

Rankings 2009

Watford Harriers Rankings 2009

MASTERS MEN

Outdoors

200m

1	Gregory Hill	29.7	Stevenage	Herts County Vets Champs	04/05/2009	M50
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400m

1	Gregory Hill	66.6	Stevenage	Herts County Vets Champs	04/05/2009	M50
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800m

1	Derek Walker	02:31.5	Colchester	SML	02/05/2009	M45
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1500m

1	Vincent Wilson	06:03.1	Woodside	WH Club Champs	06/09/2009	M
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3000m

Watford Harriers Rankings 2009

1	Graham Mayoh	11:03 .1	PF	Woodside	WH Open Graded	12/08/2009	M40
2	A Angus	11:20 .3	PF	Woodside	WH Open Graded	01/07/2009	M45
3000m steeplechase							
1	Graham Mayoh	12:23 .2		Hemel Hempstead	SML	27/06/2009	M40
5000m							
1	Mikk Bradley	18:34 .2		Woodside	WH Club Champs	06/09/2009	M50
Long Jump							
1	Derek Walker	4.28		Colchester	SML	02/05/2009	M45
High Jump							
1	Dick Parles	1.25		Woodside	WH Club Champs	06/09/2009	M60
Shot							
1	Tim Saunders-	9.1	6kg	Woodside	WH Open Graded	01/07/2009	M50

Watford Harriers Rankings 2009

Mullens							
	Tim Saunders-Mullens	8.48	7.26 kg	Stevenage	Herts County Championships	10/05/2009	M55
2	Brian Yeomans	8.16	6kg	Kingston	Southern Counties Vets Champs	14/06/2009	M60
	Brian Yeomans	7.93	5kg	Woodside	WH Club Champs	06/09/2009	M60
3	John Dickinson	7.83	7.26 kg	Woodside	WH Club Champs	06/09/2009	M45
4	Dick Parles	7.83	5kg	Woodside	WH Club Champs	06/09/2009	M60
Hammer							
1	Tim Saunders-Mullens	29.52	6kg	Woodside	WH Open Graded	01/07/2009	M55
	Tim Saunders-Mullens	27.46	7.26 kg	Hemel Hempstead	SML	27/06/2009	M50
2	Brian Yeomans	19.7	6kg	Woodside	WH Club Champs	06/09/2009	M60

Watford Harriers Rankings 2009

Discus

1	Brian Yeomans	25.82	1.5kg	Woodside	WH Club Champs	06/09/2009	M60
2	Tim Saunders-Mullens	22.49	1.5kg	Stevenage	Herts County Vets Champs	04/05/2009	M50
	Tim Saunders-Mullens	18.94	2kg	Walton on Thames	SML	06/06/2009	M50

Javelin

1	Brian Yeomans	31.79	600g	Stevenage	Herts County Vets Champs	04/05/2009	M60
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SENIOR MEN

Indoors

400m

1	Aaron Dombey	50.81	PF	Birmingham	Birmingham Games	31/01/2009	
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Outdoors

Watford Harriers Rankings 2009

110m hurdles

1	Daniel Tarrant	20.7	Teddington	SML	16/05/2009
2	M Elmedani	21.2	Windsor	SML	11/07/2009
3	Nick Harris	22.2	Hemel Hempstead	SML	27/06/2009
4	A Marcinowicz	23.2	Colchester	SML	02/05/2009

100m

1	A Morris	12.3	Walton on Thames	SML	06/06/2009
2	Paul Yeomans	12.4	Colchester	SML	02/05/2009
3	M Elmedani	12.7	Teddington	SML	16/05/2009
4	A Marcinowicz	14.3	Colchester	SML	02/05/2009
5	Nick Harris	16.1	Hillingdon	SML	01/08/20

Watford Harriers Rankings 2009

						09
6	Daniel Tarrant	19.1		Hillingdon	SML	01/08/2009
200m						
1	Andrew Morris	25.1		Hemel Hempstead	SML	27/06/2009
2	Paul Yeomans	25.3		Colchester	SML	02/05/2009
3	Daniel Tarrant	25.9		Walton on Thames	SML	06/06/2009
4	M Elmedani	26		Teddington	SML	16/05/2009
400m hurdles						
1	Aaron Dombey	55.5	G3	Stevenage	Herts County Championships	10/05/2009
2	Dave Hall	61.1		Colchester	SML	02/05/2009
3	Daniel Tarrant	63.7		Colchester	SML	02/05/2009

Watford Harriers Rankings 2009

4	M Elmedani	68.3		Windsor	SML	11/07/2009
5	Richard Holland	69.5		Windsor	SML	11/07/2009
6	Nick Harris	74.2		Hillingdon	SML	01/08/2009
400m						
1	Aaron Dombey	50.2	G3	Hemel Hempstead	SML	27/06/2009
2	Paul Yeomans	54.6		Teddington	SML	16/05/2009
3	Daniel Tarrant	61.6		Hillingdon	SML	01/08/2009
4	Nick Harris	71.6		Hillingdon	SML	01/08/2009
800m						
1	John McGinn	02:08.9		Teddington	SML	16/05/2009
2	Nick Harris	02:25.6		Hemel Hempstead	SML	27/06/2009
3	Daniel	02:31		Hillingdon	SML	01/08/2009

Watford Harriers Rankings 2009

	Tarrant	.8			09
4	Zac McDonough	02:32 .6	Woodside	WH Club Champs	06/09/2009
5	Andrew Kelly	02:36 .0	Walton on Thames	SML	06/06/2009
1500m					
1	John McGinn	04:25 .0	Teddington	SML	16/05/2009
2	Eammon Twomey	04:52 .7	Hemel Hempstead	SML	27/06/2009
3	Daniel Tarrant	04:55 .3	Teddington	SML	16/05/2009
4	A Marcinowicz	05:01 .7	Colchester	SML	02/05/2009
5	Nick Harris	05:11 .9	Hillingdon	SML	01/08/2009
6	David Vannen	05:26 .8	Windsor	SML	11/07/2009
7	Zac McDonough	05:30 .8	Woodside	WH Club Champs	06/09/2009

