

2015 HERTS COUNTY OUTDOOR RANKING LIST

U20 MEN

100m

11.26/2.3	Luke Smith	HPX	12/7	Crawley
11.39/3.2	Harry Kyriacou	SBH	27/5	LV
11.4	Luke Smith	HPX	31/5	Cambridge
11.51/11.43w	Max Schopp	SNH	28/6	Hendon
11.52/1.2	Mohamed Tamedou	Harlow	17/5	Watford
11.53/1.8	Callum Scutt	SBH	19/4	LV
11.54/1.2	Harry Kyriacou	SBH	17/5	Watford
12.1	Ayomide Byrom	StA	25/4	St Albans
12.13/-0.2	James Lonngren-Sampaio	HPX	28/6	Mile End
12.15/0.6	Nathan Gardner	SNH	12/9	Stevenage
12.4	John Cambridge	StA	25/4	St Albans
12.5	Ben Moses	HPX	3/4	WGC
12.8	Mojibola Ogunbanjo	HPX	3/4	WGC
12.8/-1.7	Mark Freeman	SNH	26/7	Bromley
13.45/1.7	Ben Barber	SNH	18/4	Stevenage

200m

22.52/0.0	Luke Smith	HPX	21/6	Bedford
23.38/0.8	Harry Kyriacou	SBH	4/5	Stevenage
23.38/0.9	George Yerbury	WAT	3/5	Bedford`
23.5	Mark Whyte	D&T	20/6	St Ives
23.88/2.3	Callum Scutt	SBH	27/6	Hendon
23.98/-2.3	William Ridgway	SNH	26/7	Bromley
24.26/0.6	Ayomide Byrom	StA	18/4	Oxford
25.5	Mojibola Ogunbanjo	HPX	3/4	WGC
25.8	John Cambridge	StA	25/4	St Albans
26.72/-0.6	Robert Bolton	SNH	28/6	Hendon
28.67	Ben Barber	SNH	4/5	Stevenage

400m

48.55	Kyle Langford	SBH	22/4	Watford
49.19	Ben Rochford	SBH	26/7	Bromley
49.88	Peter De'Ath	SNH	5/9	Ipswich
50.5	Sam Jones	StA	26/7	Luton
51.27	Max Schopp	SNH	28/6	Hendon
51.46	Liam Dee	SBH	26/4	Newhaven,CT,USA
52.22	Luke Smith	HPX	18/4	Ashford
52.9	Aaron Cooper	HPX	3/4	WGC
53.8	Mark Whyte	D&T	20/6	St Ives
55.1	Marak Cunningham	SBH	15/8	Woking
56.09	William Ridgway	SNH	16/5	LV
57.91	James Lloyd	Chil	17/5	Watford
63.37	Jack Gladman T38	SNH	13/8	Nottingham
68.32	Ben Barber	SNH	9/5	Chelmsford

800m

1:45.78	Kyle Langford	SBH	25/7	Stratford
1:50.42	Ben Rochford	SBH	18/7	Oxford
1:50.66	Liam Dee	SBH	27/6	Watford
1:54.99	Sam Jones	StA	27/6	Watford
1:57.72	Aaron Cooper	HPX	17/5	Watford
1:58.66	Sam Griffiths	SBH	17/6	Watford
1:58.84	Jonty Wager-Leigh	Chil	20/5	Watford
2:00.48	Thomas Butler	BAR	15/7	Watford
2:04.99	Mark Cunningham	SBH	12/8	Watford
2:06.18	Callum Neal	Chil	22/4	Watford
2:06.81	Matt Lewis	WAT	15/7	Watford

2:08.29	Oliver Formby	BAR	20/6	Hendon
2:08.78	Edwards Anders	StA	20/5	Watford
2:17.48	William Ridgway	SNH	28/6	Hendon
2:19.6	Jack Gladman T38	SNH	20/6	Crawley
2:24.22	Nathan Gardner	SNH	12/9	Stevenage
2:32.53	Luke Redford	D&T	25/4	Woodford
2:33.5	Matthew Mardle	SNH	3/4	WGC
2:45.0	Daniel Lisle	WAT	15/8	Peterborough

1500m

3:43.64	Liam Dee	SBH	26/5	Basking Ridge,NJ,USA
3:55.66	Jamie Dee	SBH	22/8	Solihull
3:57.41	Mark Pearce	SBH	26/8	Watford
4:01.21	Ben Rochford	SBH	6/9	Birmingham
4:01.88	Thomas Butler	BAR	29/7	Watford
4:01.95	Kyle Langford	SBH	19/9	Istanbul,TUR
4:02.24	Sam Griffiths	SBH	1/7	Watford
4:04.4	Jonty Wager-Leigh	Chil	28/6	Aldershot
4:21.52	Oliver Formby	BAR	3/6	Watford
4:24.41	Callum Neal	Chil	3/6	Watford
4:35.0	Mark Cunningham	SBH	15/8	Woking
4:35.01	Edward Anders	StA	8/4	Watford
4:42.69	Jack Gladman T38	SNH	6/7	Nederlands

