

## 2015 HERTS COUNTY AAA OUTDOOR RANKING LIST

### SENIOR MEN

#### 100m

10.40/0.9	John Otugade	SBH	5/7	Birmingham
10.52/0.6	Antonio Infantino	SBH	6/6	Regensberg,GER
11.11/2.9	Matt Hamilton	E&H	10/6	Newham
11.21/0.4	Daniel Gardner	SNH	15/8	Stevenage
11.3	Luis Da Silva	StA	4/7	Luton
11.3	Eliot Copperwhite	D&T	15/8	Hemel H
11.3	Peter De'Ath	SNH	20/6	Crawley
11.37/-0.5	Craig Dennison	SNH	26/9	Sandy
11.39/-0.5	Michael Measter	SNH	17/5	Watford
11.5	Christian Gaddes	StA	20/6	St Albans
11.81/0.0	Ryan Gow	HPX	22/7	LV
11.91/0.5	Max Lowery	WAT	11/4	LV
12.00/-0.5	Craig Dennison	SNH	17/5	Watford
12.01/1.4	Ian Tobin	HPX	25/4	Eltham
12.15/-0.5	Steven Edwards	HAWCS	17/5	Watford
12.2	Liam Vooght	SNH	25/4	Uxbridge
12.4	Mark Oddy	HPX	31/5	Cambridge
12.7	Matt Woodhouse	D&T	20/6	St Ives
12.88/-1.0	Billy Vernon-Hamilton	SNH	15/8	Stevenage
13.0	Paul Yeomans	StA	30/5	Bury St Edmunds
13.1	Jamie Abbiss	StA	30/5	Bury St Edmunds
13.8	Shaun Wall	D&T	13/9	Hemel H

#### 200m

20.79/3.3	Antonio Infantino	SBH	10/6	Newham
20.86/0.9	Antonio Infantino	SBH	29/4	LV
22.19/1.7	Max Lowery	WAT	17/5	Watford
22.80/-0.1	Peter De'Ath	SNH	25/4	Bromley
22.9	Eliot Copperwhite	D&T	15/8	Hemel H
23.2	Luis Da Silva	StA	4/7	Luton
23.62	Elior Harris	SNH	27/9	Peterborough
23.75/0.9	Ryan Gow	HPX	22/7	LV
23.8	Christian Gaddes	StA	25/4	St Albans
23.87/-0.4	Craig Dennison	SNH	2/9	LV
24.14/1.7	Steven Edwards	HAWCS	17/5	Watford
24.32	Pat Barrett	E&H	27/9	Peterborough
24.71/1.7	Craig Dennison	SNH	17/5	Watford
25.3	Mark Oddy	HPX	31/5	Cambridge
27.0	Jamie Abbiss	StA	20/6	St Albans
27.3	Ashok Mathur	SBH	11/3	Jarrow

#### 400m

49.50	Peter De'Ath	SNH	12/8	Watford
49.9	Max Lowery	WAT	4/7	Watford
49.96	Jon Rendell	D&T	23/5	Belgium
50.6	James McMurray	StA	25/4	St Albans
53.0	Joe Gaynor	HPX	31/5	Cambridge
54.0	Ben McGuinness	D&T	20/6	St Ives
54.80	Ben McGuinness	D&T	17/5	Watford
55.73	Alex Cloona	HPX	25/4	Eltham
57.08	Nick Choudhury	LUT	30/5	Mile End
58.4	Matt Woodhouse	D&T	15/8	Hemel H
58.81	Mark Oddy	HPX	25/4	Eltham
58.9	Jamie Abbiss	StA	25/4	St Albans
75.50	Anthony Bryan T37	HPX	22/4	Watford

