

Ranking 2007

Rankings 2007 Watford Harriers

Masters Men

Indoors

Shot

1	T Saunders-Mullins	9.36	6Kg	Lee Valley	Herts Indoors	04/04/2007	M50
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Outdoors

100m

1	M Grimsdale	19		Hemel H	SML	05/05/2007	
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400m

1	J Wray	67.6		Watford	SML	14/07/2007	M50
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800m

1	G Mayoh	02:23.6		Hemel H	SML	05/05/2007	M40
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**Rankings 2007
Watford Harriers**

2	D Walker	02:24. 6		Watford	Club Champs	16/09/20 07	M4 5
3	J Wray	02:48. 6		Basingsto ke	SML	04/08/20 07	M5 0
1500m							
1	G Mayoh	04:59. 7	PF	Watford	Open Graded	05/09/20 07	M4 0
3000m							
1	G Mayoh	10:43. 8	PF	Watford	Open Graded	18/04/20 07	M4 0
2	A Angus	11:02. 8	PF	Watford	Open Graded	11/07/20 07	M4 5
3	M Bradley	11:52. 0		Basingsto ke	SML	04/08/20 07	M5 0
4	R Wickings	13:03. 5		Watford	Club Champs	16/09/20 07	M4 0
5000m							
1	M Grimsdale	20:30. 7		Hemel H	SML	05/05/20 07	M4 0
High Jump							

**Rankings 2007
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1	R Parles	1.3		Watford	Open Graded	30/05/2007	M60
Long Jump							
1	R Herbert	3.66		Watford	Club Champs	16/09/2007	M65
2	R Whittingham	3.18		Hemel H	SML	05/05/2007	M50
3	R Parles	2.7		Hemel H	SML	05/05/2007	M60
Pole Vault							
1	R Parles	1.43		Sutcliffe Park	SML	19/05/2007	M60
2	M Wallace	1		Thurrock	SML	23/06/2007	M55
Triple Jump							
1	R Parles	6.7		Hemel H	SML	05/05/2007	M60
Hammer							

**Rankings 2007
Watford Harriers**

1	T Saunders-Mullins	28.04	7.26Kg	Sutcliffe Park	SML	19/05/2007	M50
2	M Wallace	21.89	7.26Kg	Woodside	SML	02/06/2007	M55
3	B Yeomans	14.16	7.26Kg	Ilford	SML	05/05/2007	M60
4	R Parles	8.68	7.26Kg	Basingstoke	SML	04/08/2007	M60
Discus							
	M Wallace	29.74	1.5Kg	Watford	Club Champs	16/09/2007	M55
1	M Wallace	24.76	2Kg	Watford	SML	02/06/2007	M55
2	T Saunders-Mullins	19.22	2Kg	Ilford	SML	02/06/2007	M50
3	B Yeomans	19.1	2Kg	Ilford	SML	05/05/2007	M60
4	R Whittingham	14.58	2Kg	Hemel H	SML	05/05/2007	M50

**Rankings 2007
Watford Harriers**

Javelin

1	B Yeomans	29.72	800g	Thurrock	SML	23/06/2007	M50
2	T Saunders-Mullins	24.44	800g	Sutcliffe Park	SML	19/05/2007	M50

Shot

1	T Saunders-Mullins	9.08	7.26Kg	Watford	Open Graded	11/07/2007	M50
	R Parles	8.01	5Kg	Watford	Club Champs	16/09/2007	M60
2	M Wallace	7.66	7.26Kg	Watford	SML	02/06/2007	M55
	J Herbert	7.22	5kg	Watford	Club Champs	16/09/2007	M65
3	B Yeomans	6.33	7.26Kg	Ilford	SML	05/05/2007	M60

Senior Men

Indoors

**Rankings 2007
Watford Harriers**

Shot

1	S Thurgood	13.33	G 2	7.26K g	Lee Valley	Herts Indoors	04/04/20 07
2	R McKenna	12.08	G 3	7.26K g	Lee Valley	Herts Indoors	04/04/20 07

Outdoors

110mH

1	N Harris	20.6			Watford	SML	14/07/20 07
2	D Tarrant	21.8			Portsmouth	SML	23/06/20 07
3	S Whittingham	22.4			Watford	SML	02/06/20 07
4	P Yeomans	23.2			Basingstoke	SML	04/08/20 07

400mH

1	P Cumming	62.1			Basingstoke	SML	04/08/20 07
2	D Tarrant	65.5			Watford	SML	14/07/20 07

**Rankings 2007
Watford Harriers**

						07
3	N Harris	67.7		Sutcliffe Park	SML	19/05/2007
3000m SteepleC						
1	N Harris	10:45.0		Portsmouth	SML	23/06/2007
2	M Adcock	11.17.1		Portsmouth	SML	23/06/2007
3	S Hanscomb	12.00.4		Ilford	SML	02/06/2007
100m						
1	P Cumming	12		Hemel H	SML	05/05/2007
2	R Timmann	13.1		Basingstoke	SML	04/08/2007
3	N Cusack	14.1		Thurrock	SML	23/06/2007
200m						
1	P Cumming	24.1		Portsmouth	SML	23/06/2007

**Rankings 2007
Watford Harriers**

2	P Yeomans	24.2	Watford	SML	14/07/2007
3	R Timmann	28.7	Basingstoke	SML	04/08/2007
400m					
1	P Cumming	52.2	Sutcliffe Park	SML	19/05/2007
2	N Cusack	61.5	Watford	SML	02/06/2007
800m					
1	J McGinn	02:05.5	Basingstoke	SML	04/08/2007
2	E Twomey	02:14.0	Watford	SML	02/06/2007
3	N Harris	02:18.1	Portsmouth	SML	23/06/2007
1500m					
1	J McGinn	04:18.0	Basingstoke	SML	04/08/2007
2	E Twomey	04:40.8	Watford	SML	02/06/2007

**Rankings 2007
Watford Harriers**

3	S Hanscomb	04:41.3	PF	Watford	Open Graded	05/09/2007
4	T Birkett	05:02.2		Sutcliffe Park	SML	19/05/2007
3000m						
1	S Hanscomb	10:04.1	PF	Watford	Open Graded	30/05/2007
5000m						
1	S Hanscomb	17:16.2		Portsmouth	SML	23/06/2007
2	T Birkett	17:45.1		Hemel H	SML	05/05/2007
3	M Adcock	17.46.7		Sutcliffe Park	SML	19/05/2007
4	A Kelly	21:26.0		Thurrock	SML	23/06/2007
High jump						
1	R Tuck	1.88	G2	Hemel H	SML	05/05/2007
2	D Tarrant	1.75		Basingsto	SML	04/08/20

**Rankings 2007
Watford Harriers**

				ke		07
3	N Harris	1.6		Ilford	SML	02/06/2007
4	S Whittingham	1.45		Woodside	SML	02/06/2007
5	P Yeomans	1.3		Basingstoke	SML	04/08/2007
Long Jump						
1	P Yeomans	5.4		Ilford	SML	02/06/2007
2	R McKenna	4.08		Watford	SML	14/07/2007
Triple Jump						
1	P Yeomans	9.65		Basingstoke	SML	04/08/2007
Pole Vault						
1	P Yeomans	3.8		Basingstoke	SML	04/08/2007

