

HERTS COUNTY AAA 2014 RANKING LIST

U13 BOYS

100m

12.8	Damilola Adekunle	SNH	13/9	Stevenage
12.8	Semba Bwalya	SNH	7/9	Basildon
12.8	Oliver Martin	HAWCS	7/6	Hemel H
13.38	Daniel Kessi	SNH	2/7	Birmingham
13.4	Matthew Patterson	Chil	11/6	Hemel H
13.6	Adam Ives	StA	28/9	Peterborough
13.70	Samad Ibrahim	D&T	03/08	Watford
13.68/0.2	Josiah Barker	D&T	13/8	Watford
13.95/-1.3	Jean Nwahba		27/7	Kingston
13.9	Harry Dean		7/6	Hemel H
14.1	Finlay Collins	SNH	11/5	Ipswich
14.1	Thomas Minns	WAT	01/06	Watford
14.1	Luca Cardines	SNH	13/7	Stevenage
14.2	Theodore Holtom	StA	11/6	Hemel H
14.3	Josh Horleston	HPX	13/7	Basildon
14.3	Ethan McGrory	StA	7/9	Ipswich
14.39	Aidan Leigh	SNH		
14.4	Joshua Forster	StA	11/6	Hemel Hempstead
14.4	Simon Catchpole	HPX	18/4	WGC
14.4	Dominic Bannon	HPX	3/5	Basildon
14.4	Freddie Shiret	SBH	3/8	Bedford
14.5	Atahan Diamond	SNH		
14.5	Sam Hargrove	WAT	11/6	Hemel H
14.52	Ralph Williams	SNH		
14.59/0.7	Joel James	Chil	5/5	Stevenage
14.61/0.7	Fin Wightman	D&T	5/5	Stevenage
14.7	Noah Timlin	StA	13/7	Basildon
14.7	Thomas Monk	HPX	15/6	Cambridge
14.8	Noah Timlin	StA	11/6	Hemel H
14.8	Matthew Stevens	StA	15/6	Hemel Hempstead
14.8	Bryce Breen	HPX	18/4	WGC
14.8	Edward Hopper	D&T	1/6	Watford
14.83	Haydn Williams	SNH		
14.9	Jacob Greaves	StA	15/6	Hemel Hempstead
14.9	George Smith	HPX	3/8	Bedford
15.1	Alex Smith	SNH		
15.3	Toby Anthony	WAT	15/06	Hemel H
15.30	William Ashton	D&T	03/08	Watford
15.4	Joshua Hall	BAR	11/6	Hemel H
15.5	TJ Scharschmidt	WAT		Watford
15.6	Archie Cook	SNH		
15.6	Harry Kutner	HPX	3/8	Bedford
15.60	Adam Jolly	D&T	11/05	Hemel H
15.8	Jason Harley	SNH		
15.8	Rudy Clifton	SNH		
15.8	Yannick Golbourne	SNH		
15.8	Adam Styczynski	HPX	19/7	W London
15.8	Thomas Hughes	HPX	19/7	W London
15.80	Cameron Proctor	D&T	10/08	Hemel H
15.9	Jos Ross-Brown	BAR	11/6	Hemel H
16.10	Matthew Thurgood	D&T	13/07	Stevenage
16.25/-0.4	Kai Henry Smith	StA	11/5	Peterborough
16.4	Reece van Genderen	HPX	13/4	Thurrock
16.4	Freddie Perrin	HPX	15/6	Cambridge
16.40	Emmanuel Moh	D&T	13/04	Thurrock
16.5	Thomas Hobbs	WAT	06/04	Watford
16.5	Sam Ineson	D&T	11/6	Hemel H
16.6	Lewis Budd	HPX	18/4	WGC
16.6	Thomas Agland	HPX	3/8	Bedford
16.6	Jared Donnelly	WAT	14/9	Watford

