

## HERTFORDSHIRE COUNTY AAA 2013 T&F RANKINGS

### U15 BOYS

#### 100m

11.2	Dominic Ashwell	D&T	4/8	Cambridge
11.3	Chenna Okoh	D&T	15/9	Hemel H
11.65/1.7	Max Price	SNH	3/8	Stoke
11.9	Jack Awad	HPX	7/7	St Albans
12.0	Ben Collins	D&T	7/7	Luton
12.1	Josh Moses	HPX	22/6	Woodford
12.2	Bradley Hawthorn	HPX	4/8	Cambridge
12.28/0.0	Robert Green	HPX	25/5	Watford
12.3	David Etheridge	StA	7/7	St Albans
14.4	Byron Johal	WAT	14/4	Watford
12.4	Fraser Leigh	SNH	19/5	Stevenage
12.5	Aig Ojehomon	StA	1/6	Uxbridge
12.5	Zed Loaker	SNH	21/7	Braintree
12.5	Charlee Yearwood	SNH	4/8	Southend
12.6	Ashley Willing	StA	13/7	Mile End
12.62/2.0	Nathan Burke	HPX	29/6	Cambridge
12.7	Alex Harrison	HPX	14/4	Bedford
12.7	William Cartledge	SNH	19/5	Stevenage
12.7/1.1	Morgan Baidoo	HPX	19/5	Stevenage
12.7	Henry Peachey	StA	7/7	St Albans
12.8	Cameron George	WAT	3/4	Watford
12.8	Albie Langdon	HPX	14/4	Bedford
12.8	Leon Johnson	WAT4/8	4/8	Cambridge
13.0	Owen Dearman	WAT	7/7	St Albans
13.0	Jack Keene	D&T	7/7	Luton
13.05/0.0	Louis Southwell	Hill	25/5	Watford
13.1	Ikem Nwankwo	WAT	19/5	Stevenage
13.17/0.0	Christopher Salmons	StA	25/5	Watford
13.4	Lewis Brooks	HPX	7/7	St Albans
13/.4	Aidan Jaskowiak	WAT	21/7	Braintree
13.41/-1.4	Peter Keefe	SNH	6/5	Stevenage
13.5	Sam Saul	HPX	7/7	St Albans
13.6	Andrew Stott	HPX	7/7	St Albans
13.68/-1.3	Chad Gifkins	HPX	13/7	Hendon
13.8	Harry Crook	HPX	21/7	Ware
13.9	Thomas Kennedy	HPX	19/5	Stevenage
14.0	Sean Ross-Gardner	HPX	7/7	St Albans
14.0	Dan Duke	SNH	7/7	Stevenage
14.1	Lee Brown	SNH	14/4	Watford
14.1	Johan Sanseau	WAT	16/6	Watford
14.4	Daniel Hopper	D&T	14/4	Thurrock
14.5	Sam Hindley	WAT	14/4	Watford
14.7	Harry Crook	HPX	14/4	Bedford
14.71/-1.0	Matthew Spicer	SNH	4/8	Stoke
14.8	Sam Walford	HPX	4/5	Basildon
15.3	Matisse Sorce	HPX	19/5	Stevenage

#### 200m

23.1	Chenna Okoh	D&T	27/7	Braintree
24.1	Dominic Ashwell	D&T	27/7	Braintree
24.7	Josh Moses	HPX	22/6	Woodford
24.8	Jack Awad	HPX	7/7	St Albans
25.0	Ben Collins	D&T	27/7	Braintree
25.0	Bradley Hawthorn	HPX	4/8	Cambridge

