

Rankings 2011

Watford Harriers Rankings 2011 **as at 09/01/2012**

MASTERS MEN Power

Indoors Indoor Ranking

Shot UK

1	Tim Saunders-Mullins	9.28	M5 5	6kg	Lee Valley	Southern Counties Vets Champs	20/02/2011	9
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Outdoors Power Ranking

400m hurdles UK

1	Stuart Dearman	77.1	M4 5		Grays	SML	30/07/2011	41
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800m

1	Graham	02:36.	M4	ET	Watford	WH Open	07/09/20	145
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	Mayoh	2	5			Graded	11	
1500m								
1	Graham Mayoh	05:09.6	M45	ET	Watford	WH Open Graded	06/04/2011	144
2	Stewart Dearman	05:16.6	M45		Wormwood Scrubs	SML	07/05/2011	155
Mile								
1	Stuart Dearman	05:28.3	M45		Watford	WH Club Championships	18/09/2011	23
2	Graham Mayoh	05:56.2	M45		Watford	WH Club Championships	18/09/2011	40
3	Vince Wilson	06:13.4	M50		Watford	WH Club Championships	18/09/2011	40
3000m steeplechase								
1	Mikk Bradley	12:41.0	M50		Watford	SML	09/07/2011	13
3000m								

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1	Andrew Angus	11:33.3	M50	ET	Watford	WH Open Graded	29/06/2011	95
High Jump								
1	Dick Parles	1.1	M65		Wormwood Scrubs	SML	07/05/2011	17
Long Jump								
1	Stuart Dearman	4.64	M45		Grays	SML	30/07/2011	50
Pole Vault								
1	Dick Parles	1.6	M65		Walthamstow	SML	13/08/2011	8
2	Stuart Dearman	1.1	M45		Wormwood Scrubs	SML	07/05/2011	67
Shot								
1	Ray McKenna	9.98	M35	7.26 kg	Grays	SML	30/07/2011	50
2	Tim Saunders-Mullins	8.62	M55	7.26 kg	Wormwood Scrubs	SML	07/05/2011	
3	Dick Parles	6.81	M65	7.26 kg	Grays	SML	30/07/2011	

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4	Stuart Dearman	6.03	M45	7.26 kg	Wormwood Scrubs	SML	07/05/2011	152
1	Tim Saunders-Mullins	9.86	M55	6kg	Ashford	SCVAC League Final	04/09/2011	14
1	Malcolm Wallace	7.98	M60	5kg	Watford	WH Club Championships	18/09/2011	44
2	Brian Yeomans	7.79	M65	5kg	Watford	WH Club Championships	18/09/2011	29
Discus								
1	Ray McKenna	29.76	M35	2kg	Grays	SML	30/07/2011	46
2	Tim Saunders-Mullins	19.3	M55	2kg	Luton	SML	04/06/2011	
3	Stuart Dearman	15.66	M45	2kg	Wormwood Scrubs	SML	07/05/2011	134
4	Dick Parles	14.37	M65	2kg	Walthamstow	SML	13/08/2011	
1	Tim	24.35	M5	1.5k	Lee Valley	BMAF	26/02/20	32

Watford Harriers Rankings 2011				as at	09/01/2012
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	Saunders-Mullins		5	g		Championships	11	
1	Malcolm Wallace	31.45	M60	1kg	Watford	WH Club Championships	18/09/2011	21
2	Brian Yeomans	28.33	M65	1kg	Watford	WH Club Championships	18/09/2011	17
Hammer								
1	Tim Saunders-Mullins	26.45	SM	7.26 kg	Watford	Herts County AAA Champs	15/05/2011	351
2	Ray McKenna	18.99	M35	7.26 kg	Grays	SML	30/07/2011	71
3	Dick Parles	13.96	M65	7.26 kg	Walthamstow	SML	13/08/2011	
1	Tim Saunders-Mullins	31.97	M55	6kg	Stevenage	Herts County Vets Champs	02/05/2011	11
1	Tim Saunders-Mullins	31.49	M55	5kg	Watford	WH Club Championships	18/09/2011	

Watford Harriers Rankings 2011									
					as at	09/01/2012			
2	Malcolm Wallace	26.95	M60	5kg	Watford	WH Club Championships	18/09/2011	16	
3	Brian Yeomans	19.87	M65	5kg	Watford	WH Club Championships	18/09/2011	26	
Javelin									
1	Ray McKenna	30.99	M35	800g	Grays	SML	30/07/2011	68	
2	Brian Yeomans	29.64	M65	800g	Watford	WH Club Championships	18/09/2011		
3	Tim Saunders-Mullins	23.35	M55	800g	Wormwood Scrubs	SML	07/05/2011		
	Tim Saunders-Mullins	20.18	M55	700g	Sacramento, USA	World Masters Stadia Champs	16/07/2011	36	
4	Stuart Dearman	19.83	M45	800g	Wormwood Scrubs	SML	07/05/2011	125	

Watford Harriers Rankings 2011**as at****09/01/2012**

SENIOR MEN

Power

Indoors

Indoor Ranking

60m

UK

1	Kwasi Adomakoh	7.25		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	353
2	Amon Warmann	7.48		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
3	Lewis Asam	7.51		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
4	Uday Kumar	8.2		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
200m								
1	Amon Warmann	23.89		ET	Lee Valley	Herts County Indoor	05/03/2011	

Watford Harriers Rankings 2011							as at	09/01/2012
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							Champs	
2	Uday Kumar	26.05		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	

400m								
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1	Lewis Asam	55.17		ET	Lee Valley	Herts County Indoor Champs	05/03/2011
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2	Uday Kumar	59.02		ET	Lee Valley	Herts County Indoor Champs	05/03/2011
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Overall (Outdoors except where indicated)								Power Ranking
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100m								UK
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1	Kwasi Adomakoh	11.18	G3	ET	Hendon	London Inter Club Challenge	11/06/2011	430
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Watford Harriers Rankings 2011				as at	09/01/2012		
2	Amon Warmann	11.5		Wormwood Scrubs	SML	07/05/2011	971
3	Michael London	11.6		Wormwood Scrubs	SML	07/05/2011	
110m hurdles							
1	Daniel Tarrant	19.7		Watford	SML	09/07/2011	
2	Paul Yeomans	22.8		Luton	SML	04/06/2011	
3	Nick Harris	24.5		Grays	SML	30/07/2011	
200m							
1	Kwasi Adomakoh	22.9	ET	Watford	Herts County AAA Champs	15/05/2011	579
2	Amon Warmann	23.89	ET	Watford	Herts County AAA Champs	15/05/2011	
3	Michael London	23.9		Grays	SML	30/07/2011	
4	Ollie Smith	25.06	ET	Watford	WH Open Graded	01/06/2011	

Watford Harriers Rankings 2011				as at	09/01/2012		
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5	Uday Kumar	26.05	indoors	ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
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400m hurdles								
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1	Daniel Tarrant	62.1			Portsmouth	Inter Service Track & Field Champs	06/07/2011	365
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2	Nick Harris	72			Wormwood Scrubs	SML	07/05/2011	
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400m								
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1	Lewis Asam	55.17	indoors	ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
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2	Daniel Tarrant	56.8			Watford	SML	09/07/2011	
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3	Uday Kumar	59.02	indoors	ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
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800m								
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1	Chris Ellis	02:16.1			Watford	SML	09/07/2011	
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1500m

1	Duncan Martin	04:36.2		Walthamstow	SML	13/08/2011
2	Mark Castleton	04:48.9	ET	Watford	WH Open Graded	28/07/2011
3	Chris Ellis	04:51.7		Watford	SML	09/07/2011
4	Zac McDonough	05:15.6		Wormwood Scrubs	SML	07/05/2011

Mile (non graded)

1	Zac McDonough	05:52.7		Watford	WH Club Championships	18/09/2011
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3000m steeplechase

1	Nick Harris	11:03.1		Grays	SML	30/07/2011
2	Mark Castleton	11:16.5		Grays	SML	30/07/2011

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3000m

1	Mark Castleton	10:03.0	ET	Watford	WH Open Graded	28/07/2011
2	Zac McDonough	10:38.4	ET	Watford	WH Open Graded	18/05/2011

