

2008 COUNTY RANKINGS

UNDER 17 MEN - OUTDOOR PERFORMANCES

100m

11.2	Alex Jovanovski	WAT	12/7	Watford
11.5	Joel Ramsbottom	WAT	8/6	St Ives
11.6	Nick Stone	D&T	8/6	Hemel H
11.7	Michael London	WAT	17/5	Lee Valley
11.8	Lewis Keeble	SNH	8/6	St Ives
11.8	M Francois	D&T	21/9	Hemel H
11.83	Nick Stoppard	SNH	6/9	Bedford
12.0	Kwasi Adamakeh	WAT	27/4	Basildon
12.1	L Koll	D&T	29/6	St Albans
12.1	Ben McGuinness	D&T	2/8	Bromley
12.15	Adam Lincoln	WAT	13/8	Watford
12.2	Luke Daniel	E&H	8/6	Hemel H
12.3	Sam Pollard	SNH	27/4	Braintree
12.3	Nick McNaught	HPX	22/6	Hoo
12.3	D Akinnranye	StA		
12.30	J Mallavurn	StA		
12.5	Richard Humphries	HPX	4/5	Erith
12.5	George Williams	HPX	3/8	Sandy
12.55	Olly Brooks	WAT	9/4	Watford
12.5	Tan Chowdhury	SNH	5/5	Stevenage
12.6	Kieran Moss	StA	18/5	St Albans
12.6	J Trounce	StA		
12.8	D Nisbet	D&T	27/4	Braintree
12.9	Joe Martin	HPX	25/5	Barking
13.1	Connor Winters	SNH	20/9	Stevenage
13.30	D Westmore	StA		
13.4	Matt Gibson	HPX	14/9	Hemel H
13.5	J Hull	StA		
13.7	S Dean	StA		
14.4	Gregory Evans	SNH	20/9	Stevenage
14.9	M Russell	StA		
15.0	Thomas Sloan	SNH	20/9	Stevenage

200m

22.86	Alex Jovanovski	WAT	23/4	Watford
23.5	Joel Ramsbottom	WAT	8/6	St Ives
23.5	Nick Stone	D&T	14/9	Hemel H
23.9	Lewis Keeble	SNH	20/9	Stevenage
23.92	Kwasi Adamakeh	WAT	23/4	Watford
24.0	Michael London	WAT	13/7	Thurrock
24.3	Luke Daniel	E&H	3/8	Cambridge
24.37/1.6	Joe Gaynor	HPX	13/8	Watford
24.5	Luke Hennessey	SNH	29/6	Stevenage
24.5	Adam Lincoln	WAT	13/7	Thurrock
24.6	Ben McGuinness	D&T	27/4	Braintree
24.66/0.1	Luke Daniel	E&H	11/5	Watford
24.7	Nathan Wake	HPX	14/9	Hemel H
24.9	David Pickett	SNH	27/4	Braintree
24.9	D Akinnranye	StA		
25.0	Nick McNaught	HPX	14/9	Hemel H
25.5	L Koll	D&T	27/4	Braintree
25.5	Olly Brooks	WAT	7/6	Cambridge
25.5	C Pope	D&T	29/6	St Albans
25.7	T Pile	StA		
25.7	J Trounce	StA		
25.8	Tan Chowdhury	SNH	8/6	St Ives
25.9	Ben Parry	HPX	29/6	Chelmsford
25.9	Matt Williams	D&T	22/6	Hemel H
26.2	Warren Herridge	SNH	20/9	Stevenage
26.4	Joe Martin	HPX	25/5	Barking
26.4	George Williams	HPX	3/8	Sandy
26.4	J Mallavurn	StA		

27.5	Elliot Day	WAT	17/8	Watford
28.00	Khalid Al Baidy	StA		
28.1	Michael Wadlow	D&T	22/6	Hemel H
28.7	S Dean	StA		
29.6	Joe Martin	HPX	29/6	Welwyn GC

