

2014 County ranking lists

Veteran men

100m

11.9	Steve Maisey	M35	HPX	28/4	LV
12.58/-2.7	David Olusanya	M40	Harr	5/5	Stevenage
12.7	Tunde Apoola	M40	BAR	16/6	Hendon
14.2	Paul Pickard	M40	SNH		
14.59/-2.7	Andrew Maher	M40	SAS	5/5	Stevenage
16.0	Ciaran Weldon	M40	WAT	12/7	Watford
12.9	Steve Mayfield	M45	FVS	1/5	Stourport
14.0	Keith Julian	M45	HPX	16/6	Hendon
15.1	Adrian Harwood	M45	WAT	1/6	Watford
17.3	Graham Mayoh	M45	WAT	1/6	Watford
12.9	Ty Holden	M50	BAR	16/6	Hendon
12.96	Peter Ilo	M50	BAR	31/5	Hendon
13.84	Laurence Taylor	M50	BAR	9/4	Watford
14.0	Roger Armorgie	M50	HPX	16/6	Hendon
15.44/-2.7	Marc Phillips	M50	SAS	5/5	Stevenage
17.2	Mark Freeman	M55	FVS	26/7	Sandy
18.2	Maurice Lisley	M50	WAT	12/7	Watford
14.0	Dave Wilcock	M60	BAR	16/5	Hendon
16.8	Chris Lawn	M65	HPX	16/6	Hendon
18.0	Mike Dixon	M70	HPX	28/4	LV
15.86	Roger Bruck	M75	BAR	9/8	Birmingham

200m

24.2	Steve Maisey	M35	HPX	19/5	LV
24.96/-0.6	David Olusanya	M40	Harr	5/5	Stevenage
28.7	Paul Pickard	M40	SNH		
28.9	Laurence Scheyvens	M40	BAR	19/5	LV
29.60/-0.6	Andrew Maher	M40	SAS	5/5	Stevenage
32.9	Ciaran Weldon	M40	WAT	1/6	Watford
27.09/-0.6	Steve Mayfield	M45	FVS	5/5	Stevenage
32.3	Adrian Harwood	M45	WAT	1/6	Watford
26.2	Ty Holden	M50	BAR	14/7	Hemel H
30.2	Tim Butler	M50	BAR	19/5	LV
35.8	Maurice Lisley	M50	WAT	12/7	Watford
29.39	Laurence Taylor	M55	BAR	10/9	Watford
35.8	Mark Freeman	M55	FVS	26/7	Sandy
27.7	Dave Wilcock	M60	BAR	7/9	Ashford
33.27	Roger Bruck	M75	BAR	10/8	Birmingham
38.8	Peter Morris	M75	D&T	14/7	Hemel H

400m

54.7	Steve Maisey	M35	HPX	28/4	LV
64.3	Laurence Scheyvens	M35	BAR	16/6	Hendon
64.3	Grant Ramsay	M40	FVS	13/9	Stevenage
74.02	Andrew Maher	M40	SAS	5/5	Stevenage
77.2	Ciaran Weldon	M40	WAT	01/06	Watford
59.11	Steve Mayfield	M45	FVS	23/4	Watford
62.30	Martin Procter	M45	HAWCS	5/5	Stevenage
65.1	Costa Michael	M45	BAR	28/4	LV
66.3	Adrian Harwood	M45	WAT	21/05	Watford

67.6	Keith Julian	M45	HPX	16/6	Hendon
71.6	Steve Green	M45	FVS	13/9	Stevenage
57.63	Ty Holden	M50	BAR	8/9	Birmingham
59.06	Peter Ilo	M50	BAR	31/5	Hendon
59.36	Andrew Cunningham	M50	BAR	5/5	Stevenage
59.36	Andy Cunningham	M50	BAR	5/5	Stevenage
62.06	Vladimir Zaleskiy	M50	BAR	21/6	Hendon
65.5	John Harris	M50	FVS	26/7	Sandy
66.6	Roger Armorgie	M50	HPX	16/6	Hendon
73.48	Marc Phillips	M50	SAS	5/5	Stevenage
59.1	Dave Wilcock	M60	BAR	16/6	Hendon
79.0	Chris Lawn	M65	HPX	28/4	LV
96.6	Tony Hamilton	M70	BAR	16/6	Hendon
94.0	Peter Morris	M75	D&T	16/6	W London

