

## Cornwall County Rankings 2006

As at 24 September 2006

### Men

#### 100m

#### CR

10.7(11.0j)(11.6v)

Christopher	Lee	U20	MBH	G2	11.3		Par
Christopher		U20	MBH/Dorset Schs	G3	11.36	1.1	Gateshead
Spragg	Richard	U20	LAC/N&P	G3	11.51	2.0	Exeter
Spragg		U20	LAC/N&P		11.9		Plymouth
Green	David	U20	CAC	G3	11.6		Par
Jeffries	Tristram		CAC		11.7		Carn Brea
Walter	Richard	M40	CAC		11.9		Par
Orr	Zac		CAC		11.9		Exeter
Tunstall	Neil	M40	CAC		11.9		Carn Brea
Sinden	Shaun		N&P		12.0		Exeter
West	Jordon	U20	CAC		12.0		Exeter
Hill	James	U20	CAC/Cwll Schs		12.0		Bournemouth
Brady	Scott	U20	N&P		12.1		Carn Brea
Parnell	Matthew		CAC		12.2		Carn Brea
Clayton	Isaac	U20	N&P/Cwll Schs		12.7		Bournemouth
Cater	Sean	M40	N&P		12.7		Carn Brea
Scott	John	M35	N&P		12.9		Exeter
Kitchen	Nathan		CAC		13.2		Carn Brea
Brown	John	M50	LAC		14.7		Par
Saunter	Jon		N&P		16.0		Bournemouth

#### 150m

Christopher	Lee	U20	MBH		18.5		Par
Cater	Sean	M40	N&P		20.8		Par

#### 200m

#### CR

21.7 (22.0J)(23.9v)

Christopher	Lee	U20	MBH	G3	22.9		Par
Green	David	U20	CAC	G3	23.3		Par
Spragg	Richard	U20	LAC/N&P		23.51	w 2.2	Exeter
Spragg		U20	LAC/N&P		24.0		Plymouth
Walter	Richard	M40	CAC		24.1		Par
West	Jordon	U20	CAC		24.3		Exeter
Orr	Zac		CAC		24.6		Exeter
Tunstall	Neil	M40	CAC		24.6		Yeovil
Mitchell	Luke	U20	CAC		24.7		Yeovil
Parnell	Matthew		CAC		24.8		Carn Brea
Tatlow	Adam	U20	CAC		25.8		Par
Cater	Sean	M40	N&P		26.3		Par
Pengelly	Clive	M50	N&P/SWV		26.47	w 4.9	Birmingham
Pengelly		M50	N&P/SWV		26.55	i	Cardiff
Pengelly		M50	N&P/SWV		26.5		Exeter
Kitchen	Nathan		CAC		27.3		Carn Brea
George	David	M40	N&P		30.7		Yeovil
Brown	John	M50	LAC		30.8		Par
Parish-Roberts	Dave	M45	N&P		32.7		Exeter

#### 300m

Christopher	Lee	U20	MBH		39.1		Par
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#### 400m

#### CR

46.27 (47.51j)(52.83v)

Green	Steve		CAC/Bath Uni	G2	48.98	i	Sheffield
Green	David	U20	CAC	G1	49.7		Yeovil
Green		U20	CAC	G2	50.55		Exeter

