

2015 HERTS COUNTY OUTDOOR RANKING LIST

U17 MEN

100m

10.58	Dominic Ashwell	D&T	31/5	Bedford
10.76/1.1	Eden Davis	HPX	31/5	Bedford
10.9	Chenna Okoh	D&T	14/6	Ware
11.47/11.33w	Max Price	SNH	18/4	Stevenage
11.6	Ben Collins	D&T	12/7	Hemel H
11.6	Charlee Yearwood	SNH	6/6	Hemel H
11.7	Nathan Burke	HPX	14/6	Ware
11.7	Jerome Lana	D&T	13/9	Hemel H
11.8	Dominic Browne	StA	14/6	Basildon
11.9	Luke Humbles	StA	26/7	Luton
11.9	Rhys Whitney	StA	2/8	Luton
11.9	Cameron George	WAT	19/4	Grays
11.9/11.87w	Jordan Emmanuel	WAT	14/6	Ware
12.0	Will Hodge	HPX	14/6	Ware
12.0	Daniel Hopper	D&T	13/9	Hemel H
12.0	Ashley Willing	StA	14/6	Basildon
12.09/-0.9	Timothy Worsley	SNH	2/8	Hendon
12.1	Josh Moses	HPX	19/4	Cambridge
12.1	Ollie Benveniste	D&T	13/9	Hemel H
12.1	Ryan Jan	StA	10/5	Watford
12.1	Henry Peachey	StA	26/7	Luton
12.14	Jackson Cowans	D&T	2/8	Hendon
12.19/2.3	Joseph Peppiatt	BAR	27/6	Hendon
12.2	Morgan Baidoo	HPX	31/5	Cambridge
12.2/12.11w	William Rodway	SNH	14/6	Basildon
12.4	Alex Washbourne	HPX	16/5	Chelmsford
12.49	Ben Stone	SNH	6/9	Bedford
12.50	Michael Stocker	SNH	28/6	Hendon
12.50/0.5	Oscar Jopp	SNH	8/8	Bedford
12.54/-1.2	Daniel Streeter	SNH	26/7	Bromley
12.6	Joshua Mammud	StA	14/6	Basildon
12.6	Johann Sanseau	WAT	7/6	Watford
12.74/0.0	James Davis	SBH	16/5	Lee Valley
12.8	Alex Harrison	HPX	3/4	WGC
12.8	Tom Kennedy	HPX	12/7	Stevenage
12.8	Aig Ojehomon	StA	19/4	Bedford
12.8	Joseph Peppiatt	BAR	12/7	Sandy
12.85/1.2	George Marvell	SNH	12/9	Stevenage
12.91/1.2	Liam Gregory	SNH	12/9	Stevenage
12.94/-0.3	Akin Anthony-Ojolola	SBH	12/8	Watford
13.09/0.5	Matthew Spicer	SNH	8/8	Bedford
13.43/-0.7	Adam Edney	SNH	4/5	Stevenage
13.9	Josh Breaker-Rolfe	SNH	10/5	Peterborough
15.5	Joseph Strong T35	SNH	27/6	Warwick
18.04	Andrew Prior	SNH	12/9	Stevenage

200m

22.18	Dominic Ashwell	D&T	25/4	Woodford
22.37/0.2	Eden Davis	HPX	17/5	Watford
22.80	Chenna Okoh	D&T	19/4	Cambridge
23.8	Luke Humbles	StA	26/7	Luton
24.0	Daniel Streeter	SNH	14/6	Basildon
24.2	Ryan Jan	StA	10/5	Watford
24.3	Jordan Emmanuel	WAT	20/6	Watford
24.48	Daniel Hopper	D&T	2/8	Hendon
24.5	Ollie Benveniste	D&T	13/9	Hemel H
24.5	Ashley Willing	StA	14/6	Basildon
24.5	Owen Dearman	WAT	12/7	Hemel H