800m

2:14.11	Ed Price	M35	BAR	7/9	Ashford
2:09.83	Chris Westcott	M40	FVS	8/6	LV
2:21.6	Grant Ramsay	M40	27/9	Sandy	
2:21.89	Laurence Scheyvens	M40	BAR	10/9	Watford
2:38.1	Paul Pickard	M40	SNH		
2:38.32	Ciaran Weldon	M40	WAT	16/7	Watford
2:44.90	Andrew Maher	M40	SAS	5/5	Stevenage
2:11.0	Andy Neatham	M45	BAR	7/9	Ashford
2:22.8	Steve Mayfield	M45	FVS	27/9	Sandy
2:27.2	Graham Mayoh	M45	WAT	21/6	Cambridge
2:31.5	Adrian Harwood	M45	WAT	1/6	Watford
2:14.22	Andrew Cunningham	M50	BAR	5/5	Stevenage
2:20.7	Tim Butler	M50	BAR	7/9	Ashford
2:21.22	Andy Kelleher	M50	BAR	13/8	Watford
2:26.6	Steve White	M50	HPX	18/4	WGC
2:29.64	Stephen White	M50	HPX	5/5	Stevenage
2:43.3	Paul Reddaway	M50	HPX	19/5	LV
2:48.6	Robin Baynham	M50	HPX	19/5	LV
2:23.4	John Harris	M55	FVS	26/7	Sandy
2:14.7	Dave Wilcock	M60	BAR	7/9	Ashford
2:54.8	Richard Bloom	M65	HPX	19/5	LV
3:29.4	John Cooper	M65	D&T	10/8	Hemel H
3"30.9	Malcolm Sargeant	M65	D&T	14/7	Hemel h

1500m

4:40.38	Ed Price	M35	BAR	7/9	Ashford
4:58.4	Nick Harris	M35	WAT	19/4	Watford
4:28.7	Steve Prosser	M40	HPX	2/8	Peterborough
4:34.73	Chris Westcott	M40	FVS	30/7	Watford
4:51.1	Chris Dunham	M40	HPX	28/4	LV
5:03.09	Laurence Scheyvens	M40	BAR	24/9	Watford
5:15.2	Ryan Smith	M40	WAT	21/6	Cambridge
5:19.3	Ciaran Weldon	M40	WAT	2/8	Grays
5:43.00	Andrew Maher	M40	SAS	5/5	Stevenage
5:46.5	Paul Pickard	M40	SNH		
4:43.8	Paul Greaves	M45	HPX	28/4	LV
4:45.2	Dave Crout	M45	BAR	28/4	LV
4:28.59	Andy Neatham	M45	FVS	27/8	Watford
4:53.37	Steve White	M45	HPX	5/5	Stevenage

4:58.5	Matt Adcock	M45	WAT	12/7	Watford
5:09.3	Graham Mayoh	M45	WAT	12/7	Watford
5:14.86	Steve Mayfield	M45	FVS	8/6	Abingdon
5:23.3	Adrian Harwood	M45	WAT	17/5	Watford
5:35.2	Steve Green	M45	FVS	13/9	Stevenage
4:32.09	Andrew Cunningham	M50	BAR	4/6	Watford
4:36.4	Richard McCormick	M50	BAR	2/8	Hendon
4:43.2	Adrian Mason	M50	BAR	16/6	Hendon
4:43.61	Andy Kelleher	M50	BAR	30/7	Watford
4:45.9	Costa Michael	M50	BAR	16/6	Hendon
4:53.37	Stephen White	M50	HPx	5/5	Stevenage
5:39.4	Paul Reddaway	M50	HPX	28/4	LV
4:38.40	Dave Wilcock	M60	BAR	20/7	Solihull
6:25.53	Jim Brown	M60	FVS	5/5	Stevenage
5:55.0	Richard Bloom	M65	HPX	28/4	LV
6:51.1	John Cooper	M65	D&T	10/8	Hemel H
6:58.8	John Borgars	M65	HPX	16/6	Hendon
7:06.2	Malcolm Sargeant	M65	D&T	10/8	Hemel H