5000m

1	Duncan Martin	17:07.4		Grays	SML	30/07/2011
2	Mark Castleton	17:59.2		Watford	SML	09/07/2011
3	Zac McDonough	18:36.5		Grays	SML	30/07/2011
4	Nick Harris	19:09.2		Wormwood Scrubs	SML	07/05/2011

High Jump

1	Daniel Tarrant	1.75		Luton	SML	04/06/2011	463
2	Nick Harris	1.4		Grays	SML	30/07/2011	

Watford Harriers Rankings 2011**as at****09/01/2012**

Long Jump

1	Paul Yeomans	5.5		Watford	SML	09/07/2011
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Pole Vault

1	Paul Yeomans	3.6		Luton	SML	04/06/2011	210
2	Daniel Tarrant	3.1		Portsmouth	Inter Service Track & Field Champs	06/07/2011	379

Discus

1	Paul Yeomans	24.54	2kg	Luton	SML	04/06/2011
2	Amon Warmann	19.6	2kg	Grays	SML	30/07/2011
3	Daniel Tarrant	16.49	2kg	Watford	SML	09/07/2011

Shot

1	Paul Yeomans	9.15	7.26 kg	Watford	SML	09/07/2011
2	Daniel Tarrant	7.58	7.26 kg	Walthamstow	SML	13/08/2011

Watford Harriers Rankings 2011								as at	09/01/2012
3	Amon Warmann	6.57		7.26 kg	Walthamstow	SML	13/08/2011		
Hammer									
1	Paul Yeomans	20.49		7.26 kg	Watford	SML	09/07/2011		
2	Duncan Martin	7.4		7.26 kg	Walthamstow	SML	13/08/2011		
Javelin									
1	Daniel Tarrant	46.34		800g	Portsmouth	Inter Service Track & Field Champs	06/07/2011	258	
2	Paul Yeomans	32.97		800g	Luton	SML	04/06/2011		
4x100m Relay									
1	J Ilyas / M London	46.8			Walthamstow	SML	13/08/2011		
	A Kavanagh-King / A Warmann								
4x400m									

Watford Harriers Rankings 2011	as at	09/01/2012
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Relay		
1	J Ilyas / A Kavanagh-King	03:44.6
	D Tarrant / P Yeomans	

JUNIOR MEN	Power
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Indoors	Indoor Ranking
200m	UK

1	Ashley Kavanagh-King	26.52	ET	Lee Valley	London Indoor Games	29/01/2011
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400m						
1	Ashley Kavanagh-King	58.16	ET	Lee Valley	London Indoor Games	29/01/2011

Power

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Outdoors

Ranking

100m hurdles (non graded)

UK

1	Sean Glyn	15.68		ET	Watford	WH Open Graded	20/04/2011
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100m

1	Ashley Kavanagh-King	12.3			Grays	SML	30/07/2011
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200m

1	Ashley Kavanagh-King	24.67		ET	Watford	WH Open Graded	21/09/2011
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400m

1	Ashley Kavanagh-King	54.63		ET	Watford	WH Open Graded	24/08/2011
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800m

1	Ashley	02:07.			Watford	SML	09/07/20
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Watford Harriers Rankings 2011				as at	09/01/2012	
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	Kavanagh-King	0				11
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Long Jump						
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1	Ashley Kavanagh-King	4.85			Walthamstow	SML 13/08/2011
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Triple Jump						
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1	Ashley Kavanagh-King	7.95			Walthamstow	SML 13/08/2011
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Discus						
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1	Ashley Kavanagh-King	19.3	1.75 kg		Watford	WH Club Championships 18/09/2011
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Hammer						
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1	Ashley Kavanagh-King	12.03	6kg		Watford	WH Club Championships 18/09/2011
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Shot						
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1	Ashley Kavanagh-King	7.19	6kg		Watford	WH Club Championships 18/09/2011
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Javelin

1	Ashley Kavanagh-King	34.78		800g	Walthamstow	SML	13/08/2011
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UNDER 17 MEN

Power

Indoors

Indoor Ranking

60m

UK

1	Jack Noone	7.78		ET	Lee Valley	London Indoor Games	23/01/2011
2	Jordan Ilyas	7.89		ET	Lee Valley	London Indoor Games	23/01/2011
3	Liam Sulaman	7.9			Lee Valley	Herts County Indoor Champs	05/03/2011

200m

1	Daryl Lindo	25.53	Club Recor	ET	Lee Valley	Herts County Indoor	05/03/2011
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Watford Harriers Rankings 2011				as at	09/01/2012			
				d	Champs			
2	Jordan Ilyas	26.16		ET	Lee Valley	Showtime Super Series	23/02/2011	
3	Liam Sulaman	26.81		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
400m								
1	Jordan Ilyas	56.56		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
Long Jump								
1	Jack Noone	5.11			Lee Valley	London Indoor Games	23/01/2011	
Triple Jump								
1	Jack Noone	12.02	Club Record	G4	Lee Valley	Herts County Indoor Champs	05/03/2011	27
2	Jordan Ilyas	10.3			Lee Valley	Herts County Indoor Champs	05/03/2011	

Power

Watford Harriers Rankings 2011

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Outdoors							Ranking
100m							UK
1	Jack Noone	11.89	ET	Watford	WH Open Graded	06/04/2011	492
2	Daryl Lindo	12.47	ET	Watford	WH Open Graded	20/04/2011	
3	Liam Sulaman	12.5		Luton	SML	04/06/2011	
4	Jordan Ilyas	12.61	ET	Watford	WH Open Graded	20/04/2011	
200m							
1	Sean Chambers	25		Watford	WH Club Championships	18/09/2011	
2	Daryl Lindo	25.13	ET	Watford	WH Open Graded	20/04/2011	
3	Jordan Ilyas	25.31	ET	Watford	WH Open Graded	15/06/2011	
4	Liam Sulaman	25.7		Bedford	EYAL	24/07/2011	

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400m

1	Sean Chambers	53.64	G4	ET	Watford	WH Open Graded	13/07/2011	288
2	Jordan Ilyas	56.32		ET	Watford	WH Open Graded	15/06/2011	

800m

1	Sean Chambers	02:14.0			Watford	EYAL	12/06/2011	
2	Jordan Ilyas	02:21.2			Watford	WH Open Graded	13/07/2011	

1500m

1	Ben Roachford	04:24.7	G4		Bedford	EYAL	24/07/2011	307
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High Jump

1	Liam Sulaman	1.55			Wormwood Scrubs	SML	07/05/2011	
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Long Jump

1	Jack Noone	5.6	G4		Luton	SML	04/06/2011	362
2	Jordan Ilyas	5.11			Grays	SML	30/07/2011	

Watford Harriers Rankings 2011				as at	09/01/2012		
3	Ben Rochford	4.79		Watford	EYAL	03/07/2011	
4	Daryl Lindo	4.43		Watford	EYAL	01/05/2011	
Triple Jump							
1	Jack Noone	13.29	G1	Watford	NJAL	29/05/2011	17
2	Jordan Ilyas	11.15		Grays	SML	30/07/2011	424
3	Liam Sulaman	9.72		Wormwood Scrubs	SML	07/05/2011	
Shot							
1	Liam Sulaman	8.34		5kg	Watford	EYAL	01/05/2011
2	Mitchell Dutton	7.71		5kg	Bedford	EYAL	24/07/2011
3	Michael Pope	7.63		5kg	Watford	WH Open Graded	07/09/2011
	Michael Pope	8.19		4kg	Watford	WH Club Championships	18/09/2011

Watford Harriers Rankings 2011

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Discus

1	Mitchell Dutton	30.68	1.5kg	Watford	WH Open Graded	04/05/2011	210
2	Michael Pope	21.67	1.5kg	Watford	WH Club Championships	18/09/2011	

Javelin

1	Mitchell Dutton	29.33	700g	Bedford	EYAL	24/07/2011	
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4x100m Relay

1	L Sulaman / J Ilyas / S Chambers / J Noone	49.3		Bedford	EYAL	24/07/2011	
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UNDER 15 BOYS

