HERTS COUNTY OUTDOOR RANKINGS 2016

SENIOR MEN

100m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 11.0 | Max Lowery | SM | WAT | 16/4 | Grays |
| 11.06 | Peter De’Ath | SM | SNH | 16/4 | Bromley |
| 11.36 | Luis Da Silva | SM | STA | 9/7 | LV |
| 11.56w | Jon Rendell | SM | D&T | 1/6 | Cardiff |
| 11.6 | Elior Harris | SM | SNH | 21/5 | Ipswich |
| 11.64 | Craig Denison | SM | SNH | 16/4 | Bromley |
| 11.86 | Steve Edwards | SM | HAWCS | 17/8 | LV |
| 11.87 | Adam Hallybone | SM | SNH | 11/9 | Stevenage |
| 12.47 | Ben McGuinness | SM | D&T | 9/7 | Croydon |
| 12.6 | Matthew Williams | SM | D&T | 11/9 | Hemel H |
| 12.8 | Matthew Woodhouse | SM | D&T | 21/5 | Cambridge |
| 12.86 | Aleksei Lysak | SM | STA | 9/4 | Luton |
| 12.9 | Alex Cloona | SM | HPX | 9/7 | Ashford |
| 13.1 | Jamie Abbiss | SM | STA | 21/5 | St Albans |
| 13.2 | Dave Stephens | SM | HPX | 16/4 | Ipswich |
| 13.2 | Bradley Pike | SM | D&T | 16/4 | Hemel H |
| 13.4 | Mark Oddy | SM | HPX | 16/4 | Ipswich |
| 14.5 | Nick Doyle | SM | HPX | 16/3 | Exeter |

200m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 22.11 | Max Lowery | SM | WAT | 15/5 | Watford |
| 22.39 | Peter De’Ath | SM | SNH | 16/4 | Bromley |
| 22.96 | Luis Da Silva | SM | STA | 20/8 | LV |
| 23.07 | Jon Rendell | SM | D&T | 29/6 | Cardiff |
| 23.56 | Elior Harris | SM | SNH | 24/8 | Watford |
| 23.83 | Craig Denison | SM | SNH | 11/9 | Stevenage |
| 24.77 | Steve Edwards | SM | HAWCS | 9/7 | Peterborough |
| 24.88 | Ben McGuinness | SM | D&T | 18/6 | WGC |
| 24.9 | Matthew Woodhouse | SM | D&T | 9/7 | Croydon |
| 25.2 | Alex Cloona | SM | HPX | 18/6 | WGC |
| 25.43 | Jamie Abbiss | SM | STA | 16/4 | St Albans |
| 26.1 | Mark Oddy | SM | HPX | 22/5 | Erith |
| 26.17 | Thomas Sloan | SM | SNH | 11/9 | Stevenage |
| 26.47 | Aleksei | SM | STA | 9/4 | Luton |
| 26.9 | Matthew Williams | SM | D&T | 20/8 | Hemel H |
| 28.40 | George Withers | SM | STA | 1/4  | St Albans |
| 30.0 | Dave Stephens | SM | HPX | 16/4 | Ipswich |
| 30.6 | Michael Wadlow | SM | D&T | 11/9 | Hemel H |
| 33.98/-0.8 | Anthony Bryan T37 | SM | HPX | 24/8 | Watford |

400m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 48.65 | Peter De’Ath | SM | SNH | 11/6 | LV |
| 49.94 | James McMurray | SM | STA | 8/6 | Loughborough |
| 50.2 | Max Schopp | SM | SNH | 9/7 | Luton |
| 50.66 | Max Lowery | SM | WAT | 21/5 | LV |
| 52.27 | Jon Rendell | SM | D&T | 11/6 | Cardiff |
| 52.53 | Liam Dee | SM | SBH | 1/5 | New Haven,CT,USA |
| 54.6 | Ben McGuinness | SM | D&T | 18/6 | WGC |
| 54.96 | Conor Macdonald | SM | BAR | 19/6 | LV |
| 55.6 | Martin Boyd | SM | HPX | 9/7 | Ashford |
| 56.79 | George Withers | SM | STA | 6/6 | Mile End |
| 57.8 | Stephen Blakey | SM | WAT | 20/8 | Watford |
| 58.58 | Jamie Abbiss | SM | STA | 16/4 | St Albans |
| 58.65 | Saviours Ndau | SM | D&T | 9/7 | Croydon |
| 75.2 | Shaun Wall | SM | D&T | 21/5 | Cambridge |

