

2009 HERTS COUNTY T&F RANKING LISTS

Under 15 Boys

100 metres

11.5	Jake Awe	StA	16/8	Cambridge
11.5/2.6	Prince Richman	HPX	13/6	Hemel H
11.6/1.8	Prince Richman	HPX	13/6	Hemel H
11.7/1.8	Cameron Glass	HPX	13/6	Hemel H
11.6/1.8	Ryan Pereira	D&T	13/6	Hemel H
11.8	Liam Vooght	SNH	13/9	Chelmsford
11.8	Luke Yaxley	StA	13/9	Chelmsford
11.9	Ryan Pereira	D&T	28/6	Basildon
12.0	William Dean	StA	10/5	Stevenage
12.0	Dom Cox	D&T	20/9	Hemel H
12.2	Peter Horan	D&T	10/5	Stevenage
12.3	Connor Timms	HPX	16/8	Cambridge
12.3	Simon Bevan	HPX	16/8	Cambridge
12.4	Christian Gaddes	StA	7/6	Hemel H
12.4	Jordan Aikman	D&T	20/9	Hemel H
12.47	Peter De'Ath	SNH	5/7	Cambridge
12.5	Elliot Copperwhite	D&T	7/6	Hemel H
12.6	Jack Gates	SNH	13/6	Hemel H
12.6	Sean Micallef	D&T	12/7	Watford
12.7	J Schum	SBH	10/5	Stevenage
12.7	Oliver Morris	D&T	12/7	Watford
12.83	Shaun Morgan	WAT	15/7	Watford
12.85	Jordan Ilyas	WAT	23/9	Watford
13.1	Billy Sach	StA		
13.2	Luc Lee	D&T	10/5	Stevenage
13.2	Jack Noone	WAT	6/9	Watford
13.5	Matthew Pink	HPX	19/4	Ware
13.5	Lorcan O-Bolger	SNH	12/7	Basildon
13.62	Liam Sulaman	WAT	15/7	Watford
13.7	Stephen Inns	D&T	10/5	Stevenage
13.7	Alex Ajuwon	BAR	7/6	Luton
13.7	Ross Twynholm	WAT	6/9	Watford
13.9	Rhys Thompson	BAR	10/5	Stevenage
13.9	William Ridgway	SNH	6/9	Stevenage
14.0	Joshua Foo	D&T	7/6	Hemel H
14.10	Vishal Saroye	SNH	5/7	Cambridge
14.3	Elliott Walker	HPX	21/6	Walthamstow
14.7	Stephen Brown	SNH	13/9	Chelmsford
14.8	Cameron Boyne	SNH	10/5	Stevenage
15.2	Jakob O'Connor	SNH	16/8	Stevenage
15.3	Connor Nash	BAR	20/9	Hemel H
15.4	Ben Collins	StA		
15.4	Thomas Jordan	StA		
15.6	Aiden Clement	D&T	28/6	Basildon
15.70	Harry Day	SNH	6/9	Stevenage

200 metres

23.79	Jake Awe	StA	15/7	Watford
24.0	Joel McNeil	StA	13/9	Chelmsford
24.1	Liam Vooght	SNH	13/9	Chelmsford
24.0	Ryan Pereira	D&T	13/6	Hemel H
24.2	Cameron Glass	HPX	29/3	WGC
24.23	Luke Yaxley	StA	12/8	Watford
24.3	Prince Richman	HPX	19/4	Ware
24.5	Peter Horan	D&T	13/6	Hemel H
24.6	William Dean	StA	17/5	Ewell
24.6	Peter De'Ath	SNH	6/9	Stevenage
25.0	Jordan Thomas	StA	7/6	Hemel H
25.10	Christian Gaddes	StA	12/8	Watford
25.4	James McMurray	StA	20/9	Hemel H

