

2007 COUNTY RANKINGS

UNDER 20 MEN - OUTDOOR PERFORMANCES

100 metres

10.81/1.6	Tonderai Tomu	U20	SNH	26/8	Hendon
11.3	Ian Tobin	U20	HPX	4/8	Reading
11.6	Ian Simson	U20	D&T	19/5	Reading
12.0	J Strohm	U20	StA		
12.1	Alistair Ledsam	U20	HPX	5/5	Dartford
12.1/1.5	Alec Wing	U20	HPX	23/6	Copthall
12.1	Stuart Brown	U20	StA		
12.2	Ben Shipley	U20	D&T	23/9	Hemel H
12.24/-1.0	Christopher Hamilton	U20	D&T	13/5	Watford
12.3	Michael Weeks	U20	WAT	15/4	Watford
12.3	Lee Cordell	U20	D&T	2/6	Bournemouth
12.3	Ryan Taylor	U20	D&T	4/8	Hemel H
12.4	Sam Poulton	U20	SNH	22/9	Stevenage
12.7	Laurie Pirie	U20	SNH	05/5	Harrow
12.8	B Dyer	U20	WAT	5/5	Ilford
16.1	Tommy Sheldrick	U20	D&T	14/7	Tooting Bec

200 metres

21.4	Tonderai Tomu	U20	SNH	02/9	Bury St E
22.4/2.5	Ian Tobin	U20	HPX	1/7	Woodford
22.5	Ian Tobin	U20	HPX	2/6	Welwyn GC
23.2	Douglas Hudson	U20	StA		
23.3	Stuart Brown	U20	StA		
23.8	Michael Weeks	U20	WAT	15/4	Watford
23.95/-0.4	Stephen Barnard	U20	E&H	13/5	Watford
24.4	Todd Harris	U20	D&T	23/9	Hemel H
24.5	Ian Simson	U20	D&T	19/5	Reading
24.5	J Strohm	U20	StA		
24.8	Ryan Taylor	U20	D&T	14/7	Tooting Bec
25.1	Alec Wing	U20	HPX	6/4	WGC
26.0	B Dyer	U20	WAT	2/6	Watford
26.0	Laurie Pirie	U20	SNH	22/9	Stevenage
26.5	Ben Smith	U20	BAR	23/9	Hemel H
26.6	Marcus McKechnie	U20	SNH	22/9	Stevenage
26.8	Lee Cordell	U20	D&T	2/6	Bournemouth

400 metres

48.53	Tonderai Tomu	U20	SNH	22/8	Watford
49.85	Nick Choudhury	U20	LUT		
51.0	Aaron Dombey	U20	WAT	2/6	Ilford
51.7	Douglas Hudson	U20	StA		
52.3	Ian Tobin	U20	HPX	23/6	Swindon
52.5	Steve Smith	U20	HPX	2/6	Welwyn GC
52.6	Sam Poulton	U20	SNH	10/6	Hendon
53.3	Josh Saydraouten	U20	HPX	29/4	Lee Valley
54.59	Alec Wing	U20	HPX	16/9	Exeter
55.20	David Paar	U20	SNH	22/9	Stevenage
56.1	Todd Harris	U20	D&T	5/5	Hemel H
56.5	Nick Elliott	U20	BAR	23/9	Hemel H

800 metres

1:58.15	Sam Poulton	U20	SNH	16/6	Crystal Pal
1:59.78	Ben Nagy	U20	BAR	13/5	Watford
2:01.5	Steve Smith	U20	HPX	2/6	Welwyn GC
2:06.9	Marcus McKechnie	U20	SNH	23/6	Colchester
2:07.95	R Balkan	U20	WAT	27/6	Watford
2:08.7	Tonderai Tomu	U20	SNH	22/9	Stevenage
2:08.8	Nick Elliott	U20	BAR	23/9	Hemel H
2:10.5	Tommy Sheldrick	U20	D&T	2/6	Bournemouth
2:12.31	Richard Tarpey	U20	HPX	13/5	Watford
2:12.89	Sean Pollen	U20	SNH	13/5	Watford
2:15.5	Alex Gardner	U20	D&T	4/8	Hemel H
2:18.26	Ben Smith	U20	BAR	18/4	Watford
2:18.7	Simon Britten	U20	HPX	29/4	Lee Valley
2:28.7	Laurie :Pirie	U20	SNH	22/9	Stevenage
2:36.1	Lee Cordell	U20	D&T	14/7	Tooting Bec

