

## 2015 HERTS COUNTY OUTDOOR RANKING LIST

### VETERAN MEN

#### 100m

14.7	Mark Pinney	SNH	M35	27/4	LV
13.23	Christopher Westcott	SNH	M40	1/7	Sandy
14.43/-1.3	Andrew Maher	SAS	M40	4/5	Stevenage
14.8	Ryan Smith	WAT	M40	27/4	LV
12.7	Peter Benedickter	D&T	M45	27/4	LV
13.1	Steve Mayfield	SNH	M45	3/6	Bedford
13.27/-0.8	Nick Jones	Chil	M45	8/4	Watford
13.63/-1.3	Steve Mayfield	Unnat	M45	4/5	Stevenage
14.0	Keith Julian	HPX	M45	15/6	Hendon
14.1	Lee Dransfield	WAT	M45	27/4	LV
14.4	Paul Pickard	SNH	M45	15/6	Hendon
14.63/-1.6	Jacob Glinkowska	HPX	M45	4/5	Stevenage
15.6	Ciaran Weldon	WAT	M45	4/7	Watford
13.12/1.7	Peter Ilo	BAR	M50	10/6	LV
13.18/-1.4	Martin Procter	HAWCS	M50	4/5	Stevenage
13.26/2.4	Ty Holden	BAR	M50	27/6	Hendon
13.27/1.0	Ty Holden	BAR	M50	20/6	Hendon
13.29/-1.4	John Mayor	SNH	M50	4/5	Stevenage
14.34/-1.4	Adrian Day	TPRC	M50	4/5	Stevenage
14.8	Trevor Mason	SNH	M50	15/6	Hendon
15.63/0.6	Stewart Dearman	WAT	M50	31/5	Gillingham
16.38/1.2	Graham Spicer	SNH	M50	12/9	Stevenage
18.6	Maurice Lisley	WAT	M50	7/6	Watford
14.38/0.3	Mike Maisey	HPX	M65	1/7	Watford
18.4	John Borgars	HPX	M65	15/6	Hendon
18.4	Dick Parles	WAT	M65	27/4	LV
16.03/1.5	Roger Bruck	BAR	M75	25/7	Birmingham

#### 200m

31.5	Mark Pinney	SNH	M35	13/7	Hemel H
32.9	Ronald Timmann	WAT	M35	13/7	Hemel H
26.1	Christopher Westcott	SNH	M40	29/7	Bedford
29.9	Andrew Maher	SAS	M40	19/7	Hemel H
25.6	Peter Benedickter	D&T	M45	18/5	Stevenage
26.5	Nick Jones	Chil	M45	17/6	Watford
27.11/-1.2	Steve Mayfield	Unatt	M45	4/5	Stevenage
28.7	Ian Hawtin	D&T	M45	13/7	Hemel H
28.8	Paul Pickard	SNH	M45	18/5	Stevenage
28.9	Lee Dransfield	WAT	M45	18/5	Stevenage
29.1	Keith Julian	HPX	M45	18/5	Stevenage
33.1	Ciaran Weldon	WAT	M45	15/8	Watford
26.41/-1.6	Ty Holden	BAR	M50	20/6	Hendon
26.43	Martin Procter	HAWCS	M50		
27.3	Peter Ilo	BAR	M50	18/5	Stevenage
28.2	John Mayor	SNH	M50	18/5	Stevenage
28.50/-1.2	Adrian Day	TPRC	M50	4/5	Stevenage
29.7	Tim Butler	BAR	M50	13/7	Hemel H
31.49/1.6	Stewart Dearman	WAT	M50	31/5	Gillingham
34.37/-1.2	David Newman	GCR	M50	4/5	Stevenage
36.0	Maurice Lisley	WAT	M50	15/8	Watford
27.7	John Mayor	SNH	M55	13/7	Hemel H
37.2	Mick Shortland	SNH	M65	13/7	Hemel H
36.0	Richard Bloom	HPX	M70	18/5	Stevenage
44.8	Stuart Mann	HPX	M70	18/5	Stevenage
34.38/-1.7	Roger Bruck	BAR	M75	26/7	Birmingham