24.56	Ben Stone	SNH	6/9	Bedford
24.57	Ben Collins	D&T	19/7	Little Marlow
24.58/-2.7	Timothy Worsley	SNH	2/8	Hendon
24.6	Nathan Burke	HPX	3/4	WGC
24.6	Dominic Browne	StA	14/6	Basildon
24.7	Will Hodge	HPX	14/6	Ware
24.7	Jerome Lana	D&T	14/6	Ware
24.7	Rhys Whitney	StA	2/8	Luton
24.7	Cameron George	WAT	19/4	Grays
24.85	Henry Peachey	StA	16/5	Little Marlow
24.9	Joseph Peppiatt	BAR	4/7	Abingdon
25.1	Joshua Mammud	StA	14/6	Basildon
25.2	William Rodway	SNH	12/7	Stevenage
25.29	Oscar Jopp	SNH	27/9	Peterborough
25.3	Josh Moses	HPX	14/6	Ware
25.3	Morgan Baidoo	HPX	19/4	Cambridge
25.3	Alex Harrison	HPX	4/7	Luton
25.46/-3.0	Liam Gregory	SNH	26/7	Bromley
25.5	Reni Omotomilola	SNH	10/6	Bedford
25.7	Byron Johal	WAT	4/7	Watford
26.4	Johann Sanseau	WAT	7/6	Watford
26.4/26.24w	James Beddall	SNH	10/5	Peterborough
26.6	Alex Washbourne	HPX	10/5	Watford
26.81/0.4	Adam Edney	SNH	12/9	Stevenage
27.1	Jake Cox	HPX	3/4	WGC
27.6/27.19w	Matthew Spicer	SNH	31/5	Norwich
30.5	Christian Wright	D&T	13/9	Hemel H
34.73	Joseph Strong T35	SNH	29/8	Bedford

400m

49.49	Chenna Okoh	D&T	19/7	Little Marlow
51.17	Liam Gregory	SNH	28/6	Hendon
51.75	Daniel Streeter	SNH	11/7	Malta
52.22	Robert Green	HPX	25/4	Eltham
52.35	Beck Grover	HPX	23/9	Watford
52.88	Ben Pattison	StA	15/7	Watford
53.4	Owen Dearman	WAT	4/7	Watford
53.5	Adam Shiret	SBH	10/5	Braintree
53.51	Joseph Peppiatt	BAR	23/9	Watford
53.56	Timothy Worsley	SNH	2/8	Hendon
53.8	Peter Keefe	SNH	27/6	Reading
54.2	Max Price	SNH	27/6	Reading
54.6	Dominic Browne	StA	14/6	Basildon
54.7	Henry Peachey	StA	6/6	Hemel H
55.37	Reni Omotomilola	SNH	19/9	Bedford
55.4	Matt Lewis	StA	4/7	Luton
55.6	Johann Sanseau	WAT	12/7	Hemel H
56.68	Sam Walford	HPX	28/6	Mile End
56.84	Elliot Dee	SBH	18/4	Stevenage
57.1	Nathan Ashby-Gray	D&T	14/6	Ware
57.37	James Davis	SBH	16/5	Lee Valley
57.67	Louis Tong	HPX	28/6	Mile End
57.9	Adam Hughes	HPX	19/4	Cambridge
58.0	Oscar Jopp	SNH	27/6	Reading
58.2	Byron Johal	WAT	10/5	Watford
58.69	James Beddall	SNH	6/9	Bedford
58.8	Jack Anderson	StA	2/8	Luton
59.2	Elliot Matthew	HPX	10/5	Watford
59.62	Rufus Kent	SBH	15/7	Watford
59.9	Adam Mason	SNH	12/7	Stevenage
60.82	Matthew Spicer	SNH	19/9	Bedford
60.98	Adam Edney	SNH	9/5	Chelmsford
61.44	Akin Anthony-Ojolola	SBH	15/7	Watford
63.77	Alex Washbourne	HPX	18/4	Ashford