800m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1:50.48 | James McMurray | SM | STA | 8/6 | Loughborough |
| 1:52.08 | Liam Dee | SM | SBH | 8/5 | Lawrencevill,NJ,USA |
| 2:01.1 | Alex Cloona | SM | HPX | 18/6 | WGC |
| 2:02.1 | Thomas Sloan | SM | SNH | 18/6 | WGC |
| 2:02.8 | Harry Pateman | SM | HPX | 22/5 | Erith |
| 2:03.15 | George Withers | SM | STA | 10/8 | Watford |
| 2:04.37 | Jamie Abbiss | SM | STA | 10/8 | Watford |
| 2:04.67 | Peter De’Ath | SM | SNH | 11/9 | Stevenage |
| 2:07.62 | Ross Connor | SM | WAT | 10/8 | Watford |
| 2:07.88 | Oliver Poulain | SM | STA | 9/7 | LV |
| 2:08.73 | Alexander Lepetre | SM | BAR | 21/5 | Grays |
| 2:09.18 | Joe Gaynor | SM | HPX | 15/5 | Watford |
| 2:10.93 | Matthew Hamilton | SM | D&T | 15/6 | Watford |
| 2:14.2 | Stephen Blakey | SM | WAT | 20/8 | Watford |
| 2:17.3 | Will Morris | SM | BAR | 20/8 | Watford |
| 2:23.92 | Danny Digweek | SM | BAR | 21/5 | Grays |
| 2:28.55 | William Ridgway | SM | SNH | 16/4 | Bromley |
| 2:29.6 | Nick Doyle | SM | HPX | 16/3 | Exeter |
| 2:46.25 | Adam Hallybone | SM | SNH | 11/9 | Stevenage |
| 2:48.0 | Anthony Bryan T37 | SM | HPX | 18/6 | WGC |
| 2:49.2 | Alex Horton | SM | BAR | 20/8 | Watford |
| 3:25.6 | Mark Freeman | SM | SNH | 16/5 | Stevenage |

1500m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 3:42.86 | Liam Dee | SM | SBH | 16/5 | Swarthmore,PA,USA |
| 3:44.48 | James McMurray | SM | STA | 15/6 | Watford |
| 4:12.82 | Geirge Withers | SM | STA | 24/8 | Watford |
| 4:16.56 | Harry Pateman | SM | HPX | 20/8 | Bromley |
| 4:18.95 | Oliver Poulain | SM | STA | 30/4 | Bedford |
| 4:20.5 | Peter Townsend | SM | HPX | 3/6 | Cambridge |
| 4:22.61 | Jamie Abbiss | SM | STA | 1/6 | Watford |
| 4:24.3 | Alex Cloona | SM | HPX | 16/4 | Ipswich |
| 4:26.66 | Ross Connor | SM | WAT | 27/7 | Watford |
| 4:26.99 | Alexander Lepetre | SM | BAR | 21/5 | Grays |
| 4:31.6 | Steve Prosser | SM | HPX | 9/7 | Ashford |
| 4:32.5 | Joe Gaynor | SM | HPX | 16/4 | Ipswich |
| 4:32.6 | Ryan Faulkner | SM | HPX | 18/6 | WGC |
| 4:32.7 | Stephen Blakey | SM | WAT | 9/7 | Watford |
| 4:35.9 | Michael Kazer | SM | D&T | 16/4 | Hemel H |
| 4:41.28 | Thomas Sloan | SM | SNH | 11/9 | Stevenage |
| 4:44.2 | Daniel Nichols | SM | BAR | 20/8 | Watford |
| 4:50.3 | Nick Doyle | SM | HPX | 16/3 | Exeter |
| 5:13.92 | Danny Digweed | SM | BAR | 21/5 | Grays |
| 5:53.2 | Anthony Bryan T37 | SM | HPX | 25/3 | WGC |

