

## HERTFORDSHIRE COUNTY AAA 2013 T&F RANKINGS

### U13 BOYS

#### 100m

12.87/0.3	Ayo Olukotun		28/7	Kingston
12.9	Ben Grant	HPX	22/6	Woodford
13.1	Colm Finnegan	StA	7/7	St Albans
13.1	Joe Earl	SNH	7/7	Stevenage
13.3	Oliver Hocking	SBH	17/6	LV
13.3	Daniel Aghanti	StA	8/9	Cambridge
13.5	Ben Harden	StA	19/5	Hemel H
13.6	Sammy Hardy	SNH	21/7	Braintree
13.7	Damilola Adegunle	SNH	7/7	Stevenage
13.8	Samad Ibrahim	D&T	8/9	Cambridge
13.9	Ben Lloyd	HPX	14/4	Bedford
13.9	Ross Adams		8/6	Hemel H
13.9	Luke O'Connor	HPX	21/7	Ware
14.0	B Hale	SNH	7/7	Stevenage
14.1	Jude Ireland	StA	7/7	St Albans
14.14/1.3	Louis Lomas	SNH	28/7	Kingston
14.2	Ben Thompson	HPX	19/5	Stevenage
14.2	Ethan Lavialle	SNH	19/5	Stevenage
14.2	Semba Bwalya	SNH	21/7	Braintree
14.3	Oscar Durrant	D&T	4/8	Cambridge
14.37/-1.8	Shak Benjamin	BAR	6/5	Stevenage
14.4	Finlay Collins	SNH	14/4	Watford
14.4	Ben Hunt	D&T	19/6	Stevenage
14.4	Oliver Wontner	WAT	4/8	Cambridge
14.4	Joshua Tambwe	D&T	15/9	Hemel H
14.5	Josh Hart	HPX	7/7	St Albans
14.5	Nathan Saunders	WAT	16/6	Watford
14.6	Sam Weatherall	HPX	19/5	Stevenage
14.6	Dominic Bannon	HPX	19/5	Stevenage
14.6	Thomas Minns	WAT	16/6	Watford
14.7	Sam Hargrove	WAT	16/6	Watford
14.7/1.9	Gowan McQuade	SNH	19/5	Stevenage
14.7	Joshua Namiech-Oyebola	WAT	19/6	Stevenage
14.7	Matt Williams	SNH	21/7	Braintree
14.8	Ope Afolabi	HPX	15/9	Stevenage
14.9	Tom Goodeve	HPX	19/5	Stevenage
14.9	Thomas Fisher	D&T	19/5	Hemel H
14.9	Aidan Leigh	SNH	7/7	Stevenage
14.9	Lee Hughes	SNH	21/7	Braintree
14.97/0.6	Adam Cooper	StA	6/5	Stevenage
14.99/0.3	Connor Frawley	D&T	6/5	Stevenage
15.0	George Jones	HPX	21/7	Ware
15.05/0.3	Finn Macrauld	SNH	6/5	Stevenage
15.1	Edward Hopper	D&T	27/7	Braintree
15.11	Ralph Williams	WAT	26/6	Watford
15.2	Toby Anthony	WAT	14/4	Watford
15.3	Jamie Harper	SBH	4/5	Basildon
15.3	Simon Catchpole	HPX	19/6	Stevenage
15.34	Haydn Williams	WAT	18/9	Watford
15.5	Sam Beasley	WAT	14/4	Watford
15.6	Joshua Ravenhall	D&T	27/7	Braintree
15.66	William Jarvis	WAT	26/6	Watford
15.7	Stephen Bates	HPX	1/6	Woodford
15.8	Eddie Donoghue	HPX	14/4	Bedford

15.8	Kyle Ransom	WAT	16/6	Watford
15.8	Luke Kennedy	HPX	19/6	Stevenage
15.8	Dhiraj Dutta	HPX	19/6	Stevenage
15.8	Alec Wallace	D&T	19/6	Stevenage
15.85/0.6	Aidan Leigh	SNH	6/5	Stevenage
16.1	Cole Cowler	HPX	19/6	Stevenage
16.2	Nico Dowsett	D&T	27/7	Braintree
16.5	Samuel Dyke	HPX	19/6	Stevenage
16/6	Matthew Cannon	WAT	16/6	Watford
16.7	Zuriel-Lloyd Ohene Nyarko	D&T	19/5	Hemel H
16.8	Joshua Trapp	HPX	14/4	Bedford