Tunstall	Neil	M40	CAC	53.94	Poznan, Poland
Spragg	Richard	U20	LAC/N&P	54.9	Plymouth
Hill	James	U20	CAC/Cwll Schs	56.3	Bournemouth
Fulcher	Grant	M45	N Devon	57.1	Exeter
Kitchen	Nathan		CAC	59.1	Yeovil
Clayton	Isaac	U20	N&P/Cwll Schs	59.3	Bournemouth
Cater	Sean	M40	N&P	59.4	Yeovil
Hill	Tarquin	M40	N&P	59.5	Abingdon
Parnell	Matthew		CAC	59.8	Yeovil
Jarvis	Steve		N&P	60.8	Plymouth
Orr	Zac		CAC	61.0	Exeter
Pengelly	Clive	M50		61.12	Cardiff
George	David	M40	N&P	71.9	Yeovil
<b>600m</b>					
<b>800m</b>				<b>CR</b>	<b>1.47.89 (1.51.8j)(2.00.4v)</b>
McQuillen-Wright	Chris	M35	N&P	2.00.9	Exeter
Burt-Fulcher	Kyald	U20	BudeH	2.03.24	Exeter
Tatlow	Adam	U20	CAC	2.04.6	Exeter
Scott	John	M35	N&P	2.06.2	Par
Green	David	U20	CAC	2.06.8	Exeter
Fulcher	Grant	M45	U/A	2.08.9	Par
Jose	Ollie	U20	CAC	2.14.5	Exeter
West	Jordon	U20	CAC	2.17.2	Exeter
Tunstall	Neil	M40	CAC	2.18.2	Exeter
Kitchen	Nathan		CAC	2.19.5	Exeter
Massey	Gareth		N&P	2.33.7	Bournemouth
Lock	Roger	M55	CAC	2.34.6	Exeter
Cater	Sean	M40	CAC	2.36.1	Exeter
Marsh	Brett		N&P	2.42.1	Bournemouth
Burnett	Kevin	M50	N&P	2.44.9	Exeter
Hill	Tarquin	M40	N&P	2.57.9	Plymouth
<b>1200m</b>					
McQuillen-Wright	Chris	M35	N&P	3.40.8	Par
<b>1500m</b>				<b>CR</b>	<b>3.39.03(3.43.69j)(4.07.4v)</b>
Bugden	Robbie		B&W	G2 3.49.74	Watford
McQuillen-Wright	Chris	M35	N&P	4.04.1	Exeter
McQuillen-Wright		M35	N&P	4.09.04	Exeter
West	Jordon	U20	CAC	G3 4.04.44	Manchester
Mulroy	Chris		CAC/Glou Uni	4.09.33	Birmingham
Sharpe	Kevin		N&P	4.23.6	Par
Burt-Fulcher	Kyald	U20	BudeH	4.34.4	Par
Tugwell	Philip		CAC	4.35.5	Exeter
Parsons	Mike	U20	CAC	4.37.0	Par
Massey	Gareth		N&P	4.48.9	Bournemouth
Hill	James	U20	CAC/Cwll Schs	4.57.6	Bournemouth
Clayton	Isaac	U20	N&P/Cwll Schs	5.13.4	Bournemouth
Cater	Sean	M40	N&P	5.38.9	Yeovil
Hill	Tarquin	M40	N&P	5.53.2	Bournemouth
George	David	M40	N&P	6.25.4	Yeovil
<b>1 Mile</b>				<b>CR</b>	<b>3.55.84 (4.04.9J)(4.22.2V)</b>
Exley	Martin	M45	Tavistock	5.09.8	Exeter
Kitchen	Nathan		CAC	5.29.9	Par
<b>3000m</b>				<b>CR</b>	<b>7.48.28 (7.48.28j)(8.45.5v)</b>
Bugden	Robbie		B&W	8.27.77	Millfield
McQuillen-Wright	Chris	M35	N&P	9.17.4	Plymouth
West	Jordon	U20	CAC/Truro College	9.24.1	Par

Scott	John	M35	N&P	9.48.8	Par
Exley	Martin	M45	Tavistock	9.53.8	Plymouth
Tatlow	Adam	U20	CAC	10.04.7	Par
Parsons	Mike	U20	CAC	10.28.8	Exeter
Brown	Bob		ECH	10.51.3	Plymouth
Purvis	Adam		ECH	10.51.6	Plymouth
Dobson	Graham	M40	CAC	11.14.1	Exeter
Creber	Jim	M45	Tamar T	11.30.1	Plymouth
Kitchen	Nathan		CAC	11.40.7	Carn Brea
Inman	Paul	M40	LRR	13.20.8	Plymouth
Nicholls	Graham	M50	Moorhaven	14.27.8	Plymouth
Hatch	Dave	M60	Moorhaven	15.04.7	Plymouth
<b>5000m</b>				<b>CR</b>	<b>13.31.38</b>
<b>(13.48.74j)(14.55.4v)</b>					
Sharpe	Kevin		N&P	16.19.7	Par
West	Jordon	U20	CAC	16.24.4	Exeter
Varker	Darren		N&P	16.34.9	Par
Grose	Damon	U20	HRR	16.51.0	Carn Brea
Tatlow	Adam	U20	CAC	16.59.3	Exeter
McQuillen-Wright	Chris	M35	N&P	17.55.7	Plymouth
Scott	John	M35	N&P	17.28.6	Exeter
Dobson	Graham	M40	CAC	19.35.6	Exeter
Mutsaers	Adrian		CAC	20.17.4	Exeter
Massey	Gareth		N&P	20.46.0	Bournemouth
Hill	Tarquin	M40	N&P	21.29.8	Bournemouth
Kitchen	Nathan		CAC	21.53.8	Exeter
<b>1 Km Walk</b>					
Lett	Tony	M65	CAC	5.23.4	Exeter
<b>10000m</b>				<b>CR</b>	
<b>100m Hurdles</b>					
Pengelly	Clive	M50	N&P	15.95.0.7	Poznan, Poland
<b>110m Hurdles 99cm</b>				<b>CR</b>	
Tunstall	Neil	M40	CAC/SWV	16.54 w 2.4	Birmingham
Tunstall		M40	CAC	16.8	Carn Brea
<b>110m Hurdles 106.7cm</b>				<b>CR</b>	<b>15.2/15.11w (15.77j)</b>
Tunstall	Neil	M40	CAC/Serp	16.9	Battersea
Tunstall		M40	CAC	17.37	Exeter
Clayton	Isaac	U20	N&P	20.1	Abingdon
Kitchen	Nathan		CAC	22.5	Par
Saunter	Jon		N&P	23.6	Abingdon
<b>400m Hurdles 84cm</b>					
Pengelly	Clive	M50	N&P/SWV	65.04	Poznan, Poland
<b>400m Hurdles 91.4cm</b>				<b>CR</b>	<b>50.9 (50.96j)(57.11v)</b>
Green	Steve		CAC/N & EB	G1 52.01	Eton
Green	David	U20	CAC	G1 53.62	Crystal Palace
Tunstall	Neil	M40	CAC/SWV	58.21	Birmingham
Hamilton	Lee	U17	N&P	G3 58.24	Eton
Hill	James	U20	CAC	66.7	Exeter
Kitchen	Nathan		CAC	67.0	Exeter
Massey	Gareth		N&P	67.1	Bournemouth
Hill	Tarquin	M40	N&P	71.3	Plymouth
Clayton	Isaac	U20	N&P	77.8	Plymouth
Marsh	Brett		N&P	80.2	Abingdon
<b>3000m Steeplechase</b>				<b>CR</b>	<b>8.54.46 (9.09.8j)(10.07.0v)</b>
Tatlow	Adam	U20	CAC	10.44.3	Exeter
Massey	Gareth		N&P	11.14.4	Bournemouth

