

# Rankings 2012

**WATFORD HARRIERS RANKINGS 2012** **UPDATED** **22/03/2013**

MASTERS MEN Power of 10

Indoors Indoor Ranking 2011/12

Shot UK County

1	Ray McKenna	11.76	V35	7.26 kg	Lee Valley	SEAA Indoor Championships	22/01/2012	6	1
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Overall (Outdoors) Power Ranking of 10 Ranking

**WATFORD  
HARRIERS  
RANKINGS  
2012**

**UPDATED**

**22/03/2013**

except where indicated)

								UK	Country
800m									
1	Graham Mayoh	02:32.3	V45	ET	Watford	WH Open Graded	11/07/2012	123	
1500m									
1	Graham Mayoh	05:10.6	V45	ET	Watford	WH Open Graded	30/05/2012	128	
5000m									
1	Matthew Adcock	17:18.3	V40		Watford	Southern Athletics League	21/04/2012	61	
2	Mikk Bradley	18:19.7	V50		Bury St Edmunds	Southern Athletics League	01/09/2012	9	
110m hurdles									
1	Nick	23.8	V3		Watford	Southern	21/04/2	34	

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

	Harris		5		Athletics League	012	
400m hurdles							
1	Nick Harris	74.8	V3 5	Walthamstow	Southern Athletics League	09/06/2012	43
2000m steeplechase (non graded)							
1	Nick Harris	07:08.6	V3 5	Watford	Southern Athletics League	21/04/2012	8
2	Graham Mayoh	08:25.6	V4 5	Watford	Southern Athletics League	21/04/2012	24
3000m steeplechase							
1	Nick	11:2	V3	Woodford	Southern	19/05/2	30

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**22/03/2  
013**

	Harris	4.1		5			Athletics League	012		
2	Mikk Bradley	12:4 6.4		V5 0		Woodford	Southern Athletics League	19/05/2 012	16	
High Jump										
1	Nick Harris	1.45		V3 5		Bury St Edmunds	Southern Athletics League	01/09/2 012	32	
Pole Vault										
1	Dick Parles	1.1		V6 0		Bury St Edmunds	Southern Athletics League	01/09/2 012		
Shot										
1	Ray McKenna	12.5 4	SM G3	V3 5	7.26 kg	Watford	Herts County AAA Champions hips	13/05/2 012	10	1
2	Douglas	7.76		V5	6kg	Watford	Herts	12/05/2		

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**UPDATED**

**22/03/2  
013**

McQuire

5

County  
AAA  
Champions  
hips

012

Douglas  
McQuire

7.5

7.26  
kg

Watford

Southern  
Athletics  
League

21/04/2  
012

Discus

1

Ray  
McKenna

37.3

SM  
G3

V3  
5

2kg

Walthamst  
ow

Southern  
Athletics  
League

09/06/2  
012

10

1

2

Douglas  
McQuire

24.2  
7

V5  
5

1.5k  
g

Watford

Herts  
County  
AAA  
Champions  
hips

12/05/2  
012

3

Dick  
Parles

17.2  
9

V6  
0

2kg

Bury St  
Edmunds

Southern  
Athletics  
League

01/09/2  
012

Hammer

1

Ray

24.5

V3

7.26

Watford

Southern

21/04/2

34

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RANKIN  
GS 2012**

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	McKenna	6	5	kg		Athletics League	012	
2	Dick Parles	12.2 6	V6 0	7.26 kg	Bury St Edmunds	Southern Athletics League	01/09/2 012	
3	Douglas McQuire	7.84	V5 5	7.26 kg	Watford	Southern Athletics League	21/04/2 012	
	Douglas McQuire	17.1 7		6kg	Watford	Herts County AAA Champions hips	12/05/2 012	
Javelin								
1	Ray McKenna	31.8 8	V3 5	800 g	Woodford	Southern Athletics League	19/05/2 012	58

**SENIOR  
MEN**

Power of 10

**WATFORD  
D  
HARRIERS  
S  
RANKINGS  
2012**

**UPDATED**

**22/03/2013**

							Indoor Ranking 2011/12	UK	Country
Indoors									
Shot									
1	Robbie Henney	11.25	7.26 kg	Lee Valley	Herts County AAA Indoor Champs	04/03/2012	88	2	
Overall (Outdoors except where indicated)							Power Ranking	of 10	Ranking
100m								UK	Country
1	Ollie	12.4		Bury St	Southern	01/09/2			

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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

	Smith			Edmunds	Athletics League	012
2	Josh Dombey	12.7		Woodford	Southern Athletics League	19/05/2012
3	Zac McDonough	16.2		Bury St Edmunds	Southern Athletics League	01/09/2012
200m						
1	Ollie Smith	24.78	ET	Watford	WH Open Graded	25/07/2012
2	Duncan Martin	30.06		Woodford	Southern Athletics League	19/05/2012
3	Zac McDonough	33.3		Walthamstow	Southern Athletics League	09/06/2012
400m						
1	Ollie Smith	55.31	ET	Watford	WH Open Graded	11/07/2012



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RANKIN  
GS 2012****UPDATED****22/03/2  
013**

2	Daniel Tarrant	67.3		Woodford	Southern Athletics League	19/05/2012
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800m

1	Mark Castleton	02:37.2		Woodford	Southern Athletics League	19/05/2012
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1500m

1	Mark Castleton	05:06.1	ET	Watford	WH Open Graded	04/04/2012
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3000m

1	Duncan Martin	09:51.4		Woodford	Southern Athletics League	19/05/2012
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2	Mark Castleton	10:24.2	ET	Watford	WH Open Graded	04/04/2012
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3	Zac McDonough	10:24.7	ET	Watford	WH Open Graded	25/07/2012
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5000m

**WATFOR  
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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

1	Duncan Martin	17:3 8.1		Walthamst ow	Southern Athletics League	09/06/2 012		
2	Zac McDonou gh	18:0 4.8		Bury St Edmunds	Southern Athletics League	01/09/2 012		
110m hurdles								
1	Daniel Tarrant	20.9		Watford	Southern Athletics League	21/04/2 012		
400m hurdles								
1	Daniel Tarrant	62.9 5	ET	Aldershot	Inter Services Champions hips	11/07/2 012	383	14
2000m steeplech ase (non graded)								

