

## 2008 COUNTY RANKINGS

### UNDER 15 BOYS - OUTDOOR PERFORMANCES

#### 100m

12.0	Ben Young	WAT	14/6	Watford
12.1	T Watts	HPX	8/6	Basildon
12.1	Prince Richman	HPX	14/9	Hemel H
12.2	John Rendell	D&T	29/6	St Albans
12.2	Miebaka Owubokiri	HPX	14/9	Hemel H
12.3	Jake Awe	StA	17/8	Watford
12.24/1.9	Andrew Walshe	HPX	13/8	Watford
12.4	Billie Vernon-Hamilton	SNH	8/6	St Ives
12.4	Liam Vooght	SNH	8/6	St Ives
12.4	Josh Swain	SNH	13/7	Stevenage
12.5	George Herbert	HPX	13/7	Stevenage
12.6	David Quartey	WAT	29/6	Watford
12.6	Ben Murphy	SNH	20/9	Stevenage
12.8	N Mahmood	D&T	21/9	Hemel H
12.8	Nick Robinson	StA		
12.8	Luke Yaxley	StA		
13.0	Peter De'Ath	SNH	13/7	Stevenage
13.0	Ben David	SNH	3/8	Bury St Edmunds
13.0	Daniel Gardner	SNH	20/9	Stevenage
13.0	Jason Tang	StA		
13.1	Matthew Pardoe	SNH	13/7	Stevenage
13.2	Robert Hibbs	HPX	18/5	Lee Valley
13.2	J Aikman	D&T	14/9	Hemel H
13.2	Carl Palin	StA		
13.3	Jequaine Harshon	SNH	8/6	St Ives
13.3	Laurence Levy	SNH	20/9	Stevenage
13.37/-1.4	Tom Church	StA	11/5	Watford
13.4	Matthew Pink	HPX	8/6	Basildon
13.4	D Barker	HPX	13/7	Stevenage
13.5	Jake Exton	SNH	20/9	Stevenage
13.6	Jack Gates	SNH	8/6	St Ives
13.6	Matt Read	HPX	22/6	Hoo
13.6	Frank Smith	StA		
13.7	Ross Twynholm	WAT	8/6	St Ives
13.78/-1.4	Mark Halliwell	D&T	11/5	Watford
13.8	Tom Drake	WAT	13/7	Thurrock
13.9	George Stingemore	HPX	29/6	Chelmsford
13.9	Paul Spicer	SNH	20/9	Stevenage
14.2	Simon Bevan	HPX	20/7	Perivale
14.2	J Thomas	StA		
14.3	Sam Higgins	HPX	27/4	Lee Valley
14.79	Daryl Lindo	WAT	9/4	Watford
14.8	Nebolisa Ikeh	HPX	21/3	Welwyn GC
14.8	Elliott Walker	HPX	18/5	Lee Valley
14.8	Matthew Wyatt	SNH	20/9	Stevenage
14.9	Rowen Seglah	StA	21/3	Welwyn GC
15.0	Guarav Saroye	SNH	20/9	Stevenage
15.2	H Boyd	D&T	27/4	Braintree
18.5	Vinnie Lakes	WAT	15/6	Watford

#### 200m

23.65/-1.9	Robert Gayler	SBH	11/5	Watford
24.33/-1.8	Simon Wake	HPX	24/8	Cophall
24.7	Andrew Walshe	HPX	8/6	Basildon
24.7	Carl Palin	StA	21/9	Hemel H
24.9	Ayrron Armstrong	HPX	20/7	Perivale
25.0	John Rendell	D&T	27/4	Braintree
25.1	Ben Young	WAT	8/6	St Ives
25.1	Josh Swain	SNH	29/6	Stevenage
25.1	Miebaki Owubokiri	HPX	14/9	Hemel H
25.4	Billie Vernon-Hamilton	SNH	24/5	Ashford
25.41	Jake Awe	StA		

