

## HERTFORDSHIRE COUNTY AAA 2013 T&F RANKINGS

### SENIOR MEN

#### 100m

11.05/3.5	Cameron Webb	SNH	14/8	LV
11.06/1.9	Cameron Webb	SNH	20/7	LV
11.27/-0.1	Connor Archer	StA	26/6	Watford
11.3	Lewis Clarke	D&T	17/4	Watford
11.35	Lewis Clarke	D&T	29/5	Watford
11.39	Lewis Keeble	SNH	10/8	Abingdon
11.45	Jon Rendell	D&T	26/6	Watford
11.5	Brendon Kawondera	HPX	18/5	Ware
11.70	Karl Ewen	D&T	26/6	Watford
11.8	Joe Gaynor	HPX	16/6	Grays
11.8	Elior Harris	SNH	13/7	Braintree
11.8/2.3	Pat Barrett	HPX	1/6	Bedford
11.84/3.2	Steve Edwards	HPX	29/6	Hendon
11.9	Liam Sandford	D&T	04/5	Bedford
11.9	Jack Rossini	D&T	15/6	Ipswich
12.00/1.1	Pat Barrett	HPX	20/7	Hendon
12.14	Joe Gaynor	HPX	20/7	Abingdon
12.17/-1.1	Steve Edwards	HPX	17/7	LV
12.31	Oliver Smith	WAT	18/9	Watford
12.35/3.5	Dave Stephens	HPX	14/8	LV
12.6	Dave Stephens	HPX	10/7	Sandy
12.62/0.6	Chris Singer	HPX	26/6	Watford
12.7	Matthew Williams	D&T	15/9	Hemel H
12.8	Daniel Tarrant	WAT	4/5	Guildford
13.17	Matthew Hirst	D&T	in July	Durban, RSA
15.1	Lee Grint	SNH	18/5	Ware
16.11/3.5	Anthony Bryan T37	HPX	14/8	LV
17.0	Ryan Smith	WAT	9/8	Bury St Edmunds

#### 200m

21.33/1.2	Antonio Infantino	E&H	21/7	Abingdon
22.21/1.4	Matt Hamilton	E&H	25/5	Watford
22.44/-0.1	Cameron Webb	SNH	23/6	Watford
22.86/1.4	Zak Saucedo	E&H	25/5	Watford
23.17/1.6	Lewis Keeble	SNH	14/8	LV
23.4	Joe Gaynor	HPX	16/6	Grays
23.63	Pat Barrett	HPX	29/9	Peterborough
23.7	Brendon Kawondera	HPX	20/4	Harrow
24.30/2.5	Steve Edwards	HPX	10/8	Milton Keynes
24.58	Oliver Smith	WAT	4/9	Watford
25.7	Dave Stephens	HPX	10/7	Sandy
25.91	Alex Cloona	HPX	20/7	Abingdon
22.9	Jon Rendell	D&T	15/6	Ipswich
23.85/1.4	Jack Rossini	D&T	25/5	Watford
25.8	Paul Spicer	SNH	15/9	Stevenage
26.1	Michael Wadlow	D&T	15/9	Hemel H
26.13i	Liam Sandford	D&T	13/1	Cardiff
28.6	Daniel Tarrant	WAT	4/5	Guildford
30.0	Ryan Smith	WAT	9/8	Bury St Edmunds

30.1	Liam Herbert	FVS	15/9	Stevenage
31.5	Zac McDonough	WAT	20/7	Watford
34.8	Stuart Buckingham	WAT	20/7	Watford

#### 400m

48.53	Michael J Edwards	E&H	21/7	Abingdon
49.08	Matt Hamilton	E&H	21/7	Abingdon
49.90	Nick Choudhury	LUT	25/5	Watford
50.4	Joe Gaynor	HPX	16/6	Grays
50.45	Jon Rendell	D&T	25/5	Watford
50.85	Lewis Keeble	SNH	10/8	Abingdon
51.33	Pat Barrett	HPX	1/6	Bedford
51.55	Zak Saucedo	E&H	25/5	Watford
52.27	Jack Rossini	D&T	25/5	Watford
52.7	Karl Ewen	D&T	13/7	Hemel H
53.6	Sam Poulton	SNH	15/6	Walton
54.94	Alex Cloona	HPX	10/8	Milton Keynes
55.47	Daniel Abrey	SBH	25/5	Watford
59.02	Daniel Tarrant	WAT	24/7	Cosford
60.2	Liam Sandford	D&T	15/6	Ipswich
61.2	Dave Stephens	HPX	10/7	Sandy
65.2	Ryan Smith	WAT	18/5	Braintree

