

2012 HERTS COUNTY TRACK AND FIELD RANKING LISTS

Under 20 Men

100m

10.86/2.4	Connor Archer	StA	12/9	LV
11.00/0.9	Connor Archer	StA	27/6	Watford
11.1	Peter De'Ath	SNH	29/4	Stevenage
11.2	Luke Yaxley	StA	1/9	St Albans
11.3	Liam Thompson	BAR	9/5	Carshalton
11.38/0.7	Lewis Keeble	SNH	12/5	Watford
11.4	Jake Awe	StA	21/4	Watford
11.4	Cameron Glass	HPX	30/6	Watford
11.49/-1.7	Tomi Njoku	HPX	22/7	Bromley
11.5	Simon Wake	HPX	6/4	WGC
11.6	Cameron McKie	StA	14/7	Cambridge
11.7	Daniel Gardner	SNH	29/4	Stevenage
11.75/0.7	Billy Vernon-Hamilton	SNH	12/5	Watford
11.75/-1.1	Brendon Kawondera	HPX	12/8	Copthall
11.8	Josh Evans	D&T	22/3	Hemel H
11.9	Liam Sandford	D&T	19/5	Hemel H
12.03	Jack Noone	WAT	4/4	Watford
12.12	John Rendell	D&T	3/5	Olympic Park
12.37	Jason Tang	WSEH	22/8	Watford
12.4	Ashley Kavanagh-King	StA	1/9	St Albans
12.5	Conor MacDonald	BAR	1/9	Perivale
13.0	Laurence Levy	SNH	15/4	Stevenage

200m

22.00/1.1	Michael Edwards	E&H	24/6	LV
22.4	Liam Thompson	BAR	9/6	Carshalton
22.47/0.0	Connor Archer	StA	13/6	Watford
22.6	Luke Yaxley	StA	1/9	St Albans
22.71/3.6	Andrew Walshe	HPX	15/8	LV
22.98	Andrew Walshe	HPX	29/4	Eton
23.1	Lewis Keeble	SNH	19/5	Stevenage
23.1	Peter De'Ath	SNH	9/6	WGC
23.28	Cameron Glass	HPX	13/5	Watford
23.5	John Rendell	D&T	9/6	Carshalton
23.59i	Jordan Thomas	StA	2/1	LV
23.7	Carl Palin	StA	29/4	Stevenage
23.75/-1.9	Brendon Kawondera	HPX	12/8	Copthall
23.90/1.1	Richard Sackey	HPX	24/6	LV
23.9	Josh Evans	D&T	22/3	Hemel H
23.94/-1.8	Tomi Njoku	HPX	22/7	Bromley
25.35	Jason Tang	WSEH	25/7	Watford
25.4	Paul Spicer	SNH	15/4	Stevenage
25.4	Ashley Kavanagh-King	StA	23/6	Hemel H
25.47/-3.2	David Perry	StA	4/4	Watford
25.5	Michael Wadlow	D&T	23/6	Hemel H
25.59	Tim Buckle	SBH	2/5	Watford

400m

49.03	Andrew Walshe	HPX	9/7	Watford
49.7	Liam Thompson	BAR	12/8	Stevenage
49.80	Lewis Keeble	SNH	5/5	Olympic Park
50.00	Michael Edwards	E&H	12/5	Watford
50.5	Peter De'Ath	SNH	9/6	WGC
50.64	Carl Palin	StA	12/5	Watford
51.14	James McMurray	StA	12/5	Watford
51.2	Simon Wake	HPX	14/7	Walton
51.50i	John Rendell	D&T	15/1	LV
51.79	Richard Sackey	HPX	12/8	Copthall
53.1	Cameron Glass	HPX	30/6	Watford
53.36	John Rendell	D&T	12/5	Watford
54.0	Alex Cloona	HPX	14/7	Walton
54.0	Christian Gaddes	StA	1/9	St Albans
54.1	Chris Hilton	StA	14/7	Cambridge
55.84i	Ashley Kavanagh-King	StA	8/1	LV
55.86	Billy Vernon-Hamilton	SNH	27/5	Bedford
56.6	James McCormick	BAR	9/6	Carshalton
58.7	Kashif Jones	SNH	14/7	Luton
59.30	Jason Tang	WSEH	9/9	Derby
60.1	Patrick Allen	HPX	6/4	WGC

60.3	Oliver Poulain	StA	14/7	Cambridge
61.9	Ashley Kavanagh-King	StA	9/6	St Ives
62.3	Laurence Levy	SNH	30/6	Watford
67.3	Michael Wadlow	D&T	9/6	Carshalton