400m

48.29	Nathan Wake	HPX	30/8	Bath
52.3	Nicholas Stoppard	SNH	28/6	Reading
52.43	S Rogers	Chilt	11/5	Watford
52.7	Joe Gaynor	HPX	27/7	Norwich
53.26	Lewis Keeble	SNH	3/8	Basildon
53.8	Robert Christou	E&H	20/7	Bedford
54.15	Alex Veitch	HPX	12/4	Lee Valley
54.4	Nick McNaught	HPX	13/7	Stevenage
54.9	Alex Jovanovski	WAT	13/7	Thurrock
55.1	Tom Barfoot	HPX	29/6	Chelmsford
55.2	Ben McGuinness	D&T	8/6	Hemel H
55.4	LukeHennessey	SNH	13/7	Stevenage
56.1	Luke Daniel	E&H	29/6	Watford
56.3	Ben Parry	HPX	3/8	Sandy
56.55	David Pickett	SNH	11/5	Watford
56.7	Adam Lincoln	WAT	29/6	Watford
57.3	Michael London	WAT	29/6	Watford
57.5	C Pope	D&T	8/6	Hemel H
58.1	Matt Gibson	HPX	13/7	Stevenage
58.7	Khalid Al Baidy	StA		
59.6	Sean Talbot	HPX	8/6	Basildon
61.8	Jake Dormer	WAT	27/4	Basildon
62.0	Warren Herridge	SNH	8/6	St Ives
62.16	Elliot Day	WAT	2/7	Watford
62.6	T Glindon	StA		
63.5	S Baginski	D&T	13/7	Luton
64.9	Greg Evans	SNH	3/8	Bury St Edmunds
67.0	S Dean	StA		

800m

1:57.3	Nathan Wake	HPX	14/9	Hemel H
1:59.09	Alex Veitch	HPX	4/6	Watford
2:00.45	Joe Gaynor	HPX	17/5	Watford
2:03.5	Robert Christou	E&H	12/7	Welwyn GC
2:04.13	Ben Parry	StA	30/7	Watford
2:06.7	Tom Barfoot	HPX	14/6	Watford
2:07.2	Nick McNaught	HPX	14/6	Watford
2:07.9	Matthew Salt	D&T	8/6	Hemel H
2:07.9	Khalid Al-Abaidy	StA		
2:08.5	Jonathan Kinahan	HPX	27/7	Norwich
2:09.3	Ben Parry	HPX	3/8	Sandy
2:11.1	Nick McNaught	HPX	21/3	Welwyn GC
2:12.4	Elliott Poulain	StA		
2:14.5	David Wilson	HPX	4/5	Erith
2:15.09	Tom Fallon	E&H	16/9	Woodford
2:15.1	Louis Keeble	SNH	20/9	Stevenage
2:15.2	Richard Parker	HPX	27/4	Lee Valley
2:15.2	Jake Dormer	WAT	27/4	Basildon
2:15.33	David Wilson	HPX	11/5	Watford
2:15.6	Luke Langley	SNH	13/7	Stevenage
2:18.3	Warren Herridge	SNH	20/9	Stevenage
2:19.5	R Molloy	D&T	14/9	Hemel H
2:21.1	S Highfield	D&T	28/6	Walton
2:21.7	Tom Sloan	SNH	29/6	Stevenage
2:22.5	Matt Gibson	HPX	3/8	Sandy
2:29.7	David O'Connell	SNH	7/6	Braintree
2:30.6	Greg Evans	SNH	3/8	Bury St Edmunds
2:31.9	S Baginski	D&T	13/7	Luton
2:33.9	T Glindon	StA		
2:41.9	Connor Winters	SNH	20/9	Stevenage
2:53.5	Tan Chowdhury	SNH	20/9	Stevenage

