

## 2010 HERTS COUNTY T&F RANKING LISTS

### Under 17 Men

#### 100m

11.4	Jake Awe	StA	6/6	Ipswich
11.47/1.0	Cameron Glass	HPX	25/7	Cambridge
11.5	Peter D'Ath	SNH	3/9	Stevenage
11.54	Billy Vernon-Hamilton	SNH	11/6	Stevenage
11.66	Liam Vooght	SNH	17/7	Cambridge
11.7	Ben Murphy	SNH	10/6	Hemel H
11.7	Luke Yaxley	StA	20/6	Battersea Park
11.7	John Otugade		8/8	Stevenage
11.8	Simon Wake	HPX	15/5	Perivale
11.8	Bradley Pike	D&T	6/6	Cambridge
11.8	Ryan Pereira	D&T	27/6	Watford
11.8	Michael Edwards	E&H	11/7	Bedford
11.83/0.5	Jon Rendell	D&T	14/7	Watford
11.9	Daniel Gardner	SNH	3/5	Stevenage
11.9	Peter Horan	D&T	6/6	Cambridge
12.0	Liam Sandford	D&T	15/8	Hemel H
12.0	Scott Gilzean	WAT	15/8	Peterborough
12.10	George Burton	E&H	10/4	LV
12.1	Jack Noone	WAT	5/6	Milton K
12.2	George Herbert	HPX	12/6	Hemel H
12.3	David Quartey	WAT	27/6	Watford
12.36	George Elliott	StA	2/6	Watford
12.37	William Dean	StA		
12.42	Jordan Ilyas	WAT	30/6	Watford
12.50	Josh Evans	D&T	12/9	Peterborough
12.50	Alistair McKenzie-Smith	HPX	12/9	Peterborough
12.54/0.5	Jason Tang	StA	14/7	Watford
12.6	Richard Sackey	HPX	25/4	Braintree
12.60	David Sissons	HPX	12/9	Peterborough
12.6	Daryl Lindo	WAT	19/9	Watford
12.7	Sam Pearce	WAT	27/6	Watford
12.8	B Read	D&T	24/4	LV
12.8	Tom Kinsella	SNH	25/4	LV
13.1	Simon Owen	WAT	27/6	Watford
13.4	Kashif Jones	SNH	5/9	Stevenage
13.47	Ashley Kavanagh-King	WAT	25/8	Watford
13.69/0.8	Tim Buckle	D&T	14/7	Watford

#### 200m

22.83	Jake Awe	StA	30/5	Ashford
23.2	Carl Palin	StA	6/6	Ipswich
23.2	Peter D'Ath	SNH	7/8	Stevenage
23.3	Billy Vernon-Hamilton	SNH	12/6	Hemel H
23.39	Luke Yaxley	StA	30/8	Peterborough
23.4	Ryan Pereira	D&T	11/7	Braintree
23.5/0.4	Simon Wake	HPX	17/4	Luton
23.6	Richard Sackey	HPX	2/4	WGC
23.6	Ben Murphy	SNH	11/7	Stevenage
23.7	Michael Edwards	E&H	12/7	Hemel H
23.8	Cameron Glass	HPX	27/6	Braintree
23.80	Jon Rendell	D&T	14/7	Watford
24.0	Liam Vooght	SNH	11/7	Stevenage
24.1	Christian Gaddes	StA		
24.1	Peter Horan	D&T	12/6	Hemel H
24.6	George Herbert	HPX	6/6	Cambridge