1 Mile

4:39.30 Ryan Faulkner SM HPX 29/8 Reading

3000m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 9:08.2 | Alex Cloona | SM | HPX | 22/5 | Erith |
| 9:09.4 | Jack Parslow | SM | D&T | 21/5 | Cambridge |
| 9:26.8 | George Withers | SM | HPX | 21/5 | St Albans |
| 9:46.6 | Ross Connor | SM | WAT | 9/7 | Watford |
| 10:28.4 | Nick Doyle | SM | HPX | 9/7 | Ashford |
| 10:39.06 | Will Morris | SM | BAR | 21/5 | Grays |
| 11:17.5 | Paul Spicer | SM | SNH | 9/7 | Luton |

5000m

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 14:04.02 | Liam Dee | SM | SBH | 28/5 | Williamsburg,VA,USA |
| 14:45.72 | Jack Parslow | SM | D&T | 23/6 | Oxford |
| 15:55.0 | Alexander Lepetre | SM | BAR | 24/6 | Walthamstow |
| 16:23.1 | Andrew Cracknell | SM | D&T | 18/6 | WGC |
| 16:30.5 | Ryan Faulkner | SM | HPX | 18/6 | WGC |
| 16:49.3 | Ross Connor | SM | WAT | 20/8 | Watford |
| 17:03.6 | Will Morris | SM | BAR | 10/9 | Peterborough |
| 17:23.9 | Jamie Saunders | SM | D&T | 11/9 | Hemel H |
| 17:46.2 | Nick Doyle | SM | HPX | 18/6 | WGC |
| 17:50.66 | George Withers | SM | STA | 20/8 | LV |
| 17:58.00 | Daniel Poulton | SM | SNH | 20/8 | Stevenage |
| 19:55.49 | Joe Gaynor | SM | HPX | 20/8 | Bromley |
| 20:10.7 | Paul Spicer | SM | SNH | 18/6 | WGC |
| 20:21.3 | Dave Stephens | SM | HPX | 16/4 | Ipswich |

10000m

30:15.66 Jack Parslow SM D&T 20/8 Stretford

31:40.25 Neil Burton SM TIP 18/6 Thun, SWI

110m Hurdles

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 15.9 | Max Schopp | SM | SNH | 21/5 | Ipswich |
| 16.62 | Elior Harris | SM | SNH | 20/8 | Stevenage |
| 20.76 | Paul Spicer | SM | SNH | 20/8 | Stevenage |
| 21.9 | Dave Stephens | SM | HPX | 22/5 | Erith |
| 22.2 | Joe Gaynor | SM | HPX | 22/5 | Erith |
| 23.7 | Shaun Wall | SM | D&T | 20/8 | Hemel H |

400m Hurdles 91.4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 55.17 | Max Schopp | SM | SNH | 2/7 | Bromley |
| 62.8 | Joe Gaynor | SM | HPX | 22/5 | Erith |
| 63.45 | Dave Stephens | SM | HPX | 20/8 | Bromley |
| 66.4 | Matthew Woodhouse | SM | D&T | 18/6 | WGC |
| 69.4 | Thomas Sloan | SM | SNH | ¾ | Stevenage |
| 69.6 | Paul Spicer | SM | SNH | 9/7 | Luton |
| 73.20 | Paul Yeomans | SM | STA | 20/8 | LV |
| 77.3 | Nick Doyle | SM | HPX | 9/7 | Ashford |
| 86.1 | Shaun Wall | SM | D&T | 21/5 | Cambridge |