25.0	Charlee Yearwood	SNH	4/8	Southend
25.26/0.4	Tyler Gray	SNH	12/6	Watford
25.28	Fraser Leigh	SNH	8/9	Stevenage
25.3	Aig Ojehomon	StA	1/6	Uxbridge
25.3	Nathan Burke	HPX	21/7	Ware
25.4	Sam Hindley	WAT	7/7	St Albans
25.60/-0.4	Louis Southwell	Hill	25/5	Watford
25.8	Albie Langdon	HPX	14/4	Bedford
25.9	David Etheridge	StA	8/6	Hemel h
26.1	George Marvell	SNH	7/9	Braintree
26.27/-0.4	William Cartledge	SNH	25/5	Watford
26.29/-0.4	Cameron George	WAT	25/5	Watford
26.3	Zed Loaker	SNH	14/4	Watford
26.4	Alex Harrison	HPX	14/4	Bedford
26.4	Ben Stone	SNH	19/5	Stevenage
26.8	Jamie Philpott	HPX	21/7	Ware
26.8	Owen Dearman	WAT	21/7	Braintree
26.9	Morgan Baidoo	HPX	21/7	Ware
27.1	Robert Green	HPX	4/5	Basildon
27.2	Lucas Martindale	HPX	7/7	St Albans
27.7	Daniel Housley	BAR	19/5	Hemel H
28.0	James Beddall	SNH	15/9	Stevenage
28.10/-0.4	Christopher Salmons	StA	25/5	Watford
28.2	Liam Gregory	SNH	15/9	Stevenage
28.3	Jack Davidson	SNH	7/7	Stevenage
29.4	Johan Sanseau	WAT	19/5	Stevenage
29.5	Harry Crook	HPX	7/7	St Albans
29.5	Dan Duke	SNH	4/8	Southend
29.8	Lula Wells	SNH	21/7	Braintree
30.0	Byron Johal	WAT	19/5	Stevenage
30.36/1.3	Joshua Hart	HPX	13/7	Hendon
30.7	Michael Stocker	SNH	14/4	Watford
30.8	Oliver Benveniste	D&T	15/9	Hemel H
34.0	Ethan George	D&T	27/7	Braintree
38.7	Dean Johal	WAT	7/7	St Albans

### 300m

35.84	Chenna Okoh	D&T	5/7	Birmingham
38.63	Tyler Gray	SNH	25/5	Watford
39.3	Beck Grover	HPX	19/5	Stevenage
38.79	Sam Hindley	WAT	31/8	Bedford
40.4	Zed Loaker	SNH	21/7	Braintree
40.6	Albie Langdon	HPX	7/7	St Albans
40.9	Alex Harrison	HPX	7/7	St Albans
41.2	Ben Collins	D&T	27/7	Braintree
41.4	Robert Green	HPX	4/5	Basildon
41.48	George Marvell	SNH	8/9	Stevenage
41.9	Ben Stone	SNH	4/8	Southend
42.2	Owen Dearman	WAT	19/5	Stevenage
42.2	Dominic Webb	HPX	22/6	Woodford
42.5	Cameron George	WAT	21/7	Braintree
42.8	George Groom	SBH	19/5	Hemel H
43.4	Lucas Martindale	HPX	7/7	St Albans
43.50	Jack Keene	D&T	25/5	Watford
43.94	Daniel Housley	BAR	25/5	Watford
44.0	Max Price	SNH	7/7	Stevenage
44.09	Dan Duke	SNH	25/5	Watford
45.1	Liam Gregory	SNH	21/7	Braintree
45.7	Harry Crook	HPX	21/7	Ware

46.1	Byron Johal	WAT	19/5	Stevenage
46.3	Andrew Stott	HPX	21/7	Ware
46.9	Johan Sanseau	WAT	19/5	Stevenage
47.0	Oliver Benviste	D&T	4/8	Cambridge
47.35	Jake Alderson	Chil	27/4	High Wyc
47.4	Adam Mason	SNH	19/5	Stevenage
48.6	Eddie Nemeth	D&T	15/9	Hemel H
49.6	Sean Ross-Garner	HPX	7/7	St Albans
49.6	Dean Johal	WAT	4/8	Cambridge
50.5	Lula Wells	SNH	4/8	Southend
55.6	Joseph Peppiatt	BAR	14/4	Watford

#### 400m

51.37	Chenna Okoh	D&T	21/8	Watford
53.76	Beck Grover	HPX	18/9	Watford
55.19	Sam Hindley	WAT	10/7	Watford
56.0	Tyler Gray	SNH	7/7	Stevenage
58.13	Jack Anderson	StA	18/9	Watford
58.35	Max Price	SNH	3/8	Stoke
59.76	George Groom	SBH	3/4	Watford
70.68	Matthew Spicer	SNH	3/8	Stoke

