

2009 HERTS COUNTY T&F RANKING LISTS

U17 Men

100 metres

11.2	Lewis Keeble	SNH	13/9	Chelmsford
11.3	Ayrron Armstrong	HPX	3/5	Havering
11.6	Kieran Moss	StA	7/6	Hemel H
11.6	Courtney Hart	D&T	13/6	Hemel H
11.6	Matt Birch	LUT	28/6	Luton
11.6	Miebaka Owubokiri	HPX	16/8	Cambridge
11.6	Connor Archer	StA	16/8	Cambridge
11.6	Joel Daramola	SNH	13/9	Chelmsford
11.7	Ben Murphy	SNH	24/6	Stevenage
11.7	Richard Sackey	HPX	28/6	Luton
11.7	Simon Wake	HPX	28/6	Luton
11.8	Billy Vernon-Hamilton	SNH	29/6	Hemel H
11.9	Jon Rendell	D&T	12/7	Watford
12.0	Liam Thompson	BAR	1/8	Ipswich
12.1	Mitchel Russell	StA		
12.1	Sam Milner	HPX	10/5	Stevenage
12.2	Bradley Pike	D&T	20/9	Hemel H
12.3	Ben Young	WAT	19/4	St Albans
12.4	Tom Kinsella	SNH	7/6	Hemel H
12.4	Niquash Mahmood	D&T	7/6	Hemel H
12.5	Tan Chowdhury	SNH	14/6	Stevenage
12.6	David Nisbet	D&T	19/4	Cambridge
12.6	Mustafa Moroglu	HPX	4/5	Stevenage
12.6	Ross Moorley	HPX	21/6	Walthamstow
12.7	Tom Carter	E&H	16/8	Thurrock
13.1	Jordan Thomas	StA		
13.2	Bradley Read	D&T	16/8	Thurrock
13.3	Warren Herridge	SNH	6/9	Stevenage
13.5	Ian Miller	StA		
13.5	Craig Stout	SNH	6/9	Stevenage
13.9	Gregory Evans	SNH	6/9	Stevenage
14.0	Tom Sloan	SNH	6/9	Stevenage
14.6	Ryan Harkett	HPX	10/4	WGC
15.8	Chris Hilton	SNH	6/9	Stevenage

200 metres

22.7	Lewis Keeble	SNH	13/9	Chelmsford
23.4	Ayrron Armstrong	HPX	3/5	Havering
23.4	Simon Wake	HPX	10/5	Stevenage
23.7	Richard Sackey	HPX	28/6	Luton
23.82	Kieran Moss	StA	15/7	Watford
23.9	Sam Milner	HPX	10/5	Stevenage
23.9	Matt Birch	LUT	19/7	Cambridge
23.9	Joel Daramola	SNH	13/9	Chelmsford
24.1	Miebaka Owubokiri	HPX	16/8	Cambridge
24.1	Connor Archer	StA	13/9	Chelmsford
24.2	Billy Vernon-Hamilton	SNH	19/4	Ware
24.3	Liam Thompson	BAR	28/6	Sandy
24.35/0.2	Jon Rendell	D&T	13/9	Cambridge
24.4	Ben Murphy	SNH	12/7	Basildon
24.6	Tom Pye	BAR	28/6	Sandy
24.8	Tan Chowdhury	SNH	13/6	Hemel H
24.9	Tom Barfoot	HPX	28/6	Luton
25.3	Jack Morris	BAR	18/4	Ware
25.4	Joel Trounce	StA		

25.5	Mustafa Moroglu	HPX	4/5	Stevenage
25.6	Carl Palin	StA		
25.6	Ben Young	WAT	19/4	St Albans
25.7	Bradley Pike	D&T	7/6	Hemel H
25.8	Christopher Pope	D&T	7/6	Hemel H
25.9	Tom Kinsella	SNH	12/7	Basildon
26.0	Ryan Baker	WAT	16/8	Sandy
26.1	Niquash Mahmood	D&T	19/4	Cambridge
26.1	Marc Bonito	D&T	16/8	Thurrock
26.2	Reece Surr ridge	E&H	19/4	Ware
26.7	Michael Wadlow	D&T	19/7	Hemel H
27.0	Paul Spicer	SNH	1/8	Kings Lynn
27.2	Bradley Read	D&T	20/9	Hemel H
27.4	Ian Miller	StA		
29.7	Ryan Harkett	HPX	10/4	WGC

