

HERTFORDSHIRE COUNTY 2014 T&F RANKINGS

SENIOR MEN

100m

10.9	Max Lowery	WAT	21/6	Cambridge
11.02/-0.7	Michael Edwards	E&H	24/5	Watford
11.1	Daniel Gardner	SNH		
11.2	Liam Sandford	D&T	18/5	Gloucester
11.2	Cameron Webb	WSEH	12/7	Eton
11.3	Luke Yaxley	StA	21/6	St Albans
11.35	Jon Rendell	D&T	12/7	Oxford
11.57	Dominic Spike	HPX	19/4	Perivale
11.7	Craig Denison	SNH		
11.73/-1.3	Peter De'ath	SNH	13/7	Mile End
11.78/-0.7	Ian Tobin	HPX	24/5	Watford
11.9	Elior Harris	SNH		
12.00/-0.7	David Olusanya	Harr	24/5	Watford
12.03	Joe Gaynor	HPX	12/7	Oxford
12.03/-0.7	Steven Edwards	HAWCS	24/5	Watford
12.30/1.1	Dave Stephens	HPX	9/4	Watford

200m

21.95/0.2	Michael Edwards	E&H	24/5	Watford
22.2	Max Lowery	WAT	21/6	Cambridge
22.57	Jon Rendell	D&T	12/7	Oxford
22.77	Cameron Webb	WSEH	3/7	LV
23.0	Lewis Keeble	SNH		
23.0	Luke Yaxley	StA	2/8	Portsmouth
24.04	Christian Gaddes	StA	19/4	Perivale
24.21/0.2	Steven Edwards	HAWCS	24/5	Watford
24.25/0.3	Ian Tobin	HPX	10/9	Watford
24.34/0.2	David Olusanya	Harr	24/5	Watford
24.38	Andrew Walshe	HPX	12/7	Oxford
24.75	Liam Sandford	D&T	2/7	Cheltenham
24.9	Craig Denison	SNH		
25.06/-0.8	David Stephens	HPX	5/5	Stevenage
26.1	George Withers	StA	2/8	Hemel H
26.3	Michael Wadlow	D&T	6/7	Hemel H
28.1	Ben McGuinness	D&T	12/7	Oxford
29.0	Shaun Wall	D&T	6/7	Hemel H
33.40/0.6	Anthony Bryan T37	HPX	5/5	Stevenage

400m

49.39	Matt Hamilton	E&H	24/5	Watford
49.47	Jonathan Rendell	D&T	3/5	Bedford
50.57	Alec Wing	VPth	24/5	Watford
50.6	Dominic Spike	HPX	21/6	Harrow
51.06	Andrew Walshe	HPX	19/4	Perivale
51.4	Lewis Keeble	SNH		
51.8	Joe Gaynor	HPX	21/6	Harrow
52.2	Max Lowery	WAT	2/8	Grays
52.8	Aaron Reynolds	SNH		
53.6	Jack Rossini	D&T	17/5	Hemel H

53.8	Ben McGuinness	D&T	12/5	Oxford
54.45i	Christian Gaddes	StA	16/3	LV
55.09	George Withers	StA	27/8	Watford
55.33	Jorge Davies	D&T	12/7	Oxford
56.5	Craig Denison	SNH		
57.4	Paul Spicer	SNH		

800m

1:52.78	Nathan Wake	WGEL	13/7	Mile End
2:00.11	Chris Thurston	BAR	24/5	Watford
2:01.1	Alex Cloona	HPX	21/6	Harrow
2:01.7	Peter Townsend	HPX	21/6	Harrow
2:02.68	George Withers	StA	3/5	Bedford
2:02.88	Dominic Spike	HPX	18/6	Watford
2:07.6	Thomas Sloan	SNH		
2:09.0	Ben McGuinness	D&T	21/6	W London
2:09.46	Benjamin McGuinness	D&T	24/5	Watford
2:27.5	Craig Denison	SNH		
2:33.85	Michael Wadlow	D&T	19/4	Milton Keynes
2:39.37	Andrew Maher	StA	24/5	Watford
2:50.1	Dave Stephens	HPX	2/8	Peterborough

1500m

4:11.67	Peter Townsend	HPX	4/6	Watford
4:13.79	Alex Cloona	HPX	14/6	Crystal Palace
4:21.68	Richard Bate	SNH		
4:22.2	Jack Parslow	D&T	17/5	Hemel H
4:23.0	Oliver Glyn	D&T	17/5	Hemel H
4:25.98	George Withers	StA	30/7	Watford
4:40.0	Duncan Martin	WAT	17/5	Watford
4:47.50	Joe Gaynor	HPX	12/7	Oxford
4:48.0	Dominic Spike	HPX	17/5	Ware
4:52.69	David Beaney	WAT	30/7	Watford
4:56.25	Liam Herbert	SNH	5/5	Stevenage
4:57.4	Matt Salt	D&T	21/6	W London
5:14.92	Michael Wadlow	D&T	19/4	Milton Keynes
6:09.9	Anthony Bryan T37	HPX	21/6	Harrow
6:59.7	Shaun Wall	D&T	6/7	Hemel H