Power

Indoors

Indoor Ranking

Watford Harriers Rankings 2011				as at	09/01/2012	
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60m hurdles							UK
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1	Matthew Hall	9.41		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	16
2	Dean Johal	12.3		ET	Lee Valley	Lee Valley Minithon	09/10/2011	

200m								
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1	Dean Johal	33.2		ET	Lee Valley	Lee Valley Minithon	09/10/2011	
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600m (non graded)								
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1	Dean Johal	02:03			Lee Valley	Lee Valley Minithon	09/10/2011	
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800m								
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1	Harvey O'Brart	02:05.9	Club Record	G1	ET	Lee Valley	Herts County Indoor Champs	05/03/2011	4
2	Corey Keane	02:11.5		G3	ET	Lee Valley	Herts County Indoor Champs	05/03/2011	15
3	Matthew	02:33.				Lee Valley	Open	27/03/20	

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	Hall	9				Pentathlon	11	
Long Jump								
1	Matthew Hall	5.26	Club Record	G4		Lee Valley	Lee Valley Open	08/01/2011 27
High jump								
1	Matthew Hall	1.55	Club Record	G4		Lee Valley	London Indoor Games	23/01/2011 37
Shot								
1	Matthew Hall	7.81	Club Record		4kg	Lee Valley	Open Pentathlon	27/03/2011
Pentathlon								
1	Matthew Hall	2,060 pts	Club Record	G4		Lee Valley	Open Pentathlon	27/03/2011 11
Overall (Outdoors except where								Power Ranking

Watford Harriers Rankings 2011

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indicated)

80m hurdles

UK

	Matthew Hall	11.85	w		ET	Abingdon	SEAA Inter Counties	27/08/2011	
1	Matthew Hall	11.9		G1		Hendon	Watford & District Schools Champs	29/06/2011	37
2	Charlie Higgs	12.6		G3		Hendon	Watford & District Schools Champs	29/06/2011	374
3	Luke O'Mahony	17.1				Stevenage	Herts County Schools Pentathlon	10/05/2011	
100m									
1	Sam Stevens	12.5		G4		Bedford	EYAL	24/07/2011	551
2	Matthew Hall	12.8				Hemel Hempstead	St Albans / Barnet / D&T Club Champs	18/09/2011	

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3	Matthew Lally	13		Bedford	EYAL	24/07/2011	
4	Mark Gurney	13.4		Ware	EYAL	14/08/2011	
5	Cameron Murray	13.54	ET	Watford	WH Open Graded	06/04/2011	
6	Luke O'Mahony	14		Watford	EYAL	01/05/2011	
7	Gregor Murray	14.38	ET	Watford	WH Open Graded	06/04/2011	
8	Aaron Spalter	15.5		Watford	EYAL	12/06/2011	
9	Bradley Salih	16.3		Watford	EYAL	12/06/2011	
200m							
1	Sam Stevens	25.4	G4	Bedford	EYAL	24/07/2011	433
2	Matthew Hall	25.69	ET	Watford	WH Open Graded	27/07/2011	555
3	Matthew Lally	26.59	ET	Watford	WH Open Graded	27/07/2011	

Watford Harriers Rankings 2011				as at	09/01/2012		
4	Bradley Salih	27.4		Watford	EYAL	12/06/2011	
5	Gregor Murray	27.7		Watford	EYAL	12/06/2011	
6	Luke O'Mahony	28.5		Watford	EYAL	12/06/2011	
7	Charlie Higgs	28.8		Watford	EYAL	01/05/2011	
8	Luke O'Mahony	29.7		Watford	EYAL	03/07/2011	
9	Cameron Murray	31.6		Watford	EYAL	12/06/2011	
10	Dean Johal	33.2	indoors	ET	Lee Valley	Lee Valley Minithon	09/10/2011
400m							
1	Harvey O'Brart	54.68		G1	Watford	WH Open Graded	24/08/2011 57
2	Sam Stevens	58		G4	Ware	EYAL	14/08/2011 351
3	Cameron Murray	59.9			Bedford	EYAL	24/07/2011 633

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4	Charlie Higgs	63.1				Watford	EYAL	03/07/2011	
5	Matthew Hall	65.8				Hemel Hempstead	St Albans / Barnet / D&T Club Champs	18/09/2011	
6	Luke O'Mahony	68.7				Bedford	EYAL	24/07/2011	
7	Max Walker	69.3				Watford	EYAL	12/06/2011	

800m									
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1	Harvey O'Brart	02:00.5	Club Record	G1		Gateshead	English Schools Championships	01/07/2011	4
2	Corey Keane	02:04.6		G1	ET	Watford	WH Open Graded	15/06/2011	36
3	Matthew Hall	02:33.9	indoors			Lee Valley	Indoor Open Pentathlon	27/03/2011	
	Matthew Hall	02:37.0				Hemel Hempstead	Herts County AAA Pentathlon	28/05/2011	
4	Aaron	02:37.				Watford	EYAL	03/07/2011	

Watford Harriers Rankings 2011

as at

09/01/2012

	Spalter	1						11	
5	Luke O'Mahony	02:50.6			Stevenage	Herts County Schools Pentathlon		10/05/2011	
1500m									
1	Tom Verbena	04:25.3		G2	ET	Watford	WH Open Graded	27/07/2011	73
2	Corey Keane	04:29.7		G3	ET	Watford	WH Open Graded	27/07/2011	113
3000m									
1	Tom Verbena	09:36.7		G3	ET	Watford	WH Open Graded	07/09/2011	26
Long Jump									
1	Matthew Hall	5.26	indoors			Lee Valley	Lee Valley Open	08/01/2011	216
	Matthew Hall	5.17		G4		Watford	EYAL	01/05/2011	
2	Tom Verbena	4.5				Watford	EYAL	03/07/2011	
3	Gregor Murray	4.42				Watford	EYAL	12/06/2011	

Watford Harriers Rankings 2011				as at	09/01/2012		
4	Cameron Murray	4.26		Watford	WH Open Graded	06/04/2011	
5	Luke O'Mahony	3.89		Stevenage	Herts County Schools Pentathlon	10/05/2011	
High Jump							
1	Matthew Hall	1.65	G3	Watford	WH Open Graded	20/04/2011	83
1	Matthew Lally	1.65	G3	Bedford	EYAL	24/07/2011	83
3	Luke O'Mahony	1.4		Bedford	EYAL	24/07/2011	
4	Aaron Spalter	1.2		Watford	EYAL	03/07/2011	
Triple Jump							
1	Luke O'Mahony	10.07		Hemel Hempstead	Herts County Schools Champs	11/06/2011	395
2	Gregor Murray	8.35		Watford	WH Open Graded	04/05/2011	
Shot							

Watford Harriers Rankings 2011									
as at 09/01/2012									
1	Mark Gurney	11.18		G3	4kg	Bedford	EYAL	24/07/2011	131
2	Harvey O'Brart	8.33			4kg	Watford	EYAL	01/05/2011	
3	Matthew Hall	7.81	indoors		4kg	Lee Valley	Indoor Open Pentathlon	27/03/2011	
	Matthew Hall	7.66			4kg	Hemel Hempstead	Herts County AAA Pentathlon	28/05/2011	
4	Charlie Higgs	6.63			4kg	Watford	EYAL	01/05/2011	
5	Luke O'Mahony	6.63			4kg	Stevenage	Herts County Schools Pentathlon	10/05/2011	
Discus									
1	Stephen Harris	28.32		G4	1.25kg	Hemel Hempstead	Herts County Schools Champs	11/06/2011	168
Javelin									
1	Mark Gurney	35.09		G4	600g	Bedford	EYAL	24/07/2011	143
2	Max	21.67			600g	Watford	EYAL	12/06/20	

Watford Harriers Rankings 2011

as at

09/01/2012

Walker									11
Pentathlon									
1	Matthew Hall	2,000 pts	Club Record	G4	Hemel Hempstead	Herts County AAA Pentathlon	28/05/2011	100	
2	Luke O'Mahony	1,084 pts			Stevenage	Herts County Schools Pentathlon	10/05/2011		
4x100m Relay									
1	M Lally / M Hall /	51	Club Record		Bedford	EYAL	24/07/2011		
	M Gurney / S Stevens								
UNDER 13 BOYS									
								Power	
Indoors									
								Indoor Ranking	
60m									
								UK	

