

HERTFORDSHIRE COUNTY AAA 2013 OUTDOOR T&F RANKINGS

Veterans

100m

12.0	Steve Maisey	M35	HPX	10/6	LV
12.6	Peter Benedickter	M40	D&T	29/4	LV
13.6	Keith Julian	M40	HPX	29/4	LV
13.6	Simon Proctor	M40	FVS	1/5	Sandy
12.96/2.8	Steve Mayfield	M45	FVS	31/7	LV
13.1	Steve Mayfield	M45	SNH	8/9	Bedford
13.2	Martin Procter	M45	HPX	29/4	LV
12.7	Ty Holden	M50	BAR	29/4	LV
14.0	Mike Maisey	M60	HPX	10/7	Sandy
16.0	Mick Shortland	M60	FVS	8/9	Bedford
15.9	Roger Bruck	M70	BAR	29/4	LV

200m

23.92/1.7	Steve Maisey	M35	HPX	29/6	Hendon
28.3	Simon Jackson	M35	FVS	8/9	Bedford
28.5	Paul Pickard	M40	SNH	5/6	Stevenage
26.4	Martin Procter	M45	HPX	20/5	LV
26.62/1.8	Steve Mayfield	M45	FVS	14/8	LV
25.8	Ty Holden	M50	BAR	20/5	LV
26.7	John Mayor	M50	HPX	20/5	LV
32.56/-1.0	David Newman	M50	GCR	6/5	Stevenage
29.18/2.6	Mike Maisey	M60	HPX	29/6	Hendon
29.6	Mike Maisey	M60	HPX	20/5	LV
34.8	Mick Shortland	M60	FVS	7/8	MK
34.5	Chris Lawn	M65	HPX	8/7	Hemel H
32.9	Roger Bruck	M70	BAR	20/5	LV
35.1	Peter Morris	M75	D&T	20/5	LV

400m

71.4	Nick Harris	M35	WAT	9/8	Bury St Edmunds
55.3	Peter Benedickter	M40	D&T	10/6	LV
62.75	Nick Jones	M40	Chil	6/5	Stevenage
65.5	Keith Julian	M40	HPX	29/4	LV
70.8	Simon Proctor	M40	FVS	3/7	Kettering
59.7	Steve Mayfield	M45	FVS	13/7	Braintree
59.74	Martin Procter	M45	HPX	6/5	Stevenage
60.6	Andy Neatham	M45	FVS	1/5	Sandy
70.15	Graham Mayoh	M45	WAT	10/7	Watford
58.5	Ty Holden	M50	BAR	29/4	LV
58.8	Andy Cunningham	M50	BAR	29/4	LV
63.28	John Harris	M50	FVS	12/6	Watford
64.9	Robin Baynham	M50	HPX	10/6	LV
72.00	David Newman	M50	GCR	6/5	Stevenage
72.9	Mike Maisey	M60	HPX	10/6	LV
101.9	Malcolm Sargeant	M65	D&T	10/6	LV
87.1	Peter Morris	M75	D&T	10/6	LV

800m

2:20.5	Simon Jackson	M35	FVS	8/9	Bedford
2:39.4	Nick Harris	M35	WAT	18/5	Braintree
2:15.1	Grant Ramsay	M40	FVS	5/6	Stevenage
2:19.75	Andy Neatham	M40	FVS	6/5	Stevenage
2:29.72	Paul Pickard	M40	SNH	6/5	Stevenage
2:31.1	Andrew del Nevo	M40	D&T	15/9	Hemel H
2:19.8	Paul Greaves	M45	HPX	20/5	LV
2:26.07	Steve Mayfield	M45	FVS	18/9	Watford
2:27.23	Steve White	M45	HPX	12/6	Watford
2:34.38	Graham Mayoh	M45	WAT	25/5	Watford
2:37.56	Adrian Harwood	M45	WAT	4/9	Watford
2:11.2	Andy Cunningham	M50	BAR	20/5	LV
2:21.2	John Harris	M50	FVS	29/6	Sandy
2:37.2	Robin Baynham	M50	HPX	8/7	Hemel H
2:41.0	Paul Reddaway	M50	HPX	20/5	LV
2:55.29	Peter Eames	M50	SNH	6/5	Stevenage
2:37.0	David Bowker	M55	FVS	7/8	MK
2:50.7	Richard Bloom	M65	HPX	20/5	LV
2:56.9	John Cooper	M65	D&T	8/7	Hemel H
2:59.7	Mike Dixon	M65	HPX	20/5	LV
3:33.5	John Borgars	M65	HPX	8/7	Hemel H
3:45.2	Malcolm Sargeant	M65	D&T	15/9	Hemel H
3:06.9	Roger Head	M70	HPX	20/5	LV