## 200m

26.29/-0.2	Ayo Olukotun		28/7	Kingston
26.5	Joe Earl	SNH	7/7	Stevenage
27.0	Ben Grant	HPX	22/6	Woodford
27.2	Colm Finnegan	StA	13/7	Mile End
27.84/0.3	Ben Lloyd	HPX	13/7	Hendon
27.9	Sammy Hardy	SNH	21/7	Braintree
28.0	Daniel Aghanti	StA	8/9	Cambridge
28.1	Oliver Hocking	SBH	19/4	Hemel H
28.3	Damilola Adekunle	SNH	7/7	Stevenage
28.6	Oscar Durrant	D&T	7/7	Luton
28.6	Josh Edwards	StA	13/7	Mile End
28.7	Ross Adams		8/6	Hemel H
29.2	Jude Ireland	StA	19/6	Stevenage
29.3	Luke O'Connor	HPX	21/7	Ware
29.6	Shak Benjamin	BAR	21/7	Ware
29.7	Finlay Collins	SNH	21/7	Braintree
29.7	Ben Thompson	HPX	19/5	Stevenage
30.1	Ben Hunt	D&T	7/7	Luton
30.36/1.3	Joshua Hart	HPX	13/7	Hendon
30.4	Sam Weatherall	HPX	19/6	Stevenage
30.4	Samad Ibrahim	D&T	15/9	Hemel H
30.5	Joshua Namiech-Oyebola	WAT	19/5	Stevenage
30.5	F Collins	SNH	19/6	Stevenage
30.7	George Jones	HPX	21/7	Ware
30.78	Ralph Williams	WAT	24/7	Watford
30.8	Ethan Lavialle	SNH	19/5	Stevenage
31.01	Haydn Williams	WAT	4/9	Watford
31.1	Gowan McQuade	SNH	14/4	Watford
31.1	Edward Hopper	D&T	15/9	Hemel H
31.2	Liam Rusling	SNH	7/7	Stevenage
31.2	Joshua Tambwe	D&T	15/9	Hemel H
31.20/-0.1	Callum Walsh	StA	6/5	Stevenage
31.26/-0.1	Ralph Williams	WAT	6/5	Stevenage
31.7	Sam Hargrove	WAT	10/6	Eton
31.7	Kristian Rogers	HPX	19/6	Stevenage
31.9	Dominic Bannon	HPX	14/4	Bedford
32.0	William Jarvis	WAT	14/4	Watford
32.1	Matthew Cook	SNH	21/7	Braintree
32.2	Tom Goodeve	HPX	19/5	Stevenage
32.2	Matt Williams	SNH	19/6	Stevenage
33.2	Aidan Leigh	SNH	19/5	Stevenage
33.2	Ethan George	D&T	7/7	Luton
33.4	Connor Fawley	D&T	19/5	Hemel H
33.77/-0.1	Adam Bristow	Chil	6/5	Stevenage
33.8	Sam Beasley	WAT	14/4	Watford
34.1	S Ibrahim	D&T	19/6	Stevenage

34.2	Toby Anthony	WAT	14/4	Watford
34.7	Eddie Donoghue	HPX	14/4	Bedford
34.7	Max Garstang	BAR	14/4	Watford
34.8	Samuel Dyke	HPX	19/6	Stevenage
35.1	Cameron Clarke	WAT	19/6	Stevenage
35.6	Adam Lacey	HPX	1/6	Woodford
36.0	Joshua Trapp	HPX	14/4	Bedford
38.5	Zuriel-Lloyd Ohene Nyarko	D&T	19/5	Hemel H

