

2010 HERTS COUNTY T&F RANKING LISTS

Under 20 Men

100m

10.67/4.4	Antoe Walters	Oak	30/5	Bedford
10.74/0.8	Antoe Walters	Oak	4/9	Berne,SWI
10.83/2.8	Antonio Infantino	E&H	28/8	Copthall
11.0	Cameron Webb	SNH	31/7	Guildford
11.1	Joel Ramsbottom	WAT	23/5	Reading
11.2	Kwasi Adomakoh	WAT	25/7	Guildford
11.3	Lewis Keeble	SNH	5/9	Stevenage
11.5	Adeola Akinjomo	Un(SNH)	1/5	Hemel H
11.65/2.5	Connor Winters	SNH	18/9	Stoke
11.7	Lewis Asam	WAT	31/7	Hemel H
11.7	Liam Thompson	BAR	31/7	Hemel H
12.0	Miles Francois	D&T	10/7	LV
12.12	Ben McGuinness	D&T	7/4	Watford
12.2	Sam Marks	BAR	1/5	Braintree
12.4	Steve Rayner	BAR	31/7	Hemel H
12.67	Adam Driscoll	D&T	11/8	Watford
12.7	Jack Morris	BAR	5/6	Battersea Park
12.70	Tom Kite	WAT	21/4	Watford
13.0	Gregory Evans	SNH	5/9	Stevenage
13.23	Jack Rossini	D&T	9/5	Watford
13.6	Tom Sloan	SNH	5/9	Stevenage
15.49	Kristian Fox T35	SNH	2/6	Watford

200m

21.88/1.4	Antoe Walters	Oak	5/9	Berne,SWI
22.1	Cameron Webb	SNH	31/7	Guildford
22.49	Joel Ramsbottom	WAT	14/7	Watford
22.71	Kwasi Adomakoh	WAT	14/7	Watford
22.94	Lewis Keeble	SNH	2/6	Watford
23.2	Lewis Asam	WAT	25/7	Guildford
23.5	Adeola Akinjomo	Un SNH)	28/4	Stevenage
23.63/1.4	Joe Gaynor	HPX	27/6	Bedford
23.7	Liam Thompson	BAR	31/7	Hemel H
24.4	Sam Marks	BAR	1/5	Braintree
24.60	Ben McGuinness	D&T	7/4	Watford
24.9	Matthew Williams	D&T	4/9	Hemel H
24.93	Tom Vince	BAR	11/8	Watford
25.2	Adam Driscoll	D&T	31/7	Hemel H
25.26	Christopher Pope	D&T	11/8	Watford
25.3	Jack Rossini	D&T	1/5	Battersea
25.4	Ben Parry	HPX	5/6	Eton
25.5	Jack Morris	BAR	15/5	Bedford
25.62	Oliver Smith	WAT	14/7	Watford
26.0	Steve Rayner	BAR	31/7	Hemel H
26.47	Tom Kite	WAT	21/4	Watford
26.5	Michael Wadlow	D&T	4/7	Hemel H
26.7	Jason Raineri	WAT	1/5	Watford
31.05	Kristian Fox T35	SNH	19/5	Watford

400m

47.17	Nathan Wake	HPX	3/7	Mannheim
48.96	Lewis Keeble	SNH	13/6	Crystal Palace
50.0	Cameron Webb	SNH	25/7	Guildford
51.0	Joe Gaynor	HPX	23/5	Ware
51.51	Liam Thompson	BAR	17/7	LV

52.0	Robert Christou	E&H	26/6	LV
52.18	Luke Daniel	E&H	23/5	Eton
52.6	David Wilson	HPX	26/6	Ware
52.9	Lewis Asam	WAT	25/7	Guildford
53.13	Ben Parry	HPX	10/4	LV
53.5	Aaron Reynolds	SNH	31/7	Guildford
53.96	Connor Winters	SNH	18/9	Stoke
54.6	Tom Barfoot	HPX	10/7	Croydon
54.7	Jack Rossini	D&T	5/6	Thurrock
54.9	Ben McGuinness	D&T	1/5	Battersea
54.91	Samuel Highfield	D&T	25/8	Watford
55.2	Oliver Smith	WAT	10/7	LV
58.69	Jack Morris	BAR	9/5	Watford
62.93	Tom Kite	WAT	25/8	Watford