Watford Harriers Rankings 2009

	h					
8	Andrew Kelly		05:31.9		Colchester	SML 02/05/2009
3000m						
1	Andrew Marcinowicz		10:24.5	PF	Woodside	WH Open Graded 17/06/2009
3000m Steeplechase						
1	Nick Harris		11:18.9		Windsor	SML 11/07/2009
2	Richard Holland		11:51.9		Windsor	SML 11/07/2009
4	Andrew Marcinowicz		12:35.4		Colchester	SML 02/05/2009
5000m						
1	Richard Holland		17:36.2		Windsor	SML 11/07/2009
2	David Vannen		17:48.9		Windsor	SML 11/07/2009

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3	Eammon Twomey	17:50 .2	Walton on Thames	SML	06/06/2009
4	A Harris	18:28 .6	Hillingdon	SML	01/08/2009
5	Andrew Kelly	19:28 .6	Walton on Thames	SML	06/06/2009
6	Steve Rouse	20:20 .0	Hemel Hempstead	SML	27/06/2009
Long Jump					
1	Andrew Morris	5.5	Walton on Thames	SML	06/06/2009
2	Paul Yeomans	5.39	Teddington	SML	16/05/2009
3	Daniel Tarrant	5.37	Hillingdon	SML	01/08/2009
High Jump					
1	Daniel Tarrant	1.7	Colchester	SML	02/05/2009
2	Nick Harris	1.5	Windsor	SML	11/07/2009
Triple Jump					

Watford Harriers Rankings 2009

1	Paul Yeomans	10.42			Teddington	SML	16/05/2009
2	Daniel Tarrant	10.3			Hillingdon	SML	01/08/2009
Pole Vault							
1	Paul Yeomans	3.8			Windsor	SML	11/07/2009
2	Daniel Tarrant	3.2			Hemel Hempstead	SML	27/06/2009
Shot							
1	Stuart Thurgood	12.7	G 2	7.26 kg	Hemel Hempstead	SML	27/06/2009
2	Ray McKenna	12.03	G 3	7.26 kg	Windsor	SML	11/07/2009
3	Paul Yeomans	9.02		7.26 kg	Stevenage	Herts County Champs	10/05/2009
Hammer							
1	Stuart Thurgood	57.96	G 1	7.26 kg	Colchester	SML	02/05/2009
2	Paul Yeomans	21.1		7.26 kg	Woodside	WH Club Champs	06/09/2009

Watford Harriers Rankings 2009

3	Ray McKenna	19.15	7.26 kg	Hillingdon	SML	01/08/2009
Discus						
1	Ray McKenna	35.9	2kg	Windsor	SML	11/07/2009
2	Stuart Thurgood	34.79	2kg	Hemel Hempstead	SML	27/06/2009
3	Paul Yeomans	22.67	2kg	Stevenage	Herts County Championships	10/05/2009
Javelin						
1	Daniel Tarrant	45.15	800g	Hillingdon	SML	01/08/2009
2	Paul Yeomans	36.15	800g	Woodside	WH Club Champs	06/09/2009
3	Andrew Marcinowicz	35.63	800g	Colchester	SML	02/05/2009
4	Ray McKenna	32.72	800g	Windsor	SML	11/07/2009
4x100m Relay						

Watford Harriers Rankings 2009

1	Raineri / Tarrant / Hall / Ramsbotto m	47.1	Walton on Thames	SML	06/06/20 09
4x400m Relay					
1	McGinn / Gillespie Yeomans / Dombey	03:33 .4	Teddington	SML	16/05/20 09
JUNIOR MEN					
Outdoors					
110m hurdles					
1	Dave Hall	21.5	Walton on Thames	SML	06/06/20 09
100m					

Watford Harriers Rankings 2009

1	Joel Ramsbottom	11	G 2		Woodside	WH Open Graded	12/08/2009
2	Michael Weekes	12.25		PF	Woodside	WH Open Graded	15/07/2009
3	Tom Kite	12.5			Windsor	SML	11/07/2009
4	Oliver Smith	13.17		PF	Woodside	WH Open Graded	15/07/2009
5	Kwasi Adamakeh	14.24		PF	Woodside	WH Open Graded	12/08/2009
200m							
1	Joel Ramsbottom	22.6	G 2		Walton on Thames	SML	06/06/2009
2	Tom Gillespie	24.3			Teddington	SML	16/05/2009
3	Tom Kite	25.5			Woodside	WH Club Champs	06/09/2009
4	Michael Weekes	24.52		PF	Woodside	WH Open Graded	15/07/2009
5	Oliver	26.36		PF	Woodside	WH Open	15/07/2009

Watford Harriers Rankings 2009

	Smith					Graded	09
6	Jason Raineri	26.7			Hillingdon	SML	01/08/2009
400m hurdles							
1	Dave Hall	60.5			Walton on Thames	SML	06/06/2009
400m							
1	Dave Hall	54.9			Walton on Thames	SML	06/06/2009
2	Oliver Smith	57.5			Windsor	SML	11/07/2009
800m							
1	Tom Gillespie	01:55.6	G3	PF	Woodside	WH Open Graded	01/07/2009
1500m							
1	Tom Gillespie	04:24.3			Windsor	SML	11/07/2009
Long Jump							
1	Jason Raineri	5.13			Hillingdon	SML	01/08/2009