24.8	Daniel Gardner	SNH	3/5	Stevenage
24.8	Jordan Aikman	D&T	6/6	Cambridge
24.90	William Dean	StA		
24.9	Matt Gibson	HPX	23/5	Ware
24.9	George Burton	E&H	6/6	Luton
24.9	Liam Sandford	D&T	11/7	Braintree
25.0	Tom Kinsella	SNH	27/6	St Albans
25.09	Paul Dewey	HPX	12/9	Peterborough
25.1	David Quartey	WAT	27/6	Watford
25.1	Scott Gilzean	WAT	15/8	Peterborough
25.2	Jack Gates	SNH	23/6	Stevenage
25.25	Jordan Ilyas	WAT	11/8	Watford
25.27	George Elliott	StA	2/6	Watford
25.3	Courtney Bajak	Un (SNH)	15/8	Peterborough
25.36	Jason Tang	StA	14/7	Watford
25.56	David Perry	StA	11/8	Watford
25.77	Sam Pearce	WAT	30/6	Watford
26.0	Ashley Kavanagh-King	WAT	19/9	Watford
26.37	Alastair McKenzie-Smith	HPX	12/9	Peterborough
26.47	Harris McClean	WAT	30/6	Watford
26.48/2.2	Tom Gatens	HPX	25/7	Cambridge
26.7	Frankie Smith	StA		
26.7	Jack Noone	WAT	6/6	Luton
26.88	Daryl Lindo	WAT	11/8	Watford
27.21	R Lovegrove	WAT	30/6	Watford
27.29/0.9	Tim Buckle	D&T	14/7	Watford
27.8	Peter Dackus	HPX	3/5	Stevenage
29.7	Neil Addison	SNH	5/9	Stevenage

#### 400m

49.5	Carl Palin	StA	6/6	Ipswich
50.41	Simon Wake	HPX	9/5	Watford
50.50	Richard Sackey	HPX	9/5	Watford
50.8	Andrew Walshe	HPX	25/4	Braintree
51.20	Peter D'Ath	SNH	11/9	Chelmsford
51.6	Jon Rendell	D&T	12/6	Hemel H
51.86	James McMurray	StA	19/5	Watford
53.4	George Herbert	HPX	11/7	Stevenage
53.43	Christopher Hilton	StA	9/5	Watford
53.5	Michael Edwards	E&H	6/6	Luton
53.98	Joel McNeil	StA		
54.7	Luke Yaxley	StA	6/6	Ipswich
54.83	Tom Carter	E&H	24/7	Cophall
55.10	Kieran Fallan	D&T	12/9	Peterborough
55.2	Tom Kinsella	SNH	12/9	Stevenage
55.6	Alex Cloona	HPX	15/8	Colchester
55.6	Liam Vooght	SNH	15/8	Peterborough
56.58	Jason Tang	StA	28/7	Watford
56.7	Sean Chambers	WAT	6/6	Luton
57.1	Billy Vernon-Hamilton	SNH	26/6	Ashford
57.1	Martin Boyd	HPX	18/7	Walthamstow
57.46	David Perry	StA	25/8	Watford
57.74	Tom Gatens	HPX	25/7	Cambridge
57.94	Jordan Ilyas	WAT	25/8	Watford
58.3	Laurence Levy	SNH	26/6	Ashford
58.47	Edward Shepherd	HPX	12/9	Peterborough
58.5	Josh Evans	D&T	24/4	LV
59.3	Kurt Mannell	SNH	15/8	Peterborough
59.58	Ashley Kavanagh-King	WAT	25/8	Watford
66.4	Chris Gillespie	StA		

