

2012 HERTS COUNTY TRACK AND FIELD RANKING LISTS

Under 13 Boys

100m

12.57/0.5	Chenna Okah	D&T	22/7	Kingston
12.5	Munyaradzi Pasinawaco	StA	16/6	Hemel H
13.5	Morgan Baidoo	HPX	6/4	WGC
13.6	Peter Keefe	SNH	20/6	St Albans
13.6	George Groom	BAR	19/8	Ware
13.7	Cameron George	WAT	19/8	Cambridge
13.70/-0.1	Darwood Al Abady	StA	22/7	Kingston
13.82	Ricardo James	BAR	27/6	Watford
13.86/-0.1	Michael Stocker	SNH	22/7	Kingston
14.0	Joe Earl	SNH	8/7	Stevenage
14.1	Peter Noren	StA	29/4	St Albans
14.1	Shak Benjamin	BAR	23/9	Hemel H
14.3	Lewis Brooks	HPX	6/5	Bedford
14.3	Sam Clarke	SNH	15/4	Stevenage
14.3	Jamie Griggs	HPX	8/7	LV
14.3	Remi Omotomiloh	SNH	16/9	Stevenage
14.4	Sam Walford	HPX	10/6	LV
14.44/-2.2	Louis Southwell	Hill	12/5	Watford
14.51/-2.2	Daniel Hopper	D&T	12/5	Watford
14.6	Ashley Willing	StA	24/7	Bedford
14.65/-2.2	Michael Stocker	SNH	12/5	Watford
14.7	Cameron Hoskins	HPX	20/6	St Albans
14.8	Alex Spilling	StA	20/6	St Albans
15.1	Luke O'Connor	HPX	6/5	Bedford
15.1	Ross Gladman	SNH	19/8	Cambridge
15.2	Matthew Lloyd-Jones	HPX	20/6	St Albans
15.3	Elliott Harley	SNH	27/5	Luton
15.3	James Staniforth	HPX	19/8	Ware
15.4	Harry Jones	HPX	27/5	Grays
15.5	Stephen Bates	HPX	27/5	Grays
15.5	Callum Woodage	WAT	27/5	Grays
15.5	Sam Dyke	HPX	20/6	St Albans
15.51	Ethan Molloy	D&T	12/5	Watford
15.6	Mathew Spicer	SNH	14/4	Hemel H
15.7	William Gale	HPX	27/5	Grays
15.7	Remi Catchpole	HPX	27/5	Grays
15.7	Reece Gibbs	HPX	20/6	St Albans
15.7	Liam Cripps	HPX	17/6	High Wycombe
15.8	Byron Johal	WAT	27/5	Grays
16.20	Elliott Harley	SNH	12/5	Watford
16.3	Alfie Garstang	BAR	10/6	LV
16.6	Woodie Garstang	BAR	10/6	LV
16.6	Callum Walsh	StA	17/6	High Wycombe
21.6	Max Stafford	StA	3/6	Watford

200m

25.46/1.1	Chenna Okah	D&T	12/5	Watford
26.29	Munyaradzi Pasinawaco	StA	25/7	Watford
27.5	George Groom	BAR	27/5	Hemel H
27.91/1.1	Ricardo James	BAR	12/5	Watford
28.0	Cameron George	WAT	19/8	Cambridge
28.3	Morgan Baidoo	HPX	29/4	St Albans
28.4	Daniel Housley	BAR	8/7	LV
28.4	Michael Stocker	SNH	16/9	Stevenage
28.6	Remi Omotomiloh	SNH	16/9	Stevenage
29.0	Dawood Al Abaidy	StA	8/7	Stevenage
29.23/1.1	Lewis Brooks	HPX	12/5	Watford
29.4	Ashley Willing	StA	24/7	Bedford
29.80	Joe Earl	SNH	10/6	LV
29.86/1.1	Ross Gladman	SNH	12/5	Watford
30.6	James Staniforth	HPX	20/5	St Albans
30.9	Jamie Griggs	HPX	8/7	LV
31.03	Andrew Shaw	StA	13/6	Watford
31.2	Byron Johal	WAT	27/5	Grays
31.2	Benjamin Mitchell	StA	20/6	St Albans
31.30/1.1	Ethan Molloy	D&T	12/5	Watford
31.4	Rufus Kent	BAR	23/9	Hemel H
31.9	Josh Purcell	HPX	20/6	St Albans
31.9	Alex Spilling	StA	20/6	St Albans