70.4	Christian Wright	D&T	13/9	Hemel H
78.9	Josh Breaker-Rolfe	SNH	10/5	Peterborough

800m

1:56.76	Beck Grover	HPX	16/8	Ashford
1:58.4	Daniel Streeter	SNH	20/6	Crawley
1:59.0	Thomas Fulton	SBH	6/6	Hemel H
1:59.8	Ben Pattison	StA	6/6	Hemel H
2:02.3	George Groom	SBH	10/5	Braintree
2:02.59	Jamie Philpott	HPX	17/5	Watford
2:03.23	Elliot Dee	SBH	17/5	Watford
2:04.08	Jeremy Dempsey	SBH	17/6	Watford
2:04.45	Ben Clarke	StA	17/6	Watford
2:04.5	Oscar Bell	HAWCS		
2:06.55	Jake Alderson	Chil	15/7	Watford
2:07.60	Johann Sanseau	WAT	15/7	Watford
2:08.18	Joseph Peppiatt	BAR	17/5	Watford
2:08.2	Matthew Renphrey	D&T	10/5	Watford
2:08.21	Byron Johal	WAT	17/5	Watford
2:09.8	Adam Hughes	HPX	6/6	Hemel H
2:11.4	James Beddall	SNH	20/6	Crawley
2:12.5	Adam Mason	SNH	12/7	Stevenage
2:12.51	Rhys Rowlands	D&T	17/5	Watford
2:12.63	Samuel Howell	Chil	15/7	Watford
2:13.0	Ben Wilmot	SNH	4/7	Bedford
2:14.2	Liam Gregory	SNH	14/6	Basildon
2:15.20	Rufus Kent	SBH	17/5	Watford
2:16.1	Louis Tong	HPX	19/4	Cambridge
2:16.3	James Davis	SBH	4/7	Bedford
2:16.6	Jack Davidson	SNH	4/7	Walton
2:17.1	Dean Johal	WAT	8/4	Watford
2:17.71	Owen Dearman	WAT	17/6	Watford
2:18.5	Andrew Shaw	StA	10/5	Watford
2:19.4	Harrison Wasnock	HPX	12/7	Stevenage
2:19.6	Luca Wells	SNH	14/6	Basildon
2:19.8	Remi Catchpole	HPX	16/5	Chelmsford
2:22.1	Thomas Dore	D&T	12/7	Hemel H
2:28.5	Elliot Matthew	HPX	10/5	Watford
2:36.17	Matthew Spicer	SNH	12/9	Stevenage
2:36.34	Timothy Worsley	SNH	12/9	Stevenage
2:46.3	Thomas Locke	SNH	14/6	Basildon
2:59.61	George Marvell	SNH	12/9	Stevenage

1500m

4:05.80	Jamie Philpott	HPX	29/8	Bedford
4:08.95	Elliot Dee	SBH	26/7	Bromley
4:09.74	Jeremy Dempsey	SBH	29/7	Watford
4:10.1	George Groom	SBH	14/6	Peterborough
4:11.77	George Groom	BAR	4/5	Stevenage
4:18.7	Ben Clarke	StA	6/6	Hemel H
4:19.17	Ben Pattison	StA	1/7	Watford
4:20.79	Daniel Streeter	SNH	2/8	Hendon
4:20.80	Oscar Bell	HAWCS	4/5	Stevenage
4:23.0	Joshua van Heinnegan	D&T	20/6	St Ives
4:23.19	Thomas Fulton	SBH	18/4	Stevenage
4:30.57	Luis Danton	StA	1/7	Watford
4:30.6	Vincent Murray	D&T	10/5	Watford
4:30.9	James Beddall	SNH	14/6	Basildon
4:31.3	Adam Mason	SNH	14/6	Basildon
4:31.81	Rhys Rowlands	D&T	31/5	Hemel H
4:35.24	Samuel Howell	Chil	1/7	Watford
4:37.39	Adam Hughes	HPX	28/6	Mile End
4:37.4	Jack Davidson	SNH	12/7	Stevenage