800m

1:52.03	James McMurray	StA	21/7	Solihull
1:55.15	Khalid Al Abaidy	WSEH	13/6	Watford
1:55.26	Andrew Walshe	HPX	22/7	Bromley
1:59.59	Oliver Glyn	D&T	12/5	Watford
2:00.3	Carl Palin	StA	21/4	Watford
2:00.66	Alex Cloona	HPX	11/7	Watford
2:04.2	Chris Hilton	SNH	22/7	Norwich
2:08.8	Tom Sloan	SNH	14/7	Luton
2:12.0	Peter De'Ath	SNH	15/4	Stevenage
2:13.58	Warren Herridge	SNH	5/5	Olympic Park
2:15.1	Patrick Allen	HPX	6/4	WGC
2:16.6	Daniel Garnder	SNH	15/4	Stevenage
2:19.3	Ashley Kavanagh-King	StA	21/4	Watford
2:19.8	Ben Boxer	BAR	9/6	Carshalton
2:25.0	Paul Spicer	SNH	15/4	Stevenage
2:26.9	Oliver Poulain	StA	14/7	Cambridge
2:49.0	John Rendell	D&T	19/5	Hemel H

1500m

3:47.66	James McMurray	StA	11/7	Watford
3:53.14	Khalid Al Abaidy	WSEH	9/6	Watford
4:00.57	Rory Mudd	SBH	7/7	Gateshead
4:10.8	Alex Cloona	HPX	14/7	Walton
4:13.8	Chris Hilton	SNH	9/6	WGC
4:32.2	Ben Boxer	BAR	1/9	Perivale
4:36.6	Tom Sloan	SNH	19/5	Stevenage
4:45.9	Greg Evans	SNH	14/7	Luton
4:48.0	Christian Schramm	D&T	19/5	Hemel H
4:57.3	Max Wright	D&T	23/9	Hemel H
4:57.5	Cameron Glass	HPX	30/6	Watford
5:06.1	Michael Wadlow	D&T	23/6	Hemel H
5:11.53	Billy Vernon-Hamilton	SNH	27/5	Bedford
5:19.2	Oliver Poulain	StA	9/6	St Ives
5:37.4	Laurence Levy	SNH	30/6	Watford

1 Mile

4:09.77	James McMurray	StA	28/7	Oxford
---------	----------------	-----	------	--------

3000m

9:03.6	Khalid Al Abaidy	WSEH	29/4	Eton
9:11.6	Chris Hilton	SNH	14/7	Luton
11:11.0	Warren Herridge	SNH	24/6	Sandy

5000m

17:18.6	Alex Cloona	HPX	1/9	Norwich
21:18.5	Michael Wadlow	D&T	21/4	Hemel H
24:48.8	Greg Bennett	D&T	1/9	Hemel H

110m Hurdles (99)

15.3	Daniel Gardner	SNH	2/5	Stevenage
16.3	Cameron Glass	HPX	1/7	Watford
17.06/2.0	Billy Vernon-Hamilton	SNH	13/5	Watford
17.14/-4.0	Cameron McKie	StA	26/5	Abingdon
18.29	Jason Tang	WSEH	12/8	Copthall
19.0	Paul Spicer	SNH	2/5	Stevenage
20.7	Laurence Levy	SNH	30/6	Watford

110m Hurdles (106)

16.3	Cameron McKie	StA	14/7	Cambridge
18.0	Billy Vernon-Hamilton	SNH	19/5	Stevenage
20.0	Jason Tang	WSEH	28/7	Grays
20.7	Liam Sandford	D&T	19/5	Hemel H
21.2	Paul Spicer	SNH	9/6	WGC
21.7	Greg Bennett	D&T	21/4	Hemel H
23.6	Laurence Levy	SNH	14/7	Luton

400m Hurdles

58.3	John Rendell	D&T	19/5	Hemel H
59.26	Luke Yaxley	StA	13/5	Watford
59.86	Cameron McKie	StA	13/5	Watford
60.3	Simon Wake	HPX	9/6	WGC
61.7	Billy Vernon-Hamilton	SNH	9/6	WGC
62.8	Greg Bennett	D&T	21/4	Hemel H
64.28	Jason Tang	WSEH	24/6	LV
68.5	Paul Spicer	SNH	21/4	Ashford
73.8	Laurence Levy	SNH	12/8	Stevenage

