

2010 HERTS COUNTY T&F RANKING LISTS

Under 15 Boys

100m

11.52/1.9	Elliott Copperwhite	D&T	28/8	Copthall
11.86/0.4	Ben Rose		9/7	Birmingham
12.2	Kim Sobotie	SNH	15/8	Peterborough
12.3	Tom O'Callaghan	StA		
12.3	Alex Cardinali	StA	27/6	St Albans
12.31	Harry Kyriacou	BAR	July	
12.4	Seb Georgio	D&T	11/7	Braintree
12.5	Oliver Morris	D&T	6/6	Cambridge
12.6	James Down	StA		
12.6	Jack Downes	StA	11/7	Bedford
12.7	Jayjay Foster	HPX	12/9	Peterborough
12.7	Liam Sulaman	WAT	19/9	Watford
12.8	Mark Whyte	D&T	19/9	Hemel H
13.0	Connor Timms	HPX	25/4	Ware
13.1	Gareth Hallowell	SNH	6/6	Chelmsford
13.17	Kevin Brown	WAT	11/8	Watford
13.2	James Odeniyi	HPX	20/6	Chelmsford
13.3	Alex Curran	HPX	2/4	WGC
13.3	Max Schopp	SNH	12/9	Stevenage
13.3	G Hatch	D&T	19/9	Hemel H
13.4	Harley Dixon	Un (SNH)	15/8	Peterborough
13.5	Bradley Salih	WAT	14/5	Watford
13.6	Sam Stevens	WAT	6/6	Luton
13.6	Jack Winter	D&T	19/9	Hemel H
13.7	Callum Law	StA		
13.7	James Hall	HPX	6/6	Cambridge
13.8	Corey Keane	WAT	15/8	Peterborough
13.8	David Spicer	SNH	5/9	Stevenage
13.9	Callum Cole	SNH	25/4	LV
13.9	Anson Devi	SNH	6/6	Chelmsford
13.9	Connor Wells	SNH	11/7	Stevenage
13.94	Harry Chadwick	D&T	9/5	Watford
13.96	Nicholas Doyle	HPX	12/9	Peterborough
14.0	Jamie Jones	HPX	2/5	Bromley
14.1	Matthew Hall	WAT	6/6	Luton
14.1	Will Martin	BAR	19/9	Hemel H
14.35	Luca Valeri	StA		
14.4	Adam Radcliffe	WAT	14/5	Watford
14.4	Paul Smith	BAR	27/6	Braintree
14.4	Dominic Stevens	SNH	11/7	Stevenage
14.4	Simram Singh Dillor	Un (SNH)	11/7	Stevenage
14.5	Charlie Murchison	BAR	25/4	LV
14.5	Matthew Mardle	SNH	5/9	Stevenage
14.6	William Dackus	HPX	11/7	Stevenage
14.9	O Lloyd	D&T	27/6	Watford
15.1	Ben Collins	StA		
16.5	Matthew Simpson	D&T	19/9	Hemel H

200m

23.8	Elliott Copperwhite	D&T	15/8	Hemel H
24.1	Alex Curran	HPX	15/8	Colchester
24.5	Kim Sobotie	SNH	11/7	Stevenage
24.5	Seb Georgio	D&T	11/7	Braintree
24.91/1.9	Ben Rose		28/8	Copthall
25.1	Tom O'Callaghan	StA		