16.7	Oliver Cooper	HPX	3/5	Basildon
16.81	Kieran Lee	BAR	13/4	Woodford
17.2	Tom Horne	BAR	5/4	Hendon
17.2	James Rafferty	WAT	01/06	Watford
17.2	Ryan Hopping	WAT	11/05	Luton
17.3	Luis Obeng	HPX	13/7	Basildon
17.4	Adam Ilecki	WAT	01/06	Watford
17.4	Max Purton	BAR	11/6	Hemel H
17.5	Dominic Vaughan	HPX	11/5	Southend
19.6	Guy Collins	WAT	06/04	Watford

200m

26.5	Semba Bwalya	SNH	7/9	Basildon
27.1	Damilola Adekunle	SNH	6/9	Hemel H
26.9	Oliver Martin	HAWCS	3/8	Watford
27.70	Samad Ibrahim	D&T	10/8/20014	Hemel H
28.4	Josiah Barker	D&T	7/9	Ipswich
28.8	Dominic Bannon	HPX	19/7	W London
28.8	Theodore Holtom	StA	7/9	Ipswich
28.84	Ralph Williams	SNH	26/9	Cambridge
29.36/-1.1	Finlay Collins	SNH	5/5	Stevenage
29.4	Adam Ives	StA	13/7	Basildon
29.4	George Jones	HPX	11/6	Hemel H
29.4	Thomas Minns	WAT	15/6	Hemel H
29.5	Tom Goodeve	HPX	31/5	Watford
29.6	Luis Obeng	HPX	13/7	Basildon
29.64	Sam Hargrove	WAT	9/6	Eton
29.69	Haydn Williams	SNH	10/9	Watford
29.7	Yuri Decaine	BAR	31/7	Stevenage
29.8	Jason List	SNH		
30.0	Euan Murray	WAT	11/6	Hemel H
30.05/0.5	Bryce Breen	HPX	26/7	Cambridge
30.10	Fin Wightman	D&T	13/7	Stevenage
30.8	Jason Harley	SNH		
30.81	Ethan McGrory	StA	11/5	Peterborough
31.0	Atahan Diamond	SNH		
31.0	Matthew Stevens	StA	13/4	St. Albans
31.0	Thomas Monk	HPX	15/6	Cambridge
31.1	Luca Cardines	SNH		
31.1	Jacob Greaves	StA	11/6	Hemel H
31.2	Harry Kutner	HPX	13/7	Basildon
31.37	Aidan Leigh	SNH		
31.4	Edward Hopper	D&T	11/6	Hemel H
31.5	Simon Catchpole	HPX	15/6	Cambridge
31.7	Noah Timlin	StA	13/4	St. Albans
32.10	William Ashton	D&T	10/8	Hemel H
32.34/-1.1	Daniel Stace	D&T	5/5	Stevenage
32.4	Robert Swan	WAT	11/6	Hemel H
32.5	Theo Thompson	SNH		
32.6	Jack Dickinson	StA	15/6	Hemel Hempstead
32.7	Josh Horleston	HPX	13/4	Thurrock
32.8	Thomas Agland	HPX	3/5	Basildon
32.8	Yannick Goldbourne	SNH	11/6	Hemel H
32.80	Thomas Malt	D&T	11/06	Hemel H
33.2	Finn Leuzzi	HPX	18/4	WGC
33.60	Jack Vera	D&T	11/06	Hemel H
33.9	Reece van Genderen	HPX	13/7	Basildon
34.8	Lewis Budd	HPX	18/4	WGC
34.9	Sam Ineson	D&T	11/06	Hemel H
35.20	Emmanuel Moh	D&T	13/04	Thurrock
35.3	Thomas Hughes	HPX	3/5	Basildon
35.8	Ryan Hopping	WAT	11/5	Luton
35.8	Joe Purton	BAR	11/6	Hemel H
37.2	Archie Cook	SNH		
37.2	Freddie Perrin	HPX	15/6	Cambridge