800m

1:52.26	Nathan Wake	HPX	8/9	Watford
1:55.74	Josh Moss	WSEH	31/5	Bedford
1:57.19	Ben Parry	HPX	19/5	Watford
1:57.4	Tom Barfoot	HPX	24/7	Luton
1:57.85	David Wilson	HPX	9/5	Watford
1:58.80	Joe Gaynor	HPX	12/6	Watford
2:03.5	Matt Salt	D&T	31/7	Hemel H
2:04.45	Robert Christou	E&H	23/5	Eton
2:04.5	Lewis Keeble	SNH	5/9	Stevenage
2:10.2	Gregory Evans	SNH	15/5	Stevenage
2:14.1	Tom Sloan	SNH	10/7	Bromley
2:15.3	Warren Herridge	SNH	27/6	Hillingdon
2:18.6	Michael Wadlow	D&T	1/5	Battersea
2:25.2	Kieran Homer	BAR	6/6	Luton

1500m

3:56.90	David Wilson	HPX	13/6	Crystal Palace
4:07.33	Michael Callegari	SBH	28/8	Copthall
4:09.58	Matt Salt	D&T	7/4	Watford
4:20.4	Tom Barfoot	HPX	1/5	Cambridge
4:24.1	Luke Callis	BAR	10/7	Havering
4:31.0	Joe Gaynor	HPX	2/4	WGC
4:33.4	Gregory Evans	SNH	1/5	Hemel H
4:41.5	James Waterman	HPX	2/4	WGC
4:42.0	Luke Langley	SNH	3/5	Stevenage
4:49.82	Robert Christou	E&H	12/9	Derby
4:57.2	Warren Herridge	SNH	3/5	Stevenage
5:14.05	Connor Winters	SNH	19/9	Stoke
5:21.9	Michael Wadlow	D&T	4/7	Hemel H
5:22.7	Matthew Williams	D&T	4/7	Hemel H
5:50.6	Tom Sloan	SNH	27/6	Hillingdon

3000m

8:51.96	Matt Salt	D&T	16/6	Watford
8:56.6	David Wilson	HPX	7/4	Watford
9:53.85	Gregory Evans	SNH	2/6	Watford
10:05.2	Luke Langley	SNH	28/4	Stevenage
10:52.9	James Waterman	HPX	23/5	Ware
11:38.8	Warren Herridge	SNH	27/6	Hillingdon

5000m

16:02.7	Matt Salt	D&T	16/9	Hemel H
19:18.8	Warren Herridge	SNH	15/5	Stevenage

110H (99.1)

15.8	Connor Winters	SNH	5/9	Stevenage
16.71	Miles Francois	D&T	9/5	Watford

110H (106.7)

16.9	Connor Winters	SNH	15/5	Stevenage
20.4	Luke Daniel	E&H	1/5	Reading

400H (91.4)

58.71	Luke Daniel	E&H	23/5	Eton
64.86	Joe Gaynor	HPX	17/7	Cambridge
65.0	Connor Winters	SNH	23/5	Reading
65.7	Oliver Smith	WAT	10/7	LV
65.7	Liam Thompson	BAR	31/7	Hemel H
67.0	Michael Wadlow	D&T	1/5	Battersea
71.8	Adam Driscoll	D&T	10/7	LV
80.4	Warren Herridge	SNH	27/6	Hillingdon

2000m Steeplechase

7:17.3	Tom Gough	HPX	23/5	Ware
7:17.4	Gregory Evans	SNH	26/4	Kingston

3000m Steeplechase

11:13.1	Luke Langley	SNH	1/5	Hemel H
11:22.6	Tom Gough	HPX	1/5	Cambridge
11:25.5	Jon Kinahan	HPX	31/7	Battersea Park
11:33.5	Gregory Evans	SNH	10/7	Bromley
11:40.6	Robert Molloy	D&T	31/7	Hemel H
12:47.6	Warren Herridge	SNH	5/6	Eton

High Jump

2.05	Jason Hamilton	D&T	13/6	Crystal Palace
1.80	Connor Winters	SNH	11/9	Chelmsford
1.55	Michael Wadlow	D&T	19/9	Hemel H
1.50	Jason Raineri	WAT	15/5	Stevenage
1.50	Adeola Akinjomo	SNH	28/4	Stevenage
1.50	Gregory Evans	SNH	5/9	Stevenage
1.50	Jason Raineri	WAT	15/5	Stevenage

