

2009 HERTS COUNTY T&F RANKING LISTS

U20 Men

100 metres

11.0	Kadeem Greenidge-Smith	HARR	2/5	Colchester
11.0	Cameron Webb	SNH	16/9	Highgate
11.00	Joel Ramsbottom	WAT	12/8	Watford
11.1	Adeola Akinjomo	SNH	14/6	Stevenage
11.12/-0.3	Antonio Infantino		30/8	Watford
11.4	Stefan Greenidge	HARR	6/6	Sandy
11.52	Stefan Greenidge	HARR	9/8	Chelmsford
11.7	Lewis Clarke	D&T	1/8	Hemel H
11.70	Aaron Reynolds	SNH	7/6	Watford
11.86	Jason Hamilton	D&T	9/8	Chelmsford
11.9	Alec Wing	HPX	6/6	Ware
12.0	Luke Allen*	HPX	26/4	Basildon
12.0	Matthew Williams	D&T	2/5	Cambridge
12.0	Jack Rossini	D&T	27/6	Eton
12.05	Ben McGuinness	D&T	17/6	Watford
12.1	Miles Francois	D&T	1/8	Hemel H
12.1/1.0	Matt Fernandez	HPX	24/5	Luton
12.2	Paul Minter	D&T	11/7	Eton
12.25	Michael Weekes	WAT	15/7	Watford
12.3	Steve Rayner	BAR	11/7	Luton
12.4	Sam Spinks	BAR	2/5	Hemel H
12.5	Adam Driscoll	D&T	2/5	Cambridge
12.5	Tom Kite	WAT	11/7	Eton
12.7	Tom Vince	BAR	20/9	Hemel H
12.8	Ross Armorgie	HPX	10/4	WGC
13.17	Oliver Smith	WAT	15/7	Watford
14.24	Kwasi Adamakeh	WAT	12/8	Watford
14.8	Simon Harris	SNH	3/7	Blackpool
15.6	Kristian Fox	SNH	3/7	Blackpool

200 metres

22.3	Cameron Webb	SNH	1/8	Kings Lynn
22.6	Joel Ramsbottom	WAT	6/6	Walton
22.6	Stefan Greenidge	HARR	27/6	Harrow
22.9	Adeola Akinjoma	SNH	14/6	Stevenage
23.5	Aaron Reynolds	SNH	11/7	Hastings
23.7	Alec Wing	HPX	14/6	Braintree
23.76	Luke Daniel	E&H	15/7	Watford
23.9	Josh Moss	SNH	6/9	Stevenage
24.1	Jack Rossini	D&T	10/5	Stevenage
24.1	Lewis Clarke	D&T	1/8	Hemel H
24.3	Nick Stoppard	SNH	28/4	Stevenage
24.3	Ben McGuinness	D&T	10/5	Stevenage
24.3	Tom Gillespie	WAT	16/5	Twickenham
24.4	Bradley Armorgie	HPX	11/7	Chelmsford
24.4	Leo Lundgren	HPX	1/8	St Ives
24.52	Michael Weekes	WAT	15/7	Watford
24.6	Joe Gaynor	HPX	6/6	Ware
24.7	Ross Armorgie	HPX	6/6	Ware
24.7	Matthew Williams	D&T	19/7	Hemel H
25.3	Sam Spinks	BAR	2/5	Hemel H
25.3	Josh Saydraouten	HPX	16/5	Milton K
25.43/-0.2	Luke Daniel	E&H	15/7	Watford
25.5	Tom Kite	WAT	6/9	Watford
25.6	Adam Driscoll	D&T	2/5	Cambridge
25.6	Steve Rayner	BAR	11/7	Luton
25.9	Callum McKechnie	SNH	6/9	Stevenage
26.36	Oliver Smith	WAT	15/7	Watford
26.7	Jason Raineri	WAT	1/8	Hillingdon
27.2	Edward Gardner	D&T	2/5	Cambridge

