

HERTFORDSHIRE COUNTY AAA 2013 T&F RANKINGS

U20 MEN

100m

10.87/3.8	Luke Yaxley	StA	14/8	LV
10.93/3.1	Luis Da Silva	StA	15/6	Bedford
11.0	Eliot Copperwhite	D&T	15/6	Ipswich
11.0	Luis da Silva	StA	30/6	Guildford
11.0	Luke Yaxley	StA	30/6	Guildford
11.3	George Yerbury	WAT	30/5	Mile End
11.4	Eliot Copperwhite	D&T	25/5	Watford
11.5	Daniel Gardner	SNH	28/7	Sandy
11.58	Tomi Njoku	HPX	20/7	Abingdon
11.7	Joshua Evans	D&T	15/9	Hemel H
11.73w	Harry Kyriacou	BAR	29/6	Hendon
11.8	Timi Shotake	HPX	18/5	Ware
11.8	Chris Castro-Neto	BAR	13/7	Hemel H
11.8	Harry Kyriacou	BAR	16/8	Cambridge
11.9	Peter De'Ath	SNH	28/4	Stevenage
12.1	Daniel Williams	SNH	28/7	Sandy
12.2	Edward Cotterell	HPX	30/6	Eltham
12.5	Luke Parker	SNH	15/6	Walton

200m

21.84	Eliot Copperwhite	D&T	23/6	Watford
22.03	Luis da Silva	StA	22/6	Watford
22.7	George Yerbury	WAT	18/5	Braintree
22.8	Luke Yaxley	StA	30/6	Guildford
23.0	Harry Kyriacou	BAR	13/7	Hemel H
23.0/4.1	Peter De'Ath	SNH	10/8	Abingdon
23.1	Simon Wake	HPX	20/4	Harrow
23.10	Lemarr Jean-Jacques	BED	25/5	Watford
23.3	Peter De'Ath	SNH	2/6	WGC
23.7	Timi Shotade	HPX	18/5	Ware
23.35	Tomi Njoku	HPX	20/7	Abingdon
24.2	Joshua Evans	D&T	11/5	Hemel H
24.6	Daniel Williams	SNH	30/6	Eltham
25.0	Michael Sharp	HPX	28/4	Stevenage
25.1	Joseph Beyer	D&T	13/7	Hemel H
25.1	Chris Castro-Neto	BAR	15/9	Hemel H
25.2	William Ridgway	SNH	28/4	Stevenage
25.97/2.2	Khasif Jones	SNH	20/4	Stevenage
26.61/2.5	Liam Cloona	HPX	10/8	Milton Keynes
26.8	Liam Cloona	HPX	16/6	Grays
26.91/0.4	Harry Day	SNH	25/5	Watford

400m

50.34	James McMurray	StA	17/4	Watford
51.27	Peter De'Ath	SNH	11/8	Hendon
51.7	Simon Wake	HPX	7/9	Sandy
51.97	Ben Rochford	WAT	15/6	Oxford
52.0	Christian Gaddes	StA	30/6	Guildford
52.4	Andrew Walshe	HPX	2/6	WGC
52.45	Carl Palin	StA	17/4	Watford
53.6	William Ridgway	SNH	30/6	Eltham
53.95	Joshua Evans	D&T	10/7	Watford
54.0	Chris Hilton1	StA	18/5	St Albans
55.2	Daniel Williams	SNH	28/4	Stevenage

56.7	Harry Day	SNH	15/6	Walton
60.17	Joseph Bayer	D&T	25/5	Watford
60.8	Harry Kyriacou	BAR	13/7	Hemel H
63.2	Chris Castro-Neto	BAR	15/9	Hemel H

800m

1:50.88	James McMurray	StA	30/6	Watford
1:52.41	Liam Dee	SBH	12/6	Watford
1:53.90	Cameron Laley	HPX	25/5	Watford
1:54.78	Michael Callegari	SBH	11/8	Hendon
1:56.32	Ben Rochford	WAT	7/8	Watford
2:03.85	Christian Schramm	D&T	4/9	Watford
2:07.6	Oliver Glyn	D&T	13/7	Hemel H
2:02.8	Chris Hilton2	SNH	18/5	Ware
2:04.48	Chris Hilton1	StA	4/9	Watford
2:06.8	Liam Cloona	HPX	16/6	Grays
2:07.92	William Ridgway	SNH	20/4	Stevenage
2:09.6	Harry Day	SNH	2/6	WGC
2:20.5	Nick Doyle	HPX	28/7	Sandy