25.7	Simon Bevan	HPX	12/7	Watford
25.8	Jack Gates	SNH	24/6	Stevenage
25.8	David Quartey	WAT	12/7	Watford
25.9	Chris Hilton	StA	28/6	Sandy
26.0	Connor Timms	HPX	21/6	Walthamstow
26.2	Jordan Ilyas	WAT	12/7	Watford
26.9	Dom Cox	D&T	16/8	Thurrock
26.94	Shaun Morgan	WAT	23/9	Watford
27.0	Luc Lee	D&T	7/6	Hemel H
27.06	Jason Tang	StA		
27.1	Emile Boutany	D&T	16/8	Thurrock
27.2	Josh Burfitt	WAT	16/8	Sandy
27.5	Joshua Foo	D&T	20/9	Hemel H
27.7	Frankie Smith	StA		
27.8	Lorcan O-Bolger	SNH	16/8	Stevenage
27.9	Matthew Pink	HPX	31/5	WGC
28.3	Tom Gatens	HPX	28/6	Luton
28.4	Sean White	BAR	7/6	Luton
28.4	Ross Twynholm	WAT	6/9	Watford
28.7	Elliot Walker	HPX	28/6	Luton
28.9	Liam Sulaman	WAT	12/7	Watford
29.5	Nicholas Doyle	HPX	28/6	Luton
30.2	Stephen Brown	SNH	6/9	Stevenage
30.8	Stephen Inns	D&T	19/4	Cambridge
32.1	Cameron Boyne	SNH	18/4	Ware
32.3	Kashif Jones	SNH	28/6	Peterborough
33.4	Jack Quorell	D&T	19/4	Cambridge
34.8	Louis Glynn	D&T	19/4	Cambridge

400 metres

51.20	Joel McNeill	StA	11/7	Sheffield
55.5	Chris Hilton	StA	20/9	Hemel H
55.52	Peter Horan	D&T	13/9	Cambridge
55.7	Peter De'Ath	SNH	7/6	Hemel H
55.9	Jordan Thomas	StA	20/9	Hemel H
56.00	Joe Coffey	D&T	13/9	Cambridge
56.5	Chris Gillespie	StA	12/7	Bedford
56.6	Liam Vooght	SNH	28/6	Peterborough
57.3	Liam Dee	HPX	21/6	Walthamstow
57.4	James McMurray	StA	3/5	St Albans
58.1	Oliver Morris	D&T	7/6	Hemel H
58.2	Sean Chambers	WAT	12/7	Watford
59.0	Luke Yaxley	StA	19/4	St Albans
59.7	Marcus Hanvey	D&T	12/7	Watford
59.8	Tom Gatens	HPX	28/6	Luton
60.2	Connor Timms	HPX	28/6	Luton
61.1	George Henry	SNH	24/6	Stevenage
61.4	Josh Valpy-Nelson	SNH	12/7	Basildon
63.0	Matt Kos	BAR	8/6	Ware
63.5	Sean White	BAR	7/6	Luton
63.9	Thomas Gillett	HPX	19/4	Ware
64.2	Kody Lanca	D&T	28/6	Basildon
65.4	Conor Holgate	D&T	16/8	Thurrock
65.7	Nicholas Doyle	HPX	10/4	WGC
66.7	Luke Williams	WAT	28/6	Peterborough
67.6	Jack Harvey	HPX	3/5	Havering
68.8	Elliot Walker	HPX	29/3	WGC
70.5	Harry Wickings	WAT	12/7	Watford
71.4	Jack Smith	StA		
77.2	Jack Quorell	D&T	19/4	Cambridge

800 metres

1:58.45	James McMurray	StA	9/9	Watford
2:05.01	Chris Hilton	StA	24/5	Ashford
2:08.4	Liam Dee	HPX	13/6	Hemel H

