

2011 HERTS COUNTY T&F RANKING LISTS

Under 20 Men

100m

11.3	Timi Shotade	HPx	29/5	Watford
11.47	Billy Vernon-Hamilton	SNH	17/9	Exeter
11.50/1.4	Simon Wake	HPx	1/5	Ware
11.6	Koray Leamy	HPx	29/5	Watford
11.7	Jonathan Rendell	D&T	2/5	Stevenage
11.7	Connor Winters	SNH	25/6	Winchester
11.7	Miebaka Owubokiri	HPx	30/7	Milton K
11.77/-1.6	Joe Gaynor	HPx	27/8	Abingdon
11.78	Josh Evans	D&T	13/8	Woodford
11.89	Daniel Gardner	SNH	9/4	Lee Valley
11.9	Liam Sandford	D&T	7/7	Hemel H
12.1	Ejikeme Kambidi	Bar	2/5	Stevenage
12.3	Ashley Kavanagh-King	Wat	30/7	Grays
12.7	Alex Cloona	HPx	22/4	WGC
12.9	Wesley Miko	D&T	9/7	Parliament Hill

200m

22.97/0.9	Richard Sackey	HPx	9/4	Lee Valley
23.2	Jonathan Rendell	D&T	29/5	Watford
23.2	Koray Leamy	HPx	30/7	Milton K
23.28/-0.8	Andrew Walshe	HPx	27/7	Watford
23.4	Timi Shotade	HPx	29/5	Watford
23.5w	Simon Wake	HPx	1/5	Ware
23.76/-0.8	Joe Gaynor	HPx	27/7	Watford
24.27	Miebaka Owubokiri	HPx	20/8	Tonbridge
24.29	Josh Evans	D&T	13/8	Woodford
24.5	Josh Evans	D&T	28/5	Hemel H
24.6	Ejikeme Kambidi	Bar	2/5	Stevenage
24.60	Ben McGuinness	D&T	15/7	Watford
24.66/4.6	Matt Gibson	HPx	28/5	Cambridge
24.67	Ashley Kavanaagh-King	Wat	21/9	Watford
25.01	Matt Gibson	HPx	20/8	Tonbridge
25.4	Alex Cloona	HPx	22/4	WGC
25.5	Liam Sandford	D&T	28/5	Hemel H
26.0	Michael Wadlow	D&T	28/5	Hemel H
26.76/0.8	Alex Mill	HPx	7/9	Watford
26.8	Tom Sloan	SNH	30/7	Stevenage
27.8	Chris Hilton	SNH	20/8	Stevenage

400m

48.38	Nathan Wake	HPx	13/8	Manchester
50.08	Andrew Walshe	HPx	17/7	Hemel H
50.17	Tom Barfoot	HPx	20/8	Tonbridge
49.98	Lewis Keeble	SNH	24/7	Peterborough
51.30	Jonathan Rendell	D&T	4/5	Watford
51.55	Simon Wake	HPx	17/9	Exeter
52.2	Joe Gaynor	HPx	30/7	Milton K
52.83	Michael Edwards	E&H	4/9	Cambridge
53.02	Matt Gibson	HPx	15/5	Watford
54.63	Ashley Kavanagh-King	Wat	24/8	Watford
54.7	Alex Cloona	HPx	22/4	WGC
55.2	Josh Evans	D&T	4/6	Newham
55.2	Billy Vernon-Hamilton	SNH	25/6	Winchester

55.4	Connor Winters	SNH	25/6	Winchester
57.0	James Waterman	HPx	22/4	WGC
57.3	Ben McGuinness	D&T	7/5	Hemel H

800m

1:55.20	Nathan Wake	HPx	2/8	Woodford
1:57.04	Ben Parry	HPx	9/4	Lee Valley
1:58.0	Tom Barfoot	HPx	21/5	WGC
1:59.29	Andrew Walshe	HPx	10/8	Watford
1:59.4	Alex Cloona	HPx	30/7	Milton K
2:01.17	Edward Shepherd	HPx	15/6	Watford
2:02.38	Oliver Glyn	D&T	15/6	Watford
2:02.99	Chris Hilton	SNH	24/7	Peterborough
2:03.5	Matthew Salt	D&T	7/5	Hemel H
2:06.3	Tom Sloan	SNH	21/5	Chelmsford
2:06.06	Jonathan Rendell	D&T	10/8	Watford
2:07.0	Ashley Kavanagh-King	Wat	9/7	Watford
2:08.36	Joe Gaynor	HPx	24/7	Peterborough
2:11.4	Greg Evans	SNH	29/5	Watford
2:11.47	Matt Gibson	HPx	28/8	Copthall
2:13.0	Warren Herridge	SNH	9/7	Winchester
2:13.1	James Biondi	SNH	30/7	Stevenage
2:14.03	Jack Baker	HPx	13/7	Watford
2:15.0	Craig Stout	SNH	30/4	Peterborough
2:20.89	Patrick Allen	HPx	15/6	Watford