#### 800m

2:02.10	Beck Grover	HPX	18/8	Ashford
2:08.0	Ben Pattison	StA	8/6	Hemel H
2:08.25	George Groom	SBH	10/7	Watford
2:10.33	Ben Clarke	StA	7/8	Watford
2:12.22	Sam Hindley	WAT	25/5	Watford
2:12.4	Dominic Browne	StA	4/8	Chelmsford
2:12.5	Jamie Philpott	HPX	28/9	Sandy
2:13.93	Adam Shiret	SBH	25/5	Watford
2:15.90	Thomas Rayner	WAT	25/5	Watford
2:16.91	Ben Stone	SNH	8/9	Stevenage
2:18.7	Jack Davidson	SNH	21/7	Braintree
2:19.54	Elliot Dee	SBH	10/7	Watford
2:20.1	Chenna Okoh	D&T	8/9	Cambridge
2:20.16	Jake Alderson	Chil	15/5	Watford
2:20.36	John Sanseau	WAT	7/8	Watford
2:22.0	Jack Anderson	StA	22/6	St Albans
2:24.13	Samuel Howell	Chil	25/5	Watford
2:24.17	Jacob Holderness	SNH	2/9	Birmingham
2:24.86	Callum Keane	WAT	18/9	Watford
2:26.5	Lewis Brooks	HPX	4/5	Basildon
2:26.70	Matthew Robbins	WAT	15/5	Watford
2:27.68	Byron Johal	WAT	18/9	Watford
2:27.76	Rufus Kent	BAR	25/5	Watford
2:28.32	Max Price	SNH	21/9	Birmingham
2:29.12	Daniel Housley	BAR	25/5	Watford
2:29.2	Sam Walford	HPX	19/5	Stevenage
2:29.55	Dean Johal	WAT	18/9	Watford
2:31.7	Remi Catchpole	HPX	21/7	Ware
2:33.0	Lula Wells	SNH	21/7	Braintree
2:33.40	Robert Green	HPX	21/9	Birmingham
2:33.6	George Marvell	SNH	2/5	Stevenage
2:33.9	Adam Mason	SNH	19/5	Stevenage
2:33.9	Liam Gregory	SNH	21/7	Braintree
2:39.6	Daniel Macey	D&T	19/5	Hemel H
2:41.0	Jackson Cowans	D&T	27/7	Braintree
2:42.1	Aidan Parker	BAR	14/4	Watford

2:46.79	Matthew Spicer	SNH	29/9	Peterborough
2:48.0	Peter Keefe	SNH	11/5	Hemel H
2:53.3	Joseph Runchman	BAR	14/4	Watford
2:56.9	Lee Brown	SNH	15/9	Stevenage
3:00.0	T Locke	SNH	21/7	Braintree
3:02.2	Daniel Hopper	D&T	11/5	Hemel H
3:10.2	Ikem Nwankwo	WAT	7/7	St Albans

### 1000m

3:22.5	Max Price	SNH	4/8	Stoke
3:53.24	Matthew Spicer	SNH	4/8	Stoke

### 1500m

4:23.46	Jamie Philpott	HPX	18/9	Watford
4:23.87	George Groom	SBH	29/6	Hendon
4:23.9	Ben Clarke	StA	13/7	Mile End
4:29.17	Thomas Rayner	WAT	18/9	Watford
4:35.9	Jack Davidson	SNH	7/7	Stevenage
4:39.97	Thomas Rayner	WAT	6/5	Stevenage
4:47.0	Rhys Rowlands	D&T	27/7	Braintree
4:49.27	Matthew Robbins	WAT	24/7	Watford
4:49.73	Johan Sanseau	WAT	24/7	Watford
4:50.61	Samuel Howell	Chil	6/5	Stevenage
4:54.91	Jake Alderson	Chil	6/5	Stevenage
4:57.66	Nathan Davies	SBH	6/5	Stevenage
4:59.6	Adam Mason	SNH	7/7	Stevenage
5:00.1	Daniel Ware	D&T	7/7	Luton
5:01.6	Josh Van Heiningen	D&T	8/9	Cambridge
5:07.30	Rufus Kent	BAR	29/5	Watford
5:09.4	James Beddall	SNH	8/6	Hemel H
5:10.3	Sam Fielding	D&T	15/9	Hemel H
5:10.4	William Gale	HPX	8/6	Hemel H
5:11.93	Hugh Thomas	StA	6/5	Stevenage
5:18.1	Remi Catchpole	HPX	8/6	Hemel H
5:18.03	Andrew Shaw	StA	6/5	Stevenage
5:29.0	Jacob Fenwick	HPX	21/7	Ware
5:34.49	Liam Gregory	SNH	6/5	Stevenage
5:33.7	L Matta	SNH	4/8	Southend
5:34.4	Thomas Livesey	SNH	19/5	Stevenage