2:09.3	Joe Coffey	D&T	12/7	Watford
2:15.5	Matthew Axe	HPX	13/9	Cambridge
2:16.9	Sean Chambers	WAT	1/7	Watford
2:19.5	Ben Whitney	CHIL	10/5	Stevenage
2:19.6	Peter De'Ath	SNH	6/9	Stevenage
2:20.48	Luke Yaxley	StA	26/9	Bedford
2:22.0	Tim Buckle	D&T	12/7	Watford
2:22.5	William Ridgway	SNH	24/6	Stevenage
2:22.6	Oliver Poulain	StA		
2:24.2	Liam Cloona	HPX	28/6	Luton
2:25.3	Nicholas Doyle	HPX	10/4	WGC
2:25.8	Luke Bradley	D&T	28/6	Basildon
2:25.9	Christian Schramm	D&T	10/5	Stevenage
2:26.1	Jack Budge	HPX	19/7	Ilford
2:26.5	Liam Vooght	SNH	6/9	Stevenage
2:26.6	Tom Gatens	HPX	31/5	WGC
2:26.9	Marcus Hanvey	D&T	10/5	Stevenage
2:28.5	Luke Williams	WAT	6/9	Watford
2:29.0	Sam Jamieson-Smith	StA		
2:29.3	Kody Lanca	D&T	28/6	Basildon
2:29.8	Thomas Gillett	HPX	10/4	WGC
2:30.0	Emile Boutany	D&T	16/8	Thurrock
2:30.7	Drew Smith	BAR	7/6	Luton
2:31.2	Laurence Shepley	HPX	29/3	WGC
2:31.7	Matthew Cloke	StA	10/5	Stevenage
2:34.9	Sam Huntley	HPX	21/6	Walthamstow
2:37.1	Ben Morter	HPX	10/4	WGC
2:38.2	Ryan Pereira	D&T	7/5	Stevenage
2:38.8	Courtney Clay	HPX	7/5	Stevenage
2:39.5	Harry Wickings	WAT	1/7	Watford
2:39.9	Jack Harvey	HPX	3/5	Havering
2:40.8	Andrew Wheatcroft	StA		
2:41.2	Chris Gillespie	StA		
2:41.8	Vishal Saroye	SNH	6/9	Stevenage
2:43.0	Oliver Morris	D&T	19/7	Hemel H
2:43.4	Conor Clarke	HPX	19/4	Ware
2:47.1	Harry Day	SNH	16/8	Stevenage
2:47.18	Cameron Glass	HPX	28/6	Kingston
2:47.6	Matthew Wright	WAT	19/4	St Albans
2:50.6	Jack Smith	StA		
2:53.4	Luc Lee	D&T	19/7	Hemel H
2:56.0	Jack Quorell	D&T	19/7	Hemel H
2:57.0	Tom Butler	BAR	20/9	Hemel H
2:57.1	Cameron Boyne	SNH	6/9	Stevenage
2:57.4	Samuel Head	D&T	19/4	Cambridge
3:03.4	Jake Exton	SNH	7/5	Stevenage
3:03.7	Stephen Brown	SNH	6/9	Stevenage
3:08.4	Stephen Inns	D&T	19/7	Hemel H
3:15.5	Tyler Exton	SNH	6/9	Stevenage

1500 metres

4:08.96	James McMurray	StA	11/7	Sheffield
4:20.02	Chris Hilton	StA	15/7	Watford
4:27.5	Oliver Poulain	StA	15/7	Watford
4:36.1	Liam Dee	HPX	28/6	Luton
4:37.5	Sam Jamieson-West	StA		
4:45.75	Nicholas Doyle	HPX	12/8	Watford
4:48.30	Liam Cloona	HPX	12/8	Watford
4:51.6	Ross Taylor	D&T	28/6	Basildon
4:52.6	Christian Schramm	D&T	13/9	Cambridge
4:52.1	Harry Whiteman	StA	3/5	St Albans
4:59.8	Jack Eykelbosch	D&T	7/6	Hemel H
5:05.6	Sam Jamieson-West	StA	4/5	Stevenage
5:09.3	Sam Izzard	D&T	4/5	Stevenage
5:13.5	Matthew Cloke	StA	4/5	Stevenage