400 metres

50.96	Lewis Keeble	SNH	5/7	Cambridge
51.09	Andrew Walshe	HPX	24/5	Ashford
52.5	Simon Wake	HPX	26/4	Basildon
53.18	Tom Pye	BAR	9/6	Copthall
53.97	Liam Thompson	BAR	23/5	LV
54.13	Tom Barfoot	HPX	13/9	Cambridge
54.2	Ola Amosu	E&H	21/6	Eton
54.3	Carl Palin	StA	13/6	Watford
54.6	Joel Daramola	SNH	29/6	Hemel H
54.6	Jon Rendell	D&T	20/9	Hemel H
54.8	Jorge Davis	D&T	7/6	Hemel H
55.1	Marc Bonito	D&T	12/7	Watford
55.4	Tom Fallon	E&H	19/7	Bromley
55.6	Khalid Al Abaidy	StA		
55.7	Matt Gibson	HPX	12/7	Watford
55.82	Tom Carter	E&H	26/9	Bedford
56.0	Christopher Pope	D&T	7/6	Hemel H
57.0	Jack Morris	BAR	10/5	Stevenage
57.2	Jordan Thomas	StA		
57.3	Tom Kinsella	SNH	24/6	Stevenage
57.34	Sam Highfield	D&T	13/9	Cambridge
57.5	Jonathan Howarth	StA		
57.5	David Pickett	SNH	13/6	Hemel H
57.5	Gregory Bennett	D&T	28/6	Basildon
57.9	Reece Surr ridge	E&H	3/5	Eltham
58.1	Alex Cloona	HPX	28/6	Luton
58.17	Connor Winters	SNH	26/9	Bedford
58.32	Kieran Moss	StA		
58.9	David O'Connell	SNH	6/9	Stevenage
59.19	Laurence Levy	SNH	26/9	Bedford
59.5	Joseph Romain	StA		
59.9	Ross Moorley	HPX	21/6	Walthamstow
61.0	Paul Spicer	SNH	10/5	Stevenage
61.8	Bradley Read	D&T	16/8	Thurrock
62.3	Paul Mackie	D&T	19/4	Cambridge
72.9	Ryan Harkett	HPX	10/4	WGC
73.4	Michael Wadlow	D&T	16/5	Basingstoke

800 metres

1:59.37	David Wilson	HPX	26/8	Watford
2:00.72	Tom Barfoot	HPX	2/8	Crawley
2:00.96	Khalid Al-Abaidy	StA	2/8	Crawley
2:03.8	Andrew Walshe	HPX	19/4	Ware

2:04.3	Joseph Romain	StA	19/7	Erith
2:04.6	Lewis Keeble	SNH	16/8	Stevenage
2:07.4	Sam Highfield	D&T	7/6	Hemel H
2:07.5	Tom Fallon	E&H	26/7	Bromley
2:08.7	Stephen Byrne	HARR	13/6	Hemel H
2:08.99	Reece Surridge	E&H	29/7	Watford
2:09.6	Alex Cloona	HPX	12/7	Watford
2:09.7	Gregory Bennett	D&T	28/6	Basildon
2:09.7	Tom Pye	BAR	12/7	Braintree
2:10.0	Edward Shepherd	HPX	10/5	Stevenage
2:13.6	Oliver Glyn	D&T	10/5	Stevenage
2:14.7	Craig Stout	SNH	6/9	Stevenage
2:16.6	Tom Sloan	SNH	16/8	Stevenage
2:17.3	Ian Miller	StA		
2:17.3	David Pickett	SNH	7/6	Hemel H
2:17.8	Greg Evans	SNH	12/7	Basildon
2:19.8	Warren Herridge	SNH	11/7	Hastings
2:21.2	David O'Connell	SNH	6/7	Sandy
2:23.2	Matt Gibson	HPX	3/5	Havering
2:24.2	Ashley Kavanagh-King	WAT	16/8	Sandy
2:27.2	Daniel Gardner	SNH	6/9	Stevenage
2:30.7	Jack Morris	BAR	20/9	Hemel H
2:32.3	Ben Murphy	SNH	6/9	Stevenage
2:32.9	Lewis Dormer	WAT	19/4	St Albans
2:33.6	Connor Winters	SNH	6/9	Stevenage
2:34.0	Lewis Childs	StA		
2:35.6	Michael Wadlow	D&T	19/4	Cambridge
2:40.2	Bradley Read	D&T	13/9	Cambridge