**800m**

1:55.34	James McMurray	StA	30/5	Ashford
1:59.7	Carl Palin	StA	2/5	Walthamstow
2:00.8	Janakan Rajkumar	HARR	8/8	Stevenage
2:02.66	Christopher Hilton	StA	9/5	Watford
2:03.39	Alex Cloona	HPX	14/7	Watford
2:06.21	Edward Shepherd	HPX	9/5	Watford
2:07.4	Peter D'Ath	SNH	5/9	Stevenage
2:08.1	Philip Crout	BAR	19/9	Hemel H
2:08.5	Oliver Glyn	D&T	19/9	Hemel H
2:09.77	Luke Callis	BAR	14/9	Watford
2:10.2	Gregory Bennett	D&T	15/8	Hemel H
2:10.2	Jon Rendell	D&T	19/9	Hemel H
2:12.71	Martin Boyd	HPX	14/7	Watford
2:14.5	Kieran Fallan	D&T	11/7	Braintree
2:15.0	Sean chambers	WAT	6/6	Luton
2:15.6	Chris Hilton	SNH	25/7	Guildford
2:16.2	Christian Schramm	D&T	27/6	Watford
2:17.0	Jack Eykelbosch	D&T	27/6	Watford
2:17.8	Paul Spicer	SNH	27/6	St Albans
2:18.1	Oliver Poulain	StA	6/6	Ipswich
2:19.3	James McCormick	BAR	15/5	Bedford
2:22.5	Sam Jamieson-West	StA	12/9	Stevenage
2:23.7	Tim Buckle	D&T	1/5	Battersea
2:25.0	Liam Vooght	SNH	5/9	Stevenage
2:25.5	Billy Vernon-Hamilton	SNH	5/9	Stevenage
2:27.2	Munga Matengenzara	SNH	5/9	Stevenage
2:28.0	Oliver Lekin	StA		
2:28.0	Scott Gilzean	WAT	15/8	Peterborough
2:31.2	Peter Dackus	HPX	3/5	Stevenage
2:41.0	Tom Kinsell	SNH	11/7	Stevenage
2:46.7	Andrew Sears-Black	StA		
2:51.2	Josh Evans	D&T	24/4	LV
3:05.3	Neil Addison	SNH	5/9	Stevenage
3:05.3	Kashif Jones	SNH	5/9	Stevenage
3:22.3	Liam Sandford	D&T	24/4	LV

**1500m**

3:56.49	James McMurray	StA	22/5	Milton K
4:07.33	Michael Callegari	SBH	28/8	Cophall
4:09.03	Edward Shepherd	HPX	22/5	Milton Keynes
4:14.28	Alex Cloona	HPX	28/7	Watford
4:18.51	Vasudev Zaver	HPX	2/6	Watford
4:19.06	Christopher Hilton	StA	2/6	Watford
4:19.75	Oliver Glyn	D&T	11/9	Chelmsford
4:20.6	Ross Taylor	D&T	11/7	Braintree
4:29.0	Gregory Bennett	D&T	6/6	Cambridge
4:30.65	Oliver Poulain	StA	2/6	Watford
4:34.7	Chris Hilton	SNH	31/7	Guildford
4:43.3	Harry Whiteman	StA		
4:44.66	Sam Jamieson-West	StA	16/5	Cophall
4:45.2	Simon Wake	HPX	27/6	Ashford
4:46.8	Lewis Dormer	WAT	25/4	Ware
4:46.9	Oliver Lekin	StA		
4:52.17	Tom Carter	E&H	25/7	Cophall
4:54.8	Laurence Levy	SNH	5/5	Stevenage
4:55.9	Paul Spicer	SNH	23/5	Reading
4:59.7	Ashley Kavanagh-King	WAT	15/8	Peterborough
5:00.0	Tim Buckle	D&T	11/7	Braintree
5:00.5	Billy Vernon-Hamilton	SNH	27/6	Ashford