2000m Steeplechase

6:30.13 Peter Townsend SM HPX 20/8 Bromley

3000m Steeplechase

10:09.65 Peter Townsend SM HPX 7/5 Oxford

11:29.24 Saviours Ndau SM D&T 9/7 Croydon

12:30.7 Dave Stephens SM HPX 22/5 Erith

High Jump

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 2.05 | Elior Harris | SM | SNH | 20/8 | Stevenage |
| 1.95 | Kashif Jones | SM | SNH | 18/6 | WGC |
| 1.75 | Bradley Armorgie | SM | HPX | 16/4 | Ipswich |
| 1.70 | Machel Garden | SM | D&T | 21/5 | Cambridge |
| 1.70 | Peter De’Ath | SM | SNH | 11/9 | Stevenage |
| 1.50 | Michael Wadlow | SM | D&T | 11/9 | Hemel H |
| 1.40 | Will Morris | SM | BAR | 21/5 | Grays |
| 1.40 | Shaun Wall | SM | D&T | 11/9 | Hemel H |
| 1.33 | Matthew Williams | SM | D&T | 9/7 | Croydon |
| 1.20 | Dave Stephens | SM | HPX | 18/6 | WGC |
| 1.20 | Joe Gaynor | SM | HPX | 18/6 | WGC |
| 1.20 | Jamie Abbiss | SM | STA | 18/6 | Mile End |

Pole Vault

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 4.60 | Daniel Gardner | SM | SNH | 4/6 | Sportcity |
| 3.70 | Michael Garden | SM | D&T | 11/9 | Hemel H |
| 3.60 | Paul Yeomans | SM | STA | 21/5 | St Albans |
| 3.40 | Matthew Williams | SM | D&T | 11/9 | Hemel H |
| 3.30 | James Weller | SM | D&T | 16/4 | Hemel H |
| 3.00 | Andrew Cracknell | SM | D&T | 18/6 | WGC |
| 2.45 | Oliver Poulain | SM | STA | 9/7 | LV |
| 2.30 | Dave Stephens | SM | HPX | 9/7 | Ashford |
| 1.20 | Paul Spicer | SM | SNH | 9/7 | Luton |

Long Jump

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 6.84 | Elior Harris | SM | SNH | 20/8 | Stevenage |
| 5.98 | Ian Tobin | SM | HPX | 9/7 | Ashford |
| 5.32 | Dave Stephens | SM | HPX | 9/7 | Ashford |
| 5.24 | Paul Yeomans | SM | STA | 9/7 | LV |
| 5.24 | Matthew Williams | SM | D&T | 11/9 | Hemel H |
| 5.03 | Adam Hallybone | SM | SNH | 11/9 | Stevenage |
| 4.94 | Conor Macdonald | SM | BAR | 19/6 | LV |
| 4.90 | George Withers | SM | STA | 18/6 | Mile End |
| 4.67 | Shaun Wall | SM | D&T | 11/9 | Hemel W |
| 4.57 | Stephen Blakey |  |  | 20/8 | Watford |
| 4.51 | Michael Wadlow | SM | D&T | 11/9 | Hemel H |
| 3.58 | Thomas Sloan | SM | SNH | 11/9 | Stevenage |
| 3.48 | Anthony Bryan T37 | SM | HPX | 2/5 | Stevenage |

Triple Jump

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 13.45 | Elior Harris | SM | SNH | 20/8 | Stevenage |
| 12.67 | Bradley Pike | SM | D&T | 15/5 | Watford |
| 11.47 | Ian Tobin | SM | HPX | 9/7 | Ashford |
| 10.63 | Matthew Williams | SM | D&T | 21/5 | Cambridge |
| 10.41 | Paul Yeomans | SM | STA | 18/6 | Mile End |
| 10.15 | George Withers | SM | STA | 18/6 | Mile End |
| 9.78 | Dave Stephens | SM | HPX | 18/6 | WGC |
| 9.67 | Paul Spicer | SM | SNH | 9/7 | Luton |
| 8.50 | Shaun Wall | SM | D&T | 11/9 | Hemel H |
| 7.65 | Jamie Abbiss | SM | STA | 16/4 | St Albans |