3000m

10:25.0	Chris Dunham	M35	HPX	19/5	LV
9:38.3	Grant Ramsay	M40	FVS	13/9	Stevenage
12:03.5	Ciaran Weldon	M40	WAT	12/7	Watford
9:32.1	Ian Johnston	M45	Shett	6/7	Hemel H
9:34.04	Andy Neatham	M45	FVS	19/8	Woodford
9:55.5	Matt Adcock	M45	WAT	17/5	Watford
9:55.9	Paul Greaves	M45	HPX	17/5	Ware
10:04.56	Andy Kelleher	M50	BAR	10/9	Watford
10:16.35	Tim Butler	M50	BAR	7/9	Ashford
10:27.2	Costa Michael	M50	BAR	19/5	LV
11:02.3	John Harris	M50	FVS	10/7	Sandy
11:22.4	David Randall	M50	SNH		
11:55.9	Paul Reddaway	M50	HPX	19/5	LV
9:25.39	Adrian Mason	M50	BAR	7/9	Ashford
9:43.64	Richard McCormick	M50	BAR	7/9	Ashford
11:35.4	Peter Ellis	M55	BAR	14/7	Hemel H
11:18.0	Des Michael	M60	BAR	7/9	Ashford
14:06.8	John Cooper	M65	D&T	6/7	Hemel H
14:39.1	Malcolm Sargeant	M65	D&T	14/7	Hemel H

5000m

17:58.4	Chris Dunham	M35	HPX	16/6	Hendon
18:54.4	Paul Carter	M35	BAR	16/6	Hendon
16:22.2	Grant Ramsay	M40	FVS	27/9	Sandy
16:41.0	Steve Prosser	M40	HPX	2/8	Peterborough
19:40.7	Russell Morris	M40	D&T	11/9	Hemel H
20:08.4	Steven Russell	M40	D&T	11/9	Hemel H
20:12.2	Maurice Keane	M40	WAT	21/6	Cambridge
22:10.9	Richard Bellsey	M40	D&T	11/9	Hemel H
16:16.31	Ian Johnston	M45	Shett	24/5	Watford
19:12.4	Adrian Harwood	M45	WAT	19/4	Watford
19:45.3	Chris Kitchener	M45	D&T	11/9	Hemel H
23:14.3	Paul Glyn	M45	D&T	11/9	Hemel H
16:40.3	Richard McCormick	M50	BAR	16/6	Hendon
16:54.4	Adrian Mason	M50	BAR	2/8	Hendon

17:53.0	Tim Butler	M50	BAR	16/6	Hendon
19:33.4	Stephen Shaw	M50	D&T	11/9	Hemel H
19:43.3	Stewart Dearman	M50	WAT	21/6	Cambridge
23:15.1	Robert Salt	M50	D&T	11/9	Hemel H
19:43.8	Peter Ellis	M55	BAR	16/6	Hendon
19:32.57	Des Michael	M60	BAR	11/6	Uxbridge
22:43.71	Jim Brown	M60	FVS	5/5	Stevenage
24:31.6	Ken Perry	M60	D&T	11/9	Hemel H
24:16.6	John Borgars	M65	HPX	16/6	Hendon
20:58.9	Richard Bloom	M65	HPX	16/6	Hendon
23:21.1	John Cooper	M65	D&T	11/9	Hemel H
24:28.8	Malcolm Sargeant	M65	D&T	11/9	Hemel H