**Rankings 2007
Watford Harriers**

2	D Tarrant	3.3			Portsmouth	SML	23/06/2007
3	S Whittingham	1			Watford	SML	02/06/2007
Discus							
1	S Thurgood	38.83	G 3	2Kg	Watford	SML	14/07/2007
2	R McKenna	37.28		2Kg	Watford	SML	14/07/2007
3	S Iwanciw	25.13		2Kg	Watford	SML	02/06/2007
Hammer							
1	S Thurgood	57.06	G 2	7.26Kg	Portsmouth	SML	23/06/2007
2	S Iwanciw	31.76		7.26Kg	Woodside	SML	02/06/2007
3	R McKenna	20.13		7.26Kg	Ilford	SML	02/06/2007
Javelin							
1	D Tarrant	40.9		800g	Watford	SML	14/07/2007

**Rankings 2007
Watford Harriers**

								07
2	R Tuck		38.73		800g	Hemel H	SML	05/05/2007
3	P Bamford		32.2		800g	Watford	Club Champs	16/09/2007
4	N Cusack		5.94		800g	Ilford	SML	05/05/2007
Shot								
1	S Thurgood		13.18	G 2	7.26Kg	Watford	Club Champs	16/09/2007
2	R McKenna		12.85	G 2	7.26Kg	Ilford	SML	02/06/2007
3	S Whittingham		8.51		7.26Kg	Watford	SML	02/06/2007
4	N Cusack		7.52		7.26Kg	Thurrock	SML	23/06/2007
4x100m	A Lincoln	T Gillespie	46.9			Ilford	SML	02/06/2007
	P Cumming	A Jovanovski						

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4x400m	P Cumming	T Gillespie	03:28.4			Ilford	SML	02/06/2007
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	P Yeomans	A Dombey						
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Junior Men

Indoors

60m

1	J Quintal		7.46		PF	Lee Valley	Herts Indoors	18/03/2007
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2	M Weeks		7.54		PF	Lee Valley	Herts Indoors	18/03/2007
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200m

1	M Weeks		23.85		PF	Lee Valley	Herts Indoors	18/03/2007
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Outdoors

400m H

1	A Dombey		55.14	G 2	PF	Watford	Herts County	13/05/2007
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3000m SteepleC

**Rankings 2007
Watford Harriers**

1	R Balkan	11:23.4		Thurrock	SML	23/06/2007
100m						
1	M Weeks	12.3		Watford	Early Open	15/04/2007
2	B Dyer	12.8		Ilford	SML	05/05/2007
200m						
1	M Weeks	23.8		Watford	Early Open	15/04/2007
2	B Dyer	26		Watford	SML	02/06/2007
400m						
1	A Dombey	51	G 2	Ilford	SML	02/06/2007
800m						
1	R Balkan	02:08.0	PF	Watford	Open Graded	27/06/2007
Long Jump						
1	A Dombey	5.64		Portsmouth	SML	23/06/2007

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Watford Harriers**

							th	07
Triple Jump								
1	A Dombey	11.83			Hemel H	SML	05/05/2007	
2	R Balkan	10.76			Thurrock	SML	23/06/2007	
Discus								
1	B Dyer	18.15	2Kg		Ilford	SML	05/05/2007	
U17 Men								
Indoors								
400m								
1	T Gillespie	53.74	G 3	PF	Lee Valley	Herts Indoors	18/03/2007	
Outdoors								
100m H								
1	J Dombey	16.2			Watford	EYAL Plate Final	09/09/2007	
2	D Hall	17.3			Watford	EYAL Plate	09/09/2007	

**Rankings 2007
Watford Harriers**

					Final	07
3	J Barbosa	17.8		Watford	Club Champs	16/09/2007
1500m S/C						
1	R Van Tromp	06:11.8		Watford	UK:A YAL	22/07/2007
100m						
1	A Jovanovski	11.3	G 2	Ilford	SML	02/06/2007
2	J Ramsbottom	11.6	G 3	Peterboro	EYAL	15/07/2007
3	T Lloyd	11.7	G 3	Watford	Early Open	15/04/2007
4	T Gillespie	11.9	G 4	Portsmouth	SML	23/06/2007
5	K Adoyakom	12	G 4	Watford	Club Champs	16/09/2007
6	A Lincoln	12.1	G 4	Ilford	SML	02/06/2007

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7	K Adamson	12.12	G 4	PF	Watford	Open Graded	22/08/20 07
8	M London	12.5			Watford	Club Champs	16/09/20 07
9	T Sheik	12.6			Watford	EYAL	29/04/20 07
9	J Dombey	12.6			Watford	SML	14/07/20 07
11	J Raineri	12.8			Watford	EYAL	01/07/20 07
12	C Hailey	14.3			Watford	Club Champs	16/09/20 07
200m							
1	A Jovanovski	23.1	G 2		Southend	EYAL	17/06/20 07
2	J Ramsbottom	23.8	G 3		Peterboro	EYAL	15/07/20 07
3	T Gillespie	24.2	G 4		Sutcliffe Park	SML	19/05/20 07
4	A Lincoln	25.1			Watford	SML	14/07/20 07

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4	M London	25.1		Watford	Club Champs	16/09/2007
6	D Hall	25.4		Watford	Club Champs	16/09/2007
7	J Barbosa	26.2		Watford	Club Champs	16/09/2007
8	J Dombey	26.6		Watford	EYAL	01/07/2007
9	C Done	26.8		Watford	UK:A YAL	22/07/2007
400m						
1	T Gillespie	51.7	G 2	Southend	EYAL	17/06/2007
2	J Barbosa	56.1	G 4	Watford	SML	14/07/2007
2	D Hall	56.1	G 4	Watford	EYAL Plate Final	09/09/2007
4	A Lincoln	57		Watford	EYAL	01/07/2007
5	J Dormer	63.5		Southend	EYAL	17/06/2007

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Watford Harriers**

5	M London	63.5		Luton	EYAL	05/08/2007
800m						
1	T Gillespie	02:04.7	G 3	Ilford	SML	02/06/2007
2	M Bloch	02:06.7	G 4	Watford	EYAL Plate Final	09/09/2007
3	D Hall	02:07.7	G 4	Southend	EYAL	17/06/2007
4	J Dormer	02:19.0		Southend	EYAL	17/06/2007
4	R Van Tromp	02:19.0		Watford	EYAL	01/07/2007
6	C Hailey	02:45.2		Watford	Club Champs	16/09/2007
1500m						
1	R Van Tromp	04:33.2	G 4	Watford	EYAL Plate Final	09/09/2007
2	D Hall	04:38.2		Southend	EYAL	17/06/2007
3	T Gillespie	04:46.		Ilford	SML	02/06/2007