37.4	Alex Fraser	BAR	11/6	Hemel H
37.6	Edward Jex	StA	13/4	St. Albans
38.5	Edward Fraser	BAR	11/6	Hemel H

800m

2:21.32	Thomas Minns	WAT	27/7	Kingston
2:24.34	Fin Harvey	SBH	5/5	Stevenage
2:26.49	Freddie Shiret	SBH	31/5	Hendon
2:28.0	Scott Brice	StA	7/9	Ipswich
2:28.17	Nathanael Zapico	HPX	16/7	Watford
2:28.5	Kristian Imroth	D&T	11/06	Hemel H
2:29.09	Joe Smith	HPX	10/9	Watford
2:31.1	Haydn Williams	SNH	11/06	Hemel H
2:31.8	Nico Dowsett	D&T	11/06	Hemel H
2:33.8	Adam Jolly	D&T	3/8	Watford
2:34.59	Bryce Breen	HPX	16/7	Watford
2:34.7	Jason List	SNH	7/9	Basildon
2:34.9	Alex Stapleton	HPX	19/7	W London
2:35.7	Thomas Hughes	HPX	13/7	Basildon
2:37.9	James Glyn	D&T	15/6	Hemel H
2:38.2	Semba Bwalya	SNH		
2:39.7	Damilola Adekunle	SNH	13/9	Stevenage
2:39.8	Cameron Messetter	D&T	06/07	Hemel H
2:40.4	George Jones	HPX	7/6	Hemel H
2:42.5	Jack Dickinson	StA	7/9	Ipswich
2:43.6	Thomas Agland	HPX	3/5	Basildon
2:43.68	Keiron Lee	BAR	5/5	Stevenage
2:45.8	Justin Reid	D&T	6/7	Hemel H
2:46.52	Ralph Williams	SNH		
2:46.6	Kieran Soley	SNH		
2:47.6	William Jarvis	WAT	1/6	Watford
2:47.8	Robert Swan	WAT	11/6	Hemel H
2:48.7	Lucas Blackwell	HPX	13/4	Thurrock
2:49.2	Finn Leuzzi	HPX	15/6	Cambridge
2:49.6	Dominic Vaughan	HPX	3/5	Basildon
2:49.6	Daniel Stace	D&T	13/7	Stevenage
2:49.7	Freddie Truman-Williams	D&T	6/7	Hemel H
2:49.7	Harry Kutner	HPX	3/8	Bedford
2:50.6	Tom Horne	BAR	11/6	Hemel H
2:51.9	Lewis Clark	WAT	3/8	Watford
2:52.3	Josiah Barker	D&T	6/7	Hemel H
2:53.3	Harry Kutner	HPX	13/7	Basildon
2:54.3	Alex Smith	SNH		
2:58.8	Jason Harley	SNH		
2:59.1	Reece van Genderen	HPX	13/4	Thurrock
3:00.4	Joel Amos	D&T	11/06	Hemel H
3:02.8	Vincent Cacciatore	HPX	15/6	Cambridge
3:03.4	Edward Hopper	D&T	06/07	Hemel H
3:03.5	Edward Jex	StA	13/4	St. Albans
3:09.9	Rudy Clifton	SNH		
3:10.3	James Poole	StA	13/4	St. Albans
3:16.4	Samuel Clark	StA	11/06	Hemel H
3:17.6	Yannick Golbourne	SNH		
3:40.6	Adam Ilecki	WAT	14/9	Watford

1500m

4:42.11	Fin Harvey	SBH	27/7	Kingston
4:54.47	Kristian Imroth	D&T	24/05	Watford
4:58.05	Joe Smith	HPX	24/9	Watford
4:58.35	Nathanael Zapico	HPX	24/5	Watford
5:03.1	Tyler Carr	SNH	13/7	Stevenage
5:07.3	Nico Dowsett	D&T	15/6	Hemel H
5:07.6	Brett Rushman	HPX	19/7	W London
5:11.69	Freddie Shiret	SBH	24/5	Watford
5:17.16	Alex Stapleton	HPX	27/8	Watford