Watford Harriers Rankings 2009

2	Oliver Smith	4.4			Hemel Hempstead	SML	27/06/2009
High Jump							
1	Jason Raineri	1.5			Walton on Thames	SML	06/06/2009
Triple Jump							
1	Jason Raineri	11.01			Hillingdon	SML	01/08/2009
2	Dave Hall	9.75			Walton on Thames	SML	06/06/2009
Discus							
1	Rob Henney	35.77	G3	2kg	Stevenage	Herts County Championships	10/05/2009
Shot							
1	Rob Henney	10.14		7.26 kg	Stevenage	Herts County Championships	10/05/2009
Javelin							
1	Jason Raineri	47.5	G3	800g	Hemel Hempstead	SML	27/06/2009

Watford Harriers Rankings 2009

UNDER 17 MEN

Outdoors

100m hurdles

1	Sean Glynn	15.2	G 4	Woodside	EYAL	12/07/2009
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100m

1	Ben Young	12.3		St Albans	EYAL	19/04/2009
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200m

1	Ben Young	25.6		St Albans	EYAL	19/04/2009
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2	Ryan Baker	26		Sandy	EYAL	16/08/2009
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800m

1	Ashley Kavanagh-King	02:24.2		Sandy	EYAL	16/08/2009
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Watford Harriers Rankings 2009

2	Lewis Dormer	02:32.9		St Albans	EYAL	19/04/2009
1500m						
1	Lewis Dormer	04:45.6		Woodside	EYAL	12/07/2009
Long Jump						
1	Ryan Baker	4.47		Sandy	EYAL	16/08/2009
2	Lewis Dormer	4		Sandy	EYAL	16/08/2009
Pole Vault						
1	Lewis Dormer	1.5		Hillingdon	ESAA Track & Field Cup	13/05/2009
Shot						
1	Ryan Baker	10.18		Sandy	EYAL	16/08/2009
Discus						
1	Sean Glynn	17.21	1.5kg	Luton	EYAL	07/06/2009
Javelin						

Watford Harriers Rankings 2009

1	Lewis Dormer	11.73	700g	Woodside	EYAL	12/07/2009
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UNDER 15 BOYS

Outdoors

100m

1	Shaun Morgan	12.83	PF	Woodside	WH Open Graded	15/07/2009
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2	Jordan Ilyas	12.85	PF	Woodside	WH Open Graded	23/09/2009
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3	Jack Noone	13.2		Woodside	WH Club Champs	06/09/2009
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4	Liam Sulaman	13.62	PF	Woodside	WH Open Graded	15/07/2009
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5	Ross Twynholm	13.7		Woodside	WH Club Champs	06/09/2009
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200m

1	David Quartey	25.8		Woodside	EYAL	12/07/2009
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Watford Harriers Rankings 2009

2	Jordan Ilyas	26.2		Woodside	EYAL	12/07/2009
3	Shaun Morgan	26.94	PF	Woodside	WH Open Graded	23/09/2009
4	Josh Burfitt	27.2		Sandy	EYAL	16/08/2009
4	Ross Twynholm	28.4		Woodside	WH Club Champs	06/09/2009
6	Liam Sulaman	28.9		Woodside	EYAL	12/07/2009
400m						
1	Sean Chambers	58.2	G4	Woodside	EYAL	12/07/2009
2	Luke Williams	66.7		Peterborough	EYAL	28/06/2009
3	Harry Wickings	70.5		Woodside	EYAL	12/07/2009
800m						
1	Sean Chambers	02:16.9		Woodside	Watford & District Schools Champs	01/07/2009

Watford Harriers Rankings 2009

2	Luke Williams	02:28.5		Woodside	WH Club Champs	06/09/2009
3	Harry Wickings	02:39.5		Woodside	Watford & District Schools Champs	01/07/2009
4	Matthew Wright	02:47.6		St Albans	EYAL	19/04/2009
1500m						
1	Harry Wickings	05:31.0		Peterborough	EYAL	28/06/2009
Long Jump						
1	Jack Noone	5.04	G4	Woodside	WH Club Champs	06/09/2009
2	Jordan Ilyas	4.53		Peterborough	EYAL	28/06/2009
3	Harry Wickings	3.9		Woodside	EYAL	12/07/2009
4	Luke Williams	3.75		Luton	EYAL	07/06/2009
5	Matthew Wright	3.71		St Albans	EYAL	19/04/2009

Watford Harriers Rankings 2009

6	Ross Twynholm	3.15		Woodside	WH Club Champs	06/09/2009
High Jump						
1	Liam Sulaman	1.45		Woodside	WH Club Champs	06/09/2009
2	Luke Williams	1.2		Luton	EYAL	07/06/2009
Triple Jump						
1	Jack Noone	10.62	G4	Woodside	WH Club Champs	06/09/2009
Shot						
1	David Quartey	8.97	4kg	Woodside	EYAL	12/07/2009
2	Michael Pope	7.82	4kg	Luton	EYAL	07/06/2009
3	Harry Will	6.02	4kg	St Albans	EYAL	19/04/2009
4	Charlie Young	4.95	4kg	Peterborough	EYAL	28/06/2009
5	Harry Wickings	4.32	4kg	Peterborough	EYAL	28/06/2009

Watford Harriers Rankings 2009

Discus							
1	David Quartey	22.8		1.25 kg	Woodside	EYAL	12/07/2009
2	Michael Pope	13.04		1.25 kg	Luton	EYAL	07/06/2009
3	Charlie Young	11.86		1.25 kg	Luton	EYAL	07/06/2009
Javelin							
1	Josh Burfitt	43.51	G 1	600g	Luton	EYAL	07/06/2009
2	Harry Will	30.88		600g	St Albans	EYAL	19/04/2009
3	Michael Pope	15.86		600g	St Albans	EYAL	19/04/2009
4	Luke Williams	15.63		600g	Woodside	WH Club Champs	06/09/2009
5	Charlie Young	9.12		600g	Peterborough	EYAL	28/06/2009
4x100m Relay							
1		51.3			Woodside	EYAL	12/07/2009

