

## 2015 HERTS COUNTY OUTDOOR RANKING LIST

### U15 BOYS

#### 100m

12.1	Chris Osesi	WAT	2/8	Luton
12.2	Dami Adekunle	SNH	14/6	Basildon
12.2	Matthew Copley	StA	2/8	Luton
12.2	Ryan Emmanuel	WAT	10/5	Watford
12.3	Marc Brendenkamp	D&T	13/9	Hemel H
12.33/0.4	Semba Bwalya	SNH	26/9	Sandy
12.47/-0.5	Benjamin Whitehead	LUT	17/5	Watford
12.5	Ben Lloyd	HPX	10/5	Watford
12.6	Samad Ibrahim	D&T	6/9	Thurrock
12.6	Luke Burford	D&T	6/9	Thurrock
12.6	Brent Morris	SNH	10/5	Peterborough
12.62/1.5	Flyn Lanham	SNH	6/9	Bedford
12.7	Daniel Aghanti	StA	19/4	Bedford
12.7	Jean-Claude Aka	SNH	2/8	Hendon
12.8	Sebastien Sanseau	WAT	2/8	Luton
12.9	Curtis Whitelegg	HPX	3/4	WGC
12.9	Seb Adolph	HPX	10/5	Watford
12.9	Max Rose	SNH	14/6	Basildon
13.00/-0.5	Alexander Holden	Unatt	17/5	Watford
13.1	Matthew Patterson	WAT	12/7	Hemel H
13.2	Gabriel Harris	StA	14/6	Basildon
13.2	Robson Gross	WAT	19/4	Grays
13.3	Dominic Bannon	HPX	14/6	Ware
13.3	Adam Ives	StA	19/4	Bedford
13.4	Josiah Barker	D&T	12/7	Hemel H
13.5	Luis Obeng	HPX	2/8	Woodford
13.5	Callum Woodage	WAT	14/6	Ware
13.63/0.8	David Koffi	SNH	12/9	Stevenage
13.87/-0.7	Toby Addison T13	SNH	4/5	Stevenage
13.9	Thomas Monk	HPX	14/6	Ware
13.9	Ehi Ojehomon	StA	2/8	Luton
13.91/0.5	Ralph Williams	SNH	3/6	Watford
14.3	Matthew Stevens	StA	10/5	Watford
14.31/0.5	Haydn Williams	SNH	3/6	Watford
14.5	Simon Catchpole	HPX	14/6	Ware
14.5	Edward Hopper	D&T	13/9	Hemel H
14.52/-0.5	Danny Sanderson	Harlow	17/5	Watford
14.6	Andrew Williams	HPX	14/6	Ware
14.7	John Wilson	StA	14/6	Basildon
14.8	Owen Greenhalgh	HPX	12/7	Stevenage
14.8	Oliver Griffiths	WAT	19/4	Grays
14.8	Toby Anthony	WAT	7/6	Watford
14.92/0.8	Michael Knowles	SNH	12/9	Stevenage
15.0	William Brown	D&T	19/4	Cambridge
15.3	Edward Williams	HPX	14/6	Ware
18.23/-0.8	Calvin de Villiers	SNH	9/5	Chelmsford
18.4	Elliot Breen	HPX	21/6	Winchester

#### 200m

24.2	Ben Lloyd	HPX	17/6	Watford
24.26/2.7	Brent Morris	SNH	17/5	Watford
24.4	Matthew Copley	StA	14/6	Basildon
24.42/0.2	Semba Bwalya	SNH	23/9	Watford
24.7	Damilola Adekunle	SNH	14/6	Basildon
24.9	Ryan Emmanuel	WAT	10/5	Watford
24.90	Harry Nedelijovic	D&T	13/9	Hemel H
25.0	Chris Osesi	WAT	2/8	Luton
25.27	Brent Morris	SNH	12/9	Stevenage