5:17.9	Oliver Griffiths	WAT	3/8	Watford
5:23.72	Haydn Williams	SNH	28/6	Hendon
5:23.93	Bryce Breen	HPX	24/5	Watford
5:26.8	Jason List	SNH		
5:33.1	Thomas Hughes	HPX	3/5	Basildon
5:34.4	Atahan Diamond	SNH		
5:36.26	William Jarvis	WAT	24/5	Watford
5:37.3	Charles MacDonald	SNH		
5:40.0	Jamie Mabbs	HPX	22/6	Walthamstowe
5:45.4	Toby Anthony	WAT	13/7	Stevenage
5:48.7	Elliot Kitchener	D&T	15/6	Hemel H
5:56.8	Thomas Malt	D&T	13/4	Thurrock
5:59.02	Joel Amos	D&T	24/5	Watford
6:03.58	Ralph Williams	SNH		
6:31.7	Jason Harley	SNH		
6:32.2	Noam Montague-Leach	SNH		
6:41.1	Archie Cook	SNH		

75m Hurdles

12.50	Josiah Barker	D&T	10/08	Hemel H
13.0	Ralph Williams	SNH	13/9	Stevenage
13.0	Haydn Williams	SNH	7/6	Hemel H
13.4	Thomas Fisher	D&T	3/8	Watford
14.2	Theodore Holton	StA	11/6	Hemel H
14.2	Matthew Stevens	StA	15/6	Hemel H
14.50	Fin Wightman	D&T	13/4	Thurrock
14.50	Filip Robinson	D&T	13/4	Thurrock
14.6	Ethan McGrory	StA	7/9	Ipswich
14.90	Edward Hopper	D&T	3/8	Watford
15.3	Tom Goodeve	HPX	3/5	Basildon
15.3	Harry Ford	WAT	11/6	Hemel H
15.6	Adam Styczynski	HPX	19/7	W London
15.60	Cameron Procter	D&T	3/8	Hemel H
15.90	Cameron Messetter	D&T	6/7	Hemel H
16.0	Dominic Vaughan	HPX	3/5	Basildon
16.2	Kai Henry Smith	StA	13/4	St Albans
16.3	Toby Anthony	WAT	15/6	Hemel H
16.4	TJ Scharschmidt	WAT	1/6	Watford
16.40	Daniel Stace	D&T	6/7	Hemel H
16.5	Vincenzo Cacciatore	HPX	19/7	W London
16.6	Adam Ilecki	WAT	1/6	Watford
16.70	Freddie Truman-Williams	D&T	6/7	Hemel H
17.2	Aidan Leigh	SNH		
17.30	Justin Reid	D&T	6/7	Hemel H
17.3	Jared Donnelly	WAT	14/9	Watford
17.4	Tom Horne	BAR	11/6	Hemel H
17.5	Bryce Breen	HPX	22/6	Walthamstow
17.7	Edward Jex	StA	13/4	St Albans
17.7	James Rafferty	WAT	1/6	Watford
17.7	William Jarvis	WAT	6/7	Hemel H
17.9	Freddie Perrin	HPX	15/6	Cambridge
18.0	Alex Smith	SNH		
18.0	Aidan Walsh	BAR	11/6	Hemel H
18.2	Max Purton	BAR	11/6	Hemel H
21.60	Jacob Phillips	D&T	6/7	Hemel H

High Jump

1.40	Ben Bellisario	SBH	27/7	Kingston
1.35	Edward Hopper	D&T	6/7	Hemel H
1.35	Josiah Barker	D&T	6/7	Hemel H
1.33	Alex Smith	SNH		
1.32	Ralph Williams	SNH	6/7	Hemel H
1.32	Haydn Williams	SNH	6/7	Hemel H
1.30	Ethan McGrory	StA	13/7	Basildon
1.30	Thomas Fisher	D&T	3/8	Watford