5:15.3	Tom Gatens	HPX	17/5	Bexley
5:20.4	Andrew Wheatcroft	StA		
5:31.0	Harry Wickings	WAT	28/6	Peterborough
5:32.68	Gregory Milne	HPX	9/9	Watford
5:33.4	Samuel Head	D&T	7/6	Hemel H
5:52.0	Jack Quorell	D&T	12/7	Watford
5:55.0	Jakob O'Connor	SNH	13/9	Chelmsford
5:56.6	Vishal Saroye	SNH	7/6	Hemel H
6:12.2	Cameron Boyne	SNH	7/6	Hemel H

3000 metres

9:31.9	James McMurray	StA	20/9	Hemel H
10:17.55	Liam Cloona	HPX	29/7	Watford

80m Hurdles

11.46/-0.3	Christian Gaddes	StA	30/8	Watford
11.81/-0.9	Courtney Clay	HPX	27/6	Kingston
12.3	Jason Tang	StA	10/5	Stevenage
12.5	Craig Meddeman	D&T	12/7	Watford
12.55	Simon Bevan	HPX	13/9	Cambridge
12.9	Luke Yaxley	StA	10/5	Stevenage
13.2	Jake Exton	SNH	24/6	Stevenage
13.24/-1.6	Cameron Glass	HPX	27/6	Kingston
13.5	Tom Neill	SBH	10/5	Stevenage
14.3	Oliver Morris	D&T	19/7	Hemel H
14.6	Ryan Pereira	D&T	7/5	Stevenage
14.6	Luc Lee	D&T	19/7	Hemel H
15.4	Aaron Lloyd	D&T	28/6	Basildon
16.0	Josh Valpy-Nelson	SNH	12/7	Basildon
16.2	Dom Cox	D&T	16/8	Thurrock
16.3	Joshua Foo	D&T	28/6	Basildon
16.6	Stephen Inns	D&T	19/7	Hemel H
16.7	Tyler Exton	SNH	6/9	Stevenage
16.9	Jack Quorell	D&T	19/7	Hemel H
17.00	Conor Holgate	D&T	13/9	Cambridge
17.29	William Ridgway	SNH	26/9	Bedford
19.75	Jake Cable	HPX	13/9	Cambridge

High Jump

1.81	Courtney Clay	HPX	11/7	Sheffield
1.72	Christian Gaddes	StA	13/9	Chelmsford
1.71	Tim Buckle	D&T	28/6	Basildon
1.64	Matthew Axe	HPX	13/9	Cambridge
1.60	Oliver Morris	D&T	12/7	Watford
1.60	Jake Awe	StA	12/7	Bedford
1.55	Cameron Glass	HPX	7/6	Braintree
1.51	Chris Hilton	StA	26/9	Bedford
1.50	Jason Tang	StA	19/4	St Albans
1.45	Jordan Aikman	D&T	28/6	Basildon
1.45	Liam Sulaman	WAT	6/9	Watford
1.45	Jake Cable	HPX	13/9	Cambridge
1.40	Ben Morter	HPX	28/6	Luton
1.40	Stephen Inns	D&T	28/6	Basildon
1.40	Luc Lee	D&T	16/8	Thurrock
1.40	Elliot Copperwhite	D&T	13/9	Cambridge
1.35	Harry Chadwick	D&T	19/4	Cambridge
1.25	Liam Dee	HPX	17/5	Bexley
1.15	Ryan Pereira	D&T	7/5	Stevenage
1.15	Jack Quorell	D&T	19/7	Hemel H
1.20	Luke Williams	WAT	7/6	Luton