**WATFOR  
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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

1	Duncan Martin	07:4 2.7		Walthamst ow	Southern Athletics League	09/06/2 012		
High Jump								
1	Daniel Tarrant	1.78		Loughboro ugh	Combined Services Match	13/06/2 012	410	14
2	Josh Dombey	1.55		Woodford	Southern Athletics League	19/05/2 012		
Triple Jump								
1	Daniel Tarrant	9.86		Woodford	Southern Athletics League	19/05/2 012		
Pole Vault								
1	Josh Dombey	3		Watford	Southern Athletics League	21/04/2 012	410	17
1	Daniel	3		Woodford	Southern	19/05/2	410	17

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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

Tarrant

Athletics  
League

012

Shot

1	Robbie Henney	11.25	indoors	7.26 kg	Lee Valley	Herts County AAA Indoor Champs	04/03/2012	285	7
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Robbie Henney

10.69

7.26 kg

Woodford

Southern Athletics League

19/05/2012

Discus

1	Robbie Henney	29		2kg	Woodford	Southern Athletics League	19/05/2012	533	11
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Hammer

1	Robbie Henney	21.78		7.26 kg	Woodford	Southern Athletics League	19/05/2012		
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Javelin

1	Daniel	42.1		800	Bracknell	Southern	09/06/2	402	15
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HARRIER  
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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

	Tarrant		g		Men's League	012		
2	Jason Raineri	40.0 2	800 g	Exeter	Devon Varsity Match	14/03/2 012	491	20
3	Robbie Henney	29.5 8	800 g	Woodford	Southern Athletics League	19/05/2 012		
4x100m Relay								
1	O Smith / L Sulaman	49.9		Bury St Edmunds	Southern Athletics League	01/09/2 012		
	B Rochford / M Gurney							
4x400m Relay								
1	O Smith / H O'Brart	03:3 9.7		Bury St Edmunds	Southern Athletics	01/09/2 012		

**WATFORD  
HARRIERS  
RANKINGS  
2012**

**UPDATED**

**22/03/2013**

League

C Keane /  
B  
Rochford

**UNDER 20  
MEN**

Power of 10

Indoors

Indoor  
Ranking  
2011/  
12

Triple  
Jump

UK Count  
y

1

Jack  
Noone

13.1  
5

Club  
Record

G3

Lee Valley

SEAA  
Indoor  
Championships

22/01/2012

17

2

Overall

Power of 10  
Ranki Ranki

**WATFOR  
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HARRIER  
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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

(Outdoors  
except  
where  
indicated)

ng

ng

100m

UK

Count  
y

1

Jack  
Noone

12.0  
3

ET

Watford

WH Open  
Graded

04/04/2  
012

800m

1

Stuart  
Buckingham  
am

02:1  
8.3

ET

Watford

WH Open  
Graded

02/05/2  
012

Long  
Jump

1

Jack  
Noone

5.99

Watford

Southern  
Athletics  
League

21/04/2  
012

175

8

Triple  
Jump

1

Jack

13.2

G3

Watford

Southern

21/04/2

45

3

**WATFORD  
HARRIERS  
RANKINGS  
2012**

**UPDATED**

**22/03/2013**

Noone

2

Athletics  
League

012

**UNDER 17  
MEN**

Power of 10

Indoors

Indoor  
Ranking  
2011/  
12

60m

UK County

1

Aaron  
Collins

7.77

ET

Lee Valley

Herts  
County  
AAA Indoor  
Champs

04/03/2012

2

Matthew  
Hall

7.97

ET

Lee Valley

London  
Indoor  
Games

04/02/2012



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RANKIN  
GS 2012****UPDATED****22/03/2  
013**

## 800m

1	Harvey O'Brart	02:05.0	Club Record	G4	ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012	24	3
2	Corey Keane	02:10.2			ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012		

## 1500m

1	Ben Rochford	04:17.6	Club Record	G4	ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012	17	1
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1000m  
(non  
graded)

1	Matthew Hall	03:30.7			ET	Lee Valley	SEAA Indoor Pentathlon Champions	15/01/2012		
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HARRIER  
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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

hips

60m  
hurdles

1	Matthew Hall	8.94		ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012	54	2
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Long  
Jump

1	Matthew Hall	5.34	Club Record		Lee Valley	Herts County AAA Indoor Champs	04/03/2012		
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High Jump

1	Matthew Hall	1.57			Lee Valley	SEAA Indoor Pentathlon Champions hips	15/01/2012		
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Shot

**WATFORD HARRIERS RANKINGS 2012** **UPDATED 22/03/2013**

1	Matthew Hall	7.83	Club Record	5kg	Lee Valley	SEAA Indoor Pentathlon Championships	15/01/2012		
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Pentathlon

1	Matthew Hall	2,370 pts	Club Record		Lee Valley	SEAA Indoor Pentathlon Championships	15/01/2012	?	?
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Overall (Outdoors except where indicated)

								Power Ranking	of 10 Ranking
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100m

1	George	11.6		G4	Woodford	Southern	19/05/2	248	Count 8
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HARRIER  
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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

	Yerbury				Athletics League	012		
2	Liam Sulaman	12.3		Watford	Southern Athletics League	21/04/2012		
3	Matthew Hall	12.76	ET	Watford	WH Open Graded	04/04/2012		
4	Mark Gurney	13	ET	Watford	WH Open Graded	18/04/2012		
5	Chris Lind	13.11	ET	Watford	WH Open Graded	22/08/2012		
6	Josh Scarborough	14.7		Welwyn Gdn City	Herts Phoenix Open Graded	06/04/2012		
200m								
1	George Yerbury	23.5	G3	Grays	EYAL	27/05/2012	190	8
2	Matthew Hall	25.58	ET	Watford	WH Open Graded	02/05/2012		

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HARRIER  
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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

3	Harvey O'Brart	25.7		Watford	Southern Athletics League	21/04/2012		
3	Corey Keane	25.7		Walthamstow	Southern Athletics League	09/06/2012		
5	Liam Sulaman	25.8		Watford	EYAL	29/04/2012		
6	Josh Scarborough	32.3		Welwyn Gdn City	Herts Phoenix Open Graded	06/04/2012		
400m								
1	Ben Rochford	53.3	G4	Bury St Edmunds	Southern Athletics League	01/09/2012	211	8
2	Harvey O'Brart	55.3		Braintree	EYAL	10/06/2012	517	17
3	Corey Keane	57.6		Watford	Southern Athletics League	21/04/2012		

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S  
RANKIN  
GS 2012****UPDATED****22/03/2  
013**

## 800m

1	Harvey O'Brart	02:0 0.7	G3	ET	Watford	WH Open Graded	13/06/2 012	112	5
2	Ben Rochford	02:0 0.9	G3	ET	Watford	Herts County AAA Champions hips	13/05/2 012	122	6
3	Corey Keane	02:0 5.9	G4	ET	Watford	WH Open Graded	13/06/2 012	337	15