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Watford Harriers**

		1				07
4	J Dormer	04:53. 0		Southend	EYAL	17/06/20 07
3000m						
1	R Van Tromp	10.07. 3	G 4	Watford	UK:A YAL	22/07/20 07
2	J Dormer	10:35. 7		Watford	UK:A YAL	22/07/20 07
High Jump						
1	J Barbosa	1.75	G 3	Watford	EYAL	29/04/20 07
2	J Dombey	1.65	G 4	Watford	EYAL	01/07/20 07
3	A Lincoln	1.5		Sutcliffe Park	SML	19/05/20 07
3	J Raineri	1.5		Southend	EYAL	17/06/20 07
5	D Hall	1.3		Watford	Club Champs	16/09/20 07
Long						

**Rankings 2007
Watford Harriers**

Jump						
1	A Jovanovski	5.82	G 3	Peterboro	EYAL	15/07/2007
2	T Gillespie	5.49	G 4	Ilford	SML	02/06/2007
3	J Barbosa	5.29	G 4	Watford	EYAL Plate Final	09/09/2007
4	J Dombey	5.24	G 4	Sutcliffe Park	SML	19/05/2007
5	J Raineri	5.03		Basingstoke	SML	04/08/2007
6	D Hall	4.97		Watford	Club Champs	16/09/2007
7	A Lincoln	4.82		Watford	SML	14/07/2007
8	R Van Tromp	4.1		Watford	EYAL	01/07/2007
9	K Adoyakom	4.08		Basingstoke	SML	04/08/2007
Pole Vault						
1	J Dombey	3.4	G	Hemel H	SML	05/05/20

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		3			07		
Triple Jump							
1	T Gillespie	12.24	G 3		Watford	EYAL	29/04/2007
2	J Barbosa	11.15	G 4		Watford	Club Champs	16/09/2007
3	J Dombey	11.12	G 4		Watford	EYAL	29/04/2007
4	D Hall	11.1	G 4		Watford	Club Champs	16/09/2007
5	J Raineri	11.05	G 4		Portsmouth	SML	23/06/2007
6	R Henney	9.28			Luton	EYAL	05/08/2007
Discus							
1	R Henney	32.59	G 3	1.5Kg	Watford	EYAL Plate Final	09/09/2007
2	A Jovanovski	29.76	G 4	1.5Kg	Peterboro	EYAL	15/07/2007
3	R Perry	24.95	G	1.5Kg	Watford	EYAL	29/04/2007

**Rankings 2007
Watford Harriers**

			4				07
4	M Moore	24.45	G 4	1.5Kg	Watford	EYAL	29/04/20 07
5	J Raineri	21.89		1.5Kg	Watford	Club Champs	16/09/20 07
Javelin							
1	J Raineri	48.64	G 2	700g	Peterboro	EYAL	15/07/20 07
	J Raineri	43.83		800g	Watford	SML	14/07/20 07
2	J Barbosa	38.95	G 4	700g	Watford	EYAL	01/07/20 07
3	D Hall	20.17		700g	Watford	Club Champs	16/09/20 07
4	T Gillespie	13.71		800g	Sutcliffe Park	SML	19/05/20 07
Shot							
1	R Perry	11.51	G 3	5Kg	Watford	UK:A YAL	06/05/20 07
2	A Jovanovski	10.71	G 4	5Kg	Watford	EYAL	01/07/20 07

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Watford Harriers**

3	R Henney	9.91	G 4	5Kg	Watford	UK:A YAL	22/07/2007
4	J Raineri	9.79	G 4	5Kg	Southend	EYAL	17/06/2007
5	J Dombey	8.93		7.26Kg	Hemel H	SML	05/05/2007
6	K Adoyakom	8.79		5Kg	Watford	Club Champs	16/09/2007
7	J Barbosa	7.4		5Kg	Watford	Club Champs	16/09/2007
8	A Lincoln	7.38		5Kg	Watford	Club Champs	16/09/2007
9	M London	7.31		5Kg	Watford	Club Champs	16/09/2007
10	D Hall	4.5		5Kg	Watford	Club Champs	16/09/2007
Hammer							
1	J Raineri	18.73		5Kg	Watford	Club Champs	16/09/2007
4x100m							
1		47.2			Southend	EYAL	17/06/2007

**Rankings 2007
Watford Harriers**

07

U15 Boys

Outdoors

80m H

1	S Glynn	12.8	G 3	Watford	UK:A YAL	22/07/20 07
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2	J McGaulley	14.7		Watford	EYAL	01/07/20 07
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3	C Buffonge	16.1		Luton	EYAL	05/08/20 07
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4	B Young	16.5		Peterboro	EYAL	15/07/20 07
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100m

1	J Stack	12.1	G 2	Watford	EYAL Plate Final	09/09/20 07
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2	B Young	13	G 4	Watford	EYAL	01/07/20 07
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3	O Brooks	13.3		Watford	EYAL	29/04/20 07
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4	J McGaulley	13.5		Watford	UK:A YAL	22/07/20
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**Rankings 2007
Watford Harriers**

						07
5	S Glynn	13.7		Watford	UK:A YAL	22/07/2007
6	J Backhouse	13.9		Luton	EYAL	05/08/2007
7	L Dormer	15.6		Southend	EYAL	17/06/2007
8	M Fisher	16.1		Peterboro	EYAL	15/07/2007
200m						
1	J Stack	24.5	G 2	Watford	EYAL Plate Final	09/09/2007
2	O Brooks	26.9	G 4	Watford	EYAL	29/04/2007
3	S Glynn	27.6		Watford	EYAL	01/07/2007
4	G Minihan	28.2		Watford	EYAL	01/07/2007
5	J Backhouse	29		Luton	EYAL	05/08/2007
6	C Buffonge	32		Luton	EYAL	05/08/2007

**Rankings 2007
Watford Harriers**

07

400m

1	J Stack	57	G 3	Watford	EYAL Plate Final	09/09/20 07
2	J Backhouse	64.2		Luton	EYAL	05/08/20 07
3	B Young	67.2		Watford	EYAL Plate Final	09/09/20 07

800m

1	S Byrne	02:20. 9	G 4	Watford	EYAL	29/04/20 07
2	L Dormer	02:34. 0		Watford	UK:A YAL	22/07/20 07
3	D Ross	02:34. 3		Watford	EYAL Plate Final	09/09/20 07

1500m

1	J McGaulley	04:50. 6	G 4	Watford	EYAL	01/07/20 07
2	L Dormer	05:04. 5		Southend	EYAL	17/06/20 07
3	D Ross	05:06.		Luton	EYAL	05/08/20

**Rankings 2007
Watford Harriers**

			2				07
4	G Walton		05:10.3		Watford	EYAL	29/04/2007
High Jump							
1	G Hutchings		1.7	G 2	Southend	EYAL	17/06/2007
2	J McGaulley		1.4		Southend	EYAL	17/06/2007
3	C Buffonge		1.35		Watford	EYAL Plate Final	09/09/2007
4	M Dombey		1.3		Watford	EYAL	29/04/2007
Long Jump							
1	G Minihan		5.01	G 4	Southend	EYAL	17/06/2007
2	B Young		4.9	G 4	Watford	EYAL	01/07/2007
3	O Brooks		4.86	G 4	Watford	EYAL	01/07/2007