Pole Vault

4.40	Connor Winters	SNH	19/9	Stoke
3.50	Matthew Williams	D&T	1/5	Battersea

Long Jump

7.41/2.2	Kadeem Greenidge-Smith	HARR	28/8	Copthall
7.38/1.9	Kadeem Greenidge-Smith	HARR	28/8	Copthall
6.86	Connor Winters	SNH	11/9	Chelmsford
6.75	Jason Hamilton	D&T	23/5	Reading
6.39/2.5	Leo Lundgren	E&H	12/9	Derby
6.28	Nick Stoppard	SNH	23/5	Reading
6.14	Anthony Hadgill	HPX	26/6	Ware
5.98	Leo Lundgren	E&H	25/6	Norwich
5.45	Lewis Keeble	SNH	26/6	Colchester
5.45	Matthew Williams	D&T	4/7	Hemel H
4.72	Joshua Bignell	D&T	19/9	Hemel H
4.66	Michael Wadlow	D&T	4/7	Hemel H
4.42	Jack Morris	BAR	16/5	Bedford
3.12	Tom Sloan	SNH	5/9	Stevenage

Triple Jump

14.27/1.6	Leo Lundgren	E&H	20/6	Bedford
12.65	Connor Winters	SNH	5/6	Eton
11.42	Nick Stoppard	SNH	26/4	Kingston
11.41	Matthew Williams	D&T	10/7	LV
11.05	Jason Raineri	WAT	11/9	Chelmsford
10.41	Lewis Keeble	SNH	5/9	Stevenage
9.19	Jack Morris	BAR	10/7	Havering

Shot (6k)

14.39	Ashley Ralph	StA/WAT	23/5	Reading
9.85	Michael Wadlow	D&T	9/5	Watford
9.08	Connor Winters	SNH	26/6	Ashford
8.09	Joshua Bignell	D&T	19/9	Hemel H
8.08	Lewis Keeble	SNH	5/9	Stevenage
7.07	James Grove	HPX	23/5	Ware
6.03	Tom Sloan	SNH	5/9	Stevenage
5.57	Ben Parry	HPX	23/5	Ware

Shot (7.26k)

13.15	Ashley Ralph	StA/WAT	31/7	Hemel H
10.07	Jonathan Constaniou		15/8	Ashford
9.63	Nick Stoppard	SNH	5/6	Eton
7.79	Jason Raineri	WAT	10/7	LV

Discus (1.75k)

50.91	Ashley Ralph	StA/WAT	17/4	Woodford
34.46	Michael Wadlow	D&T	19/9	Hemel H
28.32	Richard Humphries	HPX	23/5	Ware
28.25	Connor Winters	SNH	19/9	Stoke
27.94	Joshua Bignell	D&T	19/9	Hemel H
22.53	James Grove	HPX	25/7	Cambridge
20.40	Matthew Williams	D&T	19/9	Hemel H
10.30	Gregory Evans	SNH	5/9	Stevenage

Discus (2k)

46.34	Ashley Ralph	StA/WAT	15/5	Stevenage
30.76	Nick Stoppard	SNH	15/5	Stevenage
28.12	Michael Wadlow	D&T	15/8	Ashford
21.01	Connor Winters	SNH	5/6	Eton
15.26	Aaron Reynolds	SNH	31/7	Guildford

Hammer (6k)

53.35	Ashley Ralph	StA/WAT	23/5	Reading
50.91	Richard Humphries	HPX	23/5	Ware
40.41	Laurence Levy	SNH	23/5	Reading
38.74	Ben Montgomery	HPX	25/4	Braintree
21.50	Michael Wadlow	D&T	26/4	Kingston
19.07	James Grove	HPX	25/7	Cambridge

Hammer (7.26k)

45.98	Ashley Ralph	StA/WAT	1/5	Watford
41.35	Ben Flash	D&T	15/8	Ashford

Javelin (800)

54.92	Ben Montgomery	HPX	8/8	Copthall
50.72	Jason Raineri	WAT	10/7	LV
47.82	Jorge Davis	D&T	9/5	Watford
47.21	Jonathan Constantinou	MMK	15/8	Ashford
41.11	Joshua Bignell	D&T	1/5	Battersea

36.55	Ashley Ralph	StA/WAT	10/7	LV
34.19	Matthew Williams	D&T	26/4	Kingston
33.83	Nick Stoppard	SNH	5/6	Eton
32.92	Connor Winters	SNH	19/9	Stoke
32.42	Michael Wadlow	D&T	4/7	Hemel H

Pentathlon

2125	Matthew Williams	D&T	4/7	Hemel H
2033	Michael Wadlow	D&T	4/7	Hemel h

Decathlon

5814	Connor Winters	SNH	19/9	Stoke
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4x100

45.3	Stevenage	3/5	Stevenage
45.8	Herts Phoenix	25/4	Braintree

4x400

3:25.5	Stevenage	3/5	Stevenage
3:26.6	Herts Phoenix	25/4	Braintree