## 1500m

1	Ben Rochford	04:0 5.0	G1	ET	Watford	South of England Champions hips	15/07/2 012	56	4
2	Corey Keane	04:1 9.2	G4	ET	Watford	WH Open Graded	27/06/2 012	234	13
3	Tom Verbena	04:2 4.1	G4	ET	Watford	WH Open Graded	25/07/2 012	326	18

## 3000m

**WATFOR  
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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

1	Tom Verbena	09:48.4		Hemel Hempstead	Herts County AAA Championships	23/06/2012	231	5
100m hurdles								
1	Matthew Hall	14.8	G4	Welwyn Gdn City	Herts Phoenix Open Graded	06/04/2012	104	2
400m hurdles								
1	Matthew Hall	72.3		Walthamstow	Southern Athletics League	09/06/2012		
Long Jump								
1	Matthew Hall	5.34	indoors	Lee Valley	Herts County AAA Indoor	04/03/2012		

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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

					Champs			
2	Ben Rochford	5.26		Bury St Edmunds	Southern Athletics League	01/09/2012		
	Matthew Hall	5.08		Lee Valley	Lee Valley Open	14/04/2012		
3	Liam Sulaman	4.62		Watford	Southern Athletics League	21/04/2012		
Triple Jump								
1	Matthew Hall	11.32		Watford	EYAL	29/04/2012	368	13
2	Harvey O'Brart	10.48		Braintree	EYAL	10/06/2012		
3	Liam Sulaman	9.26		Watford	EYAL	29/04/2012		
High Jump								
1	Matthew Hall	1.57	indoors	Lee Valley	SEAA Indoor	15/01/2012		



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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

						Pentathlon Champions hips				
2	Liam Sulaman	1.5			Watford	Southern Athletics League	21/04/2 012			
Shot										
1	Mark Gurney	10.9		G4	5kg	Watford	Herts County AAA Champions hips	12/05/2 012	228	3
	Mark Gurney	9.14			7.26 kg	Bury St Edmunds	Southern Athletics League	01/09/2 012		
2	Mitchell Dutton	8.6			5kg	Mile End	Middlesex County AAA Champions hips	13/05/2 012		
3	Matthew	7.83	indo		5kg	Lee Valley	SEAA	15/01/2		

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2013**

Hall  
ors

Indoor  
Pentathlon  
Champions  
hips

012

Discus

1	Mitchell Dutton	29.5 8	G4	1.5k g	Mile End	Middlesex County AAA Champions hips	13/05/2 012	216	4
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2	Mark Gurney	28.5 2	G4	1.5k g	Braintree	EYAL	10/06/2 012	266	7
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Javelin

1	Mark Gurney	39.7 1	G4	800 g	Watford	Southern Athletics League	21/04/2 012		
	Mark Gurney	35.3 4		700 g	Watford	Herts County AAA Champions hips	12/05/2 012	311	10

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S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

2	Mitchell Dutton	32.3 3	800 g	Chelmsfor d	CP Sport Grand Prix	26/05/2 012
	Mitchell Dutton	31.6 2	700 g	Mile End	Middlesex County AAA Champions hips	13/05/2 012
3	Harvey O'Brart	28.6 5	700 g	Cambridge	EYAL	19/08/2 012
4	Ben Rochford	26.0 4	700 g	Cambridge	EYAL	19/08/2 012
5	Tom Verbena	24.5 7	700 g	Cambridge	EYAL	19/08/2 012
6	Callum Foley	19.2 1	700 g	Watford	EYAL	29/04/2 012
4x100m relay						
1	M Hall / H O'Brart	49		Cambridge	EYAL	19/08/2 012
G						

**WATFORD  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2013**

Yerbury /  
B  
Rochford

UNDER 15  
BOYS

Power of 10

Indoors

Indoor  
Ranking  
2011/  
12

60m

UK County

1	Chris Salmons	8.66	Club Record	ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012
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200m

1	Chris Salmons	27.74	Club Reco	ET	Lee Valley	Herts County	04/03/2012
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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

			rd			AAA Indoor Champs	
2	Dean Johal	33.43		ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012
800m							
1	Dean Johal	02:48.1		ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012
Long Jump							
1	Matt Lally	4.79			Lee Valley	Herts County AAA Indoor Champs	04/03/2012
2	Dean Johal	3.6			Lee Valley	Herts County AAA Indoor Champs	04/03/2012

**WATFORD  
HARRIERS  
RANKINGS  
2012**

**UPDATED**

**22/03/2013**

High Jump

1	Matt Lally	1.71	Club Record	G1	Lee Valley	Herts County AAA Indoor Champs	04/03/2012	9	2
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Power Ranking of 10

Overall (Outdoors except where indicated)

100m								UK	County
1	Sebastian Pearce	13.2			Chelmsford	EYAL	08/07/2012		
2	Sam Hindley	13.3			Cambridge	EYAL	19/08/2012		
3	Owen Dearman	13.6			Cambridge	EYAL	19/08/2012		
4	Aidan	14			Cambridge	EYAL	19/08/2012		

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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
012**

	Jaskowia k						012
5	Lachlan Cunningh am	15.2			Watford	EYAL	29/04/2 012
200m							
1	Sebastia n Pearce	26.6			Cambridge	EYAL	19/08/2 012
2	Sam Hindley	26.8			Cambridge	EYAL	19/08/2 012
3	Chris Salmons	27.7 4	indo ors	ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2 012
4	Owen Dearman	27.9 1		ET	Watford	WH Open Graded	25/07/2 012
5	Aaron Spalter	31.4			Chelmsfor d	EYAL	08/07/2 012
6	Dean Johal	33.4 3	indo ors	ET	Lee Valley	Herts County	04/03/2 012

**WATFOR  
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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

AAA Indoor  
Champs

300m  
(non  
graded)

1	Sam Hindley	43.1		Cambridge	EYAL	19/08/2012		
2	Owen Dearman	45.6		Grays	EYAL	27/05/2012		
3	Aaron Spalter	46.2		Grays	EYAL	27/05/2012		
4	Matthew Robbins	50		Braintree	EYAL	10/06/2012		
5	Dean Johal	53.1		Watford	EYAL	29/04/2012		

400m

1	Sam Hindley	60.37	ET	Watford	WH Open Graded	11/07/2012	427	10
2	Aaron Spalter	65.01	ET	Watford	WH Open Graded	11/07/2012		



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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