1500m

4:31.27	Simon Jackson	M35	FVS	6/5	Stevenage
4:49.99	Nick Harris	M35	WAT	24/7	Watford
4:32.0	Grant Ramsay	M40	FVS	1/5	Sandy
4:32.47	Christopher Westcott	M40	FVS	6/5	Stevenage
4:36.69	Andy Neatham	M40	FVS	6/5	Stevenage
5:11.9	Chris Dunham	M40	HPX	29/4	LV
5:37.4	Michael Lamb	M40	D&T	15/9	Hemel H
5:48.2	Paul Pickard	M40	SNH	3/7	Kettering
4:31.54	Andy Neatham	M45	FVS	27/8	Woodford
4:40.0	Paul Greaves	M45	HPX	29/4	LV
5:00.37	Steve White	M45	HPX	6/5	Stevenage
5:05.03	Graham Mayoh	M45	WAT	21/8	Watford
5:08.2	Andrew del Nevo	M45	D&T	1/6	Ewell
5:16.26	Steve Mayfield	M45	SNH	23/6	Oxford
5:24.1	John Garner	M45	D&T	10/8	Hemel H
5:25.36	Adrian Harwood	M45	WAT	21/8	Watford
5:26.2	Steve Mayfield	M45	FVS	11/5	Hemel H
4:44.0	Andy Cunningham	M50	BAR	29/4	LV
4:50.4	John Harris	M50	FVS	3/7	Kettering
5:14.7	Paul Reddaway	M50	HPX	29/4	LV
5:06.8	David Bowker	M55	FVS	8/9	Bedford
6:22.56	Jim Brown	M60	FVS	6/5	Stevenage
5:41.6	Richard Bloom	M65	HPX	29/4	LV
5:44.2	Richard Melvern	M65	HPX	29/4	LV
5:57.9	John Cooper	M65	D&T	29/4	LV
6:40.1	John Shirley	M65	BAR	29/4	LV
7:03.6	Malcolm Sargeant	M65	D&T	15/9	Hemel H

3000m

9:47.2	Simon Jackson	M35	FVS	7/8	MK
10:56.0	Nick Harris	M35	WAT	18/5	Braintree
9:29.60	Ian Johnston	M40	Shett	21/7	Solihull
9:36.2	Grant Ramsay	M40	FVS	7/8	MK
10:50.5	Chris Dunham	M40	HPX	8/7	Hemel H
12:47.3	Paul Pickard	M40	SNH	11/5	Hemel H
9:32.9	Ian Johnston	M45	Shett	11/5	Hemel H
9:44.8	Paul Greaves	M45	HPX	20/5	LV
10:52.3	Steve White	M45	HPX	11/5	Hemel H
11:08.06	Graham Mayoh	M45	WAT	4/9	Watford
11:31.12	Adrian Harwood	M45	WAT	24/7	Watford
11:46.5	Andrew del Nevo	M45	D&T	29/5	Croydon
11:39.1	Paul Reddaway	M50	HPX	20/5	LV
12:41.7	Robin Baynham	M50	HPX	8/7	Hemel H
10:30.9	David Bowker	M55	FVS	5/6	Stevenage
12:09.8	Richard Bloom	M65	HPX	20/5	LV
13:03.6	John Cooper	M65	D&T	8/7	Hemel H
15:11.5	Malcolm Sargeant	M65	D&T	8/7	Hemel H