2000m Steeplechase

* = irregular

6:32.31	Khalid Al Abaidy	WSEH	12/8	Copthall
7:04.3*	Greg Bennett	D&T	21/4	Hemel H
7:33.8	Ben Boxer	BAR	9/6	Carshalton
8:04.4	Paul Spicer	SNH	24/6	Sandy
8:15.7	Tom Sloan	SNH	24/6	Sandy
9:16.1	Luke Yaxley	StA	22/7	Norwich
9:43.82	Jason Tang	WSEH	22/7	Bromley
11:33.5	Greg Bennett	D&T	1/9	Hemel H

3000m Steeplechase

12:11.3	Simon Wake	HPX	14/7	Walton
---------	------------	-----	------	--------

High Jump

1.97	Tim Buckle	SBH	15/9	Ljubljana
1.90	Kashif Jones	SNH	2/6	Cambridge
1.85	Laurence Levy	SNH	21/4	Ashford
1.85	Sam Evans	D&T	19/5	Hemel H
1.85	David Perry	StA	25/7	Watford
1.80	Paul Spicer	SNH	27/8	Peterborough
1.80	Daniel Gardner	SNH	1/9	Milton Keynes
1.78	Adam Sarginson	D&T	19/5	Hemel H
1.66	Cameron Glass	HPX	15/9	Bedford
1.65	Max Wright	D&T	23/9	Hemel H
1.59	Billy Vernon-Hamilton	SNH	26/5	Bedford
1.55	Carl Pailin	StA	21/4	Watford
1.50	Liam Thompson	BAR	28/4	Battersea Park
1.45	James McCormick	BAR	1/9	Perivale

Pole Vault

5.10	Daniel Gardner	SNH	28/7	Copthall
2.80	Darius Price	D&T	23/9	Hemel H
2.60	Billy Vernon-Hamilton	SNH	27/5	Bedford
2.60	Cameron Glass	HPX	1/7	Watford
2.60	Oliver Poulain	StA	14/7	Cambridge
2.50	Laurence Levy	SNH	21/6	Sandy
2.30	Ashley Kavanagh-King	StA	19/5	Newham

Long Jump

6.76	Daniel Gardner	SNH	1/9	Milton Keynes
6.59	Jake Awe	StA	21/4	Watford
6.32	Cameron Glass	HPX	30/6	Watford
6.30	Billy Vernon-Hamilton	SNH	19/5	Stevenage
6.26	Josh Evans	D&T	14/7	West London
6.25	Bradley Pike	D&T	21/4	Hemel H
6:04i	Kieran Moss	StA	4/3	LV
6.02i	Jordan Aikman	D&T	4/3	LV
6.01	Lemarr Jean-Jacques	BED	26/5	Abingdon
5.99	Jack Noone	WAT	21/4	Watford
5.58/2.2	Simon Wake	HPX	24/6	LV
5.36	Ian Millers	StA	2/5	Watford
5.30	Laurence Levy	SNH	24/6	Sandy
5.52	Simon Wake	HPX	22/7	Bromley
5.22	Alex Cloona	HPX	22/7	Bromley
5.23	Conor MacDonald	BAR	1/9	Perivale
5.14	Luke Yaxley	StA	24/6	Sandy
5.14	James McCormick	BAR	1/9	Perivale
5.13i	Tim Buckle	SBH	8/1	Eton
5.02	Peter De'Ath	SNH	15/4	Stevenage
4.96	Michael Wadlow	D&T	23/6	Hemel H
4.92	Jack Gates	SNH	12/8	Stevenage
4.18	Ashley Kavanagh-King	StA	6/4	WGC

Triple Jump

13.45	Lemarr Jean-Jacques	BED	13/5	Watford
13.41i	Bradley Pike	D&T	25/2	NIA
13.29	Daniel Gardner	SNH	14/7	Luton
13.22	Jack Noone	WAT	21/4	Watford
12.75	Tim Buckle	SBH	29/4	Stevenage
11.59	Kashif Jones	SNH	24/6	Sandy
11.28	Liam Sandford	D&T	19/5	Hemel H
11.16	Jack Gates	SNH	12/8	Stevenage
11.16	Josh Evans	D&T	1/9	Hemel H
11.03	Sam Evans	D&T	9/6	Carshalton
10.66	James McCormick	BAR	28/4	Battersea Park
10.60	Simon Wake	HPX	14/7	Walton
8.78	Ashley Kavanagh-King	StA	9/6	St Ives