25.28/2.7	Benjamin Whitehead	Lut	17/5	Watford
25.7	Daniel Aghanti	StA	6/6	Hemel H
26.10/-1.1	Jean-Claude Aka	SNH	2/8	Hendon
26.13	Sebastien Sanseau	WAT	23/9	Watford
26.3	Seb Adolph	HPX	10/5	Watford
26.78/0.4	Dylan Baines	SNH	12/9	Stevenage
27.0	Luke Burford	D&T	10/5	Watford
27.1	Robson Gross	WAT	7/6	Watford
27.2	Luis Obeng	HPX	2/8	Woodford
27.3	Max Rose	SNH	10/5	Peterborough
27.6	Callum Woodage	WAT	14/6	Ware
27.8	Josiah Barker	D&T	12/7	Hemel H
28.0	Samad Ibrahim	D&T	6/9	Thurrock
28.47/2.9	Jason List	SNH	28/3	Watford
28.5	Alec Wallace	D&T	14/6	Ware
28.50/2.9	Ralph Williams	SNH	28/3	Watford
28.75/0.1	Haydn Williams	SNH	29/7	Watford
28.8	Thomas Monk	HPX	14/6	Ware
28.8	Sam Collins	Harl	19/4	Cambridge
28.96/-0.8	Ralph Williams	SNH	29/7	Watford
29.01	Toby Addison T13	SNH	4/5	Stevenage
29.2	Jason List	SNH	14/6	Basildon
29.3	Daniel Olaitan	HPX	19/4	Cambridge
29.7	Joseph Gill	HPX	12/7	Stevenage
29.8	Oliver Stafford	D&T	14/6	Ware
29.8	Ben Faulkner	WAT	2/8	Luton
29.9	Tom Goodeve	HPX	14/6	Ware
30.2	Simon Catchpole	HPX	14/6	Ware
30.2	Edward Hopper	D&T	19/4	Cambridge
32.0	Tom Wilson	Harl	12/7	Hemel H
32.9	Callum Blair-Park	HPX	3/4	WGC
36.3	Jamie Ives	HPX	2/8	Woodford
43.11	Calvin de Villiers	SNH	9/5	Chelmsford

### 300m

37.6	Ben Lloyd	HPX	18/7	Hemel H
38.6	Brent Morris	SNH	14/6	Basildon
38.6	Matthew Copley	StA	4/7	Bedford
39.6	Greg Hurley	SBH	6/6	Hemel H
40.11	Harry Nedelijovic	D&T	2/8	Hendon
40.14	Marc Brendenkamp	D&T	2/8	Hendon
41.1	Jamie Cahill	HPX	3/4	WGC
41.7	Stephen Bates	HPX	21/6	Winchester
42.0	Adithya Nandakumar	WAT	2/8	Luton
42.0	Sammy Hardy	SNH	6/6	Hemel H
42.0	Freddie Shiret	SBH	6/9	Grays
42.3	Luke Burford	D&T	12/7	Hemel H
42.86	Jed Lumb	StA	17/5	Watford
43.4	Adam Ives	StA	10/5	Watford
43.4	Sam Wiggins	SNH	12/7	Stevenage
43.9	Thomas Malt	D&T	14/6	Ware
44.3	Seb Adolph	HPX	19/4	Cambridge
44.3	Ben Winfield	Lut	10/5	Watford
45.62	Jason List	SNH	2/8	Hendon
45.7	Dominic Bannon	HPX	14/6	Ware
45.7	Ralph Williams	SNH	10/5	Peterborough
46.04	Haydn Williams	SNH	2/8	Hendon
47.0	Scott Brice	StA	19/4	Bedford
47.1	Sam Collins	Harl	10/5	Chelmsford
47.2	Alex Stapleton	HPX	14/6	Ware
47.7	Tyler Carr	SNH	19/4	Ipswich
47.9	Joseph Gill	HPX	12/7	Stevenage
48.1	John Wilson	StA	10/5	Watford
48.4	Cameron Clark	WAT	10/5	Watford