Watford Harriers Rankings 2011**as at****09/01/2012**

hurdles

1	Dean Johal	12.5	Club Record		Lee Valley	Lee Valley Minithon	19/02/2100
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200m

1	Byron Johal	32.2	Club Record	ET	Lee Valley	Lee Valley Minithon	19/02/2100
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600m (non graded)

1	Byron Johal	02:04			Lee Valley	Lee Valley Minithon	19/02/2100
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2	Dean Johal	02:07			Lee Valley	Lee Valley Minithon	19/02/2100
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Long Jump

1	Byron Johal	3.09	Club Record		Lee Valley	Lee Valley Minithon	19/02/2100
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2	Dean Johal	2.31			Lee Valley	Lee Valley Minithon	19/02/2100
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Power

Watford Harriers Rankings 2011

as at

09/01/2012

Ranking

Overall (Outdoors except where indicated)

75m hurdles

UK

1	Dean Johal	15.7			Watford	WH Club Championships	18/09/2011	369
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100m

1	Chris Salmons	13.76	G4	ET	Watford	Herts County AAA Champs	15/05/2011	274
2	Chris Noone	14			Bedford	EYAL	24/07/2011	
3	Owen Dearman	14.7			Watford	WH Early Season Open	10/04/2011	
4	Byron Johal	15.9			Watford	WH Early Season Open	10/04/2011	
5	Callum Keane	16.5			Watford	WH Early Season Open	10/04/2011	
6	Alex Thear	16.6			Watford	WH Mid	05/06/2011	

Watford Harriers Rankings 2011				as at	09/01/2012
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					Season Minors Open	11
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7	Danny Stanger	16.9			Watford	EYAL	03/07/2011
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200m

1	Chris Noone	28	G3		Watford	EYAL	03/07/2011	143
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2	Chris Salmons	28.4	G4		Bedford	EYAL	24/07/2011	208
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3	Ben Dennett	31.6			Ware	EYAL	14/08/2011	
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4	Daniel Verbena	32.1			Bedford	EYAL	24/07/2011	
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5	Byron Johal	32.2	indoors	ET	Lee Valley	Lee Valley Indoor Minithon	19/02/2100	
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	Byron Johal	32.8			Watford	EYAL	12/06/2011	
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6	Owen Dearman	33.7			Watford	WH Club Championships	18/09/2011	
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7	Danny	36.8			Watford	EYAL	12/06/20	
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Watford Harriers Rankings 2011

as at

09/01/2012

Stanger

11

800m

1	Alex Harris	02:42. 9		Watford	EYAL	03/07/20 11
2	Byron Johal	02:43. 8	ET	Watford	WH Open Graded	20/04/20 11
3	Daniel Verbena	02:48. 6	ET	Watford	WH Open Graded	15/06/20 11
4	Dean Johal	02:49. 7		Hemel Hempstead	Herts County Schools Champs	11/06/20 11
5	Ben Dennett	02:53. 9		Ware	EYAL	14/08/20 11
6	Matthew Robbins	02:59. 5		Watford	WH Club Championships	18/09/20 11
7	Owen Dearman	03:01. 4		Watford	WH Mid Season Minors Open	05/06/20 11
8	Alex Thear	03:07. 3		Watford	WH Mid Season Minors Open	05/06/20 11

Watford Harriers Rankings 2011

as at

09/01/2012

9	Callum Keane	03:10.0			Watford	WH Early Season Open	10/04/2011	
1500m								
1	Dean Johal	05:42.1		ET	Watford	WH Open Graded	21/09/2011	
2	Byron Johal	05:45.8		ET	Watford	WH Open Graded	01/06/2011	
3	Alex Harris	05:52.3			Watford	EYAL	01/05/2011	
4	Matthew Robbins	06:05.7			Ware	EYAL	14/08/2011	
Long Jump								
1	Chris Salmons	4			Watford	EYAL	12/06/2011	670
2	Dean Johal	3.55			Watford	WH Early Season Open	10/04/2011	
3	Alex Harris	3.46			Watford	EYAL	12/06/2011	
4	Matthew Robbins	3.45			Watford	WH Club Championships	18/09/2011	

Watford Harriers Rankings 2011				as at	09/01/2012
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5	Byron Johal	3.37			Watford	EYAL	12/06/2011	
6	Daniel Verbena	3.28			Watford	EYAL	12/06/2011	
7	Gabriel Spalter	2.88			Watford	EYAL	03/07/2011	

Shot

1	Tommy Webb	8.46	G3	3.25 kg	Ware	EYAL	14/08/2011	116
2	Alex Harris	5.58		3.25 kg	Watford	EYAL	12/06/2011	
3	Matthew Robbins	5.47		3.25 kg	Ware	EYAL	14/08/2011	
4	Owen Dearman	5.29		3.25 kg	Watford	EYAL	01/05/2011	

Discus

1	Tommy Webb	20.31	G3	1kg	Bedford	EYAL	24/07/2011	73
2	Owen Dearman	14.48		1kg	Watford	EYAL	01/05/2011	326

4x100m

Watford Harriers Rankings 2011**as at****09/01/2012**

Relay

1	C Noone / T Webb / O Dearman / C Salmons	60		Watford	EYAL	12/06/20 11	
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MASTERS WOMEN

Power

Indoors

Indoor
Ranking

Pole Vault

UK

1	Sue Yeomans	2.72	W5 5	Carshalton	Vault London	13/03/20 11	1
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Outdoors

100m
hurdles

Watford Harriers Rankings 2011				as at	09/01/2012		
1	Louise Kelly	18.8	W3 5	Cambridge	SWL	03/09/20 11	5
100m							
1	Christine Dearman	15.7	W4 5	Cambridge	SWL	03/09/20 11	42
200m							
1	Christine Dearman	33.8	W4 5	Watford	WH Club Championshi ps	18/09/20 11	59
1500m							
1	Danielle Sanderson	05:40. 9	W4 5	Cambridge	SWL	03/09/20 11	35
2	Christine Dearman	07:10. 3	W4 5	Watford	SWL	21/05/20 11	80
3000m							
1	Danielle Sanderson	11:36. 6	W4 5	Cambridge	SWL	03/09/20 11	23
2	Christine Dearman	15:04. 8	W4 5	Watford	SWL	21/05/20 11	102
Long Jump							
1	Sue	4.07	W5	Cambridge	SWL	03/09/20	2

Watford Harriers Rankings 2011

as at

09/01/2012

	Yeomans		5			11	
2	Louise Kelly	3.97	W3 5	Birmingham	BMAF Championships	25/06/2011	19
3	Tracey Dombey	3.8	W4 5	Cambridge	SWL	03/09/2011	25
4	Christine Dearman	3.24	W4 5	Kings Lynn	SWL	30/04/2011	53
High Jump							
1	Sue Yeomans	1.2	W5 5	Grays	SWL	20/08/2011	4
Triple Jump							
1	Louise Kelly	8.9	W3 5	Grays	SWL	20/08/2011	13
2	Sue Yeomans	8.01	W5 5	Kings Lynn	SWL	30/04/2011	4
3	Tracey Dombey	7.86	W4 5	Watford	SWL	21/05/2011	18
Pole Vault							
1	Sue Yeomans	2.8	W5 5	Sacramento, USA	World Masters	11/07/2011	1

Watford Harriers Rankings 2011

as at

09/01/2012

Stadia Champs

2	Louise Kelly	2.5	W3 5		Hampstead Heath	SWL	09/07/2011	6
3	Christine James	1.6	W5 5		Hampstead Heath	SWL	09/07/2011	5
Shot								
1	Louise Kelly	9.58	W3 5	4kg	Grays	SWL	20/08/2011	9
2	Tracey Dombey	6.7	W4 5	4kg	Cambridge	SWL	03/09/2011	36
3	Chistine James	5.21	W5 5	4kg	Kings Lynn	SWL	30/04/2011	
1	Zoe McQuire	6.81	W5 5	3kg	Watford	WH Club Championships	18/09/2011	
2	Sue Yeomans	6.65	W5 5	3kg	Watford	WH Club Championships	18/09/2011	16
3	Chistine James	6.15	W5 5	3kg	Watford	WH Club Championships	18/09/2011	20