25.7	Robert Hibbs	HPX	18/5	Lee Valley
25.7	Liam Vooght	SNH	8/6	St Ives
25.8	Richard Sackey	HPX	14/9	Hemel H
25.9	David Quartey	WAT	2/7	Watford
25.9	B Pike	D&T	14/9	Hemel h
26.2	N Mahmood	D&T	21/9	Hemel H
26.3	Peter De'Ath	SNH	20/9	Stevenage
26.4	Prince Richman	HPX	3/8	Sandy
26.5	M Bonito	D&T	21/9	Hemel H
26.6	Ben David	SNH	3/8	Bury St Edmunds
26.7	Jack Gates	SNH	20/9	Stevenage
26.97/-1.7	James McMurray	StA	11/5	Watford
27.1	J Manfre	D&T	27/4	Braintree
27.2	Jonathan Howarth	StA		
27.3	Luke Yaxley	StA		
27.5	Ross Moorley	HPX	18/5	Lee Valley
27.6	Jequaine Harshon	SNH	29/6	Stevenage
27.7	Tom Drake	WAT	29/6	Watford
27.8	Matthew Pardoe	SNH	5/5	Stevenage
27.8	Matthew Pink	HPX	8/6	Basildon
27.9	Ross Twynholm	WAT	8/6	St Ives
28.4	Frank Smith	StA		
28.67/-0.5	Mark Halliwell	D&T	11/5	Watford
28.7	Tom Kinsella	SNH	8/6	Stevenage
28.8	Simon Bevan	HPX	8/6	Basildon
29.1	Kallum Clevedon	SNH	13/7	Stevenage
29.4	J Thomas	StA		
30.8	Dominic Trendall	HPX	21/3	Welwyn GC
31.04/-1.7	Luke Huntingford	D&T	11/5	Watford
31.6	Nebolisa Ikeh	HPX	21/3	Welwyn GC
32.7	Heinrich Watson-Miller	HPX	21/3	Welwyn GC
32.8	Jacob Boylan	HPX	21/3	Welwyn GC
33.90/-0.5	A Lloyd	D&T	11/5	Watford

#### 400m

52.69	Andrew Walshe	HPX	10/8	Birmingham
53.28	Simon Wake	HPX	9/8	Birmingham
54.2	Carl Palin	StA	13/7	Stevenage
54.6	J McNeil	StA		
57.2	Jamie McMurray	StA		
58.0	M Bonito	D&T	27/4	Braintree
58.4	John Rendell	D&T	27/4	Braintree
59.8	Peter De'Ath	SNH	14/9	Bedford
60.6	Billy Vernon-Hamilton	SNH	8/6	St Ives
60.8	G Bennett	D&T	29/6	St Albans
60.8	C Gaddes	StA		
61.1	Chris Hilton	StA		
61.4	B Pike	D&T	14/9	Hemel h
62.0	Edward Shepherd	HPX	18/5	Lee Valley
62.9	Sean Chambers	WAT	3/8	Sandy
63.0	Jonathan Howarth	StA	18/5	St Albans
63.2	Jequaine Harsham-Lindsey	SNH	13/7	Stevenage
63.3	Ross Moorley	HPX	20/7	Perivale
63.6	George Henry	SNH	14/9	Bedford
63.9	Alex Cloona	HPX	3/8	Sandy
64.3	Robert Hibbs	HPX	3/8	Sandy
64.4	George Stingemore	HPX	29/6	Chelmsford
66.6	Matthew Pardoe	SNH	8/6	St Ives
67.3	H Whiteman	StA		
67.7	J Field	D&T	29/6	St Albans
67.9	Elliott Walker	HPX	13/7	Stevenage
69.2	S Micalleff	D&T	13/7	Luton
69.2	Gaurav Saroye	SNH	3/8	Bury St Edmunds
69.50	Jack Smith	StA	11/5	Watford
71.5	Joe Reid	SNH	3/8	Bury St Edmunds
74.4	Tom Kinsella	SNH	27/4	Braintree
76.9	Luke Huntingford	D&T	8/6	Hemel H
95.3	Vinnie Lakes	WAT	29/6	Watford

