

BARNET & DISTRICT AC – Senior/Vets Rankings 2005

100m

12.0	Steve Curtis		Colchester	30 Jul
12.5	Peter Ilo	V40	Enfield	12 May
12.5	Chi Kin-Tsang		Kings Lynn	21 May
12.7	Nick Lauder		Havering	7 May
12.9	Ty Holden	V40	Watford	20 Jun
12.9	Dave Wilcock	V50	Havering	7 May
13.4	Lawrence Taylor	V45	Battersea	11 Sep
13.8	Terry Ryan	V60	Watford	20 Jun
13.8	Rajesh Patel		Havering	7 May
15.18	Roger Bruck	V65	Battersea	12 Jun
16.05	Andrew Blackman	V70	Battersea	12 Jun

200m

24.0	Steve Curtis		Colchester	30 Jul
24.9	Peter Ilo	V40	Stevenage	2 May
26.1	Dave Wilcock	V50	New River	9 Jul
26.1	Nick Lauder		Havering	7 May
26.2	Ty Holden	V40	Havering	7 May
27.1	Lawrence Taylor	V45	Hemel Hempstead	18 Sep
28.6	Terry Ryan	V60	Enfield	23 May
29.1	Andy Cunningham	V40	Battersea	11 Sep
29.2	John Connolly		Kings Lynn	21 May
29.5	Richard McCormick	V40	Hemel Hempstead	11 Jul

400m

54.1	James Taylor		Kings Lynn	21 May
55.8	Dave Wilcock	V50	New River	9 Jul
56.0	Peter Ilo	V40	Enfield	12 May
57.4	Steve Curtis		Hemel Hempstead	18 Sep
58.5	Ty Holden	V40	Watford	20 Jun
58.8	Alex Horton		Basildon	25 Jun
59.2	Costa Michael	V40	Battersea	11 Sep
61.1	Mel Parker	V40	Watford	20 Jun
67.6	Con Antoniou	V60	Battersea	11 Sep
68.5	Nick Lauder		Kings Lynn	21 May
75.3	John Shirley	V55	Watford	20 Jun

800m

2-00.09	James Taylor		Basildon	25 Jun
2-04.09	Dave Wilcock	V50	Havering	7 May
2-07.2	Daire Brennan		Kings Lynn	21 May
2-10.5	Costa Michael	V40	Battersea	11 Sep
2-13.2	Richard McCormick	V40	Hemel Hempstead	11 Jul
2-14.8	Alex Horton		New River	9 Jul
2-14.8	Mel Parker	V40	Battersea	11 Sep
2-15.1	Adrian Mason	V40	Havering	7 May
2-16.7	Andy Kelleher	V40	Hemel Hempstead	11 Jul
2-38.2	Chi Kin-Tsang		Hemel Hempstead	18 Sep
2-45.4	Nick Bingham	V60	Enfield	23 May
2-47.9	John Fuller	V60	Enfield	23 May

1500m

4-07.1	Richard Gamble		Stevenage	2 May
4-12.97	Dave Wilcock	V50	San Sebastian	22 Aug/3 Sep
4-19.8	Daire Brennan		Kings Lynn	21 May
4-21.4	Richard McCormick	V40	Battersea	11 Sep
4-25.7	Andy Kelleher	V40	Colchester	30 Jul

4-27.7	Adrian Mason	V40	Battersea	11 Sep
4-33.0	Carl Redondo		New River	9 Jul
4-34.3	Des Michael	V55	Watford	20 Jun
4-39.5	Mel Parker	V40	Enfield	9 May
4-48.0	Keith Turner	V45	Watford	20 Jun
4-57.4	Alex Horton		Basildon	25 Jun
4-58.9	Jon Kilsby	V50	Battersea	11 Sep
5-00.8	Grant Ramsey		Havering	7 May
5-03.4	Tony Cousins	V55	Basingstoke	25 Apr
5-16.5	Lauro Franzese	V50	Watford	20 Jun
5-33.6	Mike Sawyer	V65	Battersea	11 Sep
7-34.37	Ron Franklin	V75	Birmingham	16/17 Jul

3000m

9-18.3	Richard McCormick	V40	Enfield	23 May
9-50.8	Grant Ramsey		Hemel Hempstead	18 Sep
9-51.5	Andy Kelleher	V40	Hemel Hempstead	11 Jul
9-53.8	Liam O'Hare	V55	Kingsmeadow	4 May
10-05.6	Des Michael	V55	Enfield	23 May
10-05.9	Keith Turner	V45	Enfield	23 May
10-25.1	Jon Kilsby	V50	Battersea	11 Sep
10-46.69	Lauro Franzese	V50	Watford	7 Sep
11-48.6	John Shirley	V55	Hemel Hempstead	11 Jul
11-50.5	Con Antoniou	V60	Hemel Hempstead	11 Jul
11-59.2	John Fuller	V60	Battersea	11 Sep
12-17.0	Mike Sawyer	V65	Hemel Hempstead	11 Jul

5000m

15-20.95	Richard Gamble		Watford	15 May
16-02.6	Richard McCormick	V40	Watford	20 Jun
16-24.9	Dean Degan		New River	9 Jul
16-38.6	Grant Ramsey		Havering	7 May
16-58.1	Andy Kelleher	V40	Basildon	25 Jun
17-03.2	Liam O'Hare	V55	Battersea	4 Sep
17-48.89	Des Michael	V55	Birmingham	16/17 Jul
17-49.7	Colin Thurston		Havering	7 May
18-54.1	Nick Bingham	V60	Watford	20 Jun
20-09.4	John Shirley	V55	San Sebastian	22 Aug/3 Sep
21-12.8	Mike Sawyer	V65	Watford	20 Jun
26-39.47	Ron Franklin	V75	Birmingham	16/17 Jul