Shot 7.26k

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 11.33 | Shaun Wall | SM | D&T | 18/6 | WGC |
| 10.49 | Chris Line | SM | D&T | 8/6 | Sheffield |
| 10.48 | Mark Gurney | SM | WAT | 20/8 | Watford |
| 9.64 | Michael Wadlow | SM | D&T | 11/9 | Hemel H |
| 9.29 | Paul Yeomans | SM | STA | 20/8 | LV |
| 9.12 | James Grove | SM | HPX | 18/6 | WGC |
| 8.01 | Matthew Mardle | SM | SNH | 9/7 | Luton |
| 7.60 | Peter De’Ath | SM | SNH | 11/9 | Stevenage |
| 6.75 | Paul Spicer | SM | SNH | 20/8 | Stevenage |
| 6.09 | Alex Horton | SM | BAR | 20/8 | Watford |

Discus 2k

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 42.71 | Chris Line | SM | D&T | 31/7 | Bedford |
| 31.70 | James Grove | SM | HPX | 9/7 | Ashford |
| 31.25 | Mark Gurney | SM | WAT | 20/8 | Watford |
| 29.96 | Nathan Cusack | SM | STA | 23/4 | Woodford |
| 29.13 | Michael Wadlow | SM | D&T | 21/5 | Cambridge |
| 28.62 | Shaun Wall | SM | D&T | 11/9 | Hemel H |
| 23.29 | Paul Yeomans | SM | STA | 18/6 | Mile End |
| 20.17 | Matthew Mardle | SM | SNH | 9/7 | Luton |
| 15.86 | Paul Spicer | SM | SNH | 18/6 | WGC |

Hammer 7.26k

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 35.00 | James Grove | SM | HPX | 9/7 | Ashford |
| 31.01 | Chris Line | SM | D&T | 9/7 | Croydon |
| 27.18 | Shaun Wall | SM | D&T | 18/6 | WGC |
| 23.32 | Paul Yeomans | SM | STA | 21/5 | St Albans |
| 23.08 | Michael Wadlow | SM | D&T | 11/9 | Hemel H |
| 19.58 | Mark Gurney | SM | WAT | 20/8 | Watford |
| 17.96 | Matthew Mardle | SM | SNH | 18/6 | WGC |

Javelin 800g

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 53.86 | Jonathan Constantinou | SM | STA | 9/7 | LV |
| 47.68 | Conor Martin | SM | HPX | 16/3 | Exeter |
| 43.87 | Shaun Wall | SM | D&T | 9/7 | Croydon |
| 40.54 | Mitchell Dutton | SM | STA | 11/7 | Bromley |
| 39.16 | Mark Gurney | SM | WAT | 20/8 | Watford |
| 38.38 | Matthew Mardle | SM | SNH | 18/6 | WGC |
| 36.20 | Matthew Williams | SM | D&T | 9/7 | Croydon |
| 35.50 | Paul Yeomans | SM | STA | 20/8 | LV |
| 30.73 | Max Schopp | SM | SNH | 9/7 | Luton |
| 27.35 | Michael Wadlow | SM | D&T | 11/9 | Hemel H |
| 25.80 | James Grove | SM | HPX | 20/8 | Bromley |
| 23.82 | Adam Hallybone | SM | SNH | 11/9 | Stevenage |
| 16.09 | Thomas Sloan | SM | SNH | 11/9 | Stevenage |

4x100

48.3 Dacorum & Tring 18/6 WGC

4x400

3:47.6 Dacorum & Tring 18/6 WGC