**Rankings 2007
Watford Harriers**

4	S Glynn	4.58			Watford	EYAL Plate Final	09/09/2007
5	L Dormer	3.88			Peterboro	EYAL	15/07/2007
6	C Buffonge	3.79			Watford	Club Champs	16/09/2007
7	M Dombey	3.03			Watford	EYAL	29/04/2007
Triple Jump							
1	C Buffonge	8.01			Watford	Club Champs	16/09/2007
Pole Vault							
1	H Stead	2.1			Watford	UK:A YAL	22/07/2007
1	S Glynn	2.1			Watford	UK:A YAL	22/07/2007
Discus							
1	O Alabi	35.57	G 1	1.25K g	Watford	Club Champs	16/09/2007
2	M Ellis	31.82	G	1.25K	Watford	EYAL	29/04/2007

**Rankings 2007
Watford Harriers**

			2	g			07
3	M Cusellis	30.62	G 2	1.25K g	Watford	EYAL	01/07/20 07
4	G Harvey	22.43	G 4	1.25K g	Watford	EYAL	01/07/20 07
5	C Buffonge	16.64		1.25K g	Watford	EYAL Plate Final	09/09/20 07
6	C Lewis	16.62		1.25K g	Peterboro	EYAL	15/07/20 07
7	M Dombey	14.79		1.25K g	Watford	EYAL	29/04/20 07
8	G Harvey	10.32		1.25K g	Watford	EYAL Plate Final	09/09/20 07
Javelin							
1	G Minihan	42.97	G 1	600g m	Watford	EYAL	29/04/20 07
2	B Lewis	36.74	G 3	600g m	Watford	EYAL	01/07/20 07
3	C Lewis	29.95	G 4	600g m	Watford	EYAL Plate Final	09/09/20 07
4	D Smith	19.63		600g	Watford	EYAL	29/04/20

**Rankings 2007
Watford Harriers**

					m		07
5	J McGaulley	18.5			600g m	Watford	UK:A YAL 22/07/20 07
Shot							
1	O Alabi	11.2	G 3		4Kg	Watford	Club Champs 16/09/20 07
2	G Minihan	10.67	G 3		4Kg	Watford	EYAL Plate Final 09/09/20 07
3	M Ellis	9.88	G 4		4Kg	Watford	EYAL 29/04/20 07
4	J McGaulley	8.3			4Kg	Watford	UK:A YAL 22/07/20 07
5	C Lewis	7.77			4Kg	Peterboro	EYAL 15/07/20 07
6	G Harvey	7.69			4Kg	Watford	EYAL 01/07/20 07
Hammer							
1	G Harvey	23.89	G 4		4Kg	Watford	Club Champs 16/09/20 07
4x100m							
1	B Young	J		52		Watford	EYAL Plate 09/09/20

**Rankings 2007
Watford Harriers**

		McGaulley			Final	07
	S Glynn	J Stack				
U13 Boys						
Outdoors						
75m H						
1	M Wright	16.6		Watford	EYAL Plate Final	09/09/2007
2	D Lindo	16.7		Watford	EYAL Plate Final	09/09/2007
3	C Minashi	18.1		Luton	EYAL	05/08/2007
4	J Fowler	18.8		Peterboro	EYAL	15/07/2007
100m						
1	R Twynholm	14.1	G 4	Peterboro	EYAL	15/07/2007
2	J Andrews	14.7		Luton	EYAL	05/08/2007
3	D Lindo	14.9		Luton	EYAL	05/08/2007

**Rankings 2007
Watford Harriers**

4	L Sulaman	15.3		Watford	UK:A YAL	06/05/2007
5	D Lewis	15.5		Watford	EYAL	01/07/2007
5	C Minashi	15.5		Watford	Club Champs	16/09/2007
7	R Callan	15.9		Watford	EYAL	01/07/2007
8	R Brierney	17.6		Watford	EYAL	01/07/2007
200m						
1	R Twynholm	29	G3	Watford	EYAL Plate Final	09/09/2007
2	L Sulaman	31.2		Watford	UK:A YAL	06/05/2007
3	D Lindo	32.5		Southend	EYAL	17/06/2007
600m (non graded)						
1	K Hammond	02:03.6		Watford	Mid Open	10/06/2007 *

**Rankings 2007
Watford Harriers**

2	E Marsh	02:05. 6		Watford	Mid Open	10/06/20 07	*
3	J Phillips	02:14. 9		Watford	Club Champs	16/09/20 07	*
4	G Lilley	02:18. 5		Watford	Early Open	15/04/20 07	*
5	F McCormack	02:30. 1		Watford	Early Open	15/04/20 07	*
6	J Goldsworthy	02:32. 2		Watford	Early Open	15/04/20 07	*
7	S Walker	02:36. 2		Watford	Early Open	15/04/20 07	*
800m							
1	S Chambers	02:28. 2	G 3	Watford	UK:A YAL	22/07/20 07	
2	J Andrews	02:39. 9	G 4	Luton	EYAL	05/08/20 07	
3	M Wright	02:43. 5		Southend	EYAL	17/06/20 07	
4	M Walker	02:52. 0		PF	Watford	Open Graded	30/05/20 07

**Rankings 2007
Watford Harriers**

5	C Minashi	03:16.8		Watford	Club Champs	16/09/2007	
6	S Walker	03:26.9		Watford	UK:A YAL	06/05/2007	*
1500m							
1	K Bunn	05:45.0		Watford	UK:A YAL	22/07/2007	
2	C Minashi	05:49.6		Watford	EYAL	29/04/2007	
3	M Walker	06:20.4	PF	Watford	Open Graded	18/04/2007	
4	E March	06:42.6		Watford	Club Champs	16/09/2007	*
High Jump							
1	L Sulaman	1.2	G4	Watford	EYAL	01/07/2007	
1	M Wright	1.2	G4	Peterboro	EYAL	15/07/2007	
3	M Walker	1.1		Watford	EYAL Plate Final	09/09/2007	

**Rankings 2007
Watford Harriers**

Long Jump							
1	R Twynholm	4.18	G 3	Peterboro	EYAL	15/07/2007	
2	D Lindo	3.99	G 4	Watford	EYAL Plate Final	09/09/2007	
3	M Wright	3.84	G 4	Southend	EYAL	17/06/2007	
4	K Hammond	3.81	G 4	Watford	Club Champs	16/09/2007	*
5	J Bamford	3.64		Watford	Club Champs	16/09/2007	
6	J Andrews	3.52		Luton	EYAL	05/08/2007	
7	S Walker	3.38		Watford	EYAL	01/07/2007	*
8	R Catton	3.28		Watford	EYAL	01/07/2007	
9	C Minashi	3.15		Watford	UK:A YAL	22/07/2007	
10	J Goldsworth	3.12		Watford	Club Champs	16/09/2007	*