1500 metres

4:01.67	Ben Nagy	U20	BAR	27/5	Copthall
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4.28.8	Tommy Sheldrick	U20	D&T	2/6	Bournemouth
4.29.5	Sam Poulton	U20	SNH	7/5	Stevenage
4:33.5	Josh Saydraouten	U20	HPX	5/5	Dartford
4.37.55	Alex Gardner	U20	D&T	8/8	Watford
4:36.9	Richard Tarpey	U20	HPX	7/5	Stevenage
4:40.0	Peter Townsend	U20	HPX	7/5	Stevenage
5.10.0	Sean Pollen	U20	SNH	23/6	Colchester
5:19.3	Alec Wing	U20	HPX	24/6	Copthall
6.28.7	David Paar	U20	SNH	22/9	Stevenage

3000 metres

9:54.1	Tommy Sheldrick	U20	D&T	15/7	Hemel H
9:58.55	Peter Townsend	U20	HPX	22/8	Watford
10.07.8	Marcus McKechnie	U20	SNH	6/4	Welwyn GC
10:10.6	Simon Britten	U20	HPX	29/4	Lee Valley

5000 metres

17.35.3	Marcus McKechnie	U20	SNH	5/5	Harrow
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110m Hurdles (99.0)

15.05/-0.8	Zak Saucedo	U20	E&H	13/5	Watford
15.94/1.2	Stephen Barnard	U20	E&H	26/8	Copthall
17.1/4.2	Alec Wing	U20	HPX	1/7	Woodford
17.12/-0.8	Alec Wing	U20	HPX	13/5	Watford

110m Hurdles (106)

15.4/3.6	Zak Saucedo	U20	E&H	12/8	Portsmouth
18.3	David Paar	U20	SNH	4/8	Peterborough
20.9	Laurie Pirie	U20	SNH	5/5	Harrow

400m Hurdles (91.4)

55.13	Zak Saucedo	U20	E&H	13/5	Watford
55.14	Aaron Dombey	U20	WAT	13/5	Watford
58.8	Josh Saydraouten	U20	HPX	2/6	Welwyn GC
61.6	Alec Wing	U20	HPX	14/7	Kingston
62.4	Ryan Taylor	U20	D&T	23/9	Hemel H
63.5	David Paar	U20	SNH	14/7	Uxbridge
64.5	Marcus McKechnie	U20	SNH	14/7	Uxbridge
70.7	Sam Poulton	U20	SNH	23/6	Colchester

2000m Steeplechase

8:01.2	Simon Britten	U20	HPX	29/4	Lee Valley
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3000m Steeplechase

10.51.2	Tommy Sheldrick	U20	D&T	23/6	Thurrock
10.57.5	Marcus McKechnie	U20	SNH	2/6	Sandy
11:17.2	Peter Townsend	U20	HPX	4/8	Reading
11:23.4	R Balkan	U20	WAT	23/6	Thurrock
11:42.6	Simon Britten	U20	HPX	2/6	Welwyn GC
13.25.5	Sean Pollen	U20	SNH	14/7	Uxbridge

High Jump

1.90	Laurie Pirie	U20	SNH	6/4	Welwyn GC
1.68	Alec Wing	U20	HPX	16/9	Exeter
1.60	Ben Nagy	U20	BAR	5/5	Hemel H
1.60	Lee Cordell	U20	D&T	2/6	Bournemouth
1.50	Dan Tarrant	U20	HAR	13/5	Watford
1.50	David Paar	U20	SNH	14/7	Uxbridge
1.45	Douglas Hudson	U20	StA		

Pole Vault

4.20	Lee Cordell	U20	D&T	26/8	Copthall
2.30	Alec Wing	U20	HPX	16/9	Exeter

Long Jump

6.84	Tonderai Tomu	U20	SNH	22/9	Stevenage
6.81/0.9	Ian Tobin	U20	HPX	17/6	Crystal Palace
6.67	Ian Simson	U20	D&T	2/6	Bournemouth
5.65/-0.3	Alec Wing	U20	HPX	16/9	Exeter
5.64	Aaron Dombey	U20	WAT	23/6	Portsmouth
5.46	J Strohm	U20	StA		
5.45	Sam Poulton	U20	SNH	4/8	Peterborough
5.40	Alistair Ledsam	U20	HPX	5/5	Dartford
5.33	Stuart Brown	U20	StA		