Exley	Martin	M45	Tavistock	11.15.0	Par
West	Jordon	U20	CAC	11.41.3	Yeovil
Hill	Tarquin	M40	N&P	14.36.9	Abingdon
Saunter	Jon		N&P	16.14.0	Abingdon
Parnell	Matthew		CAC	16.37.6	Yeovil
<b>4 x 100m Relay</b>			<b>CR</b>	<b>44.7 (44.8)(46.2j)</b>	
Newquay & Par				46.5	Exeter
Cornwall AC				47.9	Exeter
<b>4 x 400m Relay</b>			<b>CR</b>	<b>3.24.6 (3.35.9j)</b>	
Cornwall AC				3.37.4	Yeovil
Newquay & Par				3.56.3	Plymouth
<b>High Jump</b>			<b>CR</b>	<b>2.13 (2.12j) (1.75v)</b>	
Perkins	John	M40	N&P	1.75	Birmingham
Jarvis	Steve		N&P	1.70	Plymouth
Hill	James	U20	CAC	1.70	Carn Brea
Jeffries	Tristram		U/A	1.68	Par
Clayton	Isaac	U20	N&P/Cwll Schs	1.61	Bournemouth
Kitchen	Nathan		CAC	1.58	Exeter
Parnell	Matthew		CAC	1.55	Yeovil
Orr	Zac		CAC	1.50	Yeovil
Cater	Sean	M40	N&P	1.45	Yeovil
<b>Pole Vault</b>			<b>CR</b>	<b>4.40 (4.25j)(2.40v)</b>	
Clayton	Isaac	U20	N&P	3.75	Abingdon
Marsh	Brett		N&P	2.40	Abingdon
Saunter	Jon		N&P	2.20	Par
Hill	James	U20	CAC	2.15	Par
<b>Long Jump</b>			<b>CR</b>	<b>7.75 (7.00j)(5.40v)</b>	
Sinden	Shaun		CAC	6.90	Exeter
Jeffries	Tristram		CAC	6.30	Carn Brea
Hill	James	U20	CAC	6.22	Yeovil
Clayton	Isaac	U20	N&P	6.02	Abingdon
Jarvis	Steve		N&P	5.69	Plymouth
Orr	Zac		CAC	5.34	Yeovil
Parnell	Matthew		CAC	4.94	Yeovil
Cater	Sean	M40	N&P	4.51	Yeovil
Kitchen	Nathan		CAC	4.46	Yeovil
George	David	M40	N&P	3.77	Yeovil
<b>Triple Jump</b>			<b>CR</b>	<b>15.16 (13.94j)(12.18v)</b>	
Sinden	Shaun		CAC	12.97	Exeter
Clayton	Isaac	U20	N&P	12.79	Plymouth
Orr	Zac		CAC	12.76	Exeter
Hill	James	U20	CAC	11.95	Exeter
Jeffries	Tristram		CAC	11.49	Carn Brea
Marsh	Brett		N&P	10.60	Exeter
Cater	Sean	M40	N&P	9.28	Exeter
Kitchen	Nathan		CAC	7.81	Exeter
<b>Shot Putt</b>			<b>CR</b>	<b>13.85 (11.98v)</b>	
Marsh	Brett		N&P	12.79	Abingdon
Tucker	Ian		CAC	11.84	Carn Brea
Saunter	Jon		N&P	10.73	Plymouth
Mansell	Simon	M40	MBH	10.01	Carn Brea
Kitchen	Nathan		CAC	9.90	Par
Jeffries	Tristram		U/A	9.79	Carn Brea
Hill	James	U20	CAC	9.43	Par
Madden	Mike	M40	N&P	9.09	Portsmouth
West	Jordon	U20	CAC	9.01	Exeter