5:08.2	Jon Rendell	D&T	4/7	Hemel H
5:17.9	Louis Judge	D&T	5/5	Stevenage
5:22.3	Ben Boxer	BAR	19/9	Hemel H
5:22.5	Munga Matengenzara	SNH	10/7	Bromley
5:45.8	Tom Kinsella	SNH	12/9	Stevenage
5:50.7	Nathan Watkins	StA	18/7	St Albans
<b>3000m</b>				
8:46.01	Michael Callegari	SBH	8/9	Watford
9:09.88	James McMurray	StA	16/5	Copthall
9:17.8	Edward Shepherd	HPX	17/7	Cambridge
9:28.9	Vasudev Zaver	HPX	4/7	Hemel H
9:29.3	Oliver Glyn	D&T	4/7	Hemel H
9:36.4	Ross Taylor	D&T	4/7	Hemel H
9:45.53	Alex Cloona	HPX	25/8	Watford
10:05.9	Chris Hilton	SNH	28/4	Stevenage
10:13.9	Sam Jamieson-West	StA	18/7	St Albans
10:33.4	Nathan Watkins	StA	18/7	St Albans
10:52.2	Gregory Bennett	D&T	4/7	Hemel H
11:58.?	Ben Boxer	BAR	19/9	Hemel H
<b>100H</b>				
13.98	Christian Gaddes	StA	30/8	Peterborough
14.37	Luke Yaxley	StA	30/8	Peterborough
14.4	David Sissons	HPX	12/6	Hemel H
14.70	Jason Tang	StA	30/8	Peterborough
14.76	Daniel Gardner	SNH	9/5	Watford
15.2w	Tom Carter	E&H		
16.3	Simon Wake	HPX	27/6	Ashford
16.4	Laurence Levy	SNH	11/7	Stevenage
16.5	James McMurray	StA	5/5	Stevenage
16.6	Billy Vernon-Hamilton	SNH	27/6	Ashford
16.7	Christopher Hilton	StA	5/5	Stevenage
16.7	Munga Matengenzara	SNH	15/8	Peterborough
17.0	Paul Spicer	SNH	15/8	Peterborough
17.0	Josh Evans	D&T	12/9	Peterborough
17.4	Bradley Pike	D&T	24/4	LV
17.4	Jake Exton	SNH	5/9	Stevenage
17.6	Ron Rendell	D&T	27/6	Watford
18.0	Louis Judge	D&T	5/5	Stevenage
19.25/-3.4	Adam Sarginson	D&T	11/9	Chelmsford
19.3	Liam Sandford	D&T	12/9	Peterborough
19.37	Paul Dewey	HPX	12/9	Peterborough
21.9	Chris Hilton	SNH	27/6	St Albans
<b>110H (99.1)</b>				
20.2	Laurence Levy	SNH	25/7	Guildford
21.4	Paul Spicer	SNH	23/5	Reading
<b>110H (106.7)</b>				
22.3	Adam Sarginson	D&T	31/7	Hemel H
23.0	Tim Buckle	D&T	10/7	LV
<b>400H (84.0)</b>				
59.35	Tom Carter	E&H	1/8	Copthall
59.6	Christian Gaddes	StA	19/9	Hemel H
60.0	Luke Yaxley	StA	18/7	St Albans
60.22	Jon Rendell	D&T	11/9	Chelmsford
61.3	Jason Tang	StA	18/7	St Albans

**400H (91.4cm)**

62.5	George Herbert	HPX	23/5	Ware
59.1 (84.0?)	Jon Rendell	D&T	19/9	Hemel H

**1500S/C**

5:02.8	Gregory Bennett	D&T	8/8	Stevenage
5:15.8	Oliver Poulain	StA	8/8	Stevenage
5:25.9	Sam Jamieson-West	StA	18/7	St Albans
5:40.2	Nathan Watkins	StA	20/6	Battersea Park
6:06.4	Chris Gillespie	StA		

**2000 S/C**

7:33.2	Chris Hilton	SNH	25/7	Guildford
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**High Jump**