**Rankings 2007
Watford Harriers**

y							
11	E Marsh	3.05			Watford	Club Champs	16/09/2007 *
12	S Chambers	2.99			Peterboro	EYAL	15/07/2007
13	J Phillips	2.9			Watford	Club Champs	16/09/2007 *
14	J Cooke	2.76			Watford	Club Champs	16/09/2007 *
Javelin							
1	J Bamford	32.16	G 2	400g	Watford	Club Champs	16/09/2007
Discus							
1	G Tunmore	22.59	G 2	1Kg	Luton	EYAL	05/08/2007
2	J Fowler	22.34	G 2	1Kg	Watford	EYAL Plate Final	09/09/2007
3	L Harper	15.85	G 4	1Kg	Watford	EYAL	01/07/2007
4	M Walker	10.51		1Kg	Watford	EYAL	29/04/2007

**Rankings 2007
Watford Harriers**

Shot									
1	J Fowler		7.83	G 3	3.25K g	Watford	EYAL Plate Final	09/09/20 07	
2	G Tunmore		6.69	G 4	3.25K g	Watford	EYAL	01/07/20 07	
3	M Walker		5.33		3.25K g	Watford	EYAL	29/04/20 07	
4	S Walker		3.9		3.25K g	Watford	UK:A YAL	22/07/20 07	*
4x100m									
1	R Callan	L Sulaman	59.4			Watford	EYAL Plate Final	09/09/20 07	
	R Twynholm	D Lindo							
Masters Women									
Outdoors									
400mH									
1	H Macvean		01:59. 8			Watford	SWL	19/05/20 07	W4 0
2	J Walker		02:01.			Mile End	SWL	02/06/20	W4

**Rankings 2007
Watford Harriers**

		6				07	5
100m							
1	J Walker	21.7	Woodford G	SWL	28/04/2007	W45	
200m							
1	T Dombey	32.1	Woodford G	SWL	28/04/2007	W40	
400m							
1	H MacVean	01:09.8	Watford	SWL	19/05/2007	W40	
800m							
1	J Walker	03:42.0	Woodford G	SWL	28/04/2007	W45	
1500m							
1	D Sanderson	05:19.7	Watford	SWL	19/05/2007	W40	
2	J Walker	07:29.3	Watford	Early Open	15/04/2007	W45	
3	C James	07:47.7	Newham	SWL	07/07/2007	W50	

**Rankings 2007
Watford Harriers**

3000m

1	D Sanderson	10:53.8	Watford	SWL	19/05/2007	W40
2	J Walker	16:20.1	Woodford G	SWL	28/04/2007	W45
3	C James	16:26.0	Newham	SWL	07/07/2007	W50

High Jump

1	C James	0.9	Mile End	SWL	02/06/2007	W50
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Long Jump

1	M Atkinson	2.93	Woodford G	SWL	28/04/2007	W35
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Pole Vault

1	S Yeomans	2.6	Watford	Early Open	15/04/2007	W50
2	C James	1.9	Watford	SWL	19/05/2007	W50

Triple

**Rankings 2007
Watford Harriers**

Jump

1	T Dombey	8.2		Watford	SWL	19/05/2007	W40
2	C James	5.65		Bracknell	SWL	01/09/2007	W50

Discus

1	C James	15.41	1Kg	Watford	Club Champs	16/09/2007	W50
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Shot

1	S Douglas	9.33	4Kg	Bracknell	SWL	01/09/2007	W35
2	T Dombey	6.7	4Kg	Watford	SWL	19/05/2007	W40
3	M Atkinson	6.51	4Kg	Newham	SWL	07/07/2007	W35
4	C James	6.13	4Kg	Watford	Club Champs	16/09/2007	W50

Hammer

1	M Atkinson	31.61	4Kg	Newham	SWL	07/07/2007	W35
	C James	25.16	3Kg	Watford	Club	16/09/2007	W50

**Rankings 2007
Watford Harriers**

						Champs	07	0
2	C James		22.07	4Kg	Watford	SWL	19/05/2007	W50
3	S Douglas		21.97	4Kg	Bracknell	SWL	01/09/2007	W35
Javelin								
1	M Atkinson		20.49	600g	Newham	SWL	07/07/2007	W35
Senior Women								
400m								
1	R Grundy		01:06.7		Mile End	SWL	02/06/2007	
800m								
1	R Grundy		02:24.7		Mile End	SWL	02/06/2007	
1500m								
1	C Willer	2nd claim	04:42.3		Cheltenham	Open Graded	18/07/2007	
2	R Grundy		05:23.0		Bracknell	SWL	01/09/2007	

**Rankings 2007
Watford Harriers**

3000m

1	C Willer	2nd claim	10:21.2		Cosford	Invitational	21/04/2007
1	R Grundy		11:55.1		Watford	SWL	19/05/2007

10000m

1	C Willer	2nd claim	35:46.6	G3	Bedford	BUSA Champs	05/05/2007
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Triple Jump

1	R Grundy		9.2		Watford	SWL	19/05/2007
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4x100m

1	A Bland	J Wiggs	59		Mile End	SWL	02/06/2007
	F Olliffe	D Stanger					

Junior Women

Outdoor

400mH

**Rankings 2007
Watford Harriers**

1	N Bullock	01:24. 7		Mile End	SWL	02/06/20 07
100m						
1	J Charles	13.7		Newham	SWL	07/07/20 07
200m						
1	J Charles	28.4		Newham	SWL	07/07/20 07
400m						
1	F Olliffe	01:08. 3	PF	Watford	Open Graded	04/04/20 07
800m						
1	H Kitchen	02:33. 5		Watford	Club Champs	16/09/20 07
2	N Bullock	03:07. 7		Watford	SWL	19/05/20 07
1500m						
1	H Kitchen	05:16. 7		Stevenage	Herts County	07/05/20 07
3000m						

**Rankings 2007
Watford Harriers**

1	H Kitchen	11:39.8			Watford	Herts County	13/05/2007
Long Jump							
1	F Olliffe	4.1			Mile End	SWL	02/06/2007
2	J Charles	3.78			Newham	SWL	07/07/2007
3	L Capicotto	3.71			Woodford G	SWL	28/04/2007
4	N Bullock	3.25			Mile End	SWL	02/06/2007
Pole Vault							
1	F Olliffe	1.5			Mile End	SWL	02/06/2007
Discus							
1	L Capicotto	26.32	G 3	1Kg	Newham	SWL	07/07/2007
Javelin							
1	L Capicotto	29.89	G 3	600g	Mile End	SWL	02/06/2007

**Rankings 2007
Watford Harriers**

Shot

1	N Bullock	6.28	4Kg	Bracknell	SWL	01/09/2007
2	L Capicotto	6.22	4Kg	Mile End	SWL	02/06/2007

U17 Women

Indoors

60m

1	J Kirke	8.79	PF	Lee Valley	Herts Indoors	18/03/2007
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60m Hurdles

1	A Bland	9.64	PF	Lee Valley	Herts Indoors	18/03/2007
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Outdoors

80m Hurdles

1	A Bland	12.9	G 4	Watford	Early Open	15/04/2007
2	M Sadhu	14.3		Watford	UK:A YAL	22/07/2007

**Rankings 2007
Watford Harriers**

07

100m

1	A Bland	13.4	G 4	Watford	Early Open	15/04/20 07
2	S Agca	13.8		Watford	Club Champs	16/09/20 07
3	M Sadhu	14.1		Peterboro	EYAL	15/07/20 07
4	J Kirke	14.3		Watford	EYAL Plate Final	09/09/20 07
5	J Wiggs	14.9		Mile End	SWL	02/06/20 07
6	G Benjamin	15.5		Watford	UK:A YAL	06/05/20 07
7	K Buffonge	16.2		Luton	EYAL	05/08/20 07
8	D Stanger	17.6		Mile End	SWL	02/06/20 07