### 3000m

9:22.96	Jamie Philpott	HPX	1/9	Bedford
9:26.40	Ben Clarke	StA	18/9	Watford
9:40.2	George Groom	SBH	11/5	Hemel H
10:15.6	Thomas Rayner	WAT	11/5	Hemel H
10:38.2	Sam Howell	Chil	11/5	Hemel H

### 80m Hurdles

10.98/0.7	Max Price	SNH	1/9	Bedford
11.8/1.0	Robert Green	HPX	19/5	Stevenage
11.8	Antonio Guidi	HPX	22/6	Woodford
12.2	Alex Harrison	HPX	14/4	Bedford
12.4	Dominic Webb	HPX	22/6	Woodford
12.80/-0.9	Peter Keefe	SNH	25/5	Watford
12.9	Aynesh Akhal	StA	7/7	St Albans
13.3	Jackson Cowans	D&T	4/8	Cambridge
13.5	George Marvell	SNH	2/5	Stevenage
14.7	Sam Saul	HPX	7/7	St Albans
14.9	Jake Alderson	Chil	13/7	Mile End

15.35/-0.5	Matthew Spicer	SNH	29/9	Peterborough
15.5	Dean Johal	WAT	19/5	Stevenage
15.8	Jake Alderson	Chil	11/5	Hemel H
16.5/1.0	Matisse Sorce	HPX	19/5	Stevenage
17.1	Michael Fry	D&T	15/9	Hemel H
17.4	Daniel Hopper	D&T	11/5	Cambridge
17.5	Christopher Woodall	D&T	7/7	Luton

### High Jump

1.90	Max Price	SNH	22/6	Crawley
1.72	William Cartledge	SNH	8/6	Hemel H
1.70	Peter Keefe	SNH	19/5	Stevenage
1.60	Alex Harrison	HPX	7/7	St Albans
1.60	Beck Grover	HPX	4/8	Cambridge
1.59	Jacob Holderness	SNH	2/5	Stevenage
1.56	Aig Ojehomon	StA	2/5	Stevenage
1.55	Cameron Currie	HPX	1/6	Woodford
1.54	Robert Green	HPX	21/9	Birmingham
1.50	Ricardo James	StA	7/7	St Albans
1.50	George Marvell	SNH	21/7	Braintree
1.50	Lee Brown	SNH	21/7	Braintree
1.50	Dominic Ashwell	D&T	8/9	Cambridge
1.45	Adam Shiret	SBH	25/5	Watford
1.45	Daniel Hopper	D&T	7/7	Luton
1.50	Jake Alderson	Chil	13/7	Mile End
1.40	Lee Brown	SNH	6/5	Stevenage
1.40	Lewis Brooks	HPX	19/5	Stevenage
1.35	Lucas Martindale	HPX	7/7	St Albans
1.35	Michael Fryer	D&T	15/9	Hemel H
1.32	Matthew Spicer	SNH	4/8	Stoke
1.30	Tyler Gray	SNH	2/5	Stevenage
1.30	Ed Linnegar	D&T	7/7	Luton
1.25	Antoine Oget	SNH	2/5	Stevenage
1.25	L Matta	SNH	7/7	Stevenage

### Pole Vault

3.15	Joshua Breaker-Rolfe	SNH	17/8	Ashford
2.70	Michael Fryer	D&T	7/7	Luton
2.80	Michael Stocker	SNH	7/7	Stevenage
2.40	Lee Brown	SNH	25/5	Watford
2.30	Joe Pike	D&T	27/7	Braintree
2.00	James Beddall	SNH	7/7	Stevenage
3.10	Max Price	SNH	31/8	Bedford
2.50	Lee Brown	SNH	21/7	Braintree
2.25	Matthew Spicer	SNH	4/8	Stoke
2.10	Owen Dearman	WAT	4/8	Cambridge
2.10	George Groom	SBH	4/8	Chelmsford