Shot 4k

8.66	Michael Pope/F40	StA	12/5	Watford
------	------------------	-----	------	---------

Shot 6k

10.96	Simon Wake	HPX	12/8	Copthall
10.77	Chris Line	D&T	24/6	Sandy
10.68	Billy Vernon-Hamilton	SNH	26/5	Bedford
10.35	Michael Wadlow	D&T	13/5	Watford
9.91	Laurence Levy	SNH	22/7	Norwich
9.75	Christian Sloan	HPX	6/4	WGC
9.08	Ashley Kavanagh-King	StA	12/4	Stevenage
8.66	Jack Gates	SNH	24/6	Sandy
8.48	Daniel Gardner	SNH	15/4	Stevenage
7.45	Peter De'Ath	SNH	15/4	Stevenage
7.38	Cameron Glass	HPX	15/9	Bedford
5.74	Paul Spicer	SNH	29/4	Stevenage

Shot 7.26k

9.77	Simon Wake	HPX	21/4	LV
9.18	Michael Wadlow	D&T	9/6	Carshalton
9.07	Billy Vernon-Hamilton	SNH	9/7	WGC
9.03	Chris Line	D&T	9/6	Carshalton
7.96	James Grove	HPX	14/7	Walton
7.89	Rhys Thompson	BAR	1/9	Perivale
7.81	Laurence Levy	SNH	9/7	WGC
6.12	James McCormick	BAR	9/6	Carshalton

Discus 1k

25.66	Michael Pope/F40	StA	1/4	Crystal Palace
-------	------------------	-----	-----	----------------

Discus 1.75k

43.13	Chris Line	D&T	8/7	Crystal Palace
35.27	Christian Sloan	HPX	6/4	WGC
34.22	Neil Addison	SNH	29/4	Stevenage
32.32	Michael Wadlow	D&T	13/5	Watford
29.07	Simon Wake	HPX	29/4	Eton
23.95	Billy Vernon-Hamilton	SNH	26/5	Bedford
23.51	Laurence Levy	SNH	22/7	Norwich
24.05	Ashley Kavanagh-King	StA	12/8	Stevenage
21.63	Cameron Glass	HPX	1/7	Watford
14.50	Paul Spicer	SNH	15/4	Stevenage

Discus 2k

39.78	Chris Line	D&T	9/6	Carshalton
30.64	Michael Wadlow	D&T	19/5	Hemel H
27.85	James Grove	HPX	14/7	Walton
23.71	Michael Pope/F40	StA	9/6	St Ives
21.52	Laurence Levy	SNH	19/5	Stevenage
19.48	Ashley Kavanagh-King	StA	1/9	St Albans
16.97	Conor MacDonald	BAR	1/9	Perivale

Hammer (6k)

48.72	Richard Humphries	HPX	12/8	Copthall
44.80	Laurence Levy	SNH	24/6	Sandy
24.35	Michael Wadlow	D&T	23/9	Hemel H
20.12	Simon Wake	HPX	29/4	Eton
18.38	James McCormick	BAR	1/9	Perivale

Hammer (7.26k)

38.58	Laurence Levy	SNH	14/7	Luton
-------	---------------	-----	------	-------

Javelin (600g)

17.95	Michael Pope/F40	StA	5/5	Wolverhampton
-------	------------------	-----	-----	---------------

Javelin (800g)

51.08	Jorge Davies	D&T	26/8	Bedford
45.09	Simon Wake	HPX	21/4	LV
41.80	Billy Vernon-Hamilton	SNH	27/5	Bedford
38.44	James McCormick	BAR	1/9	Perivale
37.27	Neil Addison	SNH	29/4	Stevenage
31.51	Jack Gates	SNH	21/8	Stevenage
30.38	Cameron Glass	HPX	16/9	Bedford
29.32	Chris Line	D&T	24/6	Sandy
29.25	Michael Wadlow	D&T	¼	Crystal Palace
29.00	Laurence Levy	SNH	21/4	Ashford
28.45	Conor MacDonald	BAR	1/9	Perivale
26.65	Ashley Kavanagh-King	StA	14/7	Cambridge
23.85	Andrew Walshe	HPX	29/4	Eton
21.95	Rhys Thompson	BAR	1/9	Perivale
8.87	Lewis Keeble	SNH	19/5	Stevenage

Pentathlon

1936	Michael Wadlow	D&T	23/6	Hemel H
1284	Ashley Kavanagh-King	StA	23/6	Hemel H

Decathlon

4980	Billy Vernon-Hamilton	SNH	27/5	Bedford
4886	Cameron Glass	HPX	1/7	Watford
3676	Laurence Levy	SNH	1/7	Watford