### 300m

54.8	Ruari	McElhatton	BAR	15/9	Hemel H
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### 800m

2:18.18	Jamie Harper	SBH	27/7	Hendon
2:20.13	Joshua Edwards	StA	7/8	Watford
2:26.9	Jed Lumb	StA	1/6	Uxbridge
2:27.08	Callum Walsh	StA	7/8	Watford
2:29.2	Stephen Bates	HPX	21/7	Ware
2:29.6	Louis Lomas	SNH	4/8	Southend
2:30.22	Ross Gladman	SNH	29/6	Cambridge
2:32.0	Adam Lacey	HPX	22/6	Woodford
2:32.78	Finn Harvey	BAR	6/5	Stevenage
2:36.3	Ruari McElhatton	BAR	29/6	Stevenage
2:37.72	Elliot Breen	HPX	29/6	Cambridge
2:38.3	Oscar Durrant	D&T	8/9	Cambridge
2:38.5	Harry Bentley	StA	22/6	St Albans
2:39.3	Eddie Riddle	HPX	7/7	St Albans
2:39.58	Haydn Williams	WAT	4/9	Watford
2:39.76	Joshua Namiech-Oyebola	WAT	4/9	Watford
2:40.1	Liam Rusling	SNH	7/7	Stevenage
2:40.5	Ethan George	D&T	27/7	Braintree
2:43.2	Anders Davis	D&T	19/6	Stevenage
2:43.4	Ben Hunt	D&T	11/5	Hemel H
2:43.8	Ben Thompson	HPX	7/7	St Albans
2:43.9	Thomas Minns	WAT	8/9	Watford
2:46.3	Benjamin Buky	SNH	9/6	Watford
2:46.2	Alex Stapleton	HPX	4/8	Cambridge
2:49.6	Matt Williams	SNH	21/7	Braintree
2:50.3	Sam Beasley	WAT	21/7	Braintree
2:51.0	Cameron Clarke	WAT	8/9	Watford
2:53.2	Lee Hughes	SNH	4/8	Southend
2:54.3	George Jones	HPX	14/4	Bedford
2:55.14	Adam Cooper	StA	6/5	Stevenage
2:55.7	Max Garstang	BAR	14/4	Watford
2:56.9	Archie Pond	D&T	4/8	Cambridge
2:57.1	Finn MacRaild	SNH	11/5	Hemel H
2:57.2	Ope Afolabi	HPX	15/9	Stevenage
2:57.3	William Jarvis	WAT	4/8	Cambridge
2:57.7	Edward Hopper	D&T	11/5	Hemel H
2:58.6	Tom Wright	D&T	11/5	Hemel H
2:58.8	Ralph Williams	WAT	4/8	Cambridge
2:59.9	Luke Stallard	D&T	7/7	Luton
3:00.91	Adam Bristow	Chil	6/5	Stevenage
3:01.2	Joel Amos	D&T	7/7	Luton
3:02.5	George Smith	HPX	19/5	Stevenage
3:02.7	Thomas Malt	D&T	19/5	Hemel H
3:03.8	Cole Cowler	HPX	19/5	Stevenage
3:06.6	Toby Anthony	WAT	7/4	Watford
3:12.6	Gowan McQuade	SNH	15/9	Stevenage