1500m

3:43.08	James McMurray	StA	1/6	Sportcity
3:47.78	Michael Callegari	SBH	30/6	Watford
3:49.44	Liam Dee	SBH	30/6	Watford
4:00.44	Cameron Laley	HPX	24/7	Watford
4:03.51	Ben Rochford	WAT	24/7	Watford
4:11.1	Chris Hilton2	SNH	13/7	Braintree
4:19.58	Oliver Poulain	StA	18/9	Watford
4:23.19	Chris Hilton1	StA	29/5	Watford
4:23.2	Harry Day	SNH	13/7	Braintree
4:30.06	Liam Cloona	HPX	20/7	Abingdon
4:30.5	George Pettipher	HPX	2/6	WGC
4:36.0	Alex Emanuel	BAR	27/4	Uxbridge
4:38.4	Nick Doyle	HPX	28/4	Stevenage
4:39.15	Jamie Abbiss	StA	6/5	Stevenage
4:59.9	William Ridgway	SNH	30/6	Eltham
6:01.4	Joseph Bayer	D&T	11/5	Hemel H
6:27.3	Joshua Evans	D&T	11/5	Hemel H

1 Mile

4:12.85	Liam Dee	SBH	20/7	Oxford
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3000m

8:13.75	Michael Callegari	SBH	19/5	Loughborough
8:47.90	Chris Hilton2	SNH	17/7	Basingstoke
8:54.02	Ben Rochford	WAT	1/5	Watford
9:31.1	Cameron Laley	HPX	28/7	Sandy
9:42.7	Miron Woldemichael	LHside	11/5	Hemel H
10:02.6	Harry Day	SNH	30/6	Eltham
10:07.14	Nick Doyle	HPX	18/5	MK

5000m

14:21.53	Michael Callegari	SBH	1/6	Sportcity
15:43.11	Ben Rochford	WAT	25/5	Watford
17:44.51	Liam Cloona	HPX	10/8	Milton K

110m Hurdles (U20)

15.71	Cameron McKie	StA	6/5	Stevenage
16.1	Christian Gaddes	StA	28/7	LV
18.1/3.3	Kashif Jones	SNH	30/6	Eltham

110m Hurdles (SM)

18.9/3.6	Kashif Jones	SNH	18/5	Ware
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400m Hurdles

55.13	Christian Gaddes	StA	21/7	Abingdon
58.4	Simon Wake	HPX	28/4	Stevenage
59.17	Liam Dee	SBH	6/5	Stevenage
63.3	Cameron McKie	StA	20/7	St Albans
63.79	Chris Hilton2	SNH	20/4	Stevenage
66.4	William Ridgway	SNH	30/6	Eltham
69.3	Joseph Bayer	D&T	18/5	St Albans
73.8	Harry Day	SNH	28/4	Stevenage

2000m Steeplechase

5:59.04	Liam Dee	SBH	18/5	MK
6:24.4	Ben rochford	WAT	10/8	Hendon
6:28.36	Chris Hilton2	SNH	20/4	Stevenage
7:21.4	Simon Wake	HPX	16/6	Grays

3000m Steeplechase

9:51.38	Chris Hilton	SNH	4/5	Bedford
11:29.4	Harry Day	SNH	18/5	Ware

High Jump

2.01	Kashif Jones	SNH	10/8	Abingdon
1.90	Tim Buckle	SBH	25/5	Watford
1.80	Oliver Morris	D&T	18/5	St Albans
1.80	David Perry	StA	28/4	Carshalton
1.70	Max Wright	D&T	15/9	Hemel H