800m

1	Sam Hindley	02:22.7		ET	Watford	WH Open Graded	22/08/2012
2	Matthew Robbins	02:29.8			Grays	EYAL	27/05/2012
3	Owen Dearman	02:35.1			Grays	EYAL	27/05/2012
4	Matt Lally	02:36.9			Stevenage	HSAA Multi Events Champs	03/05/2012
5	Aaron Spalter	02:45.7			Watford	EYAL	29/04/2012
6	Dean Johal	02:48.1	indoors	ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012

1500m

1	Sam Hindley	05:01.2		ET	Watford	WH Open Graded	25/07/2012
2	Matthew	05:1			Chelmsfor	EYAL	08/07/2

**WATFOR  
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HARRIER  
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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

	Robbins	8.3		d					012
3	Dean Johal	05:3 4.7		Grays	EYAL				27/05/2 012
80m hurdles									
1	Matt Lally	15.5		Stevenage	HSAA Multi Events Champs				03/05/2 012
2	Lachlan Cunningham	17.1		Grays	EYAL				27/05/2 012
Long Jump									
1	Matt Lally	5.12	G4	Watford	EYAL				29/04/2 012 322 8
2	Sebastian Pearce	5.07	G4	Cambridge	EYAL				19/08/2 012 364 11
3	Sam Hindley	4.52		Chelmsford	EYAL				08/07/2 012
4	Aaron	4.32		Grays	EYAL				27/05/2

**WATFOR  
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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

	Spalter								012
5	Owen Dearman	3.85			Grays	EYAL			27/05/2012
6	Dean Johal	3.67			Grays	EYAL			27/05/2012
High Jump									
1	Matt Lally	1.87	Club Record	G1	Watford	WH Open Graded		25/07/2012	3 1
2	Lachlan Cunningham	1.35			Watford	EYAL		29/04/2012	
Triple Jump									
1	Aidan Jaskowick	9.53			Cambridge	EYAL		19/08/2012	
2	Lachlan Cunningham	8.73			Watford	EYAL		29/04/2012	

**WATFOR  
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HARRIER  
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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

Shot

1	Matt Lally	6.78		4kg	Stevenage	HSAA Multi Events Champs	03/05/2012
2	Matthew Robbins	6		4kg	Grays	EYAL	27/05/2012
3	Dean Johal	4.51		4kg	Grays	EYAL	27/05/2012

Discus

1	Owen Dearman	17.45		1.25 kg	Cambridge	EYAL	19/08/2012
2	Lachlan Cunningham	13.55		1.25 kg	Grays	EYAL	27/05/2012

Pentathlon

1	Matt Lally	1,795 pts			Stevenage	HSAA Multi Events Champs	03/05/2012	138	8
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4x100m

**WATFOR  
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HARRIER  
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RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

relay

1	S Hindley / O Dearman	54.8		Cambridge	EYAL	19/08/2 012
	A Jaskowia k / S Pearce					

UNDER 13  
BOYS

Power of 10

Indoors

Indoor  
Ranking  
2011/  
12

60m

UK County

1	David Blake	9.3	Club Reco	Lee Valley	Lee Valley Minithon	10/03/2 012
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**WATFORD  
HARRIERS  
RANKINGS 2012**

**UPDATED**

**22/03/2013**

rd

200m

1	David Blake	32.6		Lee Valley	Lee Valley Minithon	10/03/2012		
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Long Jump

1	David Blake	3.14	Club Record	Lee Valley	Lee Valley Minithon	10/03/2012		
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Power of 10  
Ranking  
Ranking

Overall (Outdoors except where indicated)

100m

UK County

1	Cameron George	13.7	G4	Cambridge	EYAL	19/08/2012	246	13
2	Callum	15.5		Grays	EYAL	27/05/2		

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

	Woodage					012		
3	Byron Johal	15.8		Grays	EYAL	27/05/2 012		
200m								
1	Cameron George	28	G3	Cambridge	EYAL	19/08/2 012	163	11
2	Byron Johal	31.2		Grays	EYAL	27/05/2 012		
3	Callum Woodage	32.2		Grays	EYAL	27/05/2 012		
4	David Blake	32.6	indo ors	Lee Valley	Lee Valley Minithon	10/03/2 012		
5	Daniel Verbena	33.6		Watford	EYAL	29/04/2 012		
6	Cameron Clark	35.5		Watford	EYAL	29/04/2 012		
800m								
1	Byron Johal	02:3 4.6		Grays	EYAL	27/05/2 012	426	15

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

2	Daniel Verbena	02:49.8	ET	Watford	WH Open Graded	02/05/2012
3	David Ali	02:53.2		Watford	WH Minors Mid Season Open	03/06/2012
4	Cameron Clark	02:58.8		Grays	EYAL	27/05/2012
1500m						
1	Cameron Clark	06:16.0		Braintree	EYAL	10/06/2012
75m hurdles						
1	David Ali	16.7		Watford	WH Minors Mid Season Open	03/06/2012
2	Callum Woodage	18.5		Watford	WH Minors Mid Season Open	03/06/2012
Long Jump						



**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012****UPDATED****22/03/2  
013**

1	Cameron George	4.06		Cambridge	EYAL	19/08/2012	555	21
2	Cameron Clark	3.52		Grays	EYAL	27/05/2012		
2	Callum Woodage	3.52		Watford	WH Minors Mid Season Open	03/06/2012		
4	Oliver Griffiths	3.28		Watford	WH Minors Mid Season Open	03/06/2012		
5	David Ali	3.16		Watford	WH Minors Mid Season Open	03/06/2012		
6	David Blake	3.14	indo ors	Lee Valley	Lee Valley Minithon	10/03/2012		
7	Byron Johal	2.77		Chelmsford	EYAL	08/07/2012		
8	Daniel Verbena	2.68		Watford	EYAL	29/04/2012		

Shot



**WATFORD  
HARRIERS  
RANKINGS  
2012****UPDATED****22/03/2013**

## WOMEN

## Outdoors

Ranking

Ranking

## 100m

UK

County

1	Christine Dearman	16	V45	Walthamstow	Southern Athletics League	09/06/2012	49
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## 400m

1	Liza Croft	73.5	V35	Woodford	Southern Athletics League	19/05/2012	51
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## 800m

1	Liza Croft	03:04.3	V35	Bury St Edmunds	Southern Athletics League	01/09/2012	76
2	Christine Dearman	03:18.0	V45	Bury St Edmunds	Southern Athletics League	01/09/2012	84

## 1500m

**WATFORD  
HARRIS  
RANKINGS  
2012**

**UPDATED**

**22/03/2013**

1	Liza Croft	05:38.6		V35	Watford	Southern Athletics League	21/04/2012	81
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3000m

