

Senior Men 400 Metres

(b)

Posn	Num	Name	Club	Perf	
	CBP	Glyn Hawkes	Card	2011	49.10
1	48	Josh Evans	Dacorum & Tring AC	55.12	
2	46	Peter Benedickter (M50)	Bedford & County	57.55	
3	47	John Devoy (M35)	Fulham RC	62.20	

Senior Men 800 Metres

(a)

Posn	Num	Name	Club	Perf	
	CBP	James McMurray	StA	2017	1:51.96
1	49	Samuel Jones	St Albans AC	1:58.51	
2	51	Ben Pattison	St Albans AC	1:59.52	
3	50	Jack Gladman	Stevenage & North H AC	2:28.30	

Senior Men 1,500 Metres

(b)

Posn	Num	Name	Club	Perf	
	CBP	Shaun Collins	E&H	2014	3:57.31
1	52	James McMurray	St Albans AC	3:48.47	CBP
2	51	Ben Pattison	St Albans AC	4:16.12	
3	47	John Devoy (M35)	Fulham RC	5:13.98	

Senior Men High Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Elior Harris	SNH	2016	1.95
1	103	Harvey Griffiths (M50)	Watford Harriers	1.60m	1.40 o, 1.45 o, 1.50 o, 1.55 o, 1.60 o, 1.65 xxx

Senior Men Long Jump

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Elior Harris	SNH	2010	5.97
1	103	Harvey Griffiths (M50)	Watford Harriers	4.02	3.91, 3.91, 3.98, 4.02

Senior Men Shot

(a)

Posn	Num	Name	Club	Perf	Details
	CBP	Alex Jovanovski	E&H	2016	12.49
1	104	Shaun Wall (M35)	Dacorum & Tring AC	11.12	10.98, 11.10, -, 11.12
2	103	Harvey Griffiths (M50)	Watford Harriers	7.78	6.81, -, 6.87, 7.78