1500m

3:54.21	Niall Fleming	SBH	7/9	Watford
4:06.81	Alex Cloona	HPx	1/6	Watford
4:07.2	Edward Shepherd	HPx	9/7	Walton
4:09.74	Matthew Salt	D&T	29/6	Watford
4:14.84	Nathan Wake	HPx	30/8	Woodford
4:23.82	Oliver Glyn	D&T	27/7	Watford
4:26.3	Greg Evans	SNH	30/7	Stevenage
4:26.8	Thomas Sloan	SNH	2/5	Stevenage
4:28.6	Chris Hilton	SNH	2/5	Stevenage
4:43.4	James Waterman	HPx	2/5	Stevenage
4:43.4	Simon Wake	HPx	26/6	Winchester
4:46.2	James Biondi	SNH	20/8	Stevenage
4:48.0	Craig Stout	SNH	30/4	Peterborough
4:48.1	Warren Herridge	SNH	9/7	Winchester
4:58.10	Billy Vernon-Hamilton	SNH	18/9	Exeter
4:59.3	Matt Gibson	HPx	29/5	Watford
5:07.56	Patrick Allen	HPx	1/6	Watford
5:30.6	Michael Wadlow	D&T	28/5	Hemel H
6:10.6	Josh Evans	D&T	28/5	Hemel H
6:21.6	Liam Sandford	D&T	28/5	Hemel H

3000m

8:28.66	Niall Fleming	SBH	27/7	Watford
8:54.2	Edward Shepherd	HPx	HPx	28/5 Hemel H
8:56.52	Euan McKenzie	SBH	21/9	Watford
9:30.2	Chris Hilton	SNH	29/5	Watford
9:34.5	Chris Hilton	D&T	28/5	Hemel H
9:54.9	Alex Cloona	HPx	10/7	Luton
10:14.1	Warren Herridge	SNH	30/7	Stevenage
10:20.4	James Biondi	SNH	30/7	Stevenage
10:36.4	James Waterman	HPx	20/4	Watford

13:15.0	Simon Wake	HPx	10/7	Luton
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5000m

14:39.47	Niall Fleming	SBH	20/8	Birmingham
15:41.26	Matthew Salt	D&T	30/4	Bedford
16:47.4	Chris Hilton	SNH	9/7	Winchester
17:33.7	Oliver Glyn	D&T	15/9	Hemel H
17:59.4	James Biondi	SNH	9/7	Winchester
19:11.1	Warren Herridge	SNH	30/4	Peterborough

110mH (99.0)

15.47	Connor Winters	SNH	24/7	Peterborough
15.67	Ross Armorgie	HPx	24/7	Peterborough
15.68	Sean Glyn	Wat	20/4	Watford
17.55	Billy Vernon-Hamilton	SNH	17/9	Exeter
18.12/-1.0	Joe Gaynor	HPx	28/8	Copthall
18.9/-1.0	Simon Wake	HPx	25/6	Winchester
19.8	Paul Spicer	SNH	29/5	Watford
20.6	Liam Sandford	D&T	18/9	Hemel H

110mH (106)

15.9	Connor Winters	SNH	30/7	Stevenage
19.6	Billy Vernon-Hamilton	SNH	20/8	Stevenage
20.7	Munya Matengenzara	SNH	20/8	Stevenage
21.85	Liam Sandford	D&T	13/8	Woodford
25.5	Greg Bennett	D&T	9/7	Parliament Hill

400mH

58.6	Jonathan Rendell	D&T	28/5	Watford
58.61	Andrew Walshe	HPx	24/7	Peterborough
58.88	Joe Gaynor	HPx	28/8	Copthall
60.39	Jon Rendell	D&T	4/9	Cambridge
65.9	Greg Bennett	D&T	4/6	Newham
65.90	Simon Wake	HPx	28/8	Copthall
66.2	Paul Spicer	SNH	9/4	Lee Valley
67.6	Billy Vernon-Hamilton	SNH	21/5	Chelmsford
67.9	Munya Matengenzara	SNH	9/7	Winchester
69.1	Chris Hilton	SNH	9/7	Winchester
69.7	Laurence Levy	SNH	30/7	Stevenage
81.4	Neil Addison	SNH	30/4	Peterborough