5000m

16:35.1	Steve Prosser	M35	HPX	21/4	Harrow
18:41.4	Nick Harris	M35	WAT	10/8	Bury St Edmunds
16:11.46	Ian Johnston	M40	Shett	16/6	Grangemouth
16:22.4	Grant Ramsay	M40	FVS	28/9	Sandy
17:03.50	David Annetts	M40	NHRR	6/5	Stevenage
20:29.8	Michael Lamb	M40	D&T	12/9	Hemel H
16:23.53	Ian Johnston	M45	SHETT	6/5	Stevenage
16:53.8	Matt Adcock	M45	WAT	27/4	Watford
16:57.9	Paul Greaves	M45	HPX	10/6	LV
19:53.1	Andrew del Nevo	M45	D&T	12/9	Hemel H
21:35.6	Alistair Parry	M45	HPX	21/4	Harrow
22:31.8	Robin Baynham	M50	HPX	10/6	LV
19:36.06	David Bowker	M55	FVS	15/6	Mile End
22:18.6	Ken Perry	M60	D&T	12/9	Hemel H
23:22.94	Jim Brown	M60	FVS	6/5	Stevenage
27:10.8	Peter Dollman	M60	D&T	12/9	Hemel H
20:33.1	Richard Bloom	M65	HPX	10/6	LV
22:22.5	John Cooper	M65	D&T	10/6	LV
27:14.3	Malcolm Sargeant	M65	D&T	10/6	Hemel H
29:24.8	John Jales	M70	D&T	12/9	Hemel H

10000m

34:52.1	Simon Jackson	M35	FVS	11/7	Sandy
33:33.61	Ian Johnston	M40	Shett	28/7	Oxford
41:10.8	David Bowker	M55	FVS	11/7	Sandy
42:54.6	Richard Bloom	M65	HPX	11/7	Sandy

110H (106.4)

20.9	John Garner	M45	D&T	10/8	Hemel H
23.9	Trevor Ratcliffe	M45	D&T	15/6	Ipswich

400H

76.4	Nick Harris	M35	WAT	18/5	Braintree
87.9	Trevor Ratcliffe	M45	D&T	20/4	Hemel H
78.47	Stewart Dearman	M50	WAT	15/6	Oxford
92.80	Peter Eames	M50	SNH	6/5	Stevenage
132.0	Dick Parles	M65	WAT	27/4	Watford

2000SC

7:29.6	Nick Harris	M35	WAT	15/6	Oxford
7:03.4	Grant Ramsay	M40	FVS	10/8	Cambridge
9:45.8	Paul Pickard	M40	SNH	15/6	Walton
7:41.4	Andrew del Nevo	M45	D&T	10/8	Hemel H
9:01.0	Graham Mayoh	M45	WAT	27/4	Watford
9:36.8	Pete Eames	M50	SNH	15/6	Walton

3000SC

10:43.5	Grant Ramsay	M40	BAR	7/9	Sandy
13:17.5	Andrew del Nevo	M45	D&T	18/5	St Albans
15:01.9	Pete Eames	M50	SNH	13/7	Braintree

High Jump

1.40	Nick Harris	M35	WAT	27/4	Watford
1.25	Simon Proctor	M40	FVS	3/7	Kettering
1.15	Paul Pickard	M40	SNH	1/5	Sandy
1.40	Richard Emptage	M45	D&T	6/5	Stevenage
1.35	Andrew del Nevo	M45	D&T	29/5	Croydon
1.25	Steve Mayfield	M45	FVS	3/7	Kettering
1.35	Robin Baynham	M50	HPX	8/7	Hemel H
1.25	John Harris	M50	FVS	1/5	Sandy
1.10	John Gandee	M70	HPX	8/7	Hemel H

Pole Vault

3.60	David Gordon	M45	D&T	10/8	Hemel H
2.90	Andrew del Nevo	M45	D&T	10/8	Hemel H
2.10	Steve Mayfield	M45	FVS	6/5	Stevenage
1.60	Andrew Jackson	M50	D&T	15/9	Hemel H
1.12	Dick Parles	M65	WAT	20/7	Watford

Long Jump

4.84	Simon Proctor	M40	FVS	6/5	Stevenage
3.93	Paul Pickard	M40	SNH	15/9	Stevenage
4.35	Steve Mayfield	M45	FVS	23/6	Oxford
5.19	Martin Procter	M45	HPX	6/5	Stevenage
4.83	Richard Emptage	M45	D&T	6/5	Stevenage
4.67	Ian Hawtin	M45	D&T	6/5	Stevenage
4.50	Dave Stephenson	M50	FVS	6/5	Stevenage
4.32	Mike Maisey	M60	HPX	29/4	LV
3.08	Mick Shortland	M60	FVS	1/5	Sandy
2.09	David Ives	M65	D&T	29/4	LV
3.58	Roger Bruck	M70	BAR	2/6	Ashford
3.20	John Gandee	M70	HPX	29/4	LV
2.00	Dick Parles	M65	WAT	27/4	Watford