**400m**

56.44	Christopher Westcott	SNH	M40	1/7	Sandy
63.8	Paul Ruttley	WAT	M40	7/6	Watford
55.8	Peter Benedickter	D&T	M45	27/4	LV
60.4	Steve Mayfield	SNH	M45	3/6	Bedford
61.10	Steve Mayfield	Unatt	M45	4/5	Stevenage
66.5	Lee Dransfield	WAT	M45	27/4	LV
70.5	Keith Julian	HPX	M45	15/6	Hendon
72.4	Ciaran Weldon	WAT	M45	7/6	Watford
59.4	Ty Holden	BAR	M50	15/6	Hendon
60.9	Stewart Dearman	WAT	M50	15/6	Hendon
65.7	Tim Butler	BAR	M50	15/6	Hendon
67.4	Trevor Mason	SNH	M50	27/4	LV
77.33	David Newman	GCR	M50	4/5	Stevenage
78.0	Graham Spicer	SNH	M50	27/4	LV
84.2	Gareth Evans	SNH	M50	15/6	Hendon
85.1	Maurice Lisley	WAT	M50	7/6	Watford
99.0	Malcolm Sergeant	D&T	M65	27/4	LV
110.4	Mick Shortland	SNH	M65	27/4	LV

**800m**

2:05.14	Christopher Westcott	SNH	M40	26/7	Birmingham
2:33.84	Adrian Harwood	WAT	M45	15/7	Watford
2:36.5	Lee Dransfield	WAT	M45	18/5	Stevenage
2:38.18	Paul Pickard	SNH	M45	12/9	Stevenage
2:39.28	Ciaran Weldon	WAT	M45	15/7	Watford
2:54.12	Graham Mayoh	WAT	M45	31/5	Gillingham
2:58.2	Keith Julian	HPX	M45	18/5	Stevenage
2:15.8	Richard McCormick	BAR	M50	25/4	Uxbridge
2:18.2	Stewart Dearman	WAT	M50	13/7	Hemel H
2:21.7	Tim Butler	BAR	M50	13/7	Hemel H
2:23.7	Andy Kelleher	BAR	M50	6/9	Ashford
2:26.43	John Harris	FVS	M50	4/5	Stevenage
2:33.7	Paul Greaves	HPX	M50	13/7	Hemel H
2:41.1	Trevor Mason	SNH	M50	18/5	Stevenage
3:05.6	Maurice Lisley	WAT	M50	20/6	Watford
3:23.8	John Borgars	HPX	M65	13/7	Hemel h
3:29.0	Malcolm Sergeant	D&T	M65	13/9	Hemel H
4:28.0	Mick Shortland	SNH	M65	18/5	Stevenage
2:57.7	Richard Bloom	HPX	M70	18/5	Stevenage

**1500m**

4:26.41	Christopher Westcott	SNH	M40	4/5	Stevenage
5:19.3	Nick Harris	WAT	M40	15/8	Peterborough
5:57.6	Andrew Maher	SAS	M40	19/7	Hemel H
5:30.16	Ciaran Weldon	WAT	M45	29/8	Watford
6:16.1	Keith Julian	HPX	M45	15/6	Hendon
4:38.3	Adrian Mason	BAR	M50	27/4	LV
4:40.5	Richard McCormick	BAR	M50	25/4	Uxbridge
4:46.19	Tim Butler	BAR	M50	20/6	Hendon
4:55.9	Stewart Dearman	WAT	M50	15/6	Hendon
5:05.2	Paul Greaves	HPX	M50	15/6	Hendon
5:43.23	Martin Procter	HAWCS	M50		
5:46.6	Trevor Mason	SNH	M50	15/6	Hendon
6:04.5	Maurice Lisley	WAT	M50	20/6	Watford
6:13.2	Tony Carolan	SNH	M50	27/4	LV
6:41.07	Graham Spicer	SNH	M50	12/9	Stevenage
5:41.4	Mikk Bradley	WAT	M55	27/4	LV
6:44.71	Jim Brown	FVS	M60	4/5	Stevenage
5:56.3	Richard Bloom	HPX	M65	27/4	LV
6:00.7	Richard Melvern	HPX	M65	15/6	Hendon
7:02.2	Malcolm Sergeant	D&T	M65	27/4	LV
9:15.0	Mick Shortland	SNH	M65	15/6	Hendon