**800m**

1:48.69	James McMurray	StA	15/7	Watford
1:52.21	Andrew Walshe	HPX	27/5	Eltham
1:59.49	Alex Cloona	HPX	17/6	Watford
2:00.93	Oliver Poulain	StA	12/8	Watford
2:01.65	Thomas Kearns	LUT	17/5	Watford
2:01.95	George Withers	StA	17/6	Watford
2:01.83	Peter De'Ath	SNH	15/8	Stevenage
2:02.7	Joe Gaynor	HPX	20/6	WGC
2:07.9	Ben McGuinness	D&T	20/6	St Ives
2:08.8	Peter Townsend	HPX	31/5	Cambridge
2:08.22	Ross Connor	WAT	9/9	Watford
2:09.85	Jamie Abbiss	StA	12/8	Watford
2:11.48	Ben McGuinness	D&T	17/5	Watford
2:14.92	Danny Digweed	BAR	20/6	Hendon
2:15.83	Nick Choudhury	LUT	30/5	Mile End
2:21.83	Craig Dennison	SNH	12/9	Stevenage
2:32.55	Elliott Poulain	StA	12/8	Watford
2:56.56	Anthony Bryan T37	HPX	9/5	Chelmsford

**1500m**

3:45.46	James McMurray	StA	27/6	Watford
3:50.11	Ed Shepherd	WGEL	15/7	Watford
3:50.66	Phillip Crout	SBH	20/5	Watford
3:57.40	Ben Nagy	E&H	27/6	Watford
3:58.72	Alex Milne	E&H	29/7	Watford
4:09.77	Chris Thurston	BAR	4/5	Stevenage
4:12.8	Alex Cloona	HPX	20/6	Ware
4:14.9	Peter Townsend	HPX	4/7	Luton
4:15.05	Jack Parslow	D&T	31/5	Hemel H
4:17.0	Ashok Mathur	SBH	1/6	Durham
4:17.25	Thomas Kearns	LUT	4/5	Stevenage
4:17.36	George Withers	StA	26/8	Watford
4:21.26	Steve Prosser	HPX	25/4	Eltham
4:21.9	Oliver Poulain	StA	4/7	Luton
4:25.2	Ryan Faulkner	HPX	3/4	WGC
4:31.41	Jamie Abbiss	StA	3/6	Watford
4:37.9	Danny Digweed	BAR	15/8	Woking
4:40.6	David Beaney	WAT	4/7	Watford
4:40.83	Pat Barrett	E&H	27/9	Peterborough
4:56.07	Elior Harris	SNH	27/9	Peterborough
5:06.5	Liam Herbert	SNH	3/4	WGC
6:03.6	Anthony Bryan T37	HPX	3/4	WGC
7:09.9	Shaun Wall	D&T	15/8	Hemel H

**3000m**

8:17.52	Phillip Crout	SBH	22/4	Watford
8:19.28	Ed Shepherd	WGEL	9/5	Sheffield
8:23.25	Jack Parslow	D&T	29/7	Watford
8:29.59	Alex Milne	E&H	1/7	Watford
8:59.44	Alex Cloona	HPX	22/4	Watford
9:15.35	Ashok Mathur	SBH	26/8	Watford
9:34.13	George Withers	StA	8/4	Watford
9:50.7	Ryan Faulkner	HPX	3/7	Luton
9:59.8	Louis Walshe	HPX	31/5	Cambridge
10:03.31	David Beaney	WAT	22/4	Watford
10:26.67	Carlos Vazquez Garcia	SNH	21/3	Tooting Bec
11:01.9	Thomas Sloan	SNH	31/5	Norwich
11:18.3	Liam Herbert	SNH	4/7	Walton
11:32.85	Ben Nagy	E&H	8/8	LV

**5000m**

14:15.76	Phillip Crout	SBH	27/6	Watford
14:28.71	Ed Shepherd	WGEL	30/5	Sportcity
14:36.03	Neil Burton	TIP	8/8	Zug,SWI
14:48.76	Alex Milne	E&H	11/7	Scotstoun
14:55.33	Ben Nagy	E&H	6/6	LV
15:37.33	Ashok Mathur	SBH	2/5	Bedford
16:40.0	Steve Prosser	HPX	20/6	WGC
16:44.6	Ryan Faulkner	HPX	15/8	Dartford
16:49.02	Peter Townsend	HPX	25/4	Eltham
17:14.5	Jamie Marlow	D&T	13/9	Hemel H
17:36.8	David Beaney	WAT	20/6	Watford
18:07.4	Luke Lisley	WAT	20/6	Watford
18:18.70	Louis Walshe	HPX	25/4	Eltham
18:25.6	Jamie Saunders	D&T	15/8	Hemel H
18:48.5	Will Morris	BAR	13/9	Hemel H
19:01.03	Daniel Poulton	SNH	15/8	Stevenage
19:10.27	Liam Herbert	SNH	25/4	Bromley