4:37.44	Johann Sanseau	WAT	3/6	Watford
4:37.98	Jake Alderson	Chil	29/7	Watford
4:38.67	Liam Gregory	SNH	4/5	Stevenage
4:44.34	Jacob Fenwick	HPX	28/6	Mile End
4:44.56	Rufus Kent	SBH	4/5	Stevenage
4:50.2	Hugh Thomas	StA	26/7	Luton
4:59.6	Byron Johal	WAT	20/6	Watford
5:00.47	Matthew Spicer	SNH	20/9	Bedford
5:01.1	Tom Culley	HPX	14/6	Ware
5:01.95	Peter Keefe	SNH	20/9	Bedford
5:10.64	James Davis	SBH	19/7	Bedford
5:12.9	Reni Omotomilola	SNH	28/6	Chelmsford
5:16.70	Oscar Jopp	SNH	20/9	Bedford
5:26.4	Max Price	SNH	7/5	Stevenage

3000m

8:58.84	Elliot Dee	SBH	30/8	Bedford
9:03.04	Jeremy Dempsey	SBH	26/7	Bromley
9:03.44	Jamie Philpott	HPX	6/6	Milton Keynes
9:10.32	George Groom	SBH	18/4	Stevenage
9:26.56	Ben Clarke	StA	3/6	Watford
9:56.0	Adam Mason	SNH	6/6	Hemel H
10:00.44	Rhys Rowlands	D&T	5/9	Ipswich
10:03.23	Rufus Kent	SBH	5/9	Ipswich
10:04.7	Joshua van Heinnegan	D&T	31/5	Hemel H
10:38.75	James Beddall	SNH	16/5	LV

100H

13.65/1.5	Max Price	SNH	20/9	Bedford
14.36/0.9	Jackson Cowans	D&T	17/5	Watford
14.42/0.3	Oscar Jopp	SNH	16/5	LV
14.43/-2.0	Peter Keefe	SNH	2/8	Hendon
15.0	Rhys Whitney	StA	2/8	Luton
15.2	Nathan Ashby-Gray	D&T	14/6	Ware
15.3	Ben Gosling	StA	14/6	Basildon
15.33/1.6	Reni Omotomilola	SNH	20/9	Bedford
16.24/-1.7	William Rodway	SNH	2/8	Hendon
16.28	Matthew Spicer	SNH	9/8	Bedford
17.11/1.4	James Davis	SBH	19/7	Bedford
18.0	Daniel Streeter	SNH	7/5	Stevenage
18.4	Tyler Mitchell	SNH	14/6	Basildon
20.3	Rhys Rowlands	D&T	6/9	Thurrock

400H

55.13	Robert Green	HPX	30/8	Bedford
59.24	George Groom	SBH	6/9	Birmingham
62.68	Alex Harrison	HPX	19/7	Little Marlow
66.67	Oscar Jopp	SNH	18/4	Stevenage
73.40	Matthew Spicer	SNH	16/5	LV

400H 91.4

66.1	Alex Harrison	HPX	20/6	WGC
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1500SC

4:28.8	George Groom	SBH	6/6	Hemel H
4:49.94	Ben Clarke	StA	19/7	Little Marlow
5:14.84	Jaack Davidson	SNH	16/5	LV
5:19.42	Rhys Rowlands	D&T	5/9	Ipswich
5:23.56	Jacob Fenwick	HPX	28/6	Mile End
5:33.98	Adam Mason	SNH	26/7	Bromley

2000SC

7:31.7	Adam Hughes	HPX	20/6	WGC
7:47.7	Rhys Rowlands	D&T	20/6	St Ives

3000SC

10:50.2	Ben Clarke	StA	4/7	Luton
10:54.8	Rhys Rowlands	D&T	13/9	Hemel H
12:08.3	Hugh Thomas	StA	4/7	Luton
13:37.6	Michael Fryer	D&T	13/9	Hemel H