Pole Vault

5.20	Daniel Gardner	SNH	13/7	Birmingham
3.20	Jack Downes	StA	10/8	Luton

Long Jump

7.14	Daniel Gardner	SNH	10/8	Abingdon
6.31	Luke Parker	SNH	23/6	Watford
6.10	Joshua Evans	D&T	25/5	Watford
5.90	Christian Gaddes	StA	20/7	St Albans
5.87	Michael Sharp	HPX	28/7	Sandy
5.65	Peter De'Ath	SNH	15/9	Stevenage
5.53	Adam Hodge	HPX	28/4	Stevenage
4.90	Joseph Bayer	D&T	11/5	Hemel H
4.69	James McCormick	BAR	13/7	Hemel H
4.68	Daniel Williams	SNH	30/6	Eltham
4.35	Liam Cloona	HPX	16/6	Grays

Triple Jump

12.53	Lucas Campbell-Gumb	SNH	10/8	Abingdon
12.49	Cameron Laleye	HPX	2/6	WGC
11.92	Christian Gaddes	StA	15/9	Hemel H
11.90	Luis Da Silva	StA	15/9	Hemel H
11.52	Joseph Bayer	D&T	13/7	Hemel H
11.27	Joshua Evans	D&T	10/8	Hemel H

11.16	Benford	WAT	27/4	Watford
11.11	Kashif Jones	SNH	28/4	Stevenage
10.42	James McCormick	BAR	13/7	Hemel H
10.03	William Ridgway	SNH	28/7	Sandy
10.02	Tom Gatens	HPX	2/6	WGC

Shot 6k

10.93	Simon Wake	HPX	30/6	Eltham
10.48	Christian Gaddes	StA	11/8	Hendon
10.08	Christian Sloan	HPX	2/6	WGC
9.77	Daniel Gardner	SNH	28/4	Stevenage
8.27	Peter De'Ath	SNH	28/4	Stevenage
7.31	Daniel Williams	SNH	28/7	Sandy
5.62	Harry Day	SNH	30/6	Eltham

Shot 7.26k

11.37	Josh Pieterse	StA	20/7	St Albans
10.50	Simon Wake	HPX	20/7	Abingdon
8.74	Rhys Thompson	BAR	27/4	Uxbridge
7.19	Harry Kyriacou	U20	10/8	Cambridge
6.98	Peter De'Ath	SNH	10/8	Abingdon
6.77	Daniel Gardner	SNH	10/8	Abingdon
6.49	James McCormick	BAR	13/7	Hemel H

Discus 1.75k

35.81	Christian Sloan	HPX	6/5	Stevenage
28.73	Mitchell Dutton	StA	10/7	wATFORD
28.52	Simon Wake	HPX	30/6	Eltham
15.39	William Ridgway	SNH	30/6	Eltham
14.06	Joseph Bayer	D&T	11/5	Hemel H
12.34	Harry Day	SNH	15/9	Stevenage

Discus 2k

15.13	Harry Kyriacou	BAR	13/7	Hemel H
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Hammer 6k

16.00	Tom Gatens		28/4	Stevenage
10.66	Harry Day	SNH	28/7	Sandy

Hammer 7.26k

43.44	Richard Humphries	HPX	20/7	Abingdon
20.81	James McCormick	BAR	13/7	Hemel H
26.25	Josh Pieterse	StA	20/7	St Albans
13.22	George McCormick	BAR	15/6	Luton

Javelin 800g

54.47	Conor Martin	HPX	21/7	Abingdon
45.96	Simon Wake	HPX	30/6	Eltham
34.81	James McCormick	BAR	24/4	Uxbridge
29.22	George McCormick	BAR	15/6	Luton
24.44	Daniel Gardner	SNH	28/7	Sandy
19.00	Joseph Bayer	D&T	11/5	Hemel H
9.34	Joshua Evans	D&T	11/5	Hemel H

Pentathlon

1589	Joshua Evans	D&T	11/5	Hemel H
1453	Joseph Bayer	D&T	11/5	Hemel H

4x100

44.88	Herts Phoenix	1/9	Bedford
49.3	Watford Harriers	27/4	Watford

4x400

3:35.6	Herts Phoenix	2/6	WGC
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