50.2 Elliot Breen HPX 2/8 Woodford

#### 400m

57.65 Greg Hurley SBH 15/7 Watford

60.70 Ben Winfield Luton 12/8 Watford

#### 800m

2:03.67 Jed Lumb StA 9/9 Watford  
2:06.0 Ben Lloyd HPX 14/6 Ware  
2:06.30 Jamie Harper SBH 17/5 Watford  
2:07.15 Henry Fulton SBH 17/6 Watford  
2:07.81 Henry Rocha SBH 12/8 Watford  
2:10.2 Nathaniel Walmsley D&T 12/7 Hemel H  
2:12.25 Jerimiah Donoghue SNH 2/8 Hendon  
2:14.0 Tom Andrews HPX 12/7 Stevenage  
2:14.09 Freddie Shiret SBH 12/8 Watford  
2:15.0 Stephen Bates HPX 2/5 Twickenham  
2:15.2 Jamie Cahill HPX 3/4 WGC  
2:15.3 Louis Lomas SNH 4/7 Bedford  
2:15.6 Tom Andrews HPX 14/6 Ware  
2:16.2 Ben Winfield LUT 21/6 Luton  
2:16.4 Sam Wiggins SNH 12/7 Stevenage  
2:16.62 Callum Walsh StA 20/5 Watford  
2:17.0 Thomas Minns WAT 8/6 Watford  
2:19.43 Samuel Collins Harlow 2/8 Hendon  
2:19.46 Ruairi McElhatton BAR 2/8 Hendon  
2:21.04 Freddie Shiret SBH 17/5 Watford  
2:21.1 Joe Smith HPX 18/7 Hemel H  
2:21.52 Scott Brice StA 9/9 Watford  
2:22.37 Alex Stapleton HPX 15/7 Watford  
2:22.93 Kristian Imroth D&T 17/5 Watford  
2:24.1 Kristian Rogers HPX 12/7 Stevenage  
2:24.1 Kit Kerr SNH 27/6 Reading  
2:24.89 Oliver Griffiths WAT 15/7 Watford  
2:25.79 Jason List SNH 2/8 Hendon  
2:28.0 Oliver Wontner WAT 7/5 Stevenage  
2:28.26 Oliver Griffiths WAT 17/5 Watford  
2:30.5 Jack Woolmore HPX 12/7 Stevenage  
2:30.7 Alex Stapleton HPX 2/5 Twickenham  
2:31.8 Joseph Gill HPX 3/4 WGC  
2:32.7 Luke Burford D&T 19/7 Hemel H  
2:32.79 Haydn Williams SNH 22/4 Watford  
2:33.85 Semba Bwalya SNH 12/9 Stevenage  
2:34.4 Brent Morris SNH 7/5 Stevenage  
2:36.2 Ross Gladman SNH 7/5 Stevenage  
2:37.64 George Dowding WAT 17/6 Watford  
2:39.7 Tyler Carr SNH 19/4 Ipswich  
2:39.9 Matthew Parkin HAWCS  
2:40.96 Dylan Baines SNH 12/9 Stevenage  
2:41.5 Tom Goodeve HPX 10/5 Watford  
2:43.2 Thomas Fisher D&T 19/4 Cambridge  
2:43.4 Tom Wilson Harl 14/6 Ware  
2:45.2 George Smith HPX 14/6 Ware  
2:46.38 Flyn Lanham SNH 27/9 Peterborough  
2:47.10 Ralph Williams SNH 12/9 Stevenage  
2:47.11 Max Rose SNH 12/9 Stevenage  
2:47.3 Josiah Barker D&T 19/7 Hemel H  
2:47.7 Ben Faulkner WAT 7/6 Watford  
2:52.2 Cameron Clark StA 19/4 Bedford  
2:52.5 Ethan Lavialle SNH 7/5 Stevenage  
2:56.71 Joel Amos D&T 17/5 Watford  
3:00.10 David Koffi SNH 12/9 Stevenage  
3:01.98 Michael Knowles SNH 12/9 Stevenage