1.85	David Prince	StA		
1.85	Kashif Jones	SNH	11/9	Chelmsford
1.84	Sam Evans	D&T	11/7	Braintree
1.82	Adam Sarginson	D&T	15/8	Hemel H
1.80	Laurence Levy	SNH	25/4	LV
1.80	Tim Buckle	D&T	15/8	Hemel H
1.75	Neil Addison	SNH	23/5	Reading
1.75	Paul Spicer	SNH	17/6	Sandy
1.74	Liam Reynolds	E&H	18/7	Watford
1.70	Christian Gaddes	StA	25/4	Ware
1.70	Tom Carter	E&H	24/7	Copthall
1.70	Sam Milner	HPX	8/8	Stevenage
1.70	David Perry	StA	15/8	Hemel H
1.70	Daniel Gardner	SNH	12/9	Sandy
1.65	Martin Boyd	HPX	11/7	Stevenage
1.60	Billy Vernon-Hamilton	SNH	23/5	Reading
1.55	Bradley Pike	D&T	6/6	Cambridge
1.51	Simon Wake	HPX	26/6	Ashford
1.45	Philip Crout	BAR	19/9	Hemel H
1.45	Jason Tang	StA		
1.20	James Fung	BAR	31/7	Hemel H

**Pole Vault**

4.60	Daniel Gardner	SNH	11/9	Chelmsford
3.30	Daniel Pace	D&T	8/8	Stevenage
3.20	Tim Warner	HPX	23/5	Ware
2.70	Chris Gillespie	StA		
2.60	Oliver Poulain	StA		
2.60	Tom Carter	E&H	5/9	Manchester
2.30	Scott Gilzean	WAT	6/6	Luton
2.10	Tim Buckle	D&T	11/7	Braintree

**Long Jump**

6.73	Daniel Gardner	SNH	11/9	Stevenage
6.51	Courtney Hart	D&T	6/6	Cambridge
6.42	Bradley Pike	D&T	27/6	Watford
6.09	Jake Awe	StA	12/9	Stevenage
5.99	Cameron Glass	HPX	6/6	Cambridge
5.99	Jordan Aikman	D&T	6/6	Cambridge
5.95	Peter Horan	D&T	12/6	Hemel H
5.91	Christian Gaddes	StA	11/7	Bedford
5.87	Josh Evans	D&T	27/6	Watford
5.86	James McMurray	StA	12/6	Hemel H
5.84	Tom Carter	E&H	24/7	Copthall
5.70	Billy Vernon-Hamilton	SNH	12/9	Stevenage

5.69	George Elliott	StA	11/7	Bedford
5.57	Jon Rendell	D&T	4/7	Hemel H
5.44	Laurence Levy	SNH	27/6	Ashford
5.42	Jack Noone	WAT	19/9	Watford
5.20	Peter D'Ath	SNH	5/9	Stevenage
5.18	Jack Gates	SNH	23/6	Stevenage
5.18	Adam Sarginson	D&T	11/9	Chelmsford
5.04	Simon Wake	HPX	20/6	Chelmsford
5.03	Liam Vooght	SNH	5/9	Stevenage
5.01	George Herbert	HPX	11/7	Stevenage
4.97	Jamie Wells	D&T	19/9	Hemel H
4.96	Harris McClean	WAT	11/7	Grays
4.94	David Sissons	HPX	11/7	Stevenage
4.90	Alex Cloona	HPX	6/6	Cambridge
4.84	Paul Spicer	SNH	12/9	Stevenage
4.81	Jake Exton	SNH	5/9	Stevenage
4.77	Christopher Hilton	StA	5/5	Stevenage
4.75	Kurt Mannell	SNH	11/7	Stevenage
4.68	James McCormick	BAR	31/7	Hemel H
4.61	Munga Matengenzara	SNH	5/9	Stevenage
4.55	Louis Judge	D&T	5/5	Stevenage
4.54	James Fung	BAR	31.7	Hemel H
4.53	A Lloyd	D&T	6/6	Cambridge
4.30	Edward Shepherd	HPX	27/6	Bedford
4.30	Chris Hilton	SNH	27/6	St Albans
4.09	Lewis Dormer	WAT	25/4	Ware
4.06	Courtney Bajak	Un (SNH)	15/8	Peterborough
3.74	Tom Gatens	HPX	27/6	Bedford
3.13	Paul Dewey	HPX	12/9	Peterborough