1500 metres

4:05.68	David Wilson	HPX	23/9	Watford
4:13.47	Khalid Al Baidy	StA	12/8	Watford
4:19.35	Edward Shepherd	HPX	15/7	Watford
4:22.1	Gregory Bennett	D&T	13/6	Hemel H
4:26.8	Khalid Al-Abaidy	StA	4/5	Stevenage
4:27.0	Vasudev Zaver	HPX	13/6	Hemel H
4:28.77	Stephen Byrne	HARR	14/6	Eton
4:29.07	Alex Cloona	HPX	12/8	Watford
4:30.1	Oliver Glyn	D&T	19/4	Cambridge
4:32.8	David O'Connell	SNH	13/6	Hemel H
4:34.0	Sam Highfield	D&T	4/5	Stevenage
4:34.4	David Fernie	StA	4/7	Copthall
4:34.7	Tom Barfoot	HPX	7/6	Braintree
4:37.5	Greg Evans	SNH	19/4	Ware
4:37.5	Tom Fallon	E&H	21/6	Eton
4:39.0	Reece Surridge	E&H	28/6	Sandy
4:42.5	Lewis Keeble	SNH	14/6	Stevenage
4:44.5	Luke Langley	SNH	13/9	Chelmsford
4:45.6	Lewis Dormer	WAT	12/7	Watford
4:51.5	David Pickett	SNH	4/5	Stevenage
4:51.9	Tom Sloan	SNH	4/5	Stevenage
4:55.5	Paul Spicer	SNH	6/9	Stevenage
5:00.3	Chris Hilton	SNH	16/8	Stevenage
5:01.06	Tom Carter	E&H	27/9	Bedford
5:02.7	Laurence Levy	SNH	6/9	Stevenage
5:03.5	Joseph Romain	StA		
5:03.7	Billy Vernon-Hamilton	SNH	7/5	Stevenage
5:06.4	Matt Gibson	HPX	7/6	Braintree
5:18.2	Michael Wadlow	D&T	19/7	Hemel H
5:18.45	Connor Winters	SNH	27/9	Bedford

5:30.5	George Withers	StA		
5:53.8	Liam Johnson	BAR	16/4	Ware

3000 metres

9:13.57	Khalid Al Baidy	StA	15/7	Watford
9:27.98	Edward Shepherd	HPX	1/9	Woodford
9:48.0	Vasudev Zaver	HPX	21/6	Walthamstow
9:48.9	Oliver Glyn	D&T	19/7	Hemel H
9:52.30	Alex Cloona	HPX	29/7	Watford
9:54.5	David Wilson	HPX	19/7	Ilford
10:08.5	David O'Connell	SNH	6/9	Stevenage
10:16.7	Tom Fallon	E&H	3/5	Eltham
10:19.6	Gregory Bennett	D&T	19/7	Hemel H
10:20.9	Gregory Evans	SNH	19/7	Hemel H
10:26.6	Luke Langley	SNH	28/4	Stevenage
10:38.8	David Pickett	SNH	28/4	Stevenage
10:52.2	Elliott Poulain	StA		
10:54.6	Chris Hilton	SNH	6/9	Stevenage

100m Hurdles

14.3	Ola Amosu	E&H	13/6	Watford
14.70/0.7	Richard Sackey	HPX	23/8	Ipswich
14.9	Daniel Gardner	SNH	13/9	Chelmsford
15.2	Sean Glyn	WAT	12/7	Watford
15.30	Connor Winters	SNH	26/9	Bedford
15.49/0.7	David Sissons	HPX	23/8	Ipswich
16.07	Tom Carter	E&H	26/9	Bedford
16.2	Jack Field	D&T	20/9	Hemel H
16.8	Joel Trounce	StA		
16.9	Laurence Levy	SNH	28/6	Peterborough
17.9	Jack Baron	StA		
18.1	Tan Chowdhury	SNH	28/6	Peterborough
19.1	Paul Spicer	SNH	13/9	Chelmsford
20.6	Billy Vernon-Hamilton	SNH	7/5	Stevenage
20.88	Sam Highfield	D&T	13/9	Cambridge
21.3	Michael Wadlow	D&T	12/7	Watford

110m Hurdles (106)

18.4	Connor Winters	SNH	2/5	Woking
23.9	Laurence Levy	SNH	27/6	Hemel H

400m Hurdles (84)