1	Helen Johal	11:48.5		V40	Watford	Southern Athletics League	21/04/2012	50
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2	Christine Dearman	16:15.8		V45	Walthamstow	Southern Athletics League	09/06/2012	111
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400m hurdles

1	Liza Croft	91.2		V35	Bury St Edmunds	Southern Athletics League	01/09/2012	22
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1500m steeplechase

1	Liza Croft	06:11.6	Club Record	V35	Bury St Edmunds	Southern Athletics League	01/09/2012	2	1
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**WATFOR  
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HARRIER  
S  
RANKIN  
GS 2012****UPDATED****22/03/2  
013**2000m  
steeplech  
ase

1	Liza Croft	08:30.7	Club Record	V35	Woodford	Southern Athletics League	19/05/2012	4	1
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## High Jump

1	Liza Croft	1		V35	Bury St Edmunds	Southern Athletics League	01/09/2012	33	
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## Triple Jump

1	Christine Dearman	6.39		V45	Bury St Edmunds	Southern Athletics League	01/09/2012	31	
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## Pole Vault

1	Liza Croft	1.1		V35	Woodford	Southern Athletics League	19/05/2012	19	
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## Shot

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

1	Zoe McQuire	7.12	V5 5	4 kg	Watford	Herts County AAA Championships	12/05/2012	
	Zoe McQuire	6.62	V5 5	3kg	Watford	WH Open Graded	04/04/2012	10
2	Liza Croft	5.77	V3 5	4kg	Woodford	Southern Athletics League	19/05/2012	60
3	Christine Dearman	5.4	V4 5	4kg	Bury St Edmunds	Southern Athletics League	01/09/2012	76
Discus								
1	Zoe McQuire	15.66	V5 5	1kg	Watford	Southern Athletics League	21/04/2012	18
2	Christine Dearman	12.37	V4 5	1kg	Bury St Edmunds	Southern Athletics League	01/09/2012	75

Hammer

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2013**

1	Zoe McQuire	19.78	V55	3kg	Watford	Herts County AAA Championships	12/05/2012	18
	Zoe McQuire	16.77	V55	4kg	Woodford	Southern Athletics League	19/05/2012	
2	Christine Dearman	12.78	V45	4kg	Walthamstow	Southern Athletics League	09/06/2012	48

Javelin

1	Zoe McQuire	12.65	V55	600g	Watford	Southern Athletics League	21/04/2012	
2	Liza Croft	12.13	V35	600g	Woodford	Southern Athletics League	19/05/2012	57

SENIOR

Power of 10

**WATFORD  
HARRIERS  
RANKINGS  
2012****UPDATED****22/03/2013**

## WOMEN

Outdoors

Ranking  
UKRanking  
County

200m

1	Rachel Bentley	31.6		Bury St Edmunds	Southern Athletics League	01/09/2012
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2	Alison Putko	31.9		Walthamstow	Southern Athletics League	09/06/2012
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400m

1	Alison Putko	69.5		Walthamstow	Southern Athletics League	09/06/2012
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2	Angela Halford	70.16	ET	Watford	WH Open Graded	18/04/2012
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800m

1	Alison Putko	02:44.0		Woodford	Southern Athletics	19/05/2012
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**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

League						
2	Angela Halford	02:59.3		Watford	Southern Athletics League	21/04/2012
1500m						
1	Lorna McDermott	06:08.4		Woodford	Southern Athletics League	19/05/2012
2	Angela Halford	06:26.2		Walthamstow	Southern Athletics League	09/06/2012
3000m						
1	Lorna McDermott	13:01.4		Woodford	Southern Athletics League	19/05/2012
2	Angela Halford	13:27.7		Bury St Edmunds	Southern Athletics League	01/09/2012
100m hurdles						

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012****UPDATED****22/03/2  
013**

1	Rachel Bentley	18.7		Bournemouth	Bournemouth AC Open	16/09/2012
2	Angela Halford	22.3		Watford	Southern Athletics League	21/04/2012
3	Alison Putko	22.6		Walthamstow	Southern Athletics League	09/06/2012
400m hurdles						
1	Rachel Bentley	77.62	ET	Watford	Herts County AAA Championships	13/05/2012
2	Angela Halford	81.6		Watford	Southern Athletics League	21/04/2012
3	Alison Putko	84.8		Woodford	Southern Athletics League	19/05/2012

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

1500m  
steeplech  
ase

1	Alison Putko	07:0 4.1		Walthamst ow	Southern Athletics League	09/06/2 012
2	Angela Halford	07:0 5.5		Watford	Southern Athletics League	21/04/2 012

2000m  
steeplech  
ase

1	Angela Halford	10:0 0.9		Woodford	Southern Athletics League	19/05/2 012
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Long  
Jump

1	Rachel Bentley	3.63		Bury St Edmunds	Southern Athletics League	01/09/2 012
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High Jump

**WATFORD  
HARRIERS  
RANKINGS  
2012****UPDATED****22/03/2013**

1	Alison Putko	1.25		Walthamstow	Southern Athletics League	09/06/2012
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2	Angela Halford	1.2		Watford	Southern Athletics League	21/04/2012
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## Triple Jump

1	Angela Halford	7.73		Bury St Edmunds	Southern Athletics League	01/09/2012
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## Pole Vault

1	Amy Blakemore	1.1		Woodford	Southern Athletics League	19/05/2012
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## Shot

1	Angela Halford	5.78	4kg	Bury St Edmunds	Southern Athletics League	01/09/2012
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## Javelin

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

1	Rachel Bentley	21.75	600g	Bournemouth	Bournemouth AC Open	16/09/2012
2	Alison Putko	11.85		Walthamstow	Southern Athletics League	09/06/2012
4x100m Relay						
1		59.5		Watford	Southern Athletics League	21/04/2012
4x400m Relay						
1		05:06.6		Watford	Southern Athletics League	21/04/2012

**UNDER 20  
WOMEN**

Power of 10

Indoors

Indoo

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2013**

								UK	Count y
400m									
1	Claire Bentley	73.3		ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012		
60m hurdles									
1	Claire Bentley	11.25	Club Record	ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012		
Triple Jump									
1	Shimaala Harewoo	11.17	Club Reco	G2	Lee Valley	SEAA Indoor	21/01/2012	11	1