### Triple Jump

14.76	Bradley Pike	D&T	27/6	Watford
13.72	Daniel Gardner	SNH	11/9	Chelmsford
12.59	Cameron Glass	HPX	27/6	Braintree
12.26	Billy Vernon-Hamilton	SNH	31/7	Guildford
12.00	Ben Murphy	SNH	28/4	Stevenage
11.75	Jack Noone	WAT	27/6	Watford
11.61	Jon Rendell	D&T	27/6	Watford
11.60	Adam Sarginson	D&T	15/8	Hemel H
11.58	Jack Gates	SNH	12/6	Hemel H
11.47	George Elliott	StA	27/6	St Albans
11.40	David Perry	StA	15.8	Hemel H
11.33	Josh Evans	D&T	31/7	Hemel H
11.31	Christian Gaddes	StA	8/8	Stevenage
11.16	Sam Evans	D&T	19/9	Hemel H
10.98	Jordan Ilyas	WAT	14/7	Watford
10.66	Philip Crout	BAR	19/9	Hemel H
10.59	James Fung	BAR	31/7	Hemel H
10.29	Tom Gatens	HPX	27/6	Bedford
10.26	Andrew Sears-Black	St A		
10.20	Neil Addison	SNH	10/7	Bromley
10.12	Laurence Levy	SNH	23/5	Reading
10.09	Tim Buckle	D&T	27/6	Watford
9.34	Alistair McKenzie-Smith	HPX	12/9	Peterborough
9.24	David Sissons	HPX	12/9	Peterborough
9.22	Frankie Smith	StA		

### Shot (5k)

12.45	Chris Line	D&T	19/9	Hemel H
12.35	Joshua Pieterse	StA		

11.52	Billy Vernon-Hamilton	SNH	6/6	Chelmsford
11.19	Simon Wake	HPX	11/7	Stevenage
11.15	Jake Exton	SNH	15/8	Peterborough
10.77	Laurence Levy	SNH	12/9	Stevenage
10.75	Christian Gaddes	StA	8/8	Stevenage
10.69	Ed Rowbottom	HPX	20/6	Chelmsford
10.32	Tom Carter	E&H	25/7	Copthall
9.44	David Quartey	WAT	27/6	Watford
9.16	Jamie Wells	D&T	9/5	Watford
9.14	Neil Addison	SNH	11/7	Stevenage
8.66	Christopher Hilton	StA	16/5	Copthall
8.57	Carl Palin	StA		
8.25	Munga Matengenzara	SNH	15/8	Peterborough
7.77	James McMurray	StA	20/6	Battersea Park
7.70	Jason Tang	StA	2/5	Walthamstow
7.29	Peter D'Ath	SNH	5/9	Stevenage
7.13	Paul Spicer	SNH	27/6	St Albans
7.11	Sam Evans	D&T	15/8	Hemel H
6.70	Kashif Jones	SNH	27/6	St Albans
5.73	David Perry	StA	2/5	Walthamstow

#### Discus (1.5k)

46.88	Chris Line	D&T	21/8	Bedford
37.12	Kieran Fallan	D&T	12/9	Peterborough
32.87	Ed Rowbottom	HPX	9/5	Watford
30.49	Jake Exton	SNH	15/8	Peterborough
29.97	Laurence Levy	SNH	15/8	Peterborough
28.95	Neil Addison	SNH	12/9	Stevenage
28.27	Simon Wake	HPX	11/7	Stevenage
27.43	Ramsey McQueen	SNH	11/7	Stevenage
27.20	Jason Tang	StA	19/9	Hemel H
25.22	Billy Vernon-Hamilton	SNH	27/6	Ashford
23.95	Tom Carter	E&H	25/7	Copthall
23.51	Louis Judge	D&T	5/5	Stevenage
20.93	Jamie Wells	D&T	24/4	LV
20.74	Christopher Hilton	StA	5/5	Stevenage
20.73	Jon Rendell	D&T	4/7	Hemel H
20.21	Tim Buckle	D&T	19/9	Hemel H
20.18	Sam Pearce	WAT	11/7	Grays
18.87	James McMurray	StA	12/9	Stevenage
18.35	David Perry	StA	27/6	St Albans
18.20	Munga Matengenzara	SNH	5/9	Stevenage
17.98	Andrew Sears-Black	StA		
17.69	Christian Gaddes	StA	19/9	Hemel H
15.80	Frankie Smith	StA		
14.95	Liam Vooght	SNH	5/9	Stevenage
14.45	Caral Palin	StA		
13.04	Ashley Kavanagh-King	WAT	15/8	Peterborough
11.57	Chris Hilton	SNH	25/4	LV