**800m**

2:05.6	Andrew Walshe	HPX	14/9	Hemel H
2:08.54	James McMurray	StA	11/5	Watford
2:09.07	S Byrne	HARR	11/5	Watford
2:12.34	Edward Shepherd	HPX	11/5	Watford
2:13.85	Chris Hilton	StA	24/8	Copthall
2:17.5	M Bonito	D&T	27/4	Braintree
2:18.2	G Bennett	D&T	13/7	Luton
2:19.0	Daniel Barcroft	HPX	20/7	Perivale
2:19.3	Oliver Glyn	D&T	29/6	St Albans
2:19.7	David Fernie	StA	18/5	St Albans
2:20.0	J McNeil	StA		
2:21.03	Tom Carter	E&H	27/9	Bedford
2:21.44	Carl Palin	StA	27/9	Bedford
2:21.7	Laurence Levy	SNH	20/9	Stevenage
2:24.0	Simon Wake	HPX	4/5	Erith
2:24.5	Alex Cloona	HPX	3/8	Sandy
2:25.7	Sean Chambers	WAT	2/7	Watford
2:28.2	Billy Vernon-Hamilton	SNH	20/5	Stevenage
2:28.33	Paul Spicer	SNH	27/9	Bedford
2:29.8	Peter De'Ath	SNH	20/9	Stevenage
2:30.5	Daniel Gardner	SNH	20/5	Stevenage
2:31.0	John Rendell	D&T	22/6	Hemel H
2:32.4	J Eykelbosch	D&T	8/6	Hemel H
2:32.6	Jonathan Howarth	StA		
2:32.7	Jequaine Harsham-Lindsey	SNH	13/7	Stevenage
2:33.3	Jonathan Stock	HPX	3/8	Sandy
2:35.2	B Pike	D&T	14/9	Hemel H
2:36.0	Tom Kinsella	SNH	29/6	Stevenage
2:36.4	A Bramley	D&T	22/6	Hemel H
2:36.9	Ben Murphy	SNH	20/9	Stevenage
2:37.7	Kallum Clevedon	SNH	20/9	Stevenage
2:38.8	Ross Moorley	HPX	22/6	Hoo
2:41.9	R Taylor	D&T	22/6	Hemel H
2:42.6	S izzard	D&T	27/4	Braintree
2:43.3	Jake Exton	SNH	20/9	Stevenage
2:43.4	Elliott Walker	HPX	5/5	Stevenage
2:46.9	Liam Vooght	SNH	20/9	Stevenage
2:47.0	Gaurav Saroye	SNH	20/9	Stevenage
2:47.4	Jack Gates	SNH	20/9	Stevenage
2:48.0	Dominic Trendall	HPX	27/4	Lee Valley
2:53.1	J Smith	StA		
2:53.8	Matthew Wyatt	SNH	20/9	Stevenage
2:54.8	Joseph Reid	SNH	8/6	St Ives
3:00.2	Michael Dymoke	SNH	29/6	Stevenage
3:01.6	J Wells	D&T	22/6	Hemel H
3:08.9	A Lloyd	D&T	22/6	Hemel H
3:13.7	Jacob Boylan	HPX	21/3	Welwyn GC
3:15.3	D Pullman	D&T	22/6	Hemel H
3:21.0	B Brewer	StA		
3:50.4	Synclair Stuart	SNH	20/9	Stevenage
3:50.9	Stephen Brown	SNH	20/9	Stevenage