25.3	Alex Cardinali	StA	27/6	St Albans
25.4	William Ridgway	SNH	5/9	Stevenage
25.63	Harry Kyriacou	BAR	9/5	Watford
25.9	Connor Timms	HPX	25/4	Ware
25.9	Liam Dee	HPX	6/6	Cambridge
26.0	Sam Heard	WAT	15/8	Peterborough
26.2	Jack Downes	StA	6/6	Ipswich
26.20	Jayjay Foster	HPX	12/9	Peterborough
26.5	Gareth Halletwell	SNH	23/6	Stevenage
26.5	T Osbourne	D&T	15/8	Hemel H
26.8	Liam Sulaman	WAT	11/7	Grays
26.9	Sean White	BAR	11/7	Bedford
27.09	Kevin Brown	WAT	14/7	Watford
27.6	Jake Hitchcock	D&T	27/6	Watford
27.7	G Hatch	D&T	19/9	Hemel H
27.9	James Down	StA	20/6	Battersea Park
27.9	Corey Keane	WAT	19/9	Watford
28.0	Sam Stevens	WAT	6/6	Luton
28.14/-1.9	James Hall	HPX	16/6	Watford
28.3	Dominic Stevens	SNH	6/6	Chelmsford
28.3	Devan Graham	StA	20/6	Battersea Park
28.3	Connor Wells	SNH	11/7	Stevenage
28.3	Stephen Brown	SNH	5/9	Stevenage
28.8	Jamie McPherson	SNH	11/7	Stevenage
28.9	Will Martin	BAR	19/9	Hemel H
29.0	Bradley Salih	WAT	25/4	Ware
29.1	Sam Jones	HPX	2/4	WGC
29.3	Jamie Jones	HPX	11/7	Stevenage
29.5	Jasper Durrant	D&T	6/6	Cambridge
29.6	Luca Valeri	StA		
29.7	Jack Winter	D&T	6/6	Cambridge
29.8	Ewan Clarke	StA		
29.92	Matthew Hall	WAT	7/4	Watford
30.2	Charlie Murchison	BAR	25/4	LV
30.3	Andrew Ridgway	SNH	15/8	Peterborough
30.6	Paul Smith	BAR	27/6	Braintree
30.7	L Bothwell	D&T	24/4	LV
31.4	Daniel Houston	SNH	27/6	St Albans
400m				
53.89	Alex Curran	HPX	9/7	Birmingham
54.38	Liam Dee	HPX	28/7	Watford
55.26	George Rose		28/8	Copthall
55.8	William Ridgway	SNH	12/9	Stevenage
56.6	Jack Nevin	StA	12/6	Hemel H
57.1	Harvey O'Brart	WAT	11/7	Grays
57.9	Sean Baccas	StA	11/7	Bedford
58.1	Gareth Halletwell	SNH	6/6	Chelmsford
58.28	Sean White	BAR	12/9	Peterborough
59.16	Elliot Nielsen	BAR	16/6	Watford
59.72	Nick Doyle	HPX	25/8	Watford
60.63	Kevin Brown	WAT	28/7	Watford
60.7	Callum Cole	SNH	27/6	St Albans
61.1	William Swinburn	HPX	27/6	Braintree
61.4	Jake Hitchcock	D&T	27/6	Watford
61.4	Corey Keane	WAT	11/7	Grays
61.9	Sam Jones	HPX	11/7	Stevenage
62.5	Harley Dixon	Un (SNH)	15/8	Peterborough
62.7	Luca Valeri	StA	11/7	Bedford
62.89	Matthew Mardle	SNH	28/7	Watford

63.23	James Down	StA	16/5	Copthall
63.7	Jasper Durrant	D&T	19/9	Hemel H
64.6	Stephen Brown	SNH	12/9	Stevenage
65.0	Daniel Hudson	SNH	5/9	Stevenage
66.5	Paul Smith	BAR	6/6	Luton
67.3	Andrew Ridgway	SNH	11/7	Stevenage
67.8	R Metcalf	D&T	19/9	HemelH
68.5	Connor Wells	SNH	25/5	LV
69.2	L Bothwell	D&T	24/4	LV
69.33	Ben Collins	StA	16/5	Copthall
69.8	James Wotherspoon	SNH	5/9	Stevenage
71.1	J Quorrell	D&T	24/4	LV
71.5	Adam Radcliffe	WAT	6/6	Luton
72.7	James Owler	StA	20/6	Battersea Park
79.5	O Lloyd	D&T	19/9	Hemel H