10000m

49:22.7	Jim Brown	M60	FVS	10/7	Sandy
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110H SM

22.8	Ryan Smith	M40	WAT	21/06	Cambridge
23.79	Trevor Ratcliffe	M50	D&T	12/7	Oxford

110H (91.4)

22.0	Trevor Ratcliffe	M50	D&T	10/8	Hemel H
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400H

75.6	Nick Harris	M35	WAT	19/04	Watford
69.2	Ryan Smith	M40	WAT	02/08	Grays
89.13	Andrew Maher	M40	SAS	5/5	Stevenage
82.4	Adrian Harwood	M45	WAT	21/6	Cambridge
75.2	Stewart Dearman	M50	WAT	12/07	Watford
76.48	Richard McCormick	M50	BAR	21/7	Hendon
89.65	Trevor Ratcliffe	M50	D&T	12/7	Oxford

2000SC

7:22.9	Nick Harris	M35	WAT	19/4	Watford
7:05.82	Grant Ramsay	M40	FVS	21/6	Hendon
7:24.2	Ryan Smith	M40	WAT	2/8	Grays
7:43.2	Steve Prosser	M40	HPX	2/8	Peterborough
8:29.2	Graham Mayoh	M45	WAT	21/6	Cambridge
8:55.6	Adrian Harwood	M45	WAT	2/8	Grays

3000m steeplechase

11:28.2	Nick Harris	M35	WAT	17/05	Watford
11:06.48	Grant Ramsay	M40	FVS	13/7	Mile End
12:05.6	Ryan Smith	M40	WAT	12/07	Watford
13:24.9	Maurice Keane	M40	WAT	12/07	Watford
14:53.0	Paul Pickard	M40	SNH		
11:32.6	Matt Adcock	M45	WAT	17/05	Watford
13:53.1	Graham Mayoh	M45	WAT	17/05	Watford

2k Walk

15:35.5	Peter Morris	M75	D&T	14/7	Hemel H
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3k Walk

16:04.74	Steve Allen	M55	BAR	5/5	Stevenage
17:34.49	David Bowker	M55	FVS	13/7	Mile End
17:41.095	Gary Smith	M55	E&H	5/5	Stevenage
18:54.11	John Borgars	M65	HPX	5/5	Stevenage
17:22.11	Arthur Thomson	M75	E&H	5/5	Stevenage
24:19.80	Ken Livermore	M80	E&H	5/5	Stevenage

HJ

1.40	Nick Harris	M35	WAT	17/5	Watford
1.65	Ryan Smith	M40	WAT	21/6	Cambridge
1.20	Simon Proctor	M40	FVS	5/5	Stevenage
1.35	Adrian Harwood	M45	WAT	1/6	Watford
1.40	Richard Emptage	M50	D&T	14/7	Hemel H
1.40	Peter Ilo	M50	BAR	7/9	Ashford
1.05	Marc Phillips	M50	SAS	5/5	Stevenage
1.60	John Mayor	M55	SNH		
1.15	Richard Parles	M65	WAT	1/6	Watford
1.21	Roger Bruck	M70	BAR	20/7	Solihull

PV

2.80	Ryan Smith	M40	WAT	12/07	Watford
3.80	David Gordon	M45	D&T	24/8	Izmir,TUR
2.20	Steve Mayfield	M45	FVS	21/6	Southampton
2.40	Trevor Ratcliffe	M50	D&T	21/6	W London
1.60	Andy Jackson	M50	D&T	10/8	Hemel H
1.80	Bela Nagy	M65	BAR	7/9	Ashford
1.10	Richard Parles	M65	WAT	19/04	Watford