**10000m**

30:35.56	Neil Burton	TIP	16/5	Parliament Hill
34:55.73	Oliver Poulain	StA	3/5	Bedford
43:28.43	Dave Stephens	HPX	9/7	Sandy

**110H**

16.1	Christian Gaddes	StA	25/4	St Albans
17.4	Elior Harris	SNH	4/7	Walton
19.8	Simon Wake	HPX	20/6	Ware
20.3	Paul Spicer	SNH	20/6	Crawley
20.5	Joe Gaynor	HPX	31/5	Cambridge
23.33/1.0	Dave Stephens	HPX	25/4	Eltham
36.7	Paul Yeomans	StA	30/5	Bury St Edmunds

**400H**

53.82	Matt Hamilton	E&H	4/7	Birmingham
59.4	Christian Gaddes	StA	25/4	St Albans
62.6	Joe Gaynor	HPX	31/5	Cambridge
63.5	Simon Wake	HPX	15/8	Dartford
67.7	Danny Digweed	BAR	31/5	Winchester
69.9	Paul Spicer	SNH	20/6	Crawley
93.1	Shaun Wall	D&T	15/8	Hemel H

**2000SC**

6:23.5	Peter Townsend	HPX	20/6	WGC
7:53.4	Steve Prosser	HPX	15/8	Dartford
8:13.18	Dave Stephens	HPX	25/4	Eltham
11:18.5	Shaun Wall	D&T	20/6	St Ives

**3000SC**

8:58.04	Ben Nagy	E&H	8/8	LV
9:07.70	Alex Milne	E&H	1/8	Bedford
9:54.2	Peter Townsend	HPX	16/5	Cambridge
11:13.7	Steve Prosser	HPX	31/5	Cambridge
11:18.93	Matthew Salt	D&T	31/5	Hemel H

**HJ**

2.00	Elior Harris	SNH	17/5	Watford
1.98	Kashif Jones	SNH	4/5	Bedford
1.85	Bradley Armorgie	HPX	31/5	Cambridge
1.85	Ross Armorgie	HPX	3/7	Luton
1.70	Paul Spicer	SNH	20/6	Crawley
1.50	Danny Digweed	BAR	25/4	Uxbridge

1.47	Shaun Wall	D&T	13/9	Hemel H
1.20	Jamie Abbiss	StA	30/5	Bury St Edmunds
1.00	Dave Stephens	HPX	25/4	Eltham
1.00	Anthony Bryan F37	HPX	25/4	Eltham

#### PV

5.15	Daniel Gardner	SNH	17/5	Loughborough
3.70	Paul Yeomans	StA	30/5	Bury St Edmunds
3.40	Mike Garden	D&T	20/6	St Ives
3.30	Matt Williams	D&T	13/9	Hemel H
2.80	Matthias Winter	SNH	25/4	Bromley
2.60	Ross Armorgie	HPX	20/6	WGC
2.60	Oliver Poulain	StA	4/7	Luton
2.40	Dave Stephens	HPX	20/6	WGC
2.10	Simon Wake	HPX	31/5	Cambridge

#### LJ

6.91	Daniel Gardner	SNH	15/8	Stevenage
6.51	Elior Harris	SNH	15/8	Stevenage
6.50/1.9	Robert Gayler	SBH	29/8	Hendon
6.44/6.52w	Courtney Hart	D&T	20/6	St Ives
6.12/1.4	Ian Tobin	HPX	17/5	Watford
6.04/2.1	Josh Evans	D&T	17/5	Watford
5.96/6.04w	Josh Evans	D&T	17/5	Watford
5.92/1.3	Michael Measter	SNH	17/5	Watford
5.85	Bradley Armorgie	HPX	15/8	Dartford
5.74	Lee Grint	SNH	31/5	Norwich
5.49	Ross Armorgie	HPX	15/8	Woodford
5.48/2.4	Dave Stephens	HPX	17/5	Watford
5.47/1.5	Dave Stephens	HPX	17/5	Watford
5.44	Craig Dennison	SNH	12/9	Stevenage
5.12	George Withers	StA	25/4	St Albans
4.96	Ashok Mathur	SBH	11/3	Jarrow
4.30	Shaun Wall	D&T	13/9	Hemel H
3.70	Anthony Bryan F37	HPX	9/5	Chelmsford
3.22	Jamie Abbiss	StA	4/7	Luton