1500m

4:14.7	Matt Salt	D&T	14/9	Hemel H
4:15.71	Robert Christou	E&H	6/9	Manchester
4:18.3	Alex Veitch	HPX	5/5	Stevenage
4:21.7	Khalid Al Abaidy	StA	5/5	Stevenage
4:24.8	David Wilson	HPX	14/9	Hemel H
4:28.4	Elliott Poulain	StA		
4:29.5	Joe Gaynor	HPX	1/6	Welwyn GC
4:29.8	Tom Gough	HPX	14/9	Hemel H
4:31.8	Ben Parry	HPX	29/6	Chelmsford
4:33.0	Jonathan Kinahan	HPX	27/7	Norwich
4:34.5	Tom Barfoot	HPX	5/5	Stevenage
4:35.05	Liam Mistry		3/8	Basildon
4:35.3	Tom Gough	HPX	21/3	Welwyn GC
4:35.4	Luke Langley	SNH	3/8	Bury St Edmunds
4:44.2	S Highfield	D&T	14/6	Watford
4:45.3	Warren Herridge	SNH	14/6	Watford
4:45.6	David O'Connell	SNH	3/8	Bury St Edmunds
4:45.9	R Molloy	D&T	13/7	Luton
4:48.1	Jake Dormer	WAT	29/6	Watford
4:50.0	James Waterman	HPX	21/3	Welwyn GC
4:54.0	Greg Evans	SNH	13/7	Stevenage
4:58.1	Nick Stoppard	SNH	29/6	Reading
5:07.0	Keelan Henry	SNH	29/6	Stevenage
5:07.1	Tom Sloane	SNH	8/6	St Ives
5:16.7	Michael Wadlow	D&T	22/6	Hemel H
5:20.5	Olly Brooks	WAT	20/5	Stevenage
5:36.7	T Glindon	StA		
5:47.2	Matt Williams	D&T	22/6	Hemel H

3000m

9:09.07	Niall Fleming	SBH	3/8	Basildon
9:19.4	Matthew Salt	D&T	7/9	Stevenage
9:40.5	Alex Veitch	HPX	27/4	Ipswich
9:42.7	Khalid Al Abaidy	StA		
9:47.5	Tom Gough	HPX	25/5	Barking
9:50.0	Richard Parker	HPX	29/6	Welwyn GC
9:51.5	E MacKenzie	StA		
10:12.5	David Wilson	HPX	18/5	Lee Valley
10:15.0	Joe Gaynor	HPX	20/7	Perivale
10:17.29	Tom Fallon	E&H	6/9	Manchester

5000m

16:02.0	Matthew Salt	D&T	18/9	Hemel H
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100m Hurdles

14.7	Miles Francois	D&T	14/9	Hemel H
14.9	M Russell	StA	14/9	Hemel H
15.1	Nick Stoppard	SNH	27/4	Braintree
16.0	Sean Glynn	WAT	14/6	Watford
16.5	Ben McGuinness	D&T	14/9	Hemel H
16.8	Olly Brooks	WAT	8/6	St Ives
17.2	J Hull	StA		
17.30	Ben McGuinness	D&T	3/8	Basildon
17.40	D Prince	StA		
18.4	Connor Winters	SNH	27/4	Braintree
19.8	J Trounce	StA		
21.0/-2.7	Michael Wadlow	D&T	7/9	Stevenage
21.8	Matthew Gibson	HPX	29/6	Chelmsford

110m Hurdles (106)

19.5	Nick Stoppard	SNH	3/5	Walthamstow
21.1	Olly Brooks	WAT	7/6	Cambridge

400m Hurdles (84)

60.77	S Rogers	Chilt	11/5	Watford
61.91	Ben McGuinness	D&T	3/8	Basildon
63.5	Luke Daniel	E&H	22/6	Reading

67.7	Connor Winters	SNH	5/5	Stevenage
69.5	J Trounce	StA		

400m Hurdles (91)

63.8	Luke Daniel	E&H	7/6	Uxbridge
64.5	Nick Stoppard	SNH	3/5	Walthamstow
70.2	Connor Winters	SNH	7/6	Braintree
80.7	Warren Herridge	SNH	28/6	Peterborough

1500m Steeplechase

5:10.0	Richard Parker	HPX	7/9	Stevenage
5:30.2	K Al Abaidy	StA		

2000m Steeplechase

7:43.4	Joe Gaynor	HPX	27/7	Norwich
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High Jump