HJ

1.93	Ope Ajanahu	HAWCS		
1.90	Max Price	SNH	16/5	LV
1.85	Tyler Mitchell	SNH	12/9	Stevenage
1.82	Peter Keefe	SNH	20/9	Bedford
1.80	Scott Webster	HPX	16/5	Chelmsford
1.76	Oscar Jopp	SNH	20/9	Bedford
1.75	Adam Shiret	SBH	17/5	Watford
1.75	Owen Dearman	WAT	7/6	Watford
1.70	Alex Harrison	HPX	3/7	Luton
1.70	Ricardo James	StA	14/6	Basildon
1.70	Gawsul Alam	SNH	18/4	Stevenage
1.70	Lee Brown	SNH	12/7	Stevenage
1.70	Reni Omotomilola	SNH	20/9	Bedford
1.66	Jake Alderson	Chil	6/6	Hemel H
1.65	Dominic Ashwell	D&T	19/4	Cambridge
1.65	Scott Buck	WAT	4/7	Watford
1.65	James Davis	SBH	6/9	Grays
1.60	Oscar Moorhouse	D&T	31/5	Hemel H
1.60	Matthew Spicer	SNH	8/8	Bedford
1.55	Daniel Hopper	D&T	2/8	Hendon
1.55	Daniel Streeter	SNH	10/5	Peterborough
1.50	Ben Gosling	StA	14/6	Basildon
1.45	Akin Anthony-Ojolola	SBH	2/8	Hendon
1.40	Rhys Rowlands	D&T	2/8	Hendon

PV

3.90	Michael Fryer	D&T	10/5	Watford
3.40/3.55i	Max Price	SNH	26/4	Street
3.40	Oscar Jopp	SNH	5/9	Ipswich
3.20	Josh Breaker-Rolfe	SNH	18/4	Stevenage
3.20	Michael Stocker	SNH	28/6	Hendon
3.20	Lee Brown	SNH	12/7	Stevenage
3.10	Josh Breaker-Rolfe	SNH	17/5	Watford
2.90	Peter Keefe	SNH	20/6	Crawley
2.90	Matthew Spicer	SNH	15/8	Stevenage
2.70	Owen Dearman	WAT	4/7	Watford
1.90	Jed Cowler	HPX	12/7	Stevenage

LJ

6.59	Max Price	SNH	16/5	LV
6.43	Daniel Hopper	D&T	6/9	Thurrock
6.04	Joseph Peppiatt	BAR	19/4	Grays
6.02	Nathan Burke	HPX	10/5	Watford
5.83	Jackson Cowans	D&T	15/8	Hemel H
5.81/-0.1	Reni Omotomilola	SNH	19/9	Bedford
5.80/0.9	Peter Keefe	SNH	19/9	Bedford
5.77	Chenna Okoh	D&T	10/5	Watford
5.72	Morgan Baidoo	HPX	10/5	Watford
5.70	Alex Harrison	HPX	15/8	Dartford
5.54/1.2	Oscar Jopp	SNH	19/9	Bedford
5.54	Ashley Willing	StA	2/8	Luton