#### 800m

1:56.91	Josh Moss	WSEH	21/7	Abingdon
2:01.91	Louis Walshe	HPX	20/7	Abingdon
2:02.3	Daniel Poulton	SNH	15/6	Walton
2:02.3	Sam Poulton	SNH	13/7	Braintree
2:04.3	Alex Cloona	HPX	10/8	Milton Keynes
2:06.5	Matthew Salt	D&T	10/8	Hemel H
2:06.52	Thomas Sloan	SNH	23/6	Watford
2:07.3	Jack Parslow	D&T	15/6	Ipswich
2:11.0	Pat Barrett	HPX	10/8	Milton Keynes
2:16.0	Thomas Chew	D&T	15/6	Ipswich
2:20.4	Stuart Buckingham	WAT	20/7	Watford
2:22.7	Jack Rossini	D&T	15/9	Hemel H
2:23.8	Duncan Martin	WAT	9/8	Bury St Edmunds
2:24.3	Paul Spicer	SNH	15/9	Stevenage
2:29.20	Ryan Smith	WAT	15/6	Oxford
2:38.7	Daniel Tarrant	WAT	4/5	Guildford

#### 1500m

4:08.21	Daniel Poulton	SNH	6/5	Stevenage
4:12.6	Louis Walshe	HPX	16/6	Grays
4:13.28	Peter Townsend	HPX	10/8	Milton Keynes
4:16.9	Alex Cloona	HPX	16/6	Grays
4:19.2	Jack Parslow	D&T	15/6	Ipswich
4:27.05	Pat Barrett	HPX	21/7	Hendon
4:31.0	Richard Bate	SNH	18/5	Ware
4:31.27	Simon Jackson	FVS	6/5	Stevenage
4:31.93	Thomas Sloan	SNH	6/5	Stevenage
4:42.25	Aaron Reynolds	SNH	6/5	Stevenage
4:46.48	Liam Herbert	FVS	6/5	Stevenage
4:46.7	Thomas Chew	D&T	20/4	Hemel H

4:48.7	Duncan Martin	WAT	9/8	Bury St Edmunds
4:56.35	Daniel Tarrant	WAT	25/7	Cosford
5:12.2	Michael Wadlow	D&T	10/8	Hemel H
5:16.6	Stuart Buckingham	WAT	18/5	Braintree

### 3000m

8:27.60	Neil Burton	Tip	8/6	Lausanne (SUI)
8:56.6	Jack Parslow	D&T	13/7	Hemel H
9:12.5	Florent Malherbe	SNH	18/5	Ware
9:20.06	Richard Bate	SNH	4/9	Watford
9:22.19	Peter Townsend	HPX	6/4	Luton
9:38.80	Louis Walshe	HPX	20/7	Abingdon
9:56.9	Thomas Chew	D&T	11/5	Hemel H
9:57.5	Duncan Martin	WAT	20/7	Watford
10:40.8	Jamie Marlow	D&T	18/5	St Albans
11:11.9	Zac McDonough	WAT	20/7	Watford
11:47.08	Dave Stephens	HPX	20/7	Abingdon

### 5000m

14:29.38	Neil Burton	Tip	30/6	Watford
15:23.4	Matthew Salt	D&T	20/4	Hemel H
15:49.8	Jack Parslow	D&T	20/4	Hemel H
16:05.3	Florent Malherbe	SNH	15/6	Walton
16:13.4	Richard Bate	SNH	15/6	Walton
16:26.3	Peter Townsend	HPX	16/6	Grays
17:22.45	Duncan Martin	WAT	15/6	Oxford
17:53.7	Jamie Marlow	D&T	12/9	Hemel H
18:46.8	Zac McDonough	WAT	27/4	Watford
22:14.0	Lee Bryant	D&T	12/9	Hemel H
25:07.8	Alex Dean	D&T	12/9	Hemel H

### 10000m

29:38.21	Neil Burton	Tip	12/7	Birmingham
33:36.8	Richard Bate	SNH	11/7	Sandy
36:17.9	Andrew Patterson	FVS	11/7	Sandy
37:15.4	Liam Herbert	FVS	11/7	Sandy