Watford Harriers Rankings 2011

as at

09/01/2012

Discus

1	Louise Kelly	19.82	W3 5	1kg	Kings Lynn	SWL	30/04/20 11	25
2	Tracey Dombey	18.77	W4 5	1kg	Cambridge	SWL	03/09/20 11	24
3	Sue Yeomans	18.4	W5 5	1kg	Watford	WH Club Championshi ps	18/09/20 11	10
4	Christine James	14.98	W5 5	1kg	Hampstea d Heath	SWL	09/07/20 11	19

Hammer

1	Chistine James	20.25	W5 5	4kg	Hampstea d Heath	SWL	09/07/20 11	
2	Sue Yeomans	18.11	W5 5	4kg	Kings Lynn	SWL	30/04/20 11	
3	Christine Dearman	13.22	W4 5	4kg	Watford	WH Club Championshi ps	18/09/20 11	51
1	Christine James	25.86	W5 5	3kg	Watford	WH Club Championshi ps	18/09/20 11	7
2	Sue	21.65	W5	3kg	Watford	WH Club	18/09/20	15

Watford Harriers Rankings 2011			as at			09/01/2012		
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	Yeomans		5			Championships	11	
3	Zoe McQuire	19.05	W55	3kg	Watford	WH Club Championships	18/09/2011	
Javelin								
1	Louise Kelly	24.53	W35	600g	Hampstead Heath	SWL	09/07/2011	20
2	Chistine James	9.72	W55	600g	Kings Lynn	SWL	30/04/2011	

* County Middlesex

SENIOR WOMEN								
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Indoors								
60m								
1	Rebecca Wilcock	8.47		ET	Eton	WSEH Winter Series	05/02/2011	524
								Power

Watford Harriers Rankings 2011

as at

09/01/2012

Outdoors						Ranking
100m hurdles						UK
1	Angela Halford	22.5		Watford	SWL	21/05/2011
100m						
1	Allison Putko	14.6		Kings Lynn	SWL	30/04/2011
2	Angela Halford	16.5		Hampstead Heath	SWL	09/07/2011
200m						
1	Allison Putko	31.2		Kings Lynn	SWL	30/04/2011
400m hurdles						
1	Allison Putko	80.3		Kings Lynn	SWL	30/04/2011
2	Angela Halford	81.4		Grays	SWL	20/08/2011
400m						

Watford Harriers Rankings 2011			as at	09/01/2012		
1	Allison Putko	67.31	ET	Watford	WH Open Graded	20/04/2011
2	Angela Halford	69.1		Watford	WH Open Graded	13/07/2011
800m						
1	Allison Putko	02:32.4	ET	Watford	WH Open Graded	04/05/2011
2	Angela Halford	02:42.1	ET	Watford	WH Open Graded	04/05/2011
1500m						
1	Helen Johal	05:11.3	ET	Watford	WH Open Graded	06/04/2011
2	Angela Halford	05:39.9	ET	Watford	WH Open Graded	01/06/2011
3000m						
1	Angela Halford	12:47.1		Grays	SWL	20/08/2011
2	Allison Putko	13:12.0		Grays	SWL	20/08/2011
Long Jump						
1	Allison	3.35		Watford	SWL	21/05/20

Watford Harriers Rankings 2011

as at

09/01/2012

	Putko						11
Javelin							
1	Nicki Phillips	12.2		600g	Watford	SWL	21/05/2011
4x100m Relay							
1	C Bentley / R Bentley	55.1			Stevenage	Herts County Championships	02/05/2011
	C Shurland / J Warmann						
4x400m Relay							
1	A Putko / R Bentley	04:34.3	Club Record		Stevenage	Herts County Championships	02/05/2011
	N Wickings / C Shurland						

Watford Harriers Rankings 2011

as at

09/01/2012

JUNIOR WOMEN

Power

Indoors

Indoor Ranking

60m

UK

1	Joy Warmann	8.1		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	57
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200m

1	Joy Warmann	27.25		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
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400m

1	Chelsea Shurland	65.18	Club Record	ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
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Pole Vault

1	Hannah Earnshaw	2.24	Club Record		Lee Valley	Enfield & Haringey Metaswitch Open	11/12/2011	
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Watford Harriers Rankings 2011

as at

09/01/2012

							Power Ranking
Overall (Outdoors except where indicated)							
100m hurdles							UK
1	Rachel Bentley	18.5			Watford	NJAL	29/05/2011
100m							
1	Joy Warmann	12.8			Kings Lynn	SWL	30/04/2011 92
2	Shimaala Harewood	13.1			Watford	SWL	21/05/2011 166
3	Chelsea Shurland	13.28	ET		Watford	WH Open Graded	21/09/2011 224
200m hurdles (non graded)							
1	Rachel	35.71	ET		Brighton	Brighton	17/08/20

Watford Harriers Rankings 2011

as at

09/01/2012

	Bentley					Open	11	
200m								
1	Chelsea Shurland	26.2				Luton	NJAL	10/07/2011 103
2	Joy Warmann	27.25	indoors		ET	Lee Valley	Herts County Indoor Champs	05/03/2011
3	Rachel Bentley	30.46			ET	Brighton	Brighton Open	17/08/2011
4	Martha Omar	33				Grays	SWL	20/08/2011
400m hurdles								
1	Rachel Bentley	73.3				Watford	SWL	21/05/2011 104
400m								
1	Chelsea Shurland	58.88		G3	ET	Peterborough	NJAL	24/07/2011 57
2	Rachel Bentley	69.7				Hampstead Heath	SWL	09/07/2011
3	Martha	71.7				Grays	SWL	20/08/2011

Watford Harriers Rankings 2011

as at

09/01/2012

	Omar					11	
800m							
1	Natalie Wickings	02:29.4		Watford	WH Open Graded	13/07/2011	
2	Chelsea Shurland	02:45.8		Watford	WH Club Championships	18/09/2011	
3	Martha Omar	02:47.6		Hampstead Heath	SWL	09/07/2011	
1500m							
1	Natalie Wickings	05:04.1		Luton	NJAL	10/07/2011	159
3000m							
1	Natalie Wickings	11:07.7		Hemel Hempstead	Herts County AAA Champs	28/05/2011	97
Long Jump							
1	Rachel Bentley	3.71		Southend	Southend AC Club Champs & Open	29/08/2011	
High Jump							

Watford Harriers Rankings 2011				as at	09/01/2012			
1	Joy Warmann	1.4			Kings Lynn	SWL	30/04/2011	
1	Martha Omar	1.4			Grays	SWL	20/08/2011	
Triple Jump								
1	Shimaala Harewood	11.89	Club Record	G1	Watford	Herts County AAA Champs	15/05/2011	5
2	Rachel Bentley	8.55			Hampstead Heath	SWL	09/07/2011	
3	Martha Omar	8.52			Kings Lynn	SWL	30/04/2011	
Pole Vault								
1	Hannah Earnshaw	2.24	indoors		Lee Valley	Enfield & Haringey Metaswitch Open	11/12/2011	
Javelin								
1	Rachel Bentley	22.99		600g	Bournemouth	Bournemouth AC Open	11/09/2011	

Watford Harriers Rankings 2011

as at

09/01/2012

UNDER 17 WOMEN

Power

Indoors

Indoor Ranking

60m hurdles

UK

1	Suzanne Bentley	9.61	Club Record	G4	ET	Lee Valley	Enfield & Haringey Metaswitch Open	11/12/2011	76
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300m

1	Claire Bentley	50.78			ET	Lee Valley	London Indoor Games	23/01/2011	
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800m

1	Suzanne Bentley	02:36.5			ET	Lee Valley	Enfield & Haringey Metaswitch Open	11/12/2011	
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Long Jump

