x100

52.4	Stevenage	3/5	Stevenage		
52.7	Herts Phoenix	10/5	Lee Valley (includes 2nd claim member)		

4x400

4:00.1	Herts Phoenix	24/5	Copthall (includes 2nd claim member)		
4:21.7	Stevenage	3/5	Stevenage		
5:04.7	Fairlands VS	3/5	Stevenage		

2kWalk

10:13.3	Steve Allen	M50	BAR	10/5	LV
11:29.9	Costa Michael	M45	BAR	10/5	LV
12:25.2	John Borgars	M60	HPX	12/7	Hemel H
12:58.2	Paul Reddaway	M50	HPX	12/7	Hemel H
13:47.2	Peter Morris	M70	D&T	10/5	LV
15:40.4	Paul Holgate	M50	FVS	7/7	Chelmsford

3k Walk

15:15.78	Steve Allen	M50	BAR	17/7	LV
15:46.03	Arthur Thomson	M70	E&H	31/5	Bedford
20:01.8	John Borgars	M60	HPX	3/5	Stevenage

5k Walk

26:09.38	Steve Allen	M50	BAR	19/6	Woodford
28:00.61	Arthur Thomson	M70	E&H	4/7	Cardiff

Indoor Performances**60m**

7.22	Mark Collins	M35	LUT	28/3	LV
7.91	Peter Ilo	M45	BAR	28/3	LV
8.12	David Benham	M40	HPX	24/1	LV
9.41	Colin Field	M70	TPRC	28/3	LV
9.60	Roger Bruck	M70	BAR	14/2	LV

200m

23.57	Mark Collins	M35	LUT	14/2	LV
27.32	Ty Holden	M45	BAR	24/1	LV
31.77	Colin Field	M70	TPRC	28/3	LV

400m

58.02	Peter Ilo	M45	BAR	14/2	LV
58.80	Ty Holden	M45	BAR	14/2	LV
67.15	Mike Dixon	M65	HPX	14/2	LV

800m

2:36.20	Mike Dixon	M65	HPX	14/2	LV
5:10.33	Roger Bruck	M70	BAR	24/1	LV

1500m

4:40.92	Andrew del Nevo	M40	D&T	27/3	LV
4:52.53	Keith McLellan	M50	LUT	14/2	LV
5:54.93	Mike Dixon	M65	HPX	14/2	LV

3000m

9:09.47	Ian Johnston	M40	SHETT	28/3	LV
10:05.85	Andrew del Nevo	M40	D&T	28/3	LV
10:10.81	Keith McLellan	M50	LUT	28/3	LV
11:23.13	Tony Cousins	M60	BAR	28/3	LV
13:12.49	Mike Sawyer	M70	BAR	28/3	LV

3kWalk

16:14.13	Arthur Thomson	M70	E&H	28/3	LV
16:15.06	Steve Allen	M50	BAR?	28/3	LV

60m Hurdles

9.40	John Mayor	M50	SNH	28/3	LV
12.68	Mike Dixon	M65	HPX	24/1	LV
13.40	Roger Bruck	M70	BAR	24/1	LV

High Jump

1.28	Roger Bruck	M70	BAR	24/1	LV
1.27	Mike Dixon	M65	HPX	24/1	LV

Long Jump

5.46	Peter Ilo	M45	BAR	28/3	LV
3.80	Mike Dixon	M65	HPX	24/1	LV
3.73	Roger Bruck	M70	BAR	14/2	LV

Shot

11.15	Ian Miller	M75	HPX	28/3	LV
10.65	John Mayor	M50	SNH		
8.85	Tim Saunders-Mullins	M55	WAT	14/2	LV
8.49	Roger Bruck	M70	BAR	24/1	LV
8.44	Mike Dixon	M65	HPX	24/1	LV

Pentathlon

3217	Mike Dixon	M65	HPX	24/1	LV
2626	Roger Bruck	M70	BAR	24/1	LV