1.30	Adam Ives	StA	3/8	Peterborough
1.26	Cameron Messetter	D&T	06/07	Hemel H
1.25	Tyler Carr	SNH	3/8	Sandy
1.25	Aidan Leigh	SNH	15/6	Cambridge
1.25	Filip Robinson	D&T	13/04	Thurrock
1.25	Tom Goodeve	HPX	31/5	Watford
1.25	Dhiraj Dutta	HPX	22/6	Walthamstow
1.25	Daniel Stace	D&T	13/7	Stevenage
1.25	Noah Timlin	StA	13/7	Basildon
1.23	William Jarvis	WAT	6/7	Hemel H
1.20	Damilola Adekunle	SNH	13/4	St Albans
1.20	Kai Henry Smith	StA	13/4	St Albans
1.15	Dominic Bannon	HPX	3/5	Basildon
1.15	Elliot Kitchener	D&T	15/6	Hemel H
1.15	Toby Anthony	WAT	13/7	Stevenage
1.14	Justin Reid	D&T	6/7	Hemel H
1.10	Nico Dowsett	D&T	11/5	Luton
1.10	George Smith	HPX	15/6	Cambridge
1.05	Vincenzo Cacciatore	HPX	15/6	Cambridge
1.05	Jacob Phillips	D&T	15/6	Hemel H
1.05	Cole Cowler	HPX	19/7	W London
1.05	William Ashton	D&T	10/8	Hemel H
1.02	Freddie Truman-Williams	D&T	6/7	Hemel H

Pole Vault

2.40	Josiah Barker	D&T	21/5	Watford
1.50	Bryce Breen	HPX	13/9	Stevenage

Long Jump

4.97	Josiah Barker	D&T	7/6	Hemel H
4.90	Matthew Patterson	Chil	19/7	W London
4.63/-0.9	Luke Wilson	D&T	6/9	Hemel H
4.59	Damilola Adekunle	SNH	13/9	Stevenage
4.57	Daniel Kessi	SNH	11/6	Hemel H
4.48	Freddie Shiret	SBH	2/7	Birmingham
4.46	Sam Hargrove	WAT	13/7	Stevenage
4.37	Semba Bwalya	SNH	15/6	Cambridge
4.35	Noah Timlin	StA	13/7	Basildon
4.34	Joshua Forster	StA	11/6	Hemel H
4.33	Thomas Fisher	D&T	10/8	Hemel H
4.25	Aidan Leigh	SNH	13/7	Stevenage
4.22	Haydn Williams	SNH	26/7	Cambridge
4.22	Ben Harden	StA	7/6	Hemel H
4.21	Josh Horleston	HPX	15/6	Cambridge
4.20	Ralph Williams	SNH	26/7	Cambridgw
4.20	Matthew Stevens	StA	15/6	Hemel H
4.17	Samad Ibrahim	D&T	3/8	Watford
4.15	Alex Smith	SNH	7/9	Basildon
4.13	Jason List	SNH	13/9	Stevenage
4.13	Edward Hopper	D&T	10/8	Hemel H
4.10	George Jones	HPX	11/6	Hemel H
4.04	Atahan Diamond	SNH	13/7	Stevenage
4.00	Filip Robinson	D&T	15/6	Hemel H
3.99	Cameron Procter	D&T	10/8	Hemel H
3.94	Thomas Minns	WAT	11/6	Hemel H
3.92	Fin Wightman	D&T	10/8	Hemel H
3.91	Ethan McGrory	StA	11/5	Peterborough
3.86	Sam Hargrove	WAT	11/6	Hemel H
3.81	Edward Hopper	D&T	11/6	Hemel H
3.81	Joshua Hall	BAR	11/6	Hemel H
3.78	Daniel Stace	D&T	13/7	Stevenage
3.76	Finlay Collins	SNH		
3.75	Cameron Messetter	D&T	06/7	Hemel H
3.73	Theo Thompson	SNH		