3:05.97	Alexander Smith	SNH	12/9	Stevenage
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### 1500m

4:12.46	Jamie Harper	SBH	22/7	Eltham
4:28.65	Jed Lumb	StA	3/6	Watford
4:29.95	Nathanael Zapico	HPX	12/9	Stevenage
4:30.28	Henry Rocha	SBH	1/7	Watford
4:34.0	Callum Walsh	StA	14/6	Basildon
4:36.2	Kristian Imroth	D&T	12/7	Hemel H
4:37.5	Jake Sherlock	HPX	6/6	Hemel H
4:39.16	Connor Keogh	WAT	23/9	Watford
4:39.6	Ben Winfield	LUT	6/6	Hemel H
4:40.4	Joe Smith	HPX	6/6	Hemel H
4:42.4	Stephen Bates	HPX	14/6	Ware
4:43.51	Scott Brice	StA	23/9	Watford
4:43.74	Joshua Edwards	SBH	4/5	Stevenage
4:47.72	Ben Winfield	LUT	4/5	Stevenage
4:50.0	Oliver Griffiths	WAT	12/7	Hemel H
4:50.9	Brett Rushman	HPX	2/5	Twickenham
4:51.5	Adithya Nandakumar	WAT	10/5	Watford
4:54.3	Jamie Ives	HPX	10/5	Watford
4:56.5	Alex Stapleton	HPX	12/7	Stevenage
5:01.05	Ruairi Mc Elhatton	BAR	4/5	Stevenage
5:01.5	Cameron Clark	WAT	2/8	Luton
5:03.9	Nico Dowsett	D&T	14/6	Ware
5:05.8	Elliot Breen	HPX	3/4	WGC
5:06.3	Tyler Carr	SNH	12/7	Stevenage
5:09.26	Jason List	SNH	4/5	Stevenage
5:12.5	Ross Gladman	SNH	6/6	Hemel H
5:16.9	Haydn Williams	SNH	12/7	Stevenage
5:17.77	Benjamin Howell	Chilt	4/5	Stevenage
5:26.8	Angus Clifford	HPX	3/4	WGC
5:28.8	William Brown	D&T	19/4	Cambridge
5:47.7	Toby Anthony	WAT	7/6	Watford
6:00.2	Brent Morris	SNH	14/6	Basildon
6:20.7	Ralph Williams	SNH	10/5	Peterborough

### 3000m

9:41.11	Henry Rocha	SBH	9/9	Watford
9:46.5	David Stone	SBH	19/7	Hemel H
9:49.2	Kristian Imroth	D&T	19/7	Hemel H
10:12.5	Nathanael Zapico	HPX	3/4	WGC
10:48.8	Jamie Ives	HPX	3/4	WGC
10:57.5	Brett Rushman	HPX	19/7	Hemel H

### 80H

11.57	Kitt Kerr	SNH	27/9	Peterborough
12.1	Toby Byrom	StA	6/6	Hemel H
12.1	Gabriel Harris	StA	14/6	Basildon
12.14/2.3	Kit Kerr	SNH	17/5	Watford
12.33/-3.0	Jean-Claude Aka	SNH	2/8	Hendon
12.4	Ben Lloyd	HPX	19/7	Hemel H
12.7	Oliver Wontner	WAT	6/6	Hemel H
12.79	Ralph Williams	SNH	27/9	Peterborough
12.9	Ralph Williams	SNH	13/9	Hemel H
13.5	Josiah Barker	D&T	12/7	Hemel H
13.81	Thomas Wright	D&T	2/8	Hendon
13.9	Oliver Driscoll	StA	14/6	Basildon
13.93/0.4	Haydn Williams	SNH	9/8	Bedford
14.0	Tom Goodeve	HPX	10/5	Watford
14.0	Jeremiah Donoghue	SNH	7/5	Stevenage
14.0	Brent Morriss	SNH	7/5	Stevenage
14.3	Matthew Stevens	StA	10/5	Watford