800m

2:01.13	Liam Dee	HPX	22/5	Milton Keynes
2:05.63	Rory Mudd	SBH	11/8	Watford
2:07.2	Harvey O'Brart	WAT	27/6	Watford
2:10.16	Nick Doyle	HPX	14/7	Watford
2:12.3	William Ridgway	SNH	11/7	Stevenage
2:16.4	Corey Keane	WAT	19/9	Watford
2:17.3	Dominic Stevens	SNH	23/6	Stevenage
2:18.9	Sam Jones	HPX	11/7	Stevenage
2:19.92	George Pettifer	HPX	8/9	Watford
2:20.3	Liam Cloona	HPX	11/7	Stevenage
2:22.1	Sean Baccas	StA	20/6	Battersea Park
2:25.1	J Rabinowitz	D&T	6/6	Cambridge
2:25.57	James Down	StA	16/5	Copthall
2:25.8	Matthew Simpson	D&T	19/9	Hemel H
2:26.0	Elliot Nielsen	BAR	6/6	Luton
2:26.18	Matthew Mardle	SNH	14/7	Watford
2:27.9	R Metcalfe	D&T	27/6	Watford
2:28.0	Jack Quorrell	D&T	15/8	Hemel H
2:32.4	Jasper Durrant	D&T	9/5	Watford
2:33.2	Luke Bird	SNH	11/7	Stevenage
2:34.19	William Swinburn	HPX	16/5	Copthall
2:35.7	Cameron Murray	WAT	15/8	Peterborough
2:36.2	Matthew Hall	WAT	19/9	Watford
2:37.35	Andrew Wheatcroft	StA	16/5	Copthall
2:37.7	Jamie McPherson	Un (SNH)	11/7	Stevenage
2:40.5	Harry Daniels	Un (SNH)	11/7	Stevenage
2:45.8	Oliver Morris	D&T	4/7	Hemel H
2:46.1	Liam Sulaman	WAT	5/5	Stevenage
2:46.5	Jack Winter	D&T	4/7	Hemel H
2:47.0	James Owler	StA	18/7	St Albans
2:47.1	James Weller	D&T	4/7	Hemel H
2:48.85	C Harbour	D&T	9/5	Watford
2:49.6	Oliver Ryan	StA		
2:54.8	Tom Butler	BAR	19/9	Hemel H
2:58.50	Owen Lloyd	D&T	9/5	Watford
3:00.4	Stephen Brown	SNH	5/9	Stevenage
3:11.0	David Spicer	SNH	5/9	Stevenage

1500m

4:13.87	Liam Dee	HPX	30/6	Watford
4:19.09	Rory Mudd	SBH	2/6	Watford
4:22.11	Nick Doyle	HPX	30/6	Watford
4:32.05	Liam Cloona	HPX	30/6	Watford

4:33.1	Tom Verbena	WAT	8/9	Watford
4:47.0	James Down	StA	18/7	St Albans
4:47.4	George Pettipher	HPX	11/7	Stevenage
4:47.7	Dominic Stevens	SNH	11/7	Stevenage
4:49.0	Ben Whitney	CHIL	3/5	Stevenage
4:53.85	Teddy Oliver	HPX	8/9	Watford
4:54.8	Jake Barraclough	HPX	2/4	WGC
4:59.94	Corey Keane	WAT	28/7	Watford
5:01.99	Matthew Cloke	StA	16/5	Copthall
5:02.49	Elliot Nielsen	BAR	12/8	Peterborough
5:03.4	Andrew Wheatcroft	StA	12/9	Stevenage
5:03.4	J Davies	CHIL	3/5	Stevenage
5:04.9	Anson Devi	SNH	6/6	Chelmsford
5:05.0	Matthew Simpson	D&T	12/9	Peterborough
5:08.7	Jasper Durrant	D&T	24/4	LV
5:10.0	Stephen Harris	WAT	15/8	Peterborough
5:14.2	C Neal	CHIL	3/5	Stevenage
5:14.69	Robert Palmer	StA		
5:15.4	Matthew Mardle	SNH	3/5	Stevenage
5:17.2	Liam Robinson	StA		
5:20.8	Cameron Murray	WAT	14/5	Watford
5:20.9	R Metcalfe	D&T	19/9	Hemel H
5:21.6	Robert Redshaw	StA		
5:25.3	Edward Marsh	WAT	25/4	Ware
5:26.1	James Wotherspoon	SNH	5/9	Stevenage
5:28.0	Daniel Hudson	SNH	5/9	Stevenage
5:28.1	C Harbour	D&T	27/6	Watford
5:30.9	Simram Singh Dillor	Un (SNH)	11/7	Stevenage
5:41.0	Thomas Butler	BAR	12/9	Peterborough
5:55.6	James Weller	D&T	24/4	LV
6:04.5	Harry Day	SNH	15/8	Peterborough
6:05.6	Hugh Thomas	StA		
6:21.1	Andrew Ridgway	SNH	12/9	Stevenage
6:23.2	Luigi Rodriguez	WAT	6/6	Luton

3000m

9:21.23	Liam Dee	HPX	25/7	Copthall
9:38.68	Nick Doyle	HPX	25/7	Copthall
9:53.51	Liam Cloona	HPX	14/7	Watford
10:58.9	Andrew Wheatcroft	StA		

