

Herts County Championships
Watford - 14 May 2017
Senior Men

100 Metres

CBP Nick Overhead Wat 10.6 1963

Posn	Num	Name	Club	Perf
Final		w/s +1.1		
1	12	Matt Hamilton	E&H	11.23

200 Metres

CBP Nick Overhead Wat 21.4 1963

Posn	Num	Name	Club	Perf
Final		w/s +0.1		
1	12	Matt Hamilton	E&H	23.35
2	72	Benjamin Mcguinness	D&T	24.47

400 Metres

CBP Nick Overhead Wat 47.8 1961

Posn	Num	Name	Club	Perf
Final				
1	186	Samuel Jones	StA	50.86
2	283	Martin Boyd	HPx	52.54
3	72	Benjamin Mcguinness	D&T	54.57

800 Metres

CBP George Wenk Welwyn AC 1:51.9 1963

Posn	Num	Name	Club	Perf
Final				
1	186	Samuel Jones	StA	1:56.93
2	166	Aaron Cooper	HPx	1:58.36
3	102	Thomas Sloan	SNH	2:07.77
4	172	Jack Gladman	SNH	2:18.00

5000 Metres

CBP John Merriman 14:06.4 1960

Posn	Num	Name	Club	Perf
Final				
1	196	Grant Ramsay	FVS	16:43.47
2	156	Ian Johnston	Vet	16:51.84

110 Metres Hurdles

CBP Graham Gower Sha 14.7 1973

Posn	Num	Name	Club	Perf
Final		w/s -0.3		
1	3	Ayomide Byron	StA	15.61

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High Jump

CBP Rob Mitchell D&T 2.15m 2001

Posn	Num	Name	Club	Perf	Details
Final					
1	211	Elior Harris	SNH	1.95	190 xo, 1.95 o, 2.00 xxx
2	210	Harvey Griffiths	WatH	1.50	1.40 o, 1.50 o, r

Long Jump

CBP Dennis Watts Poly/RAF 7.28m 1946

Posn	Num	Name	Club	Perf	Details
Final					
1	210	Harvey Griffiths	WatH	4.56	4.53, 4.56, 4.47, 4.51, 4.20, 4.43

Triple Jump

CBP Derek Glendinning BoE/BEL 14.60m 1971

Posn	Num	Name	Club	Perf	Details
Final					
1	210	Harvey Griffiths	WatH	8.71	8.71, 8.66, r

Shot

CBP Scott Rider E&H 17.56m 2002

Posn	Num	Name	Club	Perf	Details
Final					
1	240	Jason Kingwell	HPx	11.63	11.16, 11.63, 11.45, 10.94, 11.47, 11.30
2	246	Shaun Wall	D&T	10.90	10.47, 10.73, x, 10.73, 10.78, 10.90
3	243	Christopher Line	D&T	10.53	10.06, 10.53, 10.44, 10.06, 10.13, 9.81

Discus

CBP Nick Woolcott Har 53.28m 1994

Posn	Num	Name	Club	Perf	Details
Final					
1	243	Christopher Line	D&T	39.23	37.37, 39.23, 37.19, 38.22, 38.87, 38.44,
2	289	Mitchell Dutton	StA	35.58	32.91, 33.34, 35.58, 32.38, x, 33.89
3	253	Barry Tunstall	WatH	35.06	32.16, 30.99, 32.04, 34.26, 32.87, 35.06
4	240	Jason Kingwell	HPx	34.68	31.65, 34.03, 32.34, x, 34.68, 34.25
5	246	Shaun Wall	D&T	26.77	24.22, x, x, 26.37, 25.58, 26.77

Hammer

CBP Carl Sagggers E&H 63.76m 2004

Posn	Num	Name	Club	Perf	Details
Final					
1	290	James Goss	SNH	45.27	42.29, 42.39, 44.38, 43.83, 45.27, x
2	240	Jason Kingwell	HPx	41.51	39.27, 37.09, 39.30, 41.51, x, 40.59

Javelin

CBP Neil McLellan SNH 70.40m 2003

Posn	Num	Name	Club	Perf	Details
Final					
1	271	Neil Mclellan	SNH	62.61	62.28, 62.61, 59.51, 57.31, 62.04, 60.65
2	273	Trevor Ratcliffe	D&T	46.46	44.59, 46.46, 44.49, x, 43.16, 43.73
3	246	Shaun Wall	D&T	42.62	34.71, 38.04, x, 40.82, 40.35, 42.62
4	269	Aaron Hull	SNH	38.20	38.20, 38.20, x, 36.56, x, 37.48
5	289	Mitchell Dutton	StA	35.49	34.23, 32.58, 33.94, 35.49, 33.60, 34.59
6	12	Matt Hamilton	E&H	34.41	x, 32.78, 34.41, 31.55, x, -