**1 Mile**

6:15.92 Richard Bloom HPX M70 19/7 Solihull

**3000m**

10:44.2	Nick Harris	WAT	M40	13/7	Hemel H
13:13.7	Vince Clarke	D&T	M40	4/7	Parliament Hill
11:30.53	Adrian Harwood	WAT	M45	9/9	Watford
11:41.92	Ciaran Weldon	WAT	M45	9/9	Watford
12:02.5	Paul Pickard	SNH	M45	13/7	Hemel H
12:48.2	Martin Reed	SNH	M45	18/5	Stevenage
13:01.17	Graham Mayoh	WAT	M45	31/5	Gillingham
9:59.95	Andy Kelleher	BAR	M50	6/9	Ashford
10:01.4	Richard McCormick	BAR	M50	31/5	Winchester
10:22.7	Tim Butler	BAR	M50	4/7	Abingdon
10:40.6	Paul Greaves	HPX	M50	13/7	Hemel H
13:15.3	Maurice Lisle	WAT	M50	13/7	Hemel H
13:15.3	Tony Carolan	SNH	M50	13/7	Hemel H
11:46.9	Mikk Bradley	WAT	M55	13/7	Hemel H
12:42.7	Richard Melvern	HPX	M65	13/7	Hemel H
14:26.2	Malcolm Sergeant	D&T	M65	19/7	Hemel H
14:29.1	John Borgars	HPX	M65	13/7	Hemel H
19:32.0	Mick Shortland	SNH	M65	13/7	Hemel H
12:16.2	Richard Bloom	HPX	M70	13/7	Hemel H

**5000m**

29:49.9	Mark Pinney	SNH	M35	15/6	Hendon
16:53.32	Ian Johnston	SHETT	M40	4/5	Stevenage
17:48.81	Christopher Westcott	SNH	M40	25/4	Bromley
22:24.3	Vince Clarke	D&T	M40	15/8	Hemel H
22:46.85	Andrew Maher	StA	M40	4/5	Stevenage
19:58.9	Adrian Harwood	WAT	M45	15/8	Peterborough
21:23.1	Paul Pickard	SNH	M45	15/6	Hendon
17:13.3	Adrian Mason	BAR	M50	15/6	Hendon
17:20.4	Richard McCormick	BAR	M50	15/6	Hendon
17:21.65	Andy Kelleher	BAR	M50	20/6	Hendon
17:38.8	Paul Greaves	HPX	M50	15/6	Hendon
17:50.9	Tim Butler	BAR	M50	15/6	Hendon
22:03.8	Rob Salt	D&T	M50	13/9	Hemel H
22:14.4	John Garner	D&T	M50	13/9	Hemel H
23:06.6	Tony Carolan	SNH	M50	15/6	Hendon
22:48.9	Ken Perry	D&T	M60	13/9	Hemel H
23:47.01	Jim Brown	FVS	M60	4/5	Stevenage
24:33.5	Malcolm Sergeant	D&T	M65	13/9	Hemel H
25:01.1	John Borgars	HPX	M65	15/6	Hendon
21:02.4	Richard Bloom	HPX	M70	15/8	Dartford

**100H**

15.78/-0.4	John Mayor	SNH	M50	4/5	Stevenage
23.2	Trevor Ratcliffe	D&T	M50	13/9	Hemel H

**110H**

23.2	Ryan Smith	WAT	M40	4/7	Watford
18.6	Peter Benedickter	D&T	M45	18/5	Stevenage
25.6	Trevor Ratcliffe	D&T	M50	15/8	Hemel H