3:35.3	Zuriel-Lloyd Ohene Nyarko	D&T	11/5	Hemel H
<b>1500m</b>				
4:35.95	Jamie Harper	SBH	21/8	Watford
4:52.89	James Cooper	HPX	28/7	Kingston
4:53.2	Joshua Edwards	StA	22/6	St Albans
5:00.58	Callum Walsh	StA	18/9	Watford
5:02.2	Oliver Wontner	WAT	4/8	Cambridge
5:03.7	Jed Lumb	StA	7/7	St Albans
5:04.12	Finn Harvey	BAR	25/5	Watford
5:06.5	Elliot Breen	HPX	1/6	Woodford
5:09.26	Nathan Fernandes	SBH	25/5	Watford
5:09.9	James Ives	HPX	19/5	Stevenage
5:11.5	Thomas Patrick	StA	8/6	Hemel H
5:14.0	Stephen Bates	HPX	8/6	Hemel H
5:15.0	Ross Gladman	SNH	4/8	Southend
5:17.5	James Davis	HPX	4/5	Basildon
5:24.32	Joshua Namiech-Oyebola	WAT	18/9	Watford
5:24.6	Benjamin Buky	SNH	8/6	Hemel H
5:25.35	Felix Vine	Chil	25/5	Watford
5:26.1	Harry Bentley	StA	14/4	Watford
5:26.7	Isaac Pitblado	D&T	7/7	Luton
5:30.33	Oscar Dale	Chil	25/5	Watford
5:32.0	Woody Garstang	BAR	14/4	Watford
5:32.4	Nico Dowsett	D&T	27/7	Braintree
5:32.6	Ryan Large	SNH	21/7	Braintree
5:37.3	William Jarvis	WAT	7/7	St Albans
5:38.7	Joshua Ravenhall	D&T	27/7	Braintree
5:44.5	Ben Williams	SNH	19/5	Stevenage
5:45.7	Connor Frawley	D&T	7/7	Luton
5:49.10	Max Castang	BAR	25/5	Watford
5:50.41	Daniel Jack	BAR	25/5	Watford
5:50.5	Thomas Fisher	D&T	8/9	Cambridge
5:54.74	Cameron Clarke			
5:56.6	Jason List	SNH	7/7	Stevenage
5:58.14	Benjamin Howell	Chil	25/5	Watford
6:04.3	Luke Stallard	D&T	4/8	Cambridge
6:23.06	Joel Amos	D&T	25/5	Watford
6:28.7	Matt Williams	SNH	14/4	Watford
6:36.0	Archie Pond	D&T	14/4	Thurrock
<b>75m Hurdles</b>				
12.59/-0.8	Oliver Wontner	WAT	28/7	Kingston
13.3	Toby Byrom	StA	7/7	St Albans
13.4	Finlay MacRaidl	SNH	8/6	Hemel H
13.5	Jude Ireland	StA	7/7	St Albans
13.6	Kit Kerr	SNH	15/9	Stevenage
13.8	Ross Gladman	SNH	21/7	Braintree
14.0	Thomas Fisher	D&T	7/7	Luton
14.2	Finlay MacRaidl	SNH	11/5	Hemel H
14.2	Tom Wright	D&T	15/9	Hemel H
14.3	Shak Benjamin	BAR	21/7	Ware
14.3	Haydn Williams	WAT	4/8	Cambridge
14.36/-0.8	Ralph Williams	WAT	6/5	Stevenage
14.7	James Brooks	HPX	7/7	St Albans
15.2	Oscar Durrant	D&T	11/5	Hemel H
15.3	Ben Hunt	D&T	11/5	Hemel H
15.5	William Samuel	StA	13/7	Mile End
15.59/-0.8	Connor Frawley	D&T	5/6	Stevenage

16.0	Stephen Bates	HPX	22/6	Woodford
16.1	Harry Bentley	StA	8/9	Cambridge
16.3	Jamie Harper	SBH	1/6	Woodford
16.4	Elliot Breen	HPX	29/5	Woodford
16.4	Josh Hart	HPX	4/8	Cambridge
16.7	Edward Hopper	D&T	11/5	Hemel H
16.8	Aidan Leigh	SNH	19/5	Stevenage
17.1	Ruairi McElhatton	BAR	11/5	Hemel H
17.3	Cameron Clarke	WAT	7/7	St Albans
17.3	Dhiraj Dutta	HPX	21/7	Ware
17.4	Ethan George	D&T	11/5	Hemel H
17.76/-0.8	Aidan Leigh	SNH	6/5	Stevenage
18.4	Ben Ambler	HPX	7/7	St Albans
21.4	Samad Ibrahim	D&T	19/6	Stevenage
21.6	Zuriel-Lloyd Ohene Nyarko	D&T	11/5	Hemel H