**1500m**

4:24.00	James McMurray	StA	16/7	Watford
4:26.9	Edward Shepherd	HPX	5/5	Stevenage
4:30.9	Vasudev Zaver	HPX	3/8	Sandy
4:44.9	Oliver Glyn	D&T	14/6	Watford
4:45.8	Oliver Poulain	StA		
4:51.47	Chris Hilton	StA		
4:52.7	R Taylor	D&T	29/6	St Albans
4:53.6	D Barker	HPX	13/7	Stevenage
4:54.0	Daniel Barcroft	HPX	20/7	Perivale
4:54.14	Liam Cloona	HPX	27/7	Kingston
4:57.4	Lewis Dormer	WAT	13/7	Thurrock
4:59.3	G Bennett	D&T	21/9	Hemel H
5:00.9	S Jamieson-West	StA		

5:01.1	J Westgate	StA		
5:02.7	Paul Spicer	SNH	14/9	Bedford
5:04.2	Wilkie Hollens	StA	5/5	Stevenage
5:04.4	H Whiteman	StA		
5:06.5	A Bramley	D&T	14/6	Watford
5:11.5	S Izzard	D&T	21/9	Hemel H
5:15.5	Jack Eykelbosch	D&T	5/5	Stevenage
5:34.2	Ryan Faulkner	HPX	5/5	Stevenage
5:58.1	Dominic Trendall	HPX	21/3	Welwyn GC
5:34.3	Ross Moorley	HPX	1/6	Welwyn GC
5:40.8	Mark Walker	WAT	2/7	Watford
5:43.4	Robert Hibbs	HPX	22/6	Hoo
5:50.4	Elliott Walker	HPX	18/5	Lee Valley
6:03.6	Gaurav Saroye	SNH	29/6	Stevenage
6:11.3	Heinrich Watson-Miller	HPX	21/3	Welwyn GC
7:01.0	B Brewer	StA		

### 3000m

9:53.8	Edward Shepherd	HPX	22/6	Hemel H
11:10.2	Oliver Glyn	D&T	22/6	Hemel H

### 80M Hurdles

11.81	Ola Amosu	E&H	11/7	Birmingham
12.3	Jason Tang	StA	21/9	Hemel H
12.4	Christian Gaddes	StA	13/7	Stevenage
12.5	Richard Sackey	HPX	20/7	Perivale
12.8	Daniel Gardner	SNH	13/7	Stevenage
12.83	Tom Carter	E&H	27/9	Bedford
12.9	George Herbert	HPX	13/7	Stevenage
12.9	David Sissons	HPX	3/8	Sandy
13.0	Luke Yaxley	StA	21/9	Hemel H
13.3	Jake Exton	SNH	3/8	Bury St Edmunds
14.0	Simon Bevan	HPX	20/7	Perivale
14.05	Laurence Levy	SNH	27/9	Bedford
14.1	John Rendell	D&T	22/6	Hemel H
14.1	J Field	D&T	29/6	St Albans
14.3	Billy Vernon-Hamilton	SNH	20/5	Stevenage
14.9	Matt Read	HPX	22/6	Hoo
15.08	Paul Spicer	SNH	27/9	Bedford
15.1	George Stingemore	HPX	21/3	Welwyn GC
15.2	G Bennett	D&T	14/9	Hemel h
15.4	D Pullman	D&T	22/6	Hemel h
15.6	Sam Higgins	HPX	22/6	Hoo
15.7	Ross Moorley	HPX	4/5	Erith
16.0	Daniel Barcroft	HPX	18/5	Lee Valley
16.0	Miebaka Owubokiri	HPX	14/9	Hemel H
16.1	Tom Drake	WAT	3/8	Sandy
16.2	Frank Smith	StA		
16.6	Luke Huntingford	D&T	29/6	St Albans
17.0	Jack Gates	SNH	20/5	Stevenage
17.5	A Lloyd	D&T	21/9	Hemel H
17.7	A Bramley	D&T	22/6	hemel h
17.7	J Wells	D&T	22/6	Hemel H
18.1	Vinnie Lakes	WAT	13/7	Thurrock
18.3	R Taylor	D&T	22/6	Hemel H
21.0	Lewis Dormer	WAT	13/7	Thurrock