14.39	Flyn Lanham	SNH	27/9	Peterborough
14.5	Haydn Williams	SNH	13/9	Hemel H
14.6	Thomas Fisher	D&T	12/7	Hemel H
14.8	Tom Wright	D&T	19/4	Cambridge
15.44/2.3	Danny Sanderson	Harlow	17/5	Watford
16.3	Ethan Lavaaialle	SNH	7/5	Stevenage
16.4	Edward Hopper	D&T	19/7	Hemel H
16.4	Luke Burford	D&T	19/7	Hemel H
16.5	Alexander Smith	SNH	19/7	Hemel H
16.6	Ben Faulkner	WAT	14/6	Ware
16.9	Ross Gladman	SNH	7/5	Stevenage
17.0	Louis Lomas	SNH	7/5	Stevenage
17.8	John Wilson	StA	10/5	Watford

## HJ

1.71	Louis Lomas	SNH	4/7	Bedford
1.68	Tom Wright	D&T	13/9	Hemel H
1.65	Ben Lloyd	HPX	18/7	Hemel H
1.65	Jerimiah Donoghue	SNH	2/8	Hendon
1.61	Kit Kerr	SNH	19/9	Bedford
1.60	Jamie Harper	SBH	6/9	Grays
1.60	Dylan Baines	SNH	6/9	Bedford
1.56	Josiah Barker	D&T	19/7	Hemel H
1.55	Max Rose	SNH	14/6	Basildon
1.50	Matthew Copley	StA	19/4	Bedford
1.50	Ben Faulkner	WAT	12/7	Hemel H
1.45	Edward Hopper	D&T	17/5	Watford
1.45	Alexander Smith	SNH	12/9	Stevenage
1.45	Joel Smith	WAT	22/4	Watford
1.42	Flyn Lanham	SNH	27/9	Peterborough
1.41	Ralph Williams	SNH	13/9	Hemel H
1.41	Ralph Williams	SNH	19/7	Hemel H
1.40	Haydn Williams	SNH	2/8	Hendon
1.38	Thomas Fisher	D&T	19/7	Hemel H
1.35	Luke Burford	D&T	14/6	Ware
1.35	Kai Henry Smith	StA	10/5	Watford
1.35	Adam Ives	StA	12/7	Sandy
1.35	Tyler Carr	SNH	19/4	Ipswich
1.35	Brent Morris	SNH	7/5	Stevenage
1.35	Ross Gladman	SNH	7/5	Stevenage
1.30	George Smith	HPX	14/6	Ware
1.30	Tom Goodeve	HPX	14/6	Ware
1.30	Oliver Griffiths	WAT	17/5	Watford
1.30	Noah Timlin	StA	14/6	Basildon
1.30	Ethan Lavalie	SNH	7/5	Stevenage
1.25	Alec Wallace	D&T	12/7	Hemel H
1.20	Dominic Bannon	HPX	14/6	Ware
1.20	Ehi Ojehomon	StA	14/6	Basildon
1.05	Oliver Wontner	WAT	7/5	Stevenage

## PV

3.45	Callum Woodage	WAT	11/7	Gateshead
3.05	Elliot Breen	HPX	2/8	Woodford
2.90	Dylan Baines	SNH	12/9	Stevenage
2.50	Haydn Williams	SNH	2/8	Hendon
2.30	Kit Kerr	SNH	19/4	Ipswich
2.10	Jed Lumb	StA	14/6	Basildon

## L

5.83/5.88w	Kit Kerr	SNH	6/9	Bedford
5.66	Jerimiah Donoghue	SNH	2/8	Hendon
5.46	Ben Lloyd	HPX	19/7	Hemel H
5.37	Flyn Lanham	SNH	12/7	Stevenage