**Watford
Harriers
Rankings
2009**

09

UNDER 13
BOYS

Outdoors

75 m
hurdles

1	Matthew Hall	14.4	Woodside	WH Club Champs	06/09/2009
2	Jamie Cook	17	Woodside	WH Mid Season Minors Open	14/06/2009
3	A Bushell	17.1	Woodside	WH Mid Season Minors Open	14/06/2009
4	Jake Phillips	17.4	Woodside	EYAL	12/07/2009
5	Jacob Gardiner-Smith	18.1	Woodside	Watford & District Schools Champs	01/07/2009

Watford Harriers Rankings 2009

100m							
1	Bradley Salih	13.9	G 4	Sandy	EYAL	16/08/2009	
1	Kevin Brown	13.9	G 4	Sandy	EYAL	16/08/2009	
3	Jonathan Davies	14	G 4	Woodside	EYAL	12/07/2009	
4	Matthew Hall	14.7		Woodside	WH Club Champs	06/09/2009	
5	Jamie Cook	15.2		Woodside	WH Mid Season Minors Open	14/06/2009	
6	Jake Phillips	16		Hemel Hempstead	Herts Under 13 Challenge	10/06/2009	
7	J Bowen	16.8		Woodside	WH Mid Season Minors Open	14/06/2009	
200m							
1	Jonathan Davies	29		Woodside	EYAL	12/07/2009	
2	Kevin Brown	29.3		Sandy	EYAL	16/08/2009	

**Watford
Harriers
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2009**

3	Bradley Salih	29.4		Woodside	EYAL	12/07/2009
3	Edward Marsh	34.6		Hemel Hempstead	Herts Under 13 Challenge	10/06/2009
800m						
1	Harvey O'Brart	02:10.6	G1	Woodside	WH Open Graded	09/09/2009
2	Tom Verbena	02:31.9	G3	Hemel Hempstead	Herts Under 13 Challenge	10/06/2009
3	Corey Keane	02:43.8		Woodside	WH Club Champs	06/09/2009
4	Jamie Cook	02:56.6		Woodside	WH Mid Season Minors Open	14/06/2009
5	A Bushell	02:56.9		Woodside	WH Mid Season Minors Open	14/06/2009
6	Jake Phillips	02:58.2		Hemel Hempstead	Herts County Schools Champs	13/06/2009
7	Oliver Hannigan	03:05.3		Woodside	WH Club Champs	06/09/2009

Watford Harriers Rankings 2009

8	J Bowen	03:19 .3			Woodside	WH Mid Season Minors Open	14/06/2009
1500m							
1	Harvey O'Brart	04:43 .5	G 1		Hillingdon	ESAA Track & Field Cup	13/05/2009
2	Tom Verbena	04:47 .8	G 1	PF	Woodside	WH Open Graded	23/09/2009
3	Joshua Warren	05:18 .5	G 4		Woodside	EYAL	12/07/2009
4	Edward Marsh	05:49 .4			St Albans	EYAL	19/04/2009
5	Jake Phillips	06:04 .0			Woodside	EYAL	12/07/2009
Long Jump							
1	Edward Marsh	3.75			St Albans	EYAL	19/04/2009
2	Matthew Hall	3.74			Woodside	WH Club Champs	06/09/2009
3	Tom Verbena	3.71			Sandy	EYAL	16/08/2009

Watford Harriers Rankings 2009

4	Bradley Salih	3.55			Woodside	WH Club Champs	06/09/2009
5	Jake Phillips	3.43			Woodside	EYAL	12/07/2009
6	A Bushell	3.33			Woodside	WH Mid Season Minors Open	14/06/2009
7	Oliver Hannigan	3.03			Woodside	WH Club Champs	06/09/2009
8	J Bowen	2.84			Woodside	WH Mid Season Minors Open	14/06/2009
High Jump							
1	Matthew Hall	1.35	G	3	Woodside	WH Club Champs	06/09/2009
Triple Jump (non graded)							
1	Harvey O'Brart	9.08			Woodside	WH Club Champs	06/09/2009
Shot							
1	Harvey	8.21	G	3.25	Woodside	WH Club	06/09/2009

Watford Harriers Rankings 2009

	O'Brart		3	kg		Champs	09
2	Tom Verbena	5.89		3.25 kg	Hemel Hempstead	Herts Under 13 Challenge	10/06/2009
3	Jack Johal	4.81		3.25 kg	Woodside	WH Mid Season Minors Open	14/06/2009
Discus							
1	Kevin Brown	30.1	G 1	1kg	Woodside	EYAL	12/07/2009
2	Harvey O'Brart	21.19	G 3	1kg	Luton	EYAL	07/06/2009
3	Edward Marsh	9.66		1kg	St Albans	EYAL	19/04/2009
Javelin							
1	Harvey O'Brart	20.67		400g	Woodside	WH Club Champs	06/09/2009
2	Tom Verbena	17.87		400g	Woodside	WH Club Champs	06/09/2009
4x100m							
1	Verbena / Brown	55.7			Sandy	EYAL	16/08/2009

**Watford
Harriers
Rankings
2009**

O'Brart /
Salih

MASTERS
WOMEN

Indoors

Triple Jump

1	Sue Yeomans	8.59		Stevenage	Herts County Vets Champs	04/05/20 09	W5 5
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Long Jump

1	Sue Yeomans	3.94		Lee Valley	BMAF	07/03/20 09	W5 5
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Pole Vault

1	Sue Yeomans	2.7		Eton	WSE&H Winter Series	07/02/20 09	W5 5
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Outdoors

100m

1	Tracey	14.7		Twickenha	SWL	25/04/20	W4
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Watford Harriers Rankings 2009