3.73	Fred Trueman-Williams	D&T	06/7	Hemel H
3.72	Lucas Blackwell	HPX	13/4	Thurrock
3.70	Simon Catchpole	HPX	15/6	Cambridge
3.69	William Jarvis	WAT	11/5	Luton
3.68	George Smith	HPX	19/7	W London
3.62	Thomas Hughes	HPX	3/8	Bedford
3.59	Jared Donnelly	WAT	17/9	Watford
3.55	Jason Harley	SNH		
3.52	Adam Jolly	D&T	10/8	Hemel H
3.51	Justin Reid	D&T	6/7	Hemel H
3.46	Jack Dickinson	StA	7/9	Ipswich
3.37	Scott Brice	StA	7/9	Ipswich
3.25	Archie Cook	SNH		
3.19	Adam Ilecki	WAT	1/6	Watford
3.16	Hugh Stanway	HPX	11/5	Southend
3.15	Ciaran Kilbane	WAT	11/6	Hemel H
3.13	Thomas Hobbs	WAT	1/6	Watford
3.12	Alex Stapleton	HPX	22/6	Walthamstow
3.08	Jack Vera	D&T	13/4	Thurrock
3.08	Nathanael Zapico	HPX	11/6	Hemel H
3.06	Emmanuel Moh	D&T	13/4	Thurrock
3.06	Jacob Phillips	D&T	6/7	Hemel H
3.03	Jamie Mabbs	HPX	22/6	Walthamstow
2.89	Reece van Genderen	HPX	15/6	Cambridge
2.78	Kieran Soley	SNH		
2.78	Finn Leuzzi	HPX	18/4	WGC
2.73	Alex Fraser		11/6	Hemel H

Shot 3.25k

9.97	Jean Nwahba		7/6	Hemel H
9.54	Harry Dean		7/6	Hemel H
8.65	Adam Ives	StA	7/9	Ipswich
8.06	Kai Tunstall	WAT	3/8	Watford
7.96	Josiah Barker	D&T	1/6	Watford
7.60	William Jarvis	WAT	3/8	Watford
6.76	Joe Hirst	StA	13/7	Basildon
6.30	Semba Bwalya	SNH		
6.29	Dhiraj Dutta	HPX	22/6	Walthamstow
6.12	Damilola Adekunle	SNH	13/9	Stevenage
6.10	Edward Hopper	D&T	13/7	Stevenage
6.07	Thomas Malt	D&T	15/6	Hemel H
6.04	Jacob Reece-Phillips	D&T	10/8	Hemel H
5.89	Thomas Monk	HPX	11/6	Hemel H
5.89	Adam Jolly	D&T	10/8	Hemel H
5.85	Ralph Williams	SNH		
5.69	Haydn Williams	SNH		
5.69	Edward Hopper	D&T	15/6	Hemel H
5.67	Alex Smith	SNH		
5.54	Cameron Messetter	D&T	6/7	Hemel H
5.46	Fin Wightman	D&T	11/6	Hemel H
5.43	Thomas Hughes	HPX	11/5	Southend
5.43	George Smith	HPX	15/6	Cambridge
5.38	Finn Leuzzi	HPX	11/6	Hemel H
5.35	Matthew Thurgood	D&T	13/7	Stevenage
5.30	Cole Cowler	HPX	19/7	W London
5.24	Jacob Greaves	StA	11/6	Hemel H
5.09	Freddie Shiret	SBH	7/9	Ipswich
4.97	Jared Donnelly	WAT	14/9	Watford
4.95	Aidan Leigh	SNH		
4.94	Jason Harley	SNH		
4.93	Rudy Clifton	SNH		
4.87	Thomas Fisher	D&T	11/6	Hemel H
4.85	Justin Reid	D&T	6/7	Hemel H
4.82	Yannick Goldbourne	SNH		
4.82	Atahan Diamond	SNH		

4.65	Bryce Breen	HPX	31/5	Watford
4.56	Joe Purton	BAR	11/6	Hemel H
4.44	Oliver Cooper	HPX	11/5	Southend
4.37	Jack Dickinson	StA	15/6	Hemel H
4.31	Joel Amos	D&T	13/4	Thurrock
4.28	Daniel Stace	D&T	6/7	Hemel H
4.24	Dominic Bannon	HPX	3/5	Basildon
3.86	Freddie Truman- William	D&T	6/7	Hemel H
3.41	Edward Fraser	StA	11/6	Hemel H