### Long Jump

6.21/1.0	Max Price	SNH	31/8	Bedford
6.16/0.7	Bradley Hawthorn	HPX	31/8	Bedford
5.89	Josh Moses	HPX	21/7	Ware
5.61	Antoine Oget	SNH	25/5	Watford
5.57	Jacob Holderness	SNH	4/8	Southend
5.31	Oliver Benveniste	D&T	08/09	Cambridge
5.30	Tom Keay	D&T	04/08	Cambridge
5.27	William Cartledge	SNH	29/9	Peterborough
5.21	Sam Hindley	WAT	7/7	St Albans
5.15	Adam Shiret	SBH	25/5	Watford

5.14	Ashley Willing	StA	8/9	Cambridge
5.06	Peter Keefe	SNH	21/9	Birmingham
4.95	Morgan Baidoo	HPX	8/6	Hemel H
4.89	Jackson Cowans	D&T	27/07	Braintree
4.81	Ben Pattison	StA	2/5	Stevenage
4.81	Nathan Burke	HPX	25/5	Watford
4.80	Daniel Hopper	D&T	15/09	Hemel H
4.77	Lewis Brooks	HPX	4/5	Basildon
4.74	Tyler Gray	SNH	2/5	Stevenage
4.72	George Marvell	SNH	2/5	Stevenage
4.66	Jack Davidson	SNH	21/7	Braintree
4.66/0.0	Robert Green	HPX	21/9	Birmingham
4.53	Lee Brown	SNH	25/5	Watford
4.49	Ben Stone	SNH	4/8	Southend
4.45	Louis Southwell	Hill	25/5	Watford
4.44	Sam Walford	HPX	19/5	Stevenage
4.41	Cameron George	WAT	19/5	Stevenage
4.36	Andrew Stott	HPX	7/7	St Albans
4.35	Jackson Cowans	D&T	19/05	Hemel H
4.29	Aidan Jaskowiak	WAT	21/7	Braintree
4.27	Jerome Lana	D&T	14/04	Thurrock
4.24	Sean Ross- Gardner	HPX	7/7	St Albans
4.21	Matthew Spicer	SNH	2/5	Stevenage
4.20	Jake Alderson	Chil	11/5	Hemel H
4.18	Thomas Kennedy	HPX	19/5	Stevenage
4.10	Adam Mason	SNH	19/5	Stevenage
4.00	Johan Sanseau	WAT	16/6	Watford
3.89	Eddie Nemeth	D&T	15/09	Hemel H
3.88	Dean Johal	WAT	7/7	St Albans
3.75	Ikem Nwankwo	WAT	19/5	Stevenage

#### Triple Jump

11.34	Josh Moses	HPX	8/6	Hemel H
10.80	William Cartledge	SNH	8/9	Stevenage
10.54	Jackson Cowans	D&T	15/9	Hemel H
9.79	Aidan Jaskowiak	WAT	21/7	Braintree
9.50	Michael Stocker	SNH	25/5	Watford
9.49	Jack Davidson	SNH	21/7	Braintree
8.46	Liam Gregory	SNH	15/9	Stevenage

#### Shot 4k

14.56	Max Price	SNH	21/9	Birmingham
12.39	Jacob Holderness	SNH	4/8	Southend
11.50	Aig Ojehomon	StA	22/6	St Albans
11.29	Peter Keefe	SNH	21/7	Braintree
10.94	David Etheridge	StA	7/7	St Albans
10.71	George Marvell	SNH	14/4	Watford
10.70	William Cartledge	SNH	15/9	Stevenage
10.45	Asa Freeman	WAT	7/7	St Albans
10.12	George Brooks	D&T	27/07	Braintree
8.87	Jerome Lana	D&T	07/07	Luton
8.35	Cameron Currie	HPX	1/6	Woodford
8.20	Josh Moses	HPX	22/6	Woodford
8.18	Ben Stone	SNH	2/5	Stevenage
8.05	Edward Linnegar	D&T	15/09	Hemel H
7.94	Tyler Gray	SNH	2/5	Stevenage
7.85	Daniel Hopper	D&T	15/09	Hemel H
7.60	Jack Keane	D&T	25/05	Watford
7.44	Michael Stocker	SNH	19/5	Stevenage