32.0	Daniel Jack	BAR	27/5	Hemel H
32.06/1.1	Callum Walsh	StA	12/5	Watford
32.2	Callum Woodage	WAT	27/5	Grays
32.4	Stephen Bates	HPX	19/8	Ware
32.5	Luke O'Connor	HPX	6/5	Bedford
32.5	Nathan Blackmore	HPX	17/6	High Wycombe
32.6	Peter Noren	StA	6/5	Bedford
32.7	Elliott Harley	SNH	19/8	Cambridge
33.4	Louis Charlish-Jackson	HPX	19/8	Ware
33.5	Sean Gardner	HPX	8/7	LV
33.6	Daniel Verbena	WAT	29/4	Watford
34.6	Elliott Breen	HPX	20/6	St Albans
34.8	Liam Cripps	HPX	17/6	High Wycombe
35.0	Max Garstang	BAR	10/6	LV
35.5	Cameron Clark	WAT	29/4	Watford
37.9	Dylan Williams	St A	17/6	High Wycombe

300m

50.9	Rufus Kent	BAR	23/9	Hemel H
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800m

2:16.14	George Groom	BAR	11/7	Watford
2:24.55	Ricardo James	BAR	11/7	Watford
2:28.80	Ben Wilmott		22/7	Kingston
2:29.1	Adam Mason	SNH	20/6	St Albans
2:29.3	Jake Alderson	CHIL	11/7	Watford
2:31.42	Ross Gladman	SNH	12/5	Watford
2:32.65	Rufus Kent	BAR	11/7	Watford
2:34.4	Joseph Runchman	BAR	27/5	Hemel H
2:34.5	Stephen Bates	HPX	27/5	Grays
2:34.6	Byron Johal	WAT	27/5	Grays
2:35.10	Callum Walsh	StA	12/5	Watford
2:35.2	Daniel Housley	BAR	19/8	Ware
2:37.12	Rufus Kent	BAR	12/5	Watford
2:37.5	William Gale	HPX	27/5	Grays
2:40.5	Sam Walford	HPX	20/6	St Albans
2:41.3	Remi Catchpole	HPX	27/5	Grays
2:41.9	Andrew Shaw	StA	20/6	St Albans
2:42.0	Harry Wright	HPX	6/5	Bedford
2:42.1	Daniel Davies	SNH	16/9	Stevenage
2:42.5	Ben Hunt	D&T	23/6	Hemel H
2:40.8	Jed Lumb	StA	20/6	St Albans
2:44.8	Benjamin Mitchell	StA	20/6	St Albans
2:44.8	Lewis Brooks	HPX	19/8	Ware
2:45.2	Cameron Hoskins	HPX	20/5	St Albans
2:46.0	Nathan Blackmore	HPX	17/6	WGC
2:47.04	Elliott Breen	HPX	11/7	Watford
2:48.8	Oscar Durrant	D&T	23/6	Hemel H
2:49.79	Daniel Verbena	WAT	2/5	Watford
2:50.4	Woody Castang	BAR	10/6	LV
2:54.1	Peter Noren	StA	20/5	St Albans
2:51.6	Alfie Castang	BAR	19/8	Ware
2:51.9	Liam Cripps	HPX	17/6	WGC
2:52.5	Josh Dawodu	SNH	20/6	St Albans
2:53.2	David Ali	WAT	3/6	Watford
2:54.2	Oliver Davis	StA	29/4	St Albans
2:54.4	Max Garstang	BAR	10/6	LV
2:55.8	Ruari McElhatton	BAR	8/7	LV
2:57.0	Morgan Baidoo	HPX	6/4	WGC
2:58.4	Alex Spilling	StA	20/6	St Albans
2:58.8	Cameron Clark	WAT	27/5	Grays
2:58.8	Sam Jolly	D&T	23/6	Hemel H
2:59.2	Chris Woodall	D&T	23/6	Hemel H
3:00.1	Joshua Purcell	HPX	8/7	LV
3:01.1	Ben Buky	SNH	27/5	Luton
3:02.6	Michael Stocker	SNH	23/6	Hemel H
3:04.9	Peter Keefe	SNH	23/6	Hemel H
3:07.2	Mathew Spicer	SNH	23/6	Hemel H
3:12.7	Gareth Woodall	D&T	23/6	Hemel H
3:15.6	Luke Murphy	BAR	27/5	Hemel H
3:19.2	Rown Daly	StA	29/4	St Albans
3:27.5	Max Stafford	StA	3/6	Watford