### 110m Hurdles

15.23/2.0	Pat Barrett	HPX	10/8	Milton Keynes
16.8/4.8	Connor Winters	SNH	20/4	Stevenage
16.84/2.3	Alec Wing	VPTH	21/7	Abingdon
18.1	Elior Harris	SNH	18/5	Ware
19.95/-3.0	Connor Winters	SNH	25/5	Watford
20.3	Paul Spicer	SNH	13/7	Braintree
20.8	Daniel Tarrant	WAT	4/5	Guildford
26.1	Ryan Smith	WAT	9/8	Bury St Edmunds

### 400m Hurdles

54.11	Alec Wing	VPTH	21/7	Abingdon
54.53	Pat Barrett	HPX	25/5	Watford
59.0	Matt Hamilton	E&H	7/9	Sandy
60.0	Joe Gaynor	HPX	16/6	Grays
63.7	Jack Rossini	D&T	10-Aug	Hemel H
68.1	Daniel Tarrant	WAT	4/5	Guildford

69.3	Lee Grint	SNH	15/6	Walton
69.4	Aaron Reynolds	SNH	13/7	Braintree
71.2	Michael Wadlow	D&T	10-Aug	Hemel H
80.6	Ryan Smith	WAT	9/8	Bury St Edmunds
93.7	Shaun Wall	D&T	13-Jul	Hemel H

### 2000m Steeplechase

6:54.3	Matthew Salt	D&T	10/8	Hemel H
7:01.3	Peter Townsend	HPX	21/4	Harrow
7:13.0	Jack Parslow	D&T	15/6	Ipswich
7:13.2	Thomas Chew	D&T	15/6	Ipswich
7:40.6	Duncan Martin	WAT	9/8	Bury St Edmunds
8:27.73	Dave Stephens	HPX	10/8	Milton Keynes

### 3000m Steeplechase

9:49.27	Peter Townsend	HPX	6/5	Bedford
10:13.8	Matthew Salt	D&T	07/9	Sandy
10:15.9	Andrew Cracknell	D&T	13/7	Hemel H
11:36.0	Thomas Chew	D&T	18/5	St Albans
13:17.5	Zac McDonough	WAT	20/7	Watford

### High Jump

1.90	Elior Harris	SNH	25/5	Watford
1.87	Pat Barrett	HPX	1/6	Bedford
1.80	Paul Spicer	SNH	26/8	Peterborough
1.75	Martin Herrington	HPX	21/4	Harrow
1.75	Daniel Tarrant	WAT	3/7	Cosford
1.70	Lewis Clark	WSEH	21/7	Abingdon
1.60	Ryan Smith	WAT	18/5	Braintree
1.50	Jack Rossini	D&T	18/5	St Albans
1.45	Matthew Hirst	D&T	in July	Durban, RSA
1.30	Michael Wadlow	D&T	15/9	Hemel H
1.25	Dave Stephens	HPX	20/7	Abingdon
1.20	Liam Herbert	FVS	15/9	Stevenage

### Pole Vault

4.10	Connor Winters	SNH	25/5	Watford
3.91	Pat Barrett	HPX	18/5	Ware
3.70	Matthias Winter	SNH	13/7	Braintree
3.40	Matt Williams	D&T	18/5	St Albans
3.40	Daniel Tarrant	WAT	15/7	Eton
3.30	Ryan Smith	WAT	7/8	Watford
2.80	Martin Herrington	HPX	21/4	Harrow
2.00	Dave Stephens	HPX	10/8	Milton Keynes

### Long Jump

6.54	Courtney Hart	D&T	20/4	Hemel H
6.35/2.4	Pat Barrett	HPX	21/9	Erith
6.33	Connor Winters	SNH	20/4	Stevenage
6.25/1.1	Pat Barrett	HPX	20/7	Hendon
5.92	Ian Tobin	HPX	20/7	Abingdon
5.83	Elior Harris	SNH	18/5	Ware
5.36	Lewis Clark	WSEH	21/7	Abingdon
5.29	Steve Edwards	HPX	10/8	Milton Keynes

5.27	Martin Herrington	HPX	20/4	Harrow
5.27	Liam Sandford	D&T	25/5	Cheltenham
5.23	Daniel Tarrant	WAT	18/5	Yeovil
4.92	Rupert Grint	SNH	18/5	Ware
4.84	Alex Cloona	HPX	16/6	Grays
4.69	Michael Wadlow	D&T	11/5	Hemel H
4.62	Aaron Reynolds	SNH	13/7	Braintree
4.42	Stuart Buckingham	WAT	20/7	Watford