3000m

8:39.90	Mark Pearce	SBH	6/9	Birmingham
8:41.08	Jamie Dee	SBH	11/7	Gateshead
8:47.55	Thomas Butler	BAR	3/6	Watford
9:07.45	Sam Griffiths	SBH	29/7	Watford
9:23.15	George Cook	HPX	23/9	Watford
9:39.12	Jonty Wager-Leigh	Chil	18/4	Oxford
10:26.02	Edward Anders	StA	23/9	Watford
11:19.27	Jack Gladman T38	SNH	18/4	Stevenage

5000m

14:58.33	Jamie Dee	SBH	27/6	Watford
15:08.23	Mark Pearce	SBH	30/5	Sportcity
15:55.02	Thomas Butler	BAR	17/5	Watford
16:57.2	George Cook	HPX	20/6	WGC
19:36.5	Jack Gladman T38	SNH	20/6	Crawley
22:03.6	Daniel Lisle	WAT	15/8	Peterborough

110H

15.05/1.5	Mark Freeman	SNH	21/6	Bedford
15.27/0.9	Matthew Hall	SBH	17/5	Watford
15.46/15.09w	Max Schopp	SNH	28/6	Hendon
15.72/0.5	Ayomide Byrom	StA	18/4	Oxford
19.93	Mark Cunningham	SBH	28/6	Hendon
20.0	James Weller	D&T	13/9	Hemel H

400H

53.79	Max Schopp	SNH	11/7	Gateshead
61.7	Mark Cunningham	SBH	4/7	Abingdon
67.30	Ayomide Byrom	StA	18/4	Oxford
71.2	William Ridgway	SNH	18/4	Stevenage
72.9	James Weller	D&T	13/9	Hemel H

2000SC

6:17.18	Sam Griffiths	SBH	28/6	Hendon
7:10.5	Mark Cunningham	SBH	25/4	Uxbridge
7:16.88	Robert Bolton	SNH	28/6	Hendon
7:55.6	Andrew Wheatcroft	StA	25/4	St Albans

3000SC

10:01.12	Sam Griffiths	SBH	11/7	Scotstoun
14:37.2	Daniel Lisley	WAT	4/7	Watford

HJ

1.70	Mark Freeman	SNH	26/7	Bromley
1.65	James Weller	D&T	25/4	Woodford
1.65	William Ridgway	SNH	16/5	LV
1.60	Andrew Wheatcroft	StA	25/4	St Albans
1.60	Luke Redford	D&T	15/8	Hemel H
1.55	John Cambridge	StA	25/4	St Albans

PV

4.55	Nathan Gardner	SNH	16/5	LV
4.00	James Weller	D&T	13/9	Hemel H
3.60	Luke Redford	D&T	15/8	Hemel H
2.90	Andrew Wheatcroft	StA	4/7	Luton
2.90	Mark Cunningham	SBH	4/7	Abingdon
2.70	Max Schopp	SNH	20/6	Crawley

LJ

6.21	James Lonngren-Sampaio	HPX	28/6	Mile End
6.07	Nathan Gardner	SNH	18/4	Stevenage
5.47/0.8	Joe Bayer	D&T	17/5	Watford
5.39	James Weller	D&T	13/9	Hemel H
5.26	Ben Moses	HPX	3/4	WGC
5.22	Ayomide Byrom	StA	25/4	St Albans
4.88	William Ridgway	SNH	28/6	Hendon
4.40	Robert Bolton	SNH	28/6	Hendon
3.93	Ben Barber	SNH	9/5	Chelmsford
2.97	Jack Gladman	SNH	5/9	Ipswich

TJ

13.14	James Lonngren-Sampaio	HPX	28/6	Mile End
11.39/2.9	Joe Bayer	D&T	17/5	Watford
10.57	John Cambridge	StA	25/4	St Albans
10.52	Max Schopp	SNH	16/5	LV
10.13	William Ridgway	SNH	26/7	Bromley
8.59	Luke Redford	D&T	13/9	Hemel H

SP 6k

8.96	Matthew Mardle	SNH	18/4	Stevenage
8.17	Alfie Ingham	SBH	28/6	Hendon
5.75	Robert Bolton	SNH	28/6	Hendon
3.51	Jack Gladman	SNH	18/4	Stevenage

DT 1.75k

24.99	Matthew Mardle	SNH	28/6	Hendon
23.12	Alfie Ingham	SBH	26/7	Bromley
18.35	John Cambridge	StA	26/7	Luton
18.33	Ayomide Byrom	StA	18/4	Oxford
12.17	Jack Gladman T38	SNH	28/6	Hendon
10.15	Ben Barber	SNH	26/7	Bromley

HT 6k

57.92	George Marvell	SNH	11/10	Woodford
19.59	Matthew Mardle	SNH	28/6	Hendon
15.20	Alfie Ingham	SBH	28/6	Hendon

JT 800

54.93	Alfie Ingham	SBH	16/5	LV
52.71	Conor Martin	HPX	16/5	Chelmsford
46.03	Matthew Mardle	SNH	5/9	Ipswich
45.89	Patrick Semark	HPX	17/5	Watford
29.18	Nathan Gardner	SNH	12/9	Stevenage

4x100

46.59	Herts Phoenix	4/5	Stevenage
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4x400

3:51.92	Barnet & District	4/5	Stevenage
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