**WATFORD  
HARRIERS  
RANKINGS  
2012**

**UPDATED**

**22/03/2013**

d

rd

Championships

Power of 10

Outdoors

Ranking  
Ranking

100m

UK  
County

Claire Bentley

15.05

2nd claim

ET

Horspath

Oxford City AC Open Graded

05/09/2012

400m

Claire Bentley

73.09

2nd claim

ET

Horspath

Oxford City AC Open Graded

05/09/2012

1

Natalie Wickings

01:53.9

Bury St Edmunds

Southern Athletics League

01/09/2012

800m

1

Natalie Wickings

02:33.3

Woodford

Southern Athletics

19/05/2012

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

League

1500m

1	Natalie Wickings	05:11.5		ET	Watford	WH Open Graded	25/07/2012		
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3000m

1	Natalie Wickings	11:28.5		ET	Cambridge	Eastern AA Championships	02/06/2012	147	3
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100m hurdles

	Claire Bentley	19.9	2nd claim		Stevenage	NJAL	28/04/2012		
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400m hurdles

	Claire Bentley	81	2nd claim		Norwich	NJAL	22/07/2012		
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1500m steeplechase

1	Claire	07:1	2nd		Sandy	NJAL	23/06/2		
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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

	Bentley	5.4	claim					012		
Long Jump										
1	Claire Bentley	3.71	2nd claim		Sandy	NJAL		23/06/2012		
Triple Jump										
1	Shimaala Harewood	11.49		G2	Gateshead	English Schools AA Championships		07/07/2012	13	2
	Claire Bentley	8.3	2nd claim		Norwich	NJAL		22/07/2012		
Javelin										
	Claire Bentley	15.43	2nd claim		600g	Bournemouth	Bournemouth AC Open	16/09/2012		
1	Natalie Wickings	7.48			600g	Watford	Southern Athletics League	21/04/2012		

**WATFOR  
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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

UNDER 17  
WOMEN

Power of 10

Indoors

Indoor  
Ranking  
2011/  
12

300m

UK Count  
y

1	Suzanne Bentley	43.65	Club Record	G4	ET	Lee Valley	Eastern AA Indoor Championships	11/02/2012	56	3
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2	Chloe Rixon	45.29			ET	Lee Valley	SEAA Indoor Championships	15/01/2012	111	9
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400m

1	Suzanne	62.5	Club		ET	Lee Valley	Herts	04/03/2	10	3
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**WATFORD  
HARRIERS  
RANKINGS  
2012**

**UPDATED**

**22/03/2013**

Bentley

5

Record

County  
AAA Indoor  
Champs

012

1500m

1

Chloe  
Dearman

05:25.4

ET

Lee Valley

Herts  
County  
AAA Indoor  
Champs

04/03/2012

60m  
hurdles

1

Suzanne  
Bentley

9.5

Club  
Record

G4

ET

Lee Valley

SEAA  
Indoor  
Champions  
hips

21/01/2012

62

3

Long  
Jump

1

Chloe  
Rixon

4.84

G4

Lee Valley

Eastern AA  
Indoor  
Champions  
hips

11/02/2012

71

2

2

Suzanne

4.38

Lee Valley

SEAA

22/01/2

<b>WATFORD HARRIERS RANKINGS 2012</b>				<b>UPDATED</b>	<b>22/03/2013</b>
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Bentley				Indoor Championships	2012
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Triple Jump					
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1	Chloe Rixon	9.85	G4	Lee Valley	London Indoor Games	04/02/2012	35	2
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Overall (Outdoors except where indicated)							Power Ranking	of 10 Ranking
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100m							UK	County
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1	Chloe Rixon	13.3		Watford	ESAA Track & Field Cup (Regional B Final)	21/06/2012		
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2	Paige	13.9		Bury St	Southern	01/09/2		
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**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

Smith

Edmunds

Athletics  
League

012

Suzanne  
Bentley

14.0  
3

2nd  
claim

ET

Horspath

Oxford City  
AC Open  
Graded

05/09/2  
012

200m

Suzanne  
Bentley

26.8

2nd  
claim

G4

Watford

SE England  
Schools  
Regional  
Combined  
Events  
Champs

30/06/2  
012

192

7

1

Paige  
Smith

28.7

Braintree

EYAL

10/06/2  
012

2

Chloe  
Dearman

34.9

Watford

Southern  
Athletics  
League

21/04/2  
012

300m

1

Suzanne  
Bentley

43.6  
5

indo  
ors

G4

ET

Lee Valley

Eastern AA  
Indoor  
Champions

11/02/2  
012

201

6

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

							hips			
2	Chloe Rixon	45.29	indoors	ET	Lee Valley	SEAA Indoor Championships	15/01/2012	410	14	
3	Paige Smith	46.5			Chelmsford	EYAL	08/07/2012			
400m										
1	Suzanne Bentley	62.55	indoors	ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2012	110	5	
2	Tatania Peters	70.2			Watford	Southern Athletics League	21/04/2012			
800m										
1	Chloe Dearman	02:37.6		ET	Watford	WH Open Graded	22/08/2012			
	Suzanne Bentley	02:38.1	2nd claim		Cambridge	Eastern Combined	30/09/2012			

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

						Events Champs			
2	Charlotte Fuller	02:5 2.6				Grays	EYAL	27/05/2 012	
3	Leah Parry	02:5 4.1			ET	Watford	WH Open Graded	04/04/2 012	
1500m									
1	Chloe Dearman	05:2 5.4	indo ors		ET	Lee Valley	Herts County AAA Indoor Champs	04/03/2 012	
	Chloe Dearman	05:3 4.3			ET	Watford	WH Open Graded	16/05/2 012	
3000m									
1	Chloe Dearman	11:4 5.1			ET	Watford	WH Open Graded	25/07/2 012	173 4
80m hurdles									
	Suzanne Bentley	12.1	2nd claim	G2		Watford	SE England Schools	30/06/2 012	40 3

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2013**

Regional  
Combined  
Events  
Champs

300m  
hurdles

Suzanne  
Bentley

46.2  
9

2nd  
claim

G2

ET

Watford

South of  
England  
Champions  
hips

15/07/2  
012

30

2

400m  
hurdles  
(non  
graded)

Suzanne  
Bentley

71

2nd  
claim

Norwich

NJAL

22/07/2  
012

31

2

Long  
Jump

1

Chloe  
Rixon

5.22

G2

Watford

ESAA Track  
& Field Cup  
(County

18/05/2  
012

76

2



**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

					Round)			
	Suzanne Bentley	4.63	2nd claim		Cambridge	Eastern Combined Events Champs	30/09/2012	284 7
2	Paige Smith	3.56			Braintree	EYAL	10/06/2012	
3	Charlotte Fuller	2.89			Watford	EYAL	29/04/2012	
High Jump								
	Suzanne Bentley	1.44	2nd claim		Watford	SE England Schools Regional Combined Events Champs	30/06/2012	
1	Chloe Dearman	1			Woodford	Southern Athletics League	19/05/2012	
Triple Jump								