Pole Vault

3.30	Matthew Williams	D&T	24/5	Milton Keynes
2.90	Daniel Pace	D&T	7/6	Hemel H
2.50	Chris Gillespie	StA	28/6	Sandy

2.50	Bradley Turner	D&T	20/9	Hemel H
2.20	Oliver Poulain	StA	16/8	Cambridge

Long Jump

5.98	Cameron Glass	HPX	27/6	Kingston
5.97	Jake Awe	StA	16/8	Cambridge
5.86	Ryan Pereira	D&T	16/8	Thurrock
5.80	Jordan Aikman	D&T	10/7	Sheffield
5.87	Dom Cox	D&T	13/6	Hemel H
5.90	Christian Gaddes	StA	21/6	St Albans
5.64	Courtney Clay	HPX	7/5	Stevenage
5.45	Connor Timms	HPX	16/8	Cambridge
5.38	Simon Bevan	HPX	17/5	Bexley
5.38	Jack Gates	SNH	13/6	Hemel H
5.13	Luke Yaxley	STA	26/9	Bedford
5.04	Jack Noone	WAT	6/9	Watford
5.00	William Dean	StA	19/4	St Albans
5.00	Sean Micallef	D&T	12/7	Watford
4.98	Luc Lee	D&T	28/6	Basildon
4.95	Prince Richman	HPX	31/5	WGC
4.88	Jason Tang	StA	20/9	Hemel H
4.87	Elliot Copperwhite	D&T	7/6	Hemel H
4.86	Peter De'Ath	SNH	13/9	Chelmsford
4.84	Jake Exton	SNH	7/5	Stevenage
4.82	Oliver Morris	D&T	19/7	Hemel H
4.81	Jordan Thomas	StA		
4.80	Chris Hilton	StA	26/9	Bedford
4.69	James McMurray	StA		
4.67	Lorcan O-Bolger	SNH	12/7	Basildon
4.65	Liam Vooght	SNH	28/6	Peterborough
4.58	Alex Ajuwon	BAR	7/6	Luton
4.57	Joshua Foo	D&T	28/6	Basildon
4.53	Jordan Ilyas	WAT	28/6	Peterborough
4.39	Vishal Saroye	SNH	7/6	Hemel H
4.38	Rhys Thompson	BAR	10/5	Stevenage
4.26	William Ridgway	SNH	7/5	Stevenage
4.23	Jack Smith	StA		
4.19	Matthew Pink	HPX	19/4	Ware
4.18	Stephen Inns	D&T	19/7	Hemel H
4.13	Jake Cable	HPX	19/7	Ilford
4.05	Tom Gillett	HPX	7/6	Braintree
4.05	Aaron Lloyd	D&T	20/9	Hemel H
4.04	Josh Valpy-Nelson	SNH	12/7	Basildon
3.97	Elliott Walker	HPX	3/5	Havering
3.90	Harry Wickings	WAT	12/7	Watford
3.82	Connor Nash	BAR	20/9	Hemel H
3.75	Harry Boyd	D&T	19/4	Cambridge
3.75	Luke Williams	WAT	7/6	Luton
3.71	Matthew Wright	WAT	19/4	St Albans
3.68	Aiden Clement	D&T	19/4	Cambridge
3.65	Liam Cloona	HPX	16/8	Cambridge
3.59	Tom Gatens	HPX	17/5	Bexley
3.23	Cameron Boyne	SNH	6/9	Stevenage
3.15	Ross Twynholm	WAT	6/9	Watford
3.12	Jack Quorell	D&T	19/7	Hemel H
3.07	Harry Day	SNH	6/9	Stevenage
2.58	Stephen Brown	SNH	6/9	Stevenage

Triple Jump

12.23	Jake Awe	StA	13/6	Watford
10.62	Jack Noone	WAT	6/9	Watford
10.39	Liam Vooght	SNH	24/6	Stevenage
9.10	Vishal Saroye	SNH	6/9	Stevenage
9.03	Tyler Exton	SNH	26/9	Sandy
8.65	Aaron Lloyd	D&T	10/5	Stevenage