1.70	Joshua Kisby	E&H	2/8	Mile End
1.70	D Prince	StA		
1.60	Tan Chowdhury	SNH	29/6	Stevenage
1.60	Adam Lincoln	WAT	13/7	Thurrock
1.60	L Close	StA		
1.60	A Richie	StA		
1.55	Michael Wadlow	D&T	27/4	Braintree
1.55	Connor Winters	SNH	14/9	Bedford
1.55	Kieran Moss	StA		
1.55	M Mubiru	StA		
1.50	S Highfield	D&T	27/4	Braintree
1.50	Tom Clarke	HPX	27/7	Norwich
1.50	J Trounce	StA		
1.35	Greg Evans	SNH	20/9	Stevenage
1.30	Gaurav Evans	SNH	20/9	Stevenage

Pole Vault

3.50	Sam Clark	D&T	11/5	Watford
3.40	Connor Winters	SNH	2/8	Stevenage
3.30	Matt Williams	D&T	7/9	Stevenage
2.80	S Winters	SNH	11/5	Watford
2.10	Adam Wooten	HPX	14/9	Hemel H
2.00	J Trounce	StA		

Long Jump

6.54	Stefan Greenidge	HARR	11/5	Watford
6.46	Nick Stoppard	SNH	7/6	Braintree
6.18	Joel Ramsbottom	WAT	8/6	St Ives
6.12	Tan Chowdhury	SNH	3/8	Basildon
6.10	Kieran Moss	StA	17/8	Watford
5.81	M Russell	StA		
5.74	Olly Brooks	WAT	14/6	Watford
5.73	Luke Hennessey	SNH	13/7	Stevenage
5.70	Nick Stone	D&T	14/9	Hemel H
5.32	Matt Williams	D&T	22/6	Hemel H
5.12	Lewis Keeble	SNH	20/9	Stevenage
5.09	Tom Barfoot	HPX	14/9	Hemel H
5.00	Michael Wadlow	D&T	22/6	Hemel H
4.92	M Francois	D&T	13/7	Luton
4.80	Sean Talbot	HPX	8/6	Basildon
4.79	L Koll	D&T	21/9	Hemel H
4.75	Sean Glynn	WAT	13/7	Thurrock
4.71	Matt Gibson	HPX	14/9	Hemel H
4.69	George Williams	HPX	3/8	Sandy
4.69	Ben Parry	StA		
4.61	Joe Gaynor	HPX	1/6	Welwyn GC
4.56	J Trounce	StA		
4.51	Adam Lincoln	WAT	29/6	Watford
4.35	D Nisbet	D&T	27/4	Braintree
4.34	Luke Langley	SNH	13/7	Stevenage
4.11	Khalid Al Abaidy	StA		

3.95	J Mallavurn	StA		
3.93	Alex Balmer	StA	18/5	St Albans
3.65	Matthew Gibson	HPX	29/6	Chelmsford
3.61	David Wilson	HPX	27/4	Lee Valley
3.25	Warren Herridge	SNH	20/9	Stevenage
2.83	Thomas Sloan	SNH	20/9	Stevenage

Triple Jump

12.58	Kieran Moss	StA	21/9	Hemel H
12.10	M Russell	StA		
11.77	Sean Talbot	HPX	8/6	Basildon
11.70	Connor Winters	SNH	7/9	Stevenage
11.68	T Pile	StA		
11.67	Alex Jovanovski	WAT	2/8	Hastings
11.08	M Mubiru	StA		
11.00	Matt Williams	D&T	8/6	Hemel H
10.58	J Bignell	D&T	21/9	Hemel H
10.56	Jake Dormer	WAT	29/6	Watford
10.26	Ben McGuinness	D&T	29/6	St Albans
10.16	Lewis Keeble	SNH	3/8	Basildon
10.10	P Mackie	D&T	21/9	hemel H
10.09	Ben Parry	HPX	3/8	Sandy
10.05	Tan Chowdhury	SNH	3/8	Basildon
9.60	Tom Clarke	HPX	27/7	Norwich
9.55	Sam Pollard	SNH	29/6	Stevenage
9.53	Richard Parker	HPX	1/6	Welwyn GC
9.43	Adam Wooten	HPX	14/9	Hemel H
8.88	Michael London	WAT	13/7	Thurrock
7.65	Luke Langley	SNH	29/6	Stevenage