**400H 91.4**

73.37	Ryan Smith	WAT	M40	25/4	Woodford
78.9	Nick Harris	WAT	M40	15/8	Peterborough
82.86	Andrew Maher	SAS	M40	4/5	Stevenage
80.9	Adrian Harwood	WAT	M45	15/8	Peterborough

79.8 Stewart Dearman WAT M50 20/6 Watford

**2000SC**

9:55.3 Vince Clarke D&T M40 15/8 Hemel H

**3000SC**

15:14.3 Vince Clarke D&T M40 13/9 Hemel HC

14:15.8 Paul Pickard SNH M45 31/5 Norwich

**HJ**

1.40 Mark Pinney SNH M35 13/7 Hemel H  
1.60 Ryan Smith WAT M40 25/4 Woodford  
1.35 Christopher Westcott SNH M40 29/7 Bedford  
1.30 Jacob Glinkowska HPX M45 4/5 Stevenage  
1.41 Richard Emptage D&T M50 13/9 Hemel H  
1.40 Richard Emptage D&T M50 4/5 Stevenage  
1.50 John Mayor SNH M55 26/7 Birmingham  
1.20 Dick Parles WAT M65 13/7 Hemel H  
1.21 Roger Bruck BAR M75 26/7 Birmingham

**PV**

2.40 Mark Pinney SNH M35 18/5 Stevenage  
2.80 Ryan Smith WAT M40 25/4 Woodford  
2.00 Steve Mayfield Unatt M45 4/5 Stevenage  
1.80 Dick Parles WAT M65 20/6 Watford

**LJ**

3.90 Mark Pinney SNH M35 27/4 LV  
4.87 Ryan Smith WAT M40 25/4 Woodford  
3.64 Vince Clarke D&T M40 13/9 Hemel H  
3.50 Andrew Maher SAS M40 19/7 Hemel H  
4.69 Ian Hawtin D&T M45 15/8 Hemel H  
4.45 Steve Mayfield Unatt M45 4/5 Stevenage  
4.32 Lee Dransfield WAT M45 27/4 LV  
3.93 Paul Pickard SNH M45 12/9 Stevenage  
3.29 Ciaran Weldon WAT M45 15/8 Peterborough  
5.10 Martin Procter HAWCS M50 4/5 Stevenage  
5.05 Richard Emptage D&T M50 13/7 Hemel H  
3.34 Graham Spicer SNH M50 12/9 Stevenage  
3.33 Stewart Dearman WAT M50 31/5 Gillingham  
2.49 Tony Carolan SNH M50 13/7 Hemel H  
5.29 John Mayor SNH M55 25/7 Birmingham  
2.60 Mick Shortland SNH M65 27/4 LV  
1.95 Dick Parles WAT M65 31/5 Gillingham  
3.01 John Gandee HPX M70 13/7 Hemel H  
3.36/0.5 Roger Bruck BAR M75 25/7 Birmingham

**TJ**

8.23 Mark Pinney SNH M35 15/6 Hendon  
8.76 Ryan Smith WAT M40 4/7 Watford  
8.15 Vince Clarke D&T M40 13/9 Hemel H  
8.81 Steve Mayfield SNH M45 3/6 Bedford  
10.62 Richard Emptage D&T M50 15/8 Hemel H  
7.80 Marc Phillips StA M50 4/5 Stevenage  
6.07 Tony Carolan SNH M50 15/6 Hendon  
6.80 John Gandee HPX M70 15/6 Hendon

**SP 4k**

6.74 Len Allbrighton SNH M70 4/5 Stevenage

**SP 5k**

7.78 Tim Saunders-Mullins StA M60 4/5 Stevenage

7.38	Dave Faulkner	GCR	M60	4/5	Stevenage
8.99	Mick Shortland	SNH	M65	4/5	Stevenage
7.45	Dick Parles	WAT	M65	27/4	LV
6.25	David Ives	D&T	M65	27/4	LV

