

Barnet and District AC - Summer Track Rankings 2000

BOYS UNDER 13

100 metres

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|--------------------|------------------------|--------------------|------------------------|----------|
| <i>CLUB RECORD</i> | 12.9 | <i>Jason Davis</i> | <i>Bury St Edmunds</i> | 18-06-95 |
| 14.3 | Tom Nagle | Watford | 10-09-00 | |
| 14.6 | Chris Copping | St Albans | 01-07-00 | |
| 14.7 | Stephen Rayner | Cophall | 18-06-00 | |
| 15.1 | Alex Green | St Albans | 01-07-00 | |
| 16.5 | Geoffrey Spencer-Smith | Colchester | 09-07-00 | |
| 16.9 | Adam Stock | Watford | 07-05-00 | |
| 16.9 | Scott Copping | Ware | 14-06-00 | |
| 17.2 | Jason Ferdinand | St Albans | 01-07-00 | |
| 18.4 | Sam Rice | St Albans | 01-07-00 | |

200 metres

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|--------------------|------------------------|--------------------|----------------|----------|
| <i>CLUB RECORD</i> | 25.5 | <i>Jason Davis</i> | <i>Watford</i> | 09-07-95 |
| 30.5 | Shaun Goddard | Cophall | 18-06-00 | |
| 31.0 | Alex Green | St Albans | 01-07-00 | |
| 31.9 | Stephen Rayner | Watford | 10-09-00 | |
| 34.0 | Geoffrey Spencer-Smith | Colchester | 11-06-00 | |

400 metres

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| <i>CLUB RECORD</i> | 60.4 | <i>Craig Goddard</i> | <i>Watford</i> | 09-08-95 |
| 66.2 | Chris Copping | Watford | 10-09-00 | |
| 67.7 | Shaun Goddard | Cophall | 18-06-00 | |

600 metres

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| <i>CLUB RECORD</i> | 1-46.1 | <i>Craig Goddard</i> | <i>Gosling</i> | 22-06-94 |
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800 metres

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| <i>CLUB RECORD</i> | 2-20.2 | <i>R.Webster</i> | <i>New River</i> | 03-07-77 |
| 2-32.4 | Shaun Goddard | Watford | 10-09-00 | |
| 2-36.0 | Geoffrey Spencer-Smith | Watford | 10-09-00 | |
| 2-57.2 | Adam Stock | Watford | 07-05-00 | |
| 3-22.9 | Josh Chilton | Watford | 07-05-00 | |
| 3-25.0 | Stephen Rayner | Cophall | 18-06-00 | |

1500 metres

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| <i>CLUB RECORD</i> | 4-42.3 | <i>D.Taylor</i> | <i>Crystal Palace</i> | 13-09-78 |
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1 mile

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| <i>CLUB RECORD</i> | 5-09.5 | <i>D.Taylor</i> | <i>Cophall</i> | 30-08-78 |
| 6-04.0 | Geoffrey Spencer-Smith | Cophall | 18-06-00 | |
| 6-20.2 | Chris Copping | Cophall | 18-06-00 | |

2000 metres

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| <i>CLUB RECORD</i> | 6-41.6 | <i>D.Taylor</i> | <i>West London</i> | 26-08-78 |
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3000 metres

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| <i>CLUB RECORD</i> | 10-30.5 | <i>J.Allen</i> | <i>New River</i> | 05-04-74 |
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70m Hurdles

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| <i>CLUB RECORD</i> | 13.3 | <i>Dominic Sheriff</i> | <i>Watford</i> | 16-06-99 |
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75m Hurdles

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| <i>CLUB RECORD</i> | 16.3 | <i>James Maxwell</i> | <i>St Albans</i> | 14-09-96 |
| 15.6 | Tom Nagle | St Albans | 01-07-00 | |
| 16.8 | Scott Copping | St Albans | 01-07-00 | |
| 16.9 | Ben Nagy (U11) | Ware | 14-06-00 | |