Shot

12.66	Nicholas Stoppard	SNH	27/4	Braintree
11.83	Robbie Hennie	WAT	29/6	Watford
11.58	Alex Jovanovski	WAT	29/6	Watford
10.26	Jacak White	SNH	13/7	Stevenage
9.95	Ollie Brooks	WAT	13/7	Watford
9.65	Richard Humphries	HPX	11/5	Watford
9.25	John Trimble	E&H	20/7	Bedford
9.22	P Mackie	D&T	14/9	Hemel H
9.09	Ben Montgomery	HPX	29/6	Chelmsford
8.64	Michael Wadlow	D&T	21/9	Hemel H
8.48	Joshua Bignell	D&T	13/7	Luton
8.38	Joe Gaynor	HPX	4/5	Erith
8.17	Nick McNaught	HPX	1/6	Welwyn GC
8.08	Sam Breeze	StA	18/5	St Albans
7.79	A Richie	StA		
7.35	D Nisbett	D&T	27/4	Braintree
7.27	L Koll	D&T	29/6	St Albans
7.27	N Oliver	StA		
7.12	Richard Parker	HPX	1/6	Welwyn GC
6.81	David O'Connell	SNH	3/8	Bury St Edmunds
6.54	Michael London	WAT	27/4	Basildon
6.48	Matt Gibson	HPX	13/7	Stevenage
6.41	David Wilson	HPX	20/7	Perivale
6.27	Warren Herridge	SNH	8/6	St Ives
4.53	Tom Sloane	SNH	8/6	St Ives
4.12	Alex Balmer	StA	18/5	St Albans

Shot (6k)

10.94	Lloyd Russ	HPX	25/5	Barking
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Shot (7.26k)

8.00	Robert Hennie	WAT	7/6	Cambridge
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Discus

38.83	Robbie Hennie	WAT	3/8	Basildon
33.43	John Trimble	E&H	1/6	Lee Valley
32.52	Ben Montgomery	HPX	30/3	Ilford

32.27	Nick Stoppard	SNH	28/6	Reading
31.86	Richard Humphries	HPX	16/3	Cambridge
31.82	D Nisbet	D&T	13/7	Luton
31.56	Michael Wadlow	D&T	21/9	Hemel H
28.15	Marcus Ellis	WAT	3/8	Basildon
27.29	Joshua Bignell	D&T	27/4	Braintree
27.05	Alex Jovanovski	WAT	13/7	Thurrock
23.95	Olly Brooks	WAT	20/5	Stevenage
22.09	Elliott Poulain	StA	18/5	St Albans
21.76	Sam Breeze	StA		
20.90	Danny Phillips	SNH	29/6	Stevenage
19.40	N Cleaver	StA		
18.64	Matt Williams	D&T	22/6	Hemel H
18.61	J Trounce	StA		
17.91	N Oliver	StA		
15.14	L Close	StA		
14.61	David Pickett	SNH	27/4	Braintree
13.94	Michael London	WAT	29/6	Watford
13.49	Joe Gaynor	HPX	22/6	Hoo
12.97	Luke Langley	SNH	8/6	St Ives
12.33	David O'Connell	SNH	14/9	Bedford

Discus (1.75k)

26.70	Ben Montgomery	HPX	25/5	Barking
26.13	Lloyd Russ	HPX	25/5	Barking
20.66	Daniel West	HPX	27/4	Ipswich

Discus (2k)

22.82	Robert Henney	WAT	17/5	Lee Valley
22.65	Alex Jovanovski	WAT	2/8	Hastings
15.54	Adam Lincoln	WAT	2/8	Hastings

Hammer

52.45	Richard Humphries	HPX	3/8	Basildon
45.61	John Trimble	E&H	14/6	Watford
42.72	Ben Montgomery	HPX	7/9	Stevenage
26.50	Robert Henney	WAT	27/4	Basildon
23.30	Danny Phillips	SNH	29/6	Stevenage
21.63	Michael Wadlow	D&T	14/9	Hemel H
20.46	Joshua Bignell	D&T	13/7	Luton
14.10	Elliott Poulain	StA		
9.56	Sam Breeze	StA		

Hammer (6k)