10000m

35-16.1	Liam O'Hare	V55	Battersea	7 Sep
55-34.08	Ron Franklin	V75	Birmingham	16/17 Jul

2000mW

11-34.0	Costa Michael	V40	Enfield	12 May
13-07.0	Ian Gibbs	V65	Battersea	11 Sep
13-15.9	Steve Chilton	V50	Enfield	9 May
15-25.9	John Shirley	V55	Battersea	11 Sep

3000mS/C

10-30.3	Richard McCormick	V40	Basildon	25 Jun
10-56.1	Grant Ramsey		Colchester	30 Jul
12-48.7	John Murphy		Colchester	30 Jul

100mH

24.1	Richard McCormick	V40	Enfield	23 May
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110mH

21.0	Chi Kin-Tsang		Havering	7 May
23.1	Richard McCormick	V40 (CR)	Basildon	25 Jun

400mH

71.5	Richard McCormick	V40	New River	9 Jul
71.5	Chi Kin-Tsang		Colchester	30 Jul
78.6	John Murphy		Colchester	30 Jul

HJ

1-70	Jason Mbuyamba	U20	New River	9 Jul
1-60	Chi Kin-Tsang		Havering	7 May
1-45	Mel Parker	V40	Hemel Hempstead	11 Jul
1-30	Andy Cunningham	V40	Battersea	11 Sep
1-30	Roger Bruck	V65	Battersea	11 Sep
1-15	Bela Nagy	V55	Battersea	11 Sep
1-00	Richard McCormick	V40	Basildon	25 Jun
1-00	John Murphy		Colchester	30 Jul

LJ

6-21	Chi Kin-Tsang		Havering	7 May
5-65	Peter Ilo	V40	Hemel Hempstead	11 Jul
4-59	Andy Cunningham	V40	Battersea	11 Sep
4-54	John Connelly		Kings Lynn	21 May
4-42	Mel Parker	V40	Enfield	9 May
4-42	Andy Welsh	V50	Battersea	11 Sep
4-25	Hugh Turner		Havering	7 May
4-25	Bela Nagy	V55	Enfield	9 May
4-22	Roger Bruck	V65	Battersea	11 Sep
3-79	Nick Lauder		Basildon	25 Jun
3-66	Steve Harris	V60	Enfield	9 May

TJ

11-56	Chi Kin-Tsang		New River	9 Jul
8-95	Bela Nagy	V55	Battersea	11 Sep
8-75	Mel Parker	V40	Battersea	11 Sep
8-31	Nick Lauder		Havering	7 May

PV

2-10	Mel Parker	V40	Battersea	11 Sep
2-10	Bela Nagy	V55	Hemel Hempstead	11 Jul
2-00	Chi Kin-Tsang		New River	9 Jul

SP

8-60	Roger Bruck [5kg]	V65	Battersea	11 Sep
8-41	Terry Ryan [5kg]	V60	Enfield	9 May
8-21	Ty Holden [7.26k]	V40	Stevenage	2 May
7-79	Pat Smith [6kg]	V50	Hemel Hempstead	18 Sep
7-63	Mel Parker [7.26kg]	V40	Enfield	9 May
7-16	Hugh Turner		Havering	7 May
6-46	Nick Lauder		Colchester	30 Jul
5-83	Richard McCormick 7.26kg	V40	New River	9 Jul

DT

24-40	Mel Parker [2kg]	V40	Watford	20 Jun
23-84	Roger Bruck [1kg]	V65	Watford	20 Jun
23-08	Pat Smith [1.5kg]	V50	Hemel Hempstead	18 Sep
21-05	Hugh Turner		Havering	7 May
17-24	Carl Redondo		New River	9 Jul
14-89	Chi Kin-Tsang		Colchester	30 Jul

JT

43-13	Mike Bennett [700g]	V50	Stevenage	2 May
32-80	Pat Smith (800g)	V50	Colchester	30 Jul
32-14	Chi Kin-Tsang		Havering	7 May
31-47	Mel Parker [800g]	V40	Hemel Hempstead	11 Jul
27-54	Steve Chilton (700g)	V55	Hemel Hempstead	18 Sep
27-01	Bela Nagy (700g)	V55	Battersea	11 Sep
18-95	Terry Ryan [600g]	V60	Hemel Hempstead	11 Jul
17-05	Con Antoniou (600g)	V60	Battersea	11 Sep

HT

27-00	Mike Bennett [6kg]	V50	Enfield	23 May
25-66	Pat Smith (6kg)	V50	Stevenage	2 May
25-56	Hugh Turner		Kings Lynn	21 May
21-52	Andy Cunningham [7.26kg]	V40	Battersea	11 Sep
19-52	Terry Ryan [5kg]	V60	Enfield	23 May
12-24	Richard McCormick (7.26kg)	V40	New River	9 Jul
9-73	Nick Lauder		Colchester	30 Jul

4x100m

49.1			Colchester	30 Jul
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4x200m

1-51.8	M Parker/A Kelleher R McCormick/D Wilcock		Hemel Hempstead	11 Jul
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4x400m

3-46.6			New River	9 Jul
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