	Dombey			m		09	0
1500m							
1	Danielle Sanderson		05:27 .0	Twickenham	SWL	25/04/20 09	W4 5
3000m							
1	Danielle Sanderson		11:09 .0	Twickenham	SWL	25/04/20 09	W4 5
2	Jane Turnley		13:55 .1	Woodside	SWL	05/09/20 09	W4 0
Long Jump							
1	Tracey Dombey		4.24	Twickenham	SWL	25/04/20 09	W4 0
2	Sue Yeomans		4.08	Walton	SWL	27/06/20 09	W5 5
Triple Jump							
1	Sue Yeomans		8.72	Kingston	Southern Counties Vets	14/06/20 09	W5 5
2	Tracey Dombey		8.56	Twickenham	SWL	25/04/20 09	W4 0
High Jump							

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1	Sue Yeomans	1.3		Walton	SWL	27/06/2009	W55
Pole Vault							
1	Sue Yeomans	2.8		Stevenage	Herts County Championships	10/05/2009	W55
2	Christine James	1.8		Twickenham	SWL	25/04/2009	W50
Shot							
1	Tracey Dombey	7.19	4kg	Bracknell	SWL	30/05/2009	W40
2	Sue Yeomans	6.9	3kg	Woodside	WH Club Champs	06/09/2009	W55
3	Christine James	6.27	3kg	Woodside	WH Club Champs	06/09/2009	W50
	Christine James	5.43	4kg	Twickenham	SWL	25/04/2009	W50
Discus							
1	Tracey Dombey	22.72	1kg	Twickenham	SWL	25/04/2009	W40
2	Christine	15.02	1kg	Woodside	WH Club	06/09/2009	W5

Watford Harriers Rankings 2009

	James					Champs	09	0
Hammer								
1	Christine James	22.9	3kg	Woodside	WH Club Champs	06/09/2009	W50	
	Christine James	20.67	4kg	Woodside	SWL	05/09/2009	W50	
2	Sue Yeomans	18.6	3kg	Woodside	WH Club Champs	06/09/2009	W55	
	Sue Yeomans	17.48	4kg	Bracknell	SWL	30/05/2009	W55	
Javelin								
1	Tracey Dombey	12.13	600g	Woodside	SWL	05/09/2009	W40	
SENIOR WOMEN								
Outdoors								
100m hurdles								
1	Alison	22.7		Woodside	SWL	05/09/20		

Watford Harriers Rankings 2009

	Putko					09
2	Angela Halford	22.9		Woodside	SWL	05/09/2009
3	Louise Selley	28.4		Bracknell	SWL	30/05/2009
100m						
1	Rebecca Wilcock	13		Twickenham	SWL	25/04/2009
2	Alison Putko	15.8		Walton	SWL	25/07/2009
3	Angela Halford	16.1		Highgate	SWL	27/06/2009
200m						
1	Rebecca Wilcock	27.1		Stevenage	Herts County Championships	10/05/2009
2	Fiona Olliffe	29.9		Bracknell	SWL	30/05/2009
3	Alison Putko	32.9		Walton	SWL	25/07/2009
400m						

Watford Harriers Rankings 2009

hurdles							
1	Alison Putko		87.1		Woodside	SWL	05/09/2009
2	Angela Halford		91.9		Bracknell	SWL	30/05/2009
400m							
1	Agnieszka Pieczka		64.5		Bracknell	SWL	30/05/2009
2	Fiona Olliffe		70.9		Bracknell	SWL	30/05/2009
3	Alison Putko		75.5		Walton	SWL	25/07/2009
4	Rowena Grundy		78.3		Highgate	SWL	27/06/2009
800m							
1	Agnieszka Pieczka		02:25.8		Woodside	WH Open Graded	01/07/2009
2	Alison Putko		02:56		Highgate	SWL	27/06/2009
1500m							
1	Claire	2nd	04:48	PF	Exeter	BMC Regional	26/05/2009

Watford Harriers Rankings 2009

	Hallissey	claim	.4					09
2	Agnieszka Pieczka		05:04 .7	PF	Woodside	WH Open Graded		17/06/2009
3	Rowena Grundy		05:32 .7		Twickenham	SWL		25/04/2009
4	Alison Putko		06:00 .4		Woodside	SWL		05/09/2009
5	Angela Halford		06:10 .1		Woodside	SWL		05/09/2009
3000m								
1	Rowena Grundy		11:27 .0		Twickenham	SWL		25/04/2009
2	Kiralie James		11:53 .8		Woodside	SWL		05/09/2009
3	Angela Halford		13:25 .9		Bracknell	SWL		30/05/2009
4	Alison Putko		13:36 .1		Bracknell	SWL		30/05/2009
5000m								
1	Claire	2nd	16:28	G	PF	Bedford	CAU Inter	24/05/20

Watford Harriers Rankings 2009

	Hallissey	clai m	.4	3			Counties	09
10000m								
1	Claire Hallissey	2nd clai m	33:17 .1	G 2	PF	Madeira, Portugal	European Cup	06/06/20 09
Long Jump								
1	Rowena Grundy		4.1			Highgate	SWL	27/06/20 09
Triple Jump								
1	Rowena Grundy		8.47			Highgate	SWL	27/06/20 09
Discus								
1	Louise Capicotto		33.99	G 3	1kg	Cambridge	EAA Champs	05/07/20 09
2	Angela Halford		10.68		1kg	Walton	SWL	25/07/20 09
Shot								
1	Louise Capicotto		6.76		4kg	Highgate	SWL	27/06/20 09
2	Angela		5.64		4kg	Walton	SWL	25/07/20