1500m

4:38.19	George Groom	BAR	27/6	Watford
4:55.88	Ricardo James	BAR	13/5	Watford
5:06.9	Adam Mason	SNH	10/6	LV
5:16.37	Jake Alderson	Chil	22/7	Kingston
5:17.67	Rufus Kent	BAR	27/6	Watford
5:17.99	Andrew Shaw	StA	13/5	Watford
5:18.0	Harry Wright	HPX	20/5	St Albans
5:20.1	Alex Baxter	HPX	27/5	Grays
5:20.1	Cameron Hoskins	HPX	27/5	Grays
5:20.4	Jed Lumb	StA	20/5	St Albans
5:20.56	Rufus Kent	BAR	13/5	Watford
5:21.5	Stephen Bates	HPX	10/6	LV
5:22.2	Elliott Breen	HPX	6/4	WGC
5:23.6	William Gale	HPX	16/6	Hemel
5:23.9	Sam Walford	HPX	10/6	LV
5:25.9	Benjamin Mitchell	StA	29/4	St Albans
5:33.84	Woody Castang	BAR	13/5	Watford
5:34.6	Ross Gladman	SNH	16/9	Stevenage
5:39.1	Ben Buky	SNH	16/9	Stevenage
5:39.2	Ethan Page	HPX	19/8	Ware
5:43.63	Alfie Castang	BAR	13/5	Watford
6:01.79	Max Castang	BAR	13/5	Watford
6:16.0	Cameron Clark	WAT	27/5	Grays
6:19.97	Chris Woodall	D&T	13/5	Watford
6:42.0	Archie Southwell	HPX	29/4	St Albans

1 Mile

5:45.98	Jake Alderson	CHIL	28/6	Oxford
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70m Hurdles

14.4	James Staniforth	HPX	16/6	Hemel
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75m Hurdles

13.52/0.2	William Smith	SNH	22/7	Kingston
13.80/-0.1	Jake Alderson	Chil	22/7	Kingston
14.2	Lee Brown	SNH	20/6	St Albans
14.7	Peter Keefe	SNH	23/6	Hemel H
14.9	Jamie Griggs	HPX	19/8	Ware
15.1	James Staniforth	HPX	19/8	Ware
15.2	Mathew Spicer	SNH	23/6	Hemel H
15.5	Andrew Shaw	StA	17/6	High Wycombe
15.6	Oscar Durrant	D&T	23/6	Hemel H
15.6	Chris Woodall	D&T	23/6	Hemel H
15.7	Ben Hunt	D&T	23/6	Hemel H
15.8	Dawood Al Abaidy	StA	20/5	St Albans
15.8	Jed Cowler	HPX	30/9	Cambridge
16.0	Ashley Willing	StA	24/7	Bedford
16.3	Michael Stocker	SNH	23/6	Hemel H
16.7	David Ali	WAT	3/6	Watford
16.9	Joshua Purcell	HPX	8/7	LV
17.3	Sam Jolly	D&T	23/6	Hemel H
17.4	Max Stafford	StA	3/6	Watford 10/6 Braintree
18.5	Callum Woodage	WAT	3/6	Watford
18.9	Gareth Woodall	D&T	23/6	Hemel H

High Jump

1.50	Peter Keefe	SNH	22/7	Kingston
1.48	Ricardo James	BAR	27/5	Cambridge
1.42	Jake Alderson	CHIL	23/6	Hemel H
1.35	Lewis Brooks	HPX	8/7	LV
1.30	Daniel Hopper	D&T	12/5	Watford
1.30	Munya Pasinawaco	StA	16/6	Hemel H
1.27	Mathew Spicer	SNH	23/6	Hemel H
1.25	Dawood Al Abaidy	StA	10/6	Braintree
1.25	Lee Brown	SNH	27/5	Luton
1.24	Michael Stocker	SNH	23/6	Hemel H
1.21	Oscar Durrant	D&T	23/6	Hemel H
1.20	Cameron Hoskins	HPX	27/5	Grays
1.20	Jed Lumb	StA	27/5	Cambridge
1.20	James Staniforth	HPX	10/6	LV
1.15	Jed Cowler	HPX	6/5	Bedford
1.15	Chris Moore	D&T	12/5	Watford
1.15	Dylan Williams	St A	17/6	High Wycombe