30.9	Simon Harris	SNH	3/7	Blackpool
32.4	Kristian Fox	SNH	3/7	Blackpool

400 metres

47.13	Nathan Wake	HPX	13/6	Mannheim,GER
50.22	Cameron Webb	SNH	5/7	Cambridge
51.05	Alec Wing	HPX	1/7	Watford
51.5	David Munro	Manx	4/5	Stevenage
51.6	Jack Rossini	D&T	1/8	Hemel h
51.7	Aaron Reynolds	SNH	5/7	Cambridge
51.8	Joe Gaynor	HPX	2/5	Hemel H
52.5	Josh Moss	SNH	27/6	Hemel H
52.9	Luke Daniel	E&H	27/6	LV
53.7	Ben McGuinness	D&T	11/7	Eton
54.4	Ben Parry	HPX	4/5	Stevenage
54.9	Dave Hall	WAT	6/6	Walton
55.5	Callum McKechnie	SNH	1/8	Kings Lynn
55.9	Josh Saydraouten	HPX	1/8	St Ives
57.5	Oliver Smith	WAT	11/7	Eton

800 metres

1:54.75	Nathan Wake	HPX	23/8	Ipswich
1:55.59	Tom Gillespie	WAT	1/7	Watford
1:55.83	Josh Moss	SNH	8/8	Cophall
1:57.0	Ben Nagy	E&H	8/8	Cophall
1:58.80	Joe Gaynor	HPX	20/6	Watford
1:59.29	Ben Parry	HPX	1/7	Watford
2:01.1	Louis Walshe	HPX	14/6	Braintree
2:02.10	Robert Christou	E&H	25/4	Cophall
2:03.8	Callum McKechnie	SNH	14/6	Stevenage
2:05.65	Jon Kinahan	HPX	1/7	Watford
2:06.8	Aaron Reynolds	SNH	6/9	Stevenage
2:07.72	Matthew Salt	D&T	29/7	Watford
2:08.90	Alec Wing	HPX	4/4	LV
2:11.3	Josh Saydraouten	HPX	16/5	Milton K
2:11.5	Toby Hone	HPX	2/5	Hemel H
2:12.4	Cameron Webb	SNH	6/9	Stevenage
2:15.2	Edward Gardner	D&T	2/5	Cambridge
2:15.87	Ben McGuinness	D&T	29/7	Watford

1500 metres

3:58.02	Ben Nagy	E&H	15/7	Watford
4:02.27	Josh Moss	SNH	9/9	Watford
4:09.3	Aaron Reynolds	SNH	17/6	Watford
4:12.8	Matthew Salt	D&T	11/7	Eton
4:16.3	Louis Walshe	HPX	4/5	Stevenage
4:23.9	Ben Parry	HPX	11/7	Chelmsford
4:24.22	Robert Christou	E&H	24/5	Cophall
4:24.3	Tom Gillespie	WAT	11/7	Eton
4:25.3	Jon Kinahan	HPX	14/6	Braintree
4:26.4	Tom Gough	HPX	4/5	Stevenage
4:27.8	Ben Parry	HPX	2/5	Hemel H
4:37.1	Toby Hone	HPX	1/8	Si Ives
5:16.8	Josh Saydraouten	HPX	6/6	Ware
5:38.2	Matthew Williams	D&T	19/7	Hemel H

3000 metres

8:40.54	Ben Nagy	E&H	14/6	Eton
9:16.5	Matthew Salt	D&T	19/7	Hemel H
9:35.2	Tom Gough	HPX	14/6	Braintree
9:53.4	Jon Kinahan	HPX	19/7	Hemel H
9:58.88	Joe Gaynor	HPX	9/9	Watford
10:09.4	Peter Townsend	HPX	10/4	WGC

5000 metres

16:07.0 Matthew Salt D&T 10/5 Stevenage

110m Hurdles (99.0)

16.08/1,3 Ross Armorgie HPX 5/7 Cambridge
16.2 Alec Wing HPX 24/5 Luton
16.6 Luke Allen* HPX 26/4 Basildon

110m Hurdles (106.4)