### High Jump

1.50	Louis Lomas	SNH	4/8	Southend
1.45	Finlay Macrauld	SNH	9/9	Stevenage
1.43	Tom Wright	D&T	27/7	Braintree
1.35	Oliver Hocking	SBH	7/7	Stevenage
1.35	Kit Kerr	SNH	4/8	Southend
1.35	Ope Afolabi	HPX	15/9	Stevenage
1.30	Jamie Harper	SBH	4/5	Basildon
1.30	Toby Byrom	StA	7/7	St Albans
1.25	Edward Hopper	D&T	14/4	Thurrock
1.25	Eddie Riddle	HPX	7/7	St Albans
1.25	Damilola Adekunle	SNH	7/7	Stevenage
1.25	Ben Harden	StA	7/7	St Albans
1.25	Dhiraj Dutta	HPX	21/7	Ware
1.25	Ross Gladman	SNH	21/7	Braintree
1.25	Jed Lumb	StA	4/8	Chelmsford
1.25	Ralph Williams	WAT	28/9	Sandy
1.24	Oscar Durrant	D&T	11/5	Hemel H
1.21	Haydn Williams	WAT	11/5	Hemel H
1.20	Ben Ambler	HPX	7/7	St Albans
1.20	Sam Lachmann	BAR	21/7	Ware
1.15	William Jarvis	WAT	17/4	Watford
1.15	Aidan Leigh	SNH	6/5	Stevenage
1.15	Adam Cooper	StA	6/5	Stevenage
1.15	Ruari McElhatton	BAR	15/9	Hemel H
1.10	Aidan Leigh	SNH	14/4	Watford
1.10	Adam Lacey	HPX	22/6	Woodford
1.10	Cole Cowler	HPX	21/7	Ware
1.10	Harry Bentley	StA	21/7	Norwich
1.09	Ralph Williams	WAT	11/5	Hemel H
1.06	Ben Hunt	D&T	11/5	Hemel H
1.05	Dominic Bannon	HPX	7/7	St Albans
1.03	Ethan George	D&T	11/5	Hemel H
1.00	Thomas Fisher	D&T	6/5	Stevenage
1.00	Callum Walsh	StA	6/5	Stevenage

### Pole Vault

2.20	Joshua Barker	D&T	15/9	Hemel H
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### Long Jump

4.60	Gowan McQuade	SNH	19/6	Stevenage
4.55	Tom Wright	D&T	19/6	Stevenage
4.55	Kit Kerr	SNH	4/8	Southend

4.50	Daniel Kessi	SNH	2/7	Birmingham
4.43	Ben Hunt	D&T	19/6	Stevenage
4.37	Jude Ireland	StA	19/6	Stevenage
4.34	Luke O'Connor	HPX	19/6	Stevenage
4.29	Daniel Aghanti	StA	8/9	Cambridge
4.27	Ben Grant	HPX	22/6	Woodford
4.26	Finlay Macrauld	SNH	19/6	Stevenage
4.26	J Earl	SNH	7/7	Stevenage
4.16	Thomas Fisher	D&T	15/9	Hemel H
4.14	Oscar Durrant	D&T	7/7	Luton
4.13	Sam Hargrove	WAT	4/8	Cambridge
4.12	Damilola Adekunle	SNH	21/7	Braintree
4.12	Haydn Williams	WAT	8/9	Watford
4.08	Ben Harden	StA	19/5	Hemel H
4.07	Ben Willits	StA	4/5	Perivale
4.05	Kristian Rogers	HPX	4/8	Cambridge
3.97	Shak Benjamin	BAR	14/4	Watford
3.96	Ralph Williams	WAT	8/9	Watford
3.96	Edward Hopper	D&T	8/9	Cambridge
3.95	Ruairi McElhatton	BAR	27/7	Stevenage
3.87	Josh Hart	HPX	7/7	St Albans
3.86	Ralph Williams	WAT	19/6	Stevenage
3.78	Simon Catchpole	HPX	19/6	Stevenage
3.76	Stephen Bates	HPX	13/7	Hendon
3.71	George Jones	HPX	14/4	Bedford
3.70	William Jarvis	WAT	19/5	Stevenage
3.64	Ben Thompson	HPX	14/4	Bedford
3.60	Ben Lloyd	HPX	19/5	Stevenage
3.58	Callum Walsh	StA	19/6	Stevenage
3.57	Elliot Breen	HPX	4/5	Basildon
3.53	Harry Bentley	StA	8/9	Cambridge
3.45	Sam Hargrove	WAT	6/5	Stevenage
3.44	Ethan George	D&T	15/9	Hemel H
3.41	Sam Beasley	WAT	21/7	Braintree
3.36	Cameron Clarke	WAT	19/5	Stevenage
3.35	Connor Frawley	D&T	6/5	Stevenage
3.32	Zuriel-Lloyd Ohene Nyarko	D&T	11/5	Hemel H
3.30	Alec Wallace	D&T	19/6	Stevenage
3.26	Thomas Minns	WAT	16/6	Watford
3.23	Dominic Bannon	HPX	19/5	Stevenage
3.10	Sammy Hardy	SNH	7/7	Stevenage
3.03	Lee Hughes	SNH	4/8	Southend
3.01	Archie Pond	D&T	19/5	Hemel H
2.99	Adam Bristow	Chil	6/5	Stevenage
2.86	Joel Amos	D&T	6/5	Stevenage
2.80	Samad Ibrahim	D&T	14/4	Thurrock