33.84	Ben Montgomery	HPX	25/5	Barking
32.46	John Trimble	E&H	27/4	Cophall
10.52	Joe Gaynor	HPX	27/7	Norwich

Javelin

45.82	P Mackie	D&T	21/9	Hemel H
45.56	Joshua Bignell	D&T	21/9	Hemel H
45.13	Jack White	SNH	14/9	Bedford
44.30	Ben Montgomery	HPX	20/7	Perivale
42.46	Matt Williams	D&T	8/6	Hemel H
42.09	Nick Stoppard	SNH	28/6	Reading
39.37	Olly Brooks	WAT	8/6	St Ives
36.46	N Oliver	StA		
33.74	Nick McNaught	HPX	14/9	Hemel H
24.64	Elliott Poulain	StA		
24.06	Khalid Al Abaidy	StA		
23.50	A Richie	StA		
22.44	Connor Winters	SNH	20/9	Stevenage
22.04	Robert Henney	WAT	8/6	St Ives
21.52	Richard Parker	HPX	27/4	Lee Valley
21.26	Danny Phillips	SNH	13/7	Stevenage
20.09	J Trounce	StA		
19.00	Tom Gough	HPX	8/6	Basildon
17.82	Tan Chowdhury	SNH	20/9	Stevenage

16.11	Sam Breeze	StA	18/5	St Albans
13.78	Michael Wadlow	D&T	22/6	Hemel H
12.25	D Akinnranye	StA		
10.37	David Wilson	HPX	13/7	Stevenage
9.16	Tom Sloane	SNH	20/9	Stevenage
4.28	David O'Connell	SNH	3/8	Bury St Edmunds
3.66	Jake Dormer	WAT	29/6	Watford

Javelin (800g)

40.44	Ben Montgomery	HPX	25/5	Barking
32.26	Matt Williams	D&T	12/7	Eton
28.65	Alex Jovanovski	WAT	2/8	Hastings
27.21	Tan Chowdhury	SNH	12/7	Milton Keynes
7.97	Daniel West	HPX	25/5	Barking

Pentathlon

2094	Olly Brooks	WAT	20/5	Stevenage
1955	Matt Williams	D&T	22/6	Hemel H
1757	Michael Wadlow	D&T	22/6	Hemel H

Octathlon

4577	Nick Stoppard	SNH	29/6	Reading
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RELAYS

4x100m

45.7	Watford	29/6	Watford
45.76	Herts	3/8	Basildon
46.0	Stevenage & NH	27/4	Braintree
47.8	St Albans		

4x400m

3:36.6	Herts	7/9	Stevenage
4:05.9	Stevenage & NH	5/5	Stevenage

INDOOR PERFORMANCES

60m

7.14	Alex Jovanovski	WAT	23/2	Birmingham
7.22	Joel Ramsbottom	WAT	23/2	Birmingham
7.51	Michael London	WAT	26/1	Uxbridge
7.55	Kwasi Adamakeh	WAT	9/3	Lee Valley
7.79	Adam Lincoln	WAT	16/2	Uxbridge
7.88	Olly Brooks	WAT	6/1	Eton

400m

57.52	Luke Daniel	HPX	3/2	NIA
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1000m

3:02.58	Luke Daniel	HPX	6/1	Lee Valley
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60m Hurdles

11.00	Luke Daniel	HPX	3/2	NIA
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High Jump

1.65	Nick Stoppard	SNH	9/3	Sheffield
1.62	Ariyan Alimadadi	E&H	6/1	Lee Valley
1.53	Luke Daniel	HPX	6/1	Lee Valley

Pole Vault

3.00	Nick Stoppard	SNH	9/3	Sheffield
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Long Jump

5.28	Ariyan Alimadadi	E&H	6/1	Lee Valley
4.58	Luke Daniel	HPX	20/1	Lee Valley

Triple Jump

10.74	Tan Chowdhury	SNH	9/3	Lee Valley
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Shot (5k)

9.08	Ariyan Alimadadi	E&H	6/1	Lee Valley
7.63	Luke Daniel	HPX	20/1	Lee Valley

Pentathlon

1995	Luke Daniel	HPX	6/1	Lee Valley
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