Shot				
13.52	Jake Exton	SNH	30/8	Watford
11.81	Tyler Exton	SNH	12/7	Basildon
11.75	Christian Gaddes	StA	31/8	Peterborough
11.51	Joel McNeil	StA	16/8	Cambridge
11.20	Sassoon Moskofian	StA	19/7	Erith
11.01	Josh Pieterse	StA	13/9	Chelmsford
10.64	Aaron Pryce	SNH	12/7	Basildon
10.12	Edward Rowbottom	HPX	16/8	Cambridge
9.80	Jamie Wells	D&T	20/9	Hemel H
9.79	Dom Cox	D&T	13/9	Cambridge
9.77	Courtney Clay	HPX	27/6	Kingston
9.41	Jordan Aikman	D&T	16/8	Thurrock
8.97	David Quartey	WAT	12/7	Watford
8.89	Jason Tang	StA		
8.85	Jack Gates	SNH	19/4	Ware
8.84	Ian Forbes	HPX	16/8	Cambridge
8.69	Ryan Pereira	D&T	7/5	Stevenage
7.93	Oliver Morris	D&T	19/7	Hemel h
7.82	Michael Pope	WAT	7/6	Luton
7.65	Joe Coffey	D&T	16/8	Thurrock
7.55	William Ridgway	SNH	6/9	Stevenage
7.40	Tom Gatens	HPX	28/6	Luton
7.14	Frankie Smith	StA		
7.01	Liam Dee	HPX	31/5	WGC
6.95	Luc Lee	D&T	19/7	Hemel H
6.90	Chris Inns	D&T	19/4	Cambridge
6.61	Peter De'Ath	SNH	6/9	Stevenage
6.45	Cameron Glass	HPX	27/6	Kingston
6.13	Sam Huntley	HPX	21/6	Walthamstow
6.02	Harry Will	WAT	19/4	St Albans
5.85	Elliot Walker	HPX	29/3	WGC
5.35	Nicholas Doyle	HPX	12/7	Watford
4.95	Charlie Young	WAT	28/6	Peterborough
4.83	Harry Day	SNH	6/9	Stevenage
4.79	Liam Cloona	HPX	17/5	Bexley
4.78	Laurence Shepley	HPX	3/5	Havering
4.51	Jake Cable	HPX	13/9	Cambridge
4.32	Harry Wickings	WAT	28/6	Peterborough
3.55	Stephen Inns	D&T	19/7	Hemel H
3.45	Jack Quorell	D&T	19/7	Hemel H

Discus				
34.89	Edward Rowbottom	HPX	13/9	Cambridge
34.70	Jake Exton	SNH	26/9	Sandy
32.01	Billy Sach	StA	21/6	St Albans
29.33	Ian Forbes	HPX	19/7	Ilford
28.61	Jason Tang	StA		
24.61	George Henry	SNH	13/9	Chelmsford
22.80	David Quartey	WAT	12/7	Watford
21.98	Jamie Wells	D&T	10/5	Stevenage
21.82	Sassoon Moskofian	StA		
21.61	Josh Pieterse	StA		
21.50	Tyler Axton		30/8	Watford
20.76	Tyler Exton	SNH	28/6	Peterborough
20.60	Chris Inns	D&T	7/6	Hemel H
19.70	Jack Gates	SNH	16/8	Stevenage
18.47	Liam Vooght	SNH	6/9	Stevenage
16.12	Frankie Smith	StA		
16.09	Cameron Boyne	SNH	6/9	Stevenage
15.73	Tom Gatens	HPX	13/9	Cambridge
14.50	Vishal Saroye	SNH	6/9	Stevenage
13.47	Jordan Thomas	StA		
13.04	Michael Pope	WAT	7/6	Luton

12.88	Liam Cloona	HPX	28/6	Luton
11.86	Charlie Young	WAT	7/6	Luton
11.54	Nicholas Doyle	HPX	31/5	WGC
11.26	Andrew Wheatcroft	StA		
10.56	Jake Cable	HPX	19/4	Ware
8.74	Aaron Pryce	SNH	12/7	Basildon