1	Chloe Rixon	4.72				Lee Valley	Enfield & Haringey Metaswitch	11/12/2011	
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Watford Harriers Rankings 2011								as at	09/01/2012
									Open
Triple Jump									
1	Chloe Rixon	9.56	G4		Lee Valley	Enfield & Haringey Metaswitch Open	11/12/2011		
									Power Ranking
Outdoors									
80m hurdles									UK
1	Helen Clarke	13	G4		Ware	EYAL	14/08/2011	67	
2	Hannah Earnshaw	14.78		ET	Watford	WH Open Graded	20/04/2011		
3	Claire Bentley	15.33		ET	Watford	WH Open Graded	01/06/2011		
100m									
1	Hannah Earnshaw	15.6			Watford	EYAL	01/05/2011		
200m									

Watford Harriers Rankings 2011				as at	09/01/2012		
1	Helen Clarke	28.8		Ware	EYAL	14/08/2011	
2	Claire Bentley	30.91	ET	Watford	WH Open Graded	15/06/2011	
3	Hannah Earnshaw	31.5		Cambridge	SWL	03/09/2011	
300m hurdles							
1	Claire Bentley	55.8		Hemel Hempstead	St Albans / Barnet / D&T Club Champs	18/09/2011	
400m hurdles (non graded)							
1	Claire Bentley	85.7		Cambridge	SWL	03/09/2011	
300m							
1	Claire Bentley	50		Bedford	EYAL	24/07/2011	
800m							
1	Suzanne	02:36.	indoo	ET	Lee Valley	Enfield &	11/12/20

Watford Harriers Rankings 2011

as at

09/01/2012

	Bentley	5	rs			Haringey Metaswitch Open	11	
2	Claire Bentley	02:59.8		ET	Peterborough	Eastern AA Pentathlon	25/09/2011	
3	Hannah Earnshaw	03:04.5			Cambridge	SWL	03/09/2011	
Pole Vault								
1	Hannah Earnshaw	2.2			Watford	WH Open Graded	18/05/2011	
Long Jump								
1	Chloe Rixon	4.72	indoor		Lee Valley	Enfield & Haringey Metaswitch Open	11/12/2011	251
2	Hannah Earnshaw	3.86			Grays	SWL	20/08/2011	
3	Claire Bentley	3.76			Hemel Hempstead	St Albans / Barnet / D&T Club Champs	18/09/2011	
High Jump								
1	Hannah	1.3			Watford	SWL	21/05/20	

Watford Harriers Rankings 2011

as at

09/01/2012

	Earnshaw						11	
1	Helen Clarke	1.3			Ware	EYAL	14/08/2011	
3	Claire Bentley	1.29			Peterborough	Eastern AA Pentathlon	25/09/2011	
Triple Jump								
1	Chloe Rixon	9.56	indoors		Lee Valley	Enfield & Haringey Metaswitch Open	11/12/2011	211
2	Hannah Earnshaw	8.85			Watford	EYAL	01/05/2011	
Shot								
1	Elena Dickinson	7.59		4kg	Watford	SWL	21/05/2011	337
2	Claire Bentley	5.88		4kg	Southend	Southend AC Club Champs & Open	29/08/2011	
3	Wendy Southam	5.07		4kg	Watford	EYAL	03/07/2011	
Discus								

Watford Harriers Rankings 2011					as at	09/01/2012		
1	Elena Dickinson	26.23	G4	1kg	Bedford	EYAL	24/07/2011	101
2	Shannon Phillips	17.45		1kg	Watford	SWL	21/05/2011	
3	Wendy Southam	14.89		1kg	Watford	EYAL	12/06/2011	
Javelin								
1	Elena Dickinson	18.07		600g	Ware	EYAL	14/08/2011	
2	Hannah Earnshaw	16.4		600g	Stevenage	Herts County Schools Combined Events	10/05/2011	
Pentathlon (non graded)								
1	Claire Bentley	1,713 pts			Peterborough	Eastern AA Pentathlon	25/09/2011	
UNDER 15 GIRLS								Power

Watford Harriers Rankings 2011

as at

09/01/2012

Indoors

Indoor Ranking

60m hurdles

UK

1	Suzanne Bentley	9.48	Club Record	G2	ET	Lee Valley	Eastern AA Champs	12/03/2011	17
2	Fiona McQuire	10.42			ET	Lee Valley	Enfield & Haringey Metaswitch Open	11/12/2011	121
3	Louise Hall	12.81			ET	Lee Valley	Herts County Indoor Champs	05/03/2011	

60m

1	Chloe McCarthy	8.27		G4	ET	Lee Valley	Herts County Indoor Champs	05/03/2011	50
2	Chloe Rixon	8.81			ET	Lee Valley	Metaswitch Games	08/01/2011	282
3	Fiona McQuire	9.59			ET	Lee Valley	London Indoor Games	23/01/2011	

Watford Harriers Rankings 2011

as at

09/01/2012

200m

1	Chloe McCarthy	27.95	Club Record	G4	ET	Lee Valley	Herts County Indoor Champs	05/03/2011	63
2	Suzanne Bentley	28.97			ET	Lee Valley	SEAA Championships	15/01/2011	
3	Chloe Rixon	29.07			ET	Lee Valley	London Indoor Games	23/01/2011	
4	Louise Hall	34.2			ET	Lee Valley	Lee Valley Minithon	19/02/2100	

300m

1	Suzanne Bentley	45.11	Club Record		ET	Lee Valley	Showtime Super Series	23/02/2011	14
2	Chloe Rixon	45.8				Lee Valley	Lee Valley Schools Cup (Final)	23/03/2011	

600m (non graded)

1	Louise Hall	02:31				Lee Valley	Lee Valley Minithon	19/02/2100	
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Watford Harriers Rankings 2011

as at

09/01/2012

800m

1	Suzanne Bentley	02:31.3		ET	Lee Valley	London Indoor Games	23/01/2011	36
2	Fiona McQuire	03:00.7			Lee Valley	Open Pentathlon	27/03/2011	
3	Louise Hall	03:00.8		ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
4	Chloe Rixon	03:03.0		ET	Lee Valley	London Indoor Games	23/01/2011	

1500m

1	Suzanne Bentley	05:22.8	Club Record	ET	Lee Valley	SEAA Championships	16/01/2011	21
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Long Jump

1	Suzanne Bentley	4.35			Lee Valley	Lee Valley Schools Cup (Final)	23/03/2011	
2	Fiona McQuire	4.09			Lee Valley	Herts County Indoor Champs	05/03/2011	

High Jump

Watford Harriers Rankings 2011				as at	09/01/2012			
1	Suzanne Bentley	1.3	Club Record		Lee Valley	SEAA Pentathlon	09/01/2011	
1	Fiona McQuire	1.3	Club Record		Lee Valley	Open Pentathlon	27/03/2011	
3	Louise Hall	1.1			Lee Valley	Lee Valley Open	08/01/2011	
Triple Jump								
1	Fiona McQuire	9.52	Club Record	G4	Lee Valley	Enfield & Haringey Metaswitch Open	11/12/2011	
Shot								
1	Fiona McQuire	6.65	Club Record		3.25 kg	Lee Valley	Open Pentathlon	27/03/2011
2	Suzanne Bentley	6.56			3.25 kg	Lee Valley	Metaswitch Games	02/01/2011
3	Louise Hall	5.83			3.25 kg	Lee Valley	Herts County Indoor Champs	05/03/2011

Watford Harriers Rankings 2011

as at

09/01/2012

Pentathlon									
1	Suzanne Bentley	2,396 pts	Club Record	G4		Lee Valley	Open Pentathlon	27/03/2011	29
2	Fiona McQuire	1,833 pts				Lee Valley	Open Pentathlon	27/03/2011	77
									Power Ranking
Overall (Outdoors except where indicated)									
75m hurdles									UK
	Suzanne Bentley	11.71	w		ET	Cambridge	Eastern AA Champs	28/05/2011	
1	Suzanne Bentley	11.78		G1	ET	Gateshead	English Schools Championships	01/07/2011	28
2	Fiona McQuire	13.7				Stevenage	Herts County Schools	10/05/2011	493