5.42	Will Hodge	HPX	6/6	Hemel H
5.38	Tom Kennedy	HPX	12/7	Stevenage
5.37	Joshua Mammud	StA	14/6	Basildon
5.35	Josh Moses	HPX	14/6	Ware
5.32	Daniel Streeter	SNH	12/9	Stevenage
5.12	Lee Brown	SNH	12/7	Stevenage
5.10	Matthew Spicer	SNH	12/9	Stevenage
5.06	Akin Anthony-Ojolola	SBH	2/8	Hendon
4.96	Dean Johal	WAT	4/7	Watford
4.95	Johann Sanseau	WAT	7/6	Watford
4.94	James Davis	SBH	26/8	Watford
4.91	Liam Gregory	SNH	12/9	Stevenage
4.88	George Marvell	SNH	12/9	Stevenage
4.63	Timothy Worsley	SNH	12/9	Stevenage
4.60	Sam Walford	HPX	28/6	Mile End
3.97	Rhys Rowlands	D&T	14/6	Ware
3.65	Eden Davis	HPX	18/4	Ashford
3.34	Adam Edney	SNH	12/9	Stevenage
3.33	Joseph Strong F35	SNH	27/6	Warwick
2.65	Christian Wright	D&T	13/9	Hemel H

TJ

13.06	Jackson Cowans	D&T	14/6	Ware
12.81	Reni Omotomilola	SNH	12/7	Stevenage
12.79	Jordan Emmanuel	WAT	31/5	Gillingham
12.03	Ben Wilmot	SNH	4/7	Bedford
11.83	Tyler Mitchell	SNH	6/9	Bedford
11.81	Nathan Burke	HPX	3/7	Luton
11.80	Aig Ojehomon	StA	19/4	Bedford
11.60	Josh Moses	HPX	6/6	Hemel H
11.40	Daniel Streeter	SNH	2/8	Hendon
11.24	Oscar Jopp	SNH	4/7	Walton
10.56	Nathan Ashby-Gray	D&T	14/6	Ware
10.47	Alex Harrison	HPX	15/8	Dartford
10.32	Matthew Spicer	SNH	25/4	Bromley
10.09	Liam Gregory	SNH	2/8	Hendon
9.65	Jack Davidson	SNH	16/5	LV
8.17	Brandon Norman	SNH	19/4	Ipswich

SP 5k

13.70	Max Price	SNH	6/9	Bedford
12.61	Sam Woodley	HPX	12/7	Stevenage
12.31	Peter Keefe	SNH	20/9	Bedford
10.85	Ben Stone	SNH	2/8	Hendon
10.83	Reni Omotomilola	SNH	20/9	Bedford
10.81	Noah Malancinas	D&T	10/5	Watford
10.22	Aig Ojehomon	StA	19/4	Bedford
9.94	Ricardo James	StA	2/8	Luton
9.65	Oscar Jopp	SNH	20/9	Bedford
9.57	Michael Stocker	SNH	4/5	Stevenage
9.38	Brandon Norman	SNH	5/9	Ipswich
9.36	Ashley Willimg	StA	2/8	Luton
9.29	Jerome Lana	D&T	2/8	Hendon
9.27	Daniel Streeter	SNH	12/9	Stevenage
9.16	William Rodway	SNH	26/7	Bromley
8.40	Daniel Hopper	D&T	19/4	Cambridge
8.08	Matthew Spicer	SNH	8/8	Bedford
7.86	Adam Hughes	HPX	2/8	Woodford
7.49	Michael Fryer	D&T	6/9	Thurrock
7.40	Dominic Browne	StA	16/5	Little Marlow
7.38	Lee Brown	SNH	12/9	Stevenage
7.20	Byron Johal	WAT	14/6	Ware
6.86	Joe Fundrey F37	SNH	12/9	Stevenage

