

BARNET & DISTRICT AC – Senior/Vet Men’s Rankings 2006

100m

11.9	Steve Curtis	Copthall	20-05-06
12.4	Peter Ilo	Enfield	08-05-06
12.4	Steve Rayner	Kings Lynn	08-07-06
13.1	Dave Wilcock	Watford	12-06-06
13.2	Lawrence Taylor	Enfield	08-05-06
13.3	Ty Holden	Watford	12-06-06
14.0	John Murphy	Hemel Hempstead	17-09-06
14.1	Terry Ryan	Enfield	08-05-06
14.4	Raj Patel	Hemel Hempstead	17-09-06

200m

24.0	Steve Curtis	Hemel Hempstead	29-04-06
24.5	Shaun Goddard	Stevenage	03-06-06
24.8	Steve Rayner	Hemel Hempstead	29-04-06
24.9	Peter Ilo	Copthall	03-07-06
25.8	Nick Elliott	Chelmsford	05-08-06
26.5	Ty Holden	Copthall	20-05-06
26.5	Dave Wilcock	Copthall	03-07-06
26.84	Lawrence Taylor	Watford	18-04-06
27.1	Raj Patel	Copthall	20-05-06
29.1	Terry Ryan	Copthall	03-07-06

400m

54.5	Nick Elliott	Hemel Hempstead	29-04-06
55.5	Steve Curtis	Chelmsford	05-08-06
55.8	Peter Ilo	Watford	12-06-06
56.3	Dave Wilcock	Watford	12-06-06
57.0	Andy Cunningham	Enfield	08-05-06
57.39	Steve Rayner	Bedford	30-07-06
58.8	Ty Holden	Kings Lynn	08-07-06
60.4	Raj Patel	Hemel Hempstead	17-09-06
64.6	John Murphy	Chelmsford	05-08-06
75.5	Con Antoniou	Watford	12-06-06

800m

2-01.7	James Taylor	Chelmsford	05-08-06
2-08.9	Dave Wilcock	Hemel Hempstead	29-04-06
2-10.3	Richard Gamble	Copthall	20-05-06
2-13.1	Andy Cunningham	Copthall	03-07-06
2-13.6	Alex Horton	Chelmsford	05-08-06
2-15.3	Costa Michael	Enfield	22-05-06
2-21.7	Richard McCormick	Enfield	22-05-06
2-39.7	John Murphy	Stevenage	03-06-06
2-47.6	Jon Kilsby	Copthall	03-07-06

1500m

4-12.1	Richard Gamble	Hemel Hempstead	29-04-06
4-21.2	James Taylor	Chelmsford	05-08-06
4-24.8	Grant Ramsay	Hemel Hempstead	17-09-06
4-25.7	Richard McCormick	Enfield	08-05-06
4-32.8	Mel Parker	Watford	12-06-06
4-33.5	Costa Michael	Watford	12-06-06
4-40.8	Alex Horton	Chelmsford	05-08-06
4-45.9	Dave Wilcock	Hemel Hempstead	29-04-06
4-51.4	Des Michael	Enfield	08-05-06
4-55.8	Tony Cousins	Basingstoke	24-03-06
5-32.2	John Fuller	Enfield	08-05-06

3000m

8-58.33	Richard Gamble	Watford	19-04-06
9-18.2	Richard McCormick	Copthall	03-07-06
9-24.4	Grant Ramsay	Hemel Hempstead	17-09-06
9-45.6	Keith Turner	Copthall	03-07-06
10-05.2	James Taylor	Hemel Hempstead	17-09-06
10-11.1	Costa Michael	Enfield	22-05-06
10-18.87	Richard Gamble	Watford	23-08-06
10-22.2	Des Michael	Enfield	22-05-06
11-51.8	Nick Bingham	Copthall	03-07-06
12-21.0	John Fuller	Copthall	03-07-06
12-22.2	Steve Allen	Enfield	22-05-06