### High Jump

1.75	Stefan Maile	StA	11/5	Watford
1.65	Ola Amosu	E&H	22/6	Reading
1.63	George Herbert	HPX	13/7	Stevenage
1.60	Laurence Levy	SNH	27/4	Braintree
1.60	Christian Gaddes	StA	11/5	Watford
1.60	George Hudson	HPX	3/8	Sandy
1.58	Daniel Gardner	SNH	27/9	Bedford
1.58	Tom Carter	E&H	27/9	Bedford
1.58	Carl Palin	StA	27/9	Bedford
1.50	Andrew Walshe	HPX	1/6	Welwyn GC

1.55	Paul Spicer	SNH	11/5	Watford
1.45	Harry Draine	StA	11/5	Watford
1.45	D Pullman	D&T	8/6	Hemel H
1.45	Chris Hilton	StA		
1.40	J Aikman	D&T	29/6	St albans
1.40	Ayrron Armstrong	HPX	20/7	Perivale
1.40	Jonathan Stock	HPX	14/9	Hemel H
1.40	Adam Wooten	HPX	14/9	Hemel H
1.40	Jake Exton	SNH	27/9	Bedford
1.36	Billy Vernon-Hamilton	SNH	20/5	Stevenage
1.35	Heinrich Watson-Miller	HPX	21/3	Welwyn GC
1.35	John Rendell	D&T	22/6	Hemel H
1.35	J Field	D&T	13/7	Luton
1.35	Robert Hibbs	HPX	20/7	Perivale
1.35	J Wells	D&T	14/9	Hemel H
1.35	Jason Tang	StA		
1.30	Matthew Wyatt	SNH	13/7	Stevenage
1.30	Kallum Clevedon	SNH	13/7	Stevenage
1.29	A Bramley	D&T	22/6	Hemel H
1.27	Jack Gates	SNH	20/5	Stevenage
1.25	Sam Higgins	HPX	1/6	Welwyn GC
1.23	A Lloyd	D&T	22/6	Hemel H
1.20	R Taylor	D&T	22/6	Hemel H

### Pole Vault

3.45	Daniel Gardner	SNH	11/7	Gateshead
2.80	Tim Warner	HPX	22/3	Chelmsford
2.60	D Pace	D&T	14/9	Hemel H
2.30	Harry Stead	WAT	21/5	Watford
2.10	C Gillespie	StA		
2.00	Tom Drake	WAT	2/7	Watford
1.90	Simon Bevan	HPX	3/8	Sandy
1.90	Oliver Poulain	StA		

### Long Jump

6.20	Ola Amosu	E&H	6/9	Manchester
6.00/-0.4	Courtney Hart	D&T	24/8	Copthall
5.81	Robert Gayler	SBH	11/5	Watford
5.49	Jake Awe	StA		
5.36	Daniel Gardner	SNH	13/7	Stevenage
5.32	Laurence Levy	SNH	29/6	Stevenage
5.29	Sam Higgins	HPX	22/6	Hoo
5.20	Prince Richman	HPX	14/9	Hemel H
5.09	George Herbert	HPX	14/6	Watford
5.09/0.2	Carl Palin	StA	27/9	Bedford
5.07	Billy Vernon-Hamilton	SNH	29/6	Stevenage
5.06	Tom Carter	E&H	27/9	Bedford
5.05	J Aikman	D&T	29/6	St Albans
5.03	Christian Gaddes	StA		
5.02	George Hudson	HPX	3/8	Sandy
4.94	John Rendell	D&T	22/6	Hemel H
4.80	Jake Exton	SNH	20/9	Stevenage
4.66	Jonathan Howarth	StA		
4.64	Ross Moorley	HPX	22/6	Hoo
4.63	Jamie McMurray	StA		
4.59	Richard Sackey	HPX	13/7	Stevenage
4.58	Jason Tang	StA		
4.49	Peter De'Ath	SNH	11/5	Watford
4.48	Luke Yaxley	StA		
4.44	D Pullman	D&T	22/6	Hemel H
4.44	George Stingemore	HPX	29/6	Chelmsford
4.38	Adam Bevan	D&T	11/5	Watford
4.35	Tom Drake	WAT	13/7	Thurrock
4.32	Liam Vooght	SNH	20/9	Stevenage
4.28	Jack Smith	StA	11/5	Watford
4.25	Paul Spicer	SNH	27/4	Braintree
4.25	Ross Twynholm	WAT	8/6	St Ives
4.24	S Micalleff	D&T	13/7	Luton