17.2 Alec Wing HPX 16/5 Milton K
17.8 Miles Francois D&T 1/8 Hemel H
18.4 Ross Armorgie HPX 11/7 Chelmsford
21.5 Dave Hall WAT 6/6 Walton
21.8 Luke Daniel E&H 1/8 Battersea park

400m Hurdles

56.28 Alec Wing HPX 21/6 Watford
58.3 Luke Daniel E&H 26/7 Bromley
59.1 Josh Saydraouten HPX 26/4 Basildon
60.5 Dave Hall WAT 6/6 Walton
60.2 David Munro Manx 4/5 Stevenage
75.1 Adam Driscoll D&T 11/7 Eton

2000m Steeplechase

5:56.22 Ben Nagy E&H 3/6 Twickenham
6:52.99 Gregory Bennett 30/8 Watford
7:12.3 Richard Parker HPX 24/5 Luton
7:08.3 Peter Townsend HPX 26/7 Barking
7:45.9 Reece Barber SNH 14/6 Stevenage

3000m Steeplechase

9:10.76 Ben Nagy E&H 27/6 Bedford
10:53.0 Peter Townsend HPX 11/7 Chelmsford
10:54.5 Tom Gough HPX 1/8 St Ives
11:08.1 Jon Kinahan HPX 11/7 Chelmsford
12:08.6 Callum McKechnie SNH 1/8 Kings Lynn
12:11.5 Reece Barber SNH 27/6 Hemel H
12:18.0 Luke Daniel E&H 1/8 Battersea Park
12:31.3 Jack Rossini D&T 1/8 Hemel h

High Jump

2.00 Jason Hamilton D&T 30/8 Watford
1.95 Ross Armorgie HPX 26/4 Basildon
1.95 Bradley Armorgie HPX 21/6 Watford
1.70 Alec Wing HPX 14/6 Braintree
1.50 Jason Raineri WAT 6/6 Walton

Pole Vault

4.10 Daniel Gardner 30/8 Watford
3.60 Matthew Williams D&T 27/6 Eton
2.20 Josh Saydraouten HPX 1/8 St Ives

Long Jump

7.20w Kadeem Greenidge-Smith HARR 16/5 Croydon
7.14 Kadeem Greenidge-Smith HARR 5/4 Sandy
6.94 Stefan Greenidge HARR 16/8 LV
6.45 Jason Hamilton D&T 26/4 Reading
6.42 Anthony Hadgill HPX 11/7 Chelmsford
6.24 Nick Stoppard SNH 14/6 Stevenage
6.11 Luke Allen* HPX 24/5 Luton
6.10 Bradley Armorgie HPX 26/7 Barking
5.76 Tom Vince BAR 27/4 Copthall
5.57 Ross Armorgie HPX 16/5 Milton K
5.54 Matthew Williams D&T 19/7 Hemel H
5.37 Cameron Webb SNH 6/9 Stevenage

5.28	Ariyan Alimadadi	E&H	14/6	Eton
5.13	Jason Raineri	WAT	1/8	Hillingdon
4.62	Lewis Clarke	D&T	1/8	Hemel H
4.40	Oliver Smith	WAT	27/6	Hemel H
4.23	Callum McKechnie	SNH	6/9	Stevenage
3.60	Simon Harris	SNH	16/5	Chelmsford
1.95	Aaron Reynolds	SNH	6/9	Stevenage

Triple Jump

14.17/0.9	Leo Lundgren	HPX	30/8	Watford
12.40	Josh Moss	SNH	6/9	Stevenage
12.23	Ross Armorgie	HPX	26/4	Basildon
12.00	Nick Stoppard	SNH	14/6	Stevenage
11.56	Joe Gaynor	HPX	24/5	Luton
11.37	Anthony Hadgill	HPX	26/7	Barking
11.13	Matthew Williams	D&T	27/6	Eton
11.01	Jason Raineri	WAT	1/8	Hillingdon
9.75	Dave Hall	WAT	6/6	Walton