#### TJ

12.97	Elior Harris	SNH	15/8	Stevenage
12.09	Christian Gaddes	StA	4/7	Luton
11.29/1.1	Michael Measter	SNH	17/5	Watford
10.89	Bradley Pike	D&T	31/5	Hemel H
10.77	Paul Spicer	SNH	20/6	Crawley
10.75/11.45/2.1	Josh Evans	D&T	17/5	Watford
10.41	Matt Williams	D&T	15/8	Hemel H
10.16	Dave Stephens	HPX	25/4	Eltham
10.15	Paul Yeomans	StA	30/5	Bury St Edmunds
10.14	George Withers	StA	20/6	St Albans
9.15	Shaun Wall	D&T	13/9	Hemel H
8.09	Lee Grint	SNH	20/6	Crawley

#### SP 7.26k

11.71	Shaun Wall	D&T	4/7	Parliament Hill
11.23	Simon Wake	HPX	20/6	Ware
11.05	Bami Coker	SNH	4/7	Walton
10.37	Chris Line	D&T	15/8	Hemel H
10.05	Nathan Cusack	StA	20/6	St Albans
9.98	Billy Vernon-Hamilton	SNH	15/8	Stevenage
9.16	Christian Gaddes	StA	25/4	St Albans
8.90	Elior Harris	SNH	12/9	Stevenage
8.55	James Grove	HPX	3/7	Luton
8.27	Paul Yeomans	StA	30/5	Bury St Edmunds
7.93	Lee Grint	SNH	20/6	Crawley

7.56	Peter De'Ath	SNH	12/9	Stevenage
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#### DT 2k

40.74	Chris Line	D&T	2/5	Bedford
33.35	Bami Coker	SNH	4/7	Walton
30.87	James Grove	HPX	4/7	Luton
29.79	Nathan Cusack	StA	17/5	Watford
27.58	Shaun Wall	D&T	13/9	Hemel H
26.81	Shaun Wall	D&T	5/9	Ipswich
26.80	Elior Harris	SNH	27/9	Peterborough
21.96	Billy Vernon-Hamilton	SNH	15/8	Stevenage
21.01	Paul Yeomans	StA	30/5	Bury St Edmunds
20.95	Anthony Bryan F37	HPX	9/5	Chelmsford
19.23	Lee Grint	SNH	4/7	Walton

#### HT 7.26k

32.04	Chris Line	D&T	4/5	Bedford
29.79	James Grove	HPX	3/7	Luton
22.39	Paul Yeomans	StA	30/5	Bury St Edmunds
18.26	Lee Grint	SNH	25/4	Bromley
16.07	Nathan Cusack	StA	20/6	St Albans

#### JT 800

49.46	Simon Wake	HPX	20/6	WGC
47.61	Shaun Wall	D&T	17/5	Watford
40.57	Billy Vernon-Hamilton	SNH	15/8	Stevenage
40.11	Mitchell Dutton F38	StA	7/7	Nederland
34.70	Paul Yeomans	StA	30/5	Bury St Edmunds
33.78	Matt Williams	D&T	13/9	Hemel H
32.80	Bami Coker	SNH	4/7	Walton
30.94	Elior Harris	SNH	27/9	Peterborough
29.50	Chris Line	D&T	13/9	Hemel H
27.95	Christian Gaddes	StA	4/7	Luton
27.49	Ian Tobin	HPX	25/4	Eltham
27.01	Nathan Cusack	StA	15/8	Erith
26.64	Lee Grint	SNH	20/6	Crawley
24.17	James Grove	HPX	25/4	Eltham

#### 4x100

45.59	HAWCS	4/5	Stevenage
45.69	Herts Phoenix	4/5	Stevenage
46.5	Dacorum & Tring	20/6	St Ives

#### 4x400

3:48.68	Herts Phoenix	4/5	Stevenage
4:31.1	Dacorum & Tring	15/8	Hemel H