200m

1	S Agca	28.3		Watford	UK:A YAL	22/07/20 07
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**Rankings 2007
Watford Harriers**

2	A Bland	28.5	Watford	EYAL Plate Final	09/09/2007
3	J Wiggs	31.3	Mile End	SWL	02/06/2007
4	D Stanger	33.4	Watford	EYAL	01/07/2007
5	K Buffonge	33.7	Watford	Club Champs	16/09/2007
300m					
1	J Wiggs	50.7	Watford	EYAL	01/07/2007
2	M Jacques	52.4	Watford	EYAL Plate Final	09/09/2007
3	K Buffonge	56	Watford	EYAL Plate Final	09/09/2007
4	D Stanger	60.7	Watford	EYAL	01/07/2007
5	J Kirke	76.9	Woodford G	SWL	28/04/2007
400m					
1	J Kirke	83	Bracknell	SWL	01/09/2007

**Rankings 2007
Watford Harriers**

						07
2	J Wiggs	83.1		Newham	SWL	07/07/2007
800m						
1	M Jacques	02:58.9		Watford	EYAL Plate Final	09/09/2007
2	R Chambers	03:05.6		Watford	EYAL Plate Final	09/09/2007
1500m						
1	N Darby	05:33.7		Watford	EYAL	01/07/2007
High Jump						
1	H Campbell	1.45	G 4	Watford	EYAL	01/07/2007
1	J MacKenzie	1.45	G 4	Watford	SWL	19/05/2007
3	A Bland	1.35		Southend	EYAL	17/06/2007
4	S Burke	1.3		Southend	EYAL	17/06/2007

**Rankings 2007
Watford Harriers**

Long Jump

1	M Sadhu	4.33		Watford	EYAL Plate Final	09/09/2007
2	J Wiggs	3.91		Watford	EYAL	01/07/2007
3	N Darby	3.67		Luton	EYAL	05/08/2007
4	S Agca	3.57		Southend	EYAL	17/06/2007
5	J Kirke	3.37		Bracknell	SWL	01/09/2007
6	K Buffonge	2.51		Watford	Club Champs	16/09/2007

Pole Vault

1	S Burke	1.3		Newham	SWL	07/07/2007
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Triple Jump

1	S Agca	7.89		Peterboro	EYAL	15/07/2007
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**Rankings 2007
Watford Harriers**

2	K Buffonge	6,40			Luton	EYAL	05/08/2007
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Discus

1	S Burke	30.93	G 1	1Kg	Bracknell	SWL	01/09/2007
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2	G Benjamin	20.91	G 4	1Kg	Watford	UK:A YAL	06/05/2007
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3	D Stanger	12.95		1Kg	Watford	EYAL	01/07/2007
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4	S Agca	12.64		1Kg	Watford	Club Champs	16/09/2007
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Hammer

1	J Saunders	17.67		4Kg	Watford	UK:A YAL	22/07/2007
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2	S Burke	14.81		4Kg	Mile End	SWL	02/06/2007
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Javelin

1	S Burke	19.45		600g	Watford	EYAL Plate Final	09/09/2007
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2	M Sadhu	13.78		600g	Watford	EYAL	01/07/2007
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**Rankings 2007
Watford Harriers**

Shot

1	S Burke	6.6	4Kg	Watford	EYAL Plate Final	09/09/2007
2	N Parker	6.24	4Kg	Watford	EYAL	29/04/2007
	S Agca	6.22	2.72Kg	Watford	Club Champs	16/09/2007
3	J Wiggs	6.14	4Kg	Watford	EYAL	01/07/2007
4	D Stanger	5.94	4Kg	Watford	UK:A YAL	06/05/2007

4x100m

1		55		Watford	UK:A YAL	22/07/2007
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U15 Girls

Indoors

60m

1	S Meikle	8.38	G 2	PF	Lee Valley	Herts Indoors	18/03/2007
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800m

**Rankings 2007
Watford Harriers**

1	V Walker		02:30.8	G 3	PF	Lee Valley	Herts Indoors	18/03/2007
Long Jump								
1	S Meikle		4.89			Lee Valley	Herts Indoors	18/03/2007
Outdoors								
75m Hurdles								
1	R Bentley		13.4	G 4		Watford	UK:A YAL	06/05/2007
2	C Baxter		13.7	G 4		Peterboro	EYAL	15/07/2007
3	S Meikle		14.5			Watford	UK:A YAL	06/05/2007
4	C Mitchell		30.2			Mile End	SWL	02/06/2007
80m Hurdles								
1	N Etchie		19.5			Watford	UK:A YAL	22/07/2007

**Rankings 2007
Watford Harriers**

100m						
1	S Meikle	13.2	G 2	Watford	EYAL	01/07/2007
2	M Lancaster	13.7	G 4	Watford	EYAL Plate Final	09/09/2007
3	N Etchie	13.9	G 4	Luton	EYAL	05/08/2007
3	J Kelly	13.9	G 4	Mile End	SWL	02/06/2007
5	K Maginley	14	G 4	Watford	EYAL	01/07/2007
6	B. Lloyd	14.4		Woodford G	SWL	28/04/2007
7	Y Saunders	14.6		Watford	EYAL	01/07/2007
8	R Bentley	15		Watford	Mid Open	10/06/2007
9	V Walker	15.3		Bracknell	SWL	01/09/2007
200m						
1	S Meikle	27.3	G	Watford	UK:A YAL	22/07/20

**Rankings 2007
Watford Harriers**

			3			07
2	K Maginley	28.6	G 4	Southend	EYAL	17/06/20 07
3	M Lancaster	28.9		Watford	UK:A YAL	22/07/20 07
4	B Lloyd	29.1		Watford	SWL	19/05/20 07
5	N Etchie	29.7		Watford	UK:A YAL	22/07/20 07
6	J Kelly	29.8		Mile End	SWL	02/06/20 07
7	Y Saunders	30.3		Watford	EYAL	01/07/20 07
8	R Bentley	30.6		Watford	UK:A YAL	06/05/20 07
300m						
1	R Bentley	47.47	PF	Watford	Herts County	13/05/20 07
2	C Baxter	47.9		Southend	EYAL	17/06/20 07
3	B Lloyd	48.3		Watford	EYAL	29/04/20

**Rankings 2007
Watford Harriers**

								07
4	C Mitchell		48.8			Watford	Early Open	15/04/2007
4	K Maginely		48.8			Watford	Early Open	15/04/2007
400m (non graded)								
1	V Walker		68.3			Watford	Club Champs	16/09/2007
800m								
1	V Walker		02:26.1	G 2	PF	Watford	BMC	19/05/2007
2	C Mitchell		02:37.2	G 4		Watford	UK:A YAL	22/07/2007
3	B. Lloyd		02:44.0			Woodford G	SWL	28/04/2007
4	R Dormer		02:45.6			Watford	UK:A YAL	22/07/2007
5	N Wickings		02:45.8		PF	Watford	Open Graded	19/09/2007