Triple Jump

10.00	Simon Proctor	M40	FVS	6/5	Stevenage
6.86	Paul Pickard	M40	SNH	5/6	Stevenage
10.57	Richard Emptage	M45	D&T	6/5	Stevenage
8.29	Steve Mayfield	M45	FVS	8/9	Bedford
6.61	John Harris	M50	FVS	5/6	Stevenage
8.46	Mike Maisey	M60	HPX	10/6	LV
6.34	Mick Shortland	M60	FVS	5/6	Stevenage
7.87	John Gandee	M70	HPX	10/6	LV

Shot 7.26k

10.65	Steve Maisey	M35	HPX	29/4	LV
10.34	Ray McKenna	M35	WAT	27/4	Watford
10.89	Jason Kingwell	M40	HPX	10/6	LV
5.60	Paul Pickard	M40	SNH	15/9	Stevenage
11.03	John Garner	M45	D&T	13/7	Hemel H
9.60	Trevor Ratcliffe	M45	D&T	18/5	St Albans
9.41	Jeremy Togar	M45	D&T	20/4	Hemel H
9.24	Steve Mayfield	M45	FVS	20/4	Stevenage
8.33	Ty Holden	M50	BAR	18/5	Ipswich
6.26	Pete Eames	M50	SNH	13/7	Braintree
5.58	Bob Whittingham	M60	WAT	18/5	Braintree
8.52	Robert Burton	M65	EVAC	20/4	Woodford
6.50	Dick Parles	M65	WAT	15/6	Watford

Shot 6k

9.78	Andrew Jackson	M50	D&T	29/4	LV
9.15	Ty Holden	M50	BAR	10/6	LV
8.06	Dave Stephenson	M50	FVS	6/5	Stevenage

Shot 5k

10.14	Mick Shortland	M60	FVS	8/9	Bedford
9.61	Tim Saunders-Mullins	M60	StA	6/5	Stevenage
8.34	Robert Burton	M60	EVAC	6/5	Stevenage
6.94	Len Allbrighton	M60	SNH	6/5	Stevenage
8.97	David Ives	M65	D&T	29/4	LV
6.90	John Tyrrell	M75	FVS	3/7	Kettering

Shot 4k

8.26	Roger Bruck	M70	BAR	2/9	Ashford
7.86	John Tyrrell	M70	FVS	29/6	Sandy

Discus 1k

42.19	Derek Derenalagi F57	M35	WAT	29/5	Watford
31.65	Dave Faulkner	M60	HPX	10/6	LV
29.27	Mick Shortland	M60	FVS	8/9	Bedford
28.44	Robert Burton	M60	EVAC	6/5	Stevenage
25.00	Tim Saunders-Mullins	M60	StA	6/5	Stevenage
14.96	Len Allbrighton	M60	SNH	6/5	Stevenage
15.01	David Ives	M65	D&T	10/6	LV
20.30	John Tyrrell	M75	FVS	29/6	Sandy

Discus 1.5k

29.74	Andrew Jackson	M50	D&T	10/6	LV
25.28	Ty Holden	M50	BAR	15/9	Hemel H
16.98	John Gandee	M70	HPX	10/6	LV

Discus 2k

28.82	Steve Maisey	M35	HPX	29/4	LV
28.08	Ray McKenna	M35	WAT	27/4	Watford
34.16	Jason Kingwell	M40	HPX	10/6	LV
32.62	John Garner	M45	D&T	13/7	Hemel H
30.35	Trevor Ratcliffe	M45	D&T	10/6	LV
23.67	Steve Mayfield	M45	FVS	8/9	Bedford
20.22	Steve Feely	M45	SNH	10/8	Abingdon
15.01	Andrew del Nevo	M45	D&T	15/5	Battersea Park
21.29	Ty Holden	M50	BAR	18/5	Ipswich
22.06	Dave Faulkner	M60	GCR	25/5	Watford
13.80	Bob Whittingham	M60	WAT	18/5	Braintree
29.10	Robert Burton	M65	EVAC	20/4	Woodford
16.23	Dick Parles	M65	WAT	18/5	Braintree