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2013**

1	Chloe Rixon	9.86		G4	Watford	Herts County AAA Champions hips	13/05/2012	140	3
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Shot

	Suzanne Bentley	7.66	2nd claim	4kg	Cambridge	Eastern Combined Events Champs	30/09/2012	301	7
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1	Elena Dickinson	7.14		4kg	Cambridge	EYAL	19/08/2012		
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2	Charlotte Fuller	5.32		4kg	Grays	EYAL	27/05/2012		
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Discus

1	Elena Dickinson	22.53		1kg	Chelmsford	EYAL	08/07/2012	185	8
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2	Chloe Dearman	14.48		1kg	Cambridge	EYAL	19/08/2012		
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**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

3	Leah Parry	13.72			1kg	Watford	EYAL	29/04/2012		
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4	Tatania Peters	11.81			1kg	Watford	Southern Athletics League	21/04/2012		
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Hammer

1	Chloe Dearman	14.16			4kg	Bury St Edmunds	Southern Athletics League	01/09/2012		
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Javelin

	Suzanne Bentley	26	2nd claim	G4	600g	Watford	SE England Schools Regional Combined Events Champs	01/07/2012	149	6
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1	Elena Dickinson	15.16			600g	Watford	EYAL	29/04/2012		
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2	Chloe Dearman	7.48			600g	Grays	EYAL	27/05/2012		
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**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2013**

3	Charlotte Fuller	7.28		600g	Grays	EYAL		27/05/2012		
Pentathlon (non graded)										
	Suzanne Bentley	2,626 pts	2nd claim		Cambridge	Eastern Combined Events Champs		30/09/2012	15	1
Heptathlon										
	Suzanne Bentley	3,750 pts	2nd claim	G3	Watford	SE England Schools Regional Combined Events Champs		01/07/2012	30	1
4x100m relay										
1	C Rixon / P Smith /	56.8			Grays	EYAL		27/05/2012		

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

C Fuller /  
C  
Dearman

4x400m  
relay

1

P Smith /  
C  
Dearman

04:4  
9.9

Watford

Herts  
County  
AAA  
Champions  
hips

12/05/2  
012

C Fuller /  
L Parry

UNDER 15  
GIRLS

Power of 10

Indoors

Indoo  
r  
Ranki  
ng  
2011/  
12

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

60m

UK

Count  
y

1

Tiwa  
Adebayo

8.4

Lee Valley

Lee Valley  
Open

25/03/2  
012

92

6

800m

1

Fiona  
McQuire

02:5  
8.0

ET

Lee Valley

SEAA  
Indoor  
Pentathlon  
Champions  
hips

15/01/2  
012

60m  
hurdles

1

Fiona  
McQuire

10.4  
1

ET

Lee Valley

London  
Indoor  
Games

04/02/2  
012

104

10

Long  
Jump

1

Fiona  
McQuire

4.43

Lee Valley

Herts  
County  
AAA Indoor  
Champs

04/03/2  
012

79

7

**WATFORD  
HARRIERS  
RANKINGS  
2012****UPDATED****22/03/2013**

## High Jump

1	Fiona McQuire	1.45	Club Record	G3		Lee Valley	Herts County AAA Indoor Champs	04/03/2012	39	4
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## Triple Jump

1	Fiona McQuire	9.35		G4		Lee Valley	Herts County AAA Indoor Champs	04/03/2012	3	1
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## Shot

1	Fiona McQuire	8.06	Club Record	G4	3.25 kg	Lee Valley	Open Pentathlon	25/03/2012	67	6
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## Pentathlon

1	Fiona McQuire	2,266 pts		G4		Lee Valley	SEAA Indoor Pentathlon Champions	15/01/2012	33	4
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**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2013**

hips

Power  
Ranking  
UK  
of 10  
Ranking  
County

Outdoors

100m

1	Rebecca Wilkinson	14.4		Braintree	EYAL	10/06/2012
2	Louise Hall	15.33	ET	Watford	WH Open Graded	22/08/2012

200m

1	Charlotte Radcliffe	29.1		Grays	EYAL	27/05/2012
2	Fiona McQuire	30.31	ET	Watford	WH Open Graded	13/06/2012
3	Rebecca Wilkinson	31.4		Braintree	EYAL	10/06/2012
4	Louise Hall	32.5		Cambridge	EYAL	19/08/2012



**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

5	Ruth Parry	33.94	ET	Watford	WH Open Graded	04/04/2012
300m						
1	Emi Economu	52.2		Braintree	EYAL	10/06/2012
2	Louise Hall	54.5		Braintree	EYAL	10/06/2012
800m						
1	Emi Economu	02:55.0		Braintree	EYAL	10/06/2012
2	Louise Hall	02:55.3	ET	Watford	WH Open Graded	22/08/2012
3	Fiona McQuire	02:56.0		Stevenage	HSAA Multi Events Champs	01/05/2012
4	Gemma Stanger	03:06.6		Braintree	EYAL	10/06/2012
1500m						
1	Gemma Stanger	06:26.4		Grays	EYAL	27/05/2012

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

75m  
hurdles

1	Fiona McQuire	12.8	G4	Stevenage	HSAA Multi Events Champs	01/05/2 012	192	12
2	Charlotte Radcliffe	13.5		Braintree	EYAL	10/06/2 012	431	22
3	Louise Hall	15.5		Welwyn Gdn City	Herts Phoenix Open Graded	06/04/2 012		

80m  
hurdles  
(non  
graded)

1	Fiona McQuire	15.4		Chelmsfor d	ESAA Track & Field Cup (Regional B Final)	20/06/2 012		
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Long  
Jump

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012****UPDATED****22/03/2  
013**

1	Fiona McQuire	4.58	G4	Braintree	EYAL	10/06/2012	248	9
2	Louise Hall	3.35		Watford	EYAL	29/04/2012		
3	Rebecca Wilkinson	2.86		Watford	Herts County AAA Championships	13/05/2012		
High Jump								
1	Fiona McQuire	1.47	G3	Watford	WH Open Graded	13/06/2012	156	11
2	Emi Economu	1.25		Braintree	EYAL	10/06/2012		
2	Charlotte Radcliffe	1.25		Braintree	EYAL	10/06/2012		
Triple Jump								
1	Fiona McQuire	10.05	G2	Watford	WH Open Graded	04/04/2012	15	1