#### Discus (1.75)

26.59	Neil Addison	SNH	25/7	Guildford
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#### Discus (2k)

37.17	Chris Line	D&T	31/7	Hemel H
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#### Hammer (5k)

46.93	Laurence Levy	SNH	12/6	Hemel H
41.06	Chris Line	D&T	8/8	Stevenage
30.69	Joshua Pieterse	StA	20/6	Battersea

22.99	Christopher Hilton	StA		
17.40	Jason Tang	StA	20/6	Battersea
14.62	Joel McNeil	StA		
12.00	Frankie Smith	StA		

#### Javelin (700g)

48.88	Louis Judge	D&T	12/6	Hemel H
47.38	Jake Exton	SNH	25.4	LV
46.92	Tom Carter	E&H	25/7	Copthall
43.54	Billy Vernon-Hamilton	SNH	28/4	Stevenage
42.80	Simon Wake	HPX	12/9	Peterborough
39.72	Neil Addison	SNH	27/6	St Albans
37.00	Joel McNeil	StA		
33.25	Joshua Pieterse	StA		
32.71	James McMurray	StA	5/5	Stevenage
31.85	Jason Tang	StA	18/7	St Albans
31.73	Laurence Levy	SNH	29/7	Sandy
31.34	Jamie Wells	D&T	27/6	Watford
30.85	Adam Sarginson	D&T	12/9	Peterborough
28.30	Tim Buckle	D&T	24/4	LV
26.18	James McCormick	BAR	31/7	Hemel H
24.58	Christopher Hilton	StA	5/5	Stevenage
24.54	Kieron Fallan	D&T	15/8	Hemel H
20.09	Paul Spicer	SNH	5/9	Stevenage
19.91	Jake Awe	StA	11/7	Bedford
19.82	Frankie Smith	StA		
17.65	Sam Jamieson-West	StA		
17.53	Jon Rendell	D&T	4/7	Hemel H
16.43	Chris Hilton	SNH	15/8	Peterborough
8.96	Carl Palin	StA		
5.60	Andrew Sears-Black	StA		

#### Javelin (800g)

39.57	Simon Wake	HPX	1/5	Cambridge
39.76	Josh Burfitt	WAT	6/6	Luton
15.86	Lewis Dormer	WAT	26/4	Ware

#### Pentathlon

2354	James McMurray	StA	5/5	Stevenage
2105	Christopher Hilton	StA	5/5	Stevenage
2060	Jon Rendell	D&T	4/7	Hemel H

#### Octathlon

4348	Tom Carter	E&H	25/7	Copthall
3986	Simon Wake	HPX	27/6	Ashford
3775	Laurence Levy	SNH	27/6	Ashford
3771	Billy Vernon-Hamilton	SNH	27/6	Ashford

#### 4x100

45.7	St Albans	3/5	Stevenage
47.3	Hertfordshire	8/8	Stevenage
48.5	Herts Phoenix	11/7	Stevenage
48.8	Watford	27/6	Watford
49.0	Stevenage	3/5	Stevenage

#### 4x400

3:29.6	Hertfordshire	8/8	Stevenage
3:53.3	Stevenage	3/5	Stevenage