7.19	Jed Cowler	HPX	4/8	Cambridge
7.18	Ricardo James	StA	25/5	Watford
7.00	Seb Ross	BAR	19/5	Hemel H
6.72	Robert Green	HPX	21/9	Birmingham
6.51	Ethan Molloy	D&T	14/04	Thurrock
6.44	Eddie Nemeth	D&T	15/09	Hemel H
6.40	Jake Alderson	Chil	11/5	Hemel H
6.39	Antoine Oget	SNH	2/5	Stevenage
5.96	Sebastian Wadlow	D&T	08/09	Cambridge
5.51	Matthew Spicer	SNH	2/5	Stevenage
5.29	Byron Johal	WAT	7/7	St Albans
4.49	Dean Johal	WAT	14/4	Watford

#### Shot 5k

7.47	Tyler Gray	SNH	21/7	Braintree
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#### Discus 1.25k

41.96	Max Price	SNH	8/9	Stevenage
36.71	Asa G Freeman	WAT	7/7	St Albans
26.08	Jerome Lana	D&T	07/07	Luton
26.02	Edward Linnegar	D&T	15/09	Hemel H
25.91	George Marvell	SNH	28/9	Sandy
24.83	Sebastian Wadlow	D&T	15/09	Hemel H
19.20	Owen Dearman	WAT	7/7	St Albans
19.16	Seb Ross	BAR	15/9	Hemel H
18.78	Dan Duke	SNH	4/8	Stevenage
17.71	Matthew Spicer	SNH	7/7	Stevenage
16.62	Cameron Currie	HPX	22/6	Woodford
16.17	Ethan Molloy	D&T	08/09	Cambridge
15.92	Jed Cowler	HPX	19/5	Stevenage
14.84	James Beddall	SNH	4/8	Southend
11.07	Nathan Burke	HPX	14/4	Bedford

#### Hammer 4k

64.66	George Marvell	SNH	17/8	Ashford
36.49	Peter Keefe	SNH	8/6	Hemel H
25.49	Asa Freeman	WAT	7/7	St Albans
16.96	Ethan Molloy	D&T	15/9	Hemel H
14.44	Seb Ross	BAR	15/9	Hemel H

#### Hammer 5k

51.51	George Marvell	SNH	7/9	Sandy
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#### Javelin 600g

38.33	James Hennesy	StA	8/9	Cambridge
38.01	Antoine Oget	SNH	8.9	Stevenage
35.53	Max Price	SNH	14/4	Watford
34.46	George Brooks	D&T	11/08	Hendon
33.32	Kai Stonnell	D&T	04/08	Cambridge
29.88	Matthew Waters	SNH	21/7	Braintree
26.62	Jed Cowler	HPX	22/6	Woodford
26.46	James Beddall	SNH	8/9	Stevenage
23.76	Jake Alderson	Chil	22/6	St Albans
23.38	Albie Langdon	HPX	1/6	Woodford
23.34	Michael Stocker	SNH	25/5	Watford
22.42	Cameron Currie	HPX	21/7	Ware
20.67	Lee Brown	SNH	21/7	Braintree
20.41	Sebastian Wadlow	D&T	15/09	Hemel H
16.70	Liam Gregory	SNH	15/9	Stevenage

16.61	Matthew Spicer	SNH	4/8	Stoke
16.39	Zakeria Khan	D&T	19/05	Hemel H
13.42	Ethan Molloy	D&T	15/09	Hemel H
12.54	Jack Keene	D&T	07/07	Luton
11.66	Rufus Kent	BAR	19/5	Hemel H

#### **Pentathlon**

3139	Max Price	SNH	21/9	Birmingham
2451	Jacob Holderness	SNH	21/9	Birmingham
2295	William Catrledge	SNH	29/9	Peterborough
2157	Peter Keefe	SNH	21/9	Birmingham
1864	Aig Ojehomon	StA	2/5	Stevenage
1595	Jake Alderson	Chil	11/5	Hemel H
1312	Robert Green	HPX	21/9	Birmingham
1265	Matthew Spicer	SNH	29/9	Peterborough
1048	Daniel Hopper	D&T	11/5	Hemel H

#### **Octathlon**

4274	Max Price	SNH	4/8	Stoke
1707	Matthew Spicer	SNH	4/8	Stoke

#### **4x100**

49.6	Herts Phoenix	22/6	Woodford
50.7	Watford Harriers	4/8	Cambridge
55.36	Stevenage & NH	6/5	Stevenage

#### **4x300**

2:48.2	Herts Phoenix	29/5	Woodford
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#### **4x400**

4:26.80	Stevenage & NH	6/5	Stevenage
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