3000m

8:26.64	Neil Burton	TIP	31/5	Winterthur,SUI
8:59.73	Peter Townsend	HPX	9/4	Watford
9:18.11	Richard Bate	SNH		
9:24.6	Jack Parslow	D&T	17/5	Hemel H
9:46.4	Duncan Martin	WAT	17/5	Watford
10:07.2	Matt Salt	D&T	17/5	Hemel H
10:35.3	Ryan Faulkner	HPX	18/4	WGC
10:38.3	Liam Herbert	SNH		
10:46.2	Thomas Sloan	SNH		
10:54.8	Jamie Marlow	D&T	6/7	Hemel H

5000m

14:11.96	Neil Burton	TIP	28/5	Koblenz,GER
16:22.8	Peter Townsend	HPX	21/6	Harrow

16:27.75	Richard Bate	SNH	24/5	Watford
16:41.9	Carlos Vazquez Garcia	SNH		
16:51.35	Alex Cloona	HPX	19/4	Perivale
16:56.56	Will Morris	BAR	24/5	Watford
17:09.5	Oliver Glyn	D&T	11/9	Hemel H
17:41.0	Ryan Faulkner	HPX	2/8	Peterborough
18:26.0	Liam Herbert	SNH		
19:04.82	Simon Wake	HPX	19/4	Perivale
19:14.3	Matthew Hamilton	D&T	11/9	Hemel H
19:49.5	Thomas Sloan	SNH		

10000m

30:02.59	Neil Burton	TIP	10/5	P Hill
30:58.7	Alex Milne	E&H	10/7	Sandy
32:16.9	Tom Crouch	SAS	10/7	Sandy
33:53.2	Richard Bate	SNH	10/7	Sandy
34:48.2	Carlos Vazquez Garcia	SNH	10/7	Sandy
39:21.9	Liam Herbert	SNH	10/7	Sandy

110m Hurdles (106)

15.43/0.8	Pat Barrett	E&H	13/7	Mile End
17.4	Elior Harris	SNH		
19.9	Billy Vernon-Hamilton	SNH		
20.0	Paul Spicer	SNH		
20.5	Joe Gaynor	HPX	12/7	Oxford
21.9	Dave Stephens	HPX	21/6	Harrow
23.3	Paul Yeomans	StA	12/7	St Albans
26.6	Shaun Wall	D&T	21/6	W London

400m Hurdles (91)

54.09	Alec Wing	E&H	13/7	Mile End
56.47	Matt Hamilton	E&H	24/5	Watford
56.5	Christian Gaddes	StA	21/6	St Albans
60.7	Joe Gaynor	HPX	21/6	Harrow
66.3	Jack Rossini	D&T	17/5	Hemel H
66.78	Simon Wake	HPX	19/4	Perivale
68.2	Dave Stephens	HPX	2/8	Peterborough
76.0	Lee Grint	SNH	21/6	Southampton
77.54	Aaron Reynolds	SNH	24/5	Watford
89.65	Shaun Wall	D&T	12/7	Oxford

2000m Steeplechase

7:17.9	Peter Townsend	HPX	2/8	Peterborough
8:28.6	Dave Stephens	HPX	21/6	Harrow
8:34.01	Joe Gaynor	HPX	19/4	Perivale
12:57.8	Shaun Wall	D&T	21/6	W London

3000m Steeplechase

9:12.74	Alex Milne	E&H	24/8	Bedford
9:34.53	Peter Townsend	HPX	17/5	Oxford
9:36.38	Michael Wright	BAR	24/8	Bedford
11:39.1	David Stephens	HPX	17/5	Ware
12:45.8	Liam Herbert	SNH		
13:17.0	Joe Gaynor	HPX	17/5	Ware

13:21.9	Jack Rossini	D&T	17/5	Hemel H
13:48.0	Nick Manning	D&T	17/5	Hemel H

High Jump

1.95	Elior Harris	SNH	24/5	Watford
1.80	Paul Spicer	SNH		
1.65	Joe Gaynor	HPX	21/6	Harrow
1.60	Nick Manning	D&T	17/5	Hemel H
1.45	Michael Wadlow	D&T	2/8	Hemel H
1.40	Jack Rossini	D&T	19/4	Milton Keynes
1.30	David Stephens	HPX	17/5	Ware

Pole Vault

5.40	Daniel Gardner	SNH		
3.70	Paul Yeomans	StA	12/7	St Albans
3.40	Matt Williams	D&T	19/4	Milton Keynes
3.40	Matthias Winter	SNH	13/7	Mile End
2.40	David Stephens	HPX	17/5	Ware
2.40	Simon Wake	HPX	12/7	Oxford