Watford Harriers Rankings 2009

Halford							09
Javelin							
1	Louise Capicotto	26.09	600g	Bracknell	SWL		30/05/2009
2	Alison Putko	12.48	600g	Twickenham	SWL		25/04/2009
3	Angela Halford	9.6	600g	Walton	SWL		25/07/2009
4x100m Relay							
1	Dombey / Harewood / Jacques / Warman	57.3		Woodside	SWL		05/09/2009
4x400m Relay							
1	Wickings / Omar / Jacques / Pieczka	04:39.8		Woodside	SWL		05/09/2009

Watford Harriers Rankings 2009

JUNIOR WOMEN

Outdoors

100m

1	Maria Jacques	15.4	Walton	SWL	25/07/2009
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200m

1	Maria Jacques	33.7	Walton	SWL	25/07/2009
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400m

1	Sam Burke	75.7	Highgate	SWL	27/06/2009
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2	Maria Jacques	77.9	Walton	SWL	25/07/2009
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800m

1	Hannah Kitchen	02:41.5	Woodside	SWL	05/09/2009
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1500m

1	Hannah Kitchen	05:38	Walton	SWL	25/07/2009
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Watford Harriers Rankings 2009

Long Jump

1	Maria Jacques	3.97		Woodside	SWL	05/09/2009
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High Jump

1	Sam Burke	1.4		Highgate	SWL	27/06/2009
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Triple Jump

1	Maria Jacques	7.99		Walton	SWL	25/07/2009
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Discus

1	Sam Burke	28.25	1kg	Highgate	SWL	27/06/2009
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Shot

1	Sam Burke	6.35	4kg	Highgate	SWL	27/06/2009
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Hammer

1	Sam Burke	17.74		Woodside	SWL	05/09/2009
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Watford Harriers Rankings 2009

UNDER 17 WOMEN

Indoors

60m

1	Siobhan Miekle	8.71		PF	Lee Valley	Herts County Indoor Champs	01/03/2009
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1500m

1	Natalie Wickings	05:15.2		PF	Lee Valley	Herts County Indoor Champs	01/03/2009
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Long Jump

1	Siobhan Miekle	4.81	G4		Lee Valley	Herts County Indoor Champs	01/03/2009
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Triple Jump

1	Siobhan Miekle	10.76	G1		Lee Valley	Herts County Indoor Champs	01/03/2009
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Outdoors

Watford Harriers Rankings 2009

80m hurdles

1	Melissa Lancaster	18.1		Stevenage	Herts County Schools Pentathlon	07/05/2009
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100m

1	Joy Warman	12.9	G3	Woodside	SWL	05/09/2009
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2	Shimaala Harewood	13.5		Bracknell	SWL	30/05/2009
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3	Siobhan Mickle	14.2		St Albans	EYAL	19/04/2009
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4	Melissa Lancaster	15.1		Woodside	Watford & District Schools Champs	01/07/2009
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200m

1	Shimaala Harewood	27.6		Bracknell	SWL	30/05/2009
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2	Joy Warman	28		Woodside	SWL	05/09/2009
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3	Cassandra	30.2		Sandy	EYAL	16/08/20
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Watford Harriers Rankings 2009

	Mensha					09
4	Natasha Walters	30.9		Sandy	EYAL	16/08/2009
5	Martha Omar	30.9		Woodside	SWL	05/09/2009
6	Melissa Lancaster	32		Stevenage	Herts County Schools Pentathlon	07/05/2009
7	Natalie Wickings	32.5		Twickenham	SWL	25/04/2009
300m hurdles						
1	Rachel Bentley	53.8		Stevenage	Herts County Championships	10/05/2009
300m						
1	Chelsea Shurla	47.5		Sandy	EYAL	16/08/2009
2	Robyn Dormer	48.5		Luton	EYAL	07/06/2009
3	Rachel Bentley	50		Woodside	WH Club Champs	06/09/2009

Watford Harriers Rankings 2009

400m

1	Natalie Wickings	71.7			Twickenham	SWL	25/04/2009
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800m

1	Victoria Walker	02:20.7	G3		Stevenage	Herts County Championships	10/05/2009
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2	Natalie Wickings	02:29			Highgate	SWL	27/06/2009
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3	Martha Omar	02:33.5			Woodside	WH Club Champs	06/09/2009
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4	Robyn Dormer	02:34.5			Sandy	EYAL	16/08/2009
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1500m

1	Victoria Walker	04:57.9	G4		St Albans	EYAL	19/04/2009
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2	Natalie Wickings	05:04.6	G4		Stevenage	Herts County Championships	03/05/2009
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3	Martha Omar	05:23.6			Woodside	SWL	05/09/2009
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Watford Harriers Rankings 2009

3000m

1	Victoria Walker	10:24.3	G 2	PF	Woodside	WH Open Graded	01/07/2009
2	Natalie Wickings	11:24.8	G 4		Hemel Hempstead	Herts County Schools Champs	13/06/2009

Long Jump

1	Siobhan Mickle	5.08	G 3		St Albans	EYAL	19/04/2009
2	Shimaala Harewood	4.57			Bracknell	SWL	30/05/2009
3	Martha Omar	4.06			St Albans	EYAL	19/04/2009
4	Melissa Lancaster	3.44			Stevenage	Herts County Schools Pentathlon	07/05/2009

High Jump

1	Charlotte Brooks	1.45			Welwyn Garden City	Herts Phoenix Open Graded	10/04/2009
2	Martha Omar	1.4			St Albans	EYAL	19/04/2009

Watford Harriers Rankings 2009

Triple Jump

1	Shimaala Harewood	11.05	G 1	Woodside	Watford & District Schools Champs	01/07/2009
2	Siobhan Mickle	10.69	G 2	St Albans	EYAL	19/04/2009
3	Rachel Bentley	7.79		Twickenham	SWL	25/04/2009