5.21	Douglas Hudson	U20	StA		
5.15	Marcus McKechnie	U20	SNH	22/9	Stevenage
5.04	Lee Cordell	U20	D&T	14/7	Tooting Bec
4.87	David Paar	U20	SNH	22/9	Stevenage
4.09	Ben Smith	U20	BAR	23/9	Hemel h

Triple Jump

13.75	Ian Simson	U20	D&T	2/6	Bournemouth
12.48	Sam Poulton	U20	SNH	21/7	Hendon
12.44	Laurie Pirie	U20	SNH	5/5	Harrow
12.08	Chris Hamilton	U20	D&T	2/9	Bury St Edmunds
11.83	Aaron Dombey	U20	WAT	5/5	Hemel H
11.64	Alistair Ledsam	U20	HPX	5/5	Dartford
10.88	Josh Saydraouten	U20	HPX	23/6	Swindon
10.76	R Balkan	U20	WAT	23/6	Thurrock

Shot (6k)

8.97	Alec Wing	U20	HPX	16/9	Exeter
7.71	Laurie Pirie	U20	SNH	22/9	Stevenage
7.61	Sam Poulton	U20	SNH	22/9	Stevenage
7.36	David Paar	U20	SNH	22/9	Stevenage

Discus (1.75k)

41.44	Steve Watson	U20		26/8	Copthall
22.05	Alec Wing	U20	HPX	24/6	Copthall

Discus (2k)

21.99	Alec Wing	U20	HPX	16/9	Exeter
18.15	B Dyer	U20	WAT	5/5	Ilford

Hammer (6k)

Javelin (800g)

52.61	Matthew Stoker	U20	SBH	2/9	Bury St Edmunds
35.32	Alec Wing	U20	HPX	16/9	Exeter
36.58	Tonderai Tomu	U20	SNH	22/9	Stevenage
24.41	Marcus McKechnie	U20	SNH	22/9	Stevenage

Decathlon

4601	Alec Wing	U20	HPX	16/9	Exeter
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RELAYS

4x100

44.9	Herts Phoenix	U20	29/7	Bromley
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4x400

3:30.8	Herts Phoenix	U20	29/4	Lee Valley
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INDOOR PERFORMANCES

60 metres

7.43	Chris Hamilton	U20	D&T	18/3	Lee Valley
7.45	Steven Barnard	U20	E&H	18/3	Lee Valley
7.46	James Quintal	U20	WAT	18/3	Lee Valley
7.54	Michael Weekes	U20	WAT	18/3	Lee Valley
7.81	Stuart Brown	U20	StA	18/3	Lee Valley
7.88	Alec Wing	U20	HPX	18/3	Lee Valley

200 metres

22.82	Tonderai Tomu	U20	SNH	18/3	Lee Valley
23.85	Michael Weekes	U20	WAT	18/3	Lee Valley
23.92	Ian Tobin	U20	HPX	18/3	Lee Valley
24.38	Stuart Brown	U20	StA	18/3	Lee Valley
24.57	Chris Hamilton	U20	D&T	18/3	Lee Valley

400 metres

54.02	Douglas Hudson	U20	StA	18/3	Lee Valley
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800 metres

2:04.16	Sam Poulton	U20	SNH	18/3	Lee Valley
2:18.63	B Smith	U20	BAR	18/3	Lee Valley

60m Hurdles

8.49	Zak Saucedo	U20	E&H	18/3	Lee Valley
9.03	Stephen Barnard	U20	E&H	18/3	Lee Valley
9.60	Alec Wing	U20	HPX	18/3	Lee Valley

Pole Vault

3.60	Paul Yeomans	U20		18/2	Brunel
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Long Jump

6.41	Ian Simson	U20	D&T	18/3	Lee Valley
6.40	Ian Tobin	U20	HPX	18/3	Lee Valley

Triple Jump

13.02	Ian Simson	U20	D&T	18/3	Lee Valley
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