Discus 1k

27.01	William Jarvis	WAT	13/7	Watford
23.15	Aman Johal		7/6	Hemel H
19.40	Jason List	SNH	3/8	Sandy
19.40	Joe Hirst	StA	7/9	Ipswich
19.25	Kai Tunstall	WAT	3/8	Watford
17.90	Ralph Williams	SNH	28/9	Peterborough
16.67	Nico Dowsett	D&T	7/9	Ipswich
14.61	Jacob Reece-Phillips	D&T	10/8	Hemel H
13.80	Bryce Breen	HPX	13/9	Stevenage
13.78	Haydn Williams	SNH		
12.71	George Smith	HPX	11/5	Southend
12.63	Thomas Monk	HPX	15/6	Cambridge
12.08	Max Benvenista	D&T	13/7	Stevenage
11.75	Theodore Holtom	StA	13/7	Basildon
10.30	Joshua Low	D&T	03/8	Watford
7.77	Yannick Golbourne			

Javelin 400g

36.02	William Jarvis	WAT	3/8	Watford
31.11	Joe Hirst	StA	7/6	Hemel H
31.10	Jason List	SNH	7/9	Basildon
27.99	Matthew Woods	WAT	3/8	Watford
26.57	Adam Ives	StA	7/9	Ipswich
25.68	Haydn Williams	SNH	28/9	Peterborough
22.95	Josiah Barker	D&T	10/8	Hemel H
21.95	Kai Tunstall	WAT	13/7	Stevenage
21.17	Robert Swan	WAT	11/6	Hemel H
20.52	Dhiraj Dutta	HPX	22/6	Walthamstow
19.72	Jacob Reece-Phillips	D&T	11/5	Luton
19.25	Ciaran Kilbane	WAT	11/6	Hemel H
17.46	Filip Robinson	D&T	15/6	Hemel H
17.45	Fin Wightman	D&T	13/7	Stevenage
16.80	Thomas Hughes	HPX	19/7	W London
16.78	Adam Styczynski	HPX	19/7	W London
16.05	Ralph Williams	SNH		
15.22	Tom Goodeve	HPX	18/4	WGC
14.92	Ethan McGrory	StA	13/7	Basildon
14.87	Jack Vera	D&T	11/6	Hemel H
14.31	Daniel Stace	D&T	5/5	Stevenage
13.57	Kai Henry Smith	StA	13/4	St Albans
13.53	George Wareham		11/6	Hemel H
13.32	Tom Horne	BAR	11/6	Hemel H
13.26	Dominic Vaughan	HPX	3/5	Basildon
11.87	Jacob Greaves	StA	15/6	Hemel H
10.11	Vincenzo Cacciatore	HPX	15/6	Cambridge
10.00	Alec Neate	HPX	3/8	Bedford
9.61	Jos Ross-Brown	BAR	11/6	Hemel H
7.98	Lucas Blackwell	HPX	13/4	Thurrock

Pentathlon

1597	Josiah Barker	D&T	6/7	Hemel H
1377	Haydn Williams	SNH	6/7	Hemel H
1107	Ralph Williams	SNH	6/7	Hemel H
1082	Cameron Messetter	D&T	6/7	Hemel H

964	Edward Hopper	D&T	6/7	Hemel H
858	William Jarvis	WAT	6/7	Hemel H
843	Alex Smith	SNH		
820	Daniel Stace	D&T	6/7	Hemel H
792	Justin Reid	D&T	6/7	Hemel H
709	Freddie Truman-Williams	D&T	6/7	Hemel H
375	Jacob Phillips	D&T	6/7	Hemel H

4x100 Relay

53.00	Herts U13B		27/7	Kingston
55.1	Stevenage & NH		11/6	Hemel H
57.7	St Albans		11/6	Hemel H
55.8	Dacorum & Tring		15/6	Hemel H
59.9	Herts Phoenix		15/6	Cambridge
63.9	Watford Harriers		11/6	Hemel H
65.1	Barnet & District		11/6	Hemel H