80H

13.2	Max Schopp	SNH	12/9	Stevenage
13.24/2.9	Callum Law	StA	28/8	Copthall
13.3	Harry Chadwick	D&T	12/9	Peterborough
13.6	James Weller	D&T	4/7	Hemel H
13.8	Oliver Morris	D&T	4/7	Hemel H
14.0	J Bayer	D&T	27/6	Watford
14.3	Jasper Durrant	D&T	19/9	Hemel H
14.4	James Hall	HPX	11/7	Stevenage
14.65	William Swinburn	HPX	12/9	Peterborough
14.7	Matthew Hall	WAT	19/9	Watford
14.9	Callum Law	StA		
14.9	David Spicer	SNH	15/8	Peterborough
15.00	Simon Smythe	StA		
15.9	Nick Doyle	HPX	18/7	Walthamstow
16.0	Harvey O'Brart	WAT	5/5	Stevenage
16.66/0.4	Devan Graham	StA	16/5	Copthall
16.7	Liam Sulaman	WAT	5/5	Stevenage
16.8	William Ridgway	SNH	5/5	Stevenage

16.94	Ben Collins	StA	16/5	Copthall
17.0	Jack Winter	D&T	4/7	Hemel H
17.0	R Metcalfe	D&T	4/7	Hemel H
17.3	Dominic Stevens	SNH	12/9	Stevenage
18.4	Robert Bolton	SNH	27/6	St Albans

High Jump

1.70	Oliver Morris	D&T	24/4	LV
1.70	William Ridgway	SNH	11/7	Stevenage
1.65	Max Schopp	SNH	12/9	Stevenage
1.55	Jack Nevin	StA	18/7	St Albans
1.52	Liam Sulaman	WAT	30/6	Watford
1.50	Callum Cole	SNH	25/4	LV
1.50	Elliott Copperwhite	D&T	11/7	Braintree
1.50	Jack Downes	StA	11/7	Bedford
1.50	Andrew Wheatcroft	StA	12/9	Stevenage
1.45	Matthew Hall	WAT	25/4	Ware
1.45	James Weller	D&T	6/6	Cambridge
1.45	Harley Dixon	Un	15/8	Peterborough
1.45	David Spicer	SNH	5/9	Stevenage
1.44	Harvey O'Brart	WAT	5/5	Stevenage
1.40	James Odeniyi	HPX	16/5	Copthall
1.40	William Swinburn	HPX	6/6	Cambridge
1.40	James Down	StA	12/9	Stevenage
1.38	Jasper Durrant	D&T	4/7	Hemel H
1.35	Andy Perry	StA		
1.35	Harry Chadwick	D&T	27/6	Watford
1.32	Jack Winter	D&T	4/7	Hemel H
1.30	Adam Radcliffe	WAT	6/6	Luton
1.30	William Dackus	HPX	11/7	Stevenage
1.26	R Metcalfe	D&T	4/7	Hemel H
1.25	Oliver Ryan	StA		
1.25	Matthew Mardle	SNH	5/9	Stevenage

Pole Vault

3.10	James Weller	D&T	19/9	Hemel H
2.50	Ross Brightman	D&T	9/5	Watford
2.00	L Redford	D&T	19/9	Hemel H

Long Jump

5.85/2.2	Elliott Copperwhite	D&T	28/8	Copthall
5.71	Elliott Copperwhite	D&T	27/6	Watford
5.40	Tom O'Callaghan	StA		
5.40	Connor Timms	HPX	11/7	Stevenage
5.39	Kim Sobotie	SNH	27/6	St Albans
5.39	Sam Heard	WAT	15/8	Peterborough
5.10	Oliver Morris	D&T	4/7	Hemel H
4.90	James Odeniyi	HPX	27/6	Braintree
4.89	Jack Downes	StA	6/6	Ipswich
4.77	Adam Radcliffe	WAT	30/6	Watford
4.77	Harry Chadwick	D&T	11/7	Braintree
4.66	William Ridgway	SNH	5/5	Stevenage
4.62	Jasper Durrant	D&T	4/7	Hemel H
4.60	Callum Cole	SNH	25/4	LV
4.57	R Metcalfe	D&T	27/6	Watford
4.54	Jamie Jones	HPX	18/7	Walthamstow
4.52	James Weller	D&T	4/7	Hemel H
4.50	Jake Hitchcock	D&T	19/9	Hemel H
4.40	William Dackus	HPX	11/7	Stevenage
4.39	Jack Winter	D&T	4/7	Hemel H