#### SP 6k

11.92	John Garner	D&T	M50	13/9	Hemel H
11.39	Anthony Muschette	HPX	M50	15/6	Hendon
9.69	Trevor Ratcliffe	D&T	M50	13/9	Hemel H
9.42	Andy Jackson	D&T	M50	27/4	LV
8.52	Ty Holden	BAR	M50	27/4	LV
7.16	Dick Parles	WAT	M65	7/6	Watford

#### SP 7.26k

11.67	Jason Kingwell	HPX	M40	5/9	Ipswich
8.03	Ryan Smith	WAT	M40	25/4	Woodford
6.48	Vince Clarke	D&T	M40	13/9	Hemel H
7.83	Steve Feely	SNH	M45	25/4	Bromley
7.59	Lee Dransfield	WAT	M45	15/6	Hendon
6.50	Steve Mayfield	SNH	M45	26/9	Sandy
5.92	Adrian Harwood	WAT	M45	20/6	Watford
8.73	Trevor Ratcliffe	D&T	M50	12/6	Hendon
8.23	Ty Holden	BAR	M50	4/7	Abingdon
7.02	Stewart Dearman	WAT	M50	31/5	Gillingham
6.11	Tim Saunders-Mullins	StA	M60	25/4	St Albans
5.42	Malcolm Wallace	StA	M60	30/5	Bury St Edmunds
6.06	Dick Parles	WAT	M65	15/8	Peterborough

#### DT 1k

21.00	Ryan Smith	WAT	M40	25/4	Woodford
17.14	Lee Dransfield	WAT	M45	15/6	Hendon
15.57	Adrian Harwood	WAT	M45	15/8	Peterborough
14.85	Stewart Dearman	WAT	M50	31/5	Gillingham
31.11	David Faulkner	HPX	M60	15/6	Hendon
23.05	Tim Saunders-Mullins	StA	M60	4/5	Stevenage
28.57	Mick Shortland	SNH	M65	4/5	Stevenage
22.53	Brian Yeomans	WAT	M65	4/5	Stevenage
19.73	Dick Parles	WAT	M65	15/6	Hendon
18.71	David Ives	D&T	M65	15/6	Hendon
18.62	Roger Bruck	BAR	M75	15/6	Hendon

#### DT 1.5k

36.68	Trevor Ratcliffe	D&T	M50	15/6	Hendon
35.85	John Garner	D&T	M50	13/9	Hemel H
33.15	Martin Procter	HAWCS	M50	4/5	Stevenage
23.33	Ty Holden	BAR	M50	6/9	Ashford
15.74	John Gandee	HPX	M70	15/6	Hendon

#### DT 2k

36.09	Jason Kingwell	HPX	M40	31/5	Cambridge
27.23	Paul Longhurst	StA	M40	25/4	St Albans
13.47	Andrew Maher	SAS	M40	19/7	Hemel H
12.90	Vince Clarke	D&T	M40	13/9	Hemel H
23.14	Steve Mayfield	SNH	M45	3/6	Bedford
21.89	Steve Mayfield	Unatt	M45	4/5	Stevenage
30.93	Trevor Ratcliffe	D&T	M50	25/4	Woodford
23.16	Andy Jackson	D&T	M50	13/9	Hemel H
20.72	Ty Holden	BAR	M50	25/4	Uxbridge
18.76	Tim Saunders-Mullins	StA	M60	25/4	St Albans
18.12	Dick Parles	WAT	M65	7/6	Watford

**HT 4k**

33.31 John Lee HPX M70 4/5 Stevenage

**HT 5k**

32.91 Tim Saunders-Mullins StA M60 4/5 Stevenage  
 30.84 Mick Shortland SNH M65 4/5 Stevenage  
 14.84 David Ives D&T M65 18/5 Stevenage  
 14.71 Dick Parles WAT M65 18/5 Stevenage  
 27.59 John Lee HPX M70 18/5 Stevenage