Long Jump

6.87	Daniel Gardner	SNH		
6.18	Ian Tobin	HPX	24/5	Watford
6.17	Christian Gaddes	StA	19/4	Perivale
6.16	Elior Harris	SNH		
6.07	Max Lowery	WAT	2/8	Grays
5.90	Billy Vernon-Hamilton	SNH		
5.60	Craig Dennison	SNH		
5.50	Simon Wake	HPX	12/7	Oxford
5.49	Steven Edwards	HAWCS	24/5	Watford
5.46	Paul Yeomans	StA	2/8	Hemel H
5.29	David Stephens	HPX	9/4	LV
5.22	Lee Grint	SNH	21/7	Southampton
5.14	Dominic Spike	HPX	18/4	WGC
4.93	George Withers	StA	2/8	Hemel H
4.84	Shaun Wall	D&T	6/7	Hemel H
4.64	Michael Wadlow	D&T	6/7	Hemel H
3.92	Andrew Maher	StA	24/5	Watford

Triple Jump

12.60	Elior Harris	SNH		
12.24	Dominic Spike	HPX	24/5	Watford
11.97	Jorge Davies	D&T	12/7	Oxford
11.62	Billy Vernon-Hamilton	SNH		
11.50	Liam Sandford	D&T	18/5	Gloucester
11.07	Simon Wake	HPX	12/7	Oxford
10.89	Paul Yeomans	StA	17/5	Milton Keynes
10.64	Matt Williams	D&T	17/5	Hemel H
10.44	George Withers	StA	2/8	Hemel H
10.30	Dave Stephens	HPX	12/7	Oxford
10.26	Joe Gaynor	HPX	19/4	Perivale
9.65	Luke Rattue	WAT	17/5	Watford

Shot 7.26k

12.45	Neil McLellan	SNH		
11.92	Shaun Wall	D&T	21/6	W London
11.19	Simon Wake	HPX	19/4	Perivale
10.17	Chris Line	D&T	10/8	Hemel H
9.72	Christian Gaddes	StA	21/6	St Albans
9.53	Billy Vernon-Hamilton	SNH		
9.46	Luke Rattue	WAT	17/5	Watford
9.31	James Grove	HPX	17/5	Ware
9.20	Michael Wadlow	D&T	24/5	Watford
9.12	Paul Yeomans	StA	2/8	Hemel H
8.52	Adam McQuire	WAT	9/4	Watford
8.00	Joe Gaynor	HPX	17/5	Ware
6.97	Lee Grint	SNH	17/5	Stevenage

Shot 4k

9.40	Michael Pope	StA	24/5	Watford
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Discus 2k

42.14	Chris Line	D&T	24/8	Bedford
30.91	James Grove	HPX	17/5	Ware
30.55	Michael Wadlow	D&T	24/5	Watford
29.37	Nathan Cusack	StA	2/8	Hemel H
27.10	Shaun Wall	D&T	6/7	Hemel H
22.62	Paul Yeomans	StA	12/7	St Albans
22.50	Ian Tobin	HPX	17/5	Ware

Discus 1k

24.71	Michael Pope	StA	24/5	Watford
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Hammer 7.26k

34.10	Chris Line	D&T	21/6	W London
32.27	Neil McLellan	SNH		
30.14	James Grove	HPX	21/6	Harrow
22.96	Paul Yeomans	StA	12/7	St Albans
20.28	Michael Wadlow	D&T	2/8	Hemel H
17.56	Lee Grint	SNH	12/7	Basingstoke
12.66	Shaun Wall	D&T	2/8	Hemel H
10.31	David Stephens	HPX	17/5	Ware

Javelin 800g

60.79	Neil McLellan	SNH		
52.41	Jorge Davies	D&T	12/7	Oxford
46.65	Shaun Wall	D&T	12/7	Oxford
45.97	Simon Wake	HPX	21/6	Harrow
40.86	Dominic Spike	HPX	5/5	Stevenage
40.36	Luke Rattue	WAT	17/5	Watford
40.34	Billy Vernon-Hamilton	SNH		
35.38	Paul Yeomans	StA	17/5	Milton Keynes
28.22	Michael Wadlow	D&T	24/5	Watford
25.16	James Grove	HPX	12/7	Oxford
19.13	Andrew Maher	StA	24/5	Watford

Pentathlon

1722	Michael Wadlow	D&T	6/7	Hemel H
1642	Shaun Wall	D&T	6/7	Hemel H

4x100

43.56	Herts	13/7	Mile End
45.0	Dacorum & Tring	17/5	Hemel H
45.2	Herts Phoenix	21/6	Harrow
47.0	Watford H	17/5	Watford

4x400

3:17.71	Herts	13/7	Mile End
3:28.98	Herts Phoenix	19/4	Perivale
3:44.7	Dacorum & Tring	17/5	Hemel H
3:47.6	Watford H	21/6	Cambridge