2000mSC

6:18.56	Euan McKenzie	SBH	11/9	Derby
6:36.14	Chris Hilton	SNH	27/8	Abingdon
7:22.39	Greg Bennett	D&T	15/5	Watford
7:48.11	Simon Wake	HPx	30/7	Milton Keynes
8:04.1	Tom Sloan	SNH	30/4	Peterborough
8:14.3	James Biondi	SNH	20/8	Stevenage
8:21.1	Koray Leamy	HPx	10/7	Luton
9:08.40	Miebaka Owubokiri	HPx	24/7	Peterborough
10:08.2	Timi Shotade	HPx	10/7	Luton

3000mSC

10:20.51	Chris Hilton	SNH	17/7	Hemel H
11:15.89	Greg Bennett	D&T	13/8	Woodford
11:54.3	Simon Wake	HPx	30/7	Milton K
11:56.7	Paul Spicer	SNH	30/7	Stevenage
15:38.97	Matthew Salt	D&T	13/8	Woodford

High Jump

2.01	Ross Armorgie	HPx	25/6	Bedford
1.85i	Connor Winters	SNH	29/1	Lee Valley
1.80i	Sam Evans	D&T	6/3	Lee Valley
1.75	Laurence Levy	SNH	9/4	Lee Valley
1.75	Daniel Gardner	SNH	4/6	Copthall
1.75	Paul Spicer	SNH	19/6	Ashford
1.70	Neil Addison	SNH	1/5	Ware
1.70	Billy Vernon-Hamilton	SNH	29/5	Watford
1.60	Simon Wake	HPx	24/7	Peterborough
1.55	Jon Rendell	D&T	4/9	Cambridge

Pole Vault

4.86	Daniel Gardner	SNH	10/8	Loughborough
4.40i	Connor Winters	SNH	26/2	Birmingham
2.60	Ross Armorgie	HPx	30/7	Milton K
2.53	Billy Vernon-Hamilton	SNH	18/9	Exeter
2.30	Simon Wake	HPx	26/6	Winchester

Long Jump

6.81	Connor Winters	SNH	21/5	Chelmsford
6.73	Stefan Greenidge	Harr	17/7	Hemel H
6.67i	Daniel Gardner	SNH	6/1	Sheffield
6.58	Bradley Pike	D&T	9/7	Parliament Hill
6.53	Courtney Hart	D&T	15/5	Watford
6.50	Daniel Gardner	SNH	4/9	Cambridge
6.26	Ross Armorgie	HPx	24/7	Peterborough
5.91	Josh Evans	D&T	15/5	Watford
5.88	Billy Vernon-Hamilton	SNH	25/6	Winchester
5.81	Wesley Miko	D&T	30/7	Gillingham
5.67	Jonathan Rendell	D&T	4/9	Cambridge
5.47/-0.1	Simon Wake	HPx	25/6	Winchester
5.18	Koray Leamy	HPx	24/7	Peterborough
5.09	Matt Gibson	HPx	29/5	Watford
5.05	Liam Sandford	D&T	28/5	Hemel H
4.90	Michael Wadlow	D&T	28/5	Hemel H
4.85	Ashley Kavanagh-King	Wat	13/8	Walthamstow
4.76	Timi Shotade	HPx	30/7	Milton K
4.74	Neil Addison	SNH	1/5	Ware
4.33	Chris Hilton	SNH	20/8	Stevenage

Triple Jump

14.83	Bradley Pike	D&T	15/5	Watford
13.06	Connor Winters	SNH	24/7	Peterborough
12.98i	Daniel Gardner	SNH	16/1	Lee Valley
12.23	Billy Vernon-Hamilton	SNH	29/5	Watford
11.80	Jon Rendell	D&T	4/9	Cambridge
11.51	Josh Evans	D&T	15/5	Watford
11.51	Ben Murphy	SNH	10/7	Luton
11.21	Joe Gaynor	HPx	24/7	Peterborough
10.99	Wesley Miko	D&T	30/7	Gillingham
10.76	Liam Sandford	D&T	18/9	Hemel H
10.08	Timi Shotade	HPx	24/7	Peterborough
9.67	Greg Bennett	D&T	4/6	Newham
9.37	Chris Hilton	SNH	20/8	Stevenage
7.95	Ashley Kavanagh-King	Wat	13/8	Walthamstow