Shot 6k

14.08	Ashley Ralph	StA	26/4	Reading
12.81	Stephen Watson	D&T	24/5	Milton K
12.33	Stan Gaskin	E&H	16/8	LV
12.05	Luke Allen	HPX	24/5	Luton
11.22	Leo Lundgren	HPX	14/6	Braintree
11.08	Jonathan Constantinou	StA	26/7	Wycombe
10.14	Rob Henney	WAT	10/5	Stevenage
7.67	Ariyan Alimadadi	E&H	4/4	LV
7.62	Cameron Webb	SNH	6/9	Stevenage
7.02	Ben Montgomery	HPX	24/5	Luton

Shot 7.26k

11.43	Ashley Ralph	StA	9/8	Chelmsford
11.16	Stephen Watson	D&T	2/5	Cambridge
10.21	Ben Flash	D&T	16/5	Basingstoke

Discus 1.75k

53.85	Stephen Watson	D&T	20/5	Perivale
51.87	Ashley Ralph	StA	18/4	Woodford
35.77	Rob Henney	WAT	10/5	Stevenage
33.22	Luke Allen*	HPX	14/6	Braintree
32.40	Ben Montgomery	HPX	5/7	Cambridge
26.84	Jonathan Constantinou	StA	26/7	Wycombe
20.47	Ross Armorgie	HPX	26/4	Basildon
17.76	Matthew Williams	D&T	19/7	Hemel H
17.48	Aaron Reynolds	SNH	6/9	Stevenage
15.86	Josh Moss	SNH	6/9	Stevenage
15.22	Kristian Fox	SNH	3/7	Blackpool
14.85	Ben Parry	HPX	26/4	Basildon
12.94	Josh Saydraouten	HPX	26/7	Barking

Discus 2k

46.64	Stephen Watson	D&T	27/6	Eton
44.80	Ashley Ralph	StA	23/8	Ipswich
26.30	Jonathan Constantinou	StA	23/8	Ipswich
12.72	Aaron Reynolds	SNH	11/7	Hastings

Hammer 6k

52.40	Ben Flash	D&T	30/8	Watford
50.78	Ashley Ralph	StA	26/7	Wycombe
40.07	Stan Gaskin	E&H	14/6	Eton
37.32	Ben Montgomery	HPX	26/7	Barking
20.14	Stephen Watson	D&T	26/4	Reading
18.63	Alec Wing	HPX	26/7	Barking
12.97	Joe Gaynor	HPX	24/5	Luton

Hammer 7.26k

47.56	Ben Flash	D&T	6/6	Sandy
42.98	Ashley Ralph	StA	9/8	Chelmsford
26.23	Jonathan Constantinou	StA	23/8	Ipswich

Javelin

52.03	Jack White	SNH	27/6	Hemel H
53.50	Jonathan Constaniou	StA	20/9	Hemel H
49.36	Ben Montgomery	HPX	26/7	Barking
47.50	Jason Raineri	WAT	27/6	Hemel H
39.34	Matthew Williams	D&T	6/6	Sandy
33.49	Ross Armorgie	HPX	24/5	Luton
18.12	Callum McKechnie	SNH	6/9	Stevenage

Relays**4x100**

45.7	Herts Phoenix	26/4	Basildon
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4x400

3:26.5	Herts Phoenix	24/5	Ashford
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INDOOR PERFORMANCES**60m**

7.31	Jason Hamilton	D&T	4/1	Eton
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200m

24.85	Ben McGuinness	D&T	15/3	LV
28.81	Luke Daniel	E&H	15/3	LV
24.94	Tom Vince	BAR	1/3	LV

400m

53.16	Tom Gillespie	WAT	15/3	LV
53.64	Luke Daniel	E&H	1/3	LV
55.28	Tom Vince	BAR	1/3	LV

800m

2:09.22	Luke Daniel	E&H	7/12	LV
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HJ

2.00	Jason Hamilton	D&T	15/2	NIA
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LJ

6.08	Nick Stoppard	SNH	15/3	LV
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