### Triple Jump

12.70	Laurie Pirie	NVH	21/7	Abingdon
12.62	Connor Winters	SNH	20/4	Stevenage
11.96	Sam Poulton	SNH	15/6	Walton
11.94	Liam Sandford	D&T	25/5	Cheltenham
11.43	Ian Tobin	HPX	20/7	Abingdon
11.24	Pat Barrett	HPX	18/5	Ware
10.51	Paul Spicer	SNH	13/7	Braintree
10.39	Laurence Levy	SNH	13/7	Braintree
10.35/3.5	Dave Stephens	HPX	10/8	Milton Keynes
10.20	Daniel Tarrant	WAT	13/7	Bournemouth
8.92	Stuart Buckingham	WAT	18/5	Braintree
8.54	Ryan Smith	WAT	9/8	Bury St Edmunds
6.65	Zac McDonough	WAT	27/4	Watford

### Shot 7.26k

11.08	Pat Barrett	SM	HPX	20/7	Hendon
10.96	Shaun Wall	SM	D&T	15/6	Ipswich
10.27	Christopher Line	SM	D&T	15/9	Hemel H
9.92	Laurence Levy	SM	SNH	20/4	Stevenage
8.65	Michael Wadlow	SM	D&T	25/5	Watford
8.13	James Grove	SM	HPX	20/4	Harrow
8.03	Ryan Smith	SM	WAT	20/7	Watford
7.70	Lee Grint	SM	SNH	13/7	Braintree
7.53	Daniel Tarrant	SM	WAT	24/7	Cosford
7.45	Sam Poulton	SM	SNH	18/5	Ware
4.98	Liam Herbert	SM	FVS	15/9	Stevenage

### Discus 2k

40.00	Christopher Line	D&T	10/8	Hemel H
33.22	Pat Barrett	HPX	18/5	Ware
29.09	Michael Wadlow	D&T	10/8	Hemel H
28.80	James Grove	HPX	16/6	Grays
24.74	Shaun Wall	D&T	15/6	Ipswich
23.10	Martin Herrington	HPX	20/7	Abingdon
18.85	Daniel Tarrant	WAT	25/7	Cosford
16.63	Ryan Smith	WAT	20/7	Watford
16.35	Dave Stephens	HPX	20/7	Abingdon

### Hammer 7.26k

41.77	Laurence Levy	SNH	13/7	Braintree
30.26	Christopher Line	D&T	15/9	Hemel H
29.29	James Grove	HPX	16/6	Grays
25.59	Pat Barrett	HPX	20/4	Harrow
22.37	Ryan Smith	WAT	15/6	Oxford

21.22	Michael Wadlow	D&T	18/5	St Albans
20.11	Shaun Wall	D&T	13/7	Hemel H
15.48	Lee Grint	SNH	10/8	Abingdon

#### **Javelin 800g**

47.45	Daniel Tarrant	WAT	3/7	Cosford
44.33	Shaun Wall	D&T	13/7	Hemel H
44.19	Pat Barrett	HPX	2/6	Bedford
40.97	Luke Rattue	WAT	20/7	Watford
36.14	Matthew Williams	D&T	13/7	Hemel H
36.02	Mario Santos Costa	SNH	20/4	Stevenage
31.46	Lee Grint	SNH	13/7	Braintree
28.43	Ian Tobin	HPX	20/7	Abingdon
27.90	Paul Spicer	SNH	15/9	Stevenage
24.35	Michael Wadlow	D&T	11/5	Hemel H
22.64	Ryan Smith	WAT	15/6	Oxford
22.42	Stuart Buckingham	WAT	18/5	Braintree
20.16	Jack Rossini	D&T	15/9	Hemel H
17.45	Lewis Keeble	SNH	10/8	Abingdon

#### **Pentathlon**

2919	Pat Barrett	HPX	11/5	Hemel H
1387	Michael Wadlow	D&T	11/5	Hemel H

#### **Decathlon**

6320	Pat Barrett	HPX	2/6	Bedford
4081	Daniel Tarrant	WAT	25/7	Cosford

#### **4x100**

42.98	Herts County	21/9	Abingdon
45.4	Herts Phoenix	21/4	Harrow
46.35	Stevenage & NH	6/5	Stevenage
49.3	Watford Harriers	27/4	Watford

#### **4x400**

3:27.9	Herts County	7/9	Sandy
3:32.0	Herts Phoenix	21/4	Harrow
3:42.77	Stevenage & NH	6/5	Stevenage
4:08.4	Watford Harriers	20/7	Watford
4:16.78	Fairlands VS	6/5	Stevenage