Watford Harriers Rankings 2011

as at

09/01/2012

							Pentathlon		
3	Chloe Rixon	14.6			Stevenage	Herts County Schools Pentathlon	10/05/2011		
4	Louise Hall	15			Watford	WH Mid Season Minors Open	05/06/2011		
5	Chloe McCarthy	16.4			Stevenage	Herts County Schools Pentathlon	10/05/2011		
100m									
1	Chloe McCarthy	12.79	G1	ET	Watford	WH Open Graded	10/08/2011	44	
2	Chloe Rixon	13.2	G4		Abingdon	ESAA TRACK & Field Cup (National Final)	09/07/2011	203	
3	Tiwa Adebayo	13.6			Ware	EYAL	14/08/2011	493	
4	Fiona McQuire	15.44		ET	Watford	WH Open Graded	04/05/2011		
5	Louise Hall	15.58		ET	Watford	WH Open	01/06/20		

Watford Harriers Rankings 2011

as at

09/01/2012

						Graded	11	
6	Ruth Parry	16.9			Watford	WH Club Championships	18/09/2011	
200m								
1	Chloe McCarthy	26.57	Club Record	G2	Watford	WH Open Graded	07/09/2011	69
2	Suzanne Bentley	26.7		G2	Abingdon	ESAA Track & Field Cup (National Final)	09/07/2011	81
3	Chloe Rixon	28		G4	Watford	ESAA Track & Field Cup (Regional Final)	13/06/2011	399
4	Lavinia Economu	28.7			Hendon	Watford & District Schools Champs	29/06/2011	
4	Tiwa Adebayo	28.7			Watford	EYAL	03/07/2011	

Watford Harriers Rankings 2011				as at	09/01/2012		
6	Paige Smith	29.8		Watford	EYAL	12/06/2011	
7	Chloe Dearman	32.4		Watford	WH Club Championships	18/09/2011	
8	Louise Hall	32.83		ET	Watford	WH Open Graded	04/05/2011
300m hurdles (non graded)							
1	Suzanne Bentley	49.6	Club Record		Cambridge	SWL	03/09/2011
300m							
1	Suzanne Bentley	44		G4	Watford	EYAL	03/07/2011 67
2	Lavinia Economu	45			Bedford	EYAL	24/07/2011 118
3	Chloe Rixon	45.48		ET	Watford	Herts County AAA Champs	15/05/2011 163
4	Paige	47.3			Watford	EYAL	12/06/2011

Watford Harriers Rankings 2011

as at

09/01/2012

	Smith						11	
400m (non graded)								
1	Lavinia Economu	61.4		ET	Watford	WH Open Graded	20/04/2011	
800m								
1	Lavinia Economu	02:24.6			G3	Watford	EYAL	03/07/2011 130
2	Suzanne Bentley	02:31.3	indoo rs	ET	Lee Valley	London Indoor Games	23/01/2011	370
	Suzanne Bentley	02:35.4			Watford	ESAA Track & Field Cup (County Round)	16/05/2011	
3	Chloe Dearman	02:41.8		ET	Watford	WH Open Graded	07/09/2011	
4	Chloe Rixon	02:44.7		ET	Watford	WH Open Graded	20/04/2011	
5	Mollie Harland	02:48.1			Hendon	Watford & District Schools Champs	29/06/2011	

Watford Harriers Rankings 2011				as at	09/01/2012			
6	Jessica Davis	02:48.5			Bedford	EYAL	24/07/2011	
7	Tatiana Peters	02:55.0			Watford	WH Club Championships	18/09/2011	
8	Fiona McQuire	02:56.4		ET	Peterborough	Eastern AA Pentathlon	25/09/2011	
9	Charlotte Fuller	02:57.1			Ware	EYAL	14/08/2011	
10	Louise Hall	03:00.8	indoors	ET	Lee Valley	Herts County Indoor Champs	05/03/2011	
	Louise Hall	03:02.6			Hemel Hempstead	Herts County AAA Pentathlon	28/05/2011	
1500m								
1	Suzanne Bentley	05:22.8	indoors	ET	Lee Valley	SEAA Indoor Championships	16/01/2011	486
2	Chloe Dearman	05:24.3		ET	Watford	WH Open Graded	21/09/2011	508
3	Lavinia	05:28.			Watford	ESAA Track &	16/05/20	

Watford Harriers Rankings 2011			as at	09/01/2012			
	Economu	7			Field Cup (County Round)	11	
4	Tatiana Peters	05:56.6		Bedford	EYAL	24/07/2011	
5	Leah Parry	06:10.1		Watford	WH Club Championships	18/09/2011	
Mile (non graded)							
1	Chloe Dearman	05:55.1		Watford	WH Club Championships	18/09/2011	
2	Tatiana Peters	06:41.1		Watford	WH Club Championships	18/09/2011	
3	Leah Parry	07:20.9		Watford	WH Club Championships	18/09/2011	
Long Jump							
1	Chloe Rixon	4.81	G3	Bedford	EYAL	24/07/2011	108

Watford Harriers Rankings 2011

as at

09/01/2012

2	Suzanne Bentley	4.56	G4	Peterborough	Eastern AA Pentathlon	25/09/2011	295
3	Fiona McQuire	4.42		Peterborough	Eastern AA Pentathlon	25/09/2011	448
4	Jessica Davis	4		Bedford	EYAL	24/07/2011	
5	Paige Smith	3.91		Bedford	EYAL	24/07/2011	
6	Louise Hall	3.72		Hemel Hempstead	Herts County AAA Pentathlon	28/05/2011	
High Jump							
1	Suzanne Bentley	1.42	G4	Peterborough	Eastern AA Pentathlon	25/09/2011	282
2	Fiona McQuire	1.35		Stevenage	Herts County Schools Pentathlon	10/05/2011	
3	Tiffany Perry	1.3		Watford	EYAL	01/05/2011	
4	Louise Hall	1.2		Watford	WH Open Graded	20/04/2011	
5	Chloe	1.15		Stevenage	Herts County	10/05/2011	

Watford Harriers Rankings 2011

as at

09/01/2012

	Rixon					Schools Pentathlon	11		
Triple Jump									
1	Fiona McQuire	9.52	indoors		Lee Valley	Enfield & Haringey Metaswitch Open	11/12/2011	29	
2	Chloe Rixon	9.33		G4	Watford	WH Open Graded	13/07/2011	41	
	Fiona McQuire	8.91			Watford	Herts County AAA Champs	15/05/2011		
Pole Vault									
1	Fiona McQuire	2.1	Club Record		Watford	WH Club Championships	18/09/2011	69	
Shot									
1	Fiona McQuire	7.99		G4	3.25 kg	Watford	WH Club Championships	18/09/2011	354
2	Suzanne Bentley	7.68			3.25 kg	Winchester	South East England Regional	26/06/2011	481

Watford Harriers Rankings 2011

as at

09/01/2012

							Schools Pentathlon		
3	Cora Smith	7.65		3.25 kg	Watford	WH Open Graded	07/09/2011	493	
4	Jessica Davis	6.33		3.25 kg	Watford	EYAL	12/06/2011		
5	Chloe Rixon	5.84		3.25 kg	Stevenage	Herts County Schools Pentathlon	10/05/2011		
6	Louise Hall	5.83	indoors	3.25 kg	Lee Valley	Herts County Indoor Champs	05/03/2011		
	Louise Hall	5.41		3.25 kg	Watford	EYAL	01/05/2011		
7	Ruth Parry	5.36		3.25 kg	Watford	WH Club Championships	18/09/2011		
8	Charlotte Fuller	4.61		3.25 kg	Ware	EYAL	14/08/2011		
Discus									
1	Fiona McQuire	21.17	G4	1kg	Hemel Hempstead	Herts County Schools	11/06/2011	186	

Watford Harriers Rankings 2011					as at	09/01/2012		
					d	Champs		
2	Leah Parry	19.34		1kg	Watford	WH Club Championships	18/09/2011	307
3	Tatiana Peters	12.31		1kg	Bedford	EYAL	24/07/2011	
4	Chloe Dearman	10.08		1kg	Watford	EYAL	03/07/2011	
Hammer								
1	Leah Parry	16.68		3kg	Watford	WH Club Championships	18/09/2011	
2	Fiona McQuire	16.66		3kg	Watford	WH Club Championships	18/09/2011	
3	Ruth Parry	10.35		3kg	Watford	WH Club Championships	18/09/2011	
4	Louise Hall	6.25		3kg	Ware	EYAL	14/08/2011	
Javelin								
1	Suzanne	25.22	G3	600g	Cambridge	Eastern AA	28/05/2011	100