59.12	Tom Carter	E&H	6/9	Birmingham
59.3	Ola Amosu	E&H	21/6	Eton
61.2	Lewis Keeble	SNH	20/9	Hemel H
62.01	Tom Fallon	E&H	6/9	Birmingham
66.1	Joel Trounce	StA		
66.95	Laurence Levy	SNH	5/7	Cambridge

400m Hurdles (91)

68.1	Connor Winters	SNH	6/6	Sandy
72.0	Michael Wadlow	D&T	1/8	Hemel H
74.3	Paul Spicer	SNH	1/8	Kings Lynn

1500m Steeplechase

4:51.72	Gregory Bennett	D&T	2/8	Crawley
4:55.12	Tom Fallon	E&H	6/9	Birmingham
5:24.71	David O'Connell	SNH	23/8	Ipswich
6:28.3	Jack Field	D&T	20/9	Hemel H

High Jump

1.84	Connor Winters	SNH	27/9	Bedford
1.80	Laurence Levy	SNH	6/9	Stevenage
1.75	Ola Amosu	E&H	19/7	Bromley
1.71	Sam Milner	HPX	13/6	Hemel H
1.70	Tom Carter	E&H	6/9	Birmingham
1.65	Paul Spicer	SNH	4/4	LV
1.65	Sam Highfield	D&T	7/6	Hemel H
1.65	Daniel Gardner	SNH	26/9	Sandy
1.60	Carl Palin	StA		
1.58	Joel Daramola	SNH	24/6	Stevenage
1.55	Jack Field	D&T	20/9	Hemel H
1.55	Jack Baron	StA		
1.45	Gregory Evans	SNH	6/9	Stevenage
1.45	Joel Trounce	StA		
1.40	Michael Wadlow	D&T	19/4	Cambridge
1.35	David O'Connell	SNH	6/9	Stevenage
1.00	Lewis Keeble	SNH	11/7	Hastings

Pole Vault

4.00	Connor Winters	SNH	13/9	Chelmsford
3.60	Daniel Gardner	SNH	10/5	Stevenage
3.70	Sam Clark	D&T	7/6	Hemel H
3.20	Tim Warner	HPX	7/6	Braintree
2.80	Jack Baron	StA	21/6	St Albans
2.80	Tom Carter	E&H	16/8	Thurrock
2.30	Joel Trounce	StA		
1.50	Lewis Dormer	WAT	13/5	Hillingdon

Long Jump

6.53	Ola Amosu	E&H	6/9	Birmingham
6.39/1.3	Courtney Hart	D&T	23/5	Ashford
6.33	Kieran Moss	StA	12/7	Bedford
6.31	Connor Winters	SNH	16.8	Stevenage
6.06	Bradley Pike	D&T	28/6	Basildon
5.87	Daniel Gardner	SNH	13/9	Chelmsford
5.85	Tan Chowdhury	SNH	13/6	Hemel H
5.81/3.8	Robert Gayler	SBH	10/5	Stevenage
5.81	Mitchel Russell	StA	19/4	St Albans
5.78	Billy Vernon-Hamilton	SNH	19/4	Ware
5.70	Tom Carter	E&H	26/9	Bedford
5.51	Sam Milner	HPX	13/9	Cambridge
5.33	Lewis Keeble	SNH	12/7	Basildon
5.30	Ayrron Armstrong	HPX	26/4	Basildon
5.16	Connor Archer	StA		
5.16	Laurence Levy	SNH	26/9	Bedford
5.15	Matt Gibson	HPX	13/9	Cambridge
5.11	Joshua Bignell	D&T	12/7	Watford
5.10	Simon Wake	HPX	3/5	Havering
5.04	Sam Higgins	HPX	10/4	WGC
5.02	Tom Barfoot	HPX	28/6	Luton
4.98	David Nisbet	D&T	19/4	Cambridge
4.81	Michael Wadlow	D&T	19/7	Hemel H
4.62	Richard Sackey	HPX	26/4	Basildon
4.56	Amal Solomons	BAR	1/8	Ipswich
4.47	Ryan Baker	WAT	16/8	Sandy
4.42	Paul Spicer	SNH	7/5	Stevenage
4.19	Craig Stout	SNH	6/9	Stevenage
4.15	Tom Kinsella	SNH	16/8	Stevenage
4.12	George Withers	StA		