1.15	Joshua Purcell	HPX	8/7	LV		
1.12	Chris Woodall	D&T	23/6	Hemel H		
1.10	Max Stafford	StA	3/6	Watford	6/5	Bedford
1.10	Ross Gladman	SNH	16/9	Stevenage		
1.06	Ben Hunt	D&T	23/6	Hemel H		
1.05	Elliott Breen	HPX	17/6	High Wycombe		
1.03	Gareth Woodall	D&T	23/6	Hemel H		
0.95	Max Castang	BAR	12/5	Watford		
0.91	Sam Jolly	D&T	23/6	Hemel H		

Pole Vault

1.80	Michael Stocker	SNH	21/6	Sandy		
1.60	Mathew Spicer	SNH	14/4	Hemel H		

Long Jump

4.57/1.9	Munya Pasinawaco	StA	22/7	Kingston		
4.54	Morgan Baidoo	HPX	10/6	LV		
4.49	Sam Walford	HPX	10/6	LV		
4.48	Remi Omotomiloh	SNH	16/9	Stevenage		
4.46	Peter Keefe	SNH	23/6	Hemel H		
4.23/0.5	Daniel Hopper	D&T	12/5	Watford		
4.21	George Groom	BAR	19/8	Ware		
4.19	Oscar Durrant	D&T	23/6	Hemel H		
4.18	Andrew Shaw	StA	27/5	Cambridge		
4.11	Jake Alderson	CHIL	23/6	Hemel H		
4.11	Ben Hunt	D&T	23/6	Hemel H		
4.09	Adam Mason	SNH	10/6	LV		
4.08	Michael Stocker	SNH	23/6	Hemel H		
4.06	Cameron George	WAT	19/8	Cambridge		
3.95	Lewis Brooks	HPX	8/7	LV		
3.93	Dawood Al Abaidy	StA	27/5	Cambridge		
3.85/0.8	Ross Gladman	SNH	12/5	Watford		
3.83	James Staniforth	HPX	19/8	Ware		
3.81/-0.5	Jed Cowler	HPX	12/5	Watford		
3.81	Joe Earl	SNH	10/6	LV		
3.73	William Smith	SNH	16/9	Stevenage		
3.68	Luke O'Connor	HPX	6/5	Bedford		
3.60	Elliott Harley	SNH	19/8	Cambridge		
3.58/0.2	Elliot Harley	SNH	12/5	Watford		
3.58	Mathew Spicer	SNH	23/6	Hemel H		
3.54	Ruari McElhatton	BAR	8/7	LV		
3.52	Cameron Clark	WAT	27/5	Grays		
3.52	Callum Woodage	WAT	3/6	Watford		
3.51	Sam Clarke	SNH	15/4	Stevenage		
3.51	Elliott Breen	HPX	6/5	Bedford		
3.51	Chris Woodall	D&T	23/6	Hemel H		
3.45	Matthew Lloyd-Jones	HPX	20/6	St Albans		
3.43	Jamie Griggs	HPX	19/8	Ware		
3.41	Rufus Kent	BAR	10/6	LV		
3.35	Sam Jolly	D&T	23/6	Hemel H		
3.34	Josh Dawodu	SNH	10/6	LV		
3.33	Daniel Jack	BAR	27/5	Hemel H		
3.31	Ben Grant	HPX	29/4	St Albans		
3.29	Harry Jones	HPX	27/5	Grays		
3.29	Dan Tarry	HPX	19/8	Ware		
3.28	Oliver Griffiths	WAT	3/6	Watford		
3.26	Dominick Crossfield	BAR	27/5	Hemel H		
3.24/0.4	Chris Moore	D&T	12/5	Watford		
3.20	Louis Charlish-Jackson	HPX	19/8	Ware		
3.16	David Ali	WAT	3/6	Watford		
3.05	Nathan Blackmore	HPX	20/5	St Albans		
3.01	Gareth Woodall	D&T	23/6	Hemel H		
2.99	Peter Noren	StA	6/5	Bedford		
2.96	Stephen Bates	HPX	10/6	LV		
2.96	Dylan Williams	St A	17/6	High Wycombe		
2.84/-0.5	Alfie Castang	BAR	12/5	Watford		
2.77	Byron Johal	WAT	8/7	Chelmsford		
2.68	Daniel Verbena	WAT	29/4	Watford		

Shot 3.25

10.62	Peter Keefe	SNH	22/7	Kingston		
9.62	Luca Denton		22/7	Kingston		
8.92	Ricardo James	BAR	19/8	Sandy		
7.77	Michael Stocker	SNH	16/8	Sandy		