4.19	Ben Young	WAT	27/4	Basildon
4.19	Simon Bevan	HPX	4/5	Erith
4.19	Luke Huntingford	D&T	8/6	Hemel H
4.17	Ben Murphy	SNH	13/7	Stevenage
4.10	M Halliwell	D&T	14/9	Hemel H
4.06	Lewis Dormer	WAT	27/4	Basildon
4.04	Matthew Pink	HPX	8/6	Basildon
4.04	Chris Hilton	StA		
4.01	A Lloyd	D&T	22/6	Hemel H
4.00	A Bramley	D&T	22/6	Hemel H
3.98	N Mahmood	D&T	21/9	Hemel H
3.92	Jack Gates	SNH	20/5	Stevenage
3.89	J Wells	D&T	13/7	Luton
3.81	Edward Shepherd	HPX	8/6	Basildon
3.73	George Henry	SNH	14/9	Bedford
3.69	H Whiteman	StA		
3.67	Luke Robinson	HPX	27/4	Lee Valley
3.64	R Taylor	D&T	22/6	Hemel H
3.56	Daryl Lindo	WAT	9/4	Watford
3.55	H Boyd	D&T	8/6	Hemel H
3.46	Joe Reid	SNH	3/8	Bury St Edmunds
3.19	Vinnie Lakes	WAT	15/6	Watford

### Triple Jump

11.54	Daniel Gardner	SNH	20/9	Stevenage
11.41/-0.3	Jake Awe	StA	24/8	Copthall
11.14	John Rendell	D&T	14/6	Watford
11.08	Joel Daramalo	SNH	14/6	Watford
10.43	Jack Gates	SNH	20/9	Stevenage
10.18	Carl Palin	StA		
9.73	Adam Bevan	D&T	11/5	Watford

### Shot

11.48	Christopher Line	D&T	14/9	Hemel H
11.47	Laurence Levy	SNH	14/9	Bedford
10.93	Simon Wake	HPX	20/7	Perivale
11.04	Laurence Levy	SNH	14/9	Bedford
10.20	Andrew Walshe	HPX	8/6	Basildon
10.17	Tom Carter	E&H	27/9	Bedford
10.14	Christian Gaddes	StA		
10.10	J McNeil	StA		
9.97	Sasoon Moskofian	StA		
9.89	M Bonito	D&T	29/6	St Albans
9.64	Nick Robinson	StA	18/5	St Albans
9.29	Billy Vernon-Hamilton	SNH	20/5	Stevenage
9.02	John Rendell	D&T	22/6	Hemel H
8.65	Jack Gates	SNH	14/9	Bedford
8.46	Richard Sackey	HPX	13/7	Stevenage
8.20	Daniel Gardner	SNH	27/9	Bedford
8.18	D Pullman	D&T	22/6	Hemel H
8.11	Ben Murphy	SNH	20/9	Stevenage
8.06	Miebaki Owubokiri	HPX	13/7	Stevenage
7.97	Robert Hibbs	HPX	20/7	Perivale
7.91	Josh Burfitt	WAT	8/6	St Ives
7.86	James Pellington	StA		
7.74	Jason Tang	StA		
7.31	Sam Higgins	HPX	1/6	Welwyn GC
6.95	Ben Young	WAT	8/6	St Ives
6.94	J Wells	D&T	13/7	Luton
6.92	Frank Smith	StA		
6.88	Jonathan Howarth	StA		
6.72	Paul Spicer	SNH	20/5	Stevenage
6.71	Vasudev Zaver	HPX	1/6	Welwyn GC
6.64	Peter De'Ath	SNH	20/9	Stevenage
6.24	Matt Read	HPX	22/6	Hoo
6.00	Matthew Pardoe	SNH	29/6	Stevenage
5.84	Mark Walker	WAT	29/6	Watford
5.70	A Bramley	D&T	22/6	Hemel H