6.80	Jed Cowler	HPX	14/6	Ware
6.73	James Davis	SBH	19/7	Bedford
5.46	Joshua Robinson F43	SNH	9/5	Chelmsford

DT 1.5k

42.97	Peter Keefe	SNH	27/6	Reading
42.30	Max Price	SNH	27/6	Reading
41.91	Asa Freeman	WAT	6/6	Hemel H
40.71	Jerome Lana	D&T	13/9	Hemel H
32.02	Sam Woodley	HPX	12/7	Stevenage
31.40	Edward Linnegar	D&T	14/6	Ware
30.87	Sebastian Wadlow	D&T	14/6	Ware
29.17	Oscar Jopp	SNH	6/9	Bedford
28.11	Michael Stocker	SNH	4/5	Stevenage
24.73	James Davis	SBH	14/6	Peterborough
24.60	Matthew Spicer	SNH	19/9	Bedford
23.30	Reni Omotomilola	SNH	19/9	Bedford
21.70	Ricardo James	StA	14/6	Basildon
21.52	William Rodway	SNH	12/7	Stevenage
19.93	Daniel Streeter	SNH	7/5	Stevenage
19.40	Michael Fryer	D&T	6/9	Thurrock
18.83	Jacob Fenwick	HPX	14/6	Ware
18.20	Adam Hughes	HPX	28/6	Mile End
17.84	Ben Stone	SNH	2/8	Hendon
16.84	Jed Cowler	HPX	12/7	Stevenage
16.54	Adam Mason	SNH	10/5	Peterborough
15.62	Timothy Worsley	SNH	12/9	Stevenage
12.46	Andrew Prior	SNH	12/9	Stevenage

Discus 2k

17.55	Ricardo James	StA	15/8	Erith
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HT 5k

68.42	George Marvell	SNH	10/7	Gateshead
44.41	Brandon Norman	SNH	5/9	Ipswich
30.59	Noah Malancinas	D&T	19/4	Cambridge
19.52	George Groom	SBH	14/6	Peterborough
18.97	Edward Linnegar	D&T	12/7	Hemel H
18.67	Sebastian Wadlow	D&T	13/9	Hemel H
15.73	Oscar Jopp	SNH	19/7	Little Marlow
14.84	Owen Dearman	WAT	7/6	Watford
14.48	Jackson Cowans	D&T	19/4	Cambridge
6.30	Adam Mason	SNH	10/5	Peterborough

JT 700

49.18	Max Price	SNH	18/4	Stevenage
46.43	Michael Miller	SBH	17/5	Watford
46.18	James Hennessy	StA	14/6	Basildon
40.83	Noah Malancinas	D&T	5/9	Ipswich
38.67	Peter Keefe	SNH	7/5	Stevenage
33.93	Ben Stone	SNH	6/9	Bedford
32.43	Matthew Spicer	SNH	19/9	Bedford
32.06	Kai Stonnell	D&T	12/7	Hemel H
30.39	Oscar Jopp	SNH	27/9	Peterborough
30.17	Michael Fryer	D&T	13/9	Hemel H
28.50	Sam Woodley	HPX	12/7	Stevenage
27.95	Jed Cowler	HPX	12/7	Stevenage
27.37	James Beddall	SNH	12/9	Stevenage
26.90	Michael Stocker	SNH	16/5	LV
24.92	Sebastian Wadlow	D&T	13/9	Hemel H
25.00	James Davis	SBH	19/7	Bedford
23.62	Reni Omotomilola	SNH	27/6	Chelmsford

18.85	Ben Gosling	StA	14/6	Basildon
18.34	Lee Brown	SNH	19/4	Ipswich
17.98	Daniel Streeter	SNH	7/5	Stevenage
13.41	Joshua Robinson F43	SNH	9/5	Chelmsford
12.36	Liam Gregory	SNH	12/9	Stevenage
4.22	Ryan Jan	StA	16/5	Little Marlow

Octathlon

5060	Max Price	SNH	28/6	Reading
4700	Peter Keefe	SNH	28/6	Reading
3820	Reni Omotomilola	SNH	20/9	Bedford
3611	Oscar Jopp	SNH	20/9	Bedford
3289	Matthew Spicer	SNH	20/9	Bedford
2974	James Davis	SBH	19/7	Bedford

4x100

47.23	Herts Phoenix	4/5	Stevenage
47.85	Stevenage & NH	4/5	Stevenage

4x400

3:45.25	Hertfordshire	5/9	Ipswich
3:49.44	Stevenage & NH	4/5	Stevenage