4.08	Luke Langley	SNH	11/7	Hastings
4.00	Lewis Dormr	WAT	16/8	Sandy
3.93	Edward Shepherd	HPX	16/8	Cambridge
3.83	N Mahmood	D&T	19/4	Cambridge
3.37	Chris Hilton	SNH	6/9	Stevenage
3.06	Warren Herridge	SNH	6/9	Stevenage

Triple Jump

13.37	Kieran Moss	StA	17/5	Ewell
13.17	Bradley Pike	D&T	20/9	Hemel H
12.67	Daniel Gardner	SNH	24/6	Stevenage
12.56	Connor Winters	SNH	13/9	Chelmsford
11.75	Mitchel Russell	StA	19/4	St Albans
11.73	Lewis Keeble	SNH	6/9	Stevenage
11.59	Ayrron Armstrong	HPX	3/5	Havering
11.51	Jon Rendell	D&T	20/9	Hemel H
11.39	Joel Daramola	SNH	12/7	Basildon
11.35	Tan Chowdhury	SNH	14/6	Stevenage
11.33	Ben Murphy	SNH	12/7	Basildon
11.19	Jorge Davis	D&T	7/6	Hemel H
10.63	Laurence Levy	SNH	1/8	Kings Lynn
10.48	Ross Moorley	HPX	21/6	Walthamstow
10.34	David Sissons	HPX	13/9	Cambridge
10.14	Niquash Mahmood	D&T	12/7	Watford
9.91	Gregory Bennett	D&T	16/5	Basingstoke
9.68	Paul Mackie	D&T	19/4	Cambridge
8.51	Edward Shepherd	HPX	28/6	Luton
8.11	David Wilson	HPX	28/6	Luton

Shot

11.07	Simon Wake	HPX	12/7	Watford
10.79	Chris Line	D&T	19/4	Cambridge
10.69	Laurence Levy	SNH	29/3	Ilford
10.66	Richard Humphries	HPX	7/6	Braintree
10.65	Matt Birch	LUT	19/4	Cambridge
10.24	Billy Vernon-Hamilton	SNH	28/6	Peterborough
10.18	Ryan Baker	WAT	16/8	Sandy
10.06	Tom Carter	E&H	27/9	Bedford
9.98	Connor Winters	SNH	27/9	Bedford
9.95	Michael Wadlow	D&T	23/8	Ipswich
9.12	Andrew Walshe	HPX	19/4	Ware
8.99	Gaurav Saroye	SNH	13/9	Chelmsford
8.30	David Nisbet	D&T	19/4	Cambridge
8.25	Joshua Bignell	D&T	12/7	Watford
8.12	Ben Murphy	SNH	6/9	Stevenage
8.07	Joseph Romain	StA		
8.03	Bradley Pike	D&T	16/8	Thurrock
7.88	Daniel Gardner	SNH	6/9	Stevenage
7.86	Jonathan Howarth	StA		
7.81	Ian Miller	StA		
7.74	Lewis Childs	StA		
6.55	David O'Connell	SNH	6/9	Stevenage
6.43	Warren Herridge	SNH	16/8	Stevenage
6.28	Tom Sloan	SNH	16/8	Stevenage
6.03	Paul Spicer	SNH	6/9	Stevenage
5.87	Alex Cloona	HPX	19/7	Ilford
5.84	Tom Kinsella	SNH	7.6	Hemel H
5.72	Miebaka Owubokiri	HPX	13/9	Cambridge

Discus

42.50	Chris Line	D&T	26/8	Watford
35.32	Michael Wadlow	D&T	10/5	Stevenage
34.87	Richard Humphries	HPX	10/5	Stevenage
32.00	Joshua Bignell	D&T	19/4	Cambridge
30.32	Gaurav Saroye	SNH	16/8	Stevenage
28.24	Laurence Levy	SNH	26/9	Bedford
22.50	Tom Carter	E&H	21/6	Eton
22.50	Connor Winters	SNH	27/9	Bedford
22.11	Joel Trounce	StA		
21.03	Lewis Keeble	SNH	28/6	Peterborough
20.54	Jonathan Howarth	StA		
20.45	Billy Vernon-Hamilton	SNH	7/5	Stevenage
19.84	Ayrron Armstrong	HPX	16/8	Cambridge
19.22	Kieran Moss	StA		
19.19	Simon Wake	HPX	12/7	Watford
18.49	Ian Miller	StA		
17.89	Andrew Walshe	HPX	19/4	Ware
17.21	Sean Glyn	WAT	7/6	Luton
16.46	Matt Gibson	HPX	13/9	Cambridge
15.66	Carl Palin	StA		
15.57	Paul Spicer	SNH	13/9	Chelmsford
13.94	David Pickett	SNH	28/6	Peterborough
13.75	Joel Daramola	SNH	7/6	Hemel H
13.45	George Withers	StA		
12.26	Lewis Childs	StA		
10.80	Gregory Evans	SNH	16/8	Stevenage

