

2008 COUNTY RANKINGS

UNDER 20 MEN - OUTDOOR PERFORMANCES

100m

10.7	Antonio Infantino	E&H	29/6	Cambridge
11.1	Cameron Webb	SNH	12/7	Milton Keynes
11.4	Ian Tobin	HPX	27/4	Ipswich
11.4	Ian Simson	D&T	12/7	Eton
11.4	Kenny Howard	HPX	27/7	Norwich
11.4	Jason Hamilton	D&T	21/9	Hemel H
11.5	Ryan Gow	HPX	2/8	Hastings
11.73/-0.5	Jason Hamilton	D&T	11/5	Watford
11.77	Michael Weekes	WAT	13/8	Watford
11.8	Tom Gillespie	WAT	7/6	Cambridge
11.8	Sam Poulton	SNH	20/9	Stevenage
11.9	Jack Rossini	D&T	21/9	Hemel H
12.10/1.3	Dominic Spike	HPX	13/8	Watford
12.28/0.3	Alec Wing	HPX	23/4	Watford
12.4	Josh Saydraouten	HPX	3/5	Sutcliffe Park
12.5	J Constantinou	StA		
12.7	Callum McKechnie	SNH	12/7	Milton Keynes
12.8	Josh Dombey	WAT	7/6	Cambridge
12.8	Adam Driscoll	D&T	7/6	Cambridge
12.9	Josh Moss	SNH	20/9	Stevenage
13.13/0.9	Mark Reed	HPX	13/8	Watford
15.5	Lee Cordell	D&T	17/5	Mile End

200m

21.58	Antonio Infantino	E&H	11/7	Gateshead
22.6	Cameron Webb	SNH	12/7	Milton Keynes
22.8	Ian Tobin	HPX	5/5	Stevenage
23.2	Ryan Gow	HPX	2/8	Hastings
23.8	Jack Rossini	D&T	27/4	High Wycombe
23.81	Michael Weekes	WAT	13/8	Watford
23.93	Alec Wing	HPX	23/4	Watford
24.05	Josh Saydraouten	HPX	20/4	Walton
24.08	Aaron Reynolds	SNH	2/7	Watford
24.1	Dominic Spike	HPX	27/7	Norwich
24.40/0.1	Jack Rossini	D&T	11/5	Watford
24.5	Tom Gillespie	WAT	28/6	Hillingdon
25.6	J Constantinou	StA		
25.7	Jason Raineri	WAT	7/6	Cambridge
26.1	Adam Driscoll	D&T	21/9	Hemel H
27.7	Dave Hall	WAT	2/8	Stevenage
33.1	Kristian Fox	SNH	20/9	Stevenage

400m

49.12	Nick Choudhary	LUT	11/5	Watford
51.0	Tom Gillespie	WAT	7/6	Cambridge
51.23	Ryan Gow	HPX	11/5	Watford
51.48	Cameron Webb	SNH	11/5	Watford
51.7	Jack Rossini	D&T	28/6	Walton
51.75	Zak Saucedo	E&H	31/8	Abingdon
51.86	Douglas Hudson	StA	9/4	Watford
52.2	Sam Poulton	SNH	19/7	Cophall
52.4	Ian Tobin	HPX	27/7	Norwich
52.6	Aaron Reynolds	SNH	28/6	Peterborough
52.80	Jack Rossini	D&T	11/5	Watford
53.33	Dominic Spike	HPX	7.6	Brighton
54.0	Alec Wing	HPX	21/3	Welwyn GC
54.0	Louis Walshe	HPX	7/6	Brighton
55.2	Dave Hall	WAT	2/8	Stevenage
59.0	Mark Reed	M20	17/5	Mile End
62.8	Reece Barber	SNH	3/5	Walthamstow

800m

1:58.19	Ben Nagy	E&H	11/5	Watford
1:59.66	Shaun Collins	E&H	16/9	Woodford
1:59.95	Josh Moss	SNH	11/5	Watford
2:01.85	Louis Walshe	HPX	17/5	Watford
2:02.20	Sam Poulton	SNH	11/5	Watford
2:03.9	Dominic Spike	HPX	25/5	Barking
2:04.0	Tom Gillespie	WAT	2/8	Hastings
2:04.5	Sean Pollen	SNH	2/8	Stevenage
2:07.10	Billie Collins Pallett	SBH	11/5	Watford
2:07.6	Callum McKechnie	SNH	2/8	Stevenage
2:08.12	Aaron Reynolds	SNH	30/7	Watford
2:09.83	Cameron Webb	SNH	9/4	Watford
2:12.3	Dave Hall	WAT	3/5	Battersea Park
2:13.1	Ross Balkan	WAT	17/5	Lee Valley
2:13.4	Richard Tarpey	HPX	2/8	Hastings
2:27.5	Tommy Sheldrick	D&T	7/6	Cambridge
2:29.2	Mark Reed	HPX	21/3	Welwyn GC
3:14.0	Kristian Fox	SNH	20/9	Stevenage