LJ

4.51	Ryan Smith	M40	WAT	12/7	Watford
4.41	Simon Proctor	M40	FVS	5/5	Stevenage
4.11	Paul Pickard	M40	SNH		
3.95	Grant Ramsay	M40	FVS	13/9	Stevenage
5.10	Martin Procter	M45	HAWCS	5/5	Stevenage
4.50	Steve Mayfield	M45	FVS	8/6	Abingdon
4.22	Steve Green	M45	FVS	13/9	Stevenage
5.12	Peter Ilo	M50	BAR	7/9	Ashford
4.95	Richard Emptage	M50	D&T	21/6	W London
3.72	Marc Phillips	M50	SAS	5/5	Stevenage
5.44	John Mayor	M55	SNH		
3.16	Roger Bruck	M70	BAR	28/4	LV
3.03	John Gandee	M70	HPX	14/7	Hemel H

Triple Jump

9.11	Ryan Smith	M40	WAT	12/7	Watford
10.69	Richard Emptage	M50	D&T	5/5	Stevenage
9.50	Peter Ilo	M50	BAR	7/9	Ashford
8.44	Marc Phillips	M50	SAS	5/5	Stevenage
7.12	John Gandee	M70	HPX	16/6	Hendon

Shot 4k

10.15	Derek Derenalagi F57	M40	WAT	23/4	Watford
7.10	Len Allbrighton	M70	SNH	5/5	Stevenage

Shot 5k

9.29	Tim Saunders-Mullins	M60	StA	SNH	5/5
7.34	Bela Nagy	M60	BAR	28/4	LV
7.29	Dave Faulkner	M60	GCR	SNH	5/5
9.52	Mick Shortland	M65	SNH	21/4	Tonbridge
8.29	Chris Lawn	M65	HPX	28/4	LV
7.32	Richard Parles	M65	WAT	1/6	Watford

Shot 5k

10.07	Derek Derenalagi F57M35		WAT	5/7	Stoke Mandeville
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Shot 6k

10.06	Trevor Ratcliffe		M50	D&T	16/6	Hendon
9.57	Andy Jackson		M50	D&T	10/8	Hemel H
8.69	Peter Rice		M50	BAR	28/4	LV
8.18	Dave Martindale		M55	HPX	28/4	LV

SP 7.26

11.52	Jason Kingwell		M40	HPX	2/8	Peterborough
8.29	Ryan Smith		M40	WAT	21/6	Cambridge
5.54	Paul Pickard		M40	SNH		
3.08	Grant Ramsay		M40	FVS	13/9	Stevenage
9.87	Jeremy Tigar		M45	D&T	17/5	Hemel H
7.33	Steve Feely		M45	SNH		
6.32	Steve Mayfield		M45	FVS	2/8	Stevenage
6.22	Adrian Harwood		M45	WAT	19/4	Watford
9.17	Trevor Ratcliffe		M50	D&T	17/5	Hemel H
8.50	Ty Holden		M50	BAR	19/4	Watford
7.92	Peter Rice		M50	BAR	7/9	Ashford
7.26	David Lipscomb		M50	Serp	2/8	Grays
6.45	Richard Parles		M65	WAT	19/4	Watford

Discus 1k

30.44	Dave Faulkner		M60	HPX	16/6	Hendon?
25.92	Tim Saunders-Mullins		M60	StA	5/5	Stevenage
25.88	Mick Shortland		M65	SNH	7/8	Sandy
24.40	Brian Yeomans		M65	StA	5/5	Stevenage
21.48	Roger Bruck		M70	BAR	16/6	Hendon

Discus 1.5k

34.37	Trevor Ratcliffe		M50	D&T	5/5	Stevenage
25.11	Andy Jackson		M50	D&T	10/8	Hemel H
24.29	Ty Holden		M50	BAR	7/9	Ashford
17.33	Peter Rice		M50	BAR	7/9	Ashford
25.38	Dave Martindale		M55	HPX	16/6	Hendon?