### Shot 3.25k

10.03	Matthew Cook	SNH	8/9	Stevenage
9.45	Ross Adams		8/6	Hemel H
8.23	Luckshman Sivathanan		8/6	Hemel H
7.31	Colm Finnegan	StA	8/9	Cambridge
7.28	Kit Kerr	SNH	15/9	Stevenage
6.98	Oli Downes	SNH	21/7	Braintree
6.77	Ryan Wilkinson	StA	4/8	Chelmsford
6.71	Ethan Lavialle	SNH	4/8	Southend
6.44	M Cannon	WAT	16/6	Watford
6.38	Kai Tunstall	WAT	21/7	Braintree
6.18	Zak Wilkinson	WAT	8/9	Watford

5.93	Tom Wright	D&T	11/5	Hemel H
5.91	Ben Hunt	D&T	11/5	Hemel H
5.87	William Jarvis	WAT	4/8	Cambridge
5.85	Sam Hargrove	WAT	16/6	Watford
5.67	Harry Bentley	StA	22/6	St Albans
5.52	Josh Hart	HPX	19/5	Stevenage
5.41	Cole Cowler	HPX	4/8	Cambridge
5.30	Adam Lacey	HPX	19/5	Stevenage
5.26	Haydn Williams	WAT	4/9	Watford
5.03	James Cooper	HPX	22/6	Woodford
5.02	Ben Thompson	HPX	7/7	St Albans
5.01	Oscar Durrant	D&T	11/5	Hemel H
4.90	Thomas Malt	D&T	19/5	Hemel H
4.88	Gowan McQuade	SNH	15/9	Stevenage
4.85	Benjamin Buky	SNH	19/5	Stevenage
4.84	Luke Stallard	D&T	7/7	Luton
4.82	Ralph Williams	WAT	11/5	Hemel H
4.81	Ross Gladman	SNH	19/6	Stevenage
4.80	Isaac Pitblado	D&T	7/7	Luton
4.78	Dhiraj Dutta	HPX	19/6	Stevenage
4.71	Finlay MacRaild	SNH	11/5	Hemel H
4.69	Elliot Breen	HPX	1/6	Woodford
4.64	Ruairi McElhatton	BAR	11/5	Hemel H
4.57	George Jones	HPX	4/8	Cambridge
4.45	Dominic Bannon	HPX	7/7	St Albans
4.40	Edward Hopper	D&T	8/9	Cambridge
4.36	Joseph Cooper	SNH	7/7	Stevenage
4.26	Alec Wallace	D&T	19/6	Stevenage
4.26	A Wallace	D&T	19/6	Stevenage
4.02	Zuriel-Lloyd Ohene Nyarko	D&T	11/5	Hemel H
3.93	Ethan George	D&T	11/5	Hemel H
3.89	Liam Chivers	WAT	7/7	St Albans
3.79	Joel Amos	D&T	19/5	Hemel H
3.78	Toby Anthony	WAT	19/5	Stevenage
3.48	Sam Beasley	WAT	19/6	Stevenage
3.38	Aidan Leigh	SNH	19/6	Stevenage
3.08	Archie Pond	D&T	4/8	Cambridge

#### Discus 1k

31.95	Ross Adams		8/6	Hemel H
30.53	Oliver Hocking	SBH	8/6	Hemel H
24.05	Matthew Cook	SNH	8/9	Stevenage
22.84	William Jarvis	WAT	10/7	Watford
21.39	Ryan Wilkinson	StA	8/9	Cambridge
21.05	Oli Downes	SNH	4/8	Southend
16.71	Kai Tunstall	WAT	21/7	Braintree
15.48	Ben Hunt	D&T	8/9	Cambridge
14.77	Samuel McConnell	StA	8/9	Cambridge
14.10	Ope Afolabi	HPX	15/9	Stevenage
13.94	Gareth Woodall	D&T	15/9	Hemel H
13.77	Jason List	SNH	4/8	Southend
13.61	Ralph Williams	WAT	1/5	Watford
12.90	Luke Stallard	D&T	19/5	Hemel H
12.23	Haydn Williams	WAT	10/7	Watford
11.96	Thomas Fisher	D&T	4/8	Cambridge
11.77	Elliot Breen	HPX	21/7	Ware
11.70	Cole Cowler	HPX	4/8	Cambridge
11.32	Sam Lachmann	BAR	21/7	Ware
9.89	Joshua Namiech-oyebola	WAT	19/5	Stevenage