Shot

1	Leah Dickinson	5.97		4kg	Luton	EYAL	07/06/2009
2	Rachel Bentley	5.75		4kg	Sandy	EYAL	16/08/2009

Discus

1	Toni McManus	32.78	G 2	1kg	Ilford	Open Throws	29/03/2009
2	Leah Dickinson	16.54		1kg	Luton	EYAL	07/06/2009

Hammer

1	Toni	21.55		4kg	St Albans	EYAL	19/04/2009
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Watford Harriers Rankings 2009

	McManus						09
Javelin							
1	Rachel Bentley	20.58	600g	Woodside	SWL		05/09/2009
2	Victoria Walker	14.03	600g	St Albans	EYAL		19/04/2009
3	Leah Dickinson	10.85	600g	Sandy	EYAL		16/08/2009
4	Melissa Lancaster	9.02	600g	Stevenage	Herts County Schools Pentathlon		07/05/2009
5	Robyn Dormer	8.25	600g	Peterborough	EYAL		28/06/2009
Pentathlon							
1	Melissa Lancaster	871pts		Stevenage	Herts County Schools Pentathlon		07/05/2009
4x100m Relay							
1	Bentley / Shurla	56.9		Sandy	EYAL		16/08/2009

Watford Harriers Rankings 2009

Walters / Mensha

UNDER 15 GIRLS

Outdoors

75m hurdles

1	Hannah Earnshaw	13.3	G 4	Woodside	EYAL	12/07/2009
2	Claire Bentley	14.9		Stevenage	Herts County Championships	10/05/2009
3	Emma Steed	18.2		Stevenage	Herts County Schools Pentathlon	07/05/2009

80m hurdles

1	Hannah Earnshaw	15.8		Hillingdon	ESAA Track & Field Cup	13/05/2009
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100m

Watford Harriers Rankings 2009

1	Yasmin Lakin	13	G 2		Stevenage	Herts County Championships	10/05/2009
2	Alexandria Davis	13.4	G 4		Woodside	EYAL	12/07/2009
3	Claire Bentley	15.49		PF	Woodside	WH Open Graded	12/08/2009
200m							
1	Alexandria Davis	28.6			Stevenage	Herts County Championships	10/05/2009
2	Claire Bentley	32.3		PF	Woodside	WH Open Graded	12/08/2009
3	Hannah Earnshaw	32.5			Peterborough	EYAL	28/06/2009
300m							
1	Claire Bentley	50.3			Stevenage	Herts County Championships	10/05/2009
2	Hannah Earnshaw	56.5			Woodside	WH Club Champs	06/09/2009
800m							

Watford Harriers Rankings 2009

1	Emma Steed	02:32.9		Woodside	Watford & District Schools Champs	01/07/2009
2	Shannon Swann	02:40.5		Woodside	EYAL	12/07/2009
3	Claire Bentley	02:44.9		Woodside	Watford & District Schools Champs	01/07/2009
4	Katie Wright	02:57.3		Hillingdon	ESAA Track & Field Cup	13/05/2009
1500m						
1	Harriet Hollis	05:39.2		St Albans	EYAL	19/04/2009
1	Emma Steed	05:39.2		Hillingdon	ESAA Track & Field Cup	13/05/2009
5000m						
1	Shannon Swann	20:59.6		Woodside	WH Club Champs	06/09/2009
Long Jump						
1	Yasmin	4.85	G	Woodside	WH Club	06/09/2009

Watford Harriers Rankings 2009

	Lakin		2		Champs	09
2	Alexandria Davis	4.11		Woodside	EYAL	12/07/2009
3	Hannah Earnshaw	3.88		Woodside	WH Club Champs	06/09/2009
4	Claire Bentley	3.58		Bedford	Herts County Pentathlon	27/09/2009
5	Emma Steed	3.16		Stevenage	Herts County Schools Pentathlon	07/05/2009
6	Katie Wright	2.96		St Albans	EYAL	19/04/2009
High Jump						
1	Claire Bentley	1.3		St Albans	EYAL	19/04/2009
1	Hannah Earnshaw	1.3		St Albans	EYAL	19/04/2009
3	Emma Steed	1		Stevenage	Herts County Schools Pentathlon	07/05/2009
Triple Jump						

Watford Harriers Rankings 2009

1	Hannah Earnshaw	7.66			Woodside	WH Club Champs	06/09/2009
Pole Vault							
1	Hannah Earnshaw	1.6			Woodside	WH Club Champs	06/09/2009
Shot							
1	Elena Dickinson	7.96	G 4	3.25 kg	Sandy	EYAL	16/08/2009
2	Hannah Earnshaw	7.29		3.25 kg	Hillingdon	ESAA Track & Field Cup	13/05/2009
3	Alexandria Davis	5.88		3.25 kg	St Albans	EYAL	19/04/2009
4	Claire Bentley	5.74		3.25 kg	Hemel Hempstead	Dacorum & Tring Open Pentathlon	19/07/2009
5	Emma Steed	4.99		3.25 kg	Stevenage	Herts County Schools Pentathlon	07/05/2009
Discus							
1	Elena Dickinson	21.74	G 4	1kg	Peterborough	EYAL	28/06/2009

Watford Harriers Rankings 2009

2	Katie Wright	12.55	1kg	St Albans	EYAL	19/04/2009
Javelin						
1	Katie Wright	17.34	600g	Hillingdon	ESAA Track & Field Cup	13/05/2009
2	Elena Dickinson	16.46	600g	Woodside	EYAL	12/07/2009
Pentathlon						
1	Claire Bentley	1,623 pts		Bedford	Herts County Pentathlon	27/09/2009
2	Emma Steed	1,207 pts		Stevenage	Herts County Schools Pentathlon	07/05/2009
4x100m Relay						
1	Bentley / Davis	57.3		Woodside	EYAL	12/07/2009
	Swann / Lakin					