DT 2k

35.74	Jason Kingwell		M40	HPX	16/6	Hendon
20.34	Ryan Smith		M40	WAT	12/7	Watford
21.66	Steve Mayfield		M45	FVS	18/4	WGC
19.52	Steve Feely		M45	SNH		
16.98	Adrian Harwood		M45	WAT	21/6	Cambridge
28.90	David Lipscomb		M50	Serp	2/8	Grays
28.74	Trevor Ratcliffe		M50	D&T	17/5	Hemel H

22.01	Andy Jackson	M50	D&T	16/6	Hendon
21.42	Ty Holden	M50	BAR	17/5	Braintree
17.66	Richard Parles	M65	WAT	19/4	Watford
16.05	David Ives	M65	D&T	16/6	Hendon

Hammer 3k

31.28	John Lee	M70	HPX	5/5	Stevenage?
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Hammer 5k

34.50	Tim Saunders-Mullins	M60	StA	5/5	Stevenage
32.03	Mick Shortland	M65	SNH	7/8	Sandy
12.16	David Ives	M65	D&T	19/5	LV

Hammer 6k

34.37	Trevor Ratcliffe	M50	D&T	5/5	Stevenage
24.53	Andy Jackson	M50	D&T	19/5	LV
23.29	Peter Rice	M50	BAR	7/9	Ashford
15.03	Dave Martindale	M55	HPX	19/5	LV

HT 7.26

43.71	Jason Kingwell	M40	HPX	21/6	Harrow
20.56	Ryan Smith	M40	WAT	21/6	Cambridge
12.68	Paul Pickard	M40	SNH		
27.17	Steve Feely	M45	SNH		
16.83	Steve Mayfield	M45	FVS	2/8	Stevenage
9.09	Adrian Harwood	M45	WAT	21/6	Cambridge
30.75	Trevor Ratcliffe	M50	D&T	21/6	W London
21.11	David Lipscomb	M50	Serp	2/8	Grays
16.47	Stewart Dearman	M50	WAT	1/6	Watford
27.29	Tim Saunders-Mullins	M60	StA	24/5	Watford
23.99	Mick Shortland	M65	SNH	17/5	Stevenage
13.62	Richard Parles	M65	WAT	2/8	Grays

Javelin 400g

20.24	Len Allbrighton	M70	SNH	5/5	Stevenage
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Javelin 600g

38.37	Mike Bennett	M60	SCVAC	5/5	Stevenage
28.37	Brian Yeomans	M65	StA	5/5	Stevenage
25.07	John Gandee	M70	HPX	14/7	Hemel H

Javelin 700g

54.38	Trevor Ratcliffe	M50	D&T	5/5	Stevenage
28.18	Andy Jackson	M50	D&T	10/8	Hemel H
22.97	Richard McCormick	M50	BAR	28/4	LV
25.45	John Gandee	M70	HPX	28/4	LV

Javelin 800g

43.07	Steve Maisey	M35	HPX	28/4	LV
33.38	Ryan Smith	M40	WAT	21/6	Cambridge
16.31	Paul Pickard	M40	SNH		
5.93	Maurice Keane	M40	WAT	12/7	Watford
38.46	Jeremy Tigar	M45	D&T	2/8	Hemel H
27.57	Steve Mayfield	M45	FVS	17/5	Stevenage

18.50	Adrian Harwood	M45	WAT	1/6	Watford
15.36	Steve Green	M45	FVS	13/9	Stevenage
10.11	Graham Mayoh	M45	WAT	1/6	Watford
53.25	Trevor Ratcliffe	M50	D&T	19/5	Hemel H
24.35	Richard McCormick	M50	BAR	17/5	Braintree
19.60	Stewart Dearman	M50	WAT	21/6	Cambridge
18.62	Peter Rice	M50	BAR	7/9	Ashford
15.98	Richard Parles	M65	WAT	19/4	Watford

4x400

4:28.1	Herts Phoenix			19/5	LV
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Medley (2248)

4:47.3	Herts Phoenix			16/6	Hendon
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