**Rankings 2007
Watford Harriers**

6	M Omar	02:46. 6			Luton	EYAL	05/08/20 07
7	S Meikle	03:12. 6			Watford	Club Champs	16/09/20 07
8	J Warman	03:38. 1			Luton	EYAL	05/08/20 07
1500m							
1	V Walker	05:02. 4	G 2		Watford	EYAL	01/07/20 07
2	N Wickings	05:34. 6	G 4		Watford	EYAL Plate Final	09/09/20 07
3	M Omar	05:39. 1			Watford	EYAL	29/04/20 07
4	R Dormer	06:44. 9			Watford	Early Open	15/04/20 07
3000m							
1	V Walker	10:50. 9	G 3	PF	Watford	Open Graded	30/05/20 07
2	N Wickings	12:44. 6			Watford	Club Champs	16/09/20 07
High							

**Rankings 2007
Watford Harriers**

Jump						
1	C Baxter	1.55	G 2	Newham	SWL	07/07/2007
2	J Warman	1.45	G 3	Luton	EYAL	05/08/2007
2	B Lloyd	1.45	G 3	Bracknell	SWL	01/09/2007
4	M Lancaster	1.3		Watford	EYAL	01/07/2007
4	C Mitchell	1.3		Watford	EYAL	29/04/2007
4	M Omar	1.3		Mile End	SWL	02/06/2007
7	R Bentley	1.25		Watford	Club Champs	16/09/2007
Long Jump						
1	S Meikle	5.11	G 1	Watford	EYAL	29/04/2007
2	B Lloyd	4.98	G 2	Bracknell	SWL	01/09/2007

**Rankings 2007
Watford Harriers**

3	V Walker	4.03				Watford	Club Champs	16/09/2007
4	R Bentley	4				Watford	EYAL	01/07/2007
5	C Baxter	3.88				Southend	EYAL	17/06/2007
6	M Omar	3.65				Luton	EYAL	05/08/2007
Triple Jump	(non graded)							
1	S Meikle	9.8				Watford	Club Champs	16/09/2007
2	M Lancaster	8				Watford	Club Champs	16/09/2007
Discus								
1	M Ward	34.38	G 1	1Kg		Cambridge	Eastern Counties	08/07/2007
2	T McManus	33.26	G 1	1Kg		Watford	EYAL Plate Final	09/09/2007
3	R Lockwood	21.77	G 3	1Kg		Watford	EYAL	01/07/2007

**Rankings 2007
Watford Harriers**

4	K Lawrence	16.88	G 4	1Kg	Watford	Club Champs	16/09/20 07
5	C Baxter	13.78		1Kg	Newham	SWL	07/07/20 07
6	M Omar	12.83		1Kg	Mile End	SWL	02/06/20 07
7	R Baker	12.54		1Kg	Watford	EYAL	29/04/20 07
8	V Walker	9.35		1Kg	Watford	EYAL Plate Final	09/09/20 07
Javelin							
1	R Baker	22.09	G 3	600g	Watford	UK:A YAL	06/05/20 07
2	T McManus	19.51	G 4	600g	Bracknell	SWL	01/09/20 07
3	V Walker	18.06	G 4	600g	Newham	SWL	07/07/20 07
4	M Omar	8.55		600g	Watford	UK:A YAL	22/07/20 07
5	C Mitchell	7.25		600g	Peterboro	EYAL	15/07/20 07

**Rankings 2007
Watford Harriers**

Shot							
1	T McManus	9.00	G 2	3.25K g	Luton	EYAL	05/08/2007
2	R Lockwood	8.6	G 2	3.25K g	Luton	EYAL	05/08/2007
3	Y Saunders	7.63	G 4	3.25K g	Southend	EYAL	17/06/2007
4	N Etchie	7.31	G 4	3.25K g	Newham	SWL	07/07/2007
5	J Warman	6.65	G 4	3.25K g	Watford	UK:A YAL	22/07/2007
6	R Bentley	6.53	G 4	3.25K g	Southend	EYAL	17/06/2007
	Y Saunders	5.89		4Kg	Watford	EYAL Plate Final	09/09/2007
7	M Omar	5.25		3.25K g	Watford	EYAL	29/04/2007
8	J Kelly	4.22		3.25K g	Mile End	SWL	02/06/2007
Hammer							
1	T McManus	24.92	G	3Kg	Watford	Club	16/09/20

**Rankings 2007
Watford Harriers**

				4		Champs	07	
2	R Lockwood		20.58		Watford	Open Graded	11/07/2007	
4x100m								
1	K Maginley	S Mickle	54.1		Watford	EYAL Plate Final	09/09/2007	
	N Etchie	M Lancaster						
U13 Girls								
Outdoor								
70m Hurdles								
1	A Davis		13.1	G3	Peterboro	EYAL	15/07/2007	
2	H Earnshaw		13.5	G4	Watford	EYAL Plate Final	09/09/2007	
3	Z M-Smith		13.8	G4	Southend	EYAL	17/06/2007	
4	S Bentley		13.9	G4	Luton	EYAL	05/08/2007	*

**Rankings 2007
Watford Harriers**

5	C Bentley	14.4	G 4	Hemel Hemp	County Pentathlon	15/07/2007
75m Hurdles						
1	S Bunn	24.3		Mile End	SWL	02/06/2007
75m						
1	I Henson	10.6	G 2	Watford	UK:A YAL	22/07/2007
2	A Davis	10.7	G 2	Watford	UK:A YAL	06/05/2007
2	Y Lakin	10.7	G 2	Watford	UK:A YAL	06/05/2007
100m						
1	Z M-Smith	13.7	G 2	Luton	EYAL	05/08/2007
2	A Davis	13.9	G 2	Watford	EYAL	01/07/2007
3	Y Lakin	14	G 2	Watford	SWL	19/05/2007

**Rankings 2007
Watford Harriers**

4	I Henson	14.4	G 3		Watford	Club Champs	16/09/20 07	
5	K Wright	14.9	G 4		Peterboro	EYAL	15/07/20 07	
6	C Bentley	15.4		ST	Watford	District Schools	27/06/20 07	
7	S Bentley	15.7			Stevenag e	U13 Challenge	06/06/20 07	*
7	C Arnold	15.7			Luton	EYAL	05/08/20 07	
9	G Chester	15.9			Stevenag e	U13 Challenge	06/06/20 07	*
10	L Kemp	16			Watford	EYAL	29/04/20 07	
10	L Macvean- Paine	16			Watford	EYAL	01/07/20 07	
12	E Steed	16.3			Watford	Club Champs	16/09/20 07	
150m								
1	A Davis	21.7	G 3		Watford	UK:A YAL	22/07/20 07	