Watford Harriers Rankings 2011

as at

09/01/2012

	Bentley					Champs	11	
2	Fiona McQuire	22.03		G4	600g	Watford	WH Open Graded	20/04/2011 242
3	Charlotte Fuller	4.83			600g	Bedford	EYAL	24/07/2011
Pentathlon								
1	Suzanne Bentley	2,592 pts	Club Record	G2		Winchester	South East England Regional Schools Pentathlon	26/06/2011 30
2	Fiona McQuire	2,136 pts		G4		Peterborough	Eastern AA Pentathlon	25/09/2011 130
3	Chloe Rixon	1,713 pts				Stevenage	Herts County Schools Pentathlon	10/05/2011
4	Louise Hall	1,309 pts				Hemel Hempstead	Herts County AAA Pentathlon	28/05/2011
5	Chloe McCarthy	301 pts				Stevenage	Herts County Schools Pentathlon	10/05/2011

Watford Harriers Rankings 2011

as at

09/01/2012

4x100m Relay

1	C Rixon / S Bentley				
	L Economu / C McCarthy	53.9	Bedford	EYAL	24/07/2011

4x400m Relay

1	C Rixon / S Bentley				
	F McQuire / C McCarthy	04:40.2	Stevenage	Herts County Championships	02/05/2011

UNDER 13 GIRLS

Power

Indoors

Indoor Ranking

60m

UK

Watford Harriers Rankings 2011

as at

09/01/2012

hurdles

1	Tamyah Jones	12.2			ET	Lee Valley	Lee Valley Minithon	09/10/2011	
2	Turaya Morton-Kemsley	12.8			ET	Lee Valley	Lee Valley Minithon	09/10/2011	

60m

1	Remi Jessop	8.9	Club Record	G4		Lee Valley	Lee Valley Minithon	18/12/2011	59
2	Tamyah Jones	9.3			ET	Lee Valley	Lee Valley Minithon	09/10/2011	178
3	Emi Economu	9.72			ET	Lee Valley	Lee Valley Minithon	19/02/2010	
4	Turaya Morton-Kemsley	10			ET	Lee Valley	Lee Valley Minithon	09/10/2011	

200m

1	Remi Jessop	30.2	Club Record	G4		Lee Valley	Lee Valley Minithon	18/12/2011	
2	Tamyah	32.5			ET	Lee Valley	Lee Valley	09/10/20	

Watford Harriers Rankings 2011					as at	09/01/2012
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	Jones					Minithon	11	
3	Emi Economu	33.32		ET	Lee Valley	Lee Valley Minithon	19/02/2010	
600m (non graded)								
1	Emi Economu	02:15			Lee Valley	Lee Valley Minithon	19/02/2010	
2	Turaya Morton-Kemsley	02:22			Lee Valley	Lee Valley Minithon	09/10/2011	
Long Jump								
1	Remi Jessop	3.48			Lee Valley	Lee Valley Minithon	09/10/2011	
Shot								
1	Remi Jessop	7.23	Club Record	G4	2.72 kg	Lee Valley	Lee Valley Minithon	09/10/2011

Overall (Outdoors except where	Power Ranking
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Watford Harriers Rankings 2011

as at

09/01/2012

indicated)

70m hurdles

UK

1	Charlotte Radcliffe	13	G4	Bedford	EYAL	24/07/2011	186
2	Turaya Morton-Kemsley	14.2		Ware	EYAL	14/08/2011	

100m

1	Remi Jessop	14.4	G4	Watford	WH Club Championships	18/09/2011	377
2	Rebecca Wilkinson	15.9		Watford	WH Mid Season Minors Open	05/06/2011	
3	Turaya Morton-Kemsley	16		Watford	WH Club Championships	18/09/2011	
4	Emily Jones	16.8		Watford	WH Club Championships	18/09/2011	
5	Brooke	17.5		Watford	WH Early	10/04/20	

Watford Harriers Rankings 2011					as at	09/01/2012		
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	Yates					Season Open	11	
6	Maddie Home	17.8			Watford	WH Mid Season Minors Open	05/06/2011	
7	Jade Scott	17.9			Watford	WH Mid Season Minors Open	05/06/2011	
8	Lara Sulaman	18.1			Watford	EYAL	12/06/2011	
9	Eve Melling	18.2			Watford	EYAL	01/05/2011	
10	Gemma Stanger	18.8			Watford	WH Early Season Open	10/04/2011	

200m								
1	Remi Jessop	30.2	indoors	G4	Lee Valley	Lee Valley Minithon	18/12/2011	367
2	Charlotte Radcliffe	30.4		G4	Watford	EYAL	03/07/2011	430
3	Emi Economu	32.1			Hendon	Watford & District Schools Champs	29/06/2011	

Watford Harriers Rankings 2011

as at

09/01/2012

4	Tamyah Jones	32.5	indoors	ET	Lee Valley	Lee Valley Minithon	09/10/2011	
5	Rebecca Wilkinson	32.6			Ware	EYAL	14/08/2011	
6	Lara Sulaman	38.4			Watford	EYAL	01/05/2011	
7	Eve Melling	40.9			Watford	EYAL	01/05/2011	
800m								
1	Gemma Stanger	03:05.4			Bedford	EYAL	24/07/2011	
2	Brooke Yates	03:19.1			Watford	WH Early Season Open	10/04/2011	
3	Madeleine Clifton	03:22.3			Watford	WH Early Season Open	10/04/2011	
4	Jade Scott	03:47.8			Watford	WH Mid Season Minors Open	05/06/2011	
1500m								
1	Emi Economu	05:48.4			Watford	EYAL	03/07/2011	369

Watford Harriers Rankings 2011				as at	09/01/2012
2	Sophie Higgs	06:34.5		Bedford	EYAL 24/07/2011
3	Gemma Stanger	06:42.3		Watford	EYAL 03/07/2011
Long Jump					
1	Turaya Morton-Kemsley	3.61		Watford	WH Club Championships 18/09/2011
2	Rebecca Wilkinson	3.6		Watford	WH Mid Season Minors Open 05/06/2011
3	Remi Jessop	3.48	indoors	Lee Valley	Lee Valley Minithon 09/10/2011
	Remi Jessop	3.31		Watford	WH Club Championships 18/09/2011
4	Jade Scott	2.89		Watford	WH Mid Season Minors Open 05/06/2011
5	Lara Sulaman	2.74		Watford	EYAL 01/05/2011
6	Gemma	2.72		Watford	WH Mid 05/06/2011

Watford Harriers Rankings 2011					as at	09/01/2012			
	Stanger						Season Minors Open	11	
7	Maddie Home	2.71				Watford	WH Mid Season Minors Open	05/06/2011	
8	Emily Jones	2.53				Watford	WH Early Season Open	10/04/2011	
High Jump									
1	Charlotte Radcliffe	1.15				Watford	EYAL	03/07/2011	
2	Turaya Morton-Kemsley	1.05				Ware	EYAL	14/08/2011	
Shot									
1	Remi Jessop	7.23	indoors	G4	2.72 kg	Lee Valley	Lee Valley Minithon	09/10/2011	186
	Remi Jessop	6.59			2.72 kg	Watford	EYAL	03/07/2011	
2	Rebecca Wilkinson	4.74			2.72 kg	Bedford	EYAL	24/07/2011	
3	Gemma Stanger	4.55			2.72 kg	Watford	WH Mid Season	05/06/2011	

**Watford
Harriers
Rankings
2011**

as at

09/01/2012

Minors Open

Discus

1	Sophie Higgs	11.3	0.75 kg	Bedford	EYAL	24/07/2011
2	Emi Economu	11.18	0.75 kg	Watford	EYAL	03/07/2011
3	Gemma Stanger	9.1	0.75 kg	Watford	EYAL	03/07/2011

4x100m
Relay

1		60.4		Watford	EYAL	03/07/2011
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