1500m

3:54.92	Shaun Collins	E&H	20/8	Eltham
3:58.46	Ben Nagy	E&H	23/4	Watford
4:09.3	Josh Moss	SNH	5/5	Stevenage
4:20.04	Matt Salt	D&T	24/8	Copthall
4:22.5	Louis Walshe	HPX	5/5	Stevenage
4:19.3	Sam Poulton	SNH	27/7	Stevenage
4:24.5	Callum McKechnie	SNH	28/6	Petrborough
4:26.51	Robert van Tromp	WAT	13/8	Watford
4:27.9	Peter Townsend	HPX	5/5	Stevenage
4:29.5	Toby Hone	ROY	5/5	Stevenage
4:30.92	Tommy Sheldrick	D&T	16/7	Watford
4:53.7	Sean Pollen	SNH	7/9	Stevenage
5:12.9	Dominic Spike	HPX	28/6	Stevenage
7:43.2	Simon Harris	FVS	5/5	Stevenage

3000m

8:27.70	Shaun Collins	E&H	26/7	Crystal Palace
9:39.86	Callum McKechnie	SNH	16/7	Watford
9:45.2	Peter Townsend	HPX	25/5	Barking
9:53.4	Tommy Sheldrick	D&T	22/6	Hemel H
10:30.8	Toby Hone	D&T	22/6	Hemel H
11:01.73	Sean Pollen	SNH	6/9	Bedford
12:36.5	Dominic Spike	HPX	29/6	Welwyn GC

5000m

15:02.2	Shaun Collins	E&H	7/9	Stevenage
16:33.4	Tommy Sheldrick	D&T	7/6	Cambridge

110m Hurdles (99.0)

14.32	Zak Saucedo	E&H	14/9	Derby
15.3	Stephen Barnard	E&H	25/5	Uxbridge
16.5	Alec Wing	HPX	25/5	Barking

110m Hurdles (106)

16.37	Stephen Barnard	E&H	10/8	Kingston
19.5	Dave Hall	WAT	3/5	Battersea Park
20.5	Alec Wing	HPX	7/6	Brighton
24.2	Tommy Sheldrick	D&T	12/7	Eton

400m Hurdles

53.00	Zak Saucedo	E&H	8/6	Birmingham
57.16	Josh Saydraouten	HPX	15/6	Crystal Palace
58.21	Alec Wing	HPX	14/6	Crystal Palace
60.24	Dave Hall	WAT	11/5	Watford
68.1	Ross Balkan	WAT	3/5	Bexley
76.5	Tommy Sheldrick	D&T	2/8	Bromley

2000m Steeplechase

5:58.20	Shaun Collins	E&H	14/6	Crystal Palace
6:14.81	Ben Nagy	E&H	27/7	Eton
7:24.1	Peter Townsend	HPX	25/5	Barking
8:06.0	Josh Saydraouten	HPX	27/7	Norwich
9:10.5	Alec Wing	HPX	29/6	Welwyn GC
9:16.9	Dominic Spike	HPX	29/6	Welwyn GC

3000m Steeplechase

9:12.53	Shaun Collins	E&H	2/8	Copthall
9:53.91	Ben Nagy	E&H	16/8	Copthall
10:57.4	Tommy Sheldrick	D&T	28/6	Walton
11:07.3	Ross Balkan	WAT	17/5	Lee Valley
11:27.8	Calum McKechnie	SNH	7/6	Braintree
11:30.2	Dave Hall	WAT	3/5	Battersea Park
12:49.3	Robert Van Tromp	WAT	2/8	Stevenage
13:00.4	Sean Pollen	SNH	3/5	Walthamstow
13:20.6	Jack Rossini	D&T	2/8	Bromley

High Jump

2.00	Jason Hamilton	D&T	15/6	Crystal Palace
1.95	Mark Crowley	E&H	10/8	Kingston
1.57	Jason Raineri	WAT	17/8	Watford
1.55	S Dallimore	StA		
1.50	Josh Dombey	WAT	7/6	Cambridge
1.50	Josh Moss	SNH	28/6	Peterborough
1.35	Robert Van Tromp	WAT	2/8	Stevenage
1.30	Lee Cordell	D&T	17/5	Mile End

Pole Vault

4.20	Lee Cordell	D&T	11/5	Watford
3.40	Josh Dombey	WAT	17/5	Lee Valley
2.90	Jason Hamilton	D&T	27/7	Stevenage

Long Jump

6.97	Ian Simson	D&T	12/7	Eton
6.88	K Greenidge-Smith	HARR	11/5	Watford
6.78	Ian Tobin	HPX	28/6	Stevenage
6.73	Jason Hamilton	D&T	21/9	Hemel H
5.60	Jason Raineri	WAT	7/6	Cambridge
5.58	Sam Poulton	SNH	2/8	Stevenage
5.53	Leo Lundgren	HPX	21/3	Welwyn GC
5.23	Dominic Spike	HPX	21/3	Welwyn GC
5.14	Tom Gillespie	WAT	3/5	Bexley
4.96	Josh Moss	SNH	20/9	Stevenage
4.54	S Dallimore	StA		
4.24	Mark Reed	HPX	25/5	Barking
4.03	Callum McKechnie	SNH	20/9	Stevenage
3.26	Kristian Fox	SNH	20/9	Stevenage