**HT 6k**

30.78 Trevor Ratcliffe D&T M50 4/5 Stevenage  
 14.61 Richard McCormick BAR M50 18/5 Stevenage  
 16.31 Dick Parles WAT M65 7/6 Watford  
 14.46 John Gandee HPX M70 18/5 Stevenage

**HT 7.26k**

44.45 Jason Kingwell HPX M40 3/4 WGC  
 21.41 Ryan Smith WAT M40 4/7 Watford  
 30.62 Steve Feely SNH M45 5/9 Ipswich  
 30.62 Steve Feely SNH M45 5/9 Ipswich  
 15.15 Steve Mayfield SNH M45 15/8 Stevenage  
 12.40 Adrian Harwood WAT M45 15/8 Peterborough  
 30.05 Trevor Ratcliffe D&T M50 15/8 Hemel H  
 24.40 Andy Jackson D&T M50 13/9 Hemel H  
 15.92 Stewart Dearman WAT M50 7/6 Watford  
 12.46 Richard McCormick BAR M50 20/6 Hendon  
 27.66 Tim Saunders-Mullins StA M60 25/4 St Albans  
 16.36 Malcolm Wallace StA M60 20/6 St Albans  
 12.80 Dick Parles WAT M65 25/4 Woodford

**JT 500**

20.54 Len Allbrighton SNH M70 4/5 Stevenage

**JT 600**

26.87 Brian Yeomans WAT M65 4/5 Stevenage  
 26.80 Mick Shortland SNH M65 4/5 Stevenage  
 14.17 Dick Parles WAT M65 13/7 Hemel H  
 25.15 John Gandee HPX M70 13/7 Hemel H

**JT 700**

58.57 Trevor Ratcliffe D&T M50 9/8 Lyon, FRA  
 30.20 Martin Procter HAWCS M50  
 23.91 Richard McCormick BAR M50 27/4 LV  
 17.33 Ty Holden BAR M50 13/7 Hemel H

**JT 800**

38.09 Paul Longhurst StA M40 25/4 St Albans  
 35.10 Jason Kingwell HPX M40 20/6 WGC  
 32.88 Ryan Smith WAT M40 4/7 Watford  
 19.54 Andrew Maher SAS M40 19/7 Hemel H  
 17.42 Vince Clarke D&T M40 13/9 Hemel H  
 28.98 Steve Mayfield SNH M45 3/6 Bedford  
 24.38 Lee Dransfield WAT M45 27/4 LV  
 17.88 Paul Pickard SNH M45 12/9 Stevenage  
 16.09 Adrian Harwood WAT M45 20/6 Watford  
 7.75 Ciaran Weldon WAT M45 7/6 Watford  
 56.00 Trevor Ratcliffe D&T M50 4/7 Parliament Hill  
 33.53 John Garner D&T M50 13/9 Hemel H  
 28.63 Andy Jackson D&T M50 13/9 Hemel H

24.08	Richard McCormick	BAR	M50	25/4	Uxbridge
14.60	Stewart Dearman	WAT	M50	31/5	Gillingham
5.22	Maurice Lilley	WAT	M50	7/6	Watford
14.96	Dick Parles	WAT	M65	15/8	Peterborough

### Pentathlon

1208	Andrew Maher	SAS	M40	19/7	Hemel H
2882	Martin Procter	HAWCS	M50		

### WALKS

#### 2k Walk

12:21.3	Paul Reddaway	HPX	M55	13/7	Hemel H
12:28.4	John Borgars	HPX	M65	13/7	Hemel H

#### 3k Walk

15:36.05	Steve Allen	BAR	M50	4/5	Stevenage
18:24.58	David Bowker	FVS	M50	4/5	Stevenage
19:04.2	John Borgars	HPX	M65	4/8	Woodford
18:37.60	Arthur Thomson	E&H	M70	4/5	Stevenage

#### 5k Walk

32:20.0	John Borgars	HPX	M65	29/8	Hendon
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#### 4x100

55.99	Stevenage & NH	4/5	Stevenage
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#### 4x400

4:38.96	Stevenage & NH	4/5	Stevenage
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