9.78	Sam Beasley	WAT	19/5	Stevenage
9.68	Aidan Leigh	SNH	14/4	Watford
9.64	Toby Anthony	WAT	7/7	St Albans
9.49	Ross Gladman	SNH	19/5	Stevenage
9.15	Dominic Bannon	HPX	14/4	Bedford
8.74	Connor Frawley	D&T	14/4	Thurrock
7.96	Alec Wallace	D&T	27/7	Braintree
7.29	Archie Pond	D&T	14/4	Thurrock

#### Javelin 400g

34.98	Joshua Greengrow		28/7	Kingston
32.71	Romeo Box-Fahy	BAR	8/6	Hemel H
29.59	William Jarvis	WAT	28/9	Sandy
27.33	Kristian Rogers	HPX	4/8	Cambridge
24.97	Ethan Lavaille	SNH	4/8	Southend
24.57	Rohan Oyewole	StA	8/9	Cambridge
22.06	Adam Lacey	HPX	13/7	Hendon
21.88	Jason List	SNH	15/9	Stevenage
21.85	Gareth Woodall	D&T	15/9	Hemel H
21.20	William Jarvis	WAT	19/6	Stevenage
20.11	Aidan Leigh	SNH	21/7	Braintree
19.59	Ben Lloyd	HPX	13/7	Hendon
18.70	Samuel McConnell	StA	8/9	Cambridge
18.22	Louis Lomas	SNH	28/7	Kingston
17.81	Haydn Williams	WAT	26/6	Watford
17.21	Ben Williams	SNH	19/6	Stevenage
17.04	Jamie Ives	HPX	4/8	Cambridge
16.94	Ben Thompson	HPX	14/4	Bedford
15.70	James Cooper	HPX	1/6	Woodford
14.95	Harry Bentley	StA	19/6	Stevenage
14.52	Ralph Williams	WAT	14/5	Watford
14.48	Joseph Cooper	SNH	7/7	Stevenage
14.04	Edward Hopper	D&T	19/6	Stevenage
13.86	Tom Wright	D&T	27/7	Braintree
13.53	Kai Tunstall	WAT	21/7	Braintree
11.22	Cole Cowler	HPX	19/5	Stevenage
11.15	Oli Downes	SNH	7/7	Stevenage
10.98	Dhiraj Dutta	HPX	21/7	Ware
10.96	Zurriel-Lloyd Ohene Nyarko	D&T	14/4	Thurrock
10.63	Joel Amos/Anders Davis	D&T	19/6	Stevenage
9.59	Zac McGlyn	WAT	14/4	Watford
8.80	Matthew Cannon	WAT	7/7	St Albans
8.03	George Smith	HPX	19/5	Stevenage
7.33	Ben Ambler	HPX	7/7	St Albans
7.07	Luke Stallard	D&T	4/8	Cambridge
6.25	Alec Wallace	D&T	19/5	Hemel H
5.06	George Jones	HPX	14/4	Bedford

#### Javelin 600g

31.64 Romeo Box-Fahy U13 1/6 LV

#### Pentathlon

1107	Ben Hunt	D&T	11/5	Hemel H
1100	Oscar Durrant	D&T	11/5	Hemel H
1084	Finlay MacRaild	SNH	11/5	Hemel H
1081	Tom Wright	D&T	11/5	Hemel H
942	Haydn Williams	WAT	11/5	Hemel H
784	Ralph Williams	WAT	11/5	Hemel H
769	Ruairi McElhatton	BAR	11/5	Hemel H



716

Edward Hopper

D&T

11/5

Hemel H

**4x100**

53.99	Herts County	28/7	Kingston
57.3	Herts Phoenix	19/6	Stevenage
59.7	Stevenage & NH	19/6	Stevenage
59.7	Dacorum & Tring	19/6	Stevenage
60.3	Watford	19/6	Stevenage
63.12	Barnet & District		