Hammer 4k

33.28	Tim Saunders-Mullins	M60	StA	6/5	Stevenage
30.28	Mick Shortland	M60	SNH	6/5	Stevenage
23.68	Mike Maisey	M60	HPX	20/5	LV
29.48	John Lee	M65	HPX	6/5	Stevenage

Hammer 6k

25.28	Andrew Jackson	M50	D&T	15/9	Hemel H
27.76	Mick Shortland	M60	FVS	1/5	Sandy

Hammer 5k

31.15	Mick Shortland	M60	FVS	24/7	Watford
23.50	David Ives	M65	D&T	20/5	LV

Hammer 7.26k

42.63	Jason Kingwell	M40	HPX	7/9	Sandy
32.97	Trevor Ratcliffe	M45	D&T	10/8	Hemel H
27.94	Steve Feely	M45	SNH	13/7	Braintree
13.20	Steve Mayfield	M45	FVS	3/7	Kettering
21.79	Andrew Jackson	M50	D&T	15/6	Ipswich
13.09	Pete Eames	M50	SNH	18/5	Ware
29.30	Tim Saunders-Mullins	M60	StA	25/5	Watford
23.90	Mick Shortland	M60	FVS	15/6	Walton
11.86	Bob Whittingham	M60	WAT	18/5	Braintree
12.87	Dick Parles	M65	WAT	10/8	Bury St Edmunds

Javelin 500

25.83	Gerald Ratcliffe	M75	D&T	6/5	Stevenage
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Javelin 600g

27.77	Mick Shortland	M60	SNH	6/5	Stevenage
22.28	Len Allbrighton	M60	SNH	6/5	Stevenage
21.25	Tim Saunders-Mullins	M60	StA	6/5	Stevenage
21.79	David Ives	M65	D&T	8/7	Hemel H

28.06	John Gandee	M70	HPX	8/7	Hemel H
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Javelin 700g

29.78	Andrew Jackson	M50	D&T	8/7	Hemel H
23.36	Mike Dixon	M65	HPX	8/7	Hemel H

Javelin 800g

42.54	Steve Maisey	M35	HPX	8/7	Hemel H
28.10	Steve Mayfield	M40	FVS	6/5	Stevenage
13.50	Paul Pickard	M40	SNH	7/8	MK
53.97	Trevor Ratcliffe	M45	D&T	15/6	Ipswich
39.65	Jeremy Tigar	M45	D&T	20/4	Hemel H
37.85	John Garner	M45	D&T	15/9	Hemel H

Pentathlon

2211	Steve Mayfield	M45	FVS	11/5	Hemel H
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WALKS

10k Walk

55:02.6	Steve Allen	M55	BAR	24/4	Tooting Bec
59:32.1	Arthur Thomson	M75	E&H	24/4	Tooting Bec

5k Walk

26:36.56	Steve Allen	M55	BAR	29/6	Hendon
29:00.97	Arthur Thomson	M75	E&H	29/6	Hendon

3k Walk

15:37.01	Steve Allen	M55	BAR	30/7	Woodford
17:27.49	David Bowker	M55	FVS	21/7	Abingdon
18:57.30	John Borgars	M65	HPX	21/7	Abingdon
17:22.99	Arthur Thomson	M75	E&H	21/3	San Sebastian
23:43.68	Ken Livermore	M80	E&H	6/5	Stevenage

2k Walk

14:37.2	Paul Pickard	M40	SNH	1/5	Sandy
12:39.6	Paul Reddaway	M50	HPX	29/4	LV
10:39.1	Steve Allen	M55	BAR	29/4	LV
11:13.0	David Bowker	M55	FVS	3/7	Kettering
12:21.0	John Borgars	M65	HPX	8/7	Hemel H

1 Mile Walk

12:06.7	Paul Pickard	M40	SNH	5/6	Stevenage
8:34.10	Steve Allen	M55	BAR	26/8	Southend
9:05.5	David Bowker	M55	FVS	5/6	Stevenage
9:52.25	John Borgars	M65	HPX	26/8	Southend

4x100

51.9	Herts Phoenix	29/4	LV	
58.79	Stevenage & NH	6/5	Stevenage	

4x200

1:44.2	Herts Phoenix	8/7	Hemel H	
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4x400

4:03.0 Herts Phoenix 20/5 LV

Medley (2248)

4:22.8 Herts Phoenix 10/6 LV