Triple Jump

13.88	Ian Simson	D&T	11/5	Watford
13.82	Leo Lundgren	HPX	25/5	Barking
12.89	Jason Hamilton	D&T	27/4	High Wycombe
12.76	Sam Poulton	SNH	20/9	Stevenage
11.58	S Ng	StA		
11.00	Jason Raineri	WAT	7/6	Cambridge
10.51	Tom Gillespie	WAT	3/5	Bexley
10.34	Ross Balkan	WAT	7/6	Cambridge
9.86	S Dallimore	StA		
8.84	Dave Hall	WAT	2/8	Stevenage

Shot 6k

13.63	Ashley Ralph	StA	6/7	Cambridge
13.55	Steve Watson	D&T	31/8	Abingdon
11.90	Stan Gaskin	E&H	27/7	Eton
9.85	Ben Flash	D&T	11/5	Watford
9.71	J Constantinou	StA		

8.24	Jason Raineri	WAT	17/8	Watford
7.97	Alec Wing	HPX	29/6	Welwyn GC
7.76	Sam Poulton	SNH	20/9	Stevenage

Shot 7.26k

11.44	Ashley Ralph	StA	10/8	Kingston
11.44	Steve Watson	D&T	10/8	Kingston
10.10	Ben Flash	D&T	21/9	Hemel H
7.09	Ryan Gow	HPX	2/8	Hastings
6.77	Leo Lundgren	HPX	12/7	Welwyn GC
6.59	Dominic Spike	HPX	17/5	Mile End

Discus 1.75k

51.82	Steve Watson	D&T	31/8	Abingdon
44.52	Ashley Ralph	StA	27/4	High Wycombe
25.12	Leo Lundgren	HPX	29/6	Welwyn GC
22.33	J Constantinou	StA		
18.37	Josh Moss	SNH	20/9	Stevenage

Discus 2k

44.92	Steve Watson	D&T	10/8	Kingston
35.56	Ashley Ralph	StA	10/8	Kingston
13.94	Aaron Reynolds	SNH	12/7	Milton Keynes

Hammer 6k

53.50	Danny Farenden	E&H	14/9	Derby
52.25	Ben Flash	D&T	21/9	Hemel H
49.92	Ashley Ralph	StA	29/6	Wormwood Scrubs
35.95	Stan Gaskin	E&H	29/6	Cambridge
10.93	Josh Saydraouten	HPX	27/7	Norwich

Hammer 7.26k

48.94	Danny Farenden	E&H	2/8	Copthall
47.13	Ben Flash	D&T	10/8	Kingston
22.64	Steve Watson	D&T	27/7	Stevenage
28.53	Stan Gaskin	E&H	27/4	Copthall
13.36	Jason Raineri	WAT	7/6	Cambridge

Javelin

49.00	Jason Raineri	WAT	28/6	Hillingdon
45.68	J Constantinou	StA		
37.20	Leo Lundgren	HPX	29/6	Welwyn GC
36.84	Dominic Spike	HPX	29/6	Welwyn GC
34.95	Alec Wing	HPX	3/5	Sutcliffe Park
30.70	S Dallimore	StA		
17.08	Zak Saucedo	E&H	27/4	Copthall
16.35	Callum McKechnie	SNH	20/9	Stevenage

RELAYS

4x100m

46.6	Herts Phoenix	5/5	Stevenage
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4x400m

3:35.9	Herts Phoenix	5/5	Stevenage
3:45.3	Stevenage	2/8	Stevenage

INDOOR PERFORMANCES

60m

7.4	Ryan Gow	HPX	9/3	Lee Valley
12.7	Kenny Howard	HPX	9/3	Lee Valley

200m

23.10	Kenny Howard	HPX	9/3	Lee Valley
23.36	Ian Tobin	HPX	9/3	Lee Valley
23.37	Ryan Gow	HPX	9/3	Lee Valley
24.34	Josh Saydraouten	HPX	9/3	Lee Valley

400m

51.71	Josh Saydraouten	HPX	9/3	Lee Valley
53.29	Alec Wing	HPX	23/2	NIA
60.13	Mark Reed	HPX	9/3	Lee Valley

800m

2:01.14	Sam Poulton	SNH	9/3	Lee Valley
2:04.99	Louis Walshe	HPX	20/1	Lee Valley
2:08.70	Joe Gaynor	HPX	9/3	Lee Valley

High Jump

2.10	Mark Crowley	E&H	20/1	Lee Valley
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Pole Vault

4.20	Lee Cordell	D&T	23/2	NIA
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Long Jump

6.66	Mark Crowley	E&H	17/2	Brunell
6.64	Ian Tobin	HPX	27/1	Brunel U

Shot

13.77	Ashley Ralph	D&T	9/3	Lee Valley
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