5.34/1.7	Dami Adekunle	SNH	17/5	Watford
5.33/0.8	Kit Kerr	SNH	17/5	Watford
5.32	Jude Ireland	StA	6/6	Hemel H
5.21	Matthew Patterson	WAT	6/6	Hemel H
5.05	Ryan Emmanuel	WAT	6/6	Hemel H
5.03	Thomas Fisher	D&T	12/7	Hemel H
4.97/2.0	Matthew Patterson	WAT	17/5	Watford
4.93	Freddie Shiret	SBH	6/9	Grays
4.90	Josiah Barker	D&T	2/8	Hendon
4.83	Matthew Copley	StA	19/4	Bedford
4.78	Oliver Wontner	WAT	7/5	Stevenage
4.72/2.3	Ben Hunt	D&T	17/5	Watford
4.70/1.1	Benjamin Whitehead	LUT	17/5	Watford
4.58	Stephen Bates	HPX	2/8	Woodford
4.55	Semba Bwalya	SNH	12/7	Stevenage
4.45	Noah Timlin	StA	6/6	Hemel H
4.44	Louis Lomas	SNH	7/5	Stevenage
4.42/-0.2	Haydn Williams	SNH	29/8	Hendon
4.41	Daniel Olaitan	HPX	19/4	Cambridge
4.40	Ralph Williams	SNH	7/5	Stevenage
4.39	Brent Morris	SNH	7/5	Stevenage
4.38/4.40w	Sebastien Sanseau	WAT	7/6	Watford
4.37/2.6	Danny Sanderson	Harlow	17/5	Watford
4.37	Ethan Lavialle	SNH	7/5	Stevenage
4.35/1.8	Jason List	SNH	29/8	Hendon
4.33/4.40w	Oliver Griffiths	WAT	7/6	Watford
4.30	Seb Adolph	HPX	10/5	Watford
4.26/2.3	Edward Hopper	D&T	13/9	Hemel H
4.20	Dominic Bannon	HPX	18/7	Hemel H
4.19	Tyler Carr	SNH	10/5	Peterborough
4.17	Samad Ibrahim	D&T	13/9	Hemel H
4.14	Simon Catchpole	HPX	14/6	Ware
4.13	Sam Hargrove	WAT	8/6	Eton
4.05	Alexander Smith	SNH	10/5	Peterborough
4.02	Joseph Gill	HPX	12/7	Stevenage
4.00	Oliver Stafford	D&T	13/9	Hemel H
3.98	Ross Gladman	SNH	7/5	Stevenage
3.94	Cameron Clark	WAT	19/4	Grays
3.92	Cameron Clark	StA	19/4	Bedford
3.91	Kristian Rogers	HPX	14/6	Ware
3.91	Michael Knowles	SNH	12/9	Stevenage
3.90	Robson Gross	WAT	7/6	Watford
3.83	Ben Faulkner	WAT	28/3	Watford
3.74	Simon Catchpole	HPX	2/5	Twickenham
3.73	Sam Denham	WAT	7/6	Watford
3.71	Jack Vera	D&T	6/9	Thurrock
3.70	Luke Burford	D&T	19/7	Hemel H
3.67	Tom Wilson	Harl	12/7	Hemel H
3.64	Sam Collins	Harl	10/5	Chelmsford
3.60	Ehi Ojehomon	StA	19/4	Bedford
3.42	Kai Henry Smith	StA	10/5	Watford
3.35	Owen Greenhalgh	HPX	3/4	WGC
3.19	Jamie Ives	HPX	19/4	Cambridge