5.66	Elliott Walker	HPX	29/6	Chelmsford
5.56	A Lloyd	D&T	22/6	Hemel H
5.38	Harry Will	WAT	3/8	Sandy
5.30	Tom Kinsella	SNH	8/6	St Ives
4.80	R Taylor	D&T	22/6	Hemel H
4.29	James Juster	StA	18/5	St Albans
3.33	Vinnie Lakes	WAT	13/7	Thurrock

### Discus

42.34	Christopher Line	D&T	24/8	Copthall
30.54	Gaurav Saroye	SNH	20/9	Stevenage
30.15	James Pellington	StA	29/6	St Albans
29.91	Laurence Levy	SNH	7/8	Sandy
28.65	L Judge	D&T	27/4	Braintree
26.09	Nick Robinson	StA		
24.64	George Agius	WAT	2/7	Watford
23.45	Stefan Maile	StA		
23.43	Sasoon Moskofian	StA	18/5	St Albans
23.36	Billy Vernon-Hamilton	SNH	13/7	Stevenage
21.37	George Tunmore	WAT	2/7	Watford
20.81	Christian Gaddes	StA		
19.94	Jack Gates	SNH	14/9	Bedford
19.52	Ross Moorley	HPX	22/6	Hoo
19.34	Jake Exton	SNH	13/7	Stevenage
19.20	Jonathan Stock	HPX	14/9	Hemel H
18.75	Simon Wake	HPX	18/5	Lee Valley
18.55	J Wells	D&T	14/9	Hemel H
18.22	Liam Vooght	SNH	27/4	Braintree
17.85	Chris Hilton	StA		
17.59	Lewis Keeble	SNH	20/9	Stevenage
16.88	Frank Smith	StA		
16.31	Jonathan Howarth	StA		
15.52	Elliott Walker	HPX	22/6	Hoo
14.84	Harry Will	WAT	13/7	Thurrock
14.49	B Brewer	StA		
14.46	Matthew Pardoe	SNH	8/6	St Ives
13.62	Mark Walker	WAT	29/6	Watford
12.94	Robert Hibbs	HPX	20/7	Perivale
12.64	Simon Bevan	HPX	3/8	Sandy
12.39	A Lloyd	D&T	21/9	Hemel H
11.47	Michael Pope	WAT	27/4	Basildon
10.50	Daniel Gardner	SNH	27/4	Braintree

### Hammer

41.89	Laurence Levy	SNH	20/9	Stevenage
40.34	Christopher Line	D&T	14/9	Hemel H
30.02	Nick Robinson	StA		
23.12	Stefan Maile	StA		
22.87	Sasoon Moskofian	StA		
20.65	Jonathan Howarth	StA		
19.87	Carl Palin	StA		
18.92	Robert Hibbs	HPX	14/9	Hemel H
18.04	James Pellington	StA		
17.14	Andrew Walshe	HPX	22/6	Hoo

### Javelin

43.64	Simon Wake	HPX	14/9	Hemel H
41.77	Jake Exton	SNH	27/4	Braintree
40.27	Josh Burfitt	WAT	14/6	Watford
37.96	L Judge	D&T	13/7	Luton
36.83	Kyle Meadows	WAT	29/6	Watford
35.41	Billie Vernon-Hamilton	SNH	11/5	Watford
34.90	J McNeil	StA		
32.60	Harry Will	WAT	13/7	Thurrock
32.37	Jonathan Stock	HPX	14/9	Hemel H
32.19	Jonathan Howarth	StA		
31.82	Nick Robinson	StA		
29.13	D Pullman	D&T	11/5	Watford