**Rankings 2007
Watford Harriers**

2	I Henson	21.9	G 4	Watford	UK:A YAL	22/07/2007	
3	K Wright	23.2		Watford	UK:A YAL	06/05/2007	
4	S Bentley	23.9		Havering	Early Open	25/03/2007	*
5	C Bentley	24.6		Havering	Early Open	25/03/2007	
200m							
1	Z M-Smith	28.3	G 2	Luton	EYAL	05/08/2007	
2	I Henson	29.4	G 3	Watford	EYAL	01/07/2007	
3	A Davis	30.8	G 4	Watford	EYAL	01/07/2007	
4	K Wright	30.9	G 4	Peterboro	EYAL	15/07/2007	
5	S Bunn	31.1	G 4	Stevenage	U13 Challenge	06/06/2007	
6	S Bentley	32.3		Watford	Club Champs	16/09/2007	*

**Rankings 2007
Watford Harriers**

7	G Chester	32.4		Watford	EYAL	01/07/2007	*
8	C Arnold	32.5		Luton	EYAL	05/08/2007	
9	C Bentley	33.4		Watford	Club Champs	16/09/2007	
600m (non graded)							
1	S Bentley	02:00.0		Watford	Early Open	15/04/2007	*
2	L Economu	02:04.2		Watford	Early Open	15/04/2007	*
3	C Arnold	02:04.5	ST	St Albans	County Schools	26/06/2007	
4	Y Lakin	02:04.9		Watford	Early Open	15/04/2007	
5	H Hollis	02:05.6		Watford	Early Open	15/04/2007	
6	C Bentley	02:05.9		Watford	Early Open	15/04/2007	
7	L Macvean-	02:09.		Watford	Early	15/04/20	

**Rankings 2007
Watford Harriers**

	Paine	5				Open	07	
8	L Varnham	02:14. 7			Watford	Mid Open	10/06/20 07	*
9	L Connor	02:16. 1			Watford	Mid Open	10/06/20 07	
10	M Harland	02:29. 4			Watford	Mid Open	10/06/20 07	
11	C Fuller	02:31. 2			Watford	Mid Open	10/06/20 07	
12	G Stanger	02:41. 0			Watford	Club Champs	16/09/20 07	*
13	S Parrot	02:41. 6			Watford	Club Champs	16/09/20 07	*
800m								
1	S. Bunn	02:37. 1	G 3	PF	Watford	Herts County	13/05/20 07	
2	I Henson	02:42. 3	G 4		Watford	UK:A YAL	06/05/20 07	
3	C Bentley	02:46. 4	G 4		Watford	UK:A YAL	22/07/20 07	
4	S Bentley	02:50.	G		Watford	EYAL	01/07/20	*

**Rankings 2007
Watford Harriers**

		2	4			07	
5	L Macvean-Paine	02:50.6		Watford	EYAL	01/07/2007	
6	C Arnold	02:51.1		Luton	EYAL	05/08/2007	
7	E Steed	02:52.6		Watford	Club Champs	16/09/2007	
8	L Kemp	02:53.6		Watford	EYAL	01/07/2007	
9	E Bamford	02:54.6		Watford	Mid Open	10/06/2007	
1200m							
1	S Bentley	04:31.4	G 4	Watford	UK:A YAL	06/05/2007	*
2	E Steed	04:32.7	G 4	Watford	UK:A YAL	06/05/2007	
3	S Parrot	06:06.3		Watford	UK:A YAL	22/07/2007	
1500m							
1	S Bunn	05:39.3	G 4	Watford	SWL	19/05/2007	

**Rankings 2007
Watford Harriers**

2	H Hollis	05:43.0	G 4	Watford	EYAL Plate Final	09/09/2007	
3	E Steed	05:49.4	G 4	Watford	EYAL	01/07/2007	
4	S Bentley	06:03.3		Luton	EYAL	05/08/2007	*
5	C Bentley	06:03.9		Newham	SWL	07/07/2007	
6	L Kemp	06:21.3		Watford	EYAL	29/04/2007	
7	J Hartley	06:38.6		Watford	EYAL	29/04/2007	
High Jump							
1	Y Lakin	1.3	G 3	Watford	EYAL Plate Final	09/09/2007	
2	S Bentley	1.2	G 4	Watford	EYAL	29/04/2007	*
3	C Bentley	1.15		Oxford	UK:A YAL	03/06/2007	
3	L Macvean-Paine	1.15		Watford	Club Champs	16/09/2007	

**Rankings 2007
Watford Harriers**

5	H Hollis	1.1		Watford	Early Open	15/04/2007	
Long Jump							
1	Y Lakin	4.38	G 1	Watford	Club Champs	16/09/2007	
2	Z M-Smith	4.18	G 2	Watford	EYAL Plate Final	09/09/2007	
3	C Bentley	3.78	G 4	Watford	UK:A YAL	22/07/2007	
4	S Bentley	3.53		Bracknell	SWL	01/09/2007	*
5	G Chester	3.34		Watford	EYAL	01/07/2007	*
6	S Bunn	3.32		Watford	UK:A YAL	22/07/2007	
7	K Wright	3.25		Peterboro	EYAL	15/07/2007	
8	E Bamford	3.12		Watford	Club Champs	16/09/2007	
9	A Galtrey	3.04		Watford	Club Champs	16/09/2007	*

**Rankings 2007
Watford Harriers**

10	D Stanger	2.46			Watford	Club Champs	16/09/2007	*
Discus								
1	P Wheeler	28.15	G 1	0.75K g	Watford	EYAL Plate Final	09/09/2007	
2	E Dickinson	18.65	G 3	0.75K g	Watford	EYAL Plate Final	09/09/2007	
3	I Henson	16.15	G 4	0.75K g	Watford	Open Graded	22/08/2007	
4	A Lockwood	14.38	G 4	0.75K g	Watford	EYAL	29/04/2007	
	I Henson	11.46		1Kg	Bracknell	SWL	01/09/2007	
5	K Wright	10.36		0.75K g	Watford	EYAL	29/04/2007	
6	H Hollis	9.97		0.75K g	Watford	EYAL	01/07/2007	
7	C Bentley	9.58		1Kg	Watford	SWL	19/05/2007	
8	K Lockwood	9.44		0.75K g	Watford	EYAL	29/04/2007	

**Rankings 2007
Watford Harriers**

Shot							
1	I Henson	7.69	G 2	2.72K g	Watford	EYAL Plate Final	09/09/20 07
2	E Dickinson	7.44	G 2	2.72K g	Watford	EYAL Plate Final	09/09/20 07
3	A Lockwood	6.59	G 3	2.72K g	Watford	Open Graded	11/07/20 07
4	C Bentley	4.98		2.72K g	Watford	EYAL	01/07/20 07
5	A Davis	4.75		2.72K g	Peterboro	EYAL	15/07/20 07
6	S Bentley	3.63		2.72K g	Hemel Hemp	D&T Pentathlon	15/07/20 07 *
Hammer							
1	A Lockwood	13.72			Watford	Open Graded	11/07/20 07
Pentathlon							
1	C Bentley	1,492 pts			Hemel Hemp	County Pentathlon	15/07/20 07

**Rankings 2007
Watford Harriers**

Relay
4x100m

1	I Henson	Y Lakin	55.6	Watford	EYAL Plate Final	09/09/20 07
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Z M-Smith	A Davis
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