4.34	Luca Valeri	StA		
4.34	Harvey O’Brart	WAT	5/5	Stevenage
4.34	Liam Sulaman	WAT	5/5	Stevenage
4.33	Simon Smythe	StA		
4.28	Daniel Hudson	SNH	/6	Chelmsford
4.27	James Hall	HPX	11/7	Stevenage
4.27	Will Martin	BAR	19/9	Hemel H
4.25	J Bayer	D&T	27/6	Watford
4.24	Mark Whyte	D&T	19/9	Hemel H
4.23	Kevin Brown	WAT	11/7	Grays
4.22	Matthew Hall	WAT	25/4	Ware
4.07	Cameron Murray	WAT	6/6	Luton
3.95	Dominic Stevens	SNH	6/6	Chelmsford
3.82	James Owler	StA	16/5	Copthall
3.81	Owen Lloyd	D&T	9/5	Watford
3.78	Liam Cloona	HPX	27/6	Braintree
3.72	Matthew Mardle	SNH	11/7	Stevenage
3.69	Connor Wells	SNH	25/4	LV
3.67	James Wotherspoon	SNH	5/9	Stevenage
3.60	Sam Jones	HPX	2/4	WGC
3.51	Harry Daniels	HPX	11/7	Stevenage
3.44	Stephen Brown	SNH	5/9	Stevenage
3.20	Tom Butler	BAR	19/9	Hemel H

Triple Jump

11.54	Tom O’Callaghan	StA		
10.05	Mark Whyte	D&T	19/9	Hemel H
9.68	Jasper Durrant	D&T	19/9	Hemel H
9.66	Harvey O’Brart	WAT	14/5	Watford
9.44	Jake Hitchcock	D&T	19/9	Hemel H
9.07	Daniel Hudson	SNH	17/7	Cambridge

Shot (4k)

11.89	Aaron Pryce	SNH	12/9	Stevenage
11.63	Alex Cardinali	StA	18/7	St Albans
10.66	Sean Baccas	StA	27/6	St Albans
10.16	Luke Murray	E&H	1/8	Copthall
9.57	Ralph Adams-Hall	HPX	15/8	Colchester
8.55	Rhys Thompson	BAR	15/7	Bedford
8.48	Matthew Hall	WAT	25/8	Watford
8.31	Harvey O’Brart	WAT	6/6	Luton
8.31	Andrew Ridgway	SNH	11/7	Stevenage
8.24	Liam Cloona	HPX	12/9	Peterborough
8.21	Liam Dee	HPX	6/6	Cambridge
8.06	P McCall	D&T	15/8	Hemel H
7.97	Oliver Morris	D&T	4/7	Hemel H
7.78	William Ridgway	SNH	5/5	Stevenage
7.75	Patrick Semark	HPX	16/5	Copthall
7.71	Alex Curran	HPX	18/7	Walthamstow
7.47	Matthew Mardle	SNH	10/4	LV
7.34	Liam Sulaman	WAT	5/5	Stevenage
7.26	Devan Graham	StA	12/9	Stevenage
7.15	Sam Stevens	WAT	6/6	Luton
7.08	Jasper Durrant	D&T	4/7	Hemel H
7.01	James Weller	D&T	12/9	Peterborough
6.72	Simon Smythe	StA		
6.72	David Spicer	SNH	25/4	LV
6.69	Tom Verbena	WAT	27/6	Watford
6.57	Tim Ashby	D&T	11/7	Braintree
6.56	James Odeniyi	HPX	25/4	Ware

6.55	Oliver Ryan	StA		
6.48	Dominic Stevens	SNH	27/6	St Albans
5.88	Jack Winter	D&T	4/7	Hemel H
5.88	John Coventry	SNH	15/8	Peterborough
5.81	Nick Doyle	HPX	18/7	Walthamstow
5.38	R Metcalfe	D&T	4/7	Hemel H
3.73	Stephen Harris	WAT	6/6	Luton
3.68	Robert Palmer	StA		

Discus (1.25k)