Shot 6kg

11.27	Billy Vernon-Hamilton	SNH	17/9	Exeter
11.02	Simon Wake	HPx	17/9	Exeter
10.79	Michael Wadlow	D&T	15/5	Watford
10.75	Chris Line	D&T	9/4	Bedford
10.39	Connor Winters	SNH	25/6	Winchester
8.87	James Grove	HPx	29/5	Watford
8.64i	Daniel Gardner	SNH	8/1	Sheffield
8.31	Neil Addison	SNH	1/5	Ware
7.19	Ashley Kavanagh-King	Wat	18/9	Watford

Shot 7.26kg

9.29	Chris Line	D&T	4/6	Newham
9.29	Simon Wake	HPx	30/7	Milton Keynes
9.11	Michael Wadlow	D&T	7/7	Hemel H
8.31	Josh Bignell	D&T	15/5	Watford

Discus 1.75k

43.99	Chris Line	D&T	29/5	Watford
35.13	Neil Addison	SNH	24/7	Peterborough
34.85	Michael Wadlow	D&T	15/5	Watford
34.16	Simon Wake	HPx	18/9	Exeter
33.51	Neil Addison	SNH	2/5	Stevenage
27.72	James Grove	HPx	28/8	Copthall
26.84	Josh Bignell	D&T	15/5	Watford
26.53	Connor Winters	SNH	26/6	Winchester
24.36	Billy Vernon-Hamilton	SNH	18/9	Exeter
19.30	Ashley Kavanagh-King	Wat	18/9	Watford
19.09	Ryan Valentine	SNH	1/5	Ware
15.45	Liam Sandford	D&T	28/5	Hemel H
13.05	Josh Evans	D&T	28/5	Hemel H

Discus 2k

38.93	Chris Line	D&T	21/5	Braunton
33.98	Michael Wadlow	D&T	7/7	Hemel H
33.46	Neil Addison	SNH	21/5	Chelmsford
17.98	Billy Vernon-Hamilton	SNH	30/7	Stevenage
17.36	James Biondi	SNH	9/7	Winchester

Hammer 6k

38.29	Laurence Levy	SNH	27/8	Abingdon
25.52	James Grove	HPx	24/7	Peterborough
22.85	Chris Line	D&T	29/5	Watford
21.87	Neil Addison	SNH	29/5	Watford
12.03	Ashley Kavanagh-King	Wat	18/9	Watford

Hammer 7.26k

35.82	Lawrence Levy	SNH	4/9	Cambridge
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Javelin

49.34	Jorge Davies	D&T	15/5	Watford
44.94	Josh Bignell	D&T	15/5	Watford
43.23	Neil Addison	SNH	28/5	Cambridge
41.92	Simon Wake	HPx	28/8	Copthall
41.80	Billy Vernon-Hamilton	SNH	24/7	Peterborough
40.27	Ross Armorgie	HPx	24/7	Peterborough
39.60	Ryan Valentine	SNH	1/5	Ware
35.54	Lewis Keeble	SNH	21/5	Chelmsford

34.78	Ashley Kavanagh-King	Wat	13/8	Walthamstow
33.01	Michael Wadlow	D&T	28/5	Hemel H
19.35	Oaul Spicer	SNH	9/7	Winchester
16.53	Liam Sandford	D&T	28/5	Hemel H
16.47	Matt Gibson	HPx	29/5	Watford
9.45	Josh Evans	D&T	28/5	Hemel H

Pentathlon

2834	Simon Wake	HPx	25/9	Peterborough
2119	Michael Wadlow	D&T	28/5	Hemel H
1542	Josh Evans	D&T	28/5	Hemel H
1423	Liam Sandford	D&T	28/5	Hemel H

Decathlon

5105	Simon Wake	HPx	18/9	Exeter
4958	Billy Vernon-Hamilton	SNH	18/9	Exeter

4x100m

44.78	Hertfordshire	17/7	Hemel H
45.65	Herts Phoenix	24/7	Peterborough
49.5	Stevenage	2/5	Stevenage

4x400m

3:22.55	Hertfordshire	17/7	Hemel H
3:32.3	Herts Phoenix	29/5	Watford