Watford Harriers Rankings 2009

UNDER 13 GIRLS

Indoors

60m

1	Suzanne Bentley	9.1	G 4	Chelmsford	CAC Juniors Mini Comp	21/02/2009
2	Fiona McQuire	10.1		Lee Valley	Lee Valley Minithon	20/12/2009

60m hurdles

1	Suzanne Bentley	10.7	G 2	Lee Valley	Lee Valley Minithon	20/09/2009
2	Fiona McQuire	12.5		Lee Valley	Lee Valley Minithon	20/12/2009

600m (non graded)

1	Suzanne Bentley	01:54.8		Lee Valley	Lee Valley Minithon	20/12/2009
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High Jump

1	Suzanne Bentley	1.2	G 4	Lee Valley	Lee Valley Minithon	20/12/2009
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Watford Harriers Rankings 2009

Shot

1	Fiona McQuire	5.49		Lee Valley	Lee Valley Minithon	20/12/2009
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Outdoors

70m hurdles

1	Suzanne Bentley	12.4	G 2	Woodside	WH Club Champs	06/09/2009
2	Lavinia Economu	13.6	G 4	Peterborough	EYAL	28/06/2009
3	Fiona McQuire	15.3		Woodside	WH Club Champs	06/09/2009
4	Paige Smith	16.5		Woodside	WH Mid Season Minors Open	14/06/2009
5	Louise Hall	18.2		Woodside	WH Club Champs	06/09/2009
6	Florrie Holland-King	24.7		Woodside	WH Club Champs	06/09/2009

Watford Harriers Rankings 2009

100m

1	Gabrielle Chester	14	G 3	Woodside	Watford & District Schools Champs	01/07/2009
2	Suzanne Bentley	15.1		Woodside	WH Mid Season Minors Open	14/06/2009
3	Lavinia Economu	15.1		Woodside	WH Mid Season Minors Open	14/06/2009
4	Paige Smith	15.2		Woodside	WH Mid Season Minors Open	14/06/2009
5	Fiona McQuire	15.6		Woodside	EYAL	12/07/2009
6	Louise Hall	18.6		Woodside	WH Club Champs	06/09/2009

200m

1	Gabrielle Chester	29.1	G 3	Woodside	EYAL	12/07/2009
2	Suzanne	30.72	G PF	Woodside	WH Open	12/08/2009

Watford Harriers Rankings 2009

	Bentley		4			Graded	09
3	Lily Varnham	31.4			Luton	EYAL	07/06/2009
4	Fiona McQuire	33.13			Bedford	EAA Minithon	26/09/2009
5	Jessica Davis	33.2			St Albans	EYAL	19/04/2009
800m							
1	Lily Varnham	02:39.7	G3		Hemel Hempstead	Herts County Schools Champs	13/06/2009
2	Suzanne Bentley	02:40.1	G4	PF	Woodside	WH Open Graded	23/09/2009
3	Lavinia Economu	02:47.3			Woodside	WH Mid Season Minors Open	14/06/2009
4	Jessica Davis	02:51.5			Woodside	Watford & District Schools Champs	01/07/2009
5	Paige Smith	02:59.1			Woodside	Watford & District	01/07/2009

Watford Harriers Rankings 2009

						Schools Champs	
6	Fiona McQuire	03:09 .1			Woodside	WH Mid Season Minors Open	14/06/2009
7	Florrie Holland-King	03:27 .8			Woodside	WH Open Graded	09/09/2009
1500m							
1	Lily Varnham	05:36 .1	G 4		Woodside	Watford & District Schools Champs	01/07/2009
2	Lavinia Economu	05:36 .7	G 4		St Albans	EYAL	19/04/2009
3	Suzanne Bentley	05:39 .9	G 4		Hillingdon	ESAA Track & Field Cup	13/05/2009
4	Chloe Dearman	06:13 .1			Woodside	WH Open Graded	09/09/2009
Long Jump							
1	Lavinia Economu	4.14	G 2		Peterborough	EYAL	28/06/2009

Watford Harriers Rankings 2009

2	Gabrielle Chester	3.87	G 4	Hemel Hempstead	Herts Under 13 Challenge	10/06/2009
3	Fiona McQuire	3.79	G 4	Sandy	EYAL	16/08/2009
4	Suzanne Bentley	3.74		Sandy	EYAL	16/08/2009
5	Florrie Holland-King	2.81		Woodside	WH Club Champs	06/09/2009
6	Paige Smith	2.77		Woodside	WH Club Champs	06/09/2009
7	Chloe Dearman	2.7		Woodside	WH Club Champs	06/09/2009
8	Louise Hall	2.48		Woodside	WH Club Champs	06/09/2009
High Jump						
1	Gabrielle Chester	1.25	G 4	St Albans	EYAL	19/04/2009
1	Suzanne Bentley	1.25	G 4	Bedford	EAA Minithon	26/09/2009

Shot

Watford Harriers Rankings 2009

1	Lily Varnham	5.52		2.72 kg	Hemel Hempstead	Herts Under 13 Challenge	10/06/2009
2	Suzanne Bentley	5		2.72 kg	Hemel Hempstead	Herts County Pentathlon	19/07/2009
3	C Griffiths	4.67		2.72 kg	Woodside	WH Mid Season Minors Open	14/06/2009
Discus							
1	Fiona McQuire	15.46	G 4	0.75 kg	Bedford	EAA Minithon	26/09/2009
Javelin							
1	Suzanne Bentley	20.19	G 3	400g	Bedford	EAA Minithon	26/09/2009
Pentathlon							
1	Suzanne Bentley	1,744 pts	G 4		Hemel Hempstead	Herts County Pentathlon	19/07/2009
4x100m Relay							
1	Varnham / Bentley	58.7			Luton	EYAL	07/06/2009
	Economu /						

**Watford
Harriers
Rankings
2009**

Chester