Hammer

32.08	Josh Pieterse	StA	13/9	Chelmsford
26.82	Billy Sach	StA	28/6	Sandy
24.43	Chris Hilton	StA	16/8	Cambridge
23.51	Sassoon Moskofian	StA	19/7	Erith
22.97	Dom Cox	D&T	13/9	Cambridge
21.56	Tyler Exton	SNH	13/9	Chelmsford
15.98	Tom Gatens	HPX	13/9	Cambridge
15.64	Frankie Smith	StA		
15.16	Chris Inns	D&T	19/4	Cambridge
12.68	Aaron Lloyd	D&T	16/8	Thurrock
8.96	Jake Cable	HPX	28/6	Luton
8.14	Sam Jamieson-West	StA		

Javelin

45.39	Joel McNeil	StA	13/9	Chelmsford
44.38	Jake Exton	SNH	12/7	Basildon
43.51	Josh Burfitt	WAT	7/6	Luton
38.65	Billy Sach	StA	28/6	Sandy
36.11	Simon Bevan	HPX	16/8	Cambridge
34.86	Sassoon Moskofian	StA	12/7	Bedford
34.78	Ian Forbes	HPX	16/8	Cambridge
33.03	Elliot Copperwhite	D&T	13/9	Cambridge
32.03	Jamie Wells	D&T	20/9	Hemel H
31.75	James McMurray	StA	20/9	Hemel H
31.57	Graham Devon	StA	20/9	Hemel H
31.18	Josh Pieterse	StA	21/6	St Albans
30.88	Harry Will	WAT	19/4	St Albans
26.54	Jack Gates	SNH	28/6	Peterborough
22.88	Aaron Lloyd	D&T	28/6	Basildon
20.31	Tyler Exton	SNH	12/7	Basildon
20.30	Frankie Smith	StA		
19.20	Luc Lee	D&T	16/8	Thurrock
18.77	Jack Harvey	HPX	3/5	Havering
15.86	Michael Pope	WAT	19/4	St Albans
15.63	Luke Williams	WAT	6/9	Watford
15.09	Nicholas Doyle	HPX	31/5	WGC
14.72	Liam Dee	HPX	21/6	Walthamstow
12.51	Andrew Wheatcroft	StA		
11.64	Samuel Head	D&T	19/4	Cambridge
11.29	Oliver Poulain	StA		
10.56	Liam Cloona	HPX	7/6	Braintree
9.12	Charlie Young	WAT	28/6	Peterborough
8.95	Stephen Brown	SNH	6/9	Stevenage

Pentathlon

2785	Christian Gaddes	StA	26/9	Bedford
2465	Jake Awe	StA	26/9	Bedford
2422	Chris Hilton	StA	26/9	Bedford
2405	Courtney Clay	HPX	27/6	Kingston
2320	Luke Yaxley	StA	26/9	Bedford
2052	James McMurray	StA	7/5	Stevenage
1950	Cameron Glass	HPX	27/6	Kingston
1660	Jake Exton	SNH	7/5	Stevenage
1627	Ryan Pereira	D&T	7/5	Stevenage
1509	William Ridgway	SNH	26/9	Bedford

4x100

47.8	St Albans		
49.9	Herts Phoenix	31/5	Welwyn GC
51.3	Watford Harriers	12/7	Watford
53.1	Stevenage & NH	4/5	Stevenage

4x400

3:55.3	St Albans		
4:09.4	Stevenage & NH	4/5	Stevenage
4:12.5	Herts Phoenix	21/6	Walthamstow

INDOOR PERFORMANCES**60 metres**

7.76	Jake Awe	StA
7.92	Luke Yaxley	StA
8.03	Jason Tang	StA
8.31	Jordan Thomas	StA