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

Pole Vault

1	Fiona McQuire	2.3	Club Record	G4		Grays	EYAL	27/05/2012	46	3
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Shot

1	Fiona McQuire	8.72		G3	3.25 kg	Watford	WH Open Graded	04/04/2012	152	7
2	Gemma Stanger	4.81			3.25 kg	Chelmsford	EYAL	08/07/2012		

Discus

1	Fiona McQuire	27.75		G1	1kg	Braintree	EYAL	10/06/2012	30	1
2	Gemma Stanger	14.67			1kg	Cambridge	EYAL	19/08/2012		

Hammer

1	Louise Hall	11.51			3.25 kg	Cambridge	EYAL	19/08/2012		
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Javelin

1	Fiona	24.4		G3	600	Hemel	Herts	16/06/2	122	5
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**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

	McQuire	7		g	Hempstead	County Schools Championships	012		
2	Rebecca Wilkinson	10.73		600g	Cambridge	EYAL	19/08/2012		
3	Louise Hall	7.56		600g	Watford	EYAL	29/04/2012		
Pentathlon									
1	Fiona McQuire	2,344 pts	G4		Stevenage	HSAA Multi Events Champs	01/05/2012	73	7
4x100m relay									
1	R Jessop / C Radcliffe	57.84			Watford	Herts County AAA Championships	12/05/2012		
	E								

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

Economu  
/ F  
McQuire

4x400m  
relay

1

R  
Wilkinson  
/ L Hall

05:0  
7.5

Watford

Herts  
County  
AAA  
Champions  
hips

12/05/2  
012

F  
McQuire /  
E  
Economu

**UNDER 13  
GIRLS**

Power of 10

Indoors

Indoo  
r  
Ranki

**WATFORD  
HARRIERS  
RANKINGS  
2012**

**UPDATED**

**22/03/2013**

							Ranking 2011/ 12	County
60m							UK	
1	Tamyah Jones (U11)	9.2		Lee Valley	Lee Valley Minithon	10/03/2012	132	5
2	Jessica Rosewarren	10.9		Lee Valley	Lee Valley Minithon	10/03/2012		
200m								
1	Tamyah Jones (U11)	31.5		Lee Valley	Lee Valley Minithon	10/03/2012	70	4
2	Jessica Rosewarren	36.4		Lee Valley	Lee Valley Minithon	10/03/2012		
60m hurdles								

WATFORD HARRIERS RANKINGS 2012										
							UPDATED	22/03/2013		
1	Tamyah Jones (U11)	12.4			Lee Valley	Lee Valley Minithon	10/03/2012			
Overall (Outdoors except where indicated)								Power	of 10	
60m								UK	Count	y
1	Tamyah Jones (U11)	9.2	indoors		Lee Valley	Lee Valley Minithon	10/03/2012	135	4	
	Tamyah Jones (U11)	9.3			Welwyn Gdn City	Herts Phoenix Open Graded	06/04/2012			
100m										
1	Remi Jessop	13.56		G1	Kingston	SEAA Inter Counties	22/07/2012	53	3	



**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

2	Tamyah Jones (U11)	14.1	G3	Cambridge	EYAL	19/08/2012	226	12
3	Maddie Lythgoe	16.3		Braintree	EYAL	10/06/2012		
4	Lara Sulaman	17.1		Watford	EYAL	29/04/2012		
1	Remi Jessop	28.8	G2	Chelmsford	EYAL	08/07/2012	98	2
2	Tamyah Jones (U11)	29.6	G3	Grays	EYAL	27/05/2012	231	6
3	Annabel Beasley	35.6		Grays	EYAL	27/05/2012		
4	Jessica Rosewarren	36.2		Braintree	EYAL	10/06/2012		
5	Lara Sulaman	36.6		Watford	EYAL	29/04/2012		

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012****UPDATED****22/03/2  
013**

## 800m

1	Molly Jarvis	02:5 3.1	Hemel Hempstea d	Herts County Schools Champions hips	16/06/2 012
2	Jessica Rosewar n	02:5 4.7	Cambridge	EYAL	19/08/2 012
3	Jessica Emory	03:0 0.4	Cambridge	EYAL	19/08/2 012
4	Maddie Lythgoe	03:0 6.0	Braintree	EYAL	10/06/2 012
5	Annabel Beasley	03:2 9.6	Watford	WH Minors Mid Season Open	03/06/2 012

## 1500m

1	Annabel Beasley	08:1 6.9	Cambridge	EYAL	19/08/2 012
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## 70m

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012****UPDATED****22/03/2  
013**

## hurdles

1	Molly Jarvis	14		Watford	WH Minors Mid Season Open	03/06/2 012	480	18
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Long  
Jump

1	Remi Jessop	3.72		Watford	EYAL	29/04/2 012		
2	Tamyah Jones (U11)	3.47		Grays	EYAL	27/05/2 012		
3	Jessica Emory	3.38		Cambridge	EYAL	19/08/2 012		
4	Hannah Trotman (U11)	3.05		Watford	WH Minors Mid Season Open	03/06/2 012		
5	Maddie Lythgoe	3.04		Watford	EYAL	29/04/2 012		
6	C Watson	3.02		Chelmsfor d	EYAL	08/07/2 012		

**WATFOR  
D  
HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

7	Annabel Beasley	2.88			Braintree	EYAL	10/06/2012		
High Jump									
1	Molly Jarvis	1.25	G4		Watford	WH Minors Mid Season Open	03/06/2012	299	10
Shot									
1	Remi Jessop	7.19	G4	2.72 kg	St Albans	Herts Inter Club U13 Challenge	20/06/2012	177	8
2	Molly Jarvis	6.21		2.72 kg	Watford	WH Minors Mid Season Open	03/06/2012	493	15
3	Annabel Beasley	4.22		2.72 kg	Grays	EYAL	27/05/2012		
Discus									
1	Jessica Emory	19.66	G2	0.75 kg	Cambridge	EYAL	19/08/2012	73	6
2	Maddie Lythgoe	10.48		0.75 kg	Watford	EYAL	29/04/2012		

**WATFOR  
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HARRIER  
S  
RANKIN  
GS 2012**

**UPDATED**

**22/03/2  
013**

3	Jessica Rosewar n	5.86	0.75 kg	Watford	EYAL	29/04/2 012
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Javelin

1	Jessica Rosewar n	6.43	400 g	St Albans	Herts Inter Club U13 Challenge	20/06/2 012
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4x100m  
relay

1	M Lythgoe / J Emory / J Rosewarn / R Jessop	65.2		Grays	EYAL	27/05/2 012
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