80m Hurdles

| | | | | |
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| <i>CLUB RECORD</i> | 14.9 | Luke Shimmins | Iford | 20-08-95 |
| 15.7 | Tom Nagle | Watford | 10-09-00 | |
| 16.4 | Geffrey Spencer-Smith | Watford | 10-09-00 | |
| 17.0 | Gareth Evans | Colchester | 09-07-00 | |

Pole Vault

| | | | | |
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| <i>CLUB RECORD</i> | 1-83 | M.Maxwell | St Albans | 06-07-75 |
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High Jump

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| <i>CLUB RECORD</i> | 1-50 | Hadley Winthrop | Watford | 19-09-99 |
| 1-20 | Geoffrey Spencer-Smith | Watford | 10-09-00 | |
| 1-15 | Gareth Evans | Copthall | 18-06-00 | |
| 1-10 | Adam Stock | St Albans | 01-07-00 | |
| 0-95 | Josh Chilton | Colchester | 09-07-00 | |

Long Jump

| | | | | |
|--------------------|------------------------|-------------|----------|----------|
| <i>CLUB RECORD</i> | 5-55 | Jason Davis | Watford | 09-07-95 |
| 4-17 | Tom Nagle | Colchester | 09-07-00 | |
| 4-00 | Chris Copping | St Albans | 01-07-00 | |
| 3-82 | Shaun Goddard | Copthall | 18-06-00 | |
| 3-74 | Stephen Rayner | Watford | 06-08-00 | |
| 3-54 | Geoffrey Spencer-Smith | Colchester | 11-06-00 | |
| 3-38 | Gareth Evans | Colchester | 09-07-00 | |
| 3-35 | Scott Copping | St Albans | 01-07-00 | |
| 3-30 | Jason Ferdinand | St Albans | 01-07-00 | |
| 3-14 | Adam Stock | Ware | 14-06-00 | |
| 3-08 | Alex Green | St Albans | 01-07-00 | |
| 2-74 | Josh Chilton | Colchester | 11-06-00 | |
| 2-59 | Sam Rice | St Albans | 01-07-00 | |

Triple Jump

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| <i>CLUB RECORD</i> | 10-07 | R.Brough | Bethune | 18-06-75 |
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Shot

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| <i>CLUB RECORD</i> | 9-56 | John Owusu | Tooting | 30-07-95 |
| 9-17 | Chris Copping | Watford | 10-09-00 | |
| 5-30 | Scott Copping | Ware | 14-06-00 | |
| 4-50 | Josh Chilton | Watford | 10-09-00 | |

Discus

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| <i>CLUB RECORD</i> | 27-12 | John Owusu | Tooting | 30-07-95 |
| 20-86 | Chris Copping | Colchester | 09-07-00 | |
| 17-71 | Jason Ferdinand | St Albans | 01-07-00 | |
| 12-57 | Gareth Evans | Copthall | 18-06-00 | |
| 10-28 | Josh Chilton | Copthall | 18-06-00 | |
| 10-03 | Sam Rice | Watford | 10-09-00 | |

Javelin

| | | | | |
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| <i>CLUB RECORD</i> | 24-14 | J.Curtis | Copthall | 11-09-83 |
| 21-65 | Gareth Evans | Copthall | 18-06-00 | |
| 14-46 | Josh Chilton | Copthall | 18-06-00 | |

4x100m relay

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| <i>CLUB RECORD</i> | 53.3 | John, Owusu, Goddard, Davies | Watford | 09-07-95 |
| 59.2 | | Watford | 10-09-00 | |

4x800m relay

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| <i>CLUB RECORD</i> | 10-08.6 | McGrath, Webster, Ede, Shepherd | N River | 17-07-76 |
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Pentathlon

CLUB RECORD

2672

Ralph Bailey

Copthall

09-09-79