## TJ

12.73/1.8	Ben Lloyd	HPX	10/7	Gateshead
11.43	Toby Byrom	StA	6/6	Hemel H
11.26	Matthew Copley	StA	4/7	Bedford
11.24	Oliver Wontner	WAT	6/6	Hemel H
10.43	Peter Chamba	StA	6/6	Hemel H
9.97	Ralph Williams	SNH	12/9	Stevenage
9.56	David Koffi	SNH	12/9	Stevenage
9.35	Semba Bwalya	SNH	12/9	Stevenage

**SP 4k**

12.00	Euan Metcalfe	SNH	14/6	Basildon
11.01	Kit Kerr	SNH	12/9	Stevenage
9.92	Brent Morris	SNH	14/6	Basildon
9.81	David Koffi	SNH	12/9	Stevenage
9.80	Byron Appleton	D&T	13/9	Hemel H
9.74	Oliver Stafford	D&T	2/8	Hendon
9.55	Ben Lloyd	HPX	19/7	Hemel H
9.21	Flyn Lanham	SNH	27/9	Peterborough
8.93	Thomas Monk	HPX	18/7	Hemel H
8.77	Adam Ives	StA	12/7	Sandy
8.61	Oliver Wontner	WAT	7/5	Stevenage
8.60	Josiah Barker	D&T	2/8	Hendon
8.60	Matthew Woods	WAT	7/6	Watford
8.57	Dominic Buckland	SNH	2/8	Hendon
8.44	Ethan Lavielle	SNH	7/5	Stevenage
8.35	Arte McKee	StA	12/7	Sandy
8.28	Jerimiah Donoghue	SNH	27/6	Reading
7.58	Joe Hirst	StA	10/5	Watford
7.16	Alexander Smith	SNH	12/9	Stevenage
7.15	Ralph Williams	SNH	12/9	Stevenage
7.00	Robson Gross	WAT	7/6	Watford
6.81	Louis Lomas	SNH	7/5	Stevenage
6.76	William Jarvis	WAT	15/4	Parliament Hill
6.72	Haydn Williams	SNH	29/8	Hendon
6.59	Tom Wright	D&T	19/4	Cambridge
6.57	Semba Bwalya	SNH	12/9	Stevenage
6.35	Owen Greenhalgh	HPX	12/7	Stevenage
6.31	Cole Cowler	HPX	2/5	Twickenham
5.92	Sam Denham	WAT	7/6	Watford
5.79	Max Rose	SNH	12/9	Stevenage
5.66	Callum Walsh	StA	19/4	Bedford
5.57	Jamie Harper	SBH	10/5	Braintree
5.56	Elliot Breen	HPX	10/5	Watford
5.48	Luke Burford	D&T	19/7	Hemel H
5.05	Edward Hopper	D&T	14/6	Ware
4.98	Matthew Patterson	WAT	10/5	Watford
4.91	Ross Gladman	SNH	7/5	Stevenage
4.56	Thomas Fisher	D&T	19/7	Hemel H

**DT 1.25k**

35.05	Euan Metcalfe	SNH	6/8	Sandy
32.02	Arte McKee	StA	6/6	Hemel H
29.67	Dominic Buckland	SNH	26/9	Sandy
27.30	William Jarvis	WAT	29/7	Watford
24.27	Jai Johal	SNH	2/8	Hendon
22.66	Alec Wallace	D&T	14/6	Ware
21.96	Jason List	SNH	12/7	Stevenage
21.95	Byron Appleton	D&T	13/9	Hemel H
20.74	Matthew Woods	WAT	7/6	Watford
19.88	Joe Hirst	StA	10/5	Watford
19.56	Ben Hunt	D&T	17/5	Watford
19.48	Ralph Williams	SNH	26/3	Watford
19.36	Matthew Patterson	WAT	28/3	Watford
19.05	Luke Burford	D&T	12/7	Hemel H
18.03	Dylan Baines	SNH	12/9	Stevenage
17.60	Daniel Aghanti	StA	19/4	Bedford
16.83	Ben Faulkner	WAT	7/6	Watford
16.79	Elliot Breen	HPX	2/8	Woodford
16.38	Owen Greenhalgh	HPX	19/4	Cambridge
15.07	Thomas Monk	HPX	3/4	WGC
14.20	Joseph Gill	HPX	18/7	Hemel H
13.93	Haydn Williams	SNH	9/8	Bedford