36.04	Kevin Brown	WAT	30/6	Watford
31.50	Luke Murray	E&H	5/9	Manchester
30.95	Kevin Brown	WAT	28/8	Copthall
24.41	Patrick Semark	HPX	15/8	Colchester
23.07	Matthew Mardle	SNH	9/5	Watford
21.81	Dan Grainger	SNH	6/6	Chelmsford
21.62	Luke Bird	SNH	11/7	Stevenage
20.99	Devan Graham	StA	16/5	Copthall
19.61	L Bothwell	D&T	24/4	LV
19.53	Andrew Ridgway	SNH	11/7	Stevenage
19.39	David Spicer	SNH	9/5	Watford
19.23	Harvey O'Brart	WAT	11/7	Grays
18.92	James Weller	D&T	6/6	Cambridge
18.47	P McCall	D&T	15/8	Hemel H
18.41	Liam Cloona	HPX	25/4	Ware
18.04	Tim Ashby	D&T	11/7	Braintree
17.66	Jake Hitchcock	D&T	12/9	Peterborough
16.74	Ben Collins	StA	20/6	Battersea Park
16.41	Jack Gentle	StA		
15.36	S Atkinson	D&T	24/4	LV
14.98	Alex Curran	HPX	15/8	Colchester
14.22	John Coventry	SNH	15/8	Coventry
14.07	James Owler	StA	18/7	St Albans
13.61	Owen Lloyd	D&T	6/6	Cambridge
12.97	Harry Chadwick	D&T	12/9	Peterborough
12.90	Sean Baccas	StA	11/7	Bedford
12.81	Jamie Jones	HPX	11/7	Stevenage
12.26	Luca Valeri	StA		
11.84	Simon Smythe	StA		
11.30	Sam Jones	HPX	16/5	Copthall

Hammer (4k)

39.18	Luke Murray	E&H	1/8	Copthall
25.22	Tyler Exton	SNH	12/9	Stevenage
21.96	David Spicer	SNH	15/8	Peterborough
15.33	Devan Graham	StA	11/7	Bedford
14.30	Luca Valeri	StA	12/9	Stevenage
10.28	James Owler	StA		

Javelin (600g)

34.07	Devan Graham	StA	12/6	Hemel H
33.75	Matthew Mardle	SNH	11/7	Stevenage
31.64	Tim Ashby	D&T	19/9	Hemel H
29.50	Ralph Adams-Hall	HPX	15/8	Colchester
28.67	S Atkinson	D&T	27/6	Watford
27.87	Sam Heard	WAT	15/8	Peterborough
26.88	Patrick Semark	HPX	20/6	Chelmsford
23.52	Luca Valeri	StA		
23.48	John Coventry	SNH	15/8	Peterborough
20.75	Andy Perry	StA		

19.80	Harvey O'Brart	WAT	27/6	Watford
19.72	Ben Collins	StA	18/7	St Albans
18.25	Andrew Ridgway	SNH	6/6	Chelmsford
17.62	Matthew Cloke	StA	16/5	Copthall
17.22	Harry Chadwick	D&T	11/7	Braintree
16.85	Andrew Wheatcroft	StA	12/9	Stevenage
16.53	James Wotherspoon	SNH	5/9	Stevenage
15.70	James Hall	HPX	12/9	Peterborough
15.56	Sam Jones	HPX	18/7	Walthamstow
14.33	James Odeniyi	HPX	18/7	Walthamstow
13.17	Stephen Brown	SNH	27/6	St Albans
11.57	James Owler	StA	11/7	Bedford
11.42	Jamie Jones	HPX	16.5	Copthall
11.39	Liam Cloona	HPX	25/4	Ware
10.35	Daniel Hudson	SNH	5/9	Stevenage
9.42	Edward Marsh	WAT	25//4	Ware
9.20	Robert Palmer	StA		

Pentathlon

1909	Oliver Morris	D&T	4/7	Hemel H
1813	Harvey O'Brart	WAT	5/5	Stevenage
1706	William Ridgway	SNH	5/5	Stevenage
1578	Jasper Durrant	D&T	4/7	Hemel H
1560	James Weller	D&T	4/7	Hemel H
1402	Liam Sulaman	WAT	5/5	Stevenage
1176	Jack Winter	D&T	4/7	Hemel H
1169	R Metcalfe	D&T	4/7	Hemel H

4x100

51.2	Watford	15/8	Peterborough
52.2	Herts Phoenix	11/7	Stevenage
57.7	Stevenage	3/5	Stevenage

4x400

4:08.0	Herts Phoenix	18/7	Walthamstow
4:37.9	Stevenage	3/5	Stevenage