5000m

15-14.26	Richard Gamble	Watford	14-05-06
15-45.1	Richard McCormick	Stevenage	03-06-06
17-00.1	Adrian Mason	Copthall	20-05-06
17-34.0	Andy Kelleher	Chelmsford	05-08-06
17-54.0	Keith Turner	Watford	12-06-06
18-32.2	Jon Kilsby	Watford	12-06-06
18-35.2	Tony Cousins	Woking	12-06-06
20-11.1	Nick Bingham	Watford	12-06-06
20-58.1	Steve Allen	Watford	12-06-06
29-59.43	Ron Franklin	Poznan	26-07-06

10000m

32-35.23	Richard Gamble	Bedford	30-07-06
61-37.12	Ron Franklin	Pznan	20-07-06

2000mW

11-15.9	Costa Michael	Enfield	08-05-06
11-37.7	Steve Allen	Enfield	08-05-06

3000mS/C

10-38	Grant Ramsay	Kings Lynn	08-07-06
10-49.1	Richard McCormick	Hemel Hempstead	29-04-06
12-16.9	Tony Cousins	Guildford	22-05-06
12-28.8	John Murphy	Kings Lynn	08-07-06

100mH**110mH**

21.6	Chi Kin Tsang	Chelmsford	05-08-06
24.8	Richard McCormick	Copthall	20-05-06
31.0	John Murphy	Hemel Hempstead	29-04-06

400mH

71.3	Richard McCormick	Hemel Hempstead	29-04-06
73.2	Chi Kin Tsang	Hemel Hempstead	29-04-06
80.0	John Murphy	Stevenage	03-06-06

HJ

1-55	Chi Kin Tsang	Kings Lynn	08-07-06
1-55	Steve Curtis	Copthall	20-05-06
1-40	Andy Cunningham	Copthall	03-07-06
1-30	Roger Bruck	Enfield	22-05-06

LJ

6-10	Chi Kin Tsang	Chelmsford	05-08-06
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5-61	Peter Ilo	Copthall	03-07-06
5-28	Nick Elliott	Copthall	20-05-06
4-18	John Murphy	Kings Lynn	08-07-06
4-16	Bela Nagy	Enfield	08-05-06
4-13	Roger Bruck	Copthall	03-07-06
3-69	Steve harris	Enfield	08-05-06

TJ

11-75	Chi Kin Tsang	Chelmsford	05-08-06
10-41	Peter Ilo	Watford	12-06-06
9-17	Bela nagy	Watford	12-06-06
7-77	Richard McCormick	Kings Lynn	08-07-06

PV

2-20	Bela Nagy	Copthall	03-07-06
2-00	Chi Kin Tsang	Copthall	20-05-06
2-00	Andy Cunningham	Enfield	22-05-06

SP

9-78	Mike Bennett	Watford	12-06-06
8-74	Terry Ryan	Enfield	08-05-06
8-22	Ty Holden	Hemel Hempstead	29-04-06
7-61	Pat Smith	Stevenage	01-05-06
6-07	Richard McCormick	Kings Lynn	08-07-06

DT

35-45	Roger Bruck	Watford	12-06-06
31-64	Mike Bennett	Watford	12-06-06
29-98	Tremay Dobson	Copthall	20-05-06
23-80	Pat Smith	Stevenage	01-05-06
21-40	Mel Parker	Watford	12-06-06
19-84	Sam Rice	Hemel Hempstead	17-09-06

JT

42-95	Mike Bennett	Stevenage	01-05-06
31-66	Chi Kin Tsang	Chelmsford	05-08-06
26-13	Sam Rice	Hemel Hempstead	17-09-06
18-76	Pat Smith	Chelmsford	05-08-06
17-18	Ty Holden	Copthall	03-07-06
11-70	Terry Ryan	Copthall	03-07-06

HT

29-53	Tremay Dobson	Copthall	20-05-06
27-90	Mike Bennett	Enfield	22-05-06
25-47	Pat Smith	Watford	14-05-06
18-85	Terry Ryan	Enfield	22-05-06

4x100m

47.3		Hemel Hempstead	29-04-06
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4x200m

1-42.0		Copthall	03-07-06
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4x400m

3-48.6		Chelmsford	05-08-06
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Medley relay

3-56.8		Watford	12-06-06
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