Payne	Luke		N&P		8.99	Par
Hill	Tarquin	M40	N&P		8.32	Exeter
Hanson	Alistair		CAC		8.04	Exeter
Brown	Ken	M45	N&P		7.28	Exeter
Parnell	Matthew		CAC		6.77	Exeter
<b>Shot Putt</b>	<b>M50</b>	<b>6kg</b>				
Matta	Kevin	M50	N&P		9.96	Par
<b>Discus</b>			<b>CR</b>		<b>41.19 (31.54v)</b>	
<b>Marsh</b>	<b>Brett</b>		<b>N&amp;P</b>		<b>36.41</b>	<b>Exeter</b>
Jeffries	Tristram		U/A		30.81	Par
Saunter	Jon		N&P		30.69	Bournemouth
Hill	James	U20	CAC		29.56	Par
Madden	Mike	M40	N&P		28.73	Portsmouth
Kitchen	Nathan		CAC		24.77	Par
Tucker	Ian		CAC		24.61	Carn Brea
Hanson	Alistair		CAC		19.64	Yeovil
Lowe	Paul	M40	N&P		18.98	Par
Payne	Luke		N&P		18.54	Par
Parnell	Matthew		CAC		18.26	Yeovil
Mark	Roland	M40	N&P		17.24	Yeovil
George	David	M40	N&P		16.43	Yeovil
Cater	Sean	M40	N&P		16.24	Yeovil
<b>Discus</b>	<b>M50</b>	<b>1.5kg</b>				
Matta	Kevin	M50	N&P		28.10	Par
<b>Discus</b>	<b>M70</b>	<b>1kg</b>				
Lester	Allan	M70	FSC		16.23	Carn Brea
<b>Hammer</b>			<b>CR</b>		<b>55.92 (47.23v)</b>	
<b>Madden</b>	<b>Mike</b>	<b>M40</b>	<b>N&amp;P</b>	<b>G3</b>	<b>47.23</b>	<b>Par</b>
<b>Marsh</b>	<b>Brett</b>		<b>N&amp;P</b>	<b>G3</b>	<b>46.42</b>	<b>Par</b>
<b>Hitchens</b>	<b>Alex</b>		<b>CAC</b>	<b>G3</b>	<b>46.01</b>	<b>Bournemouth</b>
Hanson	Alistair		CAC		30.24	Par
Kitchen	Nathan		CAC		29.43	Par
Mansell	Simon	M40	MBH		23.55	Par
Parnell	Matthew		CAC		17.13	Carn Brea
Marsh	Clive	M55	N&P		15.01	Yeovil
Mark	Roland	M40	N&P		9.65	Yeovil
<b>Hammer</b>	<b>M70</b>	<b>4kg</b>				
Lester	Allan	M70	FSC		24.46	Carn Brea
<b>Javelin</b>			<b>CR</b>		<b>63.04 (60.36j)(42.86v)</b>	
<b>Payne</b>	<b>Luke</b>		<b>N&amp;P</b>	<b>G3</b>	<b>60.11</b>	<b>Carn Brea</b>
Saunter	Jon		N&P		45.68	Par
Marsh	Brett		N&P		40.93	Portsmouth
Jeffries	Tristram		CAC		40.05	Carn Brea
Madden	Mike	M40	N&P		39.18	Par
Hill	James	U20	CAC		39.03	Exeter
Kitchen	Nathan	U20	CAC		31.02	Par
West	Jordon	U20	CAC		25.83	Carn Brea
Lowe	Paul	M40	N&P		25.73	Par
Clayton	Isaac	U20	N&P/Cwll Schs		24.82	Bournemouth
Mark	Roland	M40	N&P		24.50	Exeter
Hill	Tarquin	M40	N&P		23.28	Exeter
Mutsaers	Adrian		CAC		19.68	Exeter
Parnell	Matthew		CAC		13.82	Carn Brea
<b>Decathlon</b>			<b>CR</b>			