13.62	George Smith	HPX	2/5	Twickenham
12.62	Cole Cowler	HPX	14/6	Ware
12.44	Jamie Harper	SBH	6/9	Grays
11.20	Jamie Ives	HPX	2/8	Woodford
11.17	Ruairi McElhatton	BAR	19/4	Grays
10.79	Jed Lumb	StA	10/5	Watford

#### HT 4k

38.50	Michael Knowles	SNH	6/9	Bedford
29.00	Oliver Stafford	D&T	13/9	Hemel H
25.55	Euan Metcalfe	SNH	2/8	Hendon
18.45	Arte McKee	StA	12/7	Sandy
17.61	Ralph Williams	SNH	13/9	Hemel H
15.34	William Jarvis	WAT	12/7	Hemel H
11.82	Adam Ives	StA	14/6	Basildon

#### JT 600

44.47	Robert Swan	WAT	8/6	Eton
44.23	Alfie Perring	HPX	18/7	Hemel H
36.65	William Jarvis	WAT	12/9	Loughborough
36.37	Luca Acquisto	HAWCS		
35.06	Matthew Woods	WAT	7/6	Watford
33.07	Kristian Rogers	HPX	12/7	Stevenage
32.93	Jason List	SNH	12/9	Stevenage
32.81	Byron Appleton	D&T	13/9	Hemel H
30.98	Joe Hirst	StA	12/7	Sandy
30.32	Sam Denham	WAT	12/7	Hemel H
29.30	Ben Simpkins	SNH	12/7	Stevenage
26.20	Adam Ives	StA	14/6	Basildon
25.56	Greg Hurley	SBH	12/7	Sandy
24.85	Jamie Ives	HPX	2/5	Twickenham
24.09	Haydn Williams	SNH	6/9	Bedford
19.16	Cole Cowler	HPX	14/6	Ware
18.31	Jack Vera	D&T	10/5	Watford
18.17	Josiah Barker	D&T	14/6	Ware
17.55	Noah Timlin	StA	12/7	Sandy
14.97	Luke Burford	D&T	10/5	Watford
14.29	Oliver Stafford	D&T	12/7	Hemel H
13.99	Ralph Williams	SNH	4/5	Stevenage
11.98	Jamie Harper	SBH	14/6	Peterborough
8.30	Stephen Bates	HPX	2/5	Twickenham
3.68	Scott Brice	StA	19/4	Bedford

#### Pentathlon

2644	Kit Kerr	SNH	27/9	Peterborough
2633	Ben Lloyd	HPX	19/7	Hemel H
2280	Jerimiah Donoghue	SNH	28/6	Reading
1775	Brent Morris	SNH	7/5	Stevenage
1775	Flyn Lanham	SNH	27/9	Peterborough
1742	Oliver Wontner	WAT	7/5	Stevenage
1736	Josiah Barker	D&T	19/7	Hemel H
1577	Ralph Williams	SNH	27/9	Peterborough
1514	Haydn Williams	SNH	19/7	Hemel H
1354	Thomas Fisher	D&T	19/7	Hemel H
1310	Ethan Lavalie	SNH	7/5	Stevenage
1201	Luke Burford	D&T	19/7	Hemel H
1177	Ross Gladman	SNH	7/5	Stevenage
1133	Louis Lomas	SNH	7/5	Stevenage
1032	Alexander Smith	SNH	19/7	Hemel H
757	Edward Hopper	D&T	19/7	Hemel H

#### 4x100

53.29	Stevenage & NH	4/5	Stevenage
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**4x400**

4:30.12 Stevenage & NH

4/5

Stevenage