6.81	Ethan Molloy	D&T	12/5	Watford
6.58	Jed Cowler	HPX	27/5	Grays
6.35	Billy Parsons	StA	8/7	Stevenage
6.20	Dan Tarry	HPX	19/8	Ware
5.79	Jake Alderson	CHIL	23/6	Hemel H
5.73	Mathew Spicer	SNH	23/6	Hemel H
5.44	Sean Gardner	HPX	8/7	LV
5.39	Sam Jolly	D&T	23/6	Hemel H
5.17	Ryan Wilkinson	WAT	19/8	Cambridge
5.07	Jed Lumb	StA	29/4	St Albans
4.80	Ben Hunt	D&T	23/6	Hemel H
4.75	Reece Gibbs	HPX	20/6	St Albans
4.70	Oscar Durrant	D&T	23/6	Hemel H
4.66	Andrew Shaw	StA	6/5	Bedford
4.64	Cameron Hoskins	HPX	20/6	St Albans
4.57	Elliott Harley	SNH	19/8	Cambridge
4.42	Chris Woodall	D&T	23/6	Hemel H
4.40	Ross Gladman	SNH	19/8	Cambridge
4.35	Benjamin Mitchell	StA	17/6	High Wycombe
4.29	Gareth Woodall	D&T	23/6	Hemel H
4.19	Josh Dawodu	SNH	10/6	LV
4.16	Elliott Breen	HPX	17/6	High Wycombe
3.96	Ben Buky	SNH	27/5	Luton
3.92	Max Stafford	StA	3/6	Watford
3.27	Sam Dyke	HPX	20/6	St Albans

Shot 4k

5.75	Jed Cowler	HPX	19/8	Ware
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Discus 1k

20.62	Josh Johnson		22/7	Kingston
18.79	Will Sammons		22/7	Kingston
17.55	Billy Parsons	StA	8/7	Stevenage
17.46	Mathew Spicer	SNH	19/8	Cambridge
16.11	Ryan Wilkinson	WAT	19/8	Cambridge
15.74	Jed Cowler	HPX	27/5	Grays
15.52	Luke Verney	D&T	12/5	Watford
13.69	Jed Lumb	StA	27/5	Cambridge
13.16	Adam Mason	SNH	10/6	LV
12.64	Benjamin Mitchell	StA	27/5	Cambridge
11.99	Gareth Woodall	D&T	12/5	Watford
11.39	Dawood Al Abaidy	StA	29/4	St Albans
9.24	Elliott Breen	HPX	29/4	St Albans
9.10	Dylan Williams	St A	8/7	Stevenage

Discus 1.25k

13.30	Jed Cowler	HPX	19/8	Ware
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Javelin 400g

26.62	Michael Stocker	SNH	16/8	Sandy
25.16	Aidan Bristow		22/7	Kingston
24.58	Jed Cowler	HPX	30/9	Cambridge
19.57	Chris Woodall	D&T	12/5	Watford
18.63	Gareth Woodall	D&T	12/5	Watford
15.56	Mathew Spicer	SNH	20/6	St Albans
15.52	Sam Clarke	SNH	15/4	Stevenage
13.05	Jed Lumb	StA	20/6	St Albans
12.02	Josh Purcell	HPX	20/6	St Albans

Javelin 600g

20.74	Rufus Kent	BAR	24/9	Hemel H
20.54	Jed Cowler	HPX	19/8	Ware
10.85	Alex Spilling	StA	20/6	St Albans

Pentathlon

1454	Jake Alderson	CHIL	23/6	Hemel H
1448	Peter Keefe	SNH	23/6	Hemel H
1023	Michael Stocker	SNH	23/6	Hemel H
1013	Oscar Durrant	D&T	23/6	Hemel H
970	Ben Hunt	D&T	23/6	Hemel H
934	Mathew Spicer	SNH	23/6	Hemel H
769	Chris Woodall	D&T	23/6	Hemel H
598	Sam Jolly	D&T	23/6	Hemel H
411	Gareth Woodall	D&T	23/6	Hemel H

Minithon

47	Jed Cowler	HPX	30/9	Cambridge
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4x100

53.40	Hertfordshire	22/7	Kingston
57.17	Herts Phoenix	12/5	Watford
58.4	St Albans	17/6	High Wycombe
59.95	Stevenage & NH	12/5	Watford
60.82	Barnet & District	12/5	Watford
64.5	Watford Harriers	27/5	Grays