27.43	Jack Gates	SNH	29/6	Stevenage
23.15	Simon Bevan	HPX	3/8	Sandy
22.30	J Wells	D&T	14/9	Hemel H
20.59	B Brewer	StA		
19.07	Oliver Poulain	StA		
18.75	Matthew Wyatt	SNH	20/9	Stevenage
16.16	Elliott Walker	HPX	8/6	Basildon
15.75	Wilkie Hollens	StA		
15.70	Chris Hilton	StA		
15.31	Lewis Dormer	WAT	27/4	Basildon
14.95	Sam Higgins	HPX	20/7	Perivale
14.86	Luke Yaxley	StA		
14.78	Michael Pope	WAT	27/4	Basildon
13.94	George Stingemore	HPX	27/4	Lee Valley
13.85	Robert Hibbs	HPX	18/5	Lee Valley
10.49	G Bennett	D&T	14/9	Hemel H

### Javelin (700g)

19.25	Simon Bevan	HPX	8/6	Basildon
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### Pentathlon

2395	Tom Carter	E&H	27/9	Bedford
2249	Christian Gaddes	StA	27/9	Bedford
2209	Laurence Levy	SNH	27/9	Bedford
2167	Carl Palin	StA	27/9	Bedford
2162	Daniel Gardner	SNH	27/9	Bedford
1899	Billy Vernon-Hamilton	SNH	20/5	Stevenage
1870	Jake Exton	SNH	27/9	Bedford
1866	John Rendell	D&T	22/6	Hemel H
1676	Paul Spicer	SNH	27/9	Bedford
1268	D Pullman	D&T	22/6	Hemel H
1132	A Bramley	D&T	22/6	Hemel H
1127	Jack Gates	SNH	20/5	Stevenage
879	R Taylor	D&T	22/6	Hemel H
860	J Wells	D&T	22/6	Hemel H
822	A Lloyd	D&T	22/6	Hemel H

### RELAYS

#### 4x100m

49.7	St Albans			
50.2	Stevenage & NH	29/6		Stevenage
52.6	Watford	29/6		Watford

#### 4x400m

3:50.8	St Albans			
4:28.9	Stevenage & NH	5/5		Stevenage

### INDOOR PERFORMANCES

#### 60m

7.8	Simon Wake	HPX	13/1	Lee Valley
7.8	Jake Awe	StA		
8.76	Sam Higgins	HPX	20/1	Lee Valley

#### 400m

53.65	Simon Wake	HPX	24/2	NIA
54.13	Andrew Walshe	HPX	23/2	NIA

#### 600m

1:37.2	Simon Wake	HPX	13/1	Lee Valley
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#### 800m

2:18.83	M Bonito	D&T	9/3	Lee Valley
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#### 1000m

3:44.7	Courtney Clay	HPX	6/1	Lee Valley
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**1500m**

4:36.69 Edward Shepherd HPX 9/3 Lee Valley

**60m Hurdles**

9.65 C Gaddes StA

10.25 Courtney Clay HPX 6/1 Lee Valley

**High Jump**

1.49 Courtney Clay HPX 6/1 Lee Valley

1.35 Peter De'Ath SNH 9/3 Lee Valley

**Long Jump**

5.01 Sam Higgins HPX 20/1 Lee Valley

4.48 Courtney Clay HPX 6/1 Lee Valley

**Shot (4k)**

11.71 Simon Wake HPX 13/1 Lee Valley

10.93 Christopher Line D&T 9/3 Lee Valley

6.88 Courtney Clay HPX 6/1 Lee Valley

**Pentathlon**

1757 Courtney Clay HPX 6/1 Lee Valley