Discus (2k)

23.19	Laurence Levy	SNH	27/6	Hemel H
22.06	Gaurav Saroye	SNH	2/5	Woking

Hammer

57.53	Richard Humphries	HPX	6/8	Sandy
42.61	Laurence Levy	SNH	4/4	Sandy
39.10	Chris Line	D&T	10/5	Stevenage
26.30	Jonathan Howarth	StA	12/7	Bedford
25.65	Gaurav Saroye	SNH	16/8	Stevenage
25.58	Andrew Walshe	HPX	31/5	WGc

Hammer (7.26k)

26.61	Laurence Levy	SNH	1/8	Kings Lynn
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Javelin 700

49.47	Jorge Davis	D&T	7/6	Hemel H
49.35	Paul Mackie	D&T	10/5	Stevenage
48.55	Joshua Bignell	D&T	28/6	Basildon
44.48	Tom Carter	E&H	27/9	Bedford
41.66	Simon Wake	HPX	10/5	Stevenage
39.27	Billy Vernon-Hamilton	SNH	7/6	Hemel H
36.81	Jonathan Howarth	StA	7/6	Hemel H
33.56	Michael Wadlow	D&T	13/9	Cambridge
32.14	Gaurav Saroye	SNH	16/8	Stevenage
30.62	Marc Bonito	D&T	12/7	Watford
27.48	Connor Winters	SNH	26/9	Bedford
28.50	Laurence Levy	SNH	26/9	Bedford
23.72	Khalid Al Abaidy	StA		
17.45	Chris Hilton	SNH	16/8	Stevenage
16.91	Matt Gibson	HPX	17/5	Bexley
16.32	Alex Cloona	HPX	7/6	Braintree
16.26	Paul Spicer	SNH	7/5	Stevenage

11.73	Lewis Dormer	WAT	12/7	Watford
10.29	Tom Sloan	SNH	6/9	Stevenage
9.52	Gregory Evans	SNH	28/6	Peterborough
6.42	Gregory Bennett	D&T	28/6	Basildon

Javelin 800

37.45	Simon Wake	HPX	14/6	Braintree
34.50	Billy Vernon-Hamilton	SNH	2/5	Woking
21.66	Daniel Gardner	SNH	6/6	Sandy

Octathlon

4050	Tom Carter	E&H	27/9	Bedford
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Relays

4x100

46.6	Herts Phoenix	21/6	Walthamstow
47.6	St Albans		
50.4	Stevenage & NH	4/5	Stevenage

4x400

3:34.96	Herts	23/8	Ipswich
3:44.2	St Albans		
3:45.2	Herts Phoenix	3/5	Barking
3:52.4	Stevenage & NH	4/5	Stevenage

INDOOR PERFORMANCES

60m

7.39	Ayrron Armstrong	HPX	15/3	LV
7.58	Oliver Brooks	WAT	15/3	LV

200m

23.91	Simon Wake	HPX	15/3	LV
24.64	Ayrron Armstrong	HPX	15/3	LV

400m

52.77	Andrew Walshe	HPX	15/3	LV
55.38	Marc Bonito	D&T	1/3	LV

800m

2:08.06	Janagan Rajkumar	HARR	15/3	LV
2:08.90	Khalid Al-Abaidy	StA	15/3	LV

60H

9.26	Richard Sackey	HPX	15/3	LV
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HJ

1.80	Connor Winters	SNH	1/3	LV
1.50	Michael Wadlow	D&T	15/3	LV

PV

3.70	Connor Winters	SNH	17/1	LV
3.10	Tim Warner	HPX	1/3	LV

LJ

5.36	John Randell	D&T	15/3	LV
4.98	Tan Chowdhury	SNH	15/3	LV
4.67	Michael Wadlow	D&T	1/3	LV

SP

10.03	Michael Wadlow	D&T	1/3	LV
9.83	Michael Wadlow	D&T	15/3	LV
9.65	Chris Line	D&T	15/3	LV

4x200
1:37.43

Herts			15/3	LV
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